

Consolidated Report for the period of 1/05/2017 to 30/04/2018

Name of the Institution: Al Shifa College Of Pharmacy

Name of the Programme Officer: Mr. Junise V.

Name of the Adopted Community: Melattur

Sl. No.	Date	Activity Undertaken	No. of Units	No. of participants	No. of hours	Achievements
1	05-06-2017	World Environment Day	01	100	3 hrs	Saplings were planted in the college area.
2	12-07-2017 To 18-07-2017	7 day orientation course of empaneled training institution for NSS	01	Programme officer	7 days	Training programme completed
3	10-08-2018	NSS volunteers attended leadership programme in KUHAS	01	10	6 hours	Learned leadership programme at college and health life development.
4	08-09-2017	Anti-ragging class was conducted for first and second year students	01	200	3 hours	Ragging laws awareness in Indian constitution practiced in schools and colleges was briefly introduced to the students
5	1-12-2017	Aids awareness rally	01	100	3 hrs	NSS volunteers along with Kizhattur gram panchayat joined in awareness programme
6	17-02-2018	VIBGYOR- 100 dialyzer to Melattur Pain and palliative care.	01	100	3 hours	100 dialyzers were donated to the needy
7	11-03-2018 to 18-03-2018	NSS SPECIAL CAMP	01	80	7 days	Successfully completed special camp in the Melattur region providing benefit to the citizens in the area.

7	27-03-2018	NSS resource person at special camp in Karuna College of pharmacy	01	Programme officer	3 hrs	NSS resource person at special camp in Karuna college of Pharmacy
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BRIEF DESCRIPTION OF THE EVENTS:

1. WORLD ENVIRONMENT DAY

Venue: Al Shifa College of pharmacy, Malappuram.

Date: 05-06-2017

The NSS unit of Al Shifa College of Pharmacy organized a sapling plantation event on the world environment day in the college. Student volunteers along with teaching and non-teaching staff joined hands for a building a better future. 100 saplings were planted by NSS volunteers.



2. 7 DAYS ORIENTATION COURSE OF EMPANELLED TRAINING INSTITUTION FOR NSS

DATE: 12-07-2017 to 18-07-2017

Venue: Ernakulam

As per the National Service Scheme (NSS), the organized 7 days orientation course of empanelled training institution, Ernakulam for NSS was attended by the programme officer of Al Shifa College of pharmacy and was successfully completed dated from 12-07-2017 to 18-07-2017.



3. INTERNATIONAL YOUTH DAY

Venue : Kerala University of Health and Allied Sciences, Thrissur

Date: 10-08-2017

As per the National Service Scheme (NSS), Al Shifa College Of Pharmacy's NSS unit had actively participated in the leadership programme organized by the Kerala University of Health and Science on the international youth day i.e. on 10th August 2017 at the university premises in Thrissur.

The student volunteers were educated about the physical and mental health of young adults by recognized practicing gynecologist. The volunteers were also educated about the mental health and depression.



NSS Volunteers at KUHAS

4.

ANTI RAGGING CLASS

Venue: Al Shifa College of Pharmacy

Date: 08-09-2017

National Service Scheme (NSS) unit of Al Shifa College of Pharmacy, Malappuram organized a special class for the students of first and second year students of Al Shifa College on anti-ragging on 08-09-2017. The students were briefly addressed about the anti-ragging laws and regulations by the Melattur police officer and advocate. The class was conducted under the guidance of Management head Mr. Hamza and NSS programme officer Mr. Junise V. Various cases, clauses and consequences relating to ragging were discussed. Followed by a question answers with the students. Overall there was a successful class conducted which was found to be beneficial for future aspects.

5.

AIDS AWARENESS RALLY

Venue: Kizhattur, Malappuram

Date: 01-12-2017

NSS unit of Al Shifa College of Pharmacy in coordination with Kizhattur gram panchayat organized an AIDS awareness rally on the streets of Kizhattur, Malappuram on World Aids Day. 100 NSS volunteers headed in rally which was joined by a great number of people of the region. The rally ended with an addressing speech and awareness on AIDS and its related problems were discussed openly.





6.

VIBGYOR

Venue: Al Shifa College Of Pharmacy, Malappuram.

Date: 17-02-2018

The NSS unit of Al Shifa College of Pharmacy in co-ordination with Melattur pain and palliative care donated 100 dialyzers in the name of a programme called vibgyor, a successful attempt to bring colours to the needy patients under the pain and palliative care unit on 17-02-2018 in the college premises. The NSS volunteers along with the final year B.pharm students coordinated the programme under the guidance of principal Dr. T.N. K Suryaprakash and Vice Principal Dr. Haneefa.

All the suffering patients were further provided with dialyzer kits by the volunteers. The event was yet another beneficial event put forward by the student volunteers.



7. NSS SPECIAL CAMP

DATE: 11-03-2018 to 18-03-2018

Venue: Melattur, Malappuram

NSS CAMP – DAY 1

11-03-2018, Sunday

Venue: Melattur Bus stand

The first day of camp PRAYAN 2 began by NSS volunteers helping at the pulse polio booth. The pulse polio booth set up under the guidance of health inspector of Melattur. The free vaccination programme for kids began at 9:00 am. The initiative started with an inauguration by the health inspector. The volunteers were greatly involved in it and were giving the vaccination to the children.

The volunteers not only helped in vaccination but also spread awareness about the polio. They also informed everyone about the NSS camp which will be conducted in Melattur for the coming week.

The pulse polio program continued till 5:00 pm in the evening. It was a great step towards awareness and immunizing the society and eradicating polio.



NSS volunteers helping at the polio booth



“One drop can save a life”

NSS CAMP DAY-2

12-03-2018, Monday

VENUE: TOWN VAYANSHALA, MELATTUR

The NSS camp PRAYAN 2 began on 12th March, 2018. Seventy seven students from Al Shifa College Of Pharmacy NSS unit-Prayan 2 volunteered for a noble cause along with the Melattur gram panchayat and pain and palative care unit, Melattur for the welfare of Melattur society.

The first day commenced with gathering of all the NSS volunteers and honorable dignitaries at the venue-Town Vayanshala. The programme began at 9:00 am with the NSS anthem sung by students followed by the inauguration of the programme. Prof. Junise V. welcomed everyone, in presence of Dr. T.N.K. Suryaprakash principal of Al Shifa College Of Pharmacy. An inaugural speech given by Miss V.Kamalam Teacher (President-Gram Panchayat, Melattur). Followed by speech of felicitation addressing honourable dignitaries Mr. K.K. Sadhik (vice president, Melattur Gram Pnchayat), Miss Ayesha Shemi (Chairperson, Melattur Gram Panchatyat), Mr. Abdul Razak (Chairman pain and palliative care unit). The inauguration programme ended at 10:00 am by a token of thanks delivered by Muhammad Anas (NSS student leader).

The day was followed by a health survey conducted by NSS student volunteers under Pain and Palative care unit, Melattur in the wards of Melattur. 77 students divided in groups of three were set out in the ward number 1, 2, 3 and 16 of Melattur Panchayat. Student volunteers visited houses and interacted with the people wherein they collected information of their health, social and economic and their needs for the same. They made them aware about the pain and palliative care benefits and services provided by them to the needy for their welfare. They collected some donations for the needy under this organization which was later responsibly handed over to the authorities. Students also enquired about the spare aids for the underprivileged like walking stick, wheel chair, waterbeds, etc. the collected items were submitted to the authorized unit of pain and palative care. The survey ended at 1:00 pm followed

by lunch offered by pain and palative care unit. At 2:00 pm there was an informative lecture delivered by Sir. Srinivasan on training for the Care of Mentally Retarded Patients in which they were guided how a patient suffering from mental illness must be treated and it is beneficial for the patient to have smaller dosage of prescribed medicines that during which a pharmacist plays a crucial role. Followed by an interactive session taken up by the Mr. Jayaprakash Nilambur (Director, Centre for environment structures) focusing on environment, nature and life and highlighting how on an individual level a citizen can do duties and show responsibility towards nature.



Prof. Junise V



Mr. K.K. Sadhik (Panchayat Vice President)



Dr. T.N.K. Suryaprakash(Principal)



Ms. V Kamalam (Panchayat president)

Inauguration programme at town vayanshaala



NSS student volunteers doing survey



Interactive session by Mr. Jayaprakash



Mr. Srinivasan training students on care of mentally retarded patients

NSS CAMP – DAY 3

Venue: CHEMMANIYOOD VAYANASHAALA

13-03-2018, TUESDAY

TheNSSCAMP PRAYAN2 day3 wasyetanotherasuccessfulday.The daybeganwiththehealth survey at 9:00 am conducted by NSS volunteers in the Melattur Grampanchayat ward number 8, 9, 13, 14 and 16. The surveyhad a prime importanceonthehealth and socio economic information and needs of the peopleinthesewards. Thepeoplewerecooperativetowardsthevolunteersand showedinterest in knowing the different schemes and benefits provided by the pain and palliative care unit. The volunteers collected donationfromthecitizensinfavorofthepainandpalliative careunit.

An amount of total 16500 rupees wasgeneratedwhichwill beof great benefit tothe underprivileged people.AlongwiththedonationsstudentsalsocollectedsomeAyurvedamedicinesandtheyalso enquired for any free or unused mobility aids or patient comforting aids.



NSS volunteers during health survey

After the survey and lunch the day followed by information pact seminar taken by Mr. Srinivasan (pain and palliative care unit) on awareness on environmental cleanliness, which was greatly presented and made everyone learn about their individual duties towards the cleanliness in the society and surrounding.



Mr. Srinivasan addressing NSS volunteers on awareness on environmental cleanliness

At 5:00 pm an interactive informative session was conducted by the Adv. M.T.A Salam (Perinthalmanna) on review of fundamental rights. The session was highlighting the importance in the awareness of fundamental human rights and along with the increasing age the rights of an individual changes. Rights of women and men in marriage. Women's rights, right to education, youth's rights were focused mainly. The session was attention grabbing and was followed by an interactive question answer session wherein students asked many doubts regarding the topic which were answered brilliantly.



Informative session taken by Adv. M.T.A Salam



Interactive session between NSS volunteers and Adv.M.T.A. Salam

Overall thesecond dayinformative andefficacious day. NSSvolunteersalongwiththe painandpalliative care unit have take a step further for the welfare of the people.

NSS CAMP -DAY 4

14-03-2018, WEDNESDAY

Venue: Government Hospital, Melattur

NSS Campaign PRAYAN2, day4 started assembling at the Government hospital Melattur at 9:00am from where they were set out to the Melattur Grampanchayat ward number 4,6,7 and 15 for the health survey. The health survey included collecting information on the people's health, socioeconomic briefing. NSS Volunteers came across for a need of wheelchair and a air bed which was soon placed from the government hospital to the person who requested for the requirements. The volunteers collected donation and handed it to the pain and palliative care unit authorities. They also collected some mobility aids like walking sticks. The survey ended in the afternoon followed by lunch.



Health survey feed back session

The second half of the day included the feedback session by the volunteers on the health survey conducted within the first three days. The overall outcome and the problems related to people were discussed. The day followed by an interesting informative session by Dr. Yahya MDS (Consultant, Maxillofacial surgeon, KIMS AlShifa) on Dental care. This session was informative and beneficial.



Dr. Yahya MDS addressing on dental care

Further a session on drug abuse addressed by NSS volunteer Sharath Murali. An interesting information packed presentation highlighting the misuse of drugs. It was greatly presented and was related to current problems and issues in the society.



Session on Drug Abuse conducted by NSS volunteer

Followed by the last session on digitalization. The interactive session was conducted by NSS volunteer Muhsin Muhammed. The session was highlighting digital empowerment of an individual citizen. The ease of information, carrying on transactions and release of work load through the mode of digitalization. Giving awareness on the government's schemes and online modes of transaction. A live session on online payment of KSEB bill was showcased. The outcome of this session was fruitful.



Session on digitalization by NSS volunteer

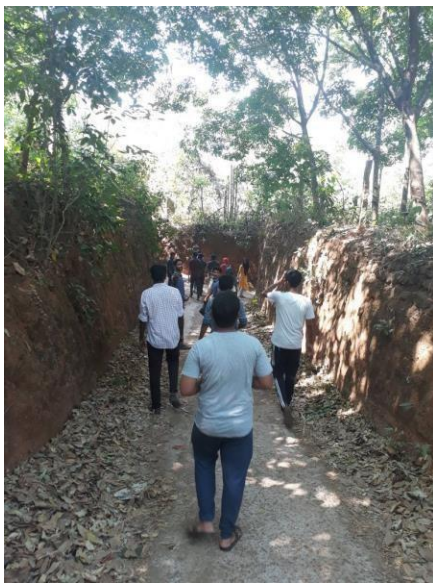
The third day at NSS camp Prayan 2 was yet another successful and fruitful day where information on dental care, drug abuse and digital empowerment was highlighted.

NSS CAMP – DAY 5

15-03-2018

Venue: Vyaparabhavan

The Day 4 at NSS Camp PRAYAN 2 began with a health survey conducted by NSS volunteers in Ambalapara colony. The survey was based on collecting information on health, social and economic needs. The survey was completed successfully in the woody areas of Ambalapara colony and the efforts of NSS Volunteers was appreciable.



NSS volunteers on the way to Ambalapara colony for health survey

The day followed by lunch and refreshments prepared by NSS Volunteers. Soon after the lunch, there was an informative session conducted by NSS volunteers at Vyaparabhavan. An informative awareness presentation on diseases due to consumption of fast food was presented by Ms. Akeela (NSS student volunteer). The session was addressed on the disease caused by unhygienic fast food, how it hampers body functioning and the epidemics caused by contamination of these food stuffs.



NSS volunteer addressing on diseases caused by the consumption of fast food

The second session was based on communicable diseases presented by Ms. Aardhra (NSS Student Volunteer). The lecture highlighted some of the common communicable diseases. Its mode of transport, causes, prevention, cure and treatment. Both the sessions were related to the common health issues faced today.



Presentation by NSS volunteer on various communicable diseases

Eventually the health survey was completed successfully. With some great awareness programmes and briefing about the health issues and the steps towards its solution. Overall the day ended smoothly.

NSS CAMP – DAY 6

16-03-2018,

Venue: Annex auditorium

The sixth day of NSS camp PRAYAN 2 mainly focused on the mental and physical fitness of an individual. The day started off at 9:00 am assembling at the hall together for a yoga session conducted by Sri.Jayaprakash (yoga inspector, Perinthalmanna) in the presence of prof. Junise v. and Sir Hamza

(management, Al shifa college of pharmacy). All the NSS volunteers showed great enthusiasm and practiced yoga. The prime agenda was to make everyone aware about the yoga and its benefits. Just like the food our body requires a wear and tear which helps in the proper functioning of muscles and organs.



Sri. Jayaprakash demonstrating yoga to the volunteers





NSS volunteers performing yoga

After the yoga session, there was a speech given by Prof. Muhammed Haneefa (Vice principal, Al Shifa College of Pharmacy). Sir highlighted on the relation between parents and children. The way of approach of parents towards children. The relation between parents, their understandings, their sacrifices towards each other leads to health healthy relationship and a family. Some of the invitees at the auditorium shared their own experiences.



Prof. Haneefa addressing on Parenting

The day followed by lunch in the afternoon and further a session on the civil acts of a citizen addressed by Prof. Azeem (HOD, Al Shifa College of pharmacy). The session was informing everyone about the right to information and its benefits. The session was informative and beneficial.



Prof. Azeem directing on right to information

The next session was on disease caused by lifestyle taken up by Dr.Sofia Salim P.K.(family medicine, gastroenterology, KIMS Al Shifa). The session was interactive and attention grabbing as it was based on day today life style. She conveyed about the common disease caused by the improper diet, occupation and stress.



Interactive session on lifestyle diseases conducted by Dr Sofia Sali P.K.

Further the NSS volunteers arranged some cultural programs at the end. The programs were fun and stress relieving. A great effort by NSS volunteers put on for the event. The day came to an end at 5:30 pm.



Cultural events conducted by NSS Volunteers

At the end the day 6 was successful. The day was focused on the problems and solution based on physical and mental health.

NSS CAMP – DAY 7

17-03-2018, Saturday

Venue: Government Hospital, Melattur

The day 7 at NSS CAMP PRAYAN 2 had kick started early morning as some of the volunteers went on for the food preparation for the mass as far as the others went into peek in to the nature's bounty for manifesting the art of bird watching and bird mapping. The NSS volunteers were guided by Dr. Prashaanth S.S. (HOD Pharmaceutical Analysis, Al Shifa College of Pharmacy). The unique birds were spotted at 7:00 in the morning in the lush rubber forest of Kizhattur. Further a session taken Dr. Prashaanth on bird watching , the outline of the local birds and bird mapping was explained accordingly. The balance of nature was explained in a brilliant manner.



Dr. Prashaanth and NSS volunteers during BIRD WATCHING





Dr. Prashaanth briefing about bird mapping and outline of local birds

The day followed by an awareness session on the breast cancer arranged for ladies which was conducted by Mrs. Danisha (Assistant Professor, Department of Pharmacy practice, Al Shifa College Of Pharmacy). It was a public awareness program arranged in special request of the GramPanchayat. The moto behind the awareness was to reach to the maximum to make the mases aware about breast cancer so as to secure lives in future as 90% of the cancer can be treated at the early stages.



Mrs. Danisha conveying awareness about breast cancer

Delicious food meal was prepared by NSS volunteers which was packed and distributed to the patients at the hospital and lunch done soon after that. The volunteers had put in greatt effort and hard work in preparation for good food.



Meal preparation by NSS volunteers



Food meals packed for patients



Meal parcels delivered to patients

The NSS camp Prayan 2 came to an end with the closing ceremony. All the honorable dignitaries present at the event appreciated the work of NNS student volunteers under the guidance Prof. Junise V. The chief guest SI Ajith PK gave a valedictory speech for the event appreciating the efforts OF NSS Volunteers. Further words of appreciation from Ms. V Kamalam (Panchayat President), Mr. K.K.Sadhik (Panchayat Vice President), Dr. T.N.K. Suryaprakash (Principal Of Al Shifa College Of Pharmacy), mr. Abdul Razak (Pain and Palliative care Chairman), Mr. Srinivasan (pain and palliative care co-ordiniator) and Mr. Sasi (ward Member). The NSS volunteers were appreciated with giving away certiftictes to them.



NSS CAMP PRAYAN 2 closing ceremony



Token of appreciation from Melattur Gram-Panchayath and SI Ajith PK

Alas! The success of NSS initiative was remarkable and an example for the budding generation. The NSS camp PRAYAN 2 proved to be of great benefit to the Melattur society. The volunteers realized their responsibilities towards the society and their participation in a healthy environment. Understanding role as citizens and as an individual towards the development of the country.



NSS VOLUNTEERS AT NSS CAMP PRAYAN-2