



OFFICE OF THE NATIONAL SERVICE SCHEME (NSS)

Girijananda Chowdhury University

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7-DAY NSS SPECIAL CAMP – UNIT 2

Theme: “Healthy Community, Responsible Citizens: Seven Days of Service, Awareness and Action”

Duration: 3rd November, 2025 to 7th November, 2025

Venue: Garbhanga, Assam

In Collaboration with: Department of Sociology & Social Work and The Open Window

1. Introduction

The **NSS Special Camping Programme**, organized by **NSS Unit 2, Girijananda Chowdhury University**, in association with the **Department of Sociology & Social Work** and **The Open Window**, was conducted with a strong commitment towards **community engagement, awareness creation and grassroots learning**.

The **five-day residential camp** brought together a team of **22 dedicated student volunteers**, accompanied by **Dr. Dheeman Bhuyan, Programme Officer, NSS Unit 2**, and **Dr. Mona Alice Marbaniang, Assistant Professor, Department of Sociology & Social Work**. The programme also received expert guidance from **Mr. Plabon Phukan, Resource Person, The Open Window**.

The Special Camping Programme was designed to provide volunteers with practical exposure to community realities by integrating **community assessment, awareness outreach, cultural exchange and service-oriented action**.

2. Objectives of the Special Camping Programme

The major objectives of the camp were:

- To promote meaningful interaction between NSS volunteers and the adopted village community.
- To understand the socio-economic conditions, resources and aspirations of the community.
- To develop grassroots-level learning and field-based assessment skills among volunteers.
- To create awareness on important social issues, particularly mental health.
- To encourage participatory engagement with local stakeholders.
- To promote cultural exchange and strengthen social bonding between students and villagers.
- To develop civic responsibility, leadership and teamwork among NSS volunteers.
- To contribute to the educational development of the community through the establishment of a Community Library.
- To promote environmental consciousness and collective responsibility through cleanliness activities.



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3. Participation and Coordination

The five-day residential camp was carried out by **22 student volunteers of NSS Unit 2**.

The programme was conducted under the coordination and guidance of:

- **Dr. Dheeman Bhuyan** – Programme Officer, NSS Unit 2
- **Dr. Mona Alice Marbaniang** – Assistant Professor, Department of Sociology & Social Work
- **Mr. Plabon Phukan** – Resource Person, The Open Window

The collaboration between NSS Unit 2, the Department of Sociology & Social Work and The Open Window provided an interdisciplinary and community-oriented approach to the programme.

4. Day-Wise Activities

- **Day 1 – Community Orientation and Transact Walk**

The first day of the Special Camping Programme commenced with a **Transact Walk through the adopted village of Garbhanga**.

The activity enabled NSS volunteers to observe the local infrastructure, interact with residents and gather preliminary information regarding the available resources and challenges within the community.

Through direct observation and interaction, the volunteers developed an initial understanding of the **community dynamics, local resources and prevailing needs**.

The Transact Walk also helped volunteers establish a closer connection with the community and understand the importance of field-based learning in social service activities.

Focus: Community observation, orientation and grassroots understanding.

- **Day 2 – Health, Wellness and Yoga**

The second day focused on **physical and mental well-being**, beginning with a **Yoga Session** for the NSS volunteers.

The activity emphasized the importance of maintaining physical fitness, mental balance and a healthy lifestyle. It also complemented the overall theme of developing a healthy and responsible community.

The session provided volunteers with an opportunity to reflect on the importance of personal well-being as an essential component of effective community service.

Focus: Health, wellness, physical fitness and mental well-being.



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- **Day 3 – Household Interaction and Community Resource Mapping**

The third day focused on **direct household interaction and village resource mapping**.

NSS volunteers undertook **home visits** and interacted directly with families in the community. During the visits, students gathered information concerning:

- Socio-economic conditions
- Household and community resources
- Local assets
- Community needs
- Aspirations and expectations of residents

The direct interaction with families helped establish trust between the volunteers and community members.

The **village resource mapping exercise** further strengthened the volunteers' understanding of existing resources and potential areas for community development.

The activity provided valuable firsthand exposure to the realities of the community and helped volunteers develop field-based assessment skills.

Focus: Household interaction, community assessment, resource mapping and participatory learning.

- **Day 4 – Institutional Engagement and Mental Health Awareness**

The fourth day focused on **institutional engagement, stakeholder interaction and mental health awareness**.

NSS volunteers interacted with local stakeholders with the objective of encouraging **participatory collaboration and community involvement**.

A major highlight of the day was a **Street Play on Mental Health Awareness**, scripted and performed by the NSS volunteers.

The street play addressed important aspects including:

- Emotional well-being
- Mental health awareness
- Reduction of stigma associated with mental health
- Empathy and social understanding

The performance attracted the attention of community members and created an opportunity for meaningful conversations around mental health.



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Through this activity, volunteers demonstrated the effectiveness of creative communication in spreading awareness on socially relevant issues.

Focus: Mental health, awareness, empathy, communication and community participation.

- **Day 5 – Community Findings, Documentation and Presentation**

The fifth day focused on **documentation, analysis and presentation of community findings**.

NSS volunteers delivered structured presentations based on the information collected during their home visits and community interactions.

The presentations highlighted:

- Observed community challenges
- Identified needs
- Available resources
- Community aspirations
- Possible intervention strategies

The presentation activity enabled volunteers to organize, analyse and critically reflect upon the information gathered during their fieldwork.

It also strengthened their skills in **documentation, communication, presentation and community-based problem identification**.

Focus: Documentation, analysis, presentation and community problem identification.

- **Day 6 – Cultural Exchange and Community Bonding**

The sixth day focused on **cultural integration, social bonding and community participation**.

The day culminated in a vibrant **Cultural Exchange Programme**, providing an opportunity for students and villagers to share **folk songs, traditional performances and local art forms**.

The cultural exchange created an informal platform for interaction between NSS volunteers and community members.

The programme promoted **mutual appreciation, social understanding, unity and community participation**, while allowing volunteers to learn from the cultural traditions and expressions of the local community.

Focus: Cultural exchange, social harmony, community participation and mutual learning.



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- **Day 7 – Cleanliness Drive, Community Library Handover and Valedictory Function**

The seventh and final day of the Special Camping Programme focused on **responsible action, environmental consciousness, educational service and meaningful closure.**

Cleanliness Drive

The NSS volunteers conducted a **cleanliness drive** in the community, reinforcing the importance of cleanliness, environmental responsibility and collective action.

The activity reflected the core principle of responsible citizenship by encouraging volunteers and community members to recognize their shared responsibility towards maintaining a clean and healthy environment.

Community Library Handover

A major milestone of the camp was the **handover of the Community Library to the village.**

The initiative was aimed at encouraging reading habits and improving access to learning resources for the community. The library is expected to serve as a valuable resource for the long-term academic and personal development of community members.

Valedictory Function

The programme concluded with a **Valedictory Function**, attended by students, faculty members, community representatives and programme partners.

The function provided an opportunity for participants and stakeholders to share their experiences and reflections on the programme. The collective efforts of volunteers, faculty members, community representatives and collaborating organizations were acknowledged.

Focus: Environmental responsibility, educational service, community ownership and programme closure.

5. Major Outcomes of the Programme

The NSS Special Camping Programme generated several meaningful outcomes for both the community and the participating volunteers.

Community-Level Outcomes

- Improved interaction between NSS volunteers and members of the adopted village.
- Identification and documentation of community resources and local needs.
- Increased awareness regarding mental health and the importance of reducing associated stigma.
- Strengthened community participation through cultural exchange.



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- Promotion of environmental consciousness through the cleanliness drive.
- Establishment and handover of a Community Library to support access to learning resources.
- Greater scope for continued engagement between the university and the village community.

Volunteer-Level Outcomes

The camp provided NSS volunteers with practical exposure to:

- Community assessment and field research
- Household-level interaction
- Resource mapping
- Awareness communication
- Public performance and advocacy
- Documentation and presentation
- Cultural interaction
- Community service
- Teamwork and leadership

The activities strengthened the volunteers' understanding of grassroots realities and encouraged them to approach community issues with empathy, responsibility and participatory engagement.

6. Significance of the Special Camp

The five-day residential camp demonstrated the importance of combining **academic learning with community engagement**.

The involvement of the **Department of Sociology & Social Work** provided an important social-science perspective to the field activities, while the association with **The Open Window** contributed expert guidance to the programme.

The integration of **field assessment, awareness advocacy, cultural exchange and service-oriented action** enabled the volunteers to move beyond theoretical understanding and engage directly with the community.

The Community Library initiative, in particular, represented a sustainable service-oriented intervention with the potential to continue benefiting the village beyond the duration of the camp.

7. Conclusion

The **NSS Special Camping Programme of Unit 2, Girijananda Chowdhury University**, conducted in association with the **Department of Sociology & Social Work** and **The Open Window**, successfully achieved its objectives of community engagement, grassroots learning, awareness creation and service-oriented action.



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The active participation of **22 NSS volunteers**, along with the guidance of the Programme Officer, faculty member and resource person, made the programme meaningful and impactful.

The combination of **Transact Walk, Yoga, home visits, resource mapping, stakeholder interaction, mental health awareness through street play, community findings presentation, cultural exchange, cleanliness drive and Community Library handover** provided a comprehensive learning and service experience.

The programme not only contributed to the community but also strengthened the volunteers' values of **civic responsibility, leadership, teamwork, empathy and community service**. The successful completion of the camp reflects the commitment of NSS Unit 2 and its collaborating partners towards meaningful community development and youth engagement.

Prepared by:

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