

# National Cadet Corps St. Stephen's College

**Combined Annual Activities Report** 

**Training Session 2021-22** 



## **Darjeeling Trek**







The Darjeeling-Sikkim trek is an All-India trekking camp hosted by the Darjeeling-Sikkim Directorate. The camp was held in two parts with over 500 cadets each. The camp was held from the 16<sup>th</sup> to the 22<sup>nd</sup> of November. CQMS Sharon Seenu and LCPL Isabella Suzanne Koshy attended this camp.

Three treks were organized for the camp. One to the river front, one to Chardham and one to Sandruptse. The treks were led by PI staff and a mountaineer. The cadets were also accompanied by a GCI and an ANO. The treks started from 7 in the morning and extended till 5 in the evening. The participating cadets equipped themselves with water bottles and snacks while ORS was provided by the organisers.

4 Sikkim Battalion NCC acted as the base camp. Food and lodging were provided there. Daily roll calls were taken to ensure the safety of the cadets. The site was also equipped with an infirmary.

A trip to the Namchi market was planned on the second last day of the trek. A cultural competition was also held on the last day where cadets from different directorates showcased their talents by performing various dances, songs and

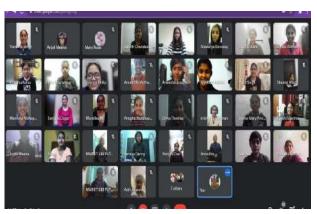


plays. It was then evaluated by the judges who selected a winner.

The purpose of this camp was to imbibe the values of discipline, leadership and spirit of adventure in the cadets. The cadets learned many survival skills and interacted with people from different backgrounds. The concept of Unity in Diversity was also enforced during the course of the camp.

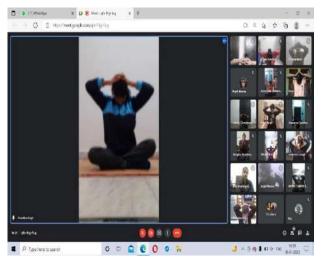


### **SURYA NAMASKAR WORKSHOP, 2022**

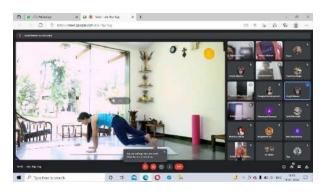


Surya Namaskar Workshop of NCC is a Fitness Development workshop conducted on 16 January 2022. Its duration was of one hour.

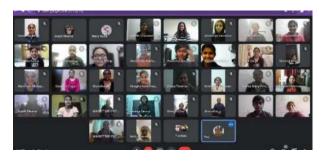
The Ministry of AYUSH has launched the Surya Namaskar program with the aim to create a culture of fitness and promote a healthy lifestyle through the practice of Yog.



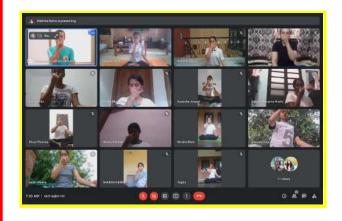
This workshop was conducted in online mode on Google Meet. Accompanied by more than 35 participants. There was an immense participation of cadets of St. Stephens College. Part of this workshop was cadets doing the 12 steps of Surya Namaskar. One of the cadets explained the importance of Surya Namaskar and Yoga and their uses. Other cadets gave instructions on to how to perform Surya Namaskar. Furthermore, other beneficial asanas were also performed. Every cadet participated enthusiastically, fulfilling the motive of the workshop.



This workshop helped cadets to improve their fitness. Especially in the winter season, we are more prone to being lethargic and catching various diseases. It was successfully able to urge everyone to start their fitness regime and to become more active in daily life.



We got a sense of responsibility towards our own body and well-being. NCC is the symbol of national integration, hereby, bringing us all together to remind us to look after ourselves. It embodies national integration and this workshop held up to its expectations.





## INTERNATIONAL YOGA DAY CELEBRATION



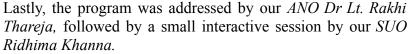
The NCC COY of St. Stephen's College celebrated International Yoga Day on 21st June, 2021 at 7.00 AM where about 22-25 cadets of our COY came together on google meet to perform the Common Yoga Protocol.

The *aim* of conducting Yoga Day was to boost up self discipline and self-control. It also enables the student to have good health,to practice mental hygiene, to possess emotional stability and to integrate moral values.



The program for the day was hosted by *Cadet Angelin*. She began the event by introducing the people about International Yoga Day and the common yoga protocol. This was followed by showing a mesmerising and highly informative video of *Cadet Tushita* performing yoga asanas.

Next up was the common yoga protocol. For the same, a youtube video from the channel of *Ministry of Ayush* was played in the meeting and the cadets practiced the yoga asanas alongside it while carefully keeping into account the instructions involved.





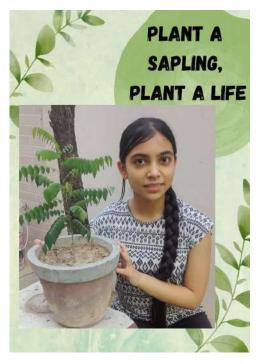
As a part of our celebrations of the *International Yoga Day*, various activities and competitions were also held. Cadets took the Yoga Day pledge and quiz that was launched by the *Ministry of Yoga*. They made videos of themselves performing various asanas and explaining their benefits to create awareness about the importance of yoga. Cadets also made various digital posters which were circulated on our social media handles as part of our awareness campaigns.

https://www.instagram.com/p/COTtDxkFPoX/?utm\_source=ig\_web\_copy\_link https://www.voutube.com/watch?v=-pGkME09iTk



## Plantation Drive Date- 8-9 July, 2021

Trees greatly contribute to their environment by providing oxygen, supporting wildlife, improving air quality, conserving water, preserving soil, and climate amelioration. The cadets participated in the drive enthusiastically by planting trees in their backyards. As part of the drive, a poster making competition was also held. The plantation drive was a huge success empowering students with substantial knowledge of environment and plants.





#### No. of Participants:

- 1. Amalu Alichen
- 2. Aneesha Ann Joseph
- 3. Anjali Meena
- 4. Yogita
- 5. Garima
- 6. Isabella Suzanne Koshy
- 7. Mariet Sibi Puthenangady
- 8. Ritu Bharadwaj
- 9. Saniya Sibi
- 10. Sharon Seenu

- 11. Amy Alexander
- 12. Anika Singh
- 13.Chetna Dubey
- 14. Shrijita Bisht
- 15. Harleen Kaur
- 16. Kajal Sonkhala
- 17. Ridhima Raina
- 18. Sakshi Sharma
- 19. Sneha Mary Prince

#### ST. STEPHEN'S COLLEGE

#### 1DGBn, B group

#### Delhi dte

## Kargil Vijay Diwas webinar report (24th July 2021)

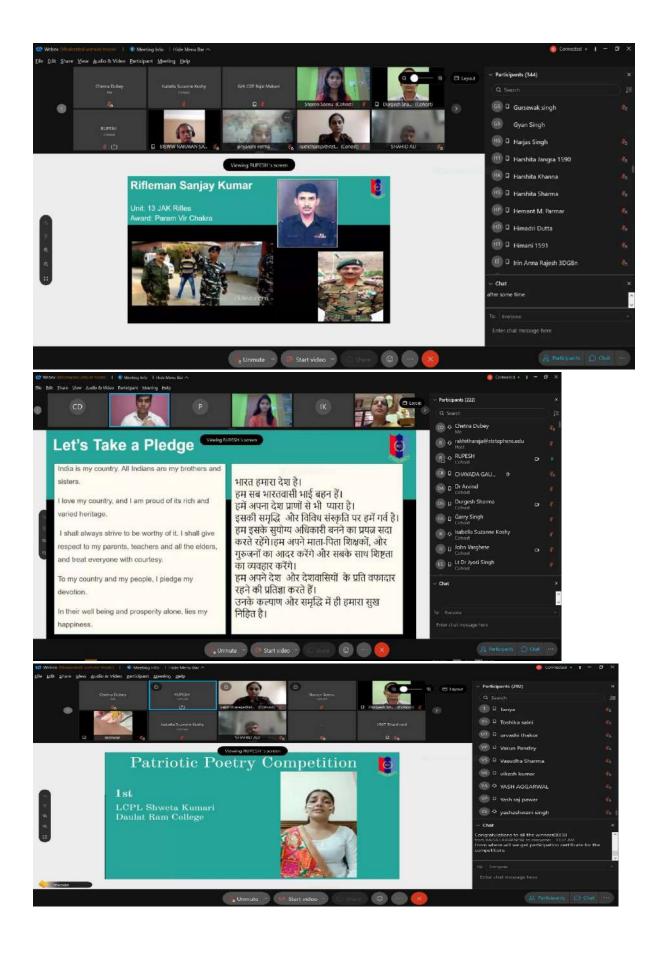
A national level event was organized under the guidance of the coordinating teacher- Lt Dr. Rakhi Thareja. The webinar was conducted by the collaboration of NCC Coy - 1DGBN of St.Stephen's College and 6 DBN of Hansraj College on the special presence of the Chief Guests - Principal, St. Stephen's College (Prof. John Varghese), Principle, Hansraj College (Prof. Rama), Col. Gurpreet Singh, Kargil war hero and Commanding officer of 7 DBN.

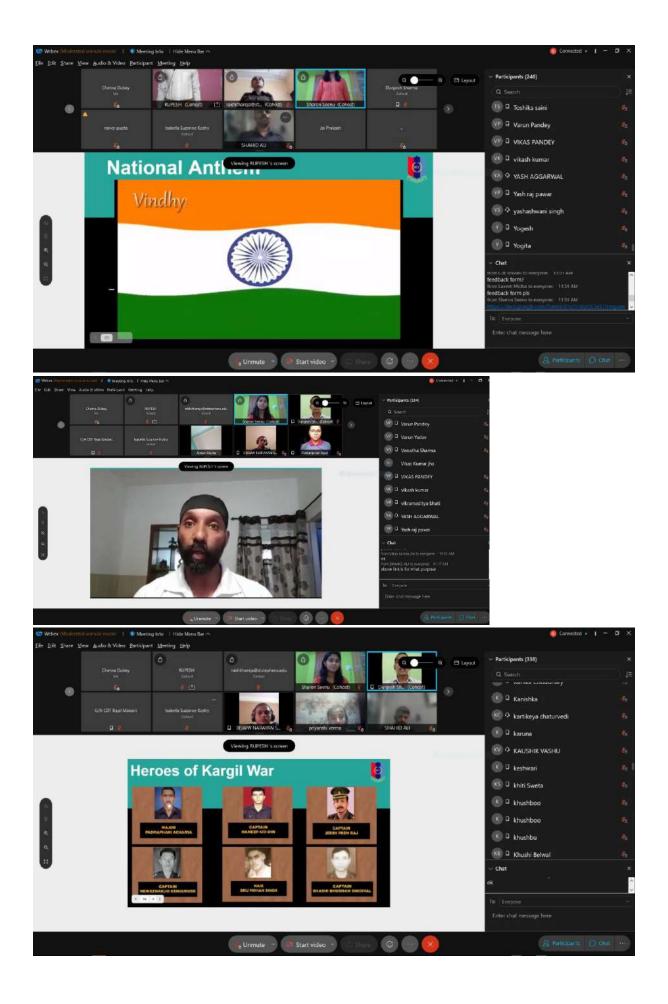
The webinar began with a quick and detailed brief of Kargil Vijay Diwas and it's importance. The presence of around 200+ Cadets (including Cadets from other colleges) made the event a huge success.

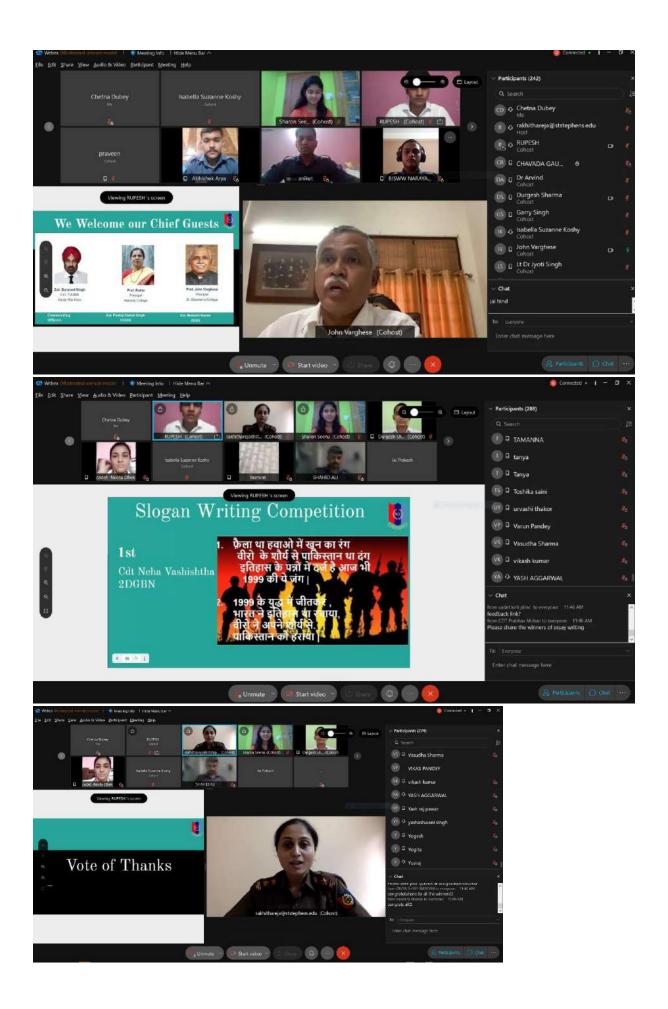
It was a well organised and managed event by all cadets of the coy, we curated a virtual tour of the national war memorial in the form of a video, showcased numerous other videos related to our war heroes. We also held live interviews of war heroes as well.

A bunch of competitions were organized like, Essay writing, Jingle composition, Poster making and poetry composition. The award winners were announced during the webinar. E-certificates were given to all participants. Whole event turned out to be fruitful as the aim to portray the sacrifice and bravery of the heroes of the war and to explain the history and importance of this great day was accomplished as Over 350 people attended the webinar and over 750 entries came for the competitions.

Finally the most awaited results were declared, the winners and participants were given e-certificate which seemed to be encouraging all the Cadets. The webinar concluded with the inspiring words of- Lt Dr. Rakhi Thareja, our coordinating teacher followed by our National Anthem.







## St. Stephen's College

## **UNIT: 1 Delhi Girls Battalion; New Delhi**

## Kargil Vijay Diwas report ( 24th July 2021 )

S. No.	Unit	No of	Various activities uploaded on Webinar Remark Facebook, Instagram and				Remarks	
		Cdts	s Twitter					
			Posters	Poetry	Pledge taking	Short video on Kargil war/ heroes		
1	1DGBn	60	10	18	15	09	60	Whole NCC Coy participated with diligence and enthusiasm



## **Republic Day Celebrations**

Republic day was celebrated on the 26th of January 2022 by the NCC Coy of St. Stephen's



College through the medium of a webinar, keeping COVID protocols in mind. Several competitions were held under the umbrella name of Jashn-E-Gantantra before Republic Day. The competitions included Singing, Poster making, Photography, and Enacting.

It was a college-level webinar. There were cadets of our coy, many senior and junior members who attended this webinar and graced the event with their presence. The event organizers were Cadet Garima and Cadet Sneha. Under the guidance of our seniors and ANO, Lt.Dr. Rakhi Thareja, the event was successfully organized. The program was approved by our respected Principal, Prof. John Varghese.



The program began at 8:30 am on an online platform, google meet, with the welcome speech delivered by Cadet Jatoth Chandana. After which, online virtual flag hoisting was held, followed by the national anthem. Cadet Aneesha Ann Joseph then requested everyone to take up the national pledge.

Then, the overview of the importance and the significance of this important national festival

was given by Cadet Ritu Bharadwaj and Cadet Yogita. This was followed by beautiful dance performances by Cadet Yogita and Cadet Vanshita Singh, which caught the eye of the audience and also rose the feelings of patriotism in them. We also tried to make people aware



of the values mentioned in the preamble, i.e. Justice, Liberty, Equality and, Fraternity, of our constitution with the help of small videos made by the first-year cadets of our coy. LCPL Isabella Suzanne Koshy, Cadet Amalu Alichen, and Cadet Sneha Mary Prince enlightened us with some interesting facts about our constitution. Our cadets also explained the meaning of India as a socialist,

sovereign, socialist, secular, democratic republic. This was then followed by videos that showcased the achievements and activities of the cadets of our coy in the past few months. A



poem written and composed by Cadet Manshi instilled the feeling of patriotism and pride among all. Then LCPL Anjali Meena declared the results of the competitions that were held, the melodious voice of the winners of the singing competition, rose goosebumps and of course, brought about a feeling of devotion towards the country. The

event finally came to an end with the Vote of Thanks delivered by CPL Mariet Sibi



Puthanagady. The anchors for the event were LCPL Amy Alexander, Cadet Shrijita Bisht and, Cadet Vanshita Singh, and made the webinar really engaging. Total participation for the webinar was that of 59 people.

Although it was an online event, it still emerged with remarkable enthusiasm among

the audience. At the end of the webinar, the Republic Day Quiz form was released. It was really an informative and engaging program.
- Jai Hind! Jai Bharat!



### REPUBLIC DAY 2 CADRES - SUO Chetna Dubey



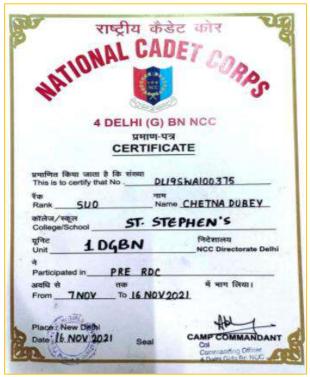
NOMINAL ROLL FOR GOH, RAIPATH, FLAG AREA								
SNO	UNIT	REGIMENT NO.	RANK	NAME				
101	1DG8N	DL195WA100747	SET	SHWETA SINGH ANTA				
2		OL195WA100375	SUO	CHETNA DUSEY				
=		DESCRIPTION OF	107	STREET WAS				
4		DL195WA100775	JUO	SAGARIKA BOSE				
5		DL205WA100412	CDT	VANSHITA SINGH				
5		DL209WA100821	CDT	ARDRA GANESAN				
7	ZDGBN	DL205WA147499	cor	DICKEY NEGI				
1		DE205WA146527	CPL.	SAANYA KALRA				

The Republic Day Camp (RDC) is the most prestigious event in the NCC, which is preceded by a series of aggressive selections, with cadets being shortlisted at every step, making it one of the most difficult camps, if not the most difficult camp in NCC. Selections for the same started in August 2021 and the shortlisting process lased till December 2021. SUO Chetna Dubey of St. Stephen's College, NCC participated and survived 2 Cadres in RDC. Ever since the establishment of St. Stephen's College, NCC, she became the first cadet to make it this far in RDC.

She was among the 18 shortlisted cadets from 1DGBN for RDC and her name was one of the two names listed for best cadet competition. She faced a written test, an interview, an IQ test, firing and DST for the latter. She thus survived intra-group competition, followed by inter group competition between Group B and Group C, which lasted for 7 days. She was selected for her skills in drill. Following this inter group competition was the Pre RDC cadre 1, where she volunteered for flag area briefing on Rajpath. By the end of the Pre RDC cadre 1, her skills had impressed the camp Commander enough to put her in Best Cadet again, thus putting her in reserve for flag area briefing in Rajpath. For the Best Cadet Competition she underwent assessments on firing, DST etc for the second time.



And hence she survived Pre RDC cadre 1 with her hard work and skills alone. Her name was shortlisted for Pre RDC cadre 2, which unfortunately was the last cadre she survived. She improved her drill, her firing and many such things during her journey. By the end of this camp, she could make a 1.5 cm group in firing, which was way better than what she used to do before.

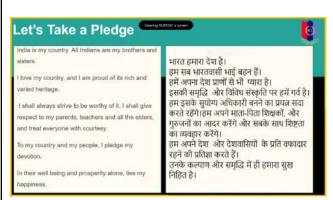


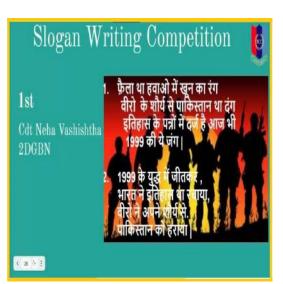
In her own words, "Even when I got out after Pre RDC cadre 2, I was okay since this process thought me a lot and I am determined to teach the same to my cadets and I wish to live my dream through their eyes." Truly a wonderful leader. She did our college proud by showcasing her skills and making it so far in this challenging camp by overcoming intra-group, inter- group, inter-battalion and inter battalion competition, eventually making it as far as cadre 2. It is a great achievement and we are proud to have her as our SUO.











## KARGIL VIJAY DIWAS CELEBRATIONS

Kargil Vijay Diwas is commemorated every 26th July in India, to observe India's victory over Pakistan in the War of 1999 for the ejecting the Pakistani Forces from the mountain tops of Northern Kargil district in Ladakh in 1999. The Kargil war resulted in heavy casualties of Pakistani forces and was ended when India regained control over the posts. Kargil Vijay Diwas is celebrated on 26 July every year in honour of the Kargil War's Heroes. This day is celebrated in the Kargil—sector and the national capital, New Delhi, where the Prime Minister of India pays homage to the soldiers at Amar Jawan Jyoti at India Gate every year.

A national level event was organized under the guidance of the coordinating teacher- Lt Dr. Rakhi Thareja.

The webinar was conducted by the collaboration of NCC Coy - 1DGBN of St.Stephen's College and 6 DBN of Hansraj College on the special presence of the Chief Guests - Principal, St. Stephen's College (Prof. John Varghese), Principle, Hansraj College (Prof. Rama), Col. Gurpreet Singh, Kargil war hero and Commanding officer of 7 DBN.

The contents of the webinar were-

- Welcome speech
- Pledge
- Golden words from the Chief Guests
- Explaining the importance of the day
- Virtual war memorial
- Interview of veterans
- Cultural performances
- Performance by Sabha Society, St. Stephen's College
- Vote of thanks
- National Anthem

A bunch of competitions were organized like, Essay writing, Jingle composition, Poster making and poetry composition. The award winners were announced during the webinar. E-certificates were given to all participants.

Whole event turned out to be fruitful as the aim to portray the sacrifice and bravery of the heroes of the war and to explain the history and importance of this great day was accomplished as Over 350 people attended the webinar and over 750 entries came for the competitions.



## **Independence Day**



The 75<sup>th</sup> Independence Day of the Sovereign, Socialist, Secular, Democratic, Republic of India was celebrated today, the 15<sup>th</sup> of August, by St. Stephen's College in both an offline and an online manner. The principal of the college, Prof. John Varghese, was the Chief Guest for both the events.



The offline event was conducted with the presence of the NCC Coy of St. Stephen's College and its Associate NCC Officer, Lt. Dr. Rakhi Thareja. The NCC cadets played a pivotal role in the organisation and conduction of the event. The principal was piloted by two cadets after which Guard of Honour was performed. The flag was then hoisted by the principal and the National Anthem was sung. Students residing on campus acted as spectators for the flag hoisting.



The online event for Azadi ka Amrut Mahotsav, was conducted on the WebEx Platform with a participation of almost 100. It started at 9:00 AM and went on for an hour. It was conducted by the college as a whole and hosted by the NCC Coy. All societies participated with enthusiasm and vigour and many societies sent in their contributions as dances, songs, and posters. The event was screened in the college hall, where students on campus attended.

Competitions were also held in lieu of the 75<sup>th</sup> Independence Day celebrations to celebrate



the spirit of patriotism and freedom. We received over 50 entries and the results will be announced on the Coy's Instagram page. The whole event turned out to be fruitful as the aim to portray India's independence and freedom was accomplished.









#### EK BHARAT SHRESTHA BHARAT- XII, 2021

The EBSB camp of NCC is an annual camp for national integration conducted between the paired states. The EBSB-12 camp was a six days camp; held online which commenced on 19<sup>th</sup> Dec, 2021 and lasted till 30<sup>th</sup> Dec, 2021, hosted by Uttrakhand directorate. This time the paired states were Delhi and Uttrakhand.

EBSB stands for 'ek Bharat Shrestha Bharat'. It aims to enhance interaction and promote mutual understanding between people of different states/UT through the concept of state/UT pairing.

This time also due to pandemic era, EBSB-12 was conducted in online mode on Google meet platform; accompanied by more than 200 participants. CPL Anjali Meena of St. Stephen's College Coy, was a part of this EBSB camp. She participated in contemporary dance and poster making competition on the theme of refuse, reuse and recycle. She got to learn many things from there and it was a great experience for her to be a part of this camp. She got first prize in dance competition as well. There was immense participation of both the officials and the cadets equally. The camp turned out to be very interactive with learning languages and discussing about travel opportunities and festivals of these places. Every cadet gets the opportunity to participate in various competitions organised by UK dte named



as Presentations on the history, geography, economy, food, culture, problems, SWOT analysis, festivals etc. for both Delhi and Uttrakhand, Poetry, Song on national integration, contemporary dance and poster making on the theme refuse, reuse and recycle. The most fascinating and overwhelming thing in this camp was the two days session EXPA team and for that we got ecertificates as well.

The camp was successfully able to attract the cadets to the cultures and places of the regions. We got a sense of responsibility towards our nation and its people. It generated a whole new sense of respect for each other and to my nation. NCC is the symbol of national integration. It embodies national integration and this camp held up to its expectations.









### Ek Bharat Shrestha Bharat

Ek Bharat Shreshtha Bharat programme is aimed at enhancing the interaction and promotion of mutual understanding between people of different states/UTs through the concept of state/UT pairing. The states are required to carry out activities in order to promote a sustained and structured cultural connect in the areas of language learning, culture, traditions & music, tourism & cuisine, sports and sharing of best practices, etc.

SGT Ridhima Raina from St. Stephen's Coy participated in the online Ek Bharat Shreshtha Bharat (EBSB) Camp Saptah-XI which was organized by 7 Delhi Girls Battalion NCC of Group 'B' Delhi Directorate with Kerala and Lakshadweep Directorate from 25 to 31 October, 2021. It was a wholesome and enriching camp where the cadets from both the directorates interacted and exchanged their rich culture and heritage. Important highlights of the camp included:

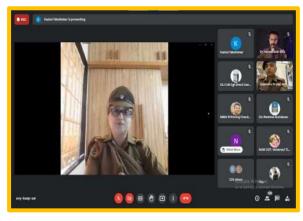
- Competitions like debate, extempore and poster making. Socially and environmentally critical topics like plastic waste management were thoroughly discussed and deliberated by the cadets.
- Group discussion on topics like Life Lessons by Mahatma Gandhi were beautifully and creatively presented by the participants.
- Presentations on culture, cuisines, tourism, language etc. of both the directorates were held to make the cadets aware about the rich cultural heritage of the country and instill in them a sense of integration and brotherhood.

Apart from these, interactive sessions via question answer rounds, vocabulary sessions and discussions made the entire experience quite fruitful for the participants. The cadets left the session highly enlightened and greatly appreciated and cherished their experience at the camp.



## Ek Bharat Shreshth Bharat Camp







The Ek Bharath Shreshth Bharat (EBSB) Saptah - VIII was held from 19 to 24<sup>th</sup> of July 2021 and was hosted by the Maharashtra Directorate. In this camp the primary objective is to bring together cadets of two different states and backgrounds and showcase their rich culture, in doing so it is attempted to ignite a feeling of appreciation and pride in cadets for their nation as a whole and its diverse cultural heritage. Thus, leading to a feeling of pride and unity among the cadets.

In the light of this the cadets of the Delhi and Maharashtra directorates came together for this phase of the EBSB. In these 6 days of camp the cadets did a range of things to showcase the other directorate with their own culture. Starting with power point presentations in the first few days, there was discussion on a wide range of topics varying from the history, geography, economy, food, culture, problems, SWOT analysis, festivals etc. for both Delhi and Maharashtra. Moving on from there were discussions and presentations on the Kargil War, leadership, Covid -19, Career opportunities. Toward the final days were the many competitions like poem recitation, cultural dances and songs, debate competition and the quiz competition.

All these different activities helped the cadets to be creative and realize the beauty of their nation. A sense of appreciation for the diversity, pride and national integration was aimed at and was also achieved. Junior Under Officer (JUO) Angelin Ilakiya Arun of St. Stephen's College Coy, was a part of this EBSB camp. She participated in the presentation that discussed the History, Geography, Economy, good practices and SWOT analysis of Delhi. Even though Delhi is not her native state, through this presentation and camp not only did she learn about the culture and beauty of the state of Maharashtra but also of Delhi. Along with this were the many important discussions on career and Covid- 19 that were important for these times and for a student her age.

In this time of the Covid-19 when all the camps had been on a halt for so long and the cadets of NCC could not get the kind of exposure one would hope for, this virtual online camp was a blessing, where the cadets from within the safety of their homes could learn so much and gain so much of exposure.



#### **Puneet Sagar Abhiyan**

Date: Dec 2021- Feb 2022

NCC had launched Puneet Sagar Abhiyan on 1st December 2021 with the aim to clean Sea Shores/Beaches and other water bodies including rivers & lakes, of plastic & other waste and increase awareness amongst the local population about the importance of keeping the beaches and river fronts clean. The purpose of the Abhiyan is to educate locals and sensitise them about 'Swachh Bharat'. The campaign has continued unabated with full enthusiasm. Drawing, poster making, etc were conducted by our COY online during the campaign. The cadets also cleaned their neighbourhood and took the initiative of spreading awareness in the society.





#### No of participants:

- 1) Chetna Dubey
- 2) Angelin Ilakiya Arun
- 3) Divya Thomas
- 4) Neha
- 5) Tarandeep Singh
- 6) Sharon Seenu
- 7) Gayathri Rajeev
- 8) Jvoti
- 9) Ridhima Raina
- 10) Tushita Singh
- 11) Anika SIngh
- 12) Yogita
- 13) Garima
- 14) Shrijita Bisht
- 15) Kajal Sonkhala

- 16) Anjali Meena
- 17) Isabella Suzanne Koshy
- 18) Vanshita Singh
- 19) Jatoth Chandana
- 20) Mariet Sibi Puthenangady
- 21) Vishwambhara
- 22) Harleen Kaur
- 23) Katyayni Sharma
- 24) Akanksha Ekka
- 25) Amy Alexander
- 26) Shivani Rani
- 27) Joti Kumari Reena
- 28) Amalu Alichen
- 29) Aneesha Ann Joseph
- 30) Manshi Milind
- 31) Sakshi Sharma
- 32) Sheetal Bhati33) Ritu Bharadwaj

- 34) Parul Priya Singh
- 35) Charlotte James
- 36) Sanjali Meena Joseph
- 37) Kavya Tiwari
- 38) Ashly Rachel Lalu
- 39) Christy
- 40) Devishi Jindal
- 41) Diya Susan
- 42) Harshita Edala
- 43) Manya Joshi
- 44) Ruth Rosy Dacid
- 45) Poorna Wilson
- 46) Sampada Bhaiwania
- 47) Serah Susan John
- 48)Steny Sajan
- 49) Swati
- 50) Taveesha