



GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20-D, CHANDIGARH

NSS 7-DAY SPECIAL CAMP

THEME: SWACHHTA HI SEVA-SWABHAV SWACHHTA SANSKAR

SWACHHTA

Day 2 (25th SEPTEMBER 2024)

The second day of the NSS 7-day special camp at Government College of Education, Sector 20-D, Chandigarh, continued with the theme 'Swachhta Hi Seva-Swabhav Swachhta Sanskar Swachhta.' The focus remained on environmental cleanliness, health awareness, and community service, providing the volunteers with enriching experiences through engaging activities and sessions.

Session 1: Self-Defence Session by Ms. Sonia

The day began with a self-defence session led by Ms. Sonia, aimed at empowering the volunteers, especially women, with essential self-defence techniques. The session not only equipped the participants with practical skills but also boosted their confidence and awareness about personal safety. After the physical activity, the volunteers gathered for breakfast. The meal served as a healthy start to their day, allowing them to refresh and recharge for the upcoming tasks.

Session 2: Visit to Village Kajheri

Post-breakfast, the volunteers visited Kajheri and assembled at Community Centre. Volunteers were divided into groups- one group visited the Government Dispensary where the volunteers performed a Nukkad Natak, spreading awareness about Segregation of Waste. The street play was a creative and effective way to educate the villagers about importance of separating dry and wet garbage. Awareness campaign regarding prevention

of Malaria and Dengue was also carried out from home to home with the help of the health department. Volunteers conducted a rally on Swachhta Hi Seva in the village. In line with the theme of Swachhta, the volunteers engaged in a tree plantation drive in the School. Continuing with their social outreach in Kajheri, the volunteers donated teaching aids to the classrooms of Government high school. They also helped in decorating the classrooms, making them more conducive to learning and encouraging a positive environment for the students. After an eventful morning, the volunteers returned to the camp premises for lunch. The meal provided a break and allowed them to regroup and discuss the day's events while preparing for the afternoon session.

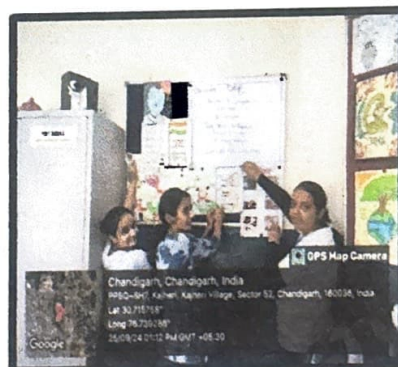
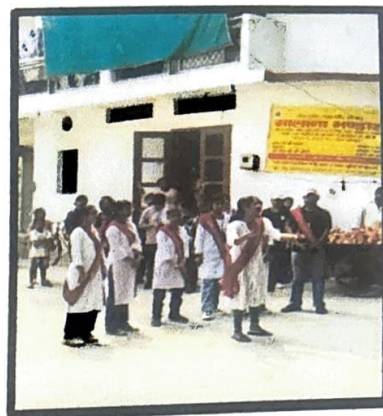
Session 3: Session by Ms. Harshita-Vision IAS Academy

During the session, Ms. Harshita from Vision IAS Academy introduced 'Pratispardha,' a competitive event aimed at encouraging intellectual development and healthy competition among students. The competition was divided into two parts: a Quiz Competition and an Essay Writing Competition. During the quiz, participants answered 60 objective-type questions within 60 minutes, testing their knowledge on a variety of topics. Following the quiz, the Essay Writing Competition was held, where participants had to choose from a set of topics and write an essay of 800-1000 words within the given 60-minute time frame. A break followed, offering the volunteers some relaxation after the creativity-fuelled competition. The short break gave them time to unwind before the evening activities resumed.

Session 4: Heats of Indoor Games in Hostel

Indoor games were organized for the student volunteers, fostering teamwork, camaraderie, and friendly competition among the participants, ensuring a lively end to the day's activities. Dinner was served at 8 PM, offering the volunteers a chance to share their thoughts and experiences from the day's events. The wholesome meal provided a relaxing and fulfilling end to the day. The second day concluded with the switching off of lights at 10 PM. After a dynamic day of learning, creativity, and service, the volunteers retired to their rooms, ready to rest and prepare for the next day of the NSS camp.

Glimpses:



NSS PO

Principal

Dr. Balwinder Kaur

Balwinder
26/9/24

Dr. Aarti Bhatt

Aarti

Dr. Upasana Thapliyal

Upasana

Dr. Sapna Nanda

Sapna
26/9/24