

# NATIONAL CADET CORPS DESHBANDHU COLLEGE

(UNIVERSITY OF DELHI)
3 COY. / 4DBN & 4DGBN
GP. 'C' / DELHI DTE.



All the interested candidates are hereby informed that Deshbandhu College NCC, Army Wing will be organizing its Annual Enrollment Rally on the specified dates:

## **PHYSICAL**

Date: 7th December, 2021

Time: 0800 hours

Dress Code: Collared T-Shirt,

**Lower & Sports Shoes** 

### VIVA

Date: 8th December, 2021

Time: 0800 hours

Dress Code: Formal Wear

NOTE :- THE FINAL MERIT LIST WILL BE BASED ON YOUR PERFORMANCE IN PHYSICAL AND VIVA.



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### ENROLLMENT TEST

- 1. This is to inform all the cadets that Deshbandhu College NCC will be organizing its annual enrollment rally.
- 2. The following is the set program:

| S.No. | Progra <mark>m</mark> | Date     | Time(hours) | Dress code                               |
|-------|-----------------------|----------|-------------|--|
| 1     | Physical              | 07-12-21 | 0800        | Lower,Collared T-Shirt & Sports<br>Shoes |
| 2     | Viva                  | 08-12-21 | 0800        | Formal wear                              |

- 3. Physical Test will comprise of-
- Running 1600mtrs in 6 min.
- 30 pushups
- 20 Squats
- > 35 Crunches
- ➤ 10 Chin-ups
- 4. All interested cadets are required to carry their college IDs/Fee Slip and vaccination certificate.
- 5. All the interested cadets should be present on College NCC Ground at the given time.

#### **Ordered By:**

Lt.(Dr) Sushila Singhal NCC Officer(Girls) Deshbandhu College Capt.(Dr) Pramod Kumar NCC Officer(Boys) Deshbandhu College Prof. Rajiv Aggarwal PRINCIPAL Deshbandhu College