



CENTRE OF EXCELLENCE

G.C. SANJAULI, SHIMLA-06

**A REPORT ON
NSS**

(NATIONAL SERVICE SCHEME)

7-DAYS SPECIAL

CAMP

FROM 17th TO 24th

FEBRUARY 2020

(SESSION 2019-20)

DAY 1

Monday, 17th February 2020

National Service Scheme established on 24th September 1969 & comprises the motto- 'Not me, but you' which means putting community before self. On the line of this sentiment the Seven Days NSS camp started on 17th February 2020 in C.O.E. Govt. College Sanjauli, Shimla-06. This 7-days camp was inaugurated by our honorable principal Dr. C.B. Mehta with vice principal Dr. Bhartii Bhagra and our programme officers Dr. Minakshi Sharma & Prof. Vikram Bhardwaj by lighting the lamp in front of 'Maa Saraswati'. The theme of this camp was kept "*The Role of Youth in Sustainable Development*". On this occasion, principal of college said that NSS is the organization which plays an important role in character building of a student and by joining with NSS students can be aware about the Environmental requirements and they also can aware the people of society about different topics like sustainable development. 90 volunteers enrolled themselves to participate in this camp. They were divided into 5 groups and then began the cleanliness drive, that made the college campus and hostel path, beautiful with the collective efforts of students. On 2:30PM, after the post lunch session, resource person Miss Rekha Chauhan from ALS IAS coaching Institute, Shimla confabulated about the toughest exam of the India i.e. IAS-UPSC. This session was informative for students and they asked many questions about their doubts. The

whole day was full of activities. From this first day, the volunteers got the spirit of selfless service, team spirit and motivation to achieve their aims.



Reported by:
KAPIL DEV
(PRESIDENT, NSS UNIT)

DAY 2

Tuesday, 18th February 2020

On the second day of camp, all the volunteers gathered at Chamayana at 10AM and launched a cleanliness drive at Chamayana village, which has been adopted by the NSS unit. The volunteers created awareness among people about sustainable development and administered oath of cleanliness. Questionnaires were distributed among people about sustainable development goals and a survey was conducted. NSS unit presidents Kapil Dev and Shivani Chauhan and Secretary Bhagat Singh with all the volunteers interacted with the people from the village. The survey revealed that 63.64 per cent people were getting nutritious food under the public distribution system while 27.27 per cent complained of delay in the supply of ration. The biggest problem of the region is environmental plight (44.44%), Public Toilet shortage (22.2%) and 52.5% believed that good Primary health care is available in the village. 38.8% believed that the pure water is available, rest 24.77% believed that water is available in moderate state. 38.7% people are happy and satisfied with the level of cleanliness. 66.7% said that they heard about Sustainable development goals before, but not fully aware about the topic. The villagers appreciated the efforts being made by the volunteers and gave them their support. A group of volunteers interacted with the students of G.S.S.S. Bhatakuffar and put forward their views on value of cleanliness.

It was a great day, in which volunteers reached in between the public and listen about their daily problems and aware them about sustainable development goals.



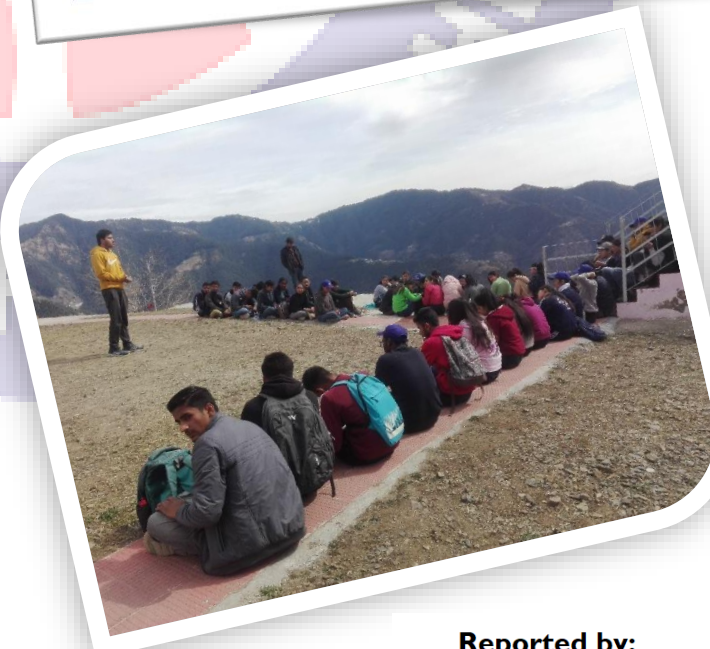
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DAY 3

Wednesday, 19th February 2020

On the third day of NSS 7-Days special camp, all the volunteers gathered at Bhatakuffar at 10AM. We played few games of presence of mind and coordination there which acted as a warmup for volunteers. After that, we visited the 'Jwala Mata Temple' and maintained and watered the plants & saplings. We also clean the courtyard of temple. After that, there was an Educational Academic session in the form of open debate. All representatives from different groups put forward their ideas and views on the Sustainable Development -why and how and what are the problems and solutions about sustainability. Group leaders participated in debate and performed very well. At 2:30 PM, After visiting the temple all the volunteers returned to college and did their lunch. In post lunch session, the volunteers discussed the different activities and practiced 'Nukadd Natak', dance, and singing etc.





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(PRESIDENT, NSS UNIT)

DAY 4

Thursday, 20th February 2020

On forth day on NSS 7-days special camp, Dr. Sania Kashyap (Medicine specialist, Deendyal Upadhyay Hospital, Shimla) made the volunteers aware of the infection, symptoms and prevention of 'korona virus' through a power point presentation. She said that this virus can be transmitted from animals to human and person to person by close contact to infected person by sneezing or spitting up to 6 feet distance. Its main symptoms are cough, fever, shortness of breath and pneumonia. There is no medicine or vaccine available to prevent this virus, but personal hygiene, handwashing with soap and use of masks in congested areas during travel can prevent from coming into contact with this virus. She also cleared the doubts of volunteers by answering their questions.

In the post lunch session, the volunteers were shown the film "Gandhi", released in 1982 based on the life of Mahatma Gandhi. Our NSS programme Officer prof. Vikram Bhardwaj explained the different scenarios of the movie. Through this, volunteers got to know about Mahatma Gandhi's life and got inspired to follow the path of truth and non-violence.

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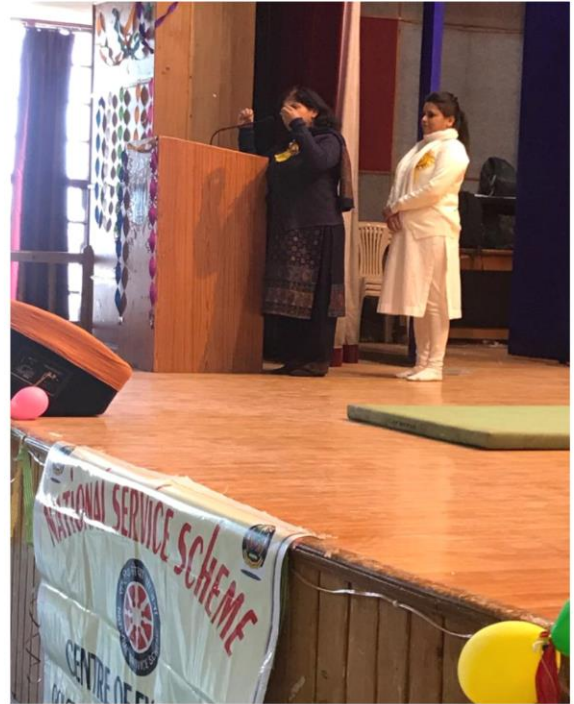
DAY 5

Saturday, 22nd February 2020

Fifth day of the NSS camp started with a Yoga session in which Mrs. Sarika Ahuja and Mrs. Chanchala, certified trainer of "art of living" organization taught the volunteers, different yoga exercise like 'Surya Namaskar', Actions, meditation postures and meditation techniques. Some games were also played to strengthen the memory. About 80 volunteers participated in this session. The Yoga trainers were thanked by the NSS unit by giving them sapling pots. It attempted to promote the value of giving the ecofriendly presents. This session was mind refreshing for the volunteers which filled them with positive energy. In evening session, the volunteers shared their experiences of state level and national level camps with other volunteers. NSS unit president Kapil Dev gave tips of parade to volunteers.



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DAY 6

Sunday, 23rd February 2020

On the sixth day of NSS 7-days special camp, a rally against drug addiction was organized by the volunteers on the theme drug addiction and cleanliness. The volunteers had prepared effective and beautiful slogans and posters conveying the life changing messages. The rally was flagged off by the Principal Dr. CB Mehta. On this occasion, Deputy Principal Dr. Bharti Bhagra Ji, Program Officer Dr. Meenakshi Sharma and Dr. Vikram bhardwaj also became part of this rally. The rally processed from college campus to Sanjauli Chowk and informed the people about the ill effects of intoxication and gave a message to the youth to stay away from it. In the afternoon session, the volunteers practiced for the closing ceremony function.



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(PRESIDENT, NSS UNIT)

DAY 7

Monday, 24th February 2020

The seventh day was the closing ceremony of the 7-days Special camp of National Service Scheme. On this occasion, the state's liaison officer Mr. H.L. Sharma was present as the chief guest. The Principal of the college, Dr. CB Mehta, lit the lamp and inaugurated the program. The program started with Ganesh Vandana. After that the whole auditorium resonated to the tune of NSS song '*Lakshya Geet- Uthein samaaj ke liye*'. On this occasion, NSS president Kapil Dev presented the annual report of NSS through PowerPoint presentation and Nikita Sharma presented the 7 days special camp report. The volunteers performed various activities like group dance, skits, single songs poetry and '*pahari naati*' to present their talent. In Talent hunt round, Aanchal Bhandari, Kapil Dev, Priyanka and Sarvajit Kaur won. The role of the judge was played by Prof. Bharti Bhagra and Prof. Ram Lal Sharma in this talent hunt. A play on cleanliness was also presented. The program ended with a Pahari Naati performed by the volunteers. On the occasion of Golden jubilee year of NSS the different competitions were organized, the winners of those competitions were awarded on this occasion. All the teachers including Program Officers, Dr. Minakshi Sharma, Dr. Vikram Bhardwaj, Deputy Principal Prof. Bharti Bhagra, were present. The chief guest graced the occasion by interacting with the volunteers and encouraged them for social

service through NSS and congratulated the whole NSS unit for the successful organisation of this 7 days NSS special camp.



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