



GOVT. DEGREE COLLEGE THEOG

NSS

(NATIONAL SERVICE SCHEME)

A Report On

7 DAYS NSS SPECIAL CAMP

w. e. f. 11th FEBRUARY TO 17th FEBRUARY 2023

(SESSION 2K22-23)

A one-week long NSS Camp was organized by the NSS Unit of Government College, Theog from 11th February 2023 to 17th February 2023. The main theme of the camp was “Care and A ware Society”. A total of sixty-three registered NSS volunteers participated in the camp.

Day 1

Saturday, 11th February 2023

The Seven Days NSS Camp started on 11th February 2023 in Govt. College Theog. It was formally inaugurated by the Chief Guest, Dr Lalita Chandan, Principal of the College with programme officers Dr. Kalpna Sharma and Prof. Rajesh Kumar. The NSS Programme Officer, Dr Kalpna Sharma welcomed the Chief Guest, faculty members present and the participating NSS volunteers. The inaugural session started with the lighting of lamp, Saraswati Vandana and Lakshya Geet. Thereafter, the NSS Programme Officer, Rajesh Kumar gave a presentation on the importance and relevance of NSS in colleges and other educational institutes. He also gave an outline of the major activities that were proposed to be organized during the one-week long camp. 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. The volunteers were divided into six groups. The groups were named as Ashoka, Charlie, Rise and Shine, Unstoppable, Delta and Alpha. The morning session ended with vote of thanks and National Anthem. In the post lunch session, the NSS volunteers started with the activities that were planned in advance. Then the volunteers processed to clean the surroundings of the college. They were assigned different Areas of college. The whole day was full of activities. The main objective was to inculcate the spirit of selfless service and voluntary work among the volunteers.



स्वयंसेवकों को समाज सेवा के लिए किया प्रेरित

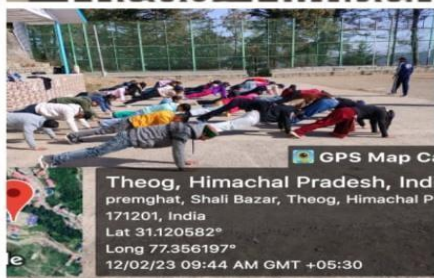
ठियोग। महाविद्यालय ठियोग में राष्ट्रीय सेवा योजना के तहत सात दिवसीय शिविर का आयोजन किया गया। महाविद्यालय प्रधानाचार्या डॉ. ललिता चंदन ने बतौर मुख्यातिथि शिरकत की। इनके साथ महाविद्यालय के उपप्रधानाचार्य डॉ. राजेश ढोरटा भी उपस्थित रहे। उन्होंने स्वयंसेवियों को समाज सेवा के लिए प्रेरित किया। संवाद



Day 2

Sunday, 12th February 2023

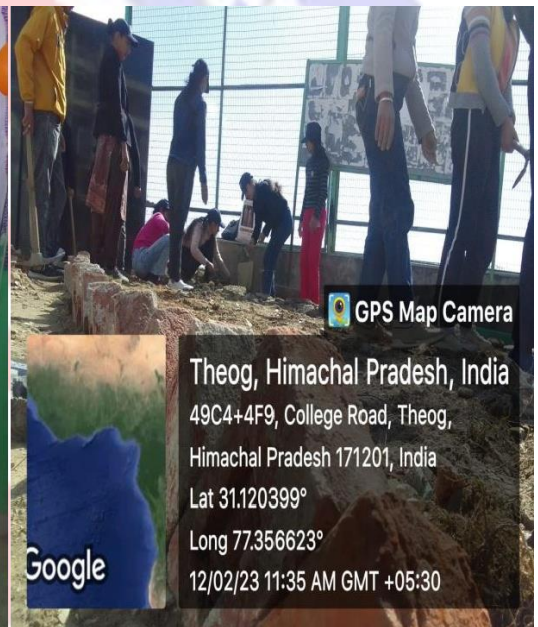
The second day of the camp started early in the morning. The volunteers gathered in the campus and the report of the works carried out during the previous day was discussed. After the Morning Prayer, thought of the day, NSS song (Lakshya Geet), and the national song. After breakfast each and every volunteer participated selflessly in the college cleanliness drive. In the afternoon Session a lecture was delivered by Prof. Rajesh Kumar, Deptt. of Geography shared the information about Emergency Management or Disaster Management.



Day 3

Monday, 13th February 2023

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 Hostel and cleaned the area. In the afternoon session, the resource person, Smt. Ishwari Chandel, Councilor, from the Civil Hospital Theog, gave a lecture on “**Drug Abuse & Addiction: Effects on Brain, Risk Factors, Signs**”. For better clarity on the subject, she shared various examples and instances on the issue faced in ordinary day today life.



Day 4

Tuesday, 14th February 2023

The morning session of the fourth day of the camp covered the cleanliness drive of the stair case from the Theog market to the College Sports Complex. The bushes around the stair case were also removed. In the afternoon session, Dr. Jitender Arora from Govt. Hospital Matiana gave a lecture on **Cardiopulmonary Resuscitation (CPR)** with demonstration and also showed the videos on particular topic (CPR). All the volunteers enjoyed the lecture a lot and learnt many life saving lessons.



Day 5

Wednesday, 15th February 2023

Fifth day of NSS Camp started with a Yoga Session in the presence of NSS Programme officer Rajesh Kumar. He gave 'Swaasth Mantra' to volunteers through his 'yogaasans' and exercises.

In the afternoon Session, Ankush Thakur, SI (P) and Harish Bandhu, Constable from Polis station theog was the resource person. They gave the lecture on "**Road Safety and Traffic Rules**". They also advised that adults must not leave children alone on the road and never use your phone while driving or walking on the road. When in moving vehicles, always wear your seat belt. Similarly, when on a two-wheeler, do not forget your helmet.



Day 6

Thursday, 16th February 2023

On the sixth day of the camp, the NSS volunteers visited the adopted ward no. 4, MC Theog. The students moved from the college to the ward no. 4 by organizing a rally on cleanliness drive. The volunteers collected garbage, plastic and other waste from the ward.




DAY 7

Friday, 17th February 2023

The Seventh day was the closing ceremony of Seven days NSS camp. On this occasion Mr. Mukesh Sharma, the worthy SDM of Theog was invited as Chief. The volunteers performed various activities like group dance, solo dance, solo songs and Pahari naati. SDM of Theog graced the occasion by motivating and interacting with the volunteers and guided them for their careers. Principal of the college congratulated the students for their wonderful performance in the camp. The event was a grand success.



NSS, 
Programme Officer,
GC Theog, Distt. Shimla


Principal
Govt. Degree College,
Theog, Distt. Shimla

