

CAMPS OF NCC

NCC conducts over 1450 camps annually on a regular basis as a part of its training. The camps help the cadets to develop camaraderie, teamwork, leadership qualities, self-confidence, self-reliance and dignity of labour. The Republic Day camp is the acme of NCC training. There are some camps which only the luckiest ones get a chance to attend, like the Para Basic Course in which only 20 boys and 20 girls are selected all over India per course.

Annual Republic Day Camp

The Annual Republic Day Camp (RDC) is held at Garrison Parade Ground, Delhi Cantt every year from 01 Jan to 29 Jan. A decided set of selected NCC cadets from all States and Union Territories attend the camp. This camp represents all parts of India and is a 'Mini India' in itself. The camp is normally inaugurated by the Vice President of India in the first week of Jan and culminates with the Prime Minister's Rally on 28 January. It is a matter of great pride for a cadet to be selected to represent his/ her state in the Republic Day Camp.

The aim of the Republic Day Camp is to enhance the self-confidence of cadets, deepen their value systems and provide an exposure to the rich culture and traditions of our nation and the important events that take place in the National Capital during the run up to the Republic Day. Projection cherished ideals and capabilities of the cadets of the NCC is intrinsic. The camp portrays a reflection of 'Mini India'.

The selection for RDC starts as early as August or sometimes even earlier which takes place in various stages. First you need to be selected from your squadron or your troop(college/institution) next will be your inclusion in the Battalion team that you will represent. You will have a small competition amongst the two battalion and the best in it will be handpicked to represent your group. After the Group team has been selected you will have to compete with other Groups of NCC in your Directorate, IGC (Inter Group Competition), which is followed by PRE RDC-1 ,2 and 3 respectively. The 3rd PRE RDC is also the kitting camp. Now for the selections, the duration depends on the Directorate you belong to and the number of camps is also subjective.

Areas which you will be selected upon-**Foot drill, Rifle Drill, Cultural, Flag Area, National Integration Programme, Best Cadet.**

It is not necessary you need to be in everything but the point is if you are part of even one area from the above you must be an integral part of it, something like if you're not present in that team there is no replacement and believe me your selection is easy as a Pie. Selection in RDC en-route to YEP and it add some points to your overall personality as well as qualifying certificate.





National Integration Camps (NIC)/ Special National Integration Camps (SNIC)

National Integration Camps and Special National Integration Camps are conducted to make cadets understand and value the rich heritage of cultures that forge unity despite the diverse languages, traditions and religions of our country. These camps are conducted on an all India basis and help bridge the cultural gap among various states of India. 37 National Integration Camps are conducted every year. In addition, six Special NICs are conducted in the extremities of our country at Leh / Srinagar (J&K), Dimapur (North Eastern Region), Peddapuram (Kakinada), Badabagh (Jaisalmer), Lakshadweep and Port Blair. National Integration Camp has been conducted to create awareness about heritage and culture of the country and to inculcate the qualities of leadership, discipline, team work and character building among the cadets. The camp will also provide an opportunity for cadets to interact with cadets of different states, work with them and gain experience from each other which enables them to identify the variation of culture, heritage, customs, traditions and socio-economic conditions.

The objective of the camp is to create a process by which diverse youth and culture are synthesized into a unified whole in order to achieve harmony, common identity and above all national consciousness. The aspiration of this camp is to assimilate the entire youth into a common identity of the NCC Cadets with the motto 'Unity and Discipline.' Further all training in the NCC is conducted in a military environment, so as to help the cadets inculcate the finer qualities of military heritage. It helps in developing discipline and ability to work hard, which gives them a sense of purpose and helps them overcome the trials, tribulations and complexities of their adolescent years.

If your motto is learning then NIC is the best camp for it. Yes, you will not learn the usual drill, firing, and those training activities which will make you physically tough but NIC will teach you how you can be a better human. You help each other, you teach each other and they you fight with each other. :) When you will interact with people, you yourself realize that how amazing is our country and how diverse is its culture.

The main aim of this camp is community living. As compared to all other camps which lay emphasis on drill, PT, Weapon training, etc. The focus of NIC is on cultural activities. And if you see from my point of view, you are put to live with people from all over India. A diverse country in which more than 400 languages are spoken. You'll get to know about the culture of every part of India. Many

competitions are organised i.e. Singing, Dancing (Group and maybe solo also), Skit, Quiz etc. Drills, firing, OT etc are not organised at NIC/SNIC.

NIC is a camp which will help you in building long lasting relations with not only the cadets but also the Defence Officers. You play, you dance, you make friends, you learn and then you unlearn, new culture, and moreover you build yourself. NIC is a **mini INDIA**. You might not get a chance to meet the people of different regions of your country so easily, but at NIC you have them with you. Just listen to the stories they have from their region.



Thal Sanik Camp

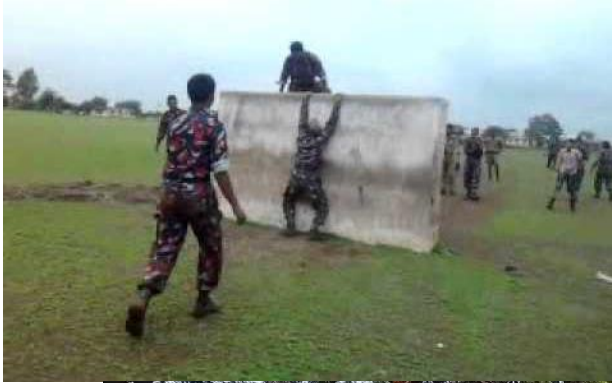
The TSC is a 12 days camp conducted in Delhi every year in the late autumn, in which the cadets are selected from all 17 directorates (30+3 cadets from each directorate), by the selection procedure conducting 3 pre-TSC camps each of 10–12 days in a week interval. The selected cadets then are sent to the TSC to represent their respective directorates in the following competitions:

- Obstacle course - In which the obstacles includes 6-feet wall, zig-zag, double ditch, balancing, 3-feet bar, left bar, right bar, incline, etc. It is done after wearing full tactile gear with rifle.
- Firing - It consists of two types - Shooting (Grouping, Snap-shooting & Application) & Advance Firing (Standing, Kneeling & Lying positions). It is done with a standard .22 caliber rifle at the range of 25 meters & 50 meters.
- Map Reading - It includes working with Prismatic Compass, service protector & a map. It is conducted in the day or at night for finding 'North', 'Grid Positions' & 'Own Position', with the help of landscapes at the unknown location in which cadets are dropped.
- Home Nursing - It consists of medical activities, as how to aid & heal a soldier in war.

The directorates also get marks by the inspection of their respective accommodations, dressing and some extracurricular activities by the inspecting squad. Arranging the numbers, the winning directorate gets a cup with decorations from the Director General, NCC on the closing day of the TSC. Two concurrent TSCs are conducted at RD Parade Ground, Delhi Cantt every year. i.e. S D / JD boys and SW / JW girls. 640 Boy and 640 Girls cadets take part in this camp.

TSC is for people who can wake up at 4 do obstacles till 8 and go for rifle shooting and then map reading field signals and judging distance and get themselves ready for line area and after this tiring day can still in those health and hygiene classes. Following are the topic of interest in TSC-**For obstacle race**, have great stamina, torso strength and strong core. You can start running 5km within 20minutes. Further, increase resistance using ankle weights for short runs. Since, one obstacle is climbing up a wall. Most cadets take time here. If you can make others' weakness your strength, then you could save 4–5 seconds here. Bring pushups and pull ups in your daily routine along with core exercises. You can give plyometrics a shot. Second is shooting. The more is the stability in your hand after carrying weights, the better your shooting will be. Good torso strength

will definitely give you an edge over others. To improve stability especially in standing position, do musketry. For this, hold a brick each in both hands and stretch your arms sideways making a "T" shape. Hold the position for a minute. Repeat the exercise 10 times. Further go on adding more repetitions to your sets or increase your sets. **Judging distance** is purely field work. All you can do before TSC is be familiar with Cadets' handbook. **Health and hygiene**-TSC involves tiring schedule leaving no time to sleep. We (my friends and I) used to pay full attention in health and hygiene class(though everyone feels sleepy) and sleep once we reach the barrack and on our way to firing range. This way you need not to sacrifice your sleep for health and hygiene. To save even more time, prepare health and hygiene beforehand using cadets' hand book. At least read it once. This will end up saving a lot of time. **Field signals**-It is easiest of all. Very easy to remember. But no one told us that field signals is more about drill, command, loudness, confidence and chatki. Because everyone knows the signals, drill makes all the difference. **Map reading**-Two categories will be there, land-to-map and map-to-land. S. M. sir will train cadets well. Just have a brief knowledge about the same. **Tent pitching**-Strength and speed makes all the difference. It is fun. Prepare strategy keeping heights in mind. Bonding, cooperation and clarity are time savers. **Line area**- It is about keeping your barrack dust-free(well, that's good) , bedsheet crease-free to such an extent that one has to sleep either on ground or on other beds. A lot of painting is to be done on the floors.



Paratrooper's Camp

They are full of adventure; Cadets who want to experience something adventurous must attend them. Create memories never forgotten. The cadet who wants to participate, have a good stamina for walking. This camp is full of adventure. Adventure knows no heights and no limits; it is free-willed, independent and liberated. Only those who are capable of taking risks experience adventure.

The Para Basic Course is held twice in a year in the months of September and November.

Each camp has got 40 reserved vacancies for NCC cadets – 20 for SWs (girls) and 20 for SDs (boys). DG NCC allots the vacancies to 17 directorates based on their strength. Directorates with higher strength get more vacancies than directorates with less strength. Generally, the directorates with higher strength get no more than 2–3 vacancies, 4 is extreme. So, DDG allots vacancies to each group headquarter, one at a time. These groups, in turn, allot the vacancies to the respective units/squadrons under its command. The unit getting the vacancy is no more than lucky enough than the person chosen to go for the course. The physical requirement of this course is running 1 km in 4 minutes, 5–6 pull-ups, 22 push-ups and 36 squats. So, it needs very good stamina to be a paratrooper. The training and selections of the interested candidates start from about 4 months before the camp. And only the luckiest and fortunate person gets to be one of the chosen few. They are interviewed at the unit level, group level and then directorate level to be a part of the Para Basic Course.

The minimum criteria are as follows (but the required criteria is way-way higher than this):

- 1 km run in 4 mins
- 36 squats
- 32 sit-ups
- 5 pull-ups
- 22 push-ups

Now, since this is a very prestigious camp, the competition for this is also very high, due to which the standards are also raised higher.

It now all depends on your directorate to select cadets based on new standards. But when you get into PTS, all the training will seem easier because they'll follow

their set standards and also because NCC cadets will have very less time for this course.

The Para Basic Course:

In this course, you are entitled to 3 jumps during the daytime and if time permits, you will do all the 5 jumps (including one-night jump and one with equipment). The camp lasts for about a month. The initial days are to train and build stamina and confidence of cadets to make the jumps.

The training for Para Basic Course is held at Paratroopers Training Schools, Agra along with all the Indian commandos. Yes, Para, MARCOS, NSG and GARUD will be your roommates and course mates at PTS. You will be shocked to witness the simplicity holding very high potential. Not in your lifetime, you will probably see so many commandos at the same time at the same place. For the place of stay, you will be staying at Army Airborne Training School, located just beside Air Force Station, Agra.

The Daily Routine:

The routine starts with waking up at 4 – 4:30 in the morning, getting fresh and some exercise. This is followed by a light breakfast (because there's no time to eat breakfast). The ground training for Para Basic Course is 12 days. Then you have to report at PTS in the morning between 6:00 – 7:00. Then starts the day! You will be running, warming up and exercising for the next 45 minutes to 1 hour. This will be the first period. In the next subsequent periods, you will be given para jumping related training. This will go on until the afternoon when you will head back to AATS for lunch. If there is a class, you will again report back to PTS. If not, you will get some rest and then time for the evening run. In the evening, you will be exercising and playing sports/games, after which you will get freshen up and get ready for dinner. The time left is socializing time with your course mates. It is followed by Night Roll Call and lights off! This will go on for 12 days. In these 12 days, you will be shown how Parachute is packed and repaired at PPRC one day. And one day, you will experience flying in IAF AN-32 from which you will have to jump later.

After you have completed your course, you will be authorized to wear the Para-Wings on your uniform. Although maroon beret is not authorized for NCC cadets, permission from the unit CO can be taken to wear it.

