

# Sports and Adventure in NCC

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Adventures are some of the moments in life, which gives us the feeling of being alive and full. It is an exciting experience very different from our normal daily routine. The adrenaline rush, exercise, real-world skill-building, achievement, and confidence are the main factors that attract people to adventure sports.

In many schools across the nation, adventure education and outdoor sports are very important. NCC (National Cadet Corps) facilitates access to high potential sports like Football, Hockey and Shooting to talented cadets so as to develop their team and sports skills. These different types of curriculum provide benefits that many other curriculum does not provide, as well as a basic knowledge for outdoor activities and living.

NCC teams regularly participate in National level events like Subroto Cup Football, Nehru Cup Hockey and National Shooting. NCC Cadets from all NCC Directories actively participate in various sports activities at the National level. NCC National Games were started in 2013, giving opportunity to the youth from NCC for exposure to competition and selection at the national level. In Jawaharlal Nehru Cup Hockey Tournament, four NCC teams in junior boys, sub junior boys and junior girls categories participate in the prestigious Jawaharlal Nehru Hockey Tournament every year. In Subroto Cup Football

Tournament, three NCC teams in junior boys, sub junior boys and junior girls categories participate in prestigious Subroto Cup Football Tournament. Also in Equestrian Events, NCC Cadets of Remount and Veterinary units participate in various National level equestrian competitions every year and have won many medals.

Adventurous activities have its thrill and risks. When we face fear, we are given an opportunity to overcome them. Those who win over their fears, win over themselves. Adventure helps in eliminating this fear from our lives and makes us more willing to accept challenges. Also, we get to meet tons of new people and make strong bonds with them. We all should realise that life is a one-time adventure and we should fill it with moments of as many as adventures we can.