



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

NCC ACTIVITIES 2023-24

INTERNATIONAL DAY OF YOGA

Date: June 21, 2023

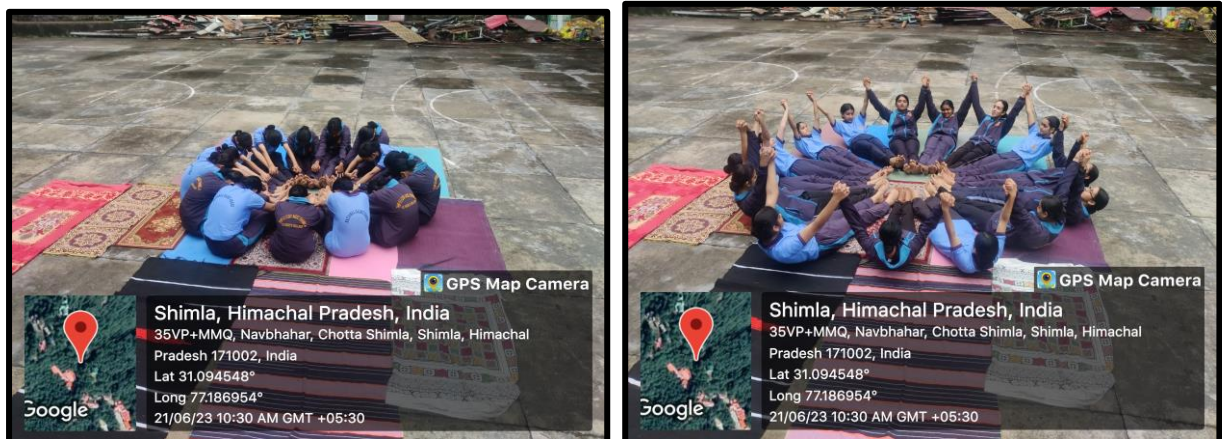
Objective: The primary objective of International Yoga Day was to promote and raise awareness about the physical, mental, and spiritual benefits of practicing yoga.

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

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

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

The link of the video is: https://youtu.be/X5b5eCb_e9w?si=AtdG6vafYoz7R62l



International Yoga Day (June 21, 2023)



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International Yoga Day (June 21, 2023)




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International Yoga Day (June 21, 2023)



INTERNATIONAL DAY OF YOGA



NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla is
conducting Yoga on the special
occasion of International Yoga Day
under the #हर अंग योग

DATE : June 21,2023

TIME : 08:00 AM

VENUE : Basket Ball Court

PATRON :
Prof. Sr. Molly Abraham

CONVENER :
Dr. Shweta Thakur

Brochure



National Cadet Corps St. Bede's College, Shimla

RALLY ON DRUG ABUSE

Date: June 19, 2023

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

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

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

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

The link of the video is: <https://youtu.be/7BThBaJB-Vg?si=YOpyViUgTR0t9fKp>



Rally on Drug Abuse from St. Bede's College, Navbahar to Sanjauli (June 19, 2023)



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



Rally on Drug Abuse from St. Bede's College, Navbahar to Sanjauli (June 19, 2023)

RALLY ON DRUG ABUSE

DRUGS ARE NOT AN ESCAPE, THEY'RE A TRAP

NCC Unit, St. Bede's College under 7 HP (I) Coy NCC Shimla is organising a rally on Drug Abuse under the #nashamukthimachal

DATE : June 19, 2023
TIME : 04:00 PM
ROUTE : St. Bede's College to Sanjauli

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

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National Cadet Corps St. Bede's College, Shimla

FELICITATION CEREMONY

Date: 12 August, 2023

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

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

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




Felicitation Ceremony (August 12, 2023)




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



Felicitation Ceremony (August 12, 2023)



FELICITATION



NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla is
organising a Felicitation ceremony
for the cadets for their achievements
in CATC Camp 136 & 138

✦

DATE : August 12, 2023
TIME : 11:15 AM
VENUE: Auditorium

✦

PATRON :
Prof. Sr. Molly Abraham

CONVENER :
Dr. Shweta Thakur

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National Cadet Corps St. Bede's College, Shimla

ORIENTATION

Date: August 12, 2023

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

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

The orientation concluded with a summary of the day's activities reiterating the importance of commitment discipline and dedication in the NCC.

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

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 :

- Drill
- Presentation "Exposure to the journey of NCC"

DATE : August 12, 2023
TIME : 11:15 AM
VENUE: Auditorium

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

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 2023-24

JOIN US AND EXPLORE YOUR POTENTIAL

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:
https://docs.google.com/forms/d/1FAIpQLSe3raWifcbem7dc_8nDj6_67EmH1sh-JhDr_KDs82N1q6rIDz/viewform

Have some doubts?
Get in touch:

S/O Ivs. Bhetran : 89882 08458
UO Anashi Awasthi : 9013107433
Sgt. Anshika Teli : 88278 48737
Sgt. Kajal Rana : 78078 32267
Sgt. Priyamwada Thakur : 88863 07532

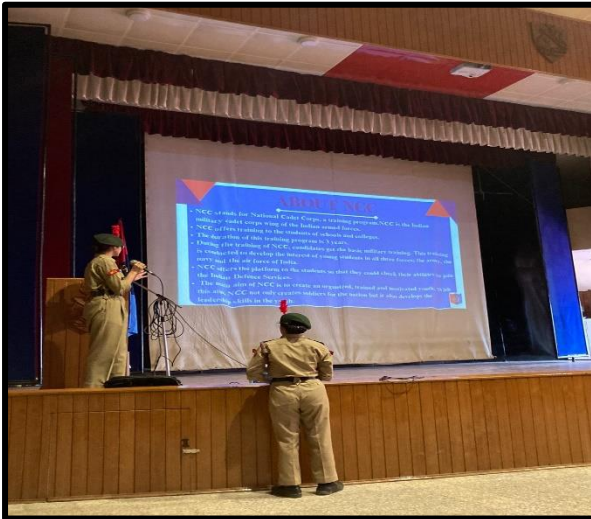
Connect with us on Social Media

@stbedesncc
Youtube (click for link)

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National Cadet Corps St. Bede's College, Shimla



Orientation (August 12, 2023)

RALLY ON SUICIDE PREVENTION

Date: September 18, 2023

Objective: The primary objective of the rally on suicide prevention was to raise awareness about the importance of mental health, promote understanding of the signs of suicide, and encourage support for individuals struggling with mental health issues.

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

A total of 15 cadets were a part of the rally. The cadets participated with utmost energy and zeal. Attractive posters and slogans were made to raise awareness among the public. The cadets also interacted with people and made them aware about Suicide Prevention. Age group of 15- 30 as the target audience which was informed about the causes and preventive measures of suicide in the present time. The basic objective of the rally was to tell people "To not make Suicide a Permanent Decision to Cope with Temporary Feelings".

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

The link of the video is: https://youtu.be/XiRDHjMvVVs?si=8_fvUAaQ1dW8ITAD



National Cadet Corps St. Bede's College, Shimla



Rally on 'Suicide Prevention' from St. Bede's College, Navbahar to Sanjauli (September 18, 2023)

RALLY ON SUICIDE PREVENTION

DON'T MAKE PERMANENT DECISIONS TO COPE WITH TEMPORARY FEELINGS

NCC Unit, St. Bede's College under 7 HP (I) Coy NCC Shimla is organising a rally on Suicide Prevention.

—+—

DATE : September 18, 2023
TIME : 03:30 PM
ROUTE : St. Bede's College to Sanjauli

—+—

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

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

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

Date : October 1, 2023

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

On 1st October, 2023 the NCC cadets of St. Bede's College, Shimla and GDC Kotshera under 7HP(1) COY NCC, Shimla conducted a cleanliness drive under the theme “Garbage free India : Swachhta Hi Sewa” in Khalini forest area, Navbahar and Rani Jhansi Park, Shimla. The main purpose of the drive was to create awareness among the students and the society regarding cleanliness and its benefits.

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

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

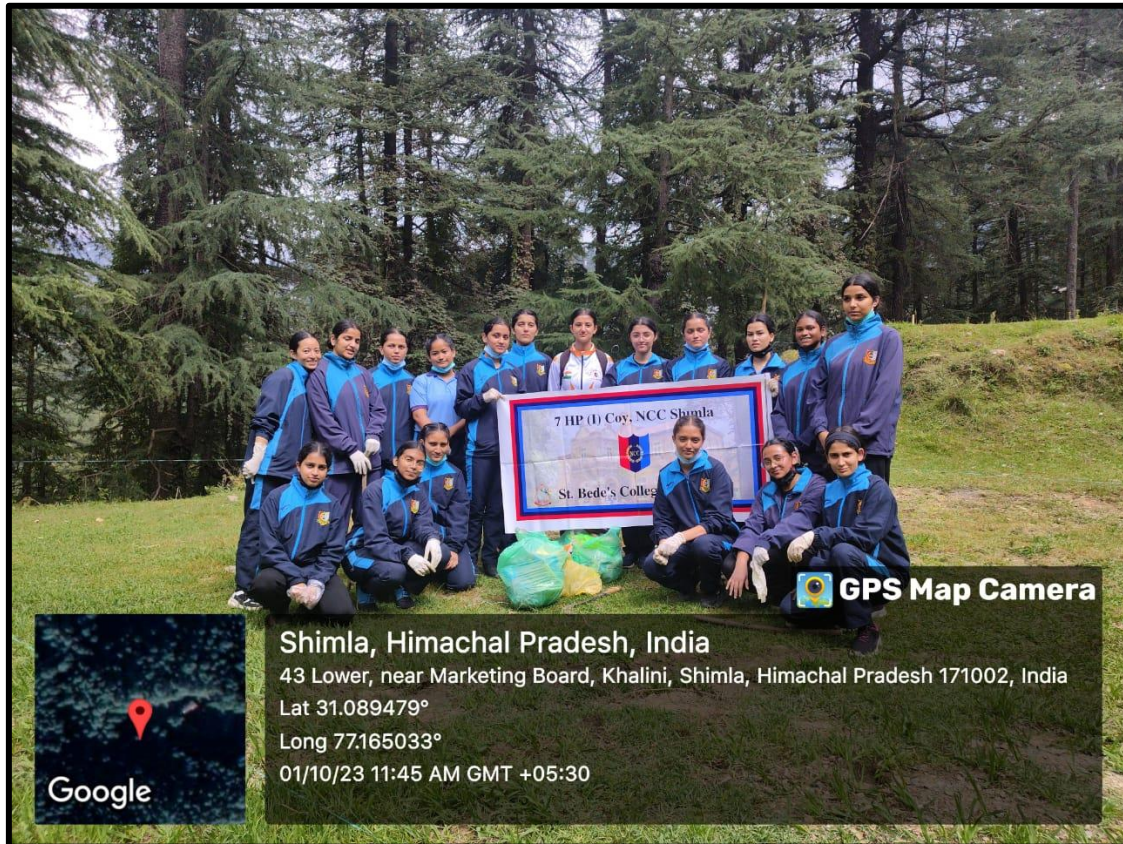
The link of the video is: <https://youtu.be/8tW1KTAz7HI?si=UZTTgCeYdGTCGR5N>



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



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


SWACHHTA HI SEWA

NCC Unit, St. Bede's College
under 7 HP (I) Coy NCC Shimla is
organising a Cleanliness Drive

**GARBAGE FREE INDIA:
SWACHHATA HI SEWA**

DATE : October 1, 2023
TIME : 08:45 AM
VENUE : Jhansi Park

PATRON :
Prof. Sr. Molly Abraham

CONVENER :
Dr. Shweta Thakur

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

KHADI MAHOTSAV

Date: October 16, 2023

Objective: Khadi Mahotsav promoted and showcased the significance of khadi, a handspun and handwoven fabric, in preserving traditional craftsmanship, supporting rural livelihoods, and fostering sustainable development.

On 16 October 2023 the NCC Cadets of St. Bede's College under 7 HP (I) COY NCC SHIMLA organised 'Khadi Mahotsav' on the occasion of Gandhi Jayanti.

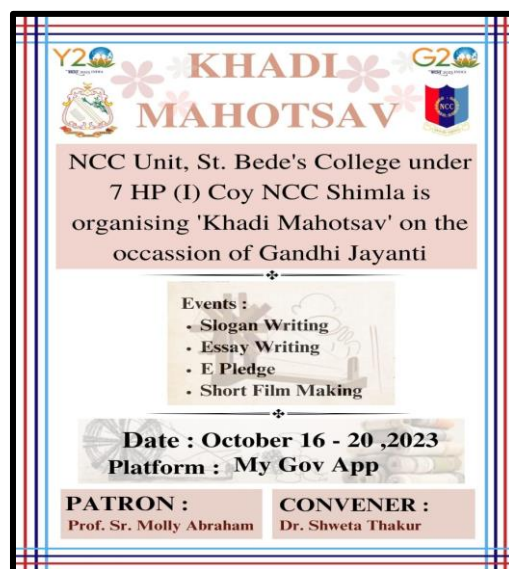
The activities included Slogan Writing, Essay Writing, Short Film Making and E- Pledge. All the activities were uploaded on the official website of My gov. Short Film making activity was performed by the Cadets in order to create awareness amongst the people about Khadi. A total of 27 Cadets participated in the Slogan Writing, 19 in the Essay Writing, 9 in Short Film Making and 19 in the E- Pledge. The platform incorporated in all the events was My gov application.

The primary objective of the Cadets was to promote and showcase the indigenous handloom and handicraft products of India, particularly those made from Khadi. The Cadets aimed to promote the rich cultural heritage of the country and provide a platform for artisans and weavers to exhibit their skills and products to a wider audience.

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

The link of the video is:

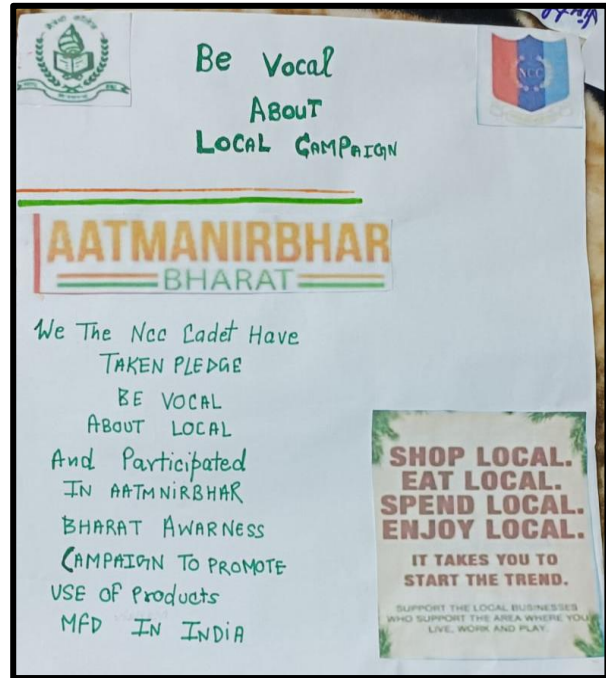
<https://www.instagram.com/reel/C0ieoQ8Pi1B/?igsh=MTc4MmM1YmI2Ng==>



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Slogan Writing on Khadi Mahotsav (October 16, 2023)



Khadi Mahotsav at Mall Road, Shimla (October 16, 2023)



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NCC CARNIVAL

Date: December 4, 2023

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

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

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

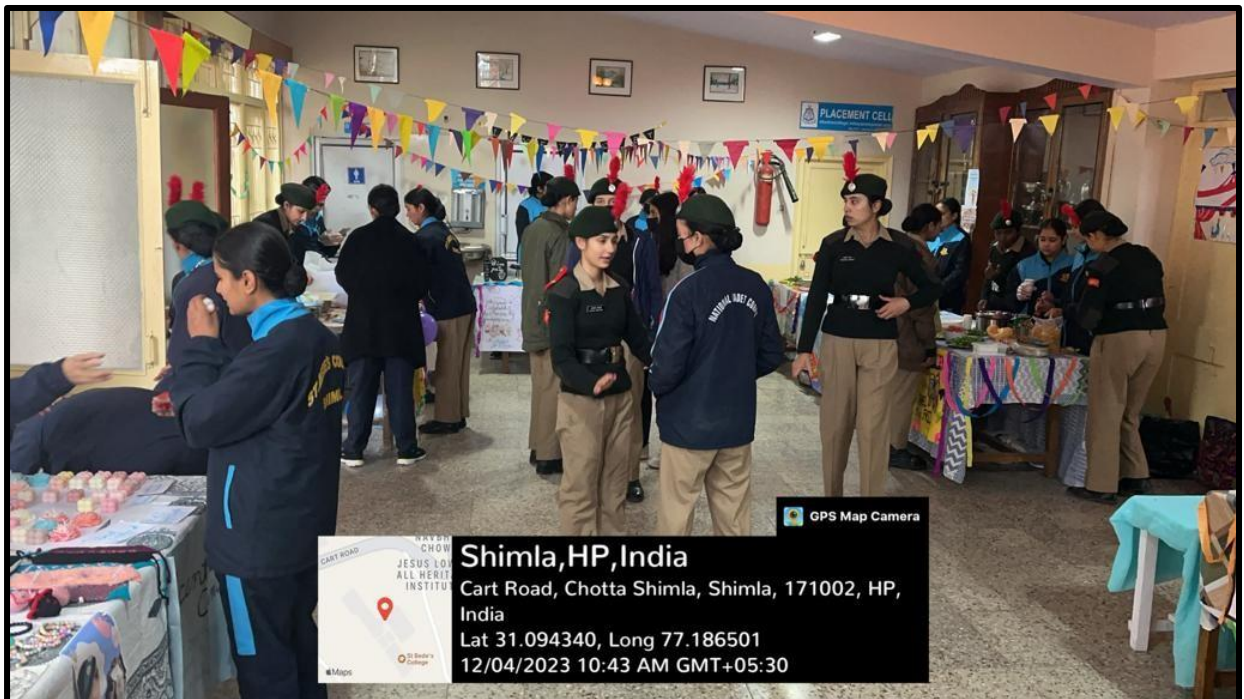
Outcome: The carnival provided an opportunity for cadets to showcase their abilities while fostering a sense of pride and community within the NCC.



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NCC Carnival (December 4, 2023)



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



Brochure of the Menu

SUBSTANCE USE DRUG PREVENTION

Date: December 6, 2023

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

On December 6, 2023 NCC Unit, St. Bede's College under 7 HP (I) COY NCC SHIMLA in collaboration with the Health Club organised a session on substance use (drug) prevention.

The Resource Persons were Ms. Arunima Sharma, Major Vikas Kadsholi and Mr. Kulpreet Singh. The session was conducted by the Non profit – Vyaktitva Foundation under the initiative “Udaan.”

The session was an interactive session which explained the ways to combat and prevent substance abuse. The session also included a presentation which included all the topics that were discussed such as causes of substance abuse, ways to combat substance abuse, etc. The presentation also included a short film which portrayed how someone can get addicted and various aspects of drug abuse. Major Vikas Kadsholi also talked about the importance of having an aim and the track that will lead to successfully achieving that aim. The students actively participated by answering and asking questions.



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Outcome: The outcome of the substance abuse session included improved knowledge about the risks associated with drug abuse, increased motivation for individuals to make positive changes, and potentially a reduced likelihood of continued or future substance abuse.

**SUBSTANCE USE
(DRUG) PREVENTION
SESSION**

NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla in
collaboration with the Health Club is
Organising a Session on
Substance Use (Drug) Prevention

DATE : December 6, 2023
TIME : 11.30 onwards
VENUE : Auditorium

Resource Persons:
Ms. Arunima Sharma
Major Vikas Kadsholi
Mr. Kulpreet Singh

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



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



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



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

NUKKAD NATAK

Date: December 10 -11, 2023

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

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

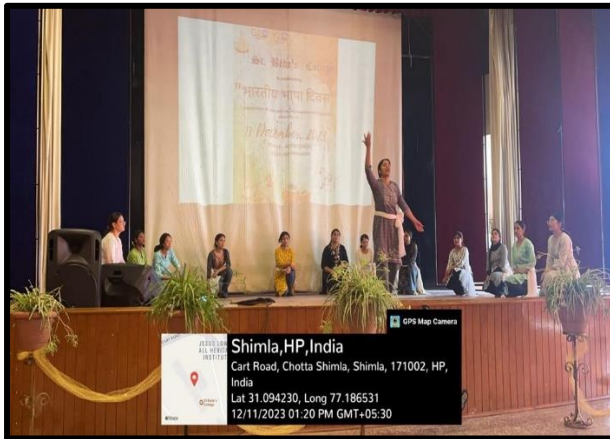
Outcome: The outcome involved increased cross cultural understanding, improved language skills, and a deeper appreciation for diversity among participants and the broader community.



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



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



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

Y20 **UNITY IN DIVERSITY** **G20**

NCC

NCC Unit, St. Bede's College under
7 HP (I) Coy NCC Shimla is
organising Nukkad Natak on Unity
in Diversity and the various
Languages of India

Event:

- Nukkad Natak

Date : December 10, 2023
Venue : Khalini

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

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