

**Report**  
**On**  
**Seven Days Special Camp**  
**National Service Scheme (NSS)**

19<sup>th</sup> September to 25 September 2022

**Venue: Adopted Village Inderwatand**



*NOT ME, BUT YOU*

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

**GRIZZLY COLLEGE OF EDUCATION**

NAAC ACCREDITED WITH "B" GRADE

Recognised by ERC, NCTE, Affiliated to Vinoba Bhave University, Hazaribag & JAC, Ranchi  
NEAR SATPULIA, GUMO, P.O. JHUMRI TELAIYA, DIST. KODERMA (JHARKHAND)



# GRIZZLY COLLEGE OF EDUCATION



NAAC Accredited with 'B' Grade

Recognised by ERC-NCTE Bhubaneswar & Affiliated to VBU, Hazaribag & JAC, Ranchi  
Near-Satpulia, Gumo, Jhumri Telaiya, Dist- Koderma (Jharkhand)- 825409

## 7-Days NSS Special Camp Programme

Date :- 19/09/2022 to 25/09/2022

Day	09:00 am - 10:00 am	10:00 am - 10:30 am	10:30 am - 11:30 am	11:30 am - 01:00 pm	01:00 pm - 02:00 pm	Post Lunch 02:00 pm - 05:00 pm	
Day 1	Flag Hosting, Yoga and Meditation	<b>B R E A K F A S T</b>	Awareness Rally on No-Tobacco + Nukkad Natak	Inaugural Session	<b>L U N C H</b>	General Meeting of Volunteers & Villagers	
Day 2	Flag Hosting, Yoga and Meditation		Cleanliness Drive in near by Places	Village Survey		Lecture Session on Save our Environment	Speech Competition
Day 3	Flag Hosting, Yoga and Meditation		Awareness Rally on Beti Bachao Beti Padhao	Health Camp		Lecture Session on Beti Bachao Beti Padhao	Various Competition for Volunteers
Day 4	Flag Hosting, Yoga and Meditation		Cleanliness Programme श्रमदान	Poshan Mah		Soft Skill training for Volunteers & Villagers	Cultural Session
Day 5	Flag Hosting, Yoga and Meditation		Cleanliness Programme on School	Art & craft training for Villagers & Volunteers		Lecture Session on Clean Water 02:00 PM - 3:30 PM	Various Competition for Volunteers
Day 6	Flag Hosting, Yoga and Meditation		Plantation	Nukkad Natak (दहेज प्रथा)		Lecture Session on Dowry System	NSS Day Celebration (Cultural Session)
Day 7	Flag Hosting, Yoga and Meditation		Awareness Rally on Superstition	Preparation for Valedictory Session		Validictory Session Dance of Village Girls	

Signature  
Programme Officer  
NSS Unit Officer  
Grizzly College of Education  
Jhumri Telaiya, Koderma

Signature  
PRINCIPAL  
GRIZZLY COLLEGE OF EDUCATION  
Jhumri Telaiya, Koderma

## FORWARDED

The NSS Unit at **Grizzly College of Education** has been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation by all volunteers. The activities at the Seven Days Special NSS Camp 2022 opened the eyes of the young NSS volunteers to the current 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. **Grizzly College of Education** has always had a strong vision and commitment toward the service of society and its weaker sections. With a 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 campus with great enthusiasm and zeal. There are some remarkable social service activities done by the unit. For instance, through literacy, plantation drives, health camps, generating awareness about Swachha Bharat Abhiyan, Beti Bachao Beti Padhao by NSS volunteers, and sensitization programmes on sanitation, hygiene, and cleanliness in adopted village **Inderwatand**, we are pledged to social service and to take this initiative beyond the stipulated time frame. The honourable Deputy Director, on which NSS as an organisation is built, has inherent characteristics in line with the cause of nation-building through service. The activities done by the NSS volunteers during the camp helped them equip themselves with insight and sensitivity and gain an understanding of the problems that are faced at the grass-roots level. Our volunteers have learned how to live a dignified life with a positive mindset and contribute to the growth of the nation in some way as a result of their field experiences. With the encouragement with which our volunteers put their hearts 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 Mr. Manish Kumar Kapsime, Chairman, Mr. Avinash Kumar Seth, Secretary, GCE, Dr. Sanjeeta Kumari, Deputy Director, GCE, and principal Prof. (Dr.) B. C. Swain for their valuable input, guidance, and support throughout the year. We congratulate and extend our best wishes to NSS volunteers, teaching staff, and non-teaching staff who have made this journey a success due to their sincere and sustained efforts and for their keen efforts to accomplish the targets in the planned activities.

NSS Unit

*Grizzly College of Education, Jhumri Telaiya, Koderma, Jharkhand*

## **ABOUT COLLEGE**

Grizzly College of Education is located in an educationally backward and rural area and was established in 2009 and has a smoothly running B.Ed. and D.El.Ed. Programme through the **Grizzly Charitable Trust, established in 2007**. Most of the students come from social and economic backgrounds. The institution maintains the quality of education and accredited with 'B' grade by the NAAC in 2022. The institution has appointed qualified and permanent faculty as per NCTE and UGC guidelines. The institution is affiliated to Vinoba Bhave University, Hazaribag, and Jharkhand.

Grizzly College of Education was founded with the express aim of creating a high-quality professional education where students would receive expert instruction and individual support. It was felt that to fulfil the dearth of trained and skilled teachers in the state of Jharkhand, there was an urgent need for high-quality professional primary and secondary teacher training at a reasonable cost.

The college is geared specifically to provide high-quality education, adopting the latest techniques and methodologies for curriculum transactions, and is poised to develop into an institute of higher learning and interdisciplinary research. The institution also aspires to kindle in the students the desire for lifelong learning and to reach the unreached. It aims at producing quality teachers to form a learning society because quality teachers imply quality education, and the same education determines the virtues of people in a society. Our college is committed to quality, excellence, and standards in teacher education. The whole campus has been equipped with Wi-Fi. However, we are on the way to being recognised as the centre of excellence in teacher education.

## **ABOUT THE NSS**

NATIONAL SERVICE SCHEME popularly known as NSS was launched in Gandhi's Birth Centenary Year 1969, under the Ministry of Youth Affairs & Sports Govt. of India. The scheme was launched simultaneously in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service and promotion of National solidarity. In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again was that they should always keep before them, their social responsibility. The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Advising them to form a living contact with the community in whose

midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level". NSS works on the premise that it is possible to awaken the villagers and slum dwellers to their responsibilities and develop in them the confidence, to tackle their common problems with energy, enthusiasm and in a co-operative spirit, based on mutual aid and self-reliance. The role of students is limited as activists, enablers, catalytic agents with wider communities and as program aids.

Grizzly College of Education is associated with the National Service Scheme (NSS), which is beneficial to both students and society in various different ways. NSS helps students grow both individually and as a group. It makes the students confident, develops leadership skills, and allows them to gain knowledge about different people from different walks of life. Students also learn other skills that help them lead better lives in various situations. It teaches students to be disciplined and organised with the objectives and goals they set.

NSS works mainly on the principle of NOT ME BUT YOU. The candidates who are involved in its activities work together with the people of the society for the benefit of the society, environmental protection, health and cleanliness, to help the people suffering at the time of emergency or natural calamity. National Service Scheme (NSS) is an Indian government sponsored programme under the Department of Youth Affairs and Sports, Government of India, which has been initiated primarily to inculcate the spirit of participation in nation building through social work among the students.

### **Motto**

The motto of NSS, "Not Me But You," reflects the essence of democratic living and upholds the need for selfless service. NSS helps the students develop an appreciation for other people's points of view and show consideration for other living beings. The philosophy of the NSS is well encapsulated in this motto, which underlines the belief that the welfare of an individual is ultimately dependent on the welfare of society as a whole, and therefore, the NSS volunteers shall strive for the well-being of society.

The main objectives of National Service Scheme (NSS) are:

The NSS is part of our academic, social and personal life as it is the third dimension of education. It allows the students to actively contribute their services for the cause of community and the nation, thus helping them develop their personality. As such, the NSS is the right platform, where the students youth of the nation may get to involve with real-life social activities, and thereby become responsible citizen of India.

- understand the community in which they work
- understand themselves in relation to their community

- identify the needs and problems of the community and involve them in problem- solving
- develop among themselves a sense of social and civic responsibility
- utilize their knowledge in finding practical solutions to individual and community problems
- develop competence required for group-living and sharing of responsibilities
- gain skills in mobilizing community participation
- acquire leadership qualities and democratic attitudes
- develop capacity to meet emergencies and natural disasters and
- practice national integration and social harmony

### **Important Thrust Areas**

- Child Marriage
- Gender Issues
- Dowry
- Sex Determination Test
- Fitness
- Tobacco
- Substance Abuse
- Sports
- Yoga
- Adventure
- HIV/AIDS & Adolescent Issues
- Water Literacy
- National Integration & Social Harmony
- Employment & Livelihood
- Disaster Management
- Environment Enrichment

## ABOUT NSS SPECIAL CAMP

The Grizzly College of Education's NSS Unit held a seven-day special camp at Inderwatand village from September 19th to September 23rd, 2022, with 50 volunteers actively participating under the supervision of Mr. Saurabha Sharma, NSS Programme Officer, and the wise guidance of honourable Deputy Director Dr. Sanjeeta Kumari, who has been consistently supervised at the special camp and given affordable time to encourage the volunteers.

The Special Camp was organised with the permission of the NSS Wing, Vinoba Bhave University, and the coordinator cooperated with the special camp for grand success. Mr. Sharma, the programme office, has planned and prepared ahead of time for a seven-day special camp, outlining the camp's objectives. The volunteer has been divided into groups and they properly executed their duties and responsibilities

The main objective of the camp was to evolve the volunteers as humans and agents of social change. Its thrust was on activities and lectures that helped the volunteers 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 phenomena. Each day began with various interactive sessions, guest lecturers, and fieldwork.

The primary objectives of the special camping programmes are:

- To provide opportunities to NSS Volunteers to play their due roles in the implementation of various development "programmes by planning and executing in rural and tribal areas
- To understand the people of community and their problem they face
- To aware about their community responsibility
- To help the upliftment of distress and poor people
- To Aware of National Mission like, Swachh Bharat Abhiyan, Beti Bachao Beti Padhao, National Literacy Campaign etc
- To develop the sense of unit of diversity
- To create awareness of health and hygienic knowledge
- To build potential youth leaders by exploring the latent potential
- To encourage the students to work along with the adults in rural and tribal areas
- To emphasis the dignity of labour and self-help and the need for combining physical work with intellectual pursuits
- To promote national integration through democratic living and cooperative action

## DAILY REPORT

**Day: 1 (19.08.2022)**

Mr. Pawan Das and Mr. Dayanand Kushwaha, trained volunteers, began the first day of camp with an NSS song and yoga and meditation practice. The trained instructors also showed how slow, deep yogic breathing and meditation help improve mental focus and concentration as well as strengthen the respiratory system. They guided the volunteers by saying that yoga is an ancient practice that brings together the practitioner's mind and body. The exercise consists of bringing the many aspects of our body into a state of equilibrium. It facilitates meditation and helps you relax. The primary goal of yoga practice is to gain control over the movement of various parts of the body through the use of certain breathing techniques.



**Yoga and Meditation Morning of the First Day**

### *Inaugural Ceremony*

On January 19, 2022, the Seven Days NSS Special Camp was inaugurated with the lighting of the lamp by the guest of honor, Dr. Johony Ruphina Tirkey, NSS Coordinator, Vinoba Bhave University, Hazaribag, Jharkhand, and the dignitaries present. It was followed by the introduction of the chief guests and their felicitations. Mr. Avinash Kumar Seth, Secretary, Grizzly College of Education; Mr. Manish Kumar Kapsime, Chairman, GCE; Dr. Sanjeeta Kumari, Honourable Deputy Director; and Principal and NSS Program Officer.

Dr. Tirkey, who was mesmerized as she delivered her speech, congratulated the NSS Unit and encouraged the volunteers to continue their efforts in the future. She explained to the volunteers the importance of the NSS camp, the role of volunteers, the schedule of the camp, and the tasks that the volunteers have to carry out. They also informed the volunteers about the rules and duties to be followed in the camp, the dress code, and other essentials required for the camp. The honourable chief guest spoke about how NSS special camping is an important part of the National Service Scheme. It has special appeal to the

youth as it provides unique opportunities for group living, collective experience sharing, and constant interaction with the community. He expressed immense pleasure in smoothly conducting the NSS program. The honourable Deputy Director, Principal, and Program Officer consequently addressed about the importance of the camp and encouraged all the volunteers.

The villagers attended the inaugural ceremony; they mindfully listened to the speeches of the chief guest, honorable guest, special guest, and other guests. The girls of Inderwatand village, which the college has adopted, have performed a beautiful folk dance.



## No Tobacco

After the inaugural ceremony, all the volunteers had their breakfast, and all the volunteers were divided into five groups, i.e., the Vinoba Bhave Group, the Sardar Vallabh Bhai Group, the Bhagat Singh Group, the Subhash Chandra Group, and the Vivekananda Group, for executing their own group duties and responsibilities for the camp. All volunteers gathered on the ground and left the college grounds to campaign for the awareness programmes "NO TOBACCO" and "Nukaad Natak," which were performed by volunteers. The main goal was to raise public awareness about the dangers of tobacco use. The meeting was conducted with villagers and discussed tobacco use and its dangerous outcomes.



### *Awareness Rally against Tobacco*



### *Nukaad Natak*





*Villagers taking an oath against tobacco use*



*Volunteers' interaction with by the programme officer*

After the launch, the volunteers cleaned the campus and conducted lecture sessions on cleanliness. The volunteers delivered their lectures one by one, and the volunteers interacted with the villagers on how to keep the village clean and hygienic. The volunteers conveyed to the villagers the message that protecting the environment is our primary responsibility. Deforestation should be strictly prohibited, and tree planting should be the primary goal of environmental conservation. All the volunteers tried to be aware of the environment.

## Day: 2 (20.08.2022)

In the second day, the volunteers were started the camp at 9am with NSS song, Yoga and Meditation by trainers. The trainers were explained details the benefit of Yoga and meditation.



### Day: 2 Yoga & Meditation at 9am

Following breakfast, the volunteers were divided into groups to travel to the village. There were three groups that cleaned the village with proper equipment in the adopted village, and each group was assigned by the group leader the clean particular areas. Each and every volunteer cooperated in cleaning the village.



### Clean The Village

The other three groups conducted a village survey and collected various data door-to-door in order to collect information about the villagers regarding education, government schemes,

opening bank accounts in jurisdictional banks, dropouts, illiteracy data, disease information, farming, and so on.



### Survey the Village

After lunch, all volunteers conducted lecture sessions in the village on the topic "Save Our Environment." The volunteers delivered their speech, which was very informative. The volunteers discussed various pollution and environmental issues with the villagers.

After the successful completion of the lecture session on "saving our environment," the volunteers organised a speech competition on "no tobacco" among the village's school students. All the school students actively participated in the competition. Miss Ruby Kumari has taken the top spot. Miss Lakshmi Kumari came in second, followed by Miss Madhu and Miss Manika. They were given prizes according to their position.



### Campaign against Tobacco

The volunteers conducted the competition successfully and completed the second day of the special camp at 5 p.m. with tea and snacks.

### **Day: 3 (21.08.2022)**

The third day of the NSS special camp started with a yoga session in which the trained instructors specially focused on the importance of pranayama and meditation. The instructor discussed breathing and meditation with various yoga poses that help reduce stress, anxiety, depression, and fatigue while demonstrating various forms of Pranayam, such as Kapal Bhati, Anuloma Viloma, and Bhramari Pranayam. They instructed the volunteers that pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. The practice of Pranayam involves breathing exercises and patterns. You purposely inhale, exhale, and hold your breath in a specific sequence. In yoga, pranayama is used with other practices like physical postures (asanas) and meditation (dhyana). Together, these practices are responsible for the many benefits of yoga. But pranayama has benefits of its own. These advantages are due to the therapeutic effects of breathing exercises and mindfulness.

The honourable Deputy Director, madam **Dr. Sanjeeta Kumari**, Mr. Saurabha Sharma (Programme Officer), and Mrs. Khusboo Sinha guided and encouraged the volunteers to organize a rally on "**Beti Bachao, Beti Padhao**," and all the volunteers were taken in hand banners with flex.

The main objective of the programme was to create awareness among the people about the importance of girls' education. The larger goal was to discourage them from committing female foeticide, which is social cancer. There was a huge enthusiasm among the teachers and the students for the programmes. Messages such as "**Beti Bachao, Beti Padhao**," "**Save Girl Child, Educate Girl Child**," "**Girls are the pride of the country**," "**If Girls Survive, the Earth Will Survive**," and others were displayed on banners and placards. The rally passed through the whole village.

In 2015, the Indian government introduced the Beti Bachao, Beti Padhao (BBBP) scheme to address concerns of gender discrimination and women empowerment in the country. The name Beti Bachao, Beti Padhao translates to 'Save the girl child, educate the girl child'. The scheme aims to educate citizens against gender bias and improve efficacy of welfare services for girls. It was launched with an initial funding of Rs. 100 corer.

The Beti Bachao Beti Padhao Yojana is a national initiatives run jointly by the Ministry of Women and Child Development, Ministry of Health & Welfare and Ministry of Education. Each body is accountable for different aspects of the scheme.

All the people applauded the students who were taking out rally. The whole bunch of activities came to an end with a pledge. The Deputy Director administered the oath of saving and educating girls to all the people who were present there.





*Beti Bachao Beti Padhao Campaign*

**Medical Camp**

After breakfast, volunteers went into the village to invite the people to the medical camp. Meanwhile, the physical arrangements committee of the day made arrangements for the general medical camp in **Inderwatand** village. The medical camp was scheduled between 12

p.m. and 4 p.m., and it was conducted by Dr. Sangram, a dentist; Dr. Kiran Kumari, a gynecologist; Dr. Manikant Gupta, a child specialist; and Dr. Sujeet Raj, a general physician. More than 100 members benefited from the medical camp. Blood sugar and blood pressure were tested, general check-ups were conducted, and free medicine was distributed among the villagers.



## Day: 4 (22.08.2022)

The fourth day of the NSS special camp started with yoga and meditation practice. The trained instructors conducted the session with various postures (asanas) and the benefits of meditation. The volunteers followed the instructors and mindfully practiced and enjoyed the session.

Following breakfast, the volunteers were divided into groups to actively clean the different areas of the campus.

### **Poshan Maah**

POSHAN Abhiyaan is Government of India's flagship programme to improve nutritional outcomes for children under 6 years of age, pregnant women and lactating mothers. Launched by Hon'ble Prime Minister, POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) Abhiyaan aims to address the challenge of malnutrition in a mission-mode. Focusing on the aims of POSHAN Abhiyaan, Mission Poshan 2.0 (Saksham Anganwadi and Poshan 2.0) has been launched as an integrated nutrition support program to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to disease and malnutrition.

Difference between the 'Poshan Maah' and 'Poshan Abhiyaan': POSHAN ABHIYAAN is a Government of India's 'National Nutrition Mission' whereas POSHAN MAAH includes month-long activities under Poshan Abhiyaan. These activities are focused on prenatal care, optimal breastfeeding, girls' education, hygiene, etc.

#### ***About the Poshan Abhiyaan***

- The aim of POSHAN Abhiyan is to address malnutrition amongst young children (under 6 years of age).
- It also aims to improve nutritional outcomes for pregnant women and lactating mothers by focusing on prenatal care, diet and optimal breastfeeding.
- Month-long activities under Poshan Maah also focus on issues such as Right age to marriage, girls education, hygiene and sanitation, anaemia prevention, etc.
- To ensure that children are not vitamin deficient, food fortification is also addressed.
- To promote changes in knowledge, norms and beliefs by the strategic use of communication. The activities organised are focused on **social and Behavioural change communication (SBCC)**. Also these activities are based under Jan Andolan guidelines.

### ***Aim of the Poshan Maah 2022:***

- The key focus in the year 2022 will be on “Mahila aur Swasthya” and “Bacha our Shiksha”. This aim will be attained on the grass root level by gram panchayats as Poshan Panchayats.
- Importance of Rainwater harvesting will also be stressed.
- Women will be educated at Anganwadi centres.
- An activity ‘Amma ki raso’ was conducted to give importance to traditional dishes.
- Toy manufacturing workshops will be organised. This is done to promote the use of indigenous toys for teaching children at Anganwadi centres.
- An Activity called poshan vatika was organised focusing on tree plantation. This National Nutrition Month Healthy boy/girl competition was held on 22nd September 2022. This is also known as Swasth Balak/Balika Spardha. This competition was organised by the Department of Child Development and Nutrition. The main objective of this competition was to raise awareness among people about a healthy lifestyle and good health. It also helps in improving the level of nutrition of Children upto the age of 5 years. Health checkups will also be provided to the children.
- Various other activities are organised in 2022 such as T3 camps (test, treat, talk), seminars, Ayush for anaemia, quiz recipe competition, awareness rallies, healthy competition etc.
- To tackle anaemia, the government has included staple food in various schemes and programmes.
- 12.77 lakh activities have been conducted in 2022 during poshan pakhwada, 7,18,149 activities for pregnant women on Ayush for anaemia, 5,03,411 on anaemia prevention and 56,168 webinar activities on anaemia.

In the early stages, Dr. Sanjeeta Kumari, the honourable Deputy Director of the Grizzly College of Education, and Mr. Saurabha Sharma guided the volunteers in the programme. As a part of the celebration of National Nutrition Month (“POSHAN MAAH”), the NSS Unit of the Grizzly College of Education prepared a lunch in which all groups were assigned their different tasks for preparing the lunch. One group was in charge of marketing, while another was in charge of cooking. Another group washed the dishes, and one group chopped the vegetable for preparing lunch for the villager's i.e., Inderwatand.



*NSS volunteers prepared and distributed lunch to village residents*

The volunteer served lunch to the villagers, who thanked the NSS volunteers and learned about malnutrition, a balanced diet, diseases caused by a lack of protein and vitamins, and so on. The NSS volunteer successfully conducted the interview and was aware of the "Poshan Maah," and the volunteer also enjoyed having their lunch.

## **Best Out of Waste Activity**

***“Recycling things is like magic that turns ordinary things into extraordinary.”***

The three 'Rs' stand for: Reduce, Reuse and Recycle. They are a part of the waste hierarchy which is used to protect the environment and conserve resources through a priority approach. The aim is to get maximum practical benefits from products and to generate the minimum amount of waste. The Best out of Waste simply means to make or to create innovative and attractive things from the material we do not use anymore.

In an initiative to generate the habit of using old things to create beautiful crafts among children, a 'Best Out of Waste Competition' was recently organized at Inderwatand village, village students displayed their creative art and craft ideas by making: a teapot and a cup, hat, paper vase, wall hangings, greeting cards, Utility box, toys and paper jewellery and many more. The creativity displayed by the children was mesmerizing. The competition promoted artistic fervour in our leaders of tomorrow.



*Cultural Programme*

The volunteers spent the last hour of the day organizing the cultural programme and relaxing from the exhaustion of the day, and they finished the day with tea and snacks.

### Day: 5 (23.08.2022)

The fifth day of the special camp started with NSS songs, yoga, and meditation by the instructors. Yoga and meditation were conducted by senior NSS volunteers under the supervision of Dr. Sanjeeta Kumari and Mr. Saurabh Sharma, who highlighted the importance of yoga in our lives and said that the art of practicing yoga helps in controlling an individual's mind, body, and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxed. It also helps in increasing flexibility, muscle strength, and body tone. He also demonstrated various yoga poses to students.

They concluded with the statement that yoga makes people not only physically fit but mentally and emotionally balanced. Dr. Sanjeeta Kumari also emphasized the importance of meditation. She said when we meditate, we inject far-reaching and long-lasting benefits into our lives: we lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves.



*Yoga and Meditation Practice*

### **Clean Drinking Water**

Contaminated water and poor sanitation are linked to transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A, typhoid and polio. Absent, inadequate, or inappropriately managed water and sanitation services expose individuals to preventable health risks. This is particularly the case in health care facilities where both patients and staff are placed at additional risk of infection and disease when water, sanitation and

hygiene services are lacking. Globally, 15% of patients develop an infection during a hospital stay, with the proportion much greater in low-income countries.

Inadequate management of urban, industrial, and agricultural wastewater means the drinking water of hundreds of millions of people is dangerously contaminated or chemically polluted. The natural presence of chemicals, particularly in groundwater, can also be of health significance, including arsenic and fluoride, while other chemicals, such as lead, may be elevated in drinking water as a result of leaching from water supply components in contact with drinking water.

The government of India's *Swachh Bharat* Mission is for the country to be open and defecation-free, and we are promoting that mission through a variety of sanitation initiatives. The Water for People Sanitation Hub researches and invents new sanitation products, ideas, and tools.

The NSS Unit of the Grizzly College of Education is always giving priority to clean drinking water and promoting this programme through the NSS programme. The NSS volunteer organized a rally in the village, where volunteers were running a clean drinking water awareness campaign.



After completing the rally, the volunteer organized the quiz competition among village students, and village students actively and wholeheartedly participated in the quiz competition. The selection committee selected the position on the basis of performance.

### **Art and Craft Training**

The volunteer organised the art and craft training for villagers, and 50 villagers actively participated in this training session. The volunteers were given various arts and crafts training so that the villagers would be able to make different types of daily-use equipment

and grow their economic status. The villager thoroughly enjoyed and appreciated the program, and he suggested that art and craft training be organised again in the future.

The fifth day of the special camp ended with tea and a snack, and all the volunteers left the campus at 5.30 p.m.

### **Day: 6 (24.08.2022)**

The sixth day of the special camp was a special NSS Day, and the camp started as usual with an NSS song, yoga, and meditation. The trainer and volunteers performed various types of yoga, which will have huge benefits and help maintain a balanced life. The instructor talked about the benefits of meditation and showed the volunteers how to concentrate and focus on the aims of life that will lead to success and achievement in their lives.

### **Tree Plantation**

The NSS Unit of Grizzly College of Education successfully completed the event of tree planting under the National Service Scheme at Inderwatand village. Trees are the foremost source for producing oxygen in the environment, and they help to reduce the level of CO<sub>2</sub>. As we all know, the whole world is facing the problem of global warming, and to recover from such a problem, planting trees has become one of the most important aspects of today.

At the outset, honourable Deputy Director Dr. Sanjeeta Kumari began welcoming all volunteers, encouraging them, and explaining about the trees and the importance of tree plantations. She advised volunteers to think differently about society in order to make positive changes and improvements. Dr. Sanjeeta Kumari also addressed the volunteers and passed a message of kindness and being helpful to needy people. After the inspirational words, all move towards the place where the tree plantation took place. All were happy and felt proud after the tree plantation event was finished because it really feels great to do something positive for nature.

The NSS Programmer Officer Mr. Saurabha Sharma oriented the NSS volunteers by notifying them of the importance of the NSS for them as well as society. He shared his previous experiences with volunteers, including how he achieved success through NSS and the challenges he faced as a programme officer. He stated that "in society, all human beings, regardless of gender, are of equal importance." He also said that dedication is a must to accomplish goals and dreams in life.



## Tree Plantation on the Occasion of NSS Day

### NSS Day Celebration

“NOT ME, BUT YOU.” The motto of NSS itself suggests that NSS volunteer always places the ‘community’ before ‘self’. Hence every year 24th September is celebrated as NSS Day.

Every year, NSS Day is observed on September 24th across India. The National Service Scheme was launched in 1969, the centenary year of the birth of Mahatma Gandhi, in 37 universities, involving 40,000 students. It has now been extended to all the states and universities in the country. In 1952, the government emphasized the requirement of social and labour services by Indian students for a year. The National Service Scheme (NSS) is a central-sector scheme of the government of India, administered by the Ministry of Youth Affairs and Sports. It enables students in the 11th and 12th grades, as well as graduate and post-graduate students at colleges and universities across India, to participate in a variety of government-led community service activities and programs. It aims to give young students hands-on experience with community service.

The NSS Day Celebration programme Officer also gave orientation to the NSS volunteers. This event was carried out by NSS volunteers. She explained the NSS motto, emblem, objectives, and activities. The session gave a clear understanding of the various activities carried out by NSS. The volunteers actively participated in the discussion, cleared their doubts, and prepared to lend a helping hand.

Due to the above occasion, the NSS Unit of Grizzly College of Education also celebrated NSS Day. Dr. Sanjeeta Kumari, honourable Deputy Director, was the event's chief guest.

She elaborated on all the duties and responsibilities of NSS volunteers and the importance of NSS Day. She explained that NSS volunteers are those who understand the community in which they work, who understand themselves in relation to their community, who identify the needs and problems of the community and involve them in the problem-solving process, and who develop among themselves a sense of social and civic responsibility. Her words were a great motivation for all. All volunteers were inspired to work effectively and efficiently under her guidance.

About 50 volunteers and 100 villagers witnessed this celebration. And the whole event was successfully conducted under the guidance of the NSS programme office, and the villagers were engrossed in participating in this programme.



**Celebration of NSS Day**

## **Day: 7 (25.08.2022)**

Instructors began the seventh day of the NSS special camp with NSS songs, yoga, and meditation, and participants participated enthusiastically. The instructor addressed the fact that a healthy and strong body is like an ornament. Because of the ancient Sages' gift of Yoogasan, you can live a long and healthy life, and given the importance and benefits of Surya Namaskar, there are mantras to be recited during the Surya Namaskar steps.

आदित्यस्य नमस्कारं ये कुर्वन्ति दिने दिने।  
जन्मान्तरसहस्रेषु दारिद्र्यं नोपजायते।।

Yoga is often partially understood as being limited to asanas or poses, and its benefits are only perceived to be at the physical level. However, we fail to realise the immense benefits yoga offers in uniting the body, mind, and breath. When you are in harmony, your journey through life is calmer, happier, and more fulfilling. So, if you are keen to lose weight, develop a strong and flexible body, or be at peace, then yoga can help you achieve it. Flexibility and posture improvement aid in weight management without stress. Managing stress with ease calms the mind. It boosts immunity, improves awareness, and strengthens relationships.

### **Valedictory Session**

After lunch, the hall was set and the furniture was arranged for the formal valedictory function. The formal function began at 4 p.m. with a prayer followed by a welcome dance. The programme was presided over by Mr. Avinash Kumar Seth, Secretary, Grizzly Cillege of Education, Mr. Manish Kumar Kapsime, Chairman, Grizzly College of Education, and chief guest, Dr. Priyabrat Mondal, Youth Officer, Regional Director of NSS, Patna. Dr. Sanjeeta Kumari, Deputy Director, Grizzly College of Education, Prof. (Dr.) B.C. Swain, the Principal, and all faculties and staff also were presented in the valedictory ceremony.

A valedictory function was organized to felicitate the participants of the seven-day NSS Special Camp on the school campus. The seven-day camp was organized by the NSS unit of the Grizzly College of Education, led by Jhumri Telaiya. Various activities were held in this camp, which included a socio-economic survey, a cleanliness drive, yoga asanas, awareness rallies, a plantation drive, a health camp, Swachha Bharat Abhiyan, Beti Bachao Beti Padhao, awareness about tobacco, and Nukad Natak. The function started with the lighting of the traditional lamp and the welcome address by the principal, NSS Programme Officer Grizzly College of Education, followed by the camp report. In her report, she highlighted the role of NSS in developing students' personalities through community services and gave a detailed account of the many diverse activities organized during the camp.

Mr. Avinash Kumar Seth delivered the concluding remarks about the NSS Camp. He congratulated and appreciated the work done by the NSS unit of Grizzly College of Education. He also appreciated the sincere efforts of NSS volunteers and promised that they will bring change to the village with the path shown by the students and staff during this week, and thanked the Inderwatand villagers for providing facilities to organise this programme. He also thanked NSS volunteers and staff for their active participation in the programme and for bringing change to the village during this camp. He also mentioned that students should make volunteering for the community a part of their daily routine. He also asked that students serve the newly formed community and villages, as well as bring honour to the university and nation.

The programme officer of NSS thanked everyone who played a great role in making the camp successful. Expressing sincere gratitude to all those who became part of the camp, officially and unofficially, the seven-day special camp for the NSS volunteers of Grizzly College of Education was declared to be over.



The honourable Chief Guest Dr. Priyabrat Mondal addressed that



### Valedictory Glimpses











### Vote of Thanks

Mr. Saurabha Sharma acknowledges Dr. Priyabrat Mondal, Youth Officer, Regional Director of NSS, Patna, for sanctioning the special camping programme. The NSS unit is highly thankful to the honourable Mr. Avinash Kumar Seth, Secretary, Grizzly College of Education, the honourable Mr. Manish Kumar Kapsime, Chairman, Grizzly College of Education, honourable Deputy Director Dr. Sanjeeta Kumari, Grizzly College of Education, and Principal, as well as teaching and non-teaching staff members, who visited and helped, conduct the camp smoothly and successfully. Special thanks to the resource people and guests who enlightened and guided volunteers. Ultimately, we would like to convey gratitude and regards to the print media for covering all our camp activities.

Throughout the seven days, the camp maintained strict discipline and meticulous time management. Volunteers learned how to live in society and communicate with their fellow members. The camp also helped the NSS volunteers enrich the creative aspect of their personalities with high morale and self-confidence. The experience they had in the camp will last a long time and guide them for the rest of their lives.

The volunteers were very happy and thankful for the unique experience. Volunteers put in enthusiastic and hard work during the whole seven days, making the special camp a grand success.

### Cultural Programme





### Celebration of Success Party

The success of the seven-day NSS special camp organized by the NSS Unit of Grizzly College of Education was celebrated. Dr. Sanjeeta Kumari, the honourable Deputy Director, organized the successful party, which was given affordable time, and her prolific and visionary guidance made the seven-day NSS Special Camp a success. The NSS Program Officer, Mr. Saurabh Sharma, read the report and shared his experiences of seven-day special camp at celebration part. The honourable chairman, Mr. Manish Kumar Kapsime, enlightened the volunteers' activities, appreciated the volunteers' effort, accessibility, and serviceability, congratulated all volunteers on the success of the camp, and gave them best wishes for the future.







*Saurabh*  
NSS Co-ordinator

*B.C. Swain*  
Prof. (Dr.) B.C. Swain  
PRINCIPAL  
GRIZZLY COLLEGE OF EDUCATION  
Jhumri Telaiya, Koderma