



## **NCC ACTIVITIES 2025-2026**

### **INTERNATIONAL YOGA DAY**

**Date: June 21, 2025**

**Objective:** The primary objective of celebrating International Yoga Day was to promote awareness about the importance of yoga in maintaining physical health, mental peace, and overall well-being. The theme of International Yoga Day 2025 emphasized the importance of harmony between mind, body, and society, highlighting yoga as a tool for holistic living.

**Description:** On 21<sup>st</sup> June 2025, a total of eight NCC cadets actively participated in the International Yoga Day celebration held at the Indian Institute of Advanced Study, Shimla. The cadets performed various yoga asanas and breathing exercises under expert guidance, contributing to the success of the event. Meanwhile, the remaining cadets stayed back at the college and organized a yoga session on the campus. They performed different yoga postures and demonstrated their benefits to fellow students. In addition to this, the cadets also spread awareness about the importance of yoga by encouraging students and staff to incorporate it into their daily routine.




**Outcome:** The celebration of International Yoga Day was highly successful and impactful. Cadets gained practical knowledge about yoga and its benefits for physical and mental health. Overall, it contributed positively towards promoting a healthier and more balanced lifestyle within the college and beyond.



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

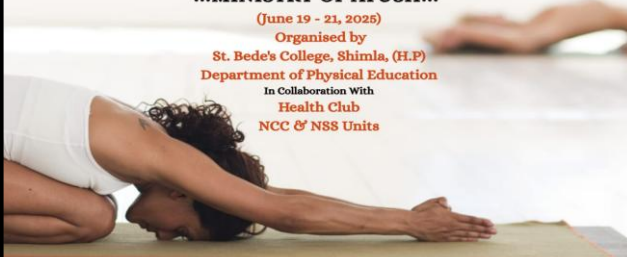


*Cadets at IAS (International Yoga Day, June 21, 2025)*

**Cordially invites you to celebrate**  
**"11<sup>th</sup> INTERNATIONAL YOGA DAY, 2025"**  
**Theme: "Yoga for One Earth, One Health"**

under the aegis of  
**...MINISTRY OF AYUSH...**  
(June 19 - 21, 2025)  
Organised by  
**St. Bede's College, Shimla, (H.P)**  
Department of Physical Education  
In Collaboration With  
**Health Club**  
**NCC & NSS Units**



**HIGHLIGHTS**  
© Yoga and Meditation Camp (June 19, 2025, Time 10.00 am to 11.30 am)  
© Yoga and Meditation Camp (June 20, 2025, Time 12.00 noon to 1.00 pm)  
© Celebration of International Yoga Day with Protocol (June 21, 2025, 9. 00 am to 10.30 am)

*Brochure*



## National Cadet Corps, St. Bede's College Shimla, (H.P)



*Cadets at college (International yoga day, June, 2025)*

## KARGIL VIJAY DIWAS

**Date:** July 26, 2025

**Objective:** The objective of celebrating Kargil Vijay Diwas was to pay tribute to the brave soldiers of the Indian Army who sacrificed their lives during the Kargil War of 1999. The event aimed to instill a sense of patriotism, respect, and gratitude among the cadets and attendees for the courage and dedication of the armed forces.

**Description:** On 26<sup>th</sup> July 2025, Kargil Vijay Diwas was commemorated at the Gaiety Theatre, Shimla. The cadets of St. Bede's College actively participated in the event and got the opportunity to be a part of this significant occasion.



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

The program honored the immense efforts and supreme sacrifices made by the Indian Army during the Kargil War, which led to India's victory against Pakistan in 1999. During the event, the fallen heroes of Kargil were remembered with great respect and solemnity. Veterans were also felicitated and acknowledged for their invaluable contribution to the nation. The ceremony was graced by Lt. Gen. Devendra Sharma, PVSM, AVSM, SM, General Officer Commanding-in-Chief, ARTRAC, who played a key role in honoring the heroes and addressing the gathering. The cadets attended the ceremony with discipline and enthusiasm, witnessing various segments of the program including tributes, speeches, and group presentations dedicated to the valor of the Indian Army.

**Outcome:** The celebration of Kargil Vijay Diwas was highly impactful and inspiring for all participants. It strengthened the sense of patriotism, discipline, and respect among the cadets. The event also helped cadets understand the significance of sacrifice and dedication towards the nation. Overall, it served as a proud and memorable experience, motivating cadets to uphold the values of the NCC and contribute positively to society



*Kargil Vijay Diwas at Gaiety Theatre, Shimla*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

## **FELICITATION CEREMONY**

**Date:** August 12, 2025

**Objective:** The felicitation ceremony was organized to recognize and honor the outstanding achievements of NCC cadets during CATC 198 and CATC 201.

**Description:** On 12<sup>th</sup> August 2025, a felicitation ceremony was held in the college premises to celebrate the remarkable success of NCC cadets. The event was organized with great enthusiasm and witnessed the presence of respected faculty members, ANOs, and cadets.

The ceremony began with a formal welcome, followed by the announcement of achievements of cadets who excelled in different competitions during CATC 198 and CATC 201. The cadets were recognized for their excellence in areas such as drills, cultural activities, sports, and other camp events. Certificates and tokens of appreciation were awarded to the winners as a mark of recognition for their dedication, discipline, and hard work. The achievements reflected the commitment and spirit of NCC cadets, bringing pride to the institution.

**Outcome:** The felicitation ceremony proved to be a motivating and inspiring event for all cadets. It boosted their confidence and encouraged them to actively participate in future NCC camps and competitions.





## *National Cadet Corps, St. Bede's College Shimla, (H.P)*



*Group Photographs*

### **ORIENTATION**

**Date:** August 12, 2025

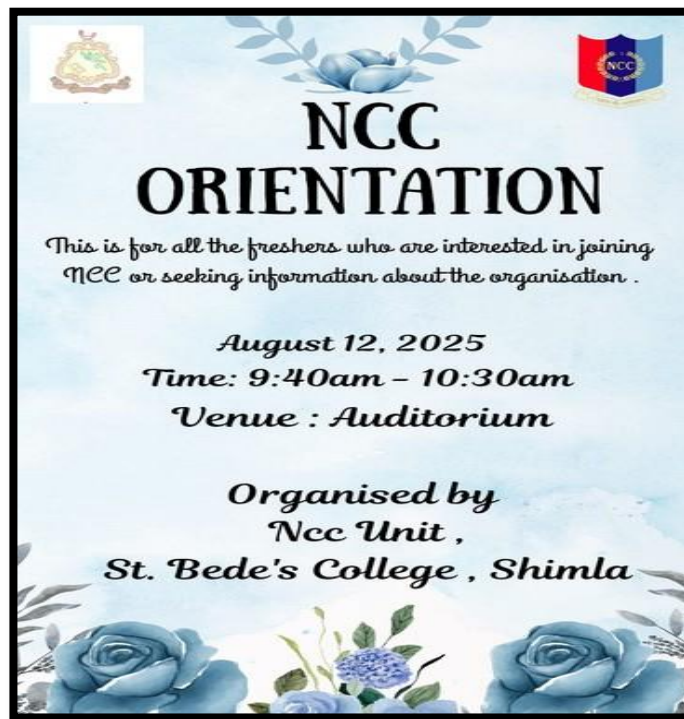
**Objective:** The objective of the orientation program was to introduce students to the National Cadet Corps (NCC), its values, objectives, and opportunities. The session aimed to motivate students to join NCC by highlighting its role in developing discipline, leadership, patriotism, and overall personality development.

**Description:** An orientation program for joining NCC was organized in the college premises for interested students. The session was conducted by the Associate NCC Officer (ANO) along with senior cadets. The program began with an introduction to NCC, explaining its history, motto, and organizational structure. Students were informed about the various activities conducted under NCC, including drills, camps, adventure activities, social service, and national-level opportunities such as Republic Day Camp and Youth Exchange Program. Cadets shared their personal experiences, explaining how NCC has helped them build confidence, leadership qualities, and teamwork skills. They also guided students about the enrollment process, eligibility criteria, and expectations from cadets. The session was interactive, allowing students to ask questions and clarify their doubts regarding NCC training, camps, and future benefits, including career opportunities in the armed forces.



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

**Outcome:** The orientation program was highly informative and inspiring. It generated interest among students to join NCC and understand its importance in shaping responsible and disciplined citizens. Many students showed enthusiasm towards enrollment, and the session successfully encouraged them to take the first step towards becoming NCC cadets.



*Brochure*



*NCC Orientation*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

## **INDEPENDENCE DAY CELEBRATION AT DHALLI**

**Date: August 15, 2025**

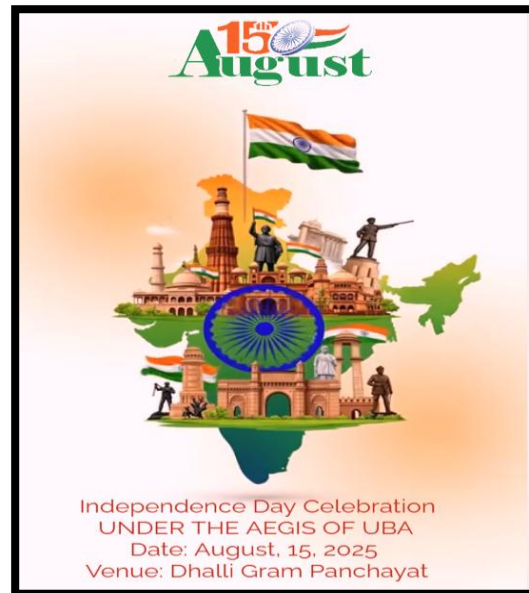
**Objective:** To commemorate Independence Day and inculcate values of patriotism, discipline, and national unity among cadets and the local community.

**Description:** The Independence Day celebration was held on August 15, 2025, at Dhalli Panchayat with great enthusiasm and patriotic spirit. The event commenced at 10:00 a.m. in the presence of NCC cadets, faculty members, staff, and local residents. The cadets, accompanied by CTO Dr. Ashwani Kumar, actively participated in the ceremony. The program began with the unfurling of the national flag by the Panchayat members along with the cadets. This was followed by the singing of the National Anthem, creating an atmosphere filled with pride and patriotism. A brief address was delivered during the program, highlighting the importance of independence, the sacrifices made by freedom fighters, and the responsibility of citizens to uphold national unity and integrity. The ceremony was conducted in a simple yet dignified manner, reflecting respect for the nation and its values.

**Outcome:** The event was successfully conducted, fostering patriotism, discipline, and a sense of responsibility among cadets. It also strengthened civil-military relations and promoted community participation.



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Brochure*



## **SUICIDE PREVENTION RALLY**

**Date: September 19, 2025**

**Objective:** The objective of the rally was to spread awareness about suicide prevention and mental health.

**Description:** A Suicide Prevention Rally was organized by the NCC cadets of the college to raise awareness among the general public. The rally began from the college gate and proceeded towards Sanjauli Chowk. Cadets actively participated with great enthusiasm, carrying placards and raising slogans related to mental health awareness and suicide prevention. Messages such as “Your life matters,” “Speak up, don’t give



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

up,” and “Mental health is important” were displayed to engage the public and spread positivity.

Throughout the rally, cadets interacted with people, encouraging them to support individuals who may be struggling and to promote kindness and understanding in society. The rally witnessed active participation and drew attention from the public, making the initiative impactful.

**Outcome:** The rally was successful in spreading awareness about suicide prevention and mental health. It helped in sensitizing the public about the importance of supporting individuals facing emotional challenges. The initiative also strengthened teamwork, discipline, and social responsibility among cadets. Overall, it was a meaningful effort towards building a more supportive and aware community.

**SUICIDE  
PREVENTION RALLY**

NCC Unit, St. Bede's College under  
7 HP (I) Coy NCC Shimla is organising a  
Suicide Prevention Awareness Rally for  
the First Year Cadets of St. Bede's  
College, Shimla.

—❖—

**DATE** : September 19, 2025  
**TIME** : 1:30 PM  
**VENUE** : College to Sanjauli  
Chowk

—❖—

**PATRON :**  
**Dr. Sr. Rosily T L**

**CTO, CONVENER**  
**Dr. Ashwani**

*Brochure*



## National Cadet Corps, St. Bede's College Shimla, (H.P)



*Group Photograph*

### SWACHH BHARAT DIWAS

**Date:** September 25, 2025

**Objective:** The objective of organizing the Swachh Bharat Diwas Swachhotsav was to promote cleanliness and hygiene among students and the community.

**Description:** On 25<sup>th</sup> September 2025, the cadets of St. Bede's College organized a cleanliness drive on the occasion of Swachh Bharat Diwas Swachhotsav. The event was conducted under the National Cadet Corps (NCC) unit of the college. During the drive, cadets actively participated in cleaning the college premises and surrounding areas. They collected garbage, removed waste materials, and ensured proper disposal to maintain cleanliness. Along with the cleaning activity, cadets also displayed posters and raised



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

slogans to spread awareness about the importance of hygiene and cleanliness. The cadets worked together with great enthusiasm and dedication, showing strong team spirit and a sense of responsibility towards society. Their efforts encouraged others to understand the importance of keeping the environment clean and healthy.

**Outcome:** The Swachh Bharat Diwas Swachhotsav was a great success. It helped in spreading awareness about cleanliness and hygiene among students and the public. The activity instilled a sense of discipline, teamwork, and social responsibility among the cadets. Overall, the initiative contributed towards creating a cleaner and healthier environment and motivated others to actively participate in such drives.



*Photographs*

### **NCC CARNIVAL**

**Date:** October 15, 2025

**Objective:** The objective of organizing the NCC Carnival was to promote unity, coordination, and cultural exchange among cadets from different colleges under the 7 HP Independent Company.

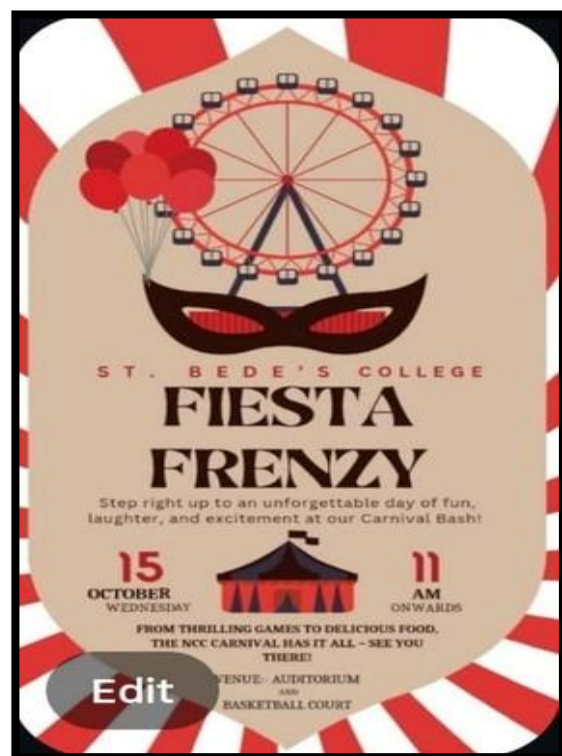
**Description:** An NCC Carnival was organized at the college with great enthusiasm and participation. Colleges under the 7 HP Independent Company were invited to be a part of this vibrant event. The carnival witnessed active involvement from cadets, faculty members, and students from various institutions. The event included a wide range of cultural activities such as dance performances, music, and other entertaining programs that showcased the diverse talents of the participants. Various stalls were also set up by the cadets, offering food, games,



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

and creative items, which added excitement and engagement to the carnival atmosphere. Cadets managed and coordinated different sections of the event efficiently, demonstrating excellent organizational and leadership skills. The lively environment, colorful decorations, and enthusiastic participation made the carnival enjoyable for everyone present.

**Outcome:** The NCC Carnival proved to be a grand success. It enhanced interaction and bonding among cadets from different colleges and encouraged teamwork and cooperation. The event also boosted confidence, creativity, and leadership qualities among the participants. Overall, the carnival created a joyful and memorable experience and strengthened the spirit and unity of NCC.



*Brochures*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Group Photographs*



## **HEALTH AWARENESS SESSION THROUGH YOGA**

**Date: October 16, 2025**

### **Objectives:**

- To promote awareness about the importance of physical fitness and mental well-being.
- To encourage students to adopt yoga as a part of their daily routine.
- To educate students about the benefits of a healthy lifestyle.
- To reduce stress and improve concentration through yoga practices.
- To foster holistic development of students.

**Description:** On October 16, 2025, the Department of Physical Education, in collaboration with the Department of Zoology and the NCC & NSO Units, organized a Health Awareness Session through Yoga under the aegis of the Ministry of AYUSH. The session aimed at promoting physical fitness and mental well-being among students. The session was conducted by Mr. Krishna Nayaka, Yoga Instructor (Govt. of India, AYUSH/YCB), Mysuru, Karnataka. He demonstrated various yoga postures and shared valuable insights on maintaining a healthy lifestyle through regular practice.

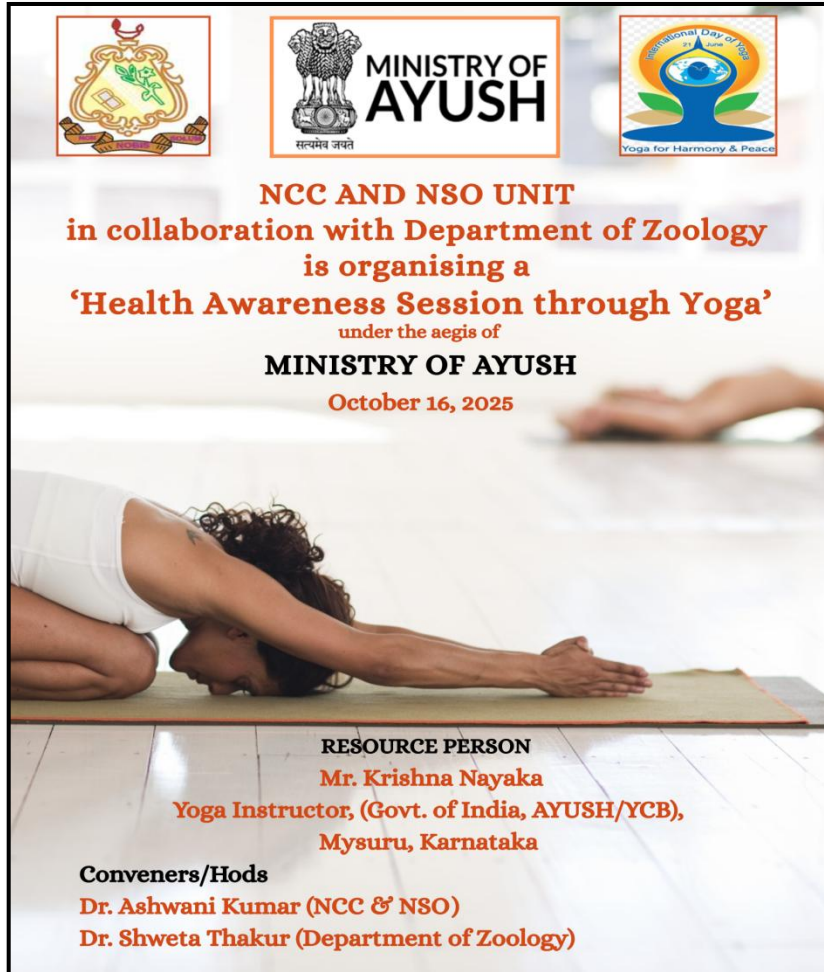
The event witnessed active participation from over 120 students, reflecting their enthusiasm for adopting healthier habits. The session concluded with an interactive discussion and relaxation exercises, leaving participants refreshed and motivated.

### **Outcomes:**

- Students developed a better understanding of the importance of yoga in daily life.
- Participants learned practical yoga techniques for stress management and relaxation.
- The session enhanced awareness about maintaining physical and mental health.
- Students felt motivated to incorporate yoga into their regular routine.



National Cadet Corps,  
St. Bede's College Shimla, (H.P)



**MINISTRY OF AYUSH**

**International Day of Yoga**  
Yoga for Harmony & Peace

**NCC AND NSO UNIT**  
in collaboration with Department of Zoology  
is organising a  
**'Health Awareness Session through Yoga'**  
under the aegis of  
**MINISTRY OF AYUSH**  
October 16, 2025

**RESOURCE PERSON**  
**Mr. Krishna Nayaka**  
Yoga Instructor, (Govt. of India, AYUSH/YCB),  
Mysuru, Karnataka

**Conveners/Hods**  
**Dr. Ashwani Kumar (NCC & NSO)**  
**Dr. Shweta Thakur (Department of Zoology)**

Brochure





*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Health Awareness Session through Yoga*



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

### **NATIONAL CADET CORPS DAY**

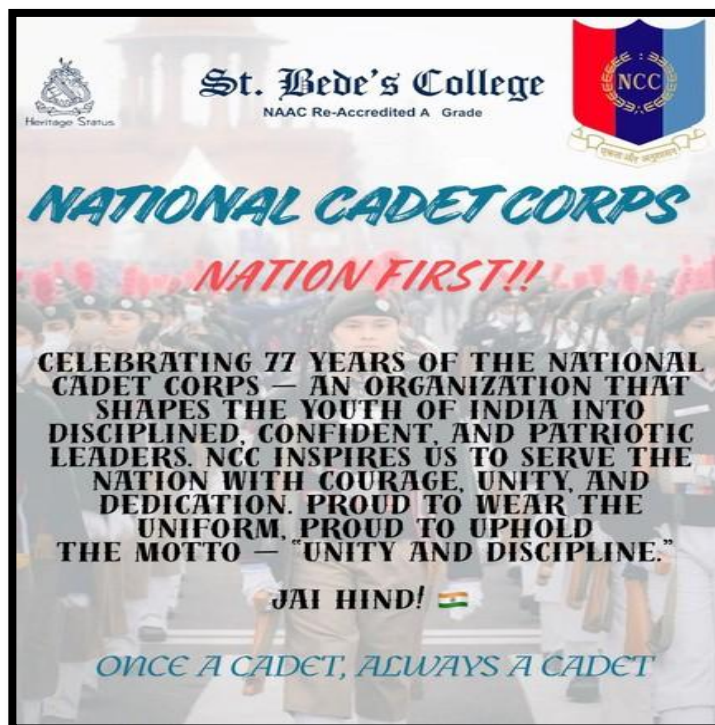
**Date:** November 23, 2025

**Objective:** The objective of celebrating NCC Day was to honor the spirit, values, and contributions of the National Cadet Corps in shaping disciplined and responsible citizens.

**Description:** On 23<sup>rd</sup> November 2025, NCC Day was celebrated with great enthusiasm by the cadets of the college. The event highlighted the importance of NCC in developing leadership, discipline, and a sense of patriotism among the youth. To mark the occasion, cadets took an initiative to spread awareness through social media by posting creative and informative content on Instagram. The post showcased the achievements, activities, and experiences of NCC cadets, reflecting their dedication and commitment.

The Instagram post included glimpses of training sessions, camps, and various activities conducted under NCC, which helped in engaging a wider audience and promoting the significance of NCC among students and the public.

**Outcome:** The NCC Day celebration was successful in spreading awareness and highlighting the importance of NCC through digital platforms. The Instagram initiative helped reach a broader audience and encouraged more students to learn about NCC.



*Instagram post*



### **CYCLING EXPEDITION (Motivational Lecture on Career Prospectus)**

**Date: November 29, 2025**

**Objectives:**

- To motivate students through real-life experiences shared by NCC cadets and military professionals.
- To promote leadership, discipline, teamwork, and perseverance among students.
- To create awareness about career opportunities in the armed forces and related fields.

**Description:** On November 29, 2025, the NCC Unit of St. Bede's College organized an interactive session featuring Wing Commander Kunal Sharma, distinguished guests, and NCC cadets who successfully completed a cycling expedition from Kullu to Shimla. The cadets were warmly welcomed and appreciated for their dedication, perseverance, and remarkable achievement.

During the session, Wing Commander Kunal Sharma shared inspiring experiences from his service in the Indian Air Force, providing valuable insights into leadership, discipline, teamwork, and career opportunities. The interactive Q&A session encouraged active student participation and offered attendees practical guidance and motivation for their future career paths.

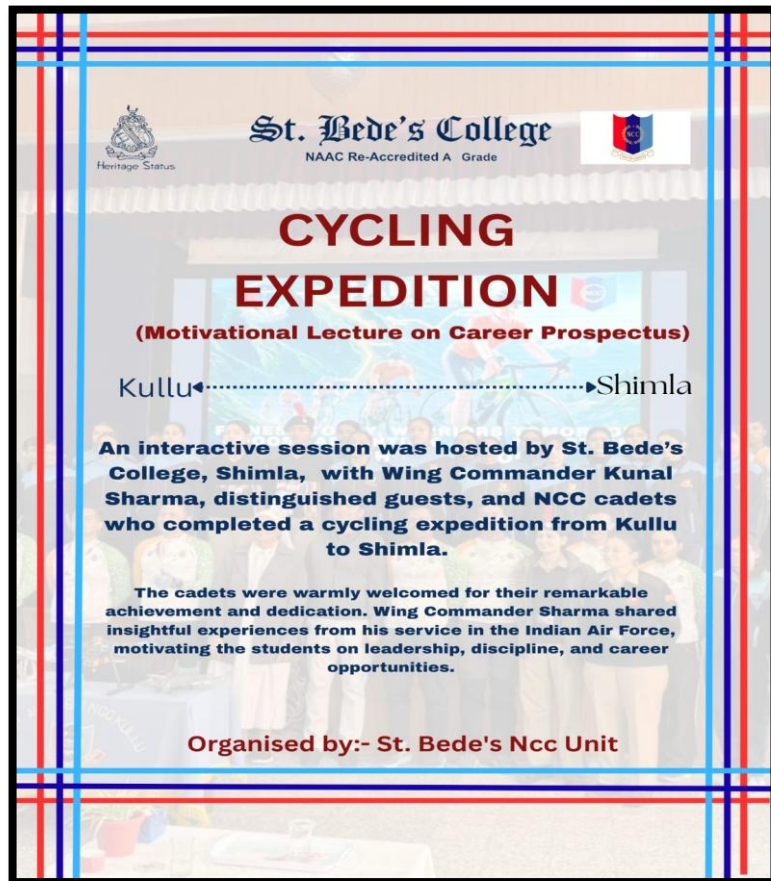
The event proved to be both informative and inspiring, leaving participants motivated by the cadets' accomplishments and the speaker's experiences.

**Outcomes:**

- Students gained valuable insights into leadership qualities and career prospects in the Indian Air Force and defense services.
- The session inspired participants to develop discipline, confidence, and teamwork skills.
- NCC cadets were appreciated for their dedication and endurance, encouraging a spirit of achievement among students.
- The interactive discussion enhanced student engagement and motivation toward personal and professional growth.



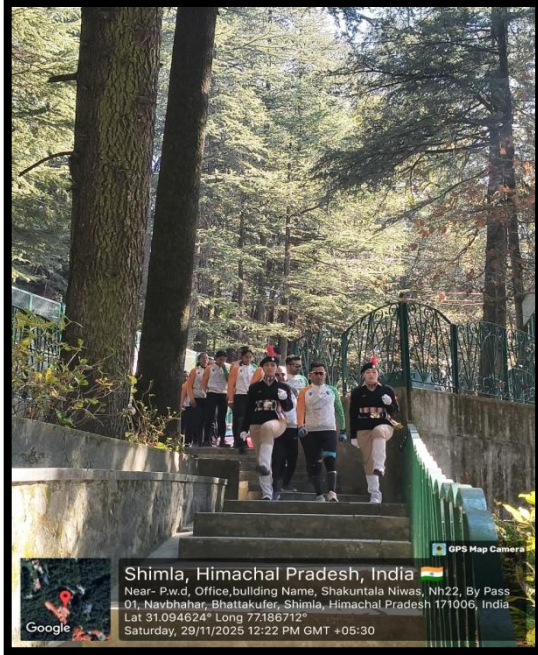
*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Brochure*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Cycling Expedition (Motivational Lecture on Career Prospectus)*



## **AWARENESS SESSION ON HEALTH AND HYGIENE IN SCHOOL**

**Date:** December 05, 2025

**Objective:** The objective of the awareness session was to educate school students about the importance of health and hygiene. The initiative aimed to promote healthy habits, personal cleanliness, and preventive measures to reduce the spread of diseases among young children.

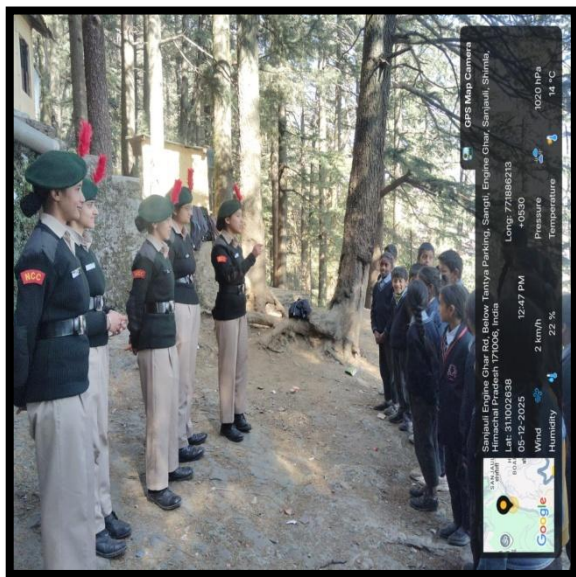
**Description:** On 5<sup>th</sup> December 2025, the NCC cadets of St. Bede's College, Shimla organized an interactive awareness session on health and hygiene. The cadets visited a nearby government school located near Rocky Knob to conduct the session. During the session, cadets educated the students about the importance of personal hygiene, including proper hand washing techniques and maintaining overall cleanliness. They explained how good hygiene practices can help prevent various diseases and contribute towards a healthier lifestyle. The session was made interactive through a question-and-answer segment, where students actively participated and clarified their doubts. The cadets engaged with the children in a friendly manner, making the session informative as well as enjoyable. Students showed great enthusiasm and interest in learning and adopting healthy habits.

**Outcome:** The awareness session proved to be highly effective in spreading knowledge about health and hygiene among school students. It encouraged children to follow good hygiene practices in their daily lives. The activity also helped cadets develop communication skills, teamwork, and a sense of social responsibility. Overall, the session was successful in creating awareness and promoting a healthier community.





## National Cadet Corps, St. Bede's College Shimla, (H.P)



*Group Photographs*

### INDIAN ARMY DAY CELEBRATION

**Date:** January 15, 2026

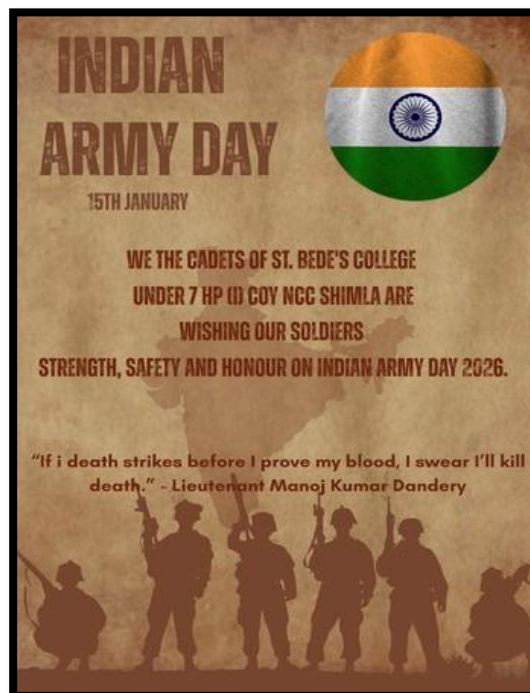
**Objective:** The primary objective of the Indian Army celebration was to encourage cadets to engage in creative activities such as poster-making and video production, enhancing their artistic and technical skills. It aimed at enabling them to utilize online platforms to share their creative work, ensuring a wider audience's participation in the celebration and appreciation of the Indian Army.



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

**Description:** On January 15, 2026, the cadets of the NCC unit, St. Bede's College, Shimla commemorated Indian Army Day through a virtual celebration. Engaging in creative endeavors, cadets crafted posters and produced an innovative video capturing the essence of the occasion. This creative output was subsequently shared across online platforms such as Instagram and YouTube, allowing for wider outreach and participation in honoring the Indian Army's contributions.

**Outcome:** The virtual celebration of Indian Army Day successfully met its objectives by honoring the Indian Army, fostering creativity and innovation among the cadets, promoting digital engagement and increased awareness about patriotism.



*Instagram post*

## **REPUBLIC DAY CELEBRATION**

**Date:** January 26, 2026

**Objective:** The primary objective was to instill patriotic sentiments and a sense of national pride among the cadets and citizens. It aimed to highlight India's rich cultural heritage.

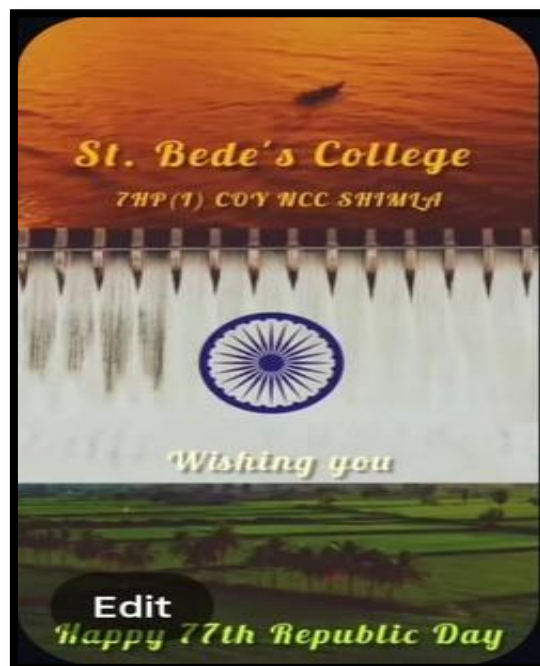
**Description:** On January 26, 2026, a group of 13 cadets came together to create a video commemorating India's Republic Day. This video production featured a collection of posters adorned with patriotic slogans, serving as a heartfelt tribute to the democratic principles enshrined in the Indian Constitution, which serve as the guiding light for our nation. The



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

video not only celebrated India's rich cultural heritage but also highlighted the unity in diversity that defines the nation. It captured the grandeur of the Republic Day celebrations in New Delhi, symbolizing the collective spirit of the Indian people in upholding the values of democracy and unity.

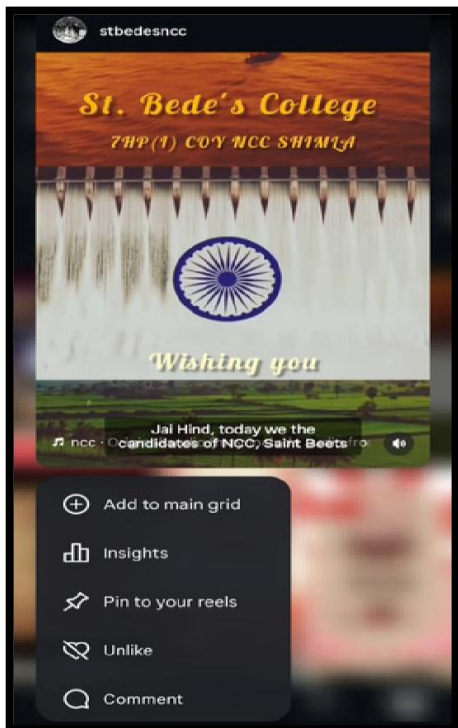
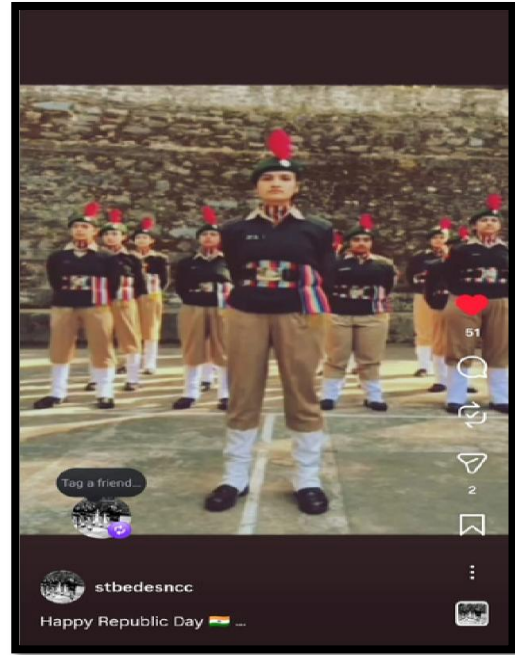
**Outcome:** The creation and dissemination of the Republic Day video resulted in fostering a sense of pride and patriotism among the cadets and viewers.



*Instagram post*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Glimpses from the Video*



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

### **CLEANLINESS DRIVE**

**Date:** February 26, 2026

**Objective:** The objective of the cleanliness drive was to promote environmental awareness and encourage cadets to actively participate in maintaining cleanliness in public spaces. The initiative aimed to instill a sense of social responsibility and contribute towards a cleaner and healthier environment.

**Description:** On 22<sup>nd</sup> February 2026, the NCC cadets of St. Bede's College, Shimla, under 7 HP (I) Coy NCC, organized a cleanliness drive at Khalini in collaboration with the cadets of Rajiv Gandhi Government Degree College (RGGDC), Kotshera. Upon reaching the designated location, specific areas were assigned to the cadets for cleaning. The cadets actively and responsibly carried out the task by collecting litter, segregating waste wherever possible, and ensuring its proper disposal. Necessary precautions were taken throughout the activity to maintain safety and hygiene. The drive was conducted with great enthusiasm, discipline, and teamwork. Cadets worked in coordination, showing dedication towards the task and contributing positively to improving the cleanliness of the locality.

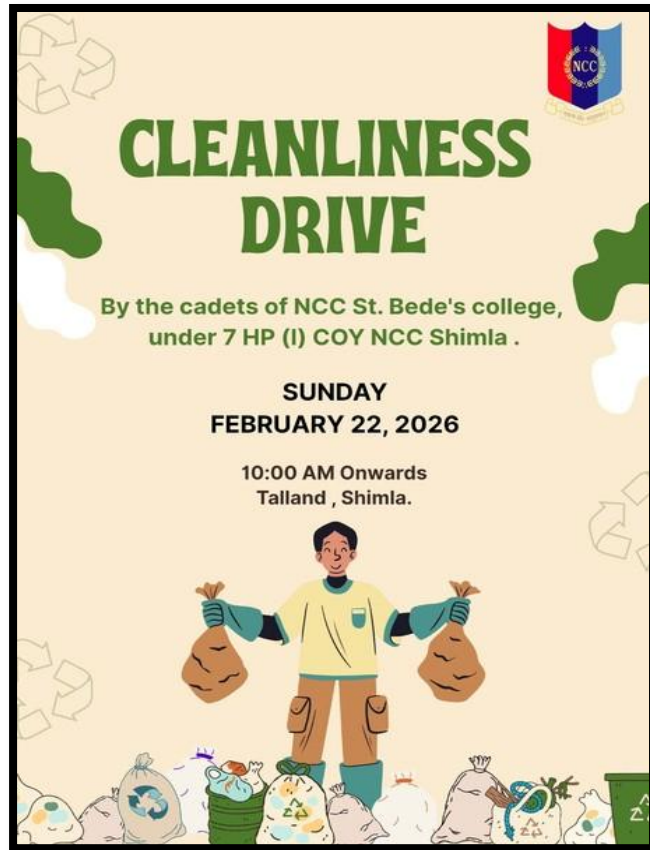
**Outcome:** The cleanliness drive was successfully completed and proved to be highly effective. It not only improved the cleanliness of the area but also strengthened the spirit of teamwork, discipline, and environmental consciousness among the cadets. The activity reflected the commitment of NCC cadets towards community service and nation-building.



*Glimpses of the event*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Brochure*

## **NCC RAISING DAY**

**Date:** March 09, 2026

**Objective:** The objective of celebrating NCC Raising Day was to commemorate the establishment of the NCC unit in the college and to promote the core values of discipline, leadership, and service to the nation. The event aimed to motivate cadets and highlight their training, dedication, and achievements.

**Description:** On 9<sup>th</sup> March 2026, the NCC cadets of St. Bede's College, Shimla, under 7 HP Independent Company NCC, celebrated the 6th Raising Day of the college NCC unit with great enthusiasm and discipline. The program began with an impressive drill parade presented by the cadets. The parade showcased their coordination, discipline, and confidence, reflecting their rigorous training and dedication. The performance was highly appreciated by the audience.

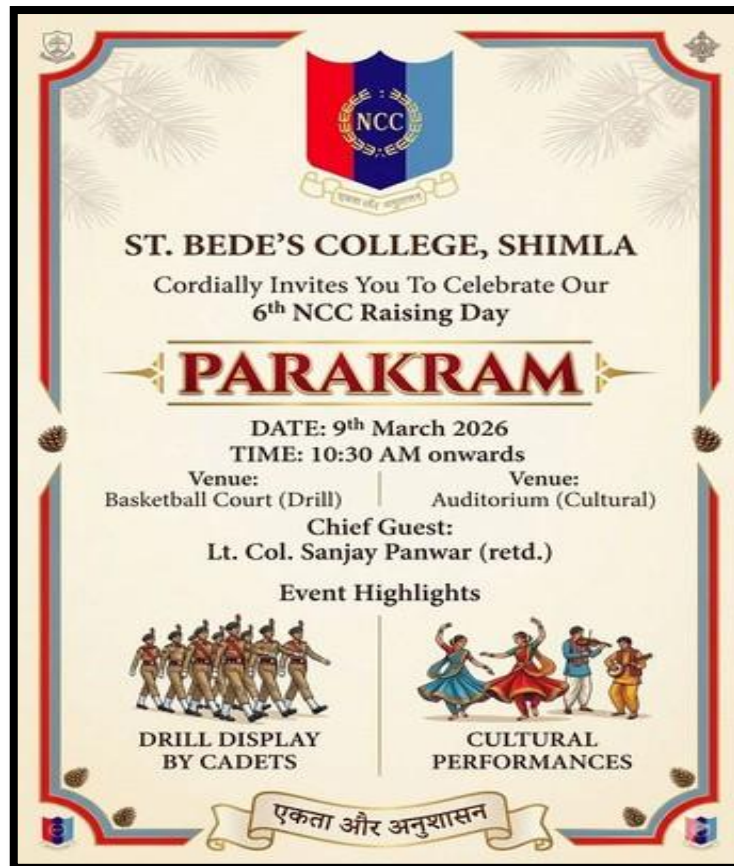
This was followed by a cultural programme in which cadets actively participated and presented various performances, adding energy and vibrancy to the celebration. The event was



## *National Cadet Corps, St. Bede's College Shimla, (H.P)*

graced by the Chief Guest, Lt. Col. Sanjay Panwar (Retd.), Co-Founder of STRIKE and a distinguished Kargil War Veteran. In his address, he inspired the cadets by emphasizing the importance of discipline, courage, and self-defense skills in life.

**Outcome:** The NCC Raising Day celebration was conducted successfully with great enthusiasm and teamwork among the cadets. The event strengthened the spirit of unity, discipline, and leadership. It also motivated cadets to continue striving for excellence and serving the nation with dedication. Overall, the celebration was meaningful and reinforced the core values of NCC.



*Brochure*



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Glimpses of the event*



## **SELF DEFENSE WORKSHOP**

**Date:** March 09, 2026

**Objective:** The objective of the Self-Defense Workshop was to equip NCC cadets with basic self-defense skills, enhance their awareness, and build confidence to handle real-life threatening situations.

**Description:** A Self-Defense Workshop was conducted at St. Bede's College, Shimla, for NCC cadets by STRIKE, India's first self-defense training company. The session was led by experienced trainers who specialize in providing training to various institutions and security forces, including CRPF and state police. During the workshop, trainers demonstrated a variety of practical self-defense techniques and strategies that can be applied in real-life situations. The cadets were not only shown these techniques but were also given the opportunity to practice them under expert supervision, making the session highly interactive and engaging. The training focused on important aspects such as awareness, quick response, presence of mind, and basic defensive skills. The instructors also shared practical tips and tricks to ensure personal safety in challenging situations, which made the workshop informative and useful for all participants.

**Outcome:** The workshop proved to be highly beneficial for the cadets as it enhanced their confidence and provided them with practical knowledge of self-defense. The participants showed great enthusiasm and actively took part in all activities. By the end of the session, they developed better awareness, improved reflexes, and gained essential skills to protect themselves effectively in difficult situations.



*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*

St. Bede's College  
NAAC Re-Accredited A Grade

Self Defence  
Workshop

By Strike

Organised by:  
St. Bede's College NCC Unit

Date | Time:  
March 9, 2026 | 12pm onwards

Venue:  
St. Bede's College ,Shimla

*Brochure*





*National Cadet Corps,  
St. Bede's College Shimla, (H.P)*



*Glimpses of the Workshop*