



## KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur- 680596

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

Date: 18/11/2025

### **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.	10/10/25	Breast Cancer Awareness program	Organized an expert-led seminar featuring Dr. Binny John (HOD, Surgery). The session focused on educating female participants on the importance of early detection, teaching Self-Breast Examination (SBE) techniques, and clarifying common myths about the disease. After the session students conducted flash mob and skit.	100	3	It creates an awareness about the importance of early detection of signs and symptoms of breast cancer.

2.	10/10/25	World Mental Health Day	World Mental Health Day celebration at Medical College Hospital, Kottayam, focusing on 'Mental Health Access to Services in catastrophe and Disaster Management'. The program featured classes highlighting the importance of psychological first aid in emergency situations, emphasizing timely interventions and support.	100	4	It creates an awareness about the importance of mental health support in disaster scenarios.
3.	17/10/25	Campus cleaning drive	The drive aimed to maintain hygiene and enforce a strict zero-litter policy, specifically focusing on the main academic block pathways, parking areas, Playground and Hostel premises. Waste segregation was emphasized throughout the	100	5	The activity created awareness among students about the importance of cleanliness and community participation. The

			activity. All students of the institution actively participated in the cleaning drive.			campus environment became cleaner and more pleasant.
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### Breast Cancer Awareness



### World Mental Health Day



## Campus cleaning drive



## Anti-ragging awareness class





# **ELIMS COLLEGE OF PHARMACY, THRISSUR**

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	31-10-2025	Rashtriya Ekta Diwas (National Unity Day) Commemoration of the 150th Birth Anniversary of Sardar Vallabhbhai Patel	50	1hrs	PLEDGE TAKING

## **RASHTRIYA EKTA DIWAS (NATIONAL UNITY DAY)**

Commemoration of the 150th Birth Anniversary of Sardar Vallabhbhai Patel

Elims College of Pharmacy observed Rashtriya Ekta Diwas (National Unity Day) on 31st October 2025 to commemorate the 150th birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, who played a pivotal role in unifying the nation. The program aimed to promote the spirit of national unity, integrity, and security among students, staff, and volunteers.

The event began with a brief introduction about the significance of Rashtriya Ekta Diwas, highlighting Sardar Vallabhbhai Patel's contributions to the integration of India and his enduring vision of a united nation.

Following the introduction, the Pledge Taking Ceremony was organized in the college auditorium. All staff members, faculty, and NSS volunteers took part in reciting the "Rashtriya Ekta Diwas Pledge" in English, reaffirming their commitment to uphold the unity, integrity, and security of the nation.



# **PUSHPAGIRI COLLEGE OF PHARMACY,** **TIRUVALLA**

## **RASHTRIYA EKTA DIWAS 2025**

The NSS Unit of Pushpagiri College of Pharmacy celebrated National Unity Day celebrations on 1st Nov 2025 at 12.00 noon. Every year Oct 31 st is celebrated as Rashtriya Ekta Diwas commemorating the birth anniversary of Sardar Vallabhai Patel. This year the theme for the national unity day is “Ek Bharat Aatmanirbhar Bharat” that links national integration with the pursuit of self- reliance.

As a part of the unity day celebration the NSS Unit conducted a pledge taking at the college auditorium. The NSS programme officer Mrs. Anju.V welcomed the gathering and felicitated the importance of maintaining the sovereignty, peace and integrity of the nation. It was followed by the pledge taking that encourages the citizens to pledge their commitment to unity in diversity. Prof. Dr Santhosh. M. Mathews, principal talked on the event. It was followed by an awareness programme to unite against drug addiction performed by second year Pharm D student volunteers were conducted. The function ended with a national anthe



# **DR. MOOPENS COLLEGE OF NURSING,** **WAYANAD**

## Overview

The NSS Unit at Dr. Moopen's Nursing College has actively participated in various community service programs over the past month. These activities were designed to address significant social issues, promote health awareness, and contribute to environmental conservation. Below is a summary and detailed report of each programme conducted in September 2025 and October.

## Summary of Programmes

Date	Programme Name	Number of Participants	Duration	Achievements
17/09/2025	the Akhil Bhartiya Terapanth Yuvak Parishad (ABTYP) organized the <b>“Raktdan Amrit Mahotsav 2.0,”</b> a nationwide Mega Blood Donation Drive conducted	36	6 hours	The programme witnessed enthusiastic participation from students, staff, and volunteers, significantly contributing to the nationwide effort to save lives through blood donation.

25/09/2025	The NSS Unit of Dr. Moopen's Nursing College, in association with the Medical-Surgical Nursing Department and fourth-semester B.Sc. Nursing students, organized a <b>World Heart Day</b> celebration on 25th September 2025. The event included a <b>Walkathon</b> and an <b>Old Age Home visit</b> at Ikanekathan, Mary Land, Luckyhill.	100+	3hours	The visit was aimed at spreading love, joy, and togetherness among the residents, many of whom often face loneliness and isolation.
26/09/2025	<b>World Heart Day – Heart 2 Heart Care 2025</b> initiative with a <b>District Level Marathon</b> , organized in association with the <b>Department of Cardiology, Dr. Moopen's Nursing College NSS unit, Dr. Moopen's Pharmacy College, NSS Unit, and Students Union</b>	200+		The programme aimed at sensitizing students and the community about the importance of <b>HEART DAY-AWARENESS</b>
26/09/2025	<b>Manasagramam adopted village activity-Swasth Nari, Sashakt Parivar Abhiyaan (SNSPA)</b> — a nationwide campaign launched by <b>Prime Minister Narendra Modi</b> on September 17, 2025,	100+	3hrs	focusing on <b>preventive, promotive, and curative health services for women</b> , a <b>Free Medical Camp</b> was organized at <b>Kadachikunnu Tribal Unnathi</b>
10/10/2025	World mental health day - presented an engaging puppet show highlighting the day's theme, which was well appreciated by all attendees.	100+	3hours	The programme aimed at sensitizing students and the community about the importance of <b>HIV–AIDS prevention, early diagnosis, and</b>



				social acceptance of affected individuals
12/10/2025	<b>National Pulse Polio Immunization Programme</b> held in <b>Wayanad District on 12th October 2025</b> . The <b>district-level inauguration</b> was conducted at the <i>Government General Hospital, Kainatty</i> , and the <b>block-level inauguration</b> took place at the <i>Family Health Centre (FHC), Meppadi</i> .	100+	8hrs	The participation of the NSS Unit in this important public health initiative demonstrated their commitment to <b>community service, health promotion, and the core objectives of the National Service Scheme.</b>

### 1. Mega Blood Donation Camp

Date: 17th September 2025

Event: Raktdan Amrit Mahotsav

Organized by: Akhil Bhartiya Terapanth Yuvak Parishad (ABTYP)

Venue: Dr. Moopen's Nursing College

On 17th September 2025, the Akhil Bhartiya Terapanth Yuvak Parishad (ABTYP) organized the "Raktdan Amrit Mahotsav 2.0," a nationwide Mega Blood Donation Drive conducted across India as part of the *Seva Pakhwada* campaign. The primary objective of this initiative was to promote voluntary blood donation, fostering the spirit of service, compassion, and unity within the community.

At **Dr. Moopen's Nursing College**, the event was successfully conducted under the guidance of **Prof. Dr. Lida Antony (Principal)**, with **Ms. Vineetha K (NSS Programme Officer)** serving as the coordinator, **Ms. Divya K** as the Assistant Coordinator, and **Mr. Shahin Muhammed** as the Student Volunteer Secretary.

The programme witnessed enthusiastic participation from students, staff, and volunteers, significantly contributing to the nationwide effort to save lives through blood donation.

This initiative not only encouraged a culture of selfless giving but also highlighted the vital role of **NSS volunteers** in addressing critical healthcare needs and upholding humanitarian values in society.

## 2. OLD AGE HOME VISIT & WALKATHON 25/09/2025

World Heart Day Celebration Date: 25th September 2025

**Venue:** Ikanekathan, Mary Land, Luckyhill

The **NSS Unit of Dr. Moopen's Nursing College**, in association with the **Medical-Surgical Nursing Department** and **fourth-semester B.Sc. Nursing students**, organized a **World Heart Day** celebration on 25th September 2025. The event included a **Walkathon** and an **Old Age Home visit** at Ikanekathan, Mary Land, Luckyhill.

The programme was **inaugurated by Prof. Dr. Lida Antony** with a flag-off ceremony. Faculty members **Prof. Prajith Kumar S, Prof. Priya Sany, Prof. Laya Philip, Mrs. Nidhina Paul, and Mrs. Jisha Merin George** also participated in the event.

During the old age home visit, NSS volunteers interacted with elderly residents, conducted cultural activities, and distributed gifts. The event fostered social connections between the students and the elderly community, promoting awareness about **heart health** and encouraging a spirit of **service and compassion**.

## 3. WORLD HEART DAY 2025 – HEART 2 HEART CARE

**Date:** 26/09/2025

The **Aster Volunteers of Dr. Moopen's Medical College** proudly launched the **World Heart Day – Heart 2 Heart Care 2025** initiative with a **District Level Marathon**, organized in association with the **Department of Cardiology, Dr.**

## **Moopen's Nursing College NSS unit, Dr. Moopen's Pharmacy College, NSS Unit, and Students Union.**

The event was flagged off by Mr. U. Basheer, Executive Trustee, along with Dr. Cherian Akkarappatty (HOD, Cardiology), in the esteemed presence of Dr. Sara Chandy, Dr. A.P. Kammath, Dr. Manoj Narayanan, Prof. Lida Antony, Mr. Soopy Kallangodan, Dr. Shanavas Palliyal, Mr. Franklin, and other department heads, faculty, and students from the Medical, Nursing, and Pharmacy Colleges.

The 10 km Marathon began from the DMMC campus, reached Meppadi, and returned to the campus — symbolizing the collective commitment to a healthy heart and lifestyle. The event witnessed enthusiastic participation from over 400 volunteers, including students and faculty from Medical, Nursing, Pharmacy, and Paramedical courses, along with participants from external institutions.

### **4. FREE MEDICAL CAMP UNDER SWASTH NARI, SASHAKT PARIVAR ABHIYAAN (SNSPA)- ADOPTED VILLAGE ACTIVITY**

Date: 29/09/2025

As part of the Swasth Nari, Sashakt Parivar Abhiyaan (SNSPA) — a nationwide campaign launched by Prime Minister Narendra Modi on September 17, 2025, focusing on preventive, promotive, and curative health services for women, a Free Medical Camp was organized at Kadachikunnu Tribal Unnathi, covering the 9th and 10th wards of Muppanad Panchayath.

The programme was jointly conducted by Dr. Moopen's Nursing College NSS Unit, Student Nurses Association (SNA), and Student Union, in collaboration with Dr. Moopen's Medical College Department of Community Medicine, MR Club – Wayanad District Medical Representative Association, and OISCA International Kalpetta Chapter.

The camp included haemoglobin and GRBS (Random Blood Sugar) tests, general health assessments, counselling sessions, and free distribution of medicines to the beneficiaries. A dedicated team of 6 doctors and 50 volunteers actively

participated in delivering healthcare services and spreading awareness on women's health and family well-being.

## 5. WORLD MENTAL HEALTH DAY 2025    10/10/2025

### NSS Report – World Mental Health Day Observation

Date: 10 October 2025

Venue: Valummel Teacher Training School, Sultan Bathery Organized by: NSS Unit, Dr. Moopen's Nursing College Supported by: Aster Volunteers

In observance of World Mental Health Day on October 10, 2025, the NSS Unit of Dr. Moopen's Nursing College, along with faculty members Ms. Treety George and Sr. Kochurani, supported by Aster Volunteers, organized an awareness programme at Valummel Teacher Training School, Sultan Bathery.

The event, held from 3:00 pm to 4:00 pm, was based on the theme "Access to Service: Mental Health in Catastrophes and Emergencies."

The programme began with a welcome address by Mr. Binoj, Principal of the host school, who emphasized the importance of mental health awareness among teacher trainees.

A keynote address was delivered by Dr. Jishnu Janardhanan, Psychiatrist, Dr. Moopen's Nursing College, focusing on early intervention and emotional literacy in schools.

Nursing students presented an engaging puppet show highlighting the day's theme, which was well appreciated by all attendees.

The event concluded with a vote of thanks by Ms. Divya, a teacher trainee.

The programme successfully promoted mental health awareness and showcased the creativity and commitment of the nursing students.



## 6. NATIONAL PULSE POLIO IMMUNIZATION PROGRAMME

Name of the College: Dr. Moopen's College of Nursing Unit Registration Number: NSS/FU/WND/KUHS/3 Name of the Programme Officer: Ms. Vineetha K Date: 12th October 2025

Venue: Government General Hospital, Kainatty and Family Health Centre (FHC), Meppadi

Organized by: Health Department, Wayanad District

Coordinated by: NSS Programme Officer Ms. Vineetha K

Report:

The NSS Unit of Dr. Moopen's College of Nursing participated in the National Pulse Polio Immunization Programme held in Wayanad District on 12th October 2025. The district- level inauguration was conducted at the Government General Hospital, Kainatty, and the

block-level inauguration took place at the Family Health Centre (FHC), Meppadi.

NSS volunteers actively took part in the inauguration programme, representing the institution and extending wholehearted support to the national health initiative. Following the inauguration, the volunteers assisted in the Pulse Polio



Immunization activities, managing and operating the immunization booths under FHC Meppadi.

Their dedicated participation ensured the smooth conduct of the programme and helped in spreading awareness among the public regarding the importance of polio eradication.

The entire event and volunteer activities were coordinated by NSS Programme Officer Ms. Vineetha K, who guided and supervised the volunteers throughout the programme.

Outcome:

The participation of the NSS Unit in this important public health initiative demonstrated their commitment to community service, health promotion, and the core objectives of the service Scheme.



## **ASSISI COLLEGE OF NURSING ERUMELY**

<b>Sl. No.</b>	<b>Date</b>	<b>Name of the activity conducted</b>	<b>No. of participants</b>	<b>Total Hours spend</b>	<b>Achievement by the program including Beneficiaries</b>
1	15/10/2025	Drug Awareness Programme	40	1 hr	Anti-Drug Program was effective in instilling awareness and encouraging students to lead a drug-free life
2.	29/10/2025	World Stroke Day Report	10	1 hr	It helped to enhance public awareness and encouraged individuals to adopt preventive measures against stroke, reinforcing the message that “Stroke is treatable and preventable”

### **REPORT OF DRUG AWARENESS PROGRAMME**

The NSS unit of Assisi college of Nursing organized an Anti-Drug Awareness Program on 15<sup>th</sup> October 2025 at St. Thomas High School, Vechoochira with the objective of creating awareness about the harmful effects of drug abuse among school going students.

The program began with an inaugural session that included a welcome address by Mr.Libin Mathew (6<sup>th</sup> semester BSc Nursing student). Thereafter, NSS volunteers put on a beautiful flash mob, which captured the attention of the whole group. This was followed by a Role play, which highlighted the physical, psychological, and social consequences of drug addiction. Subsequently, the students exhibited a video to communicate the dangers of substance abuse and to encourage informed decisions within the student body. Students were also sensitized about the importance of saying “No to Drugs” and adopting a healthy lifestyle. The program concluded with an interactive session where students actively participated by raising questions and sharing their views. The vote of

thanks was delivered by Ms. Ancy S.S. (6<sup>th</sup> semester B.Sc. Nursing student), expressing gratitude to all who contributed to the success of the program.

## WORLD STROKE DAY REPORT

World Stroke Day was observed on 29<sup>th</sup> October, 2025 by the NSS Unit of Assisi College of Nursing under the theme “Every minute counts”. The program aimed to raise awareness about stroke, its warning signs, preventive measures, and the importance of timely medical attention. The event commenced with an inaugural session led by Medical Officer Dr. Shwetha Sivadasan who highlighted the significance of early detection and lifestyle modifications in preventing stroke. This was followed by a keynote address by Ms. Ginita Thomas (8<sup>th</sup> semester B.Sc. Nursing Student), who provided valuable insights into the causes, symptoms, and management of stroke. The NSS volunteers organized a health education session using different AV aids demonstrating the BE FAST method (Balance, Eyes, Face drooping, Arm weakness, Speech difficulty, Time to act) for identifying stroke symptoms. The program concluded with a vote of thanks delivered by Ms. Emil George (8<sup>th</sup> semester B.Sc. Nursing Student) expressing gratitude to all participants, staff, and organizers for their active involvement in making the event a success. Overall, the observation of World Stroke Day helped to enhance public awareness and encouraged individuals to adopt preventive measures against stroke, reinforcing the message that “Stroke is treatable and preventable.”



## **SREE GOKULAM NURSING COLLEGE,** **VENJARAMOODU**

Sl. No.	Date	Activity conducted ( Name of the Activity)	No. of Volunteers Participants	No.of Hours performed	Achievement to the beneficiaries by the programmes
1	06.11.2022 5	<b>Keralappiravi</b>	35	8	Enhanced students' creativity, linguistic skills, confidence, and cultural awareness, fostering a deeper appreciation for the Malayalam language and Kerala's heritage.

As part of the Keralappiravi Varaghosham celebration, various literary programmes were organized by the NSS Unit of SGNC to promote the richness of the Malayalam language and culture. The elocution and proverb explanation competitions were conducted on 5th November, followed by story writing and poem writing competitions on 7th November. More than 20 students actively participated in the events, showcasing their creativity, linguistic talent, and cultural awareness. Prizes for the first and second positions in each competition were distributed by Lt. Col. Prof. Meera K. Pillai, Principal of SGNC. The programmes provided an excellent platform for students to express their literary skills and fostered a spirit of enthusiasm and pride in the Malayalam language and Kerala's heritage.



## **CSI COLLEGE OF NURSING, KARAKONAM**

Sl No	Date	Name of the Activity Conducted	No: of Participants	Total hours spend	Achievement by the program including beneficiaries
1	29.09.25	World Heart Day program in Cardiology Department	50	4hrs	1. Public became aware the importance of avoiding of drugs and its ill effects. 2. Students could actively participate and they also became more aware of the ill effects of drugs 3. Students could develop leadership quality and coordination of this activities

### **BRIEF REPORT**

The world Heart Day program was organized at the cardiology department of DR SMCSI MCH in collaboration with the community medicine department. And NSS volunteers from CSI College of Nursing. The program commenced at 8.30am with a warm welcome to all attendees.

A free cardiology medical camp was conducted by DrAneesh and his team, providing participants with cardio vascular checkups, consultations and advice



on maintaining heart health. Following the camp, the community medicine department under the guidance of Drchitra delivered an informative health talk emphasizing preventive strategies for heart disease, life style modification and the importance of regular checkups.

To further engage the audience, NSS volunteers from CSI College of Nursing performed a role-play highlighting a common risk factors for heart disease and demonstrating healthy life style practices. The event successfully combined medical services, educational services and community engagement, raising awareness about cardiovascular health and promoting preventive care among the community.

As a part of the world heart day the attendees not only received medical care but also gained valuable knowledge on heart health. The program was well received and contributed significantly to raising awareness about cardio vascular health in the community



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

<i>Sl. No</i>	<i>Date</i>	<i>Activity Undertaken (Brief Description)</i>	<i>No:of Units</i>	<i>No. of participants</i>	<i>No. of Hours</i>	<i>Achievements</i>
1	24.10.2025	<b>INTERCOLLEGIATE DIGITAL POSTER MAKING COMPETITION</b>	1	17	1 hour	<i>The NSS Unit of Alshifa College of Nursing conducted inter collegiate digital poster making competition from 18/10/2025 to 24/10/2025 on the theme of Tobacco Free Youth under <b>Tobacco Free Youth Campaign 3.0.</b></i>
2	28/10/2025		1	100	4 hour	<i>Total 17 participants participated across Kerala. From that Mr. Mohammed Nihal K.P, 8<sup>th</sup> semester BSc Nursing from Al Shifa College O f Nursing awarded with first prize and Ms. Aparna, 8<sup>th</sup> semester B Pharm from Sanjo College Of Pharmaceutical Sciences were awarded with second prize. Cash prizes and</i>

3	31/10/2025	<b>CYBER JAGRIT BHARAT</b> (Awareness session)	1	100	30 minutes	e-certificates given to the winners.  The NSS Unit of Alshifa College of Nursing conducted Cyber Security Awareness Session <b>“CYBER JAGRIT BHARAT”</b> on 28/10/2025 at College auditorium. 3 <sup>rd</sup> semester and 5 <sup>th</sup> semester BSc Nursing Students were the audience. The session was lead by Mr. Aneesh Chacko, Assistant Sub Inspector of Police, Kottakkal police station. Dr. Prof. Tamil Selvi, Principal Al Shifa College of Nursing inaugurated the program.  The sessions includes awareness regarding cyber crimes and how to identify it and measures to overcome the cyber crimes.  As a part of this event the creative initiative titled <b>“Ink to Inspiration- Kalam</b>
4.	1/11/2025 TO 7/11/2025	<b>RASHTRIY A EKTA DIWAS</b>	1	25	3 hours	

		<p><b>PLEDGE TAKING CEREMON Y</b></p> <p><b>MALAYAL A VARAGOS HAM “ENTE MALAYAL AM”</b></p>			<p><b>Koottam 2025”</b> was unveiled with the objective of encouraging creativity and innovation among students.</p> <p>As a Part of 150<sup>th</sup> Birth Anniversary of Sardar Vallabhbhai Patel On 31<sup>st</sup> October 2025, students of Al Shifa College of Nursing conducted pledge taking ceremony.</p> <p>NSS Program Officer Mrs. Harishma delivered administered the pledge, RASHTRIYA EKTA DIWAS PLEDGE.</p> <p>The NSS Unit of Alshifa College of Nursing, in collaboration with the Literature Club, celebrated Malayala Varaghosham titled <b>“Ente Malayalam”</b> from 1st to 7th November 2025. Various college-level</p>
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					<p><i>competitions were organized as part of the celebration, including Malayalam Story Writing</i></p> <p><i>On 3rd November, Malayalam Poem Writing on 4th November, and Malayalam Elocution on 6th November.</i></p> <p><i>In the Story Writing competition, Shabeeba Jabin (6th Semester) secured the First Prize, and Fathima V. K (5th Semester) won the Second Prize. In the Poem Writing competition, Jinsa K (6th Semester) bagged the First Prize, followed by Anjana K. S (6th Semester) with the Second Prize. In the Elocution competition, Basith T (5th Semester) achieved the First Prize, and Aiswarya K (1st Semester) secured the Second Prize.</i></p> <p><i>The week-long celebration concluded on 7th</i></p>
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						November 2025 with a valedictory function, where gifts were distributed to the winners.
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**DIGITAL POSTER MAKING COMPETITION**  
**THEME: TOBACCO FREE YOUTH Campaign 3.0**

 UNIT NO: NSS/FU/MPM/KUHS/3

Inviting Entries From College Students! Deadline: **24<sup>th</sup> OCTOBER 2025**

Cash Prizes and E-Certificates will be Awarded

FREE REGISTRATION

  
Scan QR Code and register



**Organized by: NSS Unit**


 **AL SHIFA COLLEGE OF NURSING**  
 (Approved by INC, KNMC, DME, UCC 317 Govt of Kerala & Affiliated to Kerala University of Health Sciences)  
 Perinthalmanna, Malappuram - Kerala, 679322

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[www.alshifacollegeofnursing.com](http://www.alshifacollegeofnursing.com)

## 28/10/2025: CYBER JAGRIT BHARAT (Awareness session)

**CYBER JAGRIT BHARAT**


 UNIT NO: NSS/FU/MPM/KUHS/3

**Time**  
09:00 AM

**Date**  
28<sup>th</sup> OCTOBER 2025


**Venue**  
ACN AUDITORIUM

**Resource Person**



**Aneesh Chacko**  
Assistant Sub Inspector of Police,  
Kottakkal Police Station

**Organized by: NSS Unit**

 **AL SHIFA COLLEGE OF NURSING**  
 (Approved by INC, KNMC, DME, UCC 317 Govt of Kerala & Affiliated to Kerala University of Health Sciences)  
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## 31/10/2025: RASHTRIYA EKTA DIWAS PLEDGE TAKING CEREMONY



## 1/11/2025 TO 7/11/2025: MALAYALA VARAGOSHAM “ENTE MALAYALAM”

UNIT NO: NSS/FU/MPAM/KUHS/3

www.alshifacollegeofnursing.com

# എന്റെ മലയാളം

## മലയാള വാരാഘോഷം

നവംബർ 1 മുതൽ 7 വരെ

**ദിവസം 1**  
03/11/2025 : കഥാരചന മത്സരം

**ദിവസം 2**  
04/11/2025 : കവിതാരചന മത്സരം

**ദിവസം 3**  
06/11/2025 : പ്രസംഗ മത്സരം

**ദിവസം 4**  
07/11/2025 : സമാപന സമ്മേളനം

മലയാളം – നമ്മുടെ ആത്മാവ്, നമ്മുടെ അഭിമാനം

Organized by NSS Unit and Literature Club





## JDT ISLAM COLLEGE OF PHYSIOTHERAPY KOZHIKKODE

### DETAILED REPORT ON WORLD STROKE DAY AWARENESS PROGRAMME

Organized by: NSS Unit, JDT Islam College of Physiotherapy

Date: 30<sup>th</sup> October 2025

Venue: JDT Islam College of Physiotherapy , Vellimadukunnu & Calicut Beach,Kozhikode

The NSS Unit of JDT Islam College of Physiotherapy conducted a World Stroke Day Awareness Programme on 30 October 2025 at the Government Old Age Home, Kozhikode. A total of 28 elderly residents participated in the programme, which aimed to spread awareness on stroke prevention, early identification, and the role of physiotherapy in rehabilitation.

#### PROGRAMME

#### HIGHLIGHTS:

The programme began with an introduction to the significance of World Stroke Day. NSS volunteers and PG students delivered informative sessions using PowerPoint presentations and visual charts. The awareness sessions covered early warning signs of stroke (FAST), risk factors such as hypertension and diabetes, preventive lifestyle strategies, and home-based mobility exercises.

#### ACTIVITIES

#### CONDUCTED:

- Stroke awareness class by NSS volunteers.
- Physiotherapy screening and basic treatment as required.
- Demonstration of balance, strengthening, breathing, and mobility exercises.
- Presentation of educational videos for better understanding.
- Interactive discussion and feedback session with residents.

#### TEAM

#### INVOLVEMENT:

The programme was coordinated by NSS volunteers—Minnath, Malavika, Anjana, Raziq, Iththisham, Revathy, Rejin, and Tinu—along with PG students who actively engaged in conducting sessions, demonstrations, and assessments.

#### OUTCOME:

The session successfully enhanced awareness among the elderly about stroke prevention and early recognition. Residents appreciated the exercises and guidance provided. The Old Age Home authorities expressed gratitude for conducting a meaningful health programme.

#### CONCLUSION:

The World Stroke Day Awareness Programme was an impactful initiative by the NSS Unit of JDT Islam College of Physiotherapy. With the dedicated involvement of NSS volunteers and PG students, the event achieved its goal of educating and empowering the elderly community on stroke-related health measures.



## SARDAR @150 Pre-Event Programmes

Organized by: NSS Unit, JDT Islam College of Physiotherapy

Duration: 27/10/2025 to 01/11/2025

Venue: JDT Islam College of Physiotherapy Campus and beach Kozhikode

### Introduction

In connection with the 150th birth anniversary celebration of Sardar Vallabhbhai Patel, the NSS Unit of JDT Islam College of Physiotherapy organized a week-long series of pre-event programmes titled “SARDAR @150” from 27th October to 1st November 2025. The programmes aimed to spread awareness of Sardar Patel’s role in unifying India and to promote the values of national unity, leadership, and integrity among students.

### Programme Details

#### Day 1 – Poster & Collage Making Competition (27/10/2025)

The celebration commenced with a Poster and Collage Making Competition on the theme “Sardar Vallabhbhai Patel and National Unity.” Students actively participated and showcased their artistic skills by preparing posters and collages depicting the Iron Man of India and his contributions to the nation’s integration. The artworks were displayed in the college lobby, spreading the message of unity and patriotism.

First Prize: ANEETA

Second Prize: DEVANANDA



Outcome: Enhanced creative expression and awareness about Sardar Vallabhbhai Patel's vision for a united India.

Day 2 – Essay Writing / Elocution / Talk on the Life of Sardar Vallabhbhai Patel (28/10/2025)

The second day focused on literary and oratory skills, with events such as essay writing, elocution, and talks on "The Life and Legacy of Sardar Vallabhbhai Patel." Students highlighted Patel's leadership during India's freedom struggle and his efforts in integrating princely states to form a united nation. The event encouraged deep reflection on the values of unity, discipline, and national service.

First Prize: \_\_\_\_\_AKHILENDU\_\_\_\_\_

Second Prize: \_\_\_\_\_SREELAKSHMI\_\_\_\_\_

Outcome: Improved communication and critical thinking skills among students, and inspired them to adopt the values of Sardar Patel.

Day 3 – Debate Competition (29/10/2025)

A Debate Competition was conducted on the topic "Unity in Diversity – The True Strength of India." Participants from various classes actively debated both sides of the motion, bringing forward thought-provoking ideas on how cultural and linguistic diversity strengthens India's social fabric.

First Prize: \_\_\_\_\_ASLAM AND TEAM\_\_\_\_\_

Second Prize: \_\_\_\_\_BOBAS AND TEAM\_\_\_\_\_

Outcome: Encouraged teamwork, analytical thinking, and leadership qualities among the participants.

Day 4 – Reel / Short Video Making Competition (30/10/2025)

On the fourth day, a Reel and Short Video Making Competition was organized. Students creatively used multimedia to depict the life, contributions, and ideals of Sardar Vallabhbhai Patel. The entries were evaluated based on creativity, message clarity, and presentation.

First Prize: \_\_\_\_\_LADEED\_\_AND ADHEETH\_\_\_\_\_

\_\_\_\_\_

Outcome: Promoted digital creativity and helped students use media as a positive tool for social awareness.

#### Day 5 – Unity March (Padayathra) (31/10/2025)

As part of Sardar @150, a Unity March (Padayathra) was held on 31st October 2025 to mark National Unity Day. The march began from the Kozhikode Beach and was inaugurated by Dr. S. Mohana Priya, Assistant Collector, Kozhikode. The inaugural function was presided over by Mr. Faseel, Programme Coordinator. The welcome address was delivered by Mr. Sanoop, My Bharat Coordinator, and the felicitation was offered by Mr. Sadique, District Coordinator, Technical Cell. A total of 20 NSS volunteers, along with the Programme Officer, Mrs. Divya K. M, participated in the rally carrying banners and placards promoting peace, unity, and harmony. The march reflected the spirit of national integration envisioned by Sardar Patel.

Outcome: Promoted awareness about unity and integrity, and strengthened community involvement among volunteers.

#### Day 6 – National Unity Day Pledge & Tree Plantation (01/11/2025)

The final day of the programme coincided with Rashtriya Ekta Diwas (National Unity Day). All NSS volunteers and students assembled in the college courtyard to take the National Unity Day Pledge, administered by abdulla Aslam Shaji , NSS Volunteer. After the pledge, a Tree Plantation Drive was organized within the college campus, symbolizing growth, unity, and environmental awareness.

Outcome: Fostered environmental responsibility and reinforced the spirit of national unity among students.

#### Conclusion

The week-long celebration of Sardar @150 was a memorable and enriching experience for all participants. Through creative, intellectual, and community-based activities, students not only learned about Sardar Vallabhbhai Patel's immense contribution to India but also internalized his vision of a united and progressive nation. The NSS Unit of JDT Islam College of Physiotherapy expresses heartfelt gratitude to the Principal, faculty members, coordinators, and all NSS volunteers for their support and cooperation in making the event series a resounding success.



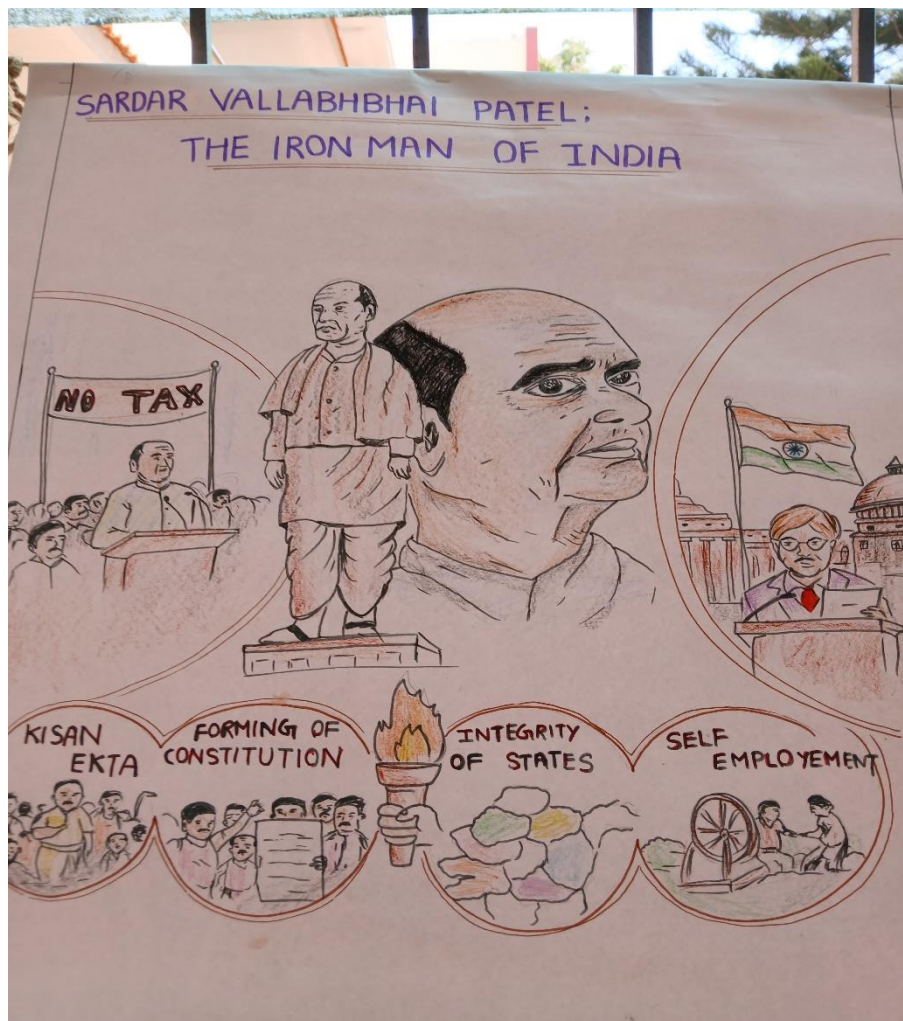
## **PRS COLLEGE OF NURSING, PALIYODE**

October First Week, Swachhata Hi Seva Campaign Conducted By Nss Volunteers At College Campus. It Was A One Week Programme With Varies Activities Such As College Cleaning, Campus Cleaning & Gardening, Kitchen Garden Setting Etc





As a part of celebrating 150<sup>th</sup> birth anniversary of Sardar Vallabhbhai Patel our NSS volunteers conducted various competitions such as elocution essay writing poster presentation etc



Our NSS Volunteers participated JWALA Vnitha junction program at aryancode gramapanchayath at 17/10/2025



## **MALABAR CANCER CENTRE**

Sl. No.	Date	Activity conducted ( Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	15/10/25	Global hand washing day	13	1 hour	Conducted an flash mob, health teaching to the public
2	08/10/25 to 17/10/25	Breast cancer awareness month	22	10 hrs	Conducted awareness class and BSE demonstration to patient bystanders.
3	31/10- /25	National Unity Day Celebration	83	5mts	National Unity pledge taken by students
4	01/11/25	National Tooth Brushing Day	5	1 hour	Conducted toothbrushing drill to the children at Anganwadi
5	01/11/25		42	15mts	

6	07/11/25	Kerala Piravi-Malayala varaghosham  National cancer awareness day	12	2 hours	Kerala Piravi one week programs inauguration conducted  Conducted street play, chart and specimen exhibition. Informative class also taken by Doctors, MCC
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### GLOBAL HAND WASHING DAY CELEBRATION

On October 15th, in observance of Global Handwashing Day, an awareness program was successfully organized by the National Service Scheme (NSS) unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre, in collaboration with the 6th semester students. The event was held at Eangayil Peedika Junction and aimed to educate the public on the importance of proper hand hygiene in preventing diseases. As part of the program, a lively flash mob was performed to draw public attention, followed by an informative health teaching session. The students effectively engaged the crowd, using interactive methods to explain the steps and significance of handwashing with soap.

To measure the impact of the awareness session, a pre-test and post-test were conducted among the audience. The average pre-test score was 2.9, indicating limited initial knowledge. After the session, the average post-test score rose significantly to 4.7, reflecting improved understanding and awareness among the participants. Public feedback was also collected through a feedback form, and responses highlighted appreciation for the unique approach and the clarity of the information shared. Overall, the event was a successful outreach effort, combining education and performance to promote healthier hygiene practices in the community.







## **BREAST CANCER AWARENESS MONTH ACTIVITY**

As part of the observance of Breast Cancer Awareness Month in October, NSS volunteers from the 8th semester and National Service Scheme (NSS) Unit of the Institute of Nursing Sciences and Research organized and conducted daily awareness sessions from 08-10-2025 to 17-10-2025 at Malabar Cancer Centre (MCC), specifically in front of the IP Pharmacy and Day Chemo Unit. These sessions were held regularly from 10:00 AM to 11:00 AM and were targeted at educating bystanders, patients, and caregivers on essential aspects of breast cancer awareness and prevention.

The key topics covered during the sessions included the importance of Breast Self-Examination (BSE) for early detection, recognizing the signs and symptoms of breast cancer, available diagnostic measures, and current management options. Volunteers also emphasized the role of a healthy lifestyle in cancer prevention, including maintaining an appropriate Body Mass Index (BMI) and following a nutritious diet. In addition, special focus was given to post-mastectomy care, including exercises to promote recovery and prevent complications such as lymphedema. Audio-Visual (AV) aids were effectively used to make the sessions more interactive, engaging, and easier to understand for the general public. The initiative aimed to empower individuals with the knowledge necessary for early detection and to reduce the stigma associated with breast cancer. The program was well-received by the attendees and contributed significantly to raising awareness within the hospital premises.





### NATIONAL UNITY DAY CELEBRATION

The National Service Scheme (NSS) unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre (MCC), organized a Pledge Taking Ceremony as part of National Unity Day on 31st October 2025 at 4:00 PM. The event aimed to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India, and to promote the spirit of unity and integrity among students. The 3rd semester and 5th semester students enthusiastically participated in the ceremony by taking the National Unity Pledge in their respective classrooms. The program successfully instilled the values of national integration and collective responsibility among the students under the guidance of the NSS Programme Coordinator.





### **NATIONAL TOOTH BRUSHING DAY**

The National Service Scheme (NSS) unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre (MCC) celebrated National Toothbrush Day with great enthusiasm by organizing a Toothbrushing drill at Moozhikara Anganwadi on 1st November 2025 from 11:00 a.m. to 12:00 p.m. The program aimed to promote awareness about oral hygiene among young children and encourage healthy brushing habits from an early age. During the session, 3<sup>rd</sup> semester NSS volunteers actively participated by educating the children on the importance of maintaining clean and healthy teeth. They gave a live demonstration of the correct toothbrushing technique, explaining how to brush properly, the ideal duration, and the need to brush twice a day. The children enthusiastically participated in the drill and followed the instructions with great interest.

The volunteers also interacted with the children through simple questions, songs, and playful activities, making the learning session enjoyable and memorable. The program successfully instilled the message that good oral hygiene is essential for overall health. The event concluded with positive feedback from the Anganwadi teachers and students, marking it as a meaningful outreach activity of the NSS Unit.



### KERALA PIRAVI - MALAYALA VARAGHOSHAM

The NSS and SNA units jointly organized the Kerala Piravi celebration, titled Malayala Varaghosham, on 1st November 2025 at 12:00 PM, with great enthusiasm and cultural spirit. The program was inaugurated by the Principal, Prof. Dr. Rohini T, who emphasized the importance of preserving Kerala's rich heritage and linguistic pride. The presidential address was delivered by Dr. Simi Mohan, SNA Adviser, highlighting the need to uphold Kerala's cultural identity and promote creative expression among students. Prof. Jose John offered felicitations and appreciated the combined efforts of NSS and SNA in organizing such a meaningful celebration. The welcome address was delivered by Ms. Rinjuna K. P., NSS Programme Coordinator, who warmly greeted the dignitaries and participants. The event concluded with a vote of thanks proposed by Ms. Nileena, NSS Volunteer, expressing gratitude to all who contributed to the success of the program.

As part of Malayala Varaghosham, a series of competitions and cultural events were organized from November 1st to November 7th, including story writing, poem writing, elocution, quiz, and pencil drawing competitions. These activities provided students with a creative platform to showcase their talents and express their love for the Malayalam language and Kerala's vibrant culture. The week-long celebration truly reflected the unity, enthusiasm, and cultural pride of the campus community.





enthusiasm. The event aimed to educate young students about cancer, its warning signs, and the importance of healthy lifestyle practices in preventing the disease.

Dr. Neethu A P and Dr. Phinse M Philip from the Community Oncology Department conducted an informative session on cancer awareness, emphasizing the need for early diagnosis and regular health checkups. The school principal, Ms. Sathi M Kurup, also graced the occasion and appreciated the efforts of the nursing students and faculty in promoting cancer awareness among school children. A specimen exhibition was also arranged to enhance understanding about cancer types and affected organs.

The programme concluded at 12:30 P.M. with a vote of thanks. The event was informative, impactful, and successfully conveyed the message of cancer prevention and awareness to the younger generation.



### **REPORT ON KERALA PIRAVI CELEBRATION (01 – 07 NOVEMBER 2025)**

The Institute of Nursing Sciences & Research, MCC (PGIOSR) celebrated Kerala Piravi Week from 1st to 7th November 2025 with great enthusiasm and pride. The program was jointly organized by the NSS and SNA units with the objective of promoting the Malayalam language, literature, and the rich cultural traditions of Kerala.

The inaugural ceremony was held on 1st November 2025 at 11:45 a.m. in Lecture Hall 3. The program began with a prayer and the university anthem, followed by a warm welcome address delivered by Ms. Rinjuna K. P., NSS Programme Officer. The function was presided over by Dr. Simi Mohan, SNA Advisor, and inaugurated by Prof. Dr. Rohini T., Principal. Prof. Jose John, Vice Principal,

delivered the felicitation. The inaugural session concluded with the national anthem, marking the beginning of a week filled with creative and cultural events.

Throughout the week, various competitions were organized to encourage students' participation and expression. On 3rd November 2025, story writing and poem writing competitions were held in the library, where students showcased their literary talents in Malayalam. Ms. Ann Maria Prince emerged as the winner of both the story and poem writing competitions.

On 4th November 2025, an elocution competition was conducted in Lecture Hall 4, where students delivered inspiring speeches about the beauty, unity, and cultural heritage of Kerala. Ms. Ann Mathew secured the first position in the elocution competition.

A quiz competition was organized on 5th November 2025 in Lecture Hall 4, testing students' knowledge of Kerala's history, literature, and traditions. Ms. Nivya and Ms. Hridya Ranjith of 5th semester won the quiz competition through their active and intelligent participation.

On 6th November 2025, a pencil drawing competition was conducted, allowing students to express their artistic skills by depicting Kerala's scenic beauty and cultural essence through art. Ms. Pavithra Surendran of 3rd semester won the first prize for her outstanding drawing.

The valedictory function was held on 7th November 2025 to conclude the week-long celebration. The session began with a prayer and a brief cultural program. Certificates were

## **MAR DIOSCORUS COLLEGE OF PHARMACY**

SL.NO	Date	Name of the activity	Num ber of hours	Numb er of partici pants	Achievement by the programme including the beneficiaries
1	27-10-2025	Sardar@150 Week Celebration  EssayWriting Competition	1	15	As part of the Sardar@150 week celebration, the NSS Unit of Mar Dioscorus College of Pharmacy organized an Essay Writing Competition on the topic

					“Life of Sardar Vallabhbhai Patel” on 27th October 2025.
2	28-10-2025	Poster and Collage Presentation	1	25	As part of the Sardar@150 Week Celebration, the NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Pharm.D students, organized a Poster and Collage Presentation to commemorate the 150th birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India.
3	29-10-2025	PowerPoint Presentation	1	15	As part of the Sardar@150 week celebrations, the NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Second Year Pharm.D students, organized a PowerPoint Presentation on 29th October 2025.
4	30-10-2025	Reels Competition	1	6	As part of the Sardar@150 Week Celebrations, the students of Mar Dioscorus College of Pharmacy, under the guidance of the NSS



					Unit, organized a Reel Competition to commemorate the 150th birth anniversary of Sardar Vallabhbhai Patel.
5	31-10-2025	Pledge Taking Ceremony – National Unity Day (Rashtriya Ekta Diwas)	15mins	300	The NSS Unit of Mar Dioscorus College of Pharmacy observed National Unity Day (Rashtriya Ekta Diwas) on 31st October 2025 to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India.
6	01-11-2025	Malayalavaragosham Story Writing Competition	1	20	As part of the observance of Kerala Piravi, the NSS Unit of Mar Dioscorus College of Pharmacy organized Malayalavaragosham on 1st November 2025. The event was conducted to celebrate the cultural heritage, language, and traditions of Kerala..
7	01-11-2025	Poem Writing Competition	1	10	In connection with the observance of Kerala Piravi, the NSS Unit of Mar Dioscorus College of Pharmacy celebrated Malayalavaragosham on 1st November 2025 with great enthusiasm. The programme aimed to

					uphold the cultural values of Kerala and to promote love and pride for the Malayalam language among students.
8	01-11-2025	Malayalam Elocution Competition	2	10	As part of the celebration, a Malayalam Elocution Competition was conducted on the topic “Prakrithiyum Manushyanum” (Nature and Man). The competition provided a platform for students to express their views on the vital relationship between humanity and nature, encouraging awareness about environmental conservation and sustainable living.
9	06-11-2025	National Cancer Awareness Day	1	100	As part of the observance of National Cancer Awareness Day, the NSS Unit of Mar Dioscorus College of Pharmacy organized an awareness session for the First Year B.Pharm students on 6th November 2025.
10	11-11-2025	Immunization Day Awareness Programme	1	10	In connection with the observance of Immunization Day, the NSS Unit of Mar

					Dioscorus College of Pharmacy organized an awareness programme on 11th November 2025 to educate the public about the importance of vaccination and disease prevention.
11	11-11-2025	National Education Day 2025	2	100	On the observance of National Education Day 2025, the Department of Pharmaceutics in association with the NSS Unit of Mar Dioscorus College of Pharmacy organized a talk on the topic "Understanding the National Education Policy: A New Vision for Indian Education" on 11th November 2025.
12	12-11-2025	World Pneumonia Day Awareness Programme	1	55	In observance of World Pneumonia Day, an awareness session was organized on 12th November 2025 by the Pharm.D students in association with the NSS Unit of Mar Dioscorus College of Pharmacy.
13	12-11-2025	World Pneumonia Day-poster presentation	1	8	As part of the observance of World Pneumonia Day, a

					poster presentation was organized on 12th November 2025 by the Pharm.D students in collaboration with the NSS Unit of Mar Dioscorus College of Pharmacy.
14	13-11-2025	World Kindness Day 2025	2	15	In observance of World Kindness Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy organized a compassionate outreach activity on 13th November 2025 at the Pangappara Primary Health Center.
15	13-11-2025	World Diabetes Day – Flash Mob Awareness Programme	1	15	As part of the observance of World Diabetes Day, a flash mob was organized on 13th November 2025 by the Pharm.D students in collaboration with the NSS Unit of Mar Dioscorus College of Pharmacy at the Primary Health Center, Pangappara.
16	13-11-2025	World Diabetes Day – Awareness Session	1	15	In observance of World Diabetes Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy actively participated in the awareness session organized by the Primary Health Center, Pangappara on 13th November 2025.



17	13-11-2025	World Diabetes Day – Public Awareness Programme	1	15	As part of the observance of World Diabetes Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy, under the guidance of the Department of Pharmacy Practice, organized a public awareness programme on 13th November 2025.
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### 1. Essay Writing Competition – Life of Sardar Vallabhbhai Patel


As part of the Sardar@150 week celebration, the NSS Unit of Mar Dioscorus College of Pharmacy organized an Essay Writing Competition on the topic “Life of Sardar Vallabhbhai Patel” on 27th October 2025 at 3.00 PM.

The event aimed to inspire students by reflecting on the remarkable life, leadership, and contributions of Sardar Vallabhbhai Patel—the Iron Man of India and the architect of national integration.

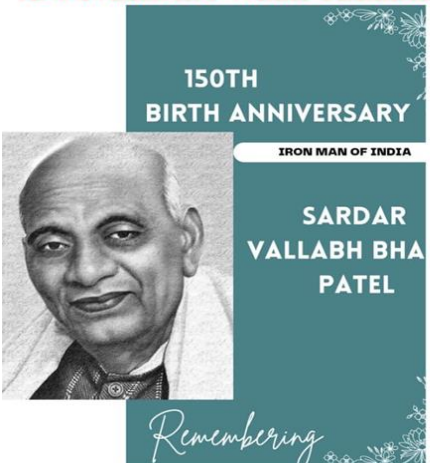
Students from various batches actively participated and expressed their views on Sardar Patel’s vision, patriotism, and dedication to building a united India. The competition provided a platform for students to enhance their writing skills and deepen their understanding of national values and leadership.

**MAR DIOSCORUS COLLEGE OF PHARMACY**  
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**NATIONAL SERVICE SCHEME**  
organizes  
**ANNIVERSARY WEEK CELEBRATION (27/10/25 - 01/11/25)**



150TH  
BIRTH ANNIVERSARY

IRON MAN OF INDIA

SARDAR  
VALLABH BHA  
PATEL

*Remembering*

**Poster making**

**@10.00 am**

**27/10/25, Monday**

As part of the Sardar@150 Week Celebration, the NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Pharm.D students, organized a Poster and Collage Presentation to commemorate the 150th birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India. The program aimed to highlight Sardar Patel's remarkable contribution to national unity, integrity, and the integration of princely states. Students actively participated by creating informative and artistic posters and collages reflecting the theme "Unity in Diversity" and "Sardar Patel – The Architect of Modern India."

The event encouraged students to understand the values of patriotism, leadership, and service to the nation that Sardar Patel stood for. The creative works of the participants were displayed in the college premises, drawing great appreciation from faculty members and students alike. The celebration concluded with a message emphasizing the importance of unity and national integration, resonating with the ideals of the National Service Scheme—"Not Me, But You."

### 3. PowerPoint Presentation

As part of the Sardar@150 week celebrations, the NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Second Year Pharm.D students, organized a PowerPoint Presentation on 29th October 2025.

The session aimed to honor the legacy of Sardar Vallabhbhai Patel, highlighting his pivotal role in India's freedom struggle and his efforts in uniting the princely states to form a strong and independent nation.

Students presented informative and creative slides covering various aspects of Sardar Patel's life, including his early years, leadership in the independence movement, and contributions as the first Deputy Prime Minister and Home Minister of India. The presentations reflected the students' enthusiasm, research skills, and respect for national leaders. Faculty members appreciated the students' efforts and encouraged them to follow the ideals of unity, integrity, and service to the nation.

The event concluded with a brief address by the NSS Programme Officer, who emphasized the importance of remembering national leaders and promoting patriotic values in the younger generation.

#### 4. Reels Competition

As part of the Sardar@150 Week Celebrations, the students of Mar Dioscorus College of Pharmacy, under the guidance of the NSS Unit, organized a Reel Competition to commemorate the 150th birth anniversary of Sardar Vallabhbhai Patel.

The competition aimed to creatively portray the life, values, and contributions of Sardar Patel through short video reels. Students enthusiastically participated, using innovative ideas and digital storytelling to highlight themes such as national unity, leadership, and patriotism.

The reels captured Sardar Patel's inspiring role in the integration of princely states and his vision for a united India. The activity encouraged students to combine creativity with historical awareness, promoting national pride and respect for one of India's greatest leaders. The best entries were appreciated for their originality, message, and presentation. The event concluded with a message from the NSS Programme Officer, encouraging students to uphold the spirit of unity and social responsibility reflected in Sardar Patel's life.

#### 5. National Unity Day (Rashtriya Ekta Diwas)

The NSS Unit of Mar Dioscorus College of Pharmacy observed National Unity Day (Rashtriya Ekta Diwas) on 31st October 2025 to commemorate the birth anniversary of Sardar Vallabhbhai Patel, the Iron Man of India.

As part of the observance, a Pledge Taking Ceremony was conducted to reaffirm the commitment of students and staff toward preserving the unity, integrity, and security of the nation. The event began with a brief introduction highlighting the significant role of Sardar Patel in unifying India after independence.

The National Unity Pledge was administered by the NSS Programme Officer, with all faculty members, NSS volunteers, and students participating with great enthusiasm and patriotic spirit.





## MAR DIOSCORUS COLLEGE OF PHARMACY

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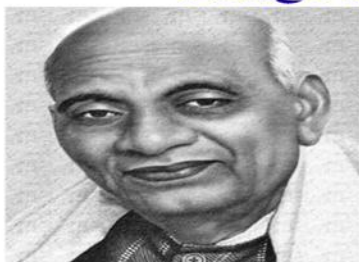
### NATIONAL SERVICE SCHEME

organizes

ANNIVERSARY WEEK CELEBRATION (27/10/25 - 01/11/25)

## RASHTRIYA EKDA DIWAS

Pledge taking on National unity day



Sardar@150

31/10/25, Friday



### 6. Malayalavaragosham - Story Writing Competition

As part of the observance of Kerala Piravi, the NSS Unit of Mar Dioscorus College of Pharmacy organized Malayalavaragosham on 1st November 2025. The event was conducted to celebrate the cultural heritage, language, and traditions of Kerala.

In connection with this celebration, a Story Writing Competition was conducted on the topic “Mazhakalathe Orma”. The competition aimed to encourage students to express their creativity and literary talent in Malayalam by reminiscing the nostalgic memories of the rainy season.

Students from various batches enthusiastically participated, presenting beautifully written stories that reflected their imagination and emotional connection to Kerala’s monsoon and traditions.

The event concluded with words of appreciation for all participants, and winners were recognized for their outstanding contributions. The celebration of Malayalavaragosham successfully highlighted the essence of Kerala Piravi and promoted pride in the Malayalam language and culture.



## 7. Poem Writing Competition

In connection with the observance of Kerala Piravi, the NSS Unit of Mar Dioscorus College of Pharmacy celebrated Malayalavaragosham on 1st November 2025 with great enthusiasm. The programme aimed to uphold the cultural values of Kerala and to promote love and pride for the Malayalam language among students.

As part of the celebration, a Poem Writing Competition was conducted on the topic “Malayalam Maranna Kutty”. The competition encouraged students to express their creativity and poetic talent in Malayalam, highlighting the importance of preserving and cherishing one’s mother tongue. Students from various batches actively participated and presented thought-provoking and heart-touching poems. The event provided a platform for students to showcase their linguistic and literary skills while reflecting on the beauty and identity of the Malayalam language.

## 8. Malayalam Elocution Competition

In observance of Kerala Piravi, the NSS Unit of Mar Dioscorus College of Pharmacy organized Malayalavaragosham on 1st November 2025 with great enthusiasm. The event aimed to celebrate the cultural heritage of Kerala and to promote the richness of the Malayalam language among students.

As part of the celebration, a Malayalam Elocution Competition was conducted on the topic “Prakrithiyum Manushyanum” (Nature and Man). The competition provided a platform for students to express their views on the vital relationship between humanity and nature, encouraging awareness about environmental conservation and sustainable living.

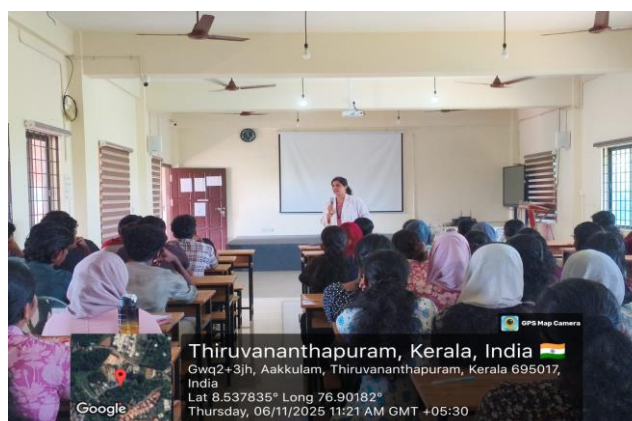
Participants from various batches showcased their eloquence, confidence, and deep understanding of the topic. The speeches reflected creativity, social responsibility, and a genuine concern for the environment.

## 9. National Cancer Awareness Day

As part of the observance of National Cancer Awareness Day, the NSS Unit of Mar Dioscorus College of Pharmacy organized an awareness session for the First Year B.Pharm students on 6th November 2025.

The session was taken by Mrs. Ansu Sarah Koruthu, Associate Professor, aimed to create awareness about the causes, prevention, and early detection of cancer, emphasizing the importance of lifestyle choices and timely medical intervention. NSS volunteers and faculty members highlighted the growing incidence of cancer in India and the need for collective efforts in promoting health education and preventive care.

The programme included informative discussions on risk factors, symptoms, and the significance of regular screening and healthy living. Students actively participated and shared their thoughts, making the session interactive and impactful. Through this initiative, the NSS Unit successfully conveyed the message that awareness and education are the strongest tools in the fight against cancer. The programme encouraged students to act as ambassadors of health awareness in their communities.



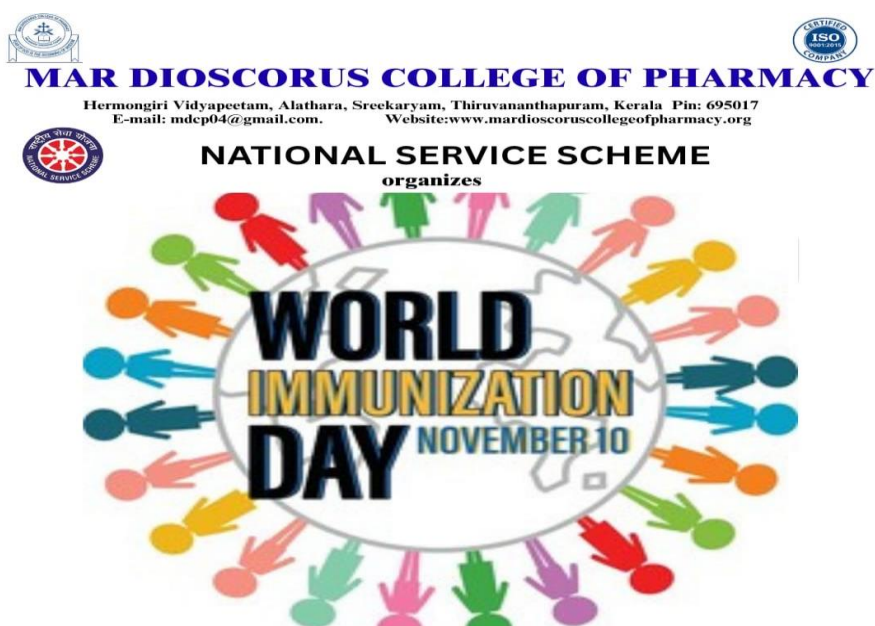
## 10.Immunization Day Awareness Programme

In connection with the observance of Immunization Day, the NSS Unit of Mar Dioscorus College of Pharmacy organized an awareness programme on 11th November 2025 to educate the public about the importance of vaccination and disease prevention.

As part of the programme, NSS volunteers actively participated in distributing awareness notices and interacting with the public to spread essential information about immunization. The volunteers highlighted the significance of timely vaccination in preventing life-threatening diseases, protecting community health, and promoting overall well-being.

Through door-to-door interactions and leaflet distribution, the volunteers emphasized how immunization plays a key role in eradicating infectious diseases and safeguarding future generations. The activity also aimed to dispel misconceptions about vaccines and encourage people to adopt a positive attitude toward immunization programs.

The initiative received positive responses from the public and helped create awareness about the vital role of vaccines in maintaining public health. The programme reflected the social commitment of NSS volunteers and their dedication to community welfare.



## 11.National Education Day 2025

On the observance of National Education Day 2025, the Department of Pharmaceutics in association with the NSS Unit of Mar Dioscorus College of Pharmacy organized a talk on the topic “Understanding the National Education Policy: A New Vision for Indian Education” on 11th November 2025.

The session was handled by Mrs. Praveena M.V., Assistant Professor, Department of Pharmaceutics, who served as the resource person. She highlighted the key aspects of the National Education Policy (NEP) 2020, emphasizing its transformative vision in reshaping India’s education system through innovation, inclusivity, and skill-oriented learning.

The talk provided valuable insights into how NEP aims to bridge the gap between academic learning and practical application, fostering holistic development among students. Participants gained a deeper understanding of the policy’s implications for higher education and professional courses such as pharmacy. The session concluded with an interactive discussion where students and faculty shared their views and reflections on implementing NEP in the field of pharmacy education.

The programme was highly informative and successful in creating awareness about the evolving landscape of Indian education.

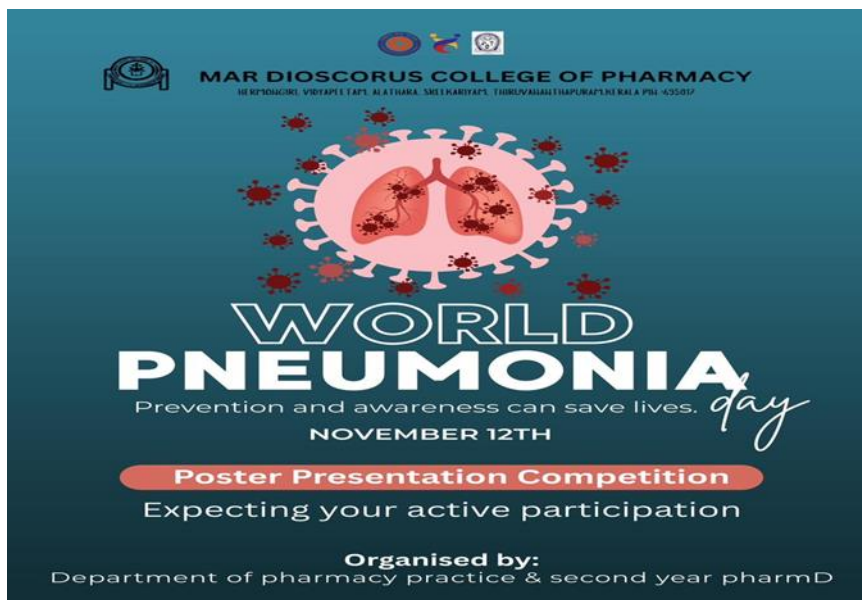
## 12.World Pneumonia Day Awareness Programme

In observance of World Pneumonia Day, an awareness session was organized on 12th November 2025 by the Pharm.D students in association with the NSS Unit of Mar Dioscorus College of Pharmacy.

The session aimed to educate students and the public about pneumonia, its causes, symptoms, preventive measures, and the importance of early diagnosis and vaccination. The Pharm.D students, along with NSS volunteers, delivered informative presentations and interactive discussions to highlight how pneumonia remains a major global health concern, especially among children and the elderly.



Participants gained valuable insights into maintaining respiratory health and preventing infections through proper hygiene practices, nutrition, and immunization. The awareness session also emphasized the role of pharmacists and healthcare professionals in promoting public health and disease prevention. The programme was well-received and helped strengthen awareness about the significance of timely medical attention and preventive care for pneumonia.



### 13. World Pneumonia Day-poster presentation

As part of the observance of World Pneumonia Day, a poster presentation was organized on 12th November 2025 by the Pharm.D students in collaboration with the NSS Unit of Mar Dioscorus College of Pharmacy.

The event aimed to raise awareness about pneumonia, its causes, symptoms, prevention, and the importance of timely medical care. Through creative and informative posters, students highlighted the global burden of pneumonia and the crucial role of vaccination, hygiene, and healthy living in preventing the disease.

The posters effectively conveyed messages on respiratory health, early detection, and the significance of spreading public awareness about pneumonia, especially among vulnerable populations such as children and the elderly. NSS volunteers and faculty members appreciated the efforts of the participants for their creativity and commitment to public health education. The programme successfully



promoted knowledge and awareness among students and inspired them to take an active role in health promotion activities.

#### 14. World Kindness Day 2025

In observance of World Kindness Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy organized a compassionate outreach activity on 13th November 2025 at the Pangappara Primary Health Center. The objective of the programme was to spread kindness, positivity, and happiness through small yet meaningful gestures. NSS volunteers spent time interacting with patients, healthcare staff, and visitors, sharing words of encouragement and appreciation for their efforts.

As a token of goodwill, the volunteers distributed sweets to the patients and staff, creating a warm and cheerful atmosphere within the health center. The activity emphasized the importance of empathy, compassion, and community service—core values upheld by the NSS. The initiative served as a reminder that kindness, in its simplest forms, can uplift spirits and strengthen human connections. The programme was well-received by everyone present and reflected the NSS motto, “Not Me, But You.”

#### 15. World Diabetes Day – Flash Mob Awareness Programme

As part of the observance of World Diabetes Day, a flash mob was organized on 13th November 2025 by the Pharm.D students in collaboration with the NSS Unit of Mar Dioscorus College of Pharmacy at the Primary Health Center, Pangappara.

The event aimed to raise awareness among the public about diabetes, its prevention, and the importance of maintaining a healthy lifestyle. The flash mob performance creatively conveyed messages on the significance of regular exercise, balanced diet, and timely medical check-ups in preventing and managing diabetes.

The enthusiastic participation of students drew the attention of the public and health center visitors, making the awareness initiative both lively and impactful. Through energetic dance and meaningful gestures, the volunteers spread the

message that diabetes can be managed effectively through awareness and lifestyle changes.

The health center staff and the public appreciated the efforts of the NSS volunteers and students for their innovative approach in promoting health awareness. The programme successfully combined entertainment with education, reflecting the true spirit of World Diabetes Day.

#### 16. World Diabetes Day

In observance of World Diabetes Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy actively participated in the awareness session organized by the Primary Health Center, Pangappara on 13th November 2025.

The session aimed to educate the public about diabetes, its causes, prevention, and effective management through lifestyle modifications and regular health check-ups. Health professionals from the PHC delivered informative talks on maintaining a balanced diet, engaging in regular physical activity, and adhering to medication to control blood sugar levels.

The NSS volunteers actively assisted in coordinating the event and helped in the smooth conduct of the awareness session. They also interacted with the attendees, spreading key messages about the importance of early detection and prevention of diabetes. The programme successfully enhanced public understanding of diabetes and emphasized the importance of adopting healthy habits to prevent its complications. The active participation of NSS volunteers reflected their commitment to promoting community health and well-being.

#### 17. World Diabetes Day – Public Awareness Programme

As part of the observance of World Diabetes Day, the NSS Volunteers of Mar Dioscorus College of Pharmacy, under the guidance of the Department of Pharmacy Practice, organized a public awareness programme on 13th November 2025.

The initiative aimed to educate the public about diabetes, its causes, preventive measures, and effective management through lifestyle modifications. The volunteers interacted with patients and visitors at the Primary Health Center,

Pangappara, providing valuable information about maintaining a balanced diet, regular exercise, and the importance of blood glucose monitoring.

Pamphlets and informational materials were distributed to help the public understand the long-term complications of uncontrolled diabetes and the benefits of early detection and proper treatment. The guidance and support of the Pharmacy Practice Department played a crucial role in ensuring the accuracy of the information shared and in motivating students to engage effectively with the community. The programme was well-received by the public and successfully conveyed the importance of awareness in preventing and managing diabetes. It reflected the NSS volunteers' dedication to promoting health and well-being within the community.

## **PUSHPAGIRI COLLEGE OF DENTAL SCIENCES**

### **1. ANTI DRUG FLASH MOB IN MARTHOMA COLLEGE**

A flash mob was conducted at MARTHOMA COLLEGE. 10 NSS VOLUNTEERS participated.

#### **Report on Anti-Drug Pledge**

An Anti-Drug Pledge was organized as part of the awareness initiative to promote a drug-free campus. The session was led by Dr. Shibi Mathew V, who briefed the students about the importance of saying 'No to Drugs' and the harmful physical, psychological, and social consequences of substance abuse.

After the briefing, 50 students took the Anti-Drug Pledge, affirming their commitment to stay away from drugs and to spread awareness among their peers and the community. The programme aimed to encourage responsible behavior and to create a healthy, drug-free environment within the institution. The event concluded with a collective resolve to continue promoting the message of a drug-free youth and society.

## **Anti-drug awareness posters placed in college campus**

As part of the Anti-Drug Awareness Programme, posters promoting the message “Say No to Drugs” were displayed at various prominent locations within the college campus. The posters highlighted the harmful effects of drug abuse and encouraged students to lead a healthy and drug-free life.

The posters were placed on all floors of the college building, notice boards, and common areas including the hostel mess and corridors, ensuring maximum visibility among students and staff. This initiative aimed to spread awareness, inspire self-discipline, and promote collective responsibility in creating a drug-free campus environment.

## **2. ANTI-DRUG DEBATE COMPETITION ON 13/11/25 AT 10am in MVGM GOVT POLYTECHNIC COLLEGE**

### **Report on Debate Competition: "Laharimuktha Navakeralam - sadhyadhakalum velluvilikalum"\***

Date: 13/11/25    Venue: MVGM Government Polytechnic College, Vennikulam

Organized by: Kerala Excise Department, Vimukthi Mission

A debate competition was conducted on the topic “Laharimuktha Navakeralam - sadhyadhakalum velluvilikalum” on 13/11/25 at MVGM Government Polytechnic College, Vennikulam, organized by the Kerala Excise Department under their Vimukthi mission. Participants from various colleges in Pathanamthitta district took part, including Dr. Abhishek Joshy (Intern) and Dr. Marvel Dani Charles (Intern), representing Pushpagiri College of Dental Sciences as part of the PCDS NSS unit and Antidrug club. The participants reported by 9:30 AM and completed registration by 10:00 AM.

The official inaugural function started at 10:30 AM, presided over by the MVGM college principal, and was inaugurated by the respected Excise District Assistant Commissioner. The debate began at 11:00 AM, comprising 17 teams, with two rounds: a 3-minute first round and a 2-minute rebuttal round. The competition ended by 1:00 PM, followed by a photo session. The event provided a valuable experience, enhancing the participants’ perspective on the increasing drug consumption issue in Kerala, and was an overall good experience for the participants.

## **CARITAS COLLEGE OF NURSING,** **KOTTAYAM**

<b>Sl. No</b>	<b>Date</b>	<b>Activity conducted (Name of the Activity)</b>	<b>No. of Volunteers Participants</b>	<b>No. of Hours performed</b>	<b>Achievement to the beneficiaries by the programmes</b>
1	22-10-25	• Blood donation drive	10 volunteers	1 hour	• Volunteers got awareness regarding the importance of blood donation to save lives
2	26-10-25	• Medical Camp at Karimanthodu	6 volunteers	4 hours	• Free medical consultation, lab tests, ECHO, ECG and medicines to the participants
3	09-11-25	• Medical Camp at Kumarakom	6 volunteers	5 hours	• Free medical consultation, lab tests, ECHO, ECG and medicines to the participants
4	13-11-25	• Diabetic day celebration	4 volunteers	1 hour	• Free diabetic screening and health awareness session for the participants
5	14-11-25	• Children's day celebration	50 volunteers	3 hours	• Children got awareness on healthy eating, mental health and healthy screen through role plays, action song and games

NSS unit of Caritas College of Nursing in collaboration with Caritas Hospital organized a blood donation drive on 22-10-25. NSS volunteers participated in the programme. All volunteers who are physically fit for donating blood and after the detailed physical and laboratory examination were donated blood.



NSS unit of Caritas College of Nursing in collaboration with Caritas Hospital, St. George Orthodox Church, Thekuthodu and Care and Share International Foundation conducted a medical camp at St. George Church Parish Hall, Karimanthodu, Pathnamthitta on 26-10-25. The camp featured free consultations across various medical specialties (General medicine, Cardiology, Dermatology, Paediatrics, Orthopaedics and Gynecology). The camp also provided free blood investigations, ECG, ECHO and medicines to the participants.



**CARE & SHARE**



**CARITAS**  
HOSPITAL & INSTITUTE OF HEALTH SCIENCES

തെക്കുതോട് സെന്റ് ജോർജ് ഓർത്തഡോക്സ് പള്ളിയുടെ ആഭിമുഖ്യത്തിൽ പദ്മപ്രഭി മമ്മൂട്ടി നയിക്കുന്ന കെയർ & ഷെയർ ഇന്റർനാഷണൽ ഫൗണ്ടേഷന്റെയും കാരിതാസ് ആശുപത്രിയുടെയും സഹകരണത്തോടെ



**സൗജന്യ  
മൾട്ടി സ്പെഷ്യാലിറ്റി  
മെഡിക്കൽ ക്യാമ്പ്**

ഓക്ടോബർ 26ാം തീയതി ഞായറാഴ്ച രാവിലെ 08:30 മുതൽ 12:30 വരെ കരിമാൽതോട് സെന്റ് ജോർജ് പള്ളി പാരിഷ് ഹാളിൽ വെച്ച് നടത്തപ്പെടുന്നു.

**പ്രധാന വിഭാഗങ്ങൾ**

കാർഡിയോളജി | പിരിയാട്രിക്സ് | കൈനകോളജി |  
ഓർത്തോപീഡിക്സ് |  
ജനറൽ മെഡിസിൻ | ഡെർമറ്റോളജി

മേൽപ്പറഞ്ഞ വിഭാഗത്തിലെ വിദഗ്ദ്ധ ഡോക്ടർമാരുടെ സേവനം ലഭ്യമാണ്.

**ലഭ്യമാകുന്ന മറ്റ് സേവനങ്ങൾ**

• ECG • ECHO • BP പരിശോധന • രക്തപരിശോധന • മരുന്ന് വിതരണം

കൂടുതൽ വിവരങ്ങൾക്കും ബുക്കിങ്ങിനും:

+91 83 04 06 5367



NSS unit of Caritas College of Nursing in collaboration with Caritas Hospital and Cooperative bank, Kumarakom organized a medical camp at St. Johns Church, Kumarakom on 09-11-25. The camp featured free consultations across various medical specialties (General medicine, General surgery, ENT, Cardiology, Dermatology, Paediatrics, Pulmonology and Gynecology). The camp also provided free mammogram screening, blood investigations, ECG, ECHO and medicines to the participants.

**കൂടുതലും വടക്കുംഭാഗം സർവ്വീസ് സഹകരണ ബാങ്ക് ക്ലിപ്തം നമ്പർ 1070൯ ശതാബ്ദി ആഘോഷത്തിന്റെ ഭാഗമായി കാരിത്താസ് ആശുപത്രിയുടെ സഹകരണത്തോടെ**

**സൗജന്യ മൾട്ടി സ്പെഷ്യാലിറ്റി മെഡിക്കൽ ക്യാമ്പ്**

നവംബർ 09ാം തീയതി ഞായറാഴ്ച രാവിലെ 08:30 മുതൽ 12:30 വരെ കൂടുതലും സെന്റ് ജോൺസ് വളയാറ പള്ളിയിൽ വച്ച് നടത്തപ്പെടുന്നു.

**പ്രധാന വിഭാഗങ്ങൾ**  
 ജനറൽ മെഡിസിൻ | ജനറൽ സർജറി | ഇയർ ടി ടൈനറക്കോളജി | പീഡിയാട്രിക്സ് | പൾമണോളജി | കാർഡിയോളജി | ഡെർമറ്റോളജി | മാമോഗ്രാം സ്ക്രീനിംഗ്

മേൽപ്പറഞ്ഞ വിഭാഗത്തിലെ വിദഗ്ദ്ധ ഡോക്ടർമാരുടെ സേവനം ലഭ്യമാണ്.

**20 പേർക്ക് സൗജന്യ സ്പെഷ്യാലിറ്റി പരിശോധനയും**

ലഭ്യമാകുന്ന മറ്റ് സേവനങ്ങൾ  
 • ECG • ECHO • BP പരിശോധന • രക്തപരിശോധന • മരുന്ന് വിതരണം

കൂടുതൽ അന്വേഷണങ്ങൾക്ക് താല്പര്യപ്പെടുന്നവർക്ക് ബന്ധപ്പെടാവുന്നതാണ്.  
**+91 9446303795 | +91 9446859437 | +91 9497822983**  
 മാമോഗ്രാം പരിശോധനയ്ക്കുള്ള ബുക്കിങ്ങിനായി **+91 9446073795**

NSS Unit and community Health Nursing department celebrated World Diabetes Day at Outreach center, Nalpathimala on 13-11-25. An awareness class on prevention and management of diabetes was organized. Free blood glucose monitoring was arranged for the participants.

**CARITAS COLLEGE OF NURSING**  
 Affiliated to KUHS, Thiruvananthapuram & Approved by INC, KNMC

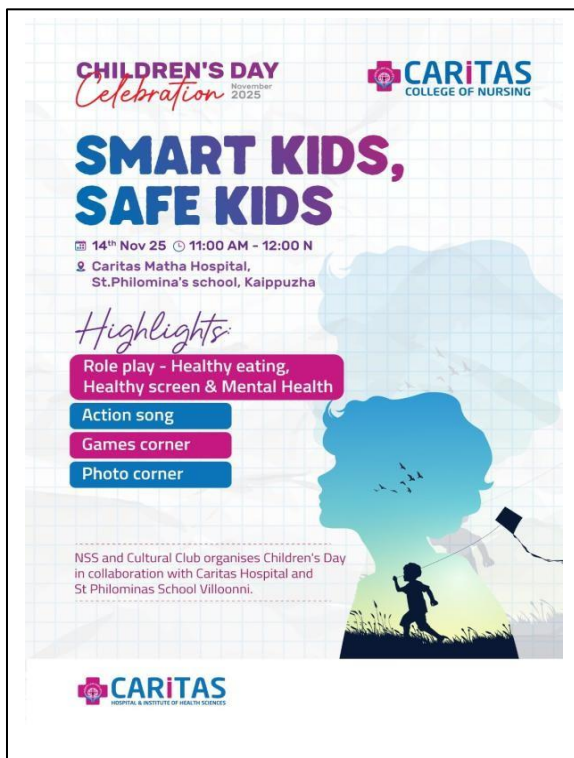
**World Diabetes Day Celebration**  
 Organized by  
 Community Health Nursing Department

**Date: 13/11/25**  
**Time : 10 am**  
**Venue: Outreach Center, Nalpathimala**

**Program Highlights**  
 1. Diabetes Screening  
 2. Health awareness session on prevention and management of Diabetes



NSS unit and cultural club of Caritas College of Nursing organized Childrens Day celebration at Caritas Matha Hospital and St. Philomina's School, Kaippuzha on 14-11-25. Health awareness give to children on healthy eating, healthy screen and mental health through role plays, action song and games.



**ST. JOSEPH'S COLLEGE OF NURSING,**  
**ANCHAL**

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	10/10/2025	World Mental Health Day	100	2hrs	To raise the awareness of Mental Health issues around the world and to mobilize effort in support of mental health.
2	29/10/2025	National Cyber Security Awareness Programme	100	2hrs	The purpose of cyber security is to protect digital systems, networks and data from unauthorized access, theft and damage.

**Report of World Mental Health Day**

World Mental Health Day observed on October 10<sup>th</sup> every year. The overall objective of World Mental Health day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

NSS Volunteers of St.Joseph's College of Nursing observed the World Mental Health Day on October 10<sup>th</sup> 2025." Access to Services" is the theme of the Mental Health Day 2025.The programme was started with NSS Song. The programme inaguration was done by Sr.Lily Thomas Director St. Joseph's Institution .The theme revealed by Sr.Sobhitha, Professor,St.Joseph's College of Nursing.. The awareness class was taken by Dr. Arjun B Hari, Family Physician ,St. Joseph's hospital. He explained the events and activities are planned to raise awareness of the value of human well being and mental health..NSS volunteers conducted the poster exhibition at St. Joseph's hospital.



### **Report of National Cyber Security Awareness Programme**

NSS Volunteers of St.Joseph's College of Nursing observed the National Cyber Security Awareness Programme on October 29<sup>th</sup> 2025."The programme was started with NSS Song. The programme inaguration was done by Dr.S.Revathi,Principal, St. Joseph's College of Nursing,Anchal .The primary theme for cyber security and cyber cell awareness programme in 2025 include "Cyber Jagrit Bharat" and "Stay Safe Online".The theme emphasize the

importance of collective vigilance and practical, everyday actions to enhance digital safety.

The awareness class was taken by Mr. Jais (HR Department), St. Joseph's hospital, Anchal. He explained the the purposes of cyber security is to protect digital systems, networks and data from unauthorized access, theft and damage. It safeguards information by ensuring its confidentiality, integrity and availability, and aims to prevent, detect, and respond to cyber attack like malware and phishing.

## **SANTHI COLLEGE OF NURSING, CALICUT**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	30/10/25	Anti-ragging class	200	2 hrs	Santhi Academy students
2	31/10/25	Sawthatha Hi seva Campaign	50	3hrs	NSS volunteers, staffs and localists
3	31/10/25	Rashtriya Ekta Diwas	48	30 min	NSS volunteers and staffs
4	1/11/25 to 7/11/25	മലയാള വാർഷികഘോഷം	100	9 hrs	NSS volunteers, students and staff
5	14/11/25	Diabetic day celebration	150	2 hr	NSS volunteers, students, staffs and localists
6	15/10/25	Janjatiya Gaurav divas	50	20 min	NSS volunteers and students



## Anti-ragging class

For the academic year 2025-26, “Anti-ragging” talk delivered by Mr. Geoffrey George Joseph (Deputy Director of Prosecution, Judicial First Class Magistrate Court, Thamarassery). Doctor Sheeja Mathew (Principal, Santhi College of Nursing) welcomed and introduced him to the gathering. Mr. Jaseem M.K(administrator), Mrs. Lisha (Vice Principal, Santhi School of Nursing), Mr. Anoop (senior CPO, Koduvally Police Station) were present in that meeting. Teachers and all BSc and GNM nursing students were placed on the auditorium with proper seating arrangements. He was discussing the points based on “UGC Guidelines”& BNS rules. He discussed the rules by reading and explaining various circulars that given by the Supreme Court & INC to all Police departments and Educational institutions.

## 2. Swatchatha Hi seva Campaign

Santhi College of Nursing NSS unit conducted a cleaning campaign drive at family wellness centre at Venappara on 31/10/25 at 9 am to 11.30 am. Mr. Gngadaharan PK (former Omassery Gram Panchayath president and ward member 3) inaugurated the campaign and he pointed the importance of social activities in medical field and appreciated the team for conducting it. Mrs. Rajitha (Ward member 4) done key note address and she mentioned that it is a good effort by the volunteers and should keep environment clean and safe because of that we can build a healthy life.

Dr.Sheeja Mathew (Principal SCON) handed over bucket, mug and a water tumbler to Mrs.Jasla JHI as a contribution from SCON NSS unit. Mr.Midhun Mathew (NSS P O) and Dr.Abid fahim (Vice principal) guided the students in cleaning schedule and supported them by participating in their activities. Mrs.Amrutha (Asaha worker) helped the volunteers by proving materials and instructions to complete their task.

Mrs. Nisha Joy (Asst. NSS PO), Mrs.Divya (Clinical instructor) and Mr.Gafoor (Office supdt) helped and participated in the volunteers to complete their campaign successfully. Nearby people provided their support and gratitude by providing juice, fruits, tea and snacks to the volunteers. Participants felt so proud when completed their mission.





## 1. Rashtriya Ekta Diwas

Santhi College of Nursing NSS Unit conducted Rashtriya Ekta Diwas is celebrated on 31st October every year to mark the birth anniversary of Sardar Vallabhbhai Patel, the first Deputy Prime Minister and Home Minister of India. “Manpower without Unity is not a strength unless it is harmonized and united properly, then it becomes a spiritual power” - Sardar Vallabhbhai Patel. Mr.Midhun Mathew (NSS P O) held a session on this and he reminded the strength and unity of India and he struggled for that. He recited the unity pledge.

**മലയാള വാരാഘോഷം**

**മലയാള വാരാഘോഷ ദിനാചരണം റിപ്പോർട്ട്**

**ശാന്തി കോളേജ് ഓഫ് നഴ്സിങ് , ഓമശ്ശേരി, കോഴിക്കോട്, 673582**

**മലയാള വാരാഘോഷം**

വേദി:- പഠന മുറി-4

സമയം:

3.00 to 4.00pm

**മത്സര ഇനം :-**

1/11/25: കേരളാ പിറവി ദിനാചരണം

3/11/25 - കഥാ രചന

4/11/25- കവിതാ രചന

5/11/25- മലയാള ഭാഷാ പദപരിചയം:-

മലയാള പദ അർത്ഥം, വിപരീത പദം,

പഴഞ്ചൊല്ലുകൾ വ്യാഖ്യാനം

6/11/25- മലയാള വാരാഘോഷ ദിനാചരണം

7/11/25- പ്രശ്നോത്തരി, പ്രസംഗം

#### നവംബർ 1

വേദി : പഠന മുറി -1

സമയം : 3 PM TO 4 PM

കാര്യപരിപാടി (ദിനം 1) : കേരളപ്പിറവി ദിനാചരണം

പ്രാർത്ഥന :

സ്വാഗത പ്രസംഗം : ശ്രീമതി . ദിവ്യാ ബിജോ ( ക്ലിനിക്കൽ ഇൻസ്ട്രക്ടർ )

അദ്ധ്യക്ഷൻ : ശ്രീമതി . നിഷ ജോയ് (അസ്സീസ്റ്റ്.പ്രൊഫസർ )

ഉദ്ഘാടനം : ശ്രീമതി . മഞ്ജു തോമസ് (HOD .OBG ഡിപ്പാർട്ട്മെന്റ് )

നന്ദി : ശ്രീ .മിഥുൻ മാത്യു (NSS P O )

3/11/25 - മൽസരമുറ : കഥാ രചന

വേദി: പഠന മുറി -4

സമയം: 3 PM TO 4 PM

12 കുട്ടികൾ പങ്കെടുത്തു , "മലയാളിയുടെ സ്വപനം " എന്നതായിരുന്നു വിഷയം .

ഫസ്റ്റ് : Jumna.K (V sem)

second: Doniya Maria (V sem) .

4/11/25 - മൽസരമുറ: കവിതാ രചന

വേദി: പഠന മുറി -4

സമയം: 3 PM TO 4 PM

10 കുട്ടികൾ പങ്കെടുത്തു , " എന്റെ മലയാളം " എന്നതായിരുന്നു വിഷയം .

ഫസ്റ്റ്: Jishana Sherin (5th sem)

second: Anliya Raju (2<sup>nd</sup> sem).

5/11/25- മൽസരമുറ -മലയാള ഭാഷാ പദപരിചയം:- മലയാള പദ അർത്ഥം,  
വിപരീത പദം, പഴഞ്ചൊല്ലുകൾ വ്യാഖ്യാനം

വേദി: പഠന മുറി -4

സമയം: 3 PM TO 4 PM

15 കുട്ടികൾ പങ്കെടുത്തു.

**ഫസ്റ്റ് :** Daniya Bency (I sem )

**second:** Fathima Nasmiya K N (I st sem) & Jishana Sherin (V sem)

**6/11/25- മലയാള വാരാഘോഷ ദിനാചരണം**

**വേദി:** ശാന്തി അക്കാദമി ഹാൾ

**സമയം:** 3 PM TO 4 PM

**പ്രാർത്ഥന :** അനം ഇഷാഖ് (5ത് sem )

**സ്വാഗത പ്രസംഗം :** ശ്രീ .മിഥുൻ മാത്യു (NSS P O )

**അദ്ധ്യക്ഷൻ :** Dr . ഷീജ മാത്യു (പ്രിൻസിപ്പാൾ , ശാന്തി നസ്റ്റിംഗ് കോളേജ് )

**ഉദ്ഘാടനം :** ശ്രീ . സ്റ്റീവ് തോമസ് നെല്ലിക്കൽ (Rtd .അദ്ധ്യാപകൻ , ഹോളി ഫാമിലി സ്കൂൾ വേനപ്പാറ )

**നന്ദി :** ഫാത്തിമ നാജിയ (5ത് sem )

മിഥുൻ മാത്യു NSS PO സ്വാഗതം ആശംസിക്കുകയും , പ്രിൻസിപ്പൽ Dr .ഷീജ മാത്യു തന്റെ പ്രസംഗത്തിൽ മലയാള ഭാഷയുടെ പ്രസക്തി അതിന്റെ ആവശ്യകത എന്നിവയെ പറ്റി പറയുകയുണ്ടായി . ശ്രീ .ശ്രീ . സ്റ്റീവ് തോമസ് നെല്ലിക്കൽ (Rtd . മലയാള അദ്ധ്യാപകൻ , ഹോളി ഫാമിലി സ്കൂൾ വേനപ്പാറ ) മലയാള ഭാഷയെ നമ്മൾ ഇന്ന് മറക്കുകയും , മറ്റു ഭാഷകളുടെ അതിപ്രസരം നമ്മുടെ മാതൃ ഭാഷയിൽ കയറിക്കൂടി യതിനെയും പറഞ്ഞു. ഇന്ന് നമ്മൾ മലയാളികൾ മംഗ്ലീഷ് സംസാരിക്കുകയും മാത്രമേയെന്തെ മറക്കുകയും ചെയ്തിരിക്കുന്നു. സ്വമാതാവിനെ വല്ലപ്പോഴും സ്മരിക്കേണ്ടതല്ലെന്നും എപ്പോഴും നമ്മുടെ ഇടയിൽ ഉണ്ടാവേണ്ടതാണെന്നും ഉദ്ബോധിപ്പിച്ചു. ഫാത്തിമ നാജിയ (5ത് sem ) എല്ലാ വർക്കും നന്ദി അർപ്പിച്ചു .

**7/11/25-5/11/25- മൽസരഇനം - പ്രശ്നോത്തരി , പ്രസംഗമൽസരം**

**വേദി:** പഠന മുറി -4

**സമയം:** 3 PM TO 4 PM

**പ്രശ്നോത്തരി 17 കുട്ടികൾ പങ്കെടുത്തു ,**

**ഫസ്റ്റ്:** Jishana sherin (5ത് sem)

**second:** Ayana Alphonsa (5th sem).

**പ്രസംഗമൽസരം 10 കുട്ടികൾ പങ്കെടുത്തു**

**ഫസ്റ്റ്:** Jishana sherin (V sem)

**second:** Lazin E K (2<sup>nd</sup> sem) & Nidha Minnath (I sem) .

## Diabetic day

Santhi college of nursing NSS unit celebrated Diabetic Day with different activities like poster making competition and its display presentation. Based on the theme participants prepared the posters and displayed it on the reception. 14 November is World Diabetes Day, can impact people across all life stages, including childhood, the reproductive years, working age and older adulthood. The theme of this year's WHO World Diabetes Day, "Diabetes across life stages," recognizes that every person living with diabetes should have access to integrated care, supportive environments and policies that promote health, dignity and self-management. This campaign emphasizes the importance of a life-course approach to diabetes prevention, management and overall well-being. World Diabetes Day provides an opportunity to raise awareness about diabetes as a critical global public health issue. Join us in raising awareness, spreading knowledge and creating lasting change for all affected by diabetes.

## Janjatiya Gaurav divas

Santhi College of Nursing NSS unit conducted Janjatiya Gurav Divas with activity of remembering Him and Mr. Midhun Mathew (NSS P O) discussed his activities. Janjatiya Gaurav Divas is a name given on 15 November 2021 by the Union Cabinet of the Government of India, in its meeting held on 10 November 2021, to remember the contribution of tribal freedom fighters, as part of the year-long celebration of the 75th anniversary of Indian independence. November 15 is the birthday of the great tribal warrior Birsa Munda.



Sd/-

**Dean (Student Affairs) & NSS Programme Coordinator**