



**KERALA UNIVERSITY OF HEALTH SCIENCES**  
**Medical College P.O, Thrissur- 680596**  
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File No.12929/B2 /DSA/NSS/KUHS/2023

Date: 25/04/2026

**K.T.N COLLEGE OF PHARMACY**

**“A Happy Mouth Is a Happy Life”**

Venue for poster presentation: Entrance KTN College of Pharmacy



The Department of Pharmacy Practice observed World Oral Hygiene Day on March 18<sup>th</sup> and 20<sup>th</sup> to promote awareness about the importance of oral hygiene.

As part of the program, a poster presentation was conducted on 18<sup>th</sup> March for First Year Diploma students on the theme of “oral hygiene”. The activity was coordinated by Mrs. Swetha, Assistant Professor, Department of Pharmacognosy, who guided and encouraged students throughout the preparation and presentation process.

On 20<sup>th</sup> March, an awareness video on oral hygiene practices, created by Second Year PharmD students, showcasing essential oral care practices and emphasizing the significance of maintaining oral health in daily life was officially released by the Principal, Dr. KSG Arulkumaran, KTN College of Pharmacy.

The program was coordinated by Dr. Aparna KS, Assistant Professor, Department of Pharmacy Practice, and was successfully conducted with the aim of enhancing awareness on oral health.

**HOLY FAMILY COLLEGE OF NURSING,**  
**THODUPUZHA**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	22/03/2026	HEALTH CAMP – ORGANIZED BY NSS UNIT of Holy Family College of Nursing in Collaboration with NGO- LION’S CLUB, KARIMANNOOR.	112	8.30 am - 1.30 pm  (5 hrs)	Health camp was organized by NSS Volunteers in collaboration with NGO –LION’S Club Karimannoor. <ul style="list-style-type: none"> <li>• Free health check up was conducted by 2 Physicians Dr.AJAY and Dr.GAYATHRI , 1- Dental specialist- Dr.Sr.ANJU MARIA S.H and Pharmacy wing of Holy Family Hospital at Karimannoor grama panchayath.</li> <li>• Health services provided includes</li> <li>• FREE HEALTH CHECK UP WITH FREE MEDICATIONS.</li> </ul>

				<ul style="list-style-type: none"> <li>• NEXT CONSULTATION FREE AT HOLY FAMILY HOSPITAL</li> <li>• 15% DISCOUNT ON ALL DIAGNOSTIC TESTS</li> <li>• Vital Signs monitoring- TPR &amp;BP</li> <li>• Obesity monitoring- Ht,Wt-BMI</li> <li>• Diabetic screening using Glucometer</li> <li>• Health Awareness class</li> <li>• TOTAL 112 beneficiaries availed the services of this health camp.</li> </ul>
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**ADOPTED AREA - HEALTH ACTIVITIES FOR GENERAL POPULATION-NCD SCREENING AND EARLY IDENTIFICATION**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	5/03/2026	Monthly NCD Clinic at adopted community area.	18	8 am-11 am (3 hrs)	<p>Lifestyle diseases screening clinic (NCD clinic) is a monthly project (first Thursday of every month) which is conducted in our adopted community area (Thodupuzha municipality - Randupalam Undaplavu area - ward 14,16)</p> <ul style="list-style-type: none"> <li>• Health services provided- TPR</li> <li>• Obesity monitoring- Ht,Wt-BMI</li> <li>• Diabetic screening using Glucometer</li> <li>• Hypertension monitoring- BP checking</li> <li>• Maintaining Individual Health Card.</li> </ul>



## GERIATRIC HEALTH CARE ACTIVITIES –Adopted Old age care centre

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	25/3/2026	Geriatric care services	32 inmates of old age home	2 pm-4 pm (2 hrs)	<p>Snehalayam monthly project - adopted palliative care centre by Holy Family College of Nursing. Health card is maintained for all inmates, which is updated every month.</p> <ul style="list-style-type: none"> <li>• Monthly health check up (Ht, Wt ,BMI,BP monitoring, Blood glucose monitoring)</li> <li>• Health awareness classes</li> <li>• Group activities</li> <li>• Games were conducted and winners are rewarded with small gifts</li> <li>• Entertainment programs by students.</li> </ul>



**PALLIATIVE SERVICES- IN COLLABORATION WITH FAMILY HEALTH CENTER KARIMANNOOR-RURAL GRAMA PANCHAYATH**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	16,19,25 March 2026	Palliative care in collaboration with local self government (LSG)	Daily 8-10 home visit-palliative team with 2 NSS volunteers daily in rotation.	10 am – 3 pm  (5 hrs per palliative care day)	Weekly 3 days palliative care along with PHC staff in various 15 wards of Karimannoor grama panchayath. Daily 8-10 houses according to geographical reachability of areas till 4 pm.  Provides all palliative services free of cost.



## OBSERVATION OF HEALTH DAYS

### WOMEN'S DAY CELEBRATION- 4<sup>TH</sup> MARCH 2026

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	4/3/2026	Women's Day Celebration –DEBATE on topic “Women protection rules are really for women welfare or Unwanted Privilege”	Whole batch	3pm – 4 pm (1 hrs)	Women's day (March 8 <sup>th</sup> ) was celebrated on 4 <sup>th</sup> March at college auditorium by conducting a Debate on topic “Women protection rules are really for women welfare or Unwanted Privilege”



## WORLD TB DAY AWARENESS PROGRAM - 24<sup>TH</sup> MARCH 2026

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	24/3/2026	World TB day awareness program - 24 <sup>th</sup> March 2026- Awareness Program at Family Health Centre Karimannoor	25	10 am- 11 am (2 hrs)	Health awareness session regarding early identification and prevention of TB was conducted at FHC, Karimannoor from 9 am -10 am. Classes focused on DOTS Therapy, importance of initial sputum examination and beneficiaries were all OPD patients-middle adulthood- at Family Health centre OPD.



## AL SHIFA COLLEGE OF ALLIED HEALTHCARE

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of participants	No. of Hours	Achievements
1	<b>06/03/2026 to 10/03/2026</b>	<b>International Womens day</b> – Poster presentation competition & quiz competetion	1	25	5 hours	<p>The International Women’s Day Celebration 2026 was organized at Al Shifa College of Allied Healthcare from <b>6th to 10th March 2026</b> at the <b>ACAH Auditorium</b>. The program was jointly conducted by the <b>NSS Unit, Women’s Club, and IQAC</b>, aiming to promote awareness, empowerment, and active participation of women. The event was formally <b>inaugurated by Prof. Dr. Sudheesh K, Principal of Al Shifa College of Allied Healthcare. Programmes including:</b></p> <ul style="list-style-type: none"> <li>• Quiz Competition</li> <li>• Poster Presentations</li> </ul> <p>The competitions witnessed enthusiastic participation from students, showcasing creativity, knowledge, and critical thinking. Winners were awarded attractive cash prizes in recognition of their outstanding performances.</p>

2	26/03/2026	TB day	1	50	4hours	<p><b>An Awareness and Exhibition Program on Tuberculosis</b> was organized on <b>26th March 2026</b> at <b>Angadippuram Railway Station</b> in connection with <b>World TB Day</b>. The program was conducted from <b>10:00 AM</b> with the objective of spreading awareness about tuberculosis, its prevention, early diagnosis, and treatment.</p> <p>The event was organized by the <b>IQAC, Health Club, SSGP, NSS, and the Department of Medical Laboratory Technology (MLT)</b> of Al Shifa College of Allied Healthcare. The program was carried out under the global theme: <b>“Yes! We Can End TB – Led by Countries, Powered by People.”</b>.</p> <p>The program witnessed good public engagement and successfully contributed to raising awareness about tuberculosis control and prevention. It also highlighted the social responsibility of healthcare students in addressing public health challenges.</p> <p>.</p>
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# INTERNATIONAL WOMENS DAY

**INTERNATIONAL WOMEN'S DAY CELEBRATION 2026**

**06 to 10 MARCH, 2026**

**ACAH Auditorium**

**UNIT NO: NSS/FU/MPM/RUHS/11**

**Programmes**

- Quiz Competition
- Debate
- Poster Presentations

for female staff and students

**Attractive cash prizes**

**Organised by: NSS, Women's Club and IQAC**



**AL SHIFA COLLEGE OF ALLIED HEALTHCARE**  
 (Approved by DME, UGC 2(f), Govt. of Kerala & Affiliated to Kerala University of Health Sciences)

**DME** **UQP**  
 Perinthalmanna, Malappuram DT.  
[www.alshifacollegeofparamedicallsciences.com](http://www.alshifacollegeofparamedicallsciences.com)



# TB DAY 2026




[www.alshifacollegeofalliedhealthcare.com](http://www.alshifacollegeofalliedhealthcare.com)

## **AWARENESS PROGRAM ON TUBERCULOSIS** In connection with **WORLD TB DAY**

**Yes! We Can End TB  
LED by Countries Powered by People**

 **26 MARCH, 2026**

 **10:00 AM to 01:00 PM**

 **Angadippuram Railway Station**



**Organised by:**  
IQAC, Health Club, SSGP, NSS, Department of Medical Laboratory Technology (MLT)



**AL SHIFA COLLEGE OF  
ALLIED HEALTHCARE**

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# SARASWATHY COLLEGE OF NURSING

## **Theme: “Uniting for a Glaucoma Free World”**

As part of celebrating world glaucoma day, the NSS volunteers of Saraswathy college of Nursing conducted an awareness class and flash mob program at Community Health Centre Poovar. The theme of the day was “Uniting for a Glaucoma Free World”. The theme makes clear that no single person, country or health system can tackle this challenge alone. The program helps to prevent people from losing sight; they should never have to lose.



## REPORT ON WORLD CANCER DAY

### Theme: “United by unique”

As part of celebrating world cancer day, the NSS volunteers of Saraswathy college of Nursing conducted an awareness class and role play program at Community Health Centre Poovar. The theme of the day was “United by unique”. The theme highlights the importance of patient centered care and recognizes every cancer journey is personal. the program was very effective in creating awareness and knowledge among gathering.

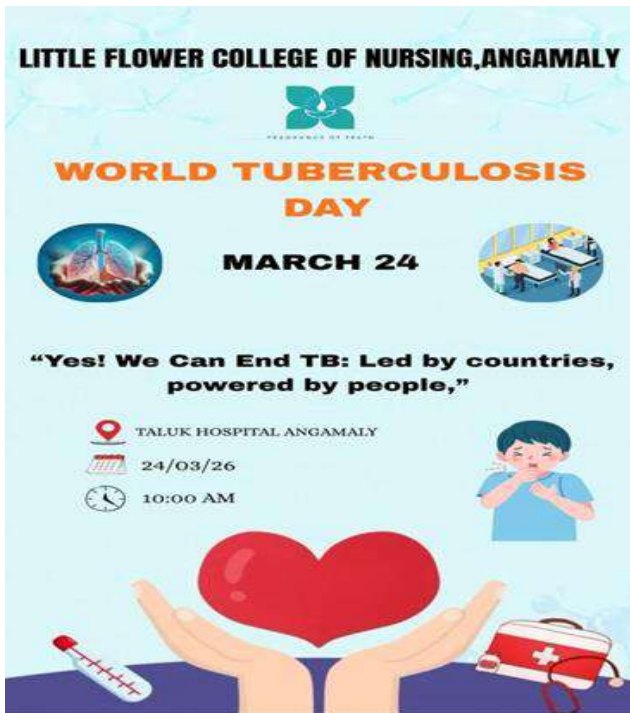


**LITTLE FLOWER COLLEGE OF NURSING,**  
**ANGAMALY**

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	24/03/2026	World TB Day Programme	50	2hrs	The observance of National Tuberculosis Day was conducted on 24th March 2026 at Taluk Hospital, Angamaly, by the NSS volunteers. The programme was organized with the objective of enhancing public awareness regarding tuberculosis, a major communicable disease of global health concern, and to promote early detection, prevention, and effective management.
2	07/04/2026	World Health Day	25	2hrs	Recognizing the significance of health education in disease control, the students undertook this initiative to address knowledge gaps and reduce the

				<p>social stigma associated with tuberculosis.</p> <p>On the occasion of World Health Day 2026, a health awareness programme was conducted at Angamaly Taluk Hospital at 10:15 AM. The programme was organized by the 7th semester BSc Nursing students of Little Flower College of Nursing in collaboration with the NSS Unit. The theme for this year, "Together for Health. Stand with Science," emphasized the importance of scientific knowledge, collective responsibility, and evidence-based practices in improving health outcomes. As part of the programme, students actively participated by presenting various important health-related topics aimed at promoting awareness and encouraging</p>
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					healthy lifestyle practices among the public.
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## **M.O.S.C. COLLEGE OF NURSING, KOLENCHERY**

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	09-03-2026	International Womens day	155	1hr	Students and faculty
2	23-03-2026	Water day	308	1hr	Students and faculty
3	25-03-2026	World TB day	31	1hr	Community people
4	27-03-2026	World health day	36	1hr	Community people

## **REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION 2026**

The International Women's Day celebration was organized by the Department of Obstetrics and Gynaecological Nursing of M.O.S.C. College of Nursing, Kolenchery on 9th March 2026. The programme was conducted in association with NSS, SSGP, IQAC and SNA with the objective of promoting awareness about women's rights, empowerment, and gender equality.

The programme was conducted under the theme "Give to Gain", emphasizing the importance of contributing to society, supporting one another, and empowering women to achieve collective growth and development.

The event began at 2:00 PM with a Debate on Gender Equality: Facts, in which students actively participated and presented their views on various aspects of gender equality in society. The debate encouraged critical thinking and highlighted the challenges and opportunities faced by women in different sectors.

Following the debate, an Inspirational Talk was delivered by the resource person Mrs. Lija Mathew, Assistant Professor, Holy Family College of Nursing. In her talk, she motivated the students by sharing valuable insights about women's empowerment, leadership, and the importance of resilience and self-confidence. She emphasized the role of education and collective support in uplifting women and creating a more equitable society.

The programme concluded with a Prize Distribution Ceremony, where the winners of the debate competition were recognized and awarded for their excellent performance.

The celebration was a meaningful and inspiring event that helped raise awareness about gender equality and motivated students to contribute towards building a society where women are respected, empowered, and given equal opportunities.

Overall, the programme was conducted successfully with active participation from students and faculty members, making the celebration of International Women's Day both memorable and impactful.



**Event:** Water Day Celebration

Organised by: Nursing Foundation Department in association with Nature Club, NSS, SSGP, SESREC, IIC, SNA, College union and IQAC.

Date: 23/03/2026

Venue: First Semester Class Room

Programmes: Water Day Celebration

Number of participants: 308

Objectives of the Programme:

- To create awareness about the importance of water conservation.
- To encourage responsible use of water among students.
- To promote creative expression through educational activities.
- To develop a sense of responsibility towards protecting natural resources.

M.O.S.C. College of Nursing organized the World Water Day celebration on 23<sup>rd</sup> March 2026 under the guidance of the Nursing Foundation Department, **in association with** Nature Club, NSS, SSGP, SESREC, IIC, SNA, College union and IQAC. The programme was conducted with the objective of

creating awareness among students about the importance of water conservation and sustainable use of water resources.

As part of the celebration, various activities were organized for the students. A sign board preparation activity was conducted, where students created informative and creative boards carrying messages on water conservation. An essay writing competition was also held to encourage students to express their thoughts and ideas on the significance of saving water.

The prepared sign board was displayed in front of the college to spread awareness among the public and promote the message of water conservation. All students actively participated in the programme, making it a meaningful and engaging event.

Prizes were distributed to the winners of the competitions in recognition of their outstanding efforts. The programme also included a pledge-taking ceremony, where students pledged to use water responsibly and contribute towards its conservation.

The World Water Day celebration was a successful initiative that helped instil awareness and responsibility among students regarding the protection of water resources.



**Venue: Community Health Centre, Kadayirippu**

**Organized by: Dept. of Community Health Nursing, NSS, SSGP & IQAC**

World Tuberculosis Day is observed annually on March 24 to raise awareness about tuberculosis (TB), a major public health concern. The day highlights the global efforts to eliminate TB and emphasizes the importance of early detection, proper treatment, and prevention. In this context, seventh semester BSc. Nursing students of M. O. S. C. College of Nursing, Kolenchery, organized a World TB Day celebration at CHC Kadayirippu to educate and engage the community in the fight against tuberculosis.

### **Objectives of TB Day Celebration**

- To create awareness about tuberculosis and its impact on public health
- To educate the community on the signs and symptoms of TB
- To promote early diagnosis and appropriate treatment
- To spread awareness about DOTS therapy and its effectiveness
- To encourage preventive measures to reduce the spread of TB
- To motivate community participation in TB elimination efforts

An awareness session on TB was conducted, focusing on various important aspects. The session detailed the common signs and symptoms of TB such as persistent cough, fever, night sweats, and weight loss. Emphasis was given to the importance of early diagnosis. The speaker explained the diagnostic tests used for TB detection, including sputum examination and chest X-rays. Further, the concept of DOTS (Directly Observed Treatment, Short-course) therapy was discussed, stressing its role in ensuring complete recovery when treatment is taken regularly under supervision. Preventive measures such as maintaining personal hygiene, proper nutrition, good ventilation, and avoiding close contact with infected individuals were also highlighted.

A pledge reinforcing the commitment to eradicate tuberculosis was delivered by Dr. Sini Daniel, inspiring all attendees to contribute towards a TB-free society. The program concluded with a vote of thanks, expressing gratitude to all participants, organizers, and speakers for making the event meaningful and impactful.

### **PHOTOS OF WORLD TUBERCULOSIS DAY CELEBRATION**



**Pledge delivered by Dr. Sini Daniel**

**Awareness session by nursing students at Community Health Center, Kadayirippu**

### **REPORT WORLD HEALTH DAY**

**Venue: Community Health Centre, Kadayirippu**

**Organized by: Dept. of Community Health Nursing, NSS, SSGP & IQAC**

World Health Day, observed every year on April 7, plays a vital role in promoting global health awareness and encouraging individuals and communities to prioritize their well-being. World Health Day was celebrated with great enthusiasm at Community Health Center, Kadayirippu by the seventh semester BSc Nursing students. The program aimed to promote awareness about healthy lifestyle practices and encourage the community to adopt better health habits.

The celebration commenced with an energetic flash mob performed by the students, which attracted the attention of patients and visitors and effectively conveyed the importance of health and wellness. This was followed by a health awareness role play that highlighted common lifestyle-related issues and their prevention in an engaging and relatable manner.

An informative awareness session was then conducted by Ms. Blessy Biju, Ms. Mariya Joby, and Ms. Jyotsna Mariya focusing on essential aspects of healthy living. The students emphasized the importance of maintaining a balanced diet, practicing good daily habits, and ensuring adequate sleep for overall well-being. The session provided practical tips that could be easily incorporated into daily life.

The program concluded with a vote of thanks by Ms. Nandana Pavanan, seventh semester BSc Nursing student, expressing gratitude to the CHC authorities, participants, and audience for their support and cooperation in making the event a success. Overall, the celebration was impactful and successfully raised awareness about the significance of healthy practices among the community.



**Flash Mob**



**Role Play**

**AZEEZIA COLLEGE OF DENTAL SCIENCES AND  
RESEARCH, KOLLAM**

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	20.3.2026	<b>WORLD ORAL HEALTH DAY</b>	36	1 week	This day highlights the burden of oral diseases such as dental caries, periodontal diseases and oral cancer which affects millions of people worldwide. The series of events effectively spread awareness about oral health and encourage the adoption of healthy practices. Such initiatives play a crucial role in improving community oral health and reinforcing the message that a healthy mouth leads to a healthy life.

2	22.3.2026	<b>WORLD WATER DAY</b>	13	2 hours	The field visit was highly informative and helped to understand the value of water and promote its safe usage. While water treatment plant focuses in refining a natural resource for the human use, the sewage treatment plant focuses on neutralising human impact to protect the ecosystem.
3	7.4.2026	<b>WORLD HEALTH DAY</b>	8	2 days	The initiative was undertaken with the noble objective of fostering awareness about oral hygiene and delivering essential dental care services to the local community. The World Health Day reminds us that health is one of the greatest assets of humanity.

Brief Description of the activity with photographs if any:-

The Department of Public Health Dentistry, Azeezia College of Dental Science and Research in association with District Medical Office Kollam, successfully organised a series of programmes on the occasion of World Oral Health Day on 20<sup>th</sup> March 2026. The theme for this year was “**A Happy Mouth Is A Happy Life**” emphasising the importance of maintaining good oral hygiene for overall wellbeing.

World Oral Health Day is observed annually on March 20<sup>th</sup> to raise global awareness about the importance of oral health and its impact on overall health and the quality of life, initiated by the FDI World Dental Federation, this day highlights the burden of oral diseases such as dental caries, periodontal diseases and oral cancer which affects millions of people worldwide. It emphasises the importance of preventive strategies including proper brushing techniques, use of fluoride, healthy dietary habits and regular dental check-ups. The day also aims to reduce the prevalence of oral diseases by early diagnosis and timely treatment. Through campaigns, educational programmes, community outreach activities, dental professionals and organisations work together to empower individuals to take responsibility for their oral health.

The celebrations were conducted from 18<sup>th</sup> March to 23<sup>rd</sup> March with various outreach and awareness activities aimed at educating the public about Oral Health. The programme was inaugurated by Dr. Sheeja A.L, District Medical Office, Kollam.

Various activities were organised as a part of this programme:

- Dental Exhibition at RP Mall, Kollam
- Awareness Talk and Dental Screening Camp at Badhiriya B.Ed Training College
- Flash Mob and Rally at Kollam Press Club

### **Dental Exhibition (18/03/26 to 23/03/26):**

A dental exhibition was organised at RP Mall, Kollam which served as a major attraction for the public. The exhibition showcased models, charts and demonstrations related to oral hygiene practices, common dental diseases and preventive measures. Visitors were educated on proper brushing techniques, diet counselling and the importance of regular dental check-ups.

Some of the models like Dental Health Care Globe, Posters on Rethink Your Drink, Dental Flossing, Mouth Ulcers, Space Maintainers, Other Models like Dental Clinic, Dental Van, Tobacco Body, Child Doctor Model gained public attraction. The dental exhibition was active from 2p.m. to 7p.m. along with free dental screenings. It was organised by Department of Public Health Dentistry, Azeezia College of Dental Science and Research and various members of Indian Dental Association (IDA) and staffs from National Rural Health Mission Hospitals, Kollam. A panel discussion was also conducted by Travancore Dental College at Conference Hall, District Medical Office, Kollam on 20<sup>th</sup> March 2026.

### **Awareness Talk and Dental Screening Camp (20/03/26):**

An awareness programme along with Dental screening camp was conducted at Badhiriya B.Ed Training College, Velichikala, Kollam. The session included an awareness talk by Dr, Anagha Sankar, House Surgeon, Azeezia College of Dental Science and Research about oral hygiene, prevention of dental caries and impact of oral health in general health. A dental screening was provided to the participants by the house surgeons of the Department under the guidance of Dr. Naveen Jacob Varghese, Senior Lecturer, Department of Public Health Dentistry, Azeezia College of Dental Science and Research. A total of 23 Patients were examined and 20 of them were referred to Azeezia College of Dental Science and Research for various dental treatments with the help of referral cards as follows:

- No: of Prosthodontic cases: 01

- No: of Periodontic cases: 10
- No: of Orthodontic cases: 09
- No: of Endodontic cases: 07
- No: of Oral and Maxillofacial Surgery cases: 05

### **Flash Mob and Rally (23/03/26):**

To spread awareness in a more engaging and interacting manner, a Flash Mob and rally was conducted at the Kollam Press Club. The rally was from Clock Tower, Chinnakada to TB Hospital, Kollam. Staff House surgeons, 3<sup>rd</sup> Year students of Azeezia College of Dental Science and Research, Members from Shankar's Hospital, TB Hospital, Kollam and National Health Mission also participated in the rally from 9:00a.m. to 10a.m..during the rally the house surgeons and students actively participated by holding informative and creative placards displaying key messages on Oral Health Awareness. These placards effectively captured public attention and help convey important oral health messages in a simple and impactful manner.

The World Oral Health Day celebrations were a grand success, with active participation from students, house surgeons, faculties and public. The series of events effectively spread awareness about oral health and encourage the adoption of healthy practices. Such initiatives play a crucial role in improving community oral health and reinforcing the message that a healthy mouth leads to a healthy life.





Brief Description of the activity with photographs if any:-

The Department Of Public Health Dentistry, Azeezia College of Dental Science and Research and NSS unit NSS/SFU/KLM/KUHS/3 conducted a field visit for the final year Part A students to the waste Treatment Plant and sewage Treatment Plant, Azeezia College of Medical Science and Research on 01/04/2026 as a part of World, Water Day. The World Water Day is held annually on March 22 to advocate for the sustainable management of fresh water resources and to raise awareness for the people currently living without access to safe water.

The field Visit commenced at 10:15am. At first we visited the water Treatment Plant and then the Sewage Treatment Plant. The objective of this field visit was to understand the engineering processes and the steps involved is water purification and waste water management. At Water Treatment Plant, the supervisor introduced us to the Water Treatment Plant and explained the

processes involved in purification. At first the raw water is collected in a collection tank and kept for sedimentation. The water is collected from the pond. After sedimentation, the water is treated through five tanks which have 3 Lakh litres capacity each, which contains layers of sand, gravel, iron, carbon, charcoal etc. to remove even smaller microscopic impurities. After filtration, the water is subjected to softening that is ion exchange which reduces hardness of water. The final step is the post treatment and disinfection, here coated after filtration before reaching the storage tank, water is passed through an UV chamber which kills any remaining bacteria or pathogens before the water is pumped for the domestic purposes. Nearly 8 lakh litres of water is treated daily in the Water Treatment Plant is the college campus and supplied to the hospital, college, canteen, hostel etc. After the Water Treatment Plant, we visited the Sewage Treatment Plant. The Sewage Treatment Plant treats waste water used in college so it can safely be returned to the environment or released for irrigation purposes. The first step is the preliminary treatment where the used water is collected in a large tank to remove the large objects using metal bars to prevent damage to the pump. Then through a pipe connection the screened water is transferred from the large tank to the rectangular tank which contains a medium of good bacteria that kills the presence of microorganism or pathogens in the water. Next the water flows into another tank where aeration takes place which provides oxygen for good bacteria. These microorganisms eat the dissolved organic matter present in the water. The next step is the primary treatment where the water is pumped into a clarifier where the bacteria get settled at the bottom. Some of the sludge is recycled back to the aeration tank to continue the cycle. Then the treated water is filtered through the sand or carbon filters to remove any tiny

remaining particles and then subjected to disinfection. The recycled water is monitored for pH and used for irrigation purpose in the college campus.

The visit concluded at 11:30 am. The field visit was highly informative and helped to understand the value of water and promote its safe usage. While water treatment plant focuses in refining a natural resource for the human use, the sewage treatment plant focuses on neutralising human impact to protect the ecosystem. Proper maintenance of both is essential for public health and environmental sustainability.



Brief Description of the activity with photographs if any:-

The Department of Public Health Dentistry, Azeezia College of Dental Science and Research and NSS unit (NSS/SFU/KLM/KUHS/3) organized a oral screening and health education camp as a part of World Health Day at Anganwadi, Velichikkala and Elavanmoodu on 6th and 7th of April 2026 at 10:30 am respectively .The initiative was undertaken with the noble objective of fostering awareness about oral hygiene and delivering essential dental care services to the local community. The World Health Day reminds us that health is one of the greatest assets of humanity.The World Health Day theme on 2026is “Together for Health stand with Science”.It encourages people to adopt healthy habits and to place importance on prevention rather than cure. It serves as a significant platform to promote awareness regarding the prevention and early detection of oral disease such as dental caries periodontal disease etc. Thus emphasizing on instilling a good oral hygiene practice that has a huge toll on overall systemic health.

On the first day (6.04.2026) the camp was conducted at Anganwadi, Velichikkala and a health talk was conducted there regarding the “Importance of Oral Hygiene Practices” in children by Dr Anagha, this initiative was undertaken with the noble objective of fostering awareness of oral hygiene among children. A total of 16 patients were screened and 1 patient was referred to Department of Periodontics, 2 to Department of Orthodontics and rest of all patients were referred to

Pedodontics. Oral hygiene kits that include a toothbrush and toothpaste were also distributed along with appropriate instructions to all the patients. The camp was successfully concluded at 12:30 pm. On the second day (7.04.2026) the camp was conducted at Anganwadi, Elavanmoodu and oral screening was conducted for 14 patients of which 10 were referred to Department of Pedodontics and 3 were referred to Department of Orthodontics and 1 to Department of Periodontics. Oral hygiene kits were also distributed along with appropriate instructions to the patients. The camp was successfully concluded at 1:00pm.

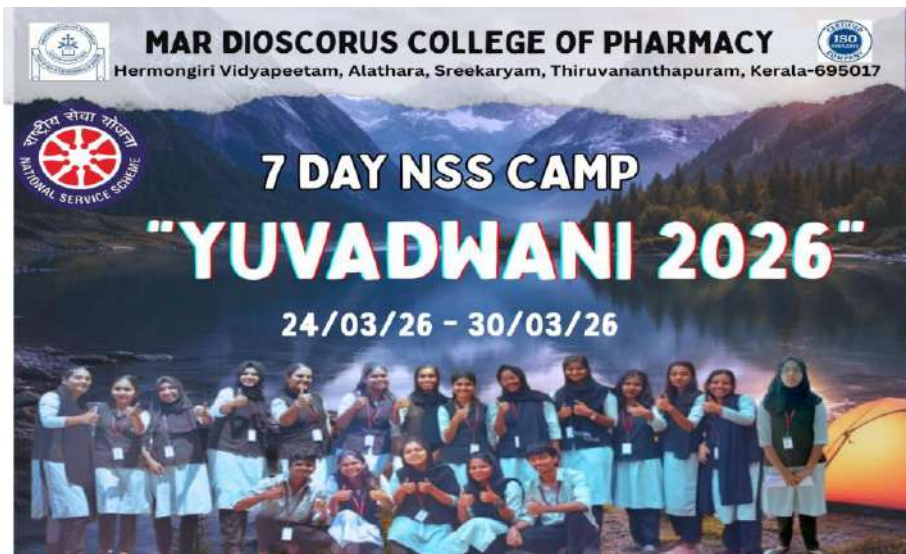


## MAR DIOSCORUS COLLEGE OF PHARMACY

SL. NO	Date	Name of the activity	Number of hours	Number of participants	Achievement by the programme including the beneficiaries
1	24-03-2026 to 30-04-2026	NSSCamp YUWADWAN I 2026	7 DAYS	20	<p>The NSS Special Camp “Yuvadwani 2026” was a highly meaningful and impactful initiative that successfully fulfilled its objectives. The camp effectively combined service, learning, and personal development, offering volunteers an opportunity to grow both socially and individually.</p> <p>Through active participation in various programs and community-based activities, volunteers developed a deeper understanding of societal needs and their role in addressing them. The camp not only created a positive impact on the community but also transformed the volunteers into</p>

					responsible, confident, and socially committed individuals.
2	27-03-2026	Voter Awareness Mime Program	2	10	The program was conducted on 27th March 2026 at Kanakakkunnu, Trivandrum. The event aimed to educate the public in an engaging and impactful manner through a mime performance presented by the students. The performance creatively conveyed messages about the value of voting, the role of citizens in a democracy, and the consequences of voter apathy.

## 1. NSS CAMP YUWADWANI - 2026



### Major Activities Conducted

- Awareness Rally (Vilambara Khoshayatra) to promote community participation and social awareness
- Haemoglobin Screening Camp in association with the health department to detect anemia and promote health awareness
- Flu Alert Survey Preparation to assess public awareness regarding seasonal diseases
- Hand Wash Making & Entrepreneurship Activity, encouraging hygiene and small-scale entrepreneurial skills

- Eco Craft & Green Campus Initiative to promote environmental sustainability and recycling practices
- Visit to SCIMST (Sree Chitra Institute) for medical exposure and practical learning
- Yoga and Aerobics Sessions to enhance physical fitness and mental well-being
- Community Cleaning Drives to promote cleanliness and hygiene in nearby localities
- Water Testing in Approximately 35 Houses to assess water quality and create awareness about safe drinking water
- Cultural and Team-building Activities to strengthen unity, creativity, and coordination among volunteers.





### Outcomes of the Camp

- Improved leadership, communication, and organizational skills among volunteers
- Enhanced sense of social responsibility and community engagement
- Increased awareness regarding health, hygiene, sanitation, and environmental conservation
- Strengthened teamwork, coordination, and interpersonal relationships
- Provided practical exposure to real-life community service and problem-solving

The NSS Special Camp “Yuvadwani 2026” was a highly meaningful and impactful initiative that successfully fulfilled its objectives. The camp effectively combined service, learning, and personal development, offering volunteers an opportunity to grow both socially and individually.

Through active participation in various programs and community-based activities, volunteers developed a deeper understanding of societal needs and their role in addressing them. The camp not only created a positive impact on the

community but also transformed the volunteers into responsible, confident, and socially committed individuals.

## 2. VOTER AWARENESS MIME PROGRAM

Title: Voter Awareness Mime Program

Theme: “Your Vote, Your Voice – Shape the Nation”

As part of the 2026 voter awareness campaign, the NSS unit of Mar Dioscorus College of Pharmacy organized a Voter Awareness Mime Program to promote responsible voting and enhance public awareness about the importance of participating in elections.

The program was conducted on 27th March 2026 at Kanakakkunnu, Trivandrum. The event aimed to educate the public in an engaging and impactful manner through a mime performance presented by the students. The performance creatively conveyed messages about the value of voting, the role of citizens in a democracy, and the consequences of voter apathy.

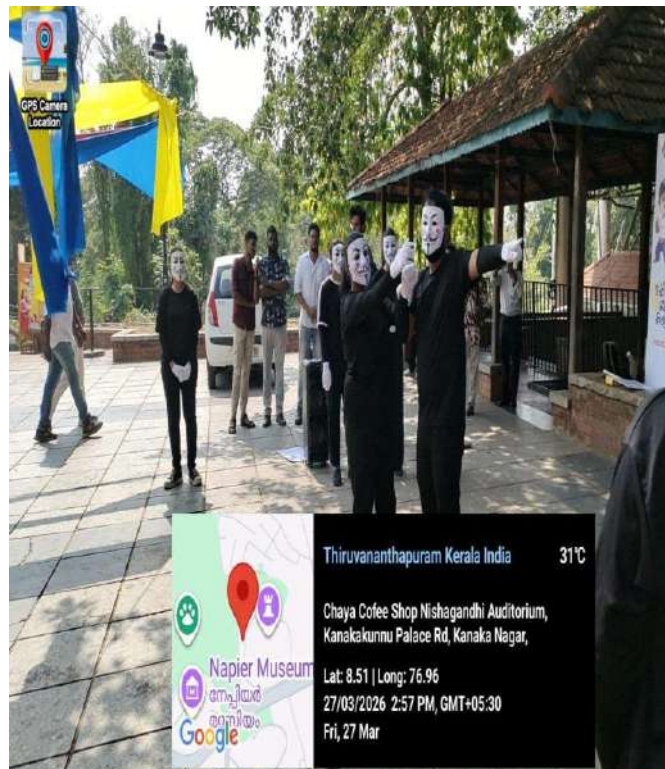
The program was formally inaugurated by Dr. Sivasakthivel C, SVEEP Nodal Officer and Assistant Collector, Trivandrum. His presence and words of encouragement motivated the students and highlighted the significance of voter awareness initiatives.

The mime performance attracted public attention and effectively communicated the message without the use of words, making it accessible to a diverse audience. The initiative successfully contributed to spreading awareness about ethical voting practices and civic responsibility.

The event was organized by the Student Development Committee in association with NSS, IQAC, and in collaboration with voter awareness initiatives like SVEEP and the Chief Electoral Office, Kerala.

Conclusion

The program was a meaningful effort by NSS volunteers to promote democratic values and encourage active participation in elections. It served as a platform for students to contribute to society while developing communication and social responsibility skills.





**COLLEGE OF NURSING ANANTHAPURI**  
**HOSPITALS AND RESEARCH INSTITUTE**

Sl No	Date	Name of the activity conducted	No. of participants	Total hours spend	Achievement by the program including Beneficiaries
	28-02-2026 National Science Day	School health programme	60	6 hrs	Beneficiaries got awareness regarding the role of science in national development and to celebrate women's contributions and generations of scientists
	01-03-2026	Medical camp at Ponmudi	60	5 hrs	Beneficiaries got awareness regarding conducting

	08-03-2026 International women's day	Awareness programme	60	2 hrs	<p>medical camps in underserved or remote populations and enabling early disease detection to improve long term outcomes</p> <p>Beneficiaries recognized that giving is not a loss, but an intentional investment that multiplies opportunities and generates abundance.</p>
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### **National Science day (28-02-2026)**

NSS volunteers along with Fifth semester Bsc Nursing students, College of Nursing Ananthapuri Hospitals and research institute celebrated National Science Day on 28-02-2026 by conducting a School health programme at Govt. LPS Thiruvallam. The programme was conducted under the theme "Women in Science, Catalysing Viksit Bharat." The school health programme was started by an inaugural function at the school auditorium.

The health team members from FHC Thiruvallam accompanied with the volunteers for conducting Health assessment and awareness session highlighted the critical role of women in all fields like Science, Technology, Engineering, and Mathematics for the students. An exhibition regarding various aspects of health like First aid, Nutritional problems, Dental hygiene, Anatomy of human body, Personal hygiene and balanced diet. Cultural programme and puppet show regarding prevention of drug abuse were conducted by the volunteers. The programme end at 3pm.



## Medical camp (01-03-2026)

NSS volunteers along with Fifth semester Bsc Nursing students, College of Nursing Ananthapuri Hospitals and research institute conducted a Medical camp at Ponmudi in Collaboration with Sathya Sai Group. Dr. Shijustanley and team from Ananthapuri Hospital were joined with the volunteers.

The health team reached Ponmudi at 9 am. They had breakfast and Registration for the camp started at 9.30 am. After registration, the volunteers checked Vital signs and Blood Sugar of the patients and send to the doctor with the findings. The doctor consulted them and prescribed the medicines. The medicines were given to all the patients by the volunteers. 100 patients visited the camp and availed help from the health team. The camp end at 12.30 pm and the team had lunch and left at 1 pm.



## **International women's Day( 08-03-2026)**

NSS volunteers celebrated International women's day at college auditorium, Ananthapuri Hospitals and research institute on 08-03-2026. Dr.A. Marthanda pillai, Chairman inaugurated the meeting. An awareness session regarding the theme "Give to Gain" was conducted by Dr. Sreeja I, Principal, College of Nursing. The meeting end at 12 pm



## **SANTHI COLLEGE OF NURSING, OMASSERY**

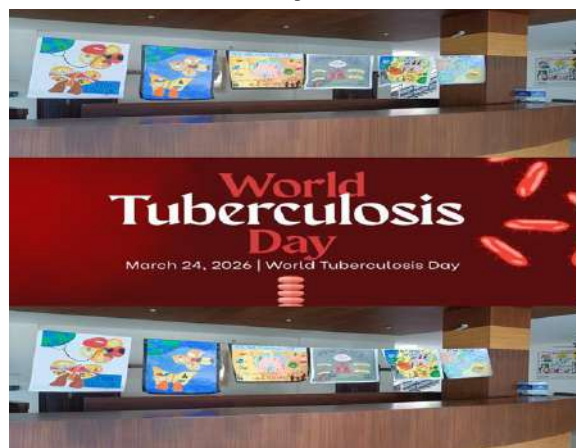
Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	23/3/26	TB DAY	50	2 hr	Surrounding community and Santhi Academy students
2	24/3/26	Jal Shakthi day	50	30 min	Santhi Academy students and NSS volunteers
3	26/3/26	Oral health day	50	30 min	Santhi Academy students and NSS volunteers
4	30/3/26	Join Yoga Journey		14 days	NSS volunteers

## 1. T B Day

World Tuberculosis (TB) Day is observed annually on March 24th to raise awareness about the global TB epidemic and accelerate efforts to eliminate it. To educate the public on TB's health, social, and economic impact, and to encourage policy changes to end the disease. The theme is "Yes! We can End TB! Highlights that TB is still one of the world's deadliest infectious diseases, despite being preventable and curable. India observes this day to push toward its goal of eliminating TB by 2025, with initiatives like the Ni-kshay Portal for monitoring and treatment support. The World Health Organization (WHO) and other partners use this day to promote investment and action in diagnostic, treatment, and preventive services.

Santhi college of Nursing NSS volunteers conducted a poster competition based on the theme and poster displayed on the courtyard to get an attention by all. Poster contains the causing factors, symptoms and management. Poster highlighted the preventive measures of TB and diagnostic measures of TB. It was a nice presentation by the NSS volunteers and a good awareness session. An awareness session class conducted based on the theme Yes, We can End TB its causes, organisms, signs & symptoms, management and diagnostic measures & preventive measures like importance of using face mask.

We conducted a poster competition for the students and students are actively participated in it. 1st prize: Aflah TK and Shahnas Parveen, 2nd: Anamika and Parvathy.



## 2. Jal Shakthi Day

Based on recent updates for 2025 and 2026, Jal Shakti initiatives in India are primarily focused on water conservation and community involvement, with major activities centred around World Water Day (March 22) and the Jal Mahotsav/Jal Utsav campaigns. Santhi college of Nursing. The 2026 campaign, launched on March 8, 2026, aims to strengthen community participation in rural water management and promote rainwater harvesting under the Jal Jeevan Mission. Mr. Midhun Mathew NSS P O brief the importance of Jal Shakthi in now a day because of the heavy sunlight and deforestation in Kerala. Water conservation and its proper usage is very important for next generation. He discussed the aim and purpose of the day; Volunteers also contributed their points and views on it.



### **3. Oral health day**

World Oral Health Day is observed annually on 20 March and launches a year-long campaign dedicated to raising global awareness of the issues around oral health and the importance of oral hygiene so that governments, health associations and the public can work together to achieve healthier mouths and happier lives. Of the world's population, 90% will suffer from oral diseases in their lifetime, many avoidable. Organized by FDI World Dental Federation, World Oral Health Day involves campaigns by national dental associations from around the world with activities in over 130 countries. It empowers people to adopt good hygiene habits to secure overall health, with the 2024–2026 campaign themed "A Happy Mouth is a Happy Life".

On 26th March 2026, at Santhi College of Nursing, the 1st semester BSc Nursing students conducted a programme in connection with World Oral Health Day. The programme aimed to create awareness about the importance of maintaining good oral hygiene.

14 NSS Volunteers actively participated and performed a health drama along with health education on proper oral care practices such as brushing twice daily, maintaining a healthy diet, and regular dental check-ups. The drama also highlighted the harmful effects of poor oral hygiene.

The programme started with a brief introduction about oral health. The audience responded well and the programme was informative and created awareness and effective in promoting good oral health practices.



#### 4. Join Yoga Journey

Yoga is an ancient Indian mind-body discipline, often involving postures (asanas), breathing techniques (pranayama), and meditation, aiming to improve mental, physical, and spiritual well-being. It is practiced worldwide to reduce stress, improve fitness, increase flexibility, and foster self-transformation. **Physical Practice:** Yoga improves strength, flexibility, and balance, affecting muscles, joints, and organs. It is often considered a moderate-intensity exercise.

**Breathing and Mindfulness:** Breath is used to anchor the mind, often involving slow, deep breathing (pranayama) and conscious awareness to reduce anxiety.

**Health Benefits:** Research shows yoga helps manage chronic pain, reduce stress, improve sleep, manage depression, and support weight loss.

**BETHANY NAVAJEEVAN COLLEGE OF**  
**PHYSIOTHERAPY, NALANCHIRA**

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	18/03/2026	<b>Orientation programme on CPR and First aid</b>	97	01:30	Students

- **Orientation programme on CPR and First aid (18/03/2026):** BNCP NSS unit conducted an *orientation programme on CPR and First aid* on 18/03/2026, 11:00 am- 12.30pm at the college auditorium in collaboration with the Cosmopolitan hospital, Trivandrum. The program started with welcome speech by NSS programme officer Mr.Manikantan.M. The audience were third year and fourth year BPT students. It was a well systematic & hands-on session on CPR & first aid. The program was ended after the vote of thanks by college principal Prof.Dr,J.Andrews Milton.

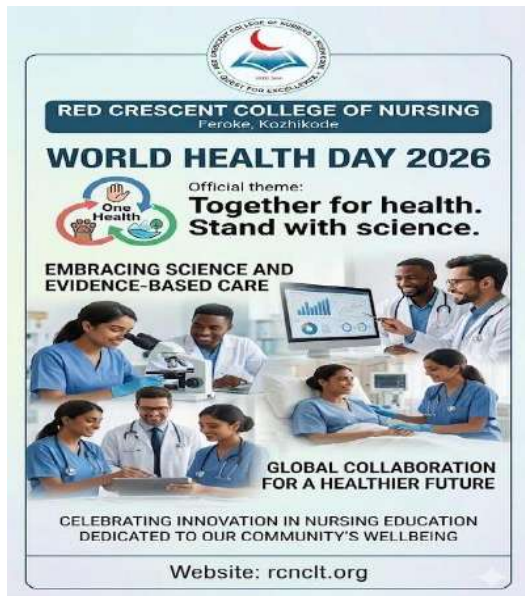




**RED CRESCENT COLLEGE OF NURSING,**  
**KOZHIKODE**

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	7-4-2026	World Health day	50 participants	3hr	World Health day is observed by NSS unit of Red crescent college of nursing. The world health day theme is “Together for health. Stand with science”. This program is inaugurated by our college principal Dr. Nisha S . Program initiated by third year students. The students organized poster competition. The volunteers are actively participated this program. This program is very effective for both volunteers and peoples.

# WORLD HEALTH DAY



## JDT ISLAM COLLEGE OF PHYSIOTHERAPY, KOZHIKODE

Date: 07 April- 2026

Venue :Seminar Hall, JDT Islam college of physiotherapy

Organized by: NSS Unit, JDT Islam College of Physiotherapy

## **Introduction**

The NSS Unit of JDT Islam College of Physiotherapy organized a Women Empowerment Programme titled “Gender Stereotypes: Past and Present” to promote awareness about gender equality and empower students through education and real-life inspiration.

## **Objectives of the Programme**

- To create awareness about gender stereotypes
- To promote gender equality and empowerment
- To inspire students through real-life experiences
- To encourage social responsibility and empathy
- To recognize and honour women who overcome challenges

## **Programme Schedule**

Prayer: Noufi

Welcome Speech: Nayana (MPT)

Inauguration: Ms. Jessy, Assistant Motor Vehicle Inspector

Presidential Address: Dr. Sajeevan T (Principal)

Chief Guest & Resource Person: Dr. Sajitha M.A., Professor, Department of English, University of Calicut

Honouring Ceremony: Hospitality staff (Mumthas K)

Token of Love: Presented to the dignitaries

Session: Interactive session by Dr. Sajitha M.A.

Vote of Thanks: Adithya K

## **Programme Coordination:**

Anchoring: Afra (3rd Year)

Photography: Shuhaib (1st Year)

Videography: Fabeen

## **Description of the Programme**

The programme began with a prayer by Noufi, followed by a warm welcome speech by Nayana (MPT).

The programme was formally inaugurated by Ms. Jessy, Assistant Motor Vehicle Inspector, who addressed the gathering and spoke about the importance of women’s empowerment, self-confidence, and breaking societal barriers.

Dr. Sajeevan T, Principal, delivered the Presidential Address, highlighting the role of education in shaping an equal and inclusive society.

The keynote session was handled by Dr. Sajitha M.A., who delivered an insightful talk on gender stereotypes and their impact on society, both in the past and present. Her session encouraged critical thinking and active participation among students.

### **Honouring Ceremony**

A special segment of the programme was dedicated to honouring Ms. Mumthas K, a member of the hospitality staff of the institution.

Despite facing significant challenges such as health issues, financial difficulties, and family hardships, she has courageously raised her children and managed her responsibilities with strength and determination.

Her life journey stands as a true example of resilience, sacrifice, and empowerment. The recognition served as an inspiration to all participants, emphasizing that true strength lies in perseverance during difficult times.

A token of appreciation was presented to her as a mark of respect and gratitude.

### **Outcome of the Programme**

Enhanced awareness about gender stereotypes

Inspired students through both academic insights and real-life experiences

Promoted values of empathy, respect, and equality

Encouraged students to challenge societal norms

Strengthened NSS commitment towards community and social development

### **Conclusion**

The Women Empowerment Programme was a meaningful and impactful initiative. The combination of expert guidance and real-life inspiration made the programme highly effective in conveying the true essence of empowerment. It encouraged students to adopt a more inclusive and respectful outlook towards society.



## **NANGELIL AYURVEDA MEDICAL COLLEGE,** **KOTHAMANGALAM**

Programmes conducted

A free medical camp in association with adopted ward on 11/04/26

Programme: Free OP Camp for Adopted Ward Residents

Organized by: NSS Unit 4, Nangelil Ayurveda Medical College Hospital

Date: 11 April 2026

Time: 9.00 a.m. to 1.00 p.m.

Venue: Nangelil Ayurveda Medical College Hospital, Kothamangalam

Number of Patients Attended: 137

Number of Children for Swarnaprasana: 12

### Objectives

- To provide free and quality Ayurvedic medical services to the adopted ward residents.
- To promote awareness about preventive healthcare and healthy lifestyle practices.
- To encourage early detection and timely management of health problems.
- To promote the benefits of Swarnaprasana in improving immunity among children.

### Outcome

1. Improved access to healthcare services for the adopted ward residents.
2. Increased awareness regarding Ayurvedic treatment and preventive measures.
3. Enhanced community participation in health promotion activities.
4. Patients attended the camp and given Swarnaprasana

### Report

A free medical camp was conducted at Nangelil Ayurveda Medical College Hospital for the residents of adopted ward 8 of Nellikuzhy Grama Panchayath. All the speciality OP consultations were available for the camp. Health education regarding diet, lifestyle modification, and preventive healthcare was also given. About 137 patients attended the camp. A free medicine kit for 10 days was given. The patients were advised to take review after 10 days. Swarnaprasana was also given to 12 children in association with the camp.



**NANGELIL AYURVEDA  
MEDICAL COLLEGE HOSPITAL**



# സൗജന്യ OP ക്യാമ്പ്

2026 ഏപ്രിൽ 11, ശനിയാഴ്ച  
രാവിലെ 9.00 മുതൽ 1.00 വരെ

സൗജന്യ രോഗനിർണ്ണയവും  
സൗജന്യ ക്യാമ്പ് മരുന്ന്  
വിതരണവും



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+91 8589896661 | Kothamangalam, Ernakulam, Kerala



## 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	24/03/2026	Women's day- Self Defence Training Programme	40	2 hours	aimed at empowering students and faculties with essential safety skills

## WOMEN'S DAY- SELF DEFENCE TRAINING PROGRAMME

International Women's Day is celebrated every year on March 8th to recognize the achievements, strength, and contributions of women in all aspects of life. The theme "**Inspire Inclusion**" highlights the importance of creating a society where women are valued, respected, and empowered. As part of the Women's Day celebrations, a Self Defence Training Programme was organized by SSGP and the NSS Unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre (PGIOSR), Thalassery, on 24th March 2026 at 10:00 AM in the Entrance Hall. The programme was a highly impactful and well-coordinated event aimed at empowering students and faculty with essential safety skills. The programme commenced with a warm and inspiring welcome address by Mr. Linju T K, Nodal Officer of SSGP, who emphasized the growing need for self-defence awareness, especially among healthcare students, and encouraged active participation throughout the session.

The programme was formally inaugurated by Prof. Dr. Rohini T, Principal, who highlighted the importance of self-defence training in building confidence, promoting personal safety, and preparing individuals to respond effectively to unexpected situations. She appreciated the initiative taken by SSGP and NSS in organizing such a relevant and practical programme for the academic community.

The training session was led by an experienced team from City Police, Kannur, including trainers Ms. Pramitha, Ms. Rani Priya, Ms. Reshma, Ms. Arshitha, and Prajin Sir. The trainers provided clear demonstrations of various self-defense techniques such as escaping from holds, blocking attacks, and maintaining situational awareness. Participants were given the opportunity to practice these techniques under expert guidance, which made the session highly engaging, practical, and skill-oriented. The trainers also shared valuable tips on mental preparedness, alertness, and the importance of quick decision-making in threatening situations.

Students and faculty members actively participated with great enthusiasm, showing keen interest in learning and practicing the techniques. The interactive nature of the session helped in building confidence among participants and encouraged them to adopt a proactive approach towards personal safety. As part of the programme, valuable feedback was shared with the City Police team by Ms. Ishrath Fathima, Assistant Professor, along with three student representatives.

The programme concluded with a sincere vote of thanks delivered by Ms. Rinjuna K P, NSS Coordinator, who expressed her heartfelt gratitude to the Principal for

her support and encouragement, the City Police trainers for their dedicated effort and valuable training, and all the participants for their active involvement. Overall, the programme was a meaningful and successful initiative that effectively fulfilled its objective of empowering individuals with the confidence and skills to stay safe, strong, and fearless.



## **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	3/3/2026	Health awareness program at college level with different type of AV aids and its exhibition	100	8	Active participation of NSS volunteers on this day as the part of their curriculum.

2	8/3/2026-26/3/26	Haritham-A 7 days special camp started	50	8	Inauguration of camp at 8.30 am by college director Fr Joseph Kuzhinjalil had done. Divided each group of students for camp activities. Vegetable garden preparation started, degrassing started. Afternoon students went to PALA to participate actively for anti narcotic awareness program.
3	March 19, 2026	St. Joseph Day Celebration (March 19, 2026)	100	4	The Event: NSS volunteers held a program for the Feast of St. Joseph. Speakers: College Director Rev. Fr. Dr. Joseph Kuzhinjalil addressed students and volunteers in the college foyer
4	23/3/26	UHC Visit:	50	4	Volunteers visited the Urban Health Centre in Perumbayikadu
5	March 23, 2026	Health Awareness: TB & Kidney Day	100	4	In the afternoon, they held awareness sessions for World Tuberculosis Day and World Kidney Day. Methods: They used a PowerPoint presentation, a quiz competition with prizes, and even created social media

					reels to explain disease conditions and themes.
6	28 March 2026	Health Awareness Programme Venue: CHC Koodalloor	50	4	Topic: Family Planning & Reproductive Health Target Audience: Eligible Couples Activity Highlights: Education: NSS volunteers conducted a group health education session focusing on the vital importance of family planning for family well-being
7	28 March 2026	: Family Planning & Reproductive Health Target Audience: Eligible Couples Activity Highlights:	50	4	Education: NSS volunteers conducted a group health education session focusing on the vital importance of family planning for family well-being Key Topics: The session covered various contraceptive methods, including: * Temporary Methods: Spacing techniques for timing pregnancies. * Permanent Methods: Long-term solutions for family completion. * Emergency Contraception: Information on urgent prevention Health Benefits: Volunteers highlighted

					how family planning improves health outcomes for both mothers (reducing pregnancy-related risks) and children (allowing for better care and resources)
8	4/4/26	Blood donation program Date: Venue: mar sleeve medicity cherpunkal	50	2	Explained about importance of Blood donation .and encouragement given.5 Youth were given 5 units of blood to an emergency situation in mar sleeve medicity pala.
9	7/4/26	World health day celebration	100	4	It's done in college auditorium with different methods of teaching;power point presentation,panal discussion,quiz,national talk via online platform etc
1	8/4/26,13/4/26	Campus care and degrassing.	100	4	Campus care and degrassing for beans and banana plants by NSS volunteers.

### **NSS Special 7-Day Camp — “HARITHAM 2K26”**

**❖ Day 1 — Inauguration Date: 8<sup>th</sup> March 2026**



### Anti-Narcotics Awareness Class



❖ **Day 2      Date :9<sup>th</sup> march 2026 Monday. Women’s Day Celebration**

A speech on “Women in Nation Building” was delivered.



### Biomedical Waste Management Session

Experts explained segregation, storage, transportation, and disposal of biomedical waste according to safety guidelines.

### AYUSH Awareness Session

A session on traditional healthcare systems (AYUSH) was conducted by medical professionals, highlighting holistic health approaches.

## Ice breaking session session



## Vegetable Garden Preparation

NSS volunteers were divided into groups and assigned specific areas of the campus to prepare a vegetable garden. Group members were provided with cleaning tools and gardening equipment. Activities included clearing weeds, leveling the land, and preparing soil for cultivation. All volunteers actively participated in the work.

### Gardening Programme

- Volunteers created a garden by preparing soil and planting under supervision.
- Biomedical Waste Management Session taken for students at MAR SLEEVA MEDICITY .Experts explained segregation, storage, transportation, and disposal of biomedical waste according to safety guidelines.
- AYUSH Awareness Session : A session on traditional healthcare systems (AYUSH) was conducted by medical professionals, highlighting holistic health approaches..

❖ **Day 3      Date : 10<sup>th</sup> march 2026 Tuesday**

Volunteers went for health survey in manassa gramam at KOODALLOOR and report have been submitted.

A poster competition was also conducted as part of the environmental awareness activities and prizes given to all winners.

Afternoon Fire and safety class was arranged by manager of safety department of Mar Sleeva Medicity Palai.



## Campus Cleaning & Land Preparation

It's done by volunteers in every day on camp days.



❖ **Day 4**      **Date: 11<sup>th</sup> March 2026 Wednesday**

**Venue: College Auditorium**

A special session on “Time Management” was organised for NSS volunteers. Mrs Laly K. George, Associate Professor,

❖ **Day 5**      **Date: 12 March 2026 Thursday**



❖ **Day: 6    Date: 13 March 2026: Friday**  
**home visit, plastic waste disposal, yoga**



**Day 7**

**Date: 16th March 2026 Monday**



**SUMMARY-HARITHAM**

In March 2026, the National Service Scheme Unit rolled out a busy lineup of activities. Everything revolved around environmental sustainability, community service, leadership training, and making the campus better. One standout effort was the campus agricultural project. On 12 March 2026, volunteers split into teams. They tackled extensive campus cleaning and got the land ready for new crops. They hauled out waste, cleared overgrown patches, and prepped the soil for planting tapioca and banana. Volunteers handcrafted cleaning tools like brooms and organized the tasks themselves, making sure every inch of campus was covered.

## **St. JOSEPH DAY CELEBRATION (March 19, 2026)**

The Event: NSS volunteers held a program for the Feast of St. Joseph.

Speakers: College Director Rev. Fr. Dr. Joseph Kuzhinjalil addressed students and volunteers in the college foyer.

UHC Visit: Volunteers visited the Urban Health Centre in Perumbayikadu to study public health systems in India.

## **5. HEALTH AWARENESS: TB & KIDNEY DAY (MARCH 23, 2026)**

College Programs: In the afternoon, they held awareness sessions for World Tuberculosis Day and World Kidney Day.

Methods: They used a PowerPoint presentation, a quiz competition with prizes, and even created social media reels to explain disease conditions and themes.

### **Health Awareness Programme**

Date: 28 March 2026

Venue: CHC Koodalloor

Topic: Family Planning & Reproductive Health

Target Audience: Eligible Couples

Activity Highlights:

- Education: NSS volunteers conducted a group health education session focusing on the vital importance of family planning for family well-being

\* Off-site: A health education program on TB was also conducted at CHC Koodalloor

### **Blood donation program**

**Date :4/4/26 Venue: mar sleeve medicity cherpunkal**

Blood donation encouragement was done. Youth were given 5 units of blood to an emergency situation in mar sleeve medicity pala.

## WORLD HEALTH DAY CELEBRATION 7/4/26

World health day celebration done in college auditorium with different methods of teaching; power point presentation, panel discussion, quiz, national talk via online platform etc

## CAMPUS CARE AND DEGRASSING 8/4/26, 13/04/2026

Campus care and degrassing for beans and banana plants by NSS volunteers.



## CARITAS COLLEGE OF NURSING

Sl. No	Date	Activity conducted ( Name of the Activity)	No. of Volunte ers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	05-03-26	• Health awareness programme on importance of exercise	2 volunteers	1 hour	• Got awareness regarding the importance of doing exercise
2	13-03-26	• Geriatric club activity	50 volunteers	8 hours	• Geriatric people got free medical services and chance to spend some time together.
3	19-03-26	• Health awareness programme on Dengue fever	2 volunteers	1 hour	• Got awareness regarding Dengue fever and its prevention

4	26-03-26	• Health awareness programme on prevention of obesity	2 volunteers	1 hour	• Got awareness regarding the life style measures to prevent obesity
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**Brief Description of the activity with photographs if any :-**

NSS unit organized a health awareness programme on importance of exercise at the outreach center, Nalpathimala, the adopted area on 05-03-26.



2. TheNSS Unit in collaboration withAthirampuzhaPanchayath and Sub center, Nalpathimala organized geriatric club at outreach center, Nalpathimala, the adopted area on 13-03-26. The programme was officially inaugurated by Shri. Jose Ambalakulam, Ward member. Fr. James Chundakattil, Vicar, St. Thomas Church, Nalpathimala felicitated the gathering. Geriatric health assessment including blood sugar and blood pressure monitoring was done. Entertainment programmes and games were organized and prizes were distributed.



3.NSS unit organized a health awareness programme on Dengue fever and its prevention at the outreach center, Nalpathimala, the adopted area on 19-03-26.



4.NSS unit organized a health awareness programme on prevention of obesity at the outreach center, Nalpathimala, the adopted area on 26-03-26.



**SREE GOKULAM NURSING COLLEGE,**  
**VENJARAMOODU**

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	18/03/2026	Health awareness regarding Nipah	20	1 hour	Sensitize people regarding causes and prevention of Nipah
2.	24/03/2026	Tuberculosis Day Celebration	18	2 hour	To raise awareness about tuberculosis and to strengthen efforts for its prevention and control.
3.	07/04/2026	World Health Day	10	2 hour	Awareness session related healthy life style , stress management and importance of
4.	8/04/2026	World Health Day	10	2 hour	Yoga

**Report on Health Awareness Session Regarding Nipah**

On 18/04/2026 , an health awareness session regarding Nipah was conducted at Family Welfare Centre Vamanapuram by NSS Volunteers at 10:30 am. This session included health awareness regarding preventive management of Nipah Virus. Students distributed leaflets regarding causes, risk factors and prevention of Nipah Virus. The entire session was concluded by 11 am .



### **Report on World Tuberculosis Day Celebration**

On World Tuberculosis Day , students conducted an awareness class on Tuberculosis at Nurses Lead Clinic, Kottukunnam, on 24/03/2026 at 10 am . The Theme for 2026 is : “Yes! We Can End TB :Led by countries, powered by people” The main objectives of this programme were to create awareness about TB and its prevention, promote early diagnosis and treatment, reduce stigma related to TB, encourage community participation, support national TB elimination program. Students presented an informative session, an interactive class for the beneficiaries of NLC, which includes the detailed description of tuberculosis diseases, etiology, clinical manifestation, diagnostic evaluation, treatment modalities and management of the disease, and stressed about the need for early detection of the disease. The Program was concluded by 12 pm.



## WORLD TUBERCULOSIS DAY

### Report on World Health Day Celebration

As a part of World Health Day observance, Nursing students successfully organized 2 days programme at Sree Gokulam Urban Health Centre Attingal and FWC Vamanapuram. On April 7 the programme was organised at urban health centre Attingal at 10 am . The students provided an awareness class for the people gathered there, the topics were lazy life style and healthy life style, healthy diet, hygienic practices and they demonstrated some vital steps from Yoga for the audience. The programme was concluded by 12:30 pm.

On April 8, the World Health Day Observance conducted at FHC Vamanapuram . The programme started with an introduction section from the Health Inspector, FHC Vamanapuram, Mr. Sony, after that the students provided awareness classes on different health related topics, a Yoga demonstration section was also conducted, the classes were conducted at the OP block and also at the immunization block, The program was concluded by 12 pm.



**MALABAR DENTAL COLLEGE AND RESEARCH  
CENTRE, EDAPPAL**

SL NO	DATE	DENTAL CAMP	VENUE
1.	18.03.26	DENTAL CAMP	SREEPATHY INSTITUTE OF MANAGEMENT & TECHNOLOGY
2.	22.03.26	DENTAL CAMP	NAVAMUKUNDA TEMPLE, THIRUNNAVAYA
3.	23.03.26	DENTAL CAMP	RAYHAN INSTITUTE OF OPTOMETRY
4.	25.03.26	DENTAL CAMP	HAYATHUL ISLAM MADRASSA, PANTHA VOOR
5.	29.03.26	DENTAL CAMP	AMLPS, TRIPANGODE

6.	30.03.26	DENTAL CAMP	NOORUL HUDA MADRASSA, THANGALPADI
7.	06.04.26	DENTAL CAMP	EMPIRE COLLEGE OF SCIENCE
8.	07.04.26	DENTAL CAMP	MALABAR ACADEMIC CITY HOSPITAL

### TREATMENT CAMP

## SREEPATHY INSTITUTE OF MANAGEMENT & TECHNOLOGY

18-03-2026



### SREEPATHY INSTITUTE OF MANAGEMENT & TECHNOLOGY

#### DENTAL TREATMENT CAMP

18-03-2026

TOTAL SCREENING -107

TOTAL TREATMENT - 62

ORAL PROPHYLAXIS -62



The Department of Public Health Dentistry at Malabar Dental College, in collaboration with Sreepathy Institute of Management & Technology successfully organized a dental treatment camp on 18.03.2026.

The event was coordinated by Dr. Nikitha Mohan, Senior lecturer in the Department of Public Health Dentistry and Dr. Neeraja K, Lecturer in the Department of Public Health Dentistry, under the guidance of Dr. Abdul Saheer P, Head of the Department of Public Health Dentistry. The program was conducted with the support of 18 Final year BDS part 1 students.

The program commenced with an interactive session focusing on oral hygiene practices and healthy dietary habits, aimed at creating awareness among the college students. This was followed by comprehensive dental examinations and treatments conducted by the dental team.

The camp witnessed active participation from the students, and a total of 107 patients were screened during the program. 62 students were provided with oral prophylaxis treatment.

The event concluded with the presentation of certificates, acknowledging and appreciating the efforts of the organizers and participants.

**DENTAL OUTREACH PROGRAM  
TREATMENT CAMP  
NAVAMUKUNDA TEMPLE, THIRUNNAVAYA  
22-03-2026**

**REPORT**

The Department of Public Health Dentistry at Malabar Dental College, in collaboration with NAVAMUKUNDA TEMPLE, THIRUNNAVAYA successfully organized a dental screening camp on 22.03.2026. The event,

coordinated by Dr. Nikitha Mohan VJ, Senior Lecturer, Department of Public Health Dentistry, under the guidance of Dr Abdul Saheer.P, Head of The Department of Public Health Dentistry with the support of 4 interns and 10 Final Year Part 1 BDS students.

The program commenced with an interactive session on oral hygiene and diet, followed by comprehensive dental check-ups and treatments. The camp witnessed active participation, with notable outcomes:

Total patients screened =33

Total patients treated=8

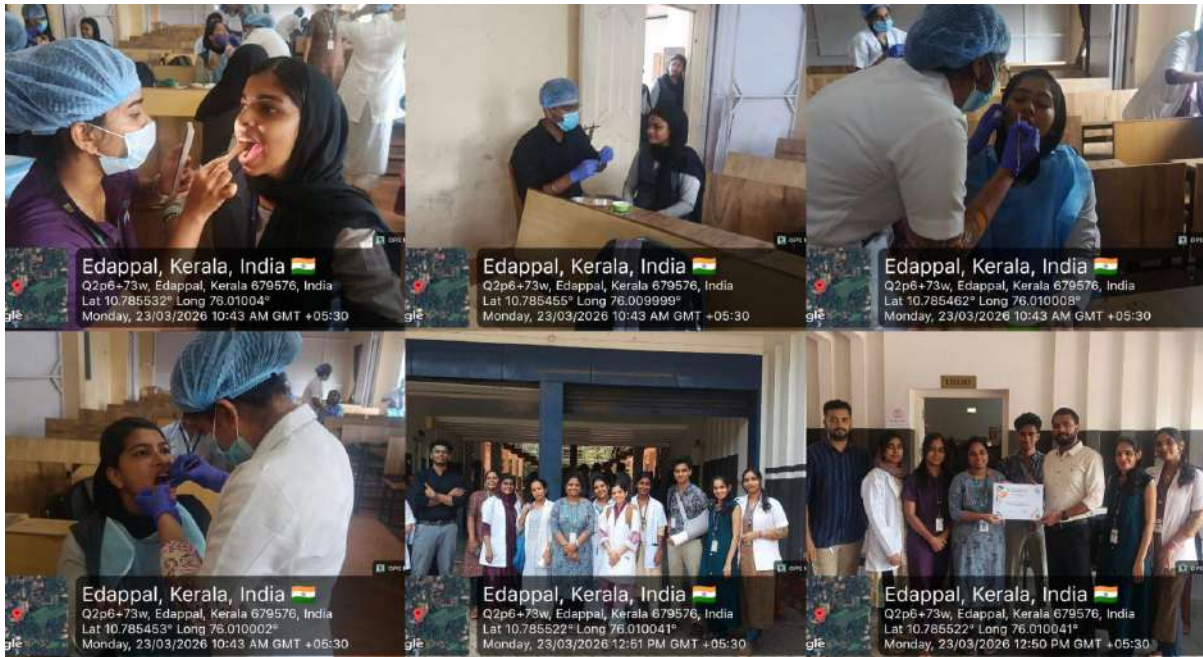
The event concluded with a certificate presentation, appreciating the organizers efforts.



**NAVAMUKUNDA TEMPLE, THIRUNNAVAYA**  
**DENTAL TREATMENT CAMP**  
**22-03-2026**  
**TOTAL SCREENING - 33**  
**TOTAL TREATMENT - 8**  
**ORAL PROPHYLAXIS - 8**

**DENTAL OUTREACH PROGRAM  
TREATMENT CAMP  
RAYHAN INSTITUTE OF OPTOMETRY**

**23-03-2026**



**RAYHAN INSTITUTE OF OPTOMETRY**

**DENTAL TREATMENT CAMP**

**23-03-2026**

**TOTAL SCREENING-80**

**TOTAL TREATMENT -52**

**ORAL PROPHYLAXIS -52**



**REPORT**

The Department of Public Health Dentistry at Malabar Dental College, in collaboration with RAYHAN INSTITUTE OF OPTOMETRY successfully organized a dental screening camp on 23.03. 06. The event, coordinated by Dr. Neeraja K, Lecturer, Department of Public Health Dentistry, under the guidance

of Dr Abdul Saheer.P, Head of The Department of Public Health Dentistry with the support of 2 interns and 12 Final Year Part 1 BDS students.

The program commenced with an interactive session on oral hygiene and diet, followed by comprehensive dental check-ups and treatments. The camp witnessed active participation, with notable outcomes:

Total patients screened =80

Total patients treated=52

Oral prophylaxis = 52

The event concluded with a certificate presentation, appreciating the organizers efforts.

**DENTAL OUTREACH PROGRAM  
TREATMENT CAMP  
HAYATHUL ISLAM MADRASA  
25-03-2026**



Alamcode, Kerala, India



Alamcode, Kerala, India  
0241+whg:Alamcode, Kerala 029185, India  
Lat:10.757819 - Long:76.022055  
Wednesday, 25/03/2026 11:27 AM GMT  
+05:30



Alamcode, Kerala, India



Alamcode, Kerala, India



Alamcode, Kerala, India

**HAYATHUL ISLAM MADRASA  
DENTAL TREATMENT CAMP  
25-03-2026**

**TOTAL SCREENING -37  
TOTAL TREATMENT -18  
ORAL PROPHYLAXIS -15  
FLOURIDE APPLICATION -3**

## **REPORT**

The Department of Public Health Dentistry at Malabar Dental College, in collaboration with HAYATHUL ISLAM MADRASA successfully organized a dental screening camp on 25.03.2026. The event, coordinated by Dr. Nikitha Mohan VJ, Senior Lecturer, Department of Public Health Dentistry, under the guidance of Dr Abdul Saheer.P, Head of The Department of Public Health Dentistry with the support of 2 interns and 9 Final Year Part 1 BDS students.

Sd/-

**Dean (Student Affairs) & NSS Programme Coordinator**