

# SANTHIGIRI AYURVEDA MEDICAL COLLEGE, PALAKKAD

## NSS ACTIVITY REPORT

For the academic year 2018-19 (Sept 2018- August 2019)

Sl. No.	Date	Event
1	4-9-2018	A batch of 260 students and 5 faculties participated in the joint flood relief camp Organized by the office of the District Medical Officer (Indian Systems of Medicines), Palakkad & Thrissur.
2	24-9-2018	NSS Day – Performed Maintenance work in “Shalaky Vanam” at Herbal Garden (by NSS Volunteers)
3	29-9-2018	NSS Unit Conducted a session on National Integration on the occasion of The Surgical Strikes Day 2018,. Acknowledging the service of Indian Army in guarding our Nation, the students registered their artistic and literary expressions at the end of the session which were compiled and handed over to the In-charge, National Cadet Corps - 27 Battalion, Palakkad.
4	19-11-2018	NSS Unit organized an Oath Taking Ceremony with a view to foster and reinforce the spirit of communal harmony, national integration and pride in vibrant, composite culture and national hood in connection with Quami Ekta Week celebrations and National Integration Day.
5	1-12-2018	NSS Unit conducted a Flash Mob at Fort Maidan, Palakkad in co-ordination with the Palakkad Municipality and South Police Station, Palakkad. The students exhibited the posters and distributed AIDS Badges. The aim of the program was to create awareness among the Public on AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.
6	2-10-2018 to 30-11-18	Students from all batches along with faculties and management representatives engaged in cleaning the campus and planted 50 saplings in connection with “Clean Campus Green Campus”. Also fencing was done on each planted sapling for protection. The students conducted campaigns to discard the usage of plastic pen and to use paper made pens with a refill and plant seed inside it. Initiatives were taken for the segregation and management of disposal of organic and inorganic wastes in the campus.

7	21-12-18 to 27-12-18	The 7 day NSS special residential camp "Swastya" was held at Govt High School, Mamapuzha during this period. The camp was inaugurated by Smt. Indira Ramachandran, Panchat President along with the health standing committee, PTA President, HM Govt. High School, and other office bearers. The NSS Unit volunteers were involved in various cleaning and service activities. On 23rd, a general health survey of the 13 <sup>th</sup> ward of the panchayat comprising of 150 houses was done followed by a free Ayurveda Medical Camp on 24 <sup>th</sup> December which benefitted more than 100 patients. The students constructed a new herbal and ornamental plant garden in the school. The Camp concluded on 27 <sup>th</sup> December.
8	22-03-2019	NSS unit conducted class wise competition on the theme <b><i>"My contribution towards Conservation of Water"</i></b> in connection with <b><i>World Water Day</i></b>
9	6 - 8-2019	In connection with <b>World Breast Feeding Week</b> a batch of 11 students participated in Flash Mob conducted at Kallingal and Althara Junction in association with Kodumbu Gramapanchayath. Dr. Amrutha and Dr. Veena P Reghunath lead the team.
10	18- 6-2019	Students and Staff attended Yoga Day Rally as per request from DMO, Palakkad
11	6-8-2019	In connection with <b>World Breast Feeding Week</b> a batch of 11 students participated in Flash Mob conducted at Kallingal and Althara Junction in association with Kodumbu Gramapanchayath.