

**List of Activities carried out in Seven Day/Night NSS Camp (19-02-2024 to 25-02-2024)**

<b>Day</b>	<b>Date</b>	<b>Activity</b>	<b>Activity Details</b>
1	19-02-2024	<ul style="list-style-type: none"> <li>➤ Inaugural Ceremony</li> <li>➤ Lecture on Energy - Saving</li> <li>➤ Personality Development</li> <li>➤ Cleanliness Drive</li> </ul>	<ul style="list-style-type: none"> <li>• Inauguration by Principal of CMG GCW Bhodia khera and Panchayat Samiti of the Village Bhodia khera</li> <li>• Lecture by Dr. Pooja to inform the students about judicial use of electrical appliances</li> <li>• Dr. S K Mishra's lecture on different personality traits and management of time resources and psychic energy</li> <li>• College cleanliness.</li> </ul>
2	20-02-2024	<ul style="list-style-type: none"> <li>➤ Rally by NSS students</li> <li>➤ Lecture Crop Residue management</li> <li>➤ Lecture on Vegetable cultivation and consumption</li> <li>➤ Slogan Writing Competition</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness Rally on the theme "<i>Paryvaran Bachao-Manavta Bachao</i>" in the village</li> <li>• Dr. SK Singh (Soil Sc.), DES, discussion about proper and environment friendly use of crop residue management</li> <li>• Dr. Amit (Vegetable Sc.), DES to enlighten the students about importance of fruits and vegetables and techniques of their cultivation</li> <li>• Slogan writing competition was on the topic "<i>Nasha-Mukti</i>"</li> </ul>
3	21-02-2024	<ul style="list-style-type: none"> <li>➤ "<i>Nukkad Natak</i>"</li> <li>➤ Lecture on Women Health</li> <li>➤ Lecture on Financial Management</li> <li>➤ Blood group and HB testing</li> <li>➤ Poster designing</li> </ul>	<ul style="list-style-type: none"> <li>• "<i>Nukkad Natak</i>" by the volunteers to spread awareness about "save environment"</li> <li>• Dr. Varsha Priyadarshini's information about the anaemia, menstruation hygiene, contraceptives and deficiency diseases among female adolescents</li> <li>• Lecture by Dr. Sumitra to enlighten the audience about Financial Management</li> <li>• A team from Civil Hospital, Fatehabad, Test Blood group and Hemoglobin Level of NSS Volunteers</li> <li>• Designing posters on "<i>Paryavaran Bachao-Manavta Bachao</i>"</li> </ul>
4	22-02-2024	<ul style="list-style-type: none"> <li>➤ Rally by NSS students</li> <li>➤ Yoga Session</li> <li>➤ Lecture on First Aid</li> <li>➤ Kho- kho match</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness Rally on the theme "<i>Nasha mukti</i>" in the village</li> <li>• Yoga session by Mr. Surender kumar and Ms. Jyoti from Ayush department</li> <li>• Lecture by Dr. Kavita to inform the students about techniques used in First Aid and CPR</li> <li>• Volunteers's match to refresh volunteers</li> </ul>
5	23-02-2024	<ul style="list-style-type: none"> <li>➤ Yoga Session</li> <li>➤ Lecture on role of youth</li> <li>➤ Lecture on gender sensitization</li> <li>➤ Workshop on Painting and embroidery</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Nirmal Kaushik's demonstration about body, mind, soul and <i>Asanas</i></li> <li>• Mr. Gurvinder Sandhu' talk on Role of youth in nation building</li> <li>• Dr. Rita Rani's lecture on gender sensitization and role of female</li> <li>• Ms Meetu Sachdeva's demonstration on the art of painting, sketching and embroidery for entrepreneurship and income generating</li> </ul>
6	24-02-2024	<ul style="list-style-type: none"> <li>➤ Lecture on role of hobby and interests</li> <li>➤ Lecture on digital literacy</li> <li>➤ Lecture on biodiversity</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Rita Galgat acknowledges students with importance of hobby and interest in life goals</li> <li>• Mr. Sikander khan, informed about online reading, accessing channels and other teaching materials</li> <li>• Dr. Sumit Saini (Assitant Scientist), through a light on uniqueness of every life on earth in maintaining</li> </ul>

		<ul style="list-style-type: none"> <li>➤ Workshop on beauty and wellness</li> <li>➤ Exhibition on Election</li> </ul>	<p>ecological balance</p> <ul style="list-style-type: none"> <li>• Ms Meenu Mehta teach the art of beauty and wellness for self-financing, entrepreneurship and income generating</li> <li>• A visit to exhibition on “Importance of voting” in democracy</li> </ul>
7	25-02-2024	<ul style="list-style-type: none"> <li>➤ Plantation drive</li> <li>➤ Cultural programme</li> <li>➤ Valedictory Ceremony</li> </ul>	<ul style="list-style-type: none"> <li>• Mega plantation drive started by Dr. Lakhveer Kaur and completed by volunteers</li> <li>• Ms. Priti welcome the guest, skit, dance, song poem and monoacting were performed</li> <li>• Distribution of certificates and official declaration of successful completion of the camp</li> </ul>

### **Report**

A brief report of Seven day night NSS camp themed “*Paryavaran Bachao-Manavta Bachao*” organised by NSS unit 1 and 2 of CMG Government College for Women, Bhodia Khera from 19

February, 2024 to 25 February, 2024, at the village Bhodia khera. The camp was started with morning prayers and *Gayatri mantras*. Camp was inaugurated formally by worthy Principal, Dr. Rajesh Mehta, CMG GCW, Bhodia Khera and members of village Panchayat, Bhodia khera. First Lecture was conducted by Dr. Pooja on the topic “Energy Saving”. Students were acknowledged that what point should keep in mind while purchasing, handling and using electrical appliances and to minimize energy expenditure which leads to healthy environment and healthy life style. Dr. S K Mishra enlisted Personality Traits and students learnt about body language, verbal and non-verbal communication skills, time management, goal setting and importance of hard work. Campus cleanliness was started by students and every place in college was looking beautiful.

Every day during camp was started with the prayers, Gayatri Mantras and exercise session to warm up body and mind. Awareness rally was organised on the theme “*Paryvaran Bachao-Manavta Bachao*” in the village which was green flagged by Principal and covered the village through the message. Dr. SK Singh (Soil Sc.), DES, KVK Fatehabad discussed about health hazards and ecological challenges caused by burning of crop residue in the fields. Students learned proper and environment friendly techniques of crop residue management. Students promised not to follow unhealthy practices in daily life. Dr. Amit (Vegetable Sc.), DES enlightened the students about importance of fruits and vegetables and techniques of their cultivation. Students showed a keen interest in cultivation of organic vegetables, kitchen gardening and reliable techniques of yielding. Slogan writing competition was organised on the theme drug abuse where students write effective and impressive slogans.

On third day a “*Nukkad Natak*” was played by the volunteers to create awareness to “save environment” by minimizing household waste, and using three R’s- Reduce, Reuse and Recycle in day to day life, simultaneously the message was delivered to minimise plastic waste. Dr. Varsha Priyadarshini, Gynaecologist, discussed about the malnutrition, anaemia, menstruation hygiene, use of contraceptives and deficiency diseases among female adolescents. Milk, fruits, green leafy vegetables and millets play a vital role in keeping them healthy. Students learn that health diet will work life long and transferred in DNAs too. Dr. Sumitra enlightened the audience about ways and means of Financial Management. Students learnt that account keeping budgeting, banking, small savings and policy services play an important role in financial security. A team from Civil Hospital, Fatehabad, Tested Blood group and Hemoglobin Level of NSS Volunteers. Reports revealed that eighty per cent of volunteers were anaemic. Students were asked to design posters on “*Paryavaran Bachao-Manavta Bachao*”.

On the next day awareness rally was organised on the theme “Nasha mukti” in the village. Message was clear and loud that drug will not give ask twice for your life. Yoga demonstration was conducted by Mr. Surender kumar and Ms. Jyoti. Students found it interesting and effective to get over from posture deformities and common health problems. Dr. Kavita informed the students about importance and techniques used in First Aid and CPR. Students come to know the different types of knots, bandages, to pick patient and how to provide artificial breathing. Students enlisted the qualities of a good first aider. Volunteers of the two units played kho kho match to refresh body and mind and to inculcate the habit of cooperation, team spirit, fitness and healthy sportsmanship. Later students were asked about their experiences in camp and college life to refresh the schedule.

On fifth day Dr. Nirmal Kaushik demonstrated about how to perform *Asanas* to relax your mind. Students learnt to activate body, mind, soul and *seven chakras* in posture and to deal with hormonal imbalances. Mr. Gurvinder Sandhu awaked the students about their role in nation building. Student

find out that only youth have the power to make a healthy growth, world peace and to take a notion on the top. Dr. Rita Rani discussed about gender sensitization and role of female in nation building. Students discussed about gender disparities at household, work place and different fields and stages of life. Ms Meetu Sachdeva, Instructor, taught the art of painting, sketching and embroidery for entrepreneurship and income generating. Students prepared hand bags, pillow covers, table covers and dining mats by using above said methods.

On sixth day Dr. Rita Galgat acknowledges students with importance of hobby and interest in achieving of life goals. Mr. Sikander Khan, inculcate the habit of online reading, accessing channels and other teaching learning materials and social frauds. Students come to know about judicious use of social sites, payment apps, social and financial frauds and how to report any kind of cybercrime and online threats. Dr. Sumit Saini (Assistant Scientist), through a light on uniqueness of every life on earth in maintaining ecological balance. Students were surprised to know about variety of lives on earth who play pivotal role in balancing nature, food chain and the whole ecosystem. Every vegetative and animal species have uniqueness and important in our environment. Ms Meenu Mehta taught the art of beauty and wellness for self-financing, entrepreneurship and income generating. Students learn about personal hygiene, wellness and keeping oneself youthful. Students were impressed to know about diet and its correlation with wellness. Students visited the exhibition organised by "Election Department, Fatehabad" on the importance of voting in democracy. Every vote is important and every eligible candidate must vote to maintain the largest democracy system of the world. Students took an oath to vote in upcoming election.

On the final day Mega plantation drive started by Dr. Lakhveer Kaur and completed by NSS volunteers in the village. Ms. Priti welcome the Chief Guest, students performed skit, group song, duet dance, group dance, monoacting, NSS song, poetry and patriotic dance. Dr. Mamta summarised the activities performed during seven days. Certificates were distributed by Chief Guest and Dr. Lakhveer kaur along with Dr. Kivita and Ms Sarika. Five students were declared best volunteers in the camp on the basis of their overall performances. Some students shared their experiences about the camp and the knowledge they acquire during these seven days. In valedictory function, Dr. Lakhveer kaur, Associate professor, officially declared successful completion of this seven day/night NSS camp.