

**NSS Special  
Seven Days  
Camp 2023-2024**



**DAY-3 01/01/2024**

The 3<sup>RD</sup> Day of NSS Special Seven Days Camp of Netaji Subhash Chandra Bose Memorial Government Degree College, Hamirpur started at 9:00 am with NSS Song. Group 3 sang the prayer- “**Itni shakti hame dena data**”. Thought of the day was presented by Priya Nidhi as “**Coming together is a beginning**

**Keeping together is a progress**

**Working together is a Success**”. During prayer assembly News , Topic and Previous Day report was presented.

Meditation session was organised by Programme Officers Dr. Uttam Kumar Sharma and Dr. N. Deepika Khanna, which was hosted by group of Brahmakumari.



Breakfast was prepared by the mess committee at 9:30 am. The food items prepared were Halva puri . All the volunteers had their breakfast by 10:00 am.

The Equipment committee Distributed the necessary equipment to all groups. The volunteers were allotted with their field work as follows

- Group 1 and 2 collected the bricks near by IGNOU Department.
- Group 3 labelled the backside of IGNOU department.
- Group 4 collected the stone and broken bricks from the backside area of canteen.
- Group 5 labelled the area near by the library.
- Group 6 cleaned the area near by the B.Voc Department.
- All the volunteers worked in their respective field till 1:30 pm.

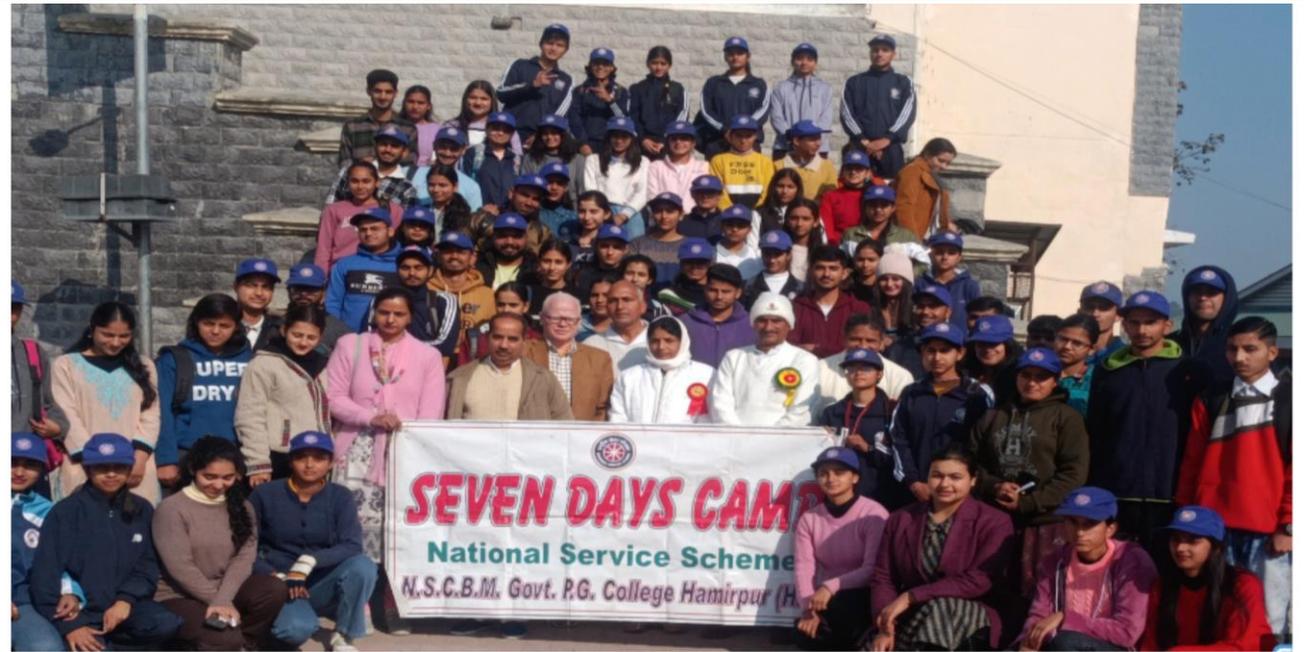


The mess committee had prepared the lunch for all the volunteers. The dishes prepared were: Rajmah , kadhi , meetha and Rice.

The volunteers had their lunch at 1:30 pm.

There after invited lecture was given by Sh. Nageshwar where he taught the volunteers how to deal with stress ,explained the Powe of Mind by giving the example of steve jobs. He explained ABCD where A Stands for AVOID, B for Bypass , C for Cancel , D for Do .

At the end he gifted a calender to the Nodal officer and distributed pens to all volunteers and wished them good luck .



After attending the expert lecture all the volunteers moved back to their respective field work areas.

The equipment committee collected back all the equipment .

At 3:30 pm the tea was served to all volunteers for refreshment.

The cultural program was held between 4-6 pm where members of mess committee performed Natti .

