

Mediation Session Conducted by Representative of Heartfulness Education Trust in 7 Days NSS Camp organized by IIST.



**Indore Institute of
Science & Technology**
Affiliated to - RGPV(Bhopal) & Approved by - AICTE(New Delhi)



Date: 16/03/2023

To

The Principal

IIST Indore (M.P.)

Subject: Regarding permission to organize a "7 days special Camp" under National Service Scheme(NSS) unit of IIST Indore.

Respected Sir,

With reference to the above subject, NSS unit of IIST Indore is planning to organize a 7 days special camp from 22/03/2023 to 28/03/2023 at village Narlai, District Indore (Goud Gram of NSS unit IIST Indore). The details of the participants in this camp are as follows:

S.No	Students	Faculties	Other	Total	Remarks
01	50	4	3	57	1 Female faculty or Female guard is required

Kindly permit to organize the above mentioned camp.

Thanks and Regards

[Signature]
NSS Program Officer
(NSS Unit IIST Indore)

[Signature]
20/03/2023
Dr. Sukhdev Bambariya
(Dean, Sports)

[Signature]
Principal
IIST Indore

[Signature]
26/03
Director General
IIST-IIP-IIMR

[Signature]
20/3/2023

Discuss with
Dr Namarata, Dean Sir
and HODS
First take confirmation
from parents then
you can proceed as
female faculty
required
20/03/2023
25th & 26th IIInd year
[Signature]
20/3



Indore Institute of Science and Technology

Approved by AICTE, New Delhi & Affiliated to RGPV, Bhopal

DATE: 20/03/2023

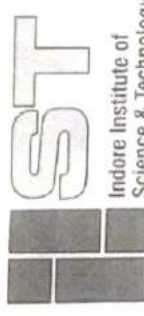



NOTICE

This is to inform you that N.S.S. unit of Indore Institute of Science and Technology is going to organize a special camp at village Narlai from 22/03/2023 to 28/03/2023. All the interested students of IIST have to give concern of their Parent/Guardian to the faculty coordinator of the event. The faculty coordinator for the event is Mr. Mahaveer Dangi, Assistant Professor, Civil Engineering Department and student coordinator is Shivlesh Verma, Civil Engineering Department.

So, I invite all the students of Indore Institute of Science and Technology to participate in the camp and get advantages.



Principal

**Indore Institute of
Science & Technology**
Affiliated to - RGPV(Bhopal) & Approved by - AICTE(New Delhi)

राष्ट्रीय सेवा योजना (NSS)

"NOT ME, BUT YOU"

कार्यक्रम:

सात दिवसीय शिविर

स्थान:

नरलाय

दिनांक:

22 मार्च से 28 मार्च 2023



Signature

Indore Institute of Science & Technology, Indore
NSS Unit Camp at Narlay


Date: - 22nd to 29th March-2023

Duty List of Faculty and Staff assigned for NSS Unit Camp

S No	Name	Department	Date	Remark	Total Days
1	Dr. Sukhdev Bamboriya	Sports	22/03/23 to 29/03/23	Day and Night	8
2	Mr. Mahaveer Dangi	CE	22/03/23 to 29/03/23	Day and Night	8
3	Mr. Nitin Chouhan	EC	25 th & 26 th March -23	Day and Night	2
4	Ms. Rupal Yadav	CS	26/03/23	Day	1
5	Mr. Mukesh Aleriya	Electric	22/03/23	Day	01

Sukhdev
31/3/23

Copy to:- Department HoD & HR for information please:-


Principal, IST
 Indore Institute of Science
 and Technology, Indore


Hon'ble DG Sir



राष्ट्रीय सेवा योजना
National Service Scheme
युवा कर्तव्य और खेल मंत्रालय
Ministry of Youth Affairs and Sports
भारत सरकार
Government of India



IST
Indore Institute of
Science & Technology

Report on IIST NSS UNIT Camp

(22nd – 28th March 2023)

Camp Location: Village Narlai, Indore (MP), 453331

Chief Guest:

Shri Arun S. Bhatnagar (IRS) – Director General, (IIST-IIP-IIMR)

Guest of Honor:

Dr. Keshav Patidar (Principal, IIST Indore)
Dr. Dinesh Mishra (Principal, IIP Indore)
Dr. Rishi Dubey (Principal, IIMR Indore)
Dr. Prakash Garhwal (Programme Coordinator, NSS DAVV Indore)
Dr. P Hari Krishna (Programme officer, Medicaps University Indore)

Organizing Committee:

Dr. Sukhdev Bamoria (Programme Coordinator, NSS Unit IIST Indore)
Mr. Mahaveer Dangi (Programme Officer, NSS Unit IIST Indore)
Mr. Ishanya Joshi (IIST NSS Cell Coordinator)
Dr. Irfan Mansuri (IIST NSS Cell Coordinator)

NSS Camp Participants:

1. NSS Volunteers	: 50
2. Program Officer	: 01
3. Supporting Staff	: 03
4. Other Staff	: 02
Total	: 56



M. Ranga

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
इन्दौर इंस्टीट्यूट ऑफ साइंस एंड टेक्नोलॉजी, इन्दौर

INTRODUCTION

National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the youth through voluntary community service. 'Education through Service' is the main purpose of NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi.

The program aims to instill the idea of social welfare in students and to provide service to society without any bias. An NSS volunteer places the 'community' before 'self'. NSS attempts to establish meaningful linkages between 'Campus and Community', 'College and Village' and 'Knowledge and Action'. The volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

Objectives behind the NSS:

- To enable the students to understand the community in which they work.
- To understand themselves in relation to their community.
- To identify the needs and problems in the community in the solution of which they can be involved.
- To develop among themselves a sense of social and civic responsibility.

The motto of the National Service Scheme is:

'NOT ME, BUT YOU'

This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society as a whole.



कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
इन्दौर इंस्टीट्यूट ऑफ साइंस एंड टेक्नोलॉजी, इन्दौर



इन्दौर, १५/०५/२०२०

Camp Leaders and Organizing Committee

The camp leaders includes Jaya Chandravanshi (Dal Naika), Shivlesh Verma (Dal Nayak), Anupam Aleriya (Shivr Nayak) & Sanjana Sen (Shivr Naika).

The Organizing Committee of the camp consisted of the following members

Camp Organizer	Dr. Sukhdev Bamoria Mr. Mahaveer Dangi	
Yoga/Exercise	Hariom Patel Kisore Uikey	Nikesh Patel Himank Yadav
Games Committee	Utkarsh Dubey Kartikey Shukla	Sudhanshu Chohan Ankit Jani
Community Service	Aashi Pandey Manisha Mrunal Amle	Jaydeep Singh Anuj Panchal Rohit Kushwaha
Food Committee	All Camp Members	
Cultural Program	Harsh Nigam Fateh Khan Ankush Malviya Monish Piple	Raveena Geedkar Mahima Pal Varsha Dave Khushi Verma
Security Committee	All Camp Members	
Survey Committee	Bhuvanshi Chohan Mahima Dhakad Nandani Trivedi Abhay Tiwari	Deepshikha Sajankar Homesh Bhardwaj Nikita Malviya Janki Jatav
Guest Welcome	Kirti patidar Chanda Yadav Abhishek Ayanyas	Manisha Ronak Gadwal Saloni Verma
Reporting Committee	Sanjana Sen Himank Yadav	Shivlesh Verma
Photographer	Sagar Chouhan	Nouditya Badsare

R. R. R.

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
इन्दौर इंस्टीट्यूट ऑफ साइंस & टेक्नोलॉजी, इन्दौर



DAILY SCHEDULE		
S. No	Time	Activity
1.	05:00 AM - 05:45AM	Wake Up+ Freshen Up
2.	05:45 AM - 06:15AM	Prabhat Pheri+ NSS Song + Attendance
3.	06:15AM - 07:00 AM	Prayer+ Exercise/Yoga
4.	07:00 AM - 07:30 AM	Tea + Breakfast
5.	07:30 AM - 11:30 AM	Shramdaan +Project Work
6.	11:30 AM - 12:30 PM	Bath+ Personal Hygiene
7.	12:30 PM - 01:30 PM	Lunch
8.	01:30 PM - 02:30 PM	Rest
9.	02:30 PM - 04:15 PM	Bauddhik Lecture
10.	04:15 PM - 04:30 PM	Tea
11.	04:30 PM - 06:30 PM	Game Time + Village Visit
12.	06:30 PM - 07:00 PM	Cultural Preparation
13.	07:00 PM - 07:30 PM	Cultural Presentation
14.	07:30 PM - 08:30 PM	Dinner
15.	08:30 PM - 09:30 PM	Revaluation of Day's work & Next Day Planning + Attendance
16.	10.00 PM	Lights Off

R. Ranga

कार्यक्रम अधिकारी
 राष्ट्रीय सेवा योजना
 इन्दौर इन्स्टीट्यूट ऑफ साइंस एण्ड टेक्नोलॉजी, इन्दौर



Day 5: 26/03/2023, Sunday

Day 5 began with the morning routine activities like Prabhat Pheri and also had the surprise visit from our honorable DG sir early in the morning.

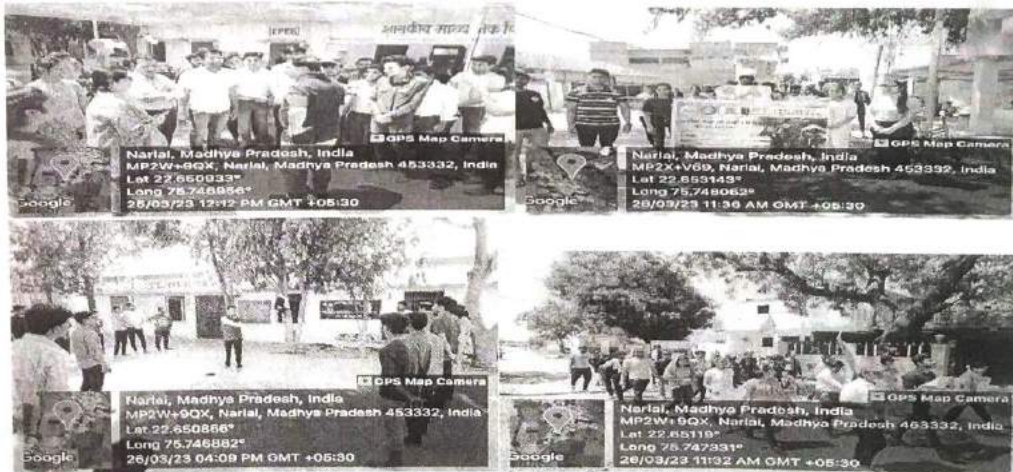
We also hosted Shri Ghanshyam Joshi (Gram panchayat member), Shri Ashok Choudhary (National level powerlifter), Zila (district) Panchayat members Shri Nayan Joshi ji and Shri Gajendra Dubey. During their visit to our camp we had a discussion with them about problems of village.

The volunteers conducted a rally in the village, with sloganning on topics like Beti Bachao-Beti Padhao, Plastic free environment, and tree plantation. A poster making competeion was also organized for the same.

We also got a visit from Lokendra Singh Yadav, Dal-Nayak and Sumit Tiwari, from NSS unit, Govt. College of Rau. They shared their experiences with the volunteers and also told us about how NSS impacts your life, in great depth. We also played games like Rumaal Jhapatta and Kitne bhai kitne with them.

Baudhik Lecture :

DG sir shared his thoughts about various topics, ranging from what is thought, Dhayana, Ashtanga yoga, Intellectual Spirituality, importance of dialogue between children and parents, importance of Guru, God and faith, importance of heartfulness meditation etc.



R. Ranga

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
इन्दौर इन्स्टीट्यूट ऑफ साइंस एंड टेक्नोलॉजी, इन्दौर



Day 6: 27/03/2023, Monday

Day 6 began with the morning routine activities like Prabhat Fehri, jogging, exercises, Surya Namaskar. The volunteers conducted a survey on formal education and employment in the village. About 36 volunteers were divided into teams of 4, to cover more ground.

We also hosted people from Heartfulness Meditation, which came for a three day heartfulness program, as invited by our DG sir. The program involved three sessions on three consecutive days. In the first day, they told us about heartfulness and its importance. They also taught us some simple relaxation techniques.

Some volunteers also took to teach the students of govt. school. Also, the mid-day meal or lunch was prepared and served by the volunteers. In the revaluation meeting, it was decided to continue the survey for another day, as not all houses of the village had been covered. Teaching of students by volunteers was also decided to be extended.

Baudhik Lecture :

The guest speaker of the lecture was honorable Dr. P. Harekrishna, Program officer, Medicaps university along with Anurag Padiyar, Dal Nayak, NSS Medicaps university. Dr. Hari Krishna sir enlightened us in detail about NSS, role of discipline in student life. Sir also told us about the different types of certificates and camps under NSS. Both Dr. Hari krishna sir and Anurag sir shared their experiences with NSS, particularly about their unit, NSS Medicaps and its functions.



[Signature]

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
इन्दौर इन्स्टीट्यूट ऑफ साइंस & टेक्नोलॉजी



Day 7: 28/03/2023, Tuesday

The last day began with the morning routine activities like Prabhat Fehri, jog, exercises, Surya Namaskar. The volunteers continued to teach the students of govt. school. Also, the mid-day meal or lunch was prepared and served by the volunteers.

We hosted the people from Heartfulness Meditation for the second of the three session heartfulness program. Cleaning and re-energizing technique was taught by them. Even though it was the last day of our camp, it was decided to extend the camp for one day in the revaluation meeting, as the last session of heartfulness program was to be done tomorrow.

Baudhik Lecture :

The guest speaker of the lecture was Ms. Geeta Dhakad, Former NSS Dal-Naika and NSS B & C certificate holder. Geeta mam shared details about NSS and her experience as NSS volunteer. She also told us to balance our studies and duties as NSS volunteers in student life.

Cultural Program :

On request from the villagers, the volunteers, along with villagers performed Sundar Kand from 8 PM to about 10:00 PM. The prasad and dinner was prepared by the villagers, assisted by our volunteers.



R. Prange
कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
राष्ट्रीय सेवा योजना इकाई, इन्दौर

