

**ASSUMPTION COLLEGE AUTONOMOUS  
CHANGANACHERRY**



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



**LUMINOUS 2020 - 2021  
February 14 – 20, 2021**

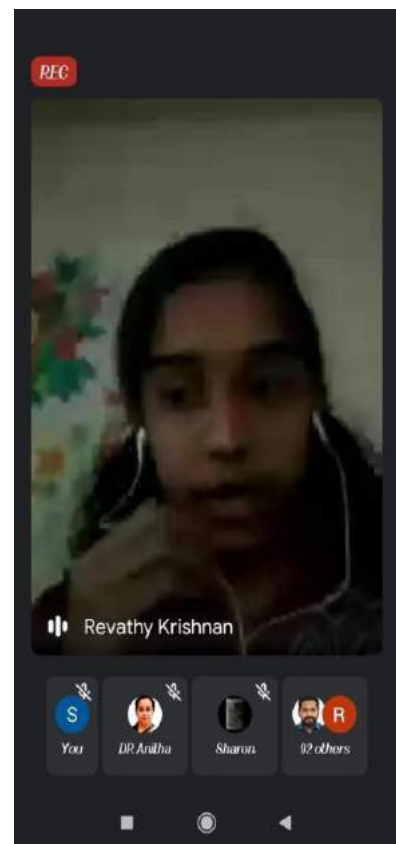
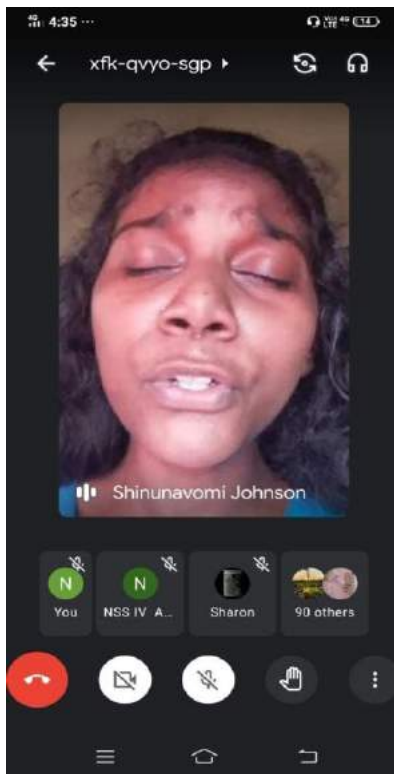
## **DAY-1**

### **INAUGURAL SESSION**

The day-1 of the camp : the first session commenced at 4:30 pm with a prayer song by Shinu Naomi Johnson. Then the Welcome speech was delivered by our Program Officer Dr.Shoniya Thomas in which she welcomed Chief guest Prof. Anish K Joseph, Assistant Professor, NSS Program Officer of SB College, the president of the meeting Rev Sr.Cherukusumam CMC, the Principal and Dr. Anita Joseph, the Vice Principal, Ms Sherin Babu, the Program Officer and all the volunteers present.

Then Ms. Meenakshi S from Economics Department sang the NSS Anthem. Next the Presidential address was delivered by Principal of our College Rev. Sr. Cherukusumam CMC in which she said that the camp is being conducted as a virtual camp due to the covid-19 issues and she also gave her well wishes to all the participants of the Camp.

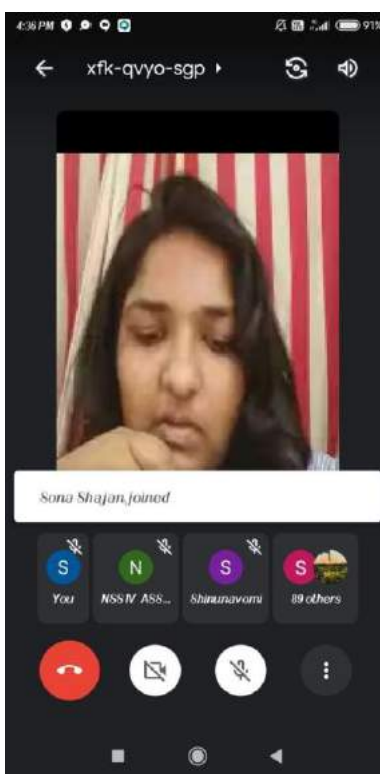
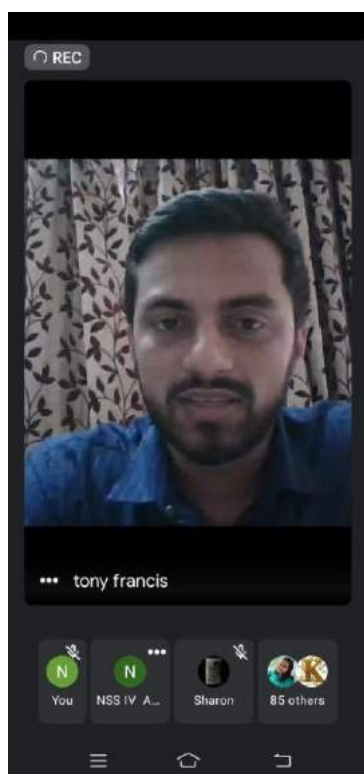
Inaugural speech and Inauguration of the camp Luminous 2020-21 was done by Prof.Anish K Joseph. In the inaugural speech he emphasized that service can be done irrespective of the situations and restrictions that one might have to face in life and he also talked about why it is important to get out of our comfort zone for our personality development and growth. He also shared some of his experience of virtual camp. Then Felicitation address was done by Dr. Anita Jose (Vice-principal). Vote of Thanks was delivered by one of the volunteer Secretary Ms. Revathy Krishnan. That session ended at 5:30 pm.



## ICE BREAKING SESSION

Ice breaking session commenced at 5:45pm and Prof. Tony Francis (Assistant Professor St. Mary's College, Best NSS Program Officer Award Winner) handled the online session. He spoke about the importance of volunteership and how to be a team player. The NSS volunteers were divided into six groups each with seventeen members. They were given different group tasks like creating a WhatsApp group, giving a name to the group, selecting a leader as well as a theme song for the group. He also shared about some activities done by NSS volunteers of his college. Then the volunteers Ms. Lisuerani Joseph from Mathematics department delivered the vote of thanks. The session ended at 7 pm.

Next the Program Officers Dr. Shoniya Thomas and Ms. Sherin Babu spoke about the camp rules, attendance marking procedures, shramdaan arrangement and various matters related to the conduct of camp. The meeting ended at 7.30pm.



## **DAY - 2**

Second day of the camp was organised by group 1, Aviyal. The morning session was from 7.30 am – 8.30 am. Ms. Sajna of history department was the anchor. Day started with yoga, which will help to relax out mind and to fight against diseases. All the volunteers have practiced two different posters of yoga according to the video provided by the program officer Ms. Sherin Babu.

First session started with a prayer by Meenakshi S of Economics department. Keerthana V of Economics Department presented a beautiful story as the thought for the day. Ms. Soniya of history department sang the NSS Anthem. Thus the session one, the morning session was concluded.

Session -2 was the Shramadhan section. Due to the limitations created by covid pandemic, activities were assigned to the volunteers individually. All of the volunteers have done it and uploaded the pictures through Google classroom.

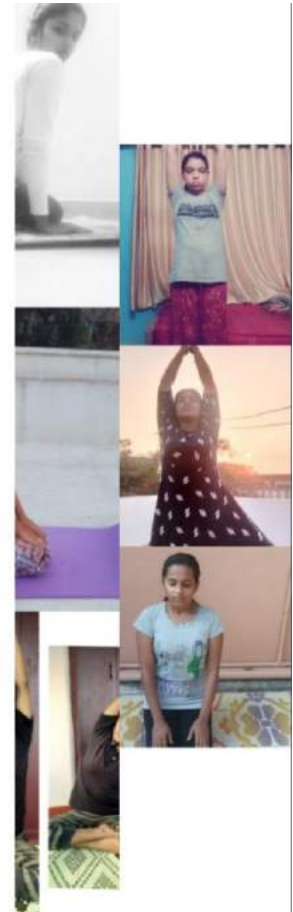
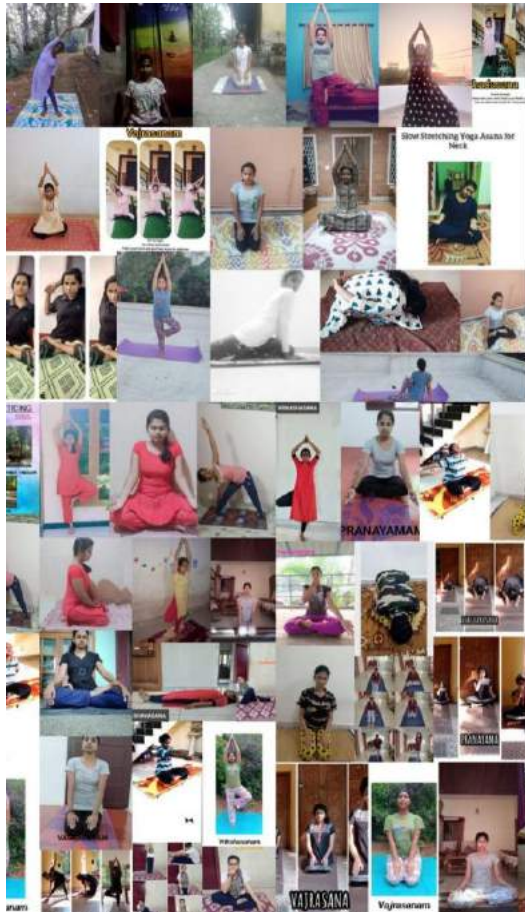
Session 3, the afternoon session was leaded by Rev Sr Annie Xavier. Ms. Achsa Merrin Scaria of Economics department delivered the welcome address. Sr. Annie's session was about organic farming. All the volunteers got a clear cut idea about how to go along with a organic farming and how much important is organic farming now a days. Session was concluded by the vote of thanks by Liya Susan of Economic department.

Fourth session was from 6.00 pm – 8.00 pm. Keerthana V of Economics Department was the Anchor. Alphonsa John of Economics Department deliver the welcome speech. Our resource person Mr Google C Dileep inspired all the volunteers through his words. Being the national award winner of best NSS volunteer for the year 2019-2020, his vast experience sharing was an encouragement to the volunteers. Liya of Economics department delivered the vote of thanks. Thus the session came to an end.

The most awaited session was the cultural events which were scheduled to be conducted from 7.30 pm – 8.00 pm. Digital presentation was done by Meenakshi S of Economics department. Sonia history department sung a beautiful song. Maria bright of Economics department lead a wonderful monoact. Liya Susan of Economics department sang a song. Christeena of history department delivered a wonderful speech. Sonia, Sajna, Sreelekshmi and maneesha history department played the group

dance. Thus the day 2 of Luminous 2020-21 have been ended successfully which encouraged all the participants to participate actively in the camp in coming days.

# YOGA





## SHRAMDAN

### HEALTHY COOKING AND CLEANING PROCESS



## DAY - 3

Group 2 EXITO was in charge for coordinating the activities on DAY 3 (16th February 2021). The day began at 7.00 AM with Yoga/Meditation. Volunteers practiced various postures, uploaded pictures and wrote a report of the same. Yoga practice provided a fresh start for the day and was very helpful to relieve the stress of the previous day.

### YOGA



Morning session began at sharp 7.30 AM. Diya Joseph of II DC Physics hosted the programme. Prayer song was sung by Milan Ann Varghese of II DC Mathematics. It was followed by the inevitable part of any NSS programme, NSS Song, by Sneha Maria Jojo of II DC Physics. Evaluation of previous day experience was presented by Renimol KR of II DC Malayalam. Digital Paper Magazine as was presented as a compilation of previous day activities created by Jeniya Richu Jacob and Malavika Ajayan of II DC Mathematics was presented by Jeniya itself. Finally, thought for the day was presented by Jereene P Baiju of II DC Malayalam.



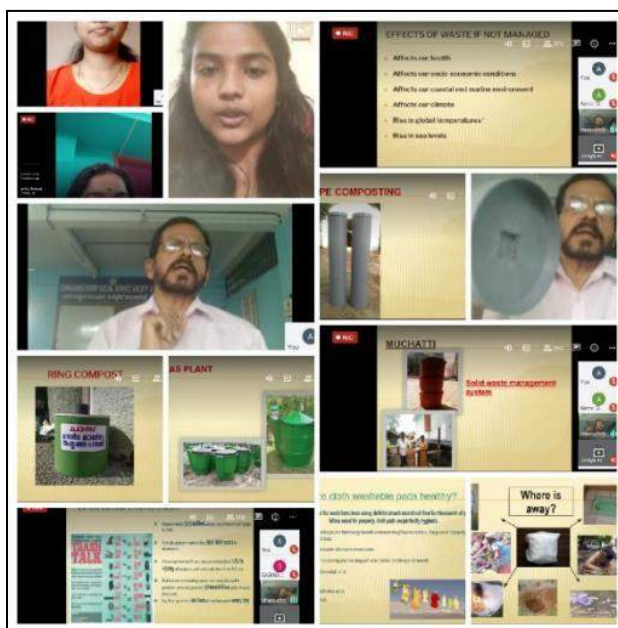
This large collage consists of 100 individual photographs arranged in a grid-like fashion. The images depict various stages of rice cultivation and related activities. Key scenes include:
 

- Seedling preparation and sowing in nurseries.
- Transplanting seedlings into the main rice fields.
- People working in the fields, including weeding and harvesting.
- Harvested rice being processed, such as threshing and drying.
- People sorting and packaging rice.
- Close-up shots of rice plants, soil, and harvested grain.
- People in traditional or casual attire engaged in agricultural tasks.
- Scenes of rice fields under different weather conditions.

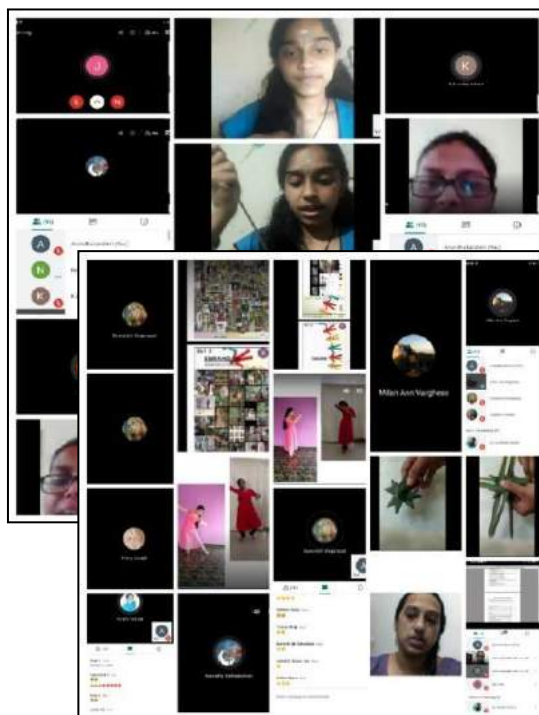
 The collage captures the entire cycle of rice production, from the initial seedling stage to the final harvest and processing.



The afternoon session on “Kitchen Waste management techniques” began at sharp 3.00 PM. Anchoring was done by Aleena Clare Sebastian of II DC Mathematics. Welcome speech was delivered by Jeffy Joy of II DC Physics. The speaker was Shri. Jose Puthuppally, Program Coordinator, Changanacherry Social Service Society - CHASS. He lectured on various techniques of effectively getting rid of household waste, kitchen waste in particular. Along with the lecture, slides showing pictures of various devices mentioned was also presented. Vote of thanks was delivered by Awasthi Satheendran of II DC Malayalam.



By 6.00 PM volunteers themselves organised a session. Anchoring was done by Josna Joseph of II DC Malayalam. Revathi Krishnan of II DC Chemistry presented her creativity by making flowers out of plastic bags. It was followed by a book review by Sudarshana K of II DC English Literature. She presented a review of the book Siddhartha by German writer Herman Hesse. After that Juby Abey of II DC Chemistry tested the general knowledge level of volunteers through you some GK questions. Again, Anjana Ganesh of II DC BACE transformed her book review session into an interactive one by asking the volunteers to share their experience if they have already read the book 'A Thousand Splendid Suns' by Khaled Hosseini. Also, she inspired volunteers to strive for success no matter what obstacles they face.



Cultural programs of Day-3 started by 7.15 PM. The show was compered by Sivarenjini S of II DC Physics. First item was a film song by Milan Ann Varghese of II DC Mathematics. A craft video of making a star out of coconut leaves was presented by Anandhalekshmi of II DC Mathematics. Following that some GK questions were presented by Krishnaveni Jayakumar of II DC Malayalam. Sneha Maria and Deona Tomy of II DC Physics stunned the audience with their dance moves. Volunteers enthusiastically participated in the tongue twister session which was handled by Princy Joseph of II DC Malayalam. Aswathy Satheendran of II DC Malayalam recited a beautiful Malayalam poem. Finally, Deona Tomy of II DC Physics ended the programme with some funny questions. Except for some technical hitches the event went well. Camp was disbursed online after giving necessary instructions for the next day.



## DAY - 4



# REPORT OF DAY 4

സപ്തദിന ക്യാമ്പിന്റെ നാലാം ദിവസമായ  
 ഫെബ്രുവരി 17 നു പരിപാടികൾ അവതരിപ്പിച്ചത്  
 ഗ്രൂപ്പ് **3 'ASSASSINS'** ആണ്. ഈശ്വര പ്രാർത്ഥനയിലൂടെയാണ്  
 നാലാം ദിവസത്തെ പരിപാടികൾ ആരംഭിച്ചത്. പരിപാടികൾ  
 നെൽറ്റയുടെ നേതൃത്വത്തിൽ ആണു  
 രാവിലെ നടന്നത്. ജൂബി എബി ആണു  
 പ്രാർത്ഥന ഗീതം പാടിയത്. അതിനു ശേഷം  
 ജോൺസി ജോർജ്ജ് ഇന്നത്തെ ചിന്താവിഷയം  
 വളരെ മനോഹരമായി അവതരിപ്പിച്ചു.  
 അതിനു ശേഷം ആരതി എൻ. എസ്. എസ്  
 ഗീതം ആലപിച്ചു. അതിനു ശേഷം കഴിഞ്ഞ ദിനത്തിന്റെ അനുഭവങ്ങൾ  
 ഡോണ സ്കറിയ പങ്കുവെച്ചു. അതിനു ശേഷം ശാലി സിബി  
 ഡിജിറ്റൽ പ്രസന്റേഷൻ വളരെ മനോഹരമായി അവതരിപ്പിച്ചു.  
 ഇത്രയും പരിപാടികൾ കൊണ്ട് രാവിലത്തെ സെഷൻ അവസാനിച്ചു.  
 അതിനു ശേഷം നാലാം ദിവസത്തെ ഫീൽഡ്  
 സർവ്വേക്കു വോളന്റീർസ് പോകുന്നു. **20**  
**മുതൽ 30** വരെയുള്ള വിടുകളിൽ കയറി  
 സർവ്വേ നടത്തി. ഒരുപാട് നല്ല അനുഭവങ്ങൾ  
 സമ്മാനിച്ച ഒരു പ്രവർത്തനം ആയിരുന്നു ഇന്നത്തേത്.  
 സമൂഹത്തിൽ ഇറങ്ങിച്ചെല്ലുവാൻ ഒരവസരം ആയിരുന്നു ഇത്.  
 എല്ലാവരും നല്ല പ്രതികരണങ്ങൾ ആണു നൽകിയത്.  
 നടന്നു നടന്നു ശരീരം അല്പം  
 തളർന്നെങ്കിലും മനസിന് യാതൊരു തളർച്ചയും ഉണ്ടായിരുന്നില്ല.



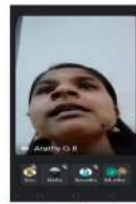
## MORNING SESSION



Prayer song-  
Juby Abey



Thought of  
the day-Jhoney



Nss anthem-  
Arathy



Nss experience-  
Dona Scaria



Digital magazine presentation-  
Shaly Siby



## YOGA



# SHRAMADHAN

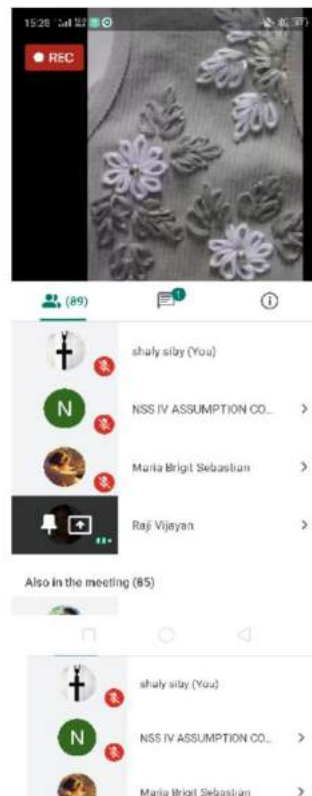
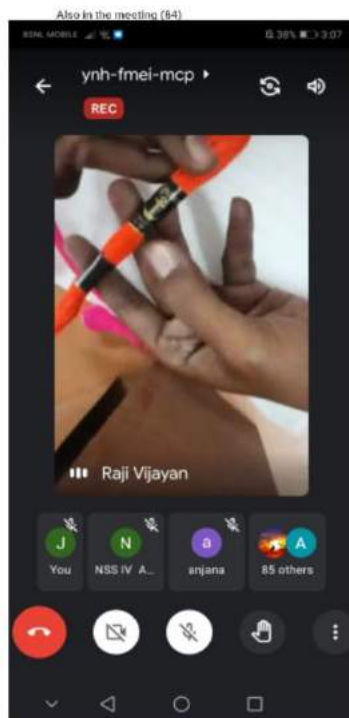
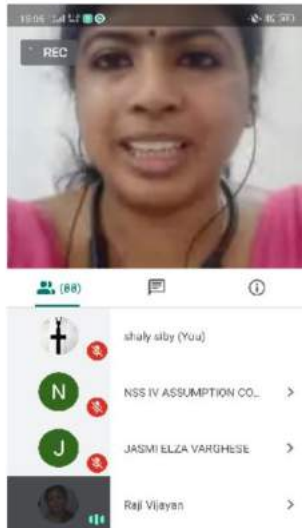
## Covid field survey



# CRAFT MAKING

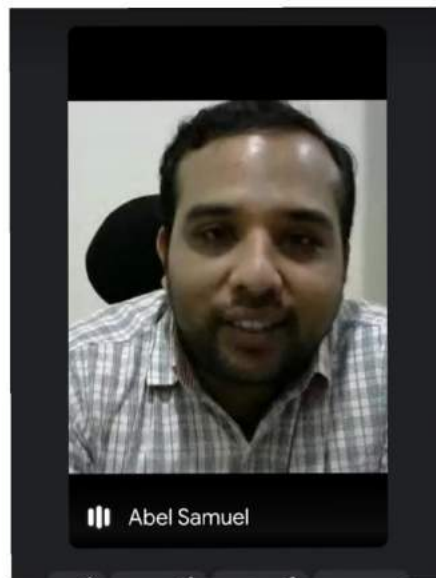
Ms. Raji Vijayan

(Assistant professor,  
department of fashion technology,  
Assumption college changanacherry





# COVID 19 CONTROL - CAN I DO SOMETHING?



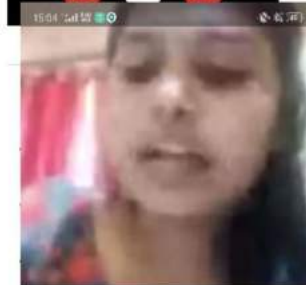
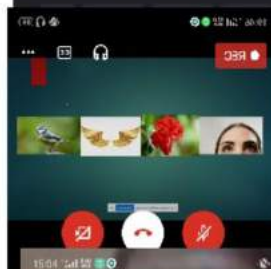
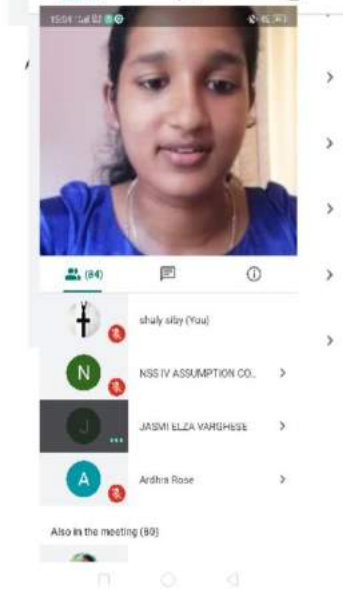
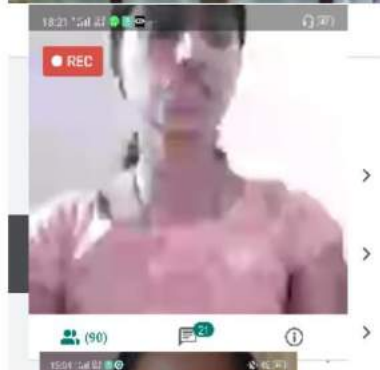
Dr. Abel Samuel  
(Associate Professor,  
Community Medicine  
Dept, Vice Dean (Undergraduate studies),  
Believers Church Medical College Hospital)



# CULTURAL EVENTS



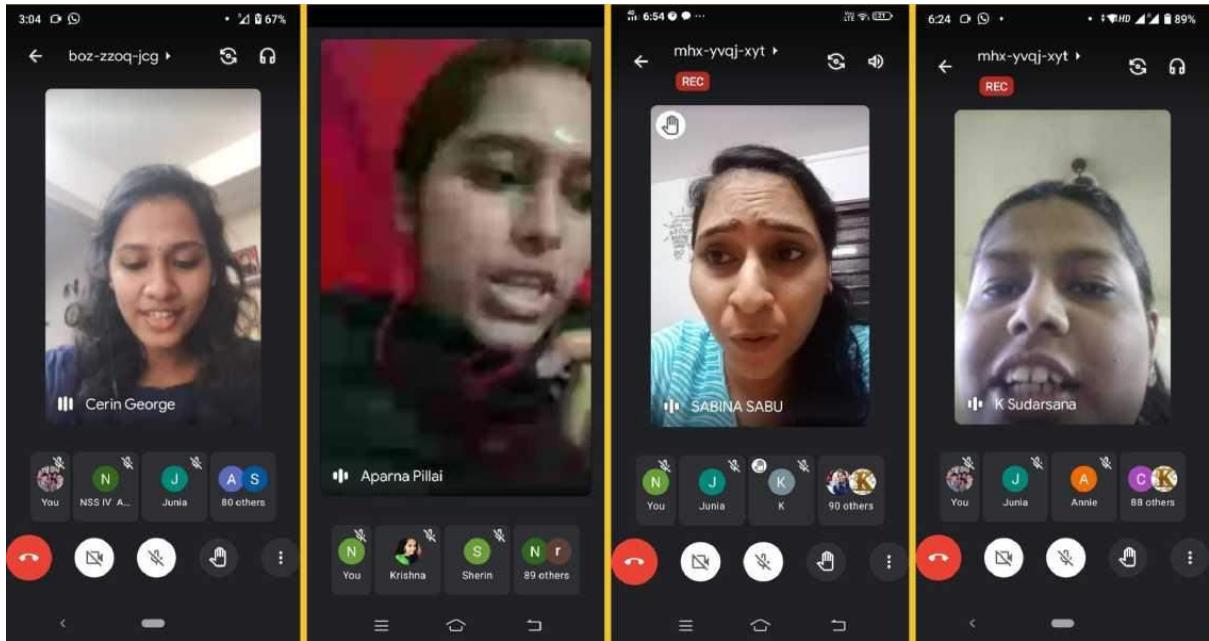
By Group 3



## DAY 5

### Morning session

The morning assembly was held at 7.30 am and the program was coordinated by group-4. The program started with a prayer song by Cerin George.



The thought of the day was presented by Aparna V Pillai and the NSS anthem was sung by Sabina Sabu. The previous day evaluation was presented by K Sudarahana and digital paper presentation was done by Malavika S Pradeep. The morning section ended by 8 am.

### Shramadan

All the volunteers did different types of group activities or individual activities assigned for the day which was pipe compost from 10.30 am to 12.30 pm.



### The Evening Session

In the first evening session commenced at 3 pm, it was anchored by Juniya Thomas and the welcome speech welcoming the guest Ms Mithila K Lal who is a 2<sup>nd</sup> PG student of the Home Science department was delivered by Cerin George.



Ms. Mithily K Lai took class about Healthy Eating Habits she talked about what kind of food is good for the health and the different types of eating disorders and how eating may influence the life's of women. she also talked about making deit colourful so that it may be more interesting. The vote of thanks was delivered by Meera V S.

Next the cultural programs were conducted where the volunteers of group four conducted some activities. Cerin George and Shinu Naomi Johnson sang beautiful songs and K Sudarshana together with other volunteers of the conducted a question answer section ( game) about movies and books Sabina Sabu receited a poem called 'Sakhav'. Then Meera and Keerthana conducted sessions of Fun questions.



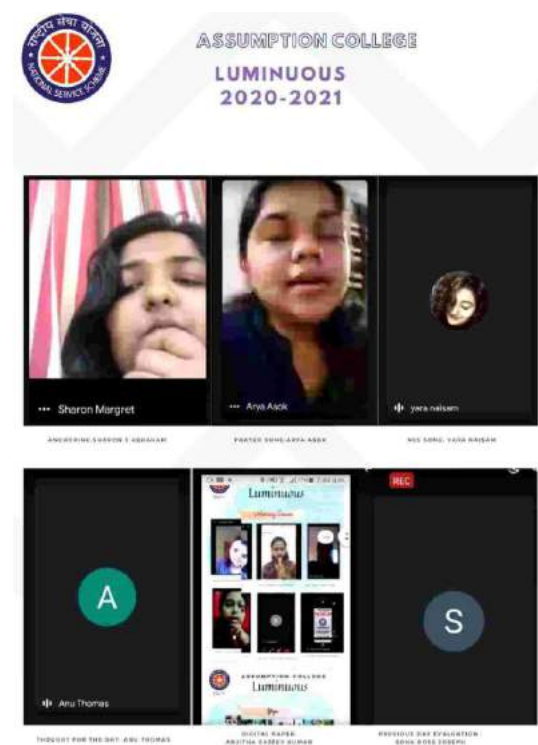
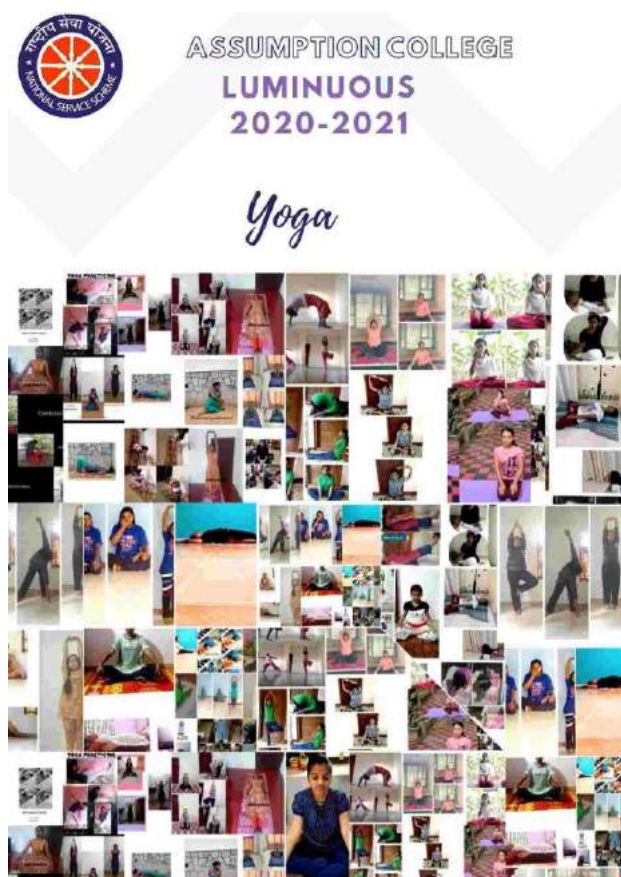
The third session of the evening session started at 7.30 and it was anchored by Krishnapriya and the guest Dr Jacob Koipally was warmly welcomed by Aparna V Pillai. The class was mainly about morals and ethics required in hyman life, the importance of making life decision and the importance of family bond. The vote of thanks was delivered by Malavika S Pradeep.





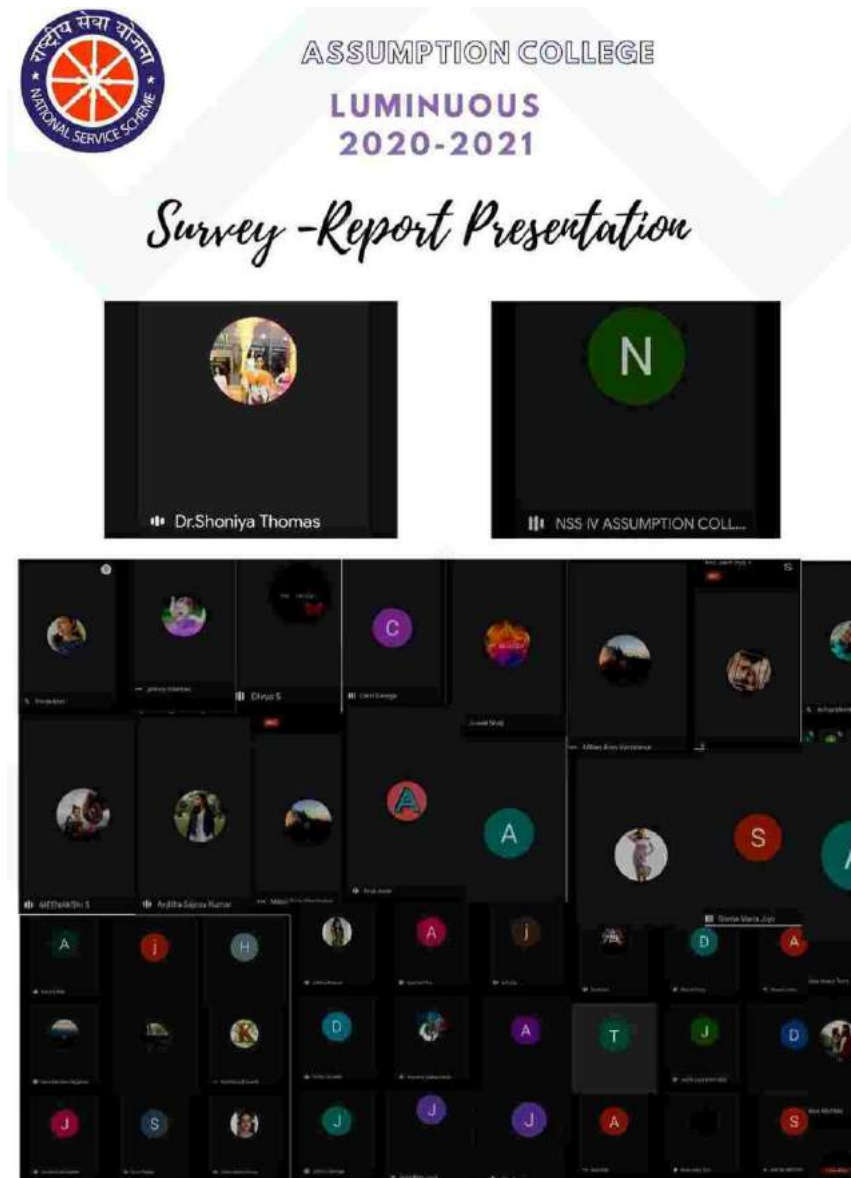
## DAY 6

Day 6 of seven day NSS special camp began at 7.30 am. It was conducted by group 5 'Ignite.' Anchoring was done by Sharon S Abraham, prayer song was sang by Arya Asok and NSS song was sang by Yara Naisam. Thought for the day was shared by Anu Thomas. Anjitha Sajeew Kumar presented the Digital paper presentation previous day evaluation was read by Sona Rose Joseph. Yoga was to be prafticed offline and posted in the Google classroom. With these activities, morning session of Day 6 ended.



The Shramdan Activity from 10:30 am to 12 pm was tree planting “plant for the planet”. As the morning session and tree planting activity ended early by 9.30 am, report presentation in Covid 19 general survey report and Covid 19 impact on eating habits began. All of them read their report, and gave an analytical report based on their respective surveys. By 12.30 pm the afternoon session ended up.





From 3 pm to 3.45 pm there was a slight change. The session was taken by Mr Jagadheesh R Krishnan (Athletic coach, Kerala state sports council). The topic was “Exercise in Daily Life”. Sir shared the 9 ways to make fitness part of one’s life. Overall it was an informative session.

From 5.30 om to 6.30 pm Sr. Amala Arackal SD took the session on media ethics. Sister shared with us the good and bad effects of mobile phones. For a brief description she also presented the videos adopted from films for better

understanding and also shared experience of other people she emphasized that if one cannot control “media” then “media” will control them. Therefore, we must use media especially mobile phones wisely. At the same time we must be creative.

By 8 pm cultural programmes began. Jewel Treasa Shaji presented a welcoming video. Sharon S Abraham aided the anchoring. The melodious song was sung by Sharon. Jewel Treasa Shaji performed an amazing mono act. Then Leny Anju George and Savitha conducted a quiz game on Malayalam movies based on their literary English translations and the winners were group T. Then Yara Naisam sang a mellifluous song. Andra and Savitha conducted a quiz on identifying Malayalam movie based on emoji's and the winners were group 3. Then another amazing song was sung by Anya Asok. Another game was to identify film with elements was conducted by Anjitha Sajeev Kumar. The winner was group 4 and this time the winner of the word puzzle was declared and it was group 3. Jewel's brother Nasin Christy Shaji recited a poetry and it was fabulous. And another recitation was done by Sona Rose Joseph. The next programme was conducted by Alana and Sona based on women. The quiz ended with a tie between group 2 and Group 3. For all programmes time for the answer was checked by Meeval and points evaluated by Ancy. Overall all the activities were conducted well by the group 5 with this session and we came to an end of Day 6.





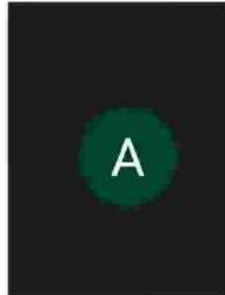
ASSUMPTION COLLEGE

LUMINOUS  
2020-2021

## *Exercise in Daily Life*



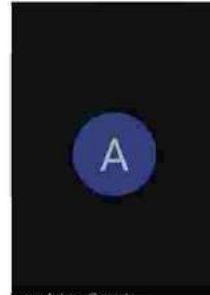
ANCHORING: SHARON



WELCOME SPEECH: ARDRA



COACH JAYADEESH

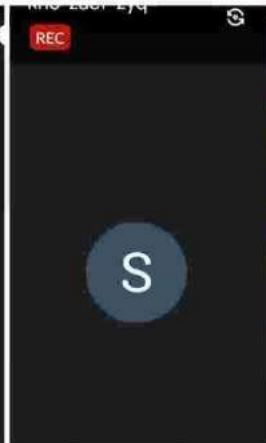


VOTE OF THANKS: ANJANA

## *Media Ethics*



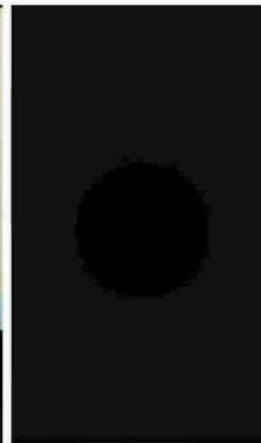
ANCHORING: SHARON



WELCOME SPEECH: SAVITHA



SR. AMALA ARACKAL SD



VOTE OF THANKS: MEEVAL

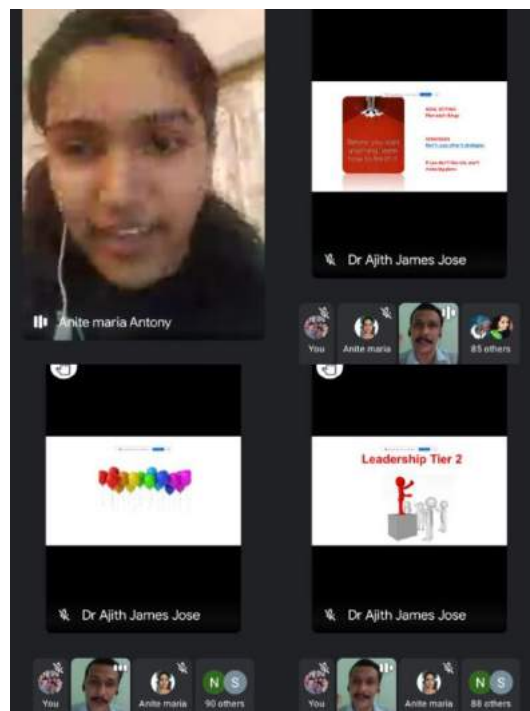
## DAY -7

### Morning session

The 7<sup>th</sup> day of the NSS special camp Luminous 2020-21 was coordinated by group 6. The morning session started at 7:30 am. The session was anchored by Anite Maria Antony. The prayer song was sung by Mariia Sajan and Amithe Prakash sang the NSS anthem. The digital paper presentation was done by Harithamol P S while the previous day evaluation was done by Rosmy. Vrinda Unni presented the thought for the day.

### Special session

At 8:15am the invited talk session started. The Anite Maria Antony was the anchor and the welcome speech was done Jitha Paul. Dr. Ajith James Jose, Senate Member, Best NSS Programme Officer 2018-19, Assistant Professor, SB College Changanacherry was the special guest. He shared his experience of his time as a program officer and also how an NSS volunteer should be. He delivered an inspiring talk on Leadership and NSS volunteership.



## Valedictory function

At 11:15 am the Valedictory Function commenced with a prayer song by Cerin George . Anjana Ganesh was the anchor of the session. Ardra Rose delivered the welcome speech and Sr. Cherukusumam CMC( the principal of our College) delivered the presidential address. Shinu Naomi Johnson sang the NSS anthem and after that final report presentation of the 7-day camp was done by Annie Susan Jennings(Volunteer Secretary). Dr. Thomas Joseph (the vice-principal and Bursar of Assumption College) delivered the special address. Jerena P Baiju and Namitha Bilu presented the camp evaluation. The digital magazine was presented by Anite Maria Antony. Sneha Maria Jojo delivered the vote of thanks. Thus the curtains fell for a beautiful and fascinating Special NSS camp Luminous 2020-21.

