

**NATIONAL SERVICE SCHEME**  
**UNIT NO: 262**  
**EMEA TRAINING COLLEGE KONDOTTY**

**NSS**

**SPECIAL CAMP**

**ACTIVITY REPORT**



**NATIONAL SERVICE SCHEME**  
**EMEA TRAINING COLLEGE, KONDOTTY**  
**UNIT NO : 262**



**Khwaab**

**NSS SPECIAL CAMPING  
PROGRAMME**

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**2024 DECEMBER 23 - 29**

**GHSS PERUVALLUR**

23/12/2024

## DAY 1

### Registration

The registration commenced at 9 am under the leadership of Safva kk and Shafa. They also collected the food items bought by the volunteers.

### Flag hoisting

The NSS flag was hoisted at 10.48 am by the block panchayat president Ms. Sajida KP in the presence of teachers and NSS volunteers.





## Inaugural session

The camp was officially inaugurated at 10.50 am. In the session, the welcome speech was delivered by NSS secretary Muhammed khaleel mk and the session was chaired by the principal of EMEATC, DR. Abdul Kadar Parambatt. The honourable guest Ms. sajida KP, block Panchayat president inaugurated the 7day special camp. Camp description was shared by NSS program officer DR. Rajesh T Thazhathayil. Thangam Venugopal (Ward member) , Ms Sudha ( headmistress) , Fasaludheen ( PTA president) , Ashraf ( former PTA president) delivered the felicitations. Fidha Sherin D.T, NSS secretary, extended the gratitude and concluded the session with the national anthem.



## Tea Break

The food committee of the day, Ghoomer, distributed the tea and samosa to the guests and volunteers at 11.20 am.

## Cleaning

The cleaning duties were assigned to different groups by NSS secretary at 11.30 am. All groups sincerely contributed their efforts to the same. The cleaning session was split into two before and after lunch break.



## Lunch Break

The food committee ghoomer very pleasantly served the lunch of the day at 1.30pm . The menu included rice , sambar , cabbage thoran , pickle and pappad.



the nss

## Vilambara jadha

The NSS volunteers along with NSS program officer and teachers went on for the proclamation procession at 4.30 pm. The students marched from peruvallur camping school to Kadappadi Junction raising the slogans on antidrug awareness and bio conservation.



## Meet and greet

The NSS volunteers split into different groups and visited neighbouring households at 5.15 pm. They invited the children for the Bala mela and collected food items for the kalavara nirakkal with great efforts.



## **Ice breaking session**

The final session of our first day, ice breaking, was led by Mr. Rashid

Othukkungal (JCI Trainer) at 7.10 pm. The welcome speech was delivered by Shadiya Febin. NSS volunteers actively participated in various activities provided by the trainer. Shifna Shouba delivered the vote of thanks.





## Dinner

The food committee served the dinner at sharp 9 pm. The menu included chapati and vegetable curry.





## **Parliament session**

The session commenced at 9.40 pm. The speaker Muhsina chaired the session and the prime minister khaleel summarised the whole day. Opposition leader Fathima Rinsha pointed out the drawbacks of the day. The ruling party gave their explanations and the session concluded at 10.15 pm.

24/12/2024

## DAY 2

### WAKE UP

The second day of the NSS camp began early as volunteers woke up at 5:30 AM. By 5:50 AM, hot water and dates were supplied to everyone, ensuring a refreshing start to the day. Some volunteers were already present and actively engaged in preparing for the morning activities.

### ASSEMBLY

The assembly commenced promptly at 6:00 AM. Attendance was taken, and the punctuality of volunteers was closely monitored, with latecomers marked separately.



## YOGA

At 6:35 AM, a yoga session was inaugurated by Mohammad Rashid Sir, who conducted the class with great enthusiasm and expertise. The session continued until 7:25 AM. The event began with a warm welcome speech delivered by Mohammad Ashjan and concluded with a heartfelt vote of thanks by Safva K.

The early activities emphasized discipline, teamwork, and well-being, laying the foundation for another productive and enriching day at the camp.



## BREAKFAST

The time allowed for the breakfast was at 8.00 a.m. Today food duty was for the team 3, they were prepared vellappam and Kadala curry for breakfast.

## PARIRAKSHA SNEHA SANGAMAM

The “Pariraksha Sneha Sangamam” program was a thoughtfully organized event aimed at providing care and support for elderly individuals of Peruvallur panchayath facing age-related challenges. Held from 11:00 AM to 3:00 PM, the event brought together a diverse group of participants, including key stakeholders from various sectors. Prominent figures such as U.P. Muhammed (Standing Committee Chairman), K.T. Sajitha (President, Tirurangadi Block Panchayat), Sareena Haseeb (Chairperson of the Malappuram Standing Committee), and Dr. Mujeeb Rahman (Director, BFHC) led the sessions with informative

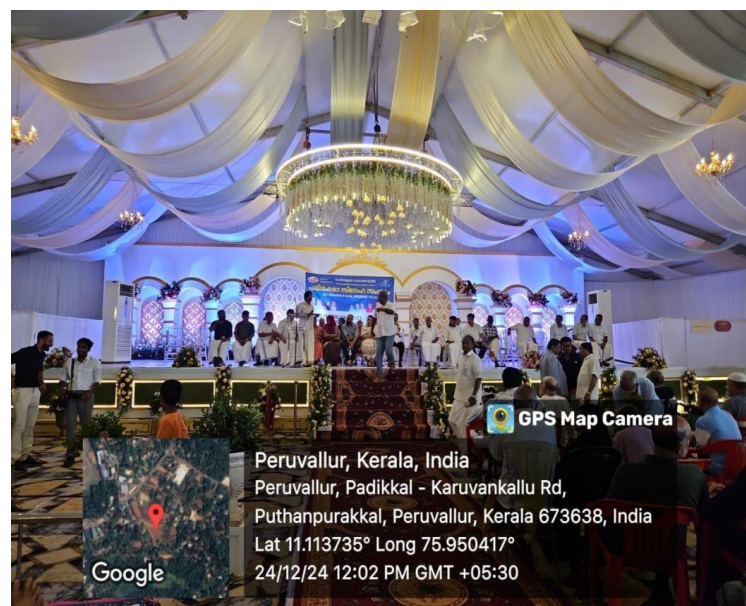


speeches and discussions focusing on the importance of elderly care and healthcare interventions.

The program addressed critical issues such as the physical, emotional, and social well-being of the elderly. There were interactive sessions where participants discussed practical approaches to improve the quality of life for elderly individuals. The program also highlighted the importance of collaboration between families, communities, and healthcare providers in creating a supportive environment for the aging population.

NSS volunteers took part in various duties including the arrangement of events, Food supply, taking care of the elderly patients, cleaning, providing refreshments etc. They also volunteered in bringing the bed ridden patients from their homes to the program in ambulances. The beautiful melody sang by Lovely miss made the event more cheerful. The volunteers interacted with the patients and bystanders along with the Asha workers, doctors, Anganvadi teachers, Palliative workers, politicians, and some locals.

The event concluded with a vote of thanks, leaving a lasting impression on the attendees. The “Pariraksha Sneha Sangamam” program was a commendable initiative, effectively promoting awareness and inspiring collective responsibility for elderly care, thus ensuring a more inclusive and compassionate society.





## TEA BREAK

After the “Pariraksha Sneha Sangamam” program, we had a tea break initiated by Team 3. The tea service started at 4:25 PM and ended at 4:45 PM. The menu included tea and biscuits.

## CULTURAL ACTIVITIES

Today’s cultural activities were started at 5.00 P.M . Dumsherads were carried out very successfully under Team Five. Fidha Sherin and Muhsina gave directions to the participants. All volunteers were participated and enjoyed very well. The game came to an end at 5.30 P.M.



## CAROL

After a short break, everyone was ready for Carol at about a quarter to six. The volunteers wore their red hats and took off with Ashjan dressed as Santa Claus. We visited nearby houses singing Carol songs and giving away sweets. The villagers and neighbourhood people were happy to see us with full energy, dancing and singing. We returned by 7.45 P.M.





## DINNER

After the Carol, dinner was served from 7.50 p.m. to 8.15 p.m., handled by the team 3 , which was the food committee. The dinner menu included chicken biryani and mango pickle.



## PARLIAMENT

The last session was parliament. It was began at 8.35 p.m. Hiba .P was the speaker of the parliament, Fidha Sherin was the prime minister and Aleef was the opposition leader. The opposition leader pointed out the issues occurred on each programmes and the drawbacks of each committees. The prime minister and the supporting ministers clarified their opinions. The powerful arguments lasted until 8.50 p.m.

25/12/2024

## DAY 3

### Wake Up

The third day of the NSS camp began early as volunteers woke up at 5:30 am. food committee team distributed hot water and dates for everyone from 6.10 am to 6.20 am.



### Assembly

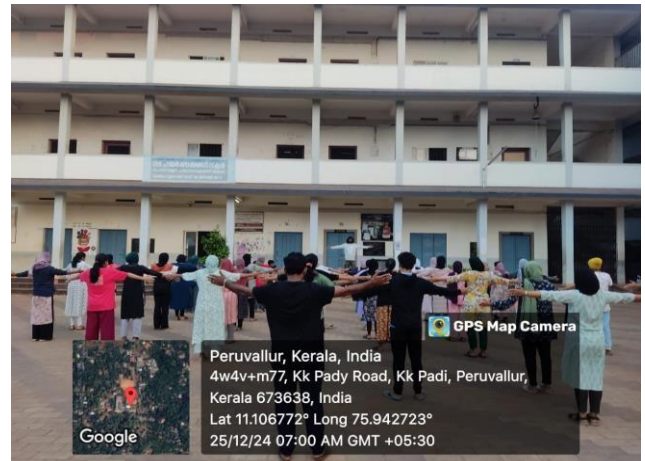
The assembly started at 6.30 am with the proper instructions of NSS program officer Rajesh sir. The news was delivered by the team Satriya adding all the fun moments of camp.





## Zumba

The day kickstarted with the zumba session led by mr.praveesh ( zumba trainer ) at 7am.The welcome speech for the session was delivered by hiba nesrin PT. The program included the general warmup and Zumba respectively. All the volunteers actively participated in the session which lasted till 8 am.After the feedback given by Lubna tp, Muhammed Shibili extended the gratitude .



## Breakfast

The time allowed for the breakfast was at 8:00 am . Today food duty was for the team 4, they were prepared noolpputt and masala curry for breakfast



## **BOUGAINVILLEA GARDENING: -**

The program started at 9:05 a.m., and the seven groups were divided into three teams. The first, second, and third groups formed one team; the fifth and sixth groups were assigned as another team; and the fourth group was responsible for food duty.

The first, second, and third groups were tasked with bougainvillea gardening on the side of the mess hall near the LP School building. The fifth group was assigned to plant jackfruit trees near the Higher Secondary block, while the sixth group was assigned to clean the waste near the high school building and put soil in the same area. All the teams completed their tasks efficiently.

The fifth and sixth groups completed their work by approximately 10:00 a.m. The bougainvillea gardening took more time and was completed by 10:30 a.m. During the activities, the food committee provided refreshments to the volunteers. After completing their tasks, the NSS volunteers painted a wall near the bougainvillea garden. They included the NSS unit number and the name of the institution in the painting. The wall painting concluded at 12:15 p.m.





## Lunch

After the project work it was time for lunch break. Today food duty was for the team 4. They were prepared rice with curry, fish fry and pickle.



## First aid and trauma care

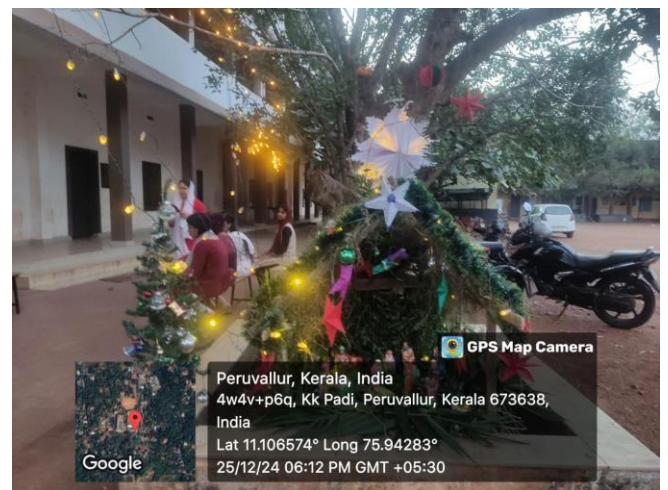
At 1.55 pm a session was inaugurated by Muhammed Haneefa K P (trauma care member) who conducted the class systematically. The session continued until 3.45 pm. The class began with a warm welcome speech delivered by Lubna TP and concluded with a heartfelt vote of thanks by Sahala VC. Fathima Muhsina M and Raheela T K gave Feed Back for the session. It gave a perfect idea about how to give first aid to accident incidents.



## Tea time

The tea was served at 4.00 pm after the first aid session. It was served with delicious snacks such as samosas and pazham pori. There was an assembly conducted at 4.15 pm; the purpose of the assembly was to showcase cultural

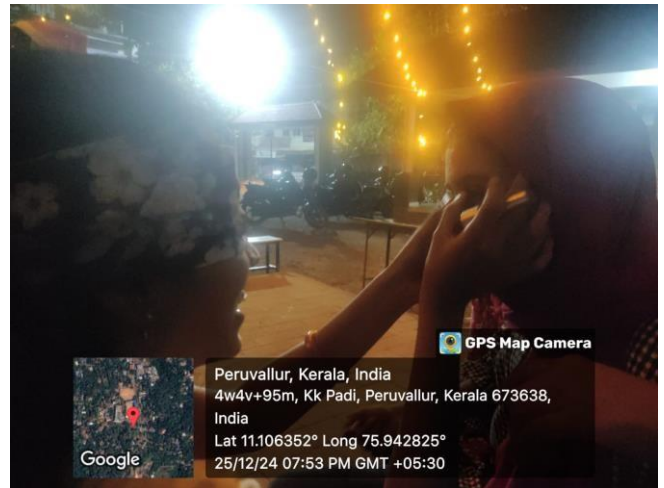
programs performed by juniors. Majida extended her heartfelt vote of thanks to all participants. Then all NSS volunteers began the preparation of the Christmas crib under the guidance of the programme committee.



## Christmas celebration

The NSS camp celebrated Christmas on December 25 with great enthusiasm and joy. Hiba, dressed as Santa Claus, delighted everyone by distributing gifts and spreading festive cheer. The event began with melodious carol singing, followed by a cake-cutting ceremony that symbolized unity and sharing. Cultural programs, including skits and dances, showcased participants' talents, while engaging games added fun and excitement to the day. The celebration brought everyone together, fostering a spirit of love, harmony, and togetherness.





## Dinner

The food committee of the day, group 4 served the dinner at 8.30 pm. The menu included chakka puzhukku with Kanji.



## PARLIAMENT

The last session was parliament. It was begun at 9.25 p.m. Hafeefa C was the speaker of the parliament, Muhammed Khaleel M K was the prime minister and Hajiba V was the opposition leader. The opposition leader pointed out the issues occurred on each programmes and the drawbacks of each committees. The prime minister and the supporting ministers clarified their opinions. The powerful arguments lasted until 9.50 p.m.



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## **DAY 4**

### **Wake Up**

The Fourth day of the NSS camp began early as volunteers woke up at 5:10 am. food committee team distributed hot water and dates for everyone from 5.45 am to 5.55 am.



### **Assembly**

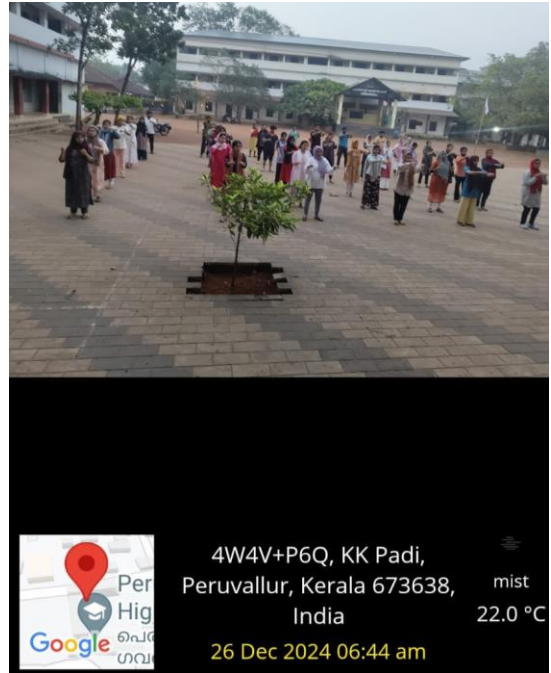
The assembly started at 6.00 am with the proper instructions of NSS program officer Rajesh sir. The news was delivered by the team Kalankari adding all the fun moments of camp.





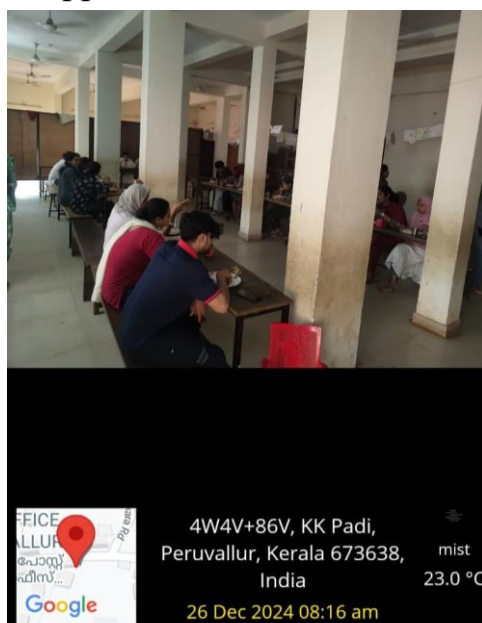
## Aerobics

The day kickstarted with the Aerobics session led by mr.Abdu Sajid ( Physical Education Trainer, GHSS Peruvallur ) at 6.30am.The welcome speech for the session was delivered by Rincy. K . The program included the general warmup and Aerobics respectively. All the volunteers actively participated in the session which lasted till 7.50 am.After that feedback was given by Safva KK and Fasna P, Shana Fathima extended the gratitude .



## Breakfast

The time allowed for the breakfast was at 8:15 am. Today food duty was for the team 5, they were prepared Uppumavu and Banana for breakfast





## Constitutional Awareness Survey: -

The NSS volunteers conducted a Constitutional Awareness Survey using a 15-question questionnaire. Five groups surveyed 10 households each, covering a total of 50 households. The activity began at 9:30 AM and concluded by 12:00 PM, with groups returning at different times after completing their targets. The survey aimed to assess the community's understanding of constitutional principles, rights, and duties. Volunteers engaged residents respectfully and recorded responses accurately.

The initiative was successful, with all groups meeting their objectives. The collected data will be analyzed to identify gaps in constitutional awareness and guide future educational programs. This activity demonstrated the effectiveness of NSS volunteers in promoting constitutional literacy through community engagement.



## Lunch

After the Field work it was time for lunch break. Today food duty was for the team Kadhak. They were prepared Ghee Rice, Chicken Kuruma , Pappadam, Salad and Pickle



## Balamela

The Balamela Program, organized by NSS volunteers at GHSS Peruvallur, was an event aimed at engaging children in arts and games. The program ran from 2:00 PM to 4:15 PM, with 40 children participating.

The event began with a welcome speech by Ambili K, followed by the inauguration by Hiba Nasrin. The program was expertly anchored by Fathima Majida and Silsila, ensuring smooth coordination throughout the event.

The activities included a variety of fun and creative arts and games. The event concluded with a prize distribution ceremony, a photoshoot, and valuable feedback from parents, who appreciated the event's positive impact on their children's development.

Overall, the program was a success, fostering creativity, social interaction, and community engagement among the children.





## Tea time

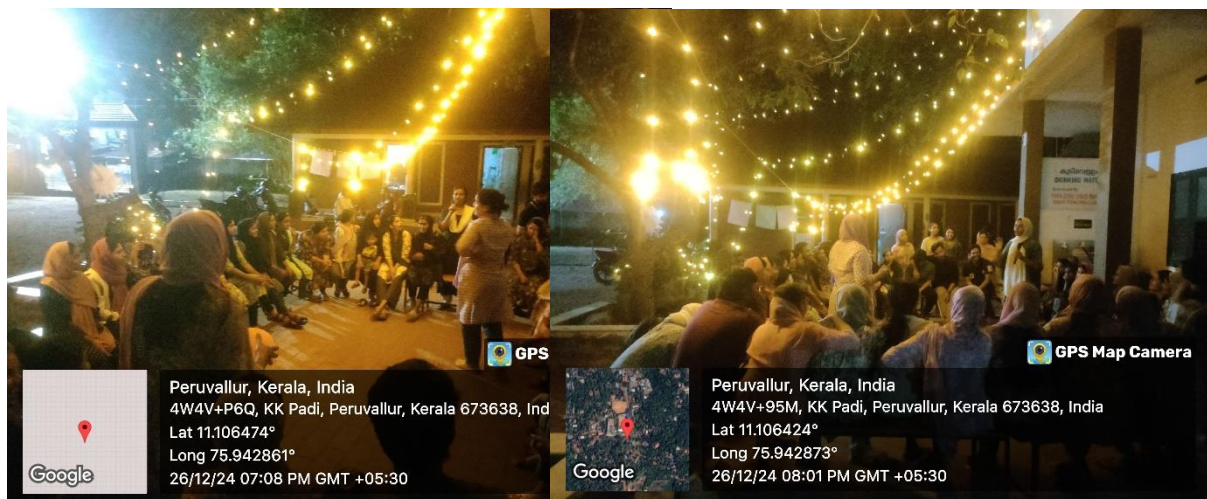
The Tea Time event was held from 4:20 PM to 4:40 PM. During this time, delicious food items, including Avil Kuzhachat and Pazham, were distributed to all Volunteers. The refreshments provided a delightful break and were well-received by everyone, adding to the overall enjoyment of the event.



## Games and Tasks

The Games and Task Session was conducted from 7:00 PM to 8:20 PM, featuring engaging mini-games such as Truth and Dares, organized by the Cultural Committee Kalankari.

The session was addressed by Shadiya Febin, who added depth and enthusiasm to the activities. It concluded with a heartfelt vote of thanks by Vardha, acknowledging the efforts of the organizers and the active participation of volunteers. The session was lively and enjoyable, fostering camaraderie and fun.





## Dinner

The food committee of the day, group Kadhak served the dinner at 8.30 pm. The menu included Mango Chammanthi, Papaya as Side dish with Kanji.

## Parliament

The last session was parliament. It was begun at 9.10 p.m. Sahala VC was the speaker of the parliament, Fidha Sherin DT was the prime minister and Sharfida was the opposition leader. The opposition leader pointed out the issues occurred on each programmes and the drawbacks of each committees. The prime minister and the supporting ministers clarified their opinions. The powerful arguments lasted until 9.50 p.m.



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## DAY 5

### **Morning assembly**

Morning assembly started at 6.13 am with the NSS song sung by Jaseem Aslam, Shibili and Shahla VC. Rajesh sir discussed about day 5 and evaluated camp activities. News was read by Sharfidha representing team Ghoomer at 6.22 am. The demise of former prime minister Dr. Man Mohan Singh was announced and we had a silent prayer for 15 seconds. Assembly ended at 6.33 am.



### **Exercise session**

The exercise session began at 6.44am. Today's exercise session was dealt by NSS members Ashjan, Krishnapriya and Silsila. The session started with warm up session by Ashjan. Later the exercises were dealt by Krishnapriya. The third portion was dealt by Silsila with some relaxing and calming exercises.



## **THEATRE WORKSHOP**

The theatre workshop session begins at 10.00 am. The session was handled by Praveen Sir and Subin sir. Praveen Sir is the director of short films and web series, and also a teacher. Subin sir is an art director. Welcome speech was given by Hidha. It was an interesting session. We enjoyed a lot .It went through various activities and task. They gave us a idea about how to prepare for a drama physically and mentally. Reema,Nilofer,fiba, Krishnapriya gave feedbacks. Shibla gave the vote of thanks.



## **REFRESHMENT**

Refreshment started at 12:20 pm. The food committee provided boiled banana, achappam and hot water. All volunteers came and had their refreshment. It ended at 12:45 pm.



## FOOD

Food committee provides food at 1:35 pm. The menu was vegetable biriyani, chicken kadai, pickle and salad. All volunteers came and had their food. It ended at 2:05 pm.



## ILLAM VISIT

We went to illam at 3:20 pm. We all walked to the illam. It was a memorable journey. Illam is a large house with a temple, courtyard and pond. All volunteers really enjoyed it. There was a green environment and was calm and quiet. We reached school at 4:30 pm.



## TEA BREAK

After the illam visit, we had a tea break initiated by Team 6. The tea service started at 4:45 PM and ended at 5.10 PM. The menu included tea, achappam and nurukku.



## UNIVERSITY INSPECTION

After the tea break, N. A Shihabudheen, nss officer visited the camp for inspection. He visited our camp and inspected the camp. He gave us some instructions and details about the nss camp. He visited at 5:00 pm. Fidha sherin gave vote of thanks.

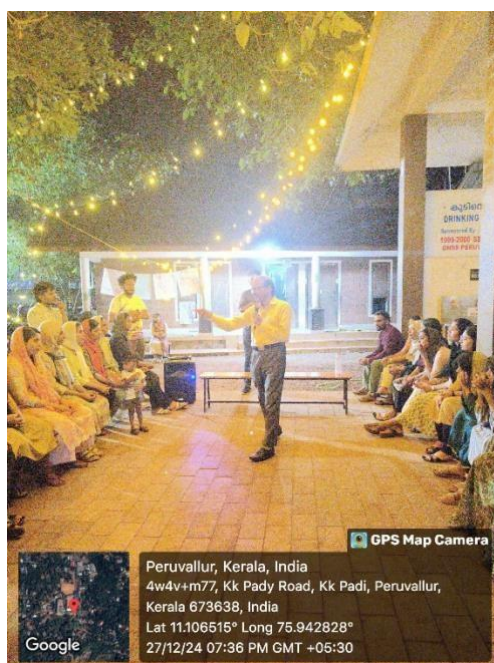


## GAMES

After the tea break we entered into our cultural programmes. Some volunteers played badminton, some played hide and seek, ice and water. It was relaxing for all. The volunteers enjoyed well. All were happy with the games.

## PARLIAMENT

Parliament began at 7 pm. Fasna was the speaker of the Parliament. Fidha sherin was the prime minister and Silsila was the opposition leader. The opposition leader pointed out the issues occurred on each programme and the drawbacks of each committee. The prime minister and supporting minister clarified their opinions. The powerful arguments lasted until 7.25pm.



## DINNER

After the talk with VP Moidheenkutty sir, the dinner was served from 8.00 p.m to 8.45p.m by team 6, Sattriya, which was the food committee. The dinner menu included porotta and egg curry with some grapes. They also served salted pineapple and cucumber.





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## MOVIE NIGHT

The movie night session was started at 9.00 pm. Cultural committee distributed tickets for the show. They played the movie named 'Tumbbad'. The movie directed by Rahi Anil Barve and Anand Gandhi. It was a horror and fantasy movie. It was released in 2018. The movie was very interesting. They distributed oranges in the break time. The movie was ended at 10.45 pm.



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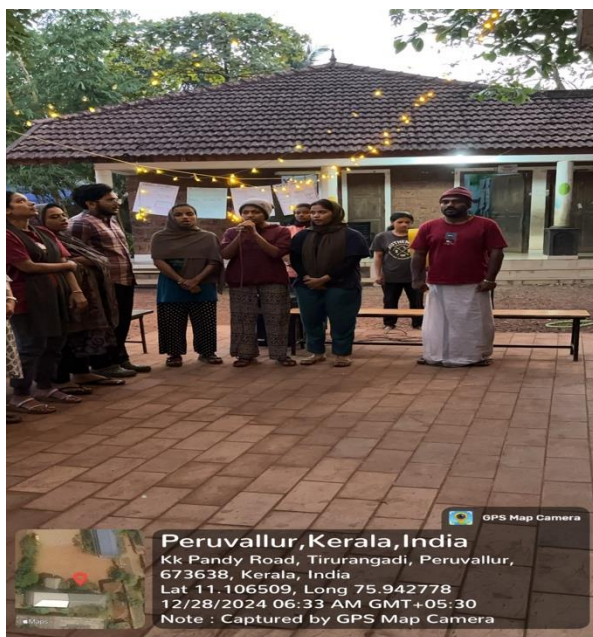
## DAY 6

### Refreshment

Refreshment started at 6:10 am. The food committee provided warm water and snacks(Dates,achappam,nurukk).Most of the volunteers came and had their refreshment.It entered at 6:30 am.

### Morning assembly

Morning assembly started at 6:35 am with the nss song sung by anupama,muhsina and nilofer. Then rajesh sir discussed about the day 6 and evaluated camp activities.News was read by fasna and krishnapriyarepresented team madhubani at 6:44 am.Assembly ended at 6:55 am.



### Exercise session

The exercise session began at 7:00 am.Based on the students recommendation,today's exercise was walking.Meant by some students engaged in refreshing games.The session ended at 8:00 am.



## Breakfast

The food committee provided breakfast at 8:13 am. The menu was uppumavu, kadalacurry with tea. All volunteers came and had their food. It ended at 8:40 am.





# Self defence

Self defence session began at 10:19am. The session was handled by Nitheesh sir and Rahul sir. Nitheesh sir is a national certified fitness trainer and founder of NFA institute. Rahul sir is a boxing champion. Welcome speech was given by muhsina and it was an interesting session. we thrilled and enjoyed a lot it went through two sections, selfdefence and boxing training. They prepared as how to defend ourselves from attacks. Fasna and Ashjan gave feedbacks. Silsila gave the vote of thanks.



# Lunch

Food committee provided food at 12:30 pm. The menu was meals with cabbage, pappadam and pickle. All volunteers came and had their food. It ended at 1:15pm



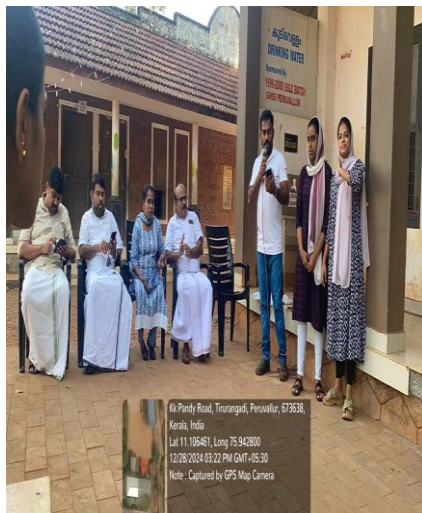
## Movie show

The movie session started at 02 11 pm. The culture committee and programme committee jointly conducted t the show.They played the movie named “Vettam” directed by Priyadarsan. It was a comedy entertainer.



## Gratitude ceremony

After the movie show the panchayat members of Peruvallur visited our camp. The panchayat members handed over their token of love towards NSS coordinators.They left after taking a group photo



## Games

After the refreshment we entered in to different games. We engaged different games like badminton, ice water, kulam kara & my friend game. It was so relaxing to us. Each volunteers enjoyed it well.



## Closing ceremony

The closing ceremony of ' khwab 2024' started at 6:50 pm. In this session, the welcome speech was delivered by NSS programme officer Dr rajesh TT and the session was chaired by hafsa mol ok, Assistant professor of EMEA TC. The honourable guest Dr Abdul hameed management member of EMEA TC inaugurated the seven day camp's official closing ceremony. Chandran Nair (Assistant professor of EMEA TC), shahina (ASST Professor of EMEA TC), Baisy (ASST Professor of EMEA TC) and Arun kumar (ASST Professor of EMEA TC) delivered the felicitation. Mohammed khaleel NSS secretary, extended the gratitude.





## Parliament

Parliament began at 8:00 pm. Nilofer was the speaker of the parliament. Mohammed khaleel was the prime minister and majida was the opposition leader. The opposition leader pointed out the issues occurred on each programmes and the drawbacks of each committees. The prime minister and supporting minister clarified their opinions. The powerful arguments lasted until 8:25 pm.



## Dinner

After the parliament session, the dinner was served from 8:30 pm to 9:05 pm by team 1. The dinner menu included mandhi, alfham, mayonnaise with tomato sauce. They also served dairy milk and seven up.



## Campfire

The most exciting and heart touching moment of the camp was started at 9:45 pm. Each of the volunteers shared their experiences about the camp.



**Peruvallur, Kerala, India**

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673638, Kerala, India

Lat 11.106507, Long 75.942840

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Note : Captured by GPS Map Camera



29/12/2024

## **DAY 7**

### **Wake up**

All the students woke up between 5.00 am and 6.00 am. The food committee provided hot water and dates to the volunteers.

### **Morning assembly**

Morning assembly started at 6:00 am with the nss song sung by Anupama, Shaniba and Shana Fathima. Then rajesh sir discussed about day 7 and evaluated camp activities. News was read by the team madhubani. Assembly ended at 6:30 am.

### **Exercise**

At 6.30 am everyone gathered and walked through the school ground, the session was also included with warmup exercises. The session ended at 7.30 am

### **Breakfast**

The food committee provided breakfast at 8:15 am. The menu was pathiri and chicken curry along with tea. All the volunteers came and had their food. It ended at 8:40 am.

### **Mental health**

The session on mental health started at 10.30.am and lasted till 12.10 pm. Hiza nazer and Sahala gave the welcome speech and vote of Thanks.

### **Lunch**

Food committee provided food at 12:30 pm. The menu was rice and sambar with cabbage, and pickle. All volunteers came and had their food. It ended at 1:15pm.

### **Cleaning**

All the volunteers were given cleaning duties at different areas.

We arranged th