

## Report on Civil Defence training Camp 2025.

The NSS Wing and Red Cross committee in collaboration with the Deputy Civil Defence Jammu organized a week long civil Defense Jammu from 17<sup>th</sup> to 22<sup>nd</sup> Feb, 2025 in the college campus under the patronage of Dr. Shallu Samyal, Principal of the college. The aim of this camp is to create awareness among NSS Volunteers about learning life-saving skills. The camp was guided by the team of Deputy Controller Anita Pawar, Chief Warden Paramjeet Kumar, and Deputy Chief Warden R.V. Mangotra

### 1. First Day- 17<sup>th</sup> Feb.

The first Day dedicated to inaugural ceremony. During the ceremony NSS Volunteers sang NSS Song and the resource persons sensitized the students about the important of civil defence training and its relevance in today's world.



### 2. Second Day- 18<sup>th</sup> Feb.

On this day NSS volunteers' learned about CPR and how to administer it. Next, they taught to provide first Aid for amputation. Along with theory the trainers demonstrated each technique for providing first aid to those affected.



3. Third Day- 19<sup>th</sup> Feb.

The third day the training was imparted on first aid and procedures for snake bite and choking.



4. Fourth Day- 20<sup>th</sup> Feb.

This day focused on techniques for lifting and shifting accident victims.



5. Fifth Day- 21<sup>st</sup> Feb.

The fifth day covered fire safety with particular emphasis on controlling LPG related fires, followed by practical demonstration of each skill.



6. Sixth Day- 22<sup>nd</sup> Feb.

On the final day, a field visit was conducted to the Manda Wildlife Sanctuary in Amphalla where volunteers enthusiastically participated in a trek. With this weeklong camp came to an end.



