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

1. REPORT NATIONAL GIRL CHILD DAY ON 24/1/2026

National Girl Child Day was observed on 24th January 2026 by the NSS volunteers of NS Memorial College of Nursing with the aim of promoting awareness on the importance of the girl child, her rights, education, health, and empowerment. The program was conducted at Oxford Public School, Palathara, Kollam, in collaboration with the school authorities.A total of 30 NSS volunteers and 3 faculty members actively participated in the program. The event began with a brief introduction highlighting the significance of National Girl Child Day and the need to address issues such as gender discrimination, child marriage, and unequal access to education and healthcare.

As part of the awareness activities, the NSS volunteers presented an awareness mime, effectively conveying messages on girl child protection, education, gender equality, and empowerment. The mime attracted the attention of the school children and successfully delivered strong social messages in a simple and impactful manner. Following the mime, an interactive session was conducted with the school children. The volunteers engaged the students in open discussions, encouraged them to express their thoughts, and clarified doubts related to the importance of respecting and supporting the girl child. Emphasis was given to self- confidence, equal opportunities, and the role of education in shaping a better future for girls.

The program received a positive response from the students and teachers of Oxford Public School. The active participation of the children reflected their interest and understanding of the theme. The faculty members guided and coordinated the volunteers throughout the program, ensuring smooth conduct of the activities. The observance of National Girl Child Day was successful in creating awareness among school children and reinforcing the message of "Educate, Protect, and Empower the Girl Child." The program also strengthened the social commitment of NSS volunteers toward community service and gender equality.

2. REPORT ON LEPROSY DAY ON 30-1-26

In connection with World Leprosy Day, an awareness program was organized by the NSS volunteers on 30th January 2026 at Community Health Centre (CHC), Palathara, with the aim of creating awareness among the public about leprosy, its early detection, treatment, and the importance of eliminating stigma associated with the disease.

The program was actively carried out by 30 NSS volunteers under the guidance of 3 faculty members. The event began with a flash mob, which effectively attracted the attention of the public and conveyed key messages related to leprosy awareness, early diagnosis, availability of free treatment, and social inclusion of affected individuals. The flash mob served as an engaging and impactful medium to educate the community in a simple and

understandable manner.

Following the flash mob, a health talk was conducted at the venue. The session was addressed by the Medical Officer, Dr. Nadasha, who highlighted the causes, signs and symptoms of leprosy, modes of transmission, preventive measures, and the availability of effective treatment under national health programs. The importance of early reporting, adherence to treatment, and eliminating myths and discrimination related to leprosy were emphasized during the talk.

The NSS volunteers also interacted with the public, distributed awareness messages, and clarified doubts raised by community members, thereby enhancing public understanding and awareness about leprosy. The program successfully created awareness among the public and promoted positive attitudes towards individuals affected by leprosy.

3. REPORT ON FREE MEDICAL CAMP ON 08-2-2026

A Free Medical Camp was organized by the Community Health Nursing Department in collaboration with the NSS Unit at Karunagapally Ahamadiya Muslim Church on 08/02/2026. The camp was conducted with the objective of providing accessible and quality healthcare services to the local community.

The program was inaugurated by Mrs. Susan Kodi, Member of KDCHS. The inaugural session was addressed by Dr. Suresh K. N., Principal of NS

Memorial College of Nursing, who emphasized the importance of community-based health services and the role of nursing professionals in promoting preventive and curative care.A total of 140 patients attended the camp and benefited from the free diagnostic and consultation services provided. A team of experienced doctors offered their valuable services in various specialties. The medical team included Physician Dr. Renu Chandran, Pediatrician Dr. Nimisha, ENT Specialist Dr. Namitha, and Ophthalmologist Dr. Meera. Necessary examinations, health assessments, and guidance were provided to all attendees. The camp was successfully coordinated by 3 faculty members and 30 NSS volunteers, who actively participated in registration, patient guidance, vital signs assessment, and overall management of the camp. Their dedicated efforts ensured the smooth functioning of the program.

The Free Medical Camp was a meaningful initiative that strengthened community outreach and enhanced public awareness regarding health maintenance and early diagnosis. The program concluded successfully with positive feedback from the beneficiaries, highlighting the commitment of the institution towards community welfare.

LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of hours performed	Achievement to the beneficiaries by the programmes
1	25/01/26	National Voters Day	100	8.00am	National Voters' Day was observed by the NSS unit on 25th January to create awareness about the importance of voting and to encourage ethical and informed participation in the democratic process. The programme aimed to motivate young voters and highlight the value of every vote in strengthening democracy. A voter awareness pledge was administered to all participants, emphasizing free, fair, and peaceful elections and encouraging responsible voting without fear or
2	29/01/26	Republic Day	100	8.00am	

					influence. Volunteers also explained the importance of voter registration, especially among first-time voters, and highlighted the role of youth in nation-building. As a part of NSS the Little Flower College of Nursing,Angamaly organised Vande Maataram mass singinging in accordance with 150th Republic Day.The whole students in the college sing the Vande Maataram.

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	22/01/2026	Awareness Class on Respiratory Hygiene	10	2 hrs	Patient and by-standers
2	23/01/2026	Maternal Health Awareness day Celebration	30	3 hrs	Students
3	27/01/2026	National Girl Child Day Celebration	50	2 hrs	Students
4	05/02/2026	Hunger Free Project	8	2 hrs	Patients and by-standers
5	10/02/2026	Medical Camp	10	4 hrs	Public

22.01.2026 REPORT ON AWARENESS CLASS ON RESPIRATORY HYGIENE

On 22nd January 2026, NSS Unit of Mar Baselios College of Nursing in collaboration with Department of Community Health Nursing organized an Awareness Class on Respiratory Hygiene at Community Health Centre, Varapetty. The class focused on importance of preventing the spread of respiratory infections and proper hygienic practices by using various Visual Aids. The students also demonstrated handwashing techniques. The session was well-received and reflected the NSS Unit's commitment to community engagement and compassionate service.

23.01.2026 REPORT ON MATERNAL HEALTH AWARENESS DAY CELEBRATION

As a part of Maternal Health Awareness Day celebration, the NSS Unit of Mar Baselios College of Nursing organized a Poster Competition at MBMM Hospital on 23rd January 2026. The competition emphasized on creating awareness about the importance of maternal health and safe motherhood practices.The competition was conducted by dividing 30 students into 3 different groups. Participants demonstrated creativity and strong awareness through visually appealing and informative posters. Faculty members evaluated the posters based on relevance, creativity, clarity and presentation. The competition concluded with appreciation for all participanta and organizers marking the event as informative and meaningful.

27.01.2026 REPORT ON NATIONAL GIRL CHILD DAY CELEBRATION

The NSS Unit of Mar Baselios College of Nursing, in collaboration with the Department of Child Health Nursing and Mar Baselios Medical Mission Hospital organized a Ramp Walk Competition as a part of National Girl Child Day Celebration at MBMM Hospital on 27th January 2026. The 5th semester and 3rd semester students actively participated in the programme. The programme provided a platform for the participants to express their aspirations,talents and creativity through the Ramp Walk. The event highlighted the importance of nurturing the potential of every girl child and providing equal opportunities for growth and development.

05.02.2026 REPORT ON HUNGER FREE PROJECT

On February 5th 2026, NSS Volunteers of Mar Baselios College of Nursing took part in the Hunger Free Project conducted at Taluk Hospital,Kothamangalam organized by 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 64 people at Taluk Hospital. After serving the meal they returned back the hostel by 7:15pm.

10.02.2026 REPORT ON MEDICAL CAMP

On 10th February 2026, NSS Unit in collaboration with MBMM Hospital, successfully organized a medical camp at Mar Athanasius College, Kothamangalam. The camp aimed to promote early detection of health problems and to create awareness about the importance of regular health check-ups among the public. The students efficiently carried out health assessments and monitored blood pressure. The camp witnessed good public participation and was well appreciated by the community.

RED CRESCENT COLLEGE OF NURSING, KOZHIKODE

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	15-1-2026	KERALA PAIN AND PALLIATIVE DAY	50 participants	2 Hrs.	Kerala pain and palliative day is observed by NSS unit of Red Cresecent College of Nursing on 15-10-26.The NSS volunteers conducted a rally along with ramanattukara muncipalitty.The rally started from ramanattukara muncipality to ramanattukara bus stand. Kearal pain and palliative day mainly focus on Improving the quality of life for those facing serious illnesses by addressing physical, psychological, social, and

					spiritual needs. The program inaguarated by health inspector Mr. junaid.This programme very effective for the participants and members.The program ended with vote of thanks and refreshment.
2	26-1-2026	REPUBLIC DAY	50 participants	2hr	Republic day is observed by NSSunit of Red Crescent College of Nursing on 26-1-2026.The Nss volunteers conducted a quize competition on 24-1-26.The college medical surgical department hod Prof.muhammed rafi hosting the flag.The NSS volunteers are distributed sweets to everyones.
3	4-2-2026	WORLD CANCER DAY	50 PARTICIPANTS	1hrs	World Cancer day is observed by Nss unit of Red crescent college of Nursing.The World cancer day theme is”United by Unique”,.The Nss volunteers conducted a awarness programe based on cancer detection and current management of cancer at Red crescent Hospital. College medical surgical department hod prof.muhamed Rafi inagurated this program.This session is very effective for the participants attending the program

4	11-2-2026	WORKSHOP ON ACLS AND BLS	50 participants	5hrs	Workshop on ACLS and BLS was conducted on 11-2-2026 at Red Cresecent Nursing College auditorium.The program trained by emergency department head of MIMS hospital they are 5 members trained different aspect of ACLS and BLS.Nss volunteers of second semester bsc nursing students actively participated this program.This class very effective for the voluntees.

KERALA PAIN AND PALLIATIVE CARE DAY

REPUBLIC DAY

WORLD CANCER DAY

worksop ACLS and BLS

ST. JOSEPH'S COLLEGE OF NURSING, ANCHAL

SI. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	04/02/2026	World Cancer Day	100	2hrs	The raise awareness of a wide range of individual and groups aimed at reducing the burden of the disease through education, early detection and support.

GOVT. COLLEGE OF NURSING, KOTTAYAM

Sl. No.	Date of Program	Name of the Program	Objective C Brief Description	No. Of NSS volunteers participated	Volunteer Hours Devoted	Advantages of the program
1.	8/1/26	School Health program	On 8th January 2026, an NSS-led School Health Programme was conducted at St. Paul's GHS, Vettimukal. The programme was organized in collaboration with the Psychiatric Nursing and	100	8	The programme successfully raised awareness among students about: Importance of a balanced diet

			Community Health Nursing departments of the Government College of Nursing, Kottayam. Students conducted a basic health assessment like taking anthropometric measurement of adolescent students. The session focused on adolescent health issues. A skit highlighting the importance of mental health among adolescents was presented to create awareness and encourage open discussions. Charts and working models were displayed to educate students about balanced diet, menstrual hygiene, and mental health care.			Menstrual hygiene management Mental health issues in adolescence The interactive activities helped students better understand health practices and encouraged them to adopt healthier lifestyles

Sl. No.	Date of Program	Name of the Program	Objective C Brief Description	No. Of NSS volunteers participated	Volunteer Hours Devoted	Advantages of the program
2.	13/1/26 To 14/1/26	Herbal / vegetable garden / Lawn maintenance	As part of NSS commitment to community service and environmental conservation, a Herbal Gardening Drive was organized on 13th and 14th January 2026. Volunteers actively participated in planting medicinal and herbal plants. The activity emphasized sustainable and eco-friendly practices. Students were educated about	100	8	The programme helped to: Create awareness about the importance of medicinal plants Promote sustainable and eco-friendly practices

			the importance of medicinal plants and their role in traditional healthcare systems.			Encourage environmental responsibility among students

Sl. No.	Date of Program	Name of the Program	Objective C Brief Description	No. Of NSS volunteers participated	Volunteer Hours Devoted	Advantages of the program
3.	24/1/26	International Day of Education	As part of the observance of the International Day of Education, the NSS Unit organized an awareness programme on 24th January	100	8	The programme: • Improved awareness among adolescent students • Encouraged healthy habits • Promoted

			2026 at a school in Kattachira. The programme was conducted for adolescent students. The session covered important health and educational topics including menstruation, anemia, stress management, The programme aimed to educate students about physical and mental well-being while emphasizing the importance of education in overall development. The session was interactive in nature. Students actively participated by asking questions and clearing their doubts. The discussion helped create a			better understanding of menstrual health and stress management • Motivated students to prioritize education and personal well- being

			comfortable environment for addressing sensitive adolescent health issues.			

Sl. No.	Date of Program	Name of the Program	Objective C Brief Description	No. Of NSS volunteers participated	Volunteer Hours Devoted	Advantages of the program
4.	26/1/26	Republic day celebration	As part of Republic Day celebrations on 26th January 2026, a flag hoisting ceremony was conducted at 8:30 AM at the Government College of Nursing, Kottayam. The programme was organized by the NSS Unit. The ceremony was presided over by Ms. Padmini Amma, Assistant Professor,	100	4	The NSS Unit successfully conducted programmes focusing on Educational awareness and national pride. These activities contributed to the overall

			Government College of Nursing, Kottayam. The event included flag hoisting and a brief address highlighting the significance of Republic Day and the values of the Constitution.			development of students by promoting Health awareness, responsible citizenship,
5.	27/1/26 to 29/1/26	Health camp 'KARUTHAL'	As part of **Karuthal 2026**, a Health Camp and Awareness Programme was organized by the NSS Unit in collaboration with the Community Health Nursing Department at Navajeevan Trust. The programme aimed at the early detection of common health problems and the promotion of health	100	24	and patriotic values.

			education among the community. The health camp was formally inaugurated by Dr. Liny Joseph, Principal of Government College of Nursing, Kottayam. Felicitations were delivered by Mr. P. U. Thomas, Mr. Paul Mathew, and Mrs. Gayathri P. V., who encouraged and guided the students throughout the event. The importance of comprehensive community care and health awareness was strongly emphasized. On **27th**, students conducted a health assessment			

			survey (screening) among the inmates. The screening included checking vital signs and GRBS (General Random Blood Sugar). On **28th**, students provided basic nursing care to the inmates and conducted health education sessions on diabetes, hypertension, personal hygiene, and common problems in the geriatric population along with their management. On 29**th**, students organized and performed various cultural activities for the inmates,			

			bringing joy and active participation to the programme. The three-day programme successfully combined health services, awareness, and compassionate community engagement, reflecting the true spirit of service and care.			

SCHOOL HEALTH PROGRAMME – 08 JAN 2026

HERBAL / VEGETABLE GARDEN

INTERNATIONAL DAY OF EDUCATION

REPUBLIC DAY CELEBRATION

HEALTH CAMP – 'KARUTHAL'

WORLD LEPROSY DAY AWARENESS PROGRAMME

JDT ISLAM COLLEGE OF PHYSIOTHERAPY

International Mother Tongue Language Day Celebration

Date: 21 February 2026

Venue: JDT Islam College of Physiotherapy

Organized by: NSS Unit, JDT Islam College of Physiotherapy

The NSS Unit of JDT Islam College of Physiotherapy observed International Mother Tongue Language Day on 21 February 2026. The programme aimed to promote linguistic diversity, cultural identity, creativity, and appreciation of the mother tongue among students. A series of competitions and creative events were conducted to encourage students to express their literary and artistic skills.

2. Programme Proceedings

The programme began at 2:00 PM, anchored by Huda Parvin.

Welcome Address: Karthika

Inauguration: Dr. Sajeevan T.K, Principal, JDT Islam College of Physiotherapy

Chief Guest: Abdul Kabeer, Principal, JDT Aided Higher Secondary School

Prize Distribution: By the Chief Guest

Vote of Thanks: Karthika & Aysha Dhilna

The inauguration emphasized the importance of preserving regional languages, encouraging students to use their mother tongue with pride, and celebrating linguistic richness.

3. Panel Discussion (Newly Added)

A Panel Discussion was conducted as part of the programme to enhance the academic and intellectual depth of the event. The session focused on:
Theme: Importance of Mother Tongue in Cultural Identity, Education, and Communication
Panelists discussed:
The role of the mother tongue in shaping cognitive development
How regional languages help preserve cultural heritage
Language and communication barriers faced in healthcare
Importance of multilingualism among physiotherapists
Encouraging students to practice and preserve their native language
The session was interactive, with active participation from students who raised thoughtful questions and shared personal experiences.

4. Competitions Conducted & Results

Kavidha Rajana (Poetry Recitation)
1st Prize: Sameeha (2nd Year)
2nd Prize: Nourin (1st Year)
3rd Prize: Jamsiya (4th Year)

Malayalam Handwriting Competition
1st Prize: Farsana (4th Year)
2nd Prize: Akash (4th Year)
3rd Prize: Riya (1st Year)

Kadharachana (Story Writing / Narrative Creation)

1st Prize: Shifana (2nd Year)

2nd Prize: Amana
3rd Prize: Arjun (4th Year)

Tongue Twister Competition

1st Prize: Shahma

2nd Prize: Aslam

Translation Competition

1st Prize: Fathima
2nd Prize: Devapriya

Book Review Competition

1st Prize: Devapriya
2nd Prize: Aslam

Poster Making Competition

1st Prize: 2nd Years
2nd Prize: 1st Years
3rd Prize: 4th Years

Reel Competition
Results to be announced separately / Yet to be finalized.

5. Student Participation & Impact

More than 100 students actively participated in the competitions and programme. The event encouraged students to:

Appreciate the beauty and value of their mother tongue

Explore creative writing and literary expression

Improve communication and linguistic skills

Build confidence in public speaking and artistic presentation

The programme successfully fostered cultural awareness, unity, and creativity among the NSS volunteers and the entire student community.

6. Conclusion

The celebration of International Mother Tongue Language Day at JDT Islam College of Physiotherapy was a meaningful and vibrant event. The NSS Unit played a crucial role in organizing and coordinating the activities, ensuring maximum student participation. The programme concluded with prize distribution and acknowledgment of all contributors, marking the day as an enriching experience for everyone involved.

If you want this converted into a PDF layout, poster format, or official file-ready document, I can prepare that as well.

Sd/-
Dean (Student Affairs) & NSS Programme Coordinator