1. **SEVEN DAY CAMP (20-12-2018 to 26-12-2018)**

First Day (20-12-2018)

National Service Scheme special seven day camp 2018 of Mannaniya College of Arts and Science, Pangode, entitled as “Puzhayodoppam” was organized in KVUPS Pazhavila, Pangode. The main theme of the camp was River Protection. The camp was inaugurated by the College Principal Sri. A.H. Badrudeen. He also talked the importance of social service with the help of certain examples. The inaugural meeting was presided over by the NSS programme officer Sri.Asseem J. He gave a brief introduction to the programmes of NSS as regular activity and in the special camp. The programme officer Smt Shijina A.S welcomed the gathering. The facilitation speech was made by Dr.M.S.Noufal, HOD, Department of Malayalam; Sri. Abdul Hashim (HOD of Islamic History) and Smt. Suma.R, HOD and Associate Professor Department of Commerce. NSS volunteer secretary Muzammil.S expressed vote of thanks to volunteers.

Second Day (21-12-2018)

The second day of the camp starts at KVUPS Pangode with Registration of volunteers. In the morning, the Icebreaking Session was conducted. Through this session all the volunteers introduced themselves and showed their cultural talents on the stage. He provided the examples of life stories of famous persons and showed the motivational videos for team work. The afternoon session was handled by Dr.M.S.Noufal, Head of the Department of Malayalam, Mannaniya College of Arts and Science, Pangode. Through this session, he classified the whole students into six groups. The committee includes programme committee, food committee, purchase committee, Discipline and Health committee, Reception Committee and Accommodation and cleaning committee. He also gave different tasks and told motivating stories to identify the aptitude of students. He provided an opportunity to all the volunteers to introduce themselves and about their friends.

Third Day (22-12-2018)

On 22-12-2018, the morning the session “Exercise and Health Habits” was lead by Dr, Baiju,A, HOD and Associate Professor, Department of Physical Education, Mannaniya College of Arts and Science, Pangode. He explained the importance of health and how to manage it. He explained the causes of life style diseases. Also provides tips for leading a healthy life. The afternoon session was ‘Nadanpattu’ which was handled by famous folk singer Sri Radhakrishnan Kunnumpuram.

Fouth Day (23-12-2018)

On 23-12-2018, two programmes are conducted in the morning session. One is cleaning drive at the Pangode Police Station. Thirty volunteers participated in the cleaning activity. The Old Police Station is a memorial building of Kallara Pangode Revolt. The second programme is a class on 'Green Protocol'. This session was taken by two faculties – Anand and Anandhu from District Administration- Sthithi Project. The class was provided as part of the climate education week observance. The afternoon session is a Skill Development Class by Smt.Preetha, a differently abled lady. She taught the students about flower making and ornaments making. Also discussed the challenges faced during her life time.

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Fifth Day (24-12-2018)

On 24-12-2018, in the morning session two programmes are arranged. One is cleaning at the college campus and making arrangements for organic farming in the campus. The other one is a walkathone “Puzhanadatham”. The volunteers and programme officers successfully completed the programme. The afternoon session was “Nattarangu” which was taken by Sri Anil Venjaramoodu (Principal of Hercules Model ITC). He described the history and various types of ‘nadanpattu’. The class is enriched by various folk songs. At 6.30 pm all the groups presented various cultural programmes and games. All the team leaders reviewed their experience on the day.

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Sixth Day (25-12-2018)

The camp was started at 8.30 am with the attendance of volunteers. All the groups submitted their previous day camp report to the respective committees. After the breakfast, the session "Kudumbasadas" was started at 9.30 am. It was conducted by Dr. V.Sunil Raj, Clinical Psychologist. He delivered a wonderful presentation on importance of family relationships, which created such an emotional feeling among students. At the end of the session, many students gave feedback to it. In the afternoon session, 'Self Defence Programme' was conducted by Sri. Shabin, Karate Master. He exhibited some tips for self defence to the students. All the volunteers are enthusiastically participated in the programme and they demonstrated the techniques that are taught in the class.

Seventh Day (26-12-2018)

On last day the first session was cleaning of the campus .After that, at 11.00 am the valedictory function was conducted. The meeting was presided over by Sri Asseem J, the NSS Programme officer. Smt Shijina A.S (NSS Programme Officer) welcomed the gathering. The function was inaugurated by Sri. A.H. Badarudeen, Principal, Mannaniya College of Arts and Science, Pangode. The facilitation speeches are made by Sri. Kadakkal Junaid (Office Superintendent), Aneesa Beevi (Lady volunteer secretary) and Muzammil. The vote of thanks is presented by Azif Muhammed, NSS Volunteer Secretary.