

# NATIONAL SERVICE SCHEME

(Unit 17 A & B)



*Not me but You*

**GOVERNMENT COLLEGE KARIAVATTOM  
THIRUVANANTHAPURAM**

**ANNUAL SPECIAL CAMP REPORT 2021-22  
(23.12.2021 -29.12.2021)**

**CAMP STATION: GOVT. LPS, CHENGOTTUKONAM  
THIRUVANANTHAPURAM**



Total number of NSS Units: 2

Total Number of Volunteers in the College: 200 (100 per Unit)

Number of Volunteers participated in camp: 100

**GROUP A**  
**LOVLINA BORGHAIN**



WOMEN'S WELTERWEIGHT BOXING- BRONZE

- CHETHANA SANKAR (L)
- DEVIKA S R
- VISHNU DEV
- RAGASREE S P
- AMAL M
- SREEDEV R NAIR
- MALAVIKA M
- PARVATHY R
- DEENIKA KARTHIKEYAN
- ANCY S VENU
- RAIISON RENNY (L)
- SAI GAYATHRI
- VISMAYA MOHAN
- SHIBIA JOHN
- ASHWIN SHA M
- ARJUN NARAYANAN
- HARI PRIYA S D
- ANANYA A P
- HARSHA SANIL
- NABEEL N
- SREEGESH K C

**GROUP B**  
**P V SINDHU**



WOMEN'S SINGLES BADMINTON- BRONZE

"YOUR DREAMS ARE WHAT DEFINE YOUR INDIVIDUALITY.THEY HAVE THE POWER TO G WINGS AND MAKE YOY FLY HIGH"  
 - P V SINDHU

- SONITHA (L)
- NANDHANA N
- MITHILA M MADHU
- ANIL KUMAR R D
- SHINTO S S
- AJNA A
- GOURI S ANIL
- NANDANA H
- LEKSHMI SUBASH
- VISHNU K
- SREERAG S S
- DEVADATHAN (L)
- SOORYA SURESH
- BANAZIR M
- SREENANDHA S S
- RINTU S TOMY
- SANJAY A
- MEBY MOHAN
- FOUSIYA NIZAR
- AMALA S KUMAR
- BINSO BOSE
- KAVYA RAMESH

**GROUP C**  
**NEERAJ CHOPRA**



MEN'S JAVELIN THROW: ATHLETICS- GOLD

- ANJANA AS (L)
- AMALA T M
- GOWRILAL B
- NADEER
- BISMI S
- ABIN MOHAN
- LINGESWARAN C
- JOSHNA L JOY
- RESHMA RAM
- AAVISHA THAJUDEEN
- SABIYA C
- ANVARSHA (L)
- MAHALAKSHMI R
- SANDRA S SANTHOSH
- ASWIN S R
- DIVYA RAJAN
- KARTHIKA P S
- VARUN T
- ARCHANA NIL
- SULTHANA I
- AFSANA A
- AMARJITH S S

**GROUP D**  
**P R SREEJESH**



MENS TOURNAMENT: HOCKEY- BRONZE

- MEKHA KRISHNAN (L)
- JITHU JOHNY
- TANZEEL
- LEKSMI A S
- MEGHA S
- ASHTAMI S
- AFSANA S K
- SAYANTH PHILIP REJI
- ABDUL FATAH P
- MEENU S MOHAN
- ANASWARA B
- EBIN JOHN (L)
- ROJA J
- AADYA AJITH
- APARNA UNNI
- VAISHNAVI
- SANDRA P S
- NANDHANA E V
- AMRITHA G S
- GANGA MOULI
- AMEER ABDUL FATAH
- AARABHI R NAIR

Volunteer Secretaries: Adwaith S (IInd year Biochemistry) and Amala L (IInd year Physics and Computer Application)

Camp Secretary: Raison Renny Phillip (IInd year Chemistry & Industrial Chemistry)

Members: Devadathan (IInd year Physics and Computer Application)

Chethana Shankar (IInd year Biochemistry)

Sonitha A P (IInd year Biotechnology)

Principal: Smt. Jaya A. S.

NSS Program Officers:

Dr. C. R. Dhanya (Associate Professor, Department of Biochemistry, Govt. College Kariavattom)

Dr. Nishad N. (Assistant Professor, Department of Geography, Govt. College Kariavattom)

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





## Special Camp Report

The Annual residential special camp of NSS Unit 17 A&B, Govt. College Kariavattom was conducted from 23<sup>rd</sup> Dec 2021 to 29<sup>th</sup> 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

<p><b>GOVERNMENT COLLEGE KARIAVATTOM</b>          Affiliated to Kerala University</p>  <p>NOT ME BUT YOU  <b>NATIONAL SERVICE SCHEME UNIT 17A&amp;B</b>  <b>സഹിതം 2021</b>  <b>SEVEN DAYS ANNUAL RESIDENTIAL CAMP</b>  <b>23 December to 29 December 2021</b></p>	<p><b>THEME</b>  <b>"YOUTH FOR PREVENTION AND MITIGATION OF COVID-19"</b></p> <p><b>Kariavattom</b>          23-12-2021</p> <p>The seven days camp of National Service scheme of our college will be held from 23<sup>rd</sup> December 2021 to 29<sup>th</sup> 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</p> <p>Dr. Dhanya C.R Program officer      Smt. Jaya A.S Principal      Dr. Nishad.N Program officer</p>
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## ഒന്നാം ദിവസം

23.12.2021

അധ്യക്ഷ : 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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം

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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം

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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം

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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം

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

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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം

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** ഗാനം, യോഗ, **Thought of the day, Paper presentation**, തലേ ദിവസത്തെ പ്രവർത്തന അവലോകനം


രാവിലെ 10 ന് - Paper bag making

11.00 ന് - Flashmob at Thambanoor bus terminal

2.00 ന് - അനുഭവം പങ്കുവയ്ക്കൽ ക്യാമ്പ് സമാപനം

## Day 1 (23<sup>rd</sup> 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**  
 Unit No. 17 A & B  
**Government College Kariavattom**

**സംഗീതം 2K21**

<b>Anchoring</b>	Ebin John
<b>Welcome Speech</b>	Aarabhi R Nair
<b>Vote Of Thanks</b>	Amala A L
<b>Felicitation</b>	Smt. Jaya A S (Principal) Dr. Nishad N (Programme Officer) Dr. Dhanya C R (Programme Officer)
<b>Chief Guest</b>	Kavitha L S (Kazhakkootam Ward Counselor)

**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.



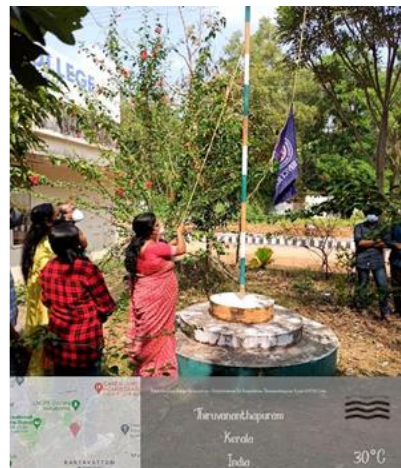


**Day 2 (24<sup>th</sup> Dec 2021, Friday): Orientation Classes, Campus Cleaning, Christmas Carol**

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.

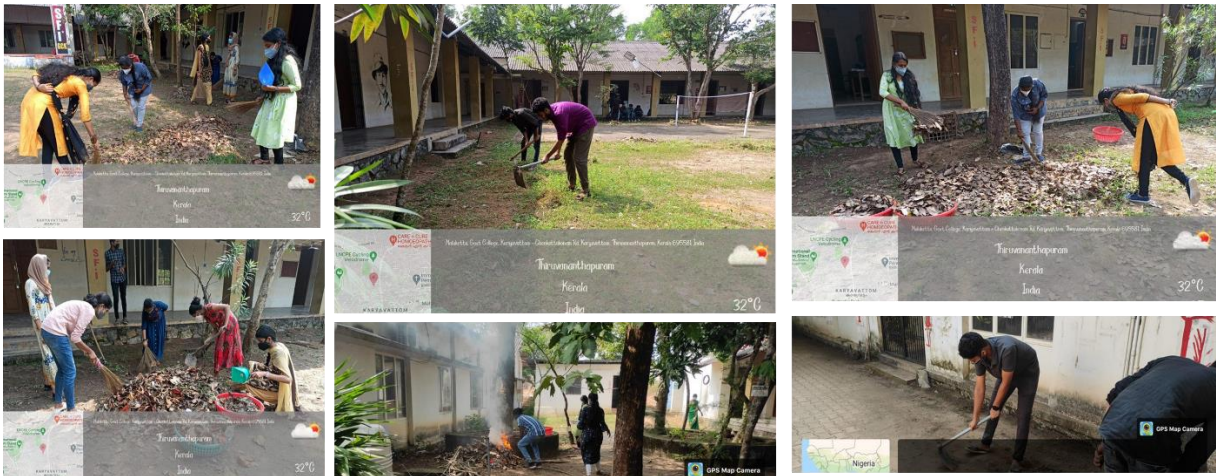


After lunch there was a class on “DOCTORS BEYOND BORDERS”. The session was handled by Dr. S. S. Santhosh Kumar, Deputy Medical Superintendent and Professor in Orthopaedics and Emergency Medicine Department in Government Medical College, Thiruvananthapuram.





After tea break volunteers continued with campus cleaning.





From 6 to 8pm, volunteers organised Christmas Carol.



Dinner at Kalavara:





**Day 3 (25<sup>th</sup> 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.

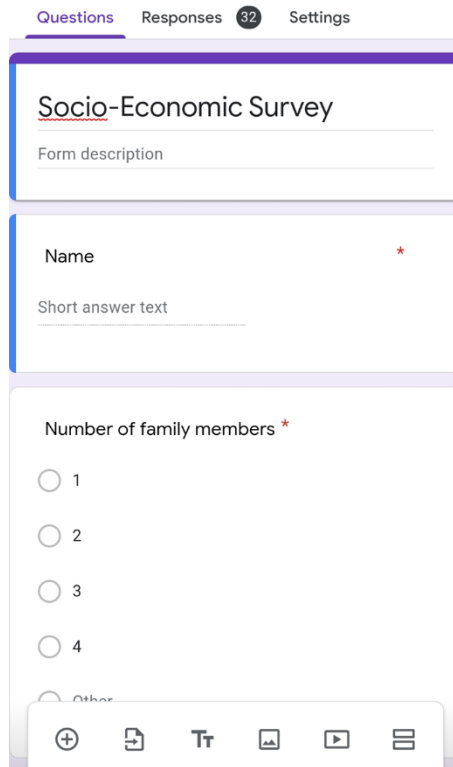


At 1pm, Christmas was celebrated with a feast. Chicken Biryani was served.

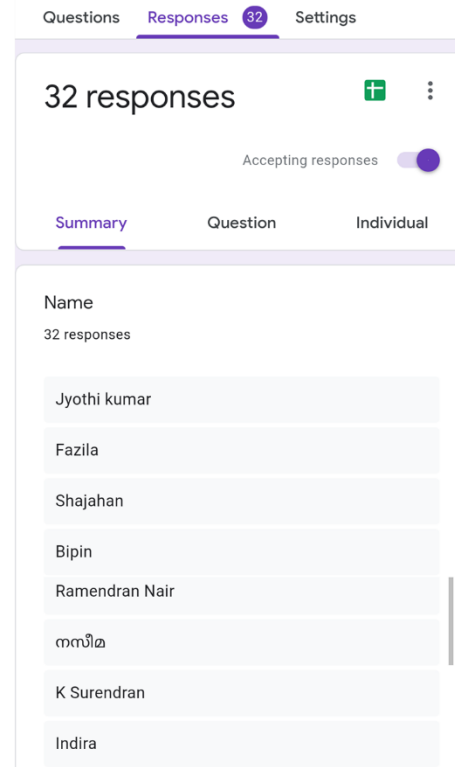




At 2pm, volunteers set out to nearby houses for socio-economic survey. As part of palliative care activity, preliminary information was collected from Pangappara health centre. Volunteers, in groups, visited houses of selected patients and collected information from them regarding their annual income,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



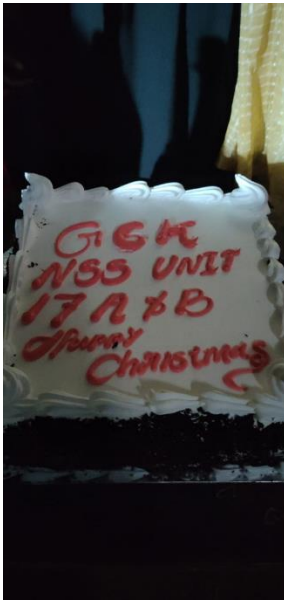
The screenshot shows the 'Questions' tab of a Google Form titled 'Socio-Economic Survey'. The form has 32 responses. The first question is 'Name', which is a short answer text field. The second question is 'Number of family members', which is a multiple-choice question with radio buttons for options 1, 2, 3, 4, and 'Other'.



The screenshot shows the 'Responses' tab of the Google Form, displaying a list of 32 responses for the 'Name' question. The responses are listed in a table with a scrollable area.

Name
Jyothi kumar
Fazila
Shajahan
Bipin
Ramendran Nair
നസീമ
K Surendran
Indira

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





**Day 4 (26<sup>th</sup> 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

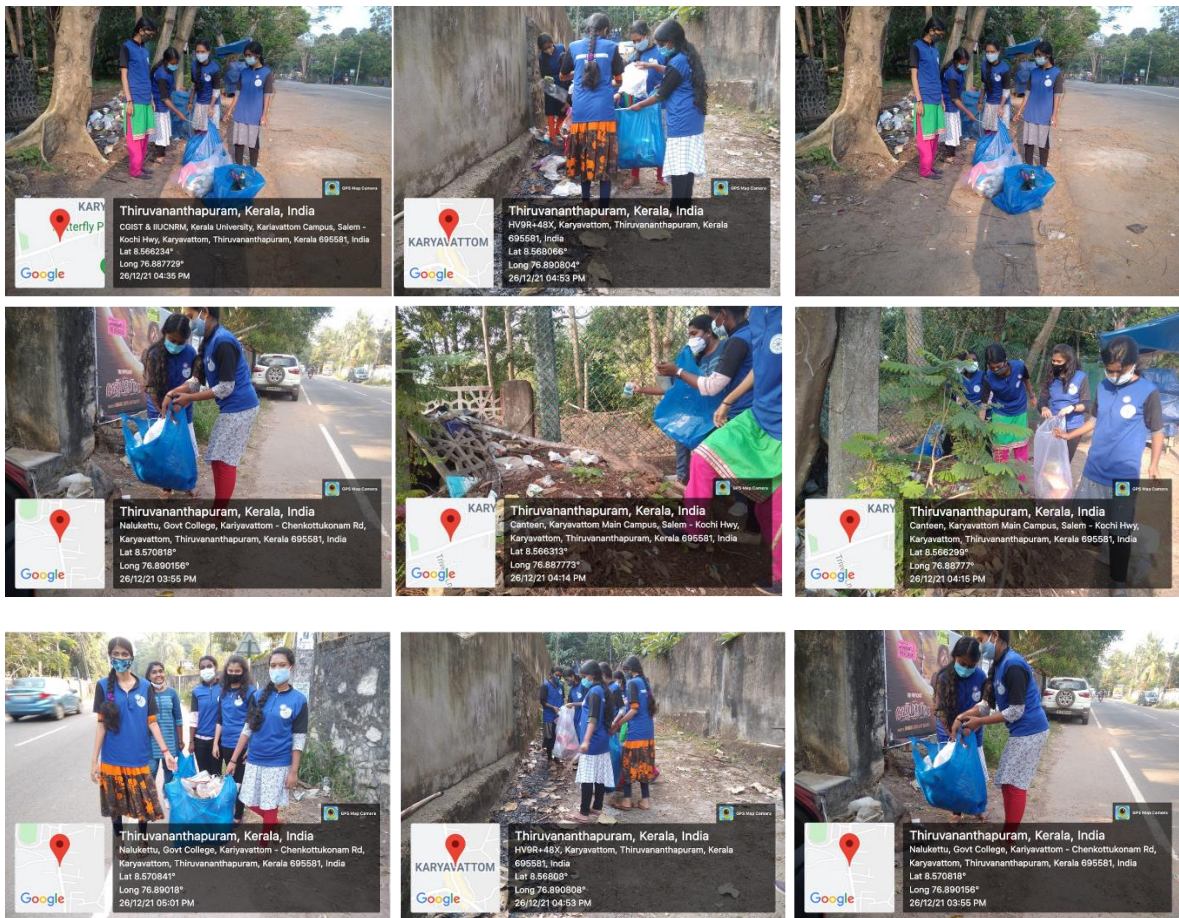




After lunch, a traffic awareness class was conducted by Smt. Mayadevi B, Traffic Warden, Pattom Traffic Station. She discussed about the various traffic rules and signs.



After tea break, volunteers cleaned the sides of NH66



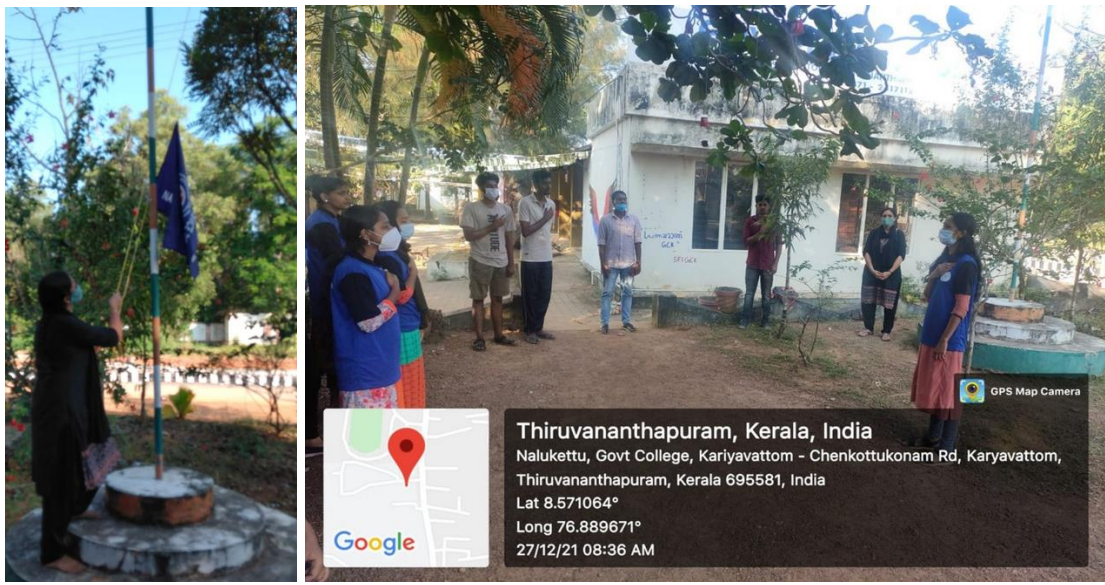


Cultural program was organised after dinner



**Day 5 (27<sup>th</sup> 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, Kazhakoottam. 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 (28<sup>th</sup> 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

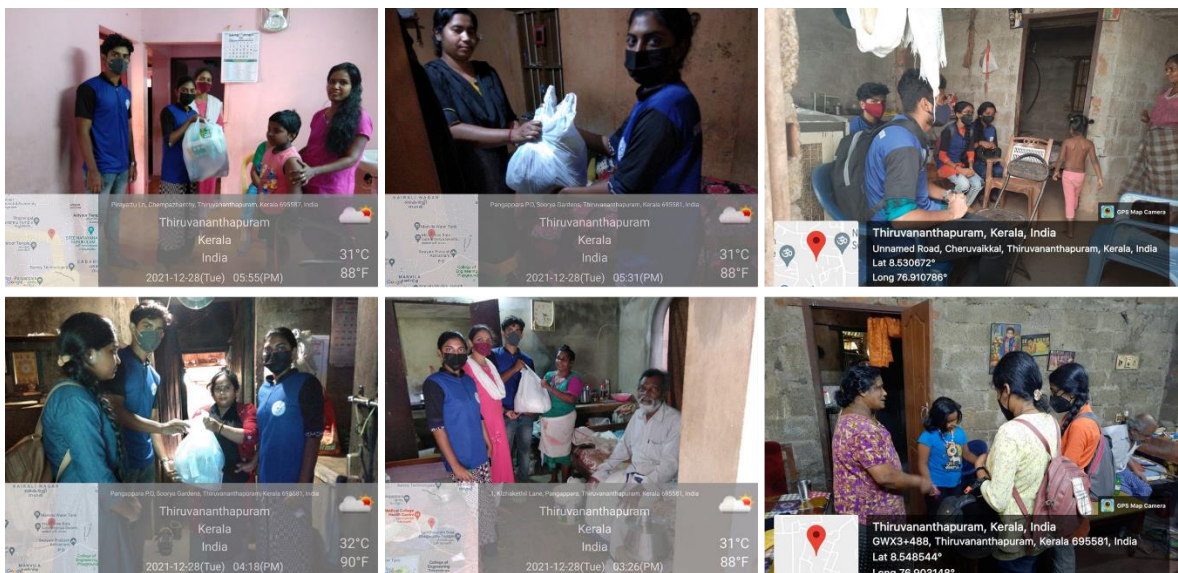




After lunch, an interactive psychology session was conducted by Ms. Aiswarya, A. U. Psychologist, Jeevani, Govt. College Kariavattom.



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 (29<sup>th</sup> 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. Adwraith, magazine editor, published the first few pages of the E-magazine ‘SAMHITHA’.

GOVERNMENT COLLEGE KARIAVATTOM  
 NATIONAL SERVICE SCHEME

UNIT 17 A&B  
*Not Me But You*

ANNUAL NSS CAMP  
 സഹിതം 2k21

**VALEDICTORY  
 FUNCTION**

DAY 7  
 29 DEC 2021

GOVERNMENT COLLEGE KARIAVATTOM  
 NATIONAL SERVICE SCHEME

UNIT 17 A&B  
*Not Me But You*

**ANCHORING** Lekshmi A S  
**NSS SONG** Lekshmi Subash  
**WELCOME SPEECH** Mekha Krishnan  
**FELICITATIONS** Smt. A S Jaya (Principal)  
 Dr. Sabeen H M (IQAC Coordinator)  
 Dr. Baiju S (PTA Secretary)  
 Dr. C R Dhanya (NSS Programme Officer)  
 Dr. Nishad N (NSS Programme Officer)

**VOTE OF THANKS** G S Amritha



