

## 7 DAY SPECIAL CAMP REPORT

### MIKAV 2K20

#### NSS UNITS OF PAZHASSIRAJA COLLEGE PULPALLY

Units (71 and 153)

### Introduction

The annual special camp was decided to conduct from 21-12-2020 to 27-12-2020 in virtual mode. Arrangements were made by volunteers under the guidance of Programme Officers Ms. Neetha Francis and Mr. Koshy C J. Volunteers. 91 volunteers participated in the special camp. 8 volunteers could not attend the camp due to network problems and some other issues.

### **Camp Schedule (Virtual Mode)**

Days	Programmes	Time
Day 1 (21-12-2020)	Inaugural Function	4:00-4:30 PM
	Ice Breaking and Group Formation	4:30-6:00 PM
	Providing Camp Rules and Disbursing the Camp	6:00-6:30 PM
Day 2 (22-12-2020)	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga	7:30-8:30 AM

	Meditation Cleaning Projects in neighbourhood or locality Awareness Session-Health and Wellness Cultural Programmes	10:30-12:00 Noon 3:00-3:45 PM 7:00-8:00 PM
<b>Day 3 (23-12-2020)</b>	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga Meditation Cooking of food items/Construction of rain water harvesting structures Skill Training Cultural Programmes	7:30-8:30 AM 10:30-12:00 Noon 3:00-3:45 PM 7:00-8:00 PM
<b>Day 4 (24-12-2020)</b>	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga Meditation Field Survey(Offline) Awareness Session-Personality Development Cultural Programmes	7:30-8:30 AM 10:30-12:00 Noon 3:00-3:45 PM 7:00-8:00 PM
<b>Day 5 (25-12-2020)</b>	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga Meditation Planting saplings in neighbourhood or locality Awareness Session Cultural Programmes	7:30-8:30 AM 10:30-12:00 Noon 3:00-3:45 PM 7:00-8:00 PM
<b>Day 6 (26-12-2020)</b>	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga Meditation Reports Presentation(Survey Report, Camp Report, Covid-19 Experience Report) Group Activities Cultural Programmes	7:30-8:30 AM 10:30-12:00 Noon 3:00-3:45 PM 7:00-8:00 PM
<b>Day 7 (27-12-2020)</b>	Morning Assembly(NSS Song, Thought of the Day), Digital Paper Presentation, Yoga Meditation Feedback and Valedictory Function	7:30-8:30 AM 9:30-10:30 AM

Group 1: Digital Newspaper, Reporting (Photos and Videos, Collage), Present e-newspaper on next day's morning assembly and send the e-newspaper to [nsspazhassirajacollege@gmail.com](mailto:nsspazhassirajacollege@gmail.com)

Group 2: Cultural programmes (7 PM to 8 PM)-Games/Activities/Cultural talents

Group 3: Programme Committee (Welcoming the guest, Feedback, Vote of thanks, Programme anchoring, Important announcements of the day, Reminding resource person)

Group 4: Morning Assembly, NSS Song, Thought of the day, Evaluation of previous day experience, Yoga/Aerobics/Exercise

Group 5: Attendance Management (Keep attendance of 4 events of the day like assembly, activities, awareness session, cultural night)

	Group 1	Group 2	Group 3	Group 4	Group 5
Day 1	Reporting, Digital Newspaper				
Day 2	Attendance Monitoring	Cultural Programmes	Programme Committee	Morning Assembly	Reporting, Digital Newspaper
Day 3	Cultural Programmes	Programme Committee	Morning Assembly	Reporting, Digital Newspaper	Attendance Monitoring
Day 4	Programme Committee	Morning Assembly	Reporting, Digital Newspaper	Attendance Monitoring	Cultural Programmes
Day 5	Morning Assembly	Reporting, Digital Newspaper	Attendance Monitoring	Cultural Programs	Programme Committees
Day 6	Reporting, Digital Newspaper	Attendance Monitoring	Cultural Programmes	Programme Committee	Morning Assembly
Day 7		Attendance Monitoring	Programme Committee	Morning Assembly	Reporting, Digital Newspaper

### **Day 1(21/12/2020)**

Under the auspicious guidance of NSS units of Pazhassiraja College, Pulpally, a seven day virtual camp was started on 21/12/2020. The virtual camp was a new experience to the volunteers.

The opening ceremony was started at 3.30 PM by NSS Song and the gathering was welcomed by Ms. Neetha Francis (Programme Officer). College Principal Dr. Anilkumar K presided over the function. The inauguration was done by Prof. Valsarajan P V, Former NSS Programme Co-ordinator, University of Calicut. Other respected dignitaries Fr.Varghese Kollamavudy(CEO), Fr. George Alummoovil(Bursar), Prof. Thara Philip(Director, Self Financing Courses), Dr. Dileep M R(Vice Principal and IQAC coordinator), Dr. Teena(Staff Secretary)expressed their views about the virtual camp and finally the vote of thanks by Mr. Koshy C J (Programme Officer).

We are extremely blessed with the presence of Prof. Valsarajan P V(Former NSS Co-ordinator, University of Calicut). His words were really inspiring and motivated volunteers to actively participate in the special camp in virtual mode in this pandemic situation. It was followed by the ice breaking session led by Mr.Ameer Ali( Psychiatric

Social Worker). His session was really entertaining and inspiring and the volunteers sincerely participated in the session. He succeeded in changing the minds of volunteers to participate the camp in an online platform. After the session, camp rules and activities were discussed and intimated to the volunteers. They were grouped into five groups and leaders were selected for the groups. Activities to be performed on group basis were discussed by the Programme Officers. Thus it came to end of the first day.



### **Day 2 ( 22/12/2020)**

The second day of the camp started at 7.30 AM with the NSS song. Then the group presented the thought of the day and evaluation of the previous day. First group creatively presented newspaper report and then had yoga session by Ms. Aswathi P P, a renowned Yoga trainer who was a former student of the college.

On the second day, the scheduled activity was cleaning public places or premises nearby from 10 AM to 12 Noon. Volunteers have successfully completed the cleaning



programme with the involvement of their family members. Some of the volunteers jointly cleaned the nearby Anganavaadis also.



And in the afternoon session from 3 to 4 PM there was an awareness session was handled by Dr. Jose Mathew, Assistant Professor, Kerala Veterinary and Animal Sciences University, Mannuthy, Thrissur. He talked about the health and wellness aspects in our daily life. He made students aware about the physical fitness to be followed in the present scenario.

Then the Cultural Programmes session was from 7-8 PM under the initiative of second group. The programme was very enthusiastic and the volunteers participated well even though in an online platform.



DAY #2

Awareness Session  
Health and Wellness



**മിക്സ് 2k20**  
NSS Unit Puzhassiraja College  
Pulpally



**3pm to 3:45 pm**



Dr. Jose Mathew  
Assistant Professor  
Department of  
Physical Education



### Day 3 ( 23/12/2020)

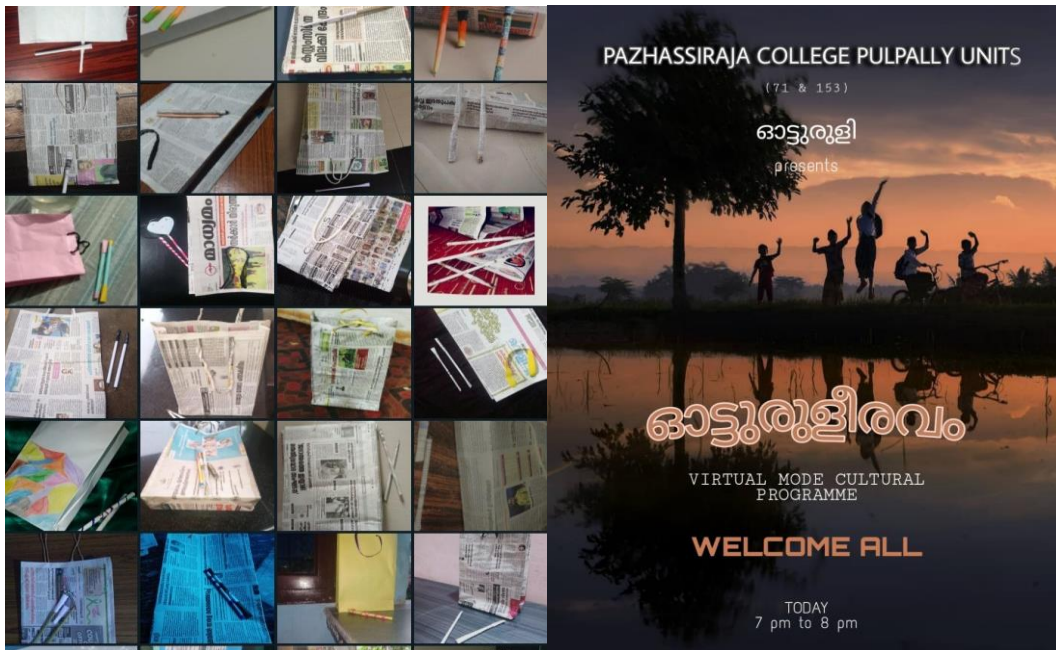
The third day of the camp started with the NSS song and the morning assembly was initiated by the third group. Mr. Manoj Mathew( Department of Political Science) was invited for the morning session and he shared his experience about the previous camps. Then fifth group creatively presented the newspaper reports and after that started the yoga and volunteers actively participated in the session.

The scheduled activity for the second day was cooking of food items/construction of rainwater harvesting structures. Despite the Covid-19 pandemic circumstances, volunteers successfully completed the activity of cooking food items/ construction of rainwater harvesting structures.





In the afternoon, a skill awareness session was arranged. Volunteers were involved in the activity of making bags and pens using newspapers and charts. It gave the spirit of reusability and avoiding the use of plastic carry bags and pens. It helps to enhance the creative minds of the volunteers. They made variety of paper bags and pens. At night, Cultural programmes were conducted by the first group and it was a grand success with the involvement of volunteers and Programme officers.



#### **Day 4 (24/12/2020)**

The fourth day of the camp starts with the NSS song, thought of the day and feedback. The newspaper report was presented by the fourth group. The Yoga session was followed by the morning assembly and it was led by Mr. Dineesh, who is a yoga trainer as well as a Karatte master. The volunteers became very active and positive after the session.



The most important task was assigned to the volunteers on the fourth day and it was conducting the field survey. Volunteers participated in the survey related to Covid-19 by strictly adhering to the pandemic protocols. They collected data from 10 houses in their neighbourhood and uploaded in the provided Google form. The volunteers were appreciated by the public for involved in survey even in this scenario. Then the afternoon session was handled by the most valued guest Mr.Abdul Kareem. He helped to realize the different situations which one should face in everyday life and also taught the skill of problem solving through perception, selection and optimising the solution. The evening Cultural night session was handled by group five. Volunteers and programme officers with their family members took part in the event which made the programme more colourful.



**Day 5 ( 25/12/2020)**

The fifth day of the camp starts with the NSS song, thought of the day and feedback. It was the Christmas day, the Carol song was sung by the volunteers, everybody wished each other with the greetings of Christmas. The Programme officers shared Christmas wishes and messages. The third group creatively presented the newspaper which was followed by the yoga session.



The assigned activity for the fifth day was planting a sapling by each volunteer either in a public place or neighbouring premises and the mission was to protect the environment and nature by planting trees.



In afternoon session the volunteers were assigned with the group activity and it was the time to remember the great personalities who have left their marks in the field of social service. Through the session every group prepared an article or summary of any of the renowned personalities having social commitment and understood the need and importance of community service.

The Cultural programme started at 7 and the programme was led by the fourth group and it was the Christmas night. Volunteers along with the teachers sung the Carol song and it was also a beautiful night with variety of games and activities.



### **Day 6 (26/12/2020)**

The sixth day of the virtual camp start with the NSS song, thought of the day and feedback. The second group presented the newspaper and then the Yoga session was handled by Mr. Jishnu Pulpally, a yoga instructor. It was really a motivating session. Volunteers participated the session very actively. In the next session, it was the time for the preparation of Camp report, survey report and Covid-19 experience report. Volunteers also contributed for the digital camp magazine.

And in the afternoon session volunteers were assigned with the task of making useful products from the waste materials. It was really surprising that a variety of products could be made from the waste materials available in our houses. All volunteers had actively participated in this session. Then the Cultural programme session was led by the third group. Every volunteers enjoyed and actively took part in the session.





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**Day 7 (27/12/2020)**

The final day of the virtual camp began with the NSS song, thought of the day and experience sharing. Then first group creatively presented the newspaper, followed by the yoga session. Leaders presented the analysis report of the field survey conducted.



**സംഗം അവസാനിക്കുന്നില്ല**

## ഓട്ടുരുളി TIMES

EDITOR: SOCIAL CREEPER  
GRADE: A ULTIMATE

NOT ME, BUT YOU DATE: DECEMBER 27, 2020

### ഞങ്ങളും ഞർ FAMOUS ആയിക്കൊണ്ടു

ഇന്നത്തെ യാഥാപേരുന്ന ASSEMBLY യിൽ അഭിമുഖ്യം അതി സഹസ്രിപ്പി...നീടെ മിടുപ്പിന്റെ കീഴെ ഒരു തിരക്കിൽ അഭിമുഖ്യം 571 ദൃഷ്ടി അതിലൂടെ ഇന്നത്തെ മിടുപ്പിന്റെ വാചിന് അന്നെന്റേതിന് അടുത്തേന്ന് തന്നെ അടുത്തേക്ക് പകർത്തുകയും ചെയ്ത് മിടുപ്പിനെ കഴിവിന് എടുക്കുകയായിരുന്നു.

### ഭവത്തിലാണ് വിഷ്ണു

കൊടും അന്ത്യം നേടിയ വിധവന്തെയ്ക്കുകയായിരുന്നു വിഷ്ണു. യോഗാചാര്യന്റെ അഭാവം അഭിമുഖ്യം അതിലേക്ക് നയിക്കാനുണ്ടായ കാരണം അഭിമുഖ്യം അഭിമുഖ്യം ക്ലിപ്തമായി വിഷ്ണു എന്ന് ഭയപ്പെട്ടു. എന്നാൽ അതി പത്താം യോഗാചാര്യനെ അഭിമുഖ്യം എടുക്കുകയായിരുന്നു അവസാനം വിഷ്ണു.

### കുട്ടികളെ മിണ്ടിച്ച് യോഗാചാര്യൻ

മിന്നോടെ എല്ലാം പാഞ്ഞു നിൽക്കുന്ന കുട്ടികളെ മിണ്ടിക്കൊണ്ടു ഭവത്തിലേക്കു യോഗാചാര്യൻ മിണ്ടിയു പിന്തിരി എന്താൽ പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു എന്താൽ പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു.

### എന്നെ കൊണ്ടും ഉപകാരം ഉണ്ട്

ഇന്നത്തെ അടർക്ക് കിട്ടിയ 2021-22 ആയിരുന്നു പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു. പാഞ്ഞു പോകേണ്ടി വന്നു.

# മിക്വ് 2k20

Theme : Youth for Prevention and Mitigation of covid - 19  
7 Day Special Camp Virtual Mode  
21-12-2020 to 27-12-2020

**Chief Guest**



**Rijilanadh A P**  
NSS Wayanad District Coordinator

**27-12-2020**  
Time : 10 AM

**Unit Secretaries**  
Asifali Backer  
Jahana Thasneem  
Anoop MC  
Jeslin Mariya

**Program Officers**  
Ms. Neetha Francis  
Mr. Koshy C.J  
Units 71 and 153

**Principal**  
Dr. Anil Kumar

On 27/12/2020, it came to an end of the seven day virtual camp conducted by the NSS units of Pazhassiraja College Pulpally (Units 71 and 153) with the valedictory function. The programme started at 10 AM with the NSS song. The gathering was welcomed by Ms. Neetha Francis (Programme Officer). The presidential address was done by Dr. Anilkumar K (Principal, PRC). The function was inaugurated Ms. Rijilanadh A P (NSS District Coordinator, Wayanad). Then the camp report was presented by Asifali Backer (Unit secretary-Unit 71). Fr Varghese Kollamavudy(CEO), Dr. Joshy Mathew(Former NSS PO), Ms.Smitha chacko(Former NSS PO) felicitated the gathering and expressed their views and gratitude towards the successful completion of seven days virtual camp. Dr. Anilkumar K announced the best group award and congratulated the leaders and team members of Group 1. The feedback and evaluation of the seven day camp was done by Jeslin Mariya Johnson (Unit secretary-Unit 153) and Anoop M C(Unit secretary-Unit 153). The vote of thanks was proposed by Jahana Thasneem(Unit secretary-Unit 71). Thus it came to end of the 7 day special camp in virtual mode.

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 പുതിയപ്പള്ളി

**ഓൺലൈൻ സപ്തദിന ക്യാമ്പ് സമാപിച്ചു**

**പുതിയപ്പള്ളി:** പഴശ്ശിഭാഷ കോളേജ് നാഷണൽ സർവീസ് സ്കീം തുടങ്ങിയ ഓൺലൈൻ സപ്തദിന ക്യാമ്പ് സമാപിച്ചു. വയനാട് ജില്ലാ എൻ.എസ്.എസ് കോഡിനേറ്റർ പ്രൊഫ. റിജിലനാഥ് എ.പി ഉദ്ഘാടനം നിർവഹിക്കുകയും കോളേജ് പ്രിൻസിപ്പൽ ഡോ. അനീൽകുമാർ.കെ അദ്ധ്യക്ഷത വഹിക്കുകയും ചെയ്തു. ഫാ.വർഗീസ് കൊല്ല നാട്ടുടി, ഫാ.ജോർജ് ആലം നൂട്ടിൽ, ഡോ.ജോഷി മാത്യു, പ്രൊഫ.സർഗ്ഗാ ചാക്കോ, പ്രൊഫ.ഗീത ഫ്രാൻസിസ്, പ്രൊഫ. കോശി സി ജെ, പ്രൊഫ.ടോണി തോമസ് എന്നിവർ പ്രസംഗിച്ചു. ക്യാമ്പിൽ ഡോ.ജോസ് മാത്യു, അബ്ദുൽ കരീം, അമീർ അലി എന്നിവർ കൗസലർ നിയോഗിക്കുകയും ചെയ്തു.

# സപ്തദിന ക്യാമ്പ് സമാപിച്ചു

ഫുൾടൈം പഴശ്ശിഭാഷ കോളേജ് നാഷണൽ സർവീസ് സ്കീം തുടങ്ങിയ ഓൺലൈൻ സപ്തദിന ക്യാമ്പ് സമാപിച്ചു. ജില്ലാ എൻ.എസ്.എസ് കോഡിനേറ്റർ (പ്രൊ.എ.പി. റിജിലനാഥ് ഉദ്ഘാടനം നിർവഹിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ.കെ. അനീൽകുമാർ അദ്ധ്യക്ഷത വഹിച്ചു. ഫാ. വർഗീസ് കൊല്ലമാട്ടുടി, ഫാ. ജോർജ് ആലംനൂട്ടിൽ, ഡോ.ജോഷി മാത്യു, പ്രൊ. സർഗ്ഗാ ചാക്കോ, പ്രൊ. നീത ഫ്രാൻസിസ്, പ്രൊ.സി. ജെ. കോശി, പ്രൊ. ടോണി തോമസ് എന്നിവർ പ്രസംഗിച്ചു. ക്യാമ്പിൽ ഡോ.ജോസ് മാത്യു, അബ്ദുൽ കരീം, അമീർ അലി എന്നിവർ കൗസലർക്ക് നേ



**എൻ.എസ്.എസ് സ്വതന്ത്ര ക്യാമ്പിന്റെ ഭാഗമായി നടന്ന വ്യക്തതെ നടീൽ.**

തൃശ്ശൂർ നൽകി. ക്യാമ്പിന്റെ ഭാഗമായി വോള ബോൾ കോർട്ടിൽ സർവ്വേ, വ്യക്തതെ നടീൽ, പരിസര ശുചീകരണം, കടലാസ് കവർ, പേന നിർമ്മിക്കൽ തുടങ്ങിയ പ്രവർത്തനങ്ങളിൽ ഏർപ്പെട്ടു. യൂണിറ്റ് സെക്രട്ടറിമാരായ ആസിഫലിബക്കർ, എം.സി. അനൂപ്, ജസ്റ്റിൻ മരിയ, ജഹാന തസ്നീം എന്നിവർ നേതൃത്വം നൽകി.

**NSS Programme Officer**  
**Pazhassiraja College, Pulpally**  
  
**Mr. Koshy C J**  
**Unit No. 153**