

NATIONAL SERVICE SCHEME



REPORT ON NSS SPECIAL CAMP

2023 – 2024

**At Bhosga Village, Bhimalli Panchayat,
Kalaburagi District**



SHETTY INSTITUTE OF TECHNOLOGY

Shahabad Road, Kalaburagi

INDEX

DAY	DATE	ACTIVITIES CONDUCTED
1	23.06.2024	FREE HEALTH CAMP
2	24.06.2024	Yoga training program, Tree plantation drive
3	25.06.2024	Early child marriage skit
4	26.06.2024	Temple cleaning campaign
5	27.06.2024	Self defence workshop
6	28.06.2024	Sanitary pad distribution
7	29.06.2024	Dengue awareness program, Beti Bachhao Beti Padao awareness program



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Day 1

FREE HEALTH CAMP

A free health camp organized under NSS (National Service Scheme) in association with Sri Satya sai seva samiti trust is a community-focused initiative aimed at providing essential healthcare services to underserved populations. NSS-sponsored health camps exemplify community engagement, volunteerism, and the spirit of service by addressing healthcare disparities and promoting public health in underserved communities.

- **Community Service:** To extend healthcare services to those who have limited access due to economic or geographical constraints.
- **Health Promotion:** Raise awareness about preventive healthcare practices and promote healthy living.
- **Education:** Educate participants about common health issues, hygiene, nutrition, and disease prevention.





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Day 2

YOGA TRAINING PROGRAM

NSS (National Service Scheme) Yoga Training Camps are organized with the objective of promoting physical, mental, and spiritual well-being among participants through yoga practice. Yoga Training Camps serve not only as a platform for learning and practicing yoga but also as a means of fostering personal growth, community spirit, and holistic well-being among participants.



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TREE PLANTATION DRIVE

NSS tree plantation drives not only contribute to environmental sustainability but also instill values of conservation and community service among participants, making a positive impact on both local ecosystems and community well-being.

- **Environmental Conservation:** Promote awareness about the importance of trees in ecological balance and environmental sustainability.
- **Community Engagement:** Engage volunteers and community members in hands-on activities that contribute to improving the local environment.
- **Social Responsibility:** Foster a sense of responsibility and stewardship towards the environment among participants.





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Day 3

EARLY CHILD MARRIAGE SKIT

Raising awareness about early child marriage is crucial to combating this harmful practice and protecting the rights of children and adolescents. Here are some key strategies and approaches for increasing awareness:

- **Education and Information Campaigns:** Develop campaigns that provide accurate information about the risks and consequences of early child marriage. These campaigns can target communities, parents, educators, and young people themselves. Utilize various platforms such as schools, community centers, social media, and traditional media to reach a wide audience.
- **Community Engagement:** Work closely with local communities and religious leaders to challenge misconceptions and traditional beliefs that perpetuate early child marriage. Engage community members in discussions and workshops to promote dialogue and understanding about the negative impacts of this practice.



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- **Empowerment of Girls:** Empower girls with knowledge about their rights and options. Provide them with access to education, skills training, and support networks that enable them to make informed decisions and resist pressure to marry early.
- **Involvement of Boys and Men:** Engage boys and men in discussions about gender equality and the harmful effects of early child marriage. Encourage them to become advocates for change within their families and communities.
- **Legal and Policy Advocacy:** Advocate for stronger legal frameworks and policies that protect children from early marriage. Raise awareness about existing laws and rights protections, and work to ensure enforcement and accountability.
- **Partnerships and Collaboration:** Collaborate with governments, NGOs, international organizations, and grassroots movements to amplify efforts and reach more people. Pool resources and expertise to develop comprehensive strategies for prevention and support for those affected.
- **Data Collection and Research:** Conduct research and collect data on the prevalence, causes, and consequences of early child marriage in specific contexts. Use this evidence to inform advocacy efforts, policy-making, and program development.
- **Cultural Sensitivity:** Approach awareness campaigns with sensitivity to cultural norms and practices. Acknowledge the diversity of beliefs and traditions while promoting universal human rights principles and the importance of children's well-being.
- **Media and Storytelling:** Use storytelling and personal narratives to humanize the issue and connect with audiences emotionally. Share stories of individuals affected by early child marriage to illustrate its impact and inspire action.
- **Long-term Commitment:** Recognize that changing social norms and attitudes takes time. Maintain a long-term commitment to raising awareness and fostering change, building on incremental successes and continually adapting strategies based on feedback and evaluation.



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Day 4

TEMPLE CLEANING CAMPAIGN:

- **Objective:** To maintain the cleanliness and sanctity of temples, which are important cultural and religious centers in India.
- **Activities:** Participants clean the temple premises, including sweeping, mopping, dusting, and removing cobwebs. They may also clean idols, lamps, and other sacred objects according to traditional practices.
- **Cultural Sensitivity:** Care is taken to respect the religious sentiments and rituals associated with temple cleaning.

Overall, NSS initiatives like the Swachh Bharat Abhiyan and temple cleaning campaigns play a crucial role in fostering a cleaner environment, promoting cultural respect, and instilling a sense of civic duty among participants.



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Day 5

SELF DEFENCE WORKSHOP

A self-defense workshop is a structured educational session designed to teach participants practical skills and strategies to protect themselves from physical threats or harm. These workshops typically cover a range of topics, including:

- **Awareness and Prevention:** Participants learn how to recognize potential dangers and how to avoid risky situations through awareness and proactive behaviors.
- **Basic Techniques:** Instruction in fundamental self-defense moves such as strikes, kicks, blocks, and escapes from grabs or holds.
- **Use of Everyday Objects:** Training on how to use common items (like keys, bags, or umbrellas) as improvised self-defense tools if necessary.
- **Legal and Ethical Considerations:** Discussion on when and how self-defense can be legally justified, emphasizing using proportional force in response to a threat.
- **Scenario Training:** Practical exercises where participants practice their skills in simulated situations, helping to build confidence and reinforce learning.
- **Empowerment:** Focus on building confidence, assertiveness, and mental resilience, which are critical aspects of self-defense.

These workshops are usually led by qualified instructors with expertise in martial arts, law enforcement, or security, ensuring that participants receive practical and effective guidance in a safe and supportive environment. The goal of a self-defense workshop is to equip individuals with the knowledge and skills they need to protect themselves and feel more secure in potentially threatening situations.



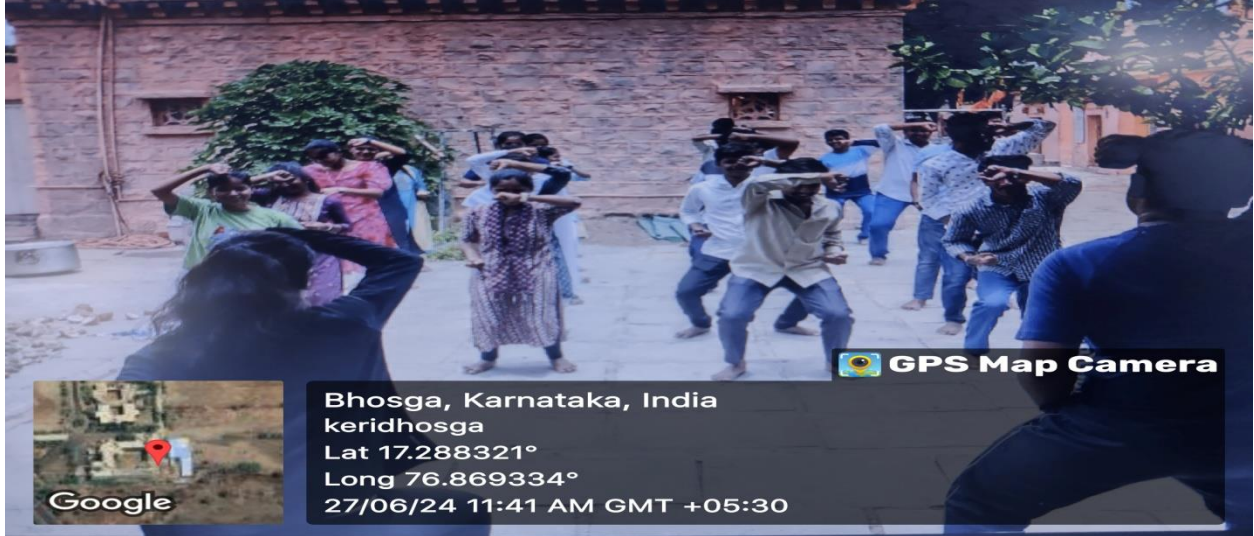
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Day 6

SANITARY PAD DISTRIBUTION

NSS (National Service Scheme) involvement in sanitary pad distribution initiatives plays a significant role in addressing menstrual hygiene and health among women, particularly in underserved communities. Here's an overview of how NSS typically organizes and supports such initiatives:

➤ **Objective:**

- **Promoting Menstrual Hygiene:** The main goal is to ensure that women have access to hygienic menstrual products, promoting their health and well-being.
- **Awareness and Education:** Alongside distribution, there's often an emphasis on educating women and girls about menstrual hygiene practices, debunking myths, and fostering a supportive environment to discuss menstrual health openly.

➤ **Implementation:**

- **Collaboration:** NSS units often collaborate with local NGOs, health organizations, and governmental bodies to organize and facilitate the distribution of sanitary pads.
- **Identification of Beneficiaries:** Efforts are made to reach out to economically disadvantaged women and girls who may otherwise have limited access to sanitary products.
- **Distribution Points:** Distribution may take place at schools, community centers, health camps, or directly in villages and urban slums where the need is identified.



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Day 7

DENGUE AWARENESS PROGRAM

The Dengue Awareness Camp was conducted as part of the NSS Special Camp to educate participants about dengue fever, its prevention, and the importance of community involvement in controlling its spread. The Dengue Awareness Camp was successful in achieving its objectives of educating participants and the community about dengue prevention and fostering a sense of responsibility towards public health. By equipping individuals with knowledge and practical skills, the camp contributed to the ongoing efforts to mitigate the impact of dengue fever in the locality.



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BETI BACHAO, BETI PADHAO AWARENESS PROGRAM

The Beti Bachao Beti Padhao (Save the Daughter, Educate the Daughter) campaign was conducted during the NSS Special Camp to promote gender equality and empower girls through education. Highlighting the importance of the girl child, gender equality, and the right to education. They discussed societal biases and challenges faced by girls in accessing education. The Beti Bachao Beti Padhao campaign during the NSS Special Camp successfully advocated for gender equality and girls' education. By engaging participants and the community, the campaign contributed to creating a more supportive environment for girls to thrive, emphasizing their role as agents of positive change in society.



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