



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



**Report on the Session**

**“NSS for Holistic Growth: Personality Development, Capacity Building and Gender Sensitization”**

A comprehensive awareness session titled “NSS for Holistic Growth: Personality Development, Capacity Building and Gender Sensitization” was organized on **29 July 2025** for the students of Government College Theog under the aegis of the National Service Scheme (NSS) Unit.

The programme witnessed enthusiastic participation, with more than 100 students attending the session. The objective of the programme was to sensitize students about the multidimensional role of NSS in shaping responsible, skilled, and socially aware youth.

The session began with Dr. Vikas Nathan, who delivered an insightful talk on the role of NSS in personality development. He highlighted how participation in NSS activities fosters leadership qualities, discipline, teamwork, communication skills, and a spirit of community service among volunteers. He encouraged students to actively engage in NSS programmes to enhance their overall personality.

This was followed by an informative address by Dr. Bavita Thakur on Gender Sensitization. She emphasized the importance of gender equality, mutual respect, and inclusive attitudes in educational institutions and society. Her talk encouraged students to challenge stereotypes and promote a safe and respectful environment for all.

The final session was conducted by Dr. Satya Narain Snehi, who spoke on capacity building of students. He elaborated on the need for continuous skill development, adaptability, and self-improvement to meet emerging academic and professional challenges. He motivated students to utilize institutional opportunities for enhancing their competencies.

The session proved to be highly interactive and enlightening. Students actively participated and appreciated the valuable guidance provided by the resource persons. The programme concluded with a vote of thanks, reaffirming the commitment of the NSS Unit to the holistic development of students.



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**Dr. Vikas Nathan**  
**Dr. Bavita Thakur**  
**NSS Programme Officer's**

**Principal**