

Regular Activity Report for the period from 16/March/2026 to 15/April/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.	07/03/2026	World Health Day	15	2 hrs	Awareness Program

1. World Health Day

An awareness program on Summer Health and Dehydration Prevention in commemoration of World Health Day activity was organized by IQAC, in association with the Department of Pharmacognosy and NSS Unit, on 07/03/2026 at Urban Family Health Center, Kavumbhagom, Thiruvalla. Prof. Dr. Jeenu Joseph, HOD, Department of Pharmacognosy delivered the welcome address. The awareness session was conducted by Dr. Janu Jayakumar, Medical Officer In-Charge, Urban Family Health Center, Kavumbhagom, Thiruvalla. The resource person delivered an informative and interactive session covering causes, symptoms, complications, and preventive measures of dehydration. The session also highlighted the importance of adequate fluid intake, use of ORS, healthy summer diet, and special care for vulnerable groups such as children, elderly individuals, and outdoor workers. People from the local community, along with doctors, nurses, pharmacist, and other healthcare staff of the Urban Family Health Center, actively participated in the awareness session. The student volunteers actively participated in the awareness session and encouraged the community to follow the habit of taking plenty of fluids and food style modifications in summer. The program concluded with a vote

of thanks by Dr. Anju A.Varghese, Associate Professor, Department of Pharmacognosy. Ms. Archana S, Assistant Professor, Department of Pharmacognosy, coordinated the program successfully.

