



# MERCY COLLEGE PALAKKAD NATIONAL SERVICE SCHEME



UNIT 6&34

University Of Calicut



Govt Of India

Ministry of Youth Affairs and Sports

# UNARVU

SEVEN DAY NSS RESIDENTIAL CAMP

@GLPS KALLIKKAD

**20 DEC 2024 - 26 DEC 2024**



**Youth** for my Bharath,  
for Sustainable development

**NSS SPECIAL CAMPING PROGRAMME**

20 DEC 2024 - 26 DEC 2024

@GLPS KALLIKKAD



**MERCY COLLEGE PALAKKAD**  
**NSS UNIT 6834**

## List of Activities

Day & Date	Activity	Day & Date	Activity
<b>Day 1</b> <b>20.12.2024</b>	<ul style="list-style-type: none"> <li>• Camp inauguration</li> <li>• Assigning duties</li> <li>• Formation of groups</li> <li>• Arrangement of rooms</li> </ul>	<b>Day 2</b> <b>21.12.2024</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Kalavaraniakkal</li> <li>• GLPS Kallikkad cleaning the classroom and school premises</li> <li>• Skill enhancement session Coffee painting Mrs. Sudha Unnikrishnan</li> <li>• Cultural Programme</li> <li>• Games and activity</li> </ul>
<b>Day 3</b> <b>22.12.2024</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Skill development session on Terracotta jewellery making by Mrs Bhavani Nalin</li> <li>• Legal awareness session by Adv. Anitha T.S</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>	<b>Day 4</b> <b>23.12.2024</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Cleaning the Thirunillai river side</li> <li>• Collection of plastic at Thirunellai</li> <li>• Basic Life Support training and CPR by Dr. Bincy</li> <li>• Physiotherapy session by Ms. Sneha Sabu</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>
<b>Day 5</b> <b>24.12.2024</b>	<ul style="list-style-type: none"> <li>• Morning assembly</li> <li>• Fitness session</li> <li>• Visit to old age home</li> <li>• Road safety awareness class of Motor Vehicles Department</li> <li>• Cultural programme</li> <li>• Games and Activity</li> </ul>	<b>Day 6</b> <b>25.12.2024</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>• "Importance of positive attitude and discipline" by Dr. Sr. Jessy Mathew</li> <li>• "Building leadership qualities and effective teamwork" by Dr. Melda Francis</li> <li>• Interaction with Hon.MLA. Rahul Mamkootathil and Hon.MP V.K Sreekandan of Palakkad</li> <li>• Impact of NSS programmes on the community and individuals by Smt Thulasi Sreekandan</li> <li>• Life skill class by Mr Vinoj Menon</li> <li>• Christmas celebration</li> <li>• Cultural programme</li> <li>• Games and Activity</li> <li>• Campfire</li> </ul>
<b>Day 7</b> <b>26.12.2024</b>	Camp closing Overview of the camp. Feedback and discussions		

The seven day residential camp UNARVU was at GLP school Kallikkad Palakkad with 87 participants from 20.12.2024 to 26.12.2024.



**MERCY COLLEGE PALAKKAD**  
**NSS UNIT 06 , 34**  
**UNARVU --7 DAY RESIDENTIAL CAMP**  
**GLPS KALLIKKAD – 20/12/2024 - 26/12/2024**

Group	Name And Class	Group	Name And Class
1	1. Pavila (Economics) 2. Anaswara G (Economics) 3. Maneesha M (History) 4. Jisna T (English) 5. Hima R (BCom Finance) 6. Anjitha C (BCom CA) 7. Uthara V U (Biotechnology) 8. Amritha KP (Zoology) 9. Ajeena A (Botany) 10. Anjana K S (Physics)	5	1. Jimi George (Economics) 2. Afrin A (Economics) 3. Karthika K (BCom Finance) 4. Aiswarya P (BCom CA) 5. Devi Chandana (Biotechnology) 6. Suhana K M (Zoology) 7. Aswathi P (Botany) 8. Nandana C (Physics) 9. Beneetta Benny (BCom CA) 10. Anamika. M.A (English)
2	1. Sona Francis (Economics) 2. Thrisha M (Economics) 3. Navya S (English) 4. Nitthila S (BCom CA) 5. Ansha Farhana (Biotechnology) 6. Shahla M (Zoology) 7. Janeesha M (Botany) 8. Gayathri K (Chemistry) 9. Shyamini P P (BCA) 10. Archana S (English)	6	1. Athulya C (Economics) 2. Sajnu Shoukath S (Economics) 3. Gopika G M (BCom Finance) 4. Preetha A (English) 5. Aysha A (Biotechnology) 6. Namitha Dinson (Zoology) 7. Akhila K (Botany) 8. Rehanaaz P S (Chemistry) 9. Ajnadas S (BCA) 10. Adhithya V (Biotechnology) 11. Sisira B (CS )
3	1. Drisya C (Economics) 2. Anugraha S (Economics) 3. Adithya Shibu (BCom Finance) 4. Chandana R S (BCom CA) 5. Mehnaz A (Biotechnology) 6. Afrah Nijeem (Zoology) 7. Nisha R (Botany) 8. Anagha Suresh (Chemistry) 9. Devika Shibu (BCA) 10. Hridhya P (English)	7	1. Raniya N (History) 2. Ranjitha P (Economics) 3. Adithya R (Physics) 4. Ancy Abraham (BCom CA) 5. Shazneen T A (Biotechnology) 6. Arathi M S (Zoology) 7. Ajitha P M (Botany) 8. Sukrishna M (English) 9. Nafla P A (BCA) 10. Vishnupriya V (BCom CA)
4	1. Anna Maria Biju (Economics) 2. Rajeswari R (Economics) 3. Vibha M V (BCom CA) 4. Shamila P S (Biotechnology) 5. Aneesha Muthukumar (Zoology) 6. Ganga Sooraj E (Botany) 7. Samsitha Fathima S (Physics) 8. Manjumol P K (Chemistry) 9. Shabnam C S (English) 10. Nandana K A (BCA)	8	1. J Srilakshmi (BCom Finance) 2. Nahla Nazir (Biotechnology) 3. Arya K (Botany) 4. Gifty Maria T F (English) 5. Afra Fathima S (Botany) 6. Akshaya J (English) 7. Vrindha R (History) 8. Fathima Farhath (BCA) 9. Sandra Sabu (BCom CA) 10. Amitha S (Computer Science)
	Local Participants- Anu Kuruvilla Deepa N, Greeshma S, Elizabeth George, Sreejith K, Baby S		

# SEVEN DAY RESIDENTIAL CAMP

## REPORT

DAY-1 20.12.2024

National Service Scheme seven day residential camp 'UNARVU 2024' of Mercy College officially started by assembling of volunteers at the college at 3.30 PM and marched to the assigned residence (GLPS Kallikad School, Palakkad). The proclamation march started at 4 PM from college to GLPS Kallikad.



The inauguration ceremony started by the welcome address of Ms. Adithya R, a volunteer of NSS in the presence of the Ward (47) Councillor Ms. Mini Babu, Ward Member of the residential area Mr. Hassan Uppa, Ward Member of Thirunellayi Mr.A.Krishnan, Principal of Mercy College Dr. Sr. Jorry T. F along with the NSS Programme Officers Dr. Deepa N. and Dr. Anu Kuruvila and the NSS Volunteers. Principal of Mercy College Dr. Sr. Jorry T. F inaugurated the Camp. In the inaugural session, felicitations were offered by Ms. Mini Babu, Mr. Hassan Uppa and Mr.A Krishnan. 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 ceremony concluded around 6:30 PM with the vote of thanks delivered by NSS volunteer Ms.J Sreelakshmi. After the ceremony the volunteers were divided into eight groups and were assigned certain duties to arrange rooms. The first day activities came to an end at 8:00pm.

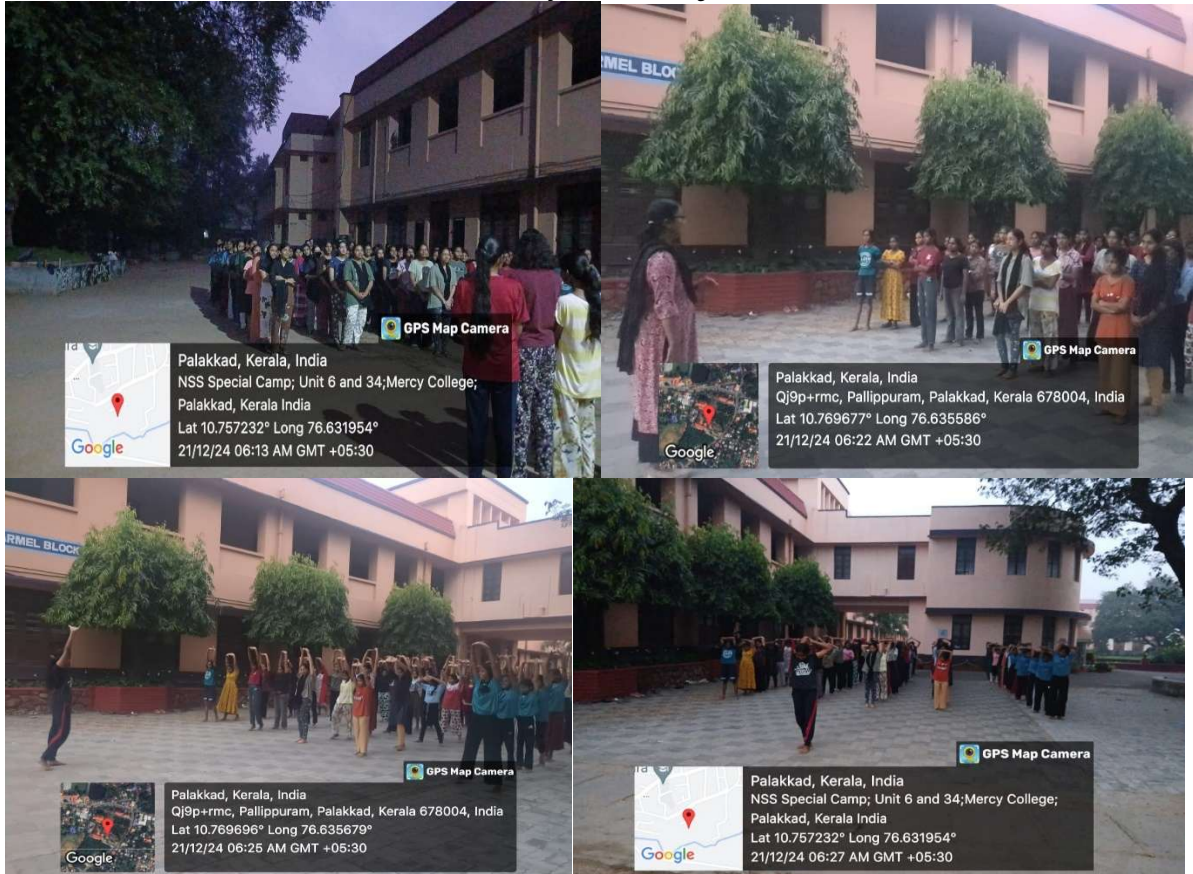




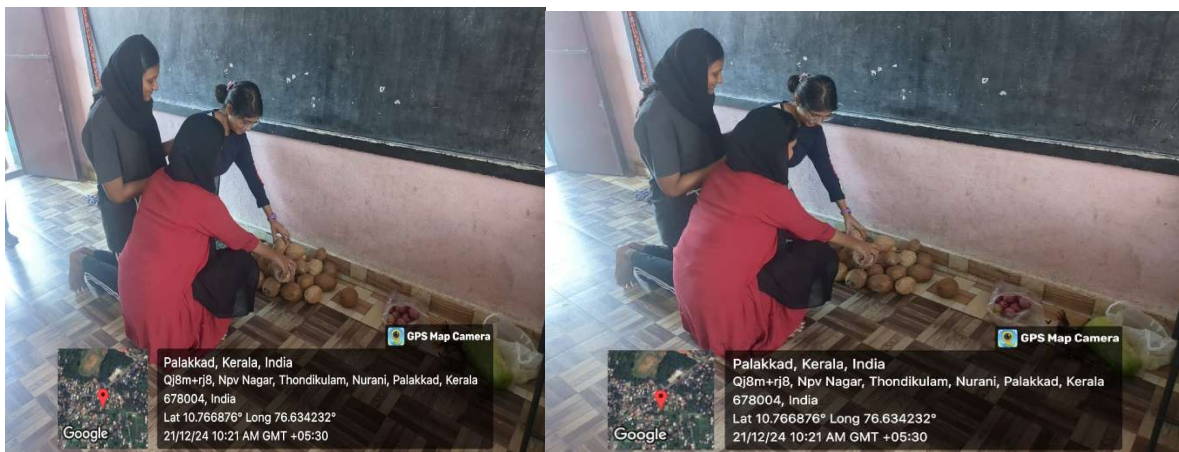


## DAY-2 21.12.2024

Second day of 'UNARVU' began with morning assembly at 6 AM. Camp Newspaper 'Unarvu Dinapathram' was introduced by the volunteers of group 1. Thereafter at 6:20 AM, Morning walk and yoga session was done by the volunteers and the session was led by Ms.Manju

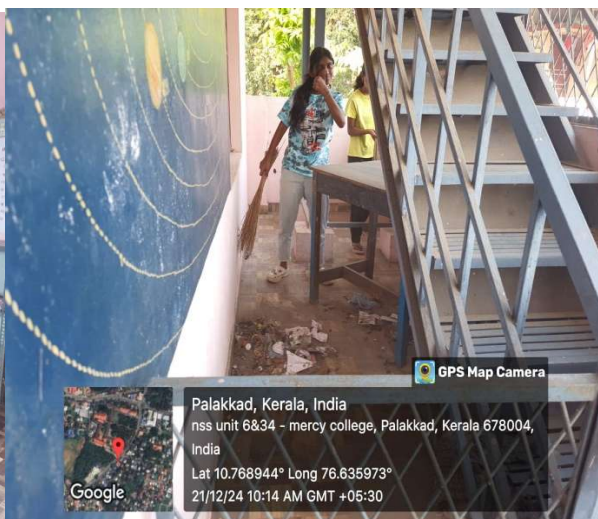


Kalavaraniakkal – collection of the vegetables and articles for cooking brought by the volunteers was done. Volunteers brought coconut, vegetables, pickle, pappad etc to the camp which was collected for the use in the coming days.





At 9 AM, the Volunteers actively cleaned the school. They cleaned the classroom and school premises, also pluck the grass around the school. Books and charts in the class rooms were neatly arranged by the Volunteers.



The afternoon skill enhancement session was handled by Mrs. Sudha Unnikrishnan, Fevicryl expert teacher, Lady Blossom Palakkad who taught volunteers about coffee painting. She is an expert who give training classes for Cookery and baking, Art and crafts, Tailoring and embroidery. Volunteers were excited, the entire procedure about coffee painting was neatly elaborated by Ms. Sudha and the volunteers made beautiful paintings.





Camp food was very tasty and volunteers felt like homely food. Volunteers started cultural programs by 7.30 PM and they performed different kind of group activities , games, dance programmes, singing songs. This really entertained and



everyone enjoyed. 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 22.12.2024**

UNARVU NSS Camp Day 3 started at 6:15 am with morning assembly. All the NSS volunteers assembled in the school hall. Volunteer Ms. Manju conducted exercise and yoga session for the volunteers. Volunteers also had a brisk walk.







In the morning volunteers attended another skill development session on terracotta jewelry making by Mrs Bhavani Nalin, Gem tailoring institute Palakkad. Mrs Bhavani has Diplomas in Dress making, fashion designing and art and craft forms from St Mary's institute of fashion designing, Mumbai. She has been the Principal and teacher of Vani Tailoring Institute for 20 years and Avinashilingam Fashion Outlet. Terracotta jewelry is sustainable as it uses natural materials, making it an eco-friendly choice in the fashion world. The creation of terracotta jewelry provides opportunities for women to engage in meaningful employment in the artisanal sector. Volunteers made different jewelry using terracotta.





In the afternoon, a very informative legal awareness session was handled by Advocate Anitha T.S, Practicing Criminal lawyer, Palakkad District Bar Council. She talked about various laws for the protection of women and children. Madam very beautifully discussed about POCSO, Domestic Violence, cases faced by old aged, Dowry related cases, alcohol and drugs related issues. 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.



Various cultural programmes were conducted by Group 3 at evening. They 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 organized by NSS leaders





## **DAY-4 23.12.2024**

Fourth day of 'UNARVU' began with morning assembly at 6 AM. Camp Newspaper 'Unarvu Dinapathram' was introduced by the volunteers. Thereafter at 6:20 AM, Morning walk and yoga session was done by the volunteers and the session was led by Ms.Manju



At 8.30 am, after breakfast, NSS volunteers were accompanied by Sri.Krishnan sir, 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 really 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.



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. Bincy, 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. Volunteers were shown the procedure of CPR. Hands-on training on how to give CPR was given to the volunteers by Dr. Bincy. The session was very informative.





In the afternoon, the second session was by Ms. Sneha Saju, Physiotherapist, Avitis Hospital Nemmara. Physiotherapy plays a vital role in promoting the physical and mental well-being of students. Physiotherapy session by Ms. Sneha taught students proper posture and body mechanics, reducing the risk of injuries during physical activities. Specific exercises that can help strengthen muscles and improve flexibility, which are essential for preventing injuries, were shown in the session. Ms Sneha clarified the doubts of the volunteers as well.



Certificates were distributed by Dr. Bincy to the volunteers who successfully completed the CPR workshop .







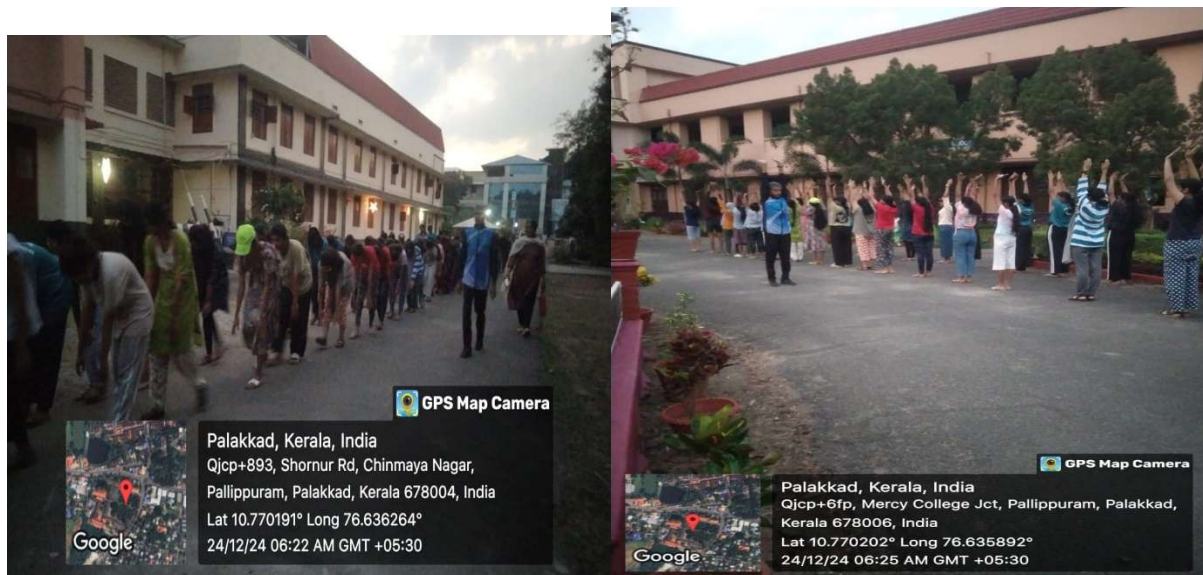
Cultural programme was indeed a success. Beautiful performances were done by the volunteers. Volunteers enjoyed the performances which put heart and soul into dance and challenging games .

### **DAY-5 24.12.2024**

Fifth day of the NSS residential camp started with morning assembly followed by fitness training session led by Dr. Sreejith, Assistant Professor in the Department of Physical Education. Sreejith sir gave training on basic stretching exercises, warm up exercises







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.



Then cultural programme was conducted by group 5, and the day ended with a splendid dinner.

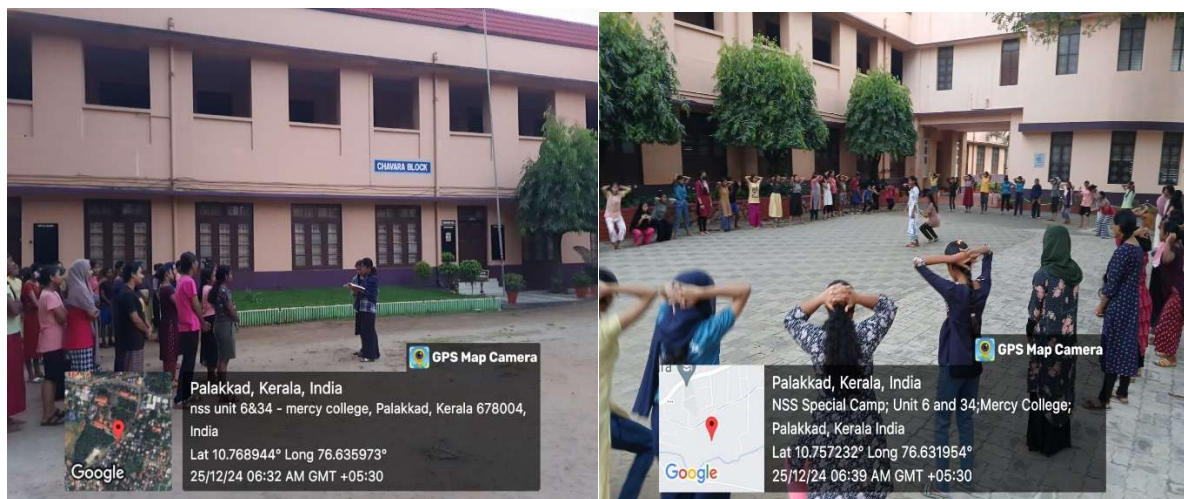




## **DAY-6 25.12.2024**

On day 6 of the "UNARVU" NSS camp, volunteers celebrated Christmas with merry and joy.

The morning started with an assembly and a basic stretching and exercise session which was led by Ms. Manju.



After breakfast, the activity groups started beautification of the camp site "GLPS Kallikkad" by painting the walls. The food group prepared delicious biriyani and chicken for lunch. Volunteers painted the walls of the school, and arranged the flower pots.



Dr. Sr. Jessy Mathew of Physics department, Mercy College Palakkad visited the camp. Dr. Sr Jessy Mathew in her address suggested on how NSS camp impact lives positively. She also handled a session on "Importance of positive attitude and discipline in the lives of volunteers". 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.



Dr. Melda handled a motivational session on “Building leadership qualities and effective teamwork”. The session was very informative and useful.



Hon.MLA. Rahul Mamkootathil and Hon.MP V.K Sreekandan of Palakkad along with Ward Counsellor Mini Babu visited the camp with cakes and greetings for the volunteers. Hon.MLA discussed the importance of community living and sharing. Hon.MP V.K Sreekandan spoke about the role and responsibility of NSS volunteer as citizen and how the Camp moulds the personality of the volunteers.



Smt Thulasi Sreekandan who is a professor at NSS College Nemmara shared her experiences as a NSS Programme Officer. She told students that as NSS volunteers they have great responsibility in working in community and strive for nation building. Smt. Thulasi discussed the “Impact of NSS programmes on the



community and individuals” and motivated the volunteers to initiate unique activities and programmes in the camp.



The afternoon session was a life skill 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.





The volunteers were surprised by the unexpected visit of Principal Dr.Sr Jorry T.F. along with Vice Principal Dr.Sr. Merin. To the surprise of volunteers, dear Sisters also brought Christmas cake. Principal gave the Christmas message and volunteers enjoyed singing Christmas songs and carol.







After the evening tea, all the groups made the cultural programme of the Christmas day colourful with dance, games and activities.





The day came to an end with a campfire where everyone enjoyed their time singing songs and sharing experiences.



### **DAY-7 26.12.2024**

The last day of the camp started as usual with a morning assembly. 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 campers of "UNARVU" - Shabnam S of D2 English, Nahla Nazir of D2 Biotechnology, Jisna T of D2 English and Anna Maria Biju of D2 Economics were honoured with a gift. Gift was also given to the camp coordinators of UNARVU. 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 UNARVU 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. Anzer R.N. sir, NSS Coordinator University of Calicut Dr. N.A. Shihab 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 Members Ms. Mini Babu. 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, Hon. MLA Sri Rahul Mamkoottathil 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, Lions Club of Palakkad Heritage City for the support given during the camp. Sincere thanks to Principal Dr. Sr. Jorry T.F , Vice Principal Dr. Sr. N.M. Louly, Faculty members of Mercy College - Dr. Lakshmi N., Dr. Sr. Jessy Mathew, Dr. Melda Francis Ms. Greeshma and Ms. Elizabeth George 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.

\*\*\*\*\*