

Regular Activity Report for the period from 16/January/2026 to 15/February/2026

Name of the College :- Pushpagiri College of Pharmacy, Tiruvalla

Unit Registration Number :- NSS/SFU/PNT/KUHS/7

Name of the Programme Officer :- Mrs. Anju V

Sl. No.	Date	Name of the activity conducted	No. of participants	Total Hours spend	Achievement by the program including Beneficiaries
1.	16/02/2026	Non-communicable diseases	10	2 hrs	Awareness Program
2.	16/02/2026	Blood Donation Camp	50	5 hrs	Communiy Service Awareness
3.	19/02/2026	Health Education Programme	10	3 hrs	Awareness Programme
4.	23/02/2026	Drug abuse awareness Programme	20	2 hrs	Awareness Programme
5.	26/02/2026 - 27/02/2026	BLS Training Programme	30	6 hrs	Basic Life support Training
6.	26/02/2026 to 04/03/2026	NSS 7 Day Camp	50	120 hrs	Special Camp
7.	12/03/2026	International Women's Day	10	3 hrs	Awareness Programme

1. Awareness on Non-communicable Diseases

An awareness program on Non communicable disease was organized by Department of Pharmacognosy in association with IQAC and NSS on 16/02/2026 at Peringara Grama Panchayat ward 5. Prof. Dr. Jeenu Joseph, HOD, Dept. of Pharmacognosy delivered welcome address. The first session was taken by Dr. Betsy A. Jose, Assistant Professor, Dept. of Community Medicine, Pushpagiri Institute of Medical Sciences and Research Centre on communicable diseases and the preventive measures and social responsibility. Dr. Rani Manju, Associate professor, Department of Pharmacy Practice led the second session on the mechanism and reasons of spreading of diseases among community.

More than 25 beneficiaries from the local community actively participated in the sessions. Student volunteers from Second year Pharm.D have actively associated in coordination and interaction activities. The program concluded with vote of thanks by Ms. Archana S., Assistant professor, Dept. of Pharmacognosy. Dr. Anju A. Varghese, Associate Professor, Department of Pharmacognosy coordinated the program.



2. Blood Donation Camp

The Department of Pharmacy Practice, in association with IQAC, NSS, SSGP, and the Blood Bank of Pushpagiri Medical College Hospital, organized a Blood Donation Camp on 16th February 2026 at Mar Theophilos Annexe Auditorium at 9:30 AM.

An awareness session on blood donation was delivered by Dr. Maglin Monica Lisa Joseph Tomy, Senior Resident, Department of Immunoematology and Blood Transfusion Medicine, Pushpagiri Medical College Hospital, highlighting the importance of voluntary blood donation and its lifesaving impact. Dr Malini S, HOD, Department of Pharmacy Practice delivered the Vote of Thanks.

A total of 41 participants, including staff and students, actively donated blood. The student volunteers actively involved in the blood donation and associated help in the process. The program led students to show the responsibility to society and student community. The program was coordinated by Mrs. Merin T. Koshy, Assistant Professor, Department of Pharmacy Practice.



3. Health Education Programme

The Department of Pharmaceutics, in association with the IQAC and NSS Unit of Pushpagiri College of Pharmacy, organized a School Health Education Program on Adolescent Health. The program was

conducted on 19th January 2026 at Sacred Heart Higher Secondary School & CISCE Junior College, Changanacherry, as part of the National Youth Day Celebrations 2026.

The program commenced with a prayer song, followed by a welcome address by Mrs. Liby Tresa Francis, Assistant Professor, Department of Pharmaceutics. Dr. Betsy A. Jose, Assistant Professor, Department of Community Medicine, Pushpagiri Institute of Medical Sciences and Research Centre, delivered Session I on adolescent physical and mental health. The session gave an awareness among student community regarding the need of maintaining good physical and mental health. Mrs. Pheba Susan Thomas, Assistant Professor, Department of Pharmacy Practice, handled Session II on “Adolescent Health in the Digital Age.”

The sessions were interactive, with active participation from 11th standard students. As a token of appreciation, Prof. Dr. Anjana M. N., Head, Department of Pharmaceutics, presented mementos to the resource persons. The program concluded with a vote of thanks by Ms. Ansa Elizabeth Mathew, Assistant Professor, Department of Pharmaceutics, and formally ended with the National Anthem.



4. Drug Abuse Awareness Programme

The Vimukthi Mission, Government of Kerala in association with Excise department, Tiruvalla Circle has conducted an awareness campaign on Drug Abuse at Pushpagiri College of Pharmacy on

23.02.2026 as a part of National Youth Day. The vimukthi mission initiatives along with support from NSS volunteers help to control drug related abuses in the college campuses.

Mr Rajendran K ,Circle Inspector of Excise,Excise circle office ,Thiruvalla made an introductory speech on vision of Vimukthi mission and welcomed the gathering. The program was inaugurated by Prof. Dr.Santhosh.M.Mathews, Principal. The session was taken by Mr Binu.V. Varghese, Preventive officer and District Vimukthi Mentor,Excise Department, Pathanamthitta. Second year Pharm D student Neha Mariyam Bose proposed vote of thanks. More than 100 students from various colleges in Thiruvalla Taluk participated in this programme.



4. BLS Training

Department of Pharmacy Practice in association with IIEMS, Kottayam organized Basic Life Support BLS training on 26th and 27th February 2026 for First Year Pharm D and First Semester B Pharm student volunteers. The programme was conducted by certified IIEMS trainers in both theory and hands-on practical sessions.

The training covered recognition of cardiac arrest, high-quality CPR, airway management, use of Automated External Defibrillator (AED), and management of choking emergencies. Students actively participated in skill demonstrations and supervised practice sessions.

The programme aimed to equip students with essential life-saving skills, improve emergency response confidence, and strengthen their clinical competence. The session concluded with positive feedback from participants. Certificates were issued to students who have successfully completed the training sessions and assessment.



5. NSS Special Camp

Pushpagiri College of Pharmacy conducted 7 days NSS Special camp from 26/02/2026 to 04/03/2026 at Deva Matha Community Hall, Vengal. The camp was officially inaugurated by Shri. Roy Varghese, Member -Ward 5, Peringara Grama Panchayath. Rev Dr Antony Chethipuzha, spiritual director presided the function. Mrs Anju.V, NSS Programme officer welcomed the gathering and Mrs Divya V, NSS co-ordinator gave the vote of thanks. The various camp activities conducted include ice breaking session, drug awareness session, manasagramam survey activities, craft making sessions, Yoga sessions, Nature club and cleaning activities. The valedictory function was conducted

at Mar Theophilos Annexe Auditorium. Ms Harija.S.Nair welcomed the gathering. Dr. Shibi Mathew.V, Associate Professor, Dept. of Prosthodontics & NSS Programme Officer, Pushpagiri College of Dental Sciences was the chief guest of the day. The certificates were distributed to student volunteers as a part of the programme. Mrs Archana Vijai concluded the session with a vote of thanks followed by NSS anthem.



6. International Women's Day

The Department of Pharmaceutical Chemistry, Pushpagiri College of Pharmacy, in association with IQAC, NSS, and Women Cell, organized an International Women's Day Celebration at Peringara Grama Panchayat on 12th March 2026. The program commenced with a prayer song by third year Pharm.D student volunteers. The welcome speech was delivered by Mrs. Elsa Varghese, Assistant Professor, Department of Pharmaceutical Chemistry. The Presidential address was given by Mr. Roy Varghese, Ward Member of Peringara Grama Panchayat , Ward 5. The Felicitation address was delivered by Mrs. Aeliyamma Thomas, Ward Member of Peringara Grama Panchayat, Ward 6.

The first session was delivered by Adv. Aami Jalal, Legal Advisor, Women Cell, Pushpagiri College of Pharmacy, on the topic “She Gives Light, World Gains Hope.” She discussed the legal rights of women, the importance of gender equality, and the role of women in shaping a progressive society. The second session was an interactive talk on the same topic, by Mrs. Divya V, Assistant Professor, Department of Pharmaceutical Chemistry and Secretary of the Women Cell, Pushpagiri College of Pharmacy. The session encouraged active participation from the audience and created awareness about the challenges faced by women and ways to overcome them. Students of Third Year Pharm D presented a skit which effectively conveyed the message of gender equality and respect for women. The vote of thanks was delivered by Mrs. Anju V, NSS Programme Officer & Associate Professor, Department of Pharmaceutical Chemistry.

The program concluded with the National Anthem. More than 20 beneficiaries from the local community actively participated in the sessions. Student volunteers from Third Year Pharm.D played an important role in coordinating the program and facilitating interaction with the participants. The program was coordinated by Mrs. Elsa Varghese, Assistant Professor, Department of Pharmaceutical Chemistry.



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Lat 9.398253° Long 76.55972°
Thursday, 12/03/2026 11:07 AM GMT +05:30



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Thiruvalla, Kerala State, India
Ward-7, Chalakuzhy Mini Stadium Bridge, Peringara Panchayat, Peringara Panchayat, Azhividathuchira,