



கலைஞர்  
**100**  
1924 - 2023



BHARATHIAR UNIVERSITY, COIMBATORE  
05<sup>th</sup> - 11<sup>th</sup> March 2024

**GOVERNMENT OF TAMIL NADU**  
**Youth Welfare and Sports Development Department**  
**TAMIL NADU STATE NSS CELL, CHENNAI**  
**NATIONAL SERVICE SCHEME**  
**BHARATHIAR UNIVERSITY,**  
**Coimbatore, Tamil Nadu**

*Jointly Organise*

**NATIONAL INTEGRATION CAMP - 2024**



.....  
Date : 05<sup>th</sup> - 11<sup>th</sup> March 2024

Venue : Bharathiar University  
Coimbatore  
.....



*Not me but you*

*All are welcome*



# REPORT

of

## NATIONAL INTEGRATION CAMP 2024

~05<sup>th</sup> to 11<sup>th</sup> March 2024~

### VENUE:

**BHARATHIAR UNIVERSITY,  
COIMBATORE, TAMIL NADU**

### Submitted by:



**Mr. Jyotirmoy Das**

Active NSS Volunteer, NSS Unit, Darrang College, Tezpur

Gauhati University NSS Contingent, Assam

# ACKNOWLEDGEMENT

I would like to express my special thanks of gratitude to Gauhati University NSS Contingent, Dr. Palashmoni Saikia, Principal, Darrang College, Manash Patgiri & Satyadip Gowala, Programme Officers, NSS Unit, Darrang College, Tezpur as well as who gave me the golden opportunity to attend the NIC, 2024 held at Bharathiar University, Coimbatore, Tamil Nadu under Tamil Nadu State NSS Cell, which also helped me to gained a lot of new experiences and I came to know about so many new things . I am really thankful to them.

Secondly, I would like to thank Mr. Mainul Hoque Akanda, Programme Officer of Khagarijan College, Nagaon & our guide whose eternal guidance helped me a lot to complete this camp journey successfully from beginning till end.

At last not the least , I would also like to thank the Chief Patrons, Camp-Director, Camp-Coordinator & The Organising Committee of NIC, 2024 who not only planned and organised this Camp, but also executed everything with so much of passion and zeal.

~ JYOTIRMOY DAS

NSS VOLUNTEER, ASSAM



**NIC, 2024**

**05<sup>th</sup> to 11<sup>th</sup> March 2024**



The Seven Day National Integration Camp, 2024 was held at Bharathiar University, Coimbatore from 05-11 March 2024. More than 100 volunteers registered for this camp with full cooperation, zeal and participated enthusiastically in the camp under the able supervision of Dr. R. Annadurai, NSS Camp Co-ordinator along with the guidance of Dr. M. Senthilkumar, Camp Director, State NSS Officer, Tamil Nadu NSS Cell, Chennai.

The Main objective of the camp was to evolve the volunteers as a human and as an agent of social change. Its thrust was on various activities and lectures that help the volunteers to work for the community, in the community and with the community. Multifarious Interactive Academic Sessions, FIT India Activities, Demonstrations and Lectures along with Cultural Evening were held in order to educate the volunteers about certain Social, Physical, Psychological and Political phenomenon. Each day began with Prayer, Physical Exercises, various Interactive sessions & Guest lectures.

## Seven Day National Integration Camp, 2024

National Integration Camp forms and integral part of National Service Scheme. It has a special appeal to the adolescents & youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community and install the spirit of National Integration through various camp activities.

### ❖ The Primary objectives of the NIC programs are:

- ❑ Making Education more relevant to the present situation, to meet the felt needs of the communities and supplement the education of University/College/School Students by bringing them face to face with the prevailing situation of the community.
- ❑ These camps help to reduce the differences in Religion, Region, Race, and Culture among the youths of the country & also increase the feeling of Brotherhood among all.
- ❑ To perform community work like Mass literacy, Anti-drug, Anti-AIDS, Pulse-polio, Health awareness and Environmental campaigns and such other activities as do not require any expenditure other than allowed within the programme.
- ❑ Building potential Youth leaders by exploring the latent potential among the Campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
- ❑ Emphasizing the Dignity of labour and self-help and the need for combining physical work with intellectual pursuits, and encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

## **~DAILY CAMP SCHEDULE~**

<b>05.00 AM</b>	<b>WAKE UP</b>
<b>05.00 AM - 06.00 AM</b>	<b>PERSONAL TIME</b>
<b>06.00 AM - 07.00 AM</b>	<b>PRAYER</b>
<b>07.00 AM - 08.30 AM</b>	<b>PHYSICAL EXERCISE YOGA/AEROBICS/ZUMBA</b>
<b>08.30 AM - 09.30 AM</b>	<b>PERSONAL TIME</b>
<b>09.30 AM - 10.00 AM</b>	<b>BREAKFAST</b>
<b>10.00 AM - 11.30 AM</b>	<b>SESSION 1 (ACADEMIC/ACTIVITIES)</b>
<b>11.30 AM - 01.00 PM</b>	<b>SESSION 2 (ACADEMIC/ACTIVITIES)</b>
<b>01.00 PM - 01.15 PM</b>	<b>TEA BREAK</b>
<b>01.15 PM - 02.30 PM</b>	<b>SESSION 3 (GROUP DYNAMICS/ACTIVITIES)</b>
<b>02.30 PM - 03.30 PM</b>	<b>LUNCH</b>
<b>03.30 PM - 04.00 PM</b>	<b>TEA BREAK</b>
<b>04.00 PM - 05.30 PM</b>	<b>FIT INDIA ACTIVITIES</b>
<b>05.30 PM - 06.30 PM</b>	<b>PREPARATIONS FOR CULTURAL PROGRAMS</b>
<b>07.00 PM - 08.30 PM</b>	<b>CULTURAL PROGRAMS</b>
<b>08.30 PM - 09.00 PM</b>	<b>DINNER</b>
<b>09.00 PM - 09.30 PM</b>	<b>GROUP MEETINGS</b>
<b>09.30 PM</b>	<b>PERSONAL TIME</b>

## Day 1 – 05 March 2024

### Registration & Inauguration Ceremony

The Government of Tamil Nadu, Ministry of Youth Welfare and Sports, Tamil Nadu State NSS Cell in collaboration with Bharathiar University, Coimbatore, Tamil Nadu organised a National Integration Camp from 05.03.2024 to 11.03.2024. The Organising Committee managed the camp of NSS volunteers of 10 States in around 100 numbers including PO's.

NSS Volunteers of Assam, Delhi, Kolkata, Kerala, Karnataka, Maharashtra, Odisha, Rajasthan, Telangana & Tamil Nadu under the guidance of respective Program Officers participated in the said camp.

On 05<sup>th</sup> of March 2024, Registration of the volunteers and Pos was done on arrival basis and Identity Cards were provided to them. After Registration process, the committee allotted



different rooms to all the states in the University Residential Campus itself. Girls volunteers of each state stayed at HRDC Guest House and Boys volunteers were given various hostels & Guest houses. The Inauguration events were conducted in the afternoon at Dr. Usha Kirtilal Mehta Convention Centre, Bharathiar University, Coimbatore.

The NSS Camp-coordinator, Dr.R.Annadurai in his welcome address thanked all the Program Officers and volunteers of 10 states to arrive at the camp. He said that National Integration is the bond and togetherness between people irrespective of their caste, creed, religion or gender. It is the feeling of oneness, brotherhood and social unity within communities and society in a country.

Thereafter, FIT India Activities were conducted by the camp followed by Cultural Events by the volunteers representing their respective states and their major culture.

## Day 2 – 06 March 2024

The Second day started with Prayer at 6.00 am in the morning in front of HRDC. Followed by various physical exercises done in the University Residential campus. These exercises were done by individually or in group of two, it was full of fun & enjoyment. After that breakfast was done by all the volunteers and respected Pos and move towards the Academic Sessions held at Thandai Periyar Auditorium, Bharathiar University, Coimbatore.

First Academic Session was started at around 10.00 am by Dr. P. Manju Pushpa



from Bharathiar University with full enthusiasm. She told us and provide tips about “Health”, what is it, how one can become healthy, how to live a healthy life etc. This session was literally fantastic and knowledgeable also. In the same way, Second & Third sessions were also addressed by Dr. T. Amudha & Dr. N Uma Devi of Bharathiar University.

Tea Break is also there between second and third session where we were provided Juice by the camp, it was really too tasty. The Contingent Leaders delivered the vote of thanks to them for spending their crucial time for the camp.

After that, the First day Academic sessions ended successfully and all moved towards the Lunch at University Residential Campus. The FIT India Activities were also conducted in the evening time, the 4 each teams of Boys & Girls volunteers were divided to play different games in an energetic way. Evening snacks were provided along with tea or coffee thereafter. From sharp 7.00 pm the cultural programs were performed by various states to represent their culture and tradition in the University Auditorium itself. The NSS volunteers along with Pos welcomed the Chief Guest and dignitaries for that Cultural evening and they were honoured by Camp Director & Coordinator with their tradition. Lastly, Dinner & Group Meetings by NSS volunteers along with their respective PO & Lights off.



## Day 3 – 07 March 2024

The Third day of the NIC started with Prayer at 06.00 am followed by a spiritual morning session of “YOGA” under the guidance of a yoga trainer and Associate Professor of Physical Education, Bharathiar University, Dr. V Vallimurugan. Then breakfast at 09.00 am. After breakfast, all the volunteers and respected Pos move towards the Academic Sessions of third day held at Thandai Periyar Auditorium, Bharathiar University, Coimbatore.

First Academic session was started at 10.30 am in the morning in which Dr. P Nagaraj, Professor & Head, Department of English, Bharathiar University addressed the NIC volunteers and provide guidance to them. Followed by Second & Third sessions were addressed by Associate Professor of Physical Education, Bharathiar University, Dr. V Vallimurugan about yogic practices in day-to-day life for a healthy living and also importance of yoga in daily life. He also demonstrated few Asanas & Pranayama which we should perform daily. Next to him by Dr.P Premasudha, Assistant Professor in Nano Science & Technology, Bharathiar University addressed the volunteers about the topic importance of Nano science & how it impact the today’s world. At last, the Contingent Leaders of Delhi & Tamil Nadu delivered the vote of thanks to all invited professors for sharing knowledge to the volunteers of the NIC.



The Second day Academic sessions ended successfully and all moved towards the Lunch at HRDC. The FIT India Activities were also conducted in the evening time same as the first day. Evening snacks were provided along with tea/coffee thereafter. From sharp 7.00 pm the cultural programs were performed by various states or displayed the artistic expression to represent their culture in the University Auditorium itself. Team Assam performed “Tiwa Dance” on that day to represent our Culture. The NSS volunteers along with Pos welcomed the second day’s Chief Guest to attend the Cultural evening and guest was honoured by Camp Director & Coordinator with their tradition. Lastly, Dinner & Group Meetings by NSS volunteers along with their respective PO & Lights off.

## Day 4 – 08 March 2024

### Women's Day Celebration

The Fourth day of the camp started with Prayer at 06.00 am as usual followed by a special morning session of “AEROBICS” conducted by Associate Professor of Physical Education, Bharathiar University, Dr. P Anbalagan. Then breakfast at 09.00 am. After breakfast, all the volunteers and Pos move towards the Academic Sessions of fourth day held at Thandai Periyar Auditorium, Bharathiar University, Coimbatore.

The First Academic session was addressed by Dr. P Anbalagan, Associate Professor of Physical Education, Bharathiar University. He provided the knowledge of Aerobics, its importance to all the NIC volunteers. Secondly, Dr. A Manimekalan, Professor of Bharathiar University addressed the second session for the volunteers about the topic on Environmental Sciences. The Contingent Leaders from West Bengal & M K University delivered the vote of thanks.

Thereafter, Lunch Break at 2.00 pm. After Lunch, the Sports & Games session was conducted in the Indoor Stadium of the University, where all the NIC volunteers actively participated. Now it was the time for Cultural Evening, all the states prepared their cultural performances which was scheduled at sharp 7.00 pm. The NSS volunteers along with Pos welcomed the fourth day's Chief Guest. Team Assam performed “Karbi & Bihu Dance” successfully which was liked by everyone in the camp. One more special on that day the “International Women's Day”, so the day was celebrated with full enthusiasm & joy by all the volunteers,



Pos and organising committee members. Cake cutting ceremony was done by Chief guest, female volunteers along with female contingent leaders from various states. All girl volunteers were provided a small gift from the camp. The cultural evening ended successfully & volunteers moved towards Dinner & Group Meetings with their respective PO & Lights off.

## Day 5 – 09 March 2024

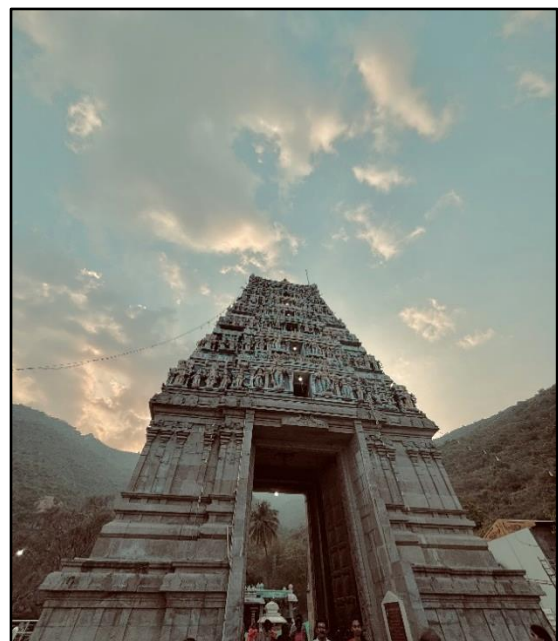
### **\*Visit to Marudhamalai Murugan Temple, Coimbatore\***

The Fifth day of the camp started with Morning prayer at 06.00 am followed by an Energetic session of “ZUMBA”. It was literally one of the best session of 45 minutes in the whole NIC. It is an interval workout that involves cardio and Latin-inspired dance. Non-stop dancing for more than half an hour is full of entertainment & joy. After such an dynamic session, the volunteers moved towards the breakfast along with POs.

On that day, only one Academic session was addressed by the Camp Coordinator, Dr. R Annadurai, Department of Physical Education, Bharathiar University. He shared his experience to the volunteers & also shared tips to maintain a good health and well-being, the habits that should be maintained regularly etc. After the session, volunteers moved towards the lunch and on that day no other sessions took place because the camp organised a trip to Murugan Temple, Coimbatore.

After lunch break, at around 4.00 pm in the evening, the NIC volunteers and Pos from various states were ready to visit “*Marudhamalai Subramaniya Swamy Temple, Coimbatore, Tamil Nadu*” where the volunteers also made a cleanliness drive of the surroundings. The camp managed 5 University buses for transportation. The distance was around 5 kms from the Bharathiar University to Murugan Temple. The way to the temple is so beautiful & situated in the hill top of Coimbatore approximately took 60 st+

eps or 500 ft to reach the temple from ground level. It was little bit inconvenient but remarkable too. Lord Subramanya idol inside the sanctum sanctorium is magnificent. There were also smaller temples around. The volunteers clicked photos there and gained too much of new experiences. The volunteers returned back from the temple & reached university premises at around 7.00 pm. After all the trip for the day ended successfully. Lastly, Dinner was done & Lights off.



## Day 6 – 10 March 2024

### **\*Visit to Velliangiri Hills, Dhyanalinga Temple & Adiyogi\***

The Sixth day schedule started with Morning Prayer at 06.00 am by Maharashtra & Odisha State followed by a Marathon named as “*Walkathon 2024*” jointly organised by Bharathiar University, Lifestyle Fitness Studio, Kaappi 2.0, Rithani, PSR Homes and other sponsors with a themed to walk for life & stride against cancer 2024. Many of the NSS volunteers, Pos along with school students participated in the same. Organisers provided T-Shirts in the beginning and Medals at the end to each volunteers for completion of walk. This was one of the new experience gained.



At 09.00 am, volunteers took the breakfast and also collected the NIC T-Shirts from the Registration Counter at HRDC. There was no other session on that day as second day tour was also organised by the camp to Isha Foundation. Same as the previous day, buses were arranged by the camp and started 25 kms journey from university campus. Firstly, volunteers visited “*Velliangiri Andavar Temple*” situated in the Velliangiri hills of Coimbatore & then moved towards the lunch. After the lunch, bus restarts the journey and visited “*Isha Foundation, Dhyanalinga Temple*” where half an hour yogic and meditative session conducted. All NIC volunteers took blessings from Lord Shiva and moved on to next “*Adiyogi*” at around 7.00 pm in the evening where the volunteers witnessed 45 minutes Laser light show. This was literally one of the best & incredible. Then, volunteers returned back to University at 8.00 pm. Another important part of the camp was organised that “Camp Fire Night” inaugurated by Camp Coordinator, Dr. R Annadurai, where volunteers along with Pos enjoyed a lot by singing & dancing with joy. Such a hectic schedule was on that day. Lastly, Dinner was taken by NSS volunteers along with their respective PO & Lights off. All the Six-days programs ended successfully.



**Day 7 – 11 March 2024**

**Valedictory Session**

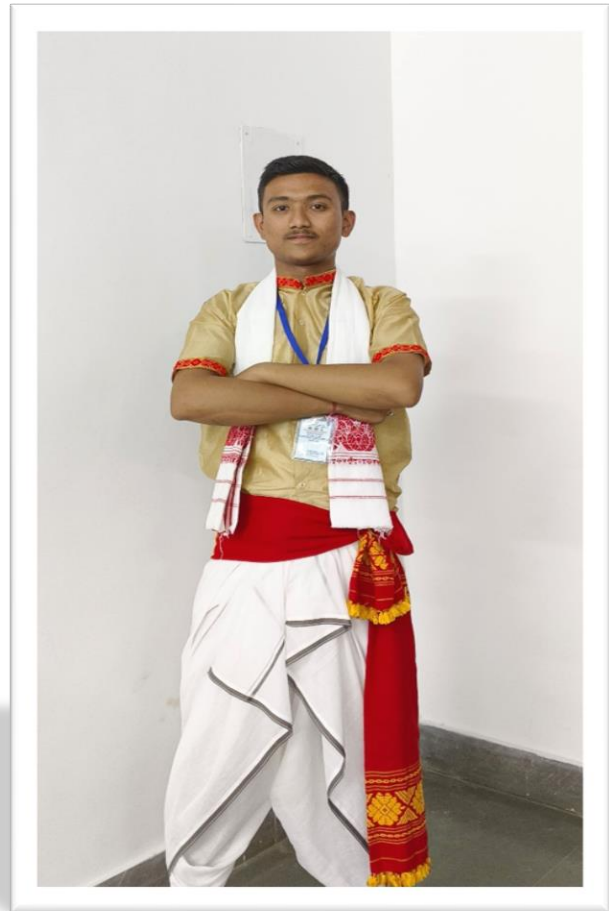


The last day of camp was for Valedictory session which started with morning prayer at 6.00 am. All POs and Organising committee members were gifted with Shirts & Dhotis for male POs and Sarees for female leaders by the camp. Then all NSS volunteers and Contingent Leaders visited the Bharathiar University NSS Office and University Gym. An interactive session was also done by Camp Director & Coordinator with the volunteers & had a photo session together. Tree Plantation was also done by all the members of the camp. After that, all volunteers done their breakfast and get ready for the valedictory session held at Dr. Usha Kirtilal Mehta Convention Centre, Bharathiar University, Coimbatore. All volunteers wore traditional dress of Tamil Nadu. Chief guest was welcomed for the session, he greeted and congratulate all the volunteers for successfully completing the NIC. Camp Director & Coordinator also given a speech & said that “National Integration Camp are being organised in India for a long time. The objective of these camps is to build a unity and peace with spiritual harmony between different states & cultures of India. So congratulations and best wishes to all and have a bright future ahead”.

The POs and NSS volunteers also shared their experience and applauded the host University, Bharathiar University, Coimbatore, Tamil Nadu for the superb hospitality and merit of sessions and events. The participation certificates were also distributed & photo session was done. They also distributed a small gift to all the volunteers. After the lunch, all the states get ready for their departure. Such a beautiful, memorable & wonderful journey of NIC 2024 ever witnessed.

# \* PHOTO GALLERY \*

Of  
NIC, 2024



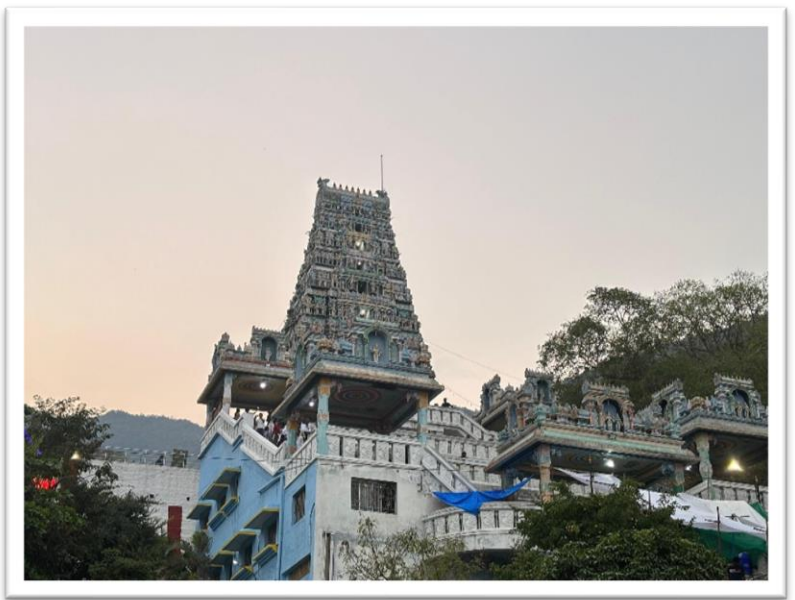
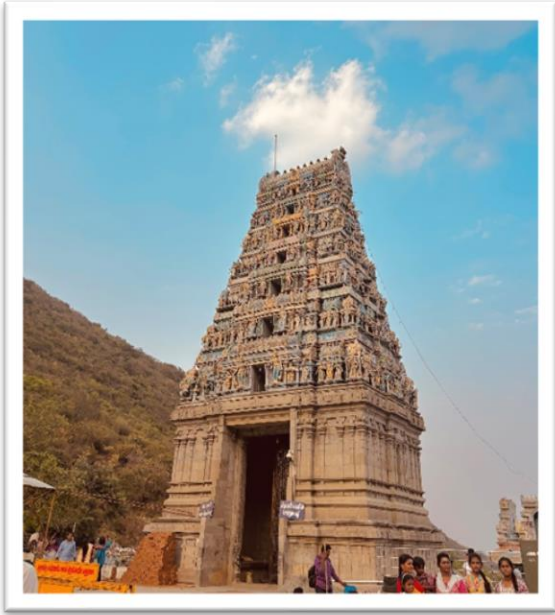




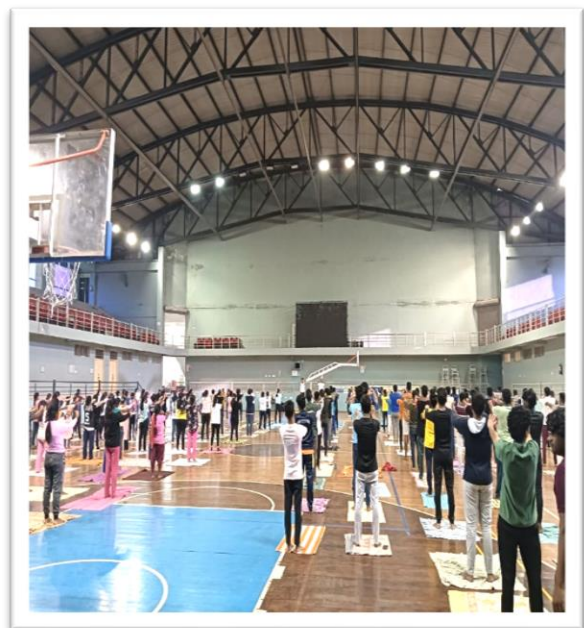
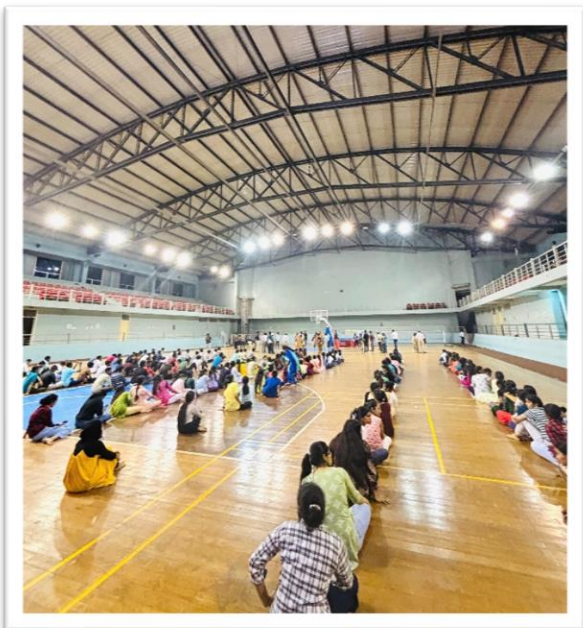
















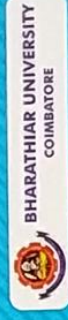


# \*FOOD ITEMS AT ITS BEST\*

சிறந்த உணவுப் பொருட்கள்







Government of Tamil Nadu  
Youth Welfare and Sports Development Department  
Tamil Nadu State NSS Cell, Chennai



**NATIONAL SERVICE SCHEME**  
**BHARATHIAR UNIVERSITY, COIMBATORE, TAMIL NADU**  
**தேசிய சேவாபிணைப்புத் திட்டம்**  
**NATIONAL INTEGRATION CAMP**

**Certificate**

This is to certify that Mr/Ms/ Dr..... *Jyothirmay Das, Darjeeling College*.....  
National Service Scheme Volunteer / Programme officer of..... *Gauhati University, Assam*.....  
State has successfully participated in the **National Integration Camp - 2024** held at Bharathiar University, Coimbatore,  
Tamil Nadu from 05<sup>th</sup> to 11<sup>th</sup> March 2024 organized by Tamil Nadu State NSS Cell, Chennai in association with  
NSS Cell of Bharathiar University, Coimbatore, Tamil Nadu.

*Dr. R. Annadurai*  
**Dr. R. Annadurai**  
Camp Co-ordinator  
NSS Programme Co-ordinator i/c  
Bharathiar University, Coimbatore

*Dr. M. Senthilkumar*  
**Dr. M. Senthilkumar**  
Camp Director  
State NSS Officer,  
Tamilnadu NSS Cell, Chennai

*Prof. Dr. Rupa Gunaseelan*  
**Prof. Dr. Rupa Gunaseelan**  
Registrar i/c  
Bharathiar University,  
Coimbatore



**“NOT ME  
BUT YOU”**

