



सत्यमेव जयते



**Government of India
Ministry of Youth Affairs and Sports**

NATIONAL SERVICE SCHEME
UNIT NO: 38 &66, University of Calicut.
SEVEN DAY RESIDENTIAL SPECIAL CAMP - 2023

“Manaveeyam” – 2023

23/12/2023 to 29/12/2023

GBHSS , Nemmara, Palakkad , 678508



NSS COLLEGE NEMMARA

CAMP REPORT

An Overview

The Manaveeyam, the seven-day residential special camp, brought together a dedicated group of 90 NSS volunteers from Unit 38 and Unit 66, with 46 and 44 participants respectively. This transformative event unfolded from December 23, 2023, to December 29, 2023, at GBHSS in Nemmara, Palakkad, creating a hub of community engagement and development. The inaugural ceremony, a momentous occasion, was graced by the honorable MLA of Nemmara Constituency, Sri K Babu, emphasizing the significance of community-driven initiatives. The camp concluded on a high note with the closing ceremony inaugurated by Smt Prabitha Jayan, the President of Nemmara Grama Panchayath, symbolizing the collective commitment to community welfare.

The camp's action plan was a comprehensive roadmap for meaningful interventions. The construction of "Sneharamam" stood out as a testament to the volunteers' dedication, reflecting the spirit of compassion and unity. Organic farming and gardening initiatives not only promoted sustainable practices but also fostered a deeper connection with the environment. A Village Health & Cleanliness Survey, coupled with insightful analysis, provided valuable data for targeted community health initiatives. The camp also addressed environmental concerns through initiatives such as plastic and e-waste collection, coupled with overall environment cleaning efforts, demonstrating a commitment to ecological sustainability. The holistic approach extended to the well-being of the participants, with yoga and meditation sessions contributing to both physical and mental wellness.

Self-employment training programs empowered individuals with skills for sustainable livelihoods, fostering economic resilience within the community. Health & Nature Awareness programs deepened the understanding of the intricate relationship between human well-being and the environment. A diverse array of workshops offered participants opportunities for skill enhancement, while academic and cultural programs enriched the overall experience, fostering a sense of unity and cultural exchange. The Manaveeyam camp, with its multifaceted initiatives, not only empowered the NSS volunteers but also left an enduring impact on the community. The support and participation of esteemed figures like the MLA and the Panchayath President underscored the importance of collaborative efforts in driving positive change. The echoes of this transformative event are bound to resonate, leaving a lasting legacy of community development and shared responsibility.

Smt K A Thulasi – Principal, NSS College, Nemmara

Sanal Kumar S – Prog.Officer, Unit No: 38 Dr Asha Bharathan – Prog.Officer, Unit No: 66

Students Coordinators: Amaljith S (Unit: 38), Amritha R (Unit: 66)

Day 1: 23/12/2023 – Saturday

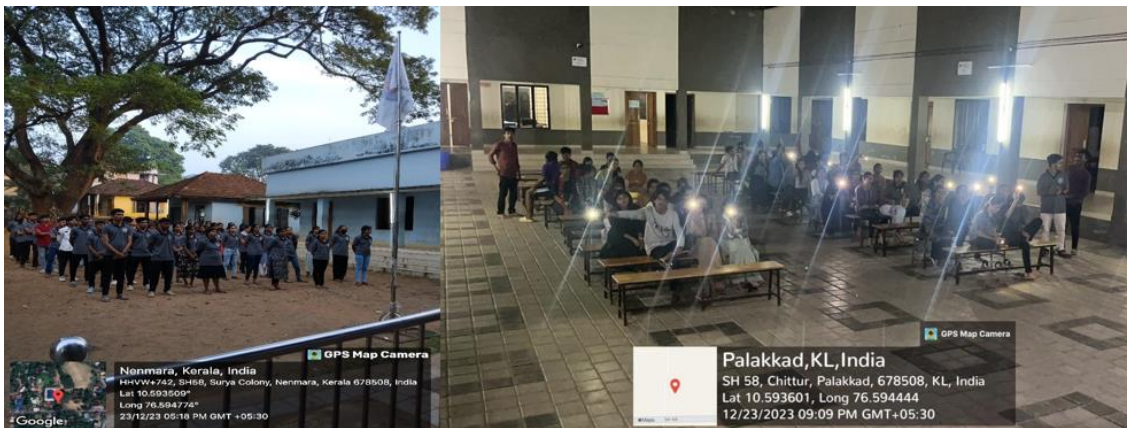
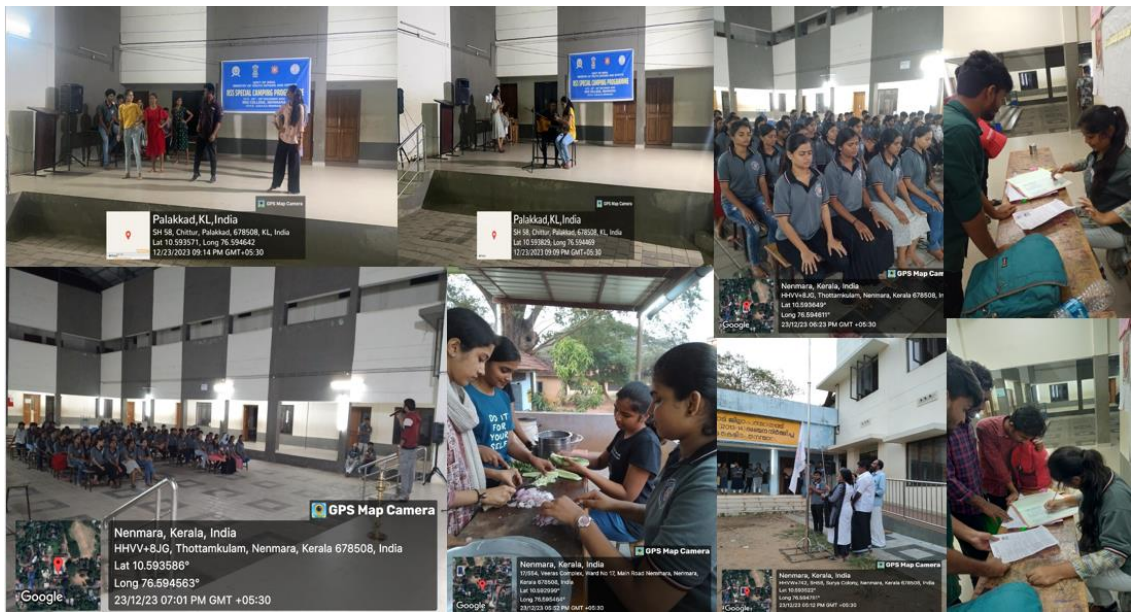
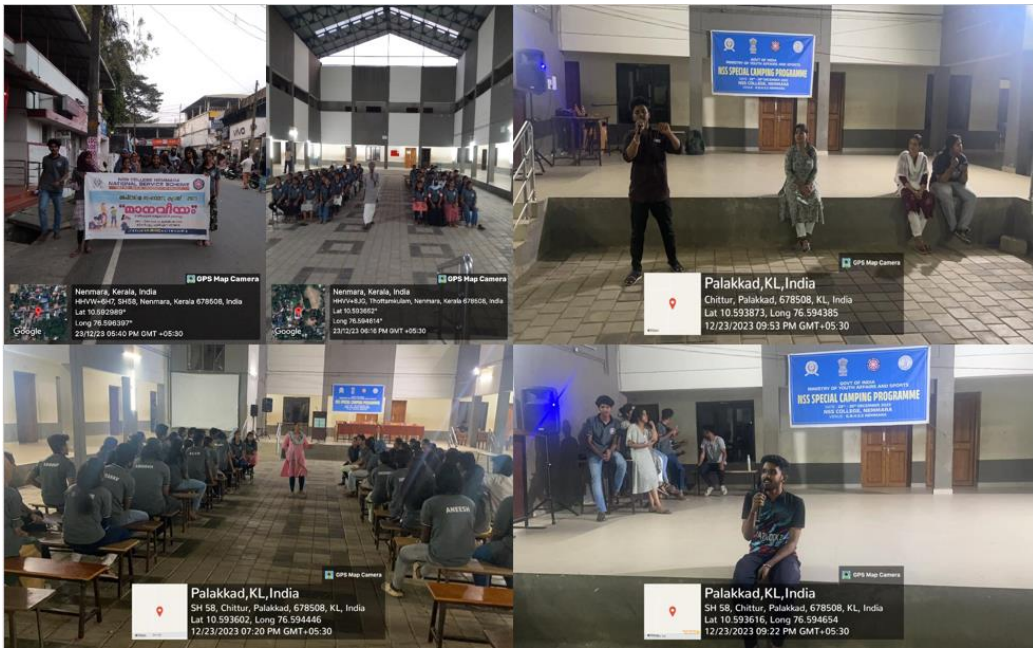
Day Officers: SRUTHIN C (BBA), SHAHMA K (BSc Mathematics)

The first day of the Manaveeyam camp, on December 23, 2023, marked a spirited commencement of the seven-day residential special event. The day unfolded with the registration of participants at 2:30 PM, creating a sense of anticipation among the 90 NSS volunteers from Unit 38 and Unit 66. At 4 PM, the committee formation and camp rules for volunteers were outlined, providing a structured foundation for the upcoming days. The program continued with a tea break at 4:30 PM, fostering informal interactions among participants. The official proceedings commenced at 5 PM with the NSS flag hosting and pledge, accompanied by a valuable message from the Principal of NSS College, Nemmara. This set the tone for the camp's overarching theme of community service and engagement.

The day witnessed the Vilambara jaatha, a symbolic flag-off ceremony, led by the Principal, instilling a sense of unity and purpose among the volunteers. From 6:30 PM to 7 PM, an ice-breaking and spiritual reflection session was conducted by Krishna Kumar S, Director of Bodhi Yoga Centre, Alathur, Palakkad. This session, focusing on general prayer and the values of our times, served as a grounding experience for the participants. An invited talk on camp hygiene at 7 PM by Lt. Dr. Shereena J, ANO of NCC , SN College, Alathur, provided essential insights into maintaining cleanliness and health during the camp. The evening continued with cultural programs at 7:30 PM, showcasing the diverse talents within the volunteer group.

The day concluded with dinner at 8:30 PM, providing an opportunity for participants to bond over a shared meal. The camp evaluation session, "Camp Avalokanam," took place at 9:30 PM, led by the Day Officer. This session involved discussions on the day's events, planning for the next day, the Day Officer's report, addressing any issues or suggestions, and the formal handover to the next Day Officer. As the day wrapped up, lights were turned off at 10 PM, signaling bedtime. The first day of the Manaveeyam camp successfully set the stage for a week of community-driven activities, fostering a sense of camaraderie and purpose among the NSS volunteers.





Day 2: 24/12/2023 – Sunday

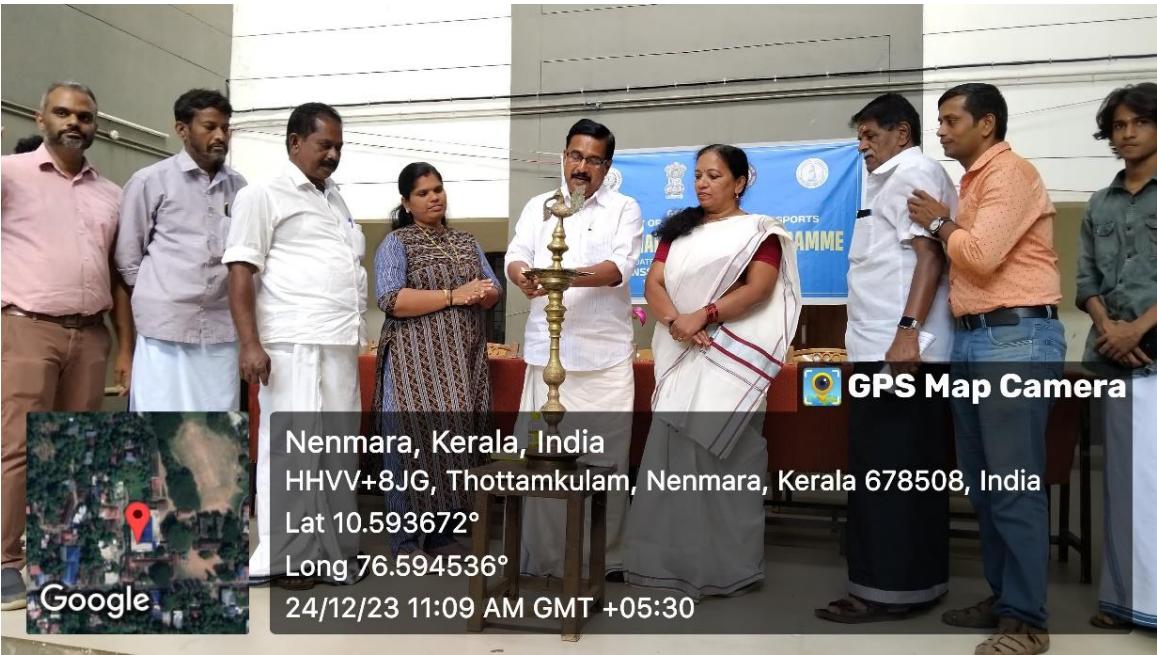
Day Officers: Aneesh K (BBA), PAVITHRA K (BBA).

The second day of the special camp, unfolding on December 24, 2023, was characterized by a rich tapestry of activities and engagements that further deepened the participants' involvement and sense of community. The day commenced early at 6 AM with morning tea, setting a refreshing tone for the day ahead. The assembly, starting at 6:30 AM, featured the recitation of the NSS song, a Thought of the Day shared by the Day Officers, and a segment for newspaper reading, presenting the camp news and daily report. The morning continued with a rejuvenating yoga session from 7 AM to 8 AM, led by Revathi S, a skilled yoga trainer. Following the session, participants enjoyed a hearty breakfast at 8:30 AM, preparing them for the day's activities.

The highlight of the day was the Inaugural Function from 9:30 AM to 11:30 AM, featuring a series of addresses and presentations. Sanal Kumar S, the Program Officer of NSS Unit No: 38, delivered the Welcome Address, setting the stage for the event. Smt K A Thulasi, the Principal of NSS College, Nemmara, provided the Presidential Address, emphasizing the importance of community service. The inauguration was conducted by Sri K Babu, MLA of Nemmara Assembly, and was followed by an explanation of the camp details by Amritha R, Secretary of Unit No: 66. The felicitations segment included distinguished guests such as Smt Prabhitha Jayan (President, Nemmara Grama Panchayat), Sri R Chandran (Member, Ward No.1, Nemmara Panchayat), Smt Chandrika C (Headmistress, GBHSS, Nemmara), Sri Suresh Anantharaman (PTA President, GBHSS, Nemmara), Dr Lekshmi R Chandran (Asst Professor & HoD, Dept of Zoology, NSS College Nemmara & Advisory Committee Member), Sri Kasim S (PTA Vice President, NSS College, Nemmara), and Gautham Unni P M (College Union Chairman, NSS College Nemmara).

A survey discussion and field visit, along with an explanation of ward details, took place from 12 PM to 1:15 PM, led by Sri R Chandran, Member of Ward No.1, Nemmara Panchayat. This practical session aimed at providing participants with insights into the community they were serving. The afternoon concluded with lunch at 1:30 PM, followed by a Nature Workshop from 2:30 PM to 4:30 PM, focusing on "Safeguarding Rivers: Our Collective Obligation." Vinod Nambiar, General Secretary of Friends of Bharathapuzha, and Smt Ananthalekshmi Ram, Palakkad Chapter Coordinator, led an insightful session highlighting the responsibility towards river conservation.

The day continued with tea at 4:30 PM and transitioned into a session on games and the camp action plan at 5 PM. The evening was dedicated to a spiritual reflection led by Krishna Kumar S, focusing on general prayer and the value of our times. From 7 PM to 8:30 PM, participants enjoyed a lively Xmas Celebration and Cultural Session, fostering a festive spirit and cultural exchange. Dinner was served at 8:30 PM, followed by the Camp Avalokanam (Discussion) at 9:30 PM, where the Day Officer facilitated discussions on the day's events, addressing any issues or suggestions. The day concluded with lights off at 10 PM, ensuring a restful night for the participants. In summary, the second day of the Manaveeyam camp was a dynamic blend of physical activities, informative sessions, cultural celebrations, and meaningful discussions. The diverse range of activities catered to the holistic development of the NSS volunteers, reinforcing the camp's commitment to community service and personal growth.









Day 3: 25/12/2023 – Monday

Day Officers: AKHIN S (BA Economics), AMRITHA R (BA Economics).

The third day of the camp, held on December 25, 2023, unfolded as a pivotal chapter in the holistic development journey of the NSS volunteers. The day began at 6 AM with a serene start - morning tea, providing a moment of tranquillity before the bustling day. The subsequent assembly, commencing at 6:30 AM, was a symphony of camaraderie, featuring the customary NSS song, a Thought of the Day, and a segment dedicated to newspaper reading, underscoring the significance of staying well-informed through Camp News. The morning continued with a rejuvenating yoga session at 7 AM, masterfully conducted to promote the physical and mental well-being of the participants. Following this invigorating start, a nutritious breakfast at 8:30 AM set the tone for a day rich in activities and learning.

From 9:30 AM to 1 PM, the focal point shifted towards community service with a Health & Cleanliness Survey. This hands-on activity immersed the volunteers in the community, allowing them to assess the health and sanitation needs first-hand. The insights gained from this survey provided a foundation for targeted interventions aimed at addressing the identified needs of the community. A well-deserved lunch break at 1 PM served not only to replenish energy but also fostered a sense of camaraderie among the participants as they shared a meal. The afternoon session, from 2 PM to 4:30 PM, delved into the realm of skill development with a Self-Employment Training Session. The highlight was a Soap Making Workshop led by Shameer Vandhazhy, affiliated with Sasthra Parishat and a Former NSS Programme Officer at Thunjan College, Elavanchery. This session not only imparted practical skills but also instilled an understanding of the potential for sustainable livelihoods through self-employment.

The tea break at 4:30 PM provided a brief respite before the evening activities commenced. Engaging in games and the Camp Action Plan, participants focused on initiatives such as plastic and e-waste collection, along with the ongoing construction of "Sneharamam," a project symbolizing their commitment to community service and unity. A spiritual reflection session from 6:30 PM to 7 PM allowed participants to connect on a deeper level, fostering introspection and unity. The evening extended into cultural activities from 7 PM to 8:30 PM, providing a platform for volunteers to showcase their diverse talents, reinforcing the sense of community and shared experiences. The day concluded with dinner at 8:30 PM, offering a moment for communal bonding over a shared meal. The Camp Avalokanam (Discussion) at 9:30 PM provided a platform for participants to reflect on the day's events, share feedback, and discuss any arising issues or suggestions. Lights off at 10 PM ensured that the participants got adequate rest for the forthcoming days of community-driven endeavours.

In summary, Day 3 of the Manaveeyam camp served as a microcosm of the overarching theme - seamlessly integrating activities that not only promoted health, cleanliness, and skill development but also fostered a deep sense of community service and personal growth. The varied schedule provided participants with a well-rounded experience, emphasizing both individual well-being and collective responsibility, setting a strong foundation for the remaining days of the transformative camp.





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Day 4: 26/12/2023 – Tuesday

Day Officers: SABARISH K (BCom), SANDRA M (BBA)

The fourth day commenced with a refreshing start at 6 am with morning tea. Soon after, all participants gathered for the morning assembly, which included the NSS song, thought of the Day, and a session dedicated to reading the camp newspaper, providing updates and insights into the day's events. A dynamic and invigorating Zumba session followed from 7 am to 8 am, led by Zin Athira Selvan, an international fitness trainer and Zumba instructor. Participants enthusiastically engaged in the lively session, fostering a sense of energy and camaraderie. Post the energetic Zumba session, participants relished a wholesome breakfast at 8:30 am, setting the tone for a day filled with diverse activities.

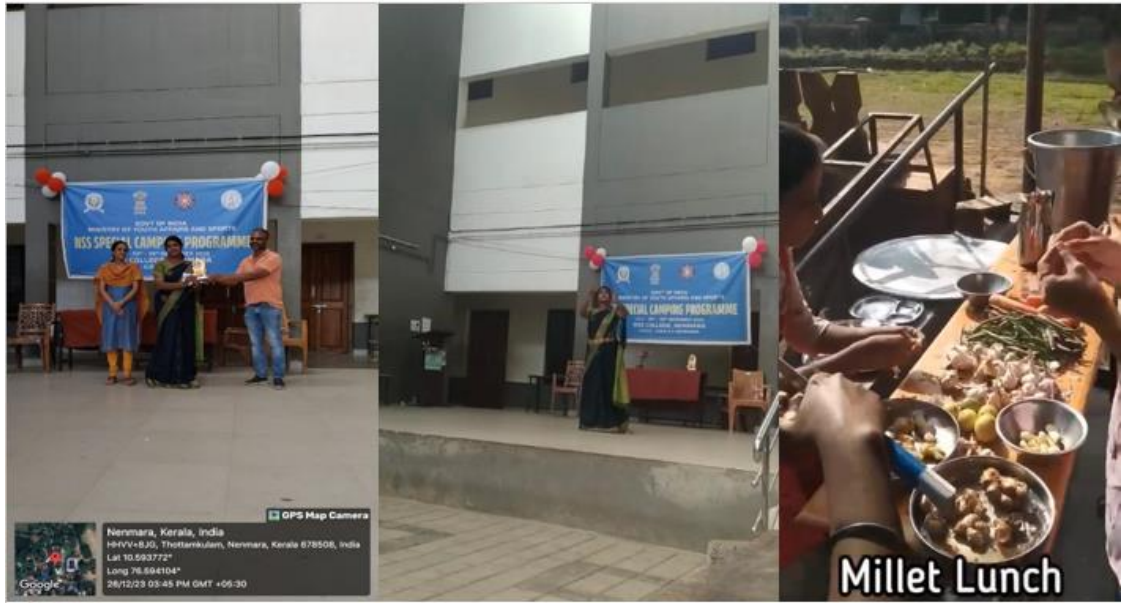
The morning progressed with a unique workshop titled "Millet Magic: A Workshop on Millet Lifestyle" conducted by Sudharshan R, a DNYS certified trainer of JC and naturopathist. The workshop, spanning from 9:30 am to 1 pm, explored the health benefits and lifestyle implications of incorporating millets into daily nutrition. The campers enjoyed a nutritious millet-based lunch at 1 pm, aligning with the workshop's theme. The afternoon continued with a Classical Dance Workshop conducted by Miss Soumya Dileep from the Padalaya School of Performing Arts in Vadakkencherry.

Tea at 4:30 pm marked a brief interlude before the camp delved into its evening agenda. From 5 to 6:30 pm, participants engaged in games and discussed the camp action plan, focusing on initiatives such as plastic and e-waste collection and the construction of Sneharamam, fostering teamwork and environmental consciousness. The day concluded with spiritual reflection from 6:30 to 7 pm, providing participants with a serene moment for introspection. The evening was dedicated to cultural activities from 7 to 8:30 pm, showcasing the diverse talents within the camp community. A sumptuous dinner at 8:30 pm brought everyone together for a delightful end to the day.

The night progressed with a camp discussion at 9:30 pm, offering an open forum for participants to share their experiences, feedback, and suggestions. As the clock struck 10 pm, the camp collectively embraced bedtime, ensuring a restful night's sleep to prepare for the adventures of the upcoming day. Day 4 fostered a sense of community, well-being, and cultural appreciation among the campers, making it a memorable and enriching experience for all.







Day 5: 27/12/2023 – Wednesday

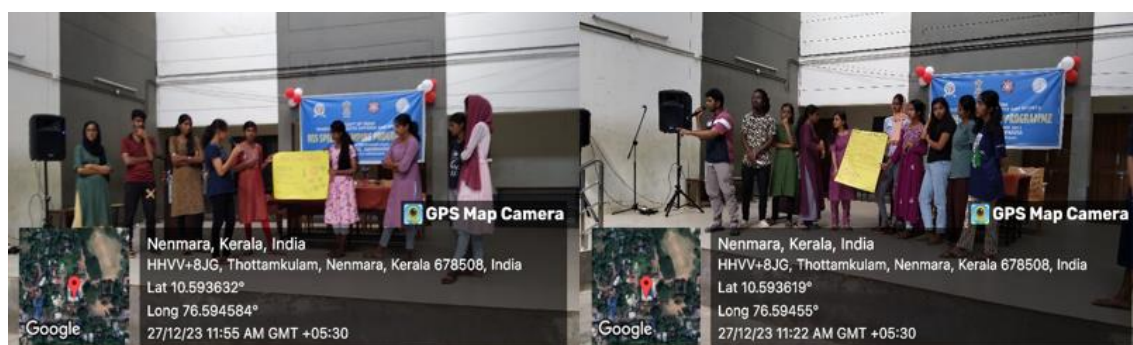
Day Officers: AMALJITH S (BSc Mathematics), GOPIKA G (BSc Chemistry).

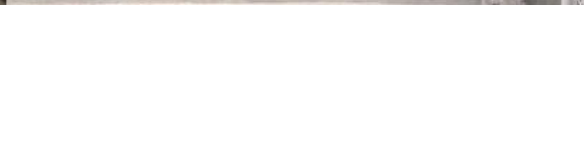
As the sun rose on the 27th of December 2023, Wednesday, the Youth Enhancement Camp entered its fifth day, promising a rich blend of physical activity, intellectual stimulation, and cultural exploration. The day kicked off at 6 am with the calming ritual of Morning Tea, setting a tranquil tone for the participants. At 6:30 am, the assembly began with the National Service Scheme (NSS) song, followed by the Thought of the Day, and a comprehensive reading of the day's camp news from newspapers. This collective gathering not only served as a unifying start but also ensured everyone was informed about the day's schedule and events.

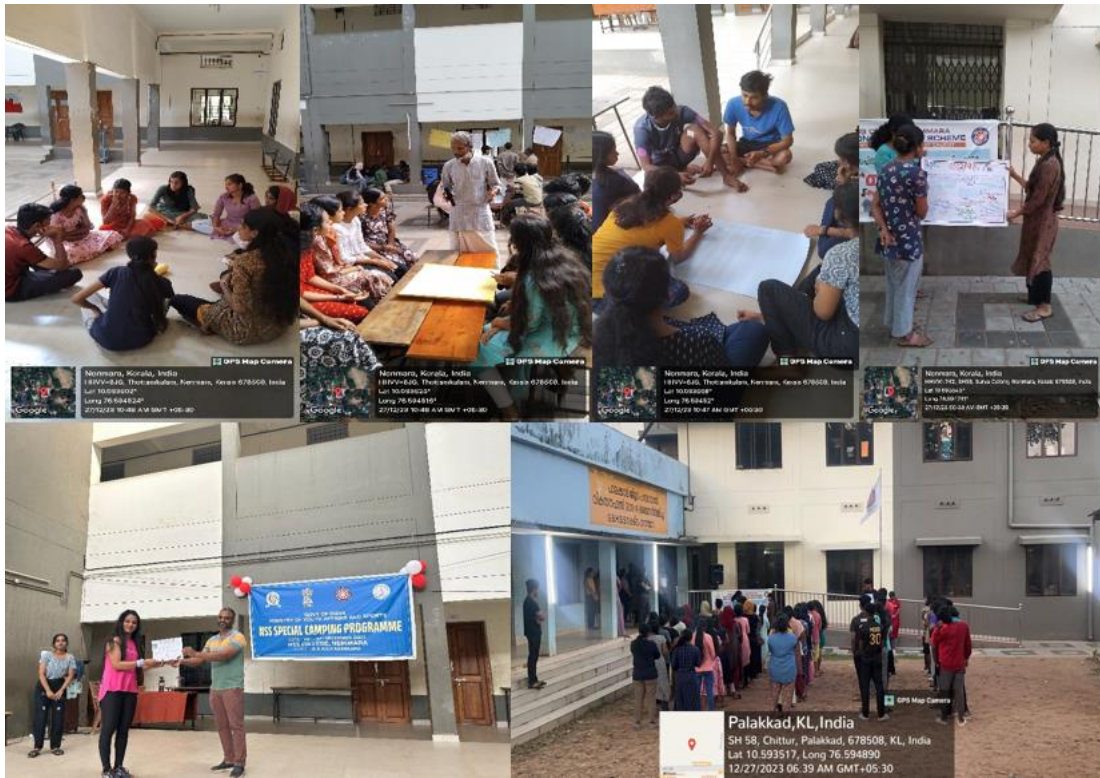
The highlight of the morning was undoubtedly the Zumba session led by Zin Athira Selvan, an international fitness trainer and Zumba instructor. From 7 am to 8 am, participants immersed themselves in rhythmic movements, promoting physical well-being and team spirit. Following the invigorating Zumba session, a hearty breakfast at 8:30 am prepared the participants for the day ahead. The real substance of the day unfolded from 9:30 am to 1 pm with Session I of the Youth Enhancement Camp. Facilitated by Krishna Kumar S, Bodhi Alathur, and Alain Scherer, a psychologist from Switzerland, the session included group activities, debates, group presentations, and discussions aimed at fostering communication and soft skill development among the youth. This interactive session seamlessly blended cultural exchange with skill-building. Lunch at 1 pm featured Millet Food, promoting a healthy and sustainable dietary approach.

The afternoon session, from 2 to 4:30 pm, focused on life skills and photography skill development. Jamsheer P M, Assistant Professor in English at IHRD College, Vadakkenchry, and Rajish R, a professional photographer from Epic Photography, Alathur, shared their expertise, creating an engaging and informative experience for the participants.

Tea at 4:30 pm served as a rejuvenating break before diving into the evening's agenda. From 5 to 6:30 pm, participants engaged in games and contributed to the camp action plan, which included initiatives such as plastic and e-waste collection and the construction of Sneharamam, emphasizing the camp's commitment to environmental sustainability. The evening continued with spiritual reflection from 6:30 to 7 pm, providing a space for participants to introspect and connect with their inner selves. The day concluded with cultural activities from 7 to 8:30 pm, where the diverse talents within the group were showcased, fostering a sense of unity and appreciation. As the day drew to a close, dinner at 8:30 pm provided a final opportunity for camaraderie. The night concluded with Camp Avalokanam at 9:30 pm, allowing participants to share their thoughts and reflections on the day's experiences. The lights out at 10 pm marked the end of a fulfilling day, setting the stage for further personal growth and collective learning in the remaining days of the Camp.







Day 6: 28/12/2023 – Thursday

Day Officers: Gireesh K G (BA English), Vaishna R Nair (BSc Chemistry).

The sixth day, December 28, 2023, Thursday, unfolded with a focus on physical well-being, safety, and environmental consciousness. The day commenced at 6 am with a serene Morning Tea, preparing participants for a day filled with meaningful activities. The assembly at 6:30 am featured the NSS song, Thought of the Day, and a thorough reading of the day's camp news from newspapers. The morning routine continued with a refreshing Morning Walk from 7 am to 8 am, promoting physical fitness and an opportunity for participants to connect with nature. Following the invigorating morning activities, participants gathered for breakfast at 8:30 am, setting the stage for the day's main agenda. From 9:30 am to 1 pm, the focus shifted to Health and Cleanliness with a comprehensive survey in the Nemmara panchayat. Lunch at 1 pm provided a nourishing break, sustaining the energy for the upcoming Fire and Rescue Workshop at 2 pm. Conducted by Arjun K Krishnan, Station Officer at the Fire and Rescue Station in Kollengode, the workshop equipped participants with essential knowledge and skills related to fire safety and rescue operations. The session not only provided practical insights but also instilled a sense of civic responsibility.

Tea at 4:30 pm marked a transition to the evening activities. The Camp Action Plan, from 5 to 6:30 pm, centered around environmental initiatives such as plastic and e-waste collection, ongoing construction of Sneharamam, and a creative "Say No to Plastic" flash mob. This segment emphasized the camp's commitment to sustainable practices and environmental advocacy. The evening continued with spiritual reflection from 6:30 to 7 pm, offering participants a moment of introspection and contemplation. The day concluded with a vibrant Cultural Session from 7 to 8:30 pm, showcasing the diverse talents within the camp community. Dinner at 8:30 pm provided a final opportunity for socializing and sharing experiences. The night concluded with Camp Avalokanam at 9:30 pm, allowing participants to reflect on the day's events and share their insights. The day came to a close at 10 pm, as participants retreated to their beds, rejuvenated and inspired by a day focused on health, safety, and environmental consciousness.





Day 7: 29/12/2023 – Friday

Day Officers: Gautham Unni K M (BSc Physics), ANJANA C (BSc Instrumentation)

The seventh day of the National Service Scheme (NSS) special camp at NSS College, Nemmara, commenced with the participants gathering at 6 am for Morning Tea, followed by the Assembly at 6:30 am, featuring the NSS song, Thought of the Day, and a newspaper reading session presenting Camp News. The morning continued with a Yoga session from 7 am to 8 am, promoting physical and mental well-being. The day's schedule then proceeded with breakfast at 8:30 am, fostering a sense of community and camaraderie among the participants. The highlight of the day was the Closing Ceremony, which took place from 9:30 am to 11 am. The event began with a Welcome Address delivered by Dr. Asha Bharathan, the Program Officer of NSS Unit No: 66, expressing gratitude for the active participation of everyone involved. Dr. Smt. K A Thulasi, the Principal of NSS College, Nemmara, followed with a Presidential Address, emphasizing the significance of community service and the NSS's role in shaping responsible citizens.

The Inauguration was a momentous occasion with Smt. Prabhitha Jayan, the President of Nemmara Grama Panchayat, serving as the Chief Guest. Her presence added a touch of local authority and relevance to the NSS activities. Amaljith S, the Unit Secretary of Unit No.38, presented the Camp Report, summarizing the week's events, achievements, and the positive impact created by the collective efforts of the participants. The Closing Ceremony continued with Felicitations from distinguished guests, including Sri R Chandran, a member of Ward No. 1 in Nemmara Panchayat, Smt. Chandrika C, the Headmistress of GBHSS, Nemmara, Rajeesh P, a member of the Camp Advisory Committee, and Muraleedharan K from Kavungal House, RC Brothers Nemmara, also a Camp Advisory Committee Member. These speakers commended the NSS participants for their dedication, hard work, and community engagement.

The Vote of Thanks was delivered by Sanal Kumar S, the Program Officer of NSS Unit No: 38, expressing gratitude to all who contributed to the success of the camp. Following the formal proceedings, a feedback session was conducted from 11 am to 11:30 pm, providing an opportunity for participants to reflect on their experiences, share insights, and suggest improvements for future camps. As the day approached its conclusion, the participants gathered for the Flag lowering ceremony and National Anthem at 11:30 pm, symbolizing unity and patriotism. The seventh day of the NSS special camp at NSS College, Nemmara, not only marked the culmination of a week-long transformative experience but also celebrated the spirit of community service, collaboration, and personal growth. The memories and lessons learned during this special camp will undoubtedly leave a lasting impact on the participants, contributing to the ethos of NSS and fostering a sense of responsibility towards society.

This seven-day journey was more than a mere physical and intellectual exercise; it was a profound exploration of the spirit of service, community engagement, and personal development. The participants, hailing from diverse backgrounds, cultures, and perspectives, came together to create a microcosm of a harmonious and inclusive society. The camp not only imparted practical skills through various activities and initiatives but also nurtured qualities of leadership, teamwork, and empathy. The memories forged during this special camp will serve as a beacon for the participants as they return to their respective communities, inspired and equipped to make a positive difference. The “Manaveeyam”, special camp exemplified the ethos of the NSS – fostering a sense of responsibility towards society, instilling values of compassion and service, and cultivating leaders who are not just aware of their role in the community but are actively engaged in shaping a better, more inclusive future. As the participants disperse, the ripple effect of their experiences will continue to impact not only their lives but also the communities they touch, embodying the true essence of the National Service Scheme.

