



KERALA UNIVERSITY OF HEALTH SCIENCES

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GOVT AYURVEDA COLLEGE PARIYARAM KANNUR **VILLAGE ADOPTION AND MEDICAL CAMP**



Govt Ayurveda college stands as a distinguished institution among Ayurveda colleges in Kerala. Its establishment dates back to the year 1992, and since then it has earned a commandable reputation in the field of Ayurveda education, public health and social activities. As a part of Village adoption programme the institution decided to adopt a near by village ward number 11 of Kadannappilly Panappuzha grama panchayath .

The official inauguration of the programme was conducted on 27 /10/2024 at Thekkekkara school Pariyaram. Hospital RMO Dr. pradeep K welcomed the distinguished guests and people gathered over there. Ward member Sri. Surendran P

V was the chair. Official inauguration was done by Sri. K.Mohanan vice president Kadannappilly Panappuzha grama panchayath.

Dr gangadharan Supt. Govt Ayurveda college hospital detailed the project and the expected outcomes. Sri Unnikrishnan NGO representative and Sri Rashid college union chairman delivered felicitation speeches for the project. Dr Jayakrishnan NSS programme officer gave gratitude to all .

Dr nithya assistant professor govt Ayurveda college Kannur delivered an awareness class to the public. After the session a medical camp was conducted under the supervision of doctors from different specialities. Dr Jayakrishnan, Dr Aparna , Dr Reshma, Dr Anjali, Dr Manju Dr Nithya were the consultants. 38 patients were benefited by the medical camp.

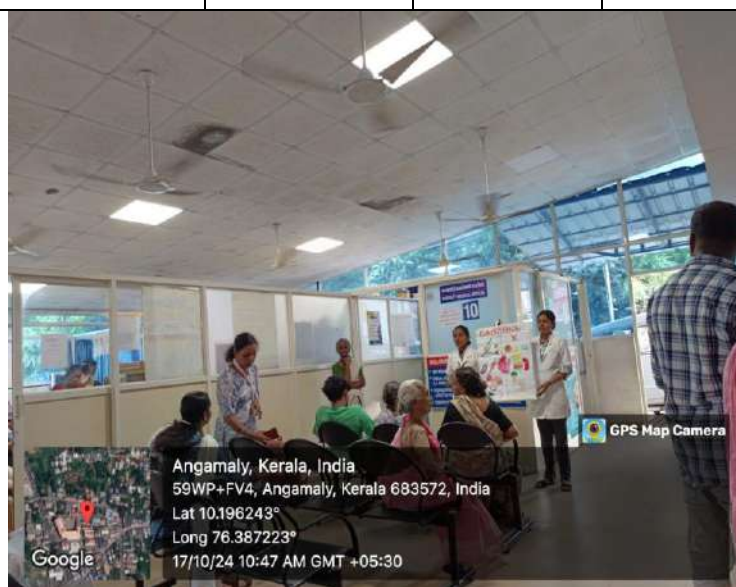




LITTLE FLOWER COLLEGE OF NURSING,
ANGAMALY

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of hours performed	Achievement to the beneficiaries by the programmes
1	17/10/24	Health Education	50	1 hour	<p>As a part of NSS Little Flower College of Nursing, Angamaly conducted health education regarding lifestyle diseases and its management at Taluk Hospital, Angamly and Health and Wellness Centre, Manjapra. The OPD patients were participated in this programme.</p> <p>As a part of NSS, Little Flower College of Nursing, Angamaly conducted a visit to TIMHANS, Trissur. The NSS volunteers visited Pope John Paul Peace Home and Mercy Home. The institution works under Archdiocese of Trissur Roopatha. The</p>

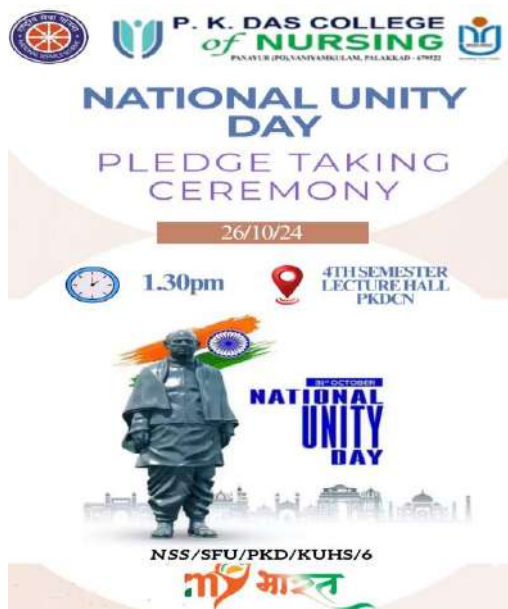
2	21/10/24	Visit at TIMHANS	50	2 hour	Director of the institution is Fr.Johnson Anthikkatt.The Priest talked with the students regarding the history of the institution ,the health care facilities available in the institution,the activities and outreach programmes they are conducting.They also visited the special school for the disabled childrens.
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PK DAS COLLEGE OF NURSING, PALAKKAD

Report On National Unity Day on 26/10/2024

As a part of National Unity Day, The NSS Unit of PKDCN (NSS/SFU/PKD/KUHS/6) conducted pledge taking ceremony in PKDCN. The programme started with welcome speech by Ms.Amrita SR, 4th semester B.Sc.(N) student. The special address and pledge of Unity Day lead by Prof. (Dr.) A Priya Mary Stella, Principal. PKDCN. The NSS volunteers took pledge and 55 NSS volunteers participated in the Pledge taking ceremony. The programme ended with vote of thanks by Mr. Liju James, NSS Programme officer, PKDCN.



RED CRESCENT COLLEGE OF NURSING,
KOZHIKODE

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	29-10-2024	World Strock day	100 participants	2 Hrs.	World Strock day observed by NSS Unit of Red Crescent College of Nursing on 29-10-2024.The theme of world Strock day is “GreaterThanStroke active challenge”. NSS Volunteers conducted awareness and education programme for the early detection and management of Strock. It was a successive session.

WORLD STROCK DAY



MAR SLEEVA COLLEGE OF NURSING, PALAI

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	16/09/2024	Awareness class regarding communicable diseases and adolescent health at Family health centre, Kadaplamattom	50	05	Increased knowledge about the communicable diseases and adolescent health services
2.	18/10/2024	Anganwadi visit	50	04	Assessed the growth and monitoring of toddlers
3.	21/10/2024	School health programe at St. Joseph L.P school, Maridom	50	05	Active participation of Nss Volunteers
4.	04/11/2024	Mass health education Urban health Centre, Perumbaikad	50	04	Active participation of Nss Volunteers





AL-SHIFA COLLEGE OF NURSING, PERINTALMANNA

Sl. No	Date	Activity Undertaken (Brief Description)	No. of Units	No. of participants	No. of Hours	Achievements
1	28.10.2024	Biriyani challenge for fund raising 150 NSS Sneha bhavanagal.	1	50	8 hours	The Biriyani Challenge was organized by the NSS unit of Al Shifa College of Nursing as part of the #RebuildWayanad initiative. This event aimed to raise funds to support the rebuilding efforts in Wayanad, a region affected by natural calamities. The fundraiser offered participants a delicious biriyani meal, with all proceeds directed towards the rebuilding initiative. The event also aimed to foster a sense of community and encourage students and faculty to

						<p>contribute to a social cause. An amount of Rs 64131 transferred to NSS cell account.</p>
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BIRIYANI CHALLENGE



AMALA INSTITUTE OF MEDICAL SCIENCES,
THRISSUR

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1.	18/10/2024	Health Awareness class On Mosquito borne diseases for Out patients	100	1 hrs	Holistic development, personal development, self discipline

Event Overview

On September 2024, the National Service Scheme (NSS) unit of Amala Institute of Medical Sciences organized a health awareness class for outpatients at the OP Department and OP Canteen. The topic covered was Mosquito-Borne Diseases, focusing on prevention, symptoms, and the importance of personal and community-level interventions to control mosquito populations.

Objectives

To raise awareness among outpatients about common mosquito-borne diseases such as Dengue, Chikungunya, Malaria, and Zika Virus.

To educate participants on preventive measures like eliminating breeding sites, using mosquito nets, and adopting protective practices.

To promote holistic development, personal development, and self-discipline in maintaining personal hygiene and participating in community health initiatives.

Highlights of the Programme

A presentation was delivered by [Speaker/Health Educator's Name], highlighting the dangers of mosquito-borne diseases and their impact on health.

Demonstration of effective mosquito control measures that can be implemented in households and communities.

Distribution of educational pamphlets containing information on mosquito-borne diseases, prevention tips, and resources for further guidance.

A Q&A session where outpatients had the opportunity to ask questions and clarify doubts regarding the preventive strategies discussed.

Outcomes

Enhanced understanding among participants about the risks associated with mosquito-borne diseases.

Empowerment of individuals with knowledge to take preventive actions within their homes and communities.

Encouragement of self-discipline and regular habits to ensure a healthy living environment, including maintaining clean surroundings to prevent mosquito breeding.

Feedback

Participants expressed gratitude for the informative session, highlighting the usefulness of the practical tips shared. Many expressed their intention to implement preventive measures and share the information with their families and neighbors.

Conclusion

The health awareness class on mosquito-borne diseases was a significant step in fostering community health and individual well-being. The NSS unit successfully engaged the outpatient community, contributing to a broader understanding of mosquito control and disease prevention. This activity aligns with the NSS's goal of holistic development, emphasizing health education and community engagement.



JDT ISLAM COLLEGE OF PHYSIOTHERAPY

DENTAL SCREENING CAMP-PHASE 3

NSS Report: "ORAL CARE" Dental Screening Camp - Phase 3

Organized by: JDT Islam College of Physiotherapy

Date: 27th October 2024

Time: 9:00 AM to 2:00 PM

Venue: Pantheerankavu Mambuzhakkat Colony (Adopted Village)

Association: Iqraa International Hospital & Research Centre

Participants: 70 residents



Introduction

The third phase of the "ORAL CARE" Dental Screening Camp, organized by the NSS unit of JDT Islam College of Physiotherapy, was held on 27th October 2024 at Pantheerankavu Mambuzhakkat Colony, our adopted village. This phase marked the culmination of a three-part initiative aimed at improving oral health awareness and dental care within our college and the local community. It was a community-focused outreach activity, where trained NSS volunteers, under the guidance of experienced doctors from Iqraa International Hospital, offered free dental screenings and consultations to the village residents.

Objective of the Phase 3 Camp

The objective of this final phase was to extend dental care and awareness to the Mambuzhakkat Colony residents, fulfilling our commitment to the local community. By applying their training in a real-world environment, students gained invaluable experience and reinforced their commitment to community service. This phase also emphasized early detection of dental issues and the provision of necessary referrals for further treatment.

Camp Details

1. Camp Setup and Registration

The camp began at 9:00 AM, with the setup being managed by NSS volunteers who coordinated registration, patient flow, and overall camp logistics.

Each resident's personal details and medical history were documented to assist in personalized consultations.

2. Screening and Consultation

Led by Experts: The screening was conducted by Dr. Midhun T. Chunakkara from Iqraa International Hospital, along with trained NSS volunteers. Dr. Midhun provided oversight, ensuring screenings adhered to professional standards.

Hands-on Participation by Volunteers: The NSS volunteers took on active roles, applying the skills they acquired in the previous phases. They performed preliminary screenings under Dr. Midhun's supervision, offering guidance and communicating preventive tips to each resident.

Focus Areas: The screenings emphasized common dental issues, such as cavities, gum disease, and oral hygiene, along with preventive measures. Detailed feedback was provided to each individual on improving and maintaining oral health.

3. Referral and Free Treatment

For residents identified with severe dental issues, referrals were arranged for free treatment at Iqraa International Hospital. This provision ensured that all individuals, irrespective of their financial means, could access necessary dental care.

Arrangements were also made for follow-up consultations, allowing these patients to continue receiving support for any long-term dental health needs.

Impact and Community Response

High Turnout and Positive Response: A total of 70 residents from the Mambuzhakkat Colony attended the camp, expressing gratitude for the accessible and professional dental care provided. Many residents appreciated the educational aspect, as it raised awareness about oral hygiene in their community.

Empowered Students: The third phase provided NSS volunteers with a valuable platform to translate their theoretical knowledge into practice. Working under Dr.

Midhun's guidance not only enhanced their technical skills but also fostered a deeper understanding of social responsibility and the impact of healthcare outreach.

Health Awareness in the Community: By promoting regular dental check-ups and hygiene practices, the camp encouraged a proactive approach toward health in the colony, fostering a culture of preventative care among residents.

Conclusion

The third phase of the "ORAL CARE" Dental Screening Camp was a successful community outreach initiative, reflecting the NSS unit's dedication to holistic education and social welfare. Through this multi-phase program, our students developed essential skills while significantly contributing to the well-being of their community. The positive response from Pantheerankavu Mambuzhakkat Colony residents reaffirmed the importance of such programs, inspiring future health initiatives.

The "ORAL CARE" Dental Screening Camp series has left a lasting impact, both on our students and the community, establishing a foundation for ongoing healthcare outreach and engagement.





CARITAS COLLEGE OF NURSING

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	16/10/2024	Medical Camp at MRF tyres, Kottayam	2 Volunteers	8 hours	<ul style="list-style-type: none"> Free medical consultation, blood check-up, ECG, ECHO and medicine for the participants
2.	19/10/24	Fund raising programme	50 Volunteers	10 hours	<ul style="list-style-type: none"> Raise funds for future NSS activities
3.	10/11/24	Medical Camp, Kodamaloor	6 Volunteers	8 hours	<ul style="list-style-type: none"> Free medical consultation, blood check-up, ECG, ECHO and medicine for the participants
4.	13/11/24	Receiving award from Athirampuzh a panchayath	Participation of NSS program Officer	2 hours	<ul style="list-style-type: none"> Appreciation for the NSS activities

Brief Description of the activity with photographs if any :-

1. NSS volunteers of Caritas College of Nursing participated in a medical camp organized by Caritas Hospital in collaboration with MRF Tyres, Kottayam for the employees of MRF Tyres on 16/10/24. The medical camp aims to provide free medical services to 71 employees.



2. NSS volunteers of Caritas college of Nursing organized a fund raising program at St.Aloysius Higher Secondary school ground, Athirampuzha, Kottayam during zonal level sports competitions on 19/10/24. Variety of ice creams, juice, snacks, coffee etc were sold. Students and faculty participated in zonal sports competition from different colleges make use of the facilities arranged by the NSS unit. The profit will be utilized for the future activities of NSS.



3. NSS volunteers participated in medical camp organized by Caritas Hospital in association with SD convent at Ashakendra Social Welfare Center, Kudamaloor on 10/11/24. The medical camp aims to provide free medical services to people belong to the local community. The camp featured consultations across various medical specialties. (General medicine, Community medicine, Orthopaedics, ENT,

Gastroenterology, Cardiology and Dermatology). Laboratory services, ECG, ECHO and Medicines were provided free of cost to all the participants. A total of 116 patients attended the free medical camp.



4. Prof. Ms. Twinkle Mathew, Principal, Caritas College of Nursing, Kottayam received appreciation award from Shri. Jose Joseph Ambalakulam, President, Athirampuzha Panchayath on 13-11 24 during panchayath committee meeting for providing employment opportunities to people of Athirampuzha Panchayath through Dwisha Job Fair, a permanent project of NSS unit.



INSTITUTE OF NURSING SCIENCES&RESEARCH,
MALABAR CANCER CENTRE

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	15/10/24	Global Hand washing Day Celebration	6	2 hours	Organized a poster making competition and health awareness talk
2	31/10/24	National Unity Day Celebration	97	1 minute	Administration of pledge through my Bharat portal
3	07/11/24	National Cancer Awareness Day Celebration	25	3hours	Organized a chart exhibition and health awareness talk
4	14/11/24	World Diabetic Day Celebration	6	1hours	Organized a health awareness class

GLOBAL HAND WASHING DAY CELEBRATION

Global Handwashing Day is observed annually on October 15th. This year, the Global Handwashing Day theme is “Why are clean hands still important?” This theme highlights the importance of clean hands in preventing outbreaks and pandemics, particularly in areas with limited access to healthcare. As a part of this NSS unit INSeR and Microbiology departments of MCC organized a poster making competition on 09 /10/24 and four volunteers participated. Megha Rajeevan IV BSc Nursing & Rifa P IV Semester BSc Nursing secured I & II position respectively. Mariya & Revathy IV Sem BSc. Nursing students educated about importance of

hand hygiene to the patients and bystanders of MCC on 15/10/24 at 11am. All programme came to an end by 12pm



NATIONAL UNITY DAY CELEBRATION

Every year on 31st October the country commemorates the birth anniversary of Sardar Vallabhbhai Patel who is a pivotal figure in India's struggle for independence and the first Deputy Prime Minister and Home Minister of the country. National Unity Day serves as a reminder of his efforts to unite the diverse princely states into a single nation and fosters a spirit of solidarity among the people of the country. As a part of it NSS volunteers (97) of INSeR took RASHTRIYA EKTA DIWAS PLEDGE on my Bharat portal on 29/10/24 and 30/10/24 .



NATIONAL CANCER AWARENESS DAY CELEBRATION

On November 7th 2024, at 10am; National Cancer Awareness Day was commemorated with a significant event held at District Hospital, Kannur. The

program, organized by the NSS Unit of the Institute of Nursing Science and Research, MCC, with the assistance of 6th Semester BSc Nursing students, aimed to raise awareness about the importance of early cancer detection, prevention, and treatment. A detailed **chart exhibition** was set up, displaying essential information on various types of cancer, their symptoms, preventive measures, and treatment options. The exhibition focused on making complex cancer-related information accessible to a broad audience, including patients, their families, healthcare professionals, and the general public. NSS volunteers (6th Semester BSc Nursing students) engaged with attendees, answering questions and providing additional information on cancer prevention such as breast self-examination and testicular self-examination. The program came to an end at 1pm.



WORLD DIABETIC DAY CELEBRATION

On the occasion of World Diabetes Day, a health awareness class was conducted at Kodiye

Reader's Center on 14th November 2024 at 10.30 AM. The event was organized by the NSS unit of the Institute of Nursing Science and Research, MCC, with the



assistance of 4th Year BSc Nursing students. The session aimed to raise awareness about diabetes prevention, management, and the importance of healthy lifestyles. The class utilized audio-visual aids (AV aids) to provide engaging and informative content. Topics covered included early detection of diabetes, risk factors, the significance of regular exercise, balanced diet, and the role of medication in managing the disease. The event was attended by a large group of participants, including local residents, health professionals, and NSS volunteers. The session concluded with a Q&A, where attendees had the opportunity to clarify doubts. The program came to an end at 11.30am.

THE DALE VIEW COLLEGE OF PHARMACY AND RESEARCH CENTRE

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	22/10/2024	Free Ayurveda Medical Camp	200	4 hrs	The camp is held for providing people with access to Ayurvedic consultations and treatments.
2.	14/11/2024	Free Diabetic Camp on World Diabetes Day	75	2 hrs	This camp exemplifies the commitment to community health and the global effort to address diabetes.
3.	14/11/2024	Children's Day - Joy Unleashed	20	2 hrs	It helps to engage the children with fun games and activities, creating a joyful and memorable experience for everyone.

FREE AYURVEDA MEDICAL CAMP

The NSS unit of The Dale View College of Pharmacy and Research Centre in association with Regional Ayurveda Research Institute, Trivandrum, organised a free ayurveda medical camp on 22/10/24 at college Auditorium. The team composed of five Senior doctors includes Dr Praveen, Dr Saniya, Dr Silpa, Dr Karishma and Dr Rinu.

Dr Saniya had taken an awareness session on uniqueness on ayurveda. We had more than 200 participants for the camp. Medicines were given free of cost to the patients.

The camps are often held for providing people with access to Ayurvedic consultations and treatments. Ayurveda, being a traditional system of medicine rooted in India, focuses on natural healing methods, including dietary advice, herbal remedies, yoga, and detoxification practices like Panchakarma.





FREE DIABETIC CAMP ON WORLD DIABETES DAY

The NSS unit of The Dale View College of Pharmacy and Research Centre organized the free diabetic camp on World Diabetes Day (14th November 2024) at the Puthumangalam ward. The event, aimed at raising awareness and early diagnosis of diabetes, saw more than 75 women participating. Out of the 70 screened, 37 were found to have diabetes, with some already on medication for managing high blood sugar levels.

World Diabetes Day, observed annually on November 14th, focuses on promoting the importance of proactive diabetes care, early detection, and management. This camp exemplifies the commitment to community health and the global effort to address diabetes.

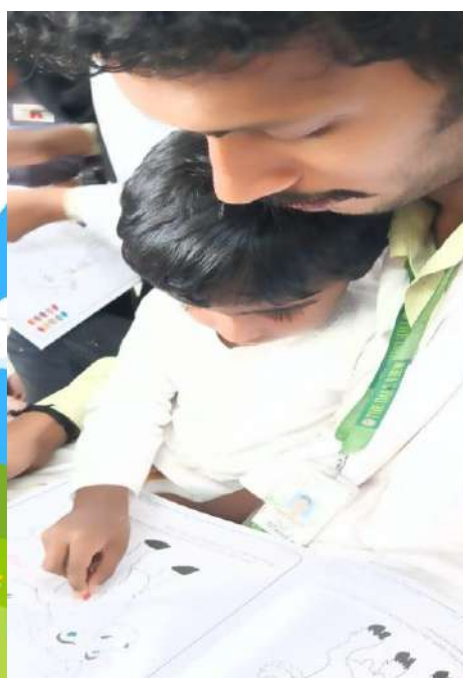
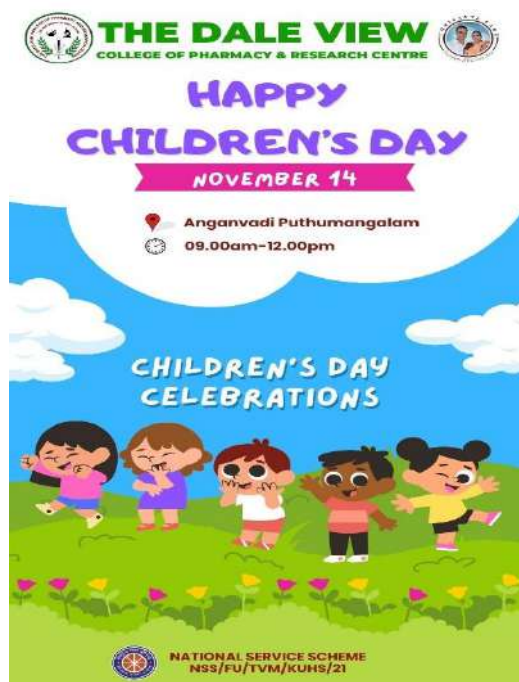




CHILDREN'S DAY - JOY UNLEASHED

"NSS of The Dale View College of Pharmacy and Research Center, Brings Color, Fun, and Celebration to kids of Puthumangalam Anganwadi!"

Our NSS unit celebrated Children's Day on 14th November 2024 at Puthumangalam Anganwadi. During the celebration, the unit distributed coloring books, crayons, and sweets to both children and staff. The team spent over an hour at the Anganwadi, engaging the children with fun games and activities, creating a joyful and memorable experience for everyone involved.





JDT ISLAM COLLEGE OF PHYSIOTHERAPY

Objective

The Campus Mental Health Programme aimed to promote mental health awareness, provide students with resources for coping with stress, and encourage openness about mental well-being.

Participants

100 students from JDT Islam College of Physiotherapy participated in the programme.

Programme Overview

1. Inaugural Session

Welcome Address: Shahin Shihab, Chairman of JDT Islam College of Physiotherapy, welcomed the attendees and emphasized the importance of mental health, particularly among students facing academic pressures.

Presidential Address: The Vice Principal, N.M. Basheer Ahmed, delivered the presidential address, highlighting the relevance of mental health in the educational environment and the college's commitment to holistic student development.

2. Keynote Session

Resource Person: Dr. Vaseel M, Consultant Psychiatrist, Iqraa Hospital, Kozhikode

Session Focus: Dr. Vaseel M provided insights on the challenges students face regarding mental health, covering topics such as stress management, anxiety, and depression. His session emphasized coping mechanisms, the importance of recognizing symptoms early, and seeking support.

Interactive Q&A: Dr. Vaseel conducted an interactive Q&A, allowing students to voice their concerns and ask questions about mental health. He provided practical strategies, creating an open and supportive atmosphere for students to discuss their issues.

3. Conclusion and Vote of Thanks

The programme concluded with a vote of thanks by NSS volunteer P. Arjun, who expressed gratitude to Dr. Vaseel M, Iqraa Hospital, the college management, and the students for their active participation in making the event a success.

Outcomes

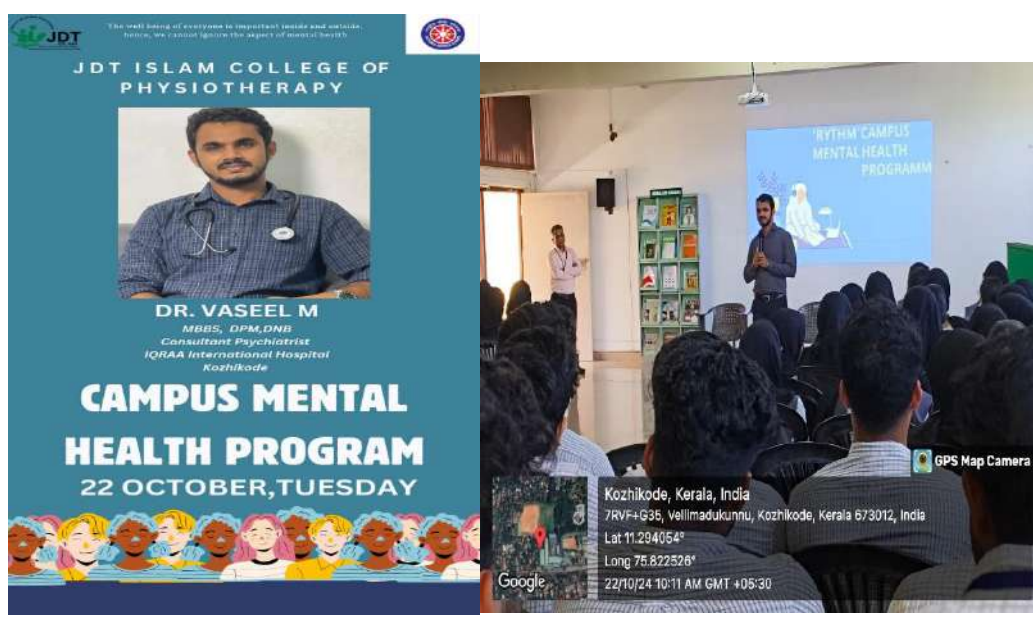
The Campus Mental Health Programme was a valuable initiative that raised awareness about mental health, reduced stigma around seeking help, and provided students with strategies to handle emotional challenges. Student feedback was

overwhelmingly positive, indicating the need for continued mental health support and education on campus.

Future Recommendations

Conduct follow-up sessions to provide ongoing support and address further mental health concerns among students.

Consider organizing similar programmes with a focus on other aspects of student well-being, such as physical health and work-life balance.



CO-OPERATIVE MEDICAL COLLEGE, PANDALAM

NSS Unit of Mannam Ayurveda Co-operative Medical College, Pandalam has celebrated 9th Ayurveda Day on 29-10-2024 as a part of this celebration. We have conducted Quiz competition, Debate competition, Pick and speak and paper presentations. We are herewith attaching the photos of the event.



SARASWATHY COLLEGE OF NURSING

HARITHA KERALA MISSION, “GREEN CAMPUS AWARENESS PROGRAM”

Date: 19/10/2024

Aim: To promote sustainable and eco-friendly practices in the campus.

As part of creating green campus at saraswathy College Of Nursing, the members of Haritha Kerala Mission conducted awareness class for the NSS volunteers and faculties on 19/10/2024. Green Campus Initiative is a program that plans, formulates, designs and implements a package of sustainable solutions by the campus community to reduce the environmental impact, enhance the campus sustainability and to protect the health and well-being of the surrounding community & ecosystems, implemented through selfless cooperation and coordination.

The awareness class was taken by Mr. James, District resource person from Haritha Kerala Mission. During the session Mr.James taught the students regarding the eco-friendly measures to be maintained in the campus and about avoiding use of plastics. During the end of the session the students took oath to avoid use of plastics.



REPORT ON MALINYA MUKTHA KERALAM PROGRAM

Date: 14/10/2024

Aim: It aims to make the State completely garbage-free

As part of Malinya muktha Kerala program, the Parassala block panchayat conducted an awareness program and rally on 14/10/2024. The NSS volunteers of Saraswathy college of Nursing participated in the program. The Malinya Muktha Keralam campaign aims to make Kerala a garbage-free state by developing a sustainable waste management system. The campaign's objectives include: Creating a viable waste management system, promoting best practices, and encouraging people to recycle and reuse, Developing a culture where people believe that processing waste is their responsibility and ensuring that biodegradable waste is processed at the source.

The Malinya Muktha Keralam awareness rally started from Block Resource Centre Parassala to Govt.Girls Higher Secondary school, Parassala. The students carried pluck cards during the rally and taken pledge to dispose the waste properly.



CHEMISTS COLLEGE OF PHARMACEUTICAL SCIENCES& RESEARCH

EVENT NAME: National Cancer Awareness Day

AGENCY: National Service Scheme

DATE OF THE ACTIVITIES:07-11-2024

On the occasion of National Cancer Awareness Day, NSS unit of Chemists College of Pharmaceutical Sciences & Research, organized a awareness class on 07-11-2024 at CCPSR. The speaker of this programme was Mrs.Sherin Kunjumon, Assistant professor, Dept. Pharmaceutics. 1st and 2nd Year D.Pharm students were actively participated.



EVENT NAME: World Immunization Day

AGENCY: National Service Scheme

DATE OF THE ACTIVITIES:11-11-2024

On the occasion of World Immunization Day, NSS unit of Chemists College of Pharmaceutical Sciences & Research, organized an awareness class on 11-11-2024 at CCPSR. The speaker of this programme was Mrs.Naina Sara Sabu, Assistant professor, Dept. Pharmacology. 1st Semester B.Pharm students were actively participated



World Immunization Day Class on 11-11-2024

EVENT NAME: World Diabetes Day

AGENCY: National Service Scheme

DATE OF THE ACTIVITIES:14-11-2024

On the occasion of World Diabetes Day, NSS unit of Chemists College of Pharmaceutical Sciences & Research, organized a awareness class on 14-11-2024 at CCPSR. The speaker of this programme was Mrs.Bella Joy, Lecturer, Dept. Pharmacology. 1st and 2nd Year D.Pharm students were actively participated.



World Diabetes Day Class on 14-11-2024

EVENT NAME: Youth Meet- Together in the Fight against Plastic

AGENCY: National Service Scheme

DATE OF THE ACTIVITIES:29-10-2024

NSS unit of Chemists College of Pharmaceutical Sciences & Research, organized Janakiya Campaign (Youth Meet)- Together in Fight against Plastic in association with Vadavukode Grama Panchayath on 29-10-2024.

A youth meet is being organized as part of the Garbage Muktam public camp in Putankurish Gram Panchayat of Vadavukode. Youth Meet is a mass outreach program organized at ward level under the leadership of youth to ensure public participation in waste management activities.

On October 29, Ward Eight Puthankurish Youth Meet activities will begin. NSS volunteers, Harita Karmasena members and Kudumbashree members, led by representatives and officials visit all the houses, institutions and shops in the ward.

Then, in the green meeting on November 5, the report presentation on the ward's sanitation activities and planning of future activities are planned. Everyone's participation and cooperation in this program is requested.



Janakiya Campaign (Youth Meet)- Together in Fight against Plastic on 29-10-2024

AMALA COLLEGE OF NURSING

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1	17/10/2024	Medical Camp at Chethana College of Arts and Performance	50	3 hours	30 residents got benefits from the camp. All volunteers learned to organize and conduct medical camps for the society.
2	18/10/2024	Awareness Class for Mothers at Tholur FHC	50	1 hour	Mothers benefited from simple explanations and class by students. Students learned to organize such programs
3	19/10/2024	Community Nutrition Program	25	3 hours	Students and participants benefited from understanding the nutrient value and a balanced diet
4	22/10/2024	Visit to Pakalveed Parappur	25	3 hours	Interacted with the residents in pakalveedu and understood the value of humanity
5	24/10/2024	School Health Program	50	2 hours	Imparting knowledge to our growing children's will behind the entire society
6	27/10/2024	Ripples of Hope – Blood donation camp	2	5 hours	Volunteers know the importance of Blood donation in the society
7	05/11/2024	Ripples of Hope – Blood donation camp	2	5 hours	Volunteers know the importance of Blood donation in the society

1. Medical Camp at Chethana College of Arts and Performance (17/10/2024)

The NSS unit organized a comprehensive medical camp to provide basic health screenings, consultations, and health education to students and staff at Chethana College. The camp featured services such as blood pressure checks, blood sugar testing, and general medical examinations. A team of healthcare professionals and NSS volunteers facilitated the event, benefiting over 30 attendees and promoting preventive healthcare.

The program started with a prayer by the Chethana college students. The chief guest of the program is actress Saritha Kukku. Other dignitaries are Rev.Fr Jijo Thiyyeri (Director), Rev.Fr Francis Kurissery (Manager), Rev.Fr Benny Benedict, Mr.Arun John(Principal). The programme ended with a vote of thanks delivered by Vice Principal Chethana. The medical camp was a great success as a whole, the following are people who participated in the health checkups:



2. Awareness Class for Mothers at Tholur FHC (18/10/2024)

An informative session was conducted at the Family Health Centre (FHC) in Tholur, aimed at educating mothers about child health and maternal well-being. The class covered topics such as nutrition, immunization schedules, and common childhood illnesses. NSS volunteers supported the event by assisting with logistics and participant engagement, creating a supportive atmosphere for learning and discussion.

- **Number of participants – 20**
- **Venue – FHC, Tholur**

3. Community Nutrition Program (19/10/2024)

The NSS team organized a community-based nutrition program focused on promoting healthy dietary habits. This included nutritious meal preparation demonstrations, educational pamphlets distribution, and interactive Q&A sessions. The event emphasized the importance of balanced diets, especially for children and pregnant women, and drew participation from local community members.

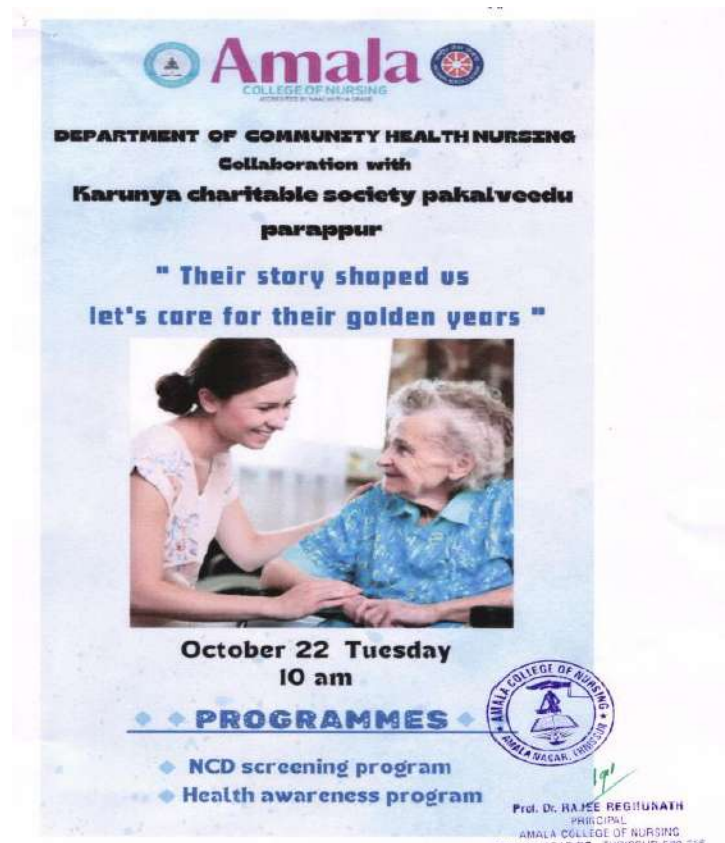
The program commenced from 2 pm to 4 pm. The chief guest of the program was Mr. Simon (ward member, ward-1) other dignitaries were Mrs. Geeta (ICDS supervisor), Mrs. Bindu (Asha worker ward 1), and Miss Arnrita (Anganwadi teacher), The program was coordinated by for 4th year BSc nursing students. The program was hosted by Anjana TT (4th year BSc nursing student), the inauguration was done by Mr. Simon (a ward member), and felicitation and presidential address were delivered by Mrs. Geeta (ICDS supervisor) and Miss Amrita (Anganwadi teacher). A health exhibition cum nutrition demonstration were arranged for various age groups. 21 beneficiaries attended the program and gave positive feedback for the entire program.





4. Visit to Pakalveed Parappur (22/10/2024)

The visit to Pakalveed Parappur involved NSS volunteers spending time with the elderly residents, engaging in conversations, and conducting recreational activities to uplift their spirits. Volunteers also assisted with basic needs and distributed small care packages. The interaction fostered a sense of community and emphasized compassion and respect for senior citizens.



There were 14 beneficiaries. Volunteers interacted with them. This community is being built in memorial of Chittilapally Mariamma & Thomas. The programme began with a welcome speech by Ms. Alphonsa Sebastian. Health education was conducted on topics like diabetes mellitus, hypertension, care of elderly, and routine exercises. The sessions were delivered by Ms.Bitfu Boban, Ms.Adithya V, Ms.Anjitha. Cultural programs were also conducted. Health screening too was done. A vote of thanks was delivered by Ms. Anjana T T.The details of health screening is as follows:

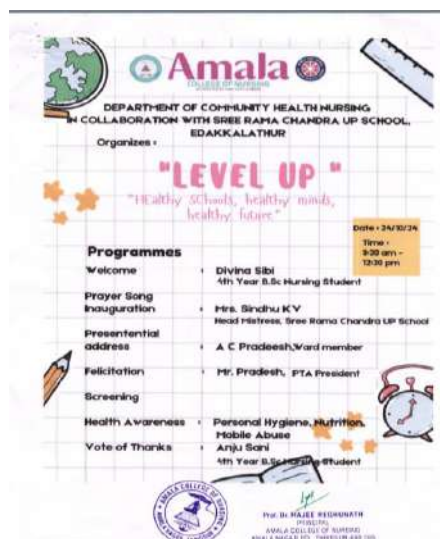


5. School Health Program (24/10/2024)

The NSS unit conducted a school health program that included health checkups and workshops for students on personal hygiene, the importance of physical activity, and mental well-being. Sessions were made interactive to ensure student participation, and pamphlets were distributed to reinforce key health practices at home

In Sree Rama Chandra UP School Parappur, we arranged sessions on nutrition, personal hygiene and usage of mobile phones. The program started with a prayer song. It was followed by the health screening program. The students of the 7th standard were selected. Around 60 beneficiaries were present. The health status of each student was assessed, including Height, Weight, IAP classification of Malnutrition, and Vision using Snellen's chart, and overall examinations were done and recorded. Along with this, the health screening of teachers too was done their blood sugar values and blood pressure were checked. With the collected data, the students who required further referral were notified and instructed to consult a physician for further treatment. A small health education was given to each student while assessing their health problems.

After screening a small health awareness programme too was conducted. The welcome speech was delivered by Ms.Divina Sibi. inauguration was done by Mrs. Sindhu k.v, Headmistress| and the presidential address was by A.c Predeesh, the ward member. The Classes on topics: of personal hygiene, nutrition, and mobile abuse was taken by Ms Anjana, Ms. Anjitha Shaji & Ms. Aleena Shaji. A vote of thanks was delivered by Ms Anju Sani. A health survey too was conducted to collect information regarding the health problems faced by the students



HIV Awareness Program at Dheshabani Club (26/10/2024)

An awareness session on HIV prevention and management was held at the Dheshabani Club. The program aimed to dispel myths about HIV/AIDS, educate attendees on safe practices, and provide information on available resources and support services. The NSS volunteers played an active role in organizing and disseminating information, enhancing community understanding of the topic.



6. Report on Blood Donation Camp at Jwala Arts and Sports Club, Muthuvara

On 27th October 2024, the 'Ripples of Hope' NSS initiative organized a successful blood donation camp at Jwala Arts and Sports Club, Muthuvara. This event aimed to promote voluntary blood donation and strengthen community health initiatives.

Key Details:

- **Date:** 27/10/2024
- **Venue:** Jwala Arts and Sports Club, Muthuvara
- **Total Donations:** 28
- **NSS Volunteers:** Angela Dickson and Anju Bobby

The camp witnessed enthusiastic participation, showcasing the collective effort to support local healthcare facilities and encourage lifesaving practices through



7. Report on Blood Donation Camp at Puranattukara

On 5th November 2024, the 'Ripples of Hope' NSS project organized a blood donation camp at Puranattukara, aiming to bolster community health initiatives and promote the spirit of voluntary blood donation.

Key Details:

- **Date:** 5/11/2024
- **Venue:** Puranattukara
- **Total Donations:** 25
- **NSS Volunteers:** Sneha N Saji and Niya Maria

The event received strong support and participation from the local community, reinforcing the NSS mission to encourage selfless service and contribute meaningfully to public health efforts.



GOVERNMENT AYURVEDA COLLEGE, TRIPUNITHURA

Sl. No	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	28/10/24	Celebrated Ayurveda Day at adopted village in HPCL LPG Plant	10	2hrs	Ayurveda for work place wellness class was conducted for officials of HPCL LPG Plant
2.	28/10/24	Celebrated Ayurveda Day at Adopted Village in LPS Irumpanam	20	5hrs	Took awareness class at LPS School of adopted village and did health checkup

3.	13/11/2024	Malinya muktha kerala	100	7hrs	Did mass cleaning campaign at college campus
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Ayurveda for work place wellness class



Took awareness class at LPS School of adopted village and did health checkup



Did mass cleaning campaign at college campus

N.S MEMORIAL COLLEGE OF NURSING

1. WORLD STROKE DAY - 2024

World Stroke Day, observed annually on October 29th, aims to raise awareness about stroke, its risk factors, and prevention strategies. The NSSVolunteers of N.S. Memorial College of Nursing commemorated this day by organizing a seminar on the theme "Greater Than Stroke: Active Challenge."

Key Activities

1. Seminar: A seminar was conducted by Mr. Lijin L, a lecturer in Medical-Surgical Nursing. The seminar focused on the importance of community support and active lifestyles in reducing the risk of stroke.
2. Participant Engagement: Approximately 60 volunteers attended the seminar, actively participating in discussions and asking questions.
3. Knowledge Dissemination: The seminar provided valuable information about stroke symptoms, risk factors, prevention strategies, and the importance of timely medical attention.

The World Stroke Day celebration at N.S. Memorial College of Nursing was a significant step towards promoting stroke awareness and prevention. By highlighting the importance of community support and active lifestyles, the program empowered individuals to take control of their health and reduce their risk of stroke.

The successful implementation of the World Stroke Day program

demonstrates the commitment of N.S. Memorial College of Nursing to promoting public health and well-being. By raising awareness and educating the community, the college has made a valuable contribution to stroke prevention and control.

2. MOTIVATION SESSION FOR NSS VOLUNTEERS

A motivational session was conducted on November 8, 2024, for the NSS volunteers of N.S. Memorial College of Nursing, Kollam. The session was led by Dr. Noufal M S, a retired associate professor and the recipient of the Kerala University Best NSS Program Officer award. The session was attended by 120 students, including 60 NSS volunteers.

Objectives of the Session

- * To inspire and motivate NSS volunteers to actively participate in social service activities.
- * To enhance leadership skills and teamwork among volunteers.
- * To instill a sense of social responsibility and commitment to community development.
- * To provide guidance on effective planning and execution of NSS activities.

Key highlights of the Session

- * **The Power of Volunteerism:** Dr. Noufal emphasized the transformative power of volunteerism and its impact on both the volunteers and the community.
- * **Leadership and Teamwork:** The session highlighted the importance of effective leadership and teamwork in achieving common goals.
- * **Social Responsibility:** Dr. Noufal encouraged the volunteers to actively participate in social causes and work towards a better society.
- * **Skill Development:** The session focused on the development of essential skills such as communication, problem-solving, and critical thinking.
- * **Real-world Impact:** The speaker shared inspiring stories of successful NSS initiatives and their impact on the community.

The motivational session was highly successful in inspiring and motivating the NSS volunteers. It provided valuable insights and practical tips for effective volunteerism. By fostering a sense of purpose and social

responsibility, the session empowered the volunteers to make a positive difference in society.



3. CHILDREN'S DAY – 2024

N.S. Memorial College of Nursing, Kollam, in collaboration with the Kollam Collectorate and Child Welfare Society, celebrated Children's Day on November 14, 2024. The event aimed to raise awareness about children's rights and promote child welfare.

Objectives:

The Children's Day celebration was a resounding success, achieving the following objectives:

- * **Raising Awareness:** The event effectively raised awareness about children's rights, child abuse, and child labor.
- * **Promoting Child Welfare:** The activities emphasized the importance of providing a safe and nurturing environment for children.
- * **Community Engagement:** The collaboration with the Kollam Collectorate and Child Welfare Society strengthened community engagement and support for child welfare initiatives.

Key Activities

- * **Awareness Rally:** The day began with a vibrant awareness rally that commenced from Cravon School, Kollam, and culminated at S.N.College, Kollam. The rally was participated by NSS volunteers

and students from the college.

- * **Flash Mob:** To further amplify the message, the NSS volunteers organized a captivating flash mob performance based on the theme "ForEvery Child, Every Right." The performance highlighted the importance of protecting children's rights and ensuring their well-being.

The Children's Day celebration organized by N.S. Memorial College of Nursing was a testament to the institution's commitment to social responsibility and child welfare. By conducting a vibrant awareness rally and a captivating flash mob, the college successfully conveyed the message of "ForEvery Child, Every Right." This event will undoubtedly have a lasting impact on the community and contribute to the well-being of children.



RUCKMONI COLLEGE OF NURSING

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	21/09/2024	Alzheimer's Day	100	1	NSS volunteers actively Participated in Alzhemiers Day based on the theme Time to Act on Dementia, Time to Act on Alzheimiers.They participated in Mime, skit, memory test etc...

2.	29/09/2024	World Heart Day	100	1	NSS volunteers actively Participated in World Heart Day program .They conducted skit ,theme presentation,zumba dance and taught about the healthy heart habits .
3.	01/10/2024	Blood Donation Day	100	1	NSS volunteers actively Participated in Blood Donation day . They conducted the theme presentation ,skit and donate blood to the Devi Hospital Blood Bank .
4.	17/09/2024 to 02/10/2024	Swachh Bharat Abhiyan	100	10	NSS volunteers actively Participated in Swachh Bharat Abhiyan cleanliness compaign. They participated 5 days cleaning program <ul style="list-style-type: none"> ◆ Road cleaning ◆ Campus cleaning ◆ Market cleaning ◆ Hostel cleaning ◆ Bus Stand cleaning
5.	04/10/2024	Old Age Day	100	1	NSS volunteers actively Participated in Old Age Day program .They taught about the physiological changes of old age and taken the pledge given by the government.
6.	10/10/2024	World Mental Health Day	100	1	NSS Volunteers observed the world mental health day program at Sri Ramakrishna Ashrama Mission . They

				conducted in Mime, skit, memory test etc...
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SANTHI COLLEGE OF NURSING

1. Name of the College with NSS Registration No: Santhi College of Nursing, Calicut, (NSS/FU/ CLT/ KUHS/12)
2. Name of Programme Officer: Mr. Midhun Mathew
3. Report for the period from: 16/ October /2024 to 15/November/ 2024

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	24/10/24	Health education program for Class IV workers	38	1 hr	Health education program conducted on Patient safety and avoiding hazards on duty among Class IV workers at Santhi Hospital Omassery.
2	25/10/24	World elderly day	50	30 min	Day celebrated with presentation of theme and importance to whole students at Santhi College of Nursing
3	29/10/24	Wayand Rebuild fund transfer	100	-	By lucky draw coupon Santhi College of Nursing transferred RS.38407/ to KUHS Cell.
4	30/10/24	National Unity Day	100	30 min	Mr. Midhun Mathew conducted a session on National Unity Day and recited the pledge to volunteers.
5	9/11/24	Scarp collection for Wayand relief	200	1 day	Students collected scrap from their home and sold out and brought the money and staffs brought items to college.
6	14/11/24	Diabetic day celebration	46	1 day	50 NSS volunteers visited “Athani Old age home at Narikkuni” and spend a day with them. They provided a health education and exhibited cultural activity. Contributed an amount to Manger.
7	11/1124	One training session		1 day	Mr. Midhun Mathew (NSS P O) attended one day training

					session at Providence College Kozhikode
8	14/11/24	NSS enrolment done			New 50 volunteers enrolled.

1. Health education program for Class IV workers

On 24/10/24 a health education program conducted on patient safety and avoiding hazards on duty among Class IV workers at Santhi Hospital Omassery by NSS volunteers in the Santhi Hospital conference hall. The absence of preventable harm to a patient, and the reduction of the risk of unnecessary harm. It's a fundamental principle of healthcare, and is the cornerstone of high-quality care. All are actively participated and shared their experience.



2. World elderly day

World Elderly day Celebrated on 25/10/24 with presentation of theme and importance of the day by PPT presentation to whole students at Santhi College of Nursing. Mr.Midhun Mathew (NSS PO) mentioned that the elderly population is a valuable asset to any society. Ageing is natural process that brings both opportunities and challenges. This year theme is Ageing with Dignity : The importance of strengthening Care and support for Older persons World wide.

Theme

- This year 2024, the International Day of Older Persons Theme is "Ageing with Dignity: The Importance of Strengthening Care and Support Systems for Older Persons Worldwide".

Importance of International Day of Older Persons

- The elderly population is a valuable asset to any society. Ageing is a natural process that brings both opportunities and challenges.
- The combination of increased life expectancy, the decline of joint family structures, and societal breakdowns have led to elderly individuals experiencing loneliness and imprudence.
- It is recommended that geriatrics maintain a healthy lifestyle by engaging in physical activity, consuming a nutritious diet, and avoiding tobacco, alcohol, and other harmful substances. A positive mindset and mental well-being are essential for enhancing the quality of life in later years

3. Wayand Rebuild fund collection and transfer

For the wayand rebuild students and staffs participated in the lucky draw coupon contest and collected RS.38,407/ and transferred to KUHS Cell on 29/10/24.

4.National Unity day

Mr. Midhun Mathew (NSS P O) conducted a session on National Unity Day and recited the pledge to volunteers. Every year, on October 31, India observes National Unity Day, also known as Rashtriya Ekta Diwas. This significant day commemorates the birth anniversary of Sardar Vallabhbhai Patel, a pivotal figure in India's struggle for independence and the first Deputy Prime Minister and Home Minister of India.



5.Scrap collection for Wayand relief fund raising (it's going on not completed)

On 9/11/24 students collected scrap from their home and sold out and brought the money and staffs brought items to college. Ms, Ashitha Thomas (V Sem student) handing over the amount to NSS P O and Vice Principal .



6.Diabetic day celebration

On 14/11/2 50 NSS volunteers visited “Athani Old age home at Narikkuni” and spend a day with them. They provided a health education and exhibited cultural activity. Contributed an amount to Manger.



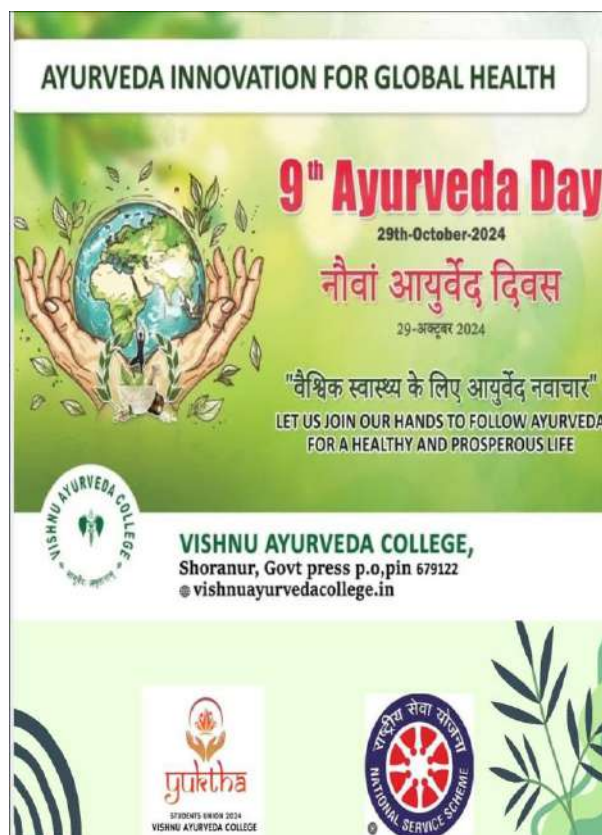
VISHNU AYURVEDA COLLEGE, SHORANUR

Sl.No	Date	Name Of the Activities Conducted	No of Participants	Total HrsSpend	Achievement by the Programme including Beneficiaries
1	29/10/2024	9 th National Ayurveda Day Celebration 2024	100 Students	5 hrs	General Awareness about Ayurveda Regimens in day-to-day life. Quiz competitions, essay writing competitions etc and prizes were distributed.
2	13/11/2023	Ayurveda Day Rali	80Students	1 hrs	Public Awareness about the importance of Ayurveda Day
3	08/11/2024	Anti ragging and Anti narcotic awareness class	100	2 hr	A CPO came and introduced the rules and awareness of these are generated to students and faculties
4	08/11/2024	Emotional intelligence	25	2hr	A class on emotional intelligence was conducted by the NSS unit to NSS volunteers to make them emotionally intelligent.

(Enterbrief report of each programme with photographs)

1. On Occasion with 8th Ayurveda Day– NSS and Agarthha Students union of Vishnu Ayurveda College celebrated in our college Auditorium and discussed about General Awareness about Ayurveda Regimens in day-to-day life. Quiz competitions, essay writing competitions , awareness to patients, yoga class were conducted.
2. On Ayurveda Day Rally conducted with 80 students from our college to Kulappully junction for awareness to the public about the Ayurveda day.
3. On 8th November we conducted Anti ragging and Anti narcotic awareness class. A CPO came and introduced the rules and awareness of ragging and narcotics and awareness are generated to students and faculties
4. Emotional intelligence Class on November 8th. A class on emotional intelligence was conducted by the NSS unit to NSS volunteers to make them emotionally well being.

AYURVEDA DAY





AYURVEDA DAY RALLY



ANTI RAGGING AWARENESS



VISHNU AYURVEDA COLLEGE,
Kulappully, Shoranur | ☎ 7994030042, 8129180045
@ vishnuayurvedacollege.in



All College Students and Teachers should Attend

Facilitator



Mr. Binoy Kuriakose
Sub Inspector of Police
Narcotic Cell,
Palakkad.



Kulappully, Kerala, India
7PC+2GG, Palakkad - Ponnani Rd, Kulappully, Kerala 679122
Lat 10.784955°
Long 76.270988°
8/11/24 10:20 AM GMT +05:30



Kulappully, Kerala, India
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Long 76.271006°
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EMOTIONAL INTELLIGENCE



VISHNU AYURVEDA COLLEGE,
Kulappully, Shoranur | 7994030042, 8129180045
vishnuayurvedacollege.in



EMOTIONAL INTELLIGENCE

8th November 2024 @ 2 PM

As Part Of Transition Curriculum

Facilitator





MANU
Thadevoos



EDUCATOR, TRAINER & COACH





BISHOP BENZIGER COLLEGE OF NURSING, **KOLLAM**



S L N O	DATE	A BRIEF REPORT OF NSS ACTIVITY CONDUCTED	NO OF VOL UN TEER S PART IC IPAT ED	TOT AL HOU RS	ACHIEVEME NTS
1	16/10/2024	<p><u>MENTAL HEALTH NURSING LAB INAUGURATION</u></p> <p>As part of the psychological wellness of the college students, the final year NSS volunteers established a Mental Health Lab at Bishop Benziger college of nursing and its official inauguration was conducted on 16/10/2024 at 12.45 pm. Our College Manager Rev. Dr Joseph John was inaugurated the mental health lab supported with principal Dr. sr. Terese SIC, Vice principal prof Binutha V P along with psychiatric nursing department, class coordinators at Bishop Jerome Block</p> 	50	1 hr	It helps to provide a controlled environment for nursing students to practice and develop essential skills in mental health care


2	21/10/2024	<p align="center"><u>FINANCIAL SUPPORT FOR THE CONSTRUCTION OF “150</u></p>  <p align="center"><u>” SNEHABHANANGAL” AT WAYANAD</u></p> <p>The NSS volunteers collected and donated Rs10000/- for the construction of ‘150 <i>snehabhanangal</i>’ at Wayanad to the account number of 37939700901 of the KUHS NSS Programme Coordinator, maintained at KUHAS branch of State Bank of India.</p>	01	15 min	It helps to achieve the financial assistance for the construction 150 <i>snehabhanangal</i> at Wayanad
3	24/10/2024	<p align="center"><u>ANTI DRUG AWARENESS CLASS</u></p> <p>Anti-drug awareness class was conducted to NSS volunteers Of Bishop Benziger College of Nursing by Siddu S, <i>Vimukthi</i> co-ordinator, civil excise officer, ECD Kollam on 24/10/2024 at Bishop Benziger Seminar Hall with the presidential of Dr.sr. Terese SIC, Principal and Ms Jyothi Lakshmi, Assistant professor. The class helps to educate participants about the dangers of drug abuse and promote a healthy, drug-free lifestyle</p>	19	1 hour	The anti-drug awareness class successfully educated NSS volunteers about the dangers of drug abuse and encouraged a commitment to a healthy lifestyle.

					
4	25/10/2024	<p><u>SELF DEFENCE CLASS</u></p> <p>The self-defence class was organised to the NSS volunteers as a part of International Day of the girl child with the theme of 'girls' vision for the future. Mrs Rajeena S, ASI of Police</p>  <p>, District Crime Branch, Kollam was the resource person of the class conducted on 25/10/2024 at 2-4pm at Bishop Benziger Seminar Hall.</p>	100	2 hours	The self-defence class successfully empowered participants with essential skills and confidence.
5	30/10/2024	<p><u>OBSERVATION VISIT AT GANDHI BHAVAN VISIT</u></p> <p>The NSS unit of our college has organised an observation visit at Gandhi Bhavan International Trust, Pathanapuram on 30/10/2024. During the visit the NSS volunteers got opportunity to spent time with Honourable Judge of the High Court of Kerala (Retired) Sri Ramachandran Nair and the Founder of Gandhi bhavan, Most Respected Dr. Soma Rajan. Gandhi Bhavan International Trust demonstrates a</p>	60	5 hrs	It helps to understand the organization's mission and objectives, daily operations and programs, also interact with staff and

		<p>strong commitment to social welfare, education, and community development. The organization's dedication to its mission is evident through its programs and staff.</p> 			all beneficiaries
6	1/11/2024	<p><u>PLEDGE OF NATIONAL UNITY DAY AT ASSEMBLY</u></p> <p>The NSS volunteers recited the pledge on college assembly on 1/11/2024.</p> <p>We observed 31/10/2024 as the national Unity Day to commemorate the birth anniversary of Sardar Vallabhbhai Patel. The pledge aids the NSS volunteers to enhanced sense of community and belonging and increased awareness about diversity and inclusivity</p> 	100	20 minutes	The Unity Day pledge ceremony successfully promoted unity, diversity, and inclusivity, fostering a sense of community and shared responsibility.
7	1/11/2024	<p><u>ANTI RAGGING AWARENESS CLASS</u></p>	60	1 hr	To educate students on the harmful effects of

		<p>The NSS volunteers organised an anti-ragging awareness class as a part of arrival of new batch to the college. the anti-ragging class war taken by Mrs Bety K Jayims to the class of third semester. She explained Introduction to anti-ragging laws and policies, Definition and forms of ragging, Consequences of ragging (physical, emotional, and psychological), Importance of reporting incidents, Role of students, faculty, and administration in preventing ragging.</p> 			<p>ragging, promote a zero-tolerance policy, and ensure a safe and supportive campus environment.</p>
8	10/11/2024	<p><u>RADIO TALK ON WORLD IMMUNISATION DAY</u></p>  <p>The NSS volunteers organised a radio talk on the theme ‘vaccine work for all’, “vaccine: the path to a brighter future, lets eradicate diseases, together with vaccines”. they explained well regarding Importance of immunization in preventing infectious diseases, Types of vaccines (inactivated,</p>	02	1 hr	<p>To educate listeners on the importance of immunization , debunk myths, and promote vaccination uptake.</p>

		<p>live attenuated, conjugate), Recommended vaccination schedule (0-18 years), Herd immunity and community protection, addressing common misconceptions (autism, side effects), Role of parents, healthcare workers, and governments in promoting vaccination</p> <p>. Radio talk successfully promoted awareness about immunization, addressing common misconceptions and encouraging listeners to prioritize also highlighting the significance of immunization in preventing infectious diseases.</p>			
9	13/11/24	<p style="text-align: center;"><u>FIRE AND SAFETY AWARENESS CLASS.</u></p>  <p>The NSS unit of bishop Benziger college of nursing has organized a fire and safety awareness class to the students in collaboration with fire and safety department, Kollam on 13/11/2024 at 10.30 am. the class was taken by Mr Arun, fire and rescue officer. They gained valuable knowledge and insights on fire safety and emergency preparedness.</p>	50	2 hours and 30 minutes	The class was helped to educate students on the importance of fire safety, prevention, and response in the workplace/college
10	14/11/2024	<p style="text-align: center;"><u>CHILDRENS DAY 2024</u></p> 	50	4 hours	The students had a wonderful time participating in the various activities The celebration was a reminder of the importance of children and the need to

		<p>The NSS unit of Bishop Benziger college of nursing was conducted the children day celebration at Holycross pratheeksha special school, Neendakara, which is a institution dedicated to providing comprehensive education and care to children with special needs. Their mission is to mission is to empower children with special needs to reach their full potential, promoting independence, inclusivity, and dignity. Rally was conducted</p> 			provide them with a nurturing and supportive environment to grow and develop.
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P R S COLLEGE OF NURSING, TRIVANDRUM

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	10/11/2024	Immunisation day	40	2hrs	Students and public got awareness regarding the importance of Immunisation day

2	14/11/2024	World diabetic day	40	2hrs	Students and public got an awareness regarding the importance of World diabetic day
3	21.10.2024	Infection control week	40	4hrs	Students and public got an awareness regarding the importance of Infection control week

Brief description of the activity with photographs if any:-

1. On November 10th we conducted health education and awareness regarding the importance of Immunisation day at paediatric ward of PRS hospital. 40 NSS volunteers were participated.



2. On 14 November 2024, Conducted health education related to diabetes at Anappara 40 NSS volunteers were participated.



3. infection control week observance on October 10 , our NSS volunteers conducted a quiz competition regarding infection control practice



LITTLE LOURDES COLLEGE OF NURSING, **KIDANGOOR**





Sl No	Date	Activity conducted	No of Participants	No of hours	Achievement by the programme including beneficiaries.
1.	22/10/24	Youth Development Programme	79	1hr.	Parents of Freshers (1 st semester BSc Nursing Students) were given an awareness class. The class was led by Sri.S.Radhakrishnan who is a well known motivational speaker.
2	22/10/24	Nutritional Programme	39	1hr	World Iodine deficiency day was celebrated both in LLM hospital paediatric OPD & General OPD G.H Palai. The various aspects of Iodine deficiency disorders & sources of Iodine and prevention were discussed.
3.	23/10/24	Personality Development Programme for the Youth	79	2hrs	A motivational Personality Youth development programme was conducted for the Freshers (1 st Sem BSc Nursing) in LLCON college auditorium. Sr. Anjitha SJC

					(Clinical Psychologist)& team lead the classes.
4.	25/10/24	Adopted Village Programme	39	2hrs	An outreach programme on prevention of Leptospirosis was conducted in the adopted village. Educational sessions were led by the NSS volunteers with active participation of the villagers. Many attractive & motivating AV Aids were used for the sessions.
5.	26/10/24	“IGNITE 24” Motivational Speech for the Youth	79	2hrs	As a part of Youth day celebration, a motivational speech was arranged for all students of LLCON in the College auditorium. Dr .Alex George, Assist. Professor St. Thomas College Palaihoasted the class.
6.	3/11/24	Medical Camp & Exhibition	79	6hrs.	A medical camp & exhibition was conducted at Sacred Heart Knanaya Catholic Church Maridom from 8am-1pm. It was inaugurated by Smt. Thresiamma Sebastian, the Panchayat president, Kadaplamattom Presidential address was delivered by the Parish Priest .Sr. Sunitha SVM, Hospital Director LLM & Dr. Sr. Joseena SVM, the college principal felicitated the gathering. Free medical service was provided by the doctors of LLM hospital.

JUBILEE MISSION COLLEGE OF NURSING,
THRISSUR

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	17.10.20 24	SCHOOL HEALTH PROGRAM & HEALTH EXHIBITION	25	6hr	Social responsibility, and communication skill Focusing on the health benefits of future generation
2.	16.10.20 24- 15.10.20 24	FAMILY CARE INCLUDING PALLIATIVE CARE SERVICES, single elderly care	4	2hr	Social responsibility To improve physical well being. To improve mental stimulation. To improve social interactions Emotional health and quality of life improvement. Health & Wealth of the persons in our adopted village
3.	18.10.20 24	World mental health day related awareness class at CHC VELLANIKKARA	25	1hr	Social responsibility Health & Wealth of the persons

4.	19.10.20 24	TRIBAL CAMP	25	6HR	Social responsibility Health & Wealth of the persons
5.	29.10.20 24	STROKE DAY	100	1HR	Social responsibility, and Focusing on the health benefits of future generation
6.	03.11.20 24	NURSE LED CLINIC	12	3hrs	Social responsibility, decision making and communication skill
7.	07.11.20 24	TRIBAL CAMP	25	6HR	Social responsibility Health & Wealth of the persons
8.	15.11.20 24	CHILDREN'S DAY PROGRAM	25	6HR	Social responsibility, and communication skill Focusing on the health benefits of future generation

SCHOOL HEALTH PROGRAM & HEALTH EXHIBITION

The programme was conducted in Marthoma GHSS, Thrissur. The programme started at 01.30 pm. Welcome speech was given by Mrs Lini thomas. The students of class 1-12th standard were gathered in the auditorium. There were 210 students.

Instructions were given to the children. Various stations for health assessment were set up and were directed under the control of volunteers. Health education

started by 01.45 pm. It was conducted for class VII and VIII th standard. Topics included were personal hygiene, menstrual hygiene and substance abuse. The students were asked to do return demonstration on Handwashing technique and dental hygiene. Health assessment included vital signs, nutritional assessment (height, weight and degree of malnutrition), eye, ear, dental and skin examination.

FAMILY CARE INCLUDING PALLIATIVE CARE SERVICES

students were assigned for each home visit, for a duration of 1 hour (3.00 pm – 4.00 pm) weekly 3 times. The program was scheduled for 2 months, in which each group visited a total of 4 houses. Services like interpersonal relationship, history collection, elderly assessment; chair yoga, fall risk assessment, health check-up and muscle strengthening exercise were done. The problems and needs were identified as isolated feelings; risk for fall and health education was given according to their needs. Recreational activities like music and newspaper reading were provided.

WORLD MENTAL HEALTH DAY RELATED AWARENESS CLASS AT CHC VELLANIKKARA

Our NSS volunteers arranged an awareness class on mental health at vellanikkara CHC. Along with the awareness class our volunteers arranged a documentary show at CHC vellanikkara.

TRIBAL CAMP

The NSS unit along with tribal mobile medical unit started from the college on 19/10/24 at 8.30 am. The NSS volunteers started from the college campus at 8.30 am. We first reached the Tribal boys hostel poovanchira. We conducted the medical camp. The volunteers assessed the basic vital and complete assessment of adolescent. Second session were doctor consultation. Last session were awareness class and health check up the volunteers went to chuvannamann colony for health check up. The medicines were distributed from Mobile Tribal Unit, Thrissur. The camp ended at 2 pm.

STROKE DAY

As a part stroke day jubilee mission college of nursing arranged an awareness class on early detection and management of stroke. The awareness class was taken by Dr. Fiju Chacko consultant neurologist JMMC & RI. It was very effective to our NSS volunteers.

NURSE LED CLINIC



The NSS unit and Community Health Nursing department of Jubilee Mission College of nursing conjoint with Vincent de Paul Society, St Mary's Church Madona Nagar, organized nurse led clinic on 03/11/24. The clinic was conducted at Auditorium of St Mary's Church, Madona Nagar. The program started at 7.45 am immediately after the Holy Mass. The tokens were provided by Mr. Paul, Vincent de Paul Society President. The public were seated in the chairs in the order of token number. Awareness classes were taken by NSS volunteers related to air borne diseases and its management. Following that nurse led clinic was started. 5 stations were arranged for registration, checking blood pressure, assessing blood sugar and BMI calculation and the last station was reference station, only if needed, to UPHC, Kachery. And also to check whether the referred patients go for consultation and follow up the care. 40 tokens were given for the public. Among 40 members 5 were referred to UPHC, Kachery. Refreshments were arranged for the public and NSS volunteers. The program was ended at 9.30 am.


TRIBAL CAMP

The NSS unit along with tribal mobile medical unit started from the college on 07/11/24 at 8.30 am. The NSS volunteers started from the college campus at 8.30 am. We first reached the Tribal area named Urulankunnu. Situated at Mannamangalam Thrissur. We conducted the medical camp. The volunteers assessed the basic vital and complete assessment. Second session was doctor consultation. Last session was awareness class and health check up. The volunteers went to Pazhvalam colony for health check up. The medicines were distributed from Mobile Tribal Unit, Thrissur. The camp ended at 2 pm.

CHILDREN'S DAY PROGRAM

NSS volunteers of Jubilee Mission College of Nursing conducted Children's Day program at St. Francis Day Care Center on 15.11.2024. Our students arranged various games, action songs, dance etc. Kids were really enjoyed the program.

Date	Event	Photos
17.10.2024	SCHOOL HEALTH PROGRAM & HEALTH EXHIBITION	  

<p>16.09.2024- 30.09.2024</p>	<p>Family care including palliative care services along with single elderly care</p>	
<p>18.10.2024</p>	<p>World mental health day related awareness class at CHC VELLANIKKAR A</p>	
<p>19.10.2024</p>	<p>TRIBAL CAMP</p>	

		 <p>Check In Pananchery, Kerala, India H983+2QC, Poovanchira Rd, Pananchery, Kerala 680652, India Lat 10.565059° Long 76.35458° 19/10/24 09:58 AM GMT +05:30</p>
29.10.2024	STROKE DAY	 <p>Thrissur Kerala India 2024-10-29(Tue) 02:03(PM) 31°C 88°F</p>
03.11.2024	NURSE LED CLINIC	 <p>Thrissur, Kerala, India G66x+8r4, Kuttanellur, Thrissur, Kerala 680005, India Lat 10.510812° Long 76.249911° 03/11/24 08:00 AM GMT +05:30</p>

		
07.11.2024	TRIBAL CAMP	
15.11.2024	CHILDREN'S DAY PROGRAM	

Sd/-

Dean(Student Affairs) & NSS Programme Coordinator