

NATIONAL SERVICE SCHEME

GOVT. UTKRISHT MAHAVIDYALAYA BANJAR

DISTRICT – KULLU (H.P.) 175123

Accredited NAAC “B” Grade institution, Established – 1999

Affiliated: (In Past) Himachal Pradesh University, Gyan Path, Summer Hill Shimla-171005

Affiliated: (In Present) Sardar Patel University, Vivekananda Bhawan, Paddal, Mandi-175001

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NSS UNIT PROFILE

NATIONAL SERVICE SCHEME

GOVT. UTKRISHT MAHAVIDYALAYA BANJAR

DISTRICT – KULLU (H.P.) 175123

Govt. Utkrisht Mahavidyalaya Banjar

National Service Scheme Unit Club Profile: 2022-2025

No. of NSS Unit: 01 (One)

No. of Programme Officer: 01 (One)

Unit Establishment Year: 2002

Programme Officer: Dr. Sarwan Kumar

A. Unit Profile:

Role of NSS Programme Officers

Sr. No.	Name of Programme Officer	Department	Service Period
1.	Dr. Hari Lal Sharma	Political Science	2002-2005
2.	Dr. Jyoti Prakash Sharma	Mathematics	2005-2008
3.	Dr. Pooja Sharma	Music (Vocal)	2008-2010
4.	Dr. Bhupender Dogra	Public Administration	2010-2013
5.	Dr. Kamal Kumar	Economics	2013-2015
6.	Dr. Joginder Singh Thakur	Botany	2015-2018
7.	Dr. Dabe Ram	Commerce	2018-2020
8.	Ms. Monika	Commerce	2020-2022
9.	Dr. Sarwan Kumar	Economics	2022-T D

Role of NSS District Nodal Officer District Kullu and Lahaul-Spiti

Sr. No.	Name of District Nodal Officer	Department	Service Period
1.	Dr. Sarwan Kumar	Economics	2023-T D

B. Curricular Aspects:

- The National Service Scheme Unit follows the annual activity calendar under the guidelines of NSS Coordinator, Himachal Pradesh University, Shimla-05.

C. Learning and Evaluation:

- Orientation of the students in the beginning of the session to acquaint them with the history and background of National Service Scheme.
- Activities Calendar in accordance with the classes being taught for Volunteers.
- Aims and Objectives of National Service Scheme, programme outcome and activity outcomes are well defined and discussed with the students.
- Prioritize lecture based teaching, supplemented with demonstration through charts and models followed by discussion.
- Teaching learning also blend with ICT tools.
- Promote individual and group learning, question-answer and inquiry based approach.
- Students are evaluated on the bases of criteria laid down by the university NSS Coordinator that is 240 Hours spent in NSS regular activities and should attend at least One Seven Days Special Residential Camp for getting NSS Certificate.

D. NSS Unit Progression, Outcomes and Achievements:

- ❖ Organised District Level Pre-Republic Day Selection Camp at Govt. College Banjar (September, 2023).
- ❖ Holding a Charge of District Nodal Officer NSS OF District Kullu and Lahaul-Spiti (September, 2023 to till date).
- ❖ Organised NSS State Level Mega Camp at Govt. College Banjar with a record participation of 127 NSS Volunteers from 41 Various Colleges of State (18-22 December, 2023).
- ❖ Organised 3 Seven Days Special Residential Camps at Govt. College Banjar Campus and Adopted Village from each academic session i.e. 2022-23, 2023-24 & 2024-25.

Achievements of NSS Volunteers

Sr. No.	Name of Volunteer	Class	Participation	Session
1.	Ms. Omrita sethi	B.Sc.-III	North Zone Pre-Republic Day Camp, Phagwara (Punjab)	2022-23
2.	Ms. Himani Negi	B.A.-III	National Integration Camp, Paliala (Punjab)	2022-23
3.	Mr. Naresh Kumar	B.A.-III	National Integration Camp, Paliala (Punjab)	2022-23
4.	Ms. Nainita Rahi	B.Sc.-III	NSS Best Volunteer	2022-23
5.	Ms. Monu Thakur	B.A.-III	North Zone Pre-Republic Day Camp, Fatehabad (Haryana)	2023-24
6.	Mr. Puneet	B.A.-III	National Level Meri Maati-Mera Desh Programme, New Delhi	2023-24
7.	Ms. Sandhya Devi	B.A.-II	Nationalm Youth Festival, Nashik (Maharashtra)	2023-24
8.	Ms. Shabnam	B.A.-III	State Level Pre-Republic Day Selection Camp, Bilaspur (H.P.)	2023-24
9.	Mr. Rahul Dogra	B.A.-III	State Level Mega camp, Banjar (H.P.)	2023-24
10.	Ms. Dimple	B.A.-III	State Level Mega camp, Banjar (H.P.)	2023-24
11.	Ms. Dolma Devi	B.A.-III	State Level Mega camp, Banjar (H.P.)	2023-24
12.	Mr. Lalit Thakur	B.A.-I	NSS Adventure Camp	2023-24
13.	Mr. Jhabe Ram	B.A.-II	NSS Adventure Camp	2023-24
14.	Ms. Durgeshwari Thakur	B.A.-III	NSS Best Volunteer (Girls)	2023-24
15.	Mr. Yog Raj	B.A.-I	NSS Best Volunteer (Boys)	2023-24
16.	Mr. Yog Raj	B.A.-II	National Integration Camp, Gwalior (M.P.) &	2024-25

			NSS Best Volunteer (Boys)	
17.	Ms. Deepeshwari Thakur	B.A.-III	State Level Pre-Republic Day Selection Camp, Sundernagar (H.P.)	2024-25
18.	Ms. Kavita Devi	B.A.-I	NSS Best Volunteer (Girls)	2024-25

E. Students support, Outcomes, Progression and Achievements:

- ❖ Students Participated in various academic and co-curricular activities i.e. celebration of NSS Raising Day and activities organised by National Service Scheme unit in context of various social, cultural and environmental issues in college campus and outside campus time to time.

❖ Outcome/ Participation

Sr. No.	Session	Class	No. of Male Volunteers Enrolled	No. of Female Volunteers Enrolled	Total No. of Volunteers Enrolled
1.	2022-23	B.A. – 3 rd Year	40	92	139
2.	2023-24	B.A. – 3 rd Year	20	80	100
3.	2024-25	B.A. – 3 rd Year	23	87	110

F. Research, Innovation and Extension Programme:

- NSS volunteers participated in various Socio-environmental issues, drug abuse, cultural events etc. in Local, District, State and National level.

NATIONAL SERVICE SCHEME (PO) WORKING PROFILE:

- ❖ Programme Officer, National Service Scheme (NSS) at Govt. Degree College Arki (Solan) from 21st October, 2020 to 22nd July, 2022.
- ❖ Attended Seven Days Orientation Training Programme for the NSS Programme Officers of Himachal Pradesh from 07th to 13th March, 2022 organized by Rajiv Gandhi National Institute of Youth Development, Regional Centre, Institution of National Importance by the Act of

Parliament No. 35/2012, Ministry of Youth Affairs and Sports, Govt. of India, Sector-12, Chandigarh-160012.

- ❖ NSS Unit of Govt. Degree College Arki (Solan) observed best performer NSS Unit in “Swachh Bharat Karyakram (1st to 31st October, 2021)” at District Level and Awarded District Level Best NSS Unit Prize by Nodal Agency Nehru Yuva Kendra Sangathan (NYKS) Solan on 15th November, 2021.
- ❖ Conducted Two NSS Special Residential Camps on 7th to 13th March, 2021 & 24th to 30th December, 2021 in college campus.
- ❖ Maintained Activity Records, Stock Registers and conducted proper Annual Audit by CA.
- ❖ NSS Volunteer Ms. Rajani of B.A.-III Year attended Pre-RD Camp at Rajpura (Punjab)-2020.
- ❖ NSS Volunteer Mr. Nikhil of B.A.-III Year attended Pre-RD Camp at Jaipur (Rajasthan)-2021.
- ❖ NSS Volunteer Ms. Chetna of B.Sc.-II Year selected for National Youth Festival held at Pondicherry -2022.
- ❖ Programme Officer, National Service Scheme (NSS) at Govt. Degree College Banjar (Kullu) from 26th July, 2022 to till dated.
- ❖ Attended Five Days Special Training Programme on “Training of Trainers on Life Skills Education” for the NSS Programme Officers of Himachal Pradesh and Punjab from 20th to 24th September, 2022 organized by Rajiv Gandhi National Institute of Youth Development, Regional Centre, Institution of National Importance by the Act of Parliament No. 35/2012, Ministry of Youth Affairs and Sports, Govt. of India, Sector-12, Chandigarh-160012.

- ❖ NSS Volunteer Ms. Omrita Sethi of B.Sc.-III Year attended Pre-RD Camp at Phagwara (Punjab)-2022.
- ❖ NSS Volunteers Mr. Naresh Kumar and Ms. Himani Negi of B.A.-III Year attended National Integration Camp (NIC) at Patiala (Punjab)-2023.
- ❖ NSS Volunteer Ms. Monu Thakur of B.A.-III Year attended Pre-RD Camp at Fatehabad (Haryana)-2023.
- ❖ NSS Volunteer Mr. Puneet of B.A.-III Year attended National Level *Meri Maati-Mera Desh* Programme at *Kartavya Path* (New Delhi)-2023.
- ❖ NSS Volunteer Ms. Sandhya Devi of B.A.-II Year attended 27th National Youth Festival at Nashik (Maharashtra)-2024.
- ❖ NSS Volunteers Mr. Jhabe Ram of B.A.-II Year & Mr. Lalit Thakur of B.A.-I Year attended NSS Adventure Camp at Hatkoti, Shimla (Himachal Pradesh)-2024.

NATIONAL SERVICE SCHEME SPECIAL ACHIEVEMENTS:

- ❖ Organized NSS District level Pre-Republic Day Selection Camp at Govt. Degree College Banjar on 19th September, 2023.
- ❖ Organized NSS State level Mega Camp at Govt. Degree College Banjar on 18th to 22nd December, 2023.
- ❖ Presently holding a charge of NSS Nodal Officer of District Kullu and Lahaul-Spiti from 19th September, 2023 to till date.

G. Strength of Unit:

- ❖ Qualified, Trained and experienced Faculty.
- ❖ Sound Progression and outcomes record of the NSS Unit.
- ❖ Volunteers are sincere, punctual, disciplined and hardworking as is evident from the progression record and outcomes of unit.

Annexure:

1. Annexure-I: National Service Scheme Unit Profile Govt. College Banjar.

Dr. Sarwan Kumar
Programme Officer
National Service Scheme Unit
Govt. *Utkrisht Mahavidyalaya* Banjar
District-Kullu, (H.P.) 175123

NATIONAL SERVICE SCHEME (NSS)

The National Service Scheme, under the Ministry of Youth Affairs & Sports, Government of India, popularly known as NSS was launched in Mahatma Gandhiji's Birth Centenary Year 1969, in 37 Universities involving 40,000 students with primary focus on the development of personality of students through community service. The Scheme was started to establish a meaningful linkage between the campus and the community. Mahatma Gandhiji, the Father of the Nation, had recognized that the country could not progress in a desired direction until the student youth were motivated to work for the upliftment of the villages/community. For Gandhiji the villages, where majority of the population lived, represent the country like India. Therefore, for the national reconstruction and national resurgence it was deemed fit that the students and teachers should be properly sensitized and utilized for strengthening the Indian society as a whole with particular emphasis on rural community. Therefore, student youth, teachers and the community are considered the three basic components of the National Service Scheme.

The programme aims to inculcate social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster victims. The cardinal principle of the programme is that it is organized by the students themselves and both students and teachers through their combined participation in social service, get a sense of involvement in the tasks of national development. Besides, the students, particularly, obtain work experience which might help them to find avenues of self-employment or employment in any organization at the end of their university career.

The National Service Scheme helps youths to channelize their energies and capabilities towards nation building activities by organizing them into volunteer groups. It plays a vital role in the personality development of the students and engages them in the upliftment of the society and gives them a sense of participation in national reconstruction.

The Govt. Degree College Banjar got its first Unit of National Service Scheme (NSS) in the year 1999. As the strength of the College grew after every subsequent year, this time a need for another Unit of the NSS is realized. The activities of this NSS Unit practically prove the Significance of the motto of National Service Scheme: **“NOT ME BUT YOU”**.

THE MAIN OBJECTIVES OF NATIONAL SERVICE SCHEME (NSS):

- i. understand the community in which they work.
- ii. understand themselves in relation to their community.
- iii. identify the needs and problems of the community and involve them in problem-solving.
- iv. develop among themselves a sense of social and civic responsibility.
- v. utilize their knowledge in finding practical solutions to individual and community level.
- vi. develop competence required for group-living and sharing of responsibilities.
- vii. gain skills in mobilizing community participation.
- viii. acquire leadership qualities and democratic attitudes.
- ix. develop capacity to meet emergencies and natural disasters and practice.
- x. national integration and social harmony.

THE NSS BADGE: “SYMBOL OF SERVE THE NATION”



- ❖ All the youth volunteers who opt to serve the nation through the NSS led community service wear the NSS badge with pride and a sense of responsibility towards helping needy.
- ❖ The Konark wheel in the NSS badge having 8 bars signifies the 24 hours of a day, reminding the wearer to be ready for the service of the nation round the clock i.e. for 24 hours.
- ❖ Red colour in the badge signifies energy and spirit displayed by the NSS volunteers.
- ❖ The Blue colour signifies the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind.

THE MOTTO OF NATIONAL SERVICE SCHEME (NSS):

The motto of National Service Scheme is **“NOT ME BUT YOU”**. This reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards

other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

BENEFITS OF BEING A NSS VOLUNTEER:

A NSS volunteer who takes part in the community service programme would either be a college level or a senior secondary level student. Being an active member these student volunteers would have the exposure and experience to be the following:

An accomplished Social Leader.

An efficient Administrator.

A good Manager and Planner.

An ideal and Sensible Personality.

A Person who understands Human Nature.

MAJOR CAMPS AND ACTIVITIES:

NATIONAL INTEGRATION CAMP (NIC):

The National Integration Camp (NIC) is organized every year and the duration of each camp is of 7 days with day-night boarding & lodging. These camps are held in different parts of the country. Each camp involves 200 NSS volunteers to undertake the scheduled activities.

OBJECTIVES OF THE NATIONAL INTEGRATION CAMP:

- ❖ Rich cultural diversity of India
- ❖ History of our diversified culture
- ❖ National pride through knowledge about India
- ❖ To integrate the nation through social service

ADVENTURE PROGRAM/ CAMP:

The camps are held every year which are attended by approximately 1500 NSS volunteers with at least 50% of the volunteers being girl students. These camps are conducted in Himalayan Region in the North and Arunachal Pradesh in North East region. The adventure activities undertaken in these camps includes trekking of mountains, water rafting, Para-sailing and basic skiing.

OBJECTIVES OF ADVENTURE CAMP/PROGRAM:

- ❖ Promote various adventure activities among NSS volunteers
- ❖ Infuse the sense of love towards the various regions of India
- ❖ Enhance leadership qualities, fraternity, team spirit and risk taking capacity.
- ❖ Improvement of physical and mental strength
- ❖ Exposure to new vocational possibilities

NSS REPUBLIC DAY PARADE CAMP:

The first Republic Day Camp of NSS Volunteers was held in 1988. The camp takes place in Delhi between 1st and 31st January every year with 200 NSS selected volunteers who are good in discipline, March-past and cultural activities. A Contingent of selected NSS volunteers participates in the Republic Day Parade at Rajpath, New Delhi on 26th of January every year in accordance with the guidelines and requisition of the Ministry of Defence.

OBJECTIVES OF NSS REPUBLIC DAY PARADE CAMP:

- ❖ Enable the volunteers to interact with fellow members hailing from various parts of India.
- ❖ Experience the tradition, custom, culture, language of all states of India.
- ❖ Provide a chance to develop overall personality of the Student volunteers.
- ❖ Constitute the bond of patriotism, national integration, brotherhood and communal harmony.

NATIONAL YOUTH FESTIVALS:

National Youth Festivals are organized every year from 12th to 16th January by the Government of India, Ministry of Youth Affairs & Sports in collaboration with the State Governments in different parts of the country. Eminent guests, speakers and youth icons are invited to address and interact with about 1500 participating NSS volunteers during the National Youth Festivals.

OBJECTIVES OF NATIONAL YOUTH FESTIVALS:

- ❖ Make the volunteers aware of the various festivals celebrated in the country
- ❖ Remind the volunteers of the cultural importance of festivals celebrated in our country
- ❖ Provide a chance to the NSS volunteers to interact with the resource person/speaker/youth icons

NATIONAL SERVICE SCHEME AWARD:

The Ministry of Youth Affairs and Sports, Government of India had instituted the National Service Scheme Awards to recognize the voluntary service rendered by NSS volunteers, Programme Officers, N.S.S. units and the university/senior secondary council. These awards were instituted in the year 1993-1994. Since then, these awards are given away every year at various Levels. The details of these awards are as follows:-

Sr. No.	Category	No. of Awards	Value of each award
1.	University/+Council	1	Rs. 3,00,000/-
2.	Upcoming University	1	Rs. 2,00,000/-
3.	Programme Officer	10	Rs. 70,000/-
4.	NSS Unit	10	Rs. 1,00,000/-
5.	NSS Volunteer	30	Rs. 50,000/-

OBJECTIVES OF NATIONAL SERVICE SCHEME AWARD:

- ❖ To recognize outstanding contribution by NSS student volunteers, NSS Programme Officers and the Programme Coordinators in community service.
- ❖ To encourage young NSS student volunteers to develop their personality through community service.
- ❖ To encourage the Programme Officers and the Programme Coordinators of NSS for catering the needs of National Service Scheme through the NSS volunteers.
- ❖ To motivate NSS Volunteers for continuing their selfless service towards community work.

NATIONAL SERVICE SCHEME ACTIVITIES:

There are two types of activities: Regular Activities (120 hours) and Annual Special Camp (120 hours). All the NSS Volunteers who have served NSS for at least 2 years and have

performed 240 hours of work under NSS are entitled to a certificate from the university under the signature of the Vice-Chancellor and the Programme Coordinator. The Annual camps are known as Special Camps. Camps are held annually, funded by the government of India, and are usually located in a rural village or a city suburb. Volunteers may be involved in such activities as:

1. Cleaning
2. forestation
3. Stage shows or a procession creating awareness of such issues as social problems
4. Awareness Rallies
5. Inviting doctors for health camps
6. Community Survey

There are no predefined or pre-assigned tasks; it is left up to the volunteers to provide service in any way that is feasible. Camps typically last between a week and 10 days, although camps for shorter periods are also conducted by NSS.

NATIONAL SERVICE SCHEME REGULAR ACTIVITIES:

NSS volunteers generally work in villages, slums and voluntary agencies to complete 120 hours of regular activities during an academic year. As per the fundamental principles of National Service Scheme, a volunteer is expected to remain in constant touch with the community. Hence, it is of vital importance that a particular village/slum is selected for implementation of NSS programmes. As the NSS volunteer is to live with the members of the community during the 7 days Special Camping Programme and learn from their experience during his/her tenure in NSS, the village/slum should be carefully selected for adoption by NSS unit.

(1.) Adoption of Villages:

A. Village Adoption by NSS Unit:

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible. From this point of view, village

adoption programme should ensure continuity of work vis-a-vis sustained action, evaluation and follow up work.

B. Contacting Village/Area Leaders:

As a first step in this programme, it is necessary to establish contact with more than one village which would help to select a village where 'Leadership' is well established. In other words, selecting a village with proper leadership is very important as the sustained follow up action and evaluation is ensured in such places. To start with, the NSS unit can take the help of the Block Authorities, District Panchayat Officer, District Tribal Welfare Officer, District Medical Officer, Extension Officer of Agriculture, Irrigation and Education Departments for the selection of the village. It is to be noted that the selected villages should be within a short distance from the college so that constant contact can easily be made.

C. Survey of the Village/Area:

Before drawing up the plan of action, it is absolutely necessary to conduct a comprehensive survey of few villages situated at a short distance from the college. The assistance from the teachers and students of agriculture, economics, commerce, geography, statistics, home science, social work, medicine, psychology and education etc. have to be sought for the purpose. Conducting socio-economic survey can be an interesting field activity which has direct bearing on the curriculum of economics, commerce, statistics, psychology, health education etc. The report of such a survey will provide up-to-date information about the problems and potentials of the village and help in programme planning for village development. The applied field work will help the students to increase their analytical ability and deepen their thinking. Further, this will help them to identify the problems which have been left unnoticed. The survey work can also be accomplished with the help of PRA exercises (Participatory Rural Appraisal)

D. Identification of Problem(s):

It is on the basis of this need assessment that projects/programmes are to be formulated. The programme officers should use their discretion and should identify the projects which can be completed by seeking assistance from the communities/other agencies.

E. Aim of Village Adoption:

The aim of adoption of village or area is to give new ideas of development to the villagers which would improve their living conditions. Once the trust of the communities is won, they start

cooperating with the NSS volunteers and approach them for solution of their problems. One of the important services that can be rendered by NSS volunteers is disseminating information about the latest developments in agriculture, watershed management, wastelands development, non-conventional energy, low cost housing, sanitation, nutrition and personal hygiene, schemes for skill development, income generation, government schemes such as Swachhh Bharat, Ayushman Bharat, Accessible India, Digital India, Beti Bachao and Beti Padhao, Environment and Energy Conservation and Education, legal aid, consumer protection and allied field.

F. Community level Motivation:

The Programme Officers (PO) should motivate the communities to involve themselves with NSS for the community development work undertaken by the NSS unit. Further he or she will have to seek the help of various government departments and agencies for technical advice and financial assistance. Therefore, he/she must establish good rapport with the government officials and development agencies. For this, it is better if the administration is taken into confidence by prior consultations.

G. Completion of Projects:

As already stated, the Programme Officer must select the projects very carefully as the image of NSS depends upon the successful completion of such projects. Successful completion of the projects can win appreciation and credit of the community'

H. Evaluation of Project:

Every project should be evaluated after its completion by involving members of the community, Government officials and Panchayat officials. The NSS unit should learn from the lapses in the execution of the project and plan for the next project keeping in view the bottlenecks and constraints faced by them during the earlier project.

(2.) Adoption of Slums:

Most of the colleges and universities are usually located in the urban areas. Due to long distance between the college campuses and the villages, the visits to the adopted villages by the NSS volunteers may become expensive and time consuming. In view of this, it is desirable to adopt slum especially by colleges located in urban areas.

A. Survey of the Slum:

For adoption of a slum, there should be composite survey team consisting of students drawn from faculties like, Arts, Science, Engineering, Medicine, Home Science and Social Work etc. The selected areas should be compact and should be easily accessible for students. Areas with acute political conflicts may be avoided.

B. Problem Identification:

The issues pertaining to the identification of problems, project planning, interaction and coordination with the various departmental agencies, execution and completion of projects shall be undertaken on the same basis/lines as discussed earlier in the part 'Adoption of Villages'. The progress of projects should also be reviewed frequently.

C. Services in Slums:

The slum, tenements, Jhuggis and Jhoupris can be adopted by the NSS units with the aim of slum improvement. Under this, activities like providing water, water logging, sanitation, electricity, drainage, health and welfare services, life and living conditions, can be undertaken.

D. NSS volunteers for Slum Work:

Taking into account the living conditions & status of slum dwellers of the slums, only highly motivated, adaptable, mature and skilled students should be selected for slum development.

E. Following are the tasks which the students can undertake in slum areas:

- (a) As Community Investigators: They can prepare brief community profile on various slums in the city or town covering different amenities, services, and living conditions etc.
- (b) As Community Workers: They can identify local leaders and in cooperation with them discuss local problems on which cooperative action can be initiated.
- (c) As Programme Aides: Students can help the local communities' in launching a number of programmes like setting up a free milk distribution centre, sanitation drive, recreation, adult lad primary education, health projects like immunization. first aid centre, child care, nutrition classes, and free legal aid centres etc. They can also help in forming youth clubs, children's groups, mahila mandals etc.
- (d) As Community Organizers: NSS students, after establishing rapport with the slum dwellers, can form community association to tackle local problems on a group basis with reliance on local resources, self help and mutual aid and with some minimum external assistance.

F. Some suggestions for Selection of slums:

- (i) There should be a socio-economic survey of the slum by a team of volunteers drawn from different faculties;
- (ii) The selected area should be compact. There should not be more than 300 residents in an adopted slum;
- (iii) The community people should be receptive to the ideas of improving their living standard. They should also be ready to coordinate and involve in the projects undertaken by the NSS for their upliftment;
- (iv) The areas where political conflicts are likely to arise should be avoided by the NSS units;
- (v) The area should be easily accessible to the NSS volunteers to undertake frequent visits to slums;
- (vi) The working in the slum needs commitment and hard work. Only sensitive and highly motivated NSS volunteers can find easy to serve in slum areas.

(3.) Coordination with Voluntary Organizations:

It may be noted that the NSS unit has no financial resource to implement any programme in the adopted villages or slum on its own. Therefore, a successful unit has to closely coordinate with the government agencies and voluntary organizations working in this field.

A. After identification of the needs of the community and the selection of projects, the programme officer should look for the Government agency or a voluntary organisation who can assist in the completion of a particular project. The different departments of the Government like forest, agriculture, adult education, health, child and family welfare, can render very useful assistance to the project pertaining to community work. Voluntary organisations can also help in forming public opinion in favour of NSS projects. Adult Education Samitis, Nasha Bandi Boards, Yuva Mandals and Mahila Mandals can provide additional assistance to the NSS units. Similarly voluntary land statutory welfare agencies such as Community Centres, Residential Institutions for children/women, the Aged and Institutions for physically handicapped and disabled can provide a wide scope of the choice of service to the NSS volunteers. NSS volunteers can be placed with these agencies considering the inherent aptitudes and inclinations of NSS volunteers. NSS volunteers must be told to develop a sense of belonging and respect for the people with whom they are working. Working in close collaboration with these agencies will help the NSS volunteers in understanding the problems of a vulnerable section of the society. The work opportunities in the welfare institutions may be enumerated as under-

- (i) Adoption of welfare institutions and helping the inmates and staff by arranging outings, fund collection drives, reading and writing letters for those who are unable to do so;

- (ii) propagation of the message of Swachhta, Digital Literacy, renewable energy etc.
- (iii) working for improvement of physical environment;
- (iv) programme of non-formal education and general literacy classes;
- (v) organisation of economic development activities;
- (vi) establishment of hobby centres and
- (vii) assisting in the rehabilitation work of the disabled, destitute etc.

In addition, NSS units and welfare agencies can take up joint community development projects and other programmes of community welfare and awareness depending on the local needs.

B. The NSS Programme Officers should plan activities in the adopted village or slum in such a way that the leisure time of the NSS volunteers can be utilized in the service of adopted village or slum. Week-end visits to the adopted areas provide suitable opportunities to live with the community and know their problems and make an earnest effort to do something for them. Similarly efforts should be made to follow up the work done in the areas earlier. Such sustained efforts will flower into friendship between the NSS unit and the community. These activities can be arranged through one day camps and frequent visits under regular activities

NATIONAL SERVICE SCHEME SPECIAL CAMPING ACTIVITIES:

Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community.

(1.) Special campings are organised generally on various developmental issues of national importance. In the past the themes of the Special Camping Programmes have been 'Youth Against Famine', 'Youth Against Dirt and Disease', 'Youth for Rural Reconstruction', 'Youth for Eco-Development' and 'Youth for Mass Literacy', 'Youth for National Integration & Social Harmony'. 'Youth for Sustainable Development with special focus on Watershed Management and Wasteland Development. Every year 50 percent of the volunteers of each NSS unit are expected to participate in special camps which is of seven days duration.

A. Contributions of Special Camping Programme:

Concerted efforts have to be made for a number of years for reconstruction activities in rural areas and urban slums for improving the living conditions of economically and socially weaker sections of the community. For this, the universities colleges and +2 institutions having NSS

have a special role to play in collaboration with other Departments and local authorities engaged in Development work. They adopt a village or group of villages/urban slums for intensive social development, where special camps are to be organised by them year after year to create tangible and durable community assets.

B. Objectives of the Special Camping programme:

The primary objectives of the special camping programmes are:-

- (i) Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the community situation.
- (ii) To provide opportunities to NSS Volunteers to play their due roles in the implementation of various development "programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
- (iii) Encouraging the students and non-students youth 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:
- (iv) Building up 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.
- (v) Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits, and
- (vi) Encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

C. Suggestive list of activities during Regular as well as Special Camping:

The aim of the Regular and special Camping Programme is to bring youth face to face with the community and make efforts to improve their life. The NSS volunteers are to devote about 80 hours in Regular Activities for the development of the adopted village. Special Camping has been conceived as an opportunity to live with that community for 7 days, and experience the conditions and problems of the people. The NSS volunteers need to be inspired to take initiatives

for the improvement of their condition. Although the focus of the Special Camps change periodically and regular programmes are organized in response to the community needs at the micro-level, some broad areas of activities are enumerated below:-

(a) Environment Enrichment and Conservation:

Whereas there would be a main theme for the special camping Programme, activities aimed at environment - enrichment would be organized under the sub-theme of " Youth for Better Environment". The activities under this sub-theme would inter-alia, include:

- (i) Plantation of trees, their preservation and upkeep (each NSS unit should plant and protect at least 1000 saplings);
- (ii) Creation of NSS parks/gardens.
- (iii) Construction & maintenance of village streets, drains, etc. so as to keep the environment clean;
- (iv) Construction of sanitary latrines etc.
- (v) Cleaning of village ponds and wells;
- (vi) Popularization and construction of Gobar Gas Plants, use of non-conventional energy;
- (vii) Environmental sanitation and disposal of garbage & composting;
- (viii) Prevention of soil erosion, and work for soil conservation,
- (ix) Watershed management and wasteland development
- (x) Preservation and upkeep of monuments, and creation of consciousness about the preservation of cultural heritage among the community.

(b) Health, Family Welfare and Nutrition Programme:

- (i) Programme of mass immunization;
- (ii) Working with people in nutrition programmes with the help of Home Science and medical college students;
- (iii) Provision of safe and clean drinking water;
- (iv) Integrated child development programmes;
- (v) Health education, AIDS Awareness and preliminary health care.
- (vi) Population education and family welfare programme;
- (vii) Life style education centres and counseling centres.

(c) Programmes aimed at creating an awareness for improvement of the status of women:

They may, inter-alia, include:

- (i) Programmes of educating people and making them aware of women's rights both constitutional and legal;
- (ii) Creating consciousness among women that they too contributed to economic and social well-being of the community;
- (iii) Creating awareness among women that there is no occupation or vocation which is not open to them provided they acquire the requisite skills; and
- (iv) Imparting training to women in sewing, embroidery, knitting and other skills wherever possible.
- (v) Beti Bachao Beti Padhao.

(d) Social Service Programmes:

Depending on the local needs and priorities, the following activities/programmes may be undertaken:-

- (i) Work in hospitals, for example, serving as ward visitors to cheer the patients, help the patients, arranging occupational or hobby activities for long term patients, guidance service for out-door-patients including guiding visitors about hospital's procedures, letter writing and reading for the patients admitted in the hospital; follow up of patients discharged from the hospital by making home visits and places of work, assistance in running dispensaries etc.
- (ii) Work with the organisations of child welfare;
- (iii) Work in institutions meant for physically and mentally handicapped;
- (iv) Organising blood donation, eye pledge programmes;
- (v) Work in Cheshire homes, orphanages, homes for the aged etc.;
- (vi) Work in welfare organisations of women;
- (vii) Prevention of slums through social education and community action;

(e) Production Oriented Programmes:

- (i) Working with people and explaining and teaching improved agricultural practices;
- (ii) Rodent control land pest control practices;
- (iii) Weed control;
- (iv) Soil-testing, soil health care and soil conservation;
- (v) Assistance in repair of agriculture machinery;
- (vi) Work for the promotion and strengthening of cooperative societies in villages;
- (vii) Assistance and guidance in poultry farming, animal husbandry, care of animal health etc.;

(viii) Popularization of small savings and

(ix) Assistance in procuring bank loans

(f) Relief & Rehabilitation work during Natural Calamities:

These programme would enable the students to understand and share the agonies of the people affected in the wake of natural calamities like cyclone, flood, earthquakes, etc. The main emphasis should be on their participation in programmes, and working with the people to overcome their handicaps, and assisting the local authorities in relief and rehabilitation work in the wake of natural calamities. The NSS students can be involved in:-

(i) assisting the authorities in distribution of rations, medicine, clothes etc.;

(ii) assisting the health authorities in inoculation and immunization, supply of medicine etc.;

(iii) working with the local people in reconstruction of their huts, cleaning of wells, building roads etc.;

(iv) assisting and working with local authorities in relief and rescue operation;

(v) collection of clothes and other materials, and sending the same to the affected areas;

(g) Education and Receptions:

Activities in this field could include:

(i) adult education (short-duration programmes);

(ii) pre-school education programmes;

(iii) programmes of continuing education of school drop outs, remedial coaching of students from weaker sections;

(iv) work in creches ;

(v) participatory cultural and recreation programmes for the community including the use of mass media for instruction and recreation, programmes of community singing, dancing etc.;

(vi) organisation of youth clubs, rural land indigenous sports in collaboration with Nehru Yuva Kendras;

(vii) programmes including discussions on eradications of social evils like communalism, castism, regionalism, untouchability, drug abuse etc.;

(viii) non-formal education for rural youth and

(ix) legal literacy, consumer awareness.

(X) Swacch Bharat Mission

(XI) Digital awareness,

(XII) Voter awareness.

D. The above is only an illustrative list of the type of activities that can be undertaken, Under the programme it would be open to each NSS Unit to undertake one of these programmes or any other activity which may seem desirable to them according to local needs, The NSS Unit should aim at the integrated development of the area selected for its operation which could be a village or a slum. It has also to be ensured that at least a part of the programme does involve manual work.
