

Government College, Karsog

District Mandi (HP)-175011

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6.10. Teacher Academic and Extension Activities:

Resource Person: 2

Report on Awareness Session as Resource Person

7-Day NSS Camp, Govt. College Anni, Haripur

Date: 9th February 2025

On 9th February 2025, I had the privilege of serving as a Resource Person during the 7-Day NSS Camp organized by Govt. College Anni at Haripur. The session was conducted on the topic **“Internet Addiction: Impact on Human Life – The Dark Side of Connectivity: Cybercrimes, Gambling Fraud, and the Internet's Impact on Human Life.”**

The session aimed to create awareness among NSS volunteers about the growing challenges associated with excessive internet use and digital misuse. The discussion highlighted how internet addiction affects mental health, academic performance, physical well-being, and interpersonal relationships. Emphasis was laid on recognizing early signs of digital dependency and maintaining a healthy balance between virtual and real life. Special attention was given to the increasing cases of cybercrimes, including online fraud, phishing, identity theft, cyberbullying, and social media hacking. Students were sensitized about the importance of protecting personal information, avoiding suspicious links, and being cautious while sharing financial details online.

The issue of online gambling and betting apps was also addressed, focusing on their psychological impact, financial risks, and long-term consequences on youth and families. Practical suggestions for digital safety and responsible online behavior were shared. The interactive session concluded with a call to NSS volunteers to act as digital awareness ambassadors in their communities, promoting safe and responsible internet usage.

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The programme was well-received, and active participation from the volunteers reflected their concern and interest in the topic. The session contributed meaningfully to the objectives of the NSS camp in fostering social responsibility and awareness among youth.



Dr. Lomeshwar

Assistant Professor Botany

Govt. College Karsog

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Report on Awareness Session as Resource Person

(November 16, 2024)

Dr. Kulbhushan Sharma participated as the Resource Person at the NSS Camp organized at Government Senior Secondary School, Kao, Karsog, where he delivered a talk on the topic **“The Importance of National Service Scheme (NSS)”**.

During his address, Dr. Sharma emphasized the true spirit of NSS, based on the motto *“Not Me, But You,”* highlighting the importance of selfless service and dedication towards society. He explained how NSS helps in the overall personality development of students by nurturing leadership qualities, discipline, teamwork, and social responsibility. He also encouraged volunteers to actively engage in community service activities such as cleanliness campaigns, environmental conservation, health awareness programs, and rural upliftment initiatives.

Dr. Sharma motivated the students to become socially responsible citizens and contribute meaningfully towards nation-building. His inspiring and interactive session left a positive impact on the NSS volunteers and encouraged them to serve society with commitment and enthusiasm. The program concluded with heartfelt appreciation for his valuable guidance and enlightening address.

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Dr. Kulbhusan Sharma

Assistant Professor (English)