



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



VOL. 5 2025  
**PARAKRAM**





# SUO'S ADDRESS

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My NCC journey has been nothing short of transformative, a tapestry woven with threads of discipline, adventure, camaraderie, and a deep sense of patriotism. It all began with the initial enrollment, the crisp uniform, and the first parade drills that instilled in me the values of punctuality and teamwork.

My first significant experience was attending a CATC, adhering to a strict routine, participating in drill competitions, weapon training, and map reading exercises were all part of the immersive experience. It was here that I truly understood the meaning of "unity and discipline" as cadets from different backgrounds came together, supporting and learning from each other. Evenings were filled with cultural programs, fostering a sense of togetherness and healthy competition.

The highlight of my NCC journey was undoubtedly being selected to attend the Republic Day Camp (RDC) 2024 in Delhi.

While the opportunity to participate in a Youth Exchange Programme (YEP) to Kazakhstan in 2025 did not materialize, the YEP itself is a significant aspect of NCC.

Throughout my NCC journey, the bonds and friendships I forged are invaluable. Living, training, and overcoming challenges together created a unique sense of camaraderie. Seniors mentored juniors, and we all learned the importance of looking out for each other and more importantly the unforgettable memories created in the BBC, the senior junior bond, practicing for the camp events, sharing meals, winning small achievements made this bond robust.

NCC is more than just parades and camps; it's a journey of self-discovery, leadership development, and nation-building. It instills discipline, resilience, and a strong sense of civic responsibility.

- SUO Charvee Kanwar

# ENVIRONMENT DAY

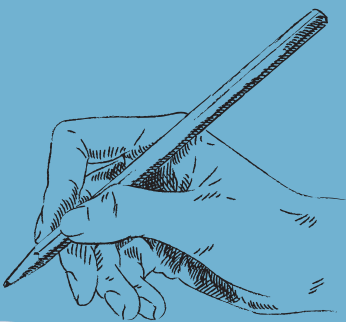
June 5, 2024

On June 5, 2024 the NCC Cadets St. Bedes College under 7 HP (I) COY NCC Shimla organised slogan writing and debate on the occasion of World Environment Day. The theme of the day was 'land restoration, desertification and drought resilience'. The topic for slogan writing was 'Our land and future.' The topic for debate was 'Is it more important to protect endangered species or overall biodiversity?' A total of 6 Cadets participated in slogan writing and 2 cadets in the debate.

Our Future Is In  
Our Hands, So  
Let's Take A  
Pledge To Save  
Our Land



पर्यावरण का रखे प्धान  
सभी बनेगा देश महान

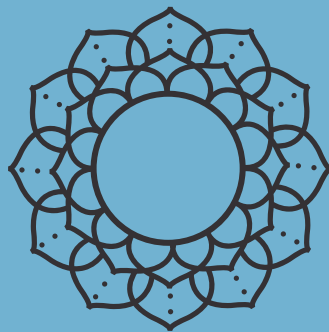
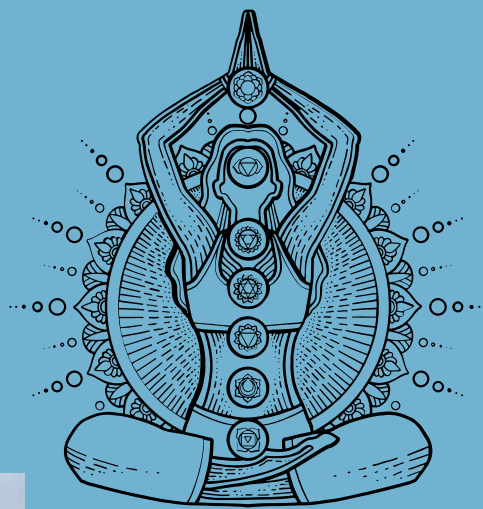




# INTERNATIONAL YOGA DAY

June 21st, 2024

On June 21, 2024 the NCC Cadets of St Bedes College under 7 HP(I)COY NCC Shimla celebrated the International Yoga Day at St.Edwards School, Shimla.A total of 15 Cadets from St.Bedes College participated and performed yoga with full enthusiasm showcasing their dedication their spirit towards health and well being.



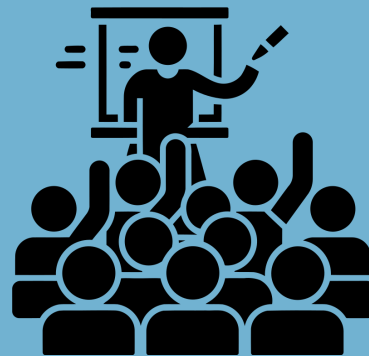


# CATC - 1

July 4 - 13 , 2024



Combined Annual Training Camp ( CATC ) was conducted under the endorsement of 7 HP(I)COY NCC Shimla in two phases at Sunni, District Shimla. Camp - 1 i.e the CATC -194 was conducted from July 4 to July 13 of 2024. During this phase 20 Cadets actively participated in various competitions and cultural programme. The camp included Military Training, Weapon Training, Map Reading session and operational skills training. The Cadets also got a chance to participate in the Guard Of Honour segment.

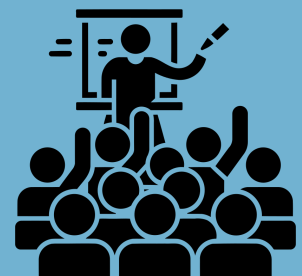




# CATC - 2

July 15 - 24 , 2024

The second phase of Combined Annual Training Camp i.e CATC - 198 was conducted from July 15 to July 24 , 2024 at Sunni, District Shimla. A total of 21 Cadets were present for the second phase of the camp. The activities conducted were advanced training, map reading and practical application. These activities helped enhancing the leadership qualities and field tactics .The cadets also participated in cultural performances like group song and group dance showcasing their artistic abilities. To understand the importance of NCC, leadership and teamwork in nation building, guest lectures and motivational sessions were conducted by the experts and senior officials.





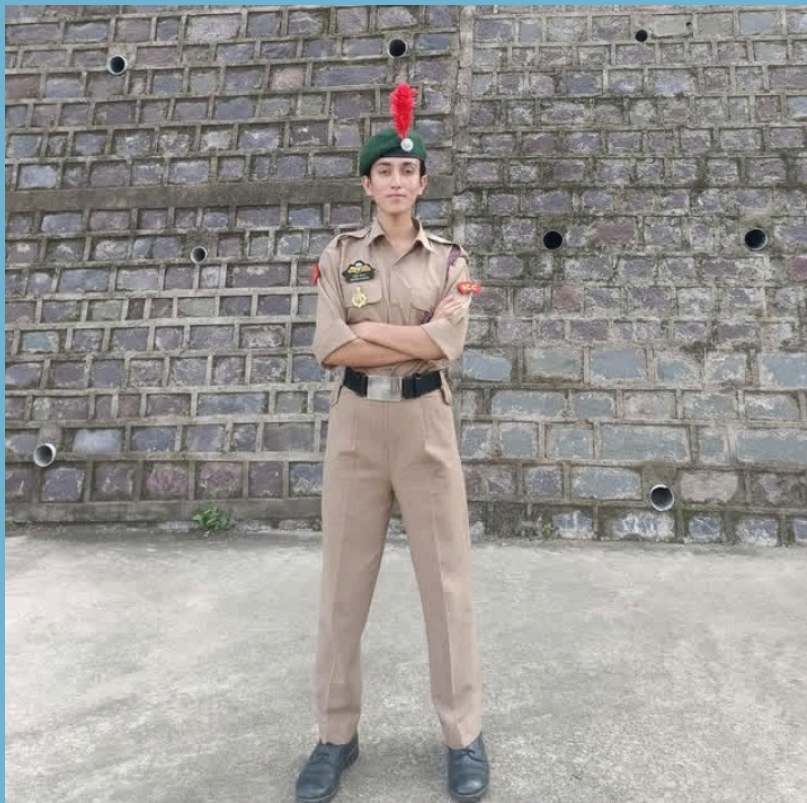
# THAL SAINIK CAMP



July 11 - July 20, 2024

Cadet Anushka Kalanta represented the Unit 7 HP(I)COY NCC Shimla at the IGC level during the Thal sainik camp 2024 held at Sonipat from July 11 to July 20, 2024. Competing in the firing category, she display exceptional talent and broght honour to the college.

she initially made it through TSC-1 and was selected in 'Tent Pitching' for Pre - TSC 2 . She was selected for firing and delivered an outstanding performance at Sonipat.

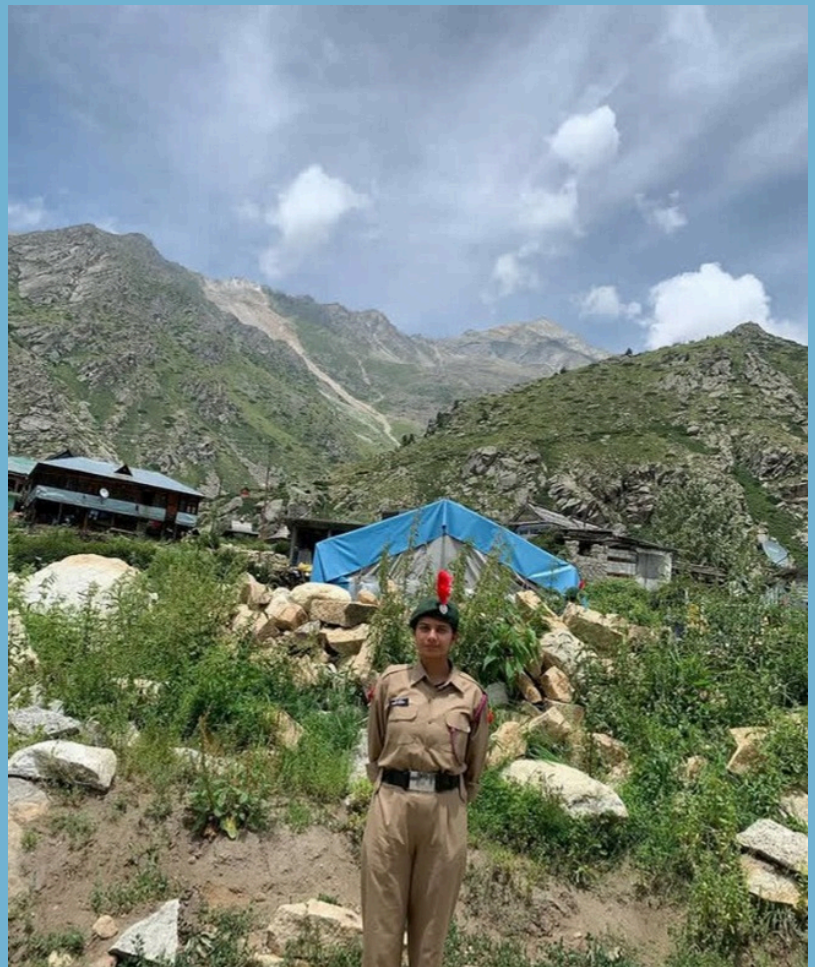


# TREKKING CAMP

July 22 - July 31, 2024

**Cadet Garima Shekhawat of NCC St. Bedes College under 7 HP(I)COY NCC Shimla attended the 'Vibrant Village Camp' or the 'Trekking Camp' at Kalpa, Kinnaur from July 22 to July 31, 2024**

**During this enriching camp, she engaged in a variety of sports and cultural events securing second position in the group play competition. She was also a part of the trek to Chaka.**





# ***YOUTH EXCHANGE PROGRAM***

August 11- August 17, 2024

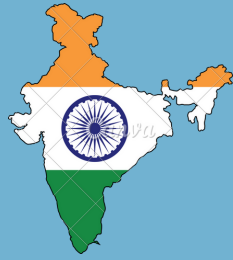
SUO Charvee Kanwar of St. Bedes College under 7 HP(I)COY NCC Shimla PHHP & C Directorate attended the YEP from 11th to 17th of August 2024 in Kazakhstan.

It was a rich blend of cultural learning,  
historical insight and warm hospitality.  
She had the opportunity to visit museums there.  
A visit to EKTU gave a closer look at the  
country's military organisation and practices.  
A very memorable moment at Kazakhstan was  
the celebration of the India's Independence Day.





# INDEPENDENCE DAY PARADE



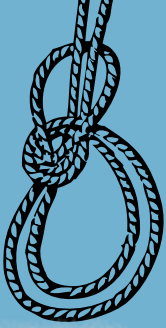
***August 15, 2024***

Independence day is a very significant day for Indians. This day is celebrated with great enthusiasm and intense patriotism throughout the country. On August 15, 2024, 9 cadets of St. Bedes College under 7 HP (I) COY NCC Shimla marched at The Ridge , Shimla as part of the contingent on the occasion of 78th State Independence Day parade.





# SUICIDE PREVENTION RALLY



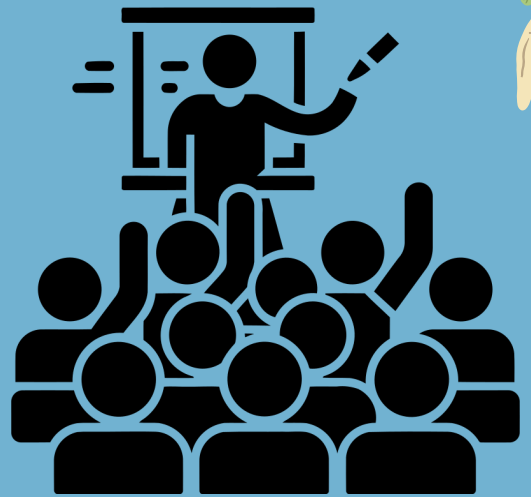
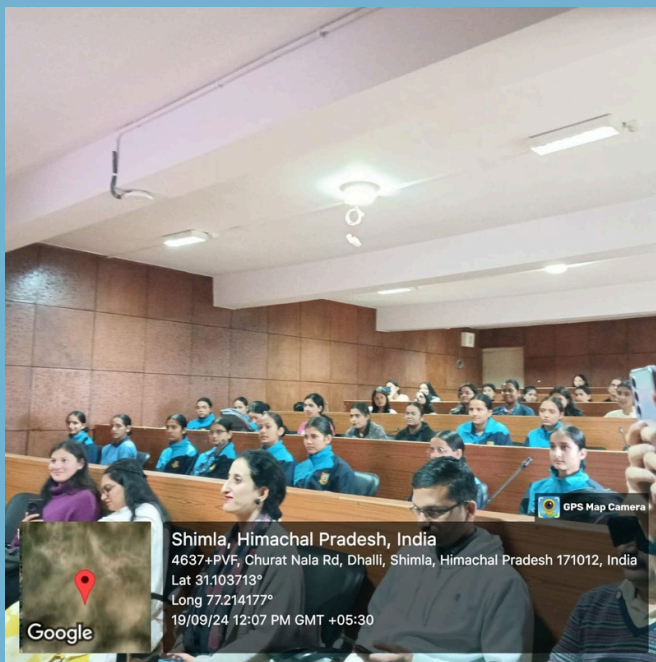
The NCC Cadets conducted a rally on 'Illuminating Suicide Prevention' from the college to Sanjauli chowk. The theme of the rally was 'Changing the narrative on suicide'. The Cadets made placards with slogans and drawings to spread awareness among people.



# INTERACTIVE SESSION

September 19, 2024

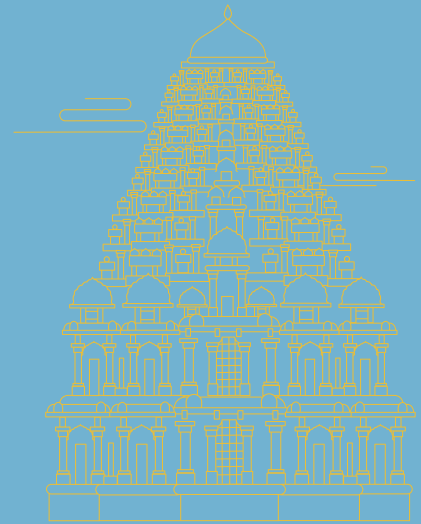
On September 19, 2024 , the college NCC Unit organised an interactive session on  
' Mastering the CDS exam : A comprehensive guide for students '  
in collaboration with the Zoology department under IQAC.





# JAKHOO TREK

The first year Cadets embarked on a challenging yet rewarding trek to the famous Jakhoo temple. This adventure was not just about reaching the destination but embracing the journey filled with challenges requiring physical strength.



# • NUKKAD NATAK



- The NCC Cadets of St. Bedes College performed a nukkad natak in a village of Shimla.
- The motive of this performance was to spread awareness among people against the use of plastic bags and increase the usage, recycling and reusage of the bags made of cloth thereby causing less harm to the nature.





# DG NCC VISIT

***October 16, 2024***



On 16th October, Lt. General Gurbirpal Singh, PVSM, AVSM, VSM, and Director General of NCC, held an interactive session with Cadets at the DANFE Auditorium, ARTRAC. The event began with an immaculate Guard of Honour presented by the Cadets. Cdt Manisha Thakur was part of this prestigious moment, making it a proud occasion for all of us.

Following this, there was an interaction with the unit's top achievers. SUO Charvee Kanwar and Sgt Aisha Kataria, both cadets from St. Bede's College, were recognized for their dedicated work and exemplary achievements. The event concluded with Lt. General Singh offering valuable insights and engaging in a meaningful dialogue with the cadets. It was a day that had ignited the passion and fuelled aspirations of young Cadets.

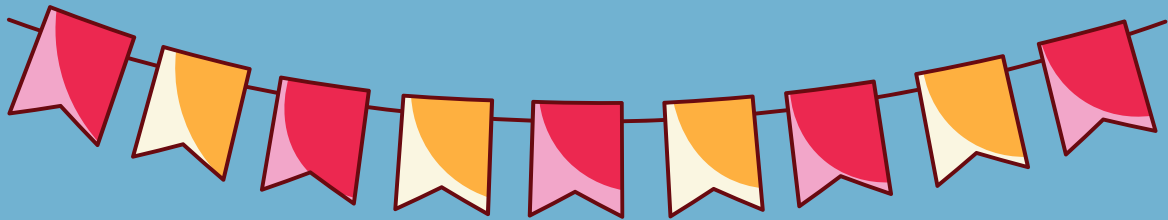




# NCC CARNIVAL

November 23, 2024

On November 23, 2024 , the NCC unit of St. Bedes College organised a carnival. The carnival recognised various cultural performances and also various food stalls and game stalls were installed that included. The food items on the stalls were golgappe, kurkure chaat, chocolate , sandwich. Handmade bookmarks and gift bags were kept for sale too. A good amount of fund was raised from all the sales.





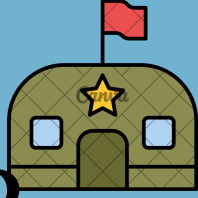
# IGC ROPARNAGAR, PUNJAB

***November 3th to 12th , 2024***

Cadet Vasundhara represented NCC unit with exceptional dedication and enthusiasm at IGC Ropnagar, making a significant mark in the event. Her performance was a perfect blend of talent, discipline, and cultural awareness, reflecting the spirit of NCC and the rich traditions of our country. Her participation in this prestigious event not only brought recognition to our unit but also inspired fellow cadets to actively engage in cultural activities. The IGC Rupnagar's cultural performance was a testament to the fact that NCC not only focuses on discipline and leadership but also nurtures creativity and self-expression. This event was an enriching experience, reinforcing the importance of cultural representation and strengthening the bond among cadets from different backgrounds.



# ARMY ATTACHMENT CAMP



December 18 - 29th , 2024

Sgt. Ayushi Thakur represented St. Bedes College at the Army Attachment Camp that was held at Pathankot from 18th to 29th of December in 2024 .Cadet Ayushi Thakur participated in weapon training that made her aware of the modern warfare and combat techniques. Throughout the camp , Cadet Ayushi got the opportunity to visit various artillery units and also have interaction with experienced army personnel which helped her gain practical knowledge about weapons and their operations and also some valuable insights on military strategies and career opportunities in the army.





# BEE CERTIFICATE EXAM



***February 1st-2nd , 2025***



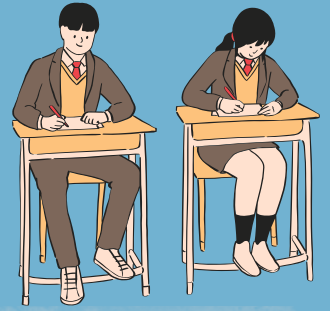
On February 1st and 2nd Year, NCC Cadets of St. Bede's College under 7 HP(I)Coy NCC Shimla underwent the NCC Practical Examination held at Rajiv Gandhi Government College, Shimla. The exam encompassed various components such as Drill Test, Field Craft and Battle Craft, Map Reading, Weapon Training and communication. The practical exam concluded with an interview session conducted by the Commanding Officer of 7 HP(I)Coy NCC Shimla. On February 2nd, 2025 the Cadets sat for the written examination for the BEE Certificate at Rajiv Gandhi Government College, Shimla, further demonstrating their dedication to their NCC Training and Certification Process.



# CEE CERTIFICATE EXAM



***February 15-16, 2025***



On February 15th and 16th, 2025, the NCC cadets of St. Bede's College appeared for their prestigious CEE certificate examination, a crucial milestone in their NCC journey. The examination assessed their proficiency in various aspects of NCC training, including drill, field craft, map reading, weapon training, and leadership skills.

The cadets demonstrated exceptional discipline and commitment while undergoing rigorous practical and theoretical assessments conducted by experienced examiners. Their ability to execute synchronized drill movements, navigate complex terrains using maps, and handle weapons with precision was thoroughly tested. This examination not only evaluated their technical and tactical knowledge but also reinforced their leadership, teamwork, and decision-making abilities.





# ADG VISIT

**February 25, 2025**



On February 25, 7 HP (I) Coy NCC Shimla proudly hosted Major General Jagdeep Singh Cheema, ADG, at the NCC Unit. The visit was a momentous occasion that provided an opportunity for the cadets to showcase their discipline, skills, and leadership qualities. The event highlighted the outstanding performances of the cadets, reflecting their dedication to the core values of the National Cadet Corps.

One of the key highlights of the event was the impeccable guard performance by Cadet Manisha and Cadet Nibha from St. Bede's College. Another standout moment was the role of Cadet Pallak Chandel, who was assigned as the pilot for the esteemed guest.

During his visit, Major General Cheema interacted with the cadets, commending their dedication and encouraging them to continue their pursuit of excellence in NCC Training.







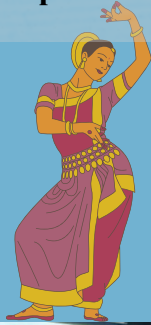
# RAISING DAY



March 8, 2025

The NCC unit at St. Bedes College, part of 7 HP (I) COY NCC Shimla celebrated the Raising day. March 8, 2025.

The event began with a drill including 13 cadets followed by the cultural performances that included Classical dance, Haryanvi dance and Pahari nati. After the cultural performances the felicitation of the cadets was done for their excellent achievements in camps , poster making and slogan writing competition and more.

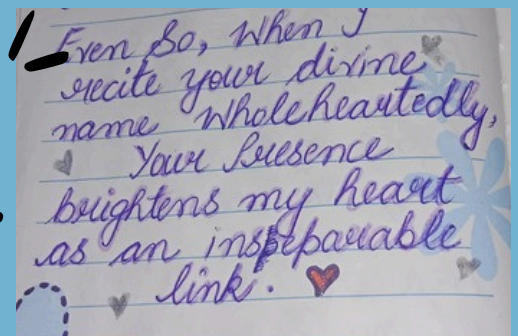
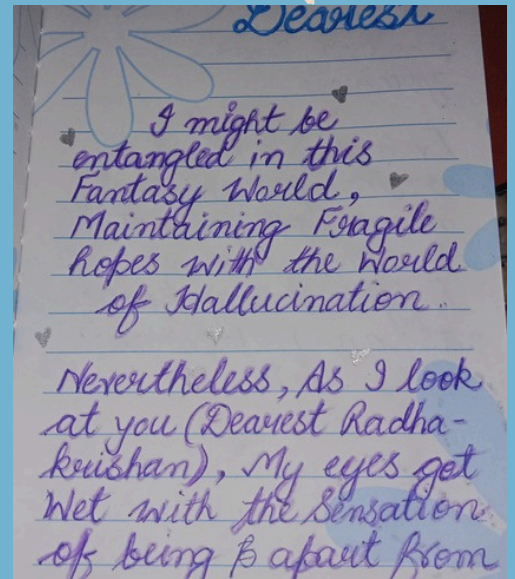




# SPARK SPOT



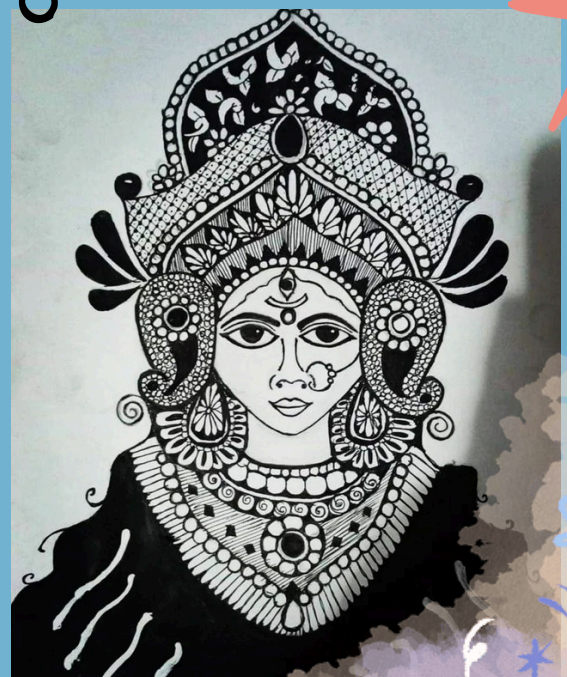
CDT. Mamta Mehra



CDT. Riya



CDT. Pragya Sen



CDT. Mamta Mehra



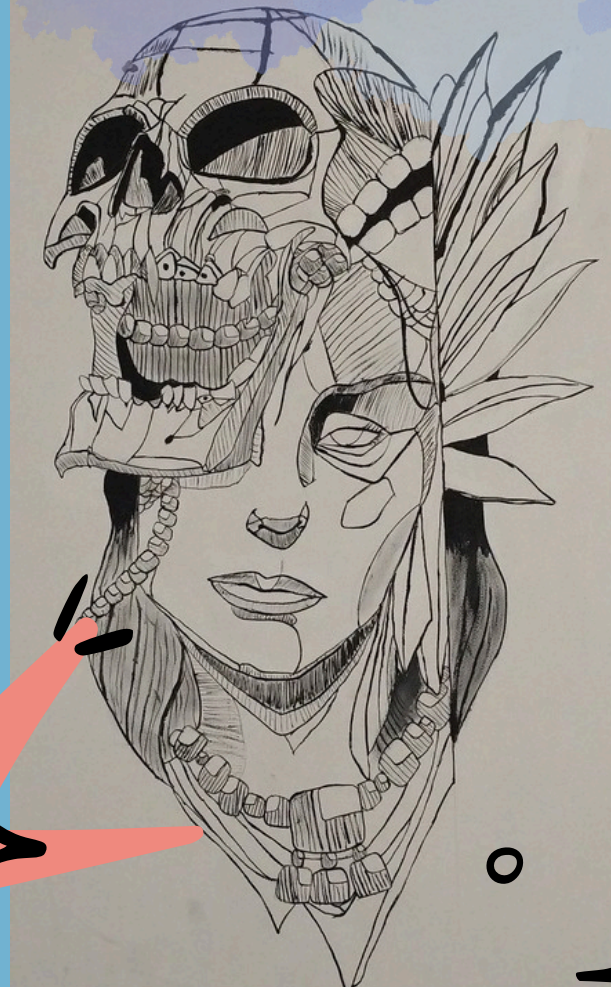
**FAST, FIERCE, HUGE, EXPLODING FIRE**

Or Maybe

I wish to drown in fire  
I'm tired of drowning in my love for you  
tired of drowning in myself  
I've reached my lowest threshold  
They say the base of fire is the hottest  
So while I drown, I promise I'll swim to the lowest  
not for you but for me  
Because I wish to burn in water  
I wish to drown in fire

-Vagisha

CDT. Vagisha



CDT. Pragya Sen



CDT. Vasundhara Sharma



# ACHIVEMENTS

SUO Charvee Kanwar of 7 HP(I)Coy NCC Shimla, St. Bede's College, participated in the Republic Day Camp 2023–2024 held in Delhi, where she was actively involved in cultural events including group dance, NIAP, and ballet. She was selected for briefings in the Hall of Fame and addressed dignitaries such as the Raksha Mantri, Chief of Army Staff, Chief of Naval Staff, and YEP Delegates. She later represented India in the Youth Exchange Program (YEP) in Kazakhstan from August 11 to 17, 2024, under the PHHP&C Directorate. During the visit, she explored museums, visited EKTU to understand military practices, and took part in India's Independence Day celebration by paying tribute to Rabindranath Tagore and performing in a vibrant cultural program. Her journey was an enriching experience of learning, cultural exchange, and national pride.



Cadet Vasundhara represented our NCC Unit with remarkable dedication at IGC Rupnagar, showcasing a perfect blend of talent, and cultural awareness. Her performance brought pride to the unit and inspired fellow cadets to embrace cultural activities. The event highlighted how NCC fosters not only leadership and discipline but also creativity and unity among cadets from diverse backgrounds.







Among the many participants, Cadet Manisha Thakur stood out brilliantly as she led the SW Contingent with exceptional precision, confidence, and grace. Her leadership was a masterclass in discipline and poise, captivating the audience as her team marched in perfect harmony on The Ridge in Shimla.

Her performance went beyond mere participation—it was a powerful symbol of dedication and excellence.



**Patron:**

**Prof. Sr. Molly Abraham**

**Principal**

**St. Bede's College, Shimla**

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**Cadet Pallak Chandel**

**Cadet Devyani Chauhan**

**Cadet Rakshita Chaturvedi**

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