



NSS Unit Government Degree College Theog, Distt Shimla



Report on Seven Days NSS Special Camp (Session 2025–26)

The NSS Unit, Government College Theog, successfully organized a Seven Days NSS Special Camp from 18 December to 24 December 2025 under the theme **“Empowering Youth for India: Youth for MY Bharat.”** A total of **100** NSS volunteers actively participated in the camp with great enthusiasm and dedication. The camp aimed at promoting social service, environmental awareness, discipline, leadership qualities, and overall personality development among students.

The camp was conducted under the able supervision of **Dr. Vikas Nathan and Dr. Bavita Thakur**, NSS Programme Officers of Government College Theog.

Each day of the camp began with a Yoga session, followed by morning prayer and NSS Lakshya Geet. A report of the previous day’s activities was presented by volunteers, and the plan for the day was discussed. Regular experience-sharing sessions enabled volunteers to reflect upon their learning and growth throughout the camp.





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Day 1 (18 December 2025)

The camp commenced with an inaugural session graced by the Principal, **Dr. Bhupinder Singh Thakur**, as the Chief Guest. The programme began with lamp lighting, Saraswati Vandana, and NSS Lakshya Geet.

Dr. Vikas Nathan briefed the volunteers about the objectives and significance of the NSS camp. Volunteers were divided into five groups and carried out cleanliness drives at five different locations in and around the college campus, promoting the spirit of community service and teamwork.

In the afternoon, an NGO from Hamirpur presented an engaging Nukkad Natak, spreading awareness on social issues, followed by an interactive session where volunteers actively participated and shared their reflections.

The evening academic session was conducted by **Dr. Vikas Nathan**, who motivated the volunteers by sharing his experiences and emphasizing the values and responsibilities of NSS. The day concluded with sports activities such as volleyball, badminton, and group games, followed by cultural activities including group songs, dances, and ice-breaking performances that fostered unity and confidence among volunteers.





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न्यूज़ ब्रीफ

राजकीय महाविद्यालय टियोग में सात दिवसीय एनएसएस शिविर का शुभारंभ



टियोग | राजकीय महाविद्यालय टियोग में आज से सात दिवसीय एनएसएस शिविर 18 से 24 दिसंबर तक आयोजित किया जा रहा है। शिविर का उद्देश्य स्वयंसेवियों को विभिन्न गतिविधियों में भाग दिलाकर उनके व्यक्तित्व विकास को प्रोत्साहित करना है। स्वयंसेवियों के लिए विशेष व्याख्यान और प्रशिक्षण सत्र रूखे गए हैं। नदघाटन



Day 2 (19 December 2025)

The day began with yoga, prayer, NSS song, followed by reporting and planning. Volunteers undertook cleanliness drives within the campus to promote Swachh Bharat Abhiyan and dignity of labour.

A major highlight of the day was an awareness rally organized from the college to the hospital via the main market. Volunteers raised slogans and interacted with the public to spread awareness about the harmful effects of drug abuse and its impact on society, particularly the youth.

The academic session was conducted by **Mr. Muni Lal (Assistant Librarian)**, who delivered an insightful lecture on the importance of libraries, reading habits, and the role of Artificial Intelligence. He also discussed initiatives such as ONOS and NDLI, encouraging students to make effective use of digital resources.

The day ended with sports competitions and cultural programmes, where volunteers showcased their talents through music, dance, and skits. Experience-sharing sessions further enriched the learning process.

Day 3 (20 December 2025)

Following the morning routine of yoga, prayer, reporting, and planning, volunteers engaged in campus beautification activities such as weeding, cleaning flower beds, and maintaining plants planted in the previous sessions.



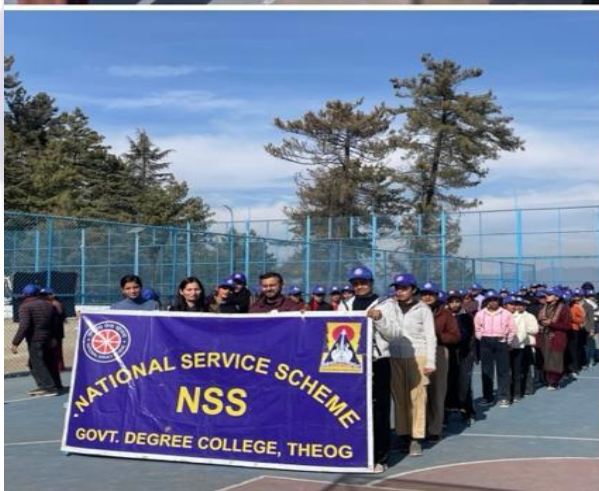
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In the academic session, **Dr. Rajesh Kumar (Geography)** delivered a highly informative lecture on Disaster Management, focusing on disaster mitigation, preparedness, and the role of youth in emergency situations.

Volunteers actively participated in discussions and shared their insights during the experience-sharing session.

The day concluded with sports activities that promoted physical fitness and teamwork, followed by cultural activities including poetry recitation, singing, and group performances, enhancing creativity and self-expression.





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Day 4 (21 December 2025)

After the morning routine, volunteers visited the adopted village **Makhdol (near Bhekhalti School)** for a rural awareness programme. Around 80 volunteers participated enthusiastically. The activities conducted in the village included:

- **Nukkad Natak on drug abuse awareness**
- **Cleanliness drive in the village**
- **Awareness campaigns on environmental protection**
- **Disaster management training including CPR, first aid, and snake bite response**
- **Sessions on girls' safety and women empowerment**

The villagers and the Pradhan appreciated the efforts of NSS volunteers and expressed their gratitude. The interaction helped volunteers understand rural challenges and strengthened their sense of social responsibility.

The day also featured cultural performances in the village, fostering community bonding. Upon return, volunteers participated in sports and recreational activities, followed by reflection and experience sharing.





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Day 5 (22 December 2025)

The day began with yoga, prayer, reporting, and planning. Volunteers conducted cleanliness drives around the canteen area and revisited previously planted saplings, ensuring their proper care and maintenance.

Dr. Bavita Thakur addressed the volunteers on the importance of Hindi in daily life and the role of youth in achieving the vision of *Viksit Bharat 2047*.

An inspiring experience-sharing session was conducted by **Mr. Harsh Thakur**, who shared his learnings from a capacity-building programme at the Rajiv Gandhi National Institute of Youth Development. NSS volunteers also shared their personal experiences and key takeaways from the camp.



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The day concluded with sports events and vibrant cultural activities, including group dances, singing, and skits, which provided a platform for creative expression and relaxation.

Day 6 (23 December 2025)

The day followed the usual routine of yoga, prayer, reporting, and planning. Volunteers participated in a career counselling session, gaining guidance on future opportunities and career planning.

Team-building and recreational activities were organized to enhance cooperation, leadership, and bonding among volunteers. Preparations for the valedictory programme were also undertaken.

Volunteers conducted a cleanliness drive near the temple behind the college. Resource persons **Mr. Bhupinder** and **Mr. Ashutosh** shared their life experiences and highlighted the transformative role of NSS.

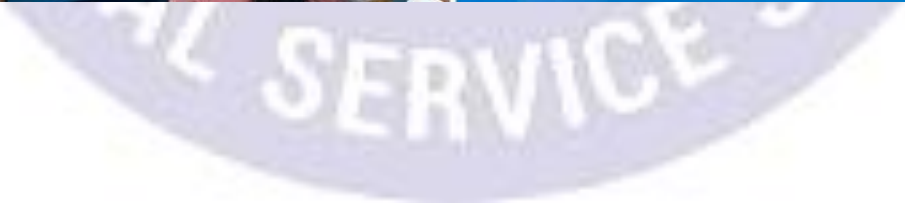
Anitika Bhajaik shared her Pre-Republic Day Camp experience, inspiring fellow volunteers to aim for higher achievements.

The day concluded with sports activities and cultural rehearsals, ensuring active participation and enthusiasm among volunteers.





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

Principal