



**COLLEGE OF NURSING,
CHRISTIAN MEDICAL COLLEGE, VELLORE-632004**

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3.4.1 Total number of extension and outreach activities carried out in collaboration with National and International agencies, Industry, the community, Government and Non-Government organizations engaging NSS/NCC/Red Cross/YRC/Institutional clubs etc. during the last five years

2017

January 2017

In the month of January, Republic Day celebration was carried out with zeal and patriotism by volunteers. Mrs. Florence Segaran, Additional Deputy Nursing Superintendent, CMC was the chief guest who inspired the students to be a good citizen of the nation.

On 18.01.17, the volunteers took active part in **Road Safety Awareness Mass procession.**



February 2017

On 25th of February, volunteers actively donated blood during **blood donation camp** organized by the blood bank of CMC.

March 2017

Volunteers observed **World Water Day** and participated in a procession on 22nd march to create an awareness on 'To Save Water' organized by the District collectorate.



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April & June 2017

The world environment day was celebrated on 5th June in college of nursing. **Cleaning campaign and poster competition** were the two major events of this day. NSS volunteers took active participation in cleaning the college campus.

Consequently on 10th June, 2017 a **poster competition** was conducted on the theme “**Connecting People to Nature**”. Many students took active participation of which best three were selected. **The winners were honoured.**

Anti-drug awareness Rally was organised on 29th June 2016, by Red Cross Society of Vellore district. NSS volunteers participated from our college. The rally was inaugurated by the collector of Vellore district S.A. Raman and Anti-drug D.S.P Ms. Geetha B. Ms. Sherin Monisha, B.Sc., NSS Volunteer, addressed the media reporters concerning the motive of the rally.





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May 2017 – Summer Vacation

July 2017

During this month, I year B.Sc Nursing students were enrolled as the new volunteers for the year 2017-2018. Orientation and briefing about the NSS Social Service activities and its importance were conducted for the volunteers. A session was conducted on Rights and Responsibilities of an individual to the volunteers in order motivate them to be a good citizen.

August 2017

A session on **NSS Motto and objectives** was conducted for the volunteers. They were divided into different groups and discussed about the activities for the year 2017-2018.

The NSS volunteers actively took part in **Independence Day** celebration with patriotism and enthusiasm. Dr. Selva Titus Chacko , Dean, College of Nursing , CMC, hoisted the Indian tri colour flag.

September 2017

In the month of September, the volunteers were putting their efforts to make **Teachers day** a special one. The volunteers actively took part in group interaction and social games. During this month as a class room program, the volunteers commemorated the **National Unity Day** through cultural Depiction programme on **Unity in Diversity**.

October 2017

Our NSS volunteers participated in **Dengue awareness Rally** in Vellore along with our district **collector S.A. Raman IAS**. Students involved in visiting people at their doors creating awareness as well as checking the houses for mosquitoes breeding areas.



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November 2017

A group discussion and role play was conducted by the volunteers on **social problems** like poverty, unemployment, over population, dowry, child labour, urbanization, slum, child abuse , crime and juvenile delinquency.

A **Community Orientation Program** was organized by the community health Nursing Department in Thengal village, Vellore District for the students. A Mass awareness program was conducted and the volunteers created awareness about personal hygiene, environmental sanitation through role play and posters.

December 2017

The volunteers involved in organizing Christmas celebration in the hostel. The volunteers actively donated blood during the **Blood Donation Camp** organized by Blood Bank of our institution. The volunteers were instructed carefully and the volunteers donated blood after the eligibility test. The donors were provided with nourishments, individual certificates and registration booklets. The most remarkable part of it was that the College of Nursing received a **Certificate of Appreciation.**



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Ms.R. Meenatchi Papanasam
NSS Program Officer
College of Nursing
CMC, Vellore



Mrs. Shalini Getsy
YRC Program Officer
College of Nursing
CMC, Vellore



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2018

January 2018

In the month of January, **Republic Day celebration** was carried out with zeal and patriotism by volunteers. The volunteers participated in CONFEST competition organized by college. They took part in talent exhibitions like vegetable carving, painting, essay writing, face painting etc., It was a memorable and enjoyable experience for the volunteers to work together, to exhibit their talents.

February 2018

The volunteers actively took part in **College Day celebration**. They involved themselves in the organizing and take part in stage backdrop, theme presentation and entertainment program. Debate were organized for the volunteers like Rural community and Urban community, Primary and secondary group etc.,

April & June 2018

The world environment day was celebrated on 5th June. Cleaning campaign and poster competition were the two major events of this day. NSS volunteers actively participated in the same.

May 2018 – Summer Vacation

July 2018

A Session was taken on nutrition, obesity and eating disorder. As a class room program the volunteers actively took part in the talks on fundamental duties.

September 2018

During this month, I year B.Sc Nursing students were enrolled as the new NSS volunteers for the year 2018-2019. Orientation and briefing about the NSS Motto, objectives and NSS



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activities and its importance were conducted for the volunteers. They were divided into different
groups and discussed about the activities for the year 2018-2019

The volunteers were putting their efforts to make Teachers day a special one. The
volunteers actively took part in group interaction and social games.

October 2018

A session was conducted on Rights and Responsibilities of an individual to the volunteers
in order motivate them to be a good citizen.

November 2018

A group discussion and role play was conducted by the volunteers on social problems like
poverty, unemployment, over population, child abuse, crime and juvenile delinquency.

December 2018

During this month as a class room program, the volunteers commemorated the National
Unity Day through cultural Depiction programme on Unity in Diversity.

Blood Donation Camp was organized by Blood Bank of our institution and 35 volunteers
donated blood. The volunteers were instructed carefully and the volunteers donated blood after the
eligibility test.

NSS Special camp

Venue: Ramapuram Village, Vellore District

Duration: 19.03.2018 – 25.03.2018

The NSS special camp was started with the interest and involvement of NSS Volunteers.
The NSS special camp programme for the year 2017-2018 for the second year B.Sc (N) students
was arranged from 19.03.2018 – 25.03.2018.

Pre – Camp Orientation:



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The Pre – camp orientation of the NSS Special camp, started in the month of March 2018.

The community Health Nursing Faculty along with the NSS program officer and the staff advisors made several visit to the camp site, considering the various factors. The leaders of the village were kind enough and willing to have the camp in the village.

Dr. Selva Titus Chacko, Dean, Mrs. Sophia Vijayanathan, Addl. Dy. Dean, Mrs. Rajeswari, Head of Community Health Nursing Dept, Mrs. Meenakshi Sekar, Mrs. Lilly Prasad, Mrs. Baby Saroja, Mrs. Prema Suresh, Mrs. Sumathi, Mrs. Sasikala, senior advisor, Mr. Julius John, Junior advisor and the program officer discussed about the NSS Special Camp activities.

The Program officer, Senior and Junior advisors met the village leaders and discussed about the program activities. We requested to depute one physician from each department – Medicine, Endocrinology, Child health & Dental in order to conduct health camps in the village.

The day wise report of the NSS camp as follows:

16.03.2018 – Friday – Inauguration Program

The NSS special camp inauguration program was started by invoking God's presence by the NSS volunteer. The NSS advisor, Mrs. Sasikala welcomed the gathering and Mrs. Sumathi , briefed the plan of the camp activities. The theme of the camp was '**Healthy Youth for Healthy India**'. Dr. Selva Titus Chacko, Dean and Mrs. Florence Segaran, Deputy Nursing Superintendent felicitated and encouraged the volunteers.

The volunteers were divided into groups and were allotted different functions. The camp aims at

- a. Child Health
- b. Nutritional Health
- c. General Health
- d. Women health
- e. Oral health
- f. Educational and Recreational programmes



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19.03.2018 – Monday – Village Health Survey

The NSS volunteers were welcomed by the Mr. R. K. Rajendran, panchayat leader and other village leaders. Later we met Mr. Sathish the Village Administrative Officer and then we met Mrs. Devikala the Revenue Inspector who were happy that we had come for a good purpose. The village survey was conducted by the volunteers (Door to Door) and information was gathered on health, family planning, type of house, occupation and other demographic details were collected

Socio Economic status of village

Total population among the surveyed houses - 829
 Male Ratio - 421
 Female Ratio - 408
 Age distribution among the population

S. No	Age	No
1	0-1 year	23
2	1-3yrs	36
3	3-5yrs	47



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4	6-15yrs	88
5	16-45yrs	387
6	46-60yrs	156
7	Above 60	92

No.of Eligible couples	-	97
Total no.of Family Planning adopted	-	79
Total Antenatal	-	17
Total No.of Children	-	106
Immunization completed	-	68%

Other problems identified were Diabetic, Hypertension, Nutritional deficiencies, UTI and allergy.



20.03.2018 – Tuesday – Environmental awareness Day

Old age

The volunteers along with the NSS faculty advisors visited “St. Anne’s home for aged” Gudiyatham”. We were welcomed warmly by sister Mercy, the superior of the institute. Mrs. Lilly Prasad, NSS Senior Advisor led the gathering in prayer. The NSS volunteers sang a song to cheer them.



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Medical check-up conducted by Mrs. Lilly Prasad, Professor, CMC, Mrs. Sasikala, Dept of Medicine, CMC. The NSS volunteers collected the demographic data, anthropometric data and checked their blood pressure and GRBS. There are a total of 45 residents in the home.

Total No. of person screened	-	45
No. of Male	-	4
No. of female	-	41
Diabetes mellitus	-	44.4%
Hypertension	-	44.4%
Heart Disease	-	2.2%
Cancer	-	4.4
Mental illness	-	2.2%

On the same day afternoon a session on “organic farming” was conducted by Mr. Purusothaman, President, Organic farm, Vellore. He explained about the use of organic fertilizers and effects of pesticides. Mr. Ramesh gave common natural health tips.

The NSS Volunteers presented the saplings to the Village people.





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21.03.2018 – Wednesday – School Health Survey & Child Health Camp

Child health camp was conducted by Dr. Vandhana, Mrs. Lilly Prasad, professor, from the Child Health Department, CMC, Vellore.

Total No. of children screened	-	159	
Well nourished	-	47.5%	
ENT Problem	-	21.2%	-
Malnutrition			
I degree	-	32%	
II degree	-	16.3%	
III degree	-	3.2%	
IV degree	-	1%	
Deworming	-	15.8%	
Skin problem	-	23.17%	
No. of referrals			
ENT	-	5	
Dental	-	2	
Cardiology	-	4	

During the school health screening & child health camp, the volunteers conducted Health education on personal hygiene, Dental Hygiene, worm infestation and scabies through role play, theme song, puppet show and posters. In the afternoon a session on First aid was conducted by Mr. John Samuel, NSS Junior advisor.





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22.03.2018 – Thursday – Cervical screening and Women Health issues

Women Cervical Screening conducted by Mrs. Valli, RUHSA, CMC, Vellore. Women common issues screened by Mrs. Meenakshi, Professor, Medical Surgical Dept., College of Nursing, CMC, and Mrs. Baby Saroja, Professor, Community Health Nursing Dept., College of Nursing, CMC.

Total No. of women screened for general health	-	136
Total No. of women screened for cervical screening	-	12
Referred to higher health centre	-	4

The volunteers conducted the Health education on women health issues through role play, theme song, puppet show and posters.



23.03.2018 – Friday – General Health Camp

General health Camp, Diabetic awareness camp, Dental camp was conducted by Medicine Department, Endocrinology Department, Dental Department, CMC, Vellore along with community Health Nursing Department, College of Nursing, CMC, Vellore

Total No. of patients screened	-	210
Total No. of GRBS checked	-	170
Joint Pain	-	48%
Newly diagnosed DM	-	4.12%
Pre Diabetes	-	8.23%
Known Diabetes	-	6.47%



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Dental	-	2.3%
URI	-	10%
UTI and Allergy	-	2.5%
Dental	-	2.3%

No. of Referrals:

CHAD	-	6.3%
PHC	-	3.2%
MHC	-	0.52%



Valedictory

The camp ended with valedictory function in Ramapuram Village. The programme was started with National anthem. Mr. Julius John Samuel, NSS Junior advisor, welcomed the gathering. Dr. Selva Titus Chacko, Dean, College of Nursing, Honoured the village leaders. The NSS report was presented by the NSS volunteers Ms. Sherin Monisha and Ms. Mahalakshmi. Dr. Selva Titus Chacko, Dean felicitated and appreciated the volunteers for their effort and service to the villagers. The village leaders honoured Dr. Selva Titus Chacko, Dean, Senior and Junior advisors. The village panchayat leaders and Mr. Purusothaman, President, Organic Farm, appreciated the volunteers and the institution for the effort and service to the village. The best candidate award was given to Ms. Elizabeth P.V. Dr. Selva Titus Chacko, Dean, College of Nursing, distributed certificates to all the NSS volunteers. Mr. John Samuel, NSS Junior advisor, proposed the vote of thanks.



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24.03.2018 – Saturday – Post Camp Evaluation

The volunteers involved in the post camp evaluation. The volunteers expressed their gratitude to the NSS Unit of College of Nursing and to the camp organizer. Mrs. Meenakshi Sekar, NSS Senior advisor, Mrs. Lilly Prasad, NSS Senior advisor and Mrs. Baby Saroja, NSS Senior advisor, gave their suggestion and appreciated the volunteers for their service. Mrs. Prema Suresh, NSS Senior advisor proposed the vote of thanks for all the NSS Senior advisor, NSS Junior advisor and NSS volunteers. We ended the NSS camp with National Anthem.





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ELOCUTION COMPETITION – 2nd AUGUST 2018

On account of 69th Geneva Competition YRC organised **Elocution Competition** on August 2nd (Thursday) between 4:30pm to 6pm in our college. More than twenty students took active participation. The programme commenced with a prayer song by YRC volunteers. Mrs. Asha Solomon, Mrs. Ida sweetlin and ms. Mythily Vandana were the judges of the event. Students presented their speeches on the topic: **Discrimination against women/caste or colour difference**. The entire session was very interesting. Mrs. Asha Solomon addressed the students with valuable feed back of the competition and announced the results. The programme came to an end with. The winners of the first three places were **Ayesha Mochari I B.Sc., Anya Zereen Bensy I B.Sc., and Jebarsherlin Jemima of II B.Sc.**



27.10.2018: World Elderly Day:

In commemoration of World Elderly Day we visited an Old Age Home at Poigai on 27th October, 2018 along with the other members of Indian Red Cross Society. Five students from CON were selected to represent the programme. Irene Mary, Sneha Santhosh and Tincy Mary Mathew of I BSc. Asha B, Achsah Manuael and Dharshini from II BSc took active participation and encouraged the aged. Our students entertained the aged by their prayer song and action songs.



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They also conducted various games and rendered many health advice and exercises that would benefit their health. Prizes and gifts were distributed to the winners. Lunch was provided for all the YRC volunteers.



Ms.R. Meenatchi Papanasam
NSS Program Officer
College of Nursing
CMC, Vellore

Mrs. Shalini Getsy
YRC Program Officer
College of Nursing
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2019

January 2019

National Youth Day observed on 12th January. Essay and poster competition was conducted on the theme of transforming education. The NSS volunteers actively participated in essay and poster competitions.

As a class room program, some social interaction games like dhumb sharads, block and tackle, stress relief, were organized for the volunteers in order to have group interaction and to exhibit their talents.

February 2019

During this month the volunteers was prepared charts, posters and plug cards for different health and social awareness topics like nutrition, HIV/AIDS awareness, personal hygiene, child safety, women health issues etc.,

NSS Volunteers Enrollment & Orientation

I year B.Sc Nursing students were enrolled as the new NSS volunteers for the year 2019-2020. Orientation and briefing about the NSS Motto, objectives and NSS activities and its importance were conducted for the volunteers. They were divided into different groups and discussed about the activities for the year 2019-2020

A Session was taken on nutrition, obesity and eating disorder by Ms. Esther kanthi. As a class room program the volunteers actively took part in the talks on fundamental duties.

The NSS volunteers celebrated NSS Day, National Youth Day, International Women Day, World AIDS Day, World Environmental Day and National Blood Donation Day .The volunteers prepared slogan, posters and they took part in essay competition, poster competition and drawing competition.

08.03.2019- International Women's Day



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International women's day was celebrated among the staff and students. The Youth Red Cross volunteers from all the classes actively involved themselves in preparing the handmade greeting cards and book markers. The YRC representatives wished the all staff, both teaching and non teaching as well as housekeeping women by presenting the cards.



World Trauma Day Rally

. World Trauma Day was observed on 17th October 2019 aimed at preventing deaths and disabilities caused by accidents. Our NSS volunteers participated in World Trauma Day Rally. They prepared slogan and posters related to road safety.

World Ozone Day

On 16th September, 2019 our college observed World Ozone Day, were Tree plantation was done in the college campus. NSS volunteers actively participated in the same.

Fit India Movement

Honorable Prime Minister Narendra Modi gave live speech on the Fit India Movement. During the session the NSS Volunteers took their pledge.

Vigilance awareness week



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On 29th October, 2019 our college observed Vigilance awareness week. Essay and poster competition was conducted on the theme of Anti – corruption. The NSS volunteers actively participated in essay and poster competitions.

Nutritional Quiz Contest

NSS volunteers participated in Online National Quiz contest conducted by Ministry of Tourism, Govt of India

NSS Special Camp

Venue: Kandaneri Village, Vellore District

Duration: 08.07.2019 – 13.07.2019

The NSS special camp was started with the interest and involvement of NSS Volunteers. The NSS special camp programme for the year 2018-2019 for the second year B.Sc (N) students was arranged from 08.07.2019 – 13.07.2019.

Pre – Camp Orientation:

The Pre – camp orientation of the NSS Special camp, started in the month of March 2018. The community Health Nursing Faculty along with the NSS program officer and the staff advisors made several visit to the camp site, considering the various factors. The leaders of the village were kind enough and willing to have the camp in the village.

Dr. Vathsala Sadan, Dean, Mrs. Sophia Vijayanathan, Addl. Dy. Dean, Mrs. Rajeswari, Head of Community Health Nursing Dept, Mrs. Alice Suresh, NSS Special Camp Co-ordinator, Mrs. Prema Suresh, NSS Senior Advisor, Mr. Julius John, Junior advisor and the program officer discussed about the NSS Special Camp activities.

The Program officer, Senior and Junior advisors met the village leaders and discussed about the program activities. We requested to depute one physician from each department – Medicine, Endocrinology, Child health, ENT & Dental in order to conduct health camps in the village.



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The day wise report of the NSS camp as follows:

08.07.2019 – Monday

Inauguration Program

The NSS special camp inauguration program was started by invoking God's presence by the NSS volunteer. The NSS advisor, Mr. Julius welcomed the gathering and Mrs. Alice Suresh, briefed the plan of the camp activities. The theme of the camp was '**Healthy Youth for Healthy India**'. Mrs. Sophia Vijay, Addl. Dy. Dean, Mr. Palani Velu, former panchayat leader and Mr. Srinivasan felicitated and encouraged the volunteers.

The volunteers were divided into groups and were allotted different functions. The camp aims at

- a. Child Health
- b. Nutritional Health
- c. General Health
- d. Women health
- e. Educational and Recreational programmes

Village Health Survey

The village survey was conducted by the volunteers (door to door) and information was gathered on health, family planning, type of house, occupation and other demographic details were collected

Socio Economic status of village

Total population among the surveyed houses	-	1009
Male Ratio	-	520
Female Ratio	-	489
Age distribution among the population		



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S. No	Age	No
1	0-1 year	19
2	1-3yrs	35
3	3-5yrs	36
4	6-15yrs	133
5	16-45yrs	413
6	46-60yrs	281
7	Above 60	92
	Total	1009

No.of Eligible couples	-	39.64%
Total no.of Family Planning adopted	-	150
Total Antenatal	-	5
Total No.of Children under 5	-	90
Immunization completed	-	88%

Other problems identified were Diabetic, Hypertension, Nutritional deficiencies, diabetic foot ulcer, and allergy.

Distribution of population according to morbidity condition



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S. No	Age	No
1	Diabetes mellitus	47
2	Hypertension	65
3	Heart disease	14
4	Bronchial asthma/ chronic obstructive pulmonary disease	7
5	Tuberculosis	1
6	Handicapped	3
7	Mental illness	5
8	Others	16

ENT and Dental Camp:

Dental:

Total no.of patients screened - 98

Dental carries - 14

Sensitivity - 18

Gum bleeding - 2

Jaw pain - 9

Tooth ache - 6

Referral - 7

ENT:



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Total no.of patients screened - 98

Throat irritation - 3
Hearing loss - 2
Ear wax - 3
Referral - 2

Following this a health education was conducted on first Aid – Dog bite, snake bite & Heat , dental hygiene, personal and oral hygiene.

09.07.2019 – Tuesday - School Health Survey & Child Health Camp

Child health camp was conducted by Dr. Vandhana and Dr, Melvin, from the Child Health Department, CMC, Vellore.

Total No. of children screened	-	122
Well nourished	-	47.5%
ENT Problem	-	21.2%
Malnutrition		
I degree	-	32%
II degree	-	16.3%
III degree	-	3.2%
IV degree	-	1%
Deworming	-	15.8%
Skin problem	-	23.17%

No. of referrals

ENT	-	4
Dental	-	3

-



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During the school health screening & child health camp, the volunteers conducted Health education on personal hygiene, Dental Hygiene, Common childhood illness, Prevention of accidents, Child safety & protection, worm infestation and scabies through role play, theme song, puppet show and posters.

10.07.2019 – Wednesday – Environmental Day

A session on “Importance of forest and environment” was organized by Mr. Saravanan, Forest Ranger officer, forest extension center, Pallikonda, Vellore. He insisted the importance of forest and environment in our day to day life. Free plant saplings were given to NSS volunteers and NSS advisors. Tree plantation was done successfully around the campus by NSS volunteers.

Our NSS volunteers created awareness about the importance of trees with the slogan “**save trees save earth**” through **Rally**. Our volunteer actively involved in school premises cleaning.

A mass health education was conducted on various topics like Plastic waste management, organic waste management, HIV/AIDS awareness and alcoholic de-addiction was demonstrated to the villagers by the volunteers through role play, theme song, models, posters and video.

. On the same day afternoon the volunteers along with the NSS advisors visited District forest extension center, Pallikonda, Vellore. Mr. Saravanan gave orientation about the importance of red sandal wood, sandal woods and timbers. NSS volunteers visited the various types of saplings and trees.

NSS volunteers were offered with free plant samplings to improve their love towards nature. Thus the day ended with heartfelt of greenery sowing the seed of “GO GREEN DAY”.



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11.07.2019 – Thursday – Cervical screening and Women Health issues

Women Cervical Screening conducted by Community Health Nursing Dept., College of Nursing, CMC.

Total No. of women screened for general health - 87

Total No. of women screened for cervical screening - 15

The volunteers conducted the Health education on women health issues, Women safety and Nutrition through role play, theme song and posters.,

12.07.2019 – Friday – General Health Camp

Diabetic awareness camp and General health camp was conducted by Endocrinology Department, CMC and Community Health Nursing Department, College of Nursing, CMC, Vellore

Total No. of patients screened - 215

Total No. of GRBS checked - 211

Joint Pain - 43.7%

Newly diagnosed DM - 10%

Known Diabetes - 14.2%

ENT - 2.3%



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Anemia	-	2.3%
Gastrointestinal	-	7.4%
Derm	-	5.5%

No. of Referrals:

Total no of referrals	-	52
CHAD	-	16.27%
PHC	-	7%
MHC	-	0.93%

13.07.2019 – Saturday –

Valedictory and Post Camp Evaluation

The camp ended with valedictory function in Kandaneri Village. The programme was started with National anthem. Ms. Rithika, NSS volunteer welcomed the gathering. Mrs. Sophiya Vijay and Mrs. Alice Suresh honoured the village leaders. The NSS report was presented by the NSS volunteer Ms. Dharshini. Mrs. Sophiya Vijay, Additional deputy dean, College of Nursing felicitated and appreciated the volunteers for their effort and service to the villagers. The village leaders honored Mrs. Titus Sophiya Vijay. The former village panchayat leader Mr.Srinivasan appreciated the volunteers and the institution for the effort and service to the village. Mr. Julius, NSS junior advisor, proposed the vote of thanks.

The volunteers involved in the post camp evaluation. The volunteers expressed their gratitude to the NSS Unit of College of Nursing and to the camp organizer. NSS Senior advisors gave their suggestion and appreciated the volunteers for their service. We ended the NSS camp with National Anthem.

19.10.2019- Mega Bike Rally:

Indian Red Cross Society organized a Mega Bike Rally in order to create awareness regarding the importance of wearing helmet and importance of avoiding single use plastics on 19th October, 2019 between 8.30am to 9.30am. the procession commenced from New bus stand via Palar Bridge,



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Virudampet, towards Nethaji Stadium. The rally was inaugurated by the district collector Thir. Shanmuga Sundaram I.A.S. students were provided refreshments. At the end of the rally students were educated about the single use plastic depicting various examples and incidence



29.11.2019: Introduction of District Skill competition

Introduction of District Skill Competition was held on 29th November, 2019 in the Recreation Hall, Students' Nursing Hostel, College of Nursing, CMC. The programme began at 5pm with a prayer song by YRC Volunteers followed by a prayer by Mrs. Angeline. Two district officials Mr. Sherif and Mr. Srinivasan represented the gathering and detailed about the competition. They taught the students to register and motivated them to actively participate by briefing the advantages of the competition. The programme came to an end at 6.30pm.



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Ms.R. Meenatchi Papanasam
NSS Program Officer
College of Nursing
CMC, Vellore

Mrs. Shalini Getsy
YRC Program Officer
College of Nursing
CMC, Vellore



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2020

Road safety rally

On 17th January 2020, our NSS volunteers participated in **Road safety rally** in Vellore. We started the Road safety rally from old bus stand to new bus stand, Vellore (near green circle). The NSS volunteers created awareness about road safety, vehicle speed limit, traffic rules and distributed pamphlet.

Disaster Reduction Rally

A rally was conducted by the district Indian Red Cross Society on 21st January, 2020. Youth Red Cross volunteers from College of Nursing, CMC took active participation. Vellore. District collector, Thiru. Mr. Shanmuga Sundharm inaugurated the rally. The rally commenced from Gandhi Statue to Green Circle. Students from different colleges and schools were holding flags and banners during the procession. They distributed handouts to the public to create awareness. Students were given refreshments at the end of the procession. The rally was dispersed at 11.15am.





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DISTRICT SKILL COMPETITION-31th JANUARY, 2020

Health care practitioners need a continuing responsibility to work professionally and skillfully. In order to identify the special skills in students, The Tamil Nadu Skill Development Corporation (TNSDC) undertook a Test Project in various districts of the state. Consequently TNSDC collaborated with Youth Red Cross Unit of College of Nursing, CMC for the District Level Skill Competition on 31th January, 2020 to assess the students' attitude and skill in giving health care. About Ten students from different colleges of the district participated in the competition. The programme commenced at 10am with a word of prayer by Mrs. Alice Sony (Deputy Dean, CON, CMC) followed by the instructions to the students by Mrs. Angeline Jeya Rani. In the practical session students were individually assessed for five different Health Skills i.e., planning, care of patient, communication, health education and evaluation. Mrs. Angeline Jeya Rani and Mrs. Shalini Getsy and Mr. I. Vinoth Kumar (joint director industrial safety and health, vellore, division 1) were the assessors of the competition. Ms. Sajeedha and Ms. Rushna Takreem (Revathi Nursing College, Thiruppura) were declared as the winner and the runner of the competition while the rest of the participants were kept under reserved list. Mrs. Alice Sony (Deputy Dean, CON, CMC) appreciated the winners and distributed certificates to all the participants. The programme came to an end at 5pm.





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ADMISSION KIT FOR COVID19 PATIENTS -18TH JUNE 2020

YRC unit of CMC along with the collaboration of IRCS of vellore district organized a program to donate **Admission kit** for

COVID patients of CMCH. It was such a time of pride to donate Admission Kit to the patients who were not able to afford to get things for themselves. The IRCS proudly donated the following items to the needy patients.

S. No	ITEMS	QUANTITY
1.	Shampoo	3 sachets
2.	Soap	1
3.	Toothpaste	1 (medium)
4.	Toothbrush	1 (adult)
5.	Comb	1
6.	Powder	1 (small)
7.	Hair oil	1 (small - 100 ml)
8.	Face towel	1

INTERNATIONAL WOMEN'S DAY –8th, March 2021

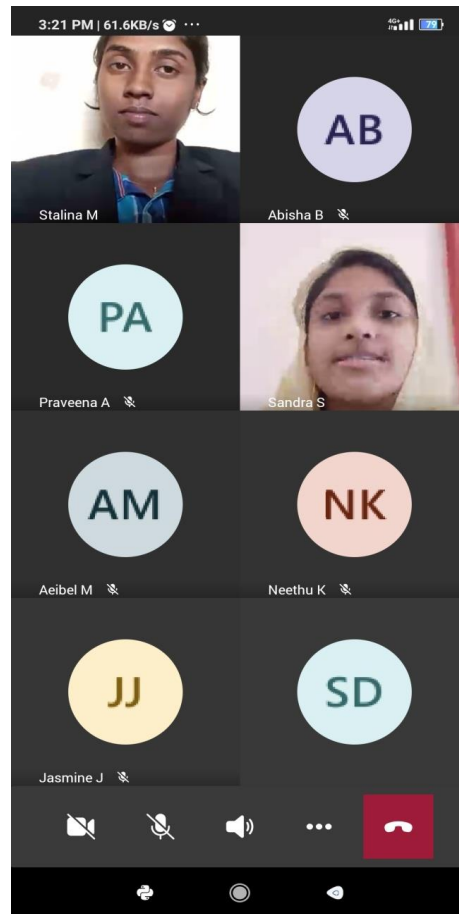
International women's day was organized on 8th march through online. The programme was organized by YRC programme officer Mrs. Shalini Getsy along with first year students of B.Sc innursing. It was an hour session were students involved in imitating the famous international women personalities. It was session were one student interviews the famous woman personality. The entire session was joyous moment were students enjoyed and cherished the discussions made.



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Webinar and Quiz competition:

June 2020

On 15th June our NSS Volunteers prepared Covid-19 precaution E-Posters and published in National NSS websites.

On 26th June, 50 NSS volunteers participated in E-Quiz on international Day against Drug Abuse and Illicit Trafficking and received participation certificate.

July 2020



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On 1st July to 8th July: 26 NSS Volunteers participated online digital poster and awareness video contest under the theme of Corona Warriors, Covid awareness and prevention conducted by Chengalpattu Medical College.

On 16th July our NSS Volunteers participated in virtual webinar on Covid-19 management conducted by Apollo College of Nursing.

On 30th July they participated in virtual webinar on ways to maintain healthy life style in Covid-19 pandemic with Traditional medicine conducted by Annammal college of Education.

August 2020

Observance of world breast feeding week (August 1st to 7th)

On 7th August our volunteers participated in online breast feeding quiz and poster competition and won prizes.

Fit India youth club

Launch of Fit India youth Club by Honorable youth and sports minister Sh.Kiren Rijiju on 15th August. During the session the NSS Volunteers took their Fit India youth club pledge.

Fit India Freedom Run

NSS volunteers participated in Fit India Freedom Run Fitness at home with their family members. The volunteers motivated other youth from their neighborhood families to undertake fitness activities from August 26th to 31st 2020

September 2020

On 28th and 29th September, NSS volunteers attended panel discussion and quiz, titled “Principles Philosophy and Personality of Mahatma Gandhi.

October 2020

Covid pledge



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On 13th October 2020, the NSS volunteers took Covid pledge on “Render my service for Fight against Corona.

The NSS volunteers celebrated NSS Day, National Youth Day, International Women Day, World AIDS Day, World Environmental Day and National Blood Donation Day .The volunteers prepared slogan, posters and they took part in essay competition, poster competition and drawing competition.

November 2020

Observance of constitution day

On November 26th – Our Honorable Prime Minister read preamble of the constitution, made a campaign on Article 51A fundamental duties. University NSS unit conducted quiz on Indian constitution following the speech of Honorable Prime Minister, our NSS volunteers actively participated in this virtual program.

December 2020

World AIDS Day

On 1st December 2020 our volunteers participated in online world AIDS Day quiz program and world AIDS Day contest conducted by PSG college of Nursing.

NSS Special Camp

Venue: Kazhanipakkam Village, Anaicut Taluk, Vellore District

Duration: 17.02.2020 – 22.02.2020

The NSS special camp was started with the interest and involvement of NSS Volunteers. The NSS special camp programme for the year 2019-2020 for the II year B.Sc (N) students was arranged from 17.02.2020 – 22.02.2020

Pre – Camp Orientation:

The Pre – camp orientation of the NSS Special camp, started in the month of January 2020. The community Health Nursing Faculty along with the NSS program officer and Co-



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ordinator made several visit to the camp site, considering the various factors. The leaders of the
village were kind enough and willing to have the camp in the village.

Dr. Vathsala Sadan, Dean, Mrs. Sophia Vijayanathan, Addl. Dy. Dean, Mrs. Rajeswari,
Head of Community Health Nursing Dept, Mrs. Prema, Mrs. Jabin Khaja, Mrs. Morees,
Ms. Esther Kanthi Ms. Latha Grecelin ,Mr. Julius and the program officer discussed about the
NSS Special Camp activities.

The Program officer, Senior and Junior advisors met the village leaders and discussed
about the program activities. We requested the Head of the Departments to depute one physician
from each department – Medicine, Endocrinology, Child health, ENT, Pulmonary, Eye & Dental
in order to conduct health camps in the village.

The day wise reports of the NSS camp are as follows:

17.02.2020 – Monday

The activities for the day

1. NSS Camp Inauguration
2. Corona rally inauguration
3. Village health survey
4. Health Education

Inauguration Program:

The NSS special camp inauguration program was started by invoking God's presence by
the NSS volunteers. Mr. Julius welcomed the gathering and Mrs. Prema, briefed the plan of the
camp activities. The theme of the camp was '**Healthy Youth for Healthy India**'.

Dr. Loganathan, Epidemiologist, DDHS, Mrs. Manormani, Police Inspector and Mrs.
Sophia Vijay, Addl. Dy. Dean felicitated and encouraged the volunteers.



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Mrs. Manormani spoke to the crowd and addressed the issues relating to women's safety and the steps taken by the Tamil Nadu Government to promote safe travelling. She also threw light upon the new Kavalan App, its uses and benefits.



Corona Virus awareness:

Dr. Loganathan gave a talk on the CSP of Corona Virus. He explained about the Novel Corona Virus infection, symptoms, transmission, preventive measures and treatment. He reinforced the importance of hand hygiene.



Corona Virus rally

The Corona Virus rally was inaugurated by Dr. Loganathan and Mrs. Sophia Vijay, Addl. Dy. Dean and NSS Senior and junior faculty of NSS, College of nursing, CMC were also present.



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Village Health Survey:

The volunteers were divided into groups and were allotted different functions.

The village survey (Door to Door) was done by the volunteers and information was gathered on health, family planning, type of house, occupation and other demographic details.

Socio Economic status of village

Total no.of houses	- 410
Total houses surveyed	- 338
Total no.of locked houses	- 72
Total no.of people in the surveyed houses	- 1343
Male Ratio	- 644
Female Ratio	- 699

Distribution of population according to the age

S. No	Age	Male	Female	Total	Percentage
1	0-1 year	11	20	31	2.31
2	2-3yrs	18	28	46	3.42



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3	4-5yrs	38	25	63	4.7
4	6-15yrs	127	118	245	18.24
5	16-45yrs	264	295	559	41.62
6	46-60 yrs	128	146	274	20.4
7	Above 60	58	67	125	9.31
	Total	644	699	1343	100

No.of Eligible couples	-	92
Total no.of Family Planning adopted	-	131
Total Antenatal	-	10
Total No.of Children	-	140
Immunization completed	-	95.7%
Total no.of people receiving old age pension	-	65
Total no.of Morbidity	-	192

Distribution of population based on Morbidity

S. No	Morbidity	Number
1	Diabetes mellitus	66
2	DM and htn	10
3	Hypertension	84
4	Copd/ba	6
5	Tuberculosis	1



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6	Chd(coronary heart disease)	10
7	Elindness	1
8	Epilepsy	1
9	Mental illness	2
10	Handicapped/physically challenged	5
11	Others	6 (2 thyroid,4 arthrtis)
	TOTAL	192

18.02.2020 – Tuesday

The activities for the day

1. Pulmonary
2. Dental
3. Tree plantation
4. Health Education

Special Health Camp was held on 18th February 2020 (Pulmonary, Dental, and First aid) in the primary school premises, Kazhanipakam. Dr. Vineeth, Pulmonary Medicine Department, Dr. Kishor and Dr. Shamitha, Dental Department volunteered for the camp.

A small pharmacy was set up for dispensing medicines as prescribed by the doctors, simultaneously Health education was given by Group 3 volunteers. The topics covered were on CSP of Dengue and Malaria, Well Balanced Diet, Dental hygiene, Child safety, Fever management, Food Hygiene and ill effects of smoking.

Total no.of clients attended the camp - 211



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Distribution of clients based on the complaints

Dental Cases	93
Pulmonary Cases	26
First Aid	71
Pulmonary + Dental	5
Pulmonary + First Aid	7
Dental + First Aid	5
Pulmonary + Dental + First Aid	1
TOTAL	211

A total of 69 referrals were made out of which;

- Dental - 44
- Pulmonary - 10
- First Aid - 15 (Including 3 anemic cases)

Referrals were made to Adukamparai Govt. Hospital, RUHSA, CHAD and CMCH.

The place for planting the saplings was decided with the help of NSS advisors and the school Head Mistress and the volunteer enthusiastically involved in planting the saplings.



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19.02.2020 – Wednesday

The activities for the day

1. Child Health Camp
2. School survey
3. ENT
4. Health Education

Dr. Vandhana, from Child health II Department, volunteered to help in the camp. The details of the camp are as follows:

Total No. of children screened	-	204	
Total no.of well nourished	-	160 (66.7%)	-
Total no.of Malnourished	-	44 (21.56%)	
	-		
I degree	-	38 (18.62%)	
III degree	-	6 (2.94%)	

Number of people referred from Pediatric, ENT and First Aid camp

Pediatric Referral	51	ENT	12	First Aid	42
Referred CMC - 45		Referred CMC - 6		Referred - 7	
Schell Eye Hospital	11	Medicine	1	Schell Eye	1



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Dental	7	Ortho	1	CMCH	3
Dermatology	3	ENT Unit IV	2	GVMCH	3
Child Health OPD	9	ENT+ Ortho	1		
Developmental Pediatrics	2	ENT+Medicine	1		
ENT	6				
MHC	1				
OG	1				
Neurology OPD	2				
Others	3				
Pallikonda PHC					
Others	6				



Health Education:

During the school health screening & child health camp, the volunteers conducted Health education on Eat healthy food, personal hygiene, Dental Hygiene and worm infestation through role play, theme song, puppet show and posters.



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20.02.2020 – Thursday – Cervical screening and Women Health issues

The activities for the day

1. Road safety rally
2. Career guidance
3. Alcoholic de-addiction program
4. Cervical screening
5. Health Education

The Road safety rally was inaugurated by Mr. Ramakrishnan, Road Transport Officer, Vellore. Mr. Sakthivel, Senior Police inspector, Mrs. Manormani, police inspector, Mrs. Sophia Vijay, Addl. Dy. Dean and Pallikonda police were also present.

We started the Road safety rally from pallikonda toll gate till the Pallikonda Junction. NSS volunteers created awareness about road safety, vehicle speed limit, traffic rules and distributed pamphlet. The NSS volunteer informed about the Woman's health camp to the villagers and encouraged them to come for the screening. VIA screening and the first aid clinic was conducted.

Women health issues

Total number of people registered	- 76
First aid	- 42
VIA screening registered	- 34



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VIA screen done	- 16
Number of people not eligible for VIA screening	- 15
Number of people refused VIA screening	- 3
No.of suspected VIA positive	- 2
Breast lump	- 2

Those with positive result were referred to RUHSA

Health Education

The volunteers conducted the Health education on women health issues through role play, theme song and posters.

A session on carrier guidance taken by Mrs. Helan Charles, Professor, Psychiatric Dept, College of Nursing, CMC. Alcoholic de-addiction program was conducted by Mr. Santhosh Clement, MHC, CMC for the village adult.

Every day the first aid needs of the people were addressed by the faculty and students.

First aid

Number of people came for first aid	- 42
Number of people referred	- 6
Pallikonda GH	- 5
CMC	- 1





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21.02.2020 – Friday

The activities for the day

1. General Health Camp
2. Diabetes Screening
3. Dental Hygiene
4. Health Education

Diabetes screening

- Total No. of GRBS checked - 156
- Total no. of males - 58
- Total no. of females - 98
- Newly diagnosed DM - 14 (8.97%)
- No. of people on treatment - 22 (14.1%)
- OHA - 20
- Insulin - 2

Total No. of Referrals - 26

- Government hospital - 18
- Schell eye hospital - 3
- RUHSA - 2
- CHAD - 1
- MHC - 1
- CMC - 1

The NSS volunteers conducted health education for the clients regarding diabetic diet, eye care, management of injury and bleeding. Using posters as AV aids, role play and songs were sung on the above topic.



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21.02.2020 – Saturday – Valedictory & Post Camp Evaluation

The camp ended with valedictory function in Kazhanipakkam Village. The programme was started with National anthem. Mr. Julius, NSS Junior advisor, welcomed the gathering. Mrs. Alice Sony, Deputy Dean, College of Nursing, Honoured the chief guest and village leaders. The NSS report was presented by the NSS volunteers Ms. Nishadh Anjum and Ms. Christinal. Mrs. Alice Sony, Deputy Dean, College of Nursing, CMC appreciated the volunteers for their effort and service to the villagers. Mr. Imayavaramban, Block Development Officer, Anaicut Taluk honoured Mrs. Alice Sony, Deputy Dean, College of Nursing, CMC. He encouraged our volunteers and given suggestion for them. The Head Master and Village Leaders appreciated the volunteers and the institution for the effort and service to the village. Mr. Imayavaramban and Mrs. Alice Sony, Deputy Dean, College of Nursing, distributed certificates to all the NSS volunteers. Ms. Raveena, NSS Volunteer, proposed the vote of thanks.





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The volunteers expressed their gratitude to the NSS Unit of College of Nursing, NSS Co-ordinator, Program officer and Advisors gave their suggestion and appreciated the volunteers for their service.

Ms.R. Meenatchi Papanasam
NSS Program Officer
College of Nursing
CMC, Vellore

Mrs. Shalini Getsy
YRC Program Officer
College of Nursing
CMC, Vellore



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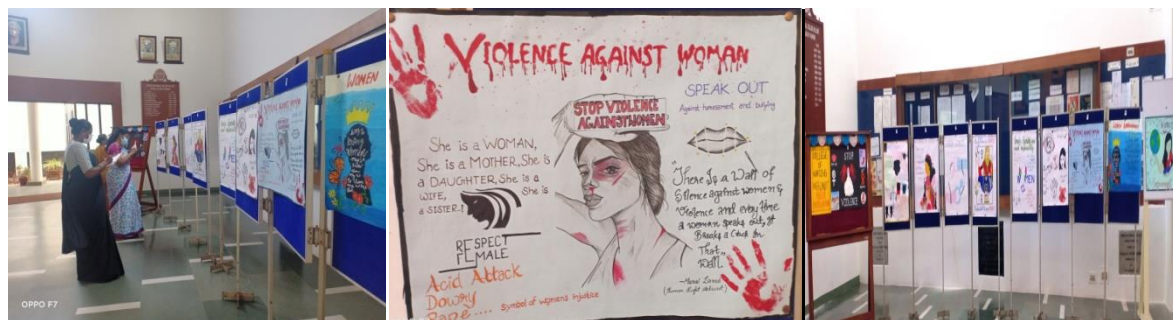
2021

NSS Volunteers Enrollment & Orientation

I year B.Sc Nursing students were enrolled as the new NSS volunteers for the year 2021-2022. The NSS Motto, objectives, symbol, activities and its importance was oriented to the volunteers. They were divided into different groups and the activities for the year 2021-2022 was discussed

The NSS volunteers observed various International days like the NSS Day, International Women Day, Teachers Day, World AIDS Day, World Environmental Day and National Blood Donation Day .The volunteers prepared slogans and posters based on each theme respectively and they took part in essay, poster and drawing competition.

On 25th November our college observed **International day for the Elimination of violence against Women**. Poster competition and Debate was conducted on the theme of Violence against Women. The NSS volunteers actively participated and the winners were awarded.



Observance of constitution day

On 26th November our Honourable Prime Minister Mr.Narendra Modi, read the preamble of the constitution and emphasised our fundamental duties as per Article 51A .



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Flood Relief work

In the month of December 2021, Kamarajapuram Village of Vellore District was affected by floods due to heavy rainfall. The NSS Volunteers and faculty of College of Nursing, CMC collected funds and materials for the relief work.

The item that was donated included:

Medicines, clothes, soaps, oil, toothpaste, sanitary napkins, blankets and rice pack.



NSS special Activities:

The NSS special activity for the year 2021-2022 for the NSS Volunteers was conducted from 30.08.2021 – 04.09.2021 with the Theme: **‘Healthy Youth for Healthy India’**.

Dr. Vathsala Sadan, Dean, Mrs. Angelin Esther, Addl. Dy. Dean, NSS program coordinator and NSS advisors discussed about the NSS Special activities.

The day wise reports of the NSS Special activities are as follows:

Day- 1 30.08.2021- Monday

The NSS special camp inauguration programme started with prayer by Rev. Rachitha Rout Chaplain, CMC, after which Dr. Vathsala Sadan, Dean College of Nursing felicitated the NSS volunteers. Mrs Shanthi Gladston, Professor, College of Nursing briefed the NSS volunteers about the week activities.

Vaccination motivation camps were done in two villages (Venkatapuram and Sampanginallore) by 50 Volunteers in small groups of 5-6 members using appropriate Audio Visual aids, on covid



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infection and importance of covid appropriate behaviors and vaccination. Total beneficiaries in both villages were 143.

In the afternoon Mrs. Jasmine Anand Professor, College of Nursing took a session on '*Healthy Lifestyle*' which was very informative and helpful. Followed which Mr. Lenny T Vasanthan, Lecturer, PMR department demonstrated on *Fitness Exercises*, which was very interesting and useful.



Day 2 31.08.2021- Tuesday

Vaccination motivation camps were done in two villages (Perumugai main village and perumugai colony) by 50 Volunteers in small groups of 5-6 members using appropriate Audio Visual aids, on Covid infection and importance of Covid appropriate behaviors and vaccination. Total beneficiaries in both villages were 178.

Session on '*Human breast milk bank*' was taken by Mrs. Morries Sankar, Reader, Maternity Nursing Department. She talked about all the aspects such as donor milk, its steps of processing, eligible donors and the various equipment used for Human Milk Bank. It was an interesting and informative session.





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Day 3 01.09.2021 – Wednesday

NSS general health screening and ophthalmology screening was conducted at college of nursing for the house keeping staff and maintenance staff. Dr. Vatsala Sadan, Dean College of Nursing inaugurated the camp. Total of 58 people were screened. Health education was given to the groups on common eye disorders, complication and prevention of hypertension and diabetes, prevention of obesity, covid appropriate behaviour, personal hygiene, hand hygiene, anaemia, diabetic diet and DASH diet. Drugs like albendazole, Tab.MFI, calcium lactate, metacin and folic acid were provided according to prescription.



Ophthalmology screening

Total number of client screened: 58

Total number of client with refractive errors – 1

Total number of client with diabetic retinopathy – 1

Total number of spectacles issued – 2

Total number of client referred to Schell eye hospital – 2

Health screening

Total number of client with anaemia – 2

Newly identified diabetes mellitus – 3



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Newly identified hypertension- 1

Total number of client with overweight - 21

Total number of client with high blood sugar – 19

Anemia – 2

In the afternoon, session on '*Organic kitchen garden*' was taken by Mr. Paul Dass, Founder and Director of ProVision India. He emphasized on organic farming which he referred as God's way of cultivation and our roles as God's steward's to safeguard the environment. It was very interesting and informative session.

Day 4 02.09.2021 - Thursady

The NSS *Kitchen Garden* was inaugurated in the College premises by Mrs. Rajeshwari Siva, Professor Community Health Nursing Dept. All NSS volunteers were involved as small groups for gardening the vegetable saplings of brinjal, green chilly, raddish and ladies fingers. It was a very wonderful experience for the volunteers to make an interest in organic farming. The volunteers were motivated to make an interest in organic farming even in later stages of their life.

Afternoon '*Fitness exercise*' session was taken by Mr Lenny T Vasanthan, Lecturer, PMR, CMC for the second group. It was a very interactive session. Plank position, sit down and stand up and T shuffling exercises were taught. The NSS volunteers were really motivated and encouraged to be physically fit through that session.



Day 5 03.09.21 – Friday



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Tree plantation was inaugurated by Dr. Vathsala Sadan, Dean, CON, near the College play ground and the volunteers actively planted tree saplings.

After the tree plantation, the Guest Lecture on ***Organ donation*** was conducted by the team of Dr. Uday George Zacharia, Professor and HOD of Hepatology Department, CMC, Mrs Gnanadeepam, Liver Nurse Educator and recipient Coordinator and Mr Jayashankar, Donor Coordinator, discussed about the full process of organ transplantation from donor to the recipient, criteria's for organ donation, organs that can be donated, and the importance of organ donation. It was very informative, useful and awareness creating discussion.

A debate on '***Gender equality; The essence of sustainable society***' was moderated by Mrs Shandrilla, Professor, Community Health Nursing and Mrs Shalini Getsy, Lecturer in English, College of Nursing. The debate was very informative and provided a chance for the volunteers to talk on their point of view on this topic.



Day 6 04.09.21 - Saturday

Valedictory



On the final day, the NSS volunteers exhibited Posters on "***Psycho social and legal aspects of adolescence***". This enabled the volunteers to bring out their innovativeness,



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NSS Special activities ended with valedictory program in College of Nursing. The NSS valedictory programme started with prayer. Ms. Anngrace, NSS Volunteer, welcomed the gathering. The NSS report was presented by the NSS volunteers Ms. Christa Alex and Ms. Rainu Miriya Varghese. Dr. Vathsala Sadan, Dean, College of Nursing felicitated the NSS volunteers and distributed certificates to all the NSS volunteers. Ms. Krishnakriba, NSS volunteer, proposed the vote of thanks.

NSS special activities were very informative and useful for all the NSS volunteers. The week's activities were a good learning experience for the NSS volunteers and a sensitization to the social determinants of health. The volunteers expressed their gratitude to the NSS Unit of College of Nursing.

Ms.R. Meenatchi Papanasam
NSS Program Officer
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Mrs. Shalini Getsy
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