

SANTHIGIRI AYURVEDA MEDICAL COLLEGE

NATIONAL SERVICE SCHEME

MONTHLY REPORT – (JUNE 16 to JULY 15) -2024

1. VAYANA VARACHARANAM (READING WEEK CELEBRATION)

PROGRAMMES CONDUCTED:

- **WELCOME SPEECH :** Joshila N F (Librarian)
- **PRESIDENTIAL ADDRESS :** Dr. Sneha (Principal SAMC)
- **FELICITATION :** Dr. Janani Ramyaprabha
Sri Ashok P J (Snr Manager SAMC)
- **GUEST LECTURE:** Sivakumar M (Writer, public speaker, actor .Municipal Vice Chairman)
- **DATE :** 21-06-2024
- **VENUE :** SAMC Library
- **VOTE OF THANKS :** Ajitha (librarian)
- **No . of students participated :** 75

2 . INTERNATIONAL YOGA DAY

In relation to the tenth International Day of Yoga, National service Scheme hosted a series of events.

1. COMMON YOGA PROTOCOL -On Friday, 21/06/2024, students from Santhigiri Ayurveda Medical College followed the common yoga protocol on the college premises.

2.AWARENESS CLASS

VENUE-Gopal Memorial Higher Secondary School, Thiruvallathoor

TIME- 10 am.

RESOURCE PERSON - Dr. Sreelekshmi S, Assistant Professor
Department of Swasthavritta.

THEME AND TOPIC- "Yoga for self and Society".

3.YOGA DAY MASS DEMONSTRATION

-Mrs. Renjitha M, Yoga instructor ,
(Department of Swasthavritta)

SCHOOL- Gopal Memorial vocational higher secondary students. Approximately 50 students actively took part in both activities. The program came to a close at noon.

4.ONLINE VIDEO COMPETITION

-Step wise yoga asanas videos not more than 5 minutes

-Winners of yoga video competition were declared and consolation prizes were given

5. MY BHARAT PORTAL

Yoga day events were created on My Bharat portal.

3.INTERNATIONAL DAY AGAINST DRUG ABUSE

LA. MY PORTAL 26 JUNE 2024

PROGRAMMES CONDUCTED :

- Welcome speech : Dr. Sneha M S (Principal ,SAMC)
- Presidential address : Sri. V Robert (Deputy Excise

Commissioner)

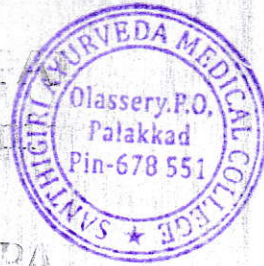
- Inauguration : Sri C K Chammunni (District Vice President)
- Chief Guests : Sri Anandhakrishna Navada K (District Sessions Judge Palakkad)
Sri Midhun Roy K (Sub Judge ,DLSA Secretary)
- Blessed Presence : Swamy Sneathma Jnana Thapaswi
- Felicitation : Sri M Sooraj (Asst.Excise Commissioner)
Sri Jagajith K (KSESA Dist. Secretary)
Sri Khadar Moideen (Anti Liquor Committee member)
Dr. Sooraj (Dept Of Agadatantra)
Sri Ashok P J (Snr Manager SAMC)
- Anti Drug Pledge : Bilna Baby (Student)
- Vote Of Thanks : Sri M F Suresh (Excise C I Palakkad)
- **GUEST LECTURE** -Laws Of Drug : Sri Shahabhas M (Asst. Legal Aid Defense Council)
- **MASS SIGNING CAMPAIGN AGAINST DRUG USAGE.**

- **NANMA MARAM PADHATHI**
- **VENUE : SAMC Seminar Hall**
- **DATE : June 26**
- **No. OF STUDENTS PARTICIPATED : 120**

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DR. SODARI-V.K.

NSS Program officer

NSS Programme Officer
Santhigiri Ayurveda Medical College
Olassery, Palakkad
Reg. No: NSS/FU/PKD/KUHS/3



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12/07/20
DR. SNEHA

Principal

Dr. Sneha M S, MD(Ay)
Principal-In-Charge
Santhigiri Ayurveda Medical College
Olassery, Palakkad-678 551