

REPORT ON UNIVERSITY LEVEL CAMP

Date: 21 – 27 February

Venue: Maharishi Markandeshwar University (MMU), Mullana Ambala

Event Type: University Level Camp

Mode of Activity: Offline

Target Group: NSS volunteers from different districts of Haryana

Coordinator: Dr Adesh Kumar Tripathi , NSS Program Coordinator, MMU, Mullana

Organized by: Department of Higher Education, Panchkula, Haryana

Participants: 03 (Raghav Joshi and Hemanshi Kansal (B. Com (Hons.), Kalpana (B.Sc. (FS),)

Introduction:

The Seven-Day University level Camp organized by the NSS unit of MMU, Mullana, Haryana, is a prominent initiative aimed at promoting unity, cultural harmony, and national pride among youth across India. This camp provides a platform for young participants from diverse cultural, linguistic, and regional backgrounds to come together, exchange ideas, and engage in various activities that foster mutual understanding and unity.

Therefore, to foster the diversity and national solidarity, NSS, MMU, Mullana organized seven days university level camp under the chairmanship of Directorate of Higher Education, Haryana.

Objective:

The main objective to organize the camp were to foster a sense of unity and national pride among youth through the exposure of the diverse cultures, languages, and traditions that make up India.

Content:

The seven days university level camp is not just a gathering; it is a celebration of India's unity in diversity.

Day 1: Opening Ceremony and Introduction to Camp Life

The camp began with a vibrant and energetic opening ceremony. As we arrived, we were warmly welcomed by the rhythmic beats of drums, which created an atmosphere of excitement and celebration.

The traditional welcome immediately reflected the spirit of unity in diversity that the camp aimed to

promote. After the reception, all the volunteers were guided to the main venue, where the inaugural activities were held.

One of the first major activities of the camp was the screening of the movie *Sam Bahadur*. The film was not only entertaining but also inspiring, as it beautifully highlighted the dedication, courage, discipline, and responsibilities of Indian soldiers. Watching the movie together set a patriotic tone for the camp and encouraged the participants to reflect upon the values of service, commitment, and sacrifice.

The camp had around 200 volunteers representing 16 different states of India, making it a true platform of national integration. To encourage interaction and cultural exchange, the volunteers were divided into 10 teams of 8 members each, ensuring that every team included participants from different states and backgrounds. This thoughtful arrangement helped us learn about one another's traditions, languages, food habits, and cultural practices. The teams were named Arjuna, Marut, Aditya, Virat, Ajit, Lakshay, Bhishma, Sukhoi, Vikrant, and Arihant, each name symbolizing strength, valor, and inspiration.

The cultural segment of the evening began with a performance by Team Arjuna, followed by Team Sukhoi, and then each team performed in sequence. These presentations showcased the talent, creativity, and cultural richness of the participants. The day concluded on a joyful note with a final performance by all members of Team Sukhoi, followed by special participation from the program officers. After the cultural program, all volunteers gathered for dinner, marking the end of a memorable first day filled with enthusiasm and anticipation for the days ahead.

Day 2: Exercise, Introductions, and Skill Development

The second day began with all volunteers assembling on the field for a refreshing morning exercise and yoga session. The session was conducted by a coordinator from MMU, Mullana, who guided the participants through various exercises and yoga postures. The early morning activity not only energized everyone for the day ahead but also emphasized the importance of physical fitness and mental well-being.

Later, with everyone's consent, team captains were elected for each group. This democratic process gave volunteers an opportunity to practice leadership and decision-making. Following this, each team introduced itself. During the interaction, volunteers shared their personal reasons for joining NSS, their experiences, and their expectations from the camp. These introductions created a sense of belonging and helped participants connect on a personal level.

The day also included Technical Session 1 on "Motivation & Soft Skill Development." This session was highly informative and focused on self-confidence, communication skills, leadership qualities, teamwork,

and personality development. It encouraged the volunteers to become more self-aware and develop the soft skills required for becoming effective leaders and responsible citizens. In the evening, the cultural competitions continued with performances by Team Ajit and Team Aditya. These performances added great energy and excitement to the camp atmosphere. Another highlight of the day was a skit on Ram Lila presented by students from MMU. Their performance beautifully depicted Indian mythology and cultural heritage, leaving the audience impressed and inspired.

Day 3: Educational and Spiritual Visit to Kurukshetra

The third day was dedicated to an educational and spiritual visit to Kurukshetra, Haryana, a place of immense historical, cultural, and religious significance, often known as the “Land of Bhagavad Gita and Dharmakshetra.” Early in the morning, all volunteers boarded buses and began the journey with great excitement. During the trip, we took a short break at a roadside restaurant, where Dr. Anju Gupta kindly arranged a meal for us, which was greatly appreciated by all participants.

After a journey of around 3–4 hours, we reached Kurukshetra and first visited the Science Museum, also known as “Magic Point.” The museum was both informative and engaging, offering us an opportunity to explore scientific concepts through interactive exhibits and displays. This visit added an educational dimension to the camp and stimulated curiosity among the volunteers.

After the museum visit, we went to a nearby Gurudwara, where we had langar. Sharing the langar together was a deeply humbling and spiritual experience that reflected the values of equality, service, and community harmony. We then visited Lord Krishna’s temple, where we learned about the spiritual and historical importance of the place. One of the most fascinating sights was the Kalpvriksh tree, which is believed to have blessed Lord Krishna. The day was a blend of education, spirituality, and cultural exposure, making it one of the most memorable experiences of the camp.

Day 4: Team Building, Creativity, and Digital Awareness

The fourth day began with attendance followed by a team-building activity. This activity was designed to improve coordination, trust, communication, and cooperation among team members. It helped the volunteers realize the importance of unity and collective effort in achieving common goals.

The next major activity of the day was the Fine Art Competitions, which included Elocution, Rangoli Making, Poster Making, Clay Modelling, and Short Video Making. These competitions provided a platform for the volunteers to express their creativity, artistic skills, and ideas. The vibrant rangolis, meaningful posters, and engaging speeches reflected the enthusiasm and talent of the participants.

After lunch, Technical Session 3 was conducted on the topic “Digital Literacy for Youth.” This session highlighted the growing importance of digital knowledge in modern life. It focused on digital tools, safe and responsible internet usage, online learning, and the role of technology in education and social development. The session made the volunteers more aware of the benefits and responsibilities associated with living in a digitally connected world. In the evening, the cultural competitions continued with performances from the next four teams. Every performance reflected regional cultures, folk traditions, music, and dance forms, thereby strengthening the camp’s core objective of promoting national integration through cultural exchange.

Day 5: Sports, Competition, and Legal Awareness

The fifth day began with physical activities including jogging and marching, which filled the morning with discipline and enthusiasm. This was followed by sports competitions such as the 400-meter relay race, long jump, and tug-of-war. Each team selected its best volunteers to represent them in these events, making the competitions highly spirited and engaging. Separate categories were organized for boys and girls in the long jump, ensuring equal participation and encouragement for all.

The sports competitions fostered a healthy competitive spirit, teamwork, and confidence among the participants. A proud moment for our team was securing second place in the women’s long jump, which brought joy and motivation to all team members. Tug-of-war was another exciting event, and it was especially entertaining to watch the program officers participate with equal enthusiasm. In the evening, the next four teams presented their cultural performances, continuing the vibrant celebration of diversity and talent. Later, Technical Session 4 on “Legal Literacy & Cyber Laws” was conducted by Dr. A.K. Gupta. This session was highly relevant and informative, particularly in today’s digital age. The discussion included topics such as hacking systems, cybercrime, online fraud, privacy concerns, and ways to stay secure in online spaces. The session made all participants more aware of their legal rights and responsibilities in the digital world.

Day 6: Service, Financial Literacy, and Ekta Parv

The sixth day started with a morning yoga session that emphasized the health benefits of yoga and the importance of maintaining balance between physical and mental well-being. The peaceful beginning of the day set a positive tone for the remaining activities.

This was followed by Shramdaan, a cleanliness drive carried out in nearby areas. The activity was a great success and reflected the spirit of selfless service that lies at the heart of NSS. Through this initiative, volunteers actively contributed to community welfare while also spreading awareness about cleanliness and

civic responsibility. The activity strengthened the values of discipline, dignity of labour, and social commitment.

After the cleanliness drive, there was a check-in session with the program officers along with attendance. Later, Technical Session 5 on “Financial Literacy” was conducted by S. Kumar Singh. The session focused on important financial concepts such as budgeting, savings, responsible spending, and financial planning. It was highly beneficial for the youth, as it highlighted the importance of financial awareness in personal and professional life. The evening featured the much-awaited Mega Cultural Event – Ekta Parv, which served as the grand celebration of unity in diversity. Volunteers presented colorful performances representing various cultures, traditions, and folk forms of India. This event beautifully captured the essence of national integration and left everyone deeply moved. After the cultural program, we enjoyed a small group game that added laughter and bonding to the evening. The day concluded with an open bonfire and DJ session, making it a joyful and unforgettable last night at camp. The atmosphere was full of friendship, celebration, and emotional connection as everyone reflected on the memories created during the week.

Day 7: Valedictory Ceremony and Departure

The final day of the camp was dedicated to reflection and conclusion. By this time, the volunteers had not only become familiar with one another but had also formed meaningful friendships and gained valuable experiences. The main event of the day was the valedictory ceremony, during which the camp was formally concluded.

The Chief Guest, Dr. Dinesh Kumar, NSS State NSS Officer, addressed the gathering with a motivating closing speech. He appreciated the discipline, participation, and enthusiasm shown by the volunteers throughout the camp. His words encouraged everyone to carry forward the values learned during the camp into their daily lives and future social service activities. After the ceremony, volunteers bid farewell to one another and departed for their respective homes with hearts full of gratitude, inspiration, and cherished memories.

Overall Outcome of the Camp

The NSS National Integration Camp proved to be a highly successful and transformative experience. It fostered national integration by bringing together volunteers from diverse geographical, cultural, linguistic, and social backgrounds. Living, learning, and participating together helped all volunteers understand and appreciate India’s rich diversity while strengthening the spirit of unity and mutual respect.

The camp also contributed significantly to the personal development of the participants. Through technical sessions, cultural performances, team-building exercises, sports competitions, and social service activities, volunteers improved their leadership skills, communication abilities, confidence, discipline, and sense of responsibility. The exposure to sessions on soft skills, digital literacy, legal awareness, cyber laws, and financial literacy enhanced their practical knowledge and prepared them to become more informed and capable citizens.

The cultural activities and Ekta Parv played a crucial role in encouraging cultural exchange, helping volunteers celebrate the uniqueness of different states while recognizing the common values that bind the nation together. In this way, the camp strongly aligned with the national vision of “Ek Bharat Shreshtha Bharat.”

Moreover, the camp highlighted the importance of continued collaboration between NSS units, educational institutions, and governmental as well as non-governmental organizations. Such partnerships can further strengthen the reach and impact of similar camps in the future. Overall, the camp was not just an event but a journey of learning, unity, service, and self-discovery that left a lasting impression on every participant.



Photo 1: NSS volunteer during their cultural performance



Photo 2: NSS volunteers before visit to science museum



Photo 3: NSS volunteer during morning exercise at MMU, Mullana Ambala



Photo 4: A group photograph of NSS volunteer during Sharamdan

Report verified by	Dr Neeraj Kumari (NSS Program Coordinator)
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