



**NARAYANA**  
**COLLEGE OF NURSING**

Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com | | e-mail: narayana\_nursing@yahoo.co.in



## 7.3 INSTITUTIONAL DISTINCTIVENESS

### 7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 500 words

**Response:** The Institution has a distinctive vision, priority and thrust in Student Research area understanding the importance of research for overall development of education sector, societal development and personal development. Individual project is made it mandatory by the institution for undergraduate students and students are encouraged to present scientific studies and posters in conferences. Our institution can proudly mention that we are distinctive in many aspects other than research area such as unique teaching – learning methods (BRICS)2, Quiz, Group discussion, E- learning module, E – content in library, AV aids- LCD, Faculty development programme, Enrichment programme, Value added course, and Online exam for students

**Additional Departments:** Four ancillary departments (Nursing Management, Nursing Administration, Nursing Research, and Nursing Foundation) are functional apart from the requirement of the affiliated bodies.

**Narayana Nursing journal:** Narayana Nursing Journal (NNJ) is a quarterly peer-reviewed, scope med indexed journal published quarterly by the Narayana College of Nursing. So far, 424 articles are published in the journal which has an impact factor of 0.5 with citations 124, h index 6 and I index 2.



*A. S. Srinivas*  
Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.

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

IAO (International Accreditation Organization (2020 - 2025))



**NARAYANA**  
**COLLEGE OF NURSING**

Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: [www.narayanannursingcollege.com](http://www.narayanannursingcollege.com) | | e-mail: [narayana\\_nursing@yahoo.co.in](mailto:narayana_nursing@yahoo.co.in)



**Nurse Led Clinic:** Nurse led clinic is one of the institutional distinctiveness that has been carried out in the institution. The main aim is to bring health behaviour change through health communication. The objectives are formulated by the institution those are to recuperate fitness, to augment wellbeing by creating positive attitude, to habituate healthy behaviour throughout their lifespan and implemented by through the various activities. The health initiatives are taken such as Breast self examination, assessment of BMI, assess the diabetic foot, sax phonic music, assessment of growth and development through enlighten the clients knowledge and to modified their life style changes. Our faculties are distributed the information booklets and palm lets to the clients and gathered the clients and attendees into centre. The faculties performed and assessed the various activities and taken health initiatives such as Breast self examination, assessment of BMI, assess the diabetic foot, sax phonic music, assessment of growth and development through enlighten the clients knowledge and to modified their life style changes. The clients filled the assessment forms and feedback given.

*A. S. Sene*  
**PRINCIPAL**



## NARAYNA AROGYA CHAITHANYALAYA

### A Health Initiative

#### ASSESSMENT OF NUTRITIONAL STATUS

Name:

Age:

Sex:

Education

Occupation

Address with phone No:

Menstrual history

Height:

Weight:

BMI:

Mid arm circumference

Skin fold thickness:

Food habits:

Other habits:



*A. Sare*  
Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.





Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council  
Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: [www.narayanannursingcollege.com](http://www.narayanannursingcollege.com) | | e-mail: [narayana\\_nursing@yahoo.co.in](mailto:narayana_nursing@yahoo.co.in)



## Nutrition focused physical signs:

Skin :

Nails:

Hair:

Eyes:

Oral cavity:

## INTERPRETATION:



*A. J. Reddy*  
**PRINCIPAL**

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



# **NARAYANA** **COLLEGE OF NURSING**

Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council  
Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: [www.narayanannursingcollege.com](http://www.narayanannursingcollege.com) | | e-mail: [narayana\\_nursing@yahoo.co.in](mailto:narayana_nursing@yahoo.co.in)



**నారాయణ ఆరోగ్య చైతన్యాలయ**  
A Health Initiative

## **NARAYANA AROGYA CHAITHANYALAYA**

**A Health initiative**

### **ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Waking up time:

Bowel habits :

Exercises:

If yes

Type of exercise

Duration of exercise

Personal hygiene:

Sleeping time:

No of sleeping hours on average:



  
**PRINCIPAL**

Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.

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

IAO (International Accreditation Organization (2020 - 2025))



Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com | | e-mail: narayana\_nursing@yahoo.co.in



## NARAYNA AROGYA CHAITHANYALAYA

### A Health Initiative

### ASSESSMENT OF OBESITY

Name:

Age:

Sex

Skin fold thickness:

Address with phone no:

Family history of obesity:

Menstrual history

Height:

Wight:

BMI:

Mid arm circumference

Skin fold thickness:

Food habits:

Other habits:

Activities of daily living:

Anxiety & depression :



*A. S. Reddy*  
**PRINCIPAL**

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

Award: (Higher Education Review Top 10 Nursing Colleges 2024)  
IAO (International Accrediation Organization (2020 - 2025))





# ನಾರಾಯಣ ಆರೋಗ್ಯ ಚೈತನ್ಯಾಲಯ

A HEALTH INITIATIVE

## Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

1.
  - 0 I do not feel sad.
  - 1 I feel sad
  - 2 I am sad all the time and I can't snap out of it.
  - 3 I am so sad and unhappy that I can't stand it.
2.
  - 0 I am not particularly discouraged about the future.
  - 1 I feel discouraged about the future.
  - 2 I feel I have nothing to look forward to.
  - 3 I feel the future is hopeless and that things cannot improve.
3.
  - 0 I do not feel like a failure.
  - 1 I feel I have failed more than the average person.
  - 2 As I look back on my life, all I can see is a lot of failures.
  - 3 I feel I am a complete failure as a person.
4.
  - 0 I get as much satisfaction out of things as I used to.
  - 1 I don't enjoy things the way I used to.
  - 2 I don't get real satisfaction out of anything anymore.
  - 3 I am dissatisfied or bored with everything.
5.
  - 0 I don't feel particularly guilty
  - 1 I feel guilty a good part of the time.
  - 2 I feel quite guilty most of the time.
  - 3 I feel guilty all of the time.
6.
  - 0 I don't feel I am being punished.
  - 1 I feel I may be punished.
  - 2 I expect to be punished.
  - 3 I feel I am being punished.
7.
  - 0 I don't feel disappointed in myself.
  - 1 I am disappointed in myself.
  - 2 I am disgusted with myself.
  - 3 I hate myself.
8.
  - 0 I don't feel I am any worse than anybody else.
  - 1 I am critical of myself for my weaknesses or mistakes.
  - 2 I blame myself all the time for my faults.
  - 3 I blame myself for everything bad that happens.
9.
  - 0 I don't have any thoughts of killing myself.
  - 1 I have thoughts of killing myself, but I would not carry them out.
  - 2 I would like to kill myself.



Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

- 3 I would kill myself if I had the chance.
10.  
0 I don't cry any more than usual.  
1 I cry more now than I used to.  
2 I cry all the time now.  
3 I used to be able to cry, but now I can't cry even though I want to.
11.  
0 I am no more irritated by things than I ever was.  
1 I am slightly more irritated now than usual.  
2 I am quite annoyed or irritated a good deal of the time.  
3 I feel irritated all the time.
12.  
0 I have not lost interest in other people.  
1 I am less interested in other people than I used to be.  
2 I have lost most of my interest in other people.  
3 I have lost all of my interest in other people.
13.  
0 I make decisions about as well as I ever could.  
1 I put off making decisions more than I used to.  
2 I have greater difficulty in making decisions more than I used to.  
3 I can't make decisions at all anymore.
14.  
0 I don't feel that I look any worse than I used to.  
1 I am worried that I am looking old or unattractive.  
2 I feel there are permanent changes in my appearance that make me look unattractive  
3 I believe that I look ugly.
15.  
0 I can work about as well as before.  
1 It takes an extra effort to get started at doing something.  
2 I have to push myself very hard to do anything.  
3 I can't do any work at all.
16.  
0 I can sleep as well as usual.  
1 I don't sleep as well as I used to.  
2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.  
3 I wake up several hours earlier than I used to and cannot get back to sleep.
17.  
0 I don't get more tired than usual.  
1 I get tired more easily than I used to.  
2 I get tired from doing almost anything.  
3 I am too tired to do anything.
18.  
0 My appetite is no worse than usual.  
1 My appetite is not as good as it used to be.  
2 My appetite is much worse now.  
3 I have no appetite at all anymore.
19.  
0 I haven't lost much weight, if any, lately.  
1 I have lost more than five pounds.  
2 I have lost more than ten pounds.  
3 I have lost more than fifteen pounds.



A. S. Reddy  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



- 20.
- 0 I am no more worried about my health than usual.
- 1 I am worried about physical problems like aches, pains, upset stomach, or constipation.
- 2 I am very worried about physical problems and it's hard to think of much else.
- 3 I am so worried about my physical problems that I cannot think of anything else.
- 21.
- 0 I have not noticed any recent change in my interest in sex.
- 1 I am less interested in sex than I used to be.
- 2 I have almost no interest in sex.
- 3 I have lost interest in sex completely.

Total Score \_\_\_\_\_ Levels of Depression

1-10	_____	These ups and downs are considered normal
11-16	_____	Mild mood disturbance
17-20	_____	Borderline clinical depression
21-30	_____	Moderate depression
31-40	_____	Severe depression
over 40	_____	Extreme depression



*A. S. Adena*  
**PRINCIPAL**

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



# నారాయణ ఆరోగ్య చైతన్యాలయ

A HEALTH INITIATIVE

## ANXIETY ASSESSMENT SCALE

	Not at all	Mildly, but it didn't bother me much	Moderately – it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding / racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky / unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot / cold sweats	0	1	2	3

SOURCE: BECK ANXIETY INVENTORY (BAI)



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: [www.narayanannursingcollege.com](http://www.narayanannursingcollege.com) || e-mail: [narayana\\_nursing@yahoo.co.in](mailto:narayana_nursing@yahoo.co.in)

## NARAYANA AROGYA CHAITHANYALAYA

*-A Health initiative.*

### NURSE LED CLINIC

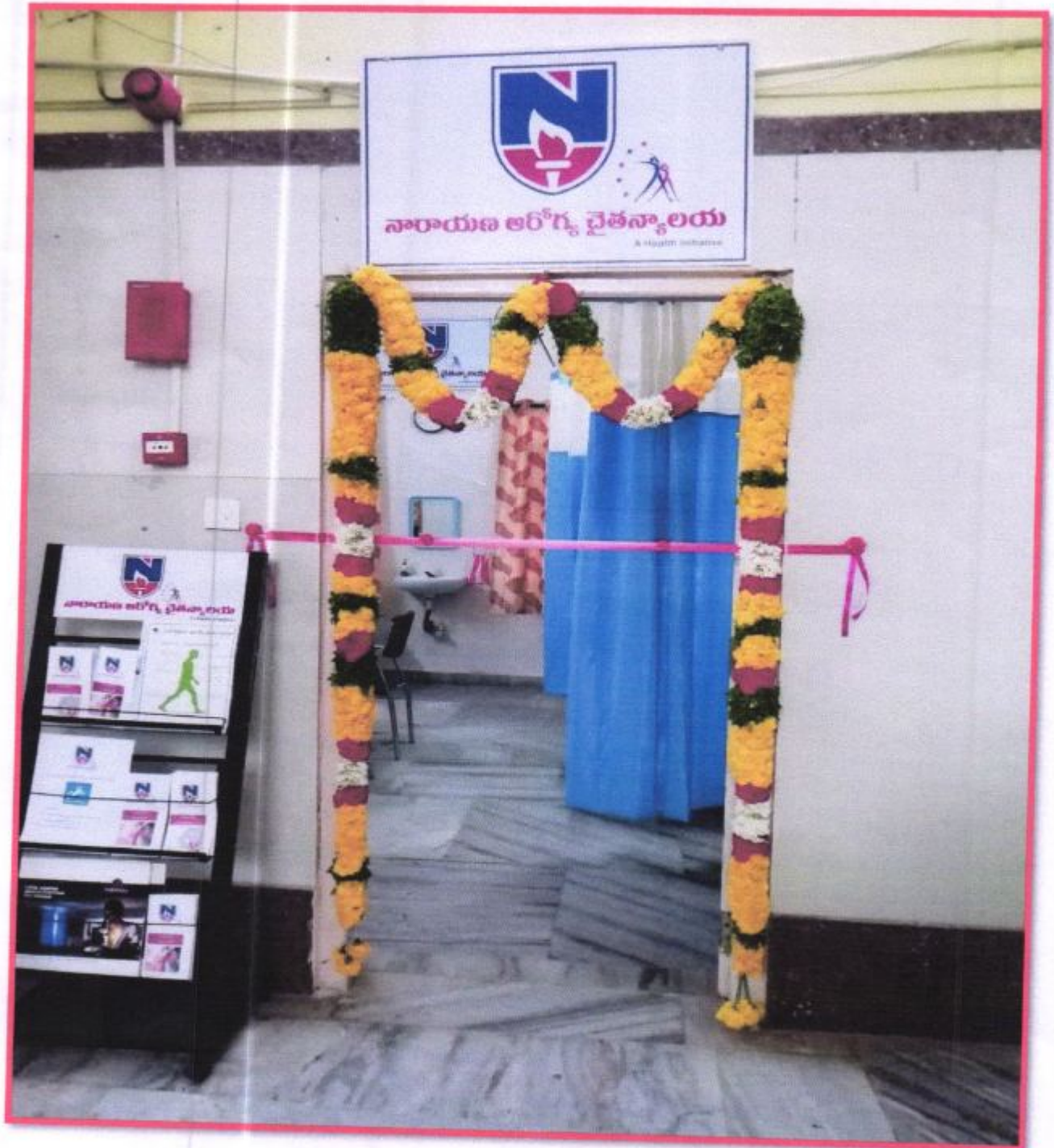
Nurse Led Clinic is one of the institutional distinctiveness that has been carried out in the College. The main aim is to bring health behavior change through health communication. The objectives are formulated by the institution those are to recuperate fitness, to augment wellbeing by creating positive attitude, to habituate healthy behavior throughout their lifespan and implemented by through the various activities. Dr. INDIRA.A, Principal, Narayana College of Nursing Initiator and Director of the Nurse Led Clinic program. Mrs. SMITHA PM, Professor Department of Mental Health Nursing organized the program. The program was inaugurated by the DR. SANKAR, Register of Dr.NTR University health science and Dr. SURYA PRAKASH ROA, Dean, Narayana Medical College and Dr. INDIRA.A, Principal, Narayana College of Nursing on 11/02/2020 at Narayana Medical College and Hospital. Our faculties are distributed the information booklets and palm lets to the clients and gathered the clients and attendees into center. The faculties performed and assessed the various activities and taken health initiatives such as Breast self examination, assessment of BMI, assess the diabetic



*A. S. Prasad*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



foot, sax phonic music, assessment of growth and development through enlighten the clients knowledge and to modified their life style changes. The clients filled the assessment forms and feedback given.



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





*A. S. Sudevi*  
**Principal**  
**NARAYANA COLLEGE OF NURSING**  
 Chinthareddypalem,  
 NELLORE - 524 003.





*A. J. Jeeva*  
 Principal  
 NARAYANA COLLEGE OF NURSING  
 Chinthareddypalem,  
 NELLORE - 524 003.





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



*A. S. Nalla*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**నారాయణ ఆరోగ్య చైతన్యాలయం**

**A Health Initiative**



## HOME REMEDIES FOR BACK PAIN

What are the causes of back pain?

- ✓ Low back pain is caused by injury to a muscle (strain) or ligament (sprain).
- ✓ Common causes include improper lifting, poor posture, lack of regular exercise
- ✓ Often, the only symptom is pain in the lower back.

COMBATING WORK-RELATED  
**BACK PAIN**  
NATURALLY & EFFECTIVELY

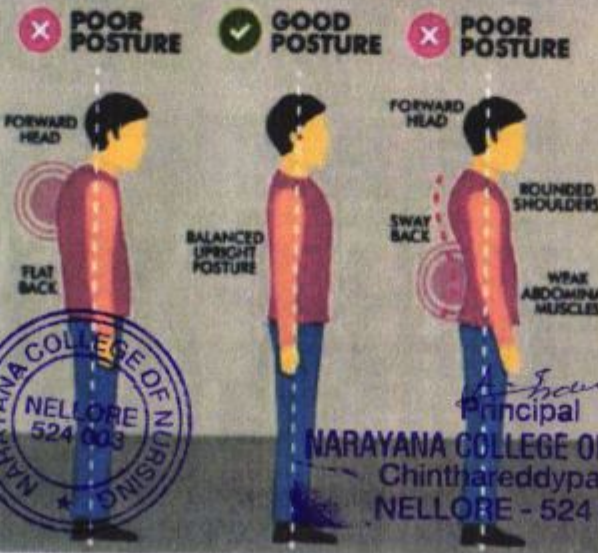


Exercise helps my back. If I don't exercise, that's when it starts to hurt. The pain is a good motivator to run and exercise.  
Author: Bear Grylls

## "Tips to Prevent Back Pain"

- Exercise Regularly
- Follow a Healthy Diet
- Maintain a Good Posture
- Don't Overload Your Bag
- Avoid Cradle the Phone Between Your Neck and Shoulder
- Wear Comfortable Shoes
- Sleep on a Comfortable and Ergonomic Mattress
- Invest in a Good Chair
- Lift with Your Knees and Keep the Object Close to the Body
- Quit Smoking
- Have Regular Spinal Check-Ups

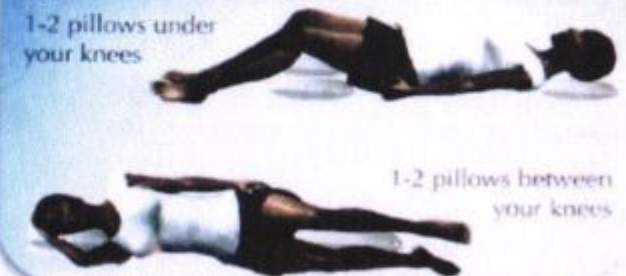
### DO YOU HAVE GOOD POSTURE?



### Back stretches at your desk 5 seconds and 3 times each



### Pillow support for lower back relief



### Back pain relief position

Rest for 10-15 minutes or more with your hips and knees at a 90 degree angle as shown.





# EXERCISES TO REDUCE LOWER BACK PAIN



నారాయణ ఆరోగ్య చైతన్యాలయం  
A Health Initiative



STANDING HAMSTRING STRETCH



PARTIAL CURL



EXTENSION EXERCISE



QUADRUPED ARM/LEG RAISE



SIDE PLANK



CAT AND CAMEL



GLUTEAL STRETCH



నడుమునొప్పి  
LOW BACK PAIN



PELVIC TILT



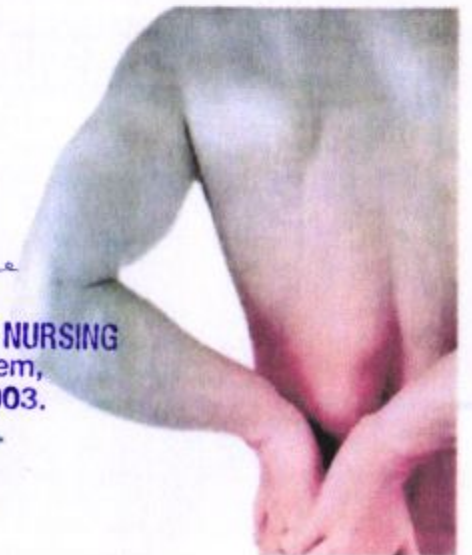
THE VERY BEST  
**THING**  
YOU CAN DO  
FOR THE WHOLE WORLD  
IS TO MAKE  
**THE BEST**  
OF YOURSELF.

- ❖ Maintain correct posture during activities. ...
- ❖ Maintain correct posture when sitting. ...
- ❖ Use ice or heat.
- ❖ Stretch your muscles. ...
- ❖ Wear proper footwear. ...
- ❖ Maintain a healthy weight.
- ❖ Stay active.



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

BACK PAIN

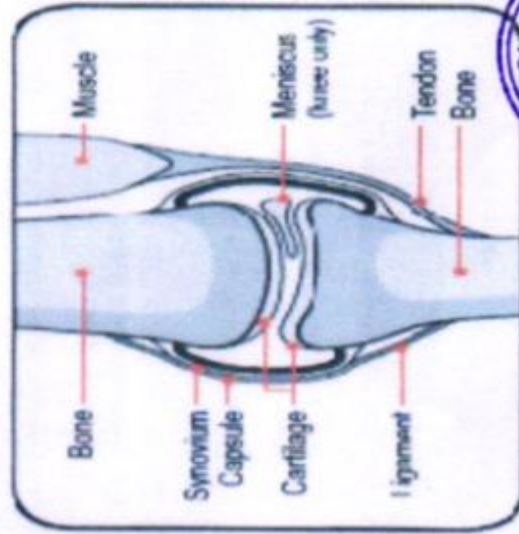




## Osteoarthritis

- ❖ OA is more common in women than men,
- ❖ But the prevalence increases dramatically with age.
- ❖ OA of the knee is a major cause of mobility impairment, particularly among females.

A normal knee joint



## HOME EXERCISES

### Thigh muscle (quadriceps) exercises

#### Straight-leg raise (sitting)

Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times with each leg. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



#### Straight-leg raise (lying)

Bend one leg at the knee. Hold the other leg straight and lift the foot just off the bed. Hold for a slow count of 5, then lower. Repeat 5 times with each leg. Try doing it in the morning and at night while lying in bed.



#### Leg stretch

Sit on the floor with your legs stretched out in front. Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds. Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times with each leg.



#### Leg cross

Sit on the edge of a table or bed. Cross your ankles over. Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense. Hold for 10 seconds, then relax. Switch legs and repeat. Do 4 sets with each leg.



#### Sit/stands

Sit on a chair. Without using your hands for support, stand up and then sit back down. Make sure each movement is slow and controlled. Repeat for 1 minute. As you improve, try to increase the number of sit/stands you can do in 1 minute and try the exercise from lower chairs or the bottom two steps of a staircase.



#### Step ups

Step onto the bottom step of stairs with the right foot. Bring up the left foot, then step down with the right foot, followed by the left foot. Repeat with each leg until you get short of breath. Hold on to the banister if necessary. As you improve, try to increase the number of steps you can do in 1 minute and the height of the step.



#### Knee squats

Hold onto a chair or work surface for support. Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times. As you improve, try to squat a little further. Don't bend your knees beyond a right angle.



*A. J. Jagan*  
Principal

NARAYANA COLLEGE OF NURSING,  
Chinthareddyapalem,  
NELLORE - 524 003.





- "Remove home hazards".

Ex: Slippery Tiles , DoorSteps

- Light up your living space.
- Use Assistive devices.

Ex: Standing Frame, Sticks & Canes



#### FALL PREVENTION PROGRAM



Educating patients potential for falling while hospitalized is **VERY IMPORTANT.**

Frame/Walker



*A. S. Reddy*  
Principal  
**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.

- ❖ Living with osteoarthritis is a balancing act: an exploration of patients' beliefs about knee pain

#### ON ONE HAND...

1. Impact during activity wears out my knee
2. There is activity that I'm told is good for my knees
3. I want to make the most of my active life while I still can
4. I would rather ignore my knee
5. Medication helps my pain
6. I need to keep going

#### ON THE OTHER HAND...

1. Activity is good for me
2. There is activity that is right for me (and activities good for the knees are often not right for me)
3. I do not want to wear my knee out faster
4. I need to plan my life around my knee
5. Medication does not fix my knee
6. I need to rest and pace

THE VERY BEST  
**THING**  
YOU CAN DO  
FOR THE WHOLE WORLD  
IS TO MAKE  
**THE BEST**  
OF YOURSELF.

#### Summary

- ❖ Knee pain can be caused by a number of different things. Whatever the cause, exercise and keeping to a healthy weight can reduce symptoms.
- ❖ Try the exercises suggested here to help ease pain and prevent further damage.



నారాయణ ఆరోగ్య చైతన్యాలయం

A Health Initiative

మోకాలి నొప్పి  
Knee Pain



Principal  
A. S. Raju  
Stay active  
NARAYANA COLLEGE OF NURSING  
Chinthareddyapalem,  
NELLORE - 524 003



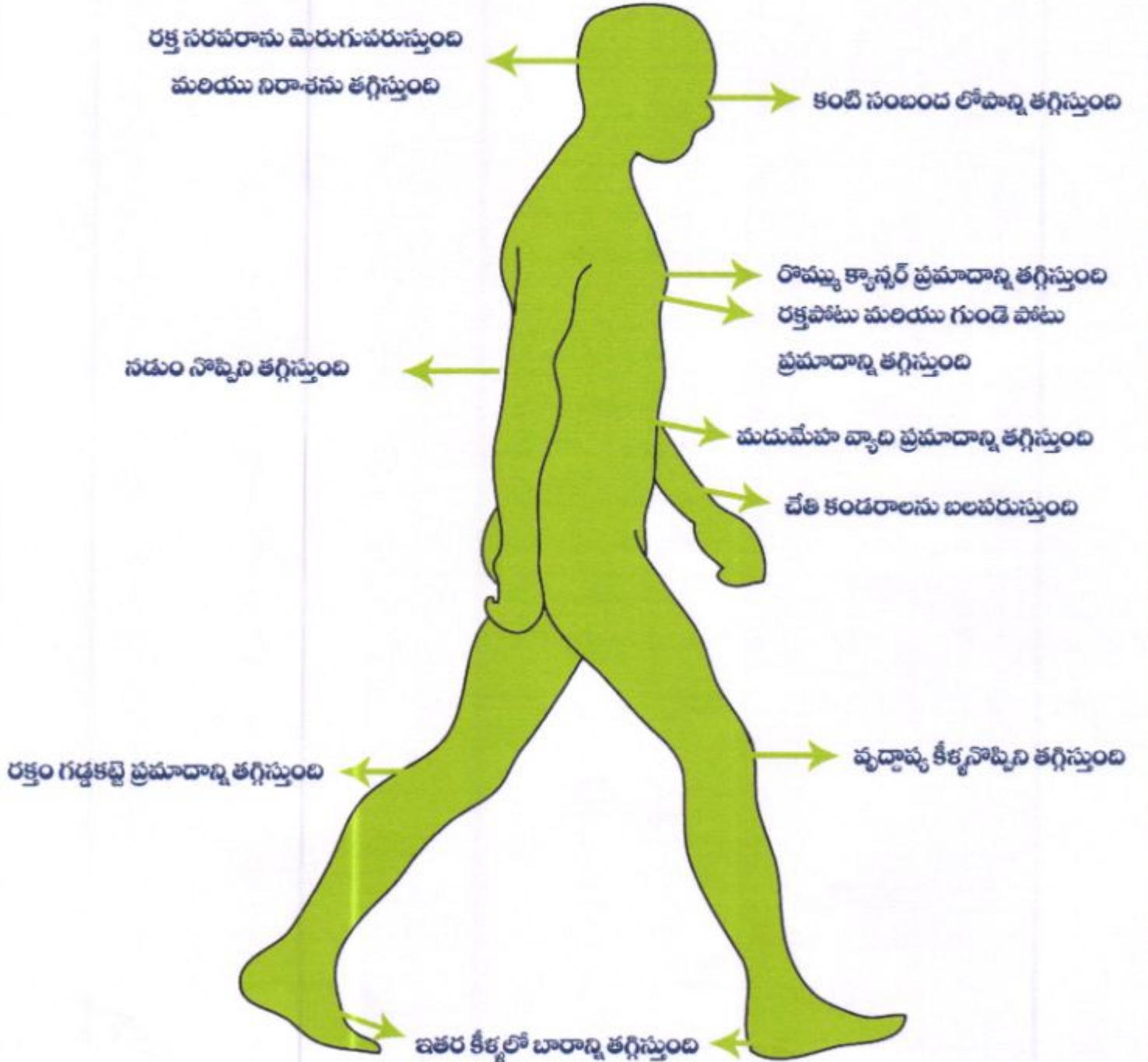




# నారాయణ ఆరోగ్య చైతీన్యాలయం

A HEALTH INITIATIVE

## శారీరక శ్రమ - చురుకైన నడక ఉపయోగాలు



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





# నారాయణ ఆరోగ్య చైతన్యాలయం

# ఆరోగ్య చైతన్యాలయం

## రామ్ము స్వయం పరీక్ష

A HEALTH INITIATIVE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

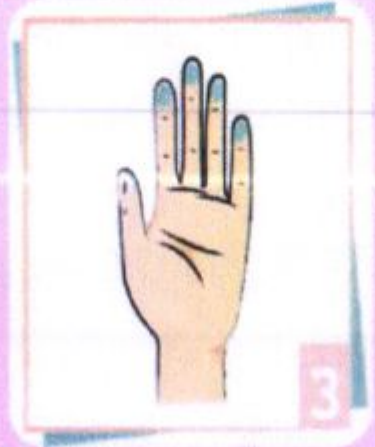
1

నెలసరి తర్వాత  
అడవ రోజు రామ్మును  
ఎలాగా పరీక్షించుకోవాలి



2

చెయ్యి పైకెత్తి రామ్ము  
మరియు చంకలను  
పరిశీలించాలి



3

రామ్ము పరీక్షకు  
చేతివేళ్ళ మొనలను  
ఉపయోగించాలి



4

రామ్ము పైకి క్రిందకి  
ఈ విధంగా  
పరీక్షించుకోవాలి



5

అర్ధవృత్తాకారంలో  
పరీక్షించుకోవాలి



6

వృత్తాకారంలో  
పరీక్షించుకోవాలి



7

రామ్ములోగర్భం  
ఏమైనా ఉన్నా  
అదంలో చూసుకోవాలి



8

రామ్ముపై  
ఏమైనా చూస్తున్నారా  
ఉనాయో చూసుకోవాలి



9

వసునాయో చూసుకోవాలి



A. S. Reddy  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003

అదంలో చూసుకోవాలి ఉనాయో చూసుకోవాలి వసునాయో చూసుకోవాలి



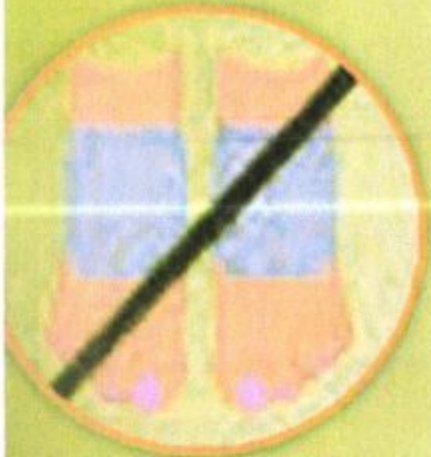


# నారాయణ ఆరోగ్య చైతన్యాలయం

నారాయణ ఆరోగ్య చైతన్యాలయం  
A Health Initiative

## మధుమేహవ్యాధి: పాదసంరక్షణ

A Health Initiative



తాపన (Heat) ప్యాడ్లను వ్యూహం ఉపయోగించ కూడదు



అధిక హీల్స్ వేసుకోవడం మానుకోవాలి



పాదాలమీద బొబ్బలను పగులగోట్టవద్దు



బిగుతుగా వుండే చెప్పులు వేసుకొనరాదు



కాలుమీద కాలువేసుకొని కూర్చోకూడదు



గోరుకట్టరీతి గోర్లను కత్తిరించుకోవాలి



నబ్బతో శుభ్రపరచుకోవాలి



A. J. Nave  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem, కాళ్ళను తేలికపాటి  
NELLORE - 524 003.  
నబ్బతో శుభ్రపరచుకోవాలి



# నారాయణ ఆరోగ్య చైతన్యాలయం

A HEALTH INITIATIVE

## మధుమేహవ్యాధిర్రస్తుల పాద పరిశీలన



ప్రతిరోజు పాదాలను శుభ్రపరచుకోవాలి



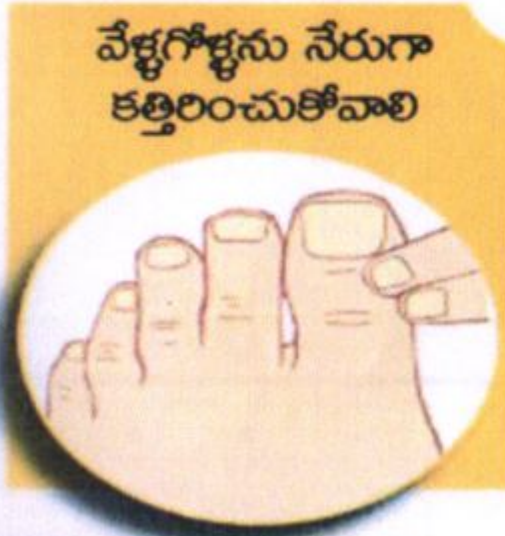
ప్రత్యేకంగా కాలి వేళ్ల మధ్య పొడిగుడ్లతో శుభ్రపరచుకోవాలి



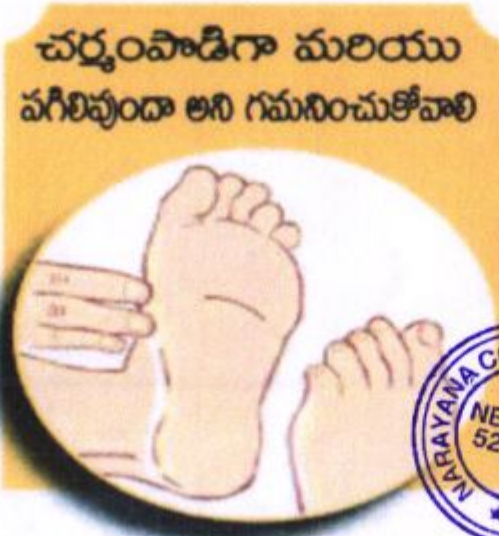
పాదాలలో బొబ్బలు, ఉష్ణోగ్రత మార్పులు గమనించుకోవాలి



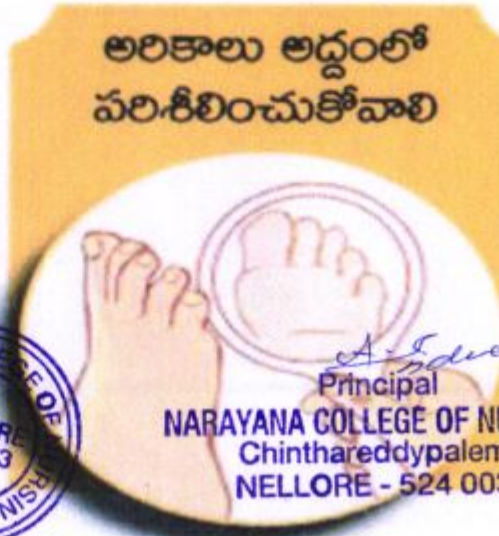
కాలివేళ్లమధ్య మరియు ప్రతివేలు గోరును పరిక్షించుకోవాలి



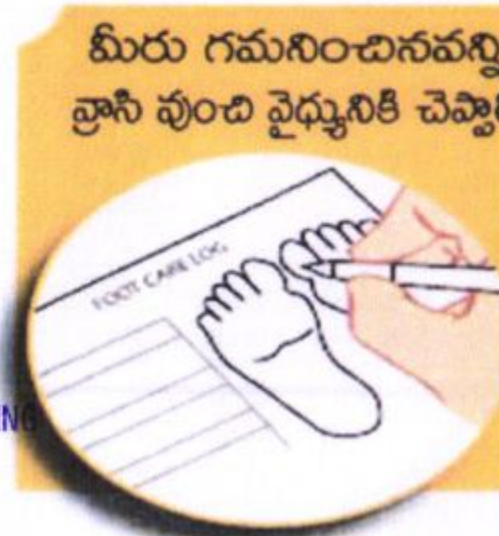
వేళ్లగోళ్లను నేరుగా కత్తిరించుకోవాలి



చర్మంపొడిగా మరియు పగిలివుండా అని గమనించుకోవాలి



అరికాలు అద్దంలో పరిశీలించుకోవాలి



మీరు గమనించినవన్ని వ్రాసి వుంచి వైద్యునికి చెప్పాలి



A. S. Reddy  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddy palem,  
NELLORE - 524 003.

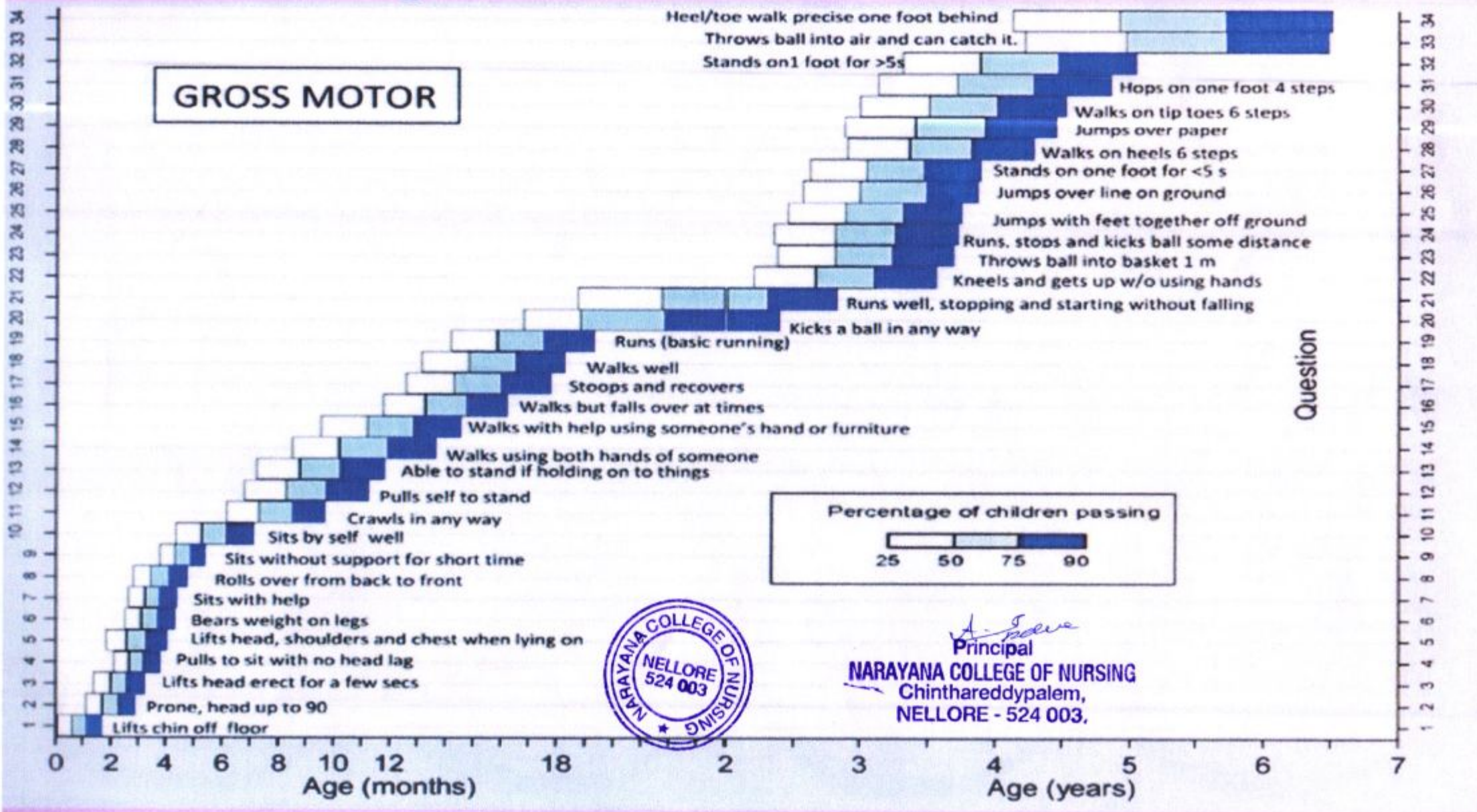




# నారాయణ ఆరోగ్య చైతన్యాలయం

డెవ్లప్ మెంట్

A HEALTH INITIATIVE



*A. S. Reddy*  
 Principal  
 NARAYANA COLLEGE OF NURSING  
 Chinthareddypalem,  
 NELLORE - 524 003.





నారాయణ వైద్యనాస్యాలయం  
A HEALTH INITIATIVE

# నారాయణ ఆరోగ్య వైద్యనాస్యాలయం

A HEALTH INITIATIVE

## ప్రపంచ ఆరోగ్య సంస్థ (WHO) బరువు వర్గీకరణ

బరువు వర్గీకరణ	శరీరద్రవ్యరాశి సూచిక (BMI) $BMI = \frac{\text{బరువు (కేజీ)}}{(\text{ఎత్తు})^2 \text{ మీటర్}}$
తక్కువ బరువు	< 18.5
సాధారణ బరువు	18.5 - 24.9
అధిక బరువు	25.0 - 29.9
ఉబకాయం	$\geq 30$
ఉబకాయం తరగతి - 1	30.0 - 34.9
ఉబకాయం తరగతి - 2	35.0 - 39.9
ఉబకాయం తరగతి - 3	$\geq 40$



*A. S. Rao*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddyapalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయం



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: S. Bhargavi  
వయస్సు: 19<sup>th</sup>  
చిరునామ:

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: NO

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. 4/1

సలహాలు:



*A.S. Siva*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

S. Bhargavi

P.No. 9441992199



NARAYANA AROGYA CHAITHANYALAYA  
A Health initiative

REGISTRATION FORM

Date: 25/2/20

Name: Shyamala . G

Age: 23

Sex: female.

Education: -

Occupation: Housewife

Address: Gudipallipadu, Nellore.

Health history: Regular check up - 14w + 15 day ; BP: 120/80

Hb: 11.9 gm/dl. (Hb) Weight: 49 Kg

Personal history: Mixed diet

Bowel & Bladder pattern - (RT)

Sleep pattern -

Family history:

1 K/c/o. Communicable or Hereditary diseases.  
Sister in law - Diabetes

Comorbid condition:

Drug free interventions:

Antenatal diet  
Sleep hygiene

Home advice:

Breathing exercises  
Practice exercises and sleep hygiene  
practices.

Follow up date: 1 week.



Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 25/8/21

Waking up time: 6 am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 am - 6 am

No of sleeping hours on average: 8 hrs



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

# నారాయణ ఆరోగ్య చైతన్యాలయం

A Health Initiative



## అభిప్రాయ సేకరణ

పేరు: Shyannala  
వయస్సు: 23  
చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No

	వాలంటీయర్లు	బాగుంది	పర్వాలేదు	బాగాలేదు
సమాచారం	✓	✓	✓	✓
ఉపయోగకరం	✓	✓	✓	✓
కార్యక్రమం మీద మీ అభిప్రాయం	✓	✓	✓	✓

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: Yes

సలహాలు:

ఈ కార్యక్రమం



A. S. Reddy  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 25/2/20

Name: Jyothika

Age: 20 y

Sex: F

Education: 10<sup>th</sup>

Occupation: House wife

Address: Kothuru, Nellore

Health history:

Breathlessness, B.P - 100/70 mm of Hg

HT - 151cm

Personal history:

mixed diet

wt - 35 Kgs

Habits - watching Tv, playing with kid

Family history :

Diabetes to mother since 34 years

Comorbid condition:

Drug free interventions:

- Antenatal care

Home advice: Antenatal care

- Diet

Follow up date: - 1st 2 week

ph: no - 957313



*A. S. S.*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 25/2/20

Waking up time: 6:00 Am

Bowel habits: Regular

Exercises: NO

If yes

Type of exercise

Duration of exercise

Personal hygiene:

Sleeping time: 11:00 pm to 6:00 Am

No of sleeping hours on average:

6 hrs



A. S. Reddy  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: P.జ్యోతిక

వయస్సు: 20

చిరునామ: చంద్రబాబు నగర్, శ్రీ కౌడును

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా:

	బాలాబాగుంబ	బాగుంబ	పర్వాలేదు	బాగలేదు
సమాచారం	✓	✓		
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా.

సలహాలు:

యకు అర్థమై ఉన్నట్లు సలహాల గురునా చెప్పారు



A. S. Reddy  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

P.జ్యోతిక

9573134811



# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 25/2/20

Name: Reshma.

Age: 154/F

Sex: F

Education: 10th class.

Occupation: Housewife.

Address:

Health history: Regular checkup H/o cold & Headache

34 wk + 3 days; Weight 50 kg; BP: 110/70

Hb: 9.9 g.

Personal history:

Mixed diet.

Bowel & Bladder pattern - (N).

Family history:

N/K/c/o Hereditary diseases or Communicable diseases

Comorbid condition:

Drug free interventions: Ankle/neck exercises

Breathing exercises

Home advice: practice exercises regularly.

Follow up date: 2 weeks



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 25/9/20

Waking up time: 6 am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 6am

No of sleeping hours on average: 9 hrs



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: SK. Reshma

వయస్సు: 34

చిరునామ: F

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No.

	దాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		-		
ఉపయోగకరం		-		
కార్యక్రమం మీద మీ అభిప్రాయం		-		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. 4

సలహాలు:



*A. J. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

SK. Reshma

9160900634





# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 25/2/20

Name: Sameene

Age: 21Y

Sex: f

Education: 7<sup>th</sup> class

Occupation: Housewife

Address: Nellore

Health history: Regular checkup Hb + 2 days; weight: 50kg  
BP: 110/70 ; Hb: 9.9.

Personal history: Mixed diet

Sleep pattern - (N)

Bowel & Bladder - (N)

Family history:

BP in Mother 34.

Comorbid condition:

Drug free interventions: Antenatal diet  
- care  
- Exercises

Home advice:

- Practice exercises regularly.

Follow up date: Mar 17'



A. S. Indira  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 25/2/20

Waking up time: 6am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 6am

No of sleeping hours on average: 9hr



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



# నారాయణ ఆరోగ్య చైతన్యాలయం



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: Sameena

వయస్సు: 214

చిరునామ: F

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: NO

	భాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: Yes

సలహాలు: 934756626



*V. S. Nave*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

3k. నవీన్ : 934756626



# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 4/3/20

Name: Mrs Bhavani G

Age: 29y

Sex: female

Education: Degree

Occupation: Accountant

Address: Nellore

Health history: Regular checkup  $\bar{c}$  2y weeks  $\bar{c}$  BP: 100/70 ;  
weight: 53 kg; Hb: 12.57.

Personal history: Mixed diet  
Bowel & Bladder pattern - (NI)  
Sleep pattern - (NI)

Family history: Nil/Nil Hereditary and communicable disease

Comorbid condition:

Drug free interventions: Antenatal care  
- exercises

Home advice: - practice exercises regularly

Follow up date: 1 month



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





**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 4/3/20

Waking up time: 5-30 am

Bowel habits: active

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 - 5-30 am

No of sleeping hours on average: 8 hrs.



*A. S. Navis*  
Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.

# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: **Dr. Bhavami**

వయస్సు: **29**

చిరునామ: **Baladina nagari, Nellore,**

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: **NO**

	దాలాబాగుంబ	బాగుంబ	పర్మాలేడు	బాగలేడు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. - **OK.**

సలహాలు: - **OK**



**Dr. Bhavami**

**8686914363**

**Principal**  
**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003,





11/2/20

# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Name : Maneesha

Age: 18y

Sex: Female

Education: 8<sup>th</sup> class

Occupation: House wife

Address: Nellore

Health history: 25 wks + 5 day; BP: 120/80; weight: 58kg  
Hb. 9.5 gm/dl; Height: 156cm

Personal history:

Mixed diet

Bowel & Bladder - Constipation

Sleep pattern -  $\text{NP}$

Family history:

R/c/o HTN to his father in law since 12 years

Comorbid condition:

Drug free interventions:

Antenatal diet.

- Fluid and fibre rich supplementation.

- Anemic diet.

Home advice:

- Case of hypertensive client

- practice and follow antenatal diet.

Follow up date: 1 weeks



*A. J. Davis*  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING** *(Maneesha)*

Date: *11/2/20*

Waking up time: *7 am*

Bowel habits: *regular*

Exercises: *NO*

If yes

Type of exercise

Duration of exercise

Personal hygiene: *appropriate*

Sleeping time: *10 - 7 am*

No of sleeping hours on average: *9 hrs*



*A. S. Reddy*

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





**NARAYNA AROGYA CHAITHANYALAYA**  
**A Health Initiative**

**ASSESSMENT OF NUTRITIONAL STATUS**

Name: *Maneesha*

Age: *18y*

Sex:

Education

Occupation

Address with phone No: *8331898907*

Menstrual history - *Menarche at 11y ; regular;*

Height: *143cm*

Weight: *58Kgs*

BMI:

Mid arm circumference *26cm.*

Skin fold thickness:

Food habits: *Mixed diet*

Other habits: *watching TV*

**Nutrition focused physical signs:**

Skin: *Intact, Normal.*

Nails: *clean mildly pale*

Hair: *thin, brittle*

Eyes: *mildly pale*

Oral cavity: *clean, Normal*

**INTERPRETATION:**

*mild paleness of nails & eyes.*



*A. S. S. S.*  
Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.

# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: A. మహా

వయస్సు: 19

చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: వుదు

	దాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. వుదు చెప్పాను

నలహోలు: బుగుండి



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

A. మహా





11/2/10

## NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

### REGISTRATION FORM

Name: Mrs. Jayamma

Age: 20y

Sex: female.

Education: 9th class

Occupation: Housewife

Address: Nellore

Health history:

Regular checkup: 37w + 4d ; weight: 50 kg ;

BP: 90/70 ; Hb: 13 gml (primi) ; Height: 161 cm.

Personal history: Mixed diet

Sleep pattern (N)

Bowel & Bladder - regular.

Family history:

N/A to communicable or hereditary diseases.

Comorbid condition:

Drug free interventions:

Antenatal diet

Antenatal exercises.

Home advice:

Practice exercises

avoid ~~eat~~ spicy and fast foods

Follow up date: 2 days.



A. S. Srinivas  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

*Jayasree.*

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 11/2/20

Waking up time: 6am

Bowel habits: regular

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: ap

Sleeping time: 9-6

No of sleeping hours on average:



*A. J. S. S. S. S.*  
Principal  
**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: Jayamma.

వయస్సు:

చిరునామ:

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: లేదు

	చాలాబాగుంది	బాగుంది	చర్చాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. చిస్త్రాను.

నలవోలు: 950గుంటూరు



P. చయమూర్తి

A. S. Reddy  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 4/3/20

Name: Amudha

Age: 28y

Sex: Female

Education: MBA

Occupation: Home

Address: Nellore.

Health history: Regular checkup 2 36w + 4d

BP: 120/80 mmHg ; Hb: 10.4 gm ; weight: 68kg ; Height: 165cm

Personal history: Mixed diet

Sleep pattern - (N)

Bowel & Bladder - (N)

Family history:

NKlo. Hereditary & Communicable diseases

Comorbid condition:

Drug free interventions: Antenatal care

- diet

- exercises.

Home advice:

- follow dietary pattern

Follow up date: ~~1000~~ 2 days.



A. S. S. S. S.  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddyalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: R. Anuratha  
వయస్సు: 28  
చిరునామ: Mulapeta, Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No

	దాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: Yes

సలహాలు: Nice

R. Anuratha

Mobile :- 9885 11 735 1



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

NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

WAKING UP TIME: 8 am  
BOWEL HABITS : active  
EXERCISES: NO  
IF YES  
TYPE OF EXERCISE  
DURATION OF EXERCISE  
PERSONAL HYGIENE: appropriate  
SLEEPING TIME: 11-8 am  
NO OF SLEEPING HOURS ON AVERAGE: 9 hrs



*Dr. S. Srinivas*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 4/3/20

Name: Mrs. Hymanavathi

Age: 24

Sex: F

Education: 10th class

Occupation: Housewife

Address: Naidupeta

Health history: Regular checkup with 2sw + ud ; BP: 100/70 >  
weight: 52kg ; Hb: 11.3 ; Anxiety status

Personal history: Mixed diet  
Sleep pattern - (N)  
Bowel & Bladder - (N)

Family history :  
HTN of Father in law 13y.

Comorbid condition:

Drug free interventions: Antenatal case  
- Diet  
- Exercises

Home advice:

- Care of Hypertensive client

Follow up date: 5 weeks



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



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 4/3/20

Waking up time: 6am

Bowel habits: active.

Exercises: no

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 8 - 6am.

No of sleeping hours on average: 10 hrs.



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: *Jyothsna*  
 వయస్సు: *24*  
 చిరునామ: *Nellore*

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *లేదు*

	దాలాబాగుండు	బాగుండు	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: *చెప్పాను.*

సలహాలు: *అధికం డిస్కస్ చేయడం ద్వారా తీసుకోవాల్సిన  
 జాగ్రత్తలు గురించి చెప్పారు.*

N. ప్రాచీనం

909656398



*A. Praveen*  
 Principal  
 NARAYANA COLLEGE OF NURSING  
 Chinthareddypalem,  
 NELLORE - 524 003.

11/2/20



# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

**Date:**

**Name :** Subhashini

**Age:** 24

**Sex:**

**Education:** Degree.

**Occupation:** Housewife

**Address:** Vijay.

**Health history:**

20w + 3 days; B.P: 100/70 <sup>Weight:</sup> 58 Kgs; Height : 156cm  
Hb: 10 gm/dl (Multipara)

**Personal history:** Mixed diet

Bowel & Bladder - regular  
Sleep pattern - (N).

**Family history :**

N/K/C/D - Hereditary and Communicable diseases.

**Comorbid condition:**

**Drug free interventions:**

Antenatal exercises.  
Breathing exercises.

**Home advice:**

Practice Breathing and Antenatal exercises.

**Follow up date:** 20th/15 days



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

Date: 11/2/20.

Waking up time: 6 AM

Bowel habits: regular

Exercises: no.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 pm - 4 am

No of sleeping hours on average: 7 hrs



*A. S. S. S.*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: B. Subashini  
వయస్సు: 27  
చిరునామ: Vizag

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *అవు*

	బాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. *చెప్తును నా friends కి*

నలహాలు: *అలాగే బాగుంది.*



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

11/2/20

Name: Mrs. Nanya Komaragiri

Age: 20 yrs.

Sex: Female

Education: 5th std

Occupation: Housewife

Address: Kovur, Apollora

Health history: Regular check-up, wt - 70 kg. BP: 120/90 mmHg  
HB - 10.8 gm. 38 wks gestation; Height: 162cm

Personal history:

Good diet  
Bowel & Bladder - regular  
Sleep & rest - adequate

Family history:

N/K to Hereditary or Communicable diseases

Comorbid condition:

Drug free interventions:

- Antenatal diet; Exercise.
- Counseling

Home advice:

- Follow antenatal diet.
- Regular walking.

Follow up date:

21/2/2020.



A. J. Paul  
Principal

NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING**

(Navya)

Date:

Waking up time: 7 am

Bowel habits: regular

Exercises: NO

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 7 am

No of sleeping hours on average: 10 hrs



*A. S. S. S.*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: Navya

వయస్సు: 20yrs

చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: లేదు.

	దాలాబాగుంబ	బాగుంబ	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: చెప్పాను

సలహాలు: ఇవ్వాలి



A. S. Devi  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

P. S. Devi



11/2/20

**NARAYANA AROGYA CHAITHANYALAYA**

*A Health initiative*

**REGISTRATION FORM**

**Date:**

**Name:** Haathi

**Age:** 19y

**Sex:** Female

**Education:** Intermediate

**Occupation:**

**Address:** Koduru

**Health history:**

Regular check 17wk + 1day, BP: 90/60; weight: 40kg  
Hb: 10.3; Height 154cm. (primi)

**Personal history:**

Mixed diet  
Bowel & Bladder - regular.  
Sleep & rest - adequate

**Family history:**

N/A/c/o Communicable or heredi

**Comorbid condition:**

**Drug free interventions:**

Antenatal care

- Diet
- Immunization
- exercises

**Home advice:**

Follow antenatal care practices

**Follow up date:** 1 month



A. S. Koduru  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING** (Habitat)

Date: 11/2/20

Waking up time: 7am

Bowel habits: regular

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 8-7am

No of sleeping hours on average: 7hrs



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: R. Haritha  
వయస్సు: 19  
చిరునామ: Koduru

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *no*

	బాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. *yes*

నలవోలు:

R. Haritha.



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.





11/2/20

# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Name: Seavanthi-N

Age: 21y

Sex: Female

Education: 7th class.

Occupation: Housewife

Address: Nellore

Health history: Regular checkup 7 months + 3 days.  
Weight: 40kg; BP: 100/70; 9.3 gm/dl. (Multi)

Personal history: Height: 156cm.  
Mixed diet

Bowel & Bladder - regular  
Family history: Sleep pattern - Normal.

N/K/c/o Hereditary / Communicable diseases.

Comorbid condition:

Drug free interventions: Antenatal diet  
Antenatal exercises

Home advice: to practice antenatal exercises

Follow up date: 15 days.



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



**NARAYANA AROGYA CHAITHANYALAYA**  
A Health initiative

**ASSESSMENT OF ACTIVITIES OF DAILY LIVING** (Seavanti)

Date: 11/2/20.

Waking up time: 6am.

Bowel habits: regular

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 - 6am

No of sleeping hours on average: 8hrs



*A. S. Rao*  
Principal

**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.



# నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

## అభిప్రాయ సేకరణ

పేరు: Seavanthi  
వయస్సు: 814  
చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: తేదు.

	బాలాబాగుండు	బాగుండు	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: చెప్పాను.

సలహాలు: నిర్ణయించుకోవద్దు.



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

WAKING UP TIME: 5.30am

BOWEL HABITS: active.

EXERCISES: No.

IF YES

TYPE OF EXERCISE

DURATION OF EXERCISE

PERSONAL HYGIENE: appropriate

SLEEPING TIME: 10.30 am.

NO OF SLEEPING HOURS ON AVERAGE: 7hrs



*A. S. Rao*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.

*M. Chalapathi*  
8142467782





# NARAYANA AROGYA CHAITHANYALAYA

*A Health initiative*

## REGISTRATION FORM

Date: 18/3/20

Name: M. tulasamma

Age: 34 y/f

Sex: Female

Education: 9th class.

Occupation: Housewife.

Address: Nawabpet

Health history: Regular checkup 2 2w+4d ; BP: 120/80 mmHg  
Weight 67Kg ; BP. Hb: 9.3 gm/dl

Personal history: Mixed diet

Bowel pattern - (N)

Sleep pattern - (N)

Family history :

Mother - DM, HTN 10y (Expired)

Comorbid condition:

Drug free interventions: Automated diet

Automated exercises

Muscle relaxation exercises.

Home advice:

Iron rich diet

Advised to follow dietary pattern and practice

exercises.

Follow up date: 1 month



*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



ISSN 2278 - 5361

# N

# NARAYANA NURSING JOURNAL

Volume 6, Issue 4, OCT - DEC - 2017

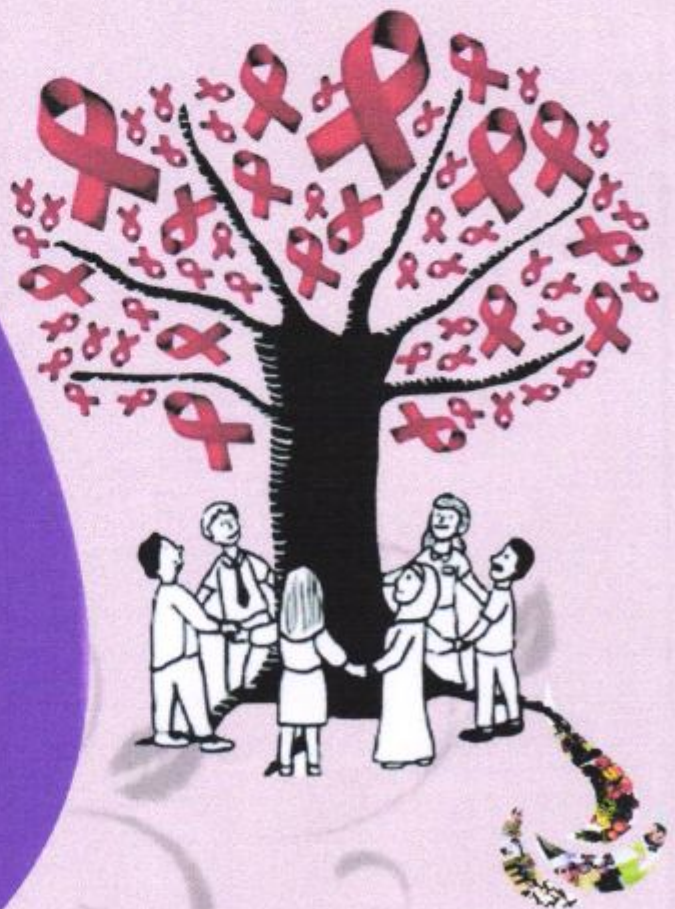


J  
O  
U  
R  
N  
A  
L  
F  
O  
R  
N  
U  
R  
S  
I  
N  
G

Theme:

“Increasing Impact through Transparency,  
Accountability and Partnerships”

1 DECEMBER  
WORLD  
AIDS  
DAY



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





# NARAYANA

## COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524 003.A.P. India.  
Ph. : 0861 - 2317969, 2310046, 2317963 Ext. 2528.  
Fax : 0861 - 2311968, 0861 - 2310046  
e-mail : narayana\_nursing@yahoo.co.in  
website : www.narayanannursingcollege.com



Promoted by :

## Narayana Educational Society

(Regd. No. 319/96)

14/72, Haranathapuram, Nellore - 524 003. A.P.



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