

NATIONAL SERVICE SCHEME RAJAGIRI UNIT NO:232

MAYOOKHAM 2021

ANNUAL CAMP REPORT

Day 1 (07-02-2021)





The first day of our Seven Days NSS Virtual Camp had begun its journey with a lot of hard work and contributions. At 12pm, our volunteers gathered in both online and offline platforms ,around 30 volunteers reached our college , KE Block and around 60 watched the ceremony through YouTube live or google meet which emphasized that even though we are miles apart

our mind and emotions are there within the camp. Along with the volunteers Mr. Jithin K Francis(NSS Programme Officer) and Mr .Nithish Kurian(Assistant Professor of ECE Department) were also assembled to quick start our virtual camp. Our volunteers, Anakha A K and Rinkle Rose Renny, neatly carried the whole session , continued by an introductory speech by volunteer secretary R Krishnanand. ,NSS song by Gopika Gopakumar and Athulya Mini Jose ,then our respected programme officer Mr. Jithin K Francis inaugurated the camp under the Chavara Kuriakose Ellias Block and wished us all through his words. Later Mr Nithish Kurian Sir also blessed us through his wise words ,he pinpointed on the importance of having confidence and also quoted that as an NSS volunteer we should always work to win people's heart not for popularity. The session was concluded by a vote of thanks by our volunteer secretary Suchithra.P.V.

As a part of our inaugural ceremony few of our volunteers-R Krishnanand , Nandu Krishna ,Nidhish Rajan, Thomas K Jimmy visited an old age home at Thripunithara along with our special guests ward councillors Sudha Suresh and K R Rajesh in the morning section around 9 am. They handed over an amount to the coordinators of the place as a part of our contribution. After that the old age home coordinator Leena along with Mr.Jithin K Francis (NSS Programme Officer), volunteer secretaries Suchithra P Vand R Krishnanand ,Thomas K Jimmy spoke few words addressing the residents of the old age home.

Next activity was 'Ice Breaking Session 'led by Mr. Nitheesh Kurian , Assistant Professor , Department of ECE. The session started by 2.15pm. He started by putting forward a very usual question that is asked to every engineering students now a days. "What was the real reason that you chose engineering as your career?" "Everyone had variety of answers for this question.

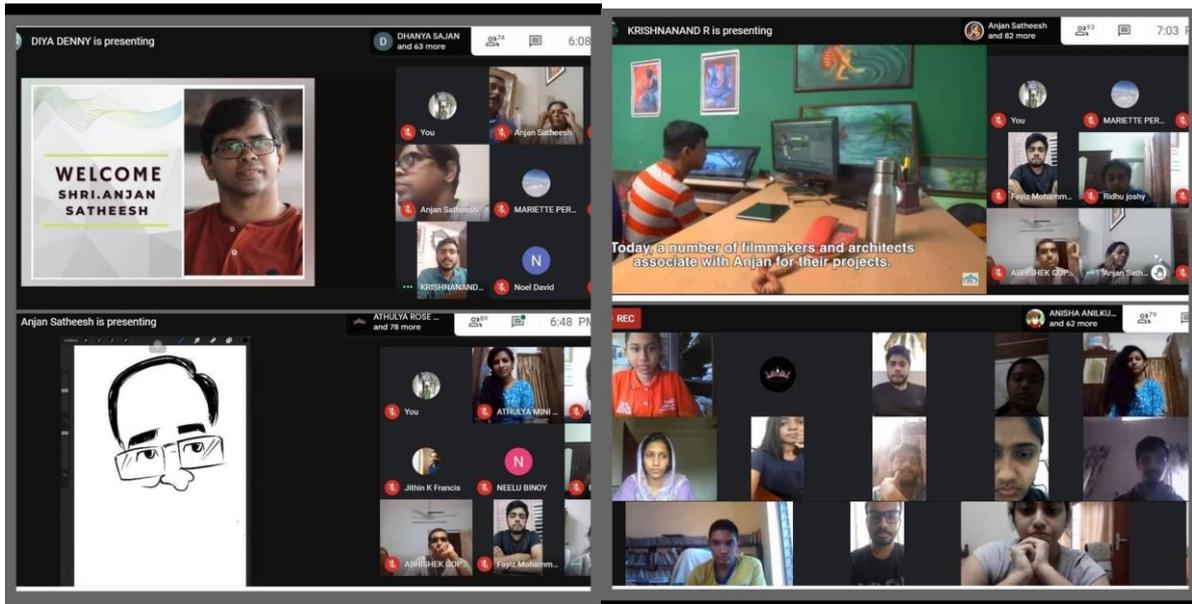
He said that it was the best choice we have made. He gave many ideas on how we can boost our self-confidence. He added that we should be motivated every day and be a self-motivator as we are the ones who know ourselves. He also shared some of his life experiences, which was motivative for the students.

Forming a group really needs a lot of effort. It is formed through collective efforts of forming, norming, storming and performing. To show the power of group formation he grouped the whole team and gave them activities. He gave ideas about how a group works in order to achieve success. The last activity was a very interesting one. We danced and sang together which really boosted the mood. Students thanked sir for his energetic and motivating session.

It was a very energetic and interesting session. The session helped the student to know each other and buy into the purpose of upcoming events. Session ended by 4.15pm.

DAY 2 (08-02-2021)





An assembly to welcome all members to another colourful day of MAYOOKHAM 2021 was held on 8th February 2021. The assembly began with the mellifluous NSS song orchestrated by Ambili S R. This was followed by thought of the day given by Rose Sharon, which was strong enough to influence the attendees of the meeting. To infuse energy within the attendees the event was instigated with a brief yoga session performed by Gokul P V. Jesmmary anchored the whole event. The assembly concluded with evaluation of previous day experience by the programme officer Mr. Jithin K Francis.

Our next activity was “ Vision Clean “ We all know that visual comfort of the driver of a vehicle is very much important to ensure a safer journey. We might have seen location boards, signs while travelling and some of them may be dirty, maintaining such road signs ,road markings will help drivers take proper decisions at proper time. Therefore each of us has responsibility to keep convex mirrors, signages, and location boards clean. As a part of this the NSS volunteers of RSET cleaned the mirrors and location boards in the road. Volunteers were asked to complete activity within 28th December, 2020. Volunteers uploaded the photographs (before and after) of cleaning in the Google form link provided. Volunteers showed great enthusiasm in completing the activity and Program Officer, Jithin K Francis sir congratulated all the volunteers.

Next was an interactive session with Sri. Anjan Satheesh , a differently abled artist who is working as a computer teacher at Adarsh special school in Tripunithura, has won national award for outstanding creative adult with disabilities in 2015 instituted by the ministry of social justice and empowerment. He defeated his disabilities to become an award winning artist. The session started at 7:00pm in the presence of program officer Jithin k francis and the volunteer secretaries .The program was continued with a question answering session.Volunteers randomly asked questions about the his life experience ,how he overcame his disabilities, his achievements, proud moments in his life etc. Since Anjan satheesh has many limitations his parents Satheesh and Lathika gave answers to volunteers questions. Meanwhile he drew live caricature .After the question answering session small video on Anjan Satheesh was played. Then he surprised the volunteers with his drawings of Jithin sir and one of the volunteers. Sri. Anjan Satheesh inspired our volunteer to concentrate on your talents and interest ,your disability doesn't prevent you doing well. He is a great motivation to our volunteers and the young generation. The session ended up with the message of Jithin sir by 7:45pm.

As the last session of 2nd day ‘MAYOOKHAM 2021’ a colourful and memorable cultural night was organised . The NSS volunteers participated in this event with great deal of enthusiasm. Dance commenced with a message from NSS programme officer Jithin.K.Francis . It was accompanied by dance performance by NSS volunteers. The dance performed was really energetic and awesome .Everyone sat glued to their screens .Our programme officer was really impressed and praised the entire event. The session ended up by 8:45 pm .

DAY 3 (09-02-2021)



REC DIYA DENNY is presenting 6:08 PM

EBY SHEESH and 45 more

WELCOME MR. BINU A

ASSISTANT PROFESSOR, DEPT. OF IT, RSET

WEBINAR ON CYBER SECURITY



Grid of participant avatars: S, L, A, D, MK, M, A, B, I, and others.

REC Binu A is presenting 6:13 PM

MAYA JOSEPH and 50 more

മയൂഖം 2021



RSET AUTONOMOUS



Cyber Space - Emerging Issues and Threats

NSS RSET Unit No. 232

Binu A
ring & Technology, Kochi

Grid of participant avatars: Jithin K Fran..., Binu A, SIKHET RA..., RAMZEENA..., SARANG RA..., LAKSHMI T..., Amrit Babu..., ASWATHY..., DHANYA SA..., MK ARUN..., MARIYA JO..., Fayiz Mcha..., JACKSON J..., ALEX JOJO, DIYA JASMIN, and others.



An assembly to welcome all members to another colourful day of MAYOOKHAM 2021, which was held on 9th February 2021. The assembly, began with the mellifluous NSS song by Jesmary. This was followed by thought of the day given by Theresa Jacob. The whole event was anchored by Shabari Nandha. To infuse energy within the attendees the event was instigated with a brief yoga session performed by Gokul P.V. He taught simple poses of yoga which includes Akarna Dhanurasana, Sasankasana, Bunjakasana, Dhanurasana, Pavana Mukhtasana, Tadasana and Vrikshasana. Assembly was concluded after the attendance taken by Vishnu K.T. 86 participants attended the morning assembly.

Next activity was Energy auditing on automobile energy conservation . All the volunteers were instructed to conduct a home survey on automobiles at their houses. A survey form for the same was provided for all the volunteers through their Google classroom at 10.30 am . An automobile energy conservation auditing was a unique yet interesting survey. Through this survey, it was clearly visible how much each of us spent on our vehicles per annum. It was shocking at times to know we spent almost a lot more than that vehicles cost on it every year. The survey helped all the volunteers to realize how much we all overuse our vehicles, the current and past conditions of our vehicles, and it also opened our eyes in case of how many automobiles we use per person or a family. This made us think about how much we overspent on traveling. Through the automobile survey, the volunteers got the vision of using minimal fossil-fuel vehicles and give more importance to carpooling and use of eco-friendly cycles when necessary instead of producing pollution and overspending money on fossil fuels. Around 57 volunteers submitted their survey reports online, through the Google classroom provided.

Moving onto the third activity of the day , an interactive session with Mr. Binu A who is the Assistant Professor Dept. of IT, RSET. The webinar was conducted on the topic- Cyber

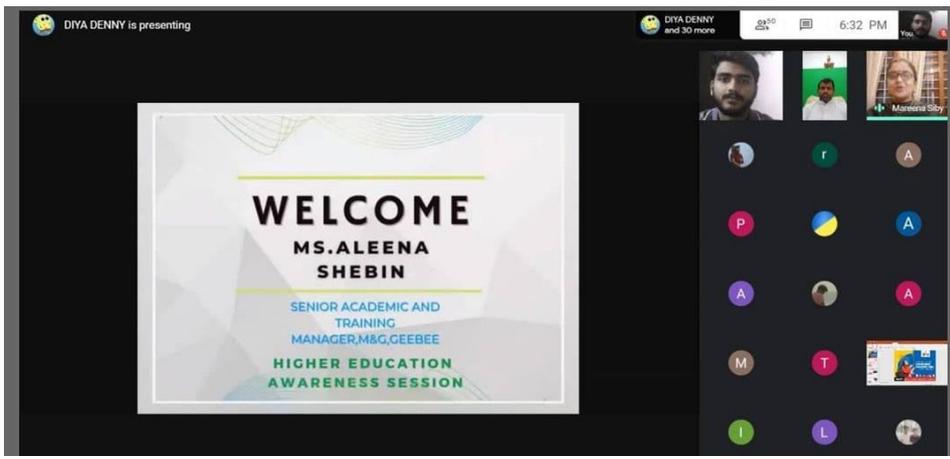
Security. The session started at about 6 pm in the presence of our program officer Jithin Sir and our volunteer secretaries Suchithra and Krishnand. First was the welcome speech by Jithin sir. We were enlightened about the emerging issues and threats in the cyber world. We were also taught about the use and misuse of the internet and how badly it would affect our futures. The program continued till about 8 pm and at was brought to an end with a question and answer session. It was a real eye opener for most of us and we were really enlightened on the cons of our internet usage. The program came to an end with the vote of thanks by Abel.

The cultural evening program was started by 08:05 pm on 9th February 2021. The program was conducted in the google meet online platform. A song mashup by the NSS volunteers was the program which was planned to be conducted. Sabari Nandhana introduced all the talented participants and the mashup video was displayed. The volunteers made the evening excellent by showing up their outstanding talents.

Suchithra P S then invited all the participants to share their experience in making this program a complete success. The efforts they took behind this wonderfully displayed mashup video is appreciable. Program officer Mr. Jithin K Francis congratulated all the participants. The session ended by 8:30 pm with the wind up note by Jithin sir.

DAY 4 (10-02-2021)





An assembly to welcome all members to another colourful day of MAYOOKHAM 2021 which was held on 10th February 2021. The assembly began with the mellifluous NSS song by Ramzeena Ebrahim. This was followed by thought of the day given by Manu Muraleedharan. The whole event was anchored by Mariya Jose. To infuse energy within the attendees the event

was instigated with a brief yoga session performed by Aswathy M B. She taught simple poses of yoga which includes Ardha Kati Chakrasana ,Vajrasana and Ardhamalsi Indhryasana. Assembly was concluded after the attendance taken by Aneesha John. About 80 participants attended the morning assembly.

Next was an external activity, a collection of old newspapers and books and their sales were done. The collection was a part of day-4 external activities. All the volunteers were instructed to collect pictures of reselling newspapers and books. The program was a unique one to its nature, and the money raised by this would be contributed for the welfare activities through the NSS unit projects. An uploading form for the same was provided for all the volunteers through their Google classroom at 10.30 am .

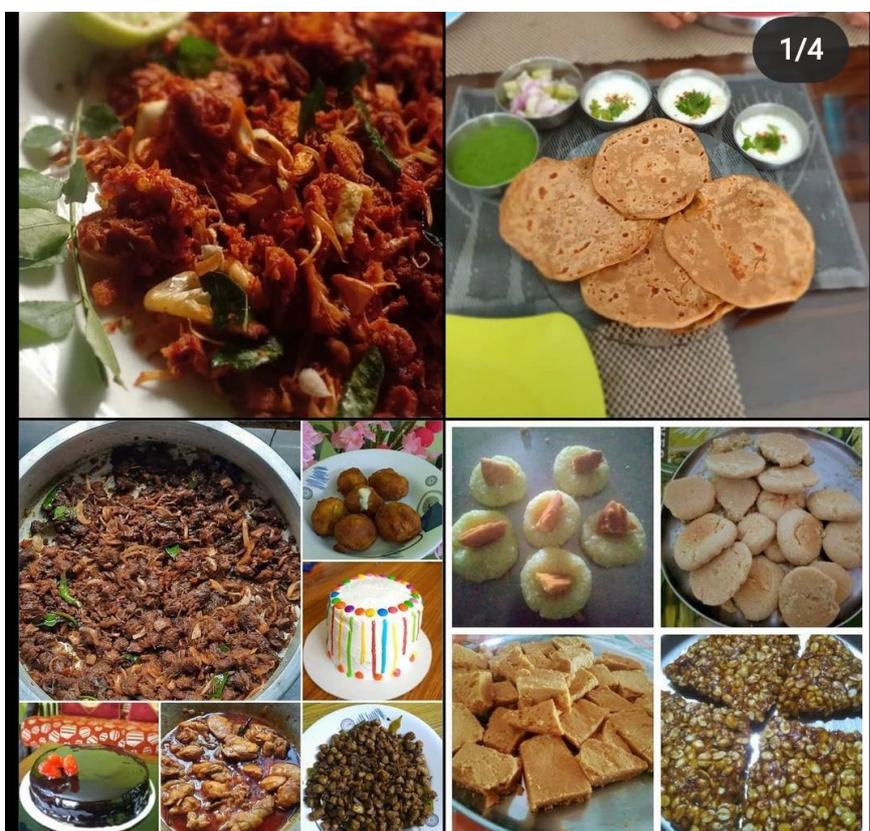
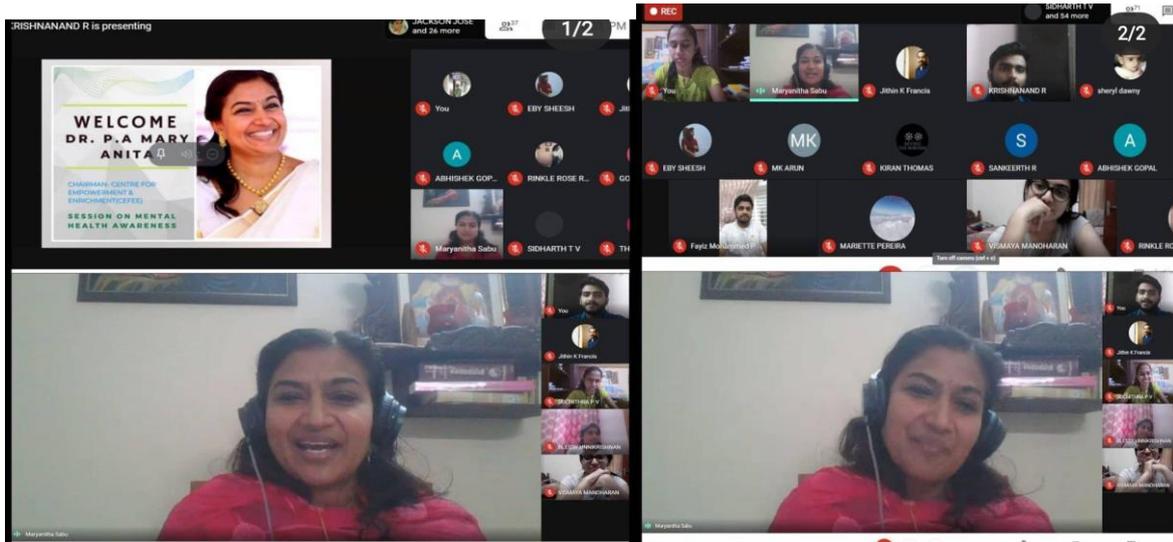
The evening webinar session was handled by MS. Aleena Shebin, Senior academic and training manager, M&G, GeeBee, Study abroad & migration consultants along with Rev. Fr Alex. It was about the awareness of HIGHER EDUCATION. They were welcomed by Mareena Siby. The session was started at 6:30 and ended at 7:40. About 80 participants attended the evening session. They mainly discussed about importance to study in abroad. It helped us to learn new languages, appreciate other cultures, overcome challenges of living in another country and gain a greater understanding of the world. They highlighted the main points such as eligibility, level of programs, ranking of universities, fees and living cost, part time and minimum wage, climatic conditions, job opportunities, etc. These are all things that modern businesses look for when hiring, and such traits will only become more important in future. We also had an amazing interactive session in which students were able to clear their doubts. As students it was an excellent opportunity for us to have a deep knowledge in higher education.

Next event was “HRIDYAM” , started by 7:45 pm through google meet .In this event, we NSS volunteers shared moments with their grandparents .We were very busy during our tough routine life and may be due to that we forgot to visit or remember our grandparents who were always there for us from our childhood .Everyone has so many memories with our grandparents from childhood .The food they cook is actually something special and they care us and support is in every situation. As a part of this, NSS volunteers have given a chance to share their moments with the rest of their friends with a picture of them with their grandparents .Volunteers

shared their memories with everyone and expressed a grateful thanks to every grandparent.
Event was winded up by 8:45 pm .

DAY 5 (11-02-2021)





An assembly to welcome all members to fifth day of MAYOOKHAM 2021 which was held on 11th February 2021. The assembly began with the mellifluous NSS song by Maya. This was followed by thought of the day given by Riya Tony. The whole event was anchored by Noel David. To infuse energy within the attendees the event was instigated with a brief yoga session performed by Aswathy M B. She taught simple poses of yoga which includes Trikonasnam,

Gomukhasanam, Shalabasanam, Makarasanam. Assembly was concluded after the attendance taken by Abhirami Sinesh . About 79 participants attended the morning assembly.

Our NSS volunteers organised a food distribution programme to spread the sharing is caring concept under the name 'Chiriyoottu' to the orphanage children. As the name suggests ,the mission of the programme was to provide a one time course of food at Don Bosco Snehabhavan , Palluruthy. Nearly ,35-40 members of the orphanage were given dinner by the volunteer. Secretary Krishnanad , along with the volunteers Thomas and Nandu Krishna .Not all of us can do great things , but we can do small things with great love has been shown once again by the heartfelt contribution of NSS Volunteers amidst the Covid-19 pandemic and was considered as a great success.

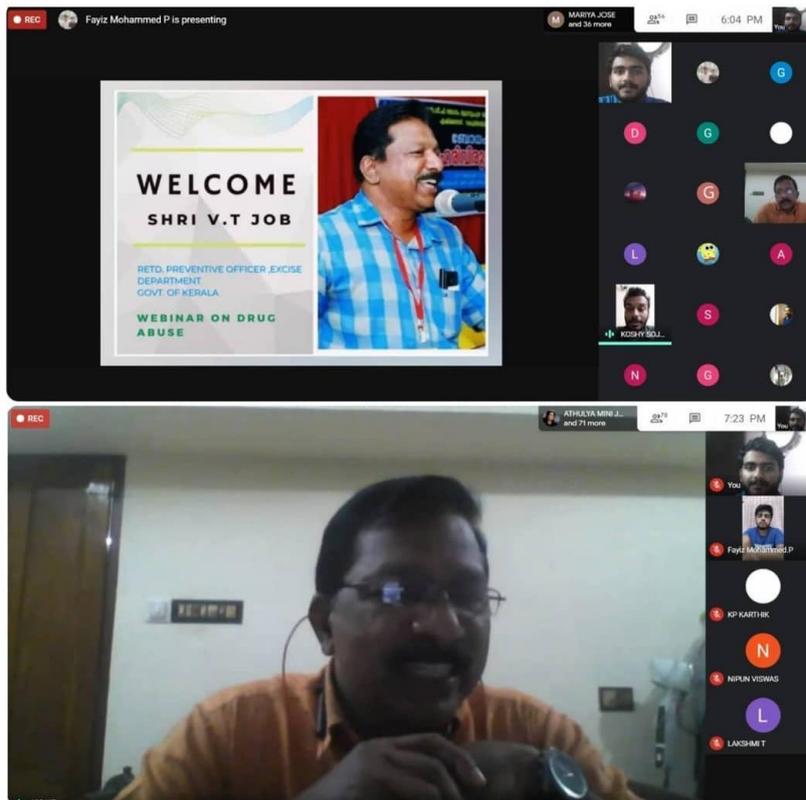
The evening webinar session which focused on the importance of mental health awareness , commenced by 6 pm with a welcome speech by the secretary Suchithra P V and the whole event was anchored by the NSS volunteer Sheryl Dawny . Our Chief Guest Dr P A Mary Anita, a clinical psychologist as well as the Chairman of Centre For Empowerment & Enrichment was personally addressed by the NSS programme officer Jithin K Francis. She started with the importance of mental health and factors affecting it. She mentioned how to cope up with the changes during the adolescence period which serves as a chief factor for anxiety, stress and depression as well as shared few of her personal experiences on the same. She also emphasized on how important it is to celebrate the little things in life, the small packets of happiness by getting involved. At the end, there was a short interactive session where she cleared off all the doubts of the volunteers and questions on various factors involving mental health. The webinar was concluded by Mr. Jithin K Francis and vote of thanks was given by the team head Noel David.

Next activity was ' Cooking Contest ' started at 7:45pm. Volunteers shared the photos of various dishes they prepared and shared their experiences with others. The first dish was butterscotch cake prepared by Maria Jose. It was her first try making a cake and she was successful. Next was Athulya Mini Jose, she started cooking various dishes during lockdown. Some of the dishes she tried were pizzas, cupcakes, ice cream, etc. She shared her interest in trying various dishes. Next was Ambili S R, she was interested mainly in making different sweets. She tried many dishes such as cookies, biscuits and many other sweets during the lockdown. Noel David was the next volunteer who tried making thoran using banana flower (vazha kodapan) and shared with us his experience trying to cook various dishes. Aneesha John

tried preparing a variety of dishes like Chocolate Truffle cake, Rainbow cake, Beef Dry Fry(BDF), etc. during lockdown and shared her experiences and happiness of being successful in the first attempt itself. Next was Gouri Sagin, she tried making Aloo Paratha seeing YouTube videos and was happy that she was successful. Next volunteer was Anamika, she tried something very different. She tried to make Jackfruit fry similar to chicken fry and shared her experiences in trying new dishes. Next was Mariette Pereira, she started cooking during the lockdown. She tried to prepare Beef roast and was successful. Volunteers showed the magic of their hands by sharing their cooking videos and photos with us. Many shared their experiences of trying various dishes for the first time and shared the happiness of being successful in cooking.

DAY 6 (12-02-2021)





An assembly to welcome all members to sixth day of MAYOOKHAM 2021 which was held on 12th February 2021. The assembly began with the enlightening NSS song by Ambili S.R. This was followed by thought of the day given by Jerin Geever George. The whole event was anchored by Mariette Juanita. To infuse energy within the attendees the event was instigated with a brief yoga session performed by Gokul. He taught simple poses of yoga which include Suryanamaskaram. Assembly was concluded after the attendance taken by Gayathri P.V. About 73 participants attended the morning assembly.

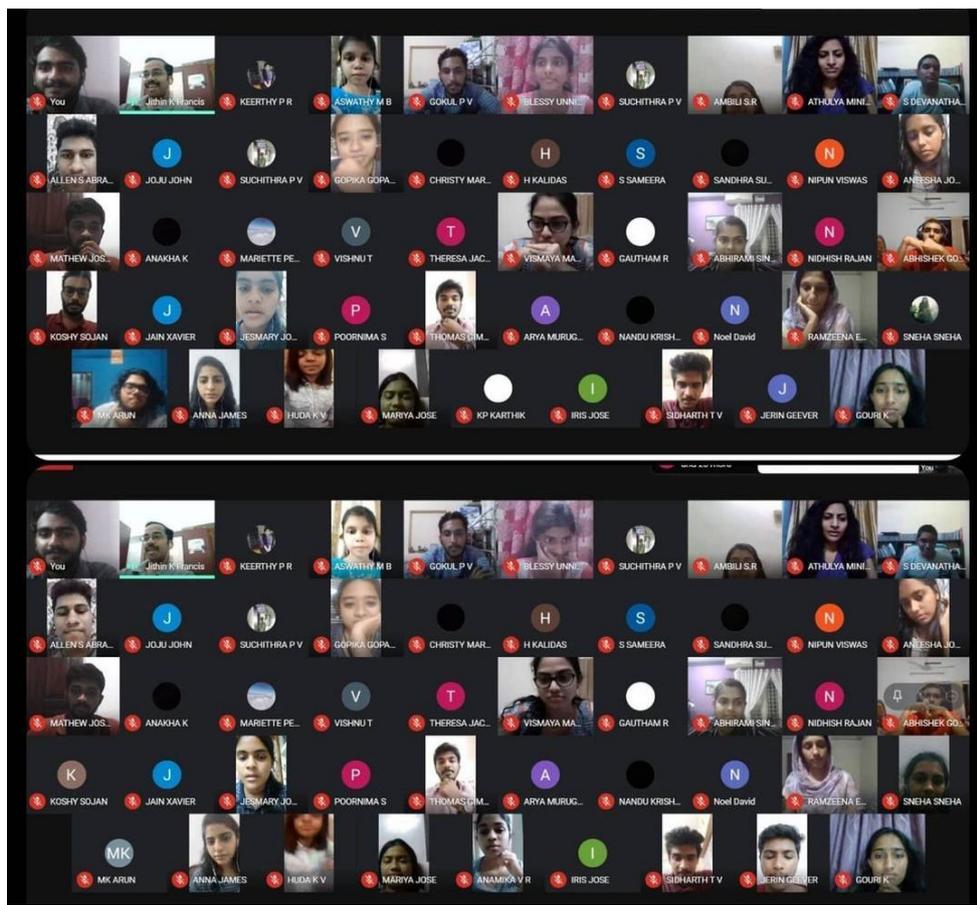
As an external activity we conducted an event “ Dhanyavaad” .Main agenda of the event is to giving a token of gratitude to our teachers. Even in this pandemic situation, our NSS Secretary Sujithra took all the risks by her own. We know that teachers are playing a main role in our career.. This event does on 12th Feb 2021 from 10.00 am to 12 pm, giving paper pens made by Ranjini ma'am a differently-abled person, to our teachers as a token of gratitude for all the great things they have done. We were able to end this event more successfully than we expected.

The evening webinar session was on the topic ‘DRUG ABUSE AWARENESS’ by Shri VT Job Retd. Preventive officer, Excise Department, Kerala. The session started at about 6pm with welcome speech by Koshy Sojan, Vice volunteer secretary and the whole event was

anchored by NSS volunteer Mariette. Through the session we came to know about misuse of different drugs and how badly it affects our health, family and future. We were also enlightened about we as NSS volunteer should do prevent this social evil. We were also taught about some reasons why people take drugs and some countermeasures to prevent it. The program continued till about 8pm and was followed by question answer session. The program came to an end, with the vote of thanks by Basil.

The cultural evening program started by about 8.10 pm on 12th February 2021. The videos made by different teams for AWARENESS VIDEO MAKING COMPETITION was shown one by one. Suchithra P.S the secretary, then invited members of design team, online team, and core members to share their experience in making this online camp a success. The session ended by 8:30 pm .

DAY 7 (13-02-2021)



The closing ceremony of the seven day virtual NSS camp started with the NSS song beautifully sung by Gopika Gopakumar. Our anchor for the day Allen S Abraham then moved on to inviting our NSS Secretary Suchithra P.V who gave a brief account on the camp followed by giving her overall experience as our NSS Secretary and on the whole NSS family followed by

our beloved secretary Krishnanand R. Then we had our Vice Secretary Huda K.V. share her experience. The session moved forward with Jithin sir sharing his previous experiences and further had the camp evaluation and feedback. Suchithra P.V. handled the feedback and experience session by inviting members from all the teams and committees to share their piece of experience working for NSS. Then we had a brief discussion on the video making contest where Jithin sir gave his opinion on each team's videos, also volunteers opinions were asked.

Then we moved on to declaring the camper for this year's NSS camp. Jithin sir picked out the best campers- Ramzeena Ebrahim as best camper female volunteer and Noel David as best camper male volunteer. Then we were able to hear from our vice secretary Koshy Sojan, his experience followed by Thomas Gimmy. A random volunteer was called out by Jithin sir to give an opinion on the camp and so Theresa Jacob gave her experience on this online camp and the beneficial aspects of it. Suchithra moved on inviting the team leaders to share their experience working in as a team. The leads of the 7 team as well as those of the content, finance, finance as well as classroom handle were seen giving their small joys of volunteering. Then Athulya Rose Reji and Vismaya Manoharan, the camp coordinators gave their feedback on being able to pull this off event successfully; followed by some random feedback from some of our volunteers. After all the feedback and thanksgiving speeches our seven day virtual NSS Camp came to conclusion with the national anthem sung by Gopika Gopakumar.

