



MIMS COLLEGE OF NURSING, MALAPPURAM

(NSS/FU/MPM/KUHS/2)

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
1	09/01/16	<u>Nationwide Intensive Cleanliness Drive under Swachh Bharat Mission (SBM)</u> Campus cleaning: All students and staff of MIMS College of Nursing, Puthukode. Volunteers cleaned the campus and kept the premises neat and tidy.	1	55	5	Importance of clean campus and green campus
2	29/02/16	Hospital Cleaning: Government Mental Health Centre Kuthiravattom: As a part of Swachh Bharat Mission, NSS volunteers of MIMS College of Nursing conducted cleaning programme at Govt. Mental Health Center, Kuthiravattom, Calicut. Volunteers cleaned general wards and hospital premises. Volunteers also trained the patients in making broomstick as a part of vocational training. 64 NSS volunteers participated.	1	64	4	Value of cleanliness which avoid the communicable diseases.

3		<p style="text-align: center;"><u>Blood Donation</u></p> <p>At institutional level, Blood donor register is maintained. Whenever needed, NSS volunteers donates blood . Total 100 volunteers are registered for blood donation.</p> <p>10 students donated blood during last year.</p>	1	10	3	Awareness about importance of donating blood
4		<p style="text-align: center;"><u>Tree plantation</u></p> <p>30 tree saplings planted in the campus. 50 volunteers participated. Vegetable garden (organic) is under process .</p>		50	5	Importance of garden and its purposes
5		<p style="text-align: center;"><u>Pulse Polio Immunization</u></p> <p>Participated in pulse polio campaigns 7 Pulse Polio Immunization booths to which support has been given by the NSS Units.</p> <p>60 NSS Volunteers participated.</p>		60	6	

6	5/3/16	<p>FOOD FEST 5/3/16</p> <p>The NSS unit of MIMS college of nursing organized a Food Fest. It was a well organised event where the students got the best quality food at low prices. It was a great attraction for the students, faculty and the office staffs to hunt for delicious and delightful food preparations. This fest provided a unique experience for each and every one.</p>	1	100	5	
7	15 th August 2016	<p>REPORT ON OBSERVANCE OF SWACHH BHARAT PAKHWADA BY MIMS CON NSS UNIT</p> <p>MIMS College of Nursing, Puthukode NSS Unit observed Swachh Bharat Pakhwada on 15th August 2016. Dr. Assuma Beevi TM, Principal MIMS College of Nursing and Programme Officer, NSS Unit coordinated the programme.</p> <p>All NSS volunteers and faculty took Swachhta pledge. (Fig 1) Ms.Sumitha J, Asst.Professor, MIMS College of Nursing</p>	1	100	5	Importance of personal hygiene


	<p>took a class on personal hygiene and its importance in daily life. (Fig 2) As a part of the programme NSS volunteers cleaned the pond inside the campus. Chlorination of well also was done.</p> <p>NSS volunteers also actively participated in cleaning the campus including classroom, library, labs etc and emphasized the importance on plastic free campus. The programme improved the awareness of NSS volunteers and other students on importance of keeping good personal and environmental hygiene and to build up healthy nation.</p>				
8		Fig 1			



Fig 2

NSS volunteers also actively participated in cleaning the campus (Figure 3, 4, 5) including classroom, library , labs etc and emphasized the importance on plastic free campus. The programme improved the awareness of NSS volunteers and other students on importance of keeping good


personal and environmental hygiene and to build up healthy nation.



Fig 3




Fig 4

			Fig 5			
9	1/1/20 16 TO 31/1/2 016	HEALTH EDUCATION CAMPAIGN NSS volunteers conducted health education campaign against different diseases. The health education topics were selected according to the need of the community. Health education programs were conducted at different areas of Vazhayoor Panchayat, Malappuram District on different occasions. Various audio visual aids were used in the programme. All prevalent diseases were covered in the campaign and it provided an in-depth knowledge on various diseases and helped in preventing various diseases in the	1	100	5	Aware about Various audio visual aids.

		area. It also provided great opportunity to NSS volunteers to serve the community. 60 NSS volunteers participated in the campaign.				
10	21ST JUNE 2016	<p align="center">REPORT ON WORLD YOGA DAY OBSERVANCE</p> <p>MIMS College of Nursing, Malappuram NSS Unit observed world Yoga day on 21st June 2016. Dr. Assuma Beevi TM, Principal MIMS College of Nursing and Programme Officer, NSS Unit inaugurated the programme and talked on importance of Yoga in our day to day life.</p> <p>Ms.Sumitha J, Asst.Professor, MIMS College of Nursing took a class on Yoga, its benefits and different Yoga postures with help of power point. She demonstrated various Yogic exercises and ‘Asanas’ such as ‘Pranayama’ , ‘Naadi Shudhi’ , ‘Hatha Yoga’,</p>	1	100	5	Importance of yoga in day to day life

		<p>Suryanamaskara' etc. 20 faculty and 240 students of MIMS College of Nursing actively participated in the session. Participants were rejuvenated and were interested to continue practicing Yoga in their daily life.</p>				
						
						

						
	10.05.16 to 14.05.16	<p>REPORT ON NSS SPECIAL CAMP KAKKADAMPOYIL</p> <p>The National Service Scheme (NSS) is an Indian government-sponsored public service program conducted by the Department of Youth Affairs and Sports of the Government of India. The program aims to inculcate social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. With this aim ASTER MIMS, Kozhikode, MIMS College of Nursing NSS unit and MIMS Charitable Trust together organized a special</p>	1	120	10	<ul style="list-style-type: none"> ✓ Social welfare in students ✓ Provide service to society without bias. ✓ Help to enhance their standard of living and lead a life of dignity

	<p>camp at St Mary's high school, Kakkadampoil, Kozhikode from 10.05.2016-14.05.2016. Dr. AssumaBeevi T.M.,Joint Director, MIMS Academy, Principal, MIMS College of Nursing was the program officer who gave all the guidance and support for conducting the camp. The preparation for the camp started from the month of April 2016. Prior permission was obtained from the authority. Fund allocation was done through various methods. Day wise activity schedule and committees were prepared. There were 51 students who volunteered themselves as NSS team. The supervision of the students were done by the faculties-Mrs. Joice Davichen, Mr. Jibin V Varkey, Mr. Abid Faheem, Mr. Alex Jose Jacob and Mrs Shilpa Thomas.</p>				
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11	05/8/2016	<p>SELF DEFENCE WORKSHOP</p> <p>NSS MIMS CON unit organized 'Self-defence workshop' by Kerala Police women's cell, Calicut. They demonstrated the various techniques of self-defense. 100 NSS volunteers participated in the program. Programme started by morning 10am. Students were gathered. Various sessions were taken regarding practicing self-defense, How to identify problems, how to foresee issues that may come, how to maintain a sense of security, how to intervene in issues, what are the social responsibilities of the new eneration youth etc. The sessions ended by 1pm in the afternoon</p>	1	100	5	-Practicing self-defense, How to identify problems, how to foresee issues that may come, how to maintain a sense of security, how to intervene in issues, what are the social responsibilities of the new generation youth etc. The sessions ended by 1pm in the afternoon
12	14/11/2016	<p>WORLD DIABETES DAY 14/11/2016</p> <p>The MIMS College of Nursing, organized a diabetes screening program at the adopted village, Vazhayoor on November 14, 2016. The programme was inaugurated by the Principal, Dr, Assuma Beevi T.M with an inaugural address. A total of 250 people</p>	1	250	5	- Aware the people to change their perspectives regarding health care and importance of screening diabetes at the door step.

	<p>comprising both men and women, along with faculty and 60 BSc nursing students of MIMSCON were involved in the programme. During the inaugural address, madam has challenged and motivated the people to change their perspectives regarding health care and highlighted the importance of screening diabetes at the door step which is ultimately free for people. she also emphasized on the theme "Eyes on Diabetes", which is a reminder that diabetes is among the leading causes of blindness and visual impairment. It is estimated that 422 million adults live with diabetes - 1 in every 11 people and also talked on the importance of Routine screening for complications of diabetes that play a vital role in preventing complications. All the 250 people were screened and out of that 100 were found to be at risk for diabetes, 75 of them were known case of diabetes. Other than the screening programme students conducted health</p>				
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		education and provided the people with information pamphlets focusing a brief account of diabetes, its importance of screening, complication and management.				
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