



युवा कार्यक्रम और खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS AND SPORTS
DEPARTMENT OF SPORTS



GOVERNMENT COLLEGE PANARSA DISTRICT MANDI (H.P.)



NSSUNIT

SEVEN-DAY NSS SPECIAL CAMP
2025-26



5th to 11th February 2026



Team Work

Not Me But You

Theme:

“Youth For My Bharat”

“Youth For Digital Literacy”

Submitted to:
National Service Scheme
Ministry of Youth Affairs and Sports,
Government of India

Submitted by:
NSS Unit
Government College Panarsa
District Mandi (H.P.)

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GPS Map Camera

Aut, Himachal Pradesh, India 

Vpo Panarsa, Q5hv+h3p, Teh, Aut, Himachal Pradesh 175121, India

Lat 31.77902° Long 77.192583°

Monday, 09/02/2026 11:36 AM GMT +05:30



Nisha

BEST NSS VOLUNTEER (FEMALE)



Dimple Kumar

BEST NSS VOLUNTEER (MALE)

<https://gcpanarsa.edu.in>

CAMP HIGHLIGHTS

DAYS

INAUGURAL CEREMONY

The Principal of the College, Dr. Ursem Lata, inaugurated the camp

1



CLEANLINESS DRIVES

Volunteers undertook cleanliness drives in the college campus

2

LECTURE ON UNION BUDGET-2026 AND CYBER CRIME

Dr. Dimple Jamta, Assistant Professor of Commerce delivered an informative lecture on Union Budget-2026 and Cyber Crime

3

TREE PLANTATION SPORTS ACTIVITIES

The volunteers planted ornamental trees in the college campus

4

CAMPAIGN AGAINST DRUG ABUSE AND MENTAL HEALTH

Lectures on Drug Abuse and Mental Health

5

CULTURAL ACTIVITIES

The NSS volunteers presented a variety of cultural performances, including dances and songs

6

VALEDICTORY FUNCTION

To recognize the dedication and hard work of the volunteers, trophies and medals were awarded for their outstanding services throughout the year

7



REPORT

The NSS Unit of the college organized a Seven Day Special Camp from 5th February to 11th February, 2025 under the theme "Youth for My Bharat, Youth for Digital Literacy." The camp activities were conducted in the college campus and the adopted village Panarsa.



Day-1

The camp commenced on 5th February, 2025 with an inaugural ceremony. The Principal of the College, Dr. Ursem Lata, inaugurated the camp by hoisting the NSS flag. After the flag hoisting, all NSS volunteers assembled in the college multipurpose hall for the inaugural function.



The programme began with the lighting of the ceremonial lamp in front of Goddess Saraswathi, followed by the NSS Song sung by the NSS Volunteers. During the inaugural function, the Programme Officer, Mr. Krishan Lal, warmly welcomed the guests and presented a brief report of the



NSS activities carried out during the year. He also outlined the activities planned for the Seven Day Special Camp. Dr. Ursem Lata addressed the volunteers and highlighted the true values of NSS, encouraging them to work with dedication and a spirit of service.



Day-2

The second day of the camp began with the morning prayer, followed by physical exercises and a drill session. These activities helped the volunteers develop discipline, physical fitness, and team spirit, creating a positive start to the day.



After breakfast, the volunteers actively participated in a cleanliness drive across the college campus. They cleaned the surroundings, collected waste, and ensured that the campus remained neat and hygienic. As part of the day's service activities, the volunteers also filled soil into



the pits on the college playground, helping to level the ground and improve its condition for sports and other outdoor activities.



Panarsa, Himachal Pradesh
Near Forest Department, Panarsa, Hima
175121, India
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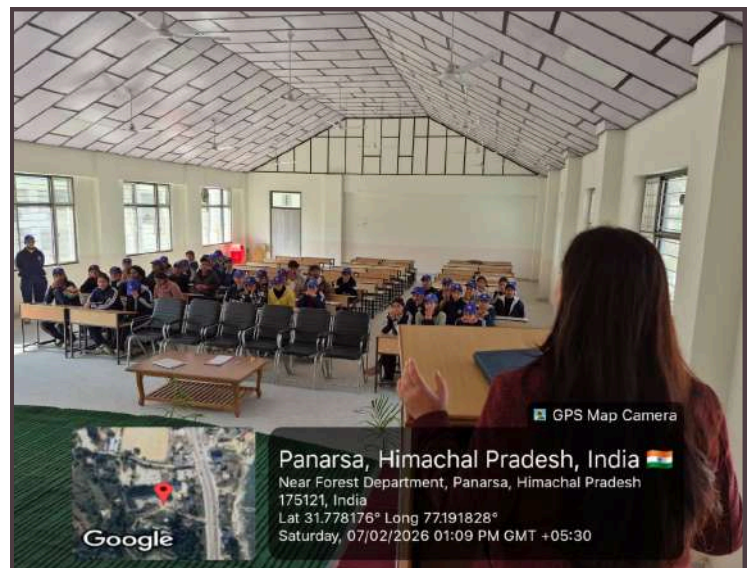
In the evening, the volunteers undertook another meaningful task by collecting pebble stones from the sand. These stones were used to beautify the garden beds on the college campus, enhancing the appearance of the gardens and contributing to a cleaner and more attractive environment.

The day's activities reflected the volunteers' dedication, teamwork,

and commitment to community service. Their collective efforts not only improved the campus infrastructure and cleanliness but also promoted the values of responsibility, cooperation, and environmental awareness.

Day-3

On the third day of the camp, the volunteers maintained the college garden beds and carefully arranged pebble stones to enhance their appearance. During the academic session, Dr. Dimple Jamta, Assistant Professor of Commerce, was invited as the resource person. She delivered an informative lecture on Union Budget-2026 and Cyber Crime.



She explained the key highlights of the Union Budget and created awareness among the volunteers about the increasing cases of cybercrime and the preventive measures to stay safe in the digital world.



In the evening, cultural programmes were also organized. The NSS volunteers actively participated in various cultural activities such as songs and dances. These programmes provided a platform for the volunteers to showcase their talents and promoted unity, teamwork, and enthusiasm among the participants.



Day-4

The fourth day of the camp commenced with the regular morning schedule, which included the morning prayer, physical exercise, and drill. These activities instilled discipline, enthusiasm, and a sense of unity among the volunteers, preparing them for the day's service activities.

The major activity of the day was a plantation drive on the college campus. The NSS volunteers planted ornamental trees at selected locations to enhance the beauty of the campus and promote environmental conservation. They carefully prepared suitable planting beds, ensuring proper spacing and soil conditions for the healthy growth of the plants. After planting, the volunteers decorated the beds with neatly arranged pebble stones, giving them an attractive and well-maintained appearance.



They also cleaned and maintained the existing flower beds and landscaped areas, removing weeds and ensuring that the campus gardens remained clean and aesthetically pleasing. After lunch, a sports session



was organized for the volunteers.

They enthusiastically participated in various recreational activities, with volleyball being the main event. The volunteers displayed great energy, coordination, and team spirit while playing, making the session both enjoyable and beneficial.

The sports activities provided an opportunity for relaxation and physical fitness while strengthening the bonds of friendship and cooperation among the volunteers. The day's programme successfully combined environmental service with recreational activities, reinforcing the values of teamwork, discipline, responsibility, and sportsmanship.



Day-5

The fifth day of the camp was very important as it was dedicated to a campaign against drugs and drug abuse. The first speaker was Dr. Satyavrat Vaidya, Programme Officer (Mental Health) and Nodal Head of the Addiction Treatment Facility, Kullu. He spoke about different types of drugs, especially Chitta, which is a major problem in Himachal Pradesh. He explained the harmful effects of drugs on mental and physical health and emphasized the importance of awareness and prevention.



The second speaker was Mr. Jai Singh, ASI from Police Station Aut, Mandi. He informed the volunteers about various sections of the IPC related to drug abuse and the legal consequences of drug-related offenses.



The third speaker was Mr. Panki Sood, founder of Project SAMBHAV. He shared his personal journey, explaining how he became addicted to drugs and the struggles he faced.



He also described how he overcame addiction and started a new life. His motivational speech deeply inspired the volunteers and encouraged them to stay away from drugs and help others fight addiction.

Day-6

The sixth day of the NSS Seven-Day Special Camp began with morning activities, including Prabhat Pheri, physical exercises, and a yoga session. These activities helped the volunteers start the day with enthusiasm and energy. After breakfast, all the volunteers assembled in the college garden for Shramdan. During this activity, the volunteers mixed cow dung with soil and filled flower pots to improve plant growth. They also maintained the garden beds by cleaning and preparing them for plantation. The volunteers planted various ornamental plants and flowering species in the college garden, contributing to the beautification and environmental sustainability of the campus.

In the evening, a cultural programme was organized by the NSS volunteers. The programme was graced by Dr. Rakesh Rana, Principal of Government College Kullu, and Dr. Som Prakash, Associate Professor, Government College Kullu. Two former NSS volunteers, Tushar and Dharam Dass, also joined the cultural evening and shared their valuable experiences.



The NSS volunteers presented a variety of cultural performances, including dances and songs. They also shared their experiences and learning as NSS volunteers.

Addressing the gathering, Dr. Rakesh Rana appreciated the dedication and selfless service of the NSS volunteers and motivated them to continue serving society with commitment.



OUR CULTURE

OUR HERITAGE

CULTURAL ACTIVITIES



Dr. Som Prakash also encouraged the volunteers for their significant contributions towards the nation and the community.



The programme concluded with a vote of thanks by Dr. Ursem Lata, Principal of the college, who expressed gratitude to the distinguished guests for their presence, guidance, and encouragement.

The day ended on a positive note, leaving the volunteers inspired and motivated to continue their service with greater dedication.



Day-7

The seventh and final day of the NSS Seven-Day Special Camp began with a morning prayer. After breakfast, all the volunteers gathered in the college multipurpose hall and decorated it for the valedictory function.



The valedictory function commenced sharp at 11:00 a.m. Dr. Ursem Lata graced the occasion as the Chief Guest. Other faculty members of the college were also present during the programme. The function began with the lighting of the ceremonial lamp, followed by Saraswati Vandana and the NSS Song.

The cultural programme featured several performances by the NSS volunteers. Volunteer Nandini presented a devotional Krishna bhakti song, while Ritika and Manorma captivated the audience with their dance performance.

VALEDICTORY FUNCTION



Following the cultural presentations, Programme Officer NSS, Mr. Krishan Lal, presented the annual NSS activity report before the Chief Guest and the audience. He highlighted the various activities undertaken by the NSS unit throughout the year and gave a detailed account of the achievements and activities conducted during the Seven-Day Special Camp.



To recognize the dedication and hard work of the volunteers, trophies and medals were awarded for their outstanding services throughout the year. Volunteer Dimple Kumar and Volunteer Nisha were

Addressing the gathering, Dr. Ursem Lata inspired the volunteers to remain actively associated with social service activities and continue serving the nation selflessly. Her motivational words encouraged the volunteers to uphold the values and spirit of NSS in their future endeavors.



The programme concluded with a vote of thanks delivered by NSS President Ravi Sharma, who expressed gratitude to the Chief Guest, faculty members, Programme Officer, and all volunteers for making the camp successful. The function ended with the singing of the National Anthem.



Thus, the Seven-Day NSS Special Camp concluded successfully, leaving the volunteers enriched with valuable experiences, stronger community bonds, and a renewed commitment to the motto of NSS, “Not Me But You.”

Krishan Lal
NSS Programme Officer
Government College Panarsa,
Mandi (H.P.)

PRINCIPAL
GOVT. DEGREE COLLEGE
PANARSA (MANDI)

Dr. Ursem Lata
Principal
Government College Panarsa,
Mandi (H.P.)

MEDIA COVERAGE

पनारसा कॉलेज का एनएसएस शिविर शुरू

अनंत ज्ञान, पंडोह। राजकीय महाविद्यालय पनारसा की राष्ट्रीय सेवा योजना इकाई द्वारा सात दिवसीय विशेष शिविर का शुभारंभ किया गया। जिसमें प्राचार्य डॉ. उरसेम लता ने बतौर मुख्य अतिथि शिरकत की। कार्यक्रम अधिकारी कृष्ण लाल ने बताया कि यह शिविर 11 फरवरी तक चलेगा। शिविर के दौरान विभिन्न प्रकार की सांस्कृतिक एवं अकादमिक गतिविधियां आयोजित की जाएगी।

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मंडी खबरनामा

...सही खबर आप तक

पनारसा कॉलेज में स्वयंसेवियों ने की केंद्रीय बजट पर चर्चा

खबरनामा ब्यूरो। मंडी

राजकीय महाविद्यालय पनारसा में चल रहे राष्ट्रीय सेवा योजना के सात दिवसीय विशेष शिविर के तीसरे दिन महाविद्यालय के वाणिज्य विभाग से डॉ. डिंपल जामटा बतौर मुख्य वक्ता मौजूद रही।

डॉ. डिंपल ने अपने अभिभाषण में कहा कि केंद्रीय बजट में युवाओं पर विशेष ध्यान दिया गया है जिसमें शिक्षा, रोजगार, कौशल विकास और उद्यमिता पर बल दिया गया है।

बजट के माध्यम से सरकार उच्च शिक्षा संस्थानों, स्कॉलरशिप, डिजिटल लर्निंग और स्किल इंडिया जैसी योजनाओं को बढ़ावा देना चाहती है।

साथ ही स्टार्टअप और

एमएसएमई सेक्टर को समर्थन देकर युवाओं के लिए रोजगार और स्वरोजगार के नए अवसर सृजित किए जाने का लक्ष्य है। इस प्रकार केंद्रीय बजट युवाओं को सशक्त, आत्मनिर्भर और भविष्य के लिए तैयार बनाने की दिशा में अहम भूमिका निभाता है।

इसके अतिरिक्त उन्होंने साइबर क्राइम और साइबर अपराधियों द्वारा हो रही ठगी के बारे में भी स्वयंसेवियों को अवगत करवाया।



11/11

एनएसएस शिविर: तीसरे दिन केंद्रीय बजट पर हुआ मंथन

शिक्षा से लेकर रोजगार तक, कई योजनाओं पर दिया गया जोर



राजकीय महाविद्यालय पनारसा में चल रहे राष्ट्रीय सेवा योजना (एनएसएस) के सात दिवसीय विशेष शिविर के तीसरे दिन केंद्रीय बजट पर चर्चा की गई। इस अवसर पर महाविद्यालय के वाणिज्य विभाग की डॉ. डिंपल जामटा बतौर मुख्य वक्ता मौजूद रही। उन्होंने अपने संबोधन में कहा कि केंद्रीय बजट में युवाओं को केंद्र में रखा गया है। शिक्षा, रोजगार, कौशल विकास और उद्यमिता को बढ़ावा देकर सरकार युवाओं को सशक्त और आत्मनिर्भर बनाने की दिशा में कार्य कर रही है।

डॉ. डिंपल जामटा ने कहा कि बजट के माध्यम से उच्च शिक्षा संस्थानों, छात्रवृत्तियों, डिजिटल लर्निंग और स्किल इंडिया जैसी योजनाओं को मजबूती दी जा रही है। इसके साथ ही स्टार्टअप और एमएसएमई सेक्टर को प्रोत्साहन देकर युवाओं के लिए रोजगार व स्वरोजगार के नए अवसर सृजित करने का लक्ष्य रखा गया है। उन्होंने साइबर क्राइम के बढ़ते मामलों पर भी प्रकाश डालते हुए साइबर अपराधियों द्वारा की जा रही ठगी से बचाव के तरीकों के बारे में स्वयंसेवियों को जागरूक किया।

MEDIA COVERAGE



पनारसा कॉलेज में नशे के विरुद्ध जागरूकता अभियान का आयोजन

विशेषज्ञों ने नशे के दुष्प्रभाव, कानून और अनुभवों से किया विद्यार्थियों को जागरूक



रहे। [जैविक विज्ञान](#)

कार्यक्रम की शुरुआत डॉ. सत्यव्रत वैद्य के वक्तव्य से हुई। उन्होंने वर्तमान समय में युवाओं द्वारा उपयोग किए जा रहे विभिन्न प्रकार के नशीले पदार्थों के बारे में विस्तार से जानकारी दी। साथ ही उन्होंने नशे से होने वाले शारीरिक, मानसिक एवं सामाजिक नुकसानों पर प्रकाश डालते हुए विद्यार्थियों को इससे दूर रहने का संदेश दिया।

इसके पश्चात एएसआई श्री जय सिंह ने अपने वक्तव्य में नशे से जुड़े अपराधों, समाज पर इसके दुष्प्रभावों तथा ऐसे अपराधों के लिए कानून में निर्धारित सख्त सजा के बारे में स्वयंसेवियों एवं विद्यार्थियों को जानकारी प्रदान की। उन्होंने युवाओं से कानून का पालन करने एवं नशे से दूर रहकर एक जिम्मेदार नागरिक बनने का आह्वान किया।

कार्यक्रम के तीसरे वक्ता श्री पंकी सूद ने अपने जीवन के अनुभव साझा किए। उन्होंने बताया कि किस प्रकार वे स्वयं नशे की लत में गहराई तक डूब चुके थे और उनका जीवन अत्यंत कठिन हो गया था। उन्होंने यह भी बताया कि किस तरह उन्होंने साहस और दृढ़ संकल्प के साथ नशे को छोड़कर अपने जीवन की नई शुरुआत की और आज एक सकारात्मक एवं उद्देश्यपूर्ण जीवन जी रहे हैं। उनका अनुभव विद्यार्थियों के लिए अत्यंत प्रेरणादायक रहा।

कार्यक्रम के अंत में महाविद्यालय की प्राचार्य डॉ. उरसेम लता ने कहा कि यह कार्यक्रम विद्यार्थियों के लिए बहुत ही लाभकारी सिद्ध हुआ है। उन्होंने विद्यार्थियों को नशे से दूर रहने, स्वस्थ जीवन शैली अपनाने और अपने उज्ज्वल भविष्य की दिशा में आगे बढ़ने के लिए प्रेरित किया। [जैविक विज्ञान](#)

इस प्रकार यह जागरूकता अभियान सफलतापूर्वक संपन्न हुआ और विद्यार्थियों में नशे के प्रति जागरूकता बढ़ाने में महत्वपूर्ण भूमिका निभाई।

NSS UNIT

GOVT. COLLEGE PANARSA



NOT ME BUT YOU