



**GOVERNMENT COLLEGE OF EDUCATION,
SECTOR-20D, CHANDIGARH**



7 Days NSS Special Camp

Swachh Bharat Abhiyan and Fit India Campaign

Report

Day 6: November 2, 2022

NSS cell of Government College of Education, Sec-20D, Chandigarh organised a 7 day NSS Special Camp on the theme of “*Swachh Bharat Abhiyan and Fit India Campaign*” from October 28, 2022 to November 3, 2022. The main motto of the NSS is “**NOT ME BUT YOU**” which inspires us to serve the humanity with unconditional love and selflessness. Gandhi also quoted that “my national service is part of my training for freeing my soul from the bondage of the flesh”.

The sixth day began with Sh. Anil Kumar Saini , Director Rtd Welfare Department Haryana & spiritual trainer at Heartfulness Institute who gave a session on heartfulness and how meditation can help to increase concentration. The session was very interactive and the volunteers partook eagerly. Mr Parmod Chaudhary ,Ex Army Captain & spiritual trainer at Heartfulness Institute also joined the session to guide the volunteers.

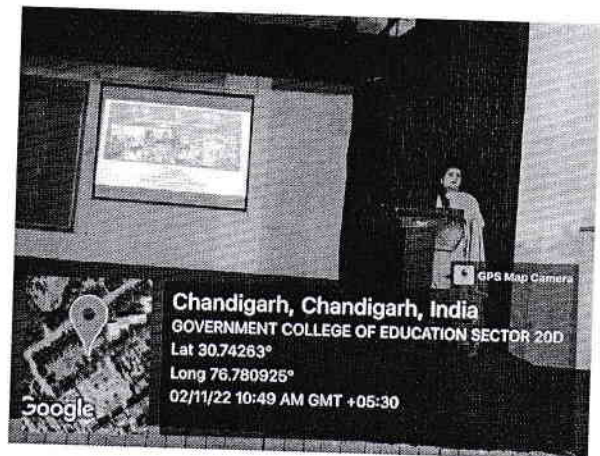
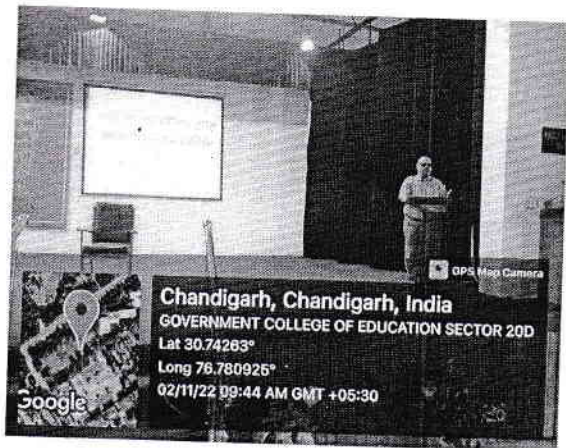
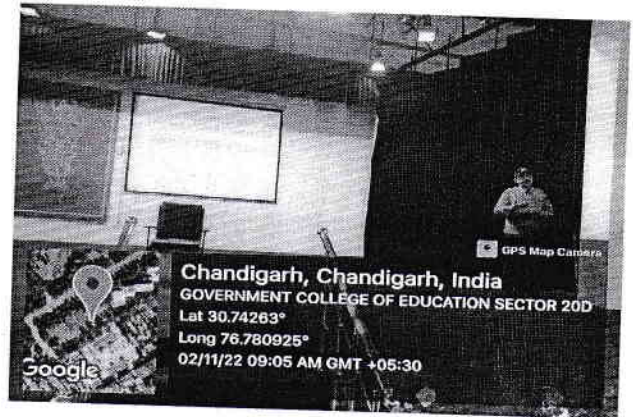
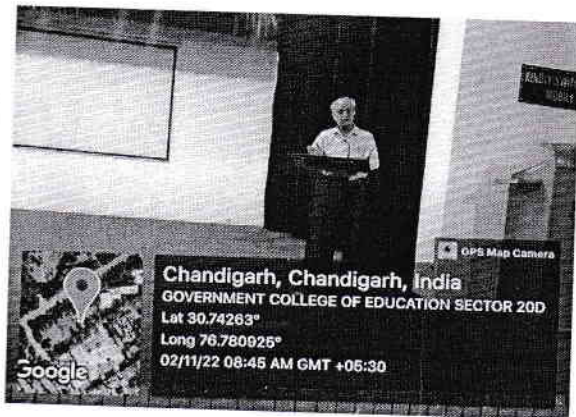
After breakfast, the NSS volunteers along with the NSS programme officers Mr. Ravinder Kumar and Ms Sonika Devi welcomed Ms Prabhjot Kaur Atwal who gave a session on “**RESPONSIBILITY TO MAKE INDIA DRUG FREE**” resulting effective Abhiyaan in Chandigarh. The Administration proactively focused on three pronged approach to curb the menace of substance use in Chandigarh with the vision to put positive impact and to outreach maximum number of citizens.

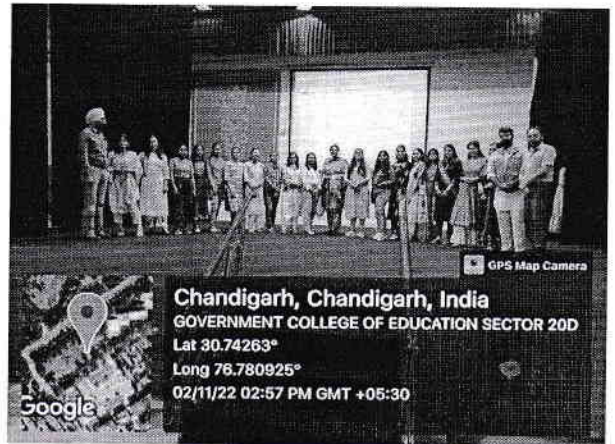
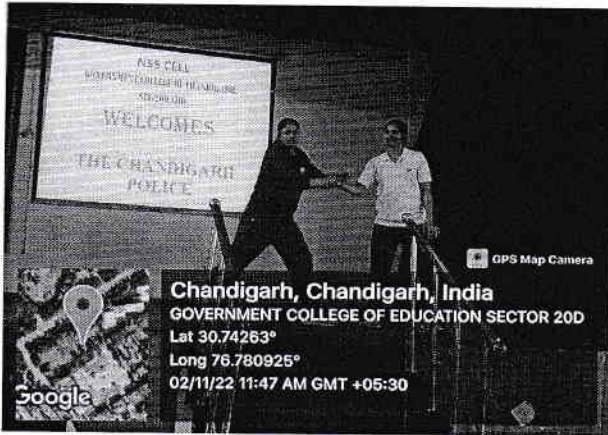
Post session was by the Chandigarh Police (Ms. Pooja and Ms. Sonia , self-defence trainer) who gave a demonstration on self-defence. They demonstrated many techniques for defending yourself efficiently and many volunteers were called onstage to help with the demonstrations.

The session was very interactive and informative and volunteers participated eagerly. Then a *Happiness Bonanza* was organised for the volunteer's recreation and they took part enthusiastically. The volunteers were enthralled and felt relaxed after such a long day at camp.

This was followed by heat of game in Hostel by residents of the College.

Glimpses:





NSS PROGRAMME OFFICERS

Dr. Ravneet Chawla

Mr. Ravinder Kumar

Mrs. Sonika Devi

Principal

Govt. College of Education

Sec-20, Chandigarh