

Chelembra, PO. Pulliparamba, Malappuram Dt., Kerala - 673634.

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7.1.4. Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens.

Sl. No	Event	Link
1	National Cancer Awareness Day	View
2	Student Mentoring Activities	View
3	World AIDS Day	View
4	Martyrs' Day	View
5	World Energy Conservation Day	View
6	Republic Day	View
7	National Deworming Day	View
8	World Kidney Day	View
9	National Immunization Day	View
10	World Water Day	View
11	Pongal Celebrations	View
12	Onam Celebrations	View
13	Ramzan Iftar party to students, parents and employees	View
14	Christmas celebration and gifts distribution to students and employees	View
15	NSS medical camp for tribal students at Wayanad	View
16	Fit India Program	View
17	International Day of Non-violence	View
18	Plastic Free Campaign	View



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19	'Vimukthi Jwala' lit across the state upping spirit of drug-free drive	View
20	National Unity Day(Rashtriya Ekta Diwas)	View
S. No	Event	Link
21	Antibiotic Awareness Campaigning	View
22	World AIDS Day-"Know Your Status".	View
23	World Water Day- Keep A Bowl of Water for Birds in Summer	View
24	April cool- a new initiative	View
25	Ashabhavan Visit	View
26	International Youth Day	View
27	Independence Day	View
28	Blood Donation Camp	View
29	Kidney Disease Detection Camp	View
30	Observance of Palliative Care Day	View
31	Free Medical Camp Against Dengue Fever	View
32	Swachh Pakhwada Programme	View
33	Quit India Anniversary Celebration	View
34	Independence Day	View
35	Uravu 2019	View
36	Observance of palliative care day	View
37	Awareness on Sannadhasena	View
38	International Yoga Day	View
39	Survey on health status of adopted village peoples	View



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BREAST CANCER AWARENESS MONTH

October was Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organizations, to highlight the importance of breast awareness, education and research. During Breast Cancer Awareness Month we aim to get as many people as possible involved in raising awareness and funds for breast cancer research. More of us are being diagnosed with breast cancer than ever before and the disease is still devastating lives on a heart-breaking scale. So every Breast Cancer Awareness Month, to take action against breast cancer and create a future where everyone who develops the disease can live – and live well.

The NSS unit of Devaki Amma Memorial College of Pharmacy had organized, a breast cancer awareness campaigning in one teacher education college and higher secondary school in Chelembra Grama Panchayath, totally 750 members attended this campaign.








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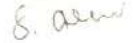
STUDENT MENTORING CELL FOR HARMONY

MENTORING CELL (D. PHARM.) Academic Year 2023-24

S. No.	Name of the Students (I. D. Pharm.)	Name of the Staff (Mentor)
01	ABINAV P. ADNAN N. GAZAL C. MUHAMMED NASWEEH P. SHIJIL KUMAR V. P. VINAY K.	Mr. Shijin M. S. 9746402925 
02	ALMIDHA C. V. AMIRA P. M. ANISA HIBA K. ANOOJA V. ANVITHA R.	Mrs. Ayisha Nitha P. 9544550379 
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Principal

Mentor-mentee system is practiced in our college to improve a mentor mentee relationship and to facilitate the academic and professional development of mentees. Periodic counseling are arranged in order to relieve stress related issues, so that they become physically and mentally strong. Counselor helps to takes care of a lot of things more than just educational and career choices, providing familial support, grade concerns.



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WORLD AIDS DAY

World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

NSS Unit of Devaki Amma Memorial College of Pharmacy, Chelembra, organized various AIDS awareness programmes like seminar, Poster presentation on 01.12. 2018. A Street darma regarding AIDS awareness, were also organized on same day by NSS volunteers and performed in College campus, NNMHSS Campus, Ramanattukara Bus stand and in Surabhi mall (Ramanattukara).

Glimpses of World AIDS Day



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MARTYRS' DAY (INDIA)

30th January is the date observed in the national level. The date was chosen as it marks the assassination of Mohandas Karamchand Gandhi in 1948. On Martyr's Day the president, the vice-president, the prime minister, the defence minister, and the three Service Chiefs gather at the samadhi at Raj Ghat memorial and lay wreaths decorated with multi-colour flowers. The armed forces personnel blow bugles sounding the Last Post. The inter-services contingent reverses arms as a mark of respect.



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WORLD ENERGY CONSERVATION DAY



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REPUBLIC DAY CELEBRATION

The 71st Republic Day has celebrated in the college campus in a grant manner on 26.01.2020. National Flag was hoisted by Dr. Biju C. R., Vice-Principal delivered the Republic Day message. Teaching staffs, Non-teaching staffs, NSS volunteers and our students were attended the function and it was followed by cultural programme focusing on the history and culture of India.



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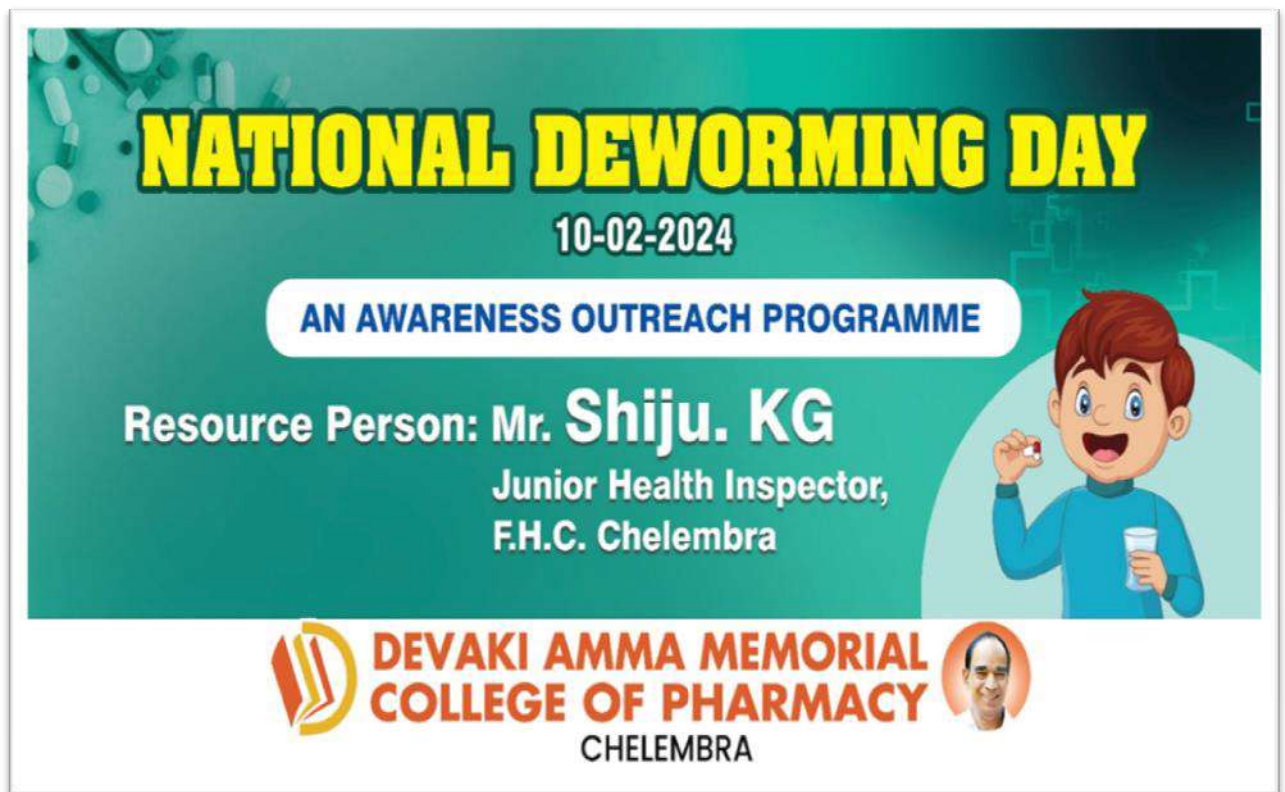
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NATIONAL DEWORMING DAY





NATIONAL DEWORMING DAY
10-02-2024

AN AWARENESS OUTREACH PROGRAMME

Resource Person: **Mr. Shiju. KG**
Junior Health Inspector,
F.H.C. Chelembra



 **DEVAKI AMMA MEMORIAL COLLEGE OF PHARMACY** 
CHELEMBRA

National



Deworming Day is

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celebrated on 10th February in order to provide awareness about the health issues caused by worms and deworming measures have been discussed and taught to students and staffs of Devaki Amma Memorial College of Pharmacy. Mr. Shiju K.G. was the resource person. The program is conducted at Maanuettan's auditorium to commemorate this day faculty, non-teaching staff and students have gathered. Mrs Shitha was giving welcome address to the speaker of the program and vote of thanks is given by Mr. Sanjay and Memento was handed over by Dr. Byju of our college and it was recognised as a appreciable programme.



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WORLD KIDNEY DAY



NATIONAL IMMUNIZATION DAY





2024 MARCH 16

National Immunization Day

**"VACCINES WORK
FOR ALL"**






 **DEVAKI AMMA MEMORIAL
COLLEGE OF PHARMACY** 



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WORLD WATER DAY

Keep a bowl of water for birds in summer

Like all animals, birds need water to survive. Though they can extract some moisture from their food, most birds drink water every day. Birds also use water for bathing, to clean their feathers and remove parasites.

The NSS unit of Devaki Amma Memorial College of Pharmacy, with the help of its volunteers kept clay bowl filled with water in various parts of college campus. The volunteers are given duty to monitor each bowl in every day.

Glimpses of Bowl of Water for Birds in Summer



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COLLEGE OF PHARMACY		
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Pongal Celebration at DAMCOP



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Onam Celebrations- DAMCOP



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Ramzan Iftar Party- Harmony meet student and staff of DAMCOP



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CHRISTMAS CELEBRATION



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NSS CAMP FOR TRIBAL STUDENTS

(19 MARCH 2019 to 25 MARCH 2019)

Day- 1 (19.03.2019)

Journey to Wayanad (camp site) started from college campus to at 6.00 am reached there at 10.00 am. The entire team visited the colony to study the area and interacted with the people living there. This helped the volunteers to make a good rapport with them, through which the team could easily understand their problems, which maximum they shared. This was a good decision taken by the volunteers. After noon all volunteers returned to VSET Campus, Kalpetta, place where volunteers' kitchen and stay were arranged. The camp was inaugurated by Mr. Jagadeesh MD., has given a talk about importance of social service to the volunteers. Volunteers have got very good motivation classes and various activities to understand how the social service should be done and speakers explained more about the NSS moto "**NOT ME BUT YOU**". It was taken by facilitators of VSET Campus, Mr. Sujith Lal C. S., Mr. Sujith M. P., and the sessions was extended till 10.00 PM



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FIT INDIA PROGRAMME

“FIT INDIA- Making all students and young bloods healthy and having good physic”

Yoga is regarded as one of the most effective methods of establishing a connection between the body minds by Indian sages since time immemorial. It is a type of exercise that is performed through diet, breathing and physical posture for the relaxation of body and mind.

NSS Unit of Devaki Amma Memorial College of Pharmacy, Chelembra, observed ‘Fit India programme’ on this auspicious day of 24.09.2019 by conducting Yoga and Physical Exercises. The programme organized to NSS Volunteers and other students of the College, it was conducted for 30 minutes. Yoga, in its importance, to aware all NSS volunteers and students of college. The Unit organized a yoga class to its Volunteers and students of college. Mr. Vijesh OK., yoga instructor had lead the class. Totally 105 members, which includes Staffs NSS Volunteers and students attended the various sessions. Yoga and Physical Exercises was taken by instructor Mr. Vijesh OK., he had given importance of yoga and Physical Exercises to everyone, that it will make lot of peace and makes them aware of their goals which they have to do it in their life for everyone’s betterment. It gives everyone happiness and joy with lot of achievement of many of the tasks. It is very important for the people to know all the effects of the Yoga to create a positive in them for doing the Yoga. Yoga is used to practice by lots of people today to get them relief from every Mental as well as Physical problems. Yoga keeps the people to maintain their Body better in such a way that they can manage every task with proper ideas and Confidence without any mistakes.



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INTERNATIONAL DAY OF NON-VIOLENCE

NSS Unit celebrated Gandhi Jayanti, in utmost importance. The college had cleaned and collected plastic wastes which are thrown by the peoples in **3 km.**, on both sides of **Calicut University to Olipramkadavu Road**. This time all NSS volunteers and all other students of college had actively participated in cleaning drive. Students had collected 50 sacks of plastic wastes on this particular area. The cleaning campaign was inaugurated by Mr. M. Narayanan, Manager Devaki Amma Memorial Institutions, he had taken many initiatives and steps to prevent plastic usage in all our campus and made all campuses plastic free. The inspirational speech by manager and the cleaning activity given very good experience to the volunteers. Totally 540 student NSS participated in this great service activity.

Glimpses of Gandhi Jayanti



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PLASTIC FREE CAMPAIGN

Plastic pollution involves the accumulation of plastic products in the environment that adversely affects wildlife, wildlife habitat, or humans. The prominence of plastic pollution is correlated with plastics being inexpensive and durable, which leads to high levels of plastics used by humans, it is very slow to degrade. Plastic pollution can unfavourably affect lands, waterways and oceans. Living organisms, particularly marine animals, can also be affected through entanglement, direct ingestion of plastic waste, or through exposure to chemicals within plastics that cause interruptions in biological functions.

To aware the student community about plastic pollution, the Unit organized a poster making among all students of college, after collecting all the posters, exhibited in various parts of Chelembra Grama Panchayath to aware public about plastic pollution to avoid use of disposable items, to stop burning of plastic- otherwise it can be given to recycling units through local bodies like panchayath, club, residents association etc.



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‘VIMUKTHI JWALA’ LIT ACROSS THE STATE UPPING SPIRIT OF DRUG-FREE DRIVE

Lifting the spirit of the ongoing anti-drug drive under the ‘Vimukthi’ Mission, the Government organized flame-lighting ceremonies in over 1000 places across the state on 7th February 2020 evening with massive public participation.

The ceremony was held near the offices of panchayats, municipalities and corporations, and district headquarters, in the length and breadth of Kerala.

The NSS unit of Devaki Amma Memorial College of Pharmacy taken part in the lit organized by Chelembra Grama Panchayath and taken oath read by Mr. Rajes C., President, Chelembra Grama Panchayath.



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NATIONAL UNITY DAY (Rashtriya Ekta Diwas)

National Unity day (also known as Rashtriya Ekta Diwas) is celebrated on 31st of October. It is celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel who really unified the country. Rashtriya Ekta Diwas or National Unity Day. The aim of introducing this event is to pay tribute to the great man, Sardar Vallabhbhai Patel, on his birth anniversary by remembering his extraordinary works for the country. He really worked hard in keeping India united. Celebration of this occasion annually helps youth of the country to be aware of and provides an opportunity to everyone to maintain the integral strength of the nation. It makes Indian citizens to realize that how a national integrity helps in defeating the actual and potential threats for unity, integrity and security of the nation.

The NSS unit of Devaki Amma Memorial College of Pharmacy had organized various activities related with National Unity Day on 31.10.2019 in its importance. A pledge taking ceremony had been arranged, all staffs and students of the college were taken Unity Pledge in that occasion, given the importance of national unity in this modern world. The main objective of organizing variety of programmes at this day is to promote national integration among citizens of the India as well as maintain the unity and integrity of the country.



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GLIMPSES OF NATIONAL UNITY DAY CELEBRATIONS



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ANTIBIOTIC AWARENESS CAMPAIGNING

World Antibiotic Awareness campaign aims to increase awareness of global antibiotic resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.

The NSS unit of Devaki Amma Memorial College of Pharmacy had organized, Antibiotic Awareness campaigning in Mansha Ul- ulum madrassa, Idimuzhikkal, in Chelembra Grama Panchayath, totally 550 public attended this campaigning

Glimpses of Antibiotic Awareness Campaigning



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WORLD AIDS DAY

World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

NSS Unit of Devaki Amma Memorial College of Pharmacy, Chelembra, organized various AIDS awareness programmes like seminar, Poster presentation on 01.12. 2018. A Street darma regarding AIDS awareness, were also organized on same day by NSS volunteers and performed in College campus, NNMHSS Campus, Ramanattukara Bus stand and in Surabhi mall (Ramanattukara).

Glimpses of World AIDS Day



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KEEP A BOWL OF WATER FOR BIRDS IN SUMMER

Like all animals, birds need water to survive. Though they can extract some moisture from their food, most birds drink water every day. Birds also use water for bathing, to clean their feathers and remove parasites.

The NSS unit of Devaki Amma Memorial College of Pharmacy, with the help of its volunteers kept clay bowl filled with water in various parts of college campus. The volunteers are given duty to monitor each bowl in every day.

Glimpses of Bowl of Water for Birds in Summer



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APRIL COOL- A NEW INITIATIVE

This year, the temperature has increased hugely, and by planting saplings, we hope to reduce the temperature as well as bring down the pollution level. The idea is to plant trees as much as we can, 'Many people spend a lot of time thinking about how they can trick people in April. And it is not just about April 1, since people continue to play pranks the whole month and call it April Fool's month. Instead, we could plant trees and make it **April Cool**.

The NSS unit of Devaki Amma Memorial College of Pharmacy have planned, to make a beginning, sapling of neem and sweet neem on two sides of Idimuzhikkal- Kolakkuth road. about 200 saplings were planned to observe April Cool and we started on April 1 by planting 50 trees, and wish to reach 200 by the end of this month.

Glimpses of April cool- a new initiative



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ASHABHAVAN VISIT

NSS Volunteers of Devaki Amma Memorial College of Pharmacy, visited Govt. Asha Bhavan, Calicut, situated in Social Welfare Complex, Marykunnu P.O., Vellimadukunnu, Calicut, on 19.07.2019. The unit had cleaned the premises of Asha Bhavan, Health checkup such as Blood Grouping, BP, Blood Sugar and body weight for inmates was done. Orchestra for inmates was arranged and shared lunch with them. 50 NSS volunteers were taken part in this programme. Mr. M. Narayanan, Manager and Trustee Devaki Amma Memorial Institutions, Inaugurated this Service activity.



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INTERNATIONAL YOUTH DAY- 2019

The theme of International Youth Day 2019, “**Transforming education**”, highlights efforts to make education more relevant, equitable and inclusive for all youth, including efforts by youth themselves. Rooted in Goal 4 of the 2030 Agenda for Sustainable Development to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all” International Youth Day 2019 will examine how Governments, young people and youth-led and youth-focused organizations, as well as other stakeholders, are transforming education and how these efforts are contributing to the achievement the 2030 Agenda for Sustainable Development. Our institution conducted various activities such as poster making competition and debate.

Poster making competition was conducted among all the students; participation from student side was well appreciated by the judges of particular event. All the posters made by the students exhibited in college campus.

Debate is conducted among students, divided into two groups one agreed with having “**Transforming education**” another group disagreed with first group. The conclusion of the debate was there should be efforts from all sides (Govt., family, society etc.) to make education more relevant, equitable and inclusive for all youth, including efforts by youth themselves.



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INDEPENDENCE DAY

The 73rd Independence Day was celebrated in the college campus. National Flag was hoisted by Dr. Biju C.R., Vice Principal and delivered the Independence Day message. All staffs, Students including NSS volunteers were attended the function. The gathering had given the assurance for helping flood affected area and people across Kerala. NSS Volunteers formed a team for the mission and visited various relief camps on same day and planned various activities to execute from 16.08.2019.



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BLOOD DONATION CAMP

Be there for someone else. Give blood. Share life.

Transfusion of blood and blood products helps save millions of lives every year. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, and supports complex medical and surgical procedures. It also has an essential, life-saving role in maternal and child care and during the emergency response to man-made and natural disasters.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. An adequate supply can only be ensured through regular donations by voluntary, unpaid blood donors. However, in many countries, blood services face the challenge of making sufficient blood available, while also ensuring its quality and safety.

The NSS unit of Devaki Amma Memorial College of Pharmacy in Association with Kerala AIDS Control Society and Blood Bank, Govt. Hospital, Perinthalmannahad organized a voluntary blood donation camp in college campus. Totally 125 members including staff, NSS volunteers and other students registered their names for blood donation, out of this from 73 members collected blood. In association with donation camp a poster presentation was also there to create awareness of the importance of blood donation.



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19.03.2024

CIRCULAR

(Subject: Observance of World Water Day)

World Water Day, observed annually on March 22nd, serves as a reminder of the critical importance of freshwater and the sustainable management of water resources. This day highlights the global water crisis and promotes actions to address water-related challenges. With billions of people lacking access to clean water and sanitation, World Water Day urges individuals, communities, and governments to prioritize water conservation.

Hence as a part of this World Water Day, our institution is organizing the following activities to create awareness among the staff and students regarding the importance of water conservation:

1. Elocution Competition:

Terms & Conditions:

The students interested to participate must submit an audio file (.mp3 format) not exceeding 5 min.

Theme: "Save Water - Save Life"

2. Poster Making Competition:

Terms & Conditions:

- Groups comprising 4 students each.

-Any number of groups shall participate from a class

Theme: "Save Water - Save Life"

Prizes will be awarded to the first two winners in each category.

For further details, Mr. Krishna Prasad, Asst. Professor shall be contacted.

G. Babu
19/03/24
Principal



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KIDNEY DISEASE DETECTION CAMP

Public should be assessed annually to determine whether they are at increased risk of developing chronic kidney disease based on clinical and sociodemographic factors. Diabetes mellitus, hypertension, and older age are the primary risk factors that warrant screening

The NSS unit of Devaki Amma Memorial College of Pharmacy in Association with Govt. Medical college Calicut had organized, a kidney disease detection camp on 15.01.2019, totally 350 public attended in this camp.

Glimpses of kidney disease detection camp



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OBSERVANCE OF PALLIATIVE CARE DAY

The World Health Organization in 2002 defined palliative care as “an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Chelembra Grama Panchayath organized awareness rally on 15.01.2019, on Palliative care Day from Kolakuth to Idimuzhikkal, to spread the importance of palliative care and to include students, youth in this venture.

The NSS unit of Devaki Amma Memorial College of Pharmacy actively taken part in this awareness rally on 15.01.2019

Glimpses of observance of palliative care day



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FREE MEDICAL CAMP AGAINST DENGUE FEVER

In association with Institution of Homeopathic Kerala (IHK), Kondotty unit, NSS unit of Devaki Amma Memorial College of Pharmacy conducted a Medical Camp for public and students regarding various diseases like Chicken Guinea, H1N1, and Dengue etc., mainly focused on Dengue fever. Dr. Abdulla Kutty, BHMS. MSc (psy), Dr. Abdul Vahab, BHMS., MD., taken the various sessions of the class. 150 public and 180 students attended the classes. As per doctors direction preventive medicines for Dengue fever distributed to those attended the camp.



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SWATCHTHA PAKHWADA PROGRAMME

NSS Unit celebrated Swatchtha Pakhwada, fortnight program with its full spirit, from August 1 to 15. In those days the unit organized programmers with volunteers, such as seminars, cleaned all the places in college and some selected places such as premises of Ayurveda dispensary and one bus stop from where college students will take bus to town. Directly given counseling to public about importance of cleanliness, distributed nearly 500 leaflets stating the need and assurance of cleanliness. Conducted one rally from college to Kolakuth town, more than 125 students were participated.



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QUIT INDIA ANNIVERSARY CELEBRATION

70th Quit India anniversary was celebrated in our campus on 9th August 2017. As part of this, a Collage competition and oath was taken.



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INDEPENDENCE DAY

The 70th Independence Day was celebrated in the college campus in a grand manner on 15.08.2016. National Flag was hoisted by Dr. G. Babu, Principal delivered the Independence Day message. Teaching staffs, Non-teaching staffs, NSS volunteers and our students were attended the function and it was followed by cultural programme focusing on the history and culture of India.



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URAVU- 2019

(19 MARCH 2019 to 25 MARCH 2019)

Day- 1 (19.03.2019)

Journey to Wayanad (camp site) started from college campus to at 6.00 am reached there at 10.00 am. The entire team visited the colony to study the area and interacted with the people living there. This helped the volunteers to make a good rapport with them, through which the team could easily understand their problems, which maximum they shared. This was a good decision taken by the volunteers. After noon all volunteers returned to VSET Campus, Kalpetta, place where volunteers' kitchen and stay were arranged. The camp was inaugurated by Mr. Jagadeesh MD., has given a talk about importance of social service to the volunteers. Volunteers have got very good motivation classes and various activities to understand how the social service should be done and speakers explained more about the NSS moto "NOT ME BUT YOU". It was taken by facilitators of VSET Campus, Mr. Sujith Lal C. S., Mr. Sujith M. P., and the sessions was extended till 10.00 PM

Day- 2 (20.03.2019)

Entire volunteers visited the Alternate School situated in Jai Hind Colony and interacted with the students. The session was inaugurated by Mrs. Satheedevi M., Ward member, Mooppainad Grama Panchayath, and teachers of Alternate school, Mr. Ramachandran and Mr. Damodaran facilitated the programme. Volunteers cooked food and taken along with the students of alternate school and as a token of love given food items. We have conducted a blood group detection camp for school students. During interaction with the students the volunteers could understand various family issues, lack of basic needs, malnutrition, which they are suffering. NSS volunteers conducted an awareness class in afternoon session to school students on the topic 'Risk of Tobacco and other toxic and habit forming substances'. The school students have taken an Oath that, in future they won't use these



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type of substances. Evening volunteers got very good motivation classestaken by facilitators of VSET Campus, Mr. Sujith Lal C. S. and Mr. Sujith MP., and the session was completed at 10.00 PM

DAY -3 (21.03.2019)

Location selected for the survey is Jai Hindh Tribal Colony, Mooppainad Grama Panchayath, Meppadi, Wayand. Survey was taken from every houses of colony regarding the health issues and lack of basic needs. First day the volunteers finished survey in 30 houses. NSS volunteers conducted an awareness classon the topic 'Risk of Tobacco and other toxic and habit forming substances' and also checked the BP, Blood sugar, Blood group and Body weight of colony peoples and given health cards, explained the importance of personal hygiene and various consequences of ODF.

DAY -4 (22.03.2019)

The survey continues on this day and finished remaining 40 houses of same colony. NSS volunteers conducted an awareness classon the topic 'Risk of Tobacco and other toxic habit forming substances' and also checked the BP, Blood sugar, Blood group and Body weight of colony peoples and given health cards, explained the importance of personal hygiene and various consequences of ODF.

DAY-5 (23.03.2019)

The entire team visited Vellukkunnu Tribal Colony, NSS volunteers conducted an awareness classon the topic 'Risk of Tobacco and other toxic and habit forming substances' explained the importance of personal hygiene and various consequences of ODF. As a token of love given food items to all houses of particular colony.

The survey reports were consolidated and found that

1. Majority of colony people (except children) are using Tobacco and other habit forming



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substances like Cannabis , Liquors etc. Oral cancer is one major problem among tribals due to uncontrolled use of Tobacco. These peoples are not aware of any of the sanitization and other basic health issues.

2. Majority children are facing problems of malnutrition like Insufficient energy intake, Weight loss, Loss of muscle mass, Loss of subcutaneous fat, Localized or generalized fluid accumulation that may mask weight loss etc.

DAY -6 (24.03.2019)

The entire team visited Kakkanachery colony and in Kattipara Grama Panchayath the volunteers have decided to give an awareness to the peoples living in the colony on the topic 'Risk of Tobacco and other toxic and habit forming substances', to the group and to each one living in the colony by face to face counseling. The volunteers divided into four groups and went to each house and did the basic health checkup like Body Weight, BP, Blood sugar and Blood grouping. Special counseling was also given about oral cancer due to the use of Tobacco. A recording of all the above particulars were entered in a 'Health Card' prepared by our volunteers, and issued to them. Majority children are facing problems of malnutrition like Insufficient energy intake, Weight loss, Loss of muscle mass, Loss of subcutaneous fat, Localized or generalized fluid accumulation that may mask weight loss etc

DAY-7 (25.03.2018)

The entire team visited Valluvarkunnu Chamal colony and in Kattipara Grama Panchayath the volunteers have decided to give an awareness to the peoples living in the colony on the topic 'Risk of Tobacco and other toxic and habit forming substances', to the group and to each one living in the colony by face to face counseling. The volunteers divided into four groups and went to each house and did the basic health checkup like Body Weight, BP, Blood sugar and Blood grouping. Special counseling was also given about oral cancer due to the use of Tobacco. A recording of all the above particulars were entered in a 'Health Card' prepared by our volunteers, and issued to



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OBSERVANCE OF PALLIATIVE CARE DAY- 15th JANUARY 2021

The World Health Organization in 2002 defined palliative care as “an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Chelembra Grama Panchayath organized awareness rally by strictly following Covid protocol, on 15.01.2021, during observance of Palliative care Day from Chelembra Grama Panchayath office to Idimuzhikkal Palliative care Office, to spread the importance of palliative care and to include students, youth in this venture. The NSS unit of Devaki Amma Memorial College of Pharmacy actively taken part in this awareness rally on 15.01.2021.



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WEBINAR- AWARENESS ON SANNADHASENA

The potential of volunteers in emergency response was well understood in the floods of 2018. In light of the lessons learned post floods 2018, Hon'ble Chief Minister directed Kerala State Disaster Management Authority to establish a common platform for all volunteers and voluntary organizations in the State to work in tandem with Government functionaries. Government created SamoohikaSannadha Sena and established a directorate for this purpose.

The NSS unit of Devaki Amma Memorial College of Pharmacy organized a webinar on 15.01.2021, to aware newly joined students about Sannadha Seana and make them to join. .Mr. Arshak K. and Sahala A.P., had delivered the session, 101 students attended the session and really motivated for joining in Sannadha Sena.



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DEVAKI AMMA MEMORIAL COLLEGE OF PHARMACY
NATIONAL SERVICE SCHEME
 UNIT NO. NSS/11/KCHS/MPM-7

ORIENTATION ON SANNADHASENA
 15/01/2021 @4:00 pm Meet

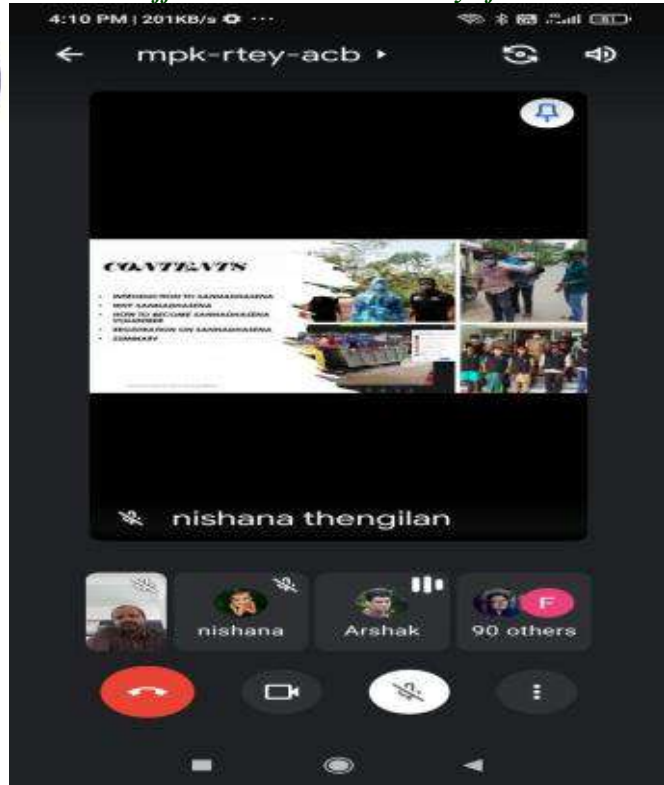
RESOURCE PERSON



ARSHAK
 (SANNADHASENA MASTER TRAINER MALAPPURAM DISTRICT)



SAHALA.A.P
 (SANNADHASENA MASTER TRAINER MALAPPURAM DISTRICT)



4:10 PM | 201KB/s

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CONTENTS

- INTRODUCTION BY SANNADHASENA
- WHY SANNADHASENA
- HOW TO JOIN SANNADHASENA
- BENEFITS OF SANNADHASENA
- SANNADHASENA

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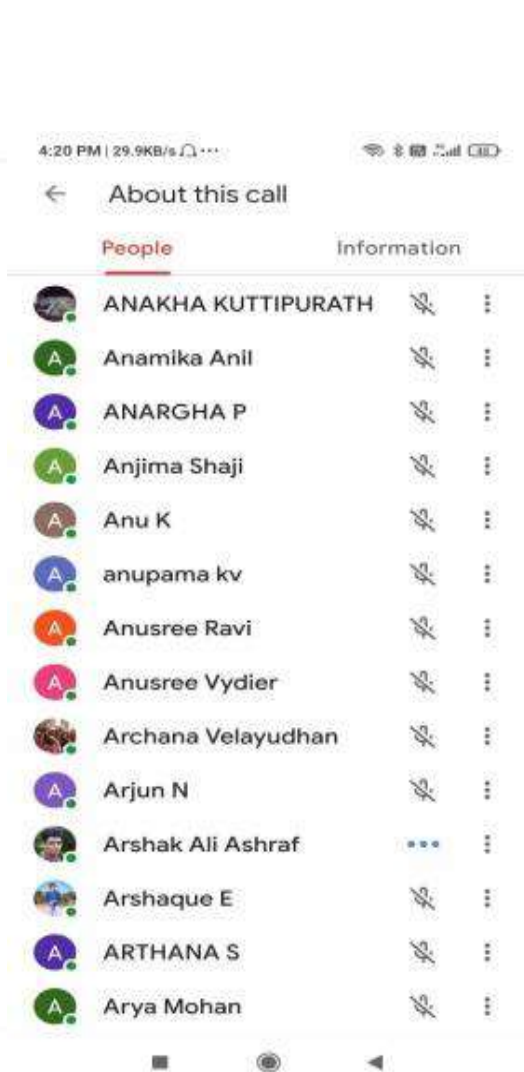
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INTERNATIONAL YOGA DAY

The theme for 2022 is “*Yoga for humanity*”. This year’s theme of international yoga day will focus on the importance of yoga in serving better mental health in our life.

International yoga day is celebrated on the **21st of June** of every year. The first international yoga day was observed on **21st June 2015**. It is celebrated on the 21st of June because it is said to be the **longest day of the year** in the Northern hemisphere and it shares special significance in many parts of the world. The initiative of international yoga day was proposed by the **Prime Minister of India Narendra Modi** during his speech at the United Nations General Assembly on 27th September 2014.

In the assembly, he stated that “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover a sense of oneness with you, the world, and nature. Changing our lifestyle and creating consciousness, can help in well-being. Let us work towards adopting an **International Yoga Day 2022**.”

NSS Unit of Devaki Amma Memorial College of Pharmacy, Chelembra, observed International Day of Yoga, in its importance, to aware all NSS volunteers and students of college. The Unit organized a yoga class to its Volunteers and students of college. Mr. Vijesh OK., yoga instructor had lead the class. Totally 75 members, which includes Staffs NSS Volunteers and students attended the various sessions. Yoga instructor Mr. Vijesh OK., given importance of yoga. gives everyone lot of peace and makes them aware of their goals which they have to do it in their life for everyone’s betterment. It gives everyone happiness and joy with lot of achievement of many of the tasks. It is very important for the people to know all the effects of the Yoga to create a positive in them for doing the Yoga. Yoga is used to practice by lots of people today to get them relief from every Mental as well as



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Physical problems. Yoga keeps the people to maintain their Body better in such a way that they can manage every task with proper ideas and Confidence without any mistakes.



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SURVEY ON HEALTH STATUS OF ADOPTED VILLAGE PEOPLES

Devaki Amma Memorial College of Pharmacy AND NSS Volunteers taken survey of all houses of adopted village regarding their food habits, disease status, about regularly takes medicines, life style diseases etc. The college had decided to start a Medical Information Centre for public. Depends on the survey report the concerned peoples will be educated by our volunteers on this matters under the guidance of Pharmacy Practice Department of our College. The survey was well accepted by the peoples of adopted village peoples and given the assurance that they will utilize the services going to given by Medical Information Centre.

Glimpses of survey



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