

**Gurucharanam Saranam**  
**SANTHIGIRI SIDDHA MEDICAL COLLEGE**

**NSS REPORT - 2023**

DATE	DETAILS
01.06.2023	As a part of World Environment Day, poster competition was conducted on the topic “Beat Plastic Pollution”. 12 students participated in the programme.
02.06.2023	A Quiz competition was conducted on the topic of “Biodiversity”. Batch wise competition was conducted . There were four rounds- pass over round, visual round, buzzer round and rapid fire round .
05.06.2023	An awareness class on biodiversity was organized at 9.30 am in the Audio-visual room. Awareness class was taken by Prof(DR) Oommen V Oommen , Former Chairman Kerala Biodiversity Board. Prizes were distributed for the winners of Poster and Quiz competitions by the Chief Guest.
03.06.2023	World Bicycle Day is an international observance recognised by the United Nations (UN). It is celebrated annually on June 3 to promote the benefits of cycling and raise awareness about the importance of bicycles as a sustainable mode of transportation. As part of World Bicycle Day Observance NSS volunteers of Santhigiri Siddha Medical college conducted Bicycle rally in the campus.
21.06.2023	‘International Yoga Day’ is observed world-wide on June 21 <sup>st</sup> to raise awareness about various benefits of practicing yoga. The theme for International Yoga Day 2023 is ‘Vasudhaiva Kutumbakam’ effectively encapsulating our collective aspiration for one earth, one family and one future. NSS unit of Santhigiri Siddha Medical college did mass yoga at Cribalton Sports Turf, Pothencode from 7.00am to 8.00am. The programme was inaugurated by Santhigiri Ashram General Secretary Sarvadaraneeya Swami Gururetnam Jnanathapaswi, presided by Principal of the College. He gave a brief explanation on the importance of yoga. In the function veteran yoga trainer Smt.N.K.Vimala teacher was honoured by Swami.  NSS volunteers of the college participated on National level workshop on ‘Sustainability And Global Development Through Yoga’ conducted by Department of Physical Education, Sree Gokulam Medical College and Research Foundation.
26.06.2023	Every year June 26 is observed as International Day Against Drug Abuse and Illicit Trafficking, also known as World Drug Day.The purpose of this year's campaign is to increase public awareness of the significance of treating drug users with respect and empathy, giving voluntary, evidence-based services to everyone, providing alternatives to punishment, placing a high priority on prevention, and acting with compassion.

	<p>As a part of observance International Day Against Drug Abuse and Illicit Trafficking the NSS volunteers of Santhigiri Siddha Medical College, Thiruvananthapuram lit the candle and took the pledge under the leadership of The Principal.</p>
	<p>The NSS Unit of Santhigiri Siddha Medical College in association with Kuzhanthai maruthuvam Department ( Pediatrics) conducted health screening camps due to the outbreak of monsoon diseases in nearby schools of adopted village (Manickal Panchayat).</p>
01.08.2023 &	<p>Conducted health screening camps in BBM School, Koliyacode. 200 students of classes from LKG to 4<sup>th</sup> Standard benefited by the program. 4 faculties and 20 student volunteers participated in the program.</p>
03.08.2023	<p>Conducted health screening camps in Govt. U P S Koliyacode . 200 Students of classes from 1<sup>st</sup> to 4<sup>th</sup> Standard benefited by the camp .7 faculties and 23 student volunteers participated in the programme.</p>
02.08.2023	<p>Mera Mati Mera Desh Programme organised by college NSS unit I in association with Kavoram Veethi-Puzhayozhukum Manickal, a project of Manickal Grama Panchayath by planting 75 Medicinal Plants. The panchayat committee permitted to plant the medicinal saplings on the banks of the canal. 75 saplings of medicinal plants were donated by the Herbal Garden, Department of Gunapadam Marunthiyal of Santhigiri Siddha Medical college.</p> <p>The programme was inaugurated by Vice-President of Manickal Gram panchayat, presided by Principal of the College Dr.D K Soundararajan, Mr. K Suresh Kumar, Chairperson of Education &amp; Health of Manickal Gram panchayat, Smt. Saheerath Beevi , Chairperson Welfare, Panchayat Secretary Sri G.L.Harikumar, Ward members of the panchayat gave felicitations. After the inauguration all the distinguished guests participated in planting the saplings. Along with NSS volunteers, Kudumbasree members also participated in planting the trees.</p>
15.08.2023	<p>India celebrated the 77<sup>th</sup> Independence Day, marking 76 years of freedom. The theme of this year’s celebration was “Nation First, Always First”.</p> <p>The event was organised by our college NSS Union Students. Dr.G.Mohanambigai, Professor &amp; HOD – Dept. of Udal Koorugal (Anatomy) hoisted the National Flag, she stressed the importance of Freedom and recounted the sacrifices of Freedom fighters. Dr.J.Ninapriya (Prof. &amp; HOD Dept. of Udal Thathuvam), Mrs. Sheeja.N (NSS Programme Officer), Dr.Geetha.B (Santhigiri Institute of Paramedical Vice-Principal), Mr. Vijayan S (Medical Education Assistant Manager), Dr.Prakash S.L (Clinical co-ordinator), Mr. Binod K Physical Education Director), other Teaching, Non-Teaching Staffs and students participated in the function.</p>