



Sree Narayana Guru College of Engineering & Technology

KOROM, PAYYANUR, KANNUR-670 307

NATIONAL SERVICE SCHEME Unit No. 610



സപ്തദിന സഹവാസ ക്യാമ്പ് 2024

At Sacred Heart L P SCHOOL Mampoil
(04-03-2024 to 10-03-2024)

The National Service Scheme (NSS) unit of Sree Narayana Guru College of Engineering and Technology, Payyanur, orchestrated a seven-day residential camp from March 4th to March 11th, 2024, at the Sacred Heart LP School in Mampoil. The entire camp was overseen by Mr. Vaishakh M, the Program Officer of NSS SNGCET. The official inauguration of the "സപ്തദിന സഹവാസ ക്യാമ്പ് 2024" took place on March 4th at 2:30 PM in the school auditorium. The inaugural session was chaired by Mr. Santhosh, the PTA President of Sacred Heart LP School Mampoil, and inaugurated by Smt. Bindu, the Ward Member of Karthikapuram Grama Panchayath. Following the formal inauguration, an ice-breaking session was conducted by Sri. Manoj T V, a Leadership and Life Skills trainer, along with Sri Mohanan V V, Former NSS District Coordinator, Tech Cell, until 10 PM.

On March 5th, NSS volunteers engaged in a school cleaning activity, followed by a group activity to plan various group activities for the upcoming camp days to serve the localities of Mampoil as part of the community extension program. Subsequently, a session on NRPF activities was conducted to raise awareness about various NRPF-related activities. This session was led by Mr. Vaishakh M Nayanar, the Program Officer of NSS SNGCET. Later, volunteers conducted a cultural session followed by dinner at 9 PM.

On March 6th, a session on Health & Dose was conducted for NSS volunteers, facilitated by Prof. Unnikrishnan O, HoD of Physical Education at SNGCET Payyanur. In the afternoon session, an orientation session for the locals of Mampoil was held on energy


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conservation through home visits. Volunteers distributed LED Bulbs, manufactured as part of National Energy Conservation Day at college, free of cost, and demonstrated how LED bulbs reduce energy consumption. Later, volunteers conducted a cultural session followed by dinner at 9 PM.

On March 7th, a session on Blood Donation was conducted for NSS volunteers, led by Dr. Nabeel. In the afternoon, volunteers established a vegetable garden at the school. Subsequently, volunteers conducted a cultural session involving students of Sacred Heart LP School Mampoil, followed by donating books to the school library. Later, volunteers conducted another cultural session in the night followed by dinner at 9 PM.

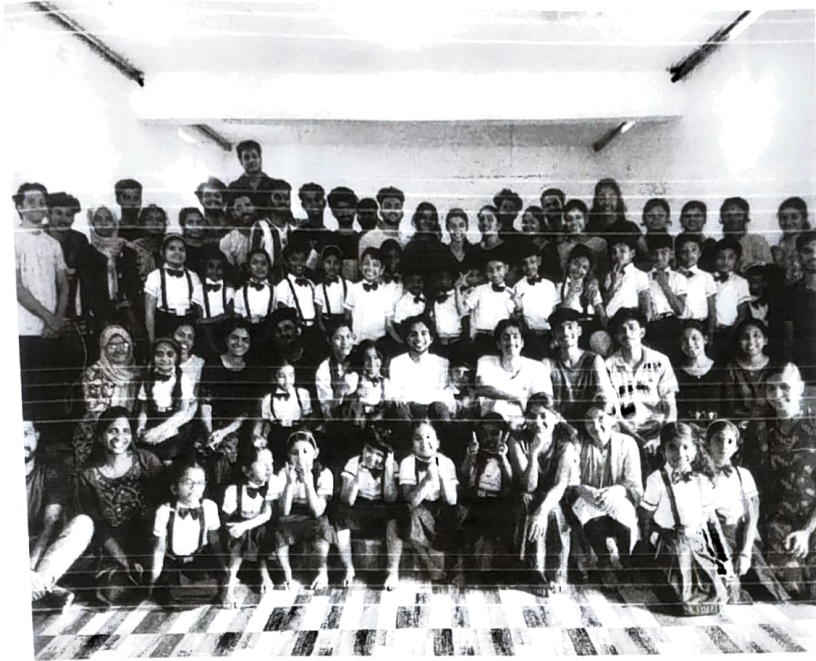
On March 8th, a session on Self Defence was conducted for NSS volunteers, led by Mr. Vilas P, a Self Defence Trainer. In the afternoon session, volunteers carried out a plastic removal drive at Mampoil junction and created a small garden. Additionally, they conducted a cleaning drive at the volleyball court of Mampoil. Later, volunteers conducted a cultural session in the night followed by dinner at 9 PM.

On March 9th, volunteers conducted a cleaning drive at the primary health center in Thalavil, which is the sole medical emergency facility available for the locals of Mampoil. Later, volunteers engaged in a river cleaning activity to remove plastic waste. In the afternoon session, students distributed food materials and vegetables to economically backward individuals of Mampoil. Later in the night, volunteers conducted another cultural session followed by dinner at 9 PM.

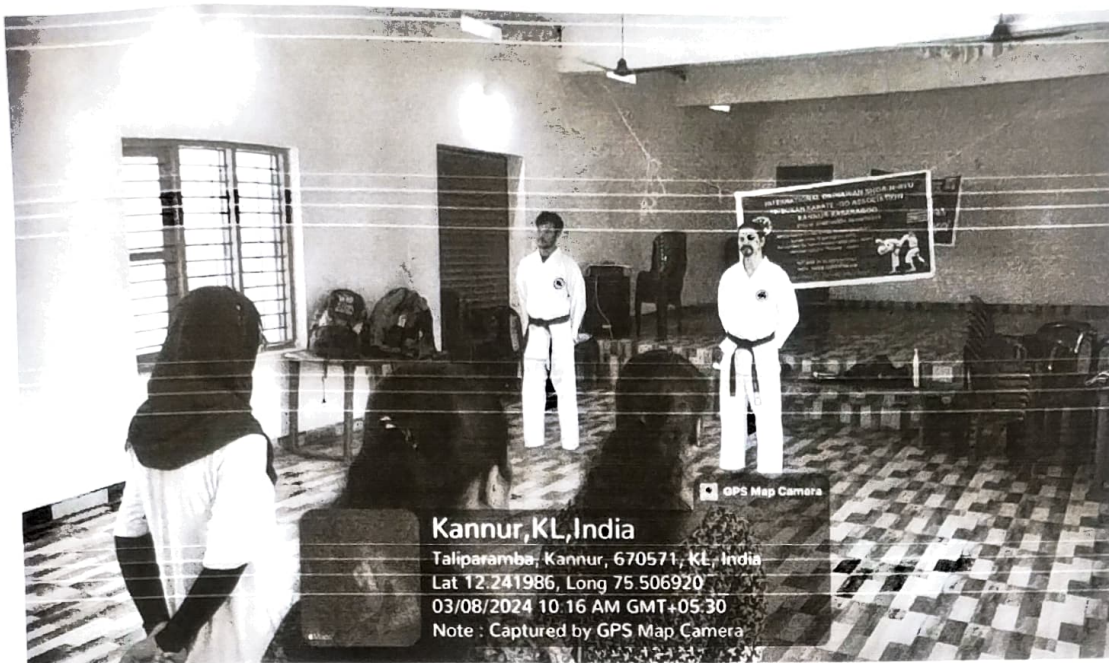
Additionally, volunteers responded to a request from school authorities by painting classroom walls with educational material for the students of Sacred Heart LP School Mampoil. After the conclusion of the camp, an evaluation session was held, followed by the formal closing ceremony on March 11th. The closing session, presided over by Mr. Vaishakh M, the Program Officer of NSS SNGCET, was inaugurated by Sri Santhosh, the PTA President. During the closing session, study kits were distributed to deserving students and awards were presented to the best volunteers.



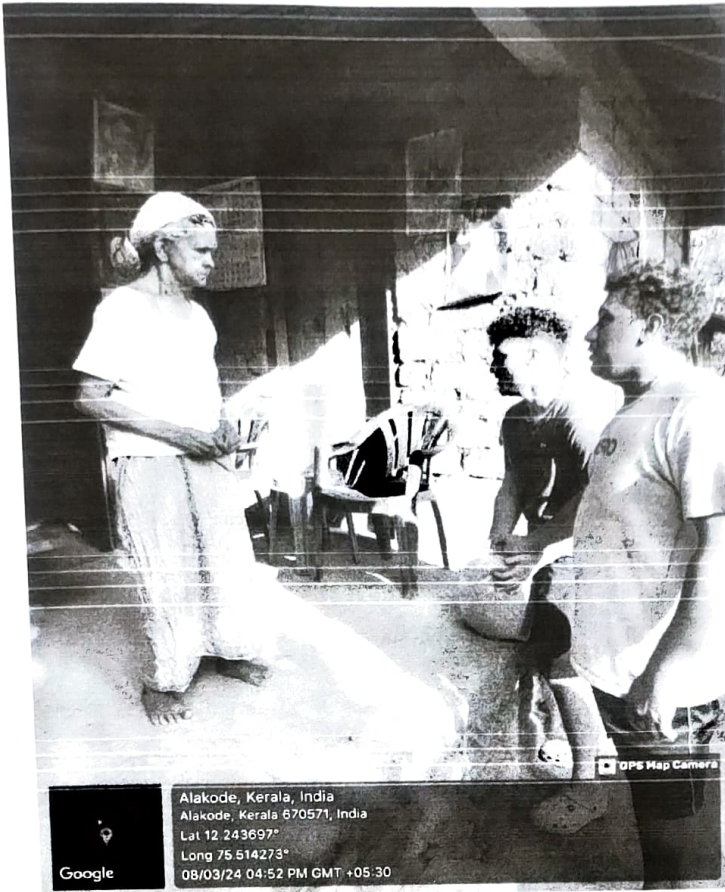
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DAY 4(07-03-2023)

5.00 AM- WAKE UP
6 AM TO 7 AM -
YOGA & MORNING EXERCISES
7 AM TO 7.30 AM - ASSEMBLY
7.30 AM TO 8.30 PM - BREAK FAST
9 AM TO 12 PM - ORIENTATION SESSION
BLOOD DONATION & ITS IMPORTANCE
(RESOURCE PERSON: DR. NABEEL)
1 PM - LUNCH
2 PM TO 4 PM -
VEGETABLE GARDEN MAKING AT SCHOOL
4 PM - TEA BREAK
4.30 PM TO 6.30 PM -
PLANNING OF GROUP ACTIVITIES
7 PM TO 9 PM - CULTURAL ACTIVITIES
9 PM - DINNER
10 PM - LIGHTS OFF

DAY 5(08-03-2023)

5.00 AM- WAKE UP
6 AM TO 7 AM - YOGA & MORNING EXERCISES
7 AM TO 7.30 AM - ASSEMBLY
7.30 AM TO 8.30 AM - BREAK FAST
9 AM TO 12 PM
ORIENTATION SESSION SELF DEFENCE
(RESOURCE PERSON:MR. VILAS P SELF DEFENSE TRAINER)
1 PM - LUNCH
2 PM TO 4 PM - ROAD MAKING TO SCHOOL
4 PM - TEA BREAK
4.30 PM TO 6.30 PM
PLANNING OF GROUP ACTIVITIES
7 PM TO 9 PM - CULTURAL ACTIVITIES
9 PM - DINNER
10 PM - LIGHTS OFF

DAY 6(09-02-2024)

5.00 AM WAKE UP
6 AM TO 7 AM
YOGA & MORNING EXERCISES
7 AM TO 7.30 AM
ASSEMBLY
7.30 AM TO 8.30 AM
BREAK FAST
9 AM TO 12 PM
ORIENTATION SESSION
ANNUAL CALENDER MAKING
OF NSS ACTIVITIES
(RESOURCE PERSON:MR. YASHASHI H KARANNA, PROGRAM OFFICER)
1 PM - LUNCH
2 PM TO 4 PM - RIVER CLEANING
4 PM - TEA BREAK
4.30 PM TO 6.30 PM -
PLANNING OF GROUP ACTIVITIES
7 PM TO 9 PM - CULTURAL ACTIVITIES
9 PM - DINNER
10 PM - LIGHTS OFF

DAY 7 (10-02-2024)

5.00 AM WAKE UP
6 AM TO 7 AM
YOGA & MORNING EXERCISES
7 AM TO 7.30 AM
ASSEMBLY
7.30 AM TO 8.30 AM
BREAK FAST
9 AM TO 10 AM
CAMP EVALUATION
10 AM TO 12 PM
CLOSING CEREMONY
12.30 PM
BACK TO HOME



**Sree Narayana Guru College
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Erum, Chittabakkudi RD, Payyanur, Kannur, Kerala - 670571



APJAKTU
NSS CELL
**NATIONAL
SERVICE SCHEME**
Unit No: 610

**7 DAYS
RESIDENTIAL
CAMP**

AT SACRED HEART L P SCHOOL
MAMPOIL

CAMP DETAILS

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DAY 1 (04-03-2023)

2.00 PM TO 3.00 P M
INAUGURATION CEREMONY
3 PM TO 4 PM
PROVIDING CAMP RULES
BY MR. VAISHAKH M NAYANAR,
PROGRAM OFFICER
NSS UNIT.NO.610
4 PM TO 7 PM
MARUNNA LOKAVUM
MARENDUNNA NAMMALUM
(RESOURCE PERSON :
SRI. MOHANAN V V, SKILL TRAINER
& FORMER DISTRICT NSS COORDINATOR, NSS CELL)
7 PM TO 9 PM
ICE BREAKING SESSION &
FORMATION OF GROUPS
(RESOURCE PERSON :
SRI. MANOJ K V, LEADERSHIP & SKILL TRAINER)
9 PM TO 10 PM
FRESH UP & DINNER
10.15 PM
LIGHTS OFF

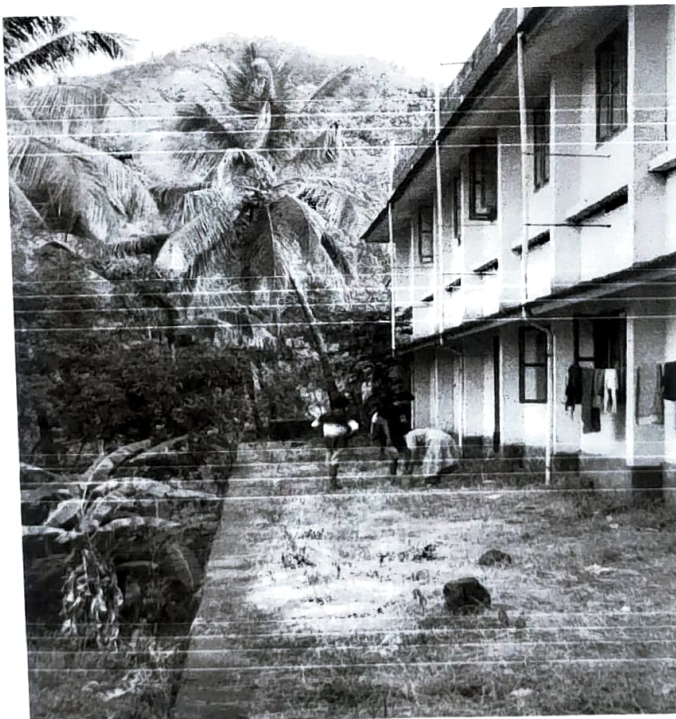
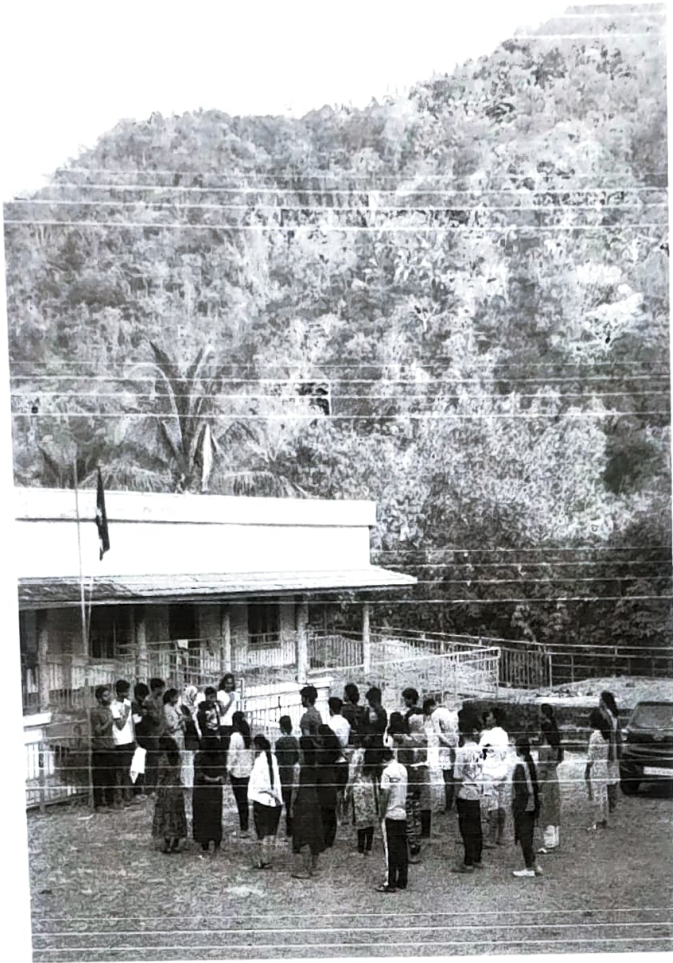
DAY 2(05-03-2023)

5.00 AM- WAKE UP
6 AM TO 7 AM -
YOGA & MORNING EXERCISES
7 AM TO 7.30 AM -
ASSEMBLY
7.30 AM TO 8.30 AM -
BREAK FAST
9 AM TO 12 PM -
SCHOOL CLEANING
1 PM -
LUNCH
2 PM TO 3 PM -
PLANNING OF GROUP ACTIVITES
4 PM -
TEA BREAK
4.30 PM TO 6.30 PM -
ORIENTATION ON NRPF
7 PM TO 9 PM -
CULTURAL ACTIVITES
9 PM -
DINNER
10 PM -
LIGHTS OFF

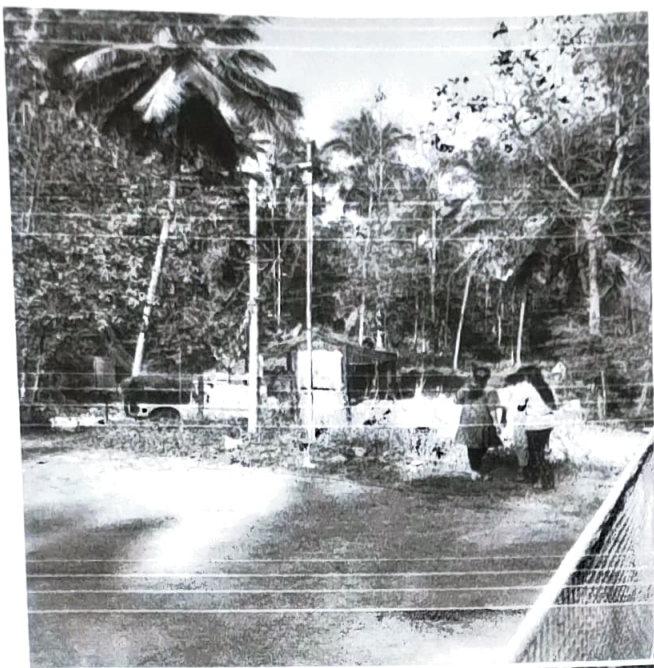
DAY 3(06-03-2023)

5.00 AM- WAKE UP
6 AM TO 7 AM -
YOGA & MORNING EXERCISES
7 AM TO 7.30 AM - **ASSEMBLY**
7.30 AM TO 8.30 AM - **BREAK FAST**
9 AM TO 12 PM -
ORIENTATION SESSION
HEALTH & FITNESS
(RESOURCE PERSON:
PROF. UNNIKRISHNAN O, HOD
PHYSICAL EDUCATION DEPT.
SNGCET)
1 PM -
LUNCH
2 PM TO 4 PM -
ORIENTATION PROGRAM
ON ENERGY CONSERVATION
& LED BULB DISTRIBUTION
4 PM -
TEA BREAK
4.30 PM TO 6.30 PM -
PLANNING OF GROUP
ACTIVITES
7 PM TO 9 PM -
CULTURAL ACTIVITES
9 PM - **DINNER**
10 PM - **LIGHTS OFF**


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UNIT NO. 610

Korom, Chalakkode P.O., Payyanur, Kannur, Kerala - 670307.

[Approved by AICTE New Delhi and Affiliated to APJ Abdul Kalam Technological University]

MANAGED BY SREE BHAKTHI SAMVARDHINI YOGAM, TALAP, KANNUR 670002.



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LIST OF VOLUNTEERS 2022-2024 BATCH

Name	RegNo
ABHINAV K	SNC21CS002
ABHISREE ASHOKAN	SNC21CS004
ABISHEK K	SNC21ME002
ADARSH CHANDRAN K V	SNC21CS006
ADARSH K V	SNC21CS007
ADHIN O	SNC21EE001
ADWAITH S NIRANJ	SNC21CS009
AKSHAY PK	SNC21CS010
AMAL KP	SNC21EE002
AMINA FIZA K V	SNC21CS011
ANUDEEP K	SNC21CS012
ANURAJ N	SNC21EE003
ARATHI T V	SNC21CS014
ARJUN MUKUNDAN	SNC21CE002
ARJUN P P	SNC21CS015
ASLAHA B	SNC21CE004
ASWATHI A V	SNC21CS017
ASWATHI. K. V	SNC21CS018
ATHIRA K V	SNC21CS019
BASILA K.V	SNC21CE005
FADI ASLAM	SNC21CS022
FATHIMATH THANSEEHA	SNC21CS023
FATHIMATHUL NAFIYA	SNC21CE007
HAIFA C	SNC21CS024
HIBA T K	SNC21CS025
HRISHIKESH P V	SNC21EE004
HRITHIK ANIL	SNC21ME005
JERLITT VISAL	SNC21CS027
KEERTHANA K	SNC21CS029
M MOHAMMED FIDAN	SNC21CS030
SHEHAZAD SIDHIK	SNC21CS034
NANDANA K	SNC21CE010
NANDANA M	SNC21CS036
NAVYA P	SNC21CS037
RAIHANA T P	SNC21CS040
SANJU P V	SNC21ME008
SHAHEEM A V	SNC21CS042
SHINOY BIJU	SNC21EE006
SIDHARTH K	SNC21ME010
MUHAMMED ADNAN EM	SNC21CS032
MUHAMMED AMEN	SNC21CS033
NAJEEB M	

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