



GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20-D, CHANDIGARH

NSS 7-DAY SPECIAL CAMP

THEME: SWACHHTA HI SEVA & HEALTH AND HYGIENE

Day 3 (26th SEPTEMBER 2024)

The third day of the NSS 7-day special camp at Government College of Education, Sector 20-D, Chandigarh, was marked by a perfect blend of physical, mental, and intellectual engagement. The day's schedule was thoughtfully designed to promote well-being, raise awareness on critical societal issues, and foster team spirit among the volunteers. Beginning with a calming yoga session, the day progressed into insightful sessions on cyber security, vigilance, and mindfulness, allowing participants to not only focus on their personal growth but also gain knowledge about their roles in fostering a secure, just, and corruption-free society.

Session 1: Yoga Training Session by Mr. Bijender

The day began with a calming and invigorating yoga session led by Mr. Bijender. The volunteers practiced various yoga postures and breathing techniques that not only promoted physical well-being but also enhanced mental clarity and relaxation. This session helped the participants to develop mindfulness, preparing them for the day ahead. After the yoga session, the volunteers gathered for breakfast. This break provided nourishment and a chance to socialize and share their thoughts before heading out for the day.

Session 2: Cyber security Awareness Session

An insightful session on cyber security was conducted by Cyber soldiers from MCM DAV College for Women, Sector 36 Chandigarh. The team raised awareness about the growing cyber threats in today's digital world, citing examples of phishing scams, identity theft, and ransomware attacks. They emphasized the importance of safeguarding personal information online, creating strong

passwords, and practicing safe browsing habits. The session was enriched with real-life incidents and recent news stories, helping volunteers understand the magnitude of cyber risks. Volunteers were encouraged to adopt proactive measures to protect themselves and spread this awareness within their communities.

Session 3: Vigil Awareness Session

The next session focused on promoting vigilance and awareness regarding public governance and anti-corruption measures. Mr. Sunil Kumar, Chief Judicial Magistrate cum Secretary, District Legal Services Authority, Chandigarh, was the guest for the session. Inspector Shadi Lal introduced the Public Interest Disclosure and Protection of Informers (PIDPI) Act, explaining how it provides a secure mechanism for whistleblowers to report corruption or misuse of power within government bodies. Then Mr. Kanwar Pal, Assistant Sub Inspector, Vigilance Department, Chandigarh, shed light on the pervasive issue of corruption, outlining its detrimental effects on society and governance. They urged the volunteers to stay informed and vigilant, stressing the role of citizens in holding institutions accountable. The third speaker Mr. Shiv Kumar Sharma, Program Coordinator, State Legal Services Authority, Chandigarh, discussed the role of Lok Adalats in providing swift, affordable justice and settling disputes through alternative dispute resolution mechanisms. This session emphasized the importance of transparency, integrity, and civic participation in ensuring a just and fair society. Following the informative Vigil Awareness Session, the volunteers took a break for lunch. This meal provided them with a chance to relax and reflect on the key insights shared during the morning sessions.

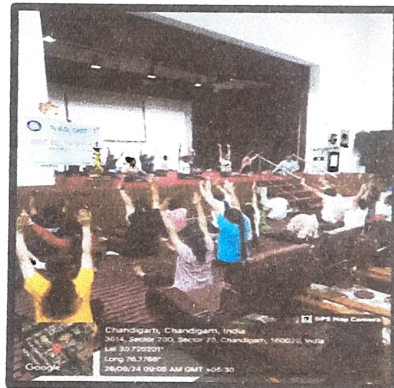
Session 4: Mindfulness and Well-being Session

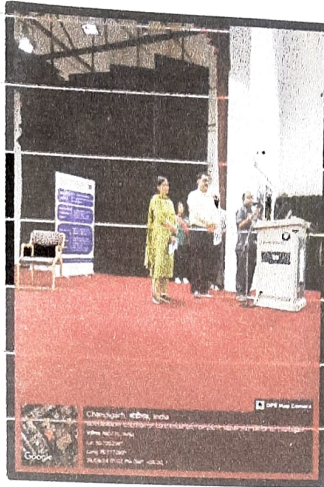
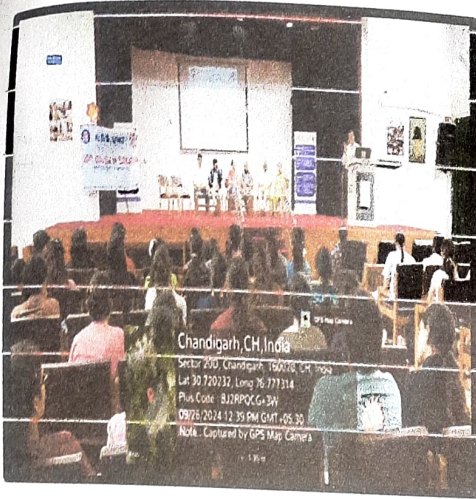
After lunch, the volunteers participated in a rejuvenating session led by Mukta Nijjar, a certified Art of Living teacher. The session focused on mindfulness, mental well-being, and stress relief techniques, emphasizing the importance of inner peace in leading a balanced life. The speaker guided the participants through breathing exercises and meditation practices aimed at reducing anxiety and improving focus. She also spoke about the significance of emotional resilience and the power of a positive mindset in handling life's challenges. The volunteers left the session feeling refreshed, with practical tools to manage stress and enhance their overall well-being. The volunteers then took a short break for tea, enjoying a moment of relaxation before transitioning to the evening activities.

Session 5: Heats of Indoor Games in Hostel

The evening featured heats of indoor games such as chess, carrom, and ludo. This session was filled with fun and competition, fostering a sense of camaraderie and teamwork among the participants. The games offered a lively and interactive end to the day. Dinner was served at 8 PM, providing the volunteers with a wholesome meal. It was a time for reflection and sharing their thoughts on the day's impactful activities, preparing them for the next day's events. At 10:00 PM, the lights were switched off as the volunteers retired to their rooms after another impactful day of learning, social service, and teamwork. With their minds and bodies rested, they prepared for the next set of activities awaiting them on Day 4.

Glimpses:





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Dr. Aarti Bhatt

Dr. Upasana Thapliyal

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Sapna
27/9/2024