


# GOVT. P.G. COLLEGE FOR WOMEN, ROHTAK



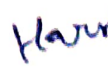
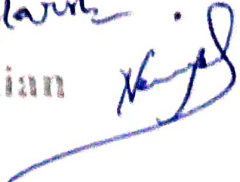


## N.S.S. Special Seven Days Camp Report

(8<sup>th</sup> Feb., 2026 to 14<sup>th</sup> Feb., 2026)

UNIT – I,II,III,IV

  
Sh. Shamsheer Hooda  
Principal  
Govt. P.G. College for Women  
GPGCW, Rohtak

NSS P.O's  
Unit-I Dr. Navita   
Unit-II Dr. Pooja   
Unit-III Mrs. Harsh   
Unit-IV Dr. Neeraj Kadian 

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## Day- 1

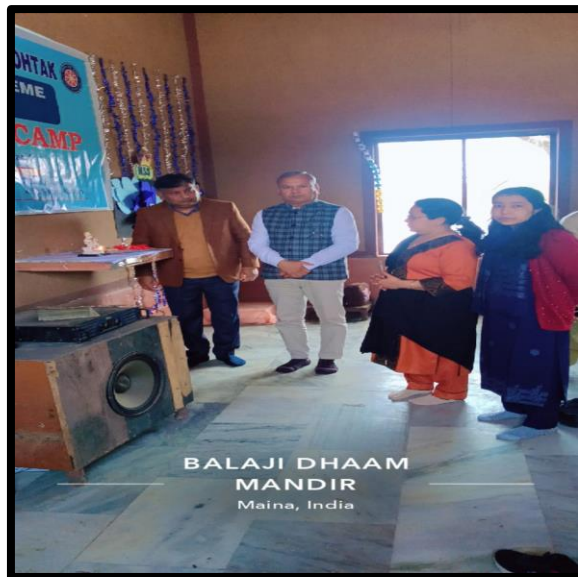
8<sup>th</sup> Feb., 2026

Principal, Sh. Shamsher Hooda, Govt. P.G. College for Women, Rohtak inaugurated the special seven days camp from 08<sup>th</sup> Feb., 2026 to 14<sup>th</sup> Feb., 2026. In his address, he inspired the volunteers to sincerely fulfill their duties towards society and the nation. On this occasion, the chief guest was Shri Param Bhushan Arya, Principal, Government College, Sampla (DHEO, Rohtak). They started the camp by enlightening the lamp before Goddess Saraswati. In his address, the chief guest highlighted the objectives of NSS, the importance of social service, and the role of youth in nation-building. He also made the volunteers take a pledge to respect their parents and elders. As a symbol of the camp's inauguration, he also planted a tree. NSS Volunteers recited Saraswati Vandana, National Song “Vande Matram” & NSS song on this occasion.

This special seven days camp centered on the theme **“YOUTH FOR MY BHARAT & DIGITAL LITERACY”**.

After inaugural ceremony N.S.S. Volunteers had lunch followed by a discussion on NSS activities by all units PO's to the volunteers and formed various committees of NSS Volunteers for different activities to be carried out during the camp. Like:- Registration committee, First aid committee, Refreshment committee etc.

In the evening session, Program Officer Mrs. Harsh gave a lecture on “Digital Literacy” and informed about the importance of digital literacy and its practical applications. In addition, the volunteers practiced yoga and meditation, in the presence of Sh. Ram Kumar Dahiya and Mahender Singh Hooda from heartfulness center. They guided volunteers to experience mental peace and positive energy through meditation. Throughout the day, the volunteers exhibited discipline, enthusiasm, and active participation. In evening Diary was maintained by all the NSS Volunteers for that day.





## विद्यार्थी माता-पिता व बुजुर्गों का करें सम्मान : परम भूषण

### एन.एस.एस. शिविर का हुआ शुभारंभ

रोहतक 8 फरवरी (ब्यूरो): राजकीय स्नातकोत्तर महिला महाविद्यालय की एन.एस.एस. की चारों इकाइयों द्वारा मायना गांव में 7 दिवसीय विशेष शिविर का शुभारंभ रविवार को किया गया। शिविर का विषय यूथ फॉर माई भारत एवं डिजिटल साक्षरता है। शिविर का उद्घाटन महाविद्यालय के प्राचार्य शमशेर सिंह हुड्डा द्वारा किया गया। उन्होंने स्वयंसेविकाओं को समाज और राष्ट्र के प्रति अपने दायित्वों का ईमानदारी से निर्वहन करने के लिए प्रेरित किया। मुख्यातिथि परम भूषण आर्य प्राचार्य गवर्नमेंट कॉलेज सांपला ने एन.एस.एस. के उद्देश्यों, सामाजिक सेवा के महत्व तथा राष्ट्र निर्माण में युवाओं की भूमिका पर प्रकाश डाला।

उन्होंने स्वयंसेविकाओं को अपने माता-पिता एवं बुजुर्गों के सम्मान की शपथ भी दिलाई। इस मौके पर पौधरोपण



पौधरोपण करते हुए।

भी किया गया। शिविर परिसर में स्वच्छता अभियान चलाया गया। मंच संचालन डॉ. पूजा द्वारा किया गया।

शाम के सत्र में कार्यक्रम अधिकारी हर्ष ने स्वयंसेविकाओं को डिजिटल साक्षरता के महत्व एवं उसके व्यावहारिक

उपयोगों के बारे में विस्तृत जानकारी दी। इसके अलावा स्वयंसेविकाओं द्वारा योग एवं ध्यान अभ्यास किया गया। इस अवसर पर एन.एस.एस. कार्यक्रम अधिकारी डॉ. नविता, डॉ. पूजा, हर्ष, डॉ. नीरज कादियान आदि उपस्थित रहे।

## Day- 2

9<sup>th</sup> Feb., 2026

2nd Day of N.S.S. Programme was started in a spiritual environment with the collective chanting of the Gayatri Mantra and Vande Mataram. During the morning session, NSS volunteers practiced yoga under the expert guidance of NSS Program Officer Dr. Neeraj Kadian. After the yoga practice, a meditation session was organized in the presence of Shri Ram Kumar Dahiya from the Heartfulness Centre.

After that, Mrs. Monika Arun from the Heartfulness Centre shared her thoughts on the topic “Communication Gap between Parents and Children” and emphasized the need to strengthen family communication.

At the end of the morning session, a poster-making and slogan-writing competition was organized for volunteers on the topic of drug awareness. In the slogan-writing competition, Deepika(B.A Psy. Hons. II) secured 1<sup>st</sup> position, Sneha(B.sc Maths III) secured 2<sup>nd</sup> position, and Anshul(B.A Eco Hons. II) secured 3<sup>rd</sup> position. Meanwhile, in the poster-making competition, Ishika secured 1<sup>st</sup> position, Sneha(B.sc Maths III) secured 2<sup>nd</sup> position, and Vrinda(BCA I) secured 3<sup>rd</sup> position.

Through the competition, the volunteers presented thought-provoking messages to raise awareness in society about drug de-addiction. Along with that the volunteers enjoyed their day by playing Kho-Kho and Blindfold games.

In the evening session, awareness lectures on various topics were organized by experts. On this occasion, Mr. Jasmer Singh, Assistant Professor of Jat College and founder of the '**Suno Nahron Ki Pukar Mission**' shared his views on serious social issues like superstition and water pollution and emphasized adopting a scientific approach and the conservation of water resources.

Health worker Mr. Mukesh Nanakwal from the Health Department, Haryana, provided detailed information on the causes, symptoms, and preventive measures for seasonal diseases like dengue, chikungunya, and malaria. He also highlighted the benefits of cycling to adopt a healthy lifestyle.

Blood donor and social worker Mr. Ajay Hooda discussed blood donation and anemia with the volunteers. He discussed in detail the social importance of blood donation and encouraging the volunteers to donate blood regularly.

In addition, social worker Mr. Sahab Singh Dhamad shared his views on the topic 'Tree Plantation and Our Life' and highlighted the important role of trees in environmental conservation.







## Day- 3

10<sup>th</sup> Feb., 2026

The 3rd Day of NSS special camp in Maina village was started by NSS volunteers **Gayatri Mantra** and the **NSS song**.

During the morning session, **NSS volunteers** participated in **yoga and meditation**. After that the volunteers took out a **drug de-addiction awareness rally** in the village, in which the volunteers conveyed messages to the villagers about staying away from substance abuse, adopting a healthy lifestyle, and strengthening family and social values.

After the rally, **Dr. Pushpdeep Dagar**, Assistant Professor, Govt. P.G. College for Women Rohtak, delivered a lecture on the topic **“Adopt Swadeshi.”** He emphasized the importance of avoiding foreign fast foods such as pizza and burgers and encouraged the adoption of indigenous and nutritious food habits, thereby strengthening the spirit of **Aatamnirbhar Bharat**.

In the evening session, **Dr. Savita Singhal**, Gynecologist from **PGIMS, Rohtak**, sensitized the NSS volunteers on **women’s health, menstrual hygiene**, the importance of a **balanced diet**, and **regular health check-ups**. She advised adolescent girls and women to remain vigilant about their health and not to ignore any health-related issues.

Subsequently, a **musical and dance-based cultural programme** was organized by **Mr. Vishwameet**, Music Teacher, Saraswati College, Rohtak. All NSS volunteers participated enthusiastically and thoroughly enjoyed the programme.







## नशे के खिलाफ निकाली जागरूकता रैली



सात दिवसीय शिविर में पोस्टर के साथ एनएसएस सदस्य। स्रोत : एनएसएस

रोहतक। राजकीय स्नातकोत्तर महिला महाविद्यालय रोहतक की राष्ट्रीय सेवा योजना (एनएसएस) की चारों इकाइयों ने मायना गांव में आयोजित सात दिवसीय विशेष शिविर के तीसरे दिन की शुरुआत गायत्री मंत्र एवं एनएसएस गीत के सामूहिक उच्चारण के साथ हुई। स्वयंसेविकाओं ने नशा मुक्ति जागरूकता रैली निकाली और ग्रामीणों को नशे से दूर रहने का संदेश दिया। एसोसिएट प्रोफेसर डॉ. पुष्पदीप डागर ने विदेशी खाद्य पदार्थों से दूर रहकर स्वदेशी एवं पौष्टिक भोजन अपनाने को कहा। संवाद

## Day- 4 11<sup>th</sup> Feb., 2026

The fourth day of the NSS camp began with the joyful NSS clap, in an energetic and positive atmosphere among the volunteers.

In the morning session, a career counseling lecture was delivered by **Ex-Captain Jagvir Malik**, a renowned social worker, motivator, Spokesperson of Haryana Purav Sainik Sangh, and Spokesperson of Sarv Khap Panchayat. During his session, he motivated the volunteers to build a career in the Indian Army and guided them on how to join the Indian Army as an officer.

He also shared valuable insights about the importance of discipline, dedication, physical fitness, and determination required to serve the nation. Being a committed social worker, he encouraged the students to take a pledge to stay away from drugs (Nasha Mukti) and to lead a disciplined and responsible life. His inspiring words left a deep and lasting impact on all the volunteers.

In the evening session, a **Mehandi Competition** was organized in which volunteers participated joyfully and enthusiastically. They beautifully showcased their creativity through artistic mehandi designs. In this competition, Chanchal from B.Sc. Maths (Hons. I) secured the first position, Sakshi from B.Sc. Maths (Hons. III) secured the second position, and Rashmi from B.Com III secured the third position.

All the students enjoyed the day with great enthusiasm and excitement, making it a memorable, inspiring, and meaningful day of the NSS camp.







## Day- 5

12<sup>th</sup> Feb., 2026

The fifth day (12.02.2026) of the Seven-Day NSS Camp was a profoundly enriching and spiritually uplifting experience for all NSS volunteers. On this occasion, the volunteers visited **Maharshi Dayanand University (MDU)** to commemorate **Maharshi Dayanand Jayanti** with great devotion and enthusiasm.

The program commenced with the chanting of Sankalp and a solemn prayer, followed by the Havan ceremony.

A detailed account of the life, teachings, and remarkable contributions of Maharshi Dayanand Saraswati, the founder of AryaSamaj, was presented. His principles of truth, righteousness, education, and social reform deeply inspired everyone in attendance. Subsequently, **Dr. Sharanjeet Kaur** addressed the gathering and bestowed her blessings upon all present. The program concluded with the distribution of Prasad among the attendees.

After the formal ceremony, the NSS volunteers toured the MDU campus, visiting the **University Library and the Tagore Auditorium**. This visit provided them with valuable exposure to the academic excellence and cultural infrastructure of the university.

Overall, the fifth day of the NSS camp proved to be spiritually enlightening, intellectually stimulating, and immensely inspiring for all participants.







## Day- 6

13<sup>th</sup>Feb., 2026

The 6<sup>th</sup> day of the seven-day special camp started in an enthusiastic and spiritual atmosphere. The team from Vivekananda Kendra arrived at the camp. Under the expert guidance of Ms. Ishwar, the team conducted inspiring and energetic games like Elephant Horse Palanquin, Ram Raja, Raghav, and TilakTali. These activities boosted the enthusiasm of the volunteers, strengthened team spirit, and promoted a sense of unity and discipline.

Enriching the day intellectually, **ASI Kuldeep** from Haryana Police Cyber Cell delivered an informative lecture on **Cyber Security**. This session was extremely useful and relevant in the current digital age. The volunteers were advised to create strong passwords of at least 12 characters for Gmail, to keep their mobile phones regularly updated, and to enable two-step verification on WhatsApp and Gmail. This lecture emphasized online security and responsibility.

The volunteers conducted a **cleanliness campaign** in the temple premises and spread the message of cleanliness in the community.

In the evening session, a **Nukkad Natak**on “**Road Safety**” was played, through which villagers were made aware of traffic rules and safe driving.

Along with that, the volunteers conducted **face-to-face interactions with the village women** to discuss various social issues, including love marriages, water pollution, and other challenges affecting their daily lives.

The day concluded with an enthusiastic **Dance Competition**, clearly showcasing the unity, creativity, and energy of the volunteers. In which

1st position was secured by Reshunk, 2nd & 3rd position was secured by Anchal & Renuka respectively. Women come from village to see their performances.

Overall, the sixth day of the NSS camp turned out to be a positive and memorable experience for everyone.









GOVT. P.G. COLLEGE FOR WOMEN, ROHTAK  
NATIONAL SERVICE SCHEME  
UNIT - 1,2,3,4  
NSI 75 DAYS CAMP

GPS Map Camera

Maina, Haryana, India   
Rhx+pcm, Maina, Haryana 124021, India  
Lat 28.846853° Long 76.598958°  
Friday, 13/02/2026 01:31 PM GMT +05:30









मायना गांव में एनएसएस शिविर में स्वयंसेविकाओं ने सुरक्षा का दिया संदेश

रोहताक | मायना गांव में सात दिवसीय विशेष शिविर के छठे दिन एनएसएस स्वयंसेविकाओं ने सेवा, संस्कार और सुरक्षा का संदेश दिया। सुबह शिविर में विवेकानंद केंद्र की टीम पहुंची। ईश्वर के निर्देशन में हाथी-घोड़ा पालकी, राम राजा, राघव और तिलक ताली जैसे रोचक खेल कराए गए। खेलों के माध्यम से छात्राओं में अनुशासन, नेतृत्व और टीम भावना का विकास हुआ। दोपहर सत्र में पुलिस साइबर सेल के एसआई कुलदीप ने साइबर अपराधों से बचाव के उपाय बताए। उन्होंने कहा कि जीमेल का पासवर्ड कम से कम 12 अक्षरों का रखें, मोबाइल को नियमित अपडेट करें और वाट्सएप व जीमेल पर टू-स्टेप वेरिफिकेशन जरूर सक्रिय करें। स्वयंसेविकाओं ने मंदिर परिसर में सफाई कर स्वच्छता का संदेश दिया। शाम को सड़क सुरक्षा पर नुक्कड़ नाटक प्रस्तुत कर ग्रामीणों को हेलमेट व यातायात नियमों के पालन के प्रति जागरूक किया।

**Day- 7**

**14<sup>th</sup> Feb., 2026**

In the final day of this special day camp was started with reciting Gayatri mantra, thought of the day & report – reading by volunteers. Volunteers put their heart ‘n’ soul to make this closing ceremony successful. Duties were allotted to volunteers. Mr. Shamsheer Hooda, was present as the Chief Guest. As a special guest, the Principal of Government College, Bhainswal, Mr. Suraj Prakash Yadav, enhanced the charm of the program.

In his address, Principal Shri Shamsheer Hooda inspired the volunteers to become responsible citizens in society, always stay positive, and diligently fulfill their duties. Special guest Shri Suraj Prakash Yadav said that discipline, positive thinking, and social awareness are the true wealth of life. He motivated the volunteers by advising them to distance themselves from the virtual world and engage in real-life social concerns. In addition, the volunteers presented NSS Song, patriotic song and dance , Nukkad Natak on “Road Safety” in front of the Chief Guest and Special Guest. They distributed certificates to volunteers and prizes to winners of various competitions. Ceremony was ended with National Anthem and vote of thanks to the chief guest- Principal and other guests.





