

NSS SPECIAL CAMP REPORT 2026

To,

Dr. P.P. Kirathamoorthi
Principal
Vishnu Ayurveda College Kulappully, Shoranur

Date: January 16, 2026

Subject: Submission of the NSS Special Camp Report – "PARIVARTHAN" (January 4–10, 2026)

Respected Sir,

I am writing to formally submit the detailed report of the seven-day NSS Special Camp, **"PARIVARTHAN" (Building India through Healthy Individuals/Students from Rural Areas)** which was successfully organized by the **A16 NSS Unit**.

The camp was held from **January 4th to January 10th, 2026**, at the **Sri Cherumulayankavu Temple Auditorium, Kayiliyad**. As the Program Officer, I am pleased to report that the 2024 batch of volunteers actively participated in various community outreach programs, including:

- **Medical & Health Camps:** Specialized pediatric, adolescent, ENT, and geriatric checkups conducted at **ALP School Kayiliyad, CHSS Chalavara**, and within the local community.
- **Awareness Sessions:** Classes on mental health, drug abuse prevention, fire safety, and cyber security led by experts and government officials.
- **Skill Development:** Daily SWOT analysis, physical exercise, and scientific sessions on Ayurvedic skincare.

The camp achieved its objective of fostering a spirit of service among students while providing valuable health services to the student population of Chalavara Panchayath. I have attached the full day-by-day schedule and activity summary for your perusal.

I would like to express my sincere gratitude for your presence at the inauguration and for your constant support in making this camp a success.

Yours faithfully,

Dr Sreenath S
NSS Program Officer
A16 NSS Unit
Vishnu Ayurveda College

REPORT ON NSS SPECIAL CAMP 2026: "PARIVARTHAN"

Unit: A16 NSS Unit, Vishnu Ayurveda College, Shoranur

Theme: Parivarthan – Building India through Healthy Individuals/Students from Rural Areas

Venue: Sri Cherumulayankavu Temple Auditorium, Kayiliyad, Palakkad

Duration: January 4th to January 10th, 2026

1. Executive Summary

The A16 NSS Unit of Vishnu Ayurveda College successfully conducted a seven-day residential camp aimed at community development and health awareness in Kayiliyad Village. The camp focused on integrating Ayurvedic health principles with social service, engaging with local schools and the elderly population.

2. Inauguration

The camp was officially inaugurated on **January 5th** by the **President of Chalavara Grama Panchayath Smt Sandhya**. The ceremony was attended by the Kayiliyad Ward Member Mr Krishnaprakash and Principal Dr. P.P. Kirathamoorthisir, setting a collaborative tone with local governance.

3. Key Health Projects & Community Outreach

A significant portion of the camp was dedicated to specialized health camps and awareness sessions:

- **Paediatric & Adolescent Health:** Conducted a Paediatric health checkup at **ALP School Kayiliyad** (Dept. of Koumarabhritya) and an Adolescent health care session at **CHSS Chalavara** (Dept. of Prasoothitantra).
- **Mental Health & Drug Awareness:** Organized a Mental Health awareness program (Dept. of Kayachikitsa) and a "Stop Drug" awareness class (Dept. of Panchakarma) at **CHSS Chalavara**.
- **Specialized Medical Camps:** An ENT camp was held at **ALP School Kayiliyad** by the Dept. of Shalakyas.
- **Vayojana Seva (Elderly Care):** Volunteers spent meaningful time with senior citizens, sharing experiences and conducting cultural programs.

4. Educational & Skill Development Sessions

Beyond health camps, volunteers participated in diverse training sessions:

- **Technical Training:** Fire and Safety class by the Shornur Fire Officer and a Cyber Security/Crime awareness session by Mr. Binu Ramachandran, Senior CPO, Kerala Police.
- **Self-Development:** SWOT Analysis by Dr. Sreenath , an Ice Breaking session by Mr. Prashanth Balakrishnan , and a Scientific session on Ayurvedic skin care by Dr. Sunitha K.S..

5. Daily Routine & Camp Discipline

The camp followed a rigorous schedule starting at 7:00 AM with exercise and warm-ups, followed by assembly and project work. Each evening concluded with camp evaluations and cultural entertainment, fostering a spirit of reflection and camaraderie.

6. Conclusion

The camp concluded on **January 10th** with a Valedictory Function. Before returning to the college, volunteers ensured the camp site was fully cleaned, upholding the NSS value of "Shramadan".

The detailed description and Photos are hereby attached.





NSS Special CAMP 2026

PARIVARTHAN

**(BUILDING INDIA THROUGH HEALTHY INDIVIDUALS/
STUDENTS FROM RURAL AREAS)**

January 4th - January 10

**Kayiliyad Village of Chalavara Panchayath, Palakkad
Camp area -
Sri Cherumulayankavu temple Auditorium**

Inauguration Chief Guests -

**Chalavara Grama Panchayath President
Kayiliyad Ward Member
Principal Dr P P Kirathamoorthi sir**

All are welcome....

A16 NSS Unit



VISHNU AYURVEDA COLLEGE,

**Kulappully, Shoranur | ☎ 7994030042, 8129180045
🌐 vishnuayurvedacollege.in**

DAY 1 04.01.2026

AT 1:30 PM THE NSS VOLUNTEERS REACHED THE CAMP SITE, SRI CHERUMULAYANKAVU TEMPLE AUDITORIUM FOR THE 7 DAYS NSS CAMP.



2PM SETTING THE CAMP SITE AND MAKEING IT IN ORDER

3 PM INAUGURATION AND SWOT ANALYSIS WAS CONDUCTED BY DR SREENATH SIR.

FROM 4PM TO 7 PM WE WERE DISCUSSING AND DELEGATING THE CAMP PROGRAMS.

8 PM WE HAD OUR DINNER

AT 9PM LIGHTS OFF.



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DAY1 04.01.2026

1:00 PM: The volunteers reached the NSS special camp site and began the initial arrangements.

2:00 PM: The camp site was systematically set up and organized to ensure proper accommodation and smooth functioning.

3:00 PM: A SWOT analysis session was conducted by Dr. Sreenath Sir, helping the volunteers understand strengths, weaknesses, opportunities, and challenges of the camp.

4:00 PM – 7:00 PM: Detailed discussions were held and various camp programmes were delegated among volunteers.

8:00 PM: Dinner was served.

9:00 PM: Lights out.



DAY 2 05.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM THE NSS CAMP WAS INAUGURATED BY CHALAVARA GRAMA PANCHAYAT PRESIDENT.

12:30 PM LUNCH

3 PM FIRE AND SAFETY CLASS BY STATION OFFICER SHORANUR.

5 PM TEA TIME

6 PM CAMP EVALUATION

7 PM DINNER AND ENTERTAINMENT

9 PM LIGHTS OFF



Chalavara, Kerala, India
R79p-9m5, Kayillad, Chalavara, Kerala:679122, India
Lat 10.818236° Long 76.286628°
05/01/2026 02:11 PM GMT +05:30

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DAY2 05.01.2026

7:00 AM: The day began with exercise and warm-up sessions to energize the volunteers.

8:00 AM: Breakfast followed by preparations for the day.

9:00 AM: Assembly was conducted.

10:00 AM: The NSS camp was formally inaugurated by the Chalavara Grama Panchayath President.

12:30 PM: Lunch was provided.

3:00 PM: A fire and safety awareness class was conducted by the Fire Officer from Shornur.

5:00 PM: Tea break.

6:00 PM: Camp evaluation was conducted.

7:00 PM: Dinner and entertainment programmes.

9:00 PM: Lights out.









DAY 3 06.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM PROJECT 3 - MENAL HEALTH AWARENESS CLASS AT CHSS CHALAVARA (DEPT OF KAYACHIKITSA)

2 PM LUNCH

3 PM CYBER SECURITY/CRIME AWARENESS CLASS BY MR BINU RAMACHANDRAN SENIOR CPO KERALA POLICE.

**6 PM TEA
7 PM CAMP EVALUATION
8 PM DINNER AND ENTERTAINMENT
10 PM LIGHTS OFF**



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DAY3 06.01.2026

7:00 AM: Exercise and warm-up session.

8:00 AM: Breakfast and preparation for activities.

9:00 AM: Assembly.

10:00 AM:

1. Paediatric health check-up was conducted at ALP School Kayiliyad by the Department of Koumarabhritya.

2. Adolescent health care programme was conducted at CHSS Chalavara by the Department of Prasoothitantra.

12:30 PM: Lunch.

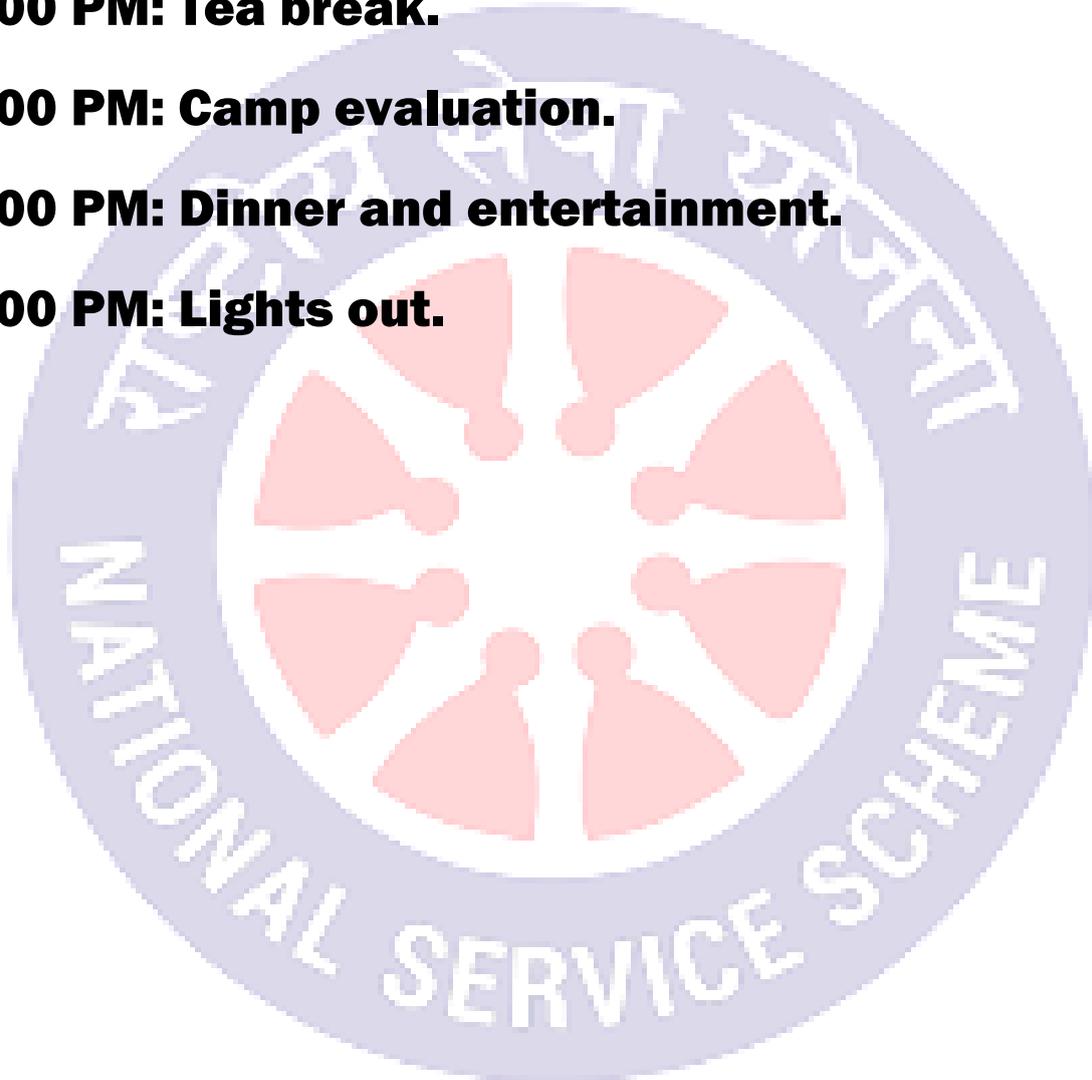
2:00 PM: Cybersecurity and crime awareness session was taken by Mr. Binu Ramachandran, Senior CPO, Kerala Police.

6:00 PM: Tea break.

7:00 PM: Camp evaluation.

8:00 PM: Dinner and entertainment.

9:00 PM: Lights out.







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DAY 4 07.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM PROJECT 3 - MENAL HEALTH AWARENESS CLASS AT CHSS CHALAVARA (DEPT OF KAYACHIKITSA)

2 PM LUNCH

3 PM ICE BREAKING SESSION WAS CONDUCTED BY MR.PRASHANTH BALAKRISHNAN (TRAINER AND ADMINISTRATOR PARAMEKAVU INSTITUTIONS THRISSUR)

**6 PM TEA
7 PM CAMP EVALUATION
8 PM DINNER AND ENTERTAINMENT
10 PM LIGHTS OFF**



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DAY4 07.01.2026

7:00 AM: Exercise and warm-up.

8:00 AM: Breakfast and getting ready.

9:00 AM: Assembly.

10:00 AM: A mental health awareness programme was conducted at Chalavara HSS by the Department of Kayachikitsa by Dr Aneesh and other PG teachers under the guidance of PROF. Dr Ngabhooshanam Sir.

2:00 PM: Lunch.

3:00 PM: **An ice-breaking session was conducted by Mr. Prashanth Balakrishnan, Trainer and Administrator, Paramekkavu Institutions, Thrissur. The session helped to improve the bonding among the volunteers.**

5:00 PM: Tea break.

The volunteers celebrated the birthday of Abhinaya with a small and joyful gathering, which brought happiness and unity among all camp members.

6:00 PM: Camp evaluation.

7:00 PM: Dinner and entertainment.

9:00 PM: Lights out.









DAY 5 08.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM PROJECT 3 - ENT CAMP (DEPT OF SHALAKYA) AND STOP DRUG AWARENESS CLASS (DEPT OF PANCHAKARMA) IN CHSS CHALAVARA.

2 PM LUNCH

3PM SKIN CARE TECHNIQUES THROUGH AYURVEDA (SCIENTIFIC SESSION) BY DR SUNITHA K S, AYURVEDA COSMETOLOGIST (DHANWANTARI AYURVEDA BHAVAN PVT LTD NELLUVAI)

5 PM TEA TIME

6 PM CAMP EVALUATION

7 PM DINNER AND ENTERTAINMENT

9 PM LIGHTS OFF



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DAY5 08.01.2026

7:00 AM: Day began with Exercise and warm-up.

8:00 AM: Breakfast and preparation.

9:00 AM: Assembly.

10:00 AM:

1. ENT camp was conducted at ALP School Kayilyad by the Department of Shalakyā.

2. Stop drug awareness class was conducted at CHSS Chalavara by the Department of Panchakarma.

1:00 PM: Lunch.

2:00 PM: A scientific session on skin care techniques through Ayurveda was conducted by Dr. Sunitha K. S., Ayurveda Cosmetologist, Dhanwantari Ayurveda Bhavan Pvt. Ltd.,

Nelluvai. The session was very informative and helped create awareness about adopting healthy skin care habits in daily life.

5:00 PM: Tea break.

6:00 PM: Camp evaluation.

7:00 PM: Dinner was prepared by the boys of our class and their effort and teamwork was sincerely appreciated.

8.00 PM: An entertainment session was conducted during which the volunteers participated and enjoyed cultural and fun activities.

9:00 PM: Lights out.

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DAY 6 09.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM PROJECT 4 - VYOJANA SEVA - SPENDING TIME WITH OLD PEOPLE AND SHARING THEIR EXPERIENCES ALONG WITH HEALTH CHECKUP CAMP (DEPT OF KAYACHIKITSA).

2 PM LUNCH.

4 PM EVALUATION OF ALL PROJECTS CARRIED OUT DURING THE CAMP.

5 PM TEA

6 PM CAMP EVALUATION

8 PM DINNER AND ENTERTAINMENT

10 PM LIGHTS OFF



DAY6 09.01.2026

7:00 AM: Exercise and warm-up.

8:00 AM: Breakfast and preparation.

9:00 AM: Assembly.

10:00 AM:

Vayojana Seva programme was conducted, where volunteers spent time with elderly people and organized a health check-up camp by the Department of Kayachikitsa. It was a deeply emotional experience, as the volunteers engaged in selfless service and understood the true value of compassion and social responsibility.

2:00 PM: Lunch.

4:00 PM: Evaluation of all projects carried out during the camp.

6:00 PM: Camp evaluation.

7:00 PM: Dinner followed by entertainment with some fun and interesting games in which the volunteers actively participated helping to create a lively and positive atmosphere, making the camp experience more enjoyable.

10:00 PM: Lights out.









DAY 7 10.01.2026

THE DAY BEGAN AT 7AM WITH EXERCISE AND WARM UP FOLLOWED BY BREAKFAST AND GETTING READY.

9 AM ASSEMBLY .



10 AM VALEDICTORY FUNCTION .

12 PM WINDING UP NOF CAMP AND CLEANING THE SITE

1:30 PM RETURNING TO COLLEGE



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DAY 7 10.01.2026

7:00 AM: The final day of camp began with Exercise and warm-up.

8:00 AM: Breakfast and preparation.

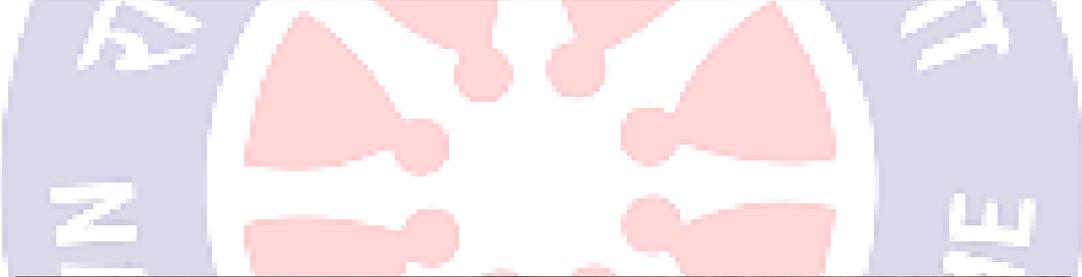
9:00 AM: Assembly.

10:00 AM: Valedictory function was conducted marking the conclusion of the NSS special camp.

12:00 PM: Winding up of the camp and cleaning of the camp site.

1:30 PM: Volunteers returned to college







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This is to certify that NSS unit A-16 of Vishnu Ayurveda College, Kulappully Shornur, which is affiliated under KERALA UNIVERSITY OF HEALTH SCIENCES, have conducted **7 days residential special camp** in our Auditorium (Devi Kalyanamandapam) from **January 4 2026 to January 10 2026.**

We acknowledge with gratitude their work and dedication in keeping the premises clean and tidy during the camp and after the camp.

Thanks, and Regards

President

Sri Cherumulayankavu kshetra samithi

Kayiliyad, Palakkad