

**BHARTIYA COLLEGE OF EDUCATION,
UDHAMPUR**

(Affiliated to University of Jammu & NAAC Accredited)

**NATIONAL SERVICE SCHEME (NSS)
SEVEN-DAY SPECIAL SUMMER CAMP REPORT**

27 JULY 2026 – 03 AUGUST 2026

Theme

“DRUG AND TUBERCULOSIS (TB) FREE YOUTH”

Organized by

NSS Wing, Bhartiya College of Education, Udhampur

Academic Year 2026



BHARTIYA COLLEGE OF EDUCATION

(NCTE Recognised & Affiliated to University of Jammu,)
Industrial Estate Dhar Road Udhampur (J&K)
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Ref No:-BCEU/2026/ 232

Dated: - 25-07-2026

Notice

We are excited to inform you that the NSS unit of the College is going to organise the Seven-Day Summer Camp from 27-07-2026 to 03-08-2026, under the common theme "**Drug and Tuberculosis (TB) Free Youth**" (नशाएवटीबीमुक्तयुवा).

All volunteers are directed to attend the camp regularly and participate actively in all activities, including:-

- Awareness Campaigns.
- Yoga sessions for physical activity.
- Community service
- Health awareness programmes,
- Creative activities
- Other events scheduled during the camp.

The detailed programme schedule, venue, and reporting time will be communicated separately. Attendance throughout the camp is compulsory for all registered NSS volunteers.

For any further information, students may contact the NSS Programme Officer.


(NSS Programme Officer)
Bhartiya College of Education
Udhampur (J&K)


Principal
Bhartiya College of Education
Udhampur
Bhartiya College of Education
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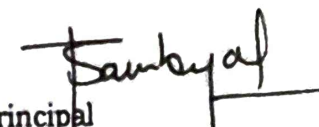
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SCHEDULE SEVEN-DAY SUMMER CAMP

DAY	THEME	ACTIVITY
27/07/2026	INAUGURATION	INDUCTION VOLUNTEER OATH ON DRUG FREE AND TUBERCULOSIS (TB)
28/07/2026	T.B, AWARENESS AND HEALTH	EASSY WRITTING
29/07/2026	YOUTH ENGAGEMENT	YOGA CAMP
30/07/2027	T.B, AWARENESS AND MENTAL HEALTH	EXPERT LECTURE BY DR. ANIL SALOCH
31/07/26	CREATIVE COMMUNITY	POSTER MAKING
1/08/2026	SOCIAL AWARENESS	DEBATE /PPT
3/08/2026	VELIDICTORY	RALLY AND EXHIBITION


(NSS Programme Officer)
Bhartiya College of Education
Udhampur (J&K)


Principal
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1. Introduction

The NSS Wing of Bhartiya College of Education, Udhampur, organized a Seven-Day Special Summer Camp from 27 July 2026 to 03 August 2026 under the theme “Drug and Tuberculosis (TB) Free Youth.” The camp was designed to encourage NSS volunteers to participate actively in awareness-oriented, educational, health, creative, and community-based activities. The programme provided opportunities for volunteers to understand important public-health concerns and to contribute to the promotion of a healthy, responsible, and socially aware community.

2. Theme of the Camp

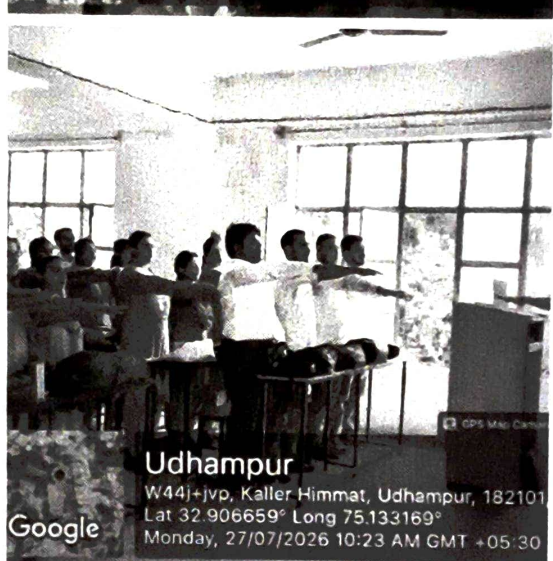
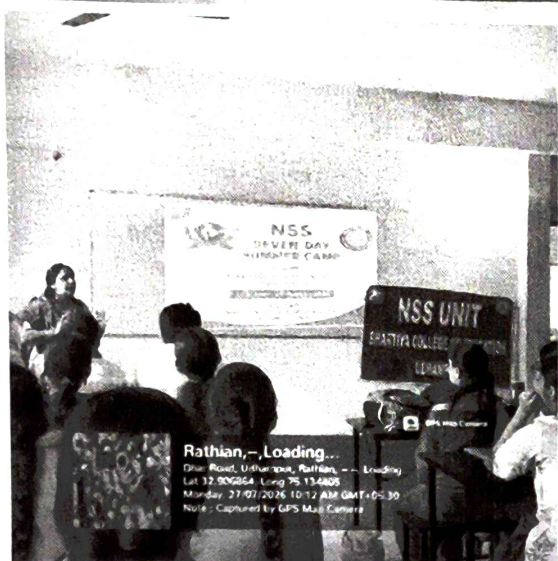
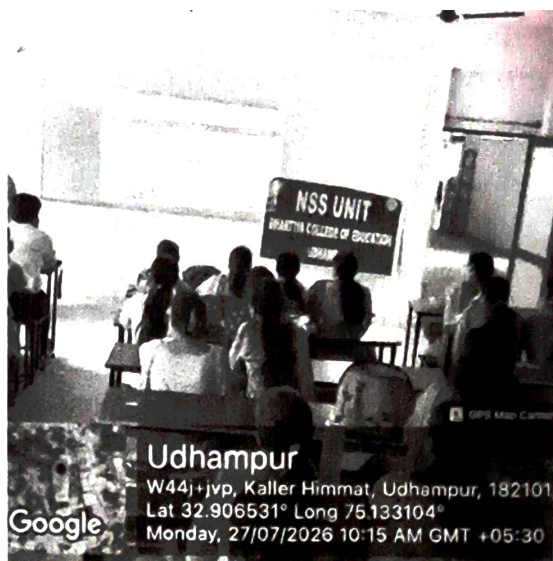
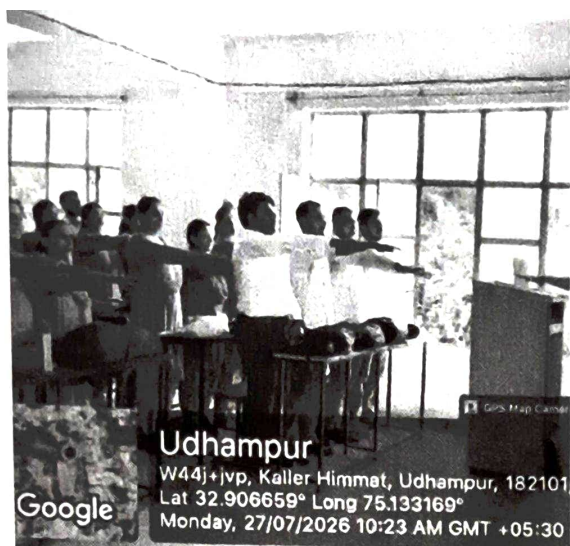
“Drug and Tuberculosis (TB) Free Youth”

3. Objectives of the Camp

- To create awareness among students and the community regarding drug abuse and tuberculosis.
- To encourage healthy living, physical fitness, mental well-being, and responsible citizenship.
- To provide NSS volunteers with opportunities for active participation and social service.
- To promote awareness through creative, educational, and community-oriented activities.
- To encourage youth participation in building a healthier, drug-free, and TB-free society.

4. Day-Wise Programme Report

The camp commenced with a formal inaugural session focused on the theme “Drug and Tuberculosis (TB) Free Youth.” NSS volunteers took the NSS Oath and the Drug-Free India and TB-Free India pledges, setting the tone for active participation and social responsibility throughout the camp.



Day 1 – Inauguration of the Seven-Day Special Camp

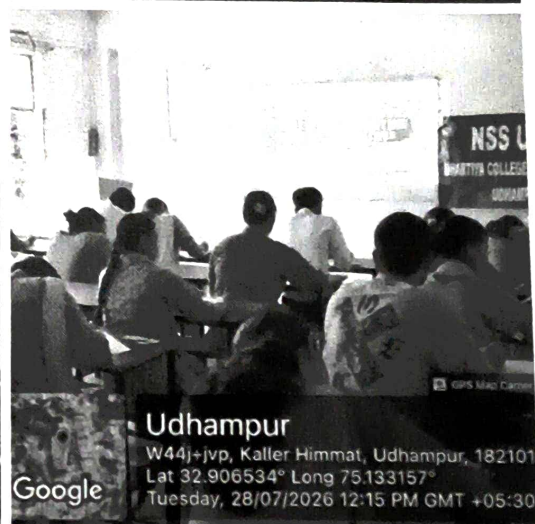
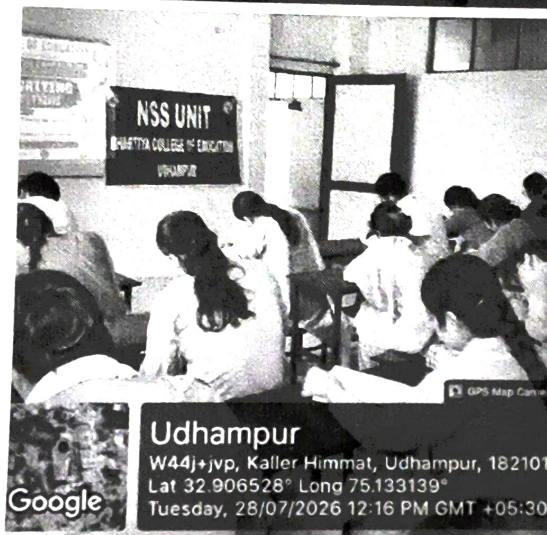
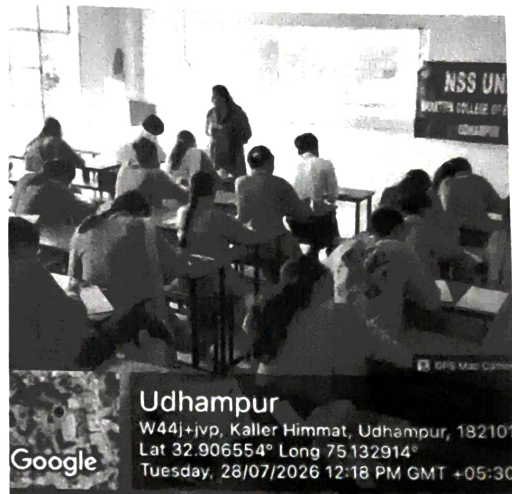
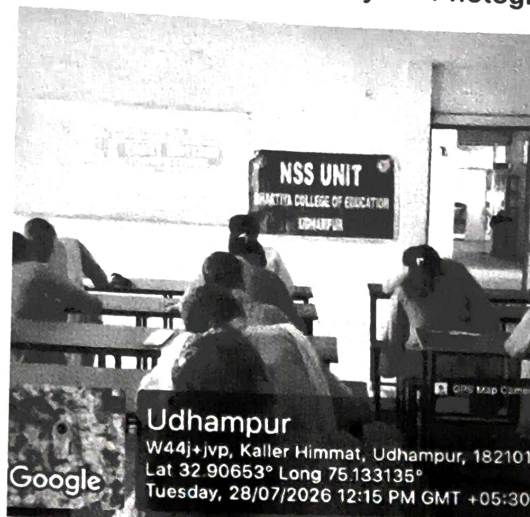
Date: 27 July 2026

The Seven-Day NSS Special Camp was inaugurated at Bhartiya College of Education, Udhampur. The Programme Officer Ms Satuti Sharma welcomed the NSS volunteers and presented an overview of the seven-day camp, with particular emphasis on the theme “Drug and Tuberculosis (TB) Free Youth.” The volunteers took the NSS Oath along with the Drug-Free India and TB-Free India pledges. The inaugural session encouraged volunteers to participate actively in all camp activities and to contribute towards building a healthy, drug-free, and TB-free society. The 1st day of the camp concluded with a vote of thanks followed by the National Anthem.

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The second day focused on awareness through creative expression. NSS volunteers participated in an essay writing competition addressing drug addiction and tuberculosis, sharing thoughtful views on prevention, social responsibility, and the importance of a healthy community.

Day 2 – Photographic Highlights



Day 2 – Essay Writing Competition

Date: 28 July 2026

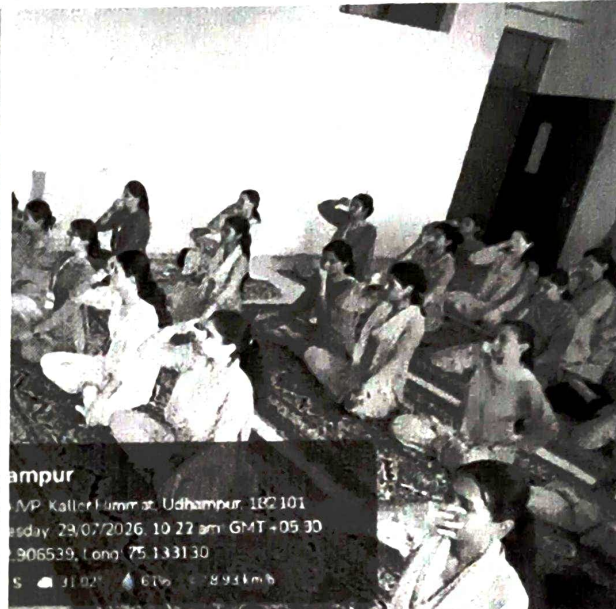
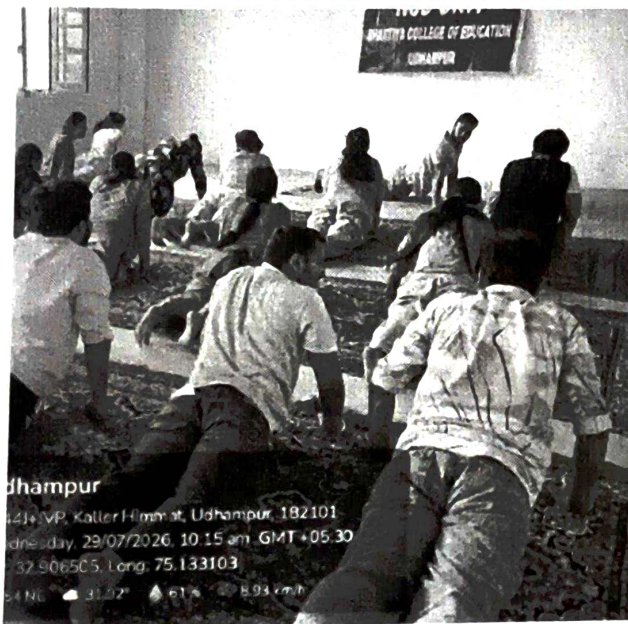
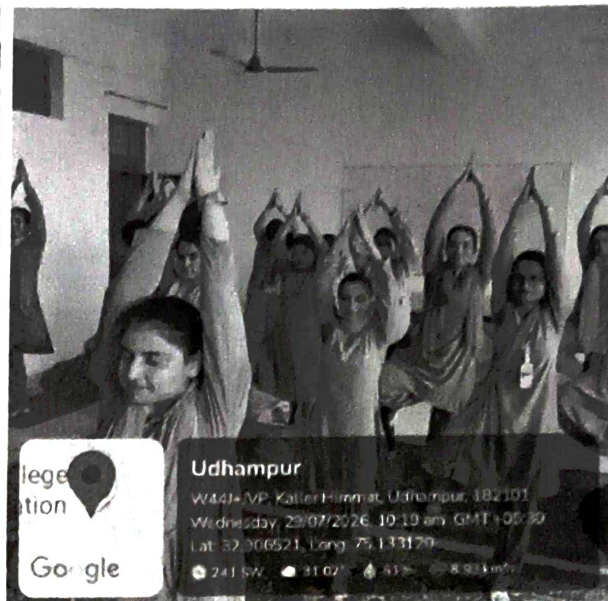
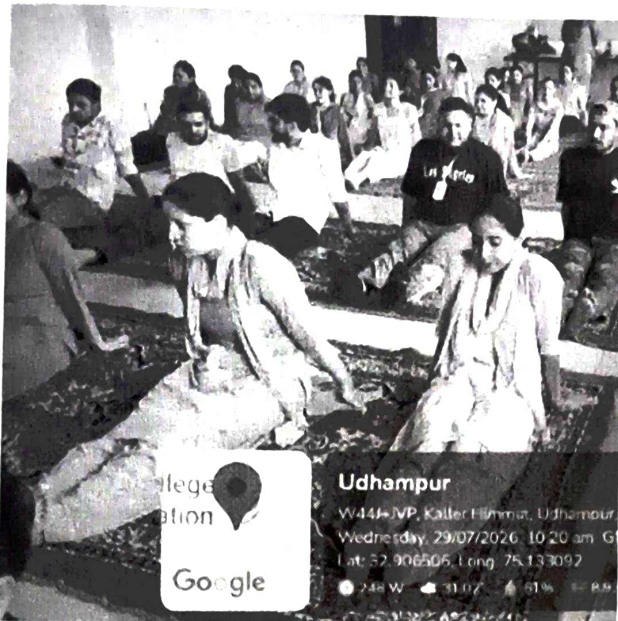
The NSS Wing organized the second day of the Special Camp with an Essay Writing Competition under the theme “Drug and TB Free Youth.” The competition focused on the topics “Drug Addiction: A Threat to Society” and “Breaking the Stigma Around Tuberculosis.” NSS volunteers participated enthusiastically and expressed their views on the importance of a healthy, drug-free society and increased awareness about tuberculosis. The activity promoted critical thinking, social responsibility, and active youth participation in public-health awareness. The programme concluded

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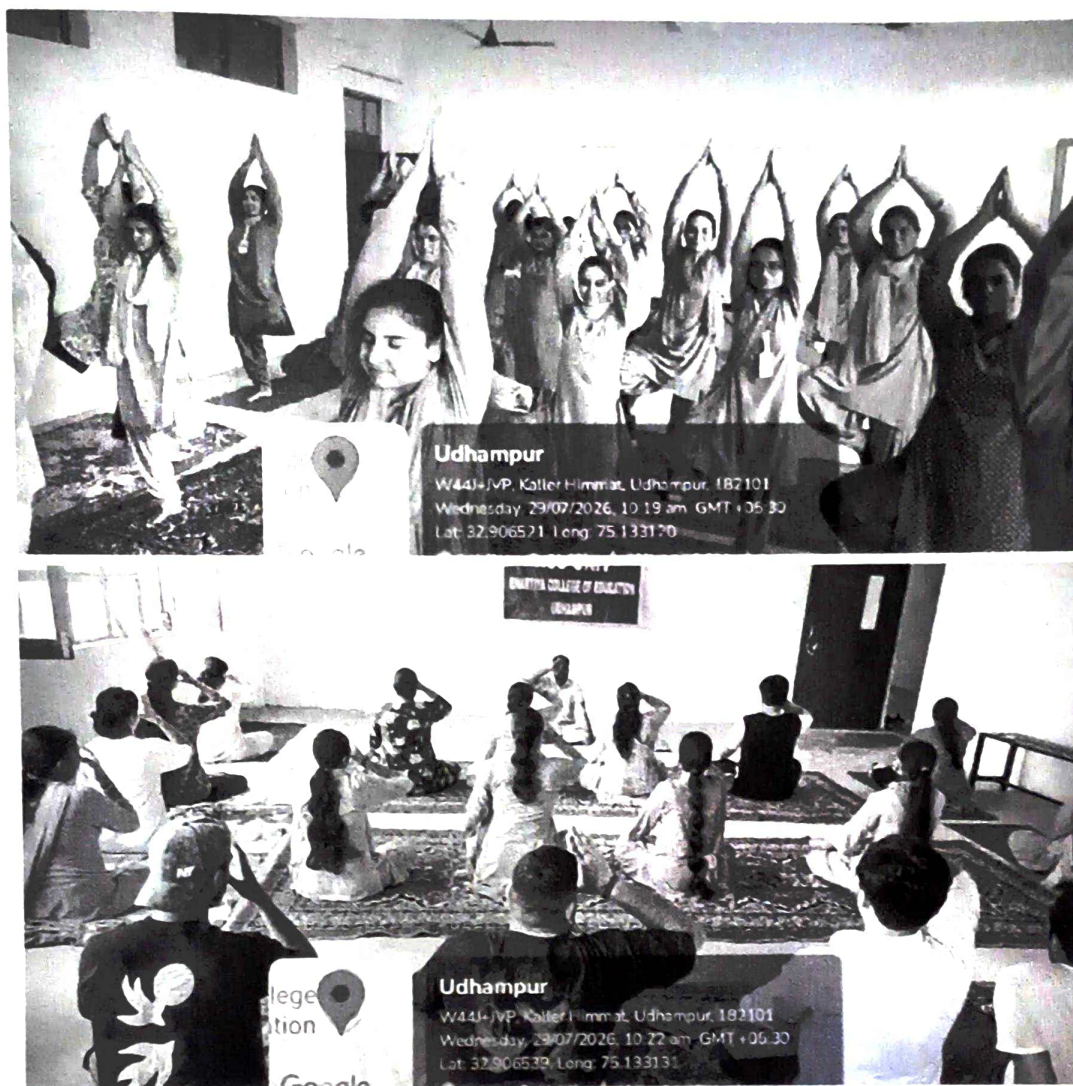
with appreciation for the participants and a renewed commitment to promoting a drug-free and TB-free community.

The third day emphasized physical fitness and mental well-being through a guided yoga session. Volunteers participated in yoga postures, breathing exercises, and relaxation practices, reinforcing the values of discipline, concentration, and healthy living.

Day 3 – Photographic Highlights



Day 3 – Photographic Highlight 2



Day 3 – Yoga Camp

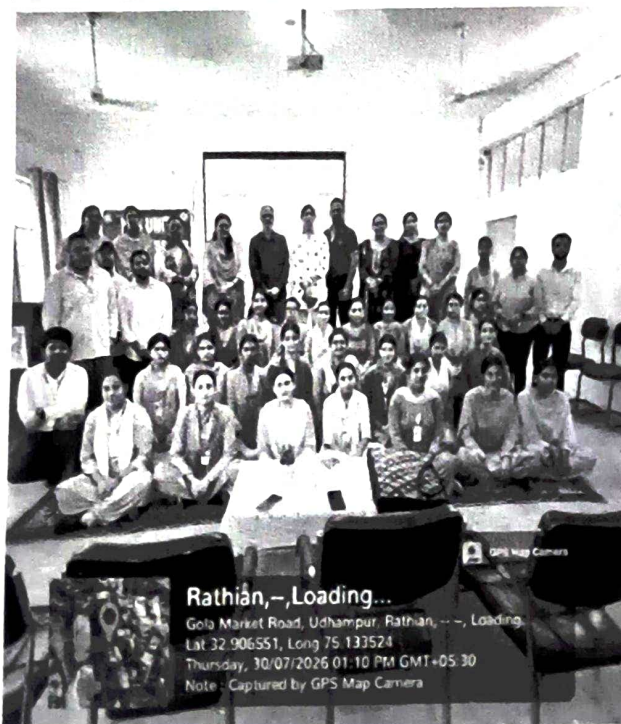
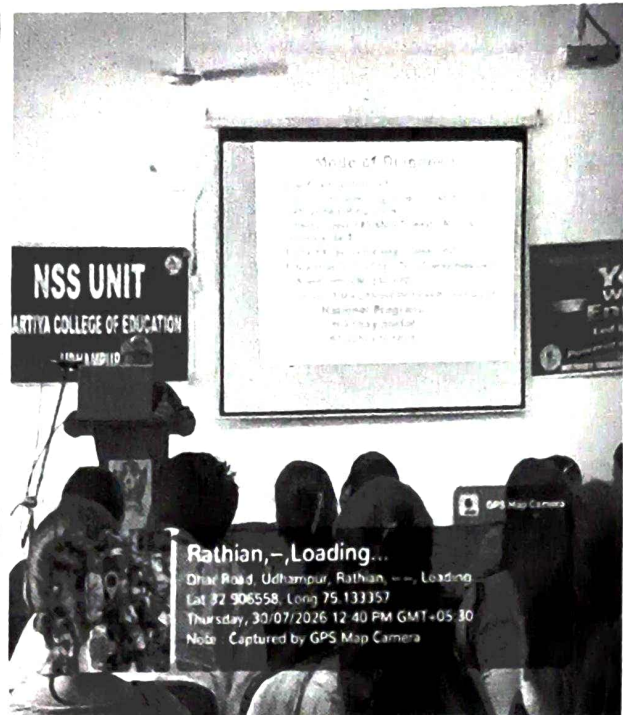
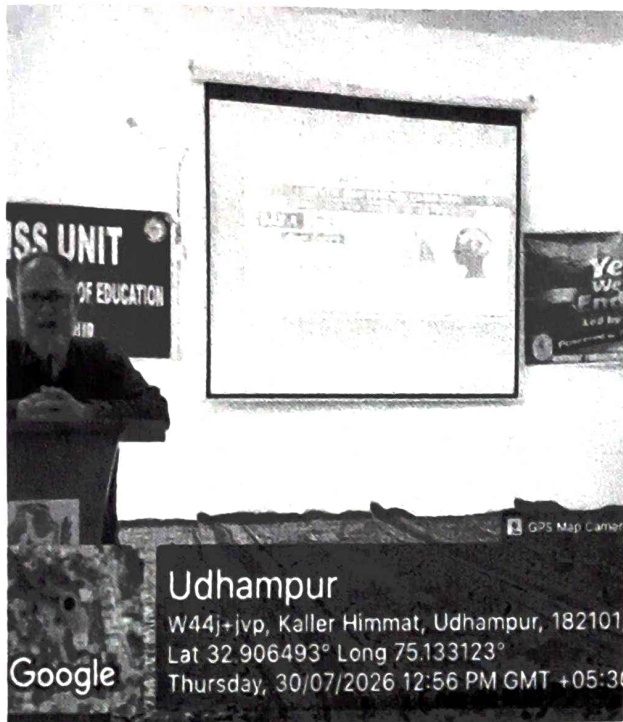
Date: 29 July 2026

The NSS Unit organized a Yoga Camp on the third day of the Seven-Day Summer Camp. The session was conducted under the guidance of Mr. Vikas Sharma, (physical Director BCE) who highlighted the importance of yoga for physical fitness, mental peace, and overall well-being. NSS volunteers actively participated in various yoga postures, breathing exercises, and relaxation practices. The session emphasized discipline, concentration, healthy living, and the importance of maintaining physical and mental wellness. The programme concluded with a message encouraging volunteers to practise yoga regularly and contribute towards a healthy, drug-free, and TB-free youth.

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The fourth day featured an informative guest lecture on tuberculosis and mental health. The session helped volunteers understand key health-awareness messages and encouraged them to promote prevention, timely treatment, stress management, and responsible community action.

Day 4 – Photographic Highlights



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Day 4 – Photographic Highlight 2



Day 4 – Guest Lecture on Tuberculosis and Mental Health

The NSS Wing organized a guest lecture as part of the fourth day of the Special Camp. Dr. Anil Saloch, District Tuberculosis Head, Udhampur, delivered an informative lecture on “Awareness on Tuberculosis and Mental Health.” He explained the causes, symptoms, prevention, and treatment of tuberculosis and highlighted the importance of mental health and stress management. The session motivated NSS volunteers to spread awareness and work towards a drug-free, TB-free, and mentally healthy India. The programme concluded with an interactive discussion and a vote of thanks.

The fifth day encouraged students to communicate health messages creatively through poster making. The activity highlighted the harmful effects of drug abuse and the importance of tuberculosis prevention while promoting awareness through meaningful visual communication.

Day 5 – Photographic Highlights

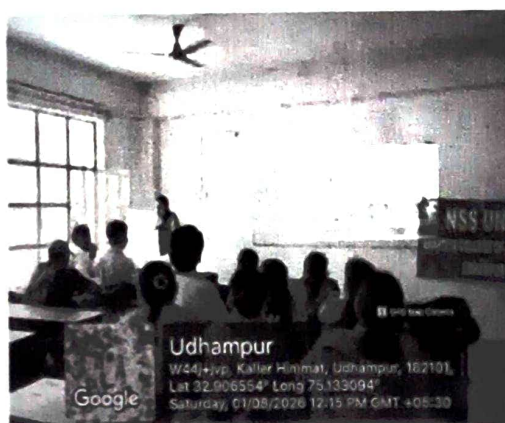
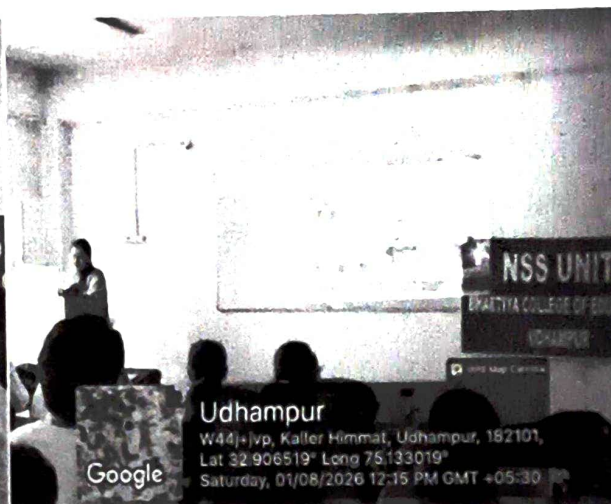
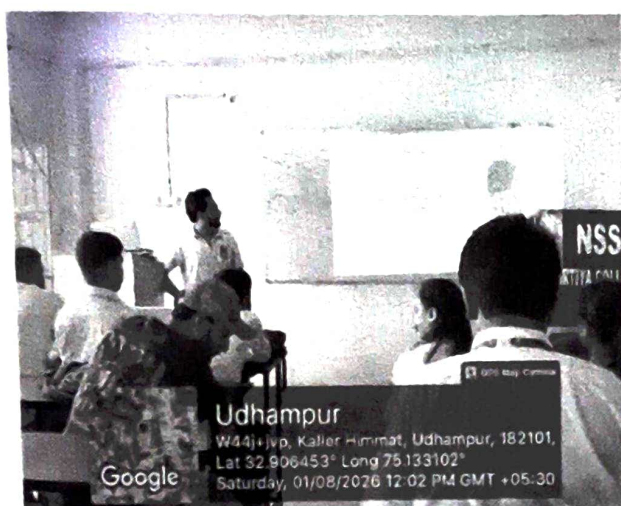
Day 5 – Poster Making Competition

The NSS Wing organized a Poster Making Competition on the fifth day of the Seven-Day Summer NSS Camp. The competition was conducted to create awareness among students about the theme “Drug-Free and Tuberculosis-Free India.” Students participated enthusiastically and showcased their creativity through meaningful posters. The activity helped communicate messages concerning the harmful effects of drugs and the prevention of tuberculosis. The event was informative and creative and successfully promoted the message of a healthier and safer India.

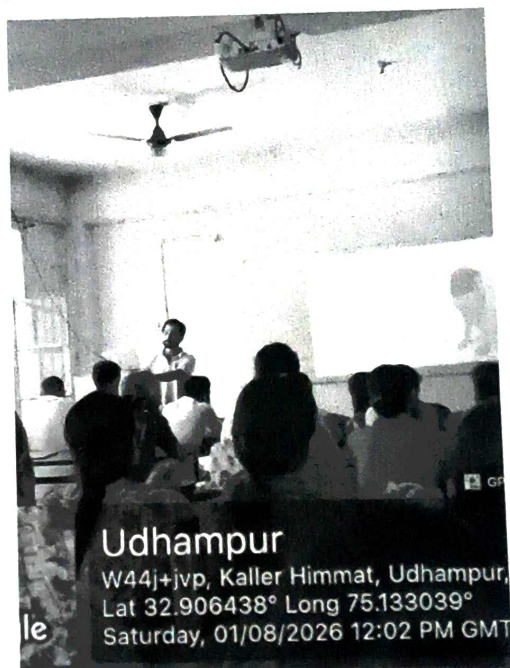
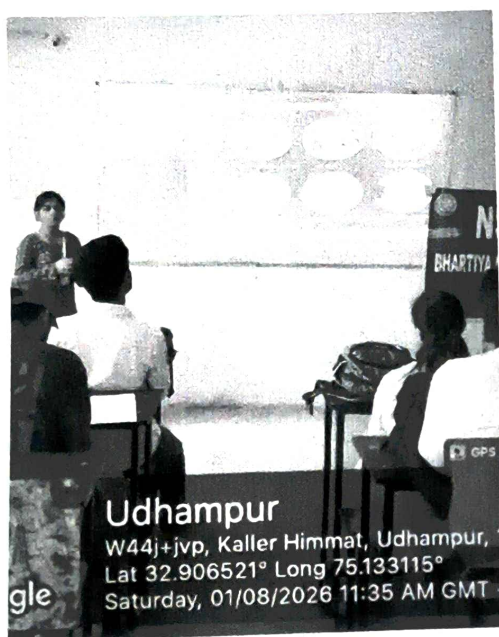
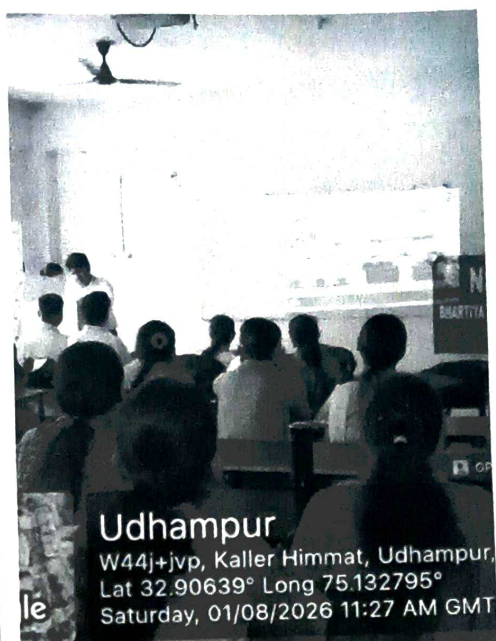
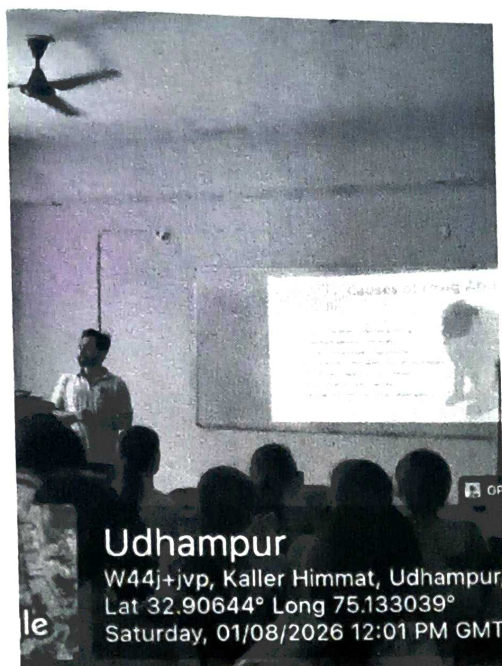
The sixth day focused on informative PowerPoint presentations on drug abuse and tuberculosis. Student presenters highlighted prevention, healthy habits, awareness, and timely treatment, encouraging participants to become effective messengers for a healthier society.

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Day 6 – Photographic Highlights



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Day 6 – PPT Presentation

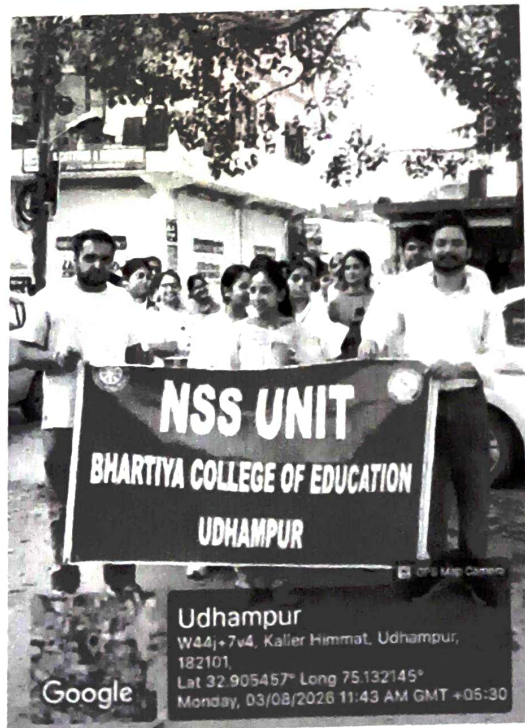
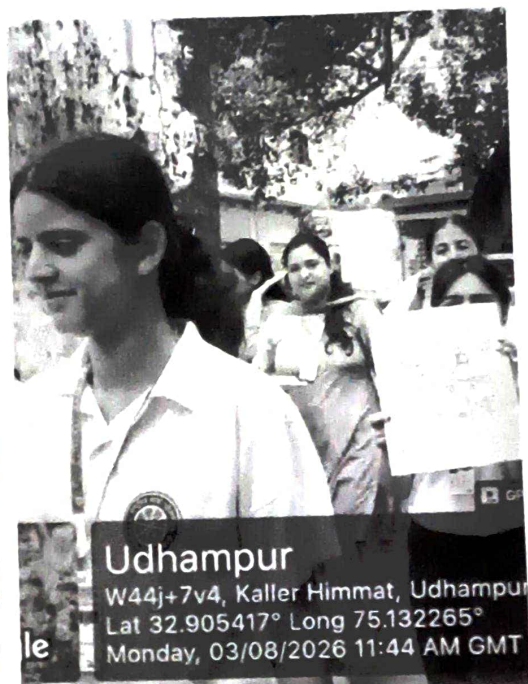
The NSS Wing organized a PowerPoint (PPT) Presentation on “Drug-Free and Tuberculosis-Free India.” Seven students actively participated and presented informative content on the harmful effects of drug abuse and the prevention of tuberculosis. The presentations highlighted the importance of awareness, prevention, healthy habits, and timely treatment. The activity encouraged participants to contribute towards building a healthier and safer society. The presentation was

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informative and engaging and successfully conveyed the message of a drug-free and tuberculosis-free India.

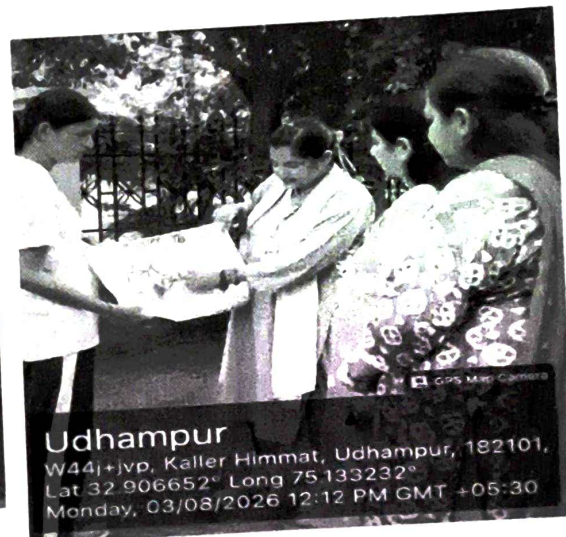
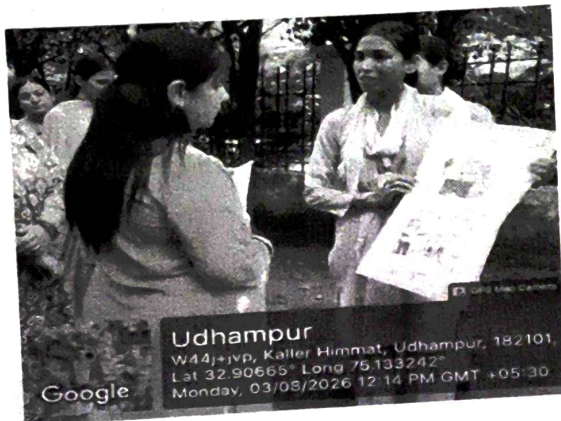
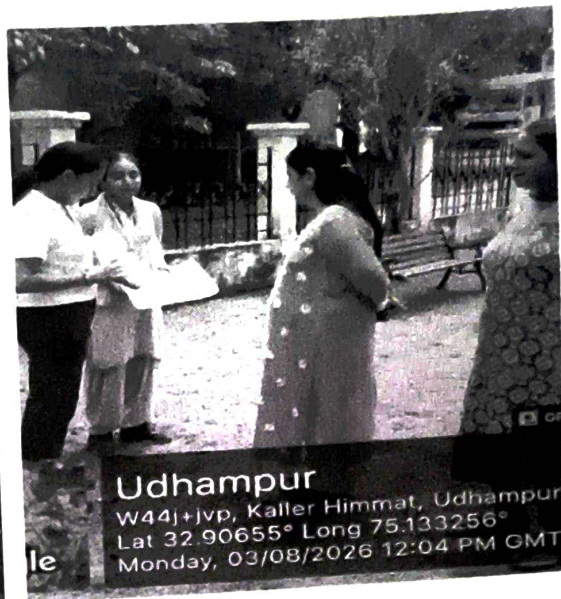
The final day brought the camp's awareness activities into the community through a door-to-door campaign and rally. Students also displayed informative posters and creative work during an exhibition, followed by the valedictory programme marking the successful completion of the camp.

Day 7 – Photographic Highlights



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Day 7 – Photographic Highlight 2



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Day 7 – Photographic Highlight 3



Day 7 – Photographic Highlight 4



Day 7 – Door-to-Door Awareness Campaign, Rally and Valedictory Programme

On the final day of the Seven-Day Summer NSS Camp, NSS volunteers conducted a door-to-door awareness drive to spread awareness regarding drug abuse and tuberculosis prevention. A rally was also organized to communicate the message of a healthy and drug-free society to the community. An exhibition was held in which students displayed informative posters and creative work related to the camp theme. The camp concluded with a valedictory programme marking the successful completion of the seven-day camp, followed by refreshments for the students. The day's activities promoted social awareness and community participation.

5. Major Outcomes of the Camp

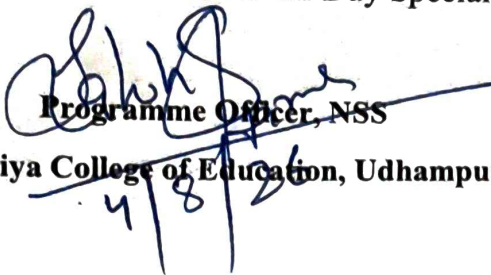
- Enhanced awareness among NSS volunteers regarding drug abuse and tuberculosis.
- Encouraged students to communicate health-awareness messages through essays, posters, presentations, and a rally.
- Promoted physical fitness, discipline, concentration, and mental well-being through yoga.
- Provided an opportunity for interaction with a subject expert on tuberculosis and mental health.
- Strengthened the spirit of community participation through the door-to-door awareness campaign.
- Encouraged youth to take an active role in promoting a healthier, safer, drug-free, and TB-free society.

6. Conclusion

The Seven-Day NSS Special Summer Camp organized by the NSS Wing of Bhartiya College of Education, Udhampur, from 27 July to 03 August 2026 was successfully conducted under the theme "Drug and Tuberculosis (TB) Free Youth." The combination of educational, creative, health-oriented, and community-based activities provided NSS volunteers with meaningful opportunities for participation and social awareness. The camp successfully conveyed the importance of awareness, prevention, healthy living, and community responsibility. The activities conducted throughout the camp reflected the commitment of the NSS Wing towards youth development and social service.

7. Acknowledgement

The NSS Wing places on record its appreciation for the active participation and cooperation of the NSS volunteers, Programme Officer, resource person, students, and all those who contributed to the successful conduct of the Seven-Day Special Summer Camp.


Programme Officer, NSS
Bhartiya College of Education, Udhampur
4/8/26


Principal
Bhartiya College of Education
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Bhartiya College of Education, Udhampur

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PHOTOGRAPHIC HIGHLIGHTS

Selected photographs from the Seven-Day NSS Special Summer Camp

