

GHG Harparkash College of Education for Women Sidhwan Khurd, Ludhiana

Report of NSS Camp

25th March, 2024 to 31st March, 2024

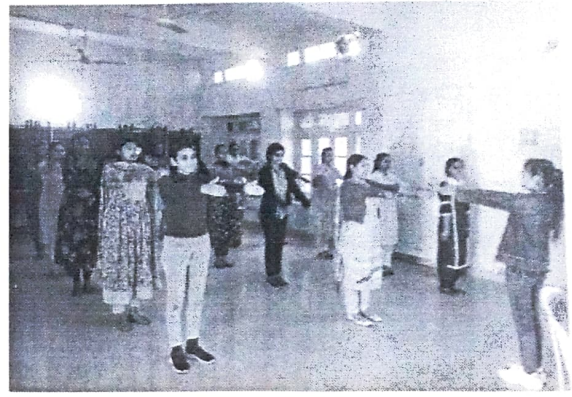
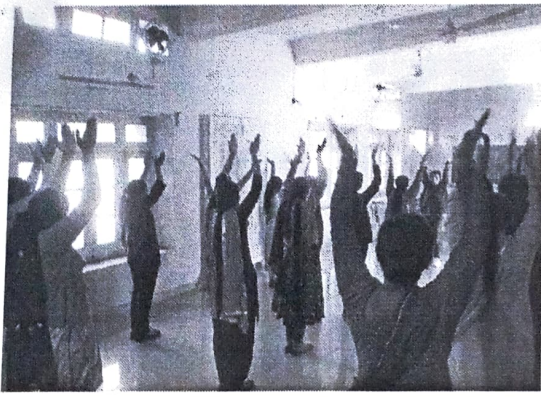
A one week long NSS camp was organized by NSS Unit of GHG Harparkash College of Education for Women, Sidhwan Khurd, Ludhiana on the theme "Swachh Bharat Abhiyan" and 'Meri Mati Mera Desh' from 25.03.24 to 31.03.24 under the dynamic leadership of Principal Dr. Amandeep Kaur. Programme officer of NSS Camp was Dr. Geeta Kundi. A total of 32 NSS Volunteers participated in the camp.

Day 1

The camp was started with the Shabad 'De Shiva Var Mohe ' to seek the blessings of almighty. NSS theme song was also sung by NSS volunteers. Volunteers paid tribute to the martyrs by reciting the poems. After that the students were acquainted with the aims and objectives of this camp. In the Ice-breaking session volunteers introduced themselves.

After lunch, in the evening session different committees like Discipline Committee, Cultural Committee, Refreshment Committee and Press Committee were formed and the role of these committees in this 7 days camp was explained to them and the work to be done by them was also explained. After that, an extensive yoga session was also organized to teach yoga asanas and pranayam techniques to NSS Volunteers. Evening session was devoted to Holi Celebration in the campus. During the celebration, both faculty and NSS Volunteers felt a sense of togetherness and goodwill.

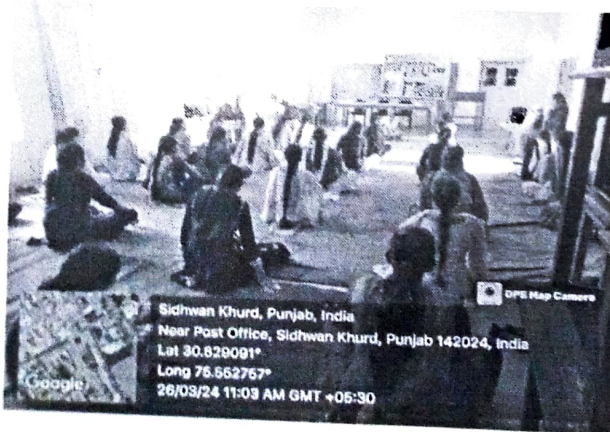




Day 2

The second day of the camp started early in the morning. The volunteers gathered in the campus and the report of the works carried out during the previous day was discussed. After the morning prayer, thought of the day, a lecture was delivered by Ms. Harpreet Kaur, D.P.E., Sikh Girls Senior Sec. School, Sidhwan Khurd. As the resource person for the day, she conducted a seminar on "Personality Development". During the session the volunteers got to know about different personality traits and ways to tackle hurdles that come across the way of personality development.

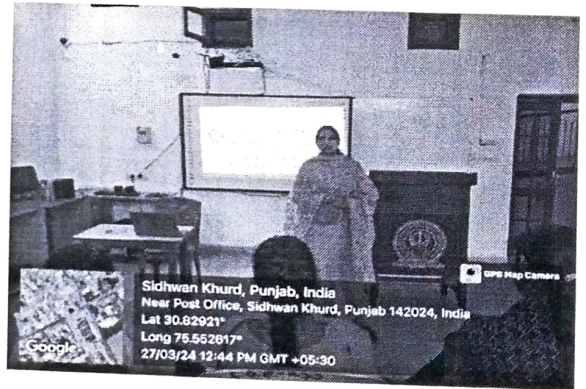
In the afternoon, "Yoga Session" was conducted by Ms. Harpreet Kaur. The volunteers performed various yoga exercises including Pranayama under her supervision.



Day 3

The third day of the NSS camp started with the routine activities of the morning session. Mrs. Harjeet Kaur, Instructor, Art and craft, was the resource person in the morning session. She conducted a workshop on "Glass painting" and demonstrated various designs to NSS volunteers.

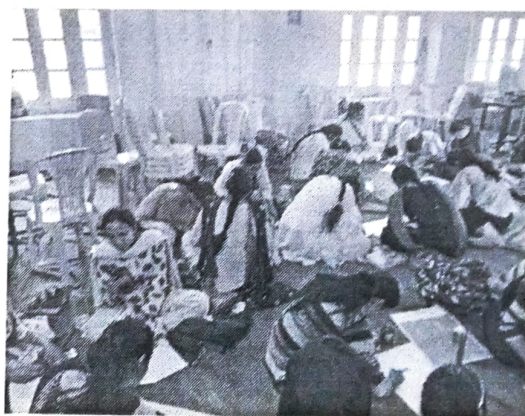
In the afternoon session, Dr. Sarvjeet Kaur conducted a seminar on "Life Skills" under which she particularly talked about Emotional Intelligence. For better clarity on the subject, she shared various examples and instances on the issue faced in Ordinary day today life.



Day 4

On the fourth day of NSS Camp, volunteers visited the "Gurudwara Sahib" of the village Sidhwan Kalan, from where they started the a rally to aware people about various concerns related to environment. Banners and posters were displayed by NSS Volunteers in the rally. The volunteers ended their rally in Sidhwan Khurd village.

Thereafter, a poster-making competition on the theme "Swachh Bharat Abhiyan" was organized in the camp. Volunteers participated enthusiastically in the competition and showcased their imagination through posters. Results of the Poster-making competition are: 1st Kirandeeep Kaur (B.Ed Sem-II), 2nd Navdeep Kaur (B.Ed Sem-II) & 3rd Sharanjeet Kaur (B.Ed Sem-II).



Day 5

On the 5th day of NSS camp, volunteers along with programme officer visited the historical Gurudwara "Mehdeana Sahib". The volunteers explored the holy place where there were various worth-seeing sculptures depicting important historical incidents. Thereafter the volunteers made the visit to the slum area of Jagraon and made donations to the site. The aim of this visit was to experience humanity at practical grounds. Volunteers observed the living standards of the people living in

slum areas and the problems being faced by them. The volunteers handed them many charitable stuffs including clothes, blankets, tiffin's and food-items etc.



Day 6

On 6th day of NSS Camp, an extension lecture on "Health and Hygiene" was given by Dr. Pardeep Kumar, SMO, Malerkotla. Dr. Pardeep emphasized the need of balanced diet, physical exercises and hygiene etiquette that will together promote good health of a person. NSS Volunteers learnt how they are responsible for their body and they learnt "We are what we eat". They understood how to maintain oral hygiene and also how they can follow a balanced diet to lead a healthy life. Volunteers were also told the ways to maintain their hygiene that included proper brushing habits, toilet hygiene, proper hand wash etc.

In the second session, tree plantation drive was conducted in the herbal garden of college. NSS Volunteers planted various types of tree saplings, like peepal, cinnamon, neem, and eucalyptus in the college premises. NSS Volunteers participated in the drive enthusiastically and helped each other in planting the saplings. Volunteers along with the Programme officer Dr. Geeta Kundi also took an oath to look after the planted saplings, plant more and more trees and encourage others to do the same.



Day 7

It was the last day of the NSS Camp. All the volunteers were very enthusiastic to participate in the day's activities. First of all, Program Officer, Dr. Geeta Kundi, welcomed and appreciated the volunteers. The first session started with the morning prayer and warm up exercise. It gave a refresh Start for the day's activities. Dr. Geeta Kundi shared valuable thoughts and experiences with the volunteers. After that the volunteers started their performances. The volunteers showcased their talent by singing and dancing. The students shared their experience during the NSS Camp. All the incharges of different committees were honoured for their tireless services in the camp. Ms. Rupinder Kaur was selected as best volunteer. All the volunteers put in wholeheartedly efforts for making the ceremony a success. All were very happy and satisfied after participating in the 7-day NSS Camp.

The second session was devoted to recreational activities, where the volunteers enjoyed various recreational activities under the supervision of Dr. Geeta Kundi.

The session came to an end with the words of appreciation and motivation by Dr. Geeta Kundi. All the volunteers were very ecstatic after the completion of the camp and excited to participate in such camps in future too.



Geeta Kundi
(Dr. Geeta Kundi)
Programme Officer

(Dr. Amandeep Kaur)
Principal
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SIDHWAN KHURD (Dist. ...)