



**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
	01/01/18	<b>New Year Celebration :</b>  MIMS College of Nursing NSS Unit celebrated New year on 01/01/18. Dr.Assuma Beevi TM, Principal, MIMS College of Nursing conveyed her New Year message to NSS volunteers and other students. Cake cutting was also arranged during the program.	1	30	2	Conveying the new year messages and resolutions
	03/01/18	<b>‘Avarkoppam’ :</b>  It is a special initiative taken by the NSS unit to support and care the inmates of an old age home. For the program old age home- ATHANI (Assistance Treatment Health care to All Needy Individuals) at Narikkuni was selected.	1	50	6	Building the part of others problems and feelings

	<p>NSS program officer and Principal had visited the old age home and it was decided to conduct different programs in the old age home by NSS volunteers. The first program was planned on 25/02/18. Health checkup of inmates, health education, sponsoring of one day lunch and various entertainment were planned on the same day.</p> <p>On 25/02/18, NSS volunteers had visited old age home – ATHANI at Narikkuni. There were total 40 inmates in the center. First NSS volunteers provided needed health care to the inmates such as wound care, back care, catheter care and mouth care. After that each volunteer had taken the responsibility of one inmate and interacted with them for around one hour.</p>				
<b>24/02/18</b>	<b>Medical Camp:</b>	<b>1</b>	<b>120</b>	<b>18</b>	Creating the awareness about coordination and leadership skills

		<p>MIMS college of Nursing NSS unit organized free medical camp on 24/02/18 at Karad. Specialist doctors from different department such as General Medicine, Pediatrics, Gynecology, family medicine were consulted the patients. Total 235 patients were registered in the camp.</p>				
	<p><b>29/04/18 to 01/05/18 .</b></p>	<p><b>NSS Residential Medical camp at Anakkampoil:</b>  MIMS College of Nursing NSS unit conducted a residential medical camp at Anakkampoil, Calicut. Health survey, Health education program, Health exhibition, blood grouping, free medical camp and drug distribution were arranged during the camp. (Fig 2) (Fig 3)  Total 150 patients seek medical care during the camp. More than 20</p>	<b>1</b>	<b>120</b>	<b>18</b>	

patients were referred to higher centers for specialized care. (Fig 1)



(Fig 1)




**(Fig 2)**



**(Fig 3)**

	<b>10.03.18</b>	<p style="text-align: center;"><b>CLEAN CAMPUS, GREEN CAMPUS</b></p> <p>The 'Clean Campus Green Campus' program was inaugurated on 3<sup>rd</sup> October 2018. The program was inaugurated by Dr.Assuma Beevi TM, Principal, MIMS College of Nursing, Malappuram. She emphasized the importance of keeping our campus and hostel neat and tidy .Mr. Abidfaheem TK, NSS program Officer provided a session on personal and environmental hygiene to NSS Volunteers and other students in the campus. One session on The students and faculty were divided in to different groups and cleaned the entire campus and hostel premises. Tree saplings were</p>	<b>1</b>	<b>50</b>	<b>5</b>	Develop the habit of planting the trees and taking care of environment
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		<p>also planted in observation with Gandhi Jayanti. (Fig 1)</p>  <p style="text-align: center;"><b>Fig 1</b></p>				
	<b>10/11/18</b>	<p><b>Announcement of Plastic free campus :10/11/18</b></p> <p>A pledge was taken by students and faculty of MIMS College of Nursing keeping the campus plastic free. All are instructed not to bring plastics in the campus. Security were instructed to check the baggage of visitors for presence of plastic covers or carry bags. (Fig 1)</p>	<b>1</b>	<b>100</b>	<b>5</b>	-Awareness about hazards of plastic usages



**Fig 1**

<b>01/06/18</b>	<p><b>Chlorination of well</b>          NSS volunteers of MIMS College of Nursing chlorinated water sources in the campus. It includes Chlorination of 2 wells and one pond inside the campus. (Fig 1)</p>	<b>1</b>	<b>20</b>	<b>1</b>	<b>-Importance of chlorination if well</b>






(Fig 1)

<b>2 May 2018</b>	<p><b>VOLUNTEERING FLOOD RELIEF ACTIVITIES IN DTPC FLOOD RELIEF CAMP, CALICUT</b></p> <p>NSS program Officer and volunteers worked as volunteers at DTPC hall Calicut. They were involved in sorting of food items, packing and other co – ordination. More than 10 volunteers participated in this Students and staff of MIMS College of nursing conduct a fund collection among them and donated Rs.50000/- to Vazhayoor Panchayat disaster relief fund</p>	<b>1</b>	<b>20</b>	<b>2</b>	-Coordinating sorting of food items, packing and other activities

	<b>14/07/18</b>	<p><b>PADIKKAM PLAVILOODAE JEEVITHAVUM: AWARENESS PROGRAMME</b></p> <p>MIMS college of Nursing NSS unit observed the program ‘Padikkam plaviloodeJeevithavum’ on 14/07/18. NSS program officer Mr. Abidfaheem TK provided an awareness session and informed the NSS volunteers and students on declaration of jackfruit as official fruit of Kerala. NSS volunteers planted more than 70 jackfruit saplings in the campus.</p>	<b>1</b>	<b>50</b>	<b>4</b>	Improving knowledge
	<b>06/05/18</b>	<p><b>WORLD ENVIRONMENTAL DAY OBSERVANCE AND IMPLEMENTATION OF GREEN PROTOCOL :</b></p> <p>MIMS College of Nursing NSS Unit observed world environmental day on 6<sup>th</sup> June 2017 with the theme</p>	<b>1</b>	<b>100</b>	<b>5</b>	Aware about cleanliness

		<p>‘Connecting People to Nature’ and initiated one month campaign for green protocol and biodiversity park Campus cleaning and plantation of tree saplings were organized in the occasion. A poster making competition was also organized on the same day.</p> <p>NSS Volunteers and faculty actively participated in campus cleaning programme. Volunteers and faculty were divided into 18 groups and cleaned entire campus. Hostel premises were cleaned on the same day.</p>				
	<b>21/06/18</b>	<p><b>YOGA DAY CELEBRATION</b></p> <p>MIMS College of Nursing, Malappuram NSS Unit observed world Yoga day on 21<sup>st</sup> 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</p>	<b>1</b>	<b>50</b>	<b>3</b>	Aware about importance of yoga in day to day life in order to tackle the stressful environment.

		<p>life. 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' , 'NaadiShudhi' , 'Hatha Yoga', (Fig 1)</p>  <p>(Fig 1)</p>				
	2 Nov 2018	<p><b>CELEBRATION OF 'POSHAN PAKHWADA'</b></p> <p>Official inauguration of the program was done at MMS College of Nursing. An awareness program was done by</p>	1	50	1	Aware about ' <b>POSHAN PAKHWADA</b> '

		Mr.Abidfaheem TK , NSS Program Officer to the NSS volunteers				
<b>8 Dec 2018</b>	<b>RALLY ON NUTRITION AND NUTRITION RELATED DISEASE</b> NSS volunteers of MIMS College of nursing conducted a rally on importance nutrition and nutrition related disorders at Karad, Malppuram	<b>1</b>	<b>20</b>	<b>3</b>	Aware the public about the same.	
<b>8 Dec 2018</b>	<b>SCHOOL HEALTH PROGRAMME:</b> MIMS College of Nursing NSS unit organized school health program at Govt LP school, Thiruthiyad. Health checkup, health awareness classes, health education, blood grouping were arranged as a part of it. As a part of the program, a water cooler was donated by Aster MIMS charitable trust.	<b>1</b>	<b>20</b>	<b>2</b>	Aware about blood grouping and health checkup.	
<b>11/11/18</b>	<b><u>MEDICAL CAMP</u></b>	<b>1</b>	<b>100</b>	<b>10</b>	Students may built leadership skills	

		<p>A free Medical Camp was conducted by MIMS College of Nursing , Puthukode in association with Aster MIMS Hospital, Calicut and Aster MIMS Charitable Trust on 11/11/2018 at Ajmeer Gate Campus, Karad. The 4<sup>th</sup> Year B.Sc. Nursing students were divided in to different committees such as Registration, Health checkup, BMI monitoring, OP, Lab, Pharmacy, Analysis, Food and Discipline. Each committee was guided by faculty of MIMS College of Nursing. Dr.Assuma Beevi TM, Principal, MIMS College of Nursing guided the faculty and students during the camp.</p> <p>At 8 am the registration was started. The camp was inaugurated by by Mr.Bhagyanathan, Vice president, Vazhayoor panchayat. Community leaders, representatives of Ajmeer gate campus, faculty from College of</p>				
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		<p>Nursing were present during the inauguration. After registration, patients were guided to BMI, head to foot examination and health checkup. Three doctors from different department such as General Medicine, Obstetrics and Gynecology and Pediatrics were consulted the patients. After consultation patients were guided to Pharmacy and Lab. Ms. Shine Thomas, Asst.Professor, MIMS CON provided counselling services to the needy people. Total 321 patients were registered in the camp including 163 males and 158 females. .Among 321 patients, BMI level showed that 30 were obese and 19 were underweight. BP monitoring showed that 45 persons had hypertension and 18 had hypotension. Total 193 patients checked blood glucose level and among them 57 were Diabetic Mellitus Patients. Total 159</p>				
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		<p>patients checked their vision and found that 10 persons had visual impairment. Blood grouping detection was done for 59 patients. 60 patients received counselling services. All prescribed drugs were dispensed at free of cost. 25 patients were referred to higher centers for specialized care. The camp was finished by 2.30pm. It was a great success in terms of number of patients attended and services rendered during the camp. Community leaders requested MIMS College of Nursing to conduct such entities more frequently.</p>				
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