



NSS UNIT
Government College of Nursing
Thiruvananthapuram





NSS GCNT conducted a seven day Annual special Campaign program.
(Theme : NSS Youth for Sustainable Development)

DAY -1
6/12/24

INAUGURATION DAY

- 4:00Pm - 6:00Pm : The inauguration ceremony started at 5:00pm. NSS programme officer Dr.preetha.s inaugurated the campaign.
- 6:00PM - 7:30PM :ICE BREAKING SECTION -After inauguration, an Ice breaking session was conducted. The Students introduced each other . It helped to assess, after four years, the extent to which they had developed an understanding of each other.

DAY2
7/12/24

- 6.15Am - 6.40Am Exercise was completed
- 9Am - 1Pm Camp was organized an campus cleaning
- 4 Pm -7Pm : Games section Conducted by NSS Volunteers

DAY : 3

8/12/24

- 6.15Am - 6.45Am : Exercise (warm up and Morning walk) was done. Almost 72 volunteers participated in that.
- 9.30Am-1.00Pm : Hostel cleaning And Gardening (SNEHARAMAM) was done on that day. In that, different groups were assigned with different areas for cleaning. Wall cleaning was also done on that day after cleaning. It helped to be a part of 'SWACHH HOSTEL.'
- 2.00Pm - 6.00pm : Drawing and painting on the walls of hostel was done
- 6.30Pm - 9.30Pm : Google junction was conducted. It was done with a task. Each group had given different topics and were asked to take mind-blowing pictures based on the topic. While doing the task, they were given some clues to reach their destination. By solving the clues, all groups reached their destination by 7.45pm. That game enhanced their time management skills, decision making skills, group participation as well as coordination.

DAY 4

09/12/2024

- 9.00Am - 1.00Pm : Survey tool was prepared by volunteers on the topic 'Practice on proper waste segregation and disposal of waste in hostel, GCNT'.
- 3.00Pm - 5.00Pm : A Training session named 'BEYOND LIMITS' was conducted by M S Mohanachandran, recognised trainer, Department of physical and training on the topic "Enhancing productivity".
- 7.30Pm - 9.30Pm : Cultural programme named 'KISSIK' was organized.

DAY 5

10/12/24

- 9:00Am - 1:00Pm : Medical camp 'AGADHAM' was organized in association with Devi Scans, Kumarapuram and Dr Agarwal's eye hospital. Blood glucose level and Cholesterol level were checked free of cost and other tests at half the rates (Thyroid test, Vit D3 level, etc) by Devi scan. Free eye tests were conducted by Dr Agarwal's eye hospital. A total of 104 people including teaching, non teaching staff and students participated in this program.
- 9am - 11 am : 'SUKRUTHAM' Cloths collected for supplying to pediatrics and geriatrics wards were organised and packed.
- 9am - 11 am : Survey form preparation was done by the technical wing of nss camp.
- 10 am - 12 pm : 'IKKANTE KALAVARA' a group of nss volunteers prepared biryani for lunch.
- 1pm - 2pm : 'BRIYANI KISSA' All nss volunteers ate lunch together.

- 2pm - 4pm : ‘CRAFTING YOUR DREAM’ A curriculum vitae preparation session was conducted by Mr.Satheesh Kumar S , Master trainer in communicative english , recognized trained under the GoI. He also prepared the students on how to face interviews without fear.
- 5pm- 6:30 pm : ‘TRANQUIL TOUCH’ Mr Vinoj Surendran , consciousness engineer, Mind coach ,Global career counselor conducted a session to improve concentration skills and how one can control their mind.

DAY 6

11/12/2024

- 6:00Am - 6:30 Pm : Exercise was done
- 9.00Am - 1.00Pm : Bone density assessment camp was held in coordination with the PMR department. Around 100 people participated in the camp including teachers, non teaching staff and students.
- 9.00Am - 10:30Am : Camp Recap was done by NSS programme officer Dr. Preetha madam. The students shared their experience and their evaluation of the camp activities in the session.
- 10:30Am - 1.00Pm: Preparation of “camp pathram” was done by respective groups according to their assigned day of duty .
- 2.00Pm - 4.00 Pm : a class on fire safety was taken with the help of the fire and rescue department, Chakkai. They conducted an elaborative session about fire safety, lifting etc. It was very informative and also involved active student participation.
- 4:30Pm - 5:30Pm : An informative session about OET classes was arranged with the help of Ajinora Institute.

DAY 7

12/12/2024

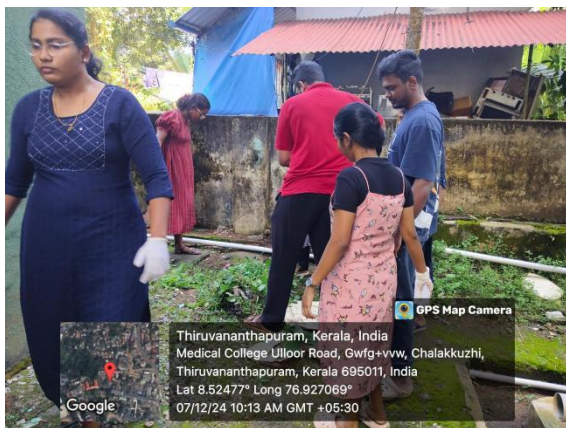
- 6:15Am - 6:45Am : Exercise (warm up and Zumba) was done.
- 9:00Am - 11:30Am : Camp newspaper preparation
- 11:30Am -12:30Pm : Recap Session taken by Dr.Preetha.S, NSS programme officer and volunteers discussed what they gained from the camp.
- 3:00Pm -4:00Pm :Valedictory Function. Function was started with an NSS song.Prof.Sreedevi Amma C ,college Principal delivered a thought provoking Presidential address. Survey report was presented by Reshmi MR, NSS camp leader. Felicitations were given by Prof.Reena Thankaraj,college Vice Principal, Dr.Preetha S,NSS programme officer, Associate Prof.Pratibha,fourth year class coordinator and Associate.Prof.Aneesa S A.
- After the Valedictory Function each group presented their camp newspaper.



DAY 1 - GROUP : DIAMOND



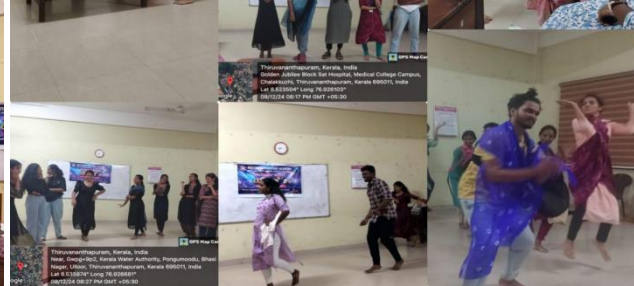
DAY 2 - GROUP : RUBY



DAY 3 - GROUP : AMETHYST



DAY 4 - GROUP : ONYX



DAY 5 - GROUP : TOPAZ



DAY 6 - GROUP : EMERALD



DAY 7 - GROUP : SAPPHIRE

