

## Magic of service

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### Abstract

Don't let the expectations and opinions of other people affect your decisions. Do what matters most to you; do what makes you feel alive and happy. Just like I did. Wear the white coat with dignity and pride. It is an honor to get to serve the public as a physician. And in that context, to be a NSS volunteer was privilege and I learned a lot from that opportunity. Some things cannot be taught; they must be experienced. You never learn the most valuable lessons in life until you go through your own journey. Hence, experience the feeling of joy by serving.

Just like many of you reading this article I too was forced by my friends to enroll for National Services Scheme (NSS) so that we could have breather of a time, a mini picnic while bunking our routine college. Intelligently enough our teachers bribed our young minds with promise of a four day long special camp apart from the numerous regular activities to be conducted under NSS.

I am an alumni of this NKPSIMS institute of 2011 batch. 2012 to 2014 were the unforgettable years of my life when I got introduced to NSS. As a NSS volunteers we were supposed to make action plan of programs, do arrangement of the materials required, gather people. Importantly we use to work in groups for undertaking programs such as Tree plantation activities, Cleanliness drives as well as health awareness drives. We have also conducted blood donation camps, health checkup camps, school surveys, different campaigns and health awareness weeks in adopted areas of our Institute. Celebrating different Health day programs emphasizes the importance of good practices to keep our health in a good manner. Visiting community for surveys and interacting with society used to be fun. According to me, NSS is a kind of Values-based Education which creates a strong learning environment that enhances academic attainment, and develops students' social and relationship skills that last throughout their lives. It provides social capacity to students, equipping them with social and relationship skills, intelligences and attitudes to succeed.

NSS has developed various skills in me. Cleaning our surrounding environment cleansed my soul, acting in skits taught me act wisely in life, planting trees and seeing them grow made me more cheerful, health educating the people taught me about my responsibilities. Working in groups made me a team player. Struggling for those small awards taught me patience. It taught me to be disciplined and organized with the objectives we set for ourselves and our goals. By roaming in the community, meeting people we got to know new interesting things and cleared my basic concepts. This was all because of NSS. And everything was possible and enjoyable just because we were getting proper guidance from our professors. I have learned a lot from them. Whenever we were wrong they corrected us. They used to be very friendly with us. We used to have competitions. No matter whether we win the competition or not, but they used to tell us participation is very important. It was from those days I

realized the importance of wonders that teamwork would achieve. I proudly feel that I cherished every moment of my college life.

Now when I look back different camps on Community Development Program which included many activities were the real life changing things especially for my Post graduation life. After which my view seeing towards the society and serving the society totally changed. As I realized that, the situations faced by the community are the root cause of the poor development and many other problems which as a doctor I should be aware of. My fear lost against the leadership quality hidden inside me. Apart from studies, engaging myself in such activities helped in developing my confidence and administrative qualities. I developed much needed leadership qualities and social tactics which is giving me confidence in my day to day life. Professional years of MBBS had its own challenges but NSS brought new exciting life giving real touch of society to our curriculum and education. Now I feel really proud after passing my MBBS with a tag of NSS volunteer. The students and NSS volunteers are young Indians and they represent the most dynamic and vibrant section of the Society. While a lot of good work is being done under NSS, there is potential to do much more. With the help of young generation like us number of path-breaking initiatives should have been taken in every institute. In fact, I would recommend that NSS should be made mandatory and should be integrated as part of the curriculum in every school and institutions.

I understood, just the sense of serving society can bring best out of you. It amuses me when I think back how such small activities could bring such a mammoth change in my life. I am sure that NSS would definitely play important role in shaping young minds of would be Doctors in future too.