

NATIONAL SERVICE SCHEME (NSS), RKSMVV
EVENT REPORT
NSS 7-DAY SPECIAL CAMP PROGRAMME, 2026

- **Name of the activity : NSS 7-day Special Camp Programme**
- **Category : Workshop, Awareness Programme, outreach activity, cleanliness programme.**
- **Date : 13/05/2026 to 19/05/2026**
- **Time : 11:15 am onwards.**
- **Venue : RKSMVV**
- **Number of Participants :**
 - Day 1- 35**
 - Day 2- 35**
 - Day 3- 35**
 - Day 4- 35**
 - Day 5- 35**
 - Day 6- 35**
 - Day 7- 35 +24 teachers**

Day 1: 13/05/2026

Brief description of the event :

The 1st day of the Seven Day Special Camp began as the Inauguration Programme started with the Vedic Chanting by NSS volunteers followed by the lighting of the Ceremonial Lamp. Our Principal, Pravrajika Vedarupaprana delivered an exhaustive lecture on NSS and the Mission and Vision of our college. She was followed by Dr. Kabita Nath, IQAC Coordinator, RKSMVV. Dr. Kabita Nath, in her speech, focused on the motto of NSS- 'Not Me, But You'. Then, the Program Officer of NSS, Dr. Amrita Pramanick gave a speech focusing on 'NSS and Seven Day Camp', thereby also discussing its objectives.

Next, a dedicated cleanliness drive was carried out in the vicinity of the college campus, covering roads, parks, lanes etc. reflecting the volunteers' commitment to maintain a healthy and hygienic environment. Accumulated waste and litter were removed from the surrounding areas, resulting in a cleaner and healthier environment.

Programme Outcome :

- The programme helped in creating awareness among students and local residents about the importance of maintaining cleanliness and environmental hygiene.
- The activity encouraged active community participation and fostered a sense of social responsibility among the volunteers.
- Students gained practical experience in community service and developed civic consciousness regarding waste management and sanitation. The programme also promoted teamwork, leadership skills, and environmental stewardship among the participants.
- Overall, the cleanliness drive contributed to improving the aesthetic appeal of the locality, encouraged sustainable cleanliness practices, and strengthened the bond between the college and the local community.



Day 2 (14/05/2026)

Name and designation of the Resource Person/s : Dr. Anuradha Mazumdar, MBBS, GP Tripura- Ex Medical Officer, Subdivision Level Hospital Tripura - Ex Joint Director, Family Welfare & Preventive Medicine WHO India- Medical Consultant (Ex), RNTCP German leprosy and TB relief association (GLRA), West Bengal - Medical Officer, District Support Team (Ex)

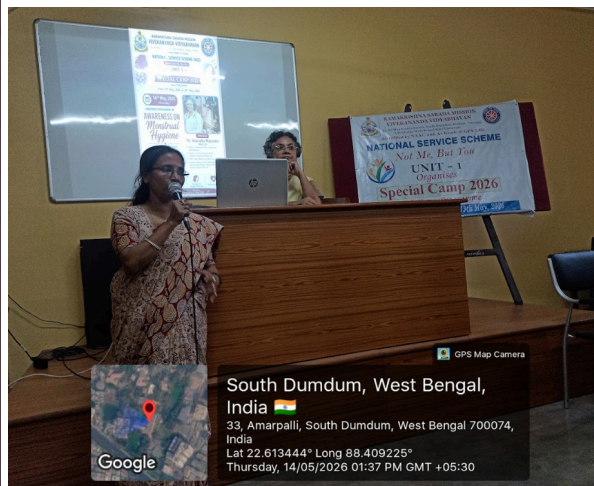
Brief description of the event :

On the 2nd day of the Special Camp Programme, the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized an Awareness Programme on Menstrual Hygiene for the students. Dr. Anuradha Mazumdar delivered an informative and interactive lecture on menstrual hygiene management, physical and emotional changes during adolescence, the importance of proper sanitation, healthy dietary practices, and the prevention of infections. She also emphasized the need for open discussion and awareness to eliminate myths and misconceptions surrounding menstruation. The programme witnessed active participation from the students, who engaged enthusiastically in the question-answer session and shared their queries freely. The session helped in creating a supportive and informed environment among the participants.

Outcome of the Programme

- The programme aimed to create awareness regarding menstrual health, hygiene practices, and the importance of breaking social taboos related to menstruation.
- Students gained scientific knowledge regarding menstrual health and hygiene.
- Awareness about safe and hygienic menstrual practices was enhanced.
- The programme helped to reduce myths, stigma, and misconceptions related to menstruation.

- Participants became more conscious about personal hygiene and health care during menstruation.
- The interactive session encouraged confidence and open communication among students regarding menstrual health issues.



Day 3 (15/05/2026)

Brief description of the event :

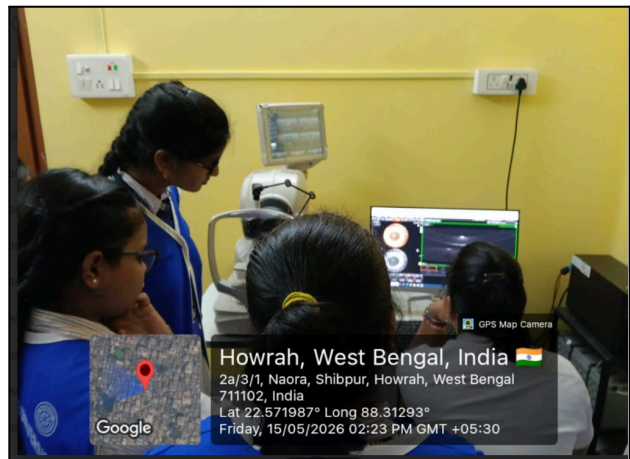
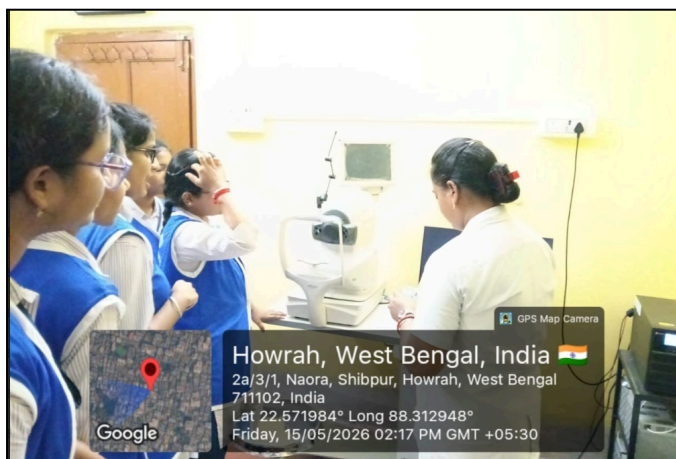
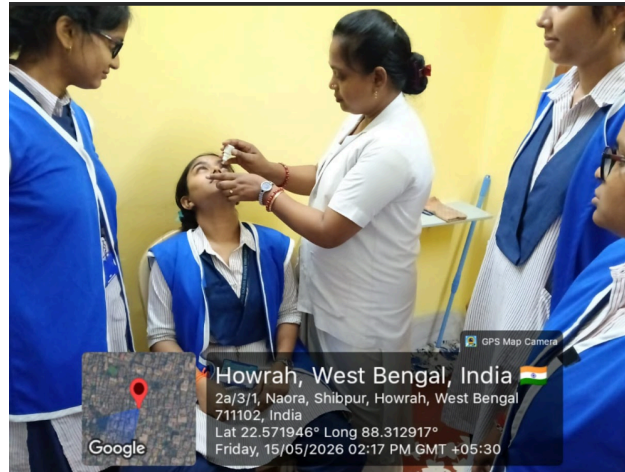
On the 3rd day of the Special Camp Programme, the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized an Awareness Programme on Free Eye Check-up for the students at Sarada Seva Sangha, Shibpur, Howrah.

The programme aimed to create awareness regarding the importance of eye health and early detection of vision-related problems among students. NSS volunteers actively participated in organizing the event and assisted in coordinating the eye screening activities. The programme highlighted the significance of regular eye examinations, proper eye care habits, balanced nutrition for healthy vision, and preventive measures against common eye disorders.

During the programme, students were informed about symptoms of common visual problems such as refractive errors, eye strain, headaches, blurred vision, and the harmful effects of excessive screen exposure. The awareness session encouraged students to seek timely medical consultation and maintain hygienic practices for better eye health. The free eye check-up camp helped identify students who required further medical attention or corrective measures.

Outcome of the Programme

- To create awareness among students about the importance of eye health and vision care.
- To encourage regular eye check-ups for early detection of visual impairments.
- To educate students about preventive measures for maintaining healthy eyesight.
- To identify students suffering from common eye-related problems through free screening.
- To promote health consciousness and personal hygiene among students.
- To develop a sense of social responsibility and community service among NSS volunteers.
- To extend healthcare awareness and support to the local community through outreach activities.



On day 4 (16.05.2026)

Brief description of the event :

On the 4th day of the NSS Special Camp at RKSMVV College, an awareness programme was organized on the theme “অন্যায় যে সহঃ Domestic Violence and Mental Health” by NSS Unit 1.

The programme was conducted collaboratively by the faculty members and students of the PG Diploma Course on Psychological counselling. Through recitation, songs, and thought-provoking performances, the participants effectively highlighted the critical issues surrounding domestic violence and its impact on mental health.

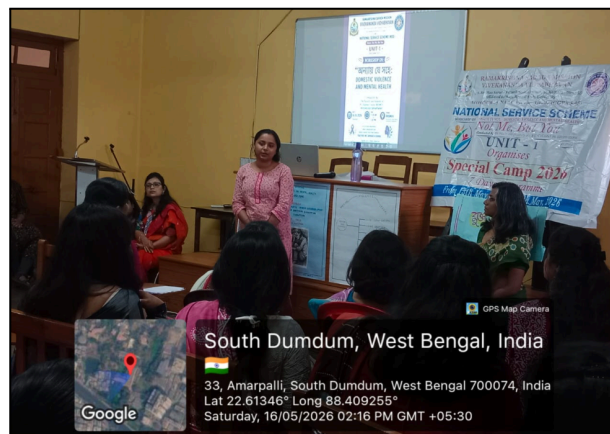
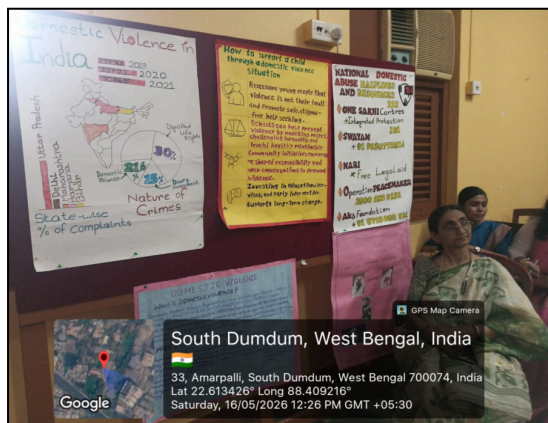
The session commenced with an inaugural address by the Principal, who shared insightful words on the relevance and importance of the theme. This was followed by an introduction of the Psychological counselling course faculty members and PG students to the NSS volunteers by Kanika Das, Member of NSS.

The programme then proceeded with a series of engaging cultural and educational performances. Towards the end, the faculty members elaborated on the significance of the topic, creating awareness among the audience. A brief relaxation session, including guided meditation, was also conducted to

promote mental well-being. The event concluded with a Vote of Thanks delivered by Kanika Das, marking the successful completion of the programme.

Outcome of the Programme

- The programme encouraged open discussions on emotional, physical, psychological, and economic abuse, helping participants recognize signs of violence that often remain unnoticed.
- Participants developed a better understanding of domestic violence and its long-term psychological consequences, including anxiety, depression, stress, and low self-esteem.
- Awareness was created regarding the rights of women and the legal protections available against domestic violence.
- Students and community members were encouraged to speak out against abuse and support victims rather than remain silent observers.
- The programme promoted empathy, respect, and gender sensitivity among participants.
- Attendees gained knowledge about counselling services, support systems, and avenues for seeking help during crises.
- The session emphasized the importance of maintaining mental health, building resilience, and fostering healthy family relationships.
- Participants pledged to contribute towards creating a safe, supportive, and violence-free society through awareness and collective responsibility.
- Overall, the programme was effective in breaking the silence surrounding domestic violence, promoting mental health awareness, and inspiring participants to become advocates for dignity, equality, and social justice.



Brief description of the event :

On the 5th day of the Special Camp Programme, the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized a cleanliness drive programme within the college premises along with plantation and caring of trees. NSS volunteers actively participated in cleaning the campus surroundings, classrooms, corridors, and garden areas, removing waste materials and sweeping pathways to promote hygiene, importance of cleanliness, environmental awareness, and a sense of social responsibility.

As a part of the programme, saplings were planted in different parts of the campus to encourage greenery and environmental sustainability. The volunteers also took responsibility for watering and caring for the existing plants and trees within the campus. The programme aimed to develop environmental consciousness, teamwork, and civic sense among the students while creating a clean, green, and healthy atmosphere in the college premises.

Outcome of the Programme :

- To promote cleanliness and hygiene within the college premises.
- To create environmental awareness among students and the local community.
- To encourage plantation activities for a greener and healthier environment.
- To develop a sense of responsibility and teamwork among NSS volunteers.
- To motivate students to care for and protect trees and plants.
- To foster sustainable environmental practices and ecological consciousness.



Day 6 (18/05/2026)

Name and designation of the Resource Person/s : The resource person was Dr. Reshmi Datta, Medical Practitioner, Consultant Psychotherapist and Mental health Trainer.

Brief description of the event :

On the 6th day of the Special Camp Programme, the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized an awareness programme on “Inner Strength in a Distracted World – Understanding Resilience, Happiness and Meaningful Living.”

Through interactive discussions and motivational talks, participants were encouraged to understand the true meaning of happiness beyond material success and social media influence. The programme also emphasized the value of self-discipline, mindfulness, compassion, healthy relationships, and purposeful living in building a meaningful and balanced life.

The resource persons and organizers highlighted practical ways to improve concentration, self-confidence, and mental peace through positive thinking, time management, meditation, and value-based living. Students actively participated in the discussions and shared their views and experiences regarding the challenges faced by young people in today’s fast-moving digital world.

Outcome of the Programme :

- The programme aimed to guide students and participants toward developing mental strength, emotional balance, and a positive outlook amidst the growing distractions and pressures of modern life.
- The session focused on the importance of resilience in overcoming challenges, managing stress, and maintaining emotional well-being.
- The programme created awareness among the participants about the need for inner strength and emotional resilience to lead a healthy, responsible, and meaningful life. It inspired the students to cultivate self-awareness, optimism, and moral values for their personal growth and social well-being.



On Day 7 (19/05/2026) of the Special Camp Programme, the NSS Unit of Ramakrishna Sarada Mission Vivekananda Vidyabhavan organized a Career Counselling Programme for students with the aim of guiding them towards higher education, skill development, and future employment opportunities. The resource person was Sanjoy Maity, SACT-I, Department of Geography, Rabindra Mahavidyalaya, Champadanga, Hooghly. The session focused on career planning, personality development, competitive examinations, and the importance of self-confidence and dedication in achieving professional goals. The programme encouraged students to become aware of various career avenues and motivated them to prepare themselves for future challenges.

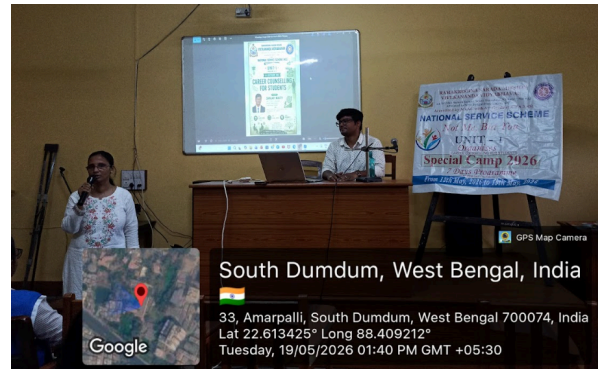
Thereafter, the NSS volunteers conducted an Awareness Rally on Air Pollution covering the surrounding locality of the college. Through slogans, placards, and public interaction, the volunteers spread awareness regarding the causes, harmful effects, and preventive measures related to air pollution. The rally aimed to inspire the local community to adopt eco-friendly practices and contribute towards creating a cleaner and healthier environment.

The day concluded with the Closing Ceremony of the Special Camp Programme. During the ceremony, the Programme Officer expressed gratitude to all the resource persons, the Principal, teaching and non-teaching staff, NSS volunteers, and all participants for their active cooperation and support throughout the camp. The successful completion of the Special Camp reflected the spirit of teamwork, social responsibility, and community service among the volunteers.

Objectives of the Programme are -

1. To provide career guidance and counselling to students regarding higher education and employment opportunities.
2. To motivate students towards skill development, self-reliance, and career planning.
3. To create public awareness about the causes and harmful effects of air pollution.

4. To encourage environmentally responsible behaviour and sustainable practices among the community.
5. To develop leadership qualities, communication skills, and social responsibility among NSS volunteers.
6. To conclude the Special Camp Programme with gratitude and recognition for the contribution of all associated persons.



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