

**Report of Activities conducted during 7 day NSS Special Camp
organized at Village Jamalpur Shekhain dated 17/03/2019 to
24.03.2019**

Sr. No.	Date	Activity
1.	17/03/2019	<p>izkr% 9%30 cts ls vkjHHk gksus okys egkfo ky; ds bl lkr fnolh; (Day-Night) ,u-,l-,l-f'kfoj dk "kqHkkjHHk dk;kZØe vf/kdkjh Jh erh js[kk jke/kkjh o Lo;alsfodkvksa us egkfo ky; izkax.k esa ,d ikS/kk yxkdj fd;kA bl o'kZ dk fo'k;& ^LoPN Hkkjr~ vfHk;ku o u''kk eqfDr* gS Lo;alsfodkvksa us f'kfoj dk izkjHHk okrkoj.k dks LoPN cuk, j[kus ds fy, ikS/kksa dh vge Hkwfedk dks dk;e j[krs gq, ,d ikS/kk yxk;k o egkfo ky; izkax.k esa IHkh isM+&ikS/kks dk j[k&j[kko fd;kA rRi''pkr Jherh js[kk jkuh us Lo;alsfodkvksa dks NSS ds jk'V^{ah}; egRo dks crkrs gq, lekt ds izfr gekjh ftEesokjh D;k gS mudks iwjk djus esa ge gekjh D;k Hkwfedk fuHkk ldrs gS rFkk LoPNrk vfHk;ku pykdj lkoZtfud LFkkuksa dks lkQ&lqFkj cuk, j[kus esa viuh vge Hkwfedk fuHkk ldrs gSA rRi''pkr Jh jksgrk''k dqekj izkFkfed pfdRik izoDrk }kjk Nk=kvksa dks izf'k{k.k fn;k x;kA mUgksaus crk;k fd fdl izdkj ?kk;y O;fDr dks MkDVj rd igqapus ls igys izkFkfed lgk;rk nsdj tku cpkbZ tk ldrh gSA dk;ZØe vf/kdkjh us vxys lkr fnuksa ds dk;ZØe dk "kSM;wy crk;k o [ksy izHkkjh Jherh f'k[kk HkkfV;k vkSj efgyk izdks'B izHkkjh Mk eatw'kk ls dSEi ds nkSjku mudh lfØ; Hkkxhnikjh gsrq vihy dh o mUgs dqN ftEesnkfj;ka nh xbZA mlds ckn fu/kkZfjr dk;ZØeuqlkj Lo;alsfodkvksa ds 7&7 ds lewg</p>

		<p>cuk fn;s x,A Nk=kvksa us xzqi lewg vuqlkj dkyst izkxa.k es IQkbZ vfHk;ku pyk;k o mlds ckn fnu Hkj dk;ZØekuqlkj dk;Z gksrs jgsA</p>
2.	18/03/2019	<p>izkr% lkr cts Nk=kvksa dh gktjh mijkar 1 ?k.Vs dk ;ksxk izksxzke MkW eatw'kk }kjk djok;k x;kA 10%00 cts ls 11%00 cts rd Jh jksgrk" k dqekj izoDrk izkFkfed pfdRIk }kjk Nk=kvksa dks izkFkfed pfdRIk tSls dqRRkk dkVuk] fctyh dk djaV yxuk] nq?kZVuk gksuk vkfn ij fdl izdkj ?kk;y O;fDr dks cpk;k tk ldrk gSA rRi"pkr~ fel T;ksfr us Nk=kvksa dks vkRe lqj{kk ds xqj fl[kk;s fd fdl izdkj Nk=k,a viuh lqj{kk Lo;a dj ldrh gSA mlds ckn [ksy&dwn izHkkjh f"kk[kk HkkfV;k us dcM~Mh dk eSp djok;kA Hkkstu ds ckn Jherh js[kk jkuh us Nk=kvksa dks lewg ds vuqlkj vyx&vyx fo'k; ns fn,A ftu ij Nk=kvksa dks dk;Z djuk Fkk vkSj mldh iwjh fjiksZV rS;kj djuh FkhA Nk=kvksa us losZ fjiksZV gsrq iz"ukoyh rS;kj dh lk;adky dks ikS/kks dk j[kj[kko fd;k x;k rFkk Dance/Song Programme vk;ksftr fd, x,A</p>

3.	19/03/2019	<p>izkr% lkr cts Nk=kvksa dh gktjh mijkUr Mk eatw'kk }kjk Meditation ds izksxzke ls fnu dh "kq:vkr gqbZA 1 ?k.Vk IQkbZ vfHk;ku pyk;k x;k egkfo ky; dh lkQ IQkbZ dh xbZ mlds i"pkr fel T;ksfr us Nk=kvksa dks ek"kZy vkVZ o djkVs fl[kk,a mlds ckn fel fgekuh HkkfV;k ¼dkWeZI fMekVZeSUV½ fel fJ;k ¼eSFk fMekVZeSUV½ us Nk=kvksa dks O;fDrRo fodkl fo'k; ij Nk=kvksa ls ckrphr dhA mUgksusa us crk;k fd vkRefo"okl ls ge vius O;fDrRo esa pkj pkan yxk ldrs gSA eSMe fJ;k us Nk=kvksa dks fFk;sVj fo'k; ij dk;Zxks'Bh djokbZ ftlesa mUgksus crk;k fd ukVd"kkkyk ds ek;/e ls fdl izdkj yxsxks dh HkhM+ esa tkdj vius ukVd ds ek;/e ls lans"k nsrs gS ftlls mudk vkRefo"okl c<+rk gSA nksigj Hkkstu ds i"pkr~ izkFkfed lgk;rk izf"k{k.k Jheku jksgrk" k dqekj }kjk fn;k x;kA lk;adky esa Ice Breaking Games djok, x,A bl izdkj vU; dk;Z lkFk&lkFk pyrs jgsA</p>
4.	20/03/2019	<p>izkr% lkr cts gktjh mijkUr 1 ?k.Vs dk ;ksxk izksxzke fel T;ksfr }kjk djok;k x;kA uk"rk ysus ds mijkUr nks ?k.Vs {ks= dh lkQ&IQkbZ gsrq yxk;s x;sA rRi"pkr~ izkFkfed fpdfRIk izf"k{k.k Jh jksgrk" k dqekj }kjk djok;k x;k ftlesa mUgksus lkai dkVus ;k vU; dksbZ Hkh tgjhys tho ds dkV ysus ij fdl izdkj izkFkfed fpdfRIk nh tk ldrh gS rFkk cgrs gq, [kwu dks fdl rjg jksdk tk ldrk gS] [kwu cguk fdrus izdkj dk gksrk gS] tkfM+;k fpid tkus ij D;k djuk pkfg,A Nk=kvksa dks crk;k x;k fd bu lHkh dh igpku dSls dh tkrh gS vkSj dkSu&dkSu ls rjhdksa ls izkFkfed</p>

		<p>fpfdRIk nh tkrh gSA bls ckn Nk=kvksa us izkd`frd miknkuksa ls egkfo ky; dh ltkoV dh vkSj gksyh dk R;kSgkj Qwyks o jaxks ds lkFk euk;kA IHkh us feytqy dj jgus o lg;ksx dh Hkkouk j[kus dh “kiFk yhA bl ij Nk=kvksa us lkaLd`frd dk;ZØe dk vk;kstu fd;kA</p>
5.	22/03/2019	<p>izkr% lkr gkftjh mijUr MkW eatw`kk }kjk ;ksxk o Meditation ds izksxzke ls fnu dh “kq:vkR gqbZA uk”rk ysus ds mijUr Nk=kvksa us xzqi esa vius&vius fo`k; ij fjiksZV rS;kj dh o iSfUVx rFkk Lyksxu rS;kj fd;sA nksigj Hkkstu ds ckn foLrkj O;k[k;ku gsrq Mk0 gjh”k ;kno th uspjksisFkh] Vksgekuk ls vk;sA mUgksus Nk=kvksa dks LoPN o izkd`frd Hkkstu xzg.k djus ds ckjs esa crk;k o fdl izdkj ge gjh ICft;ksa o ikuh ds ek;/e ls ikpu ra= dks Bhd j[k ldrs gS vkSj ;ksxk o ;ksxklu fdl izdkj gekjh “kihfid lel :kvksa dks nwi dirk gSA bl fo`k: esa</p>
6.	23/03/2019	<p>izkr% gkftjh mijUr egkfo ky; izkax.k dh lkQ&IQkbZ djokbZ xbZA 23 ekpZ dks “kghnh fnol ds volj ij Nk=kvksa us 2 feuV dk ekSu j[kdj “kghnksa dks J}ktafy nhA dk;ZØe vf/kdkjh eSMe js[kk us Nk=kvksa dks jk`V^a lsok o ns”kHkfDr dh Hkkouk ls lekt esa viuh Hkwfedk fuHkkus ds fy, Nk=kvksa ds lkFk “kiFk yhA bls mijUr Nk=kvksa us Js= esa LoPN Hkkjr vfHk;ku o u”kksa ds izfr tkx:drk fo`k; ij jSyh fudkyhA Nk=kvksa us uqDdM+</p>

		<p>ukVd o jSyh ds ek;/e ls iwjs {ks= ds ykxksa rd viuh vkokt igqapkbZA yap ds ckn Nk=kvksa us f"kfoj ds lekiu lekjksg ds fy, lkaLd`frd xfrfof/k;ksa dk iwokZH;kl fd;kA</p>
7.	24/03/2019	<p>f"kfoj ds vfUre fnu lekiu lekjksg es ^egkfo ky; lfevr ds iz/kku th us f"kjdr dhA lekiu lekjksg dh fo"ks'k esgeku Jherh fueZy lpsnok eSMe] iwoZ dk;ZØe vf/kdkjh o iwoZ vaxzsth izk;/kfidk jghA mUgksusa Nk=kvksa dks lacksf/kr djrs gq, dgk fd vxj ge ldkjkRed fopkj j[krs gS rks bZ"oj gekjs izR;sd deZ dks Hkh ldkjkRed :i ls djus esa lgk;rk djrk gSA vius O;fDrxr ftEesnkfj;ksa ds lkFk&lkFk lkekftd ftEesnkfj;ka ysuk Hkh vfr iz"kkaluh; dk;Z gSA bl f"kfoj esa dke vkus dh Hkkouk tkx`r gksrh gSA vkRe l"kfDrdj.k ds fy, ldkjkRed fopkjksa dk gekjs thou esa cgqr egRo gSA izkpk;kZ MkW fueZyk lgjkor us dgk fd ;qok "kfDr lekt dY;k.k esa fo"ks'k Hkwfedk fuHkkrh gSA dk;ZØe vf/kdkjh Jherh js[kk jkuh us lkr fnolh; dk;ZØe dh laf{klr fjiksZV izLrq dh rFkk vk;s gq, IHkh vfrfFk;ksa dk /kU;okn fd;kA var es Best Camper o Best Volunteer ?kksf`kr fd, x,A IHkh NSS Volunteer dks Gift fn, x,A lk;a 4 cts dSEi ds lekiu dh ?kks'k.kk dj nh xbZA</p>