

NSS SEVEN DAYS CAMP REPORT (20-01-2024 to 26-01-2024)

A one-week long NSS Camp was organized by the NSS Unit of GCG Palwal, Kurukshetra from 20th January 2024 to 26th January, 2024. The main theme of the camp was “Atamnirbhar Bharat”. A total of forty-five registered NSS volunteers participated in the camp. The camp was formally inaugurated by the Chief Guest, Dr Meenakshi, chief proctor of the College on 20th January 2024. The NSS Program Officer, Ms. Monika welcomed the Chief Guest, faculty members present and the participating NSS volunteers. The inaugural session started with the lighting of lamp and Saraswati Vandana. Later, The Chief Guest in her inaugural address wished good luck to the NSS volunteers and exhorted the students to become self-reliant in line with the main theme of the camp. She inspired the students that NSS should develop in them a promptness to help others. Thereafter, the NSS Program Officer, Monika gave a presentation on the importance and relevance of NSS in colleges and other educational institutes. She also gave an outline of the major activities that were proposed to be organized during the one-week long camp. The morning session ended with vote of thanks by Ms. Manisha and singing of National Anthem. In academic session, an extensional lecture on the topic “Constitutional Methods to Achieve Social and Economic objectives” was organized. The spoke person for the session was Dr. Rajbir, Assistant Professor, Department of Political Science from GCG Narwana. The topic was crucial for NSS volunteers to grasp the historical backdrop to appreciate the monumental task of drafting a democratic framework that reflects India's diverse cultural, social, and economic landscapes.

Thereafter, the students moved from the college to the adopted village, Siakot Dera by organizing a rally on “Road safety & Traffic rules. A Nukkad natak was organised to create an awareness among villagers regarding road safety. Altogether 06 NSS Volunteers performed before

the villagers. With their song, 'jaago re bhaiya jaago re', NSS Volunteers encouraged villagers to be extra cautious while driving on roads. In the post lunch session, the NSS volunteers started with the activities that were planned in advance. The volunteers developed the NSS garden in the college campus. In the evening session, Kho Kho was played by NSS volunteers to keep body well, strong, motivated, enthusiastic and young, aiding in better coordination and flexibility. In the post evening session, a discussion session was conducted where volunteers shared their views about the existing social problems of the adopted villages. After that the entire group sat together for some relaxed fun time involving singing and dance.



Inaugural Ceremony by Chief Guest Dr. Meenakshi with lamp lighting and singing of Saraswati Vandana on 20-06-2024 along with Advisory committee member, Ms. Birinder kaur, Resource person, Mr. Rajbir, and NSS team.





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Inaugural Address By Chief Guest, Dr. Meenaskhi(Chief Proctor)



NSS Program Officer, Ms. Monika giving an outline of the major activities that were proposed to be organized during the one-week long camp



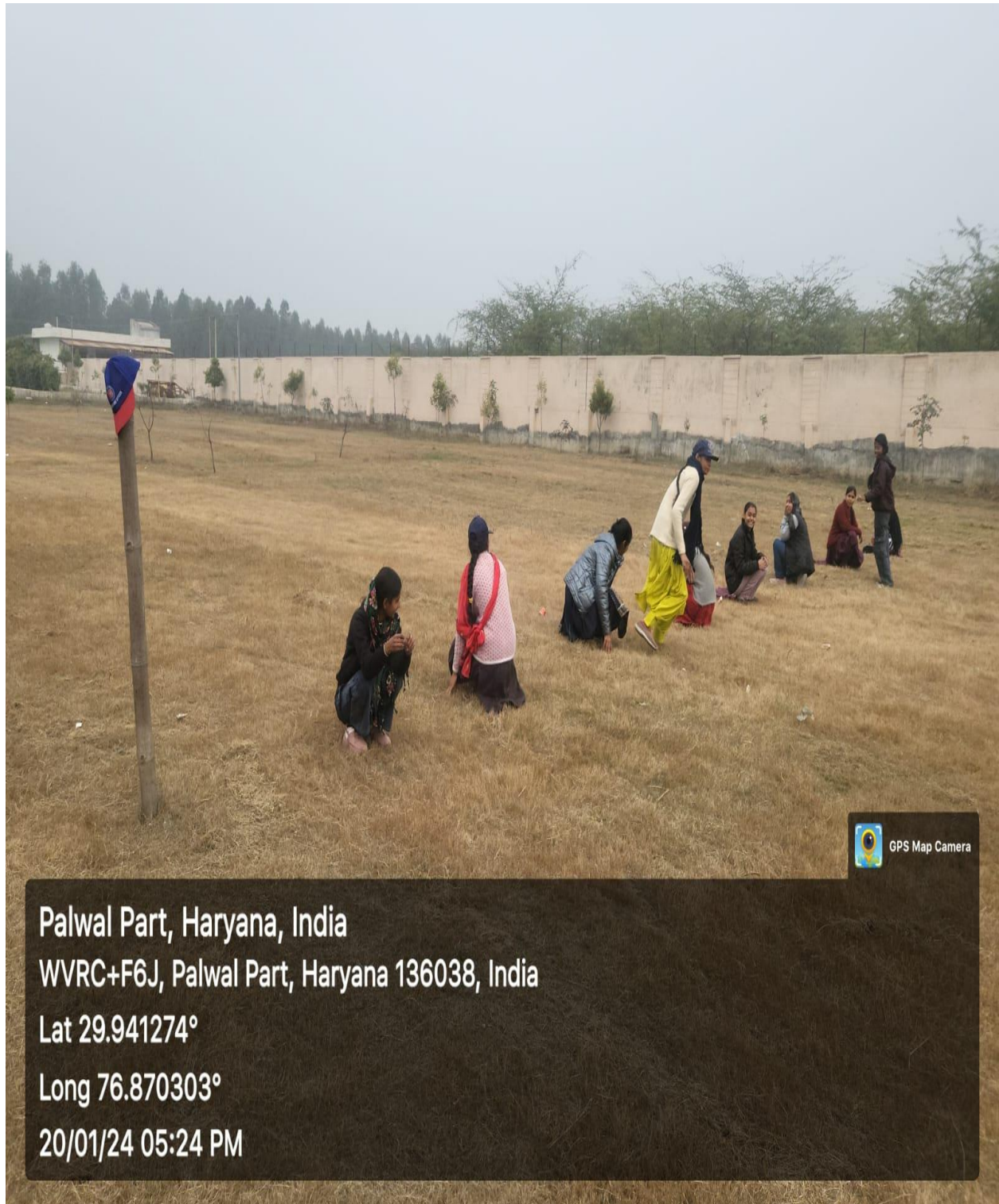
NSS students involved in NSS Garden Creation



Volunteers moving from the college to the adopted village, Siakot Dera by organizing a rally on “Road safety & Traffic rules.



Volunteers Performing Nukkad natak on the theme ‘ Road Safety & Traffic Rules’ to create an awareness among villagers regarding road safety. Altogether 06 NSS Volunteers performed before the villagers.



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Volunteers playing Kho- Kho during Sport activity session.



Volunteers discussion with Siakot villagers about the problems of adopted village.

The second day of the camp started early in the morning. The volunteers gathered in the campus and the report of the works carried out during the previous day was discussed. After the morning prayer, thought of the day, NSS song (Lakshya Geet), and the national song, an aerobic session was conducted by Chief Proctor, Dr. Meenakshi in the early morning session as it keeps mind sharp and healthy. Moreover, Regular physical activity may help protect memory, reasoning, judgment and thinking skills (cognitive function) in students. In the academic session, a lecture was delivered by Dr Meenakshi on “Gender Equality”. As the resource person for the day, she shared information regarding Gender bias. She later described that it is a prejudice of one gender over another. It can be conscious or unconscious and can manifest in various ways ranging from subtle glances to obvious reactions. She inspired volunteers to accept every person from every background. For better clarity on the subject, she shared various examples and instances on the issue faced in ordinary day today life. The topic was crucial as we should teach volunteers to be open minded. By being aware of gender bias, volunteers can deal with this conflict and respond to intolerance in the real world. In the post academic session, students prepared slogan on the theme “Plastic Mukta Haryana” and a Slogan Writing Competition was also organized. Thereafter, the students moved from the college to the adopted village, Kheri Ram Nagar by organizing a rally on “Plastic Mukta Haryana”. A nukkad natak was performed by NSS volunteers. Their performance, centered around the themes of saying “No to Plastic I.e. Plastic Mukta Haryana”, was a Powerful and Creative Way to spread Awareness about these Crucial Issues. Through their innovative approach, they conveyed a clear message: the detrimental effects of plastic on our environment should not be ignored. By blending humor and drama, the volunteers engaged the villagers, leaving an impression and inspiring Positive Change. In the evening session, the volunteers involved in various sports activities i.e. Running, Playing Bad Minton etc. The day concluded with icebreaking session with the volunteers to develop empathy among volunteers. Empathy is essential because it allows team members to step back, explore the other’s point of view, and then collaborate to make decisions, or at a minimum, make a decision while understanding the impact it will have on others.



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In the academic session, a lecture was delivered by Dr Meenakshi on “Gender Equality”. (21-01-2024)



In the post academic session, students prepared slogan on the theme “Plastic Mukt Haryana” and a Slogan Writing Competition was also organized. (21-01-2024)



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Volunteers moved from the college to the adopted village, Kheri Ram Nagar by organizing a rally on “Plastic Mukt Haryana”. (21-01-2024)



A nukkad natak was performed by NSS volunteers. Their performance, centered around the themes of saying “No to Plastic I.e. Plastic Mukht Haryana”, was a Powerful and Creative Way to spread Awareness about these Crucial Issues. (21-01-2024)



**Volunteers collected Plastic garbage around college campus
(21-01-2024)**

The third day of the NSS camp started with the routine activities of the morning session. Thereafter, the volunteers collected garbage dumped around the College and cleaned the area. Dr Jitender, Gagandeep and Mithun Samana from Jan Sehyog Samiti, Kurukshetra interacted with the volunteers in the academic session. On the special occasion of Lord Ram Pran Prathishtha, the team threw light on the life of Lord Rama and taught students that no matter how bad the circumstances be in life, good will always prevail over evil. The interaction was crucial as in today's modern life, young people often stop believing in the ideals laid out by our venerated scriptures. However, in reality, these lessons are truly enlightening and important to lead a life by good karma. By following these lessons, volunteers are sure to experience peace, harmony, and contentment in life. Later, he sensitized students about first aid, cardiopulmonary resuscitation (CPR) and snake bites etc. Mithun Samana, told volunteers about the importance of blood donation. Understanding the knowledge, attitude and practices about blood donation among NSS volunteers is essential since they are expected to set a message, regarding the need for voluntary blood donation to the general population. They have to be motivated in the right path to promote blood donation practices since they are a potential source of voluntary donors. Dr. Jitender motivated volunteers to be associated with the organizations that are dedicated towards addressing pressing social issues, such as education, healthcare, and poverty alleviation. Volunteering with such organizations allow individuals to align their efforts with a specific cause This focused approach enables volunteers to make a meaningful impact in areas that resonate with their values. In the afternoon, the NSS volunteers engaged in open discussion session which lasted till evening. Later, volunteers cleaned the college Ground area and got involved in sports activities.



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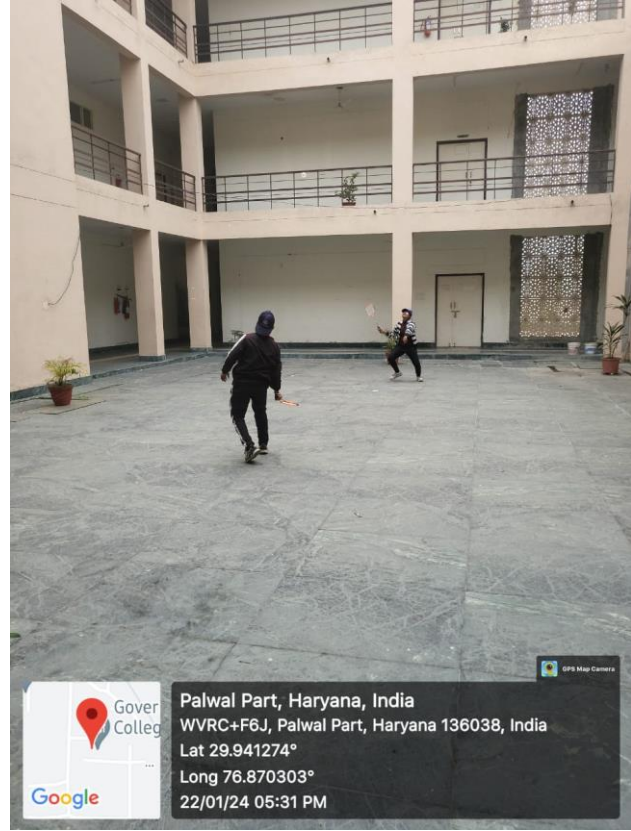
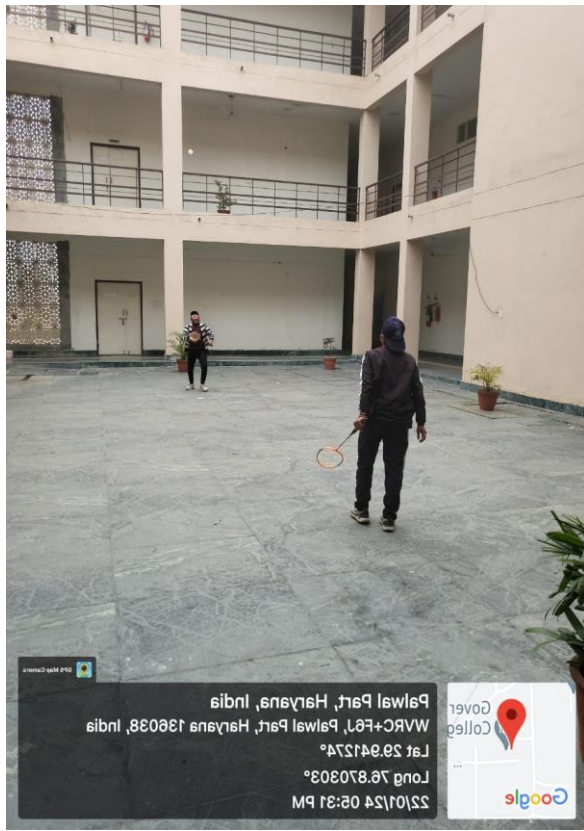
Yoga Session (22-01-2024)



Dr Jitender, Gagandeep and Mithun Samana from Jan Sehyog Samiti, Kurukshetra interacted with the volunteers in the academic session. (22-01-2024)



NSS Garden Creation and college Ground Maintenance Activity. (22-01-2024)

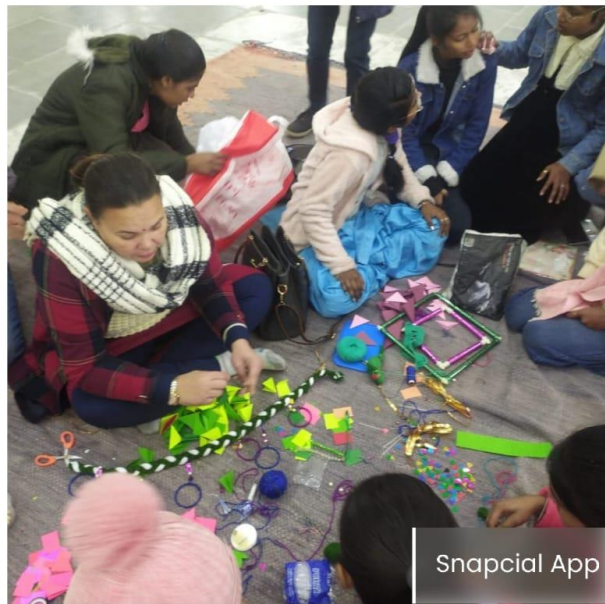


Volunteers engaged in Sports Activities. (22-01-2024)

The fourth day of the NSS camp started with the routine activities of the morning session. Later in the academic session, to cultivate a thought in the volunteer's mind on how to reuse and recycle waste products in a creative as well as constructive work and to aware them of easy tricks and tips and to create things with recyclable products, Two Days workshop on "Indian cultural folk art" was organized. Mrs. Geetanjali, Assistant Professor in Economics from M.S.K Girls College, Nissing Karnal was invited. The resource person gave a demonstration on how to create home décor items i.e phoolwadi, bandrwal etc easily by reusing the old bangles, newspapers, colored papers, waste sticks, and so on. Initially, a group of students practiced it with her and later on the other volunteers showed an active participation in creating different objects. She emphasized on the fact that waste paper is indeed one of the easiest components to handle, create things and is easily available. This workshop acted as a creative therapy for the volunteers and rejuvenated their creative abilities. They learnt to create objects with paper and were able to learn the art of making objects and the need to recycle some components like waste bangles, sticks etc. to make beautiful things for use at home. This session brought up a new side of the volunteers, in which their imaginative and creative abilities shown brighter. In today's academic scenario, the creative arts have all but entirely disappeared from the Indian education system. There was a time when creative classes were compulsory for students, and were given their due importance by parents, teachers, and kids alike. However, the current atmosphere of mounting academic pressure and curriculum goals has pushed Arts and Crafts to the side lines. Learning the arts and crafts doesn't just foster the creative development of a person, but also assists in advancing and refining his or her core skills, which in fact goes towards boosting academic achievement as well. In the post evening session, a group discussion was done by NSS volunteers where volunteers got opportunity to showcase their knowledge, create awareness, and perspective on current and controversial issues. It helped them to improve their communication, analytical, and critical thinking skills, as well as their ability to work in a team.



Morning Yoga Session. (23-01-2024)



Two Days workshop on “Indian cultural folk art” was organized from Jan. 23 to Jan 24, 2024. Mrs. Geetanjali, Assistant Professor in Economics from M.S.K Girls College, Nissing Karnal was invited. The resource person gave a demonstration on how to create home décor items i.e phoolwadi, bandrwal etc easily by reusing the old bangles, newspapers, colored papers, waste sticks, and so on.

The fifth day started with the routine morning activities. Thereafter, the students moved from the college to the adopted village, Palwal by organizing a rally on “Nasha Mukta Haryana”. A nukkad natak was performed by NSS volunteers. Their performance, centered around the themes of saying “No to Drugs i.e. Nasha Mukta Haryana”, was a Powerful and Creative Way to spread Awareness about these Crucial Issues. Through their innovative approach, they conveyed a clear message: the detrimental effects of Drugs on our health and society should not be ignored. By blending humor and drama, the volunteers engaged the villagers, leaving an impression and inspiring Positive Change. Two days’ workshop on ‘Indian Cultural Folk Art’ was concluded with the students creating Bandanwal, and various home décor items. A final touch was given to the unfinished works by the volunteers. In the post academic session, another workshop on Fine Art was carried out by the Principal of the college, Dr. Gagandeep Kaur. In this workshop, Liquid paint colors were introduced. Demonstration of how to make colors using three primary colors mixed with white is given. It was a truly creative session with Dr. Gagandeep Kaur. Volunteers-teachers were taken back to their school days of art period, getting water for painting holding those paint brushes once again was a recall for the things which they might have left in the schools. She demonstrated such a calming painting on Haryanvi Culture which motivated students to paint and come up with creative ideas. Each student enjoyed painting the canvas and created beautiful art. The participants were given brushes and white sheets to explore the world of colors. They are encouraged to paint anything they want. The entire evening is spent doing this exercise, so that they become familiar with this medium. An oath taking ceremony was also organized by Road Safety Cell of the college under the guidance of Dr. Pooja Bhorla(Incharge of Road Safety cell)



Two days' workshop on 'Indian Cultural Folk Art' was concluded with the students creating Bandanwal, and various home décor items. (24-01-2024)



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Volunteers moved from the college to the adopted village, Palwal by organizing a rally on “Nasha Mukht Haryana”. (24-01-2024)



A nukkad natak was performed by NSS volunteers in the adopted village which was centered around the themes of saying “No to Drugs i.e. Nasha Mukta Haryana”. (24-01-2024)



2nd workshop on “Fine Art” was carried out by the Principal of the college, Dr. Gagandeep Kaur in the ppost lunch session. (24-01-2024)



Glimpses of Pledge Taken ceremony on Road safety and Traffic Rules & workshop on Fine Art. (24-01-2024)

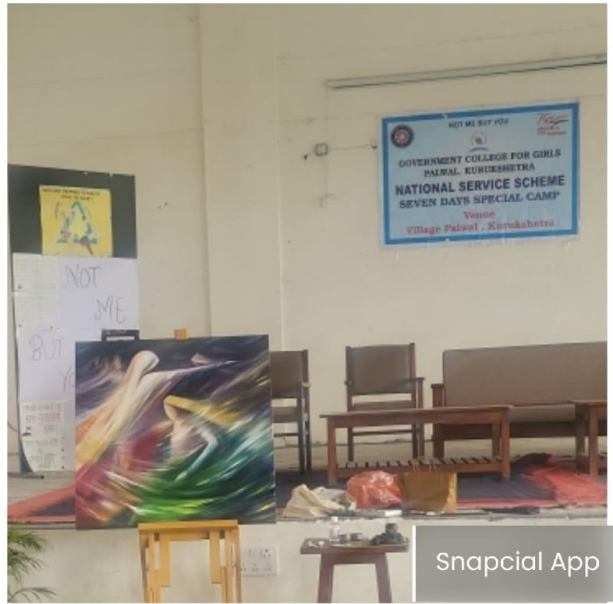
On the sixth Day, Morning hours were spent celebrating Voter Awareness Day. Volunteers performed Nukkad Natak near the New Bus stand Area. This performance aimed at making the students and public aware of the right use of their right to vote. Irrespective of cast, class or creed. The volunteers were guided by Mr. Vinay Kumar Pathak, In charge of Electoral Committee of the college. In the afternoon session, the completion of the pending works of the previous day workshop was done. Later, Collage making was introduced. The volunteers were given Newspaper cuttings to be put on big sheets for making collages. The entire day was spent on finishing the works and preparing the final display of Canvas Painting. The display was made open for public view.



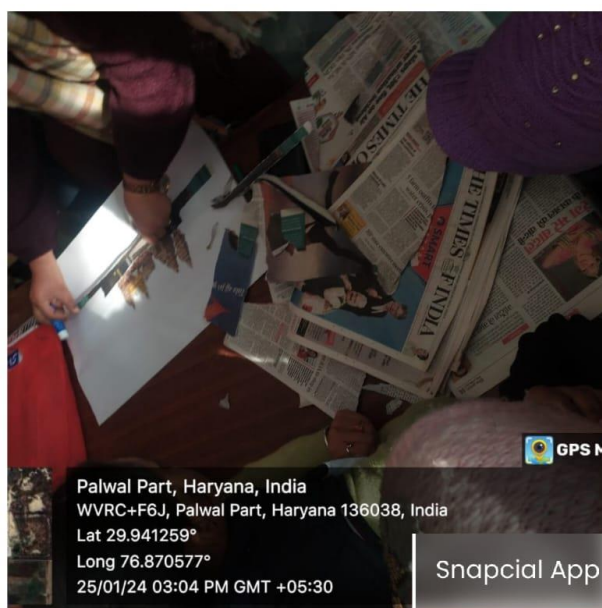
Morning hours were spent celebrating Voter Awareness Day. Volunteers performed Nukkad Natak near the New Bus stand Area. (25-01-2024)



Yoga Session (25-01-2024)

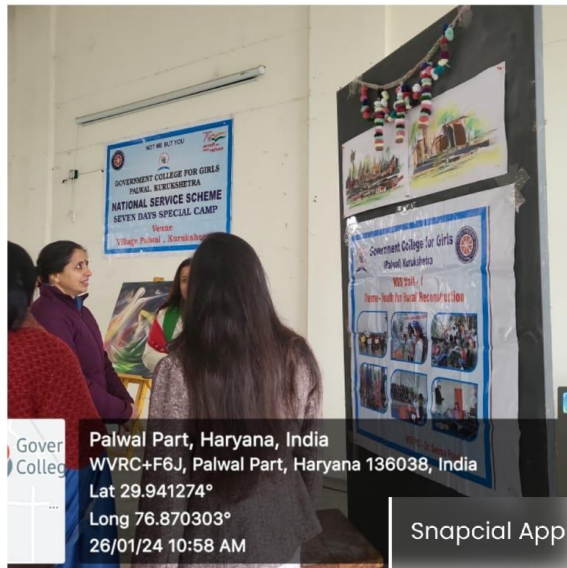


**Final display of Canvas Painting by Dr. Gandeep Kaur.
(25-01-2024)**

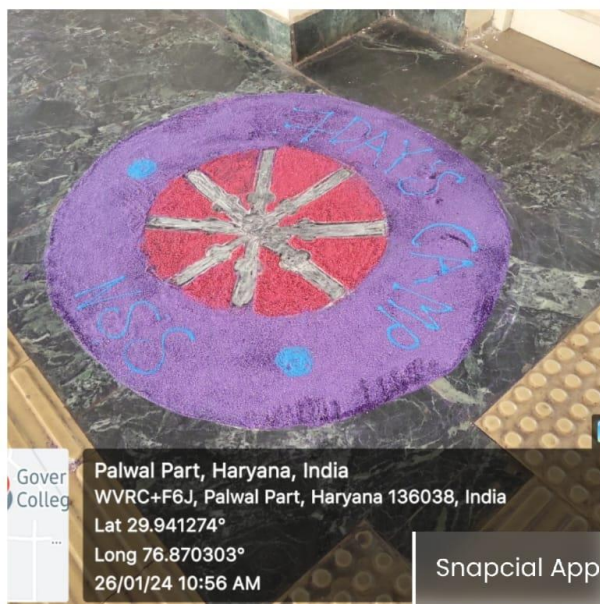


On the end Day of Workshop on Fine Art, Collage making was introduced. The volunteers were given Newspaper cuttings to be put on big sheets for making collages. (25-01-2024)

On the 7th Day of the camp, 75th Republic day celebration started at 8:30 in the morning with volunteers, teachers and other staff members being present at the college premises. In the academic session, Dr. Seema, Assistant Professor in Hindi from D.N college was invited as resource person. The topic of her talk was “Role and Responsibilities of Youth”. In her lecture, she exhorted volunteers to renew and refresh the current status of our society including leadership, innovations, skills etc. She motivated volunteers to advance the current technology, education, politics, peace of the country and urged them to maintain the culture of our culture, all good values in the societies, development projects, etc. During the closing ceremony, the volunteers participated in various cultural programmes wherein Hindi, Punabi, Rajasthani dance and songs were presented. Group folk Dance and Solo Dance Folk competitions were also conducted which were judged by Dr. Roopa, Dr. Meenakshi. Poetic Recitation program was also conducted. The camp was formally closed by Dr. Anand, NSS Coordinator, KUK after the proceeding of the NSS 7 Days Camp by Ms. Monika. Later, Dr. Anand engaged in interactive session with the volunteers where volunteers shared their experience and learning of 7 days NSS camp with our chief guest. In the closing Ceremony, Dr. Anand congratulated the Programme Officer and the volunteers on successful completion of the camp. Vote of thanks was proposed by Ms. Manisha, NSS team member.



Glimpses of Celebration of Republic Day. (26-01-2024)



In the academic session, Dr. Seema, Assistant Professor in Hindi from D.N college was invited as resource person. The topic of her talk was “Role and Responsibilities of Youth”. (26-01-2024)



Volunteers welcoming our chief Guest of the closing ceremony , Dr. Anand Kumar by singing Nss Lakshya Geet . (26-01-2024)



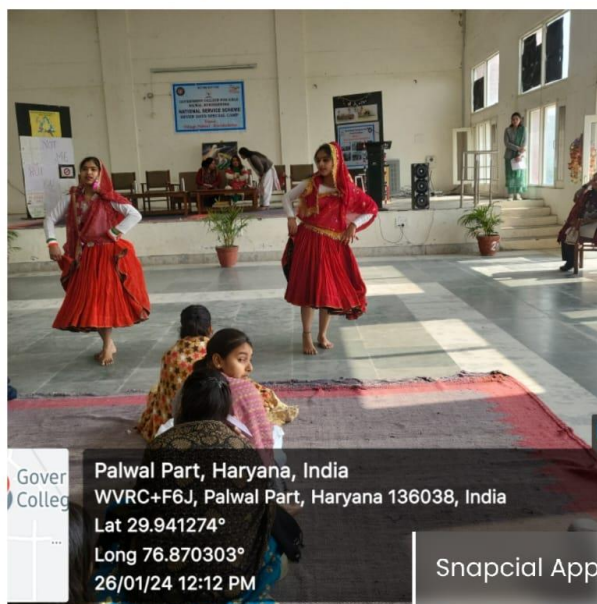
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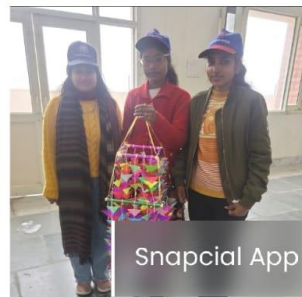
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During the closing ceremony, the volunteers participated in various cultural programmes wherein Hindi, Punabi, Rajasthani dance and songs were presented. Group folk Dance and Solo Dance Folk competitions were also conducted which were judged by Dr. Roopa, Dr. Meenakshi. (26-01-2024)



Dr. Anand engaged in interactive session with the volunteers where volunteers shared their experience and learning of 7 days NSS camp with our chief guest. (26-01-2024)



The camp was formally closed by Dr. Anand, NSS Coordinator, KUK after the proceeding of the NSS 7 Days Camp by Ms. Monika in the presence of Principal, Dr. Gagandeep Kaur and Chief Proctor Dr. Meenakshi. (26-01-2024)