



LALPATRAI COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)



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NATIONAL SERVICE SCHEME (N.S.S UNIT) NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026



INTRODUCTION

The National Service Scheme (NSS) Unit of Lala Lajpatrai College of Commerce and Economics (Autonomous) successfully organized a Special Rural Residential Camp at Badlapur, Post Jambhilghar, Tehsil Ambernath, District Thane, Maharashtra from 8th December to 14th December 2025.

A total of 67 volunteers (28 male and 39 female) actively participated in the camp, supported by ex-volunteers and guided by the NSS Program Officer. The camp was designed to provide students with a platform for community service, experiential learning, and personality development, while instilling the values of social responsibility, discipline, and teamwork.

The camp activities were diverse and impactful, ranging from environmental conservation initiatives such as tree plantation, forest cleaning, seed ball making, and Bandhara (check dam) construction, to health and wellness programs including yoga sessions, meditation, CPR training, and a free medical camp for villagers.

This 7-day camp not only contributed to the development and welfare of the rural community but also provided volunteers with invaluable exposure to leadership, cooperation, and sustainable practices. It strengthened their commitment to the NSS motto of “Not Me, But You”, fostering empathy, civic responsibility, and a spirit of service.

PROGRAM OFFICER

PRINCIPAL

Prof. Dr. Harmeet Kaur Bhasin

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LAJPATRAI COLLEGE OF COMMERCE & ECONOMICS

(AUTONOMOUS)



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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 1



TEAM BUILDING ACTIVITY

On the first day of the camp, a Team-Building Workshop was conducted to strengthen collaboration and leadership among volunteers. Through interactive games and group exercises, participants learned the importance of trust, coordination, and effective communication. The activities encouraged problem-solving, decision-making, and mutual support, helping volunteers overcome challenges together.

By the end of the session, students had developed stronger bonds, improved their teamwork skills, and gained valuable lessons in cooperation. The workshop created a positive and energetic atmosphere, setting the tone for the rest of the camp and ensuring that all activities were carried out with unity and enthusiasm.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 1



STREET PLAY PRACTICE

During the camp, volunteers dedicated time each day to street play rehearsals on pressing social issues such as dowry, cancer awareness, superstition, and human rights. The practice sessions were highly interactive, with students brainstorming scripts, refining dialogues, and coordinating stage movements to ensure impactful delivery.

These rehearsals not only helped volunteers develop confidence, communication skills, and creativity, but also fostered teamwork as they worked together to convey meaningful messages. The practice sessions were conducted in the evenings, allowing participants to reflect on the day's activities while channeling their energy into performance preparation.

By the time of the final presentation, the volunteers had polished their plays to effectively engage audiences, combining humor, emotion, and powerful storytelling. The rehearsals ensured that the performances were not only entertaining but also educational, leaving a lasting impression on the villagers and spreading awareness about critical social concerns.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)
NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026
DAY 2



YOGA SESSION

Every morning of the camp began with Yoga and Exercise sessions, creating a disciplined routine that energized volunteers for the day's activities. Under the guidance of trained instructors, participants practiced a variety of asanas, pranayama (breathing techniques), and stretching exercises that promoted physical fitness, mental clarity, and emotional balance.

These sessions not only improved flexibility, stamina, and posture but also helped reduce stress and anxiety, preparing students to face the challenges of camp life with positivity. The inclusion of yoga encouraged volunteers to adopt healthy lifestyle habits, reinforcing the importance of holistic well-being.

Beyond physical benefits, yoga instilled values of patience, concentration, and inner peace, while group exercises fostered unity and synchronization among participants. The calm and focused start to each day ensured that volunteers remained motivated, resilient, and mindful throughout the camp, making yoga an integral part of their overall learning experience.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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DAY 2



FOREST CONSERVATION

As part of the camp's environmental initiatives, NSS volunteers actively participated in forest conservation activities over multiple days. Early morning sessions involved cleaning forest areas, collecting dry leaves, removing waste, and ploughing soil to maintain ecological balance. These efforts were aimed at preserving biodiversity, preventing environmental degradation, and promoting sustainability in the region.

The activity also included awareness discussions on the importance of forests in combating climate change, conserving water, and supporting rural livelihoods. Volunteers learned practical skills in soil management, waste segregation, and eco-friendly practices, which deepened their understanding of environmental responsibility.

By working collectively in the forest, students developed a sense of discipline, teamwork, and respect for nature, while contributing to the long-term health of the ecosystem. The initiative not only benefited the local environment but also inspired villagers to adopt sustainable practices, making the conservation drive a meaningful and impactful part of the camp.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

PROGRAM OFFICER:

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DAY 2



STREET PLAY PRACTICE

Throughout the camp, volunteers dedicated significant time to street play rehearsals, preparing performances on socially relevant themes such as dowry, cancer awareness, superstition eradication, and human rights. These practice sessions were not only about memorizing dialogues but also about script development, role distribution, and stage coordination, ensuring that every participant contributed meaningfully.

The rehearsals encouraged students to think critically about social issues, transforming their awareness into creative expression. Volunteers worked in teams to refine their delivery, incorporate gestures, and use voice modulation to make the plays more impactful. The practice also helped them build confidence, public speaking skills, and group coordination.

Evenings were often devoted to these sessions, allowing participants to reflect on the day's activities while channeling their energy into performance preparation. The collaborative environment fostered unity, creativity, and leadership, as students took turns directing, acting, and supporting one another.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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NATIONAL SERVICE SCHEME (N.S.S UNIT) NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026 DAY 2



PAPER RECYCLING PREPARATION

As part of the camp's focus on sustainability, volunteers engaged in paper recycling preparation activities. The session began with an orientation on the importance of recycling and how waste paper contributes to environmental pollution if not managed properly. Volunteers collected old and discarded paper from the camp site and nearby areas, sorting it into usable categories for recycling.

The preparation process involved cutting, soaking, and pulping waste paper, which was later used in practical demonstrations to create new sheets. Students also brainstormed innovative ways to reuse recycled paper for artistic, educational, and utility purposes, such as notebooks, decorative items, and eco-friendly packaging.

This activity not only gave participants hands-on experience in sustainable practices but also instilled a sense of responsibility towards waste management and resource conservation. By learning how small efforts can reduce environmental impact, volunteers were motivated to spread awareness in their communities about the benefits of recycling.

Number of volunteers - 67 volunteers
Beneficiary - 1000+

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NATIONAL SERVICE SCHEME (N.S.S UNIT)
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DAY 2



FOREST CLEANING

As part of the camp's environmental conservation efforts, NSS volunteers carried out forest cleaning activities in the surrounding areas of Badlapur. Over multiple sessions, students collected dry leaves, plastic waste, and other discarded materials that were harming the natural ecosystem. The activity also included soil ploughing and clearing pathways, which helped restore the forest's natural balance

This initiative was not limited to physical cleaning; it also served as an awareness exercise, where volunteers discussed the importance of maintaining forests for biodiversity, water conservation, and climate regulation. By engaging directly with the environment, students developed a deeper respect for nature

The collective effort fostered teamwork, discipline, and responsibility, while simultaneously benefiting the local community by creating a cleaner and healthier environment. The forest cleaning drive became a practical lesson in sustainability and ecological preservation, inspiring both volunteers and villagers to adopt eco-friendly practices in their daily lives.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 2



OM SHANTI MEDITATION SESSION

As part of the camp's focus on mental well-being, volunteers participated in an Om Shanti Meditation Session designed to promote inner peace, mindfulness, and emotional balance. The session introduced students to the practice of guided meditation, where they learned breathing techniques, concentration exercises, and methods to calm the mind amidst daily stress.

The meditation emphasized the importance of self-awareness, positive thinking, and spiritual harmony, helping participants to reflect on their personal growth and responsibilities as NSS volunteers. By chanting "Om" and practicing silence, students experienced a sense of tranquility that enhanced their focus and reduced anxiety.

This activity also highlighted the role of meditation in building resilience, patience, and discipline, qualities essential for effective community service. The collective practice created a serene atmosphere, fostering unity among volunteers and preparing them mentally for the demanding tasks of the camp.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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DAY 3



YOGA SESSION

Each day of the camp began with Yoga and Exercise sessions, creating a disciplined routine that energized volunteers and prepared them for the day's activities. Under the guidance of instructors, participants practiced a range of asanas, pranayama (breathing techniques), and stretching exercises that promoted physical fitness, mental clarity, and emotional balance.

These sessions not only improved flexibility, stamina, and posture, but also helped reduce stress and anxiety, ensuring that students remained focused and resilient throughout the camp. The inclusion of yoga encouraged volunteers to adopt healthy lifestyle habits, reinforcing the importance of holistic well-being in their personal and academic lives.

Beyond physical benefits, yoga instilled values of patience, concentration, and discipline, while group exercises fostered unity and synchronization among participants. The calm and mindful start to each day created a positive atmosphere, strengthening the bond between volunteers and enhancing their ability to work together in subsequent activities.

Number of volunteers - 67 volunteers
Beneficiary - 67 volunteers

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DAY 3



FOREST CONSERVATION

One of the major highlights of the camp was the Forest Conservation initiative, carried out over several days in the forest areas surrounding Badlapur. Volunteers engaged in cleaning activities, soil ploughing, and removal of waste materials such as plastic and non-biodegradable items that were harming the ecosystem.

The activity was designed not only as a physical contribution but also as an educational experience, where students learned about the importance of forests in maintaining biodiversity, regulating climate, and supporting rural livelihoods. Instructors explained how conservation efforts directly benefit local communities by ensuring sustainable access to natural resources like water, soil fertility, and clean air.

The conservation drive also inspired villagers to adopt sustainable habits, creating a ripple effect of awareness in the community. By combining physical effort with social education, the forest conservation activity became a meaningful step towards promoting environmental sustainability and rural development, aligning perfectly with the NSS motto of “Not Me, But You.”

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 3



BANDHARA BUILDING ACTIVITY

One of the most significant rural development initiatives undertaken during the camp was the Bandhara (Check Dam) Building Activity. Volunteers worked collectively to construct a small-scale dam structure aimed at water conservation and groundwater recharge. The activity involved digging, carrying stones, arranging soil, and reinforcing the structure, all under the guidance of local experts and community members.

The Bandhara served as a practical demonstration of how simple, community-driven efforts can address the challenges of water scarcity and irrigation needs in rural areas. By participating in this activity, students gained hands-on experience in sustainable rural engineering practices, while also understanding the importance of water management for agriculture and daily life.

Beyond the physical construction, the initiative fostered teamwork, discipline, and problem-solving skills among volunteers. It also created awareness among villagers about the long-term benefits of water conservation, encouraging them to maintain and replicate such structures in the future.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 3



CLEANLINESS DRIVE IN VILLAGE

A major focus of the camp was the Cleanliness Drive conducted in the village, aimed at promoting hygiene, sanitation, and environmental awareness among the local community. Volunteers actively participated in sweeping streets, removing garbage, cleaning public spaces, and spreading awareness about proper waste disposal.

The drive was not limited to physical cleaning; it also served as a social awareness campaign. Volunteers interacted with villagers, explaining the health hazards of unhygienic surroundings and encouraging them to adopt practices such as segregating waste, avoiding plastic use, and maintaining household cleanliness. Posters and slogans were displayed to reinforce the message of cleanliness and community responsibility.

This initiative fostered a sense of discipline, teamwork, and civic responsibility among the NSS volunteers, while simultaneously benefiting the villagers by creating a healthier and more pleasant living environment. The cleanliness drive became a practical lesson in public health and community service.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 3



ANDHA SHRADDHA NIRMULAN SESSION ON SUPERSTITION

A special session on Andha Shraddha Nirmulan (Eradication of Superstition) was conducted during the camp to raise awareness among volunteers and villagers about the dangers of blind faith and irrational practices. The session emphasized the importance of scientific thinking, rational inquiry, and evidence-based understanding in everyday life.

Experts and senior volunteers explained how superstitions often arise from fear, ignorance, or cultural traditions, and how they can negatively impact health, education, and social progress. Through interactive discussions, demonstrations, and real-life examples, participants were encouraged to question myths and adopt logical approaches to problem-solving.

Experts and senior volunteers explained how superstitions often arise from fear, ignorance, or cultural traditions, and how they can negatively impact health, education, and social progress. Through interactive discussions, demonstrations, and real-life examples, participants were encouraged to question myths and adopt logical approaches to problem-solving.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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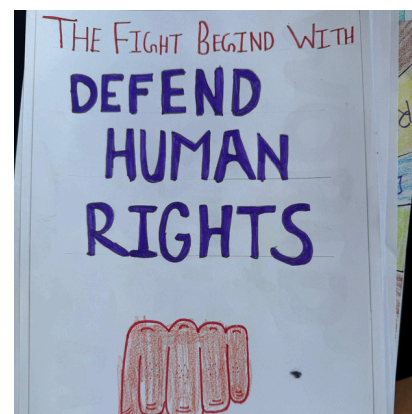
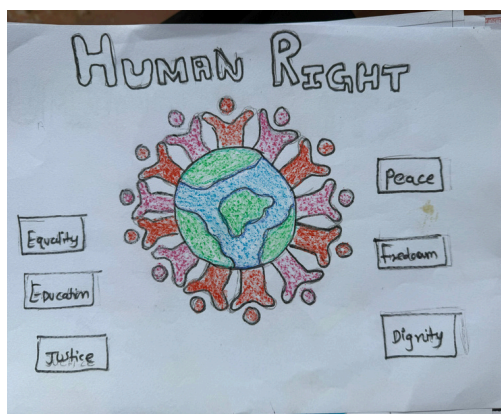
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DAY 3



POSTER MAKING ON HUMAN RIGHTS

As part of the camp's educational and awareness initiatives, NSS volunteers engaged in a Poster Making activity on Human Rights. The session aimed to sensitize students and villagers about the fundamental rights guaranteed to every individual, regardless of caste, creed, gender, or religion.

Volunteers created posters highlighting key themes such as Right to Equality, Right to Freedom, Right against Exploitation, Right to Education, and Right to Constitutional Remedies. The posters combined artistic creativity with powerful messages, using vibrant colors, slogans, and illustrations to make the concepts more accessible and engaging for the community.

This activity not only enhanced the volunteers' knowledge of human rights but also encouraged them to think critically about issues of social justice and equality. By working in groups, students developed teamwork, communication, and design skills, while simultaneously spreading awareness in the village. The posters were later displayed during the camp's cultural and awareness programs, ensuring that the messages reached a wider audience.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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NATIONAL SERVICE SCHEME (N.S.S UNIT)
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DAY 4



YOGA SESSION

Every morning of the camp began with Yoga and Exercise sessions, setting a disciplined routine that energized volunteers and prepared them for the day's activities. Under the guidance of instructors, participants practiced a variety of asanas, pranayama (breathing techniques), and stretching exercises that promoted physical fitness, mental clarity, and emotional balance.

These sessions helped students improve flexibility, stamina, posture, and concentration, while also reducing stress and anxiety. The practice of yoga encouraged volunteers to adopt healthy lifestyle habits and recognize the importance of holistic well-being in their personal and academic lives.

Beyond physical benefits, yoga instilled values of patience, discipline, and mindfulness, while group exercises fostered unity and synchronization among participants. The calm and mindful start to each day created a positive atmosphere, strengthening the bond between volunteers and enhancing their ability to work together in subsequent camp activities.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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DAY 4



BANDHARA BUILDING ACTIVITY

A key highlight of the camp was the Bandhara (Check Dam) Building Activity, undertaken to address the pressing issue of water scarcity in rural areas. Volunteers worked collectively to construct a small check dam using stones, soil, and natural materials, guided by local experts and community elders. The process involved digging, carrying heavy loads, arranging stones systematically, and reinforcing the structure, which required both physical effort and teamwork.

The Bandhara served as a practical solution for rainwater harvesting, groundwater recharge, and irrigation support, ensuring that the village could benefit from improved water availability during dry seasons. This initiative also demonstrated how low-cost, community-driven engineering practices can bring long-term sustainability to rural development.

Through this activity, students gained hands-on experience in environmental conservation, rural infrastructure building, and resource management, while also developing qualities of discipline, cooperation, and problem-solving. The villagers were actively involved, which strengthened the bond between the NSS volunteers and the local community, fostering a spirit of collective responsibility.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

PROGRAM OFFICER:

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DAY 4



CLEANLINESS DRIVE

A central activity of the camp was the Cleanliness Drive, conducted in the village to promote hygiene, sanitation, and environmental responsibility. Volunteers actively participated in sweeping streets, cleaning public areas, removing garbage, and clearing stagnant water, ensuring that the surroundings were safe and pleasant for the community. Special attention was given to school premises, community halls, and common pathways.

The drive was not limited to physical cleaning; it also served as a social awareness campaign. Volunteers interacted with villagers, explaining the importance of cleanliness in preventing diseases and improving quality of life. Through slogans, posters, and group discussions, they encouraged practices such as waste segregation, avoiding plastic use, and household hygiene.

This initiative fostered discipline, teamwork, and civic responsibility among NSS volunteers, while simultaneously benefiting the villagers by creating a healthier environment. The activity also aligned with the national vision of “Swachh Bharat Abhiyan”. The Cleanliness Drive became a practical lesson in public health, community service, and sustainable living, leaving a lasting impact on both the volunteers and the local residents.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 4



AWARENESS OF FREE MEDICAL CAMP IN VILLAGE

In preparation for the Free Medical Camp, NSS volunteers organized an awareness drive across the village to ensure maximum participation from the local community. The campaign included door-to-door visits, distribution of pamphlets, and interactive discussions with villagers about the importance of preventive healthcare and early diagnosis.

Volunteers explained the services available at the camp, such as general health check-ups, blood pressure monitoring, diabetes screening, and consultations with doctors, emphasizing that all facilities were provided free of cost. Special attention was given to encouraging elderly villagers, women, and children to attend, as they are often most vulnerable to untreated health issues.

To make the awareness drive more engaging, students used posters, slogans, and street plays highlighting the significance of regular medical check-ups and the dangers of neglecting health. The initiative also addressed common misconceptions and motivated villagers to seek medical advice without hesitation.

Number of volunteers - 67 volunteers

Beneficiary - 1000+

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DAY 4



PAPER RECYCLING SESSION

As part of the camp's environmental awareness initiatives, NSS volunteers participated in a Paper Recycling Session aimed at promoting sustainable practices and reducing waste. The session began with a briefing on the harmful effects of paper wastage and the importance of recycling in conserving natural resources, particularly forests.

Volunteers collected discarded paper from the camp site and nearby areas, which was then sorted, soaked, pulped, and pressed to create new sheets of recycled paper. The process gave students hands-on experience in waste management and resource conservation, while also demonstrating how simple techniques can be applied at the community level.

In addition to the practical work, the session included discussions on innovative uses of recycled paper, such as notebooks, eco-friendly packaging, and decorative items, encouraging creativity and sustainable thinking among participants. The activity also served as an awareness drive for villagers, showing them how recycling can reduce environmental pollution and provide cost-effective alternatives for everyday needs.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

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DAY 4



GENZ SESSION

A special GENZ Session was organized during the camp to engage volunteers in discussions about the challenges, aspirations, and responsibilities of the younger generation. The session focused on how today's youth, often referred to as Generation Z, can contribute meaningfully to society through innovation, social awareness, and active participation in community development.

Resource persons and senior volunteers highlighted the unique strengths of this generation, such as digital literacy, adaptability, creativity, and social consciousness, while also addressing issues like peer pressure, mental health, unemployment, and the need for skill development.

The session emphasized the importance of channeling youthful energy into constructive initiatives, encouraging students to balance modern lifestyles with social responsibility. Volunteers were motivated to use their skills in technology, communication, and leadership to drive positive change in their communities. By the end of the session, participants gained a deeper understanding of their role as agents of social reform and nation-building.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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DAY 4



STARGAZING SESSION

An enriching Stargazing Session was organized during the camp to provide volunteers with an opportunity to explore the wonders of astronomy and develop scientific curiosity. Conducted at night in the open fields, the session introduced participants to the basics of celestial observation, constellations, planetary movements, and the importance of astronomy in human history.

With the help of resource persons and simple instruments, students identified major constellations, stars, and visible planets, while also learning about the significance of the night sky in navigation, agriculture, and cultural traditions. The activity emphasized the importance of scientific temper and curiosity, encouraging volunteers to look beyond everyday life and appreciate the vastness of the universe.

The serene atmosphere of the session fostered reflection, mindfulness, and inspiration, allowing students to connect science with spirituality. Volunteers expressed excitement and awe, realizing how astronomy can broaden perspectives and instill humility about humanity's place in the cosmos.

Number of volunteers - 67 volunteers
Beneficiary - 67 volunteers

PROGRAM OFFICER:

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NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 5



YOGA SESSION

Each morning of the camp began with Yoga and Exercise sessions, establishing a disciplined routine that energized volunteers and prepared them for the day's activities. Under the guidance of instructors, participants practiced a range of asanas, pranayama (breathing techniques), and stretching exercises, which promoted physical fitness, mental clarity, and emotional balance.

These sessions helped students improve flexibility, stamina, posture, and concentration, while also reducing stress and anxiety. The practice of yoga encouraged volunteers to adopt healthy lifestyle habits and recognize the importance of holistic well-being in their personal, academic, and social lives.

The integration of yoga and exercise also complemented other health-related initiatives of the camp, such as the Medical Camp and CPR Training, by emphasizing preventive healthcare and overall wellness. By combining physical activity with mindfulness, the camp ensured that volunteers experienced a balance between body, mind, and spirit, making yoga an integral part of their journey of service and self-development.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

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DAY 5



MEDICAL CAMP IN VILLAGE

A Free Medical Camp was organized in the village as part of the NSS Special Camp to provide essential healthcare services to the rural community. The camp was conducted with the support of local doctors, nurses, and medical practitioners, ensuring that villagers had access to basic health check-ups, consultations, and diagnostic services at no cost.

Volunteers played a crucial role in coordinating the event, registering patients, assisting medical staff, and guiding villagers to different service points. The camp offered facilities such as blood pressure monitoring, diabetes screening, eye check-ups, and general health consultations, with special attention given to women, children, and the elderly.

In addition to medical services, the camp emphasized health awareness and preventive care. Doctors and volunteers educated villagers on topics such as nutrition, hygiene, sanitation, and the importance of regular check-ups, helping to dispel misconceptions and encourage healthier lifestyles.

Number of volunteers - 67 volunteers

Beneficiary - 500+

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DAY 5



AWARENESS OF MEDICAL CAMP

Prior to the organization of the Free Medical Camp, NSS volunteers carried out an extensive awareness drive across the village to ensure maximum participation and benefit for the community. The campaign involved door-to-door visits, distribution of pamphlets, and personal interactions with villagers.

Special emphasis was placed on encouraging elderly residents, women, and children to attend, as they are often most vulnerable to untreated health issues. Volunteers highlighted the facilities offered, including general health check-ups, blood pressure and diabetes screening, eye examinations, and consultations with qualified doctors, all provided free of cost.

To make the awareness drive more engaging, students prepared posters, slogans, and street plays that conveyed the message of health and hygiene in simple, relatable ways. These efforts helped dispel misconceptions about medical treatment and motivated villagers to seek timely healthcare.

Number of volunteers - 67 volunteers

Beneficiary - 500+

PROGRAM OFFICER:

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CPR TRAINING SESSION

Prior to the organization of the Free Medical Camp, NSS volunteers carried out an extensive awareness drive across the village to ensure maximum participation and benefit for the community. The campaign involved door-to-door visits, distribution of pamphlets, and personal interactions with villagers.

Special emphasis was placed on encouraging elderly residents, women, and children to attend, as they are often most vulnerable to untreated health issues. Volunteers highlighted the facilities offered, including general health check-ups, blood pressure and diabetes screening, eye examinations, and consultations with qualified doctors, all provided free of cost.

To make the awareness drive more engaging, students prepared posters, slogans, and street plays that conveyed the message of health and hygiene in simple, relatable ways. These efforts helped dispel misconceptions about medical treatment and motivated villagers to seek timely healthcare.

Number of volunteers - 67 volunteers

Beneficiary - 500+

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NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 5



SEED BALL MAKING ACTIVITY

As part of the camp's environmental conservation initiatives, NSS volunteers actively participated in the Seed Ball Making Activity, a simple yet effective method of promoting afforestation and biodiversity. The session began with an introduction to the concept of seed balls—small spheres made of soil, compost, and seeds—which can be easily dispersed in barren or degraded lands to encourage natural plant growth.

Volunteers prepared seed balls by mixing clay, organic manure, and locally available seeds, shaping them into small balls, and allowing them to dry. This hands-on activity not only taught students the importance of eco-friendly techniques in reforestation

The seed balls were later distributed and scattered in nearby forest areas and open lands, ensuring that they would germinate naturally during the monsoon season. This initiative served as a practical demonstration of low-cost, sustainable environmental practices. The Seed Ball Making Activity became a symbol of how small actions can lead to significant environmental impact, aligning with the NSS vision of service and sustainability

Number of volunteers - 67 volunteers

Beneficiary - 500+

PROGRAM OFFICER:

PRINCIPAL:

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LALPATRAI COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)



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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 5



INTERACTIVE SESSION ON ZOOLOGY

An Interactive Session on Zoology was conducted during the camp to broaden the scientific knowledge of volunteers and to cultivate curiosity about the natural world. The session focused on the study of animal diversity, ecological roles, and conservation challenges, linking classroom concepts with real-life applications in rural and forest environments.

Resource persons and senior volunteers explained topics such as classification of animals, food chains, adaptation, and the importance of biodiversity in maintaining ecological balance. The session also highlighted issues like wildlife protection, human-animal conflict, and the role of youth in conservation efforts.

To make the session engaging, participants were encouraged to ask questions, share observations, and participate in group discussions and demonstrations. Visual aids such as charts, models, and field examples were used to make complex concepts more accessible. This activity not only enhanced the volunteers' scientific understanding and critical thinking but also inspired them to apply zoological knowledge in practical ways.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT) NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026 DAY 6



YOGA SESSION

Every morning of the camp began with Yoga and Exercise sessions, setting a disciplined routine that energized volunteers and prepared them for the day's activities. Under the guidance of instructors, participants practiced a series of asanas, pranayama (breathing techniques), and stretching exercises, which promoted physical fitness, mental clarity, and emotional balance.

These sessions helped students improve flexibility, stamina, posture, and concentration, while also reducing stress and anxiety. The practice of yoga encouraged volunteers to adopt healthy lifestyle habits and recognize the importance of holistic well-being in their personal and academic lives.

Beyond physical benefits, yoga instilled values of patience, discipline, and mindfulness, while group exercises fostered unity and synchronization among participants. The calm and mindful start to each day created a positive atmosphere, strengthening the bond between volunteers and enhancing their ability to work together in subsequent camp activities.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

:



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NATIONAL SERVICE SCHEME (N.S.S UNIT) NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026 DAY 6



SCHOOL VISIT

As part of the camp's outreach activities, NSS volunteers conducted a School Visit to interact with students and promote awareness on social, educational, and health-related issues. The visit aimed to inspire young learners, instill values of discipline and responsibility, and strengthen the bond between the NSS unit and the local educational institutions.

During the visit, volunteers organized interactive sessions, games, and group discussions to engage students in a lively and meaningful manner. Topics such as environmental conservation, personal hygiene, importance of education, and human rights were explained through posters, slogans, and storytelling, making the sessions both informative and enjoyable.

Special emphasis was placed on motivating students to pursue education with dedication and to participate actively in community service. Volunteers also conducted demonstrations on yoga and exercise, encouraging students to adopt healthy lifestyle practices. The visit created a platform for peer learning, where NSS members acted as role models, sharing their experiences and inspiring younger students to contribute positively to society.

Number of volunteers - 67 volunteers

Beneficiary - 100+

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 6



STATIONERY DONATION

As part of the camp's educational outreach, NSS volunteers organized a Stationery Donation Drive to support underprivileged students in the village. The initiative aimed to reduce barriers to learning by providing essential materials such as notebooks, pens, pencils, erasers, rulers, and drawing supplies.

Volunteers collected stationery items through contributions from students, faculty, and well-wishers, ensuring that the distribution was both inclusive and impactful. The donated materials were handed over to schoolchildren and needy families, accompanied by motivational interactions that encouraged students to pursue education with dedication and confidence.

The activity highlighted the importance of equal access to educational resources, reinforcing the idea that small acts of generosity can make a significant difference in shaping young lives. For the villagers, the donation created a sense of community support, while for the NSS volunteers, it was a lesson in empathy, social responsibility, and the value of education as a tool for empowerment.

Number of volunteers - 67 volunteers

Beneficiary - 100+

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 6



PLAYING GAMES WITH STUDENTS

As part of the camp's school outreach activities, NSS volunteers organized Player Games with Students, creating an atmosphere of joy, teamwork, and healthy competition. The initiative aimed to encourage physical fitness, cooperation, and discipline among schoolchildren while strengthening the bond between NSS members and the younger generation.

Volunteers conducted a variety of games such as running races, kho-kho, kabaddi, tug-of-war, and group coordination activities, ensuring that every child had the opportunity to participate. These games were designed not only for recreation but also to instill values of sportsmanship, unity, and perseverance.

The sessions were lively and interactive, with NSS volunteers guiding students, cheering them on, and rewarding winners with small tokens of appreciation. The activity created a sense of inclusiveness and encouragement, motivating children to engage in physical exercise and teamwork.

Number of volunteers - 67 volunteers

Beneficiary - 100+

PROGRAM OFFICER:

PRINCIPAL:

:

NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 6



STREET PLAY

A vibrant Street Play (Nukkad Natak) was organized by NSS volunteers to spread awareness on pressing social issues in a creative and impactful manner. The play was performed in the village square, ensuring maximum visibility and participation from the local community.

The themes of the play included cleanliness, health awareness, women's empowerment, and environmental conservation, all presented in a simple, relatable, and engaging format. Volunteers used dialogues, slogans, songs, and dramatization to capture the attention of villagers and convey messages effectively.

The interactive nature of the performance encouraged villagers to reflect on their daily practices and adopt positive changes. By combining entertainment with education, the street play became a powerful medium of social communication, breaking barriers of literacy and reaching audiences of all age groups. For NSS volunteers, the activity was a valuable exercise in teamwork, creativity, and public speaking, while for the villagers, it was an inspiring reminder of their role in building a healthier and more responsible society.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 6



CULTURAL NIGHT

A memorable Cultural Night was organized during the camp to celebrate the rich diversity of traditions, talents, and creativity among NSS volunteers and the local community. The event provided a platform for students to showcase their artistic abilities while fostering unity, joy, and cultural exchange.

The evening featured a variety of performances including folk dances, patriotic songs, skits, poetry recitations, and instrumental music, reflecting both regional heritage and contemporary themes. Volunteers also presented socially themed dramas and songs that highlighted issues such as environmental conservation, women's empowerment, and national integration, blending entertainment with awareness.

The Cultural Night thus became a highlight of the camp, symbolizing the NSS spirit of service, unity, and celebration of diversity, while leaving lasting memories for both participants and the community.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

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NATIONAL SERVICE SCHEME (N.S.S UNIT)

NSS SPECIAL RURAL RESIDENTIAL CAMP REPORT 2025 – 2026

DAY 7



SESSION ON COMMUNICATION SKILL & LEADERSHIP DEVELOPMENT

A dedicated Session on Communication Skill & Leadership Development was conducted during the camp to enhance the personal and professional competencies of NSS volunteers. The session aimed to equip students with the ability to express ideas clearly, listen actively, and lead effectively, thereby preparing them for future roles in both academic and social spheres.

Resource persons introduced the fundamentals of verbal and non-verbal communication, public speaking, group discussions, and conflict resolution techniques. Practical exercises such as role plays, team presentations, and peer feedback activities were organized to help participants practice and refine their communication skills in real-time.

By the end of the session, participants gained greater self-awareness and the ability to communicate with clarity, lead with confidence, and collaborate with empathy. The activity not only strengthened individual skills but also enhanced the collective capacity of the NSS unit to function as a cohesive team dedicated to service and social transformation.

Number of volunteers - 67 volunteers

Beneficiary - 67 volunteers

PROGRAM OFFICER:

PRINCIPAL:

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