



**MAR THOMA COLLEGE, TIRUVALLA**

*Education par excellence and Educated for the Society*

(Accredited with A-Grade by the National Assessment and Accreditation Council - NAAC)

Affiliated to Mahatma Gandhi University, Kerala [www.mtct.ac.in](http://www.mtct.ac.in)

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# **NATIONAL SERVICE SCHEME**

**UNIT NO:25(A), 25(B) & 510**

## **ഒരുമയുടെ ശബ്ദം**



**സപ്തദിന സഹവാസ ക്യാമ്പ്**

**ഓഗസ്റ്റ് 28 മുതൽ സെപ്റ്റംബർ 3 വരെ**

**Venue: PMV HIGH SCHOOL, PERINGARA**

**NOT ME BUT YOU**

# SPECIAL CAMP SCHEDULE

(FROM 28-8-25 TO 03-9-25, AT PMVHS SCHOOL, PERINGARA)

## 28<sup>TH</sup> AUGUST 2025

TIME	ACTIVITY
3:00 PM	LEAVE FROM COLLEGE TO CAMP SITE
4:00 PM	VILLAMBHARAYATRA TO PMVHS
4:30 PM	TEA AND SNACKS
5:00 PM TO 6:00 PM	INAUGURATION
6:00 PM TO 7:00 PM	PERSONAL TIME
7:00 PM TO 8:00 PM	<b>MEET &amp; GREET: ICE BREAKING SESSION</b>  (REV. FR. ELDOSE K. JOY, NSS PROGRAMME COORDINATOR, ERNAKULAM DISTRICT)
8:00 PM TO 9:00 PM	DINNER
9:00 PM TO 9:30 PM	INSTRUCTIONS FOR THE NEXT DAY
10:00 PM	LIGHTS OFF

## 29<sup>TH</sup> AUGUST 2025

TIME	ACTIVITY
5:00 AM	WAKE UP
6:30 AM TO 7:00 AM	MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEFING OF THE PROGRAMME, ATTENDANCE, REPORT, GROUP ACTIVITY
7:00 AM TO 7:30 AM	PHYSICAL EXERCISE/ YOGA
7:30 AM TO 8:00 AM	PERSONAL TIME
8:00 AM TO 8:30 AM	BREAKFAST
8:30 AM TO 9:00 AM	PREPARATION TIME

9:00 AM TO 9:30 AM	BOOK DONATION TO SCHOOL LIBRARY @ ADOPTED VILLAGE
10:00 AM-11:30 AM	NSS FOR A SUSTAINABLE FUTURE (DR. JOSMIN P. JOSE, FORMER NSS PO, MTC, TIRUVALLA)
12:00 PM TO 1:00 PM	LUNCH
2:00 PM TO 4:00 PM	ANTIDRUG CAMPAIGN @ PERINGARA JUNCTION
4:30 PM TO 5:00 PM	TEA BREAK
5:30 PM TO 6:30 PM	PERSONAL TIME
7:00 PM TO 8:00 PM	DINNER
8.00 PM TO 9.00 PM	CULTURAL PROGRAMME
9:00 PM TO 9:30 PM	CAMP EVALUATION
10:00 PM	LIGHTS OFF

### 30<sup>TH</sup> AUGUST 2025

TIME	ACTIVITY
5:00 AM	WAKE UP
6:30 AM TO 7:00 AM	MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEF OF PROGRAM, ATTENDANCE, REPORT, GROUP ACTIVITY
7:00 AM TO 7:30 AM	PHYSICAL EXERCISE/ YOGA
7:30 AM TO 8:00 AM	PERSONAL TIME
8:00 AM TO 8:30 AM	BREAKFAST
8:30 AM TO 9:00 AM	PREPARATION TIME
9:00 AM TO 12:30 PM	SKILL TRAINING SESSION (REV. SHIBU SAMUEL, CARD, TIRUVALLA)
1:00 PM TO 2:00 PM	LUNCH
2:30 PM TO 3:30 PM	CULTIVATING THE FUTURE: SMART FARMING PRACTICES FOR SUSTAINABLE FUTURE

	(DR. ANJU MARIAM JOSEPH, AGRICULTURAL OFFICER, CHATHENKERRY)
3:30 PM TO 4:00 PM	TEA BREAK
4:10 PM TO 4:45 PM	പച്ചക്കറിത്തോട്ടം നിർമ്മാണം
5.00 PM TO 5.45 PM	PERSONAL TIME
6:00 PM TO 7:30 PM	JUST A MINUTE COMPETITION
7:30 PM TO 8:30 PM	DINNER
8:30 PM TO 9:30 PM	CULTURAL PROGRAM
9:30 PM TO 9:50 PM	CAMP EVALUATION
10:00 PM	LIGHTS OFF

### 31<sup>ST</sup> AUGUST 2025

TIME	ACTIVITY
5:00 AM	WAKE UP
6:30 AM TO 7:00 AM	MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEF OF PROGRAM, ATTENDANCE, REPORT, GROUP ACTIVITY
7:00 AM TO 7:30 AM	PHYSICAL EXERCISE/ YOGA
7:30 AM TO 8:00 AM	PERSONAL TIME
8:00 AM TO 8:30 AM	BREAKFAST
8:30 AM TO 9:00 AM	PREPARATION TIME
9:00 AM TO 12:30 PM	<b>SOCIO-ECONOMIC SURVEY IN PERINGARA PANCHAYAT WARD 3</b>
1:00 PM TO 2:00 PM	LUNCH
2:30 PM TO 4:00 PM	<b>WOMEN &amp; WELLNESS- A LIVE CONSULTATION SESSION</b> (Ms. SOORYA KRISHNAN, YOGA TRAINER)
4:15 PM TO 4:45 PM	TEA BREAK
5:00 PM TO 5:45 PM	<b>കേൾക്കാൻ ഒരിടം- SHARING EXPERIENCES</b>

6:00 PM TO 7:00 PM	PERSONAL TIME
7:30 PM TO 8:30 PM	DINNER
8:30 PM TO 9:30 PM	CULTURAL PROGRAM
9:30 PM TO 9:50 PM	CAMP EVALUATION
10:00 PM	LIGHTS OFF

**1<sup>ST</sup> SEPTEMBER 2025**

TIME	ACTIVITY
5:00 AM	WAKE UP
6:30 AM TO 7:00 AM	MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEF OF PROGRAM, ATTENDANCE, REPORT, GROUP ACTIVITY
7:00 AM TO 7:30 AM	PHYSICAL EXERCISE/ YOGA
7:30 AM TO 8:00 AM	PERSONAL TIME
8:00 AM TO 8:30 AM	BREAKFAST
9:00 AM TO 11:00 AM	SKILL TRAINING SESSION
11:15 AM TO 12:30 PM	<i>SNEHASPASHAM: FELLOWSHIP WITH THE SENIOR CITIZENS OF THE VILLAGE</i>
1:00 PM TO 2:00 PM	LUNCH
2:30 PM TO 3:30 PM	<b>REFLECT &amp; RECHARGE-COUNSELLING SESSION</b> (MS. JANET MARIYAM THOMAS, JEEVANI CENTRE FOR WELL-BEING)
3:30 PM TO 4:30 PM	TEA AND SNACKS
4:30 PM TO 5:30 PM	PERSONAL TIME
5:45 PM TO 7:00 PM	PRACTICE TIME
7:00 PM TO 8:00 PM	CULTURAL PROGRAM

<b>8:00 PM TO 9:00 PM</b>	<b>DINNER</b>
<b>9:00 PM TO 9:30 PM</b>	<b>CAMP EVALUATION</b>
<b>10:00 PM</b>	<b>LIGHTS OFF</b>

**2<sup>ND</sup> SEPTEMBER 2025**

<b>TIME</b>	<b>ACTIVITY</b>
<b>5:00 AM</b>	<b>WAKE UP</b>
<b>6:30 AM TO 7:00 AM</b>	<b>MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEF OF PROGRAM, ATTENDANCE, REPORT, GROUP ACTIVITY</b>
<b>7:00 AM TO 7:30 AM</b>	<b>PHYSICAL EXERCISE/ YOGA</b>
<b>7:30 AM TO 8:00 AM</b>	<b>PERSONAL TIME</b>
<b>8:00 AM TO 8:30 AM</b>	<b>BREAKFAST</b>
<b>8:30 AM TO 9:00 AM</b>	<b>PREPARATION TIME</b>
<b>9:00 AM TO 12:00 PM</b>	<b>ONAM CELEBRATIONS @ CAMP</b>
<b>12:15 PM TO 1:15 PM</b>	<b>LUNCH</b>
<b>1:30 PM TO 3:30 PM</b>	<b>GAMES</b>
<b>3:30 PM TO 4:30 PM</b>	<b>TEA BREAK</b>
<b>5:00 PM TO 6:00 PM</b>	<b>PERSONAL TIME</b>
<b>7:00 PM TO 8:00 PM</b>	<b>RE-MIND (MR. SHIHAB M JAMAL, MOTIVATIONAL SPEAKER)</b>
<b>8:15 PM TO 9:00 PM</b>	<b>DINNER</b>
<b>9:15 PM TO 9:45 PM</b>	<b>CAMP EVALUATION</b>
<b>10:00 PM</b>	<b>LIGHTS OFF</b>

**3<sup>RD</sup> SEPTEMBER 2025**

<b>TIME</b>	<b>ACTIVITY</b>
<b>5:00 AM</b>	<b>WAKE UP</b>
<b>6:30 AM TO 7:00 AM</b>	<b>MORNING ASSEMBLY, NSS SONG, NSS CLAP, FLAG HOISTING, BRIEF OF PROGRAM, ATTENDANCE, REPORT, GROUP ACTIVITY</b>
<b>7:00 AM TO 7:30 AM</b>	<b>PHYSICAL EXERCISE/ YOGA</b>
<b>7:30 AM TO 8:00 AM</b>	<b>PERSONAL TIME</b>
<b>8:00 AM TO 8:30 AM</b>	<b>BREAKFAST</b>
<b>8:30 AM TO 11:30 AM</b>	<b>CLEANING DRIVE @ CAMP SITE</b>
<b>11:30 AM TO 12:30 PM</b>	<b>CLOSING CEREMONY</b>
<b>12:30 PM TO 1:00 PM</b>	<b>LUNCH</b>
<b>2:00 PM</b>	<b>LEAVES FROM PMVHS</b>