

SREE NARAYANA COLLEGE, CHENGANNUR

National Service Scheme - Annual Special Camp Report 2019-2020

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(NSS Programme Officers)

National Services Scheme Units (49 a & 49 b) of Sree Narayana College Chengannur has organized annual special camp at S.N.V. U.P.S Thuruthimel from 20th to 26th December 2019. The camp was started on 20th December 2019 with a formal inauguration programme at S.N.V. U.P.S Thuruthimel with invocation song by NSS choir. The meeting was presided by Smt. Radhamma K K President Cheriyanadu Panchayath. Dr. M S Latha, Principal in charge of the college, formally welcomed the dignitaries. During the welcome speech Dr. Latha described the aim and objectives of NSS and mentioned the expectations from volunteers in the special camp. Sri. Saji Cherian MLA, inaugurated the camp by lighting the lamp and gave an inaugural address. During his speech he offered all support to college activities. The keynote address was given by Sri. Anil P Sreerangam, Convenor RDC. The inaugural session ended with vote of thanks by Sri. Suhail Sujahi, 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, 21st December, of the camp was started with yoga. Programme officers and volunteers actively participated in yoga. After that volunteers cleaned college campus. 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 ‘ Personality development’ by Mr. Biju Balakrishnan, (Master Trainer Neither). All enjoyed the class. In the evening volunteers assembled for cultural activities.

The third day, 22nd December, the camp began with yoga. The volunteers then cleaned the college campus from 8.00 am to 9.00 am. After NSS song, camp paper and message, a talk was delivered by Sri Ratheesh T R former NSS programme officer S N College, Cherthala on the topic “Youth and Social Media”. After lunch there was a demonstration class on “Paper Bag Making” by Smt. Bindu Udayakumar PHC Cheriyanadu. In the evening volunteers gathered for report and cultural activities

On 23rd December camp started with yoga and Zumba dance. Cleaning and planting plantain was done from 8.00 am to 9.00 am. A talk was delivered on the topic “Disaster Management” by team of fire force officers from Fire Station Chengannur. The class was very informative and interesting with some demonstration sections. Lunch was followed by a talk by Dr. Raji, Medical Officer, Cheriyanadu on the topic “Health and Ayurveda”. The fourth day programmes ended with cultural programmes.

The fifth day, 24th December, after yoga and cleaning, a class was taken Sri Sree Kumar, Excise Preventive Officer on the topic “Youth and Drugs”. The class was really informative and interesting. It gave an awareness on drug abuse in volunteers. After lunch there was a class by Smt. Ruby Thomas, Staff Nurse, Taluk Hospital Chengannur on the topic “Palliative care”. During his talk she gave clear idea about handling bed ridden patients. In the evening volunteers assembled for cultural programmes and report.

On 25th December, after campus cleaning, A class was taken by Dr. Sasikala V. and Ms. Saranaya V. on the topic “Annular Solar Eclipse” . After lunch Christmas was

celebrated by cutting cake and with carol songs. In the evening volunteers assembled for cultural activities and made spectacles for viewing solar eclipse.

On 26th December, the seventh day of the camp, all witnessed annular solar eclipse in the morning. The valedictory function was started at 10.30.am. Sri. Suhail Sujahi Volunteer leader welcomed the gathering. Smt. Jisha Sreedharan, NSS programme Officer presided the function. Dr. M. S Latha Principal in Charge inaugurated the function. Vote of thanks was proposed by Kumari Jessy Jayan, 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.



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Camp inauguration



Yoga



Camp Paper



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Personality Development





Paper Bag Making



Cultural Programmes





Disaster Management



Planting Banana



Health and Ayurveda



Camp paper



Drugs and Youth



Palliative Care



Solar Eclipse



Cultural Proramme



Solar eclipse Observation

