

“യംന”- NSS 7 DAY SPECIAL CAMP, 26-12-2025 TO 01-01-2026

DAY 1

INAUGURATION OF THE SEVEN-DAY NSS SPECIAL CAMP “യംന”

The inauguration of the seven-day NSS Special Camp “യംന” was held on **26 December 2025** at **4:30 PM** at **Lourdes Matha HSS, Pacha**. The programme was formally inaugurated by **Rev. Fr. Joseph Choolapparambil**, Manager, Lourdes Matha HSS, Pacha.

The meeting was **presided over by Prof. Dr. Indulal G**, Principal, St. Aloysius College, Edathua. In his presidential address, he highlighted the importance of NSS activities in nurturing social commitment, leadership qualities, and civic responsibility among students.

Mr. Princemon Philip, NSS Programme Officer, delivered the **welcome address**, extending warm greetings to the dignitaries, guests, volunteers, and participants. The **vote of thanks** was proposed by **Ms. Indu V. R**, NSS Programme Officer, who expressed gratitude to all those who contributed to the successful conduct of the inauguration.

The inauguration marked the formal commencement of the seven-day camp, which aims to promote community service, teamwork, discipline, and social awareness among NSS volunteers



ICE-BREAKING SESSION

An interactive and engaging **ice-breaking session** was conducted as part of the NSS Seven-Day Special Camp “യംന” on **26 December 2025** at **Lourdes Matha HSS, Pacha**. The session was led by **Dr. Thomas Panakkalam** from **Bharata Mata College, Thrikkakara**.

The resource person conducted a series of **team-building activities, interaction games, and motivational exercises** that enabled the volunteers to overcome hesitation, build confidence, and

develop mutual understanding. The activities encouraged active participation, cooperation, and communication among the campers.

The session successfully created a **friendly and energetic learning environment**, helping the volunteers connect with one another and setting a positive tone for the camp activities ahead.



DAY 2

The second day of the NSS Seven-Day Special Camp “*WJM*” began at **7:00 AM** with the morning assembly and physical exercise. These activities played a significant role in enhancing the physical and mental alertness of the volunteers and helped them understand the importance of routine, discipline, and physical well-being.

At **9:00 AM**, the volunteers engaged in **campus cleaning and garden maintenance** activities in groups. They removed waste materials, planted saplings, and helped maintain a clean and pleasant environment on the school premises. Through these activities, the volunteers practically realized the value of cleanliness and the importance of environmental conservation.

At **2:00 PM**, a session on **Fire and Safety Awareness** was led by **Mr. Vipin**, Station Officer, Thakazhy Fire and Rescue Station. The class provided detailed awareness on precautionary measures during fire hazards and rescue procedures during emergency situations. The session proved to be highly informative and useful for the volunteers.

At **4:00 PM**, the volunteers carried out **school ground cleaning**, working sincerely to remove garbage and maintain the surroundings in a neat and tidy manner.

At **7:00 PM**, cultural programmes by various volunteer teams were staged. Songs, dances, and cultural performances created a cheerful and friendly camp atmosphere and provided a platform for volunteers to showcase their artistic talents. In addition, recreational games were organized to promote bonding and teamwork among NSS volunteers.

The second day of the camp concluded successfully, offering the volunteers a day filled with meaningful activities, learning experiences, teamwork, and joy.



DAY 3

The third day of the NSS Seven-Day Special Camp “*WIM*” began at **7:00 AM** with the morning assembly and a series of physical exercises. These activities helped energize the volunteers physically and mentally, while also reinforcing the importance of daily discipline and healthy living.

Following this, the volunteers were divided into groups for **survey activities**. Each group consisted of six members, and they were instructed to visit a **minimum of ten households** to collect survey data. The activity provided the volunteers with an opportunity to directly interact with the community and gain insight into the real-life situations of families and women in the locality.

In the afternoon, a seminar on the theme “**Strong Mind – No Drugs**” was conducted, which became the key highlight of the day’s programme. The session was led by **Jineesh A. J.**, Hypnotist, Mind Trainer and World Record Holder, along with **Shamna A. V.**, Kerala’s first woman stage hypnotist, Neuropsychological Trainer and Counsellor.

The motivational and awareness sessions conducted by the experts created a deep understanding among the volunteers regarding the harmful effects of drugs and the significance of developing a strong and resilient mind. The seminar strongly emphasized the message that **the strength of the mind determines the direction of life**, leaving a lasting impact on the participants.

The third day of the camp concluded with a renewed sense of purpose, as the volunteers realized the crucial role of the younger generation in building a responsible and drug-free society.



DAY 4

The fourth day of the NSS Seven-Day Special Camp “*WM?*” began at **8:00 AM** with the morning assembly followed by physical exercise. The exercises helped enhance the physical and mental alertness of the volunteers and reminded them of the importance of daily routine, discipline, and physical fitness.

After breakfast, at **10:00 AM**, a motivational session titled “**Beyond the Colours — Mind Power**” was conducted by **Mr. Durga Prasad**, certified trainer. Through an engaging class and a series of interactive activities, he effectively conveyed the significance of developing a strong and focused mind. The session was a highly enriching experience for the volunteers and helped them understand the true strength and potential of a powerful mind.

In the afternoon session as a part of the “**Malinyamuktha Nava Keralam**” initiative, the NSS volunteers conducted a **cleaning drive at Pacha Junction**. Working in teams, they removed waste materials and contributed sincerely towards maintaining a clean environment. The activity served as a meaningful step towards a cleaner Kerala, reflecting the volunteers’ sense of social responsibility and commitment.

By **6:30 PM**, the volunteers returned to the camp after completing the cleaning work. At **7:00 PM**, the **cultural programmes** commenced. Each group presented creative and vibrant performances in their own unique style. The day concluded with meaningful experiences, strengthened bonds, and a renewed sense of unity and motivation among the volunteers.



DAY 5

The fifth day of the NSS Seven-Day Special Camp “*WJM*” began at **7:30 AM** with the morning assembly led by **Group 4**, followed by physical exercises essential for physical fitness and mental well-being. The activities helped the volunteers begin the day with energy, discipline, and a positive outlook.

By **8:00 AM**, all NSS volunteers engaged in **campus cleaning activities**, ensuring that the school premises remained clean and free from waste, thereby promoting environmental hygiene and social responsibility.

At **10:00 AM**, a creative session titled “**Paattum Parachilum**” was conducted under the leadership of **renowned film artist Shri Mahadevan and his team**. The session featured a variety of folk songs and rhythmic performances that deeply captivated the volunteers. The engaging and vibrant class offered the participants a unique cultural experience filled with music, rhythm, and joy.

By **4:30 PM**, the volunteers proceeded to **Thottappally Harbour** for a field visit and cleaning activity. All NSS volunteers enthusiastically took part in the **beach cleaning drive**, working together to remove waste and restore cleanliness to the area. The activity significantly strengthened environmental awareness and responsibility among the volunteers.

The day concluded with vibrant dance performances that highlighted the volunteers’ enthusiasm, creativity, and strong sense of camaraderie. The lively performances at Pacha School added joy and unity to the camp atmosphere.

Thus, the fifth day of the seven-day camp came to a meaningful and successful close, offering the volunteers enriching experiences, teamwork, and environmental consciousness.



DAY 6

The sixth day of the NSS Seven-Day Special Camp “*WJM*” began with the **morning and assembly at 8:00 AM**. These activities helped the volunteers begin the day with discipline, physical alertness, and mental focus.

At **9:00 AM**, a seminar on the theme **(If the Mind is Good, Will the Nation Become Better?)** was led by **Fransis Agustin Joseph (JCI National Trainer)**. The session emphasized the role of mental strength, positive thinking, responsible citizenship, and value-based living in nation-building. It inspired the volunteers to reflect on self-discipline, social awareness, and individual responsibility toward society.

At **3:00 PM**, the volunteers visited **Seva Nivas, Pacha**, as part of the outreach programme **“Sukrutham — Orphanage Visit and New Year Celebration.”** During the visit, the volunteers **handed over the gift items collected through the Nanmamaram -Christmas Celebration at St. Aloysius College**, which was **jointly organized by the NSS Unit and CSM**. The programme created a touching and emotionally meaningful experience, as the volunteers interacted with the residents, shared time with them, and celebrated the spirit of compassion and care.

At **7:00 PM**, an enchanting **Nadan Paattu (folk music) performance** was presented by **Urav Paattukkoottam**. The traditional melodies and soulful musical presentation added cultural vibrance to the camp atmosphere and fostered a sense of unity and joy among the volunteers.

The sixth day concluded with a meaningful blend of **learning, service, compassion, and cultural enrichment**, further strengthening the humanitarian spirit and social commitment of the NSS volunteers.



DAY 7

The seventh day of the camp began with an assembly and exercise session at 7:30 AM. Following this, the volunteers engaged in cleaning the classrooms and the surrounding premises, ensuring that the entire campus was well-maintained and orderly.

The **Valedictory Function** commenced at 10:00 AM. The programme was inaugurated by **Mr. Tigin Joseph**, President, Champakulam Block Panchayat. The session was presided over by **Mr. Biju Philip**, Vice President, Edathua Grama Panchayat. The welcome address was delivered by **Mr. Princemon Philip**, and the vote of thanks was proposed by **Ms. Indu V. R.**

The concluding ceremony reflected the collective spirit, active participation, and teamwork of all volunteers, marking a meaningful and successful culmination of the seven-day camp.

