



**LIST OF NSS ACTIVITIES 2022-2023**

S. No.	Date	Nature of Activity
1.	April 4, 2022	Collection Of Fund for Economically Backward Patients Requiring Dialysis
2.	May 4, 2022	District Level Award for Vegetable Farming
3.	June 6, 2022	World Environment Day
4.	June 24, 2022	Oral Hygiene Awareness Talk
5.	July 19, 2022	Antiragging Awareness Program
6.	July 28, 2022	"Say Yes to Life, No To Drugs"
7.	September 17, 2022	Clean Coast, Safe Sea
8.	September 24, 2022	Ward Adoption & Oral Cancer Awareness Class
9.	October 7, 2022	Antiaddiction Awareness Class, MGM School
10.	October 12, 2022	Bodhyam 2022 unit level Quiz
11.	November 11, 2022	Antidrug Pledge
12.	January 25, 2023	NSS Special Camp Orientation
13.	January 6-12, 2023	NSS Special Camp
14.	February 1, 2023	Felicitation Special camp
15.	March 8, 2023	International Women's Day
16.	March 20, 2023	Karuthal- Water for Birds



**PUSHPAGIRI**  
COLLEGE OF DENTAL SCIENCES  
MEDICITY CAMPUS, PERUMTHURUTHY



### **Inauguration Of Development Projects In Pushpagiri Medicity Campus**

The inauguration of the development projects in Pushpagiri Medicity campus was organized by faculty and the students of Pushpagiri College of Dental Sciences. The amount ₹6000 received from the sale of the organic vegetables was handed over to His Beatitude Baselios Cardinal Cleemis, Major Archbishop- Catholicos of The Syro-Malankara Catholic Church for the economically backward patients requiring dialysis treatment on the occasion of the inauguration of various development at Pushpagiri Medicity campus.



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### DISTRICT LEVEL AWARD FOR VEGETABLE FARMING

The Pushpagiri College of Dental Sciences got the first prize for the district level award for vegetable farming in Institutions. A cash price of ₹15000/- was also deposited to the college account. The award ceremony was conducted on May 4, 2022.





Certificate for Vegetable farming



Brochure for Vegetable farming

Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3





# PUSHPAGIRI


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## WORLD ENVIRONMENT DAY – 2022


The World Environment Day was celebrated on June 6, 2022. Fr. Aby Vadakumthala, Director Institutions encouraged the students to keep the campus clean and avoid plastic. Dr. Benley George, Vice Principal (Administration) advised the students to segregate waste and keep the campus clean. Dr. Sunu Alice Cherian, NSS program Coordinator thanked the students for the cooperation. The NSS student volunteers planted a Bougainvillea. Mango saplings were distributed to the staff.

No. of students who participated in the programme: 9




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## WORLD ENVIRONMENT DAY -2022

*Organized by*  
**NATIONAL SERVICE SCHEME (NSS)**  
(NSS/SFU/PNT/KUHS/3)



ONLY ONE EARTH  
"Living Sustainably in Harmony  
with Nature"



June 6, 2022      10:00-10:30 am      College campus



List of participants

Sl.no	Name of Participant	Designation
1.	Fr. Aby Vadakumthala	Director
2.	Dr. Benley George	Faculty
3.	Dr. Sunu Alice Cherian	Faculty
4.	Sidharth K Divakaran	Third year BDS
5.	Sneha Abraham	Third year BDS
6.	Snehamol Sunny	Third year BDS
7.	Shelin Susan Kuriakose	Third year BDS
8.	Sherin Jacob	Third year BDS
9.	Shijoy Shaji George	Third year BDS
10.	Arpith James	Third year BDS
11.	Ann Kurian	Third year BDS
12.	Astha Sasilaya	Third year BDS
13.	Arya krishnan	Third year BDS
14.	Aparna Jess Cyriac	Third year BDS
15.	Catherin Biju Thomas	Third year BDS

Dr. Sunu Alice Cherian  
Program Officer  
NSS/SFU/KUHS/PNT/3



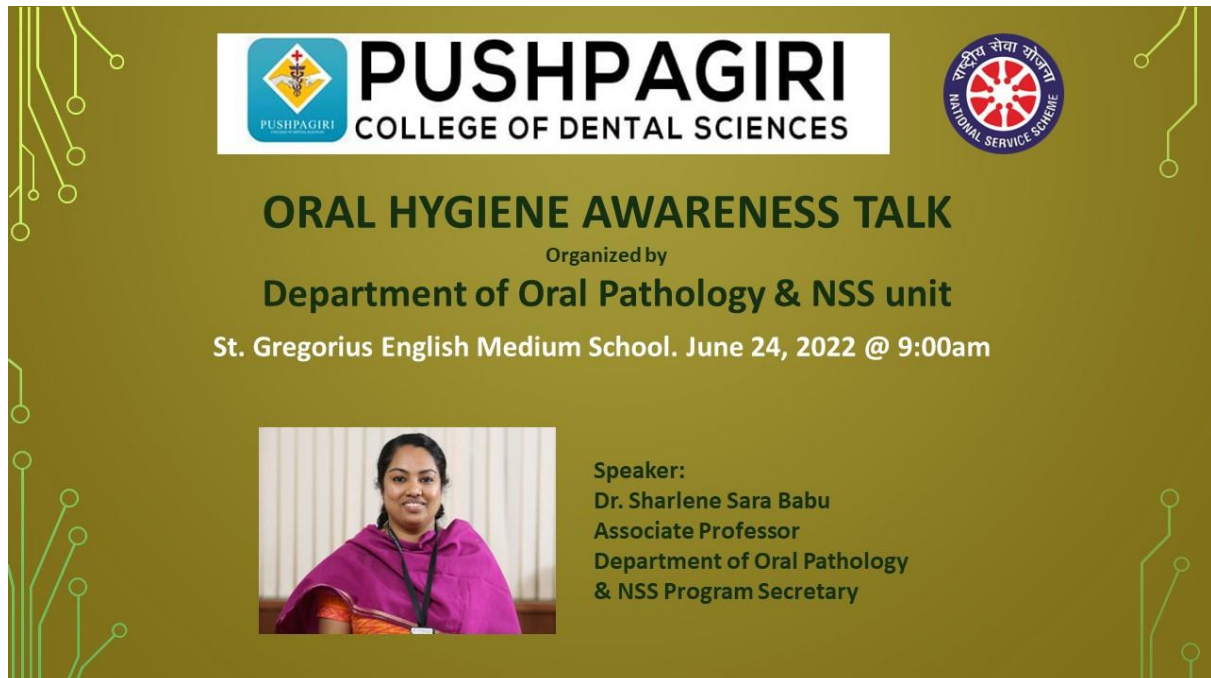


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## ORAL HYGIENE AWARENESS TALK

A talk on oral hygiene Awareness was given by Dr. Sharlene Sara Babu, NSS Program Coordinator on June 24, 2022 at St. Gregorius School, Attapady.



The poster features a green background with circuit-like patterns on the sides. At the top, it displays the Pushpagiri College of Dental Sciences logo and the National Service Scheme logo. The title 'ORAL HYGIENE AWARENESS TALK' is prominently displayed in white, followed by 'Organized by Department of Oral Pathology & NSS unit'. The event details 'St. Gregorius English Medium School. June 24, 2022 @ 9:00am' are listed below. A photo of Dr. Sharlene Sara Babu is shown on the left, and her name and title are listed on the right.

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**ORAL HYGIENE AWARENESS TALK**  
Organized by  
**Department of Oral Pathology & NSS unit**  
St. Gregorius English Medium School. June 24, 2022 @ 9:00am

**Speaker:**  
Dr. Sharlene Sara Babu  
Associate Professor  
Department of Oral Pathology  
& NSS Program Secretary

Oral Hygiene Awareness Talk  
St. Gregorius School, Attappady







## St. Gregorios English Medium School (St. GEMS)

(The First English Medium CBSE School and the only fully Digitalized Smart School in Attappady)

CBSE Aff. No. 931020, Nellippathy, Agali P.O., Attappady  
Palakkad Dist., Kerala Pin-678 581, ☎ Office: 049242-54490  
Principal : 95264 54490, Accounts : 95260 54490, Manager: 9447277690

24/6/2022

Date:.....

This is to certify that **Dr. Sharlene Sara Babu** has conducted an "Oral Hygiene Awareness Talk" For Grade I to Grade X student in our institution on 24-06-2022. We appreciate the knowledge Imparted to our students with gratitude.



PRINCIPAL  
ST.GREGORIOS ENGLISH MEDIUM SCHOOL  
(School Code: ARI No- 931020)  
NELLIPPATHI, AGALI P.O., PALAKKAD.

  
Principal

Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3

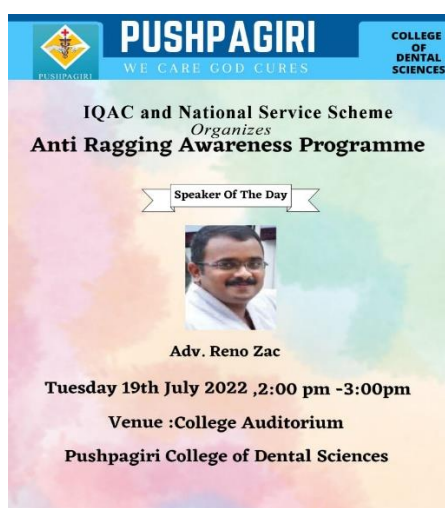


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### ANTIRAGGING AWARENESS PROGRAMME

Anti Ragging awareness programme was jointly organized by the IQAC and the NSS unit on July 19, 2022 for the first year BDS students. Adv. Reno Zac was the speaker. Fr. Aby Vadakkumthala, Director Institutions and Dr. Aby Mathew, Principal spoke regarding the importance of the program. Dr. Benley George, vice principal administration, Dr. Sunil S, Vice Principal Academics, Dr. Sunu Alice Cherian, NSS program Officer, Dr. Sharlene Sara Babu, NSS program Secretary, Dr. Ambil Sara Varghese were present for the class



Rev. Fr. Aby Vadakkumthala  
Director - Institutions

Dr. Aby Mathew T  
Principal



Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3

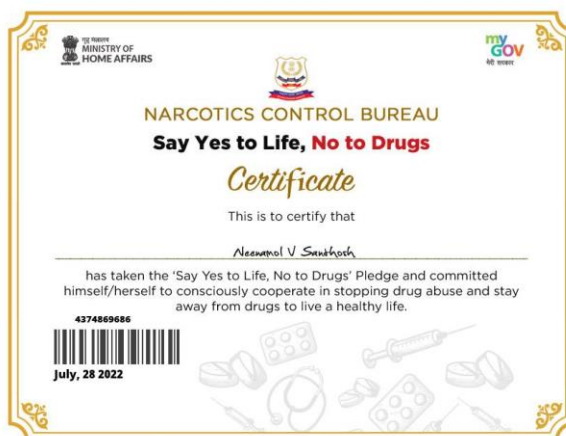
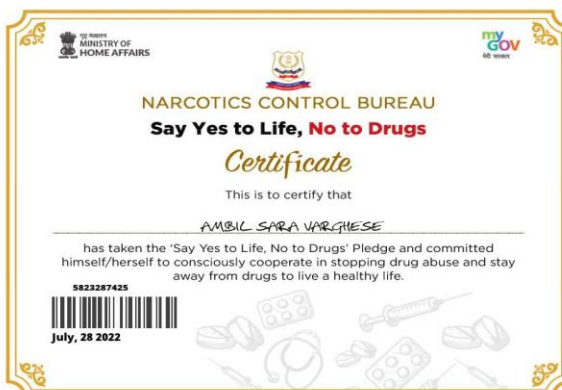
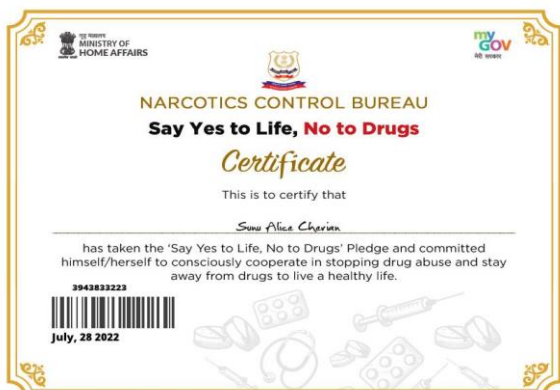


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## SAY YES TO LIFE, NO TO DRUGS

Several NSS student volunteers took the e-pledge in the website "[Say Yes to Life, No to Drugs Pledge \(mygov.in\)](https://mygov.in)" titled, "Say Yes To Life, No To Drugs" as part of the NashaMukt Bharat Abhiyan" on July 28, 2022 to spread the message of ill effect of drugs among the citizens to show their resolve in making India a drug free nation and leading a healthy life.





# PUSHPAGIRI

## COLLEGE OF DENTAL SCIENCES

MEDICITY CAMPUS, PERUMTHURUTHY



GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Rishin Jose

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

6435332492

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Thomas Philip

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

4254993782

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Anu

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

9995972823

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Jeslin J Kerelethu

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

8873925777

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

P.M.RISHIKESH RAM

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

4672528982

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

my GOV  
मेरे काम

NARCOTICS CONTROL BUREAU

**Say Yes to Life, No to Drugs**

*Certificate*

This is to certify that

Thyagesh T

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

2366576578

July, 28 2022





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GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

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मेरे वास्तव

NARCOTICS CONTROL BUREAU  
**Say Yes to Life, No to Drugs**  
*Certificate*

This is to certify that

Leena Varphese

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

9446779333

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

myGov  
मेरे वास्तव

NARCOTICS CONTROL BUREAU  
**Say Yes to Life, No to Drugs**  
*Certificate*

This is to certify that

Leena Varphese

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

9446779333

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

myGov  
मेरे वास्तव

NARCOTICS CONTROL BUREAU  
**Say Yes to Life, No to Drugs**  
*Certificate*

This is to certify that

Ashlin Suresh

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

8863787232

July, 28 2022

GOVERNMENT OF INDIA  
MINISTRY OF HOME AFFAIRS

myGov  
मेरे वास्तव

NARCOTICS CONTROL BUREAU  
**Say Yes to Life, No to Drugs**  
*Certificate*

This is to certify that

Rose Mary Sheju

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

3758532387

July, 28 2022

Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3



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## CLEAN COAST, SAFE SEA

On the occasion of International Coastal Cleanup Day, under the aegis of “Azadi Ka Amrith Mahotsav - Clean Coast, Safe Campaign” the NSS unit of Pushpagiri College of Dental Sciences in association with Athletico de Alleppey cleaned the Alapuzha beach coast on September 17, 2022. Adv. A. M. Ariff, Member of Parliament inaugurated the programme. Fr. Aby Vadakkumthala, Director Institutions; Dr. Sunil S, Vice Principal Academics; Dr. Sunu Alice Cherian, NSS Program Officer; Dr. Sharlene Sara Babu, NSS Program Secretary; Dr. Ambil Sara Varghese, NSS Staff Coordinator and NSS Student volunteers (23) took part in the program.



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## CLEAN COAST, SAFE SEA

Date: 17.09.2022 Time: 6:30 am Venue: Alappuzha Beach

### Program Schedule

Prayer	
Presidential Address	: Fr. Aby Vadakkumthala, Director Institutions
Inaugural address and inauguration	: Adv. A.M. Ariff, Member of Parliament
Felicitation	: Adv. Kurian James, President, Athletico de Alleppey
	: Dr. Sunil S. Vice Principal Academics
Vote of Thanks	: Dr. Sunu Alice Cherian, NSS Program Officer







## സമുദ്രതീര ശുചീകരണ യജ്ഞം നടത്തി



**📌** സ്വച്ഛ്യാസാഗർ-സുരക്ഷിത് സാഗർ പദ്ധതിയുടെ ജില്ലാതല ഉദ്ഘാടനത്തിന്റെ ഭാഗമായി പുഷ്പഗിരി ഡെന്ററൽ കോളേജ് എൻ.എസ്.എസ്. വിഭാഗവും അൽലറ്റിക്കോ ഡി ആലപ്പിയും ചേർന്ന് നടത്തിയ സമുദ്രതീര ശുചീകരണത്തിൽ എ.എം. ആരിഫ് എം.പി. പങ്കെടുത്തപ്പോൾ

**ആലപ്പുഴ** ▶ സമുദ്രവും തീരവും സംരക്ഷിക്കാൻ തീരദേശ കർമ്മ സേന രൂപവത്കരിക്കണമെന്ന് എ.എം. ആരിഫ് എം.പി. ആവശ്യപ്പെട്ടു. സ്വച്ഛ്യാസാഗർ-സുരക്ഷിത് സാഗർ പരിപാടിയുടെ ജില്ലാതല ഉദ്ഘാടനം നിർവഹിക്കുകയായിരുന്നു അദ്ദേഹം. പുഷ്പഗിരി ഡെൻ

റൽ കോളേജ് എൻ.എസ്.എസ്., അൽലറ്റിക്കോ ഡി ആലപ്പി എന്നിവർ ചേർന്നാണ് സമുദ്രതീരശുചീകരണ യജ്ഞം സംഘടിപ്പിച്ചത്. ശുചീകരണത്തിൽ വിദ്യാർത്ഥികളോടൊപ്പം എം.പി.യും പങ്കെടുത്തു. കളക്ടർ വി.ആർ. കൃഷ്ണതേജ, പുഷ്പഗിരി മെഡിക്കൽ കോളേജ്

ചെയർമാൻ ഫാ. എബി പുഷ്പഗിരി, അൽലറ്റിക്കോ ഡി ആലപ്പി പ്രസിഡൻ്റ് അഡ്വ. കുര്യൻ ജയിംസ്, സെക്രട്ടറി ദീപക് ദിനേഷ്, കെ. നാസർ, യൂജിൻ ജോർജ്ജ്, ഡോ. രൂപേഷ് സുരേഷ്, പ്രജിങ്ങ് ദേവ സു, ബിനീഷ് തോമസ് തുടങ്ങിയവർ നേതൃത്വം നൽകി.

18/09/2022 CHERTHALA Pg 02

Video link:

[https://drive.google.com/file/u/0/d/1wsDUtowj9KHRfs2UVFL06GmWCxt5EGLT/view?usp=drive\\_web&pli=1](https://drive.google.com/file/u/0/d/1wsDUtowj9KHRfs2UVFL06GmWCxt5EGLT/view?usp=drive_web&pli=1)



75  
आज़ादी का  
अमृत महोत्सव



**प्रमाण पत्र**  
**CERTIFICATE OF APPRECIATION**

निम्नलिखित के लिए / Presented to

**Pushpagiri College Of  
Dental Sciences**  
for participating in the Nation-wide  
Coastal Clean up drive,  
Alapuzha

**स्वच्छ सागर सुरक्षित सागर**  
**Swachh Sagar, Surakshit Sagar**



17 / SEPTEMBER / 2022

**Alapuzha**

With A Team Of 20 People  
In Association With Athletico De Allepey

THIS IS A SYSTEM GENERATED CERTIFICATE ISSUED ON Saturday, September 17 2022



Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3



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MEDICITY CAMPUS, PERUMTHURUTHY




## WARD ADOPTION AND ORAL CANCER AWARENESS CLASS


The inauguration of the ward adoption (Ward #3, #4 and #8) of Peringara Panchayath by the NSS unit of Pushpagiri College of Dental Sciences was conducted on 24.09.2022. Shri Mathen Joseph, President, Peringara Grama Panchayath inaugurated the function. Fr. Aby Vadakumthala and Dr. Thomas George explained the services that would be provided to the ward. Vice President Peringara Gramapanchayath, Ward members, Standing committee chairperson/chairman of Arogya, Vikasanakarya and Shemakrya; Kudumbashree members were present. The students of the nearby primary school also attended.

Dr. Sharlene Sara Babu, NSS Program Secretary took an awareness class on Oral Cancer. Dr. Sunu Alice Cherian took an oral hygiene awareness class for the students of the primary school.

No. of NSS volunteers: 10







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COLLEGE OF DENTAL SCIENCES



### Ward Adoption & Oral Cancer Awareness Class

24.09.2022 @ 10:30 am. Chathenkery Community Hall

 <p><b>Inauguration:</b> Shri. Mathen Joseph President, Peringara Panchayath</p>	 <p>Fr. Aby Vadakkumthala Director Institutions Pushpagiri Medical Society</p>	 <p>Dr. Thomas George V Advisor, NSS, Pushpagiri College of Dental Sciences</p>	 <p><b>Speaker:</b> Dr. Sharlene Sara Babu Associate Professor, Dept of Oral &amp; Maxillofacial Pathology, Pushpagiri College of Dental Sciences</p>
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### WARD ADOPTION & ORAL CANCER AWARENESS CLASS

24.09.2022 10:30am. Chathenkery Community Hall

Peringara Grama Panchayath

#### Program Schedule

Prayer Song	:	Kudumbashree Members
Welcome Speech	:	Fr Aby Vadakkumthala, Director Institutions
About the program	:	Dr Thomas George V, NSS Advisor, PCDS
Presidential Address	:	Smt. Shanthama R Nair Vice President, Peringara Panchayat
Inaugural Address	:	Shri. Mathen Joseph Peringara Panchayat President
Felicitation	:	Shri. Vishnu Nampoothiri Aarogya Standing Committee Chairman  Smt. Subhadra Rajan Vikasanakarya Committee Chairperson  Smt. Jaya Abraham ShemaKarya Standing Committee Chairperson  Shri. Chandru S Kumar Ward Member  Smt. Geetha Prasad Kudumbasree CDS chairperson  Dr. Felix Johns HOD Community Medicine PIMS & RC
Vote of thanks	:	Dr. Sunu Alice Cherian NSS Program Officer, PCDS
Oral Cancer Awareness Class	:	Dr. Sharlene Sara Babu Associate Professor, Dept of Oral & Maxillofacial Pathology







Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3





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### ANTIADDICTION AWARENESS PROGRAMME

An antiaddiction awareness programme was conducted at MGM school on October 7, 2022 for 200 students. Dr. Sharlene Sara Babu, Associate professor, Dept of Oral and Maxillofacial Pathology and NSS program secretary spoke about the harmful effects of alcohol and tobacco. Dr. Sunu Alice Cherian led the students to take the pledge.

No of NSS Volunteers participated: 9



**MGM**  
HIGHER SECONDARY SCHOOL, THIRUVALLA



**PUSHPAGIRI**  
COLLEGE OF DENTAL SCIENCES  
NAAC ACCREDITED





**ഘരി വിരുദ്ധ  
ബോധവൽക്കരണം**



**Dr. Sharlene Sara Babu**  
Associate Professor  
Pushpagiri College of Dental Sciences



**07-10-2022**  
**1.30- 2.30 pm**







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MEDICITY CAMPUS, PERUMTHURUTHY



## M.G.M. HIGHER SECONDARY SCHOOL



THIRUVALLA - 689 101, PATHANAMTHITTA DIST., KERALA  
E-mail: mgmhsstvla44@gmail.com  
Phone : 0469 - 2602425

Date.....7.10.2022.....

No.

From,

Headmaster/ Headmistress

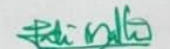
To

This is to certify that the NSS unit of Pushpagiri college of Dental sciences has conducted an awareness talk on the topic "Drug abuse" as part of the 'Addiction free Kerala' campaign on 7.10.2022 at MGM Higher Secondary School, Thiruvalla.

Speakers : Dr. Shazlene Sara Babu.  
NSS Program Secretary

: Dr. Sunu Alice Cherian  
NSS Program Officer.



  
LALI MATHEW  
Headmistress  
MGM HSS  
Thiruvalla  
PEN 259659

Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3



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COLLEGE OF DENTAL SCIENCES  
MEDICITY CAMPUS, PERUMTHURUTHY



**"BODHYAM 2022- ANTIADDICTION AWARENESS QUIZ"**

Antiaddiction awareness quiz was conducted by the NSS unit for the I BDS students on October 12, 2022. Dr. Sunu Alice Cherian, NSS program officer, Dr. Sharlene Sara Babu, NSS Program Secretary

No. of participants: 50

First Prize: Manasi Reji

Second Prize: Samvrutha Shibu

Third Prize: Aksa Mariam Abraham

**NATIONAL SERVICE SCHEME  
GOVERNMENT OF KERALA  
EXCISE DEPARTMENT**

**സംയുക്തമായി സംഘടിപ്പിക്കുന്ന  
"ബോധ്യം 2022"**

**'സ്കൂൾ, കോളേജ് വിദ്യാർത്ഥികൾക്കായി ലഹരി  
വിരുദ്ധബോധവൽക്കരണ ക്വിസ് മത്സരം 2022'**

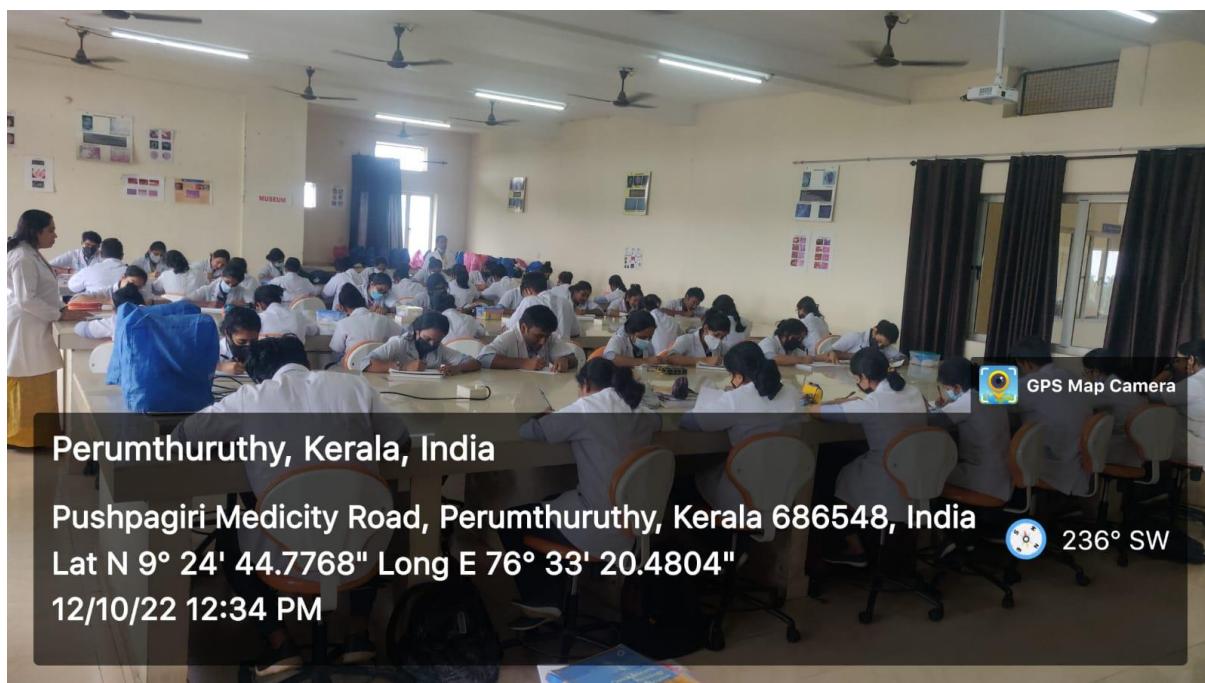
**ഒക്ടോബർ 02 മുതൽ നവംബർ 01 വരെ**  
**കൂടുതൽ വിവരങ്ങൾക്ക് വിദ്യാർത്ഥികൾ അതത്  
വിദ്യാലയങ്ങളിലെ എൻ.എസ്.എസ്. യൂണിറ്റുമായി  
ബന്ധപ്പെടുക.**

**സാജു കൗൺസിലിംഗ് 14405**  
**ലഹരി ഉപയോഗം, വില്പന 9447178000**  
**അറിയിക്കാൻ ഉള്ള നമ്പർ**

**NO TO DRUGS**



കേരള സർക്കാർ  
ഉന്നത വിദ്യാഭ്യാസ വകുപ്പ്  
നാഷണൽ സർവീസ് സ്കീം സ്പോർട്സ് സെൽ



Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3





# PUSHPAGIRI

## COLLEGE OF DENTAL SCIENCES

MEDICITY CAMPUS, PERUMTHURUTHY



### ANTIDRUG PLEDGE

All the students of the college gathered in the foyer to take the pledge against usage of Drugs on November 3, 2022. Dr. Aby Mathew, Principal, Dr. Sunil S, Vice Principal (academics) Dr. Benley George, vice principal (administration), Dr. Ambil Sara Varghese NSS staff coordinator, student council staff coordinators led the students in taking the pledge.

No of NSS Volunteers participated: 64



### ലഹരി വിരുദ്ധ ശൃംഖല



Sunu Alice Cherian  
NSS Program Officer  
NSS/SFU/KUHS/PNT/3



# PUSHPAGIRI

COLLEGE OF DENTAL SCIENCES  
MEDICITY CAMPUS, PERUMTHURUTHY



## NSS SPECIAL CAMP ORIENTATION CLASS

**Date: 25.01.2023**

**Time: 1:00-3:30 pm**

**Venue: PCDS auditorium**

An orientation class by Prof. Ajithsen IHRD for the special camp was conducted on January 25, 2023. The first BDS students (50) took part in it.



Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/FU/KUHS/PNT/4



# PUSHPAGIRI

## COLLEGE OF DENTAL SCIENCES

MEDICITY CAMPUS, PERUMTHURUTHY



### NSS SPECIAL CAMP

**Date: 25.01.2023**

**Time: 1:00-3:30 pm**

**Venue: PCDS auditorium**

The Puspagiri college of Dental Sciences conducted the NSS 7-day special camp from February 6<sup>th</sup>-11<sup>th</sup>, 2023. The valedictory function on 12.02.2023 was postponed as the program officer had to attend AZAAD workshop in Thrissur on 12.02.2023. The NSS special camp was conducted according to the guidelines by NSS. The First year students (49) took part in the NSS special camp. A meeting was conducted with the Panchayath president, Director, Principal and vice principals of academics and administration regarding the camp. The survey "Prevention and mitigation of COVID-19" was conducted in the college premises among the patients and bystanders conforming the COVID protocol of the college. A google form was created and the NSS volunteers filled the details in it. The afternoon session which included leadership, motivational, organic farming, care of succulent plants, fire and safety awareness class were conducted in the college auditorium. An email id was also created just for NSS special camp to share reports, photos and others related to the camp.

#### LIST OF PARTICIPANTS FOR THE 7-DAY SPECIAL CAMP: BDS 1<sup>st</sup> YEAR NSS VOLUNTEERS

Sl. No	Name of the NSS volunteer
1.	Aapti S leia
2.	Acquilin Varghese
3.	Aiswarya S
4.	Aksa jomi
5.	Aleena Rose Jain
6.	Alwin Saji
7.	Amuliga M
8.	Anathakrishnana M
9.	Angeline Mary Koruthu
10.	Annmaria Shaju



11.	Annrose Joe
12.	Anupam Bobby
13.	Anupama U
14.	Ardra Binson MAvelil
15.	Ashlin Ria Giji
16.	Athira K A
17.	Ayana Poullose
18.	Ayona Kuriakose
19.	Bella Maria Joseph
20.	Celine B Joseph
21.	Christena Rachel Eapen
22.	Denna Jose
23.	Emil Joseph Shaji Chittady
24.	Fayiza PP
25.	Gadha Gireesh
26.	Gayathri Suresh
27.	Gouri SS
28.	Hemima Blasson
29.	Hongesa Roy
30.	Jefna Parvin MA
31.	Jissa Treesa John
32.	Leah Siji Sena
33.	Liduya Elsa Thomas
34.	Merina Johnson
35.	Monal Ruble Vithayathil
36.	Neha
37.	Riya Abraham
38.	Roselin Anna Varghese
39.	Ruksa Mariya Nelson
40.	Saniya Ann Biji
41.	Soja Mary Shyju
42.	Sona Paul
43.	Sruthi Ann Jones
44.	Steve John Roy
45.	Teja S Thazhath
46.	Theerdha Balachanran
47.	Vidhu Premnath
48.	Vishnupriya SM
49.	Vismaya Susan Praveen
50.	Yuvaraj Madhav

## Camp Schedule

Date of Camp	Program
6.02.2023	9:30-1:30 pm NSS orientation & camp site arrangement 1:30-2:30 pm Lunch Break 3:00 – 4:00 pm Inauguration 4:00-4:30 pm Break/games 4:30-5:30 pm Magazine Discussion 5:30 -6:30 pm Cultural program Practice 6:30-7:30 Feedback and evaluation of the day 1 of camp 7:30-8:30 Dinner
7.02.2023	6:45 -7:00 am NSS song, Thought of the day, Briefing of days' program 7:15-8:30 am Yoga 8:30-9:30 am Break (Breakfast) 9:30-10:30 am Group activity 10:30 -12:00 pm Awareness class on millets 12:00-1:30 pm Group activity 1:30-2:30 pm Lunch break 2:30-3:30 pm Awareness class on addiction (Vimukthi) 3:30-4:30 pm Class on making paper bag 4:30-5:30 pm Cultural practice 5:30-6:30 pm Magazine documentation 6:30-7:30 pm Feedback & evaluation of camp day 2 7:30-8:30 Dinner
8.02.2023	6:45 -7:00 am NSS song, Thought of the day, Briefing of days' program 7:15-8:30 am Yoga 8:30-9:00 am Break (Breakfast) 9:00-1:30 pm Oral cancer screening camp 1:30-2:30 pm Lunch break 2:30-3:00 pm group activity 3:00-4:00 pm Awareness class on election 4:00-4:30 pm break/games 4:30-5:30 pm Cultural practice 5:30-6:30 pm Magazine documentation 6:30-7:30 pm Feedback & evaluation of camp day 3 7:30-8:30 Dinner

9.02.2023	6:45 -7:00 am NSS song, Thought of the day, Briefing of days' program 7:15-8:30 am Yoga 8:30-9:00 am Break (Breakfast) 9:00-1:30 pm Survey (adopted village) 1:30-2:30 pm Lunch break 2:30-3:00 pm group activity 3:00-4:00 pm Awareness class on road traffic 4:00-4:30 pm break/games 4:30-5:30 pm Cultural practice 5:30-6:30 pm Magazine documentation 6:30-7:30 pm Feedback & evaluation of camp day 4 7:30-8:30 Dinner
10.02.2023	6:45 -7:00 am NSS song, Thought of the day, Briefing of days' program 7:15-8:30 am Yoga 8:30-9:00 am Break (Breakfast) 9:00-1:30 Say NO to Plastics (adopted village) 1:30-2:30 pm Lunch break 2:30-4:30 pm Awareness class by fire department 4:30-5:30 pm Cultural practice 5:30-6:30 pm Magazine documentation 6:30-7:30 pm Feedback & evaluation of camp day 5 7:30-8:30 Dinner
11.02.2023	6:45 -7:00 am NSS song, Thought of the day, Briefing of days' program 7:15-8:30 am Yoga 8:30-9:00 am Break (Breakfast) 9:00-1:30 pm Visit to Special Children's home, Kunumthanam 1:30-2:30 pm Lunch break 2:30-3:00 pm group activity 3:00-4:00 pm camp site cleaning 4:00-4:30 pm break/games 4:30-5:30 pm Magazine documentation 5:30-6:30 pm Cultural program 6:30-7:30 pm Feedback & evaluation of camp day 6 7:30-8:30 Dinner (College campus) 8:30-9:30 Campfire (College campus)
12.02.2023	Valedictory function postponed due to AZAAD workshop at Thrissur

The NSS special camp was inaugurated on February 6, 2023 by the president of the Peringara Panchayath Shri. Mathan Joseph. The presidential address was given by Fr. Aby Vadakamthala, Director Institutes. Mrs. Shanthamma, Vice President, peringara Panchayath.





**PUSHPAGIRI**  
COLLEGE OF DENTAL SCIENCES



**NSS SPECIAL CAMP (February 6<sup>th</sup>-12<sup>th</sup>, 2023)**

**Inauguration Schedule**

Venue: St. Mary's Malankara Catholic Church auditorium      Time: 3:00-4:00pm

NSS Song

Welcome Speech : Dr. Sunu Alice Cherian, NSS Program Officer

Presidential address : Fr. Aby Vadakumthala, Director Institutions

Inaugural Address : Shri. Mathen Joseph, Panchayath President, Peringara  
and inauguration

Felicitation : 1. Shri. Sam Eapen, President, Cooperative society bank, Peringara  
2. Smt. Shanthamma R Nair, Vice president, Peringara Panchayath  
3. Smt. Jaya Abraham, Kshema Karya Standing Committee  
Chairperson  
4. Shri. Soman, Thamarachalil, Arogya Vidhyapyasa Standing Committee  
Chairman  
5. Dr. Suresh Kumar, Medical Officer, PHC Chathenkery  
6. Dr. Sunil S. Vice Principal Academics, Pushpagiri College of Dental  
Sciences

Vote of Thanks : Alwin Saji, NSS Volunteer

National Anthem

Program Schedule for Inauguration Ceremony



Inauguration



Camp Instructions Day 1





Yoga (Tuesday-Friday 7:15-8:30am)



Cooking





Awareness class on Millets



Awareness class on Drug addiction (07.02.2023)





Plastic eradication awareness and plastic removal from ward 8, Peringara Panchayath (10.02.2023)





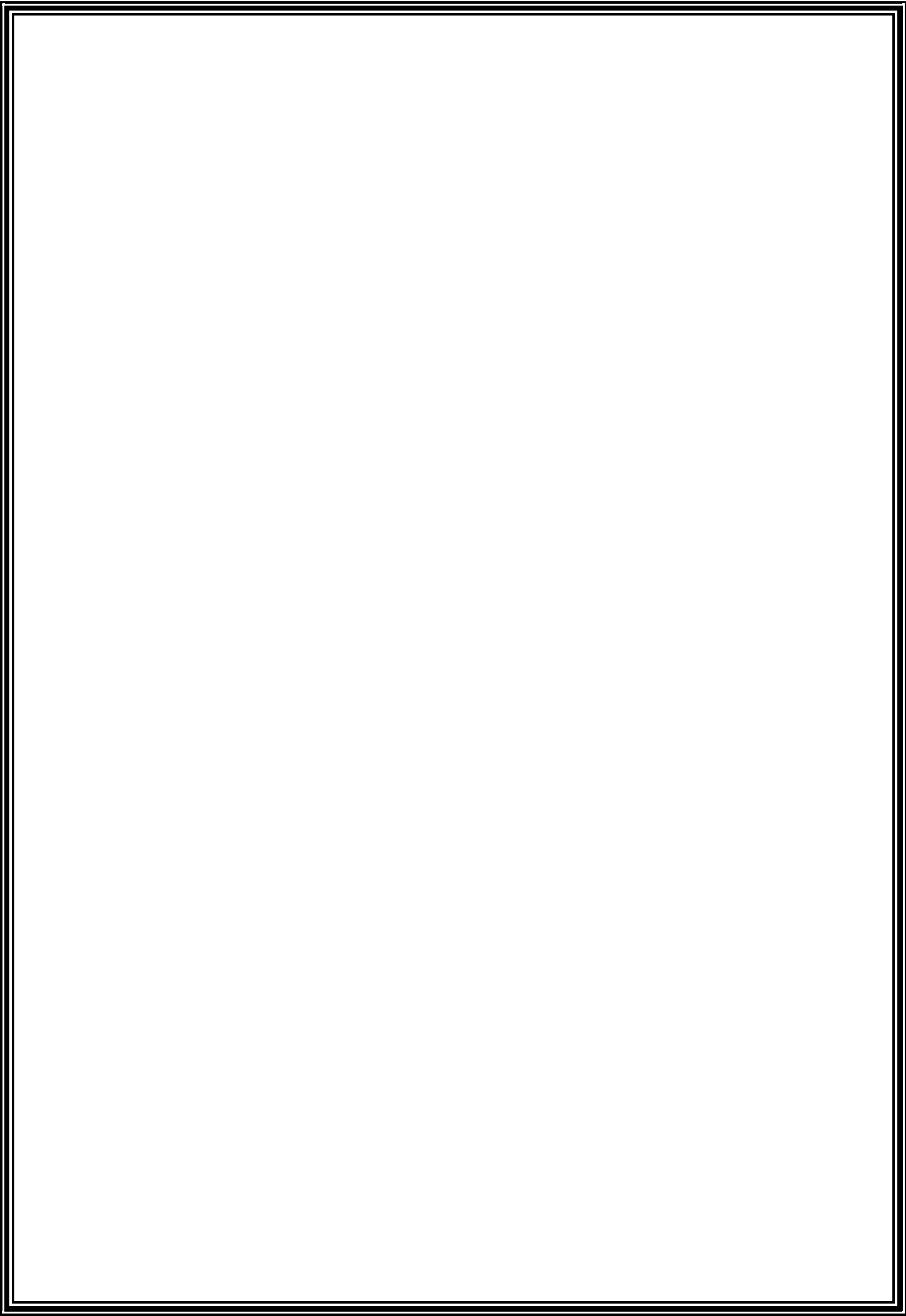
Traffic awareness class by RTO (10.02.2023)



Awareness class by fire and rescue (10.02.2023)

Dr. Sunu Alice Cherian  
NSS Program Officer  
NSS/FU/KUHS/PNT/4







**PUSHPAGIRI**  
COLLEGE OF DENTAL SCIENCES  
MEDICITY CAMPUS, PERUMTHURUTHY



### FELICITATION PROGRAM OF THE NSS SPECIAL CAMP

The felicitation program of the NSS special camp was conducted on March 1, 2023. Fr. Aby Vadakkumthala, Director Institutions, Dr. Aby Mathew T, Principal, Dr. Benley George, Vice Principal (Administration), Dr. Sunil S, Vice principal (Academics), and Mr. Mathew Varghese, PTA president graced the occasion. Dr. Sunu Alice Cherian, NSS program officer gave a brief talk on the NSS special program activities, which was followed by a short video of the special camp. Ms. Roselin shared the experiences of the special camp on behalf of the students. The best group, best actor, media coordinator, camp coordinator, hospitality group and the staff who helped in conducting the camp were appreciated and given mementos.

Video link: <https://www.youtube.com/watch?v=C-rsNyKHvk8>









Dr. Sunu Alice Cherian  
NSS program Officer  
NSS/FU/KUHS/PNT/4



**PUSHPAGIRI**  
COLLEGE OF DENTAL SCIENCES  
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## INTERNATIONAL WOMENS DAY

**Date: March 8<sup>th</sup> 2023**

**Time: 8:30 am-3:30 pm**

**Venue: Auditorium, Pushpagiri College of Dental Sciences – Official Function**

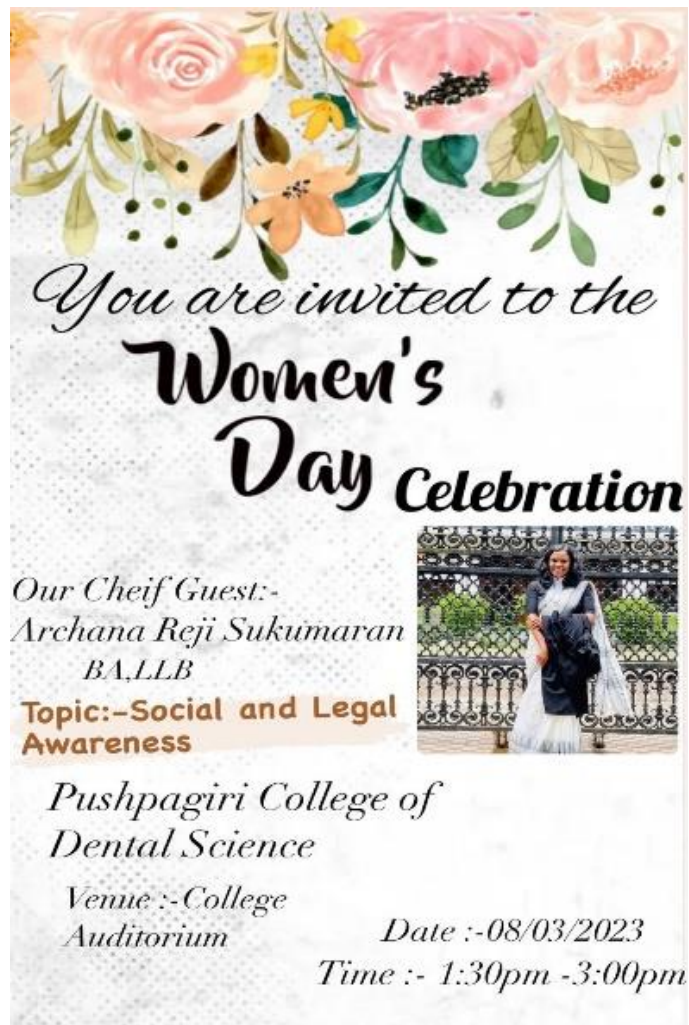
**Foyer: Food stall**

**Organized by: Women's Club, Students Union, and NSS unit**

The official function was conducted at the auditorium from 1:30-3:30pm. Adv. Archana Reji Sukumaran spoke on the social and legal awareness and was initiated with a lamp lighting ceremony. The meeting was attended and supported by Director of Institutions- Rev. Fr. Aby Vadakkumthala, Principal- Dr. Aby Mathew T, and Vice-Principals- Dr. Benley George and Dr. Sunil S. The welcome speech was rendered by Miss Dona Mariam Thejo-Union Chair person. Chief guest of the day was Advocate Archana Reji Sukumaran and talked on Social and Legal awareness among women. A memento of appreciation was presented to the speaker by Rev. Fr. Aby Vadakkumthala. Felicitations were proposed by Dr. Annie Kitty George-Chair person, Women's club and Dr. Mini Mol K Johny. Miss Vaishnavi, Union Secretary gave the vote of thanks. This was followed by the cultural program, which included Quiz (2019 batch), Fusion dance (Interns), Group song (2019 batch), Group dance (2020 years), dance (2021), Ramp walk (staff). The food and bake stall was open from 8:30 to 12:30, where the staff and students had the opportunity to showcase their cooking talents.

A sanitary napkin vending machine was installed in the college.





Inauguration



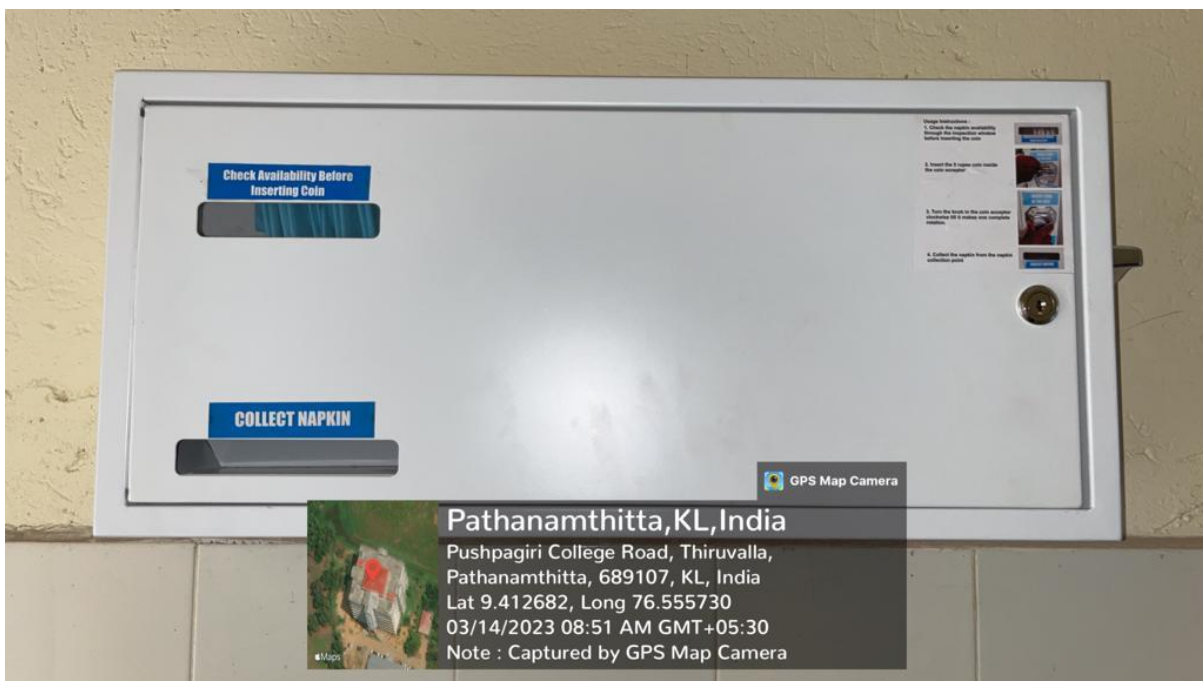
## Cultural Programs



Food stall







Sanitary napkin vending machine

Dr. Sunu Alice Cherian  
NSS program Officer  
NSS/FU/KUHS/PNT/4





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### KARUTHAL-WATER FOR BIRDS

**Date: 20.03.2023**

**Time: 2:00-2:30 pm**

**Venue: PCDS campus**

The college campus is a home for a variety of birds. During this summer, the NSS volunteers contributed to buy ten terracotta water feeder for birds, and was hung on the trees in the college campus. Fr. George Valiaparambil, Director, Pushpagiri Institute of Medical Sciences, and Research Center, Fr. Aby Vadakumthala, Director Institutions, Dr. Aby Mathew T, Principal, and Dr. Benley George Vice principal (Administration), Dr. Sunu Alice Cherian, NSS Program Officer, Dr. Minimol Johnny were present for the program. The students fill water in the feeder everyday and drain it in the evening (to avoid mosquito breeding).

No of participants: 100









