



Centre of Excellence



Government Post Graduate College,

Sanjauli, Shimla – 06

National Service Scheme

A Report on

NSS Seven Days Special Camp

From 14/03/2022 to 20/03/2022

Theme: Educated Youth and self-reliant India

(Session 2021-22)

Day 1

Monday, 14/03/2022

The NSS Seven days Special camp commenced in Centre of Excellence, Government Post Graduate College, Sanjauli with a glittering opening ceremony, inaugurated by Dr. C.B. Mehta, head of the institution.

A total of 100 volunteers participated in the camp enthusiastically under the able stewardship of their program officers, Dr. Minakshi Sharma and Dr. Vikas Nathan. The volunteers were divided into five groups. Several activities were conducted to augment student's physical and mental endurance.

A Cleanliness Drive was conducted by NSS volunteers in the college. The volunteers collected garbage from every nook and corner of the college. In the afternoon session, Mr. Sudhanshu Singh Thakur, senior volunteer and journalist, shared his experiences in NSS with the volunteers.



Day 2

Tuesday, 15/03/2022

A lecture cum 'Demonstration on self defense' was organized wherein Sensei Surender Kumar Sharma, 4th Dan black belter, trained the volunteers in various techniques and combat skills to defend themselves in case of an attack.

The camp was graced by the presence of SP State Vigilance and Anti-corruption Bureau, Mr. Karthikeyan Gokulachandran. Giving tips for becoming a successful civil servant, Mr. Gokulachandran stated that the correct planning and constant follow-up are crucial to success.



Day 3

Wednesday, 16/03/2022

A lecture cum 'Demonstration on Yoga' was organized for the NSS volunteers. Mr. Sukant Pal Chauhan, International Art of living faculty, led the programme. He demonstrated some dynamic and fun techniques that challenges teens to take responsibility for their lives and provides a comprehensive set of practical tools for releasing stress, mastering emotions and raising self-awareness.

In the afternoon session Mr. Ramlal Sharma, HOD Economics Department, spoke of the importance of a scientific approach to the understanding of social issues and the role of youth in Nation Building.



Day 4

Thursday, 17/03/2022

Three donation drives were started by the NSS unit of GC Sanjauli;

- The cloth donation drive
- The Sanitary napkin donation drive
- The Blood donation drive

These donation drives were started with the aim to encourage the volunteers to step forward and help the needy. Over 80 donars participated in the blood donation camp while strictly following the Covid-19 guidelines.

In the afternoon session, Mr. Sudhanshu Singh Thakur made the volunteers understand the aim and purpose of teaching drill. Emphasis was laid on correct marching and saluting.



Day 5

Friday, 18/03/2022

It is rightly said, “You will never have a completely bad day if you show kindness at least once”. To make the festival of Holi more meaningful, the program officers encouraged the volunteers to show any act of kindness. NSS family of GC Sanjauli celebrated Holi with people from slum settlements. The volunteers also shared the pictures of moments they had spent on feeding the street animals, domestic animals, giving first aid to injured patients, feeding the street children etc. Through different acts of kindness, the volunteers showed that how important it is to be kind not only to humans, but also to plants and animals.



Day 6

Saturday, 19/03/2022

Plastic pollution is growing relentlessly as waste management and recycling fall short. Reducing plastic requires action, and keeping this in mind the NSS Volunteers were assigned the task of collecting plastic waste from nearby areas and making Eco bricks: A safe way to end non-recyclable plastic. This activity was conducted with the aim to create awareness among NSS participants about the importance of waste segregation and make them socially responsible and be more proactive in tackling environmental concerns.



Day 7

Sunday, 20/03/2022

Annual cultural program and prize distribution ceremony was organized on the last day of the camp. The program started as the chief guest Mr. H.L. Sharma, State liaison officer, arrived at the venue. Thereafter, beautiful dance and music performances representing the colors of India were presented by the volunteers. Prizes for all the events and competitions organized throughout the academic year 2021-2022 were distributed by the chief guest among the students who emerged victorious in various contests. Dr. C.B. Mehta, principal GC Sanjauli, congratulated the volunteers for their commendable work during the camp and also acknowledged the efforts of the program officers.



Report prepared by:

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