



PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH

NEELAMBUR, COIMBATORE-641062



ATC CAMP 2023

PARTICIPANT OF ATC CAMP FROM PSG- ITECH-2023

6 TN Medical Company conducted ATC camp from 14 May 2023 to 23 May 2023



The camp was conducted at Shree Ramu college, Pollachi. The camp was attended by around 200 Cadets. The camp was held to select cadets for the next level of TSC camp which will be held at Salem. The types of events for which the selection were done are for Obstacle Racing, Map reading and Health and Hygiene. 12 Cadets from PSG ITECH participated in the camp. Cadets from out college participated enthusiastically and did extra-ordinary in the selection. From the camp only a handful of 12 were selected to participate in next level at Salem. Unfortunately our cadets could not make it to next level but two cadets were selected for top 30 in obstacle racing.



We started our journey from Coimbatore at 8:30am on 14 May 2023 and reached Shree Ramu college, Pollachi by 1:100 am. When we reached the college we were given a room to stay and also given some basic information on how to behave and about the selection and training .On day 1 we were divided into small groups of 50 and each group were assigned to a our cadets were equally divided in each group .And we had PT period on that day .That was it for the first day.



From day two we started our training. we had PT session in morning 5:30 am to 8:00 am in which we ran for around 3 km and did some other exercises .Then for each group food serving duty was assigned .After the breakfast we have lecture on Map Reading from 10:30 am to 1:30 pm .After that we were given rest till 4:00 pm and then we had our PT period for 2 hours .

This schedule was followed for the first 6 days and also in between these days we had Tent pitching classes and some of cadets learned how to pitch a tent.

On 7th day the selection for Obstacle racing started and 2 of our cadets got selected in top 30. They gave their best but were not able to get selected for next level of the camp. Then on 8th day Map reading and health and hygiene selections were conducted. Our Cadets enthusiastically participated in these events .Our cadets gave their best in the selections .



Then on 9th day we had a photoshoot session, in which cadets were informed to come in neat and clean uniform. We had a group photo. Then in the evening we packed our things and left the camp to reach Coimbatore.

Our cadets learned a lot from this camp and gained lots and lots of knowledge.