

Seven-Day NSS Special Camp Report

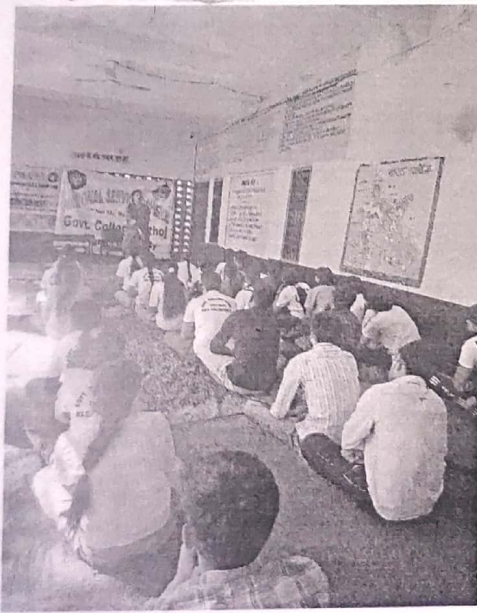
College Name: Govt. College, Rithoj, Gurugram

Camp Venue: G.C. Rithoj and Village Rithoj

Duration: 12th October to 18th October

Day 1

The first day of the camp began with a warm Welcome Address and Inauguration Ceremony by our respected Principal, Mrs. Anupma Yadav, who inspired the volunteers with her motivating words on the spirit of service. After the registration and breakfast, the NSS Song was sung collectively, followed by the enthusiastic NSS Power Clap. The Programme Officer gave an orientation on the Motto, Aims, and Activities of NSS, emphasizing discipline and teamwork. Committees were then formed to distribute responsibilities among volunteers. The day concluded with ice-breaking sessions, team-building games, and sports activities, which helped create a friendly and cooperative atmosphere among the participants.



Day 2

The day began with a Yoga session followed by the NSS Power Clap practice. After breakfast, Dr. Poonam and Dr. Mithlesh delivered an awareness lecture on various social issues, highlighting the importance of youth participation in social reform. Our Principal Ma'am interacted with the volunteers, motivating them to work selflessly. A rally on Road Safety was organized in the nearby areas to spread awareness among villagers. Later, a group discussion on the importance of volunteering was conducted, followed by sports and coordination games such as kho-kho and Know Your Partner, which encouraged teamwork and attentiveness.



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The third day started with a Prabhat Feri, Yoga, and NSS Power Clap practice. Volunteers took an oath against drug abuse to promote a drug-free society. A "Best out of Waste" workshop was conducted to promote creativity and environmental responsibility. Mr. Jitin Sharma, District Training Officer, Red Cross, Gurugram, delivered a valuable session on First Aid and Emergency Response. After lunch, officials from Sohna Police Station conducted an awareness lecture on Drug Abuse Prevention. Volunteers also interacted with Rtd. SPO Subhash Chand, a cyclist spreading awareness against substance abuse. The day ended with an awareness lecture on gender sensitisation and recreational games like kho-kho.



Day 4

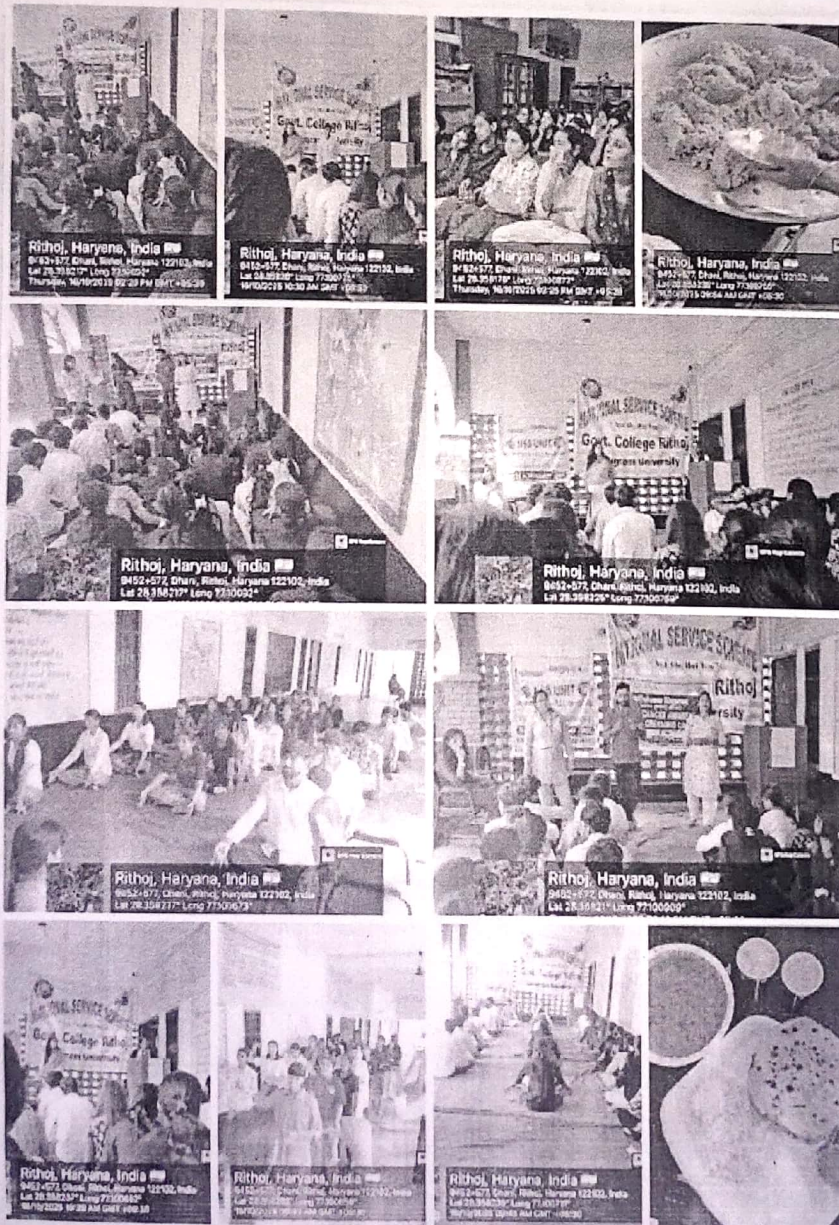
The fourth day commenced with Prabhat Feri and a morning exercise routine. After breakfast, an Environment Awareness Rally was organized in the village, followed by a Tree Plantation Drive where volunteers planted Peepal and Banyan trees. Later, a newspaper reading and elocution competition was held to enhance public speaking and awareness. Volunteers also prepared for the upcoming Nukkad Natak (Street Play) on social issues. The day concluded with traditional and local games such as Red Hand, 16 Parchi, and Skip the Table of 3, adding a cultural flavor to the day.



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Day 5

The morning routine included Yoga, meditation, and plant watering. After breakfast, students participated in Poster Making on Drug Awareness and Diwali Themes, followed by a Picture-Based Story Writing Competition and Poetry Recitation. Post-lunch, Ms. Vaishnavi, a nutritionist, delivered a lecture on Nutritional Intake in Cancer Treatment. Mr. Nitin from Humana People to People India (NGO) conducted a visual presentation on the causes of Breast Cancer, and Ms. Deepika demonstrated Self-Screening Practices for early detection. Volunteers then interacted with villagers to spread awareness about PMIS (Pradhan Mantri Insurance Schemes). The day ended with a friendly Volleyball match.



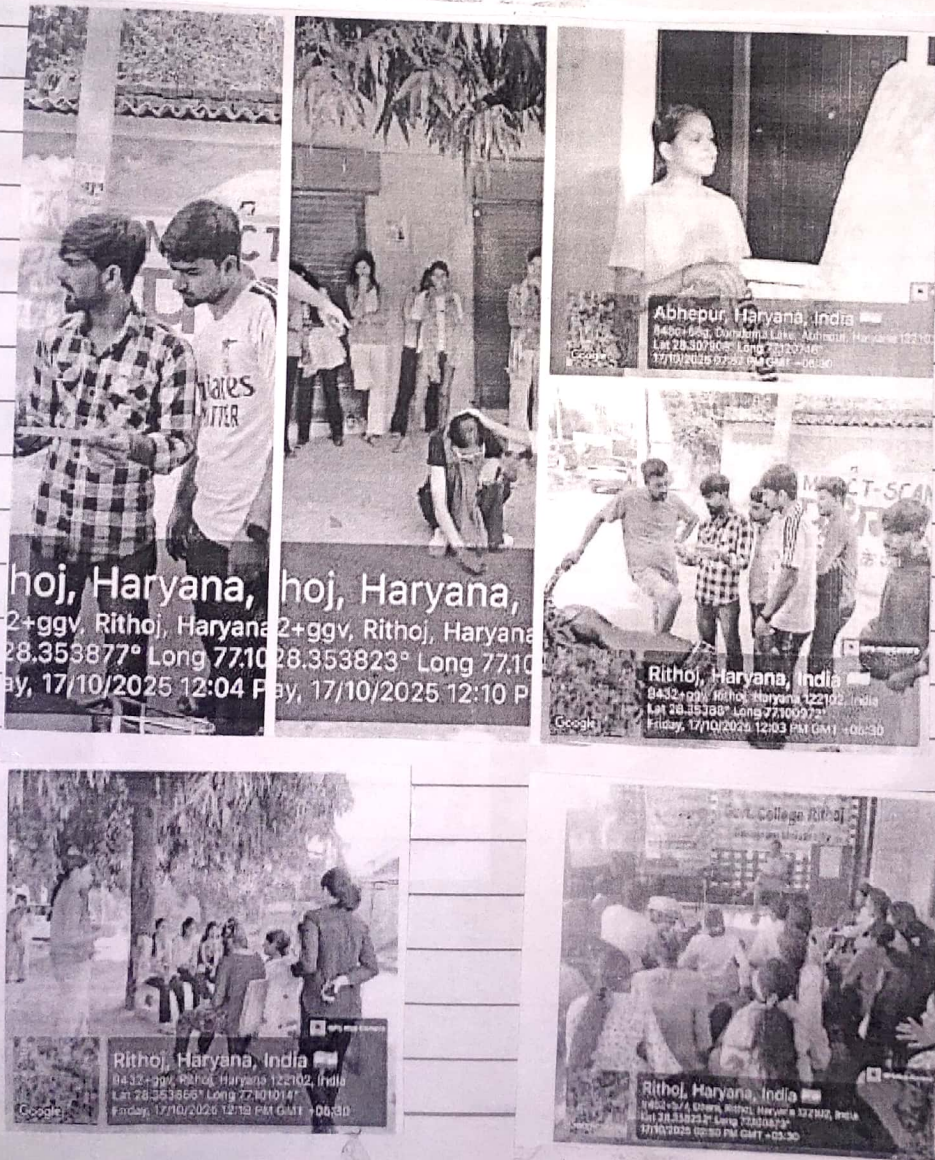
Day 6

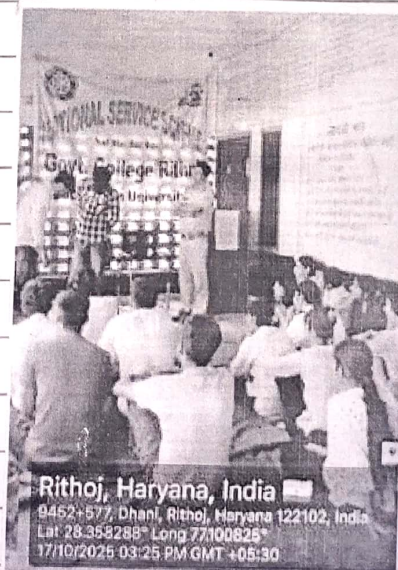
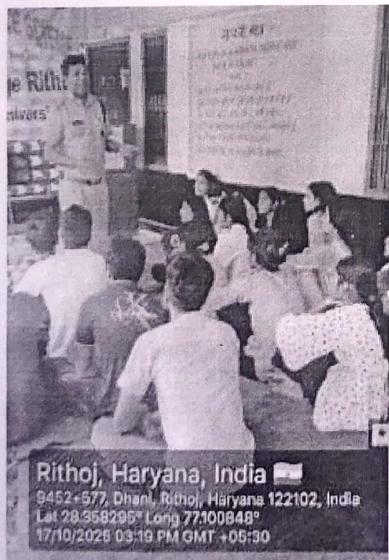
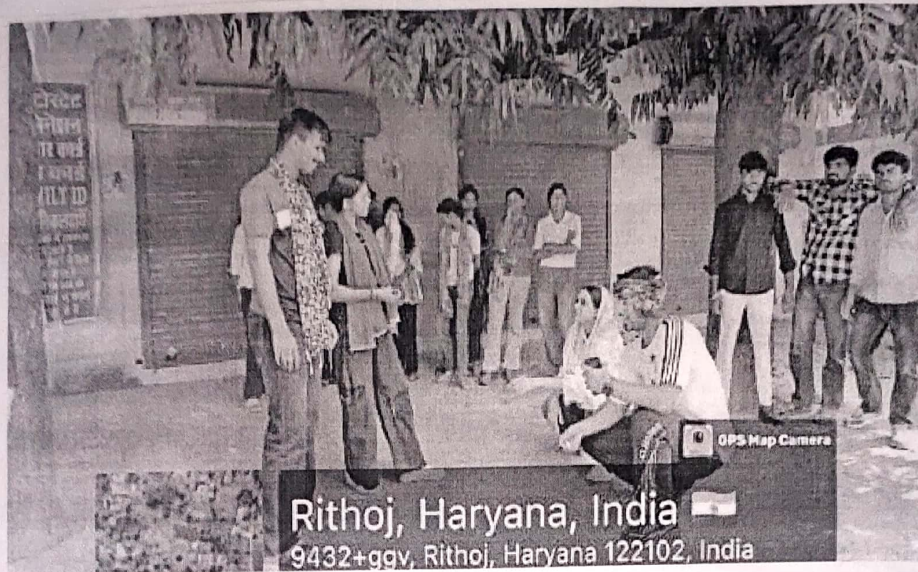
The day began with Prabhat Feri, followed by Yoga and the NSS Power Clap practice, setting a spirited tone for the activities ahead. Volunteers presented a Nukkad Natak (street play) in the village to raise awareness on the theme of "Nasha Mukti" (Drug De-addiction). The performance received enthusiastic appreciation from the community for its powerful message and engaging presentation.

Following the play, volunteers conducted household visits to gather community feedback and identify local issues that NSS could address in future initiatives.

In the evening session, the Youth Red Cross (YRC) team conducted awareness lectures covering vital first aid topics such as poisoning, bandaging, burns, heart attacks, and the importance of saying "No to Drugs."

The day concluded with a reflection session, where volunteers shared their learnings and experiences.





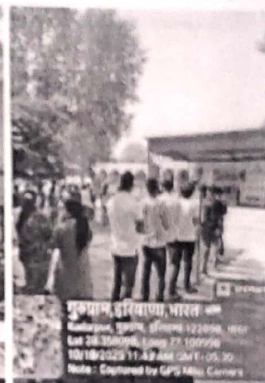
Day 7

The final day commenced with an inspiring talk by Subedar Balraj Singh and Captain Hardatt Singh, who spoke about career opportunities and ways to serve in the Indian Army. Their words motivated the volunteers to embrace discipline, service, and patriotism.

Volunteers then shared their personal reflections and experiences from the week-long NSS camp, expressing how the activities enriched their understanding of community service and teamwork.

A Valedictory Function was held in the presence of the Principal, NSS Officer, and faculty members, where certificates of participation were distributed to the volunteers. A heartfelt vote of thanks was extended to everyone who contributed to the success of the camp.

The event concluded with the National Anthem, leaving all participants deeply inspired by the NSS motto — "Not Me, But You."



Overall, the seven-day NSS Special Camp at Govt. College, Rithoj, was a holistic experience combining social awareness, physical fitness, environmental responsibility, and community service. The activities helped volunteers build leadership skills, discipline, and empathy, strengthening their commitment to nation-building through service.



सरकारी कॉलेज रिटौज में विशेष एनएसएस शिविर सम्पन्न

■ उत्कृष्ट प्रदर्शन करने वाले

स्वयंसेवकों को विशेष पुरस्कार

बादशाहपुर, 19 अक्टूबर (अ): सरकारी कॉलेज रिटौज में 12 से 18 अक्टूबर तक आयोजित सातदिवसीय राष्ट्रीय सेवा योजना एनएसएस विशेष शिविर सफलतापूर्वक सम्पन्न हुआ।

शिविर का उद्घाटन कॉलेज की प्राचार्या डॉ. अनुपमा यादव द्वारा किया गया। उद्घाटन सत्र में एन.एस.एस. अधिकारी द्वारा स्वयंसेवकों को एन.एस.एस. के आदर्श व उद्देश्यों से अवगत कराया गया तथा विभिन्न टीमों का गठन किया गया। शिविर के दौरान स्वयंसेवकों ने अनेक सामाजिक, शैक्षिक और स्वस्थ संवर्धन गतिविधियों में भाग लिया।

दूसरे दिन सड़क सुरक्षा पर रैली आयोजित की गई तथा स्वयंसेवकों ने सेवा और सहयोग विषय पर समूह



एनएसएस शिविर में उपस्थित विद्यार्थियों को प्रशंसा पत्र देते हुए।

चर्चा की। तीसरे दिन 'नशामुक्त भारत पर शपथ ली गई, 'वेस्ट आउट ऑफ वेस्ट' कार्यक्रमों और प्रथम उपचार पर रेडक्रॉस के जिला प्रशिक्षण अधिकारी श्री जितिन शर्मा का व्याख्यान हुआ। साथ ही सोहना

पुलिस ने युवाओं को नशे के दुष्प्रभावों से अवगत कराया। चौथे दिन पर्यावरण जागरूकता रैली व वृक्षारोपण अभियान चलाया गया, जिसमें मुख्यतः पीपल और बरगद के पौधे लगाए गए। साथ ही भाषण प्रतियोगिता और

नूकड़-नाटक की तैयारी भी हुई। पांचवें दिन कैमर जागरूकता पर विभिन्न विशेषज्ञों जैसे पोषण विशेषज्ञ सुश्री वैष्णवी, एनजीओ हेयूम्ना पीपल द पीपल इंडिया के नितीन तथा सुश्री दीपिका द्वारा व्याख्यान और स्व-परीक्षण अभ्यास कराया गया। छठे दिन स्वयंसेवकों ने रिटौज गाँव में नूकड़-नाटक के माध्यम से नशामुक्ति और सामाजिक जागरूकता का संदेश दिया। समापन दिवस पर भारतीय सेना से सूबेदार बलराज और कैप्टन हरदत्त सिंह ने युवाओं को रक्षा सेवाओं में करियर अवसरों की जानकारी दी। समापन समारोह में प्राचार्या डॉ. अनुपमा यादव ने शिविर की सफलता पर बधाई दी। स्वयंसेवकों ने अपने अनुभव साझा किए और प्रमाण पत्र वितरण हुआ। उत्कृष्ट प्रदर्शन करने वाले स्वयंसेवकों को विशेष पुरस्कार (पुस्तकें) प्रदान किए गए।