



GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH



7 Days NSS Special Camp

Swachh Bharat Abhiyan and Fit India Campaign

Report

Day 5: November 1, 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 fifth day began with Yoga Session with Dr. Mohinder Pratap, Yoga Expert, GCYE-23, Chd. All volunteers participated with full sincerity and calmness in the natural outdoor environment following the trainer step by step. Various Yoga asanas like Kapalbhati, Surya namaskar, Tadasana, etc. were introduced with description.

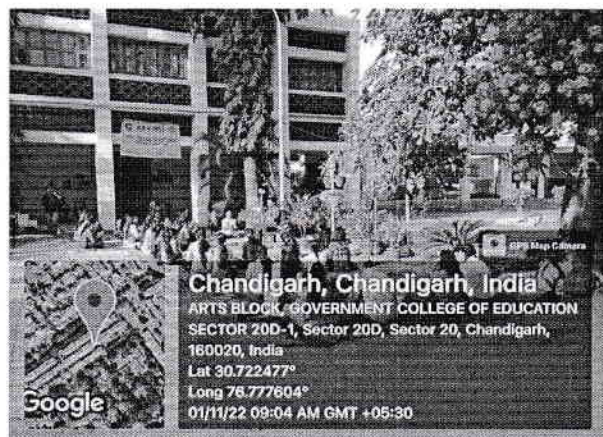
After breakfast, the NSS volunteers along with the incharge Dr. Ravneet Chawla and programme officers Mr. Ravinder Kumar and Ms Sonika Devi went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh. The school principal was elated to see all the volunteers present to help and appreciated them for their visit. The volunteers were divided into four groups for different activities including educating about the adverse effects and symptoms of malaria and dengue, Cleanliness drive, Thematic Role play on theme ‘Awareness of Dengue and Malaria’ and Interactive lecture was taken by volunteers. NSS volunteers cleaned the school campus and they went to various classes and made aware the students about Sanitation, Malaria and Dengue. They were taught to take precautions like keeping their surroundings clean, use

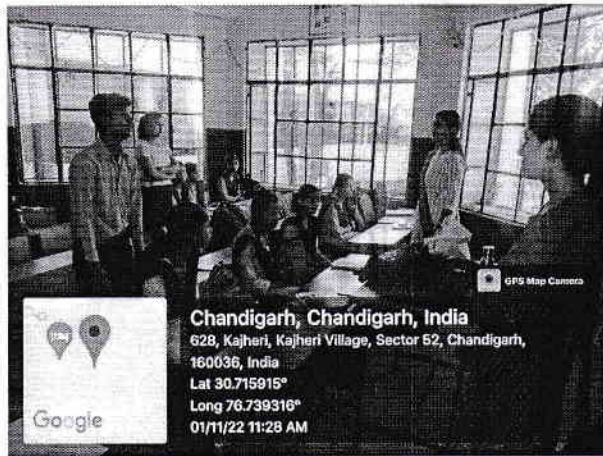
dustbin, to always wear masks and not to waste water. They prepared different types of flashcard, charts and other visual aids for this awareness campaign.

The post session was started with a thematic role play on the theme 'Awareness of Dengue and Malaria' by the volunteers. The next session was with The Fire Fighting Department of Chandigarh Administration. In this session, the volunteers were informed about the different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. Later, they gave live demonstration and used various types of water vessels to be used according to the situation. They also gave opportunity to the NSS Volunteers to perform all the actions required at the time of fire at our workspaces, home etc. This was followed by Anil Kumar Saini , Director Rtd Welfare Department Haryana & spiritual trainer at Heartfulness Institute and Mr Parmod Chaudhary Ex Army Captain ,Commandant & 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.

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

Glimpses:

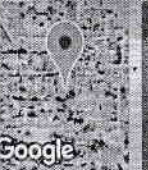
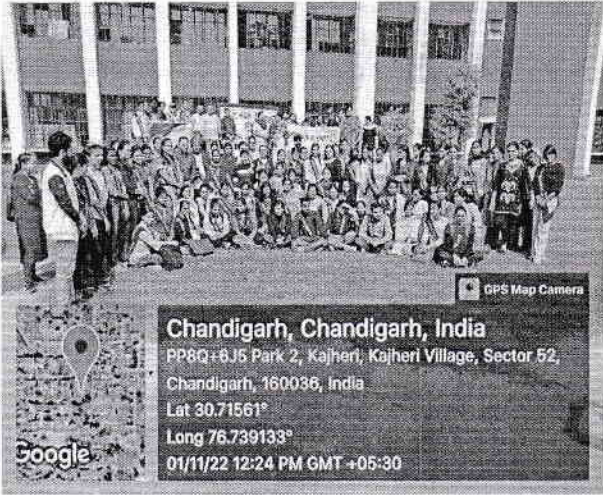




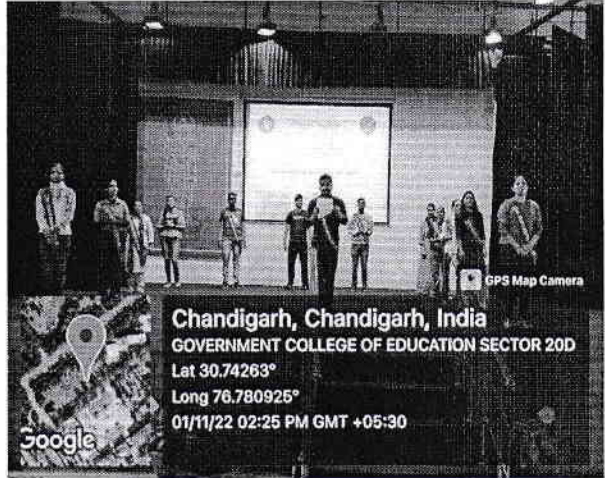
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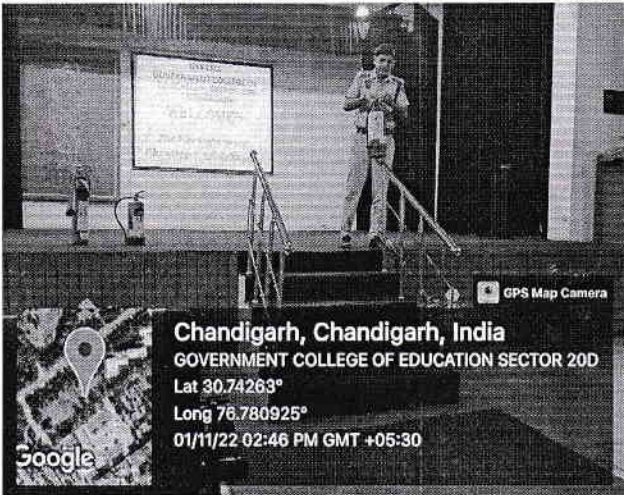
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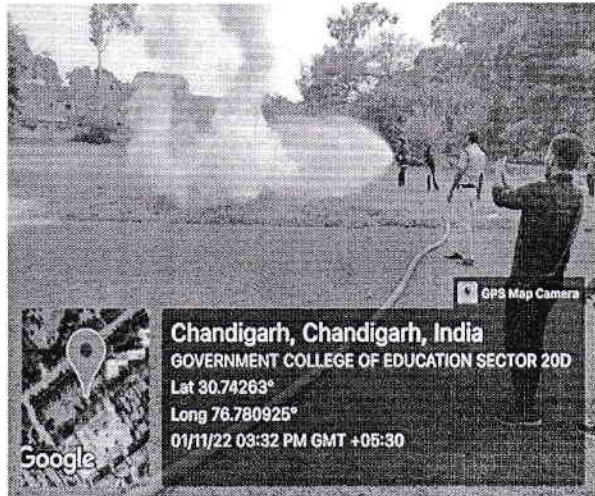
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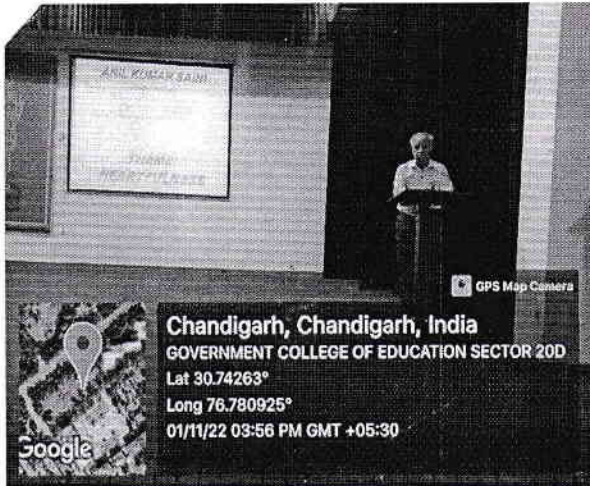
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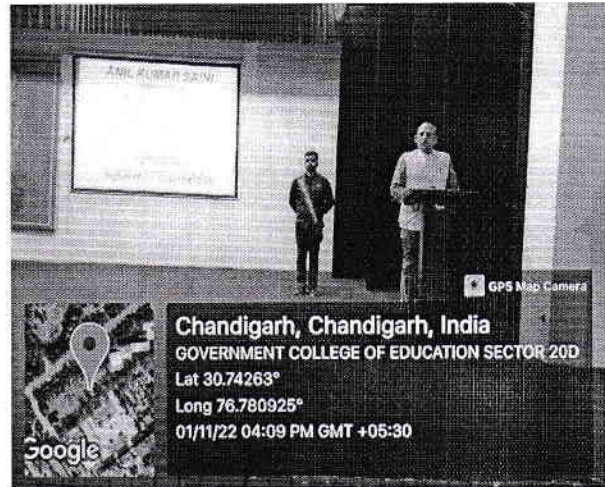
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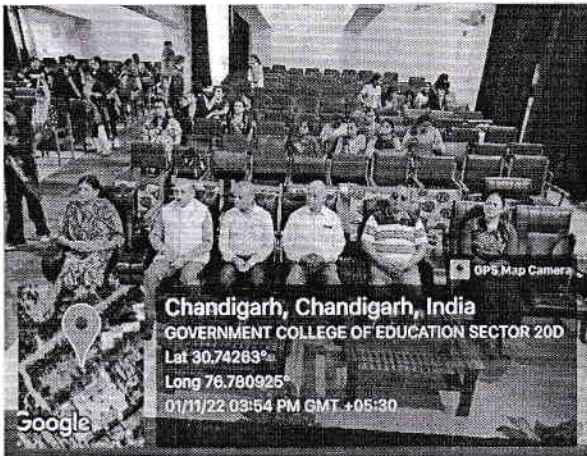
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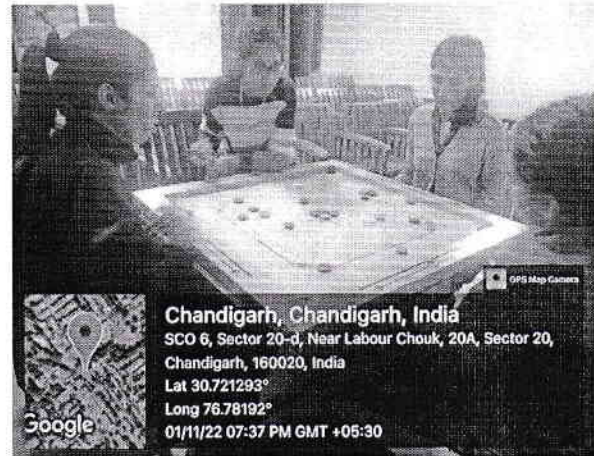
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 Chandigarh, 160020, India
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 Long 76.78192°
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NSS PROGRAMME OFFICERS

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Mrs. Sonika Devi

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Sec-20, Chandigarh