



KERALA UNIVERSITY OF HEALTH SCIENCES

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

Date: 26/08/2025

PMS COLLEGE OF DENTAL SCIENCE & RESEARCH

ELIXIR 2025-BLOOD DONATION CAMP

“Your small contribution of blood can gift someone many years of life.”

Understanding the profound impact of blood donation, the NSS unit of PMSDSR, in collaboration with the Sree Chitra Tirunal Institute for Medical Sciences & Technology (SCTIMST), the All Kerala Blood Donors Society (KEBS), and the Zam Zam Group of Restaurants, organized the annual blood donation drive, *Elixir 2025*, on May 28, 2025. The event took place in the college campus from 9:30 AM to 2:00 PM, with a total of 67 participants attending the camp.

NSS volunteers efficiently coordinated the event, overseeing venue arrangements and the screening process for donor eligibility. The blood collection process began with initial screenings, including health questionnaires, counselling, haemoglobin checks, and other medical evaluations. The SCT Team included

Mr George, MSW

Dr. Bhuvaneshwari

Saju, ML Nursing Officer

Sindhu M S, Technical Assistant

Aiswarya AS, Technical Assistant

Subhimol AS, Counsellor

A total of 67 faculty, staff, and students participated, and after the screening, 30 individuals were deemed fit to donate. Following their donation, the donors were treated to a lunch sponsored by Zam Zam Group of Restaurants, Trivandrum. Each donor received a certificate of appreciation from KEBS, and our institution was also honoured with a special certificate of recognition for its contribution to this noble cause.



REPORT ON 79th INDEPENDENCE DAY CELEBRATION

Date: 15 August 2025

Venue: College Premises, Vattappara

Introduction

The PMS College of Dental Science & Research, Vattappara, celebrated the 79th Independence Day of India on 15 August 2025 with great patriotic zeal and enthusiasm. The event was organized by the NSS Unit in collaboration with the

college administration, following a meticulously planned schedule finalized in the preparatory meeting held on 11 August 2025 under the chairmanship of Vice Principal Dr. Afzal A.

Program Highlights

Flag Hoisting Ceremony

The celebration began at 8:00 a.m. with the hoisting of the National Flag by Vice Principal Dr. Afzal A. The ceremony was accompanied by the singing of the National Anthem, filling the air with patriotic fervor.

Cultural Programs

- Patriotic Songs: Students and faculty members rendered stirring patriotic songs that evoked deep national pride.
- Parade: The college security personnel performed a disciplined parade as a mark of respect to the nation.
- Speech: Selected speakers shared insights on India's journey since independence and the importance of unity and responsibility.

Special Address & Felicitations

Chairman Dr P.S Thaha, delivered an inspiring address, urging students to uphold the values of freedom and service to the nation. The Vice Principal Dr. Afzal A extended felicitations, appreciating the collective efforts in organizing the program.

Closing Ceremony

The event concluded with the singing of the National Anthem, marking the end of a vibrant and meaningful celebration.

Conclusion

The 79th Independence Day celebration at PMS College of Dental Science & Research was a resounding success. The program not only honored the nation's freedom fighters but also strengthened the patriotic spirit among students, staff,

and faculty. The collaborative efforts of the NSS unit, faculty, administration, and supporting staff ensured the day was memorable and meaningful.



SARASWATHY COLLEGE OF NURSING

Aim: To evaluate and improve students' response to potential emergencies.

As part of creating awareness among the students of Saraswathy College of nursing, the NSS volunteers conducted a mock drill program at Saraswathy College of Nursing. The mock drill was conducted along with the Fire and Rescue Department, Parassala.

The mock drill started with fire alarm and evacuation of students, followed by identifying the number of missing students. The search team, rescue team found missing students and the first aid team gave first aid for injured. The fire safety officers also demonstrated various ways of putting out fire.

The awareness program was very useful in crating awareness among students and they gained skills and knowledge in disaster management.





P R S COLLEGE OF NURSING **TRIVANDRUM**

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	05/06/2025	World Environmental day	40	2hrs	Students and public got awareness regarding the importance of world environmental day
2	14/06/2025	Blood donation day	40	5hrs	Students and public got an awareness regarding the importance of blood donation
3	21.06.2025	Inter National Yoga day	40	4hrs	Students and public got an awareness regarding the importance of Inter National Yoga day

4	26.06.2025	Drug Abuse day	40		Students and public got an awareness regarding the importance of Drug abuse day
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Brief description of the activity with photographs if any:-

1. As a part of World Environmental Day our NSS volunteers conducted many activities such as planting the trees, seed distribution, campus cleaning etc..



2. Blood donation day is observed at PRS College of Nursing as follows:-

In collaboration with PRS Hospital, fourth semester students attended blood donation awareness session on 12/6/2025. The session was taken by Dr. V E Krishna Mohan (HOD, PRS Blood Centre). The chief guest of the programme was Mr. Aneesh (state coordinator Police).

Awareness class and theme presentation conducted in PRS college of nursing on 13/6/2025 for second semester students.

Blood donation camp is held in PRS Hospital Blood bank on 14/5/2025. Fourth semester students participated in blood donation camp.



3. As a part of International Yoga day observance our NSS volunteers conducted a Yoga demonstration class at College Campus.



4. As a part of Drug abuse day our NSS volunteers conducted flash mob and skit related to “SAY NO TO DRUGS” at Perumkadavila Gramapanchayath and poster presentation at college auditorium.



ANANTHAPURI HOSPITALS AND RESEARCH INSTITUTE

As part of the NSS unit of College of Nursing Ananthapuri hospital and research institute Thiruvananthapuram, several awareness and wellness activities were conducted during the period from June 1st to June 30th, 2025. These activities aimed to create awareness, foster community involvement, and promote healthy living among students and the general public. The details of the activities are as follows:

1. Blood Donation Awareness Program

An awareness session on the importance of voluntary blood donation was conducted. The session educated students on the benefits and safety of blood donation and encouraged them to actively participate in future donation drives.



2. Tobacco Awareness Campaign

In observance of World No Tobacco Day, a campaign was organized to spread awareness about the harmful effects of tobacco use.

Posters and interactive sessions highlighted the health risks associated with tobacco consumption and methods for quitting.

3. World Environment Day

On June 5th, the NSS unit participated in World Environment Day celebrations by planting trees within the campus and conducting a clean-up drive. A seminar on environmental protection and sustainability was also organized.

4. International Yoga Day

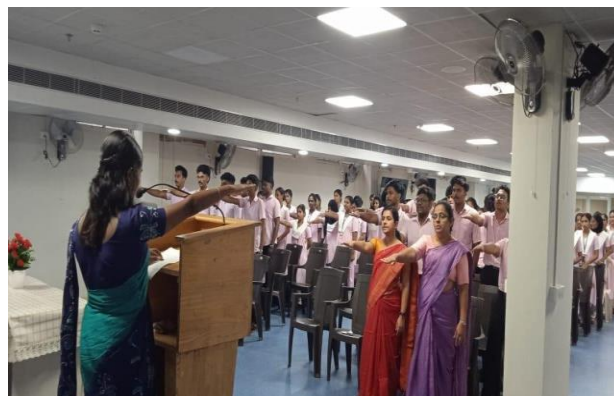
Celebrated on June 21st, a yoga session was conducted for the students and staff to promote physical and mental well-being.

A certified yoga instructor led the session and discussed the importance of integrating yoga into daily life.



5. International Day Against Drug Abuse and Illicit Trafficking

On June 26th, an awareness program was held to educate students about the dangers of drug abuse. Informative talks, pledge-taking, and distribution of awareness materials marked the occasion.



All the activities were conducted with active participation from NSS volunteers and under the guidance of the Programme Officer, Mrs. Rakhi G P. These initiatives successfully contributed to building awareness and a sense of responsibility among students.

Dr. SOMERVELL MEMORIAL CSI MEDICAL
COLLEGE

Sl. No.	Date	Name of activity conducted	No. of participants	Total hours spend	Achievement by the program including beneficiaries
1.	12.08.2025	Anti ragging awareness programme	300	30 min	Created awareness on legal and social implications of ragging.
2.	13.08.2025	Poster competition-	3	1 hour	Created awareness on legal and social implications of ragging.

Brief report

1. ANTI-DRUG AWARENESS PROGRAMME

The NSS Unit of Dr. Somervell Memorial CSI Medical College, Karakonam organized an Anti-Ragging Awareness Class on 12th August 2025 at the college Gallery Hall from 12.00 Noon to 12.30 PM as part of its commitment to sensitizing students and staff on the alarming issue of ragging.

The event commenced with a prayer song presented by Gayika, the 2022 batch student, creating a solemn and respectful atmosphere. The programme was formally inaugurated by Dr. Vijatha Thomas, Professor and Head of the Department of Biochemistry. In her address, she emphasised the importance of cultivating empathy and mutual respect among students. An engaging awareness talk was delivered by Dr. Saritha Ebeneezar, Associate Professor, Department of

Forensic Medicine. She elaborated on the definition of ragging, relevant UGC and Supreme Court directives, and the disciplinary and legal consequences of engaging in such acts. Students, faculty, and staff took an Anti-Ragging Oath, pledging to uphold dignity, equality, and safety within the campus. The session concluded with a Vote of Thanks by Mr. Jithin Jibu George, Union Chairman, followed by the National Anthem.



2. POSTER COMPETITION ON ANTI RAGGING

As part of observance of the anti-ragging week, a Poster Making Competition was conducted on 13.08.2025 from 3:00 PM to 4:00 PM in the Forensic Medicine lab. Students created thought-provoking artworks aligned with the theme “Ragging Hurts– Respect Heals ”.



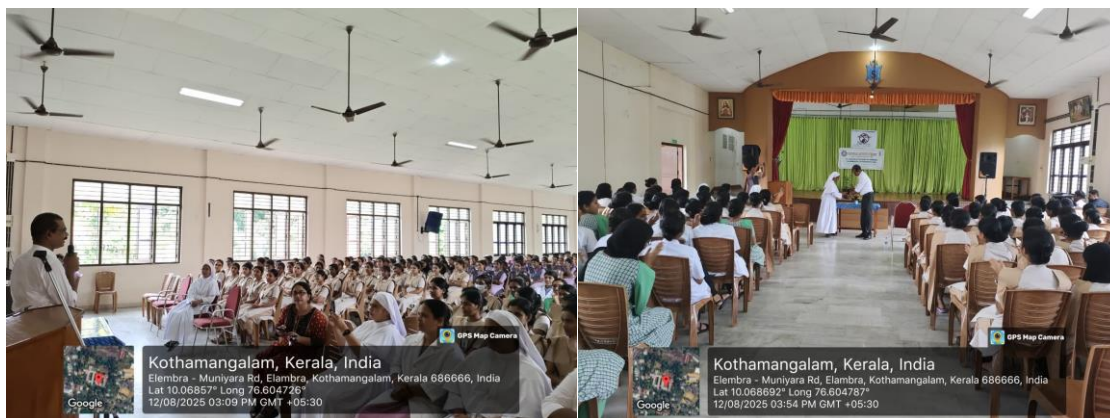
ST.JOSEPH'S COLLEGE OF NURSING

The anti ragging awareness program was conducted in St. Joseph's College of Nursing, Dharmagiri, Kothamangalam on 12/08/2025 by NSS Unit with the objective of educating students about the harmful effects of ragging and promoting a safe, respectful learning environment.

Activities carried out:

The program began with a welcome speech by Dr. Sr.Renitha MSJ, Principal, St. Joseph's College of Nursing, and highlighting the importance of creating a ragging free campus. This was followed by an informative session by Adv. K Radhakrishnan, Panel Lawyer, Taluk Legal Service, Kothamangalam, explained the legal implications of ragging, including, the procedures for reporting cases and the punishments for those involved in such activities.

Posters and charts depicting the theme **"Say No to Ragging"** were displayed in the college auditorium. The program concluded with a vote of thanks by Ms. Angel Maria Thankachan, IVth Semester BSc. Nursing. This program was highly effective in spreading the message that ragging is a punishable offence and mutual respect is essential for positive learning environment.



ASSISI COLLEGE OF NURSING

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	11/08/2025	National Filariasis Day	30	1 hr.	Creating awareness and mobilizing the community towards the elimination of lymphatic filariasis.

Brief Description of the activity with photographs if any:-

NATIONAL FILARIASIS DAY

National Filariasis Day is observed annually to raise awareness about lymphatic filariasis, a disabling and neglected tropical disease caused by parasitic worms transmitted through mosquito bites. 4th Semester students (2023-2027 batch) of Assisi College of Nursing Erumely has organized an awareness program on Filariasis based on the theme 2025-" Unite, Act, Eliminate". The main objective of the program is to spread awareness about the prevention and treatment of lymphatic filariasis and to educate the community about hygiene and vector control.

The event was inaugurated by Dr. Savan Sara Mathew, Medical Officer (GH Kanjirappally), who emphasized the importance of community cooperation in eliminating Filariasis. Program was commenced with a warm welcome by Ms. Parvathy K.S. (4th Sem. student ACON).

A brief session on filariasis was conducted with adequate explanations about mode of transmission, symptoms, complications (like elephantiasis and hydrocele), and preventive measures.

Students performed flash mob and street plays to educate the public on vector control and personal hygiene in an engaging format. Over 100 members present at the outpatient department attended the event. The program came to an end at 12 pm with the vote of thanks by Ms. Devika Sabu (4th Sem. Student ACON).

The National Filariasis Day Program 2025 was successful in creating awareness and mobilizing the community towards the elimination of lymphatic filariasis.



SCHOOL OF ALLIED HEALTH SCIENCES- **MCC(PGIOSR)**

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/07/2025 to 15/08/2025	Palliative services and patient care services.	9	Total 201 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. Each day, two NSS volunteers are posted in the palliative department to help patients. Likewise, two volunteers are posted in the reception area to assist patients.
2	30/07/2025	Participated in blood bank camp	2	6 hrs each	Malabar Cancer Centre organizes blood bank camps in Kannur and neighboring districts. At each camp, two NSS volunteers will participate.
3	12/08/2025	Participated in blood bank camp	2	6 hrs each	
4	14/08/2025	pledge against it on June 26.	25		

		As part of continuous monthly activities against drug Abuse and Illicit Trafficking, students of Malabar Cancer Centre (PGIOSR) made digital posters against drug usage and took a pledge against it on July 26.		
5	26/7/2025		15	

1. Malabar cancer centre(PGIOSR) is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. As part of regular NSS activities, 4 volunteers will be assigned to palliative divisions and patient helpdesks every day. During the period from 16/07/2025 to 15/08/2025, 9 NSS volunteers spent a total of 201 hours providing the above services.
2. Malabar Cancer Centre organized blood bank camps on 30/07/2025, 12/08/2025 and 14/08/2025. Two NSS volunteers actively participated in conducting each camps.
3. As part continuous monthly activities against drug Abuse and Illicit Trafficking, students of Malabar Cancer Centre (PGIOSR) made a digital posters against drug usage and took a pledge against it on July 26.



THE DALE VIEW COLLEGE OF **PHARMACY AND RESEARCH CENTRE**

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	24/7/25	TRIBUTE TO DR APJ ABDUL KALAM	92	1hr	A way to carry forward his ideals and inspire future generations
2.	01/8/25	SELF DEFENSE TRAINING	120	3hr	It is the practice of protecting yourself from physical harm, danger, or unlawful attack, using strategies , skills, and sometimes legal to ensure personal safety.
3.	06/8/25	BREAST FEEDING AWARENESS WEEK CELEBRATION AT ADOPTED VILLAGE	35	2hr	Educating and encouraging mothers, families and communities on the benefits, techniques and importance of breastfeeding for both the baby and the mother.
4	6/8/25	MEDICATION AWARENESS AND PALLIATIVE	62	3hr	Specialised form of medical care that focuses on improving the quality of life for

		CARE AT OLD AGE HOME			patients with serious, life limiting or terminal illness, as well as providing support for their medication adherence.
5	13/8/25	SWACCH BHARAT-CLEANING CAMPAIGN	12	2hr	Aimed at promoting hygiene, environmental sustainability, and public health.
5	15/8/25	INDEPENDENCE DAY CELEBRATION	200	3hr	Remember the sacrifices of leaders and martyrs and inspire citizens to contribute to the nation's progress.

TRIBUTE TO DR APJ ABDUL KALAM

The NSS unit of The Dale View College of Pharmacy and Research Centre organised a tribute to honour the memory and legacy of Dr APJ Abdul Kalam. The event was featured at kalam museum by lighting a lamp . students from all class visited the kalam museum and our NSS volunteers delivered a few words about our missile man. A video presentation showcasing milestones from his life and his famous quotes added a special emotional touch to the occasion.

SELF DEFENSE AWARENESS TRAINING

The NSS unit of the Dale View College of Pharmacy and Research Centre had organized a self defense training programme for students on 1st August at the kalam smrithi international auditorium. The session aimed to equip students with essential skills for personal safety and empowerment. The training was conducted by ASI Bijilekha and Bindhu from women cell, kerala police . They demonstrated

practical self defense techniques and shared valuable tips on handling emergency situations.

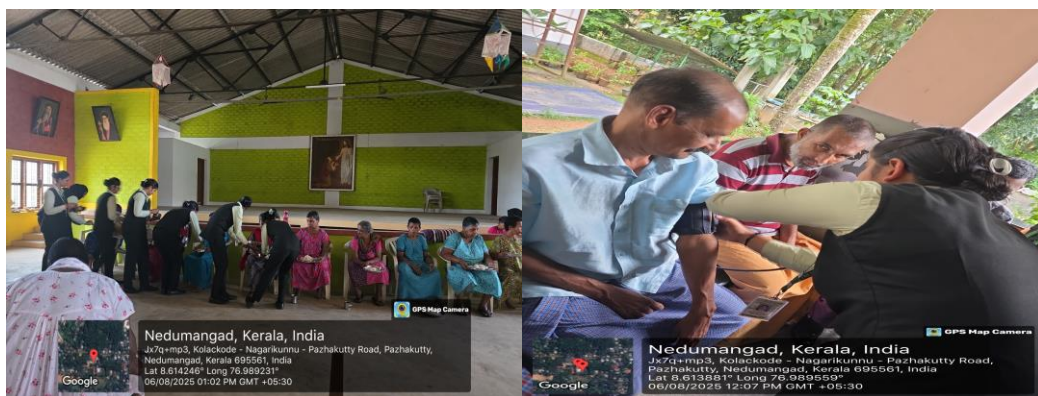
BREAST FEEDING AWARENESS WEEK CELEBRATION

The NSS unit of the Dale View College of Pharmacy and Research Centre successfully awareness session , pamphlet distribution on 6th August as part of the world breast feeding week at the adopted village, puthumangalam in association with local self government to promote the importance of breast feeding for the health and well being of both mother and child. The event aimed to educate the mothers and their families about the nutritional , emotional and developmental benefits of breastfeeding as well as to address common misconceptions.



MEDICATION ADHERENCE AND PALLIATIVE CARE AT OLD AGE HOME

The NSS unit Of The Dale View College of Pharmacy and Research Centre organized an old age home visit at Triipadam on 6/8/25 . This charitable organization offers a range of services defined to support helpless and weak people who are mentally disabled . our volunteers monitored BP, sugar of all inmates and provided diet counselling, foot care and also provided a medication adherence session on their personalized treatment regiment (mainly on antipsychotics and anti depressants). After the session the volunteers provided lunch or them also.



CLEANING CAMPAIGN

The NSS unit Of The Dale View College of Pharmacy and Research Centre organized a cleaning campaign as part of INDEPENDENCE DAY to promoting cleanliness and environmental responsibility. The activity not only improved the physical environment but also inspired students to adopt cleanliness as a daily habit. The initiative was appreciated by faculty and management, reinforcing the NSS motto of "Not Me, But You".



INDEPENDENCE DAY CELEBRATION

The NSS unit of The Dale View College of Pharmacy and Research Centre celebrated the 79th Independence Day with great enthusiasm and patriotic fervor. The program commenced at 8:45am with a warm welcome address delivered by Ms Seba Assistant professor

Following this, the National flag was hoisted by Dr Shjikumar, principal , who also delivered an inspiring independence day message.

Dr Seena H , vice principal then reflected on the sacrifices and struggles of our great freedom fighters who dedicated their lives for the nation's independence.

A total of 200 participants including faculty members and students, attended the celebration .The event was enriched with various cultural performances such as patriotic song, speeches, dances etc. The celebration concluded at 10;15 am, with the singing of the national anthem , making a heartfelt tribute to our nation and its heroes.



Sd/-

Dean(Student Affairs) & NSS Programme Coordinator