



KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur- 680596

www.kuhs.ac.in Tel: 0487-2007625

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

Date: 27/07/2026

Dr. SOMERVELL MEMORIAL CSI MEDICAL COLLEGE, KARAKONAM

Sl. No.	Date	Name of activity conducted	No. of participants	Total hours spend	Achievement by the program including beneficiaries
1.	19.06.2026	Awareness Session on Psychological Issues Faced by LGBTQ+ Individuals in Today's Society	150	1 hour	The programme enhanced the awareness of MBBS students about the psychological challenges, stigma, and discrimination faced by LGBTQ+ individuals, promoting empathy and inclusiveness. It also reinforced the importance of providing respectful, non-judgmental, and patient-centered healthcare to people of diverse gender identities and sexual orientations.
2.	20.06.2026	Yoga Demonstration Session for MBBS Students	50	30 min	The yoga demonstration session encouraged MBBS students to adopt simple yoga and breathing practices for stress management, improved concentration, and

					physical well-being. The programme promoted awareness of the importance of a healthy lifestyle and holistic wellness, motivating students to incorporate yoga into their daily routine.
3.	25.06.2026	Anti drug awareness session	150	30 min	The programme successfully trained peer educators to spread awareness about substance abuse, promote healthy lifestyle choices, and support the creation of a drug-free campus. It also strengthened students' knowledge of the medical, psychological, social, and legal consequences of drug abuse while encouraging early identification, peer support, and timely intervention.

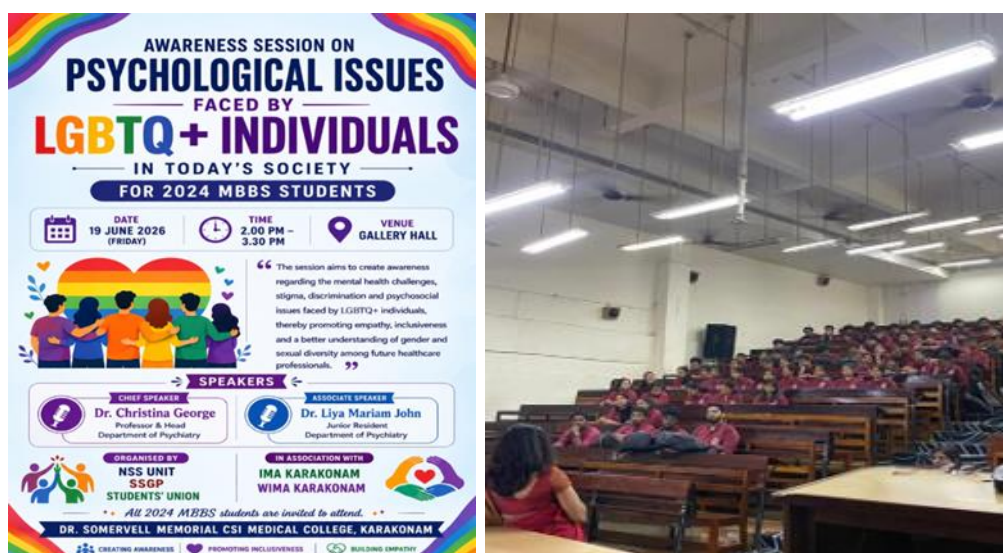
Awareness Session on Psychological Issues Faced by LGBTQ+ Individuals in Today's Society

An Awareness Session on "Psychological Issues Faced by LGBTQ+ Individuals in Today's Society" was conducted for the 2024 MBBS students of Dr. Somervell Memorial CSI Medical College, Karakonam on 19 June 2026 (Friday) from 2:00 PM to 3:30 PM at the Gallery Hall.

The programme was organized by the NSS Unit, SSGP, and Students' Union in association with IMA Karakonam and WIMA Karakonam. The session aimed to create awareness regarding the mental health challenges, stigma, discrimination, and psychosocial issues faced by LGBTQ+ individuals and to promote empathy, inclusiveness, and a better understanding of gender and sexual diversity among future healthcare professionals.

The Chief Speaker, Dr. Christina George, Professor and Head, Department of Psychiatry, delivered an informative and insightful talk on the psychological challenges encountered by LGBTQ+ individuals, including stress, anxiety, depression, social exclusion, and barriers to accessing healthcare. She emphasized the need for compassionate, non-judgmental, and patient-centered care.

The Associate Speaker, Dr. Liya Mariam John, Junior Resident, Department of Psychiatry, further elaborated on the importance of effective communication, respect for individual identity, and the need to eliminate prejudice and discrimination within healthcare institutions



Yoga Demonstration Session for MBBS Students

A yoga demonstration session was organised by the NSS unit of our college supported by SSGP, Department of Physical Education and IMA Karakonam. on 20.06.2026 from 4.00 -4.30 PM.

The session was specifically designed for MBBS students to promote wellness, physical health and stress relief within the rigorous medical curriculum and to encourage healthy lifestyle habits under the call to action: "Join us for a healthier, happier you! and foster holistic health benefits, focusing on achieving a "Stronger body. Calmer mind and Better life."

The event was structured as a practical, concise 30-minute demonstration session held in the AC Library Hall.

By combining physical postures (stretching) and mindful breathing methods, the session aimed to provide medical students with actionable, time-efficient tools to manage academic stress, improve concentration, and maintain physical fitness. The session was led by Mrs Abitha, physical trainer and coordinated by Dr Saritha Ebenezer and Dr Chithra V.



Anti drug awareness session

As part of the National Service Scheme (NSS) and Student Support and Guidance Programme (SSGP) activities, a Peer Training Programme on Anti-Drug Awareness was conducted for the 2024 MBBS Batch of Dr. SMCSI Medical College, Karakonam on 25 June 2026 from 2.00 p.m. to 2.30 p.m.

The programme was organised with the objective of preparing peer educators to promote awareness about substance abuse, encourage healthy lifestyle choices, and strengthen peer support systems within the student community.

The training session was conducted by Mr. Rohan Tharakan and Ms. Meenakshi, who served as the resource persons. They delivered informative sessions on the harmful effects of drug abuse, risk factors contributing to substance use among youth, preventive strategies, and the vital role of peer educators in identifying vulnerable students and fostering a drug-free campus. The speakers also highlighted the medical, psychological, social, and legal consequences of substance abuse and emphasized the importance of early intervention and timely professional support.

The session was highly interactive, with active participation from the students through discussions and question-and-answer sessions. The peer educators expressed enthusiasm and commitment to disseminating the knowledge gained among their classmates and supporting anti-drug awareness initiatives within the institution.

The programme concluded with a vote of thanks and small token of appreciation, expressing gratitude to the resource persons, the college administration, the NSS and SSGP coordinators, and all the students for their active participation and support in making the programme a success.



SCHOOL OF ALLIED HEALTH SCIENCES-MCC(PGIOSR),
THALASSERY

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/06/2026 to 15/07/2026	Palliative services and patient care services.	4	Total 194 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, one NSS volunteer will be posted in the palliative department to help patients. Likewise, one volunteer will be posted in the reception area also to assist patients.

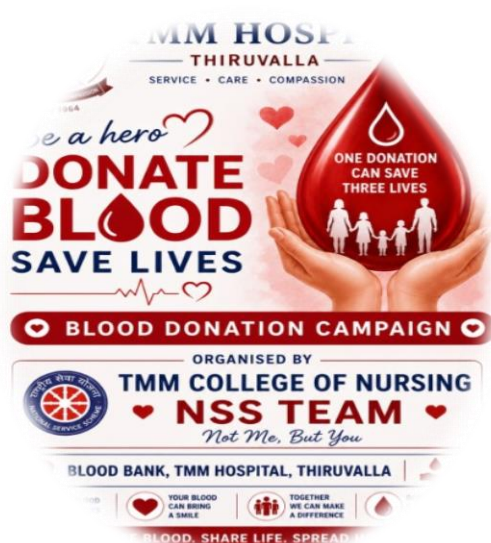
TMM COLLEGE OF NURSING, TIRUVALLA

Sl. No	Date	Activity conducted	No. of Volunteers Participated	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	19.6.26	Blood Donation Camp	23	3 hrs	NSS Unit of TMM College of Nursing in collaboration with TMM Hospital Blood Bank organized blood donation camp on 19/6/26. The main objective to encourage voluntary blood donation and spread awareness on the importance of blood donation among common people, students and staffs. Inauguration was done by Dr. Dennis Abraham, Dr. Sam and team. The camp was a grand success total 23 volunteers donated blood.
2.	20.6.26	International World Yoga Day	100	1 hour	NSS Unit, TMM College of Nursing organized Yoga Day on 20/6/26 . The main objective to spread awareness about the physical, mental and spiritual benefits of yoga, also to inculcate discipline, focus and stress and healthy lifestyle among students and staff. All NSS volunteers performed yoga asanas including Prayer, Tadasana, Vrikshasana, Bhujangasana, Pranayama and Shavasana. A short talk was given on “Yoga for Stress-free Student Life” by Mrs. Shiny T Sam. The session was refreshing and energizing.

3	24.6.26	Anti-Drug Awareness	100	2 hours	"Say No to Drugs, Yes to Life". Awareness session was conducted at Bardsley Hall, TMM College of Nursing. Organized by NSS Unit, TMM College of Nursing in association with [Students Nurses Association / Student Council/ Anti- Drug]. The main objective to create awareness among students about the harmful physical, mental, and social effects of drug abuse and to encourage students to lead a healthy, drug-free lifestyle and also to build courage to say 'NO' and to support peers who need help. The session was held by Mr. Hari Gopinath, Communicative English Department KUHS. Student volunteer delivered a speech on the theme "Say No to Drugs, Yes to Life." All NSS volunteers and students took a pledge to stay away from drugs and spread awareness. The program was informative and interactive.
---	---------	----------------------------	-----	---------	--

BLOOD DONATION CAMP: NSS Unit of TMM College of Nursing in collaboration with TMM Hospital Blood Bank organized blood donation camp on 19/6/26. The main objective to encourage voluntary blood donation and spread awareness on the importance of blood donation among common people, students and staffs. Inauguration was done by Dr. Dennis Abraham, Dr. Sam and team. Blood bank staffs and NSS volunteers handled donor registration, BP check, Hb% test and medical screening. Volunteers provided refreshments and monitored donors after

donation. As a part of awareness posters and slogans on blood donation were displayed across campus. The camp was a grand success total 23 volunteers donated blood. The event created a sense of social responsibility and compassion among volunteers and donors. Faculty donating first set a great example for students. The Blood Donation Camp concluded with gratitude to all donors, the blood bank team, and faculty coordinators. As future nurses and NSS volunteers, we are proud to contribute to this life-saving cause.



INTERNATIONAL WORLD YOGA DAY: NSS Unit, TMM College of Nursing organized Yoga Day on 20/6/26. The main objective to spread awareness about the physical, mental and spiritual benefits of yoga, also to inculcate discipline, focus and stress and healthy lifestyle among students and staff. All NSS volunteers performed yoga asanas including Prayer, Tadasana, Vrikshasana, Bhujangasana, Pranayama and Shavasana. A short talk was given on “Yoga for Stress-free Student Life” by Mrs. Shiny T Sam. The session was refreshing and energizing. Students learned simple asanas and breathing techniques to manage academic stress. The program successfully conveyed that “Yoga is not just exercise; it’s a way of life.” The International Yoga Day celebration ended with a vote of thanks done Ms. Abiya Wilson, NSS volunteer. As future healthcare professionals and NSS volunteers, we reaffirm our commitment to promote health and wellness in the community through yoga.



3. ANTI-DRUG AWARENESS: "Say No to Drugs, Yes to Life". Awareness session was conducted at Bardsley Hall, TMM College of Nursing. Organized by NSS Unit, TMM College of Nursing in association with [Students Nurses Association / Student Council/ Anti- Drug]. The main objective to create awareness among students about the harmful physical, mental, and social effects of drug abuse and to encourage students to lead a healthy, drug-free lifestyle and also to build courage to say 'NO' and to support peers who need help. The session was delt by Mr. Hari Gopinath, Communicative English Department KUHS. The program was guided by Mr. Samual, Prof. Dr.Blessy, Pro. Jaya . Student volunteer delivered a speech on the theme "Say No to Drugs, Yes to Life." All NSS volunteers and students took a pledge to stay away from drugs and spread awareness. The program was informative and interactive. Students understood that real strength lies in making responsible choices. All participants committed to a drug-free life and to spreading the message in their families and communities. The program successfully promoted the message: Healthy Youth = Strong Nation. The Anti-Drug Awareness Program concluded with the National Anthem. It reinforced our responsibility as nursing students and NSS volunteers to protect health and save lives — both through service and awareness.



VISHNU AYURVEDA COLLEGE, SHORANUR

The National Service Scheme (NSS) Unit A16 of Vishnu Ayurveda College, Shoranur, organized and participated in a series of socially relevant and community-oriented programmes during June 2026. The activities were conducted in accordance with the objectives of NSS, aiming to develop social responsibility, leadership qualities, environmental consciousness, and community engagement among student volunteers. The programmes focused on public health awareness, environmental conservation, promotion of medicinal plants, reading culture, and prevention of substance abuse.

A total of more than 370 participations were recorded through various programmes conducted during the month.

Activity 1: Tobacco Awareness Class

Date

30 May 2026

Venue

College Hospital, Vishnu Ayurveda College

Participants

25

Duration

1 Hour

Objective

- To create awareness regarding the harmful effects of tobacco consumption.
- To educate patients and bystanders about tobacco-related diseases.
- To encourage tobacco cessation and healthy lifestyle practices.

Programme Description

A Tobacco Awareness Class was conducted in the college hospital for patients and bystanders. The session was handled by **Dr. Adarsh G. Das**, Department of Agadatantra. The resource person discussed the health hazards associated with smoking and smokeless tobacco products, including cancers, respiratory diseases, cardiovascular disorders, and addiction-related complications.

Interactive discussions enabled participants to clarify their doubts regarding tobacco use and its long-term consequences.

Outcome

- Increased awareness regarding tobacco-related health risks.
- Encouraged participants to avoid tobacco consumption.
- Promoted healthier lifestyle choices among beneficiaries.

Beneficiaries

Patients and bystanders visiting the college hospital.

Activity 2: Herbal Plant Donation at ALPS Kayiliyad

Date

05 June 2026

Venue

ALPS Kayiliyad

Participants

75

Duration

1 Hour

Objective

- To commemorate World Environment Day.
- To promote environmental conservation and herbal gardening.
- To create awareness regarding medicinal plants among school students.

Programme Description

The NSS Unit and SSGP Unit jointly organized a Herbal Plant Donation Programme at ALPS Kayiliyad. Ten medicinal plant saplings were distributed to the school. The programme was attended by the President, Vice-President, and Members of Chalavara Grama Panchayat along with the Agricultural Officer.

The event highlighted the importance of preserving biodiversity and promoting herbal gardens in educational institutions. Vishnu Ayurveda College played a major role in organizing and supporting the programme.

Outcome

- Strengthened environmental awareness among school students.
- Encouraged medicinal plant cultivation.

- Enhanced community participation in environmental activities.

Beneficiaries

Students, teachers, and local community members.

Activity 3: Herbal Plant Donation to CHSS Chalavara

Date

05 June 2026

Venue

CHSS Chalavara

Participants

60

Duration

1 Hour

Objective

- To promote medicinal plant conservation.
- To encourage herbal gardening in schools.
- To educate students on the importance of medicinal plants.

Programme Description

As part of Environment Day celebrations, medicinal plant saplings were donated to CHSS Chalavara. The saplings were received by the Headmistress and faculty members and were planted in the school's herbal garden.

The programme created awareness among students regarding Ayurvedic medicinal plants and environmental sustainability.

Outcome

- Establishment and enrichment of herbal garden facilities.
- Increased awareness of medicinal plant cultivation.
- Promotion of environmental stewardship among students.

Beneficiaries

School students and faculty members.

Activity 4: Environment Awareness and Rainy Season Preventive Health

Awareness Class

Date

05 June 2026

Venue

Vishnu Ayurveda College

Participants

60

Duration

1 Hour

Resource Person

Dr. Sreenath S. Warriar

Objective

- To create environmental awareness.
- To educate participants regarding monsoon-related diseases.
- To promote preventive healthcare practices.

Programme Description

An awareness class was conducted addressing environmental protection and preventive measures during the rainy season. The session emphasized waste management, water conservation, hygiene practices, mosquito control measures, and Ayurvedic recommendations for maintaining health during monsoon.

Participants were encouraged to adopt environmentally responsible behaviors and preventive health measures.

Outcome

- Improved awareness regarding environmental protection.
- Better understanding of monsoon disease prevention.
- Encouraged healthy lifestyle practices.

Beneficiaries

Students and community.

Activity 5: Environmental Protection Awareness Programme

Date

05 June 2026

Objective

- To promote environmental conservation.
- To encourage cultivation of medicinal plants.
- To strengthen community participation in environmental initiatives.

Programme Description

An awareness session on environmental protection was conducted as part of Environment Day celebrations. Medicinal plants contributed by **Sri Rajesh Adakkaputhur** were received and distributed to support environmental and herbal conservation efforts.

The programme highlighted the importance of increasing green cover and preserving medicinal plant species for future generations.

Outcome

- Increased environmental consciousness.
- Encouraged herbal cultivation practices.
- Strengthened community involvement in conservation efforts.

Beneficiaries

Students, staff, and community members.

Activity 6: Reading Day Celebration

Date

19 June 2026

Venue

Vishnu Ayurveda College

Participants

100

Duration

5 Hours

Objective

- To promote reading habits among students.

- To encourage literary and academic engagement.
- To commemorate Reading Day.

Programme Description

The NSS Unit, in association with the College Library Committee, organized Reading Day celebrations. Various literary competitions and reading-related activities were conducted over a five-day period. Students actively participated in reading competitions, quizzes, discussions, and other intellectual activities.

Results were compiled and published after completion of the competitions.

Outcome

- Enhanced reading culture among students.
- Improved literary and communication skills.
- Encouraged academic excellence and lifelong learning.

Beneficiaries

Students of Vishnu Ayurveda College.

Activity 7: International Day Against Drug Abuse and Illicit Trafficking

Date

30 June 2026

Venue

Vishnu Ayurveda College

Participants

50

Duration

1 Hour

Objective

- To create awareness regarding the dangers of substance abuse.
- To encourage youth participation in anti-drug campaigns.
- To promote a healthy and drug-free society.

Programme Description

The NSS Unit observed the International Day Against Drug Abuse and Illicit Trafficking through awareness activities and an anti-drug pledge. NSS volunteers collectively took an oath committing themselves to remain free from drug use and to actively support anti-drug initiatives in society.

The programme emphasized the social, psychological, and health consequences of substance abuse and highlighted the responsibility of youth in preventing addiction.

Outcome

- Increased awareness regarding drug abuse.
- Strengthened commitment towards a drug-free lifestyle.
- Encouraged social responsibility among NSS volunteers.

Beneficiaries

NSS Volunteers and students.

Activity 8: 12th International Yoga Day Celebration 2026
Theme: "Yoga for Healthy Ageing"
Date: 20 June 2026
Venue: College Auditorium, Vishnu Ayurveda College, Shoranur
Time: 8.00 AM – 12.30 PM

The NSS Unit A16 and the Department of Swasthavritta of Vishnu Ayurveda College, Shoranur jointly organized the **12th International Yoga Day Celebration 2026** on 20 June 2026 under the theme "**Yoga for Healthy Ageing.**" The programme aimed to create awareness among students and the community regarding the importance of yoga in maintaining physical, mental, and emotional well-being throughout life.

The programme commenced with a prayer followed by a welcome address delivered by **Dr. Sreenath S, Assistant Professor and NSS Unit A16 Coordinator**. The presidential address was delivered by **Dr. G. Nagabhushanam, Professor & HOD, Department of Kayachikitsa and PG Dean**.

The formal inauguration was conducted by **Dr. P. Ramachandran Nair, Managing Director**, through the ceremonial lighting of the lamp. Felicitations were offered by **Dr. Vishnu R (Assistant Director), Dr. Dhanya K. Anto (UG Coordinator & HOD, RSBK), and Dr. Shithal P (Professor & HOD, Department of Swasthavritta)**.

A yoga practice session was organized in the auditorium where students actively participated in various yoga postures and breathing exercises under expert guidance. The session highlighted the benefits of yoga in improving flexibility, posture, respiratory health, stress management, and healthy ageing.

Various student-led programmes were conducted by different batches, including:

- Speeches on the significance of International Yoga Day.
- Yoga dance performances.
- Theme presentations based on "Yoga for Healthy Ageing."
- Yoga quiz competition.

Certificates were distributed to the winners of the Yogashreshta competitions and other yoga-related events. The programme concluded with the vote of thanks delivered by **Dr. Athira K. S, Assistant Professor, Department of Swasthavritta**, followed by the National Anthem.

Participation

- NSS Volunteers: 50+
- Students and Faculty Members: 150+
- Total Participants: Approximately 200

Outcomes and Achievements

- Enhanced awareness regarding the health benefits of yoga.
- Encouraged students to incorporate yoga into their daily lifestyle.
- Improved understanding of yoga's role in healthy ageing and disease prevention.
- Promoted physical fitness, mental well-being, and stress management among participants.
- Strengthened teamwork and organizational skills among NSS volunteers.

Beneficiaries

- NSS Volunteers
- Undergraduate and Postgraduate Students
- Teaching and Non-Teaching Staff
- Members of the College Community

contributed significantly to the success of the event and reinforced the message that yoga is an invaluable tool for lifelong wellness.

Sl. No.	Activity	Date	Participants	Hours
1	Tobacco Awareness Class	30.05.2026	25	1
2	Herbal Plant Donation – ALPS Kayiliyad	05.06.2026	75	1

Sl. No.	Activity	Date	Participants	Hours
3	Herbal Plant Donation – CHSS Chalavara	05.06.2026	60	1
4	Environment & Monsoon Health Awareness Class	05.06.2026	60	1
5	Environmental Protection Awareness Programme	05.06.2026	-	1
6	Reading Day Celebration	19.06.2026	100	5
7	International Day Against Drug Abuse	30.06.2026	50	1
8	YOGA DAY	21/06/2026	100	3

Total Recorded Participation: 370+

Total Volunteer Engagement Hours: 11 Hours

Photo 1: Tobacco Awareness Class conducted at the College Hospital by Dr. Adarsh G. Das.



Photo 2: Distribution of medicinal plants at ALPS Kayiliyad during World Environment Day celebrations.



Photo 3: Participation of Panchayat representatives and Agricultural Officer during the herbal plant donation programme.



Photo 4: Herbal plant donation and planting activities at CHSS Chalavara.



Photo 5: Environment Awareness and Rainy Season Preventive Health Awareness Session by Dr. Sreenath S. Warriar.



Photo 6: Reading Day competitions and student participation.



Photo 7: NSS Volunteers taking Anti-Drug Pledge on International Day Against Drug Abuse and Illicit Trafficking.

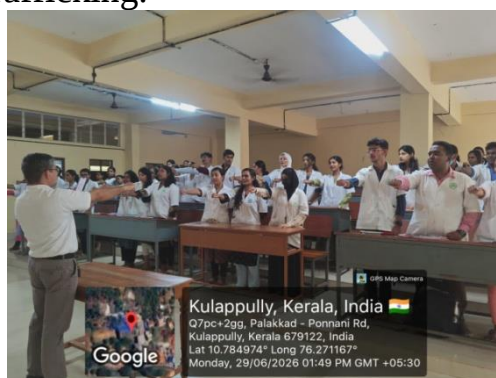
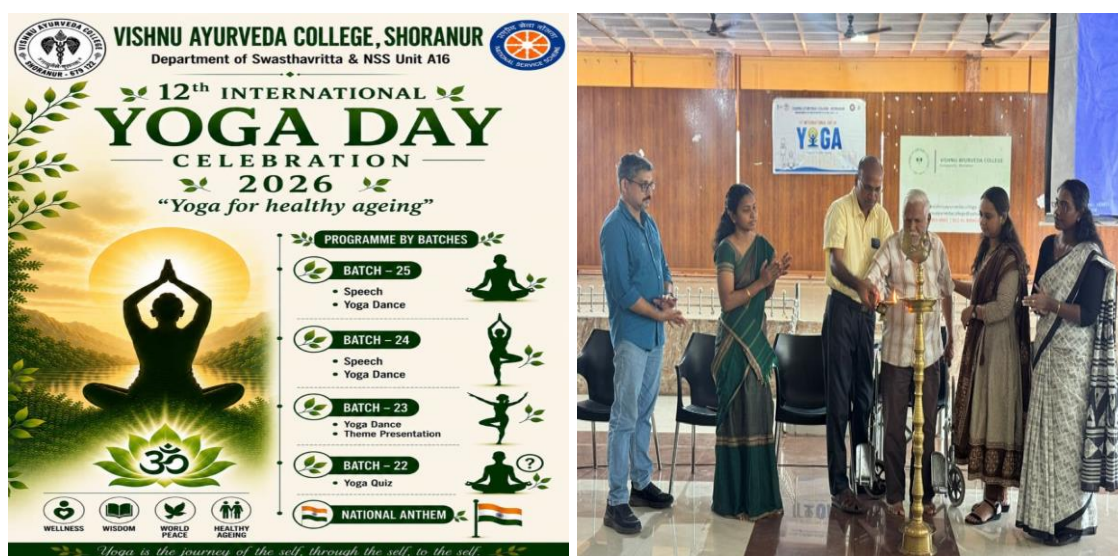


Photo 8 : International Yoga day





HOLY CROSS COLLEGE OF NURSING, KOTTIYAM

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	13.06.2026	Old Age Home Visit	20	2 hour	• Conduct Health assessment • Identify health problems • Health education • Group dance
2	17.06.2026	World Blood Donor Day	15	2 Hour	• Blood donation camp
3	22.06.2025	International Yoga Day	220	3 Hours	• Awareness class • Yogademonstration • Reduce stress and mind relaxation

4	23.06.2026	School Health Program	50	3 Hours	• Conduct Health checkup • Health exhibition • Health education • Skit
5	23.06.2026	World Reading Day	200	2 Hour	• Reading competition • Conduct quiz
6	27.06.2026	International Day Against Drug Abuse And Illicit Trafficking	150	2 Hours	• Pledge ceremony • Awareness class • Skit
7	28.06.2026	Pulse Polio Immunization Day Programme	20	8 hour	• Administer oral polio vaccine
8	02.07.2026	Aganwadi Nutrition programme	20	3 hour	• Health education • Demonstration of nutritious supplementary food
9	04.07.2026	Seminar- Women empowerment	80	2 Hours	• To communicate the importance of

					women empowerment
10	10.07.2026	World Population Day	100	1 hour	• Awareness class • Mime • Flashmob

1. REPORT ON OLD AGE HOME VISIT

We NSS unit and community department of Holy Cross College of Nursing planned and visited Assisi vinayalaya Old Age Home on 13/06/2026. We reached the institution at 10:30 a.m. We visit with the purpose of conducting health assessment, educational program and identify the need of the individuals. sr. Fidel Mary gave us an introduction about the organization. She explained the history, objectives, and services provided by the old age home. The institution aims to provide care, support, and protection to elderly people who are neglected or unable to stay with their families. The students conducted health assessment and health education regarding personal hygiene and diet control for Diabetes Mellitus. Also conduct many entertainment programme like group dance, group song, The residents actively participated and enjoyed the activities.

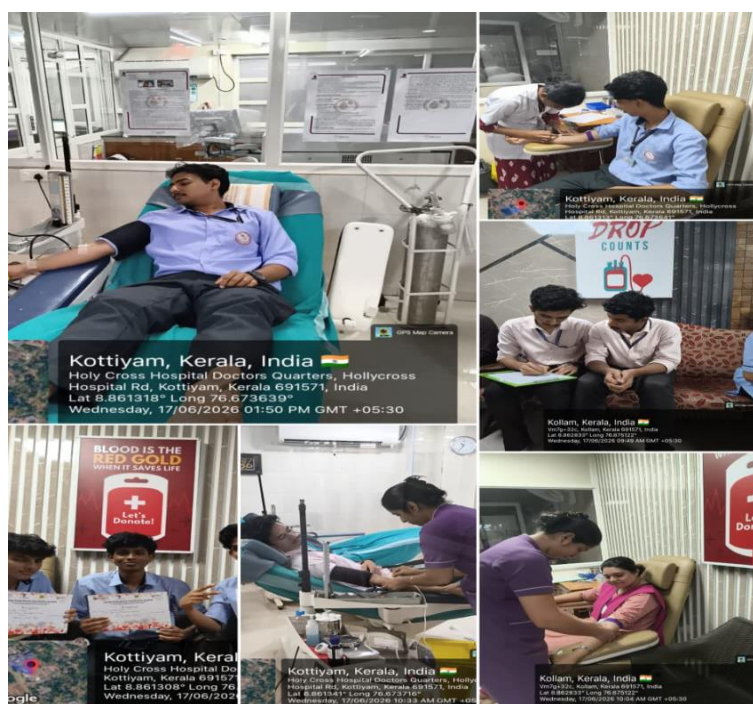


2. REPORT FOR WORLD BLOOD DONOR DAY

World Blood Donor Day is celebrated globally on June 14th every year to raise awareness about the importance of blood donation and to appreciate the selfless contributions of voluntary blood donors.

The NSS unit of Holy Cross College of Nursing, Kottiyam in collaboration with Pol- Blood \$Kerala State Blood Transfusion Council to organize **Blood Donation Camp** on **17-06-2026** our college organized a heartfelt celebration under the global theme **“Give blood, give hope: together we save lives.”** The event aimed to raise awareness about the importance of voluntary blood donation and to honour the selfless individuals who contribute to saving lives through their donations.

As the part of World Blood Donor Day, 15 Nss volunteers registered in the camp and 6 volunteers donated blood at Holy Cross Hospital, Kottiyam, Kollam. The celebration of World Blood Donor Day was a big success. The event helped to raise awareness about the importance of blood donation and encouraged people to become regular donors. We look forward in continuing this initiative and promoting blood donation in the years to come.



3. INTERNATIONAL YOGA DAY-2026

International Yoga Day is celebrated globally on 21 June 2026, millions of people around the world came together to celebrate the 12th International Day of Yoga, embracing the theme “Yoga for Healthy Ageing.” The theme was declared by Prime Minister Narendra Modi, who informed that yoga is a comprehensive approach to life and vitality for individuals of all age groups, promoting active ageing and an improved quality of life. The theme emphasizes the importance of yoga for all ages. The NSS unit of Holy Cross College of Nursing, Kottiyam organizes an International Yoga Day-2026 on 22.06.2026. To mark International Day of Yoga, our college organized a heartfelt celebration under the theme “Yoga for Healthy Ageing .” The event aimed to raise awareness about the

- Enhances physical strength and flexibility
- Reduces stress and improves mental clarity
- Boosts concentration and memory in students
- Improves posture and breathing habits
- Supports long-term physical and emotional health

The programme began with a Yoga Demonstration by the students at 8:00 a.m. in the college portico. The demonstration showcased various yoga postures, breathing exercises and highlighting the importance of yoga in maintaining physical and mental well-being.

The main session was conducted from 10:00 a.m. to 12:00 p.m. in the College Auditorium. The Guest Speaker of this event is **Mrs. Anju S, Yoga Instructor (B.Sc. Yoga, T.T.C. Yoga)**, delivered an informative talk on the benefits of yoga for healthy ageing. She explained how regular yoga practice improves flexibility, balance, strength, and mental health, thereby promoting a healthy lifestyle among all age groups. Warm up exercises were taken and all the students practiced. The session also included practical demonstrations of yoga asanas and breathing techniques. Students and faculty members actively participated and gained valuable knowledge about incorporating yoga into their daily lives. The event concluded with a vote of thanks.

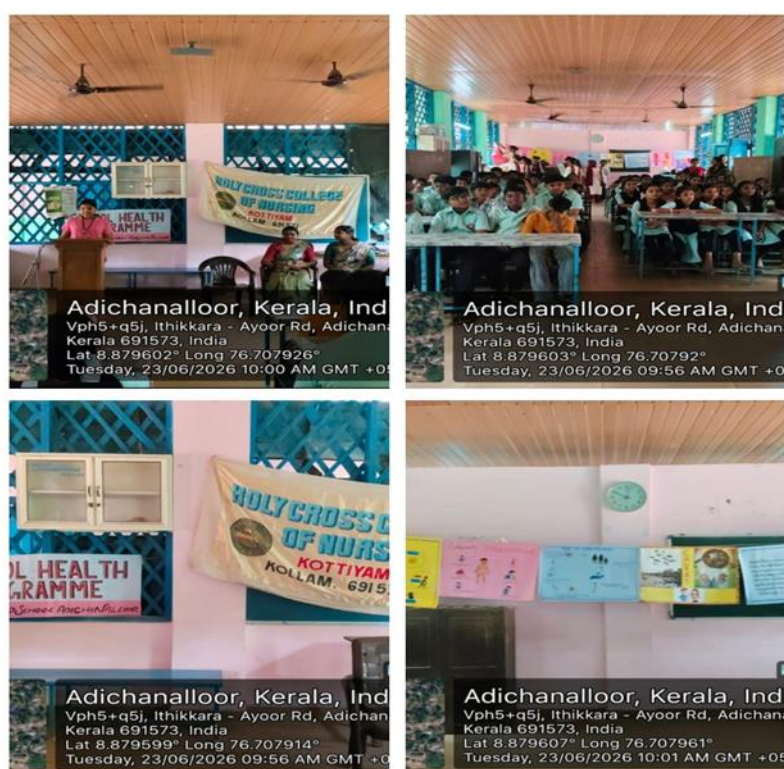


4. SCHOOL HEALTH PROGRAMME

The NSS unit and community Health Nursing Department of Holy Cross College of Nursing, Kottiyam in conducted school Health Programme on 23-06-2026 at Government UP School, Adhichanalloor. The topic chosen for the School Health Programme was “ **Food and water hygiene in the prevention of Shigella Infection**”. The programme commenced with an inaugural ceremony, which was officially inaugurated by the Head Mistress. In her inaugural address, she emphasized the importance of maintaining personal hygiene, consuming safe food and drinking water and adopting healthy habits to prevent infectious diseases.

A health exhibition was organized, displaying charts, posters and models illustrating the causes, mode of transmission, signs and symptoms, prevention

and control of shigella infection. The exhibition attracted the attention of the students and helped them understand the topic through visual learning. a health education session on food and water hygiene for the prevention of shigella infection was conducted. Students actively participated by asking questions and interacting with the presenters. To reinforce the key messages, a skit was performed by the students. The performance effectively conveyed the health message in an encouraging and memorable manner. A health check-up was also done following the class. The programme concluded with a vote of thanks.



5. REPORT ON NATIONAL READING DAY

National Reading Day was established to promote the importance of literacy, particularly in the early stages of a child's development. Recognizing that strong reading skills are fundamental to academic success and lifelong learning, the day was created to engage children, parents, and educators in reading activities.

The NSS unit with collaboration of SSG of Holy Cross College of Nursing, Kottiyam organizes a National Reading Day 2026. The day emphasizes the role of reading in

education, personal development, and fostering imagination and creativity. To mark National Reading Day 2026, our college organized a reading competition were organized for students of all the semester and P.B.BSc Nursing. On the occasion of "Vayanadina" (Reading Day), an institutional event was successfully organized at Holy Cross College of Nursing to emphasize the profound impact of reading and knowledge acquisition. The event combined an engaging storytelling session highlighting the importance of books with an exciting and competitive quiz, culminating in an award ceremony for the top performers.

The program commenced at 8:00 AM at the College Portico with a welcoming address to faculty members and students. Activity: A dedicated storytelling session was conducted. The narrative focused on how literature, academic texts, and regular reading habits shape critical thinking, foster empathy. Following the storytelling session, the core event—the Quiz Competition—began. The competition was designed to test the participants' general knowledge, literary awareness, and critical thinking skills.



6. A REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING 2026

Every year, on 26th June, the United Nations Office on Drugs and Crime (UNODC) and global partners observe the International Day against Drug Abuse and Illicit Trafficking, also known as World Drug Day. This annual observance aims to raise awareness about the major problem that illicit drugs represent to society and to strengthen action and cooperation in achieving a drug-free world. It educates the public on the health risks of drug abuse, the global drug trafficking challenges, and the efforts made by governments and organizations to combat drug addiction and promote recovery and rehabilitation.

In observance of the International Day Against Drug Abuse and Illicit Trafficking, NSS unit of Holy Cross College of Nursing organized a meaningful and impactful event on June 27, 2026 at College Portico to raise awareness among students about the harmful effects of drug abuse and to promote a drug-free lifestyle. The programme commenced at 8:00 AM in the college portico with the active participation of NSS volunteers, NSS Programme Officer, students, faculty members, and staff members. The Programme was officially inaugurated by **Sr.Arptha Poopady, Principal**, Holy Cross College of Nursing, Kottiyam. The Principal emphasized the importance of staying away from drugs, adopting healthy life style and making responsible choices. She also encouraged the students to play an active role in promoting drug free society. The venue was decorated with awareness posters, anti-drug slogans, and campaign messages highlighting the dangers of substance abuse. The theme of the year, "The evidences is clear Invest in prevention", was emphasized throughout the even. The session was informative and eye-opening, encouraging students to seek help and support their peers in case of need. Various student-led activities were conducted, including

- An **awareness skit**, which effectively portrayed the devastating consequences of drug addiction and the importance of timely support and rehabilitation.
- A **Pledge Ceremony** was held, **Sr.Arpatha Poopady, Principal**, Holy Cross College of Nursing, Kottiyam led the students in taking the anti drug pledge
- **Awareness class** on drug abuse sessions conducted for students by **Sr.Glory pallat, HOD Mental Health Department, Holy Cross College of Nursing Kottiyam**

The program concluded with a Vote of Thanks by the NSS Volunteers. The celebration successfully sensitized the student community about the grave issue of drug abuse. It also reinforced the role of youth in building a healthier, drug-free society. The event served as a strong platform to educate young minds and reinforce their role as ambassadors of a drug-free society. These engaging activities helped reinforce the core message of the day and encouraged collective responsibility in preventing drug abuse.



7. REPORT ON PULSE POLIO IMMUNIZATION DAY PROGRAMME 2026

The NSS unit of Holy Cross College of Nursing, Kottiyam in collaboration with Adichanalloor Grama Panchayath, Kottiyam, Kollam conduct Pulse Polio Immunization Programme on 28/6/26. The programme was organized to administer Oral Polio Vaccine (OPV) to all children below five years of age as part of the National Pulse Polio campaign. The immunization booth was set up at Holy Cross Hospital and an outreach booth was established at Kottiyam Junction to ensure maximum coverage of eligible children.



8. REPORT ON ANGANWADI NUTRITION PROGRAMME

Nutritional day programme was conducted by NSS Unit with community Health Department on 02-07-2026. An Anganwadi nutrition programme was conducted at Netaji Anganwadi, Urukunnu on 02.07.2026 at 10:00am for preschool children and their parents with the aim of creating awareness about the importance of nutrition and healthy dietary practices. The programme began with an introduction to the concept of nutrition and its role in promoting growth, development, immunity and overall well-being among preschool children. Health education was provided regarding the nutritional needs of preschool children. As part of the programme, a demonstration

of nutritious supplementary foods was conducted. The programme concluded with a vote of thanks.



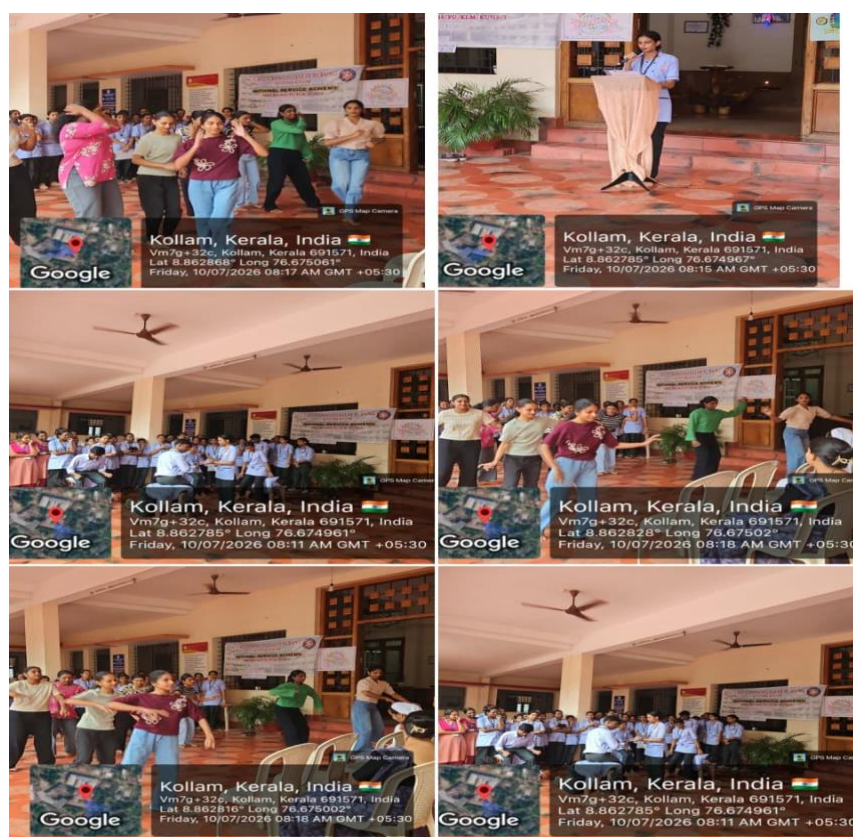
9. SEMINAR ON WOMEN EMPOWERMENT

The NSS unit and IQAC of Holy Cross College of Nursing, Kottiyam, Kollam, organized a Women's Empowerment Seminar on 4th July 2026 at 11:30 AM in the Seminar Hall of the college. The resource person for the session was **Sr. Juliet Joseph**, who delivered an inspiring and informative talk on women's empowerment, self-identity, self-worth, and the importance of education in building confident and independent women.



10. REPORT ON WORLD POPULATION DAY

The NSS unit with collaboration of SSGP and IQAC of Holy Cross College of Nursing, Kottiyam organizes **the World Population Day 2026** on 10-07-2026 at 8:00 a.m. in the College Portico. The programme began with a welcome address, followed by an inaugural session. The awareness class given by Sr.Teena Kavungal, VicePrincipal, Holy Cross College of Nursing, Kottiyam highlighted the significance of World Population Day and emphasized the importance of population stabilization, reproductive health, family planning, gender equality, and sustainable development. Nss volunteers actively participated in the awareness programme, conducted mime and flashmob. The programme concluded with a vote of thanks. The event was successful in creating awareness among students about population-related issues and encouraging them to promote healthy and informed decisions in society.



PUSHPAGIRI COLLEGE OF PHARMACY, TIRUVALLA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	19/06/2026	National Reading Day	20	2 hrs	Importance of reading was made aware to students and organize activities for future reading.
2.	20/06/2026	International Yoga Day	50	3 hrs	Awareness and practice Session for improving concentration and health
3.	27/06/2026	Anti-Drug Day	20	3 hrs	Community Awareness
4.	06/07/2026	Mass Tree Plantation	20	2 hrs	Environment sustainability

1. National Reading Day

Pushpagiri College of Pharmacy, in association with the NSS Unit, IQAC, and SSGP, observed National Reading Day on 19th June 2026 at the College Library.

The programme aimed to promote the importance of reading among students and to cultivate a habit of lifelong learning. As part of the celebration, the Students' Union organized a collage-making competition based on the theme "Famous Writers and Their Journey," encouraging students to explore the lives and contributions of renowned authors and their role in shaping future generations. There was active participation from student volunteers and the first prize was secured by Eva Jacob and team, 2nd year Pharm D and the second and third prizes were respectively secured by Ashin Rajan and team (3rd year pharm D) and Emilin and team (4th sem B Pharm)

The event also emphasized the significance of reading in the digital age by promoting e-book learning among students. Awareness was created regarding the accessibility and benefits of digital reading platforms.

Furthermore, the importance and relevance of National Reading Day were explained to the student community, highlighting how reading enhances knowledge, creativity, and critical thinking skills. The programme successfully motivated students to develop and nurture their reading habits. The event concluded with active participation from students and faculty, making the celebration both meaningful and impactful.



2. International Yoga Day

In connection with International Yoga Day, IQAC, Department of Pharmaceutical Chemistry, NSS Unit and SSGP of Pushpagiri College of Pharmacy, in association with Peringara Grama Panchayat, organized a Yoga Day celebration on 20 June 2026 at Devamatha Community Hall, Vengal. The program commenced with a welcome

address by Mrs. Divya V, Assistant Professor, Pushpagiri College of Pharmacy. The function was presided over by Mrs. Anie Abraham, Vice President of Peringara Grama Panchayat. The programme was inaugurated by Mrs. Haridasi Sasi, President of Peringara Grama Panchayat.

During the inaugural session, Mrs. Lailamani M.S., Secretary of Peringara Grama Panchayat, and Mr. Sabu Issac, Ward Member, extended their felicitations and highlighted the importance of yoga in promoting a healthy lifestyle.

The resource person, Mr. M.G. Dileep, Yoga Trainer from Pranavam Yoga Centre, Thiruvalla, delivered an informative session on the significance of yoga and conducted a practical yoga training programme for the participants. He explained the role of regular yoga practice in improving both physical and mental well-being.

The programme concluded with a vote of thanks delivered by Ms. Anju V, Associate Professor & NSS Programme Officer, Pushpagiri College of Pharmacy. A large number of participants from different age groups attended the event. The programme successfully created awareness about the importance of yoga and encouraged the adoption of a healthy lifestyle among the public.



3Anti Drug Day

Pushpagiri College of Pharmacy, conducted World Drug Day on 27/06/2026 from 1.30-3.30 pm at college library. The program was organized by IQAC, in association with NSS, SSGP, and Vimukthi as a part of the observance of the International Day Against Drug Abuse and Illicit Trafficking to raise awareness about the harmful effects of drug abuse and to promote a drug-free society.

As a part of the program, a poster making competition was conducted among the students. The Poster Presentation Competition witnessed enthusiastic participation from students of various batches. Participants presented creative and thought-provoking posters highlighting the dangers of drug abuse, its impact on individuals and society, and the importance of prevention. An awareness session was conducted to educate students about the physical and psychological effects of drug addiction, preventive measures, and the role of youth in building a drug-free society. An oath-taking ceremony was also conducted where participants pledged to stay away from drugs and contribute towards building a drug-free community.

The theme of World Drug Day this year was “World Drug Problem: Persisting Issues, New Challenges, Innovative Responses”. The objective of the programme was to create awareness among students about drug abuse and its consequences and to encourage creative expression through poster presentations. The program helped to promote the importance of a healthy and drug-free lifestyle and to support global campaign against illicit drug trafficking.

The programme was a great success, achieving its objective of spreading awareness and encouraging student participation. Such initiatives play a crucial role in promoting a healthier and safer future. The program ended with a slogan “Awareness Today, A Better Tomorrow”.



4. Mass Tree Plantation

Pushpagiri College of Pharmacy organized a tree plantation drive on 6th July 2026 in association with NSS and Nature Club of the college. The initiative was taken by NSS Student volunteers with the aim of promoting environmental awareness and sustainability.

As a part of the program, students were divided into groups and actively participated in planting various medicinal plants in the college premises. The activity emphasized the importance of conserving nature and highlighted the role of medicinal plants in healthcare and ecological balance. The volunteers also ensured that proper care measures were taken to support their growth. The students also carried out a cleaning drive in and around the medicinal garden contributing to a cleaner and greener campus environment,

The program was a meaningful step towards fostering environmental responsibility among students and reinforcing the importance of preserving natural resources for future generation.

LITTLE FLOWER COLLEGE OF NURSING

Sl. No.	Date	Activity conducted (Name of the Activity)	Theme of the activity	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	10/07/26	World Population Day	Realizing the hopes and aspiration of young people – today and for the future	100	1.30 hrs	Awareness program and cultural activities

Brief Description of the activity with photographs if any: -

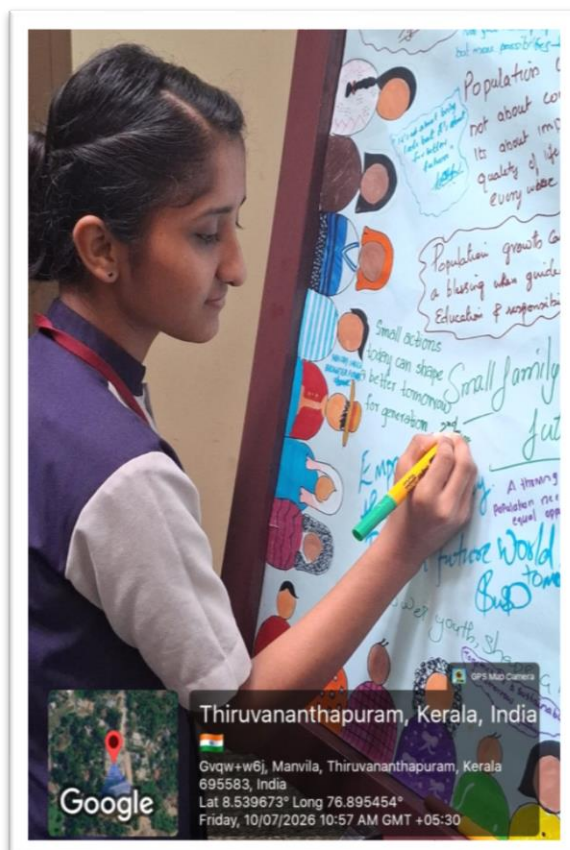
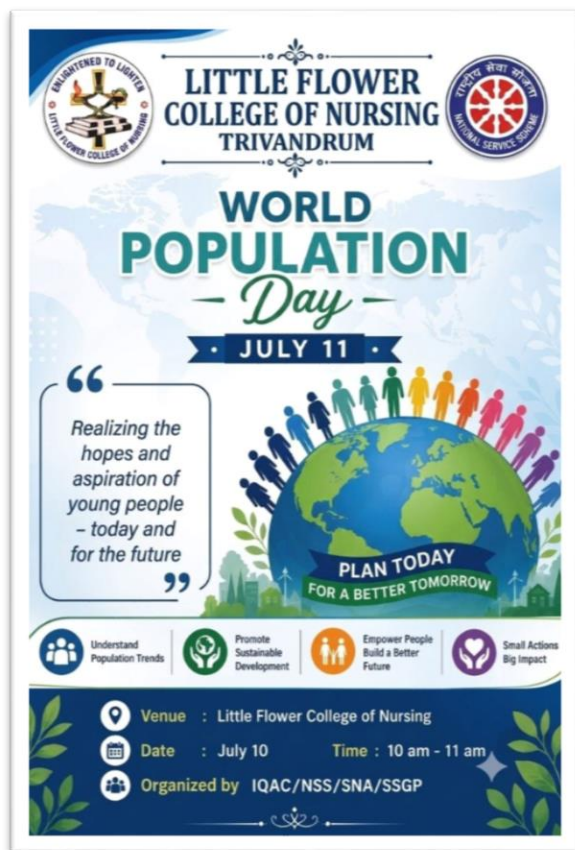
The programme commenced with a **prayer** followed by a **welcome address**.

An **inaugural address** was delivered by the **Principal**, emphasizing the significance of **World Population Day** and the responsibility of **healthcare professionals** in promoting **population awareness** and **sustainable development**. An **awareness speech** was delivered on the **2026 World Population Day** theme, **“Realizing the hopes and aspirations of young people – today and for the future.”** The speaker highlighted the importance of **empowering young people** through **quality education, healthcare, gender equality, informed choices, and equal opportunities** to build a **sustainable future**.

A **poster presentation and exhibition** was organized by the students, showcasing creative posters on **population trends, responsible parenthood, family planning, environmental conservation, youth empowerment, and sustainable development**. The exhibition effectively conveyed the message of **responsible population practices**.

A **“Pen a Thought, Shape the Future”** activity was conducted, where students, faculty members, and guests wrote inspiring thoughts and messages related to **youth empowerment, responsible citizenship, population awareness, and sustainable development**. The activity encouraged participants to reflect on their role in shaping a **better future**. Students actively participated in **discussions** and **awareness activities**, expressing their views on **population-related challenges** and the importance of **responsible decision-making**.

The programme concluded with a **vote of thanks**, expressing gratitude to the **Principal, faculty members, organizers, and participants** for making the celebration a meaningful success.



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	22/6/26	Yoga day	53	2 hrs	NSS volunteers and Santhi academy staff.
2	22/6/26	Reading day	46	30 min	NSS volunteers and Santhi academy staff.

3.	25/6/26	International Day against Drug Abuse and illicit Trafficking	25	1 hr	Adopted village people, Santhi hospital visitors, Santhi Academy students and NSS volunteers participated in this program
4.	26/6/26	World Blood donor Day	20	30 min	Adopted village people, Santhi hospital visitors, Santhi Academy students and NSS volunteers participated in this program
5.	14/7/26	Visit at IMHANS	50	1 HR	NSS volunteers and Santhi academy staff.

1. Yoga Day

Discover your inner peace with Yoga, International yoga day celebrated in Santhi college of nursing in 22/6/26 with different programs. As we prepare to observe International Yoga Day 2026, the theme of "Yoga for One Earth, One Health" reiterates the relationship between personal health and balance with the planet

- Yoga lecture & Demonstration
- Visit at Palliative care center – MVR choolur

All are gathered at auditorium at 9.10 am and program started with NSS prayer. Mr. Midhun Mathew (NSS PO) welcomed the gathering and Dr. Sheeja Mathew (Principal SCON) delivered Presidential address and Mr. Shivanadhan ViswakaramaRjagiri (Yoga Instructor, Swasthi Yoga school, Ekarool) done the inaugural address.

Handed over session to Mr.ShivanadhanViswakaramaRjagiri and he discussed about the different methods and its demonstration and return demonstration to all like “thdakanam, butterfly, vajrasanam, savasanam and pranayama”. Also, he mentioned the importance of yoga in our daily life. It was a nice session and all actively participated in it. Introduced about Y break session and how it can reduce stress in our life, with the help of yoga we can control our mind and be a healthy minded person.

They pointed healthy life style in our life and importance of following it. A transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day.

Ms.Clementeena Noble (NSS volunteer) delivered vote of thanks to the gathering and session adjourned at 11.30 am.

IV sem BSc nursing students visited the MVR cancer centre palliative care unit at 2.30 pm and learned about the care they are providing there and different therapies adopted there for the patient benefits.



2. Reading Day

International Reading Day, widely celebrated in India as National Reading Day, takes place annually on June 19. It honors the legacy of P.N. Panicker, the "Father of the Library Movement in Kerala". The observance encourages literacy, book-reading habits, and lifelong learning. World environment Day celebrated on 22/6/26 at 9.30 am in Santhi College of Nursing with different programs. Dr. Sheeja Mathew (Principal, SCON) done key note address to the students regarding the importance of the reading and how can utilize the time for reading. At 2 pm Mr. Midhun Mathew (NSS P O) and Mr. Rajan (Librarian, SCON) conducted a session on importance of reading at current era and NSS volunteers donated book to Library.



3. International Day against Drug Abuse and illicit Trafficking

Santhi College of Nursing students conducted an awareness programme on 25-06-2026 at Santhi Hospital, Omassery in observance of the International Day Against Drug Abuse and Illicit Trafficking. Under the theme "World Drug Problem: Persisting Issues, New Challenges, Innovative Responses" the students presented an informative role play and displayed awareness posters highlighting

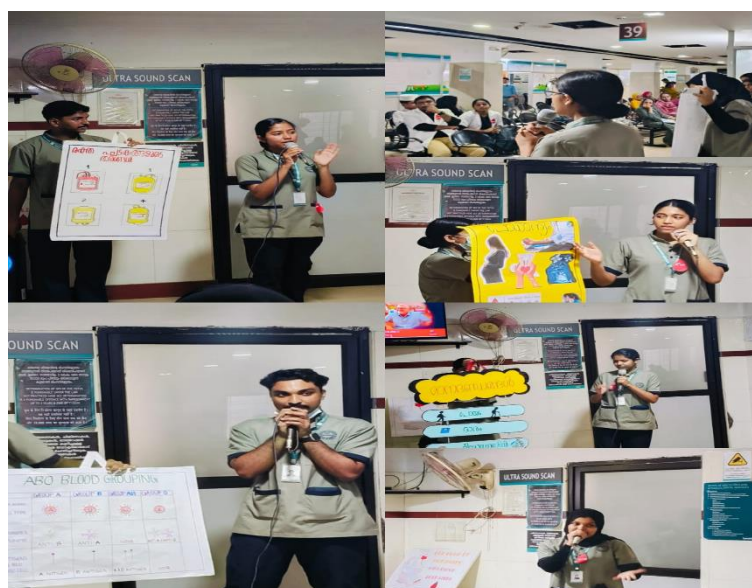
the harmful effects of drug abuse and the importance of prevention. The programme effectively educated patients, visitors, and hospital staff, encouraging everyone to promote a healthy, drug-free society. The theme set by the United Nations Office on Drugs and Crime (UNODC), this theme emphasizes the need for evidence-based strategies, compassion, and continuous adaptation to address the evolving and complex nature of the global drug crisis. NSS volunteers mentioned about Kerala Government new project “Thoofan” and its necessary of current Kerala. All are Cooperated the program and mentioned their thoughts regarding drug abuse. Prof.Minu Antony (Professor, department of mental health nursing) and Mrs.Febina (Assistant professor, department of mental health nursing) were coordinated the program.

Student participated in the rally conducted at Kozhikode Beach to support the “Thoofan” project and make awareness on drugs and ill effects and make youngsters to engage something.



4. Blood Donor Day

Santhi College of Nursing students conducted a blood donor's awareness programme on 27-06-2026 at Santhi Hospital, Omassery. Every year on 14 June, the world comes together to celebrate **World Blood Donor Day**, a global tribute to the millions of voluntary, unpaid blood donors whose generosity saves lives every day. Their contributions are essential to health systems everywhere, supporting patients during emergencies, childbirth, surgeries, cancer treatment and the lifelong care of many serious conditions. This year's campaign, **"One Drop of Humanity. Give Blood. Save Lives."**, places humanity at the heart of every blood donation. It reminds us that each donation is more than a medical act: it is a powerful expression of solidarity, compassion and collective responsibility. NSS Volunteers conducted an awareness session regarding blood donation and its importance. Criteria for the blood donation and after care of blood donation narrated well in discussion. All are participated the program and clarified the doubts and show their willingness for blood donation.



5. Visit at IMHANS

NSS volunteers of Santhi College of Nursing students visited and learned the activities at the Institute of Mental Health and Neurosciences (IMHANS) is an autonomous institution under the Government of Kerala on 15/6/26 under the guidance of Mrs.Febina.M (Asst. Professor –Mental Health Department). It is one of the institutions selected by the Govt. of India to develop into a centre of excellence

in mental health. The primary focus is mental health care delivery, training, research and policy development. The community mental health programs and the child development services were well appreciated by the common man and helped to gain immense public support for the institute. As recognition of the community projects, IMHANS was selected by the Govt. of India to develop into a centre of excellence in mental health in the 11th plan.



LOURDE COLLEGE OF NURSING, TALIPARAMBA

Sl. No	Date	Activity conducted	No. of participants	No. of hours	Achievement by the programs including beneficiaries
1.	19/06/2026	International Yoga Day: NSS Volunteers of LCN organized International Yoga Day at college campus on 19 th June, 2026 from 10.00 am onwards. Mr. Naseeb welcomed the gathering and Mrs. Rakhi Joseph, Director, LEI delivered the	100 volunteers, 100 students	2 and half hours	Volunteers got a great chance to imbibe the values of Yoga Day and practice the same in their daily life.

		presidential address. Shri. Vijayaneelakantan, an Eco Socio Cultural Interventionist was the Chief Guest and he inaugurated the event. Prof. Johnson LK, Vice Principal, Mrs. Nimmy Augustine, NSS PO and other faculty and students were present for the event. Mr. Vinod Ariyeri, Rtd. Nursing Supdt and ART OF LIVING, Senior Teacher demonstrated Yoga Asanas for the students. A poster competition was held and Ms. Nourine Fathima Anzari won the first prize. Ms. Devika P Rajan got the second prize. Cash awards were given to the winners. As a token of appreciation, a memento was given to the Chief Guest by Mrs. Rakhi Joseph, and a ponnada was given to Mr. Vinod Ariyeri by the Vice Principal. Mr. Muhammed Ameen proposed the vote of thanks and the event			
--	--	--	--	--	--

		was winded up by 12.30 pm.			
2.	23/06/2026	Blood donor's day: NSS Unit of LCN organized Blood Donation Camp at college campus on 23 rd June from 9.30 am onwards. The program was in association with Blood Donors Kerala, Taliparamba Taluk Committee and Pariyaram Medical College Blood Center. Mrs. Rakhi Joseph, Director LEI inaugurated the event by lighting the lamp. Felicitation address was given by Mr. Fazal Chalad, BDK, State Vice President, Mr. Rajesh kumar, BDK, State Committee Member and Mrs. Indu Kamal, JCI President. Dr. Sajimol, Medical Officer, Pariyaram was also present along with Prof. Johnson LK, Vice Principal & Mrs. Nimmy Augustine, NSS PO. After the official inauguration, blood donation camp was help in college. A total of 37 people donated blood	50 volunteers	4 hours	Volunteers got a wonderful opportunity to be a part of the greatest deed on earth – Blood Donation.

		including 3 faculty. Certificates were given to all the donors. The event was winded up by 1.30 pm.			
3.	28/06/2026 to 30/06/2026	National Immunization Program: NSS Volunteers participated in National Immunization Program in association with Ezhome PHC at Taliparamba Bus station from June 28 th to 30 th . Ms. Linsha Noushad, Ms. Ayisha Haneef M, Ms. Gilna Mathew, Ms. Ardhra Anil, Ms. Rimisha Reji, Ms. Noor Fathima, Ms. Angeline Maria Sunny, Ms. Krishnapriya M, Ms. Amala Sebastian, Ms. Ann Rose George, Ms. Helan Poppy and Ms. Anugraha S Mathew participated in the program. There were two shifts – 8.00 am – 1.00 pm and 1.00 pm to 6.00 pm.	12 volunteers	3 days	It was a great opportunity for the volunteers to be a part of Immunization program so that they understand the importance of this great initiative and prevent diseases.



Lourde College of Nursing
Recognized by NC, ARIIC & affiliated to Kerala University of Health Sciences
 National Health Service, India

JCI
Accredited

BDK തളിപ്പറമ്പ് താലൂക്ക് കമ്മിറ്റി,
പരിയാരം മെഡിക്കൽ കോളേജ് ബ്ലഡ്
സെന്ററിന്റെ സഹകരണത്തോടെ

രക്തദാന ക്യാമ്പ്

Inauguration
Dr. Joseph Benaven
 (Managing Director Lourde Institutions)

23 ജൂൺ രാവിലെ
 മൊഡ്യൂ 9:00 മുതൽ
 Lourde Educational Institutions,
 Ariyil, Taliparamba

കൂടുതൽ വിവരങ്ങൾക്ക്:
 9048788749 | 9895278347 | 9995135623

BLOOD DONORS KERALA - KANNUR
 രക്തം ഹൃദയത്തിൽ നിന്നൊരു സമ്മാനം




Lourde College of Nursing
(Recognized by NC, ARIIC and affiliated to Kerala University of Health Sciences)
 Arriyil P.O., Taliparamba, Kannur - 670412

സന്നദ്ധ രക്തദാന ക്യാമ്പ്
Blood Donation Camp
BLOOD DONORS KERALA KANNUR
 രക്തം ഹൃദയത്തിൽ നിന്നൊരു സമ്മാനം

Lourde Educational Institutions
 Arriyil P.O., Taliparamba, Kannur - 670412
 BLOOD DONORS KERALA
 REG. NO. KTC/2020/001


Lourde College of Nursing
Recognized by NC, ARIIC & affiliated to Kerala University of Health Sciences
 National Health Service, India


JUNE 21
INTERNATIONAL
Yoga Day
10 AM
LEI Auditorium


Resource person
Shri. Vijay Neelakantan
 (Eco Socio Cultural Interventionist)

Events :
 • Yogasana Demonstration
 • Poster competition
 "Yoga for wellness, wisdom and world peace"




Lourde College of Nursing
Recognized by NC, ARIIC and affiliated to Kerala University of Health Sciences
 Arriyil P.O., Taliparamba, Kannur - 670412

INTERNATIONAL YOGA DAY
YOGA FOR WELLNESS, WISDOM AND WORLD PEACE

LOURDES COLLEGE OF NURSING, THRIKKAKARA

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	15-06-26	World elderly abuse	25 Volunteers	4 hours	Increased awareness about elder abuse and its prevention among older adults

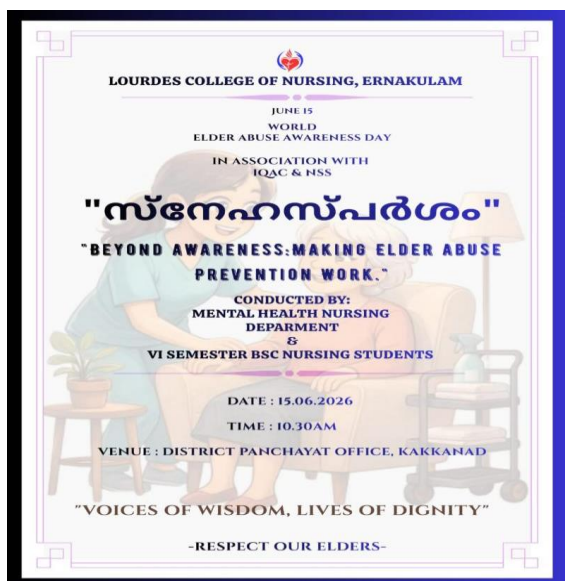
		awareness day, District Panchayat Office, Kakkanad			• Strengthened community participation in protecting and supporting the well being of senior citizens • Enhanced the rights, dignity and legal protection of senior citizens.
2	18-06-26	• Nutrition Day celebration- POSHAN at Lourdes College of Nursing, Sidhi Sadan, Ernakulam	25 Volunteers	3 hours	• Enhanced nutritional knowledge • Improved practical skills • Promoted healthy eating habits • Increased awareness of disease-specific diets • Encouraged team work and creativity
3	18-06-26	• International Yoga Day celebration at Lourdes College of Nursing, Sidhi Sadan, Ernakulam	25 Volunteers	3 hours	• Improved awareness of healthy aging • Enhanced physical fitness • Promoted mental well being • Encouraged healthy life style practices • Strengthened professional competence • Fostered holistic health awareness
4	19-06-26	• National Reading Day celebration at Lourdes College of Nursing, Sidhi Sadan, Ernakulam	25 Volunteers	3 hours	• Promoted the habit of reading among students and staff • Enhanced their knowledge of safe food handling, storage and preparation practices. • Fostered a culture of appreciation and team work. • Conducted role play and awareness sessions.

5	24-06-26	• Awareness session on breast feeding at Block FHC, Malippuram	25 Volunteers	3 Hours	• Enhanced knowledge on breast feeding • Promoted maternal and child health • Corrected common misconceptions • Improved breast feeding practices • Increased confidence among mothers • Strengthened health education skills
6	26-06-26	• International day against drug abuse and illicit trafficking at Bharath Matha College, Thrikkakara in collaboration with Social Justice Department, Govt. Of Kerala	25 Volunteers	3 Hours	• Increased awareness on drug abuse • Promoted healthy life style choices • Improved understanding of mental health • Enhanced community responsibility • Developed health education skills
7	29-06-26	• Anti drug awareness session at Lourdes Hospital, Pachalam	25 Volunteers	2 Hours	• Increased awareness on drug abuse • Provided knowledge on prevention strategies • Early identification and health-seeking • Positive behavioural change

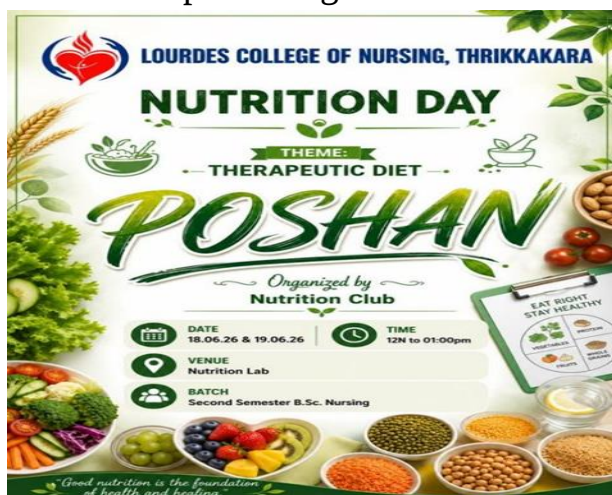
					• Improved mental health awareness • Strengthened support network
8	28-06-26 29-06-26 30-06-26	• Pulse-Polio Immunization programme	5 Volunteers	10 Hours	• Protection against polio • Equal access to vaccination • Improved child health • Increased community awareness • Contribution to a Polio-Free-India • Enhanced community participation • Reduced disease burden
9	11-07-26	• World Population day celebration at Thaluk hospital, Njarackal	25 Volunteers	4 hours	• Understanding of family planning • Promotion of sustainable living • Improved health awareness • Behavioural change • Community participation • Support for national and global goals

Brief Description of the activity with photographs:

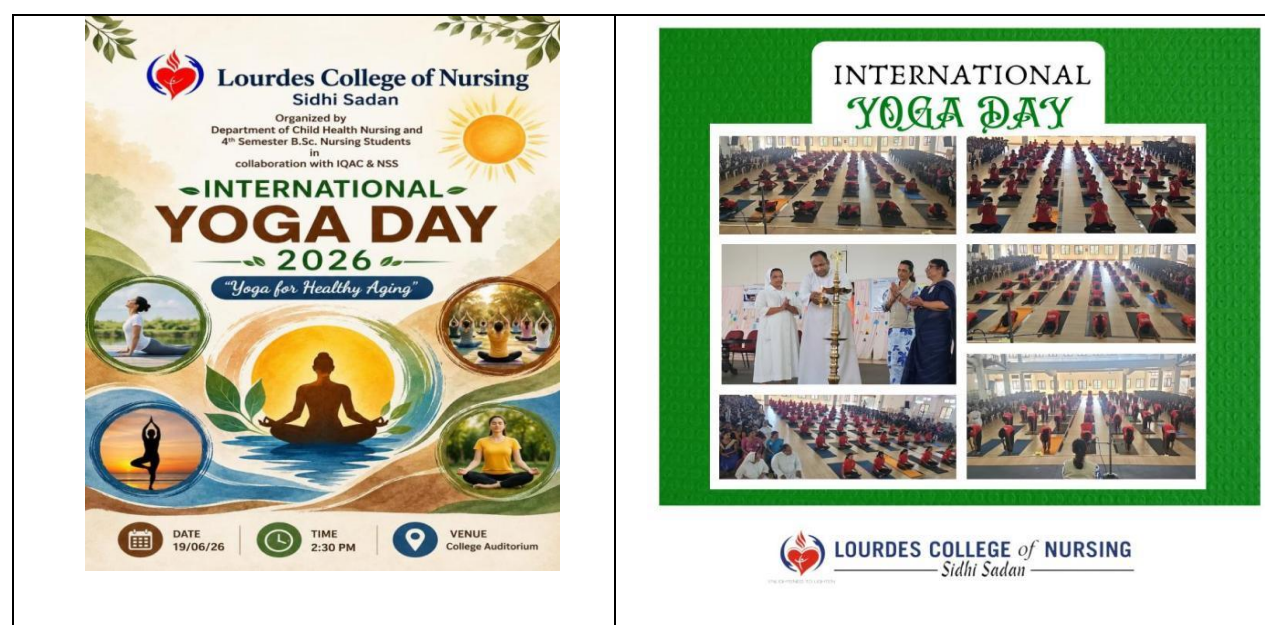
1. The Mental Health Nursing Department of Lourdes College of Nursing, Ernakulam, in association with NSS Unit and IQAC organized an awareness programme on **World Elder Abuse Awareness Day** on **15 June 2026** at **10:30 AM** at the **District Panchayat Office, Kakkanad**. The programme, conducted by **VI Semester B.Sc. Nursing students**, aimed to raise awareness about elder abuse and emphasize the importance of protecting the rights and dignity of older adults. Students educated participants on the different forms of elder abuse, methods of prevention, and the need to promote respect, care, and support for senior citizens. The session encouraged community members to recognize, report, and prevent elder abuse while fostering a culture of compassion and responsibility towards the elderly. Overall, the programme was successful in creating awareness and reinforcing the message, "**Voices of Wisdom, Lives of Dignity – Respect Our Elders.**"



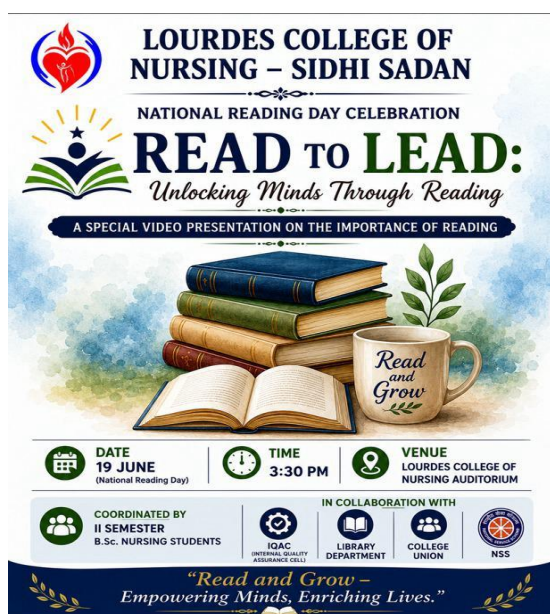
2. The nutrition Club of Lourdes College of Nursing, Thrikkakara organized a Nutrition Day-POSHAN programme on the theme “Therapeutic Diet” from 18th June to 19th June 2026 in the Nutrition Lab. The programme was conducted for Second Semester B.Sc Nursing students with the objective of enhancing their knowledge and practical skills in planning therapeutic diets for various health conditions. Students actively participated in the preparation and exhibition of nutritious therapeutic diets, demonstrating their understanding and balanced nutrition and disease-specific dietary modifications. The programme emphasized the importance of healthy eating habits, nutritional assessment and role of diet in disease prevention and recovery. Faculty members guided and evaluated the students, making the sessions interactive and informative. Overall, the programme successfully improved student’s knowledge, practical competencies and awareness regarding the significance of therapeutic nutrition in promoting health and well-being.



3. The department of Child Health Nursing and 4th Semester B.Sc Nursing students of Lourdes College of Nursing, in collaboration with NSS and IQAC organized the **International Yoga Day 2026** on 19th June 2026 at 2.30 pm in the college auditorium. The programme was conducted with the theme “**Yoga for Healthy Aging**” to promote physical, mental and emotional well-being through the practice of Yoga. The session included demonstrations of various Yoga postures, breathing exercise and relaxation techniques suitable for all age groups especially older adults. Students and faculty members actively participated in the programme and gained awareness about the importance of Yoga in maintaining flexibility, reducing stress and preventing lifestyle-related diseases. The resource persons emphasized the role of regular practice in promoting healthy aging and improving overall quality of life. The programme was highly informative and successful in motivating participants to incorporate Yoga into their daily routine for a healthier and more balanced life.



4. **The National Reading Day celebration** was organized by Lourdes College of Nursing, Sidhi Sadan on 19th June at 3.30 pm in the Lourdes College of Nursing auditorium. The programme titled “Read to Lead: Unlocking Minds through Reading” was conducted by the First year B.Sc Nursing students in collaboration with NSS, IQAC, Library Department and College Union. A special video presentation highlighting the importance of reading was screened emphasizing how regular reading enhances knowledge, critical thinking, communication skills and lifelong learning. Students and faculty members actively participated in the programme and reflected on the value of cultivating a daily reading habit. The session inspired participants to view reading as a powerful tool for personal growth, academic excellence and professional development. Overall, the programme successfully promoted a culture of reading and encouraged students to become lifelong learners and responsible professionals.



5. The Community Health Nursing Department of Lourdes College of Nursing, in association with NSS Unit and IQAC, organized an awareness session on **Breastfeeding** at **Block FHC Malippuram** on **24 June 2026** at **10:00 AM**. The programme was conducted by the **Eighth Semester B.Sc. Nursing students** with the objective of promoting the importance of exclusive breastfeeding and appropriate infant feeding practices. The students educated mothers on the benefits of breastfeeding for the healthy growth, development, and immunity of infants, while

also highlighting its advantages for maternal health. Participants were encouraged to initiate breastfeeding within the first hour after birth and to continue exclusive breastfeeding for the first six months of life. The session was well received by the beneficiaries and successfully enhanced awareness about optimal breastfeeding practices for improving maternal and child health.



6. The **Mental Health Nursing Department** of **Lourdes College of Nursing, Sidhi Sadan**, in association with **NSS, IQAC, and SSGP**, organized an awareness programme on the **International Day Against Drug Abuse and Illicit Trafficking** on **26 June 2026** at **11:00 AM** in the **College Theatre**. The programme was conducted in collaboration with the **Government of Kerala – Social Justice Department** under the theme "**World Drug Problem: Persistent Issues, New Challenges, Innovative Responses.**" The session focused on creating awareness about the harmful effects of drug abuse, methods of prevention, and the importance of leading a healthy, drug-free life. Students actively participated in the programme and gained knowledge about the physical, psychological, social, and legal consequences of substance abuse. The resource persons encouraged participants to resist peer pressure, adopt healthy coping strategies, and become ambassadors for a drug-free society. Overall, the programme was informative and impactful, strengthening the commitment of students to promote awareness and support efforts to prevent drug abuse in the community.



7.The **Anti-Drug Cell** of **Lourdes College of Nursing, Sidhi Sadan**, in collaboration with **NSS, IQAC, SSGP**, organized an **Anti-Drug Awareness Session** on **29 June 2026** from **8:00 AM to 9:00 AM** at **Lecture Hall 10, Lourdes Hospital, Pachalam**. The session was led by **Mr. Babu John P., Retired Civil Police Officer and Children & Police Centre Social Policing Project Udhyog Coordinator, Kochi City**. The resource person explained the harmful effects of drug abuse, the causes of addiction, strategies for prevention, and the legal consequences associated with substance misuse. He also encouraged students to develop healthy coping mechanisms, resist peer pressure, and actively promote a drug-free lifestyle in their communities. Students and faculty members actively participated in the interactive session, which enhanced their awareness and understanding of substance abuse prevention. The programme concluded successfully with a renewed commitment among participants to support the vision of a healthy, drug-free society and spread the message, **"Say No to Drugs, Yes to Life."**



8. The Community Health Nursing Department of Lourdes College of Nursing, in association with the NSS Unit, UHC Nettikunnamukku, and B.Sc students, actively participated in the Pulse Polio Immunization Programme from **28 to 30 June 2026**, from **8:00 AM to 5:00 PM**, covering immunization booths and transit areas. The programme was conducted at Thanpadam, Unnichira, Transit Junction, Karimakkad, and other designated transit points to administer two drops of Oral Polio Vaccine (OPV) to all children below five years of age. Nursing students assisted health professionals in vaccine administration, beneficiary registration, crowd management, and educating parents on the importance of completing the immunization schedule. The programme also strengthened awareness among parents and caregivers about routine immunization and the prevention of vaccine-preventable diseases. Overall, the three-day campaign was successfully implemented and contributed to protecting children from poliomyelitis while supporting India's commitment to maintaining a polio-free nation.



9. The Community Health Nursing Department of Lourdes College of Nursing, Ernakulam, in association with NSS, IQAC, College Union, and Taluk Hospital, Njarackal, organized World Population Day programme on **10 July 2026** at **Taluk Hospital, Njarackal**. The programme was conducted by the **VIII Semester B.Sc. Nursing students** to commemorate **World Population Day (11 July)** under the theme, "**Realising the Hopes and Aspirations of Young People – Today and for the Future.**" The programme emphasized fostering well-being and sustainability while creating awareness about the importance of population balance, reproductive health, and youth empowerment. It also highlighted the need for collective action to build healthier communities by ensuring equal opportunities and access to quality healthcare for all. The programme successfully enhanced public awareness and encouraged participants to contribute towards a sustainable and healthy future.

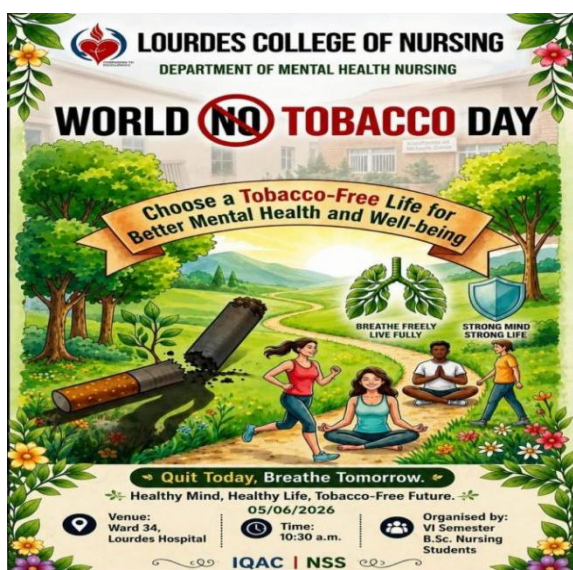


Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	30-05-26	• World No Tobacco Day at Lourdes Hospital, Ward-34	25 Volunteers	3 Hours	• Increased awareness about the harmful effects of tobacco on physical & mental health.

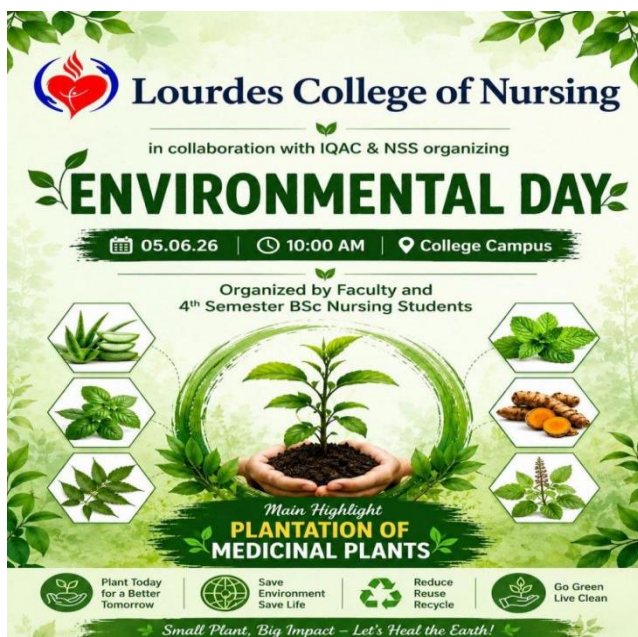
					• Improved knowledge regarding the benefits of quitting tobacco. • Motivated participants to seek help for tobacco cessation. • Encouraged positive behavioural changes.
2	08-06-26	• World Environmental day at Lourdes College of Nursing, Ernakulam	25 Volunteers	2 hours	• Enhanced environmental conservation and sustainable living practices. • Promoted eco friendly habits. • Inspired students in environmental protection initiatives • Encouraged home gardening and cultivation of medicinal plants. • Responsibility towards protecting and preserving nature.
3	08-06-26	• World food safety day at Lourdes College of Nursing, Ernakulam	25 Volunteers	3 hours	• Recognized and appreciated the dedicated efforts of the mess staff by honoring them with a rose flower. • Enhanced their knowledge of safe food handling, storage and preparation practices. • Fostered a culture of appreciation and team work.

					• Conducted role play and awareness sessions.
4	14-06-26	• World Blood Donor Day at Isabella De Rosis Public School, Thevarkad	6 Volunteers	8 Hours	• Importance of voluntary blood donation. • Sense of social responsibility, compassion and community service. • Enhanced confidence and motivation.
5	15-06-26	• World Elderly Abuse Awareness Day “തണൽ”(Shade of Protection) at Block CHC, Malippuram	10 Volunteers	3 Hours	• Awareness regarding rights and protection of older adults. • Encouraged positive attitude towards caring and respecting senior citizens. • Encouraged public to advocate elder-friendly and abuse-free environment.
6	15-06-26	• World Elderly Abuse Awareness Day “തണൽ” at House of Providence, Kacheripadi	10 Volunteers	3 Hours	• Recreational and exercise activities. • Health assessment. • Social interaction and reduced feeling of loneliness. • Healthy aging and health care practices. • Emotional support, happiness and a sense of belonging among the residents.

1. As part of the **World No Tobacco Day** celebration, the NSS Volunteers and the Department of Mental Health Nursing, Lourdes College of Nursing, organized an Awareness Programme on 5th June 2026 at 10:30 a.m in Ward-34, Lourdes Hospital. The initiative aimed to promote a tobacco-free lifestyle for better mental health and overall well-being. Health education sessions were conducted to create awareness about the harmful effects of tobacco use and the benefits of quitting. Informative posters and awareness materials were displayed to reinforce the message, “**Quit Today, Breathe Tomorrow.**” The programme was successful in motivating patients and their attendants to adopt healthier habits and choose a tobacco-free future.



2. In observance of **World Environment Day**, the NSS Volunteers of Lourdes College of Nursing in collaboration with IQAC organized Plantation of Medical Plants Programme on 5th June 2026 at 10.00 am at college campus with the aim of promoting environmental conservation and creating awareness about the medicinal value of plants. Various medicinal saplings were planted at the campus, encouraging students to contribute actively to a greener and healthier environment. The programme highlighted the importance of protecting nature, reducing pollution and preserving biodiversity for future generations. Students enthusiastically participated in the plantation drive and pledged to care for plants and promote sustainable environmental practices. The event was successful fostering environmental responsibility and reinforcing the message “**Small Plant, Big Impact-Let’s Heal the Earth**”.



3. As part of the World Food Safety Day celebration, the NSS Unit and IQAC of Lourdes College of Nursing organized an awareness programme on 8th June 2026 at Sidhi Sadan Lourdes College of Nursing. The programme highlighted the theme “From Burden to Solutions: Safe Food Everywhere”, emphasizing the importance of food safety in preventing illness and promoting health. The session highlighted the importance of safe food practices and the global theme **“From Burden to Solutions: Safe Food Everywhere.”** Various aspects of food safety, including scientific innovations, data-driven actions, and farm-to-table practices, were discussed to create awareness among students. Role play and awareness sessions were conducted to educate the participants on safe food handling, hygiene practices, and the role of food safety in everyday life. The programme also included a special appreciation ceremony in which the mess staff were honoured and recognized for their dedicated service and commitment to maintaining food safety and hygiene standards. The event was well received



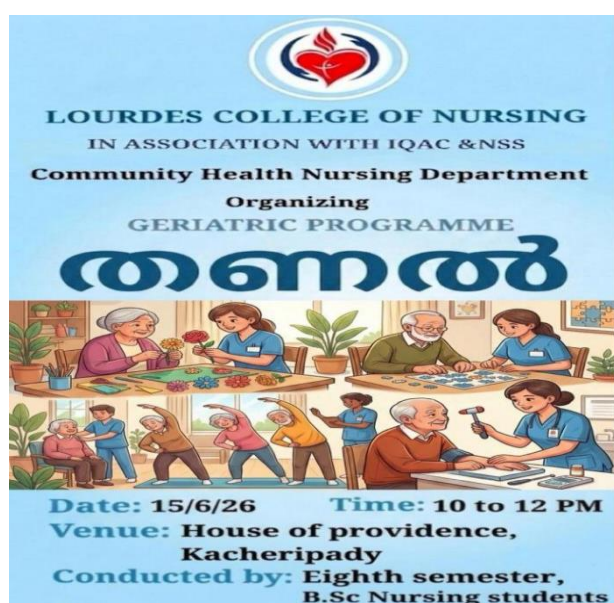
4. On 14th June 2026, World Blood Donor Day was celebrated by organizing blood donation camp at Isabella De Rosis Public School, Thevarkad by Lourdes Hospital and NSS volunteers of Lourdes College of Nursing, Ernakulam. The programme aimed to promote voluntary blood donation and raise awareness about its importance in saving lives. As part of the event, the NSS volunteers presented a skit that effectively motivated the public to donate blood and highlighted the need for regular blood donation. Students, staff and members of the public actively participated in the camp and donated blood with enthusiasm. The programme was great success, fostering a sense of social responsibility and humanitarian service among the participants.



5. The Department of Community Health Nursing and NSS Volunteers of Lourdes College of Nursing, Ernakulam in association with IQAC, NSS and Block FHC Malippuram organized a programme titled “**രണ്ടാൽ**”(Shade of Protection) on **15th June 2026** in observance of **World Elderly Abuse Awareness Day** at Block FHC Malippuram. The programme aimed to create awareness about the prevention of elder abuse and the importance of ensuring dignity, care, and protection for older adults. Skit, awareness sessions and various activities were conducted to educate participants on recognizing and addressing the different forms of elder abuse. The programme emphasized the responsibility of families and communities in safeguarding the well-being of senior citizens. The event was well received and successfully promoted respect, compassion, and support for the elderly.



6. The Department of Community Health Nursing, in association with IQAC and NSS, organized a **Geriatric Programme** titled ““തണൽ”ൽ” on **15th June 2026** at **House of Providence, Kacheripady**. The programme was conducted by the **VIII Semester B.Sc. Nursing students** from 10:00 a.m. to 12:00 noon with the aim of promoting the health and well-being of elderly residents. Various activities, including recreational games, exercises, health assessment, and interactive sessions, were organized to engage and support the senior citizens. The students spent quality time with the residents, providing emotional support and encouraging active participation. The programme was well appreciated by the elderly and successfully fostered a sense of care, companionship, and respect for older adults.



CRESCENT COLLEGE OF NURSING, KANNUR

Sl.no	Date	Activity conducted	No. Of units	No. of participants	No. of hours
1	05.06.2026	NSS Unit inauguration and environmental day celebration	01	60	2 Hours

Introduction

The NSS Unit of Crescent College of Nursing received approval from the Kerala University of Health Sciences NSS Cell on 20 April 2026. The official inauguration of the NSS Unit was conducted on 05 June 2026, coinciding with World Environment Day. The programme aimed to introduce the objectives and activities of the National Service Scheme (NSS) to students and to promote environmental awareness and responsibility.

Inauguration Programme

The inauguration ceremony commenced at 2.00 PM with a prayer song. The welcome address was delivered by a student representative from the 6th Semester B.Sc. Nursing batch.

The programme was formally inaugurated by the Administrative Officer, who delivered the inaugural address and conveyed the World Environment Day message. During the programme, the NSS banner was officially presented. This was followed by the traditional lighting of the lamp and the singing of the NSS theme song by the students.

Felicitation speeches were delivered by the Office Superintendent, Vice Principal. The NSS Coordinator addressed the gathering and explained the aims, objectives,

activities, and various components of the National Service Scheme, emphasizing the role of students in community service and nation-building.

World Environment Day Activities

In connection with World Environment Day, several environmental awareness activities were organized under the theme:

“Inspired by Nature for Climate: Our Future.”

As part of the celebration, the Administrative Officer handed over tree saplings to student representatives for plantation. The Vice Principal delivered an inspiring message highlighting the importance of environmental conservation and sustainable practices.

The following activities were conducted:

Tree Plantation Programme: Tree saplings were planted within the campus premises to promote environmental sustainability.

Panel Discussion: A panel discussion was organized on the theme “Inspired by Nature for Climate: Our Future,” encouraging students to discuss environmental challenges and climate action.

Campus Cleaning Drive: Students actively participated in cleaning the college premises, promoting cleanliness and environmental responsibility.

Conclusion

The inauguration of the NSS Unit and the World Environment Day celebrations were conducted successfully with enthusiastic participation from students, faculty members, and administrative staff. The programme helped create awareness about the significance of NSS activities and reinforced the importance of environmental conservation among students. The event marked a meaningful beginning for the NSS

Unit of Crescent College of Nursing and encouraged students to actively engage in community service and environmental protection initiatives.

NSS UNIT INAGURATION 05.06.2026



World Environment Day Activities



**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
---------	------	--	--------------------------------	------------------------	--

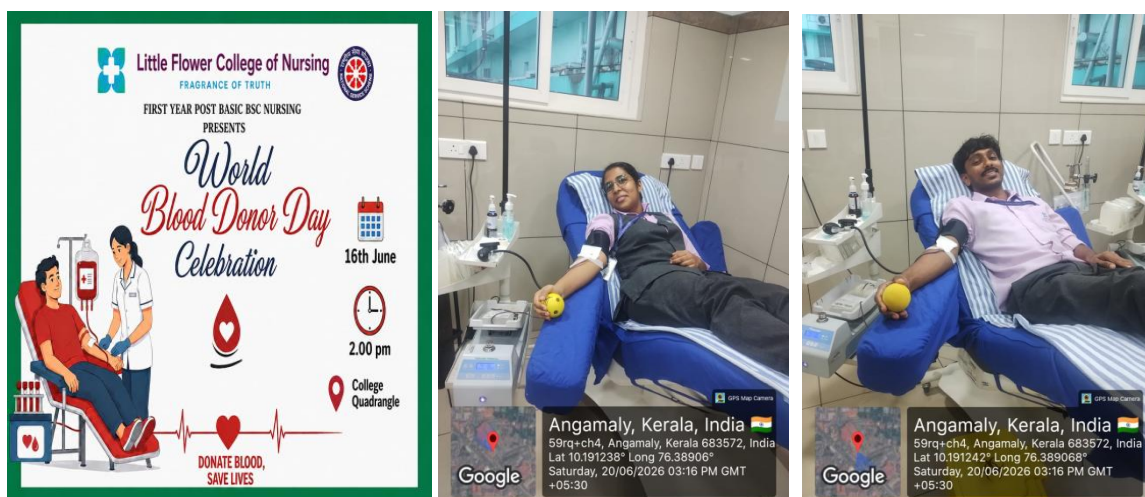
1	05/06/26	World Environmental Day	50	2hrs	The NSS Unit of Little Flower College of Nursing, Angamaly observed World Environment Day on 5 June 2026 to promote environmental awareness. The programme included an Environment Day pledge, an inter-batch "Trash to Treasure" competition, and an exhibition of recycled crafts. The event was actively participated in by students and successfully encouraged environmental conservation and sustainable practices.
2	16/06/26	World Blood Donor Day	75	2hrs	
3	19/06/26	Reading Day	50	2hrs	The NSS Unit and Post Basic B.Sc. Nursing students of Little Flower College of Nursing, Angamaly observed World Blood Donor Day on 16 June

4	22/06/26	International Yoga Day	50	2hrs	2026 to promote voluntary blood donation. The programme included an awareness session by a blood bank expert, a blood donation campaign, and a quiz competition. Students actively participated, making the event successful and spreading awareness about the importance of blood donation. The NSS Unit of Little Flower College of Nursing, Angamaly observed Reading Day on 19 June 2026 to promote the habit of reading among students. The programme included a Reading Day message and various competitions such as bookmark
---	----------	---------------------------	----	------	---

					designing, quiz, and other reading-related activities. Students participated enthusiastically, making the event a great success and encouraging a culture of reading. The NSS Unit of Little Flower College of Nursing, Angamaly organized a One-Day Yoga Eco-Tourism Programme on 22 June 2026 at LF Saurabhya, Munnorppilly to observe International Yoga Day. The programme included yoga sessions, meditation, breathing exercises, and eco-tourism activities to promote physical and mental well-being, environmental awareness, and sustainable
--	--	--	--	--	--

					living. Students actively participated, making the programme successful and inspiring a healthy and eco-friendly lifestyle.
--	--	--	--	--	--





Report on World Population Day Celebration 2026

In observance of World Population Day 2026, Little Flower College of Nursing, Angamaly, celebrated the occasion on 11th July 2026. The programme was organized by NSS Volunteers with the objective of creating awareness about the United Nations World Population Day 2026 theme, "Realizing the Hopes and Aspirations of Young People: Today and for the Future."

The programme commenced with a warm welcome, followed by an introduction highlighting the significance of World Population Day and the importance of this year's theme. The organizers explained that empowering young people and supporting their aspirations are essential for achieving sustainable development and improving the quality of life for future generations.

A banner unveiling ceremony was conducted to officially mark the observance of the day. During the session, the organizers explained the three major aspects of the 2026 theme:

- Youth aspirations and future goals
- Relationships, reproductive health, and family planning
- Removing barriers through supportive policies and opportunities

The speakers emphasized the importance of providing young people with quality education, equal opportunities, access to reproductive health services, and supportive policies that enable them to achieve their aspirations and contribute positively to society.

As part of the celebration, an E-Poster Competition was organized for the students to encourage creativity and enhance awareness about the world population day 2026 theme. The competition received an enthusiastic response, with 12 students participating. The posters effectively highlighted the importance of youth empowerment, responsible relationships, reproductive health, family planning, and the need for supportive policies that help young people achieve their goals.

The entries were evaluated based on relevance to the theme, originality, creativity, content accuracy, visual presentation, and overall impact.

The winners of the competition were:

First Prize: Elwin Byju P, 4th Semester B.Sc. Nursing Student

Second Prize: Ashna Fathima, 2nd Semester B.Sc. Nursing Student

The prize winners were appreciated for their outstanding creativity and informative presentation, while all participants were congratulated for their sincere efforts.

The programme concluded with a vote of thanks. The celebration successfully increased students' awareness and understanding of the United Nations World Population Day 2026 theme. The activities were informative, interactive, and beneficial, inspiring students to recognize the importance of empowering young people and supporting their hopes and aspirations for a sustainable future. Overall, the programme was a great success and was well appreciated by all the participants.

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	17/6/2026 3pm-4pm	Refreshment course: Infection Control	100	1 hr.	NSS unit of our college is arranged a refreshment course about infection control measures at college of nursing auditorium, as the commencement of clinical posting for

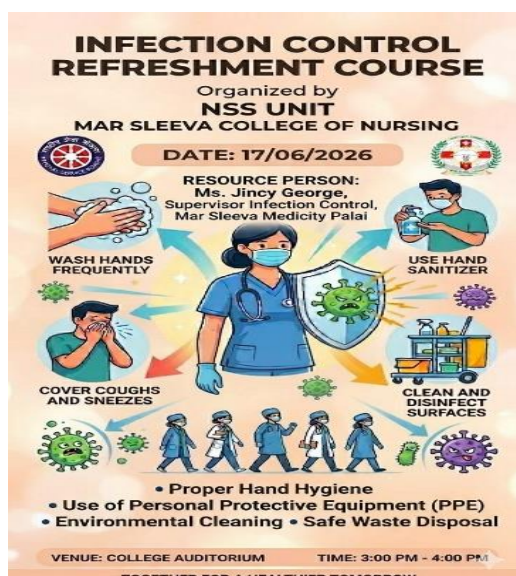
					all batch students. The resource person was Ms. Jincy George, supervisor infection control at mar sleeve medicity palai. all students were thorough about basic procedures which has to follow at hospital at all time.
2	18/6/2026 3pm-4pm	Blood Donation Awareness programme.	100	1hr.	All volunteers actively participated in awareness program and asked many doubts regarding donation and it is cleared by Dr Kelita George, specialist community medicine and public health.
3	19/6/2026 4pm-5pm	Reading day celebration	100	1 hr.	Actively participated in reading via Internet and Library. Competition made for writing poems and stories. Encouraged students to read more and make it as a good habit in life.
4	21/6/2026 12pm-1pm	International yoga day celebration and awareness program.	100	1hr.	The resource person Dr Pooja T Amal, consultant and coordinator Ayurveda ,of Mar Sleeva Medicity Palai given a motivational speech regarding yoga and training has given by

					the Yoga Trainer Ms. Dona. Students are actively participated in yoga classes and practiced.
5	23/6/2026 10am - 12pm	Blood donation	7	2 hrs.	Students started to give blood donation on the basis of all criteria. Collected consents from students and parents' side.
6	23/6/2026 4pm-5pm	Cleaning and harvesting of vegetable.	50	1 hr.	First Peas harvesting done from our vegetable garden and sold to Principal for Rs 100/-
7	25/6/2026 2pm -5pm	World Anti-Drug Day/operation TOOFAN Blood donation certificate distribution Census-self enumeration	100	2 hrs.	Today`s session was headed by the resource person Sr Dr Julie Elizabeth, clinical psychologist at Mar Sleeva Medicity Palai. all NSS volunteers actively participated in this awareness program and asked doubts to her. Followed by power point presentation, quiz competition, anti-drug awareness dance and anti-drug pledge was done. This Narco Hunt was a great success in youth. Blood donation certificate is distributed to donors

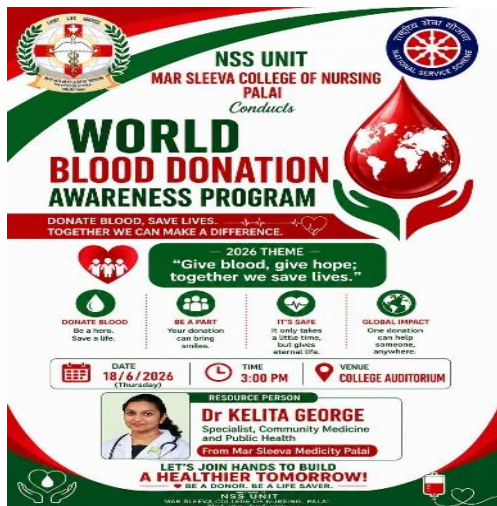
					by college Principal Dr Deltimol Mathew Self-enumeration discussion class was conducted by a team of members from kidangoor panchayath. The census steps were explained by Mrs. Bindhu secretary of Kidangoor Panchayath. Students were done self-enumeration with their mobile.
8	02/07/26 9.30am - 12.30pm	Mock drill-code orange	14	3hrs	A mock drill was conducted in collaboration with Mar Sleevea Medicity Palai. code orange was conducted. students actively participated as injures victim from an outside area.
9	2/7/2026 2-4pm	PTA General Body meeting	50	2hrs	NSS volunteers of 6 th semester were actively participated in helping refreshment activities of this meeting.
10	3/7/26 4pm-5pm	Plastic bag free day celebration	50	1 hr.	On 6/7/26 students were participated in creation of plastic free network area.ie in campus and off campus.

11	9/7/26	My Bharath web site	50	1 hr.	Students are entered their names in my Bharath website.
12	10/7/26 8am-4pm	Mega Blood Donation Camp.	100	8hrs	All NSS volunteers are participated in mega blood donation camp which is conducted in our college Mar Sleevea College of Nursing Palai, in association with Mar Sleevea Medicity Palai. 29 units of blood is donated. NSS volunteers also donated blood. The first donation was by Principal.

1 . Refreshment course: infection control at hospital [17/06/2026]



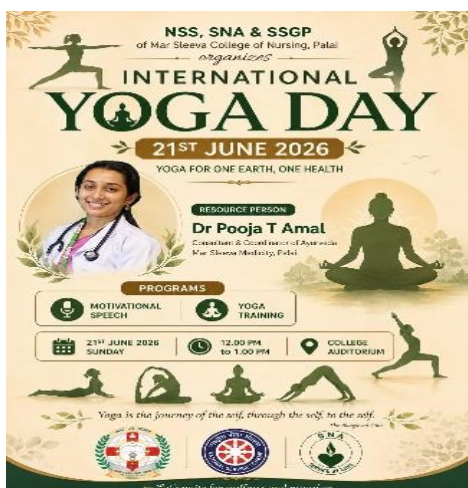
2. Blood Donation Awareness programme. [18/6/2026]



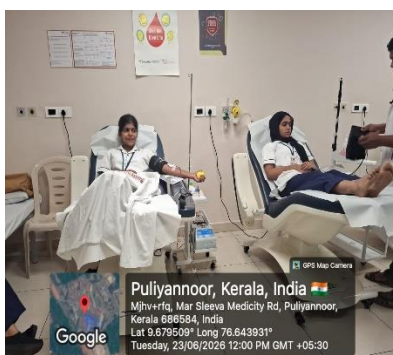
3. Reading day celebration [19/06/2026]



4. International yoga day celebration and awareness program [21/06/2026]



5. Blood donation [23/06/2026]



6. Cleaning and harvesting of vegetable. [23/06/2026]



7. World Anti-Drug Day/operation TOOFAN [25/06/2026]



8. Blood donation certificate distribution [25/06/2026]



9. Census-self enumeration [25/06/2026]



10. Mock drill-code orange [02/07/2026]



11.PTA General Body meeting [02/07/2026]



Plastic bag free day celebration [03/07/2026]



Mega Blood Donation Camp. [10/07/2026]



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	27.06.2026	INTERNATIONAL DAY OF DRUG ABUSE AND ILLICIT TRAFFICKING- Seminar titled "From Curiosity to Dependency: Understanding the Path of Addiction"		3	The seminar was informative and successfully created awareness about the harmful effects of drug abuse and illicit trafficking. Overall, the programme was beneficial and encouraged students to contribute towards building a drug-free society.

2	01.07.2026	NATIONAL DOCTORS DAY	8	2	National Doctors Day served as a meaningful occasion to acknowledge the nobility of the profession and to inspire future healthcare professionals to uphold the principles of compassion, dedication, and service. This initiative not only expressed sincere appreciation but also reinforced the values of empathy, respect, and excellence that define the noble medical profession.
3	13.07.2026	ORAL SCREENING CAMP	8	6	The program aimed to promote oral health awareness among school students through oral examination and education
4	15.07.2026	FIELD VISIT TO FHC, CHATHAN OOR, KOLLAM	28	2	.The field visit provided valuable practical exposure of the functioning of public health

					delivery System at primary level and implementation of various health programmes. It also included valuable information about importance of the immunization and scheduled dose , route of administration of each vaccines overall, the field visit was highly informative,extremely beneficial regarding current public health structures and its functioning.
--	--	--	--	--	--

Brief Description of the activity with photographs if any:-

To commemorate the International Day Against Drug Abuse and Illicit Trafficking, the Department of Public Health Dentistry of Azeezia College of Dental Science and Research, along with the NSS Unit (NSS/SFU/KLM/KUHS/3), organized a seminar titled “From Curiosity to Dependency: Understanding the Path of Addiction.” The session was conducted by Mr. Johns K. Lukose, Psychologist and Director, Life Skills BVET Centre for Counselling and Training, Chathannoor, Kollam. The seminar

aimed to create awareness among students about substance abuse, addiction, and its impact on individuals, families, and society.

The International Day against Drug Abuse and Illicit Trafficking is observed on 26th June, as declared by the United Nations, to strengthen global action and cooperation in achieving a world free from drug abuse and illegal trafficking. Drug abuse and illicit trafficking are major public health and social issues. An introductory session on drug abuse and illicit trafficking was delivered by Dr. Naveen Jacob Varghese, Reader, Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research. Drug abuse refers to the harmful or excessive use of psychoactive substances, while illicit trafficking refers to the illegal production, transport, smuggling, distribution, or sale of drugs and other prohibited substances.

The seminar began with a welcome speech and a brief introduction to drug abuse and illicit trafficking. The speaker then discussed the causes and effects of substance abuse in detail. Commonly used drugs, withdrawal symptoms, and stages of addiction were also explained. The physical, psychological, and social consequences were highlighted. During the session, Dr. Johns K. Lukose elaborated on the concept of drug abuse and illicit trafficking, emphasizing their harmful effects on individuals, families, and society. He discussed the causes and risk factors of substance abuse, commonly abused drugs, and the stages of addiction. The session also covered the signs and symptoms of addiction, withdrawal symptoms, and the various consequences of drug abuse. To help students understand the seriousness of addiction, he shared real-life case examples. He further emphasized the importance of prevention, early intervention, treatment, and rehabilitation, and highlighted the vital role of family, educational institutions, and society in preventing substance abuse. The session concluded by stressing the need for awareness, counselling, and adopting a healthy, drug-free lifestyle.

The programme concluded with a vote of thanks delivered by Dr. R Rathy(Principal, Azeezia Dental College), who expressed sincere gratitude to the resource person, faculty members, and all participants for making the seminar a success. As a token of appreciation, a memento was presented to Mr. Johns K. Lukose. The seminar was informative and successfully created awareness about the harmful effects of drug abuse and illicit trafficking. Overall, the programme was beneficial and encouraged students to contribute towards building a drug-free society.



Brief Description of the activity with photographs if any:-

National Doctor's Day was observed at Azeezia College of Dental Science and Research, organized by the Department of Public Health Dentistry, in order to recognize and honor the dedication and invaluable contributions of doctors. Doctor's Day, celebrated on July 1st, commemorates Dr. Bidhan Chandra Roy and underscores the significant role of medical professionals in the healthcare system. In addition to patient care, doctors contribute immensely as educators and mentors, imparting knowledge, clinical expertise, and ethical values to students and interns.

As part of the observance, the interns of the Department of Public Health Dentistry prepared handmade cards containing a heartfelt gratitude note and distributed them to all the doctors as a mark of respect and appreciation for their unwavering

commitment, guidance, and service. The celebration served as a meaningful occasion to acknowledge the nobility of the profession and to inspire future healthcare professionals to uphold the principles of compassion, dedication, and service.

This initiative not only expressed sincere appreciation but also reinforced the values of empathy, respect, and excellence that define the noble medical profession.



Brief Description of the activity with photographs if any:

The Department of Public Health Dentistry, Azeezia College of Dental Sciences & Research, in association with the NSS Unit (NSS/SFU/KLM/KUHS/3) conducted an Oral Screening Camp at TKM Higher Secondary School, Karicode, Kollam, on 13 July 2026 from 10:00 AM to 1:30 PM. The program aimed to promote oral health awareness among school students through oral examination and education. A total of 100 participants were screened, and 92 students requiring further evaluation and treatment were referred to Azeezia Dental College. As part of the oral screening camp, oral hygiene instructions were provided, and proper tooth-brushing technique was demonstrated to the students. The students were educated on the importance of maintaining good oral hygiene, preventing dental caries and gum diseases, and the need for regular dental check-ups. There were total of 100 students. Out of 100 students, 31 were referred for orthodontic treatment, 49 for Endodontic treatment, 59 for Periodontal treatment, 2 for extraction, The camp was successfully conducted with

the active support of the NSS Unit and school authorities, contributing to improved oral health awareness and the early identification of dental problems among the students.



Brief Description of the activity with photographs if any:

The Department of public health Dentistry, Azeezia College of Dental Science and Research Centre and NSS unit [NSS, SFU/KLM/KUHS/3) organized a field visit for Final Year Part A students to the Family Health Centre [FHC] on 15th July, 2026. It is currently known as the Ayushman Arogya Mandir.

The field visit started at 12:45pm from the college. At the FHC, the staff conducted an interactive Session which dealt about the health programmes conducted in India. Mr Suraj [Health Inspector, PHC Chathannoor] gave as a brief idea about Kerala's primary healthcare Structure, starting from directorate of Health services to district hospital Community health centre which is again divided into subcenters. He described in detail about FHC functioning and how it helps the Community in and around the FHC. He explained the functioning of FHC consists of two wings i.e the community and Public health wing which associate with field visit to ensure the health of people by controlling vector borne, waterborne disease and overall wellbeing. The 2nd wing is headed by Junior Public Health Nurse [JPHN] which mainly deals with the wellness of mother and child. They provide antenatal and

postnatal care by ensuring the vaccinations are given at prompt time and the nutrition of child and mother is ensured.

Mr. Ranjith, Junior Health inspector [JHI] took over the session and emphasised the importance of “One world One Health and its arousing importance after the pandemic. His thoughtful words enlightened the importance of studying science and implementing it in day to day life. He affirmed that the practices such as claiming prayer alone is sufficient for treating diseases, discouraging vaccination or spreading false information about public health programmes negatively affect the individual and community health. Such misinformation should be addressed with accurate scientific knowledge. He made us understand that as upcoming doctors, we should actively promote awareness about the importance of vaccination and other public health initiatives and encourage people to make informed decisions based on scientific evidence while respecting personal beliefs.

Later, the Junior public Health nurse [JPHN] introduced us to the immunization schedule which starts from the time of birth till 15 years of age. She also acknowledged about the importance of HPV Vaccine for women and the need of taking care of women from adolescence for their good health. Then we were explained about the health facilities they provide in the subcenters and which all clinics are active on respective days.

After that we visited the immunization room at FHC. The health inspector showed us a vaccine storage room where a precise temperature is typically maintained for refrigerated vaccines to ensure its potency. They utilize specialized equipments like pharmaceutical grade freezer where vaccines are kept. At OP block he talked about functioning and structure of it. A token system is followed and patients are taken for pre check-ups, vitals are recorded and then allotted to doctors. We also saw the physiotherapy room Observation room, injection room, pharmacy and waste segregation room.

The visit was concluded at 2:00pm. The field visit provided valuable practical exposure of the functioning of public health delivery System at primary level and implementation of various health programmes. It also included valuable information about importance of the immunization and scheduled dose, route of administration

of each vaccines overall, the field visit was highly informative,extremely beneficial regarding current public health structures and its functioning.



MAR BASELIOS COLLEGE OF NURSING

Sl. No.	Date	Name of the Activity Conducted	No. of Participants	Total Hours Spent	Achievement by the program including beneficiaries
1	24/06/2026	World Yoga Day celebration	10	2 hrs	Public
2	26/06/2026	Appreciation for Hunger Free Project	5	2 hrs	Students

3	26/06/2026	International Day Against Drug Abuse and Illicit trafficking	14	2 hrs	Public
4	28/06/2026	Pulse Polio Programme	10	3 hrs	Public
5	08/07/2026	Hunger Free Project	12	2 hrs	Patients and by-standers

24.06.2026 REPORT ON WORLD YOGA DAY CELEBRATION

In observance of International Yoga Day 2026, NSS volunteers from Mar Baselios College of Nursing, Kothamangalam, conducted a specialized yoga and stress management session for the nursing staff at the Primary Health Centre, Cheruvattoor, on June 24, 2026. The wellness programme, designed to promote physical fitness and mental well-being among frontline healthcare professionals, commenced with an insightful introduction to the benefits of yoga by student coordinators Jiksa Ann Tom and Maria Saju, followed by a live demonstration and guided practice of various yoga postures, breathing exercises, and relaxation techniques. The PHC nurses participated enthusiastically, making the outreach initiative highly successful and earning positive feedback for its practical approach to workplace stress relief and community health promotion.



26.06.2026 REPORT ON APPRECIATION FOR HUNGER FREE PROJECT

On June 26, 2026, four NSS student representatives of the 8th Semester B.Sc. Nursing from Mar Baselios College of Nursing, Kothamangalam, accompanied by Assistant Lecturer Mrs. Sobha Shaju, attended the Second Anniversary and Award Ceremony of the Hunger-Free Hospital Project held at the Taluk Headquarters Hospital, Kothamangalam, from 3:00 PM to 6:15 PM. Presided over by District Collector

Shrimati G. Priyanka IAS, who emphasized that food security and nutrition are integral to quality healthcare, the event celebrated two successful years of providing free, nutritious meals to patients and bystanders. In alignment with the NSS motto of selfless service, the highlight of the programme was the presentation of the Hunger-Free Hospital Project Award, which the college representatives proudly received on behalf of the initiative in recognition of collective dedication, community partnership, and outstanding humanitarian service in healthcare.



26.06.2026 REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On June 26, 2026, in observance of the International Day Against Drug Abuse and Illicit Trafficking, the NSS volunteers of Mar Baselios College of Nursing, Kothamangalam, in collaboration with the Kothamangalam Police Station, organized an impactful public awareness campaign featuring a rally and a flash mob. The volunteers, supported by local law enforcement, marched through the main streets of the town holding placards and chanting anti-drug slogans to draw public attention to the perils of substance abuse. The campaign culminated at the high-traffic Kothamangalam Private Bus Stand, where the students performed an energetic and creative flash mob that effectively depicted the destructive consequences of addiction on individuals and families. This joint initiative successfully engaged a large crowd of commuters and local citizens, reinforcing community-police partnership and

fulfilling the core NSS objective of societal sensitization toward a healthy, drug-free lifestyle.



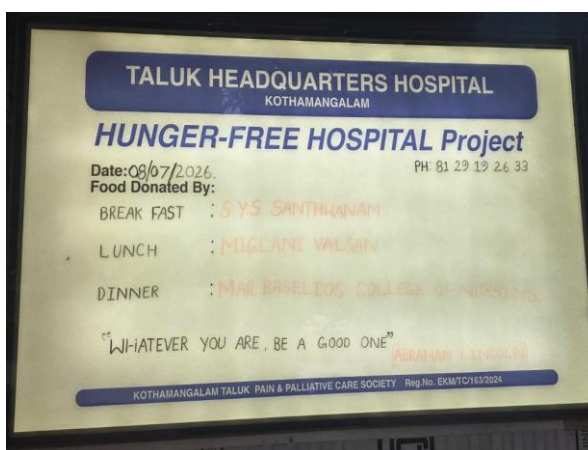
28.06.2026 REPORT ON PULSE POLIO IMMUNIZATION CAMPAIGN

On June 28, 2026, in observance of the National Immunization Day, 10 NSS volunteers from Mar Baselios College of Nursing, Kothamangalam, actively participated in the Pulse Polio Immunization Campaign from 7:00 AM to 4:00 PM, organized in collaboration with the National Health Mission and the local Health Department. Deployed across the Taluk Headquarters Hospital, local PHCs, sub-centres, and transit mobile booths like the Kothamangalam Private Bus Stand, the student nurses worked alongside public health staff to safely administer oral polio vaccines (OPV) to children under five, manage official documentation, and finger-mark vaccinated children. Beyond clinical administration, the 10 volunteers served as community health educators by counseling parents on vaccine adherence and upcoming house-to-house outreach, earning high appreciation from public health authorities for their professional dedication to sustaining India's polio-free status.



08.07.2026 REPORT ON HUNGER FREE PROJECT

On 8th July 2026, eight NSS volunteers from Mar Baselios College of Nursing, Kothamangalam, actively participated in the Hunger-Free Hospital Project at the Taluk Headquarters Hospital. Organized in collaboration with the Pain and Palliative Care Society, Kothamangalam, the initiative saw the student volunteers serve nutritious meals to 72 patients and bystanders, directly contributing to community welfare and patient care. Following the successful completion of the service food drive, the volunteer team returned to the college hostel by 7:00 PM.



BABY MEMORIAL COLLEGE OF NURSING, KOZHIKODE

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	17/6/26	Health awareness session	100	1	Gained information regarding elder abuse

		regarding elder abuse			and measures to promote wellbeing
2.	20/6/26	Yoga training	100	1	Got motivated and understood the impact of yoga on health
3.	25/6/26	Health exhibition on drug abuse	10	4	Gained information on ill effects of substance abuse
4.	27/6/26	Awareness session on drug abuse	100	1	Gained information on drug abuse and its impact
5	27/6/26	BLS training	4	4	Gained information and acquired technical skills on BLS
6.	28/6/26	Pulse polio immunisation	10	8	Protect the children from poliomyelitis and utilized the immunisation services
7.	29/6/26	Blood donation camp	24	3	To save the human life in emergency situation
8.	29/6/26 & 30/6/26	Health exhibition on drug abuse	50	6	Gained information on drug abuse and its impact
9.	1/7/26	BLS training	4	4	Gained information and acquired technical skills on BLS

1.“Elder Abuse: Creating Awareness and Facilitating Preventive Strategies”

The Medical Surgical Nursing Department in collaboration with the National Service Scheme (NSS) Unit, Baby Memorial College of Nursing, organized a health awareness programme titled “Elder Abuse: Creating Awareness and Facilitating Preventive Strategies” on 17 June 2026, from 2.00 PM to 4.00 PM at the Academy Auditorium. The programme was conducted in collaboration with Institute of Mental Health and Neurosciences (IMHANS), Kozhikode and the Alzheimer and Related Disorders Society of India (ARDSI), Kozhikode Chapter, as part of strengthening institutional partnerships for community health promotion and creating awareness on the prevention of elder abuse.

The programme commenced with a formal inaugural session, followed by an informative keynote address by Dr. Sheeba Ninan, Geriatric Psychiatrist and Assistant Professor, Telemanas, IMHANS, Kozhikode. The resource person emphasized the growing burden of elder abuse, its various forms, risk factors, warning signs, psychological impact, legal provisions, and the importance of promoting dignity, respect, and quality care for older adults. Practical preventive strategies and the role of healthcare professionals in early identification and intervention were also discussed.

A major highlight of the programme was the active collaboration with the Alzheimer and Related Disorders Society of India (ARDSI), Kozhikode Chapter, a renowned non-governmental organization dedicated to supporting older adults, particularly individuals living with dementia and Alzheimers & related disease, along with their caregivers. Members of ARDSI, Kozhikode Chapter actively participated in the programme, sharing their commitment to elderly care and reinforcing the importance of community participation, caregiver support, and public awareness in ensuring healthy ageing and preventing elder abuse.

Faculty members, NSS volunteers, and nursing students enthusiastically participated in the programme. The interactive session enabled participants to clarify their doubts and gain a better understanding of the physical, emotional, social, and legal aspects of elder abuse and the available support systems.



REPORT ON HEALTH AWARENESS - INTERNATIONAL YOGA DAY 2026

International Yoga Day 2026 was observed at Baby Memorial College of Nursing, Kozhikode on 20 June 2026 with a Yoga Training Session organized by the College Union and NSS Unit. The programme was conducted from 4.00 PM to 5.00 PM at the BMH Academy Auditorium.

The session was led by Mr. Vibul M, Director, Chaithanya School of Yoga & Fine Arts, who served as the resource person. The programme was coordinated under the guidance of Prof. Manju S. S., Incharge, Physical Education.

The resource person highlighted the importance of yoga in maintaining physical fitness, mental well-being, stress management, and overall quality of life. Participants actively engaged in various yoga asanas, breathing exercises (Pranayama), and relaxation techniques. The session emphasized incorporating yoga into daily life to promote a healthy lifestyle and enhance concentration and emotional balance.

Students and faculty members enthusiastically participated in the programme, making the event a meaningful and refreshing experience. The session concluded with a vote of thanks, encouraging everyone to continue practising yoga regularly for a healthier and more harmonious life .



REPORT OF HEALTH EXHIBITION ON DRUG ABUSE

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking 2026, the Department of Nursing Foundation and Mental Health Nursing, in collaboration with the NSS Unit of Baby Memorial College of Nursing, organized a health exhibition on drug abuse to create awareness about the harmful effects of substance abuse and the importance of leading a drug-free life. The exhibition was conducted at the Urban Primary Health Centre (UPHC), Chelavoor, on 26/06/2026.

The exhibits highlighted the physical, psychological, social, and legal consequences of drug abuse, methods of prevention, and the importance of early intervention and rehabilitation.

Nearly 34 people were participated in the programme. The programme received active participation from faculty members and students and successfully promoted awareness, encouraging the community and young people to adopt a healthy, drug-free lifestyle.



REPORT OF HEALTH AWARENESS PROGRAMME

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking, a health awareness session was conducted on 27/06/2026 for NSS Volunteers of Baby memorial college of Nursing (BMCON). The session was led by Ms. Rejina Raveendran, Associate Professor, Baby Memorial College of Nursing. The resource person highlighted the harmful effects of drug abuse, the consequences of illicit trafficking, risk factors, preventive measures, and the vital role of nurses in promoting awareness and supporting individuals affected by substance abuse. The interactive session enhanced the student's knowledge and encouraged them to actively participate in drug abuse prevention and community awareness initiatives



5. REPORT ON HEALTH AWARENESS PROGRAMME – BASIC LIFE SUPPORT (BLS)

A Health Awareness Programme on Basic Life Support (BLS) was organized by the Department of Foundations of Nursing in collaboration with the NSS Unit of Baby Memorial College of Nursing (BMCON) on 27.06.2026 for KSEB employees. The programme aimed to create awareness regarding basic life support measures, first aid management, and emergency care during common accidents. The session was conducted at KSEB Hall, Electrical Sub Division, Nadakkavu, Kozhikode from 2:30 pm to 5:00 pm. The programme was inaugurated by Mrs. Jiji, Assistant Executive Engineer, KSEB, who appreciated the efforts taken by BMCON in organizing such a valuable awareness session.

The resource person for the programme was Prof. Pramina Mukkolath, Head of the Department of Foundations of Nursing, BMCON. She delivered an informative session on Basic Life Support, common accidents among KSEB workers, and their first aid management. Hands-on training was provided to all the participants to enhance their practical skills in managing emergency situations. The participants actively interacted and clarified their doubts regarding BLS and first aid management. The Assistant Executive Engineer, KSEB, expressed gratitude to the BMCON team for conducting an informative and interactive programme. A total of 53 participants benefited from the session.



6. REPORT ON NATIONAL PULSE POLIO IMMUNIZATION PROGRAMME 2026

The National Pulse Polio Immunization Programme 2026 was observed at Baby Memorial Hospital (BMH), Kozhikode, on 28 June 2026. NSS volunteers from Baby Memorial College of Nursing actively participated in the programme by assisting in beneficiary registration, guiding parents, maintaining records, and supporting the administration of Oral Polio Vaccine (OPV) under the supervision of healthcare professionals. The volunteers also created awareness among parents about the importance of polio immunization and routine vaccination. The programme contributed to protecting children below five years of age and strengthening the nation's efforts to maintain its polio-free status.



7. REPORT OF BLOOD DONATION CAMP

As a part of the World Blood Donors Day 2026, BMH Academy NSS volunteers conducted a blood donation camp on 29/06/2026 at Baby Memorial academy campus. The camp was conducted with the objective of promoting voluntary blood donation, creating awareness about the importance of blood donation, and encouraging students, faculty, and the public to contribute to saving lives. Faculty and students actively participated in the camp. The collected blood units will be utilized to support patients requiring blood transfusions during emergencies, surgeries, and the treatment of various medical conditions. Throughout the camp, strict infection prevention and safety protocols were followed. Donors were provided with refreshments after the donation. The camp concluded successfully with enthusiastic participation from students and faculty members. 24 NSS volunteers actively participated in the blood donation camp.

8) Health exhibition - International Day Against Drug Abuse and Illicit Trafficking

A Health Exhibition was organized on 29th and 30th June in observance of the International Day Against Drug Abuse and Illicit Trafficking for the students of Baby Memorial College of Nursing (BMCON), Baby Memorial School of Nursing (BMSO), and Baby Memorial College of Allied Medical Sciences (BMCAMS).

The exhibition aimed to raise awareness about the harmful effects of drug abuse, the importance of prevention, and the promotion of a healthy, drug-free lifestyle. Informative charts, posters, models, and educational materials were displayed on topics such as types of drugs, risk factors, signs and symptoms of substance abuse, health and social consequences, prevention strategies, and available support services.

Students actively participated by visiting the exhibition, interacting with the exhibitors, and gaining valuable knowledge about the dangers of drug abuse and the importance of making informed, healthy choices. The exhibition successfully created awareness and reinforced the message of living a drug-free life among the participants.

9. REPORT ON HEALTH AWARENESS PROGRAMME – BASIC LIFE SUPPORT (BLS)

A Health Awareness Programme on Basic Life Support (BLS) was organized by the Department of Foundations of Nursing in collaboration with the NSS Unit of Baby Memorial College of Nursing (BMCON) on 01.07.2026 for the KSEB employees of Transmission Construction Subdivision and 220kV Substation, Subdivision Nallalam. The programme aimed to create awareness regarding basic life support

measures, first aid management, and emergency care during common accidents. The session was conducted at the Transmission Circle Conference Hall, Nallalam, Kozhikode from 3:00 pm to 5:00 pm. The programme was inaugurated by Mrs. Usha, Assistant Executive Engineer, KSEB, who appreciated the efforts taken by BMCON in organizing such a beneficial awareness session.

The resource person for the programme was Prof. Pramina Mukkolath, Head of the Department of Foundations of Nursing, BMCON. She delivered an informative session on Basic Life Support, common accidents among KSEB workers, and their first aid management. Hands-on training was provided to all the participants to improve their knowledge and skills in managing emergency situations. The participants actively interacted during the session and clarified their doubts regarding BLS and first aid management of common incidents. Participants shared positive feedback about the programme. Mrs. Usha, Assistant Executive Engineer, KSEB, expressed gratitude to the BMCON team for conducting an informative and interactive session. A total of 61 participants benefited from the programme



Sd/-

Dean (Student Affairs) & NSS Programme Coordinator