



Accompanying Staff:

Ms. Aiswarya (Psychologist, Jeevani, Govt. College Kariavattom)

Dr. Ahammed (Guest Faculty, Department of Geography, Govt. College Kariavattom)

Visiting Staff:

Dr. Sabeen H. M. (IQAC Coordinator, Govt. College Kariavattom)

Dr. Baiju S. (PTA Secretary, Govt. College Kariavattom)

Dr. Raghul Subin (Assistant Professor, Department of Zoology, Govt. College Kariavattom)

Dr. Rajeevkumar R (Assistant Professor, Department of Physical Education, Govt. College Kariavattom)

Dr. Radhika A. (Associate Professor, Department of Biochemistry, Govt. College Kariavattom)

Dr. Prakash Kumar (Associate Professor, Department of Hindi, Govt. College Kariavattom)

Other members present: Senior NSS Volunteers and College Union members



S. No.	Name of Volunteer	S. No.	Name of Volunteer
1	LEKSHMI SUBHASH	51	SOORYA SURESH S
2	JOSHNA L JOY	52	AMAL M
3	SAI GAYATHRI P	53	HARIPRIYA SD
4	ADWAITH S	54	VISMAYA MOHAN
5	CHETHANA SANKAR S	55	ARJUN NARAYANAN S
6	AADYA AJITH	56	SANDRA S SANTHOSH
7	SREEDEV R NAIR	57	LEKSHMI AS
8	ABDUL FATHAH P	58	LINGESWARAN C
9	AMALA A L	59	ASWIN SR
10	MEENU S MOHAN	60	VARUN T
11	MEBYMOHAN	61	D R GANGA MOULI
12	MEKHA KRISHNAN RS	62	RESHMA RAM SS
13	AMALA T M	63	SREENANDHA SS
14	GS AMRITHA	64	ANCY S VENU
15	BISMI S	65	MIDHILA M MADHU
16	AAYISHA THAJUDEEN	66	AMALA S KUMAR
17	KARTHIKA PS	67	SHINTO S S
18	SHIBIYA JOHN	68	FOUSIYA NIZAR
19	VAISHNAVI G NAIR	69	SANJAY A
20	ANANYA AP	70	NADEER N
21	SAYANTH PHILIP REGI	71	SREERAG SS
22	MEGHA S	72	APARNA UNNI
23	ASHTAMI S	73	EBIN JOHN ZACHARIAH
24	RAGASREE S P	74	RAISON RENNY PHILIP
25	DEENIKA KARTHIKEYAN	75	GOWRILAL B
26	SONITHA A P	76	DEVIKA SR
27	DIVYA RAJAN	77	AMEER ABDUL FATAH A
28	SANDRA PS	78	NANDANA H
29	AFSANA S K	79	THANZEEL A H
30	HARSHA SANIL	80	ANASWARA B
31	AJNA A	81	SHABINA N
32	ANJANA AS	82	UMESH A S
33	GOURI S ANIL	83	REJILA RL
34	KAVYA RAMESH MR	84	GOPIKA R S
35	ANIL KUMAR RB	85	ANJITHA K P
36	AMARJITH SS	86	ANISH J
37	NANDANA N	87	SREEJITH R
38	PARVATHY R	88	PRAVEEN AP
39	BINSA BOSE J	89	SILSILA MAJEED
40	BANAZIR M	90	PARVATHY GR
41	S A DEVADATHAN	91	NABEEL N
42	RINTU S TOMY	92	ARCHA ANIL
43	MALAVIKA M	93	SABIYA C
44	AFSANA A	94	VISHNU K
45	JITHU JOHNY	95	ANVARSHA VS
46	ABIN MOHAN	96	VISHNU DEV
47	ROJA J	97	ASWIN SHA M A
48	SULTHANA I	98	SREEGESH KC
49	MAHALAKSHMI R	99	AARABHI R NAIR
50	NANDHANA EV	100	MUHAMMED AHSAN M



Special Camp Report

The Annual residential special camp of NSS Unit 17 A&B, Govt. College Kariavattom was conducted from 23rd Dec 2021 to 29th Dec 2021, at Gov. LP School Chengottukonam. Theme of the camp is “Youth for Prevention and Mitigation of Covid-19.

The camp comprised of invited talks by experts from various fields who could influence the volunteers and improve them intellectually, emotionally and physically. Due to Covid situation, activities were restricted to college premises and places around the college. Interaction with the public was avoided as much as possible. Palliative care activities were also conducted during the camp.

Starting from camp registration till valedictory, volunteers were in full vigour. Every day of the camp started with yoga, morning walk or exercise for a healthy beginning.

Camp Notice

**GOVERNMENT COLLEGE
KARIAVATTOM**
Affiliated to Kerala University

**राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME**

NOT ME BUT YOU
**NATIONAL SERVICE SCHEME
UNIT 17A&B**

**സഹിതം
2021**

**SEVEN DAYS ANNUAL RESIDENTIAL CAMP
23 December to 29 December 2021**

THEME
**"YOUTH FOR PREVENTION
AND MITIGATION OF COVID-19"**

Kariavattom
23-12-2021

The seven days camp of National Service scheme of our college will be held from 23rd December 2021 to 29th December 2021. Special camp is an integral part of National Service Scheme. The theme of this year camp is YOUTH FOR PREVENTION AND MITIGATION OF COVID 19. Awareness program on palliative care activities at adopted village, traffic control classes, Pandemic Precautions, Organic Farming, Skill Training are the main programs arranged as part of the camp. It provides opportunity to students in group living and close interaction with the society. We so license your presence and sincere cooperation

Dr. Dhanya C.R
Program officer

Smt. Jaya A.S
Principal

Dr. Nishad.N
Program officer

ഒന്നാം ദിവസം
23.12.2021

അദ്ധ്യക്ഷ : Smt. Jaya A S
(Principal)

രാവിലെ 10.00 ന് - Camp registration,
camp setting

ഉച്ചയ്ക്ക് 2.00ന് - Icebreaking, Group
formation

വൈകിട്ട് 6.00ന് - Camp Inauguration

Guest : Smt. Kavitha L S
(Kazhakootam ward councillor)

രണ്ടാം ദിവസം
24.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

രാവിലെ 9.30ന് - "Youth and social
responsibilities"
Sri. Brahmanayakam
Mahadevan
(NSS trainer)

ഉച്ചയ്ക്ക് 2.00ന് - " Doctors without
borders"
Dr. Santhosh kumar
(Orthopaedic surgeon)

3.00 ന് - Sanitizer making

വൈകിട്ട് 6.00 ന് - Cultural programs,
Christmas Carol

മൂന്നാം ദിവസം
25.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

രാവിലെ 10. ന് - Aerobics class
Smt. Mareena T Mathew
(Physical Education
teacher, Sabarigiri
International school
Anchal, Former national
Hockey player)

ഉച്ചയ്ക്ക് 2.00ന് - Survey at adopted
village

വൈകിട്ട് 6.00 ന് - cultural programs

നാലാം ദിവസം
26.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

9.30 am to 12.30am - Campus cleaning
&
garden setting

ഉച്ചയ്ക്ക് 2 ന് - Traffic awareness
class

വൈകിട്ട് 6ന് - Cultural program

അഞ്ചാം ദിവസം
27.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

രാവിലെ 10 ന് - Life is a visual art
'ജീവിതം
ആധുനികമാണ്'
Abhilash Thattathumala
(Media and
Documentation
officer Samagra
Shiksha Abhyan)

ഉച്ചയ്ക്ക് 2 ന് - cleaning of road
side(NH66)

വൈകിട്ട് 6 ന് - Cultural program

ആറാം ദിവസം
28.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

രാവിലെ 10 ന് - Fire & Safety class,
Mockdrill
Station officer, Fire &
Rescue station,
Kazhakootam

ഉച്ചയ്ക്ക് 2 ന് - Palliative care activity
at adopted village

വൈകിട്ട് 6 ന് - cultural program

ഏഴാം ദിവസം
29.12.2021

രാവിലെ 7am to 8.30 am - NSS morning assembly,
Thought of the day, Paper presentation,
രാജ്യ ദിവസത്തെ പ്രചാരണം അവസാനം.

രാവിലെ 10 ന് - Paper bag making

11.00 ന് - Flashmob at
Thambanoor bus
terminal

2.00 ന് - അന്ത്യവിധി പരമ്പരയ്ക്ക്
കുറുമ്പ് സമാഹരണം

Day 1 (23rd Dec 2021, Thursday): CAMP INAUGURATION & REGISTRATION

As Smt. Kavitha L S was officially engaged, College Principal Smt. Jaya A. S. inaugurated the camp. Registration of volunteers into the camp commenced at 10:00 am, it was led by the leaders.

National Service Scheme LEADERSHIP Government College Kariavattom	
സംഘടിപ്പിക്കൽ 2021	
Anchoring	Ebin John
Welcome Speech	Aarabhi R Nair
Vote Of Thanks	Amala A L
Felicitation	Smt. Jaya A S (Principal) Dr. Nishad N (Programme Officer) Dr. Dhanya C R (Programme Officer)
Chief Guest	Kavitha L S (State Secretary, Ward, Kariavattom)

Day 1
23 DEC THURSDAY



After registration a proclamatory march was conducted from college till Kariavattom junction to announce the inception of the residential camp.



After lunch Volunteers were involved in cleaning and camp setting.



Volunteers discussed among themselves and formed various committees.



After tea, an interactive group dynamics session was conducted in the seminar hall by Dr. Nishad N. and assisted by Dr. Dhanya C. R.



Day 2 (24th Dec 2021, Friday): Orientation Classes, Campus Cleaning, Christmas Carol

The day began with Yoga session at 7am.



At 7.30am, Principal Smt. A. S. Jaya Hoisted the NSS Flag.



After breakfast, at 9am, a motivation class titled, "YOUTH AND SOCIAL RESPONSIBILITIES" was conducted by Sri Brahmanayakam Mahadevan, Founder President of 'Sahajeevan' and NSS Trainer. He described about the aim & objective and general rules of the camp through various tasks. Overall, the session oriented and prepared the volunteers for the residential camp.





After the session, volunteers were divided into two groups. One group focused on making cloth banner and the other group cleaned the campus.



After lunch there was a class on “DOCTORS BEYOND BORDERS”. The session was handled by Dr. S. S. Santhosh Kumar, Deputy Medical Superintendent and Professor in Orthopaedics and Emergency Medicine Department in Government Medical College, Thiruvananthapuram.



After tea break volunteers continued with campus cleaning.



From 6 to 8pm, volunteers organised Christmas Carol.



Dinner at Kalavara:



Day 3 (25th Dec 2021, Saturday): Aerobic Class, Organic Sanitizer Making, Survey, Christmas Celebration

The day began with yoga, at 7am.



Flag hoisting and morning assembly was conducted at 7.45am.





Breakfast at Kalavara



Aerobics training was conducted at 10am in association with Dr. Rajeev Kumar, Physical Education, GCK. The session was handled by. Smt. Mareena T Mathew, Physical Education Teacher, Sabarigiri International School, Anchal, She demonstrated warming up and aerobics exercise and described their benefits.



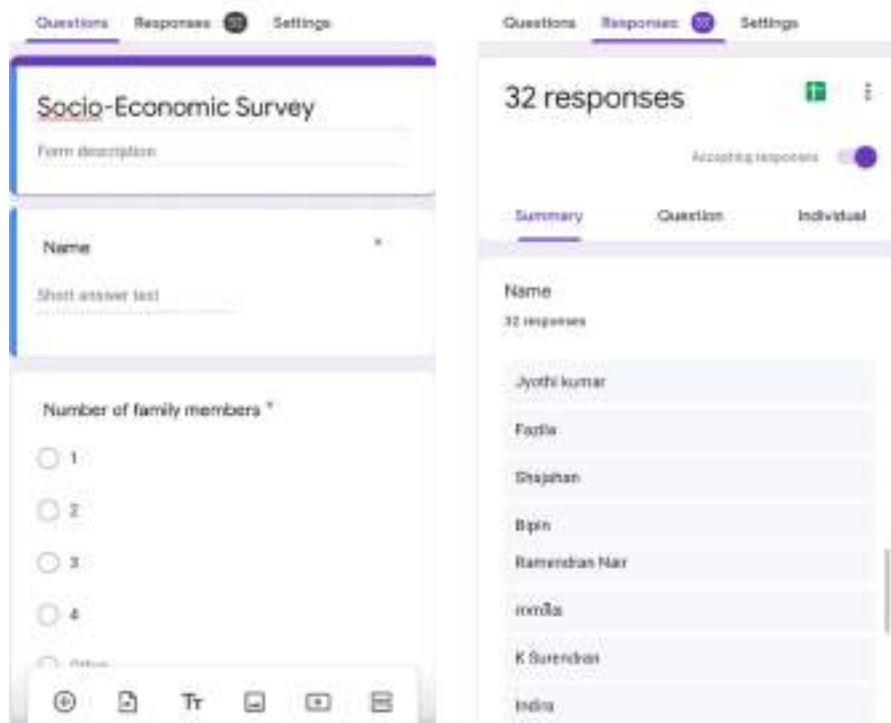
At 12pm, volunteers prepared organic sanitizer using Turmeric, Alovera, Camphor and Neem. It was bottled for distribution among patients during Palliative care visit.



At 1pm, Christmas was celebrated with a feast. Chicken Biryani was served.



At 2pm, volunteers set out to nearby houses for socio-economic survey. As part of palliative care activity, preliminary information was collected from Pangappara health centre. Volunteers, in groups, visited houses of selected patients and collected information from them regarding their annual income, food habits, illness, their requirements and economic condition.



After dinner Christmas cake was cut and volunteers organised cultural program.



Day 4 (26th Dec 2021, Sunday): Garden Setting, Awareness Class, Roadside Cleaning

The day began with jogging and exercise at 7am, followed by flag hoisting and morning assembly.



Breakfast at Kalavara



After breakfast volunteers cleared all weeds around lady's amenity centre for garden setting





The area around pond at main entrance was also cleaned and cleared of weeds and plastics



After lunch, a traffic awareness class was conducted by Smt. Mayadevi B, Traffic Warden, Pattom Traffic Station. She discussed about the various traffic rules and signs.



After tea break, volunteers cleaned the sides of NH66

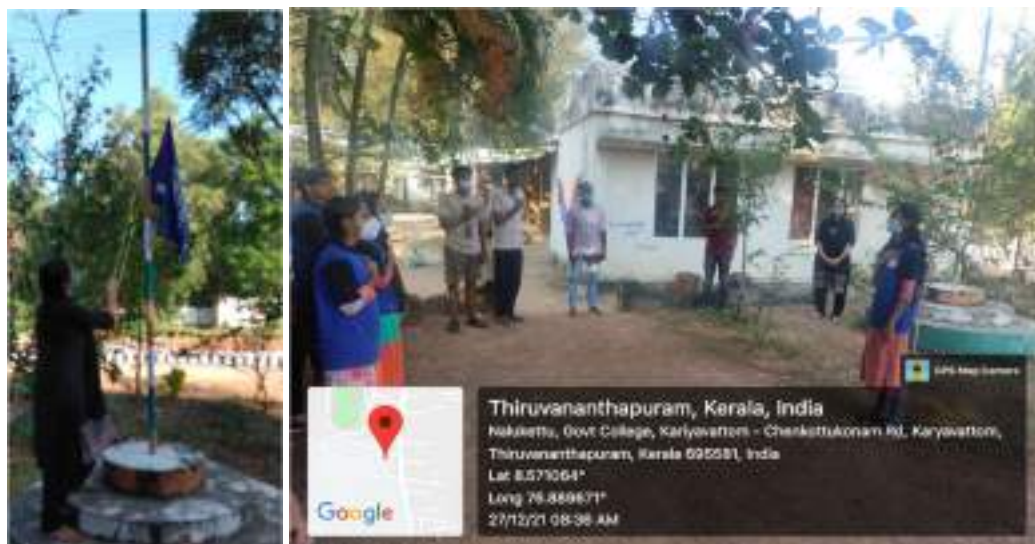


Cultural program was organised after dinner



Day 5 (27th Dec 2021, Monday): Invited Talk, Paper Bag Making, Camp Fire

Day began with a morning walk around the college ground followed by flag hoisting and assembly.



Breakfast at kalavara



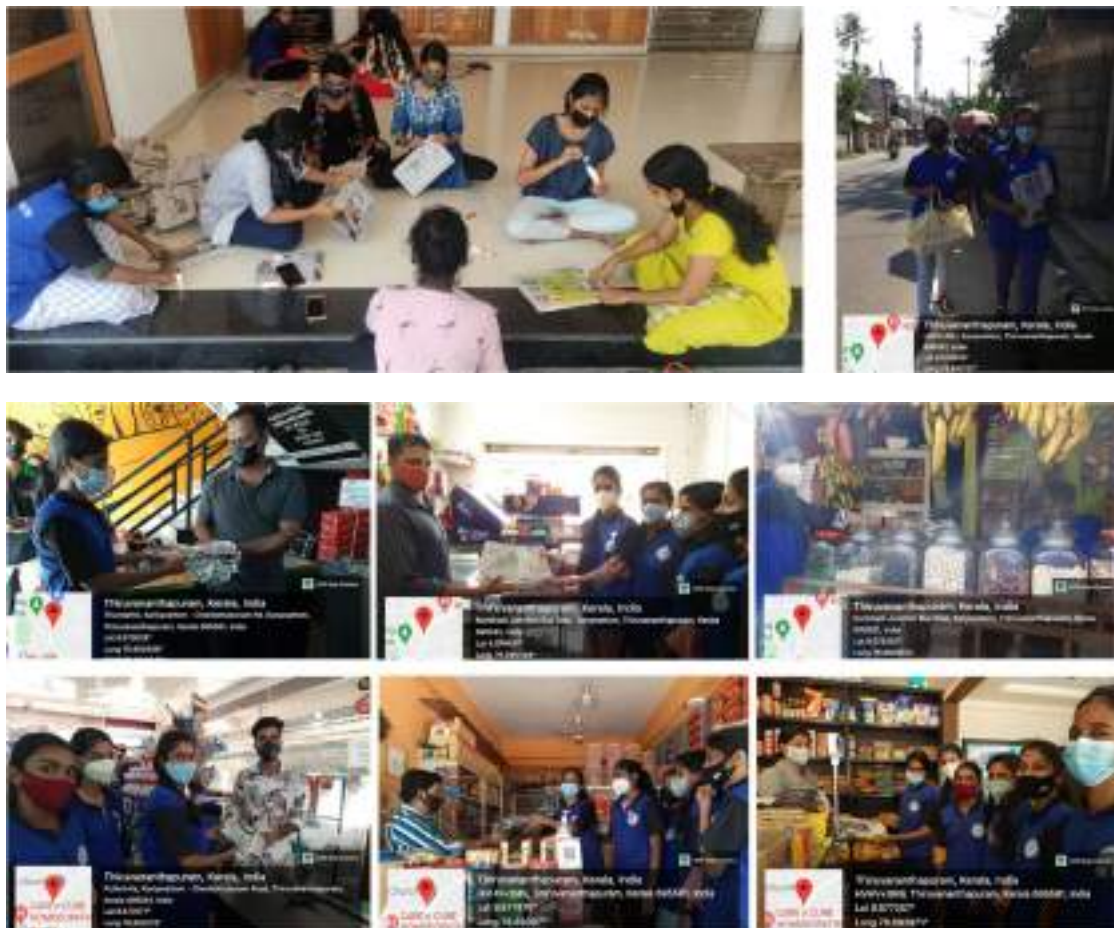
After breakfast there was a Session on Life is a visual Art/ ജീവിതം ഒരു ദൃശ്യകലയാണ് was handled by Sri Abhilash Thattathumala, Media and Documentation Officer, Samagra Shiksha Abhiyan. He described about the significance of visual media in our life.



After lunch, good quality seeds and fertilizer was procured at subsidized rate from Krishi Bhavan, Kazhakootam. Volunteers initiated organic farming in few houses in the neighbourhood. They ploughed the ground and prepared the area for farming. Seeds and fertilizers were given to home makers of some houses for cultivation.



After tea break volunteers made paper bags and distributed among the shopkeepers around the college, from Pullanivila to Kariavattom junction.



Campfire was set after dinner and volunteers organised cultural programs



Day 6 (28th Dec 2021, Tuesday): Awareness Class and Palliative care Activity

Day began with morning exercise followed by flag hoisting and assembly



After breakfast awareness class was conducted by officials of Fire and Rescue station, Kazhakoottam.





At 12pm, volunteers painted the pond at entrance



After lunch, an interactive psychology session was conducted by Ms. Aiswarya, A. U. Psychologist, Jeevani, Govt. College Kariavattom.



After tea break, volunteers were engaged in palliative care activity. Few families were selected after survey and volunteers visited their homes and gave them groceries, medicines, and sanitary materials.



After dinner volunteers conducted cultural programs.

Day 7 (29th Dec 2021, Wednesday): Camp Evaluation and Valedictory Function

After morning walk, flag hoisting and assembly, volunteers cleaned the camp premises.



Valedictory function was conducted online in G meet. Ebin John Zachariah represented all the volunteers and presented an evaluation of the camp on behalf of the whole Unit. Raison Phillip, Camp secretary presented the Camp report. Adwaith, magazine editor, published the first few pages of the E-magazine ‘SAMHITHA’.

<p>GOVERNMENT COLLEGE KARIAVATTOM NATIONAL SERVICE SCHEME</p> <p>UNIT 17 A&B</p> <p>7th 7th 2021</p> <p>ANNUAL NSS CAMP</p> <p>സംഗീതം 2k21</p> <p>VALEDICTORY FUNCTION</p> <p>DAY 7 29 DEC 2021</p>		<p>GOVERNMENT COLLEGE KARIAVATTOM NATIONAL SERVICE SCHEME</p> <p>UNIT 17 A&B</p> <p>7th 7th 2021</p> <p>ANCHORING Lekshmi A S</p> <p>NSS SONG Lekshmi Subash</p> <p>WELCOME SPEECH Mekha Krishnan</p> <p>FELICITATIONS</p> <p>Smt. A S Jaya (Principal)</p> <p>Dr. Sabeen H M (IQAC Coordinator)</p> <p>Dr. Baiju S (PTA Secretary)</p> <p>Dr. C R Dhanya (NSS Programme Officer)</p> <p>Dr. Nishad N (NSS Programme Officer)</p> <p>VOTE OF THANKS G S Amritha</p>	
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