



**LOURDES MATHA COLLEGE OF SCIENCE  
AND TECHNOLOGY, KUTTICAL, TRIVANDRUM**  
**UNIT NO: 343**

<b>Date</b>	<b>23-12-2025</b>	<b>No of volunteers Participated: 50</b>
<b>Program</b>	<b>Annual 7 Day Camp 2025</b>	
<b>Highlights of program</b>	<p>The NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, began its 7-day Special Camp at PR William HSS on 23rd December 2025(Tuesday) with great enthusiasm. The day started with registration, followed by the inaugural function. The welcome speech was delivered by Mr.Albin V NSS Program Officer, setting a positive tone for the camp. Rev. Dr. Bejoy Arackal, Director of LMCST, delivered the presidential address and inaugurated, emphasizing the importance of social responsibility. Dr. Beshiba Wilson, Principal of LMCST, also addressed the gathering with her support and appreciation. The session concluded with a vote of thanks by , Adithya prasad,Volunteer Secretary of unit. 343,marking a vibrant beginning to the camp</p>	





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<b>Date</b>	<b>24-12-2025</b>	No of volunteers Participated: 50
<b>Program</b>	<b>Annual 7 Day Camp 2025</b>	
<b>Highlights of program</b>	<p>The second day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was conducted on 24th December 2025 (Wednesday). The day began early at 6:00 am with a refreshing warm-up session led by Adithyan Prasad, Volunteer Secretary of the unit, energizing the volunteers for the day's activities. At 9:00 am, an orientation programme was held to introduce the volunteers to the various flagship programmes of NSS, creating awareness about their roles and responsibilities. This was followed by a life skill development session at 10:00 am, led by Mr. Sujith Surendran, who shared valuable insights on personal growth, effective communication, and self-discipline. In the afternoon at 2:00 pm, the volunteers participated in a community service project involving a visit to a government office, where they engaged in cleaning the premises and promoting cleanliness. The day concluded at 7:00 pm with a vibrant cultural programme in which volunteers showcased their talents through music, dance, and other performances, fostering unity, enthusiasm, and team spirit.</p>	







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<b>Date</b>	<b>25-12-2025</b>	No of volunteers Participated: 50
<b>Program</b>	<b>Annual 7 Day Camp 2025</b>	
<b>Highlights of program</b>	<p>The third day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was held on 25th December 2025 (Thursday). The day began early at 6:00 am with a refreshing warm-up session led by Adithyan Prasad, Volunteer Secretary of the unit. At 9:00 am, the Yuvajaagan Cancer Awareness Programme was conducted, led by Dr. Ajas Ibrahim, who provided detailed information on cancer prevention, early detection, and healthy lifestyle practices. The session was informative and interactive. In the afternoon at 2:00 pm, the volunteers carried out cleaning activities near the KSRTC Bus Stand, Kattakada, contributing to public hygiene and environmental protection. The day concluded with a cultural programme at 7:00 pm, offering a platform for creative expression and relaxation.</p>	





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<b>Date</b>	<b>26-12-2025</b>	No of volunteers Participated: 47
<b>Program</b>	Annual 7 Day Camp 2025	
<b>Highlights of program</b>	<p>The fourth day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was observed on 26th December 2025 (Friday). The day began early at 6:00 am with a refreshing warm-up session led by Adithyan Prasad, Volunteer Secretary of the unit, energizing the volunteers. In the afternoon at 2:00 pm, an awareness session on “Say No to Drugs” was conducted by officials from the Kerala Excise Department, highlighting the harmful effects of drug abuse and the importance of an addiction-free life. The day concluded with a cultural programme at 7:00 pm, strengthening camaraderie among the volunteers.</p>	







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<b>Date</b>	<b>27-12-2025</b>	No of volunteers Participated: 46
<b>Program</b>	Annual 7 Day Camp 2025	
<b>Highlights of program</b>	<p>The fifth day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was conducted on 27th December 2025 (Saturday). The day began at 6:00 am with a refreshing karate session led by Mr Anto, boosting the volunteers' confidence, discipline, and self-defence skills. At 9:00 am, volunteers undertook a project to create awareness among shopkeepers in the town about the proper disposal of plastic waste, promoting eco-friendly waste management practices. In the afternoon at 2:00 pm, a Fire and Safety Training Session was conducted by the Kerala Fire Force, during which volunteers learned about fire safety measures, emergency response techniques, and disaster preparedness. The day concluded with a cultural programme at 7:00 pm, sustaining the energetic spirit of the camp.</p>	







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<b>Date</b>	<b>28-12-2025</b>	No of volunteers Participated: 46
<b>Program</b>	Annual 7 Day Camp 2025	
<b>Highlights of program</b>	<p>The sixth day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was observed on 28th December 2025 (Sunday). The day began early at 6:00 am with a refreshing warm-up session led by Adithyan Prasad, Volunteer Secretary of the unit, preparing the volunteers for the day. At 9:00 am, the “Say No to Drugs” campaign was conducted in Kattakada town, where volunteers actively spread awareness among the public through slogans and interactions, emphasizing the importance of a drug-free society. In the afternoon at 2:00 pm, a life skill session was handled by Dr. Beshiba Wilson, Principal of LMCST, who motivated the volunteers by sharing valuable life lessons on leadership and personal development. The day concluded with a cultural programme at 7:00 pm, adding joy and togetherness to the camp experience.</p>	







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<b>Date</b>	<b>29-12-2025</b>	No of volunteers Participated: 45
<b>Program</b>	Annual 7 Day Camp 2025	
<b>Highlights of program</b>	<p>The final day of the NSS 7-day Special Camp organized by NSS Unit No. 343 of Lourdes Matha College of Science and Technology, Kuttichal, at PR William HSS was held on 29th December 2025 (Monday). The day began at 6:00 am with a refreshing warm-up session led by Adithyan Prasad, Volunteer Secretary of the unit, energizing the volunteers for the concluding activities. Following this, the volunteers engaged in the resetting and cleaning of the camp premises, ensuring that the venue was restored to its original condition. The valedictory function was conducted at 10:00 am, marking the successful conclusion of the 7-day Special Camp. The function reflected on the achievements of the camp and the valuable experiences gained by the volunteers. The camp concluded with a sense of fulfillment, strengthened social responsibility, and lasting memories among the participants.</p>	

