

7 Days Special NSS Camp

A Report

National Service Scheme is one of the great initiatives of the GOI to promote volunteers services among the youth of the country. It was launched in Mahatama Gandhi's centenary year in 1969. It aims to provide the platform to the students of +1, +2 and the undergraduates in order to participate in various government led community service activities and programmes. Various activities and special camps are organized at institutional level every year to strengthen this cause. For the same purpose the **NSS unit of the Government Degree College, Nankhari** has organized a **7 Days Special Camp** in the college from **18th February 2025 to 24th February 2025**. The camp witnessed the participation of **25 volunteers** under the supervision of the Programme Officer, Prof. Priyanka.

Day 1: Opening Ceremony

Day 1 of the camp started with the opening ceremony which was held in the college with great enthusiasm and participation from the NSS volunteers, faculty members and distinguished guests. The ceremony started with the welcome of the chief guest Mr. Ramlal Thakur, esteemed faculty and PO, NSS unit GMSSS Nankhari, our distinguished guests, Dr. Poonam Mehta, Principal, GDC Nankhari, Mr. Devender Khoond, esteemed faculty from GMSSS Nankhari and the teaching staff of the college. The ceremony started with the lighting of the lamp before "Maa Sarswati" symbolizing the pursuit of knowledge and dispelling of ignorance. Then the NSS Volunteers performed the NSS Song with great fervor and zeal conveying the message of unity and discipline among the volunteers. Thereafter Dr. Poonam Mehta, Principal of the college addressed the students encouraging the volunteers for ethical behaviour and conduct during the camp. She further enumerated on the importance of a healthy routine and the actual meaning of the phrase "**Satyam, Shivam and Sunderam**". After the Principal's address PO Priyanka presented the tentative schedule involving all the activities to be undertaken during the 7 Days NSS Camp. Thereafter the worthy Chief Guest Mr. Ramlal Thakur shared his invaluable experiences of working with the NSS for the past two years, with the volunteers and he extensively elucidated on the motto of the NSS "**Not Me But You**" inspiring the students to take up the social responsibility and enhance their personality during the camp. The opening ceremony ended with a vote of thanks from the PO Priyanka.

Outreach Programme: On day 1, all the volunteers organized a cleanliness drive in the college campus to promote hygiene and environmental awareness.

Lecture on Digital Literacy: Prof Punita Verma, esteemed faculty from the Commerce department was the Resource Person for day 1. She enumerated on the importance of digital literacy covering the essential topics like cyber security, safe online transactions, and responsible internet use. The volunteers further participated in the drill practice session and other cultural activities.

Day2: 19/02/2025

Outreach Programme: The NSS volunteers conducted an awareness rally and a cleanliness drive from the college campus towards Nankhari Chowk, collecting plastic waste, bottles and other non biodegradable waste on their way. As per the Annual theme of the NSS, they organized a Digital Literacy Awareness Campaign, assisting people in creating Gmail accounts and guiding them on the use of responsible internet services. The volunteers also gathered community feedback to assess the impact of the campaign.

Lecture on Recent Trends in Apple Cultivation:

The evening session was insightful with Mr. Ravinder Mehta, HDO (Horticulture Development Officer) Nankhari, presenting a lecture on the topic **Recent Trends in Apple Cultivation**. He delivered an informative lecture on modern apple cultivation practices, pest control methods and strategies to improve production. He enumerated on the common diseases like scale, scab, and root rot, suggesting some preventive measures for them. The entire session was impactful as it provided some practical methods to increase apple production in the area.

The volunteers were then engaged in the extracurricular activities like drill practice and cultural activities.

Day 3: 20/02/2025

Outreach Programme: On the third day the NSS Volunteers actively participated in a **Digital Literacy Awareness Campaign** in the adopted village Bhourja and in their respective localities. The students focused on the importance of spreading digital literacy among the locals. This initiative aimed to enhance digital accessibility and empower individuals with essential online skills.

Lecture on Legal Literacy:

A lecture on Legal Literacy was delivered by Prof. Vijay Kumar from Department of Political Science. He explained the fundamental legal rights and responsibilities. The session provided valuable insights into legal awareness, helping volunteers and attendees understand their rights and the importance of legal knowledge in their daily life.

Day 4: 21/02/2025

Outreach Programme: The outreach programme on Day 4 of the 7 Days Annual Camp was being undertaken at CHC (Community Health Centre) Nankhari. The volunteers conducted an awareness rally from the college campus to CHC Nankhari. The students imparted the message of clean and green India by shouting various slogans during the rally. Thereafter the volunteers undertook the cleanliness drive at the CHC. Some of the volunteers engaged themselves in the community service by assisting the patients and providing them a helping hand during their checkup. Dr. Ishika demonstrated the 5 step Hand Wash Technique to the students focusing on the importance of hygiene in everyday life.

A Lecture on Mental Health, Stress Management and Emotional Intelligence:

Prof. Dev Negi, Department of Economics, was the designated Resource Person for Day 4 of the camp. He delivered an informative lecture covering the various aspects of Mental Health. Prof. Negi enumerated on the detrimental effects of stress on individuals. He further shared some practical ways to practice stress management. The RP introduced the students with the concept of emotional intelligence. He emphasized on the need to understand, manage and control one's as well as other people's emotions. He focused on the importance of empathy and Self assessment in one's life. The overall session kept the students engrossed.

Day 5: 22/02/2025

Outreach Programme: On the 5th day of the Annual Camp, the NSS volunteers have undertaken the outreach programme at and around the college campus. The students have renovated the garden of the campus, mowed the overgrown grass on and around the campus, pruned the bushes and created an NSS space in the campus. As a creative expression of teamwork and dedication the volunteers have skillfully crafted the NSS logo using stones, showcasing their artistic talent and commitment to

the spirit of National Service Scheme.

A Lecture on Career Guidance and Planning: Inspector Ashish Kaushal from the Nankhari Police Station was invited to deliver a lecture to guide the students to identify the various career options available after graduation. Inspector Kaushal shared his life journey with the volunteers and motivated the students to accept and face the challenges with a positive mindset. He further elucidated on the various strategies to get through the competitive examination. The entire session was quite informative and enlightening for the volunteers.

Day 6: 23/02/2025

Outreach Programme: The NSS Volunteers have undertaken a cleanliness drive at the Nankhari Chowk on the second last day of the camp. The students organized an awareness rally from the college campus to the Nankhari Chowk, shouting slogans on the theme of digital literacy and clean and green India. The volunteers actively participated in the cleanliness drive and collected sacks of plastics and other waste materials from the site. The volunteers conveyed the importance of environmental sustainability and clean and green environment to the local people.

A Lecture on Substance Abuse: The evening session was penetrating as Prof. Lalit from Department of Sociology presented a compelling lecture on the issue of substance abuse. He apprised the students with the definition of a substance, its use, misuse and abuse. The session focused on educating the volunteers about the danger of substance abuse, defining it as the harmful or excessive use of drugs, alcohol or other substances. He further enumerated how addiction develops, influenced by biological, psychological and social factors. The session further explored the impact of substance abuse, including physical and mental health risks, strained relationship, legal issues and financial problems. The session culminated with the Resource Person sharing some prevention strategies with the volunteers.

Day 7: 24/02/2025

Closing Ceremony:

The last day of the camp witnessed the Closing Ceremony of the 7 Days Special NSS Camp, which was celebrated with great fervor and enthusiasm in the college. The closing ceremony was graced with the presence of Mr. Rajesh Kumar, Panchayat Pradhan, Thana Nankhari, as the Chief Guest. The other distinguished guests included the Ward Members, Mr. Dhundhu Ram and Mr. Kapoor Singh. The entire teaching faculty of the college was also present at the occasion.

The hosts for the closing ceremony were the NSS Volunteers, Vansh Gupta and Sargam from BA IIIrd Year. The ceremony started with the welcoming of the chief guests and the lightening of the lamp before Maa Sarswati. Thereafter the volunteers performed the Sarswati Vandana before the distinguished guests. Then the NSS Volunteers presented the NSS song exhibiting the value of unity and discipline and demonstrating the essential meaning of the motto "**Not Me But You**". The overall ceremony was packed with some wonderful performances prepared by the volunteers during the last six days of the camp. The volunteers read the report of the activities undertaken by the volunteers during the last six days, before the audience. Then the Chief Guest Mr. Rajesh Kumar addressed the audience and the ceremony was ended with a vote of thanks from the NSS PO, Ms. Priyanka.

The overall experience of the camp was illuminating as it enriched the experience of the students and enhanced the overall personality of each individual. The volunteers not only learnt the value of social

responsibility but they also learnt the importance of some basic skills like leadership, team building, communication and problem solving.

We are grateful to the teaching faculty as well as the non teaching faculty who helped turn this event into a successful one.

Lastly our deepest gratitude goes to our Hon'ble Principal ma'am whose guidance and support has taken us on new heights.

The NSS unit has vowed to thrive and grow in the coming years.

Some Clicks from the camp:













