

SUBMISSION OF YEARLY REPORT OF NSS REGULAR ACTIVITIES

Consolidated Report for the period of 1/01/2022 to 31 /12/2022

Name of the Institution : AL SHIFA COLLEGE OF PHARMACY

Name of the Programme Officer : JUNISE V

Name of the adopted Village : KIZHATTUR

Sl. No	Date	Activity Undertaken (Brief Description)	No of Units	No. of participants	No. of Hours	Achievements
01	15-01-22	Palliative Care Day	01	100	1 day	15 th batch B Pharm students donated dialyzers for kidney patients. NSS unit donated dialysis machine to the clinic.
02	27-01-22	Seminar on WASTE MANAGEMENT & ECOFRIENDLY APPROACHES	01	60	3 hours	Mr. Anoop Menon, Sr. Technical associate, Socioeconomic unit, Kizhattur was the resource person
03	03-02-22	Seminar on MENTAL HEALTH WORKSHOP SERIES	01	140	3 hours	Dr. Pavithra Sharma, Senior resident, Department of Psychiatry, Govt. Medical College Manjeri had delivered the session.
04	19-02-22	Campus bird count	01	45	3 hours	Counted the birds to get more exposure about the habitat of those birds and to learn the wildlife present in our surroundings.
5	25-02-22	SWEEP'22 (SAFE WASTE ELIMINATION & ERADICATION OF PLASTICS)	01	100	1 day	26 bags of waste material including plastics, bottles and paper were collected and disposed.

Sl. No	Date	Activity Undertaken (Brief Description)	No of Units	No. of participants	No. of Hours	Achievements
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06	08-04-22	PARAVAKALKK PRANAJALAM-7	01	50	1 day	Students kept earthen pots under the trees to make the challenge eco-friendly.
07	27-04-22	VITHUM KAIKOTTUM 2022	01	60	3hours	Mrs. Nasmi Abdul Khadar, Agriculture officer of Kizhattur Krishi Bhavan conducted a seminar about the need of vegetable garden in each house. 300 seeds were planted in grow bags.
08	18-05-22	AKSHARAM 2022	01	50	3 hours	55 school kits were distributed among the students of patients under pain & palliative care centre
09	26-05-22	VIMUKTHI 2022- BE A WARRIOR AGAINST DRUGS	01	100	3 hours	Created awareness againt the use of drugs in students. Dr. Biju P, Preventive officer, Excise department had conducted the session.
10	09-06-22	HARITHAKAM 2K22	01	100	3 hours	Planted 300 saplings in college and diploma students briefed about the importance of world environment day.
11	04-11-22	SAY NO TO DRUGS – POSTER COMPETITION	01	10	3 hours	Selected the best posters for DARE program
12	26-11-22	DRUTHI- TRIBAL VISIT in association with Pharmacy week celebration	01	80	1 day	Tribal visit to Chokkad panchayat in Nilambur.
13	03-12-22	DRUG ABUSE AWARENESS PROGRAMME	01	120	4 hours	Conducted rally to Kizhattur primary health centre and conducted flash mob by the students.

Signature of the Programme Officer

Signature of Principal

1. **WASTE MANAGEMENT AND ECOFRIENDLY APPROACHES** The seminar was conducted by NSS unit of Al Shifa College of Pharmacy. The Resource Person was Mr. ANOOP MENON, Sr. Technical Associate, Socio Economic Unit, Kizhattur. Prof. JUNISE V, Vice Principal, Al Shifa College of Pharmacy address welcome speech. All non-teaching and teaching staffs are the participants/ audience. He said that importance of waste management and

how we can manage/discard the waste, that produced by any labs or college or house etc. He also mentioned the project by government “Haritha Karma Sena” is a micro-entrepreneurial initiative under Kudumbashree Mission. The business can be of any type, such as upcycling (transforming the waste materials into new products), distribution and maintenance of bio-bins and or even servicing the solar power panels. He says that waste management reduces the effect of waste on the environment, health and so on. It can also help reuse or recycle resource, such as paper, cans, glass, and so on. He suggested that Different coloured dust bins are placed in many locations of Laboratories, classroom, corridors and washrooms for the segregation of different type of wastes as per requirement. Yellow coloured bin for collecting infectious waste, Red bin for plastic waste, Blue bin for collecting broken glasses and Black bins for general waste. Every 2 months of periods “Haritha Karma Sena” team will come and collect the wastes. Haritha Karma Sena has agreed to sign MOU towards the waste management.





AL SHIFA COLLEGE OF PHARMACY
 (Approved by AICTE, PCI and Affiliated to Kerala University of Health Sciences)
 KEEZHATTUR, PERINTHALMANNA, MALAPPURAM, 679325

WASTE MANAGEMENT AND ECO FRIENDLY APPROACHES



DATE : 27-01-2022
TIME : 10.00 AM
VENUE : SEMINAR HALL

RESOURCE PERSON :



MR. ANOOP MENON
 Sr. Technical Associate
 Socio Economic Unit
 Foundation, BI New Block,
 Civil Station, Malappuram.



2. **Mental health workshop series – raise awareness and erase the stigma** was held on 3 February at 10:00 am in the college auditorium organized by the students of first year Pharm D (12th batch). This started with the arrival of our resource person Dr. Pavithra Sharma (senior resident, Department of Psychiatry, Government Medical College, Manjeri) at 10:00 am. The programme began with a prayer song sung by Robin and Thasleem of first year Pharm D. Our Vice Principal Professor Junise. V welcomed the guest. The purpose of this program was to help students clear their doubts about anything related to their mental health. Chocolates were given to those who had come forward with a question or a doubt. There was a great enthusiasm and interaction among the students and they were looking highly spirited. It was an unforgettable programme. The chief guest had given a wonderful scientific session and had explained it even better with a power point presentation. It helped a lot of students come forward with any trouble that they had been facing. Our manager, Mohammed Faisal had handed the momentum to our chief guest. The programme ended with three students coming forward with the feedback and our Vice Principal had delivered the vote of thanks. He thanked the chief guest, the audience, the anchors, the faculties, the technicians and everyone who had helped make this programme a successful one.





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(Approved by AICTE, PCI and Affiliated to Kerala University of Health Sciences)
KEEZHATTUR, PERINTHALMANNA, MALAPPURAM, 679325

Organized by



NSS UNIT
NSSFU/MPM/KUHS/4

MENTAL HEALTH WORKSHOP SERIES

Mental Health - Raise awareness
& Erase The Stigma

RESOURCE PERSON :
Dr. Pavithra Sarma
Senior Resident, Department of
Psychiatry, Government Medical
College, Manjeri

DATE : 03-02-2022
TIME : 10:00 AM
MULTIPURPOSE AUDITORIUM



CAMPUS BIRD COUNT: - Program was guided by Dr Prasanth Sir who explained in details about the different types of birds by hearing their sounds. Principal Dr. T.N.K Suriyaprakash Sir and Vice Principal Junise sir spoke during the session. During the walk, observed and counted birds such as bronzed drongo, greater racket-tailed drongo, white-throated kingfisher, Indian golden oriole and many other bird species. Also managed to capture pictures of most of the birds. They learned various things about the wildlife, habitat of the birds, and also cleansed the surroundings of the lake by picking up the litters which was dirtying the place. The walk ended at 8.30 am.





BIRD COUNT INDIA

CAMPUS BIRD COUNT

A SHIFA COLLEGE OF PHARMACY

AL SHIFA COLLEGE OF PHARMACY

KIZHATTUR, PERINTHALMANNA

eBird India

BIRD COUNT INDIA

LET'S EXPLORE CAMPUS AVIANS

Feb 18-21 2022

Campus bird count

Organised by NSS
in association with UDYAAN

@ACP CAMPUS

FEB 19 Join us for the event at 6am

Campus Bird Count
(An event of the Great Backyard Bird Count-India)

PARAVAKALKK PRAANAJALAM-7: NSS Unit of Al Shifa College of Pharmacy, have come up with a solution to help out the birds beat the summer heat. PARAVAKAKK PRAANAJAM Programme was conducted on 8th April 2022. This is the 7th time Al Shifa College of Pharmacy was continuously conducting the programme “Paravakakk Praanajalam” in the college campus. Students had kept earthen pots under the trees in campus. To make the challenge eco-friendly, the team avoided plastic containers and tubs.

Students were eagerly hanged pots on different sides of the campus and the active support from the management part had made the programme a success this year also. Our principal T.N.K Suriyaprakash sir, Managing trustee Dr. Pm Unnen sir, MD Suhail Hamsa sir, Manager Faizal sir, NSS coordinator and Ceutics HOD Junise sir and Analysis HOD Prasanth sir had given their presence during the programme.





VITHUM KAIKOTTUM-2022: “WE TOO FARM” Program was conducted under VITHUM KAIKOTTUM-2022 by NSS unit of Al Shifa College of Pharmacy on 27th April 2022 at College vegetable garden. Various programs were conducted highlighting the importance of the need of vegetable garden under the initiative of Kizhattur Krishi Bhavan as a part of the program of Kerala Government “Njangalum Krishiyilekk”. The mission of the program is to achieve self-sufficiency in vegetable farming and ensure safe food to bring the community to the farm through the “WE TOO FARM” project. Together we strive to achieve the goal of bringing all individuals in the community, regardless of size, to the farm. The main aim is to cultivate non-toxic vegetables in our own premises.

Mrs. Nasmi Abdul Khadar, Agriculture Officer of Kizhattur Krishi Bhavan had conducted the seminar about the growing importance of the need of vegetable garden in each house and taken a pledge regarding this. Assistant Agriculture Officers Mr. Rahmathullah, Mr. Sajeer and Mr. Ali Askar were also participated. 300 seeds were planted in grow bags as a part of the program. The program was successfully conducted with the coordination of NSS Coordinator Prof. Junise V, Vice principal, Al Shifa College of Pharmacy. Students of first semester B Pharm and NSS Volunteers of Al Shifa College of Pharmacy were actively participated in the program. Management and faculties of Al Shifa College of Pharmacy had given their unconditioned support for the program.

VITHUM KAIKOTTUM 2022



AKSHARAM 2022: NSS unit of Al Shifa College of Pharmacy conducted AKSHARAM Program which was coordinated by 20th B Pharm and 12th Pharm D with the complete support of NSS Coordinator Prof. Junise V, Vice Principal, Al Shifa College of Pharmacy. The main aim of the program was to distribute school kit for the children whose parents are suffering from severe diseases. The details of such students were initially collected with the help of Pain & Palliative Care Centre, Melattur.

The school kit were handover to the children of patients under Pain & Palliative Centre and others. Program was conducted at Palliative Centre Melattur on 18th May 2022 under the leadership of Prof. Junise V, Vice Principal, Al Shifa College of Pharmacy and Dr. Arun Rasheed, HOD, Dept. of Pharmaceutical Chemistry, Al Shifa College of Pharmacy.

Around 55 school kits were distributed and the entire students were very happy to see the faces of children while receiving the kit. Faculties and students had spoken about the aim of the program and other responsible present were also took the opportunity to congratulate the

AKSHARAM 2022

18-05-2022





AL SHIFA COLLEGE OF PHARMACY

KIZHATTUR, PERINTHALMANNA

BE A WARRIOR AGAINST DRUGS



INAUGURATION BY

Mr. VELAYUDHAN

KUNNATH

ASST. EXCISE COMMISSIONER

VIMUKTHI MISSION,
MALAPPURAM DISTRICT MANAGER



RESOURCE PERSON

Mr. BIJUP

PREVENTIVE OFFICER
EXCISE DEPARTMENT

VIMUKTHI MISSION,
MALAPPURAM DISTRICT LIAISON OFFICER

26 MAY 2022 | 2:00 PM TO 4:00 PM
MULTIPURPOSE AUDITORIUM



Vimukthi 2022

26-05-2022



Harithakam 2K22: Udyaan nature club in association with NSS have organized world environment day celebration “Harithakam 2K22” on 09 June 2022.

The programme was conducted in ACP campus. The programme started at 10 am, one of the first year diploma student briefed about the importance of celebrating world environment day. Welcome speech was given by Principal Dr. T.N.K Suriyaprakash and Inaugural address was given by the cheif guest Smt. Jameela Chaliyathodi, Grama Panchayath President, Kizhattur. She planted a mangosteen sapling in ACP campus and inaugurated the ceremony, followed by that Principal, vice principal, ward member, teaching staffs and students from first year diploma planted about 300 saplings such as gooseberry, custard apple, bamboo and chikoo in various parts of the campus. Vote of thanks was given by vice Principal Mr. Junise V and the programme was concluded by 1 pm.



AL SHIFA COLLEGE OF PHARMACY

Kizhattur, Perinthalmanna

ഹരിതകം
2K22

9TH JUNE
10 AM
@ACP CAMPUS

Inaugurated by



Smt. Jameela Chaliyathodi
Grama Panchayat President
Kizhattur

Organized by

NSS Unit in association with UDYAAN
(Nature Club)





SAY NO TO DRUGS –POSTER COMPETITION: A poster making competition was organized under NSS unit of Al Shifa College of Pharmacy on 4th November 2022. The main theme of this competition was “Say no to Drugs”. Students of diploma and Pharm D participated in the competition. They prepared various colourful posters showing the evil effect of drugs. The objective of this competition was to bring awareness among students about the bad effects of drugs. Out of the posters best one were selected for the DARE program conducted by the SIMS.



AL SHIFA COLLEGE OF PHARMACY
Kizhattur, Perinthalmanna



POSTER COMPETITION



4th November 2022
Friday @ 2pm

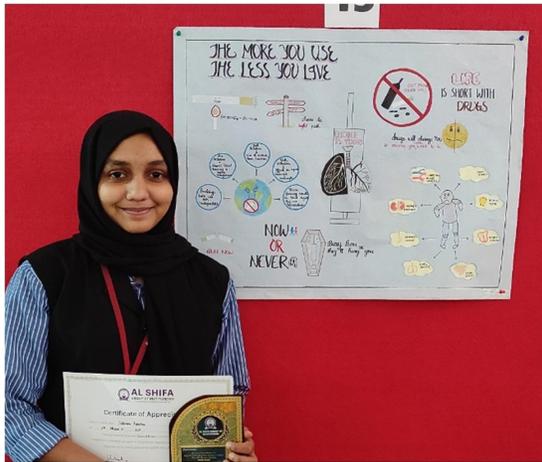


Multipurpose auditorium



Organized by
**NSS UNIT AL SHIFA COLLEGE
OF PHARMACY**





GPS Map Camera

Malappuram, Kerala, India
 366Q+VCR, Malappuram, Kerala
 679325, India
 Lat 11.06246° Long 76.238772°
 07/11/22 02:36 PM GMT +05:30
 Note : Captured by GPS Map Camera



GPS Map Camera

Malappuram, Kerala, India
 366Q+VCR, Malappuram, Kerala
 679325, India
 Lat 11.062448° Long 76.2388°
 07/11/22 02:36 PM GMT +05:30
 Note : Captured by GPS Map Camera



GPS Map Camera

Malappuram, Kerala, India
 366Q+VCR, Malappuram, Kerala
 679325, India
 Lat 11.062461° Long 76.238768°
 07/11/22 02:36 PM GMT +05:30

GPS Map Camera

Malappuram, Kerala, India
 366Q+VCR, Malappuram, Kerala
 679325, India
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 07/11/22 02:37 PM GMT +05:30
 Note : Captured by GPS Map Camera
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DRUTHI- TRIBAL VISIT:

A tribal visit to Chokkad Panjayath ,40 cent colony ,Nilambur was held on 26th November 2022 in connection with the celebration of National Pharmacy Week. The programme was organized by the students of Pharm D11th batch. The students visited the government LP school for tribe students and taken an initiation to give awareness on the importance and need of education. The session was represented by 17 students of that area. It helped to a certain extend in creating an idea among them to brighten their future and to develop a suitable curriculum for young people (10-16 years of age)

The visit started by 10 AM and reached by 11 AM. Students spend their day at Govt.LP school Chokkad ,with various games and activity to the students of std 1st to 4th (about 17 students) of the school. As a part of national Pharmacy week celebration ,classes were given to the students about the personal hygiene and necessity of life style improvements. The awareness briefed about, ill effect of smoking ,narcotics and alcohol consumption, which was conveyed through posters.

Students of 11th batch Pharm.D donated 15kg of neutraceuticals and dresses. A valdectory function is also organised ,which is inaugurated by Mrs.Shahira (Ward member) and felicitated by Haedmaster Abbas sir. The programme was coordinated by Pro..JuniseV, Mrs.Nikhila T and Dr.Pallavi.

Coordinator

Mrs.Nikhila T


2/12/2022


Principal

Dr. TNK. Suryaprakash



AL SHIFA COLLEGE OF PHARMACY

DEPARTMENT OF
PHARMACY PRACTICE

In association with NSS
Presents

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"ONE WHO BRINGS LIGHT"

PHARMACY WEEK CELEBRATION

A TRIBAL VISIT



26/11/22



ORGANIZED BY:
PHARM D 11th BATCH



NILAMBUR





broken clouds 28.0 °C

Unnamed Road, Chokkad,
Kerala 679332, India
26 Nov 2022 11:55 am



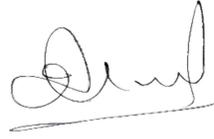
Google




Google

Unnamed Road, Chokkad,
Kerala 679332, India
26 Nov 2022 11:55 am

broken clouds 28.0 °C

A handwritten signature in black ink, consisting of a large, stylized initial 'D' followed by a cursive name, all resting on a horizontal baseline.

(Signature of Prog. Officer)

