



KERALA UNIVERSITY OF HEALTH SCIENCES

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**MANNAM AYURVEDA CO-OPERATIVE MEDICAL
COLLEGE, PANDALAM**

Mannam Ayurveda Co-operative Medical College, Pandalam, observed the 11th Ayurveda Day with a comprehensive series of educational, academic, and public outreach programmes from September 18 to September 23, 2026. The week-long observance aimed to promote the principles of Ayurveda, preventive healthcare, and holistic living among students, patients, and the broader community.

The observance featured a diverse lineup of clinical, ecological, and educational initiatives:

Public Awareness & Outreach: Comprehensive health awareness sessions and patient education camps were conducted on campus, educating visitors on classical Ayurvedic care, preventive wellness, and balanced lifestyles.

Public Awareness Rally: A major awareness rally was organized at Pandalam Junction, drawing active participation from faculty, house surgeons, and students to highlight the significance of Ayurveda in public health.

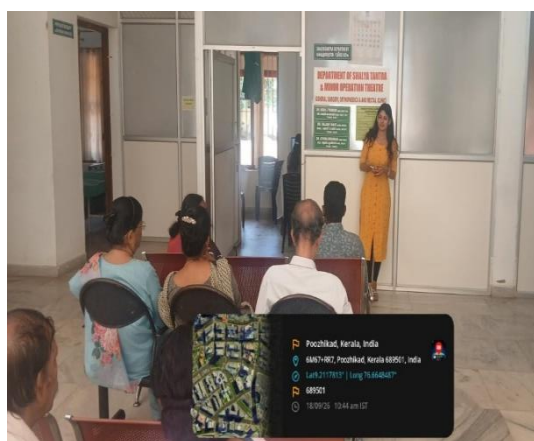
Medicinal Plant Distribution: In an effort to encourage home herbal gardens and community self-reliance in health, a medicinal plant distribution drive was held, distributing saplings of key therapeutic herbs to patients, students, and members of the public.

College & Hospital Exhibition: An informative exhibition was organized across the college and hospital premises, showcasing medicinal plants, classical formulations, treatment modalities, and diagnostic approaches. Students from various outside colleges actively visited and participated in the exhibition, gaining hands-on exposure to Ayurvedic principles and modern clinical practices.

Academic & Scholarly Activities: The college organized classical Group Parayana (systematic recitation of Ayurvedic Samhitas), reinforcing foundational textual knowledge and academic heritage.

Demonstrations & Competitions: A live Yoga demonstration showcased therapeutic postures and daily wellness routines. To engage student creativity and clinical knowledge, multiple competitions were hosted, including a Quiz Programme, Poster-Making Competition, and Photography Competition.

The week-long celebration concluded on September 23, marking a resounding success through the coordinated efforts of the management, faculty, staff, and students of Mannam Ayurveda Co-operative Medical College in promoting holistic health and traditional medical heritage.



On 24th September 2026, the NSS Unit of Mannam Ayurveda Co-operative Medical College, Pandalam observed NSS Day by organizing a series of impactful community activities on campus:

Campus Cleaning Drive: Volunteers actively engaged in cleaning the college premises and surrounding areas, promoting hygiene and proper waste segregation.

Sapling Plantation: Medicinal and shade saplings were planted across the campus to enhance green cover and foster environmental responsibility.

Anti-Drug Pledge: Students and faculty undertook the "Thoofan Commandos" anti-drug pledge, reaffirming their collective commitment to a drug-free campus and society.



Date : 08-09-2026

Time: 01.30 pm – 02.30 pm

Venue : College portico

Organized by : NSS, dept. of OBG Nursing, IQAC, SSGP, & SESREC

The **International Literacy Day Celebration 2026** was organized on **08 September 2026** from **1.30 pm to 2.30 pm** at the **College Portico**. The programme was jointly organized by the **NSS, Department of Obstetrics and Gynaecological Nursing, IQAC, SSGP, and SESREC**, with the aim of promoting the importance of literacy and encouraging reading habits among students.

The programme commenced with a **welcome speech delivered by Ms. Ashly**, sixth semester BSc nursing student, who warmly welcomed the gathering and highlighted the significance of celebrating International Literacy Day.

This was followed by the **theme reveal by Ms. Jeena K. J.**, emphasizing the importance of literacy as a powerful tool for individual empowerment and social development.

A **Newspaper Reading Competition** was then conducted as part of the celebration. **One student from each batch participated in the competition, making a total of four participants.** The competition provided an opportunity for students to demonstrate their reading skills and encouraged the development of regular reading habits and awareness of current affairs.

The **Literacy Pledge** was administered by **Mrs. Jisha Joseph, Head of the Department of Obstetrics and Gynaecological Nursing.** The participants reaffirmed their commitment to promoting literacy, reading and education in society.

The **prize distribution ceremony** was conducted by the Principal, **Prof. Dr. Namitha Subrahmanyam.** **Ms. Blessy Biju, an Eighth Semester B.Sc. Nursing student, was awarded the first prize in the Newspaper Reading Competition** for her excellent performance.

The programme concluded with a **vote of thanks proposed by Ms. Reema Renjith,** expressing sincere gratitude to all the organizers, participants and everyone who contributed to the successful conduct of the programme.

Overall, the International Literacy Day celebration was informative and meaningful, successfully creating awareness about the importance of literacy and fostering a culture of reading among the students.

JUBILEE MISSION COLLEGE OF NURSING

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	NO OF PARTICIPANTS	TOTAL HOURS SPEND	ACHIEVEMENT BY THE PROGRAM INCLUDING BENEFICIARIES
1.	15.08.2026	Independence Day Celebration	20	01 hr	Social responsibility

					Creation of 'we' feeling
3.	06.09.20 26	Nurse led Clinic	41	3hrs	Health awareness, social responsibility and decision making
4.	16.08.20 26- 10.09.20 26	Family care including palliative care programs	15	1hr	Social responsibility, decision making and communication skill

1.Independence Day celebration

80th Independence Day Celebration was conducted in Jubilee Mission Healthcare and Academic Institution on August 15,2026. The programme commenced at 8.40am with a Flag Hoisting ceremony by Rev Fr Reny Mundenkurian, Director, Jubilee Mission Healthcare & Academic Institution. Dr.Andrews, Principal, Jubilee Mission Medical College and Dr.Shiju C Kalluvalappil were also present in the occasion. There were also a pledge taking session by the students.

Following this, the students participated in a Trianga Selfie Activity and sang patriotic songs with great enthusiasm. The celebration concluded at 9.40am with a strong spirit of patriotism and national pride. strong spirit of patriotism and national pride.

2.Nurse Led Clinic

The NSS unit and Community Health Nursing department of Jubilee Mission College of Nursing conjoint with Vincent De Paul Society , St Mary's Church Madona Nagar, organized Nurse Led Clinic on 06/0926. The clinic was conducted in the auditorium of St Mary's church. Madona Nagar. The Programme started at 7.45 am immediately after the holy mass. The token were provided by Vincent de Paul Society members. The public were seated in the chairs in the order of token number. Following that nurse lead clinic was started. 5 stations were arranged

such as for registration , checking Blood pressure ,assessing blood sugar and BMI calculation and the last station was the reference station, there the needed patients only were referred to UPHC Kachery and also to check whether the referred patients go for consultation and follow up the care. 41 tokens were given for the public. Among 41 members, no person was referred to UPHC, Kachery. Refreshment were arranged for the public and NSS volunteers.’

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

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

SI NO	DATE	NAME OF ACTIVITY CONDUCTED	PHOTOS
1.	15.08.2026	Independence Day Celebration	 

2.	06.09.2026	Nurse led Clinic	
3.	15.08.2026 - 09.09.2026	Family care including palliative care programs	

AL SHIFA COLLEGE OF NURSING,
PERINTHALMANNA

Sl. No	Date	Activity Undertaken (Brief Description)	No:of Units	No. of participants	No. of Hours	Achievements
	15/08/2026	INDEPENDENCE DAY FLAG HOSTING CEREMONY	1	50	1 hour	The National Service Scheme (NSS) Unit of Al Shifa College of Nursing celebrated independence day by flag hosting ceremony on 15th August with patriotic spirit and enthusiasm. Mr. Suresh Kumar, Administrator hosted the national flag in the presence of teaching, non teaching staffs and students.

	22/08/ 2026	INTERNATI ONAL YOUTH DAY 2026	1	50	2 hour	The programme concluded with the national anthem and distributions of the refreshments to the gatherings. The International Youth Day 2026 Observance was organized by Al Shifa College of Nursing under the theme " Empowered Youth, Safer Tomorrow " on 22 August 2026 from 8:00 AM to 10:00 AM (preponed)at the ACN Auditorium. The event was jointly hosted by the National Service Scheme (NSS), Student Support and Guidance Programme (SSGP), Department of Community Health Nursing, and the Anti-Drug Cell. The program commenced with a welcome address delivered by Prof. Jansan Mathew K, Vice Principal & Head of the Department of Community Health Nursing. Keynote Address & Anti-Drug Awareness Session The session featured an impactful keynote address on anti-drug awareness led by Chief Guest Mr. Pratheep Rao, Assistant Excise Commissioner and Vimukthi Mission Manager,
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					Malappuram . He stressed the imperative role of student leadership in preventing substance abuse and contributing to social safety. The session transitioned into an Interactive Discussion & Question–Answer Session, allowing students to directly engage with the resource person on practical preventive measures and social responsibilities. Podcast Presentation & Prize Distribution An Intercollegiate Podcast Competition was organized as part of the event. A special Presentation of the Prize-Winning Podcast was showcased to the gathering, highlighting creative youth perspectives on substance prevention. This was followed by the Prize Distribution Ceremony to honor the winning colleges. The program concluded with a formal Vote of Thanks proposed by Mrs. Nadha TF , Associate Professor at Al Shifa College of Nursing. Intercollegiate Podcast Competition Results
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						First Prize: MOSC College of Nursing, Kolenchery Second Prize: Almas College of Nursing Third Prize: Al Shifa College of Arts and Science
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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	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.

2	15/08/2026	Freedom Ride – 2026	2	5	As part of the Independence Day celebrations, a cycling event titled “Freedom Ride – 2026” was organised on 15 August 2026 in association with the Indus Cycling Embassy and SHE Cycling. The programme aimed to promote patriotism, healthy living, sustainable transportation and awareness about the benefits of cycling among the public and student community.
3	19/08/2026	Field visit	2	20	Field visit to Milma Dairy was organised jointly by the NSS Unit and Student Development Cell of Mar Dioscorus College of Pharmacy as part of

					the students' experiential learning and community-oriented development activities.
4	20/08/2026	Independence day quiz program	1	15	As part of the Independence Day celebrations, the NSS Unit of Mar Dioscorus College of Pharmacy organised an Independence Day Quiz Programme on 20 August 2026 for the students.

**GOVERNMENT HOMOEOPATHIC MEDICAL
COLLEGE, KOZHIKODE**

SL N O	DATE	NAME OF THE ACTIVITY	NO OF PARTICIPANT S	TOTAL HOURS SPEND	ACHIEVEMENT BY PROGRAMME INCLUDING BENEFICIARIES
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1	22/9/2026	VIKSIT BHARAT YOUNG LEADER'S DIALOGUE QUIZ	4	15 MINUTES	PROGRAMME OFFICER AND NSS VOLUNTEERS OF GHMC CALICUT ACTIVELY PARTICIPATED IN VIKSIT BHARAT YOUNG LEADER'S DIALOGUE QUIZ.
2	24/9/26	NSS DAY CELEBRATION. GENERAL QUIZ	200	2 HOUR	NSS VOLUNTEERS AND STUDENTS OF GHMC CALICUT PARTICIPATED.
3	24/9/26	NSS TOOFAN WARRIOR PLEDGE	120	1 HOUR	NSS VOLUNTEERS AND STUDENTS OF GHMC CALICUT TOOK PLEDGE AS TOOFAN WARRIORS ON NSS DAY.
4	25/9/26	WORLD LUNG DAY	100	1 HOUR	CREATED POSTER ON WORLD LUNG DAY TO AWARE THE STUDENTS AND PEOPLE.

1.NSS volunteers Along with NSS PO participated in the VIKSIT BHARAT YOUNG LEADER'S DIALOGUE QUIZ conducted by ministry of youth affairs. Many volunteers participated and secured certificates.



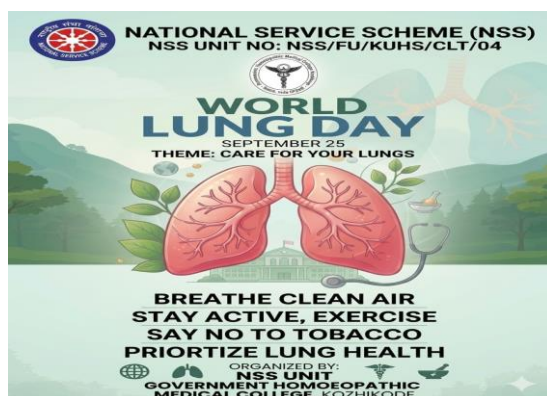
2. NSS GHMC unit actively participated in the NSS day along with volunteers and students. NSS PO Dr. Manulal.K address the gathering and conveyed the message. In associated with NSS day conducted an interesting and informative quiz competition. Many Students participated and secured prizes.



3. On behalf of NSS DAY,EXCISE ministry incorporated with NSS cell and created a concept of NSS volunteers as TOOFAN WARRIORS.our unit also take the pledge and became toofan warrior.



4.Created an awareness poster on behalf of world lung day to aware both volunteers and common people.



N S MEMORIAL COLLEGE OF NURSING, KOLLAM

ANTI DRUG DAY AWARENESS PROGRAM-AUG 2026

The NSS unit of NS Memorial College of Nursing, Kollam, in collaboration with SSGP Cell and Anti Drug Club, organized an Anti-Drug Awareness Campaign on 17 Aug 2026 at S.S.Samithi, Mayyanad. The programme was conducted as part of the ongoing efforts to support anti-drug initiatives and create awareness among the inmates regarding the harmful effects of substance abuse. The campaign also promoted the objectives of Operation Toofan, emphasizing community participation in preventing drug abuse and related social problems.

The awareness campaign was carried out by 25 NSS volunteers among patients, bystanders, and members of the public attending the S.S.Samithi, Mayyanad. Session was conducted to educate the inmates about harmful effects of

drugs and substance abuse on physical and mental health, family life and society. The importance of avoiding drugs and seeking timely professional help was emphasize.

The campaign also included awareness regarding mechanisms for reporting drug-related incidents, the importance of community vigilance, and the utilization



of toll-free helpline numbers and other support services available for individuals seeking help. Educational materials and health messages were disseminated to encourage responsible behavior and community involvement in combating substance abuse.

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

The program was successfully coordinated by Mrs. Neelima Vijay, NSS Programme Officer Mrs. Shyma S, Mrs. Darly T. Philip (SSGP Nodal Officers) and, in collaboration with the Anti-Drug Club and Mrs. Chithra S. Rajan, Nodal Officer. Their guidance and support contributed significantly to the successful implementation of the program.

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

AL SHIFA COLLEGE OF PHARMACY

The National NSS Day was celebrated on 24 September 2026 at Al Shifa College of Pharmacy with the active participation of the NSS volunteers and faculty members. The programme was organized to celebrate National NSS Day and to create awareness among students about the social responsibilities and objectives of the National Service Scheme.

The programme was inaugurated by Dr. Dilip C., Principal, Al Shifa College of Pharmacy. The meeting was presided over by Ms. Gopika K.V., NSS Programme Officer. The programme was felicitated by Prof. Junise V., NSS District Convener, and Mr. Padmraj Ex-Programme Officer. Ms. Nikki, NSS volunteer, led the pledge-taking session as part of the Operations Toofan.

The programme concluded with the active participation of the NSS volunteers, who expressed their commitment to spreading awareness against drug abuse and contributing positively to society.



NANGELIL AYURVEDA MEDICAL COLLEGE, **KOTHAMANGALAM**

PROGRAMME	Independence Day celebration
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ORGANIZER	NSS unit 4
ASSOCIATING PARTNER	Vihaya students' council NAMC
DATE & YEAR	15/8/2026
DURATION	3 Hours
	A total of 150 students, including 50 NSS volunteers, participated in the programme
OBJECTIVE OF THE PROGRAMME	To honour the historic end of British colonial rule and to renew national commitment to democratic ideals, unity, and progress.
OUTCOME OF THE PROGRAMME	Promotes engagement through flag-hoisting ceremonies, parades, and educational programs that teach youth about democratic responsibilities.

NSS unit 4 in association with Vihaya Students Council celebrated the 80th Independence Day on 15th August 2026. It commenced at 8:30 am on the college campus. The National Flag was hoisted by Vice Principal Dr Benoy Bhaskaran. Students sang the National Anthem together.

As part of the 80th Independence Day, various sports activities were conducted at the college on 18/08/2026 from 3:00 pm. Sports activities included indoor games such as caroms and chess. A friendly volleyball game and a marchpast also was conducted.



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

PROGRAMME	Awareness Programme on "Skin and Eye Health in the Digital Era: An Anatomical Perspective"
ORGANIZER	NSS unit 4
ASSOCIATING	Rachana Sarira Department ,Aidika Students council
RESOURCE PERSON IF ANY	-
DATE AND YEAR	13/01/2025
DURATION	2hrs
BENEFICIERIES	NSS Volunteers (100)
OBJECTIVE OF THE PROGRAMME	To create awareness among youth about the impact of digital lifestyle on skin and eye health

OUTCOME OF THE PROGRAMME	● Students gained awareness about skin and eye health in the digital era ● Improved understanding of preventive health measures ● Encouraged responsible use of digital devices among youth ● Reinforced the importance of self-care and discipline in accordance with National Youth Day values
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DETAILED REPORT OF THE PROGRAMME:

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

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

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

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



KMCT AYURVEDA MEDICAL COLLEGE

REPORT ON THE 11th NATIONAL AYURVEDA DAY CELEBRATIONS – 2026

INTRODUCTION

The **11th National Ayurveda Day Celebrations 2026** were organized by **KMCT Ayurveda Medical College, Mukkam**, from **12th September 2026 to 24th September 2026**, in accordance with the theme **“Ayurveda for a Healthier Tomorrow.”**

The celebrations were planned with the objective of creating awareness regarding the relevance of Ayurveda in contemporary life, promoting preventive and promotive healthcare practices, encouraging healthy lifestyles, strengthening community engagement, and providing students with opportunities to demonstrate their academic, clinical and creative skills.

A series of programmes were conducted under three major categories:

- 1. Community Outreach Programmes**
- 2. Student-Led Activities**
- 3. Academic Activity**

The programmes were designed to reach different sections of society, including school children, the general public, senior citizens, visually challenged individuals, and students. The activities highlighted the holistic approach of Ayurveda, with emphasis on **prevention of disease, promotion of health, healthy lifestyle**

practices, Dinacharya, Ritucharya, Yoga, immunity, healthy ageing and the practical relevance of Ayurveda in the present era.

1. COMMUNITY OUTREACH PROGRAMMES

A. Free Ayurveda Medical Camp at Malappuram

Date: 12/09/2026

As part of the National Ayurveda Day celebrations, a **Free Ayurveda Medical Camp** was organized at Malappuram (Thavannur) on 12th September 2026.

Two doctors from the institution participated in the programme and provided medical consultations to the beneficiaries. The camp provided an opportunity for members of the community to access Ayurveda-based healthcare services and receive appropriate health guidance.

A total of **66 patients** attended the camp. The beneficiaries received:

- Free medical consultation
- Health-related advice
- Appropriate Ayurvedic medicines
- Guidance regarding healthy lifestyle practices
- Preventive healthcare advice

The programme received positive feedback from the beneficiaries. The camp successfully demonstrated the role of Ayurveda in providing accessible and affordable healthcare to the community.

B.SEMINAR- Awareness Class on Healthy Lifestyle in Children

Date:17/09/2026

Venue:GLPSchool,Karamoola

Time:2:30PM–3:30PM

An awareness programme on “**Healthy Lifestyle in Children**” was conducted at GLP School, Karamoola, with the aim of introducing Ayurvedic concepts of healthy living to school children by Dr Divya R P, Assistant professor, Dept.of Koumarabhritya.

The session focused on simple and practical aspects of Ayurveda that can be incorporated into the daily lives of children. The concepts of **Dinacharya** and **Ritucharya** were explained in a child-friendly and interactive manner.

The following topics were discussed:

- Importance of waking up early
- Personal hygiene and cleanliness
- Healthy and balanced dietary habits
- Importance of adequate and timely sleep
- Regular physical activity and exercise
- Healthy daily routines
- Seasonal adaptation according to Ritucharya
- Preventive measures for maintaining health
- Importance of avoiding unhealthy lifestyle habits

The session was made interactive to encourage children to actively participate and share their experiences. The students showed considerable interest and enthusiastically raised questions related to food, sleep, exercise and personal hygiene.

A total of **84 students** participated in the programme. The programme successfully created awareness among children about the importance of developing healthy habits at an early age and was well appreciated by the school authorities.

C. Free Ayurveda Medical Camp at Government L.P. School, Cherupa, Kozhikode

Date: 19/09/2026

A **Free Ayurveda Medical Camp** was organized at **Government L.P. School, Cherupa, Kozhikode**, as part of the National Ayurveda Day celebrations. C.P Krishnan

Vic President Mavoor Gramapanchayath inaugurated the function.

Three doctors from KMCT Ayurveda Medical College participated in the camp and provided medical consultation to the beneficiaries.

A total of **89 patients** attended the camp and benefited from:

- Free medical consultation
- Ayurvedic medicines
- Health advice
- Preventive healthcare guidance
- Pamphlets on healthy lifestyle practices according to Ayurveda

The camp provided an opportunity to extend Ayurveda healthcare services to the local community and promote awareness about the importance of preventive health and healthy living.

The programme received good response from the public and was appreciated by the school authorities. The successful conduct of the camp reflected the institution's commitment towards community-oriented healthcare and public health awareness.

D. Awareness Programme at ECHS Polyclinic, Perinthalmanna

Date: 23/09/2026

Time: 11:30AM–12:30PM

An awareness programme on “**General Awareness on Ayurveda and its Importance in the Present Era**” was conducted at ECHS Polyclinic, Perinthalmanna by **Dr. Aiswarya Padmanabhan, MD (Ay), Associate Professor, Dept of Koumarabhritya.**

The session highlighted the continuing relevance of Ayurveda in contemporary healthcare and emphasized its holistic approach towards health and wellbeing.

The major areas discussed included:

- Basic principles and holistic approach of Ayurveda
- Preventive healthcare
- Importance of healthy lifestyle
- Maintenance of health in different stages of life
- Healthy ageing
- Role of Ayurveda in promoting immunity
- Importance of appropriate diet and daily routine
- Relevance of Ayurveda in modern society

The session was interactive and informative. Participants were encouraged to clarify their doubts and discuss practical aspects of maintaining health through appropriate lifestyle practices.

A total of **32 participants** attended the programme. The programme helped to strengthen awareness regarding the preventive and promotive aspects of Ayurveda among the participants.

E. Community Outreach Programme at Home for Destitute Blind, Keezhuparamb

A special community outreach programme was conducted at the **Home for Destitute Blind, Keezhuparamb**, under the Department of Swasthavritta & Yoga.

The programme was organized with the objective of extending the principles of Ayurveda, Yoga and preventive healthcare to visually challenged individuals and promoting their physical and mental wellbeing.

A health awareness session was conducted covering:

- Personal hygiene
- Dinacharya
- Ritucharya
- Healthy daily habits
- Preventive healthcare practices
- Importance of Yoga
- Simple breathing practices
- Maintenance of physical and mental wellbeing

Simple **Yogasana and Pranayama practices suitable for visually challenged individuals** were demonstrated. The activities were adapted to ensure that the participants could understand and practice them safely.

Health assessment and individual health advice were also provided. Ayurvedic medicines and daily utility items were distributed to the inmates as part of the outreach initiative.

The programme provided meaningful interaction between the faculty, house surgeons and the inmates and reflected the social responsibility of the institution.

It also demonstrated the principle of making Ayurveda accessible to all sections of society, truly reflecting the spirit of **“Ayurveda for All.”**

2. STUDENT-LED ACTIVITIES

Main Celebration at College Campus

Date: 23/09/2026

Total Participants: 118

The main celebration of the **11th National Ayurveda Day** was conducted at the KMCT Ayurveda Medical College campus on 23rd September 2026.

The programme commenced with a **prayer song**, creating a solemn and traditional beginning to the celebration.

The formal inauguration was conducted by the Chief Guest, **Dr. C.P. Ambujam, Retired Chief Medical Officer, ISM, Kozhikode**, by lighting the ceremonial lamp.

Following the inauguration, Dr. C.P. Ambujam delivered an informative lecture on the **relevance and importance of Ayurveda in the present era**. The lecture highlighted the continuing role of Ayurveda in promoting health, preventing disease and maintaining overall wellbeing.

The formal session was followed by a series of student-led cultural and academic activities.

A) Thematic Dance – “Utpatti of Ayurveda”

A thematic dance depicting the **Utpatti (origin) of Ayurveda** was presented by **8 students**.

The performance portrayed the traditional lineage and origin of Ayurveda, beginning with **Lord Brahma and tracing the transmission of Ayurvedic knowledge through the traditional lineage up to Lord Dhanwantari**.

The presentation creatively combined classical Ayurvedic concepts with dance and visual storytelling. It served as an engaging method of introducing the traditional heritage of Ayurveda to the audience.

The performance was one of the major attractions of the celebration and was highly appreciated by the participants.

B) Reels Competition

A **Reels Competition** was conducted as part of the student activities to encourage students to creatively communicate Ayurvedic concepts through contemporary digital media.

A total of **3 groups comprising 19 students** participated in the competition.

The participants prepared innovative reels based on Ayurvedic principles and concepts. The entries were evaluated based on:

- Creativity
- Ayurvedic content
- Relevance to the theme
- Presentation
- Communication of the message

The competition provided students with an opportunity to explore modern communication platforms for creating awareness about Ayurveda.

3. ACADEMIC ACTIVITY

A) Plant Identification Programme

Date: 16/09/2026

Participants: 9 groups comprising 18 students

A **Plant Identification Programme** was organized by the Department of Dravyaguna on 16th September 2026 as part of the National Ayurveda Day celebrations.

The programme was aimed at strengthening the students' practical knowledge of medicinal plants and improving their ability to identify commonly used Ayurvedic medicinal plants.

The activity focused on identification based on:

- Botanical name
- Family
- Morphological characters
- Identification features
- Relevant plant characteristics

The programme provided students with hands-on exposure and encouraged them to observe and identify medicinal plants based on their distinguishing morphological features.

A total of **18 students participated in the programme, divided into 9 groups.**

The performance of the participating groups was evaluated, and the **first, second and third positions** were identified based on their performance.

The programme was successfully conducted with active participation from the students and served as an effective academic activity for reinforcing practical knowledge in Dravyaguna.

B) Spot Diagnosis Competition

A **Spot Diagnosis Competition** was also conducted as part of the student-led activities.

The programme was designed to assess and strengthen the students' clinical observation, reasoning and diagnostic skills.

Students were given clinical situations and/or relevant diagnostic clues and were required to identify the condition using their clinical knowledge and observation skills.

The competition encouraged students to apply their theoretical knowledge to practical clinical situations. Certificates were distributed to the winners in recognition of their performance.

OVERALL OUTCOME OF THE CELEBRATIONS

The 11th National Ayurveda Day celebrations at KMCT Ayurveda Medical College successfully brought together **academic learning, student participation, community service and public health awareness.**

The programmes provided opportunities for students and faculty members to actively engage with the community and communicate the principles of Ayurveda in a simple, practical and contemporary manner.

The community outreach programmes helped extend Ayurvedic healthcare and health education to different sections of society, including school children, patients, ECHS beneficiaries and visually challenged individuals.

The student-led activities encouraged creativity, teamwork, communication skills, and also they shifted the role of students from passive listeners to active promoters of ayurveda

The academic activity strengthened practical knowledge and encouraged students to develop greater familiarity with medicinal plants and their identification. As well as clinical observation and appreciation of the traditional heritage of Ayurveda.

The overall programmes emphasized important Ayurvedic principles such as

- Prevention of disease
- Promotion of health
- Healthy lifestyle
- Dinacharya
- Ritucharya
- Yoga and Pranayama
- Healthy ageing
- Holistic wellbeing
- Community-oriented healthcare
- Preservation and promotion of Ayurvedic knowledge

The celebrations also provided an opportunity to demonstrate that the principles of Ayurveda remain relevant to contemporary health needs when appropriately applied in daily life and community healthcare.

CONCLUSION

The **11th National Ayurveda Day Celebrations 2026** at KMCT Ayurveda Medical College were successfully conducted from **12th to 24th September 2026**

through a diverse range of academic, student-oriented and community outreach programmes.

The celebrations successfully translated the theme “**Ayurveda for a Healthier Tomorrow**” into practical activities involving healthcare services, health education, academic learning, cultural expression and community engagement.

A total of **444 beneficiaries/participants** were covered through the various programmes conducted during the celebration period.

The active participation of the faculty, house surgeons, students, school children, patients and members of the community contributed significantly to the success of the celebrations.

Medical camp at Malappuram on 12/09/26



REPORT ON TOOFAN COMMANDO DECLARATION AND ANTI-DRUG PLEDGE

Date: 24 September
Time: 3:00 PM
Venue: KMCT Ayurveda Medical College Campus

As part of the **National Service Scheme (NSS)** day, a special programme was organized on **24 September at 3:00 PM** at the **KMCT Ayurveda Medical College Campus** as part of the **Toofan anti-drug campaign**.

The programme aimed to create awareness among NSS volunteers about the serious social and health-related consequences of drug abuse and to encourage them to become active participants in the movement towards a **drug-free society**.

As part of the programme, the NSS volunteers were formally **declared as “Toofan Commandos.”** The declaration recognized the volunteers as commandos of the

anti-drug campaign and encouraged them to take an active role in spreading awareness about the dangers of drug use. The volunteers were motivated to promote healthy lifestyles, responsible choices, and positive values among their peers and in the wider community.

Following the declaration, the volunteers took the **Toofan pledge**, reaffirming their commitment to stand against drug abuse and to contribute to creating a safe and drug-free environment. Through the pledge, the volunteers expressed their determination to discourage substance abuse, spread awareness among young people, and encourage their friends and community members to stay away from drugs.

The programme highlighted the important role of young people in preventing drug abuse and building a healthier society. The NSS volunteers were encouraged to use their service activities as opportunities to communicate the message of “**Say No to Drugs**” and to support awareness initiatives in their campus and community.

The event concluded with a renewed sense of responsibility and commitment among the volunteers towards the **Toofan anti-drug campaign**. The programme served as a meaningful step in empowering NSS volunteers to become responsible advocates for a healthy, safe, and drug-free society.

PUSHPAGIRI COLLEGE OF NURSING

Serial number	Date of the program	Name of the program	Number of volunteers	Time taken	Achievements

1.	21/07/2026	CYBER SECURITY AWARENE SS PROGRAM @ College Auditorium	300	2HOURS	The session inspired participants to adopt safe online practices and to spread awareness about cyber security among their peers, families, and communities.
2.	23/07/2026	SCHOOL HEALTH PROGRAM ANATOMY EXHIBITIO N @ Kuttoor Govt.HSS	25	2HOURS	The exhibition provided an interactive learning experience, helping students correlate theoretical knowledge with real anatomical specimens while creating awareness about the importance of maintaining the health of various body systems.
3.	28/07/2026	TOTAL SANITATIO N CAMPAIGN	25	2HOURS	The program successfully reinforced the message that maintaining cleanliness is a shared responsibility and plays a vital role in promoting

4.	28/07/2026	DENTAL SCREENING	25	2HOURS	community health and preventing communicable diseases. The initiative contributed to promoting better oral health within the community by encouraging early detection, prevention, and timely treatment of dental diseases.
5.	28/07/2026	ODF CAMPAIGN	25	2HOURS	The initiative encouraged people to adopt preventive measures that reduce the risk of communicable diseases and contribute to a cleaner, healthier, and open-defecation-free community.
6.	05/08/2026		35	3HOURS	The initiative offered timely humanitarian assistance and contributed significantly to the ongoing disaster relief efforts in the region.

7.	10/08/2026	FLOOD RELIEF ACTIVITY	25	3HOURS	It strengthened the spirit of social responsibility, teamwork, compassion, and service among the students.
8.	12/08/2026	FLOOD RELIEF ACTIVITY	25	4HOURS	The program aimed to motivate students to recognize their responsibilities as young citizens and to encourage active participation in community development, social responsibility, leadership, and activities that contribute to a better society.
9.	12/08/2026	INTERNAT IONLYOUT H DAY CELEBRAT ION @ COLLEGE	25	2HOURS	The program emphasized the importance of promoting, protecting, and supporting breastfeeding and encouraged mothers and families to adopt

10.	15/08/2026	BREAST FEEDING WEEK CELEBRAT ION @ Pushpagiri Medical College Hospital	75	2HOURS	healthy breastfeeding practices for a sustainable start in life. Through this program the students & faculties paid tribute to the freedom fighters of India.
		INDEPEND ENCE DAY CELEBRAT ION @ College			

NSS REPORT ON CYBER SECURITY AWARENESS PROGRAM @

College Auditorium ON 21/07/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted an awareness program on Cyber Security on 21st July 2026 at College Auditorium.

A Cyber Security Awareness Program was organized on 21 July 2026 from 2:00 PM to 4:00 PM at the College Auditorium of Pushpagiri College of Nursing, Thiruvalla. The program was jointly organized by the National Service Scheme (NSS) Unit, IQAC, PTA, and SSGP with the objective of creating awareness among students regarding cyber security, cyber laws, cybercrime, and safe digital practices.

The program commenced with a prayer song by the College Choir, seeking God's blessings for the successful conduct of the event. The program was compered by Ms. Blessy David and Ms. Athira N (NSS Volunteers), who gracefully coordinated the proceedings.

The welcome speech was delivered by Ms. Aksa Sara Sabu (NSS Volunteer), who warmly welcomed the resource person, faculty members, and students. She highlighted the importance of cyber awareness in the present digital era and emphasized the need for responsible use of technology.

The resource person for the program was Mr. Chandrasekharan Raman Nair, DySP (Retd.) and Criminologist. He delivered an informative and inspiring awareness session on Cyber Security, Cyber Laws, and Cyber Crime, focusing on the increasing cyber threats faced by individuals due to rapid technological advancements and the widespread use of artificial intelligence.

During the session, the resource person explained various forms of cybercrime, including online financial fraud, phishing, vishing, cyber hacking, cyber stalking, cyberbullying, identity theft, digital arrest scams, AI-based morphing, child morphing, and cyber evidence. He also discussed important legal provisions under the Information Technology Act, along with awareness regarding the Anti-Ragging Act, POCSO Act, and Anti-Drug Laws, emphasizing the legal consequences of cyber offences.

The speaker stressed the importance of practicing safe digital habits. Students were advised to create strong and unique passwords, avoid using easily guessable passwords, update passwords regularly, and use different passwords for different applications. He encouraged students to remain cautious while sharing personal photographs and confidential information on social media, as such content can later be misused for cybercrimes. He also highlighted the need to verify unknown messages, avoid clicking suspicious links, and be alert to online scams.

The resource person explained the importance of protecting online banking and financial accounts. He advised students to keep bank transaction notifications enabled, immediately report suspicious transactions, and block compromised accounts without delay to minimize financial loss. He also recommended using

separate mobile phones for banking and social media applications, switching off Wi-Fi when not in use, and ensuring strong security settings on all digital devices.

The session also focused on the responsible use of Artificial Intelligence (AI) and explained how AI technologies can be misused for creating fake images, videos, and other fraudulent digital content. Through practical examples and real-life incidents, the resource person made students aware of the increasing cyber risks in everyday life and emphasized the importance of digital responsibility.

Students were informed about the National Cyber Crime Helpline (1930) and were encouraged to report cyber offences immediately through the National Cyber Crime Reporting Portal or the nearest police station to improve the chances of preventing further fraud and recovering financial losses.

An interactive session followed, during which students actively participated by asking questions related to cyber laws, online privacy, cybercrime reporting, digital safety, artificial intelligence, and preventive measures. The resource person clarified their doubts effectively and motivated them to become responsible digital citizens and ambassadors of cyber safety.

As a token of love and appreciation, Mr. Chandrasekharan Raman Nair was honored in recognition of his valuable contribution and enlightening session.

The program was highly informative and successful. It enhanced awareness among students regarding cyber security, cyber laws, online safety, and responsible digital behavior. The session inspired participants to adopt safe online practices and to spread awareness about cyber security among their peers, families, and communities.

"Stay Alert, Stay Safe – Think Before You Click."

The program concluded with the vote of thanks delivered by Ms. Aswathy S. Nair (NSS Volunteer), who expressed sincere gratitude to the resource person, faculty members, organizers, and all participants for their valuable support and contribution in making the program a grand success.

The event came to an end with the National Anthem, fostering a sense of unity, responsibility, and commitment towards building a safe and secure digital society.



NSS REPORT ON SCHOOL HEALTH PROGRAM @ Govt. HSS, Kuttoor ON 23/07/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted a school health program on 23rd July 2026 at Government Higher Secondary School, Kuttoor.

A school health program was organized in collaboration with our Community Health Nursing Department on 23rd July 2026 from 11:00 AM to 1:00 PM at the Government Higher Secondary School, Kuttoor.

School Health Program aims to promote health awareness, prevent diseases, and encourage healthy lifestyle practices among school children through educational and preventive interventions. As part of this program, **health education** activities and an **Anatomy Exhibition** are organized to enhance students' understanding of the human body and foster scientific awareness regarding health and disease.

The exhibition featured preserved real human organs, enabling students to gain a practical understanding of human anatomy. In addition, a variety of educational charts, anatomical models, and other teaching aids were displayed to explain the structure and functions of different organ systems. The exhibition provided an interactive learning experience, helping students correlate theoretical knowledge with real anatomical specimens while creating awareness about the importance of maintaining the health of various body systems.

We express their sincere gratitude to the principal, teachers, and students of Kuttoor Government Higher Secondary School for granting permission, extending their wholehearted cooperation, and actively participating in the program. Their

support, along with the guidance of the faculty members, played a vital role in making the exhibition informative, interactive, and successful.



NSS REPORT ON TOTAL SANITATION CAMPAIGN @ Adopted Village (Kuttoor) ON 28/07/2026.

Theme... “Together for a Cleaner, Healthier Tomorrow.”

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted a **Total Sanitation Campaign** in collaboration with our Community Health Nursing Department on **28th July 2026** at **Adopted Village, Kuttoor**.

The Total Sanitation Campaign is a community-based public health initiative that focuses on promoting environmental sanitation, personal hygiene, safe toilet practices, and proper waste management to prevent communicable diseases and improve the overall health status of the community. It aims to create awareness among the public regarding the importance of maintaining clean surroundings, using sanitary toilets, practicing proper waste segregation, and adopting healthy hygiene behaviors, thereby contributing to a cleaner, healthier, and disease-free society.

The program was conducted to promote awareness regarding sanitation, environmental cleanliness, waste management, and healthy living among the community. The campaign was carried out under the guidance and supervision of the faculty members of the Department of Community Health Nursing with the support and cooperation of the local health workers, community leaders, and

volunteers, whose active participation contributed to the successful implementation of the program.

During the campaign, the students actively participated in a community cleanliness drive by cleaning public places and creating awareness among the public regarding the importance of maintaining a clean environment. Health education was provided on personal hygiene, regular handwashing with soap, proper use of sanitary toilets, prevention of open defecation, household and community waste management, segregation of biodegradable and non-biodegradable waste, recycling practices, and the prevention of mosquito breeding by eliminating stagnant water. Community members were encouraged to participate actively in maintaining a clean environment and to adopt healthy sanitation practices as part of their daily lives.

The campaign received enthusiastic participation from the community, and the health education sessions helped to improve awareness regarding sanitation and disease prevention. The program successfully reinforced the message that maintaining cleanliness is a shared responsibility and plays a vital role in promoting community health and preventing communicable diseases.

We express our sincere gratitude to the community members, local authorities, and healthcare workers for their valuable support and cooperation in making the program a success. We also extend our heartfelt thanks to the faculty members of our Community Health Nursing Department for their continuous guidance, encouragement, and supervision throughout the campaign, which greatly enriched our learning experience and enhanced our understanding of community-based health promotion activities.



NSS REPORT ON DENTAL SCREENING PROGRAM @ Adopted Village (Kuttoor) ON 28/07/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted a **Dental Screening Program** in collaboration with our Community Health Nursing Department on **28th July 2026** at **PHC, Kuttoor**.

NSS Unit of Pushpagiri College of Nursing, in collaboration with our Department of Community Health Nursing, organized a Dental Screening Program at PHC Kuttoor and the community under its coverage on **28 July 2026**. The program was conducted to promote oral health awareness, encourage early detection of dental problems, and educate the community on preventive oral healthcare practices.

In the program, dental examination and screening were done by the students, keeping primary focus on adolescents and their dental problems. Assessment of oral hygiene and identification of dental issues such as plaque accumulation, dental caries, gum diseases including gingivitis and periodontitis, and other oral conditions were done. Individual counselling on oral hygiene practices, including correct tooth-brushing techniques, flossing, and healthy dietary habits. Health education and guidance on regular dental check-ups were given and participants requiring further dental treatment were referred to appropriate healthcare facilities. Follow-up advice and referral information were given where necessary. The clients participated actively in the screening program and it successfully raised awareness about the importance of oral health and preventive dental care among them. Participants benefited from early identification of dental problems and received appropriate guidance for further management. The health education sessions improved knowledge regarding oral hygiene practices and emphasized the importance of regular dental check-ups.

We express our sincere gratitude to the staff and authorities of PHC Kuttoor for their cooperation. The initiative contributed to promoting better oral health within the community by encouraging early detection, prevention, and timely treatment of dental diseases.



NSS REPORT ON ODF AWARENESS PROGRAM @ Adopted Village (Kuttoor) ON 28/07/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted an awareness program **on Open Defecation – Hazards of Open Defecation**, in collaboration with our Community Health Nursing Department on **28th July 2026** in **Adopted Village, Kuttoor**.

NSS Unit of Pushpagiri College of Nursing, in collaboration with our Department of Community Health Nursing, organized an open defecation free awareness program in adopted village, Kuttoor.

The Open Defecation Free (ODF), Awareness Program is a preventive community health program conducted to sustain and protect the Open Defecation Free status of a community. The program is organized in areas that have already achieved ODF status, with the aim of preventing the recurrence of open defecation through continuous health education and community participation.

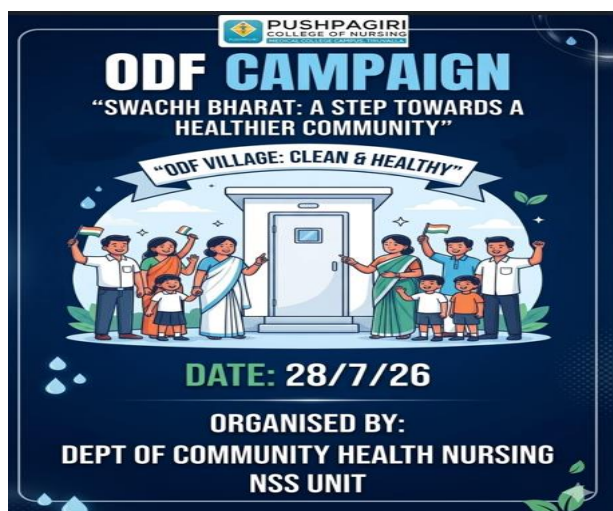
The main objective of the program is to create awareness among the community regarding the harmful effects of open defecation, promote proper sanitation practices, and encourage the use of household toilets to ensure a clean and healthy environment. The program also emphasized the prevention of communicable diseases, environmental hygiene, and the importance of maintaining personal and community sanitation.

The students visited different wards of Kuttoor Grama Panchayat and interacted directly with community members. They conducted health education sessions using simple and effective communication methods, including group discussions,

awareness talks, pamphlet distribution, and interpersonal communication. The students educated the public on the health risks associated with open defecation, such as diarrheal diseases, intestinal worm infestations, typhoid, cholera, and other waterborne illnesses. They also highlighted the role of proper waste disposal, hand hygiene, and toilet use in preventing disease transmission.

The program received an encouraging response from the residents. Community members actively participated in the awareness sessions, clarified their doubts, and expressed their willingness to adopt healthier sanitation practices. The initiative helped strengthen the relationship between the nursing students and the community while promoting public health awareness.

The awareness program effectively highlighted the preventive aspects of open defecation by educating the community on safe sanitation and hygiene practices. The initiative encouraged people to adopt preventive measures that reduce the risk of communicable diseases and contribute to a cleaner, healthier, and open-defecation-free community. We express our sincere gratitude to Kuttoor Grama Panchayat for their wholehearted support and cooperation in facilitating this awareness program.



NSS REPORT ON FLOOD RELIEF ACTIVITY @ Adopted Village (Kuttoor) ON 05/08/2026.

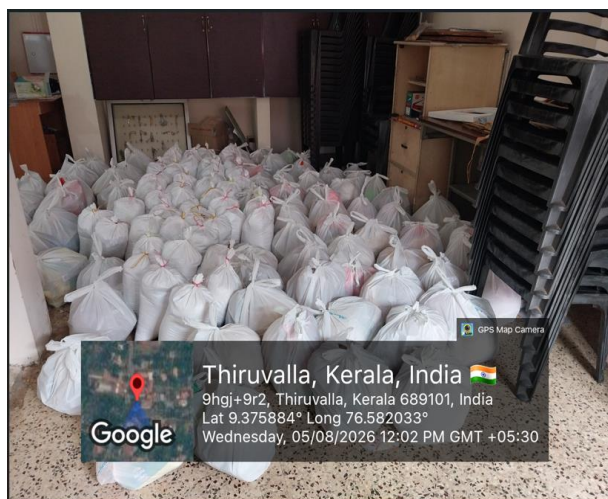
The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing participated a flood relief activity conducted in collaboration with Bodhana – Thiruvalla Social Service Society and our Community Health Nursing Department, organized a Flood Relief Activity to provide essential relief materials to the affected families on **05th August 2026** at Niranam Grama Panchayat, Thiruvalla, Pathanamthitta District.

Floods are among the most devastating natural disasters, causing extensive loss of life, damage to property and infrastructure, and disruption of livelihoods. Effective disaster management requires coordinated efforts in preparedness, emergency response, relief, rehabilitation, and community participation. During the August 2026 floods, Niranam Grama Panchayat, Thiruvalla, Pathanamthitta District, was one of the severely affected regions, where relief camps were established to accommodate displaced families. Approximately 120 displaced people were accommodated in the camp. In response to this crisis, NSS Unit of Pushpagiri College of Nursing, in collaboration with Bodhana – Thiruvalla Social Service Society organized a Flood Relief Activity to provide essential relief materials to the affected families. The programme was conducted under the leadership of Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing, with the active support and participation of all departmental faculty members.

The relief initiative was coordinated by Fr. Binish Simon, Director, Bodhana – Thiruvalla Social Service Society, along with Fr. Rabbie, Bodhana staff, MSW students, NSS volunteers, and faculty members of Pushpagiri College of Nursing.

As part of the disaster management initiative, a joint fundraising campaign was conducted by Bodhana and the NSS Unit to mobilize resources for the preparation of relief kits. Through the generous contributions of faculty members and well-wishers, approximately 100 relief kits containing food items and other essential household supplies were prepared.

The preparation, packing, transportation, and distribution of the relief kits were carried out with the active participation of the volunteers. The relief kits were distributed to families residing in the flood-affected areas of Niranam, ensuring timely assistance to those who had limited access to basic necessities due to the floods. The activity exemplified the spirit of volunteerism, teamwork, and coordinated community response while addressing the immediate needs of the affected community.



NSS REPORT ON FLOOD RELIEF ACTIVITY @ Adopted Village (Kuttoor) ON 05/08/2026.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted a flood relief activity in collaboration with our Community Health Nursing Department to provide essential relief materials to the affected families on **10th August 2026** at **Govt. Higher Secondary school, Kuttoor, Pathanamthitta District.**

A Flood Relief Camp was organized by Pushpagiri College of Nursing, Thiruvalla, with the aim of extending care, support, and essential assistance to individuals and families affected by flooding. The program focused on addressing immediate health and basic needs while providing emotional support and promoting community resilience during times of disaster.

The camp provided basic medical aid, food and water support, essential items, emotional support, and care for flood-affected families. Volunteers actively participated in assisting the beneficiaries, coordinating relief activities, and providing health-related guidance.

Health education was also given on maintaining personal hygiene, using safe drinking water, proper food handling, sanitation, prevention of infections, and seeking timely medical attention for illness following floods.

The nursing students contributed actively to the program by assisting with health assessment, providing basic nursing care, supporting the distribution of relief materials, communicating with affected families, and offering health education and psychological support. Their participation helped strengthen their practical knowledge and skills in disaster nursing and community health nursing.

The Flood Relief Camp was a meaningful community-oriented initiative by Pushpagiri College of Nursing, Thiruvalla. The program demonstrated the

important role of nurses in disaster management, particularly in providing healthcare, health education, emotional support, and community-based assistance. The initiative also strengthened the spirit of social responsibility, teamwork, compassion, and service among the students.



NSS REPORT ON INTERNATIONAL YOUTH DAY CELEBRATION, ON 12/08/2026

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing celebrated International Youth Day.

An International Youth Day program was organized on 12 August 2026 at 9:00 AM at Pushpagiri College of Nursing, Thiruvalla. The program was organized by the National Service Scheme (NSS) Unit in collaboration with the Department of Community Health Nursing, Pushpagiri College of Nursing. The program focused on the theme “Empowering Youth, Shaping Tomorrow”, highlighting the important role of young people as partners in today’s society and leaders of tomorrow.

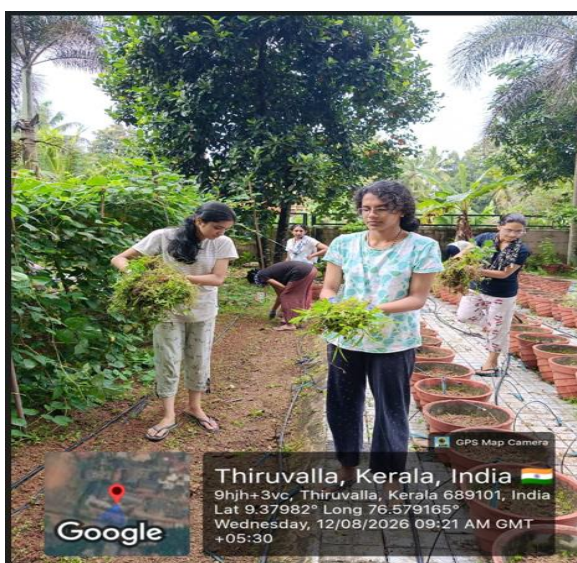
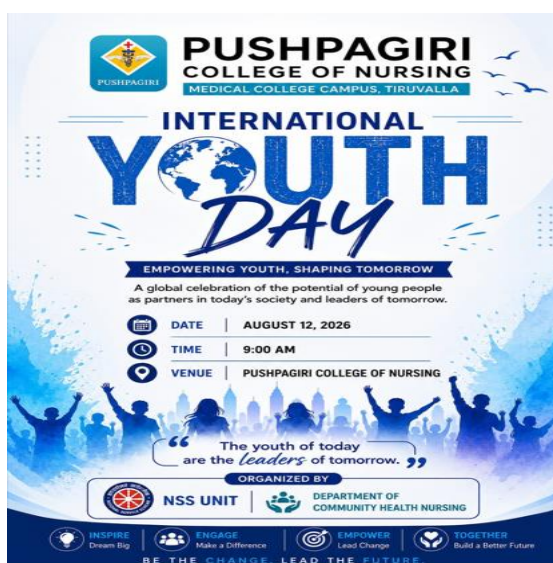
The program aimed to motivate students to recognize their responsibilities as young citizens and to encourage active participation in community development, social responsibility, leadership, and activities that contribute to a better society.

As part of the celebration, students actively participated in a campus cleaning activity. The students cleaned the college campus and surrounding areas, with special emphasis on maintaining a neat and healthy environment. Grass was cut and overgrown areas were cleared, making the campus cleaner, safer, and more attractive. The activity promoted the importance of environmental cleanliness, teamwork, discipline, and community participation among the students.

The campus cleaning activity provided an opportunity for students to work together and contribute meaningfully to the maintenance of their educational environment. Through their active involvement, the students demonstrated that youth can bring positive change through simple but responsible actions in their community.

The program emphasized the values of Inspire, Engage, Empower, and Together, encouraging students to dream big, make a difference, develop leadership qualities, and work collectively towards building a better future. The activities also strengthened the spirit of service and social responsibility among the students.

The International Youth Day celebration was highly meaningful and successful. It created awareness among students about the potential and responsibilities of youth and encouraged them to become active contributors to society. The campus cleaning and grass-cutting activity further reinforced the message that positive change begins with individual responsibility and collective action. The program concluded with a renewed commitment among the students to actively participate in community-oriented activities and contribute towards creating a cleaner, healthier, and better society.



NSS REPORT ON BREAST FEEDING WEEK CELEBRATION ON 12/08/2026 @ Pushpagiri Medical College Hospital.

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing conducted an awareness program as part of **World Breastfeeding Week 2026** in collaboration with our Departments of Obstetrics and Gynecological

Nursing and Child Health Nursing on 12th August 2026 at Pushpagiri Medical College of Hospital.

The World Breastfeeding Week 2026 celebration was organized by the NSS Unit, Departments of Obstetrics and Gynecological Nursing and Child Health Nursing of Pushpagiri College of Nursing, Thiruvalla, as part of the observance of World Breastfeeding Week. The program was conducted on 12 August 2026 at 10:00 AM in the Postnatal Ward. The theme of the celebration was **“Breastfeeding for a sustainable start in life: strengthen what works.”**

The program was conducted with the aim of creating awareness among mothers and families about the importance of breastfeeding, correct breastfeeding practices, common breastfeeding difficulties, and the importance of support from family and healthcare professionals.

The program started at 10 am and included educational skit, breastfeeding model demonstration, panel discussion, and a thematic dance performance. The skit presented common situations and misconceptions related to breastfeeding and conveyed important messages in a simple and engaging manner. A breastfeeding model was used to demonstrate proper positioning and attachment, helping mothers understand correct breastfeeding techniques practically.

A panel discussion was conducted on important aspects of breastfeeding, including exclusive breastfeeding, breast milk production, common breastfeeding problems, maternal nutrition, myths and misconceptions, and the importance of family support. The discussion provided an opportunity for mothers to clarify their doubts and receive appropriate guidance.

A thematic dance performance was also presented by the students to spread the message of breastfeeding awareness in a creative and attractive way. The performance highlighted the importance of breastfeeding for the health and development of the baby and the special bond between mother and child. Then, Dr. Jacob Abraham, HOD, Pediatric department, PMCH, specialized in neonatology, appreciated the nursing students and cleared the doubts of the audience.

Overall, the celebration was informative, interactive, and engaging. The combination of the skit, model demonstration, panel discussion, and dance performance helped to communicate important breastfeeding messages effectively. The program emphasized the importance of promoting, protecting, and supporting breastfeeding and encouraged mothers and families to adopt healthy breastfeeding practices for a sustainable start in life. The program ended at 12:00 Noon.



NSS REPORT ON INDEPENDENCE DAY CELEBRATION @ College ON 15/08/2026

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing celebrated Independence Day on 15th August 2026 from 09.00AM at college.

The Independence Day Celebration was organized on 15 August 2026 at 9:00 AM at Pushpagiri College of Nursing, Thiruvalla, to commemorate the 80th Independence Day of India. The program was conducted with the active participation of the management, faculty members, and students, fostering patriotism, unity, and national responsibility among the students.

The program commenced with the flag hosting by Director Rev. Fr. Mathew Puthenpurayil. The National Flag was unfurled with pride and respect, followed by a solemn and patriotic atmosphere among all those present.

The welcome speech was delivered by Ms. Athira N (NSS Volunteer), who warmly welcomed the dignitaries, faculty members, and students to the Independence Day celebration. She highlighted the significance of Independence Day and reminded everyone of the sacrifices made by our freedom fighters.

The Presidential Address was delivered by Principal Mrs. Prof. Vineetha Jacob, who conveyed her Independence Day wishes and spoke about the importance of patriotism, unity, discipline, and responsible citizenship. She encouraged the students to uphold the values of freedom and contribute positively to the nation.

As part of the celebration, the students presented a dance performance, adding color and enthusiasm to the program. The performance reflected the spirit of patriotism and celebrated the rich cultural heritage of India.

The program finished with the National Anthem. Everyone joined respectfully in singing the anthem, creating a strong sense of national pride and unity. Following the formal program, sweets were distributed among the students and faculty members as part of the Independence Day celebration, adding a joyful note to the occasion. Vote of thanks was delivered by Ms. Ans Manoj (NSS Volunteer), who expressed sincere gratitude to the Director, Principal, faculty members, students, and everyone who contributed to the successful conduct of the program.

The Independence Day celebration was meaningful, patriotic, and successful. It reminded the students of the value of freedom and the responsibilities that accompany it. The program inspired everyone to respect the nation, uphold unity and harmony, and work towards building a stronger and better India.

“Freedom is not just a right; it is a responsibility to build a better nation.”



SREE GOKULAM NURSING COLLEGE,
VENJARAMOODU

SI No	Date	Activity conducted	No.of volunteers participated	No. of hours performed	Achievement to the beneficiaries by the programmes
1)	15-08-26	Independence day celebration	20	4	to embrace the core values of nation

2)	03-09-26	Breast feeding insight	20	2	To build critical clinical competencies
3)	05-09-26	Family planning awareness	20	2	To build critical clinical competencies
4)	09-09-26	Pre conception care awareness	20	2	To build critical clinical competencies
5)	10-09-26	World menopausal day observance	20	2	To build critical clinical competencies

REPORT ON INDEPENDENCE DAY CELEBRATION

A Flag Hoisting Ceremony was conducted on 15 August 2026 in connection with the 80th Independence Day of India at the porch of Sree Gokulam Medical College. The flag was hoisted by the Vice Chairman, Dr. Manoj K. K. He delivered an inspiring address highlighting the significance of Independence Day and the responsibilities of citizens towards the nation. SGMCD Dean Dr. Chandra Mohan , Principal of Sree Gokulam Nursing College, Lt. Col. Meera K. Pillai, was present on the occasion. Medical Superintendent Dr. Krishna , Medical College principal Dr. Nandini , Additional Nursing Superintendent and Deputy Nursing Superintendent of Sree Gokulam Medical College also attended the programme. The dignitaries and staff delivered meaningful and motivating speeches. In addition, the in-charges of various departments of Sree Gokulam Medical College, including the Security In-charge, Housekeeping In-charge, participated in the programme. Various cultural programmes were conducted by the staff of Sree Gokulam Medical College, students of Sree Gokulam School of Nursing, and students of Sree Gokulam Nursing College. A flash mob and a role play were also presented by the students of Sree Gokulam Nursing College.

SANTHI COLLEGE OF NURSING, OMASSERY

Sl. No.	Date	Activity conducted (Name of the Activity)	No. of Volunteers Participants	No. of Hours performed	Achievement to the beneficiaries by the programmes
1	21/8/26	ORS Day	18	30 min	Santhi hospital IP and OP clients, NSS volunteers and Santhi Academy students and staffs.
2	5/9/26	Teacher's Day	50	30 min	NSS volunteers and Santhi Academy students and staffs.
3.	7/9/26	MyBharath – Vikasit Bharath Quiz	32	30 min	NSS volunteers and Santhi Academy students.
4.	11/9/26	Mental Health Day – Suicide prevention role play	10	1 hr	Role play conducted at Kozhikode beach. (Participated the role play along with Chethana Hospital Kozhikode)

1. ORS DAY

World ORS Day is observed every year to raise awareness about the life-saving benefits of Oral Rehydration Solution (ORS) in preventing and treating dehydration. ORS was formulated in the late 1960s through cholera and diarrheal research as a precise mix of salts and glucose. Santhi hospital Omassery IP and OP clients, NSS volunteers and Santhi Academy students and staffs.

Students explained the Saves Lives: Educates the public on using ORS as a first-line treatment for dehydration caused by diarrhoea, vomiting, and heat. Protects Children: Targets the reduction of preventable mortality in children under five, where diarrheal dehydration remains a major risk.

2. MyBharath – Vikasit Bharath Quiz

NSS volunteers and Santhi Academy students participated in the quiz.

3. Mental Health Day – Suicide prevention role play

World Suicide Prevention Day (WSPD) is organized by the International Association for Suicide Prevention (IASP). WHO has been co-sponsor of the day. The purpose of this day is to raise awareness around the globe that suicide can be prevented. Role play conducted at Kozhikode beach. (Participated the role play along with Chethana Hospital Kozhikode).

Sd/-

Dean (Student Affairs) & NSS Programme Coordinator