



KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur- 680596

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File No.12929/B2 /DSA/NSS/KUHS/2023

Date: 15/01/2025

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.	12/01/25	Medical Camp at Chaganassery	4 Volunteers	8 hours	• Free medical consultation, blood check-up, ECG, ECHO and medicine for the participants

Brief Description of the activity with photographs if any :-

1. The NSS unit of Caritas College of Nursing, in collaboration with Caritas Hospital and Rotary club, Chaganassery organized a comprehensive medical camp at Government L.P school, Perunna, Chaganassery on 12/01/25. The medical camp was designed to provide free medical services to the local community, ensuring access to essential health care services. The camp featured consultations across various medical specialties (General medicine, Community medicine, Pulmonology, Orthopaedics, Gastroenterology and Dermatology). ECG and ECHO were available for patients with suspected cardiac issues. Laboratory services and medicines were provided.



CARITAS
HOSPITAL & INSTITUTE OF HEALTH SCIENCES
KENOTIC LOVE SAVES LIFE

റോട്ടറി ക്ലബ്ബ് ഓഫ് ചങ്ങനാശ്ശേരി റോയൽസും,
കാരിത്താസ് ആശുപത്രിയും
സംയുക്തമായി സംഘടിപ്പിക്കുന്ന
**സൗജന്യ മൾട്ടി സ്പെഷ്യാലിറ്റി
മെഡിക്കൽ ക്യാമ്പ്**

ജനുവരി 12ാം തീയതി ഞായറാഴ്ച രാവിലെ 08:30 മുതൽ 12:30 വരെ
ചങ്ങനാശ്ശേരി പെരുന്ത തറവാട് ഹിൽ, പി സ്കൂളിൽ വച്ച് നടത്തപ്പെടുന്നു.

പ്രധാന വിഭാഗങ്ങൾ

- ജനറൽ മെഡിസിൻ
- പൽമനോളജി
- കമ്മ്യൂണിറ്റി മെഡിസിൻ
- ഓൾഡ്/ട്രാഫ്ഫിക് അക്സിഡന്റ്
- ഡെന്റൽ ക്ലിനിക്കുകൾ
- ഓർത്തോപീഡിക്സ്

മേൽപ്പറഞ്ഞ വിഭാഗങ്ങളിലെ വിദഗ്ദ്ധ ഡോക്ടർമാരുടെ സേവനം ലഭ്യമാണ്.

ലഭ്യമാകുന്ന മറ്റ് സേവനങ്ങൾ: BP പരിശോധന • രക്തപരിശോധന • മരുന്ന് വിതരണം

കൂടുതൽ വിവരങ്ങൾക്കും ബുക്കിങ്ങിനും:
9656216257, 9847052811, 8921897549, 9446258695

SPREADING THE RADIANCE OF GOOD HEALTH AND HAPPINESS



MALABAR CANCER CENTRE, THALASSERY, KANNUR

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/12/2024 to 15/01/2025	Palliative services and patient care services.	9	Total 264 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment.

					Each day, two NSS volunteers are posted in the palliative department to help patients. Likewise, two volunteers are posted in the reception area to assist patients.
2	20/12/2024	Participated in blood bank camp	2	6 hrs each	Malabar Cancer Centre organizes blood bank camps in Kannur and neighboring districts. At each camp, two NSS volunteers will participate.
3	27/12/2024	Participated in blood bank camp	2	6 hrs each	
4	07/01/2025	Participated in blood bank camp	2	6 hrs each	
5	10/01/2025	Participated in blood bank camp	2	6 hrs each	

1. Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. As part of regular NSS activities, 4 volunteers will be assigned to palliative divisions and patient helpdesks every day. During the period from 16/12/2024 to 15/01/2025, 9 NSS volunteers spent a total of 264 hours providing the above services.
2. Malabar Cancer Centre organized blood bank camps on 20/12/2024, 27/12/2024, 07/01/2025 and 10/01/2025. Two NSS volunteers actively participated in conducting each camps.



LITTLE LOURDES COLLEGE OF NURSING, KIDANGOOR

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	31/12/2024	Green Initiatives	79	2	.NSS volunteers conducted a cleaning programe in the adopted village, Kidangoor. It included the public areas like bus-bay and roads in the adopted village.
2.	4/1/2025	Movie Show	79	4	A movie show was conducted in LLCON college auditorium as a part of fund raising. All students and

					faculty were present. Switch on function was done by Sr.Starley SVM, Vice Principal, LLCON. Each student contributed Rs.20/ per head.
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ST.JAMES COLLEGE OF NURSING ,CHALAKUDY

DAY 1 (30-12-2024)

On the first day 30-12-2024 under the guidance of NSS program officer Sr.Jyothi Grace the students were assigned into different committees and their duties were assigned. The overall plan for the seven days camp was discussed and the necessary preparations were done. The students along with faculties visited Mariyashanthi Bhavan, Meloor and have done cleaning and the preparations for the camp.

DAY 2 (31-12-2024)

On the second day 31-12-2024 by 09.00 am the Vilambara Jatha started from Meloor Panchayath junction. All the students participated in this.



The inaugural function started at 9.00 am at Mariyashanthi Bhavan, Meloor. Dr.Sr.Jijimole mathew Principal,SJCON welcomed the gathering. Rev Dr Anto Alapadan, Director St James college of Nursing delivered the presidential address. Ms. Sunitha M S, President Meloor Gramapanchayath inaugurated the function. Dr.Smitha,Medical Supdt, FHC Meloor and Mr.Sabu 17th ward member felicitated the gathering. Mr.Christeen Sebastian, NSS volunteer delivered the vote of thanks. The function came to an end with NSS anthem.



REPORT ON EYE CARE AND EXHIBITION ON

Vth Semester BSc Nursing students (2022 Batch) of St. James college of nursing Chalakkudy, conducted a health awareness programme on eye at VBLPS, Meloor. It was organized on 31/12/2024 from 11:00 AM to 1:00 PM. Students took an awareness class regarding eye health through skit and done assessment for LP students. 152 students were participated in the programme.



REPORT ON ADOLESCENT CLINICS AWARENESS ON ADOLESCENCE HEALTH AND EXHIBITION 31-12-2024

Vth Semester BSc Nursing students (2022 Batch) of St. James college of nursing, Chalakudy conducted a Health Awareness Program on Adolescence health. It was organized on 31/12/2024 from 11:00 AM to 1:00 PM. The students had provided Health Education on Menstrual hygiene along with demonstration of usage of menstrual cup and sanitary pad and importance of Self hygiene during adolescence group. The students also conducted physical assessment and health exhibition among Adolescence age group. Around 31 students attended the health education.



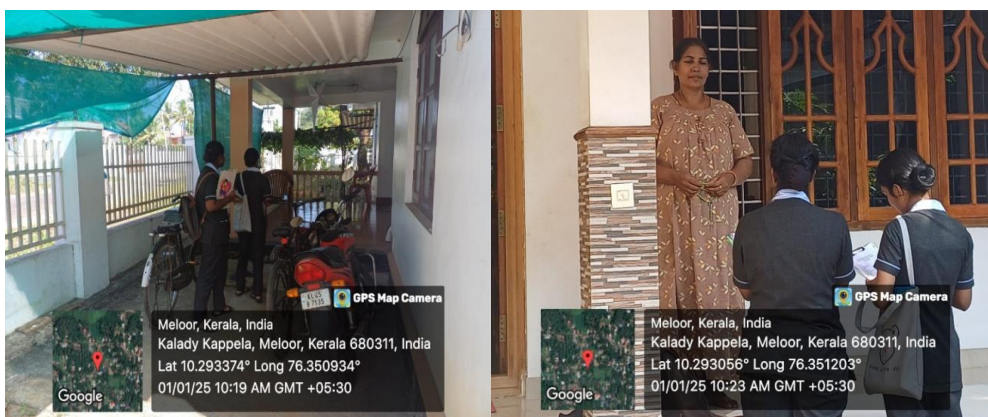
REPORT ON AWARENESS CLASS AND EXHIBITION ON ROAD TRAFFIC ACCIDENT

5th Semester BSc Nursing students (2022 Batch) of St James College of Nursing Chalakudy, conducted awareness class and exhibition on road traffic accident at VBUPS School Meloor. It was organized on 31/12/2024 from 11:00 AM to 1:00 PM. Students took an awareness class regarding road traffic accident through discussion and interaction. 43 students were participated in the programme.



REPORT ON HEALTH SURVEY 01/01/2025

Vth Semester BSc Nursing students (2022 Batch) of St. James College of Nursing Chalakudy organised Health Survey at Ward 17th Meloor Gram panchayath. It was organized on 01/01/2025 from 9:00 AM to 1:00 PM. NSS coordinator Sr Jyothi took a brief session about procedure of taking health survey and then divided students into 4 different groups allotting to different teachers. Each group containing different pairs. Students started survey taking by splitting into pairs to different houses. Total houses covered is 366, among 273 open houses and 93 closed houses. After returning, Sr Jyothi explained about Survey analysis and survey report. The survey was very informative.



REPORT ON CLEANING CAMPAIGN PROGRAMME AT KALADY VETTUKADAVU ROAD, MELOOR 01/01/2025

Vth semester BSc Nursing students (2022 Batch) of St. James College of Nursing, Chalakudy, conducted a Cleaning Campaign at Kalady Vettukadavu Road, Meloor. The event was organized on 01/01/2025 from 2:30 PM to 4:00 PM. All 49 students, along with the NSS coordinator, Sr. Jyothi Grace, participated in the campaign. This initiative Has enhanced the aesthetic value of the area.

REPORT ON NUTRITIONAL PROGRAMME, PEDIATRIC CLINIC, AWARENESS



CLASS & EXHIBITION ON BALANCED DIET 02/01/2025

Vth Semester BSc Nursing students (2022 Batch) of St. James College of Nursing Chalakudy conducted Nutritional Programme, Pediatric Clinic,

Awareness Class & Exhibition on Balanced diet at 9th ward of Sasthapoovam Unnathi under Mattathoor panchayath. It was organized on 02/01/2025 from 10:00 AM to 1:15 PM with the guidance of mid-level health provider: Ms.Alfy. Forest Range Officer Mr. Vinod has inaugurated the programme & provided the brief description about the Sasthapoovam Unnathi. The colony people where shifted from Anapandam 16 years ago(2009) due to landslide. All the arrangements were completed around 10:15 AM and Students and took an awareness class regarding Balanced diet through a role play and Exhibition on Balanced diet was also conducted. There were about 44 people as participants. The students supplied the prepared Amritham podi laddu and banana fry .The educational program ended with the refreshment and the program was very



informative.

REPORT ON TUBERCULOSIS DETECTION CAMP 02-01-2025

5th Semester BSc Nursing students (2022 Batch) of St. James college of nursing Chalakudy Conducted a Tuberculosis Detection Camp on 02-01-2024 at Maria Santhi Bhavan, Meloor. The Students had collected the sputum of 25



people and send it to the lab for screening to detect, whether any person is diagnosed with tuberculosis.

REPORT ON CHALAKUDY MARKET VISIT AND CLEANING ON 02/01/2025

Vth semester BSc Nursing students (2022 Batch) of St. James college of nursing, Chalakudy conducted Chalakudy Market Visit and cleaning. It was organized on 02/01/2025, 3:00 PM to 5:00 PM. The students visited different areas of market and 49 students were participated in this campaign and got familiarized with the market shops. The market was included with fish and meat shops , vegetable shops , stationary shops, bakery etc. After 5PM, students finished their market visit and cleaning.



REPORT ON SANTHOME SPECIAL SCHOOL VISIT AND MEDICAL CAMP

Vth Semester BSc Nursing students (2022 Batch) of St James College of Nursing Chalakudy, visited the Santhome Special School and conducted medical camp. It was organized on 03/01/2025 at 9:30 AM. The initiative aimed to provide healthcare services and support to children with disabilities, fostering a sense of inclusivity and wellbeing. 34 participants were attended the programme. A variety of essential services were provided, including assessments for physical, cognitive and developmental needs.



REPORT ON CLEANING CAMPAIGN WITH HARITHA KARMASENA AT 17th WARD, MELOOR PANCHAYAT

Vth Semester BSc nursing students (2022 Batch) of St James College of Nursing Chalakudy, conducted a Cleaning Campaign at 17th Ward Meloor Panchayath. It was organized on 03/01/2025 from 2:30 PM to 4:00 PM. We 49 students were participated in the Cleaning Campaign and the plastics and paper wastes was collected. The Cleaning Campaign was focusing a cleaner and healthier environment for all.



REPORT ON GYNEC CLINIC AWARENESS CLASS ON GYNEC PROBLEMS 04/1/2024

Vth Semester BSc Nursing students (2022 Batch) of St. James college of nursing Chalakudy, organized a Gynec Clinic awareness class on Gynec problems at Maria Santhi Bhavan, Meloor. It was organized on 04/01/2024 from 9 AM to 10.30 AM. Dr. Tara Thomas M.B.B.S, M.S Obstetrician-Gynaecologist, St. James Hospital, Chalakudy took an awareness class regarding gynec problems. 26 people were participated.



REPORT ON CLEANING CAMPAIGN 04/01/2025

Vth Semester BSc Nursing students (2022 Batch) of St. James College of Nursing Chalakudy conducted a Cleaning Campaign at Mariya Shanthi Bhavan Old age home, Meloor. It was organized on 04/01/2025 from 09:00 AM to 11:00 AM. We 49 students were participated in the cleaning campaign and the plastics and paper waste was collected separately. The cleaning campaign was focusing on fostering a cleaner and healthier environment for all.



REPORT ON ELDERLY CLINIC AWARENESS CLASS AND EXHIBITION ON LIFESTYLE DISEASES 04/01/2025

Vth-semester BSc Nursing students (2022 Batch) of St. James College of Nursing, Chalakudy, conducted Elderly Clinic Awareness class and Exhibition on lifestyle diseases at Maria Santhi Bhavan, Meloor. The event was organized on 04/01/2025 from 10:30 AM to 1:00 PM. In the awareness class 25 participants was attended. The class concluded successfully by fostering awareness and proactive management of lifestyle diseases in elderly community.



REPORT ON SAMAPANA SAMMELANAM

The official meeting started at 2.30 pm. The meeting started with a prayer song. Ms.Minilekha Assistant Programme Officer welcomed the gathering. Fr. Manoj Mekkadath, Assoc. Director St James medical academy gave the presidential address. Mrs. Victoria Davis, health standing committee chairman inaugurated

the function.Mr. Sabu felicitated the gathering. The report of the health survey was presented by NSS volunteer Ms.Abhina and the report was handed over to Ms. Victoria Davis health standing committee chairman . NSS program officer Sr.Jyothi grace delivered the vote of thanks. The meeting ended with NSS anthem.



MAR DIOSCORUS COLLEGE OF PHARMACY

Number	Date	Name of the activity conducted	Number of participants	Total hours	Achievement by the program including beneficiaries
1	25/12/2024	BE A SANTA			TOTAL OF 6040 RUPESS WERE COLLECTED. KANAL INOVATIONS TRUST DISTRICT ADMINISTRATION TRIVANDRUM
2	9/1/25	CAREER ORIENTATION CLASS PILLS & PATENTS:	150	1	ALUMINI MR. DEVATHARUN STUDENT

		NAVIGATING INTELLECTUAL PROPERTY IN PHARMACY			LOVELY PROFESSIONAL UNIVERSITY PUNJAB
3	10/1/25	NSS ORIENTATION	90	3	MR. SREENATH S SOFT SKILL TRAINER



In Association with
MAR DIOSCORUS COLLEGE OF PHARMACY ALATHARA
 &
Kanal Innovations Charitable Trust

DONATION CAMPAIGN

Targeted b/w 5000 - 10000



**"We can celebrate this Christmas
 by making a smile in their face"**



"Your small contribution can bring a big smile to
 someone's face. Would you like to donate to our cause?"

**All students and faculties are requested to contribute
 for this to Govt children's home through collector
 office on 25th December**



National Service Scheme



MAR DIOSCORUS COLLEGE OF PHARMACY
ALATHARA SREEKARYAM

ALUMNI TALK SERIES -
PILLS AND PATENTS: NAVIGATING
INTELLECTUAL PROPERTY IN PHARMACY





9 JANUARY 2024
 1.30 PM



COLLEGE CONFERENCE HALL



Devatharun V R
 M Pharm 1st year (Pharmaceutical Analysis)
 School Of Pharmaceutical Sciences ,
 Lovely Professional University, Phagwara, Punjab



ORGANIZED BY
MDCP ALUMNI ASSOCIATION
(KODDU)



**MAR DIOSCORUS COLLEGE OF PHARMACY ALATHARA
SREEKARYAM**

NSS ORIENTATION

To newly enrolled students

2025
JAN 10
09:30-12:30PM



SREENATH S
SOFT SKILLS TRAINER



NSS UNIT





AMALA COLLEGE OF NURSING, THRISSUR

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1	13/01/2025	YouthDay Celebration	50	2 hours	Fostering sustainable development and responsible youth participation.

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
2	13/01/2025	Health Awareness Programme	50	5 hour	Public awareness, active community involvement

National Youth Day Celebration Report

Date: 13th January 2025

Venue: Amala Boulevard

Theme: *Youth for a Sustainable Future: Shaping the Nation with Resilience and Responsibility*

The National Service Scheme (NSS) Unit of Amala College of Nursing organized a vibrant celebration on the occasion of **National Youth Day 2025**, aligning with the theme of fostering sustainable development and responsible youth participation.

The event began with a thought-provoking theme reveal and a brief presentation highlighting the importance of youth engagement in building a sustainable and resilient nation.

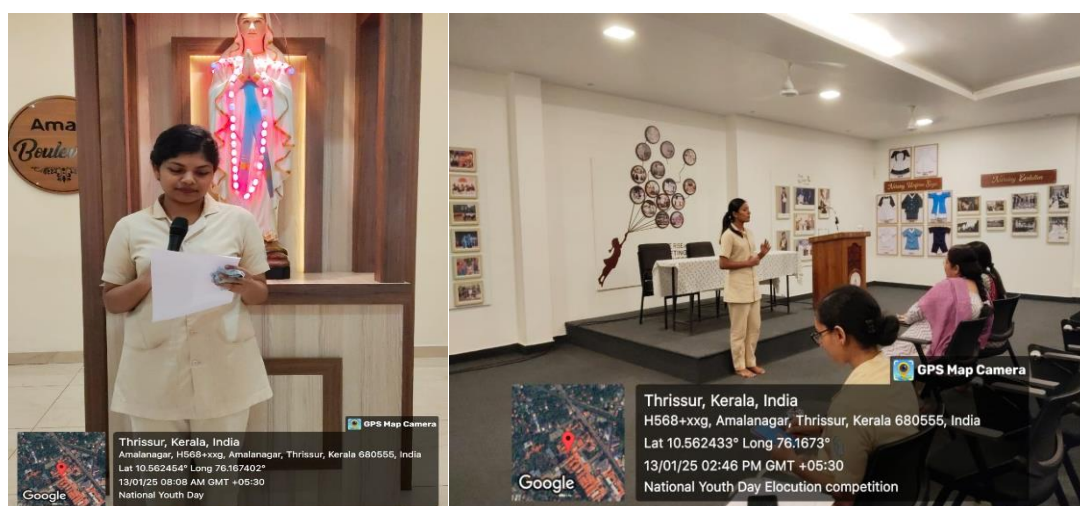
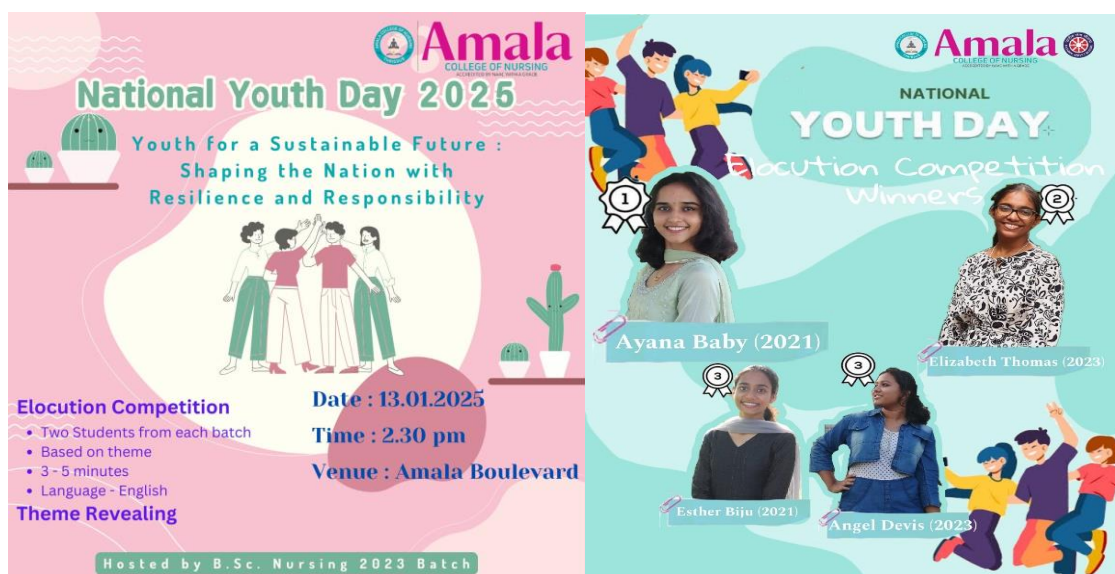
Elocution Competition:

- The competition featured two participants from each batch, who eloquently expressed their views on the theme in English.
- Each participant was given 3–5 minutes to speak.
- The event was a great platform for students to showcase their public speaking skills and share their innovative perspectives.

Results of the Elocution Competition:

- **1st Prize:** Ayana Baby (2021 Batch)
- **2nd Prize:** Elizabeth Thomas (2023 Batch)
- **3rd Prize:** Esther Biju (2021 Batch) and Angel Devis (2023 Batch)

The event concluded with an interactive session, during which students discussed ways to implement the ideas shared during the event in real-life scenarios. The NSS unit extends its gratitude to all participants, volunteers, and faculty members who contributed to the program's success.



2. Report on Health Awareness Programme

Date: 13th January 2025

Venue: Anganwadi No. 60

Time: 10:30 AM

The Community Health Department and NSS UNIT of Amala College of Nursing, in collaboration with Anganwadi No. 60, successfully organized a **Health Awareness Programme on Menstrual Hygiene and Tuberculosis Prevention**. The NSS volunteers conducted the event as part of their community health outreach activities.

Programme Highlights

1. Prayer:

The programme commenced with a prayer led by the 5th-semester BSc Nursing students.

2. Welcome Speech:

Miss Emil K P, a 5th semester BSc Nursing student, warmly welcomed the gathering and set the tone for the event.

3. Presidential Address:

Shri Deepak, Ward Member No. 14, addressed the audience, emphasizing the importance of health awareness in the community.

4. Inauguration and Inaugural Address:

The programme was inaugurated by Smt Susheela Sunilkumar, Block Member, who highlighted the significance of promoting menstrual hygiene and tuberculosis prevention in rural areas.

5. Felicitations:

- Smt Preetha, Anganwadi Teacher
- Mrs Rinu David, Associate Professor, Amala College of Nursing


6. Presentation:

The 5th semester BSc Nursing students presented informative sessions on menstrual hygiene and tuberculosis prevention. They used engaging visual aids to convey critical health messages effectively.

7. Vote of Thanks:

Agin Jeevan, 5th semester BSc Nursing student, expressed gratitude to all dignitaries, participants, and organizers for their contribution to the event's success.

The participants, including community members and Anganwadi workers, received the program well. The sessions helped spread awareness about vital health topics, and the interactive discussions ensured active community involvement.



Amala

COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

**Community Health Department in collaboration with
Anganwadi No. 60**

HEALTH AWARENESS PROGRAMME

TOPIC:
ON MENSTRUAL HYGIENE AND TUBERCULOSIS PREVENTION

Programs	
1 Prayer	: 5th semester BSc nursing students
2 Welcome Speech	: Miss Emil K P (5th semester BSc nursing student)
3 Presidential Address	: Shri Deepak (Ward member no 14)
4 Inauguration & Inaugral address	: Smt Susheela Sunilkumar (Block member)
5 Felicitations	: Smt Preetha (Anganwadi Teacher) & Mrs Rinu David (Associate Professor:Amala nursing college)
6 Presentation	: 5th semester BSc nursing students
7 Vote of thanks	: Agin Jeevan (5th semester BSc nursing student)

VENUE:ANGANWADI NO.60
DATE:13.01.2025
TIME: 10.30AM



JUBILEE MISSION COLLEGE OF NURSING

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	16.12.2024	WELL WOMEN CLINIC	25	3hr	Social responsibility, and communication skill Focusing on the health benefits of women at workplace
2.	16.12.2024-15.01.2025	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.	21.12.202 4	TB RALLY AS A PART OF 100 DAYS CAMPAIGN	50	1hr	Social responsibility Health & Wealth of the persons Focus on complete eradication of TB
4.	23.12.202 4	CHRISTMAS CELEBRATION ALONG WITH NEW NSS T SHIRT RELEASE	350	6HR	Social responsibility Health & Wealth of the persons
5.	04.01.202 5	MOTIVATIONAL CLASS	250	2HR	Social responsibility, decision making and communication skill
6.	05.01.202 5	NURSE LED CLINIC	12	3hrs	Social responsibility, decision making and communication skill
7.	08.01.202 5	HEALTH AWARENESS CLASS	25	1HR	Social responsibility Health & Wealth of the persons
8.	15.01.202 5	PALLIATIVE DAY CELEBREATION	50	8HR	Social responsibility Health & Wealth of the persons

WELL WOMEN CLINIC

As a part of regular NSS activities we conducted well women clinic on 16-12-2024 at 8.30am. The programme is mainly focusing on the faculties and other staff members of Jubilee Mission College of Nursing & School of Nursing. Around 40 participants were present for this wellness clinic. The wellness clinic started with a silent prayer. All the participants monitored blood pressure, blood glucose level, height, weight & BMI. The programme ended up by 10.00 clock.

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. 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.

TB RALLY AS A PART OF 100 DAYS CAMPAIGN

The program started at 8:30a.m. by Hardik Meena(IPS)welcoming the gathering . After that the TB elimination rally was inaugurated by him .The rally finally ended at Town hall thrissur and the official program was inaugurated by Shri.Sureshgopiavargal. There were 12 colleges participant's including the teachers & non-teaching staff .Participants actively listened to the session taken by health advisor and after that there was cultural programs mostly conveying the importance of TB elimination

CHRISTMAS CELEBRATION ALONG WITH NEW NSS T SHIRT RELEASE

As a part of Christmas celebration our NSS volunteers were presented various entertainment programmes like pappaa dance. Along with the Christmas celebration we introduced our NSS t-shirt. Fr. Joyson Cheruvathoor inaugurated our function and also inaugurated our NSS T-shirt. The programme ended up by 12.30pm.

MOTIVATIONAL CLASS

A special motivational class was arranged for our NSS volunteers on the topic village health promotion activities. The class was taken up by DR. Jhon C oomen a consultant at CMC vellor.

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 05/01/25. The clinic was conducted at Auditorium of St Mary's church. Madona Nager. The program started at 7.45 am immediately after the holy mass. The token were provided by Mr. Paul, Vincent de paul society President. The public were seated in the chairs in the order of token number . Nurse lead 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. 50 token were given for the public. Among 40 members 3 were referred to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers. The program were ended at 9.30.am

HEALTH AWARENESS CLASS

Our NSS volunteers were conducted health awareness class at CHC Vellanikkara on the topic prevention of accidents among under five children on 08.01.2025 at 10.30am. there are lot of participants were present,


PALLIATIVE DAY CELEBRATION

As a part of our community NSS activities we attended palliative day celebration at CHC Vellanikkara on 15/01/2025. we reached CHC at 10:00am and various programmes were arranged and we took part in coordinating the programmes. before the official programme various entertainments were started. we participated in cultural programmes like song, dance etc. The official programme began at 12:00pm and the programme was inaugurated by Pananchery block president mrs. Fransina shaju. Various dignitaries including jphn, jhn , health inspector, physician, asha workers and sponsors spoke on the event. Various gifts were given to the palliative patients under the sponsorship of Esaf bank and lunch was also arranged .after the lunch we return back to the college at 2:30pm. the programme support and entertain the palliative patients as they were involved in the activities. this programme shadowed us to know the value of human life and the importance of palliative care nurse in their lives.

Date	Name of the event	photos
16.12.2024	WELL WOMEN CLINIC	
16.12.2024- 15.01.2025	FAMILY CARE INCLUDING PALLIATIVE CARE SERVICES, single elderly care	

21.12.2024	TB RALLY AS A PART OF 100 DAYS CAMPAIGN	 <p>Check In Thrissur, Kerala, India G6fc+958, St Thomas College Rd, Keerankulangara, Thrissur, Kerala 680020, India Lat 10.523461° Long 76.220259° 21/12/24 08:24 AM GMT+05:30</p>
23.12.2024	CHRISTMAS CELEBRATION ALONG WITH NEW NSS T SHIRT RELEASE	 

04.01.2025	MOTIVATIONAL CLASS	 A photograph of a woman in a red and white sari standing on a stage in the Bishop Alapatt Auditorium, presenting to a large audience. A screen on the stage displays the text "A little about what became of me".
05.01.2025	NURSE LED CLINIC	 A group photograph of approximately 20 people, including men and women, standing behind a purple banner. The banner features the text "NATIONAL SERVICE SCHEME" and "GPS Map Camera" along with location details for Thrissur, Kerala, India, and a timestamp of 05/01/25 08:38 AM GMT +05:30.
08.01.2025	HEALTH AWARENESS CLASS	 A photograph showing a health awareness class in progress. Several people are seated in wooden chairs, facing a presenter who is standing and speaking. The setting appears to be a large hall or auditorium.

15.01.2025	PALLIATIVE DAY CELEBREATION	
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SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Sl. No.	Date	Activity conducted(Name ofthe Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	27.12.2024 To 02.01.2025	NSS Special Camp JWALA -2024	42	7 days	National Service Scheme (NSS) camps are organized to foster community service and personal development among volunteers, while also providing significant benefits to the beneficiaries.
2	10.01.2025	National Youth Day	45	4	Blood donation provides numerous benefits for the beneficiaries, primarily focusing on saving lives and improving health outcomes

Report on NSS Special Camp "Jwala 2024"

The NSS Residential Camp "Jwala 2024," organized by the NSS Unit of SGNC, affiliated with KUHS, Kerala, commenced on December 27, 2024. This seven- day residential camp, held at Rangaprabhath,

concluded on January 2, 2025.

Under the guidance of Assistant Professor Ms. Akhila Nair M.P. (Programme Officer) and Ms. Asha E.K. (Assistant Programme Officer), the camp provided a unique opportunity for NSS volunteers to engage in various community-oriented activities, fostering social responsibility and holistic development.

Objectives of the Camp

The primary objectives of the camp were to:

Conduct medical camps to support the health and well-being of the local community.

Undertake garage cleaning and Anganwadi cleaning to promote cleanliness and hygiene.

Organize Snehasaprasam, a day dedicated to interacting with the inmates of a charity village, fostering empathy and social awareness.

Facilitate a mural painting class, encouraging artistic expression and creativity among participants.

Carry out college beautification by planting ornamental plants and creating a green belt.

Host a session on self-defense and fire safety, equipping students with essential life skills.

Purpose of the Camp

The camp aimed to cultivate essential skills among students, enabling them to evolve into socially responsible individuals. By engaging in diverse activities, the volunteers learned the values of teamwork, community service, and leadership, while also contributing meaningfully to society.

DAY 1 (27.12.2024)

The first day of the NSS Residential Camp "Jwala 2024" commenced on December 27, 2024, with great enthusiasm and anticipation. The event was

officially inaugurated at 2:30 PM by the Principal of SGNC, who flagged off the camp with the traditional NSS Geetham, marking the beginning of a week filled with community service and personal growth.

Ms. Akhila Nair M.P., the Programme Officer, welcomed the gathering and revealed the theme of the special camp, "Susthira Vikasanathinay NSS Uvatha," emphasizing the importance of sustainable development and the role of NSS volunteers in contributing to this cause.



To ensure the smooth functioning of the camp, the volunteers were then divided into six committees, each entrusted with specific responsibilities:

Food Committee – Responsible for organizing meals and maintaining food-related logistics.

Sanitation Committee – Ensuring cleanliness and hygiene throughout the camp.

Programme Committee – Planning and coordinating various activities and sessions.

Camp Paper Committee – Handling documentation and daily reporting.

Magazine Committee – Preparing the camp magazine, *Manithar*, to showcase

the activities and achievements.

Discipline Committee – Maintaining order and discipline throughout the camp.

This well-organized structure laid the foundation for a successful and impactful camp, with each committee working towards fulfilling the objectives of the camp. The volunteers began their journey with a sense of responsibility, unity, and a shared commitment to making a positive impact on the community.

DAY 2 (28.12.2024)

As part of the first-day activities of our NSS Special Camp, a session on self-defense was conducted to empower participants, particularly women and students, with essential techniques for personal safety. The session was led by Ms. Bijilekha, ASI and self-defense master trainer from the Trivandrum Vanitha Cell. It began with an introduction to the importance of self-defense and its role in boosting confidence and ensuring safety in everyday life. Participants were introduced to basic self-defense techniques to handle physical threats effectively. Hands-on demonstrations enabled students to practice and understand practical strategies for defending themselves in real-life scenarios. The session emphasized the importance of being aware of one's surroundings and maintaining composure during emergencies. A discussion on laws and legal provisions related



to women's safety helped participants understand their rights and the legal measures available to them. The session encouraged active participation and interaction, making it a lively and informative experience for the volunteers. The session concluded at 12:30 PM, leaving the participants well-informed and equipped with essential self-defense skills. The practical and engaging nature of the session made it a highly effective start to the NSS Special Camp activities.

As part of the second day of the special camp, an afternoon session was conducted by the Fire and Rescue Team of Venjaramoodu. The session commenced at 2:00 PM and was led by officers Mr. Manoj and Mr. Naji Mon. The program included both theoretical and practical components. The officers discussed various hazards caused by fire and emphasized preventive measures to avoid fire-related incidents. Participants were educated on different types of fire and the appropriate safety equipment to manage each scenario effectively. Detailed guidance was provided on rescue procedures during home-based incidents such as gas cylinder explosions. Realistic demonstrations highlighted critical rescue techniques and the use of firefighting equipment in different scenarios. The officers shared their real-life experiences, recounting challenges faced during rescue operations, which provided valuable insights to the participants. The session concluded with



a discussion on essential first aid and management techniques for individuals affected by fire incidents. The session concluded at 4:30 PM and was highly effective in enhancing participants' understanding of fire safety and rescue operations. The interactive nature of the session, coupled with practical demonstrations, made it both engaging and educational.

DAY 3 (29.12.2024)

On December 29, as part of our NSS special camp, we visited Charity Village in Nellanadu. The village is home to a geriatric population and mentally challenged children. We spent an entire day there, from 9 AM to 5 PM, engaging in various activities aimed at bringing joy and support to the residents.

The day began with a medical camp where we provided basic health checkups for the inmates. This included weight and height monitoring, blood pressure checks, and blood sugar testing.

In the morning, we also organized a series of cultural activities and fun games in collaboration with the inmates, fostering interaction and joy. The afternoon session was dedicated to recreating a Christmas celebration, complete with a visit from "Christmas Papa" and a cake-cutting ceremony.

We shared a meal with the residents, making the experience even more personal and meaningful. As a token of love, we gifted 20 packets of diapers to the Charity

Village, addressing one of their essential needs.

The day was a truly heart-warming and memorable experience, both for us and the residents, filled with moments of laughter, care, and connection.



DAY 4 (30.12.2024)

On the third day of our NSS special camp, we actively participated in a cleaning drive at the KSRTC Venjaramoodu depot garage. This initiative was conducted in coordination with the Nellannadu Grama Panchayat, with the support of the "Haritha Karma Sena," a team dedicated to waste management and environmental cleanliness.

The cleaning drive commenced at 9 AM in the presence of the Panchayat President, other Panchayat members, and the Station Master of the KSRTC depot. Together, we worked to clean the depot premises, creating a cleaner and more

organized environment. The drive concluded by 1 PM.

In the evening session, we shifted our focus to our camp surroundings. We engaged in campus cleaning and planting activities, contributing to a greener and cleaner environment. This day was a valuable experience, fostering a sense of responsibility and emphasizing the importance of cleanliness in public spaces. It also highlighted the significance of community collaboration in achieving a shared goal.



DAY 5 (31.12.2024)

As part of our NSS special camp activities, we organized a free medical camp on 31st December at our NLC, located in Kottukunnam.

The camp commenced at 9:30 AM, offering a range of health services and

awareness programs:

Doctor Consultation: Participants received medical advice and guidance.

Health Checkups: Blood sugar monitoring and blood pressure checks were conducted.

Awareness Session: Participants were educated about the causes, management, and prevention of various lifestyle diseases.

Parental Awareness on Drug Abuse: A special session was conducted for parents to raise awareness about the dangers of drug abuse among children. Six mothers attended the class, gaining valuable insights

The camp benefited approximately 40 individuals and concluded at 1:30 PM.

The evening session, conducted by Ms. Geetha, Director of Rangaprabhath Drama School, was engaging and lively, featuring a variety of fun and musical activities. Students actively participated, making it a memorable and enriching experience. The night also celebrated New Year vibes with cake cutting and cultural events, adding a unique and festive touch.

The day seamlessly blended community service and personal growth,



highlighting the importance of health awareness and creative engagement.

DAY 6 (01.01.2025)

The day began with a captivating theatre performance and a folk music session, which created an indescribable sense of inspiration and creativity among the participants. The session started at 9:00 AM and concluded at 12:00 PM, setting an energetic tone for the day.

Following this, a workshop on mural art was conducted, where students actively participated, showcasing their artistic talents and making the session a resounding success.

In the evening, students took part in a community service activity by cleaning the Anganwadi situated at Rangaprabhath. This initiative highlighted the importance of social responsibility and teamwork.

The night was filled with cultural vibrancy as NSS volunteers organized a Rangoli competition and presented various cultural performances, including a fashion show, dance, music, and fun games. These activities added a festive charm to the day, ensuring it ended on a high note.

Overall, the day was a perfect blend of creativity, cultural expression, and community service, leaving a lasting impression on all participants.

DAY 7 (02.01.2025)

The final day of our NSS Special Camp on January 2, 2025, was marked by meaningful activities and a memorable conclusion to the week-long program.

The morning session focused on the "Sneharamam" project and campus beautification initiatives. Volunteers worked diligently to create a green belt within the college campus by filling 120 pots with soil and planting a variety of ornamental plants. This effort not only enhanced the aesthetic appeal of the campus but also

emphasized the importance of environmental sustainability.

The evening session was a time for celebration and reflection. The much-awaited camp magazine, *Manithar*, was officially unveiled by our Principal, who commended the efforts of all the NSS volunteers and faculty members for making the special camp a remarkable success.

The event concluded with volunteers sharing their memorable experiences from the camp, highlighting the personal growth and camaraderie developed over the week. The day ended on a sweet note, with the exchange of sweets symbolizing the joy and unity of the group.

This final day brought the NSS Special Camp to a meaningful and heart-warming close, leaving everyone with a sense of



accomplishment and cherished memories.

RED CRESCENT COLLEGE OF NURSING, KOZHIKODE

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	3-1-2025	Awareness programme of Glaucoma and Birth defects/prevention	50 participants	2 Hrs.	Awareness programme observed by NSS Unit of Red Crescent College of Nursing on 3-1-2025. The theme of Glaucoma awareness is “see the future clearly” this theme emphasizes the importance of early detection, regular eye exam, and education to prevent vision loss. The theme of Birth Defects awareness is “Every Journey Matters” the theme highlights the diversity of experiences of people with birth defects and the need to consider each case individually. NSS Volunteers conducted awareness

					and education programme for the early detection and management of vision, and its prevention. and also to control measures of birth defects. It was a successive session.
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AWARENESS PROGRAMME OF GLAUCOMA AND BIRTH DEFECTS



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Dean(Student Affairs) & NSS Programme Coordinator