

## Report On National Integration Camp, Mangalore

7 Days National Integration Camp (NIC) was organized by State NSS Cell, Ministry of Youth Empowerment and Sports, Government of Karnataka in association with NITTE University, Deralakatte, Mangalore.

**Day 1, 12<sup>th</sup> February** started off with an engaging session by Dr. Sripada Mehandale and Dr. Gayatri Bhat, on First Aid and CPR. The session included topics such as the importance of immediate assistance, who, when, and why it's essential, practical CPR exercises on mannequins, ensuring attendees were well-prepared for future emergencies.

Session 2 was taken over by Mr. Sandeep focusing on Vivekananda's words and their relevance in shaping India's future. The discussion delved into Vivekananda's vision for India and the pivotal role of youth in nation-building. A Q&A session provided students with an opportunity to cultivate a spiritual mindset and gain clarity on Vivekananda's teachings.

Session 3 was taken over by Dr. Kumuda on Dental Hygiene, covering vital topics such as the anatomy of the oral cavity, causes, presentation, and treatment of dental caries, along with preventive measures and dietary recommendations.

The introduction session was led by the Program Officer Mr. Divyaksha Prabhu, who divided volunteers into five teams named Kudla, Maikala, Mangalarapuram, Kodial, and Mangaluru. The PO's of each state teams were assigned as team heads. This was followed by a cultural event featuring unique performances and NSS songs by teams from Karnataka and Delhi. Various universities participated, and fun games were organized by NITTE volunteers.



**Day 2, 13<sup>th</sup> February** commenced with the stirring Flag Hoisting ceremony early in the morning. Shashi Kumar Shetty, the University Coordinator, presided over the flag hoisting and led the NSS song, delivering a poignant message advocating for tree planting and environmental responsibility.

The event then transitioned to the serene Someshwara Beach, where students engaged in Shramdaan, a heartfelt cleanliness drive. This was followed by a well-deserved breakfast, creating a wholesome start to the day's activities.

After this, a session on stress management was conducted by Dr. Shrinivasa Bhat. This session aimed to equip students with valuable tools for handling stress effectively. After lunch, an inauguration ceremony was held in the presence of distinguished guests, including Shri D. Carthiguene, Chief Guest from the Regional. Directorate of NSS, Dr. Pratap Lingaiah, State NSS Officer, and Prof. Dr. M S Moodithaya, Vice-Chancellor of NITTE (Deemed to be University). The day concluded with an enriching cultural experience at the Paneer Campus. Cultural performances by students from various states added vibrancy to the evening, showcasing diverse dances and songs. This entertaining session continued until dinner, culminating in a lively atmosphere of camaraderie and cultural exchange.



**Day 3, 14<sup>th</sup> February** begun with a spirited flag ceremony with Dr. Anirban Chakraborty, the esteemed Director of NITTE University Centre for Science Education & Research being the chief guest.

Following the ceremony, all NSS volunteers embarked on a journey to NITTE University, Kannur Campus. Upon arrival, the volunteers explored the Baking and Hospitality departments immersing themselves in the intricacies of these fields. Professor Amar Z Cherian, the principal of NITTE University Kannur Campus, warmly welcomed the volunteers and imparted invaluable lessons on social etiquette.

Under the guidance of Professor Pradeep, an engaging session on personality development skills ensued. Volunteers participated in a series of fun-filled games, fostering teamwork and enhancing their interpersonal skills.

A stimulating karate session, led by esteemed instructors Praveen Kumar Sir, Dr. Ganesh K., Kishor B., and Fernandis Mam, provided volunteers with practical self-defense techniques and instilled a sense of discipline and confidence. The day concluded with a vibrant cultural program themed "Mera Bharat Mahan" at Paneer Campus.



**Day 4, 15<sup>th</sup> February** started off with a small work out session which included warm up session, fun activity and meditation. The warmup sessions and fun activities was conducted by the NSS officers of NITTE university. The chief guest, Major Dr. Raghavendra R Huchchannawar was warmly welcomed by team Mangalapuram with a parade and the flag was hoisted by honorable Chief guest.

The students started their journey to Pilikula sight-seeing. started with wonderful introduction of the Officer Abhishek, who educated volunteers about community living and overall places in pilikula. The volunteers explored the place with enthusiasm and with the instructions of Dr. Santhanu, faculty from pharmacy college, Dr. Ashwini, faculty from pharmacy college and Mr. Jim, faculty speech and hearing.

A session on birds and bird watching was held by Dr Vineeth kumar. He explained about bird watching and it's use for volunteering as hobby and professional.

The day concluded with a vibrant cultural program at Paneer Campus, where volunteers showcased their talents and celebrated the rich cultural heritage of their respective States.



**Day 5, 16<sup>th</sup> February** commenced with a spirited flag hoisting ceremony, accompanied by exercises led by enthusiastic volunteers. Mr. Divyaksha Prabhu, the NSS program officer, graced the occasion as the Special guest.

Followed by flag hoisting, the volunteers were taken to a bird watching site which was undertaken by Dr. Vineet Kumar. Volunteers were enthralled as they learned about various bird species, their habitats, and the importance of bird conservation.

The next session was on the topic Photography and Videography. Professor Raviraj Kini, with his expertise in photography and videography, conducted an insightful session.

The next workshop was conducted by Mr. Ranjan on waste management which was both educational and practical. We learnt about effective techniques of waste management and about



the 5R's. We were also taken to the NITTE waste management center to give a glimpse of how waste is managed within the campus.

The day concluded with an enriching cultural experience at the paneer campus. Cultural performances by different teams added vibrancy to the evening.



**Day 6, 17<sup>th</sup> February** commenced with a spirited flag hoisting ceremony followed by a few light exercises. After breakfast, we were taken to Karkala and visited the Gomateshwara Hill, and Kemannu temple. We returned to the Karkala campus of NITTE university where all the volunteers prepared for the cultural competition with vibrant and eye catching costumes representing cultures of various states. The competition concluded with an energetic dance performance by the NITTE NSS officers and dinner. After the competition we were taken back to kshema where the "Shibira Jyothi" was done. In this, all the volunteers shared their experiences and feedback about the camp. Shibira Jyothi implied the official end of the National Integration Camp.



**Day 7, 18<sup>th</sup> February** started with the valedictory ceremony in panner auditorium with Dr. Naveen Shetty K the principal of NITTE PU college beinf the chief guest. Prof. Dr. Smitha Hegde presiding over the function. All the POs gave a brief speech about their overall experiences of the camp. This was followed by the distribution of certificates and medals for the winners. Mangalore University won the first Prize, KUD+KLE+VTU+Ramaiah University won the second prize and Tamil Nadu won the third prize in the cultural competition. This event was concluded with a small dance session and with everyone telling their final goodbyes.



The National Integration Camp not only provided a platform for students to engage in meaningful activities but also facilitated an exchange of ideas, fostering a sense of unity and mutual understanding among the participants.

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