



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH



NCC 2017-2018





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INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)



Activity report for the Year 2017-18

Independence Day was celebrated on 15.08.2017 and the chief guest Col.Dr.M. Ponnaivaikko (Pro-Vice Chancellor, BIHER) hoisted the National flag at university campus.

- Conducted tree plantation drive (phase iii) on 02.10.2017 from Indira Nagar bus stand to mjl layout on both the sides 200 plants and secured with proper tree guard.*
- Republic day was celebrated on 26.01.2018 and the Chief Guest Dr.V. Kanagasabai (Vice Chancellor, BIHER) ,hoisted the National flag at university campus .*
- NCC strength was raised from 70 to 100 from year 2017-2018.*
- A special tree plantation drive inside the university campus was inaugurated by Col.Dr,M,Ponnaivaikko (Pro-Vice Chancellor, BIHER).*



Dr. V.Kanagasabai – Vice Chancellor BIHER is hoisted the National flag on August 15 and deliver the Chief Guest Address. He also distributed the commendable certificates to the students those who reach the highest performance by attending IGC, ATC, CATC, Thal sanik, Trekking, Mountraining and RDC Camps



BHIER SECURED FIRST PLACE FOR GUARD OF HONOR FOR THE YEAR 2017-2018.

- *LT. DR. R .UDAYAKUMAR ADDRESSING SIGNING OFF THE VISITORS BOOK. CADETS DURING THE CAMP.*



- *LT. DR. R .UDAYAKUMAR was giving a motivational speech to the cadets to build there self confidence in the basic leadership camp which admired a lot of cadets during the camp.*
- *He also gave the speech over the leadership traits in cadets which makes them a better leaders.*
- *Moreover he also explained about the motto of NCC which is 'UNITY & DISCIPLINE' which is the main trait to be a leader*



ANDHRA PRADESH TREKKING



- *Three NCC Cadets of BIHER were selected to be a part of eight days Trekking camp held at Tirupati, Andhra Pradesh headed by Col.K Vithal.*



- *CADET UNDER OFFICER B. NAKUL RECEIVED BEST SENIOR IN MADRAS 'A'.*



CADETS INTERACTING WITH PERMANENT INSTRUCTIONAL STAFF.

- *CADDOWOOD*



- *Seven of our BIHER NCC Cadets attended Cadowood celebrations.*
- *Cdt K Sravan Kumar won lace in Kholna-Jodhna competition out of 15 Colleges participating all over Tamil Nadu.*
- *Inter Group competition shooting capsule.*
- *CUO P Ganesh participated in IGC*

Shooting capsule and stood at 4th place in Madras 'A'.

- *IGC CUM NATIONAL GAMES FOOTBALL*



- *CSM T. BHAVANI SHANKAR PARTICIPATED IN INTER GROUP COMPETITION FOOTBALL CONDUCTED BY 4-TN BATALLION NCC*

- *BIHER NCC CSM T. BHAVANI SHANKAR PARTICIPATING IN NATIONAL GAMES FOOTBALL, NEW DELHI.*



- *NEHRU INSTITUTE OF MOUNTAINEERING*
 - *Nehru Institute of Mountaineering (NIM) is rated as one of the best mountaineering institutes in India and also considered as the most prestigious mountaineering institute in Asia.*
 - *The aim of the Institute is to introduce and initiate young men, women and school children to the mountains and nature through its various Mountaineering and Adventure courses. Emphasis is laid on instilling the concept of Adventure and following conventional environmental guidelines to ensure environmental awareness and conservation. NIM was established at Uttar Kashi on 14th Nov 1965 to honour the great desire of Pt. Jawaharlal Nehru, the first Prime Minister of India, who was an ardent mountain lover.*
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- *CSUO MULLA SASHIDHAR REDDY WAVING NATIONAL FLAG AT THE HEIGHT OF 15800 FEET ON THE PEAK DKD2 IN UTTARKASHI.*





ONE FOR ALL, ALL FOR ONE



- **TREE PLANTATION DRIVE**



- *TREE PLANTATION DRIVE WAS CONDUCTED FROM CAMP ROAD JUNCTION TO MAPEDU.*
- *The National Cadet Corps , DT. of TN,P,AN has planted over ample no. of trees during the tree plantation drive over maximum cadets and there families participated in the plantation drive .*
- *The aim of plantation drive is to increase the green cover of our country, fight the menace of global warming and to create better environment for next generation*

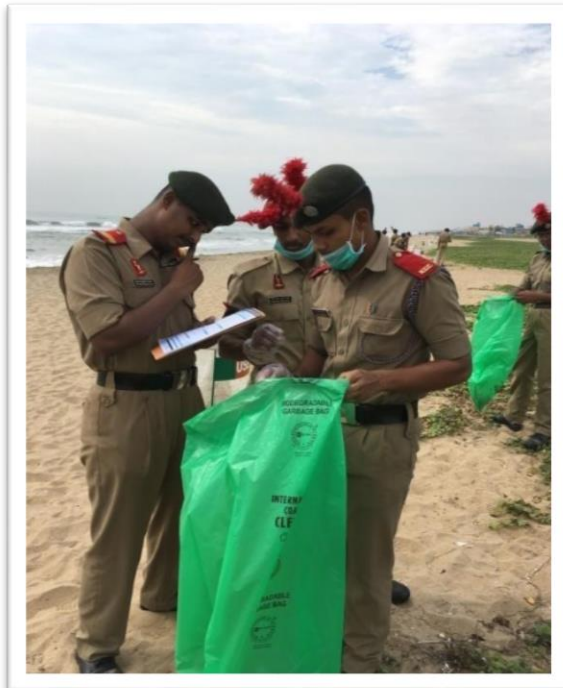


- *INTERNATIONAL COASTAL CLEAN UP*



- *10 SD BOYS AND 06 SW GIRLS NCC CADETS FROM BIHER PARTICIPATED IN INTERNATIONAL COASTAL CLEAN UP.*

The cadets of our institution gathered in coastal region to collect all the remains of garbage in order to keep our environment clean. More than 15 Cadets participated in this social cause to create the awareness about cleanliness.





- *BIHER NCC CADETS ACTIVELY PARTICIPATED AND CONTRIBUTED TOWARDS CLEANING NEELANGARAI BEACH*



COMBINED ANNUAL TRAINING CAMPS



- *15 SD boys and 01 SW girl cadets participated in Combined Annual Training camp conducted between the boys (senior & junior division) and girl cadets).*
- *Senior & Junior Wing) of 1 TN SIG COY NCC unit participated in the 10-days camp. The camp acts as a refresher training for the cadets and they were also trained in basic skills of survival and emergencies besides other topics. Another activity in the camp is the "DOGWATCH" wherein two cadets have to stay on sentry duty for two hours at any time given time of the day.*
- *Cadets were also introduced to weapons such as a .22 caliber rifle & 7.62 mm Self Loading Rifle.*



- *FREE DENTAL CHECK UP AND AWARENESS PROGRAM WAS CONDUCTED BY SREE BALAJI DENATAL COLLEGE & HOSPITAL WHICH IS A PART OF BIHER*
- *The cadets went to the Balaji Dental College for free dental check up*
- *They were taught about how oral hygiene is important for a healthy body.*





INTERNATION YOGA DAY (2017-18)

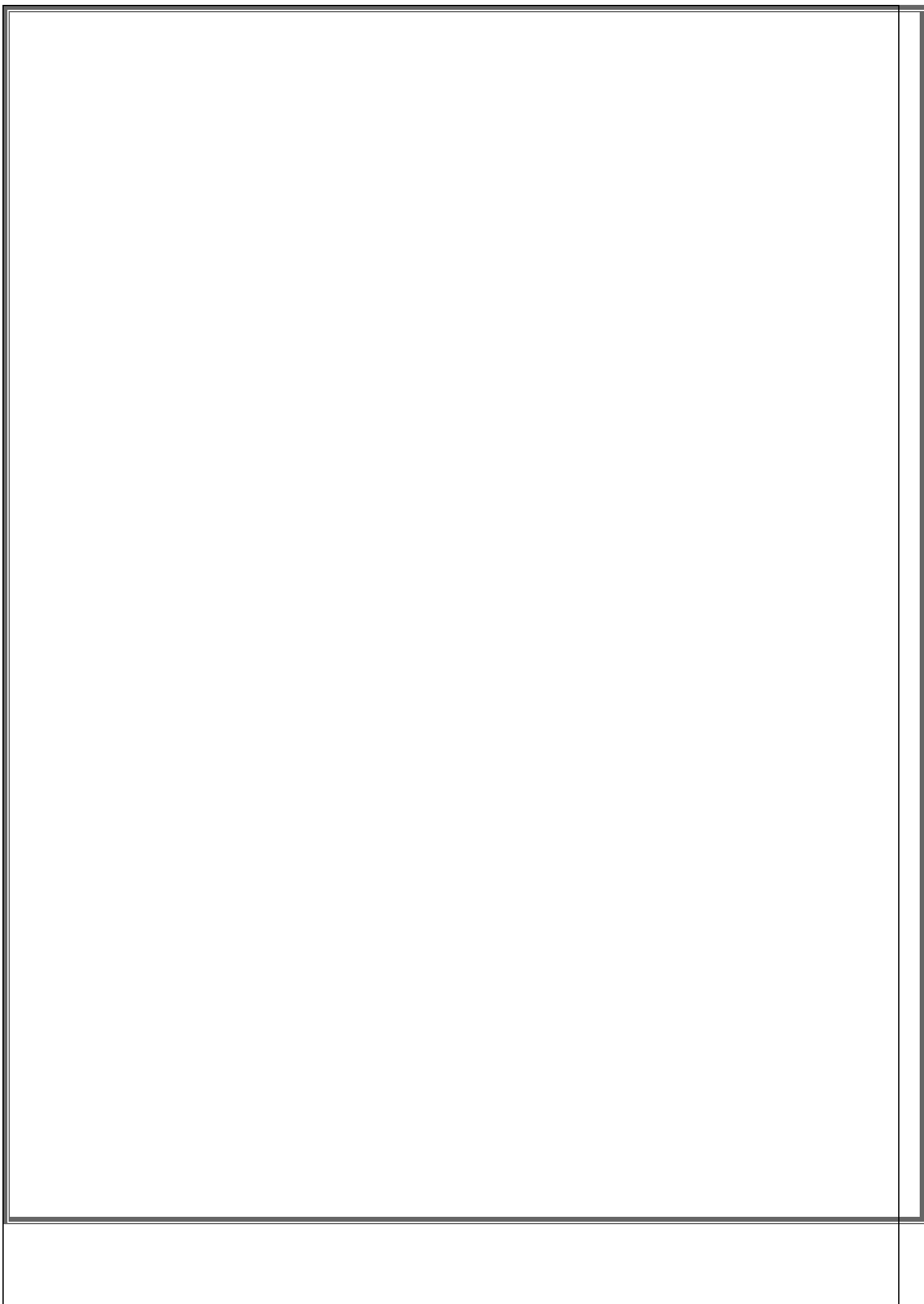
- *Yoga is not just for improvement of physical state of body but also enlightens us mentally and spiritually.*
- *Cadets were taught the importance of yoga to lead a healthy and peaceful lives. They were taught various yoga aasana such as, surya namaskar, paschimontaan aasana , chakra aasana, ardh chakra asana, taadh aasana, natraja aasana, vriksha aasana, vajra aasana and many other which makes there internal organs clean and purified.*
- *Cadets were taught how to meditate as only thing which stays with us till we die is our breath , so to know how to breathe was the most important thing.*
- *Yoga day was one of the most refreshing activities held in the year 2017-2018.*

YOGA DAY CELEBRATIONS



Yoga is first mentioned in the Rigveda and also referenced in many Upanishads. The first known formal appearance of the word "yoga", with the same meaning as the modern term, is in the Katha Upanishad, probably composed between the fifth and third century BCE. Yoga continued to develop as a systematic study and practice during the 5th and 6th centuries BCE, in ancient India's ascetic, and Śramaṇa movements. The most comprehensive text on Yoga, *Yoga Sutras of Patanjali* date to the early centuries CE, while Yoga philosophy came to be marked as one of the six orthodox philosophical schools of Hinduism in the second half of the first millennium. Hatha yoga texts began to emerge between the 9th and 11th century with origins in tantra

The term "yoga" in the Western world often denotes a modern form of hatha yoga and a posture-based physical fitness, stress-relief and relaxation technique consisting largely of the asanas in contrast with traditional yoga, which focuses on meditation and release from worldly attachments. It was introduced by gurus from India, following the success of Vivekananda's adaptation of yoga without asanas in the late 19th and early 20th centuries, who introduced the *Yoga Sutras* to the west. The *Yoga Sutras* gained prominence in the 20th century following the success of hatha yoga



CADETS FROM ALL SCHOOLS AND UNIVERSITIES PERFORMING YOGA



SIR.COL.DR.PONNAVAIKKO, VICE CHANCELLOR BHARATH UNIVERSITY, WITNESSED NCC YOGA PERFORMANCE FOR GUINNESS RECORD.



YOGA DAY CELEBRATIONS

CUO SANGHAVI PERFORMING YOGA ASANA AT BIHER AUDITORIUM.



This asana is named as ARDH DHANURA AASANA

BENEFITS:

- Boosts concentration.
- Energizes the mind.
- Improves willpower and self-esteem.
- Increases clarity.



- Yoga for women is the demand and blessing of today's world as it caters to almost all their problems.
- Women are always multitasking; they are expected to regularly work in an office day to day, justifying their intellectual capabilities that fit their educational status and also manage their domestic duties at home with grace and efficiency.
- Hence, they need to balance their mind and soul with proper nourishment and yoga for women is the necessary activity that will help them handle their obligations effortlessly.
- Yoga for women is specific poses and postures which with practice helps with various women's problems like reducing the symptoms of menopause, helping with labour and pregnancy, also known as prenatal yoga treating or preventing gestational diabetes, etc.
- Furthermore, it is used as yoga for weight loss for beginner females, and as a yoga pose for flexibility, yoga during periods, yoga for PCOS, yoga for lower back etc.

