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REPORT ON NATIONAL YOUTH DAY ON 12TH JAN 2017

Narayana College of Nursing under NSS unit celebrated National Youth Day on 12.01.17. The theme of 2016 was "Indian Youth for Development, Skill, and Harmony". The National Youth Day is the day for the youths which is celebrated on January 12th on the birthday of Swami Vivekananda. On the occasion, different activities take place in India which promote youth in the field of education, art, culture and hope to generate moral values with enlightenment of inner soul. It was felt that the philosophy of Swamiji and the ideals for which he lived and worked could be a great source of inspiration for the Indian Youth.

The NSS unit has taken an initiation to mobilize youth on popularizing digital modes of payment. The NSS program officer and 92 NSS volunteers enrolled as volunteers in "VISAKA" portal under Ministry of Human Resource Department as a part of Digital India. On this day NSS volunteers were participated in various competitions like elocution, essay writing, and painting. Trained Volunteers shown demonstration on Mobile Banking services to patients and care givers in Narayana medical college hospital. National Youth day which aims to galvanize, ignite, unite and activate the youth towards nation building, to unleash the true potential of our demographic dividend. The youth will get an opportunity to express their views on current issues like Environment, Climate Change, Nursing students and faculty got training on Internet Banking by trained volunteers in computer lab at Narayana College of Nursing Nellore. Dr.Indira .A. Principal Narayana College of Nursing highlighted the significance of the day and also spoke on the contribution of Swami Vivekananda for Education and Philosophy.

The oath motivates the youth to think positively and move ahead strategically for the country's development.



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Fig: Students were trained in Internet banking



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e-mail: narayana_nursing@yahoo.co.in website: www.narayananursingcollege.com



Fig: Faculty were trained in Internet banking by the NSS volunteers

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NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
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NATIONAL WOMEN'S PARLIAMENT 10TH 11TH & 12TH FEB, 2017

It is indeed a pleasure to have an opportunity for 5 spirited girl students and 1 faculty from Narayana College of Nursing to participate in National Women's Parliament from Feb 10th -12th,2017 at Pavithra Sangamam Ghat, Ibrahimpatanam, Amravati, Vijayawada, Andhra Pradesh.

The 1st National Women's Parliament is an apolitical platform and first such initiative of this magnitude and meticulousness in India for Women Empowerment. It became the world's largest convention to connect over 18,000 socio-politically sensitive young girls/ladies with over 200 Women Legislators, over 50 Women Members of Parliament, and over 200 Social & Corporate women leaders of India and overseas at Amaravati (AP). In Attendance

Chairman - Dr. Kodela Siva Prasada Rao, Hon'ble Speaker, Andhra Pradesh Legislative Assembly

Chief Patron - Shri. Nara Chandrababu Naidu, Hon'ble Chief Minister, Andhra Pradesh

Chief Guest – Shri. M Venkaiah Naidu, Hon'ble Minister of Information & Broadcasting, Rural Development, and Housing and Urban Poverty Alleviation, Government of India Special Guest of Honour - H. H. Dalai Lama, Noble Peace Laureate and Spiritual Guru

Convenor - Shri. Rahul V Karad, Founder of MIT School of Government & Bharatiya Chhatra Sansad

Nominated girl students from Narayana College of Nursing established connection between women from diverse backgrounds like Politics, Social Sector, Education, Sports, Industry, Media, Cinema, Judiciary, and Arts & Culture. It is a huge platform for deliberations, discussions, debates, mentoring and for evolving reciprocal and continuing engagement on all women centric issues and challenges.

The first day of conclave starts with inaugural session and various eminent speakers motivated the youth by their inspirational speeches. On the Second day of conclave women from different background gathered and sensitized the youth to become 'She Hero'. By the end of 3rd





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day of National Women's Parliament girl students received full of energy in their soul, courage and confidence from the eminent speakers and student speakers.



Fig: Faculty and students in front of Legislative Assembly at Amaravathi in Andhrapradesh



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Fig: Shri. M Venkaiah Naidu, Hon'ble Minister, Shri. Nara Chandrababu Naidu, Hon'ble Chief Minister and Women Members of Parliament were attended the program.

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REPORT ON SWACCH BHARATH PROGRAM

Narayana College of nursing under NSS unit conducted Swatch Bharath program on 2nd March 2017, Swachh Bharat Mission (SBM), Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management. Dr. Indira A principal Narayana College of Nursing initiated the program by making the Swacch Bharath- swatch India oath. The campaign's official name is in Hindi. In English, it translates to "Clean India Mission". The campaign was officially launched on 2 October 2014 at Raighat, New Delhi by Prime Minister Narendra Modi. It is India's largest cleanliness drive to date with three million government employees and students from all parts of India participating in 4,043 cities, towns, and rural communities. As part of the campaign, volunteers, known as Swatchhagrahis, or "Ambassadors of cleanliness", promoted the construction of toilets using a popular method called Community-Led Total Sanitation at the village level. Other activities included national real-time monitoring and updates from non-governmental organizations such as The Ugly Indian, Waste Warriors, The campaign was financed by the Government of India and state governments. The core objectives of the first phase of the mission were to reduce open defecation and improve management of municipal solid waste in both urban and rural areas. Elimination of open defecation was to be achieved through construction of individual household level toilets.

Swachh Survekshan annual cleanliness survey

Swachh Survekshan, commissioned by Ministry of Urban Development and carried out by Quality Council of India, is an extensive sanitation survey across several hundred cities to check the progress and impact of Swachh Bharat Abhiyan and to foster a spirit of competition among the cities. The performance of each city is evaluated on six parameters:

- · Municipal solid waste, sweeping, collection and transportation
- Municipal solid waste, processing, and disposal of solid waste
- Open defecation free and toilets
- · Capacity building and eLearning
- · Provision of public toilets and community toilets





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Information, education and communication, and behavior change

NSS volunteers and program officer were participated in Swatch Bharath program. The motto is to maintain cleanliness in college premises. 92 NSS volunteers were actively participated in cleaning the college premises from morning to afternoon. Later the refreshments were distributed to NSS volunteers.



Fig: students were actively participated in Swacch Bharath program

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REPORT ON FIRE AND SAFETY TRAINING PROGRAM-2017

Narayana College of Nursing under NSS unit conducted fire and safety awareness program on 12th February 2017. Programme started at 10 am with prayer song by NSS volunteers. Mr. Manohar, department of fire and safety, Narayana medical college hospital provided fire and safety training to10 NSS volunteers and non teaching staff, fourth class employees working in Narayana College of nursing with slide show. The training program includes use of fire extinguishers, type of explosive materials to deal with during fire accidents, personal safety during fire accidents. The participants were taught triangle of fire, that is, components required for the ignition of fire (heat, fire, oxygen). They were explained about various types of fire extinguishers and ways to use them. First Aid: The participants were explained about the roles and responsibilities of various task forces and fire safety and first aid in school in coordination with FOCUS. Red Cross demonstrated the techniques of first aid and also emphasized on the need of psychosocial care so that they can facilitate support for it. The participants were taught basic first aid techniques like bandage, lifts, triangular bandages, etc. Mock drill: In order to provide practical understanding regarding mock drill, the participants were taken to College of nursing and a mock disaster scenario was created, followed by mock drill. The whole activity involved preparation of plan, team formulation, scenario creation, marking of exit and identification of assembly area. For this purpose, various teams such as, early warning communication and coordination team, search and rescue team, first aid team and fire fighting teams were formed by the teachers and students The training program includes use of fire extinguishers, type of materials to deal with during fire accidents, personal safety during fire accidents, like do's and don'ts total of 40 beneficiaries where involved in the program. With good feedback from the employees the program was successful.





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Fig: presenter were explaining about Fire and safety

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REPORT ON WORLD TUBERCULOSIS DAY 24-03- 2017

Theme-Unite to End TB: Leave no one behind

Each year, we recognize World TB Day on March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of Mycobacterium tuberculosis, the bacillus that causes tuberculosis (TB). Tuberculosis (TB) is a communicable disease caused by bacteria (Mycobacterium tuberculosis) that most often affect the lungs but can also affect other sites (extra pulmonary TB). Tuberculosis is curable and preventable. World TB Day is a day to educate the public about the impact of TB around the world, is designed to build public awareness about the global epidemic of tuberculosis (TB) and efforts to eliminate the disease

NSS Unit of Narayana College of Nursing in collaboration with department of Pulmonology, Narayana Medical College hospital, Nellore celebrated world tuberculosis day on 24th march 2017. 55 NSS volunteers and program officer attended to the awareness program at lecture gallery, Narayana medical college hospital Nellore. The program started with a prayer song by IV year B.Sc Nursing students. Dr. Vignan Kumar professor & HOD department of Pulmonology, reveals the theme of 2017 i.e., unite to end TB. He also explained the preventive and promotive aspects to end tuberculosis. And explained significant progress over the last decades, TB is one of the top 10 causes of death worldwide. The program ended with vote of thanks and national anthem.





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Fig: Program on No Tobacco day was published in Newspaper

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.





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REPORT ON ORAL HYGINE DAY 22-03-2017

Narayana College of Nursing under NSS Unit celebrated oral hygiene day in collaboration with NCD Department, DMHO, and Nellore. Joint collector additional DMHO, and DMHO of Nellore participated in Rally started from Gandhi statue to VRC College Nellore. Dr. G.B. Shankwalkar the doyen of Indian Periodontics was born on the 1st of August and to commemorate his birth anniversary. Optimum oral health is a key aspect of maintaining general health and enjoying a decent quality of life. Altered oral health results in pain, suffering, disability, and loss of productivity and low selfesteem. 10 Oral diseases are one of the leading contributors to disability in India and affect individuals of all age groups irrespective of any socioeconomic factors.11 Access to quality oral healthcare services are limited and mostly restricted to urban areas. Oral Hygiene day is celebrated this day every year to bring awareness about the prevention of dental/oral diseases. Oral Health care needs are dynamic and there will be considerable variations in needs at different geographical regions, requiring decentralization of regional strategies and flexibility in approach to achieve oral health. The policy will facilitated centralization and flexibility by promoting creation of regional strategies to achieve outcomes in alignment with national oral health policy. 180NSS volunteers were participated in the rally with a theme "LIVE MOUTH SMART". Oral health is a key indicator of overall health, well-being and quality of life. It encompasses a range of diseases and conditions that include dental caries, periodontal (gum) disease, tooth loss, oral cancer Volunteers raised the slogans for healthy mouth during the rally to motivate public.



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FIG: Students were singing welcome song

NSS PROGRAM COORDINATOR

NSS Program Officer
NARAYANA COLLEGE OF NURSING
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Report: Celebration of 3rd International Yoga Day on 21st June 2017

Theme: "Yoga for Health"

This year's yoga day celebration was held with great enthusiasm at Narayana College of Nursing. A large number of students, teaching and non-teaching staff attended the event this year.3rd International Yoga Day was celebrated on 21st June 2017, NSS unit of Narayana college of Nursing in the campus. In which NSS volunteers, faculty participated enthusiastically, practiced various 'asanas' of Yoga and pranayama under the guidance of a trained yoga practitioner.

With prayer song and lamp lighting by Dr.Indira.A, Principal, Mrs.H.Rajeswari, Professor, Vice -principal, Mrs. Latha, Professor, Mrs.B.Vanaja kumari, Professor, and all the HODs were participated. The session was around 7 am to 9 am, A detailed explanation of all the yoga asanas and its benefits were explained to the students by the yoga trainer. Students performed all the yoga positions very enthusiastically as explained. A group of students who were yoga students performed several asanas. They also performed standing and sitting asanas. One could understand by watching their performance that they have been practicing yoga for the last few years.

Some of the seniors even did some of the tough asanas. Our yoga teacher showed us some simple and beginner asanas which we did for about 300 minutes. The session was really organized. There was faculty all around students to help in case they had trouble performing or understanding asanas. All the students participated eagerly.

Dignitaries gave speech on yoga and its importance to the gathering. Later on followed by plantation was done by the principal and faculty, NSS volunteers.

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Fig:Students were performing yoga





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e-mail: narayana_nursing@yahoo.co.in website: www.narayananursingcollege.com



Fig: students were performing asanas

T-UJLLI-NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.





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REPORT ON TOT ON SELF DEFENSE PROGRAM FROM 19/08/17 TO 20/08/17

Life is a gift. It's also unpredictable. Self-defense helps to prepare you forum expected situations and also helps to develop mental and physical health. It may be hard to imagine being attacked by a stranger, but it happens every day. These attacks occur without warning, and when individuals least expect it. These attacks are all the more common. While this is a scary fact, it is something the average Indian should take seriously. By learning the basics of self-defense skills you prepare yourself for dangerous and unforeseen circumstances. in addition to various other benefits such as discipline, respect, self-control, improving coordination, balance, speed, strengths, flexibility as well as overall health, wellness, and a positive way of life. NSS Organized Self-Defence Training Session for college female students and Ladies staff members

Narayana college of nursing NSS volunteers have attended a program conducted by Dr.NTRUHS Vijayawada on self defence for girls on 19/08/17 to 20/08/17 at Dr.Pinnamaneni Siddhartha institute of medical sciences & Research foundation Vijayawada.

The chief guests were joint commissioner of police Mr.Ramana kumar IPS, Registrar Dr.S.Appala Naidu Dr.NTRUHS Vijayawada, Dr.Murty IPS Dep. Commissioner of police and special guests are Dr. C. Nageswarrao Principal PSIMS, Mrs. Rashmi inner wheel chairman, Mrs. Chennupati vidya Parliament member, Martial arts trainers of Rudramadevi defense academy trained the students about the techniques to be followed for safety techniques especially on chain snatching, robbery attacks, kidnaps. Continues practice was given, the students gave an energetic performance, demonstration and re demonstration of the techniques done by the students and the program was successful





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Fig: Dr.Murty IPS Dep. Commissioner of police giving speech







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Fig: students were learning self defence

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.





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Report on Breast Feeding Week celebrations from 01-08-2017 to 7-08-2017

Narayana College of nursing under NSS unit had celebrated breast feeding week from august 1st to 7 th. This year theme is "Sustaining Breast Feeding Together". The breast feeding week was celebrated in different areas for 7 days.

Day1:

The NSS Program officer ,Ms,Ramya Hod of Child health Nursing ,Ms.Latha Hod of Obstetric and gynecological Nursing department, Mrs.Aruna Assistant professor, Obstetric and gynecological NSS volunteers and III year students celebrated first day of breast feeding week on 01.08.17 between 10-11 pm at outpatient Department of Pediatric and antenatal OPD in Narayana Medical College Hospital, Nellore. On the first day students showed power point presentation on Breast milk and its importance, techniques and positions to be followed during breast feeding were showed to the participants. Antenatal and postnatal mothers were participated in the program, Refreshments were distributed to the participant, and in the afternoon session the program was conducted in Antenatal wards at 3-4 pm ,in this session antenatal mothers, postnatal mothers from OBG and pediatric department were participated.

Refreshments were distributed to the participants. On the same day essay competitions were conducted to the students.



Fig: Faculty and students were celebrated breast feeding week in the hospital





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Day 2:

The second day of breast feeding week on 02.08.16 between 3-4pm was celebrated at Narayana medical college hospital at Paediatric department and OBG Department by Mrs.Viji, Mrs.Sudha Priyanka, on the second day Puppet show (breast feeding importance, types of milk, Positions to be followed during Breast feeding) was shown to the antenatal and postnatal mothers, and ended with distributing refreshments to the participants. In the afternoon session the same puppet show was shown to the antenatal and postnatal mothers in Antenatal ward at 3-4 pm by III rd year B.sc nursing students. Refreshments were distributed to the participants. On the same day Pencil drawing competition was conducted to the students.



Fig: Students were explaining about breast feeding to the patients





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Day 3:

The Third day of breast feeding week on 03.08.16 between 10-11am was celebrated at Narayana medical college hospital at Paediatric department and OBG Department by Mrs.Kalavathi, Ms.Sudha Priyanka, on the third day Live Exhibition was shown to the antenatal and postnatal mothers, and ended with distributing refreshments to the participants. In the afternoon session the same Live exhibition was shown to the antenatal and postnatal mothers in Antenatal ward at 3-4 pm by III rd year B.sc nursing students. Refreshments were distributed to the participants. On the same day Elocution was conducted to the students.









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Day 4:

Live demonstration on Breast feeding with Doll was conducted on fourth day. Mrs. Rajeswari vice principal Narayana college of Nursing ,was the guest of honor on the day of breast feeding week celebration and other guests are Ms.Latha H.O.D of OBG, Ms.Elizabeth H.O.D of Nursing Foundation ,Mrs. Kalpana Associate Professor of Community health nursing ,and also Dr.Ram Mohan ,Administrative officer ,Dr.Hymavathi Department of OBG ,Dr.Prasanna Department of OBG also joined the programme ,and the programme was organized by Ms.G.Betty lebona Department of Child health nursing.



Fig: Faculty were explaining to the patients





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Day 5:

The fifth day programme a panel discussion was conducted in Narayana college of Nursing, Auditorium on HIV mother can give breast milk or not by IIIyr Bsc nursing students, The Chief guest was Mrs. Vanaja kumari HOD of nursing

Education, The programme was with a good discussion of points on HIVmothersbreast feeding; the discussion was evaluated with a valid point.



Fig :Students discussion on HIV mothers breast feeding





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Day 6:

The sixth day of breast feeding week was celebrated at obstetrics ward on 06.08.16 between 10-12 pm. The program was started by MS. K. Ramya, HOD child health nursing department and Ms. Prasanna, assistant professor child health nursing department. Demonstration of breastfeeding was performed by II M.Sc nursing students regarding the techniques and positions for breast feeding. Return

demonstration was done by postnatal mothers. On the same day quiz was conducted to the students, followed by distribution of snacks.



Day 7:

The last day of breast feeding week was celebrated at Narayana college of nursing auditorium on 07.08.16 between 3-4 pm. The program was started by prayer song by III B.Sc (N) students and welcome song by III B.Sc (N) students. Ms. K. Ramya HOD, Child health nursing department welcome the gathering. The chief guest of the program was Dr. Indira, principal, Narayana college of nursing. Mrs Rajeswari Vice principal mental health department, Mrs. Vanaja kumari, professor & HOD community health nursing department, Mrs. A. Latha, professor & HOD,





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REPORT ON RALLY FOR RIVERS ON 28-09-2017

The Rally for Rivers is an awareness campaign initiated by Jaggi Vasudev of Isha Foundation. As India's rivers are drying up and major rivers are turning seasonal, the rally aims to create mass awareness and garner public support for a government policy to save them. In collaboration with over 25 scientists and lawmakers, including Tamil Nadu Agricultural University, Isha Foundation is drafting a national overarching policy recommendation to the Central government.

the premise of the policy is to increase the amount of water flow in the rivers through tree plantation for a minimum of one kilometer width on either side of rivers and half a kilometre for tributaries. This is the rally's fundamental approach to river revitalization, and has been deliberately communicated in generic and simple terms for a layman's understanding during the mass awareness phase of the campaign. However, the draft policy recommendation itself will be comprehensive and holistic.

Narayana college of nursing Nss team had conducted an awareness programme on 28 September 2017 rally for river a speech by volunteer on importance of river water and slide show was presented by the volunteers .Prof. Rajeswari H vice principal Narayana college of Nursing introduced the speakers to the gallery. The speaker explained about the voting through mobile phones to support the rally ,all the faculty members have voted through there what's app to the numbers given to support the rally .All the batches were attended the program and supported .





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Action photographs



Fig: Discussion and awareness program on Rally for Rivers

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NSS Program Officer NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.





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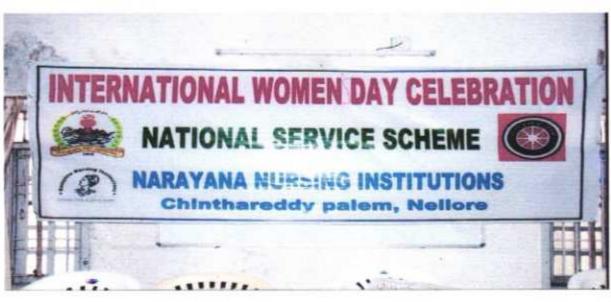




Fig: Dr.Indira A and other faculty were lighting the lamp

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REPORT ON WORLD NO TOBACCO DAY- 31-05-2017

"Theme: Tobacco - A Threat to Development"

Narayana College of Nursing under NSS unit participated in awareness rally as part of world No tobacco day" on May 31st in collaboration with Department of health, medical and family welfare, Nellore district. Dr. V. Venkata Subbareddy, Additional Joint collector; Dr. V. Raviprabhu, principal, government medical college, Nellore; Dr. C.Varasuundaram, DMHO; Dr.C.Ramadevi, additional DMHO; EVS. Naidu, president, District voluntary organizations Nellore; Dr. Madhumathi, professor, Vikrama Simhapuri University and 50 NSS volunteers from Narayana College of Nursing participated in rally. Additional Joint collector Dr. V. Venkata Subbareddy started the rally by waving flag. The rally started from Gandhi statue to VRC ground. The flash mob was made in such a manner that it created awareness among people. There were other programs like a short skit depicting the side effects. Several other programs were performed so as to make people understand the dangers of using tobacco and so as to reduce the use of tobacco and nicotine.

Additional Joint collector Dr. V. Venkata Subbareddy informed to the public about harmful effects of tobacco kills not only persons who are consuming as well as surrounding people. Dr. V. Raviprabhu, principal, government medical college, Nellore explained about common complications of tobacco consumption like diabetes, hypertension, heart diseases, etc. Fifty Third year B.sc nursing students from Narayana College of nursing singing slogans of SAY NO TO TOBACCO TOBACCO IS INJURIOUS TO HEALTH' throughout the rally.





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Fig: Students were participating in rally with NSS volunteers







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Fig: Students were participated in rally

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NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.





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REPORT ON INTERNATIONAL WOMEN'S DAY 2017

THEME: BE BOLD FOR CHANGE

Narayana college of Nursing has celebrated the International Women's Day under NSS unit on 8/3/17 at 5.00pm in college Auditorium. 8th March, considered as International Women's Day. women's day was celebrated with great pomp and ceremony in the college. This day brings many things for women - a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. To honor womanhood .The Theme is Be Bold for Change. A grand celebration was organized to mark the International Women's Day. The program started with prayer song by NSS volunteers. The chief guest of the program was Dr.Indira A Principal of Narayana College of Nursing given speech on how to create awareness of gender equality for a healthy society. Also, the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community.Prof.Rajeswari H highlighted the need to respect women and look into their every need and fulfill them on a priority basis. Gender equality was highlighted under the theme "Be Bold For Change " . The women's staff rooms were decorated with floral Rangoli and every woman staff was felicitated with a rose bud Ms. Sandhya from 3 rd year shared few words regarding women empowerment, Essay writing, elocution competitions were conducted. The celebration came to an end with Vote of thanks.





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Medical Surgical Nursnig department, Mrs. Latha.P, Asso professor and HOD department of OBG, Ms. Elizabeth jasmine HOD nursing foundations were the dignitaries for the program. The chief guest and other dignitaries delighted the program by lamp lighting. A special Skit was performed by III B.Sc nursing students regarding the importance of exclusive breast feeding. A mime was done by IIIyr Bsc nursing students and the winners of the whole week competitions were awarded with prizes and certificates. The program was concluded by vote of thanks given by Ms. Linta,

IIIyr BscN student followed by distribution of snacks and national anthem



Fig: Faculty were lighting the lamp

NSS PROGRAM OFFICER

NSS Program Officer

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REPORT ON CARBON NEUTRAL INITIATIVE

Carbon neutrality is a state of net-zero carbon dioxide emissions. This can be achieved by balancing emissions of carbon dioxide with its removal (often through carbon offsetting) or by eliminating emissions from society (the transition to the "post-carbon economy"). The term is used in the context of carbon dioxide-releasing processes associated with transportation, energy production, agriculture, and industry.

Narayana College of Nursing launched an extensive Plantation Program on the occasion of the World Environment Day in different parts of our locality. Global climate disruption is impacting the planet in ways never experienced in human history. Warmer temperatures are contributing to changing weather patterns that cause more intense storms and heavier rainfall in some places, while elsewhere drought is parching the land. Glaciers are melting at an accelerated rate and oceans are rising. The overwhelming scientific consensus is that climate change is being driven by the release of carbon dioxide into the atmosphere, primarily from the burning of fossil fuels. The students and teachers selected the empty places and planted the plant saplings in a wellorganized way. In order to restore the eco-balance of the forestation drive was taken with all seriousness. Participants were highly enthusiastic to make it a big success. The students planted saplings, and watered the plants. Every step of the programme was appreciated by the representatives of the administration. The program created a great stir among the general public too. NSS team had participated on program conducted by Higher education committee of Narayana College of nursing initiated the plantation of about 200 plants around the campus. The plants which control the pollution were specially planted to neutralize the carbon around the campus. To this occasion the NSS programme officer and other dignitaries were participated and plantation was successful.





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Fig: Plantation was done by the NSS volunteers

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REPORT VANAM MANAM ON 1st JULY 2017

The Government have decided to launch Haritha Andhra Pradesh Mission through "VANAM-MANAM" Program with a view to secure green cover over 50% of the geographical of the state by 2029. This Mission is launched at the State Level by the Hon'ble Chief Minister. The objective of the Vanam Manam program is to plant One Crore saplings under Haritha Andhra Pradesh Mission.

Objective of the Program:

- To achieve tree cover over 50 per cent of the total geographical area of the state by bringing an additional 40 lakhs hectares of land under tree cover by 2029.
- 2. Each and every citizen of Andhra Pradesh across the social, economic, demographic, gender, and political spectrum ought to become partners in this program that would benefit not only the state but also the nation and the entire world through eco-regeneration.
- Apart from its impact on environment and climate change, the program is an effort to strengthen the bond between the nature and people.

We Narayana college of Nursing NSS unit organized plantation in our campus on 'vanam manam' program 2017, as per the directions received by the Dr.NTRUHS to make AP state as "Harithandrapradesh, our head of the institution Dr.Indira.S, Principal, Mrs.H.Rajeswari, Professor, Vice-principal, Mrs. Latha, Professor, Mrs.B.Vanaja kumari, Professor, and all the HODs, NSS volunteers, faculty were participated. The session was started by 11am, with great interest plantation of about 100 saplings was done by the faculty and students

.All the students and faculty were happy for being part of the I core plantation day of today vana mahosthavam .Dr.Indira.S and Mrs.H.Rajeswari, vice –principal have congratulated the NSS volunteers for making the programme grand success.





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Fig:Students were doing plantation





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REPORT ON WORLD AIDS DAY 01-12-2017

The NSS unit of Narayana College of Nursing on the occasion of "World AIDS Day" with the theme of "Increasing impact through transparency accountability and partnerships" participated in rally on 01.12.17. World AIDS Day brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic. The day is an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services. The rally started at 8am from Gandhi statue, near trunk road, the NSS unit Program officer and Hundred NSS volunteers participated in the rally. The program was organized in meeting hall and the chief guest of program was Mr. Raj Kumar, Joint collector, Nellore district. The other dignitaries attended were Dr. Vasundharan, DMHO; Dr. Jayasimha, DEO; Dr. Bharathi, ACS Govt. hospital superintendent, Dr. Chandrasekhar, Department of community Medicine, Narayana medical college hospital, Mr. Naidu, NGO; Mr. Suresh Babu, district TB control officer; Dr. Lakshmi, vice Principal, ACS Medical college; Mrs. Thanuja, NNP vice president and NCC & NSS departments. Various Nursing Colleges and Schools were attended and received mementos for their active participation. Ms. Meghana, II B.Sc (N) secured First prize in Essay and Elocution competitions. Joint collector readout the oath on "Prevention of AIDS" and all participants of the program were followed the oath. The program ended with national anthem.





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Fig: Students with the theme banner in rally



Fig: Meeting held by the NSS unit Program officer and Hundred NSS volunteers

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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REPORT ON WORLD HEALTHDAY- 2017

The World Health Organization celebrates World Health Day on 7 April every year to improve the level of health of people around the world. The idea is that every human being gets good health facilities at an affordable rate. Millions of people around the world are prey to many terrible diseases. According to the World Health Organization, being physically, mentally and socially healthy is the definition of human health.

Narayana College of Nursing under NSS unit celebrated World Health day on 7/04/2017 at 2:00pm. The Program started with prayer song by NSS voluntaries, Prof.Mrs.Rajeswari HOD of Psychiatric Nursing involved actively in the Program. The World Health Organization (WHO) was established on 7 April 1948. Realizing the importance of health for successful life all over the world, World Health Day is celebrated on 7 April on the day of the establishment of the World Health Organization (WHO). World Health Day is a globally celebrated Health Awareness Day. It is said that health is life, but in today's busy and stressed life, humans are not able to pay full attention to their health. Human health is being adversely affected due to a hectic lifestyle, work and stress. World Health Day is celebrated every year to create awareness of the importance of health. On this day, a message is given to make people aware of their health and the government is motivated to formulate healthy policies. Ms Anjani devi Associate Professor started the Program with the introduction of Depression.Mrs.Suchitra Assistant professor Spoke regarding Depression and Causes, Ms.Sireesha Assistant Professor Spoke regarding management of Depression.150 Students actively participated in Quiz, Elocution, and essay writing competitions. Prizes were given for the winners Vote of thanks given by NSS student followed by National anthem. Sweets were distributed to the participants.



☎ 0861 - 2317969 Extn. 2464

2317968 Extn. 2464 Fax: 0861-2311968



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e-mail: narayana_nursing@yahoo.co.in website: www.narayananursingcollege.com



Fig: Students with the theme of 2017 world Tuberculosis day

NSS PROGRAM OFFICER

NSS Program Officer NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.

PRINCIPAL Principal NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.

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REPORT ON SWACCH BHARATH PROGRAM ON 7th July 2018

Narayana College of nursing under NSS unit conducted Swatch Bharath program on 7th July 2018. Narayana College of nursing principal Dr. Indira A initiated the program by making the Swatch Bharath- swatch India oath. Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management. Dr. Indira A principal Narayana College of Nursing initiated the program by making the Swacch Bharath- swatch India oath. The campaign's official name is in Hindi. In English, it translates to "Clean India Mission". The campaign was officially launched on 2 October 2014 at Rajghat, New Delhi by Prime Minister Narendra Modi NSS volunteers and program officer were participated in Swatch Bharath program. The motto is to maintain cleanliness in college premises. Twenty NSS volunteers were actively participated in cleaning the college premises at evening, students were well motivated to participate in swacchatha. The campaign was financed by the Government of India and state governments. The core objectives of the first phase of the mission were to reduce open defecation and improve management of municipal solid waste in both urban and rural areas. Elimination of open defecation was to be achieved through construction of individual household level toilets. The performance of each city is evaluated on six parameters:

- Municipal solid waste, sweeping, collection and transportation
- Municipal solid waste, processing, and disposal of solid waste
- Open defecation free and toilets
- Capacity building and eLearning
- Provision of public toilets and community toilets
- Information, education and communication, and behavior change

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Fig: Students were cleaning the college premises

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NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



2317969 Extn. 2464 2317968 Extn. 2464 Eav. 0861-2311968



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REPORT ON PULSE POLIO PROGRAM FROM 28TH TO 30TH JAN 2018

Pulse Polio Immunization program was launched in India in 1995. Children in the age group of 0-5 years administered polio drops during National and Sub-national immunization rounds every year. Around 17.4 crore children of less than five years across the country are given polio drops as part of the drive of Government of India to sustain polio eradication from the country. The Pulse Polio Initiative was started with an objective of achieving hundred per cent coverage under Oral Polio Vaccine. It aimed to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain high level of morale among the public.

The Pulse Polio Immunization (PPI) aims at covering every individual in the country. It aspires to reach even children in remote communities through an improved social mobilization plan.

- Not a single child should miss the immunization and leaving no chance of polio occurrence.
- Cases of acute flaccid paralysis (AFP) to be reported in time and stool specimens of them to be collected within 14 days. Outbreak response immunization (ORI) to be conducted as early as possible.
- Maintaining a high level of surveillance.
- Performance of good mop-up operations where polio has disappeared

Narayana College of Nursing Participate In Pulse polio Program under D.M.H.O. organization at Nellore from 28th to 30th Jan 2018. About 100 B.Sc Nursing Students Were Participated and provided oral Polio Drops, for Under Five Years And Children's at different areas at Nellore like Z.P. colony, Athmakur bus stand, railway stations, near temples and churches given OPV to the children's. A rally was conducted from A.B.M. compound to the V.R.C center by the students, during the rally slogans were sang by the students.



2 0861 - 2317969 Extn. 2464 2317968 Extn. 2464

Fax: 0861-2311968



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Fig: Students were noting the details of children's taking vaccine

NSS PROGRAM OFFICER

NSS Program Officer NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.





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REPORT ON CANCER AWARENESS DAY on 04/02/2018

Cancer is a global disease and is spreading rapidly. Healthcare systems across the world are facing stiff challenges to tackle this issue. This appears formidable when India's 1.3 billion population, which is considered to, spread across 29 states and 7 union territories with varying degree of population genetics, environment, lifestyle, etc. lead to a heterogeneous distribution of disease burden.

In India, the incidence of cancer is increasing rapidly; therefore it is important to step up cancer literacy and knowledge amongst the population. This will lead to early detection which is important in the management and treatment of cancer and also prevention by making necessary changes in lifestyle. Early detection is essential in its management and treatment. Due to ignorance, fear, and social stigma many women present with stage III or IV cancer which requires surgery and extensive treatment. If detected early, then in most cases there will be less aggressive treatment and better chances of recovery. Poor awareness may lead to poor uptake of screening modalities and delay in diagnosis. One factor that has been consistently shown to be associated with late diagnosis and treatment is a delay in seeking help for cancer-like symptoms.

Narayana College of Nursing, Chinthareddypalem, Nellore has conducted a cancer awareness programme on 04/02/2018 conducted by NSS The program began with the prayer song by the students and Lamp lighting by the chief guest Dr. Indira A principal Narayana College of Nursing and by Anderson lab manager and chair person of Abinava foundations other distinguished guest were participated and 100 NSS volunteers were participated in candle lighting and oath taking on awareness on Cancer.





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Fig: Students and faculty were lighting the candles

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NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003,





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REPORT ON STATE NSS YOUTH FESTIVAL FROM 26TH TO 27TH FEBRUARY 2018

The theme for IYD 2018 was "SAFE SPACES FOR YOUTH". In this way it will go on which recognises the contributions of young people to preventing conflict, supporting inclusion, social justice, and sustain peace. Fill the brain with high thoughts, highest ideals, place them day and night before you, and out of that will come Great work - Swami Vivekananda. To commemorate the birthday of Swami Vivekananda, maker of Modern India, National Youth day is celebrated with great joy, enthusiasm every year in India on 12th January. Swami Vivekananda was born as Narendranath Dutta on 12th January 1863. He was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the western world and was credited with raising interfaith awareness. He was a chief disciple of 19th century saint Ramakrishna and founder of Ramakrishna Math and Ramakrishna mission.

NSS unit conducts a camp in an under development area. It schedules so many social activities and awareness programs about education, cleanliness, health, through songs, dramas, and street palys, etc. Apart from this, the NSS brings awareness on public cleanliness, presents slides on social ills such as eve-teasing, taking drugs & tobacco, reinstation safety by following of traffic rules and alos focuses on different messages that instill altruism in young minds.

Narayana College of Nursing under NSS unit attended "STATE YOUTH FESTIVAL" program on 26th and 27th February 2018 in Thirupathi. NSS volunteers, and program officer were participated in State NSS youth festival. Ms. Hemalatha& Ms. Prajwala were participated in Debate and got participatory certificates

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSIN
Chinthareddypalem,
NELLORE - 524 003.

PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING

Chinthareddypalem, NELLORE - 524 003.



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REPORT ON WORLD TUBERCULOSIS DAY- MARCH 24TH 2018

Theme: Wanted: Leaders for a TB-free World

Each year we commemorate World TB Day on March 24 to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB) and to step up efforts to end the global TB epidemic. The date marks the day in 1882 when Dr. Robert Koch announced that he had discovered the bacterium that causes TB, which opened the way towards diagnosing and curing this disease. The theme of World TB Day 2018 - "Wanted: Leaders for a TB-free world"- focuses on building commitment to end TB, not only at the political level with Heads of State and Ministers of Health, but at all levels from Mayors, Governors, parliamentarians and community leaders, to people affected with TB, civil society advocates, health workers, doctors or nurses, NGOs and other partners. All can be leaders of efforts to end TB in their own work or terrain. World TB Day provides the opportunity to shine the spotlight on the disease and mobilize political and social commitment for accelerate progress to end TB.

The theme of world TB day 2018 focuses on building commitment to end TB, not only at political level with heads of state and ministers of health, Narayana Educational institutions organized an work shop on Tuberculosis and different aspects on Tuberculosis was explained by experienced speakers Dr.Indira.A, Principal, Mrs.Prof.Rajeswari H vice -principal, Prof B. Vanaja kumari, and all the HODs were participated. And 50 students of II year batch have participated in the session and a detailed explanation was given to the students by the expertise team members.Dr.Indira A explained about significant progress over the last decades, TB continues to be the top infectious killer worldwide, claiming over 4 500 lives a day. The emergence of multidrug-resistant TB (MDR-TB) poses a major health security threat and could risk gains made in the fight against TB.



Principal

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Fig:Team members were gathered and discussing about epidemiology of TB

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REPORT ON WORLD HEALTH DAY ON 2018

Universal health coverage: everyone, everywhere.

World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO), as well as other related organizations. Universal Health Care has become a fundamental principle guiding much of Public Policy and Healthcare Services in countries around the world. The basic premise of this construct is to alleviate the financial costs associated with healthcare while increasing individual access to these services. The World Health Organisation has designated the theme for 2018's World Health Day to be 'Everyone, Everywhere', an indication that nations around the world are aspiring to provide higher accessibility of healthcare to their citizens. Time is therefore right for stakeholders in the public and private healthcare delivery systems and the medical education ecosystem to collaborate and drive the agenda of universal healthcare coverage for India. "HEALTH FOR ALL "has therefore been our guiding vision for more than seven decades, it's also the impetus behind the current organization with the view Narayana College of nursing NSS unit organized an awareness program on World Health Day Theme: 'Universal Health Coverage: Everyone, Everywhere' to Anganwadi workers, ASHA workers and self-help group at PHC, as part of World Health Day 2018 on March 26, 2018. The program started with welcome speech. Dr.Indira.A, Principal, Mrs.Prof.Rajeswari H, Vice -principal, Prof B.Vanaja kumari, vice principal and all the HODs along with Mrs Usha kiran Asso.prof program officer were participated. in this process 8 NSS volunteers were selected to explain regarding the NTR seva scheme, and other health schemes & policies to the students in high school. Audience were enthusiastically participated in the session and understood the concepts and raised their queries.Dr.Indira A addressed the audience on WHO Day 2018 theme, Universal Health Coverage, health services and schemes of the government how to overcome the barriers for utilization.





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CONCLUSION: The program concluded that there was significant improvement of knowledge in post test as compared to the pre test. More participants had A grade and B than pre-test. Knowledge assessment on health scheme was considered as very effective.



Fig: High school students were attending the speech of world health day

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REPORT ON WORLD HYPERTENTION DAY ON 17-05-2018 "Theme:" Know your Numbers

World Hypertension Day is observed every May 17th in order to raise awareness and promote hypertension prevention, detection and control. High blood pressure is the main risk factor to develop cardiovascular disease.

"Know your numbers" is the theme for this year. Its purpose is to raise awareness worldwide about the importance of knowing what your blood pressure measurement is.

Hypertension, also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure. Blood is carried from the heart to all parts of the body in the vessels. Each time the heart beats, it pumps blood into the vessels. Blood pressure is created by the force of blood pushing against the walls of blood vessels (arteries) as it is pumped by the heart. The higher the pressure, the harder the heart has to pump.

Hypertension is a serious medical condition and can increase the risk of heart, brain, kidney and other diseases. It is a major cause of premature death worldwide, with upwards of 1 in 4 men and 1 in 5 women - over a billion people - having the condition. The burden of hypertension is felt disproportionately in low- and middle-income countries, where two thirds of cases are found, largely due to increased risk factors in those populations in recent decades.

Every year 17th May is decided to World Hypertension day. The theme for world Hypertension day is know your Numbers with a goal of increasing awareness in population around the word on this occasion Narayana College of nursing NSS unit had initiated to conduct the event. Dr.Indira.A, Principal, Mrs.Prof.Rajeswari H, vice -principal, Prof B.Vanaja kumari, vice principal and all the HODs were participated. An awareness Program and health education was conducted by coordinator of NSS and the Students at Narayana outpatient department. A group health education was given to the public regarding causes, and early detection and life style modification, About 100 people were attended to the health education session in different groups.





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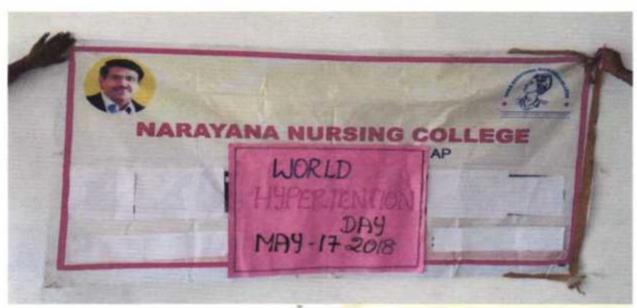




FIG: Students were giving awareness on Hypertension to the patients

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Chinthareddypalem,
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REPORT ON WORLD NO TOBACCO DAY-31-05- 2018 "Theme: TOBACCO -AND HEART DISEASE"

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." The campaign will increase awareness on the:

- link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world's leading causes of death;
- feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.

Narayana College of Nursing under NSS unit participated in awareness rally as part of "world No tobacco day" on May 31st in collaboration with Department of health, medical and family welfare, Nellore district. D. Rami reddy, Additional Joint collector, Nellore, Dr. C.Varasuundaram, DM&HO; Dr. C. Ramadevi, additional DM&HO; EVS. Naidu, president, District voluntary organizations Nellore, and 50 NSS volunteers from Narayana College of nursing participated in rally. The rally started from Gandhi statue to VRC ground.

Additional Joint collector. D. Rami reddy explained the public about harmful effects of tobacco kills but not only persons who are consuming as well as surrounding people. Dignitaries explained about complications of tobacco consumption like diabetes, hypertension, heart diseases, etc. 70 2nd and 3rd yr B.sc nursing students from Narayana College of nursing gave slogans on "SAY NO TO TOBACCO" "TOBACCO IS INJURIOUS TO HEALTH" throughout the rally.





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Fig: students were participated in rally and showing No Tobacco slogans to the public

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REPORT ON WORLD ENVIRONMENT DAY- JUNE 5TH 2018 "Theme: BEAT PLASTIC POLLUTION"

World Environment Day is the United Nations' (UN) most important day for encouraging worldwide awareness and action for the protection of our environment. Since it began in 1974, it has grown to become a global platform for public outreach that is widely celebrated in over 100 countries. World Environment Day is the "people's day" for doing something to take care of the Earth.

Each World Environment Day is organized around a theme that focuses attention on a particularly pressing environmental concern. The theme for the World Environment Day 2018, "Pollution". As India is the global host of 2018 World environment day June 5th 2018 and the government of India has committed to organizing and promoting the world environment day celebrations though a series of engaging activities and events. Narayana College of Nursing NSS unit had initiated to celebrate the event. Dr.Indira.A, Principal, Mrs.Prof.Rajeswari H vice-principal, Prof B.Vanaja kumari, vice principal and all the HODs were participated. A poster presentation was organized by Program coordinator of NSS on the theme. To show the importance on plastic pollution, Students Presented posters and it was evaluated by the dignitaries and winners were announced.Dr.Indira A expressed that "On the World Environment Day, let us remember that we have a responsibility to protect our Mother Earth for our future generation," she said in a message. On this occasion, the chief minister called for a ban on use of plastics as a measure to save environment.





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Fig: Poster presentation by the student on problems of pollution

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Report: Celebration of 4TH International Yoga Day on 21st June 2018

Theme: "Yoga for wellness"

International Yoga Day 2018: The world is today celebrating the 4th International Yoga Day. With the concept of yoga is skill in action. Prime Minister Narendra Modi while addressing the United Nations in 2014 had suggested that June 21 be celebrated as the international Yoga Day globally every year. The skill is to see how to keep your sprit uplifted; Narayana college of Nursing NSS unit had celebrated 4th International Yoga Day on 21st June 2018 in the campus. In which NSS volunteers, faculty was participated with much interest and practiced various of Yoga'asanas'. yoga is practiced today in a multitude of forms and continues to gain popularity. This trend is also supported by increasing medical research on the health benefits of the discipline, as well as its complementary nature to mainstream medical treatments.

With prayer song and lamp lighting by Dr.Indira.A, Principal, Prof.Rajeswari, Vice -principal, Prof B.Vanaja kumari ,vice principal .and all the HODs were participated. Dr.Indira.A, Principal coating few words by Gurudev as' accomplishing the task is by energy and this comes only by yoga it should not misunderstood as just exercise it is a holistic development of human life.

The session was around 7 am to 9 am, benefits of yoga was explained to all by the student yoga trainer the yoga asanas were practiced by the students. Students performed all the yoga positions very enthusiastically as explained. Dignitaries gave speech on yoga and its importance to the gathering the programme was organized with 50 students batch of Student volunteers and instructions were given to them to perform the asanas





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Fig Students were performing yoga asanas





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Fig: Students were actively doing Asanas



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Fig: Students were performing breathing asanas

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REPORT ON BREAST FEEDING WEEK CELEBRATIONS FROM 01-08-2018 to 07-08-2018

Narayana College of nursing under NSS unit had celebrated breast feeding week from august 1st to 7th. This year theme is "Sustaining Breast Feeding Together". The breast feeding week was celebrated in different areas for 7 days.

Day1:

The NSS Program officer Mrs.Usha kiran and "Ms,Ramya Hod of Child health Nursing Department, Mrs.Swapna Assistant professor, Department of Community health Nursing, Mrs. Samhitha Assistant professor Department Child health Nursing, NSS volunteers and III year students, Msc Students was celebrated first day of breast feeding week on 01.08.18 between 9-12 pm PHC Venkatachelam Nellore. On the first day students pre test and post test on knowledge was assessed on breast feeding to the participants, a skit showing Breast milk importance, techniques and position was performed. Antenatal and postnatal mothers were participated in the program, Nutritional supplement of mixture of groundnuts, jaggery, ghee, ragi balls were distributed to the participant, and a slide show was projected to the participents on the uses for mother and baby in feeding.



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Day 2:

The second day of breast feeding week on 02.08.18 between 9-12pm NSS Program officer Mrs.Usha kiran and Mrs.Sukanya Assistant professor Child health Nursing Department, Mrs.kavitha Assistant professor, Department of Community health Nursing, students performed

Human Puppet show (on myths of breast feeding and exclusive feeding to the antenatal and postnatal mothers at Anganawadi center of in kakutur village, participents were very enthusiastically enjoyed the programme and responded for discussions, program was ended with distribution of refreshments to the participants.





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Fig: Students were performing performing skit





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Day 3:

The Third day of breast feeding week on 03.08.17 between 9-12pm was celebrated at Dakkalivari palem Anganwadi center by Ms.Ramya H.o.d from child health department ,Mrs.Latha , Associate prof Obg department, Mrs Aruna assistant prof obg,Mrs.Kavitha from Community health department a Live Exhibition on postnatal and antenatal diet was shown to the antenatal and postnatal mothers .And ended with distributing refreshments to the participants.NSS volunteers and III year Bsc nursing students ,Msc nursing students were actively participated.



Fig: Students were giving education to the mothers





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Day 4:

Live demonstration on Breast feeding with Doll was conducted on fourth day. Showing a slide show to the Antenatal and Postnatal mothers, Ms.Ramya, H.O.D Child health department, Mrs.Usha kiran Asso.prof Obg, Mrs. Kavitha asso.prof community health department antenatal and postnatal mothers were expressed their doubts and interacted with the volunteers and explained the purpose of gathering.



Day 6:

The sixth day of breast feeding week was celebrated at obstetrics ward on 06.08.16 between 10-12 pm. The program was started by MS. K. Ramya, HOD child health nursing department and Ms. Prasanna, assistant professor child health nursing department. Demonstration of breastfeeding was performed by II M.Sc nursing students regarding the techniques and positions for breast feeding. Return demonstration was done by postnatal mothers. On the same day quiz was conducted to the students. followed by distribution of snacks.



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Day 7:

The last day of breast feeding week was celebrated at Narayana college of nursing auditorium on 07.08.16 between 3-4 pm. The program was started by prayer song by III B.Sc (N) students and welcome song by III B.Sc (N) students. Ms. K. Ramya HOD, Child health nursing department welcome the gathering. The chief guest of the program was Dr. Indira, principal, Narayana college of nursing. Mrs Rajeswari Vice principal mental health department, Mrs. Vanaja kumari, professor & HOD community health nursing department, Mrs. A. Latha, professor & HOD, Medical Surgical Nursnig department, Mrs. Latha.P, Asso professor and HOD department of OBG, Ms. Elizabeth jasmine HOD nursing foundations were the dignitaries for the program. The chief guest and other dignitaries delighted the program by lamp lighting. A special Skit was performed by III B.Sc nursing students regarding the importance of exclusive breast feeding. A mime was done by IIIyr Bsc nursing students and the winners of the whole week competitions





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were awarded with prizes and certificates. The program was concluded by vote of thanks given by Ms. Linta, IIIyr BscN student followed by distribution of snacks and national anthem



Fig: Students were performing skit on importance of breast feeding

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Report on International Women's Day 08-03-2018 Theme: Women make Change

International Women's Day is an occasion to celebrate the progress made towards achieving gender equality and women's empowerment but also to critically reflect on those accomplishments and strive for a greater momentum towards gender equality worldwide. It is a day to recognize the extraordinary acts of women and to stand together, as a united force, to advance gender equality around the world.

UNESCO has been working in all of its domains to promote gender equality and women's rights and empowerment. Gender Equality has been one of two Global Priorities of the organization since 2008. Global Priority Gender Equality is implemented through result-oriented actions both within the Secretariat and in Member States with a wide range of partners.

Narayana Nursing College celebrated International women's day celebrations under NSS unit on 8/3/18 at 4.00pm in college Auditorium. Theme: women make change. The program started with prayer song by NSS volunteers. The program started with the lighting of lamp by respected Madam Principal. The chief guest of the program was Dr.Indira.A Principal of Narayana College of Nursing and Mrs.Rajeswari H vice principal, the dignitaries given speech on theme of the year and . Ms.Linta from 3 rd year shared few words regarding, As everyone celebrated this momentous occasion, the greatness and uniqueness of the fairer sex was seen, acknowledged and most definitely, saluted throughout the event. Vote of thanks given by NSS student followed by national anthem.





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Fig: Students were performing skit on International Women's day

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REPORT ON INTERNATIONAL NURSES DAY 12.05. 2019 Theme: NURSING-THE BALANCE OF MIND, BODY AND SPIRIT

International Nurses Day 2019 Celebrated on the May 12th every year, this day is celebrated by the International Council of Nurses which is dedicated to the commitment of Nurses of all over the world. Every year May 12th is celebrated as the International Nurses Day on the birth anniversary of Florence Nightingale, who was the mother and founder of Modern Nursing to commemorate the dedication of the millions of Nurses worldwide. Since, 1965, the day is being celebrated all over the world with an aim to create awareness about the large amount of contribution that Nurses make to health care society. The International Nurses Day 2019 Theme is "Health For All". We Narayana college of Nursing under NSS unit celebrated international nurses day 12th May 2019. Narayana College of Nursing celebrated International Nurses day on 12th May 2018. This year the theme choosen for International Nurses day was "Nurses A Voice to Lead - Health is a Human right." SNA conducted a grand program in the auditorium. The program started with blessed prayer song by Ms.ElsaJacob, Team, and followed by welcome song by Ms. Sneha team 2nd year B.Sc(N) with beautiful song. 1st year B.Sc(N) welcomed all with a dance steps and the formal welcome addressed for all the dignitaries on to the dias.Light is a pretty universal symbol of truth knowledge and understand. Lamp lighting ceremony was done by all the dignitaries.

Chief Guest of the program was Dr.Indira. A Principal, Narayana College of Nursing. Program started with prayer song by 1styear B.Sc Nursing students, lighten the lamp by the all the dignitaries. Chief guest given the enlighten speech on the theme of the program, Dr.H.Rajeswari H.O.D of mental health nursing, Prof.B.Vanajakumari, Vice Principal, and H.O.D's of all departments given speech during the program. A Slideshow was performed by the 4th year Bsc nursing students based on the life history of Florence Nightingale, prizes were given the winners who wined in the competitions like Floor decoration, Essay writing, Pencil sketch,





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Spot painting, Quiz, Extempore speech, Mono act and Poster presentation. Program ended with National anthem and followed by distribution of snacks and sweets.





Fig: Students were singing welcome song



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Fig: Faculty was giving speech

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REPORT ON FIRE AND SAFETY TRAINING PROGRAM ON12.02.2019

Fire safety is the set of practices intended to reduce the destruction caused by fire. Fire safety measures include those that are intended to prevent ignition of an uncontrolled fire, and those that are used to limit the development and effects of a fire after it starts.

Fire safety measures include those that are planned during the construction of a building or implemented in structures that are already standing, and those that are taught to occupants of the building.

Threats to fire safety are commonly referred to as fire hazards. A fire hazard may include a situation that increases the likelihood of a fire or may impede escape in the event a fire occurs.

Fire safety policies apply at the construction of a building and throughout its operating life. Building codes are enacted by local, sub-national, or national governments to ensure such features as adequate fire exits, signage, and construction details such as fire stops and fire rated doors, windows, and walls. Fire safety is also an objective of electrical codes to prevent overheating of wiring or equipment, and to protect from ignition by electrical faults

Narayana College of Nursing under NSS unit conducted fire and safety awareness program on 12th February 2019. Program started at 10 am with prayer song by NSS volunteers. Mr. Manohar, Department of Fire and Safety, Narayana Medical College and Hospital provided fire and safety training to NSS volunteers and non teaching staff, fourth class employees working in Narayana College of Nursing with slide show. The training program includes use of fire extinguishers, type of explosive materials to deal with during fire accidents, personal safety during fire accidents. Program was ended with National anthem and snacks distribution.

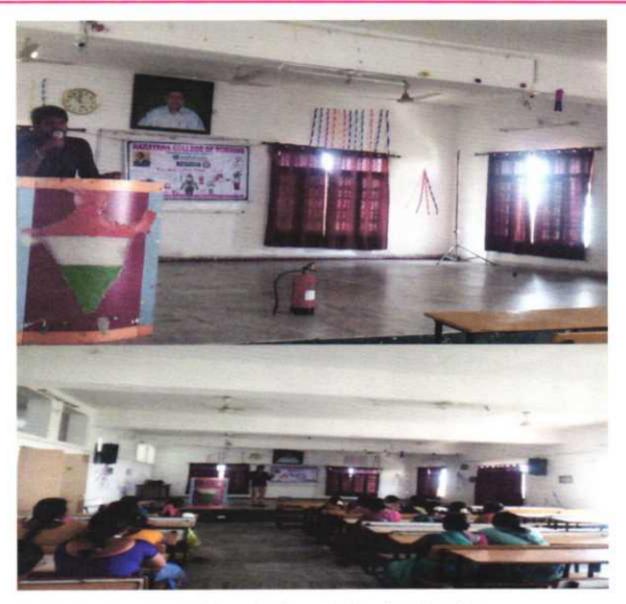




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Mr. Manohar, Department of Fire and Safety explaining about fire safety

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REPORT ON GENDER SENSITIZATION PROGRAM ON 16-8-19

Gender sensitization is a major issue in Indian Society. It is basically a male dominated society where women are always considered on a secondary place in every field of life. Considering the vision-2020, Indian society must practice the equality between male and female. Indian constitution has given the equal status to both. Considering this fact the college has organized special workshops, lectures on this sensitive issue of Gender Discrimination.

Gender sensitization seminar, was organized by Narayana college of Nursing. The detailed report about this programme is as follows:

The programme was organized on 16-8-19 by the NSS Committee of the College. The Seminar is on Gender Justice and equality now, Dr.Indira.A, Principal, , Mrs.Prof.Rajeswari, vice -principal, Prof B.Vanaja kumari, vice principal and all the HODs were participated, Students of Iyr Bsc Nursing and GNM were the participents of the program.

Speakers was invited to the program. During the session Mrs.Rajeswari H explained the concept of 'Gender'. She differentiated the words 'Sex' and 'Gender'. She also explained the current gender status in Indian society.

She made the students aware about the declining male-female gender ration in population. The reasons behind this problem were also discussed. She compared the status of women in Indian society with the rest of the world. Through the group discussion many topics were discussed. All the students were divided in 10 groups.

They were given the topics to discuss and the Group Leader was present the views of their group. Each and every student participated in this activity. Some video clips based on gender difference were shown. Mrs.Rajeswari.H Madam also touched various burning topics regarding the domestic violence.

She shared the valuable information about some of the laws which are very helpful for women. She also advised the students to understand their responsibilities as a responsible citizen. Being a girl one should know their rights as well as duties. She insisted the students to work hard to make career and to be independent. She also suggested not to behave emotionally but rationally. By the end of the program all of the participants made the programme successful with their overwhelming response.



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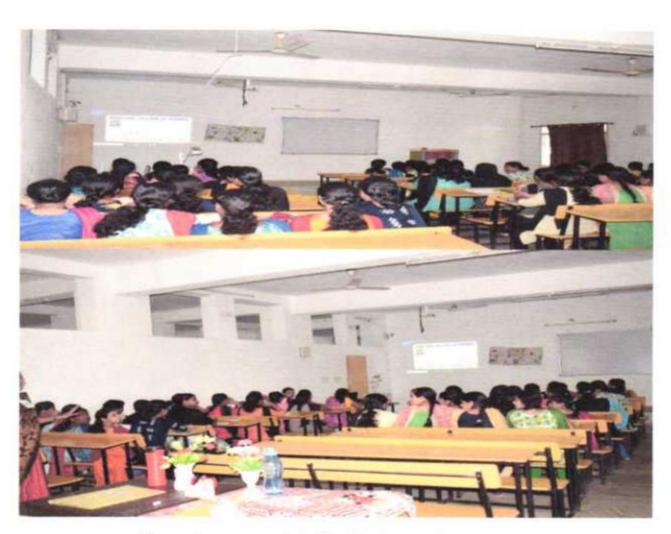


Fig: students were actively listening the speech

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REPORT ON WORLD NO TOBACCO DAY- 31.05.2019 "Theme: TOBACCO AND LUNG HEALTH"

Narayana College of Nursing under NSS unit participated in awareness rally as part of "World No Tobacco Day" on May 31st in collaboration with Department of health, medical and family welfare, and Nellore district. Dr.C.Ramadevi, Additional DM&HO; EVS. Naidu, president, District voluntary organizations Nellore, A.V.Subramanyam, Red Cross adhoc committee chair person, Ms.Sunitha, Asst professor, VSU and 50 NSS volunteers from Narayana College of nursing participated in rally. The rally started from B.Ed College at Santhapet to DMHO Office.

Additional DM&HO. Dr.C.Ramadevi explained the public about harmful effects of tobacco kills but not only persons who are consuming as well as surrounding people. Dignitaries explained about complications of tobacco consumption like diabetes, hypertension, heart diseases, etc. 50 B.sc nursing students from Narayana College of Nursing gave slogans on "SAY NO TO TOBACCO" "TOBACCO IS INJURIOUS TO HEALTH" throughout the rally.

Narayana College of Nursing conducted program on "World No Tobacco Day" on 31st May 2019 by NSS unit. Chief Guest of the program was Dr.Indira.A Principal, Narayana College of nursing. Program begins with prayer song by 3rd year B.sc nursing students, lighten the lamp by the all the dignitaries. Dr.Indira.A, Principal, given speech on the today's special event on "World No Tobacco Day", Dr.Rajeswari.H, Vice Principal cum H.O.D of mental health nursing, Prof. B. Vanaja kumari, Vice Principal, and H.O.D's of all departments given speech during the programme. Dr.Rajeswari.H, given pledge to all the faculties and students on World No Tobacco Day. Programme ended with National anthem.





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Fig: Students were saying slogans on Tuberculosis day



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Fig: Dignitaries were attending the program



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Fig: Faculty and students were pledging to Anti Tobacco

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"WORLD MENTAL HEALTH DAY -10.10. 2019"

With the concept of Raising awareness for the psychiatric patients and their relatives in an empathetic way, Department of Mental Health Nursing and NSS unit has organized an awareness programme on World Mental Health Day on 10th October 2019 in the Psychiatric ward, Narayana Medical College Hospital, Nellore. The theme of World Mental Health Day was "Focusing on Suicide prevention". A total of 30 psychiatric patients and their relatives and 20 health care professionals were participated in the programme.

The program started at 11 am with the prayer song by Mrs.Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing. Welcome address was proposed by Mrs. Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing.

Dr. Sheshamma, Professor and HOD, Department of Psychiatry, gave brief information about the awareness programme. Explained meaning of suicide and mentioned about types of Suicide.

Dr. Subhhani, Associate Professor, Dept of Psychiatry, enlightened on the Risk and Etiological Factors of suicide like age, gender, season, history of Substance abuse and previous suicide attempts.

Dr. Ranjith Kumar, Associate Professor, Dept of Psychiatry, recited on warning signs of suicide related to Mood, Talk and Behaviour with examples.

Dr. Anand Kumar, Associate Professor, Dept of Psychiatry, narrated on Preventive aspects of suicide, Suicide prevention methods and treatment are based on patient risk factors. He stressed on the most common suicide prevention techniques is psychotherapy, also known as talk therapy in the form of Cognitive Behavioural Therapy (CBT)

Dr. V.J. Reddy, Clinical Psychologist, Department of Psychiatry, discussed on recited on need and importance of importance of counselling in suicide prevention and also mentioned on Suicide prevention helpline in Narayana hospital.

Dr. Rajeswari H, Prof, HOD, Dept of Mental health nursing, Narayana College of Nursing, explained on medical stabilization in the event of a suicide attempt, initial stabilization and improvement of suicidal ideation and coping abilities.

Mr. Govardhan, Patient of Male psychiatric ward, Narayana Medical College Hospital, shared about his previous suicide attempts and how he improved coping abilities



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Mr. Venkata Subbareddy, relative of Mr. Raja shekar (Patient of Male psychiatric ward), shared his views in relation to risk factors of suicide among youth. He stressed on mobile addiction, Face book addiction among youth and importance of social awareness.

Motivational videos were played by Mrs. Smitha. P.M., Prof, Dept of Mental health nursing, Narayana College of Nursing, on Suicide prevention.

Mrs. Anjani Devi. N, Assistant professor, narrated on Suicide prevention Helplines and NGOs like Roshni helping centre, Macro foundation, I call centre, I life and Kisan Mithra. A vedio on Roshni helping centre were played.

Mrs. Suchitra, Assistant professor, Narayana College of Nursing, explained on importance of Personal development, Positive and respectful relationships, Identify, understandandmanage emotion, Communication, Develop supportive system, Solve problems, make decisions, take responsibility, Set goals, Sufficient sleep, Healthy eating, Regular physical activity and Managing stress in promotion of mental health.

Table 1: Frequency and Percentage distribution of level of awareness on suicide prevention among Participants. (N=30)

GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	9	30
A	1	3	5	17
B+	0	0	9	30
В	3	10	5	17
С	9	30	2	7
D	17	57	0	0
TOTAL	30	100	30	100

In relation to the level of awareness on suicide prevention among participants, the pretest results shows that 1(3%) scored "A" grade, 3 (10%) participants scored "B" grade, 9 (30%) participants scored "C" grade, 17 (57%)scored "D" grade and no participants scored A+ and B+. While in the post test, the awareness level improved as 9 (30%)participants scored "A+" grade, 5 (17%) scored "A" grade, and 9 (30%) of participants scored "B+" grade, 5 (17%) of participants scored "B" grade, and 2 (7%)participants scored "C"grade and there was no participants in D grade. The results indicate that participants level of awareness on suicide prevention has increased and participants has benefited from the program.





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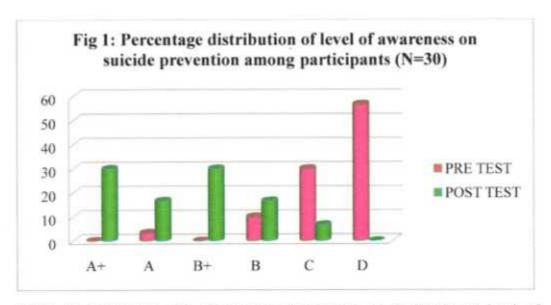


Table 2: Frequency and Percentage distribution of feedback on level of awareness on suicide prevention among Participants. (N=30)

Feedback	f	%
Excellent	29	97
Good	1	3
Average	О	0
Poor	0	0
Total	30	100



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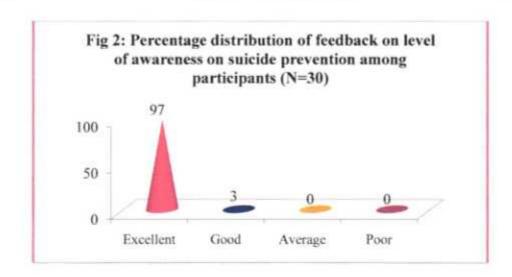
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Refreshment was provided to the participants. Feedback about the programme was taken from participants where 29 (97%) felt that programme is excellent, and 1 (3%) expressed that programme is good.

Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the programme ended with National Anthem.



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Fig: Faculty were explaining about awareness on Mental health day

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REPORT ON WORLD BLOOD DONOR DAY- 2019 "Theme: SAVE A LIFE, GIVE BLOOD"

Narayana College of Nursing under NSS unit participated in awareness rally as part of "World Blood Donor Day" on June 14th in collaboration with Red Cross Society, Nellore district. Sri.M.V.SeshagiriBabu, District Collector & President, Dr.A.V.Subrahmanyam, Chairman, I.R.C.S, SPSR, Nellore, Dr.K.SubbaRao, Convener, I.R.C.S, Blood Bank, Nellore, Mrs.Kalyani, New City, Blood bank, Guntur, Mrs.KanakaDurga, Setnal CEO, I.R.C.S, Blood Bank, Nellore, Sk.GowseBasha, M.C Member, Mr.MohanLal Jain, Treasurer, Blood Bank, Nellore, Dr.A.Yeshovardhan, C.M.O, I.R.C.S, Blood Bank, Nellore and 50 NSS volunteers from Narayana College of Nursing participated in rally.

Narayana College of Nursing (60students), Government ITI Girls & Boys college(10students), R.S.R.School of Nursing (06students) and RICH College of Nursing(40students), total 176students were actively participated in rally. The rally started from Gandhi bomma statue at Trunk Road to Red Cross Society Blood Bank, Nellore.

On Occasion of World Blood Donor day, the Red Cross Society Members conducted District wise Quiz and Elocution. In Quiz, total 32 (10 from Government ITI Girls & Boys college, 4 from R.S.R.School of Nursing, 7 from Narayana College of Nursing, 8 from participants were participated. Out of 32 participants, prize and Narayana College of III Year B.Sc. Nursing students got 3rd prize.

In Elocution total 13 (1 from Government ITI Girls & Boys college, 1 from R.S.R.School of Nursing, 5 from Narayana College of Nursing, 3 from participants were participated. Out of 13 participants, Narayana School of Nursing students Ms.Nasrin, II GNM got 1st prize and Ms.Alphonsa Jacob, . The Chief Guest and committee members distributed mementos' and certificates to the winners.

16 Students from Narayana College of Nursing were actively donated the Blood in Blood Bank at Narayana Medical College and Hospital, Nellore on 15th June 2019 . This event





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serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood.







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Fig:students were participated in rally



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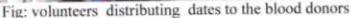


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Fig:Faculty were checking Blood pressure to the blood donors

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NSS REPORT ON BREAST FEEDING WEEK CELEBRATIONS-FROM 1.08.2019-07.08.2019

To enhancing the Breast Feeding Them of "Empower parent, Enable breast feeding" We Narayana College of Nursing under NSS unit had celebrated breast feeding week from august 1st to 7th. The breast feeding week was celebrated in different areas for 7 days.

Day1:

The NSS Program officer, Ms. Ramya ,HOD of Child Health Nursing ,Mrs. Anusha, Assistant Professor, Department of Community Health Nursing, NSS volunteers and II year M.Sc nursing students celebrated first day of breast feeding week on 01.08.19 between 10-12 pm at anganwadi center, Dakkilivaripalem in Nellore. On the first day students are shown Video Teaching – techniques, physiology of lactation, advantages of breast feeding were showed to the participants. Antenatal, postnatal mothers and also reproductive age girls were participated in the program, Refreshments were distributed to the participant.







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Day 2:

The second day of breast feeding week on 02.08.19 between 10-12noon was celebrated at anganwadi center, Dakkilivaripalem by Mrs. Kanakalakshmi, Associate Professor, on the second day Live exhibition on Weaning diet was shown to the antenatal and postnatal mothers, and ended with distributing refreshments to the participants.



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Day 3:

The Third day of breast feeding week on 03.08.19 between 10-12pm was celebrated at anganwadi center, Dakkilivaripalem. Program organized by Mrs.latha P, Asso.Professor and Ms.Revathy Asst.Professor, Department of OBG,3rd year B.Sc nursing students are performed Role play on care of breast before and after feeding, signs of effective feeding, latching and ended with distributing refreshments to the participants.







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Day 4:

The Fourth day of breast feeding week on 04.08.19 between 10-12pm was celebrated at anganwadi center, Dakkilivaripalem. Program organized by Mrs.Viji Asso.Professor, Department of OBG nursing and 3rd year B.Sc nursing students was performed Puppet show on importance of EXCLUSIVE breast feeding, DISADVANTAGES of formula feeding. Antenatal, postnatal mothers and also reproductive age girls were participated in the program. Refreshments were distributed to the participant.



Day 5:

The fifth day program on 05.08.19 had a Panel Discussion were conducted in Narayana College of Nursing auditorium on Myths about breast feeding Practices and weaning diet by III year B.Sc nursing students, The Chief guest was Mrs.Latha.A, HOD of Medical Surgical Nursing and Ms.Ramya. K, HOD of Child Health Nursing. The program was with a good discussion of points on weaning diet and the discussion was evaluated with a valid point.





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Day 6:

The sixth day of breast feeding week on 06.08.19 was conducted competition in Narayana College of Nursing auditorium. The essay writing on 2019 breast feeding Theme at 10-11, the evaluator by Mrs.Anjani Devi, Asst.Professor, Department of Mental Health Nursing., and 3-4am conducted competition of Painting on Techniques of breast feeding by evaluators by Mrs.B.Vanajakumari, HOD of Department of Community Health Nursing, Mrs.Smitha, Asso.Professor, Department of Mental Health Nursing.





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Day 7:

The last day of breast feeding week was celebrated at Narayana College of Nursing auditorium on 07.08.19 between 12-1 pm. The program was started by prayer song by III B.Sc (N) students and welcome song by III B.Sc (N) students. Ms. K. Ramya HOD, Department of Child Health Nursing welcome the gathering. The chief guest of the program was Dr. Indira.S, Principal, Narayana College of Nursing. Dr Rajeswari, Vice Principal cum HOD of Mental Health Nursing department, Mrs. Vanaja Kumari, Vice Principal cum HOD of Community Health Nursing department, Mrs. A. Latha, Professor & HOD, Medical Surgical Nursnig department, Mrs. Latha.P, Asso. Professor and HOD of OBG department, Ms. Elizabeth jasmine, HOD of Nursing Foundations were the dignitaries for the program. The chief guest and other dignitaries delighted the program by lamp lighting. A mime was done by III year B.Sc nursing students and the winners of the whole week competitions were awarded with prizes and certificates. The program was concluded by vote of thanks given by Ms.Theja, II year M.Sc student followed by distribution of snacks and national anthem



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Fig: Dignitaries were starting the program with prayer song





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Fig:Prof latha hod giving speech

Fig: Students were performing Skit

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REPORT ON WORLD ENVIRONMENT DAY 2019

Theme: "Beat Air Pollution"

Narayana College of Nursing was done the plantation in the Narayana campus as "WORLD ENVIRONMENT DAY" on 5-6-19 under National Service Scheme Unit.

The program Inaugurated the Soakage Pit and plantation the celebration by our Nursing Dean and Principal of Narayana College of Nursing Dr. Indira. A by planting with Dr. Swamy, Deputy Vice Chancellor of Lincoln University from Malaysia, Dr. Surya Parkas Rao, Dean, Narayana Medical College, Dr. Vijay Kumar, Academic Co-ordinator, Narayana Medical Groups, Dr. Jithendra, Vice Principal, Narayana Medical College, Mr. CH. Bhaskar Reddy, AGM, NMCH, Mr. Pramod Kumar Reddy, District pollution control officer, were participated in the plantation Program. Narayana College of Nursing faculty of Mrs. B. Vanaja Kumari, Vice principal, NSS Co-ordinators, all nursing faculty and all the students of Narayana College of Nursing were done the plantation on this program. 30 plants were planted around the nursing campus. The guests said few things of World environment day is a day especially celebrated to know and solve all the environmental issues. It is also known as the Environment Day, Eco Day. It is a great annual event focusing on the issues of environment and trying to solve them completely. It is being celebrated for years worldwide with lots of creative activities and enthusiasm to bring positive changes in the environment. It aims to protect the natural environment forever on the earth for the healthy possibility of life.

Program ended with distribution of snacks to the participants.



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Fig:Plantation by faculty and students

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REPORT ON JAL SHAKTI ABHIYAM-29th JULY 2019

THEME: "WATER CONSERVATION"

India is facing the challenge to serve 17% of the world population with 4% of the world's freshwater resources.1 Presently designated as a water stressed nation, India stores less than one-tenth of annual rainfall. Furthermore, disproportionate use of water for agricultural use, excessive ground water pumping and deficient monsoon in the last couple of years make the demand-supply balance more critical. With the concept of water is one of the most important substances on earth. All plants and animals most have water to survive. If there was no water there would be no life on earth. Narayana College of Nursing NSS unit had conducted a awareness program on water conservation activities in Dakkillivaripalem on 29/7/2019. In which NSS volunteers and Mrs.Vanajakumari, HOD of Community Health Nursing, Ms.Parandhamaiah, R.O plant supervisor, Narayana Medical College and Hospital and Dakkillivaripalem people were participated in the program.

By this program we focused on water conservation, explained about rain water conservation system and also shown related videos to the participants also assessed water purity by TDS meter and the purity of water values like

Hand Boring Pump – 2435 TDS Water shed motor – 2350 TDS

As per Government of India Water Control Board the drinking Water TDS range should be like this

> Less than-300-Excellent 300 to 600-Good 600 to 900 -Fair 900 to 1200- poor Above 1200 - Unacceptable

Through this program we found that the village water is undrinkable and instructed the people to have safe drinking water by purifiers.

At the end of program snacks was distributed to all the participants.

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Fig: faculty were giving orientation about program

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REPORT ON WORLD NO TOBACCO DAY- 2019 "Theme: TOBACCO AND LUNG HEALTH"

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on

- The negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease.
- The fundamental role lungs play for the health and well-being of all people.

Narayana College of Nursing under NSS unit participated in awareness rally as part of "World No Tobacco Day" on May 31st in collaboration with Department of health, medical and family welfare, Nellore district. Dr.C.Ramadevi, Additional DM&HO; EVS. Naidu, president, District voluntary organizations Nellore, A.V.Subramanyam, Red cross adhoc committee chair person, Ms.Sunitha, Asst professor, VSU and 50 NSS volunteers from Narayana College of nursing participated in rally. The rally started from B.Ed College at Santhapet to DMHO Office.

Additional DM&HO. **Dr.C.Ramadevi** explained the public about harmful effects of tobacco kills but not only persons who are consuming as well as surrounding people. Dignitaries explained about complications of tobacco consumption like diabetes, hypertension, heart diseases, etc. 50 B.sc nursing students from Narayana College of Nursing gave slogans on "SAY NO TO TOBACCO" "TOBACCO IS INJURIOUS TO HEALTH" throughout the rally.

Narayana College of Nursing conducted program on "World No Tobacco Day" on 31st May 2019 by NSS unit. Chief Guest of the program was Dr.Indira.A Principal, Narayana College of nursing. Program begins with prayer song by 3rd year B.sc nursing students, lighten the lamp by the all the dignitaries. Dr.Indira.A, Principal, given speech on the today's special event on "World No Tobacco Day", Dr.Rajeswari.H, Vice Principal cum H.O.D of Mental





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Health Nursing, Prof. B. Vanaja kumari, Vice Principal, and H.O.D's of all departments given speech during the program. **Dr.Rajeswari.H**, given pledge to all the faculties and students on World No Tobacco Day. Program ended with National anthem.



Fig: Students creating awareness by showing the banner



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Fig: Students were participating in rally to create awareness

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REPORT ON WORLD DIABETES DAY – 14.11.2019 THEME: THE FAMILY AND DIABETES

A Health awareness program on Diabetes Mellitus was organized on the eve of WORLD DIABETES DAY, 14th November 2019 at Narayana Superspeciality Hospital, Nellore by Medical Surgical Nursing Department. The theme of the world diabetes day was "The Family and Diabetes". A total of 51 diabetes patients and their relatives were participated in the program. All noted doctors, Endocrinology department faculty; Nursing Faculty and M.Sc (N) students were also involved in this program.

The program commenced at 10.am with the prayer song by Ms.Sowmya II year M.Sc (N) student followed by welcome speech by Mrs.Kanaka Lakshmi Asso.Prof, Narayana College of Nursing.

Dr.Sunanda Assoc.prof, Dept of Endocrinology, Narayana Superspeciality Hospital, has taken the session with introduction to diabetes mellitus and gave a brief speech about diabetes mellitus awareness program discussed the basic information regarding diabetes mellitus.

Dr. Afsar fathima, I year PG, Dept of Endocrinology Narayana Superspeciality Hospital dealt with the causes and clinical manifestations of DM like family history, environmental factors, life style changes etc and the symptoms like frequent urination, excessive thirst, fatigue, excessive hunger etc.

Dr.Gayathri final year PG, Dept of Endocrinology, Narayana Superspeciality Hospital, imparted the knowledge by explaining the various diagnostic criteria for identifying Diabetes mellitus and emphasized the importance of regular interval checkup of Hba1C.

Dr. Praveen I year PG, Dept of Endocrinology, Narayana Superspeciality Hospital, narrated the different treatment modalities for diabetes mellitus and also highlighted the importance of drug adherence.

Mrs. Padmaja Madhan, HOD of Nutrition, Narayana Superspeciality Hospital, elucidated about the very essential aspect of diabetic care and also very confusing part to the client with



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diabetes mellitus that is what food to be taken and not to be taken. She clarifies the doubts and misbelieves of the participants regarding diet.

Mrs.Latha A Prof, Dept of Medical Surgical Nursing, Narayana College of Nursing, Communicate the menu plan for 24 hours for clients with diabetes mellitus.

Mrs. Kanaka lakshmi Assoc. Prof, Dept of Medical Surgical Nursing, Narayana College of Nursing, portray the life style modifications for DM like pictorial representation of diet and also encourages the participants to reveal the challenges and fears in concerning with diabetes mellitus and motivated with courageous talk and clarifies their doubts.

Mrs.Padma Asst.professor, Dept of Medical Surgical Nursing, Narayana college of Nursing, displayed videos on diabetes mellitus.

Exhibition was conducted to all participants on nutrition for diabetes mellitus and displayed all the foods like fruits, grains and nuts can be taken by clients with diabetes mellitus.

Table 1: Frequency and Percentage distribution of level of awareness on Diabetes mellitus. (N=51)

GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	3	5.9
A	0	0	8	15.7
B+	7	13.7	16	31.4
В	2	3.9	24	47
C	12	23.5	0	0
D	30	58.9	0	0
TOTAL	51	100	51	100





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In relation to the level of awareness. In pretest, out of 51 participants 7(13.7%) participants scored 'B+' grade,2 (3.9%) secured B grade,12(23.5%) participants got C grade and majority 30(58.9%) participants got D grade whereas in post test 3(5.9%) got A+ grade, 8(1.7%) participants obtain A grade, 16(31.4) got B+ grade and majority 24(47%) participants grab B grade and None of the participants got C grade and D grade which apparently indicates that the program was knowledgeable and bring some awareness among the participants.

Fig 1: Percentage Distribution of Level of Awareness Among Participants (N=51)

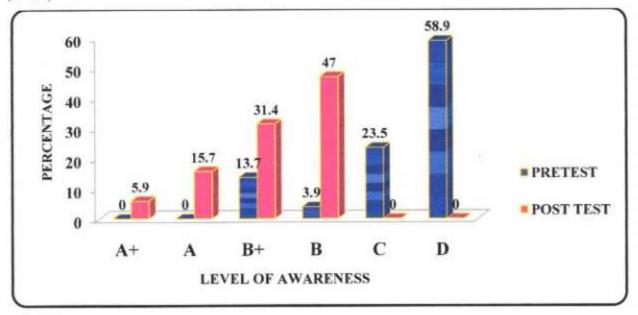


Table 2: Frequency and Percentage distribution of feedback on level of awareness on Diabetes Mellitus among Participants. (N=51)

FEEDBACK	f	%
Excellent	22	43.1
Very good	23	45.1
Good	6	11.8
Average	0	0
Poor	0	0
Total	51	100



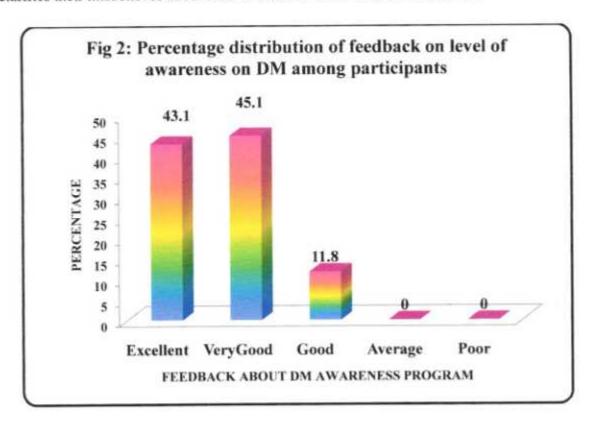


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In relation to the feedback out of 51 participants 22 (43.1%) expressed program was excellent 23(45.1%) participants told that program was very good and remaining 6(11.8) told that awareness program was Good. They verbally expressed the program was very informative and clarifies their misbelieves about food to take and avoid in diabetes mellitus.



At the end of the program pamphlets on life style modification was distributed to all participants and multigrain sprouts were given to them. The participants were sensitized with the diabetes mellitus and the participants were asked to spread the message to all neighbors while returning to their respective village.



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The program was closed with vote of thanks by Mrs.R.Kanaka lakshmi Assoc.Prof, Dept of MSN, followed by National anthem.







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Fig: Faculty were giving education regarding diabetic diet

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REPORT ON WORLD ALZHEIMERS DAY -21ST SEPTEMBER 2019

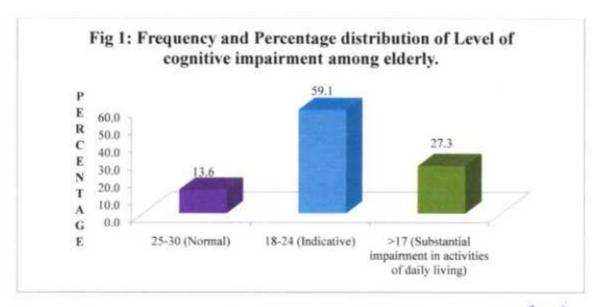
With the concept of Raising awareness and challenging stigma, Department of Mental Health Nursing and NSS unit has organized a screening and awareness program on 8th World Alzheimer's Day on 21st September 2019 in the Dakkilivari palem, Nellore. The theme of World Alzheimer's Day was "Look at stigma and attitudes to dementia".

DAY 1: SCREENING FOR ALZHEIMERS DISEASE (20.09,2019, 9AM-12.00PM)

To find out cognitive impairment, Faculty of Department of Mental Health Nursing and III year B.Sc Nursing students screened 44 members above the age of 55 years in Dakkilivari palem, Nellore, by using Mini Mental Status Examination (MMSE). To complete MMSE 10 minutes were spent for each person.

Table 1: Frequency and Percentage distribution of level of Cognitive impairment among elderly. (N=44)

Cognitive impairment	FREQUENCY	PERCENTAGE
25-30 (Normal)	6	13.6
18-24 (Indicative)	26	59.1
>17 (Substantial impairment in activities of daily living)	12	27.3
TOTAL	44	100





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Prior intimation has given to the people who are residing in Dakkilivari palem, Nellore about awareness program on next day i.e 21.09.2019 at Angawadi centre.

DAY 2: AWARENESS PROGRAM ON ALZHEIMERS DISEASE (9AM-12.00PM)

The program started at 9.00 am with the prayer song by Ms.Aiswarya, Ms. Jyothi and Ms.Sandhya III Year B.Sc(N) students. Welcome address was proposed by Mrs. Suchithra. S, Asst. Professor, Department of Mental Health Nursing, Narayana College of Nursing.



Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, gave brief description on Alzheimer's disease between 9.31AM-10.00 AM

Human puppetry on Clinical manifestations of Alzheimer's disease was performed by Ms.Vaishnavi, Ms. Asha, Ms.Sandhya, Ms.Jyothi, Ms. Sushma, Ms. Aiswarya, III Year B.Sc (N) students between 10.01 AM- 10.30AM.



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Mrs. Lalitha, Associate professor, Department of Mental Health Nursing, enlightened a speech on the management of Alzheimer's disease between 10.31 AM- 11.00AM.



Ms. Vaishnavi, Ms. Asha, Ms. Sandhya, III Year B.Sc (N) students were projected a power point presentation on preventive aspects like life style modification, diet and activities of Alzheimer's disease between 11.01 AM- 11.30AM.

Refreshment was provided to the participants. Feedback about the program was taken from participants. Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the program ended with National Anthem.

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REPORT ON CELEBRATION OF 5TH INTERNATIONAL DAY OF YOGA

THEME: "YOGA FOR CLIMATE ACTION"

International Yoga Day 2019 Date, Theme: To mark the importance and significance of yoga in one's life, June 21 is observed as International Day of Yoga every year. International Yoga Day 2019 Date, Theme: Yoga, which has been practiced for thousands of years, is a holistic solution for physical as well as mental wellness. To mark the importance and significance of yoga in one's life, June 21 is observed as International Day of Yoga every year since the United Nations declared it in 2015.

On this day, events are organized across the world and people come together to practice yoga, meditation, conduct debates, meetings, discussions, along with a variety of cultural performances.

With the concept of yoga is a embodies unit of mind and body; thought and action ; restraint and fulfillment; harmony between man and nature, Narayana College of Nursing NSS unit had celebrated 5th International Day Yoga of on 21st June 2019 in the campus. In which NSS volunteers and all the students, faculty were participated with much interest and practiced several of Yoga asanas'.

The program was started by Dr. Indira A, Principal ,NCON, Mrs. Parvathi, Dr.Rajeswari H, Vice -principal, Prof. B.Vanaja kumari ,vice principal, all the HODs and all faculty members were participated. Dr.Indira.A, Principal coating few words about yoga "It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day". And Mrs. Parvathi Yoga instructor spoke about importance yoga and type, and benefits of yoga.

The session was around 7 am to 9 am, the Yoga'asanas' were practiced by the students. This program was organized with 130 students, students was performed all the yoga positions very enthusiastically as explained yoga instructor.





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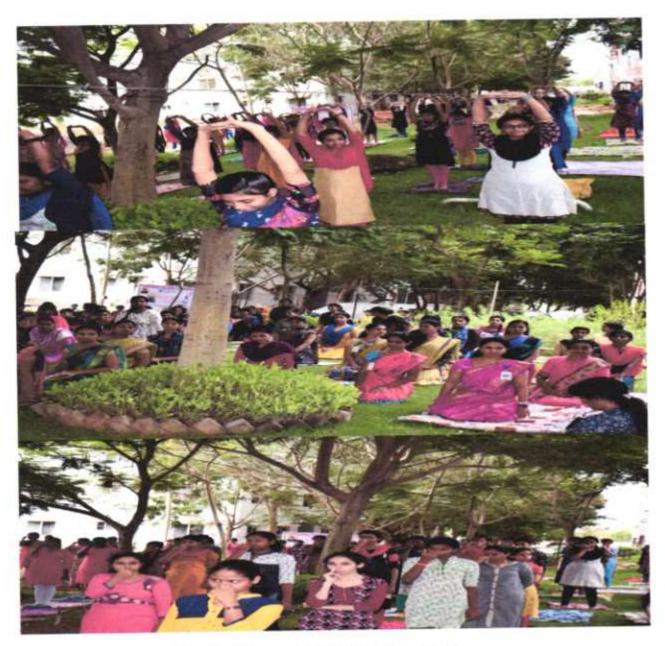


Fig: Faculty and students were doing YOGA

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Activity report "webinar on developing leadership qualities in youth for community Development"24.09.2020

Name of Activity organized	Developing Leadership Qualities in Youth	
Title of the Activity	Developing Leadership Qualities in Youth	
Date of activity organized	24 th sep 2020	
Name of the coordinator of Activity	T.Ushakiran	
Place of the Activity	Narayana college of nursing	
No. of participant(student +staff)	50	
Name of the sponsored organization	NSS cell NTRUHS	
Nature of sponsorship	Regular activity of the college	
Objective of the Activity	Nurturing the leadership qualities, sense of social responsibility and involving youth in the communit development.	
Outcome of the Activity	Students can get complete Developing in Leadership Qualities in Youth for Community Development	

Activity report

Narayana college of Nursing Nss cell involved in the Webinar on "Developing Leadership Qualities in Youth for Community Development" Motivating youth to become torch bearers is now essential for a better society. Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development is need of the hour. In view of this, Vikrama Simhapuri University National service scheme (VSU NSS Cell) in association with State NSS Cell has organizing a national webinar on "Developing Leadership Qualities in Youth for Community Development" On 24th September, 2020 (Thursday) from 10AM to 1PM. In this students and volunteers were encouraged to register and participate in the webinar. Total 50 participants were involved in the webinar.

Particulars of the Speakers/Resource Persons: Registration link:

https://forms.gle/RMG8Zi4RnYTYtrNV6.Shri Gampa Nageshwer Rao, Psychologist & Soft Skill Trainer,





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Hyderabad was given excellent points in psychological view how a student can enhance her way of thinking was explained in his session.

Next Dr. W G Prasanna Kumar, Chairman, MGNCRE, Hyderabad explained the core concept of youth part in community development. Dr. L. Vijaya Krishna Reddy, Registrar, Vikrama Simhapuri University, Nellore was explained about the youth motto and development of nation.

Dr. K. Ramesh Reddy, AP State NSS Officer, Amravati explained about leadership qualities in his session and all Students were participated in the webinar and noted the useful points.

Photo gallery



NSS volunteers of lyr BSC Nursing

NSS PROGRAM OFFICER

NSS Program Officer
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NELLORE - 524 003.



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REPORT ON PERSONALITY DEVELOPMENT PROGRAM 12 Feb 2020

Name of Activity organized	Personality development program
Title of the Activity	Personality development program
Date of activity organized	12 feb 2020
Name of the coordinator of Activity	T.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	60+10
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular activity of the college
Objective of the Activity	"Coaching for wellness".
Outcome of the Activity	Students can get personality development and
Outcome of the Activity	balance by the program

ACTIVITY REPORT

Personality development is important because it helps you to live your life in a better way. It builds confidence in you, help you to look your life in a positive way, creates positive energy within you, improves your health, improves your skills, decreases your stress, and make you a more pleasing personality. With the concept of personality is skill in activities. The skill is to see how to keep your skills uplifted, Narayana college of Nursing NSS unit had conducted personality development program in the college. In which 60 NSS volunteers, were participated with much interest and practiced various methods in developing their own personality.

On this Program Dr. Kollikarunamurthy former NTRUHS NSS program coordinator given a speech regarding personality development is the method of bringing about positive change or development of right attitude by teaching. Dr.Indira.A, Principal, Dr. Rajeswari H vice principal and all the department HODs were participated. NSS-program officers Mrs.Ushakiran had initiated to conduct the event, the students of 1st year were very enthusiastic to participate and learn about the personality development program.





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Photo gallery



Fig.1 faculty and students attending personality development program.



Fig 2.students and faculty are listening to the lecture.

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REPORT ON WEBINAR ON SPIT FREE INDIA 24TH -SEP 2020

CA divise arganized	Webinar on Spit free India
Name of Activity organized	Webinar on Spit free India
Title of the Activity	
Date of activity organized	24 th -sep 2020
	Ms.Usha kiran
Name of the coordinator of Activity	Narayana college of nursing
Place of the Activity	A STATE OF THE STA
No. of participant(student +staff)	48
Name of the sponsored organization	NSS cell NTRUHS
	Regular NSS Activity
Nature of sponsorship	Asked general public not to consume and spit
Objective of the Activity	smokeless tobacco in public
Outcome of the Activity	Awareness to general public in this pandemic

Activity Report

The Indian council of medical research asked general public not to consume and spit smokeless tobacco in public, Ministry of home affairs issued directives banned spitting in public places. In the view to the subject to give awareness to general public in this pandemic NTRUHS organized a digital way of giving awareness to the public with the help of few NGOs and they made a Institutional web link of pledgeforlife.org was shared to every NSS unit to spread the awareness link through the NSS volunteers as they are the COVID worriers. Narayana college of nursing NSS unit and the programme officer Mrs. Ushakiran and NSS volunteers of 48 in number where attended the webinar conducted by the NSS program coordinator Dr. Vivekananda Kattamaneni and the NGO of Sambandh health foundation and the participants were awarded with certificates to their mail ids, YouTube links and other material were provided to educate the public by sharing the content.





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https://youtu.be/JXrX12Bzzj8



Dr. NTR UHS- Webinar 24 Sept. 2020 (1).pdf

PHOTO GALLERY



Fig 1: WEBINAR ATTENDED BY NSS PROGRAMME OFFICER

NSS PROGRAM OFFICER

NSS Program Officer NARAYANA COLLEGE OF NURSING Chinthareddypalem. NELLORE - 524 003.



ct Adve PRINCIPAL Principal NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.



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REPORT SWACCH PAKHWADA DRIVE FEB-7TH 2020

C. L. district organized	Swacch Pakhwada drive
Name of Activity organized	Swacch Pakhwada drive
Title of the Activity	
Date of activity organized	Feb-7 th 2020
	Ms.Usha Kiran
Name of the coordinator of Activity	Narayana college of Nursing
Place of the Activity	
No. of participant(student +staff)	47
Name of the sponsored organization	NSS cell NTRUHS
	Regular Nss Activity
Nature of sponsorship	Swatch Pakhwada drive
Outcome of the Activity	Swatch rakinvada dire

Activity Report

The Swachh Bharat Abhiyan, launched on 02.10.2014 across the country as a national movement, is the most significant cleanliness campaign by the Government of India. According to the Government, a clean India would be the best tribute India could pay to Mahatma Gandhi on his 150th birth anniversary in 2019. By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement. With citizens are now becoming active participants in cleanliness activities across the nation, the dream of a 'Clean India' once seen by Mahatma Gandhi has begun to get a shape. People from different sections of the society, NGOs etc. have come forward and joined this mass movement of cleanliness.

Cleanliness is a stepping stone to success, and Safai apnaye bimari hataye these were the thoughts of students of Narayana college of Nursing to conducted a swatch Bharth program in kakutur village on February 7th 2020 B.Sc Nursing 40 B.Sc nursing and 10 M.Sc Nursing students, were participated in the program by giving announcements to the villagers on the swachatha program and explained about safe disposal of waste. Students gave awareness talk to the public and mosquito breeding places, and regular disposal of waste. The



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dump removed in few areas was done with the help of to the dumping yard and garbage was cleared in the areas where ever essential .public was happy and cooperative by the contribution of the Narayana College of nursing Nss unit.

Photo gallery



Fig 1: Main area of kakutur village with waste clearance



Fig 2: Faculty and village people in the cleaning part

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NSS Program Officer
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REPORT ON VANA MAHOSTHAVAM July-29th 2020

Name of Activity organized	Vana Mahosthavam
	Vanam Manam
Title of the Activity	July-29th 2020
Date of activity organized	
Name of the coordinator of Activity	Ms.Ushakiran
Place of the Activity	Narayana college of nursing
	47
No. of participant(student +staff)	NSS cell NTRUHS
Name of the sponsored organization	Regular Nss Activity
Nature of sponsorship	"Theme: "IMPROVE THE GREEN COVER
Objective of the Activity	
Outcome of the Activity	To improve greenery by planting saplings

Activity Report

Van Mahotsav or Forest Festival is an annual tree-planting festival celebrated in the month of July in which thousands of trees are planted all over the country. Van Mahotsav week is celebrated from 1 July to 7 July to spread awareness of forest conservation and to save the environment.

Trees and forests play a very crucial role in maintaining an ecological balance and providing oxygen to human beings on the planet. The Van Mahotsav week is a reminder that we must protect forests and stop deforestation and practice the 3R rule- Reduce, reuse and recycle.

During this week, one can find children and elders planting saplings and taking part in the plantation drive to raise awareness about the importance of trees.

Narayana college of Nursing NSS unit had decided to participate in vanam manam programme. The theme for vanam manam is to improve greenery by planting 50 saplings in the premises in addition to regular plantations on July 29th to plant saplings in the premises of colleges on this occasion Mrs.ushakiran and Mrs.kanagalakshmi had initiated to conduct the event. Dr. Indira.A, Principal., Mrs.Prof.Rajeswari H, vice –





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principal, Prof B.Vanajakumari, vice principal and all the HODs were participated. Twenty Nss volunteers were actively participated and the Students also well motivated to participate in planting saplings in college premises.

Photo gallery



Fig 1: Plantation by final year students

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Fig2. Lamp lighting on occasion of Womens day



Fig3. Students gathering on occasion of Women's day

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REPORT ON EVENT ON GROVE ON 19-1-2020

Narayana College of Nursing was done the plantation in the Narayana campus as "EVENT ON GROVE" on 19-1-2020 under National Service Scheme Unit. Trees are aimed to prove beneficial in reducing topsoil erosion, decreasing the force of storms and down water runoff which in turn will help to replenish the groundwater table. Roots are especially beneficial for removing harmful nutrients from the aquifers. This also results in the overall reduction in street flooding and sedimentation in streams. Not only this, trees provide shelter and food for a variety of birds and animals. They help to maintain and sustain the local biodiversity by improving natural habitats. Flowers, fruits, leaves, buds and woody parts of trees are useful to different species of birds and animals. Trees also provide shade, reduce water and air temperatures and contribute to the overall health of aquatic and terrestrial ecosystems by providing habitat, shelter and food to diverse species.

The program Inaugurated by Mr. MuniShankar, NMCH, and Dr. Indira.A, Principal of Narayana College of Nursing, Mrs.B.Vanaja Kumari, Vice Principal, Mrs.Kantha, HOD of Nursing Research and Mrs.Viji, Asso.Profe,Dept of OBG, Narayana College of Nursing was planted the saplings in grove program. The event was followed with the Narayana College of Nursing faculty and 50 NSS volunteers, nursing students were also planted the saplings. During this program about 30 saplings were planted in Narayanapuri by all participants. Program ended with distribution of snacks to the participants.

Trees will help to improve the overall air quality and ecosystem. By acting as carbon sinks, they will help to compensate for the greenhouse effect through the sequestration of about 2.8 million kg of atmospheric carbon dioxide annually. Trees will aid in removing particulate matter from the atmosphere, particularly small particles which are responsible for major air-pollution-related





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Fig: Plantation by students

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NSS Program Officer .
NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.





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REPORT INTERNATIONAL WOMEN'S DAY 8th Mar 2020

Name of Activity organized	International Women's Day	
Title of the programme	International Women's Day	
Date of activity organized	8 th mar 2020	
Name of the coordinator of Activity	Mrs.Usha kiran	
Place of the Activity	Narayana college of nursing	
No. of participant(student +staff)	100 students	
	20 faculty	
Name of the sponsored organization	NSS Cell NTRUHS	
Nature of sponsorship	Dr.N.T.R.UHS	
Objective of the Activity	The theme for the International Women's Day 2020 "I am Generation Equality: Realizing women's rights".	
Outcome of the Activity	To create awareness of gender equality for a healthy society	

Report of the Activity

8th March, considered as International Women's Day. This day brings many things for women – a cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. To honor womanhood, Narayana college of nursing has celebrated the International Women's Day on , 8th March, 2020 To create awareness of gender equality for a healthy society. Also, the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community. Dr. Indira. A Principal Narayana college of Nursing shared said that it was the time to uphold women's achievements, recognize challenges and focus greater attention on women's rights and gender equality to mobilize all people to do their best, and shared about gender equality is very important for a healthy society, Dr. Rajeswari H. Vice principal told about The milestone to be reached is the basic information for a girl child in every family education will





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during awareness among the society which will further result in overall development of nation and its community. Pro. A Latha shared her tales of struggle and success. And other HODs told their points on womens day for womens rights. The programme was organized by Nss programme officer Mrs. T.Usha kiran, Ms. Deepa Msc Nursing student delivered the vote of thanks. Student volunteers of about 80 members were participated in the event and all the students were enthusiastically participated in the programme and shared their views and made the programme success the society which will further result in overall development of nation and its community for women empowerment, programme ended with Vote of thanks.

Photo gallery



Fig1. Lamp lighting on occasion of Womens day





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Fig2. Lamp lighting on occasion of Womens day



Fig3. Students gathering on occasion of Women's day

NSS PROGRAMOFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
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PRINCIPAL



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Trees will help to improve the overall air quality and ecosystem. By acting as carbon sinks, they will help to compensate for the greenhouse effect through the sequestration of about 2.8 million kg of atmospheric carbon dioxide annually. Trees will aid in removing particulate matter from the atmosphere, particularly small particles which are responsible for major air-pollution-related



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health hazards. Trees along urban areas can reduce the presence of fine particulate matter in the atmosphere within a few hundred meters of the plantation range.



Fig :plantation by the faculty and students



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Report on National Youth Day 12th January 2020

National Youth Day is celebrated on 12 January being the birthday of Swami Vivekananda. In 1984 the Government of India declared this day as National Youth Day and since from 1985 the event is celebrated in India every year.

The National Youth Day is observed all over India at schools and colleges, with processions, These were the source of inspiration and have motivated numerous youth organizations,

This year's theme highlights efforts to make education more inclusive and accessible for all youth, including efforts by youth themselves.

Mr.A.Mahendra Reddy ,DYC, NYK, Nellore spoke about the Agenda of 2020 for Sustainable Development - to "ensure inclusive and equitable quality education and promote lifelong learning opportunities for all".

Mr. Udaya sankar ,NSS prog. Coordination, Vikram Simpuri University, Nellore . gave his openion on Inclusive and accessible education is crucial to achieve sustainable development and can play a role in the prevention of conflict.

Dr.Surya Prakasa Rao, Dean, NMCH, spoke about Indeed, education and 'development multiplier' as it plays a pivotal role in accelerating progress across all be it poverty eradication, good health, gender equality, decent work and growth, reduced inequalities.

.Prof. R. Sudarsana Rao, Vice Chancellor, Vikram Simpuri University, Nellore explained about .Education should lead to relevant and effective learning outcomes, with the content, curricula being fit for purpose, revolution and the future of work.

Mr. Sai "Swami Vivekananda Trust Board "Nellore spoke about Swami Vivekananda life style morals and ethics and how to improve their lively hood.

Dr.Indira A, Principal, Narayana College of Nursing , spoke about how to build best character and life as a role model of Swami Vivekananda, regarding Young people, youth-focused organizations, and transforming education goals so that it becomes a powerful tool to achieve the 2020 Agenda for Sustainable Development.

Ms. Divya vani Msc nursing II yr student got best student award on this occasion.

After dignitary speech Awards of Appreciation and certificates , Moments where distributed to the guests and participants. Program ended with National anthem



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Fig: Dr.Indira A and all the Dignitaries from the Narayana Medical college Hospital



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Dr.Indira A, Mr.Udaya sankar ,NSS prog.Coordination, Dr.Surya Prakasa Rao,Dean,NMCH, Prof. R. Sudarsana Rao, Vice Chancellor, Vikram Simpuri University and other dignitaries were lighting the lamp



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Fig: students got best student award on this occasion

NSS PROGRAM COORDINATOR

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.













REPORT ON INTERNATIONAL CANCER AWARENESS DAY

Name of Activity organized	International cancer awareness day
Title of the Activity	Participation web meet by NTRUHS
Date of activity organized	4 th Feb2021
Name of the coordinator of Activity	Mrs. T.Usha kiran
Place of the Activity	Narayana college of nursing/web platform
No. of participant (student +staff)	NSS Program officer -1-215 students
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Awareness on cancer
Outcome of the Activity	Represents the power of our actions taken to reduce the growing impact of cancer.







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Narayana college of Nursing NSS program officer Mrs.T.Ushakiran associate Professor OBG Nursing department participated in the webinar conducted by Dr.NTRUHS Vijayawada as it is special program conducted to make the students and staff about the cancer awareness program hosted by university by 11.00 am in cisco WebEx platform, Dr.Shyam Prasad vice chancellor , sir explained about signs and how to identify the cancer and warning signs was explained by him and Dr. Shankar spoke few words about the different types of cancer and knowing about the early sings and diagnosis was explained by him Total of 585volunteers from different colleges and 215 participants are from Narayana college of Nursing from different medical, para medical institutions were participated in the web meet.



Fig 1: Dr Sham prasad Vice chancellor NTRUHS Vijayawada

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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Fig 2: Dr Sham prasad Vice chancellor NTRUHS Vijayawada

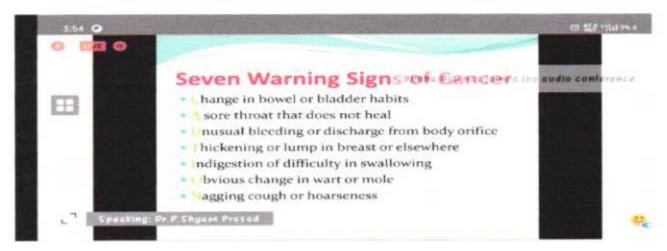


Fig 3: slide

SS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

PRINCIPAL Principal NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003.

Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accrediation Organization (2020 - 2025))









REPORT ON WORLD ENVORONMENTAL DAY ON JAN-5th 2021

Name of Activity organized	World Environment Day
Title of the Activity	World Environment Day
Date of activity organized	Jan-5 th 2021
Name of the coordinator of Activity	Ms.T.Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	World Environment Day
Outcome of the Activity	Students to work more and more in alternative energy, waste management, sustainable development

Narayana college of Nursing Nss cell attended webinar on World Environment Day for the awareness of the students of B.Sc Nursing, M.Sc Nursing successfully via webex app platform on 05/06/2021.

The webinar started with the welcome speech of Dr. Vivekananda Kattamaneni (Program coordinator NTRUHS.) in which he welcomed the keynote speaker of the webinar Dr. Shankar Resistor NTRUHS, Vice chancellor Dr. Shyama Prasad garu NTRUHS

He told India is the only country where the earth is called mother, so we have the highest responsibility to save the planet from pollution. This webinar provided the student's opportunity to know about environmental issues and their responsibilities to solve these issues.

After the guests' welcome, an expert discussion happened with keynote Dr. Vivekananda Kattamaneni speaker on the awareness regarding environmental issues. He shared his knowledge and experience with the students. He inspired the students with his speech. In his remarks, he stated no degree is essential to save the

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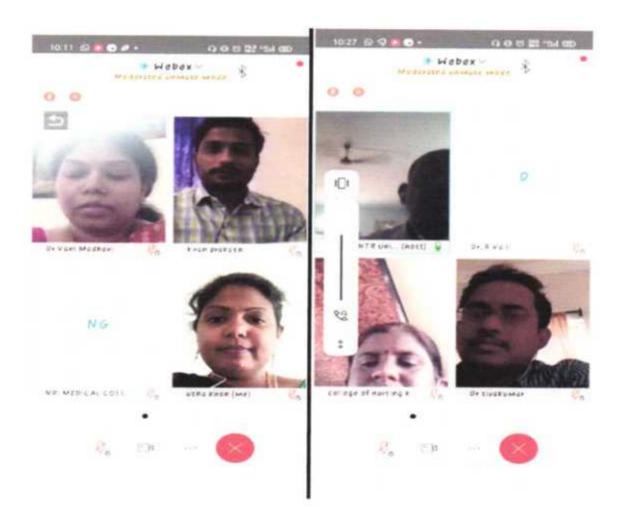
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environment; instead, environmental protection has to be part of our way of life; only then protecting and promoting the environment can be done.

He advised the students to work more and more in alternative energy, waste management, sustainable development, sewage treatment, and the prevention of toxic gas emissions to avoid pollution of the environment.



S PROGRAM OFFICER

NSS Program Officer NARAYANA COLLEGE OF NURSING

PROGRAM

NARAYANA COLLEGE OF NURSI Chinthareddypalem,

NELLORE - 524 003.

Chinthareddypalem,
NELLORE - 524 003.
Award: (Higher Education Review 10 Nursing College - 2020)





Ph No: 0861-2317969 | Fax: 0861-2311968.





REPORT ON WORLD ALZHEIMER'S DAY DATE: 21.09.2021 TIME: 10:00 – 01:00 PM VENUE: VIRTUAL PLATFORM, NCON.

Every year September 21st is observed as **World Alzheimer's Day**. Department of Mental Health Nursing collaborating with Narayana medical college Hospital and NSS unit has organized a webinar on this occasion on 21/09/2021 in Narayana College of Nursing. The theme of **World Alzheimer's Day**was "Know the Dementia know the Alzheimer's".

INAUGURATION (10 AM-10.15 AM)

At 9.50 Am-10.00 Am, Pre - test was conducted for all the participants who enrolled for the **Alzheimer's Day**Programme. The Programme started at 10.00 am with the prayer song and welcome song by III Year

B. Sc(N) students. Dr. Indira S. Principal, NCON, officially announced the inauguration the program.

Welcome address was proposed by Mrs. Anjani Devi, Assot. Professor, Department of Mental Health Nursing, Narayana College of Nursing.

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A total of 233 participants including faculties and students got enrolled in the Alzheimer's Day

INTRODUCTION: (10:16 Am - 10:30 Am)

Dr. Indira. S, Principal, Narayana College of Nersong has given an introduction and briefly explained the inequalities facing in Mental Health sectors.





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Sessions: (10.30 Am - 12.00 Noon)

Dr. Harshitha, Narayana Medical college, has spoken about the theme problems facing in Aged people memory loss area currently and how to tackle this situation.

Mrs. Anjani Devi explained elaborately on Fact about dementia warning signs

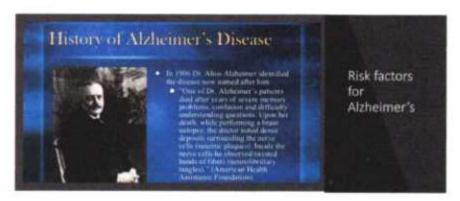
Dr. Rajeswari H, Professor & HOD, Vice Principal, NCON explained about Risk reduction of cognitive decline in dementiaShe has spoken about various community approach and Interventions on an individual level.

Mrs. Nathiya, Asso. Prof, Narayana College of Nursing handled a topic on Supports for dementia

At the of the end of session, Post test was conducted for all the participants and a feedback form regarding the Programme was asked to fill by the participants later. Dr. Rajeswari. H, Professor & HOD, Narayana College of Nursing summarized the webinar session and Assot Prof. Anjani devi.N delivered vote of thanks. Programme came to an end with National Anthem.

HIGHLIGHTS OF PRESENTATION

Know dementia, know Alzheimer's



· Age.

- Advancing age is the greatest risk factor for developing Althorner's disease.
- The majority of people diagnound with Alahamor's disease are 65 or older.
 Although far less commun, sownger-orset.
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 Alstermer's) affects people younger than Eli-
- It is estimated that up to 5 percent of people with Alchemier's have enurgie order disease. Younger drawt Alchemier's is often modisewheet.

Fact about dementia warning signs











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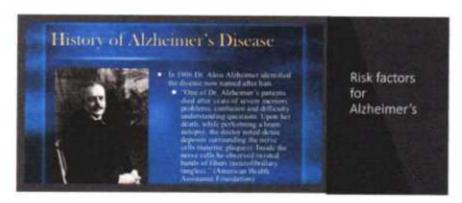
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HIGHLIGHTS OF PRESENTATION

Know dementia, know Alzheimer's



- Advancing age is the greatest risk factor for developing Althermer's disease
- The majority of people diagnized with Altheomer's disease are 65 or older Although far less common, younger onset Alahomer's taked known as early-arrest Alzheener's) affects people younger than 55.
- It is estimated that up to 5 percent of people with Alchemen's have younger-oract. disease. Younger-onset Alphomer's is often

Fact about dementia warning signs







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iSUPPORT MANUAL

 This iSupport manual allows carers who do not have access to the internet, or who prefer a manual, to benefit from the tool. The iSupport online programme and manual are currently being field-tested. It is our hope that the programme will be adapted by, and implemented in, many countries around the world.

What is included in the iSupport manual?

Dementia

The manual is organized into five modules

- · (1) introduction to dementia:
- · (2) being a carer;
- . (3) caring for me;
- · (4) providing everyday care; and
- (5) dealing withbehaviour changes that might happen in people living with dementia.

ANALYSIS

TABLE :1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF GRADES ON KNOWLEDGE ABOUT WORLD ALZHEIMER'S DAY N = 233

Level of knowledge	Pr	Pre-test		t-test
(Grades)	(f)	(%)	(f)	(%)
A+	32	13.73	110	47.21
A	42	18.02	83	35.62
B+	41	17.60	30	12.88
В	44	18.89	10	4.29
С	39	16.74	0	0
D	35	15.02	0	0
Total	233	100	233	100



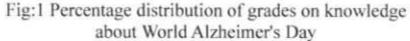


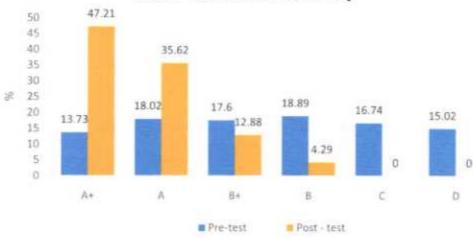












Out of total 233 participants, the pretest scoring was 13.73% as A+, 18.02% as A, 17.63% as B+, 18.89% as B, 16.74% as C and 15.02% as D grade. But in posttest, the knowledge grade has improved as 47.21% - A+, 35.62% - A and 12.88% - B+, 4.29% - B and this reveals that the Mental Health Day programme on World Alzheimer's Day was highly effective and useful for the participants.

TABLE :2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF FEED BACK GRADES ON KNOWLEDGE ABOUT WORLD ALZHEIMER'S DAY

Feed back				
	Frequency(f)	Percentage (%)		
Poor	0	0		
Average	5	2.15		
Good	8	3.43		
Very Good	85	36.48		
Excellent	135	COLLEG 57.94		

Principal

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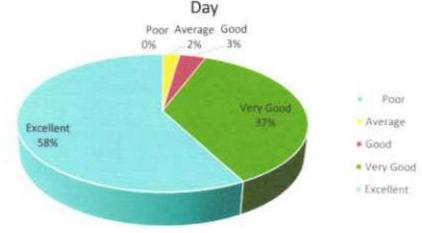


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Fig: 2 Percentage distribution of feedback grades on knowledge about World Alzheimer's



The feedback analysis shows 58% as excellent and 37% as very good, 3% as Good and 2% as Average. This indicates that the World Alzheimer's Day Program feedback is good enough and most of the participants got benefited from the sessions.



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Chinthareddypalem.

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Chinthareddypalem, NELLORE - 524 003.

Award: (Higher Education Review top 10 Nursing College - 2020)

IAO (International Accrediation Organization (2020 - 2025))





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INTERNATIONAL DRUG DAY - JUNE 26TH 2021 THEME - "SHARE FACTS ON DRUGS - SAVE LIFE"

Every year June 26th is observed as international drug day. Department of Mental Health Nursing has organized a webinar on this occasion on 26/06/2021 in Narayana College of Nursing. The theme of the International Drug Day was "Share Facts On Drugs - Save Life".

INAUGURATION (9.AM-9.15AM)

At 8.50 Am- 9.00 Am, pre-test was conducted for all the participants who enrolled for the International Drug Day progamme. The programme started at 9.00 Am with the prayer song and welcome song by 4th Year B. Sc Nursing. Dr. Indira. S, Principal, Narayana College of Nursing, officially announced the inauguration the program. Welcome address was proposed by Dr. Rajeswari, Prof. HOD, Dept of Mental Health Nursing, Narayana College of Nursing.









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A total of 42 participants including faculties and students got enrolled in the International Drug Day program.

Introduction: (9.16 Am-9.30Am)

Dr. Indira. A, Principal, Narayana College of Nursing, has given an introduction and briefly explained the drug abuse and its health consequences.

Sessions:(9.30Am -11.00Am)

Dr. S. Vijayakumar, Principal, Right School &College of Nursing, Vanagram, Chennai, presented on Trends in Drug use& psychotropic drugs and categories of drug abuse.

Dr. Rajeswari. H, Prof, HOD, Dept of Mental health nursing, Narayana College of Nursing, recited on Science of addiction & chemistry of addiction and levels of addiction and mechanism.

Mrs. Nathiya, Assistant professor, Department of Mental Health Nursing, Narayana College of Nursing, discussed on Nursing management and prevention of Alzheimer's disease & drug trafficking routes in india.

Ms.K.Deepa, Assistant professor, Department of Mental Health Nursing, Narayana College of Nursing, discussed on Drug use & Health consequences and drug abuse and its effect.

Mrs. Smitha P M, Prof, Department of Mental Health Nursing, Narayana College of Nursing, discussed on Treatment, Recovery & Prevention, NIDA'S principles for prevention programme. Mrs. Shabana. S, Assistant professor, Department of Mental Health Nursing, Narayana College of Nursing, discussed on Drug policy & Drug policies related to narcotic drugs and psychotropic substances.

Mrs. Anjani devi. N, Assistant professor, Department of Mental Health Nursing, Narayana College of Nursing, enlightened on Rehabilitation for drug user, residential treatment.

At the end session, post test was conducted for all participants and a feedback form regarding the programme was asked to fill by the participants later. Dr. Rajeswari, H, Prof, HOD, Narayana College of Nursing summarized the webinar session and Mrs. Smitha P M, Prof, delivered vote of thanks. Programme came to an end with National Anthem.

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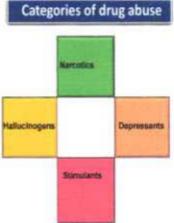


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HIGHLIGHTS OF THE PRESENTATION





Mapping the problem: NIDA'S principles for prevention programme

PROGRAMS FOR DRUG

- Family Based Drug Prevention.
- School Based Drug Abuse Prevention Programs.
- Community Based Drug Abuse Prevention Programs.





NIDA'S PRINCIPLES FOR PREVENTION PROGRAMME

Principle 1 - Prevention programs should enhance protective factors and reverse or reduce risk factors.

Principle 2 - Prevention programs should address all forms of drug abuse, alone or in combination.

Principle 3 - Presention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified prote

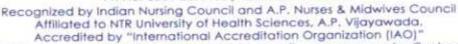








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Significant aspects of the NDPS Act

· Significant aspects of the NDPS Act:

Quantity-based sentencing

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A CONTRACTOR OF THE PARTY OF TH	Mental Health Services
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Drug	Small quantity	Commercial quantity
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Sin	100 grams (3.5 oc)	1 kilogram (2.2 lb)
Coxene	2 grams (0.071 or)	100 grams (3.5 oz)
989	1 kilogram (2.2 lb)	20 kilograms (44 lb)
300	5 grams (0.18 oz)	250 grams (8.8 oz)
	2 milligrams (0.033 gr)	100 milligrams (1.5 gr)
Methydone	2 grams (0.671 oz)	50 grams (1.8 oz)
Vogbic	5 grams (0.18 or)	250 grams (8.8 az)
Court	25 grams (0.88 oz)	2.5 kilograms (5.5 fb)







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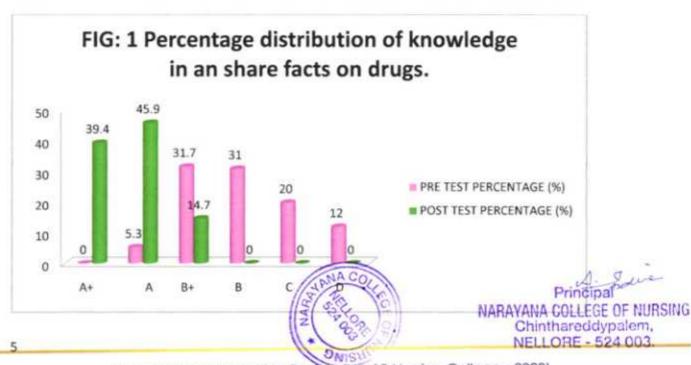


ANALYSIS

TABLE: 1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF GRADES OF KNOWLEDGE ABOUT SHARE FACTS ON DRUGS.

N=41

	PRE	TEST	POST-TEST		
GRADE	100000	PERCENTAGE	TELEVI .	Unates in	
	(F)	(%)	(F)	(%)	
A+	0	0	15	39.4.	
A	3	5.3	20	45.9	
B+	13	31.7	6	14.7	
В	12	31	0	0	
C	8	20	0	0	
D	5	12.0	0	0	
TOTAL	41	100	41	100	



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REPORT ON WORLD MENTAL HEALTH DAY 10.10. 2021

Every year October 10th is observed as World Mental Health Day. Department of Mental Health Nursing has organized a webinar on this occasion on 10/10/2021 in Narayana College of Nursing. The theme of World Mental Health Day was "Mental Health in An Unequal World".

INAUGURATION (10 AM-10.15 AM)

At 9.50 Am-10.00 Am, Pre - test was conducted for all the participants who enrolled for the Mental Health Day programme. The programme started at 10.00 am with the prayer song and welcome song by III Year B. Sc(N) students. Dr. Indira S. Principal, NCON, officially announced the inauguration the program. Welcome address was proposed by Mrs. Anjani Devi, Asso. Professor, Department of Mental Health Nursing, Narayana College of Nursing.

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A total of 92 participants including faculties and students got enrolled in the Mental Health Day programme.

Introduction: (10:16 Am - 10:30 Am)

Dr. Indira. S, Principal, Narayana College of Nursing, has given an introduction and briefly explained the inequalities facing in Mental Health sector.

Sessions: (10.30 Am - 12.00 Noon)

Dr. Anand Reddy, Narayana Medical college, has spoken about the problems facing in Mental Health area currently and how to tackle this situation.

Mrs. Nathiya, Asso. Prof, Narayana College of Nursing handled a topic on "The Nature and extent of Mental Health Inequalities". She focused on various areas of inequalities present in Mental Health Sector and the extent of problem affected in globally.

Mrs. Anjani Devi explained elaborately on "Mapping the problem:Inequalities that influenceMental Health". She has discussed on Causes that can lead to mental health inequalities, factors of mental health inequality and Local actions to reduce inequalities in mental illness.

Prof. Smitha, Narayana College of Nursing narrated about "Understanding inequalities in Mental Health during the pandemic". She focused on the short term and long-term priorities need to be taken care during the pandemic white Decision inequalities present in Mental Health sector.

Principal

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Dr. Rajeswari H, Professor & HOD, Vice Principal, NCON explained about "Tackling Socio Economicinequalities to reduceMental Health Problems". She has spoken about various community approach and Interventions on an individual level.

At the of the second day session, Post test was conducted for all the participants and a feedback form regarding the programme was asked to fill by the participants later. Dr. Rajeswari. H, Professor & HOD, Narayana College of Nursing summarized the webinar session and Prof. Smithadelivered vote of thanks. Programme came to an end with National Anthem.

HIGHLIGHTS OF THE PRESENTATION

The nature and extent of mental health inequalities



Mapping the problem: Inequalities that influence mental health



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Pandemic & mental health inequalities



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- Reference on adult talking that your and children and coming people's mental health services have fallow sharph in some areas. Health and Novell Care Solids Committee, 2020.
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Ensuring Access to Mental Health Services During the Pandemic and Beyond

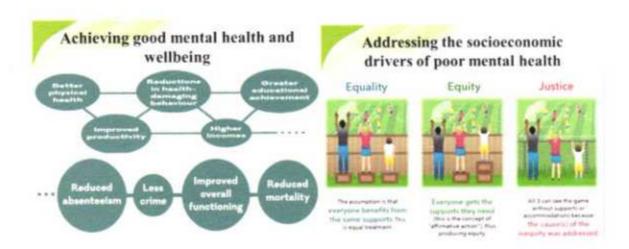


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Tackling mental health issues









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ANALYSIS

TABLE :1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF GRADES ON KNOWLEDGE ABOUT MENTAL HEALTH IN AN UNEQUAL WORLD N=92

Level of knowledge	P	re-test	Pos	it-test
(Grades)	(f)	(%)	(f)	(%)
A+	20	21.74	42	45.65
A	6	6.52	16	17.39
B+	2	2.17	18	19.57
В	4	4.35	15	16.30
C	17	18.48	1	1.09
D	43	46.74	0	0
Total	92	100	92	100

Fig: 1 Percentage distribution of grades on knowledge about Mental Health in an unequal world



■ Pre-test ■ Post-test

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Chinthareddypalem,
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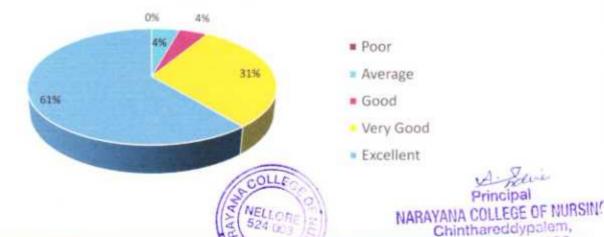
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Out of total 92 participants, the pretest scoring was 21.74% as A+, 6.52% as A, 2.17% as B+, 4.35% as B, 18.48% as C and 46.74% as D grade. But in posttest, the knowledge grade has improved as 45.65% - A+, 17.39% - A and 19.57% - B+, 16.30% - B and this reveals that the Mental Health Day programme on Mental health in an unequal world was highly effective and useful for the participants.

TABLE: 2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF FEED BACK GRADES ON KNOWLEDGE ABOUT MENTAL HEALTH IN AN UNEQUAL WORLD

Feed back			
	Frequency(f)	Percentage (%)	
Poor	0	0	
Average	4	4.35	
Good	4	4.35	
Very Good	28	30.44	
Excellent	56	60.86	

Fig:2 Percentage distribution of feedback grades on knowledge about Mental Health in an unequal world



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The feedback analysis shows 61% as excellent and 31% as very good, 4% as Good and 4% as Average. This indicates that the Mental Health Day Program feedback is good enough and most of the participants got benefited from the sessions.

NSS PROGRAMME OFFICER

NSS Program Officer
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Chinthareddypalem,
NELLORE - 524 003.

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Ph No: 0861-2317969 | Fax: 0861-2311968.





Report on Women safety Awareness program and Disha App installation

Physical program: 11 to 12 Pm

Virtual program: 12:1 pm

Narayana college of Nursing NSS unit conducted an Awareness programme on women safety in collaboration with Officials from Disha Police Station of Nellore on 29/6/21 Thursday 11 to 12 pm, an awareness programme was conducted in Narayana college of nursing campus to B.Sc nursing students, program started with Welcoming the officials with a Prayer song, lamp lighting. Dr.Indira A Principal Narayana college of Nursing spoke about the importance of women safety and the current problems facing by the women. Dr.Rajeswari Vice Principal, HOD Mental health nursing department Narayana college of nursing spoke about the need of women safety and technology to protect women. Mr.Nagarjuna reddy Sub inspector of police explained about the Disha App that it sends an alert to the control room when a woman or a girl in distress by shaking the smart phone. And also he mentioned the app has a single touch SOS button that would alert the police control room in case of distress and ensure speedy response. Ms. Shakina Disha Women police explained that the app has the option of sending an alert to family members along with police in case a woman or a girl is in danger including five members of family and friends can be added to alerts list to receive the SOS alerts. The Disha team informed they have been conducting rigorous awareness campaigns at educational institutions in part of girl students about the steps to be taken to prevent eve-teasing, harassment and other forms of abuse. The benefiters are Bsc Nursing final year students of 190and through Zoom meeting on 12 to 1 pm of 245. I vr& II vr Bsc Nursing students was participated in the awareness program. The Police official team created awareness about the Disha mobile







Ph No: 0861-2317969 | Fax: 0861-2311968.

website: www.narayananursingcollege.com | | e-mail: narayana_nursing@yahoo.co.in





app and requested them to use the app in case of distress. They also asked them to contact 100 in case of help from Police team. The programme was organized by T.Usha kiran Associate professor ,NSS program officer Narayana college of Nursing.



Fig: Mr. Nagariuna reddy Sub inspector of police was inaugurated the lamp lighting







Ph No: 0861-2317969 | Fax: 0861-2311968.









Fig: Police team were explaining about the Disha App







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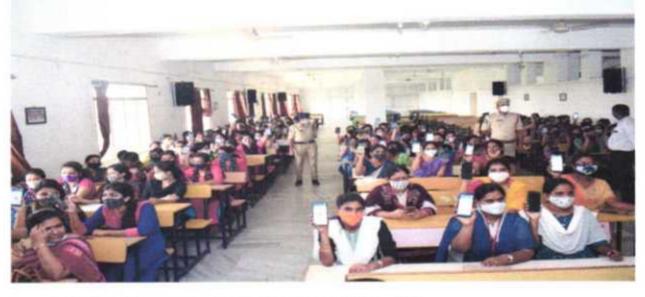


Fig: students were showing the Disha app in their mobile

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

COLLEGE OF NUMBER

PRINCIPAL





Ph No: 0861-2317969 | Fax: 0861-2311968.





REPORT ON BLOOD DONOR DAY 12.06.2021

Name of Activity organized	Blood Donor Day	
Title of the Activity	Blood Donor Day	
Date of activity organized	Jun-12 th 2021	
Name of the coordinator of Activity	Ms.T.Usha Kiran	
Place of the Activity	Narayana college of Nursing	
No. of participant(student +staff)	20	
Name of the sponsored organization	NSS cell NTRUHS	
Nature of sponsorship	Regular Nss Activity	
Objective of the Activity	Blood Donor Day	
Outcome of the Activity	COVID and related myths and problems faced by NSS Units	

Safe blood saves lives - but, for too many patients around the world whose survival depends on blood transfusion, blood transfusion is either not available or not safe. On the occasion of World Blood Donor Day NSS Cell, Dr.NTR UHS, AP organized an interactive session with NSS Program Officers, Team Leaders and interested NSS Volunteers and other stake holders-Blood Bank Managers on 12th June 2021 evening 05.30 p.m. to 06.30 p.m. The NSS Program Officer, Team Leaders, interested Volunteers to join the program positively. The link for interactive session followed

Topic- Interactive Session how to conduct successful WORLD BLOOD DONOR DAY program during COVID by NSS CELL, Dr NTR UHS AP.

https://drntruhs.webex.com/drntruhs/j.g

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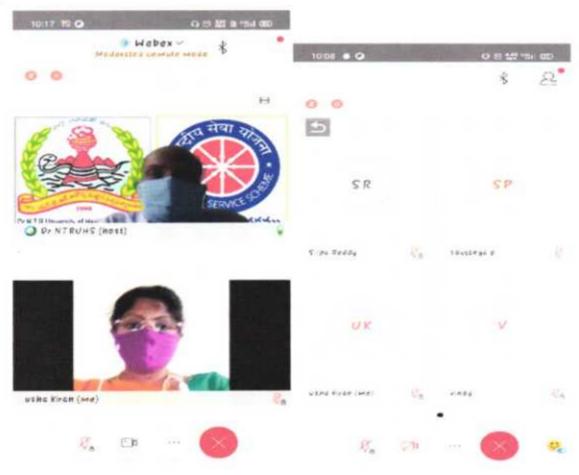


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Agenda: On the occasion WORLD BLOOD DONOR DAY, interactive session was discussion about the effective implementation of Blood Donation and awareness program during COVID and related myths and problems faced by NSS Units . Further, "Blood donation and COVID related myths" in the respective NSS units either offline or online on June 14th 2021 and forward the reports for onward transmission, at your NSS Unit level.



NSS PROGRAM OFFICER

NSS Program Officer NARAYANA COLLEGE OF NURSING

Chinthareddypalem

PRINCIPAL Principal

NARAYANA COLLEGE OF NURSING

Chinthareddypalem.

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REPORT ON WORLD HEALTH DAY 07.04.2021

Name of Activity organized	World health Day	
Title of the Activity	World health Day	
Date of activity organized	7-4- 2021	
Name of the coordinator of Activity	Ms.T.Usha Kiran	
Place of the Activity	Narayana college of nursing	
No. of participant(student +staff)	120	
Name of the sponsored organization	NSS cell NTRUHS	
Nature of sponsorship	Regular Nss Activity	
Objective of the Activity	World health Day	
Outcome of the Activity	"Building a fairer, healthier world	

WORLD HEALTH DAY PROGRAMME on 07/04/2021 organized by NSS & MSN Dept the dignitaries were invited to light the lamp and inaugurate the programme. Total of120participants were participated in this program. The theme of the program is "Building a fairer, healthier world". WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others, We as teachers need to review the importance of living a healthy lifestyle and inculcate those values in our students Its great day for students to get out of their seats and get their blood pumping or enjoy some much need meditation to help with their anxiety. We, at Narayana college of nursing conducted various activities in the class room on the same day such as makingphrases related to health and fitness, Besides, Students were taught about the healthy habits to follow and how to stay fit by taking a balanced diet. All the activities were carried out in a planned manner and proved to be a greatplatform for students to learn

how to live health





Ph No: 0861-2317969 | Fax: 0861-2311968.





Photo gallery



Fig: Faculty were starting the program with lamp lighting



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Ph No: 0861-2317969 | Fax: 0861-2311968.



website: www.narayananursingcollege.com | | e-mail: narayana_nursing@yahoo.co.in





Prof .Latha giving explanation about spiritual health

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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PRINCIPAL





Ph No: 0861-2317969 | Fax: 0861-2311968.



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Out of total 41 participants, the pretest scoring was 3(5.3) scored "A" grade, 13 (31.7%) participants scored "B+" grade, 12 (31%) participants scored "B" grade,

8(20%)scored"C", D grade scored 5(12%) and no participants scoredA+. But in the post test, the knowledge level improved as 15(39.4%)participants scored "A+" grade, 20(45.9%) scored "A" grade, and 6 (14.7%) of participants scored"B+" grade, and there was no participants in B, C and Dgrades. This reveals that the International Drug Day on share facts on drugs was highly effective and useful for the participants.

TABLE NO: 2: FREQUENCY AND PERCENTAGE DISTRIBUTION OF FEEDBACK ANALYSIS GRADES ON KNOWLEDGE ABOUT SHARE FACTS ON DRUGS N=41

DESCRIPTION	PARTICIPANTS		
	FREQUENCY (F)	PERCENTAGE (%)	
Excellent	20	47.9	
Very good	16	40.4	
Good	5	11.7	
Average	0	0	
Poor	0	0	
Total	41	100	

Principal

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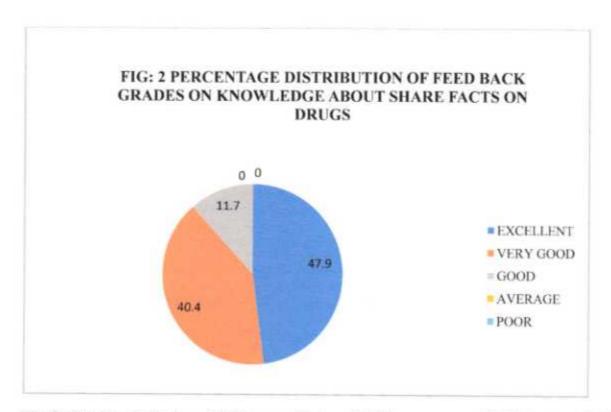




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The feedback analysis shows 47.9% as excellent and 40.4% as very good, 11.7% as good. This indicates that the International Drug Day program feedback is good enough and most of the participants got benefited from this sessions.

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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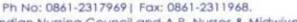
REPORT ON INTERNATIONAL YOGA DAY-21 June 2021

Name of Activity organized	International yoga day	
Title of the Activity	"Let Us Breathe: A Glance into the Nuances of Yoga	
Date of activity organized	21st June 2021	
Name of the coordinator of Activity	Mrs. T.Usha kiran	
Place of the Activity	Narayana college of nursing/web platform	
No. of participant (student +staff)	NSS program officer -1	
Name of the sponsored organization	NSS cell NTRUHS	
Nature of sponsorship	Regular NSS Activity	
Objective of the Activity	Make the NSS volunteers and students to participate in the Yog day	
Outcome of the Activity	Awareness of the benefits of yoga to them and their family members.	













REPORT ON INTERNATIONAL YOGA DAY 2021 WEBINAR The NSS cell of NTRUHS organized yoga session for all NSS volunteers affiliated under NTRUHS Vijayawada we Narayana college of Nursing took part in the yoga session to celebrate International Yoga Day 2021 on 21 June 2021 under the leadership of Dr Vivekananda kattimani . Yoga is the 'union' or coming together of mind and physical body. It fosters harmony in the body, mind, and environment. The theme of the webinar was "Let Us Breathe: A Glance into the Nuances of Yoga." This year is celebrated as the 7th International Yoga Day. The webinar started off with the welcome speech by Nss volunteer of Vishnu Dental college, welcoming all who were present. Each volunteer was instructed to perform asanas as for 5 min which includes surya namaskara, balancing asanas in live . Dr. Vivekanand and his team had been doing voga for many years and he acquired knowledge. He conveyed that yoga is simple which everyone can do to improve their mental and physical health. There are two important practices in yoga which are asana and pranayama. Asana is a physical duration lasts at least 30 secs. We actually gain energy through it and we connect with the air we breathe. Pranayama is a formal practice of controlling the breath. He taught the techniques to sync one's attention with the breath and recognize it. Through these techniques, we can increase our oxygen levels and end up boosting our energy levels too. The programme was continued for two hours and at the end a volunteer delivered the vote of thanks







Ph No: 0861-2317969 | Fax: 0861-2311968.







Fig 1: . NSS volenteers and parents of Narayana College of Nursing present in the webmar

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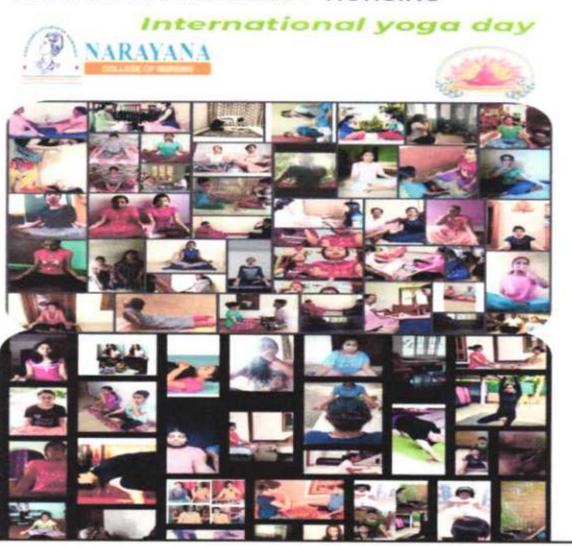


Fig 2: Narayana college of Nursing Nss volenteers participating in the international yoga Day

NSS PROGRAM OFFICER

SIGNATURE

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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REPORT ON SWACHH BHARATH PROGRAM-02.10. 2021

Name of Activity organized	Swachh Bharath Program	
Title of the Activity	SWACHH BHARATH PROGRAM 2021	
Date of activity organized	October 2 nd 2021	
Name of the coordinator of Activity	Mrs.Usha kiran	
Place of the Activity	Narayana College of Nursing, Nellore.	
No. of participant (students +staffs)	25+10	
Name of the sponsored organization	NSS cell NTRUHS	
Nature of sponsorship	Regular Nss Activity	
Objective of the Activity	To maintain cleanliness in college premises	
Outcome of the Activity	Cleaning the college premises from morning to afternoon.	

Narayana College of Nursing initiated a step ahead with NSS unit of Narayana College of nursing under conducted Swachh Bharath program on 2.10.2026. NSS volunteers and program officer were participated in Swachh Bharath program by taking the Swatch Bharath- swatch India oath. Chief Guest of the program was Dr. Indira S. Principal, Narayana College of Nursing gave speech on the importance of nationwide cleanliness initiative in the form of "Swachh Bharath Mission" focussing on improvement in cleanliness and hygiene in urban and rural areas, in work places and homes etc. The motto is to maintain cleanliness in college premises. The main purpose of this programme was to create awareness

Among the students regarding Cleanliness and its benefitsAs a part of this Cleanliness Drive, we had to clean the whole college.Our Principal started the programme by cleaning the corners of the play ground. Then the teachers and students followed suit. Some of the students

Principal





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picked brooms and started job. Some of the students did the dusting of the rooms. And others went to the play ground and started picking wrappers lying scattered there. After collecting them they threw them in to the dustbins. After doing this job for two to three hours, we all assembled in the hall. Thereafter our Principal delivered the speech telling us the importance of sanitation. He also honoured the sweepers of the school for their noble job. In the end we all took oath of keeping our home, locality and city clean. It was a unique experience for all of us. We were curious to be the part of this great drive that could have transformed the face of our country for ever. Twenty-five NSS volunteers were actively participated in cleaning the college premises from morning to afternoon. Later the refreshments were distributed to NSS volunteers.

PHOTO GALARY



Fig 1: NSS volunteers cleaning the Narayana Nursing College Campus.







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Fig 2: NSS Volunteers cleaning Narayana College of Nursing Campus

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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