

Seven-Days University Level Camp

Date: 16th – 22nd February, 2026

Venue: Deenbandhu Chhotu Ram University of Science and Technology, Murthal

Event Type: University Level Camp

Mode of Activity: Offline

Target Group: NSS Volunteers from different districts of Haryana

Coordinator: Dr. Anil Sindhu, NSS Program Coordinator, Deenbandhu Chhotu Ram University of Science and Technology, Murthal

Organized by: Department of Higher Education, Panchkula, Haryana

Participant: 06 (Priyanshu Mishra (BCA(AI and Data Science)), Kritima Singh Rajput(Bsc(H) Forensic Science), Kirti Nath (BA LLB(H)), Vandana Pathak (BA LLB(H)), Moksh Kwatra (Bachelor of Pharmacy), Kunal Yadav (B tech.)

Introduction:

The Seven-Day University level Camp was organized with the objective of promoting social responsibility, leadership, discipline, and overall personality development among students. The camp was structured to include physical activities, expert lectures, cultural events, competitions, and community service initiatives. Each day was thoughtfully planned to ensure holistic learning and active participation of all volunteers.

Therefore, to foster the diversity and national solidarity, NSS, DCRUST, Murthal organized seven days ULC camp from 16th to 22nd February 2026 under the chairmanship of State NSS Cell, Haryana and Department of Higher Education, Haryana.

Objective:

- To promote leadership, personality development and holistic development of volunteers.
- To inculcate a spirit of discipline, cooperation, and social responsibility.
- To encourage youth participation in activities related to nation-building, unity, and social service.

Content:

Day 1 – Arrival, Registration, and Orientation

The camp commenced with the arrival of participants at the university campus. The first hour was devoted to registration and documentation, ensuring that all formalities were completed in an organized manner. This process also helped the participants settle in and prepare themselves for the activities planned for the week. After the registration process, an open-mic activity was organized for the students. This session created a lively and welcoming atmosphere, as students were given the freedom to express themselves through singing, dancing, poetry recitation, and informal interaction. It served as an excellent ice-breaking activity and helped participants become familiar with one another. The open and friendly environment established on the very first day laid a strong foundation for teamwork and cooperation during the camp. The orientation session further introduced students to the objectives and structure of the camp, preparing them mentally and emotionally for the days ahead.



Photo 1: NSS Volunteers on first day of camp

Day 2 – Motivation and Career Insights

The second day began early with physical exercise, reflecting the camp's emphasis on discipline, health, and physical fitness. Morning exercise not only energized the students but also instilled the importance of maintaining a healthy lifestyle. The academic and motivational dimension of the day was strengthened by an expert lecture delivered by Mr. Amit Dhaiya, a memory and meditation expert. His motivational speech focused on important aspects of student life such as goal setting, consistency, time management, self-discipline, and positive thinking. Through practical examples and inspiring words, he encouraged students to remain committed to their aspirations and face challenges with confidence and determination.

Later in the day, Dr. Promila Gupta, Group General Manager at IRCTC, addressed the students. Her lecture offered valuable insights into the functioning of Indian Railways and provided a glimpse into her own professional journey. By sharing her experiences, she motivated students to pursue excellence, leadership, and dedication in their academic and professional lives. The second half of the day was designed to encourage artistic expression and confidence building. A plate drawing competition was organized, allowing participants to showcase their creativity and imagination. This was followed by a solo dance competition, where students expressed themselves through energetic and confident performances. Altogether, the day successfully combined inspiration, career guidance, discipline, and talent development.



Photo 2: NSS volunteers during Plate drawing competition



Photo 3: NSS volunteers with NSS Program Coordinator, MMU, Mullana

Day 3 – Legal Awareness, Responsible Citizenship, and Cultural Expression

The third day started with exercise and yoga reinforcing the routine of physical well-being and mindfulness. Mrs. Nidhi Nain, ACP of Sonipat, delivered an informative and impactful lecture on the functioning of the police department, laws and regulations, and the vital role of youth in maintaining peace and harmony in society. Her session highlighted the need for legal awareness and responsible citizenship among students. She encouraged the participants to remain informed about their rights and duties and to contribute positively to social order and justice.

The creative side of the day was reflected in the poetry competition that followed, where students recited poems in different rasas such as Veer Ras, Shringar Ras, and Hasya Ras. This activity gave students an opportunity to display their literary talent, emotional expression, and stage confidence. After lunch, a group reel-making competition was conducted. This modern and engaging activity promoted teamwork, creativity, and digital expression among participants. Later, the day concluded with skit and mono-act competitions, where students demonstrated their acting abilities, confidence, and understanding of social

and cultural themes. The activities of the day were both educational and entertaining, contributing to holistic personality development.

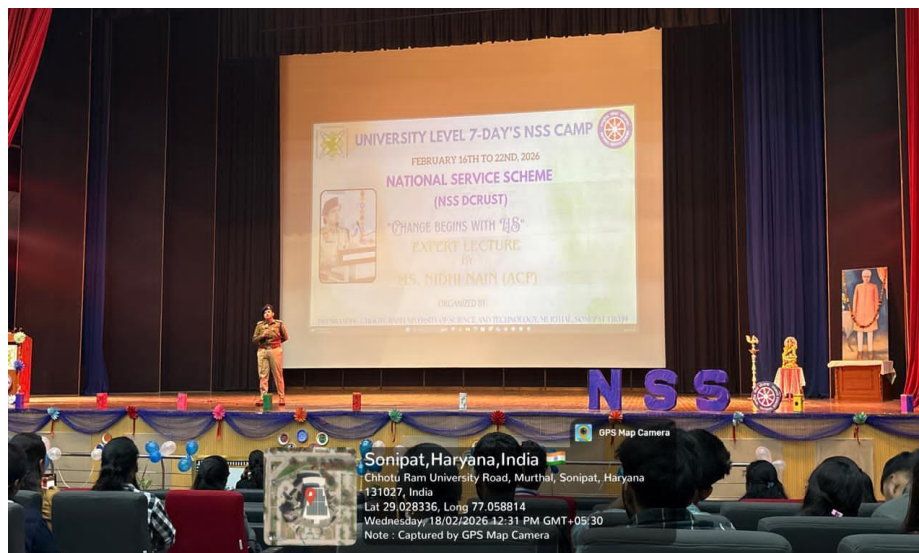


Photo 4: Mrs. Nidhi Nain, ACP of Sonipat discussed about the role of youth in maintaining social harmony

Day 4 – Debate, Women’s Rights Awareness, and Intellectual Engagement

The fourth day began with morning physical activities, maintaining the discipline and energetic spirit of the camp. At 9:00 a.m., a debate competition was organized in which teams were assigned various topics. Participants presented their viewpoints with logic, confidence, and effective communication. The debate served as an excellent platform for improving public speaking, critical thinking, and analytical abilities.

One of the major highlights of the day was the lecture delivered by Dr. Renu Bhatiya, Chairperson of the State Women Cell. Her session focused on women’s rights, legal protection, gender awareness, and nutrition. She emphasized the importance of promoting gender equality and empowering women through education, awareness, and legal support. Her lecture was both enlightening and motivating, encouraging students to become advocates for respect, equality, and justice in society.

After the lecture, a general knowledge quiz competition was conducted, which tested the awareness, presence of mind, and knowledge of the participants on various topics. The day concluded with a vibrant group dance competition that brought excitement, color, and enthusiasm to the camp. This combination of intellectual, educational, and cultural activities made the fourth day especially dynamic and enriching.



Photo 4: Participants during physical activities



Photo 5: Participants during debate competition

Day 5 – Spiritual Experience, Environmental Awareness, and Patriotism

The fifth day began with morning exercise and sports activities, keeping the participants physically active and engaged followed by visiting a nearby temple. This visit added a spiritual dimension to the camp experience by promoting inner peace, cultural understanding, and religious awareness among the participants. It offered students a moment of reflection and helped deepen their appreciation for Indian spiritual traditions.

Following the visit, Dr. Amit Singh, Environmental Advisor and Chief Chemist in PHED, delivered an informative lecture on environmental protection and pollution control. His session drew attention to the pressing need for environmental responsibility and sustainable living. He explained the causes and consequences of pollution and encouraged students to adopt eco-friendly habits in their daily lives. The lecture helped build environmental consciousness among the volunteers.

Later, a poster-making competition was organized on environmental themes. Through this activity, students creatively expressed their ideas and concerns related to nature conservation, cleanliness, pollution control, and sustainability. The day concluded with a patriotic program in which students sang patriotic songs and recited patriotic poems. These performances reflected their love for the nation and instilled a stronger sense of national pride, unity, and responsibility. Thus, the fifth day successfully combined spirituality, environmental education, and patriotism.



Photo 6: Dr. Amit Singh, Environmental Advisor and Chief Chemist in PHED discussed pollution control

Day 6 – Sportsmanship, Village Outreach, and Social Service

The sixth day was dedicated to sports, community outreach, and service. The morning session included sports activities such as relay race, kho-kho, and 100-meter race. These activities promoted teamwork, sportsmanship, healthy competition, and physical fitness. They also gave students an opportunity to display their strength, speed, coordination, and cooperative spirit followed by visit to a nearby government school in a village. This visit became one of the most socially meaningful parts of the camp. A cleanliness drive was conducted at the school to spread awareness about hygiene and sanitation. Students actively took part in cleaning the premises and encouraging school children to keep their surroundings neat and clean. This activity reflected the true spirit of NSS by emphasizing community service and civic responsibility. It also helped students understand the importance of grassroots engagement and social contribution.

To make the visit more interactive and joyful, a singing competition was also organized. This promoted cultural interaction and helped build a positive connection between the camp participants and the school community. The activities of the sixth day highlighted the values of service, leadership, compassion, and social responsibility.



Photo 7: NSs volunteers during school visit

Day 7 – Feedback, Recognition, and Valedictory Ceremony

The final day of the camp began with a feedback session at 9:00 a.m., during which participants shared their experiences, learning outcomes, and memorable moments from the week. Students expressed gratitude for the opportunity to interact with experts, participate in diverse competitions, engage in community service, and learn valuable lessons beyond the classroom. The feedback session allowed everyone to reflect on how the camp had contributed to their growth and development.

The camp concluded with a valedictory session in which prizes were distributed to the winners of various competitions. Certificates were also awarded to all participants in recognition of their active involvement and enthusiastic participation throughout the camp. The valedictory function served as a formal yet emotional conclusion to a week filled with learning, friendship, discipline, and service. The closing ceremony celebrated not only achievement but also the collective spirit and success of the camp.

Conclusion

The Seven-Day NSS Camp was a highly enriching and transformative experience for all the students involved. It contributed significantly to their overall personality development by improving leadership qualities, discipline, confidence, teamwork, communication skills, and social awareness. Each day of the camp was carefully planned to include a meaningful balance of physical activity, expert guidance, creativity, service, and cultural enrichment.

The camp successfully fulfilled its objectives by combining education with practical exposure and community-oriented activities. Through lectures by distinguished experts, students gained awareness about motivation, career development, law, women's rights, environmental protection, and responsible citizenship. Through competitions and cultural activities, they developed confidence, creativity, and communication skills. Through village outreach and cleanliness drives, they experienced the importance of service and social responsibility firsthand.

In conclusion, the camp was not merely a series of events but a journey of learning, growth, and self-discovery. It left a lasting impression on all participants and strengthened the core values of the National Service Scheme: service, discipline, unity, and personality development. The experience gained during the camp will continue to inspire the students to become responsible citizens and active contributors to society.

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