




# AL SHIFA COLLEGE OF NURSING

## PERINTHALMANNA

### NSS

### 2021

SL NO.	NAME OF PROGRAME	REPORT OF PROGRAME	PHOTOGRAPHS
1.	NSS virtual special camp	NSS Special camp of the year 2020-21 was conducted by the NSS unit of Alshifa college of Nursing from 19.01.2021 to 25.01.2021. camp was conducted virtually using google meet platform.	
2.	Republic day celebration	Republic day was observed by the NSS unit of Alshifa College of Nursing on 26.01.2021 from 8 am to 10 am. Mr.Suresh (Administrator, ACPMS) raised the flag. Mr.Jansan Mathew K(Program officer) Conveyed republic day message. NSS volunteers sang the patriotic song and sweets were distributed.	
3.	World health day 2021	NSS unit of Al shifa college of Nursing observed world health day 2021 on April 07. Our NSS volunteers have created an awareness video based on the theme of World health day and circulated through various social media platforms	<b>Video link-</b> <a href="https://youtu.be/XW1La0mUVKc">https://youtu.be/XW1La0mUVKc</a>





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4.	Kilikudam-program to provide drinking water to birds	<p>NSS unit of alshifa college of nursing organized “Kilikudam – program to provide drinking water to birds”. Potable drinking water was provided in clean mud pots and kept hanged on trees. The program was inaugurated by Dr.P.Uneen (Managing Trustee, Shifa Medicare Trust) by pouring water into pot. Dr.G thilagavathy (Principal), Mr.Suhail Hmaza (General manager, Shifa Medicare Trust), Prof.Sini Neeruzhi(Vice Principal),Mr.Muraleedhran (Administrator), Mr.Jansan Mathew K (NSS program officer ) etc were present during the occasion.</p>	  <p>Perintalmanna, Kerala, India          Unnamed Road, Perintalmanna, Kerala 679322, India          Lat N 10° 58' 43.014"          Long E 76° 12' 49.2588"          10/04/21 09:47 AM</p>
5.	Nurses day	<p>Nurses day is observed on May 12 every year to commemorate the birth anniversary of “lady with lamp- Florence Nightingale”. Nurse’s day 2021 is celebrated amidst of pandemic Covid-19 and the Nurses are considered as heroes of the war against corona Virus. So the NSS unit of Alshifa college of Nursing observed Nurses day on May 12 2021 by creating a video on Nurse warriors to salute them on this occasion. Video was circulated through various social media platform such as Youtube,whatsapp and face book. Offline activities could not conducted as the</p>	<p><b>Nurses day 2021 video link</b>  <a href="https://youtu.be/272Le9Najmo">https://youtu.be/272Le9Najmo</a></p>



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		lockdown was announced	
6.	World environment day	<p>World environment day was observed by the NSS unit of Al Shifa College of Nursing on 05.06.2021. various programs organized on particular day like “best out of waste (waste recycling ) competition and “club house” discussion with Dr.Babz Sager (FJALLRAVEN POLAR EXPEDITION winner ) on “prakruthiyilekku:-yatrayum visheshangalum”.</p> <p>“Best out of waste competition” was conducted on 05.06.2021 from 4am-5:15 pm. Participants showcased their creativity to make a value added product from waste material. Participants presented their creativity and it was evaluated by the judges . first prize was won by Ms. Bheema Mol Nizar (2<sup>nd</sup> Yr BSc Nursing) and second prize was bagged by Ms Sarangi K(2<sup>nd</sup> Yr</p>	



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		<p>BSc Nursing).</p> <p>Club house” discussion with Dr.Babz Sager (FJALLRAVEN POLAR EXPEDITION winner ) was conducted on 05.06.2021 from 5:30pm to 7:30 pm. NSS volunteers, Programm officer and other faculty on the institution along with public participated in the discussion conducted through “club house platform”. Dr.Babz Sagar narrated his experience of eco friendly travel and urged the participants to follow eco friendly measures while travelling. He also motivated all to love nature, if so, nature will love us back. It was very interesting interacting session and completely new experience for all of us.</p>	
7.	Yoga day	International yoga day was observed by the NSS unit of Ahshifa college of Nursing, Perinthalmanna On 21.06.2021	



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		<p>based on the theme 'Yoga for Wellness'. Yoga orientation program was conducted and the session was lead by Mrs.Mini Sivadas (Yoga Trainer) and her daughters Aleessha and Shilpa. Program was conducted from 7:30 AM to 8:30 AM. Due to the covid-19 restrictions, orientation program was conducted online using Google Meet platform. NSS program officer Mr. Jansan Mathew welcomed the gathering. I BSc Nursing, I PBSc and I MSc Nursing students were the participants of the session</p>	
8.	Motivational session-Motus Oratio.	<p>NSS unit of Alshifa college of Nursing, Organized a motivational session, "Motus Oratio" on 12.07.2021 for the NSS volunteers. The program was conducted online using Google meet platform from 2PM to 3 PM. The session was lead by Mr.Jithu (Radio Jockey, Red FM, Kannur). Prof. Sini Neeruzhi (Vice Principal), Mr.Jansan Mathew (NSS program officer) were present during the occasion</p>	








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9.	Breast feeding week celebration	<p>NSS Unit of Al college of Nursing organized breast feeding celebration week from 01/08/2021-07/08/2021 in coordination with department of Obstetrics and Gynaecologicalnursing and Child Health Nursing with the theme of <b>Protect Breastfeeding: A Shared Responsibility</b>. The programmes planned were e poster making competition, video making and pamphlet distribution.</p> <p>E poster making competition was conducted on 28/7/21 among students. The winner of the competition was Ms. Sinsha K, First year M.Sc. Nursing.</p> <p>A video on importance and benefits of breast feeding was prepared by the first year P.B.BSc. Nursing students with a view to give awareness to the common people through the social media.</p> <p>Around 200 pamphlets were distributed on 5/8/22 by the first year P.B.BSc. students at the bus stand, Perinthalmanna town. The pamphlets includes information regarding techniques and importance of breast feeding.</p>	 <p>Organized by : Department of Obstetrics &amp; Gynaecological Nursing and Department of Child Health Nursing <b>Al Shifa College of Nursing</b> Angadipuram, Perinthalmanna</p>  
10.	Gender sensitization program	NSS unit of Alshifa college of Nursing, Organized a gender sensitization programe in association with District Women	



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		<p>and Child development office and mahilashakthi Kendra Malappuram.</p> <p>Dr Prof Thilagavathy ,Principal Alshifa college of nursing was one of the chief guests of the programme. Mr Jiss George (NSS program officer, Alshifa college of Nursing) and Ms Vandana I (Women cell coordinator, Al shifa college of nursing ) delivered felicitation for the program. Main talk was on the topic Gender and law, handled by Resource person Smt Vilasini E (Kerala satra Sahitya Parishad, State committee member)</p>	
11	'Rashtragaanam' participation	<p>NSS volunteers actively participated in 'Rashtragaan' an initiative by the ministry of culture to mark Azadi Ka Amrit Mahotsav.</p>	
12	POSHAN MAAH-2021 Social media campaign on antenatal diet	<p>NSS Unit of Al college of Nursing conducted one week online awareness program on antenatal diet from 20/09/2021-25/09/2021. NSS volunteers prepared five short videos on antenatal diet and published through college official online platforms</p>	





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13	National life celebration	Wild week	NSS volunteers of Al Shifa college of nursing attended a seminar session on 07/10/2021 at Al Shifa college of pharmacy. Seminar session was inaugurated by Dr P Unnen and the session was handled by Dr P S Easa, Member of IUCN on the topic 'why wild life conservation'. Session was interesting and ended with vote of thanks by Dr P K Babu, Principal , Al Shifa college of Arts and Science	 <p>x perinthalmanna,kizhatoor,679325, Kerala 679322, India</p> <p>Latitude 11.0623383° Longitude 76.2387797°</p> <p>Local 10:20:51 AM Altitude 0 meters</p> <p>GMT 04:50:51 AM Thursday, 07-10-2021</p>
14	Breast cancer awareness campaign		<p>NSS Unit of Al college of Nursing in association with obstetric and gynaecological department conducted a breast cancer awareness campaign on 29<sup>th</sup> and 30<sup>th</sup> of October 2021 in Perinthalmanna Nursing home and KIMS Al Shifa Hospital.</p> <p>Program started with welcome speech by Ms Jiya Thomas. Dr Muhammed Yahiya, medical supereintendent , KIMS Al Shifa inaugurated campaign , Mr Siraju Rahaman delivered a session on breast cancer followed by Pamphlet release and distribution. Campaign came to an end by vote of thanks delivered Ms Anjali Thomas .</p>	 <p>Near Hospital,, Perinthalmanna Main Road,, Perintalmanna, Kerala 679322, India</p> <p>Latitude 10.9847353° Longitude 76.2239404°</p> <p>Local 11:16:16 AM Altitude -54.2 meters</p> <p>GMT 05:46:16 AM Saturday, 30-10-2021</p>





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15	AIDS day program	<p>NSS unit and Red ribbon Club of Al shifa college of Nursing celebrated World AIDS (Acquired immunodeficiency syndrome) day on Dec 01,2021. The program was based on the theme “<b><i>End inequalities, End AIDS, End Pandemic</i></b>” and conducted in association with Department of Community Health Nursing, Department of Obstetrics and Gynaecological Nursing and Department of Medical surgical Nursing. Venue of the program was conducted in High tech shopping Complex, Perinthalmanna. and Mr Shaji Municipal Chairman inaugurated program , Health inspector of Govt Hospital, Perinthalmanna, Medical Superintendent KIMS Al shifa Hospital, Principal, Vice principal, HODs of various departments, Teaching and Non teaching staff were present at the time of inaugural function. Around 300 migrated employees attended the program. Programme was started with the Flash Mob by the 3<sup>rd</sup> year B.Sc Nursing Students(Department of Medical surgical Nursing). Student representatives from OBG department provided health education regarding AIDS in both Malayalam And Hindi language. Dr. FOUSIYA YAHYIA(Academic mentor, Al shifa College of</p>	
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**2021**

		<p>Nursing) released Pamphlet prepared by II PbBSc(N) students . Final year B.Sc Nursing students (Department of Community Health Nursing)performed Street play “THIRICHARIVU”. OBG department conducted a Health Exhibition. Later prizes were distributed for winners in lucky draw and Quiz Competition. The programme was ended with vote of thanks by Mr. JANSAN MATHEW (HOD,Community Health Nursing).</p>	
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