



KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur- 680596

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Date: 27/07/2026

AMALA INSTITUTE OF MEDICAL SCIENCES, **THRISSUR**

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1	June 22, 2026	Yoga Awareness & Drug Awareness Programme	50	2	The programme successfully enhanced awareness among students regarding healthy living and substance abuse prevention. Participants gained valuable knowledge about yoga and the importance of staying away from drugs.

2	June 6, 2026	Health Camp	50	2	The programme benefited the community and provided students with practical exposure to social service activities, fostering empathy and responsibility.
3	4/06/2026	Environment Day – Observation – Awareness session on vector borne diseases and importance of going back to natural products at St. George's School, Puttukara	50	2	Increased awareness among school students on prevention of vector borne diseases, environmental protection, and use of natural products

Programme: Yoga Awareness & Drug Awareness Programme

Organised by: NSS Unit

Venue: College Students

1. Yoga Awareness and Drug Awareness Programme

Date: 22 June 2026

Time: 10:00 AM – 12:00 Noon

Venue: College students amala institute of medical sciences

Resource Person: Dr. Pretty

Participants: Students of Navajyothi College of Teacher Education for Women

Duration: 2 Hours

Introduction

As part of NSS activities, a **Yoga Awareness and Drug Awareness Programme** was conducted on **22 June 2026 Amala institute of Medical Sciences, Thrissur.**

The programme aimed to promote healthy lifestyle practices and to create awareness about the harmful effects of drug abuse among students.

Objectives

- To create awareness about the importance of yoga for physical and mental well-being
- To educate students about the ill effects of drug abuse
- To encourage students to lead a disciplined and healthy lifestyle

Event Proceedings

The programme commenced at 10:00 AM with an awareness talk by **Dr. Pretty**, highlighting the role of yoga in maintaining mental balance, reducing stress, and improving overall health. This was followed by a session on drug awareness, where students were educated about the health, social, and psychological consequences of drug abuse.

A brief yoga practice session was conducted, during which students actively participated in basic yoga postures and breathing exercises. The session was interactive and informative, and students showed keen interest throughout the programme.

Outcome

The programme successfully enhanced awareness among students regarding healthy living and substance abuse prevention. Participants gained valuable knowledge about yoga and the importance of staying away from drugs.

Conclusion

The Yoga and Drug Awareness Programme was effectively conducted and contributed to the holistic development of students by promoting physical fitness, mental well-being, and social responsibility.

2. Health camp

Date: 06 June 2026

Venue: Velur

Organised by: Students, Department of Community Medicine

Participants: Community members and students

Introduction

The **Health camp Nanma Programme** was conducted on **06 June 2026** as part of student-led community outreach activities. The programme aimed to extend support and promote social responsibility among students.

Objectives

- To encourage community service and social involvement
- To promote health and well-being in the community
- To develop leadership and organizational skills among students

Event Proceedings

Students actively organized and participated in the Nanma Programme, engaging with the community through meaningful service activities. The programme emphasized compassion, cooperation, and social commitment.

Outcome

The programme benefited the community and provided students with practical exposure to social service activities, fostering empathy and responsibility.

Conclusion

The Nanma Programme was successfully conducted and strengthened the bond between students and the community while reinforcing the values of service and social responsibility.

Introduction

As part of **World Environment Day observation**, the NSS Unit organized an awareness session on **vector borne diseases** and the **importance of going back to natural products** on **04 June 2026** at St. George's School, Puttukara. The programme aimed to create environmental and health awareness among school students by linking environmental protection with disease prevention and healthy lifestyle practices.

Objectives

- To create awareness about vector borne diseases and their prevention
- To educate students on the relationship between environmental cleanliness and health
- To highlight the importance of using natural and eco-friendly products
- To promote sustainable and environment-friendly practices among students

Event Proceedings

The session was led by **Dr. Sisira V**, who delivered an informative and interactive talk on common vector borne diseases such as dengue, malaria, and chikungunya. The resource person explained the causes, modes of transmission, preventive measures, and the role of environmental hygiene in controlling vector breeding.

The session also emphasized the importance of adopting natural products and reducing dependence on harmful chemicals to protect both human health and the environment. Students actively participated in the discussion and clarified their doubts regarding disease prevention and eco-friendly lifestyle choices.

Outcome

The programme significantly enhanced students' awareness of environmental health issues. Participants gained practical knowledge on preventing vector borne diseases and understood the importance of maintaining a clean environment and using natural products. The session encouraged students to adopt responsible behaviors towards environmental conservation and personal health.

Conclusion

The World Environment Day awareness programme was successfully conducted and achieved its objectives of promoting environmental responsibility and health

awareness among school students. The initiative reinforced the role of NSS in community outreach and environmental education.

PANKAJAKASTHURI AYURVEDA MEDICAL **COLLEGE, KATTAKADA**

Activity 1

WORLD ENVIRONMENT DAY CELEBRATION REPORT

The NSS Unit organized a World Environment Day programme on 5th June 2026 from 2.30 PM to 4.30 PM in the college campus. The programme aimed to create environmental awareness among students and encourage active participation in environmental conservation activities.

The programme commenced with a prayer followed by a welcome address by the NSS Programme Officer. The Principal delivered an Environment Day message highlighting the importance of protecting nature and adopting sustainable practices for a healthier future.

An awareness talk on the harmful effects of plastic usage was conducted by NSS volunteers. The volunteers explained the environmental impact of single-use plastics and encouraged students to reduce plastic consumption and adopt eco-friendly alternatives.

As part of the tree planting initiative, saplings were distributed to the representatives of each UG batch and the House Surgeons. The saplings were planted in and around the college campus with the active participation of NSS volunteers and students, promoting a greener and healthier environment.

School students from NEO Dale school also visited our campus. Dr Vijaya.R, Professor & HOD of Dept of Dravyaguna took a class for the students and introduced about the different varieties of plants in our campus. She conveyed about the importance of preserving the nature & environment for a sustainable future.

A campus cleaning drive was also conducted, during which NSS volunteers cleaned the college surroundings and spread awareness about the importance of maintaining cleanliness and environmental hygiene.

The programme concluded with a vote of thanks. The activities were successful in fostering environmental consciousness and inspiring students to contribute towards a cleaner, greener, and more sustainable future.

Activity 2

Date: 13.06.26

No. of units: 1

No. of participants: 30

Hours utilized: 6 hours

As a part of the monthly regular activity at the adopted village, a medical camp was conducted on 13.06.26 at Kallikkadu Village. A total of 193 patients utilized the services of the medical camp.

Significance of the activity: Students were able to observe various clinical conditions relevant to their academic curriculum. Free medical consultation and medicines were provided to the beneficiaries. Follow-up treatment at the hospital was advised for patients requiring further care.

Activity 3

Date: 14.06.26

No. of units: 1

No. of participants: 15

Hours utilized: 4 hours

In connection with **World Blood Donor Day**, NSS volunteers participated in a voluntary blood donation programme at Neyyar Medicity Hospital. The volunteers donated blood voluntarily, promoting the importance of regular blood donation and helping meet the need for safe blood.

Significance of the activity: The programme created awareness about voluntary blood donation and inspired students to contribute towards saving lives through this noble service.

Activity 4

Date: 19.06.26

No. of units: 1

No. of participants: 20

Hours utilized: 2 hours

An awareness class on the importance of Yoga was conducted at Pankajakasthuri Herbal Research Foundation, Poovachal in connection with International Yoga Day on 21.06.26. The session emphasized the role of yoga in maintaining physical, mental, and emotional well-being.

Significance of the activity: The programme motivated participants of the factory to adopt yoga as a part of their daily routine for a healthier lifestyle.

Activity 5

Date: 21.06.26

No. of units: 1

No. of participants: 150

Hours utilized: 2 hours

The International Yoga Day celebration was organized at the college from 9.00 AM to 10.30 AM. The programme began with a prayer followed by the welcome address by Dr. Aswathy R.S., HOD, Department of Swasthavritta. Yoga Day message was delivered by Dr. J. Hareendran Nair, Founder and Managing Director, followed by a Yoga Day speech by Dr. Jayasree A., Principal, Pankjakasthuri Ayurveda Medical College & PG centre, Kattakada. A mass yoga demonstration was performed by the students. The programme concluded with a vote of thanks by Dr. Kavitha K.S., Programme Officer, NSS.

Significance of the activity: The celebration promoted the importance of yoga in achieving holistic health and encouraged students and staff to incorporate yoga into their daily lives.

Activity 6

Date: 26.06.26

No. of units: 1

No. of participants: 30

Hours utilized: 3 hours

On the occasion of the **International Day Against Drug Abuse and Illicit Trafficking**, the NSS volunteers of the institution, along with the Principal, NSS Programme Officer, and faculty members, participated in the **Anti-Drug Conference** organized by **Karunasai De-addiction & Mental Health Research Institute, Vellanad, Thiruvananthapuram**, from **11:00 a.m. onwards**.

The conference was coordinated and moderated throughout by **Madhujan Sir**, Director, Karunasai De-addiction & Mental Health Research Institute. The

programme commenced with a warm welcome, followed by a felicitation address delivered by **Vellanad Sasi**, Panchayat President, who highlighted and appreciated the importance of collective efforts taken by the institution in preventing substance abuse and fostering a healthy, drug-free society.

The **Blue Ribbon Award Presentation Ceremony** followed, during which the awards were presented by **Rishiraj Singh**, former Director General of Prisons and Correctional Services of the Kerala. After the award presentation, Rishiraj Singh delivered an inspiring and thought-provoking keynote address on anti-drug awareness. He emphasized the alarming rise in substance abuse among the youth, the importance of value-based education, and the shared responsibility of educational institutions, parents, and society in combating drug addiction. His speech motivated the participants to become active ambassadors of the anti-drug movement and contribute towards building a healthier and drug-free nation.

The conference also featured informative sessions that brought together experts in addiction prevention and treatment, healthcare professionals, social workers, educators, and other stakeholders. The discussions focused on evidence-based prevention strategies, rehabilitation services, and the importance of coordinated community action in addressing substance abuse.

The programme concluded with a heartfelt vote of thanks proposed by **Madhujan Sir**, Director of Karunasai De-addiction & Mental Health Research Institute, who expressed gratitude to the dignitaries, participants, and organizing team for their valuable contributions to the success of the event.

Significance of the Activity:

The programme provided participants with valuable insights into the harmful consequences of drug abuse and the importance of prevention, early intervention, and rehabilitation. The inspiring address by Rishiraj Singh and the expert-led discussions reinforced the need for collective responsibility in combating substance abuse. The conference strengthened awareness about the role of educational institutions and youth in promoting healthy lifestyles and inspired the NSS volunteers to actively participate in anti-drug campaigns, community awareness programmes, and public health initiatives, reaffirming their commitment to creating a drug-free society.



Activity 2



Activity 3



Activity 4



Activity 5



Activity 6



KARUNA COLLEGE OF NURSING

Sl.No	DATE	ACTIVITY UNDERTAKEN	NO. OF PARTICIPANTS	HOURS	ACHIVEMENTS
1	02.05.26	World Tobacco day	60	2	The poster presentation competition was conducted among the students.
2	05.06.26	World environmental Day	180	2	A tree plantation drive was organized on the college campus to promote environmental conservation and climate action. Faculty members and

					students actively participated
3	14.06.26	World blood day	60	2	As a part of the programme, students distributed awareness pamphlets to patients and their attendants.

WORLD NO TOBACCO DAY

The World No Tobacco Day was conducted at karuna college of nursing. to create awareness about the harmful effects of tobacco use. The programme was conducted under the theme "**Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products.**" As part of the event, a poster presentation was organized for students. The posters highlighted the health hazards of tobacco, methods of prevention, and the importance of a tobacco-free lifestyle. The activity enhanced awareness, encouraged healthy living, and motivated participants to support tobacco control initiative.



WORLD ENVIRONMENT DAY

World Environment Day at Karuna College of Nursing celebrated under the theme "**Inspired by Nature. For Climate. For Our Future.**" A tree plantation drive was organized on the college campus to promote environmental conservation and climate action. Faculty members and students actively participated by planting saplings and taking a pledge to protect the environment. The programme emphasized the importance of biodiversity, reducing pollution, and adopting sustainable practices. Participants were encouraged to nurture the planted trees and spread awareness about environmental protection. The event inspired everyone to contribute towards a greener, healthier, and more sustainable future.



WORLD BLOOD DONOR DAY

The world blood donor day was observed at karuna college of nursing observed world blood donor day under the theme "**give blood, give hope: together we save lives.**" as part of the programme, students distributed awareness pamphlets to patients and their attendants. information was provided on the importance of voluntary blood donation, its health benefits, and the need for regular blood donors. the awareness campaign encouraged participants to support voluntary blood donation and help save lives through this noble act.

POYANIL COLLEGE OF NURSING, KOZHENCHERRY

Report on World Environmental Day Celebration

As a part of “Environmental Day Celebration” NSS volunteers of Poyanil College Of Nursing ,Kozhencherry arranged a cleanup drive on 05/06/2026 at 11 am ,cleaned the road side of Kanjettukara junction ,and planted trees .The villagers actively supported the initiative and appreciated the efforts of the NSS unit.

In our college campus volunteers cleaned and planted various vegetable such as tomatoes ,chilies, beans, ladies finger .The programme was inaugurated by our Principal prof .Dr .Pradeep V S and planted a papaya tree in college courtyard garden .

The volunteers actively participated and pledged to adopt eco-friendly practices in their daily lives .The programme successfully encouraged environmental consciousness among students and reinforced the importance of collective efforts in preserving nature for future generations .The event concluded with a vote of thanks delivered by an NSS volunteer.

Blood Donation Camp Report

NSS Unit of Poyanil College of Nursing organized a blood donation camp ;conducted at Poyanil Hospital ,Kozhencherry on 13/06/2026 .The programme was organized to create awareness regarding voluntary blood donation and to encourage healthy individuals to donate blood for patients in need .A total of 8 students voluntarily donated blood at blood bank of Poyanil Hospital , after screening and donar assessment done by lab in charge Mrs .Anitha and Medical Officer Dr Ramesh Certificates and lunch provided for the volunteers .The programme reinforce the NSS moto “ Not me but You “by encouraging the students to place the wefare of others about themselves

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

The NSS Unit of Poyanil College Of Nursing celebrated International Yoga day on 25/06/2026 in the college auditorium .The event was conducted under the guidance of a qualified Yoga instructor ,who explained the principles ,benefits and proper techniques of various Yoga practice .The programme Commenced at 9.30 am with welcome address by NSS P.O Mrs .Sunandha M P .A total 50 students actively participated in the programme .The session began with breathing excercises and warm up movements ,followed by demonstrations and practices of different Yoga asanas .The Instructor also guided the participants through pranayama techniques and conducted the session with meditation and relaxation techniques.

The programme encouraged the participants to recognize Yoga as an essential part of daily life and inspired them to adopt health habits. The event concluded at 11.30 am.

REPORT ON CELEBRATION OF THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

As a part of celebrating anti drug day, the grama panchayat Kozhencherry, organized an awareness program on 26/06/2026 at 8.00 am .The programme brought together local authorities ,Health care professionals, Educational institutions, NSS volunteers ,students and members of the public to promote the message of a drug free community. The event was officially inaugurated by Abin Varkey Kodyath, MLA, who highlighted the growing challenges of a substance abuse. NSS volunteers of Poyanil College of Nursing, actively participated in the programme by joining the awareness rally and performing a vibrant flash mob, which effectively conveyed the dangers of substance abuse and inspired the public to adopt healthy lifestyles .

Following the inaugural ceremony, an awareness rally was organized to spread anti drug messages among the public. The rally commenced from the Kozhencherry Marthoma Valiya Pally, auditorium and processed through the main roads to Vandipetta. The programme strengthened the community

REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING (ANTI DRUG DAY)

NSS of Poyanil College Of Nursing, in collaboration with SSGP observed anti-drug day on 27/06/2026 .The programme aims to educate the students about the harmful effects of drug abuse ,create awareness about legal consequences of substance abuse and encourage them to become responsible citizens committed to building a drug free society.

The awareness programme began at 2.00 pm in the college auditorium. The session commenced with a prayer followed by a welcome address by NSS P.O. The resource person, Mr.Chandrasekaran Nair, Retd .Additional S. P, Kerala Police and Criminologist delivered an informative and inspiring lecture on the topic “ Drug Abuse and Loss. ”He explained the threat of substance among young people and devastating impact on individuals families and society. The speaker also highlighted the legal provisions under the narcotic drugs and psychotropic

substances (NDPS) Act. The session was highly interactive with students actively participated by asking question regarding drug prevention and legal issues.

The event concluded with a vote of thanks; expressing sincere gratitude to resource person ,the Principal ,The Vice Principal ,College management .NSS P.O SSGP coordinate ,faculty members and all the students ,delivered by Irene B Rose(SNA Vice Chairperson).The programme ended with a renewed pledge by our Principal ,Prof.Dr.Pradeep V .S to uphold the message “Commit to be fit say no to drugs”.

MERCY 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.	16/05/24	National Dengue Day	Dengue Prevention: Our Responsibility for a Safer Tomorrow.	55	2 hrs	Awareness program
2.	17/05/24	World Hypertension Day	Measure your blood pressure accurately, control it, live longer.	55	2 hrs	Awareness program
3.	18/05/24	World AIDS Vaccine Day	Need For Innovative Research, Accelerated Vaccine Development, And Protective Measures	55	2 hrs	Awareness program

4.	21/05/24	Anti-terrorism day	United against terrorism in the world	110	2 hrs	Pledge
5.	28/05/24	World Menstrual Hygiene Day	Period friendly world	40	2 hrs	Awareness program
6.	05/05/26	World Environmental Day	Land restoration, desertification and drought resilience.	45	4 hrs	Awareness program and sapling plantation
7.	06/06/24	Complementary feeding Day	Bridging The Knowledge and Practice Gap: A Call for Action Plan	155	2 hrs	Awareness program and poster presentation
8.	07/06/24	World food safety day	Prepare for the unexpected	155	2 hrs	Seminar
9.	08/06/24	World Brain Tumor Day	Brain health	55	2 hrs	Awareness program

WORLD ENVIRONMENTAL DAY

World Environment Day on 05th June 2025, organized in association with the NSS Unit and Student Nurses' Association (SNA) of our college. The program was inaugurated by our Principal, Prof. Dr. M.P. Jessykutty, and was coordinated by Prof. Mincy M.L., Vice Principal and NSS Programme Officer. The central theme for this year's celebration was "Say No to Plastic, emphasizing the need to reduce plastic usage for a sustainable future. The central theme for this year's celebration was "Say No to Plastic, emphasizing the need to reduce plastic usage for a sustainable future.

The activities conducted during the day included:

- o Tree and plant plantation drive within the college premises.
- o Campus cleaning initiative with active student participation.
- o Speech, poster, and quiz competitions aimed at creating environmental awareness among students.

The entire programme witnessed enthusiastic participation from students and staff alike, reflecting a strong commitment to environmental conservation.



PUSHPAGIRI COLLEGE OF DENTAL SCIENCES

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes

1	16/06/2026	Blood donation awareness class	50	1	1.Improved knowledge about the importance and benefits of voluntary blood donation. 2.Increased awareness about myths and facts related to blood donation.
2.	19/06/2026	Reading day	50	1	1.The programme encouraged critical thinking, improved communication skills, and fostered a love for books among students.
3.	22/06/2026	International Yoga Day	75	1	A. Learned and practiced basic yoga postures, breathing exercises, and relaxation techniques. B. Developed healthy lifestyle habits and stress management skills.
4	26/06/26	International day against drug abuse awareness class	100	2	1.Increased awareness about the harmful effects of drug abuse and substance addiction. 2.Developed the ability to identify risk factors and resist peer pressure.

5.	26/06/26	Public awareness class against drug abuse.	10	1	1. Promoted social responsibility and civic engagement by encouraging a drug-free society. 2. Improved advocacy skills through activities such as pamphlet distribution, awareness talks, and flash mobs. 3. Motivated community members to adopt healthy, drug-free lifestyles.
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1. BLOOD DONATION DAY CELEBRATION

Date :16/06/26

Time : 2pm - 3pm

Venue : Lecture Hall – 1, Participants: 50

The NSS Unit, in association with the Social Service Club, organized a Blood Donation Day Celebration to create awareness about the importance of voluntary blood donation among students.

The programme commenced with the NSS Geetham, sung by Ms. Sneha Sara, NSS Volunteer. The welcome address was delivered by Dr. Miranda George, President of the Social Service Club. Dr. Prameetha George Ittycheria, Vice Principal (Student Affairs), introduced the resource person to the audience. The awareness session was conducted by Dr. Maglin Monica, who highlighted the significance of voluntary blood donation, its lifesaving impact, eligibility criteria for donors, and the common misconceptions associated with blood donation. The session motivated students to become regular voluntary blood donors and contribute to society through this noble act. As a token of appreciation, the Principal presented a memento to the resource person. The programme concluded with the vote of

thanks delivered by Dr. Shibi Mathew V, NSS Programme Officer, who expressed gratitude to the speaker, Principal, faculty members, students, and the Social Service Club for making the programme a success.

2. Reading Day Celebration Report

Date :19/06/26

Time : 2pm -



3pm

Venue : Lecture Hall – 1, Participants: 50

The Reading Day Celebration commenced with a prayer song by Anila Rose, followed by the welcome address delivered by Kezia. An informative session titled "Lest We Forget: Five Personalities and Five Biographies" was conducted by Dr. Akhilesh Prathap, highlighting the inspiring lives and contributions of eminent personalities. A certificate of appreciation was presented to the speaker, Dr. Akhilesh Prathap, by Dr. Jeswin, Vice Principal (Academics). As part of promoting the habit

of reading, Dr. Shibi Mathew donated books to the college Book Club. Literary games and reading-related activities were organized jointly by the Literary Club and the Book Club, encouraging active student participation. The programme concluded with the vote of thanks proposed by Dr. Soumya.



3. International Yoga Day

Date :22/06/26

Time : 3.30pm - 4.30pm

Venue : College Auditorium, Participants: 50

The International Yoga Day programme commenced with the NSS Geetham sung by Gertrude and Airen. A Yoga awareness session was delivered by Vismaya, followed by a guided yoga practice session led by Aleena, emphasizing the importance of yoga for physical and mental well-being.

The programme concluded with the vote of thanks delivered by Dr. Shibi. Refreshments, including juice and snacks, were served to all the participants after the session.



NSS CELL



4. INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING

Date : 26/06/26

Time : 2pm -

3pm

Venue : College Auditorium, Participants: 100

The International Day Against Drug Abuse and Illicit Trafficking was observed in association with the IDA Thiruvalla Branch, Anti-Drug Cell, NSS, and SSGP. The programme commenced with a prayer song by Roshna, followed by the welcome address delivered by Dr. A. Devadathan, Principal, Pushpagiri College of Dental Sciences.

The presidential address was delivered by Dr. Ashwin, President of IDA Thiruvalla Branch, and the inaugural address was delivered by Adv. Varghese Mammen, MLA. The dignitaries jointly lit the ceremonial lamp to mark the inauguration. A Ponnada was presented to the MLA by Dr. A. Devadathan and Dr. Samuel as a token of appreciation. anti-drug

class was taken by Shri. Binu. V. Varghese, preventive officer and district vimukhti mentor, excise department, pathanamthitta.

A memento was presented to Aneena in recognition of her contribution as the editor of the NSS Activity Report. The anti-drug pledge was administered by Dr. Shibi Mathew V. A signature campaign promoting a drug-free society was inaugurated by the MLA and joined by all the dignitaries and participants.

The programme concluded with the vote of thanks delivered by Dr. Deepthi Santhosh, Secretary, IDA Thiruvalla Branch.



5. Public Awareness Programme Of Anti-Drug Abuse

Date :26/06/26

Time : 4pm -
pm

Venue : KSRTC Bus Stand, Participants: 10

The programme commenced with a flash mob performed by the NSS volunteers of Pushpagiri College of Dental Sciences. An awareness talk on drug abuse prevention was

delivered by the Inspector of Thiruvalla Police Station. The vote of thanks was proposed by Dr. Deepthi Santhosh. Following the programme, NSS volunteers distributed awareness pamphlets to the public at the KSRTC Bus Stand, Thiruvalla

കേരള കാമുദി
Pathanamthitta 29 Jun 2026

ജാഗ്രത 2.0 ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു

തിരുവല്ല : അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി ഇന്ത്യൻ ഡ്രഗ്സ് അസോസിയേഷൻ (IDA), തിരുവല്ല ബ്രാഞ്ച് വ്യക്തൻസ് ഡ്രഗ്സ് കൗൺസിൽ, സി.ഡി.എച്ച്. പുഷ്പഗിരി കോളേജ് ഓഫ് ഡെന്റൽ സയൻസ് എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ 'ജാഗ്രത 2.0' എന്ന ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു. പുഷ്പഗിരി കോളേജ് ഓഫ് ഡെന്റൽ സയൻസ് ഓഡിറ്റോറിയത്തിൽ നടന്ന സമ്മേളനം അഡ്വ. വർഗീസ് മാമ്മൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്തു. ഐ.ഡി.എ. തിരുവല്ല ബ്രാഞ്ച് പ്രസിഡന്റ് ഡോ. അശ്വിനി എം. ആർ അദ്ധ്യക്ഷത വഹിച്ചു. പത്തനംതിട്ട എക്സൈസ് വകുപ്പ് പ്രിവന്റിവ് ഓഫീസർ ബിനി വി. വർഗീസ് ബോധവൽക്കരണ ക്യാമ്പ് നയിച്ചു. ട്രഗൽ ഫോർഡ് ഡ്രഗ്സ് സൊസൈറ്റി എന്ന സന്ദേശത്തോടെ സിഗ്നേച്ചർ ക്യാമ്പയിന് തുടക്കമായി. ഡോ.

എ. ദേവദത്തൻ, ഡോ. ഷിബി മാത്യു, ഡോ. ഷിബി സന്തോഷ് ഡോ. മാത്യു ജി. ജി. സുജിത്ത് കെ. എ. എന്നിവർ സംസാരിച്ചു. തിരുവല്ല കെ.എസ്.ആർ.ടി.സി ബസ് സ്റ്റാന്റിൽ പൊതുജനങ്ങൾക്കായി പുഷ്പഗിരി എൻ.എസ്.എസ്.വി ഡ്രാർത്ഥികളുടെ ഫ്ലാഷ് മോബ് അവതരിപ്പിച്ചു. തുടർന്ന് പൊതുജനങ്ങൾക്ക് ലഹരി വിരുദ്ധ സന്ദേശം ഉൾക്കൊള്ളുന്ന ലഘുലേഖകൾ വിതരണം ചെയ്തു.

തിരുവല്ല : അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി ഇന്ത്യൻ ഡ്രഗ്സ് അസോസിയേഷൻ (IDA), തിരുവല്ല ബ്രാഞ്ച് വ്യക്തൻസ് ഡ്രഗ്സ് കൗൺസിൽ, സി.ഡി.എച്ച്. പുഷ്പഗിരി കോളേജ് ഓഫ് ഡെന്റൽ സയൻസ് എന്നിവയുടെ ആഭിമുഖ്യത്തിൽ 'ജാഗ്രത 2.0' എന്ന ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു. പുഷ്പഗിരി കോളേജ് ഓഫ് ഡെന്റൽ സയൻസ് ഓഡിറ്റോറിയത്തിൽ നടന്ന സമ്മേളനം അഡ്വ. വർഗീസ് മാമ്മൻ എം.എൽ.എ. ഉദ്ഘാടനം ചെയ്തു. ഐ.ഡി.എ. തിരുവല്ല ബ്രാഞ്ച് പ്രസിഡന്റ് ഡോ. അശ്വിനി എം. ആർ അദ്ധ്യക്ഷത വഹിച്ചു. പത്തനംതിട്ട എക്സൈസ് വകുപ്പ് പ്രിവന്റിവ് ഓഫീസർ ബിനി വി. വർഗീസ് ബോധവൽക്കരണ ക്യാമ്പ് നയിച്ചു. ട്രഗൽ ഫോർഡ് ഡ്രഗ്സ് സൊസൈറ്റി എന്ന സന്ദേശത്തോടെ സിഗ്നേച്ചർ ക്യാമ്പയിന് തുടക്കമായി. ഡോ.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Pathanamthitta



SARASWATHY COLLEGE OF NURSING

WORLD ENVIRONMENT DAY

DATE : 5/6/2026

THEME : INSPIRED BY NATURE. FOR CLIMATE.FOR OUR FUTURE

As part of celebrating world environment day, the NSS volunteers of Saraswathy College of nursing conducted awareness program and planted plants. The college Principal Dr.C V Kavitha gave awareness to the students regarding protection of environment, followed by trees were planted by Principal and NSS volunteers. Trees planted are cherry plant, guava plant,mango plant and jack fruit plant.



ANTI DRUG AWARENESS PROGRAM

GOAL: TO CREATE ANTI DRUG AWARENESS AMONG COLLEGE STUDENTS

As part of creating awareness regarding drug abuse among college students, an awareness program was organised at Saraswathy College of nursing under Parassala Railway Police and NSS unit. The classes were taken by the police officers from Parassala Railway station. Mr.Ressel Raj (Station House Officer) explained regarding “Operation Toofan” and Mr.Pradeep (Grade Senior Civil police) from police department explained the consequences of handling and selling drugs. At the end of session students were given opportunity to clarify their doubts.



N.S MEMORIAL COLLEGE OF NURSING **(NSMCON), KOLLAM**

1. REPORT ON INTERNATIONAL YOGA DAY AWARENESS PROGRAM ON 20.06.2026

The NSS Unit of N.S. Memorial College of Nursing observed International Yoga Day on 20 June 2026 with great enthusiasm and active participation. The programme was organized to create awareness about the importance of yoga in promoting physical health, mental well-being, and a balanced lifestyle.

The event was led by Ms. Arya A., Wellness Yoga Instructor, who conducted an informative awareness session and practical yoga demonstration. A total of 40 NSS volunteers actively participated in the programme, along with 8 faculty members who attended and supported the event.

The programme commenced with a brief introduction highlighting the significance of International Yoga Day and the role of yoga in maintaining overall health. Ms. Arya A. delivered an engaging talk on the benefits of regular yoga practice, stress management, and the importance of incorporating yoga into daily life. This was followed by a live demonstration of various yoga postures and breathing exercises, in which the participants enthusiastically took part.

As part of the awareness activities, NSS volunteers Mr. Adarsh, Ms.

Ammu, and Ms. Nandana Biju presented yoga awareness posters. Their presentations effectively conveyed the importance of yoga, its health benefits, and the need to adopt healthy lifestyle practices. The poster presentation attracted the attention of participants and enhanced their understanding of yoga and wellness.

The programme successfully motivated students and faculty members to recognize the value of yoga in achieving physical fitness, mental peace, and emotional well-being. The active participation of volunteers reflected their commitment to promoting health awareness in the community.

The programme concluded with a vote of thanks delivered by Mrs. Neelima Vijay, NSS Programme Officer. She expressed gratitude to Ms. Arya A. for conducting the awareness session and demonstration, the faculty members for their presence and support, and the NSS volunteers for their enthusiastic participation and cooperation in making the programme a success.

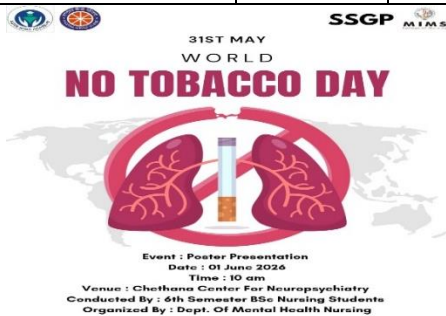
Overall, the observance of International Yoga Day 2026 was highly informative, inspiring, and beneficial for all participants, reinforcing the message of “Yoga for Health and Harmony.”

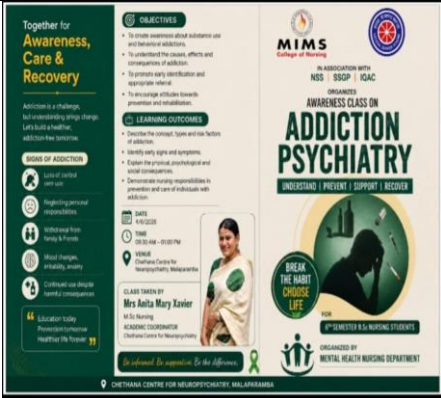


MIMS COLLEGE OF NURSING, MALAPPURAM

SL NO	DATE	NAME OF THE PROGRAMME	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS (BRIEF DESCRIPTION)
1.	21 May 2026	“Peace Pulse “ Anti terrorism day Fostering awareness, patriotism, and social responsibility among future nursing professionals.	80	08	The Internal Quality Assurance Cell (IQAC), in association with the National Service Scheme (NSS), organized "Peace Pulse" – An Anti-Terrorism Day Speech Competition for the volunteers of 6th Semester B.Sc. Nursing students at MIMS College of Nursing, Malappuram, to commemorate Anti-Terrorism Day and promote peace, unity, and national integration. The programme began with a brief introduction on the significance of Anti-Terrorism Day. Students actively participated by delivering informative speeches on terrorism, communal harmony, responsible citizenship, and the role of youth in building a peaceful society. The judges appreciated the participants for their confidence and thoughtful presentations. The programme concluded with a vote of thanks, reinforcing the commitment of IQAC, NSS, and MIMS College of Nursing to promoting peace, patriotism, and social responsibility. .

					Fig: 1 Brochure for Peace Pulse
					Fig: 2 participants of speech competition
					Fig: 3 participants of speech competition
2.	31 May 2026	World No tobacco Day "Poster Presentation" The observance successfully fulfilled its objective of educating the community about the dangers of tobacco and reinforcing the importance of adopting a tobacco-free life. The event also provided the	80	08	As part of the observance of World No Tobacco Day, the Department of Mental Health Nursing, in association with NSS and the SSGP of MIMS College of Nursing, Malappuram, organized a Poster Presentation on 1 June 2026 at Chethana Centre for Neuropsychiatry to create awareness about the harmful effects of tobacco use and promote a tobacco-free lifestyle. The B.Sc. Nursing NSS Volunteers presented informative posters highlighting the health hazards of tobacco, the benefits of quitting, tobacco-related diseases, passive smoking, and tobacco cessation strategies. They actively interacted with patients, caregivers, and staff members, explaining the key messages and

		nursing students with an opportunity to strengthen their health education and communication skills.			encouraging healthy lifestyle choices. The programme was well appreciated by the audience and successfully promoted awareness about tobacco prevention while enhancing the students' health education and communication skills.
					Fig1: shows the brochure
					Fig :2 shows the posters
3	04 June 2026	Addiction Psychiatry Awareness Programme Objective: To create awareness about substance abuse, its prevention, and the importance of seeking professional help.	80	08	MIMS COLLEGE OF NURSING, MALAPPURAM Title: Addiction Psychiatry Awareness Programme Date: 04/06/2026 Venue: Chethana Centre for Neuropsychiatry Organized by: Department of Mental Health Nursing in association with NSS and SSGP An awareness programme was conducted for students, focusing on the causes, effects, prevention, and treatment of substance abuse through an interactive session. Participants gained awareness about addiction prevention, early

					intervention, and the importance of maintaining a drug-free lifestyle The programme successfully achieved its objective of promoting awareness on substance abuse and encouraging healthy lifestyle choices.
					Fig:1 shows the brochure
					Fig 1: volunteers attending the session
					Fig 2: volunteers attending session
4	06 June 2026	WORLD NO TOBACCO DAY FHC VAZHAKAD <i>"Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products"</i> A tobacco-free lifestyle and encouraged healthy living.	77	08	Department of Community Health Nursing and NSS, As part of World No Tobacco Day , the 8th Semester B.Sc. Nursing NSS volunteers conducted a health talk at FHC Vazhakkad to raise awareness about the harmful effects of tobacco and the importance of tobacco cessation. The interactive session promoted a

					tobacco-free lifestyle and encouraged healthy living.
					Fig:1 speak about the theme
					Fig:2 participating the session
5	03 june 2026	“World blood donors day” Poster Competition It reinforced the message that every blood donor is a lifesaver and that a single donation can make a significant difference in the lives of patients in need.	240	08	As part of the observance of World Blood Donor Day, a Poster Competition was organized on 13 June 2026 at 10:00 AM at Aster MIMS Hospital by the Department of Mental Health Nursing under the NSS and SSGP initiative for the 6th Semester B.Sc. Nursing NSS Volunteers. The competition aimed to create awareness about the importance of voluntary blood donation and encourage students to promote this life-saving practice. Participants presented creative and informative posters highlighting the benefits of blood donation, the need for regular donors, myths and facts, and the social responsibility of donating blood. The programme witnessed enthusiastic participation and effectively spread awareness

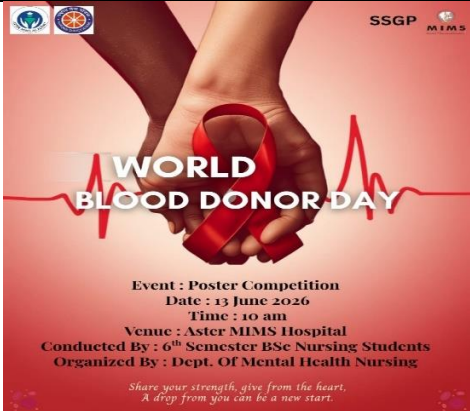
					among students, staff, and visitors. Faculty members appreciated the creativity and commitment of the participants. The event concluded successfully, reinforcing the message that every blood donor is a lifesaver and promoting community participation in voluntary blood donation.
					Fig: 1 Shows Brochure
					Fig:2 shows the posters
					Fig 3: Shows the posters

			Fig:4 shows the posters
6	05 june 2026	<i>Pachathuruth Today, A Sustainable Tomorrow</i> <i>Inspired by Nature, for Climate, for Our</i> • Promote environmental conservation and sustainability. • Encourage student participation in climate action. • Enhance the green cover of the campus.	MIMS College of Nursing observed World Environment Day on 5 June 2026 under the theme "<i>Inspired by Nature, for Climate, for Our Future.</i>" The programme was organized by the NSS and the Department of Community Health Nursing to promote environmental awareness and sustainability through a campus plantation drive. Programme Highlights The programme was inaugurated by Dr. Assuma Beevi T.M., Dean, ASTER MIMS Academy, in the presence of Dr. Sheeja C.V., Principal, Dr. Madhu T., Administrative Officer, and Prof. Isha Sreedhar, Vice Principal. As part of the initiative "<i>Pachathuruth Today, A Sustainable Tomorrow,</i>" the dignitaries, faculty members, NSS volunteers, and students planted 2,000 saplings across the campus, demonstrating their commitment to environmental protection. The programme was successfully conducted and strengthened awareness about environmental conservation. The plantation drive contributed to improving the campus environment and encouraged participants to adopt sustainable practices.

			Fig:1 shows the brochure
			Fig :2 Dr Assuma Beevi TM and Dr Sheeja CV planting the saplings
			Fig:3 Dr Madhu T planting the saplings
			Fig:4 NSS Volunteers take part in sapling planting drive

AHALIA AYURVEDA MEDICAL COLLEGE & HOSPITAL

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	1/6/26	Anti Tobacco Day Flashmob	110	2 hours	Moulded public awareness about health consequences caused by tobacco use. Encourage individuals to quit tobacco. Reduce global prevalence of tobacco use.
2	4/6/26	Sapling planting	60	2 hour	Encourage planting more trees and give awareness on environmental degradation, combat deforestation, and actively contribute to the local ecosystem by expanding green cover.
3	5/6/26	Environment day	5	4hour	Share actionable tips on waste segregation, reducing single-use plastics, and water conservation, spreading the message of environmental responsibility to the wider public.
4	21/6/26	Yoga day	80	3 hour	Help to integrate yoga into daily life to balance the mind, body, and soul, reduce stress, and improve overall physical health.

Name of Programme officer:

Dr.Ranesh A K

Name of Principal: Dr.Sunilkumar N

Adopted village: Vadakarapathy



VELANKANNI MATHA COLLEGE OF NURSING, THELLAKOM

Details about the activity	Achievements
Date; 01/06//2026-25/06/26 Activity taken vector survey/ palliative care No. of participants;-20 No: of hours; 6hours/ day Setting ; adopted village	Students of Velankanni Matha college of Nursing, Thellakom participated a vector survey programme under the guidance of health team members of three subcenteres of PHC, Athirampuzha in the month of June to analyze the prevalence of vector borne diseases in the locality and encourage community participation in vector control measures. A house to house survey was conducted to analyze their current practices of the residents and participated in source reduction activities along with JPHN or ASHA Workers. They calculated vector indices and educated the public

	about the importance of prevention and control of disease transmitted by mosquitoes. They also actively participated in various palliative care, fever and NCD clinic activities of the Family Welfare Centres throughout this month.
Date; 10/06//2026 Activity taken World Environment day No. of participants;- 80 No: of hours; 2hours Setting ; college	NSS unit of Velankanni Matha College of Nursing, Thellakom in association with Nature and literary club have organized a world environment day with enthusiasm and active participation from staff and students. Dr. James Jacob, Vice Principal, highlighted the importance of creating awareness among the students about environmental protection and motivated them to be active in sustainable environmental practices for better communities. Dr. James Jacob, Vice Principal and representative students planted a Rose water apple/champa plant tree to rejuvenate the upcoming generation. In additional, a craft competition made out of recycled materials was conducted to understand the significance of environmental protection practices. This event was concluded with awarding cash prize to winner of the competition by Vice Principal and appreciated the student's innovative skills. They are advised to do more eco-friendly activities into their daily life.
Date ; 20/06/2026 Activity taken;- International Yoga Day No. of participants;- 80 No: of hours; 2hours Setting ; college	As per the direction from the Kerala University Health Science, Thrissur, NSS Unit of Velankanni Matha College of Nursing, Thellakom in association with yoga club was observed international yoga day on 20.06.2026 at our college auditorium. This session was started with prayer song. NSS Programme Officer, Mrs. Dhanyamol M.M, addressed the gatherings and highlighted the India's invaluable contributions to the world through the yoga and emphasized the importance of incorporating yoga into our daily life to achieve physical fitness, mental peace and overall well being. Ms. Sreelekshmi, Yoga Club Leader motivated the role of yoga in fostering a healthier

	society and promotes healthy ageing. Ms. Parvathy, Trained Volunteer from 6th semester (12th batch), explained the merits related to daily yoga practice to the students such as relieving anxieties, promoting physical resilience which strengthens their mind to overcome the challenges in their life followed by demonstration of various yoga asanas including suryanamaskaram. This event was concluded by Ms. Joya Joby, NSS Volunteer Captain and she inspired senior and junior students to inculcate yoga in their daily schedule to achieve holistic health. Our students participated in the programme whole heartedly.
Date ; 20/06/2026 Activity taken;- Blood Donation Campaign No. of participants;-80 No: of hours; 2hours Setting ; matha hospital	Velankanni Matha College of Nursing in association with Caritas Matha Hospital blood bank have organized a successful blood donation campaign to raise the awareness of the need for safe blood and blood products for transfusion and the critical contribution for life saving the lives of many patients. The camp was conducted in an organized manner. All donors are registered their details at the registration counter followed by preliminary check up for general health evaluation. Eligible donors donated blood under the supervision of qualified doctors and nurses. All donors were provided with refreshments after donation. All necessary safety precautions were followed, and donors were guided properly by teaching faculty and student volunteers. The response of the participants was really amazing.
Date ; 18/06/2026 Activity taken;- READING DAY No. of participants;-80 No: of hours; 2hours Setting ; college	A book review through a video explanation was played by NSS volunteers of Velankanni Matha College of Nursing on reading day on 19th June 2026 by 'ikigai' means a reason to live which written by Hector Gracia & Francesc Miralles. This book explores how the people of Okinawa region with the highest life expectancy in the world embody <i>ikigai</i> not as a key word, but as a lifestyle. It starts from maintain daily routines, habits and social connection and doing what they love in every single day etc. The author detailed with ten rules, including staying active, taking things

	slow, eating until you are only 80% full, surrounding yourself with good friends, smile, get in shape of your next birthday, smile, reconnect with nature, give thanks, live in the moment and follow your <i>ikigai</i>. As health care professionals, understanding and nurturing our <i>ikigai</i> day by day which significantly boosts our work life balance and prevents unnecessary exhaustion.
Date ; 27/06/2026 Activity taken;- International drug awareness day No. of participants;-80 No: of hours; 2hours Setting ; college	International drug awareness day was observed against drug abuse and illicit trafficking by Velankanni Matha College of Nursing, Thellakom to create awareness about issues related to drugs and ensure a world free of drug abuse in the campus. A poster related to drug abuse and its impact to the young minds was created. It also highlighted the importance of measures to overcome the drug addiction by using strategies such as raising awareness, seeking help, lifestyle changes and treatment including counseling sessions.
Date ; 22/06/2026-30/06/26 Activity taken;- Pulse Polio Immunization Programme No. of participants;-19 No: of hours; 8 hours/day Setting ; adopted village	As part of the Statewide Pulse Polio Immunization Programme, students of Velankanni Matha college of Nursing, Thellakom participated the three day Pulse Polio Immunization Drive at different Pulse Polio booths from 28/06/26 onwards students about the importance of Pulse Polio Immunization and encouraged maximum participation in the vaccination drive. Health team members reminded everyone that “Just two drops can protect a child for a lifetime.” Around 19 students were divided into different places of PHC, Athirampuzha for giving polio drops followed by door to door services on second and third day. All volunteers participated very actively and did their best to make the event successful. The WHO team members visited the pulse polio booth held at railway Station, Ettumanoor, Kottayam, on the third day to monitor the whole programme and analyzed the knowledge of the students regarding national pulse polio immunization programme. Their response was remarkable and everyone appreciated the efforts of student volunteers

DR. MOOPENS COLLEGE OF NURSING

NSS Report on Emergency Response During the Meenakshipalam, Meppadi Debris Slip- July 2026

On 07 July 2026, a devastating debris slip (landslide) struck Meenakshi Palam, near Chooralmala, Meppadi, Wayanad, following heavy rainfall. The disaster affected the local community as well as migrant workers working and residing in the Tunnel Road–Kalladi area, causing injuries, displacement, and widespread disruption.

In response to the emergency, the NSS Unit of Dr. Moopen's Nursing College actively participated in relief and rescue support activities in coordination with the hospital, Aster Volunteers, and disaster response teams.

Nine injured victims were brought to the Emergency Department of Dr. Moopen's Medical College Hospital. Ms. Vineetha K, NSS Programme Officer, along with Assistant Programme Officer Ms. Maria, SNA Adviser Ms. Hajira Beegam, and Clinical Instructors Ms. Aleena Renny and Ms. Jisha Merin, NSS volunteers rendered immediate assistance in emergency patient care, patient transportation, crowd management, and blood donation support.

NSS volunteers Mr. Shahin Muhammed, Mr. Muhammed Afnas, Mr. Adil sre Anil and Adarsh Joby joined Aster Volunteers and proceeded to Meenakshi Palam to support the rescue mission by assisting the official rescue teams in search, rescue, and relief operations.

NSS volunteers Mr. Adil Muhammed and Mr. Sayed Misbahul Haque coordinated the collection of clothes and other essential materials from the hostel for distribution among the landslide-affected victims, demonstrating solidarity and humanitarian concern for the displaced local community and migrant workers.

On 08 July 2026, NSS volunteers Mr. Muhammed Rashid and Mr. Muhammad Hithash were deputed to the disaster relief camp, where they assisted in the distribution of relief materials, supported affected families, and helped manage camp activities.

On 09 July 2026, NSS volunteers Mr. Muhammed Hassan and Mr. Rohith Manikandan continued disaster relief camp duties by assisting authorities in

providing essential services and ensuring the well-being of the affected local residents and migrant workers.

The prompt response and selfless service of the NSS volunteers reflected the true spirit of the NSS motto, “Not Me, But You.” Their dedication to emergency care, rescue support, blood donation, relief material collection, and disaster management demonstrated compassion, teamwork, and social responsibility during one of the challenging natural disasters faced by the people of Wayanad.



AL SHIFA COLLEGE OF NURSING,
PERINTHALMANNA

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of participants	No. of Hours	Achievements
	19/06/2026	WORLD BLOOD DONOR DAY	1	50	1 hour	As a part of WORLD BLOOD DONOR DAY the National Service Scheme (NSS) unit of Al Shifa College of Nursing in collaboration with IIC organized Blood Donation Drive in collaboration with KIMS Al Shifa Hospital, and District Hospital Perinthalmanna. The programme aimed to create awareness about the importance of voluntary blood donation and encourage students and staff to contribute towards saving lives. The event received an enthusiastic response from participants. A total

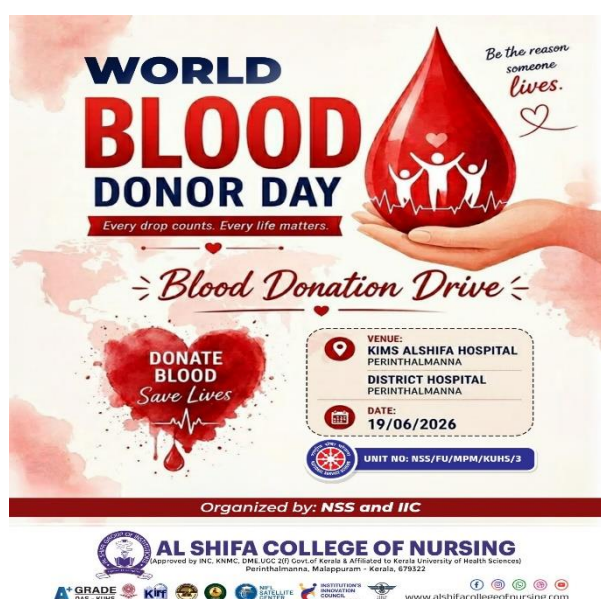
	20/06/2026	VAAYANA MOZHI: INTERCO LLEGIATE BOOK REVIEW COMPETE TION	1	50	1 HOUR	of 20 donors participated in the blood donation drive including; 10 students KIMS Al Shifa Hospital and 10 students who donated blood at District Hospital Perinthalmanna 1 faculty member also donated blood. The drive was conducted smoothly under the guidance of the medical teams and NSS volunteers. All donors were screened and found eligible before donation As a part of National Reading Day celebrations the NSS unit, Literature club and Library committee of Al Shifa College of Nursing organized VAAYANAMOZH I: INTERCOLLEGI ATE BOOK REVIEW COMPETETION on 20 June 2026 at
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	22/06/2026	INTERNAT IONAL YOGA DAY OBSERVA NCE	1	100	2 hour	the college auditorium. The event commenced at 10.00 AM and was graced by Shri. P.S. Vijayakumar, Author, as the Chief Guest. In his address, he highlighted the importance of reading in personal and intellectual development and encouraged students to cultivate a lifelong habit of reading quality literature
	27/06/2026	BREAK THE CHAIN AND STOP DRUGS	1	50	2 hour	Students from Al Shifa College of Nursing, Al Shifa College of Pharmacy, Al Shifa College of Arts and Sciences, Al Shifa College of Allied Health Sciences actively participated in the competitions by presenting reviews of books they had read. The competition concluded with a prize distributions ceremony, during which the winners

					were felicitated for their outstanding performance. WINNERS First prize: Fathima V K, 6th semester B.Sc. Nursing, Al Shifa College of Nursing Second prize: Farha. K, 6th semester B.Sc. Nursing, Al Shifa College of Nursing Third prize: Aadishyam V.S, B.Com Computer Application, Al Shifa College of Arts and Sciences The NSS unit of Al Shifa College of Nursing in association with Department of Community Health Nursing, OBG Nursing organized a yoga session on the theme “Yoga for Healthy Aging” was organized on 22 June 2026 from 8:00 AM to 10:00 AM at the ACN Auditorium. The training was
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					provided by Mr. Sunil Kumar C, District Coordinator, State Resource Centre, Government of Kerala, who served as the resource person. The session focused on the importance of yoga in promoting physical, mental, and emotional well-being, particularly for healthy aging The NSS unit of Al Shifa College of Nursing in association with SSGP and Anti-Drug Cell conducted an Anti- Drug Awareness session. The session was graced by the chief guest Mr. Pratheep Rao, Assistant Excise Commissioner and Vimukthi Manager, Malappuram. Mr. Binil Kumar, Circle Inspector, Perinthalmanna, also attended the programme and
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						shared valuable insights on the importance of preventing substance abuse among youth. As a part of the programme, a digital poster making competition was conducted to encourage students to creatively express anti- drug messages. The winners were honored with mementos and certificates in recognition of their outstanding contributions.
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UNIT NO: NSS/FU/MPPM/KUHS/3

NATIONAL Reading DAY

• JUNE 20, 2026 •

VENUE: AL SHIFA COLLEGE OF NURSING

വായനക്കൊഴി: INTERCOLLEGIATE

BOOK REVIEW
COMPETITION

ORGANIZED BY
NSS, Literature Club and Library Committee

AL SHIFA COLLEGE OF NURSING
 (Approved by INC, KNMC, DME, UCC 2nd Govt. of Kerala & Affiliated to Kerala University of Health Sciences)
 Perinthalmanna, Malappuram - Kerala, 679322

Read.
Reflect.
Review.
Inspire.

A* GRADE
GAS - RUIS

KIRI

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TECHNICAL
EDUCATION

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NATIONAL READING DAY
 20th June 2026
Vaayanamozhi: Intercollegiate Book Review Competition
WINNERS

 Fathima V K 6 th Semester BSc Nursing, Al Shifa College of Nursing	 Farha K 6 th Semester BSc Nursing, Al Shifa College of Nursing	 Aadishyam V S B. Com Computer Application, Al Shifa College of Arts and Science.
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Congratulations

Organized by: **NSS, Literature Club and Library Committee**

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 Perinthalmanna, Malappuram - Kerala, 679322
 www.alshifacollegeofnursing.com

OBSERVANCE OF INTERNATIONAL YOGA DAY-2026
Yoga for Healthy Aging

22nd June 2026
 08:00 AM - 10:00 AM
 ACN Auditorium

RESOURCE PERSON


Mr. Sunil Kumar C
 District coordinator,
 State Resource Centre, Govt. of Kerala.
 UNIT NO: NSS/TAU/MPM/KUHS/3

Organized by:
NSS, Department of Community Health Nursing, OBG Nursing and 2nd Semester BSc Nursing

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KMCT AYURVEDA MEDICAL COLLEGE

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2026

Date: 19 June 2026

Venue: KMCT Ayurveda Medical College, Manassery

NSS Unit of KMCT Ayurveda Medical College, celebrated **International Yoga Day 2026** on **19 June 2026** with great enthusiasm and active participation from students, faculty members, and the community. The celebration aimed to promote the importance of yoga as a holistic approach to physical, mental, and social well-being.

The programme commenced with a brief inaugural session by **Dr. Subhasree G.H, Principal, KMCT Ayurveda Medical College** highlighting the significance of

yoga in preventive healthcare and healthy living. A series of engaging activities were organized throughout the day to encourage awareness and participation.

Activities Conducted at KMCT Ayurveda Medical College

1. Yoga Dance Performance

A vibrant yoga dance performance was presented by the students of 2023 batch, creatively integrating classical yoga postures with rhythmic movements to convey the message of harmony, balance, and wellness.

2. Surya Namaskara Competition

A Surya Namaskara competition was organized for students to promote physical fitness, flexibility, concentration, and discipline. Participants demonstrated synchronized and accurate performance of the Surya Namaskara sequence, showcasing their dedication and practice.

3. Yoga Expo

A Yoga Expo was arranged displaying charts, models, posters, educational materials, and information on various yogic practices, therapeutic applications of yoga, meditation techniques, and lifestyle modifications. The exhibition served as an informative platform for students and visitors to understand the scientific and traditional aspects of yoga.

4. Healthy Food Exhibition

A healthy food exhibition was organized featuring nutritious recipes, millet-based preparations, herbal beverages, balanced diet models, and traditional healthy food items. The exhibition emphasized the importance of wholesome nutrition as an integral component of a healthy lifestyle in accordance with Ayurvedic principles.

Outreach Activities

As part of the International Yoga Day celebrations, the Department extended its activities beyond the institution by organizing awareness programmes and practical yoga sessions at various educational and healthcare institutions.

Awareness classes on the benefits of yoga, stress management, healthy lifestyle practices, and disease prevention were conducted, followed by practical demonstrations of yoga postures, breathing exercises (Pranayama), and relaxation techniques.

The outreach programmes were successfully conducted at:

- Vivekananda Vidyaniketan School, Muthalam
- KMCT Medical College
- KMCT College of Nursing
- Manassery U.P. School

Students, faculty members, healthcare professionals, and school children actively participated in the sessions and appreciated the practical guidance provided by the yoga instructors and faculty members.

Outcome

The International Yoga Day celebration successfully created awareness regarding the importance of incorporating yoga into daily life for achieving holistic health. The competitions, exhibitions, and outreach programmes encouraged active participation and strengthened the message of "Yoga for Healthy Ageing." The event also reinforced the role of Ayurveda and Yoga in promoting preventive healthcare and community wellness.

The programme concluded with a vote of thanks, acknowledging the support of the Management, Principal, faculty members, students, NSS volunteers, and all participating institutions for making the celebration a grand success.



GOVT COLLEGE OF NURSING MANJERI

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	01/07/2026	Drug awareness class	50	2 hrs	Helped to create awareness about drug abuse, legal issues regarding drug abuse.

1. Drug awareness class in connection with international day against drug abuse.

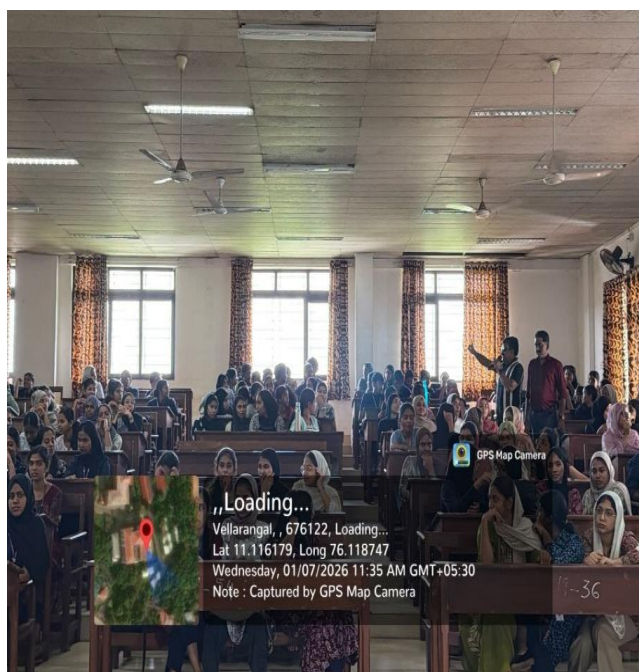
As a part of the NSS activities, International day against drug abuse program was conducted on 01/07/2026 at Govt. College of Nursing Manjeri, with the aim of creating awareness about drug abuse, legal issues regarding drug abuse. The Principal Prof. Dr. Sindhu Kizhakkeppattu provided all the necessary support and arrangements for the successful conduct of the program.

The program was officially inaugurated by Mrs. Shibi E, NSS coordinator GCNM. Faculty members Mrs Athulya S and Ms Anusree P also played an active role in coordinating the program. The awareness class session was conducted by Mr. Vikas P.K Civil Police Officer, Manjeri Police Station and Mr. Rashid motivational speaker. NSS volunteers Ms. Oleena G Symon delivered welcome speech and Ms Swathikrishna K P delivered the vote of thanks.

All faculties of GCNM and all the four batch students of GCNM attended the class effectively.

The session aimed to educate participants about the harmful effects of drug abuse, the causes and warning signs of substance addiction and its impact on individuals, families and societies. The officer also highlighted the importance of making healthy lifestyle choices, resisting peer pressure, understanding the legal consequences of drug related offences, and seeking timely help for those affected by substance abuse.

The interactive session encouraged participants to stay informed, promote a drug free lifestyle and contribute to building a safe and healthy community.



BETHANY NAVAJEEVAN COLLEGE OF
PHYSIOTHERAPY, NALANCHIRA

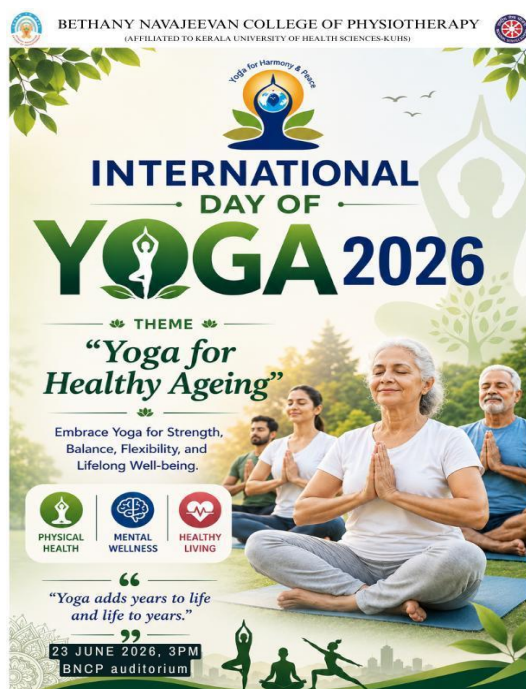
Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers/ Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	19/06/2026	National reading day celebration	20	01	Students/ Volunteers
2	23/06/2026	International Yoga Day celebration	50	01	Volunteers
3	30/06/2026	Awareness program on International day of drug abuse & illicit trafficking , Online slogan writing competition	150	01	Students

Brief Description of the activity with photographs if any:-

- **National reading day celebration (19/06/2026):** BNCP NSS unit celebrated *National reading day* on 19/06/2026, 03:00 pm- 04.00pm at the college auditorium. The program started with welcome speech by NSS programme officer Mr.Manikantan.M. The first program was a Quiz competition. It was conducted by the programme officer. After the quiz competition, book review competition was also conducted. The prizes for the winners of both the quiz & book review competition was given by college principal Prof.Dr.J.Andrews Milton.



International Yoga Day celebration (23/06/2026): BNCP NSS unit celebrated International Yoga Day on 23/06/26, 03:00 pm onwards at college auditorium. The programme started with silent prayer followed by welcome speech by NSS program officer Mr.Manikantan.M.The Yoga session was instructed by Dr.Jayashree.M,BNYS & demonstrated by another doctor from Bethany Nature Cure Center, Nalanchira. Total 50 students were participated in this programme.A token of appreciation was given to the instructors after the session by BNCP principal Prof.Dr.J.Andrews Milton.The programme ended with vote of thanks by NSS program officer.





- **Online slogan writing competition (28/06/2026):** BNCP NSS unit has organized an online slogan writing on behalf of International Day of Drug Abuse & Illicit Trafficking. The winners will be announced on 30/06/2026 at the awareness program. Also the prize distribution was planned on that day.



Awareness program on International Day of Drug Abuse & Illicit Trafficking 2026 (30/06/2026): BNCP NSS unit conducted an awareness program on International Day of Drug Abuse & Illicit Trafficking 2026 on 30/06/2026, 03:00 pm onwards at the college auditorium. The programme started with the introduction to International Day of Drug Abuse & Illicit Trafficking by the programme officer Mr.Manikantan.M. The speaker of this program was Mr.Vignesh Viswanath (District coordinator, *Vimukthi mission*, Excise department). It was a well informative and thought provoking session. The responses from the students were exceptional. After the session, the prize distribution of the online slogan writing

competition was done by the speaker. And a token of appreciation was given to the speaker by Principal Prof.Dr,J.Andrews Milton. The program ended with the vote of thanks by the programme officer.



CARITAS COLLEGE OF NURSING

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	16-06-26	• World Blood Donor Day celebration	20 volunteers	5 hours	• Participants got opportunity to donate blood
2	16-06-26	• Awareness session on blood donation	NSS PO	1 hour	• Students gained knowledge on the importance of donating blood
3	16-06-26	• Palliative care	1 volunteer	5 hours	• Received palliative care at home
4	17-06-26	• Antidrug awareness session	100 volunteers	1 hour	• NSS volunteers gained knowledge on prevention of drug abuse
5	17-06-26	• Medical Camp at Thiruvavppu, Kottayam	3 volunteers	8 hours	• Participants got free medical consultation, lab investigations and medicines

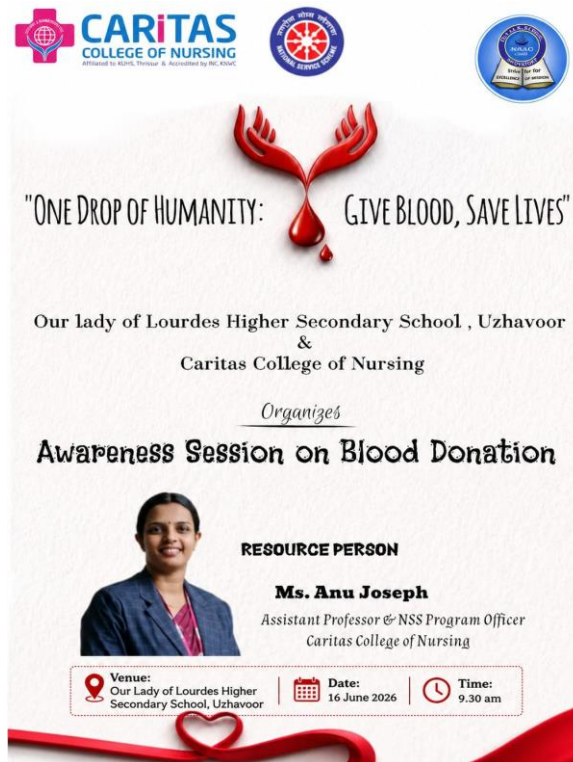
6	19-06-26	• Palliative care	1 volunteer	5 hours	• Received palliative care at home
7	20-06-26	• International Yoga Day celebration	15 volunteers	3 hours	• NSS volunteers got training on yoga
8	20-06-26	• Health literacy programme on Yoga	3 volunteers	1 hour	• People got awareness on importance of doing yoga
9	20-06-26	• Breeding source elimination programme	10 volunteers	3 hours	• Surveyed households and discarded water holding containers to prevent mosquito breeding
10	22-06-26	• Yoga training for school children	4 volunteers	1 hour	• Celebrated International Yoga Day and learned yoga
11	25-06-26	• Health education on cancer prevention	2 volunteers	1 hour	• Got awareness on prevention of cancer
12	25-06-26	• Medical camp at outreach center, Nalpathimala	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
13	26-06-26	• Palliative care	1 volunteer	5 hours	• Received palliative care at home
14	30-06-26	• International day against drug abuse and illicit trafficking	33 volunteers	2 hours	• Created awareness among public on prevention of drug abuse
15	01-07-26	• Health awareness session on prevention of monsoon diseases	2 volunteers	1 hour	• Got awareness on prevention of monsoon diseases

16	02-07-26	• Geriatric services	10 volunteers	5 hours	• Geriatric assessment and screening
17	02-07-26	• Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
18	04-07-26	• Geriatric clinic	15 volunteers	5 hours	• Geriatric assessment and screening, games, entertainment programmes and refreshments for the participants
19	04-07-26	• Palliative care	1 volunteer	5 hours	• Received palliative care at home
20	14-07-26	• Operation Toofan: Central Travancore launch	50 volunteers	2 hours	• Participated in the programme and gained awareness about the programme

1.NSS unit of Caritas College of Nursing and Caritas Hospital in collaboration with Our Lady of Lourdes Higher Secondary school, Uzhavoor organized World Blood Donor day celebration on 16-06-26. Staff and parents of school and people of Uzhavoor donated blood through the mobile blood collection bus of Caritas Hospital.



2.NSS Programme Officer Ms. Anu Joseph was the resource person on the topic "One Drop of Humanity: Give Blood. Save Lives" an awareness session on blood donation for faculty and students of Our Lady of Lourdes Higher Secondary School on 16/06/26



3. NSS volunteer provided palliative care services for patients at their home along with palliative care team of Caritas Hospital on 16-06-26



4. NSS unit and SSGP cell in collaboration with Kerala Police Department organized Operation Toofan: The Narcotic Hunt, Antidrug awareness session for all staff and students of Caritas College of Nursing on 17/06/26. Mr. Joshimon KG and Mr. Anish KN, Operation Toofan awareness team, Kottayam District Police were the resource persons.



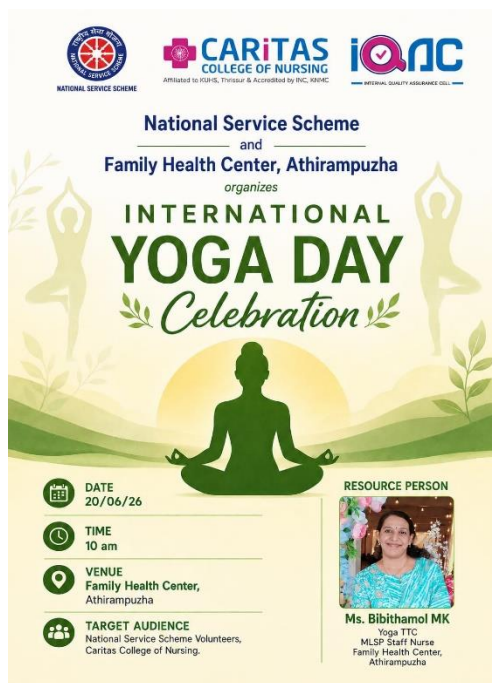
5. NSS volunteers participated in a medical camp organized by Caritas Hospital at Thiruvarpur in house boat of Caritas Hospital on 17-06-26. Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided to the people



6. NSS volunteer provided palliative care services for patients at their home along with palliative care team of Caritas Hospital on 19-06-26



7. NSS unit in collaboration with Family Health Center, Athirampuzha successfully organized the International Yoga Day Celebration on 20/06/2026 at 10 am in Family Health Center, Athirampuzha. The session was led by Ms. Bibithamol MK, Yoga TTC & MLSP Staff Nurse who guided NSS volunteers and Caritas College of Nursing students through various asanas and breathing exercises

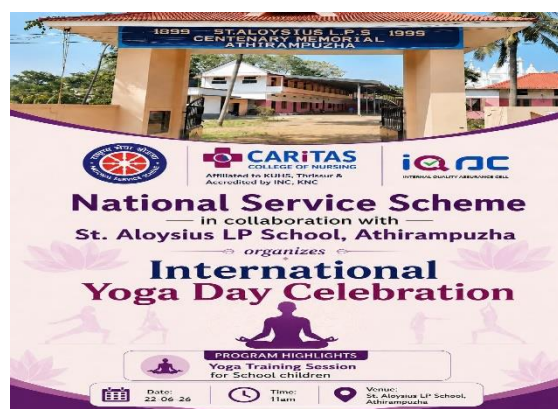


8. NSS unit and Physical Fitness and Yoga Club, Caritas College of Nursing successfully organized a Health Literacy Programme on Yoga for Physical Fitness on 20/6/2026 from 10 to 11 AM at Family Welfare Centre, Koodalloor. The session focused on educating patients and staff about yoga practices for improving flexibility, strength and overall physical fitness. NSS volunteers demonstrated basic asanas and breathing exercises with emphasis on “Yoga Today, Healthy Tomorrow”.

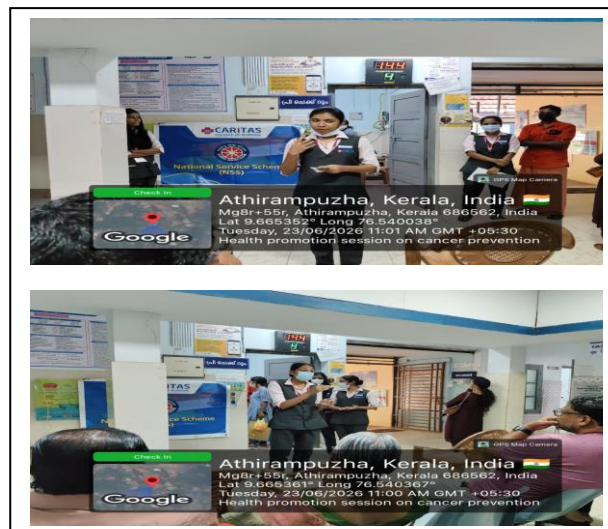
9. NSS unit in collaboration with National Health Mission, Family Welfare Center, Koodalloor organized breeding source elimination drive for the prevention of mosquito borne diseases on 20-06-26. NSS volunteers visited houses and discarded water holding containers which holds larvae of mosquitos.



10. NSS unit in collaboration with St. Aloysius LP School, Athirampuzha celebrated International Yoga Day on 22-06-2026 at 11 am at St. Aloysius LP School. A Yoga Training Session was conducted for school children focusing on basic asanas, breathing techniques and the benefits of yoga for physical and mental health by the NSS volunteers.



11. NSS unit in collaboration with National Health Mission organized health promotion session on cancer prevention at Family Health Center, Athirampuha on 25-06-26 at 10 am



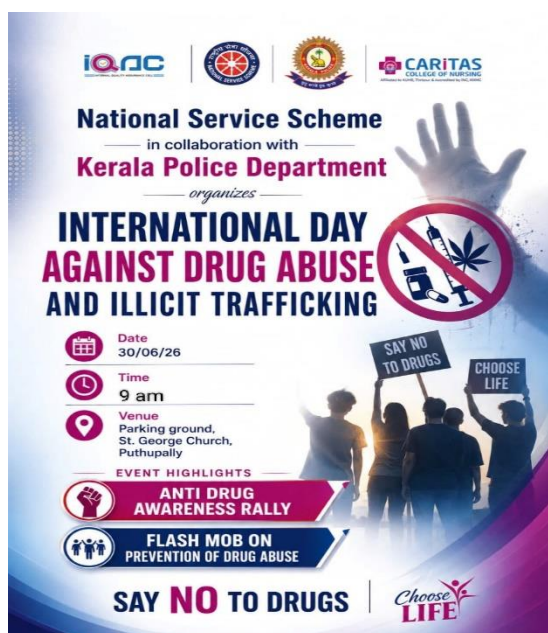
12. Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided through the outreach center, Nalpathimala for the people of adopted area of NSS unit on 25-06-26



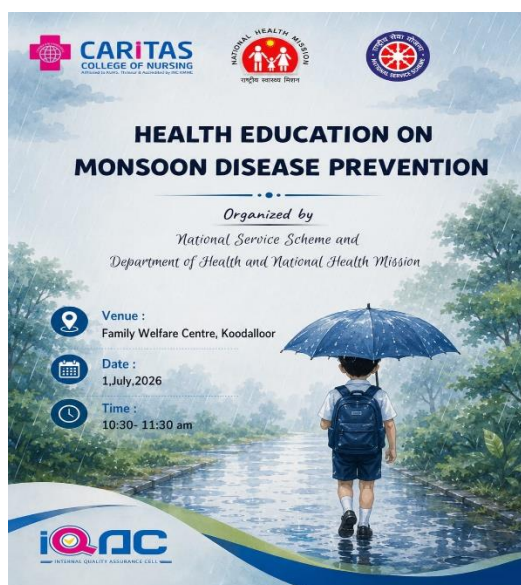
13. NSS volunteer provided palliative care services for patients at their home on 26-06-26



14.NSS unit in collaboration with the Kerala Police Department organized International Day Against Drug Abuse and Illicit Trafficking on 30/06/26 at 9 am. The event was held at the Parking Ground of St. George Church, Puthuppally with the aim of creating public awareness about the dangers of drug abuse. To actively engage the youth and local community, the program featured two major activities: an Anti-Drug Awareness Rally and a Flash Mob on Prevention of Drug Abuse.



15. NSS unit in collaboration with National health Mission organized a health education session on monsoon disease prevention at Family Welfare Center, Koodalloor on 01-07-26



16. NSS unit in collaboration with Archana Womens Center organized geriatric clinic for the senior citizens of Peroor village on 02-07-26. Geriatric assessment including blood pressure and blood sugar monitoring and a health awareness session on prevention and management of life style diseases were provided by the NSS volunteers



17. Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided through the outreach center, Nalpathimala for the people of adopted area of NSS unit on 02-07-26



18. NSS unit in collaboration with Radical Oxygen Organization of Families (ROOF) organized geriatric clinic on 04-07-26. The programme was officially inaugurated by Prof. Dr. Tony K Thomas, U3A Director, MG University, Kottayam. Geriatric assessment including blood pressure and blood sugar monitoring and a health awareness session on self-care in ageing were provided by the NSS volunteers. Entertainment programmes including dance and songs were performed by the volunteers. Various games were organized for the senior citizens

and prizes were distributed for the winners. The programme ended with lunch for the participants.



19. NSS volunteers provided palliative care services for patients at their home on 04-07-26



20. NSS volunteers participated in the Central Travancore Regional Launch of "Operation TOOFAN - The Narco Hunt" held on 14th July 2026 at 10:30 AM at Caritas Hospital, Kottayam. The programme was organized jointly by the Government of Kerala, Kerala Police and Caritas Hospital & Institute of Health Sciences. The event aimed to spread awareness against drug abuse under the theme "Say No to Drugs - Together for a Drug-Free Keralam." The program was inaugurated by Shri. Ramesh Chennithala, Honourable Minister for Home & Vigilance, Govt. of Kerala. The event was graced by H.E. Mar Joseph

Pandarasseril, Auxiliary Bishop of Kottayam & Chairman, Caritas Hospital. Shri. Adv. Mons Joseph, Honourable Minister for Water Resources and Housing, Govt. of Kerala, Shri. Nattakom Suresh, MLA, Ettumanoor, Shri. Ravada A. Chandrasekhar, IPS, Director General of Police, Kerala State, Yathish Chandra G. H, IPS, DIG, Ernakulam Range, Shri. Sabu Mathew K. M, IPS, District Police Chief, Kottayam were presented in the programme. Rev. Dr. Binu Kunnath, Director & CEO, Caritas Hospital welcomed the gathering. The event highlighted the collective commitment of the government, religious institutions, healthcare and police to build a drug-free society.



INSTITUTE OF NURSING SCIENCES & RESEARCH, **MALABAR CANCER CENTRE**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	19.06.26	World Blood Donor Day- Blood Donation Campaign	70	3 hours	Conducted Hydrogen Red Balloon Release, A blood donation pledge and blood donation campaign

WORLD BLOOD DONOR DAY

On the occasion of World Blood Donor Day 2026, the National Service Scheme (NSS) and Student Nurses' Association (SNA) of the Institute of Nursing Sciences and Research (INSeR), MCC (PGIOSR), Thalassery, in association with the Department of Blood Bank, Malabar Cancer Centre (MCC), organized a Blood Donation Campaign on 19 June 2026 at the MCC Blood Bank. The programme commenced at 10.00 AM with a Hydrogen Red Balloon Release Ceremony held in front of the Institute of Nursing Sciences and Research. Prof.Dr. Rohini T., Principal, INSeR, welcomed the faculty members and students to the programme and emphasized the importance of voluntary blood donation in saving lives. Dr. Mohandoss, M.D (Transfusion Medicine), MCC introduced the theme of World Blood Donor Day and explained the significance of celebrating the day to honor voluntary blood donors and raise awareness about the continuous need for safe blood and blood products. A blood donation pledge was administered to all participants, followed by the release of red balloons symbolizing hope, compassion, and the gift of life. Following the inaugural ceremony, the blood donation camp began at 10.30 AM at the MCC Blood Bank. Students enthusiastically participated in the noble cause, demonstrating their commitment to social responsibility and humanitarian service. A total of 16 students donated

blood during the campaign. The programme was successfully conducted with the support of the Department of Blood Bank, MCC, and served as an inspiring initiative to promote voluntary blood donation and strengthen awareness about the importance of donating blood to save lives.



WORLD POPULATION DAY AWARENESS SESSION

As part of World Population Day, the *NSS Unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre (PGIOSR) organized an awareness session on Family Planning at Government Hospital, Thalassery, on 14 July 2026 at 10:30 AM. The awareness class was conducted by nine 6th Semester B.Sc. Nursing students under the guidance of faculty members. The students effectively explained the importance of family planning, healthy timing and spacing of pregnancies, available contraceptive methods, and the benefits of small family norms. To make the session more interactive and easy to understand, they used teaching models and charts for demonstration and explanation. The participants actively engaged in the session, clarified their doubts, and appreciated the informative presentation. The programme successfully enhanced public awareness regarding responsible parenthood, maternal and child health, and the importance of informed family planning for building healthy families and a sustainable future.



MAR DIOSCORUS COLLEGE OF PHARMACY

SL. NO	Date	Name of the activity	Number of hours	Number of participants	Achievement by the programme including the beneficiaries
1	27-06-2026	Drug Abuse: Problems and Solutions	1	100	As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking, the NSS Unit, in

					association with the Department of Pharmacognosy, Mar Dioscorus College of Pharmacy, organized an awareness programme titled “Drug Abuse: Problems and Solutions” on 27 June 2026 at 10:00 a.m.
2	29-06-2026	Beyond the Lipstick: Chemical Awareness and Authentic Confidence	1	100	The programme was conducted to educate students on the composition of cosmetic products, particularly lipsticks, and to promote informed consumer choices. The session also aimed to encourage self-confidence by emphasizing that true beauty lies in knowledge, authenticity, and self-acceptance rather than cosmetic appearance.
3	29-06-2026	International Yoga Day Celebration	1	25	The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee, IPA-SF, SSGP,

					and IQAC, organized the International Yoga Day Celebration on 29 June 2026 at 11:00 a.m. on the Ground Floor, Pharm D Block, Sreekariyam.
4	01-07-2026	Building Your Professional Network and Career Through LinkedIn and Indeed	1	80	The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee, IPA-SF, SSGP, and IQAC, organized a career development session titled “Building Your Professional Network and Career Through LinkedIn and Indeed” on 1 July 2026 at 2:45 p.m. in the Seminar Hall.

1. Report on the Awareness Programme on “Drug Abuse: Problems and Solutions”

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking, the NSS Unit, in association with the Department of Pharmacognosy, Mar Dioscorus College of Pharmacy, organized an awareness programme titled “Drug Abuse: Problems and Solutions” on 27 June 2026 at 10:00 a.m.

The programme was conducted to create awareness among students about the harmful effects of drug abuse, the growing challenges of substance dependence, and the importance of adopting a healthy, drug-free lifestyle.

The resource person for the session was Shri. Dileep Kumar S., Assistant Excise Inspector, who delivered an informative and engaging talk on the causes and consequences of drug abuse, the legal implications of illicit drug trafficking, preventive measures, and the role of students and society in combating substance abuse. He also highlighted the initiatives of the Excise Department in preventing drug-related crimes and encouraged students to become ambassadors of anti-drug awareness. The interactive session enabled students to clarify their doubts and gain valuable insights into the physical, psychological, social, and legal aspects of drug abuse. The programme concluded with a vote of thanks, expressing gratitude to the resource person for his valuable contribution and to all the participants for their active involvement.

MAR DIOSCORUS COLLEGE OF PHARMACY
Hermengiri Vidyapeetam, Alathara, Sreekaryam, Thiruvananthapuram, Kerala Pin: 695017
E-mail: mdcp04@gmail.com Website: www.mardioscoruscollegeofpharmacy.org

**INTERNATIONAL DAY AGAINST DRUG ABUSE AND
ILLCIT TRAFFICKING**
AWARENESS ON
DRUG ABUSE: PROBLEMS AND SOLUTIONS

**27th
June @10.00 am
2026**

Shri. DILEEP KUMAR S
Asst. Excise Inspector

Department of pharmacognosy

IQAC **வினியோகம்** **SSGP**

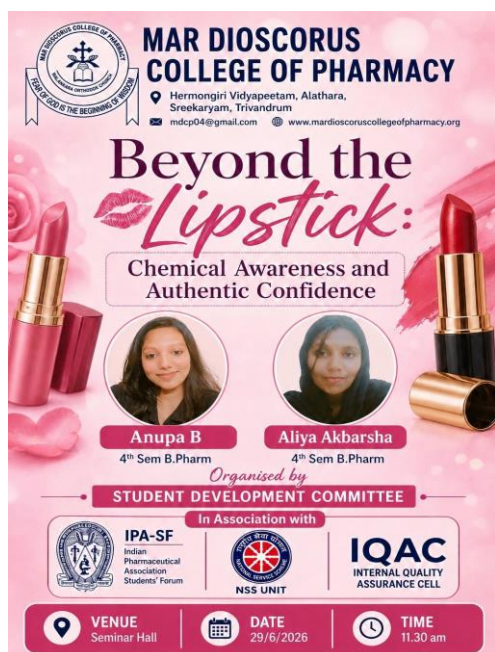


2.Report on the Awareness Programme “Beyond the Lipstick: Chemical Awareness and Authentic Confidence”

The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee, IPA-SF, and IQAC, organized an awareness programme titled “Beyond the Lipstick: Chemical Awareness and Authentic Confidence” on 29 June 2026 at 11:30 a.m. in the Seminar Hall. The programme was conducted to educate students on the composition of cosmetic products, particularly lipsticks, and to promote informed consumer choices. The session also aimed to encourage self-confidence by emphasizing that true beauty lies in knowledge, authenticity, and self-acceptance rather than cosmetic appearance.

The awareness session was led by Ms. Anupa B and Ms. Aliya Akbarsha, students of Fourth Semester B.Pharm. They delivered informative presentations on the chemicals commonly used in lipsticks, their functions, potential health concerns associated with certain ingredients, and the importance of selecting safe and quality-assured cosmetic products. The speakers also highlighted the need to read product labels, verify ingredient lists, and be aware of regulatory standards while purchasing cosmetics. The programme witnessed active participation from students and faculty members. An interactive discussion followed the

presentations, during which participants shared their views and clarified their doubts regarding cosmetic safety and responsible usage.



3.Report on the International Yoga Day Celebration

The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee, IPA-SF, SSGP, and IQAC, organized the International Yoga Day Celebration on 29 June 2026 at 11:00 a.m. on the Ground Floor, Pharm D Block, Sreekariyam.

The programme was conducted with the theme “Yoga for Self, Society & Sustainable Life”, aiming to promote the importance of yoga in maintaining physical health, mental well-being, and emotional balance. The event encouraged students to adopt yoga as a part of their daily routine for leading a healthy and disciplined lifestyle. The session was led by Mr. Ciniji P. Thomas, Yoga Trainer and Therapist, Happy Yoga and Meditation Centre. He highlighted the significance of yoga in enhancing flexibility, improving concentration, reducing stress and anxiety, boosting immunity, and promoting inner peace. The resource person also explained how regular yoga practice contributes to a healthier and more sustainable

way of life. The programme included a practical yoga demonstration, during which students and faculty members actively participated in various yoga postures, breathing exercises (Pranayama), and meditation techniques under the guidance of the trainer. The interactive session motivated participants to incorporate yoga into their daily lives for overall physical, mental, and emotional wellness. The programme concluded with a vote of thanks, expressing sincere gratitude to the resource person for his valuable guidance and to all the participants for their enthusiastic involvement. The celebration successfully created awareness about the importance of yoga and inspired students to embrace a healthy lifestyle through regular practice.



4. Report on the Career Development Session: “Building Your Professional Network and Career Through LinkedIn and Indeed”

The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee, IPA-SF, SSGP, and IQAC, organized a career development session titled “Building Your Professional Network and Career Through LinkedIn and Indeed” on 1 July 2026 at 2:45 p.m. in the Seminar Hall.

The programme aimed to equip students with the knowledge and skills required to build a strong professional identity and effectively utilize online career platforms for networking, internships, and employment opportunities. The resource person, Mrs. Anjitha S. S., Assistant Professor, Department of Pharmaceutics, delivered an insightful session on creating professional profiles on LinkedIn and Indeed, highlighting the importance of personal branding, networking, resume building, job searching, and maintaining a professional online presence. She also demonstrated the essential features of both platforms and shared practical tips on connecting with professionals, applying for jobs, and enhancing career prospects.

The session was highly interactive, with students actively participating in discussions and seeking clarification on profile optimization, networking strategies, and career planning. The resource person encouraged students to continuously update their profiles and make effective use of digital platforms to stay competitive in the evolving job market. The programme concluded with a vote of thanks, expressing sincere gratitude to the resource person for sharing her expertise and valuable guidance. The session proved to be highly beneficial, motivating students to develop a professional online presence and explore diverse career opportunities through digital networking platforms.



PALAKKAD INSTITUTE OF MEDICAL SCIENCES

REPORT ON ANTI-DRUG AWARENESS PROGRAM

Anti-Drug Awareness Programme was organized at **Sai Nilayam School, Kanjikode** on **03/06/2026** as per the directions of the **NSS Cell** in connection with the observance of **International Anti-Drug Day**. The programme aimed to create awareness among school students about the harmful effects of drug and substance abuse, promote healthy lifestyle choices, and encourage them to resist peer pressure and make responsible decisions.



The programme commenced with an introductory session emphasizing the increasing prevalence of substance abuse among adolescents and the importance of preventive education at the school level. This was followed by an informative awareness talk highlighting the different types of addictive substances, the factors contributing to drug use, the warning signs of addiction, and the serious physical, psychological, social, and legal consequences associated with substance abuse. The session also stressed the importance of self-discipline, healthy friendships, positive coping strategies, and seeking guidance from parents, teachers, and healthcare professionals whenever necessary.



An educational skit was presented to reinforce the key messages of the programme. The performance portrayed realistic situations involving peer pressure and demonstrated how substance abuse can adversely affect an individual's health, education, relationships, and future. Through engaging and relatable scenarios, the skit effectively conveyed the importance of making responsible choices and adopting a drug-free lifestyle.



The programme concluded with an interactive question-and-answer session, during which students actively participated by raising queries related to substance abuse, addiction, preventive measures, and strategies for dealing with peer pressure. The resource persons addressed the students' questions with clear, evidence-based, and age-appropriate explanations, making the session both informative and engaging.



Approximately 100 **students** participated enthusiastically in the programme. Their active involvement throughout the awareness talk, skit, and interactive discussion reflected their interest in the topic and contributed to the overall success of the event. The programme successfully achieved its objective of sensitizing students to the dangers of substance abuse, promoting healthy behavioural choices, and fostering a commitment towards building a healthy and drug-free society.

JUBILEE MISSION COLLEGE OF NURSING,
THRISSUR

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	16.06.2026	Blood Donation Day Celebration	35	04 hrs	Social responsibility Decision making

2	22.06. 2026	Yoga day celebration	100	2 hrs	Social responsibility, decision making , Health awareness, mental stability
3	27.06.2026	World Anti drug day observance	30	1 hr	Social responsibility, Health awareness, decision making and communication skill
4	Every day 30 mts	Green campus initiative at college campus	100	2hr daily	Social responsibility, decision making and communication skill
5	01.07.26 to 07.07.26	Vana Mahotsav Week Celebration	30	1 hr	Social responsibility, ecofriendly approach and environment sustainability
6	05.07.2026	Nurse led Clinic	43	2hr	Health awareness, social responsibility and decision making
7	16.06.2026 - 15.07.2026	Family care including palliative care programs	25	1hr	Social responsibility, decision making and communication skill

DESCRIPTION OF THE ACTIVITY

1. Blood Donation Day Celebration

On account of world blood donation day, 9 NSS Volunteers & faculties from Jubilee Mission College of Nursing voluntarily donated blood to Blood Bank, Jubilee Mission Medical College & Research Institute. The NSS students also conducted a flash mob to create the awareness among the public regarding the importance of blood donation. The Programme ended at 3.35pm. The students also participated in the Poster competition conducted by transfusion medicine department and Ms. Gayathri Madhu from first Semester & Ms. Amoolya Anna from Sixth semester awarded second and third position respectively.

2. Yoga day celebration

As part of 12th International Yoga Day Celebration, NSS volunteers in association with IQAC,SSGP and Department of FON, organized Yoga Day event at Bishop Alappat Auditorium, Jubilee Mission College of Nursing. The students from all semesters actively participated. Ms. Angel Maria presented the theme of current year 'Yoga for healthy aging' to create awareness among student about physical and mental benefit of Yoga & promoting daily practice. The NSS volunteers performed yoga dance and demonstrated yoga asanas and all students actively participated in practicing different asanas. The programme ended at 12.40pm.

3. World Anti drug day observance

As part of world anti drug celebration, NSS unit of Jubilee Mission college of nursing conducted a flash mob which was followed by an awareness class taken by Ms. Claudia, Lecturer Mental Health Nursing Department, JMCON on the topic 'importance of staying away from Drug abuse and practical method of prevention at St.Thomas Block, JMMC & RI on 27.6.26 at 3.30pm , Angelmaria.E.E, NSS volunteer from VI Semester B.Sc (N) presented anti drug day theme. A large no of people got benefited from this. The NSS volunteers also distributed leaflets & pamphlets among public to create awareness.

4. Green campus initiative

The **Green Campus Initiative** is maintaining at our institution with the objective of promoting **environmental sustainability, ecological awareness, and responsible practices** among students and staff. The programme aimed to create a clean, energy-efficient, and eco-friendly campus environment. Our NSS volunteers taken interest in this and divided 4 plots and allotted for students. As a

part of this, they collected plants including herbal plants and also participated in environmental sanitation activities.

5. Vana Mahotsav Week Celebration

The Vana Mahotsav week celebration was conducted from 1/7/26 to 7/7/26 with objective of promoting environmental conservation & creating awareness about importance of trees & biodiversity. As part of this, a campus tree plantation drive programme was conducted and the students actively participated. NSS volunteers from all batches had planted saplings in college premises including medicinal plants.

6. Nurse Led Clinic

The NSS unit and Community Health Nursing department of Jubilee Mission College of nursing conjoint with Vincent De Paul Society, St Mary's Church Madona Nagar, organized nurse led clinic on 05/07/26. The clinic was conducted at Auditorium of St Mary's church, Madona Nagar. The Programme started at 7.45 am immediately after the holy mass. The tokens were provided by Vincent de Paul Society member. The public were seated in the chairs in the order of token number. Awareness classes on Food Safety was taken by Miss Helna George, 6th Semester Student. Following that nurse lead clinic was started. 5 stations were arranged for registration, Checking Blood pressure, assessing blood sugar and BMI calculation and the last station was reference station, only if needed, to UPHC Kachery. and also to check whether the referred patients go for consultation and follow up the care.

43 tokens were given for the public. Among 43 members, 1 was referred to UPHC, Kachery. Refreshment was arranged for the public and NSS volunteers.

7. Family care including palliative care programs & single elderly care

Students were assigned for each home visit, for a duration of 1 hour (3.00 pm – 4.00 pm) weekly 3 times in which each group visited a total of 4 houses. Services

like interpersonal relationship, history collection, elderly assessment; fall risk assessment, health check-up and muscle strengthening exercise were done. The problems and needs were identified as loneliness, depressive mood; risk for fall etc and health education was given according to their needs. Recreational activities like music and newspaper reading were provided.

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	PHOTOS
1.	16.06.2026	Blood Donation Day Celebration	  
2.	22.06. 2026	Yoga day celebration	 

3.	27.06.2026	World Anti drug day observance	
4.	Every day 30 mts	Green campus initiative at college campus	
5.	01.07.26 to 07.07.26	Vana Mahotsav Week Celebration	
6	05.07.2026	Nurse led clinic	

7.	16.06.2026 - 15.07.2026	Family care including palliative care programs	
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**GOVERNMENT HOMOEOPATHIC MEDICAL
COLLEGE, THIRUVANANTHAPURAM**

Sl. No.	Date	Activity Conducted (Name of the Activity)	No. of Volunteer Participants	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
1	05-06-2026	World Environment Day Observation	40	3 Hours	Promoted environmental awareness and sustainable practices among students. Tree plantation activity encouraged ecological conservation and inspired volunteers to actively participate in environmental protection initiatives.
2	21-06-2026	World Yoga Day Celebrations	70	2 Hours	Created awareness about the significance of yoga as a holistic approach to health and well-being

3	25-06-2026	Artificial Limb Distribution Programme	15	7 Hours	NSS volunteers rendered dedicated service by assisting in the organization and coordination of the event, demonstrating their spirit of selfless service and commitment to community welfare.
4	13-07-2026	Drug Abuse Awareness	100	3 hours	The session provided valuable guidance to medical students on adopting a compassionate, non-judgmental, and professional approach while dealing with victims of drug abuse and helping them access appropriate treatment and rehabilitation services.

1. World Environment Day Observation

Date: 05-06-2026

The NSS Unit, in association with the Students Support and Guidance Programme (SSGP) of Government Homoeopathic Medical College, Thiruvananthapuram, observed World Environment Day on 5th June 2026 at the Pharmacy College campus. The programme was organized to promote environmental awareness and encourage sustainable practices among students and faculty members.

The inaugural function was graced by **Shri D. Sajith Babu, IAS, Director of AYUSH, Government of Kerala**, as the Chief Guest, and **Dr. T. K. Vijayan, Principal, Government Homoeopathic Medical College, Thiruvananthapuram**. As a symbol of environmental conservation and commitment towards a greener future, the dignitaries planted tree saplings on the campus.

Around **40 NSS Volunteers** from the **Second and Third BHMS** classes, along with teaching faculty members, actively participated in the programme. The event successfully reinforced the importance of protecting the environment, conserving natural resources, and promoting ecological sustainability among the student community.

2. World Yoga Day Observation

Date: 21-06-2026

The NSS Unit of Government Homoeopathic Medical College, Thiruvananthapuram, observed **International Day of Yoga** on **21st June 2026** with the theme "**Yoga for Healthy Aging.**" The programme was organized to promote the importance of yoga in maintaining physical, mental, and emotional well-being, particularly in supporting healthy aging and improving quality of life.

The programme was inaugurated by **Dr. T. K. Vijayan, Principal and Controlling Officer**, Government Homoeopathic Medical College, Thiruvananthapuram. The event witnessed the active participation of **Dr. Sathish Kumar K., NSS Programme Officer**, BHMS students, interns, PG scholars, and faculty members.

Following the inaugural session, a **practical yoga session** was conducted, during which participants were guided through various **yogasanas (postures)** and **pranayama (breathing exercises)**. The session emphasized the role of regular yoga practice in enhancing flexibility, improving respiratory health, reducing stress, and promoting healthy aging.

The programme concluded with a **collective pledge** taken by the faculty members, NSS volunteers, PG scholars, interns, and students, reaffirming their commitment to incorporating yoga into their daily lives and promoting its benefits within the community. The observance was successful in creating awareness about the significance of yoga as a holistic approach to health and well-being.

3. Artificial Limb Distribution Programme

Date: 25-06-2026

The NSS Unit of Government Homoeopathic Medical College, Thiruvananthapuram, actively participated in the **Artificial Limb Distribution Programme** organized by the **Trivandrum Metropolis Lions Club** in association with **Anga Karunya Kendra** on **25th June 2026** at the Pharmacy College, Government Homoeopathic Medical College, Thiruvananthapuram.

The programme was conducted with the objective of extending support to persons with physical disabilities by providing them with artificial limbs, thereby improving their mobility, independence, and quality of life.

During the programme, **Lion Er. R. Murugan**, representing the Trivandrum Metropolis Lions Club, and **Dr. T. K. Vijayan, Principal and Controlling Officer, Government Homoeopathic Medical College, Thiruvananthapuram**, distributed artificial limbs to the beneficiaries.

A team of **15 NSS volunteers** actively participated in the programme by assisting in the registration of beneficiaries, coordinating the distribution process, guiding the recipients, and providing logistical support throughout the event. Their dedicated service ensured the smooth and efficient conduct of the programme while reflecting the core values of the National Service Scheme—selfless service, compassion, and social responsibility.

The programme offered the volunteers an opportunity to engage directly in a meaningful humanitarian initiative, fostering empathy and reinforcing their commitment to community service and the welfare of persons with disabilities.

4. Drug Abuse Awareness Programme

Date: 13-07-2026

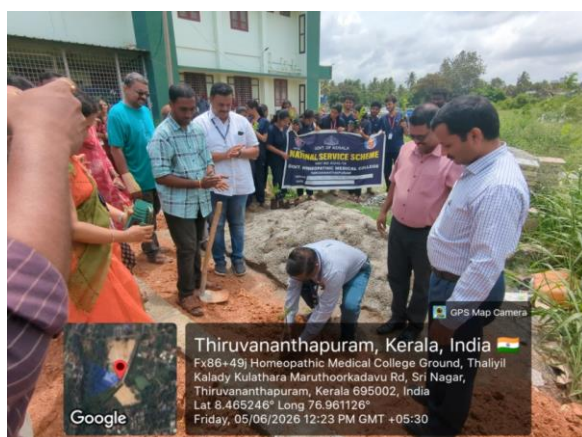
The NSS Unit of Government Homoeopathic Medical College, Thiruvananthapuram, in association with the **Students Support and Guidance Programme (SSGP)** and the **Lions Club of Trivandrum Metropolis**, organized a **Drug Abuse Awareness Programme** on **13th July 2026**. The programme aimed to educate students about the harmful effects of substance abuse and the role of future medical professionals in the prevention, identification, and management of drug addiction.

The programme was inaugurated by **Dr. T. K. Vijayan, Principal and Controlling Officer**, Government Homoeopathic Medical College, Thiruvananthapuram.

The keynote session was delivered by **Mr. Vignesh Viswanath, Coordinator, Vimukthi Mission, Government of Kerala**. During his interactive talk, he created awareness about the growing problem of drug abuse, its physical, psychological, and social consequences, and the importance of early intervention. He also explained the various **government initiatives, rehabilitation facilities, counselling services, and support systems** available for individuals affected by substance abuse. The session provided valuable guidance to medical students on adopting a compassionate, non-judgmental, and professional approach while dealing with victims of drug abuse and helping them access appropriate treatment and rehabilitation services.

The programme commenced with a **welcome address by Dr. Sathish Kumar K., NSS Programme Officer**, who emphasized the importance of creating a drug-free society through awareness and collective responsibility. The programme concluded with a **vote of thanks by Dr. Bindhu Pereira, SSGP Coordinator**, expressing gratitude to the dignitaries, resource person, organizers, and participants for making the event a success.

The programme significantly enhanced students' understanding of substance abuse prevention and reinforced their responsibility as future healthcare professionals in supporting individuals affected by drug addiction and promoting a healthier society.



Yoga Day



CHEMISTS COLLEGE OF PHARMACEUTICAL SCIENCES AND RESEARCH

Sl. No.	Date	Activity Undertaken (Brief Description)	No. of Units	No. of Participants	No. of Hours	Achievements
1	19-06-2026	National Reading Day – Reading Pledge, Book Review Competition & Reading Session	01	48	2 Hours	Encouraged reading habits, enhanced language and communication skills, and inspired lifelong learning among students.
2	21-06-2026	International Yoga Day – Yoga Pose Photography, Surya Namaskar Challenge & e-Poster Competition	01	54	3 Hours	Promoted physical fitness, mental well-being, and healthy lifestyle practices through yoga.

3	23-06-2026	International Day against Drug Abuse and Illicit Trafficking – Anti-Drug Awareness Flash Mob, Awareness Campaign & Public Interaction	01	80	3 Hours	Raised public awareness on drug abuse prevention, promoted healthy lifestyles, and encouraged youth to say "No to Drugs, Yes to Life."
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REPORT ON NATIONAL READING DAY

Date: 19 June 2026

Venue: Chemists College of Pharmaceutical Sciences & Research

Organized by: National Service Scheme (NSS)

The National Service Scheme (NSS) Unit of Chemists College of Pharmaceutical Sciences & Research observed National Reading Day on 19 June 2026 to commemorate the birth anniversary of P.N. Panicker, the father of the Library Movement in Kerala.

The programme commenced with the National Reading Day Pledge, followed by a Reading Session and a Book Review Competition. Students from B.Pharm, D.Pharm, M.Pharm and Pharm.D actively participated in the programme. The activities encouraged students to develop reading habits, improve communication skills, and cultivate a lifelong interest in learning.



The programme highlighted the importance of books in shaping knowledge, values, and personality while inspiring students to make reading an integral part of their daily lives. The programme concluded with the announcement of competition winners and appreciation of all participants.

- Promoted the habit of regular reading among students.
- Improved communication, analytical, and critical thinking skills.
- Encouraged lifelong learning and intellectual development.

REPORT ON INTERNATIONAL DAY OF YOGA

Date: 21 June 2026

Venue: Chemists College of Pharmaceutical Sciences & Research

Organized by: National Service Scheme (NSS)

The National Service Scheme (NSS) Unit celebrated International Day of Yoga on 21 June 2026 by organizing Yoga Pose Photography, Surya Namaskar Challenge, and an e-Poster Competition.

Students from B.Pharm, D.Pharm, M.Pharm and Pharm.D enthusiastically participated in the activities. The programme focused on promoting physical

fitness, mental well-being, emotional balance, and the importance of yoga in leading a healthy lifestyle.

The competitions inspired students to practice yoga regularly and recognize its role in improving overall health and reducing stress.

The programme concluded with prize distribution and appreciation of all participants.

Outcome of the Programme

- Promoted physical and mental wellness through yoga.
- Encouraged students to adopt yoga as part of their daily routine.
- Enhanced awareness regarding healthy lifestyle practices.



REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Date: 23 June 2026 & 29 June 2026

Venue: LuLu Mall, Edappally & Chemists College of Pharmaceutical Sciences & Research (CCPSR)

Organized by: Student Support Guidance Programme (SSGP), National Service Scheme (NSS) & Narcotic Cell

The Student Support Guidance Programme (SSGP), National Service Scheme (NSS), and Narcotic Cell of Chemists College of Pharmaceutical Sciences & Research observed the International Day Against Drug Abuse and Illicit Trafficking through a series of awareness programmes conducted on 23 June 2026 and 29 June 2026, in line with the global theme "World Drug Problem: Persisting Issues, New Challenges, Innovative Responses."

As part of the observance, an Anti-Drug Awareness Flash Mob and Public Awareness Campaign was organized on 23 June 2026 at LuLu Mall, Edappally. Around 25 NSS volunteers participated enthusiastically, using music, dance, and impactful social messages to highlight the harmful effects of drug abuse and promote the message "Say No to Drugs, Say Yes to Life." The programme attracted the attention of shoppers and visitors, creating widespread public awareness and receiving appreciation for its creativity and social impact

An Awareness Session was subsequently conducted on 29 June 2026 at the CCPSR Auditorium for students of B.Pharm, D.Pharm, and Pharm.D. The session was led by Mr. Ramesan K. K., Assistant Excise Inspector, Vimukthi Mission, Excise Department, who spoke on the harmful effects of drug abuse, preventive strategies, legal aspects of narcotic drugs, and the importance of leading a healthy, drug-free life. The interactive session encouraged students to become responsible citizens and ambassadors for a drug-free society. The Outcome programme



Outcome of the Programme

- Created public awareness regarding the harmful effects of drug abuse and illicit drug trafficking.
- Encouraged students and youth to adopt healthy and drug-free lifestyles.
- Enhanced communication, leadership, and community engagement among NSS volunteers.
- Improved students' understanding of substance abuse prevention and legal awareness.
- Strengthened the social responsibility and outreach activities of the NSS Unit, SSGP, and Narcotic Cell.

Sd/-

Dean (Student Affairs) & NSS Programme Coordinator