

Regular Activity Report for the period from 16/April/2026 to 15/May/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.	24/04/2026	Earth Week- Sustainability pledge	120	1hr	Awareness Program
2.	25/04/2026	World Malaria Day	35	2 hrs	Awareness Program
3.	25/04/2026	Earth day	35	2 hrs	Awareness Program
4.	27/04/2026	Mass tree plantation	20	2 hrs	Environment protection
5.	29/04/2026	Waste management Initiative	30	2 hrs	Cleaning activity
6.	29/04/2026	Sustanabiliy Idea presentation	10	1 hr	Community development

1. World Earth Week -Sustainability Pledge

Pushpagiri College of Pharmacy, NSS unit in association with IQAC and SSGP conducted World Earth Week activities commencing from 22/04/2025 to 29/04/2025, organized by Research Heights foundation in association with EPTRI.

The programme commenced with a sustainability pledge on 23/04/2025 that aims to create a formal, actionable commitment to protect the environment and promote responsible social and economic practices. The faculty members and around 120 students took part in the pledge taking at the garden area of the college. A student representative lead the pledge and the entire staff and student community took the pledge with with sincerity. These pledges are designed to foster a transition toward a circular, less wasteful economy by setting measurable standards and encouraging transparency.

These pledges serve as a reminder to consider the long term, impact of daily choices on the environment and society.



2. World Malaria Day

A community health awareness programme in connection with World Malaria day was organized by IQAC in association with Department of Pharmacology, NSS Unit and SSGP on 25-04-2026 at Peringara Grama panchayat Ward 5.

The program commenced with a welcome address by Mrs Preethu. P. John, Associate Professor, Pushpagiri College of Pharmacy. An awareness class on malaria was conducted by Dr. Betsy A. Jose, Assistant professor Department of Community medicine, Pushpagiri Institute of Medical Science and Research centre. The session focussed on the causes, symptoms, mode of transmission, and preventive measures of malaria, emphasizing the importance of early diagnosis and community participation in disease control. The need of preventive measures such as avoiding mosquito breeding by maintaining cleanliness, using mosquito nets and repellents, and ensuring proper waste management. The session also highlighted the need for early diagnosis and timely treatment to reduce complications. The class was interactive, and participants actively engaged by asking questions and clarifying their doubts. As part of this programme, personal safety kits were distributed to the Kudumbasree and Harithakarmasena members of the adopted village to encourage protective practices and reduce the risk of mosquito-borne diseases such as malaria.

More than 25 beneficiaries from the local community actively participated in the sessions. Student volunteers from first year Pharm D have actively associated in coordination and interaction activities. The programme was concluded with a vote of thanks by Ms. Anakha S, Assistant professor, Department of Pharmacology. The programme was successfully conducted in collaboration with Joy Alukkas, Thiruvalla, whose support contributed significantly to the effective implementation of the community outreach initiative.



3. World Earth Week Celebrations-Community Outreach Activity

Pushpagiri College of Pharmacy, NSS unit in association with IQAC and SSGP conducted World Earth day activities in Adopted village, ward 5 at Peringara Grama Panchayath on 25/04/2025.

The programme commenced with a prayer song by the NSS student volunteers. The ward members of Peringara Grama Panchayath welcomed the villagers. The programme was conducted to give the message of saving the earth from all the calamities. As a part of the programme the student volunteers performed a role play regarding the conditions of earth, the ways to protect the earth and the measures that should be taken by the community. Following the roleplay, vegetable seedlings were distributed to the villagers, giving the message of saving earth for future generations. The villagers actively participated and gave their support for the awareness programme.

The harithakarma sena members and kudumbashree members from the local community actively participated in the program. Student volunteers gave the message that reflected the significance of the day. The programme was concluded with a vote of thanks by Mrs Anju V, NSS Programme officer .



4. Mass Tree Plantation Drive

A mass tree Plantation Drive was successfully conducted on 27th April 2026 as part of Green Action under the Bharat Environment Program – A Bharath Sustainability Mission 2026, in observance of Earth Week.

The program was organized with the active participation of students and staff, in association with the NSS Unit and Nature Club of the institution. The primary objective of the activity was to promote environmental awareness and encourage sustainable practices among the academic community. During the drive, several saplings (around 15 No.s) were planted across the campus premises. Emphasis was given to planting native and locally suitable species, ensuring better adaptability, ecological balance, and long-term sustainability.

The event witnessed enthusiastic involvement from participants, reflecting their commitment toward environmental conservation. The initiative not only contributed to increasing the green cover of the campus but also instilled a sense of responsibility among student community to protect and nurture

nature. Overall, the Tree Plantation Drive was a meaningful step towards fostering environmental consciousness and supporting the vision of a greener and more sustainable future.



5. Waste Management Initiative

As a part of the Bharat Environment Program associated with Earth Week Celebration (April 22–29), Pushpagiri College of Pharmacy successfully conducted Waste Management Activity on 29/05/2025. The program aimed to promote responsible waste management practices on campus by focusing on segregation, collection, recycling, and safe disposal of waste, aligning with the principles of Reduce, Reuse, and Recycle.

The activity emphasized turning campus-generated waste into value and creating awareness among students about sustainable habits and circular economy practices. The major objectives of the program involves reduction and proper management of campus waste, Promotion of waste segregation at source, active student participation in sustainability initiatives, creation of visible and measurable environmental outcomes and demonstration of practical waste management models.

The activity witnessed enthusiastic participation from Faculty members (NSS & Waste Management teams), NSS Student Volunteers and auxiliary Staff members. Students and volunteers actively collected different types of waste from across the campus premises, including classrooms, hostels, canteen areas, and open spaces. Paper waste, plastic waste and food waste were systematically collected and segregated into different categories using designated bins. Collected paper waste was safely incinerated under the supervision of auxiliary Staff following proper safety protocols. Food waste were collected and disposed in compost tanks and plastic waste was segregated and stored for the harithakarma sena collection. On-the-spot guidance was provided on the importance of waste segregation and responsible disposal. Significant quantity of waste was collected and processed.

Students developed practical understanding of waste management. Strengthened collaboration between faculty, students, and support staff towards sustainability goals. It reinforced the college's commitment to environmental sustainability and contributed meaningfully to the national Bharat Sustainability Mission 2026. The program not only helped in managing campus waste effectively but also instilled a sense of environmental responsibility among the student community.



6. Sustainability Pledge

Pushpagiri College of Pharmacy, NSS Unit in association with IQAC and SSGP conducted a sustainability Idea Presentation for the student volunteers as a part of the Bharat Environment Programme organized by Research Heights Foundation in association with EPTRI on 29/04/2026.

The sustainability idea led by the student community highlights actionable, community focused projects and effective solutions for energy monitoring or upcycling initiatives that directly benefits the local community. The student volunteers actively participated in presenting the ideas which was evaluated by panel teachers. Two major ideas focussing on community rural health and Class room solutions for water and energy conservation were presented by the Jissa Susan Johnson of Fourth Year Pharm D and Lekshmi.G.Pillai of First year Pharm D .The major impact of the idea, advantages, effective community were highlighted in the presentation.

Overall the program laid an initiative towards developing society with the youth contribution. The idea was posted in the Bharat Environment portal for further selection process by the organizing team. NSS Programme Officer Mrs Anju.V , coordinated the programme.



7. Palliative Care Home Visit

A palliative care home visit was conducted on 7th May 2026 by Pushpagiri College of Pharmacy in association with Pushpagiri Medical College Hospital as part of its community outreach and patient care initiatives. The programme was organized by IQAC in association with Dept. of Pharmaceutical Chemistry, NSS, SSGP and Alumni Association.

The home visit was carried out by a team comprising of faculty members, Pharm D interns, doctors, nurses, and palliative care volunteers. The team visited three patients enrolled under the palliative care services of Pushpagiri Medical College Hospital.

During the visit, the healthcare team interacted with patients and family members to understand their physical, emotional, and social concerns. Basic health assessments such as blood pressure monitoring, medication review, and symptom evaluation were conducted. Necessary guidance was provided regarding proper medication administration, pain management, nutrition, and prevention of complications.

The pharmacy students actively participated in documenting patient histories, counselling caregivers, reviewing prescriptions, and ensuring medication adherence under the supervision of faculty members and healthcare professionals. The home visit programme helped in improving patient awareness regarding disease management and medication use. Caregivers benefited from the counselling and guidance provided by the healthcare team. The initiative also enhanced the clinical knowledge, communication skills, and humanitarian values of the participating students.

The programme highlighted the importance of interdisciplinary healthcare services and community-based palliative care in improving the quality of life of patients requiring long-term support. The palliative care home visit organized by Pushpagiri College of Pharmacy in association with Pushpagiri Medical College Hospital was successful in delivering patient-centred care and support to individuals in need.

