






AL SHIFA COLLEGE OF NURSING

PERINTHALMANNA

NSS

2019

| SL NO. | NAME OF PROGRAMME | REPORT OF PROGRAMME | PHOTOGRAPHS |
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| 1. | National youth day programme | As per the instructions from the KSACS, national youth day was observed by the RRC volunteers of Al shifa college of Nursing with various activities which include seminar on HIV/AIDS and elocution competition based on a theme of “addicted to life, not to web life”. Seminar on HIV /AIDS was conducted on 19/01/19 at college auditorium, Alshifa college of Nursing. The session was handled by Mr. Abdul Majeed (counselor,ICTC) DilnaDevassia (Project Manager) and sessions were started at 3 PM and concluded at 5 PM |  |
| 2. | Pain and Palliative day | Pain and palliative day was observed by the NSS volunteers of Alshifa college of Nursing on 15/01/2019 at ISS school, Perinthalmanna. The programme was inaugurated by Janab.P.Uneen. (Vice chairman-KIMS AlshifaHospital,Perinthalmanna) With the presence of Dr.Samuel Koshy (President. Pain and palliative unit),Mr.Noufal (Principal. ISS school)Dr.Tilagavathi Roy (Principal, Al Shifa College of Nursing). The programme comprises of Health Exhibition on various aspects of Palliative care and also Puppet show was conducted by the NSS volunteers. Students of ISS school attended the |   |






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| | | programme and the whole programme came to an end by 3:30 PM | |
| 3. | NSS orientation class | NSS orientation class was taken by Mr.JUNISE.V, NSS Regional coordinator, KUHS and Professor Alshifa college of Pharmacy. Class was conducted on 24/01/2019. Various motivating learning experiences were provided to the audience during the session. |  |
| 4. | World cancer day | World cancer day was observed on 04/02/2019 at Al Shifa college of nursing. Dr. shibulal (NHM District co ordinator) inaugurated the programme and took a seminar on Cancer. Mr.Mohanachandran (DYSP. Perinthalmanna) Mr. Abdul Razaq (Finance Director Shifa Medicare Trust), Mr. KutteriMannuppa,Dr.Thilagavathy Roy (Principal, Al Shifa Nursing Collge)Mr. Jansan Mathew (NSS programmeofficer,ACN) were present on the occasion. |   |







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| 5. | NSS Special camp | <p>NSS Unit No. NSS/FU/MPM/KUHS/3</p> <p>Al-Shifa College of nursing under KUHS(Kerala University Of Health Sciences)had conducted special camp at Mankada from 22/02/2019 to 28/02/2019.The group consists of totally 50 volunteers. The unit is guided by Mr.Jansan Mathew K and Mrs. Sreya.C (N.S.S Asst. Programme Officer).The camp was conducted with prior permission taken from Mankada Panchayath and Medical Officer CHC Mankada. The various activities conducted during the camp was health survey, health education, school health programme, village cleaning and beautification, planting vegetable seeds, medical camp, health exhibition,kilikudamprograme and cultural programmes were conducted during the special camp</p> |   |
| 6. | Campus farming programme- 'vithum kaikottum' | <p>Campus farming programme was conducted by the NSS volunteers of Al shifa College of Nursing on 27/04/2019 at college campus. The programme was inaugurated by Dr. Thilagavathy Roy by distributing the seeds to the volunteers. The area for farming was divided into 4 plots and given it to 4 groups. It was assured that the best plot will be given cash prize.</p> |   |



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| 7. | World Asthma day programme | <p>NSS Unit of Alshifa college of Nursing observed world Asthma day on 07 May 2019 at Government District Hospital Perinthalmanna. The Program was started at 9:30 am with prayer song by third Year Bsc Nursing Students. Welcome speech by AshnaBava, III yearBsc (N), Presidential address given by Mrs. Sini Neeruzi Vice principal, with the presence of Principal, Dr Prof. Thilagavathy Roy, The program was inaugurated by, Medical Officer Dr. Shaji Abdul GafoorM.D,physician, senior consultant, perinthalmanna GH. Felicitation wasgiven by, Dr. Saju Mathew, Dr. Shaju Mathews, Consultant, GeneralSurgeon, Perinthalmanna, GH, Dr.Kavitha. V Pulmonologist, Dr. Indhu.S Resident Medical Officer and Mr.Muraleedharan Administrative Officer Alshifa College Of Nursing, Asthma awareness session and exhibition was organized the NSSvolunteers.</p> | |
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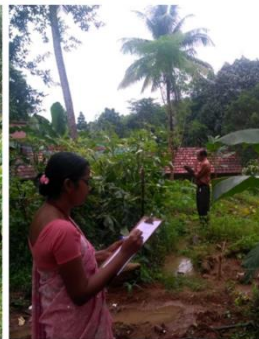


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| 8. | International yoga Day | <p>International yoga day was observed by the NSS unit of Al shifa College of nursing on 21/06/2019. The program was started by the NSS Anthem. Programme officer Mr. Jansan Mathew welcomed the gathering. Principal Dr. Thilagavathy Roy introduced the Yoga trainer Mrs. Mini Sivadas to the participants. Mrs. Mini Sivadas has demonstrated various asanas and emphasized the importance of yoga in Daily life.</p> |     |
| 9. | Campus farming | <p>The vegetables from the campus farm were harvested on 27/06/2019. The volunteers brought the products from the farm and it was auctioned and sold out. Faculty and students of Al Shifa College of Nursing attended the auction and vegetables include amaranthus, peas, ladies finger etc.</p> |    |
| 10. | Campus farm-evaluation of plots | <p>NSS volunteers of our institution planted, manured, maintained the vegetable garden in our campus and they have auctioned the products (like pea, ladyfinger, brinjal etc) from the campus farm. The evaluation of the farm was conducted on 22/07/19 by Mrs. Sini Neeruzhi (Vice Principal) and Mr. Muraleedharan (Administrator).</p> |   |





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| 11 | Collection and handing over of treatment fund | An amount of rupees 123,330/- was collected by the NSS volunteers of Al shifa college of nursing towards the treatment fund of Mrs. Jihi Melba (Faculty, Alshifa college of nursing) and it was handed over to Mrs. Jihi Melba on 26/07/2018. |  |
| 12 | Observation of world breastfeeding week 2019 | <p>Breast feeding week was observed by the NSS unit of Al shifa college of nursing from 01/08/2018 to 08/08/2018. The details of activities conducted are given below.</p> <p>01/08/19 Pamphlet release, exhibition KIMS Alshifa hospital</p> <p>02/08/19 Pamphlet release, exhibition Nursing home, perinthalmanna</p> <p>03/08/19 Pencil drawing competition Al Shifa college of nursing</p> <p>05/08/19 exhibition District hospital, perinthalmanna</p> <p>06/08/19 exhibition Anganwadi, pulikkalparambu, mankada.</p> |  |





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| | | <p>07/08/19 Exhibition and role play Ramdas hospital, Perinthalmanna</p> <p>08/08/19 Poster competition Alshifa college of nursing</p> | |
| 13 | Swachhta pakhwada | <p>As a part of 'swachdapakwada' initiatives, NSS volunteers of Alshifa college of nursing conducted various swachadaprogrammes. SwachthaSh apath (oath) was taken by the NSS volunteers on 01/08/2019. Campus cleaning programme was conducted on 03/08/2019. Volunteers cleaned inside and outside of the campus, segregated and disposed the waste in safe manner.</p> |  |
| 14 | Flood relief activities | <p>NSS volunteers devoted their services to the flood affected areas of Malappuram district. They rendered their selfless service to the victims of flood in Nilambur. Our unit has started a collection point at Our campus and collected and distributed essential commodities such as food items, cloth, bedsheet, napkins etc to the people in Nilambur. Also the volunteers involved in the house and premises cleaning in flood affected areas. On 20/08/2019 our NSS volunteers visited the flood affected areas in Nilambur along with other 1000</p> |  |






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| | | <p>volunteers from Perinthalmanna Municipality for cleaning the houses, streets and chlorination of well.</p> <p>The volunteers removed the wastes accumulated in front of the houses and disposed it in safe manner.</p> |  |
| 15 | Independence day | <p>Independence day was celebrated by NSS unit of Alshifa college of Nursing on 15/08/2018. Flag was hoisted by Mr. Jansan Mathew K (NSS programme officer) and the independence day message was given by Mr. Prashanth (Asst. Professor, Alshifa college of Nursing).</p> |  |
| 16 | Poshan Abhiyan activity- Community Nutrition programme | <p>As a part of poshan abhiyan activity, Community nutrition programme was conducted by the NSS volunteers of Alshifa college of Nursing on 03/09/2019 at Kootil, Mankada. The programme was inaugurated by Dr. G. Thilagavthy (Principal, Al Shifa college of Nursing), Vice principal Mrs. Sini Neeruhi, NSS programme officer Mr. Jansan Mathew, Mr. Jiss George, Mr. Noushad (Ward member) etc. were present on the occasion. The different categories of food items were prepared and displayed in the community and categories included weaning diet, diet for toddler, diet for adolescents girls and boys, diet for elderly, diet in diabetes mellitus, diet in hypertension etc.</p> |  |



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| 17 | Poshan Abhiyan-Food festival | <p>Food festival was organized by the NSSvolunteers of Al Shifa College ofNursing on 6/09/2019 at seminar Hall,Al Shifa College of Nursing. Theprogramme was inaugurated by Dr. G.Thilagavathy (Principal), Mrs.SiniNeeruzhi (Vice Principal), Mr.JansanMathew (NSS programme officer), Mrs.Seelia Peter (Associate Professor) etc were present on the occasion. Volunteers prepared and displayed various types of food items such as dietin Diabetes Mellitus, diet in Chronicliver diseases, diet in pregnancy, Dietfor under five, diet in adolescence andpreservatives.</p> | |
| 18 | Distribution ofcash prizes- campus farming | <p>Evaluation of the campus farm was conducted on 22.07.2019 and the cashprizes for the winners were handed overby Principal Dr.G.Thilagavathy on21/09/2019. The first prize Rs.1000/-, second prize Rs.750/- andconsolationprizes Rs.250/- (for two teams,250*2=500) were given to thewinners.NSSprogramme officerMr.Jansan Mathew was present on theoccasion.</p> | |



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| 19 | Celebration of Gandhi Jayanthi and 50 TH Anniversary of National service scheme | 150 th birth anniversary of Father of Nation was observed in the campus by the NSS unit on 01.10.2019. The programme was inaugurated by Dr. G. Thilagavathy (Principal) with the presence of Mrs. Sini Neeruhi (Vice Principal) and Mr. Jansan Mathew K (NSS Programme Officer). The programme comprised of Quiz competition and drawing competition. The quiz competition was lead by Mr. Jansan Mathew. On the occasion of 50 th anniversary of NSS, Speech on NSS was given by NSS Volunteer Ms. Ancita Joseph and she shared her experience with NSS. |   |
| 20 | Seminar on Palliative care | On the occasion of international day of older person. Our volunteers attended a seminar on palliative care at pain and palliative clinic, Perinthalmanna on 01.10.2019. |  |
| 21 | Observance of AIDS day | NSS unit of Al Shifa college of Nursing on 01.12.2019 at Perinthalmanna Municipal shopping complex premises from 8am to 9.30 am. The official programme was started at 8am with NSS anthem by volunteers and Dr. G. Thilagavathy, Principal welcomed the gathering. The presidential address was given by Dr. Mohammed Yahiya, mentor of ACPMS. The inauguration was done by Mr. Muhammed Saleem, Municipal Chairman, |  |


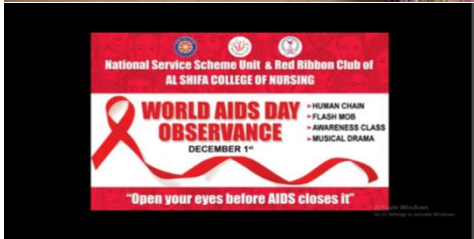



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| | <p>Perinthalmanna Municipality Felicitation was given by Mr. Arif Pathath, (Health standing committee chairman of perinthalmanna municipality). Programmes conducted</p> <ul style="list-style-type: none"> <input type="checkbox"/> Awareness classes <input type="checkbox"/> Flash mob and musical drama <input type="checkbox"/> Human chain <p>Awareness classes Awareness class on AIDS was given in two languages i.e, Hindi and Malayalam by Mrs. Salini K and Ms. Athira Prasad respectively. Hundreds of north Indian migrants were the part of this programme and health talk was given to them in their language. Pamphlets were distributed in two languages. Musical drama and flash mob A musical drama and flash mob was organized by the NSS volunteers to spread the message on AIDS. Human Chain A human chain also was organized as a part of AIDS day Programme. It was inaugurated by Mr. Mohammed Salim (Municipal Chairman). Hundreds of people participated in the human chain and it started from Nilambur road to Mannarkad road through the left side of the Perinthalmanna central Junction.</p> |    |
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