

## **A Report on NSS Seven Days' Special Camp**

**“Not Me But You”**

**(07.02.2024 to 13.02.2024)**

Government College for Girls Nacholi, Faridabad organised NSS seven days' special camp in the village Nacholi, Faridabad from 07.02.2024 to 13.02.2024 in the leadership of Ms. Mamta Bhardwaj, NSS PO, GCG Nacholi. The volunteers of the NSS unit ran many activities like Cleanliness campaign, Environment Protection, Atmanirbhar Bharat – Entrepreneurship, Digital India, Beti Bachao Beti Padhao, Swachh Bharat Abhiyan, Voter Awareness, De Addiction, AIDS Control.

A day before the start of NSS Seven Days Camp, a meeting was held with selected 50 NSS Volunteers. Several committees like discipline committee, Record keeping committee, Food committee, Cultural committee, Store committee, Cleanliness committee etc. were formed. It was made compulsory for every volunteer to be a part of at least one committee. Volunteers were also made aware about the rules and regulations of the camp and they were given the complete schedule of NSS seven Days camp.

### **Day 1<sup>st</sup> (07.02.2024)**

In the guidance of Dr Sunidhi, Principal Govt College for Girls Nacholi, Faridabad, the camp was inaugurated in the morning by Colonel Rajeev Gupta, Chief Administrative Officer, Satyug Darshan Institute of Engineering & Technology (SDIET) and Captain Vijay Nagar, NCC Captain Satyug Darshan Institute of Engineering & Technology on 07.02.2024. Camp was inaugurated by lighting of lamp in front of Maa Saraswati. Colonel Rajeev Gupta addressed the girls about the role and duties of NSS volunteers. Captain Vijay Nagar also motivated them to participate actively in the activities during the camp and congratulated college committee for organising the camp.

After the Inauguration, the camp started with the anthem of NSS which was performed daily morning before the start of the activities.

After Lunch, the Cleanliness Campaign of 1<sup>st</sup> day started with the cleaning of shrubs, bushes and plastic waste from the inside and outside campus of the college. All the volunteers worked very sincerely putting their effort in the camp activities to make it a success.



## Day 2<sup>nd</sup> (08/02/2024)

On 8<sup>th</sup> February, day was started with Yoga Activity. Thereafter students were divided into 5 teams who were supposed to work on rotational basis for the remaining days to clear the ground of GCG Nacholi to make it

smooth, levelled and free from shrubs and bushes so that it would be able to be used during upcoming Athletic Meet of the college.

After lunch, A motivational lecture was arranged for the welfare of the NSS Volunteers. The speaker of the session was CA Harish Mangla who is a renowned motivational speaker. The presenter who himself is a source of motivation to students gave encouraging examples from his own life and inspired students to be a self-motivator. He discussed the importance of positive thinking and attitude which brings optimism into life and such constructive changes can make one brighter and more successful. This program helped volunteers to be guided by a positive mind and driven by self-motivation.

In the evening session Mr. Vijay Kumar Bhati, Area Head, HDFC Bank, Bhupani Branch and Mr. Shashank Kaushik, Branch Manager, HDFC Bank, Bhupani delivered lecture on Cyber Crime and discussed with the volunteers that how can they save themselves from increasing cyber crime.



## Day 3<sup>rd</sup> (09/02/2024)

The 3<sup>rd</sup> day of Camp started with prayer and then jogging. Students participated in the Cleaning activity. After that Dr Durgesh, NSS PO GC Faridabad and Chairman of Sonu Nav Chetna Foundation delivered a lecture on Atma Nirbhar Bharat to NSS Volunteers. He reiterated the significance of Atma Nirbhar Bharat in driving economic growth, creating employment opportunities, and enhancing india's position on global stage. Following the lecture, there was an interactive session where attendees had the opportunity to ask questions and provide feedback.

In the evening, poster making and slogan writing competition was also held on the topic of De Addiction and Voter Awareness. Volunteers enjoyed the activity and participated in cultural activities.





### Day 4<sup>th</sup> (10/02/2024)

4<sup>th</sup> day of the camp started with Yoga Activity. After the yoga, volunteers participated in cleaning activity. In the first session Yoga team from Bharat Vikas Parishad, Madhav Shakha visited the camp and volunteers were given training about some female specific exercises and yogasans .

Following the lunch, In the second session, a lecture was delivered on Personal Hygiene by Dr Sunita Khurana. Lecture served as a valuable opportunity to educate participants about the importance of adopting good hygiene in their daily lives. The speaker's informative presentation and practical tips empowered attendees to take proactive steps towards maintain their health and well-being through proper hygiene.

In the evening, volunteers completed their poster and slogan and enjoyed their tea with games and music.



### Day 5<sup>th</sup> (11/02/2024)

On the 5<sup>th</sup> day of camp, day started with the prayer. A lecture was delivered by Dr Benul, Associate professor and Director, Public Relations at

DLC State University of performing and Visual Arts on Communication Skills and Personally Development to NSS Volunteers. The guest provided attendees with valuable insights and practical tools for enhancing their interpersonal skills and personal growth. The speaker's encouraging presentation style and interactive approach fostered an enriching learning experience for all participants.





### **Day 6<sup>th</sup> (12/02/2024)**

On the 6<sup>th</sup> day of camp, students practiced the yoga taught to them. After that, they prepared for the cultural activities. After lunch, a lecture was delivered on Naturopathy by Dr. Sujata Arya. Lecture provided attendees with valuable insights into the principles and practices of this holistic approach to health and healing. The speaker's comprehensive overview and practical examples illustrated the potential benefits of naturopathic medicine in improving overall well-being and quality of life.

A rally was organised for awareness of the People on Road Safety & Traffic Rules by the NSS volunteers. With their slogan chanting, they conveyed the message of the importance of Road Safety.





### **Day 7<sup>th</sup> (13/02/2024)**

On the final day of the camp, after the NSS Anthem, CRP training was given by the team of GD Goenka under the leadership of Dr. Joginder. In the training the students learned how to deal with the emergency situation of Heart attack.

Under the guidance of Dr. Sunidhi, in the closing ceremony Dr Narender, Principal GCW Faridabad, Dr. Rajpal, Retired Principal, GCG Ballabgarh, Dr. MK Gupta, Retired Principal, GC Faridabad were invited as Chief Guests. Chief guests congratulated Dr. Sunidhi, Principal, Ms. Mamta Bhardwaj, NSS PO, GCG Nacholi on successful completion of the camp.















*Mamta*

Ms Mamta Bhardwaj  
NSS Incharge

*Sunil*

Principal  
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