



NSS Unit
Government Degree College Theog,
Distt Shimla



REPORT

7-Day Special NSS Camp
Session 2024-2024

Organised by: NSS Unit, Government Degree College, Theog

Theme: “Youth for My Bharat”

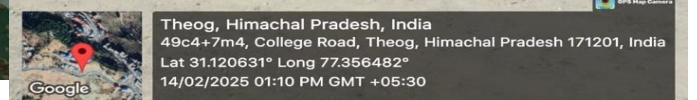
Date: 14th February to 20th February 2025

Venue: Government Degree College, Theog & Various Community Locations

Day 1: Inauguration & Cleanliness Drive

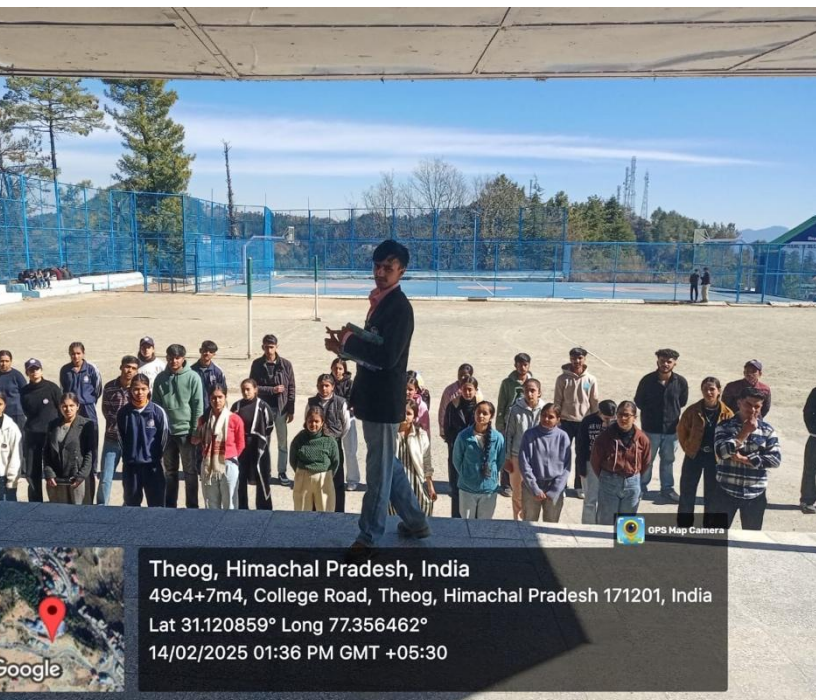
The 7-Day Special NSS Camp commenced with an inaugural ceremony at Government Degree College, Theog. The event was graced by **Dr. B.S. Thakur, Principal** of the College, as the Chief Guest. The ceremony began with a Saraswati Vandana dance performance, followed by a detailed presentation on the camp’s theme, “**Youth for My Bharat.**” The Chief Guest addressed the volunteers, highlighting the importance of youth participation in nation-building, social service, and community engagement.

Following the inaugural session, the Cleanliness Drive was conducted within the college campus. NSS volunteers actively took part in cleaning classrooms, corridors, and surrounding areas, reinforcing the values of hygiene and environmental responsibility. The drive aimed to spread awareness about cleanliness and the role of individuals in maintaining a clean environment.





NSS Unit Government Degree College Theog, Distt Shimla



शिमला भास्कर 15-02-2025

राजकीय महाविद्यालय में सात दिवसीय एनएसएस शिविर का हुआ शुभारंभ

न्यूज़ ब्रीफ

टियोग महाविद्यालय में सात दिवसीय एनएसएस शिविर का हुआ शुभारंभ



टियोग | राजकीय महाविद्यालय टियोग में राष्ट्रीय सेवा योजना इकाई द्वारा सात दिवसीय शिविर का शुभारंभ किया गया। जिसमें मुख्य अतिथि प्राचार्य डॉ. भूपिंदर सिंह ठाकुर रहे। यह शिविर 20 फरवरी 2025 तक चलेगा। यह शिविर मुख्यतः कार्यक्रम अधिकारी डॉ. विकास नाथन व प्रो. चेतना नेगी के सानिध्य में आयोजित किया जा रहा है। कार्यक्रम की थीम युथ फॉर माई भारत रही। शिविर में महाविद्यालय के 70 स्वयंसेवी भाग ले रहे हैं।

Day 2: Digitalisation, AI, and Drug Addiction Awareness Rally

The second day of the camp was dedicated to two significant themes—Digitalisation & Artificial Intelligence (AI) and Drug Addiction Awareness.

The day began with an engaging and insightful session by **Dr. Mrityunjay Sharma**, Assistant Professor of Computer Sciences, who shed light on the growing influence of AI and digitalisation in modern society. He explained how AI is transforming industries such as healthcare, education, finance, and automation, making processes more efficient and intelligent. Dr. Sharma also highlighted the importance of digital literacy, urging students to stay updated with technological advancements to enhance their career prospects. He discussed the ethical implications of AI, emphasising responsible usage and data security in the digital age.

The session was highly interactive, with students actively participating and asking questions about AI-driven job opportunities, machine learning applications, and cybersecurity concerns. Dr. Sharma encouraged students to explore fields like coding, data science, and AI development, equipping themselves with future-ready skills.

Drug Addiction Awareness Rally

In the afternoon, NSS volunteers took to the streets of Theog's main market to conduct a Drug Addiction Awareness Rally. The rally aimed to educate the public about the devastating impact of drug abuse on individuals, families, and society. Volunteers enthusiastically held placards and banners with powerful messages, raised slogans against drug abuse.



NSS Unit Government Degree College Theog, Distt Shimla



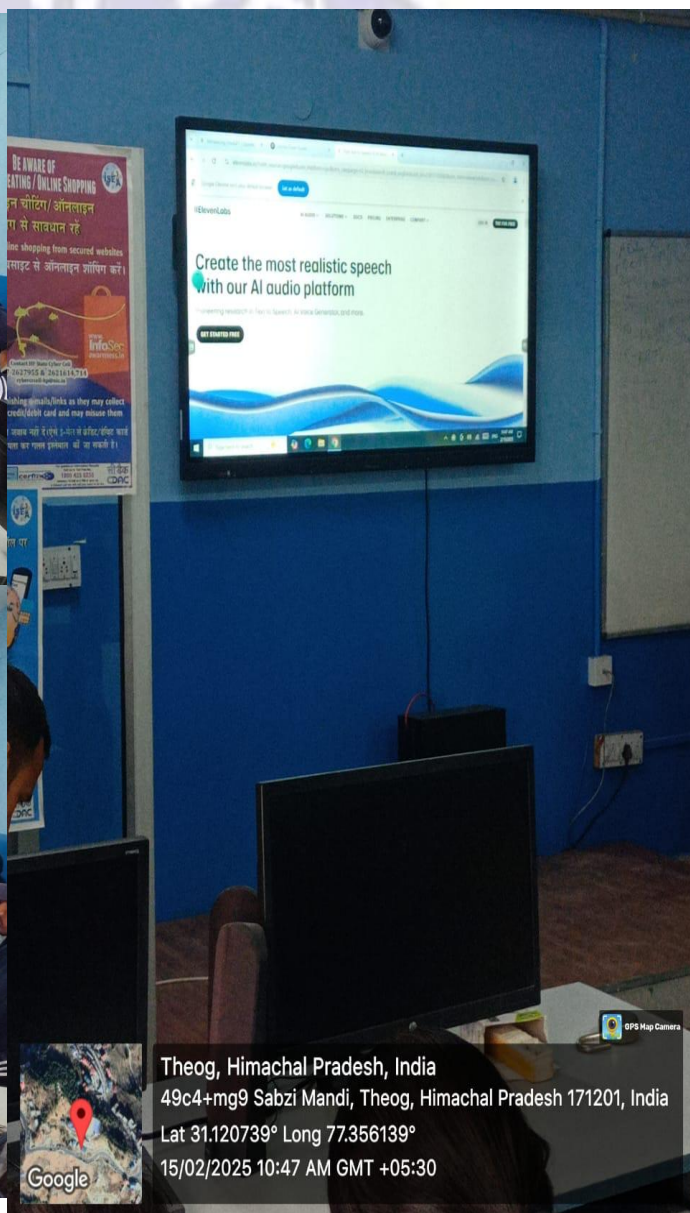
The rally attracted significant attention from the local community, with many people stopping to listen and engage in discussions with the volunteers. Several elderly community members and shopkeepers praised the initiative, acknowledging the rising concern of substance abuse among the youth. Towards the end of the rally, NSS volunteers gathered at a common point

and took a pledge to remain drug-free and spread awareness about the issue in their respective communities. The event successfully served its purpose of sensitising the public and reinforcing the importance of leading a healthy, drug-free life.

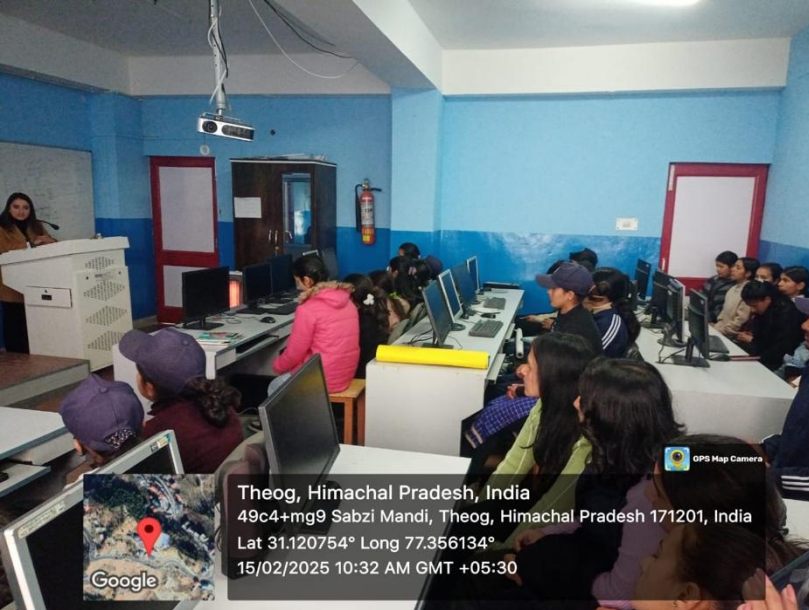
With a strong sense of fulfilment and motivation, the volunteers returned to campus, reflecting on the significance of awareness initiatives and their role in shaping a better society.



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120797° Long 77.356037°
15/02/2025 10:33 AM GMT +05:30



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120739° Long 77.356139°
15/02/2025 10:47 AM GMT +05:30



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120754° Long 77.356134°
15/02/2025 10:32 AM GMT +05:30



NSS Unit

Government Degree College Theog, Distt Shimla



Day 3: Road Safety, Cybercrime, and Cleanliness Drive

The third day of the 7-Day Special NSS Camp focused began with an insightful and interactive session led by Inspector T.C. Sharma, who addressed the NSS volunteers on three crucial topics that directly impact today's youth and society:

1. Road Safety Rules and Precautions

Inspector Sharma emphasised the importance of following traffic rules and being responsible road users. He discussed:

- The dangers of rash driving, over-speeding, and reckless behaviour on the roads
- The necessity of wearing helmets and seat belts
- The role of pedestrians in maintaining road discipline
- The impact of drunk driving and using mobile phones while driving
- Traffic signals and road sign interpretation

The session included real-life examples of road accidents, reinforcing the importance of safe driving habits. Volunteers were encouraged to become road safety ambassadors in their communities by promoting responsible driving and traffic awareness.

2. Cybercrime Awareness and Digital Safety

As the world increasingly shifts towards digital platforms, cybersecurity threats and online frauds have become a growing concern. Inspector Sharma highlighted:

- Common cybercrimes, such as identity theft, phishing, hacking, and online scams
- The risks of sharing personal information online, especially on social media
- Safe internet practices, including strong passwords and secure transactions
- Legal consequences of cybercrimes under the Information Technology Act
- The importance of reporting cyber fraud and using cyber helplines

The session also covered cyberbullying and its psychological impact. Inspector Sharma urged students to be cautious of fake news, misinformation, and social media exploitation, encouraging them to use the internet responsibly.

Cleanliness Drive

Following the awareness session, the NSS volunteers conducted a Cleanliness Drive within the college premises and its surrounding areas. The drive aimed to:

- Promote hygiene and sanitation
- Encourage students to take responsibility for their environment





NSS Unit Government Degree College Theog, Distt Shimla



- Spread awareness about waste management and sustainability

Equipped with brooms, dustpans, and garbage bags, the volunteers divided into groups and cleaned various areas, including classrooms, corridors, playgrounds, and the college entrance. Special attention was given to removing plastic waste and ensuring proper disposal of garbage. During the drive, students also interacted with faculty members and support staff, encouraging them to maintain a clean and green environment. The initiative reinforced the Swachh Bharat Abhiyan and highlighted the importance of cleanliness in maintaining public health.





NSS Unit Government Degree College Theog, Distt Shimla

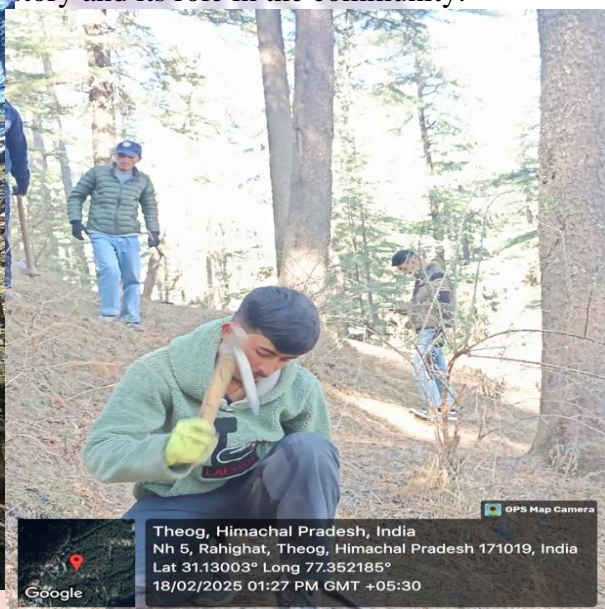


Day 4: Visit to Adopted Village \$ Plantation Maintenance

NSS Volunteers visited their adopted village, Janog as part of their community outreach initiative. They interacted with villagers and conducted discussions on various social and environmental issues. The volunteers revisited the site where they had previously planted 100 saplings. They carried out a maintenance drive, which included:

- Watering the saplings
- Removing weeds
- Reinforcing soil protection measures

On the fourth day of our NSS camp, our unit visited the historic **Gumti Temple** at Baggaghat. The visit aimed to explore the temple's historical significance and engage in a cleanliness drive as part of our community service initiative. The **Gumti Temple**, known for its architectural beauty and cultural heritage, provided a valuable learning experience. The NSS volunteers actively participated in cleaning the temple premises, removing litter, and spreading awareness about the importance of preserving heritage sites. Local residents appreciated our efforts, and we had insightful interactions with them regarding the temple's history and its role in the community.



Theog, Himachal Pradesh, India
Nh 5, Rahighat, Theog, Himachal Pradesh 171019, India
Lat 31.13003° Long 77.352185°
18/02/2025 01:27 PM GMT +05:30



Theog, Himachal Pradesh, India
Nh 5, Rahighat, Theog, Himachal Pradesh 171019, India
Lat 31.130208° Long 77.352108°
18/02/2025 01:48 PM GMT +05:30

Theog, Himachal Pradesh, India
Nh 5, Rahighat, Theog, Himachal Pradesh 171019, India
Lat 31.13039° Long 77.352466°
18/02/2025 01:34 PM GMT +05:30



NSS Unit Government Degree College Theog, Distt Shimla



Day 5: Health Awareness Session Along & Cultural Practice

The fifth day of the 7-Day Special NSS Camp focused health awareness, followed by cultural practice sessions in preparation for the closing ceremony. The NSS unit, in collaboration with the Road Safety Club, organised an enlightening session by **Dr. Baburamji, Head Surgeon (General Surgery, IGMC, Shimla)**. His lecture covered critical health and safety topics, emphasising the importance of first aid techniques, handling medical emergencies, and the impact of intoxicants on physical and mental well-being.

He provided practical demonstrations on essential first-aid procedures, such as CPR (Cardiopulmonary Resuscitation), wound care, and dealing with fractures or burns, ensuring that students gained hands-on experience in managing emergency situations. The session also highlighted the harmful effects of substance abuse, detailing how alcohol, tobacco, and narcotic drugs deteriorate health and lead to chronic diseases. Furthermore, personal hygiene and disease prevention were discussed, stressing the need for maintaining cleanliness to prevent infections and lifestyle-related illnesses.

The session was highly interactive, with students engaging in live demonstrations and discussions, asking insightful questions, and sharing their own concerns about health and safety issues. Dr. Baburamji encouraged students to be proactive in maintaining their well-being and to spread awareness about health, hygiene, and responsible behaviour in their communities.

Later in the day, the volunteers dedicated time to cultural rehearsals for the upcoming closing ceremony. The preparations included dance performances, musical acts, dramatic presentations, and poetry recitals, all centered around themes of social awareness and youth empowerment. The enthusiasm and dedication of the students were evident as they refined their performances, ensuring that their message would leave a lasting impact on the audience. The combination of practical health education and creative expression made the day both informative and engaging, further strengthening the spirit of teamwork and service among the NSS volunteers.





NSS Unit Government Degree College Theog, Distt Shimla



Day 6: Drug Addiction & Cleanliness Campaign at Government College (GC) Theog

On the sixth day of the 7-Day Special NSS Camp, a comprehensive Drug Addiction and Cleanliness Campaign was organized at **Government Degree College (GDC), Theog, in collaboration with the Municipal Corporation Theog and the Police Department Theog.** The event was graced by esteemed dignitaries, including **Dr. Sanjay Sharma (MC Chairman), Deputy Superintendent of Police (DSP) Siddharth Sharma, and Dr. Bhupinder Singh Thakur, who served as the Chief Guest.**

Awareness Talks on Drug Addiction and Its Impact on Youth

The campaign commenced with insightful awareness talks focusing on the perils of drug addiction and its profound impact on the youth. Dr. Bhupinder Singh Thakur addressed the gathering, emphasising the physical, psychological, and social consequences of substance abuse. He highlighted how addiction can derail careers, strain family relationships, and lead to legal troubles. Dr. Thakur also discussed the importance of early intervention, counselling, and community support in combating this menace. He urged students to become ambassadors of change by spreading awareness and supporting peers in making healthy life choices.

Following this, DSP Siddharth Sharma shed light on the legal ramifications associated with drug possession and trafficking. He elaborated on the stringent laws in place and the role of law enforcement agencies in curbing the drug menace. DSP Sharma encouraged students to collaborate with authorities by reporting suspicious activities and participating in community policing initiatives.

The event included:

- Awareness talks on drug addiction and its impact on youth
- Cleanliness activities on the college campus



NSS Unit Government Degree College Theog, Distt Shimla

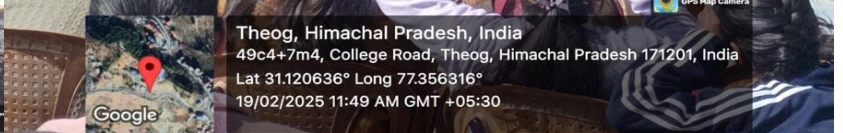


- A thematic play highlighting the struggles of drug addicts and the importance of rehabilitation
- A cultural program featuring songs and dances promoting social responsibility

This initiative reinforced the importance of a drug-free society and inspired students to take active steps toward community service.



Theog, Himachal Pradesh, India
49c4+7m4, College Road, Theog, Himachal Pradesh 171201, India
Lat 31.120782° Long 77.356315°



Theog, Himachal Pradesh, India
49c4+7m4, College Road, Theog, Himachal Pradesh 171201, India
Lat 31.120636° Long 77.356316°
19/02/2025 11:49 AM GMT +05:30



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120889° Long 77.356311°
19/02/2025 01:05 PM GMT +05:30



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120734° Long 77.356307°
19/02/2025 02:10 PM GMT +05:30



NSS Unit

Government Degree College Theog, Distt Shimla



Day 7: Closing Ceremony & Cultural Performances

The final day of the 7-Day Special NSS Camp at Government Degree College (GDC), Theog, culminated in a grand closing ceremony, celebrating the successful completion of the camp. The event was graced by Dr. Bhupinder Singh Thakur, Principal of GDC Theog, who served as the Chief Guest.

Cultural Performances

The ceremony commenced with a series of vibrant cultural performances that showcased the diverse talents of the NSS volunteers:

- **Traditional Dances:** Students performed local folk dances, reflecting the rich cultural heritage of the region. Their graceful movements and colourful attire captivated the audience, fostering a sense of pride and unity.
- **Skits:** Thought-provoking skits addressed pressing social issues such as environmental conservation, gender equality, and the importance of education. These performances not only entertained but also educated attendees, reinforcing the camp's themes of social responsibility.
- **Musical Performances:** The volunteers presented soulful songs and instrumental pieces, adding a melodious touch to the evening and highlighting the artistic flair of the participants.

Speeches by NSS Volunteers

Following the cultural segment, selected NSS volunteers took to the stage to share their experiences and learnings from the camp:

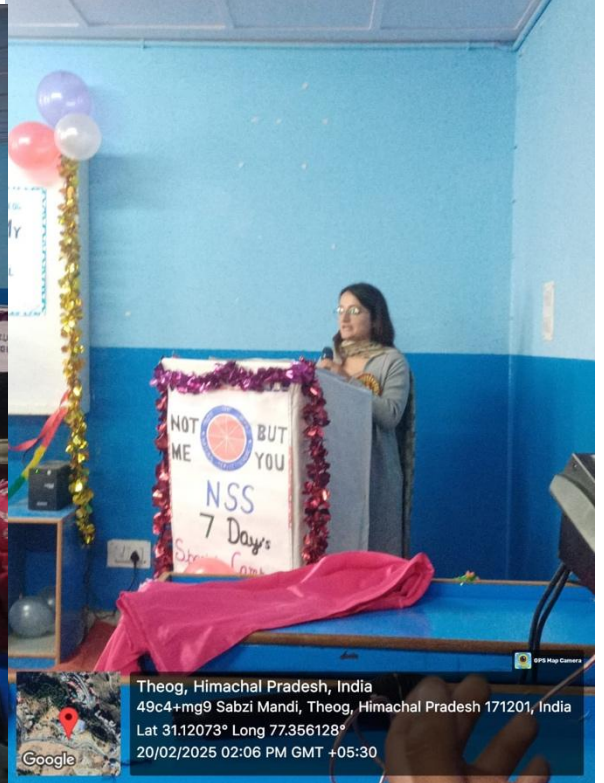
- They reflected on the various activities undertaken, including community outreach, environmental initiatives, and educational sessions.
- Volunteers expressed personal growth in areas such as leadership, teamwork, and empathy.
- They emphasised the importance of applying the skills and knowledge gained to future endeavours, both within and beyond the NSS framework.

The 7-Day Special NSS Camp successfully achieved its objectives by fostering community engagement, environmental responsibility, social awareness, and teamwork. Through a combination of educational sessions, outreach programs, and cultural events, students gained valuable life experiences and a deeper understanding of their role in society.

The NSS unit extends heartfelt gratitude to all dignitaries, faculty members, guest speakers, and volunteers for their contributions to making this camp a resounding success.



NSS Unit Government Degree College Theog, Distt Shimla



Theog, Himachal Pradesh, India
Near, College Road, Near College Road, Theog, Himachal Pradesh 171201, India
Lat 31.11932° Long 77.357962°
20/02/2025 01:21 PM GMT +05:30

Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.12073° Long 77.356128°
20/02/2025 02:06 PM GMT +05:30



Theog, Himachal Pradesh, India
49c4+mg9 Sabzi Mandi, Theog, Himachal Pradesh 171201, India
Lat 31.120713° Long 77.356152°
20/02/2025 12:30 PM GMT +05:30



NSS Unit
Government Degree College Theog,
Distt Shimla



Dr. Vikas Nathan & Chetna Negi
NSS Programme Officers

Principal