

## **NATIONAL SERVICE SCHEME**

**College of Basic Sciences  
CSKHPKV, Palampur 176062 (H.P)**

### **A Report on Seven Days National Service Scheme Special Camp**

08-01-2009 - 14-01-2009

Seven days special camp of National Service Scheme was organized at Village Sidhpur Sarkari, Tehsil Palampur, and Distt. Kangra of Himachal Pradesh by the National Service Scheme Unit of College of Basic Sciences, CSKHPKV, Palampur. Twenty Seven NSS volunteers (26 girls + 1 boy) participated in this special camp from 8-1-2009 to 14-1-2009. During the camp, main emphasis was laid on environmental protection, cleanliness of surroundings and environment, disaster management, HIV/AIDS awareness, health awareness, and literacy etc. Apart from the daily work assigned to the volunteers, special lectures on important topics were also delivered to the villagers and informative activities like group discussion, debate, declamation, song singing competition etc were also conducted by the participants among themselves.

The date wise daily report is as under:

#### **8<sup>th</sup> Jan, 2008 (First Day)**

All the NSS volunteers gathered at the College of basic Sciences. They loaded the necessary material to be used during the NSS camp on the University bus and left for the camp site at 12.00PM. After reaching the camp site, NSS song was sung by the NSS volunteers and roll call was taken. At 1.00P.M., we all had our lunch.

#### **1.30-3.30 hrs. Inauguration of the camp**

The camp was inaugurated by the Dean College of Basic Sciences, Dr R.G. Sud, Pradhan of Sidhpur Sarkari Panchayat Sh Karun Sharma, other Panchayat members, Mahila Mandal Pradhan Smt Maya Devi and other members, Principal of the High School Sh Prem Kumar Nag, Headmistress of Govt. Primary School Smt. Prem Lata, other staff members of Govt. Primary School, school children, media persons, and

villagers were present to grace the occasion. Also the villagers were informed about the activities to be carried out during the camp.

At 3.30 P.M. tea and light refreshments were served to the chief guest and all others present over there. Later volunteers interacted with the villagers and tried to identify different problems being faced by them in general and in day to day life. The day ended with the prayer and review of the daily work.

### **9<sup>th</sup> January 2009 (2<sup>nd</sup> day)**

The day at the camp began with the singing of NSS song, roll call followed by the yogic exercise as a part of routine work. The main activity of the second day was a **free medical check-up** of the students of primary school and the villagers. It included testing of haemoglobin level, weight and height measurements, blood groups, and symptoms of the general ailments. The team included Dr. Nitin Gupta of Palampur, Lab. Technician of Health Centre CSK HPKV, Palampur, and Health worker (nurse) of public health centre, Sidhpur Sarkari, and NSS volunteers. About 100 students and villagers were checked and treated accordingly and **free medicines** were distributed to them. The outcome of this checkup was that the school children have low haemoglobin level. Some of the volunteers taught the young primary school children (1<sup>st</sup> –5<sup>th</sup> standard). They prepared models and TLM (teaching learning methods) to make the teaching more interesting and rewarding for the school children. The day ended with the evening prayer and review of the daily work. Volunteers discussed the problem encountered therein.

### **10<sup>th</sup> January 2009 (3<sup>rd</sup> day)**

The day started with the NSS song, roll call followed by Yogic exercises at Sidhpur Sarkari. As per schedule, we proceeded to Bandala Temple where a cleanliness drive was to be launched but continuous rain did not allow us to execute it. While raining, we went to the place from where potable water is supplied to Palampur and the adjoining areas. Mr. Madhav Ram and Budhi Chand, the person on duty educated the NSS volunteers regarding various stages of water purification and distribution. Meanwhile some of the students prepared the food and by 1.15PM., we finished the lunched. Later

we went to Bandla Panchayat Bhavan where a lecture on “Diseases spread by contaminated food, air and water, dogs biting and other diseases like TB, Anthrax etc”. was scheduled. Dr. Ashok Panda, Head, Department of veterinary public health, College of Veterinary, and Animal Sciences delivered his lecture on control, prevention and treatment of the above mentioned diseases. Bandala Gram Panchayat Pradhan Smt. Sudharshna Devi, Jai Durge Mahila Pradhan Smt Rekha Devi, Secretary Smt. Shitala Devi, Ex Ward Member Sh. Trilok Kapoor, Ward Member Sh. Om Prakash, Sh Mansa Ram Pradhan Gaddi Association, Sh Santosh Kumar Ayurvedic Pharmacist, and the villagers attended the lecture. During this lecture, tea and light refreshments were also served. This lecture was the result of the request made by the Gram Panchayat Pradhan Smt. Sudharshna Devi.

The day ended with evening prayer and review of the daily work.

### **11<sup>th</sup> January 2009 (4<sup>th</sup> day)**

NSS Song marked the beginning of the day followed by the roll call and cleaning work of Sidhpur Sarkari and adjoining regions. We also visited Sidhpur Sarkari Agricultural Co- operative Service Society Limited and cleared the bushes on both the sides of this area. Gram Panchayat Pradhan Sh. Karun Sharma, Primary school teacher Sh. Shashi Sharma and villagers also joined this campaign.

Cleaning activities were undertaken till 1.00 P.M. and lunch was taken thereafter. After lunch, singing and dancing competitions were held amongst the NSS volunteers. Ankur Rana and Swati Awasthi were the winners of these competitions respectively. Simultaneously, the banners for HIV/AIDS rally which was scheduled on 12<sup>th</sup> January to mark the Youth Day, the birthday of Swami Vivekananda, were prepared. Some of the slogans are as listed below.

जन-जन को बताओ  
एड्स को  
हटाना है।

एड्स मुक्त  
भारत  
समृद्ध भारत

एड्स एक जलमो  
बसाती है  
सो नियंत्रण लूनी  
जानेवारी है

स्व.आई. वी.  
एड्स  
जागरुकता  
रैली

समझदारों और  
सुरक्षा  
स्वस्थ से खा

एड्स से बचाव  
खुशी से दियो  
संवाधान खा

बचाव  
दियो  
खा

एड्स है जो जन-जन को  
जो भी जगह से बसाती है, जेवारी  
कोही से अबा हो कोहीवारी  
याद रहे-एड्स को  
जब कभी नही छोडो।

एड्स को ज  
मिटानी  
भारत को  
बनाओ

जन-जन को  
बताओ है  
एड्स को हमें  
मिटाना है

एड्स को जइ से  
मिटानो  
भारत को समृद्ध  
बनाओ।

The day ended with the evening prayer and review of the daily work

### **12<sup>th</sup> January 2009 (5<sup>th</sup> day)**

As usual the day activities started with NSS song, roll call and Yogic exercises. A rally for the general awareness was taken out by the NSS volunteers along with the students of classes 7 and 9 of Govt High School Sidhpur Sarkari on the occasion of Youth Day. Meanwhile the students in Primary School saw movies on “Gandhi Katha- My Life is my message” and “Tare Zameen Par”. Simultaneously lunch was prepared and served. After lunch Dr Ashok Panda, Head, Department of Veterinary Public Health, College of Veterinary, and Animal Sciences delivered his lecture on control, prevention, and treatment of the diseases spread by contaminated air, water and food and the animals. This lecture was attended by the Gram Panchayat Pradhan and its other members, Members of Mahila Mandal, the school staff, School children, villagers, and volunteers. They appreciated the contents and its presentation. During the lecture, tea and light refreshments were also served.

The day activity ended with the evening prayer and review of the daily work

### **13<sup>th</sup> January 2009 (6<sup>th</sup> day)**

The routine activity of NSS song was undertaken and immediately the students started cleaning the school campus. In addition to the preparation of flower beds, plantation of flowers and coloured hedges in the school premises, various other activities were carried out throughout the day amongst which musical chair competition was the first one to be held. Miss Nitika Kapoor was the winner of this event. Quiz competition was conducted by Shishta Sharma and Shikha Sood. Rajani and group won this competition. Declamation and Debate competition were held after the lunch. Miss Swati Sharma and Shalini was the respective winner of these competitions. The topics for the debate and declamation were Female foeticide, environment conservation, population

explosion, Poverty- a curse, use and abuse of science, need of Primary and Secondary education, etc. Group discussion was the last event of the day. The topics of discussion were nuclear deal, Terrorism-a threat, inflation, preparedness for disaster management and global warming, Child marriage, Dowry system and low literacy rate in India. These activities served as a source of vast inflow of knowledge amongst the volunteers. Meanwhile, we had Light refreshments too. Certain arrangements for the concluding function were also made.

As usual, the day activities ended with the evening prayer and review of the daily work.

### **14<sup>th</sup> January 2009 (7<sup>th</sup> day)**

The day activity started with the NSS song followed by roll call and Yogic Exercises.

### **Concluding Function**

Students Welfare Officer & NSS Programme coordinator of CSK HPKV, Palampur, Mrs. Lalita Sharma was the chief guest on the concluding function. Pradhan of Sidhpur Sarkari Panchyat Sh Karun Sharma, other Panchayat members, Mahila Mandal Pradhan Smt. Maya Devi and other members, Principal of the High School Sh Prem Kumar Nag along with other staff members, Headmistress of Govt. Primary School Smt. Prem Lata, other staff members of Govt. Primary School, school children, media persons, Dr. Ashok Kumar Panda, Head, Department of Public Health and Epidemiology , College of Veterinary and Animal Sciences, CSK HPKV, Palampur, Panchayat Secretary Sh. Beeru Ram, Panchayat sahayak Sh Sansar Chand, Members of National Health Insurance Scheme, other dignitaries, the villagers and school students were present to grace the occasion.

I, the Programme Officer of National Service Scheme, College of Basic Sciences unit along with the NSS volunteers welcomed the chief guest and reported the activities conducted by the volunteers in seven days. Later NSS programme coordinator Mrs. Lalita

Sharma addressed the audiences. In her address she told the villagers about the importance of special NSS camp.

Mr. Ankur Rana and Neha Jain (Group Leaders) shared their experiences of the camp with the audience. They also promised to donate two benches to the primary school from their monthly savings.

Miss Shalini, one of the volunteers in her vote of thanks, thanked the Chief guest, Programme Officer, Representatives of Sidhpur Panchayat and Mahila Mandals, Scientist, and Professor of the university and the villagers present over there.

Finally tea and light refreshments were served to all present over there.

***DR. RAM LAL KAUSHAL,  
ASSOCIATE PROFESSOR,  
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CSKHPKV.***

