

My Name is Rishbh Sharma and I am in class 9thF currently. I am sharing my experience of NCC. I was selected as a cadet through tests. It was a test of height and agility, also we were asked we had injury in any of the body, power of spectacles and numerous things. I got passed through the test luckily. After that, we were given our enrollment number and we had to fill our forms. Then after a month, we had to attend the HELP program. At first, there was opening speech and we got to know that it was conducted by Heartfulness. Our host of the meeting was Sapna ma'am. Ma'am introduced us about the HELP program Heartfulness. Day by day, I was introduced to a new topic like 'Yoga' and 'Courage and Confidence'. We also played some games, which helped us to be cheerful through the whole class. We also got to know how to keep our mind clean by meditation. Also got to know my strength and to know more about how to improve our communication skills. In all the classes, I got to know more about things. Then after the final session, we got to get registered in the NCC website where all the Cadets send something new and we got to see the trainings of NCC