

Seven Day Special NSS Camp from December 20-26, 2021 at Government Home Science College, Chandigarh

Taking into consideration the protocols and SOP's issued by the Government of India, the NSS Unit of Government Home Science College kick started the Seven Days Special NSS Camp from December 20 to December 26,2021 with the awareness on upcoming MC elections. Under the able guidance of the Principal of the college, Prof. Sudha Katyal , Programme Officers planned and organized various sessions in sync with Government Key Programmes which focused on Aatm Nirbhar Bharat, Skill India, Make in India, Ek Bharat Shreshtra Bharat, Azadi ka Amrut Mahotsav, Swacch Bharat Abhiyan, Green India Mission, Nasha Mukh Bharat and UN Sustainable Development Goals.

The inaugural session of the camp commenced with welcoming the esteemed Chief Guest, Prof. Sudha Katyal, Principal of the college. NSS volunteers took pledge, sang NSS song along with NSS clap. Prof. Katyal in her inaugural address highlighted the significance and objectives of NSS amongst the audience and motivated them to participate with full zeal and enthusiasm during the Seven Day Special NSS Camp.

Morning sessions of the camp started with '*Yoga for Mental Health*' by yoga instructors from Government College of Yoga Education & Health, Chandigarh. Through the practical demonstrations of multiple asanas such as *Pranayam, Kurmasana, kursiasana*, students were informed about the physical and psychological benefits of yoga in day to day life.

Program Officers, Mrs. Seema Jaily and Dr. Neha Sharma generated awareness amongst NSS volunteers in view of the upcoming Municipal Corporation Elections, election manifesto, voting rights and democracy. NSS Wing of the college organized a rally to motivate people to cast their vote so as to create the change they want to see in their community.

Emphasizing the dire need of following a healthy lifestyle, yoga and Cleanliness for our spiritual and environmental well-being, Principal of the college, Prof. Sudha Katyal, applauded the efforts of the students and motivated them to imbibe the values of creating clean environment and pure inner soul.

During the camp different sessions were organized which highlighted the significance of environment, entrepreneurship, skill development and focused on Government Key Programmes - Nasha Mukht Bharat Campaign, Aatm Nirbhar Bharat, Skill India, Make in India, Ek Bharat Shreshtra Bharat, Azadi ka Amrut Mahotsav, Swacch Bharat Abhiyan, Green India Mission, Nasha Mukht Bharat and UN Sustainable Development Goals.

Mr. Kulbhushan Kanwar, popularly known as the 'Butterfly Man' of Chandigarh, Mr. Paramjit Singh (Director, Regional Centre for Entrepreneurship Development) and Mr. Mohit Verma (Assistant Professor, Department of Public Administration, PG Govt. College for Girls, Sector-42, Chandigarh) were invited to invigorate the mindset of our NSS volunteers.

Mr. Kulbhushan Kanwar talked about the widespread pollution and rising global warming all across the world. He further highlighted that one of the major objectives of the park is to preserve bio-diversity and making various plants, trees and the species of butterflies valuable bio-resources.

Mr. Mohit Verma gave a very knowledgeable and comprehensive session on Nasha Mukht Bharat and shared his views on 'How recreational drugs use does more harms than good'. It was an engaging session wherein volunteers were impressively told about the myths and stereotypes related to drug addiction. Volunteers were made aware of the ill-effects of drug use and their impact on the functioning of the mind and body. Role of psychotherapy, medication, recreation, preventions were also discussed at length. Volunteers were told what they can do in their capacity to help and were encouraged not to fall under peer pressure and engage themselves in drug use. The session witnessed active participation from volunteers.

On the other hand, Mr. Paramjit Singh in his session on "Skill Development and Entrepreneurship" shared his first-hand experience and talked extensively about the nuances and nitty-gritties involved in the process of becoming a successful entrepreneur. Furthermore, in the later part of the session. Mr. Paramjit also sensitized the volunteers regarding the role and significance of E-shram Portal and how it is beneficial for unorganized workers. He also highlighted that how NSS Volunteers can generate awareness and motivate unorganized workers to register themselves in the E-shram portal.

Essay Writing Competition on the theme of "Unsung Heroes of India's Freedom Struggle" was also organized which concentrated on Government's Key initiatives, Ek Bharat Shreshtra Bharat and Azadi ka Amrut Mahotsav. Moreover, NSS Volunteers also sang patriotic songs as a tribute to the freedom fighters who sacrificed their lives for the freedom of our nation.

To integrate the idea of strengthening the body and mind and an initiative by Government of India, Fit India Movement, sessions by Sh. Pawan Kumar (Police

Department, Chandigarh) focused on the various self-defence techniques that can be used as a preventive measure in unforeseen and troublesome circumstances. The resource person stressed that the need of the hour is to make the girls physically and emotionally confinement to face every hostile situation in their life. They also advised women to carry the self-defence gadgets such as mini GPS tracker with SOS buttons, vehicle trackers with IoT devices which can be very helpful in the case of emergency.

Propelling the initiative of 'Swachh Bharat Abhiyan' by the Government of India, NSS volunteers participated in the cleanliness drive inside the campus. Students were further informed about the segregation of degradable and bio-degradable waste management.

With an innovative take on waste collection NSS Unit in collaboration with Mahatma Gandhi National Council of Rural education, Deptt of Higher Education , Ministry of Education , Govt. of India organized '*A Cleanliness Drive- Gandhi Chhadi*'. NSS volunteers made a '*Gandhi Chhadi*' with sustainable and easily available materials and collected waste from the stick throughout the college campus. Mr. Samarth Sharma, Coordinator, Swachh Bharat also sensitized the volunteers on various parameters of cleanliness.

The valedictory function began with performance of yoga asanas for mental health by the volunteers. This was followed by showcasing of glimpses of all the activities performed during the camp. In a cultural extravaganza, NSS volunteers sang patriotic songs and showcased a dance to promote Ek Bharat Shreshtra Bharat campaign.

Principal of the college , Prof Sudha Katyal lauded the efforts of the entire NSS team and encouraged the students to take up social responsibility and hone and utilize their skills to the fullest for a better and stronger India. She further advised them to leave no stone unturned to achieve their aspirations.