



KERALA UNIVERSITY OF HEALTH SCIENCES

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

Date: 31/08/2026

AHALIA AYURVEDA MEDICAL COLLEGE & HOSPITAL

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	17/7/26	Anti drug awareness program	110	4 hours	Educate youth about the dangers of substance abuse, promote healthy lifestyles, and support community prevention efforts. Stops young people from trying harmful drugs out of curiosity or peer pressure.



K.T.N. COLLEGE OF PHARMACY PALAKKAD

REPORT ON ANTI-DRUG DAY ACTIVITIES JULY 2026

K.T.N. College of Pharmacy organized an **Anti-Drug Awareness Programme** at the college ground with the objective of creating awareness among students and the public about the harmful effects of drug abuse. The programme aimed to encourage young people to lead a healthy, responsible, and drug-free life.

The event commenced with the gathering of students, faculty members, and staff at the college ground. As part of the awareness campaign, students actively participated by carrying **placards** displaying powerful slogans and messages against drug abuse. The placards highlighted the importance of making positive life choices, staying away from addictive substances, and promoting a drug-free society.

A major attraction of the programme was a **flash mob performance** presented by the students. Through music, dance, and dramatic expressions, the flash mob effectively conveyed the physical, mental, social, and emotional consequences of drug addiction. The performance captured the attention of the audience and successfully delivered a strong message on the need to prevent substance abuse among youth.

The awareness programme witnessed enthusiastic participation from students and faculty members. The event encouraged everyone to become responsible citizens by spreading awareness about the dangers of drug abuse and supporting initiatives that promote health and well-being.

The programme concluded with a pledge by all participants to remain drug-free and to motivate others to reject substance abuse. Overall, the Anti-Drug Awareness Programme was highly successful in educating participants and reinforcing the importance of building a safe, healthy, and drug-free community.

Outcome of the Programme:

- ☐ Increased awareness among students about the harmful effects of drug abuse.
- ☐ Promoted the importance of leading a healthy and drug-free lifestyle.
- ☐ Encouraged students to make informed and responsible decisions regarding substance use.

☐ Strengthened social responsibility and commitment towards building a drug-free society.

☐ Enhanced teamwork, leadership, and communication skills through active participation.

Venue: K.T.N. College Ground, Chalavara

Date: 31 July 2026

Time: 3.30 PM – 4.00PM

Organized by: Student Support and Guidance Programme (SSGP) & NSS Unit (Reg. No. MP028-1), K.T.N College of Pharmacy, Chalavara, Palakkad.

Attachments

Photographs of the Programme



HOLY FAMILY COLLEGE OF NURSING, THODUPUZHA

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of Program
1.	2/07/2026	Monthly NCD Clinic at adopted community area.	26 beneficiaries	7.45 am-10.15 am (2.30 hrs)	Lifestyle diseases screening clinic (NCD clinic) is a monthly project (first Thursday of every month) which is conducted in our community area (Thodupuzha municipality - Randupalam Undaplavu area -ward 14,15,16) • Health services provided- TPR • Obesity monitoring- Ht, Wt-BMI

					• Diabetic screening using Glucometer. • Hypertension monitoring- BP checking • Maintaining Individual Health Cards.
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GERIATRIC HEALTH CARE ACTIVITIES –Adopted Old age care centre

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of Program
1.	22/7/2026	Geriatric care services	32 inmates of old age home	10 am-12 noon (2 hrs)	Snehalayam monthly project - adopted palliative care centre by Holy Family College of Nursing. Health card is maintained for all inmates, which is updated every month. • Monthly health check up (Ht, Wt ,BMI,BP monitoring, Blood glucose monitoring) • Health awareness classes • Group activities

					- Games were conducted and winners are rewarded with small gifts - Entertainment programs by students.
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OBSERVATION OF HEALTH DAYS

FOOD SAFETY DAY CELEBRATION in collaboration with OPERATION MONSOON – 6-7- 2026 @ Merchant Association Center Thodupuzha Municipality.

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of Program
1.	6/7/2026	Food Safety Day celebration-Awareness class to Thattukada workers at	48 members who run Thattukada in Thodupuzha	10 -1 pm (3 hrs)	Food Safety Day celebration-Awareness class to Thattukada workers of Thodupuzha Municipality Conducted at Merchant Association Hall, Thodupuzha in

		Thodupuzha Municipality	Municipality		Collaboration with Food Safety Department Idukki District under OPERATION MONSOON project. Mrs. Saly Augustine ,Associate Professor in Community Health Nursing Department was the resource person along with Lija Mathew, Assistant Professor in Community Health Nursing Department and NSS Program Officer of Holy Family College of Nursing.
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ANTI DRUG AWARENESS PROGRAM at Paynkulam Mental Rehabilitation center– 28-7- 2026

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of Program
1.	28/7/2026	Anti Drug Awareness Day Celebration	Inmates of mental health rehabilitation center- Paynkulam	11 am – 1 pm (2 hrs)	Anti Drug Awareness Day Celebration at Mental Health Rehabilitation Center- Paynkulam • Skit has been conducted at

					Paynkulam Mental Rehabilitation Hospital by 4th semester BSc Nursing students of Holy Family Hospital. Awareness class by Mrs. Ambily Joy- Assistant Professor- and Ms.Chandini CV- Lecturer -Mental Health Nursing Department, Holy Family College of Nursing.
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ANTI DRUG DAY CELEBRATION-PHARMACOLOGY PROJECT- 26-7-2026

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of the program
1.	26/7/2026	Pharmacology Awareness and Prevention of Drug overuse and Self medication	4 th semester Bsc Nursing students	10 am – 1 pm (3 hrs)	On behalf of Anti Drug day Celebration – Pharmacology Emergency drugs Awareness and Prevention of Drug overuse and Self medication was organized by 4 th semester Bsc Nursing students under the leadership and guidance of Mrs. Saly Augustine, Associate Professor in Community Health Nursing Department. Symposium and one to one case management

					was also organized group wise.
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Geriatric services- Collaboration with VAYOMITRAM- KSSM, Kerala Social Security Mission- July Month camps-2026

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	18-7-26 Snehalayam 20-7-26 Randupalam 21-7-26 Muthiliyarmadam 22-7-26 Pattayamkavala 23-7-26 and 29-7-26 Muthalakodam	Geriatric services- Collaboration with VAYOMITRAM- KSSM ,Kerala Social Security Mission- July Month health camps-2026	40-60 members in each day camp.	9.30-12.30 am morning camps and 2 pm – 4 pm PM session camps (2 hrs)	Geriatric services- Collaboration with VAYOMITRAM- KSSM ,Kerala Social Security Mission- July Month health camps-2026. Doctor consultation with Pharmacy facilities were available. Students assisted in BP monitoring, Blood sugar monitoring and BMI assessment.

					Health awareness sessions on lifestyle diseases were conducted by students.
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HEPATITIS DAY CELEBRATION- In collaboration with SH High school

Sl No	Date	Activity conducted	No of participants	No of hours	Achievement by the programme including beneficiaries
1.	28/7/2026	Anti Drug Day Celebration at SHG High school – HEPATITIS day celebration – PLEDGE Taking – High school students	High school students	1.30 pm – 3.30 pm 2 hrs)	Anti Drug Day Celebration at SHG High school – HEPATITIS day celebration – PLEDGE Taking – High school students. Awareness class was conducted by Mrs. Lija Mathew, Assistant Professor , Community Health Nursing, Holy Family College of Nursing , Holy Family

					College of Nursing Thodupuzha. It was an interactive session with incidence sharing and made students aware about Legal aspects of drug abuse and health effects.
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SCHOOL HEALTH- In collaboration with DEPARTMENT OF EDUCATION - SH High school Muthalakodam- Adolescent Health awareness

Sl No	Date	Activity conducted	No of participants	No of hours	Remarks of program
1.	22 July to 31 July 2026	Adolescent Health awareness at SHG High school students	High school students (130+40+69+61+95+59+84 Students) Classess 7 to 10 th standard.	1.30 pm – 3.30 pm 2 hr)	Adolescent Health awareness - SHG High school students on various topics like exam fear, moral values, mobile addiction, stress, bullying and ragging, body changes and emotional growth, mental health, life style and healthy habits, low self esteem and body image, etc.

					Awareness class was conducted from 1.30 to 3.30 pm for 1 week (22,24,27,28,29,30,31-July) for 7,8,9,10th students by Mrs. Lija Mathew, Assistant Professor , Community Health Nursing, Holy Family College of Nursing , Holy Family College of Nursing Thodupuzha. It was an interactive session with incidence sharing and made students aware about all said topics and its health effects.
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GOVERNMENT AYURVEDA COLLEGE, KANNUR

REPORT ON WORLD SNAKE DAY AWARENESS PROGRAMME

The **Department of Agadatantra**, in association with the **NSS Unit, Government Ayurveda College, Kannur (GAVC, KNR)**, organized a **World Snake Day Awareness Programme** at **Kottathinchal Anganwadi** on **16 July 2026**, from **3:00 PM to 4:00 PM**, for the benefit of the local community.

The programme aimed to create awareness about snake identification, first aid management of snakebite, snake conservation, and preventive measures to reduce human-snake conflict.

The session commenced with an informative class on **Snake Identification and First Aid Management of Snakebite** by **Dr. Farsana K, Assistant Professor, Department of Agadatantra, GAVC, Kannur**. The class highlighted the identification of common venomous and non-venomous snakes, appropriate first

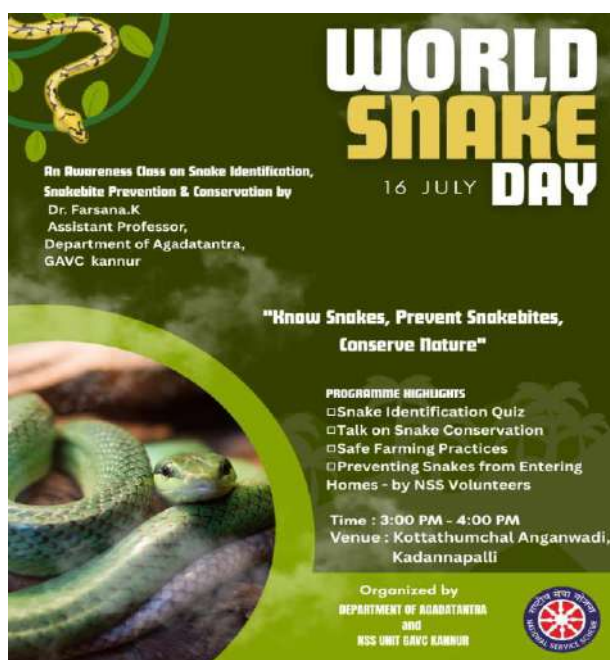
aid measures, common myths and misconceptions regarding snakebite, and the importance of seeking immediate medical care.

An engaging **Snake Identification Quiz** was subsequently conducted by the **NSS volunteers**, encouraging active participation from the beneficiaries and reinforcing the knowledge shared during the awareness session.

The programme also included a class by **NSS volunteers** on **Safe Farming Techniques and Prevention of Snake Entry into Homes**. The session emphasized maintaining clean surroundings, proper waste management, safe storage of food grains, clearing vegetation around houses, using protective footwear while farming, and other practical measures to minimize encounters with snakes.

The beneficiaries actively participated throughout the programme, making the event highly interactive and informative. The awareness programme successfully enhanced public knowledge regarding snakebite prevention, first aid, and coexistence with snakes, thereby contributing to improved community safety and conservation awareness.

The programme concluded with an interactive discussion, where participants clarified their doubts and expressed appreciation for the informative sessions conducted by the Department of Agadatantra and the NSS Unit.



REPORT ON ANTI-DRUG AWARENESS PROGRAMME

The NSS Unit and Anti-Narcotic Cell of Government Ayurveda College, Kannur, organized an Anti-Drug Awareness Programme at Government Higher Secondary School, Kadannapally on 29 July 2026 from 3:00 PM to 4:00 PM. The programme was conducted for the higher secondary students with the objective of creating awareness about the harmful effects of drug abuse and motivating students to lead a healthy, drug-free life.

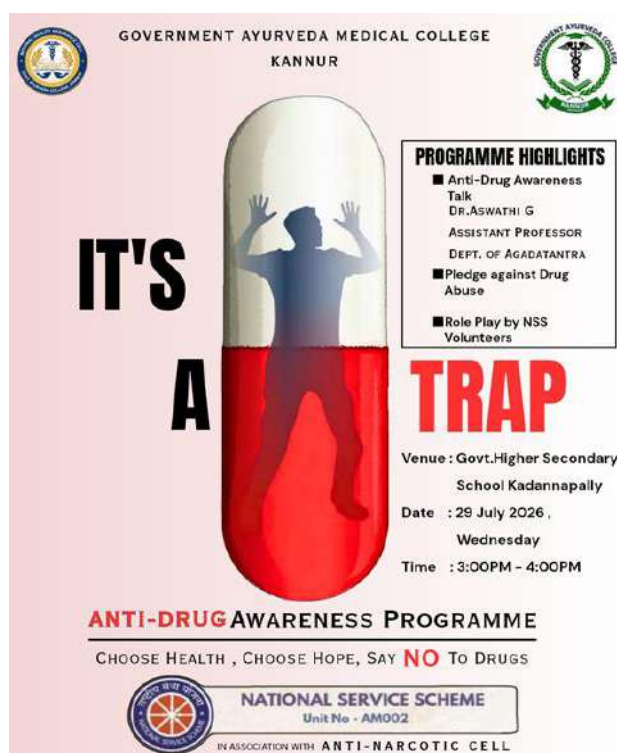
The programme commenced with an Anti-Drug Awareness Talk delivered by Dr. Aswathi G., Assistant Professor, Department of Agadatantra, Government Ayurveda College, Kannur. The session highlighted the physical, psychological, social, and legal consequences of substance abuse. Students were educated on the importance of making informed choices, resisting peer pressure, and seeking timely support to prevent addiction. The interactive session encouraged students to actively participate and clarify their doubts regarding drug abuse and its prevention.

As a part of the programme, the NSS Volunteers administered an Anti-Drug Pledge, reaffirming the students' commitment to stay away from drugs and to promote a drug-free society. The pledge inspired the participants to become responsible ambassadors of the anti-drug movement within their families and communities.

The programme also featured a role play performed by the NSS Volunteers, effectively portraying the devastating impact of drug addiction on individuals, families, and society. The performance conveyed a strong message on the importance of awareness, early intervention, and collective responsibility in preventing substance abuse.

The programme concluded with an enthusiastic response from the students, who appreciated the informative session and the impactful role play. The awareness

programme successfully reinforced the message of leading a healthy, responsible, and drug-free lifestyle among the young generation.



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	27/07/2026	DENTAL HEALTH CAMP	10	5	1. Improves oral health, early detection of dental issues, and increased hygiene awareness for beneficiaries.

2.	29/07/2026	WORLD HEPATITIS DAY	50	1	1. Learning direct facts on hepatitis transmission, symptoms, testing, and vaccination.
3.	2/08/2026	NASHA MUKHT BHARAT PLEDGE (DIGITALLY)	100	1	A. Learning direct facts on hepatitis transmission, symptoms, testing, and vaccination.
4.	3/07/2026	LIVE TELECAST BY HON'BLE PRIME MINISTER	20	1	NSS volunteers achieved a historic nationwide mobilization by joining Prime Minister Narendra Modi's virtual launch of the Nasha Mukht Yuva for Viksit Bharat Sankalp Abhiyan, connecting over 1 crore youth across 28,000+ locations on August 2, 2026

1.REPORT ON DENTAL HEALTH CAMP & ORAL HYGIENE AWARENESS DRIVE

Date of Event: July 27, 2026

Time: 10:00 AM – 2:30 PM IST

Venue: Assumption College, Changanacherry

Organized by:Public health department & National Service Scheme (NSS) Unit

Camp Coordinator: Maria Kachiramattam

Volunteers Participated: 10 NSS Volunteers

1. Executive Summary

A comprehensive **Dental Health Camp and Oral Hygiene Awareness Drive** was successfully organized by the NSS Unit at **Assumption College, Changanacherry** on **July 27, 2026**. The camp aimed to promote oral health awareness and provide free dental screening for students and staff. A total of **143 individuals** benefited from the check-up drive.

2. Event Objectives

- To promote oral health awareness and proper dental hygiene practices among the community.
- To conduct preliminary dental screening and provide personalized oral health advice.
- To foster volunteerism and community service leadership among NSS volunteers.

3. Beneficiary Statistics

Demographic Category	Total Count
Male Patients	83
Female Patients	60
Total Beneficiaries	143

4. Program Schedule & Highlights

- ✓ **Invocation (10:00 AM):** The program commenced with a solemn **Prayer Song** sung by the NSS volunteers, creating a reverent atmosphere for the event.
- ✓ **Welcome Address:** The **Principal** delivered the welcome address, emphasizing the critical role of preventive health check-ups and appreciating the efforts of the organizing team and doctors.
- ✓ **Awareness Session:** **Dr. Anandalal** delivered an insightful awareness talk on common dental issues, effective brushing techniques, and the importance of routine dental check-ups.

- ✓ **Dental Screening Drive (10:30 AM – 2:15 PM):** A total of 143 patients underwent oral health examinations. The participating **10 NSS volunteers** actively coordinated patient registrations, guided participants, and managed logistics to ensure a smooth flow throughout the session.
- ✓ **Vote of Thanks (2:30 PM):** The event concluded with a vote of thanks delivered by **Maria Kachiramattam** (Camp Coordinator), expressing gratitude to the medical team, college management, volunteers, and participants for making the camp a success.

5. Conclusion

The Dental Health Camp successfully raised oral hygiene awareness and fulfilled its goal of reaching out to 143 individuals. The dedicated service of the 10 NSS volunteers and smooth coordination by the management ensured the initiative's overall success.



2 . REPORT ON WORLD HEPATITIS DAY OBSERVANCE & AWARENESS LECTURE

Date of Event: July 29, 2026

Time: 9:00 AM – 10:00 AM IST

Venue: Lecture Hall - 1, Pushpagiri College of Dental Sciences

Organized by: National Service Scheme (NSS) Unit

Total Attendance: 50 NSS Volunteers

Resource Person: Dr. Joon (Senior Lecturer, Department of Oral Surgery)

1. Executive Summary

The NSS Unit of Pushpagiri College of Dental Sciences observed **World Hepatitis Day** on **July 29, 2026**, in **Lecture Hall - 1**. A total of **50 NSS volunteers** attended the program, which aimed to raise awareness regarding viral hepatitis prevention, diagnosis, and treatment under the theme "*Prevent. Test. Treat.*"

2. Event Objectives

- To educate NSS volunteers on viral hepatitis prevention, early screening, and management.
- To highlight the role of dental and healthcare professionals in preventing viral transmission and promoting liver health.
- To empower volunteers to spread public health awareness within the community.

3. Program Schedule & Highlights

- **Invocation (9:00 AM):** The program officially commenced with the rendering of the **NSS Geetham** by the volunteers.
- **Welcome Address: Rishikesh** delivered the welcome address, extending a warm welcome to the guest speaker, faculty, and attending volunteers.
- **Awareness Talk: Dr. Joon Sunil** (Senior Lecturer, Dept. of Oral Surgery) delivered an informative awareness lecture on viral hepatitis strains, risk factors, clinical precautions in health setups, and key strategies for prevention and timely treatment.
- **Interactive Session:** An interactive Q&A was held where volunteers clarified doubts regarding Hepatitis B vaccination and preventive healthcare protocols.
- **Vote of Thanks (9:55 AM):** The event concluded with a vote of thanks proposed by **Anagha**, expressing gratitude to Dr. Joon, the college administration, and all participating volunteers for making the event successful.

4. Key Session Takeaways

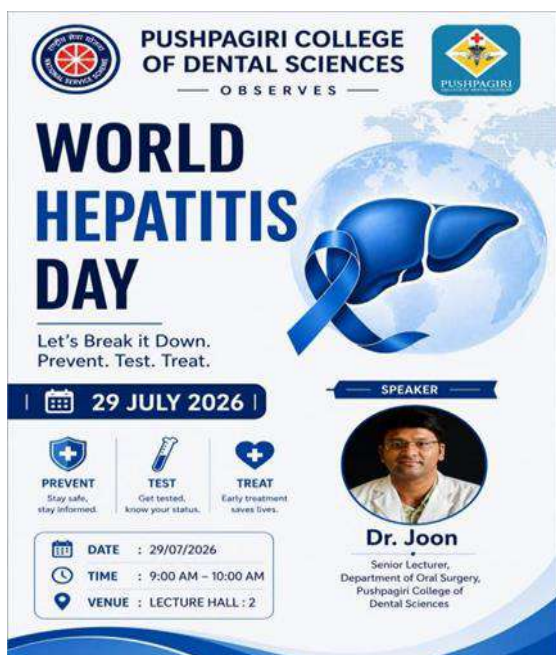
Prevention & Precautions: Awareness on safe clinical practices, blood safety, and mandatory immunization against Hepatitis B.

Early Detection & Treatment: Emphasized the significance of regular screening ("*Get tested, know your status*") and early medical intervention.

Youth Leadership: Encouraged the 50 participating volunteers to actively share correct health information and combat social stigma surrounding hepatitis.

5. Conclusion

The observance of World Hepatitis Day provided valuable clinical and community health insights to the NSS volunteers, strengthening their commitment to public health advocacy and preventive care.



3. REPORT ON DIGITAL PLEDGE CEREMONY VIA MY BHARAT PORTAL



REPORT ON DIGITAL PLEDGE CEREMONY VIA MY BHARAT PORTAL

Campaign: Nasha Mukta Yuva for Viksit Bharat

Platform Used: Mera Yuva Bharat (MY Bharat Portal)

Total Participants: 100 Students

1. Executive Summary

As part of the nationwide *Nasha Mukta Yuva for Viksit Bharat* initiative, **100 students** successfully took the digital pledge through the Government of India's

[MY Bharat Portal](#). The participants submitted their pledges online, committing to an addiction-free lifestyle and downloading their official e-certificates of recognition.

2. Objectives & Key Aims

The digital pledge drive was conducted with the following key objectives:

- **Promote a Substance-Free Lifestyle:** To inspire students to refrain from consuming harmful or intoxicating substances in any form.
- **Raise Awareness & Peer Education:** To empower students to actively educate their families, peers, and local communities about the mental, physical, and social hazards of drug abuse.
- **Encourage Digital Engagement:** To leverage the technology-driven [MY Bharat Portal](#) for active youth participation and civic responsibility.
- **Support Nation Building:** To align the youth force with the national vision of building a healthy, empowered, and developed nation (*Viksit Bharat*).

3. Pledge Text

"I do hereby pledge that I will not consume any harmful or intoxicating substance in any form or for any purpose, and I will also encourage others to stay away from intoxicants. I resolve to make an active contribution towards building a Nasha Mukta Bharat (Drug-Free India)... and will contribute fully towards realising the resolve of Nasha Mukta Yuva for Viksit Bharat."

4. Event Execution & Outcome

Digital Registration: Students accessed the official [MY Bharat Portal](#) via mobile/desktop.

Pledge Submission: Each participant read and submitted the digital oath.

Certification: 100 students successfully generated and downloaded their personalized e-certificates of recognition issued under the campaign.

Expected Impact:

100% Digital Participation: Complete engagement from targeted students in adopting an active anti-drug stance.

Youth Ambassadors: Participants are now designated peer-leaders within the campus to spread awareness against substance abuse.

4. REPORT ON NSS VOLUNTEERS' PARTICIPATION IN THE PRIME MINISTER'S LIVE TELECAST ON "NASHA MukT YUVA FOR VIKSIT BHARAT"

Date of Event: August 2, 2026

Time: 10:00 AM – 12:00 PM IST

Organized by: National Service Scheme (NSS) Unit in coordination with Regional Directorate of NSS / Ministry of Youth Affairs & Sports, Govt. of India

Platform/Mode: Hybrid (Virtual Webcast Telecast via pmindiawebcast.nic.in & YouTube / On-Ground Viewing)

1. Executive Summary

The National Service Scheme (NSS) volunteers successfully attended and participated in the national virtual launch of the "**Nasha MukT Yuva for Viksit Bharat Sankalp Abhiyan**", addressed live by the **Hon'ble Prime Minister Shri Narendra Modi** on **August 2, 2026**. The nationwide campaign aims to mobilize Indian youth against substance abuse, fostering a healthy, drug-free lifestyle integral to achieving the vision of *Viksit Bharat@2047*.

2. Event Objectives

- To facilitate participation of NSS volunteers in the Prime Minister's national address.
- To administer the **Nasha Mukti Mass Pledge** among youth and institution members.
- To kickstart the **100-week nationwide Jan Bhagidari campaign** promoting weekly health, cultural, and anti-substance abuse awareness drives.

3. Key Highlights & Program Schedule

Time Slot	Activity Description
10:00 AM – 10:30 AM	Assembly of NSS Volunteers, technical setup, and joining the live webcast portal.
10:30 AM – 11:00 AM	Introductory Session & Briefing on the <i>Nasha MukT Bharat Abhiyaan</i> objectives.
11:00 AM – 11:45 AM	Live Virtual Address by Hon'ble Prime Minister Shri Narendra Modi.

Time Slot	Activity Description
11:45 AM – 12:00 PM	Collective Administration of the Mass Pledge (Sankalp) & Concluding Remarks.

4. Summary of the Prime Minister's Address

During his address, the Prime Minister highlighted key points:

Role of Youth in Viksit Bharat: Emphasized that a healthy, energetic, and drug-free youth population is crucial for India's journey toward becoming a developed nation by 2047.

100-Week Action Plan: Announced that every Sunday over the next 100 weeks will feature community-driven activities, including sports events, walkathons, meditation, cultural programs, and street plays (*Nukkad Nataks*) to spread anti-substance awareness.

Collective Action (*Jan Bhagidari*): Encouraged educational institutions, youth clubs, and voluntary bodies like the NSS and MY Bharat to lead from the front as ambassadors of social change.

5. NSS Volunteer Engagement & Activities Conducted

Live Telecast Attendance: NSS volunteers gathered at the designated viewing facilities equipped with audio-visual setups to stream the live event smoothly.

Nasha Mukti Pledge: Following the address, all volunteers collectively took the solemn pledge to abstain from drugs and actively guide peers away from substance abuse.

Digital & Awareness Outreach: Volunteers actively shared updates, posters, and pledges on official social media platforms and MY Bharat portals to maximize community engagement.

6. Conclusion & Future Plan of Action

The live streaming session served as a strong catalyst for the NSS volunteers. Moving forward, the NSS unit will organize regular Sunday activities under the **100-Week Jan Bhagidari Campaign**, including awareness rallies, poster competitions, and interactive workshops to maintain continuous momentum against drug abuse.



MIMS COLLEGE OF NURSING, MALAPPURAM

SL N O	DATE	NAME OF THE PROGRAM ME	NUMBER OF PARTICI PANTS	NO. OF HOURS	ACHIVEMENTS (BRIEF DESCRIPTION)
1.	July 27 2026	Maternal Health Awareness Programme	80	8	The Department of Community Health Nursing, MIMS College of Nursing, conducted a Maternal Health Awareness Programme on 27 July 2026 at RHC Karad to promote safe motherhood and maternal and newborn health. VIII Semester BSc Nursing volunteers actively participated in the programme. Health education was provided through charts, posters, demonstrations and discussions on antenatal care, nutrition, safe delivery, postnatal care, breastfeeding, immunization and pregnancy danger signs. The programme received an encouraging response and improved participants' awareness regarding pregnancy care, safe childbirth and early identification of complications. The programme successfully promoted safe

					motherhood and healthier families.
					Fig 1 brochure
					Fig 2: Book exhibition
					Fig 3: digital reading challenge
2	28 July 2026	Slogan writing competition	240	08	The NSS Unit, IQAC, SSGP and Department of Mental Health Nursing organized a Slogan Writing Competition on 28 July 2026 at MIMS College of Nursing, Malappuram, as part of Anti-Drug Day.

				B.Sc. Nursing students from all batches participated enthusiastically under the theme “Youth Against Drugs – Build a Healthy Tomorrow.” Winners: First Prize – Niranjana Mohan (2022 Batch) Second Prize – Mehrin Ali (2023 Batch) The programme successfully promoted awareness about drug abuse and encouraged students to support a healthy, drug-free society.
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			Fig 1 : brochure
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			Fig :2 slogan
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					Fig 3: slogan 3
3	28 July 2026	WORLD HEPATITIS DAY CELEBRATI ON Psychiatry – Anti-Drug Day Observance	80	08	World Hepatitis Day was observed on 28 July 2026 at Aster MIMS Hospital, Malappuram, with the aim of raising awareness about hepatitis, its prevention, early detection, treatment, and control. The programme was organised by the 4th Semester B.Sc. Nursing students of the Department of Medical Surgical Nursing, in association with the NSS Unit and IQAC, MIMS College of Nursing, Malappuram. The programme highlighted the importance of protecting liver health and encouraged individuals to take timely action towards the prevention and elimination of hepatitis. The theme and messages of the programme emphasised: “Let’s Act Now. Let’s Eliminate Hepatitis.” “Protect Your Liver, Protect Your Future.” Programme Activities A health education session was conducted by the 4th Semester

				B.Sc. Nursing students for patients, bystanders, and visitors at Aster MIMS Hospital. The students provided information regarding the meaning and types of hepatitis, including Hepatitis A, B, C, D, and E. The session covered the causes, modes of transmission, signs and symptoms, prevention, and control of hepatitis. The importance of maintaining good personal hygiene, practising safe health behaviours, avoiding the sharing of needles and personal items, and ensuring safe medical practices was discussed.
				Fig 1: Brochure

						Fig 2: Session
						Fig 3: session
4	29 July 2026	World ORS Day	80	08	World ORS Day was observed on 29 July 2026 at the Pediatric OPD, Aster MIMS Hospital, Calicut, with the aim of creating awareness regarding the importance of Oral Rehydration Solution (ORS) in the prevention and management of dehydration, especially among children. The programme was organised by the Department of Child Health Nursing, MIMS College of Nursing, in association with IQAC, Aster MIMS Hospital, Calicut, and NSS. Programme Activities	

				The programme was conducted by the 6th Semester BSc Nursing students. A health education session was provided to the parents, caregivers, patients, and visitors attending the Pediatric OPD. The students explained the common causes and warning signs of dehydration and highlighted the importance of administering ORS to prevent complications. A live demonstration on the correct preparation of ORS was also conducted. The students explained the importance of using the appropriate quantity of clean water, mixing the entire contents of the ORS packet properly, and following safe storage and usage practices. Participants were encouraged to clarify their doubts, and the students provided appropriate guidance.
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			Fig 1: brochure
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					Fig2: session
					Fig 3:session
5	July 30 2026	Red ribbon quiz competition	80	8	The Red Ribbon Quiz Competition 2026–27 was organized by the Kerala State AIDS Control Society (KSACS) in association with the NSS Unit, MIMS College of Nursing, Malappuram, IQAC, and Aster MIMS Academy as part of the Youth Festival 2026–27. The programme aimed to enhance students' knowledge regarding HIV/AIDS prevention, drug abuse prevention, and healthy

					lifestyle practices through an engaging and interactive quiz competition
					Fig 1: Brochure
					Fig 2 competition
					Fig:3 winners
6	21 july 2026	International Moon Day Celebration	320	8	The National Service Scheme (NSS), MIMS College of Nursing, Malappuram, in

					association with the Internal Quality Assurance Cell (IQAC), organized an International Moon Day Celebration on 21 July 2026 to commemorate the historic Apollo 11 Moon Landing and promote scientific curiosity among students. The programme aimed to inspire participants to explore the wonders of space and appreciate the remarkable achievements in space exploration. As part of the celebration, a special screening of the classic science fiction short film "A Trip to the Moon" (1902) was conducted, giving students an opportunity to experience one of the earliest cinematic portrayals of space travel. The event also featured an informative Moon Facts Talk, an interactive quiz, and a poster display and awareness exhibition highlighting the significance of International Moon Day, the Apollo 11 mission, and India's achievements in lunar exploration. A discussion session on space exploration encouraged students to think critically about scientific advancements and future possibilities in space research.
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					Fig 1 images
					Fig 2: brochure
					Fig :3images
7	31 july 2026	PLANTING DRIVE :As Part of the	240	08	As part of the “Har Ghar Tiranga” Campaign, a Planting Drive was organized at MIMS

		“Har Ghar Tiranga” Campaign		College of Nursing, Malappuram, on 31 July 2026 at 11:30 AM. The programme was conducted with the objective of promoting environmental responsibility, community participation, and the spirit of patriotism among students and staff. The planting drive was led by Smt. Keerthi, IFS and her team, with the active participation and support of the college management, faculty members, and students. Dignitaries Present The programme was graced by the presence of: • Dr. Assuma Beevi T.M. – Dean • Dr. Sheeja C.V. – Principal • Prof. Isha S. – Vice Principal • Dr. Madhu T. – Administrator • Smt. Keerthi, IFS and Team
				Fig 1: plantation

			
8	4 August 2026	Adopted village report	As part of the National Service Scheme (NSS) activities and the institution's commitment towards community development, MIMS College of Nursing, Malappuram, adopted _____VA ZHAYUR__ Village/Area. The adopted village programme was planned with the aim of identifying the health needs of the community and implementing appropriate health education and awareness activities. The programme focused on improving community knowledge, promoting preventive healthcare, encouraging early identification of health problems, and strengthening the link between the community and available healthcare services. Nursing students actively participated in the planning and implementation of the programmes under the guidance of faculty members and the NSS Programme Officer.

9	5 august 2026	Fun Award Ceremony	240	08	MIMS College of Nursing, Malappuram organized a Friendship Day Celebration 2026 with a special Fun Award Ceremony on 05 August 2026 at 10:00 AM. The programme was organized in association with IQAC and NSS for the 2021, 2022 and 2023 B.Sc. Nursing batches. The programme was designed to celebrate friendship, teamwork, mutual support, and the positive relationships developed among students throughout their academic and clinical journey.
					Fig 1: Brochure

			Fig 2: 23 batch selected members		
			Fig 3: 22 batch		
			Fig 4: 21 batch		
10 august 2026	Webinar on Innovation & Entrepreneurship	80	1	A webinar on “Innovation & Entrepreneurship” was organized on 07 August 2026 from 4:00 PM to 5:00 PM under the Nasha Mukta Yuva for Viksit Bharat initiative. The session featured Dr. Krishna Ella, Executive Chairman, Bharat Biotech, as the distinguished speaker. The programme aimed to inspire young people by promoting innovation, entrepreneurship, creativity and a progressive mindset, while	

					encouraging youth to contribute positively towards a developed India
					Fig 1: brochure
					Fig 2: session
11	8 August 2026	Swachhata Pakhwada 2026 – Campus Clean Drive & Pledge Taking	80	2 hours	The Swachhata Pakhwada 2026 – Campus Clean Drive & Pledge Taking was successfully conducted with the active participation of the 23 Batch B.Sc. Nursing students. The programme promoted cleanliness, waste segregation, plastic reduction, environmental awareness and social

					responsibility among students. The initiative contributed towards creating a clean, green, healthy and sustainable campus environment.
					Fig 1: brochure
					Fig 2: clean drive

					Fig 3: pledge
12	12 august 2026	“Young Changemaker – Empowering Youth for a Healthier, Kinder and Stronger Tomorrow.”	80	2	MIMS College of Nursing celebrated International Youth Day 2026 on 13 August 2026 with the theme “Young Changemaker – Empowering Youth for a Healthier, Kinder and Stronger Tomorrow.” The programme aimed to recognize the potential of young people as positive change-makers and to encourage students to contribute meaningfully towards a healthier, kinder and stronger society. The programme was organized with the active participation of the 6th Semester B.Sc. Nursing students and was supported by IQAC, College Union, SSGP and NSS.



Fig 1: brochure



Fig 2: session



Fig 3: session

13	15 august 2026	Har ghar tiranga campaign	320	8	The 4th Edition of the Har Ghar Tiranga Campaign 2026 was observed from 09th to 17th August 2026 to promote patriotism, national pride, unity and respect for the Indian National Flag. The campaign encouraged students and the community to actively participate in meaningful activities celebrating the spirit of Independence.
					Fig 1: brochure
					Fig 2: selfie with tiranga

SIMET COLLEGE OF NURSING, PALLURUTHY

Programs conducted on July

1. Lahari virudha sadass
2. Chemotherapy awareness class
3. Radiation therapy awareness class
4. Breast self examination awareness class
5. Connect program
6. Reading program

LAHARI VIRUDHA SADASS



LAHARI VIRUDHA SADASS

The NSS Unit of SIMET College of Nursing, Palluruthy (SIMET CNP), organized a Lahari Virudha Sadass

(Anti-Drug Awareness Seminar) as part of the Drug Awareness Campaign 2026 on 6 July 2026 at 2:30 PM. The programme was conducted with the aim of creating awareness among students and the public about the harmful effects of alcohol, tobacco, and drug abuse and to promote a healthy, drug-free lifestyle under the slogan "Say No to Drugs, Choose Life."

The programme was inaugurated by Shri V. H. Sreejith, Kochi Range Prevention Officer. The presidential address was delivered by Dr. (Prof.) Lakshmi G., Principal, SIMET College of Nursing, Palluruthy. The welcome address was given by Shri Abhishek K., 1st Year B.Sc. Nursing student, and the vote of thanks was proposed by Ms. Anupama V., B.Sc. Nursing student. The awareness session was delivered by Shri V. Jayaraj, Excise Sub Inspector, Ernakulam, who explained the physical, psychological, social, and legal consequences of substance abuse and emphasized the importance of adopting a healthy, addiction-free lifestyle. The programme was anchored by Mr. K. A. Thushinand, Pattimattom Panchayat Library Secretary, who effectively coordinated the event.

All 50 NSS volunteers of SIMET College of Nursing, Palluruthy, actively participated in the programme, contributing to its smooth conduct and making the awareness initiative meaningful and successful.

3.CHEMOTHERAPY AWARENESS CLASS

A Group of NSS Volunteers of Simet College Of Nursing Conducted Health Education

Session At Oncology Ward For Patients To Create Awareness Regarding Cancer Treatment

Method Chemotherapy, Its Complication, Side Effects Etc



4. RADIATION THERAPY AWARENESS CLASS

A Group of NSS Volunteers of Simet College of Nursing Conducted Health Education Session at Radiation Ward for Patients to Create Awareness Regarding Cancer Treatment Method Radiation Therapy, Its Complication, Side Effects Etc.



5. BREAST SELF EXAMINATION AWARENESS CLASS

A Group of NSS Volunteers Of Simet College Of Nursing Conducted Health Education Session At Oncology Op Department For Public To Create Awareness Regarding Breast Self Examination. The Programme Helps Public Early Detection And Identification Of Breast Cancers.



6. CONNECT PROGRAM

The NSS Unit of SIMET College of Nursing, Palluruthy, actively participated in the CONNECT – Connecting

Opportunities, Building Futures programme held on 06 July 2026 at Chavara Cultural Centre, Kochi. The programme was an initiative of Shri Hibi Eden MP, organized in association with Kites India and Transorze.

The official launch of the CONNECT programme was inaugurated in the presence of distinguished guests, public representatives, and professionals from various sectors. The event aimed to connect students and young professionals with career opportunities, skill development initiatives, and future employment prospects through industry collaboration and guidance.

NSS volunteers from SIMET College of Nursing actively participated in the programme and gained valuable insights into career development, employability skills, and emerging opportunities in the healthcare and other professional sectors. The programme inspired the participants to enhance their skills, broaden their career perspectives, and prepare themselves for future professional challenges.



7.READING PROGRAMME

The NSS Unit of SIMET College of Nursing, Palluruthy, participated in the Reading Madhura

Programme organized by the Kochi International Book Festival Committee for Government Nursing College students on 30 July 2026 at 2:00 PM. The programme was conducted with the objective of promoting the habit of reading, encouraging literary appreciation, and inspiring students to develop a lifelong interest in books and knowledge.

The programme was inaugurated by Shri G. K. Pillai, writer, speaker, and President of the Hasya Sahithya Vedi. The Reading Message was delivered by Shri Pramod P. S., retired teacher and speaker, who emphasized the importance of reading in shaping knowledge, creativity, and character. The session motivated students to cultivate regular reading habits and recognize the value of literature in personal and professional development.

The programme was attended by NSS volunteers and nursing students, who actively participated in the event, making it an inspiring and enriching literary experience.

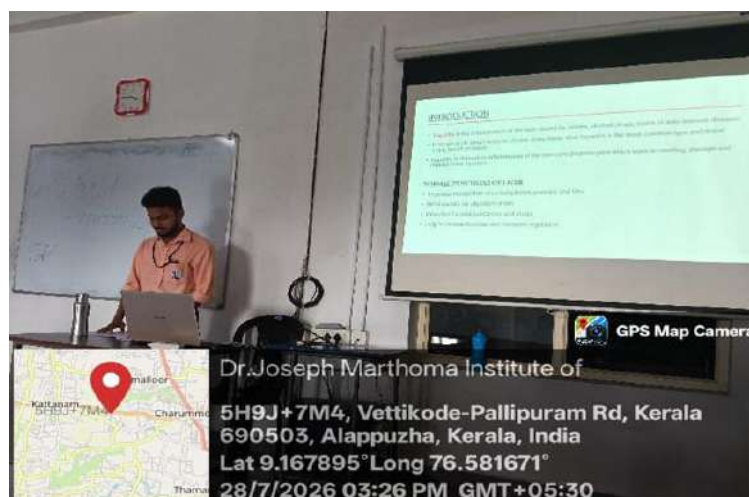


**DR. JOSEPH MAR THOMA INSTITUTE OF
PHARMACEUTICAL SCIENCES & RESEARCH,
KATTANAM**

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	28-07-2026	World Hepatitis Day along with pludge against drug abuse	60	3hrs	Theme is Hepatitis: Let's Break It Down This theme emphasizes the need to dismantle the financial, social, and systemic obstacles that hinder efforts to prevent, diagnose, and treat viral hepatitis and eliminate it as a public health problem.

World Hepatitis Day

The College Union, in joint collaboration with the National Service Scheme (NSS) unit, successfully organized a health and social welfare program on 28 July 2026. The event was held to observe World Hepatitis Day alongside a institutional pledge against drug abuse, drawing active participation from both students and staff members. The program commenced with a solemn prayer song performed by second-year student representatives, followed by an official welcome speech delivered by Dr. Subash Philip, the Vice Principal. The technical session was officially inaugurated by Dr. Selvakumar, Head of the Department of Pharmaceutical Chemistry, who conducted a comprehensive awareness class. He shared crucial medical insights regarding hepatitis prevention and management, integrating impactful real-world experiences to deepen the audience's understanding. Following the lecture, valuable feedback was collected from the participating students and staff to evaluate the session's impact. Toward the conclusion of the event, Rsika A, a second-year student, led the entire gathering in taking a solemn pledge against drug abuse. The highly impactful program concluded successfully with the collective singing of the National Anthem.



GOVT. COLLEGE OF NURSING, KOTTAYAM

Sl. No.	Date of Program	Name of the Program	Objective Brief Description	No. Of NSS volunteers participated	Volunteer Hours Devoted	Advantages of the program
1.	7/7/26	School Health Programme	The National Service Scheme (NSS) unit of the Government College of Nursing, Kottayam, under the Department of Community Health Nursing, organized	100	6	The programme raised awareness among students about fire safety measures and helped build their confidence in handling such situations effectively.

			a School Health Programme titled “<i>Bloom & Thrive</i>” in collaboration with KMFHC Ettumanoor. The programme was conducted on 7th July 2026 from 11:00 AM to 1:00 PM at St. Sebastian’s Public School and Junior College, Peroor. The initiative aimed to promote health awareness, encourage healthy practices among school students, and address key adolescent			
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			health issues through interactive and engaging activities. The programme commenced with a brief inaugural session, where the organizers introduced the objectives of the NSS activities and emphasized the importance of community-based health promotion . Faculty members, NSS volunteers , and school authorities actively participated in setting			
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		the tone for a meaningful and informativ e session. The collaborati on with KMFHC		
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School Health Programme



World Hepatitis Day Celebration



PUSHPAGIRI COLLEGE OF NURSING

Serial number	Date of the program	Name of the program	Number of volunteers	Time taken	Achievements
1	05/05/2026	NURSE'S WEEK CELEBRATION @ Thiruvalla Thaluk Hospital	25	2 Hours	This program helped created awareness about the harmful effects of drug abuse and encouraged everyone to lead a healthy and responsible life.
2	11/05/2026	DENTAL HEALTH CHECK-UP CAMP @ College Campus	280	4HOURS	The program helped in identifying common dental problems at an early stage and created awareness about the importance of

					maintaining good oral health.
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NSS REPORT ON NURSE'S WEEK CELEBRATION @Thiruvalla Thaluk Hospital ON 05/05/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing participated on an awareness program on anti-drugs, as part of nurse's week celebration, organized by the association of Govt & Private Hospitals, Pathanamthitta district on 5th may 2026 at 10.00am at Thiruvalla Thaluk Hospital.

The program started with a flashmob conducted by NSS volunteers of Pushpagiri College of Nursing, followed by a welcome speech by the Medical Superintendent & presidential address by the Nursing Superintendent of Thiruvalla Thaluk Hospital. The chief guest in the program was **Mr. Binu Varghese, Preventive Officer & District Vimukthi Mentor, Pathanamthitta.**

The awareness session was handled by the Preventive Officer. He emphasized the dangers of drug addiction and its impact on health, education, family, and society. Sir also explained how peer pressure can lead young people towards bad habits and advised students to stay away from drugs and other harmful substances. The program concluded with a vote of thanks by the nursing staff of Thiruvalla Thaluk Hospital.

The class was very informative and successful. Students actively participated in the interactive session. The program successfully created awareness about the dangers of drug addiction and reinforced the need for collective action to build a drug-free society.

NSS REPORT ON DENTAL HEALTH CHECK-UP CAMP @ College Campus ON 11/05/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing organized a Dental Health Check-up Camp on 11th may 2026 at 10.00am at College Campus.

Camp was conducted in collaboration with Pushpagiri College of Dental Sciences for the faculties and students of our institution. The camp was jointly organized by the Community Health Nursing Department, College Union, and SNA.

The main objective of the camp was to promote oral health awareness and encourage regular dental check-ups among students and faculty members. A team of dental professionals conducted dental examinations and provided guidance regarding oral hygiene, proper brushing techniques, prevention of dental caries, and maintenance of healthy teeth and gums. Participants actively attended the camp and benefited from the expert consultation and health education provided by the dental team. The program helped in identifying common dental problems at an early stage and created awareness about the importance of maintaining good oral health.

The Dental Health Check-up Camp was successfully conducted with enthusiastic participation and support from all organizing committees and collaborating departments.

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	28/07/26	WORLD FOOD SAFETY DAY	50	2 HRS	World Food Safety Day aims to draw global attention, raise awareness, and inspire action to prevent, detect, and manage foodborne risks, helping reduce the worldwide burden of foodborne diseases and improve public health
2	9/7/26	Self-defense workshop	50	2HRS	The main aim of a self-defense workshop is to empower individuals with the vital knowledge, awareness, and practical skills needed to prevent, avoid, and physically or verbally respond to

					threats or physical assaults.
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NSS Unit of Malik Deenar College of Pharmacy conducted WORLD FOOD SAFETY DAY. The main aim was to draw global attention, raise awareness, and inspire action to prevent, detect, and manage foodborne risks, helping reduce the worldwide burden of foodborne diseases and improve public health. Program was officially inaugurated by Dr.Ajith Babu TK, Principal Malik Deenar College of Pharmacy. The program was hosted by Prof. Alice Daniel. Director, Malik deenar college of nursing and Ks Abdul Hospital.

NSS Unit of Malik Deenar College of Pharmacy participated in self-defence workshop. The main aim of a self-defence workshop is to empower individuals with the vital knowledge, awareness, and practical skills needed to prevent, avoid, and physically or verbally respond to threats or physical assaults.



INSTITUTE OF NURSING EDUCATION,SME,

GANDHI NAGAR

Date: **5 July 2026**

Organized by: NSS Volunteers

Programme: **Vaikom Muhammad Basheer Commemoration Day**

The NSS volunteers organized Vaikom Muhammad Basheer Commemoration Day on 5 July 2026 to commemorate the life, contributions, and literary works of the renowned Malayalam writer Vaikom Muhammad Basheer.

The programme was inaugurated by the Principal, Prof. Dr. Biju S. Following the inauguration, the Vice Principal, Mrs. Threesamma Thomas, delivered an inspiring speech highlighting the importance of remembering Basheer and his valuable contributions to Malayalam literature.

Akshara, an NSS volunteer, delivered a talk on the life history, literary contributions, and famous writings of Vaikom Muhammad Basheer. The session helped students understand Basheer's unique writing style and his contribution to Malayalam literature.

As part of the programme, students prepared charts depicting the life history, major works, and important events in the life of Basheer. The charts were displayed and exhibited to all the students, providing an interesting and visual way to learn about the renowned writer.

The programme concluded with a vote of thanks delivered by the NSS Coordinator, Mrs. Shyla B. The event was informative and meaningful, helping students develop greater awareness and appreciation of Vaikom Muhammad Basheer and his remarkable contribution to Malayalam literature.



Date: **11 July 2026**

Organized by: NSS Volunteers

Programme: **World Population Day – Poster Competition**

The NSS volunteers organized a World Population Day programme on 11 July 2026 to create awareness among students about population growth, its impact on society, and the importance of population control and family planning.

As part of the programme, the NSS volunteers conducted a poster competition based on the theme of World Population Day. Students actively participated in the competition and prepared informative and creative posters highlighting various issues related to population growth and family welfare.

The programme was inaugurated by the Principal, Prof. Dr. Biju S, with a brief inaugural speech. He emphasized the importance of creating awareness about population-related issues and encouraged students to actively participate in such awareness programmes.

The NSS Coordinator, Mrs. Shyla B, delivered an informative speech on methods of population control and family planning. She explained various contraceptive methods and highlighted the importance of responsible family planning and awareness regarding reproductive health.

The programme concluded with a vote of thanks delivered by the NSS Secretary, Parvathy. The programme was informative and successful in creating awareness among students about population control, family planning, and the importance of making informed choices.



AL-SHIFA COLLEGE OF NURSING,
PERINTHALMANNA

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of participants	No. of Hours	Achievements
	16/07/2026	TOOFAN FLASH MOB CAMPAIGN	1	50	2 hour	As part of the Toofan Mega Meet – Anti-Drug Campaign, a flash mob was organized on 16 July 2026 by the Anti-Drug Cell, NSS, and SSGP of Al Shifa College of Nursing. The Sixth Semester B.Sc. Nursing students actively participated in the programme. Venue and Time: • Town Square – 12:00 PM • Market City Mall – 3:30 PM • Moosakutty Bus Stand – 4:00 PM • Vavas Mall – 4:30 PM
		Report on Toofan Mega Meet Competitions	1	50		The performances effectively conveyed the message of a drug-free society and created public awareness on substance abuse prevention. The programme received a positive response from the public and was successfully completed. As part of the Toofan Mega Meet, various competitions,

						including Reels, Digital Poster, and Collage, were conducted to promote anti-drug awareness among students. The competitions received enthusiastic participation from students of Al Shifa College of Nursing. Prize Winners: Reels Competition • First Prize: Mohammed Shahid O. M., 6th Semester B.Sc. Nursing • Second Prize: Ishan V. P., 6th Semester B.Sc. Nursing • Third Prize: Mohammad Sinan K. N., 2nd Semester B.Sc. Nursing Digital Poster Competition • First Prize: Ms. Risna P. N., 8th Semester B.Sc. Nursing • Second Prize: Azeem Fermis, 2nd Semester B.Sc. Nursing • Third Prize: Mohammed Midlage E. K., 6th Semester B.Sc. Nursing Collage Competition • First Prize: Afra, 4th Semester B.Sc. Nursing
28/07/2026	World Hepatitis Day awareness programme	1	50	3 hour		
		1	50	2 hour		

	5/08/2026	Yuvajagaran Malappuram – RED RUN 2026	1	20	1 hour	The NSS Unit of Al Shifa College of Nursing , in association with the Health Club and the Department of Medical Surgical Nursing, organized a World Hepatitis Day awareness programme on 28 July 2026 at District Hospital, Perinthalmanna. The programme began at 10.00 AM with a welcome address by Mr. Senthil Kumar, JHI. It was inaugurated by Dr. Noby Nelson, Department of General Medicine. Felicitation addresses were delivered by Dr. Vinayak, Ms. Sheeba (SNO), Mr. Shafi (Nodal Officer, Hepatitis Control Programme), District Hospital Perinthalmanna and Ms. Harishma, Lecturer, Al Shifa College of Nursing. The programme featured an awareness exhibition, pamphlet distribution among patients and the public, and a vibrant flash mob performed by the Fourth Semester B.Sc. Nursing students to promote hepatitis awareness.
	6/08/2026	Unnat Bharat Abhiyan (UBA)	1	30	1 hour	The NSS Unit of Al Shifa College of Nursing, Perinthalmanna proudly participated in the Yuvajagaran Malappuram – RED RUN 2026, a district-level marathon organized by the Red Ribbon

					Club and associated organizations. The event was held on 5 August 2026 at 7:00 AM, with the flag-off from MSP School, Malappuram. The college achieved a remarkable success when Ms. Siyana, 4th Semester B.Sc. Nursing student, secured Third Position in the competition. She was honoured with a cash prize of ₹3,000 and was selected to represent Malappuram district at the State-Level RED RUN Competition. The Department of Community Health Nursing and NSS, Al Shifa College of Nursing, organized an Orientation Programme on Unnat Bharat Abhiyan (UBA) on 06 August 2026 from 2.00 PM to 3.00 PM at the College Conference Hall. The programme commenced with a welcome address by Prof. Jansan Mathew K, Vice Principal and Head, Department of Community Health Nursing, followed by an informative orientation session by Shri. Akhil G. S., Project Coordinator, Regional Coordinating Institute (RCI), Kerala Agricultural University, who highlighted the objectives, significance, and implementation strategies of
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Unnat Bharat Abhiyan, emphasizing the role of higher educational institutions in rural development through community engagement. An interactive question-and-answer session enabled participants to clarify their queries, and the programme concluded with a vote of thanks by Mrs. Sruthi P., Assistant Professor, Department of Community Health Nursing, marking the successful completion of the orientation

OPERATION
TOOFAN
The Narco Hunt
REELS COMPETITION
TOPIC: OPERATION TOOFAN

GUIDELINES

- Reel duration: 30-60 Seconds
- Format (9:16 Aspect Ratio)
- Original Content Only
- The reel should be based on Operation Toofan.
- A minimum of two reels from each class is mandatory.

Submission Deadline:
13 JULY 2026
02:00 PM

Submit Your Reel To:
iqac@alshifacollegeofnursing.com

Note:
The selected reels will be used for the official publicity campaign of Operation Toofan

Organized by:
Anti drug cell,
Alshifa college of nursing

AL SHIFA COLLEGE OF NURSING
(Approved by INC, KNMC, DME, JCC 201 Govt. of Kerala & Affiliated to Kerala University of Health Sciences)
Perinthalmanna, Malappuram - Kerala, 679322

www.alshifacollegeofnursing.com



ലോക ഹെപ്പറ്റൈറ്റിസ് ദിനം
28 ജൂലൈ 2026



ഹെപ്പറ്റൈറ്റിസ്: നമുക്ക് പരിഹരിക്കാം
എക്സിബിഷൻ & ലഘുലേഖകൾ വിതരണം
2026 ജൂലൈ 28
രാവിലെ 10 മണി മുതൽ 12 മണി വരെ

by
അൽ ഷീഫ നേഴ്സിംഗ് കോളേജ്
NSS ഹെൽത്ത് ക്ലബ് & മെഡിക്കൽ സർജിക്കൽ നേഴ്സിംഗ് വിഭാഗം

ജില്ലാ ആശുപത്രി പെരിന്തൽമണ്ണ



ദേശാഭിമാനി

THU, 27 JUL 2024

ഹെപ്പറ്റൈറ്റിസ് ദിനം ആചരിച്ചു

പെരിന്തൽമണ്ണ

ലോക ഹെപ്പറ്റൈറ്റിസ് ദിനത്തോടനുബന്ധിച്ച് പെരിന്തൽമണ്ണ അൽഷീഫ നേഴ്സിംഗ് കോളേജ് വിദ്യാർത്ഥികളുടെ സഹായത്തോടുകൂടി പെരിന്തൽമണ്ണ ജില്ലാ ആശുപത്രിയിൽ ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു. ജനറൽ മെഡിസിൻ മേധാവി ഡോ. നോബി നെൽസൺ ഉദ്ഘാടനം ചെയ്തു. നഴ്സിംഗ് സൂപ്രണ്ട് സലീന അധ്യക്ഷയായി.

ഹെപ്പറ്റൈറ്റിസ് ദിന സന്ദേശം എൻവിഎച്ച്സിപി ഫാർമസിസ്റ്റ് മുഹമ്മദ് ഷാഫി നൽകി. അൽഷീഫ നഴ്സിംഗ് വിദ്യാർത്ഥികൾ എക്സിബിഷൻ, ഫ്ലാഷ് മോബ്, റോൾപ്ലേ, ബോധവൽക്കരണ ലേഖന വിതരണം എന്നിവ നടത്തി. ഡോ. അരുൺ വിനായക്, എച്ച്എസി സി

നിയർ നഴ്സിംഗ് ഓഫീസർ ഷീബ, അൽഷീഫ നഴ്സിംഗ് കോളേജ് അസിസ്റ്റന്റ് പ്രൊഫസർ പി എൻ ഹരീഷ്, ലക്ചറർ ആർ അതുല്യ ജി കുമാർ എന്നിവർ സംസാരിച്ചു. ഹെൽത്ത് ഇൻസ്പെക്ടർ സെന്റിൽ കുമാർ സ്വാഗതവും പിയർ സപ്പോർട്ടർ ബുഷ്റ നന്ദിയും പറഞ്ഞു.

ഹെപ്പറ്റൈറ്റിസ് ദിനാചരണത്തോടനുബന്ധിച്ച് അൽ ഷീഫ കോളേജ് ഓഫ് ഫാർമസിയിലെ ഫാർമസി പ്രാക്ടീസ് വിഭാഗം, കിംസ് അൽഷീഫ ആശുപത്രി, ഐസിസ് ഫാർമസ്യൂട്ടിക്കൽ എന്നിവയുടെ സംയുക്താഭിമുഖ്യത്തിൽ ലോക ഹെപ്പറ്റൈറ്റിസ് ദിനം ആചരിച്ചു.

ദിനാചരണ ഭാഗമായി മെഡിസിൻ, നഴ്സിംഗ്, ഫാർമസി, അലൈഡ് ഹെൽത്ത് സയൻസ് വി

ഭാഗങ്ങളിലെ വിദ്യാർത്ഥികൾക്കായി ഇപ്പോസ്റ്റർ മത്സരവും ഹെപ്പറ്റൈറ്റിസ് ഐഡിയത്തോണും സംഘടിപ്പിച്ചു. മത്സര വിജയികൾക്ക് ഡോ. ജെസ്വിൻ, ഡോ. നിരുപമ എന്നിവർ ക്യാഷ് പ്രൈസും സർട്ടിഫിക്കറ്റും വിതരണം ചെയ്തു.

കിംസ് അൽഷീഫ വൈസ് ചെയർമാൻ ഡോ. പി ഉണ്ണീൻ ഉദ്ഘാടനം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സി ദിലീപ് അധ്യക്ഷനായി. ഗ്യാസ് ടോ എൻറോള ജി വിഭാഗം മേധാവി ഡോ. സജു സേവ്യർ ഹെപ്പറ്റൈറ്റിസ് ദിന സന്ദേശം നൽകി. ഡോ. ഷാഹുൽ ഹമീദ്, ഡോ. മുഹമ്മദ് യഹ്യാ, ഷെർലീ ജെയിംസ് എന്നിവർ സംസാരിച്ചു. ഡോ. ലിനു മോഹൻ സ്വാഗതവും ഡോ. സി ഷിനു നന്ദിയും പറഞ്ഞു.



AMALA COLLEGE OF NURSING, THRISSUR

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
1	10/07/2026	Sauhridham Programme – TB Awareness, Screening Awareness & Recreational Activities	25	3	Beneficiaries gained awareness about TB, its signs and symptoms, prevention, and the importance of screening. The programme also promoted social interaction and well-being through Zumba and recreational activities.
2	10/07/2026	Medical Camp & NCD Screening for Elderly – Avanoor Panchayat	25	4	Elderly beneficiaries received screening for hypertension and diabetes along with health education on NCD prevention and early detection. The programme encouraged regular health check-ups and

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
					timely treatment.
3	16/07/2026	Health Talk – “Securing Natural Resources for a Sustainable Future”	25	1	Students gained awareness about conservation of natural resources and environmentally responsible practices. The session also provided awareness on prevention of common rainy-season diseases.
4	17/07/2026	Sauhridam Geriatric Club – Geriatric Fest Planning	25	1	Elderly members actively participated in planning the Geriatric Fest, promoting social interaction and a sense of belonging. The activities encouraged active participation and community engagement among the members.

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
5	19/07/2026	Ripples of Hope – Sunday Saviours Blood Donation Drive, Choondal	2	4	44 units of blood were voluntarily donated , contributing to the availability of blood for patients in need. The programme promoted awareness and a spirit of voluntary blood donation and community service.
6	23/07/2026	Sauhridam Geriatric Club – Exercise, Laughing Therapy & Onam Planning	25	2	Elderly members benefited from physical exercise, laughing therapy, recreation, and meaningful social interaction. The programme promoted active ageing and strengthened community participation.
7	25/07/2026	Medical Camp & TB Screening – Puliyanoor	50	3	50 beneficiaries received medical

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
					services, health screening, and treatment support. One TB-positive case was identified, counselled, and referred for further treatment, supporting early detection and timely care.
8	27/07/2026	Health Talk on Self-Care – RSRV Government High School	25	2	Students gained practical knowledge about personal hygiene, healthy eating, sleep, menstrual hygiene, and self-care. Demonstration of handwashing and the quiz helped reinforce healthy practices.
9	28/07/2026	NSS My Bharat Champion Award – Programme Officer	PO	-	The initiative facilitated 350 total My Bharat registrations , including 206 through the referral code

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
					and 144 earlier registrations. It strengthened student participation in the My Bharat platform and NSS-related activities.
10	July–August 2026	Nasha Mukta Bharat Abhiyan – District & State Level Competitions	5	4	Anitta secured First Prize in Painting at the Thrissur District Level , while volunteers actively participated in elocution and state-level competitions. The activities promoted awareness about substance abuse and the vision of a drug-free society.
11	02/08/2026	Ripples of Hope – Sunday Saviours Blood Donation Drive, Paluvai	2	4	35 voluntary blood donations were collected, contributing to life-saving blood resources. The initiative

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
					encouraged community participation and the spirit of voluntary blood donation.
12	July–August 2026	NAVAJEEVANAM – NSS Anti-Drug Awareness Initiative	50	1	Students and the community were sensitized about the harmful effects of drug abuse and the importance of making healthy, drug-free choices. Creative campaigns and awareness activities encouraged active participation in building a drug-free society.
13	06/08/2026	World Breastfeeding Week Awareness Programme – “ജീവമൃതം”	25	1	Mothers and family members gained awareness about exclusive breastfeeding, colostrum, early initiation, and proper breastfeeding practices. The

Sl. No.	Date	Activity Conducted	No. of Volunteers Participated	No. of Hours Performed	Achievement to the Beneficiaries by the Programme
					programme emphasized the importance of family and community support for maternal and child health.

1. REPORT ON SAUHRIDHAM PROGRAMME

Date: 10 July 2026

Venue: Amala Rural Health Training Centre (RHTC), Vellatanjoor

Time: 10:00 AM

The **Sauhridham Programme** was conducted on **10 July 2026** at Amala Rural Health Training Centre (RHTC), Vellatanjoor, with the active participation of **28 members**. The programme aimed to promote healthy relationships, community engagement, health awareness, and active participation among the members.

The programme commenced at **10:00 AM** with a warm welcome address by **Dr. Sruthi, Medical Officer, RHTC Amala**, who welcomed the gathering and highlighted the importance of fostering healthy relationships and strengthening community engagement.

The programme was formally inaugurated by **Dr. Neethu, TB Officer, Amala Institute of Medical Sciences**, who delivered an informative health talk on **Tuberculosis (TB)**, covering its signs and symptoms, modes of prevention, and the importance of early detection. **Mrs. Rajalakshmi** also conducted a session on **TB screening and its importance**.

The participants actively engaged in the sessions and enthusiastically interacted with the speakers. They were given an opportunity to clarify their doubts regarding tuberculosis, gain knowledge about prevention, and develop a better understanding of the disease, thereby helping to reduce the stigma associated with TB.

Mr. Binu, Health Inspector, felicitated the gathering and highlighted the importance of organized community activities and encouraged the continued involvement of members in community-oriented initiatives.

As part of the recreational activities, **Mrs. Jancy, Public Health Nurse, RHTC Amala**, conducted an energetic **Zumba dance session** for the participants. The nursing students of Amala College of Nursing further entertained the gathering with a melodious collection of **90s songs**, creating a joyful and engaging atmosphere.

The **previous meeting's report** was read by **Mr. Maadhavan**, followed by the **news report of the day**, presented by **Mr. Antappan**.

The programme was conducted successfully with enthusiastic participation and received **positive feedback from the members and students**. The session provided a meaningful combination of health education, recreation, and community interaction, contributing to the overall well-being of the participants.

2. REPORT ON MEDICAL CAMP AND NCD SCREENING FOR ELDERLY

Date: 10 July 2026

Venue: Avanoor Panchayat

Time: 3:00 PM

A **Medical Camp and Non-Communicable Disease (NCD) Screening Programme** for the members of **Thanal Aashram** was conducted on **10 July 2026** at Avanoor Panchayat by the **8th Semester B.Sc. Nursing students of Amala College of Nursing**, in collaboration with **Rural Health Training Centre (RHTC), Vellatanjoor**.

The programme commenced with a warm welcome address by a community representative. **Dr. Sruthi, Medical Officer, RHTC**, delivered a health awareness session highlighting the importance of regular screening for non-communicable diseases, early detection, timely treatment, and appropriate lifestyle modifications among older adults.

As part of the medical camp, the elderly participants underwent screening for **hypertension and diabetes mellitus**. The nursing students actively assisted in conducting health assessments and provided individualized **health education and guidance** based on the screening findings.

The programme witnessed active participation from the community and provided an opportunity for the elderly to access basic health screening and health education.

The initiative contributed significantly to improving awareness regarding **NCD prevention, early detection, and the importance of regular health check-ups among older adults.**

The programme reflected the commitment of the NSS Unit and nursing students towards promoting **community health and the well-being of the elderly population.**



3. REPORT ON HEALTH TALK – “SECURING NATURAL RESOURCES FOR A SUSTAINABLE FUTURE”

Date: 16 July 2026

Venue: St. Thomas Upper Primary School, Puliyanloor

Time: 10:00 AM

An NSS health education programme on “Securing Natural Resources for a Sustainable Future” was conducted on 16 July 2026 at St. Thomas Upper Primary School, Puliyanloor. The programme was attended by students from Classes I to VIII, along with their teachers. The programme aimed to create awareness among children about the importance of conserving natural resources and adopting environmentally responsible practices.

The programme commenced at 10:00 AM with a warm welcome address by the Principal of St. Thomas School, who welcomed Mrs. Jancy, Public Health Nurse, RHTC, Dr. Diya, House Surgeon, Amala Medical College, and the nursing students. The stage was then handed over to the nursing students, who began the

programme with an energetic flash mob. The performance attracted the children's attention and created an enthusiastic atmosphere.

A health talk on “Securing Natural Resources for a Sustainable Future” was delivered by Ms. Agin Jeevan, Ms. Anna Aloshtyas, and Ms. Anunandha Mohan. The students listened attentively and actively participated by responding to the spontaneous questions asked during the session. The session concluded with a pledge to protect and conserve natural resources, encouraging the students to incorporate environmentally friendly practices into their daily lives.

Following the main session, Dr. Diya, House Surgeon, Amala Medical College, conducted a brief awareness session on common diseases and health concerns during the rainy season, providing useful information to the students on maintaining health and preventing illness.

The programme successfully created awareness among the students regarding the importance of conserving natural resources and protecting the environment. The enthusiastic participation and positive response from the students reflected the effectiveness of the programme. The Principal and teachers also appreciated the efforts of the nursing students and the team for conducting the informative and engaging session.



4 REPORT ON SAUHRIDAM GERIATRIC CLUB

Date: 17 July 2026

Venue: Amala Rural Health Training Centre (RHTC), Vellatanjoor

Time: 10:00 AM

The **Sauhrdam Geriatric Club programme** was conducted on **17 July 2026** at Amala Rural Health Training Centre (RHTC), Vellatanjoor, with the active participation of **30 members**. The programme aimed to promote social interaction, active participation, and the overall well-being of the elderly members.

The programme commenced at **10:00 AM** with a welcome address by **Dr. Sruthi, Medical Officer, RHTC Amala**, who warmly welcomed the gathering and highlighted the importance of regular geriatric club activities.

The major focus of the gathering was the upcoming **Geriatric Fest**, scheduled to be held on **14 August 2026**. The members were divided into **six groups**, with a minimum of seven members in each group. Two students were assigned as group leaders to coordinate the activities of each group. The programme list was presented, and the participants for each group were identified and recorded.

Following the planning session, the **report of the previous meeting** was read by **Mr. Francis K.T.**, followed by the **weekly news report** presented by **Mr. Baby**.

As part of the activities of **Amala Garden**, the harvested produce was brought by **Mr. Jacob** and auctioned among the members, generating an amount of **₹170**.

The programme concluded with a **vote of thanks by Mr. Binu, Health Inspector, Amala Institute of Medical Sciences**, expressing gratitude to all those who contributed to the successful conduct of the gathering.

The programme provided an opportunity for the geriatric members to actively participate in planning, social interaction, and recreational activities, thereby strengthening the spirit of togetherness and community participation.



5. Ripples of Hope – Sunday Saviours

The Ripples of Hope – Sunday Saviours blood donation initiative was successfully conducted on 19/07/2026 at Choondal. The camp witnessed an excellent response, with 44 voluntary blood donations, reflecting the spirit of compassion and community service.

Sunday Saviours were Devika P. J. and Anaswara T. Pillai, (2024 batch). Everyone appreciated for their dedication, commitment, and outstanding efforts in making this noble initiative a grand success.



6. REPORT ON SAUHRIDAM GERIATRIC CLUB

Date: 23 July 2026

Venue: Amala Rural Health Training Centre (RHTC), Vellatanjoor

Time: 10:00 AM

The **Sauhridam Geriatric Club programme** was conducted on **23 July 2026** at Amala Rural Health Training Centre (RHTC), Vellatanjoor, with the active participation of **35 members**. The programme aimed to promote the physical, emotional, and social well-being of elderly members through meaningful social interaction and recreational activities.

The programme commenced at **10:00 AM** with a prayer song written and sung by **Mrs. Jancy, Public Health Nurse, RHTC**. The song was well received and was selected as the **official prayer song of the Sauhridam Club**. **Mrs. Sruthi, Medical Officer, RHTC**, welcomed the gathering.

The members then participated enthusiastically in an **exercise session and laughing therapy** conducted in the open space. The previous meeting's report was read by **Mrs. Rosy**, followed by the presentation of the news report by **Mrs. Rosily**.

A melodious musical performance by **Amala Therese Saju and team** added to the enjoyment of the gathering and was highly appreciated by the club members.

A discussion was held regarding the upcoming **Geriatric Fest and Onam celebration**, including activities such as group dance and a fashion show. The celebration was planned for the **second or third week of August**. Discussions were also held regarding the Sadhya and other arrangements, and it was decided that each member would contribute **₹150** towards the Onam celebration.

As part of the activities of **Amala Garden**, the harvested produce was auctioned among the participants and generated an amount of **₹270**.

A student from **Sree Vidya Engineering College, Chennai**, who was posted at RHTC as part of an internship, observed and evaluated the programme and provided positive feedback regarding the activities and participation of the geriatric club members.

The programme concluded with a **vote of thanks by Mr. Binu, Health Inspector, Amala Institute of Medical Sciences**, expressing gratitude to everyone who contributed to the successful conduct of the programme.

The Sauhridam Geriatric Club programme was **interactive, enjoyable, and meaningful**, providing the elderly members with opportunities for physical activity, social interaction, recreation, and active participation in community life.

7 REPORT ON MEDICAL CAMP AT PULIYANOOR

Date: 25/07/2026

Venue: Puliyanoor Milma Centre

Time: 10:00 AM – 12:30 PM

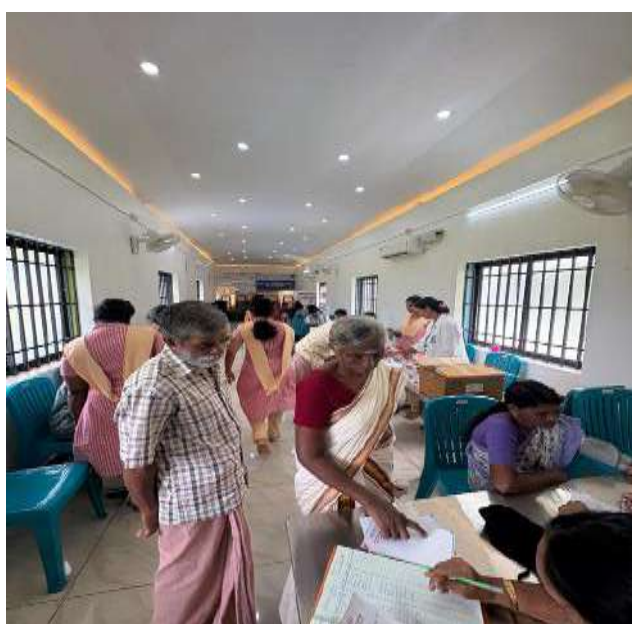
The NSS Unit of Amala College of Nursing, in collaboration with Amala Rural Health Training Centre (RHTC) and the District TB Centre (DTC), conducted a medical camp at Puliyanoor Milma Centre on 25 July 2026.

The camp aimed to provide healthcare services to the rural community and facilitate the early detection of diseases, particularly tuberculosis. Services

included patient registration, pre-assessment, General OP, Orthopaedic OP, Dermatology OP, TB screening, chest X-ray investigations when indicated, and medication distribution.

A total of 50 people benefited from the camp. One TB-positive case was identified, counselled, and referred to the District TB Centre for further registration and treatment under the National Tuberculosis Elimination Programme (NTEP).

The programme provided NSS volunteers with valuable experience in community health nursing, clinical skills, communication, teamwork, and health screening, while contributing to the healthcare needs of the rural community.



8 REPORT ON HEALTH TALK ON SELF-CARE

Date: 27 July 2026

Venue: RSRV Government High School

Time: 10:00 AM – 11:30 AM

An NSS health education programme on **“Self-Care”** was conducted by the NSS Unit of Amala College of Nursing at **RSRV Government High School on 27 July 2026**. The programme aimed to create awareness among school students about the importance of self-care, personal hygiene, healthy habits, and overall well-being.

The programme commenced with a warm welcome address by **Aneesh Sir, Headmaster, RSRV Government High School**. This was followed by an energetic **flash mob performed by the nursing students of Amala College of Nursing**, which created enthusiasm and attracted the attention of the students.

An informative session on self-care was conducted by **Dr. Gopikrishna**, with three students representing each class participating in the session. The session covered important aspects of self-care, including **personal hygiene, healthy eating habits, adequate sleep, menstrual hygiene, and other healthy lifestyle practices.**

As part of the programme, NSS volunteers and nursing students demonstrated the **proper steps of handwashing.** The school students actively participated by performing the steps along with the volunteers, making the session interactive and practical.

A **quiz competition** based on the topics discussed was also conducted to reinforce the learning. Students who answered correctly were appreciated and rewarded with sweets.

The programme concluded with a **vote of thanks by Ms. Angel**, expressing gratitude to the Headmaster, Dr. Gopikrishna, teachers, students, NSS volunteers, and all those who contributed to the successful conduct of the programme.

The health talk was **interactive, informative, and well received by the students**, helping to promote awareness and encourage the practice of healthy self-care habits in their daily lives.



9 Participation in NSS MY BHARAT CHAMPION AWARD - PROGRAMME OFFICER

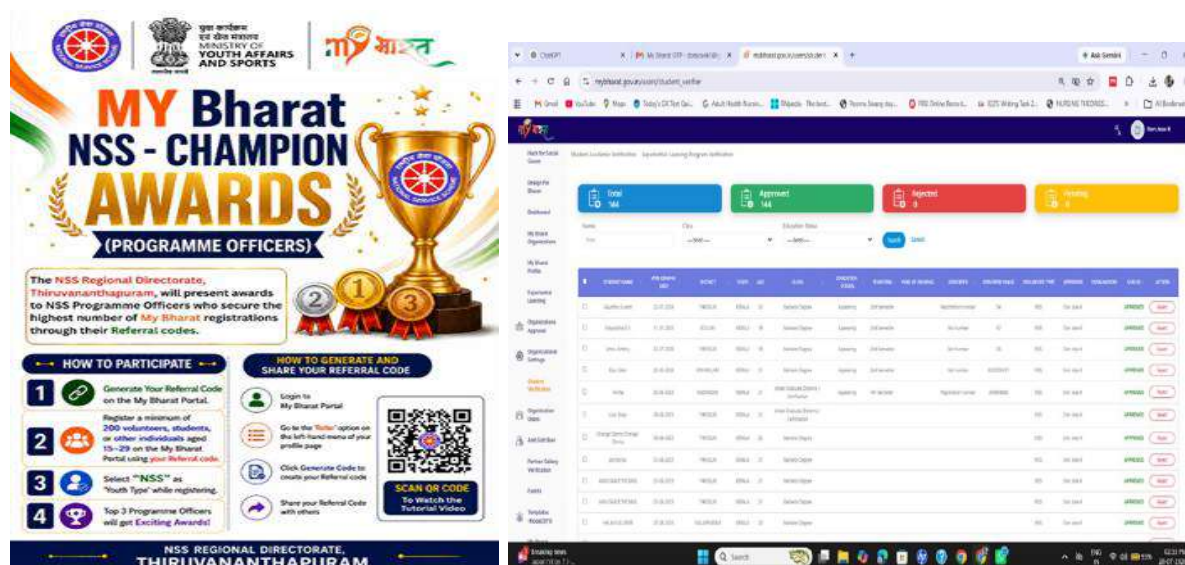
With reference to the **My Bharat NSS Champion Awards (Programme Officers)**, PO of Amala College of Nursing Mr Don jose k Participated (28th July 2026) and send the necessary details to regional directorate.

Referral Code is: 5VTYZ65C

As per the current My Bharat Portal, **207 volunteers** have successfully registered using my referral code during the award period.

However, **before the announcement of this award**, I had already motivated and facilitated **144 students** from my institution to register on the My Bharat Portal. These registrations were completed prior to the introduction of the referral code system and, therefore, are not reflected under my referral statistics.

- Registrations through Referral Code: **206**
- Previous My Bharat Registrations: **144**
- **Grand Total: 350 students**



10 Report – Nasha Mukht Bharat Abhiyan District-Level and State level Competition

Anitta, NSS Volunteer from the **2024 Batch**, secured **First Prize in the Painting Competition**, bringing great pride and recognition to the institution and the NSS Unit. Heartiest congratulations to Anitta for this wonderful achievement and for showcasing her creativity and commitment to the message of a drug-free society. She also participated in state level competitions.

The achievements and active participation of our NSS volunteers reflect their commitment to social responsibility and the vision of a **Nasha Mukta Bharat (Drug-Free India)**.



11. Ripples of Hope – Sunday Saviours

Date: 02 August 2026

Venue: Paluvai

The **Ripples of Hope – Sunday Saviours** blood donation drive was successfully conducted at **Paluvai** on **02 August 2026**. The camp received an overwhelming response, with **35 voluntary blood donations** collected.

Heartfelt congratulations to our **Sunday Saviours, Aleena Mathew and Gayathri R.**, for their dedicated efforts, active involvement, and commitment in making this blood donation initiative a great success.

Every drop donated is a step towards saving a life. **Keep inspiring and spreading the ripples of hope!**



NAVAJEEVANAM – NSS Anti-Drug Awareness Initiative

NAVAJEEVANAM is a year-long anti-drug awareness initiative of the NSS Unit, Amala College of Nursing, dedicated to building a healthy, safe, and drug-free campus and society. Through **one meaningful program every month**, we aim to educate, inspire, and empower students and the community to make informed, responsible, and drug-free choices.

With the motto "**A New Life. A Better Future. A Drug-Free Society.**", NAVAJEEVANAM will bring together awareness sessions, campaigns, competitions, community outreach, expert talks, and creative activities that promote positive living and strengthen the fight against substance abuse.

Together, let us create a future where awareness leads to action, and every life chooses hope over addiction.

NAVAJEEVANAM – Aware. Inform. Inspire. Act.



Anti-Drugs Campaign – Awareness Talk on Operation Toofan: The Narco Hunt

Report:

Title: Awareness Talk on Operation Toofan: The Narco Hunt

Name: Xiumei joy

Course: B.Sc. Nursing

Institution: Amala College of Nursing

As part of the Anti-Drug Campaign being conducted at Amala College of Nursing, Xiumei joy, a 2025 Batch B.Sc. Nursing student, delivered an awareness

talk on “Operation Toofan: The Narco Hunt” . The session focused on creating awareness about the statewide anti-drug initiative launched by the Kerala Government and Kerala Police to combat drug abuse and drug trafficking. The talk covered the objectives of the campaign, its major strategies, the recent progress of the initiative, and the importance of public participation in preventing drug-related activities. Students were also informed about the official anti-narcotic helpline and encouraged to report drug-related information through the appropriate channels while maintaining responsibility and avoiding the spread of misinformation. The programme emphasized that preventing drug abuse is a shared responsibility and encouraged students to make informed decisions, resist peer pressure, and actively contribute towards building a healthier and drug-free Kerala. The awareness talk was well received and served as an informative session that strengthened students’ understanding of Operation Toofan and their role in supporting this important initiative.

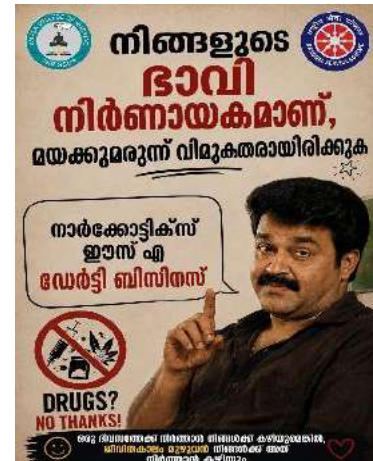


Creative Anti-Drug Awareness Campaign – August 2026

As part of **NAVAJEEVANAM – NSS Anti-Drug Awareness Initiative**, the **2024 Batch NSS volunteers** of Amala College of Nursing conducted a creative anti-drug awareness campaign in August 2026. Volunteers prepared informative posters incorporating **humour, popular movie dialogues, and meaningful anti-drug messages** to engage young people.

The posters were shared through **WhatsApp Status by students and faculty members**, helping to spread awareness beyond the campus. The activity highlighted the importance of staying away from drugs, making healthy choices, and collectively working towards a **drug-free society**.

NAVAJEEVANAM – Aware. Inform. Inspire. Act.



13.REPORT ON WORLD BREASTFEEDING WEEK 2026 AWARENESS PROGRAMME – “ജീവാമൃതം”

As part of **World Breastfeeding Week 2026**, the **NSS Unit of Amala College of Nursing**, in collaboration with the **Department of Community Health Nursing, Amala Rural Health Training Centre (RHTC)**, and **Erumapatty Anganwadi**, organized an awareness programme titled “**ജീവാമൃതം**” on **6 August 2026** at **11:00 AM** at Erumapatty Anganwadi.

The programme was conducted under the theme “**Breastfeeding for a Sustainable Future: Strengthen What Works**”, with the aim of creating awareness among mothers and family members about the importance of exclusive breastfeeding, proper breastfeeding practices, and family support.

NSS volunteers actively participated in the programme by organizing and presenting a **role play** highlighting early initiation of breastfeeding, the importance of colostrum, exclusive breastfeeding for the first six months, and appropriate breastfeeding practices. The volunteers also interacted with mothers and helped reinforce the key messages of the awareness programme.

The programme successfully promoted awareness about breastfeeding and emphasized the importance of collective family and community support for the health and well-being of both mother and child.



JDT ISLAM COLLEGE OF PHYSIOTHERAPY **KOZHICKODE**

Date: 31 July 2026 – 2 August 2026

Venue: Government Law College, Kozhikode

Organized by: NSS Unit, JDT Islam College of Physiotherapy, Kozhikode

Introduction

The three-day residential NSS State Camp, VOX VITAE – Voice of Life, organized by NSS Unit 136 of Government Law College, Kozhikode. The camp was based on Article 21 of the Constitution of India, emphasizing the right to life and personal liberty. The programme aimed to develop responsible youth through leadership training, legal awareness, environmental protection, anti-drug awareness, and social commitment.

Day 1 – 31 July 2026

The camp began with participant registration in the afternoon. After a tea break, the inaugural session officially launched the camp. An interactive Ice Breaking session led by Brahmanayakan Mahadevan, NSS National Trainer, helped participants get acquainted and encouraged teamwork, communication, and active participation. The first day created a friendly atmosphere and motivated all volunteers for the activities ahead.

Day 2 – 1 August 2026

The second day started early with a morning wake-up session followed by Zumba, promoting physical fitness and enthusiasm. After breakfast, participants attended a talk show titled "Reels to Reality" by Advocate Navaneeth, highlighting the influence of social media on young people. A panel discussion titled "Voice of Freedom" featured journalist Nileena Atholi and Advocate Saran, who discussed

freedom, responsible citizenship, and social awareness. After lunch, another panel discussion, "Protection Through Prevention," was conducted by Dr. T. V. Jithesh and Assistant Excise Inspector Santhosh Cheruvote, focusing on drug abuse prevention and public awareness.

The day concluded with a film screening (Neelakasham Pachakadal Chuvanaabhoomi), cultural programmes, and dinner, providing opportunities for learning, creativity, and interaction among participants.

Day 3 – 2 August 2026

The final day began with a game FIND THE OBJECT, followed by breakfast and group activities. A talk by Roohi Mohazzab, the world's youngest environmentalist, inspired participants to take responsibility for environmental conservation.

Dr. Lawwellman delivered a session on "Why NSS", explaining the importance of voluntary service and leadership. A motivational training programme titled "Together We Connect" was conducted by Amal Perumanna to strengthen communication and teamwork. Participants also attended a Crime Scene Investigation session, which introduced basic concepts of forensic investigation.

The camp concluded with the valedictory function after lunch, where participants reflected on their experiences and received encouragement to continue serving society through NSS.

The three-day NSS State Camp was an enriching and memorable experience. It improved my leadership qualities, communication skills, environmental awareness, legal knowledge, and social responsibility. The camp motivated me to actively participate in community service and uphold the true values of the National Service Scheme.



NSS REPORT ON PUNARVA 2K26 – State-Level Recycling and Upcycling Hands-on Training Camp

Date: 22 -26 JULY 2026

Venue: EMEA College of Arts and Science, Kondotty, Malappuram

Participants: Nayana Prabha , Anshida , Adeepa PK , Khadeeja Nafla

Introduction

PUNARVA 2K26, organized by the NSS Units 102 and 115 of EMEA College of Arts and Science, Kondotty, in collaboration with the Regional Directorate of NSS, State NSS Cell Kerala, and NSS Calicut University. The camp was conducted from 24th to 26th July 2026 with the aim of promoting recycling, upcycling, sustainable waste management, and environmental responsibility among NSS volunteers.

DAY 1 – 24 July 2026

The camp began with registration, followed by a general orientation and the inaugural ceremony. After a tea break, an ice-breaking session was held by Brahmanadhan sir .This session helped the participants interacted and build teamwork. The day concluded with dinner and a cultural programme, creating a

friendly and energetic atmosphere. And musical event was conducted by the Kondotty Bapputty and team created a vibrant atmosphere.

DAY 2- 25 JULY 2026

The second day started with morning walk and fun activities , followed by breakfast and the training inauguration. We attended practical training sessions focused on recycling, upcycling, repair techniques, and sustainable waste management such as bulb repairing, converting normal fan to DLC fan and also about converting the umbrella cloth to fish cover. After lunch, the training continued, followed by tea. The evening included a cultural programme, musical evening, campfire, and dinner, which strengthened friendship and team spirit among volunteers.

DAY 3 -JULY 2026

The final day began with an early wake-up and went for site-seeing for flight take off and landing near Calicut airport followed by breakfast. Another training session of Dr Shafi Parappil conducted to develop personality before the closing ceremony, where participants shared their experiences and received appreciation. The camp concluded with lunch and the departure of volunteers



Date: 23 July 2026

Venue: JDT Islam College of Physiotherapy, Kozhikode

Organized by: NSS Unit, JDT Islam College of Physiotherapy, Kozhikode,.

The NSS Unit of JDT Islam College of Physiotherapy, in association with the Iqraa Blood Centre, successfully organized a Voluntary Blood Donation Camp on 23 July 2026 with the objective of promoting voluntary blood donation, creating awareness about the constant need for safe blood, and encouraging students and the public to participate in humanitarian activities.

The programme began with a warm welcome address by Associate Professor Basheer Sir, who welcomed the dignitaries, faculty members, medical professionals, students, volunteers, and blood donors. He emphasized that blood donation is one of the noblest forms of service to humanity, as a single donation has the potential to save multiple lives.

The function was presided over by Dr. Sajeewan Sir, Principal of JDT Islam College of Physiotherapy, who delivered the Presidential Address. In his speech, he highlighted the role of educational institutions in nurturing socially responsible citizens and appreciated the continuous efforts of the NSS Unit in organizing community-oriented programmes. He encouraged students to actively participate in voluntary blood donation and other social service initiatives throughout their lives.

The camp was formally inaugurated by Dr. Shiji P. V.. During the inaugural address, Dr. Shiji spoke about the increasing demand for blood in hospitals, especially during emergencies, surgeries, trauma care, and the treatment of various medical conditions. She stressed that voluntary blood donation is the safest and most reliable source of blood and motivated the participants to become regular blood donors.

The programme was felicitated by Dr. Siadu Shivasangar, who appreciated the humanitarian efforts of the NSS volunteers and encouraged young people to cultivate the habit of selfless service. Dr. Adam Al Muhammed Shaji also addressed the gathering, emphasizing the health benefits of blood donation, dispelling common misconceptions associated with the process, and acknowledging the collaboration between healthcare institutions and educational organizations in strengthening community health.

Following the inaugural session, the blood donation camp commenced under the supervision of the experienced medical team from the Iqraa Blood Centre. All standard protocols were strictly followed, including donor registration, medical screening, haemoglobin estimation, blood pressure assessment, counselling, blood collection, and post-donation observation. Volunteers of the NSS Unit efficiently coordinated the registration process, guided donors throughout the programme, and ensured their comfort and safety.

The camp witnessed enthusiastic participation from students, teaching and non-teaching staff, and members of the adopted village, Pakalveedu, along with residents from nearby localities. Their active involvement reflected the growing awareness and commitment towards voluntary blood donation as a social responsibility.

The programme concluded with a vote of thanks by Sidan KNC, who expressed heartfelt gratitude to the chief guest, dignitaries, the medical team from Iqraa Blood Centre, faculty members, volunteers, donors, and everyone who contributed to the successful organization of the camp.

The camp concluded on a highly successful note with the collection of 67 units of blood. The programme not only helped strengthen the blood reserves for emergency medical care but also inspired participants to continue supporting voluntary blood donation initiatives in the future. The event reaffirmed the NSS

motto, “Not Me But You,” by promoting compassion, social responsibility, and community service among students and the public.


JDT ISLAM COLLEGE OF PHYSIOTHERAPY
In association with
IQRAA HOSPITAL

DONATE YOUR BLOOD

Donate Blood, Be the Reason Someone Lives.

INAUGURATION BY

 **Prof. Dr Shiji P V**
Associate professor
Dept of medicine,
Gov Med college, Calicut

 23 July 2026

 Time : 9:30-12:30

 JDT ISLAM COLLEGE OF PHYSIOTHERAPY



N S MEMORIAL COLLEGE OF NURSING, KOLLAM

1. Report on World Breastfeeding Week Celebration on 5th August 2026

As part of the observance of World Breastfeeding Week, the NSS Unit, in collaboration with the Department of Child Health Nursing and the Department of Obstetrics and Gynaecological Nursing, organized a breastfeeding awareness programme on 5th August 2026 at the Child Health and Gynaecology OPD. The programme commenced with a warm welcome address by Dr. Manjunadh, Pediatrician. The event was attended by Dr. Nimisha, Dr. Anjitha, and Dr. Sandhya, Pediatricians, who addressed the gathering and highlighted the importance of exclusive breastfeeding for the first six months of life, continued breastfeeding with complementary feeding, and the numerous health benefits for both mother and baby. As part of the programme, NSS volunteers presented an informative skit emphasizing the importance of breastfeeding and addressing common myths and misconceptions. An awareness class was also conducted by the volunteers for mothers and caregivers attending the OPD, focusing on correct breastfeeding techniques, nutritional benefits, and the role of breastfeeding in promoting healthy growth and development. To attract public attention and reinforce the awareness message, the NSS volunteers performed a flash mob with breastfeeding promotion themes. The programme concluded with felicitation addresses by Dr. Nimisha, Dr. Anjitha, and Dr. Sandhya, who appreciated the collaborative efforts of the NSS Unit and the organizing departments in promoting maternal and child health. The programme was successful in creating awareness among mothers, families, and the public regarding the importance of breastfeeding and encouraged the adoption of optimal infant feeding practices. The collaborative initiative reflected the commitment of the NSS Unit, the Department of Child Health Nursing, and the Department of Obstetrics and Gynaecological Nursing towards improving community health through education and awareness.



2.Report on World ORS Week Observation on 30th July 2026

The NSS Unit of NS Memorial College of Nursing, in collaboration with the Department of Child Health Nursing, observed World ORS Week on 30 July 2026 at the Pediatric Outpatient Department (OPD) with the aim of creating awareness about the importance of Oral Rehydration Solution (ORS) in preventing and managing dehydration caused by diarrhoeal diseases, especially among children. The programme commenced with an orientation session for the NSS volunteers. Dr. Manju Nadh, Dr. Sandhya, and Dr. Nimisha, Pediatricians, addressed the volunteers and highlighted the significance of early recognition of dehydration, the role of ORS in reducing childhood morbidity and mortality, and the importance of educating parents and caregivers about appropriate home management of diarrhoea. As part of the awareness programme, Ms. Feba, Ms. Anchitha, Mr. Amal Kishore, and Ms. Arsha conducted interactive health education sessions for parents and caregivers attending the Pediatric OPD. The sessions focused on the causes and prevention of diarrhoeal diseases, signs of dehydration, continued breastfeeding and feeding during diarrhoea, the importance of adequate fluid intake, and the timely use of ORS. A live demonstration on the correct preparation and administration of ORS solution was conducted by the NSS volunteers under faculty guidance. Participants were shown the step-by-step procedure for preparing ORS using a standard ORS packet and one litre of safe drinking water. The volunteers also explained the correct dosage, storage, and safe disposal of unused solution after 24 hours. Parents and caregivers actively participated in the demonstration, clarified their doubts, and expressed appreciation for the practical guidance. The programme successfully enhanced awareness regarding the life-saving benefits of ORS and reinforced the importance of prompt home-based management of diarrhoeal illnesses. The collaborative effort between the NSS Unit and the Department of Child Health

Nursing contributed to promoting community health and preventing dehydration among children through effective health education.



3. World Anti Drug Day Awareness Program- 17th July 2026

The NSS Unit of NS Memorial College of Nursing, Kollam, in collaboration with the Students Support and Guidance Programme (SSGP) and Anti Drug Club, organized an Anti-Drug Awareness Campaign on 17 July 2026 at CHC Palathara. The programme was conducted as part of the ongoing efforts to support anti-drug initiatives and create awareness among the public regarding the harmful effects of substance abuse. The campaign also promoted the objectives of Operation Toofan, emphasizing community participation in preventing drug abuse and related social problems. Prior to the awareness campaign, Mrs. Shyma S., Head of the Department of Community Health Nursing, conducted a training session for the internship students posted at CHC Palathara. The session focused on identifying drug users within the community, recognizing early warning signs of substance abuse, understanding risk factors, and adopting appropriate strategies to address drug-related issues at the community level. The training also highlighted the role of nursing professionals in prevention, early intervention, referral, and rehabilitation of individuals affected by substance abuse.

The awareness campaign was carried out by 20 NSS volunteers among patients, bystanders, and members of the public attending the Community Health Centre. Volunteers interacted directly with the public and provided information regarding the physical, psychological, social, and economic consequences of drug abuse. Special emphasis was given to the activities and objectives of Operation Toofan, the legal consequences of drug possession, trafficking, and consumption, and the social impact of substance abuse on individuals, families, and society.

The campaign also included awareness regarding mechanisms for reporting drug-related incidents, the importance of community vigilance, and the utilization of toll-free helpline numbers and other support services available for individuals seeking help. Educational materials and health messages were disseminated to encourage responsible behavior and community involvement in combating substance abuse.

An interactive session was conducted during which patients and bystanders actively participated by sharing their concerns and asking questions related to drug abuse, addiction, prevention, treatment, and reporting procedures. The NSS volunteers addressed these queries, clarified misconceptions, and provided appropriate health education. The interaction helped improve public understanding and encouraged participants to become active contributors to a drug-free society.

As part of the programme, an Anti-Drug Pledge was administered to the participants, reaffirming their commitment to abstain from substance abuse and to support efforts aimed at preventing drug use within the community.

The campaign was successful in creating awareness among the public regarding drug abuse, its consequences, legal implications, reporting mechanisms, and available support services. The collaborative efforts of the NSS Unit and SSGP, along with the active participation of volunteers and community members, contributed significantly to the success of the programme.



MAR BASELIOS COLLEGE OF NURSING,
ERNAKULAM

Sl. No.	Date	Name of the Activity Conducted	No. of Participants	Total Hours Spent	Achievement by the program including beneficiaries
1	16/07/2026	Survey of Ward 32	14	24hrs	Public
2	08/08/2026	Hunger Free Project	12	2 hrs	Patients and by-standers
3	10/08/2026	Blood donation	1	2 hrs	Public
4	11/08/2026	Fire & Safety Awareness Class	81	2 hrs	Students

16.07.2026 REPORT ON SURVEY OF WARD 32, KOTHAMANGALAM MUNICIPALITY

On 16th July 2026, the NSS volunteers of Mar Baselios College of Nursing conducted a focused health survey in Ward 32 to assess the prevalence and risk factors of Non-Communicable Diseases (NCDs) such as hypertension and diabetes among the local population. Over the course of 2 weeks starting from 07/07/2026, a team of 14 student volunteers visited 119 households to screen residents, gather health histories, and record demographic data related to chronic disease management. Utilizing their clinical assessment skills, the student nurses identified key health needs, evaluated lifestyle habits, and provided essential health education regarding NCD prevention. The initiative provided valuable baseline health data for local public health monitoring while fostering community rapport and civic leadership among the volunteers.



06.08.2026 REPORT ON HUNGER FREE PROJECT

On 6th July 2026, eight NSS volunteers of 2nd semester BSc.Nursing actively participated in the Hunger-Free Hospital Project at the Taluk Headquarters Hospital. The initiative is organized in collaboration with the Pain and Palliative Care Society, Kothamangalam. The student volunteers serve nutritious meals to 50 patients and bystanders, directly contributing to community welfare and patient care. Following the successful completion of the service food drive, the volunteer team returned to the college hostel by 7:15 PM.



10.08.2026 REPORT ON BLOOD DONATION

On 10th August 2026, the NSS unit of Mar Baselios College of Nursing responded to an urgent clinical request by facilitating a life-saving blood donation for a patient in immediate need. An NSS volunteer stepped forward to donate AB positive blood to support the patient's critical medical care, while fellow volunteers provided assistance and post-donation support. Through this immediate and selfless action, the student nurses demonstrated true civic duty, reinforcing the vital role of

healthcare professionals in emergency support and personifying the NSS motto of *"Not Me But You."*



11.08.2026 REPORT ON FIRE & SAFETY AWARENESS CLASS

The NSS volunteers of Mar Baselios College of Nursing hosted an educational Fire & Safety Awareness Class on 11th August 2026. The 2-hour session was conducted by an expert team from the Kothamangalam Fire and Rescue Station, led by Mr. Satheesh Jose (Assistant Station Officer) and Mr. Sai Anurag (Fire & Rescue Officer). A total of 81 student nurses actively participated in the training, which covered essential disaster management protocols, common fire hazard identification, practical demonstration of firefighting equipment, and swift emergency evacuation strategies. Through this expert-led instruction from the local fire force, the student nurses gained vital hands-on safety knowledge and critical response skills necessary for both clinical and community settings.



JUBILEE MISSION COLLEGE OF NURSING, **THRISSUR**

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	16.07. 2026	Awareness regarding waterborne diseases	6	02 hrs	Social responsibility Decision making
2.	01.08. 2026	World Breastfeeding week celebration	30	1 hr	Social responsibility, Health awareness, decision making and communication skill
3.	02.08. 2026	Nurse led Clinic	50	3hrs	Health awareness, social responsibility and decision making
4.	16.07. 2026- 15.08. 2026	Family care including palliative care programs	25	1hr	Social responsibility, decision making and communication skill

1. Awareness regarding waterborne diseases

On account of the heavy rainy season emergence, 04 NSS Volunteers from Jubilee Mission College of Nursing give health education regarding prevention of waterborne diseases. The class was given in ward 16 of Nadathara area. It had created an awareness regarding signs, symptoms, management and prevention of rainy diseases.

2. World Breastfeeding week celebration

As part of world breast feeding day celebration, an inauguration session and awareness programme has been conducted in Jubilee Mission Hospital, Thrissur. The 6th semester B.Sc Nsg students had organized a roleplay on importance of breast feeding.

3.Nurse Led Clinic

The NSS unit and Community Health Nursing department of Jubilee Mission College of Nursing conjoint with Vincent De Paul Society, St Mary's Church Madona Nagar, organized Nurse Led Clinic on 02/08/26. The clinic was conducted in the auditorium of St Mary's church, Madona Nagar. The Programme started at 7.45 am immediately after the holy mass. The tokens were provided by Vincent de Paul Society members. The public were seated in the chairs in the order of token number. Following that nurse lead clinic was started. 5 stations were arranged such as for registration, checking Blood pressure, assessing blood sugar and BMI calculation and the last station was the reference station, there the needed patients only were referred to UPHC Kachery and also to check whether the referred patients go for consultation and follow up the care. 50 tokens were given for the public. Among 50 members, no person was referred to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers.

4.Family care including palliative care programs & single elderly care

Students were assigned for each home visit, for a duration of 1 hour (3.00 pm – 4.00 pm) weekly 3 times in which each group visited a total of 4 houses. Services like interpersonal relationship, history collection, elderly assessment; fall risk assessment, health check-up and muscle strengthening exercise were done. The problems and needs were identified as loneliness, depressive mood; risk for fall etc and health education was given according to their needs. Recreational activities like music and newspaper reading were provided.

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	PHOTOS
1.	16.07.2026	Awareness regarding waterborne diseases	
2.	01.08.2026	World Breastfeeding week celebration	

3.	02.08.2026	Nurse led Clinic	
4.	16.07.2026 - 15.08.2026	Family care including palliative care programs	

Sd/-

Dean (Student Affairs) & NSS Programme Coordinator