



KERALA UNIVERSITY OF HEALTH SCIENCES

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MAR DIOSCORUS COLLEGE OF PHARMACY

SL. NO	Date	Name of the activity	Number of hours	Number of participants	Achievement by the programme including the beneficiaries
1	15/06/2025	World Elders Abuse Awareness program	14	01	As part of World Elder Abuse Awareness Day, the NSS volunteers of Mar Dioscorus College of Pharmacy actively participated in an Elder Abuse Awareness Program held at Tagore Theatre, Thiruvananthapuram, on 15th June 2025.
2	16/06/2025	Game on!	5	150	The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Students' Union, successfully organized Sports Day on 16th June 2025 at the college campus.

3	17/06/2025	World Ocean Day photo contest	1	25	In observance of World Ocean Day, the NSS Unit of Mar Dioscorus College of Pharmacy, in collaboration with the Photography Club, organized a Photo Contest on 9th June 2025. After careful evaluation by a panel of judges, the results were announced on 17th June 2025. The winners were appreciated for their artistic vision and impactful messaging.
8	20/06/2025	World Music Day celebration	2	100	On the occasion of World Music Day, Mar Dioscorus College of Pharmacy organized a vibrant musical band performance on 20th June 2025 at the college auditorium. The event aimed to celebrate the universal language of music and provide a platform for students to express their musical talents thoughts and concerns regarding the environment.
9	26/06/2025	Substance Abuse Awareness Session	1	2	As part of the International Day Against Drug Abuse and Illicit Trafficking, the NSS volunteers of Mar

					Dioscorus College of Pharmacy conducted a Substance Abuse Awareness Class on 26th June 2025 at Government High School, Sreekaryam
10	26/06/2025	International Day Against Drug Abuse and Illicit Trafficking	1	40	As part of the Environment Day celebrations, a rally was organized by the NSS Unit and Nature Club of APJ Abdul Kalam Technological University
11	02/07/25	Survey Say No To Drug; Say Yes To Life	3	15	As part of the anti-drug awareness initiatives, the NSS volunteers of Mar Dioscorus College of Pharmacy conducted a household survey on 2nd July 2025 in Chavadimukku and areas surrounding the college.

1. Report on World Elder Abuse Awareness Day Program

As part of World Elder Abuse Awareness Day, the NSS volunteers of Mar Dioscorus College of Pharmacy actively participated in an Elder Abuse Awareness Program held at Tagore Theatre, Thiruvananthapuram, on 15th June 2025. The program aimed to shed light on the growing issue of elder abuse and the importance of ensuring dignity, care, and protection for senior citizens. Our NSS volunteers enthusiastically attended the event, gaining valuable insights into elder rights and the role of youth in advocating for a compassionate and respectful

society. The event served as a strong reminder of our shared responsibility to support and protect the elderly from all forms of abuse.



2. Report on Sports Day – 16th June 2025

The NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Students' Union, successfully organized Sports Day on 16th June 2025 at the college campus.

The event was conducted with the valuable guidance and support of Mr. Thomas Daniel, the Sports Coordinator. His coordination and efforts played a key role in the smooth execution of the day's activities. The Sports Day was aimed at encouraging physical fitness, teamwork, and the spirit of healthy competition among students. A wide range of athletic and recreational events were conducted, including track and field competitions and team games. Students participated with great enthusiasm and showcased exceptional sportsmanship.

The program began with a brief inaugural ceremony and continued with a series of engaging competitions throughout the day. The NSS volunteers and student representatives worked hand in hand to ensure the success of the event. Overall, Sports Day 2025 was a memorable event that brought energy, unity, and joy to the college campus.



3. Report on World Ocean Day Photo Contest

In observance of World Ocean Day, the NSS Unit of Mar Dioscorus College of Pharmacy, in collaboration with the Photography Club, organized a Photo Contest on 9th June 2025. The contest received an enthusiastic response, with numerous creative and meaningful entries showcasing students' talent and concern for environmental issues. Each photograph told a unique story about the importance of preserving our oceans for future generations.

After careful evaluation by a panel of judges, the results were announced on 17th June 2025. The winners were appreciated for their artistic vision and impactful messaging. The event successfully combined environmental awareness with creative expression, reinforcing the role of youth in promoting sustainability and ecological responsibility.



4. Report on Tarang Arts Festival – 18th June 2025

The Students' Union of Mar Dioscorus College of Pharmacy, in association with the NSS Unit, organized the vibrant and colorful Tarang Arts Festival on 18th June 2025 at the college campus.

The festival served as a platform for students to showcase their artistic and cultural talents. A wide variety of cultural events were conducted, including music, dance, drama, literary competitions, and traditional art forms. The program witnessed enthusiastic participation from students across all batches. The day was filled with energy, creativity, and celebration of culture. The event not only highlighted the rich talents of the students but also promoted unity, collaboration, and college spirit.

The efforts of the organizing committee, NSS volunteers, and student representatives played a vital role in making the event a grand success. Tarang 2025 truly reflected the artistic pulse of the campus and was a memorable celebration of culture and creativity.



5. Reading Day Celebration Report

The NSS Unit of Mar Dioscorus College of Pharmacy observed Reading Day on 19th June 2025. As part of the celebration, a dedicated one-hour reading session was organized for the students, encouraging the habit of regular reading.

6. Ethnic day

Ethnic Day was celebrated by the NSS unit of Mar Dioscorus College of Pharmacy on 19th June 2025 at the college auditorium. Students showcase

diverse cultural traditions and attire, highlighting the richness of India's heritage.



7. International Yoga Day

As part of the International Yoga Day celebrations, the NSS Unit of Mar Dioscorus College of Pharmacy, in association with the Department of Pharmacognosy, organized a Yoga Awareness Session on June 21, 2025. The session aimed to promote the physical and mental well-being of students and staff through the practice of yoga.

The event commenced at 8:45 AM at the D. Pharm Block. The session was led by Mr. Cini P Thomas, an experienced yoga trainer, who guided the participants through various yoga postures and breathing techniques while emphasizing the importance of incorporating yoga into daily life. The program concluded with a Vote of Thanks delivered by Dr. Preeja G. Pillai, Principal of Mar Dioscorus College of Pharmacy. She expressed her gratitude to the trainer, organizing team, and all participants for making the event a success. The session witnessed enthusiastic participation and served as a reminder of the benefits of maintaining a healthy lifestyle through the practice of yoga.



8.Report on World Music Day Celebration

On the occasion of World Music Day, Mar Dioscorus College of Pharmacy organized a vibrant musical band performance on 20th June 2025 at the college auditorium. The event aimed to celebrate the universal language of music and provide a platform for students to express their musical talents. The performance captivated the audience with a variety of songs and instrumental presentations, creating an atmosphere filled with rhythm, energy, and harmony. The celebration served as a reminder of music's power to unite and inspire people across cultures.



9.Report on Substance Abuse Awareness Class

As part of the International Day Against Drug Abuse and Illicit Trafficking, the NSS volunteers of Mar Dioscorus College of Pharmacy conducted a Substance Abuse Awareness Class on 26th June 2025 at Government High School, Sreekaryam.

The session aimed to educate students about the harmful effects of substance abuse and promote a healthy, drug-free lifestyle. Interactive discussions and awareness talks were conducted to engage the students and enhance their understanding of the issue.

The program received active participation and was well appreciated by the school authorities and students.



10. Report on International Day Against Drug Abuse and Illicit Trafficking

On 26th June 2025, the NSS unit of Mar Dioscorus College of Pharmacy observed the International Day Against Drug Abuse and Illicit Trafficking by organizing a pledge-taking ceremony for students. The event aimed to raise awareness about the harmful effects of drug abuse and encourage students to commit to a drug-free lifestyle.

As part of the observance, NSS volunteers also participated in the “Say No to Drugs” awareness program conducted at Nishagandhi Auditorium, which included talks, cultural performances, and interactions highlighting the importance of youth involvement in drug prevention initiatives.



11. Report on Drug Abuse Awareness Survey

As part of the anti-drug awareness initiatives, the NSS volunteers of Mar Dioscorus College of Pharmacy conducted a household survey on 2nd July 2025 in Chavadinukku and areas surrounding the college.

The survey was aimed at spreading awareness about the dangers of drug abuse and promoting a drug-free community. The theme of the survey was: “Say No to Drugs; Say Yes to Life.”

During the activity, the volunteers visited approximately 25 houses, engaging with residents through informative discussions, distributing awareness leaflets, and encouraging families to support the fight against substance abuse. The initiative was well-received by the local community and served as a meaningful step towards building awareness at the grassroots level.



Day 1 – 28/06/2025 (Saturday)

The NSS 7-day special camp commenced on 28th June 2025 at D pharm building block with great enthusiasm and active participation from volunteers. The inaugural ceremony was held from 8:00 am to 9:00 am, beginning with a prayer, followed by a warm welcome and presidential address. The camp was officially inaugurated by Father Abraham Thomas, Administrator of Mar Dioscorus College of Pharmacy, and the flag was hoisted by Vice Principal Prof. Rachel Mathew.

After a short breakfast break, volunteers gathered for the “Vilambara Khoshayatra”, a vibrant rally conducted from CET to Chavadimukku, aimed at spreading awareness about the camp and its purpose.

The forenoon session included an insightful class on NSS introduction and motivation, delivered by Mrs. Ansu Sara Koruthu, who encouraged the volunteers to understand the true spirit of service and social responsibility.

Following the lunch break from 12:30 pm to 1:30 pm, volunteers were allotted duties based on the NSS forum guidelines. The afternoon sessions were focused on creative and educational activities, including skit preparation and chart-making on drug abuse awareness, providing a platform for the volunteers to express their thoughts artistically and spread awareness on a socially relevant issue.

A session led by Sr. Stelly was conducted from 3:30 pm to 4:30 pm, which was both engaging and motivational. After a tea break, the day concluded with cultural programmes and continued skit preparation, which added vibrance and energy to the camp atmosphere.

The day ended with dinner at 7:30 pm, wrapping up a productive and inspiring first day of the NSS camp.



Day 2 – 29/06/2025 (Sunday)

The second day of the NSS special camp began with the flag hoisting and an energizing Yoga session at 8:00 am, held at the D.Pharm Block. This session helped volunteers start the day with a positive and focused mindset. The yoga was followed by breakfast at 9:00 am.

From 9:30 am to 10:30 am, the volunteers presented the camp diary, reflecting on and sharing the activities and experiences of Day 1. This activity helped everyone relive the highlights and strengthen their commitment to the camp objectives.

At 10:30 am, a motivational session was conducted by Mrs. Annamma Baby on the topic “Plan and Win: Your Day and Your Life”. Her talk inspired volunteers to be disciplined, goal-oriented, and proactive in shaping their future.

This was followed by a creative and engaging session of Eco Art, led by Ms. Anagha Sreekumar, from 11:30 am to 1:00 pm. Volunteers used eco-friendly materials to create beautiful artworks, emphasizing the importance of sustainability and environmental responsibility.

After lunch at 1:00 pm, the afternoon was utilized for cleaning activities within and around the D.Pharm Block, promoting hygiene and responsibility.

From 3:00 pm to 5:00 pm, the volunteers came together to create bloom circles, a symbolic activity that encouraged unity and team bonding. Following tea at 5:00 pm, the evening was dedicated to skit preparation, completing eco art projects, and camp diary writing. The day concluded with an enjoyable session of games, followed by dinner from 6:00 to 7:30 pm, ending the day on a joyful and refreshing note.



Day 3 – 30/06/2025 (Monday)

The third day of the NSS special camp began with an energetic aerobics session led by Ms. Athira, Fitness trainer from 8:00 to 9:00 am. The session helped volunteers start the day with enthusiasm and physical vitality. After the workout, volunteers proceeded to have breakfast. This was followed by the flag hoisting ceremony and the presentation of the camp report summarizing the activities of Day 2.

At 10:30 am, an insightful session was conducted by Mrs. Elizabeth M Abraham, which was both inspiring and thought-provoking. Her interaction with the students encouraged critical thinking and self-reflection among the volunteers.

From 11:30 am to 12:00 pm, volunteers participated in Green Aura making, a creative activity focused on environmental awareness and artistic expression. Following this, lunch was served from 12:00 to 1:00 pm.

Post-lunch, the volunteers continued with gardening activities, nurturing plants and enhancing the green surroundings of the D.Pharm Block.

At 2:30 pm, an announcement was made regarding book collection as part of the NSS social outreach initiative. This was followed by a short tea break at 3:30 pm.

Later in the evening, volunteers collaborated on designing a survey notice, preparing for upcoming awareness activities. This was followed by a fun and creative session of NSS-themed reel making, allowing volunteers to showcase their creativity and team spirit on social media platforms. The day concluded with a vibrant cultural programme and dinner from 6:00 to 7:30 pm, marking the end of yet another productive and engaging day of the NSS camp.



Day 4 – 01/07/2025 (Tuesday)

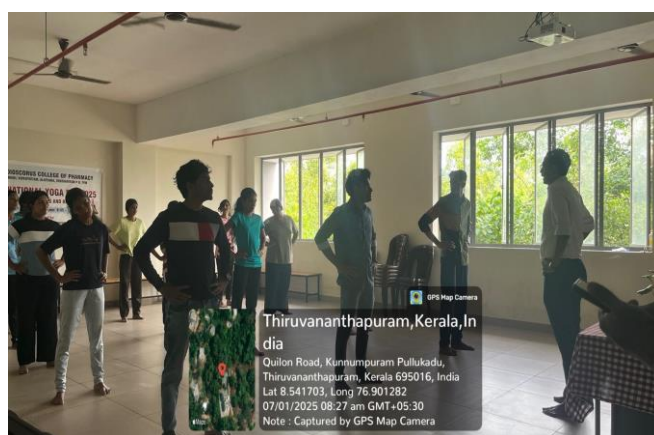
Day 4 of the NSS special camp started with a physical training session led by Mr. Thomas C Daniel from 8:00 to 9:00 am. The session energized the volunteers and reinforced the importance of physical fitness and discipline. After breakfast at 9:00 am, the volunteers actively participated in a book collection drive from 9:30 to 10:30 am, gathering educational materials for the upcoming NSS Sparsham Library.

At 10:30 am, the activities continued with Sparsham Library setup and an announcement regarding the 'Pothichoru' collection drive, aimed at supporting the needy through packed meals. From 11:00 am to 1:30 pm, the volunteers visited the RCC Blood Bank, where they gained valuable insights into the importance of blood donation, the functioning of a blood bank, and the impact of voluntary contributions to healthcare.

After returning, volunteers had their lunch break and reassembled by 1:30 pm for a drug abuse awareness class, conducted by NSS volunteers themselves. This peer-led session aimed to educate and create awareness about the dangers of drug addiction among youth.

From 2:30 to 5:00 pm, a door-to-door awareness survey titled "Say Yes to Life" was conducted in the nearby community. The survey focused on collecting information and spreading awareness regarding drug abuse and positive lifestyle choices. Following a tea break at 5:00 pm, the evening was devoted to multiple creative tasks including library setup continuation, cultural performances, and video making to document and promote the NSS camp activities.

The day wrapped up with a dinner session from 7:00 to 7:30 pm, marking the end of a socially impactful and enriching day.



Day 5 – 02/07/2025 (Wednesday)

The fifth day of the NSS special camp commenced with the flag hoisting ceremony followed by a rejuvenating session of yoga from 8:00 to 9:00 am. The peaceful and focused start set a positive tone for the day ahead. After breakfast at 9:00 am, volunteers gathered for the camp diary presentation, where the camp story was shared, highlighting the memorable moments and learnings from the previous day.

At 10:00 am, volunteers actively participated in the Haemoglobin Awareness and Screening Drive conducted at PHC Pangappara, in collaboration with the health centre. The programme aimed at creating awareness about anemia and promoting health checkups, especially among women and adolescents.

From 11:00 am to 1:00 pm, various group activities were carried out back at the camp site, including book collection, amount collection for charity purposes, and paper bag making as part of an eco-friendly initiative. Volunteers showed great enthusiasm and teamwork throughout. The lunch break from 1:00 to 2:00 pm also included cleaning and gardening tasks, fostering a sense of responsibility and connection with nature.

The afternoon session, from 2:00 to 6:00 pm, was packed with engaging and productive activities such as kitchen tasks, painting, skit and chart preparation, and survey work related to ongoing NSS projects. These activities reflected the creative, social, and practical aspects of volunteerism. The evening continued with games from 6:00 to 7:00 pm, providing the volunteers with a fun and relaxing time after a day full of meaningful contributions.

The day concluded with dinner at 7:00 pm, marking the end of another impactful and vibrant day of the NSS special camp.





Day 6 – 03/07/2025 (Thursday)

The sixth day of the NSS special camp began with an energizing aerobics session from 8:00 to 9:00 am, helping volunteers boost their physical wellness and team spirit. This was followed by breakfast and the flag hoisting ceremony, which upheld the discipline and unity of the camp.

At 9:45 am, the volunteers proceeded to a nearby tourist spot for a waste management and cleaning drive, which lasted until 3:00 pm. The activity aimed to raise awareness about environmental cleanliness and responsible tourism. Volunteers actively collected and segregated waste, set an example for the public, and interacted with visitors about proper waste disposal practices. After returning to the camp and a short break, a gardening session was conducted from 5:00 to 6:00 pm. Volunteers continued their efforts to green the surroundings, nurturing plants and maintaining the garden areas near the D.Pharm Block. From 6:00 to 7:00 pm, volunteers were engaged in cleaning activities and survey report making, where they documented and compiled data from the previous surveys conducted as part of the awareness campaigns. The day concluded with a heartfelt “Dinner with Candle Memories” at 7:00 pm. This special moment allowed the volunteers to sit together, reflect on the camp experiences, and share their thoughts and memories, creating a warm and emotional bonding experience.



Day 7 – 04/07/2025 (Friday)

The final day of the NSS special camp began with a peaceful and refreshing yoga session from 8:00 to 9:00 am, allowing volunteers to reflect and rejuvenate as the camp neared its conclusion.

After breakfast, the flag hoisting took place, followed by a lively session of decorating the “Cozy Corner”—a creative and relaxing space set up by the volunteers.

At 10:00 am, the much-awaited inauguration of the Cozy Corner was held. The space was officially opened by the Administrator of Mar Dioscorus College of Pharmacy, who appreciated the efforts and creativity of the NSS volunteers in setting up such a thoughtful area. From 11:00 am to 1:00 pm, the volunteers enjoyed the releasing of the camp video, a photo session, and a cake-cutting ceremony, celebrating the week-long journey of learning, service, and friendship.

After lunch and cleaning at 1:00 pm, everyone gathered for an emotional and memorable experience sharing session from 2:00 to 4:00 pm. Volunteers spoke about their personal growth, challenges, and the lasting memories they made during the camp. Later, they spent time gardening and writing their final camp journal entries from 4:00 to 5:00 pm, reflecting on the impact the camp had on their lives and communities.

The evening was filled with joy and celebration through cultural programmes, followed by a lively session of dance, music, and dinner from 6:00 to 7:00 pm. The day closed on a high note, with smiles, laughter, and a deep sense of fulfillment.



As the NSS 7-day special camp came to a close, several impactful initiatives were successfully carried out, showcasing the volunteers' commitment to community service and social responsibility.

Paper covers were handmade and sold, and in addition to this, cash was collected by NSS volunteers from college staff members. The total amount raised through these efforts was used to purchase medicines for the residents of Karunya Old Age Home, extending care and support to the elderly.

To promote a healthier society, anti-drug awareness classes were conducted for school and college students. A survey on drug abuse was also carried out in the local community, followed by awareness sessions to educate the public on the harmful effects of substance abuse. As part of the educational and environmental initiatives, a "Cozy Corner Library" was set up on campus to encourage reading habits among students. Furthermore, a "Green Aura" vegetable and flower garden was created, promoting sustainability and love for nature. These meaningful contributions not only benefited the community but also left a lasting impression on the volunteers, nurturing values of empathy, leadership, and civic responsibility.

AZEEZIA COLLEGE OF DENTAL SCIENCES AND RESEARCH, KOLLAM

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	24.6.2025 to 26.6.2025	International Day Against Drug Abuse and Illicit Trafficking	90	3 days	The events conducted reflected the commitment of Department of Public Health Dentistry and NSS unit towards social responsibility and community engagement. The observance was successful in raising awareness and inspiring action against

					drug abuse, in line with global mission to achieve a drug-free world.
2	1.7.2025	National Doctors Day	10	1 day	To commemorate National Doctors Day (July 1, 2025), Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit(NSS/SFU/KLM/KUHS/3) organized a series of meaningful activities at the reception area, aimed at expressing gratitude and spreading health awareness.

CARITAS COLLEGE OF NURSING

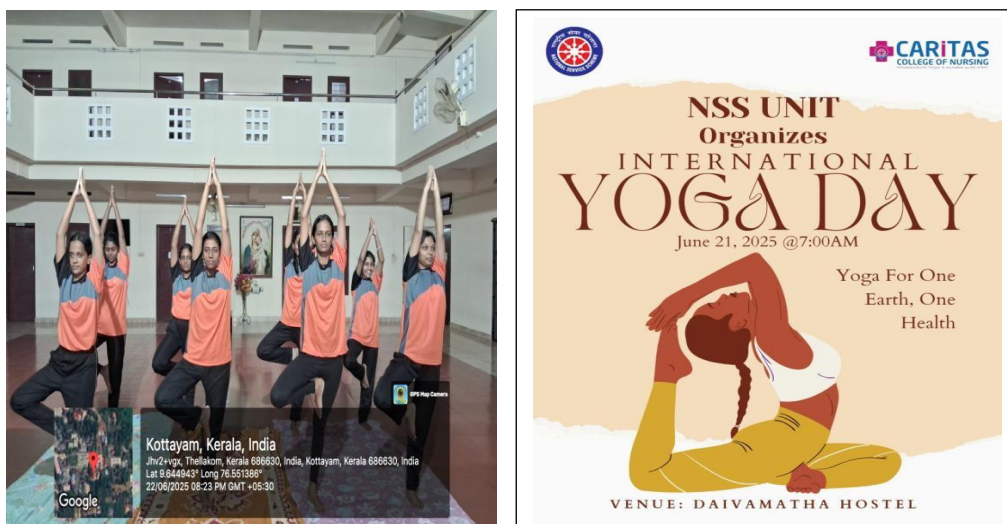
Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	19-06-25 to 21-06-25	• Fund raising programme	50 volunteers	24 hours	• Raise fund for the future NSS activities
2	21-06-25	• International Yoga Day celebration	50 volunteers	2 hours	• Got awareness regarding the importance of doing yoga in maintaining health
3	22-06-25	• Medical Camp at Champathal	6 volunteers	8 hours	• Free medical consultation, blood check- up, ECG, ECHO and

					medicine for the participants
4	26-06-25	• International Day against drug abuse and illicit trafficking	50 volunteers	8 hours	• Got awareness regarding the harmful effects of using drugs
5	04-07-25	• NSS Program Officer training at KUHS	-	6 hours	-
6	06-07-25	• Medical Camp at Rajampara	4 volunteers	5 hours	• Free medical consultation, blood check-up, ECG, ECHO and medicine for the participants
7	11-07-25	• World Population Day celebration	-	2 hours	• Got awareness regarding the importance of reducing population

3. NSS unit of Caritas College of Nursing organized a fund raising program
4. on unit level cultural from 19-06-25 to 21-06-25. Variety of ice creams were sold. The fund raised will be used for the future NSS activities.



1. The NSS unit of Caritas College of Nursing celebrated International Yoga Day on 22-06-25 to promote physical and mental well-being of the NSS volunteers. NSS Volunteers who knows Yoga trained others and creates awareness about the importance of yoga and its benefits for physical and mental health.



NSS volunteers of Caritas College of Nursing participated in a medical camp organized by Caritas Hospital in collaboration with Fathima Matha Church, Champathal on 22/06/25. The camp featured consultations across various medical specialties (General medicine, Dermatology, Community medicine, Gastroenterology, Orthopaedics and Cardiology). Free blood check-up, ECG, ECHO and medicine were provided for the participants.



The NSS unit of Caritas College of Nursing in collaboration with Mental Health Nursing Department celebrated International Day against Drug Abuse and Trafficking on 26-06-25 with a series of impactful activities aimed at raising



awareness about the dangers of drug abuse and promoting a healthy lifestyle among adolescents. The NSS volunteers and students took an anti-drug pledge, committing to stay away from drugs and promote a drug-free lifestyle. NSS volunteers performed a thought provoking role play at St. Aloysious Higher Secondary School, Athirampuzha, targeting adolescent boys. An informative exhibition was organized showcasing the risks associated with drug abuse and the importance of prevention. The exhibition featured posters, banners and educational materials.

5. Ms. Anu Joseph, NSS Programme Officer of Caritas College of Nursing attended the training for programme officers held at Kerala University of Health Sciences, Thrissur on 04-07-25

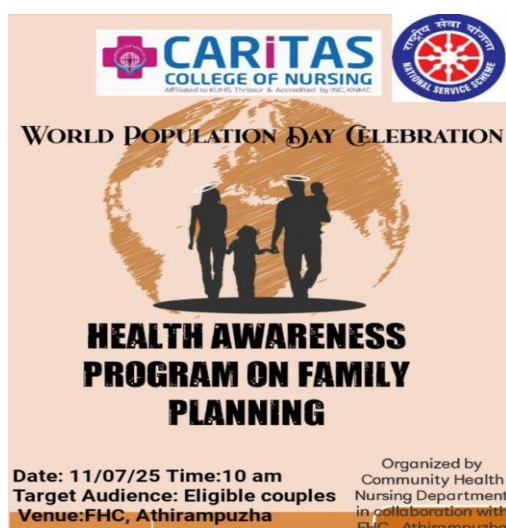


6. NSS volunteers of Caritas College of Nursing participated in a medical camp organized by Caritas Hospital in collaboration with Velanplavu Forest Protection at Rajampara Forest Station on 06/07/25. The camp featured consultations across

various medical specialties (General medicine, Orthopaedics, and Pulmonology). Free blood check-up and medicine were provided for the participants.



7. The NSS unit in collaboration with Community Health Nursing Department and Family Health Center, Athirampuzha celebrated World Population Day on 11-07-25. The programme was organized for the eligible couples of Athirampuzha Panchayath. The programme was inaugurated by Dr. Jibin, Assistant Surgeon, FHC, Athirampuzha. A health awareness session on family planning methods and role play was performed for the participants.



RED CRESCENT COLLEGE OF NURSING, **KOZHIKODE**

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	19-06-2025	Reading day	50 participants	1 Hrs	Reading day is observed by NSS unit and SSGP unit of Red crescent college of nursing. The world reading day 2025 is

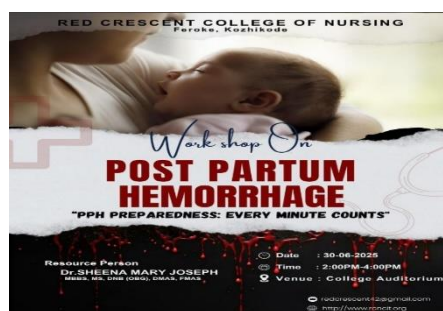
					emphasizes the role of reading in education ,personal development, and fostering imagination and creativity.The world reading day 2025 is “The role of literature in achieving the sustainable Development Goals”.The NSS volunteers spending time for reading for 1 hour in libery. The volunteers are conducted quiz competition. It is very effective for the participants. They are actively participating this program
2	21-06-2025	International yoga day	50 participants	3hrs	International yoga day is observed by NSS unit and SSGP unit of Red crescent college of nursing. The theme for international yoga day 2025 is “ Yoga for One Earth, One Health”.The event was graced by vice Principal Mrs. Sheena K V Principal delivered an insightful address emphasizing the urgent need for Yoga practice and how yoga help for better health. The yoga trained by Mr. Jomon. He is a special yoga trainer in white school Kozhikode .He also specialized in Taekwondo. It is very effective for the participants. They are actively participating this program
3	26-06-2025	International Day Against Drug Abuse(Lahari virudha dinam	100 participants	2 hrs.	The NSS Unit of Red Crescent College of Nursing observed International day against drug abuse on 26 th June 2025.The theme of this day is “Breaking the Chains: Prevention ,Treatment, and Recovery for All”. The Government organized a 2 million pledge.

					The NSS volunteers planning to organized this pledge in college and hospital settings some of participating municipality conducting programme. Our College Union chairperson will announce the pledge .The volunteers participating rali. This program is very useful for participants .
4	30-06-2025	Post partum Haemorrhage workshop	50 participants	3hr	The NSS unit of Red Crescent College of Nursing observed post partum hemorrhage workshop on 30.6.2025.The program was inagaurated by our principle Dr. Nisha S. this program is organized department HOD Mrs .Arly.The post partum hemorrhage is a important topic in which the bleeding control is crucial for both mother and child. This not observed as seriously it will couse life threatening complication. Class taken by Dr. Sheena Mary joseph. Is most effective for students.

Reading day and yoga day



PPH workshop



International day against drug abuse



BABY MEMORIAL COLLEGE OF NURSING, **KOZHIKODE**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	21/06/2025	Yoga training	100	1	Got motivated and understood the impact of yoga on health.
2.	25/06/2025	Rally and flash mob.	100	2	Gained information on ill effects of substance abuse.
3.	28/06/2025	Health Screening and BLS training.	8	5	DM and HT screening done. Gained information and acquired technical skills on BLS.
04.	30/06/2025	Awareness session on drug abuse	100	1	Gained information on drug abuse & its impact.

REPORT ON FUND CONTRIBUTION TOWARDS CONSTRUCTING A HOUSE FOR A STUDENT OF GHSS, VADUVANCHAL, WAYANAD

On 07/06/2025, the NSS unit of **BMCON** contributed **Rs. 6,000/-** towards the construction of a house for a student of **Government Higher Secondary School, Vaduvanchal, Wayanad**. The school headmaster appreciated the social responsibility and humanitarian spirit demonstrated by the NSS volunteers through this generous contribution.

1. REPORT ON YOGA TRAINING IN CONNECTION WITH INTERNATIONAL YOGA DAY ON 21/06/2025

On the occasion of **International Yoga Day on 21st June 2025**, a yoga training session was organized for the NSS volunteers of **Baby Memorial College of Nursing (BMCON)**. The event was conducted jointly by the **NSS Unit** and the **Department of Physical Education**.

Mr. Babu M, NSS Programme Officer, BMCON, welcomed the gathering and invited the yoga trainer, **Ms. Nithya P. S**, to lead the session. Ms. Nithya P. S conducted the session engagingly and imparted valuable knowledge about yoga and its positive effects on both the mind and body. The session focused on foundational yoga postures, breathing techniques, and relaxation practices aimed at enhancing physical fitness and mental well-being. NSS volunteers and teachers participated enthusiastically and gained meaningful insights into the role of yoga in maintaining a healthy lifestyle. The session successfully promoted awareness of holistic health and stress management among the participants. The programme started at **3:00 PM** and concluded at **4:00 PM**.

2. AWARENESS RALLY - OBSERVANCE OF INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING – 25/06/2025

(In collaboration with LSG – Kozhikode Corporation)

3. On 25th June 2025, the Department of Mental Health Nursing and the Department of Nursing Foundation, in collaboration with the NSS Unit of Baby Memorial College of Nursing (BMCON), actively participated in an awareness rally and performed a flash mob to mark the observance of the International Day Against Drug Abuse and Illicit Trafficking.

4. The event was organized by the Local Self Government (LSG) of Wards 13, 25, and 26 under Kozhikode Corporation. The rally commenced from Chembara
5. palam and concluded at Kotttooli, with the objective of raising public awareness about the dangers of drug abuse and its detrimental impact on individuals, families, and society.
6. NSS volunteers from BMCON carried placards that depicted the ill effects of drug abuse and featured motivational quotes and messages intended to educate and awaken public consciousness. These placards were prominently displayed throughout the rally to effectively communicate the harmful consequences of substance misuse.
7. The flash mob and rally drew positive attention from the public and served as a compelling medium to emphasize the importance of drug abuse prevention. The dedication and enthusiasm of the NSS volunteers were truly commendable. Overall, the event was impactful, well-coordinated, and successfully delivered its intended message to the community.



3.REPORT ON HEALTH SCREENING CAMP AND BLS TRAINING

The NSS unit of BMCON, in collaboration with Khadi Gramodyog Emporium, Kozhikode, organized a health screening camp and Basic Life Support (BLS) training for the workers of the Emporium and the general public.

The services provided included monitoring of GRBS (General Random Blood Sugar) and blood pressure, assessment of obesity risk, and BLS training

sessions. NSS volunteers actively participated in the camp and rendered dedicated services to both the workers and the public.

A total of **92 beneficiaries** availed the services offered through this initiative:

- **8 individuals** were found to have elevated blood pressure.
- **2 individuals** showed increased blood glucose levels.
- **8 individuals** were identified as obese.

Referral services were provided for those who required further medical attention, and health education was given regarding the management and possible complications of these conditions.

The camp commenced at **9:00 AM** and concluded at **2:00 PM**, marking a successful outreach towards community health and awareness.



4.AN AWARENESS SESSION IN CONNECTION WITH THE INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING – 30/06/2025.

In observance of the International Day Against Drug Abuse and Illicit Trafficking 2025, the Department of Mental Health Nursing and the Department of Foundations of Nursing, in collaboration with the NSS Unit of BMCON, organized and participated in a series of awareness programmes aimed at educating the public about the harmful effects of drug abuse.

Theme

The central theme of the session was “The evidence is clear: Invest in prevention. Break the cycle#StopOrganizedCrime”.The theme was unveiled by Mr.Santhosh Cheruvote, Preventive Officer, Kerala Excise.

An educative session for students and faculty of BMCON was held on 30th June 2025 from 3:00 PM to 4:00 PM at the Main Auditorium of BMH Academy. The programme began with a Prayer by the 2nd year PBBSc(N) students. The welcome address was delivered by Prof. (Dr.) Roy K. George, Principal of BMCON and Director Academics, BMH, who emphasized the significance of observing this day and the need for sustained awareness.

The highlight of the session was an expert talk by Mr.Santhosh Cheruvote, Preventive Officer from the Kerala Excise Department. His talk, based on the 2025 theme "The Evidence is Clear: Invest in Prevention.Break the cycle#StopOrganizedCrime, focused on the growing use of synthetic drugs such as MDMA among youth and the public. He discussed real-life cases, causes, and the social impact of drug abuse, sharing insights from his professional experience.

A token of appreciation for the efforts of the expert was presented by the Principal.



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	19/06/2025	National Reading Day	100	2hrs	To motivate the students and staffs to read to develop skill that improves memory, builds a robust vocabulary and foundation of knowledge, and adds a richness and depth of meaning to life.
2	21/06/2025	International Yoga Day	98	2hrs	This remembrance is essential for demonstrating the significance of physical and mental well-being in contemporary culture.
3	23/06/2025	International Day against Drug Abuse and Illicit Trafficking	92	2hrs	To strengthen action and cooperation in achieving a world free of drug abuse

Report of National Reading Day

National Reading Day 2025: The day honours P.N. Panicker, the "Father of the Library and Literacy Movement," for promoting literacy and establishing public libraries.

St. Joseph's college of Nursing NSS unit and students observed National Reading Day on 19 June 2025. College principal, Dr. S. Revathi explained the importance of observing reading day and motivated the students and staffs to read to develop skill that improves memory, builds a robust vocabulary and foundation of knowledge, and adds a richness and depth of meaning to life.



World Yoga Day

Yoga is a holistic practice that provides physical and mental relaxation and helps to alleviate stress and anxiety. 21 June 2025 is celebrated as International Yoga Day worldwide to spread awareness. This remembrance is essential for demonstrating the significance of physical and mental well-being in contemporary culture.

St. Joseph's college of Nursing NSS unit and students observed World Yoga Day on 21 June 2025. The programme was started with NSS Song. The theme revealed by Dr. S. Revathi, principal, SJCON. NSS volunteers presented the Theme of World Yoga Day. The theme selected for this year's International Day of Yoga 2025 is **"Yoga for One Earth, One Health"**. The speech on importance of Yoga presented by Mrs. Bhagitha B, Teaching faculty. Our NSS volunteers participated in the yoga practice which conducted in the college on 21/06/2025.



International Day against Drug Abuse and Illicit Trafficking

The International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse. The global drug problem presents a multifaceted challenge that touches the lives of millions worldwide. The slogan for 2025 International Day against Drug Abuse 2025: “Breaking the Chains: Prevention, Treatment, and Recovery for All!” This slogan emphasizes community support, healthcare access, and the need for global solidarity in addressing drug abuse and illicit trafficking.

St. Joseph’s college of Nursing NSS unit and students observed International Day against Drug Abuse and Illicit Trafficking on 23 June 2025. The programme was started with NSS Song. The theme was revealed by Dr. S, Revathy principal. NSS volunteers presented the Theme of World Anti-drug Day. Awareness class was taken by Mr. Reji J Excise Inspector (excise office, Punalur) NSS volunteers and students took pledge. NSS volunteers conducted skit and exhibition to raise awareness about the impact of drug abuse and its trafficking on individuals, families and communities across the world.



LITTLE LOURDES COLLEGE OF NURSING, **KIDANGOOR**

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	19/6/2025	World Reading Day Celebration	79	1hr	Awareness and motivation sessions were conducted in the college library under the guidance of the College Principal Sr.Dr Joseena.
2.	21/6/2025	International Yoga Day Celebration	79	2hrs	“Prakriti Maitri” Yoga combined with concept of environmental sustainability was conducted as per the University guidelines. Yoga lecture was given by Ms. Jeeva Sebastian Associate Professor. LLCN
3.	26/6/2025	Drug Abuse & Illicit Trafficking.	79	6hrs	The programme was jointly organised with St.Mary’s HSS, Kidangoor.It included Antidrug March by the students, theme Opening by Adv. Binu E.M, awareness class by Mr.Jexy Joseph ,Assist Excise Inspector Pala, Oath taking by Mr. Mahesh K.LStation House Officer Kidangoor Police Station & street play.
4.	2/7/2025	“Snehasparsham”Kummannoor	40	4hrs	It included health checkups, and awareness class on mobile addiction

World Reading Day

2025



International Yoga Day



Anti-Drug Day



Anti-Drug Day 2025 (cont'd)



Snehasparsham Kummannoor



INSTITUTE OF NURSING SCIENCES & RESEARCH, 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	14/06/2025	World blood donor day campaign	18	4 hours	Conducted blood donation campaign for students at blood bank, MCC.
2	19/06/25	National reading day	6	1 hour	Conducted a book review writing competition

3	21/06/25	International yoga day celebration	6	1hour	Conducted a yoga training for students
4	03/07/25	International plastic bag free day	45	1hour	Conducted a paper bag making competition for students
5	11/07/25	World population day	40	30mt	Conducted elocution competition

WORLD BLOOD DONOR DAY CAMPAIGN

On June 14th, 2025, from 9:30 AM to 1:30 PM, the Blood Bank at MCC hosted a successful World Blood Donor Day campaign, organized by the National Service Scheme (NSS) and the Student Support and Guidance Program (SSGP), of the Institute of Nursing Sciences and

Research, Malabar Cancer Centre. The event aimed to raise awareness about the critical need for voluntary blood donation and to honor those who contribute to this life-saving cause. 18 students participated. Thirteen students donated blood and took the solemn pledge to promote blood donation and encourage others to do the same. Their commitment reflects the spirit of generosity and social responsibility that the campaign sought to instill in the community. The celebration included a warm interaction between the blood bank staff and the student donors, culminating in a cake-cutting ceremony that symbolized unity, gratitude, and hope. This gesture not only acknowledged the donors' selfless contributions but also strengthened the collaborative bond between the students and the blood bank team. Throughout the event, informative sessions and awareness materials were shared to educate attendees about the importance of regular blood donation, eligibility criteria, and the positive impact it has on saving lives. The program was well-received, inspiring both students and staff to continue advocating for this essential humanitarian cause. The World Blood Donor Day

campaign at MCC was a meaningful and impactful event that reinforced the values of empathy, community service, and health awareness among participants.



INTERNATIONAL YOGA DAY CELEBRATION

The Institute of Nursing Sciences and Research (INSeR), Malabar Cancer Centre, observed International Yoga Day on 21st June 2025 with a vibrant and engaging session organized jointly by the SSGP and NSS units. The program aimed to promote wellness and instill the importance of holistic health practices among Nursing students. The event commenced at 4:00 PM with a welcome address by Ms. Maneeja S.S., SSGP Nodal Officer, who expressed her delight at the enthusiastic participation of students and emphasized the relevance of incorporating wellness-oriented initiatives like yoga into their academic lives.

Following the welcome, an inspiring Yoga Day message was delivered by Prof. Jose John, Vice Principal, INSeR. In his address, he underscored the transformative role of yoga in enhancing concentration, inner strength, and overall well-being, particularly beneficial for nursing students and healthcare professionals. The yoga session was conducted by Mrs. Prameela K. a certified yoga trainer from the State Resource Centre, Kerala, currently serving at Adiyodi Vakkeel Smaraka Tagore Vidhyapeedam, Temple Gate, Thalassery under Bharatiya Vidya Nikethan. She began the session with a brief introduction on the significance of yoga in maintaining mental and physical health, especially for those pursuing demanding professions in healthcare. The practical segment of the session featured a demonstration and guided practice of several foundational yoga asanas, including Vrikshasanam, Trikonasanam, Chakrasanam, Vajrasanam, and Padahastasana. Each asana was introduced with a detailed explanation of its health benefits and necessary precautions, encouraging participants to perform the exercises with mindfulness and intent. Approximately 45 students from various semesters actively participated in the session with great enthusiasm. The event concluded with the presentation of a memento of appreciation to Mrs.

Prameela K. by the Vice Principal, acknowledging her valuable contribution to the celebration. The session officially concluded at 5:00 PM with a vote of thanks by Mrs. Rinjuna, NSS Nodal Officer, who extended gratitude to all attendees and organizers for making the event a success. The celebration left the participants feeling refreshed and motivated to integrate yoga into their daily lives for improved physical and mental well-being.



NATIONAL READING DAY CELEBRATION

On the occasion of National Reading Day, a book review writing competition was organized by the National Service Scheme (NSS) of the Institute of Nursing Sciences and Research, Malabar Cancer Centre on 25th June 2025. The event was held at the Library Hall from 4:00 PM to 5:00 PM. Students from each batch enthusiastically participated in the competition, showcasing their reading habits and critical thinking through insightful book reviews. A total of six students attended the event and actively took part in the competition. The program aimed to encourage reading among students and develop their analytical and writing skills. Each participant presented a well-crafted review of a book of their choice, reflecting their understanding and personal interpretations. After evaluation, Mr. Albin, a student of 2nd Semester BSc Nursing, was awarded the First Prize for his outstanding review. The event concluded on a positive note, inspiring students to cultivate a lifelong habit of reading and appreciation of literature.

INTERNATIONAL PLASTIC BAG FREE DAY

In observance of International Plastic Bag Free Day, the National Service Scheme (NSS) of the Institute of Nursing Sciences and Research, Malabar Cancer Centre, in collaboration with 4th semester students, organized a Paper Bag Making Competition on July 3, 2025, at Lecture Hall 3. The event aimed to create awareness about the environmental hazards of plastic bags and encourage the use of sustainable alternatives. A total of 9 eco-friendly paper bags were creatively designed and crafted by the participants using recycled materials. The paper bags were not only assessed as part of the competition but were also presented to fellow students and faculty members as a symbolic gesture to promote plastic-free living. The competition witnessed enthusiastic participation, with students demonstrating innovation, teamwork, and environmental consciousness. After a thorough evaluation based on creativity, usability, and presentation, Sithin and Nimmi Johnson were declared First Prize winners for their exceptional work. The event concluded with a short interaction session, where faculty members appreciated the initiative and encouraged students to adopt and advocate for sustainable practices in their daily lives. This initiative served as a reminder of the small yet impactful steps that can be taken toward building a greener, plastic-free future.



WORLD POPULATION DAY

As part of the World Population Day observance on July 11, 2025, the National Service Scheme (NSS) Unit of the institution organized an elocution competition aimed at raising awareness and encouraging dialogue among students on the theme *“Empowering Young People to Create the Families They Want in a Fair and Hopeful World.”* The event was conducted in Lecture Hall 4 from 4:00 PM to 4:30 PM and witnessed active participation from six students across various semesters. Each participant delivered thoughtful and articulate speeches focusing on critical issues such as reproductive rights, gender equality, education, access to

healthcare, and the importance of informed decision-making in shaping future families. The event aimed to highlight how empowering youth plays a crucial role in achieving sustainable development and a more equitable society. Ms.Nandana Rajeev, a second-semester student, impressed the judges with her compelling speech and was awarded the first prize. The competition served not only as a platform for students to express their views but also as an opportunity to reflect on the global efforts needed to ensure that young people can build the families, they aspire to in a world that is just, inclusive, and filled with hope.



KMCT COLLEGE OF PHARMACY

1. READING DAY CELEBRATION

NSS unit of KMCT College of pharmacy observed national reading day the day commemorates P.N. Panicker, who dedicated his life to promoting libraries and literacy in India. National Reading Day encourages people to pick up a book, visit a library, or engage in other reading-related activities. In order to encourage students in promoting reading habit we organized reading competition and essay writing competition. The topic of the essay writing competition was “ormayile pusthakam”. In the reading competition they were given with the books of famous authors and allowed to read with clarity, expression and accuracy. Reading day emphasizes the importance of reading as a tool for continuous learning and personal growth.



2. OBSERVATION OF INTERNATIONAL YOGA DAY 2025

On the occasion of International Yoga Day, our institution proudly organized a yoga session aimed at promoting the importance of physical and mental well-being through the ancient Indian practice of yoga. The session was conducted under the guidance of an experienced yoga trainer, who brought a wealth of knowledge and enthusiasm to the event. Program. officer in her welcome address highlighted the importance of yoga, the way yoga rejuvenate the young students. Dr.Shamnas.M, Principal, emphasized the importance of incorporating yoga into day to day life to maintain holistic health and management of stress in his inaugural address.

An Awareness session was given by Dr.Sherin Jimshad,BAMS MD Ayurveda, Assistant Professor and Yoga Trainer, Vishnu Ayurveda College, Kulapully. Following the introduction, the yoga trainer led the participants through a structured session that included: Basic warm-up exercises, breathing techniques (Pranayama), a series of yoga postures (Asanas) for flexibility and strength, Meditation and relaxation practices. Participants, which included students and staff members enthusiastically took part and expressed great satisfaction with the experience. The trainer emphasized the importance of incorporating yoga into daily life to maintain holistic health and manage stress effectively.



AMALA COLLEGE OF NURSING, THRISSUR

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1	18/06/2025	NSS Yoga Day Celebration and Demonstration	100	2 hours	Awareness session by Dr. Saily S.P on the health benefits of yoga; live asana and pranayama demonstration by Mrs. Deepthy C; theme presented during assembly; event promoted wellness and physical-mental balance through collaborative efforts with the Physical Activity Club.
2	19/06/2025	International Yoga Day – Special Session by Yoga Experts	150+	1 hour	Hosted by Amala College of Nursing NSS unit in association with Amala Ayurvedic Hospital & Research Centre. Sessions by Shri. Gopinath Edakkunni and Smt. Ashalatha

					Muralidharan included live demonstration, breathing techniques, and stress management tips. Participants gained holistic insights into the benefits of yoga for sustainable and healthy living.
3	20/06/2025	Yoga Asanas Photo Challenge (Online Submission)	50	--	Students submitted photos of yoga poses, judged on posture alignment and grace. Event encouraged self-discipline, awareness, and integration of yoga into daily routines. Participation was creative and enthusiastic, promoting wellness in a flexible
4	19/06/2025	Submission of Yoga Day Video – As per MY Bharat Guidelines	4	3 minutes	Awareness video
5	20/06/2025	Report on Registration for Yoga Sangam – IDY 2025			
6	19 and 20 th June 2025	National Reading Day Celebration	50	1 hour	Knowing the importance of reading and books
7	10/07/2025	WORLD ZOONOSIS DAY	50	1 hour	Quiz and information session on zoonosis to improve the awareness

1. NSS Yoga Day Celebration Report

Date: June 18, 2024

Organized by: NSS Unit, in association with Physical Activity Club

Venue: Amala Campus

To commemorate World Yoga Day 2025, the NSS Unit of Amala College of Nursing organized activities aimed at raising awareness and promoting physical and mental wellbeing within the campus. The day commenced with an awareness session by an expert speaker Dr Saily S.P, who conveyed enthusiastic benefits of yoga on health and positive behavior among the students. The impactful performance captured attention and effectively highlighted the importance of yoga into daily life for holistic balance of life.

During the college assembly, the theme of World Yoga Day was formally presented. Volunteers emphasized the importance of individual action in performing yoga everyday.

An effective demonstration session was conducted by Mrs. Deepthy C conveying the purpose and benefits of each asana and pranayama. The session was highly engaging and students participated with great enthusiasm.

These activities were organized in collaboration with the Physical Activity Club and the, demonstrating the spirit of interdisciplinary teamwork towards healthy future.

The event was a success, instilling a sense of health responsibility in all participants and laying a strong foundation for wellness and sustainability.



2.Report on International Yoga Day – Yoga Asanas Photo Challenge

Organized by: Amala College of Nursing, in association with Physical Activity Club

Date of Event: June 20, 2025

Mode of Participation: Individual online submission

Email ID for Submission: donjosek1@gmail.com

Objective:

To celebrate International Yoga Day by encouraging students to practice and showcase yoga asanas, promoting physical and mental well-being, body awareness, and self-discipline among nursing students.

Event Description:

Amala College of Nursing, in collaboration with the Physical Activity Club, organized a *Yoga Asanas Photo Challenge* as part of the International Yoga Day observance. The challenge invited all students to participate individually by submitting a photograph of themselves performing a yoga posture. The goal was to promote enthusiasm towards yoga practice and to acknowledge its significance in maintaining holistic health.

Participation Criteria:

- The event was open to **all students** of Amala College of Nursing.
- **Individual participation** was mandatory.
- Participants were required to submit a **photo of their yoga posture** without using any props or external support.
- The **deadline for submission** was set for **June 20, 2025, until 4:00 PM**.

Judgement Criteria:

- **Posture alignment and accuracy**
- **Confidence and grace** in performing the asana

Rules and Reminders:

- Use of props or external support was strictly discouraged.
- The decision of the judges was **final and binding**.

Outcome:

The Yoga Asanas Photo Challenge received an enthusiastic response from students. Participants demonstrated commendable skill, confidence, and body awareness through their submissions. The event successfully fostered a sense of mindfulness and encouraged a healthy lifestyle practice among nursing students.

Conclusion:

The Yoga Day Photo Challenge was a meaningful initiative that combined physical activity with creativity and discipline. It contributed to spreading

awareness about the importance of yoga in daily life and inspired students to integrate yoga into their routines for long-term health and well-being.



Chakrasana



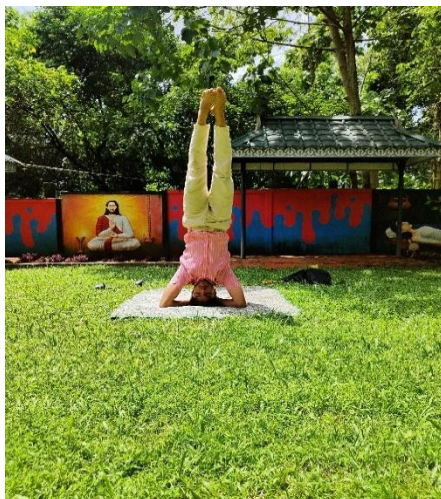
Vrksasana



Raja Bhujangasana



Eka Pada Raja Kapotasana



Pada Hasthasana

Report on International Yoga Day Celebration on 19th – 2025

Date: June 19, 2025

Time: 2:30 PM to 3:30 PM

Venue: Amala Auditorium

Organized by: NSS unit in association with Amala Ayurvedic Hospital & Research Centre

Theme:

“Yoga for One Earth, One Health”

Motto: Inhale the Future, Exhale the Past

Objective:

The primary aim of the celebration was to promote awareness on the importance of yoga for holistic health and well-being, aligning with the global call for sustainable living and preventive healthcare.

Event Highlights:

A **special yoga session and demonstration** was conducted as part of the International Yoga Day observance. The event was enriched by the presence and guidance of two distinguished yoga practitioners:

- **Shri. Gopinath Edakkunni** – *Course Director, Thrissur District Yoga Association*
- **Smt. Ashalatha Muralidharan** – *Renowned Yoga Instructor*

Participants included faculty, staff, students, and members of the public who gathered at the Amala Auditorium to engage in this meaningful health promotion activity.

The session included:

- A brief talk on the **significance of yoga** in daily life
- **Live demonstrations** of essential yoga asanas
- **Interactive participation** from the audience in basic breathing and stretching techniques
- Emphasis on yoga as a **non-pharmacological intervention** for stress relief and lifestyle diseases

Outcome:

The event was well-received and helped participants gain better insight into the practical and philosophical aspects of yoga. It emphasized how consistent yoga practice can positively impact physical, mental, and emotional well-being. The presence of expert instructors made the session engaging and informative.

Conclusion:

The International Yoga Day 2025 celebration at Amala reaffirmed the institution's commitment to fostering a culture of health, mindfulness, and community well-being. The collaborative efforts of the Amala Ayurvedic Hospital & Research Centre ensured the success of the event.



Report on Submission of Yoga Day Video – As per MY Bharat Guidelines

Organized by: NSS Unit, Amala College of Nursing

Date of Submission: 19/06/2025

Submitted to: Office of the NSS Programme Coordinator (as per provided mail instructions)

Purpose:

In compliance with the directive received from the NSS Programme Coordinators, a Yoga Day video was created and submitted by the NSS Unit of Amala College of Nursing. The objective was to promote the essence of Yoga through a scripted performance in Hindi, in line with the theme and spirit of International Yoga Day 2025.

Guidelines Followed:

Volunteers featured in the video wore MY Bharat T-shirts as instructed.

The video was filmed in Portrait format (16:9) to suit Instagram Reels requirements.

The script was strictly followed as per the attached bilingual content provided by the NSS Coordinators.

Outcome:

The video was successfully completed and submitted to the designated official email. It highlighted the values of discipline, unity, and well-being through yoga, while ensuring volunteer visibility and message clarity. The activity reflected the

commitment of our NSS unit towards national-level initiatives and youth engagement campaigns under the MY Bharat mission.

Report on Registration for Yoga Sangam – IDY 2025

Institution: Amala College of Nursing

Event Name: *Yoga Sangam* – Flagship Event of International Day of Yoga 2025

Registration Reference Number: YS1750397974713

Date of Event: 21st June 2025

Time: 6:30 AM to 7:45 AM

Venue: Amala College of Nursing Campus

Amala College of Nursing proudly registered as an official organiser for ‘**Yoga Sangam**’, the national-level flagship event of **International Day of Yoga (IDY) 2025**. This initiative, spearheaded by the Ministry of AYUSH, Government of India, aims to facilitate a **synchronised mass yoga demonstration at 1,00,000 locations across the country**, based on the Common Yoga Protocol (CYP).

As a registered venue, Amala College of Nursing joins hands with various institutions, citizens’ groups, corporates, and academic organisations across India to promote the message of “**Yoga for One Earth, One Health.**”

Objectives of the Registration:

- To contribute to the national movement for health and wellness through yoga.
- To conduct a synchronised yoga session following the **Common Yoga Protocol (CYP)**.
- To encourage student, staff, and community participation in the International Yoga Day celebration.

Support Material Received:

- **Yoga Sangam Information Sheet**
- **Organiser Toolkit**
- **Reference Document (Hindi)**

These documents will serve as a guideline for planning, executing, and promoting the event effectively.

Social Media Campaign:

As part of the national digital awareness initiative, the following message will be shared on social media platforms:

“We are happy to share that we have registered to organise the 'Yoga Sangam' as part of #IDY2025. You can also become a 'Yoga Sangam' organiser by visiting

<https://yoga.ayush.gov.in/yoga-sangam> and be a part of this movement. #YogaforOneEarthOneHealth”

Conclusion:

The Yoga Sangam registration marks a significant step in Amala College of Nursing's continuous efforts toward community wellness and holistic health. The institution is committed to ensuring the successful conduct of this national-level event on **21st June 2025**, and all preparations are underway to make the event impactful and memorable.

1. National Reading Day Celebration Report

Date: 19th & 20th June 2025

Venue: Amala College of Nursing

Organized by: Literary Club in collaboration with NSS Unit

To mark the occasion of **National Reading Day**, the NSS Unit of Amala College of Nursing, in association with the Literary Club, organized a series of activities on **19th and 20th June 2025** aimed at promoting the habit of reading and literary expression among students and faculty.

Key Events and Activities:

1. Theme Presentation:

The event commenced with a theme-based presentation highlighting the significance of reading in the digital age, the legacy of P.N. Panicker, and the role of literature in personal development and social awareness.

2. Reading Competition – 19/06/2025 at 2:00 PM:

A reading competition was conducted for both students and teaching/non-teaching staff. Participants were judged based on clarity, expression, and fluency. The winners were:

- **Geethu Alosius** – First Prize
- **Dany Paul** – Second Prize
- **Angel Mary P.B.** – Third Prize

Teaching/Non-teaching Staff Winners:

- **Dr. Linda Varghese**
- **Ms. Haritha**
- **Sr. Grace Maria**

3. Elocution Competition (Malayalam) – 20/06/2025 at 2:00 PM:

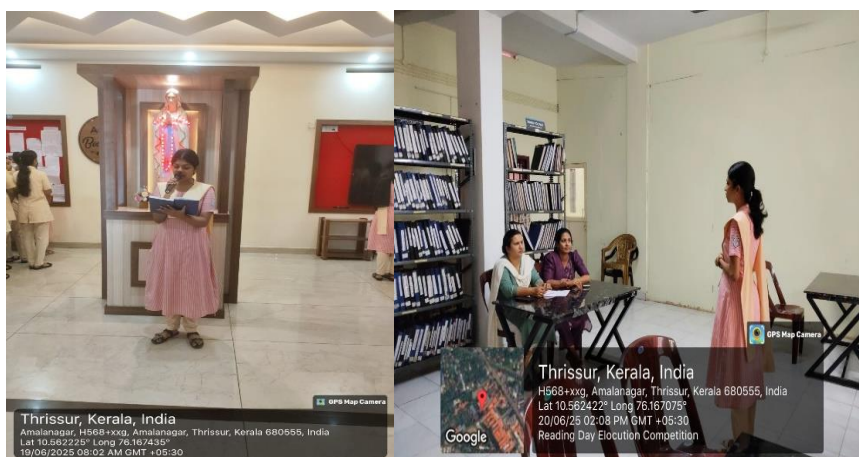
Participants eloquently expressed their thoughts on the theme related to reading and its influence on character building and creativity. Winners include:

- **Mahima Johny** (2021 Batch)
- **Elizebeth Thomas** (2023 Batch)
- **Nimmy Sunil** (2024 Batch)

4. **Book Donation Drive:**

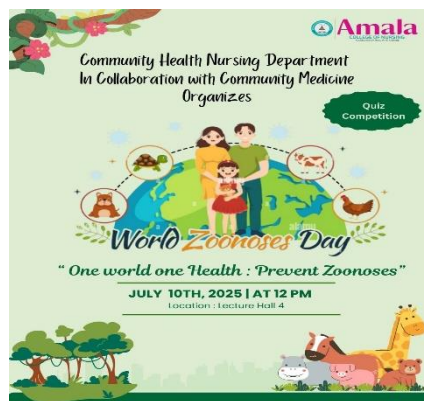
As part of the initiative, volunteers and faculty contributed books to the college library, supporting the cause of resource building and promoting access to quality reading materials for all.

The two-day event successfully ignited a renewed enthusiasm for reading among the campus community. The NSS volunteers took active roles in organizing, anchoring, and coordinating the events, which fostered teamwork, creativity, and a shared commitment to knowledge building.



Report on WORLD ZOONOSIS DAY – JULY 06

Event Title : Quiz Competition – World Zoonosis Day 2025
Date : 10th July 2025
Time : 12:00 PM
Venue : Amala College of Nursing, Thrissur
Participants : NSS volunteers
Organized by : Amala College of Nursing in association with the
 Department of Community Medicine, Amala Institute of Medical Sciences



In observance of **World Zoonosis Day 2025**, a **Quiz Competition** was organized on **10th July 2025 at 12:00 PM** for the **7th semester B.Sc. Nursing students of Amala College of Nursing, Thrissur**. The event was held in collaboration with the **Department of Community Medicine, Amala Medical College** as part of a joint effort to raise awareness on zoonotic diseases and promote preventive healthcare practices among future nursing professionals.

The competition aimed to enhance students' knowledge on **zoonotic diseases**, their **epidemiology, prevention, and control measures**, aligning with this year's global theme. It served as an interactive educational platform encouraging academic enthusiasm and team spirit among the participants.

A series of rounds were conducted including **multiple-choice questions, rapid fire, visual identification, and case scenario-based questions**. The quiz was both informative and engaging, fostering a lively atmosphere of learning and healthy competition.

The event was graced by faculty members from both the College of Nursing and the Department of Community Medicine, who also served as quizmasters and judges. Certificates were awarded to the winners and participants, and the program concluded with a short address emphasizing the importance of interprofessional collaboration in tackling zoonotic diseases.

Prize details of the competition

First prize : Niya Mariya Varghese

Second prize : Dany Paul

Third prize : Blessymol Thomas



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.	21/6/25	International yoga day	30	1hr	. Highlighting the holistic approach to health and well-being.
2.	26/6/25	International day against drug abuse and illicit trafficking	50	30mts	Based on the campaign, by implementing the strategies, schools and communities can create a supportive environment that promotes awareness and prevention of drug abuse and illicit trafficking among students.
3.	27/6/25	A prospective discussion with Russian delegate	20	2hr	.Meaningful blend of motivation ,recognition and experiential learning, reinforcing the importance of community engagement
4	1/7/25	Doctors day celebration	40	1hr	It was organized to recognize and honour the exemplary services and dedication of the doctors in ensuring comprehensive healthcare.
5	8/7/25	Free health check up	50	2hr	Early intervention can reduce complications, and improves the overall health status

5	10/7/25	An interactive session with an army officer	10	30mts	Motivates youth to overcome challenges, and serve the nation in various ways
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INTERNATIONAL YOGA DAY

The NSS unit of The Dale View College of Pharmacy and Research Centre commemorated

International Yoga Day on June 21, 2025, with a special yoga session led by Ms. Tinu , Asso.

Professor. The event saw enthusiastic participation from students of all courses. Ms. Tinu

trained an engaging and informative session on the multifaceted benefits of yoga, highlighting its holistic approach to health and well-being.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

The NSS unit of the dale view College OF Pharmacy and Research Centre had conducted programs on international day against drug abuse and illicit trafficking. our NSS volunteers had taken pledge against the drug abuse . Based on the campaign, by implementing the strategies, schools and communities can create a supportive environment that promotes awareness and prevention of drug abuse and illicit trafficking among students.



A PROSPECTIVE DISCUSSION WITH RUSSIAN DELEGATE

The NSS unit of the Dale View College of Pharmacy and Research Centre successfully organized an enlightening session on the theme 'bridging the nation through youth empowerment'. A prospective interactive session with Russian delegate at the Kalam Smrithi. The session featured an inspiring and thought-provoking address by Ms Margarita, ICC Rotary member who emphasises the critical role of youth in driving positive social change and nation development. The event was a meaningful blend of motivation, recognition, learning, reinforcing the importance of community engagement and professional responsibility among future health care professionals.



DOCTOR'S DAY CELEBRATION

On the occasion of Doctors' Day, July 1st, 2025, the NSS unit of The Dale College of Pharmacy and Research Centre honoured doctors from various hospitals. The college's Managing Director, Principal, NSS volunteers, and professors jointly presented shawls, sweets and indoor plants as tokens of love and respect to the doctors.

The principal emphasized that this event was organized as part of the NSS activities to recognize and honour the exemplary services and dedication of the doctors in ensuring comprehensive healthcare. The celebration took place on 1st July at railway hospital and SK hospital. Our students expressed their gratitude by honouring the doctors. This event was a humble gesture to recognize the invaluable role doctors play in our lives and to foster a spirit of respect.



FREE HEALTH CHECK UP

The NSS unit Of The Dale VIEW College of Pharmacy and Research Centre organized an old age home visit at sathyaneshana charitable society on 8/7/25. this charitable organization offers a range of services defined to support helpless and weak people above 60 years of age. our volunteers monitored BP, sugar of all inmates and provided diet counselling, foot care. they were so delighted and shared their stories also.



AN INTERACTIVE SESION WITH AN INDIAN ARMY OFFICER

The NSS unit of The Dale View College of Pharmacy and Research Centre had got a great opportunity interact with the most respected Indian Army officer, Major Anand CS, Administrative officer. We had a great time with him and the officer shared the real life of an Indian army and gave a realistic picture of army training, operations and life beyond the battle field



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.	27.06.2025	Anti drug awareness programme	300	2 hrs	Created awareness on legal, health and social implications of drug use.
2.	11.07.2025	Quiz on anti drug awareness	16	30 min	Created awareness on legal, health and social implications of drug use.

1. ANTI-DRUG AWARENESS PROGRAMME

The NSS Unit of Dr. Somervell Memorial CSI Medical College, Karakonam organized an Anti-Drug Awareness Class on 27th June 2025 at the college Gallery Hall from 10 AM-12.00 Noon as part of its commitment to sensitizing students and staff on the alarming issue of substance abuse.

The programme commenced at 10:00 AM with a prayer song by Gaayika, of 2022 MBBS batch, setting a solemn and reflective tone for the day.

The gathering was warmly welcomed by Dr. Saritha Ebeneezar, NSS Programme Officer, who emphasized the crucial role of youth and medical professionals in creating a drug-free society.

Dr. J. Anusha Merline, Principal, delivered the presidential address, encouraging students to act as change-makers in their communities. She spoke about the long-term physical and psychological consequences of drug abuse and the importance of preventive education within healthcare institutions.

A symbolic lamp lighting ceremony followed. The session's highlight was the awareness talk by Mr. Y. Shibu, Joint Commissioner of Excise, Crime Records Bureau, Thiruvananthapuram. With real-life examples and insightful statistics, Mr. Shibu addressed the rising trends in drug abuse, legal frameworks and the collective responsibility of institutions and individuals in early intervention and support. The talk was followed by the Anti-Drug Pledge, where students and staff vowed to abstain from substance use and raise awareness among peers.

Dr. Mia George Kallummkal, Assistant Professor of Community Medicine, proposed the Vote of Thanks, expressing gratitude to the chief guest, dignitaries, organizing team and enthusiastic student participants.

The formal session was followed by a role play and a flash mob conducted by the students of 2022 CBME batch to creatively spread the anti-drug message among the college community.

The programme successfully combined education, inspiration and action. It reinforced the commitment of the institution towards promoting a healthy, drug-free campus and empowered students to become informed advocates of change.



Lamp lighting ceremony

Anti-Drug Pledge

The event was jointly organized by Niyathi SMC and the National Service Scheme (NSS), aiming to spark curiosity and spread awareness regarding substance abuse through an engaging academic activity.

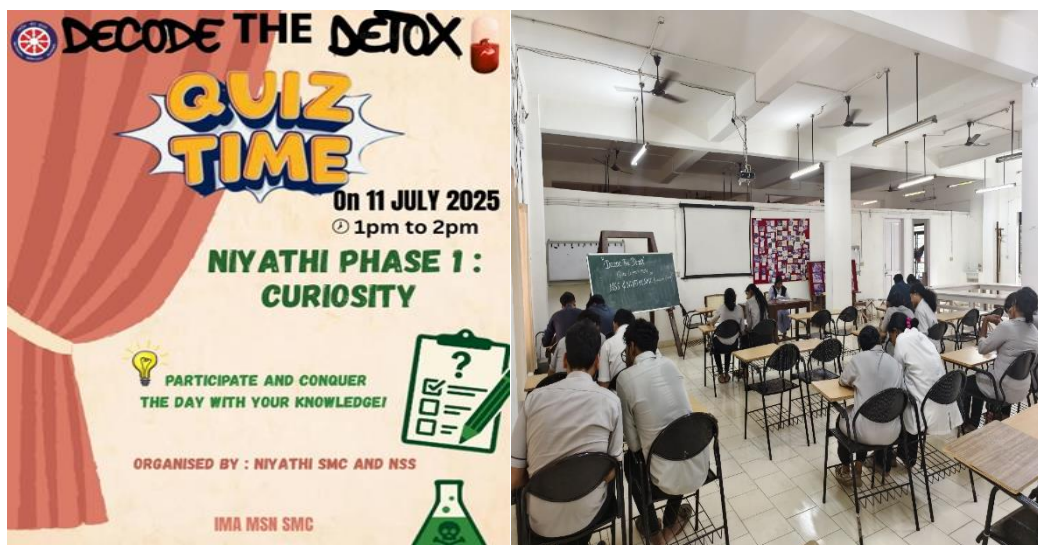
The quiz witnessed enthusiastic participation from students across various batches. The questions were designed to test knowledge across general awareness, drug abuse prevention and medical facts related to toxicology and public health.

Participants competed in teams and demonstrated commendable enthusiasm and team spirit. The quiz was conducted in multiple rounds with visual, buzzer, and rapid-fire segments, keeping the audience thoroughly engaged.

The winners were felicitated at the end of the event, and participation certificates were distributed to all contestants. The

program successfully combined fun with learning, fostering both awareness and healthy competition.

This phase marked the beginning of the NIYATHI campaign, and more such events are scheduled under future phases. The organizing committee extends gratitude to the Principal, faculty members and IMA MSN team for their constant support and encouragement.



SCHOOL OF ALLIED HEALTH SCIENCES- MALABAR CANCER CENTRE (PGIOSR)

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/06/2025 to 15/07/2025	Palliative services and patient care services.	8	Total 252 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the

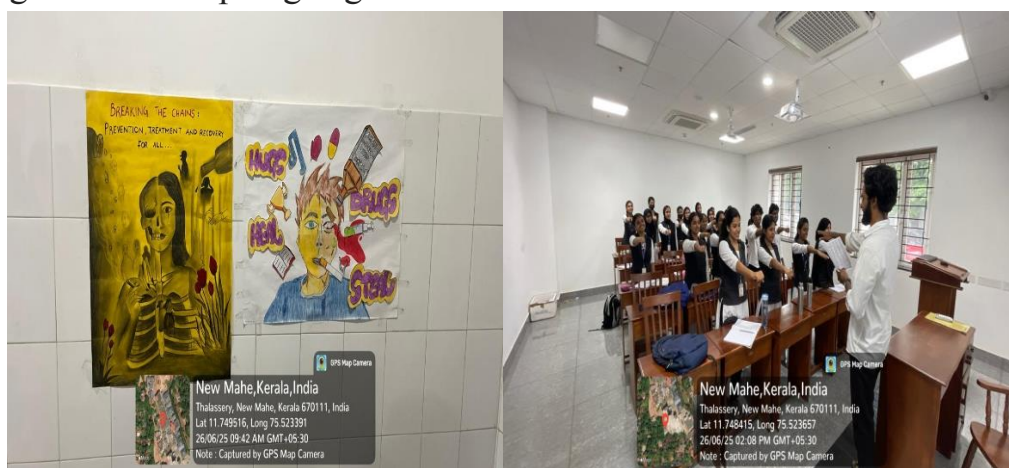
					institution every day for treatment. Each day, two NSS volunteers are posted in the palliative department to help patients. Likewise, two volunteers are posted in the reception area to assist patients.
2	24/06/2025	Participated in blood bank camp	2	6 hrs each	Malabar Cancer Centre organizes blood bank camps in Kannur and neighboring districts. At each camp, two NSS volunteers will participate.
3	10/07/2025	Participated in blood bank camp	2	6 hrs each	
4	26/06/2025	As part of International Day Against Drug Abuse and Illicit Trafficking, students of Malabar Cancer Centre (PGIOSR) made posters against drug usage and took a pledge	25		

		against it on June 26.			
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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 16/06/2025 to 15/07/2025, 8 NSS volunteers spent a total of 252 hours providing the above services.
2. Malabar Cancer Centre organized blood bank camps on 24/06/2025 and 10/07/2025. Two NSS volunteers actively participated in conducting each camps.



3. As part of International Day against Drug Abuse and Illicit Trafficking, students of Malabar Cancer Centre (PGIOSR) made posters against drug use and took a pledge against it on June 26.



SANTHI COLLEGE OF NURSING, OMASSERY

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	16/6/25	World blood donation day	25	30 min	Role play conducted at Santhi Academy lobby and giving awareness and inspiration to all for the blood donation
2	21/6/25	World yoga day	100	2hr	Yoga day demonstration and lecture NSS volunteers and 2nd sem students participated in this program.
3	28/6/25	International Day against drug abuse and illicit trafficking (Bhodhapoornima)	230	2hr	✓ Mime - Bhodhapoornima ✓ Flash mob and home visit for day against drug abuse. ✓ Participated Awareness session conducted at Chethana Auditorium, Kozhikode. ✓ Vimukthi Club formulated ✓ Anti- drug pledge at Santhi college of nursing
4	7/7/25	Palliative day session	50	3hr	Volunteers visited an Old age and palliative centre – ATHANI at

					Narikkuni, Kozhikode.
5	10/7/25	Mosquito eradication & Dengue fever awareness	50	3 hr	Volunteers visited homes and given health education regarding mosquito eradication methods and how can prevent dengue fever disease.

WORLD BLOOD DONOR DAY OBSERVANCE

World blood donor day June 14th 2025 the theme is “Give Blood, Give Hope. Together We Save Lives.” This theme highlights the impact that blood donations have on individuals and communities, emphasizing the role of voluntary blood donors in providing life-saving support. It also recognizes the hope and healing that blood transfusions offer to patients in need.

Santhi college of nursing observed this day to raise awareness about the need for safe blood and blood products, and to thank voluntary, unpaid blood donors for their life-saving gifts through a health play. 13 Students were actively performed the health play to convey the message to audience.



International yoga day

Discover your inner peace with Yoga, on 21/6/24 International yoga day celebrated in Santhi college of nursing in 19/6/25 with different programs. As we prepare to observe International Yoga Day 2025, the theme of "Yoga for One Earth, One Health" reiterates the relationship between personal health and balance with the planet

All are gathered at auditorium at 9.10 am and program started with NSS prayer. Mr. Midhun Mathew (NSS PO) welcomed the gathering and Dr. Sheeja Mathew (Principal SCON) delivered Presidential address and Mr. Praveen Kumar (Art of living faculty) done the inaugural address and Dr. Abhid Faheem (Vice Principal SCON) done felicitation.

Handed over session to Mr. Praveen Kumar and Mrs.Linsha Praveen (yoga instructors) and they discussed about the different methods and its demonstration and return demonstration to all like “thdakasanam, butterfly, vajrasanam, savasanam and pranayama”. Also, he mentioned the importance of yoga in our daily life. It was a nice session and all actively participated in it. Introduced about Y break session and how it can reduce stress in our life, with the help of yoga we can control our mind and be a healthy minded person.

They pointed healthy life style in our life and importance of following it.A transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day.



3. International Day against drug abuse and illicit trafficking

Students conducted a mime on 21/6/25 regarding topic on drug abuse and its ill effects and it was interesting and very effective for them.



Students conducted a flash mod regarding the theme “Breaking the Chains: Prevention, Treatment and Recovery for all” at Mukkam CHC for the public those who gathered there and Medical Officer and staffs provided support it.



Participated Awareness session conducted at Chethana Auditorium, Kozhikode.

Students visited the home narrated on drug abuse ill effects and how it can prevent by using AV AIDS, under the Theme " Breaking the chain: Prevention, Treatment, Recovery for All". Drug trafficking is a global illicit trade involving the cultivation, manufacture, distribution and sale of substances which are subject to drug prohibition laws.



In Santhi College framed “ Vimukthi Club” for preventing the drug abuse by students and it should be got away from this. The global drug problem presents a multifaceted challenge that touches the lives of millions worldwide. From individuals struggling with substance use disorders to communities grappling with the consequences of drug trafficking and organized crime, the impact of drugs is far-reaching and complex. Central to addressing this challenge is the imperative to adopt a scientific evidence-based approach that prioritizes prevention and treatment.

Principal addressed the students that now new generation under the drug so my dear students should get away from this drug and its usage. Don't ask anybody to use or promote it. Be a good human we are nurses to save the life of persons not to harm anybody with our actions.

Anti-drug day pledge recited by Mr.Midhun Mathew (NSS P O) at Santhi Academy provided by KUHS on 28/6/25 at 3 pm.



Palliative day session

On 7/7/25 volunteers visited an Old age and palliative centre – ATHANI at Narikkuni, Kozhikode. They visited the home at 1 pm and met the family members and involved in their activities. Volunteers conducted an entertainment session to them; all are actively participated with singing song and showing their drawings and their skills. It was really hearting evening for all. Volunteers contributed a small contribution for them. Mr.Midhun Mathew (NSS P O) and

Mr.Jibin and Mrs. Prasilla, Clinical instructors guided and helped them to doing activities there.

5.Home visit

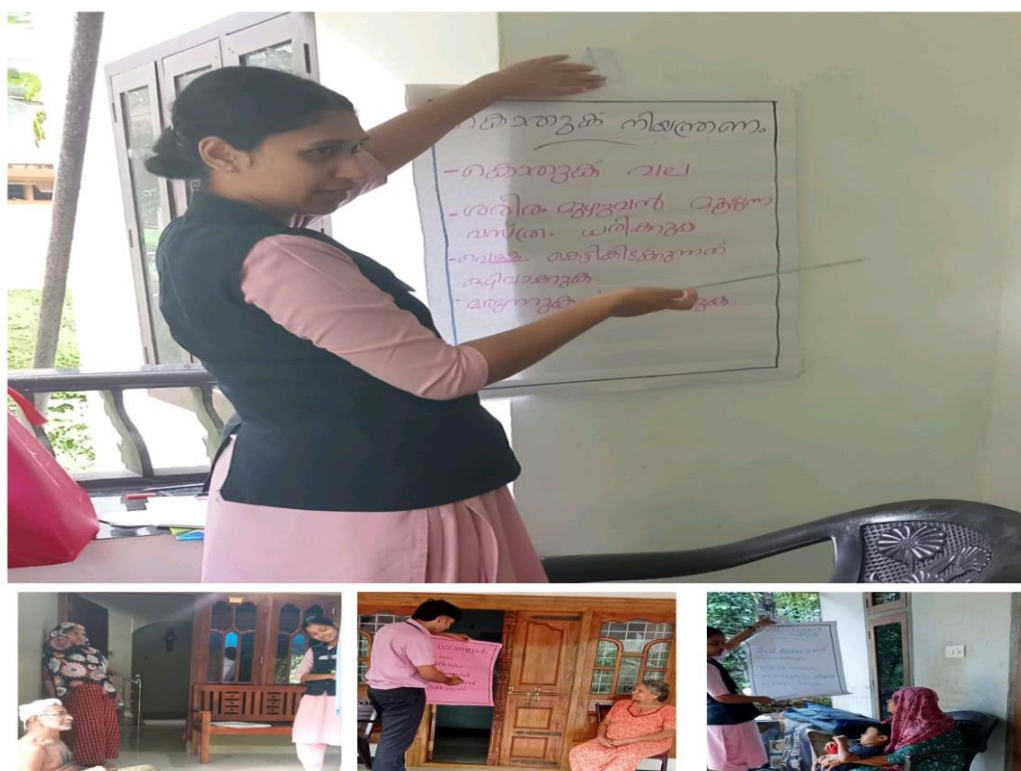
NSS volunteers visited in the adopted village home and identified any issues including health and environmental sanitation. They pointed on dengue fever and its prevention and management.

Dengue fever is an illness spread by the bite of mosquitos infected with one of the dengue viruses. Symptoms are usually flu-like but can worsen to severe dengue (dengue hemorrhagic fever), a life-threatening condition.

The best way to reduce y risk of dengue fever is to protect yourself from mosquito bites.

Steps include:

Use EPA-registered insect repellents that contain 20% to 30% DEET or other ingredients known to help keep Aedes mosquitos away. Cover exposed skin outdoors, especially at night when mosquitos are more likely to be around. Remove standing water (buckets or barrels, bird baths, old tires that may hold rainwater) and fill low spots where water can pool. Keep mosquitos outside of home by repairing holes in screens and keeping windows and doors closed if possible. Use mosquito netting at night in areas where dengue is common. If you're pregnant, avoid traveling to areas where dengue is common if possible.



NANGELIL AYURVEDA MEDICAL COLLEGE

N.S.S MONTHLY ACTIVITY REPORT FROM 16/06/25 TO 15/07/25

Monthly activity report of activities conducted in association with N. S. S. unit 4 of Nangelil Ayurveda Medical College, Kothamangalam is mentioned below.

Programmes conducted

1. June 19 – National Reading Day conducted on 19/06/25 and 20/06/25
2. June 21- International Yoga Day
3. June 26 – International Day against Drug Abuse and Illicit Trafficking
4. July 12 – Free medical camp associated with adopted ward.

International Day against Drug Abuse

International Day against Drug Abuse was celebrated at Nangelil Ayurveda Medical College, Kothamangalam in association with NSS cell 4, Antinarcotic club and student council 24-25. On Tuesday, 10/06/25 at 4 PM, in connection with the International Day against Drug Abuse, a “Human Chain” was formed under the leadership of Nellikuzhi Grama Panchayat and the Kothamangalam and Nangelil Ayurveda Medical College. The human chain extended from Nellikuzhi to Kozhipilly, Kothamangalam.

Students, teachers, and non-teaching staff of Nangelil Ayurveda Medical College participated in the event, led by the college’s NSS Unit 4, anti-Narcotic Club and student council 24-25.

Programmes conducted

1. Standing in front of Nangelil Ayurveda Medical College Hospital, they took an pledge against the use of drugs
2. They joined hands together to form a human chain to show solidarity against the use of drugs from Nangelil Ayurveda Medical College to Nellikuzhy
3. Students also performed a flash mob as part of the event.



INTERNATIONAL YOGA DAY 2025 REPORT

PROGRAMME	International Yoga Day Celebration
ORGANIZER	Department of Swasthavritha, Nangelil Ayurveda Medical College Kothamangalam
ASSOCIATING PARTNER	NSS
RESOURCE PERSON IF ANY	Dr Vijayan Nangelil
DATE AND YEAR	21st of June, 2025
DURATION	1 hour
BENEFICIARIES	Faculties and students of NAMC
OBJECTIVE OF THE PROGRAMME	To make awareness about the importance and benefits of yoga
OUTCOME OF THE PROGRAMME	It provides immense amount of awareness about yoga. Benefits of yoga were discussed. Correct methods of asanas are shown.

DETAILED REPORT OF THE PROGRAMME:

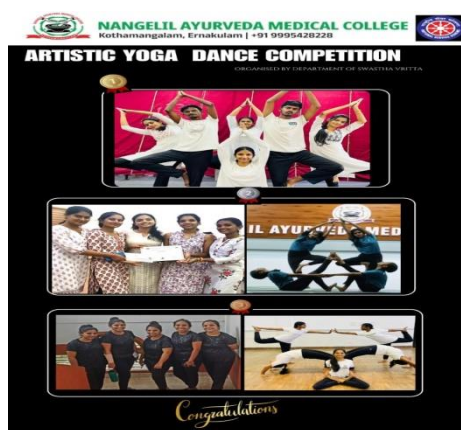
Department of Swasthavritha, Nangelil Ayurveda Medical College, Kothamangalam in association NSS, Students council and SSGP organized common Yoga Protocol Demonstration on 21/06/2025 at 7.30 AM in association with International Yoga day.

The programme was conducted in the Auditorium of Nangelil Ayurveda Medical College. The programme started with an inaugural session. The meeting was presided over by Dr Dhanya K Nair, HOD Department of Swasthavritha and

inaugurated by Principal Dr. Sunil P.V. Dr. Arun K, Associate Professor, Department of Swasthavrita and student representatives delivered felicitation and importance of yoga in current scenario.

Programmes conducted

1. The students conducted a yoga demonstration based on Common yoga Protocol under the guidance of yoga instructor Mr. Jose P. M. Total 106 students and 10 staff participated in the event and was a great success.
2. An artistic yoga dance competition for the faculties and students of Nangelil Ayurveda Medical College was conducted in the college auditorium at 11am on the same day. Total 10 teams participated and winners were awarded with cash prize and certificates.
3. A video of yoga was also created according to the script provided from the regional directorate of N.S.S.
4. The college also took part in the “Yoga Sangam” as directed by Ministry of Ayush



REPORT ON ADOPTED VILLAGE FOR THE MONTH OF JULY

Date: 12/07/25

Time: 9 am -1 pm

Venue: Nangelil Ayurveda Medical College, Kothamangalam.

A free medical camp was conducted at Nangelil Ayurveda Medical College Hospital for the residents of adopted ward 8 of Nellikkuzhy Grama Panchayath. All the speciality OP consultations were available for the camp. About 139 patients attended the camp. Free medicine kit for 10 days was given. The patients were advised to take review after 10 days. Swarnaprasana was also given to 15 children in association with the camp.



N S.S REPORT ON READING DAY

Date: 19/06/25, 20/06/25

Time: 1. 30 pm – 2 pm

Venue: Nangelil Ayurveda Medical College Campus

Reading day was observed at Nangelil Ayurveda Medical College in association with N. S. S Unit, college library and Student council 24-25. Events were conducted on 19/06/25 & 20/06/25 from 1.30 pm to 2 pm.

Events conducted

1. Newspaper reading competition
2. Poster making competition
3. Poetry recitation
4. Book review writing

Reading day was a huge success in which the students enthusiastically participated in the events and the winners were announced on the

same day itself. The activities conducted in association with day encouraged students to develop reading habits, improve literacy, and foster a culture of reading.



N S MEMORIAL COLLEGE OF NURSING, **KOLLAM**

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION — 21ST JUNE 2025

The International Yoga Day 2025 was celebrated with great enthusiasm on 21st June 2025, reflecting this year's theme "Yoga for One Earth, One Health" that underscores the harmony between personal well-being and the health of the planet. The program was organized to raise awareness about the multifaceted benefits of yoga in promoting sustainable health practices.

The event was formally inaugurated by Mr. P. Rajendran, who emphasized the cultural and therapeutic value of yoga in his address. Mr. A. Madhavan Pillai delivered the presidential address, underlining the relevance of yoga in contemporary lifestyles and its potential to bridge the gap between mental, physical, and environmental health. A comprehensive yoga awareness session followed by a live demonstration was conducted by Dr. Sonia, an experienced yoga therapist. She guided participants through key asanas, breathing techniques, and the philosophy behind mindful movement. The event witnessed active engagement by 60 Volunteers and 5 Faculty Members, reflecting a shared commitment to holistic health and environmental consciousness.

The celebration served as a powerful reminder of the role yoga can play in nurturing a healthier self and a healthier planet. The participants left inspired to integrate yoga into their daily routines, fostering resilience and environmental mindfulness.



REPORT ON INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING – 26th June 2025

In observance of the International Day Against Drug Abuse and Illicit Trafficking, the NSS Unit of NS Memorial College of Nursing conducted a comprehensive mass educational program aimed at raising awareness about the dangers of drug use and the shared responsibility of prevention and treatment.

Program Highlights

The event was officially inaugurated by Sri A. Madhavan Pillai, Vice President, KDCHS, who underscored the critical role of educational institutions in addressing the threat of drug abuse. Presidential Address was delivered by Sri P. Shibu, Secretary, who emphasized collaborative community action and youth engagement in curbing addiction. Sri Sreekumar, Excise Inspector, Kollam, led the awareness class and delivered the guest speaker's message. His insightful talk covered current trends in illicit drug trafficking and the legal framework surrounding drug control in India. The anti-drug pledge was led by Dr. Suresh. K. N, Principal, NS Memorial College of Nursing, reaffirming the participants' commitment to building a drug-free society. Sri Rajendran, Secretary, N.S Library delivered the felicitation, appreciating the initiative and the active involvement of students and faculty in this social cause.

The NSS volunteers presented a powerful stage play themed “Prevention and Treatment of Drug Addiction Is Everyone's Responsibility.” The performance highlighted the social, psychological, and legal implications of drug abuse while promoting community support and rehabilitation. There are about 60 NSS volunteers and 8 Faculty Members were participated. Their enthusiastic involvement marked the success of the program and enhanced its outreach.



Community Engagement Campaign:

The observance extended beyond campus with a mass campaign at: CHC Palathara and LP School, Kunampaikulam, Kollam. Here, volunteers engaged the public through: Street Play, Information leaflets, Poster presentations, Interactive discussions, and Community pledge drives. These efforts emphasized the collective role of individuals, families, and institutions in preventing substance abuse.

This initiative exemplified the NSS motto, “Not Me, But You,” by empowering students and communities to take a stand against drug abuse and contribute to a healthier, safer society. Throughout the programme, NSS volunteers were guided by Ms. Neelima Vijay, Assistant Programme Officer, NSS Unit, along with the faculty members of NS Memorial College of Nursing, Kollam.



Reading Day – 19th June 2025

In observance of Reading Day, the NSS Volunteers of NS Memorial College of Nursing, in association with NS Public Library, organized a meaningful celebration aimed at promoting literacy, intellectual curiosity, and community engagement. The event was held at Cherupushpam School, Kollam, and brought together stakeholders from both educational and civic bodies.

The programme was inaugurated by Mr. P. K. Gopan, President of the District Panchayat. The session was presided over by Dr. Suresh K. N., Principal of NS Memorial College of Nursing, and Sr. Suja Joshua, Superior General. Their presence underscored the significance of reading as a foundational tool for empowerment and social transformation.

Mr. Kottiyam Rajendran delivered the felicitation address, commending the NSS team for their initiative in fostering a culture of reading among students and the wider community. Sr. Rubeena Thomas concluded the formal proceedings with a heartfelt vote of thanks, expressing gratitude to all dignitaries, collaborators, and participants.

The event was marked by student-led presentations, reading sessions, and interactive engagements that celebrated the joy and power of books. It echoed the NSS vision of service through intellectual and cultural empowerment, reinforcing their motto “Not Me, But You.”



JUBILEE MISSION COLLEGE OF NURSING

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	21.06.2025	Yoga Day celebrations at adopted village	25	2hr	Health & Wealth of the persons in our adopted village
2.	23.06.2025	Yoga program at college	200	2 hr	Social responsibility, To develop awareness among the students about the importance of yoga in daily life
3.	23.06.2025	Visit to old age home	50	3hr	Social responsibility
4.	26.06.2025	Anti drug day	100	1hr	Social responsibility, To develop awareness among the students about the ill effects of tobacco
5.	06.07.2025	Nurse led clinic	10	3hrs	Social responsibility, To develop public awareness decision making and communication skill Health promotion to public
6.	10.07.2025	Awareness class at CHC vellanikkara	25	2hr	To develop awareness among public decision making and communication skill Health promotion to public

Description of the activity

Yoga Day celebrations at adopted village

NSS unit of Jubilee mission college of nursing conducted a yoga session at our adopted village on 21.06.2025. Yoga trained NSS volunteers along with program officer demonstrated the yoga poses and educated the community, about the importance of yoga in our daily life.

Yoga program at college

The NSS unit of jubilee mission medical college conducted yoga day celebration at college auditorium. They presented the theme along with a yoga dance. Introduced many forms yoga for the college students. The program was conducted on 23.06.2025.

Visit to old age home

The NSS unit and Community Health Nursing department of Jubilee Mission College of nursing visited an old age home at ramavarmapuram. Our volunteers spend lot of time with them. Various entertainment activities were arranged and the inmates enjoyed the day very much.

Anti drug day

Our students were participated in reel making competition. A 1 mt reel was prepared by them. It was so informative for the public. The program helped them to aware more about the ill effects of drugs and about the prevention activities inside the college

Nurse Led Clinic

The NSS unit and Community Health Nursing department of Jubilee Mission College of nursing conjoint with vincent de paul society , St Mary's church madona

Nagar, organized nurse led clinic on 06/07/25. The clinic was conducted at Auditorium of St Mary's church. Madona Nager. The programm started at 7.45 am immediately after the holy mass. The token were provided by Vincent de paul society member. The public were seated in the chairs in the order of token number. Awareness classes on prevention and management of non communicable diseases. Following that nurse lead clinic was started. 5 stations were arranged for registration ,Checking Blood pressure,assessing blood sugar and BMI calculation and the last station was reference station,only if needed, to UPHC Kachery .and also to check whether the referred patients go for consultation and follow up the care. 42 token were given for the public. Among 42 members 14

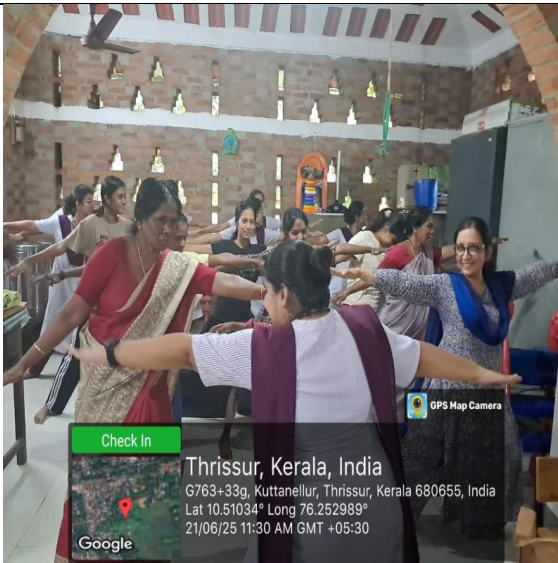
was referred to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers.

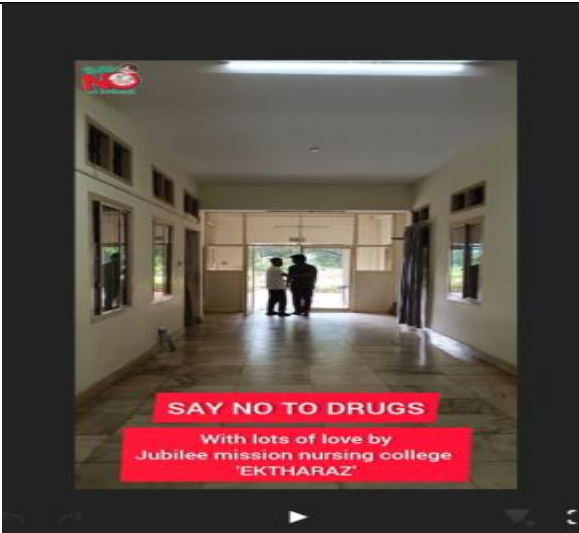
Awareness class at CHC vellanikkara

A **mass awareness class** was conducted at **Community Health Centre (CHC), Vellanikkara** focusing on the **prevention and management zoonotic diseases**. The session was organized to educate the public about various zoonotic diseases such as nipha, rabies etc...

Healthcare professionals from CHC led the session using interactive discussions, visual aids, and pamphlets to ensure better understanding among participants. The community responded positively, showing keen interest and active participation.

This awareness initiative played a crucial role in empowering the public with knowledge and practical tips to safeguard their health.

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	Photos of the event
1.	21.06.2025	Yoga Day celebrations at adopted village	

2.	23.06.2025	Yoga program at college	
3.	23.06.2025	Visit to old age home	
4.	26.06.2025	Anti drug day	

5.	06.07.2025	Nurse led clinic	
6.	10.07.2025	Awareness class at CHC vellanikkara	

Sd/-

Dean(Student Affairs) & NSS Programme Coordinator