



# NSS SPECIAL CAMP 2026



Organised by: NSS MSIT, Prakriti MSIT, and UBA MSIT

Venue: Sarvodaya Kanya Vidyalaya-1, Sagarpur, New Delhi | Duration: 22nd - 30th January 2026 | Beneficiaries: Classes 6th-12th

## Overview of the Camp

The NSS Special Camp 2026, organised under the aegis of NSS MSIT and Prakriti MSIT in association with UBA MSIT, was conducted at Sarvodaya Kanya Vidyalaya-1, Sagarpur, New Delhi, from 22nd to 30th January 2026. The six-day camp was meticulously designed to engage students beyond conventional academics, fostering holistic development through interactive sessions on mental health awareness, physical wellness, technological awareness, self-defence training, career guidance, and health sanitation. The camp aimed to create a safe, inclusive environment where young learners could explore critical life skills beyond textbooks.

## Day-wise Summary of Activities

| Day | Date     | Theme                   | Key Highlights  |
|-----|----------|-------------------------|---|
| 1   | 22.01.26 | Mental Health Awareness | Interactive circle activities, pair-sharing exercises, emotional expression workshops by Vriddhi Centre for Mental Health                                 |
| 2   | 23.01.26 | Yoga & Mindfulness      | Pranayam, meditation, dynamic stretching, cognitive enhancement techniques by Ms. Neha Taneja (a certified yoga expert)                                   |
| 3   | 27.01.26 | AI Workshop             | AI/ML concepts, ChatGPT, Gamma AI tools, real-life applications, hands-on demos   |
| 4   | 28.01.26 | Self-Defence Training   | Practical self-defence techniques, scenario-based demonstrations, confidence-building by Mr. Madhu Kumar Sahani from Lion Institute of Martial Art (LIMA) |
| 5   | 29.01.26 | Career Counselling      | One-on-one counselling sessions, skill assessment, goal-setting for Classes 10-12   |
| 6   | 30.01.26 | Sanitation & First Aid  | Menstrual hygiene awareness, personal cleanliness, CPR training, emergency response   |

## Impact & Outcomes

The camp successfully achieved its primary objective of creating a safe, inclusive, and engaging environment where students could explore critical life skills beyond textbooks. The interactive methodology employed across all sessions ensured active participation, with students demonstrating marked improvement in confidence, self-expression, and practical knowledge.

- **Mental Health:** Students developed emotional literacy and peer support mechanisms through interactive circle activities and pair-sharing exercises.
- **Physical Wellness:** Introduction to sustainable yoga practices including pranayam and meditation for academic focus and stress management.
- **Digital Literacy:** Demystified AI technology through hands-on demonstrations with ChatGPT and Gamma AI, promoting responsible usage among young learners.
- **Safety & Empowerment:** Equipped students with essential self-defence skills and situational awareness through practical techniques and scenario-based demonstrations.
- **Career Clarity:** Bridged the gap between academic choices and professional aspirations through personalised one-on-one counselling sessions.
- **Health Awareness:** Broke taboos around menstrual hygiene and imparted life-saving first aid skills including CPR training and emergency response protocols.

The synergy between NSS volunteers and students was particularly noteworthy, with the one-on-one interaction model proving highly effective in addressing individual concerns and building lasting rapport.

## Conclusion

The NSS Special Camp 2026 stands as a testament to the commitment of NSS MSIT, and Prakriti MSIT towards community service and youth empowerment. By addressing contemporary challenges-mental health stigma, technological disruption, gender safety, career uncertainty, and health awareness-the camp provided a comprehensive developmental experience to over 200+ students.

The overwhelming positive feedback from participants and school authorities alike underscores the relevance and necessity of such initiatives in government schools. The camp not only disseminated valuable knowledge but also instilled a sense of social responsibility, resilience, and self-belief among the young beneficiaries.

We extend our heartfelt gratitude to the Principal and staff of Sarvodaya Kanya Vidyalaya-1 for their unwavering support, and to all NSS volunteers whose dedication made this endeavour possible. We remain committed to continuing such impactful programmes that align with the vision of "Not Me, But You"-the core motto of the National Service Scheme.

