



7 DAY SPECIAL CAMP

DYUTHI 2024

*"Youth for My Bharat
Youth for Sustainable Development"*

19 - 25 December 2024

**Venue: St Sebastian's L. P. School,
Alappuzha**

**"Empowering youth to
contribute to nation-
building and sustainable
development"**

- 8:00am - 8:30am** Breakfast
- 9:00am - 1:00pm** Socio-Economic and Health survey in Seaview and Vazhicherry ward survey analysis
- 12:30pm - 1:30pm** Lunch
- 2:00pm - 4:00pm** Shaping the Future: Youth Engagement in SDGs
- 4:00pm - 4:30pm** Tea break
- 5:00 pm-6:30 pm** Group Discussions on SDG
- 7:30pm- 8:30pm** Cultural programme
- 8:30pm - 9:00pm** Dinner

Day 6 24 DEC 2024 Tuesday

- 6:30am - 8:00am** Youth for my Bharat: 'Healthy youth for healthy India -Zumba session/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience
- 8:00am - 8:30am** Breakfast
- 9:00 am 12:30 pm** Sukrutham-Oldage Home Visit & activities
- 1:00 pm- 2:00 pm** Lunch
- 2:00 pm-3:30 pm** Empowering rights: Legal Literacy on Human trafficking and Domestic Violence

- 3:30 pm-3:45 pm** Tea break
- 4:00 pm- 5:00 pm** Survey report presentation
- 5:00pm - 6:00pm** Camp report presentation
- 7:30pm - 8:30pm** Cultural Programmes & Christmas Celebrations
- 8:30pm - 9:00pm** Dinner

Day 7 25 DEC 2024 Wednesday

- 6:30am - 8:00am** Youth for my Bharat: 'Healthy youth for healthy India - Yoga session/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience
- 9:30am - 10:30am** Feedback, camp magazine release & Valedictory session

The NSS unit of St. Joseph's College for Women, Alappuzha, is dedicated to fostering social responsibility, encouraging community engagement, and promoting the holistic development of its student volunteers. Through various community service initiatives, the units strive to make a meaningful impact on society while nurturing the personal growth of the students involved.



Day 1 19 DEC 2024 Thursday

- 5:00pm - 6:00pm Inauguration
6:00pm - 7:00pm Ice breaking
7:00pm - 8:00pm Group formation and camp orientation
8:00pm - 8:30pm Dinner

Day 2 20 DEC 2024 Friday

- 6:30am - 8:00am Youth for my Bharat: 'Healthy youth for healthy India' Yoga session/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience
8:00am - 8:30am Breakfast
9:00am - 12:30pm Shramdhan-Seaview Ward cleaning- Malinya Muktha Nava Keralam
12:30pm - 1:30pm Lunch
1:30pm - 2:30pm Red Ribbon Awareness Empowering Youth on AIDS - Yuvajagarn
2:35pm - 3:45pm Breaking chains: Drug Abuse Awareness - Vimukthi
3:45pm - 4:10pm Tea Break
4:15pm - 5:15pm Harithalayam-Krishikoottam
7:30pm - 8:30pm Cultural programme
8:30pm - 9:00pm Dinner

Day 3 21 DEC 2024 Saturday

- 6:30am - 8:00am Youth for my Bharat: 'Healthy youth for healthy India - Zumba session/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience
8:00am - 8:30am Breakfast
9:00 am - 10:10 am Digital Empowerment: Building Smart and Responsible Youth
10:15am - 11:25am Role plays - Online payment helping an elderly/applying for scholarships
11:30am - 12:30pm Green Actions: Youth for Environmental conservation and Disaster Management
12:30pm - 1:30pm Lunch
1:30pm - 4:00pm Plastic Smart: Hands-on Segregation Training with Haritha Karma Sena
4:00pm - 4:30pm Tea break
5:00pm - 6:00pm Documentary Screening 'Good Health and well-being'
7:30pm - 8:30pm Cultural programme
8:30pm - 9:00pm Dinner

Day 4 22 DEC 2024 Sunday

- 6:30am - 8:00am Youth for my Bharat: 'Healthy youth for healthy India - Walkathon/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience
8:00am - 8:30am Breakfast
9:00am - 12:30pm Medical Camp
12:30pm - 1:30pm Lunch
2:00pm - 4:00pm Navigating Life: Essential Skills for Youth
3:10pm - 4:15pm Child Safety and Protection: Understanding POCSO
4:15pm - 4:45pm Tea break
5:30pm - 7:30pm United against Drugs: A call for a Drug Free Future Vimukthi Rally to Alappuzha beach
8:00pm - 9:00pm Cultural programme
8:30pm - 9:00pm Dinner

Day 5 23 DEC 2024 Monday

- 6:30am - 8:00am Youth for my Bharat: 'Healthy youth for healthy India- PT session/ NSS Song/Thought for the day/ Paper presentation, Evaluation of previous day experience