



# LAKHMI CHAND INSTITUTE OF TECHNOLOGY

## Bilaspur (C.G.) 495001



## NCC Activities 2021-22

S.No.	Name of Activity	Date & Place	Beneficiary
1.	Poster making for Awareness of Water Preservation from home	22 Mar 2021, From home due to Corona guidelines	Social Media Users, Society
2.	Awareness about Fitness in our daily life from home	21 Jun 2021, From home due to Corona guidelines	Social Media Users, Society
3.	Fit India Freedom Run on the occasion of Azadi ka Amrit Mahotsav at Police Ground Bilaspur	28 Aug 2021, Police Ground	All NCC Cadets, Society
4.	Cycle Rally on the occasion of Azadi ka Amrit Mahotsav From CMD College to Mangla Chowk	01 Oct 2021, From CMD College	All the NCC Cadets and Society

# Lakhmi Chand Institute of Technology, Bilaspur, Chhattisgarh

## Year 2021-2022

sn.	Name of activity	Date of activity	No.of student present	Total no. of cadet enrolled	Total no.of cadet present (%)
1	Awareness of water preservation	22/03/2021	15	25	60%
2	Awareness about fitness	21/06/2021	23	25	92%
3	Fit India freedom run	28/08/2021	41	60	68.33%
4	Cycle rally	01/10/2021	02	60	3.33%

Number of activity conducted by NCC for Community engagement
2021-2022
04

Number of students participated in such activities
2021-2022
81

Number of community activities conducted in collaboration with industries / NGO's /professional bodies
2021-2022
0

Number of activities conducted by NCC for community engagement
2021-2022
4

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ID : ncc\_bsp@yahoo.co.in

7 CG Battalion NCC  
Bhartiy Nagar  
Bilaspur (CG)  
Pin : 495001

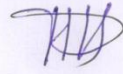
No. 7 CG Bn/245/G/NCC

15 Mar 2021

All Principal

**CELEBRATION OF 'WORLD WATER DAY' 22 MAR 2021**

1. World water day will be celebrated on **22 Mar 2021**.
2. You are requested to forward feedback alongwith two photographs each to this bn after the event by 23 Mar 2021 at 11:00 H on mail & bn whatsapp Group.
3. Feedback format is att at Appx below.

  
Colonel  
Commanding Officer  
7 CG BN NCC, BILASPUR  
CHHATTISGARH

**Appx**

Ser No	NCC Unit	Type of Activity	Location	No of Cdts Participated	No of Citizens Impacted	Remarks

Ref. No.:

Date: 18/03/21

To,  
The Principal,  
Lakhmi Chand Institute of Technology, Bilaspur ,(C.G.)  
495001

**Subject: Request for Permission to Allow NCC Cadets to Perform Poster Making on Water Preservation from Home Due to COVID-19 Guidelines**

Dear Sir/Madam,

I hope this letter finds you well. As part of our ongoing efforts to encourage awareness and involvement in socially relevant causes, I would like to request your kind permission to organize a poster-making activity for our NCC cadets on the topic of **Water Preservation**, to be carried out from home due to the current COVID-19 guidelines.

Given the pandemic situation, maintaining social distancing and adhering to safety protocols is essential. The proposed activity aims to provide our cadets with a productive and creative outlet while raising awareness on the important issue of water conservation.

The cadets will be guided to create informative and thought-provoking posters related to water preservation.

Thank you for your consideration. I look forward to your positive response.

Sincerely,

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
18/03/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

Ref. No.:

Date: 18/03/21

## Notice

All NCC Cadets,

In light of the ongoing COVID-19 pandemic and the guidelines for maintaining social distancing, the NCC Unit of our college is organizing a **Poster Making Activity** on the important topic of **Water Preservation**. This activity aims to raise awareness about the significance of saving water and encourages creative thinking.

### **Guidelines for the Activity:**

1. The poster-making competition will be conducted virtually, and cadets are requested to create their posters from home.
2. The theme for the poster is **"Water Preservation."**
3. Posters can be made using any medium (hand-drawn, digital, or a combination of both).
4. Once completed, the posters should be submitted via email to [lakshminarayan.pandey@lcit.edu.in](mailto:lakshminarayan.pandey@lcit.edu.in) by **22/03/21**.
5. Please ensure that your poster is informative, creative, and relevant to the theme.

Your participation in this activity will not only contribute to environmental awareness but also help in honing your creativity during these challenging times.

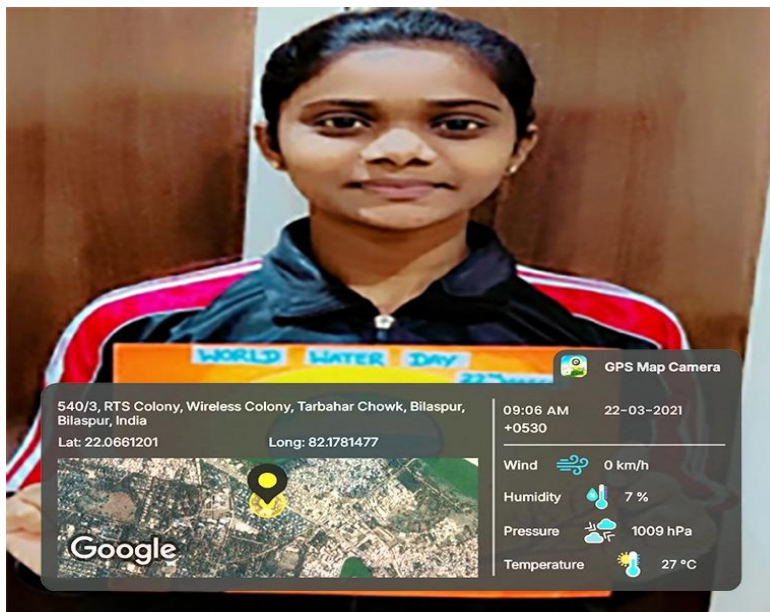
For any further information or clarification, please contact 90392226633.

Let's all come together to make a positive impact through our creativity!

**Stay Safe and Stay Creative!**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
18/03/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)



**Posters created by NCC Cadet of Lakhmi Chand Institute of Technology College on the occasion of Water Preservation. Date- 22/03/21**



**Posters created by NCC Cadet of Lakhmi Chand Institute of Technology College on the occasion of Water Preservation. Date- 22/03/21**

## **Report of the Event**

**Date of Activity:** 22/03/21

**Organized by:** Lakhmi Chand Institute of Technology, Bilaspur ,(C.G.)

**Theme:** Water Preservation

### **Objective:**

The objective of the poster-making activity was to engage NCC cadets in raising awareness about the importance of water conservation, while adhering to COVID-19 guidelines and maintaining social distancing. The activity also aimed to foster creativity among the cadets during the ongoing pandemic, while encouraging them to reflect on the environmental challenges of water scarcity.

### **Introduction:**

In response to the COVID-19 guidelines, and to ensure that NCC cadets could continue participating in meaningful activities while staying safe at home, the NCC Unit organized a poster-making competition centered around the theme of **“Water Preservation.”** The initiative provided cadets with an opportunity to creatively express their understanding of the vital issue of water conservation, even during these challenging times.

### **Activity Overview:**

The poster-making activity was conducted virtually, with all participants completing the task from the safety of their homes. The cadets were given a clear set of guidelines to follow:

1. **Medium:** The posters could be created using any medium, including hand-drawn, digital, or mixed media.
2. **Submission Deadline:** Completed posters were to be submitted via email by 22/03/21.
3. **Evaluation Criteria:** The posters were judged on creativity, relevance to the theme, visual appeal, and the message conveyed about water preservation.

### **Participation:**

The activity received an enthusiastic response from the cadets, with 15 participants submitting their posters. The cadets displayed great creativity, and the posters showcased a wide range of artistic styles and messages. Many posters featured informative content such as facts about water conservation, the importance of preserving water resources, and steps individuals can take to reduce water wastage.



**Impact and Observations:**

The poster-making activity was highly successful in terms of both engagement and awareness. Cadets demonstrated a deep understanding of the topic and expressed their thoughts on water preservation in innovative ways. The activity allowed them to reflect on the environmental challenges we face today and the crucial role each individual plays in ensuring a sustainable future.

Moreover, the virtual format enabled all cadets to participate safely from home, ensuring that no one was left out due to the restrictions imposed by the ongoing pandemic.

**Conclusion:**

The Poster Making Activity on Water Preservation was a resounding success. Not only did it promote awareness about water conservation, but it also allowed NCC cadets to stay connected, active, and engaged during a difficult period. The creativity and thoughtfulness reflected in the posters demonstrated the dedication of our cadets toward environmental causes.

**Acknowledgments:**

We would like to thank all the cadets who participated in the activity and demonstrated exceptional creativity. Their contributions have made a significant impact on spreading the message of water preservation. We also extend our gratitude to the college administration for their continued support in organizing such virtual events.

**Submitted by:**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
23/03/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)



# Lakhmi Chand Institute of Technology, Bilaspur (C.G.)

## Attendance Sheet

### Activity- Awareness of Water Preservation

S. No.	Name of Cadets	Remarks
1	Yogesh Kumar sahu	Present
2	NeerajSoni	Present
3	Himanshu Gupta	Present
4	Prashant Pandey	Present
5	Gaurav Kewat	Present
6	ChandrashekharKewat	Present
7	GajadharSingroul	Present
8	Priyanshu Banjara	Present
9	HemaSawarkar	Present
10	Shreyanshi Jain	Present
11	SaranshRathore	Present
12	RishikaRathore	Present
13	Ankit Lahare	Present
14	Praveen Bara	Present
15	SurajSahu	Present

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur(C.G.)  
9039222663

\Tele: 011- 26712144

Directorate General NCC

Min of Defence  
West Block IV, RK Puram  
New Delhi-110066

4180/Yoga-20 /DGNCC/Trg A

01 Jun 2021

**List 'A'**

### **ACTION PLAN : INTERNATIONAL DAY OF YOGA(IDY) - 21 JUN 2021**

1. Para 4 (b)(iii) of this HQ letter No. 4359/TD/DGNCC/Trg 'A' dt 30 Mar 2021 stands cancelled. The action Plan for IDY 2021 is as enunciated in succeeding paras.

#### **Introduction**

2. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga. Taking cognizance of the current COVID – 19 situation, it is not advisable to organize events that require congregation of people for observing IDY 2021. Therefore, use of digital, virtual and electronic platform will be made for conduct of IDY 2021. All State Dtes will participate in IDY 2021 by doing the **Common Yoga Protocol (CYP) at home** with their families, on **21<sup>st</sup> June 2021**.

#### **Conduct**

3. The broad contours of IDY – 2021 are as under:-

(a) **Concept**. In Synergy with Min of AYUSH, the message ***“Be with Yoga, Be at Home!”*** will be sent out to families, peers and friends by NCC cadets by encouraging them to actively participate from home in IDY 2021.

(b) **Action Plan at Cadet Level participation.**

(i) **Creating Buzz.**

(aa) **Jingle Composition Competition.** Cadets can **write and compose a Jingle for the upcoming International Day of Yoga, 2021** and participate in Jingle Composition Competition through the website link <https://secure.mygov.in/home/13/do/>. **A cash prize of INR 25,000 will be given to one winning entry.** The last date of submission is **21<sup>st</sup> June 2021**. Participants need to provide a script and a jingle of 25-30 seconds duration in any official Indian language as mentioned in the Eighth Schedule of the Indian constitution along with English and other UN languages- that is easily comprehensible, is peppy, and connects with the public at large. The participants should upload their entry as a high-quality audio file to any media platform such as SoundCloud, YouTube, Google Drive, Dropbox, etc, and enter the publicly accessible link in the comments section. The script also needs to be submitted in the form of a PDF document.

(ab) **Pledge Taking.** Cadets can take Pledge to make Yoga an integral part of their life on the website <https://yoga.ayush.gov.in/>

(ac) **Online IDY Quiz.** Ministry of Ayush has launched a quiz competition to commemorate the occasion of the 7<sup>th</sup> IDY to test citizen's awareness about Yoga, past IDY observances, and various initiatives being conducted this year by the Ministry. On successful completion each participant will be awarded with an **e-certificate** marking their participation and completion.

(ii) **Pre Event Training.** Cadets to use digital resources for familiarizing and training themselves with the help of CYP training videos which are available on Ministry of Ayush Yoga Portal (<https://yoga.ayush.gov.in/yoga/>) and on MDNIY's website (<http://www.yogamdniy.nic.in/>). They are also available on social media handles and platforms of the Ministry and MDNIY as free resources. These will also be played on TV and radio channels in the coming days, in the run up to IDY 2021. Cadets can also refer to YouTube videos on Common Yoga protocol available in various languages (<https://yoga.ayush.gov.in/common-yoga-protocol>).

(iii) **Event Participation.** Cadets to participate in IDY 2021 Common Yoga Protocol (CYP) activity on 21st June 2021 at 07:00 am. Cadets to join the activity from the safety of their home, considering the risks of the pandemic. Cadets have the option of using the national television (which will be telecasting CYP at 07:00 am) or any other appropriate CYP video for guidance.

3. The cadets can participate in IDY 2021 with their families from their homes by following the COVID-19 related Government guidelines on the management of the pandemic – especially physical distancing norms and the use of basic protective measures such as masks and sanitizers etc.

#### **Media Coverage**

4. All Dtes are requested to give wide media publicity to the event in print, electronic and social media like WhatsApp, Instagram, YouTube etc.

5. The hashtag #NCCforYoga will be promoted of State Twitter Handles and DGNCC Twitter handle and all tweets will also be tagged to Ministry of Ayush Twitter Handle.

#### **Feedback**

6. A feedback on the conduct of IDY – 2021 will be forwarded to this office by 01 July 2020 positively, via e-mail to incl selected photos and media clippings.

7. Any further update on online registration for live feedback will be shared on receipt. Dtes are requested to pass on this instruction to all the cadets.

8. For info and necessary action pl.

---Sd/xxx---  
(Vijay Kumar)  
Col  
Col Trg 'A'  
for DG NCC

Ref. No.:

Date: 19/06/21

To,  
The Principal,  
Lakhmi Chand Institute of Technology, Bilaspur ,(C.G.)  
495001

**Subject: Request for Permission to Allow NCC Cadets to Perform Yoga from Home Due to COVID-19 Guidelines**

Dear Sir/Madam,

I hope this letter finds you in good health. I am writing to request your kind permission to allow the NCC cadets to perform yoga sessions from home, following the COVID-19 guidelines currently in place. As you are aware, due to the ongoing pandemic, maintaining social distancing and adhering to health protocols has become crucial. In light of this, it would be prudent to continue yoga practice remotely to ensure the safety and well-being of our cadets while still promoting physical fitness and mental well-being.

Yoga has always been an integral part of the NCC training curriculum, contributing significantly to the physical and mental strength of our cadets. Given the current restrictions, I believe that online or home-based sessions will ensure that the cadets remain engaged in their training and maintain their health without compromising safety.

I kindly request your approval for this arrangement so that the cadets can continue to benefit from their training without interruption.

Sincerely,

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
19/06/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

Ref. No.:

Date: 19/06/21

## Notice

All NCC Cadets,

In accordance with the current COVID-19 guidelines and to ensure the safety and well-being of all cadets, the NCC Unit has decided to conduct **Awareness about Fitness on 21<sup>st</sup> June 2021**. This will allow cadets to continue benefiting from physical fitness routines while adhering to health and safety protocols.

### **Guidelines for the Activity:**

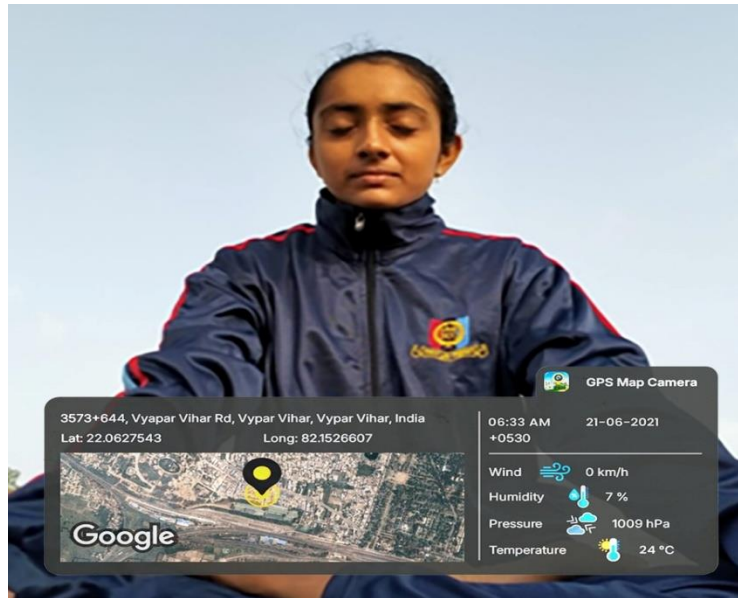
1. **Yoga Sessions:** The cadets will perform yoga exercises at home, following the routines provided by the NCC unit.
2. **Timings:** The session will be conducted virtually, and a schedule for the same will be shared soon.
3. **Submission of Photographs:** Cadets will be required to submit the photographs of doing yoga from home, detailing the exercises performed and their duration.
4. **Health:** It is important that cadets take proper precautions during yoga and consult a doctor if they have any pre-existing conditions that could affect their practice.

The aim of this initiative is to keep cadets engaged in physical activity, promote health and well-being, and maintain the discipline of the NCC during the ongoing pandemic.

**Let's stay active, stay healthy, and stay safe!**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
19/06/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)



**NCC Cadet of Lakhmi Chand Institute of Technology College performing yoga from home.  
 Date- 21/06/21**



**NCC Cadet of Lakhmi Chand Institute of Technology College performing yoga from home.  
 Date- 21/06/21**

## **Report of the event**

**Date of Event:** 21<sup>st</sup> June 2021

**Organized by:** 7 CG BN NCC

### **Introduction:**

The COVID-19 pandemic, which began in early 2020, led to a nationwide lockdown in India that significantly impacted various sectors, including education, health, and physical fitness. The National Cadet Corps (NCC), a youth organization that promotes discipline, leadership, and physical fitness among cadets, had to adapt to these challenging circumstances. Despite the restrictions imposed by the lockdown, the NCC cadets continued to stay engaged in fitness activities, albeit in a virtual or modified format. This report aims to explore the awareness and efforts regarding fitness maintained by NCC cadets during the COVID-19 lockdown period.

### **Impact of the COVID-19 Lockdown on Physical Fitness:**

With gyms and outdoor training centers closed, people across the world faced challenges in maintaining their physical fitness. The NCC, known for its emphasis on physical training and overall fitness, had to find new ways to keep cadets physically active while adhering to social distancing and lockdown protocols.

### **Fitness Awareness Initiatives by NCC:**

1. **Virtual Training Sessions:** During the lockdown, NCC cadets participated in virtual fitness sessions organized by their units. These sessions included bodyweight exercises like push-ups, squats, planks, and jogging in place. They were conducted through online platforms such as Zoom, Google Meet, and other video conferencing tools. This not only kept the cadets physically active but also fostered a sense of unity and discipline despite the physical distance.
2. **Fitness Challenges:** Many NCC units and individual cadets initiated online fitness challenges to encourage physical activity. These challenges were aimed at increasing awareness about the importance of maintaining



physical health and fitness during the lockdown. Examples included virtual marathons, 21-day fitness challenges, and step-count competitions. These activities helped cadets stay motivated and engaged in maintaining their fitness levels.

3. **Yoga and Meditation:** Understanding the importance of mental well-being alongside physical fitness, the NCC also incorporated yoga and meditation into the virtual training sessions. Yoga sessions were conducted to improve flexibility, reduce stress, and maintain a calm and focused mind. Meditation practices were introduced to help cadets manage the psychological pressures caused by the lockdown and the pandemic.
4. **Social Media Campaigns:** Many NCC units used social media platforms such as Facebook, Instagram, and WhatsApp to spread awareness about the significance of staying fit during the lockdown. They shared fitness tips, exercise routines, and motivational content. These platforms became key tools for promoting a healthy lifestyle and encouraging cadets to follow a disciplined daily routine even at home.
5. **Fitness Webinars and Workshops:** Various webinars and online workshops on physical fitness, mental health, and nutrition were organized by NCC. These webinars featured experts who shared valuable information about maintaining a balanced diet, creating home workout routines, and the importance of regular exercise for overall well-being.

### **Challenges Faced by NCC Cadets:**

While there was a strong emphasis on fitness awareness, several challenges hindered the implementation of regular fitness activities during the lockdown:

- **Limited Space at Home:** Many cadets lived in small spaces where it was difficult to perform physical exercises.
- **Lack of Equipment:** Due to restrictions, access to fitness equipment, such as dumbbells or resistance bands, was limited.
- **Motivation:** Staying motivated and committed to fitness goals was challenging for some cadets due to the monotony of the lockdown and the lack of regular interaction with peers and instructors.

### **The Role of Instructors and Leaders:**

NCC instructors and officers played a pivotal role in keeping cadets engaged and motivated during the lockdown. They were proactive in organizing virtual sessions and challenges, providing guidance on fitness routines, and ensuring cadets adhered to the scheduled activities. Leadership within NCC became a vital element in fostering a sense of responsibility and discipline among cadets during the pandemic.

**Conclusion:**

Despite the constraints of the COVID-19 lockdown, the NCC cadets were able to continue their fitness journeys through innovative online initiatives and personal discipline. The emphasis on fitness during the pandemic not only helped cadets maintain physical health but also played a crucial role in promoting mental well-being. The efforts made by the NCC during the lockdown reflect the adaptability and commitment of both cadets and instructors in maintaining the principles of physical fitness, discipline, and leadership even in the most challenging times.

The lockdown period, though difficult, has highlighted the importance of maintaining a fit and healthy lifestyle. It has also shown the role that virtual platforms can play in promoting fitness and discipline, a model that could continue to be used in the future.

**Report Compiled by:**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
22/06/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

# Lakhmi Chand Institute of Technology, Bilaspur

## (C.G.)Attendance Sheet

### Activity- Awareness about Fitness

S. No.	Name of Cadets	Remarks
1	Yogesh Kumar sahu	Present
2	NeerajSoni	Present
3	Himanshu Gupta	Present
4	Prashant Pandey	Present
5	Gaurav Kewat	Present
6	ChandrashekharKewat	Present
7	GajadharSingroul	Present
8	Priyanshu Banjara	Present
9	HemaSawarkar	Present
10	Shreyanshi Jain	Present
11	SaranshRathore	Present
12	RishikaRathore	Present
13	Ankit Lahare	Present
14	Praveen Bara	Present
15	SurajSahu	Present
16	Anmol Kaiwart	Present
17	Bhavesb Yadav	Present
18	BheshchandSahu	Present
19	DujramSahu	Present
20	GiteshNishad	Present
21	Karan Singh	Present
22	D. Kity Reddy	Present
23	PoornimaSahu	Present

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur(C.G.)  
9039222663

दूरभाष : 07752.423068

आई डी : ncc\_bsp@yahoo.co.in  
कर्मक 7छ0ग0बटा / 245 / प्रशि / एनसीसी  
प्राचार्य  
समस्त स्कूल / कालेज

7 छ0ग0बटालियन एन0सी0सी0  
भारतीय नगर  
बिलासपुर (छ0ग0)-495001  
26 अगस्त 2021

**CELEBRATING 75 YEARS OF INDIA'S INDEPENDENCE**  
**AZADI KA AMRIT MAHOTSAV - FIT INDIA FREEDOM RUN 2.0**  
**COVID-19 PROTOCOL KA PALAN KARTE HUYE**  
**ON-28 AUG 2021**

S/NO	ROUTE & KM	PARTICIPATING INSTITUTION WITH CDTS STR	STR	CONDUCTING STAFF	REMARKS
A	Police Ground - Gate No-1-Civil Line -Eidgah Chowk-Jail Road -Ambedkar Chowk - Police Ground- Gate No-2	Govt Bilasa PG College - 60x SW Govt J P Verma College - 10 x SD 05 xSW Govt ER Science College - 20xSD 15xSW Chouksey Engr College - 20x SD 17x SW LCIT - 25x SD 10x SW CMD College - 20x SD 10 x SW DAV Public School -15x JD 10x JW Burgess Girls school - 25x JW Govt MLB Girls School - 20x JW	60 15 35 37 35 30 25 25 30	Capt Shashi Gupta C/T Kaushal Banjare C/T Arun Kumar Lt S P Shriwas C/T L N Pandey C/T Vikash Markam S/O Ranju Sharma S/O Jeny Lewis C/T Roshni Pandey N/Sub Avtar Singh Hav Lakhvinder Singh	<u>Dress - Uniform /</u>  <u>Sport Shoes, Mask, Sanitizer</u>  <u>Social Distacing</u>  <u>Report Time 0700 to 07.15 AM</u> <u>Run Time - 0730</u>
B	River view- pratap takies rd- pratap chowk- Company Gardan-Cims Chowk-Cims- River view Chaupati-River viwe	DP Vipra College - 40 x SD 20x SW Govt Multi H S School - 80x SD Bharat Mata H School - 35 x JD 15xJW Sec Railway School - 15 x JD 10x JW	60 80 60 25	Lt Ashish Sharma F/o A K Nagpure C/O D Awasthi S/O Rakesh Kumar Sub Jagdish Chand Hav Surjit Singh	
C	MITI Koni Ground	MITI KONI - 60 x SD BTC College 15 x SD 09x SW	60 24	C/T Kunvar Singh C/T A Sharma Lt Roshan Parihar Sub Praveen kumar Hav Raj kumar	

प्रतिलिपि:-

कलेक्टर  
बिलासपुर (छ0ग0)

पुलिस अधीक्षक  
बिलासपुर (छ0ग0)

पुलिस अधीक्षक यातायात  
बिलासपुर (छ0ग0)

मुख्य चिकित्सा अधिकारी  
बिलासपुर

- सूचनार्थ आपकी ओर सादर प्रेषित हैं ।
- सूचनार्थ आपकी ओर आवश्यक कार्यवाही के लिये प्रेषित हैं ।
- सूचनार्थ आपकी ओर आवश्यक कार्यवाही के लिये प्रेषित हैं
- सूचनार्थ आपकी ओर सादर प्रेषित हैं ।

  
Colonel  
Commanding Officer  
7 CG BN NCC, BILASPUR  
CHHATTISGARH

Ref. No.:

Date: 26/08/21

To,  
The Principal,  
Lakhmi Chand Institute of Technology, Bilaspur ,(C.G.)  
495001

**Subject: Request for Permission to Participate in the Fit India Freedom Run**

Respected Sir/Madam,

I am writing to you in my capacity as an NCC Officer at Lakhmi Chand Institute of Technology College Bilaspur, with a request to allow the NCC cadets to participate in the **Fit India Freedom Run** initiative, which is organized as part of the Azadi Ka Amrit Mahotsav. The event is scheduled to be held on 28/08/21 and aims to encourage individuals to maintain physical fitness and promote health awareness in the community.

As you may be aware, the Fit India Freedom Run is an initiative that encourages citizens to walk, jog, or run in the spirit of promoting fitness and national pride. It serves as an excellent platform for students and cadets to demonstrate their commitment to physical well-being, foster a sense of unity, and commemorate the spirit of freedom.

I kindly request you to grant permission for our NCC cadets to participate in this significant event. We would ensure that all necessary guidelines and protocols related to safety, health, and social distancing are adhered to during the participation. We believe that this participation would greatly contribute to the cadets' overall development and serve as an inspiring example for the entire student body to lead an active and healthy lifestyle.

I request you to kindly consider this proposal and grant us the necessary approval to participate in the Fit India Freedom Run.

Your's Sincerely

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
26/08/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

Ref. No.:

Date: 26/08/21

## NOTICE

This is to inform all NCC cadets that the **Fit India Freedom Run** will be held on **28/08/21** as part of the Fit India Movement, aimed at promoting fitness and encouraging a healthier lifestyle on the occasion of Azadi ka Amrit Mahotsav.

All cadets are encouraged to participate in this event by walking, jogging, or running, in line with the principles of physical fitness, discipline, and unity. This is an excellent opportunity to not only stay active but also represent the NCC's commitment to the nation's fitness mission.

### Key Details:

- **Event:** Fit India Freedom Run
- **Date:** 28/08/21
- **Time:** 7:00am
- **Venue:** Police Ground Bilaspur

Let's come together to celebrate freedom and fitness!

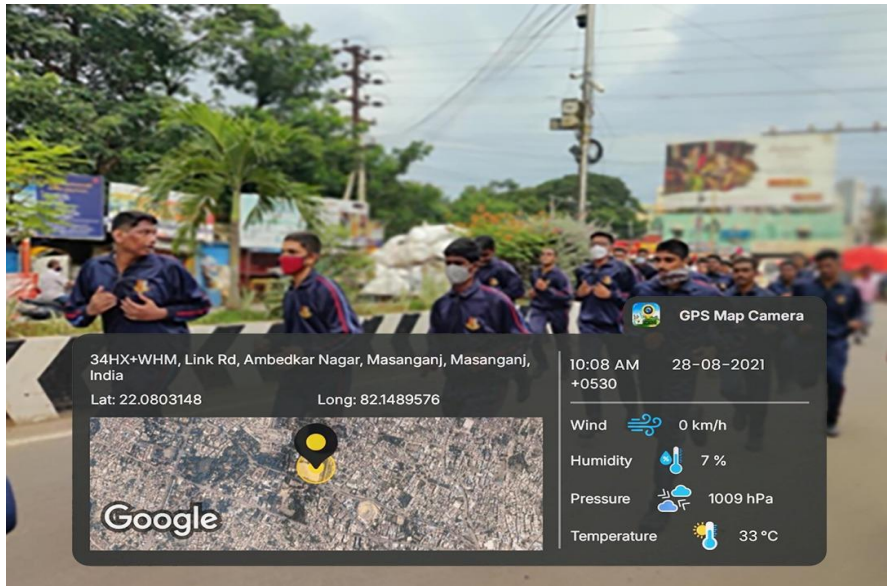
For any queries, please contact the NCC office.

Regards:

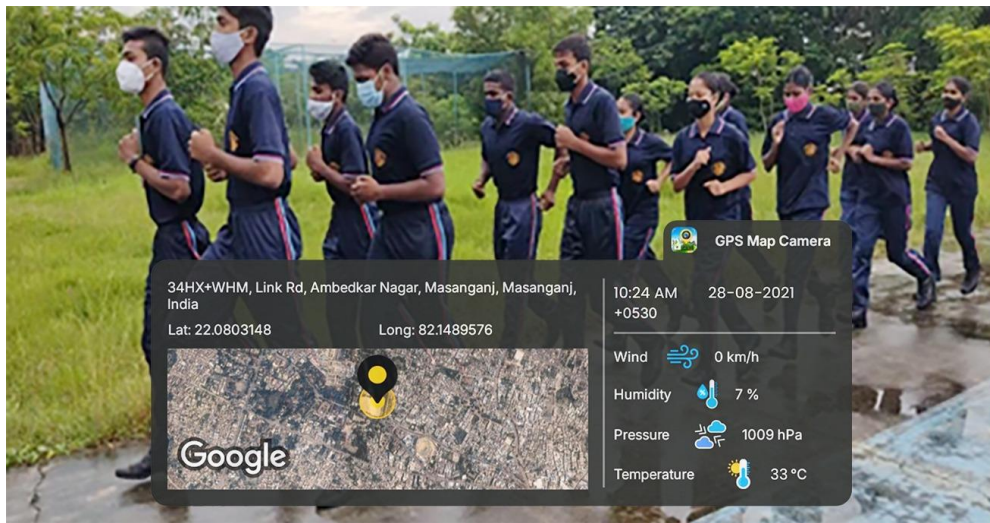
CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
26/08/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)





**NCC Cadets of Lakhmi Chand Institute of Technology College participated in Fit India Freedom Run on the Occasion of Azadi ka Amrit Mahotsav. Date: 28/08/21**



**NCC Cadets of Lakhmi Chand Institute of Technology College participated in Fit India Freedom Run on the Occasion of Azadi ka Amrit Mahotsav**



Ref. No.:

Date: 30/08/21

## **Report of the event**

**Date of Event:** 28<sup>st</sup> August 2021

**Location:** Police Ground, Bilaspur

**Organized by:** 7 CG BN NCC

**Event Timing:** 08:00am

### **Introduction:**

As part of the nationwide initiative under the **Fit India Movement**, the NCC cadets of **Lakhmi Chand Institute of Technology College** participated in the **Fit India Freedom Run** on **28/08/21**. This event aimed to promote physical fitness, enhance national unity, and commemorate the spirit of freedom. The Freedom Run was designed to inspire individuals to integrate physical activity into their daily lives while fostering a collective sense of well-being and pride.

### **Objective:**

The primary objective of the Fit India Freedom Run was to encourage participants, especially youth, to engage in regular physical activities like walking, jogging, or running, thus contributing to a healthier nation. This event also aimed to raise awareness about the importance of fitness and a healthy lifestyle.

### **Participation:**

The NCC unit of **Lakhmi Chand Institute of Technology College** actively engaged in the event, with **41** cadets registering for participation. The event was held both on-campus and virtually to ensure participation by cadets residing in different areas. Cadets were encouraged to run, jog, or walk for a distance of **2km** depending on their fitness levels, and to do so while maintaining all necessary safety protocols.

### **Fitness Awareness:**

Throughout the event, cadets were reminded of the significance of maintaining a healthy lifestyle. Various fitness tips were shared by the NCC officers, and cadets

were encouraged to engage in regular physical activity, eat balanced diets, and stay mentally healthy. A session on yoga and stretching was also organized to promote flexibility and overall wellness.

### **Conclusion:**

The **Fit India Freedom** Run organized by the NCC cadets of **Lakhmi Chand Institute of Technology College** was a great success, highlighting the importance of physical fitness and national pride. The cadets displayed enthusiasm and dedication, showcasing their commitment to maintaining an active lifestyle. The event also helped foster unity among the cadets, with everyone coming together to support the Fit India Movement.

This initiative has inspired many cadets to continue prioritizing their physical health, and the NCC unit looks forward to continuing similar activities in the future to promote fitness and wellness among students.

We extend our gratitude to the college administration and the NCC officers for their support in organizing this event.

### **Report Compiled by:**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
30/08/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

# Lakhmi Chand Institute of Technology, Bilaspur (C.G.)

## Attendance Sheet Activity- Fit India Freedom Run

S. No.	Name of Cadets	Remarks
1	Yogesh Kumar sahu	Present
2	NeerajSoni	Present
3	Himanshu Gupta	Present
4	Prashant Pandey	Present
5	Gaurav Kewat	Present
6	ChandrashekharKewat	Present
7	GajadharSingroul	Present
8	Priyanshu Banjara	Present
9	HemaSawarkar	Present
10	Shreyanshi Jain	Present
11	SaranshRathore	Present
12	RishikaRathore	Present
13	Ankit Lahare	Present
14	Praveen Bara	Present
15	SurajSahu	Present
16	Aazad khan	Present
17	Aniruddh Singh Bais	Present
18	Anoop kumar Gosai	Present
19	Ashraf Avesh Khan	Present
20	Ashutosh Tiwari	Present
21	Dev Ahirwar	Present
22	Garima Singh Chauhan	Present
23	Gauri Dixit	Present
24	Harsh Sahu	Present
25	Saksham Singh	Present
26	Isha Gupta	Present
27	Jyotish Mandal	Present
28	Nalini Kaiwartya	Present
29	Munish Manasu Kewat	Present
30	Nikita Kujur	Present
31	Nimanyu Singh	Present
32	Palak Singh Thakur	Present
33	Kusum Manikpuri	Present
34	Manharan	Present
35	Pramesh Meshram	Present
36	Pratik Das Manikpuri	Present
37	Priyanka Singh	Present
38	Ravikant Pandey	Present
39	Roshni Singh	Present
40	Ujala Singh	Present
41	Satvika Singh Baghel	Present

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur(C.G.)  
9039222663

दूरभाष : 07752 -423068  
EID : ncc\_bsp@yahoo.co.in

7 छ0ग0बटालियन एन0सी0सी0  
भारतीय नगर  
बिलासपुर (छ0ग0)-495001

कमॉक 7छ0ग0बटा / 207 / जी / एनसीसी

27 सितम्बर 2021

प्राचार्य  
सीएमडी पीजी महाविद्यालय बिलासपुर  
डीपीविप्र महाविद्यालय बिलासपुर  
शा0 बिलासा कन्या महाविद्यालय बिलासपुर  
शा0 ई आर राव साइंस पीजी महाविद्यालय बिलासपुर  
एम0 आई0टी0 आई0 कोनी, बिलासपुर  
एलसीआईटी कॉलेज, बोदरी, बिलासपुर  
चौकसे इन्जीनियरिंग कॉलेज बिलासपुर

**आजादी का अमृत महोत्सव के फिट इंडिया फ्रीडम के तहत  
सायकल रैली करने के संबंध में**

- संदर्भ : बिलासपुर स्मार्ट सिटी लिमिटेड (बीएससीएल) बिलासपुर पत्र कमॉक 700/बीएससीएल/2021-22, दिनांक 25 सितम्बर 21.
- उपरोक्त कार्यक्रम के दिनांक 01 अक्टूबर 2021 समय : सुबह 07:00 से 09:00 तक साइकिल रैली सीएमडी कॉलेज से प्रारंभ होकर अग्रेसेन चौक-सत्यम चौक-राजेन्द्र नगर चौक-नेहरू चौक-कलेक्ट्रेट - संजय तरुण पुष्कर-पण्डित श्यामलाल चतुर्वेदी मार्ग - राजेन्द्र नगर चौक -सत्यम चौक- सीएमडी कॉलेज में समाप्त होगी । यह रैली लगभग 08 किमी की दूरी होगी, जिसके लिये कैडेटों को स्वयं अपनी साइकिल साथ में लाना होगा । कैडेटों को ट्रेकशूट एवं स्पोर्ट्स शूज तथा अपने संस्था का बैनर भी साथ में लाना होगा ।
- साइकिल रैली हेतु आपके संस्था को निम्नलिखित वैकेन्सी आबंटित की जाती है :-

स0क.	संस्था का नाम	ए0एन0ओ0/ केयर टेकर	छात्र कैडेट	छात्रा कैडेट
(i)	सीएमडी पीजी महाविद्यालय बिलासपुर	01	10	.....
(ii)	डी0पी0विप्र महा0वि0बिलासपुर	01	15	.....
(iii)	शा0 बिलासा0पी0जी0कन्या महा0वि0बिलासपुर	01	....	15
(iv)	शा0 ई आर राव साइंस पीजी महाविद्यालय बिलासपुर	01	10	...
(v)	एमआईटीआई कोनी, बिलासपुर	01	15	...
(vi)	एलसीआईटी कॉलेज, बोदरी, बिलासपुर	01	10	...
(vii)	चौकसे इन्जीनियरिंग कॉलेज बिलासपुर	01	10	....

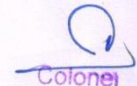
- कृपया आपके संस्था को उपरोक्त आबंटित वैकेन्सी के अनुसार एनसीसी अधिकारी/एनसीसी केयर टेकर एवं छात्र/छात्रा कैडेट को दिनांक 01 अक्टूबर 2021 को प्रातः 06 बजे सीएमडी कॉलेज ग्राउंड में उपस्थित होने के लिये निर्देशित करने कष्ट करें । ताकि आजादी का अमृत महोत्सव के फिट इंडिया फ्रीडम के तहत सायकल रैली कार्यक्रम को सफल किया जा सकें ।

- कृपया भाग लेने वाले छात्र सैनिकों का नामावली इस कार्यालय में दिनांक 29 सितम्बर 21 तक भिजवाने का कष्ट करें ।

**प्रतिलिपि :-**

बिलासपुर स्मार्ट सिटी लिमिटेड  
(बीएससीएल) बिलासपुर

- आपके के पत्र कमॉक 700/बीएससीएल/2021-22,  
दिनांक 25 सितम्बर 21 के संदर्भ में सचनार्थ ।

  
Colonel  
Commanding Officer  
7 CG BN NCC, BILASPUR  
CHHATTISGARH

Ref. No.:

Date: 29/09/21

To,

The Principal,  
Lakhmi Chand Institute of Technology, Bilaspur ,(C.G.)  
495001

**Subject: Request for Permission for 2 NCC Cadets to Attend Cycle Rally on the Occasion of Azadi Ka Amrit Mahotsav**

Respected Sir/Madam,

I am writing to seek your kind permission to allow the NCC cadets of our college to participate in a cycle rally organized in celebration of the Azadi Ka Amrit Mahotsav to commemorate the 75th anniversary of India's independence. The rally is part of a series of events aimed at promoting patriotism, national unity, and physical fitness among the youth.

The rally will be held on 01/10/21, and it will be a wonderful opportunity for our NCC cadets to actively contribute to the nation's celebrations while also spreading awareness about the importance of fitness and the historical significance of India's freedom struggle.

I kindly request you to grant permission for the NCC cadets to participate in the rally. The cadets will be provided with the necessary guidelines and safety measures, and we will ensure their responsible conduct throughout the event. The rally will also serve as a platform for the cadets to showcase their discipline, teamwork, and dedication to the cause of the nation.

Thank you for considering my request.

Yours sincerely,

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
29/09/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)



LCIT

Approved by AICTE, New Delhi  
Affiliated to CSVTU Bilhail (C.G.)

# LAKHMI CHAND INSTITUTE OF TECHNOLOGY

(Under the Aegis of Shree Shree Vidya Sager ji Maharaj Education Trust)  
Campus : Near High Court, Raipur Road, Bilaspur, Chhattisgarh - 495220  
9522220113, 9179080002 [www.lcitbsp.edu.in](http://www.lcitbsp.edu.in)

Ref. No.:

Date: 29/09/21

## NOTICE

This is to inform all NCC cadets that a Cycle Rally will be organized to celebrate the Azadi Ka Amrit Mahotsav, marking the 75th anniversary of India's independence. The rally will be a significant part of the nation-wide celebrations and will also promote the Fit India Movement.

### **Details of the event are as follows:**

- **Date of Rally:** 01/10/21
- **Assembly Time:** 06:00am
- **Venue:** CMD College Bilaspur
- **Dress Code:** NCC Uniform (with proper safety gear like helmet)
- **Important Guidelines:**
  - All cadets are required to bring their own cycles.
  - Ensure proper safety precautions are followed during the rally.
  - Cadets must report to the assembly point on time and follow the instructions given by the NCC officers.

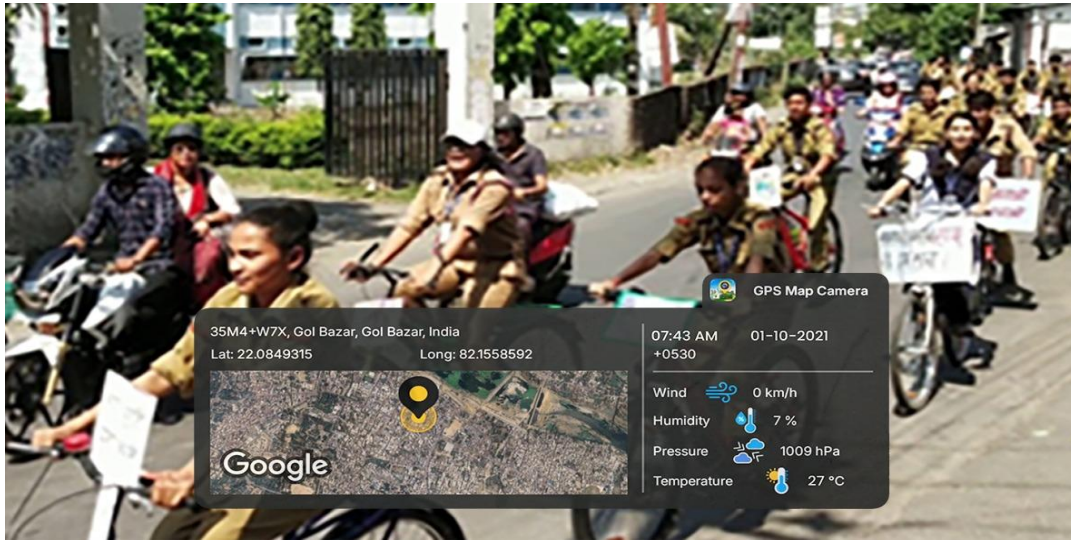
**Let us unite to celebrate 75 years of freedom and fitness!**

In case of any query please contact CTO of Lakshmi Chand Institute of Technology, Bilaspur ,(C.G.)

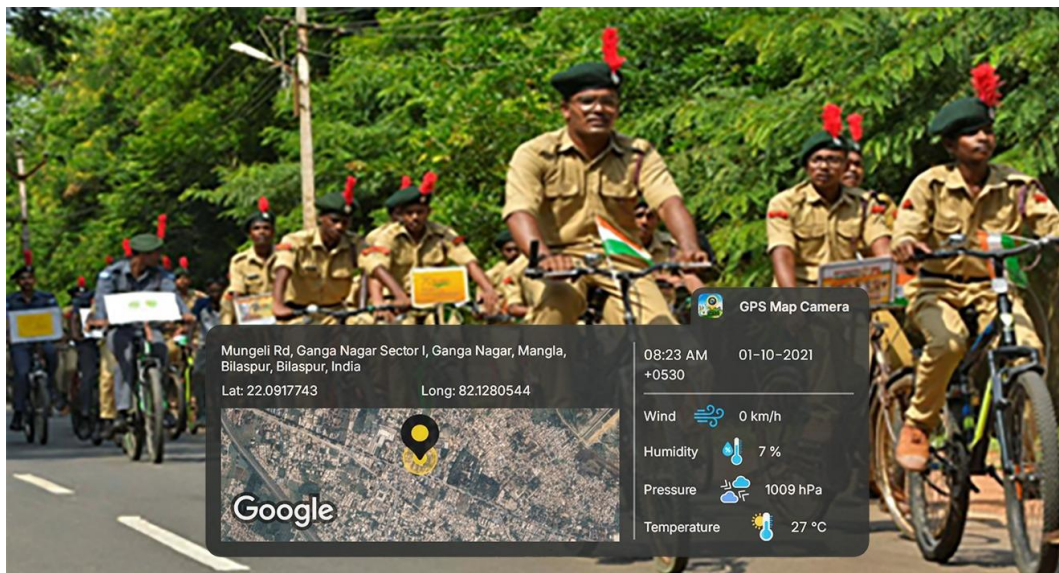
CTO Lakshminarayan Pandey  
Lakshmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
29/09/21

Principal  
Lakshmi Chand Institute of Technology  
Bilaspur (C.G.)





**Cadet Shreyanshi Jain and Cadet Saransh Rathore from Lakhmi Chand Institute of Technology College Bilaspur participated in the Cycle rally organized by the 7 CG BN NCC Bilaspur. Date- 01/10/21.**



**Cadet Shreyanshi Jain and Cadet Saransh Rathore from Lakhmi Chand Institute of Technology College Bilaspur participated in the Cycle rally organized by the 7 CG BN NCC Bilaspur. Date- 01/10/21.**



## **REPORT OF THE EVENT**

**Date:** 01/10/21

**Venue:** CMD College Bilaspur

**Event:** Cycle Rally

**Organized by:** 7 CG BN NCC Bilaspur

### **Introduction:**

To mark the monumental occasion of the Azadi Ka Amrit Mahotsav, celebrating the 75th anniversary of India's independence, the National Cadet Corps (NCC) cadets of Lakhmi Chand Institute of Technology College Bilaspur participated in Cycle Rally. The event, held on 01/10/2021, was designed to foster a spirit of patriotism, fitness, and national pride, while also promoting the importance of physical wellness among the youth of our nation.

The rally was an initiative under the **Fit India Movement**, which encourages citizens to incorporate fitness into their daily lives. This cycle rally served as a reminder of the freedom struggle and aimed to highlight the importance of maintaining physical fitness in building a stronger, healthier nation.

### **Event Details:**

The rally commenced at 06:00am with a total of 02 enthusiastic NCC cadets participating from our College. The cadets gathered at the designated assembly point, dressed in their NCC uniforms, and were briefed on the route, safety measures, and conduct during the event. Each cadet was required to bring their own cycle and wear appropriate safety gear, including helmets, ensuring a safe and smooth journey.

The rally began with a brief flag-hoisting ceremony, followed by a pledge of unity and fitness, which was recited by all participants. The rally set off from CMD College Bilaspur, passing through Agrasen Chowk, Satyam Chowk, Police Ground, Gol Bazaar and culminated at Uslapur, covering a total distance of 8km.

### **Highlights of the Rally:**

1. **Patriotic Spirit:** The rally was marked by the unwavering patriotic spirit of the NCC cadets, who proudly displayed the national flag on their cycles. The participants rode through various streets, chanting slogans of national unity, and singing patriotic songs. The rally symbolized the collective effort

to remember the sacrifices of freedom fighters and celebrate India's journey to independence.

2. **Promotion of Physical Fitness:** As part of the Fit India Movement, the event underscored the importance of physical fitness as a way of life. By engaging in cycling, an activity that promotes cardiovascular health and endurance, the NCC cadets sent out a strong message to the community about the need to prioritize physical well-being. The event encouraged everyone to make fitness a part of their daily routine, aligning with the broader goals of national health.
3. **Community Engagement:** The cycle rally received tremendous support from the local community. Spectators cheered on the cadets as they passed by, creating an atmosphere of solidarity and pride. The event also highlighted the role of youth in shaping the future of the nation and fostering a sense of responsibility towards one's health and the country.
4. **Safety Measures:** To ensure the safety of all participants, the rally was escorted by traffic police personnel and NCC instructors. Cadets followed all road safety regulations, including maintaining a safe distance, wearing helmets, and adhering to traffic signals. First-aid kits were also available, and the route was well-planned to avoid major traffic areas.

### **Conclusion:**

The **Cycle Rally** organized by the NCC cadets on the occasion of **Azadi Ka Amrit Mahotsav** was a resounding success. It not only celebrated the historic moment of India's 75 years of independence but also promoted the significance of physical fitness and wellness. The event strengthened the bond of unity among the youth and emphasized their role in shaping the future of the nation.

The NCC cadets displayed remarkable discipline, enthusiasm, and patriotism, making this rally a memorable and impactful event. It was a proud moment for the college and the community, as the cadets embodied the values of patriotism, fitness, and service to the nation.

### **Report Compiled by:**

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)  
9039222663  
04/10/21

Principal  
Lakhmi Chand Institute of Technology  
Bilaspur (C.G.)

# Lakhmi Chand Institute of Technology, Bilaspur (C.G.)

## Attendance Sheet

### Activity- Cycle Rally

S. No.	Name of Cadets	Remarks
1	Shreyanshi Jain	Present
2	Saransh Rathore	Present

CTO Lakshminarayan Pandey  
Lakhmi Chand Institute of Technology  
Bilaspur(C.G.)  
9039222663