



A

REPORT

ON

## 7 DAYS NSS CAMP (Day & Night)

from February 9, 2023 to February 15, 2023

**THEME: "आत्मनिर्भर भारत"**

**BABA FATEH SINGH JI GOVT. COLLEGE,  
ASSANDH (KARNAL)**

## Day First (February 09, 2023)

The 7-day NSS camp to be held from 9 to 15 February 2023 at village-Jaisinghpura, Assandh was inaugurated today by Principal Vikas Atri. Extending best wishes to the NSS volunteers for this camp, he said that students are not just there to get education.



Rather, they should also try to think how they can use the education which they have acquired to provide benefits to the society.

The day started with NSS song. Thereafter the volunteers were divided into four groups by Heena, Assistant Professor to inculcate the spirit of selfless service and voluntary work in NSS volunteers.



In the morning session, Nisha Rani interacted with the volunteers about Digital India. She told that the objective of the Digital India program is to make every Indian aware about electronic and digital means and to make India strong in the digital sector, under this program every region of India has to be connected with the Internet.



In the evening session, Sanjeev Kumar, NSS Incharge told the volunteers that how the National Service Scheme inculcates national and social values among the students, and due to this values the volunteers played an important role during the Covid pandemic. During this Principal Vikas Atri, Sanjeev Kumar, Heena, Amrit Kaur and all the volunteers were present.



### Day Second (February 10, 2023)

The second day of the 7-day NSS camp running from 9 to 15 February 2023 at village-Jaisinghpura, Assandh started with the NSS song.

In the morning session, a rally was taken out by NSS volunteers to create awareness among the people about "Beti Bachao, Beti Padhao" in village Jaisinghpura, which was flagged off by Mr. Rohtash, Assistant Professor.





Later, Jagmohan Singh, Assistant Professor spoke at length with the volunteers on the topic "Beti Bachao, Beti Padhao". He informed that Beti Bachao Beti Padhao scheme helps in arresting the decline in child sex ratio throughout the life-time and also addresses the issues related to women empowerment.



In the last session of the day, Surat Singh and Naresh Kumar, Himani Institute of Fire Safety, Assandh gave a talk to the NSS volunteers on "How to be saved in case of fire" and also trained them on the same. All the volunteers including Sanjeev Kumar, Heena, Amrit Kaur and Vikram were present during all these activities.



### Day Third (February 11, 2023)

The third day of the 7-day NSS camp running from 9 to 15 February 2023 at village-Jaisinghpura, Assandh also started with an NSS song.



Today's morning session was based on the topic "Road Safety Rules and Regulations". Ashok, Retd, Karnal Traffic Police and Sanjeev Sharma were invited to talk to the volunteers in detail on this topic. He

told the children that with a little vigilance and caution on the roads, many accidents can be avoided. Understanding road side sign boards and traffic signals is as important as driving carefully on the road.



While driving on the highway or main road, speed control or blind turn signal should be taken care of frequently. Some volunteers also presented a drama related to road safety rules and regulations so that everyone can be made aware of road safety.





The session that followed was based on the theme "Legal Awareness" in which Diksha, Advocate, Assandh was invited as the keynote speaker. He told that the meaning of legal awareness is to empower the public by making them familiar with the general things related to the law. This awareness promotes legal culture. People's participation in the making of laws increases and progress is made towards the establishment of the rule of law. That's why every person should be aware of the law. During this, all the volunteers including Sanjeev Kumar, Amrit Kaur and Vikram were present.



### Day Forth (February 12, 2023)

The fourth day of the 7-day NSS camp running from 9 to 15 February 2023 at village-Jaisinghpura, Assandh also started with the NSS song. Today's morning session was on "First Aid Training and Yoga". Dr. Neena, Lecturer, St. John's Ambulance, Red Cross, Karnal was invited as the lead expert for her training and detailed interaction with the volunteers on First Aid. He trained the volunteers that what can we do to save the life of any injured or sick person before

reaching the hospital. So that he can get relief as soon as possible while taking him to the hospital. He explained to everyone, knowing what not to do is more important than what to do during an emergency. Because, wrong treatment can increase the risk of death of that particular person.





In the afternoon session, the volunteers took up the task of cleaning the campus under the Swachh Bharat Abhiyan under the slogan 'Hum sab ka yeh sapna, Swachh parisar ho apna'. In which all the volunteers worked to make everyone aware of cleanliness by ensuring collective participation.



### Day Fifth (February 13, 2023)

On the fifth day of the 7-day NSS camp a "Health Checkup and Awareness Camp" was organized for the volunteers. In which mainly HIV/AIDS TB, H.B. And eye checkup was done.





Rangi Ram, ICTC, Counselor said that HIV is a type of virus which attacks our immune system and weakens it. This virus attacks the immune system until the person dies. After this Satish Kumar T.B. Gave complete information about and Ekta Malik talked in detail with children about how to avoid mental diseases. In this health check-up camp, the children's eyes were also examined and they were also told how they can take care of their eyes.



After this a "Poster Making Competition" was organized for the volunteers. Through this "Poster Making Competition" they had to tell what they have learned from the National Service Scheme. What is the social work that they would definitely like to do in their life. During this, the teachers of the college Malkhan Singh, Sanjeev Kumar, Heena, Amrit Kaur and Vikram were also present along with all the volunteers.



## Day Sixth (February 14, 2023)

The 6th day of the 7-day NSS camp organized by the NSS unit of Government College, Assandh began with a tribute to the martyrs of Pulwama on February 14, 2019. Today's day was mainly related to the topic "Environment Protection", in which mainly activities related to this were done from morning till evening.

In which Vijay Kumar, Assistant Professor, Department of Zoology, Pandit Chiranji Lal Sharma Government College, Karnal was invited for an extension lecture in the morning session. He spoke on the topic "Biodiversity Conservation". He told the volunteers that, Biodiversity conservation can be done in various ways like stopping felling of trees, banning animal hunting, using natural resources efficiently, separate protected areas should be set up for animals, where no illegal activities of humans are allowed.





After this saplings were planted by the volunteers. The volunteers planted saplings on behalf of their respective teams and all took an oath to work for environmental protection.





## Day Seventh (February 15, 2023)

The last day of seven day NSS camp organized by Government College, Assandh started with Surya Namaskar and NSS song. Principal Vikas Atri invited as the chief guest at the closing ceremony of the 7<sup>th</sup> Days camp (Day & Night). In the morning session, Heena, Amrit Kaur interacted with the volunteers on the topics of "Goal Setting in Life" and "Mental and Physical Health" respectively. After this a quiz competition was organized for the volunteers by Heena and Nisha.

In the later session, Sanjeev Kumar, NSS Incharge presented the complete report of the camp and also selected the best performing team.



**BEST PERFORMING TEAM**





After this, the best volunteer boy and girl were selected by Heena, Assistant Professor. Then some volunteers were given an opportunity to share their views about this seven day NSS camp.



In the end, Principal Vikas Atri honored all the volunteers by giving them certificate of Participation related to the 7<sup>th</sup> Days NSS camp (Day & Night) and wished them all a bright future.



During this, all the volunteers were present along with Principal Vikas Atri, Malkhan Singh, Sanjeev Kumar, Heena, Amrit Kaur and Vikram.