

NSSSPECIALCAMP

AHALIA AYURVEDA MEDICAL COLLEGE
HOSPITAL PALAKKAD
26/12/23 – 02/01/24



MANASS NANNAVATTE ,

When it is a group and the work is done as a service to the society, the outcome is worthier than anything done before.

As all know the motto of National Service Scheme is **NOT ME BUT YOU**. With this aim Seven day camp of NSS was conducted by Ahalia Ayurveda Medical College NSS Unit No AM001-1 On GHSS Kozhipara, from 26/12/2023 to 01/01/2024.

DAY-1

INAGURATION

10:30 AM-11.30 AM

The welcome speech is done by Dr. Yadhu krishnan (Asst. professor AAMCH). The program is inaugurated by Joshy Britto (President, vadakarapathy panchayat). Smt. Reena (principal GHSS kozhipara) and Mr Shibu (administrator AAMCH) conveyed their felicitation for the program. Vote of Thanks is done by Bismitha Shaji(NSS volunteer).

Sannadham- common meeting

The common meeting has been done and divided the volunteers into 3 groups. Each group is assorted with certain duties- food, cleaning and program committees.

Swacham cleaning

All volunteers are assembled and unitedly involved in cleaning of the school and its surroundings.

Lunch

1.30PM- 2:15PM

Swacham and Snehaaramam

Continuation of Swacham programme by cleaning some areas in the school and a team went to restart the work for snehaaramam

Tea break

5.00pm-5.30pm

Punarjani

Innovative work of Table Organizers for the school with used pens collected from college was started by dividing into different groups.

Swacham

Swacham programme is further continued by clearing the garden area for helping the better growth of trees and removing plastics disposed in that area.

Ice breaking session

Several games are organized by the programme committee which enables the enhancement of mutual interaction and coordination between the volunteers, helps to overcome their stage fear by increasing their communication skills etc..

Dinner

Munnorukam, Camp paper making

Volunteers prepare the necessary items for snehaaramam and program committee volunteers preparation for camp paper.

11pm - lights off

DAY-2

YOGA

7.30AM-8.30AM

Yoga gives out a positive energy to the for active participation in our day. Thus the day was begun with Yoga Session by Dr. Farshad K H from Ahalia Ayurveda Medical College Hospital.

Breakfast

9.00AM

Common meeting

Started with NSS prayer followed by camp paper presentation by Day 1 programme committee. Further clarifications in commitees.

Swacham

Campus cleaning were done.

Lunch

1.30PM-2.15PM

Nirmalam ente Naadu - Awareness programme

An awareness programme was conducted by Ms. Teena, Dept. of quality control and accreditation, AAMCH based on biomedical waste management. It was an informative session which helps us to gain knowledge about biomedical waste disposal.

Tea break.volunteers gets back to Swacham programme.

Ice breaking session

Dinner was served and volunteers restarted working on Punarjani,Munnorukam, and Camp paper making.

Lights off -11.00PM

DAY-3

The Day started with Dr. Farshad's Yoga class.

Breakfast

Common meeting was conducted started with prayer and Camp paper presentation by Day 2 Programme committee.

Volunteers went for Snehaaramam programme.Simultaneously at this hour a group of volunteers went door by door for providing awareness on waste management and waste management protocol.

An Awareness class was provided to volunteers regarding Drug Abuse by Mr. Viju V , Civil Police Officer of Kozhinjampara Police Station.

After which volunteers worked on Punarjani.

Tea break

Started the work of writing Preamble on one of the school's wall.

Ice breaking session by programme committee

Dinner

Back to Punarjani and Munnorukam, Camp paper presentation.

Lights off -11.00PM

DAY-4

Day started with Yoga class.

Breakfast

Common meeting started with prayer and camp paper presentation.

Volunteers went for Snehaaramam programme.

Worked on preamble writing

Lunch break

Cleaning work on aushadha thottam.

Tea break

Ice breaking session

Dinner

Punarjani,Munnorukam,camp paper making, other pending works.

Lights off -11.00PM

DAY-5

The day was started with Yoga class.

Breakfast

Common meeting started with prayer and camp paper presentation.

Campus cleaning

Volunteers went for Snehaaramam programme.

Worked on preamble writing

Lunch break

Cleaning and fencing work of shalabhodhyanam.

Nethradhara Camp arrangements

Tea break

Ice breaking

Dinner

Punarjani,Munnorukam,camp paper making, other pending works.

Lights off -11.00PM

DAY-6

Day was started with Yoga Class

Breakfast

Common meeting with prayer and camp paper presentation further programme routines were discussed.

Campus cleaning

Nethradhara Camp conducted by Dr. Yadukrishnan (p.o) with help of NSS Volunteers and hospital faculties.

Amla candy was given as a part of this. As the sweet shared as well as the happiness to join the camp.

Lunch break

Last day of snehaaramam programme

Tea break

Back to the last works of Punarjani, Camp paper making

Ice breaking session

Dinner

New year programmes were held along with camp fire, sky lanterns and other cultural programmes. The New year celebration ended at 12.30AM.

DAY-7

The last day of NSS Camp was started with Dr. Farshad's energetic Yoga class.

Breakfast

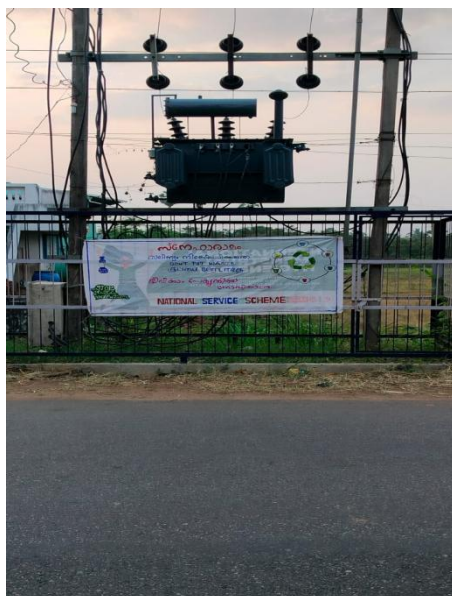
All volunteers were gathered in Common hall for the Closing ceremony. NSS Prayer was the starter of the occasion. Dr. Sheba Sunil M, principal, Ahalia Ayurveda Medical College, and Kavitha teacher on behalf of GHSS Kozhipara were honoured in the ceremony. The works done in the Punarjani programme were handed over to the school.

Best volunteer, Best Committees (Programme, cleaning, food) were awarded.

Lunch break

After the closing ceremony , left GHSS Kozhipara for Nature Visit as a part of camp. The trip was to Parambikulam Tiger reserve centre.

After the journey all the volunteers reached back to college by 7.00PM.







...നിരക്കെ ചെലവ് അത് കാർഡ് അപ്ലോഡ് ചെയ്യണം.

...യങ്ങൾ. ...

അനേകം ആയുർവേദ മെഡിക്കൽ കോളേജ് എൻ്റൻ്റ് എൻ്റ് യൂണിറ്റും, ജി.എച്ച്.എൻ.എൻ. കോഴിപ്പാറ എൻ്റ് എൻ്റ് യൂണിറ്റും സൗകര്യമായി വടകരപ്പതി പഞ്ചായത്തിന് കീഴിൽ നിർമ്മിച്ച സ്നേഹരാം വടകരപ്പതി പഞ്ചായത്ത് അധ്യക്ഷൻ ജോസി സ്വീട്ടോ ഉദ്ഘാടനം ചെയ്യുന്നു.





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