

7.45am - 8.30am : Break
 8.30am - 9.30am : Breakfast
 9.30am - 10.00am : Assembly
 10.00am - 11.15am : **Session - 1**
Demonstration of ottanthullal
- Maheswar Ashok
 (2nd Year, Malayalam Optional)

11.15am - 11.30am : Break
 11.30am - 12.30pm : Session 1 continues
 12.30pm - 1.30pm : Lunch
 1.30pm - 3.30pm : **Community Awareness Class**
 4.00pm : Back to camp
 4.30pm - 5.00pm : Tea break
 5.00pm - 6.00pm : Fresh up
 6.00pm - 6.30pm : Prayer
 6.00pm - 8.00pm : **Music Fest**
 8.00pm - 9.00pm : Dinner
 9.00pm - 10.00pm : Report writing

DAY - IV
28.11.2024

5.30am : Morning Bell
 6.15am : Bed coffee
 6.30am - 6.35am : Prayer
 6.45am - 7.45am : Zumba
 7.45am - 8.30am : Break
 8.30am - 9.30am : Breakfast
 9.30am - 10.00am : Assembly
 10.00am - 11.15am : **Session - 1**
Structuring the Unstructured: The Relevance of Patterning Individual Life
- Dr. Antony Joseph
 (Section Officer, MG University)

11.15am - 11.30am : Break
 11.30am - 12.30pm : Session 1 continues

12.30pm - 1.30pm : Lunch
 2.00pm : **Farm Visit**
 6.00pm : Back to camp
 7.00pm - 8.00pm : **Camp fire**
 8.00pm - 9.00pm : Dinner
 9.00pm - 10.00pm : Report writing

Valedictory Function

DAY - V
29.11.2024

5.30am : Morning Bell
 6.15am : Bed coffee
 6.30am - 6.35am : Prayer
 6.45am - 7.45am : Exercise
 7.45am - 8.30am : Break
 8.30am - 9.30am : Breakfast
 9.30am : **Old Age Home Visit**
 11.30am : Back to camp
 11.30am - 1.00pm : **Valedictory Function**

Welcome Speech : Sri. Rohit Remanan
 (Camp Leader)

Valedictory Message : Prof. Dr. Beena Rani S.
 (Principal-in-charge, NSS Training College, Changanacherry)

Reflections : Participants

Vote of Thanks : Dr. Anitha S. M.
 (Associate Professor and Camp Coordinator, NSS Training College, Changanacherry)

1:00pm - 2:00pm : Lunch Break
 3:00pm : Decamping
 4:00pm : Arrival at College



N.S.S. Training College
 Changanacherry

SWASTHIKA

A name promising good fortune, encapsulates the camp's mission of holistic well-being.

Five Day Community Living Camp

For B.Ed. Students 2023-25

25.11.2024 - 29.11.2024

Dear Sir/Madam

We the Principal, Staff and Students of N.S.S. Training College Changanacherry invite your esteemed presence for the five day Community Living Camp 'SWASTHIKA' held as part of the B.Ed. programme under M.G. University at Christava Ashramam, Manganam from 25th November to 29th November 2024.

Prof. Dr. Beena Rani S.
(Principal-in-charge)

Dr. Anitha S. M.
(Camp Co-ordinator)

Sri. Rohit Remanan
(Camp Leader)

Faculty in-charge of the camp

25-11-2024 : Dr. Anitha S. M.
Smt. Rajalakshmi S.

26-11-2024 : Sri. Hrishikesh Gopal
Dr. Jayalakshmy R.
Dr. Shaija N. C.

27-11-2024 : Dr. Sindhu S.
Dr. Saritha Rajeev

28-11-2024 : Dr. Devika R.
Dr. Revati N.

29-11-2024 : Prof. Dr. Beena Rani S.
Dr. Anitha S. M.

CAMP SCHEDULE

DAY - I
25.11.2024

Inaugural Function

10:00am : Inauguration

Welcome Speech : Smt. Anet Edison
(Student Representative)

Presidential Address : Dr. Anitha S. M.
(Associate Professor and Camp Coordinator, NSS Training College, Changanacherry)

Inaugural Address : **Artist Sujathan**

Felicitations : Smt. Rajalakshmi S.
(Assistant Professor and Teacher's Representative, NSS Training College, Changanacherry)

Sri. Ram Prakash
(Office Staff Representative, NSS Training College, Changanacherry)

Vote of Thanks : Sri. Rohit Remanan
(Camp Leader)

1:00pm - 2:00pm : Lunch

2:00pm - 3:30pm : **Session - 1**

Constitutional Foundations: Teaching Civic Engagement

- **Nidhin Jose**
(Faculty at MG University Civil Service Institute, Kottayam)

3:30pm - 4:00pm : Tea break

4:00pm - 5:00pm : Games

5:00pm - 6:00pm : Fresh up

6:00pm - 6:30pm : Prayer

6:30pm - 8:00pm : **Cultural Fest**

8:00pm - 9:00pm : Dinner
9:00pm - 10:00pm : Report writing

DAY - II
26.11.2024

5.30am : Morning Bell
6.15am : Bed coffee
6.30am - 6.35am : Prayer
6.45am - 7.45am : Yoga
7.45am - 8.30am : Break
8.30am - 9.30am : Breakfast
9.30am - 10.00am : Assembly
10.00am - 11.15am : **Session - 1**
Kavyaswaadanam
- **Dr. Jayalakshmy R.**
(Assistant Professor, N.S.S. Training College Changanacherry)

11.15am - 11.30am : Break
11.30am - 12.30pm : Session 1 continues
12.30pm - 1.30pm : Lunch
2.00pm - 3.30pm : **Session - 2 : Art & Craft**
Sreelekshmi R.
(2nd Year, Maths Optional)

3.30pm - 4.00pm : Tea break
4.00pm - 5.00pm : Games
5.00pm - 6.00pm : Fresh up
6.00pm - 6.15pm : Prayer
6.15pm - 8.30pm : **Movie Night**
8.30pm - 9.00pm : Dinner
9.00pm - 10.00pm : Report writing

DAY - III
27.11.2024

5.30am : Morning Bell
6.15am : Bed coffee
6.30am - 6.35am : Prayer
6.45am - 7.45am : Exercise