

ASSUMPTION COLLEGE AUTONOMOUS CHANGANACHERRY



National Service Scheme (NSS) Seven-Day Special Camp Report



VARNAME 2021 - 2022
March 20 - 26, 2022

Day 1 (20/03/2022)

INAUGURATION:

VARNAM 2021-2022 seven-day camp of NSS unit of Assumption College Autonomous, Changanssery started on 20th March 2022. The inauguration ceremony of camp started at 4:00pm by the prayer song of Nikitha Annah Vargheese. Welcome address was delivered by Ms. Sherin Babu, Program officer of NSS. Dr. Anitha Jose, the Principal of Assumption college delivered presidential address. NSS anthem was sung by the volunteer Unnimaya T K of Chemistry Department. Shri Benny Joseph, Municipal Vice-Chairman of Changanacherry Municipality lit the lamp for “**VARNAM**” 2021-2022 seven-day camp and delivered the inaugural speech. He mentioned about the importance and need of social service mentality to be imparted among the youth through NSS activities. Ms. Anne Mary Joseph, Vice-Principal of Assumption College delivered the felicitation address. She gave NSS volunteers all the blessings for the camp. Inauguration function ended at 5:00pm.

ICE-BREAKING:

For the ice breaking session, anchoring was done by the NSS student activity co-ordinator Ms Jeesa Sovichen and she also delivered the welcome speech. Ice breaking session was handled by Sanju P Cherian, Assistant Proffessor, Saintigits College of Applied Sciences, Pathamuttom. He talked about many moral values that we need in our life. Through different gaming sessions, he made the session very interactive and responsive. The session was very interesting and also it was fun and entertaining. All the volunteers interacted actively. The session was ended by the delivery of vote of thanks by volunteer secretary Ms. Krupa Susan Sunny.

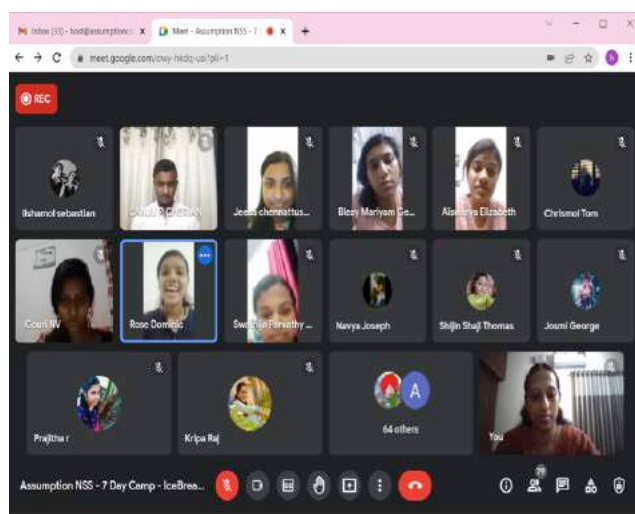
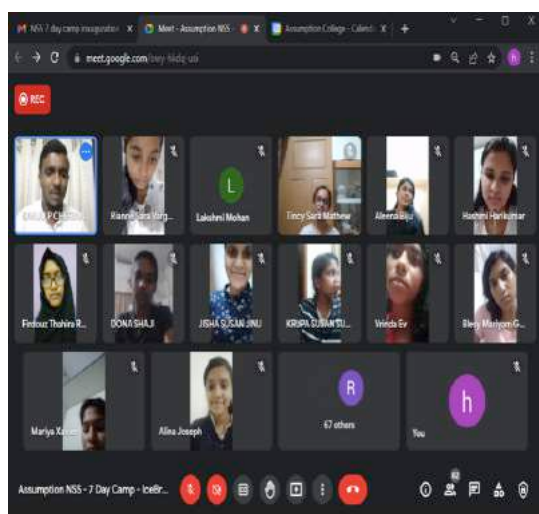
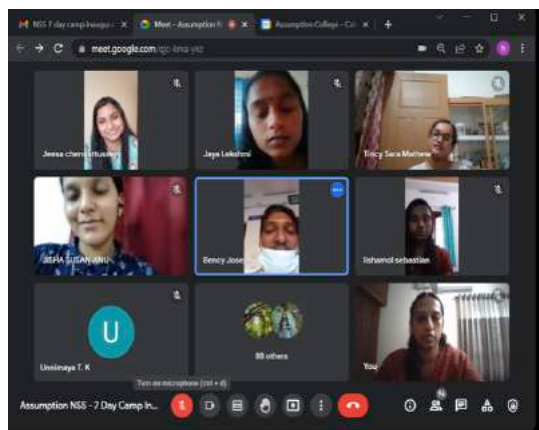
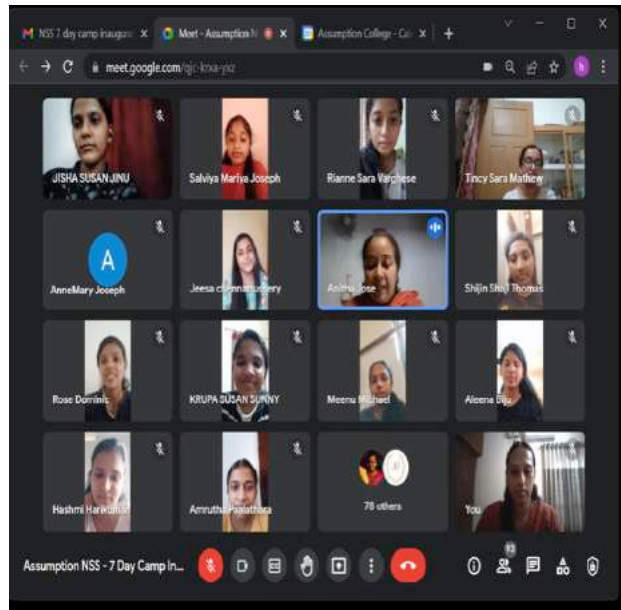
In the next session, the Program Officers Ms. Sherin Babu and Dr Nayana Jospeh, spoke about the camp rules, grouping of volunteers into 5 groups, attendance marking procedures, shramdaan arrangement and various matters related to the conduct of camp. 5 student volunteers were selected as camp coordintors for the overall corodination of camp acitivites – Krupa Susan Sunny, Aparna A, Jeesa Sovichen, Rose Dominic and Tincy Sara Mathew. The meeting ended at 7.30pm.

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Autonomous Reaccredited by NAAC with 'A' Grade
Changanassery P.O, Kottayam Dt, Kerala, Pin - 686 101

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NATIONAL SERVICE SCHEME
7 DAY CAMP
DAY-I (20/03/2022)
4:00pm-Inaguration
Presidential Address
Dr.Anitha Jose(Principal
Assumption College)

Inaugural Address-Mr.Benny Joseph
(Municipal Vice Chairman
Changanacherry Municipality)

5:00pm-Ice Breaking
Mr.Sanju P Cherian
(Asst Professor,Saintgits College
of Applied Science,Pathamuttam)



Day 2 (21/03/2022)

The second day of the camp was organised by members of group1. The day started at 7.30am with the morning assembly- welcome speech by Ms Merin Ann Mathew, BACE. The speech was followed by the NSS anthem by Jayalakshmi, BCom Computer Application. Thought for the day was given by Ms Nirupama, S BSc Zoology. The camp newspaper about the previous day was presented by the camp coordinator Ms A Aparna. A short speech about the duties of an NSS volunteer and the importance of helping others was given by Ms Salviya Maria Joseph, BSc Mathematics. After the speech, the volunteers were arranged at the indoor stadium for the exercise session. The session was led by Noha Shahjahan, BCA and Athira, BCom Finance and Taxation.

The first awareness session on the topic "Healthy diet for a Healthy future" was hadled by Ms Sherin Thomas, Assistant Professor, Dept. of Home Science, Assumption College. The topics included in the class were nutrition, nutritional status, healthy diets and the important ingredients needed for growth and development of our body. The session had detailed information about the intake of different types of food and healthy diets. The class was really helpful and gave much information about the accurate amount of food to be eaten and a balanced diet.

The second session was on the basics of fire and safety measures and it was conducted by Sajimon.T.Joseph, Station Officer, Fire and Safety Department, Changanacherry. A detailed hands-on session was conducted on rescue operations and self help during a fire, the preventive measures to be taken against a fire and the different ways by which a fire can be controlled. He also took topics such as the first aid to be given during breathlessness and choking.

The third session of day1 was cloth bag making training session at 1.45pm. It was handled by Smt.Dolly Tomy. Trainer of Assumption Community College. The cloth material and the accessories for making the cloth bag was distributed to the volunteers by the Programme Officers. The session was a new experience for all the NSS volunteers and helped them to revive their artistic talents. The session was highly interesting and the students really enjoyed it.

At 4.15pm, Camp evaluation session was done by Salviya Maria Joseph, BSc Mathematics. After that the camp news paper making and camp diary preparation were done by the volunteers. Then a game session and cultural programme session were hosted by group1 members.



Day 3 (22/03/2022)

The programmes of day-3 of the seven-day camp were coordinated by group2 and it started with the morning assembly. The volunteers sang NSS anthem. It was followed by a welcome speech of Ms Haseena Muhsin. The 'thought for the day' was shared by the volunteer Ms Chrismol Tom to make the day more meaningful. Group1 presented the camp newspaper about the previous day. The energetic exercise session gave a stamina boost for the volunteers.

The awareness class started at 9:30 am. The first session of the day was "Physical Fitness & well-being" guided by Dr Jackson Paul V, Head of Physical Education Department, CMS College, Kottayam. The session was about physical fitness and well-being. Importance of fitness and its relation with the lifestyle was one of the talk. The session continued till 11:00 am.

The second session was on the topic "Social commitment and media use" guided by Rev Fr Joseph Benedict Purackal, Bursar, Assumption College. The class was a complete analysis of the political, religious and commercial aspects of media and its influence on people. The session ended at 12.30 pm.

Sr Adv Jyothis P Thomas, Member, Child Welfare Committee, Kottayam took the afternoon session on the topic Women's safety and challenges'. The class dealt with topics like women empowerment, equality, women's rights and various laws developed for helping women. The session ended at 4pm, which was followed by a thought sharing session where volunteers were asked to share their thoughts about the session.

At 4.30pm, Camp evaluation session was done by group2 members. After that the camp news paper making and camp diary preparation were done by the volunteers. Then a game session and cultural programme session were hosted by group2 members.

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സപ്തദിന ക്യാമ്പ് **DAY-III**
22-03-2022

9:30 am- ശാരീരിക ക്ഷമതയും നല്ല ജീവിതവും
(Dr.Jackson Paul V,
Head,Dept of Physical Education,
CMS College, Kottayam)

11:00 am -സാമൂഹിക പ്രതിബദ്ധത,മാധ്യമ ഉപയോഗം
(Rev Fr Joseph Benedict Purackal,
Bursar, Assumption college)

1:45 pm- സ്ത്രീ സുരക്ഷയും വെല്ലുവിളികളും
(Sr Adv Jyothis P Thomas
Member, Child Welfare
Committee,Kottayam)



Day 4 (23/03/2022)

The fourth day activities of seven day camp was organised by the members of group 3. The day started with the morning assembly - NSS Anthem was sung by Gopika krishna, Jisha Suzan, Lakshmi Mohan. The anchoring was done by Sangeetha Satheesh. Then welcome speech was delivered by Amitha kalesh from Home Science department. Thought for the day was given by Aparna S Kumar, BCom Taxation. A short speech regarding the importance of time was given by Riyamol, BCom Taxation. Group2 presented the camp newspaper about the previous day. After that, the exercise session was led by Rose Maria From Economics dept.

After the the morning assembly, at 8.30am the volunteers started their journey to the adopted village camp location at Fr.Philipose Memorial L.P school, Mampuzhakkari. The Headmistress of the school Ms Thresiamma Antony welcomed the volunteers.

The shramadan activities started at 9.45 near the school premises. All the NSS volunteers had given a proper plot for their cleaning activity and they all have done their duties with maximum effort and attention. The cleaning work continued till 12.30pm.

After the lunch break, the cleaning activities resumed at 1.30pm. The volunteers completed the cleaning work of the school compound by 3.45 pm. After the evening refreshments, camp evaluation was done by Swathija Parvathy, Zoology department. The Programme officers gave instructions for the next day activities and the groups were given discussion time for planning the cultural activities session of the closing day.

At 4.15pm, camp evaluation session was done by Salviya Maria Joseph, BSc Mathematics. After that the camp news paper making and camp diary preparation were done by the volunteers. Then a game session and cultural programme session were hosted by group3 members.


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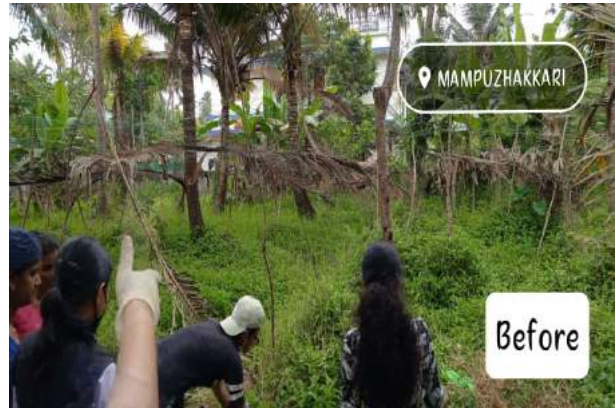
NSS Camp
Day-4
23-3-2022

Venue: Fr. Philipose Memorial L P School, Mampuzhakkari
 പ്രവർത്തനങ്ങൾ:

- സ്കൂൾ പരിസര ശുചീകരണം
- നീർച്ചാൽ ശുചീകരണം




 ഉദ്ഘാടനം: ശ്രീമതി ഭരതസുധമ്മ അനൂർത്തി
 Head Mistress, Fr. Philipose Memorial
 L P School, Mampuzhakkari



Day 5 (24/03/2022)

The 5th day activities of the camp was led by the five camp coordinator students. The morning assembly was done at 7:30 am. NSS anthem was sung by all the volunteers. Anchoring was done by Jessa Sovichen. Ms Krupa Susan Sunny welcomed the gathering. Thought of the day speech was delivered by Ms Tincy Sara Mathew. The exercise session was handled by Ms Rose Dominic.

The first session of Day 5 was handled by Ms. Anna Mary Scaria, Owner of Bergams Design Cakes, Changanacherry started at 9:30am. The training session was about Paper bag & Paper flower making. The items for making paper bag were provided by the program officers to each group. Each group made more than 7 paper items. The session was interesting and useful. The session ended at 12:30pm.

After lunch break all the volunteers were send for conducting the survey on the topic of "Savings Habit Among Women". Volunteers are divided into 5 groups. The Programme Officers gave instructions regarding the conduct and location of survey. The survey area was in the various wards of Changanacherry municipality. Each group were given printed survey forms containing 10 questions for survey. The survey started at 2pm. All the volunteers done their job perfectly and submitted their response sheets to the program officers. All the volunteers reached at college by 4pm.

At 4.15pm, camp evaluation session was done by camp coordinator Ms Krupa Susan Sunny. After that the camp news paper making and camp diary preparation were done by the volunteers. Then a game session was hosted for the volunteers.





Day 6 (25/03/2022)

The sixth day was organised by the members of group 4. The day started at 7.30 am with the NSS Anthem by the volunteers. The anchoring was done by Noorja S Anand. Thought for the day was delivered by Firdouz Thahira. A short speech on the importance of education was given by Nandhana S. After that exercise session was led by Aleena Benny From History dept.

After the the morning assembly, at 8.30am the volunteers started their journey to the adopted village camp location at Fr.Philipose Memorial L.P school, Mampuzhakkari. After reaching there, a small meeting was arranged to give instructions regarding the building up of school library, fruit tree orchard, kitchen garden and pipe compost unit. All the NSS volunteers done their duties with maximum effort and attention. Group 1 and group3 together cleaned the school backyard, pipe compost unit was setup by group 2, fruit-tree orchard and kitchen garden were build by group 4. The compaign for medical camp and the school library set up was done by group 5 and student coordinators respectively. After the lunch break, the volunteers were given practise sessions for the cultural programmes on the closing day.

Then a game session and cultural programme session were hosted by group4 members. Next, camp evaluation session was done Alina Joseph, English department. After that the camp news paper making and camp diary preparation wer done by the volunteers.





Day 7 (26/03/2022)

The sixth day was organised by the members of group 5. The camp location of day7 was at Lourdes Mata Church Parish hall, Mampuzhakari. The programmes started at 8.00 am with the NSS Anthem by the volunteers. The anchoring was done by Navya Joseph. Thought for the day was delivered by Jija Thankam Mathew. A short speech on the importance of moral values was given by Sona Thomas. After that exercise session was led by Reena Maria Joseph, English dept.

Medical Camp - The main activity of day7 was the medical Camp. The medical camp was conducted with the help of 2 doctors, nursing staff and paramedical team from St. Thomas Hospital, Chethipuzha. About 62 persons participated in the medical Camp. The medical camp started at 9.45am and concluded at 12.45pm.

The afternoon session started at 2pm with the cultural programmes of all the groups. Various programmes like solo, group song, group dance etc were conducted. All the group members enthusiastically performed group song and dance. The audience also stepped with rhythm. Cultural programme ended by a Mass dance.

Valedictory - The valedictory ceremony of 7day camp started at 4pm. The volunteer secretary Ms Aparna A welcomed the gathering. Rev Dr Fr Thomas Joseph Parathara delivered the Presidential address. Sree Rajendra Kumar, the president of Ramankary Panchayath, delivered the inaugural address. The volunteer secretary Ms Krupa Susan Sunny presented the 7day camp report. Fr Eby Sebastian, the Vicar of Lourdes Mata Church, Mampuzhakari offered the felicitation speech. Ms Jeesa Sovichen delivered the Vote of thanks speech. After the ceremony, the volunteers along with the chief guests positioned for group photo. The camp dispersed at 5pm.

