



**NSS Unit**  
**Government Degree College Theog,**  
**Distt Shimla**



**Report on Participation in Seven Days Residential YUVA AAPDA MITRA  
Training Camp**

Eight NSS volunteers from **NSS Unit Govt. College Theog** participated in a **Seven Days Residential YUVA AAPDA MITRA Training Camp** held at **Parala** from **4th to 12th November 2025**. The camp was organized under the **Yuva Aapda Mitra Yojana**, with the objective of training youth in disaster preparedness and response.

The participating volunteers included

<i>Sr. No.</i>	<i>Name of the Volunteer</i>	<i>Father's Name</i>
1	Sneh Lata	Sh. Sandeep Sharma
2	Nikhil	Sh. Sanju
3	Yogesh	Sh. Nika Ram
4	Riya Mehta	Sh. Rakesh Mehta
5	Payal Sharma	Sh. Pradeep Sharma
6	Adarsh	Sh. Dalip Singh
7	Vivek	Sh. Leela Das
8	Akshay Mista	Sh. Jagdish Chand

who actively engaged in all training sessions and activities conducted during the camp.

### **Experience of the Volunteers**

The volunteers described the camp as a highly informative and practical learning experience. On the first day, they reported at the venue and completed the registration process. An introductory session was conducted, where they were briefed about the objectives of the camp and trained in handling and safely evacuating trapped casualties.

During the seven-day training programme, the volunteers received hands-on training in various aspects of disaster management, including **fire safety, electrical hazards, earthquake response, first aid, and CPR techniques**. The sessions were practical-oriented, enabling participants to learn essential life-saving skills effectively.

Apart from the training sessions, volunteers also participated in recreational and group activities such as games, cleanliness drives, and team-building exercises, which strengthened their sense of cooperation and teamwork.

### **Key Learnings**

- Understanding disaster management and preparedness
- Techniques for rescuing trapped victims
- Providing first aid and performing CPR
- Importance of teamwork and coordination



# NSS Unit

## Government Degree College Theog, Distt Shimla



- Effective response during emergencies

### Memorable Highlights

- Participation in a **simulated earthquake drill**, practicing emergency response
- Hands-on **firefighting training session** to learn fire control techniques
- **First aid training session** for treating injuries
- **Team-building activities** that enhanced bonding and cooperation

### Conclusion

The YUVA AAPDA MITRA Training Camp proved to be an enriching and unforgettable experience for all the participants. It equipped the volunteers with essential skills and knowledge required during emergencies and disasters. The volunteers expressed confidence that they would be able to utilize the learning gained during the camp to serve society effectively in times of need.

The NSS Unit appreciates the active participation of the volunteers and encourages them to continue contributing towards community safety and disaster preparedness.

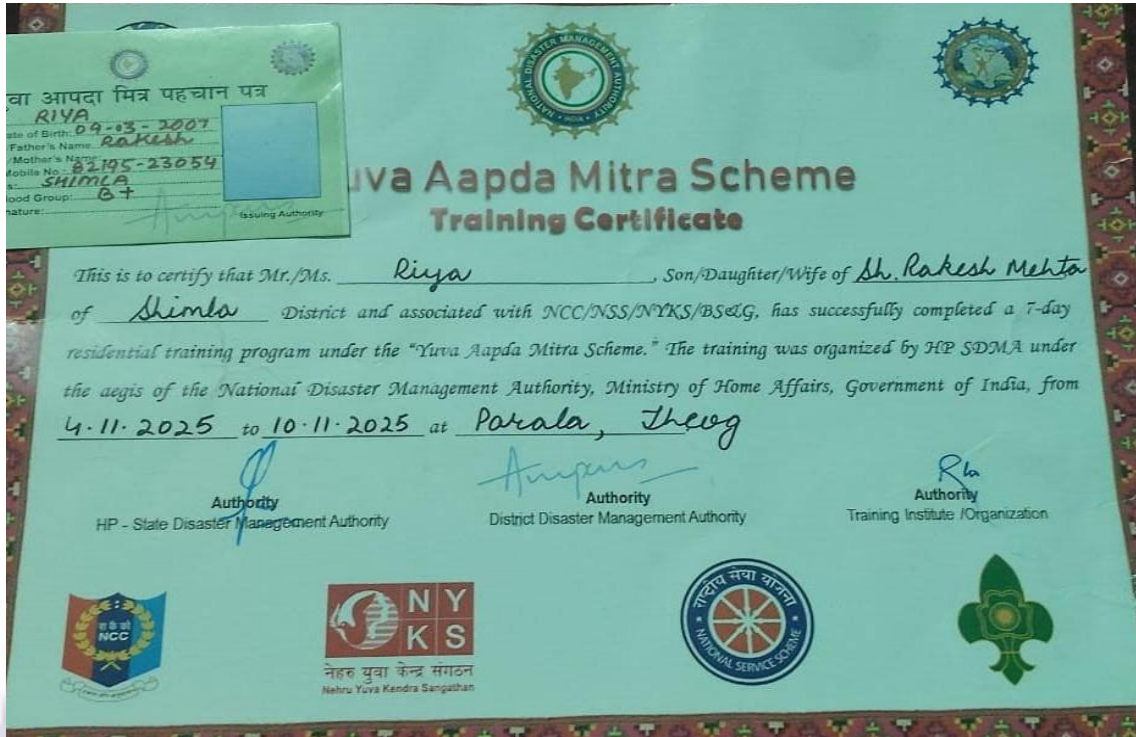


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### Yuva Aapda Mitra Scheme Training Certificate




This is to certify that Mr./Ms. Akshay, Son/Daughter/Wife of Sh. Jagdish of Shimla District and associated with NCC/NSS/NYKS/BSELG, has successfully completed a 7-day residential training program under the "Yuva Aapda Mitra Scheme." The training was organized by HP SDMA under the aegis of the National Disaster Management Authority, Ministry of Home Affairs, Government of India, from 04.11.2025 to 10.11.2025 at Parala, Theog

*[Signature]*  
Authority  
 HP - State Disaster Management Authority

*[Signature]*  
Authority  
 District Disaster Management Authority

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Authority  
 Training Institute /Organization





### Yuva Aapda Mitra Scheme Training Certificate

This is to certify that Mr./Ms. Nikhil, Son/Daughter/Wife of Sh. Sanju of Shimla District and associated with NCC/NSS/NYKS/BSELG, has successfully completed a 7-day residential training program under the "Yuva Aapda Mitra Scheme." The training was organized by HP SDMA under the aegis of the National Disaster Management Authority, Ministry of Home Affairs, Government of India, from 04.11.2025 to 10.11.2025 at Parala, Theog

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Authority  
 District Disaster Management Authority

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**Dr. Vikas Nathan**  
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**Principal**