

SHRI GURU TEG BHADUR JI GOVT.

COLLEGE, TARAORI (KARNAL)

NATIONAL SERVICE SCHEME



presents

a report on

7-DAY NSS SPECIAL CAMP

(5 MARCH - 11 MARCH, 2025)

NSS 7-Day Camp Report: Day 1

05/03/2025

The NSS 7-day camp commenced on 05/03/2025, with enthusiastic participation from volunteers. The day's events were meticulously planned to ensure a smooth transition from introductions to meaningful discussions and team-building activities.

The day began with registration, where volunteers were registered for the 7 Day camp. A nutritious breakfast was served, providing the necessary energy for the day's events. The NSS song was sung joyously, filling the atmosphere with patriotism and unity. The ice break session that followed helped volunteers get acquainted with each other. Participants were divided into groups and groups were then assigned duties for the first day of camp. The groups were formally introduced, and volunteers were encouraged to interact with their teammates. A refreshing tea break was provided, allowing participants to recharge and socialize.

All the volunteers and guests were formally welcomed by Dr. Abha Narwal, NSS Program Officer, who delivered an insightful introduction to the National Service Scheme (NSS). She emphasized the significance of NSS in fostering community service and social responsibility. Dr. Surendar Raman, Officiating Principal elaborated on the vital role NSS volunteers play in society, highlighting their contributions to nation-building. He emphasised that NSS fosters the patriotism and sense of responsibility in the volunteers making a base for the responsible citizens that further strengthens the roots of a nation.

After lunch Mr. Ravi Bhatia, Trainer from Traffic Park, Sector 6 delivered an engaging lecture on road safety. He emphasized the importance of responsible driving, adhering to traffic rules, and promoting road safety awareness. He stated the facts about accidents taking place day-by-day and made volunteers aware about the things that must be taken care of while driving so that one's life may be spared. The volunteers attentively attended the lecture and satiated their queries during the lecture.

Mr. Harpal Singh, Incharge of the Anti-Tobacco Cell, presented a thought-provoking lecture on drug abuse. He discussed the dangers of substance abuse, its impact on individuals and society, and the importance of prevention and rehabilitation.

After a refreshing tea break the group A presented the report for the day followed by a group activity, where volunteers participated in team-building exercises, promoting unity and cooperation. The volunteers enjoyed their time with patriotic songs and called it a day.

The first day of the NSS 7-day camp was a resounding success, with volunteers actively participating in various activities. The events of the day laid a strong foundation for the remainder of the camp, focusing on teamwork and personal growth.



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NSS 7-Day Camp Report: Day 2

06/03/2025

The second day of the NSS 7-day camp started with a series of engaging activities, focusing on physical well-being, awareness, and teamwork. The day began with a refreshing yoga and exercise sessions. Volunteers participated enthusiastically, setting a positive tone for the day. A nutritious breakfast was served, providing the necessary energy for the day's events.

The Morning Prayer was followed by the NSS song, sung with fervour by the volunteers. A group discussion ensued, where participants shared their thoughts on the day's target, fostering a sense of unity and purpose.

An informative lecture on Prevention from HIV/AIDS was delivered by Mr. Rachit Kapila. He emphasized the importance of awareness, safe practices, and responsible behaviour.

A short tea break provided volunteers with an opportunity to recharge and socialize. Afterwards, Mr. Gurjeet Kumar presented a thought-provoking lecture on Depression and Mental Health. He discussed the significance of recognizing symptoms, seeking help, and promoting a supportive environment.

Medical check up of volunteers was done afterwards by the medical team arrived from Civil Hospital, Nilokheri. The volunteers participated in the check up enthusiastically and were excited to know their health status.

The day concluded with the day report presented by group 2 followed by the activities and cultural events, where volunteers participated in team-building exercises, music and dance.

The second day of the NSS 7-day camp was a resounding success, with volunteers actively engaging in various activities. The events of the day focused on physical well-being, awareness about the HIV/AIDS and Adult Education, and teamwork, laying a strong foundation for the remainder of the camp.



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NSS 7-Day Camp Report: Day 3

07/03/2025

The third day of the NSS 7-day camp started with refreshing yoga and exercise sessions. Volunteers participated enthusiastically, setting a positive tone for the day. The Morning Prayer was followed by the NSS song sung by the volunteers. In group discussion day's target activities were discussed and duties along with materials were distributed to the assigned groups.

The volunteers were taken to visit the pond of local Village Pujam, Nilokheri where they received a lecture on its importance. The lecture highlighted the significance of water conservation, pond maintenance, and community involvement in preserving natural resources.

The volunteers visited the local chaupal, where they interacted with old age persons. They talked about several health issues the old people were facing, and discussed about role of hygiene in preventing many diseases. Along with this they asked about the welfares being provided in the village and also asked about the history of village and important sited in the village. This activity aimed to promote intergenerational bonding, empathy, and community service.

A nutritious lunch was served, providing volunteers with the necessary sustenance for the remainder of the day's activities.

In afternoon session, a lecture on the Importance of Swadeshi was given by Mr. Manish, Placement cell In Charge. He emphasized the significance of promoting indigenous products, self-reliance, and economic empowerment. He motivated the volunteers to be Job Givers than Job Seekers throwing light on the real life examples and the stories from the life of entrepreneurs.

A discussion session tool place afterwards about villages and the common problems faced by those living in rural environment. Volunteers from rural area discussed the prevalent problems and how they affect the lives of rural people. Many remedial action were suggested.

The day concluded with day report presentation by group 3 followed by group activities and cultural events, including music and dance. The volunteers appreciated the visit to village and learned much about the importance of local ponds in the lives of animals as well as humans.



NSS 7-Day Camp Report: Day 4

08/03/2025

The fourth day commenced with a series of engaging activities, focusing on physical well-being, awareness, and skill development. The day began with a refreshing yoga and exercise sessions with volunteers participating enthusiastically, setting a positive tone for the day.

After a nutritious breakfast providing the necessary energy for the day's events, the Morning Prayer was sung by the volunteers, followed by the NSS song. In discussion the volunteers shared their thoughts on the day's target, fostering a sense of unity and purpose.

An informative on Cyber Security was delivered by Dr. Sachin Yadav, Assistant Professor of Mathematics from IIHS, KUK. He emphasized the importance of online safety, password management, Identity Theft and protecting personal data.

After the Tea Break, a thought-provoking lecture on Digital Literacy and Financial Literacy was presented by Dr. Sanjeev Grewal, Assistant Professor of Computer Science from IIHS, KUK. He discussed the significance of basic computer skills, online resources, and digital citizenship.

In the afternoon session, post lunch, a Poster Making Competition was organized to commemorate International Women's Day where the volunteers showcased their creativity, designing posters that highlighted women's empowerment, equality, and social justice.

A discussion session was held afterwards, focusing on various social issues, including women's rights, education. The volunteers stepped forward in discussing what hardships are faced by the women in their rural and local areas and also suggested the cautious as well as supportive actions that might change such concerns.

The day concluded with the report presentation by group 4 followed by group fun activities in which volunteers participated in team-building exercises, music and dance fostering a sense of unity, creativity, and self-expression.

The fourth day of the NSS 7-day camp was a resounding success, with volunteers actively engaging in various activities. The events of the day focused on Digital Literacy, Awareness about Cyber Crime, and, social issues and concerns for Women, laying a strong foundation for the remainder of the camp.



NSS 7-Day Camp Report: Day 5

09/03/2025

The fifth day of the NSS 7-day camp commenced with a series of engaging activities, focusing on entrepreneurship, human rights, and creative expression.

The day began with a refreshing yoga and exercise sessions. Volunteers participated enthusiastically, setting a positive tone for the day.

Following the breakfast, Morning prayer was followed by the NSS song, sung joyously by the volunteers. A group discussion ensued, where participants shared their thoughts on the day's target, fostering a sense of unity and purpose.

Mrs. Soni, Assistant Professor of English, delivered an inspiring lecture on Startup ideas. She emphasized the importance of innovation, entrepreneurship, and creative thinking.

After a short tea break, Dr. Sarita Yadav, Assistant Professor of History, presented a thought-provoking lecture on Human Rights and Fundamental Rights. She discussed the significance of these rights, their importance in a democratic society, and the role of individuals in promoting and protecting them.

A nutritious lunch was served, providing volunteers with the necessary sustenance for the remainder of the day's activities.

A poster making competition was organized, where volunteers created posters on Digital Literacy and Swawlambi Bharat. This activity aimed to promote creativity, awareness, and patriotism.

An awareness session was conducted on the Youth Parliament, highlighting its significance in promoting democratic values and leadership among youth. Volunteers also participated in a one-minute video making competition on Viksit Bharat, showcasing their creativity and patriotic spirit.

After a short tea break, the day concluded with a report presentation by Group 5, showcasing their experiences and learnings from the camp. Cultural activities, including music, dance, and nukkad natak preparations, were also done promoting unity, creativity, and self-expression.

The fifth day of the NSS 7-day camp ended successfully, with volunteers actively engaging in various activities. The events of the day focused on entrepreneurship, human rights, and creative expression, laying a strong foundation for the remainder of the camp.



NSS 7-Day Camp Report: Day 6

10/03/2025

The sixth day of the NSS 7-day camp commenced with a series of engaging activities, focusing on physical well-being, community service, and entrepreneurship.

The day began with a refreshing yoga and exercise sessions. Volunteers participated enthusiastically, setting a positive tone for the day. A nutritious breakfast was served, providing the necessary energy for the day's events.

The Morning Prayer was followed by the NSS song, sung with fervour by the volunteers. A group discussion ensued, where participants shared their thoughts on the day's target, fostering a sense of unity and purpose.

Dr. Kuldeep Singh, Associate Professor of Physical Education from IGN College, Ladwa, delivered an informative lecture on Swachhta Abhiyan. He emphasized the importance of cleanliness, sanitation, and community involvement in maintaining a healthy environment.

Mr. Sumit Goyal, Assistant Professor of Mathematics from SUS Govt. College, Matak Majri, presented a inspiring lecture on entrepreneurship. He discussed the significance of innovation, risk-taking, and leadership in entrepreneurial ventures.

Pot-Painting and plantation activity was carried out by the volunteers for plantation event to be held next day. All the preparation of soil mixing with manure and getting pots ready along with plantation was done by the volunteers with zeal and enthusiasm. Another session was conducted on the Youth Parliament where volunteers were guided about the one-minute video making competition on Viksit Bharat to showcase their creativity and patriotic spirit

After a short tea break, the day concluded with a report presentation by Group 6, showcasing their experiences and learnings from the camp. Cultural activities, including music, dance, and nukkad natak preparations, were also done promoting unity, creativity, and self-expression

The sixth day of the NSS 7-day camp was a resounding success, with volunteers actively engaging in various activities. The events of the day focused on community service, entrepreneurship, and creative expression, laying a strong foundation for the conclusion of the camp.







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NSS 7-Day Camp Report: Day 7

11/03/2025

The final day of the NSS 7-Day Camp was held on 11th March 2025, commencing with a morning session that included yoga and exercise, followed by breakfast. The session continued with a prayer, the NSS song, and a brief discussion for day's target and its preparation.

The tree plantation event was a highlight of the morning, where the Chief Guest, Dr Mahabir Singh and Vice Principal, Dr. Satish Bhardwaj, along with the teaching and non-teaching staff, planted trees, emphasizing the importance of environmental conservation.

Dr. Satish Bhardwaj delivered a lecture on physical fitness, highlighting its significance in overall well-being and providing valuable insights to the volunteers. He explained the role of several activities conducted by NSS and their effect on volunteers and society.

The NSS unit volunteers welcomed the chief guest with a series of vibrant cultural programs presented by the volunteers, including Nukkad Natak Demonstration, Dance performance, Poem recitation and Yoga presentation.

Dr. Abha Narwal, NSS Program Officer, presented a comprehensive report of the 7-Day Camp, detailing all activities carried out during the camp. Sahil from BA-I year was selected the Best volunteer of the Camp.

Dr. Mahavir Singh, Chief Guest, encouraged the students for being part of NSS, explaining how it builds a united and responsible nation. He also appreciated volunteers effort put into the cultural activities and mentioned that these showcase the volunteers' creativity, talent, and teamwork. He appreciated Sahil Kumar, the best NSS volunteer, for his efforts during the camp.

The program concluded with a vote of thanks from Dr. Abha Narwal, expressing gratitude to all participants, staff, and guests for their support and contributions to the camp's success.





श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय की ओर से 7 दिवसीय एन.एस.एस. शिविर क्या हुआ शुभारंभ



नीलोखेड़ी(पवन)। श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी में चल रहे 7 दिवसीय एनएसएस शिविर का शुभारंभ महाविद्यालय के प्राचार्य डॉ. चमन लाल एन.एस.एस. स्वयं सेवकों को दिए गए उत्साह पूर्ण व्याख्यान के साथ हुआ जिसमें प्रातःकालीन सत्र में सर्वप्रथम स्वयं सेवकों के पंजीकरण किए गए, उनके गुप्स बनाए गए डॉ. आभा नखवाल एन.एस.एस. प्रभारी ने स्वयं सेवकों को एन.एस.एस. की समाज में महती भूमिका के बारे में बताया और इसी कड़ी में सायंकालीन सत्र में रोड सेफ्टी पर श्री रवि भाटिया ट्रैफिक पार्क सेक्टर - 7 करनाल और एंटी टबैको सैल इंचार्ज श्री हरपाल सिंह जी ने स्वयं सेवकों को नशे की बुरी आदतों के बारे में विस्तृत व्याख्यान दिया इसी कड़ी में दूसरे दिन की शुरुआत दैनिक योग, समूह

चर्चा और फिर विद्यार्थियों द्वारा नाश्ते के साथ हुई। सुबह के सत्र में श्री रचित, नागरिक अस्पताल, नीलोखेड़ी द्वारा एचआईवी एड्स पर एक विस्तार व्याख्यान दिया गया। चाय ब्रेक के बाद गुरजीत कुमार, नागरिक अस्पताल, नीलोखेड़ी द्वारा अवसाद पर एक और विस्तार व्याख्यान दिया गया। विद्यार्थियों को क्रमशः अवसाद और नशामुक्ति पर दो वृत्तचित्र दिखाए गए। दोपहर के भोजन के बाद नागरिक अस्पताल नीलोखेड़ी की चिकित्सा टीम द्वारा सभी एनएसएस स्वयंसेवकों की चिकित्सा जांच की गई। उसके बाद नशामुक्ति पर पोस्टर बनाने की प्रतियोगिता आयोजित की गई। चाय ब्रेक के बाद ग्रुप 2 ने पूरे दिन की रिपोर्ट प्रस्तुत की और अपनी प्रतिक्रिया दी। पहले दिन का समापन खेल गतिविधि के साथ हुआ।

7 दिवसीय एन.एस.एस शिविर का आज हुआ समापन

राष्ट्र निर्माण में एन.एस.एस की अहम भूमिका: डॉक्टर सतीश भारद्वाज

नीलोखेड़ी(पवन)। श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय में चल रहे 7 दिवसीय एन.एस.एस शिविर का आज समापन हो गया। आज अंतिम दिन की शुरुआत दैनिक योग, समूह चर्चा, एनएसएस गीत के साथ हुई। सुबह के सत्र में डॉ. सतीश भारद्वाज, उपनिदेशक, उच्चतर शिक्षा विभाग पंचकुला द्वारा 'राष्ट्र निर्माण में एन.एस.एस की भूमिका' विषय पर विस्तृत व्याख्यान दिया गया। उसके पश्चात डॉ. सुरेंद्र रमन वरिष्ठ प्रवक्ता, इंगलिश विभाग द्वारा एन.एस.एस स्वयंसेवकों के समाज में उनकी भागीदारी के महत्व पर विस्तृत चर्चा की। डॉ. सुरेंद्र रमन ने बताया कि हमारे आस पास व्याप्त सामाजिक बुराइयों के समाधान में स्वयंसेवक किस प्रकार एक सकारात्मक भूमिका अदा कर सकते हैं। 7 दोपहर के भोजन के बाद सात दिवसीय कैम्प के समापन समारोह का आरम्भ एन.एस.एस गीत के साथ हुआ। उसके बाद स्वयंसेवकों ने सामूहिक योग, कविता पाठ, नृत्य आदि कार्यक्रम प्रस्तुत कर अपनी योग्यता का परिचय दिया। उसके बाद



छात्रा पलक द्वारा सात दिवसीय कैम्प की गतिविधियों की विस्तृत रिपोर्ट प्रस्तुत की। मुख्य अतिथि डॉ. महावीर सिंह, पूर्व प्राचार्य श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी के नेतृत्व में पौधारोपण गातिविधि की गई जिसमें समापन समारोह की उपस्थित सभी सदस्यों व स्वयंसेवकों द्वारा पौधारोपण किया गया व मुख्य अतिथि द्वारा स्वयंसेवकों को कैम्प के दौरान किए गए

कार्यों की प्रशंसा करते हुए उनके उज्ज्वल भविष्य की कामना की। कार्यक्रम अधिकारी डॉ. आभा नरवाल ने अंत में धन्यवाद प्रस्ताव प्रस्तुत करते हुए सभी का आभार व्यक्त किया। सात दिवसीय कैम्प में कमेटी सदस्य मनीष, मैडम सोनी, डॉ. सरिता यादव, हरपाल सिंह, द्वारा सकारात्मक भूमिका निभाई गई। कार्यक्रम का समापन राष्ट्र गान के साथ हुआ।

Karnal Kesari

Mar 13, 2025

पंजाब केसरी

7 दिवसीय एन.एस.एस. कैम्प का समापन

नीलोखेड़ी, 12 मार्च (कविता चावला): श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी में चल रहे 7 दिवसीय एन.एस.एस. शिविर का आज अंतिम दिन था।

दिन की शुरुआत दैनिक योग, समूह चर्चा, एन.एस.एस. गीत के साथ हुई। सुबह के सत्र में डॉ. सतीश भारद्वाज, उपनिदेशक, उच्चतर शिक्षा विभाग पंचकुला द्वारा राष्ट्र निर्माण में एन.एस.एस. की भूमिका विषय पर विस्तृत व्याख्यान दिया गया।

इसके पश्चात डॉ. सुरेंद्र रमन वरिष्ठ प्रवक्ता, इंगलिश विभाग द्वारा एन.एस.एस. स्वयंसेवकों के समाज में उनकी भागीदारी के महत्व



7 दिवसीय एन.एस.एस. कैम्प में हिस्सा लेती कॉलेज की छात्राएं। (पवन)

पर विस्तृत चर्चा की। डॉ. सुरेंद्र रमन ने बताया कि हमारे आस पास व्याप्त सामाजिक बुराइयों के समाधान में स्वयंसेवक किस प्रकार एक सकारात्मक भूमिका अदा कर सकते हैं।

दोपहर के भोजन के बाद 7 दिवसीय कैम्प के समापन समारोह का आरम्भ एन.एस.एस. गीत के साथ हुआ। उसके बाद स्वयंसेवकों ने सामूहिक योग, कविता पाठ, नृत्य आदि कार्यक्रम प्रस्तुत कर अपनी

योग्यता का परिचय दिया। उसके बाद छात्रा पलक द्वारा 7 दिवसीय कैम्प की गतिविधियों की विस्तृत रिपोर्ट प्रस्तुत की।

मुख्यातिथि डॉ. महावीर सिंह, पूर्व प्राचार्य श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी के नेतृत्व में पौधारोपण गतिविधि की गई। इसमें समापन समारोह की उपस्थित सभी सदस्यों व स्वयंसेवकों द्वारा पौधारोपण किया गया व मुख्यातिथि द्वारा स्वयंसेवकों को कैम्प के दौरान किए गए कार्यों की प्रशंसा करते हुए उनके उज्ज्वल भविष्य की कामना की।