NATIONAL CADET CORPS

NCC UNIT
NARULA INSTITUTE OF TECHNOLOGY
4 WB (T) AIR SQUADRON NCC



ANNUAL NCC REPORT

2023-2024

Celebrating the spirit of patriotism, discipline, leadership, and service through the achievements of our NCC cadets.

NARULA INSTITUTE OF TECHNOLOGY

NAAC 'A' Accredited | NIRF Ranked College | Under MAKAUT, WB

The **National Cadet Corps (NCC)** is one of India's premier youth organizations, dedicated to nurturing discipline, leadership, character, and a strong sense of patriotism among young students. Established on 16th July 1948 under the National Cadet Corps Act, the organization functions under the Ministry of Defence, Government of India.

NCC is a tri-service organization comprising the Army, Navy, and Air Force wings. It provides school and college students with an opportunity to voluntarily participate in structured training and activities aimed at developing responsible, confident, and disciplined citizens. Today, NCC stands among the largest uniformed youth organizations in the world.

The motto of NCC, **"Unity and Discipline,"** reflects its commitment to national integration, mutual respect, teamwork, and a sense of responsibility towards the nation. These values form the foundation of all NCC training programmes and activities.

The training curriculum encompasses military drills, physical fitness, leadership development, adventure activities, and social service initiatives. Cadets are also encouraged to participate in various national-level camps and programmes, including:

- **Annual Training Camps (ATC)**
- **Republic Day Camp (RDC)**
- **Thal Sainik Camp (TSC)**
- **Nau Sainik Camp (NSC)**
- **Vayu Sainik Camp (VSC)**
- **Youth Exchange Programme (YEP)**

Through these diverse activities, NCC aims to enhance the confidence, self-discipline, teamwork, and leadership capabilities of cadets while instilling in them a deep sense of national pride and civic responsibility.

Beyond its regular training activities, NCC also contributes to society through community engagement, social awareness campaigns, and voluntary assistance during national emergencies and natural calamities. Its emphasis on service and national responsibility encourages cadets to become active contributors to society. Many former NCC cadets have subsequently pursued careers in the Armed Forces, civil services, and other important sectors.

In essence, the National Cadet Corps serves as a platform for holistic youth development, preparing young individuals to become disciplined, responsible, resilient, and socially conscious citizens who are committed to the progress, unity, and security of the nation.

NCC at Narula Institute of Technology



The **National Cadet Corps (NCC) Unit of Narula Institute of Technology** was established in the year 2021, marking a significant milestone in the institution's commitment towards holistic student development, character building, and nation-building. The establishment of the unit provided students with an opportunity to participate in a nationally recognised youth development programme that promotes discipline, leadership, patriotism, and a spirit of selfless service. Beginning with an initial strength of 50 cadets, the unit has progressively developed into an active and enthusiastic group, representing the ideals and values of the National Cadet Corps within the institution.

Since its inception, the NCC unit has played an important role in creating an environment that encourages discipline, unity, responsibility, and dedication among students. Through regular training sessions, parade practices, ceremonial activities, and various institutional and community-based programmes, cadets are encouraged to develop a strong sense of commitment and responsibility. Their participation in these activities provides practical exposure to teamwork, coordination, punctuality, obedience, and the importance of collective effort.

The unit has also emphasised the importance of social responsibility and community engagement. Cadets have been involved in several initiatives aimed at creating awareness and contributing towards the welfare of society. These include tree plantation drives, blood donation camps, participation in Swachh Bharat Abhiyan, awareness rallies, and other social welfare activities. Such initiatives provide cadets with opportunities to understand societal challenges, develop environmental consciousness, and recognise their responsibilities as active members of the community. The emphasis on community service reinforces the NCC philosophy that discipline and leadership must be accompanied by compassion, responsibility, and a willingness to serve others.

Participation in various training programmes, camps, and inter-collegiate activities has further contributed to the personal and collective development of the cadets. These programmes offer valuable exposure beyond the regular academic environment and help students enhance their physical fitness, confidence, communication skills, and leadership abilities. The structured training environment of NCC also encourages the development of essential life skills such as time management, teamwork, mutual respect, perseverance, adaptability, and decision-making. Through these experiences, cadets are motivated to face challenges with confidence and develop a deeper understanding of national unity and integrity.

The progress and functioning of the NCC unit have been supported by the continuous encouragement of the college management, Associate NCC Officers (ANOs), and dedicated NCC instructors. Their guidance, supervision, and commitment have played an important role in facilitating training activities, motivating cadets, and maintaining the values and discipline associated with the organisation. The collective contribution of the institutional authorities and NCC personnel has helped strengthen the presence of the unit and establish NCC as an important component of student development at Narula Institute of Technology.

At Narula Institute of Technology, the NCC is regarded as much more than an extracurricular engagement. It represents a platform for character formation, leadership development, national integration, and social responsibility. By providing students with opportunities to learn, participate, lead, and serve, the unit strives to nurture responsible citizens who uphold the principles of unity, integrity, discipline, and patriotism. The journey of the NCC unit reflects the institution's belief that education extends beyond classrooms and laboratories, preparing young individuals not only for professional excellence but also for meaningful contributions to society and the nation.

JAI HIND!

ANO'S MESSAGE



It is both an honour and a privilege to share a few words as the Associate NCC Officer of Narula Institute of Technology. The journey of the National Cadet Corps at our institution has been one of dedication, commitment, and purposeful service. Through its various activities and training programmes, NCC continues to play an important role in shaping young minds and nurturing responsible citizens.

The National Cadet Corps is much more than uniforms, drills, and training camps. It provides a strong foundation for character building, discipline, leadership, and patriotism. It encourages young individuals to develop confidence, teamwork, perseverance, and a sense of responsibility towards society and the nation. These values help cadets grow not only as individuals but also as future leaders.

Throughout the year, our cadets have actively participated in various institutional and community-oriented activities, including Republic Day and Independence Day celebrations, blood donation initiatives, tree plantation drives, awareness rallies, and Swachh Bharat Abhiyan. Their involvement in such programmes reflects their enthusiasm for social service and their commitment to making a positive contribution to society. Participation in training sessions, Annual Training Camps, and other NCC programmes has further enriched their experiences and strengthened their physical fitness, leadership abilities, and sense of camaraderie.

I sincerely appreciate the dedication, enthusiasm, and perseverance demonstrated by our cadets. Their willingness to learn, participate, and take responsibility reflects the true spirit of the National Cadet Corps. I would also like to express my heartfelt gratitude to the Principal and the college management of Narula Institute of Technology for their continuous encouragement, cooperation, and support in strengthening the NCC unit.

To all our cadets, I encourage you to wear your uniform with pride, uphold the highest standards of discipline, and lead with courage and integrity. Always remember that being an NCC cadet is not merely an achievement but a responsibility towards the nation. Let our motto, "Unity and Discipline," guide your actions and inspire you to become responsible citizens of India.

Best Regards,

Flying Officer Sabir Ali
Associate NCC Officer
Narula Institute of Technology
JAI HIND!

EVENTS

CYCLE RALLY EXPEDITION FOR SWACHHATA PAKHWADA



August 2023: The National Cadet Corps (NCC) Unit of Narula Institute of Technology organised a Cycle Rally Expedition in August 2023 as part of the observance of Swachhata Pakhwada. The initiative aimed to promote cleanliness, environmental awareness, and responsible civic behaviour among students and members of the community. Through this activity, the cadets actively contributed towards spreading the message of cleanliness and reinforcing the importance of maintaining a healthy and sustainable environment.

The cycle rally was organised with the objective of encouraging public participation in cleanliness-related initiatives and creating awareness about the significance of individual responsibility in keeping the surroundings clean. The participating NCC cadets enthusiastically took part in the expedition, demonstrating their commitment to social service and community engagement. Cycling was also highlighted as an environmentally friendly mode of transportation that can contribute towards reducing vehicular pollution and promoting a healthier lifestyle.

During the expedition, the cadets served as ambassadors of cleanliness, carrying forward the message of Swachhata Pakhwada through their collective participation and disciplined conduct. The initiative emphasised the importance of maintaining personal hygiene, proper waste disposal, environmental protection, and community participation in cleanliness drives. It also encouraged students and the wider community to recognise that achieving a clean environment requires continuous efforts rather than occasional activities.

Beyond its environmental objectives, the programme provided cadets with an opportunity to develop teamwork, coordination, discipline, and a sense of collective responsibility. Their participation reflected the fundamental values of the National Cadet Corps, particularly unity, discipline, leadership, and selfless service. The activity also demonstrated how young volunteers can play a meaningful role in creating awareness and inspiring positive behavioural changes within society.

The Cycle Rally Expedition stood as a reflection of the NCC unit's commitment to social awareness and community welfare. By combining environmental consciousness with active participation, the initiative reinforced the message that a cleaner and healthier nation can be achieved through collective responsibility and sustained public involvement.

INDEPENDENCE DAY CELEBRATION



August 2023: The National Cadet Corps (NCC) Unit of Narula Institute of Technology celebrated the **77th Independence Day of India on 15th August 2023** with great enthusiasm, patriotic fervour, and a deep sense of national pride. The occasion commemorated India's independence and provided an opportunity for students, faculty members, and NCC cadets to pay tribute to the countless freedom fighters and national heroes whose sacrifices shaped the country's history.

The celebration highlighted the significance of freedom, unity, and national integrity while encouraging students to reflect upon their responsibilities as citizens of an independent nation. The NCC cadets participated in the programme with discipline and enthusiasm, demonstrating their respect for the national flag and the values associated with the spirit of independence.

The observance of Independence Day served as a reminder of the sacrifices made by generations of Indians in the struggle for freedom. It also provided an opportunity to reinforce the importance of constitutional values, democratic principles, secularism, and the collective responsibility of citizens in safeguarding the sovereignty and integrity of the nation.

For the NCC cadets, participation in this national celebration held particular significance. It strengthened their sense of patriotism, discipline, and commitment to national service. The occasion encouraged them to understand that the freedom enjoyed today carries with it the responsibility to contribute towards the progress and development of the country. Through their involvement, the cadets upheld the core ideals of the National Cadet Corps, particularly unity, discipline, leadership, and service to the nation.

The celebration concluded as a meaningful expression of national pride and collective respect for India's freedom struggle. It inspired the young participants to uphold the values of patriotism, integrity, and responsibility in their everyday lives and to work towards building a peaceful, progressive, and united India.

The occasion reaffirmed the spirit of freedom and reminded every cadet that serving the nation begins with discipline, responsibility, and dedication to its people.

TAKING FLIGHT: AN INTRODUCTION TO THE WORLD OF AEROMODELLING



October 2023: The NCC Unit of Narula Institute of Technology organised an **Aeromodelling Demonstration** at the institute campus to introduce students and cadets to the fascinating field of aviation, aircraft design, and model flying. The programme provided an opportunity for participants to explore the fundamental principles of flight and understand the practical applications of aeromodelling in the field of aerospace technology.

Aeromodelling is an important component of Air Wing NCC training, combining scientific knowledge, technical understanding, creativity, and practical skills. The demonstration aimed to familiarise cadets with the basic concepts associated with aircraft models, including aerodynamic principles, lift and drag, stability, control, and the mechanisms involved in flight. Through practical exposure, participants were encouraged to develop an interest in aviation and gain a better appreciation of the science behind aircraft operations.



The demonstration offered an engaging learning experience beyond conventional classroom instruction. By observing the aeromodelling activities, cadets could connect theoretical concepts with practical applications and understand how engineering principles contribute to the design and functioning of flying models. Such exposure is particularly valuable for students interested in aerospace engineering, aviation, and technological innovation.

The programme also highlighted the importance of technical training within the National Cadet Corps, particularly in developing observation skills, curiosity, precision, and problem-solving abilities. It encouraged cadets to explore new areas of knowledge while strengthening their understanding of the Air Wing's activities and objectives.

The event reflected the NCC's commitment to providing cadets with diverse learning experiences that complement their regular training and contribute to their overall development. By bringing aviation-related concepts closer to students, the aeromodelling demonstration helped create awareness about the exciting possibilities of aerospace science and technology.

The demonstration served as an inspiring platform for learning, exploration, and innovation, encouraging young minds to look beyond the horizon and discover the science of flight.

SOARING BEYOND LIMITS: ALL INDIA VAYU SAINIK CAMP (AIVSC) 2023



September -October 2023: The All India Vayu Sainik Camp (AIVSC) 2023 provided an important platform for Air Wing NCC cadets to demonstrate their technical abilities, discipline, teamwork, and commitment towards excellence. Cadets associated with the NCC Unit of Narula Institute of Technology participated in this prestigious national-level camp, gaining valuable exposure to the diverse dimensions of Air Wing training and activities.

The camp brought together cadets from different parts of the country, providing an opportunity to interact, exchange experiences, and learn from one another in a competitive and disciplined environment. It offered participants an enriching experience beyond routine institutional training, encouraging them to develop confidence, adaptability, and a broader understanding of the National Cadet Corps.



One of the prominent aspects reflected in the camp activities was aeromodelling. Cadets were engaged in the preparation and examination of aircraft models, demonstrating their interest in aviation technology, technical precision, and practical learning. Such activities encouraged participants to explore the fundamental principles of flight and appreciate the engineering concepts associated with aircraft design and modelling. The technical exposure also provided an opportunity to develop observation skills, creativity, and attention to detail.



Apart from technical activities, the camp encouraged camaraderie, cultural interaction, and collective participation among cadets representing different NCC units. These experiences helped strengthen mutual respect, national integration, and the spirit of unity. The camp also provided opportunities for cadets to demonstrate their capabilities and receive recognition through various competitive activities and presentations.

The participation in AIVSC 2023 was a valuable milestone in the training journey of the cadets from Narula Institute of Technology. It offered them an opportunity to experience the standards, discipline, and competitive spirit associated with national-level Air Wing NCC activities. The recognition and trophy presentation captured during the camp further reflected the importance of participation and achievement in such platforms.

AIVSC 2023 stood as an inspiring experience, encouraging cadets to pursue excellence, embrace challenges, and carry forward the spirit of discipline, dedication, and patriotism.

AIM, FOCUS & FIRE: AIR RIFLE TRAINING



November 2023: The NCC Unit of Narula Institute of Technology conducted an **Air Rifle Training Programme in November 2023** at the institute campus, providing cadets with an opportunity to develop fundamental marksmanship skills and gain practical exposure to a structured shooting activity. The programme formed an important part of the cadets' overall training experience, emphasising concentration, discipline, precision, and responsible handling of training equipment.

Air rifle training plays a significant role in developing essential qualities among NCC cadets. It requires a combination of mental alertness, physical stability, controlled breathing, patience, and consistent focus. Through this training activity, cadets were introduced to the importance of maintaining proper posture, aiming techniques, body coordination, and controlled movements while handling an air rifle.

The programme provided participants with practical exposure to the fundamentals of target shooting under appropriate supervision. Cadets were encouraged to understand the importance of following instructions, maintaining discipline, and observing necessary safety precautions throughout the training session. Particular emphasis was placed on responsible equipment handling and adherence to prescribed safety practices.

Beyond the technical aspects of shooting, the activity contributed to the development of confidence, self-control, and decision-making abilities. Marksmanship training demands patience and consistency, encouraging cadets to remain composed and attentive even under challenging circumstances. These qualities are equally valuable in other areas of NCC training and in everyday life.

The training session also reflected the broader objectives of the National Cadet Corps, which aim to develop disciplined, confident, and responsible young citizens. By participating in practical training activities, cadets gain valuable experiences that complement their regular parade, physical fitness, and leadership development programmes.

The Air Rifle Training Programme was an important learning experience for the participating cadets, reinforcing the values of discipline, concentration, precision, and responsibility that form an integral part of NCC training.

The programme reinforced the belief that true precision begins with discipline, patience, and control.

A DROP OF HOPE: BLOOD DONATION CAMP



November 2023: The NCC Unit of Narula Institute of Technology organised a **Blood Donation Camp** on the occasion of NCC Foundation Day, in association with the Health Department, Government of West Bengal. The initiative reflected the spirit of compassion, social responsibility, and selfless service that forms an integral part of the National Cadet Corps.

The programme was organised with the objective of promoting awareness about voluntary blood donation and encouraging individuals to contribute towards saving lives. Blood donation is one of the most meaningful forms of community service, as a single act of voluntary donation can provide vital support to patients requiring blood during medical emergencies, surgeries, and other critical healthcare situations.



The initiative provided an opportunity for NCC cadets, students, faculty members, and other willing participants to understand the importance of voluntary blood donation and its role in strengthening the healthcare support system. Through their involvement, the cadets helped promote a culture of social awareness and humanitarian service within the institutional community.

The association with the Health Department, Government of West Bengal, added an important dimension to the programme by connecting the institutional initiative with the broader public healthcare system. The camp also served as a platform for spreading awareness about the importance of safe and voluntary blood donation, dispelling common misconceptions, and encouraging healthy participation in such humanitarian activities.

For the NCC cadets, the programme was a meaningful learning experience beyond regular training and parade activities. It reinforced the values of empathy, teamwork, discipline, and responsibility towards society. Their participation demonstrated that the role of an NCC cadet extends beyond personal development and includes active contributions towards the welfare of fellow citizens.

Organising the blood donation camp as part of the NCC Foundation Day observance gave special significance to the occasion. It reflected the organisation's commitment to its motto, **"Unity and Discipline,"** while highlighting the importance of service to humanity.

The initiative conveyed a simple yet powerful message: a small act of kindness can become someone's greatest hope for life.

VOICES FOR A CLEANER TOMORROW: POSTER PRESENTATION ON POLLUTION CONTROL



December 2023: The NCC Unit of Narula Institute of Technology organised a Poster Presentation Programme on the occasion of National Pollution Control Day 2023, providing cadets with a platform to express their understanding of environmental challenges and communicate the importance of pollution prevention through creative and informative visual presentations. The initiative aimed to encourage environmental consciousness among students and highlight the need for collective action towards protecting the natural environment.

National Pollution Control Day serves as an important reminder of the harmful consequences of environmental pollution and the necessity of adopting sustainable practices. Recognising the significance of this observance, the programme focused on creating awareness about different forms of pollution, including air, water, soil, and noise pollution, along with their impact on human health, biodiversity, and ecological balance.

Through their poster presentations, NCC cadets were encouraged to explore various environmental concerns and convey meaningful messages related to pollution prevention, waste management, resource conservation, and sustainable development. The activity provided an opportunity for participants to combine creativity with environmental knowledge, presenting important issues in a visually engaging and easily understandable manner.

The programme also emphasised the importance of individual responsibility in addressing environmental challenges. Small behavioural changes, such as reducing plastic consumption, practising proper waste disposal, conserving water, and adopting environmentally responsible habits, can collectively contribute towards a cleaner and healthier society. The posters served as a medium to communicate these messages and encourage greater awareness among the institutional community.

Beyond its environmental objectives, the activity helped develop the communication, presentation, and creative thinking abilities of the participating cadets. It encouraged them to research environmental concerns, organise their ideas, and communicate socially relevant messages with clarity and purpose. Such initiatives also strengthen the role of NCC in promoting awareness and responsible citizenship beyond conventional training activities.

The poster presentation reflected the commitment of the NCC unit towards environmental protection and community awareness. It reinforced the understanding that safeguarding the environment requires continuous efforts, informed decisions, and active participation from every section of society.

SPIRIT OF SPORTSMANSHIP: NCC SPORTS DAY



December 2023: The NCC Unit of Narula Institute of Technology organised a Sports Day in December 2023, emphasising the importance of physical fitness, sporting excellence, teamwork, and healthy competition among cadets. The event provided a platform for students to demonstrate their athletic abilities, sporting enthusiasm, and commitment to maintaining an active and healthy lifestyle.

Sports and physical activities form an essential part of NCC training, contributing significantly to the development of physical endurance, mental alertness, discipline, and determination. Recognising their importance, the programme encouraged cadets to participate in sporting activities and experience the values associated with fair play, perseverance, and collective effort.

The event offered participants an opportunity to demonstrate their abilities in a competitive yet friendly environment. Through their involvement, cadets were encouraged to challenge themselves, maintain a positive sporting attitude, and appreciate the importance of teamwork and mutual encouragement. The activities also helped create an atmosphere of enthusiasm, interaction, and camaraderie among the participants.

Beyond the competitive aspects, Sports Day highlighted the role of physical recreation in maintaining a balanced lifestyle. Regular participation in sports helps improve strength, stamina, coordination, and overall fitness, which are essential qualities for NCC cadets. It also develops valuable personal attributes such as patience, resilience, confidence, leadership, and the ability to handle both success and setbacks with dignity.

The programme further strengthened the bond among cadets by providing opportunities for interaction and collective participation outside their regular parade and classroom training. Such events contribute to building team spirit and foster a sense of belonging, cooperation, and mutual respect within the unit.

The Sports Day celebration reflected the NCC's commitment to the holistic development of young individuals by combining physical fitness with character building and social interaction. It reinforced the understanding that sporting excellence is not measured solely by victories but also by dedication, discipline, participation, and respect for others.

The event celebrated the true spirit of sportsmanship, reminding every cadet that determination, teamwork, and perseverance are victories in themselves.

REPUBLIC DAY 2024: A CELEBRATION OF DEMOCRACY AND NATIONAL PRIDE



January 2024: The NCC Unit of Narula Institute of Technology observed the 75th Republic Day of India on 26th January 2024 with great enthusiasm, patriotic spirit, and a profound sense of national pride. The occasion commemorated the adoption of the Constitution of India on 26th January 1950, marking a defining milestone in the country's democratic journey and its commitment to justice, liberty, equality, and fraternity.

The celebration provided an opportunity for students, faculty members, and NCC cadets to pay tribute to the visionaries who contributed to the framing of the Indian Constitution and to honour the sacrifices of those who fought for the nation's freedom. The occasion also highlighted the significance of constitutional values and the responsibilities that come with being citizens of a sovereign, democratic republic.

The NCC cadets participated in the observance with discipline, enthusiasm, and a strong sense of commitment. Their involvement reflected the core ideals of the National Cadet Corps, particularly unity, discipline, leadership, and respect for the nation. The celebration encouraged young participants to appreciate the importance of national integration and recognise their role in preserving the democratic principles and constitutional values of India.

For the cadets, Republic Day was not merely a ceremonial occasion but also an opportunity to strengthen their understanding of patriotism and responsible citizenship. It served as a reminder that the progress of a nation depends not only on its institutions but also on the dedication, integrity, and active participation of its people.

The observance concluded as a meaningful expression of national unity and collective pride. It inspired the cadets to uphold the ideals enshrined in the Constitution and contribute towards building a progressive, inclusive, and self-reliant India.

The celebration reaffirmed the spirit of the Indian Republic and inspired young citizens to uphold the values of democracy, unity, and national responsibility.

BEYOND THE PARADE GROUND: PARADE & THEORETICAL TRAINING



February 2024: The NCC Unit of Narula Institute of Technology conducted regular **Parade Practices and Theoretical Training Sessions during February 2024**, emphasising the importance of both physical training and academic understanding in the overall development of cadets. The sessions were aimed at strengthening the fundamental skills, knowledge, and discipline required for effective participation in NCC activities.

The parade sessions provided cadets with practical exposure to basic drill movements, marching techniques, commands, formations, and coordinated group activities. Through repeated practice and collective participation, cadets were encouraged to develop precision, alertness, punctuality, and a sense of coordination. Parade training also played an important role in improving physical fitness, maintaining discipline, and developing the ability to work effectively as a team. Following instructions and executing movements in coordination with fellow cadets helped reinforce the importance of obedience, mutual understanding, and collective responsibility.



Alongside practical training, theoretical classes were conducted to familiarise cadets with the fundamental principles, objectives, and organisational framework of the National Cadet Corps. These sessions provided an opportunity to understand the significance of NCC, its motto, organisational structure, and the responsibilities associated with being a cadet. Theoretical instruction complemented practical activities by helping participants understand the broader purpose of the training and the values that the organisation seeks to instil among young individuals.

The combination of parade practices and classroom instruction ensured a balanced approach towards cadet development. While physical training strengthened discipline, coordination, and confidence, theoretical sessions encouraged awareness, understanding, and a responsible attitude towards the organisation and society.

Such regular training activities form an essential part of the NCC experience, preparing cadets for participation in institutional programmes, ceremonial parades, camps, and other activities. The sessions also encouraged consistency, dedication, and perseverance, reminding cadets that discipline and excellence are achieved through continuous learning and practice.

The training programme reflected the commitment of the NCC unit towards developing well-rounded cadets equipped with physical fitness, knowledge, confidence, and leadership qualities.

BLUE GUARDIANS: LAKE CLEANING & ENVIRONMENTAL CONSERVATION DRIVE



April 2024: The NCC Unit of Narula Institute of Technology participated in a **Water Cleaning Programme in April 2024**, organised in the vicinity of Jadavpur University, Kolkata. The initiative focused on promoting environmental awareness, protecting local water bodies, and encouraging responsible community participation in maintaining ecological cleanliness. The programme provided NCC cadets with an opportunity to contribute towards environmental conservation through active involvement in a community-oriented activity.

Water bodies play a vital role in maintaining ecological balance and supporting biodiversity. However, the accumulation of plastic waste, discarded materials, and other pollutants poses a serious threat to aquatic ecosystems and surrounding environments. Recognising the importance of protecting these natural resources, the programme aimed to highlight the need for regular cleanliness initiatives and responsible waste management practices.

The participating cadets took part in the cleaning initiative with enthusiasm and a strong sense of social responsibility. The activity encouraged awareness about the harmful consequences of water pollution and the importance of preventing waste from entering lakes and other freshwater resources. It also highlighted the role of individual and collective efforts in protecting the environment and preserving natural resources for future generations.



Beyond its immediate environmental objectives, the programme provided a valuable learning experience for the cadets. Participation in such initiatives helped reinforce the importance of teamwork, discipline, cooperation, and voluntary service. Working towards a common environmental goal encouraged cadets to understand that meaningful social change often begins with small but consistent individual contributions.

The initiative also reflected the broader objectives of the National Cadet Corps, which emphasise character development alongside community engagement and national service. By participating in an environmental conservation activity outside the institutional campus, the cadets demonstrated their willingness to extend their responsibilities beyond regular training and contribute towards the welfare of the wider community.

The water cleaning programme served as a meaningful reminder that protecting the environment is a shared responsibility. Through their participation, the cadets reaffirmed their commitment to environmental awareness, sustainable practices, and responsible citizenship.

BEYOND THE SHORE: AN EXCLUSIVE NAVAL EXPOSURE VISIT



May 2024: The NCC Unit of Narula Institute of Technology undertook an educational visit to an **Indian Navy frontline warship stationed at Khidderpore Dock, Kolkata, in May 2024**. The visit provided cadets with a valuable opportunity to gain firsthand exposure to the operational environment of the Indian Navy and develop a deeper understanding of the country's maritime defence capabilities.

The primary objective of the visit was to familiarise cadets with the functioning, organisation, and significance of naval vessels in safeguarding India's maritime interests. For young students, particularly those associated with the National Cadet Corps, such an experience offers valuable insights into the discipline, coordination, technical expertise, and commitment required in the armed forces.



During the visit, the cadets had the opportunity to observe a frontline naval vessel at close quarters and gain an appreciation of its structure, equipment, and operational significance. The experience helped them understand the importance of naval preparedness, maritime security, and the role played by the Indian Navy in protecting the nation's coastal boundaries and strategic interests.

The interaction with the naval environment also provided an opportunity for cadets to appreciate the demanding responsibilities undertaken by naval personnel. Life aboard a warship requires exceptional discipline, teamwork, technical proficiency, alertness, and a strong sense of duty. These qualities closely reflect the fundamental values promoted through NCC training.

The visit was particularly significant in broadening the cadets' exposure beyond their regular institutional training activities. It encouraged curiosity about defence services and provided inspiration to explore opportunities for serving the nation through the armed forces. Such educational visits also strengthen the connection between classroom learning and practical understanding of national security and defence infrastructure.

The visit to the Indian Navy frontline warship proved to be an enriching learning experience, leaving the cadets with a greater appreciation of the dedication and professionalism of India's naval forces.

HARMONY OF MIND & BODY: INTERNATIONAL YOGA DAY



June 2024: The NCC Unit of Narula Institute of Technology observed **International Yoga Day in June 2024**, with the objective of promoting physical fitness, mental well-being, and a healthy lifestyle among students and cadets. The observance highlighted the importance of incorporating yoga into everyday life as a means of achieving a balanced and disciplined approach towards personal health and overall development.

Yoga, an integral part of India's traditional heritage, offers numerous benefits for physical, mental, and emotional well-being. It combines physical postures, breathing techniques, and meditation to improve flexibility, strength, concentration, and inner balance. Recognising its importance in developing a healthy and active lifestyle, the programme encouraged participants to appreciate yoga as a valuable practice for maintaining both physical fitness and mental composure.

The celebration provided an opportunity for NCC cadets to understand the relevance of yoga in their regular training and daily routines. Physical fitness and mental alertness are essential qualities for every cadet, and yoga can contribute significantly towards developing these attributes. Regular practice helps improve body coordination, endurance, concentration, and the ability to remain calm and focused in challenging situations.



The programme also reinforced the significance of self-discipline and consistency in maintaining good health. Through the observance, cadets were encouraged to adopt healthier habits and recognise that fitness extends beyond physical strength to include mental stability and emotional well-being.

For the NCC unit, the celebration represented an important step towards promoting holistic development among young individuals. It aligned with the broader objectives of the National Cadet Corps by encouraging discipline, self-awareness, perseverance, and responsible lifestyle choices. The occasion also highlighted the importance of India's traditional knowledge systems in contributing to contemporary health and wellness practices.

The observance of International Yoga Day served as a meaningful reminder that a healthy mind and body form the foundation of a productive and purposeful life.