

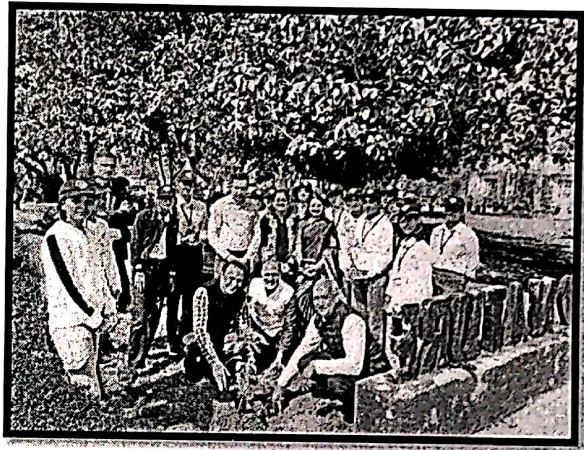
Government College for Women, Hisar

National Service Scheme (N.S.S.)

Seven Day Camp Report Organized -03.03.2025 to 09.03.2025

First Day- 03.03.2025

The day began with the formal welcoming of our esteemed guests, including the Chief Guest Dr. Bhupendra Singla, founder of Hatron Institute and Guest of Honour Dr. Ramesh Arya sir Ret. Principal from our Barwala College and G.C.W. Hisar.



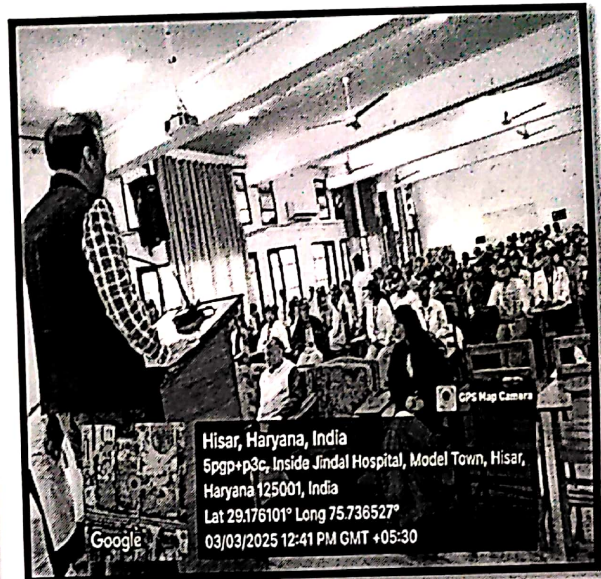
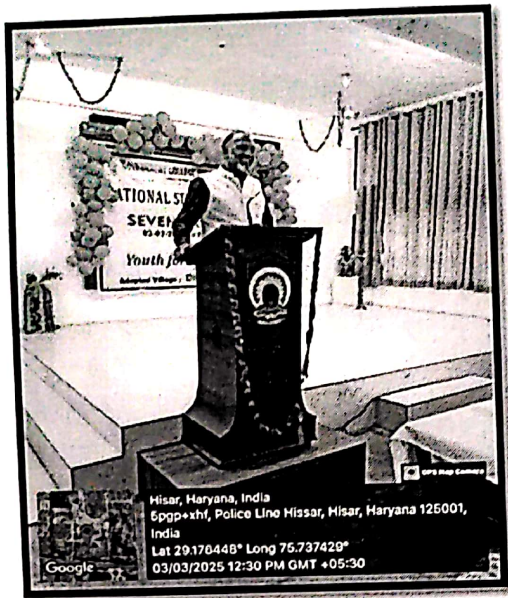
Following the welcoming ceremony, a Tree Plantation Drive was organized to mark the beginning of the camp. The Principal and Chief Guest, along with the NSS volunteers, participated in planting saplings. This initiative aimed to promote environmental sustainability and raise awareness about the importance of tree planting. After the tree plantation, the Principal Sir addressed the gathering. In his welcome note, he expressed his gratitude for the presence of the guests and highlighted the importance of the NSS camp.

Address by the Chief Guest

The Chief Guest then took the stage and delivered an inspiring address. He spoke about the significance of the NSS program in shaping young minds and fostering a sense of social responsibility.

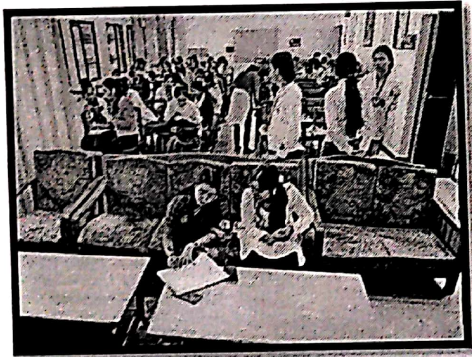
Address by the Guest of honour

He encouraged the students to not only contribute to the community through service but also to develop leadership skills and build lasting relationships. His speech resonated with the students, and many were inspired to commit to giving their best during the camp.



Team Division for Activities

In the evening, the camp coordinators conducted the division of teams. The volunteers were divided into different groups for various activities planned throughout the week. The division was done based on the volunteers' interests and strengths, ensuring that each team would be able to contribute effectively to the camp's objectives. The evening session also included an overview of the rules, schedules, and expectations for the week ahead.



Poster Making Competition- After that Poster Making Competition were organized on the topic of Youth for my Bharat and Drug Awareness.

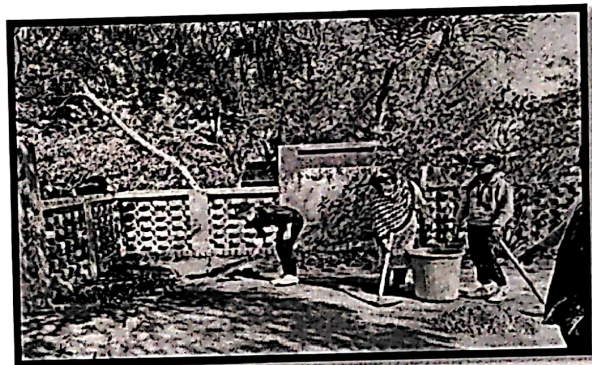
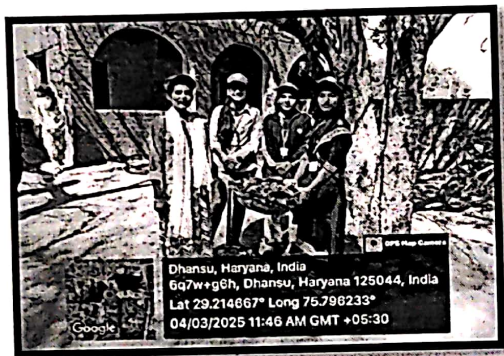


2nd day-04.03.2025

The second day of the NSS 7-day camp was filled with engaging and impactful activities as the volunteers visited Village Dhansu.

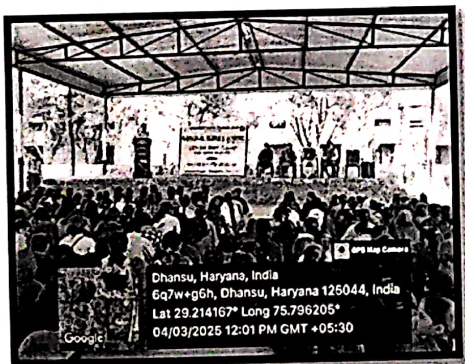
Cleanliness Drive at the Village School

The day began with a visit to the local school in Village Dhansu, where the NSS volunteers took part in a cleanliness drive. Divided into teams, the volunteers worked together to clean the school premises, including classrooms, playgrounds, and surrounding areas. This initiative not only helped in maintaining a clean environment but also promoted the importance of cleanliness and hygiene among the students of the school.



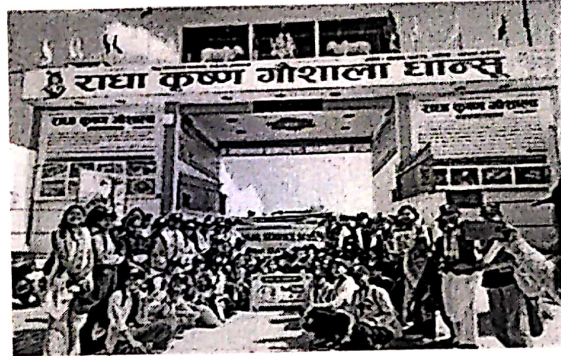
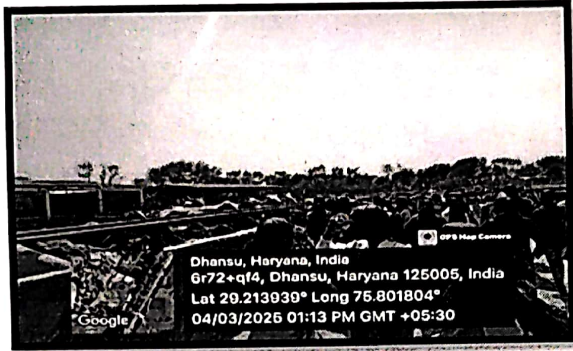
Lecture by ASI Bijender on Traffic Rules and Awareness

Following the cleanliness drive, the group gathered for an informative session by ASI (Assistant Sub-Inspector) Bijender, who gave a detailed lecture on traffic rules and road safety. ASI Bijender highlighted key aspects of road safety, including the significance of wearing helmets, obeying speed limits, and being cautious while driving. After that students also took oath to follow traffic rules.



Visit to the Gaushala (Cow Shelter)

After the informative session, the volunteers visited the local Gaushala (cow shelter), where they had the opportunity to observe and learn about the care of cows. The volunteers interacted with the caretakers and learned about the various aspects of animal care, including the importance of shelter, food, and medical care for cows.



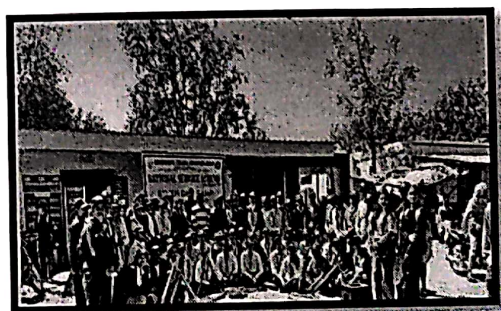
Sports -

In the evening, Kho-Kho game were played by the volunteers.

3rd day- 05.05.2025

The third day of the NSS 7-day camp proved to be an action-packed day filled with social service, awareness campaigns, and cultural programs.

Cleanliness Drive at Village Dhansu- The day began with another round of the cleanliness drive, this time expanding to the entire village of Dhansu.



Nukkad Natak on Mental Stress and Drug Awareness

Later in the day, the volunteers performed a Nukkad Natak (street play) in the heart of the village, focusing on the issues of mental stress and drug abuse. The performance aimed to raise awareness about the harmful effects of substance abuse and the importance of mental health.

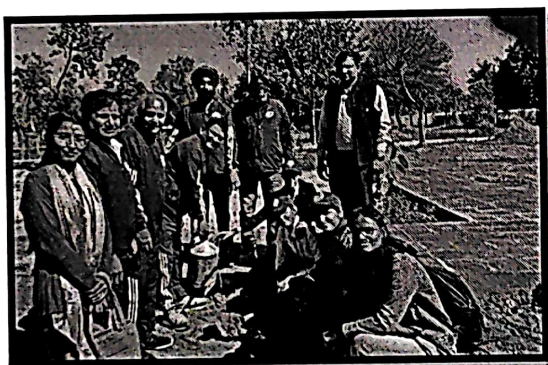
Rally on "Say No to Drugs" and Road Safety

Following the Nukkad Natak, the NSS volunteers organized a rally through the village to promote the message of "Say No to Drugs" and to raise awareness about road safety. The rally was supported by the local residents, who joined in with banners and slogans against drug abuse and the importance of following road safety rules.

As part of the rally, the volunteers put up reflective stickers (RED TAPES) and safety signs on vehicles, as well as on key locations like street poles and intersections. This initiative aimed to make the roads safer for the villagers, particularly those near heavy-traffic areas.

Lecture on Environmental Awareness

Dr Ramesh speaker from Green Fit Hisar Fit (NGO) emphasized the importance of preserving natural resources, reducing waste, and adopting eco-friendly habits in our daily lives.



Tree Plantation with the help of NGO Green Fit Hisar Fit at the Village School and Surroundings

In the afternoon, the NSS volunteers participated in a tree plantation drive at the local school and surrounding areas.

Return to College and Cultural Program

After a day full of social service and awareness activities, the volunteers returned to the college. In the evening, a cultural program was organized to celebrate the efforts of the volunteers and to showcase the talents of the students.

4th day-06.03.2025

Self-Defense Training by Rohtash International Coach

The morning session kicked off with an exciting and practical self-defense training session, conducted by Rohtash, the International Coach from the Self-Defense Academy. The session was aimed at empowering the NSS volunteers with basic self-defense techniques to help them protect themselves in real-life situations.



Health Checkup Camp at the School

Following the self-defense session, a Health Checkup Camp was set up at the local school, aimed at promoting health awareness among the students and the community. The camp was organized in collaboration with local health professionals and was part of the NSS camp's efforts to improve the well-being of the villagers.



Lecture by Dr. Ansul Sihag on Health and Wellness

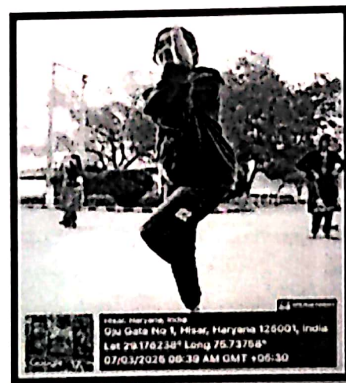
After the health camp, the volunteers attended an informative lecture by Dr. Ansul Sihag, a renowned medical professional. Dr. Sihag spoke about the importance of health and wellness, offering valuable insights into leading a healthy lifestyle.



After Dr. Sihag's lecture, the gathering was addressed by Principal Sir of the college and Sarpanch Ji of the village. Both shared their thoughts on the importance of education, community development, and the role of youth in driving positive change.

5th day-07.03.2025

The day starts with morning walk , yoga aasans and meditation by the volunteers,

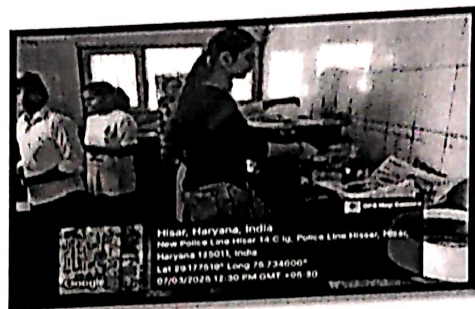


After that breakfast, sports session were started a 3-leg race, which was both fun and challenging for the volunteers. This event tested the teamwork and coordination of the participants, as they had to race in pairs with their legs tied together.

Drilling Practice

After the sports activities, the volunteers participated in a drilling practice session. This session focused on discipline, coordination, and following instructions. The volunteers were taught basic drill movements such as marching, saluting, and maintaining a straight posture.

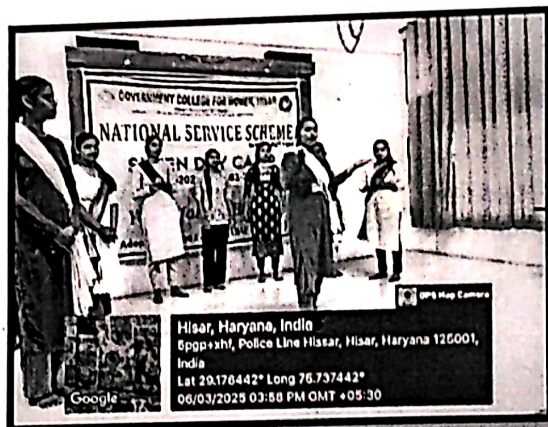
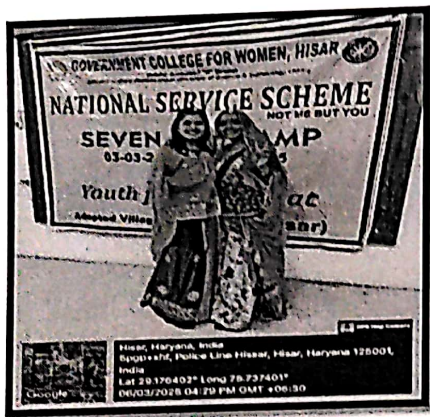
In the evening, the camp culminated with a vibrant cultural program, a cultural event where the volunteers showcased their talents in music, dance, and other performances. The atmosphere was lively and festive as volunteers took the stage to present various forms of entertainment.



Food-Making Activity-After that teams were participated to make food for the lunch for all the volunteers.

Cultural Programme

Volunteers performed dance and singing activity in Jhankar Programme organized by cultural committee of the college. In the evening, a cultural program was organized to showcase the talents of the volunteers of two teams.



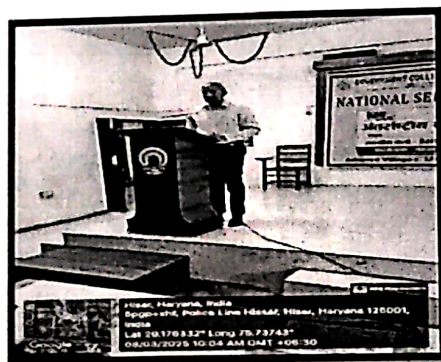
The day began with the celebration of International Women's Day, a special event aimed at promoting women's rights, followed by a self-defense workshop, a health campaign, and a visit to Bhumi Aashram to celebrate Holi and serve food to the less fortunate.



राजकीय महिला महाविद्यालय हिसार में महिला स्वास्थ्य चिकित्सा जांच शिविर का आयोजन

[illegible][illegible]

The volunteers attended an insightful lecture by a gynecologist on women's health. The lecture focused on various health issues affecting women, including menstrual health, reproductive health, and the importance of regular check-ups.



visit to Bhumi Aashram – Celebrating Holi and Serving the Less Fortunate

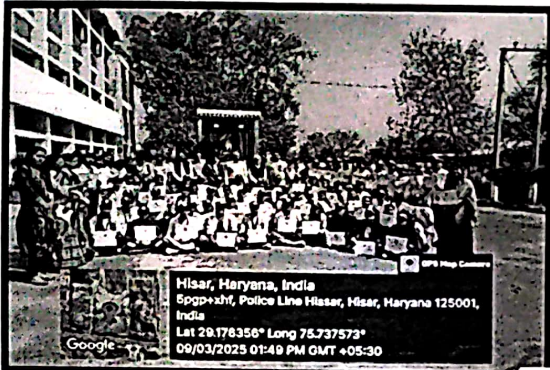
In the afternoon, the volunteers visited the Bhumi Aashram, a shelter for the homeless and mentally challenged individuals. The visit was aimed at spreading joy and celebrating Holi, the festival of colors, with the residents of the Aashram.



The day concluded with an exciting cultural program organized by the NSS volunteers

7th Day- Closing Day-09.03.2025

The program started with the light lamp of Saraswati and song of National Service Scheme. Dr Madhu Bala welcomed the Guests, Principal, Staffs and Volunteers in the valedictory session of the 7 day camp. The first chief guest of the closing ceremony was Professor Satbir ji who was retired from Government Post Graduate College, Hisar. He told that through these camps of National Service Scheme, the qualities of community service spirit, leadership ability and social awareness are developed in all you girl students. The second Chief guest Mr. Amit Kumar gave detailed information to the girl students about technical education and start up. During the programme, the girl students gave a powerful presentation on the social evils such as drug abuse, environmental protection, how to avoid cyber fraud, etc. through skits, poetry, speeches and cultural programmes. After that Ms. Heena Pahuja presented the report with ppt of 7 day and night special camps. Then a documentary was also played to show the details of the activities done during 7 day camp. After that medals were distributed to the best volunteers, cultural team, management team and best overall team. At the end certificates were also distributed to all the 100 volunteers of both units.



छात्राओं ने नुक्कड़ नाटक, भाषण से कुरीतियों पर किया कटाक्ष



कार्यक्रम के दौरान छात्राओं के साथ स्टाफ सदस्य। चैन : नव्य

हिसार। राजकीय महिला महाविद्यालय हिसार की राष्ट्रीय सेवा योजना इकाई का साल दिवसीय विशेष शिविर रविवार को संपन्न हुआ। समापन समारोह के मुख्य अतिथि सेवानिवृत्त प्रो. सतबीर रहे।

इस दौरान छात्राओं ने नुक्कड़ नाटक, कविता, भाषण और सांस्कृतिक कार्यक्रमों के माध्यम से समाज में फैली हुई कुरीतियों पर कटाक्ष किया। प्राचार्य डॉ.

सतबीर सांगा ने कहा कि राष्ट्रीय सेवा योजना के शिविर में भाग लेने से सामुदायिक सेवा भावना, नेतृत्व क्षमता व सामाजिक जागरूकता के गुणों का विकास होता है।

इस अवसर पर वरिष्ठ प्राध्यापक डॉ. सत्येंद्र, डॉ. अनीता, डॉ. रमेश, डॉ. कमलेश, सुनीता आदि मौजूद रहे। जयश

N.S.S. P.O.

1. Heena
(Heena Pahujia)
Unit-I

2. Anshu
(Madhura).

Principal,
G.C.W. Hisar