



# **NSS UNIT 06 & 34**

## **Mercy College Palakkad**

**7 DAY NSS SPECIAL CAMP**



**23rd to 29th December 2025**

**G.L.P.S Kallikkad, Palakkad**

## ACTIVITIES OF 7-DAY CAMP

Day & Date	Activity	Day & Date	Activity
<b>Day 1</b> <b>23.12.2025</b>	<ul style="list-style-type: none"> <li>• Camp inauguration</li> <li>• Assigning duties</li> <li>• Formation of groups</li> <li>• Kalavaranirakkal</li> <li>• Arrangement of rooms</li> </ul>	<b>Day 2</b> <b>24.12.2025</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Survey at Kallikkad</li> <li>• Ice breaking Session by Mr. Vinoj Menon, Practicing CA</li> <li>• Cultural Programme</li> <li>• Games and activity</li> </ul>
<b>Day 3</b> <b>25.12.2025</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Tirunellai Riverside cleaning and plastic waste collection</li> <li>• Session by Aritis Hospital Nemmara</li> <li>• Basic Life Support training and CPR by Dr. Bincy</li> <li>• Christmas Celebration</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>	<b>Day 4</b> <b>26.12.2025</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Eye camp and checkup by Eye Foundation Palakkad</li> <li>• Session on consumer rights and protection by Adv Surendran</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>
<b>Day 5</b> <b>27.12.2025</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Visit to old age home</li> <li>• Skill Enhancement session by Ms.Sudha , Lady Blossom Palakkad</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>	<b>Day 6</b> <b>28.12.2025</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Beautification of the camp site "GLPS Kallikkad"</li> <li>• Cleaning the classroom and school premises</li> <li>• Road safety awareness class of Motor Vehicles Department</li> <li>• Cultural programme</li> <li>• Games and Activity</li> <li>• Camp feedback</li> </ul>
<b>Day 7</b> <b>29.12.2025</b>	<ul style="list-style-type: none"> <li>• Camp closing</li> <li>• Morning Assembly</li> <li>• Overview of the camp.</li> <li>• Feedback and discussions</li> </ul>		

The seven day residential camp AALAYAM was at GLP School Kallikkad Palakkad with 93 participants from 23.12.2025 to 29.12.2025.

**MERCY COLLEGE PALAKKAD**

**NSS UNIT 06 , 34**

**AALAYAM --7 DAY SPECIAL CAMP GLPS KALLIKKAD – 23/12/2025 - 29/12/2025**

<b>Group</b>	<b>Name And Class</b>	<b>Group</b>	<b>Name And Class</b>
1	1. DIYA FATHIMA (ECONOMICS) 2. ATHULYA M MOHAN (ZOOLOGY) 3NANDHANA J (CS) 4ANGEL MATHEW (BCA) 5ANSHIFA A (HISTORY) 6HAREESHMA K (BCOM CA) 7KEERTHI K (BCOM CA) 8 NINSHA N (BT) 9 DEVIKA P (BCOM F) 10 NIVEDHITHA R (BCOM F)	5	1. NAVEENA P (ECONOMICS) 2. GOPIKA R (PHYSICS) 3 AKSHAYA V (CS) 4 JISNA JOHNSON (BCA) 5 SHAHALANA A (HISTORY) 6 AMISHA M (BCOM CA) 7 DEVIKA TS (BCOM CA) 8 NASNIN A(BCOM F) 9 SHAHLA NAZRIN KA (BT) 10 ANUSHA S(BT)
2	1. SHYJA SHOJAN PS (ECONOMICS) 2. SUNAINA S(PHYSICS) 3 MAYA R (CS) 4 ABHINAYA C CS 5 NAYANAKRISHNA KR BCA 6 FANSIYA F HISTORY 7 SHREYA S BCOM CA 8 VISHUDHI KUMAR BCOM CA 9 ARATHI M BCOM F 10AKSHAYA P BT 11 NIRUKTHA M BT	6	1. HANIYYASHIRIN KHECONOMICS 2. SOUFIYA S HISTORY 3 ANUSREE R (CS) 4 PRAJITHA R (BCA) 5 ANJANA G HISTORY 6 NIDHUNA M BCOM CA 7 UNNIMAYA U BCOM CA 8 INA SATHEESH BCOM F 9 AISWARYA G BCOM F 10 AFRAIMA JAILANI BT
3	1. SREYA R (ECONOMICS) 2. SHREYA LAKSHMI A PHYSICS 3 ARCHANA KG CS 4 ANUSREE K BCA 5 APSARA R HISTORY 6 SREYA B BCOM CA 7 FARHA FATHIMA BCOM CA 8 SHAFNA S BCOM F 9 ARSHITHA A BCOM F 10 LATHIKAKRISHNAN BT	7	1 JAHANA NAZRIN A(ECONOMICS) 2 HRUDHIKA M ZOOLOGY 3 ANAGHA PS CS 4 NANDANAKRISHNA M BCA 5 NANDANA PP BCOM CA 6 THRISHA NP BCOM CA 7 NANDANA S BCOM F 8 AKSHARA R BCOM F 9 SANA NAZREN S BT 10 AKSHAYA PP BT 11 FATHIMA RIMSHA ENGLISH
4	1 SAKTHESWARY A (ECONOMICS) 2 DRISYA S (ECONOMICS) 3 REVATHY K CS 4 ASWATHI S(HISTORY) 5 NIRANJANA K BCA 6 HIBA MARIYAM K HISTORY 7 RENUKA R BCOM CA 8 VIBHOOSHNA SREE BT 9 ASNA SHIRIN CK BCOM F 10ARYASREE P BT	8	1 NASEEBA N(ECONOMICS) 2 RUSHDA SHERIN KA ZOOLOGY 3 ATHIRA R PHYSICS 4 SHRIYA P CS BCA 5 ARUNA R HISTORY 6 REMYA PU BCOM CA 7 RITHU TV BCOM CA 8 KRIPA M BCOM F 9 FIDHA PARVIN BCOM F 10 TV SREELAKSHMI BT
9	1 SURYA KRISHNA(ECONOMICS) 2 NEEHA P WINFRED ZOOLOGY 3 KEERTHANA. G CS 4 AKSHAYA R BCA 5 RIMNAS NS HISTORY 6 JAYADEVI R BCOM CA 7 DAKSHINAKRISHNA E BCOM CA 8 RISHANA SHERIN M BCOM F 9 ABHINA KRISHNA M BCOM F 10 REDHWA M BT 11 ANU SHREE PU BT		

# SEVEN DAY RESIDENTIAL CAMP

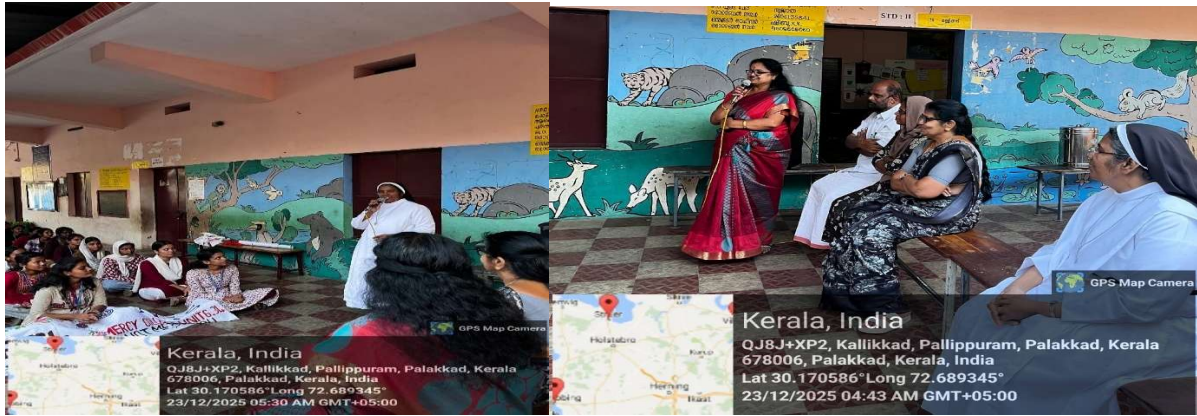
## REPORT

DAY-1 23.12.2025

National Service Scheme seven-day residential camp 'AALAYAM 2025' of Mercy College officially started by assembling of volunteers at the college at 3.30 PM and march to the assigned residence (GLPS Kallikad School, Palakkad). The proclamation march started at 4 PM where students marched from the college to GLPS Kallikad singing the NSS anthem and announcing the start of the camp.



The inauguration ceremony started with the volunteers assembling the GLPS Kallikkad in the presence of the Ward (39) Councillor Ms. Sulochana, Ward Member of the residential area, Ms Subhadra, Ward Councillor of Thirunellayi, Principal of Mercy College Dr. Sr. N.M. Louly along with the NSS Programme Officers Dr. Deepa N. and Dr. Anu Kuruvila and the NSS Volunteers. The inauguration ceremony started by the welcome address of Dr. Deepa N, NSS Programme Officer. Principal of Mercy College Dr. Sr. N.M. Louly inaugurated the Camp. In the inaugural session, felicitations were offered by Ms. Sulochana, Ms Subhadra Ward Councillors. The Programme Officers who were present delivered their felicitation for the camp to be enjoyable and successful. A small interactive session between the Guest and the volunteers followed the official ceremony. They encouraged the volunteers with their supportive words. The inaugural session was filled with motivating and inspiring speeches by the principal and other guests, encouraging students to actively participate in social service and teamwork. The ceremony concluded around 6:30 PM with the vote of thanks delivered by NSS volunteer Secretary Ms.Rimsha Fathima.



After the ceremony the volunteers were divided into nine groups and were assigned certain duties and responsibilities. The day also included a joyful Christmas carol that added a festive and refreshing joy to the camp. After freshening up and dinner, the final instructions were given to the volunteers and they began preparing of their respective task for the next day. The first day of the AALAYAM camp conducted in a positive note filled with happiness, unity and a strong sense of purpose.

Kalavaraniakkal – collection of the vegetables and articles for cooking brought by the volunteers was done. Volunteers brought coconut, vegetables, pickle, pappad etc to the camp which was collected for the use in the coming days. The first day activities came to an end at 9 PM.

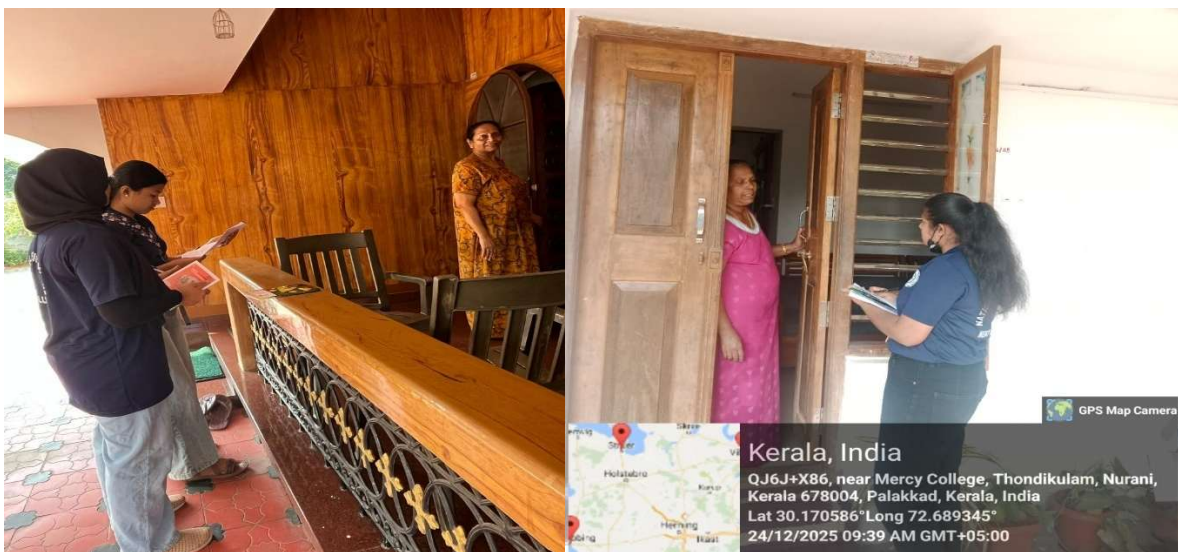


## **DAY-2 24.12.2025**

Second day of 'AALAYAM' began with morning assembly at 6 AM. Camp Newspaper 'AALAYAM TIMES' was introduced by the volunteers of Group 1 and 2. Thereafter at 6:20 AM, Morning walk and yoga session was done by the volunteers and the session was led by Ms.Ina Satheesh



At 9 AM, volunteers went to take survey about women and socio-economic status of households in the Manasagramam. Volunteers were divided into groups and each group was allotted specific locality. Questionnaire was prepared and given by the University of Calicut and data based on the questions was collected by the volunteers.



The camp was visited by former Ward Councillor of the residential area Mr. Hassan Uppa who had interaction with the volunteers. Mr. Hassan Uppa motivational words about the need of self-less service in the society was inspiring to the volunteers.



The afternoon session was an ice breaking and personality development class by Mr Vinoj Menon, A practicing Chartered Accountant and a trainer in Palakkad who has continuously supported the NSS units 6 and 34. He enlightened the volunteers with his professional knowledge. The session was activity oriented highlighting the need for good communication skill, group work and team spirit. The session encouraged creative thinking and innovative problem-solving in volunteers. Volunteers could learn effective communication, active listening, and collaboration techniques, which are crucial for building healthy relationships and working in teams.





Camp food was very tasty and volunteers felt like homely food. Volunteers started cultural programmes by 7.30 PM and they performed different kind of group activities , games, dance programmes, singing songs. This really entertained and everyone enjoyed. The volunteers showed their talents in singing and dancing . Fun games were played. Second day of NSS camp came to an end with the games and cultural programme.



After a feedback session, volunteers dispersed themselves to their room and the second day came to an end at 10:15 pm.

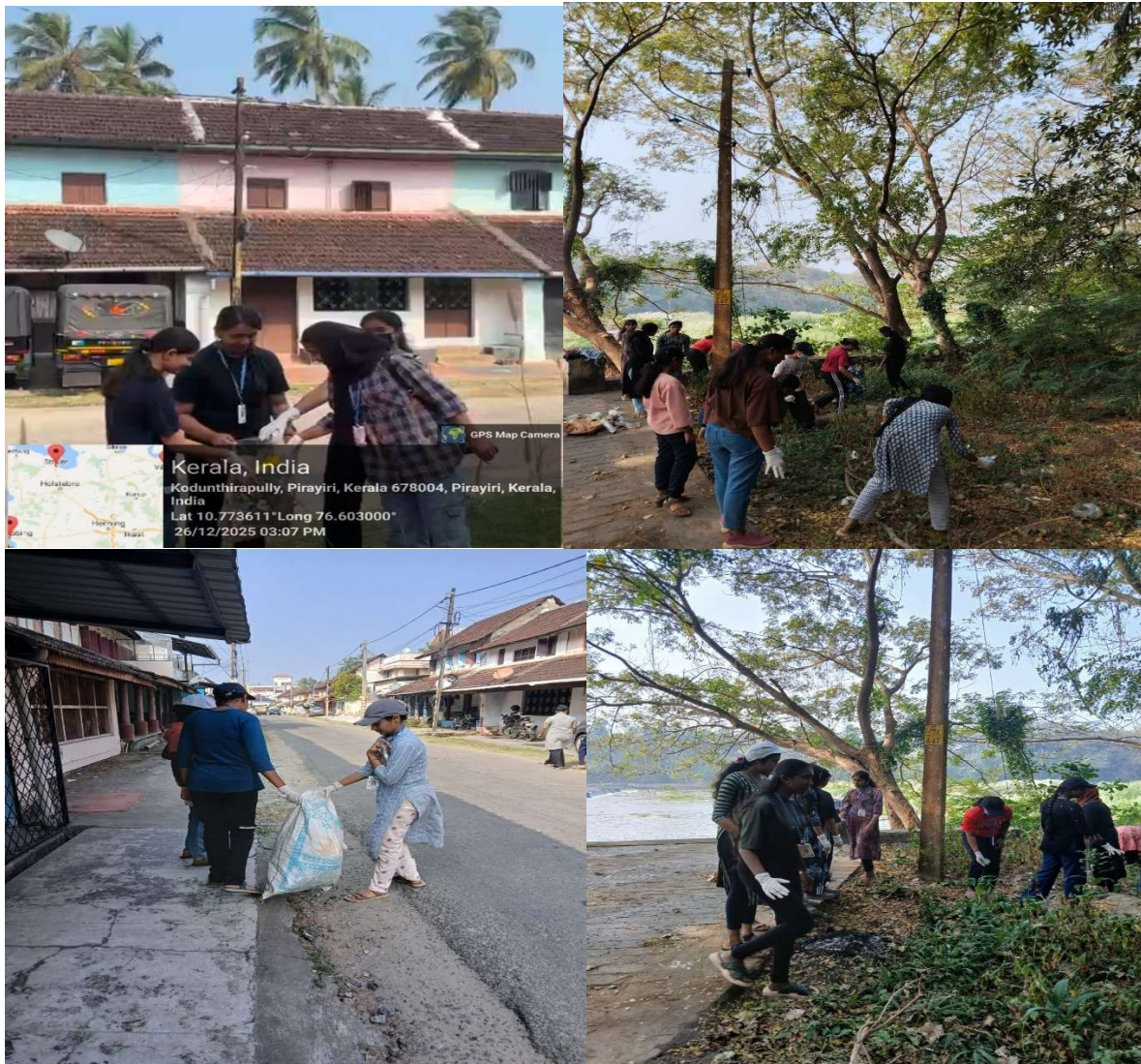


## **DAY-3 25.12.2025**

AALAYAM NSS Camp Day 3 started at 6:15 am with morning assembly. All the NSS volunteers assembled in the school hall. Volunteer Ms. Athira R conducted exercise and yoga session for the volunteers. To ensure the physical readiness of the volunteers, a comprehensive exercise and morning walk session was conducted at the ground, fostering team discipline. Volunteers also had basic exercise training.



Food Committee efficiently managed the preparation and distribution of breakfast. The core of the day's mission was to collect plastic wastes at the Thiunellayi river banks. This initiative was significantly encouraged with the presence of Dr. Lakshmi (HOD, Dept. of Physics). So, in the morning at 8.30 am, after breakfast, NSS volunteers were accompanied by Ms. Subhadra and Sri.Krishnan, Ward Member Thirunellai for cleaning the Thirunillai river side. Volunteers collected plastic items from the road and river side and handed over it to the Harithakarmasena.



Volunteers took up this great work wholeheartedly and collected numerous sacks of plastics from the area. Collection of plastic was a great initiative and it was successful. The initiative successfully raised awareness and collected a significant amount of plastic waste, highlighting the ongoing issue of plastic pollution in our community. Engaging the community and providing education on plastic waste reduction was a vital component of this effort.

Hon.MP V.K Sreekandan of Palakkad along with Ward Counsellor Ms Subhadra visited the camp with cakes and greetings for the volunteers. Hon.MP discussed the importance of community living and sharing. Hon.MP V.K Sreekandan spoke about the role and responsibility of NSS volunteer as citizen, importance of protecting the nature and how the Camp moulds the personality of the volunteers.



NSS volunteers played some games and activities in their free time. In the afternoon, all the NSS volunteers had a very interesting session about Basic Life Support training and CPR by Dr. Anitha, Avitis Institute of medical sciences Nemmara. Cardiopulmonary resuscitation can help save a life during cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs. As a first-line response that can help save someone's life in an emergency, this technique aims to keep oxygen moving to vital organs, especially the brain, until the heart can beat on its own again. This session equipped volunteers with the technical knowledge to handle life-threatening situations, including the administration of CPR and immediate first-aid protocols for strokes, cardiac arrests, and severe burns. Volunteers were shown the procedure of CPR . Handson training on how to give CPR was given to the volunteers by Dr. Anitha. The session was very informative.



As the day moved into the evening, the spirit of the season was celebrated with a special Christmas visit from the Mercy College leadership, including The Principal Dr.Sr NM Louly. along with Vice Principal Dr.Sr. Namitha and Local Manager Dr. Sr. Sarupya whose presence and festive greetings reinforced the bond between the institution and the NSS unit. To the surprise of volunteers, dear Sisters also brought Christmas cake. Sisters addressed the volunteers, gave the Christmas message. Volunteers enjoyed singing Christmas songs and carol.





This was followed by a cultural programme by Committees 3, 5, and 1, featuring team-building games among the volunteers. Various cultural programmes were conducted and volunteers performed different kind of group activities, games, dance programmes, singing songs. This really entertained and enjoyed everyone. Third day of NSS camp came to an end with several games and a feed back session organized by NSS leaders.



## **DAY-4 26.12.2025**

Fourth day of 'AALAYAM' began with morning assembly at 6 AM. Camp Newspaper "Aalayam Times" showcasing the events of the day before was read by the volunteers.



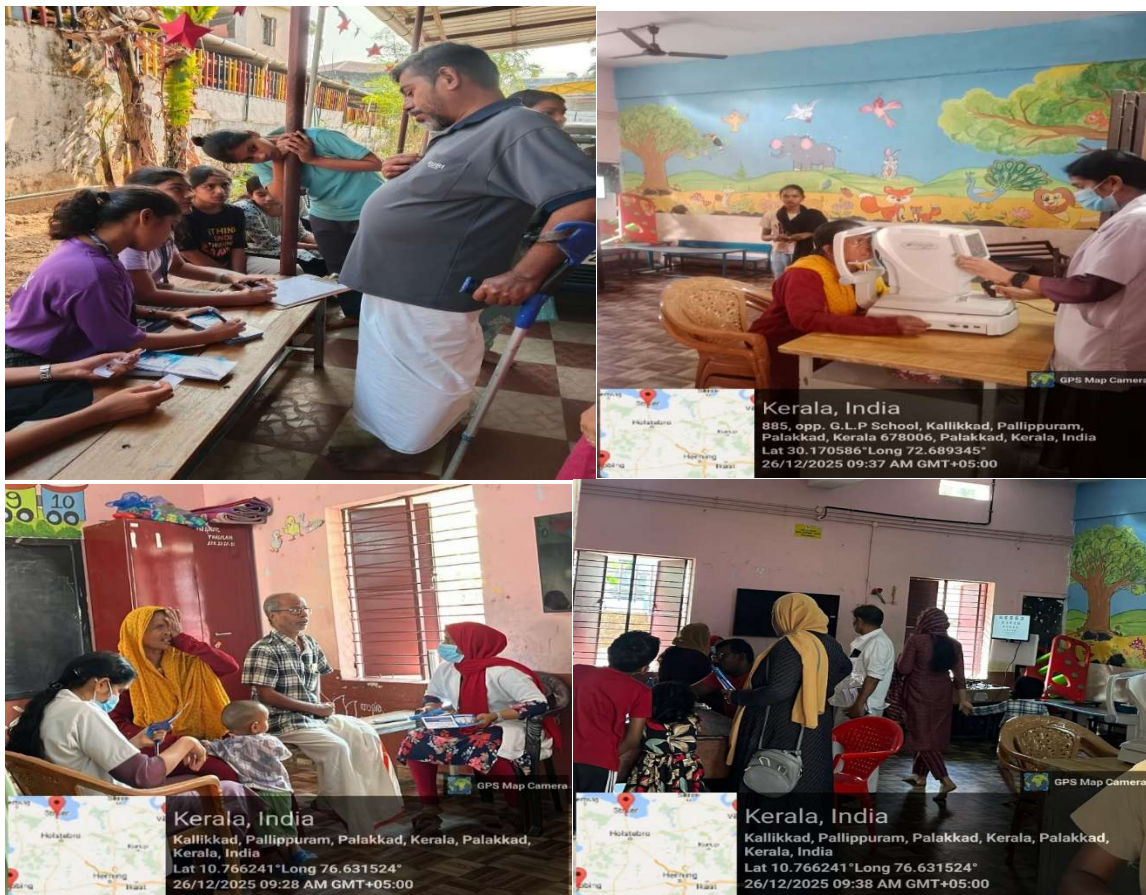
Thereafter at 6:20 AM, a fitness training session was led by Dr. Sreejith, Assistant Professor in the Department of Physical Education. Sreejith sir gave training on basic stretching exercises, warm up exercises. Sir conducted different competitions to the volunteers and the winners were given medals.



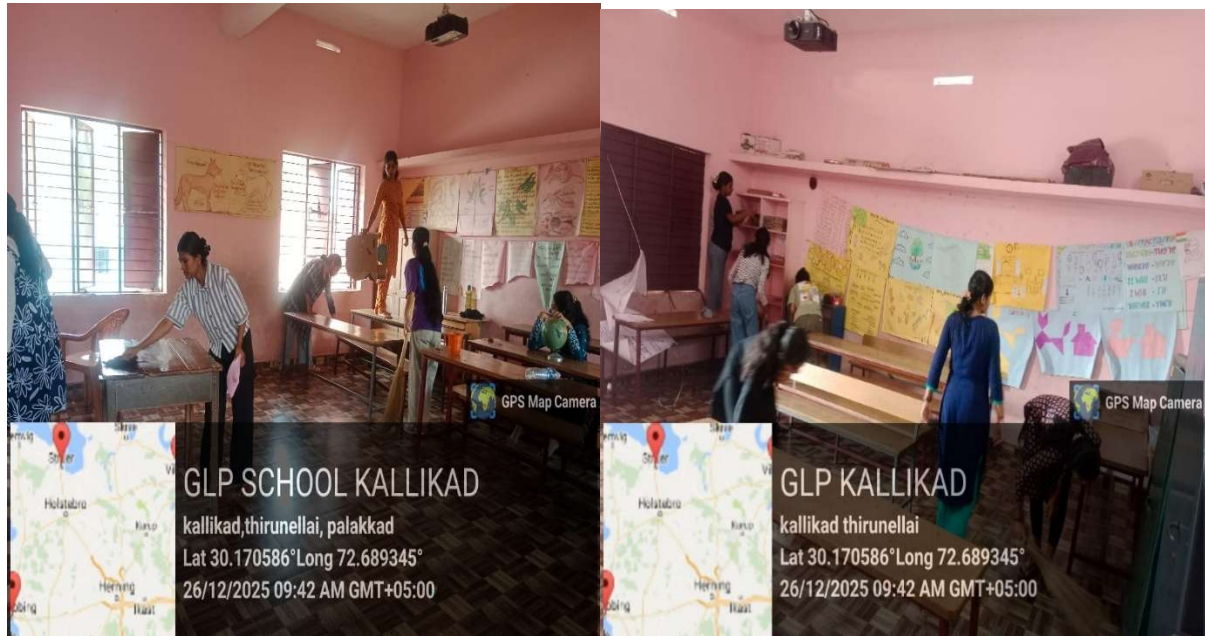
At 9 AM, after breakfast, three groups of volunteers went to take survey about women and socio-economic status of households in the Manasagramam. Each group was allotted specific locality. Questionnaire which was prepared and given by the University of Calicut was used in the survey and data based on the questions was collected by the volunteers.



The free eye check-up and medical camp organised in association with The Eye Foundation Hospital Palakkad started at 9 AM. The people of the nearby locality were informed about the camp and hence the people came for different places for free eye check-up. The volunteers actively coordinated and the medical camp concluded at 2 PM.



Two group of volunteers actively participated in the school cleaning activity. They cleaned the class rooms, arranged the benches and desks, prepared charts on general knowledge to the children of the school and displayed it on the walls of the class rooms.



In the afternoon, a very informative legal awareness session was handled by Advocate Surendran, CAG Member, TRAI and Practicing Advocate in Palakkad. Sir talked about National/ world consumer day, six consumer protection laws, cyber attack- measures to prevent cyber attack. Advocate discussed about how volunteers can protect themselves from cyber bullying, and how consumers can react to various cheating strategies. Advocate explained all the relevant Acts with examples which helped the volunteers understand it easily. Volunteers actively interacted and cleared all doubts with the advocate.

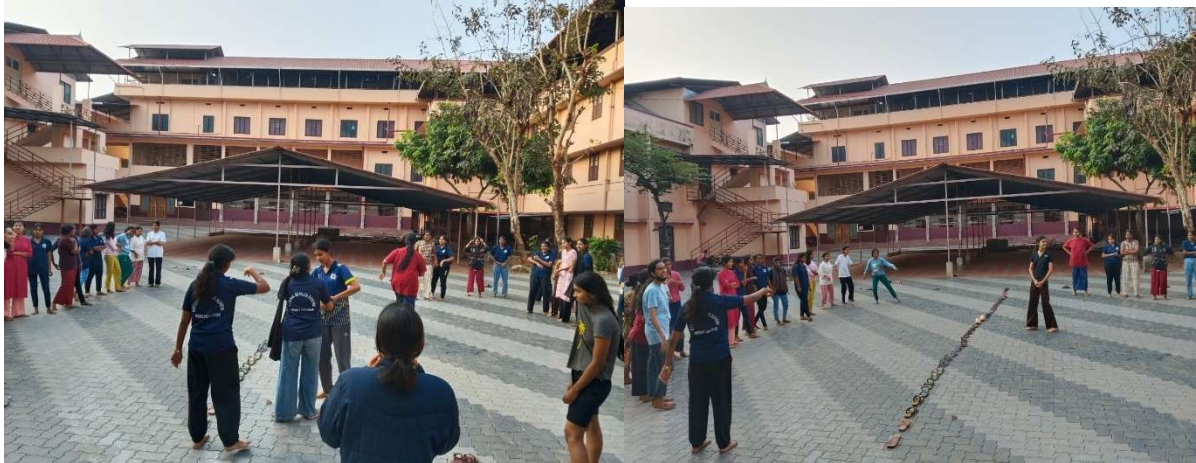


Cultural programme was indeed a success. Beautiful performances were done by the volunteers. Volunteers enjoyed the performances which put heart and soul into dance and challenging games.



## **DAY-5 27.12.2024**

Fifth day of the NSS residential camp started with morning assembly followed by fitness training session and Zumba led by Ms. Devika. Specific exercises that can help strengthen muscles and improve flexibility, which are essential for preventing injuries, were shown in the session.



After breakfast, the activity groups started beautification of the camp site "GLPS Kallikkad" by cleaning the walls of the school. They pluck the grass in the school premises and arranged the flower pots. The school was beautified by clearing grass, weeds and wastes.



The volunteers cleaned the walls of the school for painting. After cleaning, painting was done by the volunteers. The painting work has significantly enhanced the overall appearance of the campus, creating a clean, pleasant, and welcoming environment for students, staff, and visitors.



In the afternoon, skill enhancement session was handled by Mrs. Sudha Unnikrishnan, Fevicryl expert teacher, Lady Blossom Palakkad who taught volunteers Boho painting. She is an expert who give training classes for Cookery and baking, Art and crafts, Tailoring and embroidery. Boho acrylic painting is a free-spirited and artistic style inspired by bohemian aesthetics. It often features earthy tones, warm colours, and soft pastels combined with bold patterns and

organic shapes. Common elements include mandalas, florals, feathers, suns, moons, abstract lines, and tribal motifs. Volunteers were excited, the entire procedure about painting was neatly elaborated by Ms. Sudha and the volunteers made beautiful paintings.

Volunteers were also taught Block printing using vegetables which is an eco-friendly method of decorating clothes. Vegetables such as lady's finger, potato, onion, were cut into shapes and used as natural printing blocks. The cut surface is dipped in fabric-friendly colours and pressed onto cloth to create attractive patterns. This method encourages creativity and sustainability, as it uses easily available and biodegradable materials.



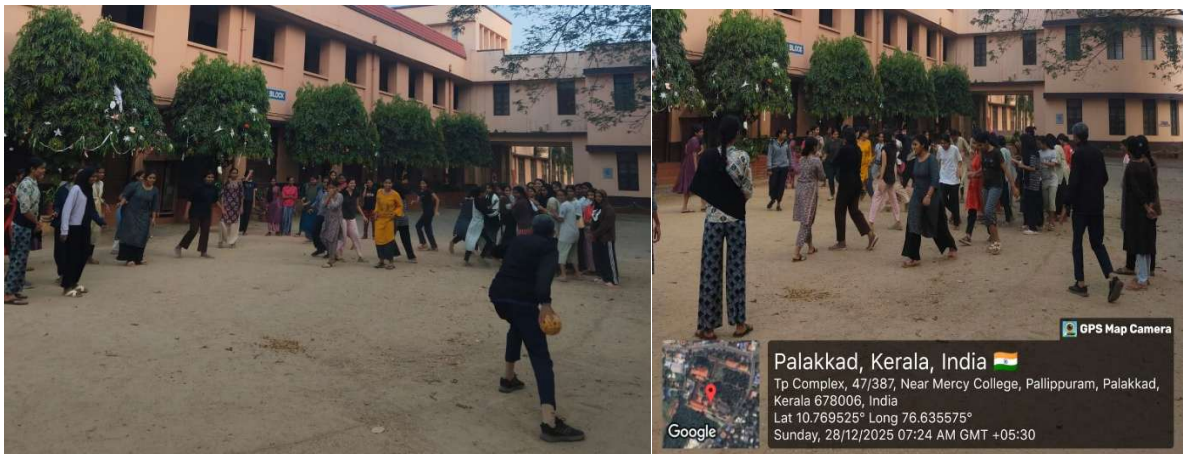


The volunteers also enjoyed the cultural session in the afternoon which included dance, music, singing, tableau, and different games set by the camp leaders. The day came to an end with the feedback session by the volunteers.



## DAY-6 28.12.2025

Sixth day of the NSS residential camp AALAYAM started with morning assembly followed by fitness training session by Dr. Sreejith, Assistant Professor in the Department of Physical Education. Dr. Sreejith, Assistant Professor in the Department of Physical Education gave training on basic stretching exercises, warm up exercises, mental health practices etc. Simple games were performed by the volunteers and the best performers were given medals.



Two groups of the volunteers painted on the walls of the school. Educational themes, motivational quotes, and creative designs were added in selected areas. These paintings not only improve the aesthetic appeal of the school but also promote positive values, creativity, and learning among students.



Dr. Melda Francis of Department of Physics visited the camp. She shared her experience as NSS Assistant Coordinator and elaborated her NSS Camp memories with the volunteers. She shared her views on “Building leadership qualities and effective teamwork”.



Volunteers after breakfast, set their journey to old age home to spend some golden moments with the inmates. NSS volunteers visited Mercy Home – Home for the Old Aged and Destitute women. CMC sisters are rendering their services wholeheartedly to the Destitute and Aged women. They have succeeded in making them lead a life of love and peace. Volunteers entertained the inmates by singing and dancing which made them really happy. Volunteers also handed over the amount collected from the college to the inmates for the purchase of essentials.



After the delicious lunch, volunteers attended the road safety awareness class organized by the Motor Vehicles Department. MVD Assistant Inspector Sri. Devadasan sir handled a very informative session. Devadasan sir elaborated on the traffic rules, importance in following the rules, punishments in the violation of traffic rules etc. The session also included the procedure for getting license, how can we remain safe on roads etc. The volunteers actively participated in the

interactive session and all the doubts of the volunteers were cleared by Devadasan sir.



After the evening tea, the assigned group made the cultural programme of the day colourful with dance, games and activities. Everyone enjoyed their time singing songs and sharing experiences. Volunteers participated in interesting games and it concluded with a DJ performance. The day ended with a splendid dinner.



## DAY-7 29.12.2025

The last day of the camp started as usual with a morning assembly and camp newspaper presentation. Volunteers cleaned the surroundings, packed their bags, and vacated their rooms at the campsite. NSS Programme officers gave an overview of the camp. Feedback and discussions about the camp was done. Afterwards the best volunteers were honoured with a gift. Gift was also given to the camp coordinators of AALAYAM. Volunteers bid goodbyes to each other and thanked the NSS POs for their support. The camp came to an end with everyone having a breakfast together and the NSS 7-day residential camp AALAYAM came to an end.





We thank all who have supported us in the smooth conduct of the camp. Our sincere thanks to NSS Regional Directorate and State NSS Officer, Govt. of Kerala Dr. Devipriya mam, NSS Coordinator University of Calicut Dr. Vijayakumar sir and Palakkad District Coordinator Muhammed Rafeeqe sir for all the necessary guidance and support given to us. Many thanks to HM, GLPS Kallikkad Ms. Bindhu, Ward Councillors Ms. Subhadra, Ms. Sulochana, Sri Krishnan, Sri Hasan Uppa and all the resource persons of various sessions for the help in conducting activities. Thanks to Hon. MP Sr. VK Sreekandan, and Prof. Thulasi for visiting the camp and for motivating the volunteers. Thanks to Police Department, PHC Vennakkara, Health Department, Avitis Institute of Medical Science Nemmara Palakkad, The Eye Foundation Palakkad for the support given during the camp. Sincere thanks to Principal Dr. Sr. N.M. Louly , Vice Principal Dr. Sr. Namitha, Local Manager Dr. Sr. Sarupya, Faculty members of Mercy College - Dr. Lakshmi N., and Dr. Melda Francis for visiting the camp and for supporting us. Many thanks to the family members of all the volunteers who visited us during the camping days.

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