



SIMAT/NSS/14-15/46

09-15/12/2014

## **7 DAY SPECIAL CAMP**

### **DAY 1 (09/12/2014)**

The registration for the special camp started at 10.00 AM. Forty Four students from first year (S3) and six students from second year (S5) registered for the camp. After the registration Mr. Sebin Sunny P (Programme Officer, NSS) gave a short description of the camp. At 2.00 PM students moved to the camp site, Pratheeksha Palliative Care (Shelter – Chalissery). At the camp site NSS flag was hoisted by the programme officer, which was followed by the Inaugural function.

The inaugural function started with NSS song at 3.00 PM. Dr. S P Subramanian (Principal, SIMAT) gave the welcome address which was presided by Sri. Brahmadathan K.B (Academic Director, SIMAT). In the presidential address, he remembered his childhood days and the need of supporting old people. The presidential address was followed by lightening the lamp by Dr. V Sethumadhavan (Retd. Civil Surgeon). In his inaugural talk Dr. V Sethumadhavan stressed the need of Palliative care in our society. Sri. V V Balakrishnan (Chairman, Pratheeksha), Sri. Pradeep M (Secretary, Pratheeksha), Mr. Hithes P (Asst. Prof. SIMAT) & Mr. Sebin Sunny P (P.O, NSS) felicitated the event. Miss. Reshma K T (Volunteer Secretary, SIMAT) delivered the vote of thanks.

The inauguration was followed by a session on History, Philosophy & Objectives of NSS by Mr. Sebin Sunny P (NSS, P.O). The session stressed on the need of understanding the history of NSS. The session started at 4.00 PM and ended at 6.30 PM. Ice breaking session was handled by Mr. Hithes P and was started at 6.45 PM. Students were divided in to 7 groups and group leaders were selected during the session. The session concluded at 8.30 PM. The last session started at 9.15 PM after the dinner. Duties were assigned to all 7 groups. Duties were categorized as cooking & serving, Cleaning, preparation of camp paper, preparation of manuscript, day activity coordinators and discipline coordinators. Camp paper, Manuscript, Day report, Ammavan Ammayi & Visitors' Diary was introduced to the campers. First day was concluded with a night message by the programme officer at 10.15 PM.



## DAY 2 (10/12/2014)

The second day started with Yoga session by Mr. Hithes P at 5.45 AM. At 8.00 AM Miss. Sreeshma k (Asst. Prof, SIMAT) hoisted the NSS flag which was followed by the NSS song. At around 8.30 AM paraplegia patients belonging to Trithala Block panchayath (Consisting of 7 Panchayaths – Anakkara, Challissery, Kappoor, Nagalassery, Pattithara, Thirumittakode & Trithala) reached Palliative care. They taught NSS volunteers to make soap powder, soap and liquid soaps. Volunteers also mingled with all patients and prepared a detailed study of each patient. They realized that most of the cases occurred due to accidents. They served food to the patients and packed the soap powder they made. There was TV coverage by Media One. In the afternoon session a Christmas celebration was conducted. Paraplegia patients and the inmates of Pratheeksha actively participated in the celebration.

In the evening, one of the best motivation classes was conducted by Mr. Jayanthan (Asst. Prof, SIMAT) which helped the volunteers to have a new and fresh mind with a motto that “nothing is impossible”. The self motivation session started at 5.00 PM and was concluded at 7.00 PM. The next session was handled by Mr. Neelesh Ashok (Rotaract club coordinator, SIMAT). The session focused on social commitment and discussed about the social sins explained by Mahatma Gandhi. The session invoked a new level of social awareness among the volunteers. The session was concluded at 8.00 PM. The next session was started after the dinner. In the last session, Mr. V V Balakrishnan (Chairman, Pratheeksha) published yesterday’s camp paper. The day report was presented by 1<sup>st</sup> group (Novice) members. Punishments were given to those volunteers who failed to fulfill their duties by Ammavan & Ammayi. Day 2 activities were concluded with a night message by Mr. V V Balakrishnan at 10.00 PM. Volunteers of group 7(Pratheeksha) prepared the breakfast, lunch & dinner.



## DAY 3 (11/12/2014)

Day 3 started with Yoga session at 5.30 AM. Mr. Hithes P (Asst. Prof, SIMAT) hoisted the NSS flag. Flag hoisting was followed by NSS song. Palliative care training started after the breakfast. The first session was handled by Mr. Pradeep M (Secretary, Pratheeksha Palliative Care). The session was awareness on palliative care which was very informative. Afternoon session was handled by Tahir Master (Palliative care volunteer) on the topic palliative care. Group discussions were done during this session on palliative care. He also stressed on the need of student palliative care units. He also invited our college to be a part of Trithala students palliative care

unit. At 5.00 PM, Mr. Jishnu Nampoothiripad (Asst. Prof, SIMAT) conducted a session on performing arts. It was an interesting and interactive session of the day. The session was concluded at 8.00 PM. Mr. Nithin (Asst. Prof, SIMAT) gave a message on old age care after the session. After the dinner day report was presented and the camp paper was published by Mr. Ayyappan (Joint secretary, Pratheeksha). He also delivered the night message.



#### DAY 4 (12/12/2014)

Day 4 started with yoga session at 5.30AM. Mr. Raman (Pratheeksha Palliative care inmate) hoisted the flag at 8.00 AM which was followed by the NSS song. First session was handled by Mr. Mujeeb & Mr. Chandrasekaran about palliative care training. The second session started after the lunch and was handled by Smt. Vishalam(Head nurse, Pratheeksha Palliative care). The session explained about dressing wounds and how to communicate with the patients. Before the tea break all volunteers and inmates of Pratheeksha assembled and took the pledge to save energy (NSS Energy Conservation through Students & Technocrats – NEST Project). Third session started at 5.00 PM after the tea. The session was on Group Dynamics and was handled by Mr. Aravind P (Asst. Prof, SIMAT). Instead of a class, he gave a series of games through which he taught the volunteers how to behave in a group. Due to inconvenience for the inmates of pratheeksha we rescheduled our camp timings. So the camp paper was published at 7.30 PM by Smt. Jessy Cudallore. The camp activities were finished before 8.00 PM and after the dinner night message was given.



## DAY 5 (13/12/14)

Day 5 started with physical exercises at 5.00 AM. SENA members handled the session. The first session started at 6.30 AM and was handled by senior volunteers. They shared their experience and conducted an ice breaking session. At 8.30 the flag was hoisted by NSS volunteer secretaries (Mr. Niroop Menon & Miss. Reshma K.T). After breakfast group numbers 1, 3 & 6 went for home care. They splitted in to four groups and visited bed ridden patients of Trithala block panchayath. By 4.00 PM they visited around 100 houses. Boys of groups 2, 4,5 & 7 managed to construct a 500m road to pratheeksha palliative care and the girls prepared lunch and dinner and engaged in cleaning activities. After the tea Dr. Sethumadhavan handled a session on life style diseases. The session was very useful and he focused on the need of avoiding junk food. He also shared his experiences. The next session started at 7.00 PM and volunteers who went for the home care shared their experience. The experience sharing was a heart touching one and made every one cry. At 8.00 PM volunteers arranged some cultural activities for the inmates of pratheeksha. After the dinner fifth day camp activities were concluded with a night message at 9.00 PM.



## DAY 6 (14/12/14)

Day 6 started with physical exercises at 5.00 AM. SENA members handled the session. The first session started at 6.30 AM and was handled by SENA members. They shared their experience and conducted an ice breaking session. At 8.30 the flag was hoisted by Mr.V.V Balakrishnan (Chairman, Pratheeksha). Day report and camp p were presented after the flag hoisting. After breakfast group numbers 2, 4, 5 & 7 went for home care. They were divided in to four groups and visited bed ridden patients of Trithala block panchayath. By 4.00 PM they visited around 120 houses. Boys of groups 1, 3 & 6 cleaned the sides of SH 39(Kootanad to Challissery) and spread awareness on Swatch Bharath Abhiyan. Girls prepared lunch and dinner and engaged in cleaning activities. Cultural programmes were conducted from 5 to 8 PM. After cultural programmes a camp evaluation session was conducted by Pratheeksha members. Volunteers shared their experience on house visits and suggested ideas to conduct palliative care activities in our college.

## **DAY 7 (15/12/14)**

Day 7 started with physical exercise at 5.00 AM. After that all male volunteers started cleaning their rooms and surrounding areas of Pratheeksha. Girls managed to prepare breakfast and lunch. After the cleaning session a talk on Transactional Analysis was done by Mr. Sarath Sankar (Asst. Prof, SIMAT). The valedictory session started at 11.00 AM. Col. Sukumaran Nair was the chief guest for the session. Mr. V V Balakrishnan welcomed all to the session. After the welcome speech Col. Sukumaran Nair addressed the volunteers. He also published the camp paper of 14<sup>th</sup> December. Then the Manuscript (Kayyoppu) was published by Dr. S P Subramanian (Principal, SIMAT). Mr. Hithes P(Asst. Prof, SIMAT), Mr. Sebin Sunny P(P.O NSS), Mr. Sarath Sankar (Asst. Prof, SIMAT), Mr. Sreejesh P.D (Lab Instructor, SIMAT) & Arun E.S (Student volunteer, SIMAT) felicitated the event. Midhun A (Volunteer secretary) delivered the vote of thanks.

**Mr. Sebin Sunny P**  
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