



ഗവൺമെന്റ് കോളേജ് കാര്യവട്ടം
തിരുവനന്തപുരം

NAAC Accredited with A Grade

അഭിജ്ഞ 2025

സപ്തദിന ക്യാമ്പ്

ഡിസംബർ 24 മുതൽ 30 വരെ
ഗവൺമെന്റ് UPS കണിയാപുരം

നാഷണൽ സർവ്വീസ് സ്കീം

യൂണിറ്റ് 17A & B

NOT ME BUT YOU



യൂണിവേഴ്സിറ്റി ഓഫ് കേരള
തിരുവനന്തപുരം

NSS CAMP REPORT

DATE - 24/12/2025

VENUE - G. U. P. S KANIYAPURAM & CAMP SITE

UNIT - NSS 17 A&B

PROGRAMME OFFICERS - PRADEEP KUMAR& SREELA

INTRODUCTION

The NSS programme was conducted successfully on 24 December 2025 at the school campus with the active participation of NSS volunteers, teachers, and students.

*The registration starts at 1:56 pm. Group 1 members (Nayana,anjana,parthvi,vaiga) were assigned the responsibility of monitoring the arrival of students at the camp. Each student's arrival was accurately recorded in a register with the appropriate time. A total of approximately 71 volunteers arrived at the camp.

The programme began at 3.00 PM and was organised with the objective of promoting cleanliness, discipline, social responsibility, and community service among students.



HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude

8.587571666666665°

Longitude

76.84705333333333°

Local 03:14:45 PM

GMT 09:44:45 AM

Altitude 42 meters

Wednesday, 24.12.2025

*As part of the initial activities, the NSS volunteers assembled at the school campus and actively participated in a cleanliness drive. The volunteers thoroughly cleaned the school premises, classrooms, corridors, playground, and surrounding areas. Waste materials were collected and disposed of properly, and the entire campus was made clean and hygienic. The volunteers worked with dedication and teamwork, reflecting the true spirit of the NSS motto, "Not Me, But You". This activity helped create awareness about the importance of maintaining a clean environment and encouraged students to adopt cleanliness as a daily habit.



GPS Map
Camera Lite

HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude
8.58772°

Longitude
76.84689333333334°

Local 03:15:24 PM
GMT 09:45:24 AM

Altitude 12 meters
Wednesday, 24.12.2025



GPS Map
Camera Lite

HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude
8.58758°

Longitude
76.84700833333333°

Local 03:14:57 PM
GMT 09:44:57 AM

Altitude 12 meters
Wednesday, 24.12.2025

After completing the cleaning activities, the programme officially commenced at 3:00 pm.

The melodious rendition of the NSS Geetham by the NSS volunteers (group1). The NSS Geetham instilled a sense of unity, discipline, and enthusiasm among the participants and set a positive tone for the rest of the programme.

*The formal inaugural session began thereafter. The program will start with a flag hoisting

ceremony hosted by our principal, Tina Ma'am .The programme was formally inaugurated at 3:00 PM .



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Latitude

8.587565000000001°

Longitude

76.84698499999999°

Local 04:42:01 PM

GMT 11:12:01 AM

Altitude 12 meters

Wednesday, 24.12.2025



GPS Map
Camera Lite

HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude
8.587593333333333°

Longitude
76.84702°

Local 04:42:35 PM
GMT 11:12:35 AM

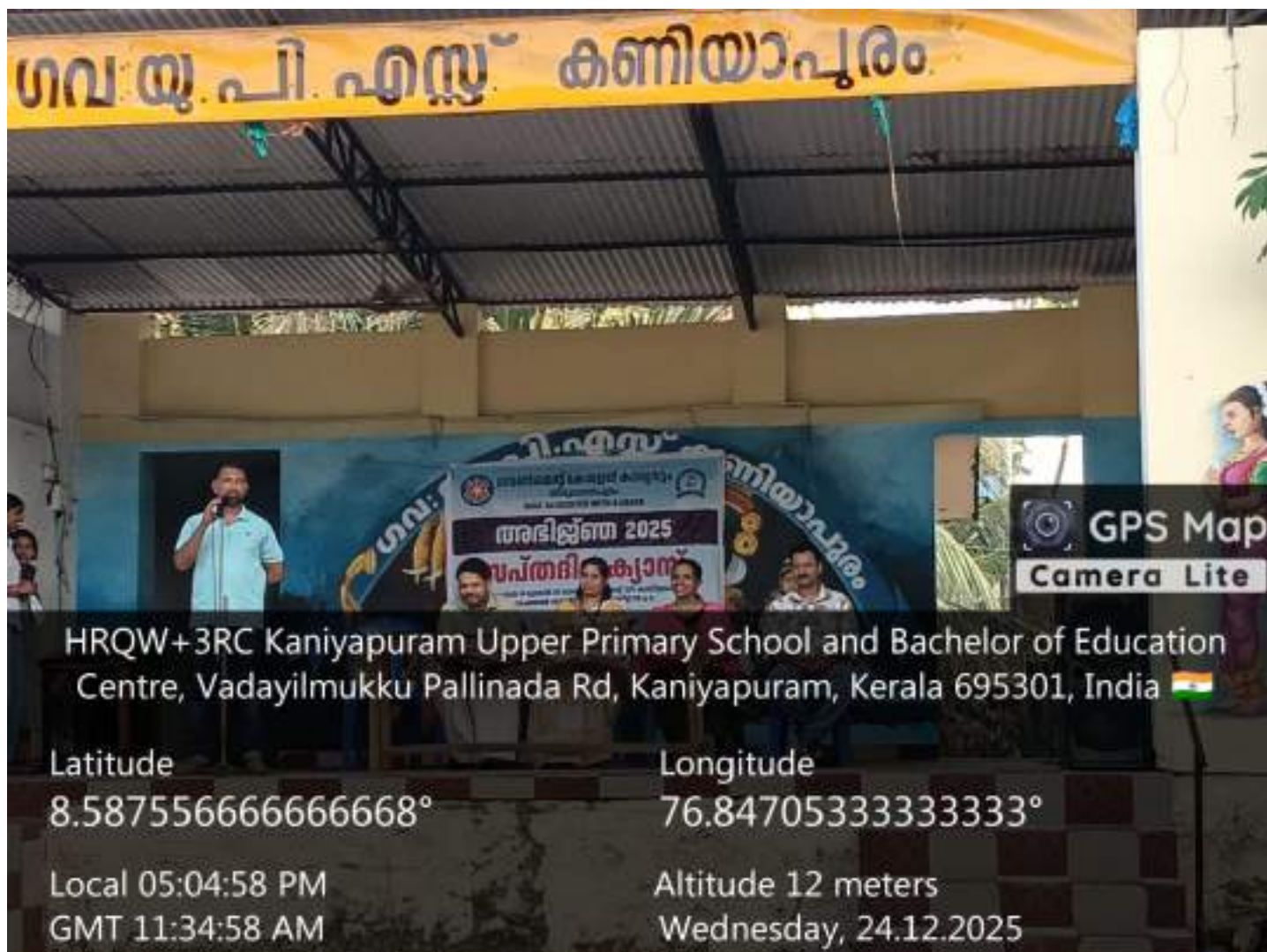
Altitude 12 meters
Wednesday, 24.12.2025

*The programme was formally inaugurated at 3:01 PM. The presidential address was delivered by Prof. (Dr.) Tinu Elizabeth Mathew, Principal, Government College, Kottayam. In her address, she highlighted the significant role played by NSS in moulding socially responsible and value-oriented citizens and appreciated the efforts of the volunteers in maintaining cleanliness and discipline.





*The inaugural address was delivered by Dr. Rahul Subin, Assistant Professor of Govt College Kariyavattam, who emphasized the importance of community service, leadership, and volunteerism among students. He encouraged the volunteers to actively participate in social service activities and to extend their service beyond the campus to society at large.



*Felicitations were offered by distinguished guest and faculty members Dr. Sudheer B., Assistant Professor, Government College, Kariyavattm. In his speech they appreciated the dedication of NSS volunteers and stressed the importance of teamwork, discipline, and social commitment in student life.

*He often recalls his NSS camp days as one of the most meaningful chapters of his life. As a volunteer, the camp taught him the true value of service, discipline, and teamwork.

ഗവ. യു. പി. എസ് കനിയപുരം

GPS Map
Camera Lite

HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education
Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude

8.58755666666668°

Longitude

76.84705333333333°

Local 05:04:50 PM

GMT 11:34:50 AM

Altitude 12 meters

Wednesday, 24.12.2025

*The vote of thanks was proposed by Sri. Pradeep Kumar B \$ Ms.Sreela Programme Officers NSS. Both expressed heartfelt gratitude to the dignitaries, teachers, NSS volunteers, and all those who contributed directly or indirectly to the successful conduct of the programme.

*They expressed their sincere gratitude to the Chief Guest, dignitaries, faculty members, volunteers, and participants for their valuable support and cooperation. They also acknowledged the efforts of everyone who contributed directly or indirectly to the successful organization and smooth conduct of the programme.





GPS Map
Camera Lite

HRQW+3RC Kaniyapuram Upper Primary School and Bachelor of Education
Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India 🇮🇳

Latitude
8.587581666666667°

Longitude
76.847145°

Local 04:48:48 PM
GMT 11:18:48 AM

Altitude 12 meters
Wednesday, 24.12.2025

*The program will conclude at 5:00 p.m., followed by a short break during which volunteers will be served refreshments and dinner at 8:00 pm.

*After dinner, participants will sit group-wise to discuss the next day's program duties, and each group leaders will present their assigned responsibilities for the following day in front of the program officers.

*The program will formally conclude with the flag hoisting ceremony by our Principal, Dr. Tina Elizabeth, marking the official end of the event.





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NSS CAMP REPORT

DATE - 25/12/2025

VENUE - G. U. P. S KANIYAPURAM & CAMP SITE

UNIT - NSS 17 A&B

PROGRAMME OFFICERS - PRADEEP KUMAR& SREELA

CONTENT
INTRODUCTION
ASSEMBLY
YOGA
ICE BREAKING SECTION
PSHYCOLOGY AWARENESS CLASS - “മാനസിക ആരോഗ്യം യുവജനങ്ങളിലേക്ക്”
CLEANING PROGRAMME - “പ്ലാസ്റ്റിക് വിമുക്ത നാട്ടുമ്പുറങ്ങളിൽ”.
NEWS REPORT & CAMP OBSERVATION
CONCLUSION

Introduction

As part of the NSS Special Camp activities, a well-structured and meaningful programme was conducted on 25th December 2025 with the objective of promoting discipline, physical and mental well-being, social responsibility, environmental awareness, and cultural harmony among volunteers.

Programme Details

1. Morning Assembly and Flag Off (6:00 AM)

The day began with the morning assembly at 6:00 AM, which was officially flag-offed by Lekshmi Teacher, IC Department. The assembly set a disciplined and energetic tone for the day.

2. Yoga and Exercise Session (6:20 AM)

A yoga and physical exercise session was organized at 6:20 AM, created and guided by volunteer Ayaz Khan. The session helped volunteers refresh their minds and bodies, promoting physical fitness and mental calmness.



3. Tea Break, Fresh Up & Breakfast (9:00 AM)

After the exercise session, volunteers were served tea followed by time for freshening up. Breakfast was served at 9:00 AM, ensuring volunteers were energized for the upcoming sessions.

4. Ice Breaking & Motivation Session (9:45 AM)

An ice-breaking and motivational session was hosted by Sri. Chandralal Sir, a motivational speaker and trainer from NAITER. The session encouraged teamwork, confidence, leadership, and active participation among volunteers.





Kaniyapuram, Kerala, India 🇮🇳

Hrqw+3rc Kaniyapuram Upper Primary School And
Bachelor Of Education Centre, Vadayilmukku Pallinada Rd,
Kaniyapuram, Kerala 695301, India

Lat 8.587665° Long 76.847093°

Thursday, 25/12/2025 11:17 AM GMT +05:30



5. Psychology Awareness Class (11:45 AM)

A psychology class titled “മാനസിക ആരോഗ്യം യുവജനങ്ങളിലേക്ക്” was conducted at 11:45 AM.

The session was led by Sreelekshmi Ma’am, Consulting Psychologist from the Jeevani Cell, Government College Kariavattom. The class focused on mental health awareness

among youth, stress management, emotional well-being, and the importance of seeking psychological support when needed.





6. Lunch Break (1:30 PM)

Lunch was provided at 1:30 PM, giving volunteers time to rest and recharge.

7. Cleaning Programme – Plastic-Free Village Initiative (2:30 PM)

At 2:30 PM, volunteers actively participated in a cleaning programme titled “പ്ലാസ്റ്റിക് വിമുക്ത നാട്ടുസ്ഥലങ്ങളിൽ”.

The programme involved removing plastic waste from the surrounding areas of G.U.P.S. Kaniyapuram, spreading awareness about plastic pollution and promoting a clean and eco-friendly environment.



8. Snacks Time (5:00 PM)

Snacks were served at 5:00 PM, allowing volunteers to relax after the fieldwork.

9. News Report & Camp Observation (7:00 PM)

At 7:00 PM, a news report presentation and camp observation session was conducted, where volunteers shared their experiences, observations, and learnings from the day's activities.

10. Dinner (8:00 PM)

Dinner was served at 8:00 PM for all volunteers.

11. Cultural Programmes (9:00 PM)

Cultural programmes were organized at 9:00 PM, showcasing the talents of NSS volunteers through music, dance, skits, and other performances. The session promoted unity, creativity, and cultural expression.

12. Bed Time (10:00 PM)

The day concluded with bedtime at 10:00 PM, ensuring adequate rest for the volunteers.

Conclusion

The NSS camp activities conducted on 25/12/2025 were highly successful and impactful. The day effectively combined physical activity, mental health awareness, environmental responsibility, social interaction, and cultural engagement. Volunteers actively participated in all programmes with enthusiasm and discipline, making the day meaningful and memorable.



NSS CAMP REPORT

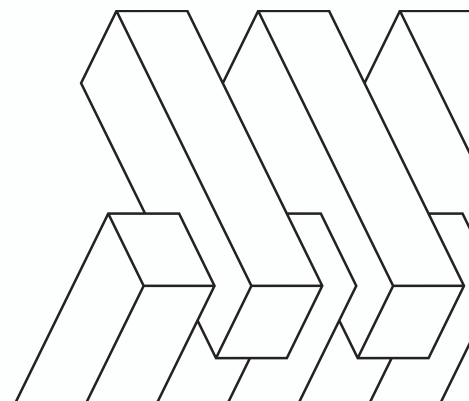
NOT ME BUT YOU

DATE : 25/12/2025

VENUE : G.U.P.S KANIYAPURAM

UNIT : NSS 17A & B

PROGRAMME OFFICERS :
PRADEEP KUMAR & SREELA





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തിരുവനന്തപുരം**

CONTENT
INTRODUCTION
MORNING WAKE-UP CALL
FLAG HOSTING AND NSS SONG
PHYSICAL EXERCISE SESSION
BREAKFAST BREAK
COMMUNITY SURVEY
LUNCH BREAK
ACADEMIC SESSION
AWARNESS AND INTERACTIVE SESSION
EVENING CULTURAL PROGRAM
DINNER AND DAY CLOSURE
CONCLUSION

Introduction

The third day of the seven-day NSS residential camp was organized with a well-structured schedule that focused on physical fitness, academic learning, social awareness, and cultural engagement. The day began early in the morning with disciplined activities and continued with informative sessions and interactive programs that encouraged the active participation of all volunteers.

1.Morning Wake-Up Call

6:00 AM: All volunteers woke up and prepared themselves for the day. The early start helped maintain discipline and punctuality. Volunteers freshened up and assembled with enthusiasm.

2.Flag Hoisting and NSS Song

6:15 AM: The national flag was hoisted with respect, followed by the singing of the NSS song. This activity instilled a sense of patriotism and unity among the volunteers. It set a positive and energetic tone for the day.

3.Morning Physical Exercise Session

6:30 AM: Daily physical exercises were conducted under the leadership of volunteer Rithik. The session included warm-up exercises and stretching activities. It helped volunteers remain physically fit and mentally refreshed.

4.Breakfast Break

8:30 AM: Breakfast was served to all volunteers in a systematic manner. The nutritious meal provided the required energy for the day's activities. Volunteers gathered together, promoting a spirit of togetherness.

5.Community Survey Activity (Geo Mapping Survey)

9:30 AM – 12:30 PM: The Geo Mapping Survey was carried out with the active participation of all volunteers. The survey helped in collecting important geographical and social data of the area. Volunteers worked in teams and gained practical field experience.

6.Lunch Break

Before 1:30 PM: Lunch was provided to all volunteers on time. The break allowed volunteers to relax and recharge after the morning session. Proper rest was ensured before the afternoon programs.

7.Academic Session on Folk Songs and Folklore

2:00 PM: A class was conducted by Mr. Sunil S. Pariyaram on “Folk Songs and Folklore (Nadan Pattum Nattarivum)”. The session introduced traditional songs that were unfamiliar to many volunteers. It also explained the historical and cultural significance behind these folk traditions.

8.Awareness and Interactive Discussion Session

4:15 PM: An interactive discussion was led by Dr. Maya Madhavan on “Choices for Responsible Relationships in the Digital Age”. The session encouraged open discussion and active participation from volunteers. It helped create awareness about responsible behavior and digital ethics.

9.Evening Cultural Programs

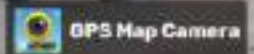
Evening: Cultural programs were organized to showcase the talents of the volunteers. Activities included songs, dances, and other performances. The programs created a joyful and relaxed atmosphere after a busy day.

10.Dinner and Day Closure

Night: Dinner was served to all volunteers in an orderly manner. The day concluded with informal interactions and reflections on the day’s activities. Volunteers retired for the night, looking forward to the next day of the camp

Conclusion

The day concluded successfully with meaningful discussions, cultural programs, and shared experiences among the volunteers. Each activity contributed to enhancing awareness, knowledge, and social responsibility, making the third day of the camp both productive and memorable. The programs helped volunteers gain new perspectives and strengthened the spirit of teamwork and community living.



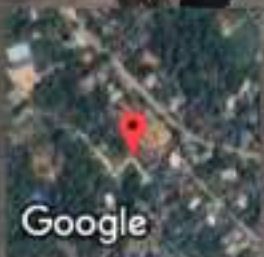
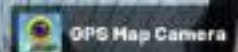
Google

Kaniyapuram, Kerala, India 

Hrqw+3rc, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India

Lat 8.587662° Long 76.846916°

Friday, 26/12/2025 06:40 AM GMT +05:30



Google

Kaniyapuram, Kerala, India 

Hrqw+3rc Kaniyapuram Upper Primary School And Bachelor Of Education Centre, Vadayilmukku Pallinada Rd, Kaniyapuram, Kerala 695301, India

Lat 8.587723° Long 76.846866°

Friday, 26/12/2025 06:48 AM GMT +05:30

4. Breakfast Break

8:30 AM: Breakfast was served to all volunteers in a systematic manner. The nutritious meal provided the required energy for the day's activities. Volunteers gathered together, promoting a spirit of togetherness.

5. Community Survey Activity (Geo Mapping Survey)

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NSS CAMP REPORT - DAY 4 (27/12/2025)

Venue: G. U. P. S Kaniyapuram

Unit:17A & B

Programme Officers: Pradeep Kumar and Sreela S R

CONTENTS

- Introduction
- Morning Assembly
- Yoga
- Cleaning and preparation of the area for kitchen garden
- Awareness class on waste management – ‘മാലിന്യ മുക്ത കേരളം മാലിന്യ സംസ്കരണത്തിലൂടെ’
- Interactive session – ‘Future is yours, Mind your Mind’
- Class on how to avoid stress - ‘ക്ലാസ്സ് സമർദ്ദം കീഴടക്കാം വിജയത്തിലേക്ക് ഒരു വഴി’
- Planting of saplings into grow bags
- Overview of the Day’s camp activities and news report
- Cultural programme
- Conclusion

INTRODUCTION

The fourth day of NSS camp was planned with activities focusing on environmental awareness, and personal development. The day included the setting up of kitchen garden, followed by informative and interactive classes on waste management, stress management and a session titled “Future is yours, Mind your Mind”. Overall, the activities of the day aimed to promote sustainable living, mental well-being, and social responsibility among the volunteers.

PROGRAMME DETAILS

- The day began with morning assembly at 6:00 am, which commenced with flag hoisting along with rendition of NSS song. The flag hoisting was done by Dr. Sini H., Assistant Professor, Department of Biochemistry, Government College Kariavattom. The discipline committee made sure that all the volunteers were present for the assembly.



- At 6:15 am, a yoga and physical exercise session was organised, which was conducted by volunteer Rithwik. This session helped volunteers to improve their physical fitness and mental well-being.



- At 7:00 am, after the exercise session the volunteers were served tea.
- The class scheduled at 9:30 am was delayed and rescheduled to 11:00 am. Therefore, from 8:00 am the volunteers started cleaning the area required for setting up the kitchen garden.



- At 9:00 am the mess committee started serving the breakfast.
- At 11:00 am the first session of the day by Miss Suja P. S. on the topic ‘മാലിന്യ മുക്ത കേരളം മാലിന്യ സംസ്കരണത്തിലൂടെ’ was conducted. The welcoming speech was given by volunteer Gowri. The session explained the importance of waste segregation ,recycling, reducing plastic usage and importance of waste management. The class was very informative and made the volunteers realise the need for adequate waste management plants. The vote of thanks was given by volunteer Aiswarya.



- The next session began at 12:00 pm. The interactive session was conducted by Sir Sujith Edwin Pereira on the topic “Future is Yours, Mind your Mind”. The welcoming speech was given by volunteer Anjana. The session included games and group activities, which made it lively and engaging. The speaker emphasized leadership qualities, teamwork and the importance of each individual in a group. The class helped volunteers understand their responsibilities and build confidence. The vote of thanks was given by volunteer Gowri.





- The lunch was served at 2:00 pm.
- As the previously planned programme of cleaning the Kaniyapuram bus stand was cancelled, the volunteers resumed the work for kitchen garden from 3:00 pm.
- Tea and snacks were served to the volunteers at 4:45pm.
- The third session of the day commenced at 5:00 pm. The session was conducted by Prof. Dr. Gladston Raj S., Department of Computer Science, Government College Kariavattom. The class was on the topic 'ക്ലാസ്സ് സമർപ്പം കീഴടക്കാം വിജയത്തിലേക്ക് ഒരു വഴി'. The welcome speech was given by volunteer Ashtami. The session focused on identifying the causes of stress and adopting healthy ways to manage it. The class helped the volunteers understand the importance of mental well-being. The vote of thanks for the session was given by volunteer Aiswarya.



- At 7:00 pm, the volunteers planted saplings into grow bags and watered them.





- The dinner was served at 8:30 pm.
- At 9:00 pm, an overview of the day's camp activities was conducted. The report of the day and the news report were presented. One member from each group was invited to share their review of the day's activities. The Programme Officers also gave their observations and feedback on the programmes conducted.
- The main drawbacks observed were the lack of coordination between the discipline committee and the programme committee, due to which participation of all the volunteers could not be ensured. Also, the Green Army volunteers were unable to complete their assigned work within the given time and could not participate in the scheduled class.
- From 9:30 pm onwards, various games were conducted for volunteers, providing entertainment and relaxation.
- The day concluded with bedtime at 10:30 pm.

CONCLUSION

Day 4 of the NSS camp was productive and engaging, with volunteers actively participating in the kitchen garden activities, educational sessions, and interactive programs. Despite some coordination challenges, the day successfully combined learning, teamwork, and recreation, preparing the volunteers for the remaining days of the camp.



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തിരുവനന്തപുരം**

NSS CAMP REPORT - DAY 5 (28/12/2025)

Venue: G. U. P. S Kaniyapuram

Unit: 17A & B

Programme Officers: Pradeep Kumar and Sreela S R

CONTENTS

- Introduction
- Morning Assembly
- Yoga
- Cleaning and preparation of the area for kitchen garden
- Awareness class – Ignite 2025, Awaken Your Best Self.
- Interactive session – ആരോഗ്യപരിപാലനം വ്യായാമത്തിലൂടെ.
- Demonstration of cleaning materials making
- Visited kudumbhasree unit to encourage digital literacy.
- Overview of the Day's camp activities and news report
- Cultural programme
- Conclusion

INTRODUCTION

The fifth day of the NSS camp was designed with an emphasis on self development, health awareness, cleanliness, and social responsibility. The activities of the day included cleaning, motivational and health oriented sessions, and a visit to the Kudumbhasree unit to promote digital literacy. Overall, the programmes aimed to inspire the volunteers to adopt a healthy lifestyle, improve personal skills, and actively contribute to community development.

PROGRAMME DETAILS

- The day began with morning assembly at 6:00 am, which commenced with flag hoisting along with rendition of NSS song. The flag hoisting was done by Smitha miss, Department of English, Government College Kariavattom. The discipline committee made sure that all the volunteers were present for the assembly.



- At 6:15 am, a yoga and physical exercise session was conducted to promote physical fitness and mental well being among the volunteers.



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Kaniyapuram, Kerala, India 

Hrqw+gcq, Kaniyapuram, Kerala 695301, India

Lat 8.587636° Long 76.847093°

Sunday, 28/12/2025 06:32 AM GMT +05:30



- At 7:00 am, tea was served to the volunteers. Along with tea, a radio session was conducted by volunteer Ashik, providing entertainment and creating a cheerful atmosphere.

- From 8:00 am onwards, volunteers actively participated in cleaning and preparation of the area for setting up the kitchen garden



- At 9.30 am, an awareness class titled “Ignite 2025, Awaken Your Best Self” was conducted with the aim of motivating the volunteers towards self-development and positive thinking. The session focused on building confidence, identifying personal strengths, and setting meaningful goals for the future. The welcome speech for the session was delivered by volunteer Amaya, and the vote of thanks was proposed by volunteer Apsara, expressing gratitude to the speaker and all participants for making the session effective and inspiring.



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Kaniyapuram, Kerala 695301, India

Lat 8.587395° Long 76.846877°

Sunday, 28/12/2025 10:06 AM GMT +05:30



- At 11.30 am, an interactive session on 'ആരോഗ്യപരിപാലനം വ്യായാമത്തിലൂടെ' was conducted to emphasize the importance of physical fitness and a healthy lifestyle. Along with the discussion, demonstrations of simple exercises were also carried out, helping the volunteers understand correct practices for maintaining physical and mental well-being. The session encouraged participants to incorporate regular exercise into their daily routine. The welcome speech was delivered by volunteer Devinandana, and the vote of thanks was given by volunteer Sreepriya.



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Lat 8.587445° Long 76.846986°

Sunday, 28/12/2025 11:53 AM GMT +05:30



- The lunch was served at 1.30pm.
- At 2:30 pm, a demonstration on making cleaning materials using simple and eco-friendly methods was conducted, highlighting sustainable and cost-effective cleaning practices.



- At 4:00 pm, a team of 10 volunteers, with 2 members from each committee, visited a nearby Kudumbhasree unit to encourage digital literacy and create awareness about the effective use of digital tools. The visit also helped the volunteers understand the role of Kudumbhasree in community development and women empowerment.



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- Tea and snacks were served to the volunteers at 4:45pm.
- The dinner was served at 8:30 pm.
- At 9:00 pm, an overview of the day's camp activities was

conducted. The report of the day and the news report were presented. One member from each group was invited to share their review of the day's activities. The Programme Officers also gave their observations and feedback on the programmes conducted.

- All the committees performed their duties effectively, and no drawbacks were observed in the execution of the programmes. The Green Army Committee received a special applause for their dedication, teamwork, and sincere efforts in successfully carrying out their responsibilities.
- From 9:30 pm onwards, various games were conducted for volunteers, providing entertainment and relaxation.
- The day concluded with bedtime at 10:30 pm.

CONCLUSION

Day 5 of the NSS camp was meaningful and inspiring, with activities that promoted health, self improvement, cleanliness, and community engagement. The sessions motivated the volunteers to lead a disciplined and responsible life, while the outreach programmes strengthened their sense of social commitment.



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അഭിജ്ഞ 2025

സപ്തദിന ക്യാമ്പ്

ഡിസംബർ 24 മുതൽ 30 വരെ
ഗവൺമെന്റ് UPS കണിയാപുരം

നാഷണൽ സർവ്വീസ് സ്കീം

യൂണിറ്റ് 17A & B

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NSS CAMP REPORT

DATE : 29/12/2025

VENUE : G. U. P. S KANIYAPURAM & CAMP SITE UNIT -

NSS 17 A&B

PROGRAMME OFFICERS - PRADEEP KUMAR & SREELA

CONTENT
Flag hosting
Yoga
Anti-Drug campaign Awareness Programme
Hope Cancer Center Awareness Programme
Stress Releasing through Zumba
News report and camp observation
Cultural Programme

Programme Details

1. Assembly and Flag Hoisting

. The day's program commenced at 6:00 a.m. with the Flag Hoisting Ceremony, symbolizing discipline, unity, and the spirit of National Service Scheme and the Flag was hoisted by **Ms.Nisha Mam,botany department.**

2. Yoga and Exercise Session

At 6:30 am with a morning yoga session,was organized by **Anjana B \$ Vaishak V** ,to promote physical fitness ,mental well-being and discipline among the NSS volunteers.



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3. Tea Break, Fresh Up & Breakfast

After the exercise session, volunteers were served tea followed by time for freshening up. Breakfast was served at 8-9, ensuring volunteers were energized for the upcoming sessions.

4. Anti-Drug Campaign Awareness Session

At 9:30 am an awareness class on Anti-Drug Campaign was conducted .The session was handled by **Sri.Deepu S.R ,Preventive Officer,Excise Department Thiruvananthapuram Division**. The session highlighted the physical,mental,and social consequences of substance addiction.The programme emphasized in building a drug-free society.



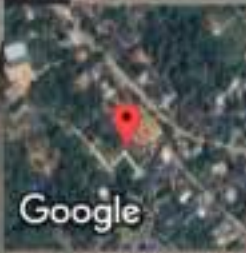
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Education Centre, Vadayimukku Pallinada Rd, Kaniyapuram, Kerala
695301, India

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Monday, 29/12/2025 09:67 AM GMT +05:30

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Monday, 29/12/2025 10:08 AM GMT +05:30

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5 .*Hope Cancer Center Awareness Programme*

At 11:30 am an awareness class on .cancer prevention and early detection was conducted by **Ameer Sir \$ Arya** of **Hope cancer center** .The session focused on creating awareness about cancer symptoms.The programme was highly informative and helped the volunteers understand the significance of health awareness in society.

The session was conducted in an entertaining manner,which kept the participants actively involved.



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Monday, 29/12/2025 11:46 AM GMT +05:30

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6.Lunch Break

Lunch was provided at 1:30 pm , giving volunteers time to rest and recharge.

7.Stress releasing through Zumba -Dance

At 2:00 pm, a session titled “**Stress Releasing through Zumba** ” was organized.The session was led by **Ms.Sanjusha V.V** Zumba instructor and Trainer.The programme emphasized stress management ,physical fitness,and mental relaxation through dance – based exercises.The session was energetic and the volunteers were actively participated in the programme.



8. Tea Time

At 4:00 pm, Evening refreshments were served and Fresh up time for all volunteers..

9 .Dinner Time

At 8:00 pm ,dinner was served to all.

10.News report and camp observation

On 29 December 2025, the NSS camp day began with yoga and prayer, followed by an inspiring session on drug abuse awareness led by a resource person from the Excise Department, Thiruvananthapuram, which created strong awareness among volunteers. A cancer awareness interaction for children and a Zumba-based stress relief session added energy and positivity to the day.

Our group volunteer, **Nayana** Presented the news report conveying the key information and contributing meaningfully to the overall programme.

11. Cultural Programme



The **cultural programme** was conducted by **Group 1** as the concluding event of the camp. The programme was held at night with the enthusiastic participation of all volunteers. A variety of activities were organized, **including dances, games,** and other cultural performances, making the programme lively and engaging. All volunteers actively participated and expressed great happiness and satisfaction throughout the event. Volunteers also **shared their memorable experiences from the six-day camp,** highlighting the unity and learning gained during the camp. As part of the programme, the best male and female volunteers were selected through a voting process in recognition of their overall performance and commitment. **Ashik** and **Gowri Prasad** were selected as the **best volunteers** categories, respectively.

These events provided a beautiful and memorable conclusion to the camp, leaving all volunteers with a sense of joy, unity, and fulfillment.



12. *Bed Time*

The day's activities concluded **at 10:00 pm**, with lights off, marking the end of a productive and well-structured day of the NSS Camp.

The day's activities were successfully carried out with active participation and great enthusiasm from all NSS volunteers. Each session contributed to enhancing awareness, teamwork, leadership qualities, and social responsibility among the volunteers. The programmes conducted were informative, engaging, and purposeful, leaving a positive impact on everyone involved. Overall, the day proved to be meaningful and productive, reinforcing the spirit and objectives of the National Service Scheme.



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NSS CAMP REPORT

Day 7

DATE: 30/12/2025

The following programmes are conducted in the last day of the camp

1. **Flag Hosting**
2. **Yoga**
3. **Closing Ceremony**

The valedictory function was inaugurated by the president of Andoorkkonam Gramapanchayath. College principal Prof. (Dr.) Tina Elizabeth Mathew presided over the function. Government School Kaniyapuram Headmaster Shajahan; Ward member, PTA Secretary Raghul Subin; IQAC Coordinator Dr. Sini H., Dr. Sudheer B., Assistant Professor of Chemistry, College Union Chairman Anjana B.; and NSS volunteer captains Vaisakh and Sneha, NSS Programme officers Pratheep Kumar B. and Sreela S.R. participated in the programme. A welcome address was given by Pratheep Kumar B. The camp report was presented by NSS volunteer captains. The programme was concluded with Vote of thanks and the national anthem.





4. Pack up

