



**ASSUMPTION COLLEGE**

CHANGANASSERY, KERALA 686101 | **AUTONOMOUS**  
Accredited by NAAC with A+ Grade (Cycle 4) | ISO 9001:2015 Certified

**National Service Scheme (NSS) Unit 4**  
**Seven-Day Special Camp Report**  
**2023-2024**



**JEEVANAM**

**August 22 - 28, 2023**

Camp site – Lourde Matha Auditorium,  
Neelamperoor Panchayath

## Jeevanam Special Camp Report 2023-24

### Day 1 – 22 August 2023

The seven-day special camp of Assumption College NSS unit named “Jeevanam” was officially inaugurated on August 22, 2023. The theme of camp was “Malinya Muktha Nava Keralam” – Litter Free Kerala Campaign with focus areas on promoting the habit of reusing, recycling, cleaning drives, awareness campaigns, promoting nature-friendly alternatives, and encouraging best waste management practices. The camp site was Eara Lourde Matha Auditorium, at the Neelamperoor panchayath. The registration process began at 3pm and was followed by the inaugural ceremony at 4pm.

The inaugural ceremony began with the NSS anthem. NSS Programme Officer Ms Sherin Babu delivered the welcome speech. Rev Fr Dr Thomas Joseph, Principal of Assumption College delivered the presidential address. Sri T K Thankachan, Neelamperoor Panchayath President, inaugurated the camp by lightning the lamp ceremony and delivered the inaugural speech. Assumption College Vice Principal Ms Anne Mary Joseph, delivered the words of felicitation. The inaugural ceremony ended at 5.15pm, with the vote of thanks speech of Programme Officer Dr Nisha N C.

After the tea break, at 5.30pm, an ice breaking session was conducted by Dr Nisha N C. The session helped the volunteers to have a better understanding of the camp participants. The volunteers were divided into 6 groups. Each group is assigned duties regarding cooking & mess, cleaning, program organizing, venue arrangements, refreshments and cultural programmes, for these 7 days, in a rotation manner. After the ice breaking session, at 6.30pm, camp rules and instructions were provided by Ms Sherin Babu.



## **Day 2 – 23 August 2023**

On the 23<sup>rd</sup> of August, 2023, the second day of the 7 day camp commenced. At 7.30am, assembly started with NSS anthem. Then yoga and exercises were practiced by the volunteers. Camp newspaper was published by group1 volunteers. After the breakfast at 8am, the volunteers started for the Shramadan work site. The camp site was the Assumption-KCF Snehaveedu site of Mr Aneeshmon P L at Kurichi.

The volunteers reached the camp site at 9.45am. At 10am, the volunteer started digging the foundation area of the house, removing the sand etc and also helped the construction workers with the house construction. Each group took turns to help out and the cooking group prepared the lunch at the work site and at 1pm, the volunteers had their lunch near the site itself. The construction work continued in the afternoon session till 3.45pm and after the tea break, the volunteers returned back to the camp site.

At 6pm, the session on Media Literacy, led by Assumption college Bursar, Fr Joseph Benedict started. The volunteers had dinner at 8pm. The programme for the 2<sup>nd</sup> day winded up after the cultural programmes that commenced at 9pm, followed by the camp evaluation. The lights were off at 10pm.





### **Day 3 – 24 August 2023**

On the 24<sup>th</sup> of August 2023, the camp activities started with morning assembly, yoga and exercise sessions at 7am. The camp newspaper was presented published. After breakfast, one group of volunteers went to Govt LP School, Eara to set up vegetable garden at the school premises. The rest of the volunteers did organic farming of vegetables at the camp premises. The cooking team prepared delicious Onasadhya, which was enjoyed by everyone. In the afternoon the first session on the topic “Waste Management – Effective Scientific Methods” was led by Sri Vinod K E, Deputy Director & District Co-ordinator of Suchitwamission, Alappuzha. The awareness class started at 2.30pm. He enlightened the students on the need of proper waste management and various techniques for that. After the tea break, at 4pm, the second session on the topic “Savings habit for women” was led by Smt. Resmi M Nair, Development Officer, Postal Life Insurance Division, Changanassery. She explained the students about money management strategies and plans for women and introduced several such schemes. At 6.30pm, all the volunteers joined for the Students Seminar session on the topic “ Is going abroad for higher studies beneficial or not? “. It was a very interactive and fruitful session for the volunteers. Dinner was served at 8pm. Then the cultural programme group performed several cultural programmes. Camp evaluation and feed back session was conducted and the lights were off at 10.30pm.



## **Day 4 – 25 August 2023**

On day4, the camp activities commenced early morning with an assembly and a yoga session followed by news reading session and newspaper publication. After having breakfast one group of volunteers (group 2) went to Neelamperoor panchayath community hall. There group2 members performed an anti-drug awareness mime at the Panchayath Onam Mela meeting.

Medical camp – The NSS unit in association with Pushpagiri Medical College, Thiruvalla conducted a general medicine medical camp, from 10 am to 1pm, at the NSS Karayogam Mandhiram. 40 patients visited the camp. After having lunch, in the afternoon session, the volunteers engaged in Students Seminar session on the topic “Dowry System”. After tea break, at 5pm, Fr Eby Sebastian took a class on Digital Literacy. Few teachers of our college visited the camp site and presented gifts and sweets to the volunteers. Then a programme named “Grameena Nadatham” was conducted under the leadership of Fr Rojan Purackal, Fr Eby Sebastain, Programme Officers Ms Sherin Babu and Dr Nisha N C, to have a walk around the paddy and water lilly fields of Eara area and it was a refreshing experience for all. The volunteers enjoyed the programme and had the dinner after that. The day ended with the cultural activities and camp evaluation and the lights were off at 10.45pm.





## Day 5 – 26 August 2023

Day5 activities started with the morning assembly, thought for the day, exercises and newspaper presentation. The volunteers organized an awareness campaign on the camp theme “Malinyamuktha Nava Keralam” by displaying posters that represent the need of cleanliness and proper waste disposal. Then an awareness spreading rally on the topic “Malinyamuktha Nava Keralam” through the streets of Eara area of Neelamperoor panchayath.



The Shramadhan work of the day was cleaning drive of the proposed “Naalumanikaattu” area, of Neelamperoor. The volunteers cleared the huge wild bushes of the area, collected the abandoned plastic bottles and cleaned the place. During the cleaning process, at 12.15pm, the NSS Kerala/Lakshadweep Regional Director Sri P N Santhosh, visited the camp site. He addressed the volunteers and provided them instructions and guidance. In the afternoon session



also, the cleaning process continued and the volunteers returned back to the camp site at 4.30pm. At 6.30pm, Students seminar session on the topic “Is Co-education an essentiality in the present world?” and all the volunteers actively participated in it. After supper, cultural programmes were performed and camp evaluation was done. The volunteers went to bed at 10.15pm.





## **Day 6 – 27 August 2023**

The 6<sup>th</sup> day started with morning assembly followed by yoga and exercise sessions. The newspaper was presented and thought of the day speech was delivered by the volunteers. The main activity of day 6 was the conduct of survey on the matter “Prathan Manthri Public Welfare schemes”. The volunteers were divided into 30 groups and were sent to about 100 homes of Neelamperoor panchayath wards 3,4 and 6. The survey helped them to understand the livelihood conditions of people living in rural areas, their problems regarding drinking water and electricity scarcity etc. The volunteers understood that the major problem of Eara region was that a huge amount of money was spent by the villagers for buying drinking water every day. After the lunch, Onam programmes and game sessions were conducted. After tea break, volunteers had an amazing time playing tug of war. After that, the volunteers went for “Grameena Nadatham” to the paddy fields of Eara area. After supper, the day ended with cultural programs and camp evaluation sessions. The lights were off at 10pm.





### **Day 7 – 28 August 2023**

On the last day of the seven day camp, the day started off with the morning assembly and exercise sessions. MG University NSS Coordinator Dr E N Sivadasan Sir visited our camp site. He delivered an inspirational speech for the volunteers. Then at 10am, valedictory function started. Volunteer secretary Ms Deepthy Vidyasagar delivered welcome speech. Ms Sherin Babu, NSS PO delivered the presidential address. Ms Anne Mary Joseph, Vice-Principal of Assumption College inaugurate the meeting. Camp report was presented by Ms Gowrinandana M S, the volunteer secretary. Fr Rojan Purackal, College Bursar delivered felicitations. The volunteer Ms Ann Maria did the camp evaluation. The meeting concluded with the vote of thanks delivered by the volunteer Ms Aivin Maria Thomas. After the meeting, group photo was taken. Then the volunteers cleaned up the camp premises and by 11.45am, the camp was dispersed



### Camp Moments at a Glance







