

ST ALOYSIUS COLLEGE ELTHURUTH

NSS UNIT 5 & 46

GRAMAYANAM

7 - DAY CAMP 2022 – 2023



DAY 1

26 – 12 – 2022

The volunteers together with the Programme Officers arrived at the camp venue of GHSS Chembuchira by 10.00 AM on 26/12/2022. The venue is roughly 35 kms away from the college and is located in a scenic place surrounded by paddy fields and coconut groves on all sides.

The team engaged themselves in cleaning the premises and setting it ready for accommodation for a week. The school authorities together with the PTA extended a helping hand in setting up the camp.

The NSS flag was hoisted by 2.30 PM and the inaugural ceremony started at 3.00.

Sri V S Prince, Member of Thrissur Zilla Panchayat presided over the function. Dr. Priya KC, the chief Guest inaugurated the camp. Dr. Priya is an alumnus of the school and has the distinction of getting a medical degree challenging all the extreme financial constraints of her family.

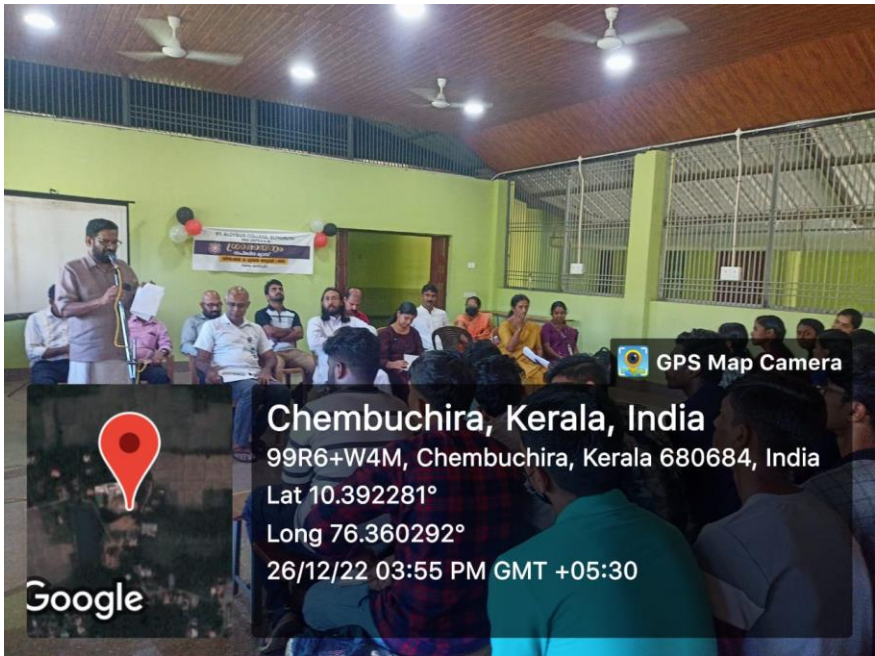
Dr Chacko Jose P, Principal, Fr Arun Jose CMI, Bursar, Smt LIja PS, Principal, GHSS, Smt Geetha K G, HM, GHSS, Sri Sudheesh VP, PTA President, GHSS, Sri Jain Therattil, Former NSS PO and Sri Den Varghese NSS alumnus spoke to the gathering.

The inaugural ceremony was attended by a few alumni of the school as well.

The inaugural ceremony was followed by the ice breaking session conducted by a certified motivational speaker, Sri Byju Vaidhyakkaran.

The session went up to 8.00 and was quite engaging. It was followed by dinner.

The students were gathered in the school auditorium after dinner by 9.00 and they had an engaging discussion regarding the course of all the scheduled activities. The Programme Officers selected group leaders and other office bearers from among the volunteers and assigned them their duties and responsibilities. Everybody retired to their dormitories by 10.30 PM



DAY 2

27- 12 - 2022

Volunteers woke up at 5.30 am and after their morning ablutions they moved to the flag hoisting. It was followed by a Yoga session under the guidance of Sri Jose A T, the Yoga Guru by 6.30. It was a class as well as a training session and it came to a close by 9.00.

It was followed by breakfast and the volunteers gathered in the front courtyard of the school at 10.00. The programme Officers briefed them of the activities of the day. The volunteers, except those in charge of the kitchen were all taken out for a cleaning drive of the camp premises- the school ground, and the adjoining areas. The cleaning drive lasted till 1.00 and they gathered for lunch.

The volunteers gathered at 2.00 in the auditorium and interacted with the former teachers of the school who were there for their annual get together.

Sri Suresh, Sri Robi Alappatt, Smt Maya, and Smt Jazeema(all former staff of GHSS Chembuchira) entertained the volunteers with their songs and other fine arts.

It was followed by a workshop on handicrafts organised by the volunteers under the guidance of the senior volunteers.

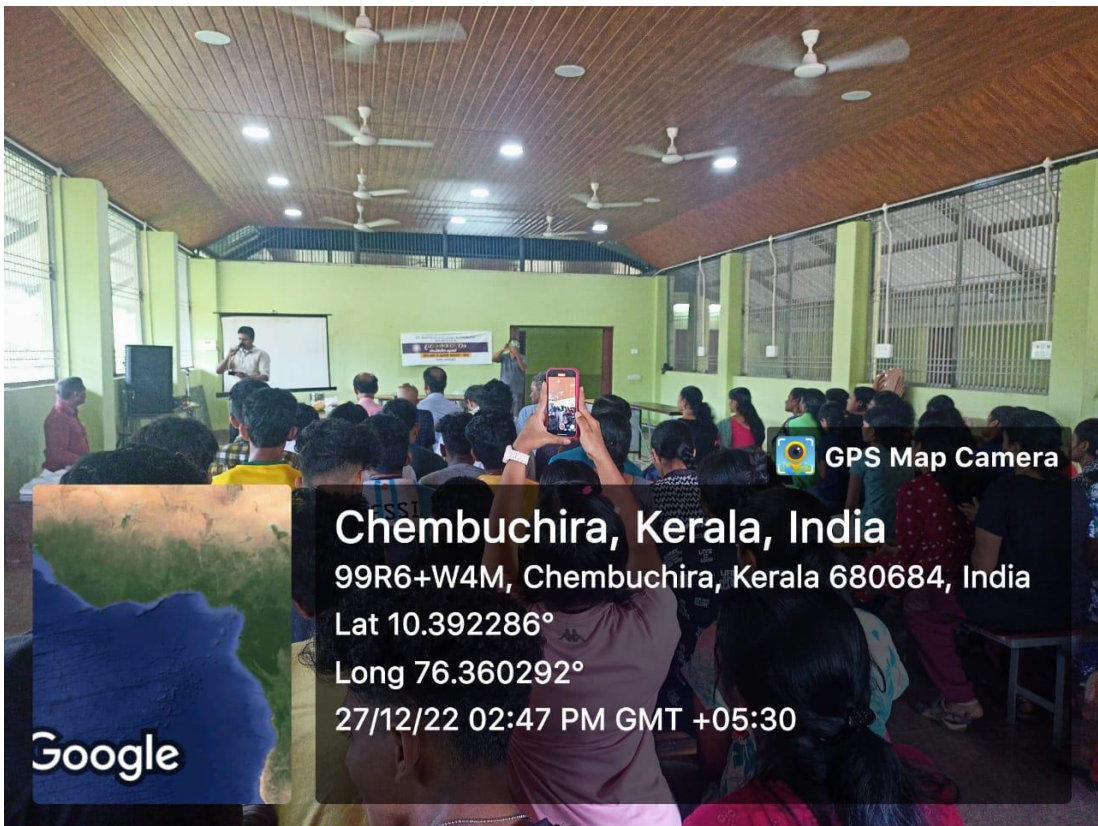
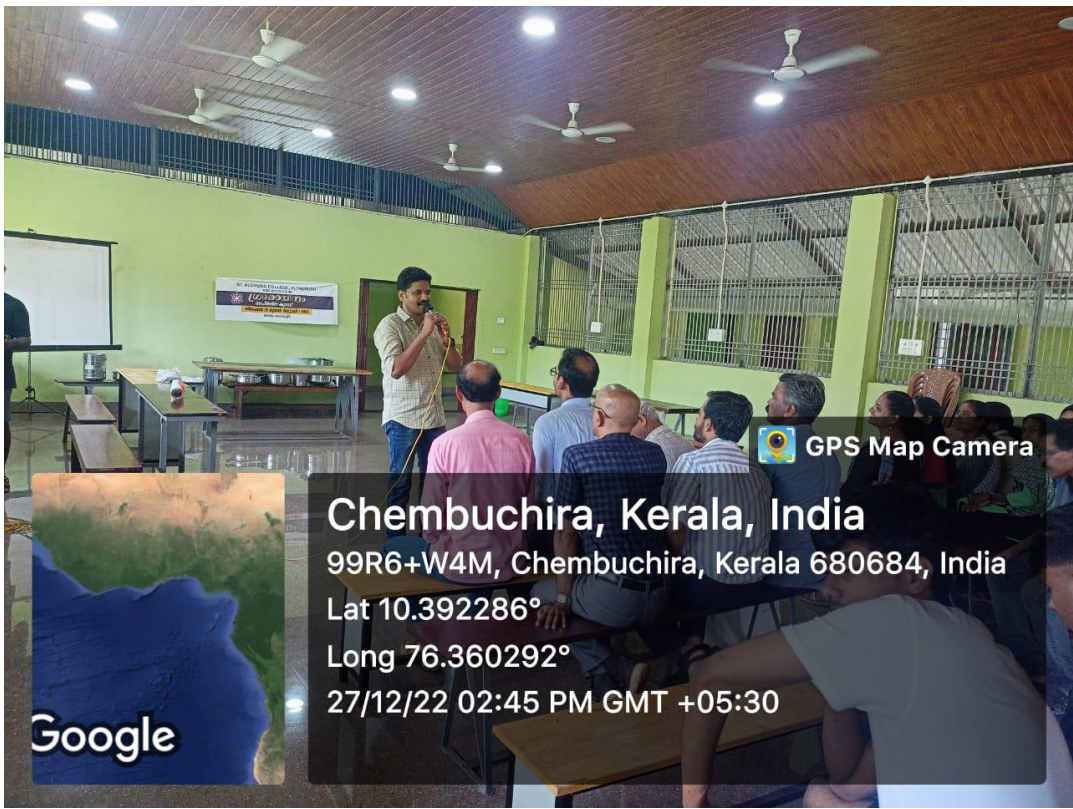
The workshop focussed on paper cuttings and other useful crafts. It went up to 4.00

Students assembled in the play ground after tea and snacks by 5.00

They busied themselves in evening games and other pastime and recreational activities.

The students gathered for dinner by 7.30. They assembled in the auditorium by 8.30 and discussed the events of the day. It was followed by a cultural evening. Volunteers, divided into six groups participated in the programme with vigour up to 10.30 They also arranged a surprise birthday celebration of Agna VS, a volunteer.

Then they retired for the night.



DAY 3

28- 12 - 2022

By 5.30 am, volunteers woke up and assembled for the yoga session. They practised Yoga under the tutelage of Sri Jose AT, the Yoga trainer.

By 8.00 volunteers gathered for flag hosting. The flag was hoisted by Sri A T Jose. And the gathering were addressed by the Programme Officers. The gathering was greeted by Dr Jins Varkey, Asst Professor of Economics of our college. He travelled all the way from Vadakkumcheri in Palakkad to Chembuchira, gravelling over 50 KMs. He spoke to them on cycling as a passion and also about the importance of physical fitness and the role of exercise in our daily routin.

Volunteers assembled in the front yard after breakfast by 9.30 and were engaged in cleaning activity, especially along the nearby roads.

They finished the cleaning activities by 11.30 and assembled in the auditorium. Sri Sivan Thandassery,

a postman and former PTA president of the school gave a class on the services offered by the Postal Department. He detailed the various saving schemes and insurances offered by the department aiming at the common man. The students were highly impressed. Thereafter he presented every student with a post card and asked them to write a letter to one of their friends and post them in post office functioning in the adjoining building. Accordingly many volunteers prepared New Year wishes on the post card and posted them in the post box.

Most of the volunteers were writing a letter for the first time in their lives and thoroughly enjoyed the whole affair. The session came to an end by 1.00.

The afternoon session began by 2.00 and volunteers engaged themselves in a debate competition supervised by the Programme Officers. The point of discussion was the use of digital media before and after Covid 19. The team led by Amstel won the competition.

It was followed by a class by Sri Unnikrishnan PV, Sub inspector of Police at Vellikkulangara PS. He spoke on the nature of different crimes with a special

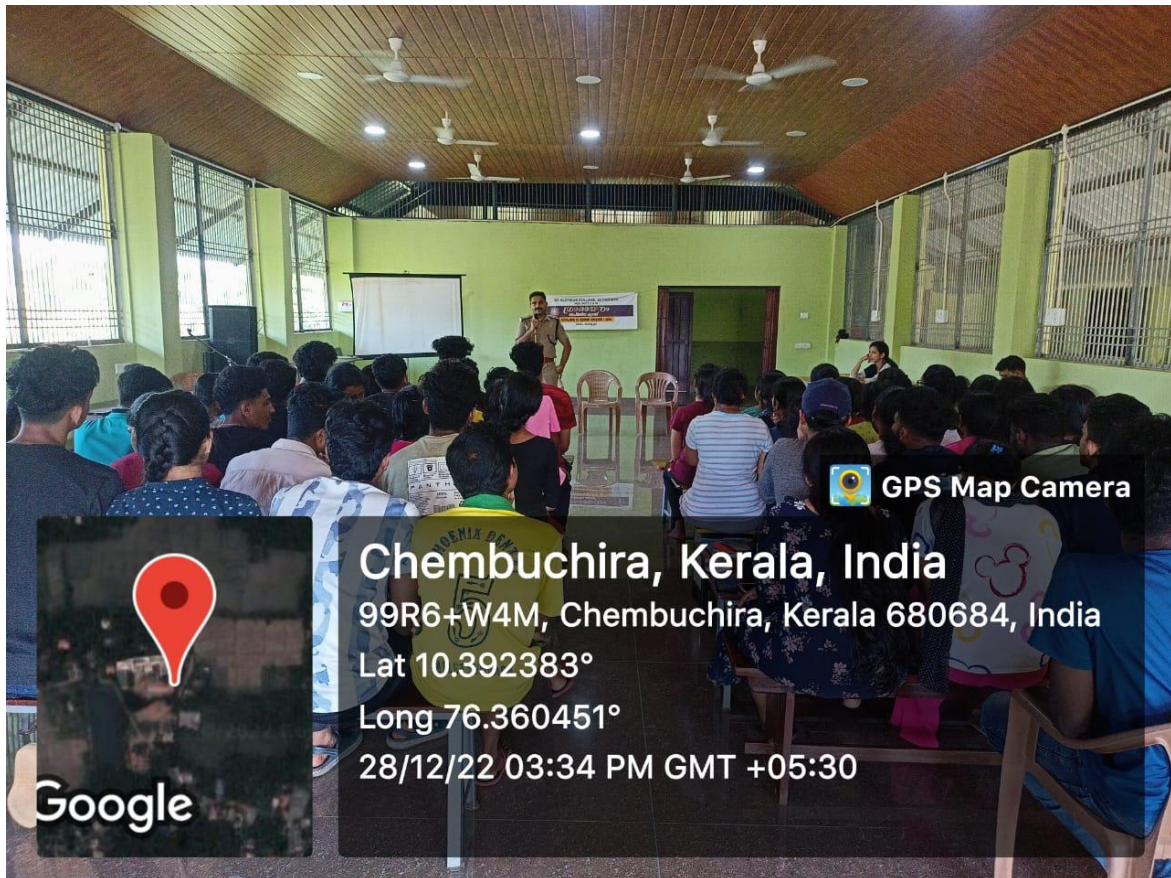
focus on cyber crimes. He reiterated the role of the youth in keeping vigil against these crimes and the lure of sensual drugs. Volunteers actively participated in the discussion that followed. The session was concluded by 4.15.

The students assembled in the play ground after tea. Then they started a 2km walk along the village road to Vasupuram, it was a scenic path donned by paddy fields on either side. A rivulet meandering the fields rendered beauty to the environs. They were taken to visit the organic farm of Sri Sivan Thandassery. The farmer took the volunteers around and showed them his farm and explained various agricultural practices that he followed. The programme was aimed at creating apposite outlook regarding eco farming among the volunteers. The volunteers came back by 6.30

The volunteers assembled in the auditorium by 8.30 after dinner. They reviewed the events of the day and prepared the detailed schedule of the following day.

The cultural evening of the day was inaugurated by Ms Sreejitha T, writer and alumnus of the school.

She spoke on creative writing and the digital platforms available for promoting creative writing. She also spoke of the need for woman empowerment and entertained the gathering with a few folk songs. It was followed by the various cultural and entertainment activities by the volunteers. The students retired to the dormitories by 10.45



DAY 4
29 – 12 – 2022

By 6.30 pm volunteers assembled at the play ground for exercises. Den Varghese, student secretary of NSS guided the fellow volunteers. After that volunteers engaged in sport activities for one hour. By 7.45 am volunteers gathered for flag hoisting. The programme officers briefed them of the activities of the day. Sri Abhilash NP, ward member for ward II of Mattathur Grama Panchayat addressed the gathering and gave them a preliminary idea about the digital survey that was going to take place. He also released the day's camp news letter as well.

The volunteers reassembled in the front courtyard by 9.30 and were engaged in the cleaning activities in and around the campus. They were taken in groups of three

to different parts of the ward under the guidance of the Ward Member.

The students visited the houses and collected details and uploaded them in the Google form. The attempt was to prepare a complete data bank of all the residents of the ward.

The students continued the survey till lunchtime. They were taken out to a trekking to Muniattukunnu, a scenic hilly forest around 7 kms away. Mr Sandeep ES and Mr Vishu, ad hoc teachers of the college too accompanied the volunteers.

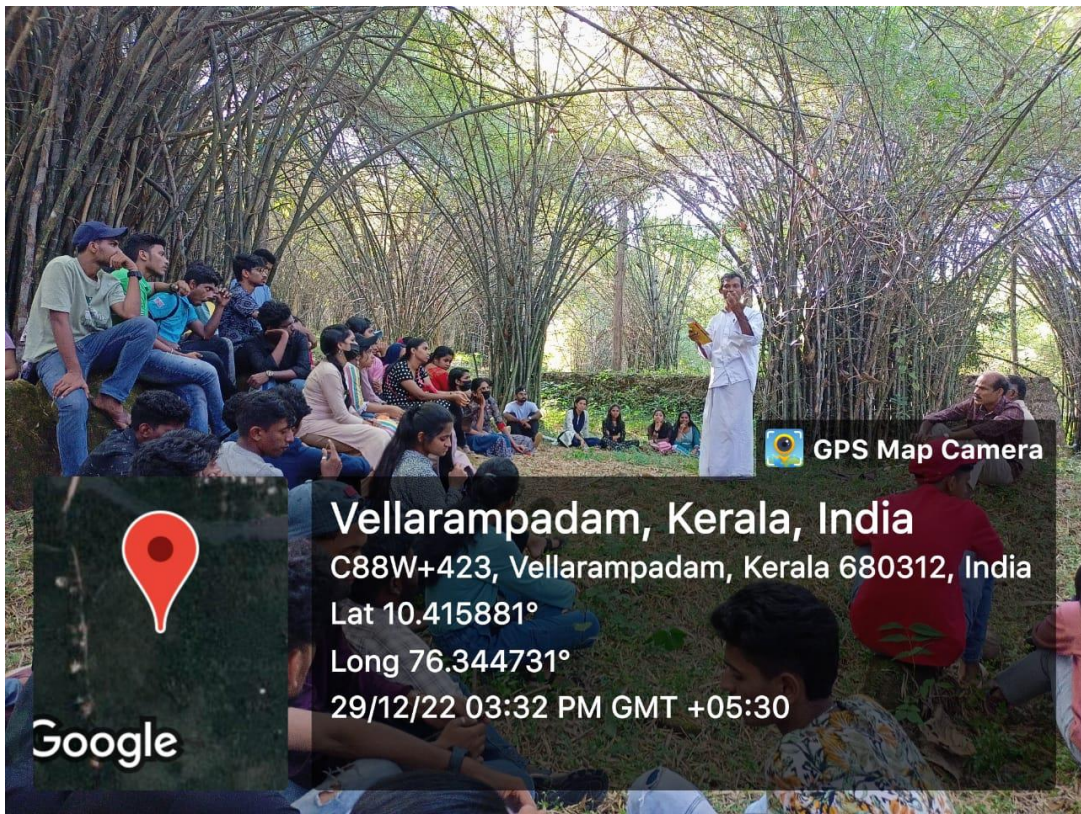
On the way they visited the model bamboo forest maintained by the department of forests at Mupliyam. Sri KK Aneesh Kumar, noted environmental activist of the region spoke to them under the canopy of bamboo trees. He spoke of the environmental degradation taking place in the world in general and in that area in particular. He spoke on the role of the committed volunteers to rejuvenate our ailing environs and to practise sustainable agricultural practices.

The team reached Muniattukunnu by 5.00 climbed the steep hills to have a panoramic view of the whole region from the heights on top of the hill. They also

visited the 'muniara- the dolmen atop the hills. Sri Jose AT, teacher and environmental activist spoke about the history of those hills and the sustained people's agitations for safeguarding those hills from the grip of the mining mafia. The students reached back to the camp site by 6.45

The volunteers assembled in the auditorium by 8.30 after dinner for a brief session by Smt Uthara ES. She gave them a detailed picture of the Civil Supplies Corporation of Kerala where she is an employee. She spoke about the extensive public distribution network of the state and the kind of services provided by State Civil Supplies corporation through its fair price stalls like Maveli stores.

The class was followed by a brief review of the day by the Pos and the volunteers. The cultural programmes began by 9.30 and went up to 10.45 and then everyone retired to bed.



GPS Map Camera



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Chembuchira, Kerala, India

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680684, India

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Day 5

30 – 12 – 2022

By 6.30 am all the volunteers gathered at the premises of the school for exercise under the guidance of Den Varghese, secretary. It was followed by the flag hosting and the day planning at 7.30. The flag was hoisted by the Assistant Professor of English Department, Mr Sandeep E S and the programme officers. The camp news paper was released.


By 9am volunteers had their breakfast and around 9.30, volunteers assembled at Auditorium. A session was held based on the topic “Students and Financial Discipline” by the retired manager of KSFE, Mr.Sajeev Vettiyattil. He spoke of the importance of financial wisdom and highlighted the importance of proper planning in financial matters. He advised students to save money only in trusted financial institutions like the KSFE.

By 10.30 am, Civil Excise officer, Rajendran C.V held a session on “Youth against Addiction“. He spoke in detail about the issue of substance abuse among the students and various aspects related to staying away from drugs.

After a short break, volunteers organised a debate competition on the topic “Drug Addiction” and, 1st and 5th group won the competition. By 2.00 pm volunteers had their lunch and split into groups and went for the survey in the locality.


There was evening games as usual and the students had their dinner y 7.30. they assembled in the auditorium by 8.15 for a brief session. The session was to honour master Dhyuthin Madhav, a class X student of the school who is the recipient of the state level Inspire Award for Science. He narrated his experience and the science project that won him the award.hhe also entertained the volunteers with his mimicry show. The cultural programme of the students began y 9.00 and continued up to 10.30 and that was the end of that day’s events.

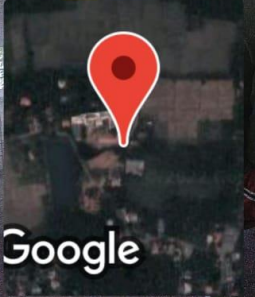


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DAY 6

31 – 12 – 2022

By 6.30 am the volunteers gathered at the corridor for the exercise and later for the flag hoisting ceremony. The flag was hoisted by former programme officer Dr. Jain J Therattil, an assistant professor of our Zoology department. As a part of morning exercise, the volunteers went for a jogging. A group of students under the guidance of Sri Jain J Therattil explored the paddy fields of the village and had their lessons in bird watching and ornithology up to 8.30.

Some of the volunteers left for the last leg of the survey and the remaining were engaged in organising the grand New Year celebrations. The survey was completed in the forenoon. Volunteers also arranged large photo frames of wild life shot in camera by Prakasan Inchakkundu, a wild life photographer. Smt Sreelekha, Section Officer of Calicut University arrived in the camp. She witnessed all the camp activities, took lunch along with the volunteers and

visited the wild life photography exhibition in the auditorium.

The afternoon was dedicated to a massive cleaning drive, as the volunteers were keen on cleaning the premises before they left the camp.

Evening games, football, badminton and other recreations went on as usual.

A team of six volunteers presented a flash mob in the nearby village square at Naadippara. A good crowd watched the flash mob aimed at spreading anti-drug message among the public. The flash mo was supported by Sri Abhilash NP, Ward Member and other local leaders of the village.

The volunteers assembled in the auditorium y 8.30 and reviewed the day's activities. Dr Libison KB, Asst Professor of Commerce visited the cam at that time and presented New Year sweets to the students. Sri Sudheesh, PTA President of the school too visited the camp with his family and distributed homemade sweets to the volunteers. A few alumni of the school too paid their visit.

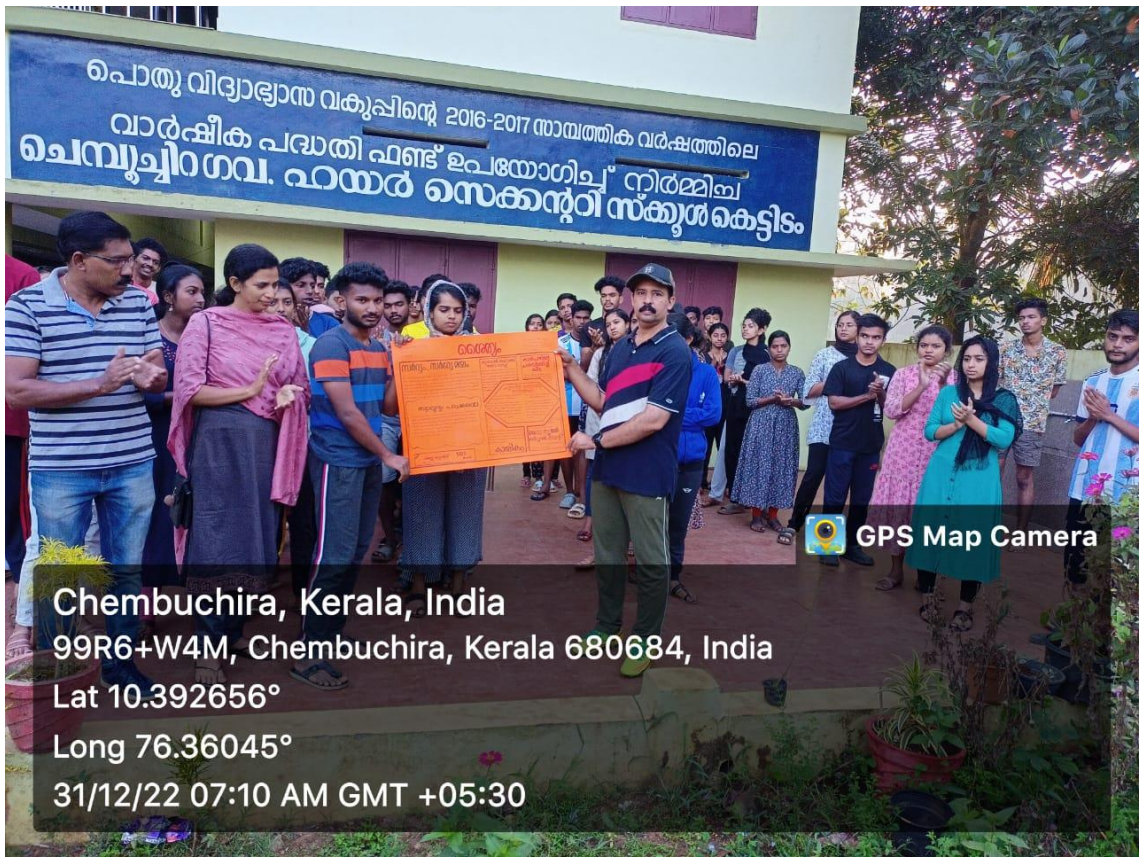
It was followed a session y Sri Adul Gafoor, cyclist and entrepreneur. He spoke on cycling; travelling across the country and about national integration

through journeys. It was followed by a session by Sri Prakasan Injakkundu, poet and wild life photographer. He narrated the story of his photographic expeditions and sang folk songs for the students and entertained them.

It was followed by a musical programme . Rosh, a student of MA English of the college played tunes in his electric violin and enthralled the audience. It was followed by a solo dance performance by Sri Shine Nedumpully, a professional dancer and alumna of the school,. Volunteers too showcased their talents in a grand cultural evening that went up to midnight New Year celebrations were scheduled in the central yard of the high school.

A camp fire, surprise Araian platter for the Programme Officers, music and dance followed the break of the New Year.

The programmes were concluded by 1.30 AM. It really was a memorable New Year celebration for all the campers.



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DAY 7
01 – 01 – 2023

All the volunteers woke up y 5.30 and engaged in morning exercises and jogging at 6.30. By 7: 30 am volunteers assembled at the auditorium after flag hoisting for a feedback session on the camp. The session went up to 1030.

Volunteers had a quick breakfast and they reassembled in the auditorium for the valedictory ceremony. It was presided over by Sri Abhilash NP, ward member for Ward II. Smt Aswathi Vibi, president, Mattathur Grama Panchayath was the chief guest.

The Panchat President handed over prizes for the best volunteers in various categories. He congratulated the

NSS units of the college for their role in completing a complete socioeconomic survey of Ward II of the Panchayath.

Volunteers honoured Smt Indu, the cook of the school for her exemplary behaviour with the campers. Smt Rajitha AG, Programme Officer extended the vote of thanks.

The flag was lowered by Smt Aswathi Viiand camp came to a close y 11.30 and the volunteers left Chembuchira and departed to their homes carrying loads of sweet memories of the place, the people and the camp.

Conclusion

The major outcomes of the camp:

- 1, First and foremost, the camp actualised the plan of creating a complete socioeconomic data bank of Ward

II of Mattathur Grama Panchayat where the camp site was located.

2. The camp gave an excellent opportunity for all the campers to spend a whole week in close proximity to pristine, unpolluted rural environment. The trekking to Muniattu Kunnu and the visit to the Mupliyam Bamboo Forest too gave them ample opportunity to know the beauty and splendour of nature thereby creating strong resolves of conservation and sustainability among them

3. The practical lessons they learned in the kitchen, mess hall, in cleaning and up keeping of the camp site added to their life skills

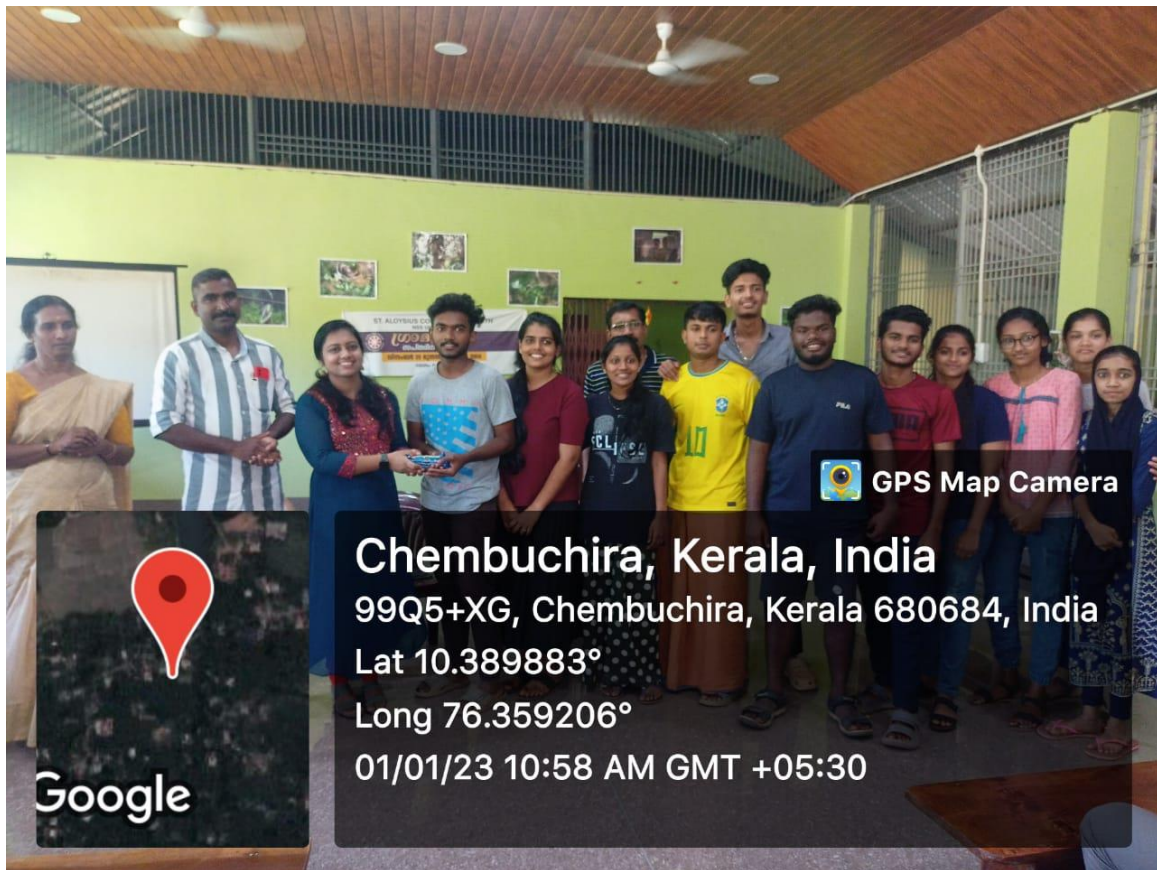
4. The great lessons of socialisation and cooperation were learned systematically during the camp through the routine activities of the camp

5. The camp gave them great opportunity in organisational skills and leadership training which definitely would help them in their life and career.

6. The capacity to live in a place with minimum facilities helped them acquire the great lessons in

tolerance, mutual understanding, sharing and caring-
the great lessons in real life.

7. The camp also gave enough space for the boys and girls to mix, mingle and work together at multiple levels. It was a great opportunity to develop gender sensitive and gender neutral attitudes among both the sexes – the qualities that would take the nation to a progressive era.



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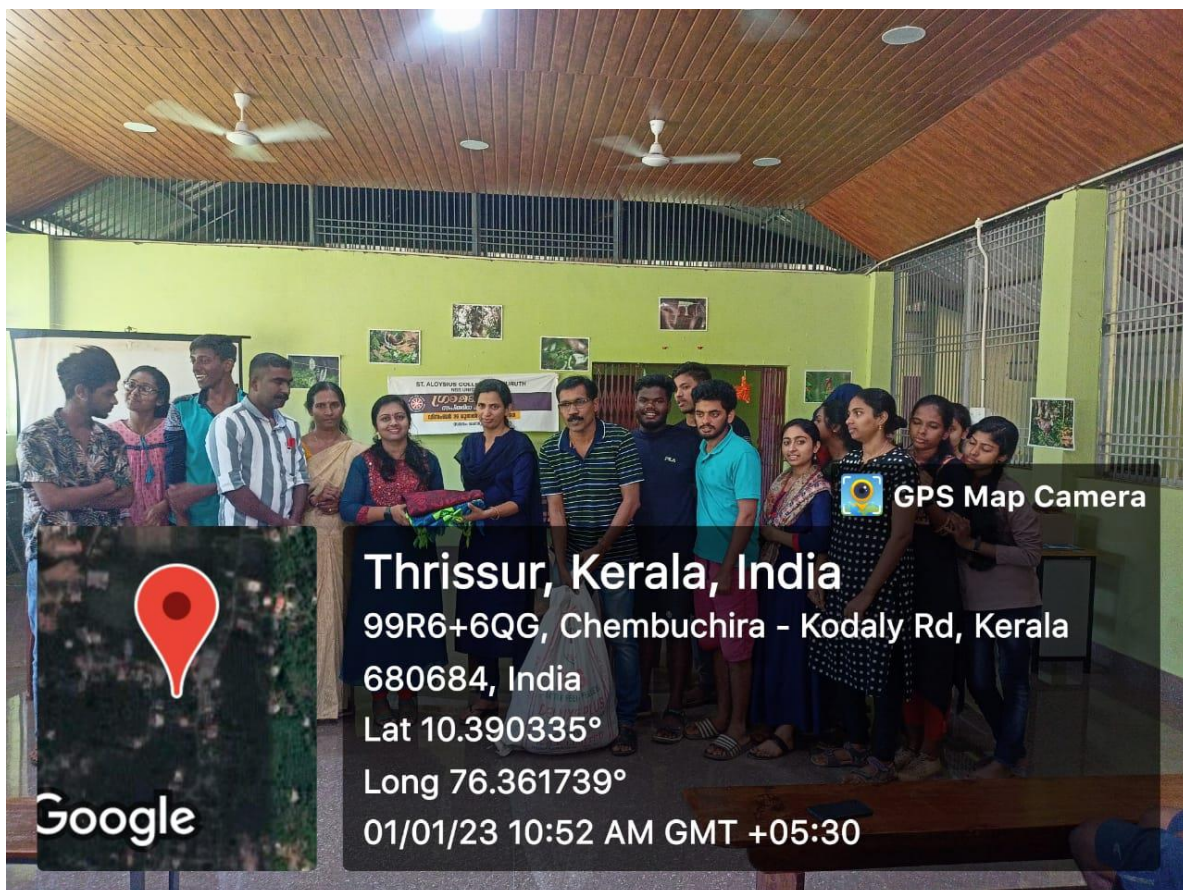
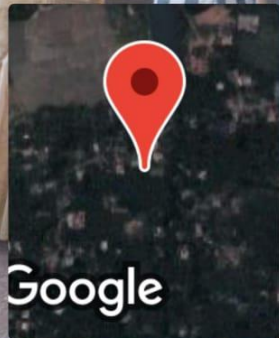
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