




MIMS COLLEGE OF NURSING, MALAPPURAM

(NSS/FU/MPM/KUHS/2)

NSS ANNUAL REPORT 2019

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HO URS	ACHIVEMENTS
1	21 th June 2019	<p>MIMS College of Nursing NSS Unit observed World International Yoga day on 21th June 2019. The programme was inaugurated by Dr.Assuma Beevi TM, Principal, MIMS College of Nursing, Yoga Trainer Mr Rajendran KN, Full time faculty of The Art of Living Foundation, Bangalore & Yoga Level 2 Faculty of Quality Council of India, Under the Ministry of AYUSH, Govt. of India & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. Mr Rajendran KN dealt a two hour session for the students and he emphasized the importance of yoga in day to day life.</p> <p>The staff and students of MIMS College of Nursing practiced Yoga under the guidance of Mr Rajendran KN, Full time faculty of The Art of Living Foundation, Bangalore & Yoga Level 2 Faculty of</p>	1	100	2	<p>*Aware the students to practicing yoga as a way to cope with feelings of anxiety.</p> <p>*Yoga is to build strength, awareness and harmony in both the mind and body.</p> <p>* It may reduce the stress and anxiety which exerts in day to day life of an individual.</p> <p>*Regular practicing yoga ensures proper respiration, energy and vitality.</p>

		Quality Council of India, Under the Ministry of AYUSH, Govt. of India. He demonstrated various Yogic exercises and ‘Asanas’ such as ‘Pranayama’ , ‘Naadi Shudhi’ , ‘Hatha Yoga’, ‘Suryanamaskara’ etc. Total 20 faculty and around 120 students of MIMS College of Nursing actively participated in the session under the strong guidance of NSS volunteers.				
						
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
2	24 th June 2019	MIMS College of Nursing NSS Unit organized Plantation of Tree Saplings 24 th June 2019. The Unit has purchased almost 150 tree saplings and planted in various areas at campus. The programme was inaugurated	1	120	3 Hour	* Flagship campaign for raising awareness on emerging environmental issues from marine pollution,


by **Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer** were joined for the same. She emphasized the importance of trees and greeneries at campus & significance of eco-friendly campus and keeping the campus neat and tidy.

The staff and students of MIMS College of Nursing planted various tree saplings for encouraging awareness and action for the protection of our environment

human overpopulation, and global warming, to sustainable consumption and wildlife crime.



SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HO URS	ACHIVEMENTS
3.	08/07/19	MIMS College of Nursing NSS Unit organized Cleaning Streets, Drains, and Back Alleys under of Swachh Bharat Summer Intenship, Solid waste Management (SWM 4, Guideline of SBSI) on 08/07/19. NSS Mr Jibin V Varkey, Programme Officer, NSS volunteers and Enrolled Students are coordinated the programme. The Enrolled student Ms Sneha Benny has coordinated well for the successful completion of this programme. Volunteers under the guidance of Ms Sneha Benny are cleaned the streets, drains and other areas of roads and its sides of Vazhayoor Panchayat.	1	40	3	* An opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprise and communities in preserving and enhancing the environment.
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HO URS	ACHIVEMENTS
4	11 th July 2019	MIMS College of Nursing NSS Unit organized a QUIZ COMPETITION on ‘ Gandhi and his Philosophies ’ for Commemorate the 150 th Birth Anniversary of Mahatma Gandhi on 11th July 2019 at 11 Am. The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for	1	50	2 Hour	* To promote a global discourse on Gandhi.

		<p>the same. She emphasized the Indian missions abroad have been asked to find innovative ways to promote khadi globally as a “health solution” and as an “idea”, a tool of sustainable development and an employment generation solution, and not merely a garment. The students were given the name list which shortlisted in different groups i.e., Group I, Group II and Group III. The group II has won the prize. The staff and students of MIMS College of Nursing participated for the same.</p>				
					Pic 1	
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTIC IPANTS	NO. OF HO URS	ACHIVEMENTS
5	13 th July 2019	<p>MIMS College of Nursing NSS Unit organized a stem cell donation camp in collaboration with DATRI Blood Stem cell Donors registry on 13th July 2019. The programme has started with a session of Ms Athulya, Coordinator, and DATRI Blood Stem cell Donors Registry & Mr Jibin V</p>	5	220	3 Hour	<p>* Envision a society in which every patient in need of saving blood stem cells, is provided with an opportunity to find a HLA Matched, willing donor.</p>

	<p>Varkey, NSS Programme Officer were joined for the same. The session were clearly explained about the importance of donating stem cell and its procedures since it is a sensitive issue among public.</p> <p>She added that the statistics of patients who required stem cell and its vital importance to lead their life in future. The DATRI has over 3,35,904 registered donors and has facilitated 377 donations as of 15 April 2018.</p> <p>NSS volunteers actively coordinated for this programme. 220 students and 6 faculty were given cheek swab for HLA Typing Donor test.</p>				* Awareness about donation of blood and stem cells.
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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
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6.	15/07/19	<p>MIMS College of Nursing NSS Unit Prepared Compost Pits for Households, Drains for Kitchen Gardening, Soaks Pits for Waste Management under of Swachh Bharat Summer Intenship, Solid Waste Management related activities (SWM 5, Guideline of SBSI) on 15/07/19.</p> <p>NSS Mr Jibin V Varkey, Programme Officer, NSS volunteers and Enrolled Students are coordinated the programme. The Enrolled student Mr Akhil PP has coordinated well for the successful completion of this programme. 20 Volunteers were worked hard under the guidance of Mr Akhil PP.</p>	1	50	4	* An opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprise and communities in preserving and enhancing the environment.
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Pic 5

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
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7	<p>20th July 2019</p>	<p style="text-align: center;">COMMEMORATE THE 150TH BIRTH ANNIVERSARY OF MAHATMA GANDHI:</p> <p>MIMS College of Nursing NSS Unit organized a Mass Health Education Campaign on ‘Healthy Living & Environmental Protection’ for Commemorate the 150th Birth Anniversary of Mahatma Gandhi on 20th July 2019 at 10 Am. The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. She emphasized to “ensure healthy lives and promote well-being for all at all ages” which includes a specific target related to air quality, without explicit action on terrestrial ecosystems, oceans, cities, water and sanitation.</p> <p>NSS Volunteers organized a such wonderful health education campaign for public and MIMS College students where they intended to convey the messages about Environmental Protection.</p>	1	40	3 Hour	* To promote a global discourse on Gandhi.
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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HOU RS	ACHIVEMENTS
8	27/07/ 19	<p>JAL SHAKTI ABHIYAN (JSA): Water Conservation & Rain Water Harvesting:</p> <p>Rainwater harvesting is done at entire campus where accumulation and storage of rainwater for reuse on-site, rather than allowing it to run off.</p> <p>Rainwater has been collected from roofs and redirected through a deep pit towards open well. Rainwater harvesting has insisted to implement in all village (Our adopted Village) house where the water can be used for gardens and toilet purposes. The harvested water can also be used as drinking water, longer-term storage, and for other purposes such as recharge the open well. Rain harvesting system included appropriate filters, covers and diverters to protect water</p>	1	30	2	<p>* Utilizing the rainwater harvesting system provides certain advantages to the community and villages. First of all, harvesting rainwater allows us to better utilize an energy resource.</p> <p>* It is important to do so since drinking water is not easily renewable and it helps in reducing wastage.</p> <p>* Systems for the collection of rainwater are based on simple technology.</p>


		<p>quality so that water is fit for good purpose and can be used to supplement or provide for water needs. Saving water in this way will also save money of institution, panchayat and corporation water as it reduces water bills or reliance on water deliveries.</p> <p>NSS unit MIMS College of Nursing, Volunteers take up this concept to aware the public in order to effective use of rain water. Volunteers has educate them about the purpose of rainwater harvesting. This has given an importance not only the concerned personnel also equally benefitted to neighbors since its stores the water near by their open well. Eventually the project of rainwater harvesting at campus mutually benefitted to other open wells also. Hence the adopted village is benefited with this project.</p>			<p>* During rainy season, rainwater is collected open wells which also helps in reducing floods in some low lying areas of community. Apart from this, it also helps in reducing soil erosion and contamination of surface water with pesticides and fertilizers from rainwater run-off.</p>
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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I NUMBE R OF	NO. OF	ACHIVEMENTS
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			T S	PARTICI PANTS	HOU RS	
9.	22/07/ 19	<p align="center">SWACHH BHARAT SUMMER INTENSHIP Solid Waste Management-3 (SWM- 3): Support Communities and Panchayats' to Build Compost Pits, where Organic Matter Decomposes to for Manure.</p> <p>MIMS College of Nursing NSS Unit Supported Communities and Panchayats' to Build Compost Pits, where Organic Matter Decomposes to for Manure under of Swachh Bharat Summer Intenship, Solid Waste Management related activities (SWM 3, Guideline of SBSI) on 22/07/19.</p> <p>NSS Mr Jibin V Varkey, Programme Officer, NSS volunteers and SBSI Enrolled Students are coordinated the programme. The SBSI Enrolled students Ms. Athira K, Mr. Anver Shakeeb & Ms. Aiswarya Margerete has coordinated well for the successful completion of this programme. 30 Volunteers were worked hard under the guidance of three NSS SBSI Enrolled Volunteers.</p>	1	30	3	<p>* It gives awareness about compost and its usages. Compost is a great material for garden soil. Adding compost to clay soils makes them easier to work and plant.</p> <p>* It provides knowledge that compost improves the water holding capacity of the soil. By adding organic matter to the soil, compost can help improve plant growth and health.</p> <p>* Composting is also a good way to recycle leaves and other yard waste. Instead of paying a company to haul away leaves, you can compost the leaves and return the nutrients to your garden.</p>

					Pic 1	
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNIT	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
10	25/07/19 9 to 12 Pm	<p align="center">SWACHH BHARAT SUMMER INTENSHP, INFORMATION, EDUCATION AND COMMUNICATION ACTIVITIES:</p> <p>MIMS College of Nursing NSS Unit organized a plastic free village campaign by encouraging peoples not to use plastic items under Swachh Bharat Summer Intenship, Information, Education and Communication Activities (IEC 5, Guideline of SBSI) on 25/07/19 at 9 to 12 pm. By this programme NSS unit declared the particular area as plastic free zones</p> <p align="center">Mr Jibin V Varkey, NSS, Programme Officer, 40 NSS volunteers and SBSI Enrolled Students are coordinated the programme. The SBSI Enrolled student Ms. Anjali M has coordinated well for the</p>	1	40	3	* Awareness about Plastic consumption needs to be reduced at the source and production should be controlled to achieve real reduction in plastic waste.

		successful completion of this programme. 40 Volunteers were worked hard to clean the area under the guidance of NSS SBSI Enrolled Volunteer. The volunteers announced to the public about non-recyclable plastics has been banned so that plastic is not allowed inside the protected areas and Panchayats’.				
					Pic 2	
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
11	3 rd Aug 2019	SWACHHTA PAKHWADA: PLANTATION OF TREE SAPLINGS: MIMS College of Nursing NSS Unit organized Observance of Swachhta Pakhwada, Plantation of Tree Saplings 3 rd August 2019. The Unit has purchased almost 150 tree saplings and planted in various areas at campus. (Pic 1) The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for the same.	1	90	2 Hour	* In order to aware about plantation of trees and plants. * Creation of Awareness on Cleanliness, Creation of various Social Assets during yester years

		The staff and students of MIMS College of Nursing planted various tree saplings for encouraging awareness and action for the protection of our environment. (Pic 2, 3)				
						
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNIT	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
12	07/08/19 8.30 Am	SWACHHTA PAKHWADA: Swachhta Shapath (Oath taking ceremony) MIMS College of Nursing NSS Unit organized a Swachhta Shapath (Oath taking ceremony) on 07/08/19 by 8.30Am. Dr Assuma Beevi TM, Principal MIMSCON & Mr Jibin V Varkey, NSS, Programme Officer, 100 NSS volunteers are coordinated the programme.	1	100	3	* Serve Mother India by keeping the country neat and clean. *It will remain committed towards cleanliness and devote time for this.

						
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HOU RS	ACHIVEMENTS
1	15/08/ 19 8.30A m	<p align="center">INDEPENDENCE DAY CELEBRATION:</p> <p>India celebrates 72 years of Independence today. MIMS College of Nursing NSS Unit celebrated the Independence Day 2019. (Pic 1) Dr Assuma Beevi TM, Principal MIMSCON addressed the day from MIMS College of Nursing, Malappuram. . (Pic 2) She hosted the flag followed by delivered principal's address. . (Pic 3, 4, 5) She speaks about the day in the memory of our freedom fighters, soldiers and revolutionary leaders who died protecting us and getting us our freedom. Let's salute the sacrifices made by freedom fighters and soldiers who made us realize the dream of an independent and unified India. .</p>	1	240	1	* Independence Day of India is a National Festival, celebrated every year on 15th of August. It is a day of great significance for the people of India. On this day in 1947, India got freedom from the British rule after long years of slavery. It has been to commemorate its independence from British Empire on 15th of August in 1947.

		<p>(Pic 6) Mr Jibin V Varkey, NSS, Programme Officer, joined for the same. She concluded the words with freedom should not be something you have to deserve. It's something you just naturally have. Something that no one can take away from you. Let's celebrate freedom. Happy Independence Day 2019. All the students, teaching and non-teaching staffs were joined for the same. Sweets were distributed after national anthem. .</p>			
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					Pic 1
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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
13	15/08/19 1.30Pm to 4.30 Pm	<p>SWACHHTA PAKHWADA: MASS CLEANLINESS DRIVES INSIDE THE CAMPUS</p> <p>MIMS College of Nursing NSS Unit organized a Mass Cleanliness Drives in the campuses where all the locations like Class Rooms, Labs, Libraries, Toilets and Premises</p>	1	100	3	* Awareness about cleanliness in the campus

		<p>cleaned by the NSS Volunteers on 15/08/19 by 1.30Pm to 4.30 Pm. Mr Jibin V Varkey, NSS, Programme Officer, 100 NSS volunteers are coordinated the programme. (Pic 1 & 2). Dr Assuma Beevi TM, Principal MIMSCON actively participated for the same.</p> <p>She insisted all the volunteers regarding the importance of cleanliness in their life. All the teaching and non-teaching staffs were joined together and worked hard to make this programme success.</p>			
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				Pic 6	
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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNIT	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
14	6th Sept 2019	<p><u>Report on Well Chlorination:</u></p> <p>Chlorination is the process of flushing the well and water system with a chlorine solution to kill bacteria and other microorganisms. MIMS College of Nursing NSS Unit Chlorinated the Well on 6th September 2019. (Pic 1) Disinfection by chlorination is usually</p>	1	20	1 Hour	<p>* Chlorination is used to remove bacterial contaminants from well water, well casings, holding tanks and the</p>


		recommended at campus if a water sample from the well has tested positive for bacteria. Mr Jibin V Varkey, NSS Programme Officer were joined for the same. (Pic 2) 20 NSS volunteers are participated for to chlorinate the well. (Pic 3, 4)				whole water supply system.
					Pic 1	
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS	
15	18 th Sept 2019	PLANTATION OF TREE SAPLINGS MIMS College of Nursing NSS Unit organized Observance of 150th birth anniversary of mahatma gandhi; Plantation of Tree Saplings 18th September 2019 . The Unit has purchased almost 150 tree saplings and planted in various areas at campus. (Pic 1) The programme was inaugurated by Dr.	1	80	2 Hour	* In order to aware about plantation of trees and plants. * Creation of Awareness on Cleanliness, Creation of various Social Assets during yester years

		<p>Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for the same.</p> <p>The staff and students of MIMS College of Nursing planted various tree saplings for encouraging awareness and action for the protection of our environment. (Pic 2, 3)</p>				
						Pic 1
16	24 th September 2019	<p align="center">GOLDEN JUBILEE YEAR OF NSS: 'FIT INDIA'</p> <p>MIMS College of Nursing NSS Unit celebrated as Golden Jubilee Day of NSS; 'Fit India' in a befitting manner on 24th September 2019. NSS unit introduced a mass yoga training for students under the guidance of NSS volunteers. The programme was</p>	1	120	1 Hour	<p>*Aware the students to practicing yoga as a way to cope with feelings of anxiety.</p> <p>*Yoga is to build strength, awareness and harmony in both the mind and body.</p> <p>* It may reduce the stress and anxiety which exerts in day to day life of an individual.</p>

		<p>inaugurated by Dr.Assuma Beevi TM, Principal, MIMS College of Nursing, & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. Students recognized the importance of yoga in day to day life.</p> <p>As Govt. of India announced a programme 'Fit India' making students and young bloods healthy and having good physic. Hence this programme like Yoga ensures healthy person could develop good and healthy thoughts, helping the nation building and to become a good citizen.</p> <p>The staff and students of MIMS College of Nursing practiced Yoga. Volunteers demonstrated various Yogic exercises and 'Asanas' such as 'Pranayama', 'Naadi Shudhi', 'Hatha Yoga', 'Suryanamaskara' etc. Total 20 faculty and around 120 students of MIMS College of Nursing actively participated in the session under the strong guidance of NSS volunteers.</p>		<p>*Regular practicing yoga ensures proper respiration, energy and vitality.</p>
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<p>17</p> <p>2nd October 2019</p>	<p align="center">REPORT ON ‘FIT INDIA PLOGGING RUN’ 2019:</p> <p>MIMS College of Nursing NSS Unit organized a ‘FIT INDIA PLOGGING RUN’ for Commemorate the 150th Birth Anniversary of Mahatma Gandhi on 2nd October 2019 at 11.30 Am.</p> <p>(Fig 1, 2)</p> <p>The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. ‘Fit India’ Movement has been launched by Hon'ble Prime Minister on 29th August, 2019. Fit India Movement involves behavioral change, which is possible by making it a People's movement wherein every citizen gives time to himself for being physically active and Fit. In this run, the NSS Volunteers collected plastic Garbage while running. The</p>	<p>1</p>	<p>30</p>	<p>1 Hour</p>	<p>* To promote a not to use SUP at college premises as well as community area.</p>
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		Plastic Garbage collected from Homes, Streets and Open spaces along the path of the run. 30 NSS volunteers participated for the same. Volunteers visited the community area and homes of every person who belongs to the adopted village. NSS volunteers also given the awareness about not to use SUP at their homes. Advised them to carry a cloth bags when they need to go to market. Peoples were welcomed all the volunteers with good pleasure and enthusiasm.				
						
SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
18	2 nd October 2019	REPORT ON COMMEMORATE THE 150TH BIRTH ANNIVERSARY OF MAHATMA GANDHI; DEBATE ON ‘GANDHI AND THOUGHTS; IT’S IMPLICATION IN PRESENT SCENARIO’	1	180	1 Hour	* To promote a global discourse on Gandhi.

MIMS College of Nursing NSS Unit organized a **Debate On ‘Gandhi And Thoughts; its Implication In Present Scenario’**

for Commemorate the 150th Birth Anniversary of Mahatma Gandhi on **2nd October 2019 at 12 pm**. The programme was inaugurated by **Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer** were joined for the same. She emphasized the Indian missions abroad have been asked to find innovative ways to promote khadi globally as a “health solution” and as an “idea”, a tool of sustainable development and an employment generation solution, and not merely a garment. The students were given the name list which shortlisted in different groups i.e., Group I, Group II and Group III. The staff and students of MIMS College of Nursing participated for the same.

(Fig 1, 2, 3)

Dr Shejila CH, Professor MIMSCON & Ms Shine Thomas Asso Professor MIMSCON were the judges for the programme. **(Fig 4, 5)**

Ms Dilna and NSS volunteers organized the programme. **(Fig 6)**



Fig 1

19	<p>2th OCT 2019 8.30- 11pm</p>	<p>CLEAN CAMPUS; GREEN CAMPUS MIMS College of Nursing, NSS Unit organized ‘CLEAN CAMPUS GREEN CAMPUS DRIVE’ on Oct 2nd for the commemoration of 150th Birth Anniversary of Mahatma Gandhi since it is celebrated all over the Country by the Govt. Depts. and Organizations like NSS. The programme was inaugurated by Dr.Assuma Beevi TM, Principal, MIMS College of Nursing and Mr Jibin V Varkey, NSS Programme Officer. She emphasized the significance of eco-friendly campus and keeping the campus neat and tidy. NSS volunteers, students and faculty/Staff actively participated in the campus cleaning programme. Volunteers and faculty were divided in to 18 groups and cleaned the entire campus. Hostel premises was also cleaned on the same day.</p>	1	10 0	4 H o u r	<p>*Aware that the protection and improvement of the human environment. *An opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprise and communities in preserving and enhancing the environment.</p>
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20	<p>02/10/19</p> <p>8.30 Am</p>	<p align="center">OBSERVANCE OF SWACHHTA HI SEWA 2019</p> <p align="center">PLEDGE ON SWACHHTA HI SEWA (OATH)</p> <p>MIMS College of Nursing NSS Unit organized a Pledge on Swachhta Hi Sewa (Oath taking ceremony) conducted on 02/10/19 by 8.30Am at MIMS CON Campus as a part the observance of Swatchhta Hi Sewa 2019. Dr Assuma Beevi TM, Principal MIMSCON & Mr Jibin V Varkey, NSS, Programme Officer, 100 NSS volunteers are coordinated the programme..</p> <p>The main of this programme is to Aware regarding collection centers of plastic waste, regarding disposal centers of plastic waste, regarding civic authorities who are Responsible for collection and disposal of plastic waste & Preparation for collection and disposal of Plastic waste. (Fig 2,3,4)</p>	1	120	1	<p>* Ensure not to use SUP in the college/school/campus and in the in the communities</p> <p>* Awareness on Single Use Plastic (SUP) items and appeal people not to use SUP).</p>
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21	12 th Oct 2019	<p style="text-align: center;">REPORT ON WELL & QUARRY</p> <p style="text-align: center;">CHLORINATION:</p> <p>Chlorination is the process of flushing the well and water system with a chlorine solution to kill bacteria and other microorganisms. MIMS College of Nursing NSS Unit Chlorinated the Well & Quarry on 12th October 2019. (Pic 1, 2) Disinfection by chlorination is usually recommended at campus if a water sample from the well has tested positive for bacteria. Mr Jibin V Varkey, NSS Programme Officer & Ms Shine Thomas Asso. Professor were joined for the same. 30 NSS volunteers are participated for to chlorinate the well.</p>	1	30	2 Hour	<p>* Chlorination is used to remove bacterial contaminants from well water, well casing s, holding tanks and the whole water supply system.</p>
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Pic 2

22	15th Oct 2019	<p style="text-align: center;">HEALTH AWARENESS PROGRAMME</p> <p>As a part of 150 Community Outreach Programmes planned by KUHS University for celebrating 150TH Anniversary of Mahatma Gandhi, NSS unit, MIMS College of Nursing Programme Officer conducted a Health Awareness Programme on “Personal Hygiene” at Ramanattukara Higher Secondary School. (Pic 1, 2) Prior administrative permission was obtained from the Principal, Ramanattukara Higher Secondary School, Ramanattukara. The class was dealt by Mr Jibin V Varkey, Programme Officer. (Pic 3, 4) The session started by 2.30 pm with a group of sixty high school students who were Health Club Members. The Discussion carried about oral hygiene, hand hygiene, hand washing, foot hygiene, eye and ear care, skin hygiene, menstrual hygiene in detail. The class concluded by 3.45pm and audience were refreshed by tea and snacks.</p>	1	60	2 Hour	* Improve the knowledge about personal hygiene and its importance.
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Pic 3

S L N O	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HOU RS	ACHIVEMENTS
1	31/10/19 8.30 Am	<p align="center">BIRTH ANNIVERSARY OF SARDAR VALLABHBHAI PATEL AS "RASHTRIYA EKTA DIWAS" (NATIONAL UNITY DAY) ON 31st OCTOBER, 2019 PLEDGE ON “RASHTRIYA EKTA DIWAS” 2019</p> <p>Rashtriya Ekta Diwas or National Unity Day commemorates the birth anniversary of Sardar Vallabhbhai Patel. In 2019, the 144th birth anniversary of Sardar Vallabhbhai Patel is celebrated by MIMS College of Nursing. (Fig 1 & 2). He played an important role in uniting India. He was also famous as an Iron Man of India and one of the founding leaders of the Republic of India.</p> <p>MIMS College of Nursing NSS Unit organized a Rashtriya Ekta Diwas or National Unity Day on 31/10/19 by 8.30Am. Dr Assuma Beevi TM, Principal MIMSCON & Mr Jibin V Varkey, NSS, Programme Officer, 60 NSS volunteers are coordinated the programme. (Fig 3 & 4).</p>	1	60	1	<p>*Rashtriya Ekta Diwas or National Unity Day was introduced by the Government of India in 2014.</p> <p>*The official statement for Rashtriya Ekta Diwas was provided by the Home Ministry of India.</p> <p>*It cites that the National Unity Day “will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country.”</p>



Fig 1



Fig 2



Fig 3



Fig 4

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
	31 ST October 2019	<p style="text-align: center;">PENCIL DRAWING COMPETITION ON OBSERVANCE OF BIRTH ANNIVERSARY OF SARDAR VALLABHBHAI PATEL AS "RASHTRIYA EKTA DIWAS" (NATIONAL UNITY DAY) ON 31ST OCTOBER, 2019</p> <p>MIMS college of nursing NSS unit organized a Pencil drawing competition on the Theme of the day “Nation Unity Day” for commemorate the birth anniversary of Sardar Vallabhbhai Patel on 31st October 2019 at 2 pm to 4pm. (Fig 1, 2)</p> <p>The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey,</p>	1	20	2 Hour	

NSS Programme Officer were joined for the same.

She narrated about the day as he was Iron Man of India, also known as the Loh Purush, Vallabhbhai Jhaverbhai Patel was born on October 31, 1875. He is also popularly known as Sardar Patel and was one of the most known Indian politicians after Independence. Under Jawarharlal Nehru's term as Prime Minister, Sardar Patel served as the first Deputy Prime Minister of India. Sardar Patel is most popularly known as a founding father of the Republic of India. This is because he played a significant role in integrating the independent provinces into a unified India just after the partition. He also acted as Home Minister during the political integration of India and the Indo-Pakistani War of 1947. Six students were given their names for Pencil Drawing competition on this special day.**(Fig 3)**

Ms Nithya, Senior Lecturer MIMSCON & Mr Sreenish, MIMS CON were the evaluators for the programme. **(Fig 4)**. The drawings are displayed in the campus in order to convey the importance of this special day. (Fig 5, 6, 7, 8, 9, 10)



Fig 4

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HOU RS	ACHIVEMENTS
1	31 ST Octob er 2019	<p align="center">SPORTS ACTIVITIES CONDUCTED ON OBSERVANCE OF BIRTH ANNIVERSARY OF SARDAR VALLABHBHAI PATEL AS "RASHTRIYA EKTA DIWAS" (NATIONAL UNITY DAY) ON 31ST OCTOBER, 2019</p> <p>MIMS college of nursing NSS unit organized Sports activities for commemorate the birth anniversary of Sardar Vallabhbhai Patel on 31st October 2019 at 8 Am to 10Am. (Fig 1, 2)</p> <p>The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. (Fig 3, 4, 5)</p>	1	20	2 Hour	



Fig 1



Fig 2



Fig 3



Fig 4



Fig 5

4

20
November
2019

**POSTER COMPETITION
ON OBSERVANCE OF
WORLD DIABETES DAY
ON 20 NOVEMBER 2019**

1


50

3 Hour

* Aware about the importance of special day.

MIMS college of nursing NSS unit organized a **Poster competition on the Theme of the day “Diabetes; protects your family”** on **20 November 2019 at 2 pm to 4pm. (Fig 1, 2, 3)**

The programme was inaugurated by **Dr. Assuma Beevi TM, Principal, MIMS College of Nursing & Mr**


		<p>Jibin V Varkey, NSS Programme Officer were joined for the same.</p> <p>This provides raising awareness of the impact that diabetes has on the family and support network of those affected, and promoting the role of the family in the management, care, prevention and education of diabetes for the students and NSS volunteers.</p> <p>Ms Jipsa, Asst Professor MIMSCON & Ms Dilna C Asst Professor were the evaluators for the programme.. The posters were displayed in the campus in order to convey the importance of this special day. (Fig 7)</p>				
			Fig 1			
5	3rd DEC 2019	<p>WORLD AIDS DAY:</p> <p>As a part of World AIDS day, MIMS college of nursing, NSS unit Organized a Rally at Karad panchayat on 3 Dec 2019 at 11Am. It helps to aware the public about HIV responses and theme of AIDS Day “Communities make the difference”. The commemoration of World AIDS Day,</p>	1	50	1 Hour	<p>* It brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic.</p> <p>* Opportunity for public and private partners to spread</p>

		<p>which will take place on 1 December 2019, is an important opportunity to recognize the essential role that communities have played and continue to play in the AIDS response at the international, national and local levels. WHO is highlighting the difference these communities are making to end the HIV epidemic while drawing global attention to the need for their broader engagement in strengthening primary health care. There are 50 NSS volunteers and staffs were participated for the same.</p> <p>It's clearly shows the NSS volunteer's leadership and advocacy ensures HIV response remains relevant and grounded, keeping people at the center and leaving no one behind. Communities include peer educators, networks of people living with or affected by HIV, such as gay men and other men who have sex with men, people who inject drugs and sex workers, women and young people, counsellors, community health workers, door-to-door service providers, civil society organizations and grass-roots activists. The volunteers were moving around the town with several useful placards which ensures the knowledge about HIV and its transmission. The rally adjourned by 12.30 Pm.</p>			<p>awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world.</p>
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Fig 1

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMBE R OF PARTICI PANTS	NO. OF HOURS	ACHIVEMENTS
6.	3 rd DEC 2019	<p style="text-align: center;">WORLD DISABILITY DAY: DECEMBER 3RD 2019</p> <p>As a part of World Disability day, MIMS college of nursing, NSS unit Organized a Flash Mob at HILITE MALL Calicut on 3 Dec 2019 by 3 Pm. The programme was conducted by 40 NSS volunteers in order to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. The teaching staffs and students were participated for the same. This programme holds the theme of the day "Full Participation and Equality". This programme aims to <i>reaffirm our commitment to keep working towards an inclusive, accessible and equitable future for our Divyang sisters and brothers. Their</i></p>	1	40	1 Hour	*To bring changes in people's behavior towards people with Disability and to make them aware of their rights. This day is celebrated with the objective of compassion for the disabled, self-esteem and support to improve their lives.

		<i>fortitude and accomplishments in various fields inspire all of us. The programme adjourned by 4 Pm.</i>				
						Fig 1
7	3rd DEC 2019	<p>WORLD DISABILITY DAY: DECEMBER 3RD 2019</p> <p>As a part of World Disability day, MIMS college of nursing, NSS unit Organized a role play at Vazhayoor Panchayath on 3 Dec 2019 at 1 Pm. (Fig 1, 2) The programme was conducted by 30 NSS volunteers in order to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. Nearby school students were joined for the programme. The teaching staffs and students were participated for the same. This programme seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. The role play prepared according to the theme of the day "Full</p>	1	50	1 Hour	*To bring changes in people's behavior towards people with Disability and to make them aware of their rights. This day is celebrated with the objective of compassion for the disabled, self-esteem and support to improve their lives.

		Participation and Equality".The programme adjourned by 2.30 Pm. (Fig 3)				
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Fig 1



Fig 2


8	<p>07 DEC 2019</p> <p>By</p>	<p>CLASS ON PALLIATIVE CARE</p> <p>MIMS college of nursing, NSS unit organized a Class on Palliative Care on 07 December 2019 for NSS volunteers by Mr Vasudevan, Volunteer, Vazhayur Palliative Care Clinic & Mr Vijayan, Convenor, Vazhayur Palliative care Clinic. (Fig 1, 2)</p> <p>Mr Jibin V Varkey, NSS Programme</p>	1	50	2 Hour	<p>* Palliative care is a broader philosophy that includes hospice care. Palliative Care can be used as a separate area of medical practice while the patient is receiving</p>
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<p>10Am to 12 Pm</p>	<p>Officer were joined for the same. NSS volunteers, students, teaching and non-teaching staffs were attended the session. He explained about the palliative approach aims to improve the quality of life for individuals with a life-limiting illness and their families, by reducing their suffering through early identification, assessment and treatment of pain, physical, cultural, psychological, social, and spiritual needs. He added that there are several palliative clinics are emerging every year due out break of chronically ill patients. Mr Vijayan speaks about effective palliative care requires a broad multidisciplinary approach that includes the family and makes use of available community resources; it can be successfully implemented even if resources are limited. It can be provided in tertiary care facilities, in community health Centre's and even in children's homes. Session adjourned by 12pm after tea break. (Fig 3, 4)</p>			<p>treatment. As with hospice, palliative care aims to improve quality of life from every different angle.</p>
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Fig 1

9	07 Dec 2019	<p style="text-align: center;">ESSAY WRITING COMPETITION ON CELEBRATION OF 'CONSTITUTION DAY' ON 07TH DECEMBER 2019</p> <p>MIMS college of nursing NSS unit organized Essay writing competition on topic "Children Rights Under Indian Constitution" for Celebration Of 'Constitution Day' On 07th December 2019 at 3 pm to 4.30 pm. (Fig 1, 2).</p> <p>Mr Jibin V Varkey, NSS Programme Officer and NSS volunteers were organized the programme. These activities aim to reiterate and reorient the citizens towards the values and principles expressed in the Indian Constitution and encouraging all Indians to play their rightful role in strengthening the Indian Democracy.</p> <p>The aim of this programme is to publicize the glorious and rich composite culture and diversity of our nation. Further, it aims to create awareness of Fundamental Duties as enshrined in the Indian Constitution. As citizens of our great nation, we believe firmly in Gandhian thought</p>	1	15	2 Hour	<p>*The students and volunteers may get to know about The Constitution is a set of written principles and precedents of the Government of India. It frames fundamental political principles, procedures, rights, directive principles, restrictions and duties of the government and the citizens of the country. The Constitution of India declares the country a sovereign, secular, socialist and democratic republic. It assures its citizens equality, liberty and justice.</p>
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		<p>that ‘The true source of rights is duty. If we all discharge our duties, rights will not be far to seek’ and as said by Sardar Patel, ‘Every Indian should forget that he is a Rajput, a Sikh, or a Jaat. He must remember that he is an Indian and he has every right in his country but with certain duties’.</p> <p>Ms Meenu Pater, Asst Professor & Ms Remya, Senior Lecturer MIMSCON were the evaluators for the programme. The programme adjourned by 4.30 Pm. (Fig 3, 4, 5).</p>				
						
10.	15TH DEC 2019	<p align="center">ONE DAY FREE MEDICAL CAMP:</p> <p align="center">15TH DECEMBER 2019</p> <p>MIMS College of nursing NSS unit collaborated with Vijhanodayam Library, Aster MIMS Charitable Trust & Aster MIMS Hospital organized one day Free Medical Camp at Sagar College, Kakkove, Malappuram on NSS volunteers, Program officer and</p>	1	60	7 Hours	<p>*To bring changes in people's behavior towards health and importance screening the diseases in community area.</p>

other faculty of the college started from MIMS College of Nursing to Kakkove by 7Am. The camp preparations were started on the previous day according to the different committees. Volunteers were involved in drug sorting, publicity for medical camp, preparation of exhibits etc. been arranged for the volunteers. At 8.30 am registration for the medical camp was started. NSS volunteers divided into different committees and the patients were lead to health checkup, doctor's consultation, lab, pharmacy and health exhibition.

The inaugural ceremony started at 9.30 am. The camp was inaugurated by P K Vinod Kumar, Joint Secretary Taluk Library Council and felicitated by Dr. Assuma Beevi TM, Principal MIMS College of nursing and Director, MIMS Academy & Mr Jibin V Varkey, NSS Programme Officer. NSS program officer Mr. Jibin V Varkey and other faculty provided guidance to the NSS volunteers. Specialist doctors from different department such as General Medicine, Pediatrics and Gynecology were consulted the patients. Total 211 patients registered for the medical camp. NSS volunteers were dived in to different committees and involved in

	<p>head to foot examination, BP monitoring, GRBS checking, distribution of free medicines, counselling and referral services. Among adult patient majority had life style diseases such as hypertension, Diabetes mellitus, CAD etc. 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 after the lunch provided by Library Council. 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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SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	UNITS	NUMBER OF PARTICIPANTS	NO. OF HOURS	ACHIVEMENTS
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4 14 November 2019	<p style="text-align: center;">DIABETES SCREENING PROGRAMME ON OBSERVANCE OF WORLD DIABETES DAY ON 14 NOVEMBER 2019</p> <p>MIMS college of nursing NSS unit organized a Diabetes screening programme on the Theme of the day “Diabetes; protects your family” on 20 November 2019 conducted by Aster MIMS hospital in collaboration with LIONS CLUB Kozhikode. Chief guest of the programme was Dr. S Rajeev & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. NSS volunteers, students along with hospital staff conducted diabetes screening in six places inside the Kozhikode city. NSS volunteers divided among six groups and conducted screening camp at Ramanatukara, New Busstand, KSRTC Bus stand, Palaym, Big Bazars and cooperation town hall. Almost 1000 people were screened for diabetes and hypertension in different centres. Followed by there was an awareness class carried out by Dr Vimal, Endocrinologist, Aster MIMS Hospital Calicut at 9 am.</p> <p>Volunteers even arranged an awareness programme about Diabetes Mellitus at Kakkove Town on the same day.</p>	1	60	5 Hour	* Aware about the importance of special day.
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Fig 1

2	<p>26 Nov 2019</p>	<p>CONSTITUTION DAY: MIMS college of nursing NSS unit organized to read preamble of the constitution on constitution day 26 November 2019 at 8.30Am.Dr. Assuma Beevi TM, Principal MIMSCON & Mr Jibin V Varkey, NSS Programme Officer were joined for the same. The Ministry of Youth Affairs & Sports, Govt. of India had already taken up celebration of ‘Constitution Day’ on 26th November, 2019.This day gives an aware of Volunteers about invaluable contribution of Babasaheb Dr. Bhimrao Ambedkar and other founding father of the Constitution. Moreover commemoration of this day gives an awareness about important features of Constitution- the fundamental duties which enshrined in Chapter IV (Article 51 A) of the Constitution. Teaching and Non-teaching Staffs were joined for the same.</p>	1	50	1 Hour	<p>* Aware about the importance of special day.</p>
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Fig 1

3

29th
NOV
2019

9-
11am

**CLEANING DRIVE @
GOVERNMENT MENTAL
HEALTH CENTRE,
KOZHIKODE**

MIMS College of Nursing, NSS Unit organized 'CLEANING DRIVE' at **Govt. Mental Health Centre, Kuthiravattom, Kozhikode** on Nov 29th for the commemoration of 150th Birth Anniversary of Mahatma Gandhi since it is celebrated all over the Country by the Govt. Depts. and Organizations like NSS. Mr Jibin V Varkey Programme Officer, the faculty Ms Shine Thomas, HOD Mental health Nursing & Ms Nithya S Senior lecturer were joined for the same. 60 NSS volunteers were actively participated for cleaning the entire hospital premises. Other students and faculty/Staff actively participated in cleaning programme. Volunteers and

1

60

4 Hour

*Aware that the protection and improvement of the human environment.
*An opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprise and communities in preserving and enhancing the environment.

faculty were divided in to 10 groups and cleaned the entire area.



Fig 1

5.

**20 &
21
DEC
2019**

**By
9 Am
to 3
Pm**

**CLASS ON PERSONALITY
DEVELOPMENT:**

MIMS College of nursing, NSS unit organized Two Days IBTC-2020 Program from DC Crackers in association with E-cell IIT Kanpur by Mr Aftab Azim, Senior IBTC Instructor & Executive Head on 20th & 21st December, 2019 (Friday & Saturday) at our campus. This has helped the mindset of the students/NSS volunteers from traditional learning towards a vision-oriented and purposeful learning approach **Mr Jibin V Varkey, NSS Programme Officer** were joined for the same. NSS volunteers, students, teaching and non-teaching staffs were attended the session.

Main modules covered in this class are;

1

60

12
Hour

* Personality development in now a day is a necessity which improves level of confidence, creates good self-image, increase sense of self-worth, increase flexibility and adaptability to change & increase happiness and active life.

1. MODULE PERSONALITY

DEVELOPMENT : Crucial Ingredient required to Present One's Knowledge

2. MODULE COMMUNICATION

SKILLS: Verbal & Non Verbal Skills including Body Language

3. MODULE INTERVIEW TIPS AND

DEMOS: Aiming Best Placements

4. MODULE MEMORY

POWER: Focusing on the Powers of Imagination and Association in the students. Developing the skill to deal with Emotions smartly

5. MODULE EMOTIONAL

INTELLIGENCE:

6. MODULE CONFIDENCE BOOST-

UP: Practical steps to shape a Confident Personality. We found the program to be very informative and the content was full of practical examples from day to day life which helped the volunteers to connect with the contents. They have distributed the certificate for volunteers after the entire sessions.



Fig 1