



MERCY COLLEGE PALAKKAD  
NATIONAL SERVICE SCHEME



UNIT 6,34

UNIVERSITY OF CALICUT



GOVT OF INDIA

MINISTRY OF YOUTH AFFAIRS AND SPORTS

# PRAVAHA

SEVEN-DAY RESIDENTIAL CAMP

“YOUNG KERALA FOR A  
WASTE-FREE TOMORROW”

DEC 22-28 | 2023



@ GLPS KALLIKAD



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## **NSS SPECIAL CAMPING PROGRAMME**

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MERCY COLLEGE PALAKKAD



# SEVEN DAY RESIDENTIAL CAMP

## REPORT

DAY-1 22.12.2023

National Service Scheme seven day residential camp 'PRAVAHA 2023' of Mercy College officially started by assembling 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 was started by the welcome address of Ms. Riddhi.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, HM of Kallikad School Ms. Bindu, Principal of Mercy College Dr. Sr. Jorry T. F along with the NSS staff coordinators Ms. Vini, Dr. Deepa N., Dr. Anu Kuruvila, Ms. Thushara N.C, Mr. Jayanth Kumar and the NSS Volunteers. Principal of Mercy College Dr. Sr. Jorry T. F inaugurated the Camp. In the inaugural session, felicitation were offered by Ms. Mini Babu, Mr. Hassan Uppa and Mr.A Krishnan. The Programme Officers who were present on the dais 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. The ceremony concluded around 5:30 PM with the vote of thanks delivered by NSS volunteer Ms.Nihala.



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.



After the ceremony the volunteers were divided into seven groups and were assigned certain duties to arrange rooms for the medical camp which was planned to conduct on 23/12/2023 at Mercy College, Palakkad. All the arrangements were done around 8:30 PM. A meeting was held at 9 PM to discuss about the responsibilities of each team for the next day and the schedule was distributed. Since it was the first day and the room for residing were arranged. A short cultural programme was arranged. Thereafter we concluded the day with dinner.



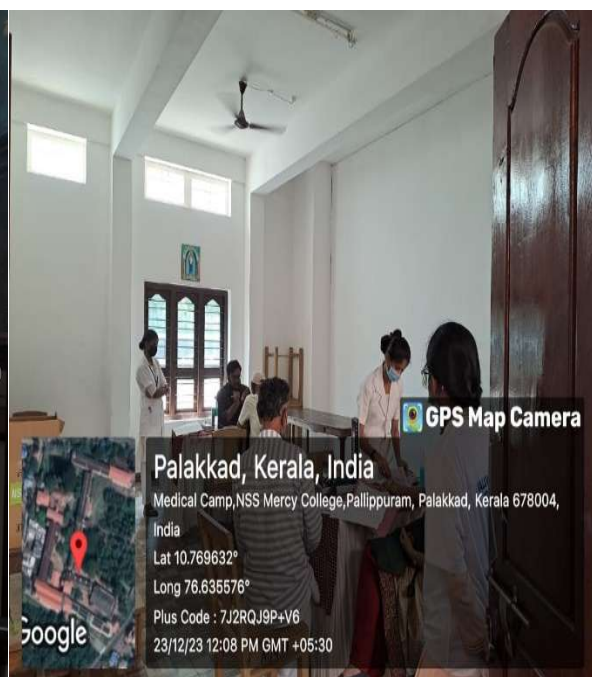
## **DAY-2 23.12.2023**

Second day of 'PRAVAHA' began with morning assembly at 6 AM. Camp Newspaper 'Prathidwani' was introduced by the volunteers of group 1. Thereafter at 6:20AM, yoga session was done by Jayanth Kumar sir, Assistant professor of Department of Physical Education.



After breakfast, the free medical camp, organised by Mathrubhumi along with Valluvanad Hospital started at 9 AM. Sri.V.K Sreekandan MP Inaugurated the medical camp. Sri Harigovindan, Smt. Susmitha, Dr.Sajan, Dr.Sr Jorry T.F, Mr.

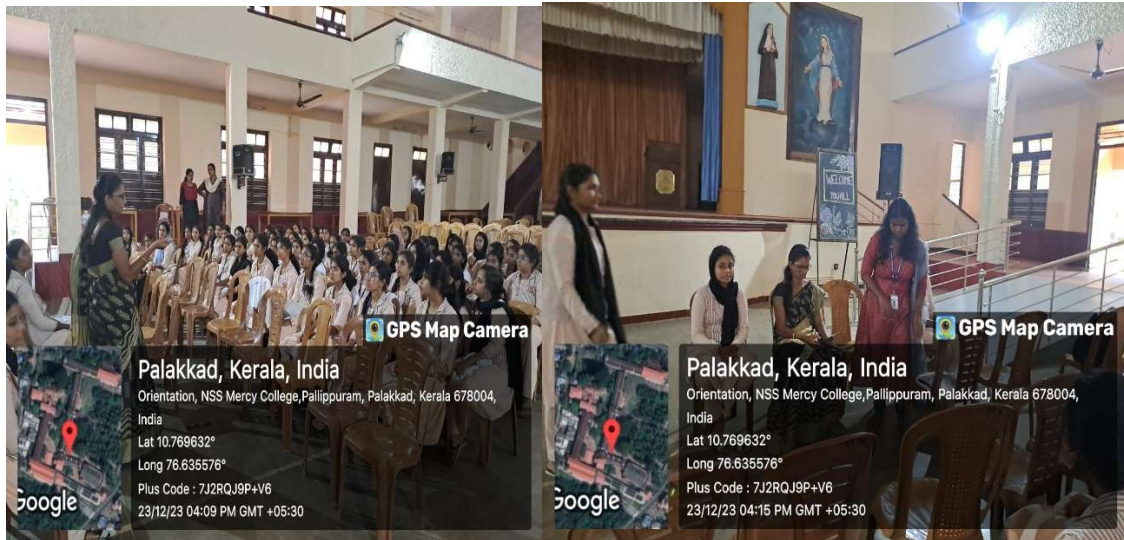
Suhas Sathyan and Sri Aravindakshan talked on behalf of the organisations and conveyed their messages.



Medical camp concluded at 2 PM. After lunch volunteers participated in interesting games and it concluded with melodious songs. Some groups engaged in cleaning activities at 4 PM in auditorium.

An orientation session on Snehamam was conducted by Shrimathi Ma'am, Health Inspector, Palakkad Municipality and Ms. Amrutha YP, Suchitwa Mission Palakkad introduced creative ideas for beautifying the mission, Snehamam.





Cultural programmes at 7 PM by Group 4 was indeed a success. Dance, music and games were marvelous. They could take the crowd within seconds.



The hospitality of mess committee was specially mentioned during the reviews. Plans and programmes of the coming day was discussed and then another memorable day had a wind up.

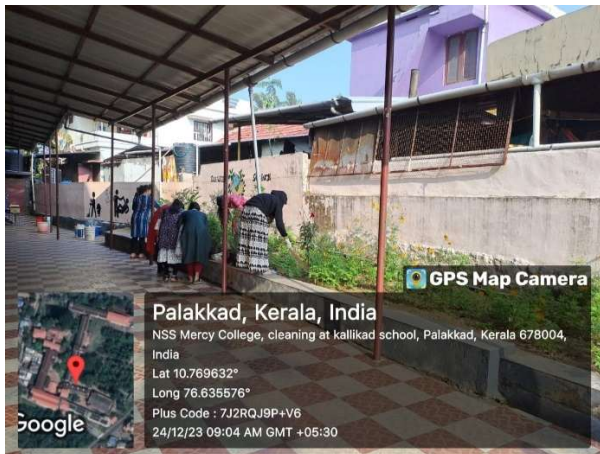


## **DAY-3 24.12.2023**

PRAVAHA NSS Camp Day 3 started at 6:15 am with morning assembly. All the NSS volunteers assembled in the school hall. Mercy College Physical Education in charge. Mr.Jayanth kumar sir conducted exercise and yoga session.



Volunteers actively cleaned the school. They cleaned the classroom and school premises also pluck the grass around the school.





Some of the volunteers went to take survey about the solid waste management and activities of Harithakarmasena in the nearby locality. Volunteers were divided into groups and each group was allotted specific locality. Questionnaire was prepared and data based on the questions was collected by the volunteers.



A wonderful motivation class was held by Advocate Bilal Muhammed (Public Speaker, HRD Trainer, Psychologist, Lawyer, Social Activist). This session was really motivational, inspiring, entertaining and emotional.





Camp food was very tasty and volunteers felt like homely food. By night 8:30 pm volunteers started cultural programs and they performed different kind of group activities , games, dance programmes, singing songs. This really entertained and everyone enjoyed.



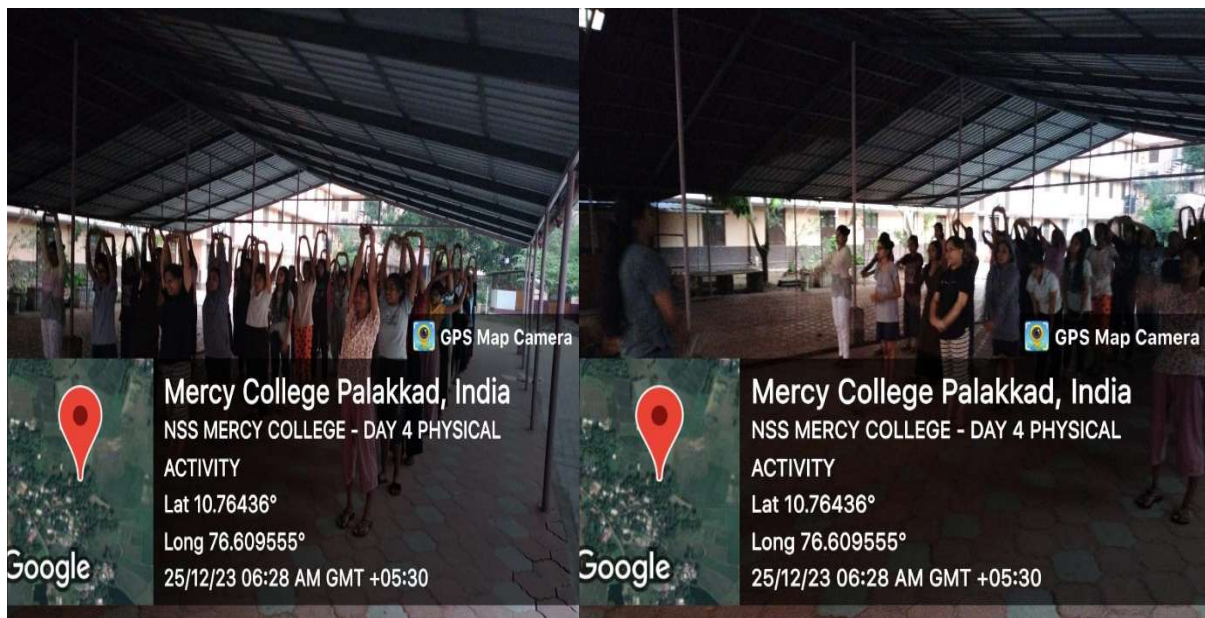
After a feedback session volunteers dispersed assembly and Day 3 came to an end at 10:15 pm.

## **DAY-4      25.12.2023**

Fourth day of “PRAVAHA” began with morning assembly at 6am. Camp Newspaper “Gingle Bell” was introduced by the volunteers of group 3.



Thereafter at 6.20 am Zumba and exercise session was led by Aiswarya (NSS Volunteer Secretary) with NSS volunteers.



Volunteers had breakfast between 7am to 8 am. At 8.30 am 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.



Then all the NSS volunteers had a very mouthwatering lunch ie, ghee rice and chicken curry. After lunch, NSS volunteers played some games and activities in their free time. All the NSS volunteers had a very interesting session about CPR by L.N Unni Vadakkanchery MJF, District Coordinator-Diabetes and CPR, Lions Club. 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 . The session was very informative.



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



Cultural programme at 7pm was indeed a success. A beautiful performance was done by Group 3 and Group 5 which put heart and soul into dance and challenging games also were conducted which the volunteers enjoyed.

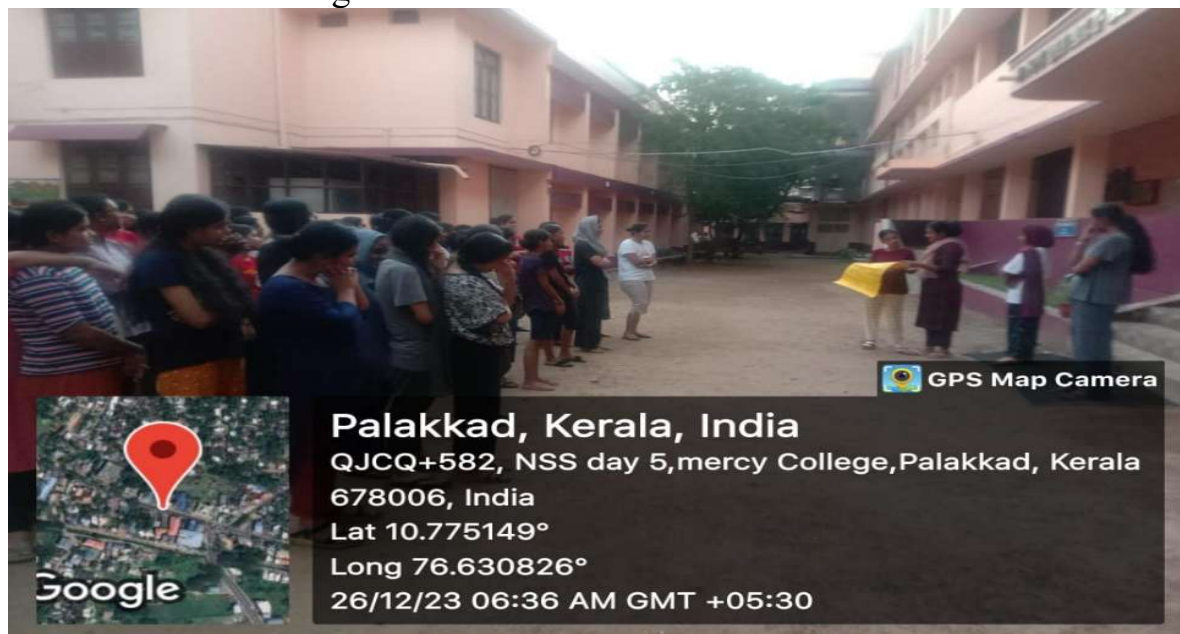




Review of the day was done; Plans and programmes of the coming day was discussed and then another memorable day had a happy wind up.

## **DAY-5      26.12.2023**

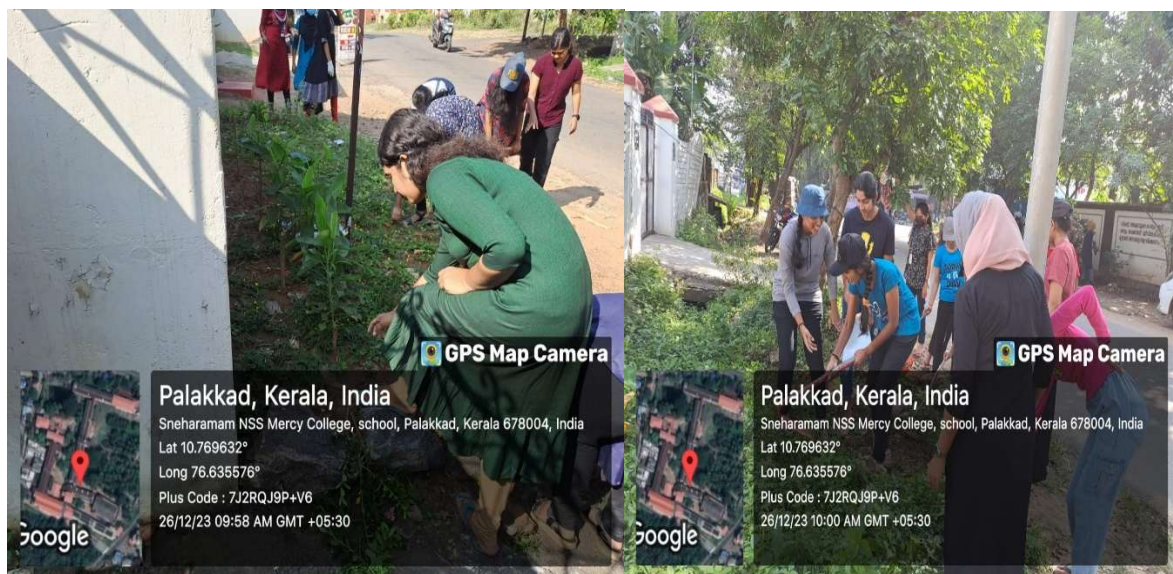
‘PRAVAHA’ NSS camp 5th day started at 6:15am with the morning assembly The camp newspaper elaborated the Day 4 camp activities in a sarcastic way. Physical fitness was given due importance and hence immediately after the morning assembly, fitness session was conducted. After newspaper reading by 3rd group, we conducted morning exercise and Zumba.



After the tasty breakfast, ‘Sneharamam’ programme was started at 10:00am. We cleaned premises near Jayamatha hostel and mercy college junction. After cleaning the backspace of hostels, we planted some plants. A small garden was



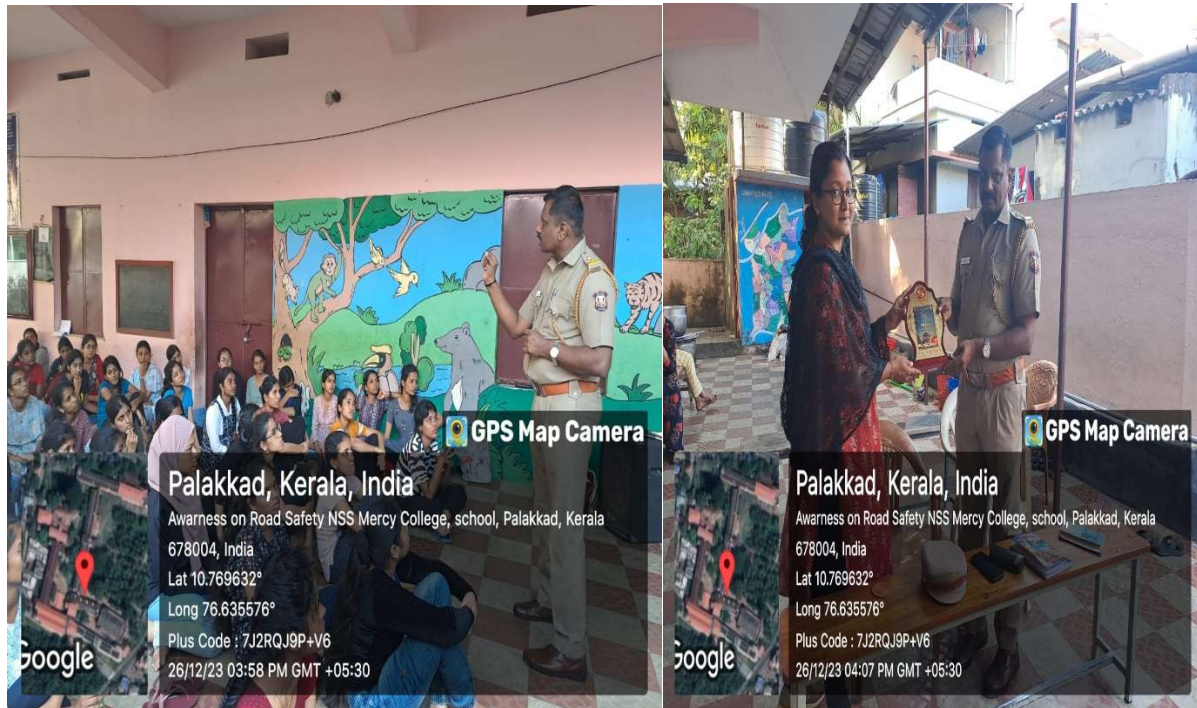
also set in the Mercy College Junction. College Principal, NSS Programme Officers, Suchitwa Mission YP Ms. Amritha, Members from Palakkad Municipality was present in guiding the volunteers. Volunteers cleaned the allotted area and set up a beautiful garden in the triangles at the college junction.



Then volunteers had lunch at the camp site. After the delicious lunch volunteers attended the road safety awareness class of 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 refreshment we conducted cultural programs of group 7. Volunteers engaged the stunning cultural programs and we had a joyous time together. Dance and musical performance of the volunteers were superb. Some games were also conducted for engaging all the volunteers.



At the time of 7:00 pm a review of the day of the camp and feedback by volunteers and Programme Officers was done. After dinner, Day 5 of the camp came to an end at 10:00pm

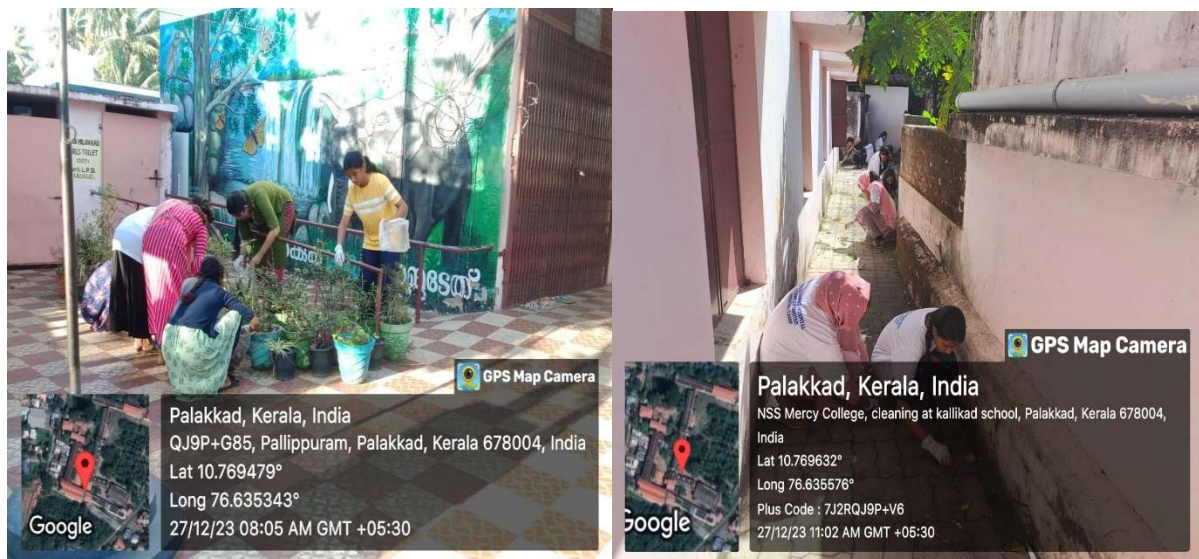


## **DAY-6      27.12.2023**

The day 6 of the camp started at 6 am with the morning assembly. All the NSS volunteers assembled in the school hall. After the presentation of camp paper highlighting the activities of the previous day, exercise and yoga session was organised at 6.30 AM. Volunteers enjoyed the fitness class led by the volunteer secretary and did it perfectly.



After breakfast, volunteers actively participated in the school cleaning activity. They arranged the flower pots, pluck the grass around the school premises. Volunteers painted the walls of the school. Pictures and cartoons were drawn on the walls.





Group 2 and Group 4 who had not completed the survey about the solid waste management and activities of Harithakarmasena in the nearby locality went for the survey and completed it. All the team compiled the data collected regarding the waste management and it was handed over to Ward 47 Councillor Ms. Minibabu.

We really had an exciting time with NSS Coordinator University of Calicut Dr. N.A.Shihab sir who visited the camp. Sir addressed the volunteers and gave all the necessary guidance related to the camp activities. Sir checked the records, visitor's diary and also assessed the facilities in the camp area. Volunteers had interaction with Dr. N.A.Shihab sir and they shared the camp experience also.





After a short refreshment volunteers started the school painting programme. By 12 noon the camp was visited by State NSS Officer , Govt. of Kerala Dr. Anzer R.N. sir and Coordinator NSS IHRD Dr. C.R. Ajith Sen sir. Dr. Anzer R.N. sir addressed the volunteers, discussed about the activities of the camp. Volunteers also talked about the positives and negatives that they faced during camping. Dr. C.R. Ajith Sen sir briefed on the hierarchy of National Service Scheme organisation, qualities the volunteers should have and its importance in the rest of their lives. Volunteers had a great time with Dr. Anzer R.N. sir and Dr. C.R. Ajith Sen sir.







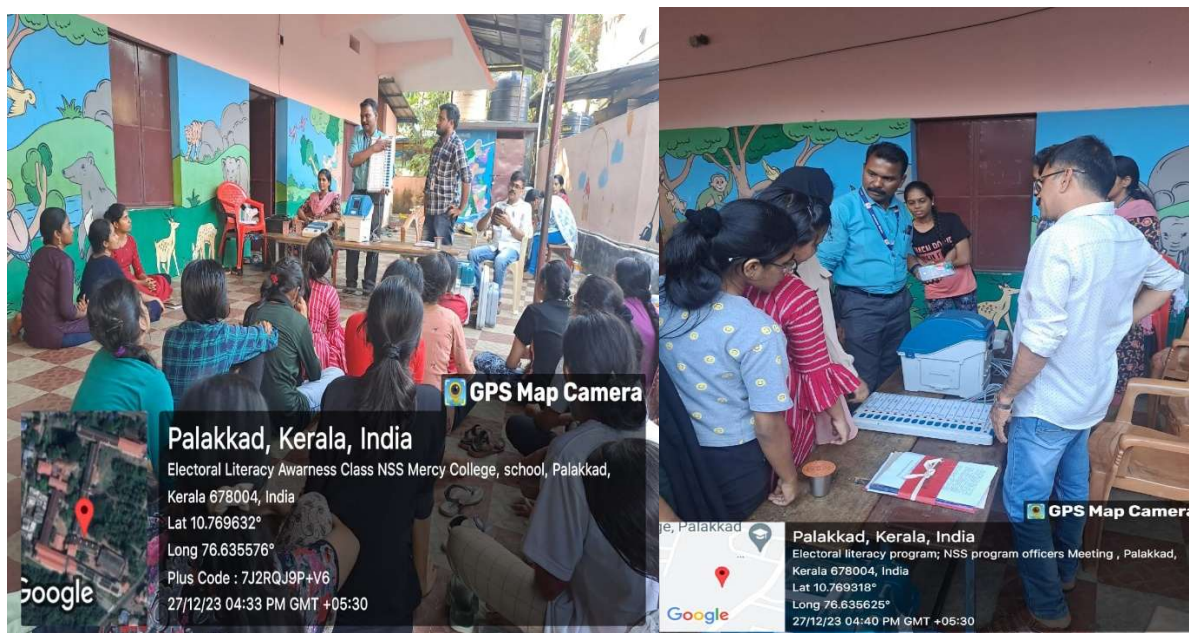
In the afternoon, a very informative legal awareness session was handled by Advocate Anitha T.S, Practicing Criminal lawyer, Palakkad District Bar Council. Madam very beautifully discussed about POCSO, Domestic Violence, cases faced by old aged. Dowry related cases, alcohol and drugs related issues.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





A team from Election Department, Palakkad handled an Electoral literacy session in the afternoon. Importance of democracy and voting was discussed by Mr. Toms P.A., District Election Assistant from the Election Department. Demonstration of the voting procedures was explained to every volunteer by Mr. Aneesh K.V., Mr. Bhavadas M and Ms. Sameeha P.S. Volunteers were shown the procedure of voting in Electronic Voting Machine. Mr Toms explained the two units: the control unit and the balloting unit designed in EVM. Sir explained that the control unit of the EVM is kept with the presiding officer or the polling officer. The balloting unit is kept within the voting compartment for electors to cast their votes.

The session helped the volunteers to develop a culture of electoral participation and maximize the informed and ethical voting and follow the principle 'Every vote counts' and 'No Voter to be Left Behind'.



After the tea break, volunteers had an interactive session with the Head Mistress of Govt. L.P. School Kallikkad Ms. Bindhu. Madam elaborated on the importance of NSS Activities and the role of NSS volunteers in the community. Volunteers thanked the Head Mistress for providing the space for the residential camp and for the help and arrangements done.



Cultural programmes at 7 PM by Group 1 was indeed a success. Dance, song and music and games were marvelous. They could take the crowd within seconds.



At the time of 7:00 pm a review of the day of the camp and feedback by volunteers and Programme Officers was done. After dinner, Day 6 of the camp came to an end at 10:00pm



## **DAY-7      28.12.2023**

The day began with morning assembly at 6.15am and after that the volunteers gathered for physical exercise and Zumba workout. The volunteers actively participated in the workout session led by Ms. Aiswarya.



As it was the final day of PRAVAHA NSS Camp, all the volunteers were busy packing their bags and volunteers also arranged the classrooms. Volunteers assembled at the auditorium at 9.30 am for the Camp Closing ceremony. The Principal, Ward Councillor Smt. Mini babu, Programme Officers were at the auditorium. Ms. Ridhi, Volunteer delivered the welcome address. The Camp Closing ceremony was presided over by Dr. Sr. Jorry T.F, Principal, Mercy College. An evaluation of the seven-day programme was done. Ward Councillor Smt. Mini babu was the chief guest and she appreciated the volunteers and programme officers for the smooth conduct of the camp.



Camp review and experience sharing was done by the programme officers and volunteers. Volunteers spoke on their overall experience about the camp. Many of them were sad as the camp came to an end while some of them were happy about returning to their sweet homes.



Volunteers collected Rs. 10000 for the treatment of Ms. Abhinaya's father who is a cancer patient. Dr. Sr. Jorry T.F, Principal, Mercy College handed over the amount to the NSS volunteer.



Programme officers and volunteers had breakfast and the NSS residential camp PRAVAHA 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, Coordinator NSS IHRD Dr. C.R. Ajith Sen sir, NSS Coordinator University of Calicut Dr. N.A. Shihab sir for the visit to the camp, 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 Mathruboomi Daily, Valluvanad hospital, Lions Club of Palakkad Heritage City, Police Department, PHC Vennakkara, Health Department, Suchitwa Mission, for the support given during the camp. Sincere thanks to Principal Dr. Sr. Jorry T.F, Vice Principal Dr. Sr. N.M. Louly, Bursar Sr. Laya, Faculty members of Mercy College - Dr. Liji KT., Dr. Sridevi, Dr. Praseeda, Dr. Meena P. Kumar, Ms. Rakhi, Dr. Girija, Dr. Rekha Vasudevan, Ms Anaida and family, Ms. Aiswarya, Ms. Gracy (Rtd.) for visiting the camp and supporting us. Many thanks to the family members of all the volunteers who visited us during the camping days.

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