

# NCC NAVY WING ANNUAL REPORT 2021-22

## ENVIRONMENT DAY

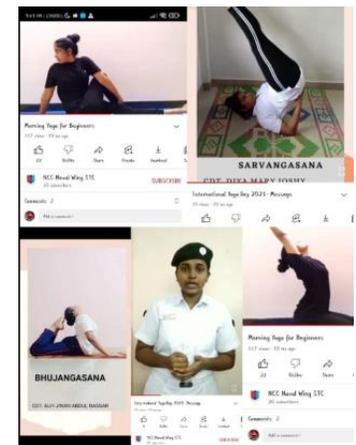
On 5th June 2021, in connection to World Environment Day, the cadets of NCC Naval Wing, St. Teresa's College (Autonomous) took the initiative to spread awareness on this year's theme, "Ecosystem Restoration".



All cadets planted one or more saplings as well as cleaned their house and its surroundings. The cadets also made a tutorial video on how to upcycle waste paper to create eco-friendly paper pens and shared the same on social media platforms. They also spread awareness on "Ecosystem Restoration" while distributing eco pens to friends and neighbours.

## YOGA DAY

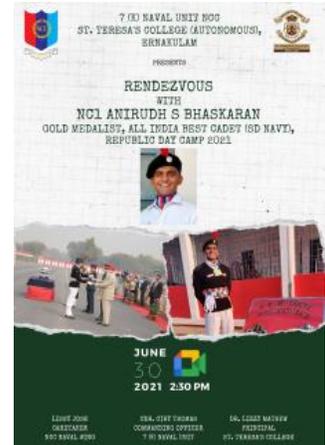
On 21 June 2021, the Naval Wing of St. Teresa's College (Autonomous) organised a number of programmes in connection with International Day of Yoga.



The cadets prepared a video that conveyed the benefits of yoga as well as a tutorial video on 'Yoga for Beginners' and circulated them through various online platforms. All the cadets actively participated in the celebrations by practising yoga along with their family members at their home. The cadets also attended an online session on 'The Importance of Yoga in our Daily Life' along with the cadets of NCC Army Wing of St. Teresa's College (Autonomous), Ernakulam.

## MOTIVATIONAL WEBINAR

On 30th June, 2021 the NCC Naval Wing organised a webinar, “Rendezvous with NC1 Anirudh S Bhaskaran”. NC1 Anirudh S Bhaskaran who bagged the gold medal for ‘All India Best Cadet (SD Navy), 2021 was the resource person. He familiarised the cadets with the rigorous selection procedure as part of the Republic Day Camp by sharing the experiences of his own journey to become the All India Best Cadet (SD Navy). Afterwards, the cadets had a meaningful interactive session with the resource person. The webinar was concluded by a vote of thanks by CTO, Mrs. Lissy Jose.



## SAILING EXPEDITION - 2021

NCC Directorate of Kerala and Lakshadweep conducted a backwater sailing expedition in Kochi for senior division cadets of Naval NCC. The expedition organized by 7 (K) NU NCC, under the Ernakulam group headquarters commenced on 3<sup>rd</sup> of November. The expedition was inaugurated by Major General M S Gill. It commenced from Seamanship School, Naval Base, Kochi and covered an approximate distance of 150 km on the Kollam - Kottapuram NW-3.

The expedition began on two whaler boats and one rescue boat. Towing, boat pulling and sailing were the main activities. The senior division cadets were trained on boat handling, rigging, boat pulling orders and rope works during this venture. 3 SW cadets from St. Teresa's College, Ernakulam NC1 Nandana Anil, NC1 Amy Liz Dipu and NC1 Dana K Augustine attended the expedition.

Additional Director General of Kerala & Lakshadweep NCC Directorate, Major General M S Gill and Group Commander of Ernakulam NCC Group HQ's Commodore Hari Krishnan were present to witness the final lap of the expedition on November 9, 2021. The expedition taught the cadets to overcome the toil due to bad weather at sea and various aspects of life and labor at sea.





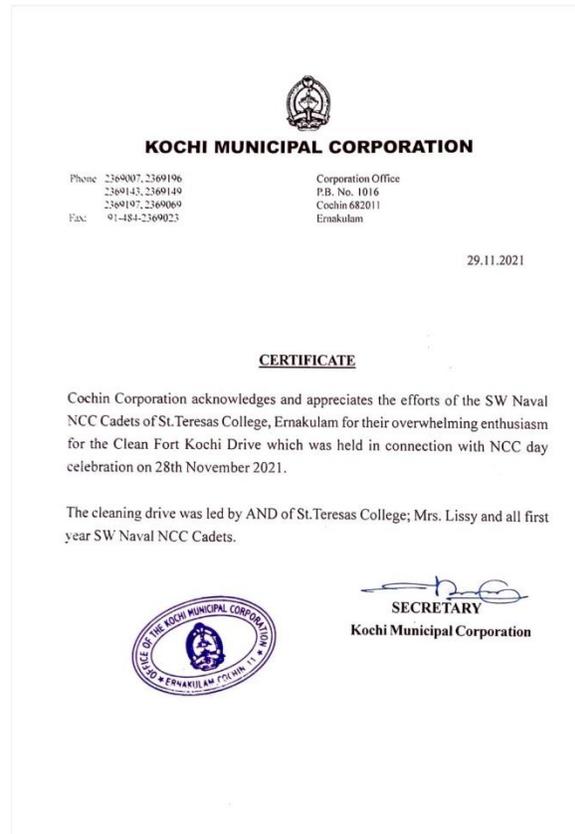
## **CLEANING DRIVE AT FORT KOCHI**

In connection with NCC Day celebrations 2021, on 28th November 2021, the first year cadets of Navy Wing along with CTO Mrs. Lissy Jose, carried out a cleaning drive at Fort Kochi. After the flag hoisting ceremony at college as part of the NCC Day celebration, the team arrived at Fort Kochi Beach where they met with the Division Councillor as well as a health inspector arranged by Kochi Municipal Corporation. On being escorted to the area to be cleaned – a garbage-filled passage near the historic, Vasco Da Gama Square, leading to the Fort Kochi Beach – the cadets distributed trash bags and gloves and got to work. The entire waste was segregated into biodegradable and non-biodegradable items. A garbage truck was also arranged by the Corporation to transport the waste that was removed from the area.

NCC Navy Wing, also received a Certificate of Appreciation from Kochi Municipal Corporation for the good work.







## COLLAGE COMPETITION

In association with Indian Navy Day Celebration, NCC Navy Wing of St. Teresa's College conducted an inter-collegiate collage making competition on the theme, 'In Silence They Stride'. Students from different colleges participated in the competition. Ansiyah K Aboobacker of B.Com Taxation (Regular) Department, St. Teresa's College won the first place. E-certificates were awarded to the winners and participants.



## BLOOD DONATION

On 18th December 2021, imbuing the Christmas spirit, the cadets took part in a blood donation drive. 5 cadets each from both first year and second year participated. However due to unforeseen circumstances,

only two among us could donate. Although it did not go as planned, the cadets gained new insights about the importance of donating blood.

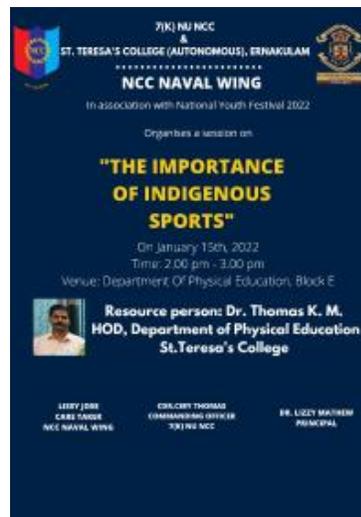


## NATIONAL YOUTH FESTIVAL

On 15th January 2022, in connection with National Youth Week 2022, the NCC Naval Wing organised a session on 'THE IMPORTANCE OF INDIGENOUS SPORTS'. The first and second year cadets attended this session. Dr. Thomas K.M., HOD of the Physical Education Department, St. Teresa's College was the resource person.

Dr. Thomas K.M. explained how major sports around the world originated from indigenous games or 'Nadan Kalikal'. He shared his childhood experiences and adventures while comparing them with the present-day games played by children. He elaborated on how these indigenous games and sports help children to develop motor skills, gain better eye-hand coordination, to foster camaraderie and Sportsman spirit, and to build muscle strength.

The programme was concluded by a vote of thanks given by the CTO, Mrs. Lissy Jose.



## ATC (Annual Training Camp) 2022

Annual Training Camp (ATC) is a 10-Day combined training camp for NCC cadets to prepare them for B and C certificate examinations. The camp was cut short from 19 January 2022 to 25 January 2022 due to covid restrictions. The camp focused on both personality development and physical training. The camp at Science Block, St. Teresa's College, was conducted exclusively for SWs. 17 SW cadets from St. Teresa's College (Autonomous), 6 SW cadets from Maharaja's College and 10 SW cadets from St. Alberts College (Autonomous) attended.



Aimed at the overall development of the cadets, the camp included practical sessions on foot drill, arms drill, weapon training etc. Theory classes on common subjects were taken by ANOs/CTOs and naval subjects by PI staff during the afternoon session. The final day of the camp was a day of celebration and felicitation with cultural programmes. A mismuster camp was also organised at S.H College, Thevara from 7<sup>th</sup> to 11<sup>th</sup> Feb 2022.



## CYCLE RALLY

On 11th February 2022, SWATCHHTA PAKHWADA CYCLE RALLY was conducted by 7(K) NU NCC in which 5 cadets from St. Teresa's College took part. By 6:30am all cadets had arrived near the Subhash Park entrance. The rally lasted for two and a half hours and ended at Marine Drive by 9.00 am.



## FLAIR 2.0

On 12th March 2022, 6 cadets from St Teresa's College (Autonomous) participated in the inter-collegiate Royal Albertian Fest "FLAIR 2.0". The cadets participated in group song, face painting, extempore and quiz and secured first place in the face painting competition.



The competition provided the cadets with an opportunity to show sportsmanship as well as to witness talents from different colleges.

## SHIP VISIT

On 25 March 2022, 7(K) Naval Unit NCC organised a Ship Visit at Kochi Naval Base in which a total of 87 cadets participated from different colleges in Ernakulam. 32 cadets from St. Teresa's College (Autonomous) took part.

The cadets got an opportunity to listen to and interact with Lt. Cdr. Vartika Joshi who was the skipper of a team of 6 young women officers of the Indian Navy who circumnavigated the globe on an Indian-built sail boat INSV Tarini in an endeavour called Navika Sagar Parikrama from 10 September 2017 – 21 May 2018.

The officer shared her experiences of the voyage, ordeals endured and how the experience transformed her as an individual. She also spoke about the myriad opportunities that the armed forces, especially the Indian Navy provide for adventurous and courageous young people.

Naval officers Lt. Shubhangi and Sub Lt. Roopa A showed the cadets around the two sail boats of the Indian Navy used for circumnavigation, INSV Tarini and INSV Mhadei and explained their components and working mechanism.



The cadets also got an opportunity to visit the sailing ships INS Tarangini and INS Sudarshini besides INS Nireekshak which is used for submarine rescue operations and could interact with the naval personnel on-board.



## **PUNEET SAGAR ABHIYAN**

On 5th April 2022, the Kerala and Lakshadweep Unit of NCC conducted a cleaning drive at Fort Kochi in association with Puneet Sagar Abhiyan to commemorate National Maritime Day. A total of 40 cadets participated in the event, of which 10 SWs were from St Teresa's College (Autonomous), Ernakulam. The occasion was inaugurated by Kochi Corporation Councillor, Adv. Anthony Kureethara and ex CC Thomas Joseph.

The cadets cleaned a large strip of the beach in an hour's time filling around 5 bags with plastic and other non-degradable waste. After the cleaning, the first year cadets performed a street play on the hazards of marine debris.



## A DAY AT SEA

As part of Azadi Ka Amrit Mahotsav celebrations, a two-day sailing event was conducted by 7 (K) NU NCC from 16th April 2022 to 18th April 2022. 30 cadets in total were given the opportunity to participate in it, of which 3 were from St Teresa's College (Autonomous). The cadets got an opportunity to be on board INS Magar as well as INS Sunayna. The cadets were able to witness many activities such as Halo deck operation, Light jack stay, rescue drill in helicopters etc. The SDs were given a chance for boating, firing- counterattack when enemies attack the ship, anchoring, hoisting the Naval Ensign when approaching port and many more.

Overall, the sailing event proved to be a unique experience. The cadets got a chance to see and understand the work culture of the Indian Navy. The overnight stay in the ship and viewing the world from sea was a exciting experience for the cadets.



## SHIP MODELLING CLASSES

Ship modelling is an activity wherein the cadets from different subunits are taught to make models of boats, yacht, ships of the Indian navy. It is an important part of naval training for an NCC cadet. Ship modelling competitions are held during RDC, NSC, ATC camps. Models are of different types like Solid model, Working Model or a Sailing Model.

Firstly, cadets are introduced to various ship models and the different parts of the ship. In the first stage, the cadets are taught to build an elementary solid model (INS TRISHUL) for which parts were provided in the kit and then to assemble them with the help of a sequential drawing supplied with the kit.



In the second stage cadets are required to build powered models and sailing yachts out of kits, which contains pre-cut parts, marine fittings and

construction plan. These steps are followed to enable the ship modeller to finally construct advanced models from full scale plans using only readily available materials. This year, two cadets from the Navy Wing – NC2 Annie Rose and NC2 Suvarna Lakshmi S Rao could attend the ship modelling classes.