

SUBMISSION OF MONTHLY REPORT OF NSS REGULAR ACTIVITIES

Consolidated Report for the period of 1/04/2018 to 31 /03/2019

Name of the Institution : AL SHIFA COLLEGE OF PHARMACY

Name of the Programme Officer : JUNISE V

Name of the adopted Community/Village: KIZHATTUR

Sl. No	Date	Activity Undertaken (Brief Description)	No of Units	No. of participants	No. of Hours	Achievements
01	25-5-18	50 school kits to kids of cancer & dialysis patients	01	100	4hours	Distributed kits among the kids of cancer and dialysis patients
02	5-6-18	Planted 240 saplings on environment day	01	100	3hours	Volunteers took a pledge to make campus more green
03	6-6-18	planted 100 jack fruit seedlings	01	50	3hours	Made a jack fruit garden called plathottam
04	21-6-18	Yoga day celebration	01	200	3hours	Staff and students participated
05	29-7-19	Kidneydisease detection camp	01	100	6hours	340people participated
6	19-8-18 to 22-8-18	Volunteering during kerala floods in koottilangadi&paravoor	01	100	72 hours	Water well cleaned & disinfected(malappuramdt)  Supplying relief materials to relief camp (paravoor)
7	25-9-18	Awareness about mental health among youngsters	01	100	3hours	Students made a detailed discussion on adolescent issues with the psychiatrist
8	28-10-18	Collection & donating food & cloth at praavoor	01	10	24 hours	Distributed about 1.35 lakh worth food ,cloth ,house hold items at paravoor area

Sl. No	Date	Activity Undertaken (Brief Description)	No of Units	No. of participants	No. of Hours	Achievements
09	22-12-18	Street play & plastic awareness	01	30	6 hours	Village visit & awareness program
10	9-01-19	Wall painting against plastic	01	10	12hours	Wall painting against plastic burning on road side wall
11	18-01-19	Vithumkaikkottum -veg seed distribution	01	20	2hours	Distributed 300 veg seed packets among students and staff
12	01-02-19	Cancer awareness program	01	100	3hours	Cancer awareness at melattur in association with pain & palliative
13	26-2-19	Paravakalkku praanajalam	1	100	7hours	Kept 55 clay pots in and around the campus for birds
14	18-03-19 to 24-3-19	Seven days Special camp	01	76	84 hours	health survey at kizhattur bus stop construction at karyamad, digitalization, awarness programs .classes etc
1	30-3-19	painting & cleaning of patt,ikkad railway station	01	35	12hours	Cleaned & painted the pattikkad railway station

- (Attach here Brief Report on each activity Along with Photographs in Word format only)

Signature of the Programme Officer Signature of Principal

25-5-18

50 school essential kits were donated to cancer kids patients at Al Shifa College of Pharmacy. The kits included essentials required in school thereby promoting education and a ray of hope for a better future



## **HARITHAKAM**

**05/06/2018**

Venue: Al Shifa College of Pharmacy

Planted 240 saplings on environment day on World Environment Day, 5<sup>th</sup> June



## **PLATHOTTAM**

**Date: 06-06-2018**

Venue: Al Shifa College of Pharmacy

Planted 50 jackfruit saplings in the college area to encourage tree plantation.



## WORLD YOGA DAY

Venue: Al Shifa College of Pharmac21<sup>st</sup> June

Date: 21/06/2018

Sri. Jayprakash (yoga instructor, Perinthalmanna) conducted the Yoga Class to give the importance of a healthy mind and body and promoting the culture of yoga and its benefits in day to day life.



## KILA TRAINING PROGRAMME

Venue: KILA, Malappuram

Date: 25-06-2018 to 28-06-2018

NSS committee, malappuram in association with Kerala institute of Legislative Administration organized training programme for NSS programme officers, in which Al Shifa College of Pharmacy also participated.



## KIDNEY DISEASE AWARENESS CAMP

Venue: R M High School, Melattur.

**Date:** 29-07-2018.

The awareness programme was coordinated by NSS student volunteers under the guidance of Principal Dr. T. N.K. Suryaprakash and Mr. Unneen (KIMS Al Shifa hospital). Along with volunteered doctors and nurses, the camp was successfully conducted with a majority of people's participation



## STAND WITH KERALA

Day 1

Date: 19/08/2018

Venue: Kootilangadi, Malappuram

Students teamed in four different wards of the area and worked in setting back the lives of the people affected in the area. They worked together in cleaning and chlorinating the water wells of houses in the region.



Day 2

Date: 21/08/2018

Venue: Al Shifa College of Pharmacy

Volunteers collected the materials such as food items, clothes, sanitary napkins, medicines, crockery items, blankets etc. from different areas and send it to relief camp base which was further distributed to the people at relief camps the next day.



### Day 3

Date:22/08/2018

Venue: Paravoor, Ernakulam.

Delivered the relief essential materials in the Paravoor relief camp and started their work of cleaning, disinfecting and chlorinating wells of the house of one of the student of Al shifa college of Pharmacy whose house was destroyed in the floods. Thereby further helping the neighbouring houses for clean up and disinfection.





## AWARENESS ABOUT MENTAL HEALTH AMONG YOUNGSTERS

Venue: Al Shifa College of Pharmacy, Malappuram.

Date:- 25-09-2018

Dr. Jishnu Naryan were made aware about the common mental health problems and a way to tackle them, followed by a question answer session.

**AWARENESS ABOUT MENTAL HEALTH AMONG YOUNGSTERS**

**DR. JISHNU NARAYANAN**

**2018 SEPTEMBER 25**  
**9AM**  
**AL SHIFA COLLEGE OF PHARMACY**

**ORGANIZED BY NSS UNIT**  
**AL SHIFA COLLEGE OF PHARMACY**  
NSS/FU/MPM/KUHS/4

Logos: SIMS (Sri Institute of Medical Sciences) and National Service Scheme (NSS).



## STAND WITH KERALA

Venue: Paravoor, Ernakulam

Date: 28-10-2018

Distributed about 1.35 lakh worth food, cloth, house hold items at Paravoor area



## SCHUTIWA MISSION NSS ACTIVITY

Venue: Al Shifa College of Pharmacy

3/12/2018:- One day campus cleaning

22/12/2018:-Village visit and awareness campaign

09/01/2019:- Street play

18/01/2019:- Veg seed distribution of 300 packets

