

7 Day NSS Special Camp Govt. College Kullu (29th January – 4th February 2023)

Day-1

Sunday, 29th Jan 2023 (Opening Ceremony)

The Chief guest Dr. Roshan Lal, Principal inaugurated the seven days NSS special camp on the theme **“Educated Youth and Self Reliance India”** on 29th January 2023. The NSS Programme Officer Dr. Shashi Sharma welcomed the Chief Guest, Vice Principal Dr. Brij Bala, NSS Programme Officer Dr. Sumeet Thakur and the participating NSS Volunteers. The inaugural session started with the lighting of lamp and the Saraswati Vandana. The Chief Guest in his inaugural address wished good luck to the NSS Volunteers and inspired the students that they should play an important role in nation-building. Every youth must make use the opportunity to serve the society selflessly through NSS. In this session, President Ravinder Rana explained the volunteers about the importance of NSS camp, role of volunteers, schedule of the camp and the tasks that the volunteers have carry out. They also informed the volunteers about the rules and duties to followed in the camp, dress code and other essentials required for the camp. Senior volunteers came to share their experience with the current volunteers and informed them how to behave in the camp. 85 volunteers were participated in this special camps. Also the volunteers were divided into seven groups named Sawitribai, Bhatra, Sunshine, Himalayan, Sunflower, Saraswati and Dayanand and leaders were selected for every group. Tamana and Yatin shared experiences about National Youth Festival organised at Karnatka from 12th to 16th January, 2023. Then the volunteers processed to clean the surroundings of the college. The main objective was to inculcate the spirit of selfless services and voluntary work among the volunteers.



**कुल्लू कॉलेज में स्वयंसेवी
सीखेंगे समाजसेवा के गुर**

संवाद न्यूज़ एजेंसी

कुल्लू। राजकीय स्नातकोत्तर महाविद्यालय कुल्लू में राष्ट्रीय सेवा योजना के स्वयंसेवी स्नातक सेवा के गुर सीखेंगे।

महाविद्यालय में एनएसएस विनिर्वाक का संविवार को प्राचार्य डॉ. रोशन लाल ने शुभारंभ किया। स्वातंत्र्य दिवस कावले कले विनिर्वाक में करीब 100 स्वयंसेवी भाग ले रहे हैं। विनिर्वाक में प्रभार केरी, स्वयंसेवना अधिव्यान और अन्य गतिविधियों का आयोजन किया जाएगा। राष्ट्रीय सेवा योजना कुल्लू को कार्यक्रम अधिवकारी डॉ. शशि शर्मा ने कहा कि विनिर्वाक में भाग लेने से स्वयंसेवियों में समाज सेवा की भावना जागृत होती है।

विनिर्वाक में विभिन्न गतिविधियों के अलावा स्वयंसेवी सेवाकिया: स्वतंत्र में अपनी भागीदारी सुनिश्चित करने। इस दौरान डॉ. सुमित, एनएसएस इकाई अध्यक्ष रविंद्र राणा, अमित नेगी, दिव्य, संविका नेगी, दिलीप, यतिव, मुकुत, तामना, सुसान, सुविका, दिव्या, आंचल, अदिति आदि उपस्थित रहे।



Day-2

Monday, 30th Jan 2023

The second day of the camp began with Prabhat Pheri followed by Yoga and meditation. In the morning session, resource person **ASP Ashish Sharma** gave a lecture on “**Traffic, Cyber Security and Drugs**”. He addressed about the detailed information of various Do’s and Don’ts of traffic rules. He stressed upon the drivers to avoid dangerous driving, a two-wheeler without helmet, using mobile while driving without licence and so on asserting that majority of accidents are due to negligence on the part of vehicles operator. He urged the volunteers to follow the traffic rules like wearing helmets while riding two wheelers, wearing seat belts etc. to have a safe ride and also make people around them aware about it. He said that in the year 2022, 104 people lost their lives in 218 road accidents in district Kullu. Resource person told the volunteers about the different mode of cybercrimes, virus attacks, social networking security, password protection, financial fraud and its legal scenario with relevant case laws. Students were also informed about where to file a complaint about such threats and frauds. He solved all the doubts of the volunteers very easily.



In the afternoon session, resource person **Dr. Khem Chand** NSS Nodal Officer and Assistant Professor in Govt College Panarsa, Mandi District, emphasized on the role of youth in building an ethically strong nation. He held a discussion on the theme of NSS camp ‘Not Me But You’ focussing the attention of the group on oneness of the universe and hence sensitising the volunteers for responsibilities towards humans and the environment. The schedule for the ensuing days was laid out and duties were assigned to the volunteers for different activities.

Volunteer Ishan Thakur gave second successful blood donation of his life during emergency at Regional Hospital Kullu.



Day-3

Tuesday, 31st Jan 2023

In the third day of the camp Room Singh started with Exercise and Yoga and games. In the morning session, resource person Junior Environmental Engineer **Om Prakash** gave a lecture on “**Air Pollution, Water Pollution and Solid Waste Management**”. He informed the volunteers about the prevention of pollution. He said that there is a lot of contribution of NSS volunteers in every field of the society. He gave information to the volunteers and said that every person of the society needs to be aware and reducing the sources of pollution is the most effective strategy to prevent pollution.



In the afternoon session, **Sumit Thakur**, who was awarded the President’s Award, gave information about the NSS volunteers. He said that the only objective of the National Service Scheme is to provide an experience for the young students in rendering community service.



Day-4

Wednesday, 1st Feb 2023



In the fourth day of the camp started with an assembly. The volunteers again attended a session on the importance of yoga and meditation that helped them relax their minds, realising all the toxins from their bodies. NSS volunteers collected plastic polyethylene, single-use plastic waste and other wastes from the college campus and surrounding area and executed them in the right place.

The goal of this effort was a polythene-free plastic and clean green university camp.



session, Resource person **Dr. Duni Chand** Assistant Professor gave a lecture on “**Career Opportunities in Management**” and discussed post-information within volunteers. While the volunteers, he said stay tense in life and concentration.



In the afternoon the department with giving information to that one should never accomplish tasks with

Day-5
Wednesday, 2nd Feb 2023

In the fifth day of the camp started with Prabhat Pheri, singing Bhajans and playing games. All the volunteers along with their respective groups cleaned different areas of the college. In the morning Session, NSS Volunteers 40 plants saplings on the bank of the National Highway Manali-Chandigarh Kharahal and 10 plants saplings in the college campus and gave the message is the duty of every person of the society to protect and take care of the environment.



In the afternoon session resource person **Dr. Hema Sharma**, Clinical Psychologist, Regional Hospital Kullu, gave a lecture on **“Mental Health and Life Skills”**. She said that mental state not only controls your consciousness but also determines how your body function like stress, grief and depression can have a negative effect on your mental health. She giving the information to the volunteers said the we need to be mentally healthy and if anyone is feeling excessively stressed, she could consult a doctor without losing anytime. She solved all the doubts of the volunteers with the help of example and explained everything clearly. She had a nice interaction with NSS Volunteer.

Volunteer Anup denoted blood for first time life during an emergency at Regional Hospital Kullu



Day-6
Thursday, 3rd Feb 2023

In the morning session resource person **Manjit Singh**, the founder of Karseva Santha Kullu, explained the importance of social services to the volunteers. He said that under the National Service Scheme, the volunteers are helping the needy and playing their role in social work.



The afternoon session of this day was cleaning the river on the way to Jhuggi Jhopri, Sarvari Khud, Kullu. The motive of inform our volunteers and people of Kullu organised a river cleaning and the State Pollution Control Board explained their ideals, Cleaning of the river sides place was very dirty, while segregation was done into 3 glass products, plastic and biodegradable waste. 1000 kg of waste was given for proper disposal Municipal Council, Kullu. The the State Pollution Control Board volunteers and encouraged them to future events at SPCB.

this campaign was to about the importance of our rivers in Kullu. The NSS team along with the help of the State Pollution Control Board organised a river cleaning campaign on 3rd Feb 2023 Control Board team success and plans. was a hefty process as the picking up the waste itself types namely:



collected at MRF site of officials from thanked the participate in



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Day-7

Saturday, 4th February 2023

On the last day of the NSS special camp, all the volunteers were directed to meet in the multipurpose hall for decoration. The function started at 11.00 am and started with the Saraswati Vandana. After this volunteer Bharti B. A 3rd year gave a summarized report of the NSS Special camp 2022-2023, through a PowerPoint presentation and video. The volunteers recited a poem, enacted a drama and performed Punjabi dance, Lahauli dance and Pahadi dance called Nati and fusion dances leaving the audience mesmerized. Some volunteers shared their experiences during the camp. The chief guest Principal Dr Roshan Lal and special guest Dr Rakesh Rana appreciated the endless efforts of the NSS unit throughout the year. The event ended with a vote of thanks followed by the NSS anthem.



Press Review

