



# NATIONAL SERVICE SCHEME

## SPECIAL CAMP REPORT



**“NOT ME BUT YOU”**



**B.S. Abdur Rahman Crescent Institute of Science & Technology, Chennai**

**NATIONAL SERVICE SCHEME**

**7 DAYS SPECIAL CAMP**

**Theme: Green India Clean India**

**Date: 21.02.2024 to 27.02.2024**

**Venue: Govt. Panchayath Union Middle School, Keerapakkam Village.**

**Kattankulathur Union, Chengalpattu District**

**Adopted Villages: Keerapakkam, Arungal, Murugamangalam**



## REGIONAL DIRECTORATE OF NSS, CHENNAI, TAMILNADU

**SHREE.S.SAYEERAM , REGIONAL DIRECTOR**

**STATE NSS Officer, TAMILNADU**



**DR.M.SENTHIL KUMAR**

**OFFICE BEARERS**



## **Dr. D. AYUB KHAN DAWOOD**

M.Com, M.Phil, MBA(Fin), PGDPM& IR, Ph.D

Prof & Dean School of Social Sciences and Humanities

N.S.S. Coordinator

B.S.A. Crescent Institute of Science and Technology, Chennai-48

Mob:+91 9444905570

Email:nsscoordinator@crescent.education

## **NSS Programme Officers**



### **Dr.C.SRINIVASAN, AP(Sel.)/COMMERCE**

M.Com, MBA, M.Phil, Ph.D

Assistant Professor of Commerce

NSS Programme Officer.

Mob: +91 9842450465

Email:srinivasan.com@crescent.education



**Dr. NOUSHAD C, AP(Sel.) /SOCIOLOGY**

MA, M.Phil, Ph.D, NET

Assistant Professor of Sociology

NSS Programme Officer.

Mob: +91 9488478382

noushad@crescent.education



**Dr. ANITHA R, AP(Sel.) / ECE**

B.E, ME, Ph.D, M.I.E.T.E

Senior Assistant Professor of Electronics and Communication Engineering

NSS Programme Officer.

Mob: +91 8681930515

Email: r.anitha@crescent.education



## INTRODUCTION

The seven days special camp has been organized by the N.S.S. units of B.S. Abdur Rahman Crescent Institute of Science and Technology at Panchayat Union Middle School, Keerapakkam Village, Kattankulathur Union, Chengalpattu District during the period of 21.02.2024 to 27.02.2024.

National Service Scheme (NSS) special camp offers numerous opportunities for personal growth, community impact, and societal change. NSS special camps provide a platform for individuals to actively contribute to society. By engaging in community service initiatives, participants become agents of change, empowering themselves and others to address pressing social issues. Encouraging participation in NSS special camps cultivates a sense of civic responsibility among youth. By taking ownership of community development projects, participants learn the importance of active citizenship and the role they can play in shaping a better society. Engaging in the planning, coordination, and execution of camp activities helps develop leadership qualities. Participants learn to communicate effectively, collaborate with diverse teams, and make informed decisions, preparing them to lead in various spheres of life. By promoting sustainable practices and empowering local communities, participants contribute to long-term socio-economic progress and environmental stewardship.

In camp, engaging in community service exposes participants to new experiences, challenges, and perspectives. Through hands-on involvement in projects, individuals discover their strengths, passions, and areas for growth, fostering personal development and self-awareness.

By actively participating in NSS special camps, individuals serve as catalysts for positive change within their communities. Their enthusiasm, dedication, and tangible contributions inspire others to get involved, creating a ripple effect of goodwill and collective action. NSS special camps provide a platform to celebrate the spirit of service and altruism. Participants experience firsthand the joy and fulfillment that come from



making a difference in the lives of others, reaffirming the value of service as a fundamental human endeavor.

Ultimately, participation in NSS special camps equips individuals with the knowledge, skills, and motivation to become agents of social transformation. By harnessing their collective efforts and leveraging their experiences, participants contribute to building a more inclusive, equitable and sustainable world for future generations. NSS special camps offer opportunities for participants to forge meaningful connections and create lasting memories. Bonding with fellow volunteers over shared experiences and common goals fosters a sense of camaraderie and belonging that extends beyond the duration of the camp.

In essence, Our institute NSS special camp serve as catalysts for personal, social, and societal change, empowering individuals to become active participants in shaping a brighter future for themselves and their communities.





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## INVITATION



**B. S. ABDUR RAHMAN**  
**CRESCENT INSTITUTE OF SCIENCE AND TECHNOLOGY,**  
**CHENNAI**  
**NATIONAL SERVICE SCHEME**  
Cordially invites you to the Inauguration of  
**7 DAYS SPECIAL CAMPING PROGRAMME (2023-24)**  
(21<sup>st</sup> February 2024 to 27<sup>th</sup> February 2024) at 2.30 pm  
*Govt.Panchayat Union Middle School, Keerapakkam village, Kattankulathur Union, Chengalpattu District*

Welcome Address : **Dr.Ayub Khan Dawood,**  
Dean SSSH & NSS Coordinator  
BSA Crescent Institute of Science & Technology

Presidential Address : **Dr.T.Murugesan**  
Vice-Chancellor,  
BSA Crescent Institute of Science and Technology

Chief Guest Address : **Dr.M.Senthilkumar,**  
State NSS Officer, Tamil Nadu State NSS Cell,  
Directorate of Collegiate Education, Chennai

Camp Inaugural Address : **Dr.N.Thajuddin**  
Pro- Vice Chancellor  
BSA Crescent Institute of Science and Technology

Special Address : **Dr.N.Raja Hussain,**  
Registrar,  
BSA Crescent Institute of Science & Technology

Felicitation : **Mrs.Selvasundari Rajendran,** President, Keerapakkam Panchayath  
**Mr.A.V.M. Elango (a) Karthikeyan**  
Panchayat Union Member, Keerapakkam  
**Mr.A.J.K.Balaji,** Vice President, Keerapakkam  
**Mrs.G.Shanthi,** Headmistress, P.U. Middle School, Keerapakkam  
**Mr.Varadharajan,** Panchayat Secretary  
**Ward Members:** **Mr.Ethiraj** **Mrs.DeepaMagendran**  
**Mrs. SasikalaDhanasekaran** **Mrs.Lalitha Srinivasan**  
**Mrs.Vanitha Suresh** **Mrs.KomathiSampath**  
**Mr.Panneer** **Mrs.Uma jayaganesh**  
**Dr.V.Murugesan**  
Advisor, BSACIST  
**Dr.Syed Masood Jamali**  
Advisor, BSACIST

Vote of Thanks : **Dr.C Srinivasan,** NSS Programme Officer,  
BSACIST

Programme Officers : **Dr.C. Srinivasan,**  
**Dr.Noushad.C**  
**Dr.R.Anitha**

Adopted Villages : **Keerpakkam**  
**Arungal**  
**Murugamangalam**


*"Not Me  
But You"*

**Theme: "Green India Clean India"**



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## PROGRAMME SCHEDULE

<div><div>B. S. ABDUR RAHMAN CRESCENT INSTITUTE OF SCIENCE AND TECHNOLOGY, CHENNAI</div><div>NATIONAL SERVICE SCHEME</div><div>7 DAYS SPECIAL CAMP(2023-24)</div><div>(21<sup>st</sup> February 2024 to 27<sup>th</sup> February 2024) at</div><div>Govt. Panchayat Union Middle School, Keerapakkam village, Kattankulathur Union, Chengalpattu District</div><div>Programme Schedule</div><div></div></div>		
Day 1	21 <sup>st</sup> February 2024 Wednesday	
2.00 pm	Inauguration of the Camp	Dr.M.Senthilkumar, State NSS Officer
3.30 pm	Village Survey	NSS Volunteers
Day 2	22 <sup>nd</sup> February 2024 Thursday	
10.00 am	Blood Donation Camp	The TamilNadu Dr. MGR Medical University, Chennai.
2.30 pm	Stress Management	Mrs.S.Muthulakshmi Counsellor & Psychologist BSACIST
Day 3	23 <sup>rd</sup> February 2024 Friday	
10.00 am	Reading Challenges	Readers Club, BSACIST.
2.30 pm	Self Defence	Mr.Abdurrahim Salih Founder, V5 Innovations & GV Institute of Accupuncture and TCM treatment center, Chennai.
Day 4	24 <sup>th</sup> February 2024 Saturday	
10.00 am	AI & its future	Dr.W.Aisha Banu, Professor & Head/CSE and UBA Co-ordinator , BSACIST.
2.30 pm	Health & Hygiene	Mrs.Parveen Papa Co-Founder & Director Huma Specialist Hospital & Research Centre Chennai.
Day 5	25 <sup>th</sup> February 2024 Sunday	
10.00 am	NEET Survey Collection	NSS Volunteers
02.00 pm	Govt. School Campus cleaning and Water conservation	NSS Volunteers
Day 6	26 <sup>th</sup> February 2024 Monday	
10.00 am	First Aid Awareness	Mr.Neelagandan Sankar ALERT- NGO Chennai
2.00pm	Sports Competition for School Students	Dr.S.SelvaKumar, Director, Department of Physical Education, BSACIST
Day 7	27 <sup>th</sup> February 2024 Tuesday	
11.00 am	Valedictory Function	
THEME: "Green India Clean India"		





**DAY-1      21.02.2024**

The seven-day N.S.S. Special Camp commenced with great enthusiasm and excitement. The inaugural ceremony took place in the presence of distinguished guests and officials from the Crescent Institute. The ceremony served as an inspiring start to the camp, setting the tone for the days ahead. The inaugural ceremony was held at Panchayat Union Middle School, Keerapakkam Village, Kattankulathur Union, Chengalpattu District at 2.00 p.m.

Dr.T.Murugesan, Vice-Chancellor, B.S.A. Crescent Institute of Science & Technology, Dr.N.Thajuddin, Pro- Vice Chancellor, BSACIST, Dr.N.Raja Hussain, Registrar, BSACIST, Dr.Mohamed Ismail, Dean Academic, BSACIST, Dr.Ayub Khan Dawood, N.S.S. Coordinator, BSACIST, Mrs.Selvasundari Rajendran, President, Keerapakkam Panchayat graced the occasion. Nearly 120 NSS student volunteers participated in the inaugural function. During the inaugural ceremony, the participants were introduced to the camp's schedule, rules, and guidelines. The inaugural ceremony set a strong foundation for the participants' engagement in the upcoming activities.

The initial phase of the N.S.S. Special Camp laid a strong foundation of purpose and unity among participants, fueling their motivation and enthusiasm throughout the seven-day program. Through the formation of groups and the delegation of specific tasks, the camp organizers efficiently organized activities, providing participants with opportunities to demonstrate their skills and contribute meaningfully to the community.

The program commenced with a recitation of the Qirat followed by the Tamil Thaivalthu, setting a respectful and inclusive tone. Dr. Ayub Khan Dawood, the N.S.S. Coordinator at B.S.A.C.I.S.T., extended a warm welcome to the gathering. Mrs. Selvasundari Rajendran, President of Keerpakkam village, delivered an inspiring presidential address, while Mrs. G. Shanthi, Headmistress of Panchayat Union Middle School, expressed gratitude to the management of B.S.A.C.I.S.T. and the entire N.S.S. team for their invaluable support.



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Welcome Address by Dr.Ayub Khan Dawood, NSS Coordinator







### NSS team with guest

Camp coordinators provided a comprehensive overview of planned activities, stressing the significance of each participant's role in achieving camp objectives. Emphasis was placed on teamwork, discipline, and dedication. Participants were grouped based on interests and skills to ensure effective task execution. Detailed guidelines were provided to approach tasks creatively and collaboratively, fostering innovation and maximizing impact while maintaining respect and inclusivity toward the local community.

An organized schedule facilitated effective time management, ensuring successful task completion. Incorporating reflection sessions and interactive workshops allowed for meaningful discussions and insights, enriching participants' experiences throughout the camp.



### Honoring the Guest

Followed by the inauguration, NSS volunteers were assigned for village survey activity. The NSS Village Survey represents a pivotal endeavor by the National Service Scheme to comprehensively understand the dynamics of rural communities. Through this survey, we aim to delve into the intricate fabric of village life, identifying areas of improvement, unearthing latent potentials, and forging pathways towards holistic development.



**DAY-2**

**22.02.2024**



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On the second day, the focus was on the Blood Donation Camp in collaboration with Dr. MGR Medical University which is a beacon of hope, a testament to the spirit of altruism and compassion that defines humanity. It's not just an event; it's a lifeline for those in need, a symbol of solidarity, and a platform for individuals to make a tangible difference in the lives of others.

At the heart of the NSS Blood Donation Camp lies the noble act of giving – giving the gift of life, giving hope to the sick and the suffering, giving back to the community in a profound and meaningful way. It's a selfless gesture that knows no boundaries, transcending differences of race, religion, or creed, uniting us all in a common cause.

The Blood Donation Camp, supported by the medical experts and technicians from Dr. MGR Medical University, was meticulously organized to prioritize the safety and well-being of all participants. The dedicated medical team diligently implemented stringent measures to uphold hygiene standards throughout the event.

Prior to blood donation, every potential donor underwent a thorough screening process conducted by experienced medical professionals. This encompassed comprehensive assessments of vital indicators such as hemoglobin levels, blood pressure, and overall health status to ascertain eligibility for donation. Upon successfully clearing the screening, eligible donors proceeded with the blood donation process under the careful supervision of the medical team. The collection of blood units was carried out with precision and efficiency, ensuring the comfort and safety of donors throughout the procedure.

Following their generous contribution, donors received attentive post-donation care, including adequate rest and nourishment. The vigilant monitoring by medical professionals continued to guarantee the well-being of donors, promptly addressing any immediate medical needs or concerns that arose.





**B. S. ABDUR RAHMAN CRESCENT  
INSTITUTE OF SCIENCE AND TECHNOLOGY**

**National Service Scheme  
&**

**Youth Red Cross**

**THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY**

Jointly organises



**BLOOD +  
Donation  
Camp**

**"SAVE A LIFE GIVE BLOOD"**



**CRESCENT MEDICAL CENTRE**



**22.02.2024**



**9.30 am**

**NSS COORDINATOR  
Dr.AYUB KHAN DAWOOD**

**NSS PROGRAMME OFFICERS  
Dr.C SRINIVASAN  
Dr.NOUSHAD  
Dr.R ANITHA**

**YOUTH RED CROSS COORDINATOR  
Dr.KRUPA B NAIR**

**Invitation**



**Distribution Blood donation certificate to the donor**







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## Donors of camp



In essence, the collaboration with Dr. MGR Medical University's proficient medical personnel ensured that the Blood Donation Camp was executed seamlessly, fostering a secure and supportive environment for donors to contribute to this noble cause.



## **The second session of Day 2 was Stress Management handled by Mrs.Muthulakshmi, Counselor & Physiologist, BSACIST.**

Since, Students often face immense pressure to perform well academically, which can lead to stress and anxiety, Stress management sessions can equip students with tools to cope with academic stress more effectively, improving their overall academic performance.

The Guest speaker focused on students Emotional well-being , time management skills, Health promotion, Building Resilience etc. College life can be emotionally taxing, with students dealing with various personal challenges, relationships, and transitions. She taught how to prioritize tasks, manage their time efficiently, and create realistic schedules to reduce overwhelm.

As Chronic stress can have detrimental effects on physical health, including weakened immune function and increased risk of illness, She also educated students about the importance of self-care practices such as exercise, nutrition, and sleep hygiene for maintaining overall health. She taught to value resilience-building skills, such as problem-solving, positive thinking, and seeking social support.

Overall, stress management sessions provided students with practical tools and strategies to navigate the challenges of college life more effectively, promoting their overall well-being and success.



**Day 3 : 23.02.2024**

### **Reading Challenge event for NSS volunteers and school students:**

Reading Challenge event for students was an excellent way to promote literacy, foster a love for reading, and encourage community engagement.



**Dr. Paneerselvam, Coordinator ,Readers Club, BSACIST**

Dr. Paneerselvam, Coordinator, Readers Club, BSACIST graced the event along with his club members. Readers club members volunteered the event.





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**CREZ NEWS**











The second session of Day 3 was Self Defense event through holistic approach to physical and mental well-being. The session was handled by Mr.Abdurrahim Salih, Founder, V5 Innovations & GV Institute of Acupuncture and TCM treatment Center, Chennai.



He highlighted the benefits of this holistic approach, such as enhancing physical fitness, improving mental focus and resilience, and promoting overall health and vitality. He ensures that practitioners have a deep understanding of both traditional Chinese healing modalities and self-defense principles.

He emphasized the connection between mind and body in self-defense training, incorporating TCM principles such as Qi cultivation, breath control, and mindfulness practices. He taught students how to harness their inner strength and focus to enhance their self-defense skills.



**Day 6: 26.02.2024**

**First Aid Awareness by Mr.Neelagandan Sankar, ALERT-NGO, Chennai**

The First Aid Awareness Event for Students was organized with the aim of equipping students with essential life-saving skills and promoting a culture of safety and preparedness within the student community.

The guest speaker raised awareness about the importance of First Aid and its role in saving lives. He educated students about basic First Aid techniques and procedures. He empowered students to act as first responders in emergency situations. He fostered a sense of responsibility and community involvement in promoting safety and well-being.

Guest speaker gave live demonstrations to simulate real-life emergency scenarios. Students observed how to respond effectively to situations such as cardiac arrest, bleeding injuries, and allergic reactions, and practiced their skills under the guidance of experienced instructors.

Overall, this session enhanced confidence and readiness to respond to medical emergencies.





## Second session of Day 6:

### Sports Outreach Program by NSS Volunteers for School Students

The Sports Outreach Program organized by NSS (National Service Scheme) volunteers aimed to promote physical fitness, teamwork, and community engagement among school students. This initiative, held at Govt. Panchayat union middle school students on 26.02.2024 provided an opportunity for NSS volunteers to mentor and inspire young athletes while fostering a spirit of sportsmanship and camaraderie.

This encouraged school students to participate in sports and physical activities for overall health and well-being. It strengthens the bond between NSS volunteers and the school students through sports outreach initiatives.

NSS volunteers conducted competitions for all standard students. NSS volunteers served as referees, coaches, and mentors, providing guidance and support throughout the games. School students actively participated with enthusiastically.



