

**Report of  
Seven Day / Night Special NSS Camp 2018  
(24-30 December 2018)**

Submitted to



**National Service Scheme  
Ministry of Youth Affairs and Sports, Govt. of India**

by



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## *Message from the Principal*

*With deep sense of gratification, I take pride in the successful completion of Seven Day/Night Special Camp 2018 by NSS volunteers of Mehr Chand Mahajan DAV College for Women. The NSS units of MCM DAV worked in the campus and outside campus with great enthusiasm and zeal. Students of MCM DAV are well known for their unique and Innovative ideas, and NSS units of the college are a gestation field of plurality. Moreover, the Swachhata theme of the Camp, which is in sync with the objectives of the Swachh Bharat Mission, include promotion of modern and scientific waste management, generation of awareness among various stakeholders regarding importance of cleanliness and hygiene, and affecting behavioural change regarding sanitation practices. For this I congratulate the entire NSS Team and NSS coordinators for their honest efforts and wish them all the best in their future endeavours of noble service to the mother land.*

*The college has been ranked first in the Swachh Educational Institution of India (in the category-College Residential). The award comes as recognition of MCM's commitment to the cause of 'Swachhata' which is reflected in the slew of initiatives undertaken by it aiming at the acceleration of the pace of realization of objectives of the Swachh Bharat Abhiyan. Biogas Plant, vermicomposting, composting, plantation drives, solar power generation, real-time air quality monitoring system, generating awareness about waste segregation, installation of blue and green dustbins within the campus, cleaning of campus and surroundings by NSS volunteers, sensitization programs on sanitation, hygiene and cleanliness in adopted village Badheri, participation in "Swachhata Pakhwada", "Swachhata hi Seva" and "Swachh Bharat Summer Internship-2018" are some of its endeavours in this direction.*

*MCM DAV College has always had a strong vision and commitment toward the service of the society and its weaker sections. We believe in taking knowledge from lab to land. The special lectures, initiatives and activities undertaken during the camp have served as a milestone in fostering social responsibility and nationalism among young NSS volunteers and I am confident that they, under the able guidance of their mentors, will work as torch bearers of change for the others too.*

*I take this opportunity to express my deep sense of appreciation for the work done by Dr. Namita Bhandari and Ms. Manjot Kaur, both NSS coordinators, which will go a way in the direction of sustainable development and nation building.*

*Keep shining and working hard!*



**Dr. Nisha Bhargava**  
**[Principal]**

*Dr. Namita Bhandari  
NSS Programme Officer  
MCM DAV College for Women, Chandigarh.*



### *Message*

*The principles on which NSS as an organization is built, has inherent characters in line with the cause of nation building through service. We at MCM DAV have been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation of all stakeholders. The current environmental scenario makes the Seven Day/Night NSS camp 2018 extremely relevant and important for the wellbeing of our nation. The activities carried out during the camp served as an eye opener for the young NSS volunteers about the contemporary problems that our country is facing. The door to door visits, the real encounter with situation in the rural areas and fieldwork has given a sense responsibility to each and everyone involved in this project, which surely will stay with us forever. We are pledged to social service and to take this initiative beyond the stipulated time frame. With the experiences from the special camp, I am sure that all volunteers will learn how to lead a life of dignity with positive mind set and contributes to the growth of nation by one or the other way.*

*I take this opportunity to express my gratitude to Dr. Nisha Bhargava, our worthy Principal, for her valuable inputs, guidance and support during the camp. Her concern for the individuals and commitment to the Institute have been constant source of inspiration to all of us. I congratulate and extend my best wishes to NSS volunteers, my co-program officer and faculty who have made this journey a success due to sincere and sustained efforts and for their keen efforts to accomplish the targets in the planned activities.*

*Manjot Kaur  
NSS Programme Officer  
MCM DAV College for Women, Chandigarh.*



### *Message*

*As MCM DAV has begun with another session of its journey of glorious fifty years, the works done with the theme of Swachhata during Seven Day/Night NSS camp prove to be another milestone in making MCM DAV an institution of exaltation and excellence. With the field experiences, our volunteers have learnt how to lead a life of dignity with positive mind set and contribute to the growth of Nation by one or the other way. The volunteers will definitely carry forward these practices as habit and pass it on to the generations to come because we want this initiative to last forever. This learning experience can become way bigger if only we give it a chance to become big. We need to be an active part of the campaign of "Swachhata" for it to become effective on the National level. The camp helped our volunteers to equip themselves with an insight, sensitivity and close understanding of the problems that are faced at the grass root level. It has strengthened the NSS Units as a team and we look forward to grow through such initiatives in future.*

*I am deeply beholden to our Principal, Dr. Nisha Bhargava, who believes in the philosophy of mutuality of individuals, institutions and community's growth, thus reveals what makes MCM the Cleanest College in the nation in 2018. We are highly blessed for her worthy patronage which has provided us all a platform to give a conscious voice to social concerns. I am deeply indebted to the NSS team and our college volunteers who have contributed in this journey made it a success. It has been my great pleasure to mentor the NSS Team which has proved its mettle in shouldering every responsibility with utmost care and diligence.*



## INTRODUCTION

National Service Scheme, popularly known as NSS, was launched in Mahatma Gandhi's Birth Centenary Year 1969, under the aegis of Ministry of Youth Affairs & Sports, Government of India. The scheme was launched simultaneously in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service and promotion of National solidarity in India. The idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his students time and again was that they should always keep their social responsibility before them. The first duty of the students should be, not just to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with national goods and services, so essential to the society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive, so that the life of the villagers might be raised to a higher material and moral level".

NSS works on the premise that it is possible to awaken the villagers and slum dwellers to their responsibilities and develop confidence in them to tackle their common problems with energy, enthusiasm and in a co-operative spirit, based on mutual aid and self-reliance. The role of students is multifarious, they are activists, enablers, catalytic agents with the wider community and as programming aids.

## **AIMS AND OBJECTIVES**

- Personality Development of students through community service.
- Understand the community in which they work
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in the problem solving process.
- Develop among themselves a sense of social and civic responsibility;
- Utilize their knowledge in finding practical solution to individual and community problems.
- Develop competence required for group-living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and democratic attitude.
- Develop capacity to meet emergencies and natural disaster and practice national integration and social harmony.

## **MOTTO**

The motto of NSS is 'NOT ME BUT YOU'. This expresses the essence of democratic living, upholds the need for selfless service and appreciation of every man's point of view and underlines that the welfare of the individual is ultimately dependent on the welfare of society as a whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programmes.

## Special Day / Night NSS Camping

Special Camping forms an integral part of National Service Scheme. It has a special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community.

The primary objectives of the special camping programmes are:

- Making education more relevant to the present situation, to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the prevailing situation of the community.
- To provide opportunities for students to play their due roles in the implementation of various development programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
- Encouraging the students and non-student to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
- Building potential youth leaders by exploring the latent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
- Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits, and encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.



## NSS Camp 2018 (24-30 DECEMBER 2018)

The Seven Day / Night NSS Camp was held at MCM DAV College for Women from 24-30 December 2018. More than 100 volunteers and 10 staff members registered for this camp with full cooperation, zeal and participated enthusiastically in the camp under the able supervision of Dr. Namita Bhandari and Ms. Manjot Kaur programme coordinators of NSS under the guidance of Dr. Nisha Bhargava, Principal, MCM DAV College for Women, Chandigarh. The main objective of the camp was to evolve the volunteers as a human and as an agent of social change. Its thrust was on activities and lectures that help the volunteers to work for the community, in the community and with the community. Multifarious interactive sessions, workshops, demonstrations and lectures were held in order to educate the volunteers about certain social, physical, psychological and political phenomenon. Each day began with a physical exercise session, followed by various interactive sessions, guest lectures as well as field work. A week long plan for the special camp was fixed out which is as follow:

<b>Date</b>	<b>Activities</b>
24-12-2018	Day 1: Inaugural session <ul style="list-style-type: none"><li>• Orientation of NSS volunteers</li><li>• Special lecture by Dr. Geeta Bhagat, HOD, Psychology Department, MCM DAV</li><li>• Special session by Ms. Meena Batta, Marketing Manager, along with two nurses from Fortis Hospital, “Basic Life support system”, Fortis</li><li>• Dr. Satish Sharma, Director (Colleges), DAV College Managing Committee, New Delhi</li></ul>
25-12-2018	Day 2: <ul style="list-style-type: none"><li>• Morning Assembly with Yoga Session</li><li>• Visit to Prabh Aasra</li><li>• Interactive session with NSS Program Officers</li><li>• Poster making and Slogan writing Competitions on Water Conservation</li></ul>

26-12-2018	<p>Day 3:</p> <ul style="list-style-type: none"> <li>• Yoga session with Dr. Neha Sharma, Assistant Professor, History Department;</li> <li>• Lecture on “Best Out of Waste” by Dr. Pooja Sharma, HOD, Department of Fine arts, MCM DAV college for Women, Chandigarh</li> <li>• Awareness Rally on Water Conservation and Community service at Badheri</li> <li>• Wall Painting</li> <li>• Presentations given by Select Campers &amp; Saarthi Volunteers (Nikita Bharti, Nikita Pahuja &amp; Nandini)</li> </ul>
27-12-2018	<p>Day 4:</p> <ul style="list-style-type: none"> <li>• Lecture delivered by Dr. Jatinder Dahiya, State AIDS Control Society, Chandigarh</li> <li>• Special session by Dr. Nirmal Bhasin, Gynaecologists, Indian Medical Association</li> <li>• Tree Plantation Drive</li> </ul>
28-12-2018	<p>Day 5:</p> <ul style="list-style-type: none"> <li>• Awareness Rally regarding Swachhata at Badheri</li> <li>• Lectures by Dr. Vandan Sharma and Dr. Sandeep</li> <li>• Special lecture by Dr. Gaurav Gaur, Assistant Professor, Centre of Social Work, Panjab University</li> <li>• Nukkad Natak on “Water Conservation”</li> </ul>
29-12-2018	<p>Day 6:</p> <ul style="list-style-type: none"> <li>• Awareness rally regarding waste segregation at Badheri</li> <li>• Lecture cum interactive session on Menstrual Hygiene by NSS Volunteers at Badheri</li> <li>• Distribution of Sanitary Pads at Badheri Community Centre</li> <li>• Nukkad Natak on Swachhata</li> <li>• Workshop by Prof. Pam Rajput</li> <li>• Presentations given by NSS Volunteers</li> </ul>
30-12-2018	<p>Day 7: Valedictory Ceremony</p>
<p><b>Late Evening Sessions</b></p>	<p>Poster making &amp; Slogan Writing on given topics:</p> <ul style="list-style-type: none"> <li>• Preparation for Christmas Celebrations</li> <li>• Swachhata (theme of the camp)</li> <li>• Waste Segregation</li> <li>• Water Conservation</li> <li>• Menstrual Hygiene</li> <li>• Environment</li> <li>• NSS MOTTO: NOT ME, BUT YOU (theme of the valedictory session)</li> </ul>

## **FIRST DAY-INAUGURATION OF THE CAMP (24th December)**

The day began with an Inaugural and orientation ceremony with the lighting of lamp and NSS song. Principal of the college Dr. Nisha Bhargava inaugurated the camp and gave a presentation highlighting the glorious achievements of the college in its existence of 50 years. Satvikaa Singh, the winner of State Level award for Swachh Bharat Summer Internship 2018, apprised the participants of the activities and achievements of MCM NSS units during the year. Swachhata Oath was administered on this occasion to elicit wholehearted participation of the youth in making Clean India a reality.

Dr. Geeta Bhagat, Head, PG Department of Psychology, MCM DAV College delivered a motivational lecture on channelizing of energy in a positive manner. With the aim of helping the participants realize their full potential, Dr.Geeta's lecture included engrossing exercises like deep breathing, relaxation through guided imagery, self-compassion and strengths wheel exercise. Dr. Satish Sharma, Director Colleges, DAV College Managing Committee graced the valedictory session of the inaugural day of the camp and motivated the participants to contribute constructively in nation building.



Worthy Principal Dr. Nisha Bhargava presented a report highlighting the laudable achievements of the college during the Golden Jubilee year that included 1st Rank in Swacch Campus Ranking 2018, and 155 top ten University positions in PU Examination 2017-18. Expressing gratitude to DAV CMC for its guidance and support, and the staff of MCM for their efforts in making Golden Jubilee year a historical one Dr. Bhargava said that the year witnessed spectacular events including 51 Kundiya Havan, inauguration of Golden Jubilee Block by Hon'ble President of India Sh. Ram Nath Kovind, visits of Chandigarh MP Kirron Kher,

Governors of Himachal Pradesh, Haryana, Punjab, Uttarakhand and Puducherry, International Conference on Happiness and so on.

**Dr. Nisha Bhargava, Faculty and NSS Volunteers taking the Swachhata pledge**



**Activity- I:** In the evening session, Dr. Geeta Bhagat gave an informative and inspiring lecture on “How to Channelize our Energy Positively”.

**Resource Person:** Dr. Geeta Bhagat, Head of Department of Psychology, MCM DAV College for Women, Chandigarh, is a member of Post Graduate board of studies and achieved a lot in this duration of teaching. Her area of specialization is Clinical Psychology, Organizational Behaviour, Health Psychology, Parenting and Adolescent Problems.

**Objective:** The objective of this lecture was to inculcate various characteristics in one’s life like spiritual balance, optimistic approach towards solving problems, learn to face the realities, self-criticism, self- compassion, prioritize things that matter, have patience, to live in the present moment, to nurture our creative abilities and most importantly how to heal oneself. The main highlights of the session are given below:

- Spiritual balance, which helps oneself to stay focused and concentrated in one’s life by merely connecting oneself with god.

- Optimistic approach towards solving problems lessens our daily burden and our way of dealing with difficulties also changes.
- Learn to face the realities gives us inner strength and helps us to expect less.
- Self-criticism is necessary to evaluate oneself and know our strengths and weaknesses.
- Self-compassion, one should treat oneself tenderly and with patience while suffering.
- Prioritize things that matter and cut-short what's least important in life.
- Have patience while dealing with Self and Others.
- How to train one's mind to live in present
- To nurture our creative abilities and let them help to evolve us.
- And most importantly, how to heal oneself after going through a tough situation.

**Methodology:** Dr. Bhagat gave a lecture on “How to channelize energy?”, with the help of a detailed presentation of the above-mentioned characteristics. After showing the presentation she held an interactive session in which volunteers shared their problems and asked how to deal with them. With the means of several moral stories she made us understand how to perceive things in life, how much important it is for an individual to heal oneself and sometimes we should comprehend the world with other's perspective also. Later, she conducted an activity in which she asked the volunteers to write their strengths and weaknesses and see if they can work on their weaknesses and reduce it. She also kept a meditation session, whereby the audience felt relaxed by the sound of the ocean waves and her soothing voice.

**Impact:** As a result of this activity the volunteers felt empowered with optimism and it helped them to have different perspectives in life, towards oneself and others. It was a fruitful session with an aim to bring out the capabilities of the volunteers. The meditation session held later had a tranquilizing effect on the audience. As a result of this activity, everybody learnt self- evaluation, self-compassion, self-healing, self-love and such attributes that'll help the volunteers to develop themselves wholly. This session was the foundation for all other activities as it gave an energetic and a positive push to the volunteers for their active participation.



**Dr. Geeta Bhagat during the workshop on "How to Channelize our Energy Positively".**

**Activity- II:** The second session of the day was conducted by Paramedics team from Fortis Hospital on "Basic Life support system" and basic first aid tips. Also, many volunteers actively took the Organ Donation pledge as a part of this session.

**Resource Person:** Ms. Meena Batta, Marketing Manager, along with two paramedics from Fortis Hospital, led this session.

**Objective:** The main objective of this session was to educate the volunteers about:

- The Basic Life Support given during a cardiac arrest.
- Several first aid tips on choking, nose bleeding, injury, animal bites etc.

**Methodology:** The team gave a demonstration on the Basic Life Support and Choking to the volunteers and make them practice the same. Followed by an interactive session in which the volunteers asked various questions related to migraine, injuries, bites, burns, heart attack, etc.

**Impact:** This session was helpful to spread awareness among the volunteers about certain medical injuries and how to react during various medical emergency situations. They helped each and every volunteer to learn basic First Aid tips during cardiac arrest and the do's and don'ts in case of emergency situation. This training proved to be vital for the volunteers as such skills are required in case of urgency, in future and can be taught to those who are oblivious of these trainings.





The day concluded by the gracious presence of Dr. Satish Sharma, Director of DAV colleges, who enlightened the audience with his words and made them realize the importance of community services and social outreach programs. He appreciated the students for joining the NSS scheme and encouraged them to involve themselves in the similar social service practices.



The donation box was opened for the next day's visit to Prabh Asra. The night activity in the hostel was based on healthy conversation among the hostelers. As it was the first night of the camp, the hostelers in order to acquaint themselves with each other played games and had discussion related to the activities to be conducted for the next day.



## **SECOND DAY: VISIT TO PRABH ASRA (25<sup>th</sup> December 2018)**

The second day of the camp was high on yuletide spirit as the NSS volunteers spread Christmas cheer during their visit to Prabh Aasra, Kurali (Punjab). Celebrating the festival of gifting, the volunteers gifted smiles to the inmates and destitute of Prabha Aasra. It started with a refreshing Yoga session by Dr. Neha Sharma, Assistant Professor Department of History, MCM DAV and a renowned yoga trainer. The main objective of this session was to highlight the advantages of Yoga and meditation. A recapitulation of the previous day was presented by volunteer Nikita Pahuja. Followed by this, two teams were formed one stayed back for the cultural practices and the other made a visit to an NGO. Cultural practices for the concluding day began with full zeal and enthusiasm.





Community Service is the donation of time and services in the form of volunteering to benefit individuals or groups within a community or the community as a whole. It will always be a hands-on activity where you are directly helping people in some capacity. Those considered volunteers are not to be paid for their individual efforts.

**Activity-I:** In order to celebrate Christmas, the NSS volunteers paid a visit to Prabh Aasra which is home to many differently abled and orphan children. The volunteers met all the residents of the NGO, danced and sang with them and also gave them gifts and distributed cupcakes.

**Objective:** The aim was to be the Santa of all the residents of that NGO and celebrate Christmas with them and spend ample time to make them feel special. The aim of the visit was:

- To be the Santa of all the residents of that NGO and celebrate Christmas with them.
- Spend ample time to make them feel special.
- To encourage them by appreciating their efforts in vocational activities.

**Methodology:** With the support of our respected principal, Dr. Nisha Bhargava and our mentors Dr. Namita Bhandari and Dr. Manjot Kaur, the volunteers were able to pay a visit to the NGO. The volunteers interacted with the residents, danced and sang with them, laughed with them, distributed cupcakes and learnt about their vocational activities in which they frequently participate like making phulkari, stuffed toys, mats, etc. and have won laurels for the same. Most of all the volunteers spent time with them, to make them feel special. With support of our college authority they were able to collect ration, winter clothing, wool and so on for them. In addition to this, monetary donation was also collected for the same.

**Impact:** The major takeaway from the visit was love, empathy, and memories in the hearts of our volunteers and a major lesson of how to deal with people around us especially our parents, brothers and sisters. To be human and yet not kill the humanity in ourselves, by illtreating others. The visit helped the volunteers to get acquainted with the harsh realities of life and what people go through when they grow old. It developed in them an urge to do something for this section of society, which is neglected and less taken care of. Above all to understand one's responsibility towards their family and society members.



**Activity-II:** In the evening session our Programme officers interacted with the volunteers to encourage and enlighten them with their words and how to contribute to society and have a different outlook.

**Objective:** The main objective of this was:

- To bring out the best in students and help them to discover their capabilities.
- The Programme Officers, with the help of number of examples explained the importance of social work and moreover, how it contributes in the development of an individual.
- The purpose of NSS and how it contributes in individual and social development.
- How volunteers can make social work their profession.

**Methodology:** It was an open-ended discussion, whereby volunteers were allowed to keep their views and interact with the PO's and other students. Through interaction and various live examples, they portrayed the significance of NSS and social work in general.

**Impact:** As a result of this, the volunteers were able to develop confidence in them and thought of inculcating self-evaluation as a necessary means to comprehend themselves and their inner capabilities. This discussion also helped them to know how social work can become their profession and passion, and on the other hand its worth in academics. The interaction and input by other volunteers helped them to clear their doubts and give them a new vision.

Later, at night the volunteers made posters on various themes such as "Swachhta" and "Water Conservation". The night activity is what helped the volunteers mingle with each other and gain their confidence through basic interaction. The day ended on a fruitful note with lots of life lessons learnt and happiness shared in the form of cupcakes.



The evening session of the camp resumed after the serving of lunch to the NSS volunteers. In the evening session, students indulged in poster making competition. Students delineated various themes of Water Conservation, Environment Conservation, and Swachh Bharat through their artistic skills. The evenings of the camp hence ended on a high note of feeling of service for humanity.



### THIRD DAY (26<sup>th</sup> December)

Seeking to develop the inner strength of the volunteers, Day 3 of the camp began with a spiritually elevating yoga session by Dr. Neha Sharma, Assistant Professor, Department of History, MCM DAV. After taking inspiration from the brief yoga session held the previous day another full-fledged yoga session was conducted which helped the volunteers to stay active whole day long. She made the volunteers practice Surya Namaskar, Adho Mukha Śvānāsana, Anantāsana, Bālāsana, Bhujangāsana, Jānu Śīrṣāsana, Makarāsana, Śavāsana, Pranayama, and so on. In order to get a healthy body, yoga should become an essential part of our life, she taught. In addition, to the asanas, she told the benefits of it. An hour-long session, in which the volunteers where made to relax themselves with the help of yoga, was completely divine. Later, the volunteers discussed various others problems that can be cured through yoga. The session was followed by hands on workshop on “Best Out of Waste” by Dr. Pooja Sharma, Head, Department of Fine Arts, MCM DAV. The main objective of the workshop was to cultivate a thought in the volunteer’s mind on how to reuse and recycle waste products in a creative as well as constructive work.



The volunteers also made a wall painting depicting the camp's theme of Swachhata. Cleanliness Rally at the adopted village Badheri had the volunteers sensitizing the residents of the village about the importance of cleanliness. In the evening session, the Programme officers Dr. Namita Bhandari and Ms. Manjot Kaur interacted with the volunteers to encourage and enlighten them with their words and how to contribute to society and have a different outlook. The volunteers also made posters on various themes such as "Swachhta" and "Water Conservation". There was also a poster making competition on "Water Conservation" and cleanliness campaign to promote PM Modi's Swachh Bharat Abhiyaan.

**Activity-I:** The session was followed by a "Best out of Waste Workshop". The students worked on the projects wholeheartedly and some beautiful pieces were a result of their hard work.

**Resource Person:** The workshop was held by Dr. Pooja Sharma, Head of Department of Fine Arts, MCM DAV College for Women. She has more than ten years of teaching experience. She is the convener of Decoration and horticulture committee; and member of many other committees in the institute. She has immensely contributed towards beautification of this campus.

**Objective:** The main objective of the workshop was:

- To cultivate a thought in the volunteer's mind on how to reuse and recycle waste products in a creative as well as constructive work.
- To aware them of easy tricks and tips to create things with recyclable products.

**Methodology:** Dr. Pooja Sharma gave a demonstration on how to create objects easily by reusing the old newspapers, like pen-stand, decorative items and so on. Initially, a group of students practiced it with her and later on the entire audience showed an active participation in creating different objects. She emphasized on the fact that newspaper is indeed one of the easiest components to handle, create things and is easily available.

**Impact:** This activity helped everyone to simply create amazing objects with newspaper. This acted as a creative therapy for the volunteers and rejuvenated their creative abilities. They learnt to create objects with paper and were able to teach the method of making objects and the need to recycle some components like paper, cardboard etc. to make beautiful things for use at home. This session brought up a new side of the volunteers, in which their imaginative and creative abilities shone brighter.



**Activity-II:** Post lunch, three teams were divided in which the cultural and wall painting committee stayed back and the rest of the students went to Badheri village for Swachhta rally. The volunteers walked the streets of Badheri to spread awareness on clean and hygienic India. They showcased various posters and banners to interact with the people.

**Objective:** The rally was conducting keeping in mind the following goals:

- To create awareness on cleanliness.
- To encourage the residents of the village, to be part of cleanliness drives and practice it regularly.
- To depict that with unity or togetherness significant change can be brought in the society.



**Methodology:** With the help of posters and banners the volunteers, did rally in the village, to promote the importance of “Swachhta”. The slogans of Swachhta echoed in the streets of Badheri whereby initiating a major change for the society. This rally, brought up the significance of cleanliness to the villagers.

**Impact:** The villagers were motivated by the rally, hence they participated in it actively and this set the foundation for future activities to be held in the village. The rallies are symbolic of, “together we can do it” and with this spirit, the volunteers conducted the rally and initiated the wave of change towards adapting cleanliness. The volunteers with this learnt to showcase their ideas well and how to involve large number of people to bring change.





Meanwhile cultural practices were going in the college and the wall painting commenced. The style chosen to be painted was Warli Art. Through this painting and the action figures in it, the message of swachhta is to be depicted. The day was filled with various new experiences which for sure helped each one of us to grow in one way or the other.



The night activity at the hostel was filled with fun and interaction. These basic conversation sessions aimed at improving communication skills and to develop confidence in the volunteers and learn lessons from each other's life experiences. The day was filled with various new experiences which for sure helped each one of us to grow in one way or the other.

## FOURTH DAY (27<sup>th</sup> December)

Volunteers started their day by exercising, lead by volunteer Ramanpreet Kaur and volunteer Manya Khetarpal gave a recap of previous day's activities. In addition to that volunteer Himani Chopra presented her published work on gender-based toys and how the existing gender roles cripple our system and hinders our progressive thinking. This gave a new perception to the volunteers and helped to bring the thought of being the agent of social change and gradually help to build the same outlook in the society.



**Activity-I:** After this, a lecture was held which led emphasis on intimate hygiene and sexually transmitted infections, sex education and other vaginal infections. The session was followed by another, in which knowledge was imparted about AIDS, HIV and STDs.



**Resource Person:** Dr. Jatinder Dhaiya, from NACO and Dr. Bhasin Nirmal, Director Jannee fertility centre and Gynecologist, IMA.

**Objective:** This session involved:

- A comprehensive explanation and information about intimate hygiene and AIDS with a goal to educate the volunteers in detail about the same so that they can further aware the residents of the village and prevent the spread of this disease merely by awareness.
- A lecture on Immune System, HIV, its effects, AIDS, the difference between the two, its transmission, high behaviour risks of transmission, HIV infection, efficiency of Transmission, activities that do not allow transmission.
- A brief discussion on HIV/AIDS care, high risk groups and the role of youth in this.
- An awareness lecture and discussion on personal hygiene, important tips on intimate hygiene, knowledge about the products we use, cleanliness of intimate parts, certain tips while menstruating and so on.
- A brief of various infections like Vaginal Flora, Uro- Genital Infection, cervical cancer etc. were also given.
- An emphasis on dysbiosis in vaginal flora and diseases caused due to Dysbiosis in the Uro-Genital Tract-- Bacterial Vaginosis, Yeast Vaginitis, Urinary tract infections. The complication caused due to the above-mentioned infection, its treatment and cure was also told.
- An idea about the child sexual abuse prevention and HIV prevention and the role of youth in propagating this.

**Methodology:** Dr. Bhasin and Dr. Jatinder gave an explanation on the above stated concepts and told the volunteers how to improve one's lifestyle and personal hygiene. They showed presentations and videos in order to make the audience easily understand these concepts. Dr. Bhasin took up a sensitive topic of intimate hygiene, menstruation and boldly discussed the steps to keep it clean and healthy. She did aware the volunteers of the various infections, like urine infection, vaginal infection, cervical cancer etc. Further, Dr. Jatinder told the about AIDS, HIV and STDs. The various body fluids, its mode of transmission and prevention of HIV. He discussed the ABC Model in which A stands for Abstinence, B stands for being faithful with one person and monogamous relationships, C stands for Correct and

consistent use of condoms. Each session was followed by an interactive session, in which volunteers cleared their doubts related to these concepts.

**Impact:** This session came out to be very informative for the audience as they got to learn something new and of utmost concern. The volunteers, youth of today, learnt their part in propagating the prevention of HIV and took note of important steps to be practiced during menstruation. It helped to clear various taboos and superstitions that are deep rooted in the society regarding menstruation and treatment of women during those days. This lecture came out to be very useful for them as it was later carried forward to the villagers, in order to aware them of certain significant concepts. The HIV transmission was taken special note of, as another important aspect of this lecture. It helped the volunteers to know more about intimate hygiene and practice the tips given in daily routine. She informed through demonstration the various sanitation techniques that women can adopt to prevent themselves from gynecological diseases.



**Activity-II:** After this very interactive session with the volunteers went for a tree plantation drive and rally on water conservation, led by our reverend principal ma'am, Dr. Nisha Bhargava, who is the guiding light of MCM DAV, and has brought MCM to a level where it's shining bright like a star.

**Objective:** The one and only significant component in our world, water, which supports life here, needs to be conserved. To make this understand the citizens, water conservation campaigning was conducted, which was followed by the tree plantation drive, to make the volunteers and others realize the essence and the advantages of having trees around us. It promoted afforestation.

**Methodology:** A water conservation rally and a tree plantation drive was conducted in which the volunteers participated actively. These drives are frequently conducted in MCM DAV, as part of our NSS activities. Tree plantation is followed to the core in MCM DAV, otherwise also.

**Impact:** These frequent rallies and drives not only spread awareness among the citizens but also remind oneself of our duty towards the preservation of the environment by conserving water and planting trees. These drives have instilled in the volunteers, the spirit of preservation and attributed the habit of conservation and plantation in them. Through this the volunteers were reminded of their moral responsibility and they carried away this enthusiastically. The volunteers headed for tree plantation drive, during which various medicinal plants were planted in the college premises. The gardeners helped and taught the volunteers how to plant the trees.

Subsequently, an awareness rally on "Save Water, Save Life" was flagged off in the campus by NSS volunteers in the presence of senior teachers. Later, A water conservation rally and a tree plantation drive was conducted in which the volunteers participated actively. These drives are frequently conducted in MCM DAV, as part of our NSS activities. Tree plantation is followed to the core in MCM DAV, otherwise also.



### **NSS Volunteers along with the Principal and faculty members during tree plantation drive**

**Activity-III:** The evening session was an interactive session in which few NSS volunteers interacted with the audience. A fellow NSS volunteer Nikita Bharti gave a presentation on the adventure camp that she attended at Pong dam, Kangra district and Pre-Republic Day camp held at Rajasthan. She has been making MCM DAV proud, for she further got selected for the Republic Day Camp, to be held at New Delhi. She shared her experience and rest of the volunteers lived those days again with her. Then a presentation was given by Simran and Nikita Pahuja shedding light on the Saarthi project a noble initiative started by Chandigarh administration, Red Cross society and NSS units of Chandigarh. They told us about how a Nss volunteer has to dedicate 4 hours every week in shifts for helping the patients at PGI.

**Objective:** The goal was as follows:

- To drive the volunteers to give their best and contribute to make the community better, either through NSS or by other means.
- It was meant to encourage them and awake their passion to be an enthusiastic volunteer and a vital contributor to bring change.

**Methodology:** The volunteers gave presentations of their contributions at various levels and shared their experience effectively. A detailed presentation of SAARTHI was also given to highlight its importance and working and to encourage the volunteers to be a part of it.

**Impact:** This helped to arouse a feeling of motivation in the volunteers and it acted as a driving force for them to be active participants and performers not only in the field of social work but also in other spheres of life. The volunteers presenting themselves inspired the fellow volunteers to join this noble cause. The day ended on a very positive and encouraging note.

The night activity was inspired by the day's activity, volunteers made posters of water conservation and wrote various slogans in Punjabi, Hindi and English. For example,

- 1) पानी की रक्षा | देश की सुरक्षा ||
- 2) पानी है अमूल्य | पानी बचाने मे आपका सहयोग होगा बहुमूल्य ||
- 3) जल बचाइए | जीवन सवारिये ||
- 4) पानी की समास्या है विकराल |जल वचाव की बनें मिसाल ||
- 5) Cleanliness is next to godliness.
- 6) Cleanliness is part of the faith.
- 7) A clean place is a safe place.
- 8) Cleanliness maybe defined to be the emblem of purity of mind.
- 9) ਪਲਾਸਟਿਕ ਦੀ ਵਰਤੋ ਘਟਾਓ ਪਾਣੀ ਨੂੰ ਗੰਦਾ ਹੋਣ ਤੇ ਬਚਾਓ.
- 10) ਦੇਸ਼ ਵਿੱਚ ਜਾਗਰਿਤੀ ਫੈਲਾਓ ਪਾਣੀ ਗੰਦਾ ਹੋਣ ਤੇ ਬਚਾਓ.
- 11) ਆਉਣ ਵਾਲੀ ਪੀੜੀ ਦਾ ਭਵਿੱਖ ਬਚਾਓ, ਪਾਣੀ ਨੂੰ ਗੰਦਾ ਹੋਣ ਤੇ ਬਚਾਓ.

Hence, the drill done by the volunteers in making these posters helped them to learn a lot, life co-ordination, co-operation, exchanging ideas and perceptions. These kinds of activities kept them engaged in the hostel and enhanced their creative skills as these activities took place every night.



## FIFTH DAY (28<sup>th</sup> December)

The fifth day witnessed a lecture on Solid Waste Management by Dr. Vandana Sharma and another lecture by Dr. Sandeep about Mushroom cultivation at Badheri village. Later Dr. Gaurav Gaur addressed the volunteers through interactive session regarding menstrual hygiene.



The next day same content and issues were delivered to the women of Badheri at Community Centre by NSS volunteers of MCM. The day began with seeking almighty's blessings and the volunteers were filled with enthusiasm. Then the previous day capsule was presented by Pallavi



Kaplesh. A brief introduction to the following days activities were presented by Snigdha Mehta. The following activities took place for this day:

**Activity-I:** The NSS units were divided into teams and the cultural and wall painting committee stayed back for cultural preparations and rest of the volunteers went to our adopted village Badheri for solid waste management and water conservation lecture and rally.

**Resource Person:** Our program officers Dr. Namita Bhandari and Mrs. Manjot Kaur then felicitated our resource persons for the morning session Dr. Vandana Sharma and Dr. Sandeep Kaur.

**Objective:** The aim of this session was:

- To teach the villagers how to manage the solid waste and how to effectively cultivate mushrooms in house itself.
- Besides, the awareness of water conservation was also spread all over with the help of rallies.

**Methodology:** The volunteers raised slogans like, "DESH KI RAKSHA PANI KI SURAKSHA" in the village streets to spread awareness about water conservation. Later the volunteers invited the villagers to attend a session conducted by Mrs. Vandana Sharma about solid waste management. She informed the people present about different kind of wastes and how to segregate dry and wet wastes. She interacted with children specially to educate them and later they were given gifts for their gracious efforts. It was indeed a very informative session. Then Mrs. Sandeep aur taught the women of the village as how to earn a livelihood from Mushroom cultivation. She taught the villagers how they can cultivate Oyster Mushrooms in their homes with minimalistic efforts. She informed that Oyster mushrooms are most nutritious mushroom which is rich in Vitamin-D, iron and calcium.

**Impact:** The procedure to cultivate mushrooms was taught to women in detail and they were inspired to take up mushroom cultivation as a mode of earning. Also, solid waste management, an easy way to deal with the waste, shall be cultivated as a daily habit among them. The volunteers assisted the professors and taught the ladies the same. It was a two process whereby the volunteers taught and learnt few new concepts. The visit was concluded by thanking people for their time and kind attention.





**Activity-II:** Later in the evening session, a lecture was delivered on Menstrual Hygiene management. Menstrual Hygiene is a delicate issue to deal with; hence to make a contemporary approach towards it, the NSS Units of MCM DAV organized a mandatory lecture on this.

**Resource Person:** Dr. Gaurav Gaur, Assistant Professor, Panjab University, is a Non-Official Member of Regional Empowered Committee, Ministry of Environment, forests and Climate Control, Govt. of India from January 2015 till date. He is the NSS Programme Officer, Panjab University, Chandigarh from December 2015 till

date and Co-ordinator, Swachh Bharat Abhiyaan, Panjab University, Chandigarh. He is a National service Volunteer (NSV), with Nehru Yuva Kendra, Chandigarh under the Ministry of Youth Affairs and Sports, Govt. of India from April 2003 to December 2003. He has delivered Lectures on HIV/AIDS in various Schools, Colleges and other Institutes.

**Objective:** The main agendas were to:

1. Break the silence
2. Eradicate social taboos and myths regarding menstruation
3. Proper disposal of sanitary napkins

**Methodology:** We were showed various clips and video to make the session interactive and fun. His students informed us about various malpractices such as "CHAUPADI", especially in Nepal-banished for bleeding occurring in many small towns of India, as well. He apprised us with the following statistics that:

- 24% girls do not go to school while having menses.
- 52% of girls are not aware about periods at the time of getting their first periods.
- 70% of mothers think that the blood shed during periods is impure and impart the same knowledge to their daughters.
- It takes 100 years for 1 sanitary napkin to get decomposed.

His team also introduced various substitutes for sanitary napkins which are biodegradable and recyclable such as cloth cotton pads, cotton pads, menstrual cups and tampons. Proper disposal methods for sanitary napkins were also told.

**Impact:** This was one of the most amazing interactive sessions in which the volunteers learned about the menstrual hygiene management in a rather entertaining way. The students learnt various facts about it and how to dispose a sanitary napkin and its various substitutes. They also learnt that the blood disposed during menses is pure and none of the cloth reused causes cancer. It also helped to wipe out to conventional taboos in relation to periods. In all fifth day of NSS camp was a reflection of new ideas and insight.



The night gathering, involved making of posters based on menstrual hygiene in order to make use of it the other day for awareness related to menstrual hygiene in Badheri village. The poster making activity was of an hour and helps the volunteers to build up their knowledge regarding the same and prepare for the lecture to be delivered at the adopted village Badheri (U.T. Chandigarh).

## SIXTH DAY (29<sup>th</sup> December)

On 29<sup>th</sup> December, volunteers also organized a Nukkad Natak about Personal hygiene and cleanliness at adopted village Badheri, which presented a very informative, awakening and thought-provoking drama and inspired them to play their part in Clean India campaign. The day also witnessed a remarkable lecture cum workshop on issues related to violence against women by Prof. Pam Rajput, a crusader of women empowerment, from Panjab University. Apart from this various awareness rallies were conducted to make people aware and sensitize about Swachhata mission. The day began with prayers and positive words/discussions.

**Activity-I:** Later the volunteers went to the adopted village Badheri to interact with the women and tried to erase their conventional way of thinking that periods make women impure and that they cannot pray and enter their own kitchen during "those days". Our Programme Officers Dr. Namita Bhandari and Mrs. Manjot Kaur along with our volunteers tried to add a new chapter of progressive thinking in their lives.

**Objective:** To interact with women and girls of young age to enlighten them about menstrual hygiene and educated them about the menstrual cycles and how normal it is for women to have them and it does not make them impure. They were also told about various methods on how to dispose their sanitary pads in environment friendly way.

**Methodology:** Our Nukkad Natak team presented a very informative, awakening and thought-provoking drama in front of them on the theme "Swachhta " and inspired them to play their part in Clean India campaign. The drama specifically drew attention towards how political leaders, social media and irresponsible citizens have made the campaign shallow and rather than blaming others we should work at ground level to help make this campaign successful.

**Impact:** This helped the women and girls, to adapt this modern outlook and bring change in their lives regarding menstrual hygiene, as they might have realized its importance. To bring change in the thought process is gradual and not immediate. The volunteers initiated the change in the village. The visit was concluded by distribution of sanitary napkins to the women and young ladies present there. This

built confidence in the volunteers related to conversations about menstruation, in public and helped them to give a new outlook to the ladies living in village.



**Activity-II:** In the evening session, a lecture was delivered on women empowerment highlighting how India is far behind in achieving gender equality and even basic health and educational facilities. The resource person talked about Transformative agendas, 5 P's which were started in 2015 which talks about many goals one of which includes eliminating discrimination and violence. She emphasized how India lies in red zone of Global score index and is at 142 rank.



**NSS Volunteers raising slogans and creating awareness on “Save Water Save Life”**



**Resource Person:** Prof. Pam Rajput, a crusader of women empowerment, from Panjab University was the resource person of the day. She was also declared as outstanding Women of India by National Commission for Women. She was the lead delegate for women summit, Argentina in October, 2018.

**Objective:** The aim was:

- To acquaint the volunteers with status of women, the roles they play, their safety etc.
- To tell about women empowerment and their effective participation in the political, economic, professional and social spheres of life.
- To emphasize few facts that effect India and its growth.
- To make the volunteers realize their role in the society, inculcate decisive habits and learn to develop a contemplating habit on matters of great concern, to have perceptions about various concepts and phenomena that occur in society, to prioritize what is important and most importantly induce “thinking” in oneself.



**Methodology:** A lecture was delivered emphasising the above-mentioned objectives. She not only delivered a lecture but also indulged the students in group discussion activity. In the process she inculcated some important life skills and involved each and every participant in the inter disciplinary activity. She divided the volunteers into ministries namely home, finance, women and child development, health, advisor to governor, education, labour and corporate. She asked each of the volunteers to assume the position of minister, and exercise their power in order to trace three major issues in their respective departments, in general and to come up with possible solutions for those problems. Later, the volunteers were asked to present these issues and problems on the podium. Soon after this Dr. Pam Rajput highlighted the good and bad points of various departments and added her own suggestions to it. She gave some important view points and suggestions on gender budgeting, free trade agreement, how we can professionalize women through skill development, how all these issues are causing a hindrance in women empowerment. She concluded her lecture by saying that young people are agents of change and that as NSS volunteers we should keep thinking and keep sharing.

**Impact:** This was indeed a noteworthy lecture. It was full of knowledge and facts related to women, India and its growth on national and international level. The volunteers as a result of this activity got a chance to enhance their thinking abilities and make use of their existing knowledge. The concept of group- discussion followed in this session was another informative thing to be learnt by the volunteers as GDs shall be helpful to them in future interviews and academics. This session enlightened them with Dr. Pam's knowledge and her aura. Dr. Pam Rajput has set an example for her outstanding contribution in society and was an inspiration for the ambitious volunteers. The day ended with a gain of good amount of knowledge.

The cultural preparations continued in full swing with proper dress rehearsals and the run through of the program. The wall painting came up beautifully and was still in progress for its completion. The night activity involved a refreshing session of exercise and laughter in the college premises. The volunteers were enjoying to the utmost as the camp was about to end. With their laughs they had filled the night at the hostel and looked forward to a memorable end.

## SEVENTH DAY- VALEDICTORY SESSION (30<sup>th</sup> December)



The cardinal principle of the NSS programme is that it is organised by the students themselves, and both students and teachers through their combined participation in community service, get a sense of involvement in the tasks of nation building. On 30<sup>th</sup> December, during the valedictory, Mr.

Bikram Singh Rana, State liaison officer, the chief Guest of the day, inspired the volunteers by his motivational words and highlighted the importance of the NSS as a platform for maintaining overall harmony and providing necessary social services to society. College principal Dr. Nisha Bhargava congratulated the participants for successful completion of the camp and motivated them to continue working for the Swachh Bharat Abhiyan. State Liaison Officer Bikram Rana, who was the chief guest for the day, encouraged the volunteers to work towards the cause and spread the message of cleanliness. Satvikaa Singh was declared 'Best NSS volunteer' and Muskan 'Best Camper'- 2018.

Later Nukkad Natak was shown that held a message for everyone to participate in the clean India campaign and not just merely propagate it. It was followed by an exuberant performance, Bhangra, the folk dance of Punjab and later the valediction speech that lead to the official closing of the ceremony and of the camp. Hence, the volunteers learnt an optimistic attitude and a manner to deal with oneself and the society, and somewhere evolved as a human and acquired a lot of knowledge in this duration. Then the most awaited ceremony, the prize distribution took place where by the following volunteers were bestowed by our chief guest:

**Swachh Bharat Summer Internship 2018 Best interns:**

First - Satvikaa Singh and Vaishali Bansal (Village Kishangarh, U.T. Chandigarh)

Second- Timmerpreet Kaur and Manya ( village Dhanas, U.T. Chandigarh)

Third - Nikita Pahuja, Partiksha Singla, Pranika Sharna, Jolly Soni, Anushka and Drishti Kharbanda (Vilage Kaimbwala, U.T. Chandigarh )

**State Level Campers:**

Tamana and Prachi - Atal Bihari Vajpayee institute for mountaineering and allied sports

Satvikaa and Nikita Bharti- Pong Dam, Kangra

Priya Dhiman and Nandini- Dharamshala

Nikita Bharti - Pre RD

**Award of appreciation for commendable job during the Camp-2018:**

Jagriti, Partiksha, Nikita Pahuja, Vaishali, Namrata, Simran Kaur (secretary)

Prachi, Nikita Bharti, Manvi, Himani Chopra

**Best camper:** Satvikaa Singh

**Best Nss volunteer:** Muskan

## Other Activities

The above mentioned activities have highly contributed in developing the skills of the students and help them to evolve as an individual in the various spheres, like management, creativity, speaking, and so on. The energy of the volunteers came out like a fire of change although the activities and events. Creativity



and imagination have no bounds. Hence, the volunteers painted their thoughts about the above-mentioned topics in an expressive way. The poster making was practised during the activity sessions both held in morning and evening. Wall painting was one of the main activities carried during this camp. This also acted as a creative therapy for the volunteers in a way to relax them and let them to think more creatively. Working together, helped them to learn the group skills- like patience, team spirit and helpfulness. With creativity comes thoughts that are emphatic. The volunteers with the aim to make others aware about certain things in our society and environment wrote slogans as a means to communicate their message. All the activities contributed equally to shape the personality of the volunteers and bring out the best in them. These activities were focused to enhance their skills and be fruitful to them in future. Principal Dr.Nisha Bhargava said that guided by the philosophy that cleanliness is a comprehensive term that encompasses not just environmental cleanliness but also cleanliness of mind and soul, MCM has added new dimensions to the Swachh Bharat Mission by its endeavours focusing on empowering young minds with wisdom.



# NOT ME, BUT YOU