NATIONAL SERVICE SCHEME

CMR TECHNICAL CAMPUS

INTER - STATE YOUTH EXCHANGE CAMP (2025 - 26) - KERALA

SUBMITTED BY

MOPIDEVI SAAHUL

PROGRAMME OFFICER

CMR TECHNICAL CAMPUS

Name of the Camp : Inter–State Youth Exchange Camp - Kerala

Level : National Level

Organized By : Ministry of Youth Affairs & Sports under Mera Yuva Bharat

Venue : ACSTI, Monvila, Thiruvananthapuram, Kerala

Dates of the Camp : 09-02-2026 to 13-02-2026

Number of Volunteers Participated : 2

Names of Selected Volunteers : M. Adithya Reddy, A. Harshitha Reddy

Overview of the Camp :

The Inter State Youth Exchange Programme 2025–26 was organized by the Ministry of Youth Affairs & Sports under the banner of Mera Yuva Bharat (MY Bharat), Thiruvananthapuram, in association with the Government of Kerala. The programme was conducted from 09.02.2026 to 13.02.2026 at the Agricultural Co-operative Staff Training Institite (ACSTI), Monvila, Thiruvananthapuram, Kerala.

The primary objective of the programme was to promote national integration, cultural exchange, leadership development, and mutual understanding among youth from different states, specifically between Kerala and Telangana.

The programme included interactive sessions, cultural performances, heritage visits, and discussions that enhanced leadership skills, communication abilities, and teamwork among the participants. It served as a platform for young individuals to build friendships, exchange ideas, and develop a broader national perspective.

Day 1 : January 7, 2026 – Ice-Breaking

The programme began with registration followed by the inaugural ceremony. The welcome address was delivered by Shri Suhas N, District Youth Officer, MyBharat, Thiruvananthapuram. The presidential address was given by Shri Anil Kumar M, State Director, MyBharat, Kerala Zone, and the inaugural address was delivered by Shri Alfred O.V., IAS, District Development Commissioner & Sub-Collector, Thiruvananthapuram. The Guest of Honour was Shri Y. M. Uppin, Regional Director, NSS, Kerala.

The day commenced with a Kalaripayattu session, introducing participants to Kerala's traditional martial art. After the inauguration, an introduction and ice-breaking session was conducted, followed by the literature and arts session "Words that Shaped Kerala" and cultural orientation discussions. In the evening, participants practiced for cultural performances, and the day concluded with dinner and informal interactions that strengthened bonding and cross-cultural friendship.

Day 2 : January 7, 2026 – Field Visit

The second day of the programme was dedicated to exposure visits and heritage exploration, offering participants firsthand experience of Kerala's rich cultural and spiritual legacy. The day began with a visit to Veerabhadra Kalarisangam, Vattapara, where participants witnessed Kalaripayattu demonstrations and learned about its history and discipline. The group then visited the sacred Padmanabha Swami Temple, gaining insight into its architectural grandeur and spiritual significance.

Participants also visited the MyBharat Youth Office to understand youth development initiatives in the state. Later, they explored Azhimala Shiva Temple and concluded the day at Kovalam Beach, experiencing the region's natural beauty. These visits deepened their understanding of Kerala's heritage and traditions. The day ended with dinner and a reflection session where participants shared their key learnings.

Day 3 : January 7, 2026 – Field Visit

The third day began with the morning assembly followed by breakfast, setting a disciplined and energetic tone for the day. The participants first enjoyed a traditional Kuttaavanchi (boat) ride and then visited Kottoor Anathavalam, where they observed the functioning of the institution and interacted with the inmates. After these visits, they proceeded to Geethanjali, MY Bharat Youth Club (Kottoor), where they engaged with local youth members and learned about various community and youth development initiatives. The schedule also included a visit to Neyyar Dam, allowing participants to appreciate the region's natural beauty and environmental significance, followed by a memorable Double Decker City Bus Ride through the city. The day was enriched with meaningful interactions and cultural learning experiences. The day ended with dinner followed by reflection sessions, where participants shared their observations and learnings from the enriching experiences.

Day 4 : January 7, 2026 – Session on history, culture & traditions of kerala and Elocution Competition

The day focused on governance, public interaction, and awareness sessions. It began with an address by Dr. I. Jayakumar Gurukkal on the role of youth in nation-building, followed by interactions with public representatives. A session on "History & Heritage: Kerala Through Time" and cultural learning programmes provided insights into the state's traditions and development, along with discussions on tourism, environment, education, health, and local governance. An Elocution competition was also conducted, in which our volunteer A. Harshitha Reddy won second prize. The day concluded with a group discussion on "Unique Learnings from Kerala State," where participants compared the cultural and developmental aspects of Kerala and Telangana.

Day 5 : January 7, 2026 – Culturals and Valedictory function

The aledictory ceremony was conducted at 12:00 PM. The welcome address was delivered by Shri Suhas N, District Youth Officer, MY Bharat, Thiruvananthapuram, followed by the presidential address by Shri Anil Kumar M, State Director, MY Bharat, Kerala Zone. The programme featured a feedback session where participants shared their experiences and key learnings from the exchange, followed by vibrant cultural presentations showcasing the diversity of the participating states. Certificates were distributed to all participants in recognition of their active involvement, and the event concluded with a formal vote of thanks. The dignitaries appreciated the enthusiasm, discipline, and active participation of the youth, encouraging them to uphold the spirit of national unity, cultural harmony, and continued collaboration beyond the programme.

Signature of Program Officer **Signature of Head**