

**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 2017-2018**  
**"HEALTHY YOUTH FOR HEALTHY INDIA"**

## **INTRODUCTION**

The special camp of the year 2017 was conducted at Bishop Jerome Engineering College, Kollam, from 22 December 2017 to 28 December 2018. We are thankful to Rev. Fr. Rajesh Martin, Manager of the institution, for granting us permission to conduct the camping programme in Bishop Jerome Engineering College, Kollam. 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 “Healthy Youth For Healthy India”. Dr. Sandhya R. (Dy.DMO & DSO, Kollam) inaugurated the camp. Seminars were conducted by Dr. Sandhya R (Dy.DMO & DSO Kollam), Dr. Sajimon P. P.( Asst. Professor, Dept. Of Pshycology,FMNC, Kollam), Dr. Manoj S. (Asst. Professor, Dept. Of English, FMNC, Kollam), Adv.Sudheer C (Advisor, Jaihind, Kollam), Mr. Renold Baby(Special Marine Home Guard, Coastal Police, Neendakara, Kollam), and Dr. F George D’cruz(Director, Environment Study and Research Centre, KSSP, Kollam). Dr. Vincent B. Netto, Principal of our college, visited the camp and motivated the volunteers. The camp was visited by NSS Programme Coordinator Dr. Shaji S. A butterfly garden was setup at Fatima Mata National College during the camp. The Valedictory Session was presided over by Dr. Titus A. R. (Vice principal, FMNC, Kollam). 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 – 22/12/2017(Friday)**

The registration for the annual special camp started on 22 December 2017 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. Sanju. K Thomas(II DC maths) and Sreelekshmi G. (II DC physics) 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 pm.

## **DAY II – 23/12/2017(Saturday)**

The second day of the NSS Annual Special Camp started by about 6:30 am with mass drill. The inauguration ceremony was started with the singing of the NSS song and the presentation of the previous day's camp report and the camp newspaper by 10:00 am. NSS Programme officer Mr. Ignatius J. welcomed all to the function. The function was presided over by Dr. Vincent B. Netto(Principal, Fatima Mata National College, Kollam). Dr. Sandhya R (Dy.DMO & DSO, Kollam) inaugurated the camp. In her speech she talked about the non-communicable diseases and its precautions. Following the inaugural address, the felicitation speech was given by Nevin (Chairperson, FMN College Union). Vote of thanks was delivered by Prof. Asa Stephan(NSS Program Officer). After the inaugural section there was a seminar based on the

topic “NON-COMMUNICABLE DISEASES IN LIFE STYLE DISORDER”

at 11:30 am. The class was led by Dr. Sandya R.(Dy.DMO & DSO, Kollam).

She did a very interesting interactive section. In the afternoon NSS documentary film screening was conducted. The magazine preparation was started by 4:30pm. There after the volunteers engaged themselves in camp magazine preparation and for the practice of the cultural program.

### **DAY III – 24/12/2017(Sunday)**

The third day of the camp started with a mass drill at 6:30 am. Breakfast was served by 8:30 am. The morning session started with volunteers singing the NSS song. It was followed by the presentation of the Newspaper and report of the previous day.

After breakfast the NSS volunteers visited FMNC campus and started the design and preparation of a butterfly garden. At 2:30 pm a seminar based on the topic “SELF IMAGE ” was conducted by Dr.Sajimon P. P.( Asst. Professor, Dept. of Psychology, FMNC, Kollam). It was a motivation speech for the volunteers for the improvisation of their self image. After the seminar the Camp Magazine preparation was resumed.

#### **DAY IV – 25/12/2017( Monday)**

The programmes of the fourth day started with mass drill at 6:30 am. The volunteers did physical exercises under the leadership of NSS Volunteers Vishnu and Bincy. After the breakfast, the volunteers assembled in the hall at 10:00 am and sang the NSS song. The report of the previous day was read out and then the camp paper was released by the newspaper committee and read out.

At 10:30 am a seminar based on “NSS-AIMS AND OBJECTIVES” was taken by Dr. Manoj S. (Asst. Professor, Dept. of English, FMNC, Kollam). The class was really useful for the volunteers. The volunteers were energetic and active in the class. Various interactive sections were there in the seminar. The seminar was very lively with the active participation of the volunteers. The programme continued till 12:30pm. After the lunch, the NSS volunteers went to FMNC campus and completed the remaining work of the butterfly garden. The creativity of the NSS volunteers was reflected clearly on the garden. Their effort for the work was really an appreciable one. From 6.pm to 8.30pm the volunteers were engaged in various cultural programmes. The programme was extraordinary with the active participation of the volunteers.

#### **DAY V-26/12/2017 (Tuesday)**

At 6:30 am the fifth day of the camp started with mass drill guided by Vishnu and Bincy. After breakfast at 8:30 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 and the camp newspaper of the day was released. Followed by these the Programme Officers gave instructions to different teams and reminded them that all the members have to participate in the cultural programs to be conducted on 27 December 2017.

Following that at 10am a seminar based on the topic “SOFT SKILL DEVELOPMENT THROUGH GROUP DYNAMICS” was taken by Adv. Sudheer C. (Advisor, Jaihind, Kollam). Various group activities were conducted by the volunteers. The seminar section was really useful and lively with the active participation of the volunteers. After the lunch at 1:00 pm, the volunteers assembled at the seminar hall and various programme instructions were given by the programme officers. At 2:30 pm a seminar was conducted on the topic “VARIOUS RESCUE MEASURES” by Mr. Renold Baby(Special Marine Home Guard, Coastal Police, Neendakara, Kollam).The seminar made the volunteers aware of various rescue measures in an emergency. Dr. Shaji A., NSS Programme Coordinator, University of Kerala, visited the camp during the seminar. At 5:30 pm the assembly was dispersed for the camp magazine preparation and for the preparation of the cultural programme.

#### **DAY VI - 27/12/2017(Wednesday)**

The sixth day of the camp started like the usual days with mass drill by NSS volunteers Vishnu and Bincy. 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 and the camp newspaper was released.

After breakfast a seminar was held at 10am on the topic "GLOBAL WARMING AND SURVIVAL" by Dr. F. George D'Cruz (Director, Environment Study and Research Centre, KSSP, Kollam). The class encouraged the volunteers to think in a different way. It was an interactive session. During the session, he told us about causes, consequences and remedies of global warming. The seminar was really a worth one for the volunteers .After lunch at 1:00 pm the volunteers assembled at the seminar hall and the programme officers gave instructions on the next day's activity and the closing ceremony. Thereafter the senior volunteers visited the camp and shared their memories and experiences. Then the volunteers went for the cultural practise session. After the tea break at 4:00 pm, volunteers again assembled in the seminar hall and by 5:00 pm, various cultural programmes took place. The volunteers performed well in the cultural programmes and were really a visual treat. All the volunteers were in a festive mood.

#### **DAY VII -28/12/2017(Thursday)**

The seventh and the last day of the camp started by about 6:00am in the morning. As part of winding up of the camp, the premise of the camp site was cleaned and made neat and tidy. Breakfast was served at 8:30 am. The volunteers assembled in the seminar hall by 9:00 am and shared their camp experiences and opinions. The Valedictory Session started at 10:00 pm. NSS Program officer Prof. Ignatius J. delivered the welcome address. The function was presided over by Dr. Titus A. R. (Vice-Principal, FMNC, Kollam). Camp



magazine was released in the function. Award for best NSS volunteers were also given in the function. Volunteer secretary Sanju K. Thomas presented the report of the camp. Felicitation address was done by Sri. Rahul G. Nath (Arts club secretary, FMNC, Kollam). Volunteer secretary Sreelekshmi. G proposed vote of thanks and the function came to an end at 1 pm.

Programme Officers

Mr. Ignatius J

Mrs. Asa Stephen

Principal

Dr Vincent B. Netto





















