

Guidelines for nomination of NSS volunteers
regarding selection for Pre-R.D.Camp

1. College/Institution can nominate **only two NSS volunteers** (one male and one female). No nomination will be accepted two male or two female in the absence of vice-versa.
2. NSS volunteer should have completed one year of volunteership.
3. Nomination should be only from **graduate degree level** preferably ^{2nd} year or in exception case 3^d year student.
4. Post Graduate/+2 Level volunteers **should not** be nominated.
5. TA/DA may be re-imbursed to NSS volunteer from college/instit. NSS funds for attending the selection camp.
6. Physical Fitness (should be strictly followed):
 - i. Height **155-165** cms for Girls.
 - ii. Height **165-175** cms for Boys.
 - iii. Weight: There should be no evidence of weak constitution, bodily defects or under weight or obese.
 - iv. Chest : Fully expanded chest should not be less than 80 cms in case of Boys and 75 cms in case of Girls. The minimum range of expansion after full inspiration should be 5 cms.
 - v. Should be able to run upto 2 kms in 15 minutes.
 - vi. Push ups and sit ups (minimum 20 for boys and 15 for girls)
 - vii. Chin ups (minimum 8 for boys and 5 for girls).

(Gurdeep Singh Bhatti)
Asstt. Programme Adviser

CHEST NO

(To be filled by the organizers)

SELECTION CAMP
NSS PRE-REPUBLIC DAY PARADE CAMP -2009
REGISTRATION/NOMINATION FORM

Affix Pass
Port Size
Photograph

1. Name in CAPITAL LETTERS: _____ Male/Female _____
2. Phone/Mobile No. _____
3. Date of Birth _____
4. Father's Name _____

5. Name of Instt. With complete address/Ph.No _____

5. Class & Roll Number _____
NSS Enrollment Year _____

6. Name of University _____
8. Physical Measurements :Height _____ (cms) Blood group _____

9. Briefly mention NSS Special Camp/Regular Activities attended:

10. Any other activities participated:

(Principal)
(with official seal)
Ph./Mobile No.

NSS Prog. Officer
Ph/Mobile No.

(NSS volunteer)