



**Report**

**on**

**ONE WEEK NSS WINTER SPECIAL CAMP 2023**

**23<sup>rd</sup> February to 1st March 2023**

**Submitted to :**

**NSS Cell, Vidyasagar University**

**Paschim Medinipur, West Bengal**



**NSS Units Garhbeta College**

**Garhbeta, Paschim Medinipur (West Bengal)**

**Website: [www.garhbetacollege.ac.in](http://www.garhbetacollege.ac.in)**

**Email: [garhbetacollege48@gmail.com](mailto:garhbetacollege48@gmail.com)**

## **Preface**

The NSS Unit at Garhbeta College have been trying to follow and adopt the ideology of National Service Scheme (NSS) in a process that ensures meaningful participation of all Volunteers. The activities carried out in seven days Winter Special Camp-2023, have served as an important part of life for the NSS volunteers about the daily problem of our adopted villages. The special initiatives, activities and lectures undertaken during the camp have served as a milestone in fostering social responsibility among the NSS volunteers. Garhbeta College has always 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.

We take this opportunity to express our gratitude to Dr. Hariprasad Sarkar, our respected Principal and also the members of NSS Advisory Committee, for their valuable inputs, guidance and support throughout the programme. We congratulate and extend our best wishes to NSS volunteers, teaching staff and non teaching staff who have made this journey a success with sincere and sustained efforts.

**Programme Officers NSS Units  
Garhbeta College**

## **NSS Winter Special Camp 2023**

**(23<sup>rd</sup> February to 01<sup>st</sup> March 2023)**

The Seven day NSS Winter Special Camp was held at Garhbeta College from 23<sup>rd</sup> February to 01<sup>st</sup> march 2023. Sixty volunteers were registered for this camp and participated enthusiastically under the supervision of Prof. Susanta Kumar Mandal, Prof. Mousumi Pal, Dr. SK Sahanawaz Alam and Prof. Keshob Barman, Programme Officers of NSS Units, under the overall guidance of Dr. Hariprasad Sarkar, Principal, Garhbeta College, Garhbeta.

The main objectives of the camp was to evolve the volunteers as a human and as an agent of social change. Camps provide a sound environment for youth to be active, to develop competence in life skills, to learn about and enhance their abilities to serve community.

NSS works mainly on the principle of “NOT ME, BUT YOU”. The volunteers who are involved in its activities work together with the people of the society for the benefit of the society, healthy life, cleanliness and environmental sustainability, protection and making education more relevant to present situation to meet the felt needs of the communities.

### **Date: 21.02.2023 (Orientation Session for the camp)**

The Programme Officers of NSS Units gathered all the volunteers for an Orientation session from 1:00 pm to 3:00 pm. In this session, the Programme Officers explained the volunteers about the importance of Camps, role of volunteers, schedule of the camp and functions of the volunteers throughout the camp. They also informed NSS volunteers about the rules and duties to be followed in the camp and other essentials required for the camp.

## Programme Schedule

### Daily Routine of the Camp

**Day 1: 23<sup>rd</sup> February:** Inaugural Ceremony by the Teacher – in – Charge, Prof. Sanjib Kumar

Mukherjee, at 01:00 p.m.

2p.m. to 3 p.m. - Informal session with NSS volunteers

3 p.m. to 4 p.m.– Cultural Programme

4 p.m. to 5 p.m. – Physical Exercise

**Day 2: 24<sup>th</sup> February:** 7 a.m. to 9 a.m. - Physical Exercise

9 a.m. to 10 a.m. –Breakfast

10 a.m. to 12 noon – Campus Cleaning

12 noon to 2 p.m. – Lunch Break

2 p.m. to 3 p.m. – Seminar on “*Preliminary Health Issues for all*” by Dr.

*Sanchita Karmakar, BMOH, Garhbeta Block Hospital.*

3 p.m. to 4 p.m. – Games & Sports

4 p.m. to 5 p.m. – Cultural Programme by NSS Volunteers

**Day 3: 25<sup>th</sup> February:** 7 a.m. to 9 a.m. - Yoga & Meditation

9 a.m. to 10 a.m. –Breakfast

10 a.m. to 12 noon – Visit to Adopted Village of Unit I by 4 Units

12 noon to 2 p.m. – Lunch Break

2 p.m. to 3 p.m. – Seminar on “*Consumer Rights Awareness Programme*”

*by Puloke Roy & Santanu Kumar Das, Officers of Director, Department of*

Consumer Affairs, Regional Zone, Paschim Medinipur.

3 p.m. to 4 p.m. – Games & Sports

4 p.m. to 5 p.m. – Cultural Programme

**Day 4: 26<sup>th</sup> February:** 7 a.m. to 9 a.m. - Physical Exercise

9 a.m. to 10 a.m. - Breakfast

10 a.m. to 12 noon – Visit to Adopted Village of Unit II by 4 Units

12 noon to 2 p.m. – Lunch Break

2 p.m. to 3 p.m. – Special deliberation on NSS by NSS Programme Officers, Prof. Susanta kr. Mandal & Prof. Mousumi Pal, Garhbeta College.

3 p.m. to 4 p.m. – Games & Sports

4 p.m. to 5 p.m. – Cultural Programme

**Day 5: 27<sup>th</sup> February:** 7 a.m. to 9 a.m. – Yoga & Meditation

9 a.m. to 10 a.m. - Breakfast

10 a.m. to 12 noon – Visit to Adopted Village of Unit III by 4 Units

12 noon to 2 p.m. – Lunch Break

2 p.m. to 3 p.m. – Seminar on “*Proper nutrition & Sound Health*” by Dr. Debidas Ghosh, Professor & HoD, Department of Bio-Medical Laboratory Science & Management of Vidyasagar University

3 p.m. to 4 p.m. – Games & Sports

4 p.m. to 5 p.m. – Cultural Programme

**Day 6: 28<sup>th</sup> February:** 7 a.m. to 9 a.m. - Physical Exercise

9 a.m. to 10 a.m. - Breakfast

10 a.m. to 12 noon – Visit to Adopted Village of Unit IV by 4 Unit

12 noon to 2 p.m. – Lunch Break

2 p.m. to 4 p.m. – Observation of National Science Day, Speaker: Dr. Prabir

Ranjan Sur, the Former Scientist of the Department of Botanical Survey of India, Kolkata.

4 p.m. to 5 p.m. – Cultural Programme

**Day 7: 1<sup>st</sup> March:** 7 a.m. to 8 a.m. - Yoga & Meditation

8 a.m. to 9 a.m. - Breakfast

9 a.m. to 11 a.m. – Survey of the respective Adopted Village

11 a.m. to 1 p.m. – Campus Cleaning

1 p.m. to 2:30 p.m. – Lunch Break

2:45 p.m. – Valedictory Session

### ***NSS Camp First Day - 23 February 2023***

The first day of the Winter Special Camp was inaugurated by Teachers in Charge, Prof. Sanjib Kumar Mukherjee, Garhbeta College. He inaugurated the NSS Winter Special Camp – 2023 with NSS Advisory Committee by lighting the lamp and addressed the NSS Volunteers about importance of NSS in conserving Cultural heritage, social harmony, and also development for way of life in rural areas.

Prof. Susanta Kr Mandal, Programme Officer, NSS Unit IV of the college welcomed the guests and talked about the proposed activities of the camp. Prof (Dr.) Santimoy Patra & Prof. Soma Samanta, Member of NSS Advisory Committee, Garhbeta College, addressed all the NSS volunteers as to the importance of the camp and wished a successful completion of the camp. At the end, a cultural programme was also organised by NSS volunteers and students of the college.

### ***Second Day – 24<sup>th</sup> February 2023***

The 2<sup>nd</sup> day, 24 February 2023 of this special camp was started by the physical exercise of 60 volunteers of 4 units (15 volunteers from each unit) from 7 am to 9 am and this activity was followed daily throughout the Special Camp. It was followed by breakfast at 9 am. Later on, all the areas of college campus were cleaned by these campers. After lunch at the middle phase, there was organised an engrossing lecture on 'Preliminary health issues for all' by the respected speaker Dr. Sanchita Karmkar, BMOH of Garhbeta Block Hospital. She has given some important tips for primary health care of our life. Then there was an arrangement of games & sports for all the NSS campers and at the last phase of the day, the cultural programme was organised for developing the mental growth of students in the Seminar Hall from 4 pm to 5 pm.

### ***Third Day–25<sup>th</sup> February 2023***

The 3<sup>rd</sup> day of this trip was started with Yoga & Meditation by all the campers and then there was visited to the adopted village of unit I at Mairakata Tantipara by the volunteers of 4 NSS units. Firstly, the volunteers meet primary school to learn about environment of education in the school and they interacted with the children of the school. The volunteers also interviewed the people present there and gathered information about the problems faced for every day of life. And after lunch on that day, there was organised an important lecture on “Consumer Rights Awareness Programme” by the Honourable speakers – Puloke Roy and Santanu Kumar Das, Officers of Department of Consumer Affairs, Regional Zone, Paschim Medinipur. And then, games and sports for the campers and at last the cultural programme in the Seminar Hall on various aspects was organised.

### ***Fourth Day – 26<sup>th</sup> February 2023***

Like the 2<sup>nd</sup> day and the 4<sup>th</sup> day physical exercise was also started on 26 February from 7 am to 9 am and then there was a visit to adopt village of Unit II for the survey purposes by 4 units to Gangani Badam Colony. NSS Volunteers went for home visit and conducted survey on various health issues for the villagers and they also analysed their surveys. These helped the volunteers to have a good communication with the villagers. After lunch, a special deliberation was performed by Prof. Susanta kr. Mandal, Prof. Mousumi Pal and other NSS Programme Officers, Garhbeta College. Then the games & sports and at last cultural competition were held by all the campers.



### ***Fifth Day – 27<sup>th</sup> February 2023***

Like previous days the fifth day also was begun with Yoga and Meditation and thereafter there was a visit to the adopted village of Unit III by all the units' campers to Ghotboni, Garhbeta. The NSS Volunteers went for home visit and conducted survey on various health issues for the villagers and they also analysed their surveys. These helped the volunteers to have a good communication with the villagers.

Next in the Seminar Hall, an amazing lecture on "Proper Nutrition & Sound Health" by the eminent speaker Dr. Debidas Ghosh, Professor & HOD, Department of Bio-Medical Laboratory Science & Management of Vidyasagar University. All the participants of the camp, learned how to maintain proper diet based on daily routine of healthy food and nutrition. In the same way, the game & sports were arranged for the campers and at last, the interesting cultural programme was organised by the students.

### ***Sixth Day – 28<sup>th</sup> February 2023***

The 6<sup>th</sup> day of the Winter Special Camp was started with physical exercise and then a visit was conducted adopted village Lapuria and then an attractive lecture on "Observation of National Science Day" by the honourable speaker Dr. Prabir Ranjan Sur, the Former Scientist of the Department of Botanical Survey of India, Kolkata was organised. After the precious lecture, campers organised a cultural programme.

## Seventh Day – 01<sup>st</sup> March 2023

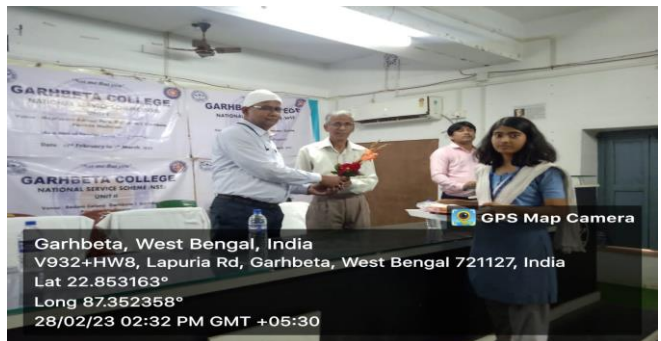
The last day of this memorable camp was begun with Yoga and Meditation and was surveyed to their respective adopted villages and the work of campus cleaning was also done. The function was very successful along with the performance of the volunteers. At last in the Valedictory session, the Vote of thanks for the function was given by NSS Volunteers. Thus the NSS winter special camp was conducted successfully.

All the events that took place during the Special Camp, has been captured and made into a documentary, by few of the volunteers of the camp. For the first time, Garhbeta College will be releasing a documentary, in order to ensure that, the work of the NSS Unit and the problems faced by villagers, reaches a larger audience of the society.

Glimpse of Event:









নিরপেক্ষ নয় জনগণের পক্ষে

# সব্যসাচী

শ্রমিক সংগঠন

## এলাকায় এবার নীলগাই ? ভিডিও সম্মানে আসরে নামল বনদফতর

নীলগাই বাগিচা গাছের চাষাবাদে আগ্রহী ছাত্র-ছাত্রীদের মধ্যে একটি প্রতিযোগিতা আয়োজন করা হয়েছে। এতে অংশগ্রহণ করেছেন বিভিন্ন কলেজের ছাত্র-ছাত্রীরা। প্রতিযোগিতার ফলাফল ঘোষণার পরে বিজয়ীদেরকে সম্মাননা প্রদান করা হয়েছে।

## গড় বেতা কলেজে এন এস এস-এর সাতদিনের শিবির শেষ হল

গড় বেতা কলেজে এন এস এস-এর সাতদিনের শিবির শেষ হল। শিবিরের আয়োজকরা জানান, শিবিরের মাধ্যমে ছাত্র-ছাত্রীদের মধ্যে আন্তরিকতা ও সহযোগিতা বৃদ্ধি করা হয়েছে।

হাসিনা

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