



KERALA UNIVERSITY OF HEALTH SCIENCES

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

Date: 23/01/2026

PUSHPAGIRI COLLEGE OF PHARMACY, TIRUVALLA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	01/12/2025	World AIDS Day	20	2 hr	Awarenessprogramme

1. WORLD AIDS DAY 2025

Pushpagiri College of pharmacy in association with students union and NSS unit commemorated World Aids 2025 on 01/12/2025..The theme of this year World AIDS Day was“Overcoming disruption, transforming the AIDS response”.The day was commemorated with the aim of creating awareness about HIV/AIDS, promoting prevention strategies, and encouraging a compassionate attitude towards people living with HIV.

The programme included a pledge-taking ceremony conducted by the NSS unit and a leaflet-making

competition by the student’s union ensuring active participation of students and staff. The awareness

pledge affirm their commitment to spread accurate information about HIV/AIDS, Promote safe and responsible health practices, Stand against discrimination and stigma towards people living with HIV.

The NSS student volunteers actively participated in the leaflet making and the leaflets were published in notice board as a remembrance of the day. Students created informative and visually appealing leaflets focusing on modes of transmission, Methods of prevention, Myths vs. facts and the Importance of testing and treatment to support for people living with HIV. total of 20 students participated. The entries evaluated based on content accuracy, creativity, clarity of message, and presentation. The leaflets were evaluated and the best leaflets were awarded with cash prize.

The observance of World AIDS Day 2024 proved to be an enriching and impactful experience. The pledge-taking ceremony and leaflet-making competition together helped create a positive environment of awareness, empathy, and responsibility. The organizing committee thanks all participants, faculty members, and volunteers for their active support in making the programme a success.



GOVT. HOMOEOPATHIC MEDICAL COLLEGE, **THIRUVANANTHAPURAM**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunte ers Particip ants	No. of Hours perform ed	Achievement to the beneficiaries by the programmes

1	01-12-2025	World AIDS Day Observation	50	3 hrs	Awareness about HIV/AIDS among students. Informative posters highlighting key facts, modes of transmission, prevention, and the
2	02-12-2025	AIDS Awareness Speech Programme	50	1 Hour 30 minutes	Delivered by Dr. Sathish Kumar K. and Dr. Bindhu Peraira, who addressed students on various aspects of HIV/AIDS, including prevention, myths and misconceptions, early diagnosis
3	23-12-2025	Participation in State Level Inauguration of Phoenix Project	13	3 hours	provided an opportunity for volunteers to engage in a state-level initiative and gain exposure to large-scale social welfare activities.

1. World AIDS Day Observation

Date: 01-12-2025

On the occasion of World AIDS Day, the NSS Unit observed the day with a strong focus on creating awareness about HIV/AIDS among students. Informative posters highlighting key facts, modes of transmission, prevention, and the importance of reducing stigma were displayed within the college campus.

In addition, an online MCQ competition was conducted for students to enhance their knowledge and awareness regarding HIV/AIDS, patient safety, and public health aspects. The programme received active participation from students and helped reinforce correct scientific understanding and social sensitivity related to HIV/AIDS.

2. AIDS Awareness Speech Programme

Date: 02-12-2025

As a continuation of World AIDS Day activities, an AIDS Awareness Speech Programme was organized in association with the Students Support and Guidance Programme (SSGP).

The session was delivered by Dr. Sathish Kumar K. and Dr. Bindhu Peraira, who addressed students on various aspects of HIV/AIDS, including prevention, myths and misconceptions, early diagnosis, and the importance of empathy and non-discrimination towards people living with HIV.

3. Participation in State Level Inauguration of Phoenix Project

Date: 23-12-2025

A total of 13 NSS Volunteers along with the Programme Officer participated in the State Level Inauguration of the Phoenix Project, held at Government Women's College, Thiruvananthapuram. The programme provided an opportunity for volunteers to engage in a state-level initiative and gain exposure to large-scale social welfare activities.



MAR SLEEVA COLLEGE OF NURSING PALAI

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	3/12/25	AIDS DAY AWARENESS PROGRAM-SKIT	100	1 HR (2-3pm)	All students from the college were attended the program in the college auditorium.NSS volunteers were conducted /lead the program as skit.
2	18/12/25	Campus cleaning activity	50	1 hr (4-5pm)	50 volunteers from 3 rd year BSc nursing actively participated in this campus care activity
3	19/12/25	Campus cleaning activity	50	1 hr (4-5pm)	50 volunteers from 4th year BSc nursing actively participated in this campus care activity
4	22/12/25	Prevention of harassment against women at working environment	100	2 hrs (3-5 pm)	<p>All students of the college were attended the class ie awareness of the law against women`s harassment at working environment, needs of primitive steps to defend any unwanted peoples reactions against working site, work, etc</p> <p>Class was taken by Adv. K</p> <p>Ravi Kumar, previous public prosecutor. The program was organized by NSS volunteers. Mr Jose</p>

					Augustine, legal adviser helped to coordinate the program well. it was really worth full to all students.
5	23/12/25	CHRISTMAS celebration at college level.	100	1 hr	All 100 volunteers actively participated in competitions like Christmas carol, crib making, Christmas card making etc. some of the volunteers won prizes.

AIDS DAY AWARENESS PROGRAM-SKIT



CAMPUS CLEANING ACTIVITY



GOVERNMENT DENTAL COLLEGE, CALICUT

SL No	DATE	Activity Conducted	No of Unit	No of Volunteers, Participants	No of hours performed	Achievements to the beneficiaries by the program
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1	2/10/25	Gandhi Jayanthi Day Celebration	1	50	4 hrs	-There was a cleaning program conducted in behalf of Gandhi Jayanthi Day Celebration and awareness was given about swachh bharat mission.
2	1/11/25	Kerala Piravi Day Celebration	1	70	2hrs	-There were various different types of competition held which helps the students to understand the importance of mother tongue. -They got the opportunity to understand various phrases and words related to our mother tongue.
3	17/12/25	Stress Management Program	1	150	2hr	-Awareness was given on how to manage stress. -There was a talk on how to tackle stress and how to prevent it

GANDHI JAYANTHI DAY CELEBRATION



KERALA PIRAVI DAY CELEBRATION



STRESS MANAGEMENT



AL-SHIFA COLLEGE OF NURSING, PERINTHALMANNA

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of participants	No. of Hours	Achievements
	13/01/2026	INTERNATIONAL YOUTH DAY	1	25	3 hour	The NSS Unit of Alshifa College of Nursing in association with IIC and the Red Ribbon Club, organized blood donation camp “KIRANAM” at KIMS Al Shifa Hospital, Perinthalmanna. The programme was inaugurated by Dr. Reshma Medical officer, Blood bank whose inaugural address highlighted the significance of blood donation as a noble humanitarian act and encouraged students to actively participate in social responsibility initiatives. A total of 25 NSS student volunteers voluntarily donated blood, demonstrating a strong sense of commitment, compassion,

						<p>and social awareness. Prior to donation, all donors underwent necessary medical screening to ensure eligibility and safety. The event was coordinated smoothly with the cooperation of hospital staff, NSS programme officers, and volunteers. Overall, the programme was meaningful, well-organized, and achieved its intended objectives successfully.</p>
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13/01/2026- INTERNATIONAL YOUTH DAY



VAIDYARATNAM AYURVEDA COLLEGE, OLLUR

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	29/12//2025 TO 04/01/2026	7 Day special camp at Nelliampathy	80	7 days	Helps students to understand tribal life, develop social responsibility, promote community development, improve health and education awareness.
2	07/01/2026	100 Day special campaign for BAL VIVAH MUKT BHARATH	70	1	Engaged the youth in the mission to end child marriage, contributing to the first phase of the campaign which prioritizes schools and colleges for creating a “Child Marriage Free” environment leading towards Viksit Bharath @ 2047

NSS CAMP REPORT

Day 1 (29/12/2025)

The first day of the NSS camp. Dr.Bimal, former NSS programme officer, delivered a session “Ormakaliloode” at the college auditorium to kick off the program. He shared his insightful experiences and recollections from earlier NSS camps the unit had conducted. His remarks motivated the volunteers and emphasized the dedication and attitude of service connected to NSS operations.

After that, ShriJunais led a lively ice-breaking session with a variety of entertaining games and activities. These meetings fostered camaraderie, promoted cooperation, and created a vibrant environment among the volunteers. Along with having fun and creating memories, we also played a few random games.



As the day came to an end, volunteers actively took part in gathering and setting up necessary supplies like bedding, medications, vegetables, and other necessities for the camp. All of these activities signify an enthusiastic and well-organized start to the NSS camp.

Day 2 (30/12/2025)

The second day of the NSS camp got off to a great start with the inaugural ceremony held at the college. The inauguration was done by Dr. Ashish, Dean of Students Affairs KUHS. He opened the day by inspiring the volunteers and emphasizing the value of discipline and service. Dr. Adarsh Varma (NSS Programme officer), Dr. Marykutty T.C (Vice Principal), Dr. Bimal (Ex. NSS Programme officer), Akhil P Krishna (College union representative) and Rajmohan M.M (NSS volunteer secretary) shared their insightful views and suggestions in the ceremony.



The team departed for Nelliampathi via a pre-booked KSRTC bus at midday and reached the destination by 5:00 PM.

The inaugural ceremony concluded at the campsite with addresses from Shri. Mayaandi (Nelliampathy Panchayat President) and Shri. Mujeeb (ward member). They expressed their appreciation for the team's presence in the locality and conveyed their well-wishes for the camp.

At the session, NSS volunteers distributed stationery items they had brought for the local school children. This gesture was warmly received by the students and the community members present.



Following the ceremony, Pracharana Jadhawas organized through the nearby localities. The objective was to sensitize the local community about the camp's initiatives and to promote the core values and motto of the NSS. The procession was marked by the collective singing of the NSS

song, which served to demonstrate the team's unity and commitment to the scheme's values.

Subsequently, the volunteers focused on cleaning and organizing the campsite for the days ahead. To ensure the smooth management of the camp, several committees were constituted, including Cleaning, Lighting, Food, Documentation (Report Writing), Magazine, and Creative Arts (Wall Painting). The food committee prepared a wholesome dinner, which was highly appreciated by everyone for its exceptional taste. The day concluded with various sports, games, and cultural activities, fostering a spirit of camaraderie and relaxation among the volunteers.

The day was characterized by a series of productive and engaging activities. The day concluded with a comprehensive evaluation session and discussion of the goals for the next day.



Day 3 (31/12/2025)

The third day of the NSS camp commenced at dawn with a rejuvenating session of Yoga and a morning stroll, aimed at promoting physical fitness and mental clarity among the volunteers. Following this, the morning assembly was held, featuring the presentation of the News Bulletin, Day Report, and Thought of the Day.

Notably, the News Bulletin was presented in a light hearted, comic style, reporting the previous day's events through a lens of humour.



The morning activities began with a nutritious breakfast prepared by the volunteers, showcasing their teamwork and culinary coordination.

A significant portion of the morning was dedicated to initiating the preparation of a herbal garden within the school premises. This project aimed to create a sustainable educational resource for the school, focusing on the cultivation of traditional medicinal plants.

The team also undertook the wall painting of the school building. This initiative focused on beautifying the school environment with vibrant artistic murals and impactful social messages, transforming the campus into a more inspiring space for the students.

Following lunch, an informative Awareness Session was conducted by officers from the local police department. The session focused on critical contemporary issues, specifically emphasizing local safety measures and cybercrime prevention. The officers provided practical advice on staying safe within the community and educated the volunteers on identifying and reporting digital fraud and online threats.

To apply their communication skills in a real-world setting, the volunteers were organized into teams to conduct a specialized Community Survey. The primary objective of this survey was to investigate school absenteeism among children in the surrounding neighborhood. By interacting directly with families, volunteers sought to identify the root causes of irregular school attendance and gather data that could help the school and local authorities support at-risk students. This exercise provided the volunteers with deep insights into the educational challenges within the socio-economic framework of the locality.



Following the afternoon tea break, the session transitioned into a blend of physical training and creative celebration. The highlight of the sports session was a specialized Volleyball training workshop conducted by the college volleyball team. This session allowed volunteers to learn advanced techniques and teamwork strategies from experienced athletes, fostering a spirit of healthy competition.

As the day coincided with New Year's Eve, the evening was dedicated to building deeper bonds among the volunteers through a series of thoughtful traditions:

- **New Year Friend & Card Making:** A "New Year Friend" lot was drawn, assigning each volunteer a secret friend for the coming year. To commemorate this, a creative workshop was held where every volunteer handcrafted personalized cards for their assigned friend, adding a heartfelt and personal touch to the celebrations.
- **Campfire and Cultural Showcase:** As night fell, a Grand Campfire was lit, symbolizing unity and the warmth of the NSS family. This was accompanied by a vibrant cultural showcase where volunteers displayed their artistic talents. The event featured exceptional vocal performances, with many volunteers receiving high praise for their singing skills.
- **The Midnight Countdown:** To welcome the New Year at the stroke of midnight, the team organized a festive celebration featuring spectacular fireworks and a ceremonial cake cutting.
- **Lantern Lighting:** In a final moment of reflection, lanterns were released into the night sky, representing the volunteers' shared hopes, aspirations, and their commitment to community service in the year ahead.

Day 4 (1/1/2026)

The fourth day of the NSS camp commenced at daybreak with an intensive Kalaripayattu training session. This session was notably led by NSS volunteer Krishnendhu, who shared expertise in the traditional martial art form of Kerala. The training focused on indigenous physical techniques, enhancing the volunteers' agility and discipline.

Following this, the morning assembly was held, where the Day Report was presented, a Thought of the Day was shared to inspire the group, and a News Bulletin was delivered to keep the volunteers informed of camp activities and external developments.

After a wholesome breakfast, the volunteers shifted their focus toward community health outreach. The morning session was dedicated to the comprehensive preparation for the upcoming Medical Camp. This involved:

Sorting and categorizing medical supplies and medicines. Arranging the venue to facilitate a smooth flow for patients and medical professionals. Finalizing the list of local residents to ensure maximum community participation for the next day's healthcare services.

Following lunch, the team embarked on an educational and environmental trek to Keshavanpara. Recognizing their responsibility as environmental stewards, the volunteers turned the trek into a cleanliness drive. They actively collected discarded plastic bottles and other non-biodegradable waste along the trail, ensuring that the trek left a positive impact on the pristine hills of Nelliampathi. This activity reinforced the NSS commitment to environmental conservation and the "Green Protocol."



After returning, an informative session was conducted by officers from the Forest Department. The officers provided a deep dive into:

- **Regional History:** The historical evolution of Nelliampathy's landscape and its local communities.
- **Biodiversity Significance:** The vital role the region plays in the Western Ghats ecosystem and the legal and ethical importance of protecting forest land. This session provided the volunteers with a scientific and historical perspective on the land they were serving.

The evening was marked by a grand culinary effort as the volunteers collectively prepared a Special Biryani for dinner. This task served as an exercise in large-scale coordination and team cooperation. The day concluded with a vibrant cultural session and recreational games, which

provided much-needed relaxation and helped strengthen the bonds of friendship and unity among the volunteers.

Day 5 (2/01/2026)

The fifth day commenced with the systematic execution of household chores and breakfast preparation.

The volunteers demonstrated high levels of organizational discipline, transforming the campsite into a functional hub for the day's primary mission: the Community Medical Outreach Program. This initiative was designed to bridge the healthcare gap for the residents of Nelliampathi, particularly for those with limited access to specialty medical care.

The Medical Camp was the hallmark of the day's service activities, featuring a distinguished panel of expert doctors from our hospital. Their presence ensured that the local population received high-quality diagnostic consultations. Key highlights of the camp included:

A specialized intervention that was directed toward the tea plantation workers. Recognizing the chronic physical strain and joint pain associated with their labor-intensive work, the team distributed specialized medicinal oils specifically formulated for pain relief.

Following professional consultations, a pharmacy desk managed by volunteers ensured the free distribution of prescribed medicines, ensuring that the treatment process was completed on-site.

The camp remained highly active until midday, serving a large number of local families and plantation staff, and was lauded by the community for its efficiency and care.



Post-lunch, the camp focused on the holistic development of the volunteers through peer-led sessions, utilizing the diverse talents within the NSS unit:

Volunteer Aman conducted a structured Cricket Coaching Session. Beyond the sport itself, the session emphasized strategic thinking, field positioning, and the importance of physical endurance. This was supplemented by various other team-building games.

Transitioning from physical activity to fine arts, Volunteer Shahana led a comprehensive Crochet Session. This workshop introduced volunteers to the intricacies of yarn craft, promoting focus, patience, and the value of sustainable, handmade artistry.

The evening transitioned into a session of intellectual reflection. Following dinner, the News Reading session was conducted, which served as a platform for volunteers to analyze and discuss the day's major headlines, fostering social awareness.

The day concluded with a series of Cognitive and Analytical Games. These exercises were strategically chosen to enhance the volunteers' mental faculties, including:

Memory and Concentration Drills: Testing the ability to retain information under pressure.

Problem-Solving Puzzles: Encouraging lateral thinking and collaborative logic.

These activities provided an engaging yet intellectually stimulating end to a day characterized by profound community service and personal skill acquisition.

Day 6 (03/01/2026)

The sixth day of the camp began with the customary morning assembly, featuring the News Bulletin and Thought of the Day, which centered on the themes of perseverance and environmental consciousness.



Following the assembly, NSS volunteer Navya conducted a specialized Judo training session. This session was highly empowering, as it provided volunteers with fundamental self-defense techniques, emphasizing the importance of physical strength, mental alertness, and personal safety.

After a hearty breakfast, the volunteers embarked on a rigorous 16-kilometer forest hike through the dense and scenic terrains of Nelliampathi. This expedition allowed the team to connect deeply with nature, as they witnessed the region's rich biodiversity, including sightings of wildlife in their natural habitat and breathtaking viewpoints.

True to the NSS spirit of environmental stewardship, the hike was also a mission of service. Throughout the 16-kilometer trek, volunteers conducted a Plastic Collection Drive, removing non-biodegradable waste from deep within the forest trails. This ensured that the team not only appreciated the beauty of the wilderness but also actively contributed to its preservation.



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Following the physically demanding hike and a period of well-earned rest, the afternoon was dedicated to a creative Clay Modeling Workshop. Led by volunteers Akhila and Amisha, this session encouraged participants to explore their artistic potential. The workshop focused on patience and tactile creativity, allowing volunteers to mould intricate shapes and figures, providing a therapeutic and calming contrast to the morning's strenuous activities.

As it was the final night at the campsite, the evening was marked by an extended session of cultural programs and interactive games. The atmosphere was filled with a sense of accomplishment and bittersweet nostalgia.

Volunteers performed a variety of songs, dances, and skits, celebrating the talents discovered during the week.

The night was spent sharing personal reflections, experiences, and the lessons learned throughout the camp.

This final celebration served to solidify the lifelong friendships formed and the spirit of unity that had defined the seven-day journey.

Day 7 (04/01/2026)

The final day of the special camp commenced with a focused morning routine. Despite the bittersweet atmosphere of departure, the volunteers gathered for the last Morning Assembly. The News Bulletin and Thought of the Day were presented, with a special emphasis on the responsibility of carrying the lessons learned at the camp back into daily life.

This was followed by a final group breakfast, which served as a moment of gratitude for the student-led kitchen team.

In accordance with the NSS “Green Protocol” and the principle of leaving a place better than it was found, the volunteers dedicated the morning to a comprehensive cleaning and restoration of the campsite. Every area used for the past week was meticulously cleared of waste and reorganized. As the team prepared to depart, the impact of their week-long service was visible in the permanent enhancements made to the school infrastructure : The Ayur Garden and the wall painting. After that the team officially checked out from the Nelliampathi campsite, bidding a grateful farewell to the local staff and community. The journey back included educational visits to two significant landmarks in the region:

Pothundi Dam: The team visited this historic earth-core dam, observing its unique architectural construction and enjoying the panoramic views of the surrounding hills.

Kollengode: Known for its breathtaking rural beauty and traditional heritage, this stop allowed the volunteers to experience the serene landscape, rounding off the

Nelliampathi experience with a broader understanding of the district’s geography.

Following the sightseeing sessions, the team continued the return journey. The group arrived safely back at the college campus by nightfall. The departure was marked by a final debriefing where volunteers expressed their sense of achievement and shared their highlights from the seven-day journey.

ACTIVITY REPORT: 100-DAY SPECIAL CAMPAIGN FOR BAL VIVAH MUKT BHARAT

1. Basic Information:

* Activity Date: 7th January 2026

* Time: 02.30 pm

* *Vaidyaretnam Ayurvedha College, Ollur, Thrissur.

- * Organizing Authority: Child Marriage Prevention Officer (CMPO), Ollukkara Additional, ICDS, in coordination with the District Women and Child Development Office (DWCDO).
- * Technical Support: District Sankalp Hub for Empowerment of Women (DHEW), Thrissur (Mission Shakti).

2. Context of the Activity:

As per the directives from the Ministry of Women and Child Development (MoWCD) and the State Government regarding the 100-Day Intensive Thematic Campaign (27th Nov 2025 – 8th March 2026), this program was organized to accelerate the vision of a Child Marriage Free India. Following the "Saturation Approach," the session focused on educational institutions to create grassroots-level awareness.

3. Program Highlights & Implementation:

- * Display of IEC Materials: In accordance with the campaign guidelines to utilize notice boards and classrooms, digital posters and thematic IEC materials were displayed across the campus. These materials were specially prepared by the District Sankalp Hub for Empowerment of Women (DHEW), Thrissur.
- * Awareness Session: A dedicated sensitization session against child marriage was conducted for the students. The session highlighted the legal implications under the Prohibition of Child Marriage Act and the importance of education in empowering girls.
- * Participation: Approximately 60 students attended the session and observed the activities. The students pledged their support to prevent child marriages in their respective communities.
- * Reporting: The activity data and photographs are being uploaded to the Bal Vivah Mukat Bharat Portal by the concerned Child Marriage Prevention Officer (CMPO) to ensure real-time progress tracking.

4. Objective Achieved:

The activity successfully engaged the youth in the mission to end child marriage, contributing to the first phase of the campaign which prioritizes schools and colleges for creating a "Child Marriage Free" environment leading towards Viksit Bharat @2047.



NANGELIL AYURVEDA MEDICAL COLLEGE, KOTHAMANGALAM

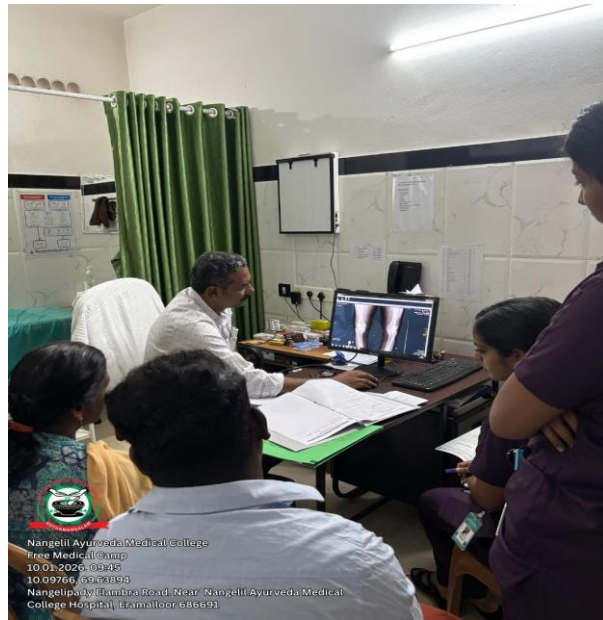
REPORT ON ADOPTED VILLAGE FOR THE MONTH OF JANUARY

Date: 10/01/26

Time: 9 am -1 pm

Venue: Nangelil Ayurveda Medical College Hospital, Kothamangalam.

A free medical camp was conducted at Nangelil Ayurveda Medical College Hospital for the residents of adopted ward 8 of Nellikuzhy Grama Panchayath. All the speciality OP consultations were available for the camp. About 155 patients attended the camp. A free medicine kit for 10 days was given. The patients were advised to take review after 10 days. Swarnaprasana was also given to 17 children in association with the camp.



Programmes conducted

1. NSS 7 Day Special camp from 28/11/25 to 3/01/26
2. Free medical camp in association with adopted ward on 10/01/26
3. Awareness class in association with National Youth Day conducted on 13/01/26

National Youth Day

REPORT ON Awareness Programme on "Skin and Eye Health in the Digital Era: An Anatomical perspective"

PROGRAMME	Awareness Programme on "Skin and Eye Health in the Digital Era: An Anatomical Perspective"
ORGANIZER	NSS unit 4
ASSOCIATING	Rachana Sarira Department, Aidika Students council
RESOURCE PERSON IF ANY	-
DATE AND YEAR	13/01/2025
DURATION	2hrs

BENEFICIARIES	NSS Volunteers (100)
OBJECTIVE OF THE PROGRAMME	To create awareness among youth about the impact of digital lifestyle on skin and eye health
OUTCOME OF THE PROGRAMME	<ul style="list-style-type: none"> ● Students gained awareness about skin and eye health in the digital era ● Improved understanding of preventive health measures ● Encouraged responsible use of digital devices among youth ● Reinforced the importance of self-care and discipline in accordance with National Youth Day values

DETAILED REPORT OF THE PROGRAMME:

As part of National Youth Day celebrations, the NSS Unit 4, in collaboration with the Department of Rachana Shareera and Aidika Students Council, organised an awareness programme titled "Skin and Eye Health in the Digital Era: An Anatomical Perspective" on 13 January 2026 at the NAMC Auditorium. The programme consisted of two informative sessions.

Session 1 related to skin was handled by Dr. Mini K. V., Professor & HOD, Department of Rachana Shareera, NAMC. The speaker explained the anatomy of skin and its appendages and discussed the effects of excessive screen exposure, disturbed sleep, stress, and lifestyle changes on skin health. Preventive measures, personal hygiene, and the importance of maintaining a healthy daily routine

Session 2 was related to the eye and was led by Dr. Arun N. P., Professor, Department of Rachana Shareera, NAMC. The speaker elaborated on the anatomy of the eye and explained common eye problems associated with prolonged digital screen usage such as eye strain, dryness, and fatigue. Practical tips for eye care, correct posture, and responsible screen use were shared with the participants.

Both sessions were interactive and informative, helping students understand the relevance of anatomical knowledge in day-to-day life.



PROGRAMME	7 Day NSS National Integration Camp
ORGANIZER	NSS unit 4
RESOURCE PERSON IF ANY	<ul style="list-style-type: none"> • Mrs. Suma M S (NSS PAC member Govt HSS Omellur) • Mr. Rejimon V (MVI Kothamangalam)
DATE AND YEAR	28/12/2025 – 03/01/2026
DURATION	5:30 AM to 9.30 PM
BENEFICIERIES	NSS Volunteers, Public (about 100)
OBJECTIVE OF THE PROGRAMME	To inculcate the spirit of social service and volunteerism among students and to develop leadership qualities, teamwork, and discipline in NSS volunteers.
OUTCOME OF THE PROGRAMME	<ul style="list-style-type: none"> • Created awareness about health, hygiene, sanitation, and environmental protection. • Promote community participation and strengthen campus–community interaction. • Identified and addressed local community problems through service activities. • Encouraged national integration, social harmony, and civic responsibility • Developed personality, character, and moral values among youth. • Provided practical exposure to social realities and rural life

Day 1

Date:28/12/2025

The NSS Special Camp organized by NSS Unit 4 of Nangelil Ayurveda Medical College, held at Government VHSS, Neriamangalam, commenced on 28 December 2025 with the NSS geetham.

Dr. Meenu Gopinath (NSS Programme Officer, NAMC Kothamangalam) delivered the welcome address. Shri M. V. Sreenivasan (PTA President, Govt. VHSS Neriamangalam) presided over the function. The inauguration was carried out by Smt. Soumya Sasi (District Panchayat Member). Dr. Sunil P. V. (Principal, NAMC Kothamangalam) delivered the keynote address. Dr. Arjun Ravi offered felicitation remarks. Shri Nihal K. (NSS Student Convener) proposed the vote of thanks. Following this, the NSS flag was hoisted, and the camp was officially declared open.

Later, the volunteers engaged in cleanliness activities, cleaning the school premises and designated areas. They also watered the plants in the school garden and supervised the cooking arrangements. After dinner, the first day of the camp concluded beautifully with cultural programmes.



Day 2

Date: 29/12/2025

The second day of the NSS Special Camp began with all the volunteers waking up at 5:30 a.m. A yoga session was conducted promptly at 7:00 a.m. After breakfast at 8:00 a.m., the volunteers commenced cleanliness activities.

The volunteers cleaned the school ground, garden, and surrounding areas. The cleanliness activities continued even after lunch and went on until 6:00 p.m. In the evening, after dinner, cultural programmes were presented.

Thus, the second day of the camp concluded beautifully.



Day 3

Date: 30/12/2025

As part of the NSS Special Camp, various activities were conducted on 30th December 2025. The day began at 5:30 am with a wake-up call, followed by personal routines. From 7:00 am to 8:00 am, the volunteers participated in a morning walk along the road facing the nearby mountain, which created a refreshing and energetic start to the day.

After breakfast, a cleaning drive was conducted from 9:00 am to 1:00 pm in the school premises, including classrooms, corridors, and surrounding areas. After lunch, an awareness class on Life Skills was conducted from 2:00 pm to 4:00 pm by Suma MS, NSS PAC Member. The session was made lively and engaging through interactive games and activities, which helped the volunteers better understand the importance of teamwork, communication, and decision-making.

Following a tea break, cleaning activities resumed from 4:30 pm to 6:30 pm. The day concluded with cultural programmes, report preparation, and evaluation. Overall, the programme was meaningful and contributed to the personal growth, discipline, and social responsibility of the volunteers.



Day 4

Date: 31/12/2025

The day began at 5:30 am with the wake-up call, followed by freshening up and a yoga session from 7:00 am to 8:00 am. After camp detailing and breakfast, the volunteers visited the Jilla Krishithottam, Neriampalam from 9:00 am to 11:00 am. From 12:00 pm to 1:00 pm, an awareness class on personal hygiene was conducted by Dr. Revathy.K, Assistant Professor, Department of Prasoothi Tantra. After lunch, an awareness class was taken by Mr. Rejimon .V, MVI, Kothamangalam from 2:00 pm to 4:00 pm, which was informative and interactive.

A flash mob against drug abuse was conducted at the Neriampalam private bus stand from 4:30 pm to 5:00 pm. After the flash mob, the volunteers again took part in cleaning activities.

The day concluded with cultural programs from 9:00 pm to 12:00 am, ending with a joyful New Year celebration.



Day 5

Date: 01/01/2026

The day started at 5:30 am with the wake-up call, followed by freshening up and a yoga session from 7:00 am to 8:00 am. After camp detailing and breakfast, the volunteers conducted a survey from 9:00 am to 1:00 pm, which turned out to be a very meaningful and insightful experience.

As part of the NSS Special Camp, the NSS volunteers actively participated in the Vijnana Keralam Survey, conducted with the objective of collecting scientific and socio-economic data from the local community. The survey was organized to promote scientific temper, data awareness, and social responsibility among the volunteers.

On the scheduled day, NSS volunteers were divided into small groups and allotted specific areas for data collection. Under the guidance of NSS Programme Officer and camp coordinators, the volunteers visited households and collected required information using the prescribed survey format. The interaction with residents helped volunteers understand local issues related to education, health, environment, and living conditions.

The survey was carried out in a systematic and disciplined manner, ensuring accuracy and cooperation from the public. The activity enhanced the communication skills, teamwork, and field experience of the volunteers and it was uploaded in a Google form delivered form KUHS.

After lunch, medical camp preparation was carried out from 2:00 pm onwards. At 4:30 pm, the camp received a short visit from the Managing Director, Dr. Vijayan Nangelil, who encouraged the volunteers and sponsored food products, which was greatly appreciated.

Medical camp preparations continued in the evening. After freshening up and dinner, cultural programs were held, followed by report writing and evaluation. The day concluded with bedtime at 9:30 pm.



Day 6

Date: 02/01/2026

The NSS Medical Camp was successfully conducted on 02 January 2026 with the active participation of NSS volunteers, medical professionals, and members of the local community. The programme aimed to provide basic healthcare services and promote awareness on preventive health care.

The day began at 5:30 am with a wake-up call, followed by freshening up. A yoga session from 7:00 am to 8:00 am helped the volunteers maintain physical and mental well-being. After camp detailing and breakfast, the volunteers prepared for the main programme of the day.

The Inaugural function of the medical camp began at 10:00 am with the NSS Geetam, invoking the spirit of service and unity among the volunteers. The Medical Camp Inauguration was held from 10:00 am to 10:30 am. The programme commenced with a welcome speech by Dr. Meenu Gopinath, NSS Programme Officer, Kothamangalam. The presidential address was delivered by Mr. M. N. Sreenivasan, PTA President, Government VHSS. The medical camp was formally inaugurated by Mr. P. M. Kannan, Member, Kavalangad Grama Panchayat. The chief address was delivered by Dr. Shibu Varghese, Hospital Superintendent, NAMCH, Kothamangalam, highlighting the importance of accessible healthcare services. The function also included

felicitation speeches by Dr. Anjaikannan C. R., HOD, Kayachikitsa, and Dr. Bhagyalakshmi, HSA President, who appreciated the service rendered by NSS volunteers.

Following the inauguration, Prof. Dr Dhanya K Nair , HOD, Department of Swasthavritta led a session on health from the perspective of Ayurveda as part of “Vibe 4 wellness healthy life campaign”. The medical camp was conducted from 11am to 1:00 pm, during which patients received medical consultation and guidance. NSS volunteers efficiently managed registration and assisted patients, ensuring the smooth functioning of the camp. Lunch was served from 1:00 pm to 2:00 pm.

The cleaning session was from 2:30 pm to 4:00 pm. The evaluation of the medical camp was conducted from 4:30 PM to 6:00 PM, focusing on the effectiveness and outcomes of the camp. Participants then freshened up, followed by dinner from 7:30 PM to 8:00 PM. The cultural program and report presentation were held from 8:00 PM to 9:30 PM, after which the day concluded with bedtime at 9:30 PM.

The medical camp stood as a meaningful initiative reflecting the true essence of NSS— “Not Me, But you.”



Day 7

Date:03/01/2025

The day commenced at 5:30 am with wake-up, followed by freshening up until 7:00 am. A yoga session was conducted from 7:00 to 8:00 am, which helped participants relax and rejuvenate while promoting physical fitness and mental calmness.

From 8:00 to 8:15 am, camp detailing and the newsletter session were held, during which a brief overview of the camp activities, achievements, and important updates were shared. Breakfast was served between 8:15 and 9:00 am.

NSS volunteers undertook the painting of animal sculptures in the school campus with the aim of beautifying the campus and promoting awareness about wildlife and environmental conservation. The volunteers cleaned the sculptures and painted them using eco-friendly and vibrant colours, giving them an attractive and lively appearance. The work was completed in a systematic manner, ensuring neatness and safety.

The valedictory function took place from 12.00 pm to 1:00 pm. The program included speeches by dignitaries marking the successful completion of the camp. Lunch was provided from 1:00 to 2:00 pm.

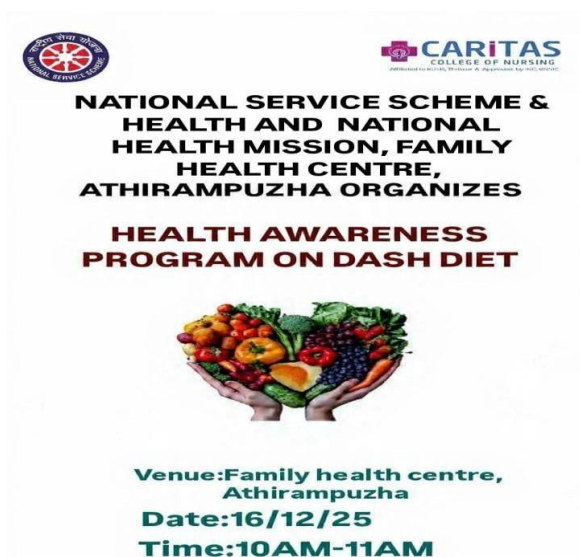
The day concluded at 2:00 pm with the lowering of the flag, symbolizing the formal closure of the camp. Overall, the final day was well-organized and concluded on a meaningful note.

CARITAS COLLEGE OF NURSING

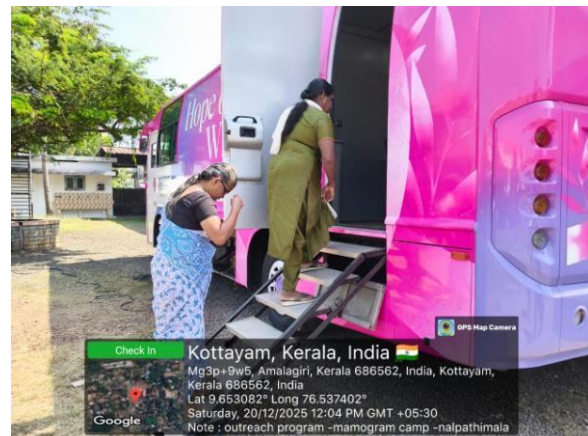
Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	16-12-25	• Health awareness programme on dash diet	4 volunteers	1 hour	• Got awareness regarding dash diet
2	20-12-25	• Mammogram camp	10 volunteers	3 hours	• Women of adopted area got free mammogram screening
3	31-12-25	• Role play at Anganwadi on good touch and bad touch	10 volunteers	2 hours	• Students got awareness regarding good touch and bad touch
4	01-01-26	• Geriatric nutrition programme	8 volunteers	5 hours	• Geriatric population got awareness on healthy diet
5	07-01-26	• Free mammogram camp	4 volunteers	8 hours	• Women got free mammogram screening

6	10-01-26	•Fund raising programme:Ice cream sale	50volunteers	8 hours	• Got fund for future NSS activities
7	14-01-26	•NSS Orientation programme	NSS Program Officer	1 hour	• Newly enrolled students got awareness regarding NSS activities

1.NSS Unit of Caritas College of Nursing in collaboration with Health and National Health Mission, Family Health Center, Athirampuzha organized health awareness programme on dash diet on 16-12-25 for the local population of Athirampuzha Panchayath.



2.The NSS Unit in collaboration with Caritas Hospital and St. Thomas Church, Nalpathimala organized a free mammogram camp for the women of the adopted area on 20-12-25.



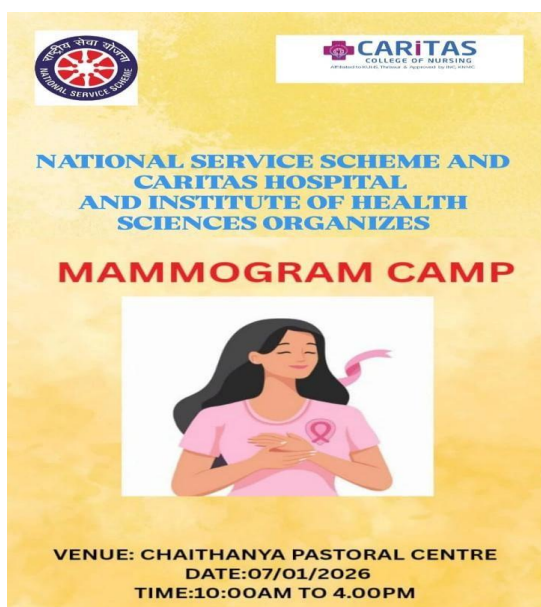
3. NSS unit of Caritas College of Nursing in collaboration with ICDS, Ettumannoor organized a role play on good touch and bad touch at Anganwadi 68, Mundakapadam, Athirampuzha panchayath on 31-12-25.



4.NSS unit of Caritas College of Nursing organized a geriatric nutrition programme for the old age people of adopted area on 01-01-26. NSS volunteers provided a health awareness session on healthy diet, conducted health assessment of old aged and done a nutrition exhibition.



5.The NSS Unit in collaboration with Caritas Hospital organized a free mammogram camp for the women at Chaithanya pastoral center on 07-01-26.



6. The NSS Unit organized a fund raising programme: ice cream sale at SFS school ground, Ettumanoor on 10-01-26.





7.The NSS Programme Officer, Ms. Anu Joseph was the resource person for the NSS orientation programme for the newly enrolled volunteers of Caritas college of Pharmacy on 14-01-26.



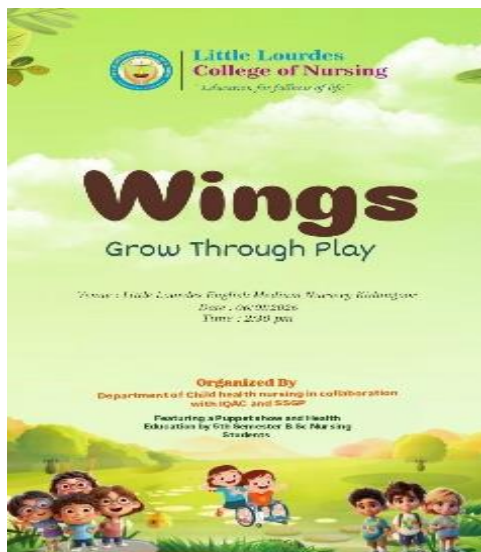
LITTLE LOURDES COLLEGE OF NURSING

Sl. No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	05/01/2026	Community Survey	40	3	Community survey was successfully conducted by NSS volunteers in the adopted village of Kidangoor. The survey aimed to assess the socio-demographic profile, health status, sanitation facilities, and basic needs of the community.
2.	06/01/2026	“Wings”: Grow through Play	40	2	“Grow Through Play” was successfully conducted at Little Lourdes English Medium Nursery, Kidangoor at 2.30 PM. The programme featured a puppet show along with health education activities aimed at promoting learning through play among young children.
3.	07/01/2026	Awareness Programme on Worm Infestation	40	2	An awareness programme on worm infestation was conducted for women attending GYM training at Kummannoor in the adopted village of Kidangoor. The programme aimed to educate participants on the causes, signs and symptoms, prevention, and treatment of worm infestation
4	09/01/2026	Immunization Programme	40	2	An awareness programme on immunization was conducted in the adopted village of Kidangoor. The programme aimed to educate the community about the importance of immunization in preventing communicable diseases, especially among infants, children, and pregnant women.

1. COMMUNITY SURVEY ON 05/01/2026



2. WINGS: GROW THROUGH PLAY ON 06/01/2026



INE, SME, PALA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	5/1/26	Yoga day celebration	24	2hrs	The Yoga Day Celebration was successfully conducted and received positive feedback from the participants. The programme effectively fulfilled its objective of promoting health awareness and well-being among students.

REPORT ON YOGA DAY CELEBRATION

The NSS Unit organized a Yoga Day Celebration on 5/1/26 with the objective of promoting physical fitness, mental well-being, and healthy lifestyle practices among students. Yoga plays a vital role in improving concentration, flexibility, stress management, and overall health.

Programme Details

The session was conducted in the college auditorium under the guidance of Mr. Ajith Anandan. The programme began with a brief introduction on the importance of yoga in daily life. Students were trained in basic yoga postures (asanas), breathing exercises (pranayama), and relaxation techniques. The trainer explained how regular practice of yoga helps in maintaining physical health, reducing stress, improving posture, and enhancing mental clarity. Students actively participated and followed the instructions with enthusiasm



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	19.12.2025	INTERNATIONAL DAY OF PERSONS WITH DISABILITY	12	6	To commemorate The International Day of Person with Disability on 19 th December 2025, the Department of Public Health Dentistry with NSS/SFU/KLM/

					<p>KUHS/3, Azeezia College of Dental Sciences and Research organized a visit to Life skills BVET Centre, Chathanoor, Kollam.</p> <p>The Field visit was heart warming interactions, inspiring performances which left a lasting impact on all the volunteers as well as students.</p>
2	13.01.2026	NATIONAL YOUTH DAY	84	2	<p>A seminar was conducted on 13-01-2026 for Final Year BDS students on the topic “Be TheChange” -A Youth Empowerment Program” via Google Meet from 7 PM to 8 PM. The resource person for the seminar was Mr Johns K. Lukose, Psychologist and Director, Life skills BVET Centre for counselling and training. The seminar concluded with a powerful</p>

					message; to survive and succeed in the modern world, youth must be adaptable, self-aware, emotionally intelligent and ready to grow with change.
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Brief Description of the activity with photographs if any:-

To commemorate The International Day of Person with Disability on 19th December 2025, The Department of Public Health Dentistry with NSS/SFU/KLM/KUHS/3 , Azeezia College of Dental Sciences and Research organized a visit to Life skills BVET Centre, Chathanoor, Kollam. The International Day of Persons with Disabilities (IDPD) is a UN observance on December 3rd each year, promoting the rights, well-being, and inclusion of people with disabilities in all aspects of life.

Life skills BVET centre believes that every child irrespective of their capabilities possess unique talents to, perspectives and contributions that can significantly impact the society. Life skills Behavioral Vocational Education and Training centre focuses on holistic development, empowering children with diverse needs to navigate life, work and build confidence. The Director of Lifeskills BVET, Dr. John. k. Lukose, who is a well known psychologist and life skills trainer, addressed Dr. Naveen Jacob Varghese, Assistant professor of Department of Public Health Dentistry and program officer for the NSS unit(NSS/SFU/KLM/KUHS/3) for the commencement of session. Dr. John k Lukose walked us through the establishment of the institution from their modest beginnings to offering certification programmes in collaboration with state Resource Centre Community College, Thiruvananthapuram presently.

The institution consists of numerous staffs including, teachers, creative director, counselor, behavioral therapist, student manager and much more. The institution selects student with IQ levels ranging from 35-75. Based on which, the students are categorized and their unique potential is recognized and natured creating an inclusive approach. The institute contains various areas like, creative room, behavioral room, counseling room and the Director's office. In the creative room, the children are taught basic skills essential for independence falling under category of activities of daily living (ADLS) like combing hair, buttoning cloths, locking and opening doors, using a zipper.

The Director invited us to meet with the beloved children of BVET in the main area. Refreshments were brought by the students showcasing their hospitality. An interactive session

was about to begin using one of the students, Arshad, divided into groups of four namely Diamond, Superstar, Butterfly, and Yellow; as the students got super creative and came up with awesome names for their groups.

A Fun game was conducted among the four groups. Two members of each team had to come forward representing their group and place colored balls in order of a hidden sequence. The more the balls they got wrong, each team has to showcase their talents with impromptu performances as penalty. Their confidence and passion were truly inspiring; they owned the stage and showed everyone that they are capable enough.

The main area showcased the vibrant creations of the students including painting, handcrafted jewelry, candles, soaps, pens and much more. Each piece reflected their determination and enthusiasm. One of the alumni of the life skills training course has become a renowned painter and artist, with his artwork being featured in secondary school text books, temples, art exhibition in commercial galleries. Another talented individual is now running successful bakery in a mall. These inspiring stories are a beacon of hope for families with specially - abled children, showing them that with the right support and opportunities, the kids can achieve greatness. After the games and interactive session the students captain came forward to speak. We were amazed to know that he was the first student of Life skills training course. He opened up about the hurdles he had faced during his journey and yet none of us even realised he was specifically abled. He spoke on how the institute had shaped his life leaving everyone inspired by his truly uplifting experience.

Towards the latter part of our visit, we were invited to a feedback session where we could share our thoughts and experiences. Few of our students and interns shared their reflections and expressed their gratitude in thoughtful words. This was followed by a prize giving ceremony where they were honored and awarded trophies for their outstanding achievements. Our team including Dr Naveen Jacob Varghese, few of the interns and students got to present the awards to the talented kids of BVET centre. The prize distribution was followed with a photo session with students and staffs of BVET centre and our team of interns, students and our teachers.

Field visit to the life skills BVET counseling centre was a meaningful and enriching experience. The highlight of the visit was heartwarming interactions, inspiring performances which left a lasting impact on all of us. The visit was a huge success in encouraging and empowering the specially abled students boosting confidence and showcasing their talents.





Brief Description of the activity with photographs if any:-

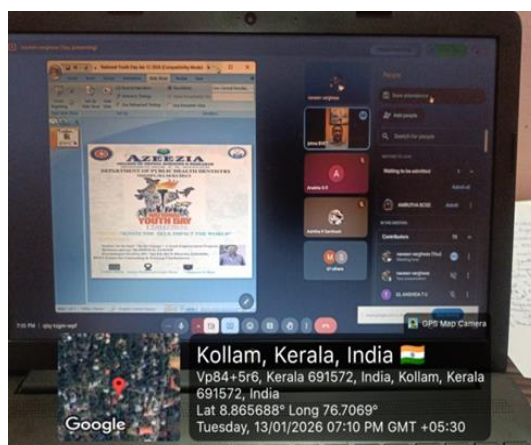
National Youth Day is celebrated every year on 12th January in India to mark the birth anniversary of Swami Vivekananda, one of the greatest spiritual leaders and youth icons of the nation. The Government of India declared this day in 1984 and it has been observed since 1985 with great enthusiasm across the country. The main objective of National Youth Day is to spread awareness about the ideals and values of Swami Vivekananda and to encourage young people to contribute positively to society. Various programs such as seminars, debates, youth conventions, cultural events and social service activities are organised in schools, colleges and institutions on this day.

To commemorate National Youth Day (Jan 12th 2026) the Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and the NSS unit(NSS/SFU/KLM/KUHS/3) has conducted a seminar on 13-01-2026 for Final Year BDS students on the topic “Be TheChange” -A Youth Empowerment Program” via Google Meet from 7 PM to 8 PM. The

resource person for the seminar was Mr Johns K. Lukose, Psychologist and Director, Life skills BVET Centre for counselling and training.

The session was started with Dr. Naveen Jacob Varghese, Assistant Professor, Department of Public Health Dentistry and NSS program officer of Azeezia Dental College, who warmly welcomed the gathering and introduced the topic and speaker followed by the speaker addressing the topic with the objective of motivating and guiding young individuals to adapt to the rapidly changing world. The seminar focused on career uncertainty, technological advancement, emotional intelligence mental health awareness and the importance of adaptability in the post pandemic era. The session aimed to empower youth to become proactive, self-aware and resilient in both personal and professional life. With the development of AI systems capable of diagnosing and performing tasks effectively, there is a growing fear that human jobs may be replaced, so youth should learn to grow along with technology and find ways to use it productively. He spoke about the increasing prevalence of personality and psychological disorders such as OCD, ADHD and other conditions. He strongly advised students not to ridicule or judge individuals struggling with such conditions, instead, they should approach them with empathy, understanding and compassion. After the main session, a doubt clarification session was conducted where participants were given the opportunity to ask questions. The speaker patiently addressed the queries and provided clear explanations. The interactive session helped students gain greater clarity and confidence. Following this a brief feedback session was conducted, during which Bhadra (Final Year Part A student) shared her thoughts and appreciation for the informative and motivating seminar.

At the end of the seminar Ms. Graisa Mariam Alex (Final Year Part A student) delivered Vote of Thanks who expressed gratitude to the speaker for the enlightening session. The program was then concluded with a Vote of Thanks by Dr. Arathi Vijayan (Head of The Department) of Department of Public Health Dentistry, expressing gratitude to the speaker, organizer Dr. Naveen Jacob Varghese, and participants for making the event successful. The seminar concluded with a powerful message; to survive and succeed in the modern world, youth must be adaptable, self-aware, emotionally intelligent and ready to grow with change.



ST. JAMES' COLLEGE OF PHARMACEUTICAL SCIENCES, **CHALAKUDY**

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	12-01-2026	NATIONAL YOUTH DAY 2026- AKSHARONNATHI	35	1 HOUR	This activity helps students develop social responsibility, empathy, leadership skills, and satisfaction by supporting the education of underprivileged students.
2	14-01-2026	NATIONAL STARTUP DAY 2026	50	1.5 HOUR	Observing National Startup Day helps college students develop entrepreneurial thinking, career awareness, and motivation to create startups and self-employment opportunities.

1. National Youth day 2026- AKSHARONNATHI

National youth day was celebrated by NSS unit of St James College Pharmaceutical sciences, Chalakudy as a programme AKSHORANNATHI , a government project to develop libraries books for tribal community students to improve their reading and social skills. As a part of this NSS students collected library books of different languages and planned to handover on national

youth Day. The programme conducted on 12th January 2026 at 11am in multimedia room, which started with NSS song. Dr. K Krsinakumar, Principal St James college of Pharmaceutical Sciences delivered welcome speech, Then Rev. Fr. Sojo kannampuzha, Associate Director, St James' College Of pharmaceutical Sciences, Chalakudy has delivered presidential address. Then Mr. Vijayagosh, Community developing officer, Thrissur explained about the aim and objectives of their project in detail and appreciated the efforts of NSS unit. 116 library books of different languages have collected from college students and staffs and donated by the NSS unit.



2. NATIONAL STARTUP DAY 2026

As a part of National start-up Day 2026 a Workshop on “Entrepreneurship and innovation as a career opportunity” has conducted college auditorium on 14 January 202 at 10.30 am. Resource Person was Mr. Raphael Mathew. proprietor, Fine Medicals. Thrissur& SJCOPS Alumni. Dr. B.Prasanth,IIC Convenor & HOD, Dept of Pharmacognosy has welcomed the gathering.

The key areas covered by the Resource Person include

1. To motivate the students to be an entrepreneur.
2. Awareness about the marketing strategies in pharmaceutical field

Vote of thanks was proposed by Ms.Anupam Gowri ,student representative .

PUSHPAGIRI COLLEGE OF DENTAL SCIENCES

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	17/12/2025	Snehabhavan visit & dental screening camp	10	5hour	<p>-To provide emotional support and companionship, reducing feelings of loneliness and isolation among the elderly.</p> <p>-To show care, respect, and social concern, helping them feel valued and remembered.</p>
2.	07/01/2026	Plastic waste disposal awareness program	20	5 hour	<p>-To create awareness about the harmful effects of plastic waste on the environment, wildlife, and human health.</p> <p>plastic waste.</p> <p>-To promote the principles of Reduce, Reuse, and Recycle (3Rs) in daily life.</p>
3	14/01/2026	International youth day motivational talk	50	1hour	-To recognize and celebrate the vital role of young people in nation-building and social development.
					-To encourage leadership, innovation, and creativity among young people.

1. REPORT - SNEHABHAVAN VISIT AND SCREENING CAMP

Date :17/12/25

Time:9.30am to 2.00 pm

Venue:Snehabhavan ,kottayam

Faculty (4):Dr.Miranda,Dr.Sunu Alice Cherian,Dr.Ruby,Dr.Lovin Valsan

Volunteers-:Mable Joseph,Irene Elizabeth,Rudhra Shaji Hima,Riya Loyd,Aneena Pauly,Anju Elizabeth,Thomas Philip,Abhishek Joshy,Stephy Sajan,Grace,Krishna Joshy,Krishna Sree,Jain,Abhijna,Nanma,Leya,Rosy Martin

Staff Nurse(1):Tincy Thomas

As part of NSS a visit and screening camp was organised on 17/12/25 at Mar.Theophilos Snehabhavan,Kottayam. A group of 20 including NSS ,,staff ,interns and NSS volunteers started from Pushpagiri College of Dental Science at 9.30 am to Snehabhavan. We arrived at Snehabhavan around

10.30 am. After a brief introduction and addressing the gathering we proceeded with oral screening. A total of 25 inmates were screened.The screening took around one hour,this was followed by cake cutting, Carol songs and gifting cards to the inmates as part of Christmas day celebration. We were also able to donate some money to them as well.Lunch was arranged by the Snehabhavan coordinator. We departed around 1.00 pm and reached back to campus at 2.00 pm and joined the clinics thereafter. Amount spend on food items Rs.1850.



2. REPORT ON PLASTIC WASTE DISPOSAL AWARENESS TALK

DATE: 07/01/2026 Time :9.30AM -2PM VENUE :GHS,PERINGARA
ORGANISED BY :COMMUNITY DEPARTMENT,PCDS AND NSS.
CAMP COORDINATOR:DR.THOMAS PHILIP
PARTICIPANTS :129 STUDENTS

NSS VOLUNTEERS :20

A plastic awareness talk was given by Dr.ALEENA VARGHESE, to the students present for the camp conducted by Community Department,Pushpagiri College of Dental Sciences. Purpose of the talk was:

- ☐ To create awareness about the harmful effects of plastic waste on the environment, wildlife, and human health.
- ☐ To educate participants on proper segregation and safe disposal of plastic waste.
- ☐ To promote the principles of Reduce, Reuse, and Recycle (3Rs) in daily life.
- ☐ To encourage the use of eco-friendly and sustainable alternatives to single-use plastics.
- ☐ To highlight the role of individuals and communities in reducing plastic pollution.
- ☐ To sensitize students/public about government initiatives and responsible waste management practices.
- ☐ To motivate behavioral change towards a cleaner, healthier, and sustainable environment.

Vote of thanks was given by the principal.



2. REPORT ON INTERNATIONAL YOUTH DAY CELEBRATION

DATE:14/01/2026

TIME : 2 PM -3PM

VENUE :PCDS

ORGANISED BY :NSS

A motivational talk was given by Dr.Shibi Mathew.V, for 50 students.Purpose of Celebrating International Youth Day is to : recognize and celebrate the vital role of young people in nation- building and social development,To raise awareness about the challenges faced by youth, including education, employment, mental health, and social equality,To promote youth participation in decision-making processes at local, national, and global levels.,To encourage leadership, innovation, and creativity among young people ,To empower youth with knowledge, skills, and opportunities for personal and professional growth,To foster unity, inclusiveness, and a sense of social responsibility among the youth,To highlight the importance of investing in youth for a sustainable and better future.

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	17-12-2025	TALK ON “STRATEGIES OF MANAGEMENT IN PERSONAL AND PROFESSIONAL LIFE”	1	25	The National Service Scheme (NSS) Unit, Mar Dioscorus College of Pharmacy, Hermonigiri Vidyapeetam, Alathara, Sreekaryam, Thiruvananthapuram, in association with the Internal Complaints Committee (ICC) and IQAC, organized a Talk on “Strategies of Management in Personal and Professional Life” on 17th December 2025 at 2:45 PM.
2	20-12-2025	REPRODUCTIVE HEALTH AND HYGIENE	2	100	The Department of Pharmacy Practice, and NSS unit of Mar Dioscorus College of Pharmacy, Hermonigiri Vidyapeetam, Alathara, Sreekaryam, Trivandrum, successfully organized a Guest Talk on

					“Reproductive Health and Hygiene” on 20th December 2025 at 10:00 AM in the Seminar Hall.
3	22-12-2025	STAR MAKING, CRIB MAKING AND GREETING CARD MAKING COMPETITION	1	100	<p>The Star Making, Crib Making, and Greeting Card Making Competition was successfully conducted on 22nd December 2025 from 1:00 PM to 3:00 PM at Mar Dioscorus College of Pharmacy.</p> <p>The competition was organized as part of creative and cultural activities to encourage students’ artistic skills, creativity, and teamwork. Students actively participated in the events, showcasing their talents through innovative designs and handmade creations.</p>

4	31-12-2025	Research article titled "Understanding the Impact of HIV-AIDS Awareness Classes on Secondary School Students' Knowledge and Perceptions"	2	25	Based on a survey conducted as part of NSS activities, NSS volunteers of Mar Dioscorus College of Pharmacy collected and analyzed data related to HIV-AIDS awareness among secondary school students. Using the findings of the survey, the volunteers prepared a research article titled "Understanding the Impact of HIV-AIDS Awareness Classes on Secondary School Students' Knowledge and Perceptions" and submitted it for publication to a reputed journal.
5	08-01-2026	Blood donation campaign	2	15	NSS volunteers of Mar Dioscorus College of Pharmacy actively participated in a blood donation campaign conducted at Sree Chitra Tirunal Institute of Medical Sciences and Technology on 8th January 2025. The volunteers participated with great enthusiasm and a strong sense of social responsibility,

					understanding the importance of voluntary blood donation in saving lives.
6	09-01` - 2026	Design-Expert Software for Design of Experiments and Pharmaceutical Optimization	1	100	A hands-on workshop on “Design-Expert Software for Design of Experiments and Pharmaceutical Optimization” was conducted on 9th January 2026 at 9:00 AM in the Seminar Hall by the Department of Pharmaceutics, Mar Dioscorus College of Pharmacy, in association with the NSS unit.

1. REPORT ON TALK ON “STRATEGIES OF MANAGEMENT IN PERSONAL AND PROFESSIONAL LIFE”

The National Service Scheme (NSS) Unit, Mar Dioscorus College of Pharmacy, Hermonigiri Vidyapeetam, Alathara, Sreekaryam, Thiruvananthapuram, in association with the Internal Complaints Committee (ICC) and IQAC, organized a Talk on “Strategies of Management in Personal and Professional Life” on 17th December 2025 at 2:45 PM.

The session was handled by Ms. Asha Ray Cherian, Counselor, MDCP, who served as the resource person. The talk focused on effective strategies for managing time, stress, responsibilities, and interpersonal relationships in both personal and professional life. Emphasis was given to self-discipline, emotional balance, goal setting, and maintaining mental well-being. The session was informative and interactive, with active participation from students and NSS volunteers. The resource person shared practical tips and real-life examples that

helped students understand the importance of proper management skills for academic success and future professional growth.

The programme was well received by the participants and proved to be beneficial in enhancing life skills, self-awareness, and confidence among students. The event concluded with a vote of thanks, expressing gratitude to the resource person, organizing committee members, NSS volunteers, and participants for their cooperation and support.



The poster is for a talk titled "TALK ON STRATEGIES OF MANAGEMENT IN PERSONAL AND PROFESSIONAL LIFE". It features the logo of Mar Dioscorus College of Pharmacy at the top left, which includes the college name, address (Hermonigiri Vidyapeetam, Alathara, Sreekaryam, Thiruvananthapuram, Kerala Pin: 695017), email (mdcp04@gmail.com), website (www.mardioscoruscollegeofpharmacy.org), and an ISO 9001:2015 certification logo. Below the title is an illustration of a person sitting at a desk with a laptop, surrounded by icons of a clock, a document, and a bar chart. To the right is a portrait of Asha Ray Cheriaan, Counselor, MDCP. At the bottom left, a black arrow points to the date and time: "17th Dec 2025 @2.45 pm". At the bottom right, it says "ORGANIZED BY THE INTERNAL COMPLAINTS COMMITTEE, MDCP". At the very bottom are logos for "IQAC CELL" and "SSGP".

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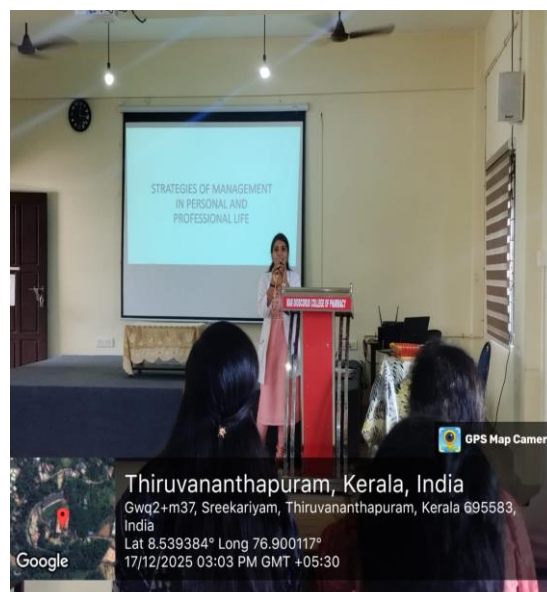
**TALK ON
STRATEGIES OF MANAGEMENT IN PERSONAL
AND PROFESSIONAL LIFE**

17th Dec 2025 @2.45 pm

ASHA RAY CHERIAN
COUNSELOR, MDCP

**ORGANIZED BY
THE INTERNAL COMPLAINTS COMMITTEE, MDCP**

IQAC CELL **SSGP**



2. REPORT ON GUEST TALK ON REPRODUCTIVE HEALTH AND HYGIENE

The Department of Pharmacy Practice, and NSS unit of Mar Dioscorus College of Pharmacy, Hermonigiri Vidyapeetam, Alathara, Sreekaryam, Trivandrum, successfully organized a Guest Talk on “Reproductive Health and Hygiene” on 20th December 2025 at 10:00 AM in the Seminar Hall.

The programme was conducted in association with the District Women & Child Development Office, District Sankalp Hub for Empowerment of Women (DHEW), Thiruvananthapuram.

The session was led by Mr. Sangeeth Sebastian, Gender & Sexuality Expert and Founder of Vvox, who served as the resource person. The speaker delivered an

informative and engaging talk highlighting the importance of reproductive health, personal hygiene, gender sensitivity, and awareness of sexual and reproductive rights. The session also addressed common myths, health issues, and preventive measures related to reproductive health. The talk was interactive and informative, encouraging active participation from students. Participants were given the opportunity to clarify doubts and engage in open discussions, which helped enhance their understanding of the subject.

The programme was well received and proved to be highly beneficial in creating awareness and promoting healthy practices among students. The event concluded with a vote of thanks, expressing gratitude to the resource person, collaborating organizations, faculty members, and students for their support and active participation.



3. REPORT ON STAR MAKING, CRIB MAKING AND GREETING CARD MAKING COMPETITION

The Star Making, Crib Making, and Greeting Card Making Competition was successfully conducted on 22nd December 2025 from 1:00 PM to 3:00 PM at Mar Dioscorus College of Pharmacy.

The competition was organized as part of creative and cultural activities to encourage students' artistic skills, creativity, and teamwork. Students actively

participated in the events, showcasing their talents through innovative designs and handmade creations.

The programme witnessed enthusiastic participation, and the students demonstrated originality, creativity, and dedication in their work. The competition provided a platform for students to express their festive spirit and artistic abilities. The event was conducted smoothly and received positive feedback from participants. It concluded with appreciation for all the participants for their active involvement and creative efforts.



4. RESEARCH ARTICLE TITLED “UNDERSTANDING THE IMPACT OF HIV-AIDS AWARENESS CLASSES ON SECONDARY SCHOOL STUDENTS’ KNOWLEDGE AND PERCEPTIONS”

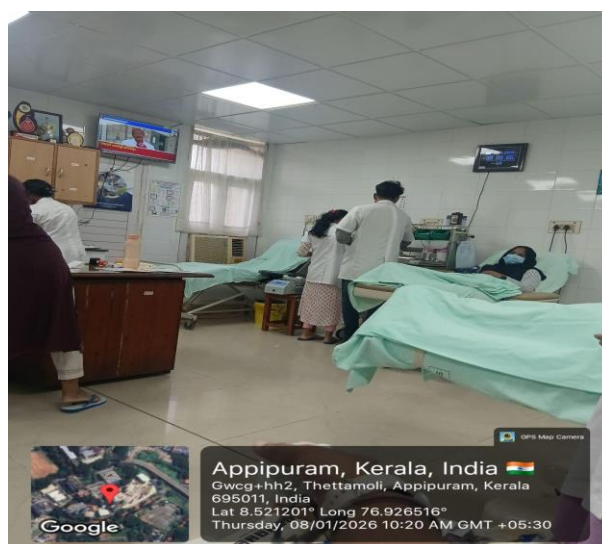
Based on a survey conducted as part of NSS activities, NSS volunteers of Mar Dioscorus College of Pharmacy collected and analyzed data related to HIV-AIDS awareness among secondary school students. Using the findings of the survey, the volunteers prepared a research article titled “Understanding the Impact of HIV-AIDS Awareness Classes on Secondary School Students’ Knowledge and Perceptions” and submitted it for publication to a reputed journal.

The manuscript was successfully received and acknowledged by the journal, highlighting the academic and social relevance of the NSS initiative. The activity helped enhance research skills, social awareness, and community engagement among the volunteers.

5. BLOOD DONATION CAMPAIGN

NSS volunteers of Mar Dioscorus College of Pharmacy actively participated in a blood donation campaign conducted at Sree Chitra Tirunal Institute of Medical Sciences and Technology on 8th January 2025.

The volunteers participated with great enthusiasm and a strong sense of social responsibility, understanding the importance of voluntary blood donation in saving lives. Proper medical screening and safety protocols were followed by the medical team before blood collection. The programme helped create awareness about the importance of blood donation and encouraged students to contribute to society through humanitarian service. The campaign was successfully conducted and proved to be a meaningful and socially beneficial experience for all the participants.



6. DESIGN-EXPERT SOFTWARE FOR DESIGN OF EXPERIMENTS AND PHARMACEUTICAL OPTIMIZATION

A hands-on workshop on “Design-Expert Software for Design of Experiments and Pharmaceutical Optimization” was conducted on 9th January 2026 at 9:00 AM in the Seminar Hall by the Department of Pharmaceutics, Mar Dioscorus College of Pharmacy, in association with the NSS unit. The programme was led by the resource person Shri. Shijith KV, Assistant Professor, College of Pharmaceutical Sciences, Govt. Medical College Kannur. NSS volunteers actively participated in the programme and supported the smooth conduct of the workshop. The session provided practical exposure to Design-Expert software and enhanced the participants’ understanding of experimental design and pharmaceutical optimization. The programme was informative and

beneficial, contributing to academic enrichment and skill development among students.



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HANDS-ON WORKSHOP
ON
DESIGN-EXPERT SOFTWARE FOR DESIGN OF EXPERIMENTS AND PHARMACEUTICAL OPTIMIZATION

9th JANUARY, 2026
09:00 AM

SEMINAR HALL

REGISTER NOW

SCAN FOR

PAYMENT

REGISTRATION

ORGANIZED BY
DEPT. OF PHARMACEUTICS

RESOURCE PERSON
Shri.Shijith KV
 Assistant Professor
 College of Pharmaceutical Sciences,
 Govt. Medical College Kannur

Registration fee : 600/-
Last date for registration : 3rd Jan 2026

ISO

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SCHOOL OF ALLIED HEALTH SCIENCES-MCC

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/12/2025 to 15/01/2026	Palliative services and patient care services.	7	Total 219 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	23/12/2025	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.
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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 16/12/2025 to 15/01/2026, 7 NSS volunteers spent a total of 219 hours providing the above services.

2. Malabar Cancer Centre organized blood bank camp on 23/12/2025. Two NSS volunteers actively participated in conducting the camp.

SANTHI COLLEGE OF NURSING, CALICUT

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	28/12/25 to 3/1/26	NSS Residential Camp	38	7 days	
2	6/1/26	Anganwadi program	23	1 hr	Anganwadi kids and their mothers, Staffs and teacher.

1. NSS Residential Camp

Santhi College of Nursing NSS unit organized 7-day special (residential) camp at St. Thomas L P School Nellipoyil, Kozhikode from 28/12/25 to 3/1/26.

Nellipoyil is a village and is part of Kodanchery Panchayat in Kozhikode district in the state of Kerala, India. It is a plantation destination that abounds in rubber, arecanut, cocoa and spices like pepper, ginger and nutmeg. Nellipoyil is a hilly with area around 16 Km away from Santhi College of Nursing.

Name of institution	Santhi College of Nursing, Omassery, Kozhikode (NSS/FU/KUHS/CLT/12)
Special camp activities	<ul style="list-style-type: none"> • Ice Breaking Session • Home visit for <ul style="list-style-type: none"> ○ Screening of life style diseases ○ Health assessments ○ Caring with Geriatric and Disabled people • Personality development session for NSS volunteers • Yuva Jagran project: AIDS awareness session for NSS Volunteers • Being with nature • Cleaning Campaign at Thusharagiri Tourism centre • Old age home visit • Cleaning and beautification of School premises • Free Medical Camp <ul style="list-style-type: none"> ○ Health education session ○ Screening life style disorders ○ 14 days free follow up • Conversation with Haritha Karma Sena members • Anti-tobacco class at Santhi Accademy
Date	28/12/2025 to 3/1/2026
Village	St. Thomas L P School, Nellipoyil, Kozhikode



2. Anganwadi Program

On 6/1/26 NSS volunteers conducted a health education on vaccines and food pattern for mother and neonatal resuscitation and Paediatric life support demonstration at Ambalathingal Anganvady. Mothers and staffs were gathered there participated in the program, Volunteers discussed on vaccines starting from birth and its frequency. Food pattern which should follow by mothers and babies' care.



Sd/-

Dean (Student Affairs) & NSS Programme Coordinator