



# KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur- 680596

[www.kuhs.ac.in](http://www.kuhs.ac.in) Tel: 0487-2007625

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

Date: 27/05/2026

## **GOVERNMENT AYURVEDA COLLEGE,** **TRIPUNITHURA**

Sl. No	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	21/6/2025	Celebrated International yoga day – awareness class, yoga sangam, and yoga dance was conducted.	50	6 hrs	An awareness was created among the volunteers about holistic health and well being. Helped them achieve physical fitness, mental peace and positive life values.
2.	26/6/2025	In association with international day against drug abuse and illicit trafficking, NSS volunteers took awareness class against drug abuse to students of VHSS, Irumpanam from 2 to 4 pm	6	2 hr	NSS volunteers acted as role models in inspiring students to stay away from drugs thus protecting the youth and strengthening communities.

3.	26/6/2025	All students of govt ayurveda college , Tripunithura took the anti-drug oath on that day.	150	10 min	It helped in raising awareness and promoting a drug free lifestyle among the students.
4.	26/6/2025	An e-poster competition was conducted among all the UG students on the topic “protect our youth stand against drugs”.	11		The students understood the harmful effects of drug abuse on health, relationships and society.

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

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	22/04/2026 to 29/04/2026	<b>EARTH WEEK CELEBRATION – ORGANIZED BY NSS UNIT of Holy Family College of Nursing in Collaboration with Municipality</b>	50 NSS VOLUNTEERS	Total 16 Hrs (April 22,23, 25,26,27)	Earth week celebration was organized by NSS Volunteers.  DAY1-VEGETABLE SEEDS AND GROW BAG DISTRIBUTION to all families in the adopted community area, inaugurated by principal Dr.Jayan James

		<p>ward counsellors ward 15,16,17 and 2-JPHN from Thaluk Hospital, Thodupuzha</p>		<p>DAY 2- GREEN CAMPUS DRIVE – Campus cleaning and planting of trees inside the campus.</p> <p>DAY 3- SUSTAINABLE PLEDGE and AYURVEDIC HERBAL GARDEN cleaning and planting new herbal siblings.</p> <p>DAY 4- MUD POT PAINTING inside the campus.</p> <p>DAY 5- COMMUNITY ADOPTED AREA CLEANING AND WASTE MANAGEMENT- Ward 15,16,17 were cleaned by NSS volunteers, inaugurated by Mr.Naushad ,15<sup>th</sup> ward counsellor and principal Dr.Jayan James</p>
--	--	---	--	---

**HOLY FAMILY COLLEGE OF NURSING**  
**NSS UNIT**  
**EARTH WEEK CELEBRATIONS**  
**DAY 1 SEED DISTRIBUTION**

Distributing seeds & grow bags to 20 families in community adopted areas

**Earth Day isn't about what you say. It's about what you seed.**

**Small Seeds, Big Change!**  
 THINK GREEN • ACT GREEN • LIVE GREEN  
 TOGETHER, LET'S MAKE EVERY DAY EARTH DAY!



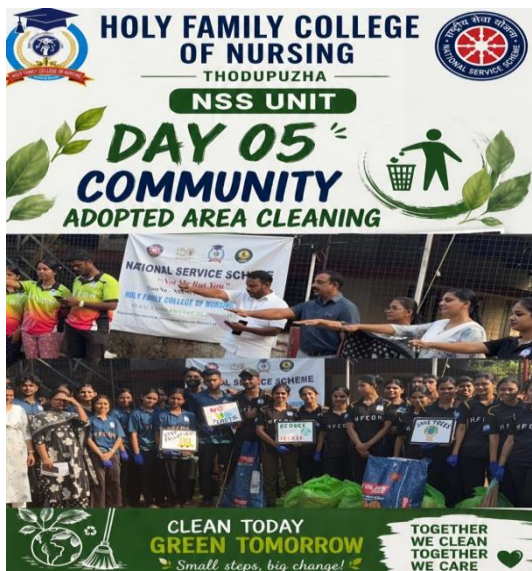
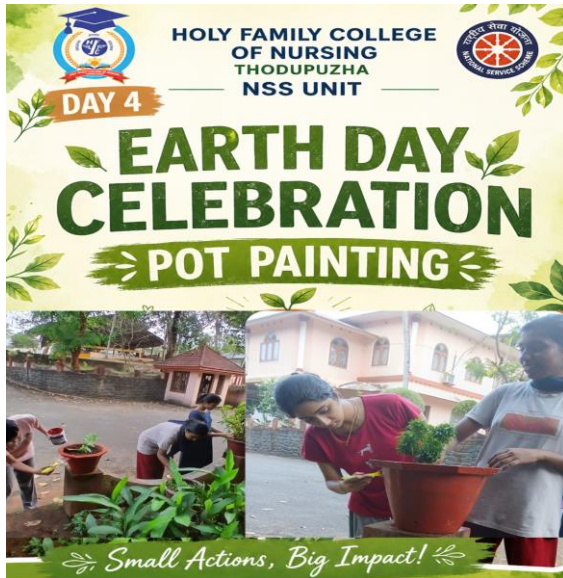
**HOLY FAMILY COLLEGE OF NURSING THODUPUZZHA**  
**NSS UNIT**  
**DAY 3 EARTH DAY CELEBRATION**  
**AYURVEDIC GARDEN CLEANING AND PLEDGE TAKING**

CLEAN TODAY GREEN TOMORROW  
 Let's care for nature, Let's care for life.

**NATIONAL SERVICE SCHEME**  
 HOLY FAMILY COLLEGE OF NURSING, THODUPUZZHA

ONE EARTH. ONE FUTURE. OUR RESPONSIBILITY.





**ADOPTED AREA - HEALTH ACTIVITIES FOR GENERAL POPULATION-NCD SCREENING AND EARLY IDENTIFICATION**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	10/04/2026	Monthly NCD Clinic at adopted community area.	20 beneficiaries	8 am-11 am	Lifestyle diseases screening clinic (NCD clinic) is a monthly project (first Thursday of every month) which is conducted in our

				(3 hrs)	<p>adopted community area (Thodupuzha municipality - Randupalam Undaplavu area - ward 14,15,16)</p> <ul style="list-style-type: none"> <li>• Health services provided- TPR</li> <li>• Obesity monitoring- Ht,Wt-BMI</li> <li>• Diabetic screening using Glucometer</li> <li>• Hypertension monitoring- BP checking</li> <li>• Maintaining Individual Health Card.</li> </ul>
--	--	--	--	---------	--



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

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	25/4/2026	Geriatric care services	34 inmates of old age home	10 am-12 noon	Snehalayam monthly project - adopted palliative care centre by Holy Family College of Nursing. Health

				(2 hrs)	<p>card is maintained for all inmates, which is updated every month.</p> <ul style="list-style-type: none"> <li>• Monthly health check up (Ht, Wt ,BMI,BP monitoring, Blood glucose monitoring)</li> <li>• Health awareness classes</li> <li>• Group activities</li> <li>• Games were conducted and winners are rewarded with small gifts</li> <li>• Entertainment programs by students.</li> </ul>
--	--	--	--	---------	---

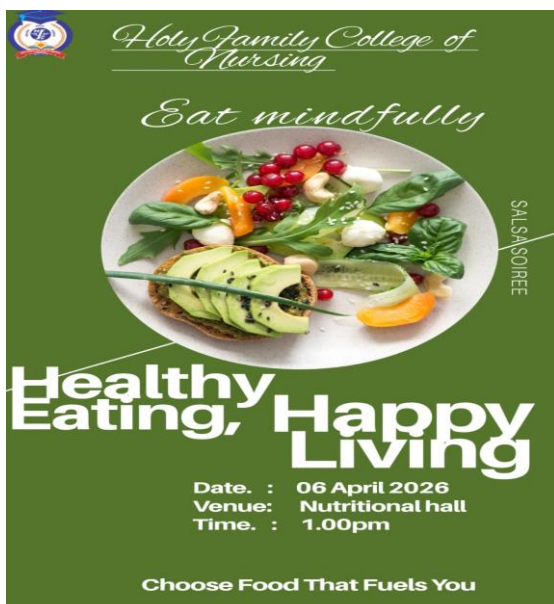


**OBSERVATION OF HEALTH DAYS**

**WORLD HEALTH DAY CELEBRATION- 7<sup>TH</sup> APRIL 2026**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries

1.	6/4/2026	World Health Day Celebration – Annual Health check up -Salad day –Health talk on lifestyle modification by Dr.Shiji, Cardiologist,Holy Family Hospital	Whole Faculty	9 am – 3 pm  (6 hrs)	World Health Day Celebration 2026 was organized on April 6th– Annual Health check up of whole staff was done. Salad day Lunch in nutrition lab. –Health talk on lifestyle modification by Dr.Shiji, Cardiologist,Holy Family Hospital
----	----------	--	---------------	----------------------------	---



### STAFF HEALTH CHECK UP ON WORLD HEALTH DAY- LIPID PROFILE AND FBS



## **MOULANA COLLEGE OF PHARMACY** **PERINTALMANNA**

### **EARTH WEEK ACTIVITY**

**Duration:** April 22nd to April 29th

The NSS Unit of Moulana College of Pharmacy successfully organized **Earth Week Activities** from April 22nd to April 29th with the objective of promoting environmental awareness, sustainability, and responsible community participation. The week-long programme included a series of impactful activities aimed at encouraging eco-friendly practices among students and the local community. The Earth Week celebrations were formally inaugurated by **Dr. Mohammed Haneefa K.P., Principal** of Moulana College of Pharmacy. The inaugural session highlighted the importance of environmental conservation and the active role students play in ensuring a sustainable future. The programmes conducted during the week were guided by **Mr. Mohammed Shibil K., Wildlife Photographer and NERF NGO Coordinator**, who served as the resource person. His sessions provided valuable insights into wildlife conservation, environmental protection, and sustainable living practices.

### **Activities Conducted**

#### **1. Community Outreach Programme**

The NSS volunteers actively participated in a community outreach programme aimed at spreading awareness about environmental protection. Students interacted with local residents, educating them on waste management, conservation of natural resources, and eco-friendly practices.

## **2. Plantation Drive**

A plantation drive was conducted within and around the campus. Various saplings were planted by students and faculty members to promote greenery and enhance ecological balance.

## **3. Awareness Class**

An awareness class was organized focusing on environmental issues such as climate change, pollution, biodiversity conservation, and sustainability. The session led by the resource person enriched students with practical knowledge and real-life perspectives.

## **4. Zero Plastic Campus Initiative**

As part of the Earth Week campaign, a **Zero Plastic Campus** initiative was implemented. Students were encouraged to eliminate single-use plastics and adopt sustainable alternatives. Awareness posters and campaigns were displayed across the campus.

## **5. Environmental Sustainability Pledge**

All participants took an **Environmental Sustainability Pledge**, committing themselves to adopt eco-friendly habits and contribute towards environmental protection in their daily lives.

The Earth Week activities organized by the NSS Unit were highly successful in creating environmental awareness and inspiring responsible action among students. The programme not only educated participants but also encouraged them to actively engage in sustainable practices. The NSS Unit extends its sincere gratitude to the Principal, resource person, faculty members, and all volunteers for their wholehearted support and participation.

**Research Heights** | **MOULANA COLLEGE OF PHARMACY**  
ANGADIPPURAM, PERINTHALMANNA,  
MALAPPURAM 679321

**NATIONAL SERVICE SCHEME**  
**NSS**

# BHARAT ENVIRONMENT PROGRAM

A Bharat Sustainability Campus Mission 2026

**EARTH WEEK (April 22<sup>nd</sup> - 29<sup>th</sup>, 2026)**

Organized By  
**RESEARCH HEIGHTS FOUNDATION**  
www.research-heights.org

**CAMPUS ACTIVITIES:**

- ZERO PLASTIC DRIVE
- GREEN CAMPUS ACTION
- WASTE MANAGEMENT ACTIVITY
- SUSTAINABILITY PLEDGE

In Association With  
**Environment Protection Training & Research Institute**

*Small Actions  
Big Impact  
Better Tomorrow*



## WORLD MALARIA DAY PROGRAMME REPORT 25-04-2026

On the occasion of World Malaria Day, the NSS Unit of Moulana College of Pharmacy organized an awareness programme on 25-04-2026 from 2:00 PM to 4:00 PM at the MCP Seminar Hall. The programme was inaugurated by Dr. Mohammed Haneefa K.P., Principal, who emphasized the importance of awareness, prevention, and collective responsibility in controlling malaria and other mosquito-borne diseases. The session was led by Mr. Sudheesh, Health Inspector (HI), Angadippuram FHC, who served as the resource person and delivered an informative talk on the causes, transmission, symptoms, treatment, and preventive measures of malaria. He also highlighted the role of public health systems and community participation in effective disease control.

The programme commenced with a welcome address by Dr. Muhas. C., followed by felicitation by Dr. Naseef P.P., Vice Principal, who appreciated the efforts of the NSS Unit in organizing such a relevant awareness programme. The session was highly interactive and provided students with practical knowledge about mosquito control methods, sanitation, and personal protection measures. The programme concluded with a vote of thanks delivered by Suryanarayanan J., NSS Programme Officer, expressing gratitude to the principal, resource person, faculty members, and participants for their valuable support and cooperation. The programme was successful in creating awareness among students regarding malaria prevention and encouraged them to adopt responsible health practices and contribute towards community well-being.



**Driven to End Malaria:  
Now We Can.  
Now We Must**

**World Malaria  
Day 2026  
AWARENESS SEMINAR**

**Sudheesh.U**  
Health Inspector,  
FHC Angadippuram

**25.04.2026  
SAT : 3 PM**

Organized by  
Dept. of Pharmacy Practice & NSS Unit

**Moulana COLLEGE  
OF PHARMACY**

Perinthalmanna, Angadippuram P.O, Malappuram,  
Kerala Ph: 04933 288 280, WWW.minspharmacy.com,  
mcp.minsps2011@gmail.com



## **CONSOLIDATED REPORT FOR THE PERIOD OF MARCH 2026 TO APRIL 2026**

Name of the Institution: Moulana college of pharmacy

Name of the Programme Officer: Suryanarayanan.J

Name of the Adopted Community: 5<sup>th</sup> ward of Angadippuram Grama Panchayat

Sl. No	Date	activity undertaken	No of Unit	No. of Participants	No. of Hours	Achievements
1	25-04-26	<b>World Malaria day programme</b>	01	70	2	Created awareness about Malaria
2	22-04-26 To 29-04-26	Earth week activity	01	70	8	The programme not only educated participants but also encouraged them to actively engage in sustainable practices

### **KMCT AYURVEDA MEDICAL COLLEGE**

**Event Name:**

“Paravakalkku Thaner Kudam” Small Bowls... Big Hearts – Water for Birds Initiative

**Date:**

22 April 2026

**Organized by:**

NSS Unit, Eco Club, and SSGP, KMCT Ayurveda Medical College

**Venue:**

Herbal Garden, KMCT Ayurveda Medical College Campus, Mukkam

**Objective:**

The initiative aimed to promote environmental awareness and compassion towards birds during the summer season by ensuring the availability of drinking water. It also sought to instill a sense of responsibility among students towards nature conservation.

**Summary of the Event:**

On 22 April 2026, the NSS Unit, Eco Club, and SSGP jointly organized the program titled “Paravakalkku Thaneer Kudam.” The highlight of the event was placing water-filled earthen pots in the herbal garden of the campus.

A total of two earthen pots were carefully placed in shaded and safe areas within the garden to provide easy access to birds. These pots were filled with clean drinking water to help birds stay hydrated during the intense summer heat.

Students and volunteers actively participated in setting up the pots and spreading awareness about the importance of caring for birds and protecting biodiversity.

**Activities Conducted:**

- Selection of suitable shaded locations in the garden
- Cleaning and preparation of earthen pots
  
- Filling the pots with fresh, clean water
- Placement of two water pots for birds
- Awareness discussion among students on water conservation

**Outcome and Impact:**

- Provided a reliable water source for birds during summer
- Encouraged eco-friendly habits among students
- Promoted compassion and coexistence with nature
- Strengthened environmental responsibility within the campus community

## Future Plan:

- Regular monitoring and refilling of the water pots
- Conducting more awareness programs on environmental protection and wildlife care



## 1. Introduction

In observance of World Earth Day on 22nd April 2026, KMCT Ayurveda Medical College organized an environmental initiative titled “Planting Saplings.” The program aimed to promote ecological awareness and encourage sustainable practices among students and staff.

## 2. Organization

The program was jointly organized by:

- Department of Swasthavritta
- Eco Club
- NSS Unit
- SSGP

## 3. Date and Venue

Date: 22nd April 2026

Venue: KMCT Ayurveda Medical College Campus, Mukkam, Kozhikode

#### **4. Objectives**

- To create awareness about environmental conservation.
- To promote tree planting as a sustainable habit.
- To enhance green cover within the campus.
- To encourage responsibility among students for plant care.

#### **5. Participation**

All students, faculty, and non-teaching staff actively participated. Each batch was assigned one sapling, ensuring equal involvement and responsibility.

#### **6. Activities Conducted**

- Inaugural session on World Earth Day significance
- Awareness talk on environmental protection
- Distribution of saplings
- Plantation of one sapling per batch
- Student pledge to protect and nurture plants
- Event documentation through photograph

#### **7. Key Highlights**

- One sapling per batch initiative
- Active participation from all groups
- Promotion of environmental responsibility

#### **8. Outcomes**

- Increased environmental awareness
- Improved green campus environment
- Strengthened teamwork and responsibility

## 9. Conclusion

The “Planting Saplings” initiative was a meaningful step towards sustainability. Assigning one sapling per batch ensured long-term care and engagement, contributing to a greener future.



## S P FORT COLLEGE OF NURSING THIRUVANNATHAPURAM

### REPORT ON " WORLD KIDNEY DAY 2026"

World Kidney Day 2026 was observed on 12th March 2026 with the theme “Kidney Health for All – Caring for People, Protecting the Planet.” SP Medifort Hospital, Thiruvananthapuram conducted an informative seminar by the Renal Sciences team to create awareness about kidney health and the prevention of kidney diseases.

Students from the 3rd and 5th semester actively participated in the seminar and quiz programme. A quiz competition was also conducted to improve students’ understanding of kidney health and preventive care.

The session highlighted the importance of healthy lifestyle, regular health check-ups, and early detection of kidney diseases. The programme was successful in promoting awareness and encouraging preventive healthcare practices among students and the public.



**AL-SHIFA COLLEGE OF NURSING,**  
**PERINTHALMANNA**

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of partici-pants	No. of Hours	Achievements
	<b>23/04/2026</b>	<b>KILIKKUDAM</b>	1	50	1 hour	The National Service Scheme (NSS) unit of Al Shifa College of Nursing organized a meaningful awareness program titled “Kilikkudam” on 23rd April 2026 at 10:30 AM in the college premises. The program aimed to create awareness among students about the importance of

	23/04/2026	<b>SUSTAINABILITY PLEDGE TAKING CEREMONY</b>	1	50	1 hour	<p>protecting birds during the summer season by providing water and ensuring a safe environment for them. The program commenced with a formal inaugural session by Mr. Suhail Hamsa, General Manager, Shifa Medicare Trust.</p> <p>The session was attended by faculty members, NSS volunteers, and student</p> <p>As part of the Bharat Environment Program – Earth Week 2026, the National Service Scheme (NSS) unit in association with the Research Cell of Al Shifa College of Nursing organized a Sustainable Pledge Program on 23rd April 2026 at the college campus. The program aimed to instill environmental awareness and promote responsible behavior among students by encouraging them to adopt sustainable practices in their daily lives. The initiative was conducted under the Bharat Sustainability Campus Mission 2026, focusing on creating a greener and healthier environment.</p> <p>The session began with a brief introduction</p>
			1	50	2 hour	

27/04/20 26	<b>WORLD HEALTH DAY OBSERVAN CE</b>	1	50	1 hour	<p>highlighting the significance of sustainability and the urgent need to protect natural resources. NSS volunteers actively participated and led the pledge ceremony. Students, along with faculty members, took a solemn pledge to reduce waste, conserve water, minimize the use of plastic, and actively contribute to environmental protection. The program concluded successfully with a reaffirmation of commitment by all participants to uphold the values of sustainability in their everyday lives.</p>
28/04/20 26	<b>GREEN AUDIT</b>	1	50	1 hour	<p>The National Service Scheme (NSS) Unit of Al Shifa College of Nursing, in collaboration with the Department of Community Health Nursing and Health club was organize a Health assessment as a part of observance of World Health Day on 27th April 2026 at Angadippuram Railway station from 07:00 AM to 9;00 AM. The theme of the day was “TOGETHER FOR HEALTH STAND WITH SCIENCE. Various activities were conducted as part of this programme. A detailed health assessment which includes</p>

28/04/20 26		<b>CLEAN CAMPUS GREEN CAMPUS</b>	1	20	<p>Blood pressure monitoring, Blood glucose monitoring and weight monitoring was done. Total 60 people are benefitted by this programme. Refreshment was given to the students after the programme.</p> <p>As a part of EARTH WEEK the National Service Scheme (NSS) unit in association with the Research Cell of Al Shifa College of Nursing organized a green audit inside the campus to assess the institutions commitment to environmental sustainability across multiple domains including energy, water, waste management and biodiversity. It includes the information regarding energy production and consuming water usage and the amount water recycled, amount of waste collected and disposed and number of trees in the campus etc.</p>
29/04/20 26		<b>SUSTAINA BILITY AWARENE SS- POSTER PRESENTA TION</b>			<p>As a part of EARTH WEEK the National Service Scheme (NSS) unit in association with the Research Cell of Al Shifa College of Nursing organized a cleaning drive at college campus. 4<sup>th</sup> semester students actively participated in the event. They cleaned the campus collected plastic and</p>

					<p>other waste materials inside the campus and disposed. Refreshment was given after the programme.</p> <p>As a part of EARTH WEEK the National Service Scheme (NSS) unit in association with the Research Cell of Al Shifa College of Nursing organized a sustainability awareness- poster making competitions at college campus. A total of 9 participants participated in the programme. The topic is based on the sustainability ideas. Cash prizes awarded to the winner</p>
--	--	--	--	--	---

23/04/2026

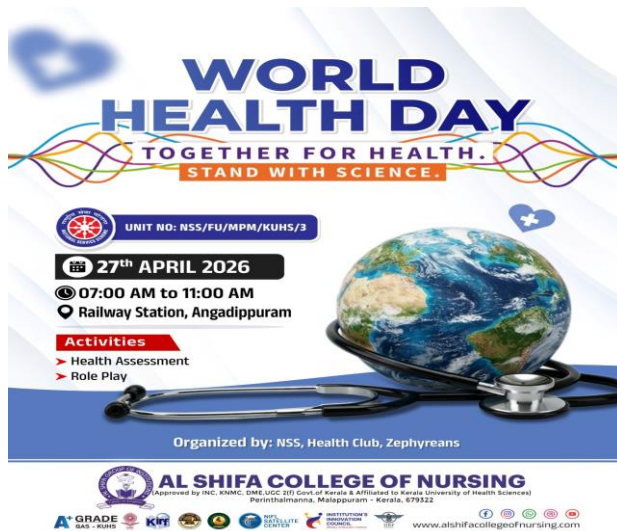
23/04/2026 – KILIKKUDAM



**BHARAT ENVIRONMENT PROGRAM : A BHARAT  
SUSTYAINABILITY CAMPUS MISSION 2026  
EARTH WEEK FROM 22/04/2026 TO 29/04/2026**



**SUSTAINABILITY PLEDGE TAKING CEREMONY ON 23/04/2026**



**GREEN AUDIT- 28/04/2026**



**CLEAN CAMPUS GREEN CAMPUS-  
28/04/2026**



**SUSTAINABILITY AWARENESS- POSTER PRESENTATION ON 29/04/2026**



## K.T.N. COLLEGE OF PHARMACY

**"Empower with life - Basic Life Support Workshop" -**

**Report Date of Event:** 21st February 2026 & 28th March

2026

**Venue:** Sahyadri Hall, K.T.N. College of Pharmacy Campus

### **Report on Basic Life Support Workshop**

A two-phase workshop on Basic Life Support (BLS) was successfully conducted by K.T.N. College of Pharmacy with the theme **“Empower with Life.”** The program aimed to equip pharmacy students with essential life-saving skills and enhance their role as responsible healthcare professionals.

The first session of the workshop was held on February 21, 2026, for second-year Diploma in Pharmacy students. The program commenced with a warm welcome address by the **Academic Coordinator, Mr. Anoop T. V.**, who emphasized the importance of basic life support skills in healthcare practice. The session highlighted the need for immediate response in emergency situations and encouraged students to actively participate and gain practical knowledge.

The **Resource person** for the seminar was **Mr. Manoj Kumar, Nursing Officer, District TB Centre, Palakkad.** He delivered an informative and engaging session focusing on the importance of basic life support skills, especially for pharmacy professionals as integral members of the healthcare team.

During the session, Mr. Manoj Kumar provided detailed explanations and hands-on demonstrations of critical emergency procedures. These included **Cardiopulmonary Resuscitation (CPR) techniques for cardiac emergencies, first aid management for choking, and initial care for bone fractures.** He also covered essential first aid practices required in day-to-day life situations, ensuring that students gained both theoretical understanding and practical exposure.

The second session of the workshop was conducted on March 28, 2026, for 7th semester B.Pharm and third year Pharm D students.

The session concluded with a formal vote of thanks delivered by **Dr. Jagannath.P, HoD, Department of Pharmacology** who expressed gratitude to all participants and organizers for making the event meaningful and impactful.

The workshop was highly interactive, allowing students to clarify doubts and practice the demonstrated techniques under guidance. It significantly enhanced their confidence in handling emergency situations effectively.

Overall, the workshop proved to be highly beneficial, aligning with its theme of empowering students with life-saving knowledge and skills. It reinforced the importance of preparedness and responsiveness among future pharmacy professionals in delivering quality healthcare support.

### **Acknowledgement**

The organizing committee extends heartfelt thanks to the management, faculty, non-teaching staff, student volunteers, and participants for their support in making the event a grand success.

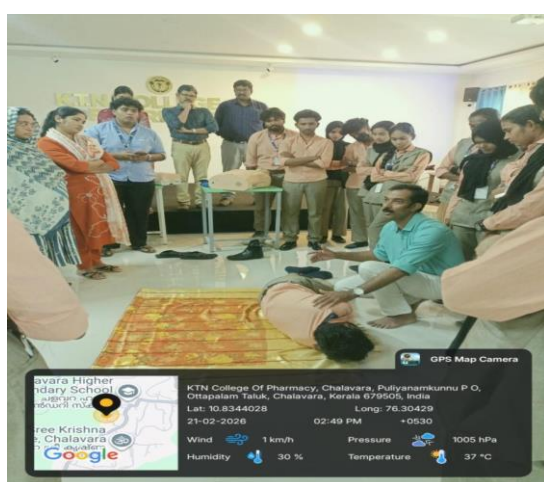
### **Prepared by:**

**Dr. Jagannath.P,**

Convener – "**Empower with life - Basic Life Support Workshop**"

K.T.N. College of Pharmacy

**Date:** 30th March 2026



## **BIRDS NEED YOU THIS SUMMER**

**“LET’S NOT FORGET TO KEEP WATER FOR BIRDS”**

Summer is at its peak, it has already cross 37°C, like humans it has also affected the birds and animals. Many birds are dying in summer due to lack of water. Considering this, the NSS unit, K.T.N College of pharmacy in organized a program at the college premises on 21-04-2026. It was inaugurated by Dr. K.S.G Arulkumaran, Principal K.T.N College of Pharmacy welcomed the gathering. The coordinators along with student volunteers and faculties placed a pot full of water in different places of college.

**“Let’s take a pledge to put water pots for thirsty birds in terraces, compound wall & balconies”**



**AMALA INSTITUTE OF MEDICAL SCIENCES,**  
**THRISSUR**

Sl. No	Date	Activity Conducted	No. of Participants/ No. of Hours	Achievement by Programme including Beneficiaries
1	11/03/2024	Medical Camp at Kaiparambu	35 NSS Volunteers / 57 Patients	Improved access to basic healthcare, health awareness among community members

Programme: Medical Camp  
Date: March 11, 2024  
Venue: Kaiparambu, Kerala  
Participants: 35 NSS Volunteers  
Beneficiaries: 57 Patients

## Introduction

The National Service Scheme (NSS) unit of Amala Institute of Medical Sciences organized a medical camp at Kaiparambu, Kerala on March 11, 2024. The camp was conducted with the objective of providing basic healthcare services to the local community and promoting health awareness among the public.

## Objectives

- To provide basic medical consultation and health check-ups to the community
- To identify common health issues and guide patients for further care
- To promote health awareness and preventive healthcare practices
- To instill a sense of social responsibility among NSS volunteers

## Event Proceedings

The medical camp was conducted with the active participation of 35 NSS volunteers who assisted in patient registration, crowd management, and coordination of medical services. A total of 57 patients from the local community availed themselves of the medical services provided during the camp.

Basic health examinations and medical consultations were offered, and patients were advised on necessary follow-up care and healthy lifestyle practices. The volunteers worked efficiently under the guidance of faculty members, ensuring smooth and effective functioning of the camp.

## Outcome

The medical camp successfully addressed the basic healthcare needs of the community members who attended. Patients benefited from timely medical advice and health guidance. The programme also provided NSS volunteers with hands-on experience in community service and healthcare outreach.

## Conclusion

The medical camp organized at Kaiparambu was a meaningful and impactful NSS activity. It strengthened the bond between the institution and the community while emphasizing the importance of accessible healthcare. The programme fulfilled its objectives and reflected the core values of the National Service Scheme.



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

Sl. No.	Date	Activity conducted ( Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	22.4.2025	<b>WORLD EARTH DAY</b>	18	2	The Department Of Public Health Dentistry, Azeezia College Of Dental Science And Research, and NSS Unit (NSS/SFU/KLM/ KUHS/3) conducted World Earth Day program with activities that included: Installation of bird feeder system and Social media awareness. This initiative not only enhances the natural environment but also educate the campus community on the importance of coexisting with local wildlife.

2	9.5.2025	<b>ADOPTED VILLAGE- ORAL SCREENING CAMP</b>	6	3	A oral screening and health education camp was conducted on the 09/05/ 2025, at Bhadriya Teachers Training Institute, Kundumon.,Velli chikala, Kollam.
3	1.4.2025 to 30.4.2025	<b>HEAD AND NECK CANCER AWARENESS MONTH</b>	16	1	The Head and Neck Cancer Awareness month was observed at Azeezia College of Dental Sciences and Research by Department of Public Health Dentistry and NSS unit(NSS/SFU/K LM/KUHS/3) from 1 <sup>st</sup> April to 30 <sup>th</sup> April 2025 as part of our commitment to educating future dental professionals and patients, raising awareness about oral cancer and related health issues

Brief Description of the activity with photographs if any:-

Each year on 22 April, billions of people across the world join together to raise awareness about environmental protection. This global event is known as “EARTH DAY”. Earth day was first celebrated in United States on April 22,1970. The theme for Earth Day 2025 is “Our Power, Our Planet”, emphasizing the critical role of renewable energy in combating climate change and promoting global sustainability. This marks the 55<sup>th</sup> anniversary of Earth Day, observed annually on April 22<sup>nd</sup>, uniting over a billion people across 192 countries in environmental action and awareness. The 2025 theme underscores the urgent need to transition from fossil fuels to renewable energy sources such as solar, wind, hydroelectric, geothermal, and tidal power.

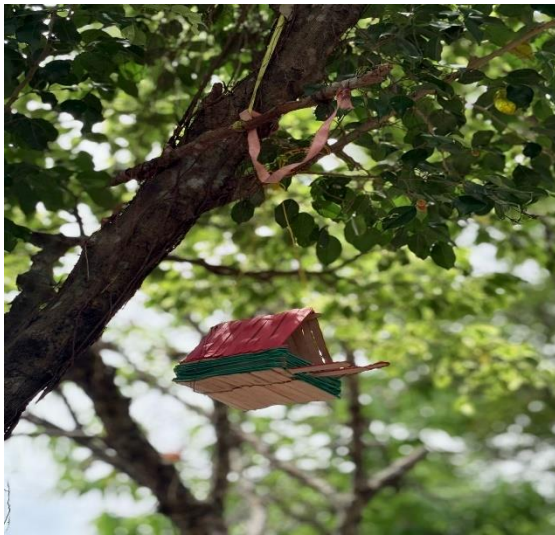
The Department of Public Health Dentistry, Azeezia College of Dental Science And Research, and NSS Unit (NSS/SFU/KLM/KUHS/3) conducted World Earth Day program with activities that included: Installation of bird feeder system and Social media awareness.

The main aim while organizing such activities is to motivate, encourage, and engage students, interns, and faculty members towards sustainable development. In order to celebrate EARTH DAY 2025, Department of Public Health Dentistry took a meaningful step towards promoting campus biodiversity and ecological awareness by installing two bird feeder systems. This initiative not only enhances the natural environment but also educate the campus community on the importance of coexisting with local wildlife.

**Objective of the Bird feeder system:** The installation was done in order to attract and support local bird species by providing a consistent food and water source and also to create opportunities for student engagement in wildlife observation and environmental stewardship. The students, interns, faculty members from the department participated in the installation process. Students from the department

assisted with assembling, placing, and filling the feeders. In the follow up plan, feeders will be maintained weekly by student volunteers. A social media awareness campaign was conducted to educate, engage and motivate the public on current environmental issues. Short videos on eco-friendly practices were created highlighting Earth Day messages and eco-friendly tips.

It significantly contributed to the success of Earth Day celebration by engaging a wide audience and spreading impactful environmental messages.



A oral screening and health education camp was conducted on the 09/05/ 2025, at Bhadriya Teachers Training Institute, Kundumon.,Vellichikala, Kollam. The camp was organised collaboratively by the Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, Meeyannoor, NSS unit(NSS/SFU/KLM/KUHS/3). The camp commenced at 10:00 am and was inaugurated by the Principal Dr. N. Surendran, Bhadriya Teachers Training Institute .

During the camp, a total of 35 patients were screened. Among them, 22 were referred to department of Periodontics, one patient to department of Oral and

Maxillofacial Surgery, and 22 were referred to department of conservative dentistry and endodontics. Additionally, 7 to department of orthodontics.

Patients who required further treatment were referred to Azeezia Dental College for comprehensive care. The camp concluded at 1:00 pm. The camp served as an effective initiative in promoting oral health awareness and providing preliminary dental care to the local population.



The Head and Neck Cancer Awareness month was observed at Azeezia College of Dental Sciences and Research by Department of Public Health Dentistry and NSS unit(NSS/SFU/KLM/KUHS/3) from 1<sup>st</sup> April to 30<sup>th</sup> April 2025 as part of our commitment to educating future dental professionals and patients, raising awareness about oral cancer and related health issues.

The event aimed to shed light on the raising incidence of oral cancer and the importance of early detection, especially among high risk groups such as tobacco users. The primary objective of the program was to sensitize students and patients to the dangers of tobacco use and its direct link to potentially malignant disorders and oral cancer. The event focused on building awareness through student-created educational materials and discussions on preventive strategies, diagnosis, and treatment options.

The Head and Neck Cancer Awareness month was a one month program which

was started from 1<sup>st</sup> April and concluded on 30<sup>th</sup> April 2025. The students actively participated by preparing informative posters on various topics including potentially malignant tumors, head and neck cancer, nicotine replacement therapy, types of tobacco preparations, harmful constituents in tobacco, health hazards of tobacco use, and the causes of oral cancer. The posters were displayed at the college reception the whole month and faculty members, interns, and students visited the exhibit to engage in meaningful discussions. The students highlighted the importance of their posters to the out patients in the college. Awareness regarding head and neck cancer, prevention and management were also taught to patients by the students as well as interns.



**ST.JOSEPH'S COLLEGE OF NURSING,**  
**DHARMAGIRI, KOTHAMANGALAM**

Sl. No:	Date	Activity conducted	No: of participants	No: of Hours	Achievement by the programme including beneficiaries
1	12/05/2026	International Nurses Day Celebrated at St. Joseph's College of Nursing, Dharmagiri, Kothamangalam	225	3 Hours	Health awareness session, poster presentation and cultural programs like dance, song and skit conducted at St. Joseph's College of Nursing Auditorium from 1.30 pm-4.30pm Sessions were began with a prayer followed by the welcome speech delivered by the principal. All the faculties and students participated actively in the program.

## INTERNATIONAL NURSES DAY CELEBRATION



## CARITAS COLLEGE OF NURSING, KOTTAYAM

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	16-04-26	• Health awareness programme on prevention of communicable diseases	2 volunteers	1 hour	• Got awareness regarding prevention of communicable diseases
2	21-04-26	• Blood donation programme	1 volunteer	1 hour	• Got blood in time of emergency

3	23-04-26	•Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
4	29-04-26	•NSS Magazine release	100 volunteers	1 hour	• Got chance to showcase the activities of NSS unit
5	30-04-26	•NSS RRC fund credited	-	-	• Received fund spent for RRC activities in the year 2025
6	07-05-26	•Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
7	12-05-26	•Blood donation	1 volunteer	1 hour	• Got blood in time of emergency
8	12-05-26	•Bharath Environment Program-Sustainable campus impact summit award 2026	-	-	• Development of green and environment friendly campus
9	14-05-26	•Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines

1. NSS unit organized a health awareness programme on prevention of communicable diseases at the outreach center, Nalpathimala, the adopted area on 16-04-26.



2. NSS volunteer donated O positive blood in times of an emergency for a patient admitted at Caritas Hospital on 21-04-26.



- 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 23-04-26



- The first NSS Magazine of Caritas College of Nursing “Not Me, But You” was officially released by Prof. Sr. Lisy John, Vice Principal on 29-04-26.



5.NSS Unit of Caritas College of Nursing received financial assistance of 8273 Rs/- from Kerala State AIDS Control Society through Kerala State NSS for the successful implementation of Red Ribbon Club activities in the year 2025.

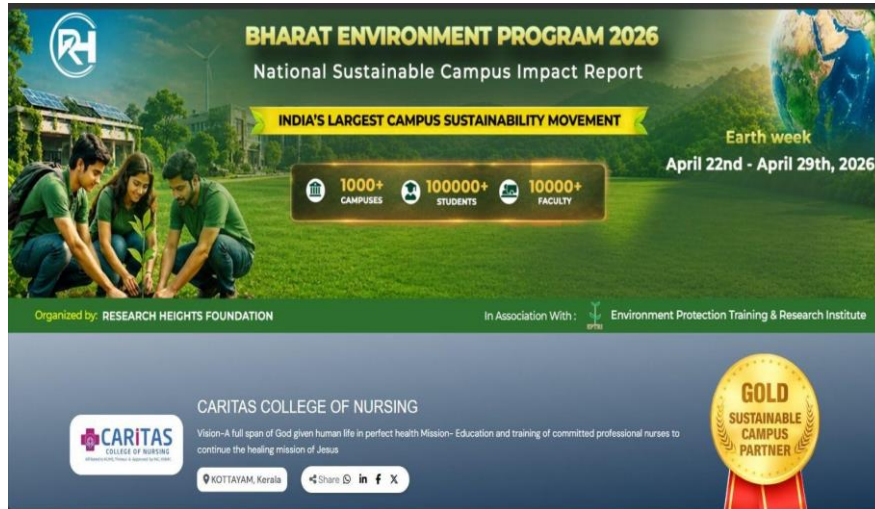
6.Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided through the outreach center, Nalpathimala for the people of adopted area of NSS unit on 07-05-26.



7.NSS volunteer donated O positive blood in times of an emergency for a patient admitted at Caritas Hospital on 12-05-26



8. Caritas college of Nursing received Bharath Environment Program- Sustainable Campus Impact Summit Award 2026 with Gold Sustainable Campus Partner. The environment friendly programmes of the campus were organized by the NSS unit in collaboration with the nature club



9. 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 14-05-26



**MAR DIOSCORUS COLLEGE OF PHARMACY,**  
**THIRUVANANTHAPURAM**

<b>SL. NO</b>	<b>Date</b>	<b>Name of the activity</b>	<b>Number of hours</b>	<b>Number of participants</b>	<b>Achievement by the programme including the beneficiaries</b>
1	30th April 2026	World Immunization Week Celebration	2	20	NSS Unit of Mar Dioscorus College of Pharmacy, Thiruvananthapuram, in collaboration with the Department of Pharmacy Practice, Department of Pharmacognosy, and IQAC, and in association with IPA-SF, organized an awareness programme as part of World Immunization Week 2026 on 30th April 2026 at the Family Health Center (FHC), Ulloor, Trivandrum, from 8:00 AM onwards.

2	13th May 2026	World Asthma Day Awareness	3	15	NSS Unit of Mar Dioscorus College of Pharmacy, in collaboration with the Department of Pharmaceutical Chemistry, IQAC, and Pharm.D students, organized a community outreach and awareness programme on the occasion of World Asthma Day on 13th May 2026 at Karunya Vishranti Bhavan, Kattela, Sreekariyam, Trivandrum, starting at 12:30 PM.
---	---------------	----------------------------	---	----	---

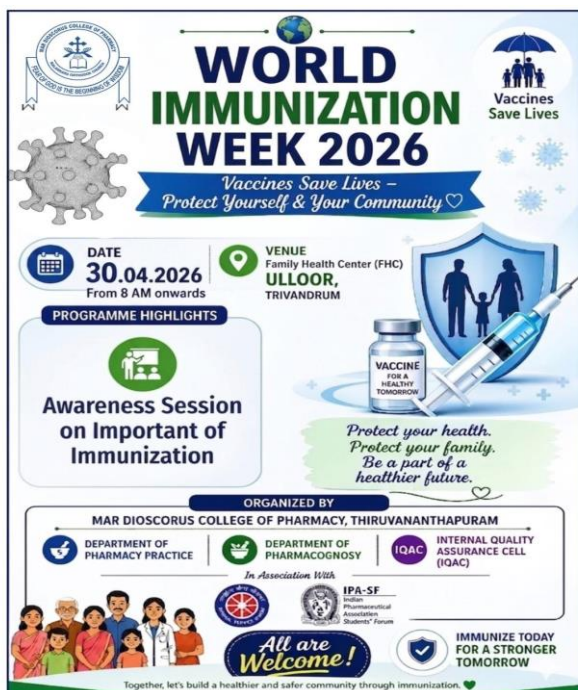
### **1. World Immunization Week Celebration**

The NSS Unit of Mar Dioscorus College of Pharmacy, Thiruvananthapuram, in collaboration with the Department of Pharmacy Practice, Department of Pharmacognosy, and IQAC, and in association with IPA-SF, organized an awareness programme as part of World Immunization Week 2026 on 30th April 2026 at the Family Health Center (FHC), Ulloor, Trivandrum, from 8:00 AM onwards. The programme aimed to highlight the importance of immunization and promote awareness about the role of vaccines in preventing life-threatening diseases, under the theme “Vaccines Save Lives – Protect Yourself & Your Community.”

NSS volunteers actively participated in conducting an awareness session focusing on the significance of timely vaccination for individuals of all age groups. The

session emphasized how immunization helps in building immunity, preventing the spread of infectious diseases, and ensuring community health protection. Volunteers interacted with the public, explaining common misconceptions about vaccines and encouraging people to follow the recommended immunization schedules.

The programme also stressed the importance of protecting not only individual health but also the health of families and the wider community through herd immunity. Informative discussions and awareness activities helped the participants understand the benefits of vaccines and the need for regular immunization. NSS volunteers demonstrated strong commitment, teamwork, and communication skills throughout the programme. The event concluded successfully with active public participation and positive feedback, achieving its objective of spreading awareness about immunization and encouraging a healthier and safer society.



## **2. World Asthma Day Awareness**

The NSS Unit of Mar Dioscorus College of Pharmacy, in collaboration with the Department of Pharmaceutical Chemistry, IQAC, and Pharm.D students, organized a community outreach and awareness programme on the occasion of World Asthma Day on 13th May 2026 at Karunya Vishranti Bhavan, Kattela, Sreekariyam, Trivandrum, starting at 12:30 PM. The programme was conducted with the objective of spreading awareness about asthma, its prevention, early identification, and effective management, in line with the global theme “Make inhaled treatments accessible for all.” NSS volunteers actively engaged with the community, explaining the causes, risk factors, and common symptoms of asthma such as wheezing, breathlessness, chest tightness, and persistent cough. Special emphasis was given to the importance of early diagnosis, adherence to prescribed medication, and the role of anti-inflammatory inhalers in controlling the disease. As part of the programme, volunteers conducted interactive sessions and practical demonstrations on the correct use of inhalers, ensuring that participants understood proper techniques for maximum therapeutic benefit. Awareness was also given on identifying and avoiding common asthma triggers such as dust, smoke, allergens, and environmental pollutants. The session encouraged individuals to adopt a healthy lifestyle, remain physically active, and seek timely medical consultation. Informative discussions and one-to-one interactions helped clarify doubts and misconceptions regarding asthma treatment and management.

The programme also highlighted the social responsibility of ensuring equitable access to essential asthma medications, especially inhaled therapies, for all sections of society. NSS volunteers played a vital role in organizing, coordinating, and delivering the awareness activities, demonstrating teamwork, communication skills, and commitment to community service. The active participation of beneficiaries made the programme impactful and meaningful. The event concluded successfully with positive feedback from the participants,

fulfilling its objective of promoting better understanding, early intervention, and supportive care for individuals living with asthma.

**MAR DIOSCORUS COLLEGE OF PHARMACY**  
 Hermongiri Vidyapeetam, Alathara, Sreekaryam, Trivandrum  
 E mail: mdcp04@gmail.com, Website: www.mardioscoruscollegeofpharmacy.org

# WORLD ASTHMA DAY

MAKE INHALED TREATMENTS ACCESSIBLE FOR ALL

“Access to anti-inflammatory inhalers For everyone with asthma Still an urgent need”

**KNOW THE SIGNS**

- Wheezing
- Shortness of breath
- Chest Tightness
- Coughing

STAY ACTIVE  
 USE INHALERS CORRECTLY  
 AVOID TRIGGERS  
 SUPPORT EACH OTHER

EARLY DIAGNOSIS  
 BETTER MANAGEMENT  
 HEALTHIER LIVING

BREATHE EASY,  
 LIVE FULLY

TOGETHER LETS  
 CREATE ASTHMA  
 AWARENESS

ORGANIZED BY  
 DEPARTMENT OF PHARMACEUTICAL CHEMISTRY | NSS | IQAC | PHARM.D STUDENTS

DATE: 13/05/2026 | TIME: 12:30 onwards | Karunya Vishranti Bhavan, Kattela, Sreekariyam, Tvm



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

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	17/4/26	Dr. Ambedkar Jyanthi	50	30 min	Santhi Academy students and NSS volunteers
2	27/4/26	World Erath Day	50	2 hr	Santhi Academy students and NSS volunteers
3	26/3/26	World liver day	50	30 min	Santhi Academy students and NSS volunteers
4	2/5/26	Blood donation Camp	36	1 day	Community people, Santhi Academy students and NSS volunteers
5	12/5/26	Nurses Day	200	1 hr	Santhi Academy students and NSS volunteers

### **1. Dr. Ambedkar Jayanthi**

Santhi College of Nursing NSS Unit celebrated B R Ambedkar Jayanthi by narrating His milestones and life by PPT presentation. Mrs.Febina (Assistant Professor and Asst.NSS P O, Santhi College of Nursing) lead the section by discussion on Him. Bhimrao Ramji Ambedkar was an Indian jurist, economist, social reformer and politician who chaired the committee that drafted the Constitution of India based on the debates of the Constituent Assembly of India and the first draft of Sir Benegal Narsing Rau. Ambedkar served as Law and Justice minister in the first cabinet of Jawaharlal Nehru. He later renounced Hinduism and converted to Buddhism, inspiring the Dalit Buddhist movement. He was also a member of the Simon Commission in British India.

## 2. World Earth Day

Santhi College of Nursing NSS unit celebrated world Earth Day on 27/4/26 with different activities. World Earth Day is celebrated annually on April 22 to demonstrate global support for environmental protection, focusing on action against climate change, pollution, and biodiversity loss. The 2026 theme is Our Power, Our Planet, emphasizing renewable energy. Purpose of the event is to promote environmental awareness and encourage sustainable actions, such as planting trees, reducing plastic use, and conservation efforts.

SCON promotes the day by green campus, paper pen distribution and pledge. Competition conducted as utilizing scrap – worst to best. Mr. Midhun Mathew (NSS P O) distributed the eco-friendly pens with seeds inside to the students and staff and requested to use this and dispose the pen properly for planting.

Mrs. Candis (Asst.Professor) recited the Earth Day pledge, volunteers and staff participated in it and she emphasize the importance of Clean and Green Kerala by maintaining our environment. Students were actively engaged in the competition and Mr. Ahammed Shan (I), Mr. Ummerul Farooque (II) and Mr. Amaljith (III) prizes secured. They prepared best out of waste competitions transform discarded items into valuable, functional, or decorative objects, with popular ideas ranging from simple crafts like plastic bottle piggy banks to more complex, functional projects such as newspaper roll baskets.



### 3. World Liver Day

Santhi College of nursing celebrated World Liver Day on 28/4/26 by displaying posters on the College premises that leading the theme of this day. World Liver Day is observed annually on April 19 to raise global awareness about liver health, the second largest and second most complex organ in the body. The 2026 theme is "Solid Habits, Strong Liver," focusing on preventing liver diseases through healthy lifestyle choices, as up to 90% of liver diseases are preventable. World Liver Day Purpose is to educate the public about liver diseases (hepatitis, cirrhosis, fatty liver, cancer), early detection, and prevention. Significance in this current scenario that the liver filters blood, breaks down food, stores energy, and removes toxins. In 2026 with 1/3 of adults suffering from metabolic dysfunction-associated steatotic liver disease (MASLD), the focus is on maintaining a healthy weight, diet, and limiting alcohol.



### 4. Blood Donation Camp

Santhi College of Nursing participated a blood donation camp along with Santhi hospital Omassery and MVR Cancer centre Mukkam. Blood donation is a safe, voluntary process where healthy individuals donate blood for transfusions or medical products, typically taking 8–10 minutes for whole blood collection. A single donation can help save lives during emergencies, surgeries, or for chronic illnesses, often benefiting multiple patients. Donors must generally be 18–65 years old, weigh at least 45 kg, and be in good health.



## 5.Nurses Day

Santhi College of nursing Celebrated International Nurses Day at College. International Nurses Day is celebrated globally every year on May 12. The date marks the birth anniversary of Florence Nightingale, the foundational philosopher of modern nursing. The 2026 theme is: "Our Nurses. Our Future."

SCON volunteers prepared the PPT based on the theme and its importance of nursing in our life. They done PPT presentation and distributed sweets for all. Empowered Nurses Save Lives. "This campaign highlights the need to support, value, and empower nursing professionals so they can continue to provide safe, high-quality patient care and strengthen global healthcare systems. Recognize a nurse who has cared for you or your family and Support Health Outreach.

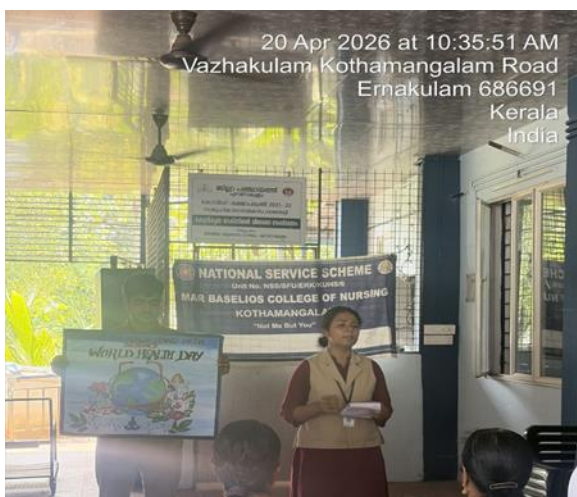


## MAR BASELIOS COLLEGE OF NURSING

Sl. No.	Date	Name of the Activity Conducted	No. of Participants	Total Hours Spent	Achievement by the program including beneficiaries
1	20/04/2026	World Health Day Celebration	10	2 hrs	Public
2	23/04/2026	Motivation Class	80	3 hrs	Students
3	07/05/2026	Hunger Free Project	8	2 hrs	Patients and by-standers
4	12/05/2026	International Nurse's Day Celebration	12	2 hrs	Students

## 20.04.2026 REPORT ON WORLD HEALTH DAY AWARENESS PROGRAM

On April 20, 2026, the NSS Unit of Mar Baselios College of Nursing organized World Health Day awareness program at the Community Health Centre in Varappetty. NSS volunteers led the event, focusing on the global theme, “Together for Health, Stand with Science.” The primary goal was to educate the public on preventing the spread of communicable diseases and adopting healthier daily habits, the students used various visual aids and kept the sessions highly interactive. The program was well-received by the local public, who appreciated the practical advice provided for improving community well-being. Overall, the initiative successfully showcased the NSS Unit’s ongoing commitment to compassionate service and proactive public health education.



## 23.04.2026 REPORT ON MOTIVATIONAL CLASS

On April 23, 2026, the NSS Unit conducted a motivational session titled “Success Mantras” led by counseling psychologist Fr. Aby Varkey Vengola for 4th Semester BSc Nursing students. The program focused on academic excellence and personal growth, highlighting key strategies such as time management, self-discipline, and active learning techniques. Through interactive discussions, students were encouraged to overcome self-doubt and adopt consistent study

habits, concluding a highly impactful session that equipped participants with practical tools for success.



### 07.05.2026 REPORT ON HUNGER FREE PROJECT

On May 7th 2026, NSS Volunteers of Mar Baselios College of Nursing took part in the Hunger Free Hospital Project conducted at Taluk Hospital, Kothamangalam in collaboration with Pain and Palliative Care Society, Kothamangalam. Eight students participated in the project by serving meal to the patients at Taluk Headquarters Hospital. The meal was served to 70 people at Taluk Hospital. After serving the meal they returned back the hostel by 7:15pm.



## **12.05.2026 REPORT ON INTERNATIONAL NURSES DAY CELEBRATION**

On May 12, 2026, the NSS Unit of Mar Baselios College of Nursing, Kothamangalam, successfully celebrated International Nurses Day under the theme "Our Nurses. Our Future. Empowered Nurses Save Lives." Organized in collaboration with the IQAC, the programme commenced at 2:00 PM with a solemn tribute to the pioneer of modern nursing, Florence Nightingale. The event featured insightful keynote addresses that emphasized the critical role of empowered healthcare professionals in shaping a resilient global health system. NSS volunteers actively participated by organizing thematic presentations and leading the collective recital of the Nursing Pledge to reaffirm their commitment to selfless service. This celebration not only honored the dedication of the nursing fraternity but also motivated students to uphold the highest ethical standards in their future careers. The programme concluded on a high note, leaving the participants inspired to be the "healing words" for society.



## HOLY CROSS COLLEGE OF NURSING, KOTTIYAM

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	06.05.2026 to 12.05.2026	<b>Nurses Day Celebration</b>	200	10 Hours	<ul style="list-style-type: none"> <li>• To conduct awareness programme regarding international Nurses day</li> <li>• To motivate the Nursing students for following quality and standard of nursing profession</li> </ul>
2.	13.05.2026	<b>Mother's Day Celebration</b>	25	2 Hours	<ul style="list-style-type: none"> <li>• NSS volunteers celebrate the Mother's Day with local population</li> </ul>
3.	13.05.2025	<b>Awareness class on Enhancing communication skill</b>	160	2 hours	<ul style="list-style-type: none"> <li>• Awareness class</li> <li>• Interaction session.</li> </ul>

## REPORT ON NURSES DAY CELEBRATION

The NSS unit of Holy Cross College of Nursing, Kottiyam in collaboration with SNA were organizes International Nurse's Day week Program from 06/05/2026 to 12/05/2026 at Holy Cross College of Nursing, Kottiyam. The Nurses Week Celebration officially commenced on 6th May 2026, with an inauguration ceremony conducted in the college auditorium. The program was officially inaugurated by Prof. Sr. Arpitha Poopady, Principal, Holy Cross College of Nursing, Kottiyam, Kollam.

The concluding day of Nurses Week Celebration was held on 12th May 2026, in the college auditorium from 2:30 PM onwards. NSS volunteers were organized various programs including Quiz competition, group dance, song performances, flash Mob, and entertainment activities. The programs reflected the talents, creativity, and teamwork of the students.



## REPORT ON MOTHERS DAY

The NSS unit of Holy Cross College of Nursing, Kottiyam organizes **Mother's Day programme** on 11/05/2026 at Holy Cross College of Nursing, Kottiyam. The programme aimed to create awareness among the local population regarding importance of Mother's Day, and honouring the mothers.



## REPORT ON AWARENESS CLASS ON ENHANCING COMMUNICATION SKILL

The NSS unit of Holy Cross College of Nursing, Kottiyam organizes **Awareness class on Enhancing communication skill** on 11/05/2026 at Holy Cross College of Nursing, Kottiyam. The programme aimed to improve verbal and nonverbal communication skill to develop confidence in speaking, to teach effective way of expressing ideas and opinion and improve interpersonal relationship. The

program was officially inaugurated by **Prof. Sr. Arpitha Poopady**, Principal, Holy Cross College of Nursing, Kottiyam, Kollam. The Guest speaker of this event are Mr. **AL –Ameen**, Academic Director and **Mr. Renjith** Marketing executive, Ed Root International. The students actively participated in the interaction session.



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

Report on Breast cancer screening Camp conducted by Dept of Prasuti tantra & Stree roga in association with NSS Unit 4 & Cochin cancer Society

- PROGRAMME - Breast cancer screening camp
- ORGANIZER - NSS UNIT 4.
- ASSOCIATING PARTNER- COCHIN CANCER SOCIETY & DEPARTMENT OF PRASUTI TANTRA & STREE ROGA

- RESOURCE PERSONS- Dr. Shabna
- DATE AND YEAR -22,23 April2026
- DURATION - 2 DAYS
- BENEFICIARIES- 48 ,Staff of Nangelil Ayurveda Medical College & Hospital

#### OBJECTIVE OF THE PROGRAMME

1. To identify women with suspicious breast changes and refer them for further evaluation and management.
2. To create awareness among the community about breast cancer, its risk factors, and the significance of early diagnosis

#### OUTCOME OF THE PROGRAMME

1. A total of 48 staff members were screened during the iBreast scan program. Among them, 2 cases with abnormalities were detected and referred for further

#### **Report on Breast Cancer Screening Camp**

NSS Unit 4 in association with the Department of Prasuti Tantra & Stree Roga of Nangeli Ayurveda Medical College and Cochin Cancer Society organized a Breast Cancer Screening Camp .

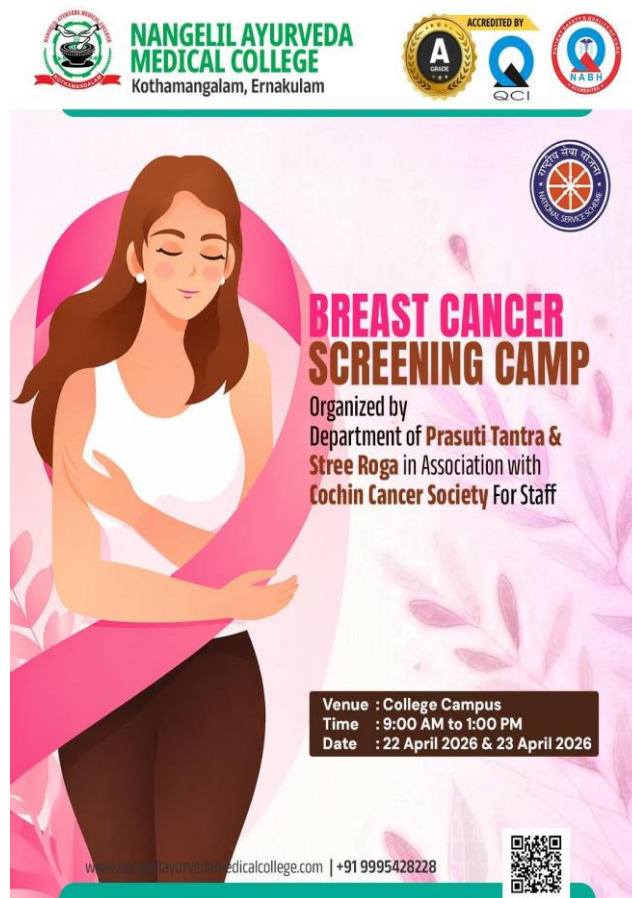
The camp was conducted on 22nd and 23rd April 2026 at the college campus from 9:00 AM to 1:00 PM. The primary objective of the program was to promote awareness regarding breast cancer, highlight the importance of early detection, and provide screening facilities for the staff.

During the camp, Breast scanning (iBreast scan)was performed by Dr. Shabana, Radiologist from Cochin Cancer Society.

A total of 48 individuals were screened over the two days. The program was conducted in an organized and systematic manner, ensuring effective participation and proper follow-up advice wherever required.

The camp received active support and coordination from Dr. Manju Joseph (HOD), Dr. Revathy K, Dr. Anjali M Panicker, House Surgeons – Dr. Muhmina

Senna and Dr. Aiswarya K S, and NSS volunteers of Unit 4, along with faculty members and organizing staff, contributing to its smooth and successful execution.



NANGELI AYURVEDA MEDICAL COLLEGE KOTAMANGALAM  
Breast Cancer Screening Camp  
22-23 April 2026, 11:30  
10th Flr, Phase 2  
Nangeliyady Elambra Road, near Nangeli Ayurveda Medical  
College Hospital, Kothamangalam 686001

- Programme: Free OP Camp for Adopted Ward Residents
- Organized by: NSS Unit 4, Nangelil Ayurveda Medical College Hospital
- Date: 09 May 2026
- Time: 9.00 a.m. to 1.00 p.m.
- Venue: Nangelil Ayurveda Medical College Hospital, Kothamangalam
- Number of Patients Attended: 139
- Number of Children for Swarnaprasana: 17

### Objectives

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

### Outcome

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

### Report

A free medical camp was conducted at Nangelil Ayurveda Medical College Hospital for the residents of adopted ward 8 of Nellikuzhy Grama Panchayath. All the speciality OP consultations were available for the camp. Health education regarding diet, lifestyle modification, and preventive healthcare was also given. About 139 patients attended the camp. A free medicine kit for 10 days was given. The patients were advised to take review after 10 days. Swarnaprasana was also given to 17 children in association with the camp.



1. A Breast cancer screening camp was conducted in association with Dept of Prasootitantra and Streeroga and Cochin Cancer Society on 22 & 23 April 2026

**SCHOOL OF ALLIED HEALTH SCIENCES,**  
**THALASSERY**

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	12/5/2026	Participated in blood bank camp	2	6 hrs each	Malabar Cancer Centre organizes blood bank camps in Kannur and neighboring districts. At each camp, two

					NSS volunteers will participate.
2	16/04/2026 to 15/05/2026	Palliative services and patient care services.	3	Total 78 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. Each day, two NSS volunteers are posted in the palliative department to help patients. Likewise, two volunteers are posted in the reception area to assist patients.

1. Malabar cancer centre (PGIOSR) is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. As part of regular NSS activities, 4 volunteers will be assigned to palliative divisions and patient helpdesks every day. During the period from 16/04/2026 to 15/05/2026, 3 NSS volunteers spent a total of 90 hours providing the above services.

2. Malabar Cancer Centre organized blood bank camp on 12/05/2026. Two NSS volunteers actively participated in conducting the camp.



**LITTLE LOURDES COLLEGE OF NURSING,**  
**KIDANGOOR**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1	6/5/2026	Adopted Village Programme	40	4	Health education on Hand hygiene in given in Bud's school, Kummannoore as a part of Snehasparsham programme. It is conducted in collaboration with LLM Hospital ,Kidangoor.
2	12/5/2026	Nature club Activities	40	1	Vegetable Harvesting was conducted at 10.00 AM led by Sr. Jani SVM, Associate Professor, Department of Mental Health Nursing. Vegetables cultivated in the college garden were harvested and handed over to Mr. Akmal Jaleel, 2nd Semester B.Sc. Nursing student. Necessary

					preparations, gardening activities, and watering of plants were carried out by the NSS Volunteers..
--	--	--	--	--	---

**Health Education Programmes : Snehasparsham, Kummannoore**



**Vegetable Harvesting by the NSS Volunteers**

**Harvested Vegetables**



**Handing Over**



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

The NSS Unit of the Institute of Nursing Sciences and Research is organizing a Four-Day National Service Scheme (NSS) Special Camp at Panniyannur Grama Panchayat in April 2026.

The National Service Scheme (NSS) is a youth-oriented community service program that aims at developing the personality of students through voluntary social service. Guided by its motto, “*Not Me But You,*” NSS encourages students to engage actively with the community and contribute to social development.

This four-day camp is designed to provide nursing students with an opportunity to understand the health needs and social challenges of the rural community. The camp focused on health awareness programs, sanitation and hygiene promotion, environmental protection activities, and a medical camp for the residents of Panniyannur Panchayat. Through community interaction and service activities, students enhanced their leadership skills, teamwork, communication abilities, and sense of social responsibility. Students are divided into four groups, with 10 members in each group. Food was prepared by one group each day, and the groups were rotated so every student gets a chance to cook.

## **OBJECTIVES:**

- To develop social responsibility and civic awareness among students.
- To understand the needs and problems of the community.
- To enhance leadership qualities and teamwork skills.
- To conduct health awareness programs for different age groups.
- To organize medical camps and health screening activities.
- To promote environmental protection through cleanliness drives and tree plantation.
- To educate the community on sanitation, hygiene, and disease prevention.

## **NSS Camp Report – Day 1 (10/04/2026)**

**Institute of Nursing Sciences and Research, Malabar Cancer Centre (PGIOSR), Thalassery**

The first day of the NSS Special Camp titled “*Grama Spandanam*” was conducted with great enthusiasm and systematic planning. The day focused on

instilling community values, promoting sustainability, and orienting students to the objectives and responsibilities of the National Service Scheme (NSS). Volunteers were divided into four groups to ensure effective coordination, leadership development, and active participation in all scheduled activities.

### **1. Preparation of Vegetable Garden (8 AM -10AM)**

The day commenced with a hands-on activity involving the preparation of a vegetable garden within the college campus.

Volunteers actively participated in land preparation, sowing seeds,

and organizing the planting area. Crops such as cowpea and green chilli were planted.

The activity was guided and supervised by Prof. Jose John (Vice Principal) and Mrs. Rinjuna K.P. (NSS Coordinator). This initiative aimed to:

- Promote sustainable agricultural practices
- Encourage environmental responsibility
- Develop teamwork and practical skills among students

The activity also served as a model for self-sufficiency and highlighted the importance of eco-friendly practices in daily life.

### **2. NSS Orientation Session (10AM -1PM)**

Following the gardening activity, an orientation session on the National Service Scheme was conducted. The session was taken by Rinjuna K.P, NSS Coordinator and provided a comprehensive overview covering:

- History and evolution of NSS
- Objectives and core values



- NSS symbol and its significance
- NSS song and its meaning

The session helped volunteers understand the philosophy of NSS, particularly the motto “Not Me But You”, emphasizing selfless service and social responsibility. The interactive nature of the session ensured clarity and active engagement among participants.

### 3. Departure to Camp Site

After lunch, at around **2:00 PM**, the volunteers departed for the camp location, **Government LP School, Panniyanoor**, in the college bus. They reached the destination at approximately **2:30 PM**.

Upon arrival, students:

- Organized their luggage
- Arranged accommodation facilities
- Prepared the venue for the inaugural function

This phase demonstrated discipline, cooperation, and adaptability among volunteers.

### 4. Inaugural Function

The formal inauguration of the camp began at **3:00 PM** with the presence of esteemed dignitaries, local representatives, and community members.

- **Welcome Address:** Delivered by **Mrs. Rinjuna K.P., NSS Coordinator**, warmly welcoming all dignitaries and participants.
- **Presidential Address:** Given by **Prof. Dr. Rohini T, Principal**, who emphasized the importance of NSS in shaping socially responsible healthcare professionals.
- **Inauguration:** The camp was officially inaugurated by **Ms. Snoya S, President, Panniyanoor Grama Panchayat**, who appreciated the



initiative and encouraged students to actively engage in community service.

### **Felicitations:**

- **Mrs. Janet Fernandez**, Headmistress, Govt. LP School, highlighted the importance of student involvement in community upliftment.
- **Prof. Jose John**, Vice Principal, stressed the role of NSS in holistic student development.
- **Mr. Babu V M**, SSG Member, expressed his appreciation for organizing the camp and encouraged students to actively engage in such initiatives for the betterment of society.
- **Ms. Smitha** also felicitated the gathering and appreciated the dedication and service of the NSS volunteers, motivating them to continue their good work.
- **Vote of Thanks:** Delivered by **Ms. Nihara Manoj**, expressing gratitude to all dignitaries and participants.

The inaugural function set a strong foundation for the camp, reinforcing the spirit of service and collaboration.

### **5. Health Education Session on Lifestyle Diseases (4PM-5PM)**

Following the inaugural ceremony, a **health education session on lifestyle diseases** was conducted. The session focused on:

- Common lifestyle diseases such as diabetes, hypertension, and obesity
- Risk factors and preventive strategies
- Importance of healthy diet, exercise, and regular health check-ups

A **chart exhibition** was organized alongside the session, displaying informative visuals and key messages related to disease prevention. This initiative helped in:

- Enhancing awareness among participants and the local community
- Promoting preventive healthcare practices



The session was informative, interactive, and well-received by the audience.

### **Refreshment Session**

Tea and cake were served to all attendees following the health education programme. This provided an opportunity for informal interaction between volunteers, faculty members, and community participants, fostering a sense of unity and engagement.

### **7. Interactive NSS Orientation by Resource Person (6PM- 8PM)**

In the evening, an engaging and interactive NSS session was conducted by **Mr. Kailas Sir**( NSS Program officer, Kadambur HSS) . The session focused on:

- Roles and responsibilities of NSS volunteers
- Leadership and team-building skills
- Real-life experiences and field insights



The session was highly interactive, encouraging students to ask questions and share their perspectives. It effectively enhanced their understanding of NSS activities and motivated them to actively participate in the camp.

The session concluded at **7:00 PM**, followed by the presentation of a **token of appreciation** to the resource person as a gesture of gratitude.

### **8. Dinner and Day-End Preparation**

The day concluded with dinner from 7:30 PM onwards, where **bread and vegetable kuruma** were served, followed by group discussions and preparation for the next day's activities until **9:30 PM**. Volunteers reflected on the day's experiences and planned upcoming programmes, strengthening teamwork and coordination.

### **NSS Camp Report – Day 2 (11/04/2026)**

#### **Morning Routine and Breakfast (6:00 AM – 9:30 AM)**

The day began with fresh up and breakfast, preparing all 42 volunteers for the scheduled activities. Group 2, consisting of 11 members, efficiently managed the

food arrangements. They ensured timely preparation and distribution of hygienic and nutritious meals, which included coffee, dosa, idli, and sambar for breakfast. Their coordinated effort played a vital role in maintaining the energy and well-being of all participants throughout the day.

### **Morning Meeting (9:30 AM – 10:00 AM)**

The morning meeting commenced with the NSS song “*Manassunnavatte*”, creating a sense of unity and motivation among the volunteers. This was followed by a review of the previous day’s activities, where students shared their experiences and reflections. An orientation session regarding the day’s schedule was then conducted by selected volunteers, ensuring proper allocation of responsibilities and smooth coordination of activities.

### **Morning Session (10:00 AM – 1:00 PM)**

#### **Field Visit to Vegetable Garden – Group 3 (10:00 AM – 1:00 PM)**

Group 3 conducted a field visit to a vegetable garden, where students observed various cultivation practices such as soil preparation, planting methods, irrigation, and crop maintenance. The visit provided valuable practical exposure to sustainable agricultural practices and enhanced students’ understanding of eco-friendly farming.

#### **അറിവിലൂടെ ശക്തി: Awareness Class on POSH Act & Menopause Health – Group 4 (10:00 AM – 1:00 PM)**

An awareness programme was conducted at Panniyannur Primary Health Centre for women and ASHA workers in collaboration with the OBG Department. The session focused on the Prevention of Sexual Harassment (POSH) Act, workplace safety, women’s rights, and menopause-related health issues. A quiz competition based on National Safe Motherhood Day was also organized for ASHA workers,



encouraging participation and reinforcing

knowledge. Prizes were announced to the winners, making the session more engaging.

### **സ്മരഹസംഗമം: Cyber Security Awareness Programme – Group 1 (10:00 AM – 1:00 PM)**

Group 1 conducted a cyber security awareness session at GLPS Panniyannur and a nearby temple premises. The programme focused on digital safety, prevention of cybercrimes, responsible use of social media, and protection of personal information. Conducting the session at multiple locations ensured wider community outreach and participation.



### **Lunch Break (1:00 PM – 2:00 PM)**

A lunch break was provided for all volunteers. Group 2 served a nutritious meal consisting of rice, sambar, salad, achar, and pappadam, ensuring adequate rest and refreshment for the participants.

### **Field Visit to Animal Farming – Group 4 (3PM – 4:00 PM)**

Group 4 conducted a field visit to an animal farm at East Panniyannur, where students observed the rearing and management of domestic animals such as cows, hens, and goats.



The visit provided practical exposure to various aspects of animal husbandry, including feeding practices, housing, hygiene, and disease prevention. The owner of the farm, Mr. Satheeshan Panchol, interacted with the students and provided valuable information regarding farming methods, animal care, and the importance of sustainable farming practices. Students also gained an understanding of the role of livestock in rural livelihoods and the contribution of animal farming to the local economy. The experience enhanced their knowledge of animal care and practical farming techniques

### **Tea Break and Refreshment (4:00 PM – 6:00 PM)**

A tea break was provided for relaxation and informal interaction. Coffee and unniyappam were served, helping volunteers refresh and regain energy for the evening session.



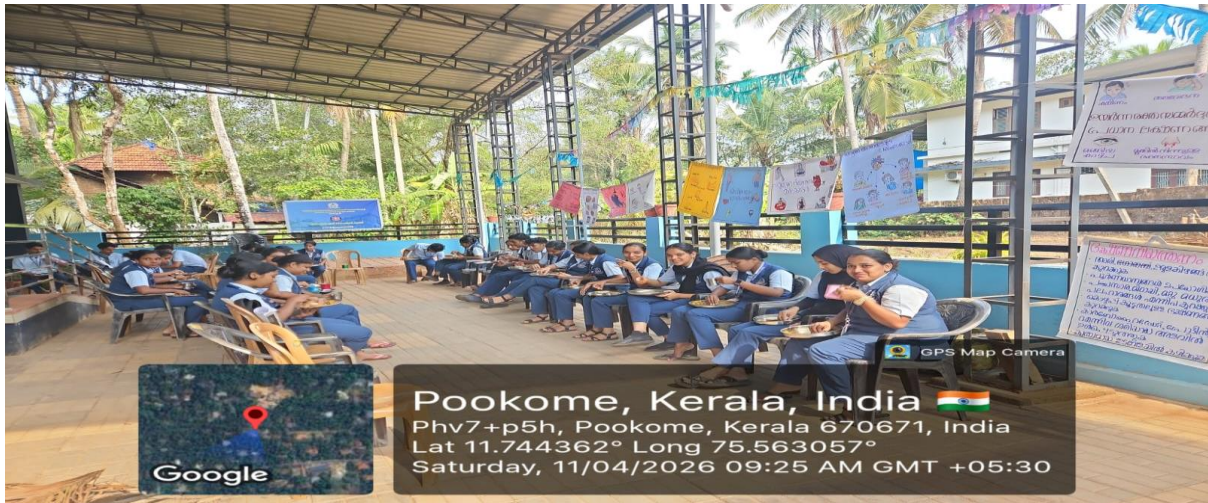
### **Evening Session (6:00 PM – 8:00 PM)**

#### **Interactive Session – “Go Green Breathe Clean” (6:00 PM – 8:00 PM)**

An interactive session was conducted by Dr. Dileep Kumar, Plant Taxonomist and Environmentalist. The session emphasized environmental conservation, the importance of greenery, pollution control, and sustainable lifestyle practices. It was highly engaging and motivated students to adopt eco-friendly habits and actively contribute to environmental protection.

#### **Dinner and Day-End Preparation (8:00 PM – 10:00 PM)**

The day concluded with dinner, which included rice, tapioca, chammanthi, and sambar. After dinner, volunteers engaged in group discussions and preparation for the next day’s programmes. This session helped improve planning, coordination, and teamwork.



## **NSS Camp Report – Day 3 (12/04/2026)**

### **Morning Routine and Breakfast (6:00 AM – 9:30 AM)**

The day began with fresh up and breakfast. Group 3 was assigned kitchen duty and efficiently managed food preparation and distribution. The breakfast included uppumavu, banana, dosa, and chutney. The team ensured hygienic preparation and timely service for all volunteers.

### **Morning Session (10:00 AM – 12:00 PM)**

#### **Cleanliness Programme – “Clean Drive” (10:00 AM – 12:00 PM)**

Group 2 organized a cleanliness programme at the Panniyanoor Panchayat premises. Volunteers actively participated in cleaning the surroundings, removing waste, and promoting hygiene. The programme created awareness among the local community about the importance of maintaining a clean environment.



## ഉണർവ്: Anti-Drug Awareness Rally (10:00 AM – 12:00 PM)

Simultaneously, Groups 1 and 4 conducted an Anti-Drug Awareness Rally in the Panchayat area. Volunteers carried placards, raised slogans, and interacted with the public to spread



awareness about the harmful effects of drug abuse. The rally effectively promoted the message of a drug-free society, and a pledge against drug abuse was administered to the public, encouraging collective responsibility towards building a drug-free community.

## Lunch Break (12:30 PM – 2:00 PM)

Lunch was prepared and served by Group 3, which included rice, chicken curry, cabbage thoran, and pickle. The food was nutritious and appreciated by all volunteers.



### **Afternoon Session (2:00 PM – 5:00 PM)**

#### **Field Visit – Royal Mushroom Cultivation Centre (2:00 PM – 3:00 PM)**

Volunteers from Group 1 and Group 2 visited the Royal Mushroom Cultivation Centre, Aarayakool, where the owner, **Mr. Saleem**, provided a detailed explanation of mushroom farming. He demonstrated various cultivation techniques, including preparation of growing media, environmental conditions required for growth, maintenance, and harvesting methods. He also explained the economic benefits and potential of mushroom farming as a sustainable and income-generating activity. The session was highly informative and provided valuable practical knowledge to the students.



#### **First Aid Awareness and Demonstration Programme (3:00 PM – 5:00 PM)**

A first aid awareness and demonstration programme was conducted for the public near the Panchayat office at 3:00 PM. The session aimed to educate the community on emergency management techniques.

The demonstration covered:

- First aid management for burns
- First aid for snake bites
- Management of dog bites
- Choking management techniques
- Cardiopulmonary Resuscitation (CPR) demonstration



Volunteers actively demonstrated the correct procedures and explained the steps to be taken during emergencies. The session was interactive, and members of the public actively participated and clarified their doubts. This programme significantly contributed to improving community awareness regarding emergency care and life-saving techniques.

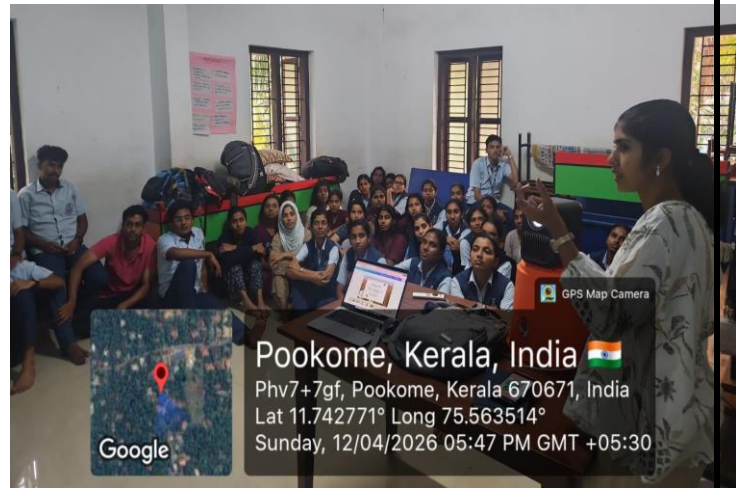
#### **Evening Snack and Refreshment (5:00 PM – 5:30 PM)**

Evening snacks consisting of rice ball and tea were served, allowing volunteers to relax after the afternoon activities.

### **Evening Session (5:30 PM – 7:00 PM)**

#### **Awareness Session – “Butterflies and Health” (5:30 PM – 7:00 PM)**

An informative session on “Butterflies and Health” was conducted by Ms. Akhina Mohan. The session highlighted the importance of biodiversity, environmental balance, and their connection to human health. She explained the role of butterflies as ecological indicators and their contribution to pollination, emphasizing how a healthy ecosystem directly influences human well-being. The session also covered simple ways to conserve butterfly habitats, such as planting native species and reducing the use of harmful chemicals. It was highly interactive, with participants actively engaging in discussions and clarifying their doubts. Overall, the session was insightful, informative, and well received by the participants.



### **Dinner (7:30 PM – 9:00 PM)**

Dinner was served, consisting of rice, chicken curry, and pickle. Group 3 ensured proper preparation and service.

### **Night Session (9:30 PM – 10:30 PM)**

#### **Cultural Programme and Campfire (9:30 PM – 10:30 PM)**

The day concluded with a cultural programme and campfire involving both students and teachers. The programme included songs, dance, and games, creating a joyful atmosphere. It strengthened bonding and team spirit among volunteers.

A short discussion regarding the next day's activities was also held before concluding the day.

### **NSS Camp Report – Day 4 (13/04/2026)**

#### **Morning Routine and Food Management (6:00 AM – 9:30 AM)**

The day began with fresh up and breakfast, preparing the volunteers for the final day's activities. Group 4, consisting of 11 members, efficiently managed the food arrangements as part of the mess committee. They ensured timely preparation and distribution of nutritious traditional meals, which helped maintain the energy levels of the volunteers.

The breakfast included puttu, kadala curry, and coffee.

#### **Zumba Fitness Session (7:30 AM – 8:30 AM)**

A Zumba dance session was conducted for all students from 7:30 AM to 8:30 AM under the guidance of trained instructor Ms. Shini. The session was energetic and engaging, aimed at promoting physical fitness, mental well-being, and stress relief among the participants. All students actively participated with enthusiasm, making the session lively and enjoyable. The activity helped in improving coordination, flexibility, and overall health, while also creating a positive and refreshing start to the day.



#### **Morning Assembly (9:30 AM – 10:00 AM)**

The morning assembly commenced with the NSS song “*Manassunnavatte*”, creating a sense of unity and motivation among the volunteers. This was followed by a reflective session where volunteers shared their experiences and insights from the previous day's activities. An orientation session conducted by a student committee provided a clear briefing about the day's schedule and responsibilities, ensuring proper coordination.

**Morning Session (10:00 AM – 1:00 PM)**

**Educational Outreach Programme – Govt. LP School, Panniyanoor (10:00 AM – 1:00 PM)**

Group 1 organized an educational and recreational programme for 14 local children at Government LP School, Panniyanoor. The session was designed to combine learning with fun and active participation.

Activities included a quiz competition that tested the children’s knowledge and



encouraged quick thinking. Recreational games such as musical chairs and traditional games like *Kulam Kara* were also conducted, creating a lively and joyful environment. The programme concluded with the distribution of small tokens of appreciation to all participating children.

Volunteers ensured that the children were safely escorted back after the session, reflecting responsibility and care.



## Medical Screening Camp – PHC Panniyanoor (10:00 AM – 1:00 PM)

Group 3 organized a medical screening camp in collaboration with the Primary Health Centre, Panniyanoor, which benefited around 54 community members. The volunteers actively participated in managing patient registration and



recording basic health parameters such as height and weight.

Screening was conducted for common conditions such as hypertension and diabetes mellitus. Individuals identified with abnormal findings were referred to the Medical Officer for further consultation and necessary treatment. In addition to screening, volunteers provided personalized health education, focusing on lifestyle modification, disease prevention, and management. The camp significantly contributed to improving community health awareness.

## Lunch Break (1:00 PM – 2:00 PM)

A lunch break was provided for all volunteers. Nutritious food prepared by Group 4 helped volunteers refresh and regain energy for the afternoon session. Lunch consisted of kanji (rice gruel), chakka puzhukku (jackfruit mash), and muringa curry. The effective management of food services contributed to the smooth functioning of the day.

### **Afternoon Session – Valedictory Function (3:00 PM – 4:00 PM)**

#### **Valedictory Programme (3:00 PM – 4:00 PM)**

The NSS Special Camp concluded with a formal valedictory function held in the presence of esteemed dignitaries including Prof. Dr. Rohini T (Principal), Mrs. Janet Fernandes (Headmistress, Govt. LP School, Panniyanoor), and Mr. Shaji (Health Inspector, PHC Panniyanoor).



The programme began with a welcome address delivered by Mrs. Rinjuna K.P., NSS Coordinator. This was followed by keynote addresses and feedback from the dignitaries, who appreciated the dedication, discipline, and impactful service rendered by the volunteers throughout the camp.

Prizes were distributed to the winners of the children’s quiz competition conducted earlier in the day. A special award was also presented to an ASHA worker in recognition of her contributions, as part of the Safe Motherhood Programme conducted in collaboration with the OBG Department.

As a token of gratitude, a memento was presented to Mrs. Janet Fernandes, Headmistress, Govt. LP School, Panniyanoor, for providing accommodation and support during the camp. The memento was handed over by Prof. Dr. Rohini T, Principal, INSeR, MCC. Additionally, a gift was presented

to the cooking helper, Ms. Geetha E, in recognition of her dedicated service and support throughout the camp, which was also handed over by the Principal.

A reflective speech was delivered by Ms. Malavika Nellikka, who shared the experiences and learning outcomes of the four-day camp. The programme concluded with a formal vote of thanks by Ms. Nihara Manoj, expressing gratitude to all dignitaries, organizers, and participants.

Following the valedictory function, volunteers proceeded with final arrangements, packing, and informal interactions, marking the conclusion of the camp activities.

### Conclusion

The NSS camp was a highly enriching and impactful experience that fostered social responsibility, leadership, and teamwork among students. Each day of the camp was thoughtfully organized with meaningful programs, including gardening activities, orientation sessions, health awareness classes, medical screening, cleanliness drives, field visits, and community outreach initiatives. These day-wise programs provided practical exposure and helped students understand real community needs. Overall, the camp strengthened community bonds and played a vital role in shaping students into responsible, compassionate, and service-oriented individuals. The camp concluded on a successful note, leaving the participants with valuable experiences, improved skills, and a deeper understanding of social responsibility. The programme reinforced the true spirit of NSS and its motto, “Not Me But You”, inspiring volunteers to continue their service to society.



**POYANIL COLLEGE OF NURSING,**  
**KOZHENCHERRY**

**Nurse's week celebration**

As a part of celebrating "Nurses Week" our NSS volunteers work along with District Hospital, Kozhencherry, conducted a flash mob at DH , Kozhencherry. The Programme started with meeting inaugurated by Dr. Anju Mary Varghese pediatrician at DH ,followed by welcome speech ,done by Sr.Sini, staff nurse at DH, and vote of thanks given by Dr. Noble ,Oncologist .The message of the day given by Mrs. Laya PRO District Hospital .The flash mob encouraged the public " to say no to drugs".

**JUBILEE MISSION COLLEGE OF NURSING,**  
**THRISSUR**

<b>SI NO</b>	<b>DATE</b>	<b>NAME OF ACTIVITY CONDUCTED</b>	<b>NO OF PARTICIPANTS</b>	<b>TOTAL HOURS SPEND</b>	<b>ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES</b>
<b>1.</b>	22.04.2026- 29.04.2026	Earth week celebration	100	2hr daily	Social responsibility  Sustainability campus
<b>2.</b>	05.05.2026	Health awareness	50	2hrs	Social responsibility,

		program at CHC vellanikkara			decision making and communication skill
3.	03.05.2026	Nurse led clinic	10	3hrs	Social responsibility, 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	12.05.2026	Nurse's day	100	2hr	Recognition of Nurses' Service Motivation and Encouragement Tribute to Florence Nightingale.
6	14.05.2026	Mother's day	100	2hr	Expresses Love and Gratitude Recognizes Mothers' Sacrifices

7.	16.04.2026- 15.05.2026	Family care including palliative care programs	25	1hr	Social responsibility, decision making and communication skill
8	16.04.2026- 15.05.2026	Health screening camp at thrissur pooram pavilion	4students per day	12hr	Social responsibility, communication skill and improve health status of community

### Description of the activity

#### Earth week celebration

Jubilee Mission College of Nursing proudly participated in the **Bharat Environment Program – A Bharat Sustainability Campus Mission 2026** organized by the Research Heights Foundation in collaboration with Environment Protection Training and Research Institute during **Earth Week (22nd – 29th April 2026)**. The program aimed to encourage educational institutions across the country to adopt sustainable practices and promote environmental responsibility.

As part of this prestigious initiative, Jubilee Mission College of Nursing submitted various sustainability-oriented activities and innovative ideas that reflected the institution's commitment towards environmental conservation and social responsibility.

## Activities Submitted

The institution actively contributed in the following areas:

### 1. **Green Campus Activities**

Various eco-friendly initiatives were conducted within the campus to promote cleanliness, greenery, waste reduction, and environmental awareness among students and staff.

### 2. **Sustainability Pledge and Awareness Message**

Students and faculty participated in sustainability pledge activities emphasizing environmental protection, conservation of natural resources, and responsible living practices.

### 3. **Green Campus Audit**

An assessment of the campus environment was carried out focusing on energy conservation, waste management, water utilization, greenery maintenance, and eco-friendly institutional practices.

### 4. **Community Outreach Activities**

Awareness programs and environmental education activities were organized in the community to encourage public participation in sustainable living and environmental protection.

### 5. **Innovative Sustainable Ideas**

The institution proposed creative and practical sustainability ideas aimed at promoting long-term environmental conservation and developing a healthier campus ecosystem.

## Achievement

Based on the institution's active participation, innovative contributions, and commitment towards sustainability, **Jubilee Mission College of Nursing** was honored with the **Platinum Sustainable Campus Certification** under the Bharat Sustainability Campus Mission 2026.

This recognition reflects the institution's dedication to creating an environmentally responsible campus and inspiring students to become socially committed and environmentally conscious healthcare professionals.

**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 03/05/26. The clinic was conducted at Auditorium of St Mary's church. Madona Nager. The programm started at 7.45 am immediately after the holy mass. The token were provided by Vincent de paul society member. The public were seated in the chairs in the order of token number. Awareness classes on heat stroke and its management were taken by Miss aneetta . 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. 52 token were given for the public. Among 52 members 1 was reffered to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers.

## Nurse's day

Jubilee Mission College of Nursing organized the International Nurses Day celebration on 12 May 2026 at 8:30 AM in the Bishop Alappatt Auditorium. The programme was conducted to honor and appreciate the dedication, compassion, and valuable contributions of nurses to healthcare and society.

The event was organized with great enthusiasm and active participation from students, faculty members, and staff. The celebration highlighted the importance of the nursing profession and recognized nurses as the heart of healthcare. The programme also emphasized the role of nurses in promoting health, preventing diseases, and providing quality patient care.

**Health awareness campagin at CHC vellanikkara** our institution actively participated in a **Awareness Program** aimed at educating the community about prevention and control of non communicable diseases. This initiative was

conducted in collaboration with healthcare professionals and local organizations to promote a healthier lifestyle and encourage timely medical intervention. Our NSS volunteers were interacted with public and encouraged them to be a part program.

### **Green campus initiative**

The **Green Campus Initiative** was implemented 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.

### **Mother's day**

The Department of Community Health Nursing in association with NSS of Jubilee Mission College of Nursing organized a Mother's Day celebration on 09 May 2026 at the college campus. The programme was conducted with the aim of honoring the love, strength, and sacrifices of mothers and to promote gratitude and emotional bonding among students and families.

The celebration included various engaging activities such as "**Letter to Mother**" and a **Photo Booth Session**. In the "Letter to Mother" activity, students were encouraged to write heartfelt letters expressing their love, respect, and gratitude towards their mothers. Participants were instructed to keep their entries neat, meaningful, and original. The Photo Booth activity provided an opportunity for students to take memorable photographs with their mothers and family members using creative props arranged by the organizers.

The programme was conducted at the JMCON Library on 08 May 2026 from 1:00 PM to 1:30 PM. Students actively participated in the event with great enthusiasm and cooperation. The organizers ensured smooth coordination by providing clear guidelines regarding registration, submission of entries, discipline, and participation.

The event successfully created a warm and joyful atmosphere within the institution and helped students recognize the importance of motherhood and family values. Attractive prizes and recognition were awarded to the best entries, which further motivated participants.


### 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; chair yoga, fall risk assessment, health check-up and muscle strengthening exercise were done. The problems and needs were identified as isolated feelings; risk for fall and health education was given according to their needs. Recreational activities like music and newspaper reading were provided.

### Health screening camp at thrissur pooram pavilion

A Health Screening Camp was conducted at the Thrissur Pooram Exhibition Pavilion with the active participation of NSS volunteers from Jubilee Mission College of Nursing. The programme was organized with the objective of promoting community health awareness and providing basic health screening services to the public.

As part of the activity, four NSS volunteers were allotted duty each day on a rotational basis. The volunteers actively participated in conducting various health screening procedures under the guidance and supervision of faculty members and healthcare professionals. The rotation system ensured continuous and smooth functioning of the camp throughout the programme period.

1.	22.04.2026- 29.04.2026	Earth week celebration	
----	---------------------------	---------------------------	--

2.	05.05.2026	Health awareness program at CHC vellanikkara	
3	Every day 30 mts	Green campus initiative at college campus	
4	12.05.2026	Nurse's day	
5	14.05.2026	Mother's day	
6	16.04.2026-15.05.2026	Family care including palliative care programs	

7	14.05.2026	Mother's day	
8	16.04.2026- 15.05.2026	Family care including palliative care programs	
9	16.04.2026- 15.05.2026	Health screening camp at thrissur pooram pavilion	

**Dr. SOMERVELL MEMORIAL CSI MEDICAL COLLEGE, KARAKONAM**

Sl. No	Date	Name of activity conducted	No. of participants	Total hours spend	Achievement by the program including beneficiaries
1.	22.04.2026	Observance of Earth day	300	0.5 hrs	Created awareness among students, staff, and NSS volunteers regarding the importance of environmental conservation and sustainable living and

					encouraged participants to adopt eco-friendly practices such as reducing plastic use, conserving water and electricity, and planting trees.
2.	30.04.2026	Distribution of plant saplings	10	3	Successfully distributed plant saplings to teaching and non-teaching staff members of the college. Motivated staff members to take part in tree planting and maintenance activities at their homes and surroundings. Strengthened the commitment of NSS volunteers towards environmental protection and sustainable development.

### **Earth Day Observance on 22.04.2026**

The NSS Unit observed the Earth day on 22nd April 2026 from 10.00-10.30 AM with the aim of creating awareness about environmental protection and sustainable living practices among students and staff.

The programme began with an introductory talk by Dr. Saritha Ebenezer, NSS Programme Officer, highlighting the significance of Earth Day and the urgent need to conserve natural resources, reduce pollution, and protect biodiversity. NSS volunteers, faculty members and students actively participated in the observance.

An Earth Day pledge was administered during the programme, where all participants pledged to protect the environment, avoid practices harmful to nature, conserve water and energy, reduce plastic usage, and actively participate in activities that promote a greener and healthier planet.

The pledge ceremony served as a reminder of the collective responsibility of every individual towards safeguarding the Earth for future generations. Participants expressed their commitment to adopting eco-friendly habits in their daily lives and spreading environmental awareness within the community.

The programme concluded with a message encouraging everyone to continue contributing towards environmental conservation through small but meaningful actions. The Earth Day observance was successful in fostering environmental consciousness and strengthening the spirit of social responsibility among the participants.



## **Distribution of plant saplings on 30.04.2026**

The NSS Unit of Dr. Somervell Memorial CSI Medical College, Karakonam organized a Plant Sapling Distribution Programme on 30.04.2026 from 9.30 AM to 3.30 PM, for the teaching and non-teaching staff of the college as part of environmental conservation and promotion of green initiatives.

The programme was conducted in association with the forest department (haritha keralam mission) with the objective of encouraging tree planting and creating awareness regarding the importance of protecting nature and maintaining ecological balance. The programme started at 9.30 am with prayer of Rev. Susheel, from chaplaincy department. Welcome address was delivered by Dr. Saritha Ebenezer, NSS Programme officer. Inauguration was done by Dr. Anusha Merline, Principal, Dr. SMCSI Medical College, Karakonam by handing over a sapling to the medical superintendent, Dr. Baburaj. The medical superintendent addressed the gathering and inspired everyone to go for eco-friendly and sustainable practices.

More than 3000 saplings of different varieties (rambutan, guava, gooseberry, badam, seethaphal, neem, jackfruit, tamarind, lemon, asokam, wood apple etc.) were distributed freely to staff members with the message of nurturing plants and contributing towards a greener environment.

NSS volunteers actively participated in organizing and coordinating the programme. The staff members enthusiastically received the saplings and appreciated the initiative taken by the NSS Unit. The programme highlighted the importance of individual responsibility in environmental protection and sustainable living.

The activity served as an effective step towards increasing green cover and promoting eco-friendly habits within the campus and the community.



## **SREE KRISHNA COLLEGE OF PHARMACY AND RESEARCH CENTRE, PARASSALA**

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the programme including Beneficiaries
1	23/04/2026	Blood Donation Camp	100	06	Blood units collected and helped patients in need

### **BLOOD DONATION CAMP**

Sree Krishna College of Pharmacy and Research Centre, Parassala organized a Blood Donation Camp in association with NSS and GG Hospital Thiruvananthapuram. The programme aimed to promote the importance of voluntary blood donation and to support patients in need of blood.

The camp was inaugurated by the Principal Dr. Prasobh G R, Medical officers and staff supervised the donation process ensuring safety and hygiene. Students, teaching staff, and non-teaching staff actively participated in the camp.

A total of 28 participants donated blood successfully. The programme created awareness about the importance of blood donation and encouraged students to take part in social service activities.



## **SRI SANKARA DENTAL COLLEGE, VARKALA**

An awareness session was organised as a part of World No Tobacco Day from April 16<sup>th</sup> to May 31<sup>st</sup> organised by the NSS unit of Sri Sankara Dental College in association with AIMS (Tumour Board), SSGP and TCC, Sri Sankara Dental College.

A series of awareness sessions was organised for the. Resource persons were

1) Dr. Praveen D

Associate professor and HOD

Dept. of Public Health Dentistry Sri  
Sankara Dental College.

2) Dr. Alaka

Subodh

Associate

professor,

Dept. of Public Health Dentistry Sri  
Sankara Dental College.

3) Dr. Shabna

Fathima S

Assistant

Professor

Dept. of Oral Medicine and Radiology  
PMS College of Dental Science

Awareness sessions included

**April 16, 2026**

8:00 am – Inauguration

8:15 am - Introduction to Tobacco

**April 28, 2026**

8:00 am - Health Hazards of tobacco use

**May 02, 2026**

8.00 am – Tobacco Industry Tactics

May 12, 2026

8.00 am - Addiction and Psychology

May 14, 2026

8.00 am - Tobacco Control Policies

**SRI SANKARA DENTAL COLLEGE**  
AKATHUMURI, VARKALA  
RECOGNIZED BY DENTAL COUNCIL OF INDIA & AFFILIATED TO KERALA UNIVERSITY OF HEALTH SCIENCES

**WORLD NO TOBACCO DAY**

**DATE**  
April 16 to May 31<sup>st</sup> 2026

**THEME**  
UNMASKING THE APPEAL – COUNTERING NICOTINE AND TOBACCO ADDICTION

**VENUE**  
CELESTA HALL, SSDC

**TIME**  
8am TO 10am

**Dr. Praveen D**  
Associate Professor and HOD,  
Dept. of Public Health Dentistry,  
Sri Sankara Dental College

**Dr. Alaka Subodh**  
Associate Professor,  
Dept. of Public Health Dentistry,  
Sri Sankara Dental College

**Dr. Shabna Fathima S**  
Assistant Professor,  
Dept. of Oral Medicine and Radiology,  
PMS College of Dental Science

**AWARENESS SESSION ORGANISED BY DEPARTMENT OF PUBLIC HEALTH DENTISTRY IN ASSOCIATION WITH AIMS, NSS unit, SSGP and TCC, SRI SANKARA DENTAL COLLEGE**



Sd/-

Dean (Student Affairs) & NSS Programme Coordinator