NATIONAL SERVICE SCHEME

( GOVERNMENT MEDICAL COLLEGE, KOTTAYAM )

• OBJECTIVES OF NATIONAL SERVICE SCHEME

i. understand the community in which they work

ii. understand themselves in relation to their community

iii. Identify the needs and problems of the community and involve them in problem-solving

iv. develop among themselves a sense of social and civic responsibility

v. utilise their knowledge in finding practical solutions to individual and community problems

vi. develop competence required for group-living and sharing of responsibilities

vii. gain skills in mobilising community participation

viii. acquire leadership qualities and democratic attitudes

ix. develop capacity to meet emergencies and natural disasters and

x. practise national integration and social harmony
ACTIVITY REPORT FROM JULY 2014 ONWARDS......
1. VANAMAHOTSAV WEEK (JULY 1-7)

The first program organised by the NSS unit at Kottayam Medical college was observing Vanamahotsav week, the national tree planting festival from July 1st to 7th. Many trees were planted in the campus by NSS volunteers. On 7th of July at 3.30 p.m., Dr. Remla Beevi, the Principal officially inaugurated the NSS unit in the college by planting a sapling in front of C2 block. The principal also gave an inaugural message, stressed the need for conserving the nature & praised the unit for selecting such an event to associate their inauguration with.
2. WORLD POPULATION DAY (JULY 11)

On 11th of July, the NSS unit organised a bike rally to raise the awareness among the people the problems that may arise due to the expanding population. The rally was flagged off by the principal. About 45 volunteers participated. The rally began at 4.00 p.m., encircled the campus and ended at 4.45 p.m.
3. AWARENESS CLASS (JULY 17)

An awareness class regarding the importance & achievements of NSS was conducted at the Golmedex hall in the C2 block. Mr. OV Shynoj, the NSS program officer at Govt. Higher Secondary School, Areeparampu was the main speaker. The class started at 2.00 p.m. & concluded at 4.30 pm. More than 150 students participated.
4. HIROSHIMA DAY (AUGUST 6)

The unit observed Hiroshima day, the day when the town of Hiroshima in Japan was destroyed by an atom bomb. All the students wore a peace badge that day. A protest against the ongoing war-like situation in the Middle East countries, especially in Iraq & Gaza was organized in the form of a “Peace pledge” where the volunteers swore never to support war & strive for peace. The pledge was led by the Principal & the function was held at the Badminton Court in the C2 block at 4.00 p.m.
5. INDEPENDENCE DAY (AUGUST 15)

The independence day was celebrated by hoisting the Flag in front of the College Office by the Principal. The function was at 8.00 am that day. The Hospital Superintendent, several staff & many students attended the function. The pledge was taken, The national anthem sung & the program concluded at around 8.20 am with the student volunteers distributing sweets to all those were present.
6. **CAMP (AUGUST 21)**

A half day camp was organised by the unit at Navajeevan Trust, Villoonni. The team comprising about 60 student volunteers left for Villoonni at 9.30 am. The students went to the trust with old clothes collected from the staff, teachers & students. The clothes were handed over to Mr. P.U. Thomas (Thomas Chettan, as he is popularly called, Managing Trustee of Navajeevan). Thomas Chettan then gave us a message which none of the volunteers will ever forget. The students spent some time with the inmates & helped them in some of their activities. There were many mentally ill & physically handicapped patients as well those who were abandoned by their relatives. It was a great opportunity for all the students who took part to realise how lucky they all were being born & brought up in a good family & with everyone to look after them. The Camp concluded at 11.45 am & returned back to college by 12.15 p.m.
7. Teacher's Day (September 5)

The unit observed the Teacher's day. The student volunteers distributed the teacher's day greeting cards to all the teachers in the college, thus extending our love & respect towards them.
8. OZONE DAY (SEPTEMBER 16)

September 16th is observed as the International day for the Prevention of depletion of Ozone Layer. An MCQ contest on the Subject “Ozone Layer – Its importance & depletion” was conducted at the Anatomy Lecture Hall on that day. Around 100 students participated. Junaid KN (2k14 batch) & Teena Jose (2k14) emerged as the winners.

On September 19th, a poster competition was conducted on the same topic.
And ........

In addition to the above mentioned, the unit was able to place a notice board in the C2 ground floor where posters were displayed on all days of significance like World Zoonoses Day (July 6), Malala day (July 12) & so on.
There was active participation of the volunteers in the Orientation Programme for First Year Students which was held on September 1.

The student volunteers also distributed the Notice regarding Alcohol Deaddiction Therapy issued by the department of Psychiatry to many patients & bystanders in the Hospital.
9. NSS FOUNDATION DAY (SEPTEMBER 24)

In association with the Rose Day (September 22nd, observed by Cancer Patient Aid Association, India), the unit planned to donate a Water Heater to the Cancer Ward in the Hospital. For this, the students contributed & within a couple of days, an amount more than sufficient to buy a Water Heater with a 25 L capacity was received. On 24th September at 10’o clock, the Water Heater was handed over to Dr. V U Thankamma, HOD, Department of Radiotherapy by NSS Programme Officer Mr. Muhammad Shafi in the presence of Senior Volunteer Dr. Jinesh PS & student volunteers.

10. MEDICAL CAMP (SEPTEMBER 30)

The students organised a half day camp at S H Njanodaya School (Special school for Deaf Children), Villoonni on September 30th (as a part of its activities under World Deaf Week – last week of September). The Programme Officer, Postgraduate doctors from the department of Paediatrics & Community Medicine, a house surgeon & 4 student volunteers attended.
The camp. It began at 10.00 am. A medical check-up of all the students studying in the School (about 34 students) was done. The students came for the check-up with their teachers & some with their parents. The essential medicines they needed were given to them. Also, a First Aid Box that comprises all the necessary items was given to them. The students were also given colour pencils & papers to draw & also sweets. The camp concluded at 12.00 pm.
The NSS unit under MG university organised a rally to raise awareness of the newly launched “SWACHH BHARAT ABHIYAN” on October 2\textsuperscript{nd} from University School of Medical Education at Arpoorkara to MG University main campus. It started at 10.00 am & the NSS unit at Kottayam Medical College under the leadership of Programme Officer Mr. Muhammad Shafi welcomed the rally as it reached the Hospital Gate. The Programme Officer talked about the importance of this Mission & extended his supports & wishes for the Rally. The student volunteers also participated in the Rally from the Hospital entrance Gate to Institute of Child Health.
ACTIVITY REPORT FOR THE MONTH OF OCTOBER

11. GANDHIJAYANTHI RALLY (OCTOBER 2)
The NSS unit under MG university organised a rally to raise awareness of the newly launched "SWACHH BHARAT ABHIYAN" on October 2nd from University School of Medical Education at Arpookkara to MG University main campus. It started at 10.00 am & the NSS unit at Kottayam Medical College under the leadership of Programme Officer Mr. Muhammad Shafi welcomed the rally as it reached the Hospital Gate. The Programme Officer talked about the importance of this Mission & extended his supports & wishes for the Rally. The student volunteers also participated in the Rally from the Hospital entrance Gate to Institute of Child Health.

12. SWACHH BHARAT ABHIYAN
The unit organised cleaning activities on 7th & 8th of October, as a part of the Clean India Mission.

On 7th October at 2.00 pm, all the students took the pledge for cleanliness & the cleaning activities were inaugurated by Principal Dr. Remla Beevi. The students cleaned the area around the C2 block till 5.00 pm.

On the next day, the activities began at 2.00 pm. The remaining areas were cleaned.
13. WORLD MENTAL HEALTH DAY

The Psychiatry department conducted a seminar on 11th October on the topic “Living with Schizophrenia” – theme of world mental health day 2014. The NSS unit also cooperated with the department, displaying posters to create awareness among the public.
14. GLOBAL HANDWASHING DAY (OCTOBER 15)

The importance of handwashing which can reduce the risk of infections to a great extent was made aware to other students by displaying posters & session was there the students washed their hands in the proper way.....
15. WORLD FOOD DAY (OCTOBER 16)

The volunteers participated in a food serving along with the staff of Navajeevan Trust to the patients & bystanders at Medical college Hospital & Institute of Child’s health.
16. NATIONAL UNITY DAY (OCTOBER 31)

The unit organised a pledge taking ceremony & mass running campaign to raise awareness among the public the importance of National Unity on October 31st evening.