



KERALA UNIVERSITY OF HEALTH SCIENCES

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Dr.MOOPEN'S NURSING COLLEGE

On 14/11/24, the National Service Scheme (NSS) unit of Dr. Moopen's Nursing College, in collaboration with the Mental Health Nursing Department, organized a Mental Health Awareness session aimed at reducing workplace stress. This session took place at the 9th Ward of Muppainad Panchayath, Kadachikunnu. The event was inaugurated by Mr. Saseedran, the Panchayath President, and was attended by residents of the village, local leaders, and NSS volunteers.

The session was designed to address the growing concern of mental health in the community, with a special focus on the impact of workplace stress. The event was part of the NSS's ongoing efforts to engage with the community and raise awareness about mental well-being.

Inauguration Ceremony:

The event began with an inaugural speech by Panchayath President, Mr. Saseedran. He emphasized the importance of mental health awareness and the need for every individual, especially in the workplace, to be aware of the signs of stress and mental health issues. He appreciated the efforts of Dr. Moopen's Nursing College and the NSS volunteers for organizing such an important session for the local community.

Prof. Dr. Lida Antony, the Principal of Dr. Moopen's Nursing College, also spoke on the occasion. She highlighted the significance of mental health education and the role that the nursing profession plays in promoting well-being. Her message

was centered around breaking the stigma associated with mental health issues and encouraging open conversations.

Session Details:

The session was conducted by NSS volunteers from Dr. Moopen's Nursing College under the guidance of the Mental Health Nursing Department. It aimed to educate participants on the following key topics:

1. Understanding Workplace Stress:

- Definition and causes of workplace stress
- Impact of stress on physical and mental health
- Identifying the early signs of stress

2. Strategies for Managing Stress:

- Techniques for stress management such as relaxation exercises, time management, and setting realistic goals
- Importance of work-life balance and taking regular breaks
- The role of nutrition, physical activity, and adequate sleep in mental health

3. Mental Health Awareness and Stigma:

- Understanding common mental health disorders such as anxiety, depression, and burnout
- Breaking the stigma surrounding mental health discussions
- Encouraging individuals to seek professional help when necessary

4. Resources for Support:

- Available local and national resources for mental health support, including helplines and counseling services
- The role of community support and peer networks in maintaining mental health

During the session, the volunteers engaged the participants in discussions and interactive activities to help them better understand the importance of mental health and practical ways to manage stress. The session also included a Q&A, where attendees could ask questions and share personal experiences.

Conclusion:

The Mental Health Awareness session concluded with a vote of thanks by MR. Justin Basil Varghese, who expressed gratitude to the Panchayath leadership, the Principal Prof. Dr. Lida Antony, and the attendees for their active

participation. The session was appreciated by the community for its relevance and practical approach in addressing workplace stress.

Mr. Saseedran, the Panchayath President, reiterated the importance of continuing such initiatives and promised to support future mental health awareness programs in the area.

Impact and Feedback:

The feedback from the participants was overwhelmingly positive. Many attendees expressed that they were now more aware of the signs and symptoms of workplace stress and felt empowered with strategies to cope with stress more effectively. Several participants also mentioned that they felt more comfortable discussing mental health issues and would encourage others to do the same.

This event marks another significant step in the ongoing efforts of the NSS unit and the Mental Health Nursing Department to enhance the mental well-being of the local community.



2. Children's Day Programme at Adopted Village

Date: November 14, 2024

Location: Kadachikunnu Tribal Colony

Event: Children's Day Celebration

Organized By: NSS Unit, Dr. Moopen's Nursing College & Child Health Nursing Department

Inaugurated By: Mr. Saseendran, President, Muppainad Gram Panchayath
Felicitation By: Mr. Kuttiraman, Ooru Mooppen
Guidance: Prof. Ramudevi C, Vice principal, Dr. Moopen's Nursing College

Objective:

The event aimed to celebrate **Children's Day** with the children of the **Kadachikunnu Tribal Colony**, raising awareness about child health, education, and overall well-being. The day included fun activities, informative sessions, and interactive games to engage children, while also addressing important issues related to their health and development.

Event Highlights:

- The **Children's Day Programme** began with the inauguration by **Mr. Saseendran**, the President of **Muppainad Gram Panchayath**, who emphasized the importance of holistic development for children, especially in rural and tribal areas.
- **Mr. Kuttiraman**, the **Ooru Mooppen**, felicitated the occasion, congratulating the volunteers and faculty for their initiative to bring such celebrations to the community.

Key Activities:

1. **Awareness Classes:**
 - Volunteers from the **Child Health Nursing Department** conducted informative sessions for the children on topics like hygiene, nutrition, and the importance of education. The sessions were tailored to be engaging, with visual aids and interactive discussions.
2. **Games & Sports:**
 - A variety of games were organized to encourage teamwork and physical activity. Some popular activities included relay races, sack races, and tug-of-war. The children enjoyed participating, and the games helped promote physical fitness.
3. **Arts and Cultural Activities:**
 - A **drawing and painting competition** was held to foster creativity among the children. Volunteers also encouraged them to engage in

singing and dance performances, providing a platform for self-expression.

4. Sweets Distribution:

- Traditional sweets, such as **payasam** and **sweets** were distributed to the children, ensuring that the day was celebrated with joy and festivity.

5. Health Check-up and Counseling:

- A team of medical professionals from Dr. Moopen's Nursing College conducted a **basic health check-up** for the children. They also distributed health kits with essential items like soap, toothpaste, and notebooks to help improve the children's hygiene and learning experience.

Participation:

- The programme saw enthusiastic participation from around **100 children** from the **Kadachikunnu Tribal Colony**.
- Volunteers from both the **NSS Unit** of Dr. Moopen's Nursing College and the **Child Health Nursing Department** were actively involved in organizing the activities, ensuring smooth coordination and participation from all the children.

Outcome:

- The event was a great success in creating awareness among the children and the local community about child health and the importance of education.
- The children expressed joy and enthusiasm in the various games and activities, which helped them understand the significance of teamwork, physical health, and creativity.
- The health check-ups and counseling provided a valuable opportunity for the children to receive early attention to any health concerns they might have had.

Acknowledgements:

The **NSS Unit** and **Child Health Nursing Department** express their heartfelt gratitude to:

- **Mr. Saseendran**, President of **Muppainad Gram Panchayath**, for his inspiring words and continuous support.

- **Mr. Kuttiraman**, Ooru Mooppen, for gracing the event with his presence and words of encouragement.
- **Prof. Ramudevi C**, Head of the Child Health Nursing Department, for her invaluable guidance and support in organizing the event.

Conclusion:

The **Children's Day Programme** at **Kadachikunnu Tribal Colony** was a meaningful and successful initiative by the **NSS Unit** and **Child Health Nursing Department** of Dr. Moopen's Nursing College. It not only brought joy to the children but also raised important awareness about child health, education, and community involvement. The volunteers' efforts, coupled with the participation of the community and local leaders, ensured that the children experienced a memorable and educational day.

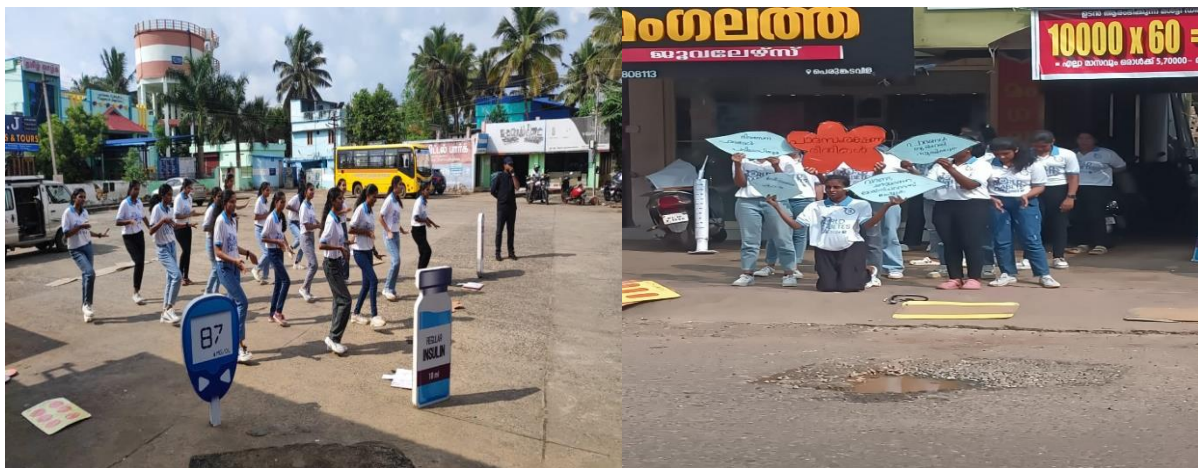


Theme : “Breaking barriers, Bridging gaps”

As part of celebrating World Diabetes Day program, the NSS volunteers of Saraswathy College of Nursing conducted flash mobs and awareness classes in various areas of our panchayat. The theme for this year highlights the impact of diabetes on peoples physical and mental health. It also emphasizes the importance of effective diabetes management and how it can improve the quality of life.

The NSS NSS volunteers of Saraswathy College of Nursing performed flash mob at different places such as Parassala junction, Chenkavila junction, Poovar bus stand, Marayamuttam junction, Ottashekhara mangalam junction and Vellarada bus stand. The program was very effective in

creating public awareness. The volunteers also distributed pamphlets for providing further information regarding diabetes.



As part of celebrating Indian Constitution Day at Saraswathy College of Nursing, the NSS volunteers, students and faculties gathered together at college hall. The program started with welcome address by the college Principal Dr. C.V Kavitha, followed by the key note address by Liasion officer Mr.Gopan, reading of preamble of Indian Constitution by NSS program officer Mrs.Jisha J P followed by national anthem by the college students.

The program was very useful for the students in remembering the formation of our Indian Constitution.

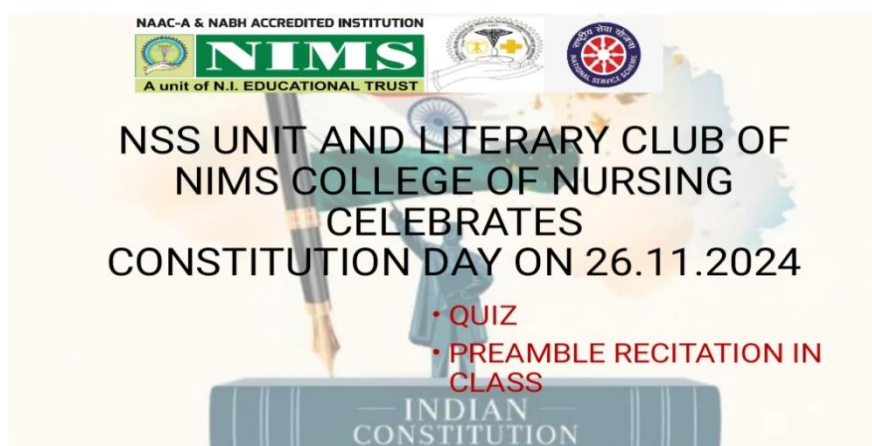


NIMS COLEGE OF NURSING

SI No	Date	Name of the activity conducted	Achievement by the program including Beneficiaries
1	01.12.24	International Day of Older Persons	NSS Volunteers of NIMS CON has celebrated International Day of Older Persons by organising an visit to Old Age home in Neyattinkara. They had organized several cultural programs along with their participation, distributed sweets among them.

2	02.10.24	Gandhi Jayathi	NSS unit of NIMS College of nursing celebrated Gandhi Jayanti in remembrance of Father Of Nation. The program started with prayer song by volunteers, welcome speech delivered by Mrs.Padmaja V S, Asst Professor NIMS CON. The gandhiyan thoughts was given by Dr.Radhakrishnan, Chairman,Gandjhi Samaraka Smrithi followed by pledge delivery on Swacchatha.
3.	15.10.24	Global Handwashing Day	NSS Volunteers of NIMS CON has celebrated Global Handwashing Day on the theme”Why clean hands are crucial in today’s era”.Volunteers had demonstrated the 6 steps of handwashing recommended by WHO .The program was conducted at ENT Op of NIMS Medicity.
4	23.11.24	National Newborn care week	NSS Unit of NIMS College of Nursing observed National New-born Care week under the theme “Safety,Quality and nurturing Care- Birth Right of Every Newborn”.Volunteers had provided an awareness section for new mother on proper care management of babies. .
5	26.11.24	Constitutional Day	NSS Unit of NIMS College of Nursing celebrated Constitutional day by conducting an quiz among the students regarding the constitution of India. The students of all classes were encouraged to read out the Preamble of Constitution.

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VAIDYARATNAM AYURVEDA COLLEGE, OLLUR

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	26/11/2024	Oath Taking	83 Volunteers	¼ Hour	a) Volunteers obtained an Idea on Indian Constitution; b) Inspiration to Nationalism
2	26/11/2024	Training Programme	1 - PO	7 Hours	a) Training –I day to PO b) Awareness on Activities of AIDS control Society
3	10/12/2024	Oath Taking	93 volunteers	¼ Hour	Human rights- necessity to keep the subject alive etc

Program Report with Photos:

1. As per the directions of NSS Cell - KUHS, NSS Unit at Vaidyaratnam Ayurveda College (AMO 14/1) has celebrated Constitution Day on November 26 of 2024.

The Program started by around 11 AM. All the Volunteer students gathered at class room as directed by Principal.

Principal Dr. V.N. Prasanna, has done a speech on importance of constitution and explained the need of such a constitution in our republic. Followed by that speech, the Principal read the preface of Indian Constitution, and followed by that the Volunteer students read it aloud.



A total of 83 Volunteers were present in the session. Program started by around 11 AM, and concluded by National Anthem, at 11.15AM.

2. Training to Programme Officer

State NSS Cell, has organised a one day training programme to Programme Officers- of different NSS Cells at Thrissur. Programme was from 10 Am to 6 PM at St.Mary's College, Round East, Thrissur.

Basic training was provided on NSS activities and Special Camp. Followed by that, activities of State AIDS Control Cell was described, and the urgency for NSS Units to participate in the same was established.



3. 'Oath Taking' on International Human Rights Day.

As per directions from State Government, NSS Cell – Volunteers have done 'Oath Taking- to protect Human rights'. The PO has proclaimed the necessity on the subject and PO along with advisory board member Dr. Sajith Kumar KP has read the Human Rights Oath- to NSS Volunteers.



LOURDE COLLEGE OF NURSING


Sl. No	Date	Activity conducted	No. of participants	No. of hours	Achievement by the programs including beneficiaries
1	01-12-2024	AIDS Day: NSS volunteers of LCN organized AIDS Day program at Lourde Hospital on 1 st December at 11.00 am. The program included flash mob, awareness sessions with variety of AV aids and a role play. Ms. Linsha Noushad and Ms. Saadiya lead the program. Nursing Superintendent, Mrs. Hilda Shaji	30 volunteers	1 & half hours	Volunteers got a good opportunity to interact with the public and impart education to them regarding the deadliest disease that threatens the mankind presently.


		and Nursing Supervisor Mrs. Reena were present along with NSS PO, Mrs. Nimmy Augustine.			
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BISHOP BENZIGER COLLEGE OF NURSING

01	22.11.2024	<p><u>School Health Programme At LP School, Thrikadavoor, Kollam</u></p> <p>The final year NSS volunteers have organized a school health programme at LP School Thrikadavoor, Kollam On 22.11.2024 from 9.00am to 3.00 pm. The programme started with a prayer song followed by an inaugural address by school Principal. The main activities included in the school health programme were:</p> <ul style="list-style-type: none"> • Assessment of school children • Health Exhibition • Health awareness programmes • Health skit <p>There were total 150 students participated in this school health programme and the programme ended at 3pm.</p>	60	06 hours	<p>To provide age appropriate information about health and nutrition to the children in schools.</p> <p>To promote healthy behaviors among the children that they will inculcate for life.</p>
02	26/11/2024		100	1hr.	
03	30/11/2024		100	4hrs.	To nurture a sense of responsibility to be

		<p><u>Observation of the Indian constitutional day</u></p> <p>The Indian constitutional day was observed on the college by reading out the preamble and the fundamental duties during the College assembly. Dr. Sr. Terese Kochuvilayil gave a short talk to the gathering regarding being good and responsible citizens of the country.</p>  <p><u>Observation of international AIDS day</u></p> <p>As a part of observing the international aids day the NSS volunteers participated on an AIDS day rally which started from the Quilon head postoffice to the KSRTC bus station. Kollam mayor Mrs. Prasanna Earnest</p>		<p>good citizens to the motherland</p> <p>To raise public awareness about AIDS</p>
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04	14.08.2024	<p>flagg- off the rally and conveyed her message. The quilon district collector Mr. Devidas also conveyed his message and participated in the rally . After the raly NSS volunteers participated in the magic show and group song which was done to give awreness to the public.</p>  <p>Signature of NSS Programme Officer: Signature of Principal:</p>	60	01 Hour	
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05	15.08.2024		100	01 Hour	To ensure that every individual became aware of the proximity and risk of HIV/AIDS to themselves and in response adopted safe and responsible behaviour.
	16.08.2024		100	02 Hour	To inspire patriotic fervor among the youth and

06					<p>masses through engaging activities.</p> <p><i>It coordinates and oversees all aspects of drug abuse prevention in youth .</i></p>
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Dean(Student Affairs) & NSS Programme Coordinator