

National Service Scheme - Annual Special Camp 2017-18

Report

Dr. M S Latha
& Smt. Jisha Sreedharan
(NSS Programme Officers)

National Services Scheme Units of Sree Narayana College has organized annual special camp at Govt. J B S Cheriyanadu from 23rd to 29th December 2017. The theme for annual special camp for the year 2017-18 was “Healthy Youth for Healthy India” The camp was started on 23rd December with a formal inauguration programme at Govt. J B S Cheriyanadu with invocation song by NSS choir. Dr. M S Latha, NSS Programme Officer, formally welcomed the dignitaries. During the welcome speech the programme officer described the aim and objectives of NSS and mentioned the expectations from volunteers in the special camp. Smt. K K. Radhamma President, Cheriyanadu Panchayath, inaugurated the camp by lighting the lamp and gave an inaugural address. The keynote address was given by Dr. A V Anandharaj Chairman, RDC. Smt. Padmakumari C, HM Govt. JBS , Smt. Sreedevi K M, Ward Member and Sri Nishikanth, SMC Chairman Govt. JBS Cheriyanadu were felicitated the function. The inaugural session ended with vote of thanks by Sri. Anandhu Gopakumar, NSS volunteer leader. Almost 100 volunteers registered for the camp. Camp orientation was given to volunteers by programme officers and divided to five groups and duties were assigned. First day camp activities came to an end with cultural programmes of volunteers.

Second day, 24th December, of the camp was started with yoga. Programme officers and volunteers actively participated in yoga. After that volunteers cleaned Cheriyanad Primary Health Centre premises. SPC students and instructors of S N Trust School visited the camp and volunteers extended a warm welcome to them. After breakfast the second day

official programmes started with NSS song followed by message and Camp Paper. Then Smt. Valsala, Rtd HM Govt. Girls School Chengannur & Art of Living instructor, delivered a demonstration class on the topic “Yoga and Health”. During the class she gave the benefits of yoga and meditation and how it will help students in their studies. She demonstrated yoga and gave practice to students. The class ended with meditation. Volunteers enjoyed the class and yoga. After lunch there was a class on ‘Organic Farming’ by Sri Abhilash B., Agriculture Officer, Agriculture Office, Cheriyanadu. In his class he mentioned advantages of organic farming and the different methods which we can adopt in farming. In the evening volunteers assembled for cultural activities.

The third day, 25th December, the camp began with yoga. The volunteers then cleaned the school campus and canal, nearby from 8.00 am to 9.00 am. A class was taken by Sri Joji Kootummel, Member Sastra Sahithya Parishath, on the topic “The Unseen part of Environment”. During his speech he emphasized the importance of protecting environment for sustainable future. After lunch volunteers gathered in the auditorium for a class by Sri Saji Kumar, Civil Excise Officer on the topic “Drugs and Mental Health”. The class was really informative and interesting. It gave an awareness on drug abuse in volunteers. The third day programmes ended with Christmas celebration by cutting cake and cultural programmes.

On 26th December camp started with yoga and aerobics. Canal and Primary Health Centre cleaning was done from 8.00 am to 9.00 am. A talk was delivered by Dr. Raji Govt. Ayurveda Dispensary on the topic “Health problems in adolescents”. The class was very informative and useful especially to the girl students. Lunch was followed by a general talk by Prof. K K Viswanathan, Ex. Syndicate Member Sanskrit University, on the topic Swami Vivekanandan and India. In the evening volunteers gathered for report and cultural activities.

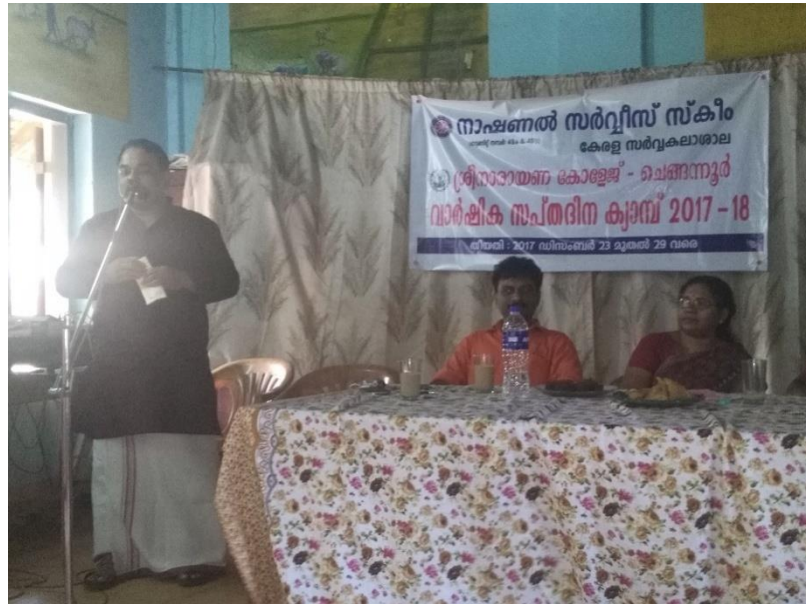
The fifth day, 27th December, after yoga and cleaning there was a class on “Legal Awareness” by Sri Devamanohar DYSP. The class really gave an awareness to volunteers in legal sides. After lunch there was a class by Dr.Ajeesh, Primary Health Centre Cheriyanadu, on the topic “Life Style Diseases”. During his talk he gave a clear picture of life style diseases and what youth can do to prevent the diseases. In the evening volunteers assembled for cultural programmes and report.

On 28th December, after campus cleaning, Sri Radeep K R, Instructor cum Trainer take a demonstration class on “Martial Arts for Self Defence and Health”. The class was very interesting and all volunteers actively participated in the class. After lunch a Palliative care class was taken by Sr. Ruby, Taluk Hospital Chengannur. Band aid class was also given to volunteers which will help them in their Palliative activities. During evening the volunteers visited wetland near the school and enjoyed fishing and performed different cultural activities.

On 29th December, the seventh day of the camp, the valedictory function was started at 9.30.am. Sri. AnandhuGopakumar Volunteer leader welcomed the gathering. Dr. M S Latha NSS programme officer presided the function. Prof. K P Mathew (RtdProf. S N College Chengannur) and Smt. Jisha Sreedharan, NSS Programme Officer felicitated the function. Vote of thanks was proposed by Kumari Neethu V., NSS volunteer. The meeting was ended by National Anthem. After lunch there was a feedback session and students dispersed from the camp and the seven days annual special camp was successfully came to an end.

Annual Special Camp 2017-18





Camp Inauguration



PHC Cleaning



Camp Paper



Yoga



Environmental Protection Class





Anti liquor class



PHC Cleaning





Martial Arts



Class by Dr. Raji

