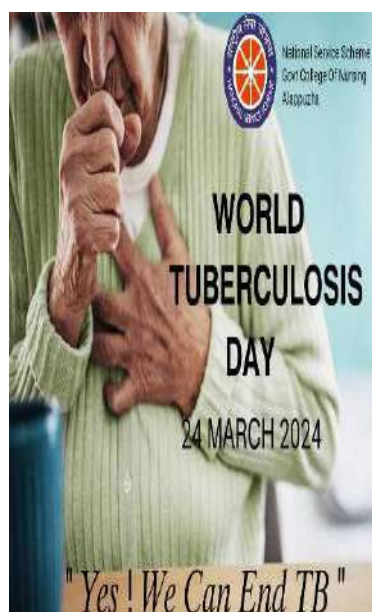


## **MARCH MONTHLY ACTIVITY REPORT IN BRIEF:**

### **GOVERNMENT COLLEGE OF NURSING, ALAPPUZHA**

#### **OBSERVATION OF WORLD TB DAY**

World TB Day is observed on 24 March each year. In connection with this NSS volunteers of Govt. College of Nursing, Alappuzha conducted an awareness program on TB at OPD clinics of Govt TDMC Hospital, Alappuzha on 25/4/24. A skit was played on the current year theme "Yes! We can end TB". Patients and relatives who came to OPDs attended the sessions.

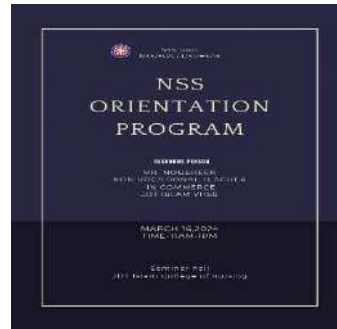


**TB  
AWARENESS  
CLASS**

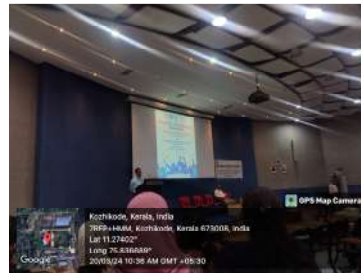
### **JDT ISLAM COLLEGE OF NURSING, VELLIMADUKUNNU, KOZHIKKODE**

#### **Orientation program - 16/03/24**

An orientation program was conducted for newly selected NSS volunteers; orientation was given by Mr. Nousheer, teacher, and NSS PO in JDT Islam VHSE. The orientation program was exciting and participative. The session starts with an introduction to NSS. And ice-breaking sessions and games increase interest in students.



Two NSS volunteers from the JDT Islam College of nursing participated in the yuva samvad organized by the Govt. Medical college NSS unit.



## World health day celebration -06/04/24

NSS unit along with medical surgical department conducted a health awareness campaign in IQRAA international hospital OPDs. Campaign included leaflet on my health my right for patients, health talk regarding the importance of healthy lifestyle. Students also prepared a

video on health education for attaining a healthy life and messages from various department heads, these videos are played in television provided in OPDs on health day.



### TB Day Quiz

On March 23, 2024, the Department of Community Health Nursing, NSS, and Health Club of Al Shifa College of Nursing organized the All Kerala Inter Nursing Collegiate Quiz Competition, TB Facts Fiesta, in commemoration of World TB Day. The event commenced at 10 am and participation from 16 teams representing various nursing colleges all over Kerala. Mr. Jansan Mathew, the HOD of the Community Health Nursing Department, served as the Quiz Master. Dr. P Uneen, Managing Trustee of Shifa Medicare Trust, inaugurated the event, while Prof. Sini Neeruzhi, Vice Principal of Al Shifa College of Nursing, delivered the welcome speech. The valedictory ceremony took place at 12 pm, where Al Shifa College of Nursing from Perinthalmanna secured the 1<sup>st</sup> prize and KMCT College of Nursing from Calicut clinched the 2nd prize. Feedback from participants was solicited, and Ms. Aiswarya, Coordinator of the Health Club, extended the vote of thanks. The program concluded at 12:30 pm, marking a successful celebration of World TB Day through engaging academic competition and

knowledge-sharing among nursing students. Overall, it served as a commendable initiative by the NSS unit Al Shifa College of Nursing to raise awareness about TB and promote excellence in nursing education across Kerala..



## **JUBILEE MISSION COLLEGE OF NURSING, THRISSUR**

### **Thanirkudam**

The NSS unit and Community Health Nursing department of Jubilee Mission College of nursing conjointly done a project named Thanirkudam which means a source of water for birds during this summer season. The program started at 3.30 Pm with prayer song. An inaugural function was conducted. Mr. Sreejesh (NSS Volunteer) welcomed the gathering and the DR. SR. Philoreshmi felicitated the gathering. Following that small pots be prepared by the NSS Volunteers. Which was hanged over the trees and poured water on it. The programm were ended at 4.30.pm

### **REELS MAKING COMPETITION RELATED TO TB DAY 2024**

As a part of world tuberculosis day The Department of Community Medicine in association with Department of Pulmonary Medicine was conducted a reel making competition for

mbbs,nursing students,interns and postgraduates of JMMC. Our NSS volunteers as of 3 groups participated in that competition and won the 3<sup>rd</sup> prize.

#### **WORLD TB DAY WEBINAR**

As a part of world tuberculosis day The Department of Community Medicine in association with Department of respiratory medicine of JMMC was conducted a CME training on diagnostic dilemmas in extrapulmonary TB. ON 22.03.2023 at 2.00pm. NSS volunteers(50) of our college participated in that webinar.

#### **TB DAY CELEBRATION AT TOWN HALL**

As a part of world tuberculosis day district TB center and DMO office together conducted a program for enriching the knowledge on measures to prevent or end TB. Which was conducted on 23.03.2024. around 50 students were participated in the program and organized a skit related to prevention and management of TB.

#### **TB DAY CELEBRATION AT COLLEGE**

As a part of Tuberculosis day celebration the IISemester B.Sc(N) students conducted a Power Point Presentation related to the theme of this year "Yes! We can end T.B" followed by a role play which describes and conveys this year's theme and health education Conducted in Bishop Alapatt Auditorium on 25.03.2024 at 8.30 am. The presentation was mainly focused on this year's theme and also they also conveyed about the current strategies and community related awareness programs and its importance .It was a good and informative session and there were about 200students. The presentation and role play was very interestive and informative.

#### **WATER DAY COMPETITION(POSTER MAKING)**

As a part of world water day jubilee mission college and NSS unit conjointly done a poster competition on 22.03.2024. it was planned as a power point presentation on the theme save water save the earth. Total 7 students participated and prize distribution was conducted on 25.03.2024

#### **WALKATHONE ALONG WITH TOGS(AS A PART OF WHO DAY & WORLD HEALTH DAY)**

as a part of world health day our nss volunteers participated in the walkathon on 07.04.2024. the walkathon started at 07.30 am and mr. jayaraj varier be the chief guest of program

#### **NURSE LED CLINIC-07/04/2024**

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 a nurse-led clinic on 07/04/24. The clinic was conducted at the Auditorium of St Mary's church. Madona Nager. The program started at 7.45 am immediately after the holy mass. The token were provided by Mr. Paul, the Vincent de Paul society President. The public were seated in the chairs in the order of token number. Awareness classes were taken by NSS volunteers. 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 a reference station, only if needed, to UPHC, Kachery .and also to check whether the referred patients go for a consultation and follow up the care. 59 tokens were given for the public. Among 59 members 10 were referred to UPHC, Kachery. Refreshments were arranged for the public and NSS volunteers. The program were ended at 9.30.am

### **Family Care and Health Awareness**

Provided family care in the adopted village from 08/04/2024 onwards basic needs and care were fulfilled by the NSS Volunteers



## PHOTOS OF THE NSS ACTIVITIES

DATE	NAME OF ACTIVITY CONDUCTED	PHOTOS
16.03.2024	THANIRKUDAM	 
20/03/2024	Reels making competition related to TB day 2024	 

<p>22/03/2024</p>	<p><b>World TB Day webinar</b></p>	
<p>23/03/2023</p>	<p><b>TB DAY CELEBRATION AT TOWN HALL</b></p>	



25.03.2024	TB DAY CELEBRATION AT COLLEGE	<div><div><div><div></div><div></div><div></div></div><div>G66W+6X5, Kachery Rd, Kuttanellur, Thrissur, Kerala 680655, India</div><div>Thrissur Kerala India</div><div>2024-03-25(Mon) 08:41(AM)</div><div>29°C 84°F</div></div></div> <div><div><div><div></div><div></div><div></div></div><div>G66W+6X5, Kachery Rd, Kuttanellur, Thrissur, Kerala 680655, India</div><div>Thrissur Kerala India</div><div>2024-03-25(Mon) 08:43(AM)</div><div>29°C 84°F</div></div></div>
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25/03/2024	Water day competition  (poster making)		
07/04/2024	Walkathone along with Togs  (As a part of WHO day)		
07/04/24	Nurse led clinic		

<p>08/04/2024- 012/04/2024</p>	<p>Family care</p>	
<p>11/04/2023</p>	<p>Health awareness class</p>	

regarding prevention, early detection, treatments for TB. The theme for World TB Day 2024 is 'Yes!We can end TB!'. The theme was explained by the volunteers to the public and also2 NSS volunteers attendedTB Day related quiz programme at Alshifa college of nursing, Perinthalmanna on 24.03.2024. This TB Day programme helps to provide new informations to the public.







### **'Thanneerkudam' programme**

NSS Volunteers from Karuna college of nursing organized 'Thanneerkudam' programme on 06.04.2024. Karuna college of nursing Principal Prof.Dr.Shahul Hameed delivered a speech about the importance of this programme and inaugurated the programme by giving water to the birds. Vice Principal Prof. N. Prabha provided water to the birds and also participated NSS Programme officer Mrs.Sandhya P, other teaching faculties and NSS volunteers from Karuna college of nursing.







## **Aswini college of Nursing, Thrissur**

### **1. Election awareness Campaign @Aswini college of Nursing, Thrissur**

NSS unit of Aswini college of nursing organized election awareness campaign from 28/3/24 – 14/4/24. As a part of campaign, the programme began with awareness class on “election” by Advocate C.S Shivakumar, LLB, Pattambi Court, Palakkad. The session started with prayer song and NSS song by the NSS volunteers. He explained about the value of voting, how to make informed choices and understanding of the electoral processing. The programme winded up with Vote of thanks. All the students took voters pledge during the campaign to remind the commitment to responsible voting and the significance of participating in the democratic process. In addition, all the NSS volunteers participated in the digital content competition like painting, quiz and essay writing etc. All the students participated actively and it provided a platform for the students to show their talents.

### **2. World Tuberculosis Day celebration @ Town hall, Thrissur.**

NSS volunteers of Aswini College of nursing participated in theme dance competition as a part of TB Day celebration to raise awareness about Tuberculosis at Thrissur Town Hall on 23/3/2024. Total of 35 volunteers participated in the programme. The theme of 2024 was ‘Yes! We can end TB’ conveys a message of hope that getting back – on – track to turn the tide against the TB epidemic is possible through high level leadership, increased investments and faster uptake of new WHO recommendations. Participants could express different aspects of the disease through their dance routines, conveying messages about prevention, treatment, and support for those affected. The programme helps to spread important messages in a memorable and impactful way. All the students actively participated throughout the programme.

### **3. Urjakiran-summer campaign 2024@ Aswini college of Nursing, Thrissur.**

NSS unit of Aswini college of nursing organized “Urjakiran summer

campaign” on 03/04/2024 at Aswini College of Nursing. The programme started with prayer song, NSS song by volunteers, after the welcome speech the session handed over to Dr.T. V Vimalkumar, St.Thomas college, Thrissur. The topic for the discussion was “urjasamrakshana pradhanyavum venalkalavum”. A Total of 60 students participated in the programme. The main objective of the campaign was to promote energy conservation and sustainability practices among students during the summer months. He explained about the importance of electricity conservation and practices adopt to save electricity. All the students actively attended the awareness class. The programme winded up with Vote of Thanks.







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

### **1. World kidney day observance**

Kidney health for all -advancing equitable access to care and optimal medication practice. In recent years, medical advances have significantly slowed CKD progression and reduced complications. Kidney health for all- Based on the theme III sem Students prepared the A.V Aids and conducted health teaching session at the college on 16/3/24. A.V aids includes definition of CRF, it's causes, pathophysiology, signs &symptoms and management & preventive measures.



## 2. Mera Pehla Vote Desh Ke Liye

On 19/3/24 at 2 pm at Santhi College of Nursing Auditorium, 100 NSS Volunteers and remaining students participated in the Mera Pehla Vote Desh Ke Liye campaign done by Mr. Anilkumar N (Deputy Tahasildar), Mr. Nisamudheen Aryatumannil (Deputy Tahasildar), Mr. Subair.T (Senior clerk) and Mrs. Shijina.K K (Senior Clerk) SVEEP Taluk office Thamarassery.

Standard SOP, list of creative index and IEC material shared in there what's app group. Voter's pledge recited and motivated everyone to upload the e-certificate. Intimated the students about short film competition carried by Kozhikode SVEEP cell and participate it with abiding rules.





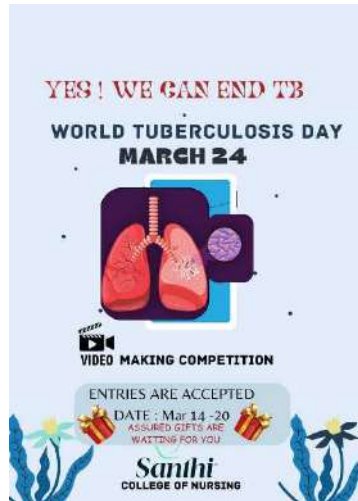
### 3. World Oral health day

I Semester BSc nursing students observed World Oral Health Day on 20/03/24 by conducting an awareness session at Santhi College of Nursing. The purpose of this day is to shine a spotlight on the importance of maintaining good oral hygiene. This annual event serves as a reminder of the integral role oral health plays in our lives, influencing not only our ability to eat and speak but also our overall health and quality of life. Oral Health Day aims to empower individuals to prioritize their dental well-being and take proactive steps towards a healthier smile.



### 4. World TB Day

The theme of World TB Day 2024 - **‘Yes! We can end TB!’** – conveys a message of hope that getting back-on-track to turn the tide against the TB epidemic is possible through high level leadership, increased investments and faster uptake of new WHO recommendations. Based on the theme on the theme V sem students conducted a video making competition among the students and best video projected among the students on 24/3/24.



## 5. Autism awareness day

As a part of World Awareness Day, V semester students had prepared different AV Aids regarding the Autism theme, causes, diagnostic measure, management and prevention. They have conducted a roleplay & based on that they have done a Health education. An awareness program conducted at the Santhi Hospital, near to paediatric department. Staff, students, patients and bystanders attended the program.





## 6. Election Awareness Class

On 6/4/24 in Santhi college of Nursing conducted 10 min orientation class done regarding importance and significance of participation in election by College NSS Officer. It is our right to do the vote without any influence. Reminded everybody that 26/4/24 is our election date and cast without fail.



## 7. Hep.A awareness program

As per request from FHC Omassery V sem BSc nursing students done a flashmob on Hepatitis A awareness and send this video to BCC Kozhikode district cell on 15/4/24.





## **DR. MOOPEN'S NURSING COLLEGE, NAZEERA NAGAR, MEPPADY, WAYANAD**

### **1. International Women's Day Programme and Cloth Donation**

Date: March 16, 2024 (Programme was due to be held on March 8 2024)

Venue: Dr. Moopen's Nursing College Auditorium

Participants: 276 students, 16 teachers

Duration: 2 hours, 3PM- 5PM

Organizers: NSS Unit and SNA of Dr. Moopen's Nursing College

Objective:

To celebrate International Women's Day and promote gender equality through the theme "Invest in women: Accelerate progress."

Highlights:

Keynote address by Smt. Nargese Beegam Alias Rosina T P, Social Activist, Executive Director of ADORA.

Cloth donation drive to support underprivileged women, received by Smt. Nargese Beegam.

Outcome:

The event fostered awareness, dialogue, and tangible support for gender equality, emphasizing the importance of women's empowerment for societal progress.

### **2. World Water Day Programme**

Date: March 22, 2024

Venue: Dr. Moopen's Nursing College Garden

Time: 3:00 PM - 5:00 PM

Participants: 74 Students and 7 Faculties

Organizers: NSS Unit & Nature Club of Dr. Moopen's Nursing College

Theme: "Water for Peace"

Events:

Inauguration: The programme commenced with the inauguration of the "Give Water Give Life - An Act of Compassion

for Summer" initiative, which introduced a summer bird-friendly garden oasis featuring refreshing water features for

birds. The inauguration was conducted by Principal Prof. Dr. Lida Antony.

Keynote Speech: Principal Prof. Dr. Lida Antony delivered a speech highlighting the significance of water conservation

and its crucial role in promoting peace and sustainability.

Felicitation: Vice Principal Prof. Dr. Ramu Devi C offered felicitation, acknowledging the efforts towards creating a bird-

friendly environment and emphasizing the importance of collective action in water conservation.

Practical Action: Following the speeches, students, faculty members, and other attendees actively participated in filling

water pots for birds, symbolizing their commitment to environmental stewardship and compassion for wildlife.

Outcome:

The World Water Day Programme at Dr. Moopen's Nursing College effectively promoted the theme of "Water for Peace"

by advocating for water conservation and demonstrating practical measures to create a sustainable and bird-friendly

environment. Through collaborative efforts, the event contributed to raising awareness and fostering a sense of

responsibility towards safeguarding our precious water resources.



### 3. World TB Day Skit and Awareness Campaign

Date: March 23, 2023

Time: 10:00 AM

Venue: Kalpetta Community Hall

Participants: 25 students & 1 Faculty

Event Overview:

The World TB Day Skit and Awareness Campaign took place on March 23, 2023, at the Kalpetta Community Hall,

organized by NSS Volunteers of Dr. Moopen's Nursing College. The event aimed to raise awareness about tuberculosis

(TB) and promote smoking cessation as part of TB prevention efforts.

Key Highlights:

Participants: NSS Volunteers from Dr. Moopen's Nursing College actively participated in presenting a skit and

conducting awareness classes for the public on tuberculosis and the importance of smoking cessation.

Skit Presentation: A skit highlighting the causes, symptoms, and preventive measures of tuberculosis was performed

by the volunteers to engage the audience and convey important health messages in an entertaining manner.

Awareness Class: Following the skit, an interactive awareness class was conducted to educate the audience about TB

prevention strategies, the importance of early diagnosis, and the link between smoking and TB.

Outcome:

The World TB Day Skit and Awareness Campaign successfully engaged the community in raising awareness about

tuberculosis and smoking cessation. Through creative presentations and educational sessions, the event contributed to

empowering individuals with knowledge to prevent TB and promote healthy lifestyle choices.

### 4. Inauguration of Budget Friendly NSS Store

Date: March 27, 2024

Time: 10:00 AM

Venue: Dr. Moopen's Nursing College

Participants: 75 students, 10 faculties

Event Overview:

The inauguration of the "Budget Friendly NSS Store" at Dr. Moopen's Nursing College took place on March 27, 2024,

marking a significant milestone in providing affordable essentials to students and faculty members.

Key Highlights:

Welcome Speech: The event began with a warm welcome speech by NSS representative Jestin Basil, expressing

gratitude to all attendees and highlighting the importance of the new NSS Store in promoting accessibility to essential

items.

Inauguration: Principal Prof. Dr. Lida Antony inaugurated the store by presenting the first sale item, a ballpoint pen, to

student Ameen Fayaz. This symbolic gesture marked the official opening of the store, emphasizing its commitment to

serving the college community.

Felicitation: Vice Principal Prof. Dr. Ramu Devi C extended felicitations, recognizing the efforts behind establishing

the Budget Friendly NSS Store and its potential impact on enhancing student welfare and convenience.

Vote of Thanks: The event concluded with a vote of thanks delivered by Smt. Vineetha K NSS Programme Officer, Dr

Moopen's Nursing College, expressing appreciation to all individuals involved in making the inauguration a success and

encouraging continued support for the store's objectives.

Outcome:

The inauguration of the Budget Friendly NSS Store at Dr. Moopen's Nursing College signifies a significant step towards

addressing the needs of students and faculty members by providing essential items at affordable prices. The store is

expected to serve as a valuable resource in promoting student welfare and fostering a supportive campus environment.

#### 5. Ramzan Ifthar Party at Dr. Moopen's Nursing College

Date: April 8, 2024

Time: 6:30 PM - 8:00 PM

Venue: Nursing College Auditorium

Organizers: NSS Unit, SNA, and College Union of Dr. Moopen's Nursing College

##### Event Overview:

The Dr. Moopen's Nursing College community came together on April 8, 2024, to celebrate the spirit of Ramzan with

an Ifthar party organized by the NSS Unit, SNA, and College Union.

##### Key Highlights:

**Attendance:** A total of 286 participants, including students and faculty members, joined the event to share the joyous

occasion of breaking the fast together.

**Cultural Harmony:** The Ifthar party provided an opportunity for individuals from diverse backgrounds to come

together, fostering cultural harmony and mutual understanding within the college community.

**Delicious Food:** The Nursing College Auditorium was filled with a delectable spread of food items, including traditional

Ifthar delicacies, ensuring a memorable culinary experience for all attendees.

##### Outcome:

The Ramzan Ifthar party at Dr. Moopen's Nursing College served as a platform for fostering unity, inclusivity, and

camaraderie among students and faculty members. By celebrating the traditions of Ramzan together, the event reinforced

the values of community, compassion, and mutual respect within the college campus.

## 6. World Health Day Poster Competition

Date: April 6, 2024

Time: 10:00 AM

Venue: 5th Floor, Dr. Moopen's Medical College Hospital

Organizers: NSS Unit and SNA

### Event Overview:

The World Health Day Poster Competition was held on April 6, 2024, at Dr. Moopen's Medical College Hospital,

providing a platform for students to showcase their creativity and raise awareness on various health-related themes.

### Key Highlights:

Participants: 14 student teams enthusiastically presented posters addressing diverse health themes, reflecting their

understanding and advocacy for public health issues.

Inauguration: The event commenced with an inauguration ceremony led by Dean Dr. Gopakumaran Kartha, who

emphasized the importance of promoting health awareness and education.

Felicitation: Nursing College Principal Prof. Dr. Lida Antony extended felicitations, commending the participants for

their efforts in contributing to health advocacy through creative expression.

Poster Evaluation: Each poster was evaluated based on criteria such as creativity, relevance to health themes, and

effectiveness in conveying key messages.

Prize Distribution: Marks were awarded for each poster, and prizes were distributed to the winners, recognizing their

exemplary contributions to health promotion through visual communication.

### Outcome:

The World Health Day Poster Competition at Dr. Moopen's Medical College Hospital served as an engaging platform

for students to creatively engage with health-related issues and contribute to raising awareness within the community.

Through their thoughtful and innovative posters, participants effectively conveyed important messages

### **RUCKMONI COLLEGE OF NURSING, VELLARADA**







### **RED CRESCENT COLLEGE OF NURSING, KOZHIKODE**

World TB Day celebrated by NSS Unit of red crescent college of nursing. World TB Day 2024 Theme Announcement - Yes! We Can End TB .The TB day campaign conducted at olavanna panchayath along with health team of Family Health centre olavanna .The volunteers conducted flash mob and health education. The programme inaugurated by health supervisor Mr Anil and the programme was effective . At the end of the programme the TB Day pledge was conducted.

World Health day organized NSS unit of Red Crescent College of Nursing. The theme for World Health Day 2024 is 'My health, my right'. The NSS Volunteers conducted a health education and awareness class for patients in family health centre olavanna regarding importance of health health day. The session was very informative for society

### **WORLD TUBERCULOSIS DAY**





## WORLD HEALTH DAY



## THE DALE VIEW COLLEGE OF PHARMACY & RESEARCH CENTRE,TRIVANDRUM

### 1. DONATED STUDY TABLE AND CHAIRS

The Dale View group in association with UST Foundation constructed a house for a child who is under the protection of his grant mother residing at Aryanad Pnachayath, Thiruvananthapuram, Kerala. The handover of the key was done on 20<sup>th</sup> March 2023. Our NSS unit donated a study table and chairs to the child.



**Dr. SOMERVELL MEMORIAL CSI MEDICAL**  
**COLLEGE, KARAKONAM, THIRUVANANTHAPURAM**

World health day poster competition

The NSS unit organised a poster competition in celebration of World Health day based on this year's theme 'My health, my right'. The event aimed to raise awareness about important current health issues and promote healthy living practices among students. Participants were encouraged to use their creativity to design posters that conveyed messages related to this year's World Health day theme and emphasized the importance of maintaining good health.

Posters were judged based on creativity, relevance to the theme, effectiveness of the message and visual impact. The winners were Joel Joy of 2020 batch(first prize), Akhil J.F and Chelsy of 2022 batch (second prize) and Abiya A Mathew and Abhijith Jil of 2022 batch(third prize).

The winners were awarded shields sponsored by IMA Karakonam. All the participants received certificates of participation as a token of appreciation for their contributions to promoting health awareness.

Overall, the poster competition was successful in spreading awareness about important health issues and encouraging the students to take proactive steps towards maintaining their well-being.

**VAIDYARATNAM AYURVEDA COLLEGE, OLLUR, THRISSUR**

As a part of 'Urjakiran' Summer campaign 2024 ( a State Govt. Programme) an awareness class was conducted at Vaidyaratnam Ayurveda College, on 3/4/2024.

A formal inauguration and felicitation was done by college vice principal Dr. Prasanna V.N., a formal introduction to the class was conducted by Mr. Dhanesh, Sub engineer, KSEB-Ollur.



Topic 'Preservation of electricity – on this summer 2024' by Dr. Vimal kumar T V, Assistant Professor (Physics). St.thomas College ,TSR & District Resource Coordinator ,Energy Management Centre - Govt Kerala ,Thiruvananthapuram.

Vote of thanks was done by NSS Volunteer leader Dhanesh Suresh.

Programme was for 2 hours, 2PM to 4PM at VAC auditorium; and around 50 + volunteers participated the same. The programme was excellent and created a new light on the need to preserve electricity for a better future.

### Photos:



### TMM College of Nursing Tiruvalla

1. **"World Tuberculosis Day":** World Tuberculosis Day programme was conducted BSc Nursing 4th year, in Nazhippara village, Kaviyoor. A street play was organized to aware common people about Tuberculosis. Each year we commemorate World TB Day to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB) and to step up efforts to end the global TB epidemic. Students conducted skit in the college campus, all students gave their best performance in organizing awareness in college and community.



2. **"Visit to home for Destitute":** As a part of social initiatives a visit to home for destitute was done by BSc Nursing 2nd semester students and teachers at Providence Bhavan, Kunnammathanam, on 2nd April. Students spend quality time with the inmates. The presence of the students had made them happy and also presented cultural events like song and storytelling as a sign of gratitude and love towards us. It was indeed very satisfying experience for the students as they could bring smile on the faces of them. Students had realised that one must contribute and understand his/her social responsibility towards the society. This outreach to the destitute was a memorable experience which ended with photo sessions with the managing nuns of and the day was a great achievement.





3. **"World Health Day":** World Health Day was organized by BSc Nursing 5th semester students, at Bardsley Hall, TMM College Of Nursing. Spreading the news of health and threats to the same can be an excellent way to celebrate by taking this as a concern students organized Zumba dance, Newspaper reading session and motivational talk was done. Everyone needs to be concerned about the health of themselves and their community and, as such, it's a good time for everyone to turn their attention towards health and play a big part in helping to promote global health all around.



4. **"World Health Day"** - Health Talk: BSc Nursing 4th year 13 students attended a Health Talk in community posting at Kallooppara.



5. **"My Health My Right"**: Theme based talk: Mrs. Reshma Krishna, Clinical Psychologist, TMMH, took theme-based talk related to "My Health My Right". talked on the importance to have access to quality health services, education, and information. She told the importance of mental health at every stage of life, from childhood and adolescence through adulthood. Promotion and prevention interventions work by identifying the individual, social and structural determinants of mental health, and then intervening to reduce risks, build resilience and establish supportive environments for mental health.



**HOLY CROSS COLLEGE OF NURSING, KOTTIYAM, KOLLAM**

**Seminar; Fire and Safety**



A **Fire and Safety** Seminar by Kerala Kaumudy Jana Raksha 2024 along with Holy Cross Hospital, Kottiyam and Holy Cross College of Nursing NSS unit, Kottiyam was conducted for students of Holy Cross College of Nursing, Kottiyam on 18/03/2024 at 10:00 am. The welcoming of the dignitaries was done by Mr. Gireesh S Pillai, Lecturer cum Program Officer NSS Unit, Holy Cross College of Nursing, Kottiyam. The seminar was inaugurated by Mr. E Dominic, Fire Station officer, Kollam. The felicitations were given by Sr. Vinny Vettukallel, Nursing Administrator, Dr. Sr. Bertha Pereppaden, Principal and Sr. Sheela Manjali, Nursing Superintendent. The seminar was conducted by Mr. E Dominic and his subordinates. The seminar mainly focused on the handling of fire safety equipment's and other life saving measures during any emergency situations like drowning, accidents etc. The demonstration was very useful and informative. The seminar lasted for 3 hours and the feedback was given by Ms. Aleena Sera Lulu. The seminar ended at 2:00 pm. At last the thanks giving was done by Ms Aleena Jose.





**World Tuberculosis Day (24<sup>th</sup> March)**

World Tuberculosis day celebrated on March 25 at Holy Cross College of Nursing, Kottiyam on 25/03/2024 at 8:15 am. The programme was conducted by NSS Volunteers and Nursing Students of Holy Cross College of Nursing. The main focus of the programme was based on the theme of this year, that is " Yes! we can end TB". The welcoming of the dignitaries was done by Ms. Parvathy Krishnan G. Tuberculosis day speech was done by Ms Jiss James. Program were inaugurated by Dr. Sr. Bertha Pereppadan, Principal and NSS volunteers conducted program such as skit, flash mob, speech regarding prevention and control of Tuberculosis. The programme lasted for 2 hours. The programme ended vote of thanks was done by Ms Merin K Vinsichen.







## Drug Free India Campaign

**Nasha Mukta Bharat Abhiyaan (NMBA)** is a pivotal initiative by the Ministry of Social Justice & Empowerment, Government of India, aimed at curbing the demand for drugs of abuse and combating addiction nationwide. On the **6<sup>th</sup> of April 2024**, a significant event: **'Drugs-Free India Campaign'** was organized at Holy Cross College of Nursing, Kottiyam, and NSS Unit of Holy Cross College of Nursing to raise awareness and promote the objectives of NMBA among the youth and the community. Dr. Sr. Bertha Pereppadan, Principal of Holy

Cross College of Nursing, Kottiyam, delivered the presidential address. The representative who conducted the program are Mr. Abraham & Mr Rinish Antony (Project Coordinator, Nasha Mukta Bharat Abhiyaan) and Mr. Binu (Motivational Speaker). The program started by seeking God's blessings. Ms. Rincymol Chacko delivered the welcome speech, followed by the awareness class. The event commenced with an extensive awareness campaign highlighting the detrimental effects of substance abuse on individuals, families, and society as a whole. Various mediums such as posters, presentations were utilized to convey the message effectively. The program was concluded by the Vote of Thanks, delivered by Ms. Riya Philip. The Nasha Mukta Bharat Abhiyaan event at Holy Cross College of Nursing, Kottiyam, served as a catalyst for raising awareness and mobilizing efforts to combat substance abuse. By fostering collaboration, education, and community engagement, the initiative strived towards building a safer and healthier society free from the grips of addiction. The event underscored the importance of proactive measures and collective action in achieving the vision of a Nasha Mukta Bharat (Drug-Free India).



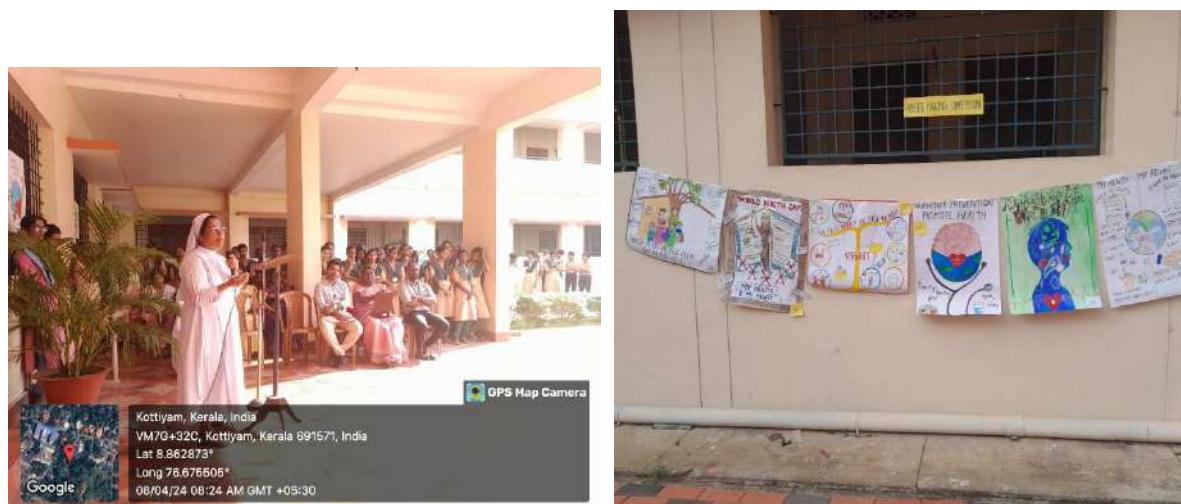




## World Health Day at Holy Cross Campus, Kottiyam

The World Health Day program held at Holy Cross College of Nursing on April 8, 2024, commenced at 8 am with an array of engaging activities aimed at promoting health awareness and education within the college community. The program organized by college union and NSS Unit of Holy Cross College of Nursing. Program Such as speech, exhibition, flash mob, poster presentation and Health skit. The energetic performance attracted the audience and set a tone for the day's proceeding. Following the flash mob, Mrs. Vaidhehi delivered a warm welcome speech, extending greetings to all attendees. This was followed by a thought-provoking skit on health, skillfully presented by NSS Volunteers and Nursing Students. The skit effectively conveyed important health message '**My Health, My Right**' leaving a lasting impact on the audience and within limited time they explained the definition of health. Dr. Sr. Bertha Pereppadan, in her esteemed role, delivered a presidential address and felicitated the participants, acknowledging their dedication to promoting health and well-being. Her inspiring words emphasized the significance of collective efforts in advancing public health

initiatives. A highlight of the event was the poster competition, where students showcased their creativity and knowledge on various health-related topics. The program concluded with a vote of thanks delivered by Ms. Reshma, expressing gratitude to all participants, organizers, and attendees for their valuable contributions to making the event a resounding success. Overall, the World Health Day program at Holy Cross College of Nursing served as a platform for fostering awareness, education, and community engagement towards building a healthier future for all.





### World Health Day at Holy Cross Mental Health Centre, Koovapalli, Kanjrapalli

April 7<sup>th</sup> is celebrated as World Health Day. A health day program was conducted at St Ferrera vyakula Matha church, Mundakayam on 06/04/2024 at 10.45am. The program was conducted by Mental Health Center Koovapalli. NSS Volunteers V Semester BSc Nursing students of Holy Cross College of Nursing and Ms Arsha Thulasi, Lecturer also accompanied in the program. The main focus of program was to provide awareness to the people regarding health issues and maintaining good health and hygiene. The theme of World Health Day is **"My Health, My Right"**. The welcoming of the dignitaries was done by Fr. James Muthanattu. A class regarding health and health issues were taken by Sr. Reji. The class was very informative and helpful. A role play and skit about health was done by Fifth semester (NSS Volunteers) BSc Nursing students and the role-play was about substance abuse and skit was about waste disposal and related health issues. The program lasted for about 2hours. The program ended with thanks giving was done by Mr Ajith Thomas.







### LITTLE FLOWER COLLEGE OF NURSING, ANGAMALY

As a part of NSS Little Flower College of Nursing and Little Flower Hospital and Research Centre ,Angamaly conducted Obesity Awareness day on 14/03/2024 organized by IAP MADHYA KERALA.The speaker was Dr.Soly Manuel Neonatology.The programme was started at 10.30 am at Little Flower College of Nursing Auditorium. Inagurated by Director Rev.Fr.Joy Ainiyadan Little Flower Hospital and Research Centre, Angamaly.The NSS volunteers prepared healthy salad for all who participated for this programme and also got awareness regarding the Childhood Obesity.





## **AMALA COLLEGE OF NURSING, THRISSUR**

### **1. Report on National Immunization Day 2024**

Date: 16 – 03 – 2024

Event Summary:

National Immunization Day 2024 was celebrated with enthusiasm and vigor at Amala Campus and College of Nursing. The event aimed to raise awareness about the importance of immunization and encourage participation in vaccination drives.

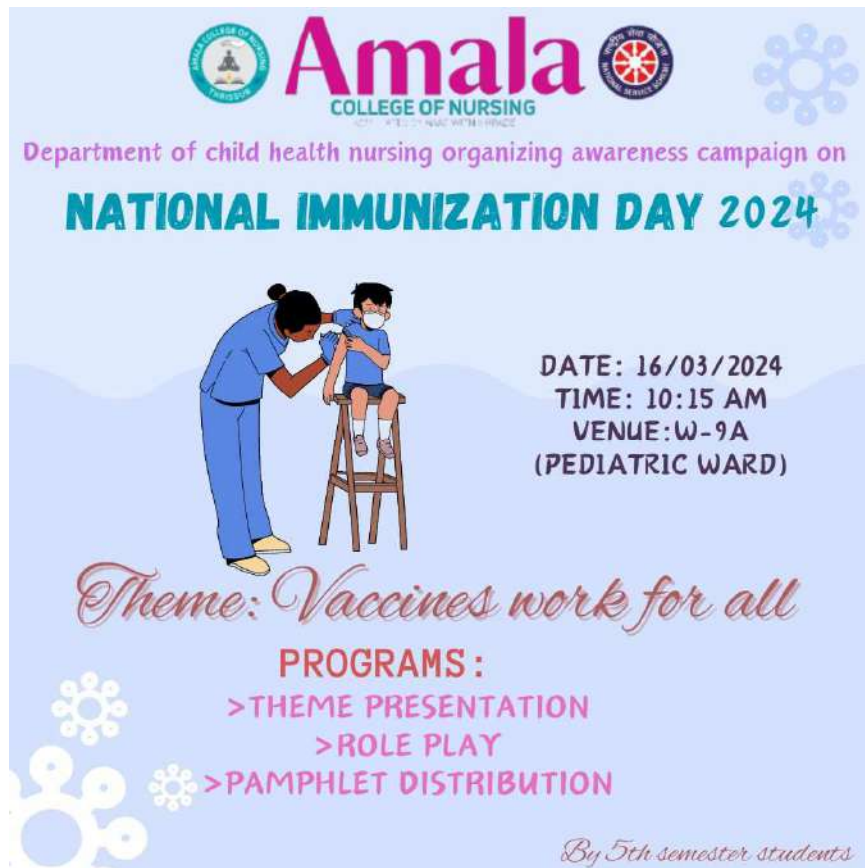
A thematic presentation was organized to highlight the significance of immunization in preventing communicable diseases and safeguarding public health. The presentation emphasized the role of vaccines in reducing the burden of infectious diseases and promoting community well-being.

Students from the College of Nursing staged a role play depicting the process of immunization, from vaccine development to administration. The role play effectively conveyed the message of immunization as a crucial public health intervention.

#### **Pamphlet Distribution:**

Pamphlets containing essential information about the importance of vaccination, the schedule of immunization programs, and common myths debunked were distributed among students and faculty members. The distribution aimed to disseminate accurate information and address misconceptions regarding vaccines.





## 2. Report on National Consumer Rights Day

Date: 19 – 03 – 2024

National Consumer Rights Day was commemorated with a quiz program at Amala Campus and College of Nursing. The event aimed to educate students about their rights as consumers and foster a culture of consumer awareness and empowerment.

**Quiz Program:** A quiz competition was organized, covering various aspects of consumer rights, responsibilities, and consumer protection laws. The quiz challenged participants to test their knowledge and understanding of consumer-related issues.



***Winners of Quiz Programme – Mahima and team***

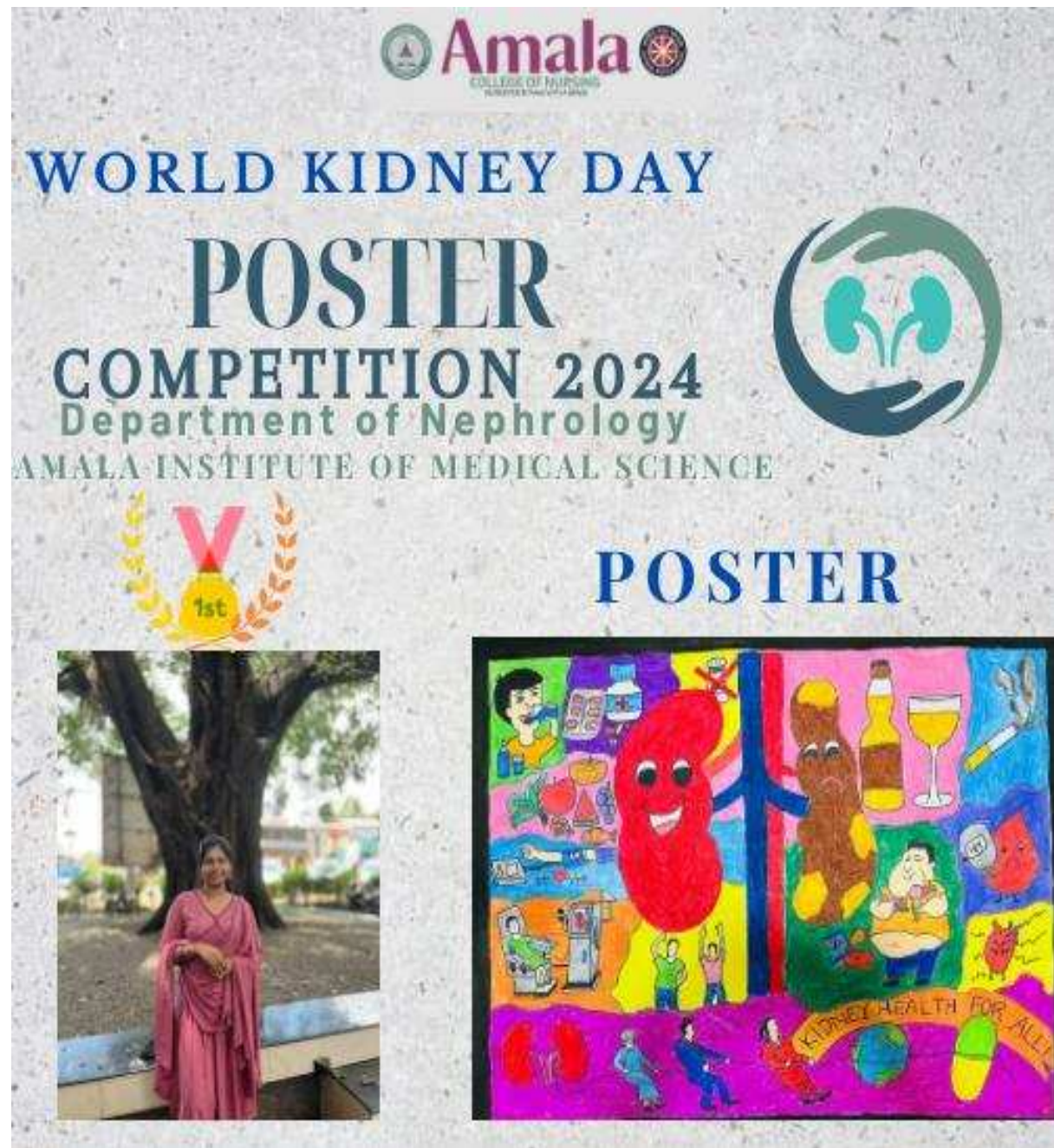
### **3. Report on World Kidney Day**

Date: 20 – 03 – 2024

World Kidney Day was observed with a poster competition at Amala Campus and College of Nursing. The event aimed to raise awareness about kidney health and the importance of early detection and prevention of kidney diseases.

**Poster Competition:** Students showcased their creativity and artistic skills through posters illustrating key messages about kidney health, risk factors for kidney diseases, and preventive

measures. The competition encouraged participants to convey important health messages in an engaging and visually appealing manner.



#### 4. Report on World Water Day

Date: 22 – 04 – 2024

World Water Day was celebrated with various activities at Amala Campus and College of Nursing, focusing on the importance of water conservation and access to clean water for all.

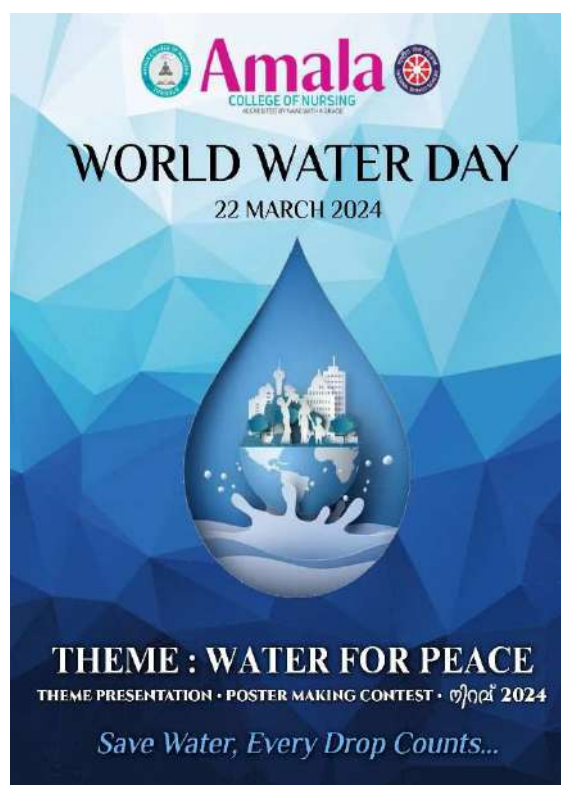
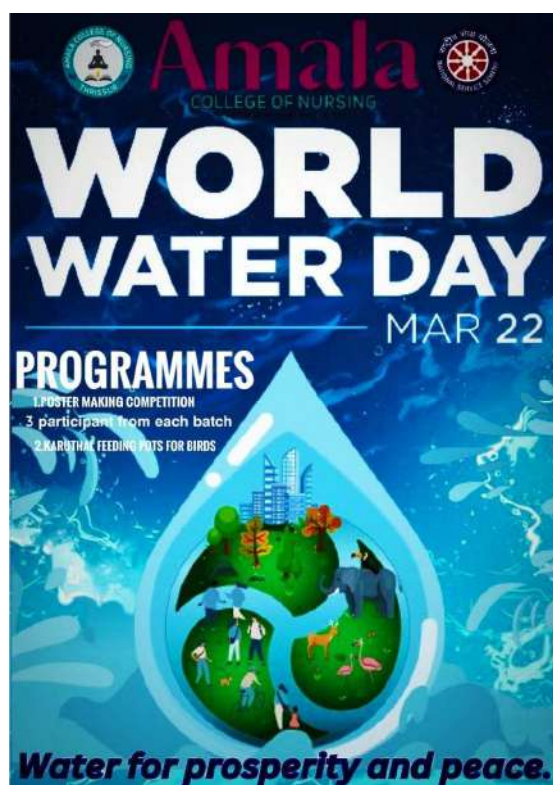


**Poster Making Competition:** A poster making competition was held to raise awareness about water conservation and pollution prevention. Participants created visually captivating posters highlighting the significance of preserving water resources for future generations.

**Theme Presentation:** A thematic presentation was organized to educate attendees about the global water crisis, sustainable water management practices, and the importance of access to clean water for human health and well-being.

**Pledge Taking:** Students and faculty members took a pledge to conserve water, reduce water wastage, and promote sustainable water use practices in their daily lives. Pledge is delivered by Principal Prof Dr. Rajee Reghunath. Venue: infront of Chapel

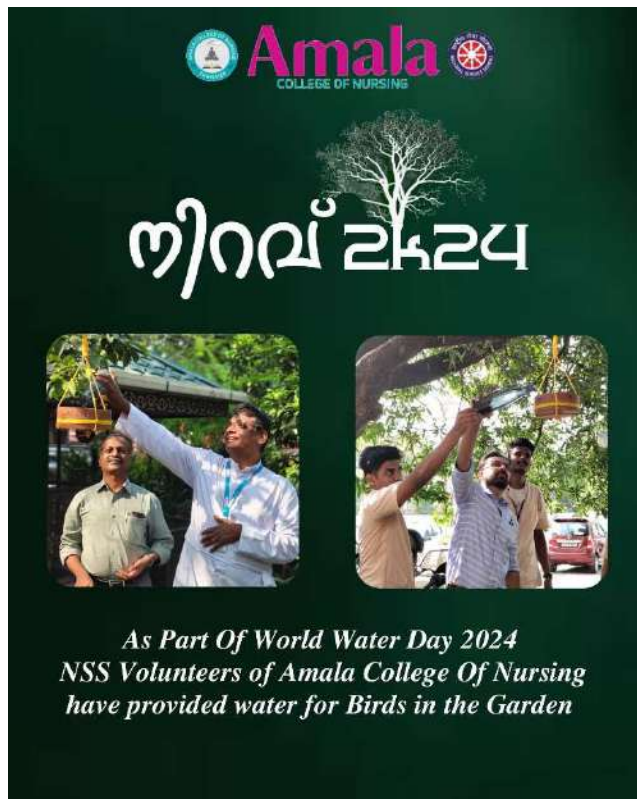
**Niravu Project:** As part of the event, water stations were set up to provide clean water for birds, emphasizing the importance of water not only for humans but also for wildlife. The project is inaugurated by Managing director, Rev Fr Julious Arrakal CMI



Poster competition results

- 1st- Anjana V P (2021 batch)
- 2nd- Thasnim P S (2022 batch)
- 3rd- Jimymol M Giji (2020 batch) and Aparna P (2022 batch)









## 5. Report on World TB Day

Date: 24-04-2024

World TB Day was observed with a series of activities at Amala Campus and College of Nursing to raise awareness about tuberculosis (TB) and promote efforts to eliminate the disease.

**Rally:** A rally was organized to mobilize the community and raise awareness about TB prevention, diagnosis, and treatment. Participants marched through the campus carrying banners and placards with messages about TB awareness.

**Role Play:** Students performed a role play depicting the symptoms of TB, the importance of early detection, and adherence to treatment. The role play aimed to dispel myths and stigma surrounding TB and encourage individuals to seek timely medical care.

**Theme Presentation:** A thematic presentation was conducted to educate attendees about the global burden of TB, the impact of the disease on public health, and efforts to combat TB through prevention and treatment initiatives.







## 6. Report on World Health Day

**Date: 07-04-2024**

World Health Day was commemorated with an essay writing competition at Amala Campus and College of Nursing. The event aimed to promote awareness about health issues and encourage students to reflect on the importance of health for sustainable development.

**Essay Writing Competition:** Students participated in an essay writing competition on topics related to public health, healthcare challenges, and strategies for improving health outcomes. The competition provided a platform for students to express their thoughts and ideas on pressing health issues.

Each of these events contributed to raising awareness, fostering community engagement, and promoting positive health behaviors among students and faculty members at Amala Campus and College of Nursing.

### Essay writing competition (World health day)

- **1st - Aleena Shaji (2020 batch)**
- **2nd - Alphonsa Sebastian (2020 batch)**
- **3rd -Alina Mannanal Gigi (2020 batch)**

### SARASWATHY COLLEGE OF NURSING

As part of celebrating World Health Day, the NSS Unit of Saraswathy College of Nursing conducted a skit program on 08/04/2024 under the theme "My Health, My Right". The program was organized by fifth semester BSc Nursing students at Government Thaluk Hosptal Parassala. The skit included content of creating awareness on providing quality education, quality health care and importance of fundamental human rights. The skit was very effective in creating awareness among the public







## **BABY MEMORIAL COLLEGE OF NURSING, KOZHIKODE.**

### **1. Quenching the thirst of birds in summer**

On 25/03/2024, our NSS volunteers took initiative to quench the thirst of birds in summer. So they have arranged and made the availability of pots filled with water in the college premises. Nearly 6 pots were placed to quench the bird's thirst. A schedule was prepared to refill the empty pot when it is reduced.





## 2.HEALTH EXHIBITION ON TUBERCULOSIS

As a part of World TB Day observance, Department of Medical Surgical Nursing, Community Health Nursing and NSS unit of BMCON organized a Health exhibition on 25/03/2024 at Urban Health and wellness center, Kotttooli. 50 NSS volunteers were participated in the programme in various activities such as AV aids preparation, propaganda and clarifying the doubts of beneficiaries. The programme was started at 3:00 pm. 30 NSS



volunteers were participated in TB Day seminar organized by District TB center at Govt. General hospital Kozhikode.

For the Exhibition, different posters and charts were presented to the public and explained about the same. The exhibition was very informative. Chart presentations done on various aspects were:

Theme of World TB Day.

Causes of TB

Types of TB

Preventive measures of TB

Management of TB.

Approximately 20 people were benefited from the programme.





### **LOURDE COLLEGE OF NURSING, TALIPARAMBA, KANNUR**

**TB Facts Fiesta:** Two NSS Volunteers participated in TB day quiz program organized by Al Shifa CON, ON 23<sup>RD</sup> March, 2024. Ms. Rosmi Chacko and Ms. Chinchu Martin secured 4<sup>th</sup> place in the competition

**World health day:** NSS Volunteers of Lourde College of Nursing organized world health day program on 5<sup>th</sup> April, 2024. A rally was conducted from Taluk Hospital, Taliparamba to Manna Junction. The event was inaugurated by IMA State President, Dr. Joseph Benevan & Managing Director of Lourde Institutions. Volunteers prepared placards displaying various slogans and the message of the day was given by the Chief guest.







AZEEZIA COLLEGE OF DENTAL SCIENCES AND RESEARCH, KOLLAM



World Oral Health Day, celebrated annually on March 20th, serves as a global platform to raise awareness about the importance of oral health and its impact on overall well-being. It aims to promote good oral hygiene practices and emphasize the significance of preventive measures in maintaining healthy teeth and gums through campaigns and initiatives. World Oral Health Day encourages individuals, communities, and policymakers to prioritize oral health education, access to dental care, and the adoption of healthy habits. By highlighting the link between oral health and general health, this observance strives to empower people worldwide to take proactive steps towards achieving and maintaining optimal oral health throughout their lives. The theme of World Oral Health Day 2024 is '**A Happy Mouth is A Happy Body**'. The theme focuses on making people aware of their oral hygiene and helping them make the right decisions to protect it. As a part of World Oral Health Day, Oral Hygiene kits were distributed to Non teaching staffs on 20/3/2024 in the presence of Dr.Aarathi Vijayan, HOD and Dr.Saira Siraj E Senior Lecturer, Department of Public Health Dentistry.

An oral screening camp was also conducted by Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research, Kollam and NSS unit (NSS/SFU/KLM/KUHS/3) on 20/3/2024 at Navajeevan Trust (Abhayakendram), Nedumbana. The Navajeevan trust Director Mr. Abdul Majeed addressed the gathering. There were a total of 46 inmates. A total number of 27 inmates including staffs were screened. The other inmates in the trust was bedridden and those who want immediate care was done oral screening.

A kid-sized Mannequin, as a Health Education Aid was inaugurated on 25/3/2024 by honourable Director Dr.Midulaj Azeez and Principal Dr.Radhakrishnan Nair addressed the gathering.









Brief Description of the activity with photographs if any:-

World water day is observed on 22<sup>nd</sup> March to highlight the importance of freshwater and the theme of 2024 is “**leveraging water for peace**”. The World water day is observing every year since 1993 is an annual united nation observance focusing on the importance of freshwater. World water day celebrate water and raises awareness of 2.2 billion people living without access to safe water. It's about taking action to tackle the global crisis. A core four of world water day is to support the achievement of sustainable development goal.

As a part of this day the Department of Public Health Dentistry of Azeezia Dental College of Sciences and Research and NSS unit (NSS/SFU/KLM/KUHS/3) organized a field visit to the water treatment plant on 22-03-24 at 10.30 am, under guidance of Dr. Naveen Jacob Varghese NSS programme officer, Senior Lecturer, Department of Public Health Dentistry.

First, we visited the sewage treatment plant (STP). The supervisor explained about the working of sewage treatment plant. The waste collected is first pass through a screening and pumping process, then grit removal, and primary settling in which good bacteria is added to the sludge. Next the aeration /activated sludge is prepared. Then it is moved on to the secondary settling where small amount of good bacteria are added. Finally filtration of cultured water, disinfection and oxygen takes place. In our college this water is mainly used for gardening purpose

Next the visit was to water treatment plant (WTP), where the step in purification of large scale was explained. First the raw water collected from a small and big team of river from Adichanalloor which is a branch of Meyanoor in Kollam. The raw water is first treated with chemical coagulant, Alum in a range of 5-40 milligram/ per liter of water. The dose of alum varies depending upon the turbidity, color, temperature and pH of water.

The next step is Mixing in which the treated water is subject to violent agitation in a mixing chamber for few minutes. After that Flocculation is done in a slow and gentle stirring in flocculation chamber for about 30 minutes. In Sedimentation, it consists of 3 sedimentation tank with a depth of 3.5 m. The Coagulation water is now led into sedimentation tanks where it is detained for 150 minutes. After that Filtration of water by sand bed and gravel support and the filter bottom is done. The backwashing is done twice at 8 am and 5 pm. Finally

Disinfection is done by chlorination. The purified water which was stored in the reservoir is supplied to various places in Azeezia.

The visit gave knowledge about the purification of water on large scale we came to know about the importance of water purification which was carried in the above steps. In conclusion water treatment plant is an essential process that is critical on protecting our environment and public health .by removing contaminants from waste water, we can reduce the risk of water pollution and spread of water borne diseases.



Brief Description of the activity with photographs if any:-

The Fundamental of right to vote is the right in many democratic nations, including India. It ensures that every citizen has the opportunity to participate in the democratic process, thereby allowing them to have a say in how they are governed. In India, their right is enshrined in the constitution under Article 326, which grants every citizen above the age of 18 year the right to vote.

The Department of Public Health Dentistry, Azeezia College of Dental Sciences and Research and NSS unit (NSS/ SFU/KLM/ KUHS/ 3) under the campaign "Mera pehla vote desh ke liye" organized a seminar on "Fundamentals of Right to Vote" on 4th April, 2024 from 9am to 10 am. Dr. Aarathi Vijayan, Professor and HOD, Department of Public Health Dentistry was the speaker for the seminar. She explained by discussing the historical significance of the right to vote, highlighting its evolution over time. She emphasised the importance of voting as a means of expressing ones opinion and influencing government policies. Later she divided the class into two groups conducted a quiz to access the knowledge of students on the topic right to vote. She also emphasised the importance of right to vote and encouraged each and everyone to vote. Overall the class was informative and thought provoking. It served as a reminder of importance of this fundamental right and the role it plays in ensuring a vibrant and inclusive democracy . Dr. Aarathi Vijayan not only educated the students but also inspired them to become responsible and informed citizens. The session concluded with a vote of thanks by Aljisha Kunjumon, student of 2nd year BDS.







Brief Description of the activity with photographs if any:-

The World Health Day is celebrated annually on April 7 to raise awareness towards global well being. This years (2024) theme is 'My Health, My Right ' which emphasised on fundamentals of human right to access quality Health care, Education and Information.

As a part of this day an oral screening/health awareness programme was organised by Department of Public health dentistry, Azeezia College of Dental Sciences and Research and NSS unit (NSS/SFU/KLM/KUHS/3) organized a health education and oral screening camp on 08/04/2024 at Gandhibhavan Snehalayam, Nedumpana Panchayat.

The camp was inaugurated by Dr.Naveen Jacob Varghese,Senior Lecturer of Department of Public Health Dentistry and inaugural address was given by Mrs.Prasanna Ramachandran, Director of Gandhibhavan Snehalayam. After that a health education talk was delivered to the inmates by Dr.Lekshmi on the topic 'Oral health awareness and it's importance'. The Health education talk emphasised about various oral diseases it's prevention and management.

Posters were also displayed about different oral health conditions .A kids Mannequin was also displayed in front of the camp, which delivered the importance of oral health awareness.

Also an oral screening was conducted and a total of 34 inmates were screened. Out of which 23 patients were referred to Azeezia dental college for Oral prophylaxis,18 patients for extraction,9 patients for restoration and 24 patients for prosthetic rehabilitation.

The vote of thanks was given by Mrs.Usha and Mr.Suresh,chairman of Siddhartha school and Gandhibhavan Snehalayam and the camp concluded at 2 pm.





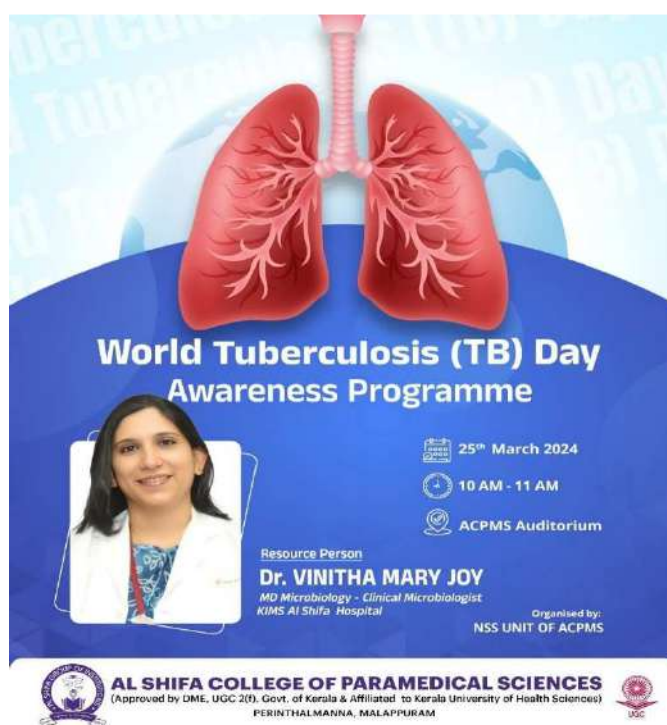


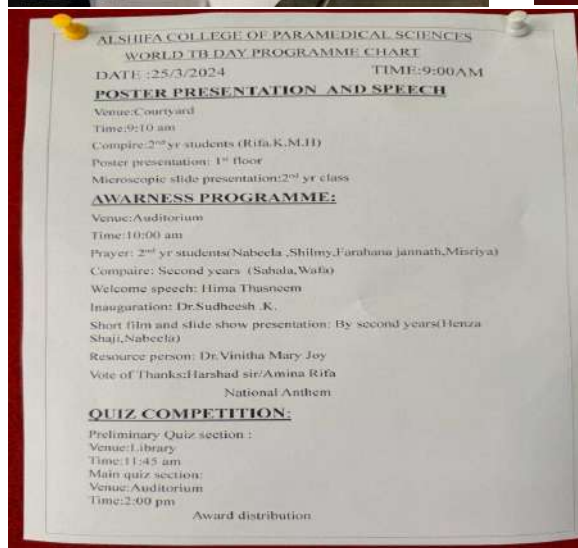


## **ALSHIFA COLLEGE OF PARAMEDICAL SCIENCES, MALAPPURAM**

NSS Unit of Alshifa College of Paramedical Sciences organized a World Tuberculosis Day on 25/03/2024 at the college campus. The program was noticed with a variety of programs. Programs includes poster presentation and speech competition, awareness by resource person **Dr. Vinitha Mary joy** (microbiologist, KIMS Alshifa hospital) and Quiz competition etc.

The program was inaugurated by Principal Prof.Dr.Sudheesh. in presents of various faculty members, NSS volunteers and students highlighted the program.





Organized by: Alshifa College of Pharmacy, in collaboration with the National Service Scheme (NSS) of Kerala University of Health Sciences

Date: 30/03/2024

Venue: Alshifa College of Pharmacy, Malappuram

Objective:

The primary aim of the program was to promote cleanliness and hygiene through the Swatchatha Action Plan, while also fostering awareness about the importance of voting among the Youth.

The program starts with welcome speech of Prof. Junaise, NSS District Convenor(KUHS) and awareness Class conducted by Adv. MTA Salam, a respected lecturer from the Department of Law at Aligarh Muslim University's Malappuram Centre in the presence of Mr. Padmarajan, NSS Program Officer Alshifa College of Pharmacy and Mr. Fahmid PS, , NSS Program Officer Alshifa College of Paramedical Sciences.

94 NSS Volunteers of Alshifa college of paramedical Sciences actively participated in the program

#### 1. Swatchatha Action Plan:

- Awareness Sessions: Adv. MTA Salam, a respected lecturer from the Department of Law at Aligarh Muslim University's Malappuram Centre, delivered insightful sessions on the legal aspects of cleanliness and waste management. He elucidated relevant laws and regulations pertaining to sanitation and environmental protection.

#### 2. Voter Awareness:

Adv. MTA Salam conducted interactive session on voter awareness, elucidating the fundamental principles of democracy and the importance of active political participation. He addressed topics such as voter rights, registration procedures, and the significance of informed voting.

- Skit and Flashmob: A skit and flashmob was performed by the NSS Volunteers of of Alshifa college of paramedical Sciences for the awareness of Vote among the Youth.

Outcome:

The Swatchatha Action Plan and Voter Awareness program yielded significant positive outcomes. NSS volunteers actively engaged in cleanliness activities, demonstrating a heightened awareness of environmental stewardship. Moreover, the voter awareness sessions facilitated a deeper understanding of democratic principles and encouraged active participation in the electoral process among the participants.



Overall, the Swatchatha Action Plan and Voter Awareness program served as a catalyst for promoting social responsibility, environmental consciousness, and civic engagement among the Youth of the Locality.



Ministry of Youth Affairs & Sports  
National Service Scheme Regional Directorate

## SWATCHATA ACTION PLAN & VOTER AWARENESS

3 Days Activity Oriented Programme (29,30,31 March 2024)



**Day 1**  
**Mr. M. P. JAYARAJAN**  
State Stores Verification Officer (R&G)  
Health Services-Kerala  
Resource Person, MCH, RTI Act, IDRF,  
SBM, KILA, AOM, H&WTC, HKM  
**Swatchata program**



**Day 2**  
**Adv. M.T.A. Salam**  
Lecturer (Senior Legal Practitioners),  
Department of Law,  
Aligarh Muslim University,  
Malappuram Centre  
**Voter awareness among  
the youth**



**Day 3**  
**Mr. Anees. P. K**  
Asst. Professor  
Govt Law College, Kozhikode  
National Trainer - Junior Chamber  
International (JCI)  
**Role of youth in the elections**

**Kerala University of Health Sciences  
National Service Scheme**



**AL SHIFA COLLEGE OF PHARMACY**  
(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)  
Kizhattur, Perinthalmanna. Pin: 679 325

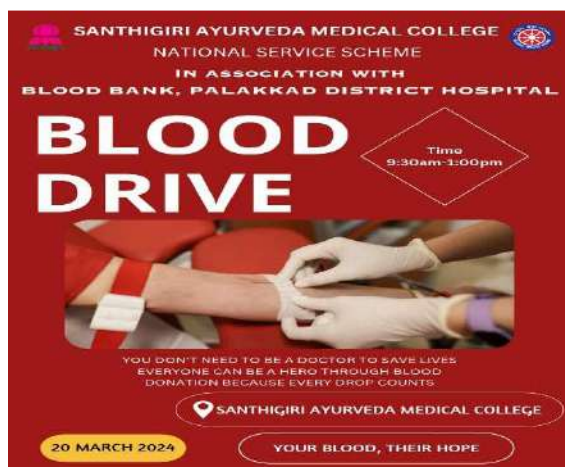






## SANTHIGIRI AYURVEDA MEDICAL COLLEGE PALAKKAD

Our NSS team in association with Blood Bank, Palakkad District Hospital had conducted a Blood Donation Camp in our campus on 20.03.2024. Around 150 employees and students registered for the above event.









## AHALIA SCHOOL OF PHARMACY, PALAKKAD

Free eye checkup camp was organized for peoples in and around of Nenmara Grama panchayath in association with Ahalia Eye Hospital.



## CARITAS COLLEGE OF NURSING KOTTAYAM

1.21/03/2024: Inauguration of our special camp, 'we the enlightened part II' was carried out by Prof. Mrs. Twinkle Mathew, Principal, Caritas College of Nursing, in the presence of Prof. Sr. Lisy John, Vice principal, Caritas college of Nursing at 2 PM. Teachers and NSS Volunteers participated in the programme by taking an Oath. The programme ended at 02.30 PM

The image is a promotional poster for an annual camp. It has a blue background with white clouds at the top and bottom. The text is in white and yellow. At the top left is the Caritas College of Nursing logo. The main title is 'Annual CAMP 2023 - 2024' in a large, stylized font. Below it is the subtitle '“We, the enlightened : Part - II”'. The dates '21<sup>st</sup> - 27<sup>th</sup> March 2024' are listed. A list of activities follows: 21<sup>st</sup> March 24: Inauguration of Camp and visit to Abro bhavan (old age home), Athirampuzha; 22<sup>nd</sup> March 24: A day with KSRTC, Ettumanoor; 23<sup>rd</sup> March 24: TB Day Celebrations; FWC, Athirampuzha; 25<sup>th</sup> March 24: A Visit to Green Valley society (NGO), Idukki; 26<sup>th</sup> March 24: Jeevan Tea factory, Kalvarimount, idukki; 27<sup>th</sup> March 24: 'Pothichor' distribution, Financial support to needy, Drinking water supply to Traffic Police and Anganavady visit. At the bottom, it says 'Special thanks to Management, Staff and Students From NSS Unit for support, care and love'. The website 'www.caritascollegeofnursing.in' is at the bottom left.



1.b. 21/03/2024: Old age home visit: A visit to Old age home Abrobhavan, Athirampuzha was carried out by NSS Volunteers in the same day. 50 volunteers along with 3 teachers visited the Old age home from 3 PM to 5 PM. Volunteers actively conducted and participated in various programmes including games. It was a wonderful visit which helped the students to know about the functioning of the Old age home , the authorities explained about the aims and objectives of the home .A total of 35 inmates are there at the home.



2.22/03/2024: A day with KSRTC, Ettumanoor was organized by NSS Volunteers. A total of 50 volunteers participated in the programme. The various programmes conducted are NCD Screening Camp at KSRTC Bus Stand, Ettumanoor. Fight against Climate, i.e. Distribution of free water and fruits at KSRTC bus stand, Ettumanoor. "Sneharamam Programme" Making a garden at KSRTC Bus stand and Health Education regarding Non Communicable diseases among the public. Students actively participated in the programme and public also cooperated well in this programme. The programme started at 9 am in the morning and ended at 2 PM.







3.23/03/2024: TB day was celebrated by NSS volunteers in collaboration with PHC Athirampuzha and Gramapanchayat Ettumanoor. 50 NSS volunteers along with 3 teachers participated in Rally and Role play .It was an informative programme aimed at welfare of the common people in order to increase the awareness of the public about the occurrence of TB. The programme started at 9 am in the morning and ended at 1 Pm in the afternoon.



4.25/03/2024: Health and welfare agency visit to Green Valley development society, Idukki was carried out by NSS volunteers along with 3 teachers. We started from the college at 8 am in the morning. We reached there at 1.00PM. Rev Fr. Jobin introduced us to the society by explaining the aims and objectives, purposes and functions. After that we went to Murikkassery Bus stand, Idukki for conducting a flash Mob with the topic, “Jalasamrakshnam, Karuthaam, Naaleakkai”. Following that we went to St. John's Church, Thellithodu and volunteers conducted Health screening camp which includes BP monitoring and Blood sugar monitoring and Health awareness classes regarding Anaemia, TB and Diabetes mellitus. Our programme concluded at 6.00 Pm in the evening. Following that we stayed there at Green Valley society, Idukki









5.26/03/2024: Factory Visit; 50 volunteers from our unit visited Jeevan Tea factory, Kalvarimount, Idukki to know about the aims, objectives and functions of the factory. The manager of the factory explained the measures for protecting the health care workers from occupational health hazards. The visit started at 10 am in the morning and ended at 1.00 Pm in afternoon



6.27/03/2024: The NSS volunteers from our college actively participated in various programmes on the same day from 9.00 am to 1.00 pm. They conducted various programmes like Pothichor distribution at Navajeevan trust, Kottayam, Drinking water distribution to the Traffic police in various places at Kottayam, Activity book supply to kids at Anganwadi, Nalpathimala and Financial assistance of Rs.2500 to a needy who was paralyzed for nearly 15 years.









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

### **1. WORLD WATER DAY-2024**

World Water Day 2024 was organized by Department of Pharmacognosy in association with Nature Club and NSS Unit of Pushpagiri college of Pharmacy on March 22<sup>nd</sup>, at 2.00 pm and was held in Mar Theophilos Annex Auditorium. The programme commenced with a prayer song by the college choir. It was followed by the welcome speech given by Dr. Jeenu Joseph Professor, Department of Pharmacognosy about the importance of water. Respected dignitaries, Director Pushpagiri Institutions Rev. Fr. Aby Vadakkumthala, Principal Prof. Dr. Santhosh M. Mathews, other professors of various departments, teaching, non-teaching staffs and students were present on the occasion. World Water Day 2024 was celebrated to emphasize the importance of conserving water in everyday life. The student volunteers of Third year Pharm D performed a meaningful mime showing the importance and need of water conservation.

The programme ended up with the vote of thanks delivered by Ms. Anju A Varghese. It was a motivating and informative for the students and to the gatherings. The students and staffs were enthusiastic in their participation and gave special attention.



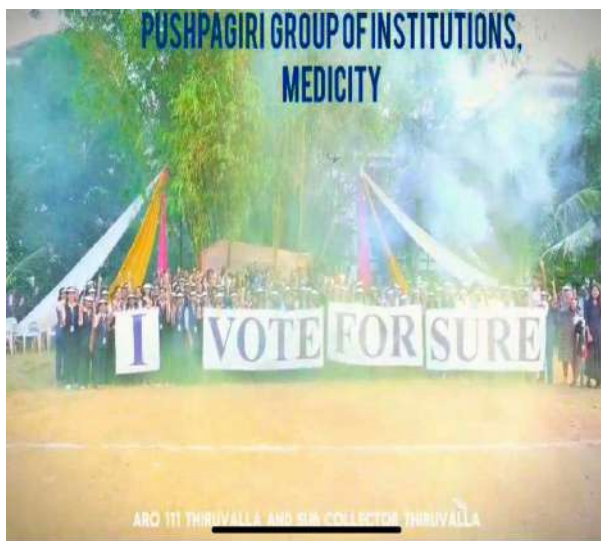
### **2. VOTING CAMPAIGN**

A voting awareness campaign was organized on March 25 2024 at Medicity campus with the support of staff and student volunteers titled ' I vote for sure'. Students and Staff from Pushpagiri Pharmacy, Dental and Nursing colleges with Honourable District Collector Pathanamthitta, Shri. Prem Krishnan S IAS and Sub Collector Thiruvalla Smt. Safna Nasruddin IAS attended the event.

The students got an opportunity to add their names in the voters list. The student volunteers got a chance to exercise their franchise.

Then the students gathered were made to assemble in the college ground as different letters which read as "NOTHING LIKE VOTING" and photos and videos of the same were taken as voting awareness to the community. A message regarding the importance of voting and need for youth as active citizens was conveyed by Honourable District Collector Pathanamthitta Shri. Prem Krishnan S IAS. The event concluded with the vote of thanks.







## MEERA PEHLA VOTE DESH KE LIYE CAMPAIGN

The image displays two identical sample Voter's Pledge Certificates side-by-side. Each certificate is framed with a decorative border. At the top left, there is a logo for 'SVEEP' (Systematic Voters' Education and Electoral Participation) with the tagline 'Systematic Voters' Education and Electoral Participation'. The title 'CERTIFICATE' is prominently displayed in the center, followed by 'Voter's Pledge'. The text states: 'This is to certify that, Mr. Arjun Kumar has taken Voters' Pledge (written) to uphold the democratic traditions of our country and the dignity of free, fair and peaceful elections, and to vote in every election fearlessly and without being influenced by considerations of religion, race, caste, community, language or any inducement.' Below this, there is a signature of the District Election Commissioner of India. At the bottom, it says 'My Vote, My Duty'.

Dean (Student Affairs) & NSS Programme  
Coordinator