

NSS 2018 - 2019

- **Name of the NSS Unit with Registration No.**
 - Name- AL SHIFA COLLEGE OF PHARMACY
 - Registration- No- NSS/FU/MPM/KUHS/4

- **Date from which the Unit is functioning under this University:**
 - 2007-2013 –under Calicut University
 - 2014 onwards under KUHS

3) Period of special camp conducted during the year 2018-19

- - 24-03-2019

4) The volunteer strength of the Unit during the year 18-19 = 100

5) a. Name of the adopted village/slum/localities- Kizhattur

b. The details activities conducted continuously in the adopted place.

- Swachh bharath
- Health awareness & health survey
- Sanitation
- Wall painting
- Medical camp
- Bus stop construction

c) The durable asset created and achievements in the adopted place

- Bus stop construction with plastic bottles
- Cleaning and painting of Pattikkad Railway station





- Bus stop construction with plastic bottles



6) a. Name of the Programme Officer during 2018-19 - JUNISE V

b. Whether the Programme Officers got trained at ETI in any year.

Attended ETI training at Raja Giri from 12-18- July -2017

KL/5/3566/2017-18

EMPAANELLED TRAINING INSTITUTION FOR NSS

(Empanelled by the Ministry of Youth Affairs & Sports, Govt. of India)

RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

Rajagiri P.O., Kalamassery - 683 104

Phone : 0484 - 2550064, www.rajagiri.edu



CERTIFICATE

This is to certify that **MR. JUNISE V, AL-SHIFA COLLEGE OF PHARMACY**.....
KIZHATTUR..... has successfully completed the Orientation Course for the
Programme Officers of the National Service Scheme, organised by this Training
Centre from **12 - 18 JULY 2017**.....


I.V. Somani
Co-ordinator




Joseph A. Injodey Ph.D.
Director

7) Details on Observation of Important Days

Sl.No	Date	Activity Undertaken (Brief Description)	Noof Units	No. of participants	No. of Hours	Achievements
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	25-9-18	Awareness about mental health among younsters	01	100	3hours	Students made a detailed discussion on adolescent issues with the psychiatrist
7	01-02-19	Cancer awareness program	01	100	3hours	Cancer awareness at melattur in association with pain & palliative



Harithakam



Yoga day





Kidney disease detection camp



Mental health awareness program



Cancer day

8) Awards & Distinctions received by the volunteer or the Programme Officer (Brief report with photographs)

Date	Program	No. of volunteers	No. of Hours	Venue
22-12-18	Orientation program to the MES Medical College unit NSS Volunteers	50	2 hours	MES Medical College, Peinthalmanna
23-01-19	Ice breaking session to the NSS volunteers of VPSV during special camp	50	2hours	Adopted village of VPSV kottakkal
07-02-19	Orientation program to the Al Shifa College of nursing unit NSS Volunteers	100	2hours	Al Shifa College of Nursing Perinthalmanna
19-02-19	Orientation program to the WIMS College of nursing unit NSS Volunteers	50	2hours	WIMS college of nursing Thrissur
27-03-19	Ice breaking session to the NSS volunteers of EMS	100	3hours	EMS Para Medical science

	para medical sciene during special camp			Perinthalmanna
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MES Medical College



Al Shifa college of nursing

9) The outstanding performance in the field of literacy, environment, health and sanitation, social awareness, , Legal awareness, cyber crime, drug abuse and community development etc.. (Brief report with photographs on each activity)

Sl.No	Date	Activity Undertaken (Brief Description)	Noof Units	No. of partici- pants	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	29-7-19	Kidneydisease detection camp	01	100	6hours	340people participated
05	25-9-18	Awareness about mental health among younsters	01	100	3hours	Students made a detailed discussion on adolescent issues with the psychiatrist
06	22-12-18	Street play & awareness about sanitation plastic awareness	01	30	6 hours	Village visit & awareness program
07	18-01-19	Vithum kaikkottum -veg seed distribution	01	20	2hours	Distributed 300 veg seed packets among students and staff

08	30-3-19	painting & cleaning of patt,ikkad railway station	01	35	12hours	Cleaned & painted the pattikkad railway station
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Awareness regarding sanitation & plastic use



Wall art against plastic

10) The initiatives taken by the Programme Officer and the Principal in strengthening the NSS programmes.



AL SHIFA COLLEGE OF PHARMACY

(Run by Shifa Medicare Trust)

Pharm. D., Pharm. D (Post Baccalaureate), M.Pharm., B.Pharm., D.Pharm.,
Approved by AICTE, PCI & affiliated to the Kerala University of Health Sciences
Poonthavanam Post, Kizhattur, Perinthalmanna, Malappuram Dist., Kerala - 679 325
Tel : +91 4933-271416, 271212, 212100, Fax : +91 4933-271416
E-mail : directoracp@gmail.com, Website : www.alshifacollegeofpharmacy.ac.in

B.Pharm Course of our College is Accredited by National Board of Accreditation, New Delhi, for a period of three years.

SHIFA MEDICARE TRUST

Lemon Valley, Angadippuram
Perinthalmanna, Malappuram Dist. Kerala
Tel: 04933-229820, 224298
Fax: 04933-229820

OUR ASSOCIATED VENTURES

HIMS ALSHIFA HEALTHCARE PVT. LTD.

(An NABH Accredited, ISO Certified
Tertiary Level Referral Hospital)
P. B. No. 26, Ooty road,
Perinthalmanna Post, Malappuram Dist.
Kerala 679 322
Tel : 04933- 227616, Fax : 04933-229818

AL SHIFA COLLEGE OF NURSING

(M.Sc Nursing
Post Basic B.Sc Nursing
B.Sc Nursing)

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Perinthalmanna, Malappuram Dist.
Kerala
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AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES

(B.Sc MLT, DMLT, DOTT & DRT)

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Perinthalmanna, Malappuram Dist.
Kerala
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INITIATION TAKEN BY THE PROGRAMME OFFICER AND THE PRINCIPAL IN STRENGTHENING THE NSS PROGRAMME

NSS unit of Al Shifa College of Pharmacy, strive continuously in enabling the students towards a community oriented welfare measures apart from their routine academic activities. The Principal and programme officer identified some social service activities that is highly in need towards the up liftment of the marginalized sections of the community for a better being. They are outside the margin due to various reasons and a motivable force towards their betterment will definitely improve their life activities. It is here the role of the principal and programme officer of NSS plays a major role in catalyzing the students by diverting their leisure hours towards working for the society, which helps in a well-defined nation building process. Also the slack time of the students are diverting towards a good deed and this will prevent them from slipping towards some unwanted activities that may be useless or harmful to the society. The students are guided for identifying the various social services that are beneficial to the people and also helping them in implementing the strategies identified by them. The devastating flood that affects Kerala, that also to our district of Malappuram during the month of August, witnessed our students as volunteers in various affected areas. Under the guidance of the programme officer and Principle they involved in various voluntary works which include house hold cleanings, educating the people against contagious diseases and also distributing necessary kits for the affected. Even though financial support is needed, mental inspiration is highly recommended for them as they have to come to normal life from an absolute voidity. Here our volunteers played a major role by providing counselling for them. Aiming this in mind the institution had done various activities, which can be noted from the achievements of the NSS unit.


9/10/19
Prof.(Dr).TNK.Suriyaprakash

Principal

PRINCIPAL

AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM POST
MALAPPURAM DISTRICT, KERALA



11) Involvement of the academic staff in the NSS Activities (Brief report with Photographs on each activity)

Sl.No	Date	Activity Undertaken (Brief Description)	Noof Units	No. of participants	No. of Hours	Achievements
01	21-6-18	Yoga day celebration	01	200	3hours	Staff and students participated
02	29-7-19	Kidneydisease detection camp	01	100	6hours	340people participated
03	01-02-19	Cancer awareness program	01	100	3hours	Cancer awareness at melattur in association with pain & palliative
04	26-2-19	Paravakalkku praana jalam	1	100	7hours	Kept 55 clay pots in and around the campus for birds,Dr Prasanth SS conducted bird survey
05	18-03-19 to24-3-19	Seven days Special camp	01	76	84 hours	health survey at kizhattur bus stop construction at karyamad, digitalization,awarness programs .classes etc



Vithum kaikkotum—Principal, Vice Principal and other faculties



Paravakalkku praana jalam -Managing Trustee, Principal, Vice Principal and Dr. Prasanth SS



Green tribunal – Ms Basheera Assistant Professor , Al Shifa College of Pharmacy



Indian Railway – Dr. Azeem AK- Prof and HOD , Al Shifa College of Pharmacy



Soldier-Mr Ajith Chandran –Assistant Professor , Al Shifa College of Pharmacy

12) Details of BLS training conducted (Specially mentioning the number of colleges covered and thenumber of students trained in BLS - Brief report with photographs along with paper cuttings if any shallattach separately)

Date	Program	No. of volunteers	No. of Hours	Venue
05-02-19	Mrithyunjayam- BLS Training to the NSS leaders of zone 3 and zone for of KUHS	60	5 hours	JDT Islam College of Pharmacy
14-03-19	Mrithyunjayam- BLS Training to the NSS volunteers and program officers of malappuram and Palakkad districts	65	5hours	Malabar Dental college



BLS- Mruthyunjayam training at JDT Calicut



BLS- Mruthyunjayam training at JDT Calicut



BLS- Mruthyunjayam training at Malabar dental college



Mruthyunjayam training at Malabar dental college

13) Participation in National programmes like Pre-RD Camp, RD Camp, National Integration Camp National Youth Festivals etc

Not attended

14) Details the Flood Relief Activity (Brief report with photographs)

1	19-8-18 to 22-8-18	Volunteering during kerala floods in koottilangadi & paravur (malappuram)	01	100	72 hours	Water well cleaned & disinfected (malappuram dt) Supplying relief materials to relief camp (paravoor)
2	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



Cleaning and super chlorination at malappuram



House hold items to Kodungallur and Paravoor



NSS volunteers to Kodungallur and Paravoor

15) Tree plantation and its protection (Brief report with photographs)

NSS unit of Al Shifa College of pharmacy used to plant the saplings of trees in the campus since 2005. Previously the campus was a coconut garden and now it consist of 100s of varieties of trees including medicinal plants ,mahagony, teak , jack fruit, ungu, etc. in different growth stages



3 years old plants like Mahagony, Ungu etc..



Saplins- 2019



One year old saplings.



3 to 10 year old trees

- **Number of tree saplings planted in the year**
2016-17 - 150
2017-18- 140
2018-19-240
- **Number of plant exist now- 400**

16) Blood donation –2018-19

a. Number volunteers donated blood

10

b. Number of donation camps conducted- nil

c. Details of activities conducted for spreading the message of Blood Donation.

Nil

17) Overall performance report of the Units by the Principal shall attach.



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OVERAL PERFORMANCE REPORT OF THE NSS UNIT

The unit had done various activities inside the campus as well as out side like distributing the school kits to the wards of cancer and dialysis patients. In order to make the campus more green a wide variety of saplings were planted in different areas of the campus. In commemoration with making jack fruit as the state fruit, the unit also initiated steps in planting the saplings of the same. In order to improve the health status of our community the unit conducted kidney disease detection camp, awareness programme for mental health among youngsters, cancer awareness programme etc. As yoga is getting more and more attention now a days, the unit also celebrated yoga day with yoga class and yoga awareness. Pattikkad railway station in the Shornur Railway line is widely used by the people of this area for their various commuting needs, the station has a building but some lacuna regarding the cleanliness and aesthicity of the station premissis, with the inspiration of the Principal and Programme officer our student volunteers engaged in cleaning the station premissis and also painted the station building, which got great appreciation from within and also from the society. Plastic is having great threat to the environment and the use of it should be reduced, as we are in the profession of health care we are well aware about their ill effects and hence conducted an awareness programme to the public in limiting the use of the plastics. Last year Kerala witnessed the flood of the century and many people lost their lives and property, here our volunteers deeepley engaged in relief activities not only within the district, but also in far away places like Kodungalloor. Their we distributed essential kits and also involved in the cleaning and rehabilitation programmes of the affected. Mental counselling was given to the affected ones. Eventhough the curriculum of Pharmacy is tough and hard, the students as well as the faculty are well aware about the society based education. Education without contributing to the society is worth less and here our education is a combination of both.

In these activities eventhough all the faculty taken part in their role the leading hands with the programme Officer and Principal.


Prof. (Dr). TNK. Suriyaprakash

Principal

AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM POST
MALAPPURAM DISTRICT, KERALA



An ISO 9001 2008 Institution

**CERTIFICATE
OF PARTICIPATION**



DISTRICT - 3202
ROTARY NILAMBUR
DISTRICT - 3190
BENGALURU SPANDANA



This is to certify that

Janise X.
.....
has successfully attended the Inter District LN-4 Prosthetic Hand
Fixing Medical Camp "Give Hope.. Give a Hand.."
conducted by Rotary Nilambur & Rotary Spandana Bengaluru
held on 26th & 27th January 2019 at GUP School Nilambur

[Signature]
Dr. Rtn. MD E K Ummer
District Governor - 3202

[Signature]
Rtn. PHF Vinod P Menon
Chairman - LN-4 Camp

[Signature]
Rtn. PHF M Dileef
Convener - LN-4 Camp

[Signature]
Rtn. PHF Gigi Thomas
President, Rotary Nilambur

[Signature]
Rtn. PHF C Brijesh
Secretary, Rotary Nilambur

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CamScanner



**Kerala University of Health Sciences
University NSS Cell**



This is to certify that Shri/Smt. Dr. J. Janise X.
.....of
.....has participated in the Leadership Training Programme for NSS
Programme Officers held on 02-01-2019 and 03-01-2019 at KUHS, Thrissur.

[Signature]
Dr. A.K. Manojkumar
Dean (Student Affairs) &
NSS Programme Coordinator

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CamScanner



National Service Scheme
Kerala University of Health Sciences,
Thrissur



M RITHYUNJAYAM
Certificate of Participation

Be it known that

.....**JUNISE V**.....

has attended "Train the Trainer" Workshop for Basic Life Support & Medical first aid
held on 14th March 2019, at Malabar Dental College & Research Centre, Edappal

Junise V
Regional Convener

Nandakumar T.P
District Co-ordinator

Dr. Civy V Pulayath
Resource Person

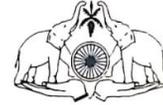
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AL-SHIFA COLLEGE OF PHARMACY

PERINTHALMANNA, KERALA



NATIONAL SERVICE SCHEME

NSS/FU/MPM/KUHS/4

PRAYAN-3

Seva Parmo Dharma
Seven day Special Camp

Certificate of Appreciation

This is to certify that Mr / Ms.....
has actively participated in the seven day special camping programme organized at Keezhatur Gramapanchayath.
His / Her work was satisfactory during the camp.

Prof. Junise. V
Programme Officer

PRASFETHA .M.
PRESIDENT
KEEZHATUR GRAMA PANCHAYATH
P.O. PGONTHAVANAM - 679325

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