



Govt College Kullu



7 Days NSS Special Camp **28th January to 3rd February 2024** **(Session: 2023-24)**

Day-1

Sunday, 28th January 2024 (Opening Ceremony)

During the first day session, Yatin Sharma, the president, discussed the significance of the NSS camp and the tasks performed by volunteers. He informed the volunteers about the camp's rules and duties, as well as the dress code and essential items needed for it. There were 100 volunteers who took part in the special camp. They were divided into seven groups named Pride (Group-1), Ayodhya (Group-2), Shivay (Group-3), Shivalik (Group-4), Himadri (Group-5), Bhagat Singh (Group-6) and Vyas (Group-7). After the tea break at 11.30 am, Programme Officers Dr. Khem Chand and Dr. Shashi Sharma conducted an ice-breaking session. During these 7 days, each group is given rotating duties for cooking, cleaning, organizing programs, venue arrangements, refreshments, and cultural programs.

In the afternoon session the chief guest Dr. Shefali inaugurated the seven days NSS special camp on 28th January 2024. The NSS program officer Dr. Khem Chand Thakur, welcomed the chief guest, NSS program officer Dr. Shashi Sharma and the participating NSS volunteers. The Saraswati Vandana and lamp were the start of the inaugural session Dr. Shefali chief guest, gave an inaugural speech and encouraged the volunteers of NSS to have good luck while encouraging students to help build the nation.

Day-2

Monday, 29th January 2024

The second day of the camp began with Prabhat Pheri followed by Yoga and meditation. In this session, Resource person **Dharam Chand**, who was honoured with the President's Award, participated in the afternoon session and provided some information about NSS while sharing his thoughts and experiences with the volunteers. And it also inspired us to never give up on good work and to face difficulties boldly. Also, the volunteers asked them questions about the problems they faced in their academic lives, and at the end, he sang inspirational songs.

Day-3

Tuesday, 30th January 2024

In the third day of the camp Yatin and Himanshu started with exercise and yoga. Resources person **Miss Sonika Chadra**, Youth Officer at Nehru Yuya Kendra Kullu, spoke, sharing her thoughts and experiences, and talking about how youth can influence their communities. She emphasized that India's youth population is the highest in the world, which is beneficial for the country. In the same day session Resource person **Sumit Thakur**, who was honoured with the President's Award, shared details about the NSS volunteers during the afternoon session and talked about the work he did to achieve the National Award. He stated the National Service Scheme was created solely to give young students experience in providing community service.



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Day-4

Wednesday, 31st January 2024

In the fourth day of the camp started with an assembly. Another session on the importance of yoga and meditation was attended by the volunteers, which allowed them to relax their minds and release all the toxins from their bodies. In this session, the students registered by filling out the form, then were subjected to weighting and blood testing. The NSS volunteers' significant contribution would have made the blood donation possible. 36 volunteers successfully donated blood at Regional Hospital Kullu and were given biscuits and fruits after donating their blood to reenergize themselves.

Day-5

Thursday, 1st February 2024

In the fifth day of the session, Resource person **Dr. Hema Sharma**, a clinical psychologist at Regional Hospital Kullu, gave a lecture on “**Mental Health**”. She said that your mental health is not just responsible for your consciousness, but also affects how your body functions. Stress, grief, and depression can have negative effects on your mental health. She informed the volunteers that mental health is essential, and anyone experiencing excessive stress can consult a doctor without wasting any time. By using examples, she managed to clear up any doubts the volunteers had and explained everything in a clear way. She had a pleasant interaction with an NSS volunteer. **Room Singh**, a former volunteer, shared his inspirational story to inspire the volunteers for their future lives. He stated that inspiring videos cannot inspire anyone, and it's important for a person to struggle a lot to achieve success.

Day-6

Friday, 2nd February 2024

In the sixth 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 afternoon session, 60 volunteers planted trees in Badah, with more than 200 Diyar and Kosh trees planted. The importance of protecting and taking care of the environment was stressed by them, and 20 volunteers were given the responsibility of conduction a survey on the problem of people on the Lanka Baker side.

Day-7

Saturday, 3rd February 2024 (Closing Ceremony)

This was the final day of the educative and informative NSS 7 days Special Camp. The day as usual started at 8.00 am which was followed by the daily routine. At 9.30 am, the volunteers sang the NSS prayer, then exercised and had a light breakfast. Everyone started preparing for the valedictory function, which was scheduled to start at 11.30 am and started with the Saraswati Vandana. Harish Chauhan and Nikil presented a summary report on the NSS special camp 2023-24 through a PowerPoint presentation and video. The volunteers recited a poem, played a drama, showcased classical dance, a filmy song, a Pahadi dance called Nati, and fusion dancing, all while mesmerizing the audience. A few volunteers shared their experiences during the camp. The Chief Guest, Dr. Roshan Lal, expressed appreciation for the tireless efforts of the NSS unit throughout the year and commended the Program Officers and volunteers for completing the camp with success. The event concluded with Dr. Shashi Sharma, the Program Officer, thanking everyone and paying respect to the National Anthem.



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Activities Photograph





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