

OFFICE OF THE PRINCIPAL, SIR CHHOTU RAM GOVT. COLLEGE FOR WOMEN, SAMPLA

To  
The NSS Coordinator  
M.D. University  
Rohtak

Memo No. - 337-38

Dated: 26/02/26

Subject: Request for Permission to organize a 7-Day NSS Camp at adopted village Kheri Sampla

Respected Madam,

I would like to seek your kind permission to organize a 7-Days NSS Special Camp by the two Units of NSS at adopted village Kheri Sampla. The proposed camp will take place from 06-03-2026 to 12-03-2026 and will include various activities such as community service, awareness programs, skill development sessions etc. This initiative will provide valuable learning and service opportunities to the volunteers while ensuring their safety during the camp. We also assure you that all necessary arrangements regarding accommodation, food, and discipline will be well managed under the supervision of NSS programme officers. We kindly request your approval and necessary support to make this event successful.

Looking forward to your positive response.

*[Handwritten signature]*

*[Handwritten signature]*  
26/2/26  
Principal  
Govt. College for Women  
Sampla (Rohtak)

Copy to the Director Higher Education Haryana, Panchkula.  
for necessary action and information.

*[Handwritten signature]*  
26/2/26  
Principal  
Govt. College for Women  
Sampla (Rohtak)



# Maharshi Dayanand University, Rohtak

(A State University Established under Haryana Act No. XXV of 1975)

'A+' Grade University Accredited by NAAC

National Service Scheme Cell



No. NSS/2026/179

Dated: 27.02.2026

To

The Principal,  
Govt. College for Women,  
Sampla, Rohtak

Sub: Permission to organise 7-Days NSS Special Camp of NSS Volunteers from 06.03.2026 to 12.03.2026 for academic Session 2025-26.

Respected Sir/Madam,

This is with reference to your letter Ref. No. 337-38 Dated 26.02.2026 on the subject cited above received through email on February 27, 2026.

In this regard, permission to organise the camp is hereby granted to Govt. College for Women, Sampla, Rohtak under the aegis of Maharshi Dayanand University, Rohtak to organize 7-Day NSS Special Camp from 06.03.2026 to 12.03.2026 as part of their NSS activities of the college allocated by worthy DHE, and Maharshi Dayanand University, Rohtak at Village Kheri Sampla with the condition that the Volunteers will stay at the venue of Camp during Day and Night. The advisory for University Level NSS Camps and other different camp-reg. circulated and received through email by the SNO, Haryana vide letter No. 1/4-2019 NSS(1) Dated 03.11.2025 which is enclosed herewith must be followed.

Note: You are requested to provide the list of total NSS Volunteers on the very first day of the Camp who are participating in the Camp.

The camp will include the following activities:

1. **Competition for Volunteers** – On the themes of Youth for MyBharat and Youth for Digital Literacy like Environment Protection, Startup, Swavlambi Bharat, Sawdeshi etc. Activities should be organized on themes such as the Clean India Mission, Beti Bachao Beti Padhao, road safety, environmental conservation, Digital India, cyber security, stubble (Parali) management, plastic-free Haryana, green Haryana, and the role of youth in building a drug-free India.
2. **Plantation Drive** – Conducting tree plantation activities to promote environmental sustainability.
3. **Collection and Distribution of Durable Assets** – Clothes, Books, and other usable items collected through donation drives will be distributed in slum areas.
4. **Visit to Slum Area and to Old Age Homes** – To interact with the provided essential support to underprivileged communities and Offering companionship and support to the elderly.
5. **Nukkad Natak (Street Play)** – Raising awareness on significant social issues.

**Additional Guidelines for the Camp:**

1. **Compliance with NSS Manual 2006**
  - Program Officers must thoroughly review the NSS Manual 2006 and ensure that all camp activities are conducted in strict accordance with its guidelines.
2. **Registration on My Bharat Portal**
  - Registration on My Bharat Portal is compulsory. Program Officers must ensure that they, along with all NSS Volunteers, are registered on the portal before the commencement of the camp.
3. **No Plastic will be used in camp**

It must be ensured that no plastic is used in the camp, as this is a 7-day NSS camp and avoiding plastic helps promote environmental awareness, cleanliness, and sustainable living among volunteers.

P.T.O



# Maharshi Dayanand University, Rohtak

(A State University Established under Haryana Act No. XXV of 1975)

'A+' Grade University Accredited by NAAC

## National Service Scheme Cell



### 4. NSS Volunteer Diaries

- Program Officers are required to collect NSS Volunteer Diaries from their respective College as per the strength of volunteers participating in the camp.
- Filling of NSS Volunteer Diary is mandatory. Diaries must be properly filled by volunteers and attested by the respective Program Officer and the Principal of the College.
- A photocopy of the filled NSS Volunteer Diaries must be submitted while applying for merit certificates. Failure to comply will result in certificates not being issued.

### 5. Distribution of NSS Caps

- Distribution of NSS caps is mandatory on the first day of the camp. Program Officers must explain the importance of the cap to all volunteers and ensure they carry the cap at all times during every NSS event.

### 6. Participation Certificates

- Proper participation certificates must be issued to all volunteers for their active involvement in camp activities.

### 7. Submission of Typed Report

- A typed report of the 7-Day Camp must be submitted to the NSS Cell, M. D. University, Rohtak within one week after the completion of the camp.  
Program Officers and NSS Volunteers are encouraged to plan and execute these activities efficiently while adhering to all NSS Guidelines. A detailed report along with relevant photographs and documentation of the camp must be submitted to the NSS Cell, M. D. University, Rohtak within the stipulated time frame.

Encl./ As above.

Yours sincerely,

Prof. Savita Rathee  
Programme Coordinator, NSS  
MDU, Rohtak

Endst. No. NSS/26/180-181

Dated: 27.02.2026

A copy of the above is forwarded to the following through e-mail for information, please:

1. Regional Director, NSS Regional Centre, New Delhi, Ministry of Youth Affairs and Sports, Govt. of India
2. State NSS Officer, O/o Commissioner, Higher Education Panchkula (Haryana)

Prof. Savita Rathee  
Programme Coordinator, NSS  
MDU, Rohtak  
Email: [co.nss@mdurohtak.ac.in](mailto:co.nss@mdurohtak.ac.in)  
Phone: 9466488018

## NOTICE

All the NSS volunteers are informed that NSS Unit 1 and Unit II is going to organise 7-Days NSS Special Camp at adopted village Kheri Sampla (Bhashu Ashram), Sampla. The camp will take place from 06-03-2026 to 12-03-2026 and will include various activities such as community service, awareness programs, skill development sessions etc. Selected volunteers for the camp have to report at 8:00 am at the designated place. On 06/03/26.

NSS PO

1. *Pini* *Puri* 28/02/26.
2. *Puri* 28/02/26

*Santosh*  
28/2/26  
Principal

**Sir Chhotu Ram Government College for Women Sampla**  
**Seven Day Camp Schedule 2025-26,**  
**Theme: Youth for My Bharat & Digital Literacy**

Time & Day	Day 1	Day 2	Day 3 Importance of	Day 4	Day 5 Startup	Day 6 Swachhita	Day 7
6 AM to 7:00 AM	—	Parbhat Picta, Yoga and Exercise	Parbhat Picta, Yoga and Exercise	Parbhat Picta, Yoga and Exercise	Parbhat Picta, Yoga and Exercise	Parbhat Picta, Yoga and Exercise	Parbhat Picta, Yoga and Exercise
7:00 AM to 8:00 AM	—	Get Ready	Get Ready	Get Ready	Get Ready	Get Ready	Get Ready
8:00 AM to 9:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM to 9:30 AM	Registration NSS Song, Ice Break Session Making of Groups Tree Plantation	Prayer, NSS Song and Group Discussion about Day Target	Prayer, NSS Song and Group Discussion about Day Target	Prayer, NSS Song and Group Discussion about Day Target	Prayer, NSS Song and Group Discussion about Day Target	Prayer, NSS Song and Group Discussion about Day Target	Prayer, NSS Song and Group Discussion about Day Target
9:30 AM to 11:00 AM	—	Meditation Session by Heartfulness Organization	Meditation Session by Heartfulness Organization	Meditation Session by Heartfulness Organization	Lecture on Road Safety & play on the Role of Moral Values in Youth" by SI Amar Kanaha Nodal Officer, Traffic Police, Rohak	Nukkad Natak on anti-drug awareness & Save Environment Rally	Singing Competition
11:00 AM to 11:30 AM	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time
11:30 AM to 01:00 PM	Introduction of NSS and Role of NSS Volunteers in Society by Dr. Priti Kumari	Lecture on Moral Values by Mr. Ran Lohar Dadya	Lecture on Benefits of Neem and Herbal Plants	Thinking games and Memory-enhancing activities	Lecture on Anti Drug by ASI Mohan & Lecture on Healthy and responsible lifestyles by SPO Harish Chander	Awareness about Reducing plastic use through distribution of handmade paper bags	Tree Plantation
01:00 PM to 2:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
02:00 PM to 3:30 PM	Lecture on Mental Health and Healthy Habits in Youth by Dr. Sunil Chahhan	Visit to a village pond	Lecture on Women Empowerment by Dr. Ritu	Rally on Traffic Rules	Declaration Competition	Lecture on Public Speaking by Dr. Savita Hooda	Feedback/Outcome of the Camp and suggestions
3:30 PM to 4:30 PM	Rally on "Don't Throw Plastic Bags & Save Environment" and Cleanliness Drive	Meeting with elder people of village	Leadership Game/Tam Gam/Communication Game	—	Paper Bags Making Competition	Sanjha Chulha	—
4:30 PM to 05:00 PM	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time	Tea Time
05:00 PM to 06:00 PM	Group Sports/Dairy Writing	Group Sports/Dairy Writing	Group Sports/Dairy Writing	Group Sports/Dairy Writing	Group Sports/Dairy Writing	Group Sports/Dairy Writing	Group Sports/Dairy Writing
06:00 PM to 07:45 PM	Cultural Programme	Cultural Programme	Cultural Programme	Cultural Programme	Cultural Programme	Cultural Programme	Writing
07:45 PM to 08:45 PM	Dinner	—	—	—	—	—	—
08:45 PM to 09:30 PM	Group Meeting for Evaluation of Day activities and Planning for Next Day	—	—	—	—	—	—
09:30 PM	Lights Off	—	—	—	—	—	—

NSS PO Jit I  
 DR. PRITH KUMARI  
 28/02/26

*Seena*  
*Sanjiv*

**SIR CHHOTU RAM GOVERNMENT COLLEGE FOR WOMEN SAMPLA**  
7-Day NSS Camp from 06-03-2026 to 12-03-2026

Attendance of Unit-1 NSS Volunteer

Sr. No.	Name	Volunteer Code	Father's Name	Class	Roll No.	06-03-2026	07-03-2026	08-03-2025	09-03-2025	10-03-2025	11-03-2025	12-03-2025
1	MANTU	HR/RTK/CLG/2024/1/1/08	RAVINDER KUMAR	M.A. F(GEO)	2244140004	Manjiv	Manjiv	Manjiv	Manjiv	Manjiv	Manjiv	Manjiv
2	NEELAM	HR/RTK/CLG/2024/1/2/1/02	ANTRAM	M.A. F(GEO)	2244140005	Neelam	Neelam	Neelam	Neelam	Neelam	Neelam	Neelam
3	NEHA	HR/RTK/CLG/2024/1/2/1/06	WAZIR SINGH	M.A. F(GEO)	2244140034	Neha	Neha	Neha	Neha	Neha	Neha	Neha
4	PRIYA	HR/RTK/CLG/2024/1/2/1/05	RAJESH	M.A. F(GEO)	2244140033	Priya	Priya	Priya	Priya	Priya	Priya	Priya
5	SAVITA	HR/RTK/CLG/2024/1/2/1/01	BIJENDER	M.A. F(GEO)	2244140028	Savita	Savita	Savita	Savita	Savita	Savita	Savita
6	UMA	HR/RTK/CLG/2024/1/2/1/03	MUKESH	M.A. F(GEO)	2244140029	Uma	Uma	Uma	Uma	Uma	Uma	Uma
7	UPMA	HR/RTK/CLG/2024/1/2/1/04	VISHNUDEV	M.A. F(GEO)	2244140006	Uma	Uma	Uma	Uma	Uma	Uma	Uma
8	PRIVA	HR/RTK/CLG/2024/1/2/1/09	RAJESH KUMAR	M.A. F(HIS)	2241790019	Priya	Priya	Priya	Priya	Priya	Priya	Priya
9	TANNU	HR/RTK/CLG/2024/1/2/1/10	RAKESH	M.A. F(HIS)	2241790014	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu	Tannu
10	ADITI	HR/RTK/CLG/2023/1/2/1/80	BIJENDER	B.A. 3rd year	1230264054	Aditi	Aditi	Aditi	Aditi	Aditi	Aditi	Aditi
11	ANCHAL SHAI	HR/RTK/CLG/2024/1/2/1/11	RAJESH SHARMA	B.A. 3rd year	1230264114	Chanchal	Chanchal	Chanchal	Chanchal	Chanchal	Chanchal	Chanchal
12	KHUSHI	HR/RTK/CLG/2023/1/2/1/53	NEERAJ	B.A. 3rd year	1230264199	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi	Khushi
13	MADHU	HR/RTK/CLG/2023/1/2/1/77	SATISH	B.A. 3rd year	1230264154	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu	Madhu
14	MANISHA	HR/RTK/CLG/2023/1/2/1/75	SAJJAN	B.A. 3rd year	1230264109	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
15	MUSKAN	HR/RTK/CLG/2023/1/2/1/57	SANJAY	B.A. 3rd year	1230264278	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan
16	PUNIT	HR/RTK/CLG/2023/1/2/1/72	PARDEEP	B.A. 3rd year	1230264158	Punit	Punit	Punit	Punit	Punit	Punit	Punit
17	RASIKA	HR/RTK/CLG/2023/1/2/1/50	HARISH	B.A. 3rd year	1230264240	Rasika	Rasika	Rasika	Rasika	Rasika	Rasika	Rasika
18	SANYA	HR/RTK/CLG/2023/1/2/1/73	PARKASH	B.A. 3rd year	1230264148	Sanya	Sanya	Sanya	Sanya	Sanya	Sanya	Sanya
19	SARITA	HR/RTK/CLG/2023/1/2/1/64	VIPIN KUMAR	B.A. 3rd year	1230264025	Savit	Savit	Savit	Savit	Savit	Savit	Savit
20	SAVITA	HR/RTK/CLG/2023/1/2/1/61	KRISHAN	B.A. 3rd year	1230264032	Savita	Savita	Savita	Savita	Savita	Savita	Savita
21	SHIKHA	HR/RTK/CLG/2023/1/2/1/69	RAJESH	B.A. 3rd year	1230264168	Shikha	Shikha	Shikha	Shikha	Shikha	Shikha	Shikha
22	SONIA	HR/RTK/CLG/2024/1/2/1/13	JOGINDER	B.A. 3rd year	1230264089	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia
23	ISHIKA	HR/RTK/CLG/2024/1/2/1/43	RAVINDER	B.A. 2nd year	1240264050	Isika	Isika	Isika	Isika	Isika	Isika	Isika
24	JYOTI	HR/RTK/CLG/2024/1/2/1/54	SANDEEP	B.A. 2nd year	1240264006	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti

Total Number of Students who have attended seven days nss camp from 06/03/26 to 12/03/26 is 50. *Prin Dny*

25	MAMTA	HR/RTK/CLG/2024/12/1/38	MADANLAL	B.A. 2nd year	1240264117	Mamta	Mamta	Mamta	Mamta	Mamta	Mamta	Mamta	Mamta	Mamta	Mamta
26	MUSKAN	HR/RTK/CLG/2024/12/1/35	ANIL KUMAR	B.A. 2nd year	1240264302	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan	Muskan
27	TAMANNA	HR/RTK/CLG/2024/12/1/39	SATIISH	B.A. 2nd year	1240264302	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna	Tamanna
28	TANIYA	HR/RTK/CLG/2024/12/1/26	RAJESH	B.A. 2nd year	1240264205	Taniya	Taniya	Taniya	Taniya	Taniya	Taniya	Taniya	Taniya	Taniya	Taniya
29	KIRTI	HR/RTK/CLG/2024/12/1/24	ISHWAR SINGH	B.A. 2nd year	1240264207	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti
30	MAHIMA	HR/RTK/CLG/2024/12/1/19	SUNIL	B.A. 2nd year	1240264070	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima	Mahima
31	PAYAL	HR/RTK/CLG/2024/12/1/27	SURESH KUMAR	B.A. 2nd year	1240264131	Payal	Payal	Payal	Payal	Payal	Payal	Payal	Payal	Payal	Payal
32	SAKSHI	HR/RTK/CLG/2024/12/1/23	ASHOK	B.A. 2nd year	1240264004	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
33	NEHA	HR/RTK/CLG/2024/12/1/29	SATISH KUMAR	B.A. 2nd year	1240264197	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
34	AANIYA	HR/RTK/CLG/2024/12/1/33	SATISH	B.A. 2nd year	1240264201	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya	Aaniya
35	ANNU	HR/RTK/CLG/2025/12/1/1	SITARAM	B.A. 2nd year	1240264110	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu
36	KUSUM	HR/RTK/CLG/2024/12/1/55	PARDEEP	B.A. 2nd year	1240264127	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum	Kusum
37	RUBY	HR/RTK/CLG/2024/12/1/57	SHRI RAM	B.A. 2nd year	1240264051	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby
38	BHAWNA	HR/RTK/CLG/2025/12/1/3	Karamjeet	B.A. 2nd year	1240264179	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana
39	VANSHIKA	HR/RTK/CLG/2025/12/1/2	Jitender	B.A. 2nd year	1240264181	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika	Vanshika
40	DEVIKA	HR/RTK/CLG/2025/12/1/5	Madan	B.A. 2nd year	1240264053	Devika	Devika	Devika	Devika	Devika	Devika	Devika	Devika	Devika	Devika
41	ALISH	HR/RTK/CLG/2024/12/1/21	SANJEEV	B.A. 2nd year	1240264275	Alish	Alish	Alish	Alish	Alish	Alish	Alish	Alish	Alish	Alish
42	VERSHA	HR/RTK/CLG/2024/12/1/32	SHANMSHER	B.A. 2nd year	1240264224	Versha	Versha	Versha	Versha	Versha	Versha	Versha	Versha	Versha	Versha
43	POOJA	HR/RTK/CLG/2024/12/1/40	KARAMVEER	B.A. 2nd year	1240264001	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
44	ANIJA	HR/RTK/CLG/2025/12/1/7	RATTAN SINGH	M.A. P(GEO)	2254140003	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
45	YOGITA	HR/RTK/CLG/2025/12/1/9	RAJENDER	M.A. P(GEO)	2254140025	Yogita	Yogita	Yogita	Yogita	Yogita	Yogita	Yogita	Yogita	Yogita	Yogita
46	RASHMI	HR/RTK/CLG/2025/12/1/10	VINOD KUMAR	M.A. P(GEO)	2254140017	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi	Rashmi
47	PINKI	HR/RTK/CLG/2025/12/1/32	SURESH KUMAR	B.A. 1st year	1250264143	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki
48	SANJU	HR/RTK/CLG/2025/12/1/30	RAJENDER	B.A. 1st year	1250264205	Sanju	Sanju	Sanju	Sanju	Sanju	Sanju	Sanju	Sanju	Sanju	Sanju
49	BABITA	HR/RTK/CLG/2025/12/1/12	SHEELGANGE	B.Com. 1st year	1250267008	Babita	Babita	Babita	Babita	Babita	Babita	Babita	Babita	Babita	Babita
50	KOMAL	HR/RTK/CLG/2025/12/1/14	SATISH	B.Com 1st year	1250267003	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal

Total 50 students attended NSS 7-day Camp from 26/03/24 to 12/04/24.

DR. PRITIKUMARI  
NSS PO UNIT-1

PRINCIPAL

Year Teacher

## Sir Chhotu Ram Government College for Women, Sampla

### Report on 7-Day NSS Special Camp

The 7-day NSS Special Camp organized by NSS Unit-I, Sir Chhotu Ram Government College for Women, Sampla was successfully conducted at Kheri Sampla Village under the theme "Youth for My Bharat and Digital Literacy" from 6<sup>th</sup> March to 12<sup>th</sup> March 2026. The camp aimed to encourage students to participate in community service, promote social awareness, and develop leadership qualities among volunteers. The camp provided a platform for students to interact with the rural community, understand social challenges, and contribute towards the development of society through various awareness and service activities.

#### Objectives of the Camp

The main objectives of the NSS Special Camp were:

- To encourage youth participation in **community service and social development**.
- To spread awareness about **digital literacy and responsible use of technology**.
- To promote **environmental conservation and cleanliness**.
- To develop **leadership, teamwork, and communication skills** among volunteers.
- To create awareness about **social issues such as drug abuse, traffic safety, and moral values**.

#### Day 1 – Inauguration and Community Awareness

The camp commenced with its **inauguration** by **Dr. Sunil Chauhan, Head of the Department of English**. The program began with the NSS Song, the National Song "Vande Mataram," and the **lighting of the ceremonial lamp** before Goddess Saraswati, symbolizing knowledge and positivity.

The day started with the **registration and ice-breaking session of volunteers**, which helped participants interact with each other and build a sense of unity. Dr. Sunil Chauhan emphasized the importance of **NSS in promoting social service and community engagement**. She encouraged volunteers to participate actively in every activity and highlighted the importance of **mental peace, discipline, and healthy habits in daily life**.

**Dr. Priti Kumari (NSS Programme Officer, Unit-I)** briefed the volunteers about the activities planned during the camp and explained the theme "**Youth for My Bharat and Digital Literacy**." They emphasized the role of youth in **nation building and digital empowerment**.

Motivational videos of the **10-Day NSS Adventure Camp** were screened to inspire the volunteers. Later, volunteers organized a rally on "**Don't Throw Plastic Bags & Save Environment**" in Kheri Sampla village to spread awareness about environmental protection. Volunteers also conducted a **cleanliness drive at Bhashu Ashram**, the camp venue, promoting the message of **Swachhata and responsible waste management**.



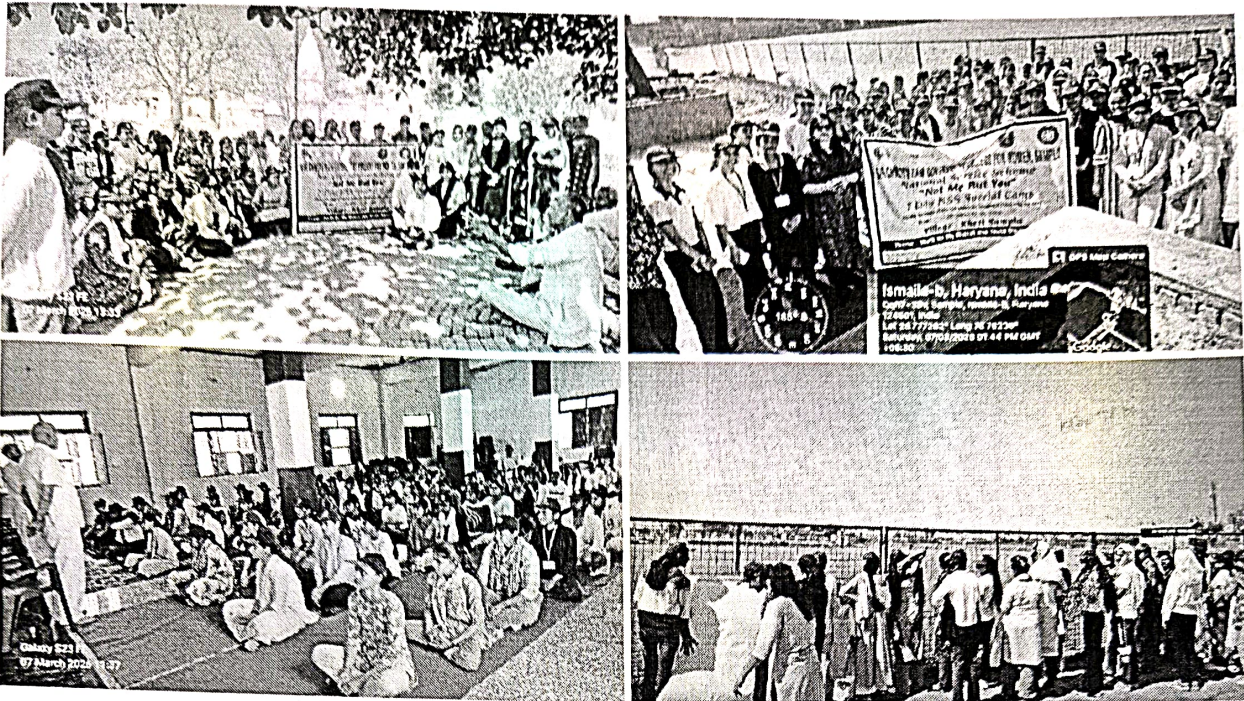
## Day 2 – Meditation and Environmental Awareness

The day began with a **meditation session** conducted by the **Heartfulness Organisation**, which helped volunteers develop **mental calmness, focus, and emotional balance**.

This was followed by an **awareness lecture on moral values**, highlighting the importance of **honesty, empathy, discipline, and responsible citizenship** among youth.

Volunteers also organized a meaningful interaction session with **elderly people of the village**. During this meeting, the elders shared their **life experiences, traditional values, and insights** into the **cultural and social changes** over time. This interaction helped volunteers develop **respect for community wisdom** and better understand rural life and challenges.

Later, volunteers visited the **village pond of Kheri Sampla**, where elderly villagers shared **insights about its historical importance** in sustaining the village ecosystem. Volunteers learned about **traditional water conservation techniques and indigenous knowledge systems**. This activity helped them understand the significance of **protecting natural resources and maintaining ecological balance**.



### Day 3 – Yoga, Herbal Knowledge, and Women Empowerment

The third day began with **meditation and yoga sessions**, promoting physical fitness and mental well-being among volunteers.

Senior villagers shared valuable knowledge about the **benefits of neem and other herbal plants during the Chaitra month**, highlighting the role of traditional medicine and herbal remedies in maintaining health.

A **lecture on Women Empowerment** was delivered by **Dr. Ritu**, who discussed the importance of **education, gender equality, confidence, and leadership among women**. She encouraged volunteers to support and promote women's empowerment in society.

Volunteers also participated in **interactive and team-building games**, which helped develop **leadership qualities, communication skills, cooperation, and team spirit**.



#### Day 4 – Awareness Activities, Skill Development and Donation Drive

The fourth day started with yoga, meditation, and heartfulness exercises, helping volunteers maintain discipline and positive energy throughout the camp.

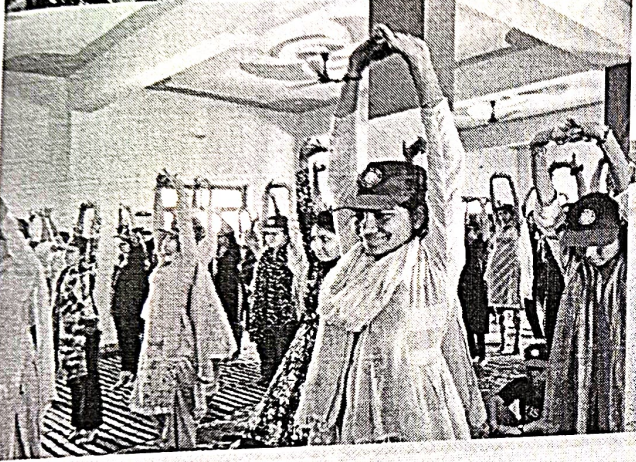
Various thinking games and memory-enhancing activities were organized to improve critical thinking, creativity, and concentration among volunteers.

Volunteers organized a rally to spread awareness about traffic rules and road safety in the village. Through slogans and interaction with villagers, they highlighted the importance of following traffic rules to prevent accidents.

A donation drive was also organized by the volunteers in a nearby slum area, where food and clothes were distributed among the underprivileged. This activity instilled a sense of compassion, empathy, and social responsibility among the volunteers while directly contributing to the welfare of the community.

Teams also prepared for their Nukkad Natak (street play) performances based on important social issues such as drug abuse, environmental protection, and social responsibility.

The day concluded with daily diary writing and evening sports activities, which strengthened team spirit and bonding among volunteers.



## Day 5 – Awareness Programs and Creative Activities

The fifth day focused on social awareness and youth responsibility.

A thought-provoking play on the “Role of Moral Values in Youth” was presented by SI Amar Kataria, Nodal Officer, Traffic Police, Rohtak, highlighting the importance of ethical decision-making and responsible behaviour among young people.

Another performance focused on traffic rules and road safety awareness.

ASI Mohan, In-charge of the Anti-Drug Cell, Rohtak, delivered an awareness lecture on the harmful effects of drug abuse, while SPO Harish Chander emphasized the role of youth in promoting healthy and responsible lifestyles.

Principal Dr. Santosh Hooda visited the camp venue and appreciated the efforts of NSS volunteers. She encouraged students to actively participate in community service and social development activities.

In the afternoon session, volunteers participated in a declamation competition on “Role of NSS Volunteers in Social Change.” They also prepared eco-friendly paper bags as an alternative to plastic and rehearsed an anti-drug awareness street play.





## Day 6 – Community Service and Cultural Learning

On the sixth day, volunteers actively engaged in community service and environmental awareness activities.

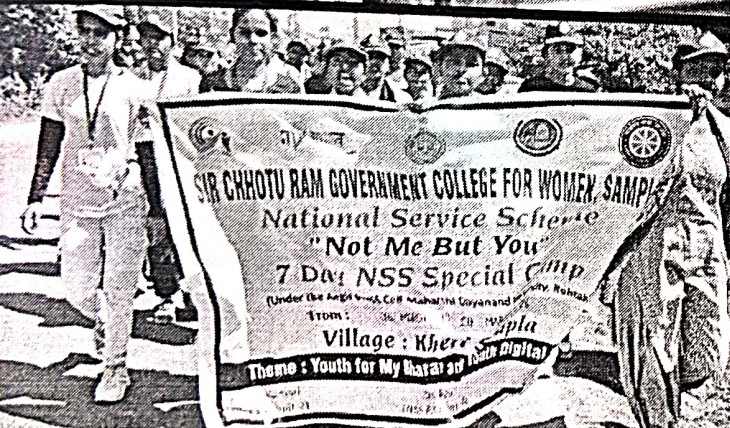
They created awareness about reducing plastic use and distributed handmade paper bags to shopkeepers and villagers.

A “Save Environment” rally was organized in the village to promote environmental conservation and sustainable living.

Volunteers also performed a Nukkad Natak on anti-drug awareness, effectively communicating the harmful effects of drug abuse.

Dr. Savita Hooda conducted a session on public speaking, helping volunteers develop confidence, communication skills, and leadership qualities.

The day concluded with a Sanjha Chulha session, where volunteers shared homemade food with each other, promoting the values of sharing, unity, and cooperation.





## Day 7 – Valedictory Ceremony

The 7-day NSS Camp concluded successfully on 12 March 2026 at the college campus.

The Chief Guest of the valedictory ceremony was **Dr. Savita Rathee**, NSS Coordinator, MDU Rohtak. She appreciated the dedication, enthusiasm, and active participation of the NSS volunteers and encouraged them to continue contributing to society.

During the closing ceremony, **Dr. Savita Rathee** and **Principal Dr. Santosh Hooda** distributed certificates to the volunteers in recognition of their sincere efforts during the camp.

During the camp, various environmental awareness activities were conducted. As part of the plantation drive, a total of 150 saplings were planted in different areas of **Kheri Sampla village**, contributing to environmental conservation and promoting greenery in the village.

Activities such as plantation and a song competition were also organized during the closing ceremony.

Principal **Dr. Santosh Hooda** motivated the volunteers to continue serving society and remain committed to the ideals and values of the **National Service Scheme (NSS)**.

The successful organization of the camp was made possible through the **dedicated efforts of NSS Programme Officer Dr. Priti (Unit-I)**.



### Outcome of the Camp

The camp created awareness among villagers about **environmental protection, drug abuse prevention, traffic safety, and digital literacy**. It also helped volunteers develop **leadership skills, teamwork, discipline, and a strong sense of social responsibility**.

### Conclusion

The **7-day NSS Special Camp** proved to be a **highly enriching and meaningful experience** for the volunteers. It strengthened the bond between students and the rural community and inspired them to work towards the **betterment of society and nation building**.

NSS PO Unit-I  
*Priti Kumari*  
DR. PRITI KUMARI 13/03/26

*Sent*  
*Santosh*