



# BISHOP BENZIGER COLLEGE

# OF NURSING

*Accredited by NAAC,*

*Member of United Nations Academic Impact Program*

*Approved Research Centre of Kerala University of Health Sciences*



## 3.4.4 - Details of Social Responsibilities



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## 3.4.4 . List Of Institutional Social Responsibilities

Sl. No.	Social activities	Place of activity
1	Premarital counseling	Family Apostolate centre
2	Premarital counseling regarding child care	Family Apostolate centre
3	Cancer awareness and study class	Quilon social service society
4	Class on healthy life style during Covid 19	Gvhss ,Kodungallur
5	Class on Community health	HSS, Perumbavoor
6	Republic day-Health camp	Community area
7	International women's day- Harvest festival in college vegetable garden	College campus
8	World health day-Health awareness rally	China kadda kollam
9	Swatch bharaath celebration- rally	Koilam DMO
10	World AIDS day-health camp	Community area
11	Flood relief activities	Community
12	Gandhi Jayanthi-cleaning activities in campus	College campus
13	Medical camp for 550 beneficiaries	Community center
14	World Autism Day-HE	Community center
15	Prevention of Blindness Week-HE	Community center
16	School Health Program	LP School
17	World Asthma Day-HE	Community center
18	World No Tobacco Day-Role Play	Community center
19	Breast feeding week celebration-Rally,Role Play,Puppet show,poster competition and HE	BBH community and college
20	Palliative awareness program	District TB Centre
21	Gandhi Jayanthi -Rally	Gandhi Park
22	Clean Kollam-Rally,Tableaue	Lal Bahadur Shastri Stadium
23	NCD Camp	Eravipuram
24	Medical Camp	Prakulum Church
25	Anti-Narcotic Programme-Rally	Gov.Victoria Hospital
26	National Road Safety Week -HE	Govt.CHC, Sakthikulangara
27	Anti Narcotic Awareness Class	District Hospital-Role Play
28	Fit India Movement-Cyclathon & Rally	Pallihottam
29	ANGEL Program	Kollam Beach



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30	Corona Virus Prevention Activities-HE	CHC,Thrikadavoor
31	World cancer Day-HE	CHC,Thrikadavoor
32	Residential Camp	St.John's U.P School , Thirumullavaram
33	World safety day- Health awareness class	Community area
34	Kidney day- Health awareness class	Community area
35	Blindness week- Health awareness class	Community area
36	Distribution of mask during Covid 19	Bishop Benziger Hospital
37	Food kit distribution	Community area



Dr. ANOOPA. K.R. Ph.D (N)  
PRINCIPAL  
BISHOP BENZIGER COLLEGE OF NURSING  
KOLLAM - 1, KERALA

Signature of principal

social responsibility.


**FAMILY APOSTOLATE CENTRE  
DIOCESE OF QUILON**

**CERTIFICATE**

This is to certify that Mrs. FEBY FULGEN, Assistant Professor, Bishop Benziger College of Nursing, is rendering her service to the Family Apostolate Centre, Diocese of Quilon in giving seminars for the couples preparing for marriage.



Yours Faithfully,

  
Rev. Fr. John Britto

Director, Family Apostolate.



## Whom so ever it may concern

---

*Respected Sir /Madam*

*It is to certify that Betsy.K Jayims, lecturer in 'child health nursing' of the Bishop Benziger Collage of Nursing, Kollam has rendered her service to the Quilon Diocesan Family Apostolate Centre, Kollam from November 2016 to March 2017.*

*During her tenure of service she has proved to be sincere and hard working.*

*We wish you all success in life.*

*Sincerely,*



*Fr. Benjamine Palliyadiyil*

*31/03/2017  
Kollam.*



**QUILON SOCIAL SERVICE SOCIETY**

Estd : 1968

Reg. No. Q 137/60  
80G Registration  
Fatima Road, Kollam - 691 013, Kerala, India.

Tel. No. 91-0474-2797438, 2797428  
Mob. : +91 9895556035 Fax 0474-2790471  
Email : info@qsss.org  
qsss@rediffmail.com,  
directorqsss@gmail.com  
web: www.info@qsss.org

*Please address all correspondence to the Secretary*

President Most Rev. Dr. Paul Antony Muffassery  
Bishop of Quilon  
Secretary Fr. Alphonse S.  
Executive Director

**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that Miss Jyothi Lakshmi J, the lecturer of Bishop Benziger College of Nursing, Kollam, has conducted "Cancer Awareness and Study Class" at Quilon Social Service Society (QSSS) on 4<sup>th</sup> of February 2020, "the World Cancer Day"

We wholeheartedly appreciate and congratulate her, for the dedication and effort taken to make the society aware of "Cancer After Effects", "How to Take Preventive Measures" to keep away from Cancer and Life Style Diseases.

We wish very best to her career.

Sincerely,

Rev. Fr. Alphonse S.  
The Executive Director  
Quilon Social Service Society, Kollam, Kerala

*To be with the lost, the least and the last*

GOVT. VOCATIONAL HIGHER SECONDARY SCHOOL (THS)  
KODUNGALLUR THRISSUR-680664  
Phone-0480 2805230 e -mail:-[gvhssthsdldr@vhsethrissur.org](mailto:gvhssthsdldr@vhsethrissur.org)

Date: 13-02-2021

DUTY CERTIFICATE

Jyothilakshmi J, lecturer, Department of Community Health Nursing ,Bishop Benziger College of nursing,Kollam conducted an orientation class on the topic 'Healthy life style during COVID-19' for NSS volunteers of GVHSS(THS) Kodungallur on 13-02-2021

Place: Kodungallur  
Date:13-02-2021



*Admin.*  
PADMATH V. G.  
Principal  
Govt. Vocational  
Higher Secondary School  
THS, Kodungallur

# Higher Secondary School Valayanchirangara

(AIDED)

VALAYANCHIRANGARA - 683 556  
PERUMBAVOOR, ERNAKULAM DISTRICT  
KOTHAMANGALAM (EDN. DIST.)

No

Date 4/1/2021

## DUTY CERTIFICATE

J. YOTHILAKSHMI. J, Lecturer, Department  
of Community Health Nursing, Bishop Ben-ziger  
College of Nursing Kollam conducted an  
orientation class on the topic Community  
Health for NSS volunteers of Higher Secondary  
Students of H S S Valayanchirangara on 4/1/2021



Handwritten signature and stamp of the Lecturer, Department of Community Health Nursing, Bishop Ben-ziger College of Nursing Kollam.



**JANUARY 26<sup>TH</sup> 2017**

**REPUBLIC DAY**

Republic day was celebrated on 26th January 2017. As part of the program a one day health camp was conducted at Balika Mandiram (CSI South Zone), Kollam – A Home for Poor Children.

**Aims of the camp**

- ♣ To plan a rehabilitation program that could help children with health problems to be more active in the school.
- ♣ To identify health problems in children.
- ♣ To promote the health awareness on hygiene.

The camp was officially inaugurated by Prof. Anoop K.R, (Principal, BBCON) at 10.00am. Dr. Sarasu Philip, (MBBS) performed detailed assessment and health checkup. Mrs. Sony John (NSS Programme Officer, BBCON unit), Mr. Jerin J (NSS, staff) were coordinated the camp. Mrs. Annal Angeline (HOD, OBG Dept.) and Mrs. Betsy K Jayims (CHN dept.) were the faculty coordinators.

**Total children Participated:**

→ **90 (50 from Bala Bhavan and 40 from Balika Mandiram)**

**Program Day activities:-**

- Detailed health checkup and providing medicines and vitamin supplements for inmates.
- Nutritional assessment
- Health education by NSS volunteers regarding the personal hygiene including menstrual hygiene for girls.

The camp ended at 1.00pm

**Report Prepared by  
(MRS.SONY JOHN)**

*Programme Officer*  
National Service Scheme  
Bishop Benziger College of Nursing  
Kollam

**Signature of the Chairperson**

Prof. ANOOP K.R., M.Sc., B.Ed.



# Bishop Benziger College of Nursing

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P.B. No. 46, Sastri Jn., Kollam - 691001, Kerala, India.

(Recognized by INC, KNMC and Affiliated to Kerala University of Health Sciences)

No.BBCON/646/17

24.05.2017

Report of N.S. S Unit (MN010-1)  
MARCH 8<sup>th</sup> 2017  
THE INTERNATIONAL WOMENS DAY

*THEME: - BE BOLD FOR CHANGE*

The women's day celebration was organized on 18<sup>th</sup> April 2017. As part of the programme we conducted a one day activity

Venue: - S.S. Samithy, Mayyanad

Time:- 9am – 4pm

The programme was officially inaugurated by Mrs. Shahida Jamal (Congress Leader). After the inaugural address a short class for women empowerment was taken by Mr. Saju John (S.S Samithy, Secretary). Forty Five volunteers actively participated in the class and they met the inmates and interacted with them later the volunteers visited the organic farm (Rehabilitation centre, S.S. Samithy). Mrs. Sony John (NSS P.O, BBCON) and Mrs. Safarina Mary C (Staff Representative) Co-ordinated the programme. After the programme refreshment was arranged and the one day activity successfully ended at 4pm.

Signature of Program Officer

**Programme Officer**

National Service Scheme

Bishop Benziger College of Nursing  
Kollam

Signature of Chairperson

Prof. ANOORI, V.R., M.Sc. (N)  
BISHOP BENZIGER COLLEGE OF NURSING  
KOLLAM-1, KERALA.

Fax : 0091-0474-2761801. E-mail : bbcon\_official@yahoo.co.in

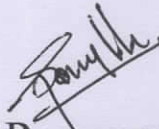
## CAMPUS (PROJECT) ACTIVITY

5 NOVEMBER 2018

As a part of NSS activity of our unit a project on cultivation of vegetables was initiated on 05-11-2018. It is planned to cultivated vegetables in an area of 1acre of land. The guidance for the project is given by Asst. Krishi Officer and field officer of Krishi Bhavan, Kollam Corporation.

The project of vegetable cultivation was inaugurated by Mr. V Rajendrababu (Kollam Mayor) by planting a sapling. Mrs. Vijaya Francis (Deputy Mayor) also participated in the program by giving a speech on importance of vegetable cultivation among college students.

The program was co ordinated by Mrs. Sony John (NSS PO, BBCON) and Ms. Asha Francis (Staff representative). Our 50 volunteers, all teaching and non-teaching faculties participated in the program. The program successfully ended at 2.30pm.



Signature of Program Officer

**Programme Officer**  
National Service Scheme  
Bishop Benziger College of Nursing  
Kollam



Signature of Chairperson

DR. ANOOPA, K.R. Ph.D (N)  
PRINCIPAL  
BISHOP BENZIGER COLLEGE OF NURSING  
KOLLAM - 1, KERALA




# **BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM**

## **REPORT ON AIDS DAY OBSERVATION, 01 DEC 2017**

As part of the World AIDS day observation, Medical Surgical Nursing department of Bishop Benziger College of Nursing had participated the rally organized by the District Medical Office, Kollam. First year BSc nursing students and their faculty participated in the rally. Our students participated in various competitions and won first prize including cash prize and certificate for rally competition. The theme of world AIDS day 2017 was "MY HEALTH MY RIGHT". Students prepared various placards and health education materials conveying the message that 'fight AIDS, not people with AIDS'. The rally begins from Govt. Boys High School, Kollam and the official meeting was arranged in Town hall, Kollam. The meeting started with a prayer song by students of Bishop Benziger College of Nursing and different officials from government and NGO's were participated in the program. Our students also presented a song and flash mob in the town hall in relation to the awareness program.



  
Dr. ANOOPA. K.R. Ph.D (N)  
PRINCIPAL  
BISHOP BENZIGER COLLEGE OF NURSING  
KOLLAM - 1, KERALA



**BISHOP BENZIGER COLLEGE OF NURSING**

**DEPARTMENT OF CHILD HEALTH NURSING**

**REPORT ON IMMUNIZATION DAY AND CHILDRENS DAY 2020**

Year/Date	Event	Activity	Incharge Faculty members	Students	Beneficiary
10.11.2020	<b>IMMUNISATION DAY</b>	A health talk and radio talk on importance of immunization was given by students. It was informative session and group cleared all the doubts.	Mrs. Betsy K Jayims Mrs. Manila Mathews Mrs. Vidya	3 <sup>rd</sup> Year BSc(N) 2 <sup>nd</sup> year MSc(N)	25
14.11.2020	<b>CHILDRENS DAY</b>	Masks were distributed to children in Pediatric wards of Bishop Benziger Hospital as a part of Covid Protocol. Children actively participated in day celebration.	Mrs. Betsy K Jayims Mrs. Manila Mathews	2 <sup>nd</sup> year MSc(N)	10

*Betsy*  
Signature of Head of the Department



*[Signature]*  
Signature of Principal

Dr. ANOOPA. K.R. Ph.D (N)  
PRINCIPAL  
BISHOP BENZIGER COLLEGE OF NURSING  
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## DISTRIBUTION OF MASK DURING COVID 19



Dr. ANOOPA. K.R. Ph.D (M)  
Signature of principal  
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BBCON/291/'20

03/03/2020

To

The Director  
Bishop Benziger Hospital  
Kollam

Respected Father,

**Sub: World Kidney Day celebration-permission - reg:-**

As a part of World Kidney Day, Medical Surgical Department of Bishop Benziger College of Nursing in collaboration with Bishop Benziger Hospital would like to conduct a Poster Presentation and Role Play at Bishop Benziger Hospital premises by II year B.Sc. Nursing and II M.Sc. Nursing Students on 12/03/2020 from 9.00am onwards. We kindly request your permission for the same.

Thanking you,  
Yours faithfully

Principal

Dr. ANOOPA. K.R. Ph.D (N)  
PRINCIPAL  
BISHOP BENZIGER COLLEGE OF NURSING  
KOLLAM - I, KERALA



*[Handwritten signature]*  
9/3/2020



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## NATIONAL SERVICE SCHEME

(UNIT NO NSS/SFU/KLM/KUHS/01)



**SPECIAL CAMP REPORT 2020**

**AT ST.JOHN'S U.P SCHOOL, THIRUMULLAVARAM**

**KOLLAM**

**(04 DAY RESIDENTIAL CAMP)**

**ORGANIZED BY NSS UNIT OF**

**BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM**





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## DETAILS OF FOUR DAY NSS RESIDENTIAL SPECIAL CAMP

01	DATE	21.02.2020 – 24.02.2020
02	VENU	ST.JOHN'S U.P SCHOOL THIRUMULLAVARAM,KOLLAM
03	DISTANCE FROM BBCON	06 KM
04	NO OF NSS VOLUNTEERS	46
05	TOTAL WORKING HOURS	44 Hours
06	PRINCIPAL	DR.ANOOPA.K.R
07	NSS PROGRAM OFFICER	MRS.JYOTHILAKSHMLJ



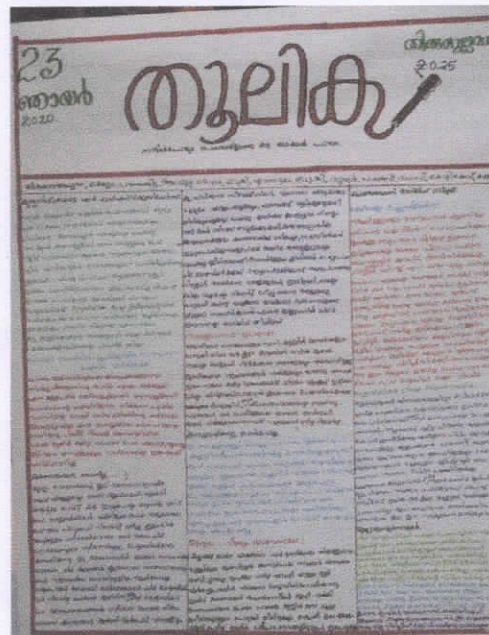
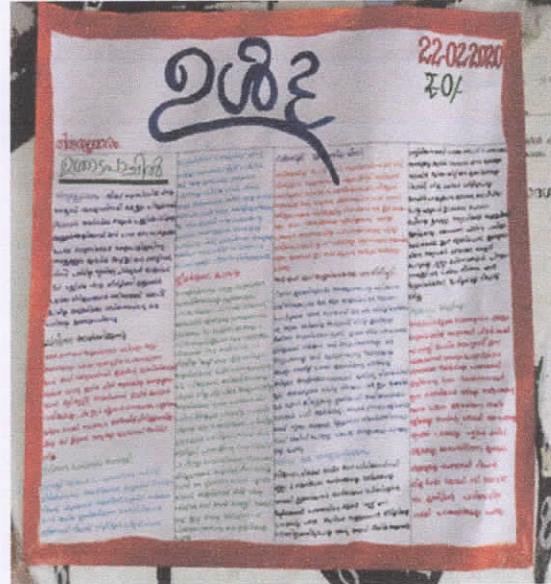
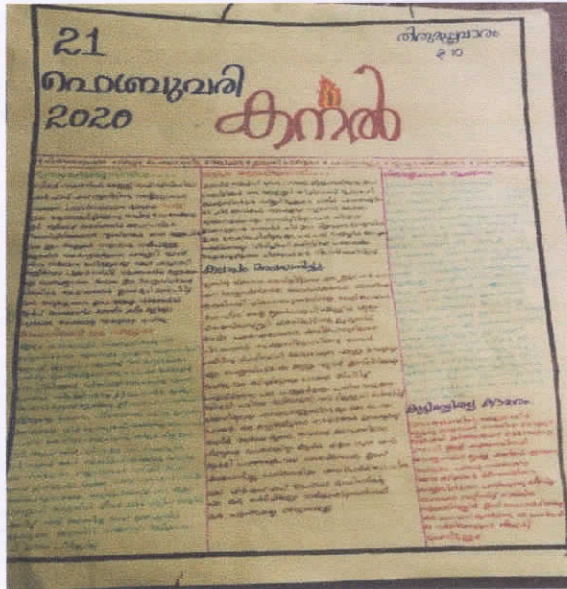
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## NSS CAMP NEWS PAPER





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1.	Aksa P Daniel	P	P	P	P
2.	Alphonsa Thomas	P	P	P	P
3.	Aminamol. S	P	P	P	P
4.	Ancy B Raju	P	P	P	P
5.	Aneesha mol	P	P	P	P
6.	Anet Joy	P	P	P	P
7.	Anjitha Mary	P	P	P	P
8.	Anju Mathew	P	P	P	P
9.	Anju Sunny	P	P	P	P
10.	Arya Krishnan R	P	P	P	P
11.	Arya Yesudas	P	P	P	P
12.	Aswathy Babu	P	P	P	P
13.	Athira Anil	P	P	P	P
14.	Athira S	P	P	P	P
15.	Brincy Thomas	P	P	P	P
16.	Delfeena B	P	P	P	P
17.	Feona George	P	P	P	P
18.	Greshma Raju	P	P	P	P
19.	Honey Varghese	P	P	P	P
20.	Jeemol K Johnachan	P	P	P	P
21.	Jency Xavier	P	P	P	P
22.	Jenisha JB	P	P	P	P
23.	Jereena Jerome	P	P	P	P
24.	Jincy Jose	P	P	P	P
25.	Jinsha Jose	P	P	P	P
26.	Jismi Jigu	P	P	P	P
27.	Jitty Jose	P	P	P	P
28.	Joby JB	P	P	P	P
29.	Leema Thomas	P	P	P	P
30.	Mary Sandra K.A	P	P	P	P
31.	Merin Tess Chacko	P	P	P	P
32.	Nithya Sara James	P	P	P	P
33.	Princy S	P	P	P	P
34.	Priya Samson	P	P	P	P
35.	Reshma K.S	P	P	P	P
36.	Reshma Sara Shaji	P	P	P	P
37.	Sandhra Benny	P	P	P	P
38.	Sara Philip	P	P	P	P
39.	Shilpa S	P	P	P	P
40.	Shinu Sherry	P	P	P	P
41.	Sonia Benni	P	P	P	P
42.	Sreelakshmi Prakash	P	P	P	P
43.	Sreelakshmi S	P	P	P	P
44.	Varsha Julius	P	P	P	P
45.	Varsha Varghese	P	P	A	P
46.	Vijisha Vijayan	P	P	P	P



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## INTRODUCTION

The National Service Scheme was started to establish a meaningful linkage between the campus and the community. Mahatma Gandhi, the Father of the Nation, had recognized that the country could not progress in a desired direction until the student youth were motivated to work for the upliftment of the community. Special residential Camp forms an integral part of the NSS Programmes. It provides unique opportunities to students to participate in meaningful outdoor activities. It involves the students in the learning process through objective observation and democratic participation. It is a creative, sustained and collective educational experience for students in social service through planned living to achieve certain specified objectives.

The main purpose of camping under the NSS is education. It helps to broaden the outlook of the students and develops in them a sense of national consciousness and social responsibility. It inculcates in them self discipline and develops dignity of labor.

The main objectives of NSS residential camp are:

- To Provide an opportunity to live together.
- To use the volunteers energies and idealism for nation building programs
- To understand the community.



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- To identify the needs and problems of community and involve them in problem solving.
- To develop a social and civic responsibility
- To acquire leadership qualities and democratic attitudes.
- To practice national integration and social harmony.

The NSS unit from Bishop Benziger College of Nursing organized and conducted a four day NSS residential special camp named “Thanima” from 21.02.2020 to 24.02.2020 at St.John’s U.P School, Thirumullavaram, Kollam. The 46 NSS volunteers participated enthusiastically in the camp under the supervision and guidance of Dr.Anoopa.K.R, Principal and Mrs.Jyothilakshmi, NSS Programme Officer of Bishop Benziger College of Nursing,Kollam.



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## REPORT ON NSS RESIDENTIAL SPECIAL CAMP

(21.02.2020 – 24.02.2020)

The NSS unit from Bishop Benziger College of Nursing organized and conducted a four day NSS residential special camp named “Thanima” from 21.02.2020 to 24.02.2020 at St.John’s U.P School, Thirumullavaram, Kollam. The 46 NSS volunteers from IV year B.Sc nursing participated in the four day residential camp. The NSS volunteers divided among themselves into different groups and conducted a four day special camp.

**DAY : 01(21.02.2020)**

### **An inaugural function**

The residential NSS camp was started by an inaugural function held at St.John’s U.P School ,Thirumullavaram at 10.30 am.The program started with a prayer song by NSS Volunteers and welcomed the dignitaries by Dr.Anoopa K.R, Principal, Bishop Benziger College of Nursing. Mr.S.Jayan, Councilor, Sakthikulangara presided the function .The inaugural speech was delivered by Rev.Fr.Joseph John(Manager,Bishop Benziger College of Nursing) followed by lightening the lamp.Rev.Sr.Sheeja Mary (Headmistress, St.John’s U.P School), Mr.Anand.S(Vice- Principal,Bishop Benziger College of Nursing), Mr.Raju (PTA Vice President, St.John’s U.P School) and Mr.Sebastian (Thirumullavaram Residential Association) delivered their felicitation address



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for this function. The vote of thanks given by Miss. Varsha Varghese, (NSS Volunteer). The inaugural function concluded at 12 pm.



## Highlights of NSS Special Camp 2019-2020

- 1. Personality development class
- 2. Health survey
- 3. Blood donation camp



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4. Blood group detection camp

5. Non communicable diseases detection clinic and awareness class

6. “Shremadanam” (Cleanliness Drive)

7. Orphanage Visit

7. School Health Programme

**DAY :01(21/02/2020)**

**Time: 12pm - 01pm**

After the inaugural function the NSS Program officer, Mrs. Jyothilakshmi.J given an introduction to the volunteers about the proceeding of camp and the volunteers were divided into groups and assigned with their duties and responsibilities .

**02PM- 04.00 PM**

## **Class on “Personality Development”**

The NSS volunteers attended the “Personality Development” class taken by Dr. Preetha, (Assistant Professor, Government College of Nursing , Trivandrum ). The class started with a very creative introductory session and also was an enjoyable ice –breaking session and it was observed that volunteers were actively participated in this session. This was followed by a discussion on





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volunteers dreams, passion and motivations. The volunteers were told how important their dreams and desire are for developing the personality and encouraged to be optimistic and to have a positive approach about everything in life. In the end, Dr. Preetha share her life experience to become a good professional's in her life and it set an example for the students to always be hopeful of good things happening in the future and to achieve the goal by taking on head on ,all the obstacles in the way. To sum u ,it was a well thought out class of motivating the volunteers to discover themselves.



## 04pm -05 pm (Zumba awareness class)

The volunteers had a Zumba class to get them moving and keep fitness in mind during the camp. Zumba is a popular aerobic fitness program that combines dance and exercise. The aim of Zumba dance is to promote healthy living by reducing the high risk factors for life style diseases like obesity, hyperlipidemia etc. Zumba instructor Mrs. Lekha teaches Zumba classes and volunteered her service to community. The volunteers did several different



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styles of music during the fitness inspired dance including hip –hop and samba .The volunteers said they liked it because everyone was having a good time and that it made exercise fun.



06pm – 7 pm

## Health Awareness class on “Novel Corona Virus Infection”

As per the outbreak of Novel Corona Virus infection in China the NSS unit of BBCON arranged a health awareness class on “Prevention of Novel Corona Virus” to our volunteers in the camp. Mr. Joseph (JHI ,PHC Sakthikulangara) gave a clear explanation about the out break,spread ,common signs and symptoms and prevention of the Novel Corona Virus infections in community areas. The preventive measures mainly discussed in the class were simple hygiene practices to stop the spread of Novel Corona infection from one person to another. It was a very informative class to volunteers for disseminating the information to public.



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7.30 pm -8.30 pm

## Class on “Adolescent Health”

Dr.Joy.S.George (General Practitioner,Lokharakshaka Hospital, Chavara, Kollam) taken class on “Adolescent Health” for the volunteers. It was an interesting topic especially for volunteers .The topic discussed were the factors that contribute to maintain a good physical and psychological health of an adolescent.





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**09 pm - 09.30 pm**

The volunteers who were assigned on first day prepared the report of activities conducted in the first day of camp and also prepared the camp newspaper which will be presenting on next day assembly.

**DAY: 02 (22/02/2020)**

**08 am to 09 am**

The NSS volunteers started their second day with NSS assembly, thought of the day and camp paper were featured on remaining days. The NSS Program officer gave a detailed explanation about the activities of second day in NSS camp especially about health survey and its analysis.





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**09 am to 01pm**

## **Health Survey**

The 46 NSS volunteers divided themselves into five subgroups and each subgroup had 10 volunteers. The volunteers from each subgroup were under the supervision of one faculty member from BBCON and a mother PTA member from St. John's U.P. School. The survey forms were distributed to the volunteers by the NSS Program Officer. Each student got 05 health survey forms.

The main objective of conducting the health survey was to :

- To gather basic quantitative information like demographic and socioeconomic variables
- To identify the environmental hygiene and the health status of people in the community
- To collect the common health behaviors



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- To find out the non-communicable diseases
- To identify the blood group with a view to develop a blood group directory
- To gather information about the role of government and private facilities in providing health care.

After assigning the community area for health survey the volunteers moved to “Thirumullavaram” area to conduct health survey. Each volunteers visited total 05 houses in their area and completed the health survey format with great enthusiasm. The survey finished at 12.30 pm and returned to St.John’s U.P School at 1pm.



## 02pm -3.30pm

The afternoon session of the camp had Miss.Ancy.B.Kairali from Department of Mental Health ,District Hospital Kollam to take a class on “Mental Health and Mental Health Problems in Women”. She emphasized on early recognition of mental illness and importance role of volunteers in



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the society in reducing the stigma related to mental illness. In the end of the session ,Ms. Ancy .B.Kairali demonstrated some mind relaxing exercise to volunteers.



## 04pm -05 pm (Yoga session)

A few minutes of yoga during the day can be a great way to rid of stress that accumulates daily in both the body and mind. In view of this, the 46 volunteers attended a one hour yoga session on 21.02.2020 from 04pm to 05 pm. The Yoga Guru Mrs.Lathika Sakalesh and Yoga Trainer Mrs.Anitha (Rishi Yoga and Meditation Academy) have taken classes with high level of dedication. They have also explained remedies for personal health problems like PCOD to the volunteers with lot of patience. The volunteers got the chance to know how yoga embodies unity of mind and body. The Yoga Trainer Mrs.Anitha demonstrated different yoga postures like Bhadrasana ,Bhujangasana,Surya Namaskars etc...Finally ended with



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Pranayama and meditation. The volunteers thoroughly enjoyed the yoga session.



## 05pm -06 pm (Palliative Visit)

Engaging volunteers in palliative care has dual advantage. One is that , their energy can be utilized for the benefit of patients with Chronic diseases. Another is that inculcating the spirit of care can have a positive effect on the attitude of volunteers. With the support from local government palliative team from Sakthikulangara, Mrs.Juliet (Palliative Nurse, PHC, Sakthikulangara ) provided an opportunity to meet and visit the homes of palliative patients under the supervision of ASHA workers in each area. The volunteers went with ASHA workers and conducted home visit in total 10 houses and done procedures and interacted with the patients and also their families. Volunteers experienced the life of bed ridden patients.





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**07 pm – 08 pm**

The NSS Program Officer guided the volunteers about the coding of health survey for analysis and also advised to prepare a blood group directory as per the request of area councilor.

**09pm – 10 pm**

The volunteers prepared report of activities conducted in the second day of camp and practiced cultural program for next day.

**DAY :03(23.02.2020)**

**09 am – 9.30 am**



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The third day of NSS residential camp was full of events, started the day with NSS assembly, thought of the day and released camp paper.



**09.30 am – 01 pm**

## **Blood Grouping and Blood Donation Camp**

The NSS volunteers organized and conducted a free blood grouping and blood donation camp along with the support of Bishop Benziger Hospital on 23.02.2020 from 09.30 am to 01 pm at St.John's U.P School, Thirumullavaram. At 09 am registration for camp started. The NSS volunteers divided into different groups and the people were lead to different areas of health camp. The blood donation camp was inaugurated by Rev.Fr.Alphonse.S, Director, Quilon Social Service Society, Kollam and felicitated by Mr.Jayan, Councilor, Sakthikulangara. Mandatory



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checkup and Blood grouping done before blood donation. There were total 11 people donated the blood and 38 people done blood grouping. The NSS volunteers actively participated in registration of the donors and managed the refreshment for donors along with helping the blood bank team from Bishop Benziger Hospital in arranging the basic things for the donors.



## Non Communicable Diseases Control clinic

Simultaneously a Non Communicable Diseases Control clinic was organized by NSS volunteers. Blood sugar monitoring, Blood pressure monitoring, BMI calculation were the free services offered at the Non Communicable Diseases Clinic. The volunteers also rendered their services



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for the smooth functioning of the camp. There was total 50 people benefited from NCD service. Among majority of people who were came to attend NCD clinic had life style health problems like Hypertension and Diabetes mellitus etc. It was a great success in terms of number of patients attended in the NCD clinic.



**10am – 12pm**

## **Health Awareness Class on “Early detection of Cancer in women”**

Dr.Sreeja,Gynecologist,Govt.Victoria Hospital ,Kollam taken a class about the incidence and prevalence rate of cancer in Women, its early detection, techniques of doing breast self-examination, common signs and symptoms of breast cancer and cancer uterus. The women came to attend the camp also participated in this session and cleared their doubts in this health areas. The class was very informative for the volunteers.



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12 pm -01pm

## Class on (Myths in society)

Dr.Arun T.R (Govt.veterinary Surgeon,Nellyampathy,Department of Animal Husbandary,Palakkad ) taken class on the common myths present in our community and the scientific reason behind each myths.Dr.Ajith also explained about the importance of taking Anti Rabies Vaccination after a dog bite.Volunteers are actively participated and interacted in this class.





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## 02pm -04 pm (Shremadanam)

In afternoon session , the volunteers organized a cleanliness drive. The NSS volunteers divided into five groups and reached St. John Baptist's Church,Thirumullvaram at 02.30 pm .The initiative propagated and instilled in this activity is the value of dignity of labor in all the volunteers of the camp. The volunteers cleaned the sides of road and surroundings of church,removed dust heaps . The volunteers returned to school at 04 pm.



## 05pm -06 pm (Orphanage Visit)

The NSS volunteers visited the orphanage under St, John's U.P School,Thirumullvaram on 23.02.2020 ,which is a shelter for 37 children under 13 years of age. The volunteers conducted various cultural programs for students and also the children from orphanage participated in the cultural



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program. Mrs.Mareena (NSS Program Officer, Don Bosco College,Kottiyam) enthusiastically visited the orphanage and interacted with the volunteers and talked about the opportunities they had and how to use that. At the end of this interactive session the volunteers contribute study materials to inmates of the orphanage. The visit ended at 6pm.The children were very happy with volunteers. It was a memorable day for our NSS volunteers.



## 06 pm - 07pm (Class on Physical Fitness )

The third day of the four day camp ended with a class on “importance of yoga in health” by Mr.Biju Pillai ,Yoga Trainer.The yoga trainer explained



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different types of yoga's and its effect in reducing physical and psychological health problems in people. The NSS volunteers participated a candle light program arranged by Yoga trainer. The session ended at 07pm.



**08pm -09pm**

At the end of the third day, the volunteers gathered and discussed about the day's activity and prepared camp paper and report which will be presenting on the next day.

**DAY: 04 (24.02.2020)**

**08 am -09 am**

The last day of NSS residential camp began with NSS assembly, message of the day and release of camp newspaper. After completing the daily routine camp activities the volunteers organized a school health program for students in St. John's U.P School ,Thirumullavaram. The volunteers were divided into five groups and set the class room for health checkup,





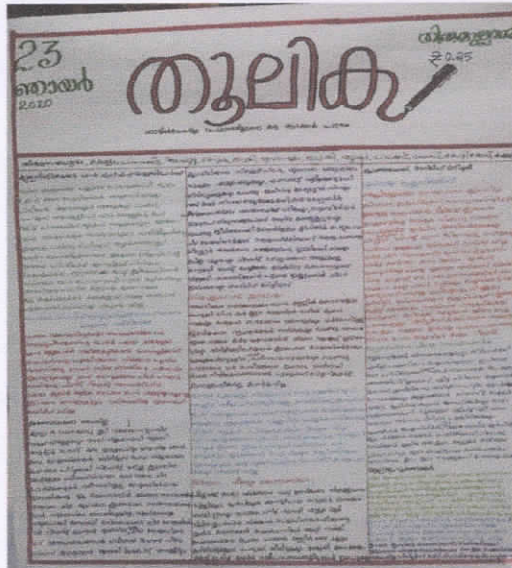
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health exhibition and health awareness class etc. The school students selected for school health program were students from standard six and seven. Total 47 students participated in this session. The main topics included in the health exhibition and health awareness class were personal and menstrual hygiene, importance of nutrition, mosquito control measures and prevention of child abuse. The school health program ended at 11 am.





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## 11 am – 01pm (Valedictory Function)

The four day NSS special Camp was officially ended with a valedictory function .Welcome speech by Mrs.Jyothilakshmi.J (NSS Program Officer). The function Presided by Rev.Fr.Alphonse.S ,Director,QSSS, Kollam , appreciated the sense of dedication with which the volunteers carried out the NSS camp under the guidance of NSS Programme Officer.The valedictory function inaugurated by Rev.Fr.Manoj (Associate Director , BBH) and also motivated the volunteers to involved in social activities in their future professional



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life. Mr. Anand.S (Vice- Principal, BBCON), Mr. G. Suresh Kumar (Councilor, Thirumullavaram) and Dr. Arun T.R (Govt. veterinary Surgeon, Nelliampathy, Department of Animal Husbandary, Palakkad ) delivered their felicitation address for this function. Mrs. Kavitha (Member of mother PTA) thanked the NSS team and organizers for conducting health survey , health camps, health awareness classes , cleanliness drive and also urged them to held the NSS camp next year in their village. The detailed report of 04 days activities of NSS residential camp was presented by Ms. Ancy. B. Raju (NSS Volunteer, Bishop Benziger College of Nursing). In the end, Mr. Praveen George (Nursing Tutor, Bishop Benziger College of Nursing ) expressed vote of thanks to KUHS NSS Programme Coordinator, Manager , Principal , Headmistress, Councilors, NSS Program Officer, teaching and Nonteaching faculty, PTA members, natives and all NSS volunteers in making the camp a big success.





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The camp ended with a bunch of nostalgic memories....

*Thy. L. L. L.*  
16/03/2020

**Signature of NSS Program Officer**

**Programme Officer**  
**National Service Scheme**  
Bishop Benziger College of Nursing  
Kollam

*[Handwritten Signature]*  
16/3/2020

**Signature of Principal**

Dr. ANOOPA, K.R. Ph.D (N)  
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