

Inaugural function of NSS 7 days camp at Shivalik Public School ,Mohali

NSS unit of Shivalik Public School Mohali , inaugurated a week long NSS Camp following the motto “Not me but you”. The theme of the NSS Camp is “Say No to Drugs”. The Chief Guest of the day, Dr. Jyoti Soni, Principal B.Ed college were greeted by School principal ,Ms Anupkiran Kaur with the saplings of trees for promoting the habit of greening of city, followed by the lamp lighting ceremony by the dignitaries .

The opening day started off with enchanting the school shabad followed by the series of programme including Thought of the day by Sneha, PPT on NSS objectives by Sakshi and Jasmine , PPT on NSS Emblem by Harmin Singh ,Speech on NSS by Khushman Rajal to inculcate social welfare in students. Poem on social service by Karan Yadav mesmerised the dignitaries followed by the NSS group song presented by the 27 NSS volunteers from class XI who seemed fully charged with the zeal to serve the society.

Seven days programme schedule was discussed by Gurkirat Singh led by the orientation session by Ms Mandeep Behan and Ms. Shashi Behan on Life Skills and Meditation. The Resource persons highlighted the key sources of stress and trained the audience, through several Yogic Kriyas and techniques to manage everyday stress. Through



interesting interactive sessions, they touched upon the subtle and useful ways to tackle Physical, Mental, Emotional and Financial Stress effectively .Mehak Raina and Neetu Narola highlighted the effects of drugs on human body.

The Unit visited the herbal garden and undertook the noble task of planting saplings and spreading greenery and the awareness drive by Ms Mehak Raina about benefits of various trees and plants . It was indeed a fruitful pursuit to bring the students closer to the real situations and realize the importance trees.

The day concluded with an informative and productive words of the chief guest who called on the students to be a good citizen by imbibing good values and set an example for the rest and asked students to work sincerely and take up the responsibility of developing our society. School Principal inspired the students by highlighting the importance of NSS camps and added that such programmes are meant to inculcate social welfare in students. NSS Programme Officer , Ms Sukhraj Kaur thanked the dignitaries and volunteers for various activities and assured all sort of co-operation in 7 days camp.

