



Shri Guru Teg Bahadur Ji Govt. College Taraori, (Karnal)

National Service Scheme

Organizes

Seven Days NSS Special Camp

**Theme: YOUTH FOR SUSTAINABLE
DEVELOPMENT AND DIGITAL BHARAT**

FROM 12TH JANUARY TO 18TH JANUARY 2026

REPORT OF THE CAMP:

12TH JANUARY 2026: Registration, welcome of Chief Guest, Inauguration:

The NSS Camp was organized in our college. All the volunteers actively participated in it. First, all the students were registered. After registration, there was a break time from 11:00 a.m. to 11:30 a.m. At 11:30 am our Chief Guest, Dr. Vikas Atri, Ex DHEO Karnal, Mrs. Meenu Chawla and Mrs. Neha Ma'am, were welcomed by all the volunteers. The Chief Guest, Vikas Sir, gave a lecture to all the students and told them about the NSS Camp. What activities are done in the NSS Camp? How was NSS started, when was it started, and what was the reason for starting it? The motto of NSS is "Not Me, But You."



Inaugural ceremony:

The Inaugural Ceremony of the Seven days camp was held with dignity and enthusiasm. The Chief Guest of the ceremony was the Dr. Vikas Atri ex DHEO Karnal and Mrs. Meenu Chawla, and Principal Shri Chaman Lal and vice principal Dr. Surender Raman Kumar.

The ceremony began with the Lighting of the Lamp of Swami Vivekananda by the Hon'ble chief Guest and Guests of Honor, along with the Programme Officer Sh. Sumit Kumar, welcome of the Guest.



From 1:00 p.m. to 2:15 p.m. it was lunch time. All the teachers and students had lunch together. From 2:15 p.m. to 3:00 p.m., all the students were divided into groups. Each group had one leader, and group names were given.

Group 1 – Dr. B. R. Ambedkar

Leader Name – Sonia

Group 2 – Kalpana Chawla

Leader Name – Aarti

Group 3 – New Direction

Leader Name – Tanisha

Group 4 – Bhagat Singh

Leader Name – Harsh

Group 5 – Rani Laxmi Bai

Leader Name – Harman Kaur

From 3:30 to 3:45 p.m. it was break time. From 3:45 to 4:45 p.m., all the volunteers were informed about the objectives of NSS. From 4:45 to 5:00 p.m., it was break time. From 5:00 to 6:30 p.m., there were games and activities.

Day – 2 (13 January 2026)

From 9:00 a.m. to 10:00 a.m., all the students were made to do yoga, and many exercises were also done. From 10:00 a.m. to 11:00 a.m., all the NSS volunteers cleaned their college and the surrounding areas. From 11:00 a.m. to 11:30 a.m., all the volunteers had a tea break. From 11:30 a.m. to 1:00 p.m., there was a motivational lecture on sustainable development. A lecture was delivered on **“Sustainable Development”**. The keynote session was delivered by **Dr. Daljit Kumar (Green Man) assistant professor, Government College Panipat**, who motivated volunteers to adopt eco-friendly habits and contribute to environmental protection.

Key Aspects:

Environment Economic Social



From 1:00 p.m. to 2:15 p.m. it was lunch time. After lunch, from 2:15 p.m. to 3:30 p.m., all the groups performed activities. There were sports games. From 3:30 to 3:45 p.m., it was tea break. From 3:45 to 4:45 p.m., a poster-making competition was organized, in which all the students actively participated.

The theme of the poster-making competition was Sustainable Development.



From 4:45 to 5:00 p.m., it was break time. From 5:00 to 6:30 p.m., there were games.

Day 3 (14 January 2026)

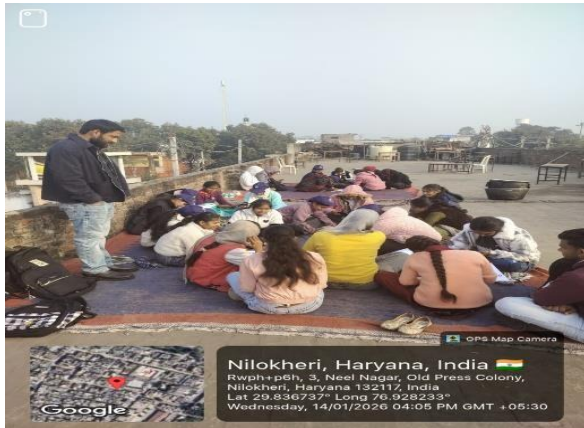
From 9:00 a.m. to 10:00 a.m., all the volunteers did yoga and some exercises. From 10:00 a.m. to 11:00 a.m., they carried out a cleanliness drive in the nearby areas. From 11:30 a.m. to 1:00 p.m., there was a lecture on Women Empowerment.



The third day of the NSS Seven- Day Camp was observed on the theme “Women Empowerment” followed by an inspiring lecture by **Mrs. Tamanna, Counsellor at Civil Hospital, Taraori**, on Woman Entrepreneurship and the Role of women in Shaping Indian Society. In the post-lunch session a focused discussion was held on issues related to girls students, providing them a supportive platform for expression. **Key Aspects: Equal opportunities, Self-reliance, Decision making, Social equality, etc.**



From 1:00 p.m. to 2:15 p.m., it was lunch time. After lunch, the volunteers performed activities.. From 4:00 p.m. to 5:00 p.m. – **Slogan Writing Competition Theme – Women Empowerment.**



Day-4 (15th January 2026)

If so, after doing Zumba and yoga, did it nearby. Cleaned. By 9 o'clock. Lecture on **Health and Hygiene** lecture By. **Balbir Saini Govt. College for woman Karnal** . Good hygiene as well as good health is required to maintain overall well-being and quality of life.

Health refers to the body's natural and healthy state. It is a great source of peace and contentment. **Hygiene** refers to good practises like cleanliness, adequate [waste water disposal](#), and safe drinking water supply that help to avoid disease and promote good health. It encompasses all activities aimed at enhancing, preserving, and maintaining excellent health.

Types: Personal Hygiene, Community Mental



- At 2:15 launch time after lunch time
- Quiz competition, 3:00 o'clock to 4:00 o'clock , total 5 teams participate in the Quiz competition
- At 4:20 O'clock visit by our **Kurukshetra University, (Kurukshetra) NSS Programme Coordinator Dr. Anand Kumar.**

National Service Scheme (NSS) (launched in 1969) is crucial for fostering social responsibility, leadership, and personality development in students through community service. Under the motto "**Not Me, But You,**" it bridges classroom learning with real-world social issues, promoting national integration, civic sense, and rural development. It builds a cadre of compassionate citizens dedicated to nation-building.

Key Aspects of the Importance of NSS:

Personality Development: NSS helps students develop leadership, communication, and organizational skills, enhancing their capacity to tackle, social problems.

Community Service and Social Consciousness: It cultivates a sense of responsibility toward society, encouraging volunteers to work with underserved communities, slums, and villages.

"Education Through Service": The scheme acts as an extension of education, allowing students to apply their knowledge to solve community problems like sanitation, health, and literacy.

National Integration and Harmony: Through camps and diverse volunteer groups, it fosters unity and understanding across different cultural, regional, and social backgrounds.

Skill Development and Career Building: Volunteers gain practical experience in disaster management, first aid, and environmental conservation, which are valued by employers.

Specific Impact Areas:

Health: Organizing blood donation camps and health awareness drives.

Environment: Conducting tree plantation drives and sustainability projects.

Education: Conducting literacy programs for underprivileged child.

Some important camps of NSS

- ❖ 7 days Camp College level.
- ❖ 7 day Camp University level
- ❖ 10 days Adventure Camp
- ❖ National Integration Camp
- ❖ Republic Day Camp.



Day -5 (16 January 2026)

From 9:00 a.m. to 10:00 a.m., all the volunteers did yoga and some exercises. From 10:00 a.m. to 11:00 a.m., they carried out a cleanliness drive in the nearby areas. From 11:30 a.m. to 1:00 p.m. health checkup camp by Amritdhara Hospital Karnal. Eyes checkup, Blood pressure, and RBS Sugar Test etc.



After lunch, speech competition my volunteers competition was organized, in which all the students actively participated. **The theme of the Speech competition was Sustainable Development.**



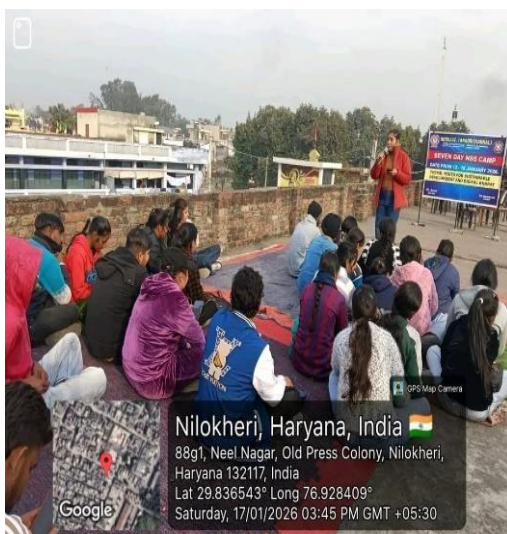
Day - 6 (17 January 2026)

From 9:00 a.m. to 10:00 a.m., all the volunteers did yoga and some exercises. From 10:00 a.m. to 11:00 a.m., they carried out a cleanliness drive in the nearby areas. Lecture **by Sh. Bharat lather for GC Taraori, on Topic “Entrepreneurship”**: Entrepreneurship is the dynamic process of recognizing opportunities in the market, gathering and managing essential resources like land, labour, and capital, and taking calculated risks to pursue these profit opportunities. Entrepreneurs are innovative risk-takers who combine factors of production at certain prices to supply products or services and sell them at uncertain prices.

Entrepreneurs initiate and sustain the process of economic development in the following ways:

- 1. Capital Formation**
- 2. Improvement in Per Capita Income**
- 3. Generation of Employment**
- 4. Balanced Regional Development**
- 5. Economic Independence**

After lunch, Singing and dance competition, Haryanvi Ragni, and Haryanvi patriotic song.



Day -7 (18 January) CLOSING DAY

The morning session of the last day of the camp covered the cleanliness drive of campus. The day started with exercise and yoga session. Report of the day was presented by group leaders. The closing ceremony of the NSS camp was done. On this occasion, the respected Principal of the college, Mr. Chaman Lal and Vice Principal, Mr. Surendra Raman Kumar were invited as chief guests.

Some students shared their 7 days experience of the camp. Principal of the college congratulated the students for their wonderful performance in the camp. The events were grand success.



Media Coverage

Karnal Kesari
Jan 20, 2026 (IST)

पंजाब केसरी

7 दिवसीय एन.एस.एस. शिविर का समापन उत्साहपूर्वक समापन

नीलोखेड़ी, 19 जनवरी (कविता चावला): श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी में आयोजित सात दिवसीय एन.एस.एस. शिविर का समापन उत्साहपूर्वक किया गया। शिविर का मुख्य विषय था युवा सतत विकास एवं डिजिटल भारत। पूरे सप्ताह स्वयंसेवकों ने विभिन्न शैक्षिक, शारीरिक एवं सामाजिक गतिविधियों में सक्रिय रूप से भाग लिया।

शिविर के प्रत्येक दिन को अलग-अलग विषयों—सतत विकास, महिला सशक्तिकरण, स्वास्थ्य एवं स्वच्छता, डिजिटल वेलबीइंग और सामाजिक उत्तरदायित्व—को समर्पित किया गया।

स्वयंसेवकों के लिए विशेषज्ञ व्याख्यान, कार्यशालाएं, योग एवं फिटनेस सत्र, नारा लेखन, वाद-



7 दिवसीय कैंप के अंतिम दिन स्वयंसेवकों को सर्टिफिकेट सौंपते प्राचार्य चमन लाल। (पवन)

विवाद, सामुदायिक गतिविधियां और समूह चर्चा आयोजित की गयी, जिसका उद्देश्य युवाओं में जागरूकता, नेतृत्व क्षमता और सामाजिक संज्ञा भाव को बढ़ाना था।

समापन समारोह में महाविद्यालय प्राचार्य चमन लाल ने स्वयंसेवकों के उत्साह, अनुशासन और सक्रिय भागीदारी की सराहना की। उन्होंने कहा कि युवा शक्ति ही सतत विकास और डिजिटल भारत के निर्माण की सबसे बड़ी आधारशिला है।

समारोह में उप-प्राचार्य डॉ. सुरेन्द्र कुमार ने भी स्वयंसेवकों का उत्साहवर्धन किया और उनके कार्यों की प्रशंसा की। उन्होंने समाज सेवा को भावना को युवाओं के लिए अत्यंत आवश्यक बताया।

समापन अवसर पर स्वयंसेवकों को प्रमाण पत्र वितरित किए गए, जिससे उनके सात दिवसीय सेवा कार्यों को सम्मान प्रदान किया गया।

प्राचार्य ने एन.एस.एस. इकाई द्वारा शिविर को सफलतापूर्वक आयोजित करने के लिए पूरे दल की प्रशंसा की। कार्यक्रम का समापन धन्यवाद प्रस्ताव के साथ हुआ, जिसने सात दिन की इस प्रेरणादायक एवं ज्ञानवर्धक यात्रा को सफलतापूर्वक पूर्ण किया और स्वयंसेवकों में राष्ट्र निर्माण और सामाजिक सेवा की भावना को और दृढ़ किया।

पल पल

राजकीय महाविद्यालय तरावड़ी में चले एन.एस.एस. शिविर का हुआ समापन



पल पल न्यूज: तरावड़ी, 19 जनवरी (ममता चावला)। श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय तरावड़ी में आयोजित चले सात दिवसीय एन.एस.एस. शिविर का समापन उत्साहपूर्वक किया गया। पूरे सप्ताह स्वयंसेवकों ने विभिन्न शैक्षिक, शारीरिक एवं सामाजिक गतिविधियों में सक्रिय रूप से भाग लिया। शिविर के प्रत्येक दिन को अलग-अलग विषयों—सतत विकास, महिला सशक्तिकरण, स्वास्थ्य एवं स्वच्छता, डिजिटल वेलबीइंग और सामाजिक उत्तरदायित्व को समर्पित किया गया। स्वयंसेवकों के लिए विशेषज्ञ व्याख्यान, कार्यशालाएँ, योग एवं फिटनेस सत्र, नारा लेखन, वाद-विवाद, सामुदायिक गतिविधियाँ और समूह चर्चाएँ आयोजित की गईं, जिनका उद्देश्य युवाओं में जागरूकता, नेतृत्व क्षमता और सामाजिक सेवा भाव को बढ़ाना था। समापन समारोह में महाविद्यालय प्राचार्य चमन लाल ने स्वयंसेवकों के उत्साह, अनुशासन और सक्रिय भागीदारी की सराहना की। उन्होंने कहा कि युवा शक्ति ही सतत विकास और डिजिटल भारत के निर्माण की सबसे बड़ी आधारशिला है। समापन अवसर पर स्वयंसेवकों को प्रमाण पत्र वितरित किए गए, जिससे उनके सात दिवसीय सेवा कार्यों को सम्मान प्रदान किया गया। प्राचार्य ने एन.एस.एस. इकाई द्वारा शिविर को सफलतापूर्वक आयोजित करने के लिए पूरे दल की प्रशंसा की। कार्यक्रम का समापन धन्यवाद प्रस्ताव के साथ हुआ, जिसने सात दिन की इस प्रेरणादायक एवं ज्ञानवर्धक यात्रा को सफलतापूर्वक पूर्ण किया और स्वयंसेवकों में राष्ट्र निर्माण और सामाजिक सेवा की भावना को और दृढ़ किया।

Karnal Kesari
Jan 17, 2026 (IST)

पंजाब केसरी

एन.एस.एस. कैंप के चौथे दिन आत्मरक्षा व हैल्थ चैकअप कैंप का आयोजन



शिविर में छात्राओं के स्वास्थ्य की जांच करते चिकित्सक। (पवन)

नीलोखेड़ी, 16 जनवरी (कविता चावला): श्री गुरु तेग बहादुर जी राजकीय महाविद्यालय एन.एस.एस. शिविर का आयोजन महाविद्यालय प्राचार्य चमन लाल के दिशा निर्देशन व एन.एस.एस. के प्रोग्राम ऑफिसर सुमित लटवाल के नेतृत्व में किया जा रहा है। इस शिविर के चौथे दिन आत्मरक्षा तथा हैल्थ चैकअप कैंप का आयोजन किया गया।

दिन की शुरुआत योग से की गई। इसके बाद महेश सिंह जिला सचिव टांडव संगठन कर्नल ने स्वयंसेवकों को आत्मरक्षा के गुरु सिखाए। इस अवसर पर प्राचार्य

चमन लाल ने कहा कि आज के युग में कोई भी व्यक्ति सुरक्षित नहीं है। इसलिए उन्हें खुद के बचाव के लिए आत्मरक्षा की गुण सीखने चाहिए।

इसके बाद संजय बंसल साइनस हॉस्पिटल करनाल व अरोड़ा आई लासिकल लेजर सेंटर करनाल के सहयोग से स्वयंसेविकाओं की स्वास्थ्य जांच कैंप लगाया गया।

इसमें से सेविकाओं की उच्च रक्तचाप, शुगर, आंखों की जांच स्वास्थ्य की जांच करवाई गई।

दोपहर के बाद डिजिटल इंडिया व स्वावलंबी भारत विषय पर प्रश्नोत्तरी तथा निबंध लेखन प्रतियोगिता का आयोजन किया गया।

Awards and Prizes of appreciation to the Volunteers

For commendable job during the Year and Special Seven-Day Camp

Sonia & Tanisha	Best NSS Volunteer (Female)
Prince	Best NSS Volunteer (Male)
Harman, Dikshita Verma, Komal	First, Second, Third in Poster Making
Harman, Anchal, Tejasvi	First, Second, Third in Slogan Writing
Sonia & Lovepreet, Yashika & Simran Tejasvi & Harman	First, Second and Third in Quiz Competition
Harman, Sonia, Muskan	First, Second, and Third in Declamation
Tamanna, Prince & Kamalpreet, Lovepreet & Dikshita Verma	First, Second and Third in singing
Dikshita Verma & Tejasvi	Participated in National Integration camp at Kuk University