

## MAIDEN ANNUAL RESIDENTIAL TRAINING CAMP AT NCC CAMPING STATION NAGROTA (08-17 MAY, 2023)

NCC Senior Wing Cadets of University of Jammu attending Annual Training Camp (ATC-J1) from 08 May to 17 May 2023 held at Nagrota by 2 J & K Girls, Bn, NCC under the aegis of NCC Gp HQ, Jammu at NCC Camping Ground, Nagrota.



Annual Training Camp at Nagrota is inclusive of trainings on leadership, service training, teamwork, adventure, physical endurance and self discipline that shall infuse the spirit of national integration amongst the cadets.

The training also centers on cultivating the idea of team spirit, camaraderie, community development and social service. Also, special sessions on mental well being and stress management are part of the **10-Day Residential ATC Training Programme**.

The ATC attendance and performance is also directed to prepare cadets for 'B' and 'C' Certification examination.