





MIMS COLLEGE OF NURSING, MALAPPURAM

(NSS/FU/MPM/KUHS/2)

EXTENSION ACTIVITIES 2020

SL NO	DATE	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUM BER OF PART ICIPANTS	NO. OF HOURS	ACHIVEMENTS
1	01/01/20 8.30Am	<p align="center">NEWYEAR CELEBRATION:</p> <p align="center">NEW YEAR CELEBRATION:</p> <p>MIMS College of Nursing NSS Unit celebrated New Year on 01/01/2020. Dr. Assuma Beevi TM, Principal, MIMS College of Nursing conveyed New Year message to NSS volunteers and other students. Mr Jibin V Varkey, Programme officer & Mr Binoy Prasad, Administrator were joined for the same. Cake cutting was also arranged during the program. All the teaching and non-teaching staff were joined for the same. NSS volunteers arranged the programme in order to show their unity among the members. The programme adjourned by 9Am.</p> 	1	240	1	* This inculcate to create a bond between the volunteers and students also brings the humanity as well.

<p>2</p> <p>04th JANUARY 2020</p> <p>By 3.30 pm to 04.30 Pm</p>	<p>TALK ON FUNDAMENTAL DUTIES (ARTICLE 51A):</p> <p>MIMS college of nursing, NSS unit organized a Talk on fundamental duties of Indian citizen on 04th JANUARY 2020 for NSS volunteers by Mr Jibin V Varkey, NSS Programme Officer MIMS College of Nursing, Malappuram (Fig 1, 2) NSS volunteers, students, teaching and non-teaching staffs were attended the session. He speaks about to abide by the constitution and respects its deals and institutions, the national flag and national anthem. The Programme officer explained all the fundamental duties where given in Article 51 A in the Constitution of India 1949. He explained about to uphold and protect the sovereignty, unity and integrity of India. (Fig 3, 4) The session adjourned by 11.30Am after a refreshments.</p>	<p>1</p>	<p>50</p>	<p>1 Hour</p>	<p>* The session will be helps to promote harmony and spirit of common brotherhood amongst all the volunteers.</p> <p>* This session may help to develop the scientific temper humanism and the spirit of inquiry and reform among members.</p>
		<p>Fig 1</p>			

3	<p>10 JAN UVA RY 2020</p> <p>By 10Am to 11.30 Am</p>	<p align="center">CLASS ON FIRE AND SAFETY RESCUE</p> <p>MIMS college of nursing, NSS unit organized a Class on Fire & Safety Rescue operations on 10 JANUARY 2020 for NSS volunteers by Mr Gangadharan KV, Fire & Safety Officer, Aster MIMS Hospital Calicut. Mr Jibin V Varkey, NSS Programme Officer were joined for the same. NSS volunteers, students, teaching and non-teaching staffs were attended the session. He speaks about the importance of fire and safety classes in these era. He said fire safety training for youth is one of the best investments that could provide for youth. This session may provide knowledge and skills they need to prevent fires and get out of burning building and other infrastructure. He also encourage the volunteers how rescue the victims from the fire attacks since there were commitment for the NSS volunteers. The trainer explained about how to use a portable fire extinguisher and importance of fire alarms. The session adjourned by 11.30Am after a refreshments.</p>	1	60	2 Hour	<p>* Acquire knowledge about to recognize the fire hazards.</p> <p>*Taught about the fire evacuation plan and ascertain everyone familiar with it.</p>
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Fig 1

4	12TH JAN 2020	<p style="text-align: center;">ONE DAY FREE BLOOD GROUPING CAMP; 12TH JANUARY 2020</p> <p>MIMS College of Nursing NSS unit organized one day Free blood grouping, blood glucose and blood pressure monitoring in association with YASH Arts & Sports Club, Thiruthiyad, Aster MIMS Charitable Trust & Aster MIMS Hospital, Calicut at Moolappuram, Malappuram on 12/01/20. NSS volunteers, Mr Jibin V Varkey, Program officer and other faculty of the college started from MIMS College of Nursing to Moolappuram by 7.30Am. The preparations were started on the previous day according to the different committees. Volunteers were involved in publicity for blood grouping camp, arrangements for blood sugar and blood pressure monitoring, AV Aids exhibition etc. At 8.30 am registration for the camp was started. NSS volunteers divided into different committees and the patients were lead to health checkup, Height, Weight, BMI, blood grouping, blood sugar and blood pressure monitoring. Also noticing the name and address of participants those who are willing to donate their blood in blood group directory.</p> <p>The inaugural ceremony started at 9.30 am. The camp was inaugurated by Ms Vimala Parakandathil, Precident Vazhayoor Panchayath, Mr Moosa Roulath WEard Member and felicitated by Dr. Assuma Beevi TM, Principal MIMS College of nursing and Director, MIMS Academy, Mr Jibin V Varkey, NSS Programme Officer & Mr Suneer PP, Secretary YASH Arts & Sports Club. Also there was an inaugural function where the YASH</p>	1	40	7 Hours	<p>* Improves the volunteer's leadership skill and personality development.</p> <p>*To bring changes in people's behavior towards health and importance screening the diseases in community area.</p>
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		<p>arts and sports club flourished a Laboratory for people who are residing at Moolppuram Locality which has officially inaugurated by Mrs Vimala Paarakandathil, Precident Vazhayur Panchayath. The abandoned services have been delivering by these youth that there are free blood sugar and blood pressure monitoring in every Sunday. NSS program officer Mr. Jibin V Varkey and other faculty provided guidance to the NSS volunteers. Total 207 patients registered for the Blood grouping camp. NSS volunteers were dived in to different committees and involved in head to foot examination, BP monitoring, GRBS checking, counselling and referral services. Among adult patient majority had life style diseases such as hypertension, Diabetes mellitus, CAD etc. The camp was finished by 3.30pm followed by lunch provided by YASH Arts & Sports Club. It was a great success in terms of number of patients attended and services rendered during the camp.</p>				
						<p>Fig 1</p>
5.		<p>AUDIO VISUAL AIDS EXHIBITION & HEALTH</p>	1	40	4 Hour	

<p>16th Jan 2020</p> <p>8.30 AM to 12.30 PM</p>	<p align="center">AWARENESS CAMPAIGN ON BLOOD DONATION</p> <p>MIMS College of Nursing NSS Unit organized AV aids exhibition & Health Awareness Campaign on blood donation at Thriuthiyad, Malappuram on 16th January 2020. The Campaign 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 donating the blood where equal benefit for donor and receiver.</p> <p>She added Donated blood are used to save lives of severely anemic women, anemic kids, accident victims having excess blood loss, surgical patients, cancerous patients, thalassemia patients, people suffering from the hemophilia, sickle cell anemia, blood disorders, blood clotting disorders and many more. Places devoid of an adequate blood supply face many life-threatening challenges during the arrangement of sufficient blood for the proper donation. Adequate supply of blood and its products can only be fulfilled by the regular and safe donations by the self-motivated, voluntary and unpaid blood</p>				<ul style="list-style-type: none"> * To fulfill the 100% voluntary and unpaid blood donation need worldwide. * To motivate blood donors for safe blood donation for saving the life of mothers and babies. * To reduce the death rates because of insufficient blood supply. * To motivate voluntary blood donors through educational programmes and campaigns in order to strengthen the blood transfusion services.
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donors. There are 150 peoples were joined for the same where they probably acquire the knowledge on importance of blood donation. There are 40 volunteers were joined for the same in order to organize the campaign.

The volunteers were clearly explained about the importance of blood donation and necessity of blood for patients. The volunteers were noticed the Name and address of the people who were willing to donate their blood and directed to Aster MIMS blood Bank. The teaching and non-teaching staffs of MIMS College of nursing were joined for this venture. The programme adjourned by 12.30 PM.




Fig 1


6	<p>26/01/20</p> <p>8.30Am</p>	<p style="text-align: center;">REPUBLIC DAY</p> <p style="text-align: center;">CELEBRATION:</p> <p>India celebrates 71st Republic day today. MIMS College of Nursing NSS Unit celebrated the republic day on 26/01/2020 at 8.30am. Dr Assuma Beevi TM, Principal MIMSCON addressed the day from MIMS College of Nursing, Malappuram. . She hosted the flag followed by delivered principal’s address. . She speaks about India became the largest democracy in the world only after the Constitution of India came into existence on Janaury 26, 1950. And to celebrate this joyous occasion, we celebrate Republic Day every year. The entire country observes this day with patriotism and enthusiasm. 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 Republic Day 2020. All the students, teaching and non-teaching staffs were joined for the same. Sweets were distributed after national anthem. .</p>	1	200	1	<p>* The celebrations are held to showcase India’s unity in diversity and rich cultural heritage and include ceremonious parades & the Beating Retreat</p>
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Pic 1

7	<p>08 FEB 2020</p>	<p align="center">COLLAGE COMPETITION ON OBSERVANCE OF WORLD CANCER DAY: 08 FEBRUARY 2020</p> <p>As a part of World Cancer day, MIMS college of nursing, NSS unit Organized a Collage Competition on 08 Feb 2020 by 9 Am. The programme was conducted by 30 NSS volunteers in order to promote an awareness about cancer day. The teaching staffs and students were participated for the same. Mr Jibin V VARkey Asso Professor & Ms Alphiline Jose were the judges to evaluate the same.</p> <p>World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history. Gathering communities, organizations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship in the streets and online acting as a powerful reminder that we all have a role to play in</p>	1	30	1 Hour	<p>* By raising worldwide awareness, improving education and catalyzing personal/ Volunteers collectively.</p> <p>*Volunteers are working together to reimagine a world where millions of preventable cancer deaths are saved and access to lifesaving cancer treatment.</p>
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		reducing the global impact of cancer. The programme adjourned by 10 Am.				
8	08 FEB 2020	<p>STREET PLAY ON OBSERVANCE OF WORLD CANCER DAY 2020 08 FEBRUARY 2020</p> <p>As a part of World Cancer Day, MIMS college of nursing, NSS unit Organized a Street Play at Karad Junction, Malappuram District on 08 Feb 2020 by 1 Pm. The programme was conducted by 50 NSS volunteers in order to promote an understanding of cancer issues and its prevention. Volunteers inculcate their ideas to mob by a creating an event and story. This programme holds the theme of the day “I can, we can” acknowledges that everyone has the capacity to address the cancer burden. We can work together to reduce cancer risk factors. We can overcome barriers to early diagnosis, treatment and palliative care. We can work together to improve cancer control and achieve global targets to reduce premature mortality from cancer and NCDs. Volunteers believe that our positive actions, together we can reach the target of reducing the number of premature deaths from cancer and non-communicable diseases by one third by 2030.</p> <p>The programme adjourned by 3 PM.</p> 	1	50	3 Hour	<p>*Volunteers are working together to reimagine a world where millions of preventable cancer deaths are saved and access to lifesaving cancer treatment.</p> <p>*By raising worldwide awareness, improving education and catalyzing personal/ Volunteers collectively.</p>

9	<p>08 FEB 2020</p>	<p style="text-align: center;">REPORT OF POSTER COMPETITION ON OBSERVANCE OF WORLD LEPROSY DAY: 08 FEBRUARY 2020</p> <p>As a part of World Leprosy Day (26 Jan 2020), MIMS college of nursing, NSS unit participated for a poster competition at Leprosy Centre, Chevayur, Calicut on 08 Feb 2020 by 9 Am. five NSS Volunteers were participated for the same. One of the biggest problems surrounding leprosy is the fact that it is a misunderstood disease. There are lots of harmful myths and half-truths that make life very difficult for people affected by the disease. The word leprosy has come to mean more than a curable disease – it is a word that is used by people to exclude and shame those suffering from the disease. It is a word that now symbolizes something that should be kept apart.</p> <p>The volunteers had secured first prize for poster competition. The programme adjourned by 12 Pm.</p> 	1	05	3 Ho ur	<p>* World Leprosy Day is on Sunday 26th January 2020 and we will be marking the day with a variety of events to raise awareness of leprosy and the prejudice and discrimination that people often face.</p> <p>* It is helpful to draw attention to the need for continued investment to ensure every person affected by leprosy receives treatment as early as possible.</p>
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10	<p>10 FEB 2020</p>	<p align="center">SCHOOL HEALTH PROGRAMME: 04 FEB 2020</p> <p>MIMS college of nursing, NSS unit Organized a School Health Programme at Adwaitha Mission Public School, Puthukode, Malappuram District on 10 Feb 2020 by 9 Am. The various programmes were Awareness on Corona Virus, Mime on Substance Abuse, Puppet show on Child Abuse. The programme was conducted by 40 NSS volunteers in order to ensure the knowledge for students in various aspects.</p> <p align="center">AWARENESS ON CORONA VIRUS:</p> <p>The volunteers explained with LCD monitor with more pictures that the Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The added Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Apart from this, the volunteers explained about the Common signs of infection include respiratory symptoms, fever, and cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Subsequently, they explained regarding standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.</p>	1	50	5 Hour	<p>* To identify and correct psychosocial problems among school children, including substance abuse, current pandemics and child abuse. *Enhancement of skills of school teachers in handling health and developmental problems among children. *Awakening health consciousness in children.</p>
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MIME ON SUBSTANCE ABUSE:

The 8 volunteers prepared a mime on substance abuse where aimed ill effects of substance abuse. The volunteers could transfer the ideas through actions. They transferred the ideas such as harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome, a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state.

PUPPET SHOW ON CHILD ABUSE

The volunteers also entertained the students with puppet show where they transferred the information's regarding child abuse. Volunteers given the ideas regarding that it is not always easy to identify the signs of child abuse as it is not always obvious. A child might not open up to anyone about what is going on. This could be because they are scared that the abuser might hurt them if they were to find out, they might not have anyone to tell or fear that no one would believe them. Additionally, the person who abused them may be someone they love and want to protect. Unfortunately, in many cases the children are not aware that what is happening to them is abuse

wherefore volunteers communicated different types of child abuses.
The programme adjourned by 2 Pm.



Fig 1

19/2/20

BEST NSS UNIT AWARD

The Award ceremony was started by 3.10 pm with NSS Geetham. Dr Assuma Beevi TM, Principal MIMS College of Nursing welcomed the gatherings. She was narrated about the importance of social services in our community as well as our nation. She added that we have been extremely delighted to receive this award since we have been rendering services for needy. Dr Manoj Kumar, Registrar, NSS Coordinator addressed the gatherings. He explained about the services rendered by NSS unit MIMS College of Nursing. Additionally he advised about to continue this services ahead in future in order to improve the quality of KUHS as well as MIMS college of nursing.

Later Dr Manoj Kumar handed over the memento, Certificate, Rs 10000/- cheque to Principal, Programme officer & NSS volunteers. Apart from this Dr Assuma Beevi TM

handed over memento Dr Manoj Kumar as a token of appreciation. Mr Jibin V Varkey PO NSS Unit felicitated the gatherings. He explained about the importance of social services in community. Followed by, NSS volunteer delivered vote of thanks and National Anthem. The event was adjourned by 4.30 pm after a high tea.

