



# **NATIONAL SERVICE SCHEME**

**UNIVERSITY OF KERALA**

**UNIT No. 26 A & B**

**FATIMA MATA NATIONAL COLLEGE**

**KOLLAM**

**(Grade 'A' Accreditation by NAAC)**

**A BRIEF REPORT OF THE ACTIVITIES OF THE SPECIAL  
CAMPING PROGRAMME**

**2014**

**“YOUTH FOR CLEAN AND HEALTHY INDIA”**

## **INTRODUCTION**

The special camp of the year 2014 was conducted at Shreyes, Parimanam, Kollam, from 21 January 2015 to 27 January 2015. We are thankful to Rev. Fr George Rebeiro, Manager, Shreyes, Parimanam for the camping programme. We are also indebted to the Kollam Corporation, Health Department and Police Department for making the programme a great success. The theme of the camp was “Youth for Clean and Healthy India.” Smt Girijakumari, Deputy Agricultural Officer, Kollam inaugurated the programme. Seminars were conducted by important personalities like Shri D. Shaji, Assistant Agricultural Officer, Krishi Bhavan, Kollam. Fr Anil Jose, the Manager of our college visited the camp and motivated the volunteers. The valedictory session was inaugurated by Dr A. R. Titus, Vice-principal, FMN College. The report gives a brief account of various activities undertaken during the camp. Photographs of some of the memorable moments are also attached.

**21-1-2015, Wednesday**

### **CAMP REGISTRATION**

The registration for the camp started at 10 am on 21-1-15, Thursday. The volunteer secretaries, under the guidance of the Programme Officers registered the names of the NSS volunteers participating in the camp. All the registered volunteers were given ID cards.

### **ICE-BREAKING SESSION**

After lunch the campers cleaned the camping area. This was followed by an ice-breaking session in which the campers introduced themselves. Participants sung songs and performed mimicry and dances. Mr. George Christy was unanimously selected as the Camp Secretary. Various committees like the Food Committee, Programme Committee, Cultural Committee, Cleaning Committee and Magazine Committee were formed. After forming the committees various games were played under the guidance of the Programme Officers.

**22-1-2013, Thursday**

### **INAUGURATION**

The formal inauguration of the NSS Special Camp 2015 took place on 22-1-15. The Programme began with the NSS Song sung by the volunteers. Dr Manoj S., Programme Officer welcomed the guests. The session was presided over by Dr Sr Soosamma Kavumpurathu, Principal of the college. She talked about the role of the youth, especially the NSS volunteers in the development of the nation. She also mentioned the role of the NSS in developing the personality and leadership qualities of the students. She hoped that the special camping programme will provide a great opportunity for the volunteers to develop their personality in a positive manner. Smt Girijakumari, Deputy Agricultural Officer, Kollam inaugurated the camping programme. She said that the NSS has contributed to the efforts of the Agricultural Department to

create awareness about safe vegetable cultivation in the locality. She spoke about the activities of the Agricultural Department and suggested that the NSS can contribute much to the society by means of selfless service. She opined that the theme of the special camp “Youth for Clean and Healthy India” is a relevant one and wished all the best to the campers and the organizers. The campers were given an opportunity to interact with Smt Girijakumari and she cleared their doubts on vegetable cultivation. Mr Athul K. R., Chairman, College Union, FMNC, offered felicitations. Mr Ignatius J., Programme Officer, offered vote of thanks.

The inaugural session was followed by lunch. After lunch the volunteers cleaned the camp surroundings. NSS Documentary film was screened at 6 pm. After dinner the campers conducted various cultural programmes.

### **23-1-2015, Friday**

The sessions of the day started with yoga class and mass drill guided by the programme officers. After breakfast the volunteers assembled in the seminar hall and sang the NSS song. The camp secretary presented the report of the previous day and the programme committee convener announced the programmes for the day. The camp paper was released and read out.

### **SEMINAR – GLOBAL WARMING AND ENVIRONMENT**

The next session of the day was a seminar on global warming and environment by Dr Rubin Jose, Associate Professor, Department of Botany, FMNC. He explained the fundamentals of the phenomenon of global warming and the threat it poses to mankind. This can affect our environment in drastic ways. We should be aware of this great threat of global warming and take measures to protect the ozone layer. The NSS can play a vital role in protecting our environment and keeping it pollution free and clean. Volunteers can organize awareness campaign to enlighten the public on these sensitive issues. To protect

the environment should be major agenda for the future action plan of the NSS, he suggested. The interesting seminar came to an end with an interactive session. The doubts raised by the Volunteers on the topic were cleared by Dr Rubin Jose.

### **SEMINAR – GROW-BAG VEGETABLE CULTIVATION**

The seminar on global warming was followed by a seminar on Grow-bag Vegetable Cultivation by Sri D. Shaji, Asst Agricultural Officer, Krishi Bhavan, Kollam. The seminar was interactive in nature. He gave opportunity to the volunteers to participate in the seminar and to air their views on the topic. Sri Shaji gave a lot of practical and useful tips on how to setup a home vegetable garden. He also talked about the procedure of properly cultivating vegetables. All the volunteers uniformly opined that the seminar was an interesting and useful one.

### **SEMINAR – CANCER AWARENESS**

After lunch the volunteers assembled for the seminar on Cancer Awareness by Dr Akashdeep A. A., AIMO, ESI Dispensary, Keralapuram. He spoke about the causes of cancer. Then he talked about the common types of cancers among the people of Kerala. The changed life style and food habits contribute to deadly disease like cancer, he said. The session helped to have a proper understanding of the causes and prevention of cancer.

## **PREPARATION FOR CULTURAL EVENT**

After dinner the volunteers conducted were given time to plan and prepare for cultural event. The programmes of the day were concluded at 8:30 pm.

### **24-1-2015, Saturday**

The programmes of the fourth day started with yoga class and mass drill guided by the programme officers. After breakfast the volunteers assembled in the seminar hall and sang the NSS song. The camp secretary presented the report of the previous day and the programme committee convener announced the programmes for the day. The camp paper was released and read out.

## **SEMINAR – FIRE FORCE RESCUE MEASURES**

Sri Harikumar, Station Master, Fire Station, Kollam and his team conducted a seminar on Fire Force Rescue Measures. The different methods of rescue were presented to the volunteer with the help of power-point presentation. The Volunteer interacted with the Fire Force personnel after the seminar.

## **FIRE AND RESCUE – DEMONSTRATION**

After the seminar there was a fire and rescue demonstration led by Sri Harikumar, Station Master, Fire Station, Kollam. Fire rescue and rescue from buildings were demonstration. The volunteers enthusiastically participated in the programme.

## **SEMINAR – EDUCATION AND HUMAN LIFE**

After lunch, the volunteers gathered in the seminar hall for attending the seminar on Education and Human Life by Dr V. S. Radhakrishnan, Associate Professor, Department of Malayalam, M.S.M. College, Kayamkulam. He talked about the scope and practical uses of academic system and education. He took pains to explain the real value of education and its application in life. There was an interactive session after the seminar.

## **SEMINAR – YOUTH AND LAW**

A seminar on Youth and Law was conducted by Adv D. Vinayachandran. He explained the different laws protecting the young people. He also talked about criminal tendencies among youth. The session was an interactive one which the volunteers enjoyed very much. They had the opinion that this was a very useful session.

After tea the volunteers visited the farm land for watering. After watering different games were arranged for the campers. Dinner was served at 7 pm and after dinner the volunteers organized a cultural programme.

## **25-1-2015, Sunday**

The programmes of the fifth day started with yoga class and mass drill guided by the programme officers. After breakfast the volunteers sang the NSS song and the camp secretary presented the report of activities of the fourth day. The programmes of the day were announced and the camp newspaper was read.

## **WORKSHOP – MEMORY TRAINING**

A workshop on memory training was conducted by Sri Rajesh Maheshwar, Memory Trainer and Author. He explained the different means to develop one's memory and gave practical tips at improving memory. Many memory games were also played. The session was also an interactive one which was very useful to the students.

## **SETTING UP VEGETABLE GARDENS IN FIVE NEIGHBOURING HOUSES**

After lunch, the volunteers assembled in the seminar hall for field visit to setup vegetable gardens five house nearby. The volunteers were grouped into four teams and under the leadership of the programme officers and volunteer secretaries visited houses and setup vegetable gardens there. Grow bags and vegetable seeds were provided by the NSS. All the families involved were very happy and they promised to look after their new vegetable garden carefully.

The programmes of the day ended with a cultural program. Several skits, dances and songs were performed in competitive spirit, as the volunteers were grouped into different teams. After the cultural programme the volunteers were given time to prepare the camp magazine. All of the volunteers contributed to the magazine and made it a complete one. The works continued up to 9:30 pm.

### **26-1-2015, Monday**

The programmes of the sixth day started with yoga class and mass drill guided by the programme officers After breakfast the volunteers sang the NSS song and the camp secretary presented the report of activities of the previous day. The programmes of the day were announced and the camp newspaper was read.

## **MANAGER'S VISIT**



The Manager of our college Rev. Fr Anil Jose visited the camp early in the morning. He addressed the volunteers and wished them all success for the camp. He also appreciated the dedication of the Programme Officers.

### **SEMINAR – ORGANIC VEGETABLE FARMING**

A seminar on organic vegetable farming was conducted by Smt Sherin Muller, Agricultural Officer, District Soil Testing Lab, Kollam. She talked in length about the methods of proper organic vegetable farming. She also taught how to make organic pesticides at home. With the help of power-point presentation she showed the possibilities of organic farming. The volunteers interacted with Smt Sherin Muller after the seminar.

By 2 pm the volunteers got ready and assembled in front of the camp to visit the Mundakkal Poor Home. By 9 am the campers reached the poor home and presented the inmates with cakes and clothes. New towels were bought and used clothes were collected to present to inmates. Then the volunteers sang songs and danced to entertain the inmates. The inmates of the poor home were very happy to see the volunteers and they asked them to visit them again. The volunteer vowed to visit the poor home again in the future and bid good-bye to them and returned to the camp saner and wiser. By 3:30 pm NSS volunteers reached the venue of the camp.

From 3:45 pm the presentation of the camp magazine took place. The magazine showcased the literal talents of the volunteers. All the volunteers contributed their piece of work for the magazine. The programme lasted till 4:30 pm and a refreshment break was given to the NSS volunteers.

As usual with another day coming to an end at the camp, the volunteers started to prepare themselves for the cultural activities and made the end of the day a mesmerizing one to all the fellow volunteers.

**27-11-2015, Tuesday**

The programmes of the sixth day started with yoga class and mass drill guided by the programme officers from 6:30 am to 8:00 am. After breakfast the volunteers sang the NSS song and the camp secretary presented the report of activities of the previous day. The participants did all the yoga exercises that they were taught. After breakfast the volunteers sang the NSS song and the camp secretary presented the report of activities of the previous day. This was followed by camp evaluation. All of the campers talked about their experiences in the camp and demanded that the camp be extended further.

The former NSS volunteers also visited the camp on the last day. They spoke and shared their NSS experiences with their juniors.

### **VALEDICTORY SESSION**

The valedictory session started at 10 am. Mr Ignatius J., Programme Officer welcomed the guests. Dr Titus Raymond, vice principal, FMNC, presided over the function. She congratulated the volunteers for successfully completing the camp and for leading an exemplary community life during the camp. She hoped that the training the campers received during these days will enable them to become good citizens of the nation. She said that the NSS unit can undertake more projects with the dedicated volunteers that it has now. Master George Christy Fernandez, the camp secretary presented the report of the activities done during the camping days. Rev. Fr Anil Jose, Manager, FMNC, inaugurated the function. He too congratulated the volunteers for their commitment and discipline and for successfully completing the camp. He wished the campers all the best for their future activities. Master George Christy Fernandez, felicitated the gathering.

Dr Titus Raymond gave away the trophies for the best volunteers. Master Anish J. of II DC zoology as the best Male volunteer and Neethu S. of II DC Maths Female Volunteer respectively. Vote of thanks was proposed by camp secretary Master George Christy Fernandez. Then the volunteers cleaned the camp – all rooms and surroundings

included – thoroughly under the guidance of the Programme Officers. After lunch the campers left the site along with the Programme Officers.

Programme Officers

Principal

Dr Manoj S.

Mr Ignatius J.



















































# നേർക്കാഴ്ച



## സപ്തദിന വിശേഷാൽ ക്യാമ്പ്

പരിമണം: ഹംസീദ മിശി  
നഷണൽ കോളേജിന്റെ  
എൻ.എസ്.എസ്. ക്യാമ്പ് കൃ-  
ന്നിന്റെ ഭാഗമായി നടന്ന  
വിലപ്പുന്ന സപ്തദിന  
വിഷേഷാൽ ക്യാമ്പ് ചരി-  
ദിനം. ഭൂമിയ്ക്ക് കർമ്മ-  
നർമ്മൻ ഗണനീയൻ ആ-  
രഭിച്ചു. ഇന്ദു വരി  
പ്രൊഫസർ വരാജൻ  
ക്യാമ്പ് അദ്ധ്യക്ഷനായി.

കുറച്ചുകൂടി ചെറുപ്പം.  
ഇപ്പോൾ വിശ്വ സർവ്വക-  
ലാപം. മനോഹരൻ എൻ.  
എസ്.എസ്. വിശ്വ സ-  
ർവ്വകലാപം. രാജി.  
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ർവ്വകലാപം. രാജി.  
ഇന്ദുവരി. രാജി.

ഇതിൽ രണ്ട് മാതൃ മന-  
നീയൻ സിദ്ധാന്തം  
ഒന്നും നിവാരണം  
ചെയ്തു മനോഹരൻ  
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ഇന്ദുവരി. രാജി.

നഷണൽ കോളേജ്  
എൻ.എസ്.എസ്.  
ക്യാമ്പ് അദ്ധ്യക്ഷനായി.  
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ർവ്വകലാപം. രാജി.  
ഇന്ദുവരി. രാജി.

## തിരികെ പ്രകൃതിലേക്ക്

ഭാര്യ: കഴിഞ്ഞ പന്ത്രണ്ടു  
സന്ദർശനം, കഴിഞ്ഞ  
പ്രകൃതിലേക്ക് പ്രകൃതി  
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## പരിശീലനത്തിനായി..... ദൂരങ്ങൾ താണ്ടി!

ദൂരങ്ങൾ താണ്ടി!!! ഈ അടിയന്തര സമയത്ത്  
കൊച്ചിയിലെ പ്രകൃതി  
മിഷണറിയിൽ പ്രകൃതി  
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മിഷണറിയിൽ പ്രകൃതി



## ഇനത്തെ പടുത്തറിവ്.....



→ ആരും പഠിക്കാൻ ഇടയാക്കി കൊടുക്കുന്നതിനായി ഇവിടെ : സുവർണ്ണതലി  
[Golden Tal]







