SWAMI VIVEKANAND COLLEGE OF EDUCATION,

Tarkwari, Bhoranj Distt. Hamirpur (HP)-176045



NATIONAL SERVICE SCHEME UNIT TARKWARI (HP)

7- DAYS SPECIAL CAMP REPORT 2024- 2025

(28th January, 2025 to 3 February, 2025)

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Facebook:- https://www.facebook.com/groups/658270699638877/

Website: https://www.svntarkwari.com/



ABOUT 7- DAYS SPECIAL CAMP

The 7-days special camp for the NSS volunteers in the academic Year 2024-2025 was conducted on 28th January to 3rd of February, 2025 at Village Dungrin, Hamirpur. The volunteers were also engaged in some cleaning and beautification works, Rallies, Poster-Making, Visits, Door to Door Campaign, Amrit -Vatika, Plant Distribution including Guest Lectures etc. The camp was conducted under program officer Mrs. Amita Rani ,Assistant Professor in Education and volunteer secretaries Mr. Adresh Kumar and Ms Prerna Thakur.



ACKNOWLEDGEMENT

We extend our heartfelt thanks and appreciation to everyone who made this 7- Days Special Car a resounding success. We extent our sincere gratitude to the Principal of our college Dr. An Sharma for his unwavering support and encouragement. We also extent our sincere appreciation the Rohin Panchayath Pardhan Mrs Ranjana Sharma for their invaluable support and cooperation We also extent our gratitude to the management, teachers and students of Swami Vivekana college of education for providing us with all the necessary resources and infrastructure. We a thank the NSS State Level Unit for providing us with the permission to organize the camp. would also like to extent our gratitude to Mr. Arun Kumar of Physical Instructor of our college a all other staff members of the college for their support throughout the camp. A special thank y to our Program Officer Mrs. Amita Rani for her guidance, mentorship and support and volunteer Secretaries who played a vital role in making the camp a resounding success. The car would not have been successful without the tireless efforts and cooperation of the organizing tea and the previous volunteers of our unit whose continuous support has been invaluable. A heartf thank you to our previous volunteers Mr. Rohit Kumar and Ms Anjana verma and all others their continued support throughout the 7 -days of the camp. Finally we also appreciate all 1 campers for their enthusiasm, teamwork and commitment that has made the camp a big succe We extent our deepest thanks to each and every one of you. Your support has been the bedrock our success.











National Service Scheme Unit Swami Vivekanand College of Education NSS UNIT, Tarkwari in Association with Village Dungrin, Gram Panchyat Rohin, Tehsii Bhoranj Hamirpur (HP)

07-Days NSS SPECIAL CAMP (2025)



THEME OF THE CAMP
"Youth for My Bharat,
Youth for Digital Literacy"

Coordinated By:
NSS UNIT
SVN College of
Education, Tarkwari

Venue:-College Premises Dungrin Village, Bassi Chowk Hamirpur (HP)

Date: 28-01-2025 to 03-02-2025



NATIONAL SERVICE SCHEME UNIT

Swami Vivekanand College of Education, Tarkwari Distt. Hamirpur (HP)-176045

Mail: svntarkwari@yahoo.com

contact no:-9876261348, 6230631810

website: www.svntarkwari.com

Program Schedule:-7 Day's Special NSS Camp (w. e. f. 28/01/2025 to 03/02/2025)

Theme: 'Youth for my Bharat, Youth for Digital literacy'

Coordinator: MRS. AMITA RANI, PROGRAMME OFFICER SWAMI VIVEKANAND COLLEGE

OF EDUCATION, TARKWARI

NO OF VOLUNTEERS: 82



DAY/DATE	ACTIVITY/TIME	CHIEF GUEST/ RESOURCE PERSON	DUTY CHART
			20,75,
DAY-1 (28-01-2025)	CLEANINESS DRIVE(9:30-10:00)		Arun Sharma Amita Rani
	INAUGURAL SESSION (10:00-11:30)	Chief guest: CA. Rajeev Sharma (Chairman SVN Educational Society, Hamirpur(HP))	NSS VOLUNTEERS Shalini Sharma
	Health Checkup Camp (NSS UNIT With Collaborations PARYAS SOCIETY) (12:00-4:30)	In College Campus with Collaborations PARYAS Society	ARUN SHARMA AMITA RANI SONIA SATISH KUMAR
	LUNCH: 1:00-2:00)	Village Dungrin	SATISH KUMAR
DAY-2 (29-01-2025)	5-Days Workshop on Yog/Meditation/ Exercise (9:30-10:30)	Resource Person: Poonam Devi , Yoga Instructor	Arun Sharma Urmila Devi Amita Rani



	Lecture on "NEP 2020 And Value Education For Youth" (10:30-11:30)	Resource Person: Dr. Kuldeep Chandel, Former Principal of Swami Vivekanand College of Education, Tarkwari	Santosh Kumar Amita Rani	
	Book Donation Campaign for Library: You can donate (11:30-12:30)	NSS Volunteers, Staff Members ,Society	Satish Kumar Achala Sharma Satish Kumar	
	Lunch: 12:30-1:00	Village Dungrin	Satish Kumar	
	Swachat Bharat Abhiyan (1:00-2:30)	Vill Dungrin	Amita Rani Arun Sharma Shalini Sharma Santosh Kumar	
	Freedom Fighter Movie: (Saheed Baghat Singh) (2:30-4:30)	Seminar Hall of the College	Urmila Devi Chandar Naveen	
Day-3 (30-01-2025)	5-Days Workshop on Yog/Meditation/Exercise(9:30- 10:30)	Resource Person: Poonam Devi , Yoga Instructor	Arun Sharma Urmila Devi Amita Rani	
	Lecture on "Role of youth in Democratic functioning to Enable Quality and Justice" (10:30-11:30)	Dr. Manu Sharma , Assistant Professor in Law Dept., Career Point University Hamirpur(HP)	NSS Volunteers Ring to 10 to	19

		Village Dungrin		
	Cleanness Drive Natural Resources		Amita Rani Arun Kumar	
	(11:30-12:30) Lunch: (12:30-1:00)		Rajesh Kumar	
	Amrit Vatika Campaign	Village Dungrin	Satish Kumar	
	(1:00-3:00)	Village Takautta Bhattan	Arun Kumar Pradeep Kumar	
			Satish Kumar Amita Rani	
		Seminar Hall		
	Reflexive session (3:00-4:30)	Schiller Hall	Rajesh Kumar Shalini Sharma	
			Sonia	
	5-Days Workshop on Yog/Meditation/ Exercise(9:30-	Resource Person: Poonam Devi , Yoga	Arun Sharma Urmila Devi	
ay-4 (31-01-2025)	10:30)	Instructor	Amita Rani	
		Dungrin To Bhiar Chowk	Amita Rani	
	Awareness Rally on "Road Traffic Safety" (10:30-11:00)		Arun Sharma Chandar Naveen Urmila Devi	MISTORIA CONEGO OF STREET
				PRINCIPAL
				Ton A Oak leave

	Special Deliberations on NSS (11:00-11:30)	Dr. Gulshan , NSS Programme Officer Career Point University Hamirpur (HP)	NSS Volunteers
	Poster Making on Environmental Issues (11:30-12:30)	Seminar Hall of the College	Arun Sharma Urmila Devi Rajesh Kumar Amita Rani
	Lunch (12:30-1:00)	College Campus	Satish Kumar
	Blood Donation Camp (1:00-4:30) In Collaborations with Yuvak Mandal Badhani	Dr. Radha Krishanan Govt. Medical College Hamirpur(HP) Venue : College Campus	Arun Kumar Sonia Rajesh Kumar Shalini Sharam
Day-5 (01-02-2025)	5-Days Workshop on Yog/Meditation/ Exercise(9:30- 10:30)	Resource Person: Poonam Devi , Yoga Instructor	Arun Sharma Urmila Devi Amita Rani
	Lecture on" Digital Literacy" (10:30-11:30)	Resource Person: Dr. Rakesh Sharma, Associat Professor, Electronics and communication Engineering Dept. NIT Hamlrpur(HP)	e NSS Volunteers

Nukkad Natak "Samvidhan Ke Pravdhan" (11:30-12:30)	Bassi Chowk	Sonia
(1130-12,30)	Bassi Chowk	Urmila Devi Priyanka Thakur
Lunch (12:30-1:00)	Bassi Chowk	Satish Kumar
Lecture on "Guideline For Development and Empowewrmwnt of adolescent Health Issues" (1:00-2:00)	Resource Person: Dr. Lalit Kalia , BMO CHC Bhoranj	NSS Volunteer
Door to Door Campaign: Anemia Awareness (2:00-2:30)	Village Dungrin	Santosh Kumar Arun Kumar Urmila Devi
Poster Making on "Traffic Rules" (2:30-3:30)	Seminar Hall of the College	Priyanka Thakur Sonia
Cultural Progrmme (Folk Dance) (3:00-4:30)	Seminar Hall of the College	Urmila Devi Shalini Sharma
		The state of the s

Day-6 (02-02-2025)	5-Days Workshop on Yog/Meditation/ Exercise(9:30- 10:30)	Resource Person: Poonam Devi , Yoga Instructor	Arun Sharma Urmila Devi Amita Rani
	Lecture on "Plastic Free Environment" (10:30-11:00)	Resource Person: CA. Rajeev Sharma (Chairman SVN Educational Society, Hamirpur(HP))	NSS Volunteers
	Plantation Drive: Association With Rotary Club Hamirpur (HP) (11:00- 12:00)	Village Dungrin (One Fruit Plant to each family of the adopted village Dungrin)	Urmila Devi Rajesh Kumar
	Lunch (12:00-12:30)	Village Dungrin	Satish Kumar
	Rally against Drug Abuse in Association with Rotary Club Hamirpur (HP) (12:30-1:00)	In Association with Rotary Club Hamirpur (Dungrin to Tarkwari)	Santosh Kumar Urmila Devi
	Cleaning of Temple (1:00-2:00)	Takautta Bhattan	Shalini Sharma Urmila Devi

			7	
	Bhajan Kirtan (2:00-3:00)	Kirtan Mandli Patta	NSS Volunteers	
	Visit: "Experimental Learning Opportunities" (3:00-4:30)	Police Stations Bhoranj	Rajesh Kumar Santosh Kumar Satish Kumar	
Pay-7 (03-02-2025)	Visit: Old Age Home & Rehabilitation Centre Hamirpur (HP) (9:30-12:00)	- Hamirpur (HP)	Urmila Devi Santosh Kumar Satish Kumar	
	Lunch (12:00-12:30)		Satish Kumar	ALL END
	Lecture: Training on "Inter personal and Communication Skill and Leadership Qualities" (12:30-1:30)	Resource Person: Mr. Aneesh Rana Personality Development & Communication Counselor Hamirpur (HP)	NSS Volunteers	RINCIPAL S U
	Cyber Security Awareness: Discuss online Privacy Concerns, Data Protection	Resource Person: Chandar Naveen, ICT Instructor SVN College of education, Tarkwari	NSS Volunteers	in southaile

Valedictory Session		
(2:30-4:30)	Chief Guest: Sh. Purushottam Lal, Social Worker, Takautta Bhattan	NSS Volunteers Arun Kumar Amita Rani Urmila Devi
	Special Guest: CA Rajeev Sharma, Chairman Swami Vivekanand Educational Society Hamirpur (HP)	Offinia Devi
 ı — .	Ranjna Sharma, Gram Panchyat Pardhan Rohin	

NSS UNIT Programme Officer

IMPORTANT VISITORS: ----

- 1. CA. Rajeev Sharma, Chairman SVN Educational Society, Hamirpur (Chief-Guest-Open Ceremony)
- 2. Mrs Ranjana Sharma, Pradhan Gram Panchayat Rohin, Vill. Dugrin (Special-Guest)
- 3. Sh. Parshotam Sharma, Social -Worker (Chief-Guest Closing Ceremony)
- 4. PARYAS Society
- 5. Dr. Radhakrishan Medical Hospital, Hamirpur (HP)

RESORUCE PERSON: ----

- 1. Ms Punam Devi, Yoga Instructor
- 2. Dr. Kuldeep Chandel, Former Principal, Swami Vivekanad College Of Education, Tarkw
- 3. Dr. Manu Sharma, Assistant Professor In Law, Career Point University, Hamirpur
- Dr. Gulshan Kumar, Assistant Professor In Botany & NSS Programme Officer, Career Po University, Hamirpur
- 5. Dr. Rakesh Sharma, Associate Professor, Electronics And Communication Engineer
 Dept. NIT Hamirpur
- 6. Sh. Amardeep Sharma, Health Educator, CHC Bhoranj
- 7. Sh. Sanjeev Kumar, Block Health Supervisor, CHC Bhoranj
- 8. CA. Rajeev Sharma, Chairman SVN Educational Society, Hamirpur
- 9. Sh. Rakesh Bhartiya, Joint Commissioner(ST&E)
- 10. Sh. Aneesh Rana, Communication Counselor, Hamirpur



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 college 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.



Day -1 (28-01-25):

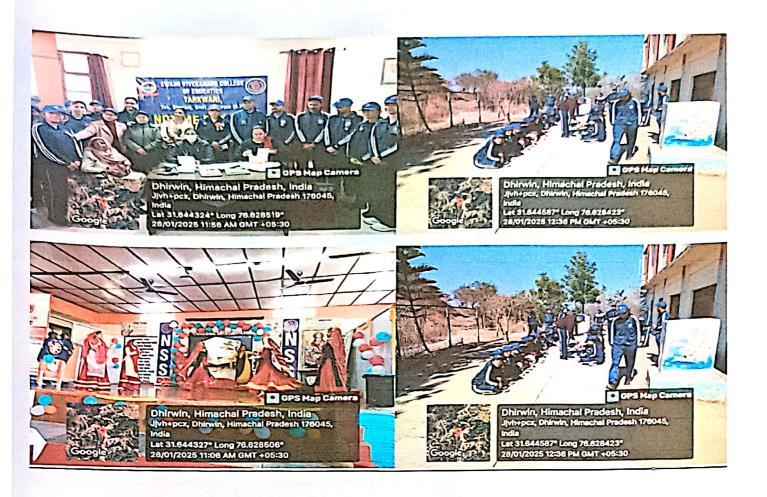
A Seven-Day NSS Special Camp was organized by the NSS Unit of Swami Vivekanad College Education Tarkw District Hamirpur (H.P.) from 28th January to 3rd February 2025. The theme of the camp was "Youth for My Bharat; Youth for Digital Literacy" and total number of 82 NSS volunteers participated. The volunteers processed to clean surroundings of the college campus from 9:30 to 10:00.

The Inauguration Ceremony of the camp started at 10:00 am. The camp was formally inaugurated with the hoisting NSS Flag & oath by our worthy principal on 28th January, 2025. After flag hoisting all NSS volunteers gathered in college hall. The programme in the hall started with the lighting of lamp, Saraswati Vandana and NSS song. Thereaf the NSS Programme Officer welcomed the Chief Guest, faculty members and NSS volunteers and gave a presentat on the importance and relevance of NSS in colleges. Ms Prerna gave an outline of the major activities that w proposed to be organized during the one-week long camp. Many cultural programmes were also presented by the I volunteers. After this, from 12:00 to 4:30pm, the NSS unit with collaboration PARYAS society organized for the heached checkup camp. 125 people got health checkup done in this camp.

PHOTO GALLERY







Day-2 (29-01-2025):

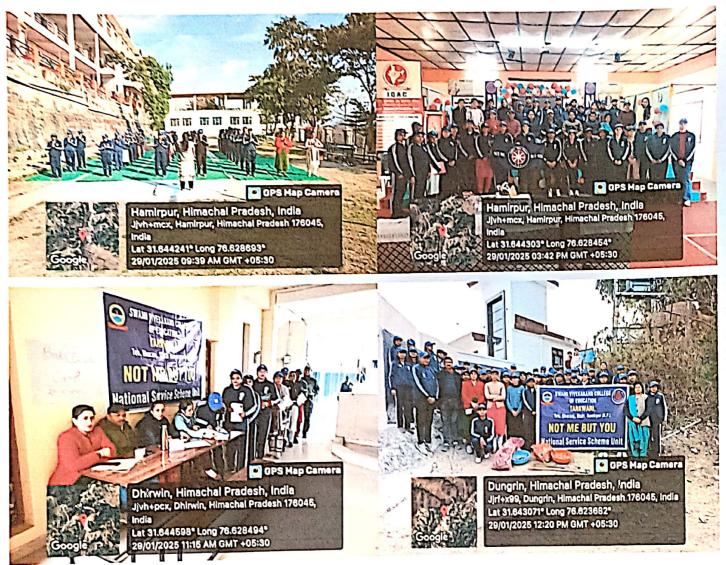
The second day of the camp started at 8:30 AM in the morning. After the morning prayer, volunteers participated in five- day's workshop on Yoga/meditation/exerci The yoga instructor, Ms.Punam Devi, took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the leaver also done for the benefit of the volunteers. A guest lecture was organized for the volunteers. Dr. kulcuchandel Former Principal, Swami Vivekanad College Of Education, Tarkwari was the resource person of this gollecture. NSS Unit organized a guest lecture on "NEP 2020" & value education for youth from 10.30 -11.30 A.N. lecture hall. The aim of the lecture was to elaborate the NEP2020 policies and its role in improving the quality.

higher education institute. The lecture was attended by 82 NSS volunteers of the college. The guest lect focused on quality framework, curriculum framework, multiple entry and exit and inputs on academic credit ba The lecture provided insights of outcome based education and role of educational administrators in improving quality of higher education institutes. He also interacted in his lecture as value education for regarding youth. After that book donation campaign for library was organized by the NSS volunteers from 11:30am to 12:15pm this campaign, all the students, NSS volunteers, staff members participated and 100 books were donated dur this campaign.

During Swachh bharat abhiyan in dugrin village in which volunteers collected garbage and burnt the streets.

PHOTO GALLERY







Day-3 (30-01-2025):

The third day of the camp started at 8:30 AM in the morning. After the morning prayer, volunteers participate five- day's workshop on Yoga/meditation/exercise The yoga instructor, Ms. Punam Devi, took yoga session great dedication. The teachers participated with full interest, enthusiasm and eagerness. The session began seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending v Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were done for the benefit of the volunteers. A guest lecture was organized for the volunteers. Dr. Manu Shar Assistant Professor in Law, Career Point University, Hamirpur was the resource person of this guest lecture. Unit organized a guest lecture on "ROLE OF YOUTH IN DEMOCRATIC FUNCTIONING TO ENABLE QULITY ! JUSTICE" from 10.30 -11.30 A.M. in lecture hall. During her lecture she inspired the youth impact that youth h on our country, towards its progress is tremendous. They shape the future of our country and lead it to the p of remarkable accomplishments. But in doing so one of the major factors that influence the development of country is the political system of the country which the youth must also strive to lead as they must not forget t their voice matters and their participation in Indian politics makes a concrete difference provided, they : truthful and determined to their intention without getting deviated to any kind of influence in a negative patl is also important to remember that even small acts of engagement, such as staying informed, voting, or joir youth-led organizations, are a way to encourage yourself as a youth to the political aspect. It is very essentia



promote political education, encourage open dialogue, and create platforms for youth to voice their concerns fostering an inclusive and supportive environment, more young individuals are inspired to actively engage address the existing challenges by creating a more inclusive and vibrant political landscape.

Volunteers were shown freedom fighter movie " Shaheed Bhagat Singh during martyrdom day on January,2025.the purpose of showing a movie to volunteers was to awaken the spirit of indigenous love patriotism in volunteers.



Day-4 (31-01-2025):

The Fourth Day of the camp started at 8:30 AM in the morning. After the morning prayer, volunteers participated in five- day's workshop on Yoga/meditation/exercise The yoga instructor, Ms.Punam Devi, took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers. A guest lecture was organized for the volunteers. Dr. Gulshan Kumar, Assistant Professor in Botany, Career Point University, Hamirpur was the resource person of this lecture. NSS Unit organized "SPECIAL DELIBERATION ON NSS" from 10.30 -11.30 A.M. in College Campus.

"Amrit Vatika"

Amrit Vatika event was held village on 31 January, 2025 where in, Amrit Vatika is established at a dedicated place within the campus. Chairman CA. Rajeev Sharma has initiated the plantation and then total 50 plants were planted by NSS volunteers in the Amrit Vatika. Programme officer has advised and directed to take care of the plants and advised to assign each plant to each student of NSS to take care and ensure the growth of the plant. In his speech, she has also motivated students to plant more trees and take care of these trees regularly. Moreover, each plant will be honored with name plates. Furthermore, the students have planted various plants with variety of samplings namely Mesh singhi, Kadamb, Kala shisham, Ramphal, Kadamb, Kaim, Dhaman, Maulshree, Doodhi, Papda, Garudvriksha, Putranjiva, Kosum, Harra,Bija, Amla, Baheda, Kabeet, Kasai etc. The students and faculties have took a pledge for giving their commitment towards maintaining the Amrit Vatika.

NSS camp organized a rally on 31st January,2025 to spread awareness about road safety. The rally witnessed enthusiastic participation from volunteers. The event aimed to raise awareness about road safety issues, educate participants and onlookers on safe practices, and promote a sense of



responsibility among the community members. The primary objective of the Road Safety Rally was to engage the community actively, emphasizing the importance of following traffic rules, responsible driving, and adopting safety measures to reduce road accidents and fatalities. The rally commenced at 12:00 pm at Dugrin village. Mr. Rajesh Kumar gave green signal to begin the rally where over 82 Volunteers and 10 Faculty members participated. Some of the key messages highlighted were obeying speed limits, avoiding drunk driving, wearing helmets and seatbelts, avoiding mobile phone use while driving, and following traffic rules. The road safety awareness rally helped spread consciousness about responsible road behavior in an impactful manner. The enthusiastic participation from students will help ingrain road safety habits from a young age.

A Blood Donation Camp was organized in our college in collaboration with Yuvak Mandal Badhani. The program was organized by the National Service Scheme (NSS) camp. Doctors from dr. radha krishanan Medical College Hamirpur gave their services in the blood donation program. All the people filled out the form before donating blood. After that, the program started at 12:20 pm. Many students, volunteers, society and college staff donated blood and became a part of the program. After donating blood, everyone ate fruits and drank juice. The blood donation program lasted till 4:30 pm.19 Units of blood was collected.

After that organized a Poster Making activity to mark Environmental Issues. Enthusiastic participants from various streams showcased their artistic acumen as they made eye-catching posters to generate awareness about the need to preserve an ecological balance on the planet. A wide range of environmental issues, including climate change and the consequent global warming, our fast-disappearing distinct flora and fauna and soil erosion due to deforestation, were raised by creative young Earth Warriors through a rich palette of colours. Cry of the mother earth as it is choked due to plastic waste and industrial emissions was also highlighted Principal applauded the creative endeavours of the participants and said that the rich spectrum of students' creativity as a message, loud and clear, reflected that preserving our environment is the only way we can ensure our survival on earth.



PHOTO GALLERY









Day-5 (01-02-2025):

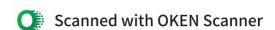
day of the camp started at 8:30 AM in the morning. After the Morning Prayer, volunteers participated in five- day's workshop on Yoga/meditation/exerci The yoga instructor, Ms.Punam Devi, took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers. A guest lecture was organized for the volunteers. Dr. Rakesh Sharma, Associate Professor, Electronics and Communication Engineering Dept. NIT Hamirpur was the resource person of this lecture. NSS Unit organized "DIGITAL LITERACY" from 10.30 -11.30 A.M. in College Campus. Digital literacy means being able to understand and use technology. The lecture enhanced the digital literacy skills of the students and helped them explore how to find, use & create info online in a productive & useful way. The interactive session introduced the use of cyber technology in various demanding areas in AI, ML, Data Science, Full stack Development, etc. Curriculum ensures that its students take active participation in the workshops and seminars and develop skills, knowledge & confidence. Focusing on providing hands-on skills, our volunteers will be able to avail opportunities that will set them apart from the crowd in the industry.

POLICE STATION VISIT

NSS has organized a visit to the Bhoranj PoliceStation, hamirpur for the volunteers. The students witnessed working of the Police station which includes the Case Diary, FIR Diary and General Diary, Malkhana of the Po Station. The Students also asked questions from the Police officials about the working of Police in Crime detection role of Police in Criminal Justice system, same is resolved in details by the Police Officials. assistant sub inspersanjeev pundir of thana bhoranj, NSS volunteersaware of following traffic rules and stay away from drugs avoiding cybercrime.

NUKKAD NATAK

Nukkad Natak was organized by the NSS volunteers at bassi chowk on the provision of the constitution. During street play, volunteers raised people about fundamental rights.



A guest lecture was organized for the volunteers. Sh Amardeep Sharma, Health Educator, CHC Bhoranj& Sanjeev Kumar, Block Health Supervisor, CHC Bhoranj was the resource person of this lecture. NSS L organized "GUIDELINE HEALTH ISSUES FOR DEVELOPMENT AND EMPOWERMENT OF ADOLESCENT" fr 2.10pm to 4.30pm in College Campus. The topics for the programme were: physical, cognitive is emotional changes in an adolescent child, nutritional management, menstrual hygiene and str management in adolescents. The students emphasized various healthy lifestyle practices to prevent dise and promote optimum health.

PHOTO GALLERY





<u>Day-6 (02-02-2025)</u>: The sixth day of the camp started at 8:30 AM in the morning. After the morning prayer, volunteers participated in five- day's workshop on Yoga/meditation/exercise The yoga instructor, Ms.Punam Devi , took yoga session with great dedication. The teachers participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers. Finally announced the closing of workshop by programme officer. Exactly after this the temple premises was cleaned by the NSS volunteers.

A guest lecture was organized for the volunteers. CA. Rajeev Sharma, Chairman SVN Educational Society, Hamirpur was the resource person of this lecture. NSS Unit organized "PLASTIC FREE ENVIORNMENT" from 10.30 -11.30 A.M. in College Campus. Resource person began the session with a comprehensive introduction to plastic pollution, highlighting its detrimental effects on the environment, wildlife, and human health. The guest speaker presented alarming statistics and facts about plastic production and waste generation, underscoring the urgency of addressing this issue. The session covered the environmental consequences of plastic pollution, including ocean pollution, micro plastics, and their impact on ecosystems. Speaker provided information on sustainable and eco-friendly alternatives to single-use plastics, such as reusable bags, stainless steel straws, and glass containers. Several real-life case studies were shared to illustrate successful initiatives and campaigns for creating plastic-free zones in various regions. The students actively participated in discussions about their role in reducing plastic waste and shared their own ideas for a plastic-free environment. The session included hands-on activities where students created usable shopping bags using cloth, encouraging them to take practical steps toward reducing single-use plastics.

Sh Rakesh Bhartiya, Joint Commissioner (ST&E) was the 2nd resource person of this session. NSS Unit organized "DRUG MENACE & LOCAL CONSCIOUSNESS" from 12.30pm to 1.00pm in College Campus. The session caters to the sustainable development goal focusing on good health and well-being (SDG 3), specific to SDG Target 3.5, Substance abuse: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol. The speaker highlighted the importance of drug use among the recent Z generation and how they are exposed to information much faster. He also said substance abuse works in the following line of action "Use-Abuse-Dependence". He added that substance use occurs due to changing cultural values, student competition, economic barriers, and declining relationships. He explained how the reward pathways get activated in the people who use substances, leading to addiction. He further added the warning signs, the signs and symptoms, and the behavioral warnings in a person using the substances and encouraged the students to speak to the teacher guardians, or counselors if they find difficulty in coping or even identify anyone who needs help so that timely intervention can be offered. He concluded the session by advising them to learn to deal with life's pressures, not to give in to peer pressure, to develop close family ties, healthy habits, and, more importantly, to ask for help. The session ended at 1:00 PM with the speaker interacting with the students to identify some substance use myths and facts. The session concluded with motivational messages and slogans, including "You will never succeed with Drugs".

NSS Volunteers went to Dungrin village and distributed fruits plants from house to house. 50 plants distributed by volunteers and college management. After that rally against drug abuse went out by NSS volunteers, by which people of Dungrin village were aware of drugs. At the end of the day NSS volunteers along with Kirtan Mandali Patta participated in Bhajan Kirtan and enjoyed more hymns.



PHOTO GALLERY



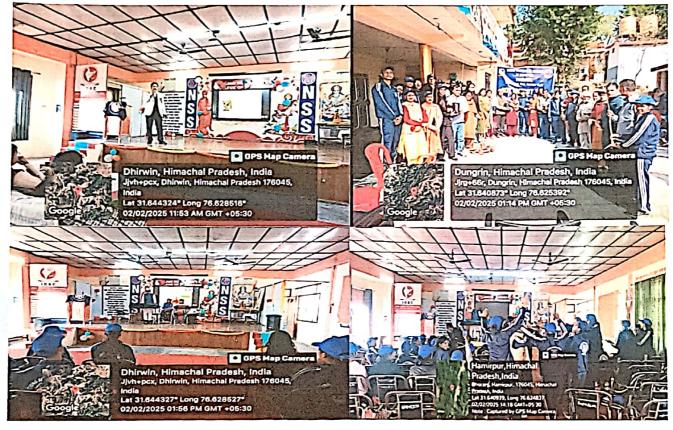




PHOTO GALLERY







Day-7 (03-02-2025):

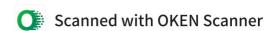
The senenth day of the camp started at 8:30 AM in the morning. After the Morning Prayer, Yoga and drill session the volunteers were divided into four groups. After That NSS volunteers was visit by old age home and rehabilitation center Hamirpur. We reached their along with all the volunteers at 10:00 am. Firstly, we gathered in the meeting hall where the sister of institution gave introduction about the institution organization and facilities rendered by them. Later on, she gave us the orientation of institution and introduced us to their members. There were 65 elderly women in old age home. The students of the college interacted beat the elderly followed by an entertainment program with music action songs and dance. The inmates were very happy and blessed everyone.

It was a joyous occasion with full of satisfaction that the team could bring some rays of happiness among the elderly. It was a pleasure witnessing of such wonderful work i.e. unconditional service By visiting old age home we gained knowledge about the feelings of the oldest services and facilities provided to them & how the old age home is maintained.

A guest lecture was organized for the volunteers. Mr. Aneesh Rana, Communication Counselor, Hamirpur was the resource person of this lecture. NSS Unit organized "INTER PERSONAL AND COMMUNICATION SKILL AND LEADERSHIP QUALITIES" from 1.00pm to 2.00 PM in College Campus. During his lecture, Mr. Aneesh Rana started some brain storming sessions to all the participants to realize the importance of imparting "Communication Skills" just not for only two years, but also for their entire life. Besides, he also advised the student to incorporate certain skills such as Motivation, Personality Development, Stress Management and Effective Leadership Qualities to face any challenges that they would experience in the future.

VALIDICTORY SESSION:

The Seventh day was the closing ceremony of Seven-Days NSS camp. As it was the last day of the camp, the NSS volunteers piloted a Cultural Event which included various cultural performances such as solo dance, group dance, duet dance and Pahari Naati. The event was graced by Sh.



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Purushotam Lal Sharma, social worker and Mrs Ranjana Sharma, college principal and staff members were also present in the program. The programme started with the Saraswati Vandana which was recited by our NSS volunteers to seek the blessings of Goddess Saraswati. Thereafter, A full report about the activities conducted in the camp was presented by NSS Programme officer, Mrs Amita Rani. To add some cultural taste, a group dance was presented by volunteers and a folk dance of Himachal Pradesh which is called Pahari Naati was also performed by the volunteers. 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 Certificate of Appreciations were given to them.

After valedictory program, a speech of gratitude and substance was given by our worthy Vice Principal, Mr. Pradeep Kumar wherein he congratulated the programme officers, Mrs. Amita Rani and the whole team of NSS for the success of the camp. He also makes the volunteers aware about the true meaning of being a NSS volunteer. He asked the volunteers to always rive for selfless help and relish the meaning of being a NSS volunteer in its true sense. At the end, 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.

PHOTO GALLERY









NEWS CLIPS:









NEWS CLIPS:







NSS Programme Officer

Principal



SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI TEHSIL BHORANJ DISTT. HAMIRPUR(HP) 5-Days Workshop on Yoga/ Meditation/Exercise 29-01-2025 to 02-02-2025

ATTENDANCE SHEET

S.No.	Roll No.	29-01-2025	30-01-2025	31-01-2025	01-01-2025	02-02-2025
1	3171	A BKAR	A) OKAS	S BONG	Alkery	(B)(A)
2	3172	Barkha	Barkho	Barkha	Barkha	Barkha
3	3173	Zaruh	Zarval	Purveli.	Forwhi	Harroh'
4	3174	Anatite	Anghila	Author .	Alberta	Andre
5	3175	Bhavaus	Bhyon	Bhenone	ghouard	Bhanam
6	3177	Orolla	Askaha	Droha	Whaha	Dusha
7	3178	Jagati	Jagniti	Jagniti	Jagrita	Jurant
8	3179	Ankita	Ankike	Jukito	ANKITS	Alkites
9	3181	Himunshy	Himanshy	M	Himanchy	Tuin
10	3182	Sahl Ranout	SHI	Stal	shil	Seri
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16	3196	Marta -	Maista-	Mento -	Mounda	jugente.
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18	3199	Komal	Komal	Komal	Komal	Komal
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	24		3209	Kir		Kibu	K.M	K-DA	CR. KA
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NSS Programme Officer

Principal

SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI AT TAKAUTTA BHATTAN TEHSIL BHORANI DISTT. HAMIRPUR (HP)-176045

5-Days Workshop on Yoga /Meditation/Exercise 29-01-2025 to 02-02-2025

ATTENDANCE SHEET

1 3080 DEEPIKA THAKUR DEAPIK D				ATTENDANCE SHEE	:\			
2 3081 DIKSHA DIRCHA DI	5. No. F	loll No	Name of NSS Volun	29-01-2025	30-01-2025		01-02-2025	02-02-2025
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5 3091 POOJA DEVI PJA PAJA SOLITA POLITA POL		3088	NITIKA KUMARI	Pitipo	Ortika	Citibe	Pitche	Citche
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9 3111 HIMANI BHARDWAI HIMANI HIMANI SHIMANI SOBIA 10 3118 SOBIA 2	_			AGAZ HOR KOZ	JAH-Tudel			John Takur
10 3118 SOBIA 11 3120 SOUMYA THAKUR SOUMYA SOUMYA SOUMYA SOUMYA SOUMYA 12 3128 BABLI 13 3132 ISHA 14 3135 KANIKA TAYAI TAY		310	ANKITA DEVI	Anxito	Anklita	Ankits		
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NSS Programme Officer





SWAMI VIVEKANAND COLLEGE OF EDUCATION TARKWARI, HAMIRPUR (HP)-176045



Accredited by NAAC with Grade-B

PROGRAMME OF ACTION

7-Days Special NSS Camp (28-01-2025 to 03-02-2025)

TIMINGS: 10:00 AM-11:30 AM Inaugural Ceremony

	Ina	augural Ceremony	D. /T-		
Sr. No.	Activity/Item	Timings	Ву/То		
1.	Reception of the Chief Guest: CA. Rajeev Sharma Chairman, Swami Vivekanand Educational Society Hamirpur (HP)	10:00 AM to 10:05AM	Reception Committee of the College		
2.	Pinning up Ceremony	10:06 AM to 10:10 AM	NSS Volunteers		
3.	Lightening of Lamp	10:12 AM to 10:16 AM	All Dignitaries		
4.	NSS Songs	10:17 AM to 10:23 AM	NSS Volunteers		
5.	Welcome Address	10:24 AM to 10:29 AM	Mrs. Sonia (Lecture in Education)		
6.	Solo Dance	10:30 AM to 10:35 AM	Antrika Rana		
7.	Brief introduction of NSS unit	10:36 AM to 10:44 AM	Prerna Thakur		
8.	Group Dance	10:45 AM to 10:55 AM	NSS Volunteer		
9.	Introduction of the Chief Guest	10:55 AM to 10:58 AM	Mrs.Urmila Devi (Assistant Professor)		
10.	Address	10:59 AM to 11:15 AM	CA. Rajeev Sharma Chairman, Swami Vivekanand Educational Society, Hamirpur (HP)		
11.	Token of Remembrance	11:16 AM to 11:20 AM	Mrs. Amita Rani (NSS Officer)		
12.	Vote of Thanks	11:21 AM to 11:25 AM	Mrs. Amita Rani (NSS Officer)		
13.	National Anthem		ALL		

Stage Secretary
Jagriti Sharma & Shivani Sharma
(NSS Volunteer)





SWAMI VIVEKANAND COLLEGE OF EDUCATION TARKWARI, HAMIRPUR (HP)-176045



Accredited by NAAC with Grade-B

PROGRAMME OF ACTION

7-Days Special NSS Camp (28-01-2025 to 03-02-2025)

TIMINGS: 3:00 PM-4:05 PM

Closing Ceremony

	Cl	osing Ceremony	By/To		
Sr. No.	Activity/Item	Timings	Reception Committee of the College NSS Volunteers		
1.	Reception of the Chief Guest: Purushotam Lal , Facilitator in Financial Literacy, Former BDC Member	3:00 PM to 3:05PM			
2.	Pinning up Ceremony	3:06 PM to 3:08 PM			
-	Lightening of Lamp	3:09 PM to 3:12 PM	All Dignitaries		
3.	Sarswati Vandana	3:13 PM to 3:17 PM	NSS Volunteers		
4. 5.	Welcome	3:18 PM to 3:20 PM	Mrs. Urmila Devi ,Assistant Professor		
6.	Solo Dance	3:21 PM to 3:24 PM	Shivani		
7.	Report	3:25 PM to 3:35 PM	Prerna Thakur		
8.	Facilitation Ceremony	3:36 PM to 3:46 PM	Chief Guest & Guest		
	Pahari Naati	3:47 PM to 3:52 PM	NSS Volunteers		
9.	Address	3:53 PM to 3:58 AM	Purushotam Lal , Facilitator in Financial Literacy, Former BDC Member		
11.	Token of Remembrance	3:59 PM to 4:01 PM	Mrs. Amita Rani (NSS Programme Officer)		
12.	Vote of Thanks	4:02 PM to 4:05 PM	CA. Rajeev Sharma, Chairman, Swami Vivekanand Educational Society Hamirpur (HP)		
13.	National Anthem		ALL		

Stage Secretary Jagriti Sharma & Shivani Sharma (NSS Volunteer)





SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI AT TAKAUTTA BHATTAN TEHSIL BHORANJ DISTT. HAMIRPUR (HP)-176045 NSS SPECIAL CAMP FROM 28-01-2025 to 03-02-2025

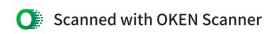
SESSION:2023-2025

	SESSION:2023-2023								
_	5 No T	Poll No Name of NSS Volunteer Gender D.O.B		Aadhar Card	deepikat843@gmail.com	85808-92392			
-			DEEPIKA THAKUR	F	24-11-1998	B.Ed.		dikshadhiman12702@gmail.com	94180-60483
~	1	3081	DIKSHA	F	12-07-2002	B.Ed.	339013225709	nitikachauhan308@gmail.com	9459052268
		3087	MITIKA CHAUHAN	F	30-08-2003	B.Ed.	283284681488	nitikathakur94@gmail.com	80917-86518
+	3	3088	NITIKA KUMARI	F	05-10-2000	B.Ed.	675318053772		83530-36213
ŀ	4	3091	POOJA DEVI	F	15-11-1997	B.Ed.	710189802795	neeraj8108@gmail.com rohit27012000@gmail.com	82610-59305
-	5	3094	ROHIT SHARMA	M	27-01-2000	B.Ed.	438443078591	thakuraditipathania@gmail.com	85806-25597
١	6/	3101	ADITI THAKUR	F	18-09-2000	B.Ed.	740526914465	ankitapathania486@gmail.com	70180-59858
		3105	ANKITA DEVI	F	05-10-1993	B.Ed.	254321665310		90150-13961
	-9	3111	HIMANI BHARDWAJ	F	25-03-2002	B.Ed.	623430708096	bhimanl202@gmail.com	94186-85860
	_	3111	SOBIA	F	07-05-1998	B.Ed.	807275069869	sharmasobla@gmail.com	78310-40035
	10	3118	SOUMYA THAKUR	F	24-07-1998	B.Ed.	535957575887	soumyaa.ts@gmail.com	78070-10139
	11	3128	BABLI	F	08-08-1999	B.Ed.	792869603789	babli898889@gmail.com	93176-09792
	12	3132	ISHA	F	26-06-2003	B.Ed.	854808233137	ishachaudhary236@gmail.com	86278-97899
	-14	3135	KANIKA	F	24-03-2002	B.Ed.	667327539380	kanikadhiman745@gmail.com	82195-05063
	15	3136	KANIKA NOOR	F	25-07-2003	B.Ed.	766257966323	kanikanoor88@gmail.com	70188-42073
	16	3137	KUMARI SHARMILI	F	21-11-1997	B.Ed.	968176383470	sharmilidhiman211197@gmail.com	78078-29103
	17/	3142	PAYAL SAKLANI	F	14-05-2003	B.Ed.	305591905659	payalsaklani715@gmail.com	78073-46292
	18	3145		F	28-08-1998	B.Ed.	547418969965	kashyapnisha@gmail.com	78070-89606
	19			F	19-06-1997	B.Ed.	818100020784	shavnamk1@gmail.com shivanisharma0964@gmail.com	70183-39542
	20	3154		F	23-05-2003	B.Ed.	618719924713	upas9603@gmail.com	94183-81197
	21			F	03-05-1999	B.Ed.	894454227623	youquitabharti@gmail.com	86290-94218
	22	605	YOUQUITA BHARTI	F	28-01-2003	D.El.Ed.	820077282394	kavitadaroch371@gmail.com	82195-65788
	23		KAVITA DEVI	F	11-08-2004	D.El.Ed.	625745850122	kanchankuna95@gmail.com	80913-25587
	124	611	- KANCHAN	F	02-03-2004		461082803624		70184-38618
	25	616		F	22-08-2005		414357980500		99964-83927
	-26			F	27-05-2003		857386671996		62807-87286
	27	618		F	24-07-1993		384639154937		80910-45148
	28			F	28-05-2002		209865146114		70182-52310
	29			М	26-01-1997		622939863360		78078-96292
	30			F	25-10-2005		227159841618 663927861283		98161-25380
	21			F	18-01-2001				98167-33372
	32ء			F	03-11-2004	D.El.Ed.	389304382015	Janetiato 306 Britaineon	
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NSS programme Office

Principal





SWAMI VIVEKANAND COLLEGE OF EDUCATION, TARKWARI-NSS UNIT NSS Volunteers Enrollment List Session 2024-26

			Name of Institution	Name of Volenteer	Gender	0.0.6	Class	Subject	Andhar No.	E.mail ID	Mobile No.
Roll No.		District		VIKAS BHARTI	M	04-03-1998	D.Ed.		37276265 6667	bhartivikas777@gmail.com	9805378524
3171		Hamlrpur	SVN College Of Edu.	BARKHA	F	03-06-1997	D.Ed.		8577 94079721	barkhachaudhary567@gmall.com	8091784673
3172		Hamirpur	SVN College Of Edu.			08-02-1996			2478 36803510	palvikashyap6447@gmail.com	8580584205
3173		Hamirpur	SVN College Of Edu.	PARVATI	F	11-06-2004	B.Ed.		6129 95053137	anshitasharma113004@gmail.com	7876500205
3174		Hamirpur	SVN College Of Edu.	ANSHITA SHARMA	- F		B.Ed.		2679 66723804	bhayanakango62@gmail.com	7814903516
3175	_	Hamirpur	SVN College Of Edu.	BIIAVANA KANGO	<u> </u>	27-11-2001			2268 0998 8022	dikshuthakur598@gmail.com	7807412096
3177	H.P.	Hamirpur	SVN College Of Edu.	DIKSHA KUMARI	F	07-03-2004	D.Ed.	Education	4163 42110915	lagritisharma2105@gmail.com	9805397455
3178	н.р.	Hamirpur	SVN College Of Edu.	JAGRITI SHARMA	F	16-04-2001	D.Ed.		9817 91558237	sharmaankita4454@gmail.com	9816351472
3179	Н.Р.	Hamirpur	SVN College Of Edu.	ANKITA SHARMA	F	01-05-2002	D.Ed.	Education	9984 11951613	sunnyhp749187@gmall.com	6230348669
3181	H.P.	Hamlrpur	SVN College Of Edu.	HIMANSHU	M	01-09-2002	B.Ed.			ranoutshall3@gmall.com	7018667969
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