



KERALA UNIVERSITY OF HEALTH SCIENCES

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MAR DIOSCORUS COLLEGE OF PHARMACY

SL. NO	Date	Name of the activity	Number of hours	Number of participants	Achievement by the programme including the beneficiaries
1	24/07/2026	Miles Without Mistakes 2.0” Anti-Drug Awareness Walkathon	2	50	The NSS Unit of Mar Dioscorus College of Pharmacy actively participated in the “Miles Without Mistakes 2.0” Anti-Drug Awareness Walkathon conducted on 24 July 2026 as part of Operation Toofan – The Narco Hunt. The walkathon was organized to spread awareness about the harmful effects of drug

					abuse and to promote a healthy, drug-free society.
2	28/07/ 2026	World Hepatitis Day Exhibition	2	15	The World Hepatitis Day 2026 exhibition was organized to create awareness among students and the public about viral hepatitis, its modes of transmission, prevention, symptoms, treatment and the importance of early diagnosis. The programme aimed to encourage healthy practices and promote the message of hepatitis prevention and elimination.
3	28/07/ 2026	World Hepatitis Day Awareness Class On	2	100	The awareness class was organized as part of the World Hepatitis Day 2026 observance to educate students about

		Viral Hepatitis			viral hepatitis, its different types, modes of transmission, symptoms, prevention, vaccination and the importance of early diagnosis and treatment.
4	06/08/2025	Community Breastfeeding Awareness Survey - World Breastfeeding Week 2026	3	10	As part of the World Breastfeeding Week 2026 programme, students of Mar Dioscorus College of Pharmacy conducted a community-level breastfeeding awareness and survey programme on 6th and 7th August 2026.
5	06/08/2025	Drug Abuse Awareness Pledge	15mins	300	The programme was organized to create awareness among students about the harmful effects of drug abuse and to encourage them to adopt a healthy,

					responsible and drug-free lifestyle. The pledge aimed to strengthen students' commitment to staying away from drugs and promoting awareness among their peers and the community.
6	11/08/2026	Law And Pharmacy: Career Opportunities, Ethical Practice And The Path To Happy Living Talk	1	100	The guest talk was organized to provide students with a comprehensive understanding of the relationship between law and pharmacy, career opportunities in regulatory and legal fields, and the importance of ethical practice in the pharmaceutical profession. The programme also aimed to encourage students to develop professional values and a responsible

					approach towards their future careers.
7	14/08/2026	Independence Day Flash Mob And Pledge	1	12	As part of the Independence Day celebrations, the NSS Unit of Mar Dioscorus College of Pharmacy organized a patriotic flash mob and Independence Day pledge for the students and staff of the institution.

1.Miles Without Mistakes 2.0” Anti-Drug Awareness Walkathon

The NSS Unit of Mar Dioscorus College of Pharmacy actively participated in the “Miles Without Mistakes 2.0” Anti-Drug Awareness Walkathon conducted on 24 July 2026 as part of Operation Toofan – The Narco Hunt. The walkathon was organized to spread awareness about the harmful effects of drug abuse and to promote a healthy, drug-free society.

The awareness walk commenced from the College of Engineering, Thiruvananthapuram, and proceeded to Chavadimukku Junction, with enthusiastic participation from students, NSS volunteers, faculty members, and representatives of various organizations. The volunteers carried awareness banners, interacted with

the public, and conveyed messages highlighting the importance of preventing substance abuse among youth.

Following the walkathon, the official inaugural function was held at the Mar Dioscorus College of Pharmacy Auditorium, where distinguished guests addressed the gathering and emphasized the collective responsibility of educational institutions, students, and the community in combating drug abuse.

The NSS volunteers actively participated throughout the programme, demonstrating their commitment to community service and public health awareness. Their enthusiastic involvement contributed significantly to the success of the campaign and reinforced the message of building a safe, healthy, and drug-free society.



2. REPORT ON WORLD HEPATITIS DAY 2026 EXHIBITION

Organized by: Department of Pharmacology, Mar Dioscorus College of Pharmacy

Date: 28 July 2026

Venue: Mar Dioscorus College of Pharmacy, Sreekariyam, Thiruvananthapuram

Theme: “*Hepatitis: Let’s Break It Down*”

Objective

The World Hepatitis Day 2026 exhibition was organized to create awareness among students and the public about viral hepatitis, its modes of transmission, prevention, symptoms, treatment and the importance of early diagnosis. The programme aimed to encourage healthy practices and promote the message of hepatitis prevention and elimination.

Agenda

- Awareness about World Hepatitis Day and its significance
- Exhibition of educational posters and informative materials
- Information on different types of viral hepatitis
- Awareness regarding modes of transmission and preventive measures
- Promotion of vaccination, safe practices and early diagnosis
- Interaction and awareness among students and visitors

Event Details

As part of the World Hepatitis Day observance, an awareness exhibition was conducted at Mar Dioscorus College of Pharmacy on **28 July 2026**. The exhibition focused on providing simple and informative messages about hepatitis and its impact on liver health.

Educational displays highlighted the different types of hepatitis, routes of transmission, common symptoms, preventive measures, vaccination and the importance of timely medical consultation. The exhibition used attractive posters, illustrations and awareness materials to make the information easily understandable.

The **NSS Unit** supported the awareness initiative by encouraging student participation and helping to disseminate health-related information among the college community.

Outcomes

- Students gained increased awareness about viral hepatitis and liver health.
- Participants learned about the major modes of hepatitis transmission and methods of prevention.
- The importance of vaccination, hygiene and safe practices was emphasized.
- Students were encouraged to share the awareness messages with their families and the community.
- The programme contributed to strengthening health awareness and the NSS objective of community-oriented education.

Conclusion

The World Hepatitis Day 2026 exhibition served as an effective platform for creating awareness about hepatitis prevention, early detection and healthy practices. The active participation of students and the NSS Unit contributed to spreading the message of hepatitis awareness and supporting the goal of a hepatitis-free community.



3. REPORT ON WORLD HEPATITIS DAY 2026 AWARENESS CLASS

Programme: World Hepatitis Day 2026 – Awareness Class on Viral Hepatitis

Date: 28 July 2026

Time: 10:00 AM

Venue: Seminar Hall, Mar Dioscorus College of Pharmacy, TVM

Theme: *“Hepatitis-Free Future Starts with You!”*

Objective

The awareness class was organized as part of the World Hepatitis Day 2026 observance to educate students about viral hepatitis, its different types, modes of transmission, symptoms, prevention, vaccination and the importance of early diagnosis and treatment. The programme aimed to promote healthy practices and encourage students to become health-awareness ambassadors in the community.

Agenda

- Introduction to World Hepatitis Day and its significance
- Awareness about viral hepatitis and its types
- Modes of transmission and risk factors
- Signs and symptoms of hepatitis
- Prevention and vaccination
- Importance of early diagnosis and treatment
- Role of students in creating community awareness

Event Details

A World Hepatitis Day 2026 awareness class on **“Viral Hepatitis”** was conducted on 28 July 2026 at the Seminar Hall of Mar Dioscorus College of Pharmacy. The

programme was organized by the **Department of Pharmacology in association with the NSS Unit and Rotary Club of Trivandrum East.**

The session was delivered by **Dr. Sreejith R, Senior Consultant in Pediatrics, SP Medifort, Thiruvananthapuram.** The resource person provided an informative session on viral hepatitis, covering Hepatitis A, B, C, D and E, their modes of transmission, symptoms, complications, preventive measures and available vaccination.

The **NSS Unit** actively supported the programme by facilitating student participation and promoting the awareness message among the college community. The session encouraged students to understand the importance of prevention, responsible health practices and timely medical consultation.

Outcomes

- Students gained better knowledge about viral hepatitis and its different types.
- Awareness regarding the transmission and prevention of hepatitis was improved.
- The importance of vaccination, hygiene and safe health practices was emphasized.
- Students became more aware of the importance of early diagnosis and appropriate medical care.
- The programme encouraged students to disseminate hepatitis-prevention messages within their families and communities.
- The NSS Unit contributed to promoting health awareness and community-oriented education among students.

Conclusion

The World Hepatitis Day 2026 awareness class was successfully conducted with active participation from the college community. The programme provided students with valuable knowledge about viral hepatitis and emphasized the importance of **awareness, action and prevention**. The collaborative efforts of the Department of Pharmacology, NSS Unit and Rotary Club of Trivandrum East contributed to making the programme informative and socially relevant.



4. REPORT OF COMMUNITY BREASTFEEDING AWARENESS SURVEY

OBJECTIVE

The **Community Breastfeeding Awareness Survey** was conducted as part of the World Breastfeeding Week 2026 observance with the following objectives:

- To create awareness among families about the importance and benefits of breastfeeding.
- To promote exclusive breastfeeding for the first six months of life.
- To educate mothers and family members about appropriate breastfeeding practices.

- To address common misconceptions and provide scientifically accurate information regarding breastfeeding.
- To assess the existing knowledge and practices related to breastfeeding through a community-based survey.
- To encourage community support for breastfeeding mothers and promote maternal and child health.

AGENDA

1. Orientation of students regarding the purpose of the awareness programme and survey.
2. Formation of student groups for community visits.
3. Visit to selected households in the community.
4. Interaction with mothers, fathers and other family members.
5. Distribution of breastfeeding awareness notices/information materials.
6. Providing awareness on:
 - Importance of breastfeeding
 - Exclusive breastfeeding for the first six months
 - Benefits of breast milk for infants and mothers
 - Proper breastfeeding practices
 - Importance of family support
 - Common misconceptions related to breastfeeding
7. Collection of information through the **Community Breastfeeding Awareness Survey Form**.
8. Documentation of the community outreach activity.

EVENT DETAILS

As part of the World Breastfeeding Week 2026 programme, students of Mar Dioscorus College of Pharmacy conducted a community-level breastfeeding awareness and survey programme on 6th and 7th August 2026.

The students visited **25 households** in the community. During the visits, students interacted with the family members, particularly mothers with infants and young children, and provided awareness regarding the importance of breastfeeding and its benefits for both mother and child. Awareness notices were distributed to the households to reinforce the key messages. Students also explained the importance of exclusive breastfeeding during the first six months, continued breastfeeding along with complementary feeding thereafter, maternal nutrition and the role of family members in supporting breastfeeding mothers.

A structured Community Breastfeeding Awareness Survey Form was administered during the household visits. The survey helped to collect information regarding the knowledge, attitudes and practices related to breastfeeding among the participating families.

The activity provided students with an opportunity to interact directly with the community and apply their knowledge in a meaningful public-health setting.

OUTCOMES

The programme resulted in the following outcomes:

- 25 households were covered through the community outreach activity.
- Community members received direct and reliable information regarding breastfeeding practices.
- Awareness was created regarding the importance of exclusive breastfeeding

for the first six months.

- Families were encouraged to provide emotional and practical support to breastfeeding mothers.
- Misconceptions and doubts related to breastfeeding were discussed and clarified.
- Awareness notices were distributed to the participating households for future reference.
- Survey data were collected from the community, which can be used to assess breastfeeding awareness and practices.
- Students developed better communication, community interaction and health-education skills.
- The programme strengthened the role of students in promoting maternal, infant and community health.
- The collected survey information can provide useful baseline data for further awareness programmes and academic/publication purposes.

CONCLUSION

The **Community Breastfeeding Awareness Survey** conducted as part of World Breastfeeding Week 2026 was a meaningful community outreach initiative. The visit to 25 households enabled students to directly engage with families, provide breastfeeding awareness and collect valuable information through the survey. The programme highlighted the importance of strengthening community and family support for breastfeeding mothers and contributed to promoting a healthier start in life for infants.

5. REPORT ON DRUG ABUSE AWARENESS PLEDGE

Programme: Drug Abuse Awareness Pledge

Organized by: NSS Unit, Mar Dioscorus College of Pharmacy

In association with: Brahma Kumaris

Venue: Mar Dioscorus College of Pharmacy, Thiruvananthapuram

Objective

The programme was organized to create awareness among students about the harmful effects of drug abuse and to encourage them to adopt a healthy, responsible and drug-free lifestyle. The pledge aimed to strengthen students' commitment to staying away from drugs and promoting awareness among their peers and the community.

Agenda

- Awareness about drug abuse and its consequences
- Discussion on the importance of a drug-free lifestyle
- Promotion of positive habits and healthy choices
- Administration of the drug abuse awareness pledge
- Encouragement of students to spread awareness in the community

Event Details

The **NSS Unit of Mar Dioscorus College of Pharmacy**, in association with **Brahma Kumaris**, organized a Drug Abuse Awareness Pledge programme for students. The programme focused on sensitizing students about the physical, psychological and social consequences of substance abuse.

Students were encouraged to make responsible choices, maintain a healthy lifestyle and contribute towards creating a drug-free society. As part of the programme, students actively participated in the **Drug Abuse Awareness Pledge**, committing themselves to staying away from drugs and supporting efforts to prevent substance abuse.

The association with Brahma Kumaris provided an additional focus on self-discipline, positive thinking, inner strength and responsible living.

Outcomes

- Students gained greater awareness about the harmful effects of drug abuse.
- Participants pledged to stay away from drugs and substance abuse.
- Students were encouraged to promote a healthy and drug-free lifestyle among their peers.
- The programme strengthened students' sense of social responsibility.
- The activity contributed to the NSS objective of promoting health awareness and community well-being.

Conclusion

The Drug Abuse Awareness Pledge programme was successfully conducted with active participation from students. The initiative served as a meaningful platform to promote awareness, self-discipline and responsible choices among young people. The collaborative efforts of the **NSS Unit and Brahma Kumaris** contributed to spreading the message of a **drug-free and healthy society**.



6. REPORT ON GUEST TALK

Topic: *“Law and Pharmacy: Career Opportunities, Ethical Practice and the Path to Happy Living”*

Date: 11 August 2026 (Tuesday)

Time: 10:00 AM – 12:00 PM

Venue: College Seminar Hall, Mar Dioscorus College of Pharmacy,
Thiruvananthapuram

Resource Person: Mr. M. P. George, B.Pharm, MBA, LLB, Former Drugs
Controller, Kerala

Objective

The guest talk was organized to provide students with a comprehensive understanding of the relationship between law and pharmacy, career opportunities in regulatory and legal fields, and the importance of ethical practice in the pharmaceutical profession. The programme also aimed to encourage students to develop professional values and a responsible approach towards their future careers.

Agenda

- Inaugural session and introduction of the resource person
- Session on law and pharmacy
- Discussion on career opportunities in pharmaceutical regulatory and legal sectors
- Awareness about ethical practices in pharmacy
- Interaction with students
- Question-and-answer session
- Vote of thanks

Event Details

A guest talk on “**Law and Pharmacy: Career Opportunities, Ethical Practice and the Path to Happy Living**” was conducted on 11 August 2026 at the College Seminar Hall of Mar Dioscorus College of Pharmacy.

The session was handled by **Mr. M. P. George, B.Pharm, MBA, LLB, Former Drugs Controller, Kerala**. With his extensive professional experience in pharmacy and drug regulation, the resource person provided valuable insights into the importance of pharmaceutical laws and regulations in ensuring the safety, quality and efficacy of medicines.

The session highlighted various **career opportunities related to pharmaceutical law, regulatory affairs and drug control**, while also emphasizing the responsibilities of pharmacists in maintaining ethical and professional standards. The resource person encouraged students to understand the legal framework governing pharmacy practice and to develop integrity, accountability and professional competence.

An interactive session was also conducted, during which students had the opportunity to clarify their doubts and discuss career-related aspects with the resource person.

Outcomes

- Students gained a better understanding of the relationship between pharmacy and law.
- Awareness regarding career opportunities in regulatory and legal areas of pharmacy was enhanced.
- Students understood the importance of ethical and responsible professional practice.

- Participants gained practical insights from an experienced professional in drug regulation.
- The interaction motivated students to explore diverse career opportunities beyond conventional pharmacy roles.
- The programme strengthened students' professional awareness and decision-making skills.

Conclusion

The guest talk was successfully conducted with active participation from students and faculty members. The session provided valuable knowledge on pharmaceutical laws, regulatory careers and ethical professional practice. The interaction with an experienced former Drugs Controller offered students practical perspectives and guidance for their future careers. The programme was a meaningful initiative towards the overall professional and personal development of the students.



7. REPORT ON INDEPENDENCE DAY FLASH MOB AND PLEDGE

Programme: Independence Day Celebration – Flash Mob and Pledge

Organized by: NSS Unit, Mar Dioscorus College of Pharmacy

Date: 14 August 2026

Venue: Mar Dioscorus College of Pharmacy, Thiruvananthapuram

Objective

The programme was organized as part of the Independence Day celebrations to instill patriotism, national pride and a sense of responsibility among students. The activities aimed to encourage students to actively participate in celebrating the spirit of independence and to promote the values of unity, integrity and responsible citizenship.

Agenda

- Independence Day special assembly
- National anthem and patriotic activities
- Independence Day pledge
- Patriotic flash mob by NSS volunteers and students
- Message on patriotism, unity and national responsibility

Event Details

As part of the **Independence Day celebrations**, the NSS Unit of Mar Dioscorus College of Pharmacy organized a **patriotic flash mob and Independence Day pledge** for the students and staff of the institution.

The programme began with the administration of the **Independence Day pledge**, where students and staff reaffirmed their commitment to the values of unity, integrity, freedom and responsible citizenship. The pledge highlighted the importance of contributing positively to the nation and respecting the fundamental values of democracy.

Following the pledge, NSS volunteers and students presented a **patriotic flash mob** featuring energetic performances to patriotic songs. The flash mob created an enthusiastic atmosphere and conveyed messages of national pride, unity and love for the country.

The active participation of students made the programme engaging and memorable, while also providing an opportunity for NSS volunteers to demonstrate teamwork, creativity and social responsibility.

Outcomes

- Students developed a stronger sense of patriotism and national pride.
- The pledge reinforced the values of unity, integrity and responsible citizenship.
- The flash mob encouraged active student participation in Independence Day celebrations.
- NSS volunteers developed teamwork, coordination and leadership skills.
- The programme created awareness about the responsibilities of citizens towards the nation.
- The activity strengthened the spirit of unity and togetherness among the college community.

Conclusion

The Independence Day Flash Mob and Pledge programme was successfully conducted with enthusiastic participation from NSS volunteers, students and staff. The programme effectively combined patriotic expression with a meaningful commitment to responsible citizenship. It served as a platform to celebrate the spirit of freedom while reminding students of their role in building a united, responsible and progressive nation.



AZEEZIA COLLEGE OF DENTAL SCIENCES AND RESEARCH, KOLLAM

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteer Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	01.08.2026	NATIONAL ORAL HYGIENE DAY	14	6	The oral hygiene day focused on the importance of oral hygiene, prevention of periodontal disease and dental caries, benefits of regular dental checkup and healthy lifestyle practices for maintaining good oral health. The

					programme witnessed enthusiastic participation from students, faculty members and non teaching staffs. Well being.
2	11.08.2026	ORAL SCREENING CAMP	8	4	The camp was successful in creating awareness about oral health and identifying students who required further dental care. The initiative emphasized the importance of early diagnosis, preventive care, and timely treatment for maintaining good oral health
3	15.08.2026	INDEPENDENCE DAY	20	2	The Independence Day celebration was a meaningful and memorable event that fostered a sense of patriotism , unity and national responsibility among the students and faculty. The speeches , patriotic song and

					felicitation to the security staff added significance to the occasion . The celebration concluded on a respectful and patriotic note , leaving everyone with a renewed sense of pride in our nation .
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Brief Description of the activity with photographs if any:-

The Department of public health dentistry Azeezia College Of Dental Science And Research in association with NSS Unit (NSS/SFU/KLM/KUHS/3) observed National Oral Hygiene Day on 1st August 2026 at the college on the theme “Make oral health a priority”.

The programme was organised with the objective of creating awareness about the importance of oral hygiene and encouraging preventive oral health care practices among the college community. The activities organised were smiley badge distribution to students and faculties, distribution of brochures regarding “Importance of oral health” to patients and Health education for dental assistants.

National oral hygiene day organised by Indian society of periodontology on 1st August every year.on purpose to spread awareness about the importance of maintaining good oral hygiene and preventing oral diseases.objective of the programme is to educate the public about the importance to promote preventive oral health care practice, to encourage regular dental checkups for early detection

of oral diseases, to improve awareness regarding proper brushing and flossing techniques, to reduce the prevalence of dental caries and periodontal disease.

As a part of the programme smiley badges were distributed to students and faculty members to promote the message of oral health awareness. Educational brochures highlighting the importance of maintaining good oral hygiene, proper brushing techniques and preventative measures against dental caries were distributed to patients. A health education session was conducted for non teaching staffs by Dr.Freeda Ampooti, Senior Lecturer Department of periodontology and oral implantology. The session focused on the importance of oral hygiene, prevention of periodontal disease and dental caries , benefits of regular dental checkup and healthy lifestyle practices for maintaining good oral health. Demonstration of the proper tooth brushing technique was also provided to ensure participants understood the proper method of brushing for effective plaque removal and maintenance of oral health.

To encourage the adoption of good oral hygiene practices ,dental hygiene kits containing essential oral care items were distributed to the participants at the end of the session.The programme witnessed enthusiastic participation from students , faculty members and non teaching staffs. It successfully enhanced awareness regarding oral health, emphasised the importance of preventive dentistry and motivated the participants to adopt healthy oral hygiene practices for overall wellbeing.



NSS CELL

Brief Description of the activity with photographs if any:-

An Oral Screening Camp was organized by the Department of Public Health Dentistry, NSS unit (NSS/SFU/KLM/KUHS/3) ,Azeezia College of Dental Science and Research & NSS unit of MES Institute of technology and Management, Chathannoor, Kollam on 11th August 2026 from 10:00am to 1:00pm to promote oral health awareness and facilitate early detection of dental problems among students. A total of 62 students were screened during the camp. The Oral health assessments were carried out, and oral hygiene instructions were provided to the students. They were educated on proper oral hygiene practices and the importance of regular dental check-ups.

Following the screening, 56 students were referred to Azeezia Dental College for further evaluation and treatment. The referrals included procedures such as scaling, extraction, restoration, orthodontic consultation and other required dental treatments. Among this 36 students were referred to department of Periodontics, 29 students were referred to Department of Conservative Dentistry, 23 students were referred to Department of Orthodontics, 4 students were referred to Department of OMFS and 3 students were referred to Department of Prosthodontics. The camp was successful in creating awareness about oral health and identifying students who required further dental care. The initiative emphasized the importance of early diagnosis, preventive care, and timely treatment for maintaining good oral health



NSS CELL

Brief Description of the activity with photographs if any:-

The Department Of Public Health Dentistry, Azeezia College Of Dental Science And Research and NSS unit(NSS/SFU/KLM/KUHS/3) and in association with Azeezia College Of Medical Science And Research organized Independence Day celebration on 15th August 2026 at the Academy block , Azeezia College Of Medical Science And Research . The programme was conducted with great enthusiasm and patriotic spirit, bringing together students , staffs and facially members to commemorate the 80thIndependence Day of India .

The program commenced with flag hosting by Dr R Rathy Principal Azeezia College of Dental Science And Research. This was followed by the national anthem, creating a solemn and patriotic atmosphere. The programme was formally inaugurated by CEO Mr Jawahar Janardhanan, who delivered the introductory speeches and welcomed the gathering. The chief guest Dr R Rathy addressed the gathering with a inspiring speech highlighting the significance of Independence Day and the responsibilities of students and citizens towards the nation. This was followed by a speech on patriotism by Mr Uthkarsh, Third year MBBS student, who spoke about the importance of patriotism and role of young people in building the nation. Dr Sasi, HOD Department of General Surgery and NSS Programme Officer, Azeezia Medical College delivered a speech emphasizing the values of dedication, responsibility and service. Following this, Ms Fidha Sabeen, Third year BDS Student delivered a speech on Patriotism as part of celebration. Mrs Sheeba ,

the member of the security staff also addressed the gathering with a speech on the occasion. Mr Praksobh from Department of Microbiology then delivered an inspiring speech. The program continued with a patriotic song performed Third year BDS Students which added to the spirit and enthusiasm for the celebration. As a gesture of appreciation and gratitude to the security staff they were felicitated with momentos in recognition of their children's achievements. This thoughtful gesture acknowledged their dedication and contribution to the institution and made the celebration more meaningful. The programme concluded with vote of thanks delivered by Dr Naveen Jacob Varghese, Reader Department Of Public Health Dentistry, expressing gratitude to the Principal, faculty members, staffs, students and everyone who gathered and contributed to the successful conduct of this event.

The Independence Day celebration was a meaningful and memorable event that fostered a sense of patriotism , unity and national responsibility among the students and faculty. The speeches , patriotic song and felicitation to the security staff added significance to the occasion. The celebration concluded on a respectful and patriotic note , leaving everyone with a sense of pride in our nation .



LOURDE COLLEGE OF NURSING,
TALIPARAMBA

Sl. No	Date	Activity conducted	No. of participants	No. of hours	Achievement by the programs including beneficiaries
1.	28/07/2026	Hepatitis day: NSS volunteers of LCN organized Hepatitis Day programs at Lourde Hospital, Pattuvam FHC and Taluk Hospital on 28 th July. Medical Officers, Nursing Superintendents, staff nurses, doctors and faculty were present along with patients in each area. Volunteers prepared various AV aids and educated the public regarding the causes, symptoms, diagnosis and prevention of Hepatitis.	50 volunteers	2 hours	Volunteers got a great chance to interact with public and impart knowledge to them regarding one of the deadliest diseases.
2.		World ORS Day: NSS volunteers of LCN organized ORS day celebration at Taluk Hospital on 29th July. Doctors	25 volunteers	1 hour	Volunteers got a good opportunity to interact with public, especially with mothers of under-fives and educate

		and nursing staff along with faculty were present for the same. Volunteers prepared variety of AV aids and imparted education to the public.			them regarding the importance of ORS.
3.		Breastfeeding awareness week observation: NSS Volunteers of LCN organized Breastfeeding week observation at Lourde & Taluk hospital on 4 th August from 10.00 am onwards. Importance and advantages, techniques & positions, common problems and myths & misconceptions related to breastfeeding were all explained using variety of breastfeeding. Dr. Rajeev, Pediatrician, JPHN, Staff nurses and faculty participated in the event in Taluk hospital.			
4.		Independence Day: The NSS volunteers of			

		Lourde College of Nursing, in association with Lourde Education Academy, organized Independence Day celebration at college campus on 15th August morning at 9.00 am. Director, Mrs. Rakhi Joseph, Principals of various institutions, faculty and students participated in the great event. National flag of our nation was hoisted by Mrs. Rakhi Joseph, followed by variety of programs that included patriotic song, dances etc. The event came to an end with National Anthem by 10.30 am.			
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Dr. SOMERVELL MEMORIAL CSI MEDICAL
COLLEGE, KARAKONAM

Sl. No.	Date	Name of activity conducted	No. of participants	Total hours spend	Achievement by the program including beneficiaries
1.	24.07.2026	Anti drug awareness quiz	15	30 min	strengthened the awareness and reaffirmed the commitment of the NSS unit towards promoting health, safety, and social responsibility among students
2.	15.08.2026	Independence day observance	25	30 min	fostered patriotism, unity and a sense of responsibility among the students and staff of the institution.

Report on Anti-Drug Awareness Quiz

As part of the Anti-Drug Awareness Programme, the NSS and SSGP Units of Dr. SMCSI Medical College, Karakonam organised an Anti-Drug Awareness Quiz on 24 July 2026 from 11.00 a.m. to 11.30 a.m. at the Forensic Medicine Laboratory. The quiz was conducted with the objective of enhancing awareness among MBBS students regarding the harmful effects of substance abuse, relevant provisions of the NDPS Act, forensic and toxicological aspects of drugs of abuse, and the importance of adopting a drug-free lifestyle. The competition encouraged

students to update their knowledge while promoting critical thinking on issues related to drug prevention and public health.

Students participated enthusiastically, demonstrating keen interest and a commendable level of awareness. The quiz covered a wide range of topics including commonly abused substances, clinical features of poisoning, legal aspects, emergency management and preventive strategies.

The programme concluded with the announcement of the winners (first prize was grabbed by Nivya Easow, Second prize by Nikita Anna Linu and third shared by Kevin Thomas and Sneha Biju) and a brief message emphasizing the collective responsibility of healthcare professionals in preventing substance abuse and creating a drug-free society. The event successfully strengthened awareness and reaffirmed the commitment of the NSS and SSGP units towards promoting health, safety, and social responsibility among students.



Independence day observance

The **80th Independence Day of India** was observed with patriotic fervour at **Dr. Somervell Memorial C.S.I. Medical College & Hospital, Karakonam**, on **15 August 2026**.

As part of the Independence Day celebrations, a flag-hoisting ceremony was organized at **8:30 AM in front of the Administrative Block**. The National Flag was hoisted by **Dr. P. Anish Immanuel, Professor of Surgery**. The ceremony was conducted with due respect and solemnity, reflecting the spirit of patriotism and national pride. The gathering observed the flag-hoisting ceremony with a deep sense of respect and remembrance of the sacrifices made by the freedom fighters who contributed to India's independence.

The celebration provided an opportunity for the members of the institution to remember the values of **freedom, unity, democracy, equality and national responsibility**. The participation of students and staff added enthusiasm and significance to the occasion.

The Independence Day observance concluded on a patriotic note, with everyone reaffirming their commitment towards serving the nation and contributing to the progress and well-being of society.



CARITAS COLLEGE OF NURSING, KOTTAYAM

Sl. No	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	17-07-26	• Medical Camp at Kumarakom, Kottayam	3 volunteers	5 hours	• Participants got free medical consultation, lab investigations and medicines
2	23-07-26	• Dental health programme at Anganwadi	2 volunteers	3 hours	• Got awareness about dental health and received dental care kit
3	30-07-26	• Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
4	31-07-26	• Medical Camp at Thiruvvarppu, Kottayam	2 volunteers	5 hours	• Participants got free medical consultation, lab investigations and medicines
5	01-08-26	• Adolescent wellness and HIV prevention programme	3 volunteers	2 hours	• Participants gained knowledge on HIV prevention
6	02-08-26	• Anti-drug pledge and online meeting with Prime Minister: Nasha Mukta Yuva	30 volunteers	2 hours	• Attended online meeting of PM and taken anti-drug pledge
7	13-08-26	• Medical camp at outreach center	2 volunteers	5 hours	• Got free medical consultation, lab investigations and medicines
8	13-08-26	• Behaviour Change Communication Programme On	2 volunteers	1 hour	• Got awareness on harmful effects of tobacco use

		Tobacco Cessation			
9	15-08-26	• Independence Day celebration	50 volunteers	1 hour	• Develops patriotism

Brief Description of the activity with photographs if any:-

1.NSS unit of Caritas College of Nursing in collaboration with Caritas Hospital organized a medical camp at rural areas of Kumarakom on 17-07-26. The facilities were arranged in house boat of Caritas. Participants got free medical consultation, lab investigations, blood pressure monitoring and medicines



2. NSS unit in collaboration with ICDS, Ettumanoor organized a dental hygiene programme for under five children at Anganwadi, Number 62, Ward 10 of Athirampuzha Panchayath on 23-07-26. NSS volunteers provided an awareness session on prevention of dental caries and distributed dental kit to the children



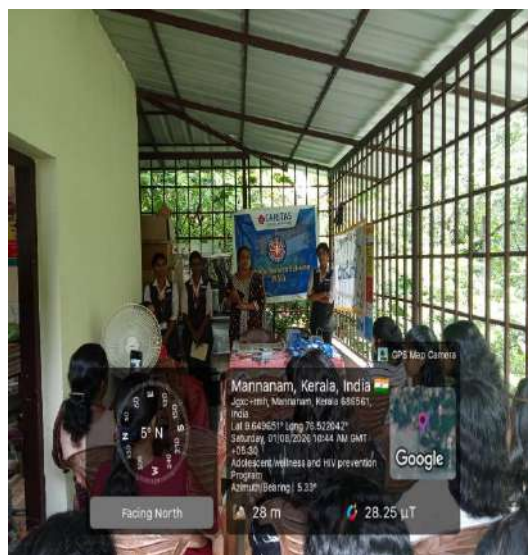
3.Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided through the outreach center, Nalpathimala for the people of adopted area of NSS unit on 30-07-26



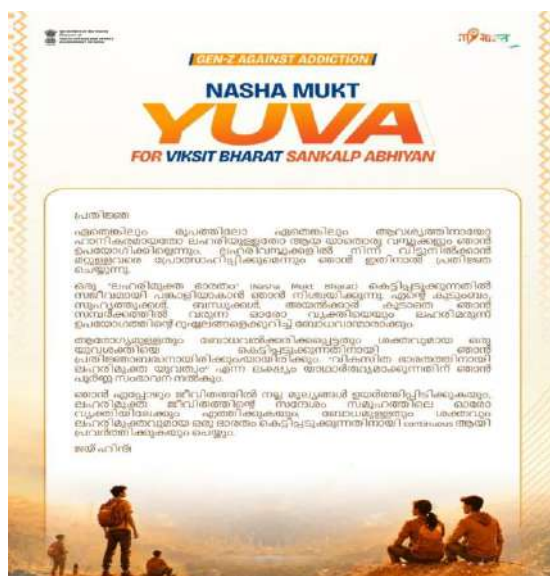
4. NSS unit of Caritas College of Nursing in collaboration with Caritas Hospital organized a medical camp at rural areas of Thiruvarpur on 31-07-26. The facilities were arranged in house boat of Caritas. Participants got free medical consultation, lab investigations, blood pressure monitoring and medicines.



5.NSS unit and Red Ribbon Club of Caritas College of Nursing in collaboration with Sub Center, Ward 20, Mannanam organized Adolescent wellness and HIV prevention programme on 01-08-26. NSS volunteers provided an awareness session on prevention of HIV and distributed awareness material. Health assessment of adolescent were conducted and distributed sanitary pads to adolescent girls.



6. NSS volunteers participated in “Nasha Mukta Yuva for Viksit Bharat- Sankalp Abhiyan” programme on 02-08-26. Volunteers took Nasha Mukti pledge and attended the online meeting of Prime Minister.



7. Free medical consultation, blood pressure and blood sugar monitoring and free distribution of medicines were provided through the outreach center, Nalpathimala for the people of adopted area of NSS unit on 13-08-26



8. NSS unit in collaboration with Athirampuzha Grama Panchayath organized behaviour change communication programme on tobacco cessation on 13-08-26. NSS volunteers distributed leaflets highlighting the harmful effects of tobacco use among the general public.



9. NSS Unit of Caritas College of Nursing celebrated Independence Day on 15-08-26. Rev. Dr. Binu Kunnath, Director, Caritas Hospital hoisted the national flag.



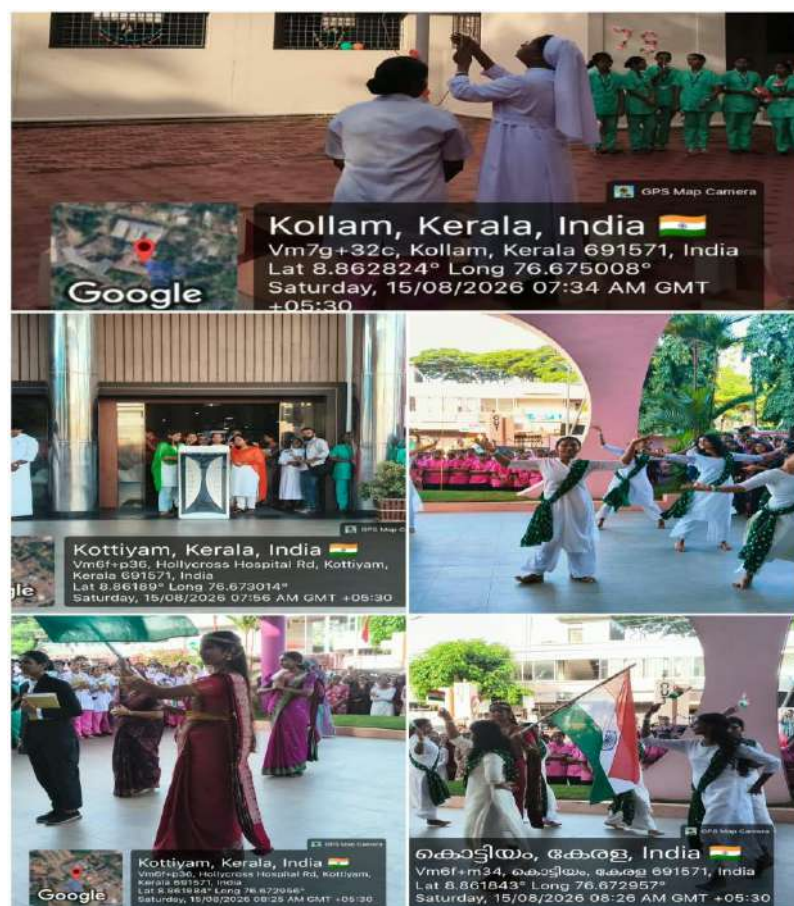
School of Allied Health Sciences-MCC(PGIOSR)

Sl. No.	Date	Name of the activity conducted	No.of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	16/07/2026 to 15/08/2026	Palliative services and patient care services.	4	Total 120 hours spend	Malabar cancer centre is an apex cancer centre under the state government of Kerala. Around 350 to 450 patients visit the institution every day for treatment. Each day, one NSS volunteer will be posted in the palliative department to help patients. Likewise, one volunteer will be posted in the reception area also to assist patients.

HOLY CROSS COLLEGE OF NURSING, KOTTIYAM

The NSS unit and college union of Holy Cross College of Nursing, Kottiyam in collaboration with Holy Cross Hospital, celebrated Independence Day with patriotic spirit and enthusiasm at the college portico on 15 August 2026. The programme was commenced at 7:20 AM..The programme began with a prayer song, and a welcome speech. The flag hosting ceremony was conducted by Prof. Dr. Sr. Gertrude, Vice Principal (Academics), Holy Cross College of Nursing, Kottiyam followed by the National Anthem. Tiranga Rally was conducted with the

participation of students, staff, NSS volunteers, and other members of the institution. Participants carried the National Flag and raised patriotic slogans, spreading the message of unity, patriotism, and national pride. Following the rally, a colourful cultural programme was conducted in Holy Cross Hospital. Students presented patriotic songs, dances, speeches, and other cultural performances. Students dressed as freedom fighters added special attraction to the programme and reminded everyone of the sacrifices made by the great heroes of India's freedom struggle. The Panchayat President, Mr. Jinocky Edward addressed the gathering and highlighted the importance of Independence Day, responsible citizenship, unity, and the role of young people in nation-building. The celebration concluded with a vote of thanks.



NANGELIL AYURVEDA MEDICAL COLLEGE

PROGRAMME	Goal against drug
ORGANIZER	NSS Unit 4
ASSOCIATING PARTNER	Anti – Narcotic club
RESOURCE PERSON	Dr. Sunil P V Dr. Benoy Bhaskaran, Dr. Shibu Varghese, Dr. Alvin Varghese.
DATE & YEAR	17/07/2026
/DURATION	1 HOUR
BENEFICIERS	80 NSS volunteers
OBJECTIVE OF THE PROGRAMME	● Raise awareness about the harmful effect of use of drugs. ● To encourage the youth to avoid the use of drugs. ● To increase awareness about substance abuse.
OUTCOME OF THE PROGRAMME	● Increased the awareness about misuse of drugs. ● Increased efforts toward a healthier, drug – free society.

DETAILED REPORT OF THE PROGRAMME:

The ‘A Goal Against Drug’ organized by NSS Unit 4 of Nangelil Ayurveda Medical College, in association with the Anti - Narcotic club, took place on 17 July 2026 from 3pm – 4pm.

Dr. Sunil P V (Principal, NAMC Kothamangalam) delivered the welcome address. Dr. Benoy Bhaskaran (Vice Principal NAMC Kothamangalam) and Dr. Shibu Varghese (Hospital Superintendent NAMCH Kothamangalam) delivered felicitation.

The students and teachers gathered to give their try on scoring a goal. Dr Sunil P V, Dr Benoy Bhaskaran and Dr. Shibu Varghese also actively participated. And

other teachers also participated. Two students were able to score a goal each. Abhay Shylesh from 2023 batch and Eshan M Salim from 2024 batch. The programme ended on a meaningful thought making the students aware of the destructions the use of drugs can bring to the society.



NASHA MukT YUVA FOR VIKSIT BHARAT SANKALP ABHIYAN

PROGRAMME	Nasha MukT Yuva for Viksit Bharat Sankalp Abhiyan
ORGANIZER	NSS Unit 4
ASSOCIATING PARTNER	Vihaya Students Council, Nangelil Ayurveda Medical College Kothamangalam
RESOURCE PERSON	Hon. Prime Minister Sri. Narendra Modi
DATE & YEAR	2/8/2026
DURATION	2 Hours
BENEFICIERS	55 NSS volunteers
OBJECTIVE OF THE PROGRAMME	The campaign aims to create awareness among youth about the harmful effects of substance abuse through educational institutions, youth

	organisations and other stakeholders. ● An initiative aimed at mobilising young people towards a drug-free and developed India.
OUTCOME OF THE PROGRAMME	● The youth were made aware of the harmful effects of substance abuse. ● The movement made the young population realise the importance of a drug free society for the development of the country.

NSS Unit 4 in association with Vihaya Students Council Nangelil Ayurveda Medical College Kothamangalam, become part of the Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan, conducted by the Hon. Prime Minister Sri. Narendra Modi. It was commenced on 2/8/2026 at 11:00 am. The PM addressed the gathering through video conference.

The campaign aims to create awareness among youth about the harmful effects of substance abuse through educational institutions, youth organisations and other stakeholders. This is an initiative aimed at mobilising young people towards a drug-free and developed India.

After the address by the PM all students took a pledge on self-action against substance abuse.

The movement made the young population realise the importance of a drug free society for the development of the country. The youth were made aware of the harmful effects of substance abuse.



MEDICAL CAMP

PROGRAMME	Free OP medical camp
ORGANIZER	NSS unit 4
DATE AND YEAR	08/08/2026
DURATION	9:00 am to 1:00 pm, 4 hours
BENEFICIERIES	126 patients including swarnaprasana for 11 children
OBJECTIVE OF THE PROGRAMME	- To ensure free medication for the people in need of adopted ward - To give proper instructions and free medicines as needed.
OUTCOME OF THE PROGRAMME	126 patients very greatly benefitted from this. 11 children were given swarnaprasana as part of this medical camp.

The free medical camp organised by the NSS unit 4 took place at Nangelil Ayurveda Medical College on 08/08/2026 from 9 am to 1 pm for residents of Adopted Ward 8 of Nellikkuzhy Grama Panchayath. The camp was mainly focused on providing free diagnosis and medicines for the common people. All the departments were part of this medical camp. This camp provided free medicines for the patients. The doctors provided the needed instructions for the patients. 126 patients were greatly benefitted from this medical camp. 11 infants were also given swarnaprasana as part of this medical camp.



INDEPENDENCE DAY CELEBRATION

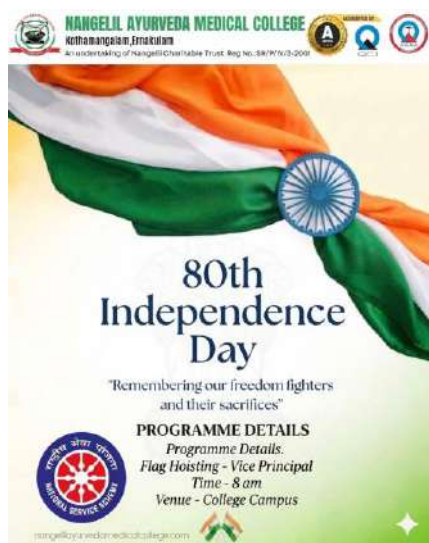
Day -15/08/2025

Time -8 am

Venue :Nangelil Ayurveda Medical College campus

NSS Unit 4 of Nangelil Ayurveda Medical College, Kothamangalam, NSS Unit 4 in association with Vihaya Student Council proudly celebrated Independence Day with great fervor. The ceremony commenced with the flag hoisting by Prof. Dr.Benoy Bhaskaran (Vice principal and SSGP Nodal officer),Dr.Meenu Gopinath (N.S.S. Programme Officer) & Prof Dr. Mini K V (Hod Dept of Rachana delivered Independence Day messages Patriotic songs were sung by students.The meeting was concluded by the National Anthem. The Independence Day celebration culminated with the sweet gesture of distributing sweets among the participants, adding a touch of joy and festivity to the occasion.NSS volunteers took active participation in the programme .The Independence Day celebration witnessed a remarkable turnout, with approximately 100 participants comprising students, teachers, hospital staff, and college faculty, coming together to commemorate this momentous occasion.

Independence Day celebration was a resounding success, marked by an outpouring of patriotic fervor and national pride. This momentous occasion served as a poignant reminder of the selfless sacrifices made by our valiant freedom fighters and reinforced the importance of upholding the timeless values of unity, diversity, and inclusivity.



**INSTITUTE OF NURSING SCIENCES &
RESEARCH, MALABAR CANCER CENTRE**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	02/08/2026	Nasha Muk Yuva for Viksit Bharat	168	10mts	Nasha Muk Yuva for Viksit Bharat" Online Pledge Campaign

**Report on "Nasha Muk
Yuva for Viksit Bharat" Online Pledge
Campaign**

The NSS Unit of the Institute of Nursing Sciences and Research (INSeR), Malabar Cancer Centre (PGIOSR), organized and facilitated the "Nasha Muk
Yuva for Viksit Bharat" online pledge campaign on 02 August 2026 to promote awareness about the harmful effects of substance abuse and encourage students to support the national vision of a drug-free India. As part of this initiative, students participated in the online pledge, affirming that they would neither consume any harmful or intoxicating substances nor encourage their use in any form. They also pledged to spread awareness among their family members, friends, relatives, neighbours, and the wider community about the ill effects of substance abuse and to actively contribute towards building a Nasha Muk
Bharat (Drug-Free India). Through this pledge, the students expressed their commitment to adopting healthy values, promoting responsible lifestyles, empowering youth, and working continuously towards the realization of the vision of "Nasha Muk
Yuva for Viksit Bharat." Upon successful completion of the online pledge, all participating students received digital participation certificates. The activity strengthened students' awareness of the importance of a drug-free lifestyle and reinforced their role as responsible citizens in contributing to a healthy, empowered, and developed India.

REPORT ON INDEPENDENCE DAY CELEBRATION 2026

The 80th Independence Day of India was celebrated with patriotic spirit and enthusiasm at the Institute of Nursing Sciences and Research (INSeR), Malabar Cancer Centre (PGIOSR), Thalassery, on 15 August 2026 at 9 AM at the INSeR campus. The programme was organized by the S.N.A. College Union and NSS Unit 2K26. The celebration commenced with a prayer song presented by Ms. Aparna and team of IV Semester B.Sc. Nursing students. The National Flag was hoisted by Prof. Dr. Rohini T., Principal, INSeR, followed by the Independence Day speech delivered by Ms. Aleesha Denny of VI Semester B.Sc. Nursing. A patriotic song was presented by Ms. Amaya Raj and team of IV Semester B.Sc. Nursing, creating a sense of national pride and unity among the participants. The programme concluded with the National Anthem led by Ms. Vrindha and team of VIII Semester B.Sc. Nursing. The celebration served as a meaningful occasion to remember the sacrifices of our freedom fighters and to reaffirm our commitment to the values of unity, patriotism, responsibility and service to the nation.



PUSHPAGIRI COLLEGE OF PHARMACY, TIRUVALLA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	17/07/2026	Dental Camp	230	5 hrs	Student welfare activity for oral hygiene awareness

2.	30/07/2026	Sanitation Campaign & Communicable disease awareness	30	3 hrs	Community Awareness Programme (Adopted village activity)
3.	31/07/2026	Anti-Drug Day	200	1 hrs	Awareness Programme
4.	15/08/2026	Independence Day Celebration	20	2 hrs	To develop patriotism among student community

1.Dental Camp

Pushpagiri college of pharmacy organized a dental camp in association with IQAC, Department of Pharmaceutics , NSS & SSGP on 17/07/2026 for the staff and students of the college. The initiative aimed to promote oral health awareness and provide basic dental screening services to the participants. The camp was led by Dr. Ansu Emmanuel, Senior Lecturer, Dept. of Public Health Dentistry, along with a dedicated team from Pushpagiri College of Dental Sciences. Their expertise and commitment ensured the smooth and effective execution of the programme.

The programme commenced with a formal inaugural session seeking the blessings of God almighty. Mrs Anju.V, NSS Programme Officer & Associate Professor, Dept. of Pharmaceutical Chemistry delivered the welcome address, warmly greeting the gathering. Following the welcome address Dr. Ansu Emmanuel and her team member Dr. Thomas gave an introduction to dental care awareness and highlighted the importance of oral health in overall well-being. Following the inaugural session, the dental camp activities began. The team conducted basic dental screening for the participants, identifying common oral health issues and providing necessary guidance for further treatment where required. They also highlighted the importance of oral hygiene practices, preventive care and importance of regular dental check-ups.

The programme witnessed enthusiastic participation from the students and staff, almost 230 students and 40 staff members attended the programme and there is an active involvement of NSS volunteers for the smooth organization of the event.

The camp concluded with a formal vote of thanks delivered by Mrs. Bincy.K.Chacko, Associate Professor, Department of Pharmaceutics for all the support and cooperation provided by the dental college team. NSS Programme officer honoured the chief guest Dr. Ansu Emmanuel with a memento as a token of our love & gratitude. The programme was conducted successfully with active participation of the staff and students. Overall, the dental camp was conducted successful and achieved its commitment to community health and interdisciplinary collaboration. The program highlighted the importance of Pharmacists in dental services.



2. Anti-Drug Day Programme July 2026

Pushpagiri College of Pharmacy organized a Drug Awareness Program on 31st July 2026 from 1.00 PM to 2.00 PM at the college auditorium. The program was conducted by the Internal Quality Assurance Cell in association with the NSS, SSGP, and Vimukthi Mission, with the objective of creating awareness about drug abuse and promoting a drug-free society. A key highlight of the program was the **musical drama** performed by student volunteers. The presentation creatively

depicted the devastating physical, psychological, and social consequences of drug addiction. Through powerful storytelling, music, and expressive performance, the students effectively conveyed the importance of awareness, prevention, and community responsibility in protecting youth from substance abuse. The musical drama left a strong impact on the audience and served as an engaging medium to communicate a serious social message.

Another significant component of the program was the **pledge-taking ceremony** conducted under the *Nasha Mukth Bharat* initiative. All participants took a solemn oath to abstain from drugs and to actively contribute towards spreading awareness in society. The pledge reinforced a collective commitment among students and staff to work towards a drug-free India. The program successfully achieved its objective of sensitizing students to the dangers of drug abuse while encouraging active participation and social responsibility. It emphasized the importance of adopting a healthy lifestyle and supporting national and global efforts against illicit drug use and trafficking. The principal, Vice Principals and faculty members attended the event.



3. Sanitation Campaign and Awareness on Communicable Diseases

Pushpagiri College of Pharmacy organized a Sanitation Campaign in association with IQAC, NSS, and SSGP, on 30th July 2026 at Ward V (Adopted village), Peringara Grama Panchayat, in coordination with the Health Department.

The community outreach program commenced with an interaction session with the health workers of the locality. This initial meeting helped in understanding the prevailing sanitation conditions and identifying key areas requiring intervention. Following this, a field visit was conducted as part of the campaign to promote awareness regarding proper sanitation practices and the prevention of communicable diseases.

During the outreach activity, students and faculty members actively engaged with the local community by distributing informative leaflets and sanitation kits. The awareness drive emphasized the importance of personal hygiene, waste management, clean surroundings, and preventive measures to control the spread of communicable diseases.

The campaign witnessed the enthusiastic participation of faculty members from the Department of Pharmaceutics, along with 26 Fourth Year Pharm D student volunteers and Community health workers. The program provided a valuable opportunity for students to interact directly with the community, thereby enhancing their communication skills and instilling a sense of social responsibility and service.

The initiative significantly contributed to improving awareness among the residents and encouraged the adoption of healthier sanitation practices. It also strengthened the bond between the institution and the local community through meaningful engagement.



4.Independence Day Celebration

Pushpagiri College of Pharmacy celebrated Independence Day with patriotic spirit and enthusiasm on 15 th August 2026. The programme was organized on the college campus to commemorate the 80th Independence Day of India and to instill a sense of patriotism, unity, and responsibility among the students and staff.

The celebration commenced with the **flag hoisting ceremony**, which was performed by **Rev. Dr. Antony Chethipuzha, Spiritual Director, Pushpagiri College of Pharmacy**. The National Flag was hoisted with due respect and honour, followed by the National Anthem. The ceremony was attended by the faculty members and students and as a part of the celebration sweets were distributed to all .

In remembrance of the day, students union conducted an online photography competition based on the themes Patriotism, Unity in diversity, Freedom and Independence and Women and Freedom. The celebration provided an opportunity for the college community to remember the sacrifices of the freedom fighters and to reaffirm their commitment to the values of freedom, unity, peace, and national responsibility. The programme concluded with a renewed sense of patriotism and pride in the nation. The Independence Day celebration was conducted successfully.



JDT ISLAM COLLEGE OF NURSING

Report on Swachhta Pakhwada

The JDT Islam College of Nursing NSS Unit, in association with the JDT Islam VHSS NSS Unit and the National Statistics Office (Field Operations Division), Regional Office Kerala, organized a Seminar on Swachhta Pakhwada on 15 July 2026 at 2:30 PM at JDT Islam Nursing College.

The session was led by Mr. K. P. Radhakrishnan, District Resource Person and Health Inspector, District Suchitwa Mission, Kozhikode. The seminar was attended by NSS volunteers, faculty members, and students, who actively participated in the interactive session.



Report on Participation in REDRUN Marathon

The REDRUN Marathon, organized as part of the Kerala Government's Anti-Drug Campaign, was successfully conducted on 30 July 2026 at 7:00 AM at Kozhikode Beach. The event aimed to create awareness about the harmful effects of drug abuse and promote a healthy, drug-free lifestyle among the public, especially youth.

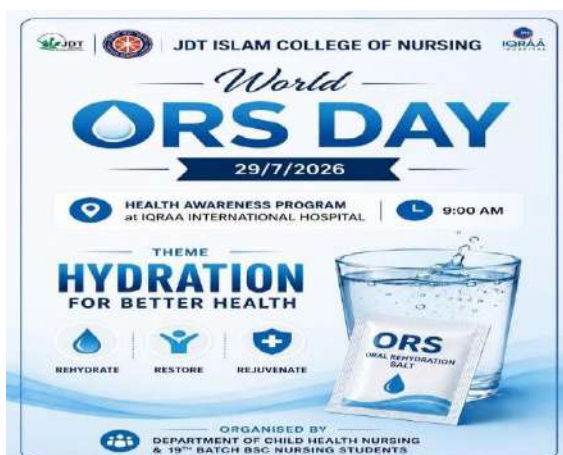
NSS volunteers from JDT Islam College of Nursing actively participated in the marathon, showing their commitment to the anti-drug campaign and supporting the message of a healthy and responsible society.



Report on World ORS Day Awareness Programme

On 29 July 2026, the Department of Child Health Nursing, in collaboration with the 19th Batch B.Sc. Nursing students of JDT Islam College of Nursing, organized a World ORS Day Awareness Programme at IQRAA International Hospital at 9:00 AM.

The programme was conducted with the theme "Hydration for Better Health" to create awareness about the importance of Oral Rehydration Solution (ORS) in preventing and treating dehydration, especially among children. The students educated patients and their bystanders on the causes and signs of dehydration, the correct preparation and use of ORS, and the importance of adequate fluid intake during diarrhoeal illnesses.



Report on World Breastfeeding Week Celebration 2026

World Breastfeeding Week 2026 was celebrated from 1st to 7th August 2026 at IQRAA International Hospital and Research Centre in association with JDT Islam College of Nursing, Academy of Pediatrics, Patient Care, IQRAA Academy, and the National Service Scheme (NSS). The celebration was organized under the global theme "Breastfeeding for a Sustainable Start in Life: Strengthen What Works.

The week-long celebration began with an inaugural ceremony on 1st August, followed by a poster presentation, a public quiz competition, an awareness flash mob, and a puppet show performed by the students of JDT Islam College of Nursing to promote the importance of breastfeeding. On 3rd August, a running quiz competition and an awareness class by Dr. Ajina K. Kumar were conducted.

On 4th August, a quiz competition for staff and a drama presented by Patient Care, IQRAA Academy highlighted the benefits of breastfeeding and the need for family and community support. The programme continued on 5th August with a mime performance by Patient Care, IQRAA Academy and an awareness session by Dr. Arya S., emphasizing exclusive breastfeeding and its long-term health benefits. A Conference for Nurses was organized on 6th August, providing healthcare professionals with updated knowledge and evidence-based practices related to breastfeeding promotion and support.

The celebration concluded on 7th August with a flash mob by the JDT School of Nursing, followed by the valedictory session. The week-long programme

successfully created awareness about the importance of breastfeeding, encouraged community participation, and reinforced the collective responsibility of supporting mothers and infants for a healthier future.

Report on Post-Flood House Cleaning Drive



Report on Post-Flood House Cleaning Drive

As part of the post-flood relief activities, the NSS volunteers of JDT Islam College of Nursing actively participated in a house cleaning drive at Kannadikal under the Kozhikode Municipal Corporation on 06 August 2026.

The volunteers cleaned flood-affected houses and surrounding areas by removing mud, debris, and waste left behind by the floodwaters. The activity aimed to restore hygienic living conditions, prevent the spread of waterborne diseases, and support the affected families during the recovery process.



INSTITUTE OF NURSING EDUCATION,SME,PALA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	10/08/26	Breastfeeding Awareness Programme	50	1.5hrs	The session was informative and helped to improve awareness regarding the importance, benefits, and appropriate practices of breastfeeding.

REPORT ON BREASTFEEDING AWARENESS PROGRAMME

A breastfeeding awareness programme was conducted by the fifth semester B.Sc. Nursing students on 10 August 2026 at Government Hospital, Pala, as part of the NSS activities. The programme was organized with the objective of creating awareness among mothers and the general public regarding the importance of breastfeeding and appropriate breastfeeding practices.

The programme included an informative health education session and a skit presented by the nursing students. The students presented various topics related to breastfeeding in a simple and understandable manner. The major topics covered during the programme included: Antenatal techniques related to breastfeeding preparation, postnatal techniques and proper breastfeeding practices, appropriate timing and frequency of breastfeeding, advantages of breastfeeding for the mother, advantages of breastfeeding for the baby, Contraindications to breastfeeding

The skit helped to communicate important breastfeeding messages in an interesting and easily understandable way. The presentations provided useful information

regarding the correct practices of breastfeeding and emphasized its importance for the health and well-being of both mother and baby.

The programme concluded successfully with active participation from the nursing students and the beneficiaries



BABY MEMORIAL COLLEGE OF NURSING, **KOZHIKODE**

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1.	24/7/26	Health awareness session and exhibition regarding the importance of ORS	100	1	Gained information regarding elder abuse and measures to promote wellbeing
2.	24/7/26	Health awareness against drug abuse	100	1	Got motivated and understood the impact of yoga on health
3.	28/7/26	Health exhibition and awareness session as part of World	10	4	Gained information on ill effects of substance abuse

		Hepatitis Day			
4.	4/8/26	Health awareness session on breastfeeding	4	4	Gained information and acquired technical skills on BLS
5.	6/8/26	Mass campaign on organ donation	10	8	Protect the children from poliomyelitis and utilized the immunisation services
6.	7/8/26	Health awareness session and exhibition regarding breast feeding	24	3	To save the human life in emergency situation
7.	14/8/26	Cleaning drive as part of independence day	50	6	Gained information on drug abuse and its impact
8.	15/8/26	Flag hoisting and pledge taking ceremony			

1) OBSERVANCE OF WORLD ORS DAY

As part of the observance of World ORS Day, the NSS Unit, Department of Community Health Nursing, and Department of Child Health Nursing of Baby Memorial College of Nursing jointly organized a Skit, Exhibition, and Awareness Session on 24/07/2026 from 9:00 AM to 12:00 Noon at UPHC Chelavoor to promote awareness regarding the prevention and management of dehydration caused by diarrhoeal diseases through the appropriate use of Oral Rehydration Solution (ORS).

The programme commenced at 9:00 AM with a skit presented by the NSS volunteers. The skit effectively highlighted the importance of early recognition of dehydration, the correct preparation and administration of ORS, continued feeding during diarrhoea, and the need for timely medical consultation.

Following the skit, an exhibition was organized featuring informative charts, posters, ORS preparation methods, homemade ORS, hand hygiene practices, and preventive measures against diarrhoeal diseases. The exhibition attracted participants and healthcare staff, who actively interacted with the presenters and gained valuable knowledge.

An awareness session was then conducted to educate the audience on the significance of World ORS Day, the causes and prevention of diarrhoea, signs and symptoms of dehydration, the correct method of preparing ORS, and the importance of adequate fluid intake, breastfeeding, sanitation, and personal hygiene.

The programme concluded at 12:00 Noon. A total of 12 beneficiaries participated in the programme. The event was well received and successfully created awareness about the life-saving role of ORS in preventing dehydration. The programme concluded with an interactive discussion and clarification of the participants' doubts.



2) REPORT ON ANTI-DRUG DAY ACTIVITIES – JULY 2026

As part of the observance of Anti-Drug Day, a Health Awareness Session was conducted at UPHC, Chelavoor on 24 July 2026. The session was led by Prof. Bindu S(HOD, Community Health Nursing) highlighting the harmful effects of substance abuse, the importance of adopting a drug-free lifestyle, and the role of individuals and communities in preventing drug addiction.

The programme also emphasized early identification of substance abuse, available support services, and strategies for promoting healthy behaviours among the public. The interactive session encouraged participants to actively contribute towards building a drug-free society.

A total of 18 participants benefited from the awareness programme. The activity successfully enhanced awareness regarding substance abuse prevention and reinforced the objectives of the Anti-Drug Day campaign.

3) HEALTH AWARENESS SESSION - WORLD HEPATITIS DAY

The NSS Unit of Baby Memorial College of Nursing organized a **Health Awareness Session** on the occasion of **World Hepatitis Day** at **UPHC, Chelavoor** on **28 July 2026** from **1:00 PM to 4:00 PM**.

The session aimed to increase public awareness regarding hepatitis, its modes of transmission, signs and symptoms, preventive measures, vaccination, and the importance of early diagnosis and treatment. NSS volunteers conducted an interactive awareness session, educating the beneficiaries on personal hygiene, safe food and water practices, safe injection practices, hepatitis B vaccination, and healthy lifestyle modifications to prevent hepatitis. Participants were encouraged to seek timely medical care and undergo screening whenever necessary.

The programme concluded at **4:00 PM**. A total of **25 beneficiaries** participated in the awareness session. The programme was well received and successfully enhanced the participants' knowledge regarding hepatitis prevention and control.



4) HEALTH AWARENESS PROGRAMME – OBSERVANCE OF BREAST FEEDING WEEK

The **Department of Child Health Nursing** and the **Department of Obstetrical and Gynecology** of Baby Memorial College of Nursing, Kozhikode, jointly organized a **comprehensive health awareness programme** in observance of *World Breastfeeding Week 2026* on **4th August 2026** at the **BMCON**. The

programme was conducted under the theme **“Breastfeeding for a Sustainable Start in Life; Strengthen What Works.”** The primary objective was to **sensitize nursing students, faculty, and the wider community** about the importance of breastfeeding as a cornerstone of **child survival, growth, and development**. The event began with an **inaugural session** followed by an **awareness lecture** highlighting the **physiological, nutritional, and psychological benefits of breastfeeding**. A **poster competition** was conducted to encourage creative expression among students, and an **expert talk** was delivered by **Dr. Febna A Rahiman, Consultant Paediatrician, Baby Memorial Hospital**, who provided scientific insights into breastfeeding practices and maternal health.

A unique feature of this programme was its **hybrid mode of delivery**, an **online platform** to ensure wider participation. Through this approach, the programme successfully reached **100 beneficiaries**, including students & faculty members. The online platform allowed participants to engage actively, ask questions, and share experiences, thereby extending the impact of the awareness initiative beyond the physical venue.

The programme emphasized the **role of healthcare professionals in promoting breastfeeding practices**, the **need for supportive environments for mothers**, and the **importance of community participation** in sustaining maternal and child health. The event was conducted **in collaboration with the NSS Unit BMCON and the Indian Academy of Pediatrics (IAP) Kozhikode Branch**, whose involvement added strength and credibility. The **NSS Unit BMCON** ensured strong volunteer participation and outreach, while the **IAP Kozhikode Branch** contributed professional expertise and scientific validation to the programme content. The event concluded with an **interactive discussion**, where participants clarified doubts and shared personal experiences, reinforcing the message of breastfeeding as a **sustainable health practice**. Overall, the programme demonstrated the effectiveness of combining **academic expertise, NGO collaboration, community engagement, and digital platforms** to promote national health priorities. It served as a model of **interdisciplinary and intersectoral cooperation**, ensuring that breastfeeding awareness reached a broad audience and created lasting impact.



5) MASS AWARENESS ON ORGAN DONATION

A mass awareness programme on organ donation was conducted by the NSS Volunteers of Baby Memorial College of Nursing on 06/08/2026 at the KSRTC Bus Stand. The programme was organized with the aim of creating awareness among the general public about the importance of organ donation and its role in saving the lives of people suffering from organ failure. NSS Volunteers interacted with the public and distributed leaflets containing information about organ donation, its importance, and the need to encourage more people to become organ donors. The volunteers also clarified common doubts and misconceptions regarding organ donation and motivated the public to share the message with their family and community members.

A total of 100 members of the public benefited from the awareness programme. The programme helped to spread awareness among the public and encouraged a positive attitude towards organ donation. Overall, the activity was a meaningful community awareness initiative that highlighted the importance of organ donation as a noble act that can give others a chance to live.



6) Health Awareness Session and Health Exhibition

The **Department of Child Health Nursing**, the **Department of Obstetrical and Gynecology**, and the **NSS Unit of Baby Memorial College of Nursing (BMCON), Kozhikode**, jointly organized a **Health Awareness Session and Health Exhibition** as part of the observance of World Breastfeeding Week 2026 on **7th August 2026** at the **Urban Primary Health Centre (UPHC), Chelavoor**. The programme was conducted under the global theme “Breastfeeding for a Sustainable Start in Life; Strengthen What Works.” The event was inaugurated with an awareness session that highlighted the **physiological, nutritional, and psychological benefits of breastfeeding**, emphasizing its role in reducing infant mortality, promoting child survival, and strengthening maternal health. The session also addressed common myths and misconceptions surrounding breastfeeding, thereby empowering mothers and families with evidence-based knowledge.

A **health exhibition** was arranged at the UPHC premises, showcasing **educational posters, charts, and models** prepared by nursing students. The exhibition covered topics such as breastfeeding techniques, maternal diet, prevention of childhood illnesses, and the importance of supportive environments for mothers. NSS volunteers actively participated in mobilizing the community, guiding visitors through the exhibits, and facilitating interactive discussions. The programme witnessed the participation of over 15 beneficiaries from the local community, including mothers, adolescents, and health workers. The interactive nature of the event encouraged participants to clarify doubts, share personal experiences, and pledge their support for breastfeeding promotion.



7) CLEANING DRIVE AS PART OF INDEPENDENCE DAY CELEBRATION

A cleaning drive was organized by the **NSS Volunteers of Baby Memorial College of Nursing** at **Kalipoyika Road** as part of the **Independence Day celebration**. The programme was conducted with the aim of promoting

cleanliness, environmental responsibility, and civic sense among students and the local community.

The NSS volunteers actively participated in cleaning the roadside and surrounding areas. They collected waste materials and removed unwanted debris from the area, contributing to a cleaner and healthier environment. The volunteers also created awareness among the public regarding the importance of proper waste disposal and maintaining cleanliness in public places.

The programme provided an opportunity for the NSS volunteers to actively contribute to the community and understand their responsibility towards maintaining a clean and healthy environment. The cleaning drive was successfully completed with the active participation and cooperation of the NSS volunteers.



8) FLAG HOISTING AND PLEDGE TAKING CEREMONY

(Independence Day Celebration)

A **Flag Hoisting and Pledge Taking Ceremony** was organized at **Baby Memorial College of Nursing (BMCON)** as part of the **Independence Day celebration**. The programme was conducted with the participation of the **NSS Volunteers**.

The ceremony commenced with the **hoisting of the National Flag by Prof. (Dr.) Roy K. George**. Following the flag hoisting, he delivered an inspiring **Independence Day speech**, highlighting the significance of freedom, patriotism, unity, and the responsibilities of citizens towards the nation.

The **NSS Volunteers** actively participated in the **flag hoisting ceremony** and took the **pledge** with a sense of patriotism and commitment. The programme instilled values of national pride, unity, discipline, and social responsibility among the volunteers.

The ceremony concluded successfully, leaving the participants with a renewed sense of patriotism and responsibility towards the nation.



LOURDES COLLEGE OF NURSING, THRIKKAKARA

Sl. No	Date	Activity conducted (Name of the Activity)	Number of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programme
1	27-07-26	Vector Survey at Ward 14 and 16 of Njarakkal Panchayat.	25 Volunteers	4 hours	• Awareness about mosquito borne diseases and their prevention. • Identification and elimination of mosquito breeding sites around homes and public places • To adopt proper sanitation, waste management, and environmental cleanliness practices.

					• Regular inspection of water storage areas and prevention of stagnant water. • Participation in vector control activities and create a healthier, disease-free environment.
2	28-07-26	Vector Survey at Ward 6 of Elamkunna puzha Panchayat.	25 Volunteers	4 hours	• Awareness among community members about mosquito-borne diseases and their prevention. • Identify and eliminate potential mosquito breeding sites in and around their homes. • Proper waste disposal, sanitation, and prevention of stagnant water. • Encouraged community participation in vector-control and environmental cleanliness. • Take preventive measures for a healthier and safer community.
3	28-07-26	World Hepatitis Day at Lourdes Hospital Auditorium.	25 Volunteers	3 hours	• Awareness about hepatitis, its causes, symptoms, prevention & treatment. • Hepatitis vaccination and early detection. • Healthy lifestyle practices and preventive health behaviours. • Active participation and learning through the Hepatitis Olympics activities. • Spread awareness about hepatitis prevention in the community.
4	29-07-26	Health Awareness Session on	25 Volunteers	3 hours	• Increased awareness about hypertension, its risk factors,

		Hypertension at Malippuram Community Health Centre.			warning signs, and complications. • Improved knowledge about the importance of regular blood pressure monitoring and early detection. • Encouraged beneficiaries to follow healthy dietary habits, regular physical activity, and stress-management practices. • Promoted medication adherence and regular health check-ups among individuals with hypertension. • Motivated participants to adopt heart-healthy lifestyle practices and take preventive measures against hypertension-related complications.
5	30-07-26	Geriatric Health Programme “തണുൽ” at House of Providence.	25 Volunteers	3 hours	• Enhanced awareness about healthy aging and geriatric care • Provided basic health assessment & health education to promote early identification of health problems. • Improved knowledge regarding nutrition, medication adherence, personal hygiene, and prevention of common illnesses. • Promoted emotional well-being, social interaction, and a sense of belonging among the elderly. • Encouraged beneficiaries to adopt healthy lifestyle

					practices and regular health check-ups for better quality of life.
6	06-08-26	NCD Clinic at New Colony Anganwadi, Ward 5, Njarackkal.	25 Volunteers	3 hours	• Early detection and prevention of NCDs. • Identify potential health risks and their complications. • Adopt healthy dietary habits, regular physical exercise, stress management and other healthy life style practices. • Timely medical consultation, regular screening, and appropriate follow up care.
7	08-08-26	World Breast Feeding Week Programme at Lourdes hospital Auditorium	25 Volunteers	3 hours	• Importance and benefits of breast feeding • Breast feeding problems and practical solutions • Psycho social issues during pregnancy and the post partum period. • Comprehensive post delivery care, nutrition and healthy practices for mothers. • Early initiation and exclusive breast feeding
8	11-08-26	Sports Events as part of 80 th Independence Day Celebrations	50 volunteers	8 Hours	• The sports events promoted physical fitness, teamwork, discipline, leadership skills, and a spirit of healthy competition among the participants. • The programme provided opportunities for students to develop confidence, cooperation, sportsmanship, and social interaction while celebrating Independence Day.

9	13-08-26	International Youth Day celebration at Lourdes College of Nursing Auditorium.	50 volunteers	2 Hours	• The programme enhanced youth awareness, confidence, creativity, leadership, and social responsibility among the participants. • It encouraged young people to identify their strengths, set meaningful goals, and develop a positive vision for their future. • Promoted teamwork, communication skills, cultural awareness, and active participation in community development.
10	15-08-26	Independence Day Celebration at Lourdes College of Nursing, Sidhi Sadan.	50 volunteers	8 Hours	• The Independence Day celebration fostered a strong sense of patriotism, national unity, and responsibility among students. • Helped to understand the importance of India's freedom struggle and the sacrifices of freedom fighters. • Patriotic activities, rallies, cultural programmes, and the pledge encouraged active participation and social commitment. • The sports activities promoted teamwork, leadership, discipline, and healthy interaction.

Brief Description of the activity with photographs:

1. Vector Survey

A **Vector Survey** was conducted by the VIII Semester B.Sc. Nursing students of Lourdes College of Nursing, under the guidance of the Community

Health Nursing Department, as part of the initiative “**A Step Towards a Healthier Community.**” The programme was organized in association with Njarakkal Panchayat, Njarakkal Taluk Hospital, the National Service Scheme (NSS), and the Internal Quality Assurance Cell (IQAC) on 27 July 2026 from 9:30 AM to 12:00 noon at Ward Nos. 14 and 16 of Njarakkal Panchayat. The survey aimed to identify potential mosquito breeding sites and assess environmental conditions contributing to the spread of vector-borne diseases. The students conducted a systematic assessment of residential and surrounding areas, identified and inspected possible breeding sites, and provided health education to the community regarding the elimination of stagnant water, proper waste disposal, environmental sanitation, and preventive measures against mosquito-borne diseases. The activity enhanced the students’ practical skills in community assessment, vector surveillance, health education, and disease prevention while creating awareness among community members about their role in maintaining a healthy environment. The programme emphasized the message, “Let’s find, let’s remove, let’s prevent, let’s protect,” and concluded with a collective commitment towards creating a cleaner, safer, and healthier community free from vector-borne diseases.



MAR SLEEVA COLLEGE OF NURSING, PALA

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1	15/7/26	Kick Addiction Score Success	100	1 HR	Active participation of NSS volunteers on this activity. It's done as the part of anti-narcotic/anti-drug activity, to kick off addictions.
2	22/7/26	Plantat-Ion Drive	50	1 HR	Volunteers participated in clean campus program and plantation.
3	23/7/26	RED RUN CLUB, Marathon	50	1 HR	Actively participated in all this activity with whole heartedly.
4	2/8/26	Nasha Muktha Yuva	50	30 minutes	Attended online program with Prime Minister regarding Nasha mukth yuva for Vikasit Bharat Sankalp Abhiyan. Due to the bad weather, rain and flood some of them couldn't attend it.
5	6/8/26	Breast feeding week	6	1 HR	Volunteers participated in poster making competition regarding importance of breast feeding.
6	14/8/26	Pencil drawing competition	6	1 HR	As the part of pre-Independence Day activity, conducted pencil drawing competition. topic was FROM FREEDOM STRUGGLE TO VIKASIT BHARATH
7	14/8/26	Breast feeding week celebration	100	1 HR	Volunteers conducted Quiz and Paper Presentation related to importance of breast feeding in collaboration with OBG

					department. the winners got Prize and Certificate.
8	15/8/26	Independence Day Celebration	100	1 HR	NSS volunteers participated in flag hoisting, Rally competition, pledge taking, tiranga selfie, patriotic songs and speech. all dispersed with sweets of the day

1. Kick Addiction Score Success



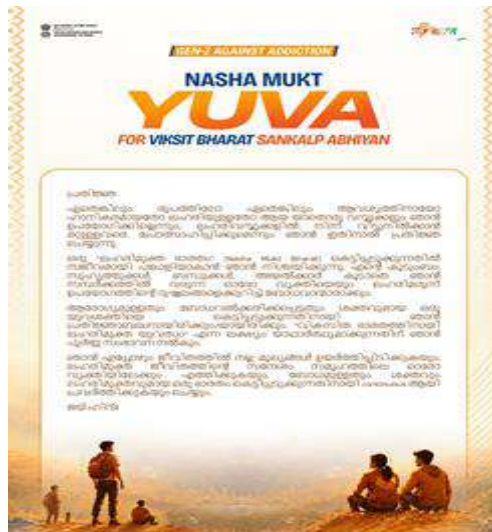
2. Plantat-Ion Drive 22/7/26



3. RED RUN CLUB, Marathon 23/7/26



4. Nasha Muktha Yuva 2/8/26



5. Breast feeding week 6/8/26



6. Pencil drawing competition 14/8/26



7. Breast feeding week celebration 14/08/26



8. Independence Day Celebration 15/08/26



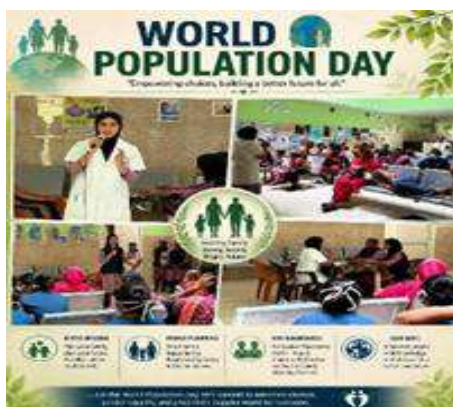
RED CRESCENT COLLEGE OF NURSING

Sl no	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programs including Beneficiaries
1	11-7-2026	World population Day	50 participants	2hr	World population day is observed by NSS unit of red crescent college of nursing on 11-7-2026. The theme is “Empowering choices, building a better future for all.” The program is initiated by college community health nursing department along with taluk hospital feroke. The participants conducted a skit to create awareness among the public. The skit focused on the importance of birth spacing , family planning , and the latest information about the no - scalpel vasectomy procedure,

					promoting informed decision making and responsible parenthood. This session is very effective for the volunteers
2	28-7-26 and 29-7-26	World Hepatitis Day and World ORS Day	50 participants	3hrs	In connection with World hepatitis day and World ORS Day is observed by Nss unit of Red Crescent College of Nursing. The theme of hepatitis day is “ Hepatitis : Lets break it down “ and ORS theme is “ Hydration for better Health”. Our college NSS volunteers Hina Fathima ,Sahla Sherin conducted an awareness session at Govt. Taluk hospital, feroke on 29 th July. The program inaugurated by the Health Inspector of taluk hospital. This session covered the importance of Oral Rehydration Solution , its correct preparation and use, the causes and also the symptoms ,modes of transmission , prevention and vaccination of hepatitis .This is very effective session for the peoples present here.

3	1-8-26 TO 7-8-26	World Breast Feeding Day	50 participants	3hrs	World Breast feeding week observed by NSS Unit of Red crescent collage of Nursing from August 1 st to 7. The theme of this week is “Breastfeeding for a sustainable start in life: strengthen what works.” This program mainly focusing improve feeding outcome, progress and evaluate impact strengthen the warm chain of support. The NSS volunteers actively participated different programs like flashmob, poster presentation and awareness classes. The volunteers actively done the program along with Ramanattukara FHC.
4	15-8-26	Independence Day	50 participants	1hr	Independence Day observed by NSS unit of Red Crescent College of Nursing. This year we celebrating our 80th year of independence day. Day theme focused on “Yuva Shakti for Viksit Bharat @2047”. College flag Hosting done by Academic coordinator Prof. Muhammed Rafi sir and Vande Mataram sung by college choirs. After flag hosting sweet distributed to all.

World population day



world ORS day



ASWINI COLLEGE OF NURSING, THRISSUR

S L N O	DATE	ACTIVITY CONDUCT ED	NO OF VOLUNTEER S PARTICIPATED	NO HOURS PERFORMED	ACHIEVEMENT TO THE BENEFICIARIES BY THE PROGRAMME
1.	2/7/2026	Live telecast of the Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan @ Aswini College Of nursing, Thrissur - 751	45	1hour 30 minutes	• Created awareness among students about the harmful effects of substance abuse. • Promoted a drug-free lifestyle among youth. • Encouraged students to make responsible and healthy choices. • Motivated students to participate in the national campaign against drug abuse. • Strengthened students'

					commitment to becoming responsible citizens.
2.	23/7/2026	Road safety awareness programme @ Aswini College of Nursing , Thrissur - 751	260	1hour 30 minutes	• Increased awareness about road safety rules and regulations . • Educated participants on the importance of wearing helmets and seat belts. • Promoted responsible and safe driving practices. • Highlighted the dangers of speeding, distracted driving and drunk driving. • Encouraged participants to act as

					road safety ambassadors in the community.
3.	15/8/2026	Independence day celebration @ Aswini College of Nursing, Thrissur - 751	360	30minutes	• Promoted patriotism and national pride among students. • Created awareness about the importance of Independence Day and freedom. • Encouraged respect for the national flag and national values. • Strengthened unity, discipline and social responsibility among students. • Motivated

					students to contribute positively to the development of the nation.
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1. Live telecast of the Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan @ Aswini College of nursing.

As part of the Nasha Mukta Yuva for Viksit Bharat Sankalp Abhiyan, the NSS Unit of Aswini College of Nursing organized the live telecast of the Hon'ble Prime Minister Shri Narendra Modi Ji's address to the nation on 2 August 2026.

A total of 45 NSS Volunteers attended the programme. The live telecast commenced at 10:00 a.m., and Hon'ble Prime Minister Shri Narendra Modi Ji addressed the nation at 11:00 a.m. The programme concluded at 12:05 p.m. During the programme, all participating students took the online Nasha Mukta Bharat pledge and successfully received their participation certificates. The session highlighted the importance of a drug-free lifestyle, youth empowerment, and the collective responsibility of building a healthy and developed India.

The activity effectively motivated students to remain committed to a drug-free society and actively support the vision of a Viksit Bharat.



2. Road safety awareness Programme@ Aswini College of Nursing Thrissur - 751

The NSS Unit of Aswini College of Nursing, organized a Road Safety Awareness Programme in association with the Motor Vehicles Department, Kerala, to create awareness among students regarding road safety and responsible road-use practices. The programme was conducted on 24 July 2026 from 2:00 p.m. to 3:30 p.m. at Aswini College of Nursing. The session was led by Shri Ramesh M, Joint Regional Transport Officer, Sub RTO, Guruvayur. A total of 260 NSS volunteers/students participated in the programme. The session focused on road safety measures, traffic rules and regulations, safe driving practices, pedestrian safety, the importance of wearing helmets and seat belts, and the prevention of road traffic accidents. The programme aimed to promote responsible behaviour among road users, highlight the risks associated with speeding, distracted driving and other unsafe road practices, and encourage students to become road safety ambassadors in their families and communities. The programme successfully enhanced students' awareness of road safety and motivated them to follow traffic rules and promote Safe road -use practices



Sd/-

Dean (Student Affairs) & NSS Programme Coordinator