



Report
of
SEVEN DAY/NIGHT
NSS SPECIAL CAMP 2019
25th to 31st December 2019

Under the theme
Swachh Bharat Abhiyan & Jal Shakti Abhiyan

Submitted to :
National Service Scheme
Ministry of Youth Affairs and Sports, Govt. of India

by :



Mehr Chand Mahajan DAV College for Women
Sector 36-A, Chandigarh (U.T.)

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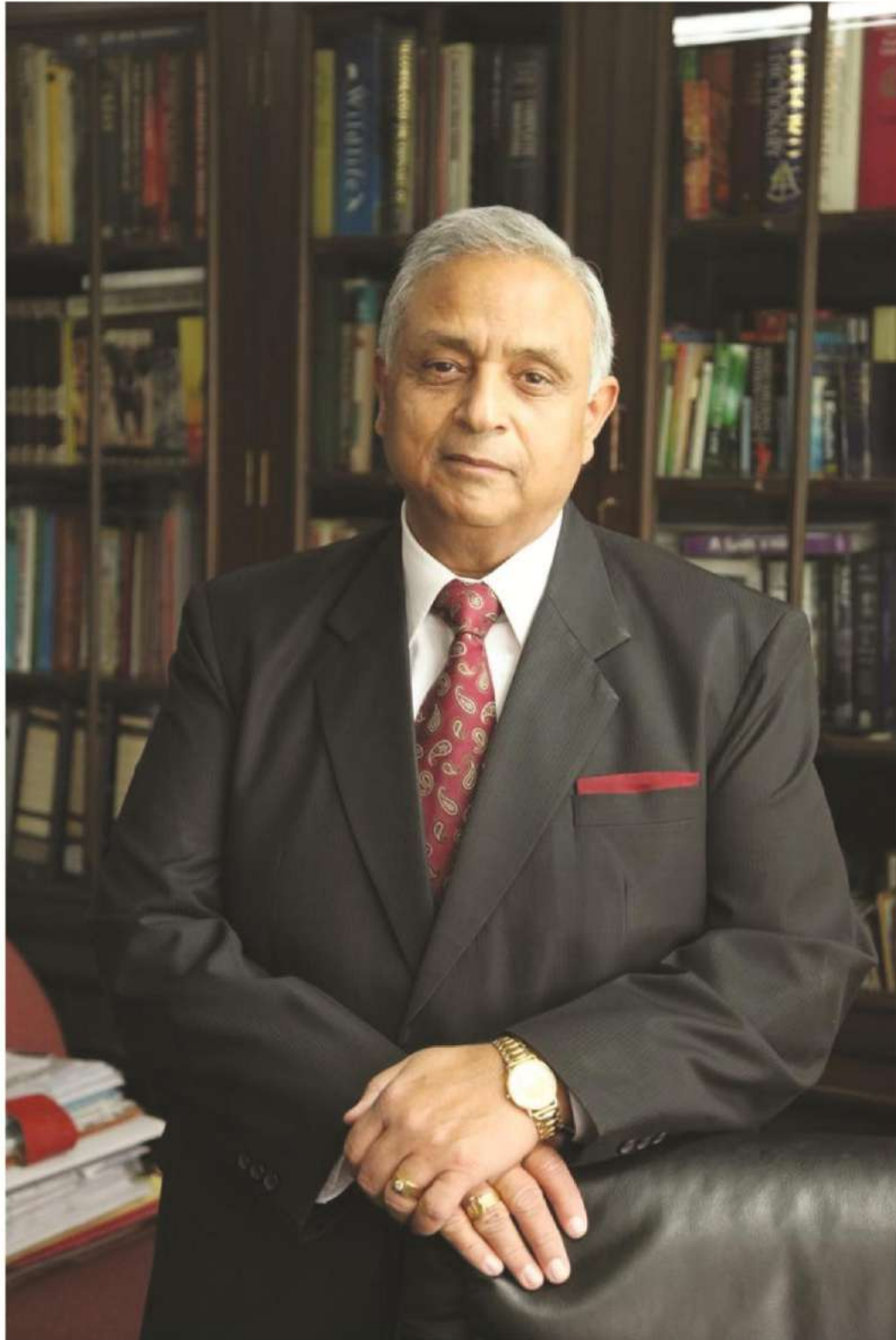
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Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi

Foreword

The NSS Unit at Mehr Chand Mahajan DAV College for Women has been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation of all stakeholders. The activities carried out in Seven Day/Night Special NSS Camp- 2019 have served as an eye opener for the young NSS volunteers about the contemporary problems that our country is facing. The special initiatives, lectures and activities undertaken during the camp have served as a milestone in fostering social responsibility and nationalism among young NSS volunteers. Mehr Chand Mahajan DAV College has always had a strong vision and commitment toward the service of the society and its weaker sections. With deep sense of gratification, we take pride in the successful completion of the camp by the NSS volunteers of the College. Our NSS Units worked on and off the campus with great enthusiasm and zeal. There are some remarkable social service activities done by the unit. For instance, vermicomposting, plantation drives, blood donation camp, generating awareness about waste segregation, installation of blue and green dustbins, cleaning of campus and surroundings by NSS volunteers, sensitization programs on sanitation, hygiene and cleanliness in adopted village Badheri. The insemination of these activities, we believe will go long way in dispersing the seeds of Clean, Healthy and Green surroundings throughout the world through our NSS volunteers. We are pledged to social service and to take this initiative beyond the stipulated time frame. The principles on which NSS as an organization is built, has inherent characters in line with the cause of nation building through service. The activities done by the NSS volunteers during the camp helped them to equip themselves with an insight, sensitivity and close understanding of the problems that are faced at the grass root level. 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 enthusiasm which our volunteers put their heart into the NSS initiatives, this learning experience is bound to become a movement in itself in the times to come.

We take this opportunity to express our gratitude to Dr. Nisha Bhargava, our worthy Principal, for her valuable inputs, guidance and support throughout the year. We congratulate and extend our best wishes to NSS volunteers, teaching and Non Teaching staff 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.

NSS Units
Mehr Chand Mahajan DAV College for Women

Seven Day/ Night NSS Special Camp

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 programs 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 programs by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in the 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 labor 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 2019
25th to 31st December 2019



The Seven Day/Night NSS Special Camp was held at Mehr Chand Mahajan DAV College for Women from 25-31 December 2019. More than 100 volunteers registered for this camp with full cooperation, zeal and participated enthusiastically in the camp under the able supervision of Dr. Namita Bhandari and Dr. 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 various interactive sessions, guest lectures as well as field work.

Index

Day/ Date / Page No.	Activities	Resource Person
DAY 1 25/12/2019 Pg No. -1	<ul style="list-style-type: none"> • Inaugural session • Pidilite workshop • Informal session with NSS volunteers • Poster making on AIDS 	<p>Dr. Nisha Bhargava (Principal, Mehr Chand Mahajan DAV College for Women)</p> <p>Mrs. Santosh Verma</p> <p>Dr Namita Bhandari & Dr. Manjot Kaur</p>
DAY 2 26/12/2019 Pg No. -4	<ul style="list-style-type: none"> • Lecture on Basic Life Support. • Cultural Practice • Reflexive Session 	<p>Mrs. Meena Batta (marketing manager)</p> <p>Ms. Avneet Kaur (clinical instructor)</p> <p>Dr. Sandeep Kaur (clinical instructor)</p> <p>Dr. Namita & Dr. Manjot</p>
DAY 3 27/12/2019 Pg No. -7	<ul style="list-style-type: none"> • Presentations on “Ek Bharat Shreshtha Bharat” • Lecture on Aids Awareness and Female Healthcare • Lecture on Health and Nutrition • No Flame Cooking Competition • Special deliberations on NSS by the NSS Youth Officer 	<p>Dr. Jitendra Dahiya(SACS)</p> <p>Dr. Harjot Mann (Assistant Professor, Home Science, Mehr Chand Mahajan DAV College for Women)</p> <p>Mr. Raj Kumar (NSS Youth officer, Chandigarh.)</p>
DAY 4 28/12/2019 Pg No. -12	<ul style="list-style-type: none"> • Lecture on Organic Farming and Health (Swachhta and the role of the Individuals) • Self Defence Workshop • QUIZ on EBSB & Environment 	<p>Dr. Gurvinder (Associate professor, Public Administration, Mehr Chand Mahajan DAV College for Women)</p> <p>Mr. Sanjay Kumar</p> <p>Ms. Gurmeet Kaur</p>

	<ul style="list-style-type: none"> • Poster making on Jal Shakti Abhiyan and Swachh Bharat Abhiyan 	Dr Namita & Dr. Manjot Kaur
<p>DAY 5</p> <p>29/12/2019</p> <p>Pg No. -17</p>	<p>Visit to Badheri:</p> <ul style="list-style-type: none"> • Awareness Rally on Jal Shakti Abhiyan and Swachh Bharat Abhiyan • <i>Nukkad Natak</i> • Rehearsal for cultural performances & Re-creational activities 	Dr. Namita & Dr. Manjot Kaur
<p>DAY 6</p> <p>30/12/2019</p> <p>Pg No. -20</p>	<ul style="list-style-type: none"> • Lecture on Women Health and Hygiene • Lecture on “Happiness and Swachh Mann Abhiyan” • Rehearsal for cultural practices • Poster Making on EBSB 	<p>Team Elite 77</p> <p>Dr. Nitasha Khehra (Assistant professor, Psychology, Mehr Chand Mahajan DAV College for Women)</p> <p>Dr. Namita and Dr. Manjot</p>
<p>DAY 7</p> <p>31/12/2019</p> <p>Pg No. -25</p>	Valedictory	Mr. Bikram Rana State Liaison Officer (NSS) Chandigarh Administration Chandigarh (U.T.)

First Day - 25 December 2019 Inauguration Ceremony



On 25 December 2019, the Seven Day and Night NSS Camp was inaugurated by our worthy principal Dr. Nisha Bhargava. As our college backed the first position among residential colleges all over India in Swachhta ranking, Dr. Bhargava congratulated the NSS Unit and encouraged the volunteers for continuing the same efforts in future. Her words helped to sensitize the volunteers regarding water conservation and gave several tips how to conserve water. She shared her personal experiences and the way college has been exercising the practices related to water conservation and waste management. Dr. Bhargava concluded her speech by a beautiful poetry composed by her and thus boosted the spirits of the volunteers. The inaugural ceremony was followed by a workshop which was conducted by Mrs. Santosh Verma from Pidilite. She gave a full demonstration and well defined instructions about various art forms.



Activity-I: Pidilite Workshop



Objectives:

- 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: The resource person 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 shown brighter. In today's academic scenario, the creative arts have all but entirely disappeared from the Indian education system. There was a time when creative classes were compulsory for students, and were given their due importance by parents, teachers, and kids alike. However, the current atmosphere of mounting academic pressure and curriculum goals has pushed Arts and Crafts to the side lines. Learning the arts and crafts doesn't just foster the creative development of a person, but also assists in advancing and refining his or her core skills, which in fact goes towards boosting academic achievement as well.

All the volunteers were divided into various committees and each volunteer was allotted different committees according to their interests. For each day volunteers were given responsibilities. The different committees were the namely Discipline committee, Hospitality committee, Documentation committee, Photography committee, Stage management and Cultural committee.

In the evening session, the poster making activity was conducted by the volunteers. It was to promote the sense of “we” among the team. Posters on AIDS, water conservation and Swachhta were shaped artistically by the volunteers. The activity was conducted in the context to make people aware through the chromatic posters. Also, slogans in the posters were usually written in rhyming pattern so that it could leave an influential mark upon the audience. Posters are designed to be both eye-catching and informative. So, colourful posters were made by the volunteers to spread awareness. 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.



Second Day - 26 December 2019

Activity-I: Lecture on Basic Life Support by a team of Paramedics.



The second day of the camp was high on yuletide spirit. The 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.

The demonstration conducted by the team was very interactive. They mainly focused on the importance of CPR (Cardio Pulmonary Resuscitation). The objective of this whole session was to save lives at the time of emergency by spreading awareness about CPR and avoiding any unnecessary loss of life. 50-60 out of each of 100 lives can be saved by CPR as it is very common these days especially in winters. It is an emergency procedure and requires rapid and efficient response, available equipment and personnel trained in life-saving procedures.

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 volunteers were instructed about the importance of CPR. There was a video session where the incidences in which one saved a life from CPR were shown. They gave some real life examples from the hospital to explain to the volunteers the importance of CPR. Thereafter, a demo of the machine which is an electronic device that automatically diagnosis life-threatening cardiac arrhythmias named Automates External Defibrillator (AED) which is used to give shocks to the patients with cardiac arrest was shown to the volunteers. The Fortis Team also put forth the concept of organ donation and distributed the pledge forms so that the interested volunteers can donate their body organs after their deaths which could save someone else's life. With this the session with the Fortis Team ended. At the end of this session students asked their queries regarding the timing of CPR, its consequences and reasons.





All the volunteers who wanted to take part in cultural dances and events to be performed in the valedictory started their preparations. Performances were planned to highlight the cultural diversity of our country. A fusion of Gujarati and Marathi folk dances to promote Ek Bharat Shreshtha Bharat, A skit on Swatchhta, A glimpse of Punjabi culture (Bhangra) and Natti to depict flavours of Himachal Pradesh were planned. Volunteers began their practices with full zeal and enthusiasm

Every activity requires appreciation and criticism to perform better the next day and no one can do it better except the people who have experienced it. The evening session was a reflexive session and discussion on further day's activities. Under this activity, Reflexive forms were distributed to all the volunteers to record their best learning of the day and some suggestions from their point of view. All the volunteers participated actively. In addition, information regarding poster-making competition was given to the volunteers. Volunteers were divided into groups to work with co-operation and different themes were given to each group. Posters were made on the prevailing NSS themes i.e; "Jal Shakti Abhiyaan" , "Swachh Bharat Abhiyaan" , "AIDS Awareness Program" and "Ek Bharat Shreshtha Bharat".



Third Day - 27 December 2019
Introduction to Dadra and Nagar Haveli under
“Ek Bharat Shreshtha Bharat”



- To know about the cultural diversity of our country under Ek Bharat Shreshtha Bharat, a peek into the cultural traditions and historical background of (UT) DADRA and NAGAR Haveli.
- To reflect back on the activities done under SBSI to encourage the volunteers for such endeavours'. To learn about the origin, aims, objectives of NSS and to recognize the responsibility of a NSS Volunteer

Activity-I: 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.

Objective:

- 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 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.
- An idea about the child sexual abuse prevention and HIV prevention and the role of youth in propagating this.

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 Dahiya, from NACO and Dr. Bhasin Nirmal, Director Jannee fertility centre and Gynaecologist, IMA.

Methodology: Dr. Jatinder Dahiya (Assistant Director) State AIDS control society, Chandigarh explained HIV /AIDS, Acquired Immuno Deficiency Syndrome in which HIV virus targets the T4 cells present in our body, its mode of transmission is Syringes, injections and razors and unprotected sexual intercourse. Dr. Dahiya even busted many myths about HIV/AIDS. He advised the volunteers to avoid Tattoos, unprotected sex, using sterilized syringes and a NO to Drug Infusion from syringes among Youth. He gave a formula for A -Awareness, B – Be Faithful, C-Conscious. Henceforth, he gave a helpline number 1097 for the help of students regarding AIDS. He also conducted an interactive session to break many taboos regarding HIV. He suggested volunteers not to have unprotected sexual intercourse, not to use infected or used syringes; avoid tattoos. He informed how passing on of the virus from mother to child just has a 30 percent chance.

Impact: 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.



Activity-II: A lecture on “Nutrition and Healthy Eating Habits” was conducted by Dr. Harjot Kaur Mann, Assistant Professor, MCM DAV College, Chandigarh. She explained that nutrition is a journey and our health should not be taken for granted by focusing on components of diet and their right amounts required by our body. She further explained that Diet is not Magic it should be further clubbed with exercise. She explained the importance of various fats and minerals. Importance of healthy sleeping habits and harms of skipping meals was explained to volunteer.



The evening session was graced by the esteemed guest Mr. Raj Kumar (NSS youth officer) under the *Rashtriya Seva Yojna*. He enlightened the volunteers by highlighting the importance of NSS. He energized all the volunteers by different games and he shared how courage, passion and sense of responsibility should be the major qualities of a NSS volunteer. Mr Rajkumar further elaborated the role of NSS in character and personality development of youth.



A cooking without fire competition was also held in the evening session to promote the importance of eating healthy and nutritious food. Volunteers participated with great enthusiasm as prepared dishes like Mexican salads, smoothies, sandwiches, chat, chocolate puddings, Oreo pops and many more. It was a beautiful sight to behold as NSS volunteers showcased their creativity and enthusiasm. The competition was judged by Dr. Harjot Kaur and our programme officers Dr. Namita Bhandari and Dr. Manjot Kaur. A total of 10 teams participated.



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. Later, at night the volunteers made posters on various themes such as "Swachhhta" and "Water Conservation". The night activity is what helped the volunteers mingle with each other and gain their confidence through basic interaction.





Fourth Day - 28 December 2019

The fourth day of the seven day and night NSS camp under the theme ‘Swachh Bharat Abhiyaan and Jal Shakti’ began on a spiritual note.

Activity-1: A lecture and presentation on ‘Swachhta’ by Dr. Gurvinder Kaur (Associate professor) Department of Public administration and Convenor of Skill Development Committee of MCM DAV College for Women, Chandigarh (U.T.)



Objectives:

- To produce food of high nutritional quality.
- To maintain long term fertility of soil.
- To maintain the genetic diversity of agricultural system.
- To avoid all forms of pollution that may result from agricultural techniques.
- Implementation of different crop production schemes and program for growth in productivity of different crops.
- To focus on quality control of different farms inputs which are necessary for farm productions.
- To Control pests, diseases and weeds.

Methodology: In her words, Swachhta literally means “*Swachh ka Bhav, Swachh ki Avastha*”. She focussed on keywords like Cleanliness, Serenity, Sincerity and Transparency. Her purpose was to sensitize the students and provoke them to think because knowledge is unlimited. The importance of balance (physical, mental,



emotional and spiritual) was told to the students so that they could lead a life of harmony. Dr.

Gurvinder Kaur introduced a new concept of Artificial Light Pollution and its harmful effects and focussed on the lethal effects of LEDs which disrupts the hormones and the physical functioning and stressed on the importance of natural light. She gave the volunteers a different perspective on Swachhta and told that Swachhta is not only related to the environment but also food. She pointed on the ill-effects of animal products, processed foods that contain chemical fertilizers, food colorings, preservatives, etc. The use of these chemicals kills the microorganisms which further affect the humans, aquatic life and animals. Today, food comprises of more chemicals and less nutrition. Further, the volunteers were made aware about the concept of industrialization and commercialization of agriculture. Moreover, she put light on sustainability and how the youth can make a difference. She promoted the idea of Organic Farming and encouraged the volunteers to grow their own food and protect themselves from the harmful effects of unhealthy food.

Impacts:

The idea of Organic Farming encouraged the volunteers to grow their own food and protect themselves from the harmful effects of unhealthy food. Volunteers gained knowledge about more healthy eating options instead of junk food.



Activity II- A demonstrative lecture on “Self-Defence Techniques” by Mr. Sanjay Kumar and Ms. Gurmeet Kaur from Chandigarh Police

Objectives:

- Make the volunteers learn the basic of self-defence so that they could prepare themselves for dangerous and unforeseen circumstances.
- Self-defence helps to be active, at the same time it improves coordination skills.
- It also strengthens bones and muscle, agility, flexibility and stability (balance) with various self-defence pose and movements.



Methodology:

He delivered a speech on self-defence and its importance in today’s world, especially for girls. The importance of a healthy diet and healthy lifestyle was explained to the volunteers. He showed various techniques with Ms. Gurmeet Kaur which can be used at the time of emergency. It was a fruitful session. Mr. Sanjay Kumar and his companion boosted the confidence of the girls and taught them various self-defensive techniques. Mr. Kumar told that Life is a gift. It’s also unpredictable. Self-defence helps to prepare us for unexpected situations and also helps develop increased mental and physical health. When one learns self-defence, she feels a stronger sense of safety, a stronger instinct and awareness and physical power. He also mentioned that to live healthy, we must employ healthy eating habits.

Impact:

- The volunteers were acquainted with various self-defence techniques which they could employ during the times of emergency.
- It also helped to increase confidence in volunteers to deal with potentially dangerous situations.
- It gives volunteers positive feelings about their bodies; increased self-confidence; and transformed beliefs about women, men, and gender.

The participants participated enthusiastically and it was a great learning experience for the participants as well as for the audience.



35-40 volunteers engaged themselves in a discussion and poster making activity on water conservation. A healthy discussion took place wherein volunteers shared their views on how water can be saved and why it is essential. With growing population rates and such a small percentage of all the water on Earth fit for consumption, it only makes sense that we must preserve and conserve this precious resource. To fulfil this purpose, a poster making activity was organised in which volunteers described the importance of water conservation creatively. Personal views on why and how to save water were put forward by the volunteers. Water conservation requires forethought and effort, but every little bit helps.





Fifth Day - 29 December 2019

Activity I – Awareness Rally on ‘Save Water’ and Nukkad Natak at Village Badheri, U.T. Chandigarh.



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. Being situated in such a well-planned city, Chandigarh, the village people were still not aware about the basic issues of our environment and water conservation. The roads were under developed and plastic usage was high. Water has been in shortage there and techniques about water conservation were required. Hence this rally created a path for awareness among folks about such social issues.

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.
- The aim was to create awareness among village people about the depletion of natural resources, their sustainability, importance and various techniques to protect them.

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. Practical and visual demonstration is required to grasp every concept being taught. Hence being a part of cultural activity such as folk dance and *nukkad natak* taught us better about our motto which includes *Ek Bharat Shreshtha Bharat*, Swatchh Bharat Abhiyan, Jal Shakti Abhiyaan and women empowerment. During the first rally for water conservation, the volunteers led by the teachers carried placards displaying messages illustrating water conservation techniques and also through reciting various slogans. The third rally saw the participants holding placards that carried messages on the need for maintenance of a clean environment, while reciting slogans the rally concluded with a Nukkad Natak through which the volunteers made people aware about the harmful effects of using plastic. After the play ended the onlookers were made to take a pledge to stop the usage of one-time-plastic products.

Impact: The villagers were motivated by the awareness rally hence they participated in it actively which 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. The activity paved a way for the members to know each other better. There had been session for the awareness among volunteers, but this activity promoted interaction and hence harmony and better coordination among the best volunteers.

The objective of the second session was to showcase the diversity in Indian religions, traditions, culture and ethnicity. The volunteers geared up for their performances to be showcased in the upcoming cultural program. The volunteers were thus preparing different dance forms such as “Nati” (which is the traditional folk dance of Kullu, Shimla, and Kinnaur Districts of Himachal Pradesh), “Bhangra” (which is a traditional dance of the Punjab

region.) and a “Lavani-Garba” fusion (with both of them being the folk dances of Maharashtra and Gujarat respectively.) The participants worked enthusiastically and passionately with strong team work and seemingly unbreakable unity.

In the evening, the volunteers were asked to assemble for performing an activity wherein the team members were asked to jot down their opinions they had about their other members anonymously on small pieces of paper. The paper slips were then collected from the members.



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Sixth Day - 30 December 2019

Activity-I: Awareness on Women Health and Menstrual hygiene. The aim was to highlight health related issues faced by the women with a special focus on Menstrual Hygiene and the importance of Happiness which can be achieved through sound mental health.

Objectives:

- To highlight various health related issues faced by the women with special focus on Menstrual Hygiene
- Eradicate social taboos and myths regarding menstruation.
- Proper disposal of sanitary napkins.

Methodology: The first session had Mr. Vivek Mohan with his team consisting of Ajay Verma, Ravinder Kaur, Yogesh Verma, Gurdeep Singh and Inderjit Kaur from ELITE 77 focusing on Women Health Problems and Its Various Causes. Mr. Vivek started the session by discussing the main reasons because of which India is becoming the capital of Cancer. In this discussion, he told that



women are more prone to Cancer because of the various problems such as PCOD/PCOS; white discharge; cyst tumour; irregularity in their menstrual cycle. He discussed the early signs as well as the reasons for development of these problems. This was followed by a live demonstration of the effectiveness of the sanitary napkins with the motive to spread the message among the volunteers to be more cautious while choosing their sanitary napkins.

Impact: This was one of the most amazing interactive sessions in which the volunteers learned about the menstrual hygiene management. The students learnt various facts about it and how to dispose a sanitary napkin and its various substitutes. 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.



Activity-II: Lecture on Happiness & Swachh Mann Abhiyan. The second event of the day began with a talk by Dr. Nitasha Khehra, Assistant professor in the Department of Psychology, Mehr Chand Mahajan DAV college, Chandigarh who started by sharing some Facts about happiness and reports by WHO, where Finland is ranked as the happiest country in the world. She told the students that mental illness should not be treated as a social stigma, instead it should be talked about freely. She laid emphasis on depression which is widespread nowadays. She highlighted the importance of a rich diet and sufficient intake of water for a healthy mind. She encouraged students to have self -talks, stop negative thoughts and understand that there are things which are outside our control and must be accepted the way they are. So, the final aim of the session was to promote Swachh Mann Abhiyan.



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: A special Lecture was conducted by Dr. Nitasha Khehra on the importance of psychological well-being and resilience. She explained that the leading cause of depression is perfectionism and also at times parenting. Also one major cause of increasing suicides in the education system. The lecture was made even more interactive with discussions of case studies. She explained the volunteers through many life examples the importance of a healthy diet in controlling mood swings. She emphasized that the use of drugs to deal with depression is not a solution; rather it leads to psychological addiction. She concluded the session by stressing on the importance of reading and self-introspection. The resource person motivated the volunteers by guiding them towards their future endeavours and also how to tackle any problem and not feel low. At last Queries, doubts were taken at the end of the session.

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.





In the afternoon session, team work and coordination were clearly visible as volunteers geared up for the cultural dance event for the Valedictory day. The volunteers were full of enthusiasm; zeal as the dress rehearsals of the entire cultural programme was done. This session intended to achieve perfection in the Cultural performances in order to put forth a successful show in the valedictory event. Later, in the evening session, the volunteers made posters to depict the vivacity of the culture, tradition and ethnicity of Dadra and Nagar Haveli under the Flagship programme “Ek Bharat Shresht Bharat”. This initiative would not only increase the unity among the volunteers, but also fill them with a sense of pride and respect for the richness of our culture and heritage.

Sixth Day - 31 December 2019



The aim of valedictory was to put forth the endeavours done by the NSS unit during the camp and to show the glimpses of the Seven Day and Night Camp-2019 based on the theme Swachh Bharat Abhiyan and Jal Shakti Abhiyan. Apart from this, the camp also promoted the idea, vision and theme of 'Ek Bharat Sreshtha Bharat'. As it was the last day of the camp, the NSS volunteers piloted a Cultural Event which included various cultural performances and a full overview of the camp was also given. The event was graced by Mr. Bikram Rana, State Liaison Officer (NSS) Chandigarh Administration. After welcoming him we commenced our event by remembering our DAV founders and singing DAV anthem. Saraswati vandana was recited by our NSS volunteers to seek the blessings of Goddess Saraswati. A full report about the activities conducted in the camp was given by our NSS volunteer followed by a PPT on the same. To add some cultural taste, a folk dance of Himachal Pradesh known as Naati was performed by our volunteers. A heartfelt speech was given by Mr. Rana to make the students aware about the true meaning of being a NSS volunteer. He asked the volunteers to always strive for selfless help and relish the meaning of being a NSS volunteer in its true sense.

Under the theme of "Ek Bharat Sreshtha Bharat", the NSS unit of Chandigarh has been given Dadra and Nagar Haveli in order to know their culture, traditions, ethnicity, diversity etc. Our volunteers prepared a special performance related to the theme and graced the audience with their terrific performance. Afterwards, a Nukkad Natak was performed by our volunteers based on the theme 'Environment' and 'Women Empowerment'. The performance of the volunteers made the audience stick to their chairs and it was indeed an eye opening act.

Our NSS volunteers have been working all over the year to serve the community and bring the best out of them but there are some volunteers who have put their heart and soul

throughout the year and especially during the camp. So to acknowledge those volunteers the Award of Appreciations were given to them.

Award of appreciation for commendable job during the Camp-2019		
Mitali Singh	Muskaan Lamba	Mahima Kaushik
Shriya Kanwar	Muskan Soni	Pallavi Kaplesh
Ramandeep Kaur	Ramanpreet Kaur	Pallavi Sharma
Komal	Kajal Pradhan	Shivangi Kohli
Harsirjan	Parneet	
Best camper Himani Chopra	Best Social Worker Simran Kaur	Best Organizer Partiksha Singla



An energy driven dance performances was given by the volunteers and after which a speech of gratitude and substance was given by our worthy Principal, Dr. Nisha Bhargava wherein she congratulated the programme officers, Dr. Namita Bhandari and Dr. Manjot Kaur and the whole team of NSS for the success of the camp. The event was concluded by a vote of thanks given by our program officers. Overall, the event was a huge success and the volunteers had participated with full zeal and enthusiasm.



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. Creativity and imagination have no bounds. Hence, the volunteers carved their thoughts about the above-mentioned topics in diverse and expressive way through various activities. The poster making was practised during the activity sessions, both held in the evening sessions. Working together, helped them to learn the group skills- like patience, team spirit and helpfulness. With creativity comes thoughts that are emphatic. These activities were focused to enhance their skills and be fruitful to them in future. Our worthy 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, the College has added new dimensions to the Swachh Bharat Mission by its endeavours focusing on empowering young minds with wisdom.

NOT ME,
BUT YOU



एमसीएम में सात दिवसीय एनएसएस शिविर आरंभ



चंडीगढ़, 25 दिसंबर। मेहरचंद महाजन डीएवी कॉलेज फॉर वुमन में स्वच्छ भारत अभियान और जल शक्ति अभियान की थीम पर आधारित सात दिवसीय एनएसएस शिविर का शुभारंभ हुआ। शिविर का उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भागवत ने किया। इस शिविर में कॉलेज के 100 स्वयंसेवक भाग ले रहे हैं। अपने उद्घाटन संबोधन में, डॉ. भागवत ने स्वयंसेवकों को नेक कार्यों के लिए प्रेरित किया एवं छात्राओं और कॉलेज के स्टाफ के सदस्यों को उन प्रयासों को जल्दी रखने के लिए भी प्रोत्साहित किया जिनकी वजह से इस कॉलेज को उच्च शि्षया संस्थानों की स्वच्छ कैम्पस टैकिंग 2018 में देशभर में प्रथम स्थान मिला था। जल संरक्षण और प्रभावी अपशिष्ट प्रबंधन के महत्व पर प्रकाश डालते हुए उन्होंने स्वयंसेवकों को केंद्र स्तर पर के कार्यक्रमों, स्वच्छ भारत अभियान और जल शक्ति अभियान में प्रभावी योगदान देने का आग्रह किया।

एड्स की रोकथाम बारे किया शिक्षित



चंडीगढ़ शिक्षा एमसीएम डीएवी कॉलेज में शुक्रवार को आयोजित एनएसएस शिविर में शिक्षित करने के विद्यार्थी।

चंडीगढ़ (ट्रिब्यून) : मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन की एनएसएस इकाइयों द्वारा कलाये जा रहे सात दिवसीय एनएसएस शिविर के तीसरे दिन एड्स जागरूकता पर एक व्याख्यान आयोजित किया गया। एचआईवी और इसकी रोकथाम के बारे में एड्स कंट्रोल सोसायटी के सहायक निदेशक डॉ. जितेंद्र बढिया ने स्वयंसेवकों को शिक्षित किया। एनएसएस स्वयंसेवक ने दाढ़या और नगर हवेली पर एक प्रस्तुति दी, जिसमें उन्होंने दाढ़या और नगर हवेली के इतिहास, संस्कृति, परंपराओं, कम-स्तरियों और जीवों पर चर्चा की। प्रिंसिपल डॉ. निशा भागवत ने कहा कि एनएसएस कैम्प छात्राओं को एक बेहतर कल के लिए रचनात्मक रूप से योगदान देने वाले जिम्मेदार नागरिक बनने का एक महत्वपूर्ण संघ है।

एम.सी.एम. में सात दिवसीय एन.एस.एस. शिविर का समापन

उत्कृष्ट कार्य के लिए वॉलंटियर्स को किया सम्मानित



चंडीगढ़, 31 दिसंबर (ट्रिब्यून) : एम.सी.एम. डी.ए.वी. कॉलेज फॉर वुमन सेंटर-36 में सात दिवसीय डे-नाइट एन.एस.एस. शिविर के समापन हो गया। आखिरी दिन विक्रम राणा, स्टेट लायनज ऑफिसर (एन.एस.एस.), चंडीगढ़ प्रशासन वतौर मुख्य अतिथि उपास्थित थे। उन्होंने सामाजिक उत्थान के लिए वुमनों को प्रेरित करने एवं एक स्वामी भावना सुनिश्चित व उनमें जिम्मेदारों को भावना जागृत करने के लिए एम.सी.एम. डी.ए.एस.एस. इकाइयों के प्रयासों के लिए साहाना की। सैफ्ट डिफेंस तकनीक पर सत्र, और पोस्टर मेकिंग और भारत श्रेष्ठ

भारत (ई.बी.एस.बी.) के तहत क्लिब प्रतियोगिता शामिल थी। स्वयंसेवकों ने सांस्कृतिक कार्यक्रम आयोजित किया। इस मौके पर पारंपरिक पंजाबी और हिमाचली लोक नृत्य, नुक्रड नटक, और ई.बी.एस.बी. को बढ़ावा देने के लिए विशेष कार्यक्रम का प्रदर्शन किया गया। पुरस्कार वितरण समारोह में, पूरे वर्ष उत्कृष्ट कार्य करने वाले स्वयंसेवकों और विभिन्न प्रतियोगिताओं के विजेताओं को सम्मानित किया गया। कॉलेज की प्रिंसिपल डॉ. निशा भागवत ने कॉलेज को एन.एस.एस. इकाइयों को बधाई दी। (राधा)

कॉलेज में पढ़ाया स्वच्छता, जल संरक्षण का पाठ

मेहरचंद महाजन डीएवी कॉलेज फॉर वुमन में बुधवार को 7 दिवसीय एनएसएस शिविर शुरू

माई सिटी रिपोर्टर

चंडीगढ़। स्वच्छ भारत अभियान और जल शक्ति अभियान की थीम पर मेहरचंद महाजन डीएवी कॉलेज फॉर वुमन में बुधवार को 7 दिवसीय एनएसएस शिविर का शुभारंभ हुआ। इसका उद्घाटन कॉलेज की प्रिंसिपल डॉ. निशा भागवत ने किया। उन्होंने स्वयंसेवकों को नेक कार्यों के लिए प्रेरित किया और छात्राओं के साथ कॉलेज के स्टाफ को उन प्रयासों को जारी रखने के लिए भी प्रोत्साहित किया जिनकी वजह से इस कॉलेज को उच्च शि्षया संस्थानों की स्वच्छ कैम्पस टैकिंग-2018 में देशभर में प्रथम स्थान मिला था। जल संरक्षण और प्रभावी अपशिष्ट प्रबंधन के बारे में जानकारों देते हुए उन्होंने स्वयंसेवकों को केंद्र स्तर पर के कार्यक्रमों



मेहरचंद महाजन डीएवी कॉलेज फॉर वुमन में बुधवार को 7 दिवसीय एनएसएस शिविर में हिसा लेते स्टूडेंट्स और कॉलेज स्टाफ। - जय प्रकाश

अभियान में प्रभावी योगदान देने के लिए आग्रह किया। स्वयंसेवकों ने वर्ष-21 के दौरान कॉलेज की एनएसएस इका की और से जो कई सभे गतिविधियों

NSS volunteers learn life support skills in camp



ISHA UPADHYAY CHANDIGARH, DEC 26

On the 2nd day of the ongoing 7 day NSS Camp at Mehr Chand Mahajan DAV College for Women, a team from Fortis Hospital, Mohali delivered a lecture on Basic Life Support. The Fortis's team comprised of Meena Batta and Clinical Instructors Sandeep Kaur and Avneet Kaur. During the lecture, the team apprised the volunteers about the importance of Car-

dio Pulmonary Resuscitation (CPR) followed by its demonstration. The volunteers were also educated about the golden rules to be followed during a medical emergency. Various real life incidents were shown through videos to the v

7-day NSS camp sensitises students to key issues

TRIBUNE NEWS SERVICE

CHANDIGARH, DECEMBER 31 A valedictory function marked the culmination of seven day and night NSS special camp that began on December 25 at Mehr Chand Mahajan DAV College for Women. Bikram Rana, State Liaison Officer (NSS), Chandigarh Administration (UT) graced the event as the Chief Guest. Rana expressed appreciation for the efforts of NSS units of MCM in harnessing

NSS activities to a higher level in the domain of social outreach programs. Organized under the guidance of NSS program officers Dr. Namita Bhandari and Dr. Manjot Kaur, the camp had Swachh Bharat Abhiyan and Jal Shakti Abhiyan as its themes this year. The valedictory function began with Saraswati Vandana followed by a presentation providing glimpses of the activities performed during the camp including rally in adopted village Badheri on

एमसीएम कॉलेज में एनएसएस स्पेशल कैंप

चंडीगढ़, 31 दिसंबर (अमित)

: मेहर चंद महाजन डीएवी कॉलेज फॉर वुमन में शुरू हुए सात दिवसीय डे-नाइट एनएसएस स्पेशल कैंप का समापन सफलतापूर्वक संपन्न हुआ। इस समापन समारोह में विक्रम राणा, स्टेट लायनज ऑफिसर (एनएसएस), चंडीगढ़ प्रशासन वतौर मुख्य अतिथि उपास्थित थे। विक्रम राणा ने सामाजिक उत्थान के लिए युवाओं को प्रेरित करने एवं एक स्वामी भावना सुनिश्चित करने के लिए अपने जिम्मेदारों को भावना जागृत करने के लिए एमसीएम की एनएसएस इकाइयों के प्रयासों के लिए साहाना की। स्वयंसेवकों को एक बेहतर भारत के वास्तुकार के रूप में संदीर्षित करते हुए, उन्होंने उन्हें राष्ट्र के विकास के लिए एकता और सद्भाव को बढ़ावा देने के लिए प्रेरित किया। शिा वर के दौरान एनएसएस स्वयंसेवकों द्वारा किए गए सामाजिक कार्यों के साथ साथ एक भारत श्रेष्ठ भारत कार्यक्रम को बढ़ावा देने के लिए स्वयंसेवकों की सहायता की। उन्होंने एनएसएस द्वारा सामाजिक सरोकार की गतिविधियों को उच्च स्तर तक ले जाने के लिए एमसीएम को



एनएसएस डीएवी कॉलेज-36 में 7 दिवसीय डे-नाइट एनएसएस स्पेशल कैंप का समापन के मौके पर।

बधाई दी। समारोह सरस्वती वंदना के साथ शुरू हुआ, इसके बाद जल संरक्षण पर, गाँव बहरी में रैली के दौरान की गई गतिविधियों को एक प्रस्तुति दी गई, जिसमें प्रभावी अपशिष्ट प्रबंधन पर बहरी में नुक्रड नटक, मिशरता, स्वस्थ और पोषण, और एड्स पर व्याख्यान दिए गए। सैफ्ट डिफेंस तकनीक पर सत्र, और पोस्टर मेकिंग और एक भारत श्रेष्ठ भारत (ईबीएसबी) के तहत क्लिब प्रतियोगिता शामिल थी। इस अवसर पर स्वयंसेवकों ने सांस्कृतिक कार्यक्रम अवबोधित किया जिसमें पारंपरिक पंजाबी और हिमाचली लोक नृत्य, नुक्रड नटक, और ईबीएसबी को बढ़ावा देने के लिए एक विशेष कार्यक्रम का प्रदर्शन किया गया। इसके पश्चात पुरस्कार वितरण समारोह में, पूरे वर्ष उत्कृष्ट कार्य करने वाले स्वयंसेवकों और विभिन्न प्रतियोगिताओं के विजेताओं को सम्मानित किया गया। कॉलेज की प्रिंसिपल डॉ. निशा भागवत ने शिविर के सफल समापन पर कॉलेज की एनएसएस इकाइयों को बधाई दी। उन्होंने कहा कि इस शिविर ने जो कुछ भी किया, उसे पूरा किया जाना जल संरक्षण और अपशिष्ट प्रबंधन के सामाजिक मुद्दों के बारे में स्वयंसेवकों को जागरूक करने से लेकर भारत की जीवंतता और संस्कृति में सर्व की भावना पैदा करने के लिए किये गए प्रयास सराहनीय थे।



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