

## Nehru Yuva Kendra Dharwad in collaboration with NSS

St.Philomena's College , Mysore

Ministry of youth affairs and sports

The district youth exchange program held in Dharwad was organised by Nehru Yuva Kendra Mera Yuva Bharath – My Bharth Ministry of youth affairs and sports with the objective of forecasting intercultural dialogue ,mutual understanding and leadership development among the youth.

The District youth exchange program attended by 27 youths from Mysore from various colleges and associations one of the college being St. Philomena's college, Mysore accompanied by NSS program officer Johnson Arulraj .

As all the participants had to leave from Mysore on 3/3/2025 night train at 9.30 pm to Dharwad .We had Teju sir , Chiranjeevi sir and Amith sir accompanied with us as team lead for the group.



All of us reached to Dharwad Railway station by 7.15 am in the morning . Goutham sir the NYKS officer of Dharwad took incharge of us and picked us from the station.

Raju Sir and Shivaji Sir were are guides for the camp .

All of us were given accommodation facilities in the guest house , Karnataka University and food was provided by them.

The first day 04/03/2025 all of us got up and became fresh had our breakfast and left for the auditorium. All of us were given a book and pen to take down the insights of the sessions .Our first session by Pradeep sir about government schemes and importance of NYKS and then we had our lunch in the afternoon .

Post our lunch we had another session about mental health and how to handle depression and anxiety it was very well explained and detailed information was given to understand.

After this session we had our refreshments and followed by this we had our inauguration program.District youth exchange program was inaugurated by Manjula Elegere ma'am through watering the sapling joined by Goutham sir and other guests. Manjula ma'am shared about the culture and history of Dharwad .



After the inauguration program we went to our accommodation place had our last meal of the day and then we had a small meeting and received our t shirts , track pants, jackets and shoes. We all them 27 members were divided into 5 groups with a captain in each group .All of us dispersed for bed time.



The 2<sup>nd</sup> day 5/03/2025 we woke up in the morning at 6.30 am and at 7 am we had yoga session which was very refreshing in the morning. After yoga at 8.30 am we had breakfast and moved to the auditorium .

We had 2 sessions the first one was about personality development which was very useful for all the youths .

Then we had our lunch and the next session was about career guidance in this session we learned about the future career opportunities and about various exams to get into various streams to achieve our dreams. Right after this session we had an another important session followed by career guidance that is first aid emergency handling cases , in case of any accident, fire accident, Short circuit, etc. What is the role of an youth in that place and the action taken by him or her becomes very important to save a life.





After this we had our refreshments and headed towards the sunset along with a walk . It was a great time we all had together enjoying the view of sunset . After this beautiful time together we moved to our accommodation and had our dinner and went to bed.



The 3<sup>rd</sup> day 06/03/2025 as usual we got up went for a walk and started our yoga session . At 8am had our breakfast and we were asked to get ready for the field visit. It was one of the best experience we had we were taken to field visit to Garag one of the Indian Flag manufacturing place among 4 in India . All the entire process was explained step by step by the weaver's. We had our best experience spending time in Garag talking to people of the village learning new things and many more.



Then after learning about this process we headed towards a temple and got to know about its significance and history. We had our lunch and rested for while and went to Dharwad science research center , Karnataka University. In the research center we first went to Ancient and historical research museum about our nation's history and its significance this museum was very knowledgeable and useful. Then they had arranged a live chemical lab session in which we learned about various general knowledge experiments and the science behind fake magics.



At 4.30pm we had our refreshments and carried on exploring the physics lab , here we saw and learned some interesting new things in physics. And then we enjoyed a little time playing in the park and surrounding.



From Dharwad Regional Science Center we had a evening walk towards the botanical garden in Karnataka University , we enjoyed the nature and beautiful trees ,plants and birds in the garden, we came across many new things to learn . From there we moved to our accommodation and took rest for a while and had our dinner . After the dinner we had a meeting about our experience in the program and went to bed.

The 4<sup>Th</sup> day 07/03/2025 all of us got up early at 6am in the morning and played some games and at 7am we had our yoga session followed by breakfast at 8am .Then we had less time and had to get ready and leave for the field visit. Firstly we were taken to KMF Karnataka Milk Factory were milk is processed to many more milk products.



The next visit of the day was to the famous and one of the ancient temple that is Chandramauleshwara Temple, Hubballi . This temple is an 11th century Shiva temple with Chalukyan architecture in Unkal ([Hubballi](#)), [Karnataka](#), India.



After having some great time in the temple around 3.30pm we had our lunch. After the meal the next place was Samyuktha Karnataka is a major [Kannada](#) newspaper which has its headquarters in [Hubballi](#), Karnataka. In this place we explored many articles and much more about the newspaper its news and processing of it and in this place all the ancient newspapers from 1947 to present are available all of them preserved and then we had a round table talk with Samyuktha Karnataka chief learned and gained knowledge about the importance of newspapers , articles and magazines.

After learning so much around 7.30pm we reached the accommodation and rested for a while and had our dinner and started with our culture program . We had kamsale dance program presented by sheshadripuram college volunteers and janapada song by all of them and we played some games and each group was assigned to prepare report of one day and we headed towards the report writing and went to sleep.



The last day the 5<sup>th</sup> day 08/03/2025 of the inter district youth exchange program we all started our day with a morning walk with a sunrise view and reached the accommodation got ready and had our breakfast and went to the auditorium. In the morning all of us shared our individual experiences and had a session about Dharwad and its important places and culture and tradition. After this session we had our lunch and prepared ourselves for the valedictory. And then carried on with the valedictory ceremony and certificate distribution and felicitation.



We had our best time in the 5 days youth exchange program and packed our bags by 7pm and left the place with heavy hearts and reached the Railway station by 7.30pm and they provided us dinner to night and shook hands for one last time with everyone and we left Dharwad by 8.30pm and reached Mysore the next day on 09/03/2025 at 6am in the morning and everyone reached home safely.



The following are the volunteers who were been a part of NYKS inter district youth exchange program :

**signature**

Punita jyothi P ( 2<sup>nd</sup> year Bcom)

Keerthana S (2<sup>nd</sup> year Bcom)

Joel Rodrigues (2<sup>nd</sup> year Bcom)

Akshay B R (2<sup>nd</sup> year Bcom)

Adarsh A ( 1<sup>st</sup> year Bvoc)

Rithesh P ( 1<sup>st</sup> year Bvoc)

Manas S P ( 1<sup>st</sup> year Bvoc)

NSS program officer:

Johnson Arul Raj