KERALA UNIVERSITY OF HEALTH SCIENCES
Medical College P.O, Thrissur- 680596
www.kuhs.ac.in Tel: 0487-2007625

File No.12929/B2 /DSA/NSS/KUHS/2023 Date: 25/02/2026

MAR SLEEVA COLLEGE OF NURSING PALAI

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	7/01/2026	Health education at CHC koodalloor	50	02	Active participation of NSS volunteers on this day.
2.	8/1/2026	Home visit and medical care at koodalloor	50	4	Volunteers visited each home in manasagrama and gave care as per their requirement
3.	9/1/2026	School health program at Kozhuvanal school	50	04	NSS volunteers participated in school health program. They have prepared placards, charts and skit for the public.

4.	15/1/26	Palliative care day at koodalloor	50	4 hr	NSS volunteers joined with parents from palliative care center at koodalloor. They joined the activity of cooking and feeding, making fun activities and games. The parents were enjoyed their time with NSS volunteers.
5.	29/1/26	School health program at Kadaplamattom school	50	2 hr	NSS volunteers were participated in School health activities like health checkup of each student by taking weight, height etc. Variety of entertainment programs were conducted for students.

HEALTH EDUCATION AT CHC KOODALLOOR

HOME VISIT AND MEDICAL CARE AT KOODALLOOR

SCHOOL HEALTH PROGRAM AT KOZHUVANAL SCHOOL

PALLIATIVE CARE DAY AT KOODALLOOR

SCHOOL HEALTH PROGRAM AT KADAPLAMATTOM SCHOOL

PMS COLLEGE OF DENTAL SCIENCE & RESEARCH, TRIVANDRUM

NSS REPUBLIC DAY CELEBRATION

INTRODUCTION

This report outlines the activities undertaken by the National Service Scheme (NSS) unit of PMS College of Dental Science & Research in commemoration of the 77th Republic Day of India on 26 January 2026.

OBJECTIVES

- To inculcate a sense of patriotism and national pride among the NSS volunteers.
- To promote awareness about the Indian Constitution and its values.
- To organize activities that reflect the spirit of national unity and social service.
- To engage the community in celebrating the spirit of Republic Day.

ACTIVITIES UNDERTAKEN

* A Flag hoisting ceremony was held in our institution , PMS College of Dental Science & Research on 26/01/2026 to commemorate the 77th Republic Day. The flag hoisting ceremony was done by the Chairman of the Institution Dr P.S Thaha in presence of the Executive Director Dr Faizal Thaha, Principal Dr Sudeep S, Vice Principal Dr Afsal and all Deans and Associate Deans.
* NSS Volunteers sang the National Anthem, followed by march past by all the security personals of our institution.
* Several other students actively participated in singing patriotic songs followed by a Republic day message by the Respected Principal, and

Associate Dean Academics on how we as a country have moved forward over the last years and the drastic pace at which our countries future is being shaped.

CONCLUSION

The NSS Unit of PMS College of Dental Science & Research successfully organized this program to commemorate our 77th Republic Day. These activities provided a valuable platform for volunteers to demonstrate their patriotism, contribute to society, and learn about the importance of national values. The program concluded with sweet distributions done by the NSS Volunteers.

JDT ISLAM COLLEGE OF PHYSIOTHERAPY KOZHIKKODE

NSS REPORT ON LAHAI VIMUKTHA BODHAVALKARANNA RALLY

Date: 26 January 2026

Venue: JDT Islam Instiution,Vellimadukunnu,Kozhikode

Organized by: JDT Islam Institutions in association with Excise – Vimukthi Mission& Sradha Nerkoottam Committee

1. Introduction

The NSS units of the JDT Islam Institutions actively participated in the Lahari Vimuktha Bodhavalkaranna Rally, an anti-drug awareness programme conducted in collaboration with the Excise Department – Vimukthi Mission and the SradhaNerkoottam Committee.

The rally was held on 26/01/2026, aiming to create awareness among the public about the harmful effects of drug and substance abuse.

2. Inauguration

The programme was inaugurated by

Milly Mohan, District Panchayath President, Kozhikode, who emphasized the urgent need to combat the fast-growing issue of drug addiction, especially among the youth.

3. Presidential Address

Dr. P. C. Anwar, President, JDT Islam Institutions, delivered the presidential address, highlighting the responsibility of educational institutions and NSS volunteers in leading anti-drug campaigns and promoting a healthy and safe society.

4. Felicitations

Felicitations and welcome addresses were given by:

Administrative officers of JDT Islam Institutions

Representatives from the Excise Department

Their messages reinforced the importance of continuous awareness campaigns and joint efforts to eliminate substance abuse.

5. Vote of Thanks

The programme concluded with a vote of thanks delivered by

Harif Sir, Secretary, JDT Islam Institutions, who expressed gratitude to all dignitaries, the Excise Department team, SradhaNerkoottam Committee, and NSS volunteers for their wholehearted support.

6. NSS Volunteer Participation

A total of 25 NSS volunteers from JDT Islam College of Physiotherapy actively took part in the rally.

Volunteers helped with:

Coordination and organisation

Displaying placards and slogans

Assisting Excise officials

Maintaining discipline and rally flow

NANGELIL AYURVEDA MEDICAL COLLEGE, KOTHAMANGALAM

16/01/26 to 15/02/26

Programmes conducted

1. National Voters Day(25/01/26) - pledge taken on 28/01/26
2. Republic Day- 26/01/26
3. Awareness class at GVHSS, Mathirapilly on 31/01/26(Outreach programme)
4. E waste campaign on 4/02/26 & 5/02/26

REPORT ON AWARENESS CLASS ON AYURVEDA

PROGRAMME - Awareness Class on Ayurveda

ORGANIZER-NSS Unit 4, Nangelil Ayurveda Medical College, Kothamangalam

ASSOCIATING INSTITUTION-GVHSS Mathirapilly

RESOURCE PERSON-Dr. Benoy Bhaskaran

Vice Principal

Nangelil Ayurveda Medical College, Kothamangalam

DATE AND YEAR-31/01/2026

TIME-10:00 a.m.

Duration- 2hrs

BENEFICIARIES - Students of GVHSS Mathirapilly

NUMBER OF PARTICIPANTS-28

OBJECTIVES OF THE PROGRAMME

- To create awareness among students about the basic principles of Ayurveda
- To introduce the holistic concept of health and disease prevention in Ayurveda
- To promote healthy lifestyle practices based on Ayurvedic principles

DETAILED REPORT OF THE PROGRAMME

An awareness class on Ayurveda was conducted by NSS Unit 4 of Nangelil Ayurveda Medical College, Kothamangalam, on 31 January 2026 at GVHSS Mathirapilly at 10:00 a.m. The programme aimed to educate students about the significance of Ayurveda as a traditional system of medicine and its relevance in the modern era.

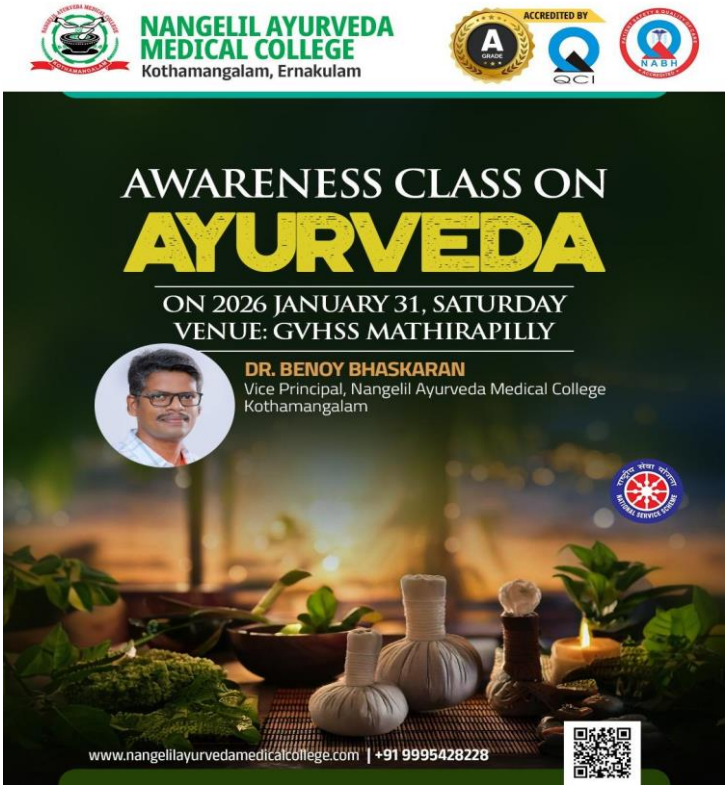
The session was handled by Dr. Benoy Bhaskaran, Vice Principal, Nangelil Ayurveda Medical College, Kothamangalam. The resource person explained the

fundamental concepts of Ayurveda, emphasizing its holistic approach to health that focuses on the balance of body, mind, and spirit. He highlighted the importance of daily regimen (Dinacharya), seasonal regimen (Ritucharya), proper diet, and lifestyle modifications for maintaining health and preventing diseases.

The session was interactive, and students actively participated by asking questions and sharing their views. A total of 28 students attended the programme and benefited from the session. The awareness class successfully enhanced students' understanding of Ayurveda and encouraged them to adopt healthy lifestyle habits.

OUTCOMES OF THE PROGRAMME

- Students gained basic knowledge about Ayurveda and its importance in daily life
- Improved awareness regarding preventive healthcare and healthy lifestyle practices
- Encouraged positive attitude towards traditional systems of medicine



Republic Day Celebration Report

Date: 26/01/2026

Time: 9:00 AM

Duration: 1 Hour

Venue: Nangelil Ayurveda Medical College, Kothamangalam

Organised by: NSS Unit 4

In association with: Aidika Student Council

Participants: 50

Objectives

- To commemorate the adoption of the Indian Constitution
- To instil patriotism and respect for national symbols
- To promote unity and civic responsibility among students

Report

The 77th Republic Day of India was celebrated at Nangelil Ayurveda Medical College, Kothamangalam, on 26th January 2026. The programme was organized by NSS Unit 4 in association with the Aidika Student Council. The celebration

commenced at 9:00 AM with the hoisting of the National Flag by Prof. Dr. Benoy Bhaskaran, Vice Principal and SSGP Nodal Officer.

Felicitations were delivered by Dr. Basil Baby Paul, HSA Representative, and Union representatives emphasizing constitutional values and national responsibility. NSS volunteers actively participated in the programme with discipline and patriotic spirit. Vande Mataram was sung to spread awareness about its historical and national significance. The programme concluded with the National Anthem, followed by the distribution of sweets to all participants.

Outcome

- Enhanced awareness of constitutional and national values
- Strengthened patriotic spirit among participants
- Active involvement and team spirit among NSS volunteers

Report on E-Waste Collection Campaign

Theme: *Join Green Harmony*

Programme: E-Waste Collection Campaign

Organised by:NSS Unit 4, Nangelil Ayurveda Medical College, Kothamangalam

In association with: Rotary Club of Kothamangalam

Dates: 4th & 5th February 2026

Venue:Nangelil Ayurveda Medical College Campus, Kothamangalam

Objectives

- To create awareness about the environmental hazards caused by improper disposal of electronic waste
- To promote responsible and sustainable e-waste management practices
- To encourage students and staff to actively participate in environmental protection
- To support recycling and safe disposal of electronic waste

Report

An E-Waste Collection Campaign was organized by NSS Unit 4 of Nangelil Ayurveda Medical College, Kothamangalam, in association with the Rotary Club of Kothamangalam, under the theme "Join Green Harmony". The campaign was conducted on 4th and 5th February 2026 within the college campus. An awareness class was also conducted for students regarding the samples to be collected.

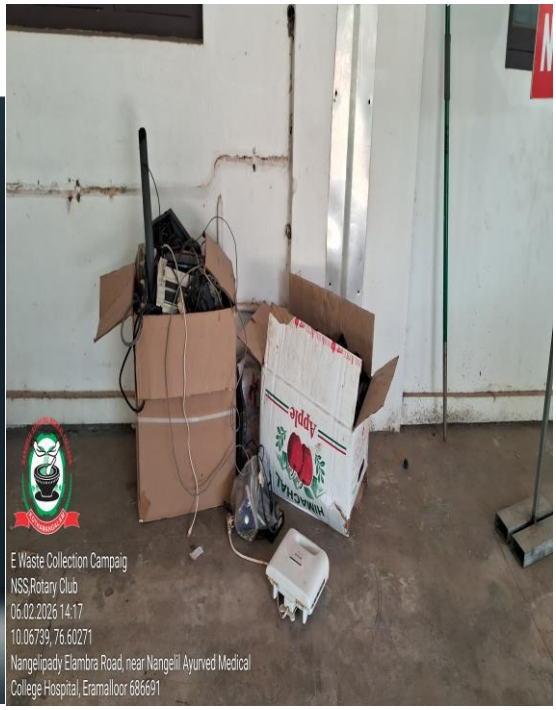
The programme aimed to spread awareness on the importance of proper disposal and recycling of electronic waste to reduce environmental pollution and health risks. A poster was displayed highlighting the details of the campaign, collection dates, and the wide range of E- waste materials accepted.

Items such as mobile phones, laptops, chargers, batteries, electronic accessories, household electronic appliances, circuit boards, and used or damaged batteries were collected during the campaign. NSS volunteers actively participated in mobilizing students and staff to contribute unused or discarded electronic items.

The initiative received a positive response from the college community, reflecting a growing sense of environmental responsibility. The collected e-waste was ensured to be handed over for proper recycling and safe disposal through authorized channels.

Outcome

- Increased awareness among students and staff regarding e-waste management
- Active participation of NSS volunteers in environmental conservation activities
- Safe collection of electronic waste for responsible recycling
- Strengthened collaboration between the institution and Rotary Club for social responsibility



Report on 16th National Voters' Day Celebration

Date: 28th January 2026

Time: 2:00 pm

Venue: Second Year Classroom, Nangelil Ayurveda Medical College, Kothamangalam

Organised by: NSS Unit 4 ,Nangelil Ayurveda Medical College

Report

The NSS Unit 4 of Nangelil Ayurveda Medical College, Kothamangalam, observed the 16th National Voters' Day on 28 January 2026 at 2:00 PM in association with 16 th National voters day on 25/01/26 at the second year classroom. The programme was organised with the aim of creating awareness among students about the importance of voting and encouraging active participation in the democratic process.

As part of the programme, a voters' pledge was administered to the participants. The pledge emphasized the values of democracy, ethical voting, and the responsibility of every citizen to exercise their voting rights without fear or influence.

A total of 40 NSS volunteers actively participated in the programme. The volunteers took the pledge with sincerity and enthusiasm, reflecting their commitment towards strengthening democratic values.

The programme concluded successfully, reinforcing the significance of National Voters' Day and motivating students to become responsible and informed voters in the future.

Outcome of the Programme

The programme helped in creating awareness among students about the importance of voting in a democratic society.

Participants developed a better understanding of their rights and responsibilities as voters.

The voters' pledge motivated the students to participate ethically and responsibly in future elections.

The programme strengthened the sense of civic duty and democratic values among NSS volunteers.

PUSHPAGIRI COLLEGE OF DENTAL SCIENCES

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours perform ed	Achievement to the beneficiaries by the programmes
1	20/01/2026	NSS Training Programme,Sena te Hall,Thrissur			1. To improvise leadership and administrative skills. 2. Increased confidence in handling leadership roles. 3. Interaction with experienced programme officers.
2.	26/01/2026	Republic Day Reel	15	4	1. Encourages patriotism among youth 2. Enhances team collaboration, vid eo editing and social media communicatio n abilities 3. Promots constitution al values.

3.	04 /02/2026	World Cancer Day	70	4	1. Promotes early detection 2. Reduces fear and stigma 3. Encourages preventive health practices
4.	14/02/2026	Dental Awareness Camp	10	4	1. Early detection of dental problems 2. Promotes oral hygiene 3. Reduces fear and myths about treatment

1. NSS TRAINING PROGRAMME for Programme Officers (South Zone)

(From Thrissur to Thiruvananthapuram – January 20, 2026)

Date: 20/02/2026 Time: 10.30am -3.45pm Venue: SENATE HALL OF KUHS,THRISSUR

Organized By: NSS Unit ,KUHS

A training programme for National Service Scheme (NSS) Programme Officers of colleges under Kerala University of Health Sciences (KUHS) was conducted on 20th January 2026 at the University Headquarters. The programme aimed to enhance the leadership, organisational, and administrative skills of Programme Officers and to orient newly appointed officers towards effective implementation of NSS activities.

Around 60 NSS Programme Officers from various colleges across the southern region, ranging from Thrissur to Thiruvananthapuram, participated in the training programme.

Dr.Shibi Mathew.V,Programme Officer Of Pushpagiri Colege Of Dental Sciences attended the programme

The session was inaugurated by Dr. C. P. Vijayan, Pro-Vice Chancellor of KUHS, and was presided over by Registrar Dr. S. Gopakumar. The inaugural ceremony was attended by several distinguished dignitaries including Controller of Examinations Dr. S. Anilkumar, Finance Officer Sudheer M. S., Dean of Student Affairs Dr. Ashish R., State NSS Cell Officer Dr. Devipriya D., and Academic Staff College Director Dr. V. V. Unnikrishnan. Their presence highlighted the importance of NSS activities in shaping socially responsible students and strengthening community engagement initiatives in higher education institutions. The technical sessions were handled by Dr. Sunny M. M., ETI Training Coordinator from the University of Calicut, and Dr. E. N. Sivadasan, Programme Coordinator from Mahatma Gandhi University.

The sessions focused on NSS objectives, planning and execution of extension activities, documentation procedures, leadership development, and effective volunteer management strategies.

The programme proved to be highly informative and beneficial, particularly for newly appointed Programme Officers, as it provided clarity on their roles and responsibilities and offered practical guidance for organising impactful NSS programmes in their respective institutions.

Overall, the training programme was a valuable learning experience that strengthened the capacity of NSS Programme Officers to carry out their duties more efficiently and contribute meaningfully to community service initiatives.

2. REPUBLIC DAY CELEBRATION 2026

Date: 26/01/2026

Time: 8:00am

Venue: PCDS campus

Organized By: NSS Unit

Republic Day is celebrated every year on 26th January to mark the adoption of the Constitution of India in 1950. The day reminds us of our constitutional values and duties as responsible citizens.

On this occasion, the NSS Unit celebrated Republic Day 2026 in a unique and creative way by making a patriotic reel featuring 7 NSS volunteers.

The main objectives of creating the Republic Day reel were:To promote constitutional values and national unity,to encourage digital creativity among NSS volunteers,to spread patriotic awareness through social media,to actively involve youth in national celebrations.

Ten NSS volunteers actively participated in planning, scripting, shooting, and editing the Republic Day reel. The reel included background patriotic music. The reel creatively showcased the significance of Republic Day and the importance

of the Constitution of India. Each volunteer contributed by delivering short patriotic messages and participating in coordinated visuals.

Roles of NSS Volunteers were Script writing and concept development ,Video shooting and direction,Editing and adding background music,Social media posting and sharing

Their teamwork reflected the true spirit of NSS — service, unity, and discipline.

Outcome of the Activity was Enhanced creativity and digital skills among volunteers ,Increased engagement on social media platforms ,Spread awareness about Republic Day among students and the community,Strengthened teamwork and leadership qualities

The reel received positive feedback from faculty members and students and was widely appreciated.

Conclusion

The Republic Day Celebration 2026 through a reel presentation by 15 NSS volunteers was a successful and innovative initiative. It combined patriotism with modern digital expression and effectively conveyed the message of unity, democracy, and national pride.

The activity highlighted the active involvement and dedication of NSS volunteers in promoting social awareness and national values.

No. Of volunteerers -15

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.	16.01.2026	HPV Vaccination Training session	168	1	The session empowered volunteers with scientific knowledge and practical communication skills to address vaccine hesitancy and promote awareness in the community. It strengthened collaboration with medical professionals and reinforced the role of NSS in preventive health advocacy, motivating volunteers to actively engage in future vaccination awareness and outreach programs.

HPV VACCINATION TRAINING SESSION

An HPV Vaccination Training session was conducted on 16 January 2026 from 2:00–3:00 PM at the Library Basement Hall of Dr. Somervell Memorial CSI Medical College Hospital, organized by IMA Karakonam in collaboration with IMA–MSN and WIMA under the guidance of IMA Headquarters and FOGSI.

The objective of the session was to enhance awareness and implementation strategies related to HPV vaccination and to strengthen the role of healthcare professionals and NSS volunteers in vaccine advocacy and preventive oncology.

The session was delivered by Dr. Anu J, Vice President of IMA Karakonam, who explained the pathology of HPV infection, cancer risks and the importance of vaccination in the 9–14-year age group. The discussion was moderated by Dr.

Rinu Chandran, Assistant Professor of OBG, who linked the pathology with its clinical relevance in gynecological practice.

Key topics included the global and national burden of HPV, epidemiology of HPV-related diseases, vaccine efficacy and schedule and strategies to address vaccine hesitancy through effective parental counseling. A total of 168 participants, including NSS volunteers, MSN members and IMA members, attended the session.

The program concluded with an interactive discussion and role-play conducted by Dr. Aippuru and Dr. Anagha, reinforcing the importance of HPV vaccination and motivating participants to actively engage in community awareness and preventive health initiatives.

SCHOOL OF ALLIED HEALTH SCIENCES-MCC(PGIOSR)

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/01/2026 to 15/02/2026	Palliative services and patient care services.	8	Total 264 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the

					institution every day for treatment. Each day, two NSS volunteers are posted in the palliative department to help patients. Likewise, two volunteers are posted in the reception area to assist patients.
2	05/02/2026	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.
3	13/02/2026	Participated in blood bank camp	2	6 hrs each	

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 16/01/2026 to 15/02/2026, 8 NSS volunteers spent a total of 264 hours providing the above services.
2. Malabar Cancer Centre organized blood bank camp on 05/02/2026 and 13/02/2026. Two NSS volunteers actively participated in conducting the camp.

JUBILEE MISSION COLLEGE OF NURSING, THRISSUR

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	**26.01.2026**	**Republic day**	**100**	**1hr**	Promotes Patriotism Enhances Civic Awareness Preserves National Values Encourages Unity & Diversity
2.	30.01.2026	School health program	2	30mts	**Improve teaching skills among the**

					students and helps the school children to gain knowledge regarding various topics
3.	01/02/26	Nurse led clinic	10	3hrs	Social responsibility, decision making and communication skill
4.	05.02.2026	Health awareness campagin program at CHC vellanikkara	50	2hrs	Social responsibility, decision making and communication skill
5.	05.2.2026-15.02.2026	Green campus initiative	100	2hr daily	Social responsibility, decision making and communication skill
6.	04.02.2025	Cancer awareness program at ollukkara	25	1hr	Social responsibility,

					decision making and communication skill

Republic day

Republic Day was celebrated with great pride and patriotic spirit at Jubilee Mission College of Nursing on 26th January 2026. The celebration began at 9:00 a.m. with the gathering of the Director, Principal, faculty members, students, and staff in the college courtyard.

The program commenced with the hoisting of the National Flag by Fr. Renni Mundankurian, Director of the Institution. The ceremony was followed by the National Anthem, sung solemnly by all attendees, creating an atmosphere of unity and national pride.

Following the flag hoisting, Fr. Renni Mundankurian delivered a meaningful Republic Day message, emphasizing the importance of the Indian Constitution, democratic values, national unity, and the responsibilities of students as future healthcare professionals. His address inspired the students to uphold ethical values, compassion, and dedicated service to society.

School health program

The School Health Program is a comprehensive initiative aimed at promoting the physical, mental, and social well-being of students. It involves various health-related activities and services that enhance students' overall development and academic performance. Our NSS volunteers were conducted school health program at Bethlehem higher secondary school mukkattukkara on 30.01.2026.

Health Check-ups & Screenings – Regular medical check-ups, vision and dental screenings, and vaccination programs.

Health Education – Awareness campaigns on nutrition, aneamia, POCSO act and dental hygiene

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 01/02/26. 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 obesity were taken by Miss Fiona . 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. 40 token were given for the public. Among 40 members 1 was reffered to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers.

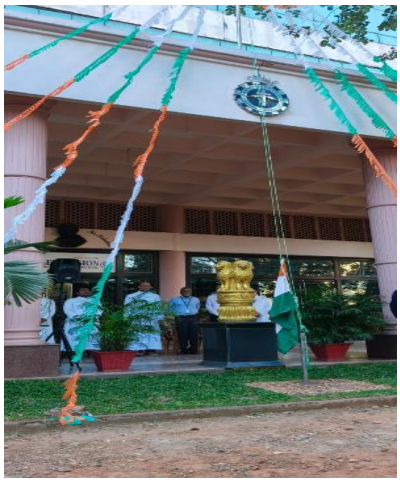
Health awareness campagin at CHC vellanikkara our institution actively participated in a **Awareness Program** aimed at educating the community about cancer prevention, early detection, and treatment options. This initiative was conducted in collaboration with healthcare professionals and local organizations 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.

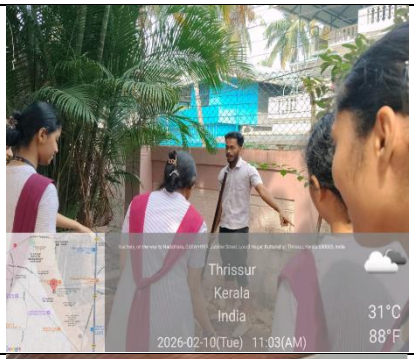
Green campus initiative

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. And planted the saplings.

Cancer awareness program at ollukkara

our institution actively participated in a **Awareness Program** aimed at educating the community about cancer prevention, early detection, and treatment options. This initiative was conducted in collaboration with healthcare professionals and local organizations to promote a healthier lifestyle and encourage timely medical intervention.

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	PHOTOS
1	**26.01.2026**	**Republic day**	
2	30.01.2026	School health program	
3	01/02/26	Nurse led clinic	

4	05.02.2026	Health awareness campagin program at CHC vellanikkara	
5	05.2.2026-15.02.2026	Green campus initiative	
6	04.02.2025	Cancer awareness program at ollukkara	

BETHANY NAVAJEEVAN COLLEGE OF PHYSIOTHERAPY, NALANCHIRA

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	26/01/2026	Republic Day celebration	10	01	Students& Staffs

- **Republic Day(26/01/2026):** BNCP NSS unit celebrated Republic Day on 26/01/2026, 08:30 am onwards at the college compound. The programme started with unfurling of Indian flag by college Director Rev.Fr.Dr.Titus John OIC. Introduction to Republic Daywas given by programme officer Mr.Manikantan.M. A speech about the importance of celebrating Republic Daywas done by BNCP college Director Rev.Fr.Dr.Titus John OIC. Principal Prof.Dr,J.Andrews Milton gave a speech about the importance of unity and rights among all. One of the NSS volunteer sung the "Vande Mataram" song,honouring it's 150th year anniversary. The celebration was ended after the vote of thanks by NSS staff member Mrs.Athira Mol.R.G.

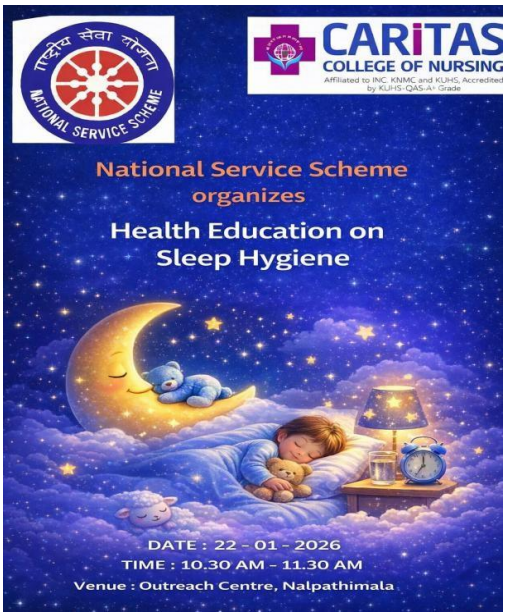
CARITAS COLLEGE OF NURSING, KOTTAYAM

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	20-01-26	• NSS programme officer training at KUHS, Thrissur	-	8 hours	• Got awareness regarding NSS activities
2	22-01-26	• Health education on sleep hygiene	2 volunteers	1 hour	• Got awareness on good sleeping practices

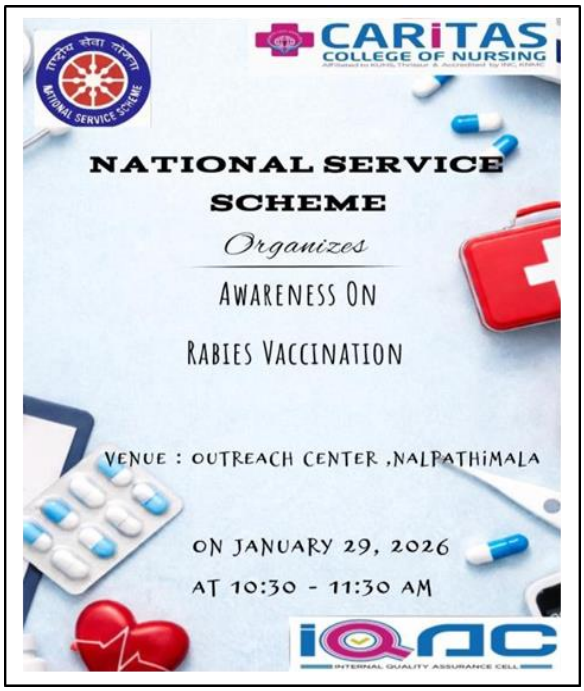
3	29-01-26	• Health awareness session on rabies vaccination	2 volunteers	1 hour	• Got awareness regarding Rabies vaccination
4	30-01-26	• Street play on electoral education at Ettumanoor private bus stand	50 volunteers	2 hours	• People got awareness regarding the importance of voting
5	03-02-26	• World Cancer Day celebration	14 volunteers	2 hours	• People got awareness regarding the warning signs of cancer
6	05-02-26	• Visit to Navajeevan, Kottayam	50 volunteers	8 hours	• Got awareness regarding the activities of Navajeevan. Provided financial support.
7	11-02-26	• School health programme at Government TTI school, Ettumanoor	14 volunteers	5 hours	• Got free medical services

1. The NSS Programme Officer, Ms.Anu Joseph attented the NSS programme officer training conducted at KUHS, Thrissur on 20-01-26

2. The NSS Unit organized a health awareness session on sleep hygiene at Outreach Center, Nalpahimala on 22-01-26.



3.The NSS Unit organized a health awareness session on rabies vaccination at Outreach Center, Nalpathimala on 29-01-26.



4.NSS Unit of Caritas College of Nursing in collaboration with Ettumanoor Municipality organized street play on electoral education at Ettumanoor private bus stand on 30-01-26

5.The NSS Unit in collaboration with ArchanaWomens Welfare Society, Ettumanoor celebrated World Cancer Day on 03-02-26. A health awareness session on Breast Self Examination was taken by the volunteers.

6.NSS unit of Caritas College of Nursing visited Navajeevan, Kottayam on 05/02/26. Financial assistance of 14000 Rs/- handed over to the trust

7.NSS unit of Caritas College of Nursing organized a School health programme at Government TTI School, Ettumanoor on 11-02-26. Free medical consultation was given by Dr. Jose Tom, Community Medicine, Caritas Hospital. A health awareness session on personal hygiene was given by the volunteers.

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	26.01.2026	**REPUBLIC DAY**	22	2	The programme was organized with the aim of promoting patriotism and respect for the nation. Various events such as the flag hoisting ceremony, parade, patriotic songs and

					speeches were part of the celebration. The faculty members, students and staff actively participated in the programme.
2	4.02.2026	**WORLD CANCER DAY**	28	6	This day highlights that all individuals experience with cancer is different and deserves personalized care and attention. Various activities such as Awareness programs and dental screening camps, pamphlet distribution, photography competition for interns and undergraduates and Social media campaign was organized.

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REPORT OF ANTIRAGGING AND SUICIDE PREVENTION

Antiragging session was conducted with the aim of promoting safe and respectful campus. The session was handled by members of the Meenachil Taluk legal service committee. Advocate Suman Sundhar Raj was the resource person. Through real life examples and clear explanations, the speaker helped students to

understand what ragging truly means, its serious legal consequences and the responsibility of every student in creating a ragging free campus

Sl. No	Date	Name of the activity conducted	No. of partici pants	Total Hours spend	Achievement by the program including Beneficiaries
1	30/1/26	Awareness class on Antiragging &suicide prevention	165	2 hrs	The awareness class benefited students and institution by promoting awareness, discipline and a safe respectful campus environment
2.	30/1/26	World Leprosy Day awareness programme	24	2 hrs	This programme benefited he community by increasing awareness, reducing stigma and promoting early detection and treatment of leprosy
3.	4/2/26	World cancer Day awareness programme	25	2 hrs	Awareness programme benefited the community by raising awareness about cancer prevention, early detection and importance of timely treatment and support
4.	9/2/26	Fire &safety mock drill class	98	2.5 hrs	The fire and safety mock drill class benefited the students by improving their knowledge, confidence and practical skills to respond effectively during the emergencies

REPORT OF LEPROSY DAY PROGRAMME

The National Service Scheme (NSS) unit organized an awareness programme in connection with World Leprosy Day at PHC Marangattupally on 30/1/2026. The programme aimed to educate the public about leprosy, promote early detection, and reduce stigma and discrimination toward affected individuals.

As part of the activity, volunteers conducted a short skit highlighting common myths and misconceptions about leprosy. The performance effectively conveyed messages about its causes, signs and symptoms, treatment availability, and the importance of social acceptance. Information about the national awareness campaign "Aswamedham," which focuses on early case detection and free treatment, was also shared with the community.

The audience responded positively and expressed satisfaction with the programme. They appreciated the simple, engaging presentation style and reported improved understanding of the disease and its curability with timely treatment.

REPORT OF CANCER DAY PROGRAMME

World Cancer Day awareness programme on 4/1/2026 at the Primary Health Centre, Marangattupally, from 11:00 am to 12:00 pm. The programme was conducted by 4th-year BSc Nursing students with the theme "United by Unique." The main objective was to create awareness about early signs and symptoms of common cancers such as oral, breast, and cervical cancer, promote healthy lifestyle practices, and reduce social stigma related to cancer.

The event began in the presence of Public Health officials, PHC staff, and members of the public. An educational skit was presented to convey the journey of a cancer patient and the importance of community support. Students also displayed charts and posters explaining warning signs of cancer, the harmful effects of tobacco and alcohol, and step-by-step self-examination methods. An interactive session was conducted to clarify doubts and dispel myths about cancer.

The programme successfully engaged the audience and delivered health information in a simple and understandable manner. Public health officials appreciated the students' teamwork and communication skills. The awareness

session helped improve community knowledge on cancer prevention, early detection, and healthy living practices.

REPORT OF FIRE AND SAFETY HAZARD CLASS

A Fire and Safety Hazard–cum–Mock Drill was conducted by the Fire and Safety Department for seventh and eighth semester students. The session included an informative demonstration on fire hazards and practical training in the proper use of fire extinguishers. Students actively participated and practiced the techniques during the mock drill, enhancing their preparedness for emergency situations. The resource persons for the program were Mr Navanath Krishnan N R and Mr Manoj Gopi, who provided expert guidance and emphasized the importance of fire safety awareness and prompt response during emergencies.

ANTI-RAGGING AWARENESS PROGRAMME

LEPROSY AWARENESS PROGRAMME

CANCER AWARENESS PROGRAMME

FIRE AND SAFETY HAZARD CLASS

JDT ISLAM COLLEGE OF PHYSIOTHERAPY , VELLIMADUKUNNU

NSS REPORT ON CANCER DAY AWARENESS PROGRAMME

Date: 04 January 2026

Venue: JDT Islam College of Physiotherapy,Vellimadukunnu,Kozhikode

Organized by: NSS Unit of JDT Islam College of Physiotherapy

1. Introduction

As part of World Cancer Day, the NSS Unit of JDT Islam College of Physiotherapy organized a comprehensive Cancer Awareness Programme aimed at educating students about cancer prevention, early detection, and lifestyle modifications. The event was conducted within the college campus with active participation from NSS volunteers.

2. Inauguration

The programme was formally inaugurated by Dr. Sajeevan T. K, Principal, JDT Islam College of Physiotherapy. During the inaugural address, he emphasized the importance of early awareness, prevention strategies, and the role of physiotherapists in cancer care and rehabilitation.

3. Awareness Class by NSS Volunteers

After the inauguration, NSS volunteers led an interactive awareness session for the students. The major topics covered included:

- What is cancer?
- Early warning signs and symptoms
- Importance of screening and early detection
- Lifestyle modifications to reduce cancer risk
- Myths and misconceptions about cancer
- Role of physiotherapy in cancer rehabilitation

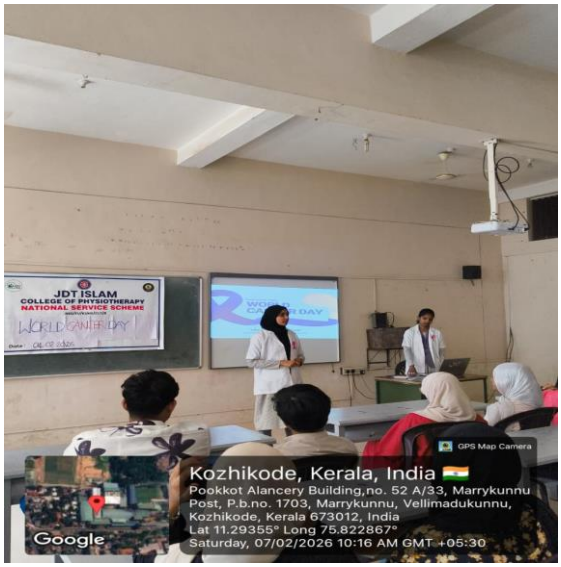
4. Ribbon Badge Distribution

As a symbol of support and awareness, cancer ribbon badges were distributed to all students and faculty members of the college. NSS volunteers ensured smooth and systematic distribution throughout the campus.

5. Question & Answer Session

At the end of the awareness class, an open Q&A session was held. Students asked relevant questions on:

- Cancer prevention
- Role of diet and exercise
- Screening methods
- Rehabilitation during and after treatment



ST. JOSEPH'S COLLEGE OF NURSING, DHARMAGIRI

WORLD CANCER DAY PROGRAMME

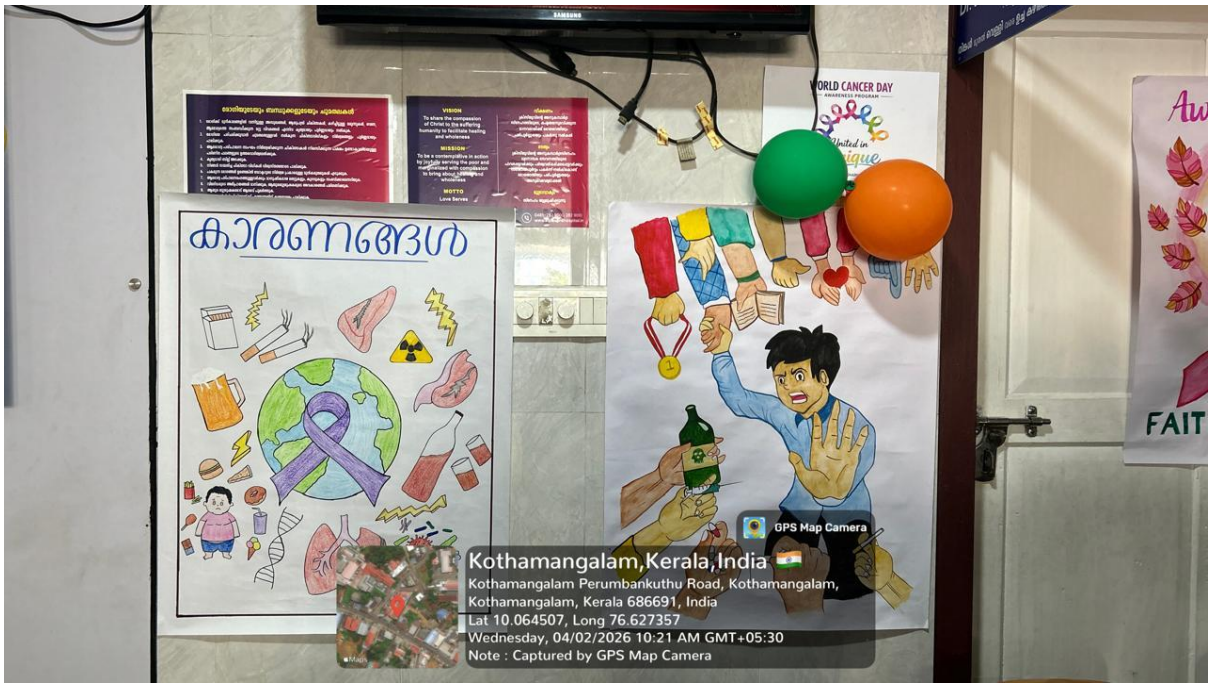
World Cancer day was conducted on 4th Feb 2026 at St. Joseph's Hospital in collaboration with the students of St. Joseph's college of Nursing 5th Semester and NSS

The event began at 10 am with prayer song followed by a welcome address by Sr. Liya Rose, Sr. Detty, Assistant administrator of the hospital inaugurated the programme .

An education talk on the topic "Early Detection Saves Lives" was delivered by Dr. Muneer Physician, who explained the common warning signs of cancer

risk factors, preventive measures, and available treatment options. The session was informative and interactive.

Students conducted a small skit and displayed posters emphasizing this year theme, close the Care Gap to spread the awareness about cancer prevention and screening facilities. The programme concluded with a vote of thanks delivered by Dr. Biju. The Celebration was meaningful and successful in spreading awareness about cancer and encouraging preventive health practices



PUSHPAGIRI COLLEGE OF PHARMACY, TIRUVALLA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	24/01/2026	Republic Dsy celebration	20	1 hr	Remembrance of the day, Democratic values
2	04/02/2026	World Cancer Day	150	2 hrs	Awareness programme
3	07/02/2026	World Leprosy Day	07	2 hrs	Awareness Programme

1. REPUBLIC DAY CELEBRATION 2026

Republic Day, celebrated annually on January 26th, marks the day in 1950 when India's Constitution came into force, transforming the nation into a sovereign democratic republic. It signifies the adoption of foundational democratic values like justice, liberty, equality, and fraternity and serves as a day of national pride, marked by solemn parades and cultural celebrations.

Pushpagiri College of pharmacy commemorated Republic day celebration in association with NSS Unit , SSGP and Students union of the college on

24/01/2025 at Mar Theophilos Annexe Auditorium. The vyuha students union of the college conducted an elocution competition on the topic" Role of democracy aiming Youth". The competition has active participation from NSS student volunteers and the evaluation of elocution were done by Mrs Sumi James and Ms. Harija.S. Nair. The competition results were announced by the SSGP co-ordinator. The first prize is backed by Ms Avarnya Biju, of first year PharmD. The second and third prizes were respectively for Ms Lekshmi.G.Pillai (First pharm D) and Fathima A.S of (Seventh semester B Pharm). Overall the spirit of patriotism raised the young minds.

2. WORLD CANCER DAY 2026

World Cancer Day, observed annually on 4th February, is the leading international awareness day dedicated to the global fight against cancer.This initiative brings together communities, organisations, and governments to raise awareness, improve education, and catalyze collective action against the growing burden of cancer.

Pushpagiri College of Pharmacy in association with NSS unit , IQAC and students union conducted a poster competition and an awareness program on 4th Feb relating to World Cancer Day 2026 .The student volunteers actively participated and co-ordinated the program which had active involvement from participants of various batches. The poster competition were conducted in the forenoon session followed by an awareness session. The awareness session began with a message from student co-ordinator based on the spreading of cancer and battle of cancer. Afterwards the student volunteers of III rd semester B Pharm performed a mime that delivered a fine awareness to be united to fight against cancer. The program ended with an awareness video that raised consciousness about cancer followed by national anthem. Overall the event was successful in spreading awareness and breaking down the stigmas associated with cancer.

3. WORLD LEPROSY DAY 2026

World Leprosy Day is an annual international observance held on the last Sunday of January.It is dedicated to bringing global attention to a disease entirely curable and continues to be a major public health concern. The day aims to educate the public about the medical realities of leprosy and to fight the deeply ingrained social stigma and discrimination surrounding it.

The NSS Unit and IQAC of Pushpagiri College of Pharmacy conducted an outreach programme in the adopted village of Peringara Gramapanchayath (Ward 5) on 07/ 02/2025 in association with World leprosy day. The theme for 2026 leprosy day is “Unite, act and eliminate leprosy”. The NSS student volunteers prepared a leaflet regarding the leprosy, its causes and spreading .The treatment methods and diagnosis methods were well explained in the leaflet. The students circulated the leaflets in the adopted village and gave an awareness on the

superstitious beliefs and facts regarding leprosy. The awareness mainly concentrated on the stigma that leprosy is not contagious and do not spread through casual contact and the importance of early diagnosis. The programme was an overall success.

BABY MEMORIAL COLLEGE OF NURSING, KOZHIKODE

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	27/01/2026	Community nutrition program	20	4	Gained information about nutritious & therapeutic diet
2.	28/01/2026	School health programme	15	3	Gained information on adolescent health & identified minor ailments.
3.	28/01/2026 – 03/02/2026	NSS Special Camp – 2k26 UNARVU			Report enclosed

1. REPORT ON COMMUNITY NUITRITION PROGRAM

On 27/01/2026, the NSS Unit of BMCON organized a Community Nutrition Programme at the Community Health Centre, Thiruvangoor, Kozhikode, with the objective of creating awareness among the public regarding nutritious and therapeutic diets. Various attractive charts and posters were displayed in the OPD waiting hall to educate and engage the public. Different healthy recipes were also prepared and exhibited to provide practical information about nutritious dishes. The programme was conducted from 9:00 a.m. to 1:00 p.m.

2. REPORT ON SCHOOL HEALTH PROGRAMME

On 28/01/2026, the NSS Unit of Baby Memorial College of Nursing organized a School Health Programme for students at Markaz School, Pookad. The programme was conducted with the aim of promoting health awareness and early identification of health issues among school students.

Various services were provided as part of the programme, including general health check-ups to assess the physical well-being of the students. Awareness sessions were conducted focusing on the importance of balanced nutrition, helping students understand healthy dietary habits essential for proper growth and development. The volunteers also delivered informative sessions on physical and psychological changes occurring during adolescence, enabling students to better understand and cope with developmental changes.

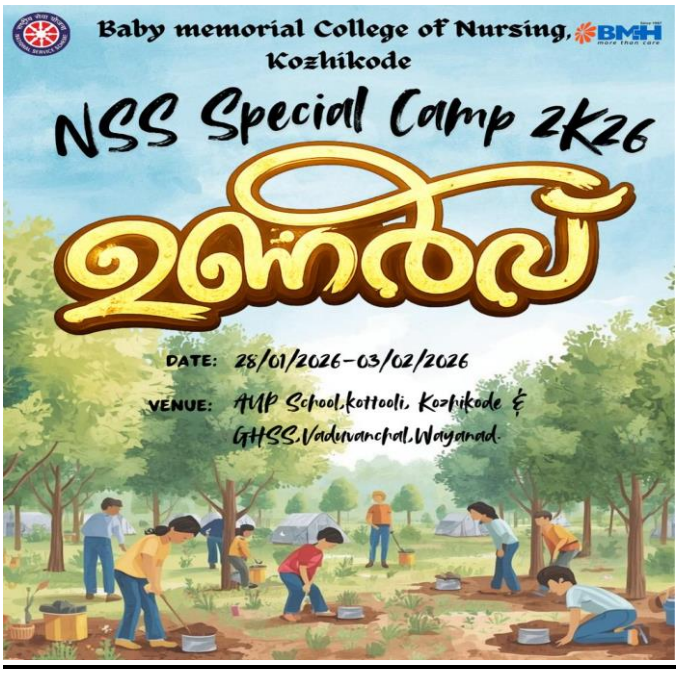
In addition, special emphasis was given to mental health awareness, highlighting stress management, emotional well-being, and the importance of seeking support when needed. The programme was successfully conducted from 9:00 a.m. to 1:00 p.m., benefiting a large number of students and contributing to the promotion of holistic health among adolescents.

3. NSS Special Camp – 2k26 "UNARVU"

The NSS Special Camp was conducted from 28/01/2026 to 03/02/2026 and was inaugurated at AUP School, Kottooli, Kozhikode Corporation. The detailed report of the camp is enclosed herewith for your kind reference.

AUP SCHOOL, KOTTOOLI, KOZHIKODE CORPORATION.

GOVT HIGHER SECONDARY SCHOOL, VADUVANCHAL, WAYANAD



INTRODUCTION

National Service Scheme (NSS) is a central sector scheme of Government of India, Ministry of youth affairs and sports. It was introduced on September 24th,1969 with the primary objectives of developing the personality and character of the student youth through voluntary community service. 'Education through service' is the purpose of NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Very appropriately, the Motto of NSS is "NOT ME, BUT YOU". National service scheme is a voluntary association of young people in colleges, Universities, and at higher secondary level working for a campus community linkage.

Under the guidance, direction and motivation of Prof. Dr. Roy K George, Principal, Prof. Bindu.S, NSS Advisor, HOD, Dept. of Community health nursing, Mr. Babu.M, NSS Programme officer & Asso. Professor, faculty NSS volunteers such as Mr. Dheeraj K P, Mrs. Anu Thomas, Ms. Athira T, and Ms. Pheba Mariam Mathew, NSS unit conducted various activities which comes under the seven days NSS camp.

OBJECTIVES

1. Orient the community in all aspects such as resources, culture, tradition, etc.
2. Develop among themselves as a sense of social and civic responsibility.
3. Plan and implement the health camp for the needy people.
4. Plan and implement the school health programme.
5. Raise awareness about marine pollution, promote environment conservation & engage in community service.
6. Create mass awareness on cancer.
7. Provide Basic Life Support (BLS) training to build the capacity of school NSS volunteers.

8. Gain skills in mobilizing community participation.
9. Acquire leadership qualities and democratic attitudes.
10. Provide companionship, care and recreational service to residents at Home of Love.
11. Create awareness on drug abuse to general public and school children.

REPORT ON 1st DAY – 28/01/2026

INAUGURATION

The program began with a welcome address by Mr. Muhammed Salman Faris T, Secretary, NSS Unit, BMCON followed by the inauguration ceremony. The program was formally inaugurated by Mr. K. T. Sushaj, social activist and former councillor of Ward 26, Parayancheri, Kozhikode Corporation. The function was facilitated by Prof. Dr. Soya K, Vice Principal. Their presence added great value and encouragement to the initiative.

The program concluded with a vote of thanks by Ms. Harmya P, expressing gratitude to the dignitaries, faculty members, school authorities, and NSS volunteers for their valuable support and cooperation.

ORIENTATION

During the orientation session, Mr. Babu M., Associate Professor and NSS Programme Officer, gave instructions to all volunteers about the seven-day NSS Special Camp and also provided directions regarding the duties assigned to the volunteers.

SCHOOL HEALTH PROGRAMME

A school health programme was conducted in collaboration with the Audiology Department, BMH, and Malabar Eye Foundation, Kozhikode, at AUP School, Kottooli, Kozhikode. Eye, ear, and dental screenings were conducted for the students of AUP School, Kottooli.

During the screening, more than 50 students out of 100 were reported to have dental problems. In the vision test, 2 students out of 30 were reported to have refractive errors. A hearing test was conducted for 20 students, and none were reported to have hearing problems. The students who were identified with health problems were provided referral services.

Health education on dental hygiene, personal hygiene, and environmental hygiene was also provided to the students.

GPS Map Camera
Kozhikode, Kerala, India
7qcx+pg9, Kottooli Rd, Kottooli, Kozhikode, Kerala 673016, India
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KOTTOOLI AUPS
BMH

BABY MEMORIAL COLLEGE OF NURSING, KOZHIKODE
BMH
more than care
NSS SPECIAL CAMP 2K26
ഉണർവ്
HOME OF LOVE
Services provided:
• Recreational Services
• Donation of provisions
VENUE:
HOME OF LOVE, KOTTOOLI, KOZHIKODE
DATE: 29.01.2026

REPORT ON 2nd DAY – 29/01/2026

The second day of the NSS camp was conducted on 29/01/2026. The day's programme began at 10:00 AM with a visit to Home of Love.

The assembly started with the NSS song, creating a sense of unity and discipline among the volunteers. This was followed by an inspiring *Thought of the Day* delivered by Ms. Angel Maria, which motivated the volunteers for the day's activities. After that, the daily report was presented by Ms. Niranjana, highlighting the activities and experiences of the previous day.

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

The main aim of the day was to visit the Home of Love and engage in meaningful service activities by the volunteers of the institution with a spirit of compassion and service. During the visit, the volunteers interacted warmly with the inmates, spent quality time with them, and organized small entertainment activities to bring joy and comfort.

Recreational Services

The volunteers engaged the inmates in various games and fun activities. Simple group games, interactive sessions, singing, and friendly conversations were organized to create a lively and joyful atmosphere. These activities helped reduce their stress and loneliness while strengthening emotional bonds between the volunteers and the residents.

Donation of Provisions

As part of the visit, the volunteers distributed essential items such as soap, cleaning solutions, and other personal care products to the residents. These contributions were collected with great care and handed over to support the daily needs of the inmates. The interaction with them helped the volunteers understand the value of empathy, kindness, and social responsibility. The visit was a touching and meaningful experience for everyone.

The programme concluded at 2:00 PM, after which the volunteers returned. Overall, the second day of the NSS camp was heart-warming, meaningful, and memorable.

REPORT ON 3rd DAY – 30/01/2026

The NSS assembly was conducted. The assembly began with the NSS anthem, followed by the presentation of the previous day's camp report by Ms. Sandra Sebastian. Mrs. Shelna Delmin shared the *Thought of the Day*: "Small acts of service, done with great love, can change the world," which motivated the volunteers and encouraged them to actively participate in the NSS programmes

The third day of the NSS Special Camp began early in the morning with a beach cleaning activity, which started at 6:30 AM and concluded at 8:30 AM at Kozhikode Beach. All the volunteers actively participated in cleaning the beach area by collecting plastic waste, paper waste, and other biodegradable materials. The activity aimed to promote environmental cleanliness and create awareness about the importance of protecting coastal ecosystems. The collected waste was properly segregated and stored in a safe and responsible manner.

The activity included the active participation of 20 volunteers who worked with great enthusiasm and a strong sense of social responsibility. This activity helped instill values of teamwork, discipline, and environmental consciousness among the participants.

segregated and stored in safe and responsible manner.

SESSION ON ELECTORAL LITERACY

In the afternoon, an Electoral Literacy Session was conducted as part of the NSS activities. The programme started at 2:00 PM and ended at 3:30 PM. The session was handled by Mr. Amal Shaji, Personal Secretary to the retired Chief Justice of the Manipur High Court, who provided valuable information about the importance of voting, electoral rights, and the responsibilities of citizens. The programme began with a welcome speech by Ms. Anamika Ajith, NSS volunteer, followed by the informative session. At the end of the session, Prof. Dr. Soya K, Vice Principal, presented Mr. Amal Shaji with a gift as a token of appreciation. The programme concluded with a vote of thanks by Ms. Fahmida A, NSS volunteer. The effective leadership of Mr. Muhammed Salman Faris T, Secretary of the NSS Unit, played a significant role in the successful conduct of the day's activities. He efficiently coordinated the volunteers, ensured discipline, and guided them throughout the programme. His leadership and dedication motivated the volunteers to carry out their responsibilities with sincerity and enthusiasm.

Overall, the third day of the NSS Special Camp was productive, well-organized, and meaningful, contributing positively to environmental sanitation, public civic responsibility, and the personal development of the volunteers.

GPS Map Camera
Kozhikode, Kerala, India
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BMH
BABY MEMORIAL
COLLEGE OF NURSING
NSS SPECIAL CAMP,2026
ഉണർവ്
FIRST AID
MANAGEMENT
MENSTRIAL CUP
BASIC LIFE SUPPORT
CAREER GUIDANCE
DATE: 31/1/26
LOCATION: GHSS VADUVANCHAL, WAYANAD

REPORT ON 4th DAY – 31/01/2026

NSS Special Camp Report – Day 4

Date: 31/01/2026
Venue: GHSS Vaduvanchal, Wayanad

The fourth day of the NSS Special Camp began with a formal inauguration ceremony. The program was inaugurated by Mr. V. V. Saseendran, Chairman, District Public Works Standing Committee, Wayanad. The function was attended by Mr. V. P. Subash (NSS Kalpetta Cluster Convener), Mr. Babu M (Associate Professor and NSS Program Officer, BMCON), Mr. Dheeraj K P (Lecturer, BMCON), and all NSS volunteers.

Awareness Sessions Conducted

1. First Aid and Management

Handled by Ms. Feba (Clinical Instructor, BMCON), Ms. Neenu Martin, and Ms. Aysha Nona (NSS Volunteers, BMCON). They explained basic first aid principles, emergency response, and immediate management of common injuries. The session was interactive and informative.

2. Menstrual Hygiene

Taken by Ms. Athira (Lecturer, BMCON), Ms. Angel Maria, and Ms. Muhsina Muhammed (NSS Volunteers, BMCON). They discussed the importance of menstrual hygiene, safe practices, and awareness regarding menstrual health.

3. Basic Life Support (BLS)

Conducted by Mr. Dheeraj K P (Lecturer, BMCON), Ms. Harmya, Ms. Anshhy Sara Thomas, and Ms. Arsha Parvin (NSS Volunteers, BMCON). They demonstrated CPR techniques and explained life-saving procedures during emergencies.

4. Career Guidance

Taken by Mr. Babu M (Associate Professor and NSS Program Officer, BMCON) and Ms. Eva Joj (NSS Volunteer, BMCON). They provided valuable information about various career opportunities and higher education options.

All the sessions were actively participated in by the NSS volunteers of the school and were highly beneficial. The programme highlighted the importance of NSS activities in community development and student empowerment.

Evening Activities

In the evening, the volunteers visited Nallarachal View Point, which was a refreshing and memorable experience amidst the natural beauty of Wayanad. The visit provided relaxation and strengthened bonding among the volunteers. At night, an entertainment programme was organized where volunteers actively participated in dance and song performances. The programme created a joyful atmosphere and strengthened unity among the volunteers. A discussion session was also organized during which each volunteer shared their experiences about NSS volunteering in school life and the services provided to society.

REPORT ON 5th DAY – 01/02/2026

The fifth day of the NSS Special Camp titled *"Unarvu"* was conducted with great enthusiasm and dedication at Vaduvanchal Higher Secondary School, Wayanad. The day was systematically organized with the objective of promoting awareness, leadership qualities, and community-based health services among volunteers while strengthening their commitment to social responsibility and service.

1. Morning Assembly

The day commenced with the NSS song, which reinforced the spirit of unity, patriotism, and selfless service among the volunteers. The report of the previous day's activities was presented by Mr. Shanil Muhammed, providing a comprehensive overview of the programmes conducted.

The *Thought for the Day* was delivered by Mr. Sahal Sabith, whose motivational message encouraged the volunteers to actively participate in the day's initiatives and reminded them of the importance of service towards society. The morning assembly created a positive and energetic atmosphere, preparing the volunteers for the day's activities.

2. Inauguration Ceremony

The inauguration ceremony was held at Sabage Library and was officially inaugurated by Mrs. Maymoona. The welcome address was delivered by Mr. Kuttiraman, whose inspiring words encouraged volunteers to actively engage in community development and social service activities.

Felicitation was delivered by Mr. Babu M, NSS Programme Officer, Baby Memorial College of Nursing, and Mr. V. P. Subhash, NSS Cluster convenor, Thomattuchal, Wayand. They appreciated the efforts of the volunteers and highlighted the importance of NSS activities in shaping socially responsible youth.

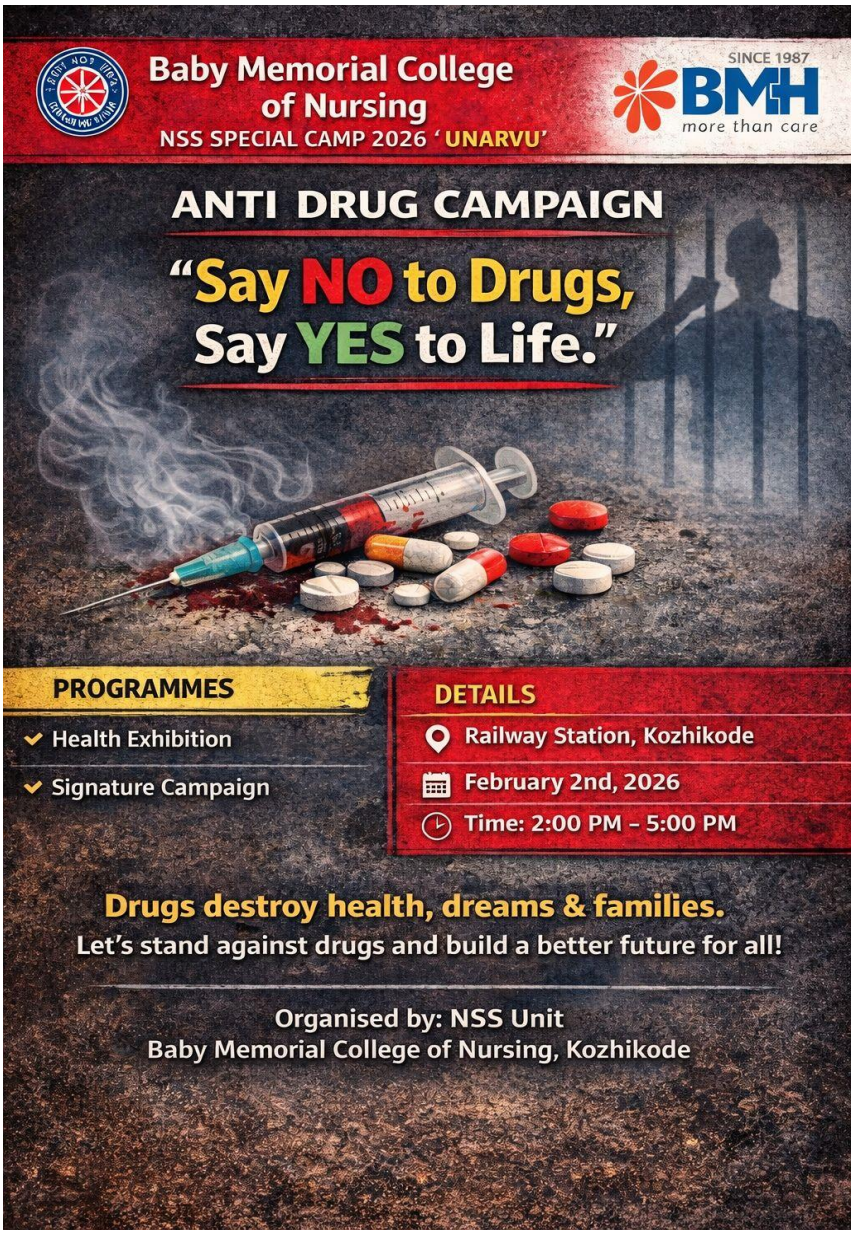
The vote of thanks was proposed by the NSS Secretary, Mr. Muhammed Salman Faris, expressing gratitude to the dignitaries, organizing committee, and volunteers for their valuable contributions. As part of the programme, books were donated to the library to support and encourage reading habits among students and the local community. The book handover ceremony was performed by NSS volunteer K. B. Nandhana, symbolizing knowledge sharing and community development.

3. Health Screening Camp

As part of the community outreach programme, health screening camps were conducted at Thomattuchal and the Kadachikunnu Tribal Community. These visits provided volunteers with an opportunity to understand the living conditions, healthcare challenges, and lifestyle practices of the tribal population. The

volunteers conducted various basic health assessments, including blood pressure monitoring, blood sugar testing, and Body Mass Index (BMI) evaluation. The camps helped in the early identification of potential health problems among community members. Volunteers also provided health education regarding preventive healthcare, balanced nutrition, personal hygiene, and lifestyle modifications. The programme significantly contributed to spreading awareness about health and wellbeing while strengthening the bond between the volunteers and the local community. It also enhanced the practical learning experience and humanitarian values of the volunteers.

The fifth day of the camp was highly productive and meaningful, successfully achieving its objectives of community service, awareness generation, and leadership development.



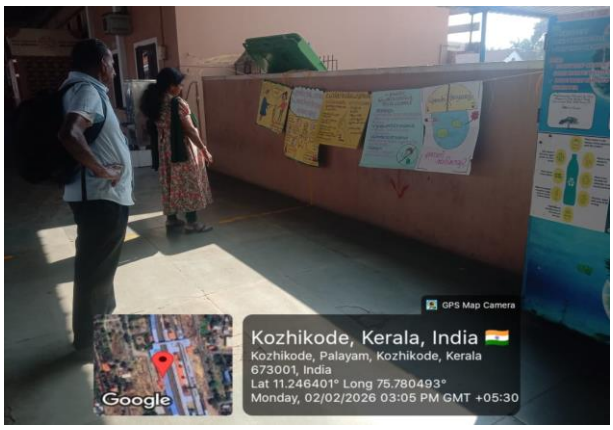
REPORT ON 6th Day – 02/02/2026

ANTI-DRUG AWARENESS CAMPAIGN

On 2nd February 2026, as part of the NSS Special Camp titled *"Unarvu"*, the NSS Unit of Baby Memorial College of Nursing organized an Anti-Drug Awareness Campaign at the Kozhikode Railway Station. The NSS volunteers reached the venue at 1:00 PM and initiated the programme with a health exhibition displaying charts, posters, and informative materials highlighting the harmful effects of drug abuse, its physical and psychological consequences, preventive measures, and the importance of rehabilitation and mental health support.

The exhibition attracted passengers, railway staff, and members of the general public, who actively interacted with the volunteers and showed keen interest in the awareness activities.

A signature campaign was also conducted to motivate and encourage people to avoid drug use and support a drug-free society. The programme was successfully carried out with active public participation and effectively spread the message of "Say No to Drugs," reflecting the true spirit of National Service Scheme – "Not Me, But You."



Day 7-(03-01-2026)

Report on NSS Special Camp

Mass Awareness Programme – In Connection with World Cancer Day

As part of the NSS Special Camp, a Mass Awareness Programme was organized in connection with World Cancer Day with the objective of educating the community about cancer prevention, early detection, and healthy lifestyle practices.

The programme was conducted at Vengalam, where NSS volunteers actively participated with great enthusiasm and dedication. The volunteers distributed pamphlets containing important information about cancer awareness, including common warning signs, risk factors, preventive measures, and the importance of early screening.

The volunteers visited various houses in Vengalam and interacted directly with family members. They communicated effectively with the residents, clarified their doubts, and encouraged them to adopt healthy habits such as regular medical check-ups, balanced diet, avoiding tobacco use, and maintaining a physically active lifestyle. The house-to-house visit helped in creating a personal connection with the community and ensured that the message reached people of different age groups.

The programme successfully enhanced awareness among the public and strengthened the volunteers' sense of social responsibility. The active involvement and teamwork of the NSS volunteers made the mass awareness campaign meaningful and impactful.

The Mass Awareness Programme concluded with a sense of satisfaction, as the volunteers contributed towards spreading an important health message in the community on the occasion of World Cancer Day.

MAR DIOSCORUS COLLEGE OF PHARMACY

SL. NO	Date	Name of the activity	Number of hours	Number of participants	Achievement by the programme including the beneficiaries
1	29-01-2026	Road Traffic Safety Awareness Class	1	100	The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee and IQAC, organized a Road Traffic Safety Awareness Class on 29 January 2026 at 2:00 PM in the seminar hall. The session was handled by Mr. Shiju, Senior Civil Police Officer (Grade), Traffic Enforcement Unit, Pattom.
2	29-01-2026	Role of Pharmacists in Pharmacovigilance ”	2	100	The NSS Unit of Mar Dioscorus College of Pharmacy participated in the awareness programme titled “Role of Pharmacists in Pharmacovigilance” organized by the Department of Pharmacy Practice on 29 January 2026 at 10:30 AM in the college seminar hall.

3	30-01-2026	World Leprosy Day	1	100	The NSS Unit of Mar Dioscorus College of Pharmacy observed World Leprosy Day by organizing a pledge-taking programme in all classes to create awareness about leprosy and to eliminate stigma associated with the disease. NSS volunteers and students actively participated and took the leprosy pledge, promising to spread correct information, support affected persons, and promote early diagnosis and treatment.
4	3-02-2026 4-02-2026	Two-Days Workshop On Palliative Care for Pharmacy Students & Staffs	2	25	NSS and Department of Pharmacy Practice of Mar Dioscorus College of Pharmacy (MDCP), in collaboration with Pallium India, organized a two-day training program titled “Palliative Care for Pharmacy

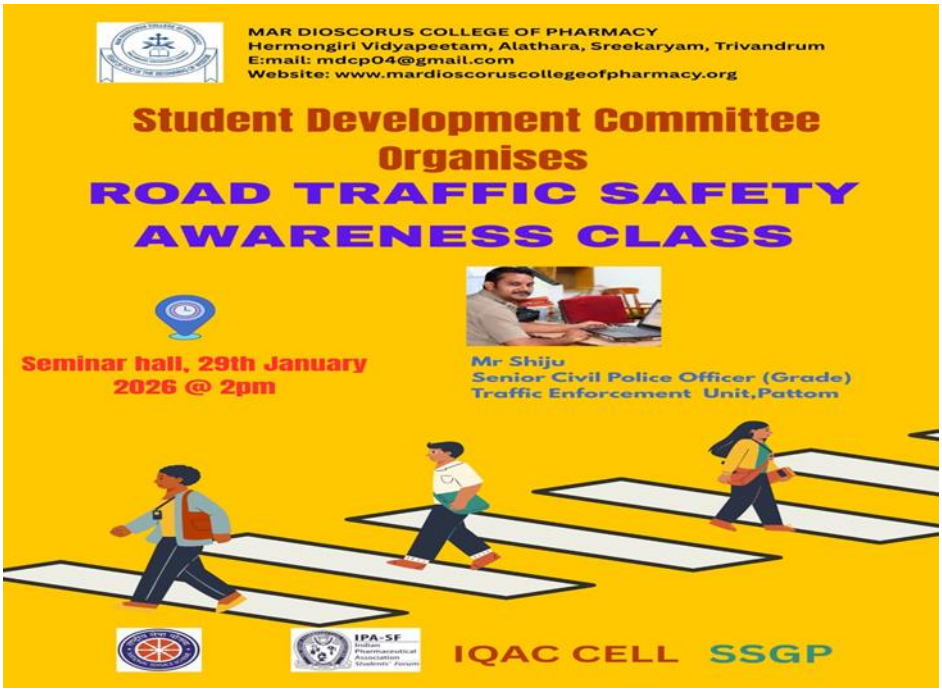
					Students and Staff" on 3rd and 4th February 2026. The program aimed to sensitize pharmacy students to the principles and practice of palliative care, with a focus on pain management, communication skills, ethical decision-making, and the role of pharmacists in end-of-life care.

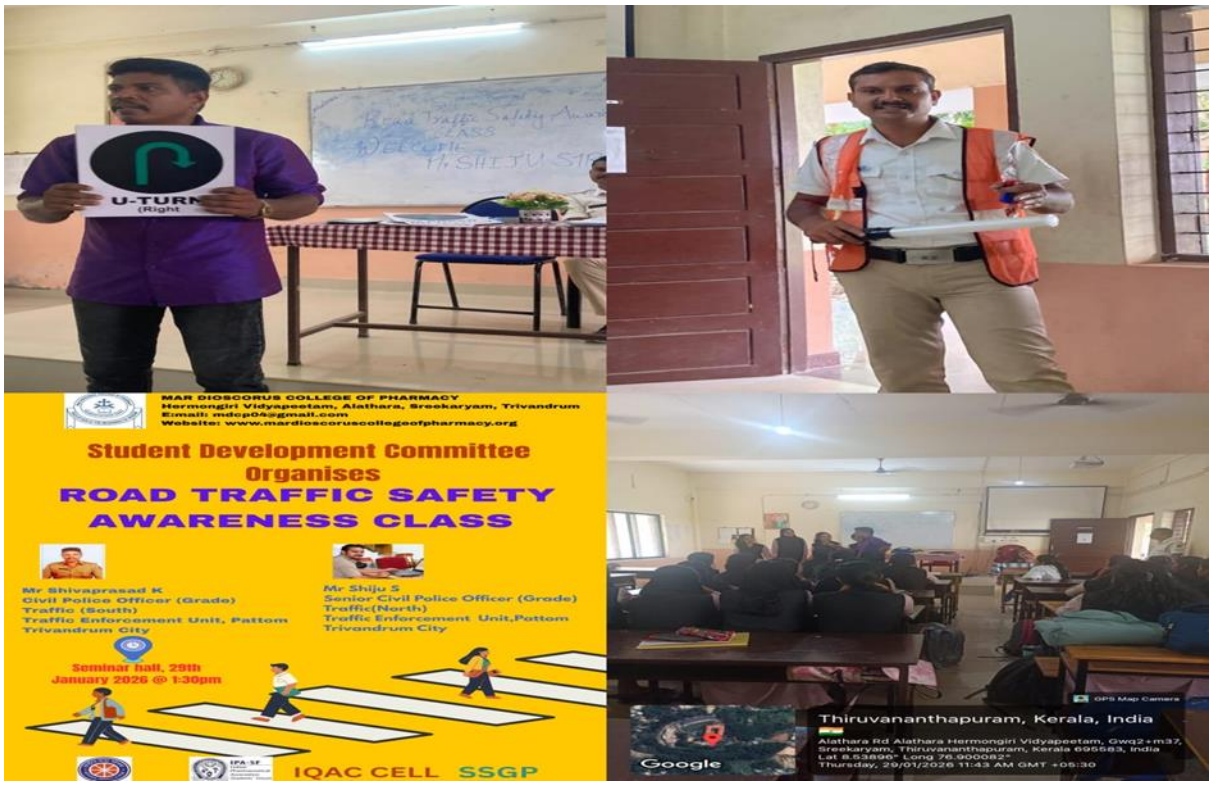
Road Traffic Safety Awareness Class

The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Student Development Committee and IQAC, organized a Road Traffic Safety Awareness Class on 29 January 2026 at 2:00 PM in the seminar hall.

The session was handled by Mr. Shiju, Senior Civil Police Officer (Grade), Traffic Enforcement Unit, Pattom. The resource person explained important traffic rules, road signs, the importance of wearing helmets and seat belts, and the dangers of overspeeding, mobile phone usage while driving, and drunken driving. He also discussed pedestrian safety, zebra crossing usage, lane discipline, and penalties for traffic violations. The programme was interactive, and NSS volunteers actively participated by asking questions and clarifying doubts.

The session created awareness among students about responsible road usage and encouraged them to follow traffic regulations and promote road safety in society.


MAR DIOSCORUS COLLEGE OF PHARMACY
Hermongiri Vidyapeetam, Alathara, Sreekaryam, Trivandrum
E:mail: mdcp04@gmail.com
Website: www.mardioscoruscollegeofpharmacy.org
Student Development Committee
Organises
ROAD TRAFFIC SAFETY
AWARENESS CLASS
Seminar hall, 29th January
2026 @ 2pm
Mr Shiju
Senior Civil Police Officer (Grade)
Traffic Enforcement Unit,Pattom
IPA-SF
IQAC CELL SSGP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MAR DIOSCORUS COLLEGE OF PHARMACY
Hermongiri Vidyapeetam, Alathara, Sreekaryam, Trivandrum
Email: mdcp04@gmail.com
Website: www.mardioscoruscollegeofpharmacy.org
Student Development Committee
Organises
ROAD TRAFFIC SAFETY
AWARENESS CLASS
Mr Bhivaprasad K
Civil Police Officer (Grade)
Traffic (South)
Traffic Enforcement Unit, Pattom
Trivandrum City
Mr Shiju S
Senior Civil Police Officer (Grade)
Traffic(North)
Traffic Enforcement Unit,Pattom
Trivandrum City
Seminar hall, 29th
January 2026 @ 1:30pm
IQAC CELL SSGP
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Thiruvananthapuram, Kerala, India
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Role of Pharmacists in Pharmacovigilance

The NSS Unit of Mar Dioscorus College of Pharmacy participated in the awareness programme titled “Role of Pharmacists in Pharmacovigilance” organized by the Department of Pharmacy Practice on 29 January 2026 at 10:30 AM in the college seminar hall. The session was handled by Ms. Priya Haridas, Drug Safety Specialist, IQVIA Research and Developmental Solutions, Kochi. The speaker explained the importance of pharmacovigilance in detecting, assessing, and preventing adverse drug reactions and highlighted the vital role of pharmacists in patient safety, ADR reporting, and rational drug use. She also introduced reporting systems, documentation procedures, and career opportunities in pharmacovigilance.

NSS volunteers actively attended the session and gained awareness about drug safety monitoring and their responsibility in promoting safe medication practices in the community. The programme enhanced students’ knowledge regarding public health protection and encouraged them to contribute to safe and effective use of medicines in society.

World Leprosy Day

The NSS Unit of Mar Dioscorus College of Pharmacy observed World Leprosy Day by organizing a pledge-taking programme in all classes to create awareness about leprosy and to eliminate stigma associated with the disease. NSS volunteers and students actively participated and took the leprosy pledge, promising to spread correct information, support affected persons, and promote early diagnosis and treatment. The programme emphasized that leprosy is a curable disease and encouraged students to act as responsible health ambassadors in the community. The activity successfully instilled social responsibility and compassion among students and strengthened their commitment towards public health awareness.

4.DAYS WORKSHOP ON PALLIATIVE CARE

The NSS and Department of Pharmacy Practice, Mar Dioscorus College of Pharmacy (MDCP), in collaboration with Pallium India, organized a two-day training program titled “Palliative Care for Pharmacy Students and Staff” on 3rd and 4th February 2026. The program aimed to sensitize pharmacy students to the principles and practice of palliative care, with a focus on pain management, communication skills, ethical decision-making, and the role of pharmacists in end-of-life care.

The sessions were conducted by eminent resource persons from Pallium India and experts in palliative care. The program included lectures, interactive discussions, case-based learning, pre-test and post-test assessments, and feedback sessions to evaluate learning outcomes.

Session 1: Basics of Palliative Care – Ms. Sheeba R S

The session introduced the concept of palliative care, its philosophy, and its importance in healthcare. The speaker explained that palliative care focuses on improving the quality of life of patients with life-limiting illnesses by addressing physical, psychological, social, and spiritual needs.

Key areas discussed included:

- Definition and principles of palliative care
- Difference between curative care and palliative care
- Concept of total care and multidisciplinary approach
- Spectrum of diseases requiring palliative care in the Indian context
- Models of palliative care service delivery

This session helped students understand that palliative care is not only end-of-life care but a holistic approach starting from diagnosis of serious illness.

Session 2: Introduction to Pain and WHO Analgesic Ladder – Dr. Amritha Thampi

This session focused on pain management, which is a core component of palliative care. The speaker explained:

- Types of pain (nociceptive and neuropathic)
- Principles of symptom control
- WHO three-step analgesic ladder
- Use of non-opioids, weak opioids, and strong opioids
- Adjuvant analgesics and their role in pain management
- Routes of drug administration and when to use alternative routes
- Students learned the rational approach to pain management and how to tailor therapy based on patient needs.

Session 3: Opioids and Their Pharmacology – Dr. Amritha Thampi

This session covered strong opioids under Step 3 of the WHO analgesic ladder. Topics included:

- Morphine: onset, metabolism, dosing, and routes of administration
- Fentanyl: transdermal use, indications, and precautions
- Management of common opioid side effects such as constipation, nausea, and respiratory depression
- Recognition and response to opioid toxicity

This session emphasized safe and responsible use of opioids in palliative care.

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	15/1/26	Palliative Care Day Remembrance	25	2 hrs	NSS Volunteers visited Snehanivas Old age home, Ambayathode, Thamarassery.
2	15/1/26	Palliative Care Day Remembrance	25	2hrs	NSS Volunteers visited Old age home Koduvally.
3	16/1/26	Palliative Care Day Remembrance	50	1hr	NSS Volunteers participated Mukkam municipality palliative care day program
4	21/1/26	Importance of breast feeding and Immunization	15	30 min	NSS volunteers, FHC staffs and localists and visitors of FHC Omassery.
5	2/2/26	Home visit	25	20	NSS volunteers visited the homes of different people (especially vulnerable people)
6	4/2/26	World cancer day awareness program At Santhi Hospital, Omassery	50	1 hr	Santhi Hospital OPD visitors and Staffs of Santhi Hospital Omassery.
7	4/2/26	Japanese Encephalitis vaccine health education	25	3o min	NSS volunteers conducted an awareness program at Mukkam CHC based on the effects of Japanese

					Vaccine. To avoid misconception about parents to give vaccine on their child.

1.Palliative Care Day Remembrance

On 15/1/26 Santhi College of Nursing NSS Volunteers visited Snehanivas Old age home, Ambayathode, Thamarassery. Kozhikode and spent 2 hours with them by conducting recreation activities and donated food for them. NSS volunteers in their daily basic activities.

2. Palliative Care Day Remembrance

On 15/1/26 Santhi College of Nursing NSS Volunteers visited old age home, Koduvally, Kozhikode and spent 2 hours with them by conducting recreation activities and donated food for them. NSS volunteers in their daily basic activities.

1. Palliative care day Remembrance

On 16/1/26 Santhi College of nursing NSS volunteers participated Palliative Care Day Remembrance by Mukkam municipality by variety of programs like rally and awareness session, Mukkam Municipality Standing committee chairman Mr.Azeez inaugurated the function and Mr.Sharref Vennacode (Mukkam Municipality ward member) done felicitation.

.**World Antimicrobial Awareness Week**

NSS volunteers conducted an awareness session for mothers and visitors at FHC Omassery on 21/1/26 at 10 am to 10.30 am with the help of A V aids and discussion method. Breastfeeding is vital for infant health, offering perfect nutrition and antibodies that boost immunity, reduce disease risk (diarrhea, pneumonia), and enhance cognitive development. It promotes mother-baby bonding and provides long-term health benefits for mothers, including reduced risks of breast/ovarian cancer and postpartum recovery support. Vaccination and immunization are vital, evidence-based public health tools that prevent 3.5 to 5 million deaths annually by building immunity against dangerous diseases like measles, polio, and tetanus. They protect individuals from severe illness or death, foster community immunity (herd immunity) for vulnerable populations, and provide a cost-effective, safe way to prevent infections.

Home visit

NSS volunteers visited the homes of different people (especially vulnerable people) for checking Blood Pressure, GRBS,BMI and to talk with them.

6. World Cancer day Awareness Program

On 4/2/26 World cancer day awareness program conducted At Santhi Hospital, Omassery with variety of programs including displayed the chart in the hospital reception area containing warning signs, causes and treatment modality available for it. Dr.Nishanth Rahiman (Consultant Family medicine Santhi hospital) done a key note on preventive measures and life style changes should done for it. Staffs, OPD visitors and students of Santhi Academy were participated in this program.

7. Japanese Encephalitis Vaccine Awareness session

Santhi college of nursing NSS volunteers conducted a health education and interaction session on Japanese Encephalitis vaccine benefits under the guidance of Mukkam CHC office bears and teachers. They dealt what is Japanese encephalitis disease and its causes, symptoms and management with the help of A.V aids. Group focused on parents, CHC medical officer and volunteers were conducted session on it.

Sd/-

Dean (Student Affairs) & NSS Pro**gramme Coordinator**