



GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20-D, CHANDIGARH

NSS 7-DAY SPECIAL CAMP

THEME: SWACHHTA HI SEVA & HEALTH AND HYGIENE

Day 4 (27th SEPTEMBER 2024)

The fourth day of the NSS 7-day camp at Government College of Education, Sector 20-D, Chandigarh, focused on empowering participants through a mix of physical training, awareness sessions, and creative activities. The day encouraged volunteers to develop important life skills, foster environmental consciousness, and engage in teamwork through interactive sessions.

Session 1: Defence Training Session by Ms. Sonia

The day began with an empowering defence training session conducted by Ms. Sonia. The session aimed to equip participants with basic self-defence skills, focusing on building confidence and awareness in situations of physical threat. Ms. Sonia emphasized techniques for self-protection and stressed the importance of mental strength and alertness in critical moments. After the training, the volunteers gathered for a nutritious breakfast. The meal provided participants with much-needed energy for the day ahead and fostered an atmosphere of camaraderie among the attendees, allowing them to recharge and prepare for the subsequent activities.

Session 2: Awareness Session on Drug Abuse by Ms. Prabhjot Atwal

An awareness session on drug abuse was led by Ms. Prabhjot Atwal, Nodal Officer, Nasha Mukti Abhiyan department of Social Welfare, Women & Child development Chandigarh Administration. This interactive session shed light on the growing menace of drug addiction, its physical, psychological, and social impacts on the youth. Ms. Atwal shared statistics, personal anecdotes, and strategies for preventing drug abuse, urging participants to take active roles in spreading awareness within their communities. The volunteers performed a Nukkad Natak on drug abuse. It was an impactful way to raise awareness, engage the audience, and encourage them to take action against drug abuse.

Session 3: Importance of Millets by Dr. Lipika Kaur Guliani

Dr. Lipika Kaur Guliani, Assistant Professor at the University Institute of Hotel and Tourism Management, Panjab University, Chandigarh, and Executive Council Member of the Punjab Rural Tourism Council of 'Women's Indian Chamber of Commerce and Industry,' conducted an enlightening session on the importance of millets. She highlighted the nutritional and environmental benefits of incorporating millets into our diets, focusing on their role in promoting sustainable agriculture and food security. The volunteers left the session with a deeper appreciation for millets as a sustainable food choice.

Session 4: Session by Dr. Gulshan on World Tourism Day

In the afternoon, a session was held in observance of World Tourism Day, conducted by Dr. Gulshan Sharma. He spoke passionately about the importance of vocational education, highlighting how it empowers individuals with practical skills and knowledge that are essential for various industries. Dr. Gulshan highlighted the vocational training that not only enhances employability but also fosters innovation and economic growth. At 2 PM, everyone gathered for a wholesome lunch, which provided a break and an opportunity for participants to reflect on the morning's activities.

Session 5: Session by Dr. Sreenivas Reddy

Dr. Sreenivas Reddy, Professor and Head at the Department of Cardiology, Government Medical College and Hospital Sector 32, Chandigarh, delivered an insightful session on the vascular functions in young individuals after COVID-19 infection. He highlighted emerging research indicating that even mild COVID-19 cases can lead to significant vascular impairments, including endothelial dysfunction and altered blood flow dynamics. Dr. Reddy emphasized the importance of monitoring cardiovascular health in post-COVID patients, particularly in the young, as these changes can predispose them to long-term cardiovascular complications.

Session 6: Best Out of Waste Competition

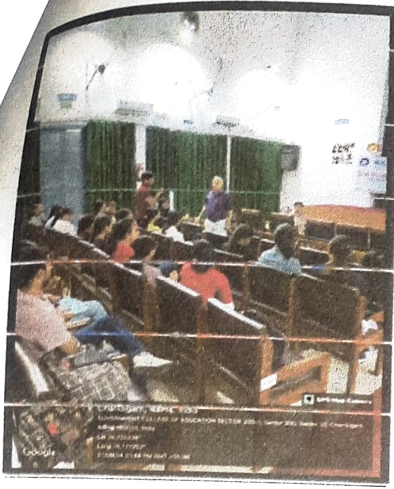
In this session, the volunteers participated in a 'Best Out of Waste' competition. The competition fostered creative thinking and emphasized the importance of sustainability. Participants used materials such as plastic bottles, old newspapers, and discarded fabrics to craft useful and decorative items. This activity not only demonstrated their creativity but also reinforced the message of reducing waste and reusing materials. At 6 PM, participants enjoyed a brief tea break, providing a refreshing pause before the evening's activities. It served as a moment for participants to unwind and discuss the day's events in a relaxed setting.

Session 7: Heats of Indoor Games in the Hostel

The evening was once again dedicated to the heats of indoor games. The volunteers engaged in friendly competition, playing games such as chess, carrom, and ludo. The games fostered teamwork, camaraderie, and healthy competition, allowing the participants to bond with each other. The day concluded with a wholesome dinner. The volunteers gathered to share their experiences from the day, reflecting on the awareness sessions and their impact on the local community. The dinner also served as a time to relax after an eventful and productive day. The day concluded with switching off of the lights at 10 PM.

Glimpses:





NSS PO

Dr. Balwinder Kaur *Balwinder* 28/9/24
 Dr. Aarti Bhatt *Aarti*
 Dr. Upasana Thapliyal *Upasana*

Sapna
 28/9/2024
Principal

Dr. Sapna Nanda
 Govt. College of Education
 Sector 20 –D, Chandigarh