



**Shah Satnam Ji College of Education,  
Sirsa, (Hry.)**

**NATIONAL SERVICE SCHEME**

**A Report**

**on**

**7 Day/Night NSS Special Camp**

**From**

**9<sup>th</sup> March to 15<sup>th</sup> March, 2024**

**Session 2023-24**

The National Service Scheme Committee of Shah Satnam Ji College of Education, Sirsa provides opportunity to the students to take part in various community service activities and programmes. The NSS committee organized a 7 Day Special Camp from 09-03-2024 to 15-03-2024 at Sawanpura Dhani. The main objectives of the camp were:

- To understand the community in which the students work.
- To identify the needs and problems of the community and involve the students in problem solving.
- To develop among themselves a sense of social and civic responsibility.
- To utilize their knowledge in finding practical solution to individual and community problems.
- To improve national integration and social harmony.



**The schedule followed is as under:**

| <b>Day</b> | <b>Activity</b>                                                                  |
|------------|----------------------------------------------------------------------------------|
| 1          | Cleanliness and Literacy Programme                                               |
| 2          | Tree Plantation and Literacy Programme                                           |
| 3          | Child Welfare and Road Safety Activity and Literacy Programme                    |
| 4          | Yoga/Health Awareness Activity and Literacy Programme                            |
| 5          | 'No Smoking Day'-Rally, Environmental Sanitation Activity and Literacy Programme |
| 6          | Health Checkup Programme and Literacy Programme                                  |
| 7          | Skill Development Activity, Blood Donation and Literacy Programme                |

A literacy programme was organized for all the seven days under New India Literacy Programme (NILP) in which NSS volunteers promoted literacy programme by providing education to some adults.

## DAY -1

### Cleanliness programme

The first day of camp was started with the opening ceremony in which the convener of the N.S.S Committee told about the objectives of the activities to be organized in the camp. The Principal addressed the students and motivated them to gain skills in mobilizing community participation. She told that the NSS targets to orient the youth students to community service while they are studying in the college.



After that ‘The Cleanliness Programme’ was organized on 09-03-2024 at the college campus as well as Dhani Sawanpura . All the staff members and a number of students participated in the activity. With zest and zeal, the enthusiastic students steered the cleanup programme to success through their efforts and the support of the college. At last, the refreshment was distributed. The programme ended with a vote of thanks to students for the initiatives taken by them.



## DAY -2

### Tree Plantation

Tree Plantation involves planting a large number of trees and seedlings, often for the purpose of environment protection. At the beginning of day 2 (10-03-2024) activity, the NSS Committee Convener told that trees play a significant role in our ecosystem through maintaining balance among elements of nature. Total 43 saplings were planted by the staff and the students. Different saplings were planted like flowers, green tea plant, herbs etc. The saplings were planted within and around the college premises as well as at the Dhani Sawanpura. At the end of the programme, the principal motivated the students by saying that the tree plantation is necessary to save the endangered environment and to beautify our life. We must engage ourselves in environmental protection activities in order to make our own life comfortable.



## DAY -3

### Child Welfare and Road Safety

Education is the foundation of the growth and development of the both individual as well as society. It depends on multiple factors –the availability of stationary is one of them. The day-3 (11-03-2024) of NSS 7 DAY Camp began with the address of Dr. Meenakshi, Associate Professor. Both the Child Welfare and Road Safety activities were conducted at Govt. Primary School, Dhani Sawanpura. The B.Ed. 1<sup>st</sup> year student Mahak and Amandeep told about the road safety rules with the help of standard signs and symbols. For the child welfare some stationary items were distributed among 20 students on the basis of need. The students were happy to receive their stationary items. At last, the convener of NSS Committee interacted with school students and wished them bright future. After that the Principal Dr. Rajni Bala inspired the students to follow the safety rules and also aware their friends and family too.





## Day -4

### Yoga /Health Awareness Activity

On the day-4 (12-03-2024) a 'Yoga Activity' was conducted by the NSS Committee. Ms. Divya, a Yoga trainer was invited to guide the students about various Yoga Asanas. During yoga activity, students performed different yoga asanas. The students of the Govt. Primary School, Dhani Sawanpura also participated in this yoga activity. They were told about the importance of yoga postures, pranayama and meditation techniques to release the stress. Asanas starting with warming up and stretching were followed by Padmasanas, Tadasanas etc. and ending with Shavasanas. Students performed yoga asanas enthusiastically. At last, refreshment was given to all the students. After that, a token of love was presented to Ms. Divya who guided the students very well.



## Day -5

## No Smoking Day Rally

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## Environmental Sanitation Activity

On the 5<sup>th</sup> day of the N.S.S Camp, a rally on 'No Smoking' was organized. All the volunteers of N.S.S enthusiastically participated in it. Mr. Suresh Kumar (Assistant professor) threw a light on the history of drugs and how it spreads in the world throughout the years. After that the honorable Principal Dr. Rajni Bala flagged off the rally. The volunteers took out the rally carrying placards with messages urging the public to 'avoid the use of cigarettes and tobacco'. Message about the disastrous effect of smoking on individual and society was given.



The second activity was conducted on the environmental sanitation. In which students were told about the sanitation activities. The students of B.Ed. 1<sup>st</sup> and 2<sup>nd</sup> discussed their views about segregation of waste, tree plantation, say no to plastics and energy saving. Amandeep Kaur, B.Ed. 1<sup>st</sup> presented her views on the segregation of waste like dry waste and wet waste. She told very nicely about how to segregate the waste in different bins. Rashmi B.Ed. 1<sup>st</sup> told the importance of tree plantation. Trees play a vital role in our life. They provide us fresh air which is very precious for our health. Geetanjali B.Ed. 2<sup>nd</sup> presented her thoughts on 'Say No To Plastics'. She told that we must encourage children to avoid the use of plastic and use of jute bags should be promoted. She said we should never throw plastic on roads, as animals die after consuming it. Rajender B.Ed. 1<sup>st</sup> told about various techniques of energy saving like use of LED lights and use of solar panel etc. At last refreshment was given to the students.





**Day -6**  
**Health Check Up Programme**

On the 6<sup>th</sup> day of the N.S.S Camp (14-03-2024) a health checkup programme was organized by the N.S.S Committee in which a team of the specialist from Shah Satnam Ji Specialty Hospital was invited for the health checkup of the students and the villagers .Welcome address was given by Mr. Suresh Kumar (Assistant Professor) . After that Principal Dr. Rajni Bala thanked to the almighty for providing us the best hospital and various specialist. A number of students took advantages from this camp along with some local people. The team of doctors was included:

Dr. Sandeep (General Checkup)

Dr. Parveen (Eye Specialist)

Dr. Nancy (General Checkup)

Dr. Sakshi (Dental Specialist)

All the doctors provided the appropriate guidance to the students according to their problems. The faculty members also consulted the doctors about their problems. At last, refreshment was given to the students.





## Day-7

### Skill Development Activity & Blood Donation Programme

The Day 7 Started with the Address of the NSS Convener and the Principal. The Activity 'Skill Development' was conducted on 15-03-2024. Mrs. Rajni Bala (Instructor, Art & Craft) demonstrated some Activities i.e. Artificial Flower Making, Painting and Clay Modeling for the skill development of the Students. The objective of this activity was to empower the students with appropriate skills that will enable their employment in relevant Sector and improve productivity. The students learnt the skills and prepared the articles simultaneously. Blood Donation Programme was also organized at Shiv Shakti Blood Bank. Five Students donated their blood. At the last, some snacks were distributed among the students.



### **Closing Ceremony of 7 Day NSS Camp**

The Closing Ceremony of NSS Camp started with the Prayer and the National Anthem. The NSS Coordinator thanked the NSS Volunteers and inspired them to devote themselves for the upliftment of the country. Dr. Meenakshi read the report of all the activities done in the NSS Camp Mr. Gagan Verma was invited as chief guest for closing ceremony. He explained about the method of vermi bed and demonstrated the same. He explained that vermi compost doesn't require much basics to set up. At last, the principal extended a vote of thanks. The best volunteer award was given to Rajender, B.Ed., 2<sup>nd</sup> year namely Renu and Geetanjali were also rewarded for their services. Mr. Sandeep Singh, NSS Convener also got a token of love from the principal. College Principal. The NSS Camp ended on a great note.



