



NCC ACTIVITIES 2017-2023

2017-18

NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT, BILASPUR

ESSAY WRITING COMPETITION

Cleanliness is not just a personal virtue but a collective responsibility towards building a better society. In India, the need for cleanliness and hygiene is paramount to ensure the well-being and progress of our nation. To address this pressing issue and ignite a spark of change, an essay writing competition on the topic "How to Make India Clean" was organized on August 25, 2017.

Objective: The primary objective of the essay writing competition was to sensitize the community about the significance of cleanliness and inspire action towards making India a cleaner and healthier nation. By focusing on this topic, the competition aimed to shed light on the existing challenges, stimulate innovative ideas, and provide a platform for participants to express their thoughts, insights, and potential solutions. It sought to foster a sense of responsibility, ownership, and collective action among individuals to contribute towards a cleaner India.

The essay writing competition revolved around the theme "How to Make India Clean." Participants were invited to explore various aspects of cleanliness, including personal hygiene, waste management, environmental conservation, sanitation, and community involvement. They were encouraged to critically analyze the existing problems, highlight the causes and consequences of uncleanliness, and propose practical solutions to tackle these issues effectively.

Participants were required to showcase their creativity, analytical skills, and ability to think outside the box. The competition provided them with a platform to express their thoughts, ideas, and aspirations for a cleaner India. Through their essays, they were expected to present comprehensive strategies, innovative initiatives, and sustainable practices that can be implemented at individual, community, and national levels.

Outcome: The essay writing competition aimed to achieve several outcomes. Firstly, it aimed to create a sense of responsibility and ownership among participants towards maintaining cleanliness in their surroundings. By encouraging them to delve into the topic, the competition sought to raise awareness about the importance of cleanliness and its direct impact on the overall well-being of society.

Furthermore, the competition aimed to inspire individuals to become agents of change. By providing a platform for participants to express their ideas and solutions, the competition aimed to empower them to actively contribute towards making India cleaner. It aimed to ignite a spark of inspiration, motivating individuals to take concrete actions in their daily lives, such as practicing proper waste disposal, promoting cleanliness in public spaces, and advocating for policy changes.



SELECTION EXAM

On August 29, 2017, officers from 1HP NCC Naval unit Bilaspur visited St. Bede's College for the selection process. Around 40 candidates appeared for an entrance test, which was followed by interviews. After a thorough evaluation, only 8 cadets were selected to join the NCC unit. The selected students were Garima Ahuja, Anushka Tomar, Pooja Singh, Pallavi Sharma, Gargi Sud, Sanchita Thakur, Anushka Sharma, and Zeenat Brar. These cadets were chosen based on their performance and potential to contribute to the NCC unit.



ORIENTATION SESSION

Senior cadets conducted a class on naval orientation in which they discussed about organization of Naval Headquarters, Commands and Establishments of Indian Navy on September 13, 2017.

Objective: The objective of the orientation session for National Cadet Corps (NCC) cadets was to provide them with comprehensive knowledge, guidance, and inspiration to become responsible citizens who actively contribute to society. By focusing on values such as discipline, leadership, teamwork, and patriotism, the session aimed to instill essential skills and knowledge required to serve the community effectively.

During the orientation session, senior cadets conducted a class on naval orientation, specifically discussing the organization of Naval Headquarters, Commands, and Establishments of the Indian Navy. This session provided valuable insights into the structure, operations, and significance of the Indian Navy, aiming to deepen the understanding and appreciation of the naval forces among the NCC cadets.

The senior cadets shared their expertise, experiences, and knowledge regarding the Indian Navy, highlighting its role in national security, maritime operations, and humanitarian efforts.



National Cadet Corps St. Bede's College, Shimla

They covered various aspects such as the hierarchy and functioning of Naval Headquarters, the significance of different commands, and the establishments involved in supporting naval operations.

The session utilized interactive methods, including presentations, discussions, and question-and-answer sessions, to engage the cadets actively. The aim was to foster a sense of curiosity, enthusiasm, and admiration for the Indian Navy, encouraging the cadets to consider future opportunities and careers within the armed forces.

Outcome: The orientation session for NCC cadets served as a transformative experience, shaping their attitudes, behaviours, and perspectives towards becoming responsible citizens. By equipping them with the necessary skills, values, and knowledge, the session empowered cadets to actively contribute to society and make a positive difference in the lives of individuals and communities they serve.

The session on naval orientation specifically broadens their understanding of the Indian Navy's role and its contributions to national security and maritime operations instilling a sense of pride and respect for the armed forces.





NUTRITION LITERACY ACTIVITY

As a part of the nutrition literacy activity, NCC Cadets attended an interdisciplinary activity conducted by Dr. Anjali Dewan on Nutrition Literacy. The session took place on November 20, 2017, and covered various topics related to nutrition and its significance.



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St. Bede's College, Shimla*

Objective: The objective of the nutrition literacy activity was to raise awareness and promote understanding about the importance of nutrition, healthy eating habits, and their impact on overall health and well-being. By educating individuals and communities, the activity aimed to empower them to make informed choices regarding their diet and lifestyle.

Dr. Anjali Dewan discussed the importance of maintaining a balanced diet and the consequences of nutritional deficiencies. The session specifically highlighted issues such as iodine deficiency and its impact on health. Additionally, the activity delved into broader topics related to food, health, and diseases, addressing concerns such as obesity, malnutrition, and eating disorders.

The session utilized interactive teaching methods, including presentations, discussions, and question-and-answer sessions, to engage the NCC Cadets actively. Dr. Anjali Dewan shared her expertise, research findings, and practical tips to help cadets understand the importance of making healthy food choices and adopting sustainable eating habits.

Outcome: The nutrition literacy activity served to sensitize society by providing individuals with the knowledge, skills, and motivation to make informed decisions about their nutrition. By raising awareness about the importance of healthy eating habits, the activity empowered individuals to take charge of their own well-being and contribute to the overall health of their communities.

The activity aimed to create a ripple effect in the community. As NCC Cadets participate in the activity, they become ambassadors of nutrition literacy, sharing their knowledge and insights with their peers, families, and neighbourhoods. This dissemination of information can contribute to a broader understanding of nutrition and healthy eating habits, positively influencing the behaviour and choices of others.





CLEANLINESS DRIVE

During the cleanliness drive on December 2, 2017, NCC Cadets actively participated in removing posters, pamphlets, and bills that were stuck on walls. They also took the initiative to pick up litter lying around the college premises. This hands-on approach allowed the cadets to actively contribute to the cleanliness drive and set an example for others to follow.

Objective: The objective of the cleanliness drive was to raise awareness about the importance of cleanliness and hygiene in our daily lives. It aimed to highlight the impact of cleanliness on health, the environment, and overall well-being. By encouraging individuals to adopt cleaner habits and promoting behaviour change, the drive sought to motivate people to keep their surroundings clean and take responsibility for maintaining cleanliness in their communities.

The cadets worked together as a team, demonstrating the importance of collective action and community engagement in maintaining cleanliness. They showed dedication and commitment in ensuring that the college environment was free from visual pollution and litter, creating a cleaner and more pleasant atmosphere for everyone.

Outcome: By raising awareness about the importance of cleanliness and actively engaging in cleaning activities, the NCC Cadets set an example for others to follow. The drive aimed to inspire individuals to adopt cleaner habits, take responsibility for their surroundings, and actively contribute to maintaining cleanliness in their communities.

Through their participation in the cleanliness drive, the cadets not only removed posters, pamphlets, and litter but also spread the message of cleanliness to those around them. By taking collective action, they showed the power of community involvement and highlighted the importance of individual responsibility in maintaining cleanliness.



WASTE MANAGEMENT

A campaign on waste management through vermicomposting was conducted at St. Bede's College on December 3, 2017.

Objective: The objective of implementing waste management through vermicomposting was to achieve waste reduction, resource recovery, and environmental sustainability. By utilizing the vermicomposting method, the aim was to decompose organic waste with the help of



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St. Bede's College, Shimla*

earthworms, transforming it into nutrient-rich compost and minimizing its impact on the environment. This approach aligned with the principles of Swachh Bharat Abhiyan, promoting cleanliness and waste management.

During the campaign, NCC Cadets were taught how to effectively decompose organic waste using the vermicomposting method. This method involved the use of earthworms to break down the waste material, converting it into nutrient-rich compost that can be used for gardening and agricultural purposes.

The cadets actively participated in the campaign, learning the techniques and processes involved in vermicomposting. They were educated about the benefits of this waste management approach, including the reduction of greenhouse gas emissions, the recovery of valuable resources, and the promotion of environmental sustainability.

The campaign integrated the principles of Swachh Bharat Abhiyan, emphasizing the importance of cleanliness, waste reduction, and community engagement. By adopting vermicomposting practices, the cadets demonstrated their commitment to sustainable waste management and actively contributed to the broader goal of creating a cleaner and greener environment.

Outcome: The campaign on waste management through vermicomposting had several positive outcomes. Firstly, the cadets themselves became aware of the benefits of vermicomposting, including the production of nutrient-rich compost and the reduction of greenhouse gas emissions.

Moreover, the campaign fostered community engagement and education. The cadets actively engaged with members of the community, educating them about the importance of waste management and encouraging them to adopt vermicomposting practices.

By adopting vermicomposting practices, communities contribute to a cleaner, greener, and more sustainable future. The nutrient-rich compost produced through vermicomposting can be used to enrich the soil in gardens and agricultural fields, promoting healthy plant growth and reducing the reliance on chemical fertilizers.





SESSION ON ENVIRONMENT POLLUTION

On December 4, 2017, an interactive session was conducted by Ms. Reena Thakur at St. Bede's College. The session focused on raising awareness about environmental pollution, specifically air pollution and water pollution. Ms. Thakur discussed the causes and consequences of pollution and highlighted the various measures and initiatives being taken to prevent and control pollution. The session aimed to educate the students about the importance of environmental conservation and encourage them to take action to protect the environment.



DISTRIBUTION OF CLOTHES AT SCHOOL

On December 5, 2017, the cadets, along with Principal Dr. Sister Beena John, visited the adopted Govt. Middle School in Sanjauli. During this visit, they conducted a distribution drive, providing winter clothes and stationary items to children in need.

Objective: The objective of the distribution of clothes at school was to promote equality and inclusivity within the school community. Ensuring that every student has access to appropriate clothing contributes to their overall well-being, self-esteem, and academic success.

The cadets actively participated in the distribution process, ensuring that each student received appropriate winter clothing and stationary items. The act of providing these necessary items not only addressed their immediate needs but also demonstrated care, support, and solidarity towards the students.

Outcome: The distribution drive promoted inclusivity within the school community. By providing necessary clothing items to students in need, the drive ensured that all students feel included and valued, regardless of their socioeconomic background. This fosters a sense of belonging and unity, creating a supportive and nurturing school environment.



ARMED FORCES FLAG DAY

On December 7, 2017, the cadets of the college collected Rs 16,000 for Armed Forces Flag Day. They actively encouraged the students and teachers of the college to contribute towards the cause. The collected donations were a result of the generosity and support of the college community.

Objective: The primary objective of collecting donations for Armed Forces Flag Day was to show solidarity and support for the armed forces of the country. The donations collected were utilized to provide assistance, welfare, and rehabilitation support to serving and retired personnel, as well as their families.

Outcome: The outcome of the donation drive extended to the broader impact on the armed forces community. It demonstrated a tangible gesture of appreciation and solidarity, showing the armed forces personnel that their sacrifices and dedication are recognized and valued.





*National Cadet Corps
St. Bede's College, Shimla*

DRILL PRACTICE

On December 9, 2017, drill practices were conducted at St. Bede's College. The NCC cadets participated in rigorous drill training sessions to enhance their discipline, coordination, and physical fitness. These practices involved various drill movements, marching drills, and formations that are essential for military training. The drill practices helped in developing teamwork, precision, and overall military bearing among the cadets, preparing them for future NCC activities and events.





POSTER MAKING COMPETITION

On December 12, 2017, the cadets actively participated in a poster making competition on the topic of "Smart Shimla."

Objective: The objective of the poster making competition on "Smart Shimla" was to raise awareness about the concept of a smart city and its potential benefits and challenges. The competition aimed to inform participants and the wider community about the initiatives and possibilities associated with creating a smart city. It also provided a platform for participants to showcase their creativity and artistic skills through the medium of posters, while expressing their ideas and perspectives on how a smart city can be envisioned and implemented in Shimla.

Outcomes: The poster making competition on "Smart Shimla" increased awareness and understanding of the concept of a smart city among the participating cadets and the wider community. By engaging in the competition, the cadets gained knowledge about the various aspects and initiatives associated with creating a smart city, including the use of technology, efficient infrastructure, sustainable practices, and citizen engagement.

Secondly, the competition helped the cadets grasp the potential benefits and challenges of a smart city. It encouraged them to think critically and analytically about the opportunities and obstacles that come with transforming Shimla into a smart city.

Furthermore, the posters generated during the competition acted as powerful tools for engaging the community and encouraging their active participation in shaping the future of their city.





SEMINAR ON 'SWACHHTA'

A seminar on the topic of "Swachhta" was conducted on December 13, 2017. Dr. Anjali Dewan, Head, Department of Home Science, delivered a lecture on cleanliness and Swachh Bharat Abhiyan

Objective: The objective of the seminar on "Swachhta" (cleanliness) was to create awareness, educate, and engage participants in discussions about the importance of cleanliness and maintaining a clean environment. The seminar aimed to instill a sense of responsibility and inspire individuals and communities to take action towards achieving clean and hygienic surroundings.

During the seminar, Dr. Dewan highlighted the significance of personal hygiene and the importance of keeping our surroundings clean.

Outcome: The seminar served to raise awareness about the importance of cleanliness in maintaining good health, preventing diseases, and creating a pleasant living environment. By attending the seminar, cadets gained a deeper understanding of the impact that cleanliness has on personal well-being and community development. The seminar inspired cadets to actively participate in cleanliness drives and encourage others to follow hygiene rules.





2018-19

NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT, BILASPUR

SPREADING AWARENESS ON TREE PLANTATION

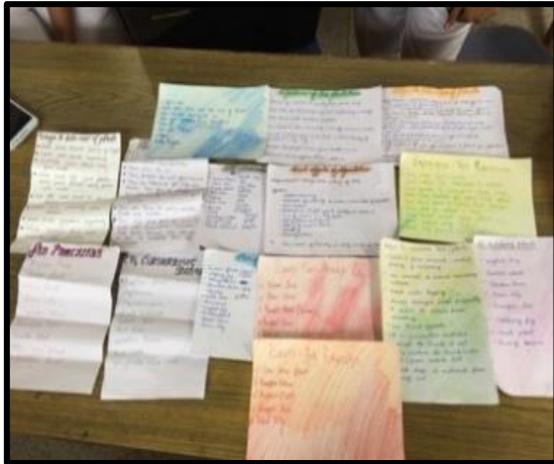
The NCC cadets of St. Bede's college, Shimla took an initiative to spread awareness regarding tree plantation on July 28, 2018.

Objective: The primary objective of spreading awareness on tree plantation was to educate and inform individuals and communities about the importance of tree planting and its benefits for the environment, ecosystem, and human well-being. The aim was to create awareness about the vital role of trees in mitigating climate change, improving air quality, conserving water, preventing soil erosion, and preserving biodiversity.

Outcome: As a result of the awareness campaign, individuals and communities were motivated to actively participate in tree planting initiatives. The cadets covered various locations including Navbahar, IGMC Road, Forest Road, and Chotta Shimla, engaging with people and raising awareness about the types of trees and plants that could be grown for maximum carbon dioxide absorption from the environment.

The outcome of the awareness campaign was a higher number of trees being planted in the covered areas. The community's active participation in tree planting activities not only contributed to the greening of the surroundings but also strengthened social bonds and fostered a shared sense of responsibility for environmental conservation. By spreading awareness about the benefits of tree plantation, the campaign inspired individuals to take action and actively contribute to creating a healthier and more sustainable environment for themselves and future generations.





TREE PLANTATION

NCC Cadets planted trees at Five Benches, Shimla on August 14, 2018.

Objective: Planting trees provided educational opportunities for individuals, schools, and communities. The objective was to offer hands-on learning experiences that emphasized the importance of trees, ecosystems, and environmental stewardship. The tree planting initiatives aimed to educate and inspire future generations about the value of trees and their role in creating a sustainable environment.

Outcome: A total of 25 saplings were successfully planted during the initiative. The act of planting trees demonstrated a commitment to environmental protection and a sustainable future. It served as a tangible reminder of the importance of preserving and nurturing our



*National Cadet Corps
St. Bede's College, Shimla*

natural resources. The initiative not only provided immediate benefits but also set the foundation for long-term environmental sustainability and community engagement.



VISIT FROM COMMANDING OFFICER

On August 20, 2018, Commander Monika Sharma, the Commanding Officer of 1 HP Naval Unit NCC in Bilaspur, visited St. Bede's College in Shimla. During her visit, she had a meeting with the Principal, Dr. (Sr.) Beena John, and the CTO, Dr. Shweta Thakur. Commander Monika Sharma also had an interactive session with the cadets, discussing various aspects related to their NCC training and experiences.





NCC CANTEEN

A NCC canteen was organized on August 21, 2018 where the cadets made different food items like idli-sambar, fried rice, chowmein, cake and maggi cutlets. In addition to these food items, they also prepared handmade gift items for sale.

Objective: The objective of organizing the NCC Canteen on August 21, 2018, was to raise funds for various NCC-related activities while engaging with the community and showcasing the talents of NCC cadets. The specific objectives were:

1. To generate funds: The NCC Canteen aimed to attract a large number of students, teachers, and staff members to raise funds for NCC activities and initiatives.
2. To engage with the community: The canteen provided an opportunity to bring together the community and foster a sense of unity and shared responsibility in supporting a worthy cause.
3. To showcase talent: The NCC cadets had the chance to demonstrate their skills and abilities, including cultural, artistic, and athletic talents, creating a platform for them to showcase their potential.
4. To build leadership skills: Organizing and managing the NCC Canteen required planning, coordination, and execution, enabling NCC cadets to develop their leadership and management skills.
5. To promote healthy activities: The canteen encouraged participants to engage in healthy activities such as sports, games, and competitions, promoting physical fitness and overall well-being.
6. To foster social responsibility: The NCC Carnival/Canteen provided an opportunity for individuals and institutions to contribute to the development of NCC cadets and the larger community, instilling a sense of social responsibility.

Outcome: The NCC Canteen successfully raised a total of Rs.13,000 through the sale of food items and handmade gift items. The event showcased the talents and skills of NCC cadets and fostered a sense of unity and camaraderie within the community. It provided a platform for individuals to contribute to the noble cause of supporting NCC activities.

The NCC Carnival/Canteen not only achieved its financial objective but also had broader positive outcomes. It promoted nationalism, developed leadership skills among the cadets, enhanced physical fitness through participation in healthy activities, and raised awareness about the NCC and its values. The event served as a reminder of the importance of social responsibility and community engagement, leaving a lasting impact on the participants and the community as a whole.



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St. Bede's College, Shimla*



NCC CANTEEN



**NCC Unit, St. Bede's College under 1HP
Naval Unit NCC, Bilaspur is setting up
NCC Canteen
in the College campus. Grace us with your
wonderful presence .**



Save the date: 21/08/2018

Venue: St. Bede's College





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St. Bede's College, Shimla*

PARAKRAM PARV

On September 28, 2018, the cadets of St. Bede's College gave a presentation in the college auditorium on "Parakram Parv." During the presentation, they discussed the concept of surgical strike and its significant impact. The cadets shed light on the strategic military operation and highlighted its relevance in ensuring national security and sovereignty.



SWACHHTA DRIVE

A Swachhta drive organized by the NCC unit on October 22, 2018 provided cadets, with an opportunity to actively engage in planning and executing cleanliness initiatives.

Objective: The objective of the Swachhta drive was to provide students with opportunities to take on leadership roles and actively participate in planning and executing cleanliness initiatives. The drive aimed to promote student engagement, empower individuals to take ownership, and develop their leadership skills. The overarching goal was to create a clean, healthy, and conducive learning environment that would benefit the entire college community.

Outcome: Through their involvement in the cleanliness drive, cadets and students developed a heightened sense of social responsibility. They actively sought out opportunities to contribute to society through volunteering, community service, and supporting cleanliness-related projects. This fostered a culture of social responsibility and active citizenship among the participants.

As a result of the Swachhta drive, a clean and healthy learning environment was created at the college. The efforts of the cadets and students contributed to the overall well-being and positive



National Cadet Corps St. Bede's College, Shimla

experiences of the college community. The drive instilled a sense of pride and ownership among the participants, fostering a culture of cleanliness and sustainability.



NCC DAY CELEBRATIONS

On November 22, 2018, NCC Day was celebrated at St. Bede's College. The day was marked with various activities and events to honor the National Cadet Corps (NCC) and its contributions. The celebrations included flag hoisting, parades, drill performances, cultural programs, and speeches emphasizing the values of discipline, leadership, and patriotism instilled through NCC training. The cadets showcased their skills and displayed their commitment to serving the nation.



Flag hoisting



Standing Drill



Inspection by the Principal



NCC day Celebrations



2019-2020

NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT, BILASPUR

MEGA POPULATION AWARENESS PAKWADA

The "Mega Population Awareness Pakwada" held on July 13, 2019, saw active participation from the cadets in two key activities: a debate on Mega Population and a Nukkad Natak (street play) centered around the same theme.

Objective: The primary objective of organizing the Mega Population Awareness Pakwada in the college was to raise awareness among students and educate them about the issues and challenges associated with population growth. The campaign aimed to sensitize society by providing valuable information, encouraging discussions, and promoting actions that address population-related concerns.

Outcome: By participating in the Mega Population Awareness Pakwada, students were empowered to take individual actions in addressing population-related concerns. The campaign provided them with knowledge about family planning methods, reproductive health, and responsible decision-making. This information enabled students to make informed choices regarding family size and actively contribute to population stabilization efforts.



TREE PLANTATION

In collaboration with the NSS unit of St. Bede's College and the Forest Department of Shimla, H.P., the cadets participated in a tree plantation activity at Bhattakufar, Shimla on July 23, 2019. During the event, they planted Blue Pine (*Pinus wallichiana*) and Horse Chestnut (*Aesculus indica*) tree plants.



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St. Bede's College, Shimla*

Objective: The primary objective of the tree planting activity was to provide educational opportunities for individuals, schools, and communities. By engaging in hands-on tree planting, participants had the chance to learn about the significance of trees, ecosystems, and environmental stewardship. This initiative aimed to educate and inspire future generations towards environmental conservation.

Outcome: The tree planting activity had several positive outcomes. First, the planted trees, such as Blue Pine and Horse Chestnut, act as natural sound barriers, effectively absorbing and reducing noise pollution from nearby roads. This contributes to creating a quieter and more peaceful living environment for the surrounding area.

Second, the newly planted trees provide spaces for relaxation, exercise, and social gatherings. They create green areas where community members can engage with nature, promoting a sense of well-being and fostering community engagement.



KARGIL VIJAY DIVAS

On July 26, 2019, St. Bede's College celebrated the 20th Kargil Vijay Divas, a day dedicated to honouring the martyrdom and valour demonstrated by the Indian Army during the Kargil War of 1999. As part of the commemorative event, a skit was performed on Captain Vikram Batra, a brave soldier who made the ultimate sacrifice during the war. The skit aimed to pay tribute to Captain Vikram Batra and raise awareness among the audience about his remarkable actions and the significance of Kargil Vijay Divas.



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St. Bede's College, Shimla*

Objective: The primary objective of the skit on Captain Vikram Batra during Kargil Vijay Diwas was twofold. Firstly, it aimed to honour and pay tribute to the courageous soldier who laid down his life for the nation's safety and security during the Kargil War. The skit sought to highlight Captain Vikram Batra's exceptional bravery, dedication, and selflessness.

Secondly, the skit aimed to create awareness among the audience about Captain Vikram Batra's valiant actions and the importance of Kargil Vijay Diwas. By presenting a dramatic representation of Captain Vikram Batra's achievements, including his successful capture of Point 4875, the skit aimed to educate and engage the audience in understanding the significance of the Kargil War and the sacrifices made by the Indian Armed Forces.

Outcome: The skit on Captain Vikram Batra served as a powerful source of inspiration for the audience. By portraying Captain Vikram Batra's courage, determination, and selflessness, the skit motivated individuals to emulate similar qualities in their own lives. It encouraged them to exhibit bravery and dedication in their pursuits and to value the sacrifices made by the armed forces in safeguarding the nation.

By inspiring the audience, fostering empathy, and promoting patriotism, the skit successfully achieved its objectives and left a lasting impact on the attendees.





National Cadet Corps St. Bede's College, Shimla

ENTRANCE EXAM

On July 3, 2019, an entrance exam was conducted by the NCC unit of St. Bede's College for the college students. A total of 50 students appeared for the exam, and based on their performance, 30 students were shortlisted for further selection and training in the NCC program. The exam aimed to identify students with the potential and interest to join the NCC and participate in its activities and training programs.



INTERVIEW BY COMMANDING OFFICER

On August 1, 2019, the Commanding Officer Monica Singh visited St. Bede's College for the final selections of NCC cadets. The selection process consisted of a written exam, physical test, and interviews. The shortlisted candidates, 30 in total, underwent a written exam worth 15 marks and a physical test. Afterward, 20 students were selected for the interview conducted by Commanding Officer Monica Singh. Out of the 20 students interviewed, 12 were finally selected to join the NCC program. The selection process aimed to identify the most suitable candidates for NCC training and participation in NCC activities.





SWACHH BHARAT INTERNSHIP SUMMER

Under the Swachh Bharat Internship Summer program, several activities were conducted on August 3, 2019, with the objective of addressing the persistent issue of waste generation, disposal, and environmental sustainability.

Objective: The objective of the various activities performed under the Swachh Bharat Internship Summer program including promoting compost pits, establishing plastic-free zones, conducting door-to-door campaigns, and organizing awareness campaigns on waste management, was to address the persistent issue of waste generation, disposal, and environmental sustainability. These activities aimed to bring about positive changes in waste management practices and contribute to the betterment of society.

Outcome: The implementation of these activities yielded several positive outcomes. Firstly, the promotion of compost pits helped raise awareness about the importance of organic waste management. By encouraging the use of compost pits, society can reduce the amount of waste that goes to landfills and promote the recycling of organic matter.

Secondly, establishing plastic-free zones aimed to reduce the usage of single-use plastics in the community. This initiative not only contributed to waste reduction but also raised awareness about the environmental impact of plastic pollution. By creating designated areas free from plastic, the community was encouraged to adopt more sustainable alternatives and reduce their reliance on harmful plastics.

Thirdly, the door-to-door campaigns provided an opportunity for direct engagement with community members. Through these campaigns, the cadets could educate residents about proper waste segregation, disposal methods, and the importance of recycling. It allowed for personalized interactions and encouraged active participation from individuals in waste management initiatives.

Lastly, the awareness campaigns on waste management played a crucial role in disseminating knowledge and raising consciousness within the community. By organizing informative sessions, workshops, and awareness drives, the cadets could educate the public about the significance of waste management, its impact on the environment, and sustainable practices. These campaigns empowered individuals to make informed choices regarding waste management and encouraged them to adopt responsible behaviours.





TREE PLANTATION

Objective: The objective of the tree plantation drive conducted by the cadets in association with the NSS Unit of St. Bede's College and the Forest Department of Shimla on August 23, 2019, was to restore and expand forested areas in Navbahar, Shimla. The drive aimed to address the issues of deforestation, urbanization, and natural disasters that have led to the degradation or loss of forested lands. By planting Kaner (*Nerium* sp) trees, the initiative sought to contribute to the reestablishment of diverse ecosystems, preservation of biodiversity, and the creation of habitats for various flora and fauna.

Outcome: The tree plantation drive brought people together and fostered a sense of community spirit and cooperation. By involving cadets, members of the NSS Unit, and the Forest Department, the initiative united individuals from different backgrounds, promoting a shared sense of responsibility towards the environment. The collaborative effort in planting trees helped build social bonds and strengthen the community's commitment to environmental conservation.

The tree plantation drive had the potential to create a healthier and more sustainable environment for the community of Navbahar, Shimla.



AWARENESS RAISING PROGRAMME ON HIV/AIDS

The Cadets of St. Bede's College gave a presentation on HIV/AIDS in two schools, Portmore and Bharari Govt. schools on August 26, 2019.

Objective: The objective of conducting an awareness raising program on HIV/AIDS at government schools was to provide students with accurate information about HIV/AIDS, raise awareness about the disease, its prevention, and combat stigmatization and discrimination associated with it.



National Cadet Corps St. Bede's College, Shimla

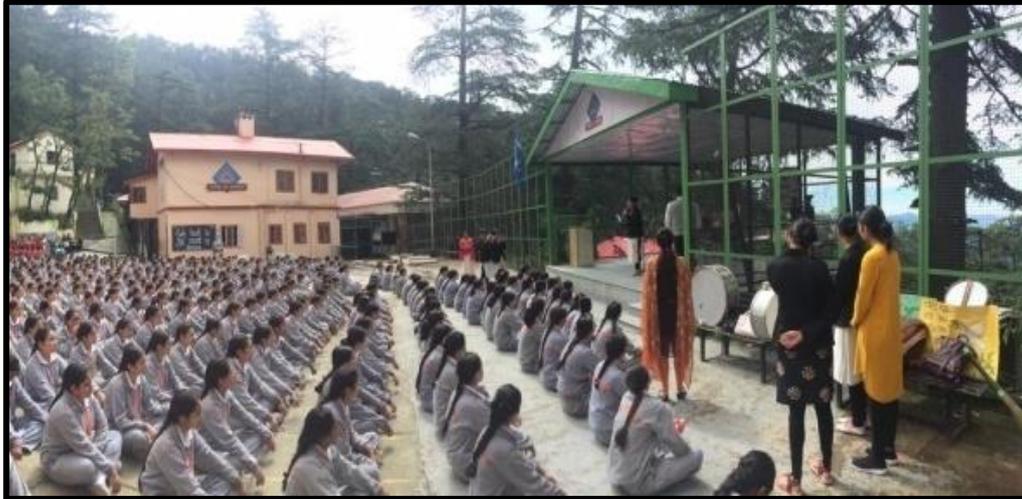
Presentation and Questionnaire: The awareness raising program involved presentations given by cadets from the school. The first presentation was delivered by Cdt. Sasha Seli, Cdt. Pronatti Wylie, and Cdt. Bhakti Nehraik, while the second presentation was given by Cdt. Chavi Tewari, Cdt. Arundhati Chandel, Cdt. Isha Seli, and Cdt. Ankita Jamwal. These presentations served as platforms to educate students about various aspects of HIV/AIDS, including transmission, prevention, and the importance of empathy and support for individuals living with the disease.

Additionally, questionnaires were distributed to the students to assess the effectiveness of the awareness campaign. These questionnaires aimed to gauge the students' understanding of HIV/AIDS, evaluate any changes in their perceptions, and identify areas where further education and support may be needed.

Outcome: The awareness program on HIV/AIDS at government schools had several positive outcomes. Firstly, it helped foster empathy and support for individuals living with HIV/AIDS. By providing accurate information and dispelling misconceptions, the program encouraged students to understand the challenges faced by those affected by the disease and promotes inclusivity and compassion.

Secondly, sensitizing students to the experiences of others contributed to a more supportive and caring environment. By gaining knowledge about HIV/AIDS, students can actively engage with their peers, share information, and promote responsible behaviour.





POLYBRICK INITIATIVE

The NCC cadets of 1 HP Naval Unit Bilaspur conducted a workshop to promote awareness about the harmful effects of plastic disposal in the city and to motivate college students to collect plastic wrappers inside plastic bottles for making retaining walls.

Objective: The objective of the workshop and initiative conducted by the cadets of St. Bede's College in Shimla was to promote the harmful effects of plastic disposal, raise awareness among the cadets, and actively participate in government initiatives. The ultimate goal was to make Shimla a plastic-free city and encourage students to take action in achieving this objective. The efforts of the cadets were acknowledged and appreciated by the Health Department and the Municipal Corporation (MC) of Shimla.

Initiative and Recognition: On September 11, 2019, the cadets decided to collect plastic wrappers inside plastic bottles, which could be repurposed for making retaining walls. This innovative approach not only addressed the issue of plastic waste but also provided a practical solution for recycling plastic materials. The health department of MC Shimla recognized the efforts of the cadets and acknowledged them as pioneers of this government initiative.

The cadets received appreciation and were invited to a meeting at the House on October 2, 2019. The meeting, attended by the Chief Health Officer and the Commissioner of MC Shimla, aimed to further discuss and strategize ways to make Shimla a plastic-free city. The cadets were able to contribute their insights and provide new perspectives on the world of entrepreneurship, which added value to their efforts. Their active participation and volunteering in the Poly Brick Initiative of MC Shimla also garnered compliments from the Honourable Chief Minister of Himachal Pradesh, Shri Jairam Thakur.

Outcome: The workshop and initiative successfully achieved their objectives. Firstly, it raised awareness about the harmful effects of plastic and its disposal. By actively engaging the cadets and encouraging their participation, the workshop instilled a sense of responsibility and urgency to make a positive impact on the environment.



National Cadet Corps St. Bede's College, Shimla

Secondly, the initiative provided the cadets with new perspectives on entrepreneurship and the importance of taking action to bring about positive change in their community. Through their involvement in the Poly Brick Initiative and their innovative approach to recycling plastic, the cadets demonstrated their commitment to creating a sustainable and plastic-free city.

Furthermore, the cadets' efforts were recognized and appreciated by the Health Department, MC Shimla, and the Honourable Chief Minister. This acknowledgment not only validated their actions but also served as an inspiration for others in the community to actively participate in similar initiatives.



TRAINING CLASS

On September 12, 2019, a training class was conducted by Mr. Puneet Kumar, the Training Officer of 1HP Naval Unit NCC Bilaspur. The class was attended by the NCC cadets of St. Bede's College. The purpose of the training class was to provide valuable knowledge and skills to the cadets, enhancing their understanding of NCC principles and practices. Mr. Puneet Kumar, with his expertise and experience, imparted training and guidance to the cadets, equipping them with the necessary tools for their NCC journey.





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St. Bede's College, Shimla*

INSPECTION BY COMMANDING OFFICER

On September 13, 2019, the Commanding Officer Lt. Col. D.S Thakur visited the campus of St. Bede's College for a routine inspection of the NCC unit. During his visit, Lt. Col. D.S Thakur interacted with the newly enrolled cadets and motivated them to actively participate in NCC activities. His presence and words of encouragement instilled a sense of pride and enthusiasm among the cadets, inspiring them to excel in their NCC journey. The routine inspection served as an opportunity to assess the progress and functioning of the NCC unit and ensure its adherence to the principles and standards of the organization.





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St. Bede's College, Shimla*

INAUGURAL CEREMONY AND MASS PLEDGE

The NCC Unit of 1 HP Naval Unit, Bilaspur conducted a Swachhta Pakhwada at St. Bede's College on September 17, 2019.

Objective: The objective of conducting a Swachhta (Cleanliness) drive in a college was to promote and achieve a clean and hygienic environment in and around the college premises. The drive aimed to instill a sense of civic responsibility among students and promote a culture of cleanliness that extends beyond the college premises. By actively engaging in cleanliness initiatives, the cadets became aware of the importance of cleanliness and its impact on society.

During the Swachhta drive, the cadets took various actions to improve the cleanliness of the college premises. They removed posters, pamphlets, and bills that were sticking on the fence, and they also picked up litter both outside and inside the college premises. In addition, students and teachers took a pledge to make Shimla a plastic-free city, highlighting their commitment to sustainable practices and environmental conservation.

Outcome: The Swachhta drive encouraged cadets to become responsible citizens who actively contribute to the cleanliness and well-being of their communities. By participating in the drive, the cadets became more aware of the importance of cleanliness and developed a sense of sensitivity towards their surroundings and the cleanliness challenges faced by their communities.

The cadets inspired others through their actions, demonstrating the positive impact that cleanliness can have on the overall environment and well-being of the community.





MASS AWARENESS RALLY PHASE I

An awareness rally related to Swachhhta was conducted at the adopted village Halog, Dhami on September 18, 2019.

Objective: The primary objective of conducting a rally was to educate and inform the general public about a specific issue or cause. The rally aimed to bring attention to the topic, highlighting its importance and creating a sense of urgency among the participants and spectators.

During the rally, the NCC cadets were joined by the students of Dhami Public School. Together, they raised slogans of Swachh Bharat, emphasizing the significance of cleanliness and spreading awareness about the cause. The rally served as a platform for participants to express their support and actively engage with the message of cleanliness.

Outcome: The impact of the rally went beyond the event itself. By educating and informing the general public, the rally inspired individuals to make conscious choices and adopt new habits aligned with the cause of cleanliness. The rally laid the foundation for ongoing efforts, awareness campaigns, and initiatives that continue to address the issue even after the rally is over. By sensitizing individuals and communities, the rally inspired a sense of responsibility and encourages active participation in cleanliness initiatives.



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St. Bede's College, Shimla*



MASS MOBILIZATION INCLUDING MC

On September 19, 2019, the cadets of St. Bede's College in collaboration with Municipal Corporation, Shimla engaged and motivated a wide range of partners and allies at national and local levels to raise awareness through a Nukkad Natak emphasizing the new initiatives taken by MC, Shimla to keep Shimla green and clean.

Objective: The primary objective of organizing a Nukkad Natak (street play) was to create awareness among the public about the importance of keeping Shimla green and clean. The Nukkad Natak aimed to educate and inform people about the impact of their actions on the environment and the need for sustainable practices. It sought to inspire individuals to take responsibility for their actions and adopt behaviors that contribute to a cleaner and greener Shimla.

During the Nukkad Natak, performances, dialogues, and storytelling techniques were utilized to convey the message effectively. The Nukkad Natak engaged the spectators through visual and interactive elements, making them active participants in the awareness-building process.



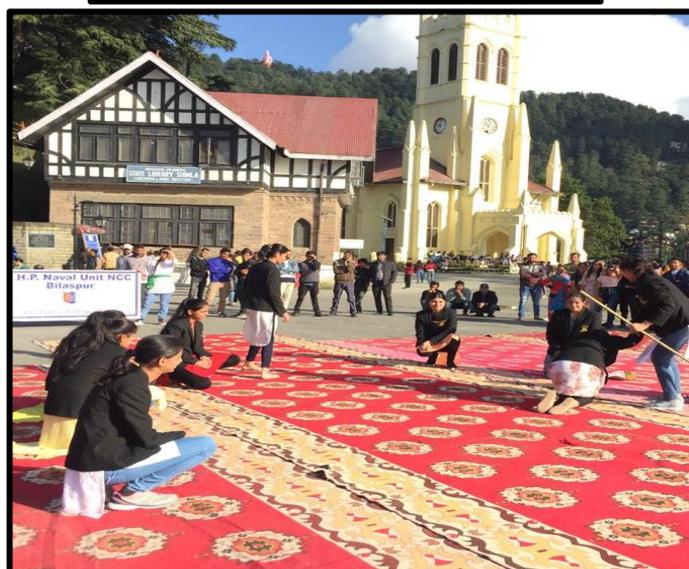
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The play highlighted issues such as waste management, pollution reduction, and natural resource conservation, emphasizing the need for immediate action.

Outcome: The Nukkad Natak had a powerful impact on the audience. The performances, dialogues, and storytelling created empathy and resonate with individuals, making the message more impactful and memorable. The visual and interactive nature of the play engaged the spectators, capturing their attention and involving them emotionally in the awareness-building process.

By witnessing the Nukkad Natak, individuals were motivated to take immediate action. The play inspired them to actively participate in cleanliness drives, tree plantation initiatives, waste management campaigns, and other environmental conservation efforts. The Nukkad Natak served as a catalyst for behaviour change, encouraging individuals to adopt sustainable practices and contribute to a cleaner and greener Shimla.

The interactive nature of the play encouraged dialogue and collaboration among the audience members, promoting a sense of unity and collective action





LECTURE ON THE TOPIC SWACHHTA

On September 20, 2019, the CTO of the NCC unit, Dr. Shweta Thakur, delivered a lecture on the hazardous effects of polythene on the ecosystem as part of the Swachh Bharat Abhiyan. She emphasized the need to reduce plastic waste and shared ideas on repurposing plastic materials. The cadets also participated in a "Best out of waste" competition, showcasing their creativity by making useful items from plastic. Three outstanding cadets were selected for rewards on NCC Day.



DRUG AWARENESS

NCC cadets of St. Bede's College, Shimla delivered an awareness lecture on Drug abuse at Halog village, Dhami on September 21, 2019.

Objective: The objective of conducting an awareness lecture on drug abuse was to educate and inform individuals about the dangers and consequences of drug abuse. The lecture aimed to raise awareness about the prevalence and impact of substance abuse on individuals, families, and society. It also sought to promote prevention, intervention, and treatment options available for those affected by drug abuse.

In this particular village adopted by St. Bede's College, a total of six cadets performed the activity. The awareness lecture focused on educating and empowering adolescents about the prevention of drug abuse and its detrimental impact on an individual's mental and physical well-being. The lecture provided accurate and up-to-date information about various drugs, their effects on physical and mental health, addiction, and the associated consequences.



Outcome: The awareness lecture on drug abuse aimed to inspire individuals to make positive choices and adopted a drug-free lifestyle. By providing the community with accurate information and raising awareness about the risks and consequences of drug abuse, the lecture encouraged individuals to make informed decisions and resist the temptations of drug use.

The lecture also played a crucial role in reducing the prevalence of drug abuse and its associated harms in the community. By increasing awareness, individuals were empowered to take preventive measures, seek intervention when necessary, and access available treatment options. The lecture contributed to the overall well-being of individuals and the community by promoting a drug-free environment and fostering a supportive and healthy society.

Moreover, the awareness lecture helped to combat the stigma surrounding drug abuse. By providing accurate information and dispelling myths and misconceptions, it promoted a compassionate and understanding approach towards individuals struggling with drug addiction. It encouraged the community to offer support, empathy, and access to appropriate resources for those in need.

NUKKAD NATAK PHASE I: THEME “CLEANLINESS, AN INDIVIDUAL’S RESPONSIBILITY”

Nukkad Natak Phase I was performed at St. Bede’s College, Bharari Government school and Govt. Model Senior Secondary Portmore School (Shimla) on September 21, 2019.

Objective: The objective of performing a Nukkad Natak (street play) on the theme "Cleanliness, an Individual's Responsibility" was to raise awareness about the importance of cleanliness and personal responsibility in maintaining a clean environment. It aimed to engage and educate the audience through a dramatic performance that highlighted the positive impact of cleanliness on society and encouraged individuals to take action.

The Cadets performed a Nukkad Natak on cleanliness, depicting the role of an individual under the Swachh Bharat Mission. Through the performance, they showcased the significance of cleanliness in various aspects of life, such as personal hygiene, waste management, and community well-being. The play incorporated engaging dialogues, gestures, and visual elements to capture the attention of the audience and convey the message effectively.

Outcome: The Nukkad Natak on cleanliness aimed to create awareness among the audience about the significance of cleanliness and its direct impact on individual well-being and the overall health of the community. By showcasing the positive outcomes of a clean environment, the street play intended to inspire individuals to take responsibility for their surroundings and actively contribute to maintaining cleanliness.

The performance sought to empower the audience by showing them that they had the ability to make a difference through their actions. It emphasized the role of every individual in creating a clean and healthy society.



CLEANING OF STATUES, PUBLIC PARKS AND HISTORICAL MONUMENTS

A cleanliness drive was carried out by the NCC cadets on September 23, 2019.

Objective: The primary objective was to preserve the statues, public parks, and historical monuments by removing dirt, pollutants, and other contaminants that could cause damage or deterioration over time. The cleaning efforts aimed to enhance the understanding and appreciation of these cultural and historical landmarks by showcasing their significance and ensuring their long-term preservation.

The cadets cleaned the Old Age Park on IGMC road, Children park in Sanjauli, Open Gym Park in Navbahar, Rani Jhansi Park on Mall Road, and Daulat Singh Park on The Ridge. Additionally, they focused on cleaning the statues of Indira Gandhi on The Ridge, Mahatma Gandhi and Lala Lajpat Rai at Scandal Point, Rani Jhansi on Mall Road, and Dr. Yashwant



*National Cadet Corps
St. Bede's College, Shimla*

Singh Parmar at Daulat Singh Park on The Ridge. They also cleaned the areas in and around the Heritage monument, Christ Church.

Outcome: The cadets' cleaning efforts have played a crucial role in raising awareness among the society about the importance of preserving local heritage. Their dedication and hard work demonstrated the power of community engagement in maintaining public spaces. By actively participating in the cleaning activities, the cadets inspired individuals to take ownership and pride in their surroundings and instilled a sense of responsibility for the upkeep of public spaces and historical sites.

The cleaning initiatives led by the cadets served as a catalyst for community-driven efforts in preserving and maintaining public parks and historical monuments. Their actions have motivated individuals to come together, volunteer their time and resources, and actively contribute to the preservation of their local heritage.





MASS AWARENESS RALLY PHASE II

A door-to-door campaign on Segregation of waste into biodegradable and non-biodegradable category was carried out by the NCC cadets.

Objective: The objective of the door-to-door campaign on the segregation of waste into biodegradable and non-biodegradable categories was to raise awareness among the residents about proper waste management practices. The campaign aimed to emphasize the importance of separating waste materials based on their biodegradability, promoting a more sustainable and environmentally friendly approach to waste disposal.

On September 24, 2019, the cadets conducted a door-to-door campaign in the North Oak area of Sanjauli, Rocky Knob in the Upper Shangti area, and Forest Road in Navbahar, Shimla, as part of the Swachh Bharat Abhiyan. They visited households and engaged with residents, providing information about waste segregation and its significance. During the campaign, the residents were asked to fill out questionnaires to assess their awareness of the five R's (Refuse, Reduce, Reuse, Recycle, Rot) and waste segregation practices.

Outcome: The campaign had a positive impact on society by increasing awareness and understanding of the importance of waste segregation. The residents gained valuable knowledge about waste management practices, enabling them to make more informed choices in their daily lives. By emphasizing the separation of waste into biodegradable and non-biodegradable categories, the campaign aimed to instil a sense of responsibility and encourage individuals to adopt sustainable waste management practices.

The campaign's outcome is expected to be reflected in the community's behaviour and engagement. As a result of the campaign, society may witness an increase in community involvement, with residents actively participating in waste segregation initiatives and organizing community clean-up drives. The campaign also aimed to inspire individuals to become advocates for better waste management practices, spreading awareness and encouraging their peers to adopt sustainable habits.





CLEANING OF LOCAL PHC AND ANGANWADI CENTRES AT DHAMI

The cadets made people of Genichi, Dhami aware about cleanliness of their Anganwadi centre and PHC on September 26, 2019.

Objective: The primary objective of the cleanliness drive was to ensure that the Primary Health Center (PHC) and Anganwadi centers in Dhami were clean, free from dirt, debris, and unhygienic conditions. The drive aimed to create a safe and healthy environment for patients, children, and staff, ultimately promoting better health outcomes and reducing the risk of infections. Additionally, the objective was to actively engage the villagers in the cleanliness efforts, fostering a sense of community ownership and collective responsibility for maintaining the cleanliness of these healthcare facilities.

The cadets, in collaboration with the villagers, undertook the task of cleaning the Anganwadi centers and the PHC in Dhami. They worked together to remove dirt, debris, and other unhygienic elements from the premises. Furthermore, the cadets extended their support by actively participating in immunization programs, assisting in ensuring the well-being of the community.

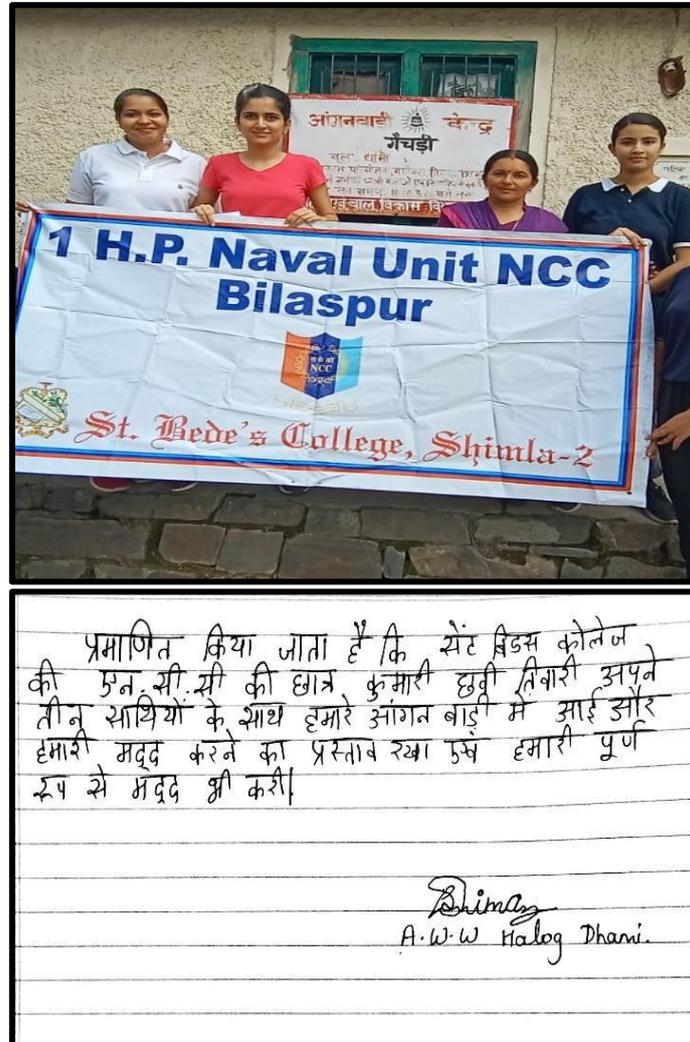
Outcome: The cleanliness drive had a significant impact on the community, fostering cooperation and collaboration among the villagers. By working together to clean and maintain the PHC and Anganwadi centers, the drive promoted a sense of unity and strengthened community bonds. The community members developed a sense of pride and ownership in these facilities, recognizing the importance of cleanliness and hygiene for better health outcomes.

The impact of the cleanliness drive goes beyond the physical cleanliness of the premises. It can lead to behaviour change among the villagers regarding cleanliness and hygiene practices. The active participation of community members in the drive can inspire them to adopt cleaner habits



*National Cadet Corps
St. Bede's College, Shimla*

in their own homes and surroundings, contributing to a healthier and more hygienic community overall.



NUKKAD NATAK PHASE II AT RIDGE AND TOWN HALL

The Cadets performed a Nukkad Natak on Segregation of Waste at Amphitheatre (The Ridge) and Town Hall, Shimla under Swachh Bharat Mission on September 27, 2019.

Objective: The primary objective of the Nukkad Natak (street play) was to raise awareness about the importance of waste segregation and promote responsible waste management practices within the society. The aim was to educate and engage the audience through a dramatic performance that highlighted the significance of waste segregation and its positive impact on the environment.

Through dialogues, storytelling, and interactive performances, the cadets brought attention to the need for responsible waste management practices, emphasizing the importance of segregating waste into different categories such as recyclables, biodegradables, and non-



National Cadet Corps St. Bede's College, Shimla

recyclables. The play aimed to educate the audience about the benefits of waste segregation, including reducing environmental pollution, conserving resources, and promoting a cleaner and healthier community.

Outcome: By raising awareness about waste segregation and its importance, the Nukkad Natak inspired individuals to take an active role in waste management. It encouraged the formation of community groups, volunteer initiatives, and collaborations among community members to promote responsible waste segregation and management practices.

The performance instilled a sense of collective responsibility and ownership among the audience, motivating them to actively participate in waste segregation initiatives and advocate for responsible waste management practices. It empowered individuals to make informed choices, adopt sustainable habits, and actively contribute to creating a cleaner and greener society.

CLEANING OF ST. BEDE'S COLLEGE CAMPUS

On September 28, 2019, NCC cadets took an initiative to collect plastic waste from the college campus. They used plastic bottles to gather the waste, which would later be utilized in constructing retaining walls. The cadets also conducted inspections at the college canteen and hostel mess, encouraging them to limit the usage of plastic and work towards making the campus plastic-free. This activity demonstrated the cadets' commitment to environmental sustainability and their efforts to raise awareness about the harmful impact of plastic waste.



PLASTIC FREE CAMPUS

The cadets of St. Bede's College took the initiative to collect plastic wrappers of chips and sweets in plastic bottles from the college campus area. On September 30, 2019, they deposited the collected bottles in the office of the Municipal Corporation.



*National Cadet Corps
St. Bede's College, Shimla*

Objective: The objective of implementing a "Plastic-Free Campus" initiative was to promote environmental sustainability and reduce the usage of single-use plastics within the college campus. The aim was to create awareness among the students and inspire them to actively participate in the movement towards a plastic-free environment.

The collected bottles were intended to be used for making retaining walls by the Municipal Corporation, showcasing the practical application of recycling and reusing plastic waste.

Outcome: The "Plastic-Free Campus" initiative had a positive impact on the college community. By actively collecting plastic wrappers and depositing them for recycling, the cadets and students became role models for their peers. Their actions raised awareness about the harmful effects of single-use plastics and the importance of reducing plastic waste within the campus.

The initiative also influenced the broader community by setting an example of responsible waste management. Through awareness campaigns, social media engagement, and conversations, students were able to spread awareness about the plastic-free movement and inspire others to join the cause. By encouraging their peers to adopt sustainable practices and reduce plastic usage, they played an instrumental role in building a more environmentally conscious campus community.





GRAND FINALE

The NCC Unit of 1HP Naval Unit NCC Bilaspur with CTO Dr. Shweta Thakur were invited to the State Event commemorating the 150th Birthday of Mohandas Karamchand Gandhi on October 2, 2019.

Objective: The objective was to recognize and honor the cadets for their outstanding contribution to the environment through the Polybrick initiative. The felicitation ceremony aimed to motivate the cadets by acknowledging their dedication and inspiring them to continue their efforts in promoting sustainability.

The cadets were felicitated by the Hon'ble Chief Minister of HP - Shri Jairam Thakur for actively participated in the Poly Brick Initiative of MC Shimla in which the masses were asked to collect the used plastic in plastic bottles for which they would be given Rs. 75 for every 1 KG.

Outcome: The felicitation ceremony influenced behavior change by promoting sustainable habits among other college students. It encouraged them to rethink their consumption patterns, reduce waste, and actively participate in recycling and waste management initiatives. Students were inspired to incorporate sustainability into their lifestyles and daily routines.



Cadets being felicitated by Hon'ble Chief Minister of HP - Shri Jairam Thakur



SEMINAR ORGANIZED BY THE MC SHIMLA ON DISASTER MANAGEMENT

The NCC students were invited for a seminar organized by the MC Shimla on Disaster Management on October 11, 2019.

Objective: The objective of the seminar organized by MC Shimla on Disaster Management was to create awareness and educate individuals, including cadets, about the importance of disaster preparedness, response, and mitigation. The seminar aimed to equip participants with knowledge and skills to effectively handle various types of disasters and minimize their impact on human lives and infrastructure.

As a part of the seminar, the cadets participated in a workshop organized by the Himachal Pradesh Disaster Management Authority. During the workshop, they received comprehensive education on different types of disasters, including earthquakes, floods, wildfires, and landslides. They learned about the causes, potential consequences, and appropriate responses for each type of disaster. The workshop provided them with valuable lessons and practical insights into disaster management.

Outcome: Following the seminar and workshop, the cadets emerged as advocates for disaster preparedness in their neighbourhoods. They took on the responsibility of sharing their knowledge and experiences with their friends, families, and community members. Through training sessions and awareness campaigns, they actively promoted the importance of disaster management and encouraged others to take proactive measures.





POSTER MAKING COMPETITION ON THE TOPIC "CLEAN INDIA OF MY DREAMS " AT DHAMI PUBLIC SCHOOL

The cadets of 1HP NCC unit Bilaspur of St. Bede's College went to Dhami Public School to conduct a poster making competition on the topic "Clean India of my dreams " on October 20,2019.

Objective: The objective of the Poster Making Competition on the topic "Clean India of My Dreams" was to raise awareness among students about the importance of cleanliness and its impact on the overall well-being of the country. The competition aimed to encourage students to express their creative ideas and thoughts through art, while also fostering a sense of responsibility towards maintaining cleanliness in their surroundings.

The competition provided students with an opportunity to showcase their artistic skills and creativity while addressing the theme of cleanliness. Participants were tasked with creating posters that depicted their vision of a clean India. The competition encouraged students to think critically about the various aspects of cleanliness, including waste management, sanitation, hygiene practices, and community participation.

Outcome: As a result of the competition, students were exposed to different perspectives and ideas from their peers, which helped broaden their horizons and inspire innovative thinking about cleanliness issues. They gained a deeper understanding of the importance of cleanliness and its impact on the well-being of individuals and society as a whole.



*National Cadet Corps
St. Bede's College, Shimla*



NCC DAY CELEBRATION: DRILL

On November 6, 2019, NCC day was celebrated at St. Bede's College, Shimla in two phases. The highlight of the celebration was a drill conducted by the NCC cadets, led by Cadet Pallavi Sharma. The drill was meticulously performed and showcased the cadets' discipline and precision. The drill was inspected by the college principal, Ms. Nandini Pathania, who acknowledged the efforts and dedication of the cadets. The NCC day celebration not only demonstrated the cadets' training and skills but also served as a proud moment for the entire college community.





*National Cadet Corps
St. Bede's College, Shimla*



NCC DAY CELEBRATION: FELICITATION OF THE CADETS

On November 7, 2019, as part of the NCC Day celebrations, the cadets who had participated in various events organized by the NCC unit were felicitated. The chief guest for the event was Mr. V.K. Sanoria, Associate Professor of Physics at St. Bede's College. The ceremony began with a patriotic song performed by the cadets, followed by presentations on NCC activities by Cadet Anushka Sharma and Cadet Chavi Tewari. CTO Dr. Shweta Thakur, Ms. Anuja Sharma, and Dr. Shramja Munjal congratulated the cadets for their achievements and contributions. The event not only recognized the cadets' hard work but also highlighted the significance of NCC in their personal and professional development.





POSTER MAKING COMPETITION ON THE TOPIC "CLEAN INDIA OF MY DREAMS " AT ST. BEDE'S COLLEGE

On 21st November 2019, a poster making competition on the theme "Clean India of my dreams" was organized at St. Bede's College. The competition was open to all students, and their enthusiasm and participation were highly praiseworthy. The event aimed to inspire creativity and raise awareness about the importance of cleanliness and a cleaner India. The students' artistic expressions showcased their vision of a cleaner and greener nation, aligning with the vision of a Swachh Bharat Abhiyan (Clean India Campaign).



CLEANLINESS DRIVE: THEME, "MERA SHEHAR SAAF HO ISME SABKA HAATH HO"

A cleanliness drive was inaugurated with the theme, "Mera Shehar Saaf Ho Isme Sabka Haath Ho" on December 13, 2019.

Objective: The objective of the cleanliness drive was to promote and create awareness about cleanliness and hygiene practices in the community. The drive aimed to mobilize individuals, including cadets, to actively participate in cleaning their surroundings and take pride in maintaining a clean environment. The main focus of the drive was on the idea that one individual can make a difference.

During the cleanliness drive, the cadets cleaned the areas in and around the college. They actively participated in picking up litter, removing debris, and ensuring that the surroundings were clean and hygienic. Their involvement showcased their commitment to maintaining a clean environment and served as a powerful demonstration of the impact that individuals can have when they take responsibility for their surroundings.

Outcome: The participation of the cadets in the cleanliness drive had a significant impact on the community. By actively engaging in cleaning the roads and surroundings, the cadets became role models for others in the society. Their actions served as a powerful visual reminder of the importance of cleanliness and inspired others to take similar initiatives.



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St. Bede's College, Shimla*

The influence of the cadets' participation in the cleanliness drive went beyond the event itself. It created a ripple effect, motivating and inspiring community members to actively contribute to the cleanliness and hygiene of their surroundings. The cadets' commitment and dedication to maintaining a clean environment inspired a culture of cleanliness within the community, encouraging individuals to take pride in their surroundings and make a positive impact.



TALK ON “GREEN CITY, CLEAN CITY MY DREAM CITY AT DHAMI

A talk on “Green City, Clean City My Dream City.” was conducted, at Dhami Public School, Shimla on December 15, 2019.

Objective: The objective of the talk on "Green City, Clean City: My Dream City" was to create awareness among the audience about the importance of environmental sustainability, cleanliness, and their role in building a better city. The talk aimed to inspire the audience to



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St. Bede's College, Shimla*

envision a city that is green, clean, and sustainable, where citizens actively participate in preserving the environment and maintaining cleanliness. It focused on highlighting the various aspects of a green and clean city, such as waste management, green spaces, renewable energy, pollution control, and sustainable practices.

During the talk, the students of the school interacted with great enthusiasm and actively participated by giving suggestions on how to keep the environment clean. They shared their thoughts and ideas on various aspects of a green and clean city, emphasizing the importance of individual actions in creating a sustainable future. The talk provided a platform for discussion and engagement, encouraging the audience to think critically about their role in building a greener and cleaner city.

Outcome: The talk had a significant impact on the audience, empowering them to make conscious choices in their daily lives and adopt sustainable practices. By raising awareness about the importance of environmental sustainability and cleanliness, the audience was inspired to take action and contribute to building a green and clean city.

The suggestions and ideas shared by the students during the talk served as a catalyst for change. The audience became more aware of the environmental issues their city faces and the potential solutions that can be implemented. They recognized the importance of waste management, conservation of resources, and reducing pollution.





*National Cadet Corps
St. Bede's College, Shimla*



AIATC, EZHIMALA, KANNUR, KEREALA

In January 2020, two cadets PO Cadet Zeenat Brar and Cadet Gargi Sud of St. Bede's College attended AIATC held in Kerala.

Objective: The objective of the AIATC (All India Annual Training Camp) was to provide training and exposure to cadets in various aspects such as leadership, discipline, physical fitness, teamwork, and national integration. The camp aimed to enhance the overall personality development of cadets and instil in them a sense of pride, responsibility, and commitment towards their nation.

The camp was conducted at the Indian Naval Academy, Ezhimala, Kannur, Kerala from 9th January 2020 to 20th January 2020. Commander MP Ramesh served as the camp commandant for this camp. During the camp, the cadets participated in various activities and competitions, including group dance, tug of war, boat pulling, drill competitions, and a cultural program organized in the INA Ramanujan auditorium. Additionally, the cadets had the opportunity to visit the Indian Naval Academy, further enriching their experience.

Outcome: Through their active participation and involvement in the camp, the cadets became role models for other youth. Their demonstrated discipline, dedication, and commitment inspired others to follow their example and strive for excellence in their own lives. The camp provided a platform for the cadets to showcase their skills, develop their leadership abilities, and foster a sense of camaraderie and teamwork.

The interactions and experiences during the camp allowed the cadets to positively influence and motivate their fellow cadets. Through their embodiment of values such as discipline, teamwork, and national integration, they inspired others to embrace these values and contribute to the betterment of their communities.



AWARENESS RAISING CAMPAIGN AT IGMC, SHIMLA

The cadets cleaned the areas in and around IGMC Hospital under the theme 'One Individual Making a Difference on February 9, 2020'.

Objective: The objective of cleaning the areas in and around IGMC (Indira Gandhi Medical College) Hospital was to create a clean and hygienic environment that supports the health and well-being of patients, visitors, and healthcare providers. This cleaning initiative aimed to maintain cleanliness, prevent the spread of diseases, and enhance the overall ambience of the hospital premises.

The cleaning activity took place in and around the IGMC Hospital premises. The cadets, along with other volunteers, worked diligently to remove dirt, debris, and other waste materials from the surroundings. They focused on areas such as the entrance, corridors, waiting areas, parking lots, and gardens, ensuring that all spaces were clean and presentable.

Outcome: The cleaning activity resulted in a significant improvement in the cleanliness and hygiene of the hospital premises. A clean and well-maintained environment is crucial for promoting the healing process, preventing the spread of infections, and creating a positive experience for patients, visitors, and healthcare providers.

By actively participating in the cleaning activity, the cadets and other volunteers set an example for others in the community. Their efforts showcased the importance of cleanliness and inspired individuals to take responsibility for their surroundings. The collaborative nature of the activity fostered a sense of unity and collective responsibility within the community.



MASS AWARENESS CLEANLINESS AND HYGIENE RALLY

The cadets of St. Bede's college, Shimla went for the mass awareness cleanliness rally to spread awareness on the hazards of litter in our water ecosystem on February 13, 2020.

Objective: The objective of the cleanliness rally was to spread awareness about the hazards of litter in our water ecosystem and promote responsible waste management practices. The rally aimed to educate and engage participants and the wider community on the importance of keeping our water bodies clean and free from pollution.

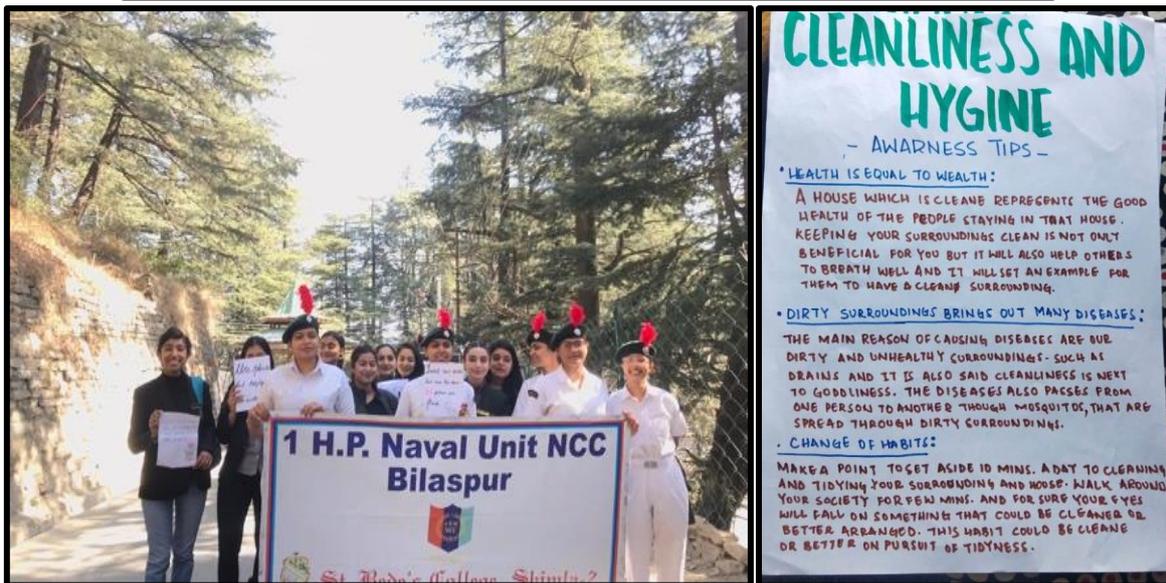
The cadets, along with other participants, actively took part in the cleanliness rally. They distributed pamphlets and educational materials to the public, spreading awareness regarding water conservation, water cleanliness, and hygiene. Banners and slogans were prominently displayed, emphasizing the detrimental effects of litter on water quality, aquatic life, and the overall ecosystem.

Outcome: The cleanliness rally served as a powerful platform to spread the message beyond the participants. As the rally moved through different areas, it caught the attention of onlookers and bystanders. The visually impactful display, along with the enthusiastic participation of the cadets and other participants, generated curiosity and interest among the public. This led to conversations and discussions about the hazards of litter in water bodies, fostering a greater understanding of the issue.

The rally's impact extended beyond the immediate participants. Through the distribution of pamphlets and educational materials, the message reached a wider audience, including individuals who may not have been present at the rally. This increased awareness about the importance of responsible waste management practices and the need to keep our water bodies clean.



*National Cadet Corps
St. Bede's College, Shimla*



TALK ON “SAVE THE ENVIRONMENT BY PRESERVING OUR WATER RESOURCES” AT ST. BEDE’S COLLEGE

A talk was conducted on the theme “save the environment by preserving our water resources” on February 20, 2019.

Objective: The objective of the talk conducted on the theme "Save the environment by preserving our water resources" was to create awareness among the audience about the importance of water conservation, highlight the challenges faced by our water resources, and provide practical steps individuals can take to protect and preserve water. The talk aimed to



National Cadet Corps St. Bede's College, Shimla

sensitize the audience to the critical issue of water scarcity, pollution, and the overall health of our water ecosystems.

The talk was conducted with active participation from the students of the college. They interacted with the cadets and enthusiastically shared their suggestions on the preservation of water resources. The speaker emphasized the need for collective action and individual responsibility in addressing the challenges faced by our water resources.

Outcome: The talk had a significant impact on the audience, empowering them to take action and create change within their communities. They utilized various platforms, including social media and traditional media, to amplify their message and reach a larger audience. By sharing their knowledge and experiences, they motivated others to join the cause and actively participate in saving and preserving water resources. The outcome of the talk was a community-driven effort to protect and conserve water resources.



CURFEW AWARENESS

Cadets made people aware of the Janta curfew through various social media platforms on March 20, 2020.

Objective: The objective of creating awareness about the Janta curfew for COVID-19 through various social media platforms was to inform and educate the society about the importance of self-imposed restrictions and social distancing measures during a pandemic. The Janta curfew was a voluntary curfew where citizens were encouraged to stay at home and limit social interactions to curb the spread of the virus.

Various social media platforms were utilized to disseminate information about the Janta curfew. Posts, videos, and infographics were shared, highlighting the purpose and significance of the curfew. The content emphasized the need for individual responsibility and collective action in combating the COVID-19 pandemic. It provided clear instructions on staying at home,



practicing social distancing, and following hygiene protocols. Additionally, testimonials and success stories of individuals and communities adhering to the curfew were shared to inspire and motivate others.

Outcome: The awareness campaign on social media had a significant impact on the society. It created a widespread understanding of the Janta curfew and its importance in controlling the spread of COVID-19. The campaign informed individuals about the risks associated with the virus and the critical role they play in protecting themselves and others. Through the use of engaging and informative content, social media platforms effectively reached a wide audience, including individuals of different age groups and backgrounds.

As a result of the awareness campaign, there was an increased sense of responsibility among the society. People actively participated in the Janta curfew by voluntarily staying at home, avoiding unnecessary social gatherings, and practicing social distancing. The campaign generated a collective consciousness and unity in the society, with individuals recognizing the importance of their actions in preventing the spread of the virus.



AAROGYA SETU APP

All the cadets downloaded the Aarogya Setu app on April 21, 2020 and encouraged others also.

Objective: The objective of downloading the Aarogya Setu app was to help individuals and society stay informed about COVID-19 and take necessary precautions to prevent its spread. The app was designed to provide users with important information and alerts related to the pandemic, as well as assess their risk level based on their health status and potential exposure to the virus.

Users were able to download the Aarogya Setu app from official app stores and install it on their smartphones. Once installed, users were required to register with their mobile number and



National Cadet Corps St. Bede's College, Shimla

provide relevant details. The app utilized Bluetooth technology and location data to assess the user's risk of COVID-19 exposure. It also provided access to essential information, such as safety guidelines, testing centers, and emergency helpline numbers.

Outcome: By downloading the Aarogya Setu app, individuals gained access to real-time information and updates on COVID-19. The app provided notifications and alerts about the latest developments, including nearby active cases, hotspots, and containment zones. This empowered users to make informed decisions and take appropriate precautions to protect themselves and others from the virus.

The app's self-assessment feature allowed users to monitor their health status and assess their risk level based on their symptoms and potential exposure to COVID-19. If a user reported symptoms or exposure, the app provides recommendations for self-isolation, testing, and contacting healthcare authorities for further assistance. This enabled users to seek timely medical help and take appropriate measures to prevent further transmission.



CONTRIBUTION TOWARDS PM/ CM CARE FUND FOR COVID-19

The cadets contributed towards PM/ CM Care fund for COVID-19 on April 24, 2020.

Objective: The objective of contributing towards the PM (Prime Minister) or CM (Chief Minister) CARE Fund for COVID-19 was to provide financial support and resources to the government in their efforts to combat the pandemic and mitigate its impact on individuals and communities.

Individuals were able to contribute to the PM or CM CARE Fund by making monetary donations through various channels. These channels included online platforms, bank transfers, or designated collection centers. The government provided guidelines and instructions on how to make contributions, ensuring transparency and accountability in the process.

Outcome: The outcome of contributing towards the PM/CM CARE Fund for COVID-19 was a collective effort to combat the pandemic effectively. The funds collected through these



contributions were utilized by the government to address various aspects of the pandemic response. This included strengthening healthcare infrastructure, procuring medical equipment and supplies, supporting frontline workers, facilitating testing and vaccination drives, providing financial assistance to affected individuals and families, and implementing relief measures for vulnerable populations.

Contributing to the PM/CM CARE Fund for COVID-19 demonstrated solidarity and unity as a nation. It sent a message of support and encouragement to the government and frontline workers who were tirelessly working to protect and save lives. It showed a collective commitment to overcoming the challenges posed by the pandemic and building a resilient society.

TREE PLANTATION PAKHWADA

The NCC cadets St. Bede's College of 1 HP Naval Unit, Bilaspur planted saplings and contributed towards Clean and Green India during the current pandemic situation on May 20, 2020.

Objective: The objective of planting saplings during COVID-19 at homes was to encourage individuals to take part in environmental conservation efforts and contribute to a greener and healthier society. By engaging in this activity, individuals aimed to demonstrate their commitment to preserving the environment and inspire others to do the same. Additionally, planting saplings at home provided an opportunity for individuals to connect with nature, promote biodiversity, and mitigate the impact of the pandemic on outdoor environmental activities.

Outcome: The participation of 16 cadets in planting saplings at home resulted in the planting of 32 saplings, including Mango, Karaka, Neem, Jamun, Ashoka, Apricot, Peach, Peepal, Pear, and Guava trees. Through their involvement in this initiative, the cadets became ambassadors for environmental conservation and shared their experiences to motivate others within their social circles. Peer influence played a significant role in sensitizing society and encouraging widespread participation.

The cadets took their efforts a step further by engaging in social media campaigns to raise awareness and promote the idea of planting saplings at home. By utilizing social media platforms, they reached a larger audience and inspired individuals to take similar actions in their own homes.





BENEFITS OF PLANTING A TREE....

1. Reduce pollution.
2. Provide habitat.
3. Prevent soil erosion.
4. Reduce global warming.
5. Controls desertification.



The best time to plant a tree was 20 years ago, but the second best time is now..
"He who plants a tree, plants a hope"



ST. BEDE'S COLLEGE, SHIMLA.



Top 5 Plants for your bathroom

- 1. **TULSI PLANT**: thrives in low light, best plant or indoor herb, close to indestructible, thrives in low light.
- 2. **NEEM PLANT**: cleans the air, great in areas of high humidity, best herb.



"The best time to plant a tree was 20 years ago. The second best time is now."

2020-21

NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC SHIMLA

INTERNATIONAL DAY OF THE GIRL CHILD

International Girl Child Day is celebrated every year on the 11th of October to raise awareness and advocate for the rights and well-being of girls worldwide. In line with this significant day, the cadets of 7HP (I) Coy, NCC Shimla, and 1 HP Naval Unit, NCC Bilaspur unit of St. Bede's College, Shimla organized a series of competitions under the theme "JAI HIND MADAM-SIR" on 11th October 2020. The purpose of these events was to promote gender equality, address gender biases, and create a better world for the present and future generations.

Objective: The primary objective of celebrating the International Day of the Girl Child was to increase awareness about the challenges faced by girls, including issues related to education, nutrition, forced child marriage, legal rights, and medical rights. It aimed to recognize girls' rights and shed light on the unique obstacles they encounter globally.

The cadets from St. Bede's College, Shimla enthusiastically organized various competitions that were open to all college students. These events provided a platform for participants to showcase their talents and express their perspectives on gender equality and the rights of the girl child. The competitions held were as follows:



*National Cadet Corps
St. Bede's College, Shimla*

1. **Folk-Dance Competition:** Cadet Riya Verma emerged as the winner of the Folk-Dance Competition, showcasing her exceptional skills and passion for traditional dance forms. Cadet Chinmay Sharma secured the second position, demonstrating a commendable performance.
2. **Story-Writing Competition:** Cadet Ananya Singh secured the first position in the Story-Writing Competition with her captivating storytelling and insightful portrayal of girlhood experiences. Cadet Anoushka Moses followed closely, exhibiting remarkable creativity and narrative abilities.
3. **Poster-Making Competition:** Cadet Mehak Khakta's artistic prowess earned her the first position in the Poster-Making Competition. Her thought-provoking artwork effectively conveyed the message of gender equality. Cadet Priyangana Dhalta secured the second position with her visually striking and meaningful creation.

In addition to the competition winners, four cadets were recognized for their outstanding performances in various aspects:

- Cdt. Gati Singh received the award for being the sincerest cadet, highlighting her dedication and commitment towards the activities.
- Cdt. Devshree Hada was honored as the most inventive cadet, acknowledging her innovative thinking and problem-solving skills.
- Cdt. Maanika Sethi was awarded for being the most diligent cadet, recognizing her consistent efforts and hard work.
- Sergeant Rutuja Kulkarni was honoured with the Excellence in Leadership award, commending her exemplary leadership qualities and contributions.

Outcome: The International Girl Child Day celebrations facilitated the raising of awareness about the challenges and inequalities faced by girls in various contexts such as education, health, violence, and child marriage. The active participation of the cadets in the different activities contributed to their holistic development and allowed them to showcase their talents and perspectives. Moreover, these events helped create awareness in society about the importance of gender equality and the rights of the girl child. By recognizing and supporting the participation of girls in decision-making spaces, leadership roles, and social change efforts, the celebrations aimed to empower girls and inspire positive transformations in their lives and communities.





BLOOD DONATION CAMP

On November 22, 2020, a blood donation camp was organized at the Ridge in Shimla, where the cadets of the National Cadet Corps (NCC) came forward to donate blood.

Objective: The camp aimed to create awareness about the importance of blood donation and promote the theme 'Rakht Daan Jeevan Daan,' emphasizing the significance of giving the gift of life through blood donation.

The blood donation camp saw active participation from NCC cadets who selflessly volunteered to donate blood. The event was organized with the collaboration of medical professionals, ensuring a safe and efficient blood collection process. The cadets, driven by their sense of duty and compassion, eagerly participated in this noble cause.

The theme for the day, 'Rakht Daan Jeevan Daan,' highlighted the idea that donating blood is equivalent to giving the gift of life. It aimed to sensitize individuals about the critical need for blood donations and emphasized the role each person can play in helping others by contributing their precious blood. The camp provided an opportunity for cadets to experience the joy of saving lives and instilled in them a strong sense of social responsibility.

Outcome: The NCC cadets exhibited remarkable enthusiasm and dedication during the blood donation camp. Their active participation served as an inspiration to others, motivating them to recognize the importance of timely blood donations to meet the needs of the less fortunate. By actively engaging in this activity, the cadets sensitized themselves and others about the value of donating blood and the impact it can have on saving lives.

The camp encouraged the cadets to take a pledge to donate blood at least once a year, reinforcing the idea that regular blood donations can significantly contribute to meeting the growing demand for blood in medical emergencies and treatments. Through their active participation, the cadets imparted the value of blood donation to others, ultimately creating a culture of compassion and altruism within the community.





SWACHHTA PAKHWADA

On November 27, 2020, the cadets participated enthusiastically in an event aimed at spreading awareness on 'Swachhta' (cleanliness).

Objective: The objective of the event was to promote cleanliness and hygiene practices among the cadets and the wider community. Through their active involvement, the cadets sought to inspire positive changes in attitudes and behaviours towards cleanliness.

The cadets actively participated in various activities to spread awareness on 'Swachhta.' These activities included cleanliness drives, interactive sessions, and awareness campaigns. The event emphasized the importance of maintaining cleanliness in our surroundings, including homes, educational institutions, and public spaces.

The cadets took part in cleanliness drives where they actively cleaned and tidied up designated areas. They picked up litter, disposed of waste properly, and organized cleaning activities in parks, streets, and public places. These actions aimed to create visible and tangible improvements in the cleanliness of the surroundings.

Additionally, interactive sessions were conducted to educate the cadets about the importance of personal hygiene. The sessions covered topics such as handwashing, proper waste disposal, and maintaining clean and healthy living spaces. The cadets actively participated in discussions, asked questions, and shared their experiences and insights on maintaining cleanliness.

Furthermore, awareness campaigns were organized to reach a wider audience and create a lasting impact. The cadets utilized various mediums such as posters, banners, and social media platforms to convey the message of 'Swachhta.' They designed and displayed visually appealing posters with powerful messages about cleanliness and its benefits. The cadets also leveraged social media platforms to raise awareness and encourage others to adopt clean and hygienic practices.

Outcome The enthusiastic participation of the cadets in spreading awareness on 'Swachhta' had a significant impact on the event's outcome. Through their active involvement, the cadets successfully raised awareness about the importance of cleanliness and hygiene among their peers, educational institutions, and the wider community.

Cadets also uploaded video online to spread awareness regarding importance of Swachhata.

Link for YouTube Video: <https://youtu.be/xoWdChE1atw>



NUKKAD NATAK

On December 4, 2020, the cadets took the opportunity to showcase their talents through a Nukkad Natak (street play) on the theme 'Segregation of Waste.' Despite the ongoing pandemic, the cadets creatively adapted by preparing and performing the Nukkad Natak online.

Objective: The Nukkad Natak aimed to educate and sensitize the public about the significance of separating waste into different categories such as biodegradable, non-biodegradable, recyclable, and hazardous. It also intended to demonstrate the proper methods and practices of waste segregation and disposal, while also motivating individuals to adopt these practices in their daily lives.

The Nukkad Natak, performed online by the cadets, utilized their creative talents to effectively convey the message of waste segregation. The play focused on depicting real-life scenarios and situations related to waste management, emphasizing the need for proper segregation at the source. The cadets showcased the consequences of improper waste disposal, including environmental pollution, health hazards, and the burden on municipal waste management systems.

Through their performances, the cadets demonstrated the correct methods of waste segregation, highlighting the importance of separating biodegradable and non-biodegradable waste, as well as the need to properly handle hazardous and recyclable materials. The Nukkad Natak also aimed to inspire the audience by showcasing the positive impact of waste segregation on the environment and society.

Outcome; The Nukkad Natak performed by the cadets successfully created awareness and had a significant impact on the audience. By utilizing online platforms and social media, the cadets reached a larger audience and effectively spread the message of waste segregation. The play highlighted the importance of reducing waste generation, reusing items, and recycling materials to promote a sustainable environment.

The online format enabled wider dissemination of the play, allowing more individuals to become aware of the importance of waste segregation and the impact it has on the environment and society. **Link for YouTube Video :** <https://youtu.be/k6r2krqC-fY>



MAINTAINING PERSONAL HYGIENE

On December 6, 2020, the cadets actively participated in an activity focused on promoting good personal hygiene.

Objective: The objective of this initiative was to educate and inform viewers about the importance of personal hygiene, as well as the benefits of practicing proper hygiene habits.

The cadets presented three different ways to maintain good personal hygiene and outlined the necessary steps to follow. They took part in an activity where they created videos showcasing different aspects of maintaining good personal hygiene. These videos were designed to educate viewers about the significance of personal hygiene and provide practical guidance on adopting proper hygiene practices.

The cadets produced videos demonstrating and illustrating the best practices and methods of personal hygiene. They highlighted essential activities such as handwashing, teeth brushing, bathing, grooming, and other hygiene-related routines. The videos emphasized the correct techniques and steps involved in each aspect of personal hygiene.

The cadets ensured that the videos were informative, engaging, and visually appealing to capture the viewers' attention. They presented clear instructions, shared useful tips, and explained the benefits of maintaining good personal hygiene.

Outcome: By sharing their videos online, the cadets effectively reached a wider audience and extended the reach of their message. The videos served as educational tools, raising awareness about the importance of personal hygiene and its impact on overall health and well-being. The cadets provided valuable information on the best practices and steps to follow for proper personal hygiene routines.

Link for YouTube Video: <https://youtu.be/ySNjpnODXr8>

SPREADING AWARENESS ONLINE

In response to the surge of COVID-19 and the need for remote engagement, the NCC unit of the college took the initiative to maintain its presence in the online world. On December 20, 2020, the NCC cadets established an Instagram page, a YouTube channel, and utilized Twitter to create a greater impact and reach a wider audience.

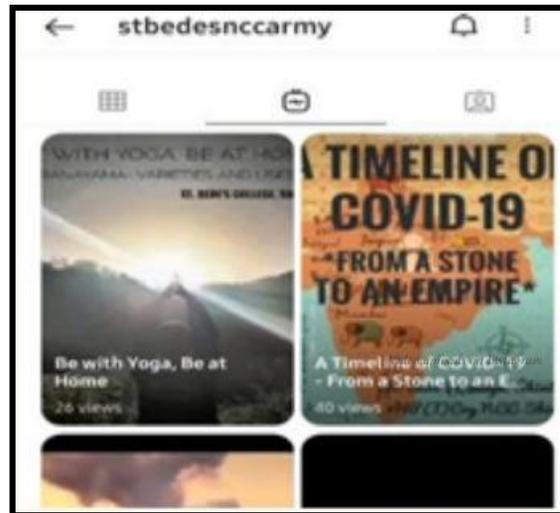
Instagram page: The NCC cadets created an Instagram page under the name @stbedesnccarmy. The page served as a platform for cadets to share their cherished moments and messages with the world. Since its inception, the cadets have been consistently posting on the page, actively engaging with their followers and showcasing their activities and achievements.

Through the Instagram page, the NCC cadets shared pictures and videos of their various events, training sessions, and community service initiatives. They used captions and descriptions to



*National Cadet Corps
St. Bede's College, Shimla*

convey meaningful messages, raising awareness about social issues, patriotism, and the importance of NCC in their lives. The Instagram page allowed the cadets to connect with a diverse audience and inspire others through their experiences.



Video uploads on Instagram

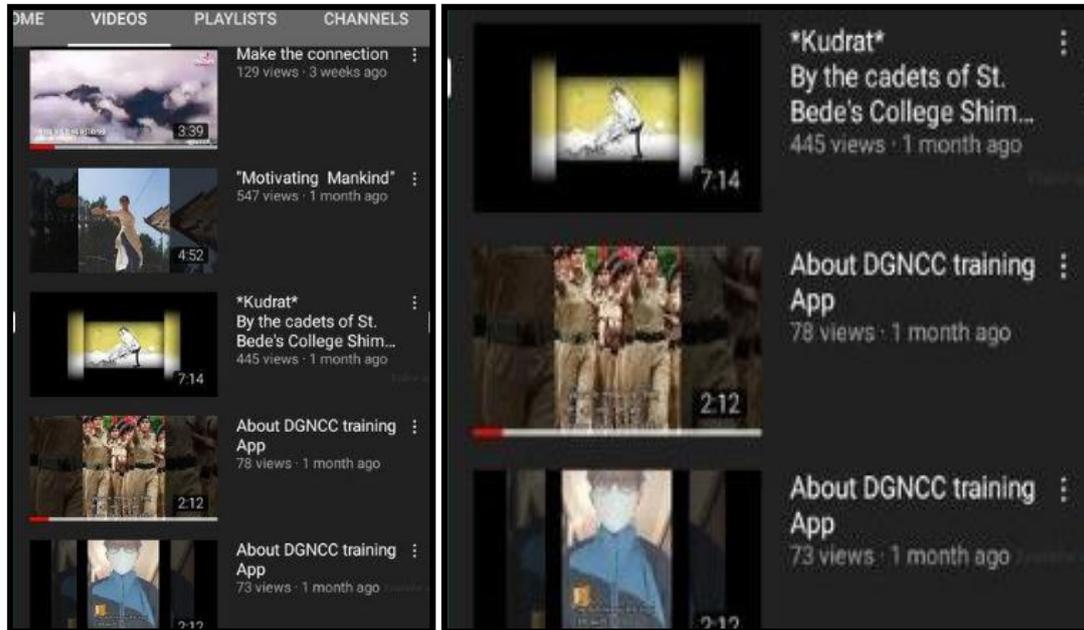
YouTube channel: Recognizing the power of video content, the NCC cadets established a YouTube channel to spread awareness and deliver impactful messages. The YouTube channel provided a larger platform for the cadets to showcase their work and reach out to a broader audience.

The NCC cadets prepared videos with meaningful messages and educational content. These videos covered a wide range of topics, including NCC training, discipline, leadership, and social responsibility. By sharing their experiences and insights, the cadets aimed to inspire and motivate viewers while creating awareness about the NCC and its role in shaping young individuals.

The YouTube channel- <https://www.youtube.com/channel/UCRyVrGV9Lqg2cWHaHBF5g3Q>



*National Cadet Corps
St. Bede's College, Shimla*



YouTube uploads on the channel

Twitter: The NCC cadets utilized Twitter as a platform to share their work and connect with a larger audience. Through their official Twitter handle, they shared updates, achievements, and photographs from their various activities and events. Their outreach efforts on Twitter caught the attention of the Directorate's official Twitter handle, further increasing their visibility and recognition.

By leveraging Twitter's reach and engagement features, the NCC cadets effectively disseminated information about their initiatives, projects, and the impact they were making in their community. They used tweets to convey messages of patriotism, discipline, and social responsibility, inspiring others to join their cause and support the NCC's mission.



Our work being retweeted on Twitter



STATUE CLEANING

On February 20, 2021, the cadets took the initiative to voluntarily clean public statues in their community.

Objective: This activity aimed to contribute towards maintaining the cleanliness and preserving the cultural heritage of the statues.

The cadets demonstrated their commitment to civic responsibility and actively participated in the cleaning process. The cadets enthusiastically engaged in the voluntary cleaning of public statues in their community. They organized themselves into groups and identified statues that required cleaning and maintenance. Equipped with cleaning tools, water, and appropriate cleaning agents, the cadets meticulously worked towards restoring the statues to their original condition.

The cleaning process involved removing dirt, dust, and grime from the surfaces of the statues. The cadets used soft brushes, sponges, and gentle cleaning solutions to avoid causing any damage. They paid attention to intricate details and delicate areas of the statues, ensuring that the cleaning process was thorough yet gentle.

The cadets took pride in their work and showcased their dedication to preserving the cultural heritage represented by these public statues. Their efforts aimed to enhance the visual appeal of the statues and create a clean and aesthetically pleasing environment for the community to enjoy.

Outcome: By actively engaging in the cleaning process, the cadets contributed to the preservation of cultural heritage represented by the public statues. Their efforts ensured that these important symbols of history and art were well-maintained and visually appealing for the community.

Link for YouTube Video: https://youtu.be/hlWPrB_z-V0



*National Cadet Corps
St. Bede's College, Shimla*



Cleaning the statue of St. Bede's at St. Bede's College



Cleaning the statue of Late Atal Bihari Vajpayee



Cleaning the statue of Rani of Jhansi

REPUBLIC DAY

On January 26, 2021, the cadets celebrated Republic Day in a unique way by organizing a virtual event. Due to the COVID-19 pandemic and the resulting restrictions, the cadets adapted to the circumstances and found a creative solution to commemorate this significant national day.

Objective: The virtual celebration aimed to spread a message of motivation, patriotism, and optimism to the world.

The cadets meticulously planned and organized a virtual celebration to mark Republic Day. The event included various activities and performances that showcased their dedication towards their country and its values. Despite being locked indoors, the cadets utilized technology to connect and engage with a wide audience.

The virtual celebration began with the flag hoisting ceremony, which was streamed live online. The cadets paid homage to the national flag and recited the National Anthem with reverence and pride. They delivered inspiring speeches that highlighted the significance of Republic Day and the values it represents. They emphasized the importance of democracy, unity, and the responsibility of every citizen towards nation-building.

The cadets showcased their talents through cultural performances that reflected the diverse traditions and heritage of India. They presented patriotic songs, dance performances, and recitations of inspirational poems that resonated with the spirit of Republic Day.



National Cadet Corps St. Bede's College, Shimla

The cadets prepared motivational presentations that focused on the achievements and progress of the nation. They highlighted the contributions of notable individuals and shared success stories that inspired and instilled a sense of optimism among the viewers.

Interactive sessions such as quizzes and trivia were conducted to engage the audience and enhance their knowledge about Indian history, constitution, and the significance of Republic Day. These activities encouraged participation and provided an opportunity for learning and reflection.

Outcome: Through their speeches, performances, and presentations, the cadets successfully spread a message of motivation, patriotism, and optimism.



HIMACHAL DAY PARADE

NCC cadets volunteered for the Himachal Day parade on April 6, 2021. The practices were held at the Government school, Chaura Maidan. Out of 11 cadets, 7 were selected to be a part of the final contingent for the Himachal Day Parade.

Objective: The objective of participation in Himachal Day parade was to celebrate the formation of Himachal Pradesh as a province of India on 15th April 1948, and later as a state of India on 25th January 1971. The parade also sought to instill a sense of pride, patriotism,



National Cadet Corps St. Bede's College, Shimla

and unity among the people of Himachal Pradesh, and to honor the freedom fighters, leaders, and martyrs who fought for the state's sovereignty and dignity.

Outcome: The selected cadets got an opportunity to learn the drill. They also shared their experience of learning with fellow Cadets.



RAISING DAY

On March 10, 2021, the college celebrated the Raising Day of its newly established NCC unit. This day marked a significant milestone as the college received its own NCC unit, providing an opportunity for many students to be a part of the National Cadet Corps. The event was organized while strictly adhering to COVID-19 protocols. A short cultural program was held to pay tribute to the Indian Armed Forces, and distinguished guests, Group Commander Brigadier Rajeev Thakur and Commanding Officer Colonel Suneet Shankta, graced the occasion.

The presence of Group Commander Brigadier Rajeev Thakur and Commanding Officer Colonel Suneet Shankta as chief guests inspired and motivated the cadets and participants. Their presence highlighted the significance of the NCC unit and the importance of service to the nation.



*National Cadet Corps
St. Bede's College, Shimla*





COVID-19 AWARENESS ACTIVITIES

The cadets made an effort to send messages regarding precautions to be taken to prevent corona through paintings, posters and poems on May 4, 2021.

Objective: The objective of conducting covid awareness activities was to inform and educate the people about the coronavirus disease (COVID-19), its causes, symptoms, prevention, and treatment. It aimed to support and empower the people to cope with the challenges and difficulties posed by COVID-19, such as stress, anxiety, isolation, stigma, etc.

Outcome: Cadets were able to engage a large and diverse audience with creative and catchy messages on COVID-19 and how to prevent and treat it. They inspired and motivated the people to follow the health guidelines and to get themselves vaccinated. This activity helped in enhancing the artistic and communication skills of the cadets as they wrote poems and designed posters.

Link for YouTube Video: <https://youtu.be/8MU14Aq1fSI>





NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT BILASPUR

TREE PLANTATION

On July 15, 2020, a tree plantation drive was organized by the NCC cadets, with a focus on promoting environmental conservation and sustainability. Despite the challenges posed by the ongoing COVID-19 pandemic, the cadets took diligent precautions and planted a total of 40 saplings in their nearby areas. This initiative aimed to create awareness about the significance of tree plantation and its multifaceted benefits.

Objective: The primary objective of the tree plantation drive was to motivate individuals and organizations to actively participate in tree planting activities. By doing so, the drive aimed to improve the environment, create habitats for wildlife, generate timber and other forest products, and enhance the overall aesthetic appeal of the landscape.

In adherence to the COVID-19 safety guidelines, the NCC cadets diligently carried out the tree plantation drive. They selected suitable locations in their nearby areas and planted a diverse range of saplings. Each cadet actively participated in the process, ensuring proper planting techniques and care for the saplings. The event fostered a sense of responsibility and ownership towards the environment among the cadets, instilling in them a deep understanding of the vital role trees play in maintaining ecological balance.

Outcome: The tree plantation drive yielded positive outcomes for both nature and the human community. Trees act as natural carbon sinks, absorbing carbon dioxide and releasing oxygen, thereby mitigating greenhouse gas emissions and combating climate change. The newly planted saplings will contribute to reducing air pollution, improving air quality, and enhancing the overall well-being of the surrounding ecosystem.

Moreover, the presence of trees provides various benefits to humans as well. They offer spaces for relaxation, exercise, and social gatherings, fostering community engagement and overall well-being. The successful implementation of the tree plantation drive also served as a source of inspiration for the family members of the cadets, motivating them to actively participate in similar initiatives and contribute to a greener future.





BE VOCAL ABOUT LOCAL ACTIVITY

The cadets of St. Bede's College, under the 1 HP Naval Unit NCC Bilaspur, actively participated in a series of activities from 4th to 13th August 2020 to promote the "Be Vocal about Local" initiative. They took the initiative to raise awareness in their neighborhood and adopted village, Halog, Dhami. Through various creative means such as poems, e-posters, videos, slogans, mass awareness campaigns, and social media outreach, the cadets aimed to highlight the significance of supporting local products and industries.

Objective: The objective of the "Vocal for Local" initiative is to transform India into a robust local market by promoting and encouraging the use of Indian-made products at a global level. By generating demand for local goods and services, the campaign aims to bolster domestic industries and reduce reliance on external funding. The cadets' activities sought to educate and engage the community, emphasizing the importance of supporting local businesses and artisans.

The cadets displayed their enthusiasm and dedication by actively engaging in various activities throughout the campaign. They utilized their creative talents to write thought-provoking poems, design captivating e-posters, and create impactful videos that showcased the value and uniqueness of local products. The cadets also conducted mass awareness campaigns in their surrounding areas, disseminating information about the benefits of purchasing and using locally made goods. Additionally, they utilized social media platforms to reach a wider audience and encourage them to embrace local products.

One significant aspect of the campaign was the cadets' visit to the adopted village, Halog, Dhami. They interacted with the villagers, shared insights about the importance of supporting local businesses, and encouraged them to produce and consume local products. By actively engaging with the community, the cadets fostered a sense of pride in local craftsmanship and motivated individuals to contribute to the economic growth of Himachal Pradesh.

Outcome: The awareness campaign led by the NCC cadets had a positive impact on the community. Through their efforts, they successfully educated and inspired people to prioritize local products, thereby enhancing the economic status of Himachal Pradesh. By promoting the consumption of local goods, the cadets contributed to the growth of domestic industries and empowered local artisans and businesses.

Furthermore, the campaign served as a valuable learning opportunity for the cadets themselves. Their visits to different villages and interactions with the villagers allowed them to witness firsthand the impact of their efforts. It provided them with practical insights into the importance of supporting local communities and nurturing a sustainable economy.



YOGA AWARENESS

The cadets of St. Bede's College, under the 1 HP Naval Unit NCC Bilaspur, actively participated in various activities from 20th to 27th August 2020 as part of the Fit India movement. They engaged in a range of activities including creating yoga asanas tutorial videos, practicing and demonstrating various yoga poses, designing e-posters, spreading awareness through social media, conducting mass awareness campaigns, and even performing household chores. Their aim was to promote fitness and create awareness about the importance of yoga in maintaining physical and mental well-being.

Objective: The objective of the yoga awareness campaign under the Fit India movement was to encourage individuals to adopt fitness as a part of their daily routine. By promoting yoga and other physical activities, the campaign aimed to emphasize that fitness can be easily accessible, enjoyable, and free. The cadets aimed to educate people about the benefits of yoga in developing physical strength, mental balance, and overall well-being. Additionally, the Fit India movement aimed to promote indigenous sports, establish fitness protocols, encourage youth engagement, and create Fit India yoga centers.

The cadets enthusiastically participated in various activities to promote yoga awareness and fitness. They created tutorial videos showcasing different yoga asanas, explaining their significance, and guiding viewers on proper execution. The cadets themselves practiced these asanas and encouraged their family and friends to join them, thereby fostering a culture of fitness within their social circles. They actively shared their experiences and learnings through e-posters and social media posts, reaching a wider audience and spreading awareness about the benefits of yoga.

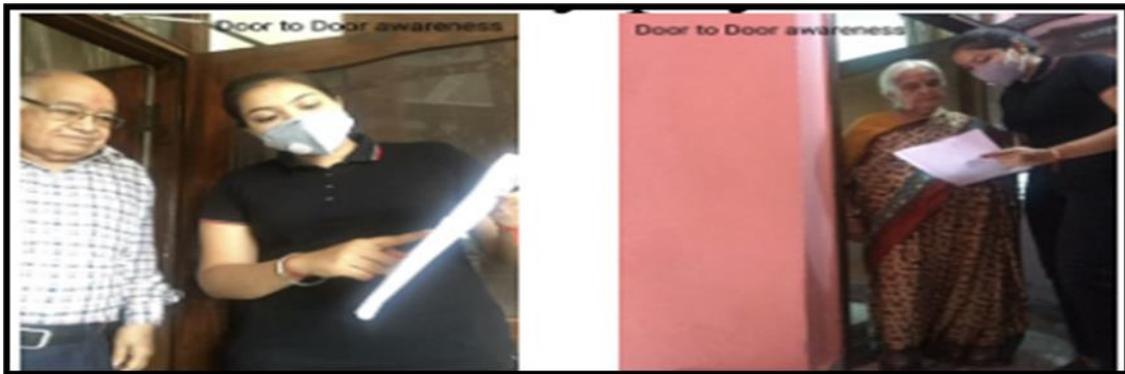


National Cadet Corps St. Bede's College, Shimla

In addition to yoga, the cadets engaged in mass awareness campaigns to promote fitness and healthy lifestyles. They emphasized the importance of physical activities such as yoga, sports, and indigenous games in maintaining overall fitness. Furthermore, the cadets demonstrated their dedication to physical well-being by actively participating in household chores, showcasing the significance of staying physically active in daily life.

Outcome: The yoga awareness campaign led by the NCC cadets had a positive impact on individuals who embraced the practice of yoga. Regular yoga practice not only improves physical health but also enhances mental well-being, bringing joy, peace, and a sense of connection to oneself and the world. Through their active participation and engagement, the cadets inspired and motivated others to incorporate yoga into their lives, leading to improved overall health and well-being.

The cadets' efforts extended beyond their immediate circle, as they utilized social media platforms to create awareness and encourage others to join the Fit India movement. Their videos, posts, and discussions served as a catalyst for individuals to explore yoga and embrace a fitness-oriented lifestyle. By spreading the message and benefits of yoga, the cadets contributed to the broader goal of promoting fitness and overall well-being.



FREEDOM RUN

St. Bede's College conducted the "Freedom Run Movement" from 22nd August to 2nd October 2020 as a part of the Fit India movement and in celebration of the Azadi Ka Amrit Mahotsav, commemorating India's 75th anniversary of independence.

Objective: The primary objective of the Freedom Run Movement was to inspire individuals to prioritize their health and well-being by engaging in physical activities. The movement aimed to free participants from the shackles of obesity, laziness, stress, anxiety, and various diseases associated with a sedentary lifestyle.

The cadets actively participated in this movement, taking part in their hometowns, to promote fitness and encourage individuals to break free from sedentary lifestyles and embrace a healthier way of living. By encouraging citizens to adopt fitness as a part of their daily routine,



National Cadet Corps St. Bede's College, Shimla

the movement aligned with the Fit India campaign's mission to promote a culture of active living across the nation.

Outcome: The cadets exhibited great enthusiasm and actively participated in the Freedom Run Movement. The movement's outcomes were twofold. Firstly, it aimed to improve the fitness and health of the participants. By engaging in regular physical activities such as running, the cadets took a significant step towards enhancing their cardiovascular endurance, strength, and overall fitness levels. This improvement in physical fitness not only benefits the individuals directly involved but also serves as an inspiration for others to follow suit.

Secondly, the movement aimed to create awareness about the importance of physical activity and its impact on one's overall well-being. By actively participating in the Freedom Run Movement, the cadets became ambassadors for the Fit India movement, motivating and inspiring others to embrace a more active lifestyle. The movement aimed to instill a sense of responsibility and ownership in citizens, encouraging them to prioritize their health and actively engage in fitness activities.

By involving cadets in their hometowns, the movement had a broader reach, spreading the message of fitness and freedom from sedentary habits across various communities. The cadets' participation showcased their commitment to leading a healthy and active life, inspiring others to follow suit and contribute to the fitness revolution.



EK BHARAT SHRESTHA BHARAT CAMP

PO Cadet Chavi Tewari participated in the online Ek Bharat Shresth Bharat (EBSB) camp from October 1, 2020, to October 6, 2020.

Objective: The objective of the EBSB camp in NCC is to foster a sense of unity and nationalism among the participating cadets by promoting cultural exchange and understanding between the paired states of different regions in India. The camp aims to acquaint cadets with the language, cuisine, traditions, history, geography, and tourism of the paired states.

Due to the COVID-19 pandemic, the camp was conducted online through webinars and presentations. During the camp, PO Cadet Chavi Tewari actively took part in a quiz



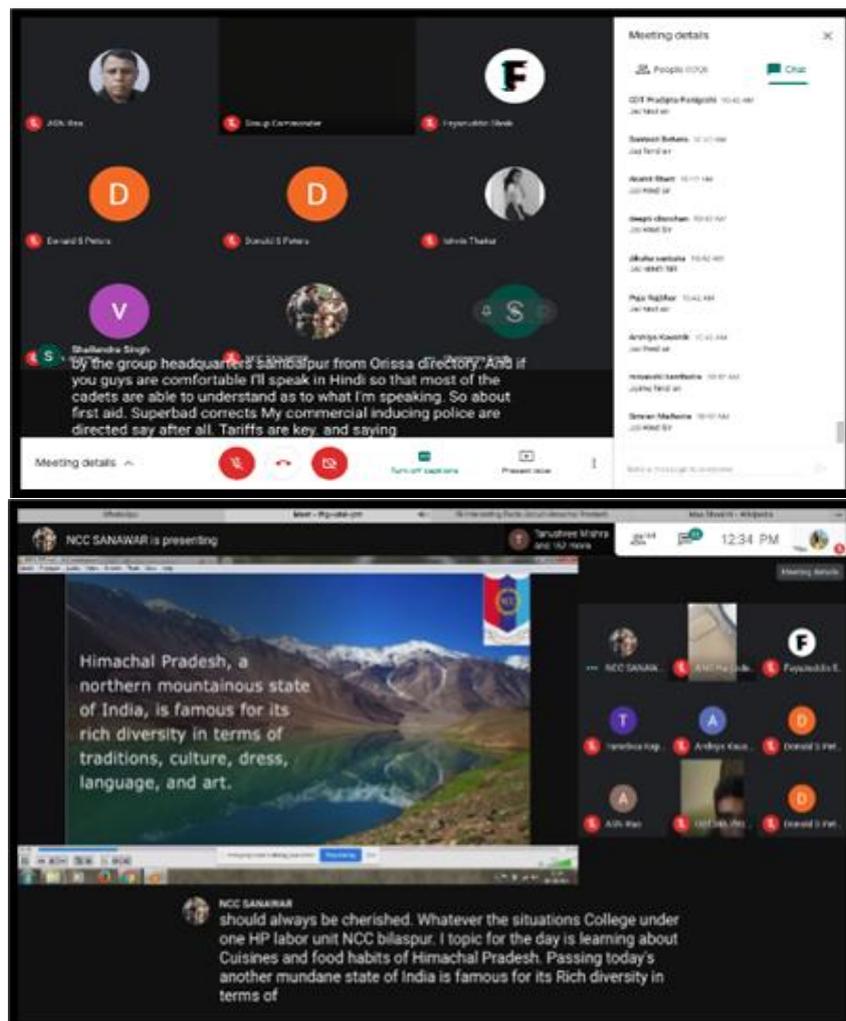
National Cadet Corps St. Bede's College, Shimla

competition and prepared a PowerPoint presentation on the topic "Food and Cuisine Habits of Himachal Pradesh."

Outcome: Attending the Ek Bharat Shresth Bharat camp had several positive outcomes for PO Cadet Chavi Tewari. Firstly, it enhanced her interaction and understanding with NCC cadets from different states and regions of India, promoting a sense of unity and national integration.

Participating in various activities and competitions during the camp provided an opportunity for Chavi to showcase her talents and skills. The quiz competition allowed her to test her knowledge, while preparing the PPT on "Food and Cuisine Habits of Himachal Pradesh" enabled her to explore and share her insights on the culinary traditions of her state. These experiences further enriched her understanding of the cultural fabric of India.

Upon returning from the camp, Chavi shared her experiences with her family and friends, serving as a source of inspiration and motivation for fellow cadets. The camp not only broadened her horizons but also instilled a deeper sense of pride and belonging towards her nation.





DGNCC ACTIVITIES

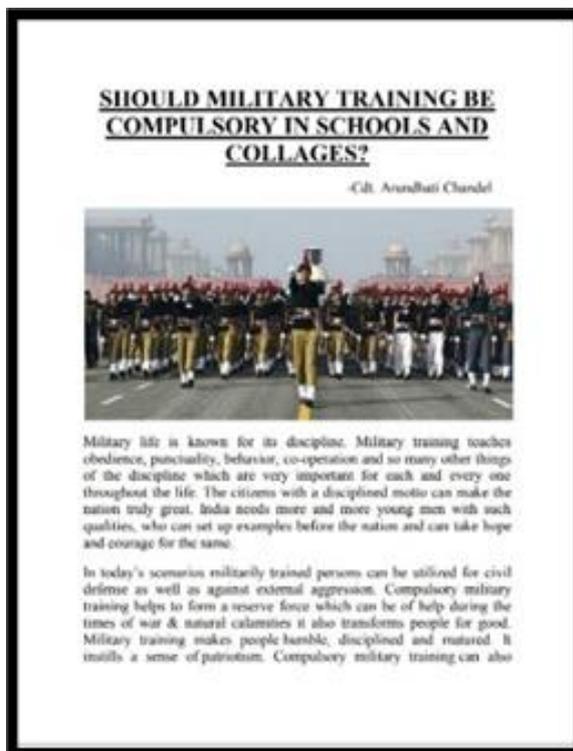
On October 1, 2020, the NCC cadets engaged in several activities as part of the DGNCC (Director General National Cadet Corps) program.

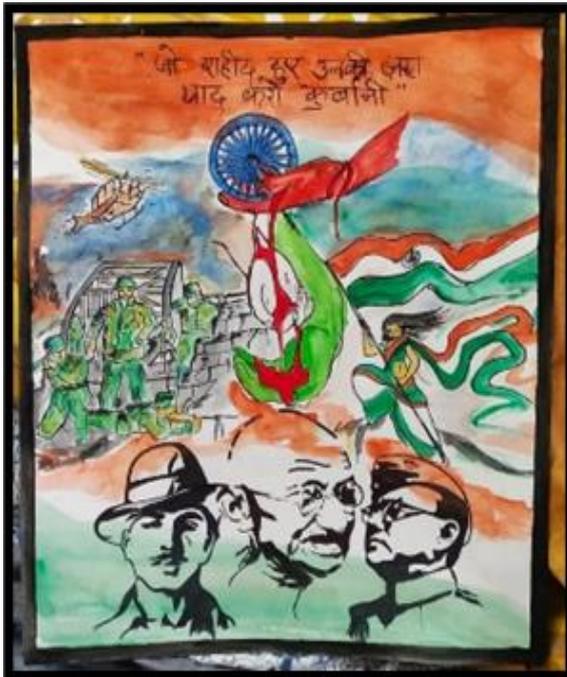
Objectives: The primary objective of DGNCC activities is to provide comprehensive training and exposure to NCC cadets in various fields such as military, adventure, social service, cultural, and sports. These activities aim to enhance the cadets' overall development by honing their skills, instilling discipline, fostering leadership qualities, and nurturing a sense of patriotism and self-reliance.

The cadets actively participated in poster-making, filled out feedback forms, and wrote articles for DGNCC.

Outcome: Engaging in DGNCC activities offers a platform for cadets to showcase their talents, skills, and creativity. Through activities like poster-making, cadets expressed their thoughts and ideas, promoting artistic expression. Filling out feedback forms allowed them to contribute their perspectives and suggestions for improvement, ensuring a continuous learning process within the NCC. Furthermore, writing articles for DGNCC provided cadets with an opportunity to refine their writing skills and share their insights and experiences with a wider audience. These articles may cover various topics related to the NCC and its activities, offering valuable information and perspectives to readers.

This platform facilitates knowledge exchange, discussion, and collaboration, creating a sense of unity and shared purpose among the cadets.





NEP AWARENESS

From October 2, 2020, to October 23, 2020, the NCC cadets of St. Bede's College conducted various activities to raise awareness about the National Education Policy (NEP). These activities included webinars, mass awareness programs, creating e-posters, producing video clips, and sharing them on the YouTube channel.

Objective: The primary objective of the NEP awareness campaign was to inform and educate stakeholders and the general public about the features and benefits of the National Education Policy 2020 (NEP 2020). The NEP aims to bring about a comprehensive transformation of India's education system by 2030. By creating awareness about the NEP, the campaign sought to create a positive environment for the adoption of the policy and encourage active participation from students, teachers, parents, institutions, and other stakeholders.

Outcome: The NEP awareness activities had several positive outcomes. Firstly, they helped students, teachers, parents, and other stakeholders understand the vision, mission, objectives, and features of the NEP 2020. This understanding enabled them to grasp how the policy will shape and transform the education system in India by 2030.

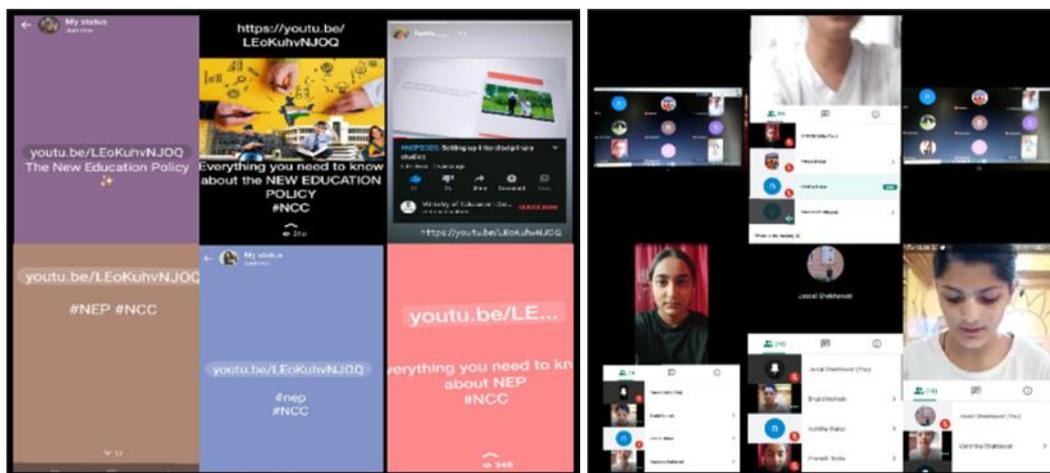
Additionally, the awareness campaign empowered students to make informed choices about their learning trajectories and programs. The NEP emphasizes multidisciplinary learning and encourages students to pursue their interests and talents across various disciplines and domains. By promoting this understanding, the cadets played a crucial role in guiding students towards personalized and holistic education.

Moreover, the NEP awareness activities allowed the cadets to effectively disseminate knowledge about the policy. By sharing videos on social media platforms and organizing



webinars, they reached a wider audience and created awareness about the NEP's significance and potential impact on education in India.

Link for YouTube Video: <https://youtu.be/vslbCtYmP8o>



CONSTITUTION DAY CELEBRATION

On October 23, 2020, the cadets of St. Bede's College celebrated Constitution Day by engaging in various activities such as writing articles and poems on 15 different topics related to Constitution Day, Ek Bharat Shreshth Bharat, Jal Shakti, Fit India, and more.

Objective: The objective of Constitution Day celebrations in India is to honor and commemorate the adoption of the Constitution of India on November 26, 1949, by the Constituent Assembly. The celebrations aim to promote constitutional values among citizens and raise awareness about the significant features, provisions, and principles of the constitution.

Outcome: The Constitution Day celebrations increased awareness and knowledge among citizens about the Constitution of India, its history, salient features, provisions, and principles. By engaging in writing articles and poems, the cadets actively contributed to spreading this knowledge and fostering a deeper understanding of the constitution.

Through their writings on various topics, the cadets effectively created awareness and engaged the public in important discussions surrounding the constitution. By touching on diverse subjects, they ensured that a wide range of constitutional principles and themes were addressed, thereby contributing to a well-rounded understanding of the constitution.

CANCER AWARENESS PROGRAM

On 7th November 2020 on the occasion of the National Cancer Day, the cadets of St. Bede's college wrote articles on 12 different types of cancers explaining their symptoms, precautions, causes, prevention, treatment. They also made e-posters and a video on the same.

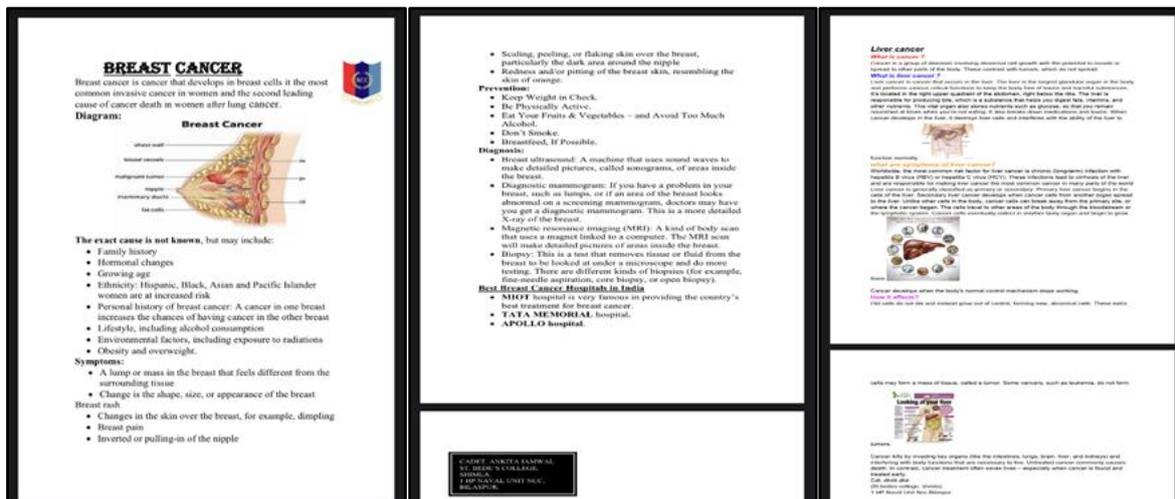


Objective: The objective of cancer awareness program is to educate and inform the public about cancer, its causes, its symptoms, its prevention, its screening, and its treatment. Some of the specific objectives of cancer awareness program are:

- To create cancer awareness and remove the stigma and fear attached to it.
- To help people recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage.
-

Outcome: Cadets were able to educate people about the key risk factors for cancer, such as tobacco use, alcohol consumption, physical inactivity, dietary factors, obesity, infections, etc, and how to avoid or reduce them.

They also informed people about the importance of regular screening and check-ups for various types of cancer, such as breast cancer, cervical cancer, oral cancer, etc., and how to access them. Through this awareness program cadets were able to inspire people to adopt a healthy lifestyle that can lower the risk of cancer and improve their overall well-being.



PLANTATION DRIVE

A tree Plantation drive was conducted on 25th November 2020 by the cadets where they planted various saplings in their nearby areas. A few cadets visited the adopted village at Halog to plant the saplings and spread awareness regarding the importance of trees for the healthy ecosystem.

Objective: The objective of the plantation drive was to plant more trees and increase the green cover of the land.

Outcome: Through his plantation drive Cadets helped in promoting environmental awareness and education among the public about the importance and benefits of trees. It also helped in instilling a sense of responsibility and ownership among the cadets and the public towards the protection and preservation of trees.



*National Cadet Corps
St. Bede's College, Shimla*

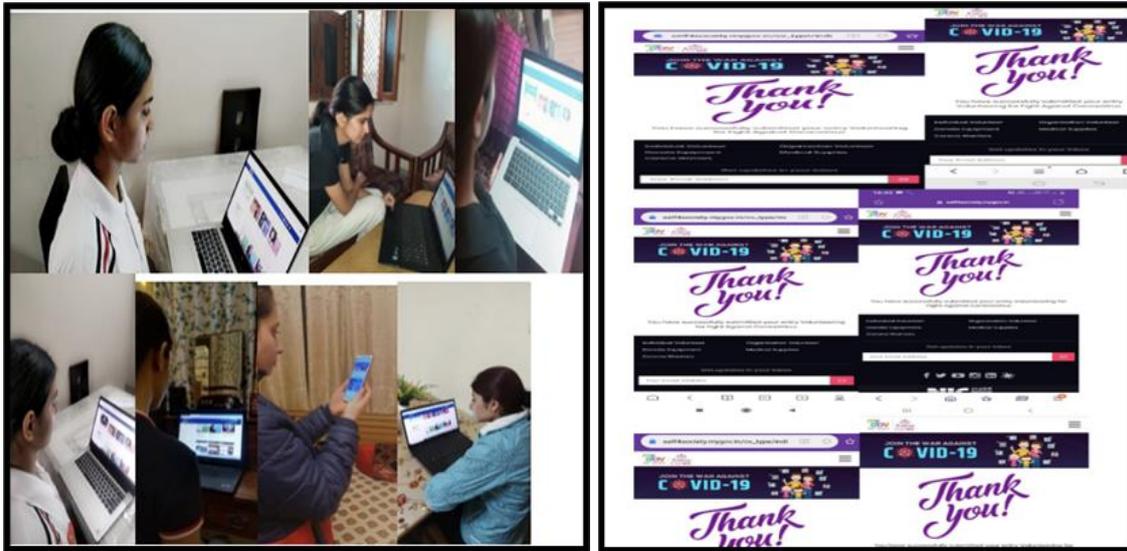


CONSTITUTION DAY CAMPAIGN

The cadets performed the following activities under the Constitution Day campaign from 17th November- 13th December 2020, pledge taking, making handmade posters, e-posters, social media awareness, mass awareness, etc.

Objective: The objective of constitution day campaign in India is to celebrate the adoption of the Constitution of India on 26th November 1949 by the Constituent Assembly of India, which came into effect from 26th January 1950. The constitution day campaign also aims to promote constitution values among citizens and to spread awareness about the salient features, provisions, and principles of the constitution.

Outcome: Cadets were able to increase the awareness and knowledge of the citizens about the constitution of India, its history, its salient features, its provisions, and its principles. It also instilled a sense of respect and pride in the cadets for the constitution of India, which is the supreme law of the land and the source of all rights and duties. Through this activity Cadets inspired the citizens to uphold and protect the constitution of India and its values, such as democracy, secularism, socialism, justice, liberty, equality, fraternity, dignity, and unity.

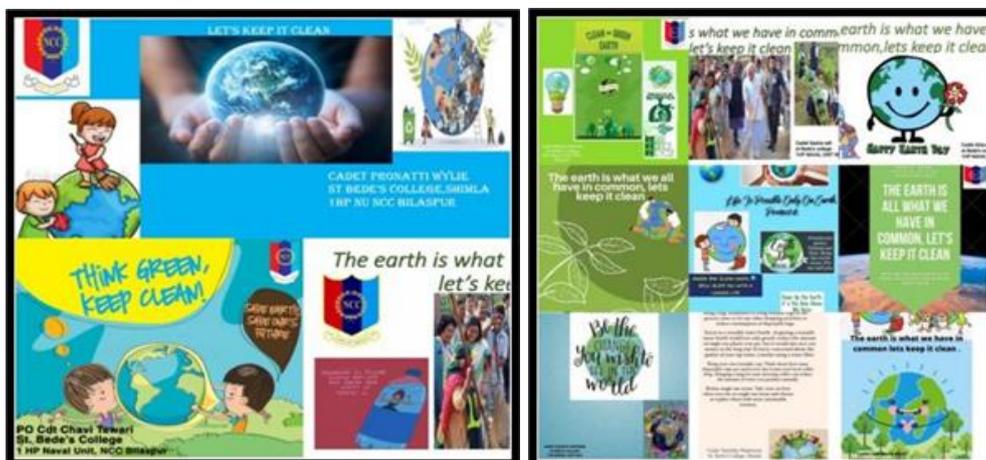


EARTH CONSERVATION AWARENESS

On 14th December 2020, the cadets made E-posters on the topic “THE EARTH IS WHAT WE ALL HAVE IN COMMON; LET’S KEEP IT CLEAN.” Essays were also written on cleanliness.

Objective: The objective of earth conservation awareness is to educate and inform the public about the importance of protecting Earth’s natural resources for current and future generations. It also aims to help people recognize the environmental issues and challenges facing the planet, such as habitat destruction, climate change, invasive species, overexploitation, and pollution.

Outcome: Cadets were able to educate people about the key causes and consequences of these environmental issues, such as population growth, consumption patterns, resource depletion, biodiversity loss, and human health impacts. They also informed people about the importance of sustainable development and how to balance the economic, social, and environmental aspects of human well-being and inspired people to adopt a green lifestyle that can reduce their ecological footprint and improve their environmental conditions.





SWACHHATA CAMPAIGN

On 31st December 2020, the cadets performed various activities under the Swachhata campaign keeping in mind all the COVID-19 norms. The activities performed by the cadets were: Statue Cleaning, Mass Awareness on Cleanliness, Poster Making.

Objective: The objective of the Swachhata campaign was to promote cleanliness and sanitation in India and to achieve the vision of a 'Clean India' by 2nd October 2019. The Swachhata campaign also aimed to create public awareness about hygiene and health, to involve community participation in cleanliness activities, and to provide impetus on implementation of Swachh Bharat Mission.

Outcome: Through this activity Cadets were able to spread the message of Swachh Bharat by urging people through words and actions. Cadets also inspired people to adopt a green lifestyle that can reduce their environmental impact and improve their well-being. Cadets also motivated peers and other people to clean the statues and make the surroundings clean.



Cleaning of Indira Gandhi Statue.



Interactive awareness about Cleanliness



Holding Cleanliness Posters/Banners.



*National Cadet Corps
St. Bede's College, Shimla*

SWACHHTA ACTIVITIES

From 1st-14th January 2021, the cadets of St. Bede's College, Shimla under 1 HP Naval Unit NCC Bilaspur performed the following activities under the Swachhta campaign keeping in mind all the COVID-19 norms. The cadets made sure to wear proper masks while performing all the activities. The activities that the cadets performed are as follows:

- Cleaning of public statues
- Poster making
- Interactive awareness
-

Objective: The objectives of conducting Swachhata activities were to eliminate open defecation and ensure universal access to toilets and sanitation facilities and to encourage behavioral change and social norms towards cleanliness and sanitation among people.

Outcome: Cadets created awareness and action towards cleanliness, sanitation, hygiene and waste management in urban and rural areas. This activity helped to foster a sense of civic responsibility and national pride among the Cadets.





*National Cadet Corps
St. Bede's College, Shimla*



NCC TRAINING CAMP

From 1st-4th February 2021, 11 Cadets attended the Annual Training Camp held at GPGC Bilaspur. They participated in boat pulling and shooting.

Objective: The objective of NCC training camp was to provide practical training to the cadets in various aspects of NCC activities and to develop their character, discipline, leadership, secular outlook, spirit of adventure and selfless service.

Outcome: Cadets were able to experience new things in the camp which helped in their grooming and development. They also shared experience with their friends and family and motivated fellow batchmates to go for such camps.



*National Cadet Corps
St. Bede's College, Shimla*



YOUTH PARLIAMENT FESTIVAL

On 12th January 2021, the cadets of St. Bede's College, Shimla attended an online Youth Parliament Festival in which the Honourable Prime Minister shared his ideas on 'Youth the voice of India'.

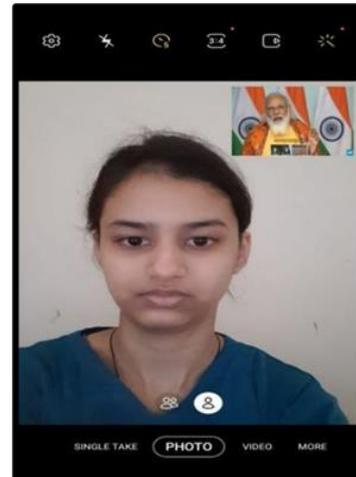
Objective: The objective of youth parliamentary festival was to listen to the voice of youth between 18 and less than 25 years of age, who are allowed to vote but cannot stand as a candidate for election, through deliberations in Youth Parliaments at district level and above.

The festival also aimed to encourage the youth to engage with public issues, form their opinions, express them in an articulate manner and contribute to policy making. The festival also sought to develop and enhance the decision-making abilities of the youth and foster national integration and harmony among them. The festival was based on the idea given by Prime Minister Narendra Modi in his Mann Ki Baat address on 31st December 2017.

Outcome: The cadets got an opportunity to express their views on various issues concerning the country and find solutions and contribute to policy making. They interacted with eminent personalities from different fields and learned from their experiences. Cadets were also able to develop communication skills, critical thinking skills, leadership skills and civic awareness through the festival, Cadets shared their experiences and knowledge with their family and friends and sensitized the society at large.



*National Cadet Corps
St. Bede's College, Shimla*



CLEANLINESS DRIVE

The cadets of St. Bede's College under 1 HP Naval Unit NCC Bilaspur participated in an online Webinar conducted on Swachhta from 6th-12th March 2021, convened by Captain Cadet Chavi and PO Cadet Arundhati.

Objective: The objective of the cleanliness drive was to create awareness among the people regarding the importance of cleanliness and hygiene for their health and well-being. The cleanliness drive also aimed to mobilize people to participate in cleaning activities in their surroundings and public places.

Outcome: Cadets created awareness among the people by cleaning the surroundings and motivated others to do the same. They also created awareness and educated people about the importance of hygiene and sanitation.





RAISING DAY CELEBRATION

On 10th March 2021, Raising Day of a new sub-unit of the Army Wing at St. Bede's college was organized in which Brig. Rajeev Thakur along with Col. Shankta, CO of 7HP(I) Coy were the chief guests.

Objective: The objective of celebrating the Raising Day was to acknowledge the day when NCC Army Wing was established in the institution.

Outcome: This Raising day celebration motivated other students to join NCC and contribute towards holistic development of an individual.



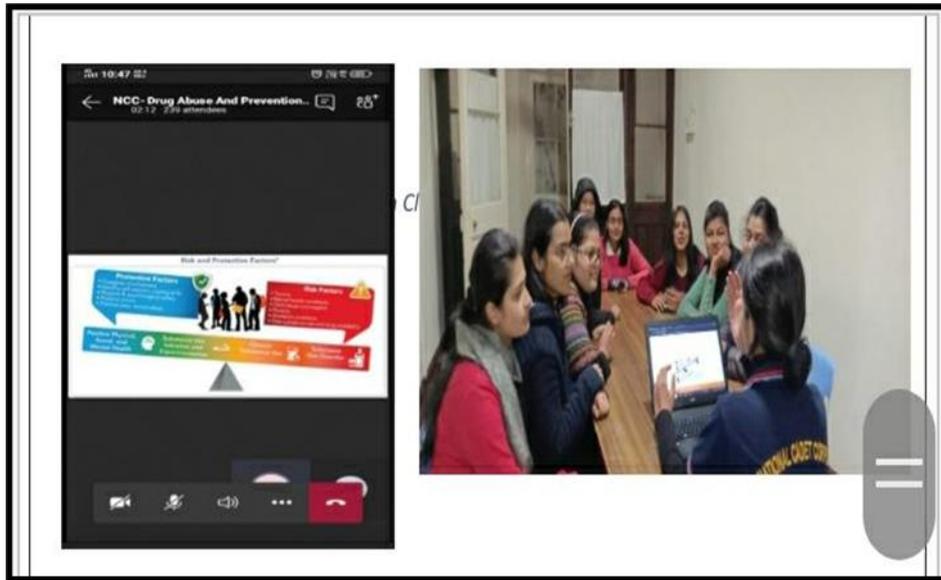
FOOT POLICING ACTIVITIES

Under the foot policing activities two activities were organized. A webinar on drug abuse and prevention and Water Conservation. The cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur conducted a webinar from 12th-13th March 2021 on the topic Drug Abuse and Preventions followed by a webinar on 'Water Conservation'.

Objective: The objective of conducting a webinar on drug abuse and prevention was to provide information and education to the participants on the causes, consequences, and treatment of drug abuse and addiction. It also aimed to raise awareness and reduce stigma about drug abuse and addiction among the participants and their communities.

The objective of conducting a seminar on water conservation was to provide information and education to the participants on the causes, consequences, and solutions to water scarcity and pollution. The seminar also aimed to raise awareness and motivate the participants to adopt water conservation practices and behaviors in their daily lives.

Outcome: Cadets were able to raise awareness regarding serious topics such as Drug Abuse and Water conservation. They were able to make society aware of the precautions and measures to follow for a better change for the future after being a part of this webinar.



TREE PLANTATION DRIVE

On 21st March 2021, the cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur participated in a 'Tree Plantation' drive during which 22 saplings were planted.

Objective: The objective of the tree plantation drive was to plant more trees in suitable areas to increase the green cover and biodiversity of the land. The tree plantation drive also aimed to combat various environmental issues like deforestation, soil erosion, desertification, global warming and air pollution.

Outcome: Through this activity Cadets were able to motivate their friends and family to plant more and more trees for a sustainable future and healthy life.





EBSB CAMP

Cadet Jaisal Shekhawat attended the online EBSB camp from 22nd-27th March 2021.

Objective: The objective of EBSB camp was to provide a platform for the NCC cadets to interact and learn about the culture, traditions, languages, cuisines, sports and best practices of the paired states under the Ek Bharat Shreshtha Bharat initiative. The EBSB camp also sought to create an environment that promotes learning and sharing between the states and to contribute to the vision of Aatmanirbhar Bharat.

Outcome: The outcome of attending EBSB camp was that the Cadet Jaisal got an opportunity to interact and learn about the culture, traditions, languages, cuisines, sports and best practices of the paired states under the Ek Bharat Shreshtha Bharat initiative. The EBSB camp also helped to develop a sense of unity and nationalism in her. Cadet Jaisal shared her experience with her family members and motivated her siblings and friends to join NCC and attend such informative camps.



CLEANLINESS DRIVE

The cadets performed the cleanliness drives from 25th March- 1st April 2021 in public parks and public statues. Some cadets visited the adopted village at Halog, Dhama in order to clean the nearby areas of the village and sensitized the community regarding cleanliness. They also conducted a webinar on cleanliness and segregation of waste.

Objective: The objectives of conducting a cleanliness drive were to promote cleanliness and hygiene, reduce the spread of diseases, and improve the overall health of the community. It also helped in reducing pollution and environmental degradation.

Outcome: Cadets were able to sensitize the community regarding cleanliness. They motivated others to follow the same path by indulging in these activities to become a better citizen of the nation.

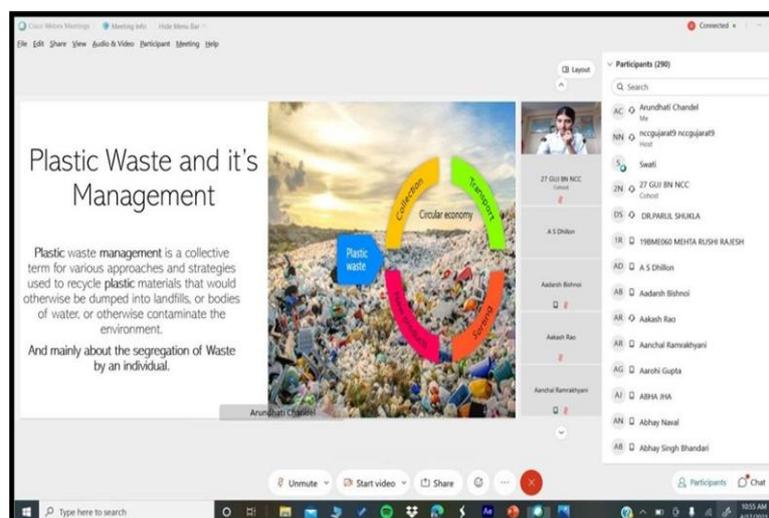


EBSB CAMP

PO Cadet Arundhati Chandel attended the online EBSB camp from 12th-17th April 2021 that was held between PHHPC and Gujarat directorate. She presented and delivered a PPT on the topic 'Ban single use plastic'. She also participated in the quiz competition and scored 38th rank in the competition.

Objective: The objective of EBSB camp was to provide a platform for the NCC cadets to interact and learn about the culture, traditions, languages, cuisines, sports and best practices of the paired states under the Ek Bharat Shreshtha Bharat initiative. The EBSB camp also aimed to foster a sense of unity and nationalism among the participating NCC cadets and to celebrate the diversity and richness of India.

Outcome: The outcome of attending EBSB camp was that the PO Cadet Arundhati got an opportunity to interact and learn about the culture, traditions, languages, cuisines, sports and best practices of the paired states under the Ek Bharat Shreshtha Bharat initiative. She shared her experience with her family members and motivated her siblings and friends to join NCC and attend such informative camps.





COVID-19 TRAINING

On 20th April 2021, all the cadets took the COVID-19 training under the Diksha application and learnt about the precautions to be taken under COVID situation and how to help people in difficult times.

Objective: The objective of COVID-19 training was to support national readiness and preparedness for COVID-19, help countries increase their capacity to respond to COVID-19, and increase international coordination for response and preparedness. The training was intended for UN country teams (UNCTs) and other relevant stakeholders, including partners, donors and civil society.

Outcome: Cadets got the knowledge about the precautions to be taken during this unprecedented situation and how to tackle the uncertainties. They also became aware of the various facilities provided by the government. Cadets shared the knowledge with their family members and neighbors and sensitized them about all the important things regarding Covid – 19.



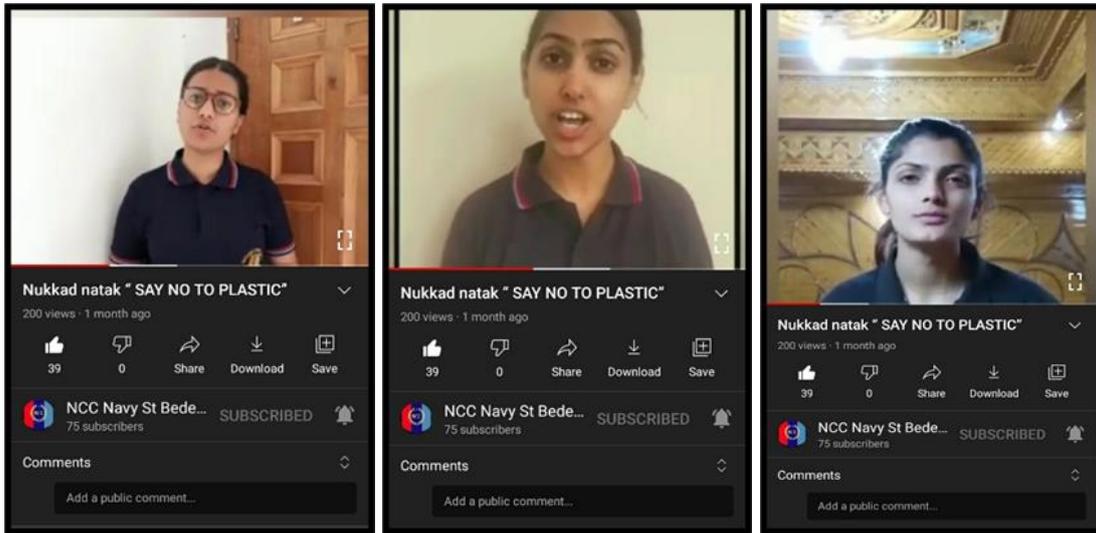
PLASTIC HAZARD AWARENESS

On 8th May 2021, the cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur prepared a Nukkad Natak on the topic 'Say no to single use plastic'. This Nukkad Natak was prepared online from their homes. They uploaded it on the NCC Navy YouTube channel.

Objective: The objectives of plastic hazard awareness were to spread awareness about the hazards of plastic, impart knowledge about the reduction and re-use of plastic, understand the use of the alternatives of plastic, contribute towards preserving the environment and reduction of plastic pollution.

Outcome: Cadets were able to spread awareness regarding the ill effects of plastic use through the Nukkad Natak. They shared the video of the Nukkad Natak on social media platforms to engage more audience and make them aware of this important topic.

Link for YouTube Video: <https://youtu.be/pXWoZ4GZ-8g>



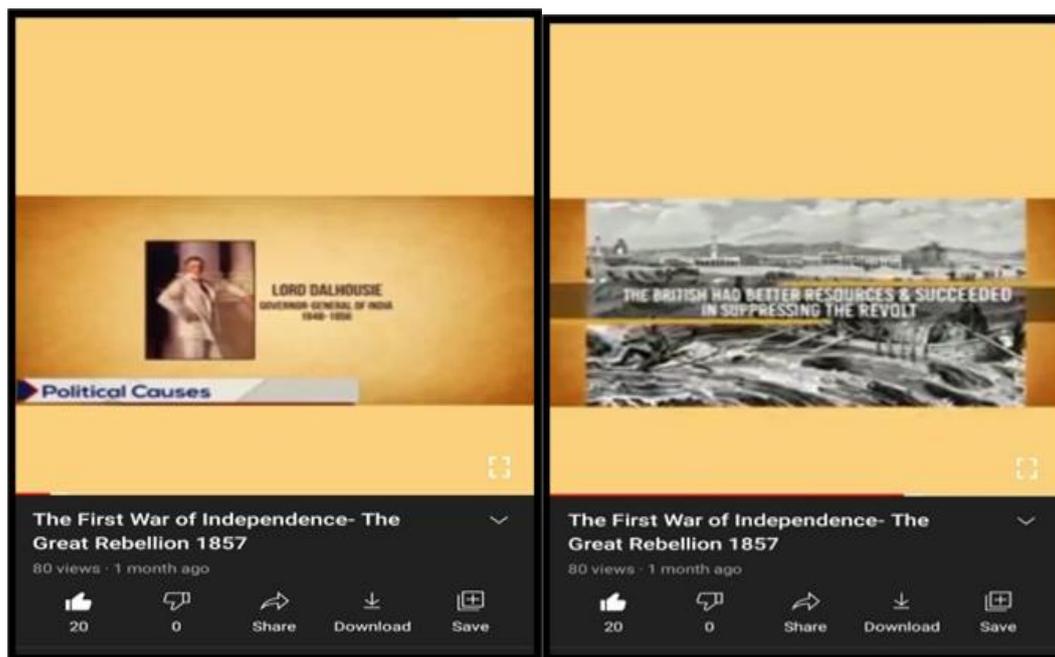
REVOLT OF 1857

To remember the war heroes of revolt of 1857 in India the cadets prepared an informative video on the first war of Independence of India on 10th May 2021. The video highlighted the political, economic, military, religious and social causes of the Indian Revolt 1857.

Objective: The objective of making a video on the revolt of 1857 was to educate people about the events that took place during the revolt and its significance in Indian history.

Outcome: Cadets shared the video on social media platforms by which many people got the knowledge about the history. This video was very helpful for sensitizing the community.

Link for YouTube Video: <https://youtu.be/kQGm8cC0htU>





INSPIRATIONAL VIDEO AND POSTER MAKING

On 14th May 2021, the cadets utilized their time constructively and prepared an inspirational video on COVID-19 through poster making, motivational couplets and poems. The video was circulated on social media and YouTube channel.

Objective: The main objective was to educate people about the virus, its symptoms, and how it spreads. It was also to raise awareness about the importance of social distancing, wearing masks, and other preventive measures. It also aimed to share stories of people who have recovered from Covid-19 or to highlight the work of healthcare workers and other frontline workers during the pandemic.

Outcome: Cadets were able to create awareness regarding the Norms of Covid 19. Cadets uploaded a video on social media platforms to engage a larger audience and share the information with many people.

Link for YouTube Video: <https://youtu.be/7PmsOzaEpuY>



2021-22

NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NU NCC BILASPUR

PAINTING COMPETITION

On July 7, 2021, naval cadets from St. Bede's College, Shimla, participated in a poster making competition with the theme "Say No to Plastic".

Objective: The objective of the competition was to educate and engage the cadets in the fight against plastic pollution. By creating posters, they aimed to convey the message of saying no to plastic and promoting sustainable practices.

Under the guidance of their instructors, the naval cadets used their creativity and artistic skills to design posters highlighting the negative impacts of plastic and the importance of adopting



*National Cadet Corps
St. Bede's College, Shimla*

eco-friendly alternatives. The competition was judged by Dr. Meenakshi Sharma, an Associate Professor at the Centre of Excellence, Govt. College, Sanjauli.

Outcome: The poster making competition successfully raised awareness among the naval cadets about the harmful effects of plastic and the need to reduce its usage. The competition also encouraged them to think creatively and express their ideas through art. The posters created by the cadets effectively conveyed the message of saying no to plastic and promoting sustainable practices to protect the environment.



VIRTUAL NUKKAD NATAK

On July 13, 2021, the cadets organized a virtual Nukkad Natak (street play) with the theme "Say No to Single Use Plastic".

Objective: The objective of the virtual Nukkad Natak was to educate and engage a wider audience about the detrimental effects of single-use plastic on the environment and wildlife. The cadets aimed to encourage the audience to adopt sustainable practices and reduce the usage of plastic.

Cadet Pronatti Wylie, Cadet Darshana Bhati, and Cadet Vanshika Shaktawat collaborated to create a virtual Nukkad Natak. Through their performance, they highlighted how plastic bags pose a threat to both land and aquatic animals. The play focused on the need to reject single-



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St. Bede's College, Shimla*

use plastic and opt for reusable alternatives. The cadets utilized their creativity and coordination to effectively convey the message through the online medium.

Outcome: The virtual Nukkad Natak proved to be an effective way to spread awareness about the negative consequences of single-use plastic. By sharing the video on social media platforms, the cadets were able to reach a larger audience and engage them in the conversation about plastic pollution. The activity not only increased awareness but also enhanced the cadets' coordination, creativity, and communication skills.

Link for YouTube Video: https://youtu.be/MMNn6cbo_kk



WEBINAR ON BAN USE OF PLASTIC

On September 18, 2021, the naval cadets of St. Bede's College, under 1HP Naval Unit, Bilaspur, organized a webinar on the theme 'Ban the Use of Plastic'.

Objective: The main objective of the webinar was to educate and sensitize the participants about the negative impacts of plastic on the environment and encourage them to minimize their plastic consumption. The cadets aimed to inspire behavioural changes and promote the adoption of eco-friendly alternatives.

The naval cadets took the initiative to organize a webinar on the theme 'Ban the Use of Plastic'. They utilized various mediums such as posters and videos to effectively communicate the cons of using plastics and highlight the need for its reduction. The cadets shared information about the environmental consequences of plastic pollution and presented practical tips on how individuals can limit their plastic consumption in daily life.

Outcome: The webinar successfully raised awareness among the attendees regarding the harmful effects of plastic and provided them with valuable insights on how to reduce its usage. By sharing information through posters and videos, the cadets effectively conveyed the message to a wider audience.



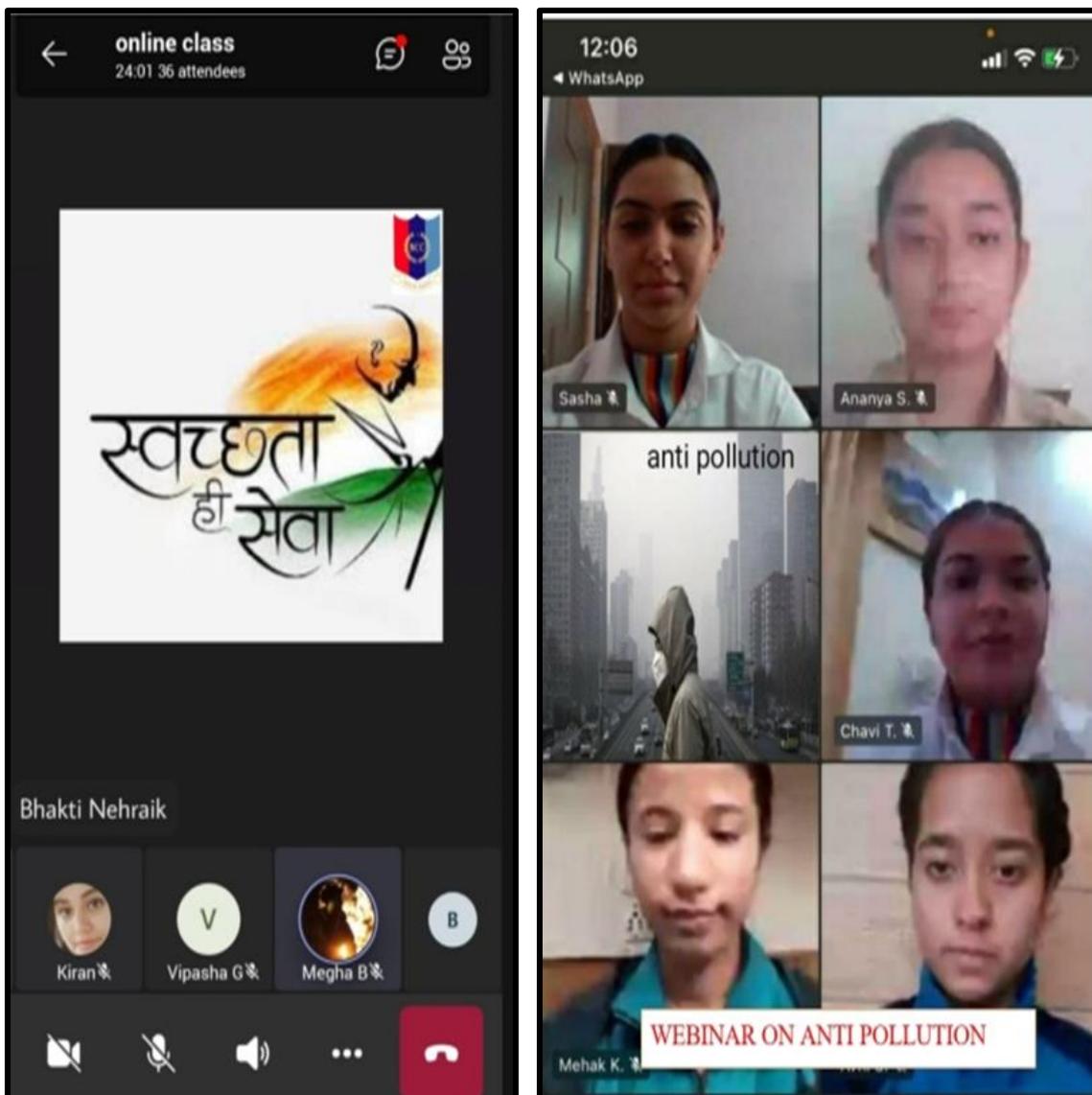
WEBINAR ON ANTI-POLLUTION

On September 21, 2021, the naval cadets organized a webinar on the theme "Be a part of the solution, not part of the pollution" to address the issue of pollution.

Objective: The objective of the webinar was to raise awareness about various forms of pollution and motivate individuals to become proactive in combating pollution. The cadets aimed to empower participants with knowledge and practical solutions to reduce pollution in their daily lives.

The webinar focused on addressing different types of pollution such as air pollution, water pollution, and plastic pollution. The cadets shared information about the causes and consequences of pollution and presented practical strategies to minimize pollution levels. They also discussed the importance of individual actions and collective efforts in creating a cleaner and healthier environment.

Outcome: The webinar successfully educated participants about the detrimental effects of pollution and instilled a sense of responsibility to contribute to environmental preservation. By emphasizing the theme "Be a part of the solution, not part of the pollution," the cadets motivated individuals to take proactive steps in reducing pollution in their daily lives. The webinar aimed to inspire behavioural changes and foster a sense of environmental consciousness among the participants, leading to a positive impact on the overall environment.



ACTIVITIES OF YOUTH ORGANIZATION

From September 1-30, 2021, the naval cadets organized various activities focused on Swachh Bharat Mission, Water Conservation, and Mission Indradhanush.

Objective: The activities aimed to contribute to three major areas: Swachh Bharat Mission, Water Conservation, and Mission Indradhanush. The cadets aimed to actively participate in cleanliness drives, raise awareness about the importance of water conservation, and promote the government's vaccination initiative, Mission Indradhanush.

Under the Swachh Bharat Mission, the cadets cleaned schools, colleges, and public statues in the local area, promoting hygiene and cleanliness. They also worked towards making villages open defecation free by raising awareness about the health risks associated with open defecation.



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St. Bede's College, Shimla*

For Water Conservation, the cadets engaged in cleaning local water bodies, planted saplings, and conducted awareness programs to emphasize the importance of conserving water resources.

Additionally, the cadets supported Mission Indradhanush, a government initiative for vaccination. They raised awareness about the initiative, ensuring maximum participation from citizens, and promoting preventive healthcare.

Outcome: The cadets successfully raised awareness about the Swachh Bharat Mission, actively participating in cleanliness activities and promoting hygiene in their surroundings. They also emphasized the importance of water conservation through cleaning water bodies and conducting awareness programs. Furthermore, by raising awareness about Mission Indradhanush, they encouraged citizens to actively participate in the vaccination drive, promoting preventive healthcare in the community. Through their efforts, the cadets motivated their friends and family to adopt similar practices, contributing to a safer and cleaner environment.





ANNUAL TRAINING CAMP

From October 7-14, 2021, the naval cadets of 1HP NU NCC Bilaspur participated in an Annual Training Camp held at DAV Bilaspur.

Objective: The objective of the Annual Training Camp was to enhance the skills of the cadets in different aspects of NCC training and prepare them for the upcoming CEE Examination. The camp aimed to provide practical training and promote teamwork among the cadets.

During the camp, the cadets actively participated in various activities such as boat pulling and drill. These activities helped them develop physical fitness, discipline, and teamwork. The cadets received training and guidance from experienced instructors, enabling them to improve their skills and knowledge in NCC-related subjects.

Outcome: The camp provided valuable practical training to the cadets, allowing them to gain hands-on experience in NCC activities. They learned the importance of teamwork, discipline, and coordination through activities like boat pulling and drill. The cadets shared their experiences with their families, providing insights into their training and motivating their friends and siblings to participate in such camps. The camp not only enhanced the cadets' skills but also instilled a sense of camaraderie and dedication towards the NCC program.



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St. Bede's College, Shimla*



CLEAN INDIA CAMPAIGN

From October 25-29, 2021, the cadets of St. Bede's College, Shimla participated in various activities as part of the Clean India Campaign.

Objective: The objective of the Clean India Campaign was to actively involve the cadets in cleanliness-related activities and promote the importance of cleanliness through talks and a Poster-Making Competition. The campaign aimed to instill a sense of responsibility and create awareness about maintaining cleanliness in the community.

During the campaign, the cadets engaged in various activities such as cleaning statues, parks, and schools. They also conducted awareness drives, lectures, and talks on cleanliness in adopted villages. Additionally, a Poster-Making Competition on the theme of the Clean India Campaign was organized, allowing the cadets to showcase their creativity and spread the message of cleanliness through art.

Outcome: The Clean India Campaign successfully raised awareness about the significance of cleanliness in our daily lives. Through their active participation in cleaning activities and the Poster-Making Competition, the cadets served as role models and inspired others to maintain cleanliness.



*National Cadet Corps
St. Bede's College, Shimla*



NATIONAL YOUTH FESTIVAL (PHASE-I)

On January 12, 2022, the cadets of St. Bede's College, Shimla organized a webinar and participated in the Youth Summit 2022.

Objective: The objective of the webinar was to shed light on the life and teachings of Swami Vivekananda. Through a virtual panel discussion and a presentation, the cadets aimed to educate the participants about the impactful life and profound teachings of Swami Vivekananda, inspiring them to learn from his wisdom.

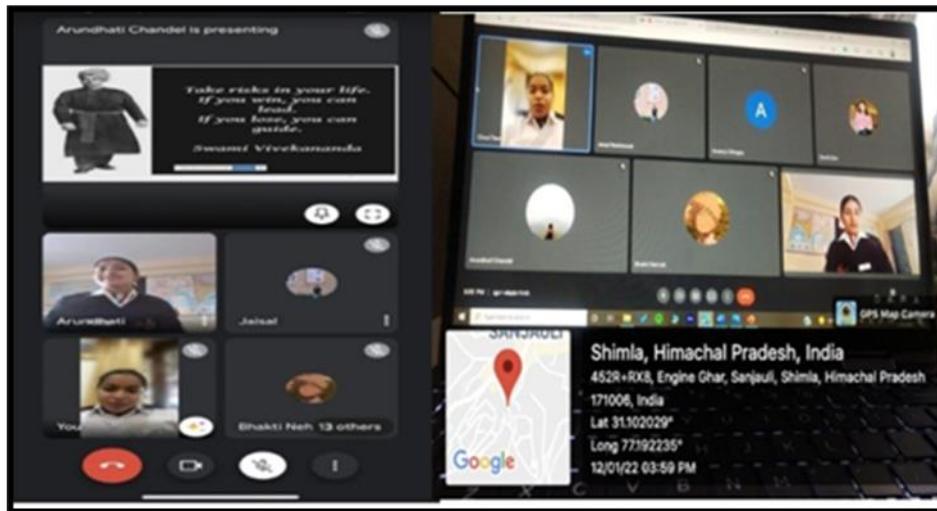
The cadets actively participated in organizing the webinar and took part in a panel discussion where they shared insights and perspectives on the life and teachings of Swami Vivekananda. They also delivered a presentation that highlighted the significant aspects of Swami



National Cadet Corps St. Bede's College, Shimla

Vivekananda's life, including his contributions to Indian society and his teachings on spirituality, self-realization, and social reform.

Outcome: The activity proved to be a valuable learning experience for the cadets as they deepened their understanding of Swami Vivekananda, his life, and his teachings. By delving into his principles, the cadets were motivated to embrace their cultural heritage and draw inspiration from great Indian thinkers and philosophers. They shared their newfound knowledge with their family and friends, spreading awareness about Swami Vivekananda's teachings and encouraging others to incorporate his principles into their own lives.

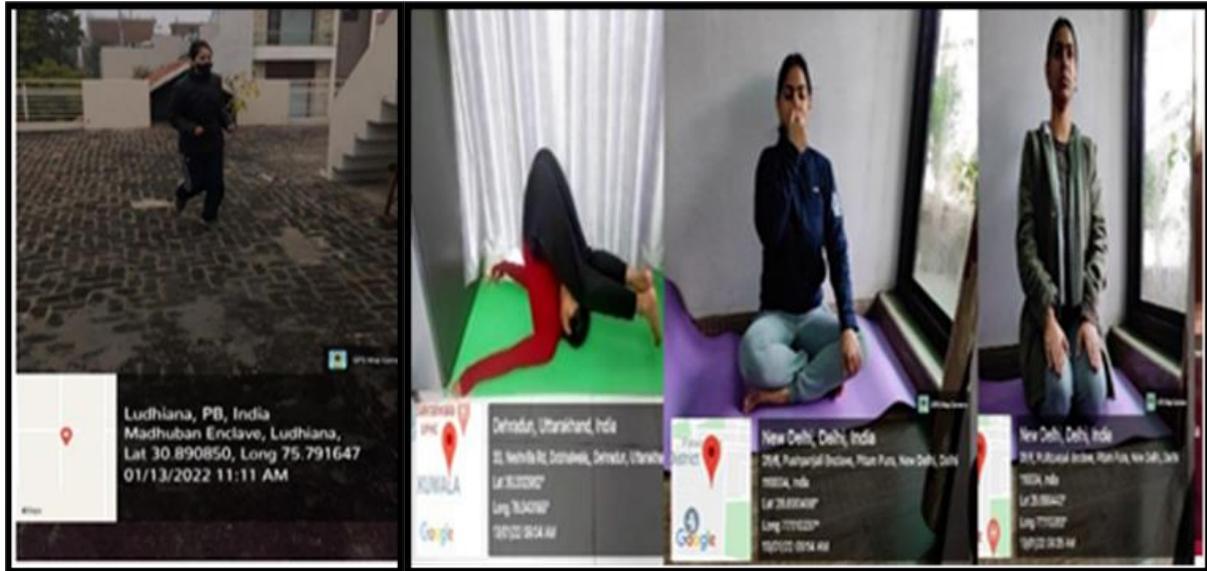


MINDFUL MORNINGS (PHASE-II)

On January 13, 2022, the naval cadets of St. Bede's College, Shimla participated in 'Phase 2 - Mindful Mornings' as a part of the National Youth Festival celebration. The activity involved plogging in their nearby areas while adhering to Covid protocols, as well as practicing yoga asanas and meditation at their homes.

Objective: The objective of this activity was to promote and instill healthy practices such as yoga and mindfulness in the cadets. By engaging in plogging, a combination of jogging and picking up litter, and practicing yoga and meditation, the cadets aimed to foster physical fitness, environmental consciousness, and mental well-being.

Outcome: As a result of their participation in 'Phase 2 - Mindful Mornings,' the naval cadets gained knowledge and practical experience in yoga and mindfulness practices. The activity not only benefitted the cadets individually but also had a positive impact on their families. They motivated their family members to practice yoga and made them aware of its numerous benefits for a healthy and better future. By spreading awareness about the importance of yoga and encouraging their loved ones to adopt these practices, the cadets played a role in promoting a healthier and more mindful lifestyle.

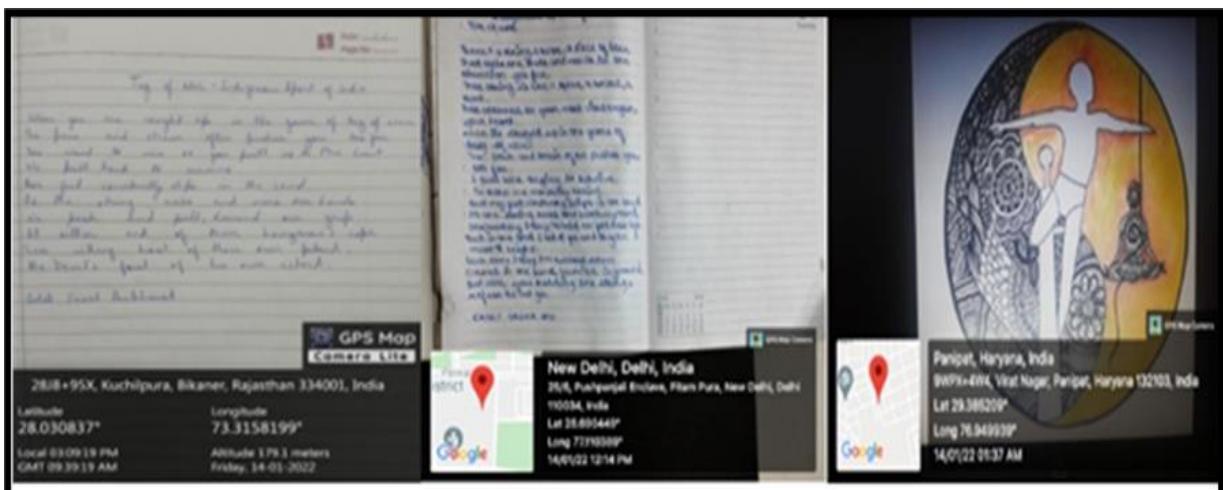


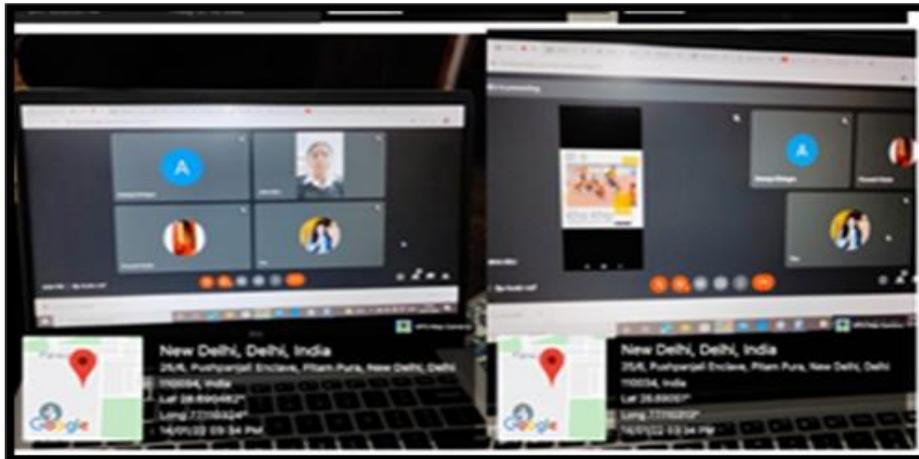
INDIGENOUS SPORTS AWARENESS (PHASE-III)

On January 14, 2022, the cadets of St. Bede's College, Shimla participated in Phase-III of the National Youth Festival celebration. The activity involved creating posters, writing poems, and presenting a PowerPoint presentation, focusing on indigenous sports.

Objective: The objective of this activity was twofold. Firstly, it aimed to foster the creativity of the cadets by engaging them in the process of creating posters, writing poems, and preparing presentations. Secondly, it aimed to raise awareness among the cadets about various indigenous sports that hold significance in Indian culture.

Outcome: As a result of their participation in Phase-III of the National Youth Festival, the cadets gained knowledge about a variety of indigenous sports and their cultural significance. The cadets played a significant role in raising awareness about indigenous sports and motivating others to participate in them.





CULTURAL CELEBRATIONS (PHASE-IV)

On January 15, 2022, the cadets of St. Bede's College, Shimla participated in Phase-IV of the National Youth Festival celebration. The activity focused on showcasing the traditional dance of Himachal Pradesh, known as 'Natti,' as part of the Ek Bharat Shreshtha Bharat initiative.

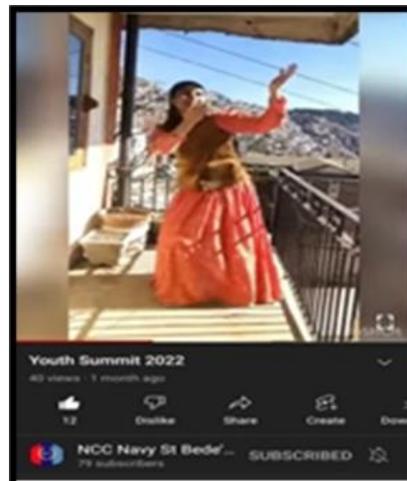
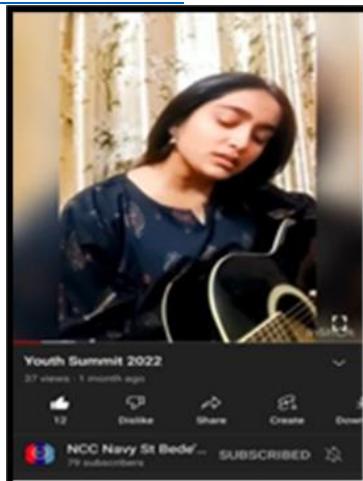
Objective: The activity aimed to celebrate the rich culture of Himachal Pradesh by showcasing the traditional dance form, Natti and share this cultural performance with a wider audience, both within and outside the NCC community, promoting cultural exchange and unity.

Outcome: As a result of their participation in Phase-IV of the National Youth Festival, the cadets performed the traditional dance of Himachal Pradesh, Natti. They showcased their talent and enthusiasm for their state's culture through their dance performance. They uploaded videos of their Natti dance and folk songs on the NCC Navy YouTube channel. By sharing their cultural expressions online, the cadets effectively disseminated the essence of Himachali culture to a larger audience, promoting cultural diversity and unity.

Link for YouTube Video: <https://youtu.be/Odb9roB7Mmo>

<https://youtu.be/ZftP51txpAk>

<https://youtu.be/UevluBhr5ok>





DIRECTORATE LEVEL COMPETITIONS

On February 2, 2022, the cadets of St. Bede's College, Shimla actively participated in various activities as part of the "Azaadi ka Amrit Mahotsav" theme, organized by the Ministry of Culture nationwide. The activities included Desh Bhakti Geet Writing, Rangoli Making, and Patriotic Lori Writing.

Objective: The objective of this activity was to instill a sense of patriotism in the cadets by engaging them in traditional art forms like Rangoli and Lori Writing. Through these activities, the cadets were encouraged to express their love and respect for the nation, its culture, and its freedom struggle. By embracing these art forms, the cadets were able to deepen their understanding of Indian heritage and connect with the spirit of patriotism.

Outcome: As a result of their participation in these activities, the cadets demonstrated their creativity and artistic skills. Through Desh Bhakti Geet Writing, they expressed their love for the country through songs and lyrics. In Rangoli Making, the cadets used vibrant colors and intricate designs to depict patriotic themes. Additionally, through Patriotic Lori Writing, they composed heartfelt and inspiring verses that conveyed their patriotic sentiments.



DCATC AND PRE-RDC 2022

In the months of September and November, DCATC (Directing Center for Advance Training and Competition) camps were organized for the selection and preparation of the IGC (Inter Group Competition): 2021-2022 and RDC (Republic Day Camp) 2022.

Objective: The objective of these camps was to provide the cadets with an opportunity to undergo intensive training, learn new skills, and participate in competitive events at a higher level.

Outcomes: As a result of their participation in the DCATC camps, Cadet Captain Chavi Tewari and PO Cadet Arundhati Chandel were selected for further training and competitions. After attending DCATC-2 and DCATC-3, they were selected for Pre RDC-1 and Pre RDC-2,



National Cadet Corps St. Bede's College, Shimla

respectively. The cadets represented the NCC Unit and St. Bede's College at the Directorate Level, showcasing their skills and abilities acquired during the camps. They shared their experiences and learnings with their family members, spreading awareness and motivating others to participate in such camps. Their dedication and success served as an inspiration for fellow cadets, who looked up to them as role models.



ADG'S COMMENDATION CARD

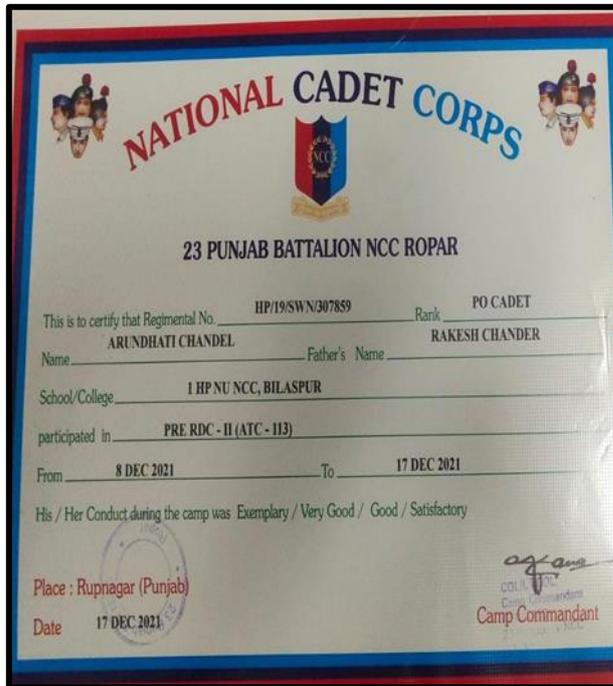
On January 27, 2022, PO Cadet Arundhati Chandel, a member of the NCC unit, St. Bede's College, Shimla, was nominated for the ADG's (Additional Director General's) Commendation Card for her outstanding work during the year 2021-2022.

The ADG's Commendation Card is a prestigious recognition given to cadets who have displayed exceptional dedication, skills, and commitment towards their NCC activities and responsibilities. It serves as an acknowledgment of their outstanding contributions and serves as a source of motivation for their future endeavours.





National Cadet Corps St. Bede's College, Shimla



NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC SHIMLA

WORLD ENVIRONMENT DAY

On June 5, 2021, the NCC unit (Army and Navy wing) of St. Bede's College, Shimla, organized a series of competitions to celebrate World Environment Day.

Objective: The objective of these activities was to sensitize people about the current environmental crisis and highlight the role of NCC cadets in making a positive difference.

The competitions included poster making, poem writing, and awareness video contests, all held virtually under the theme "Khaki and Prakriti."

Cadets participated in a poster-making competition where they utilized their creative skills to create impactful posters focused on environmental themes. The posters aimed to raise awareness and convey messages related to environmental conservation, sustainability, and the role of NCC cadets in protecting the environment. Cadets expressed their thoughts and emotions through poems centered around environmental issues and the need for environmental stewardship. The poems highlighted the importance of preserving nature, biodiversity, and the significance of individual and collective action in creating a sustainable future. Cadets showcased their videography skills by creating awareness videos on environmental topics. These videos aimed to educate and inspire viewers about the importance of environmental conservation, sustainable practices, and the role of NCC cadets as custodians of the environment.

The winners for each competition were as follows:

- Poster-Making Competition:



*National Cadet Corps
St. Bede's College, Shimla*

- First Place: Cadet Maanika Sethi
- Second Place: Cadet Aishna Rahi and PO Cadet Isha Seli
- Third Place: Cadet Anika
- Poem Writing Competition:
 - First Place: Cadet Chinmay Sharma
 - Second Place: Cadet Jaisal Shekhawat
 - Third Place: Cadet Gati Singh
- Awareness Video Competition:
 - First Place: Cadet Nikita Chauhan
 - Second Place: Cadet Ananya Singh
 - Third Place: Cadet Anoushka Moses

Outcome: The NCC cadets demonstrated their creativity and commitment to environmental awareness through their active participation in the competitions. By creating posters, writing poems, and producing awareness videos, the cadets effectively raised awareness about environmental issues.

Link for YouTube:

Posters made by the cadets:

<https://www.youtube.com/watch?v=6yt7PbEz5IA&t=57s>

Poetry Competition Entries:

<https://www.youtube.com/watch?v=CLeNAwSfzLg>



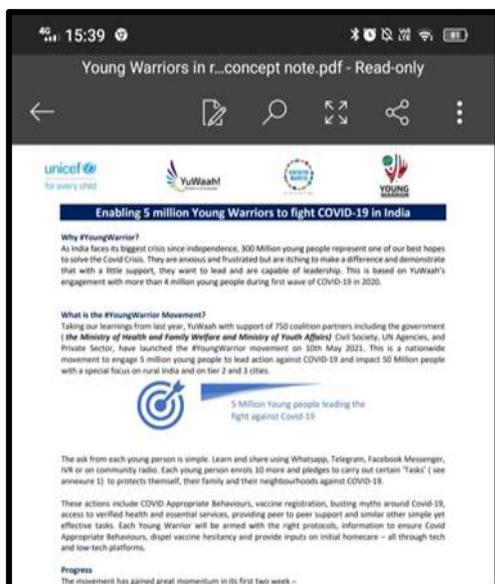


UNICEF YOUNG WARRIOR

On June 7, 2021, the cadets registered and became a part of the Young Warrior movement, a nationwide initiative aimed at raising awareness among the youth about COVID-19. The movement was initiated by UNICEF in partnership with the Ministry of Health and Family Welfare and the Ministry of Youth Affairs. The cadets actively joined this movement to contribute towards spreading accurate information and promoting preventive measures related to COVID-19.

They shared information through social media platforms, online forums, and community outreach programs. The cadets focused on debunking myths and providing factual information about the virus, its transmission, and preventive measures.

Outcome: The cadets played a crucial role in increasing awareness about COVID-19 among their peers and communities. By emphasizing the importance of following COVID-19 protocols, the cadets motivated individuals to adopt safe practices such as hand hygiene, mask-wearing, and social distancing. Their collaborations with local health authorities and community organizations strengthened the impact of their initiatives. By working together, they reached a wider audience and maximized their efforts in spreading awareness.



INTERNATIONAL DAY OF YOGA

On June 21, 2021, the cadets of 7HP (I) Coy, NCC Shimla, conducted a series of activities to mark the International Day of Yoga and celebrate the International Yoga Week.

Objective: The objective of these activities was to engage the cadets in yoga practices and raise awareness about the physical and mental benefits of yoga. The theme for the event was "Be with Yoga, Be at Home."



*National Cadet Corps
St. Bede's College, Shimla*

The cadets organized a variety of activities to actively engage in yoga practices and promote its benefits among their peers and the community.

Pranayama: A video compilation was created featuring cadets performing different types of pranayama (breathing exercises). The video highlighted the benefits of each pranayama and served as a guide for viewers to understand and practice these techniques for improved physical and mental well-being.

Pledge: The cadets took a pledge to incorporate daily meditation practice into their routines as a mark of the International Day of Yoga. This pledge emphasized the importance of regular meditation for inner peace, mindfulness, and overall well-being.

Poster Making: Cadets participated in a poster-making activity where they created visual representations depicting the benefits of yoga and meditation. The posters served as informative and inspiring tools to raise awareness about the positive impact of yoga on physical health, mental clarity, and emotional balance.

Jingle Composition: The cadets composed jingles to mark the occasion and emphasize the significance of yoga. These jingles were designed to capture attention and spread the message of yoga's importance in a catchy and memorable manner.

Quiz: An open virtual quiz was conducted by the cadets to test participants' knowledge about yoga, its history, different asanas, and their benefits. The quiz aimed to educate and engage the participants while encouraging them to deepen their understanding of yoga practices.

In addition to these activities, a live virtual yoga session was organized on June 21, 2021. Ms. Parul Chauhan, a certified yoga instructor, virtually guided the cadets through various asanas (yoga postures), vinyasa flow (a sequence of yoga poses), and highlighted the benefits of meditation. The session provided practical guidance and enabled the cadets to experience the physical and mental benefits of yoga firsthand.

Outcome: The activities conducted by the cadets raised awareness about the various physical, mental, and emotional benefits of yoga. The informative videos, posters, and jingles effectively communicated the significance of incorporating yoga and meditation into daily routines.

By spreading awareness about yoga and its benefits, the cadets encouraged others to adopt yoga practices and experience the transformative effects of this ancient discipline.

Videos from International Day of Yoga:

<https://www.youtube.com/watch?v=2NRkIh5cplE>

https://www.youtube.com/watch?v=vi3Is3_pQms

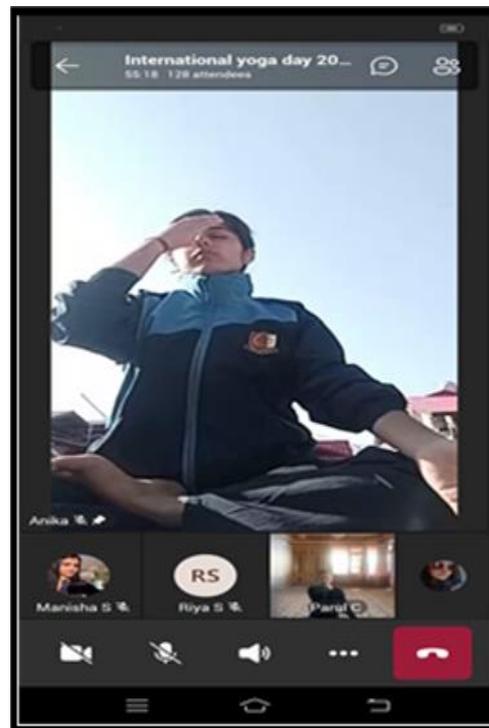
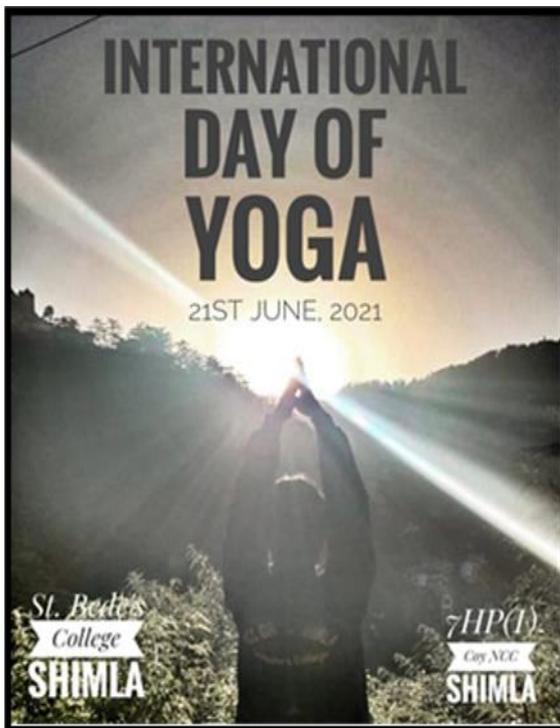
<https://www.youtube.com/watch?v=npOxnpA5VQU>

<https://www.youtube.com/watch?v=c-vsYV4adYM>

https://www.youtube.com/watch?v=TYDF8L_iq1Q



*National Cadet Corps
St. Bede's College, Shimla*



EBSB PHASE VIII CAMP

From July 19 to 27, 2021, an online Ek Bharat Shreshtha Bharat (EBSB) camp Phase 8 was conducted in collaboration with Odisha Directorate.

Cadet Maanika Sethi participated in the camp representing her state, Himachal Pradesh. She contributed by creating a video discussing the cuisine and culture of Himachal Pradesh, and also recited a poem. Her efforts were recognized, and she received a certificate and a cash prize for her participation.

The online EBSB camp Phase 8 aimed to facilitate an exchange program between two directorates, Odisha and Himachal Pradesh, with the objective of enhancing national integration and personal skill development. The camp provided a platform for cadets to showcase and learn about the diverse cultures and traditions within their own country.



National Cadet Corps St. Bede's College, Shimla

Cadet Maanika Sethi created a video presentation discussing the cuisine and culture of Himachal Pradesh. She highlighted the unique culinary delights and traditional practices specific to her state. Her video aimed to foster a deeper understanding and appreciation for the rich cultural heritage of Himachal Pradesh.

She also recited a poem reflecting her personal experiences and conveying a message related to unity in diversity and the significance of national integration.

Cadet Maanika Sethi's efforts and active participation were acknowledged by the organizers of the camp. She received a certificate and a cash prize as a recognition of her contribution and dedication.

Outcome: The EBSB camp aimed to celebrate the unity in diversity of the nation and strengthen emotional bonds between people from different states. Cadet Maanika Sethi's participation and the cultural exchange conveyed the message of unity and showcased the richness of cultural traditions within India.



KARGIL VIJAY DIWAS

On July 25, 2021, the NCC unit of St. Bede's College Shimla organized a virtual thought exchange programme called "Goonj" to commemorate the 22nd Kargil Vijay Diwas.

Objective: The objective of this activity was to instill a sense of patriotism in the cadets and pay homage to the brave warriors who sacrificed their lives during the Kargil conflict.

The programme featured Dr. Usha Bande, an ex-NCC officer, author, and critic, as the resource person. The Commanding Officer, Col. Suneet Shankta, was also present for the occasion. A power point presentation showcasing the cadets' activities and a video tribute to the soldiers were part of the event.

The programme consisted of various activities and presentations that showcased the cadets' dedication and respect for the brave soldiers.



*National Cadet Corps
St. Bede's College, Shimla*

The programme began with a powerpoint presentation that highlighted the various activities conducted by the cadets during the session. This presentation provided an overview of the cadets' engagement and contributions towards commemorating the Kargil Vijay Diwas.

A small video paying tribute to the soldiers who fought and sacrificed their lives during the Kargil conflict was played during the event. This video aimed to evoke emotions of gratitude and remembrance for the brave warriors.

Cadets participated in a poetry composition competition, where they expressed their thoughts and emotions related to Kargil Vijay Diwas through their poetry. The competition aimed to honor the soldiers and convey the significance of their sacrifice.

Cadets showcased their creativity and artistic skills through a poster-making competition. The posters depicted themes related to Kargil Vijay Diwas, paying tribute to the soldiers and expressing gratitude for their bravery.

Cadets participated in a dance competition, where they performed dances inspired by patriotic themes. These performances aimed to celebrate the spirit of nationalism and honor the heroes of Kargil Vijay Diwas.

The results for the activities were as follows:

Poetry Composition Competition:

1st Place: Cadet Sasha Seli and Cadet Ananya Singh

2nd Place: Cadet Aishna Rahi and Cadet Vanshika Malhotra

3rd Place: Cadet Maanika Sethi

Poster-Making Competition:

1st Place: Cadet Jaisal Shekhawat

2nd Place: Cadet Ananya Singh

3rd Place: Cadet Gati Singh

Dance Performances:

1st Place: Cadet Maanika Sethi

2nd Place: Cadet Nikita Chauhan

3rd Place: Cadet Gati Singh

Outcome: The virtual thought exchange programme instilled a sense of patriotism and remembrance among the cadets. Through their participation in various activities, they honoured the sacrifice and bravery of the soldiers who fought during the Kargil conflict.

Link for YouTube:

https://www.youtube.com/watch?v=X3_8V1ltjNU

Poster making competition on Kargil Vijay Diwas

<https://www.youtube.com/watch?v=GbrpRPDjJAw>

Dance competition on Kargil Vijay Diwas

<https://www.youtube.com/watch?v=l86U5RIfTXo>

Self-composed poems for Kargil Vijay Diwas

<https://www.youtube.com/watch?v=VUasMvu6Jr8>

<https://www.youtube.com/watch?v=YhWyPssAFC4>

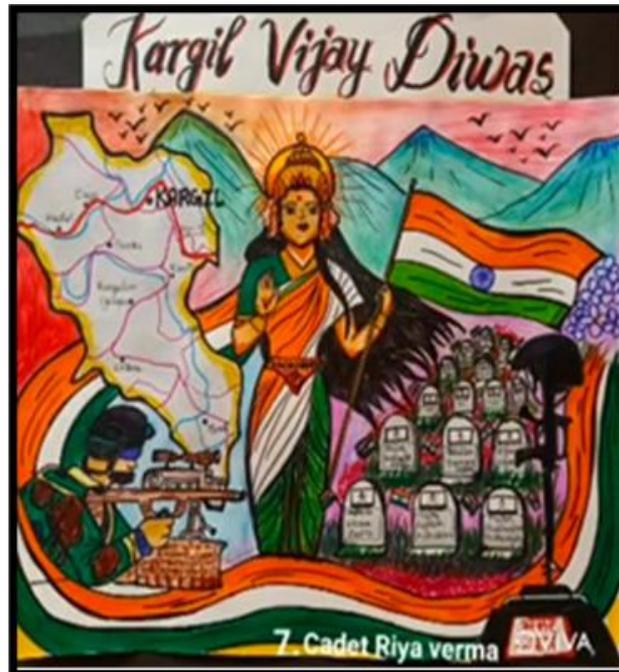
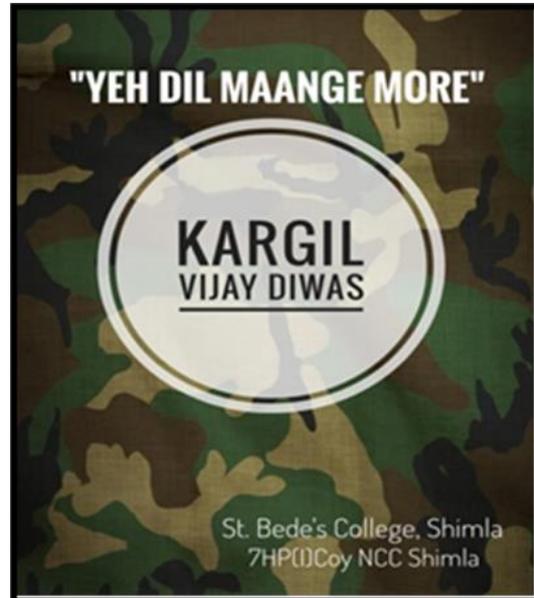
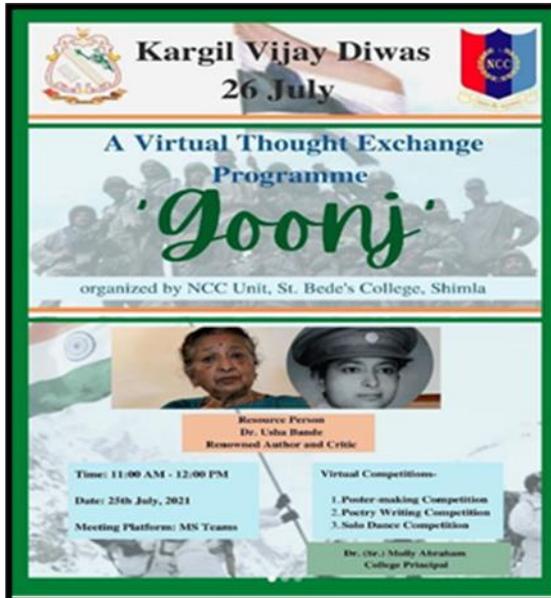
https://www.youtube.com/shorts/gG_InBo67mE



*National Cadet Corps
St. Bede's College, Shimla*

Link for Instagram:

<https://www.instagram.com/reel/CYvJWqGKKBv/?igshid=MzRIODBiNWFIZA==>



KARGIL VIJAY DIWAS COMPETITION

On July 26, 2021, a webinar was organized by the PHHP&C Directorate, under the chairmanship of ADG Major General J.S Sandhu, to commemorate Kargil Vijay Diwas.



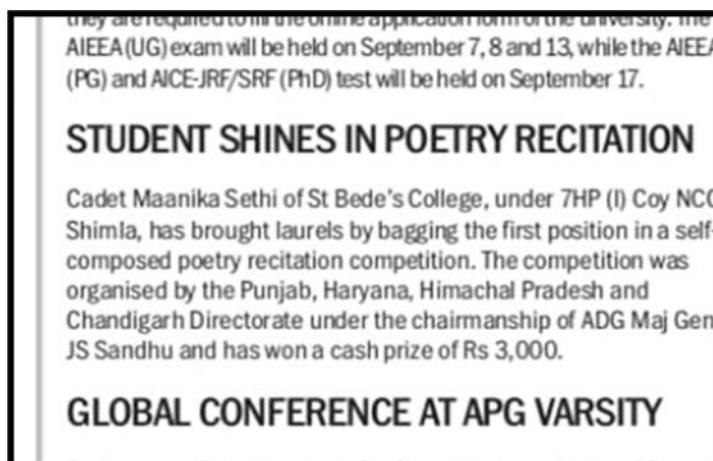
National Cadet Corps St. Bede's College, Shimla

Objective: The objective of this activity was to honor the sacrifices made by the soldiers during the 1999 Kargil War. The webinar aimed to provide exposure to participating cadets through a range of competitions.

The webinar on Kargil Vijay Diwas and the poetry recitation competition aimed to remember and honour the sacrifices made by the Indian Army during the Kargil War. It provided a platform for cadets to showcase their poetic talents and express their gratitude towards the armed forces. The webinar was chaired by ADG Major General J.S Sandhu and organized by the PHHP&C Directorate. It focused on commemorating the Kargil Vijay Diwas and highlighting the bravery and sacrifices of the soldiers during the war. The webinar aimed to educate the cadets about the significance of this historic event and foster a sense of respect and gratefulness towards the Indian Armed Forces.

Cadet Maanika Sethi represented the Shimla group in the poetry recitation competition. She showcased her poetic skills and expressed her thoughts and emotions related to the Kargil War through her recitation. Her performance resonated with the audience, earning her the first place in the competition and a cash prize of Rs 3000.

Outcome: By commemorating Kargil Vijay Diwas, the webinar and poetry recitation competition served as a platform to honour the sacrifices made by the soldiers during the Kargil War. It allowed the cadets to pay tribute to the brave warriors and express their gratitude for their sacrifices.



FIT INDIA CAMPAIGN UNDER AZADI KA AMRIT MAHOTSAV

On August 12, 2021, the cadets of 7HP (I) Coy NCC Shimla participated in the Fit India Campaign virtually.

Objective: The objective of this activity was to motivate the youth of India to stay physically fit and promote the practice of yoga. Additionally, the cadets also created handmade greeting cards to commemorate the 75th Independence Day, and these cards were uploaded online.

The cadets actively engaged in the Fit India Campaign and created handmade greeting cards as part of their participation in different activities. These cards were a gesture of remembrance

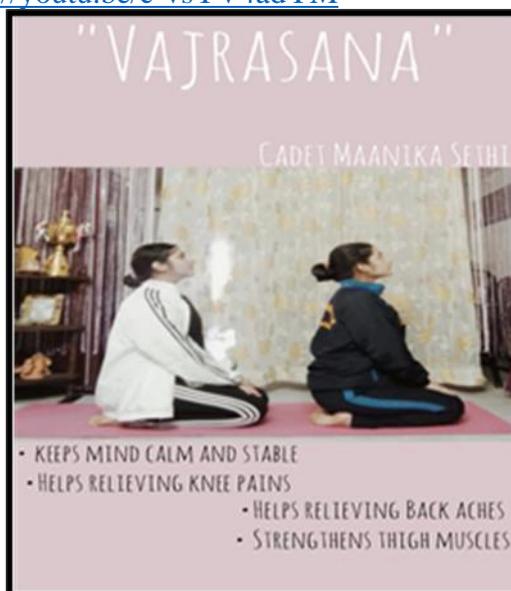


National Cadet Corps St. Bede's College, Shimla

and celebration of India's independence. The cadets participated in the Fit India Campaign virtually. They performed various asanas (yoga postures) and pranayamas (breathing exercises) as a way to stay physically fit and promote the importance of fitness among the youth. These activities were conducted online, showcasing the cadets' commitment to leading a healthy lifestyle.

Outcome The participation of the cadets in the Fit India Campaign and the creation of handmade greeting cards promoted the importance of fitness and wellness. Their engagement in various asanas and pranayamas demonstrated their commitment to maintaining physical and mental well-being. By uploading the video of the handmade greeting cards online, the cadets shared their creations with a wider audience. This online engagement allowed them to spread the message of patriotism and unity, reaching beyond their immediate community.

Link for YouTube: <https://youtu.be/c-vsYV4adYM>



RASTRAGAN INITIATIVE

On August 13, 2021, the cadets of St. Bede's College Shimla participated in the "Rashtragan.in" program launched by the Ministry of Culture under the guidance of Prime Minister Shri Narendra Modi.

Objective: The objective of this activity was to commemorate India's 75th year of Independence by recording the national anthem on the official website and receiving certificates of appreciation.

The cadets actively participated in the "Rashtragan.in" program, a national initiative to celebrate the 75th year of India's Independence by recording the national anthem. The cadets visited the official website of "Rashtragan.in" and recorded the national anthem. The program aimed to encourage citizens to come together and celebrate India's Independence by collectively recording the national anthem.



National Cadet Corps St. Bede's College, Shimla

As a token of recognition for their participation, the cadets received certificates of appreciation. These certificates acknowledged their active involvement in the program and their contribution to commemorating the 75th year of India's Independence.

Outcome: The participation in the program allowed the cadets to actively commemorate India's 75th year of Independence. By recording the national anthem, they symbolically celebrated the spirit of freedom and unity.

Link for YouTube: <https://youtu.be/uqvoCSJ30Rc>



INDEPENDENCE DAY CELEBRATION

On August 14, 2021, the NCC unit of St. Bede's College, Shimla organized a Virtual Thought-Provoking Session to celebrate the 75th glorious years of India's Independence.

Objective: The primary objective of the activity was to remember India's struggle for freedom and to learn from the experiences and wisdom shared by Lt Col Abhilov Sharma (SM). The session aimed to provide insights into leading a meaningful life, drawing inspiration from the armed forces.

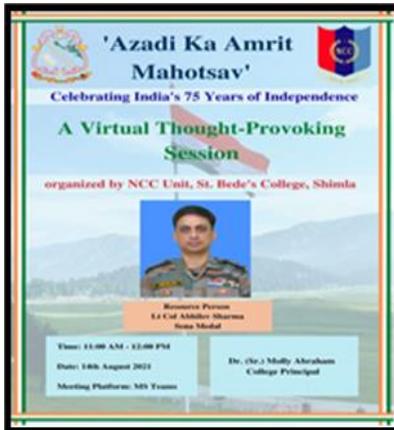
Lt Col Abhilov Sharma (SM) served as the resource person for the session. He shared his knowledge and experiences, emphasizing four key measures to lead a meaningful life. His insights provided valuable lessons for the cadets and participating students.

The session included video presentations to mark the celebration of India's 75th Independence Day. These videos may have showcased significant historical moments, inspiring stories, or messages of patriotism and unity, further reinforcing the importance of independence and the sacrifices made by freedom fighters.

Outcome: Through the insights shared by Lt Col Abhilov Sharma, the cadets and participating students had the opportunity to gain valuable knowledge and learn about life in the armed forces. The session provided a glimpse into the experiences and principles that shape the lives of those serving in the defense of the nation.



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DCATC CAMP

In the months of September and November, the DCATC (Directing Centre Allotment Training Camp) camps were held for the selection and preparation of IGC (Inter-Group Competition) 2021-2022 and RDC (Republic Day Camp) 2022.

Objective: The primary objective of the camps was to instill discipline in the cadets and hone their skills. The camps aimed to create an environment that fosters personal growth and development, nurturing well-rounded individuals. Additionally, the camps emphasized the promotion of national integration, encouraging cadets to embrace the diversity of our nation.

The camps served as a platform for the selection and preparation of cadets for two major events: IGC 2021-2022 and RDC 2022. These events provide cadets with opportunities to showcase their skills, leadership qualities, and discipline on a larger stage.

The camps focused on the development of various skills, including leadership, communication, physical fitness, and team coordination. Through rigorous training and practice sessions, cadets were able to enhance their abilities and excel in their respective roles.

Outcome: Through participation in the camps, cadets like Sgt Rutuja Kulkarni and Cadet Maanika Sethi had the opportunity to enhance their skills in various areas. They were able to develop their leadership qualities, improve their physical fitness, and refine their overall performance abilities.



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ESSAY WRITING COMPETITION

On September 18, 2021, the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC, Shimla, organized an essay writing competition on the theme "Azadi ka Amrit Mahotsav."

Objective: The competition aimed to encourage students to reflect on the significance of India's 75th year of Independence.

The essay writing competition on "Azadi ka Amrit Mahotsav" provided an opportunity for students to express their thoughts and insights on the significance of India's 75th year of Independence. The competition was conducted in both English and Hindi, allowing participants to express themselves in their preferred language. The event aimed to foster critical thinking, research skills, and effective communication among the participants.

Outcome: The competition provided students with a platform to reflect on India's journey of independence and express their thoughts and insights on the significance of the 75th year of Independence. It encouraged critical thinking and creative expression among the participants.





INTERNATIONAL DAY OF THE GIRL CHILD

On October 10, 2021, the NCC Cadets celebrated International Girl Child Day with the theme of "Women Empowerment" under the banner of 'Azaadi ka Amrut Mahotsav'.

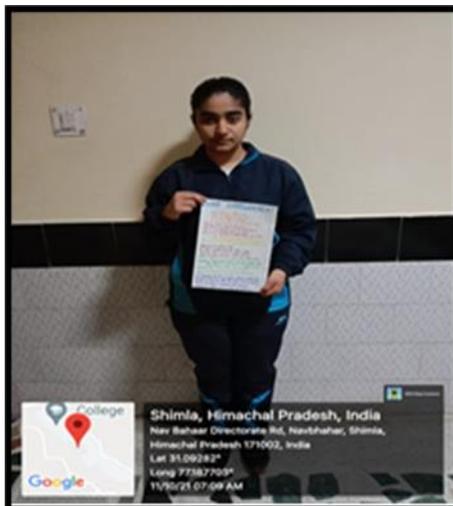
Objective: The objective of this activity was to send a message of women empowerment to the world through the active involvement of cadets in various forms such as posters, poems, and slogans. The event also aimed to represent the diverse culture of India through the organized competitions.

The celebration of International Girl Child Day focused on promoting women empowerment and showcasing the rich cultural heritage of India through various competitions organized for the cadets. The theme for the event was "Women Empowerment," aligning with the larger theme of 'Azaadi ka Amrut Mahotsav' (celebration of India's 75th year of Independence).

Various competitions were organized to represent the culture of India and raise awareness about women empowerment. These competitions allowed the cadets to showcase their talents and creativity, and they actively participated in activities such as poster making, poem writing, and slogan creation.

The winners of the competitions were Angelina Tej securing the first position, followed by Ruhani Mepawat in second place, and Suhani Singh in third place. Their exceptional performances reflected their understanding of the theme and their ability to effectively communicate their ideas.

Outcome: The cadets actively raised awareness about women empowerment and engaged in discussions on important issues related to gender equality. Through their participation in the competitions, they promoted dialogue and understanding among their peers and the wider community. They effectively communicated the message of women empowerment through their creative expressions such as posters, poems, and slogans. These mediums allowed them to reach a larger audience and spread awareness about the importance of empowering women in society.





EBSB PHASE XI

From October 18-23, 2021, an online EBSB (Ek Bharat Shreshtha Bharat) Phase XI exchange programme was organized by Karnataka and Goa Directorate on behalf of the Shimla group.

Objective: The objective of this exchange programme was to improve national integration and enhance personal skills through cultural exchange and collaboration.

Cadet Ananya Singh represented the Shimla group and participated in various activities, including presenting a video on the geography of Himachal, singing a song representing Himachal's culture, and taking part in the 'Truth O Mania' and Poetry Recitation Competition.

The online EBSB Phase XI exchange programme aimed to foster national integration and personal skill enhancement through cultural exchange and engagement. Cadet Ananya Singh actively participated in various activities representing the Shimla group.

Cadet Ananya Singh presented a video on the geography of Himachal. This presentation provided insights into the natural beauty, geographical features, and landmarks of Himachal Pradesh, representing the unique identity and cultural aspects of the state. She represented Himachal's culture by singing a song. This cultural performance showcased the rich heritage, traditions, and artistic expressions of Himachal Pradesh, contributing to the cultural exchange and fostering a sense of appreciation for the diversity within our nation.

Ananya Singh participated in the 'Truth O Mania' competition, which involved factual and general knowledge-based questions. This activity aimed to test the participants' knowledge and promote healthy competition and learning. She showcased her artistic talents by participating in the Poetry Recitation Competition. This activity provided an opportunity for self-expression and creativity, allowing participants to share their thoughts and emotions through poetry.

Outcome: The exchange programme facilitated the sharing and understanding of diverse cultures between the Shimla group and Karnataka and Goa Directorate. Ananya Singh's participation in various activities, such as the geography video presentation and cultural performances, contributed to a deeper appreciation and knowledge of Himachal Pradesh's culture among the participants.





*National Cadet Corps
St. Bede's College, Shimla*

SWARNIM VIJAY VARSH MASHAL

On October 21, 2021, a Swarnim Vijay Varsh Mashal Ceremony was organized at St. Edward's School, Shimla, to honour India's victory in the 1971 war.

Objective: The primary objective of the participation of NCC cadets in the event was to engage the youth in the history of the nation and instill a sense of patriotism and gratitude for those who sacrificed themselves for the country.

Cadet Riya Verma participated in the Mashal Ceremony. The Mashal, or torch, symbolizes the victory and serves as a reminder of the bravery and sacrifice of the soldiers during the war. The participation of cadets in this ceremony signified their dedication and respect for the country's military history.

Cadet Maanika Sethi took part in the cultural program and recited a poem on the theme "Swarnim Vijay Varsh." The poem aimed to convey the emotions and pride associated with the victory and pay tribute to the valour and sacrifices of the soldiers. The cultural program provided an artistic platform for cadets to express their thoughts and emotions regarding the significant event.

Outcome: The participation of NCC cadets in the event increased their awareness and understanding of India's military history, particularly the significance of the 1971 war. It allowed them to connect with the sacrifices and achievements of the soldiers and instilled a sense of pride in the nation's achievements.

Link to the video: <https://www.youtube.com/watch?v=VVhhVJy4aoA&t=4s>





National Cadet Corps St. Bede's College, Shimla



RANK PROMOTION CEREMONY

On November 1, 2021, a rank promotion ceremony was conducted for the NCC Army Wing at St. Bede's College, Shimla.

Objective: The ceremony aimed to recognize the hard work and dedication of the cadets towards the organization.

Col. Suneet Shankta, the Officer Commanding (OC) of 7HP (I) Coy, NCC Shimla, graced the occasion as the chief guest. Several cadets were promoted to higher ranks in acknowledgment of their commitment and contributions. The rank promotion ceremony for the NCC Army Wing served as a platform to acknowledge and honour the cadets who had demonstrated exceptional dedication and commitment. The promotions were awarded based on the cadets' hard work, discipline, leadership qualities, and overall performance.

The following cadets were promoted to higher ranks:

Sgt Rutuja Kulkarni was promoted to the rank of Under Officer (UO), reflecting her exceptional leadership skills and dedication.

Cadet Ananya Singh, Cadet Riya Verma, and Cadet Maanika Sethi were promoted to the rank of Sergeant, recognizing their contributions and commitment to the organization.

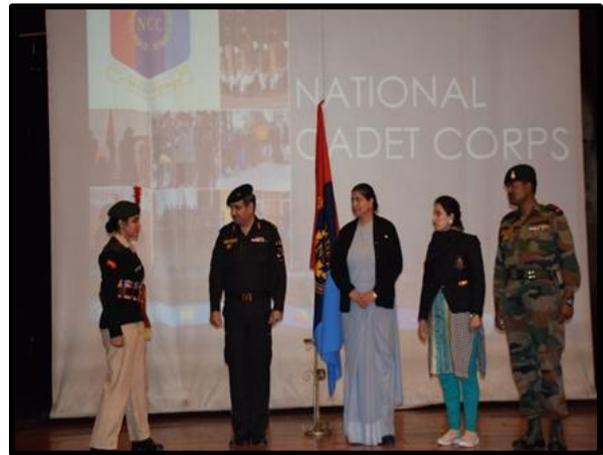
Cadet Devshree Hada, Cadet Anoushka Moses, Cadet Sakina Malik, Cadet Gati Singh, and Cadet Nikita Chauhan were promoted to the rank of Corporal, reflecting their growth as responsible and disciplined cadets.



National Cadet Corps St. Bede's College, Shimla

Cadet Manisha Sharma, Cadet Ayushi Panwar, Cadet Priyangna Dhalta, Cadet Vidhi Sood, and Cadet Chinmay Sharma were promoted to the rank of Lance Corporal, acknowledging their progress and dedication.

Outcome: The promotions served as a recognition of the cadets' hard work, discipline, and dedication to the NCC organization. It motivated them to continue their efforts and inspired others to strive for excellence. The rank promotion ceremony served as an inspiration for other cadets to work hard and aim for higher ranks. It created a culture of excellence and motivated cadets to emulate the qualities displayed by the promoted cadets.





CATC-223

From November 15-24, 2021, the NCC cadets attended the Compulsory Annual Training Camp (CATC-223) for the very first time.

Objective: The camp aimed to provide training in drill, firing, and special subjects related to NCC. Additionally, it focused on enhancing other skills such as public speaking, creative writing, and performing arts.

The cadets actively participated in various activities including shooting, sports, drill, and cultural programs, and received participation certificates. The camp also served as preparation for the upcoming BEE (Basic Efficiency Examination) Certificate Exam.

The Compulsory Annual Training Camp (CATC-223) provided the cadets with an opportunity to receive training in various aspects of NCC and develop essential skills.

They participated in shooting activities, which involved learning the basics of marksmanship and firearm handling. This activity aimed to develop discipline, focus, and precision in the cadets.

The camp included various sports activities that promoted physical fitness, teamwork, and sportsmanship among the cadets. These activities helped in fostering a spirit of healthy competition and camaraderie.

Cadets received training in drill, which focused on improving their marching skills, discipline, and coordination. The drill sessions instilled a sense of teamwork, precision, and attention to detail.

The cadets participated in cultural programs, including performances in music, dance, and drama. These activities provided a platform for the cadets to showcase their artistic talents and fostered a sense of cultural appreciation and expression.

The camp also served as preparation for the upcoming BEE Certificate Exam. The cadets received guidance and training to ensure their readiness for the examination.

The cadets received participation certificates for their active involvement in the various activities during the camp. These certificates acknowledged their commitment and contribution to the training program.

Outcome: The camp provided opportunities for the cadets to develop and enhance their skills in areas such as shooting, sports, drill, public speaking, creative writing, and performing arts. The training sessions aimed to improve their proficiency, discipline, and overall personality development.



*National Cadet Corps
St. Bede's College, Shimla*



RALLY AGAINST DRUG ABUSE

On November 20, 2021, the first-year cadets of St. Bede's College, Shimla, under 7HP (I) Coy, NCC Shimla, initiated a rally on Drug Abuse.

Objective: The rally aimed to sensitize the public about the impact of drug abuse and raise awareness regarding its ill effects. The rally commenced from the college premises and culminated at The Ridge, Shimla.

Description: The rally on Drug Abuse organized by the first-year cadets of St. Bede's College aimed to address the issue of drug abuse and spread awareness about its consequences.

Outcome: The rally effectively raised awareness among the general public about the impact of drug abuse. By disseminating information and engaging in conversations, the cadets sensitized people about the consequences of drug addiction and the importance of leading a drug-free life. The rally provided an opportunity for the cadets to actively engage with the public and initiate conversations on a critical social issue. By distributing informational pamphlets and holding discussions, the cadets encouraged community participation in the fight



National Cadet Corps St. Bede's College, Shimla

against drug abuse. The sight of the cadets marching together with banners, placards, and slogans created a visual impact and attracted the attention of the public.



NCC DAY CELEBRATION

On November 29, 2021, the NCC Day was celebrated at the Shimla group headquarters with great enthusiasm. The celebration included a guard of honour given to Group Commander Brigadier Manoj Khandurie. Cadets Sgt Maanika Sethi, Sgt Ananya Singh, and Cpl Anoushka Moses had the privilege of being a part of this significant event.

Objective: The objective of the NCC Day celebration was to commemorate the establishment of NCC as an organization in the country and to reinforce the commitment of cadets to their duties.

As part of the celebration, a guard of honour was given to Group Commander Brigadier Manoj Khandurie. This ceremonial display showcased the respect and honor accorded to the commander and symbolized the discipline, precision, and unity of the cadets.



National Cadet Corps St. Bede's College, Shimla

Cadets Sgt Maanika Sethi, Sgt Ananya Singh, and Cpl Anoushka Moses had the privilege of participating in the NCC Day celebration. Their active involvement exemplified their dedication, commitment, and achievements within the NCC.

Outcome: The NCC Day celebration served as a reminder to all cadets of their duties and responsibilities. It motivated them to continue performing their duties diligently and wholeheartedly, while upholding the values of discipline, unity, and service to the nation.



CELEBRATION OF NCC DAY AND INDIAN NAVY DAY

On December 2, 2021, NCC Day and Indian Navy Day were celebrated at St. Bede's College, Shimla. A talk session was organized on the theme "Pollution: A hazard" on the National Pollution Prevention Day under the banner of Azadi ka Amrut Mahotsav.

Objective: The objective of observing this day was to raise awareness, promote responsible behaviour, and advocate for pollution prevention measures.

The students delivered an informative presentation that covered various aspects of pollution, including its types, causes, and preventive measures. Dr. Pawan Rana, a scientist from the Himalayan Forest Research Institute, spoke to the students about insecticide pollution, a topic in which he specialized. His speech provided valuable insights and knowledge on the subject.

During the event, Cpl Gati Singh recited a self-composed poem that added an artistic touch and further engaged the audience. This interactive performance aimed to raise awareness among the attendees and instigate positive change in their behaviour towards pollution prevention.

Outcome: The outcomes of observing National Pollution Prevention Day revolved around creating a collective effort to prevent pollution, promoting sustainable practices, and fostering a cleaner and healthier environment. By raising awareness about the different forms of pollution and their impacts, the activity empowered individuals and communities to take action and contribute to sustainable development.



*National Cadet Corps
St. Bede's College, Shimla*





National Cadet Corps St. Bede's College, Shimla

TRIBUTE TO GEN BIPIN RAWAT

On December 8, 2021, the Chief of Defence Staff (CDS) General Bipin Rawat, along with thirteen others, tragically lost their lives in a helicopter crash near Coonoor, Tamil Nadu. In remembrance of this unfortunate incident, the cadets of St. Bede's College, Shimla, paid tribute to the departed souls on December 10, 2021.

Objective: the primary objective of the ceremony was to pay homage and tribute to the departed souls. It aimed to honor their service, sacrifice, and contributions to the nation. The cadets sought to express their condolences and show solidarity with the families and loved ones affected by the tragic event.

The tribute ceremony was organized with solemnity and respect. The cadets gathered together to observe a moment of silence in remembrance of the lives lost. They also offered prayers and reflections for the departed souls and their families. The ceremony created an atmosphere of reverence and reflection, allowing the cadets to pay their respects.

Outcome: The ceremony provided an opportunity for the cadets to commemorate and remember the lives of CDS Gen Bipin Rawat and the thirteen others who lost their lives in the helicopter crash. It served as a solemn reminder of their dedication, service, and sacrifice for the nation.



ANTI POLLUTION RALLY

On December 24, 2021, the cadets of St. Bede's College, Shimla, participated in various activities under the theme "Anti-Pollution Drive." The activities included Synergy, Swachhta, Statue cleaning, and Foot policing.

Objective: The primary objective of the Anti-Pollution Drive was to raise awareness about different forms of pollution, including air pollution, water pollution, and waste pollution. The



National Cadet Corps St. Bede's College, Shimla

cadets aimed to educate individuals about the detrimental effects of pollution on the environment and human health, emphasizing the importance of taking action to reduce pollution.

The cadets sought to lead by example and serve as role models for others. By actively participating in the activities themselves, they aimed to inspire and encourage individuals to adopt environment-friendly practices in their daily lives.

Activities:

Synergy: The cadets participated in Synergy, a collaborative effort to clean and beautify a specific area. By coming together and working as a team, they aimed to create a cleaner and more aesthetically pleasing environment.

Swachhta: The cadets actively participated in Swachhta activities, which involved cleaning and maintaining cleanliness in designated areas. They collected litter, ensured proper waste disposal, and promoted cleanliness as a vital aspect of environmental conservation.

Statue Cleaning: As part of the Anti-Pollution Drive, the cadets also focused on cleaning statues and monuments. This activity aimed to restore the beauty and dignity of these landmarks, while also emphasizing the importance of preserving our cultural heritage.

Foot Policing: The cadets engaged in Foot Policing activities to monitor and discourage activities that contribute to pollution, such as littering or improper waste disposal. They patrolled specific areas, spreading awareness and encouraging responsible behaviour.

Outcome: The activities raised awareness about different forms of pollution and their impact on the environment. By educating individuals, the cadets promoted a sense of responsibility towards environmental conservation and encouraged the adoption of sustainable practices.





National Cadet Corps St. Bede's College, Shimla



NATIONAL YOUTH FESTIVAL

On January 11, 2022, the cadets of St. Bede's College participated in the 25th National Youth Festival. The festival, inaugurated by Prime Minister Narendra Modi, spanned over four days and included various activities such as Yoga and Cultural exchange.

Objective: The primary objective of participating in the National Youth Festival was to instill healthy practices, such as yoga and mindfulness, among the cadets. These practices promote physical and mental well-being, contributing to the overall development of the youth.

Activities:

Yoga: The cadets actively participated in yoga sessions during the National Youth Festival. Yoga is a holistic practice that combines physical postures, breathing exercises, and meditation. By engaging in yoga, the cadets experienced the benefits of improved flexibility, strength, and mental relaxation.

Cultural Exchange: The festival provided an opportunity for cultural exchange among the participants. The cadets showcased their talents and learned about the diverse cultures and traditions of other participants. This exchange promoted unity, understanding, and appreciation of India's rich cultural heritage.

Outcome: By actively participating in the National Youth Festival, the cadets contributed to raising awareness about the festival among their peers and the wider community. Their involvement served as an inspiration for others to participate and contribute to the festival's success.

Link for YouTube: https://youtu.be/vi3Is3_pQms



National Cadet Corps St. Bede's College, Shimla



INDIAN ARMY DAY

On January 15, 2022, the NCC cadets from St. Bede's College, Shimla, organized an online show to spread their message on Indian Army Day. The event was held under the banner of "Azadi ka Amrit Mahotsav" and aimed to highlight the contribution of the Indian Army, with a specific focus on women in the armed forces. The cadets utilized various platforms such as social media, including YouTube, Twitter, and Instagram, to share their activities and create awareness.

Objective: The primary objective of the online show was to celebrate Indian Army Day and honour the contributions of the Indian Army to the nation. The cadets aimed to create awareness and appreciation for the sacrifices and dedication of the armed forces.

Activities:

Posters: The cadets created posters to showcase the service of the Indian Army and express their gratitude. These posters captured the spirit and dedication of the armed forces and served as visual representations of their appreciation.

Poems: Some cadets wrote and shared poems that focused on women empowerment in the armed forces. These poems highlighted the strength, courage, and resilience of women in the military, challenging gender stereotypes and promoting inclusivity.

Social Media Engagement: The cadets utilized platforms such as YouTube, Twitter, and Instagram to share their activities and spread awareness. They shared videos, photos, and messages to reach a wider audience and engage with the online community.

Video Creation: A short video was created to showcase the contribution of women in the armed forces. The video aimed to inspire and educate viewers about the vital role played by women in defending the nation. It featured a poem narrated with a time-lapse poster painted by a cadet, garnering significant attention and engagement on the internet.



*National Cadet Corps
St. Bede's College, Shimla*

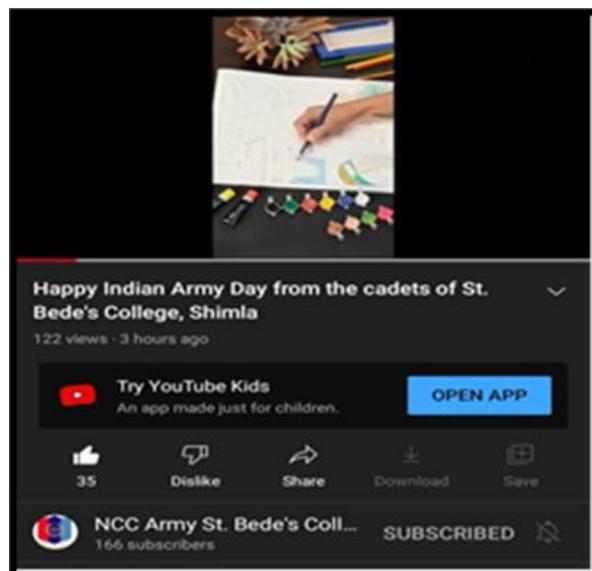
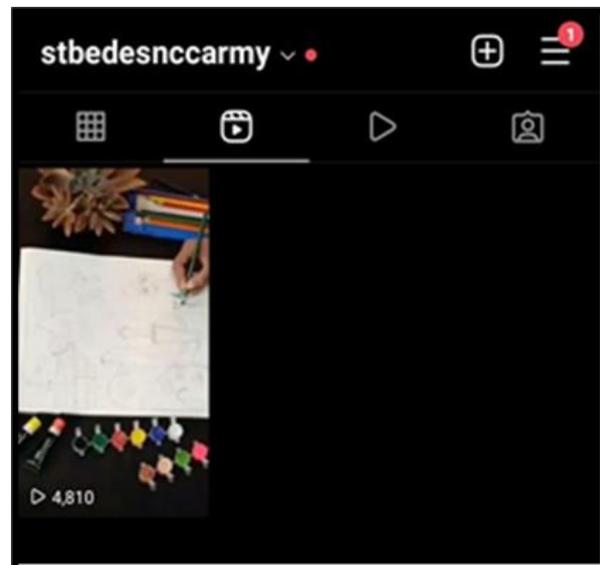
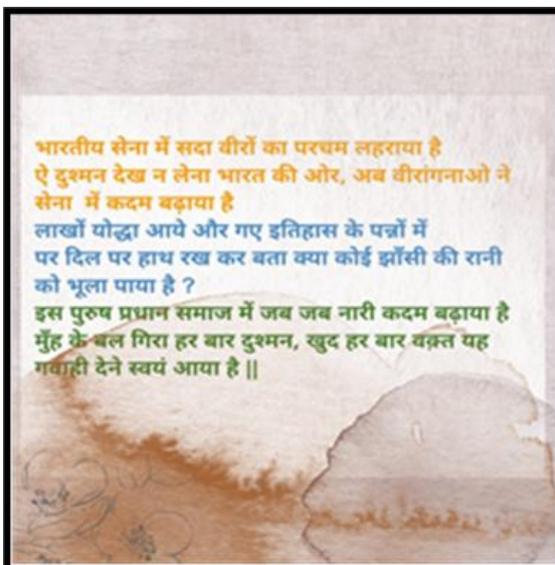
Outcome: The activities and messages shared by the cadets through social media platforms created awareness and appreciation for the Indian Army and the contributions of women in the armed forces. It helped in highlighting their dedication and sacrifices. Their efforts aimed to inspire more women to consider careers in the military and contribute to the defense of the nation.

Link for Instagram:

<https://www.instagram.com/reel/CYvJWqGKKBv/?igshid=MzRIODBiNWFIZA==>

Link for YouTube:

<https://www.youtube.com/watch?v=3KK3YiNbTzc>





*National Cadet Corps
St. Bede's College, Shimla*

REPUBLIC DAY PARADE

The cadets from St. Bede's College actively participated in two prominent events on January 26, 2022: RDC 2022 and the State Republic Day Parade.

Objective: The primary objective of participating in RDC 2022 and the State Republic Day Parade was to develop the cadets' personalities. These events provided them with opportunities to enhance their confidence, leadership skills, and overall character development.

Activities and Achievements:

RDC 2022: UO Rutuja Kulkarni represented the PHHP&C Directorate in the Best Cadet (SW Army) Competition during RDC 2022. She showcased her skills, knowledge, and leadership abilities, making the college and directorate proud. Additionally, she was part of the PM Rally where she briefed the Defence Minister and the DGNCC at the Hall of Fame. Her participation in RDC 2022 highlighted her dedication and commitment to the NCC.

State Republic Day Parade: LCpl Ayushi Panwar participated in the State Republic Day Parade held on the Mall Road in Shimla. Her involvement showcased her discipline, marching skills, and dedication to representing her college and contributing to the celebration of Republic Day. Her participation brought pride to the college and highlighted her commitment to the values of the NCC.

Outcome: Both cadets had the opportunity to enhance their personal development through these events. They gained valuable experiences, honed their leadership skills, and increased their self-confidence.





DIRECTORATE LEVEL COMPETITIONS

The cadets from St. Bede's College actively participated in activities conducted under the banner of "Azaadi ka Amrit Mahotsav" on January 31, 2022. These activities included Desh Bhakti Geet Writing, Rangoli Making, and Patriotic Lori Writing.

Objective: The primary objective of these activities was to inculcate a sense of patriotism in the cadets. Through participation in Desh Bhakti Geet Writing, Rangoli Making, and Patriotic Lori Writing, the cadets expressed their love for the country and showcased their creativity and artistic skills. The activities aimed to promote traditional art forms such as Rangoli and Lori Writing, connecting the cadets with their cultural roots. By engaging in these art forms, the cadets celebrated the rich heritage of the nation and contributed to the ongoing "Azaadi ka Amrit Mahotsav" celebrations.

Activities:

Desh Bhakti Geet Writing: The cadets participated in Desh Bhakti Geet Writing, where they penned patriotic songs expressing their love, pride, and gratitude towards the nation. Through their songwriting, they showcased their creativity and deep-rooted patriotism.

Rangoli Making: The cadets demonstrated their artistic skills by creating Rangolis depicting patriotic themes and symbols. Rangoli, a traditional art form, served as a medium to express their devotion to the country and visually represent their love for the nation.

Patriotic Lori Writing: The cadets participated in writing Loris, which are traditional lullabies or songs sung to express affection and love. In this activity, they wrote Loris with patriotic themes, showcasing their emotional connection and reverence for the nation.

Outcome: The activities provided a platform for the cadets to showcase their artistic skills and creativity. They used traditional art forms like Rangoli and Lori Writing to express their love for the country, contributing to the cultural celebration of "Azaadi ka Amrit Mahotsav."





BEE CERTIFICATE EXAMINATION

The second-year cadets from St. Bede's College, Shimla, reported at St. Edward's School, Shimla, on February 20, 2022, to take their BEE Certificate examination. This examination assessed their competence and expertise in NCC-related subjects and activities.



CEE CERTIFICATE EXAMINATION

The third-year cadets from St. Bede's College, Shimla, reported at Solan, on February 27, 2022, to take their BEE Certificate examination. This examination assessed their competence and expertise in NCC-related subjects and activities.

INTERNATIONAL WOMEN'S DAY

On March 8, 2022, the first and second year cadets were invited to perform a Nukkad Natak on the event of International Women's Day at GDC, Kotshera.

Objective: The aim of the activity was to raise awareness regarding Blood Donation and its importance.

The cadets presented a Nukkad Natak under the theme "Blood donation- DOs and DON'Ts" and were presented a 'Momento of Honour for Stage Performance'.

Outcome: Through this activity, the cadets were able to share the message of the importance of blood donation, and dos and don'ts of it as well. The cadets successfully motivated people to donate blood.



*National Cadet Corps
St. Bede's College, Shimla*



RAISING DAY

On March 10, 2022, the Second NCC Raising Day was celebrated at St. Bede's College. The chief guest for the event was Col DR Gargi, Commanding Officer 7HP (I) Coy, NCC Shimla.

Objective: Raising Day celebrations commemorate the day the NCC Unit under 7HP(I) Coy, NCC Shimla was established in the college.

The programme started with the drill followed by a short cultural programme, "The NIAP". The Cadets were felicitated for their hard work, and contribution towards NCC. UO Rutuja Kulkarni was promoted to the rank of a Senior Under Officer. The event ended with an NCC Carnival, organised by the cadets.

Outcome: Through working together, cadets learnt about teamwork, cooperation and unity. They also showcased their skills in public speaking, music, dance, and drama. NCC Carnival also helped the cadets to raise funds for themselves. The cadets gave the message of national integration through their National Integration Awareness Presentation. They also shared video of the day's celebrating online

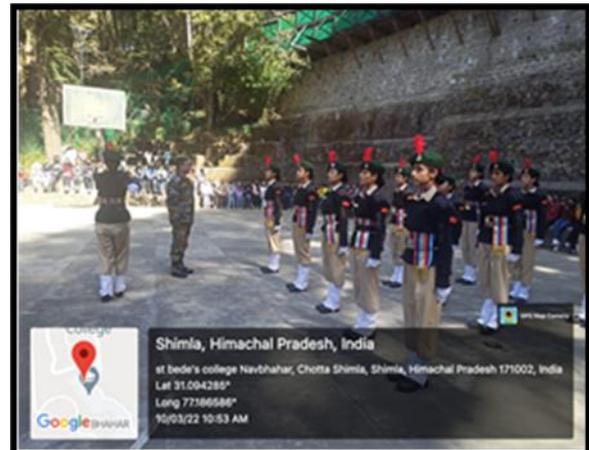
Link for YouTube: <https://youtu.be/U4J-hLE0Vsc>

Link for Instagram:

<https://www.instagram.com/reel/Cb2P0P2rkvJ/?igshid=MzRIODBiNWFIZA==>



National Cadet Corps St. Bede's College, Shimla



JALLIANWALA BAGH MASSACRE

On April 13, 2022, the NCC Cadets of the college under 7HP (I) Coy, NCC Shimla paid homage to the martyrs of Jallianwala Bagh Massacre who lost their lives on this day, 103 years ago.

Objective: The aim of this activity was to remember the freedom struggle of India and remember the Jallianwala Bagh Massacre.

The cadets participated in a Poster-Making competition under the theme “Azadi Ka Amrit Mahotsav”, in order to pay respect to those who lost their lives on April 13, 1919. To promulgate this on a larger platform a collage of all the poster entries was shared on the Instagram Page and the YouTube Channel of the NCC. The video received over 100 views on you tube and over 500 views on Instagram in the first four hours. Even today, everybody mourns the lives that were lost in the massacre, and we salute the innocent people, who were mercilessly killed on April 13, 1919.

Outcome: These activities promoted a sense of patriotism, and deep reverence for the ones who sacrificed their lives, to make our nation flourishing. The cadets also showcased their artistic skills through the competitions.

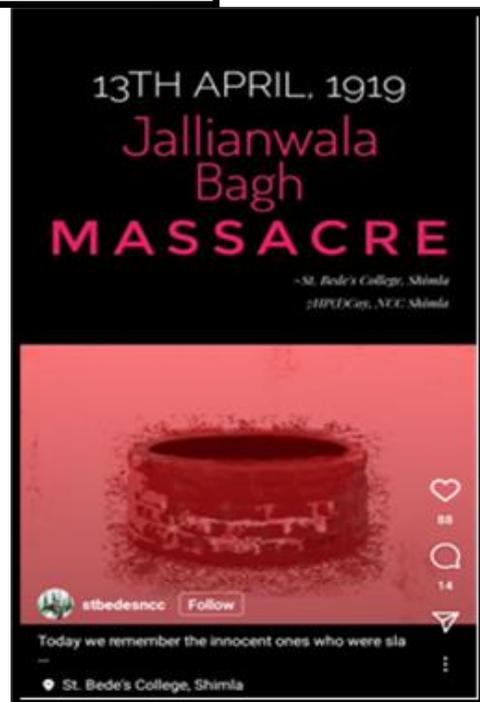
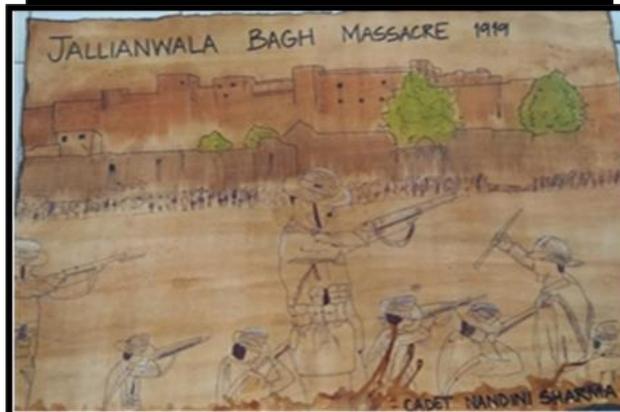
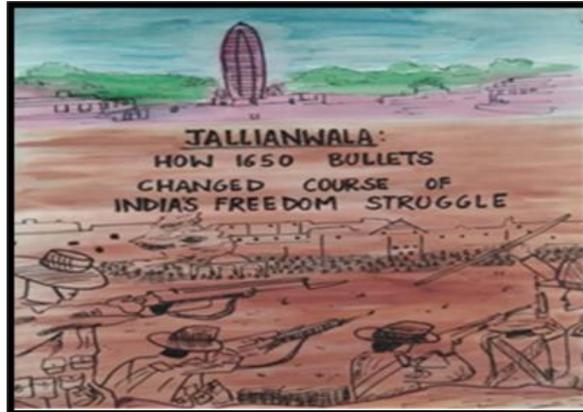
Link for Instagram:

https://www.instagram.com/tv/CcPF_Q1O9_9/?igshid=YmMyMTA2M2Y=



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Link for YouTube: <https://youtu.be/RWjZv13rNSM>





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2022-23

**NCC ACTIVITIES 2022-23
2022-23**

NCC UNIT, ST. BEDE'S COLLEGE UNDER 7HP (I) COY NCC, SHIMLA

FELICITATION OF CADETS QUALIFIED TO APPEAR FOR SSB INTERVIEW

An event was organized by the NCC Unit of St. Bede's College Shimla on June 4, 2022, to acknowledge and appreciate the cadets who successfully qualified to appear for the SSB Interview. The selected cadets were SUO Rutuja Kulkarni and Cadet Anjali Kainthla from 7HP(I) Coy, NCC Shimla, along with Captain Cadet Chavi Tewari and PO Cadet Arundhati Chandel from 1HP Naval Unit NCC Bilaspur. The principal felicitated the cadets during the event.



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St. Bede's College, Shimla*



Felicitation of Cadets



<p>Acknowledgement of the cadets appearing for SSB Interview</p> <p>NCC Unit, St. Bede's College is organising an event to acknowledge their cadets who have successfully qualified to appear for SSB Interview. The efforts and hardwork of our Cadets finally paid off.</p> <p>Date : June 4, 2022 Venue : Seminar Room St. Bede's College Time : 10:30 a.m</p>	<p>न्यूज 1 नजर में</p> <p>एनसीसी कैडेट सम्मानित</p> <p>शिमला। 7 एचपी (आई) कंपनी एनसीसी शिमला के एनसीसी कैडेटों का अभी हाल ही में एसएसबी साक्षात्कार के लिए चयनित कैडेटों हुआ है। यह अपने-आप में एक बड़ी उपलब्धि है, क्योंकि यही दोनहर एसएसबी साक्षात्कार उत्तीर्ण करने के पश्चात भारतीय सेना में ऑफिसर बनेंगे। 7 एचपी (आई) एनसीसी शिमला के कमांडिंग ऑफिसर कर्नल डीआर गार्गी का कहना है कि इन कैडेटों में अधिकतर लड़कियां चयनित हुई हैं, जो शिमला के विभिन्न शिक्षण संस्थानों में पढ़ाई कर रही हैं। इन कैडेटों में से गार्ल्स सेंट बीड्स कॉलेज शिमला की एनसीसी में सीनियर अंडर ऑफिसर रतुजा कुलकर्णी, कैडेट अंजलि कैथला और साथ ही 1 एचपी नॉवल यूनिट एनसीसी बिलासपुर की कैडेट छवि तेवारी और पीओ कैडेट अरुंधति को सेंट बीड्स कॉलेज शिमला के प्रधानाचार्य प्रो. मौली अब्राहम ने कॉलेज परिसर में एनसीसी प्रभारी व सीटीओ डॉ. रवेता ठाकुर की ओर से आयोजित कार्यक्रम कैडेटों का सम्मान में सम्मानित किया।</p>	<p>चार कैडेट्स एसएसबी इंटरव्यू के लिए चयनित</p> <p>जागरण संबद्धता, शिमला : 7 एचपी (आई) कंपनी एनसीसी शिमला की चार एनसीसी कैडेट्स का सर्विस सेलेक्शन बोर्ड (एसएसबी) साक्षात्कार के लिए चयन हुआ है। एसएसबी साक्षात्कार उत्तीर्ण करने के बाद वे भारतीय सेना में ऑफिसर बनेंगे। 7 एचपी (आई) एनसीसी शिमला के कमांडिंग ऑफिसर कर्नल डीआर गार्गी ने कहा कि ये कैडेट्स शिमला के विभिन्न शिक्षण संस्थानों में पढ़ाई कर रही हैं। यह नारी सशक्तिकरण का उदाहरण है। उन्होंने कहा कि युवाओं का सही मार्गदर्शन कर उनके सपनों को उड़ान देनी चाहिए। इन कैडेट्स में सेंट बीड्स कॉलेज शिमला की एनसीसी में सीनियर अंडर ऑफिसर रतुजा कुलकर्णी, अंजलि कैथला, 1 एचपी नॉवल यूनिट एनसीसी बिलासपुर की कैडेट्स छवि तेवारी और पीओ कैडेट अरुंधति को सेंट बीड्स कॉलेज शिमला के प्रधानाचार्य प्रो. मौली अब्राहम ने शनिवार को एनसीसी प्रभारी व सीटीओ डॉ. रवेता ठाकुर की ओर से सम्मानित किया।</p>
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Brochure and Newspaper Clippings

INTERNATIONAL DAY OF YOGA

The NCC Unit of St. Bede's College celebrated the International Day of Yoga on June 21, 2022, with great enthusiasm and participation. The event aimed to promote awareness and emphasize the importance of yoga in enhancing physical and mental well-being. Through various activities, the cadets aimed to introduce people to the practice of yoga and encourage its adoption as a lifestyle.

Objective: The objective of the Yoga Day celebration was to raise awareness about the benefits of yoga and meditation. The event aimed to familiarize individuals with the art of meditation, which serves as a means to channelize the energies of the body and mind. By highlighting the significance of yoga, the cadets intended to inspire more people to incorporate yoga into their daily lives and experience the positive impact it can have on their overall well-being.

As part of the celebration, a group of 25 cadets, accompanied by cadets from other institutions under 7HP(I)COY NCC Shimla, visited St. Edward's School Shimla. Together with the other cadets, they participated in a yoga session, engaging in various poses and breathing exercises under the guidance of experienced yoga instructors. The session aimed to provide hands-on experience and enable the cadets to deepen their understanding of yoga's benefits.

Additionally, the cadets actively raised awareness about the International Day of Yoga through online platforms. They shared their experiences and insights from the event, including videos of the yoga session, on social media. The videos garnered significant attention, with over 1,200 views on Instagram. Through their online presence, the cadets aimed to spread the message of yoga and its role in supporting sustainable development and environmental protection.

Outcome: The celebration of the International Day of Yoga successfully brought communities together and provided them with an opportunity to prioritize their health amidst their busy schedules. By engaging in yoga activities and sharing their experiences online, the cadets played a crucial role in raising awareness and promoting the practice of yoga among a wider



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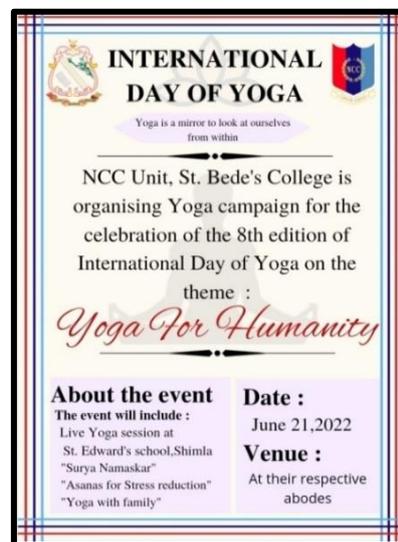
audience. The event highlighted the significance of yoga in achieving physical and mental well-being, encouraging individuals to adopt yoga as a lifestyle choice.

Furthermore, the cadets' efforts to spread awareness through social media platforms contributed to a greater understanding of the benefits of yoga and its potential impact on sustainable development and environmental conservation. The International Day of Yoga celebration served as a platform for fostering unity, holistic well-being, and a deeper appreciation for the practice of yoga.

Link for YouTube: <https://youtube.com/watch?v=oXFNXkwj6-0&feature=share>

Link for Instagram:

<https://www.instagram.com/reel/CfD7Ta5u4T0/?igshid=NTc4MTIwNjQ2YQ==>



Brochure



International Day of Yoga at St. Edward's School Shimla



COMBINED ANNUAL TRAINING CAMP

A Combined Annual Training Camp (CATC) was organized by the 7HP (I) Coy NCC Shimla at Karsog, district Mandi, in two phases: CATC-224 and CATC-225. The camp spanned from July 1 to July 21, 2022, and aimed to enhance the institutional training of NCC cadets while fostering qualities of patriotism, discipline, and service.

Objective: The primary objective of the CATC was to provide comprehensive training to NCC cadets and prepare them for higher-level camps, including Centrally Organized Camps (COC) and Republic Day Camp (RDC). Additionally, the CATC aimed to instill a sense of patriotism, discipline, and service among the participating cadets.

The CATC was conducted in two phases, with the first phase taking place from July 1 to July 10, 2022, and the second phase from July 12 to July 21, 2022. A total of 46 cadets actively participated in the camps. In the first phase, the cadets showcased their talent and skills by securing the first position in Group Dance, the second position in Group Singing, and the second position in the Line Area competition. Building on their initial success, the cadets continued to excel in the second phase, achieving first positions in Drill, Group Singing, Group Dance, Firing, Rifle Kholna Jodna, volleyball match, and the second position in Line Area.

Outcome: The CATC proved to be a transformative experience for the participating cadets. It provided them with a platform to engage in various activities such as drill, weapon training, firing, map reading, first aid, adventure sports, cultural programs, and social service. By immersing themselves in a regimented way of life during the camp, the cadets developed camaraderie, teamwork, leadership qualities, self-confidence, self-reliance, and a strong work ethic.

Moreover, the CATC empowered the cadets to become more confident and independent individuals. The skills and values they acquired during the camp will make them valuable assets to society, as they are equipped with the necessary tools to contribute positively to their communities.



CATC-224 and CATC-225 at Karsog, Mandi



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EBSB CAMP

Cadet Manisha Sharma had the privilege of being selected to attend the 'Ek Bharat Sreshtha Bharat' Camp, which took place from June 4 to June 14, 2022. This camp was organized in collaboration with the Bihar and Jharkhand Directorate and held in Malout, Punjab.

Objective: The primary objective of the camp was to foster a sense of unity, nationalism, and cultural exchange among the participating NCC cadets. It also aimed to enhance their institutional training and prepare them for higher-level camps such as Centrally Organized Camps (COC) and Republic Day Camp (RDC).

During the camp, a wide range of activities were conducted to achieve these objectives. Cadet Manisha Sharma actively participated in group singing, dance performances, debates, recitation, as well as games like kho-kho and tug-of-war. The camp also featured EXPA (Extension Programme for Alumni) training, where NCC alumni shared their experiences and expertise with the cadets. Manisha's remarkable performance and dedication were duly recognized, and she was honored with the prestigious title of Best Cadet from the Shimla Group.

Outcome: Participating in the 'Ek Bharat Sreshtha Bharat' Camp provided Cadet Manisha with a unique opportunity to immerse herself in the diverse cultural heritage of India. Interacting with cadets from different states and regions allowed her to learn about their customs, traditions, and perspectives, fostering a sense of unity and appreciation for the nation's diversity. The camp also provided her with thrilling experiences in adventure sports and outdoor activities, further enriching her overall learning and personal growth.

Upon returning from the camp, Cadet Manisha shared her rich experiences and newfound knowledge with her fellow cadets, family members, and friends. Her participation in the camp not only enriched her own understanding and perspective but also served as an inspiration for others to embrace unity, cultural exchange, and national pride.



Ek Bharat Sreshtha Bharat' Camp at Malout, Punjab



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THAL SAINIK CAMP

26th July to 2nd August 2022

Cadet Angelina Tej actively participated in the Thal Sainik Camp (TSC) held at Rainbow International School, Nagrota, Kangra.

Objective: The primary objective of TSC was to enhance the physical fitness and shooting skills of the cadets, as well as prepare them for their future roles in defense of the nation. The camp encompassed a wide range of activities, including drill, map reading, health and hygiene, field craft and battle craft, obstacle course, and firing.

During the camp, Cadet Angelina had the opportunity to learn and hone various skills. She received training in map reading, shooting, and obstacle course techniques. These activities not only helped improve her physical fitness but also enhanced her proficiency in drill, map reading, and other field craft and battle craft knowledge. Through the camp, Cadet Angelina also had the chance to develop her personality, build confidence, and strengthen her leadership and teamwork abilities.

Outcome: Upon returning from the camp, Cadet Angelina shared her valuable experience with her fellow cadets. She generously imparted the skills and knowledge she acquired during the camp, contributing to the overall growth and development of her peers. Her participation in the Thal Sainik Camp not only enhanced her own capabilities but also allowed her to make a positive impact on the cadet community by sharing her newfound expertise and fostering a spirit of teamwork and camaraderie.



LCpl Angelina During Obstacle Training



LCpl Angelina during the Camp

RECOGNITION RALLY ON THE BATTLE OF TIGER HILL

The cadets of St. Bede's College, Shimla organized a recognition rally on July 31, 2022, commemorating the Battle of Tiger Hill with the theme "Chotiyon ke Baaz" (The Falcons of Tiger Hill).



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Objective: The primary objective of this rally was to honour and celebrate the bravery and sacrifice of the soldiers who fought in the Battle of Tiger Hill during the Kargil War in 1999. It aimed to raise awareness and foster respect for the defence forces among the general public, while also inspiring young individuals to consider a career in the army.

A total of 28 cadets from St. Bede's College actively participated in the rally, carrying banners showcasing the theme and message of the campaign. The rally commenced from St. Bede's College, Shimla and proceeded towards The Army Heritage Museum, Annadale. In addition to the rally, the day also included a painting and slogan-writing competition, which added an artistic element to the event.

Outcome: The recognition rally and accompanying competitions had significant outcomes. Firstly, it served as a source of motivation for people by raising awareness about the achievements of the soldiers and the challenges they encountered during the Battle of Tiger Hill. This knowledge inspired individuals to work harder and to appreciate the sacrifices made by the armed forces in defending the nation. Secondly, the rally instilled a sense of patriotism and pride not only among the participating cadets but also among the wider community. By sharing the video of their rally on various social media platforms, the cadets effectively spread awareness and promoted the significance of such initiatives to a larger audience.

Link for Instagram:

<https://www.instagram.com/reel/CgrZIwru6Zm/?igshid=NTc4MTIwNjQ2YQ==>

RECOGNITION RALLY

75
Azadi Ka
Amrit Mahotsav

NCC Unit, St. Bede's College under 7 HP
(I) Coy NCC Shimla is organising a rally
on
BATTLE OF TIGER HILL
for Kargil Vijay Diwas under the theme
"चोटियों के बाज़"

DATE : July 31, 2022	Events :
ROUTE : St. Bede's College -Annadale	Rally Poster-Making Competition Slogan Writing Competition

Brochure



Recognition Rally



Coverage of the Rally in Newspapers

ELIXIR OF ENERGY OF INDEPENDENCE

The NCC Unit of St. Bede's College Shimla, in collaboration with the Heritage club "MIRAASA," successfully organized an event titled "Elixir of Energy of Independence" on August 6, 2022.

Objective: The primary objective of this event was to provide an opportunity for students to visit the State Museum and explore the rich cultural heritage and traditions of Himachal Pradesh, including its folk dances, music, festivals, crafts, and cuisine.

The event was organized as part of the "Azadi Ka Amrit Mahotsav" campaign, which celebrated India's 75 years of independence. The specific theme for the event was "Har Ghar Tiranga," with a focus on the "History of Independence." Approximately 40 students actively participated in the event, where they had the privilege to visit the State Museum. During their visit, they had the opportunity to immerse themselves in the vibrant and diverse cultural heritage of Himachal Pradesh and learn about the contributions of unsung heroes of India's freedom struggle.

Outcome: The outcome of the event was highly beneficial for the participating students. They gained a deeper understanding of the state's history and culture, fostering a greater appreciation for the richness and diversity of the Himalayan landscape and wildlife. Moreover, the event served as a platform for students to develop a profound admiration and respect for the artistic

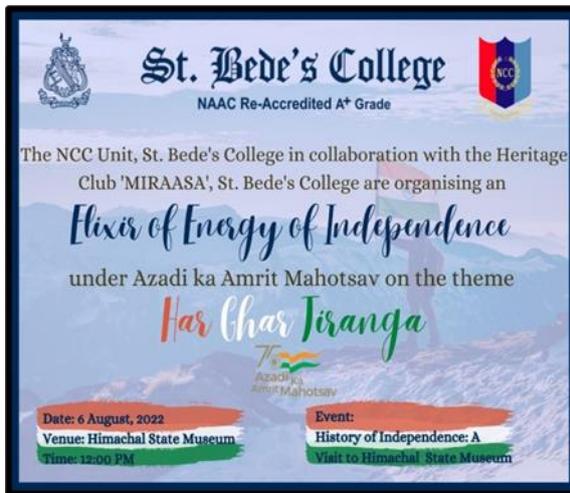


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and creative achievements of Himachali artists and craftsmen. The experience left the students inspired and curious to further explore the Himalayan region and its natural and cultural wonders. To share their memorable experience with others and promote the significance of cultural heritage, the cadets took to social media platforms. By sharing their experiences and insights, they successfully spread awareness among their peers and the wider community, encouraging others to appreciate and preserve the cultural heritage of Himachal Pradesh.

Link for Instagram:

<https://www.instagram.com/reel/ChhZIxBjt3d/?igshid=NTc4MTIwNjQ2YQ==>



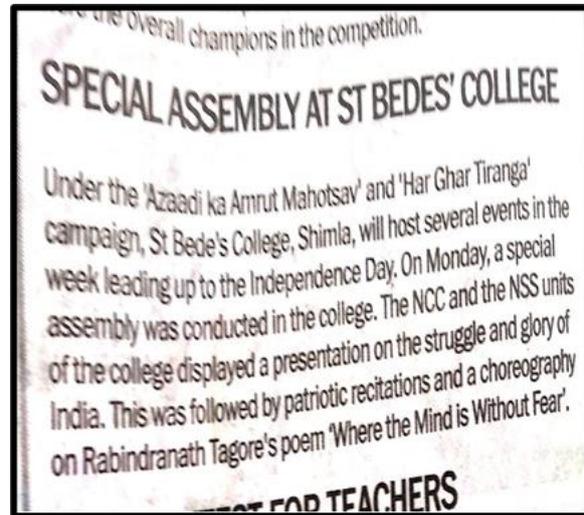
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Visit to State Museum



Historic Remains



Newspaper Clipping

DISTRICT LEVEL INDEPENDENCE DAY CELEBRATION

On August 15, 2022, 14 cadets from St. Bede's College, Shimla, actively participated in the District-Level Independence Day celebrations.

Objective: The objective of celebrating Independence Day was to commemorate the birth of a new nation after gaining freedom from British colonial rule. It is a day to remember the freedom



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activists who fought for the independence of the nation and to honour their sacrifices. Independence Day is also a day to celebrate the nationhood, history, uniqueness, and patriotic duties of India.

These cadets formed part of the NCC SW contingent that marched on The Ridge in Shimla. The event was graced by the presence of Mr. Suresh Bhardwaj, Minister of Urban Development, Himachal Pradesh, who served as the Chief Guest for the occasion. Notably, Cadet Angelina Tej from St. Bede's College was appointed as the Commander of the NCC SW Contingent for the event.

Outcome: The outcome of the participation in the Independence Day celebrations had a profound impact on the cadets. It instilled in them a sense of confidence, self-esteem, and perseverance. The experience nurtured their love for the nation and patriotism, deepening their appreciation for the freedom fighters and their sacrifices. By actively participating in the parade, the cadets also acquired valuable leadership skills, as well as discipline and coordination abilities. The participation of the cadets also served as a source of inspiration for their peers and other students, encouraging them to aim for greatness.



*Cadet Angelina Tej Commanding
the SW Contingent*



*The SW Contingent on The Ridge,
Shimla*

BASIC LEADERSHIP CAMP

Cadet Ivy Bhattan, representing the Shimla group, had the opportunity to attend the Basic Leadership Camp (BLC) held in Malout, Punjab from August 19, 2022, to August 26, 2022. She was the only SW cadet from the 7HP (I) Coy, NCC Shimla, and she actively participated in the camp to develop her leadership skills.

Objective: The objective of the Basic Leadership Camp (BLC) was to develop leadership qualities, self-confidence, and self-reliance among the cadets. The camp involved various

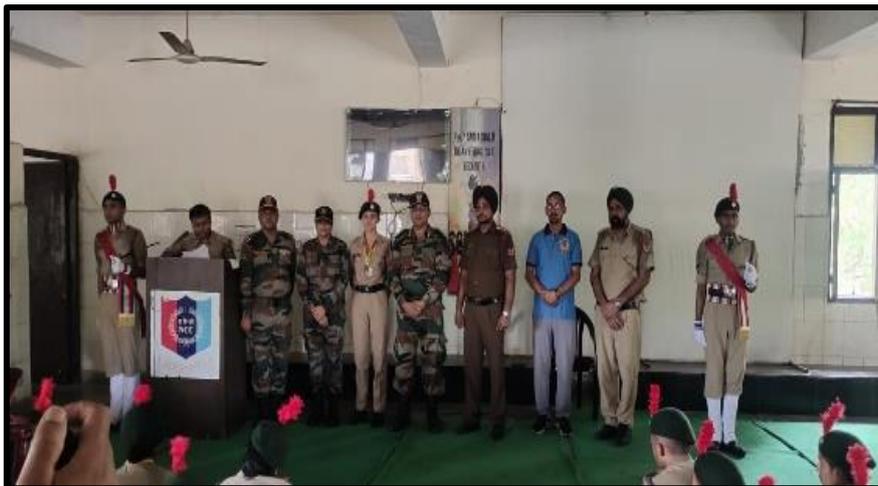


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activities such as drill practice, weapon handling, shooting, obstacle courses, and cultural programs.

Through engaging activities such as debates and critical thinking exercises, Cadet Ivy honed her leadership abilities. Her dedication and exceptional performance earned her four medals in the camp. She secured the first position in the Group Singing Competition, the second position in the Skit Competition, and the third position in both the Debates and Dance Competitions. Furthermore, her outstanding performance in the camp qualified her for the Advance Leadership Camp.

Outcome: The outcome of Cadet Ivy's participation in the Basic Leadership Camp was remarkable. She developed various qualities, including leadership, self-confidence, and self-reliance. The camp provided her with valuable insights into a regimented way of life, teamwork, the dignity of labour, and the cultural diversity of India. Upon her return, Cadet Ivy shared her experiences and the knowledge she gained with her fellow cadets, enabling them to learn new things and broaden their understanding.



Basic Leadership Camp



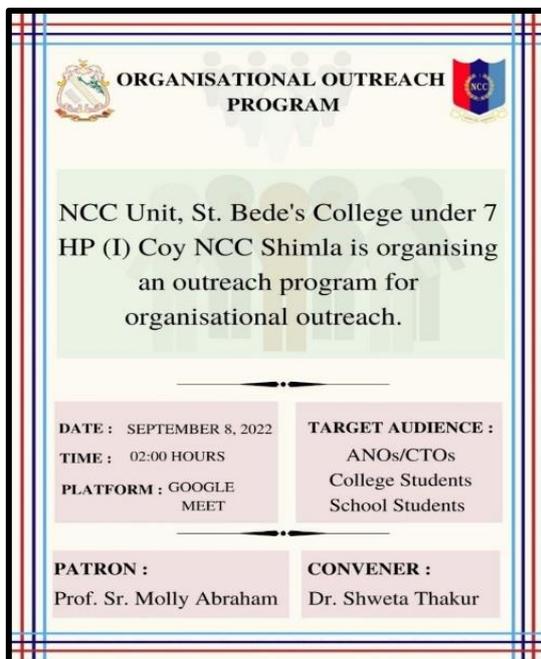
ORGANIZATIONAL OUTREACH PROGRAMME

A Virtual Organizational Outreach Program was successfully conducted by the NCC Unit of St. Bede's College under 7 HP(I) Coy, NCC Shimla on September 7, 2022.

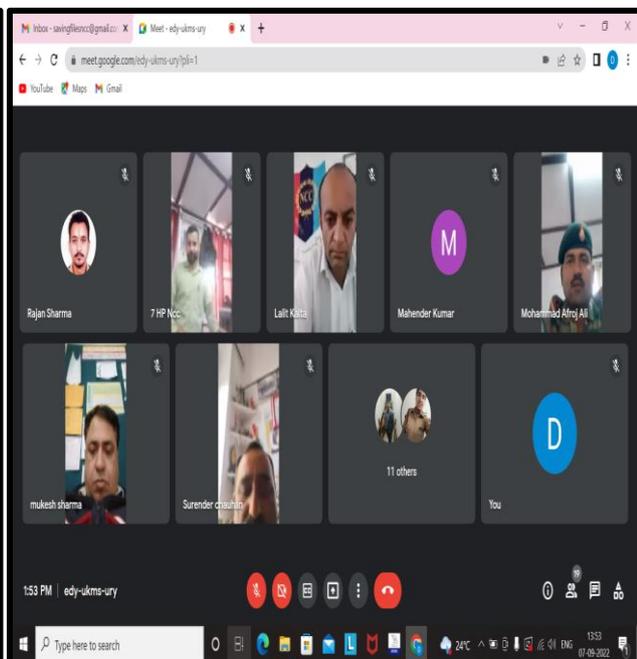
Objective: The objective of the program was to provide information and insights related to NCC enrollment work and specific topics of interest. It aimed to foster relationships and connections with individuals and organizations who may have an interest in supporting or collaborating with the organization in the future.

The program focused on familiarizing the ANOs/CTOs (Associate NCC Officers/Contingent Training Officers) and cadets with the NCC e-Enrollment process. Cadets actively participated and guided the attendees through the step-by-step process of e-Enrollment. Additionally, a comprehensive presentation was shared with the ANOs/CTOs, providing an overview of all the steps involved in the enrollment procedure.

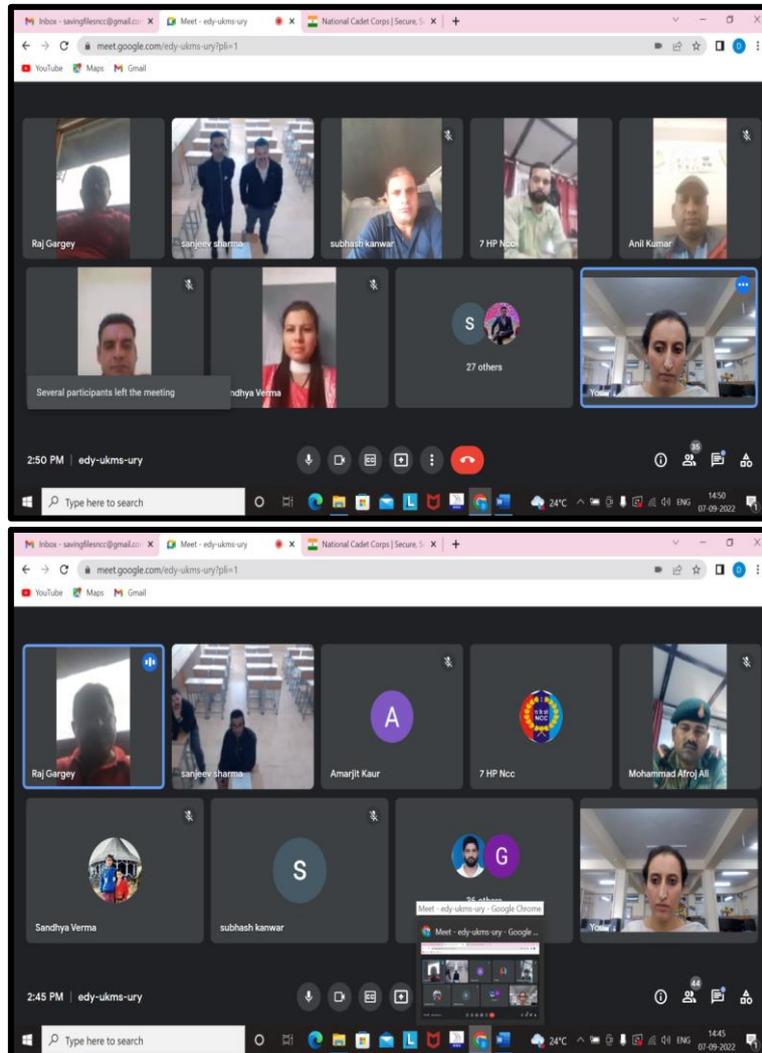
Outcome: By engaging with the wider community, the program aimed to promote a sense of belonging and involvement among the target audience. Through the sharing of valuable information, the program contributed to knowledge dissemination and potentially influenced the understanding and perspectives of individuals on relevant issues. The program's impact is expected to extend beyond the event itself, fostering relationships and potentially leading to future collaborations and support for the organization.



Brochure



Screenshot from the Google Meet



Organisational Outreach Programme

VOLUNTARY BLOOD DONATION INITIATIVE ON INTERNATIONAL DAY OF CHARITY

A voluntary blood donation drive was successfully organized by the NCC unit of St. Bede's College, Shimla, in collaboration with the Zoology Department, on September 12, 2022, under the 7HP(I)Coy NCC Shimla, in commemoration of the International Day of Charity.

Objective: The primary objective of the blood donation initiative was to save the lives of individuals in need of blood transfusions due to accidents, diseases, or surgeries. Additionally, the initiative aimed to promote a culture of altruism and volunteering, which can benefit the donors' emotional and physical health.

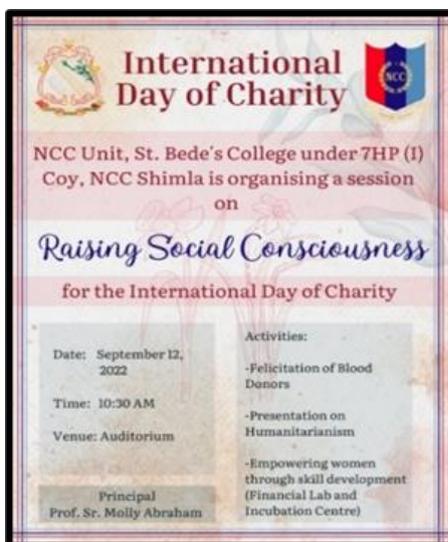
During the event, a total of 11 individuals stepped forward and donated blood in response to emergency calls at IGMC and KNH. The cadets actively emphasized the importance of charity and presented a PowerPoint presentation on humanitarianism, showcasing their past experiences of donating masks during the COVID-19 pandemic and teaching women



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handicraft skills. The blood donors were felicitated and acknowledged for their noble cause and selfless act of donating blood.

Outcome: The 11 donors contributed to helping patients in need of blood transfusions, potentially saving lives and providing necessary medical support. Furthermore, the event served as an opportunity for the cadets to raise awareness among their fellow students about the importance of blood donation and the impact it can have on individuals and society as a whole. The donors also shared information about the precautions and procedures involved in the blood donation process, encouraging others to consider this selfless act. The event helped the cadets develop a sense of responsibility towards society and recognize their role as compassionate human beings.



Brochure



Voluntary Blood Donation Initiative





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Certificates of Blood Donation Received by the Blood Donors

GROUP COMMANDER'S VISIT AND MOTIVATIONAL TALK

Brig Rohit Dutta, the Group Commander of Shimla Group, accompanied by Col DR Gargey, Commanding Officer, 7HP(I) Coy, NCC Shimla, visited St. Bede's College on September 15, 2022. Addressing the 40 cadets present, Brig Rohit Dutta shared his experiences about life in the armed forces and motivated the young women to join as officers. He also informed them about various entry schemes available. Later, Col DR Gargey inspected the NCC room and its documents.





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Brig. Rohit Dutta Motivating the Cadets



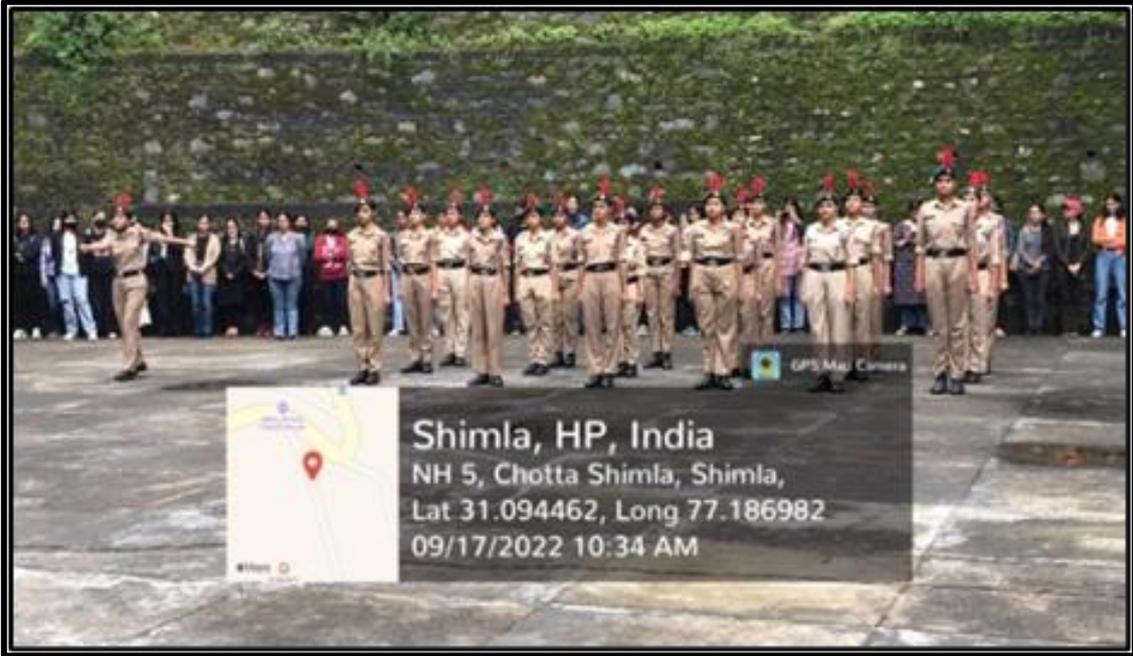
Newspaper Clippings

NCC ORIENTATION PROGRAMME

An Orientation Programme was organized by the NCC unit of St. Bede's College, Shimla on September 17, 2022, under 7HP(I) Coy, NCC Shimla. The programme was specifically for the first-year students who were acquainted with the importance of NCC by SUO Maanika Sethi, UO Ananya Singh, and Cadet Angelina Tej. They also answered the queries regarding NCC and its enrolment process. The event witnessed a Guard of Honor and a drill performed by the cadets.



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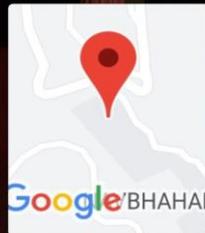
Cadets Performing Guard of Honor



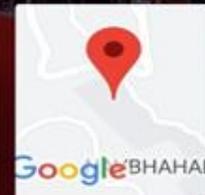
Cadets Performing Drill



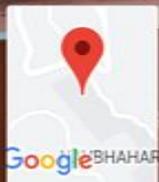
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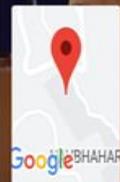
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Himachal Pradesh 171002, India
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Shimla, Himachal Pradesh, India
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Shimla, Himachal Pradesh, India
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Himachal Pradesh 171002, India
Lat 31.094135°
Long 77.186628°
17/09/22 10:50 AM GMT +05:30



Shimla, Himachal Pradesh, India
35VP+MMQ, Navbahar, Chotta Shimla, Shimla,
Himachal Pradesh 171002, India
Lat 31.094131°
Long 77.186627°
17/09/22 10:58 AM GMT +05:30



*National Cadet Corps
St. Bede's College, Shimla*



NCC Orientation

NCC Enrollment

PASSIONATE ABOUT DOING SOMETHING FOR THE NATION?

THIS IS THE PLACE TO BE!

The NCC Unit, St. Bede's College, Shimla under 7HP(I) Coy, NCC Shimla is now open for new enrollments for the session of 2022-23

Join the adventurous journey of being an NCC Cadet and march with us towards a story of three years that you will cherish in the years to come.

College Principal
Prof. Sr. Molly Abraham

CTO
Dr. Shweta Thakur

Ready to begin the journey? Start by filling this PIQ form:
[Click here to open the link \(if viewing through pdf\)](#)
or try this link <https://forms.gle/iphzHLAj7J8UDm9>

Have some doubts?
Get in touch!

SUO Maanika Sethi : +91 98820 40023
UO Ananya Singh : +91 94599 31816
Sgt Riya Verma : +91 97360 35861
Sgt Nikita Chauhan : +91 82788 91608

Connect with us on Social Media

@stbedesncc
Yamshr / click for link
enrollmentncc@gmail.com

NCC Enrollment Brochure

ORIENTATION

NCC Unit, St. Bede's College under 7 HP (I) Coy NCC Shimla is organising an orientation for the First Year students of St. Bede's College Shimla.

Events :

- Guard of Honour (Basketball Court)
- Drill
- Presentation - "Exposure to the Journey of NCC" (Auditorium)

DATE : September 17,2022
TIME : 10.30 AM

PATRON : Prof. Sr. Molly Abraham
CONVENER : Dr. Shweta Thakur

NCC Orientation Programme Brochure

ADVANCE LEADERSHIP CAMP

Cadet Ivy Bhattan showcased her exceptional leadership skills and attended the Advance Leadership Camp (ALC) held in Malout, Punjab from September 7 to September 18, 2022.

Objective: The primary objective of the camp was to develop leadership traits in cadets and boost their confidence. A total of 1,350 cadets attended the camp, which focused on personality development, leadership skills, and orientation for induction into the Armed Forces.



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Cadet Ivy Bhattan excelled during the camp and was recognized as the overall SW Senior, highlighting her exemplary leadership abilities. Throughout the duration of the camp, she received training in drill and acquired the necessary skills to become an effective leader. In addition to fulfilling her responsibilities as the SW Senior, Cadet Ivy Bhattan actively participated in various activities, including sports and the cultural program.

Her efforts and dedication paid off as she achieved remarkable results. She secured three gold medals, one for standing first in the relay race, another for tug of war, and a third for her role as the SW Senior. These achievements demonstrate her physical prowess, leadership capabilities, and commitment to the camp's objectives.

Outcome: The camp provided her with the opportunity to interact with cadets from different states and regions, exposing her to diverse cultures and traditions. Recognizing the value of her experience, she made sure to share the knowledge and skills she acquired during the camp with her fellow cadets and friends in her neighbourhood, serving as a source of motivation for others.



Advance Leadership Camp at Malout



Cadets during Tug of War



Cadets performing Drill



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EBSB CAMP

Cadet Anika had the opportunity to participate in the EBSB-II Camp held at JNV Piprakothi, Bihar in October 2022.

Objective: The main objective of the camp was to instill a sense of unity and nationalism among NCC cadets and familiarize them with the diverse cultures and traditions of different regions and states across India. Additionally, the camp aimed to enhance the institutional training of NCC cadets and prepare them for higher-level camps such as Centrally Organized Camps (COC) and Republic Day Camp (RDC).

The national-level camp spanned over ten days, from October 10 to October 19, and involved cadets from two directorates: Punjab, Haryana, Himachal Pradesh, and Chandigarh Dte, and Bihar and Jharkhand Dte. During the camp, Cadet Anika received EXPA Training, which likely included workshops and sessions to develop her skills and knowledge.

Furthermore, the camp provided an opportunity for Cadet Anika to visit historical sites, allowing her to explore the rich heritage and cultural significance of the region.

Outcome: As an outcome of participating in the EBSB camp, Cadet Anika gained valuable insights into the culture and traditions of various states and regions of India. Interacting with cadets from different backgrounds fostered a sense of unity and nationalism within her. Following the camp, she shared her learnings with fellow cadets and her siblings, thereby promoting a sense of patriotism and appreciation for the country's cultural tapestry.



Cadets during the Camp



Cdt Anika during the Cultural Event



AZAD HIND DIWAS

The NCC cadets organized a lecture series on the Life Lessons of Subhash Chandra Bose in several schools, including Government Sr. Sec. School, Rajhana, Government Sr. Sec. School, Phagli, and Government Sr. Sec. School, Dhalli from October 28 to October 31, 2022. Along with the lectures, a short quiz and a movie screening on Subhash Chandra Bose were also organized.

Objective: The objective of celebrating this day was to honour the significant contributions of Netaji Subhash Chandra Bose and his Indian National Army (INA), also known as Azad Hind Fauj, in the freedom struggle against British rule. The aim was to increase awareness and appreciation of Netaji's role in the Indian freedom struggle among students.

Outcome: As an outcome of these activities, the cadets were successful in raising awareness among students about the sacrifices made by Netaji in the freedom struggle. The lecture series prompted students to question their attitudes and beliefs, encouraging them to explore different perspectives and sources of information about Bose and his legacy. The activities also demonstrated academic skills, methods, and dispositions relevant for studying history, such as critical thinking, evidence-based reasoning, historical empathy, and ethical awareness among the participating cadets.



Cadets delivering a lecture at GSSS Phagli



Movie Screened at GSSS Rajhana



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**LECTURE SERIES ON
LIFE LESSONS OF
SUBHASH CHANDRA BOSE**

NCC Unit, St. Bede's College under 7
HP (I) Coy NCC Shimla is organising a
Lecture Series on Life Lessons of
Subhash Chandra Bose.

Azad Hind Diwas

"Freedom is not given, it is taken"

Event : Commemoration of '75th Year of
Establishment of Azad Hind Govt.'

Date : October 28, 2022 - October 31, 2022

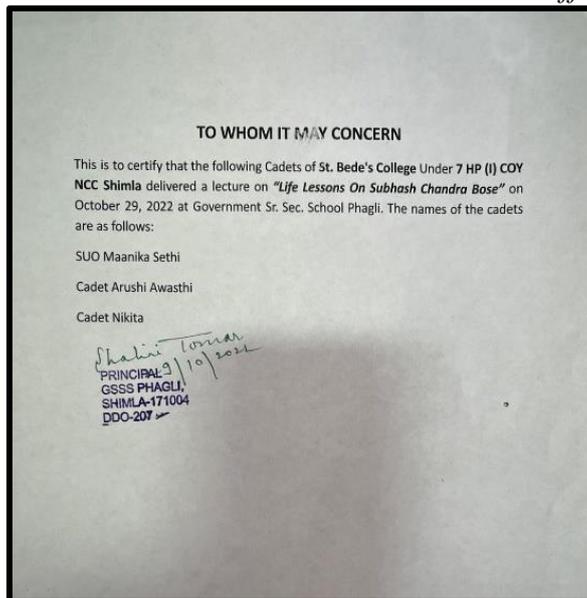
Venue : Govt. Sr. Sec. School Dhali
Govt. Sr. Sec. School Phagli
Govt. Sr. Sec. School Rajhana

PATRON : Prof. Sr. Molly Abraham
CONVENER : Dr. Shweta Thakur

Brochure for the Event



Cadets with the staff of GSSS Dhalli



Letter from the School Principal, GSSS Phagli

NATIONAL UNITY DAY

On October 31, 2022, the cadets of St. Bede's College under 7HP (I) Coy NCC, Shimla, organized a 'Unity Run' to celebrate National Unity Day, which commemorates the birth anniversary of Sardar Vallabhbhai Patel.

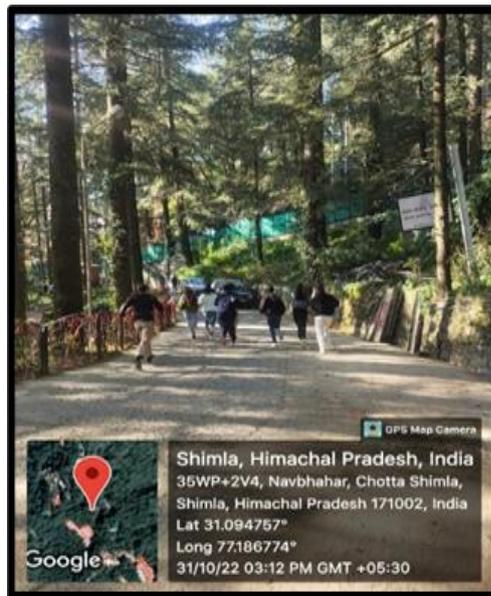
Objective: The objective of the event was to uplift the nation's unity and create awareness about the significant contributions of Vallabhbhai Patel.

A group of 25 cadets participated in the run, where they ran together while holding hands, symbolizing unity and solidarity. The act of running together with joined hands served as a powerful visual representation of people from diverse backgrounds coming together for a common purpose.



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Outcome: The Unity Run served as an educational opportunity for the cadets and the broader public. It helped raise awareness about the importance of unity in a diverse society and promoted understanding and empathy among individuals. The run highlighted the value of coming together, despite differences, for the betterment of the nation.



Cadets running during the Freedom Run



National Cadet Corps St. Bede's College, Shimla

VOTING AWARENESS CAMPAIGN

On November 5, 2022, the NCC Cadets of St. Bede's College, Shimla organized a Mass Awareness Programme in Khanlag Village, Distt. Solan, HP.

Objective: The objective of the program was to help people understand the importance of voting, national integration, and blood donation.

The cadets recognized that many people desire to vote but lack awareness about the voting process. Similarly, there is a willingness to donate blood among the population, but lack of awareness about the procedures involved. The aim of the program was to educate the villagers about these important topics and provide them with the necessary information.

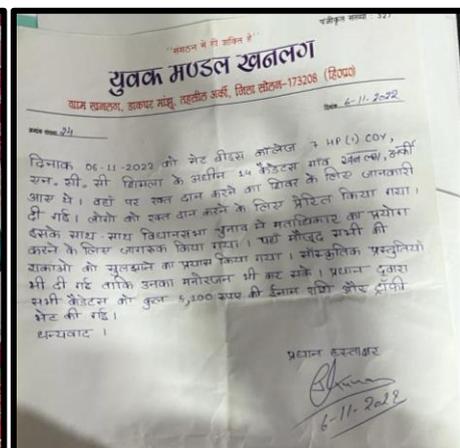
A team of fourteen cadets was formed to conduct the event in the village. Their efforts were appreciated by the Sarpanch of the village, who felicitated them with a letter of appreciation, a trophy, and a sum of 5,100 rupees. The event successfully spread awareness about the importance of voting, national integration, and blood donation among the villagers.

Outcome: The outcome of the Mass Awareness Programme was twofold. Firstly, the cadets were provided with a platform to create awareness and educate the villagers about the significance of voting, national integration, and blood donation. By interacting with the people, the cadets also developed important social skills such as communication, empathy, and leadership.

Secondly, the program empowered the villagers by equipping them with knowledge and information about these important topics. The awareness created through the event would enable the villagers to make informed decisions and actively participate in the democratic process through voting. It also encouraged them to consider blood donation as a noble act of saving lives and fostered a sense of national integration by promoting unity and harmony among diverse communities.



Cadets receiving trophy from the Sarpanch



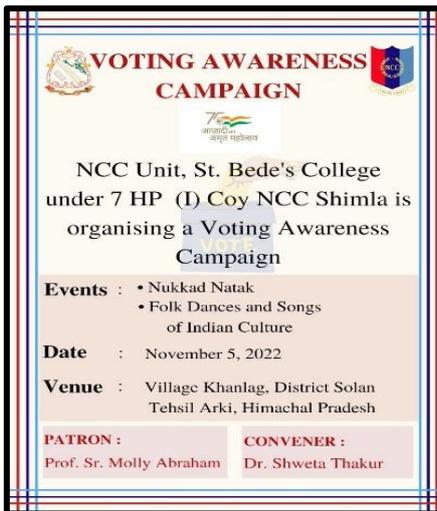
Letter of Appreciation from the Sarpanch



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Cadets Raising Awareness on Voting and Elections



Brochure for the Event



Cadets performing Folk Songs of Himachal

COMBINED ANNUAL TRAINING CAMP

Indus International University, Una hosted the CATC from 5th November to 12th November, where three cadets from St. Bede's College, namely SUO Maanika Sethi, Cadet Ivy Bhattan, and Cadet Angelina Tej, participated. These cadets demonstrated their skills and performed well during the camp, leading to their selection for further camps.

Objective: The Combined Annual Training Camps (CATC) Pre RDC was conducted with the objective of training cadets in basic survival skills and emergency preparedness. Additionally, the camp aimed to identify cadets who excel in parade and cultural activities.

Outcome: The camp provided a platform for the cadets to showcase their talents in various fields, including parade and cultural activities. These cadets became a source of motivation and



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St. Bede's College, Shimla*

inspiration for their fellow cadets. They shared their experiences and encouraged their peers to strive for excellence in every task they undertake.



Cadets during the Cultural Event

239 TRANSIT CAMP

Three cadets, SUO Maanika Sethi, Cadet Ivy Bhattan, and Cadet Angelina Tej, participated in the 239 Transit Camp held at Pandoh, Mandi from November 13 to November 19, and they were selected for the camp.

Objective: The camp provided an opportunity to further develop skills, undergo specialized training, and interact with cadets from other units and regions.

Outcome: Participating in such camps not only enhanced the cadets' knowledge and skills but also boosted their confidence and self-esteem. It allowed them to broaden their perspectives and gain a deeper understanding of military life and discipline.

DCATC/IGC-129

In November 22-29, 2022, the DCATC/IGC-129 was conducted in Rupnagar, Punjab, providing a platform for cadets from St. Bede's College to showcase their skills and talents. SUO Maanika Sethi, LCpl Ivy Bhattan, and LCpl Angelina Tej represented their college and participated in various inter-group activities.

Objective: This camp aimed to provide practical training in cultural activities, drill, weapon training, and more, with the objective of developing leadership, discipline, teamwork, and an adventurous spirit among the cadets.

During the DCATC/IGC-129, SUO Maanika Sethi, LCpl Ivy Bhattan, and LCpl Angelina Tej, representing St. Bede's College, actively participated in a series of inter-group activities. These activities included group singing, group dance, ballet, and NIAP (National Integration



National Cadet Corps St. Bede's College, Shimla

Awareness Program). LCpl Angelina Tej notably represented the Shimla Group in the Best Cadet Competition, demonstrating her dedication and abilities.

Throughout the camp, the cadets received practical training and guidance in cultural activities, drill exercises, weapon training, and other relevant areas. They actively engaged in the various activities, showcasing their skills, teamwork, and discipline. The camp provided them with a platform to learn and improve their abilities while fostering a spirit of adventure and camaraderie among the participants.

Outcome: The cadets were able to enhance their leadership qualities, develop a sense of discipline, foster teamwork, and nurture an adventurous spirit. The training and experiences gained during the camp contributed significantly to their personal growth and preparedness for future challenges.



LCpl Ivy Bhattan during the Camp

NCC CARNIVAL

The cadets took the initiative to set up the NCC Day Carnival, on November 28, 2022.

Objective: The objective of the NCC Day Carnival, organized by the NCC Unit of St. Bede's College under 7 HP (I) Coy, NCC Shimla, was to facilitate the holistic development of the cadets. The carnival aimed to provide a platform for the cadets to showcase their talents, nurture their creativity, and foster independence. Additionally, the carnival aimed to generate profits to support the financial needs of the cadets in the future.



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The carnival featured various food stalls, offering a wide range of delicious treats. The cadets put in their efforts to organize the event, ensuring its success and providing an enjoyable experience for all attendees.

As the NCC Unit is self-financed, the profits generated from the carnival were directed towards supporting the financial requirements of the cadets. This initiative aimed to empower the cadets by making them self-sufficient and teaching them important skills related to entrepreneurship, finance management, and event organization.

Outcome: By actively participating in the organization and execution of the carnival, the cadets widened their horizons and gained valuable practical experience. The efforts of the cadets in setting up the carnival served as an inspiring example for the entire college community. Their dedication, creativity, and teamwork were evident in the success of the event. Additionally, the cadets took the initiative to upload videos and share highlights of the carnival on various social media platforms, spreading awareness and garnering support.

Link for Instagram:

<https://www.instagram.com/reel/Col6IYitiGn/?igshid=NTc4MTIwNjQ2YQ==>





NCC Carnival



Newspaper Clippings



Brochure

CATC-130-PRE RDC-1

November 30 – December 7, 2022

On November 30, 2022, the CATC-130 PRE RDC-1 camp took place at the NCC Academy in Rupnagar, Punjab.

Objective: The main objective of the CATC-130 PRE RDC-1 camp was to provide training to cadets in basic survival skills and emergency response. The camp also aimed to identify cadets who excel in parade and cultural activities.



National Cadet Corps St. Bede's College, Shimla

Two cadets from St. Bede's College, Cadet Ivy Bhattan and SUO Maanika Sethi, actively participated in the camp. The camp focused on imparting essential skills related to survival and emergencies, equipping the cadets with knowledge and practical training in these areas. Additionally, the camp provided opportunities for the cadets to showcase their talents in parade and cultural activities, highlighting their abilities in these domains.

Outcome: The participation of the cadets in the CATC-130 PRE RDC-1 camp proved to be highly beneficial. They had the opportunity to learn and develop a wide range of skills throughout the camp. Their exemplary performance and dedication led to their selection for the next camp, indicating their proficiency and potential in the areas of parade and cultural activities.

The achievements of Cadet Ivy Bhattan and SUO Maanika Sethi were widely celebrated and shared on social media platforms. This recognition and appreciation served as motivation not only for the cadets themselves but also for the youth across the country.



SUO Maanika Sethi and LCpl Ivy in group photograph

RANK CEREMONY

On 29th November 2022, a rank ceremony was conducted by 7 HP (I) Coy, NCC Shimla to award deserving cadets of the second year. Cadet Arushi Awasthi was promoted to the rank of Corporal, while Cadet Angelina Tej and Cadet Ivy Bhattan were promoted to the rank of Lance Corporal. The Commanding Officer, Col Gargey, congratulated the cadets for their exceptional performance and commended their efforts in the academic year 2022-23. He motivated them to continue working hard and exhibit their leadership skills.



Cdt Arushi Awasthi being to the rank of Corporal ——— News coverage online

सन्तोषी को कार्पोरल रैंक में
शिमला : 7 एचपी (आई) कंपनी एनसीसी शिमला की ओर से रैंक अवार्ड समारोह का आयोजन किया गया। इसकी अध्यक्षता एनसीसी कार्यालय शिमला परिसर में कमांडिंग ऑफिसर कर्नल डीआर गार्गी ने की। समारोह में कैडेट्स को डीआर गार्गी ने रैंक से अलंकृत किया। छह को कैप से लौटने के बाद रैंक से अलंकृत किया जाएगा। कैडेट कामिनी (गवर्नमेंट कालेज सुन्नी) को कैडेट अंडर ऑफिसर, जबकि कैडेट संतोषी को कार्पोरल रैंक, साक्षी टाकुर को लांस कार्पोरल रैंक, कैडेट दीपक (गवर्नमेंट कालेज टियोग) को कार्पोरल, कैडेट अक्षिता को लांस कार्पोरल रैंक, कैडेट शरवजीत (कालेज से संजीली) को कार्पोरल रैंक, कैडेट सोनिका को लांस कार्पोरल रैंक और कैडेट एंजेलिना तेज (सेंट बेड्स कालेज शिमला) को लांस कार्पोरल रैंक, कैडेट इवी को लांस कार्पोरल रैंक से अलंकृत किया गया। (जास)

Newspaper clipping

REMEMBRANCE OF 26/11 MUMBAI ATTACKS

On 6th December 2022, the cadets from 7HP (I) Coy, NCC Shimla, representing St. Bede's College, visited Government Sr. Sec. School Dhalli to deliver a lecture on the remembrance of the 26/11 Mumbai Attack.

Objective: The objective of the cadets' visit to Government Sr. Sec. School Dhalli was to commemorate the day of remembrance of the 26/11 Mumbai Attack under Azaadi Ka Amrit Mahotsav. The main goals were to pay tribute to the victims and survivors of the attack, educate students about the events that occurred during the attack, create awareness about the importance of national security, and emphasize the need for collective efforts to prevent such attacks in the future.

The lecture focused on Major Sandeep Unnikrishnan, a brave soldier who lost his life during the attack. To engage the students and create a deeper impact, the cadets performed a role play, effectively portraying the events and showcasing the courage and sacrifice of our soldiers.



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Furthermore, a quiz was conducted to test the students' knowledge about the attack and its significance.

Outcome: The visit of the cadets to Government Sr. Sec. School Dhalli was successful in achieving its intended outcomes. The students were made aware of the bravery and sacrifices of our soldiers, particularly exemplified by Major Sandeep Unnikrishnan. Through the lecture and role play, the cadets effectively educated the students about the events that unfolded during the 26/11 Mumbai Attack, helping them gain a deeper understanding of the significance of national security.

The appreciation received in the form of a letter from the school principal signifies the positive impact made by the cadets' efforts. The visit not only served as a meaningful educational experience for the students but also strengthened the bond between St. Bede's College and Government Sr. Sec. School Dhalli, fostering a sense of unity and collaboration in promoting national security and remembrance.

**Remembrance of
26/11 Mumbai Attacks**

NCC Unit, St. Bede's College
under 7 HP(I) Coy NCC Shimla
is organising a Role Play on the
**Day of Remembrance of 26/11
Mumbai Attacks**

Event : Role Play : Day of Remembrance of 26/11
Mumbai Attacks

Date : December 6, 2022

Venue : Government Sec. Sec. School Dhalli

PATRON : Prof. Sr. Molly Abraham
CONVENER : Dr. Shweta Thakur

TO WHOM IT MAY CONCERN

This is to certify that the following Cadets of St. Bede's College NCC
Gave a presentation on "Day of Remembrance of 26/11 Mumbai Attack"
On 6th December, 2022 at GSSS Dhalli Smt.

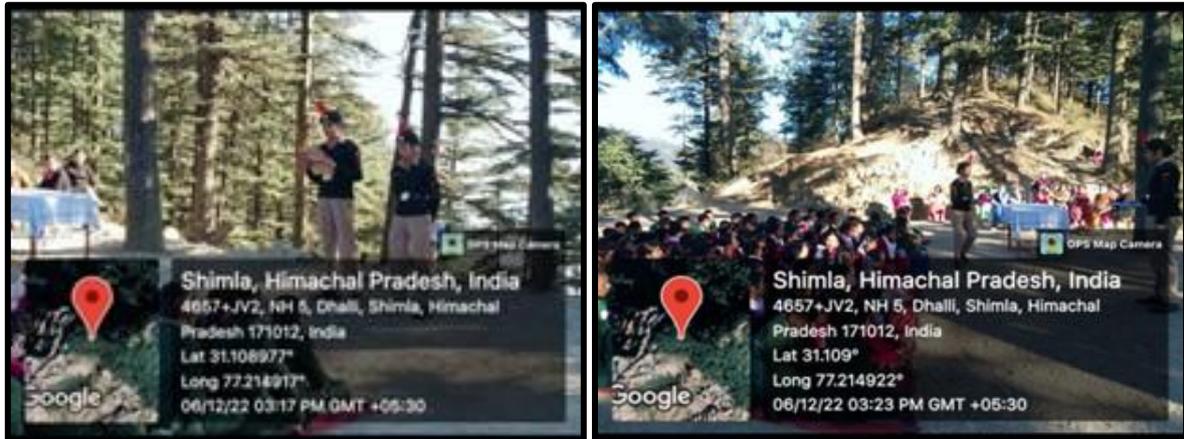
The names of the cadets are as follows:

Cpl Aarushi Awasthi
Cadet Arzoo Yadhav
Cadet Yamini

R Singh
Signature of principal
PRINCIPAL
Govt. Sr. Sec. School
Dhalli, Shimla-12

Brochure

Letter from the Principal, GSSS Dhalli



Role-play on Major Sandeep Unnikrishnan

ROLE-PLAY ON BRAVE WARRIORS

On 9th December 2022, the cadets from St. Bede's College, under 7HP (I) Coy, NCC Shimla, visited Government Sr. Sec. School Dhalli to perform a role play on Rani Laxmibai.

Objective: The objective of the NCC cadets' visit to Government Sr. Sec. School Dhalli was to present a role play on Rani Laxmibai as a part of the Azadi Ka Amrit Mahotsav celebrations. The main goals were to showcase the life of Rani Lakshmi Bai, her immense contributions to India's freedom struggle, and to create awareness among the students about the bravery and sacrifices of our freedom fighters.

With great enthusiasm and dedication, the cadets depicted the life and struggles of the brave warrior, showcasing her relentless fight against the British rule and her pivotal role in India's independence movement. Through their performance, the cadets aimed to educate and inspire the students about the courage and determination of Rani Lakshmi Bai.

The role play served as a platform for the cadets to display their creative talents and theatrical skills. The cadets put in significant effort to accurately portray the historical events and bring the character of Rani Laxmibai to life. Their performance not only entertained the audience but also imparted valuable knowledge about an important chapter in Indian history.

Outcome: Through the performance, the students were made aware of the remarkable freedom struggle of Rani Lakshmi Bai and her significant contributions to the fight for independence. The story inspired the students, enhancing their knowledge and instilling a sense of pride in their national heritage. The students and teachers appreciated the efforts put in by the cadets, recognizing their commitment to promoting awareness about the bravery and sacrifices of our freedom fighters.



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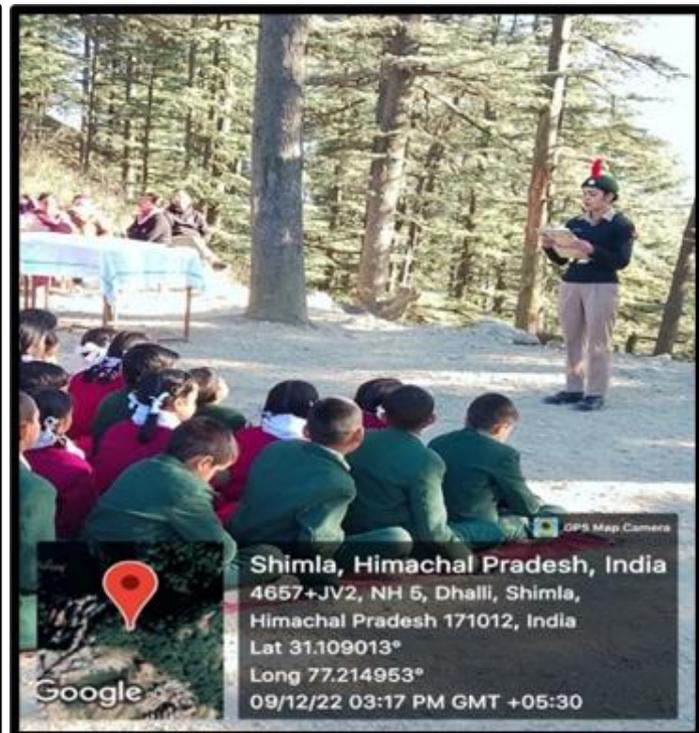
REMEMBERING
THE BRAVE WARRIORS OF
INDIA

75
असतो मा सद्गमय

NCC Unit, St. Bede's College
under 7 HP(I) Coy NCC Shimla
is organising a Role Play on the
Brave Warriors of India

Event : Role Play : Brave Warriors of India
Date : December 9, 2022
Venue : Government Sec. Sec. School Dhalli

PATRON : Prof. Sr. Molly Abraham
CONVENER : Dr. Shweta Thakur



Brochure for the event and Cadets giving a lecture and performing a roleplay on Rani Lakshmi Bai



CATC-131 PRE RDC-2

From December 15th to December 22nd, the CATC-131 PRE RDC-2 camp was conducted at the NCC Academy in Rupnagar, Punjab.

Objective: The camp aimed to train cadets in basic survival and emergency skills while also selecting the best cadets in parade and cultural activities.

During the camp, the cadets had the opportunity to learn and develop various skills relevant to their training. They received training in survival techniques and emergency preparedness, equipping them with essential knowledge and abilities to handle challenging situations. Additionally, the camp provided a platform for the cadets to showcase their talents in parade and cultural activities, allowing them to demonstrate their discipline, teamwork, and artistic skills.

Outcome: The outcome of the camp was highly positive, with the cadets benefiting from the training and showcasing exemplary performance. Their dedication and hard work during the camp resulted in their selection for the next phase or camp, further recognizing their abilities and potential. The camp provided a valuable learning experience for the cadets, fostering their personal growth, leadership skills, and overall development.



LCpl Ivy during cultural event



CATC-132 PRE RDC-3

From December 23rd to December 30th, the CATC-132 PRE RDC-3 camp was conducted at the NCC Academy in Rupnagar, Punjab.

Objective: The camp aimed to train cadets in basic survival and emergency skills while also selecting the best cadets in parade and cultural activities.

During the camp, the cadets had the opportunity to acquire and enhance various skills relevant to their training. They received comprehensive training in survival techniques and emergency preparedness, equipping them with essential knowledge and capabilities to effectively handle challenging situations. Additionally, the camp provided a platform for the cadets to demonstrate their proficiency in parade and cultural activities, showcasing their discipline, coordination, and cultural awareness.

Outcome: The outcome of the camp was highly rewarding, as two cadets, SUO Maanika Sethi and LCpl Ivy Bhattan, demonstrated exceptional performance and were selected for the prestigious Republic Day camp in Delhi. Their remarkable skills and dedication throughout the camp played a significant role in their selection for the next phase.

The camp provided a valuable platform for the cadets to enhance their skills, showcase their abilities, and pave the way for further opportunities such as the Republic Day camp. It serves as a testament to the cadets' growth, potential, and readiness to contribute to the NCC's mission and national service.



SUO Maanika Sethi and LCpl Ivy in group photograph



REPUBLIC DAY CAMP

Cadet from 7HP (I) Coy NCC Shimla participated in the Republic Day camp held at the DGNCC Campus in Delhi from January 1st, 2023, to January 30th, 2023.

Objective: The main objective was to prepare cadets for the Republic Day Parade and to enhance their self-confidence, discipline, patriotism, leadership, and cultural awareness. The camp also provided an opportunity for cadets to interact with their counterparts from other states and union territories and participate in various competitions to showcase their talents.

Among the participants, SUO Maanika Sethi from 7HP (I) Coy NCC Shimla demonstrated exceptional skills and performance during the camp. Her outstanding abilities as a Master of Ceremony were recognized, and she was awarded the DGNCC's Commendation Card for being the All India second-best in this role. In addition, she was honored with the title of Best SUO of 7HP (I) Coy NCC Shimla, a recognition of her leadership and dedication.

Outcome: Participating in the Republic Day camp provided SUO Maanika Sethi with a significant platform to exhibit her talent and skills at a higher level and in front of esteemed dignitaries. The recognition she received for her role as a Master of Ceremony and her overall performance in the camp speaks to her exceptional abilities and commitment to excellence. Her achievements not only bring honor to herself but also serve as an inspiration for her fellow cadets.

After returning from the camp, SUO Maanika Sethi took the opportunity to share her experiences and the training she underwent with her juniors and fellow cadets. Her instructions and guidance would undoubtedly contribute to the overall growth and development of her peers, inspiring them to strive for excellence and carry forward the lessons learned during the Republic Day camp.



SUO Maanika Sethi received DGNCC's commendation card



REPUBLIC DAY CAMP

LCpl Ivy Bhattan participated in the Republic Day camp held at the DGNCC Campus in Delhi from January 1st, 2023, to January 30th, 2023.

Objective: The main objective was to teach cadets various skills such as self-confidence, discipline, patriotism, leadership, and cultural awareness. Additionally, the National Integration Awareness Programme (NIAP) aimed to promote national integration and cultural diversity among the cadets.

LCpl Ivy Bhattan actively participated in several activities during the camp, including NIAP, group singing competition, and ballet. She also had the opportunity to be a part of the All India SW (South West) marching contingent at the Prime Minister's Rally.

Outcome: Participating in the camp had a positive impact on LCpl Ivy's personal growth and development. She was able to enhance her self-confidence, discipline, patriotism, leadership skills, and cultural awareness through the various training and activities conducted during the camp. The exposure to different competitions, such as dance, music, drama, quiz, debate, etc., allowed her to showcase her talents and abilities in front of a wider audience.

Upon returning from the camp, LCpl Ivy Bhattan shared her valuable experiences and learnings with her fellow cadets. She imparted the skills and knowledge she acquired during the camp, thus contributing to the growth and development of her peers. By teaching her fellow cadets, she played an important role in fostering a culture of continuous learning and skill development within her unit.



LCpl Ivy during NIAP



LCpl Ivy during cultural event



ARMY ATTACHMENT CAMP

Cadet Priyamvada Thakur had the opportunity to participate in the Army Attachment Camp for SWs conducted by the 14th Rajputana Rifles from January 27th, 2023, to February 7th, 2023.

Objective: The main objective of this camp was to provide cadets with exposure to the life and functioning of Army units, motivating them to consider a career in the Armed Forces. The camp aimed to train cadets in various military tactics, including day/night warfare, and familiarize them with weaponry.

During the camp, Cadet Priyamvada Thakur actively engaged in various activities and learned valuable skills. She received training in shooting, map reading, and obstacle training, which enhanced her overall understanding of military tactics and techniques.

Outcome: Participating in the Army Attachment Camp allowed Cadet Priyamvada Thakur to gain firsthand experience of the discipline, leadership, teamwork, and camaraderie exhibited by Army personnel. The challenging nature of the camp provided her with an opportunity to test her physical and mental capabilities, fostering personal growth and development.

Upon returning from the camp, Cadet Priyamvada Thakur shared her enriching experiences with her fellow cadets. She conveyed the knowledge and skills she acquired during the camp, thereby contributing to the overall development of her peers. By sharing her experiences and highlighting the importance of discipline, leadership, teamwork, and camaraderie, she motivated her fellow cadets to consider the Armed Forces as a potential career option.



Cdt Priyamvada during obstacle training



Cdt. Priyamvada during group photograph

DE-KITTING CAMP

A De-Kitting camp was held at the NCC Academy in Rupnagar from January 31st to February 3rd, 2023.

Objective: The objective of this camp was to ensure the proper inventory and maintenance of NCC equipment and clothing and to prepare the cadets for their next level of training after their



National Cadet Corps St. Bede's College, Shimla

participation in the Republic Day Camp (RDC). Additionally, the camp provided an opportunity for the cadets to share their experiences and feedback from the RDC, and they were honored for their remarkable achievements during the event.

During the De-Kitting camp, LCpl Ivy Bhattan actively participated and learned the importance of properly inventorying and maintaining NCC equipment and clothing. This knowledge was crucial for ensuring that the NCC's resources are in good condition for future use and training activities.

LCpl Ivy Bhattan, along with her fellow cadets, received recognition and appreciation from Maj Gen K Vinod Kumar, ADG, PHHP&C DTE, for their outstanding performance and representation at the RDC. The honors bestowed upon them served as a testament to their hard work and dedication.

Outcome: After the RDC, LCpl Ivy Bhattan shared her experiences and provided valuable feedback to her fellow cadets and officers. This exchange of information allowed the entire NCC unit to benefit from her insights and observations, ultimately contributing to the continuous improvement and development of the cadets' training programs.

The De-Kitting camp marked the final stage of the RDC cycle for the cadets who represented their respective states and union territories. Through their participation and achievements, LCpl Ivy Bhattan and her fellow cadets demonstrated their commitment to the NCC and their readiness to take on future challenges and opportunities.

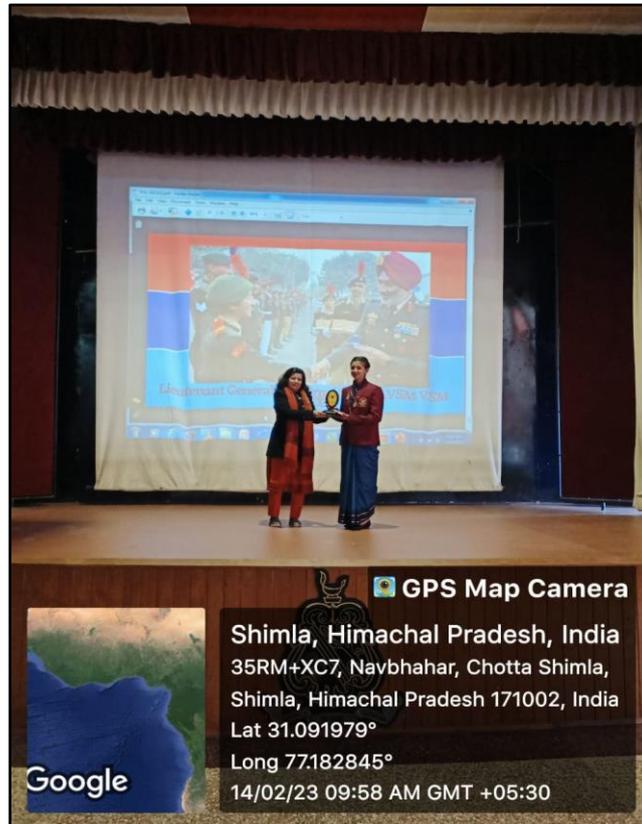


LCpl Ivy felicitated during the camp



FELICITATION OF RDC HOLDERS

On February 14, 2023, SUO Maanika Sethi and LCpl Ivy Bhattan were honored in the college for their participation in the Republic Day Camp, Delhi. During the felicitation ceremony, they shared their experiences and the valuable lessons they learned during the camp.



Felicitation of RDC Holders

NCC RAISING DAY

On March 10, 2023, the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC Shimla, organized a special event to celebrate its 3rd NCC Raising Day.

Objective: The objective of this event was to raise awareness about the NCC among students, educational institutions, and the wider community. It aimed to inform the youth about the mission, activities, and benefits of joining the NCC while fostering a sense of patriotism and national pride.

The event was graced by the presence of the Commanding Officer, Col. Desh Raj Gargey, who served as the chief guest for the day. Cadets and ANO/CTO from St. Edward's School and APG Shimla University also attended the event, making it a collaborative and inclusive gathering.



National Cadet Corps St. Bede's College, Shimla

The event commenced with an impressive drill performed by the cadets, showcasing their discipline and precision. This was followed by a captivating role-play on the life of Rani Lakshmi Bai, with the theme "Main Apni Jhansi Kisi Ko Nahi Doongi" (I won't surrender my Jhansi to anyone). The role-play aimed to highlight the bravery and sacrifices of Rani Lakshmi Bai in the Indian independence struggle.

Chief Guest Col. D.R. Gargey felicitated the cadets for their outstanding achievements during the NCC session 2022-23. Certificates and mementos were presented to the deserving cadets, recognizing their dedication and hard work. The event also witnessed the participation of students from various colleges in and around Shimla, creating a vibrant and diverse atmosphere.

Outcome: This gathering provided an opportunity for the exchange of ideas, experiences, and perspectives among the students. By coming together for the NCC Raising Day, students had a platform to learn from one another, share their insights, and develop a broader understanding of the NCC and its significance.

Link for Instagram:

<https://www.instagram.com/reel/Cpu77DpPonf/?igshid=MzRIODBiNWFIZA==>



Role-play



Drill Inspection



Cultural Event



