



**GOVERNMENT COLLEGE OF EDUCATION**  
**SECTOR 20-D, CHANDIGARH**  
**NSS 7-DAY SPECIAL CAMP**  
**THEME: SWACHHTA HI SEVA & HEALTH AND HYGIENE**  
**Day 6 (29th SEPTEMBER 2024)**

Day 6 of the NSS Special Camp began with a self-defence training session led by Ms. Sonia, designed to equip volunteers with essential self-protection techniques. Participants learned the significance of quick reflexes and situational awareness, fostering both physical confidence and mental resilience. The day continued with a variety of impactful sessions, including a water conservation awareness workshop by Dr. Jyotsna Kaushal, a creative poster-making competition focused on drug awareness, and an energetic rally to advocate against drug abuse. Volunteers further engaged in a cleanliness drive on campus and a plastic waste collection initiative, emphasizing our commitment to environmental sustainability.

**Session 1: Self-Defence Training Session by Ms. Sonia**

The day began with a self-defence training session conducted by Ms. Sonia, focusing on equipping volunteers with basic self-protection techniques. This session not only enhanced physical confidence but also encouraged mental resilience. After the physically engaging self-defence session, participants gathered for breakfast. The meal provided them with energy for the rest of the day's activities while also serving as an opportunity to reflect on the importance of self-defence in today's world.

**Session 2: Water Conservation Awareness by Dr. Jyotsna Kaushal**

An informative session on water conservation was conducted, emphasizing the need for sustainable water management practices. The session covered various aspects of water conservation, including techniques to reduce water wastage and the importance of preserving this vital resource for future generations. Volunteers were encouraged to adopt water-saving habits in their daily lives and to spread awareness about water conservation in their communities. The session deepened the participants' understanding of the global water crisis and the urgent need for collective action.

### **Session 3: Poster-Making Competition and Slogan-Writing on Drug Awareness**

The volunteers took part in a poster-making and slogan-writing competition aimed at spreading awareness about drug abuse. Participants prepared posters, creatively illustrating the harmful effects of drug addiction and the importance of prevention. The slogans complemented the visuals, delivering strong and impactful messages. This competition encouraged the volunteers to use their artistic and linguistic skills to advocate for a drug-free society, reinforcing the importance of public awareness and preventive action against substance abuse.

### **Session 4: Rally on Drug Awareness**

The volunteers organized a rally on drug awareness, using the same posters they had created. Marching through the surrounding areas, they held up their posters and chanted slogans, spreading the message about the dangers of drug abuse. The rally aimed to engage the local community, raising awareness about the issue and encouraging collective action to combat drug addiction. The volunteers' enthusiasm and dedication to the cause made the rally a powerful tool for community education and advocacy. A break for lunch allowed volunteers to recharge.

### **Session 5: Cleanliness Drive in College**

The volunteers actively participated in a cleanliness drive within the college campus, reinforcing the core values of the NSS camp—cleanliness and community service. The session aimed to create awareness about maintaining a clean environment and instilling a sense of responsibility towards public spaces. The volunteers worked together to clean different areas of the campus,

promoting hygiene and environmental sustainability. This activity not only enhanced the campus environment but also encouraged participants to continue such practices in their everyday lives.

### **Session 6: Plastic Waste Collection**

As part of the 'Swachhata Hi Seva-2024 Programme' initiated by the Ministry, the volunteers engaged in a plastic waste collection. During this session, volunteers gathered plastic waste from the college campus and surrounding areas, emphasizing the importance of reducing plastic pollution. This initiative aimed to instill a sense of environmental responsibility and encourage sustainable waste management practices within the community. Participants discussed the impact of plastic waste on the environment and shared strategies for reducing plastic use in their daily lives.

### **Session 7: Heats of Games in the Hostel**

As part of the recreational activities during the camp, the volleyball heats in the hostel gave volunteers an opportunity to engage in a friendly competition. This activity aimed to promote physical health, teamwork, and a spirit of cooperation, offering a balance of fun and physical exercise after the day's sessions.

### **Glimpses:**





NSS PO

Dr. Balwinder Kaur *BK* 30/9/24  
Dr. Aarti Bhatt *AB*  
Dr. Upasana Thapliyal *UT*

Principal

Dr. Sapna Nanda

*Sapna Nanda*  
30/9/2024