

SREEKRISHNA COLLEGE GURUVAYUR



2024- 2025
20.12.2024- 26.12.2024

NSS SPECIAL CAMP REPORT

Seven Day Special Residential Camp report of the
NSS Units 190 and 191,
Sree Krishna College, Guruvayur

**Venue: The Guruvayur Devaswom English
Medium School, Guruvayur.**



CAMP REPORT

INTRODUCTION

Special camps are an integral part of the National Service Scheme. It provides unique opportunities to the students for group living, collective experience, sharing and constant interaction with the community. Recognizing that waste is a resource that can be repurposed and given new life and as per the instructions of state NSS office and the Regional Directorate of Calicut University, the NSS Units 190 and 191 of Sree Krishna College, Guruvayur, conducted Seven Day Special Residential Camp, from 20.12.2023 to 26.12.2023 at The Guruvayur Devaswom English Medium School, Guruvayur.

THEME

The camp is based on the theme 'സുസ്ഥിര വികസനത്തിനായി NSS യുവത'. The camp also emphasizes on Living in the moments, Leaving the Mobiles, instructing the volunteers not to bring their mobile phones to the camp.

DAY WISE REPORT

DAY 1. 20.12.2024

The first day of the camp started with the Volunteer registration. This was done from evening 3.00pm at the school campus and 58 volunteers turned up for the camp. The camp officially started at 5.00pm, with NSS flag hoisting by Principal, Sree Krishna College, Dr. Vijoy P.S. Volunteer Sreekrishnan completed the formalities of flag hoisting. The volunteers sang the National Anthem song. The camp was inaugurated by Dr. V.K. Vijayan, Chairman, Guruvayur Devaswom and the presidential address was delivered by Dr. Vijoy P.S. Volunteer Anagha P.S. anchored the inauguration session and Volunteer Kashyap. proposed the vote of thanks for the inaugural function. Dr. Rajesh KR and Dr. Manu KM, Assistant Professors, Department of Physics were the guests for the inauguration function.

After the inaugural session, the secretaries of both the units collected all the provisions brought by the volunteers and kept them safely in the store room. The volunteers were given camp instructions by Unit 190 program officer, Dr. Suresh V. Nampoothiri. The volunteers were given directions about the seven working committees for the seven days of the camp, (Reception Committee, Program Committee, Mess Committee, Cleaning Committee, Documentation Committee, Cultural Committee and Finance Committee) in the camp by the program officer of Unit 191, Dr. Gayathri G. Ensuing the camp directions, the volunteers were assigned duties in different subcommittees, for seven days of the camp. The first day's mess committee prepared the food for the dinner. The camp celebrated the birthday of Volunteer Aquinas Shyjan. The volunteers went to bed by 10.30pm.

DAY 2. 21.12.2024

The second day of the Special Camp started with a Yoga session by Ms. Aswathi Arjun, Yoga Trainer of Vaidika Yoga Centre, at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp report and Camp paper. The volunteers were then given an ice

breaking session by Dr. Jain J Therattil, Assistant Professor, Department of Zoology, St. Aloysious College College, Elthututh. Dr. Jain gave an activity based Ice Breaking session along with some entrepreneurship ideas that can be initiated by the NSS units. The session started from 9.30 am till 12.30 pm. The camp dispersed for lunch by 12.30pm and assembled back at 1.30pm for the next session. The next session was handled by Dr. Devi Narayanan, Medical Superintendent, Ashtavaidyan Thrissur Thaikat Moose SNA Ayurvedic Nursing Home, on the topic Youth and Well being. She focussed on managing your emotions and controlling your biological clock. Dr. Devi also focussed on healthy eating habits for the youth. Volunteer Navya delivered the Welcome speech and volunteer Athulya offered the vote of thanks to this program.

This was followed by an evening session at 4.15pm, on Emergency care and Basic life Support by the Civil Defence Wardens of Fire and Rescue Department, Guruvayur. They gave classes on how to do CPR and artificial breathing and the volunteers were given individual chances for the demonstration of these emergency first aids. The session lasted for an hour and more and dispersed for tea break by 5.30pm. All the resource persons were duly honoured by the Program Officers and the guests of the day. Teachers of different departments from Sree Krishna College visited the camp and spent some time with the camp which encouraged the volunteers. The camp then assembled for an hour-long cultural program at 7.00pm. The cultural program was inaugurated by Sr. Vinu, Assistant Professor on Contract, Dept. of Chemistry, Sree Krishna College, Guruvayur. Teachers of different departments from Sree Krishna College visited the camp and spent some time with the camp which encouraged the volunteers. The dinner was completed by 8.30 and all the volunteers assembled back in the hall for a debate on the topic Sustainable development and NSS youth. This was moderated by Dr. Prajith T.M., Assistant Professor Department of Botany, Sreekrishna College, Guruvayur. The documentation work was completed for the day and the camp dispersed for bed by 10.00pm, after the camp evaluation.

DAY 3. 22.12.2024

The third day of the Special Camp started with a Yoga session by Ms. Aswathi Arjun, Yoga Trainer of Vaidika Yoga Centre, at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp reporting and Camp paper at 9.00am. Dr. Vinayachandran, QSpace Academy Guruvayur was the resource person for the third day of the camp. Dr. Vinayachandran gave a discourse to the volunteers on Essential Etiquettes. The session gave an overall insight about the manners and etiquettes to be followed in a professional space of a person. The session ended with a thoughtful quote: “Together We Achieve More”, instilling the importance of teamwork. The session prolonged till lunch at 12.30pm. The volunteers assembled back in the camp hall at 1.30pm for the Swayam Project of NSS. This project aims to make detergents, bathing soaps, washing soaps and dishwash by the volunteers. All the volunteers were then divided into groups and assigned to make each product. After the production, the volunteer groups demonstrated their marketing strategies to sell these products. Another group of volunteers were engaged in making paper pens using colour

papers and refills. By 4.30pm, the volunteers took a tea break and got back to the hall for handwritten magazine preparation. The volunteers were divided into four groups, MAMANGAM, MADHURARAJA, PAANDIPADA and PUTHIYAMUGHAM. The topic of the magazine was YOUTH and SOCIETY. The first phase of the magazine was completed by 7.00pm. Cultural programme was held by the volunteers of the cultural committee of the day, for an hour from 7.00pm to 8.00pm. Teachers of different departments from Sree Krishna College visited the camp and spent some time with the camp which encouraged the volunteers. Documentation works were then completed and the volunteers went for dinner at 8.30pm. The camp was closed for the day by 10.00pm, after camp evaluation.

DAY 4. 23.12.2024

The fourth day of the Special Camp started with a Yoga session by Ms. Aswathi Arjun, Yoga Trainer of Vaidika Yoga Centre, at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp reporting and Camp paper. The first session of the day was handled by Ms. Meghana Anilkumar, Community Welfare Officer at Alpha Model Palliative Care, Thrissur, at 9.30am. She explained about what palliative care is and the importance of palliative care to the volunteers. The session prolonged till 11.00am after which the volunteers took a tea break. The break was followed by soap making as part of Swayam Project and the camp then broke for lunch by 1.00pm. Teachers of different departments from Sree Krishna College visited the camp and spent some time with the camp which encouraged the volunteers.

The afternoon session was led by Ms. Anisha Antony on the topic Youth and Substance Abuse. The bad effects of drug abuse was clearly made understood by different group activities. The senior volunteers visited the camp and shared their camp experiences and interacted with the camp volunteers. The session broke for tea at 5.00pm which was followed by a session on Youth Health at 5.30pm. This session was led by Sr. Binju Jacob of Kandanassery Family Health Centre. The camp then conducted a Quiz competition on Yuvajaagan moderated by Dr. Suresh V Nampoothiri. The volunteers then completed the camp evaluation and prepared for the documentation activities for the next day (24.12.2024) and dispersed for dinner by 9.00pm. The camp went to sleep by 10.00pm.

DAY 5. 24.12.2024

The fifth day of the Special Camp started with a Yoga session by Ms. Aswathi Arjun, Yoga Trainer of Vaidika Yoga Centre, at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp reporting and Camp paper.

National Disaster Response Force (NDRF) Chennai, 04 Battalion, Sub team- Kerala Thrissur demonstrated and trained the NSS volunteers of Sreekrishna College, Guruvayur at the

Special Camp on 24.12.2024. This is as part of the Campus Bridging Program to give awareness and training to be on the first line of response during any emergency situations.

The team leader, Sub-inspector Sandeep Kumar was in charge of the battalion, and the team consisted of Muralikrishnan (Instructor), Vaishakh (Instructor), Ranjith (Instructor) AMFR-Advance Medical first Responder, Manoj (Instructor), Jibi Thomas (Instructor), Pradeep Kumar (Communication) and Sanjo.

The sessions were taught by instructor Jibi Thomas, and everyone else participated fully in demonstrating the various ways that one should react in an emergency. In addition to providing a thorough explanation of the triage method, they skillfully demonstrated how to create emergency stretchers out of rugs and other household items like rice sacs, nightgowns, t-shirts, and woolen sheets. The team explained about the 2 hand, 3 hand and 4 hand lock methods to carry victims of any disasters. They also demonstrated the first aid to be given to different types of injuries and wounds. The NDRF team gave hands-on training to the volunteers on different rope knots to be made on various occasions of rescue operations like people being stuck on trees, wells etc. Overall, the NDRF 04 battalion demonstrated different first hand rescue methods that can be taken by the common people as a primary rescue operation, in case of disasters or emergencies like electrical, earthquakes, flood, accidents, chemical exposure and snake bites.

The camp dispersed for lunch at 1.30pm and assembled back in the hall at 2.00pm for documentation purposes till 4.00 pm. The next session was on Defence in Youth. The class was led by Assistant Sub Inspector Smt. Shiji PB and Senior Civil Police Officer, Smt. Sheeja Satheshan. They both are Self Defence Master Trainers of Kerala Police. All the volunteers were given training with a few defence steps, in case of emergencies, as part of this defence class. After the class, the camp took a short tea break at 6.30pm. Cultural program was then conducted from 7.00pm. The male volunteers surprised the camp with a Christmas Carol during the cultural programme of the day.. The camp recessed for dinner at 8.30pm after the regular camp evaluation and documentation activities.

DAY 6. 25.12.2024

The sixth day of the Special Camp started with a Yoga session by Ms. Aswathi Arjun, Yoga Trainer of Vaidika Yoga Centre, at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp reporting and Camp paper. Christmas celebrations at the camp began when Dr. Santhosh PP, former NSS Program Officer and Assistant Professor of Zoology, Sreekrishna College Guruvayur visited the camp with the Christmas cake. The next session was led by the famous NSS National Trainer & Motivational Speaker, Sri. Brahmanayakam Mahadevan from 11.30 to 2.00pm

The lunch break was then followed from 2.00pm to 3.00pm. The volunteers then went to Panchavadi Beach by 3.30pm to clean the beach premises where the Thalaphalam project was maintained and returned to camp at 6.30pm. After freshing up the camp conducted the cultural program at 7.00pm for an hour. The volunteers were then assigned duties to clean the

campsite before dispersing for dinner. The second phase of handwritten magazine, regular documentation and camp evaluation activities were done after the dinner and camp closed for the day by 10.30pm.

DAY 7. 26.12.2024

The seventh and the last day of the Special Camp started with a Zumba session at 6.00 in the morning. Mess committee of the day arranged for breakfast and all the volunteers assembled in the dining hall at 8.30am for the breakfast. The mess committee of the day was in charge of the breakfast, lunch, tea and dinner. The volunteers assembled in the hall for the NSS song. The documentation committee presented the thought of the day, Camp reporting and Camp paper. All the volunteers assembled in the camp hall for the valedictory function at 9.30am. The gathering was welcomed by Dr. Gayathri G. NSS Program Officer, Unit 191, Sree Krishna College, Guruvayur. Dr. Vijoy P.S., Principal Sree Krishna College, Guruvayur delivered an inaugural address and formally inaugurated the valedictory function. Principal also released the hand written Magazine and Special Camp Report. The best male and female volunteers of Units 190 & 191 and best volunteer group were recognised and presented with a memento. The volunteers shared their camp experiences and gave their feedback. Volunteer Greeshma. proposed the vote of thanks for the function. The Seven Day Special Camp was officially closed after lowering the NSS flag, followed by the National Anthem.

OUTCOMES OF THE CAMP

The Special camp helped the volunteers to understand the importance of group living and sharing.

The camp helped them to recognise and realise the potential benefits of volunteers disconnecting from their mobile phones and digital world.

It gave them an opportunity in learning the firsthand rescue operations that can be approached, in case of emergencies or natural disasters by the training given by NDRF 04 Battalion.

The camp helped in improving the overall personality of the volunteers.

It helped to broaden the mental abilities of the volunteers.

The camp also helped the volunteers to understand the dignity of labour, self help and need for combined activities, by assigning them the duties of the camp in different groups.

CONCLUSION

The Seven Day Special Camp organised by the NSS units 190 and 191 of Sree Krishna College Guruvayur was at Devaswom English Medium School from 20.12.2024 to 26.12.2024. The camp proved to be a great success and provided the volunteers with a life-changing experience. Through a variety of awareness and training workshops, as well as group activities, the camp aimed to foster the volunteers' leadership, teamwork, and personal development. The participants could enhance their communication abilities and cultivate a sense of social responsibility. The camp offered a setting that blended enjoyment and education.

ACKNOWLEDGEMENTS

The volunteers and Program Officers of NSS units 190 & 191, Sree Krishna College, Guruvayur gratefully acknowledge each and everyone who directly and indirectly associated in organising and conducting the camp for seven days.

First and foremost, we would like to thank Dr. Vijoy P.S., Principal, Sree Krishna College, Guruvayur for the support and help rendered.

A deep sense of gratitude is extended towards the Principal and Staff of The Guruvayur Devaswom English Medium School, for providing us the school classrooms and premises to conduct the camp.

We are deeply indebted to the Management and Staff, Guruvayur Devaswom, for providing us with food during all the seven days.

We are thankful to all the teachers of Sree Krishna College, Guruvayur, especially Dr. Manu K.M and Dr. Rajesh K.R., Assistant Professors at Department of Physics, Sreekrishna College, Dr. Sreeja VN, IQAC Coordinator and Associate Professor, Dr. Deepa V.G, Assistant Professor, Ms. Sreedevi, Assistant Professor on Contract (Dept. of Maths), Dr. Smitha, Dr. Umadevi Assistant Professors, Dept. of Biochemistry, Dr. Lakshmi Sankar and

Dr. Sudha E.K, Assistant Professors , Dept. of Sanskrit, Dr. Prajith T.M., Assistant Professor, Dept. of Botany, Dr. Vinu V.V., Assistant Professor on Contract , Dept. of Chemistry, Dr. Sreelatha and Dr. Sreekala, Assistant Professors, Dept. of Malayalam, Dr. Santhosh PP, Assistant Professor, Dept. of Zoology, Dr. Kanakachandran CR, Assistant Professor, Dept. of Commerce and Mrs. Ajitha M.U Assistant Professor, Dept. of History, who made it a point to visit us and support us during the seven days camp.

GLIMPSES OF THE SEVEN DAY SPECIAL CAMP

20.12.2024 to 26.12.2024

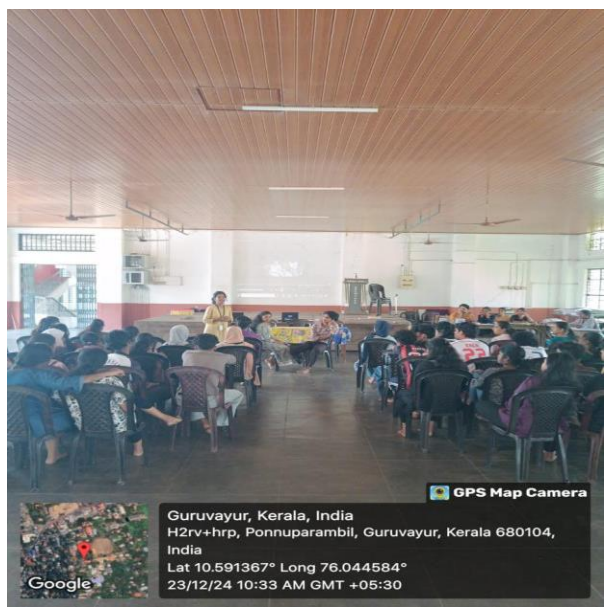
NSS UNITS 190 & 191

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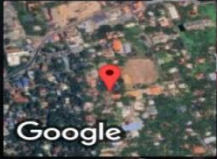








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