

NSS Report 2025-2026

Plastic Awareness Program

Organized by: NSS Volunteers – Classes XI & XII

Venue: Carmel Convent School, Sector 9B, Chandigarh

Date: 28th July 2025

Introduction

As part of their commitment to social and environmental issues, the NSS volunteers organized a **Plastic Awareness Program** aimed at highlighting the detrimental effects of plastic pollution. The initiative aimed to empower students with knowledge and practices that support a sustainable future.



Objectives

- To educate students about the environmental impact of plastic waste.
- To promote eco-friendly habits such as reducing, reusing, and recycling.
- To encourage student-led advocacy for a plastic-free campus.

Activities Conducted

1. Awareness Presentation

Volunteers delivered an informative presentation with statistics, visuals, and videos explaining how plastic affects marine life, soil health, and human well-being.

2. **Poster-Making Drive**

Students created impactful posters with slogans like “Say No to Plastic” and “Be Fantastic, Say No to Plastic,” which were later displayed around the school.



Group Pledge

All participants took a pledge to reduce plastic consumption, carry reusable items, and encourage others to adopt sustainable practices.



Conclusion

The session raised awareness and encouraged students to take responsibility for their environmental footprint. The student-led initiative highlighted the power of collective action in creating a cleaner, greener planet.

Drug Awareness Program

Organized by: NSS Volunteers – Classes XI & XII

Venue: Carmel Convent School, Sector 9B, Chandigarh

Date: 4 August 2025

Introduction

To foster a healthy and informed student community, the NSS volunteers organized a **Drug Awareness Program** focusing on the dangers of substance abuse. The initiative was intended to educate and empower students to make wise and healthy choices.



Objectives

- To educate students about the physical, emotional, and legal consequences of drug use.
- To dispel myths and misconceptions about drug consumption.
- To build resilience and promote mental and physical well-being.

Activities Conducted

1. Interactive Talk

Volunteers conducted a fact-based session highlighting the short- and long-term effects of drug abuse on the brain and body.

2. Case Studies

Real-life stories and short documentary clips were shown to illustrate the life-altering impact of addiction.

Organized by NSS Volunteers – Carmel Convent School

On 11th-Aug-2025, the NSS volunteers of Carmel Convent School organized a vibrant Tiranga Yatra to celebrate the spirit of patriotism and honour the Indian National Flag. The event was a testament to the dedication and enthusiasm of the volunteers in promoting national pride and unity.



The Yatra began from the school premises, with the NSS volunteers marching in an orderly formation, proudly holding the Tiranga and chanting patriotic slogans. The procession attracts the attention and appreciation of the local community. Throughout the march, volunteers conveyed messages of peace, harmony, and respect for the nation's heritage.



At the conclusion, the NSS Programme Officer addressed the group, commending their active participation and urging them to continue serving the nation with the same zeal.

National Sports Day

On 29th August 2025, National Sports Day was celebrated at Carmel Convent School by the NSS Volunteers of Classes XI and XII under the guidance of Ranjeeta Ma'am and the Sports Teachers. The event, held to honor the legendary Major Dhyan Chand Ji, aimed to instill values of discipline, perseverance, fitness, and teamwork among students. The morning began with a respectful tribute to Major Dhyan Chand Ji, highlighting his exceptional achievements and humble spirit that continue to inspire sports enthusiasts across the nation. This was followed by awareness talks by the volunteers on five Indian sporting legends, emphasizing values such as leadership, integrity, national pride, and the determination to overcome challenges. The talks encouraged students to view sports as a means of building both physical strength and strong character. The entire school then participated in the Fit India Pledge, committing to healthier and more active lifestyles. An interactive quiz added excitement to the programme, engaging students in questions on sports, Olympic values, and key principles such as respect, equality, and friendship. The seminar concluded with an informative fitness talk delivered by Physical Education teachers and volunteers, focusing on the role of regular exercise, a balanced diet, and mental well-being in everyday life. The session offered practical advice and reinforced the importance of physical and mental fitness for holistic development. Overall, the assembly and seminar offered a meaningful celebration of National Sports Day, honoring the legacy of Major Dhyan Chand Ji while inspiring students to adopt sports and fitness as an integral part of our lives.



NSS 7 DAY CAMP REPORT

DAY 1: INAUGURATION AND PERSONAL ENRICHMENT SESSIONS

Date: 3 November 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The Seven-Day NSS Camp at Carmel Convent School began with great enthusiasm, excitement, and a sincere desire to serve society. The first day was thoughtfully planned to nurture discipline, creativity, knowledge, and emotional well-being among all volunteers.

The camp opened with a warm welcome to the dignitaries and participants. The presence of Sister Premalini and Mrs. Anu Preeti Swami added grace to the occasion. They inspired everyone to approach the week with empathy, teamwork, and a willingness to contribute to the community. The ceremonial Lighting of the Lamp symbolized the beginning of a meaningful journey rooted in the NSS motto — *Not Me But You*.

The day continued with an enriching session by Mrs. Preeti Swami on meditation and life skills. Through fun ice-breaking games, guided meditation, and discussions about the Ideal Self and emotional balance, volunteers understood the importance of knowing oneself and staying calm in challenges. The learning encouraged confidence based on self-acceptance and the development of a positive mindset.

A highly informative First Aid Awareness workshop followed, conducted by Dr. Isha. Volunteers learned about handling common emergencies such as burns, cuts, fractures, shock, and epilepsy. Myths about home remedies were clarified with correct techniques and scientifically supported practices. The session helped volunteers realize that preparedness and presence of mind can save lives and reflect true social responsibility.

In the afternoon, a joyful stone painting activity allowed volunteers to express creativity and work together in groups. Transforming ordinary stones into beautiful art pieces reminded everyone that even simple things can hold meaning when approached with imagination. The activity promoted relaxation, cooperation, and a cheerful bond among the participants.

The final session focused on dining etiquettes — learning proper table manners, posture, polite conversation, and respectful behavior while sharing meals. Volunteers understood that discipline and good manners reflect inner grace and one's respect for others in social interactions.

The day concluded with the distribution of NSS caps as a symbol of commitment, followed by a wholesome lunch that encouraged informal interaction and strengthened friendships. Overall, Day 1 successfully combined spiritual grounding, practical learning, creative expression, and social refinement. It set an inspiring tone for the rest of the camp, motivating every volunteer to continue learning, serving, and growing with purpose in the days ahead.





DAY 2: BUILDING CHARACTER, COMPASSION, AND CREATIVITY

Date: 4th November 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The second day of the NSS Camp at Carmel Convent School began with renewed enthusiasm and a strong sense of purpose. The day aimed to help volunteers grow emotionally, intellectually, and morally while deepening their understanding of service and compassion.

The morning assembly began with a prayer and hymn, followed by a recap of the previous day's learnings. The NSS song filled the hall with unity and pride, reminding everyone of the motto "*Not Me But You.*" This reflective start reinforced gratitude, discipline, and teamwork as core values of the NSS journey.

The first session of the day was conducted by Mrs. Preeti Swami, who focused on self-awareness and personal development. Through discussions on facts vs. opinions, ideal self-visualization, confidence, financial literacy, and emotional balance, volunteers learned the importance of making thoughtful decisions and developing inner strength. A meaningful Energy Ball activity encouraged forgiveness, positive thinking, and emotional healing, leaving a deep impact on everyone. The session highlighted that true growth is achieved through self-understanding, acceptance, and continuous effort.

A motivational talk by Advocate Gurinder Pal Singh followed, delivering a powerful message through his own life experiences of choosing service over personal gain. His contributions to educating underprivileged judiciary aspirants and helping them achieve success reflected the real essence of social responsibility. He emphasized that conviction, courage, and compassion are the true pillars of success, inspiring volunteers to lead with empathy and purpose. His words reminded everyone that service is not a temporary act but a lifelong commitment.

After lunch, the volunteers participated in a creative clay sculpting activity. By shaping clay into meaningful forms, they learned the importance of patience, precision, and imagination. The activity served as a pleasant

and reflective break, showing that creativity builds confidence and strengthens adaptability — just as life shapes one's character through effort and experience.

The second day concluded with a feeling of fulfillment and motivation. The sessions together conveyed that knowledge, kindness, emotional control, and creativity are all essential in shaping an individual into a responsible citizen. The learnings of the day reinforced the values of the National Service Scheme — service with empathy, growth with humility, and action with awareness — encouraging every volunteer to move forward with a renewed spirit of social responsibility.









DAY 3: MINDFULNESS, STRENGTH, AND SOCIAL AWARENESS

Date: 6th November 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



After a holiday on 5th November for Guru Nanak Jayanti, the NSS Camp resumed on the third day with fresh energy and a calm, reflective spirit. The day's activities were thoughtfully designed to nurture the mind, body, and character of volunteers while reinforcing values of mindfulness, discipline, and compassion.

The morning assembly began with a prayer, hymn, and the NSS song, creating a sense of unity and devotion. A recap of the previous sessions helped everyone stay connected with the ongoing journey of learning and self-improvement. The peaceful atmosphere encouraged volunteers to approach the day with focus and gratitude.

The first session involved a spiritual and self-development workshop conducted by the Brahma Kumaris.

Through meaningful analogies — such as the body being like a wrapped gift and the soul being the diamond within — volunteers learned to look beyond physical appearance and personal achievements. The session stressed that thoughts shape feelings, actions, habits, character, and ultimately destiny. The Seven Divine Powers such as Peace, Love, and Knowledge were introduced as guiding virtues. The S-O-S

technique (Stop, Observe, Switch) taught volunteers to pause and choose positive thoughts even in stressful moments. The message emphasized that real transformation starts from within.

Following this inner development, the self-defence workshop focused on practical physical empowerment. Volunteers learned essential techniques like punches and kicks, and understood strong and weak points of the human body. The session encouraged them to stay alert and confident, reinforcing that self-defence is an important life skill and a form of self-respect.

A traffic awareness and road safety session further strengthened their sense of responsibility. Volunteers learned the importance of wearing helmets, obeying traffic rules, and helping accident victims under the Good Samaritan scheme. The discussion also addressed issues like juvenile driving and the consequences of violating the law. The session reminded everyone that safety and discipline extend beyond personal benefit to collective well-being.

Later, the paper bouquet-making activity brought a refreshing creative break. Volunteers enjoyed folding and arranging colorful paper into decorative bouquets, practicing patience, teamwork, and artistic expression. The activity highlighted that beauty and joy can be created even from the simplest materials.

The day concluded with reflection and gratitude, leaving volunteers inspired to continue their journey with mindfulness and responsibility. Day 3 balanced spiritual learning, physical readiness, civic awareness, and creativity — reinforcing that service begins with inner strength and extends to caring for others and society.











DAY 4: COMPASSION IN ACTION AND CAREER EXPLORATION

Date: 7th November 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The fourth day of the NSS Camp at Carmel Convent School, Sector 9-B, was a heartfelt reminder that true service expands both the mind and the heart. The morning assembly created a peaceful beginning, with “Vande Mataram,” a prayer, and a hymn inspiring unity and gratitude. The short recap of the previous day refreshed the spirit of NSS — “Not Me But You” — reminding volunteers that service is meaningful only when it is rooted in empathy and action.

The highlight of the day was the visit to SOREM, an institution dedicated to supporting children with intellectual and developmental disabilities. The volunteers were welcomed with warmth, entering a space where differences did not divide but rather brought people closer with understanding and joy. A lively dance and fitness session turned into a beautiful bonding moment — proving that laughter, movement, and music are universal languages. As volunteers interacted in classrooms, helped with activities, and observed therapy-based learning, they were deeply moved by the resilience of the children and the devotion of the educators. It was a meaningful shift in perspective — from sympathy to genuine respect for each individual’s unique strengths and challenges.

Returning to school, the afternoon brought a different kind of learning. Harpreet Ma’am delivered a motivational career guidance session that helped students explore their potential beyond conventional

expectations. She highlighted that success is shaped not only by academics but by curiosity, adaptability, and real-world skills. The aptitude test that followed encouraged volunteers to think about their strengths, interests, and future aspirations more clearly. The message was clear: when one grows in capability and confidence, one becomes better prepared to serve the world.

The day concluded with reflections and dispersal, leaving every volunteer more emotionally aware and mentally prepared than they were that morning. It was a day that beautifully combined compassion with self-discovery — showing that service is not just an act, but a way of seeing others with dignity and oneself with purpose.











DAY 5: EMBRACING SPIRITUALITY, INNER STRENGTH, AND SELF-AWARENESS

Date: 8th November 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The fifth day of the NSS Camp at Carmel Convent School encouraged volunteers to turn inward — to strengthen not just their skills but their character and clarity of mind. The morning assembly set a calm and harmonious tone, with prayers, a hymn, and the NSS song creating an atmosphere of unity. The brief recap of the previous day helped everyone carry forward the spirit of empathy and purpose.

The major experience of the day was the session by the Brahma Kumaris, which beautifully introduced the idea that spirituality is not about rituals, but about knowing oneself beyond temporary roles and emotions. The speakers explained that God, as the Supreme Light, is a source of peace and wisdom — and connecting with this inner truth allows one to live with dignity and strength. Through stories and interactive activities, the volunteers learned how thoughts shape reality, how positive intentions attract harmony, and how the alignment of mind and intellect awakens intuition. Forgiveness was described as the highest form of empowerment, freeing the heart from negativity and restoring self-respect. The “I am...” affirmations at the end of the session helped the students recognize their own worth and the power of creating peace within.

After this deep spiritual reflection, the energy shifted to empowerment through action with a self-defence workshop. Volunteers practiced simple yet effective techniques that emphasized alertness, confidence, and courage — reminding everyone that safety and strength must be nurtured along with kindness.

A short refreshment break was followed by a story-writing competition, where students expressed creativity and imagination before heading for a cheerful lunch. The day ended with cultural practice, as volunteers worked together to prepare for the grand celebration ahead — laughs, music, teamwork, and a shared excitement filling the campus.

The day concluded with a quiet sense of transformation. From inner peace to physical confidence, Day 5 reinforced that true service begins with a strong, mindful, and compassionate self. Each volunteer walked away with a softer heart, a stronger spirit, and a clearer understanding of how personal growth shapes the world they serve.









DAY 6: MINDFULNESS, MEDITATION, AND CELEBRATION OF LEARNING

Date: November 9, 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The sixth day of the NSS Camp at Carmel Convent School unfolded as a meaningful blend of mindfulness, creativity, and awareness. Volunteers arrived in casual clothes, carrying a sense of comfort and familiarity as the camp neared its conclusion. The morning assembly began on an uplifting note with a poetic recap of Day 5, followed by a hymn and the NSS song that brought nostalgia and pride to everyone present. This opening reminded the volunteers of how much they had grown in the past days — in understanding, confidence, and their spirit of service.

The first major session was led by a representative from the Brahma Kumaris, who guided the volunteers toward deeper self-awareness. The discussion focused on the power of thoughts and how every emotion originates from a single idea in the mind. Volunteers learned that when thinking becomes positive and disciplined, emotional well-being and physical health naturally improve. The difference between meditation and medication was beautifully explained — medicines treat the body, while meditation heals the mind, the source of most suffering. A story of a Sanyasi and a Raja highlighted the value of humility and simplicity, teaching that true peace lies not in status but in purity of character. Through short breathing and silence exercises, the speaker encouraged the volunteers to connect with themselves, reminding them that “God’s language is silence.” The session ended with a gesture of gratitude as the volunteers presented a plant and a handwritten card, followed by the distribution of prasad.

After the spiritual session, the volunteers enjoyed an energetic team-building game inspired by Minecraft. One member from each team was blindfolded and guided verbally through a track by their teammates. The activity sparked laughter, teamwork, and trust — proving that direction, cooperation, and patience are essential to overcoming challenges, both on the ground and in life.

The learning continued with an awareness session by Ranjeeta Ma'am on the Nasha Mukta Bharat Abhiyan. Volunteers were made aware of the harmful effects of substance abuse and encouraged to act as agents of change in society. She also addressed Cyber Security once again, reminding everyone that digital responsibility is as important as social responsibility in today's world. The session encouraged smarter, safer, and more ethical use of technology.

The final segment of the day was a delightful Fireless Cooking workshop conducted by Payal Singla Ma'am. The volunteers enthusiastically participated as she demonstrated easy and healthy recipes like chocolate coconut laddus, sweet potato chaat, and Monaco vegetable bites. The activity added creativity and flavour to the day, ending with a surprise cake-cutting to celebrate the nearing conclusion of the camp. Smiles, appreciation, and shared treats filled the room, creating a joyful and memorable end to Day 6.

The sixth day of the NSS camp concluded with a perfect balance of reflection and celebration. It strengthened the volunteers' belief that service begins with inner clarity and positive action, and that enthusiasm, unity, and compassion make every experience more meaningful.













DAY 7: CULTURAL DAY – CELEBRATING UNITY, TALENT, AND GRATITUDE

Date: November 10, 2025

Venue: Carmel Convent School, Sector 9-B, Chandigarh



The seventh and final day of the NSS Camp at Carmel Convent School arrived with the vibrant spirit of celebration, togetherness, and accomplishment. After six days filled with hands-on service, reflection, and learning, the camp concluded with a joyful Cultural Day. Volunteers came dressed in colorful, cheerful attire, symbolizing the unity and festive energy that had grown among them throughout the week.

The morning assembly set a warm and exciting tone for the day. A devotional prayer and hymn were followed by the NSS Song, and then a heartfelt recap of the week's journey — from the earliest

moments of hesitation to the newfound friendships and confidence each volunteer had gained. In those few minutes, the entire camp experience seemed to come full circle, reminding everyone of how strongly they had bonded through challenges, activities, and shared purpose.

Once the assembly concluded, volunteers were given time to rehearse and polish their acts for the Cultural Programme. The school corridors filled with music, laughter, and playful coordination as teams practiced their songs, dances, and skits. Every performer helped another by adjusting steps, sharing ideas, and cheering someone who was nervous. These interactions showed how the camp had nurtured not just leadership and responsibility, but also deep mutual respect and encouragement.

Later in the day, the much-awaited Cultural Programme began with an expression of heartfelt gratitude toward Ma'am Ranjeeta Rana, whose unwavering support and dedication had guided the camp from start to finish. She was honoured with warm applause, admiration, and sincere thanks, making the event all the more special. The anchoring throughout the show brought a light, humorous, and filmy touch, keeping the audience engaged and entertained with every transition.

Each performance reflected individual creativity as well as collective passion. Melodious singing filled the auditorium with emotion, while energetic dance performances celebrated cultural diversity and youthful zeal. Skits and expressive acts showcased talent, team spirit, and the courage to perform on stage. Every act received heartfelt applause, not just for perfection but for the joy and effort poured into it.

After the performances, fun games brought a refreshing wave of laughter and friendly competition. Volunteers eagerly participated in activities such as "Guess What's in the Box" and "Find Your Friend," which sparked excitement and playful curiosity. The hall echoed with cheers and giggles, proving that moments of joy and bonding are as essential as the lessons of responsibility and discipline learned throughout the camp.

The Prize Distribution Ceremony honored volunteers for their active involvement, achievements, and sincere participation across all seven days. Winners of various activities like the Minecraft challenge and storytelling were rewarded with chocolates, small but heartfelt tokens that captured the sweetness of recognition and appreciation.

As the celebration neared its conclusion, the final dance performances became a grand showcase of cultural colors, emotions, and youthful energy. With the crowd cheering loudly and music filling the air, the auditorium transformed into a space glowing with unity and shared happiness. In those final performances, the essence of the NSS spirit became visible — confidence, collaboration, and joy in collective achievement.

When the music slowly faded and the last applause settled, the volunteers realized that this farewell was not an ending but a beginning. They walked away carrying memories of laughter, new strengths discovered within themselves, bonds of friendship, and a deeper understanding of what it means to serve others with empathy and adaptability.

The final day of the NSS Camp was a true celebration of everything the week stood for, that is, compassion, creativity, unity, and growth. It ended with a promise in every heart: to continue living the NSS motto, **“Not Me, But You,”** in all the work and dreams that lie ahead.









