



**NATIONAL SERVICE SCHEME
UNIVERSITY OF KERALA**

**NSS UNIT No. 17A & 17B
GOVERNMENT COLLEGE, KARIAVATTOM
THIRUVANANTHAPURAM**



ANNUAL REPORT

2019-2020

REPORT OF NATIONAL SERVICE SCHEME UNITS (2019-2020)

NSS Unit No. 17A & 17B

GOVT. COLLEGE, KARIAVATTOM

THIRUVANANTHAPURAM

Introduction

The National Service Scheme is an educational programme. It is an Indian Government sponsored public service programme conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's birth centenary year in 1969. Aimed at student's personality through community service, NSS is a voluntary organization of young people in colleges, universities and at +2 level working for a campus -community linkage.

The overall aim of NSS is to give an extension dimension to the higher education system and orient the student youth to community service while they are studying in educational institution. Thus the goal of NSS is education through community service. Its motto or watch word is NOT ME BUT YOU. Its symbol is based on the 'Rath wheel' of the Konark Sun Temple situated in Orissa. NSS was formally launched on 24th September, 1969. Therefore, 24th September is celebrated every year as NSS Day with appropriate programmes and activities.

NSS is a unique movement which aims at the physical, mental and spiritual development of the young students. By cultivating a sense of duty, cooperation and self-help in the children, the NSS helps the youth of tomorrow in such a way that they become active participants of our nation-building efforts at different levels. After almost seven decades of our independence, we have made tremendous material progress and consolidated our country. But we feel disheartened to see the decline of standard of behavior in public life. One should understand the real situation in the community while doing education. All the positive qualities should be developed by the youth during education.

The NSS has arrived in the 21st century with new challenges. Starting with 40,000 volunteers in 37 universities, it has now more than 3.8 million volunteers. When we are entering the golden jubilee year, the organization has faced and survived many challenges. The problems of resource support, recognition, rewards and incentives to sustain the spirit of volunteerism are some of the critical issues in a globalised modern world. The conventional nature of NSS has been drastically changed from manual work to an intellectual activity with a view to achieve sustainable development of the society.

The NSS activities have been divided in to two major groups- Regular activities and Special Camping programme. A volunteer has to complete 240 hours of regular activities during a period of two years and participate in a seven days camp. In a year 20 hours are allocated for orientation, 30 hours for campus work and 70 hours will be utilized for community service. Each unit should adopt a village and conduct major activities there.

Government College, Kariavattom is at Kariavattom within the Kazhakuttom Ward of Thiruvananthapuram Corporation and is nearly 14 kms north of Thiruvananthapuram City. The college is situated North of the Kazhakuttam-Sreekaryam Highway and is about 400m from Kariavattom junction towards the Chenkottukonam road. The College is encircled by the Kerala University Campus on the South, the Green Field International Stadium on the West and the Lekshmi Bhai National College of Physical Education on the North.

The College was initially started during the year 1993 as the Annex of the undergraduate wing of the University College, Thiruvananthapuram. Later during 1997 these courses were shifted back and the college was renamed as Government College, Kariavattom and introduced under-graduate courses in the Choice Based Credit and Semester Scheme (CBCSS) of the University of Kerala. Now the College is having seven under-graduate and two post-graduate courses. The **courses** offered at the college are **B.Sc. Biochemistry, B.Sc. Biotechnology, B.Sc. Chemistry and Industrial Chemistry, B.Sc. Computer Science, B.Sc. Geography, B.Sc. Physics and Computer Application, B.Sc. Statistics, M.Sc. Mathematics and M.Sc. Physics**. The College is affiliated to the University of Kerala and is accredited by the **National Assessment & Accreditation Agency (NAAC) with B Grade**.

Two NSS units are actively working in the Government College Kariavattom in the midst of hectic schedule of teaching-learning process on the basis of Choice Based Credit and Semester System. The major services rendered during this academic year are: Flood Relief Activities, 150th Birth Anniversary of Gandhiji, Anti-Drug Campaigning's, Blood Donation Camp etc.

SPECIAL REPORT OF IMPORTANT ACTIVITIES

1. FLOOD RELIEF ACTIVITIES 2019

Similar to last year, 2019 also remains a dark chapter in the history of Kerala. The state witnessed an unprecedented flood which devastated several lives and resources. The floods occurred in the month of August. Army, Air Force, Navy, Coast Guard, Fire Force and National Disaster Response Force (NDRF), fishermen, NGOS, Student Volunteers, the public etc. worked nonstop and actively engaged in rescue and relief operations. The entire nation has come forward to lend a helping hand to the Kerala flood victims. Central Government, State Governments, Union Territories, Multi-National Corporations, Big Business Houses, Celebrities, Sportsmen and women, schools, colleges, and common people have contributed to Kerala's Chief Minister's Relief Fund generously. The Government of Kerala started a donation website for flood victims.

As the Asia's largest voluntary organization, NSS took a leading role in the post disaster relief and rehabilitation activities on a war footing basis. About 1200 NSS Units across state were fully involved in the relief activities. The NSS volunteers collected money, medicines, clothes, cleaning materials and other necessary items for distribution in the relief camps.

Immediately after the disaster, the entire college community under the leadership of Principal, Dr. B. Unnikrishnan Nair along with NSS Unit and NCC Units, collected flood relief materials from the campus and nearerby areas of college and sent to the collection centre at Corporation of Thiruvananthapuram, Palayam on 14/08/2019. Our volunteers also served as collection agents in the different collection centres (SMV School, Corporation Office, Women's College, Tvpm). Moreover, several volunteers were actively participated in the post flood activities.



Dr. B. Unnikrishnan Nair addressing the NSS Volunteers before the flood relief material collection from the nearer by areas of College.



Fig: Flood Relief material collection of Govt College Kariavattom



Fig: Flood Relief material collection of Govt College Kariavattom

2. ANTI-DRUG CAMPAIGN

2A. AWARENESS PROGRAM AT UNIT LEVEL

Several awareness program related to anti drug/alcohol abuse were done at unit level were carried out by the unit. All the programs were done with the help from college authorities, PTA, Anti-narcotic cell, Government College Kariavattom and College Union, Government College Kariavattom. The programs including basic awareness among students, creating Anti drug/alcohol club including NSS volunteers, preparation for community level campaigning programs and awareness classes by expert.



Dr. Manikantan GR, Consultant, Moksha- anti narcotic division, Government of Kerala gave awareness class on anti drugs/alcohol usage to the volunteers of NSS Unit 17 A and B, Government College Kariavattom on 23/12/2019.



2B. PARTICIPATION IN TWO DAY RESIDENTIAL TRAINING PROGRAM ON ANTI DRUG INITIATIVE AT UNIVERSITY LEVEL

Two day residential training program on ANTI DRUG INITIATIVE were conducted by NSS Cell, University of Kerala started on 15 November 2019. A volunteer, Mr. Ajesh S, II BSc Biochemistry , from our unit was deputed to participate in the program. The training program was highly encouraging and inculcate the volunteers for their future activities. Few pamphlets and displays about anti drug/alcohol campaign was distributed in the training and same were circulated and displayed in the campus by our volunteers. Furthur programs about anti-drug campaigning in the campus were planned and done under the leadership of trained volunteer.



Fig: Volunteers of two day residential training program on ANTI DRUG INITIATIVE organized by NSS Cell, University of Kerala during 15th and 16th November 2019.

2C. AWARENESS PROGRAM AT COMMUNITY LEVEL - SURVEY ON ANTI-DRUG/ALCOHOL AWARENESS PROGRAM

A health survey was conducted in the nearer by places of Kariavattom as a part of our campaign. The Survey were done during 22/12/2019 and 23/12/2019. The volunteers were grouped into twelve and they conducted a health survey which mainly focusing on the datas about alcohol/tobacco/drug consumption and health issues, by aiming at creating awareness to the society regarding anti-drug/alcohol abuse. The datas collected by the volunteers can be

used as future reference for further involvement of government/NGOs in anti-drug/alcohol awareness, their preventive measures to the society



Fig: Health Survey conducted by volunteers of government college kariavattom- as part of anti-drug campaigning

2D. SHORT FILM COMPETITION AND SCREENING

A Short film making completion was conducted in the campus by the volunteers of NSS unit 17 A and B related with Anti- Drug campaigning with the help of College Union, Government College Kariavattom. The short film were created, edited and directed by the students of Government College Kariavattom. Total of 4 entries were got through competition and the films were screened in the college seminar hall on 22/12/2019 during Annual Special Camp of NSS Volunteers 2019-20.

2E. POSTER MAKING COMPETITION

Poster making completion was conducted in the campus by the volunteers of NSS unit 17 A and B related with Anti- Drug campaigning on 23/12/2019. Best posters were awarded and displayed. These competitions were conducted mainly aiming at creating awareness among volunteers and to the society regarding the ill effects of drugs/alcohol abuse.





Fig- Posters prepared by the Volunteers in relation with Anti-Drug Awareness Campaign

2F. ANTI-DRUG AWARENESS PLEDGE

A pledge was taken in the college by the students and faculty members as a part of anti drug awareness among students on 16 January 2010. The pledge was delivered by Dr. Boban PT, Asst Professor in Biochemistry and Co-ordinator, Anti-Narcotics Club, Government College Kariavattom. Dr. B. Ajithakumari, Principal, Smt. Jaya AS, Vice Principal, Dr. Baiju S (Asst Professor in Maths and PTA President), Dr. Sabin S (Asst Professor in Geology, IQAC Co-ordinator & Senate Member), Dr. Raghul Subin S and Smt. Sunitha S (NSS Program Officers) and other faculty members and all students also attend the function.



3. ACTIVITIES DONE IN RELATION WITH 150TH BIRTH ANNIVERSARY

CELEBRATIONS OF MAHATMA GANDHI

3A. CAMPUS CLEANING AND SETTING UP OF FLOWER GARDEN

A total of 150 volunteers participated in the program held on 02/10/2019. Campus cleaning and beautification were carried out on the same day. The programme were done with the help of College Authorities, College Union and Faculty members. Dr. Prasad T.K., Assistant Professor in Geography and Program Cordinator, Gandhian Studies Chair addressing the students and deliver a brief talk about life of Gandhiji and importance of his messages. Sunitha S and Dr. Raghul Subin S, Program Officers, NSS Units, Government College Kariavattom also address the volunteers. The program aims to clean up the campus by removing plastic wastes and setting up of a flower garden in front of College Canteen with a future plan to upgrade it into a beautiful butterfly park.



Fig: Dr. T.K. Prasad,Assistant Professor in Geography & incharge of Gandhian Studies Center, Government College Kariavattom addressing the NSS volunteers on Gandhi jayanthi 2019



CAMPUS CLEANING- GANDHI JAYANTHI CELEBRATIONS 2019







Fig: Setting up of butterfly park in front of college canteen



3B. PUBLIC PLACE CLEANING: KAZHAKOOTTAM RAILWAY STATION

As a part of 150th birth Anniversary celebration of Gandhiji and Gandhi Jayanthi Celebration 2019 , NSS Unit 17 A and B were directed to do activities in Kazhakoottam Railway Station. Kazhakoottam Railway Station is an important railway station where lot of passengers especially students and workers of nearerby palces of Kazhakoottam region depends which includes Technopark IT companies, various Colleges, Public and Private Offices etc. A total of 30 volunteers were selected to do activities in the railway station under the supervision of Volunteer captains Smt. Nighitha TN and Sri. Sabarinath and program Officers, Dr. Raghul Subin S and Smt. Sunitha S. Major activities carried out were cleaning the premises of Railway Station and the railway tracks in front of Kazhakoottam Railway Station. The Station Master and supporting staffs also actively support the volunteers to finish their mission.



Fig: Cleaning of railway platform and removal of plastics and other wastes from the railway tracks of Kazhakoottam Railway Station on 02/10/2019



Fig: Removal of plastics and other wastes from railway tracks in front of Kazhakoottam Railway Station, Thiruvananthapuram



3C. INTER-DEPARTMENTAL QUIZ COMPETITION- 2019 ABOUT LIFE OF GANDHIJI IN RELATION WITH 150TH BIRTH ANNIVERSARY CELEBRATION OF MAHATMA GANDHI

Inter –departmental Quiz Competition about Life of Gandhiji was conducted in the college in relation with 150th birth anniversary celebration of Mahatma Gandhi on 04/10/2019. The program was carried out in collaboration with College Union and Quiz Club of Government College Kariavattom and the competition winners were awarded.



OTHER REGULAR ACTIVITIES

4. OBSERVANCE OF WORLD ENVIRONMENT DAY

World Environment Day was celebrated in the College on June 5, 2019 with variety of programmes. Volunteers cleaned the premises of the College and planted tree saplings under the guidance of program officers. Moreover, volunteers were directed to plant tree sapling in and around their homes and protect it.

5. OBSERVANCE OF WORLD POPULATION DAY

In relation with observance of world population day, a program was held in Seminar Hall of College on 11 July 2019 and a debate was held between volunteers to create awareness among them about the global population and its merits and demerits. The program was carried out under the guidance of program Officers Dr. Raghul Subin S and Smt. Sunitha S.

6. KARGIL VICTORY DAY CELEBRATIONS

University of Kerala jointly organized Kargil Victory Day with Indian Army in University Senate Hall, University of Kerala, Palayam on 30 July 2019. 30 Volunteers from our Unit participated in the function. The function was inaugurated by Governor of Kerala. The martyrs who lost their life during Kargil War was remembered during the function. The function was blessed with the presence of army men who fought bravely for the victory of the nation.

7. NSS MEETING

A meeting for NSS volunteers were carried out under the guidance of NSS Program Officers on 18 September 2018. Main agenda of the meeting was to discuss about future program of NSS Unit especially celebrations of 150th birth anniversary of Gandhiji and NSS Golden Jubilee celebrations.

8. NSS GOLDEN JUBILEE CELEBRATIONS

NSS Golden Jubilee Day was celebrated in the college on 24 September 2019 with various competitions and programmes. The Program was inaugurated by Dr. Unnikrishnan Nair, Principal, Govt. College Kariavattom. The program was successfully carried out with help of College Union and Whole Campus participated in this program. Interdepartmental Competitions were carried out which includes Quiz Competition, Pencil Drawing, Colour Drawing, Debate and Elocution and the competition winners of awarded in valedictory function at the end of the day. Smt. Jaya AS, Vice Principal, Dr. Baiju S (Asst Professor in Maths and PTA President), Dr. Sabin S (Asst Professor in Geology, IQAC Co-ordinator & Senate Member), Dr. Raghul Subin S and Smt. Sunitha S (NSS Program Officers) and other faculty members were present in the functions..





NSS GOLDEN JUBILEE CELEBRATIONS 2019



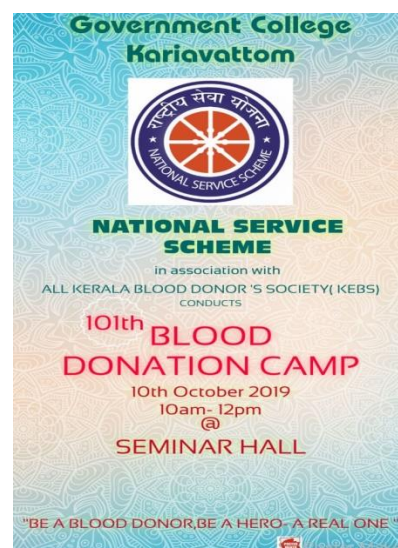


NSS GOLDEN JUBILEE CELEBRATIONS 2019



9. ORIENTATION CLASS FOR BLOOD DONATION

An orientation class for blood donation was done prior to blood donation camp organized by the NSS Units in the College on 09 October 2019. Class taken by a consultant from blood donors forum. The Principal, Vice Principal, PTA secretary, IQAC secretary and Program Officers were present in the function.



10. BLOOD DONATION CAMP

A blood donation camp was organized by the NSS Units in the College on 10 October 2020. A team from the Blood Bank of Government Medical College, Thiruvananthapuram came to the college for collecting blood from the voluntary donors. Fifty volunteers donated blood in the camp. More than 200 volunteers were voluntarily come forward for selection for blood donation. The camp strengthen the positive attitude for blood donation to the volunteers and clarify the doubts and fear among volunteers in this life saving mission and also gives hope for many lives in future.



Blood Donation Camp 2019 organized by NSS Unit 17 A & B, Government College Kariavattom

11. NATIONAL INTEGRATION CAMP

Our volunteer leader – Smt. Nightha TN (2nd year BSc Biochemistry) were selected by NSS Cell, University of Kerala to participate in the National Integration Camp for NSS Volunteers organized by the Ministry of Youth Affairs and Sports, Government of India held from 21/02/2020 to 27/20/2020 at Marian College, Kuttikanam, Idukki, Kerala



12. THREE DAY RESIDENTIAL VOLUNTEER LEADERSHIP TRAINING CAMP

Two Volunteers from our unit , Smt. Nighitha TN (2nd BSc Biochemistry) and Sabarinath D (2nd BSc Geography) were selected to attend Volunteer Leadership Training Camp organized by NSS Cell, University of Kerala held at Students centre, PMG Junction, University of Kerala, Palayam during 14-16 November 2019. The training camp helps in developing personality and leadership quality to the volunteers.



13. PRE-REPUBLIC DAY PARADE SELECTION CAMP

Prior to the selection of NSS Volunteers for Republic day Parade held on 30 January every year, pre-RD selection camp were conducted by University of Kerala. Two volunteers, Kavya CY (II BSc Biotechnology) and Sabarinath D (II BSc Geography) were sent for pre-RD selection camp held at BJM Government College, Chavara, Kollam on 12 October 2019.

14. SPECIAL CONVOCATION PROGRAM

A Special Convocation program to confer the honorary degree of Doctor of Science to World Renowned Scientist Dr. CNR Rao was held on 10 December 2019 at Senate Hall, University of Kerala. The award was given by Honourable Governor of Kerala Shri Arif Mohammed Khan. Honourable Vice Chancellor of University of Kerala, Pro-Vice Chancellor and officials were also present in the function. 30 Volunteers from our units were also deputed to participate in that function.

15. MEETING OF FIRST YEAR NSS VOLUNTEERS

A meeting of first year volunteers were conducted on 12 December 2019. Major agenda is to implement the action plans of NSS discussed in the NSS Program officers meet held in University of Kerala. In order to facilitate the functioning of NSS units, four batch were created among the students to divide the activities.

16. ONV AWARD FUNCTION 2019

ONV Award 2019 function was held at ONV Memorial Hall of Karyavattom Campus, University of Kerala. Sri. T. Padmanabhan was awarded ONV award 2019 by Shri. Pinarayi Vijayan, Honourable Chief Minister of Kerala. The function was also graced with the presence of Shri Kadakampally Surendran, Minister of Dewaswam Board and Tourism. 25 Volunteers from our unit also participated in this function.

17. THREE DAY WORKSHOP ON SKILL DEVELOPMENT

Three day workshop on skill development was conducted as a part of observance of National Youth Day during 14-16 January 2020 at Karyavattom Campus, University of Kerala, Karyavattom. Twenty Volunteers were participated in this program. The workshop was handled by several efficient trainers whose sessions were found effective and useful to the volunteers.

18. FIT INDIA MOVEMENT PROGRAM

As a part of FIT INDIA MOVEMENT PROGRAM directed by Minister of Youth Affairs and sports, NSS units of Government college Kariavattom also conducted few activities in the college. The activities were inaugurated by Smt Jaya AS, Vice Principal and Dr. Rajeev Kumar, Asst Professor in Physical Education deliver a talk about fitness and health. A pledge about mental and physical health and its importance to human life was delivered by Dr. Raghul Subin S, Program Officer, NSS Unit 17 A and B. After the function a Walkathon of about 5 km was organized which including all the NSS volunteers and other students of college.



19. TALK ON EFFECTIVE USAGE OF MOBILE PHONES

An invited talk was conducted about topic- “Effective and Usage of Mobile Phone” in the seminar Hall, Government College Kariavattom on 21 January 2020. The Class was handled by Dr. Pran Nath, Psychologist consultant, Janani. The talk was very useful to the student community in the current scenario. 60 volunteers attended this session

20. ORIENTATION PROGRAMME

An Orientation programme for the first year NSS volunteers was conducted on 1 February 2020. The volunteers will get all information about NSS through this programme. As per the NSS Manual, twenty hours in a year is allotted for Orientation classes. Dr. Sajith SJ Sasi, Assistant Professor, SN College, Varkala handled the orientation class at the college seminar hall. A total of 100 volunteers attended this function.



21. "PALAYANAM 2020"-KERALA UNIVERSITY YOUTH FESTIVAL 2020

Kerala University Youth Festival 2020 titles Palayanam 2020 were held from 02/03/2020 to 07/03/2020. The Main stage which includes the stage for inauguration, main events and valedictory function were scheduled in the Government College Kariavattom. Over 5000 students from more than 250 colleges were participated in this event. The program was inaugurated by Dr. KT Jaleel, Minister of Higher Education, Government of Kerala on 02/03/2020. There were five stages in our campus including the main stage. Considering the conductance of major event, NSS volunteers were actively engaged in cleaning, plastic removal and beautification of college campus prior to the event on 28/02/2020. NSS units also put plastic bins in front of each stages and volunteers effectively removed the food and other wastes during the event days. Our volunteers were actively participated in the effective conductance of the events. On 06/03/2020 our volunteers were did grouped in batches and perform campus cleaning after the event by removing plastic and food wastes and also helps to rearrange the classroom things in order.



SPECIAL CAMP REPORT 2019-20

Special Camp is an integral part of National Service Scheme. It provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community. The main objectives of the Special Camping Programme are: 1) making education more relevant to the present situation to meet the felt needs of the community, 2) to provide opportunities to students to play their due roles in the implementation of various development programmes by planning and executing development projects, 3) encouraging students to work with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community, 4) building up potential youth leaders 5) emphasize the dignity of labour, 6) encourage youth to participate in the process of nation-building etc.

The Seven Day Special Camp of NSS units 17A and 17B of Government College, Kariavattom was held during 19th to 25th December 2019 at Government LPS, Chenkottukonam, Thiruvananthapuram. The themes of the camp are: Yuvatha Nadiyodoppam, Healthy Youth and Green Kerala.

The camp starts on 19th December 2019 with registration and ice breaking sessions with group formation and activities session. Dr. B. Ajithakumari, Principal, inaugurated the camp on 20st December, 2019. Smt. Sauda Beevi, Headmistress, Govt LPS Chenkottukonam also attended the function and blessed the volunteers. Dr. S. Baiju S (PTA secretary, Dr. Sabeen HM, IQAC Co-ordinator, Programme Officers etc. participated in the function. Dr. A. Shaji, NSS Programme Coordinator, University of Kerala, visited the camp and addressed the campers. A camp orientation class was taken by Dr. Pran Nath PS (Psychologist Consultant) followed the inauguration session.

On 21st December 2019, volunteers did cleaning and beautification of Govt. LPS Chenkottukonam. The activities were under the directions from teaching faculties of the school. Main activities done were to clean up the surrounding of school and setting up beautiful gardens in front of the school and also in the backyard of school. Dr. Geetha S (Asst Professor,

MMNSS College Kottiyam) took an practical session on aerobics fitness training. The Volunteers were grouped into batches and sent to collect a health survey in the nearer by areas of campus. After the data collection, the datas were sorted and analyses by the volunteers. Same day another interesting session on disaster management was handled by Dr. sarun Savith, Assistant Professor in Geography, Sree Sankaracharya University of Sanskrit, Kalady. On 23rd December 2019, the Camp Cleaning and beautification, planting trees & documentation of flora inside school premises in the Govt. LPS, Chenkottukonam, Thiruvananthapuram were continuing.

Dr. Amjith S, Asst Professor, SN College Nedumkandam delivered a practical session on Health and fitness in the afternoon. On 24th December 2019, Dr. Manikandan GR, Consultant (Moksha), delivered an informative talk on Anti drug awareness. This talk is followed with another interesting session on personality development and leadership training handled by Dr. Sajith SJ Sasi, Trainer and Asst Professor, SN College Kollam. The camp was ended with Christmas celebrations, evaluation program and valedictory sessions on 25 December 2019. Best camp volunteers and best performers were awared in this function. Dr. Baiju S, Dr. Sabeen HM and Program Officers were attended in the valedictory session

The main work undertaken was cleaning, beautification and setting up of a Garden in the a public institution nearer to college- Government LPS Chenkottukonam. The upgardation of this lower primary school is very important and this is one of the kind which provides best and free education for the poor and needy public of the surrounding area. The necessity of keeping the surrounding of school is important as several alarming incidents which includes snake bittings were reported in the public places like schools. The service of NSS volunteers was very useful to this public institution and it provided opportunity to the students to interact with the ailing community. The student volunteers cropped the grasses , removed plastic wastes and cleaned the premises of the school and planted some flowering plants. The volunteers also cleaned the premises of the college during the camp.

06.00 pm – 06.30 pm : Tea Break
 06.30 pm – 08.30 pm : Cultural Session
 08.30 pm – 09.00 pm : Preview
 09.00 pm – 09.30 pm : Dinner

23rd December 2019, Monday

06.00 am – 08.00 am : Physical Fitness
 08.00 am – 09.00 am : BreakFast
 09.00 am – 10.00 am : NSS song, Message and Previous Day Report

10.00 am – 01.00 pm : Camp Cleaning and beautification, planting trees & documentation of flora inside school premises.
 Venue- Govt. LPS, Chenkottukonam, Thiruvananthapuram.

01.00 pm – 02.00 pm : Lunch Break
 02.00 pm – 03.30 pm : Campus Cleaning
 03.30 pm – 06.00 pm : Practical Session
“Topic- Health and Fitness”
Amjith S.
 Asst. Professor,
 SN College, Nedumkandam.

06.00 pm – 07.00 pm : Tea Break
 07.00 pm – 08.30 pm : Cultural Session
 08.30 pm – 09.00 pm : Preview
 09.00 pm – 09.30 pm : Dinner

24th December 2019, Tuesday

06.00 am – 08.00 am : Physical Fitness
 08.00 am – 09.00 am : BreakFast
 09.00 am – 10.00 am : NSS song, Message and Previous Day Report

10.00 am – 01.00 pm : Cleaning and Setting up of Garden. Venue- Govt. LPS, Chenkottukonam.

01.00 pm – 02.00 pm : Lunch Break
 02.00 pm – 03.30 pm : Campus Cleaning and beautification

04.00 pm – 05.00 pm : Invited Talk: **“ലഹരി വിമുക്ത യുവത”**

05.00 pm – 06.00 pm : Invited Talk:
“Personality Development”
 - Dr. Sajith SJ Sasi, SN College, Kollam

06.00 pm – 07.00 pm : Tea Break
 08.30 pm – 09.00 pm : Preview
 09.00 pm – 09.30 pm : Dinner

25th December 2019, Wednesday

06.00 am – 08.00 am : Physical Fitness
 08.00 am – 09.00 am : BreakFast
 09.00 am – 10.00 am : NSS song, Message and Previous Day Report

10.00 am – 11.00 pm : Christmas celebrations
 11.00 am – 01.00 pm : Evaluation of Camp
 01.00 pm – 02.00 pm : Lunch Break
 02.00 pm – 04.00 pm : Valedictory Session



**GOVERNMENT COLLEGE
 KARIAVATTOM
 THIRUVANANTHAPURAM**



**NATIONAL SERVICE SCHEME
 NSS UNIT 17 A & B**

**ANNUAL
 SPECIAL CAMP
 2019-20**

19/12/2019 - 25/12/2019

**Venue: Govt. LPS,
 Chenkottukonam
 Thiruvananthapuram**

“ NOT ME, BUT YOU ”

**“ലഹരി വിമുക്ത യുവത”
 “ആരോഗ്യമുള്ള യുവത്വം”
 “ഹരിത കേരളം”**



NATIONAL SERVICE SCHEME

Special Camp 2019

Government College Kariavattom
Thiruvananthapuram

NOTICE

Dear all,

We are conducting a Seven Bay Annual Special Camp of NSS Unit 17 A & B of our College during 19th December 2019 to 25th December 2019.

Objectives of this are to develop co-operation, awareness about duties and responsibilities, self sufficiency, importance to serve the society, social commitment, environmental protection, values and secularism among the students.

We are glad to welcome all to participate for the success of the programme.

With Regards
Principal
Dr. B. Ajitha Kumari

Programme Officers
Smt. Sunitha S
Dr. Raghul Subin S

PROGRAMME SCHEDULE

19th December 2019, Thursday

10.00 am – 12.00 pm : Registration
12.00 pm – 01.00 pm : Ice Breaking Session
01.00 pm – 02.00 pm : Lunch Break
02.00 pm – 04.00 pm : Introductory Session
04.00 pm – 04.30 pm : Tea Break
04.30 pm – 06.00 pm : Formation of Groups & Assigning Duties
06.00 pm – 08.30 pm : Committee Meeting and Planning
08.30 pm – 09.00 pm : Preview

20th December 2019, Friday

09.00 am – 10.00 am : NSS song, Message and Previous Bay Report
10.00 am – 12.00 pm : Cleaning of college premises and setting up of Garden in front of college
12.30 pm – 01.30 pm : Lunch Break
02.30 pm – 04.00 pm : Campus cleaning
04.00 pm – 05.00 pm : **Inaugural Ceremony**
Inauguration by : **Dr. A Shaji**
Programme Co-ordinator
University of Kerala
05.00 pm – 05.30 pm : Tea Break
05.30 pm – 08.00 pm : Interactive Session-
Pran Nath P.S.
(Psychologist consultant)
08.00 pm – 10.00 pm : Cultural Session and Preview
10.00 pm – 10.30 pm : Dinner

21st December 2019, Saturday

06.00 am – 08.00 am : Physical Fitness
08.00 am – 09.00 am : Breakfast
09.00 am – 10.00 am : NSS song, Message and Previous Bay Report
10.00 am – 01.00 pm : Cleaning and Beautification, Govt. LPS, Chenkottukonam, Thiruvananthapuram.
01.00 pm – 02.00 pm : Lunch Break
02.30 pm – 04.00 pm : Campus Cleaning drive
04.00 pm – 06.00 pm : **“Aerobics Fitness Training”**

Dr. Geetha S.
Asst. Professor,
MMNSS College, Kolliyam

06.00 pm – 06.30 pm : Tea Break
06.30 pm – 08.30 pm : Cultural Session
08.30 pm – 09.00 pm : Preview
09.00 pm – 09.30 pm : Dinner

22nd December 2019, Sunday

06.00 am – 08.00 am : Physical Fitness
08.00 am – 09.00 am : Breakfast
09.00 am – 10.00 am : NSS song, Message and Previous Bay Report
10.00 am – 12.00 pm : Survey – “Public health”
12.00 pm – 01.00 pm : Data sorting and brief reporting about survey.
01.00 pm – 02.00 pm : Lunch Break
02.00 pm – 04.00 pm : Campus Cleaning
04.00 pm – 06.00 pm : Invited Talk
Topic- “Disaster Management”
Dr. Sarun S. Department of Geography, Sree Sankaracharya University of Sanskrit, Cochin,

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**ANNUAL SPECIAL CAMP
19/12/2019 - 25/12/2019**



NATIONAL SERVICE SCHEME (NSS UNIT 17 A&B)

GOVERNMENT COLLEGE KARIAVATTOM



NATIONAL SERVICE SCHEME (NSS UNIT 17 A&B)

Conclusion

The NSS Units of Government College, Karivattom have done commendable service during the year 2019-2020 with dedication and commitment. Our volunteers implemented several programmes under Regular Activities and conducted the seven day annual Special Camp in a befitting manner as per the provisions of NSS Manual. We are obliged to Sri. G P. Sajithbabu, Regional Director NSS, Dr. K. Sabukuttan, State NSS Officer and Dr. A. Shaji, NSS Programme Co-ordinator for their leadership and proper guidance. The help from the college authorities was immense. We express heartfelt gratitude to our Principals Dr. B. Unnikrishnan Nair and Dr. B. Ajitha Kumari, Vice- Principal, Smt. A. S. Jaya, IQAC Co-ordinator Dr. H. M. Sabeen, PTA Secretary Dr. S. Baiju, faculty members, non-teaching staffs and College Union for their whole hearted support and advice.

Programme Officers

Dr. Raghul Subin S

Smt. Sunitha.S