



NATIONAL SERVICE SCHEME

UNIVERSITY OF KERALA

UNIT No. 26 A & B

FATIMA MATA NATIONAL COLLEGE

(AUTONOMOUS)

KOLLAM

(Grade 'A' Accreditation by NAAC)

**REPORT ON THE ANNUAL SPECIAL CAMP FOR THE
YEAR 2015-2016**

“NURTURE THE NATURE, SAVE THE FUTURE”

INTRODUCTION

The special camp of the year 2015 was conducted at Govt. SNDP UP School, Pattathanam, Kollam, from 18 December 2015 to 24 December 2015. We are thankful to Sri. Radhakrishnan, Principal of the school for granting us permission to conduct the camping programme in the school. 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 “Nurture the Nature, Save the Future.” Sri. Y. M. Shajikumar, Assistant Conservator of Forest, Social Forestry Division, Kollam inaugurated the programme. Seminars were conducted by Shri Rajesh Maheswar, Memory Trainer, Dr V. S. Radhakrishnan, MSM College, Kayamkulam, Dr Kishore Ram, NSS College, Kottiyam and Adv. Vinayachandran among others. Fr Anil Jose, the Manager of our college visited the camp and motivated the volunteers. The valedictory session was inaugurated by Dr Sophia Paul, 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.

DAY I - 18/12/2015 Friday

The registration for the annual special camp started 18 Friday 2015 at 10:00 am. It was followed by the cleaning of the camp site. At 6:00 pm the volunteers interacted with each other and by 7:00 pm the volunteers were divided into different groups. Adersh S. of II DC English and Janany Gopan of II DC Economics were selected as the camp secretaries.

Dinner was served at 8:00 pm and the volunteers were asked to switch off all the lights by 9:30.

DAY II - 19/12/2015 Saturday

The second day of the NSS Annual Special Camp started by about 9:30 am with the singing of the NSS song and the presentation of the previous day camp report and the camp newspaper was presented. By 10:00 am the formal inauguration of the NSS Annual Special Camp took place. The NSS Programme officer Dr. Manoj S. welcomed all to the meeting. The meeting was presided over by the vice principal of FMN College Dr. A. R. Titus. He talked on the topic “Nurture the Nature, Save the Future” and helped to understand the serious hazards caused by deforestation. He also delivered a poem by Khalil Gibran. The programme was inaugurated by K. S. Jyothi, range officer of forest department. He talked on global warming, climatic changes and Chennai floods and its possible consequences. He also promised to deliver 700 saplings of rare species to be planted during the

monsoons. Mr. Benziger Samuel, chairman college union, FMN College felicitated the session and Mr. Ignatius J. Programme officer FMN college gave vote of thanks. From 11:30 am a workshop on how to improve memory power was conducted by the memory trainer **RAJESH MAHESHWAR**. He talked about the different ways to improve the memory power and the secrets and various tricks in memorizing things. The class was interactive and he also introduced a book that he had published in relation with the topic he took class on. By 1:00 pm the session came to an end and volunteers were given lunch break. The next session started by about 2:00 pm. The seminar was based on the 'Personality Development and Career Guidance'. The seminar was conducted by **Dr. Kishore Ram**, MMNSS College, Kottiyam. He talked about the various etiquettes that one has to do when he/she attends a meeting or an interview. As part of the class a moc interview was conducted in order to show everyone the mistakes that one might make in his life. He has also helped the volunteers to increase their confidence through various ways. Thus the seminar came to an end by 3:30 pm and tea break started from 3:30 pm to 4:30pm. By 4:30pm documentary film screening took place and lasted till 5:30 pm. From 6:00 pm preparation for the cultural events took place. By 8:30 pm dinner was served and the volunteers were asked to switch off the lights by 9:30 pm. And thus the second day came to an end.

DAY III - 20/12/2015 SUNDAY

The third day of the NSS annual camp 2015, started with the mass drill at 7:00 am. Breakfast was served by 9:00 am. The morning session started with volunteers singing the NSS song. It was followed by the presentation of the Newspaper and the camp report.

The first session of the morning session was about 'Education and Values' started at 10:00 am. The class was conducted by **Dr. V. S. Radhakrishnan**, MSM college, kayamkulam. He talked on classic literature of the world itself try to preserve our values. The aim behind the formation was also the same. He also talked on the benefits of parent children interaction which will help them to be responsible and sympathetic humans. He referred to Victor Hugo's *Les Miserables*, which shows how our life changes according to our situations. He also threw light on how session, steering how good relationship influences one's life. After the session lunch was served.

In the noon session, **Radhakrishnan**, the headmaster of Govt. S. N. D. P. School helped the volunteers to understand how useful we can make this camp to make valuable influences in our life. He reminded them about commitments and responsibilities towards our parents and society. Then he talked about the school, its infrastructure and developments that took place in this school over the years.

In the afternoon session, about 3:00 pm volunteers were sent to neighbouring houses to conduct survey on '**Conservation of Nature and Health**' in association with Forest Department. Survey was conducted on the basis of questionnaires and saplings were distributed freely to these houses.

In the evening session cultural programmes were conducted from 7:00 pm to 8:00 pm which included games also. By about 8:00 pm dinner was served and by 9:30 pm all the lights were switched off.

DAY IV - 21/15/2015 MONDAY

The programmes of the fourth day started with mass drill at 7:00 am. The volunteers exercised under the monitoring of NSS camp secretary Adersh S. After the breakfast, the volunteers assembled in the hall at 9:30 am and sang together the NSS song. The report of the previous day was read out by Vidhya Vijayan and then the camp paper was released by the newspaper committee and read out by Lekshmi V. S.

POOR HOME VISIT

At 10:00 am six of the NSS volunteers left for the poor home at Mundakkal. By 10:30 am, the campers reached the poor home and presented the inmates with cakes and gifts. New towels and clothes were donated by the volunteers for them.

The inmates were happy to see them and asked them to visit again. The NSS volunteers assured them to visit again

The noon session of the fourth day began at 12:00 pm with the seminar on ‘Global Warming and Climatic Changes’ conducted by Dr. Rubin Jose, FMN college. He taught the NSS volunteers about the causes of Global Warming like melting of glaciers, increase in temperature globally, rise in sea level, drowning of island, falling of harmful rays on earth, spread of diseases, etc. he also said that by 2050 there would be a rise in sea level by five meters. He asked all the NSS volunteers to protest against injustice to nature. He ended his speech by quoting UNESCO “Think Globally, Act Locally”. Lunch was served after the class.

About 3:00 pm all the NSS volunteers gathered in the seminar hall for data tabulation. This session started with representatives from each of the six teams sharing their experiences during the survey. Dr. Manoj S. gave a response to these experiences. He highlighted the positives of being exposed to a number of people during the surveys. Then all the team coordinators were given a data tabulation sheet for entering data based the survey questionnaires.

After tea break, the evening session started with all the six teams preparing for the cultural programs to be held on 23 December 2015. At 9:30 pm dinner was served and the rest of the duties were given a fair pause till the next morning.

DAY V - 22/15/2015 TUESDAY

At 7:00 am the fifth day of the camp started with mass drill guided by Melvin Mamachan. After breakfast at 9:30 am, all the NSS volunteers gathered in the assembly hall and the NSS song was sung. The report of the previous day was read out by Naima NAzir and the camp newspaper was read out by Sruthi S. Sundar. Followed by these Dr. Manoj S. gave new instructions to different teams and reminded them that all the members have to participate in the cultural programs to be conducted on 23 December 2015. Vidhya Vijayan was gifted with a cash award of Rs 101 for suggesting the title of the magazine.

At 10:30 am in the IT hall all the volunteers assembled to attend the seminar conducted by Dr. Akashdeep A. A., A. I. M. O., E. S. I., Kadampanad. He showed the prevailing general misconceptions on Thyroid disease, Diabetes, and accidents. Volunteers doubts were also cleared in the best possible manner. Extra information in the diagnosis of cancer, Diabetes was also given. After the session lunch was served.

After lunch break, by about 3:00 pm NSS camp was visited by Dr. Vincent B. Netto, Principal, FMN College and Vice Principal, Dr. A. R. Titus. They evaluated the camp and the camp activities. The Principal congratulated all the NSS volunteers for their service and talked on the topic 'Nurture the Nature'. Dr. A. R. Titus, Vice Principal FMN college, gave talk on the effects of Conservation with examples like, in 1893, Swami Vivekanandan spoke on the story of a frog from

village and the other from a well. This speech received standing ovation for fifteen minutes. Secondly, about the three frogs on a wood and lastly about the controversy between a believer and an ethist.

After tea break at 7:00 p.m. was a talk by T.S. Manivarnan, Short-film award winner. He instructed the volunteers to engage in total dedication to work and how we should respect other. He also talked about Dhaya Bhai. It was followed by dinner at 9:00 p.m.

DAY VI - 23/12/2015, WEDNESDAY

The sixth day of the camp started like the usual days with mass drill by NSS volunteer secretary. Breakfast was served by about 9:00 am. Then all the volunteers met in the assembly hall and the NSS song was sung. The report of the previous day was read out by Abida Abu and newspaper by Jude. Followed by that feedback about the camp was given by many volunteers based on their experiences.

Seminar on Adolescent Holistic Health.

This seminar was lectured by Dr. Akhila Thomas, Prof. Zoology Department, FMN College. She defined health as a peace with oneself and the environment and she made the volunteers aware of the fact that one fifth of the total adolescent population are in India. Hence the health of adolescence assumes more importance. With this view, 31st July is celebrated as world teenage day and the

11th October as international Adolescent day of girl children. Then she brought the example of Malala Yousufzai. Then the seminar extended to topics like mood swings, cognitive changes and anger management. She defined anger as a reflection of inner turbulence. Anger management methods that came under discussion are one, two, three turtle method, Textualization and imagination.

Lunch was served at 1:00 pm.

Seminar on the topic Women Laws and Cyber Laws.

Advocate **Vinayachandran's** threw light on the various existing cybercrimes like sexual harrasements their causes, effects, prevention methods and laws to protect citizens from being exploited likewise. He talked about IT laws that were propounded in the year 2000, illegal downloading and copying of data, etc. and the punishments related to the same. His class exposed the volunteers to the amended laws of juvenile crimes. Through these amendments he stated that such crimes are punishable from the age of 16. Electronic terrorism was another topic that came under discussion concerning national security. Other topics covered were TADA Act, Dowry Prohibition Act of 1962, Significance of IPC 306, etc.

Camp Magazine release.

Camp magazine was released by about 4:00 pm by magazine committee. The magazine was released and presented by Dr. Lawrencina Beryl Navis, Former HOD English Dept. the name of the camp magazine was '*Naattupacha*'. The title

of the magazine was suggested by Vidhya Vijayan, NSS volunteer, FMN College. Tea break was given by about 5:30 pm. By about 6:30 pm cultural programmes started. Volunteers were divided into total of six teams and all the teams participated in the cultural programmes. Altogether there were twenty seven programmes. By about 9:00 pm dinner was served. After that a session was introduced to showcase the experiences of all the NSS volunteers who participated in the annual NSS camp 2015. The session lasted till 12:00 am. And the lights were switched off.

DAY VII - 24/12/2015, THURSDAY

The seventh and the last day of the camp started by about 7 am in the morning. As part of winding up of the camp, the premises of the Govt. S. N. D. P. U. P. School was cleaned and was made neat and tidy. Breakfast was served at 8:30 am. At 10:00 am all volunteers assembled for the valedictory function of the camp.

The valedictory function of the camp started by about 10:00 am with the volunteers singing the NSS song. The valedictory function of the camp was inaugurated by Dr. Hema Treesa of Physics Department, FMN College, Kollam. The valedictory function was presided over by Dr. Hycinth Sophia Paul, Vice Principal, FMN College, Kollam. NSS Programme officer Ignatius J. welcomed the guests and volunteers to the valedictory session. Volunteer Secretary Master Adersh S. of II DC English gave a detailed report of the camp activities. NSS Volunteer and

College Union Magazine Editor Nazeem Binsha Felicitated the occasion. After that Awards were distributed. Joboy Clement of II DC English and Vyshak Baiju of II DC Economics shared the Best NSS Volunteer Male and Manna M. Leghu of II DC Psychology and Sruthi s. of II DC Economics shared the Best NSS Volunteer Female. As part of the camp activity NSS Camp Documentary was officially released by the Dr. Hycinth Sophia Paul and Dr. Hema Treesa. Janany Gopan Volunteer Secretary gave vote of thanks to the valedictory function. Thus by about 1:00 pm the camp came to an end.

Programme Officers

Principal

Dr Manoj S.

Dr Vincent B. Netto

Ignatius J.











എൻ.എസ്.എസ്. ക്യാമ്പ് ഇന്ന് തുടങ്ങും

കൊല്ലം: ഫാത്തിമ മാതാ നാഷണൽ കോളേജ് എൻ.എസ്.എസ്. സപ്തദിന വിശേഷാൽ ക്യാമ്പ് 18 മുതൽ 24 വരെ കൊല്ലം പട്ടണത്താനം ഗവ.എസ്.എൻ.ഡി.പി. സ്കൂളിൽ നടക്കും. ക്യാമ്പിന്റെ ഭാഗമായി അവശ്യവൃക്ഷ സർവ്വേ, അടയ്ക്കലത്തോടു നിർമ്മാണം, കരിയർ ഗൈഡൻസ്, സ്ത്രീയും സൈബർ നിയമങ്ങളും സംബന്ധിച്ച സെമി

നാർ വ്യക്തിത്വ വികസന സെമിനാറുകൾ, ഓർമ്മശക്തി പരിശീലനക്കളരി എന്നിവയുണ്ട്. തിരഞ്ഞെടുത്ത വീടുകളിൽ പച്ചക്കറിത്തോട്ടം, എൻ.എസ്.എസ്. വളൻറിയർമാർ നിർമ്മിച്ചു നൽകുമെന്ന് എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. മനോജ് എസ്., ഇഗ്നേഷ്യസ് ജെ. എന്നിവർ അറിയിച്ചു.