

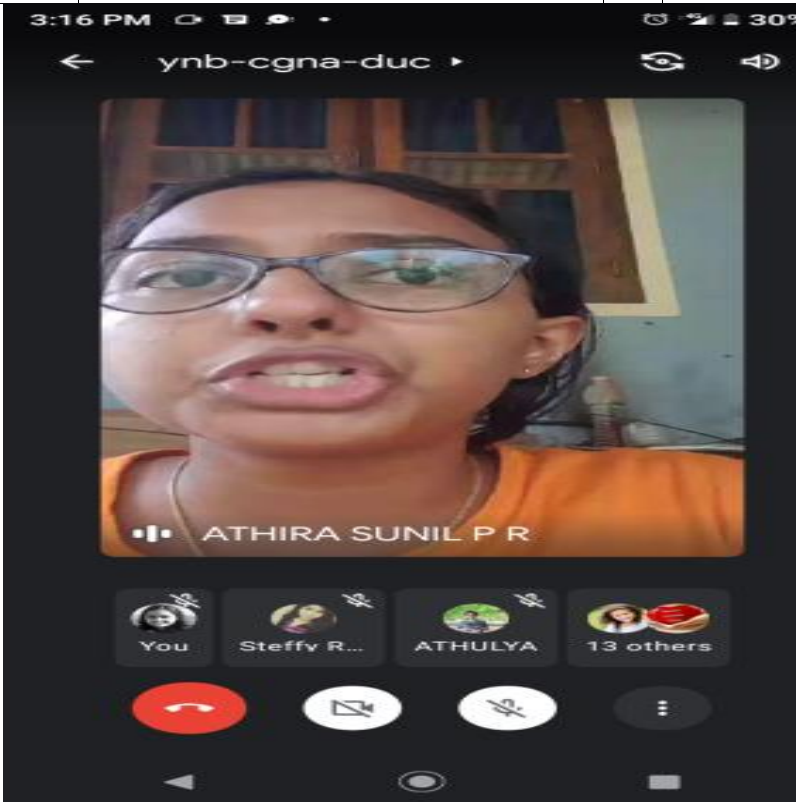
MIMS COLLEGE OF NURSING, MALAPPURAM


(NSS/FU/MPM/KUHS/2)

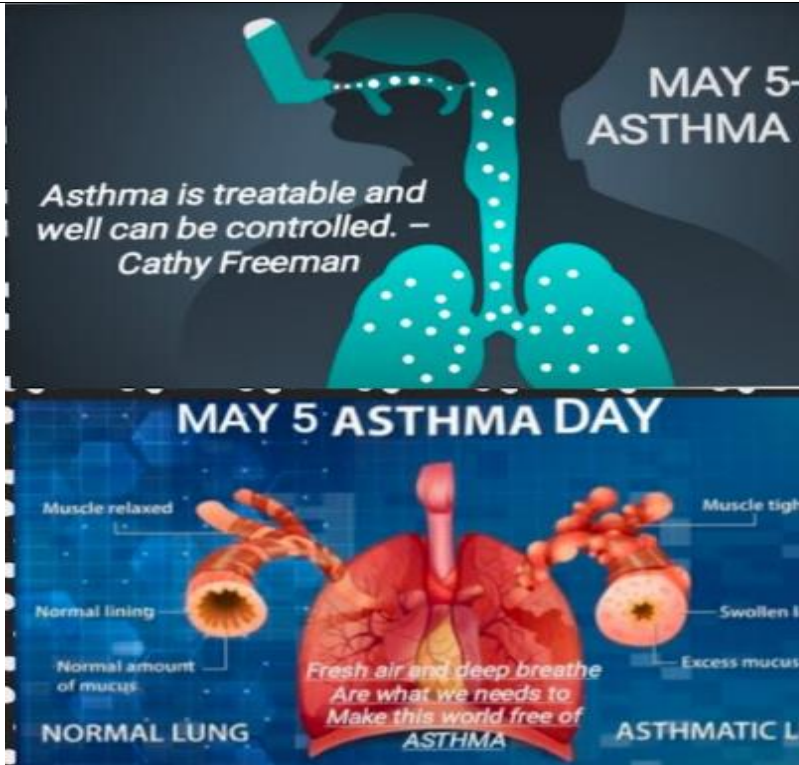
NSS ANNUAL REPORT 2021- 2022 (March 2021 to March 2022)


The NSS team has conducted 24 activities during the year 2021-22. The activities are as follows;


Sl. No	Date	ACTIVITY UNDERTAKEN (BRIEF DESCRIPTION)	U N I T S	NUMB ER OF PARTI CIPAN TS	NO. OF HOU RS	ACHIVEMENTS
1.	8th Mar ch 202 1	<p>INTERNATIONAL WOMEN'S DAY</p> <p>As a part of International women's day, NSS Unit in collaboration with Department of Obstetrics and gynecological Nursing organized an Elocution competition on the theme 'Gender equality in the age of Covid 19' on 8th March 2021. The competition was conducted through virtual platform (Google Meet link: https://meet.google.com/ynb-cgna-duc) from 3pm-4pm. Ms Lijina Thomas, proposed the welcome address. Dr Assuma Beevi TM, Principal addressed the students and gave message related to the theme of the day. Following this was the elocution competition. There were 10 participants from different batches. Ms Vinitha David Assistant Professor and</p>	1	10	1 Hour	Total participants -10

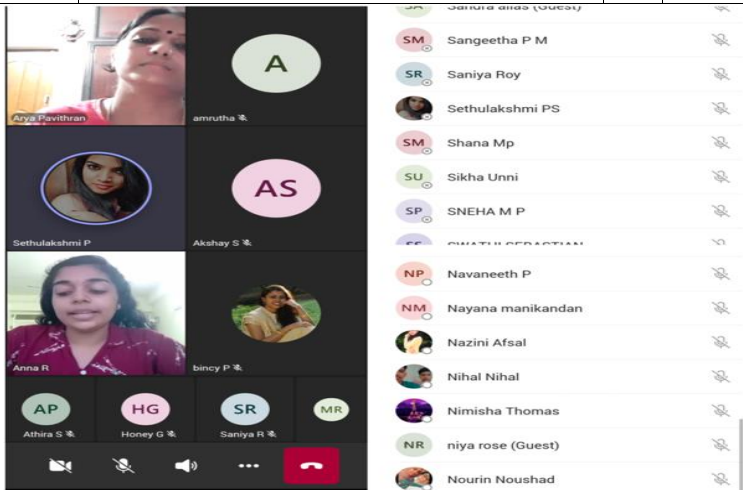
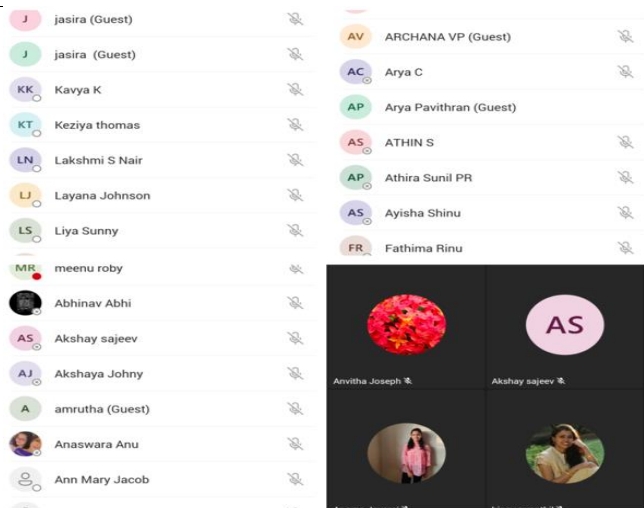
		<p>Ms Jipsa K, Assistant Professor were the judges. The following students were the winners.</p> <p>I prize Ms Anjali M 15th Batch</p> <p>II prize Ms Athulya P Shajan 15th Batch</p> <p>III Prize Ms Steffy Rose John 17th Batch</p> <p>The programme adjourned with a vote of thanks by Ms Maria Mathai</p>				
						<p>Fig.1</p> <p>The student volunteer participating the elocution programme.</p>
2.	17 th May 2021	<p>WORLD HYPERTENSION DAY 2021</p> <p>World hypertension day was observed BY 3rd year B.Sc Nursing student volunteers on May 17th 2021 by conducting an E-collage competition through google meet. The theme of</p>	1	8	2hrs	<p>Total Students participated for E-collage competition – 8</p> <p>Three student volunteers secured 1st, 2nd and 3rd prizes respectively.</p>

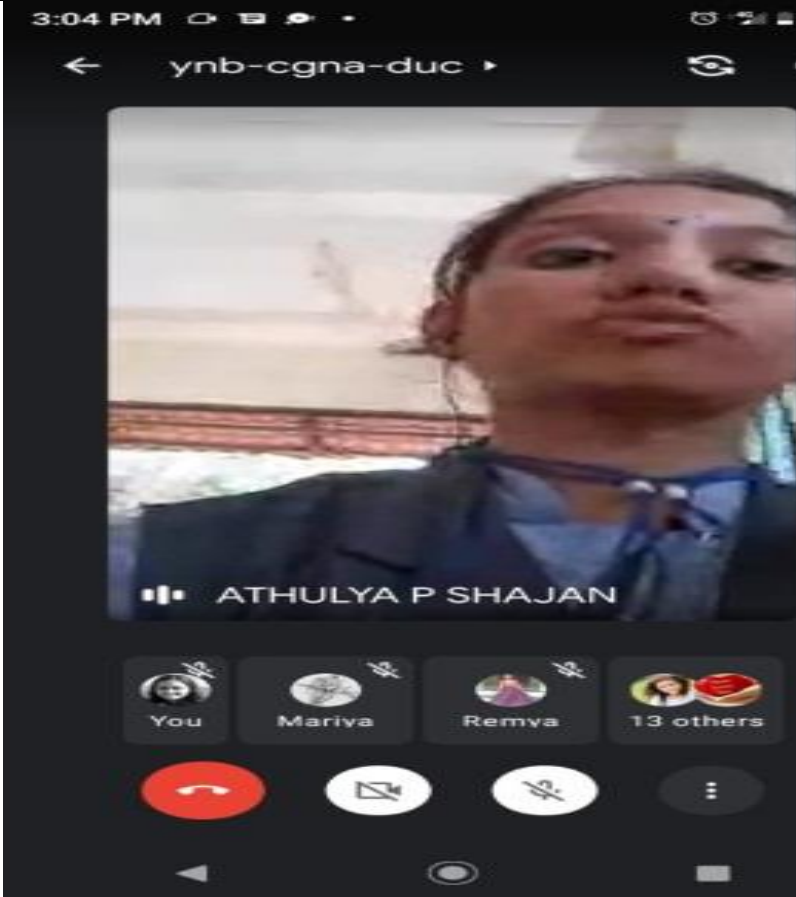
		world hypertension day was measure your blood pressure, control it. Live longer. The E-Collage was evaluated by Ms.Deepa Mary & Ms.Alphillin Jose.				First prize winner: Ms.Anna Jose Second prize winner: Ms.Nijisha Shaji Third prize: MsAnjitha Abraham
					Fig. 1	
3.	5 th May 2021	WORLD ASTHMA DAY 2021 World asthma day was observed on May 5 th 2021. The programme was organized by the 2 nd year B.Sc nursing student volunteers. They conducted an E-posted competition through online platform via Google Meet. The theme of world Asthma day was “Let Everyone Breathe Normally”. The programme was evaluated by Ms.Soumya P.B & Ms.Nikhila Lakshmi	1	12	2hrs	Total volunteers participated for E-poster competition were 12 nos First prize winner: Sneha Wilson Second prize winner: Ms.Ansmariya & Mr. Prathyun Third prize: MsAnjana Jain

				Fig. 1	E-posters prepared by NSS student volunteers
4.	<p>5th June 2021</p> <p>World Environmental Day observance</p> <p>The NSS unit of MIMS College of Nursing, Malappuram organized a “GO GREEN DRIVE” (Fig.1) by planting tree/plant saplings at college and volunteers at their homes. Dr. Shejila C.H, Vice Principal addressed the gathering and proposed the message on Environmental day and its significance. (Fig.2) The Event was planned from 9 to 12pm. The faculty actively participated in the GO GREEN Drive. (Fig.3) The NSS volunteers planted several tree/plant saplings at their homes. (Fig.4). The</p>	1	150	3 hrs	<p>No. of Participants : 150</p> <p>No. of Plant saplings planted: 72</p> <p>No. of Tree saplings planted: 50</p>


		event was followed by a delicious food.				
					Fig. 1	Teaching and non-teaching faculty participating in “GO GREEN DRIVE”
					Fig. 2	
5.	26^T H Aug ust 202 1	WORLD ZONONOSIS DAY The NSS unit observed this day on 26 th August 2021 by conducting a health talk on the prevention of various zoonosis diseases at RHC karad. The student volunteers also emphasised the importance of taking several vaccines against certain diseases. A total of 15	1	60	2 hrs	

		peoples who attended the RHC participated in the health talk given by the NSS volunteers.				
					Fig. 1	The volunteers describing on the H1N1 transmission and its preventive aspects
6.	01/09/21 - 07/09/21	NATIONAL NUTRITION WEEK CELEBRATION As part of national nutrition week celebration the NSS volunteers organized a AV aids Exhibition at RHC, Karad. The students prepared various diet plan suitable for different age groups. This was displayed on 7 th September at HRC from 9.30am to 12.30 pm. The students explained the charts & models to the public who consulted the doctor at PHC that day.10 charts depicted the importance of healthy diet for each age groups. On the next day 8 th September, via online platform, Google Meet. Ms. Arya Pavithran, Chief dieticians at Aster MIMS Hospital took a detailed class	1	65	2hrs	Total volunteers as key speakers - 8


		on healthy diet during Covid pandemic. 1 st year students were its beneficiaries.				
					Fig. 1	The NSS volunteer welcoming the speaker and the audience.
					Fig.2	Ms. Arya is taking the session on importance of healthy diet during Covid-19 pandemic
7.	12th Aug ust 202 1	INTERNATIONAL YOUTH DAY The NSS unit collaborated and celebrated international youth day on 12 th August 2021. The theme for this day was titled as transforming food system. Youth innovations for human & planetary health. The unit conducted an elocution competition. The total participation were about 65. The main key speakers were 12 nos. Ms.Meera	1	15	2hrs	The winners of this competition are 1st prize: Anna Rose 2nd prize: Aleena Sony 3rd prize: Fathimath Swaliha

		Jose, Senior lecturer, child health nursing and Ms. Meenu Peter, Asst. Professor, FON dept. were the judges for elocution competition. The competition was through Google Meet online platform.				
					Fig. 1	The volunteers participating in elocution competition
8.	15/08/21	<p align="center">INDEPENDENCE DAY CELEBRATION</p> <p>As part of 74th Independence day celebration, the NSS unit organized the flag hoisting ceremony at 8.30 am. Dr. Assuma Beevi. T.M, Director of MIMS Academy & Principal, MIMS College of Nursing, hoisted the flag. The volunteers and the crowd sang the</p>	1	120	1hr	Total participants: 120

	<p>national anthem. Dr. Assuma addressed the gathering and delivered a speech and reminded the struggles and sacrifices which our ancestors did for our country. Following the flag hoisting, sweets were distributed to everyone gathered there.</p>				
		<p>Fig. 1 Dr. Assuma Beevi. T. M, Principal hoisting the flag and disposing principals message to the students</p>			
		<p>Fig. 2 Dr. Assuma Beevi. T.M, Principal addressing the crowd and followed by distribution of sweets.</p>			

9.	29/08/21	<p>WORLD ORS DAY</p> <p>The NSS unit conducted health education on the world ORS day at aster MIMS hospital, Calicut .The main theme of the ORS day was oral rehydration. No more dehydration. The volunteers also reinforced the importance of oral rehydration as an effective methods to battle against dehydration as an effective methods to battle against dehydration and diarrhea among mothers of under-five who visited the Pediatric OPD that day</p>	1	15	1 hr	Total participants:15
						<p>Fig. 1 Volunteer giving health talk on the importance of ORS therapy</p>
10.	10 th sept 2021	<p>SUICIDE PREVENTION DAY – ROLE PLAY</p> <p>As a part of celebration on World suicied prevention day, NSS unit organised a roleplay in collaboration with 3rd year b.Sv nursing students on</p>	1	20	1 hr	Students performing role-play on suicide prevention

		the theme creating hope through action. The role play focussed on the aspect of dowry, debt, sexual assault and HIV. The roleplay comprised of 10 students under the guidance of Nikhila lakshmi. Duration of the role play was for 30 minutes. Videos of roleplay was uploaded at 10 am through online platform. Students of third year B.Sc Nursing cordially participants for the preparation of role play.				
				Fig.1	Role play conducted by 16th batch student volunteers.	
11.	18.0 9.21	FIRST AID & CPR TRAINING AT MA MOOPEN'S SCHOOL FOR SPECIAL NEEDS The Nss Unit And Community Health Nursing Dept. Conducted First Aid And Cpr Training At Ma Moopen's School For Special Needs On 18 th Of Sepember 2021. The Session Was Organised For The Faculty, Teachers	1	55	4 hrs	Total participants: 55

		And Non Teaching Staffs Of The Institute. Ms.Saleena Gave A Keynote Address. Students Volunteers Demonstrated Variousfirst Aid Measures And Gave Hands On Training On Cpr. The Volunteers Were Led By Ms. Vinitha V David, Asso.Professor & Mr. Ajmal Rahman, Sr. Lecturer of Community Health Dept.				
					Fig. 1	The BLS, stroke, fall prevention, choking & its management first aid training program for the staffs of Udayam Charitable Society at Mankav, Kozhikode on 30th October 2021
12.	21st Sept emb er 2021	WORLD ALZHEIMER'S DAY As part of World Alzheimers Day , the NSS unit of Mims College has organized an AV aids Expo at PHC on 21 st of September 2021. The volunteers prepared the charts & models on the theme Alzheimers disease its risk factors, signs and symptoms and its medical & nursing management. The patients and all the	1	80	2 hrs	Total participants:80

bystanders who visited PHC attended the AIDS Expo held at PHC verandah. The NSS unit & aster mims hospital charitable trust collaboratively sponsored a mattress to the needee at kottapuram. Along with that a free medical health checkup was given to sainaba. The event was held on 18th September 2021. A webinar was held on the importance of celebrating Alzheimers day, by the experts from psychology. Mr. Abraham Bose & Ms. Pooja Shokeen from nursing college carried out the online webinar through Google meet platform.

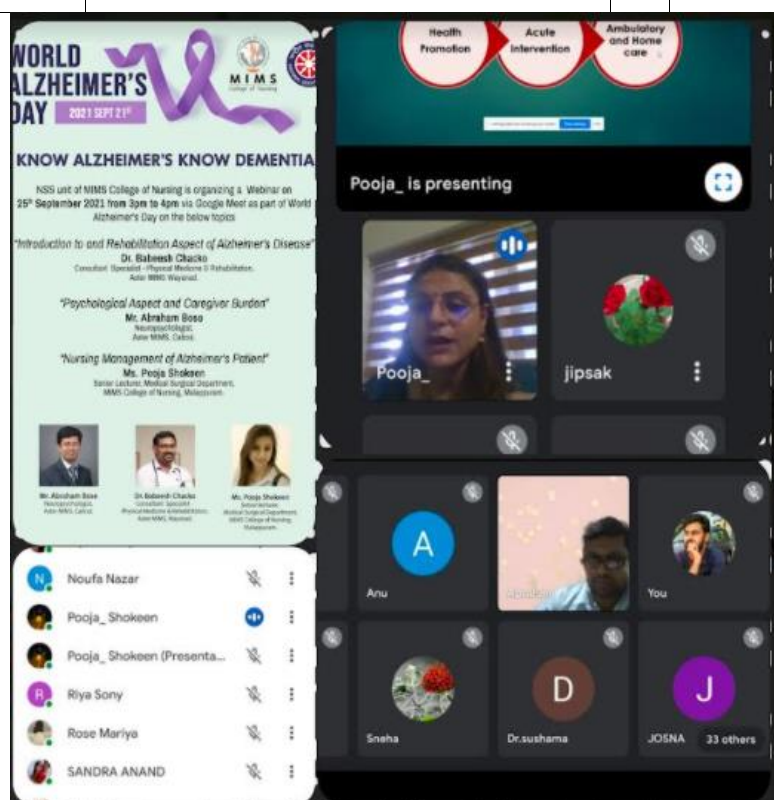


Fig. 1 The webinar held on Alzheimer's day



Fig. 2 **The NSS volunteers at AV
Aids expo at PHC**


13.	10^T H Oct obe r 202 1	WORLD MENTAL HEALTH DAY The NSS unit and mental health department has organized a expert talk session as part of World mental health day observance on 10th October 2021 via Google meet online platform.	1	60	1 hr	Total participants:60
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Fig.2


Brochure on world mental health day



14.	2 nd october 2021	<p>MASS CLEANING DRIVE & PLANTING TREE SAPPLINGS ON THE OBSERVANCE ON GANDHI JAYANTHI</p> <p>The NSS Unit Organised a Mass cleaning drive at CAMPUS OF MIMS College of Nursing. The Activities were organised to be held at College. The teachers and Non teaching faculty also actively participated for clean drive.</p> <p>The student volunteers were divided as groups & was guided by Teaching / Non-teaching faculty.</p> <p>The entire group energetically engaged through out the cleaning drive.</p>	1	128	4hrs	<p>Total volunteers participated: 128</p> <p>Total Tree saplings planted: 6</p> <p>Total plant seedlings planted: 25</p>
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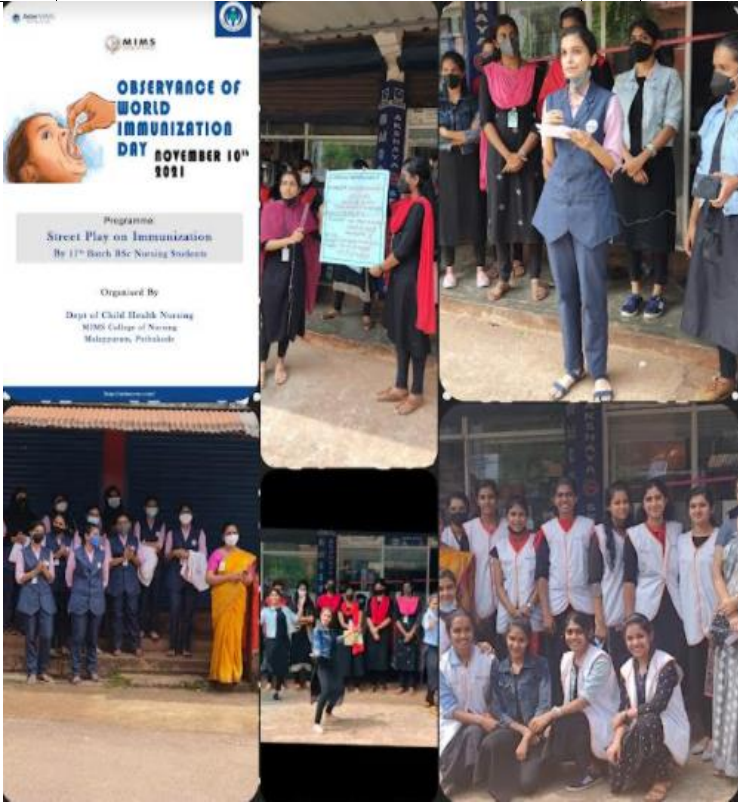
		The volunteers then planted tree saplings and vegetable seedlings at Campus. The Vegetable Seedlings were also planted at Roof top Garden included brinjal, Spinach, Ladies finger, Tomato, Green Chilly etc.				
					Fig. 1	NSS Volunteers and faculty participating in Mass cleaning drive conducted at college campus and its premises
15.	15.10.21	OBSERVANCE ON GLOBAL HAND WASHING The NSS unit of mims college of nursing, observed the global handwashing day by a creative demonstration of handwashing by preparing 18 th batch B.Sc Nursing students. 7 students participated for the dance video demonstration of handwashig steps. The same video was	1	7	30 mts	Total participants:7

		updated in the social media FB page on the same day itself.				
					Fig. 1	Dance video on creative demonstration of Medical hand washing steps
16.	15.1 0.21 - 19.1 0.21	<p>OBSERVANCE ON WORLD OBESITY AWARENESS WEEK</p> <p>As part of the observance, the NSS team organised a painting competition on world obesity awareness on 18th of october 2021. The students of each batch were intimated on the rules & regulation of the competition. 11 students participated and beautifully conveyed the messgae on OBESITY AWARENESS.</p>	1	11	2 hrs	<p>Winners of this competition were,</p> <p>1st Prize: Mr. Prathyan P, 16th batch</p> <p>2nd Prize: Ms Shivapriya, 17th batch</p> <p>3rd Prize: Ms. Fathima Nourin, 18th batch</p>

					Fig. 1	Students participating in painting competition on world obesity awareness
17.	29.10.21 WORLD STROKE DAY OBSERVANCE As part of world stroke day conducted on 29 th October 2021, the NSS units in collaboration with medical surgical day organized an expert talk session on Specific assessment and treatment protocol for stroke. Mr.Suchil kumar, Clinical instructor, Al Adan Hospital led the session. 2 nd and 3 rd year students were the beneficiaries.	1	68	2 hrs	Total participants:8	

					Fig. 1 Collage competition Conducted on World Stroke Day
18	31.1 0.21	RASTRIYA EKTA DIWAS As part of Rastriya Ekta Diwas several activities were organized by NSS unit on behalf of birth anniversary of Sardar Vallabai Patel. To commemorate this legend, the NSS unit took unity pledge and has conducted a unity run on this regard. Apart from this the team also organized a painting competition in which 8 students participated. The best 3 paintings were awarded 1 st 2 nd & 3 rd prizes respectively.	1	10	2 hrs 1 st prize: Ms. Varsha P 2 nd prize: Ms.Drishya N J 3 rd prize: Mr. Ajay M

						Fig. 1 Unity day Pledge taking, Essay writing competition and run for unity conducted on 31st October 2021
						Fig. 2 Drawing competition conducted on behalf of Rastriya Ekta diwas on 31st October 2021
19.	10.1 1.21	WORLD IMMUNISATION DAY CELEBRATION As part of world immunisation day, The NSS unit in collaboration with	1	67	1 hr	Total participants: 67


		<p>Child health nursing organised a street play at karad junction at 12pm. The programme was hosted by 17th batch students. The street play emphasised the importance of taking timely immunisations. Along with that, the students distributed the revised schedule on National immunisation to the crowd gathered.</p>				
					<p>Fig. 1 Students volunteer giving session on the importance of Immunization and conducted a Street play on World Immunization Day.</p>	
20.	14.1 1.21	<p>AWARENESS & DIABETES SCREENING CAMP ON WORLD DIABETES DAY CELEBRATION</p> <p>The NSS unit in collaboration with Aster MIMS Hospital, calicut & Lions club international, conducted a diabetes awareness rally at 8am which</p>	1	20	5 hrs	Total participants: 20


started from SM Street round the mananchira square. The rally and awareness, screening camp emphasised the significance of diabetes screening among the public. The student volunteers and staffs were grouped into 9 small groups. The screening was held at several stations set at calicut town. The groups were led by the representatives from Lions Club International. The screening camp adjourned at 1pm.

The NSS Unit in collaboration with Medical Surgical Nursing dept, organized a Panel discussion on “Access to diabetes care” on 13th November 2021 at 11.30 am at examination hall. There were 6 panelists and a moderator for the panel discussion



Fig. 1 Rally and Diabetes screening camp conducted on World Diabetes day

		Fig. 2	Panel Discussion on World Diabetes day		
21.	<div><div>14. 11. 21</div><div>CHILDREN'S DAY OBSERVANCE</div><div>As a part of children's day, the unit arranged a session with Mr. Gopinath Muthukad. He emphasized how to rehabilitate the specially abled children in our community and being upcoming nursing profession -nals, he motivated the students to show humanity towards these kind of children and stressed the importance of developing the aptitude of these specially abled children. He interacted with the students and answered their queries</div></div>	1	67	1 hr	Total no of participants: 67

				Fig. 1	Expert talk by Mr. Gopinath Muthukad on Children's day celebration on 14th November 2021	
22.	26.1 1.20 11	<p align="center">WORLD ANTIMICROBIAL AWARENESS WEEK CELEBRATION</p> <p>The NSS unit of MIMS College of Nursing, Malappuram organized a Street play to emphasize the importance of awareness on safe handling of antimicrobial drugs. Antimicrobial resistance week is celebrated from 18th to 25th of November 2021. The NSS Volunteers presented a street play at PMSA PT HSS, Kakkov on 26th November at 10.30 am at the school ground. The students studying in plus one and plus two attended the street play. The Volunteers communicated efficiently that they highlighted the importance of safe use of the antimicrobials so as to reduce the drug resistance. The volunteers were accompanied by</p>	1	90	1.5 hrs	Total no. of volunteers participated: 90


		Ms.Meenu Peter, Programme officer & Mr. Ajmal Rahman K K, Associate Program officer, NSS Unit of MIMS College of Nursing. Students also displayed the posters on Antimicrobial resistance in the college campus premises too.				
					Fig.1	The student concluding message during street play
23.	03.1 2.21	WORLD DISABILITY DAY The NSS team and Dept. of community health nursing collaborated with family health centre vazhakkad, conducted an awareness programme as role play at FHC premise. The programme emphasised the importance of communit reahbilitation of disabled persons. The programme were hosted by 17 th batch student volunteers. The team were led by Mr. Ajmal Rahman & Ms. Vinitha David. Dr. Baiju, mdeical officer, inaugurated the function and Mr. Krishnan felicitated the gathering.	1	35	2 hrs	Total members participated : 35

					Fig. 1	The International Day of Persons with Disability event during inauguration
					Fig. 2	The volunteers and the teachers at FHC, Vazhakkad
24.	01.1 2.21	WORLD AIDS DAY As part of WORLD AIDS DAY, the NSS unit in collaboration with SAFI institute of advanced studies, Vazhayur conducted a role play at SAFI Auditorium on 1 st of december 2021. Imbichikoya addressed the gathering, Ms.Meenu Peter, NSS Program Coordinator & Mr. Ajmal Rahman K.K, Associate NSS Program Coordinator, felicitated the gathering. The volunteers conveyed the theme beautifully through a street play conducted at the college auditorium at	1	120	2 hrs	Total volunteers participated: 120

SAFI. The program came to a end by 12.30pm.

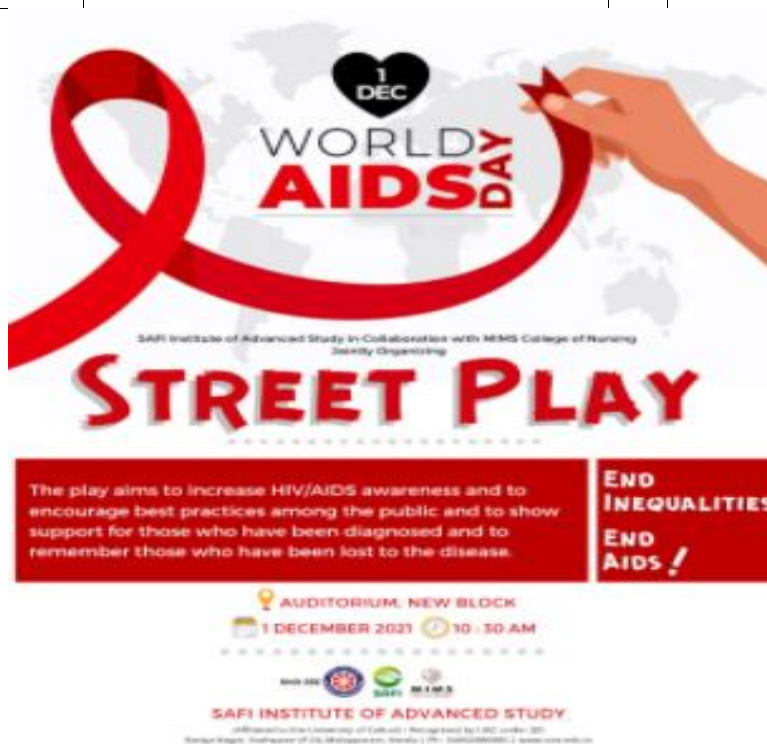


Fig.1 The brochure on World Aids Day: Street Play



Fig. 2 The volunteers performing the characters during the street play



Fig. 3 The volunteers sharing the concluding message