

NSS 7 Day Special Camp

Special camping forms an integral part of National Service Scheme. NSS volunteers are fascinated in joining these camps as they provide opportunities for team building and it exposes them to new learnings and experiences.

The NSS unit of Sri Guru Gobind Singh College organised a 7day NSS Special Camp on the theme "**Swachh Bharat Abhiyan and Jal Shakti Abhiyan**" from December 25- 31, 2019.

Total 165 volunteers (150 students and 15 non students) attended this camp. All participants received certificate of participation on the successful completion of the camp.

Highlights of the Camp :

Chief guests of the inaugural session were Col.(retd) Jasmer Singh Bala, Secretary, Sikh Educational Society and Ms.Satinder Kaur, Principal, SGGGS college,sec-26. The inaugural address was delivered by Mr. Raj Kumar (Youth officer, NSS) and the key note speakers were Mr. Bikram Rana, (State liaison officer NSS) and S. Prabhloch Singh, (MFP Federation).

DATE	HIGHLIGHTS
December 25,2019	<p>The speakers- Mr. Raj Kumar (Youth officer, NSS), Mr. Bikram Rana, (State liaison officer NSS) and S. Prabhloch Singh, (MFP Federation) introduced the concept of NSS to the students and encouraged them to take active part in their own personality development through social work and contribute in greater ways towards nation building.</p> <p>In the second session, a creative workshop on cloth bag making was</p>

conducted by Mr. Tulsi Kumar, Fine Arts Teacher, Govt. School Kaimbwala. All students participated with great enthusiasm in the workshop and made many beautiful cloth bags under the guidance of Mr. Tulsi Kumar.

December 26,2019

The day started with meditation followed by session review by the volunteers. The volunteers played few interesting games as warmup for the day. Around 10:30 am, the volunteers went to Kansal Wildlife Sanctuary for trekking and sightseeing with Program Officer Ms. Amanjot Kaur where the volunteers trekked for 16 kms. Volunteers enjoyed the flora and fauna of the wildlife sanctuary.

In the evening session, a cleanliness drive was organised in the college under the guidance of Program Officer Dr. Gurvir Kaur Bhullar in which volunteers collected the scattered plastic and paper in the college campus grounds. All the activities of the day witnessed enthusiastic performance and increased the high spirit of the volunteers.

December 27,2019

The day started with a meditation session and session review by the volunteers. Volunteers Manik, Priya and Manish gave short speeches on renowned personalities of India - Dr. Manmohan Singh and Shri Raghuram Rajan. Manish and Ankit Garg shared their experiences of "Pre RD-Camp" and "Swachh Bharat Summer Internship Camp". They motivated the volunteers to participate enthusiastically in all NSS activities. In the morning session, Dr. Gurcharan Singh Gill, Assistant Professor, Physical Education, SGGS College made the students aware about the pros and cons of gyms. He also stressed on the importance of outdoor activities to maintain a healthy lifestyle.

In the evening session, sports competitions (basketball, volleyball, aerobics and races) were conducted for the students. It was a fun filled session wherein volunteers played games like Dodge Ball, KHO-KHO with Program Officer Ms. Manbir Kaur Dhaliwal.

December 28,2019

The day started with a meditation session and speech on eminent personalities of India like Dr. APJ Abdul Kalam and Rani Laxmi Bai by Priyanka and Ankita. A workshop on "Importance of Soft Skills for Students" was held by Ms. Shweta Sharda, Assistant Professor in English, SGGGS College. She gave tips to students to improve their soft skills like leadership, communication skills, social skills and time management. She made the session interactive by conducting various activities. An "Extempore Competition" was held in which every volunteer participated. It helped the students overcome stage fright and get an idea of public speaking.

In the evening session, "Best Out of Waste Activity" was conducted in which volunteers planted saplings in used plastic bottles. They beautified the campus by painting the flower pots and trunks of trees. They also painted the NSS Wall with Save Water theme.

December 29,2019

The 5th day of the camp started with a meditation session. Two volunteers Vishu and Anshita gave speeches on notable personalities of India like K. Sivan and Ishwar Chandra Vidyasagar. A presentation on "Air Purification" was given by Pretty. In the morning session, a practical session on "Self Defence" was conducted by Mr. Pawan Kumar and Ms. Pinki (Swayam team from Anti Humans Trafficking Unit Police Dept. Sec-17, Chandigarh). They made the volunteers aware about self defence and demonstrated the self defence

techniques on stage. They made the students aware about their rights.

A poster making competition was held on the theme "Water Conservation" before the lunch time and volunteers made beautiful posters and wrote slogans on SAVE WATER and Importance of Water Conservation.

In the evening session Ms. Sumeet Kaur, delivered a lecture on "Stress Management". She shared various stress management techniques with the students and conducted some activities.

December 30, 2019

The 6th day of the NSS Camp started by a short video presentation by volunteer Simranjeet Kaur. She gave a presentation on the martyrdom of the four Sahibzada's of Sri Guru Gobind Singh Ji. A session on "Ek Bharat Shreshtha Bharat" was delivered by Ms. Rupinder Kaur, Assistant Professor in Public Administration, SGGGS College. She elaborated on the need to implement the objectives of Ek Bharat Shreshtha Bharat into action by the students in their daily lives. An interactive session on "Entrepreneurial Opportunities Among Youth" was given by Mr. Prithvi Singh Chauhan. He shared his experiences and encouraged the students to turn their ideas into profitable enterprises. It was an interactive session where students sought his guidance about their entrepreneurial ideas.

In the evening session, the volunteers visited Kaimbwala village. They took out an awareness rally on "Swachh Bharat Abhiyan and Jal Shakti Abhiyan". They conducted a survey on "Water Conservation Awareness" among residents of Kaimbwala. A Chai da Langar was organized by the volunteers. Cloth bags made by the volunteers on Day 1 of the camp were also distributed among the

residents of Kaimbwala in order to make them aware about No Use of Plastic Bags and Ban on Plastics. The students also donated the previously collected woollen clothes to the homeless people in the village.

December 31 ,2019

The concluding day of the NSS Camp saw various cultural activities put up by the students. The chief guest of the cultural activities was Dr. Ramandeep Mander, Dean Cultural, Sri Guru Gobind Singh College. A Nukkad Natak on "Say No to Plastic" was performed by the students. Natti (a folk dance of Himachal Pradesh), Bhangra(a folk dance of Punjab) and a Gujarati folk dance was performed by the volunteers. All the student volunteers enjoyed the performance very much and cheered the students enthusiastically.

The valedictory function was presided over by the Vice- Principal of the college S. Charanjit Singh. Certificates and prizes were given to the student volunteers and the faculty members who attended the camp. The seven-day NSS special Camp was a huge success as volunteers learnt many new skills and learnt how to work with team spirit for the betterment of the society.

National Camps Attended by Volunteers and Programme Officers:

- 6 NSS Volunteers, **Nikhil, Mohit, Tejwant Kaur, Shiv, Payal, Gurleen Kaur** and **Ramandeep Kaur** attended Youth Leadership Camp at Y.S. Parmar University of Horticulture & Forestry, Nauri, Solan, H.P. from 15-23 June 2019.

- NSS Volunteer **Manish** along with PO **Amanjot Kaur** (As Contingent Incharge) attended Pre-RD Camp at Chitkara University, Rajpura from November 15 to 24, 2019. 200 volunteers from 7 states of the north zone had participated in this camp.
- 4 NSS Volunteers **Rajinder, Manish, Anshita** and **Riya** attended 3 days Integrated Social Camp at Baba Balak Nath, Bilaspur from November 18 to 20, 2019.
- NSS Volunteers **Anmol Singh** and **Nidhi Sharma**, along with PO **Amanjot Kaur** (As Contingent Incharge) attended National Integration Camp at The Maharaja Sayajirao University of Baroda from Jan. 20 to 26, 2020. 7 states from all over India and various universities from Gujarat had participated in the camp.
- NSS Volunteers **Aman Kharab** and **Sukanya Singh** attended National Integration Camp (NIC) at Jammu University from Feb 22- 28, 2020.