

**2023-2024**



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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## 7.1.10: ANNUAL REPORT FOR THE ACADEMIC YEAR 2023-2024

### Introduction

This report highlights key commemorative days, health awareness campaigns, and festivals celebrated during the academic year 2023-2024. Our focus has been on fostering awareness, promoting health, and encouraging community participation among students and faculty.

### INTERNATIONAL COMMEMORATIVE DAYS

#### 1. International Women's Day

Celebrated with workshops and discussions highlighting women's achievements and gender equality. Guest speakers from various fields shared their experiences.

#### 2. World Cancer Day

Activities included educational sessions on cancer prevention and screening, along with fundraising for cancer research.

#### 3. World Kidney Day

Health check-up camps were organized to promote kidney health awareness, emphasizing the importance of hydration and regular check-ups.

#### 4. World Health Day

A health fair featured booths on nutrition, mental health, and physical fitness, encouraging students to adopt healthier lifestyles.

#### 5. World Diabetes Day

Diabetes awareness campaigns included free glucose screenings and workshops on managing diabetes through diet and exercise.

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Principal  
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## 6. World AIDS Day

Awareness programs focused on HIV prevention, featuring informational sessions and distribution of educational materials.

## 7. World Environment Day

A tree-planting drive and clean-up initiatives were organized, promoting environmental responsibility among students.

## 8. World Population Day

Discussions on population growth and sustainable development were held, encouraging students to think critically about global challenges.

## 9. World Anti-Raging Day (July 6)

Activities included peer support groups and workshops aimed at preventing bullying and promoting mental well-being.

## 10. World Palliative Care Day (October 14)

Seminars on the importance of palliative care highlighted compassionate approaches to serious illnesses.

## 11. World Alzheimer's Day (September 21)

Educational sessions raised awareness about Alzheimer's disease and its impact on families and communities.

## 12. World Heart Day (September 29)

Health screenings and awareness programs on heart disease prevention were conducted, focusing on healthy lifestyles.

*Dr. Boddu*  
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## 13. World Mental Health Day

A mental health awareness week included workshops, counseling sessions, and stress-relief activities.

## 14. World Tuberculosis Day

Informative campaigns promoted awareness of TB prevention and treatment options.

## 15. World Tobacco Day

Anti-tobacco campaigns emphasized the risks of smoking and provided resources for quitting.

## 16. International Nurse's Day

presentations on nursing ethics and patient care.

## 17. World Blood Donors Day

Blood donation drives encouraged students to participate in saving lives through voluntary donations.

## National Commemorative Days

### 1. National Youth Day

Celebrated with programs focused on youth empowerment and leadership development, featuring motivational talks.

### 2. National Epilepsy Day

Awareness campaigns addressed misconceptions about epilepsy and provided support resources for affected individuals.

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### 3. National Yoga Day

Yoga sessions and workshops were conducted to promote physical and mental well-being among students.

### FESTIVALS

#### 1. ONAM

The celebration included traditional games, a cultural program, and a grand feast, fostering a sense of community and cultural pride.

#### 2. DASARA

Festivities featured a series of cultural events, including dance performances and a festive fair, celebrating victory and the triumph of good over evil.

#### 3. CHRISTMAS

Christmas celebrations included a charity drive for the underprivileged, festive decorations, and a talent show, promoting the spirit of giving.

### Conclusion

The academic year 2023-2024 has been marked by significant awareness initiatives and vibrant celebrations. These activities have not only enhanced the educational experience but also fostered a sense of community and social responsibility among students and faculty. We look forward to continuing these efforts in the coming year.

*Dr. B. Srinivas*  
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7.1.10. The institution celebrates / organizes national and international commemorative days, events and festivals.

## NATIONAL AND INTERNATIONAL COMMOMERATIVE DAYS

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## DECLARATION BY THE PRINCIPAL

This is to certify that the following international and national commemorative days were celebrated in the institution.

### INTERNATIONAL COMMEMORATIVE DAYS

1. International Women's Day
2. World Cancer Day
3. World Kidney Day
4. World Health Day
5. World Diabetes Day
6. World Aids Day
7. World Environment Day
8. World Population Day
9. World Anti-Raging Day
10. World Palliative Care Day
11. World Alzheimer's Day
12. World Cancer Day
13. World Heart Day
14. World Mental Health Day
15. World Tuberculosis Day
16. World Tobacco Day
17. International Nurse's Day
18. World Blood Donors Day

### NATIONAL COMMEMORATIVE DAYS

1. National Youth Day
2. National Epilepsy Day
3. National Yoga Day

*Dr. B. Chinn*  
Principal

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## PULSE POLIO PROGRAM ON 04.03.2024

On 4th March 2024, Narayana College of Nursing, under the National Service Scheme (NSS), conducted a Pulse Polio Program. The event aimed to raise awareness about polio vaccination and contribute to the national effort to eradicate the disease.



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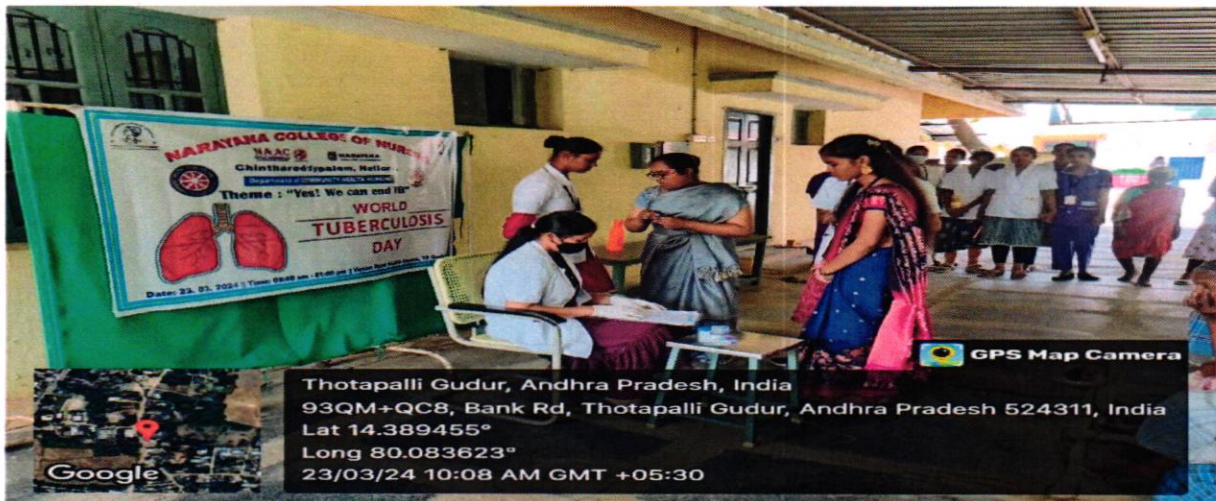
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## WORLD TUBERCULOSIS DAY ON 24.03.2024

The World Tuberculosis Day event organized by nursing students commenced with a vibrant rally through the streets of the community. Participants, including nursing students, faculty members, local healthcare professionals, and community members, gathered early in the morning to kick-start the event. The rally was marked by enthusiastic chants, placards, and banners carrying messages about TB awareness and prevention.



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## INTERNATIONAL NURSE'S DAY ON 12.05.2024

International Nurse's Day, observed on 12th May 2024, celebrated the vital contributions of nurses to healthcare systems worldwide, highlighting their dedication, compassion, and resilience. The day emphasized the importance of supporting and empowering nursing professionals to enhance patient care and improve health outcomes globally.



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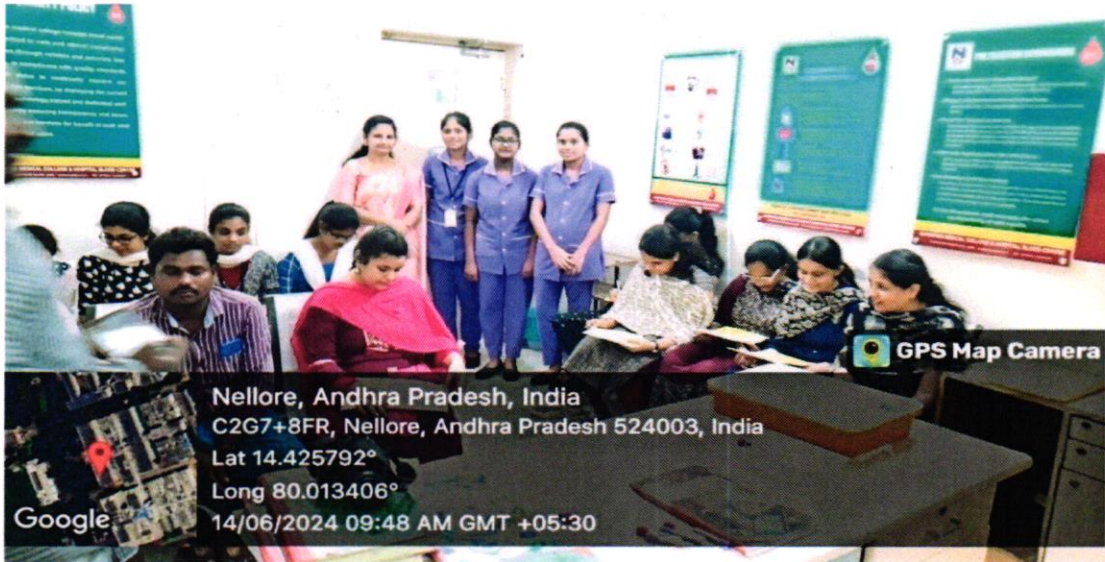
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## BLOOD DONORS DAY ON 14.06.2024

On Blood Donation Day, Narayana College of Nursing organized a blood donation camp to encourage voluntary blood donations. The event aimed to raise awareness about the importance of donating blood to save lives and support healthcare needs.



## DONATION BY NURSING STUDENTS



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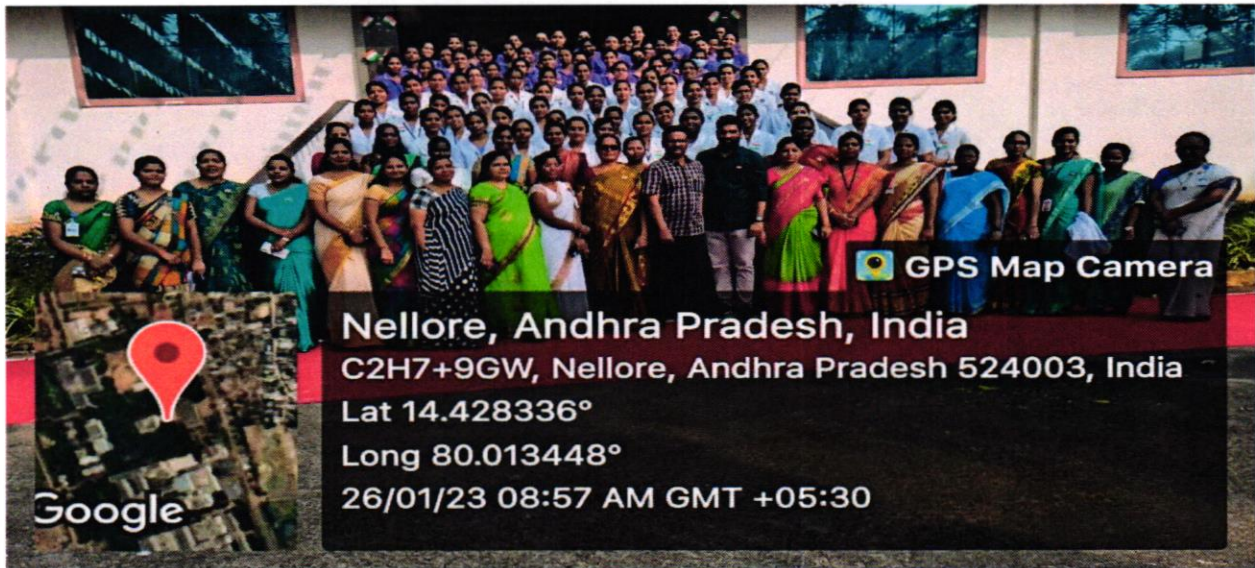
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## REPUBLIC DAY ON 26.01.2023

Republic Day, celebrated on 26th January 2023, commemorated the adoption of the Indian Constitution and the transition of India into a sovereign republic. The day featured a grand parade showcasing India's cultural diversity and military prowess, fostering national pride and unity among citizens.



## MARCH PAST BY NSS STUDENTS



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## NATIONAL GIRL CHILD DAY 24.01.2023

National Girl Child Day, observed on 24th January 2023, aimed to promote awareness of the rights, education, and health of girls in India. The day emphasized the importance of gender equality and the empowerment of the girl child for a brighter future.



## RALLY ON GIRL CHILD DAY



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## NATIONAL YOUTH DAY ON 11<sup>th</sup>-12<sup>th</sup>, JANUARY, 2023

The event began with the display of the NSS theme song, setting the tone for the celebration. The youth festival was conducted online via Cisco Webex, engaging participants in various activities. Winners were announced for different competitions, showcasing their talents and contributions. The event concluded with an inspiring message to motivate the youth toward national development and social service.

### STARTING THE YOUTH FESTIVAL ONLINE CISCO -WEBEX

The poster is green with white and yellow text. It features the Narayana College of Nursing logo in the top left and right corners. The central text reads: 'NARAYANA COLLEGE OF NURSING', 'Chinthareddypalem, Nellore.', 'UNIVERSITY LEVEL NSS YOUTH FESTIVAL', '11, 12 - JANUARY - 2023', 'THEME : VIKSIT YUVA - VIKSIT BHARAT'. There are also logos for IOAC and NSS UNIT. At the bottom, it says 'TIME : 10:00 AM TO 04:00 PM || VENUE : VIRTUAL MEETING, NCN.'

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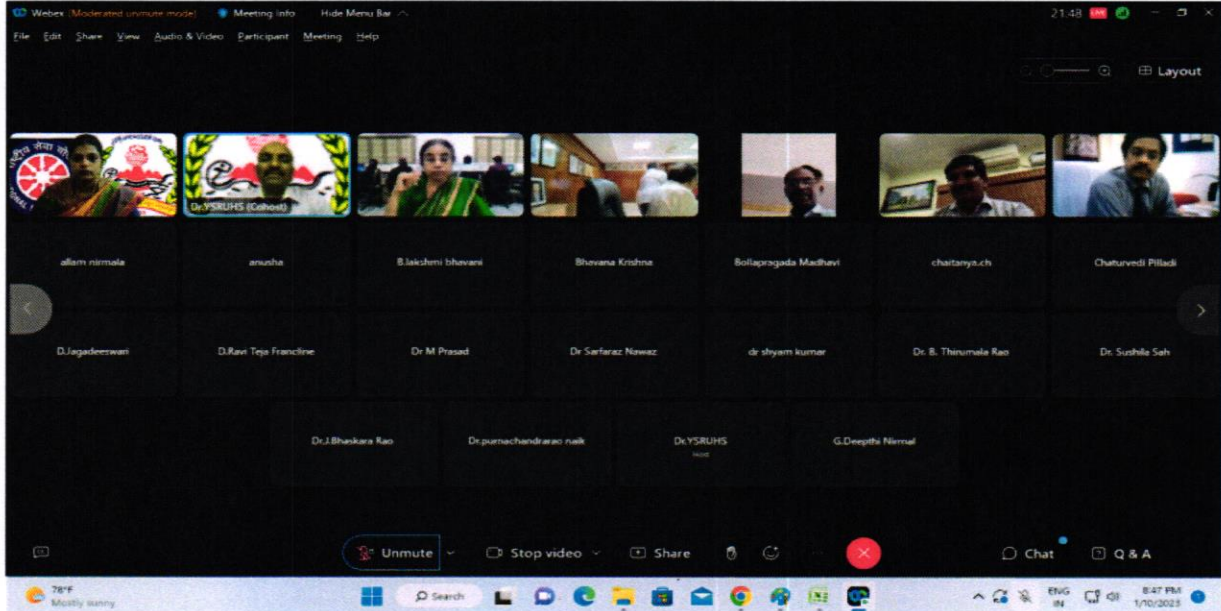
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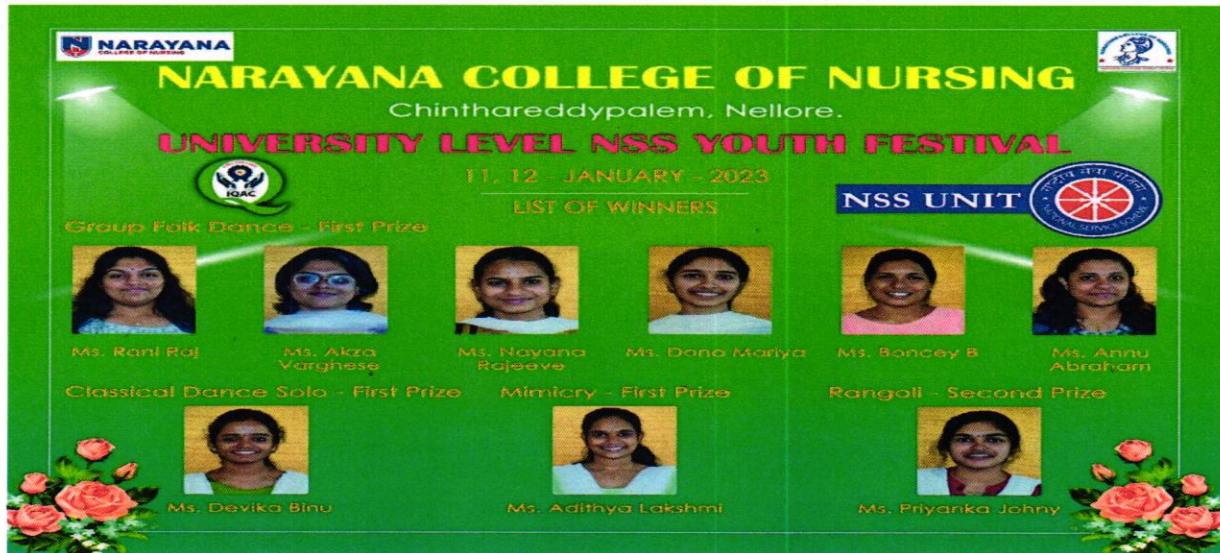
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## DISPLAYING NSS THEME SONG



## YOUTH DAY WINNERS



*A. Indira*

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*Dr. B. Anurag*  
Principal  
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## WORLD CANCER DAY ON 04.02.2023

World Cancer Day, observed on 4th February 2023, aimed to raise awareness about cancer prevention, detection, and treatment. The campaign emphasized the importance of education, early diagnosis, and access to care in the global fight against cancer, fostering a united approach to reducing its impact on individuals and communities.



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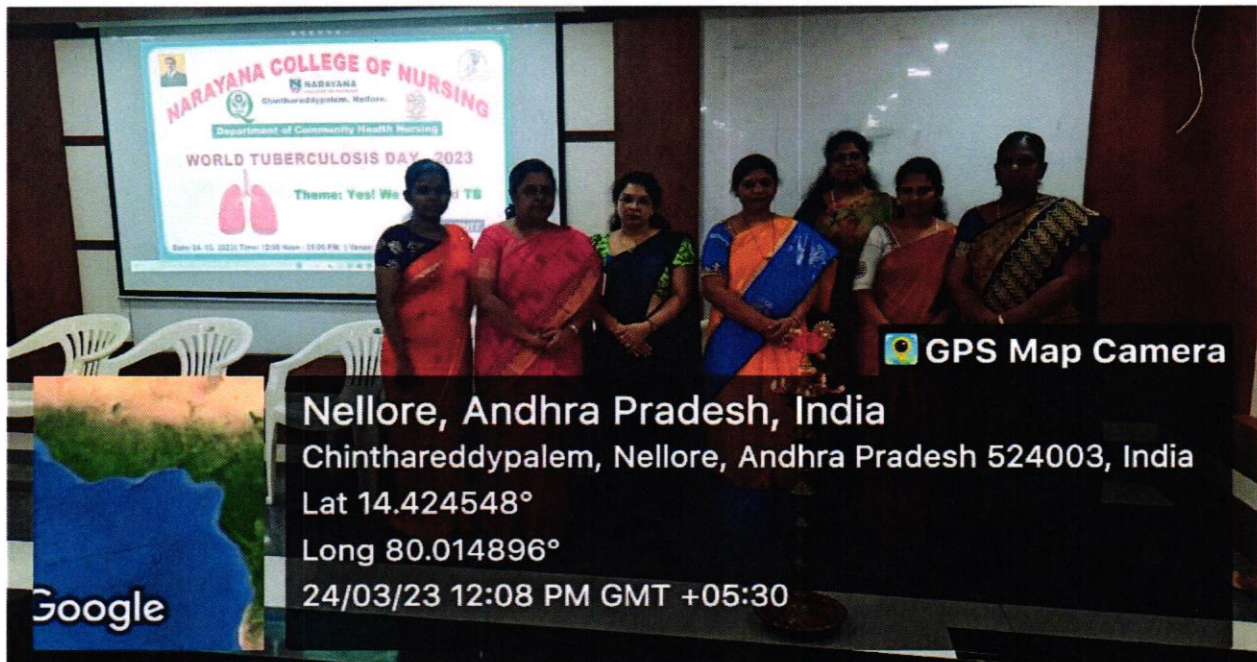
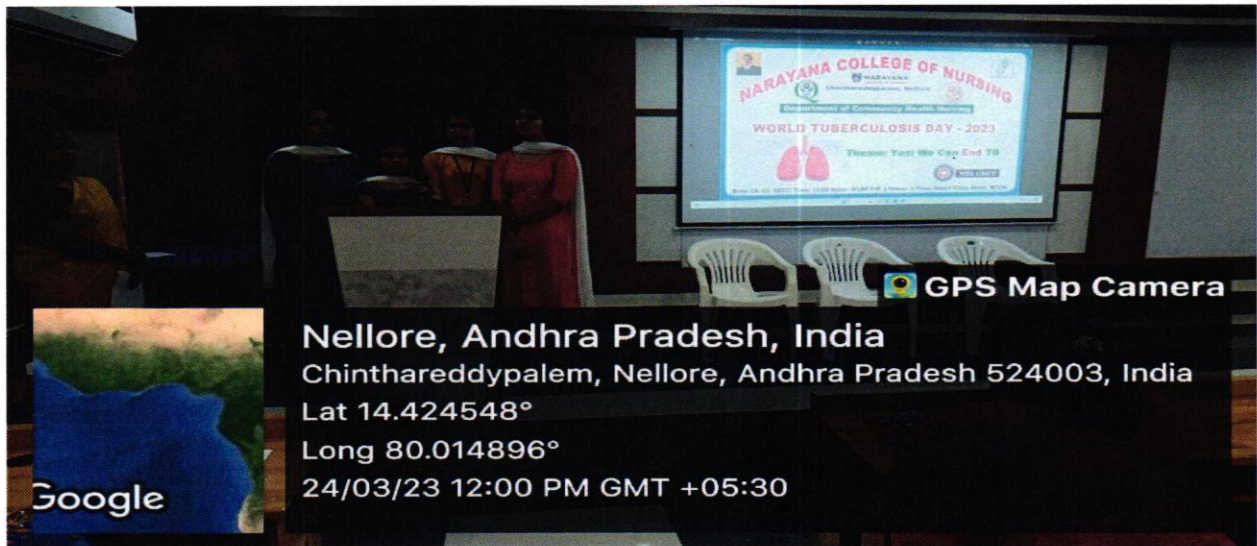
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## WORLD TUBERCULOSIS DAY ON 24.03.2023

On 24th March 2023, Narayana College of Nursing observed World Tuberculosis Day with the theme "Yes! We Can End TB." The event, organized by the Department of Community Health Nursing, aimed to raise awareness about tuberculosis and its prevention.



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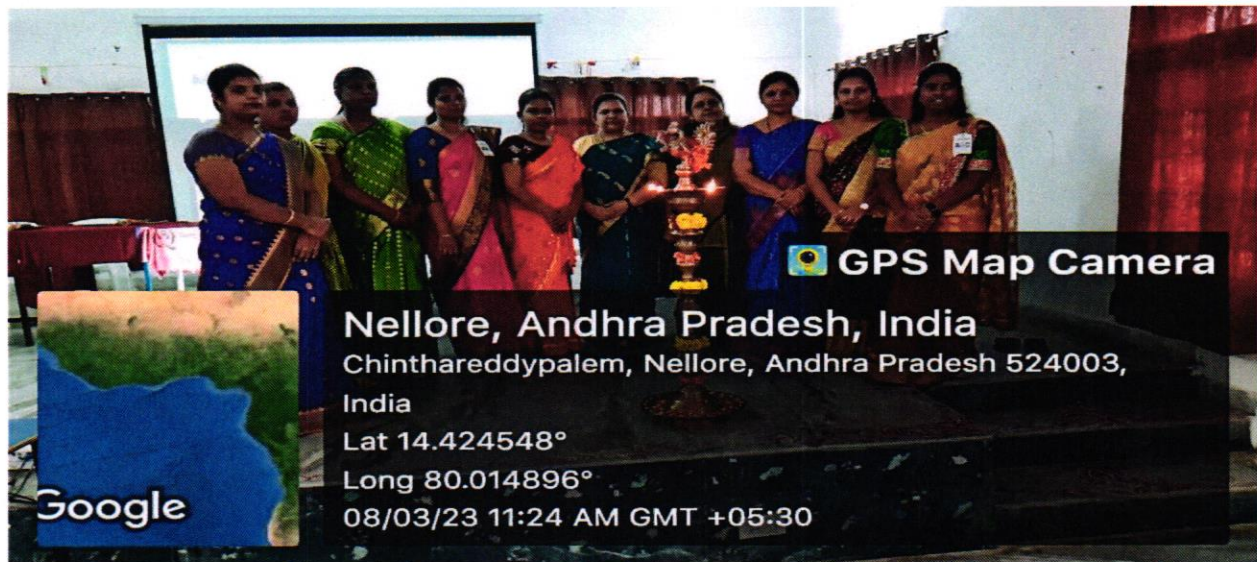
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## INTERNATIONAL WOMEN'S DAY ON 08.03.2023

International Women's Day, observed on 8th March 2023, celebrated the achievements and contributions of women while advocating for gender equality and women's rights. The day highlighted ongoing efforts to address challenges faced by women globally, emphasizing empowerment and the need for collective action toward a more equitable society.



## SPEECH BY PRINCIPAL



*Dr. B. Praveen*  
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## WORLD NO TOBACCO DAY ON 31.05.2023

A report on World Tobacco Day, observed on 31st May 2024, highlights global efforts to raise awareness about the harmful effects of tobacco use and advocates for effective policies to reduce tobacco consumption, ultimately promoting a healthier, smoke-free world. The day encourages individuals to quit smoking and supports public health initiatives aimed at preventing tobacco-related diseases.



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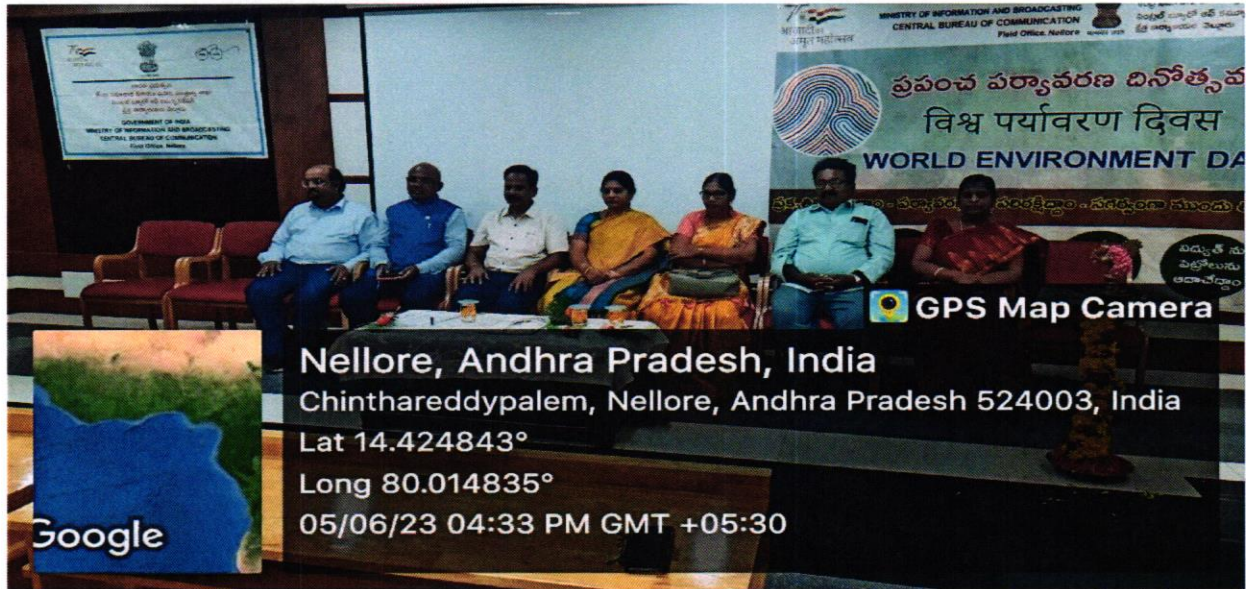
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## WORLD ENVIRONMENT DAY ON 05.06.2023.

World Environment Day, observed on 5th June 2023, focused on global efforts to tackle environmental challenges, particularly plastic pollution. The day encouraged individuals and governments to take action towards a sustainable and greener planet by adopting eco-friendly practices and reducing waste.



## INAUGURATION BY DIGNITARIES



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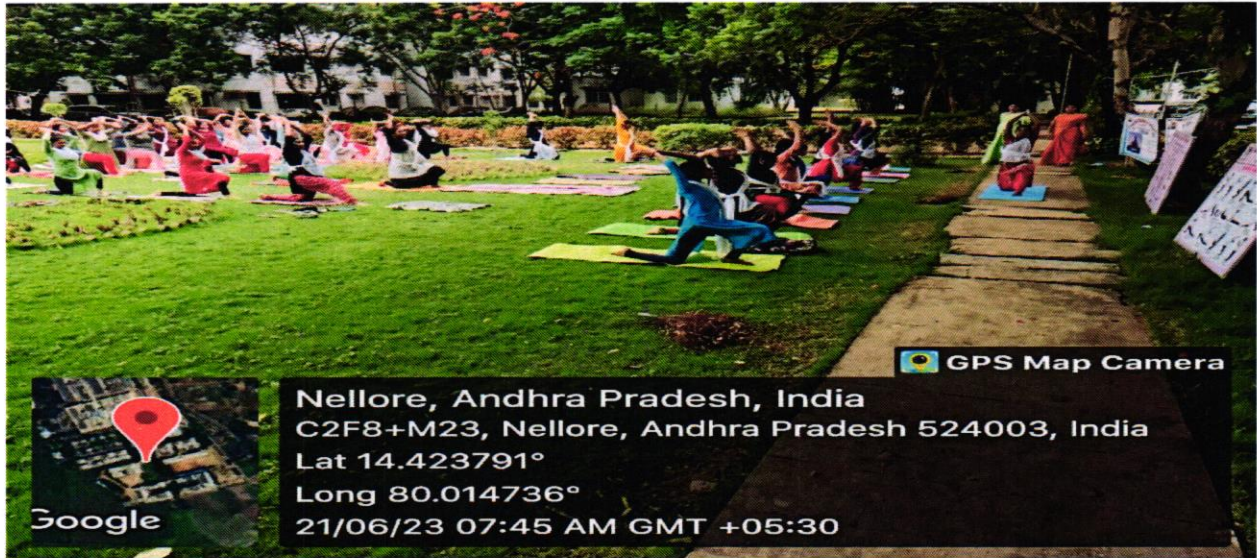
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## INTERNATIONAL YOGA DAY ON 21.06.2023

International Yoga Day, celebrated on 21st June 2023, promoted the physical, mental, and spiritual benefits of yoga as a holistic practice for well-being. The day encouraged people worldwide to incorporate yoga into their daily routines, fostering a healthier lifestyle and greater mindfulness.



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## CONSTITUTION DAY 26.11.2023

Narayana College of Nursing celebrated Constitution Day on 26th November 2023, from 12:00 noon to 01:00 pm at the II Floor Smart Classroom. The event highlighted the significance of the Constitution and the contributions of Dr. B.R. Ambedkar, encouraging participants to uphold constitutional values.

The poster features the Narayana College of Nursing logo at the top left and right. The text reads: "NARAYANA COLLEGE OF NURSING", "Accredited by IAO, NAAC", "CHINTHAREDDYPALEM, NELLORE.", "CONSTITUTION DAY", "26 November", and "Date: 26.11.2023 || Time: 12:00 noon - 01:00 pm || Venue: II Floor, Smart Class Room, NCON." A central image shows a portrait of Dr. B.R. Ambedkar with a banner that says "Constitution Day". A circular logo at the bottom left says "National Service Scheme".



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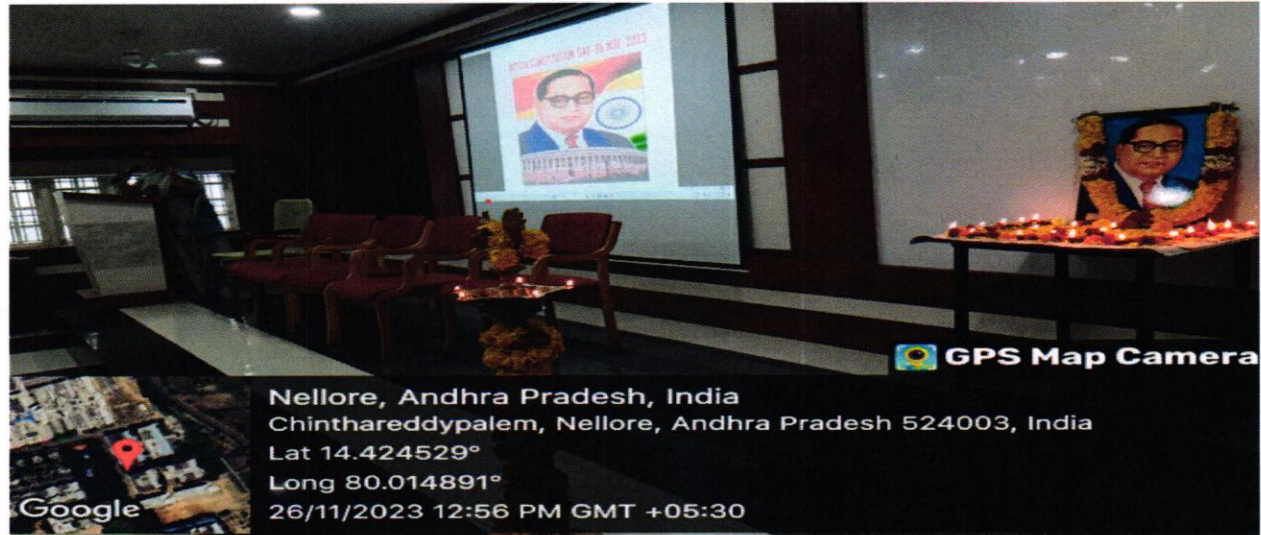
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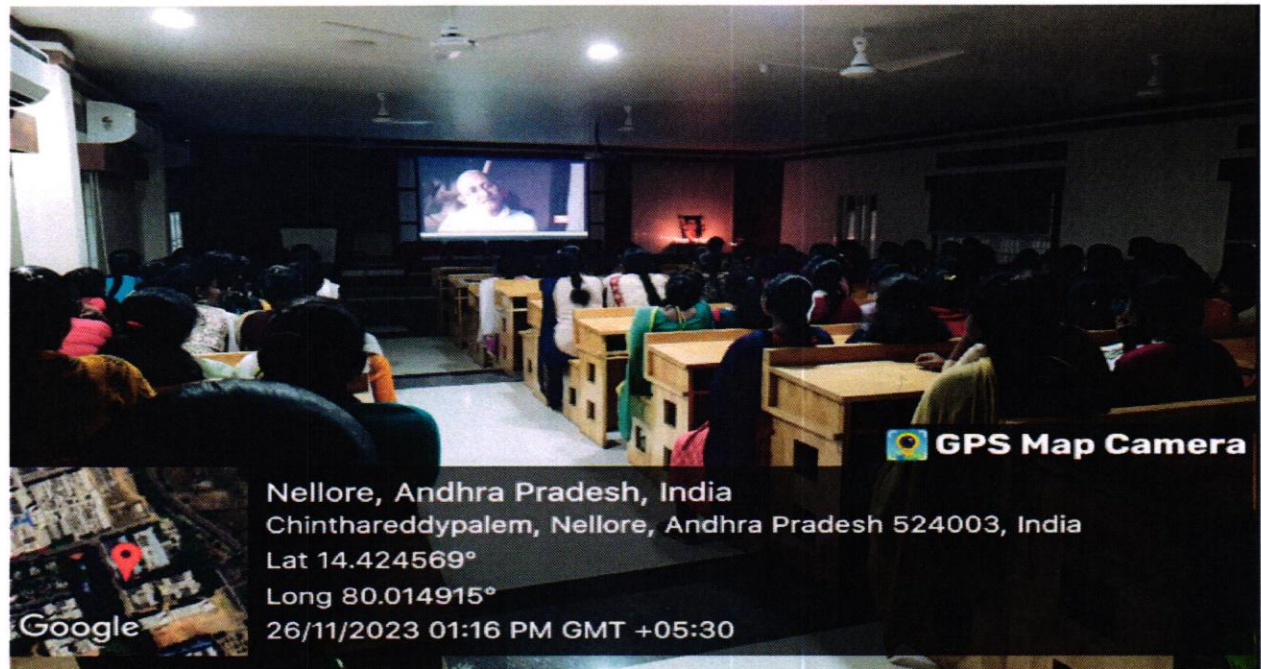


SPEECH BY Dr. B.VANAJA KUMARI, Principal.



Nellore, Andhra Pradesh, India  
Chinthareddypalem, Nellore, Andhra Pradesh 524003, India  
Lat 14.424529°  
Long 80.014891°  
26/11/2023 12:56 PM GMT +05:30

The NSS volunteers are watching a video on constitutional awareness.



Nellore, Andhra Pradesh, India  
Chinthareddypalem, Nellore, Andhra Pradesh 524003, India  
Lat 14.424569°  
Long 80.014915°  
26/11/2023 01:16 PM GMT +05:30

Dr. B. Vanaja  
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# FESTIVALS

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## CHRISTMAS



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## ONAM



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## DASARA



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## SANKRANTHI



## DASARA CELEBRATIONS:



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NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

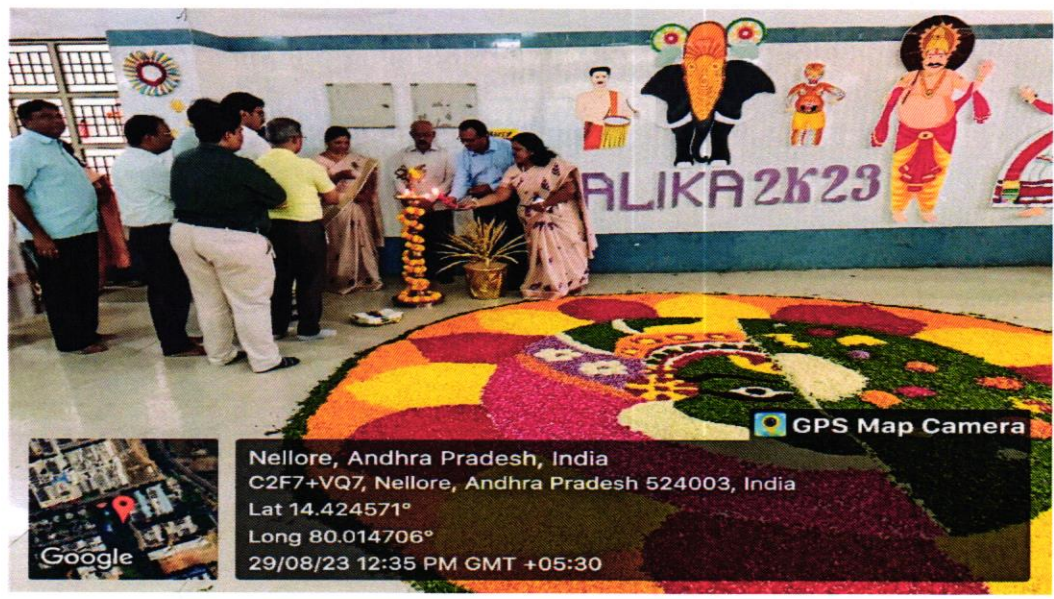
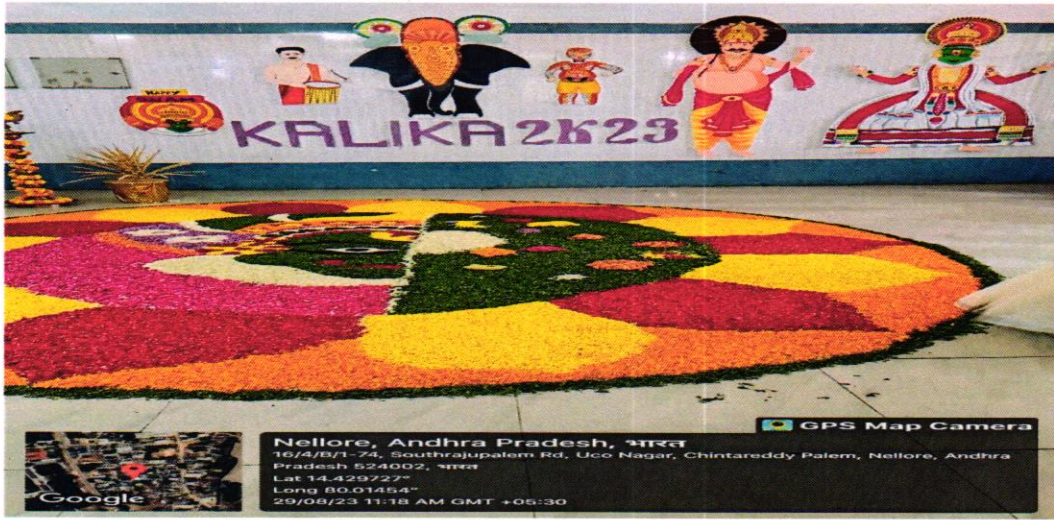
Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



ONAM 29.08.2023



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



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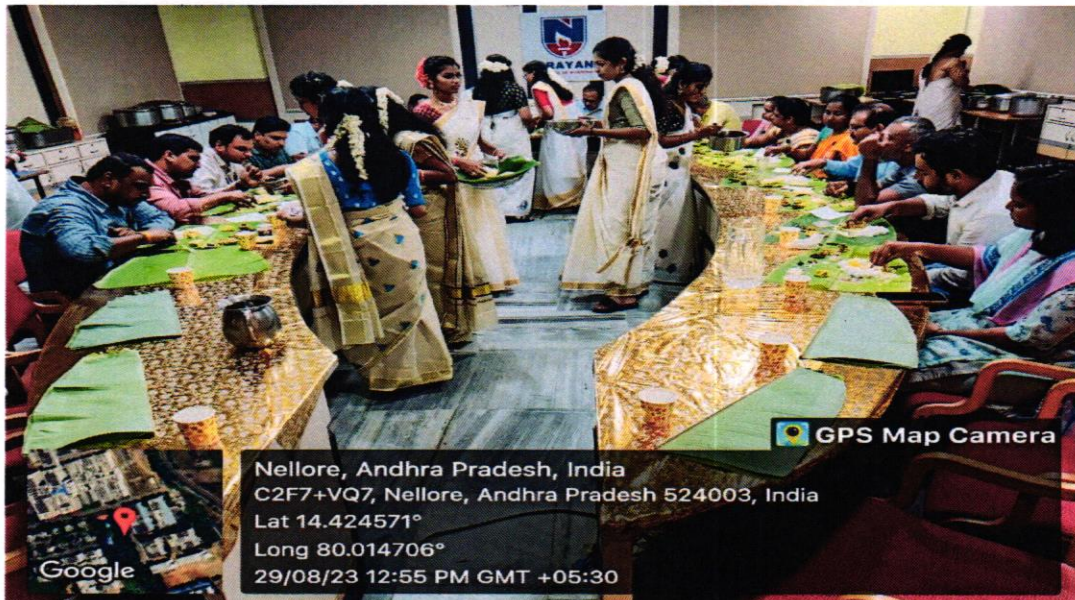
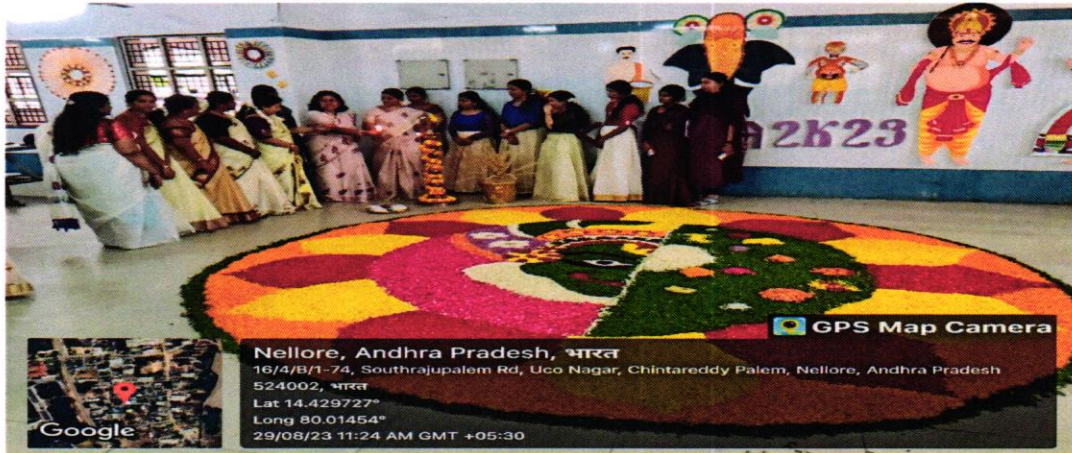
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## ONAM



*Dr. Babu*  
Principal  
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CHRISTMAS 25.12.2023



## NARAYANA COLLEGE OF NURSING

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**Chinthareddypalem, Nellore.**



MERRY  
*Christmas*

May your family be functional and all your batteries be included.  
Have a merry and joyful holiday!



**Date: 25.Dec.2023 || Venue: Ground Floor, NCON.**

*Dr. B. S. Arany*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem;  
NELLORE - 524 003

**2021-2022**



**2020-2021**

**2022-2023**



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#### **7.1.10 The Institution celebrates / organizes national and international commemorative days, events and festivals**

##### **Response:**

Narayana college of Nursing is an integral part of the hospital; almost all its functions are integrated with the service side. The institution gives emphasis to remembering and commemorating various National and International days. The institution celebrates these days to create awareness among the students, employees, and the community around about the national heritage. The students are sensitized about the importance of patriotism and take conscious effort to pass it on to the next generation.

The institution respects the diverse culture of students and faculty. It aims at developing the strength of the Nation and makes everyone united to stand for the institution's mission and vision.

1. Republic Day Celebration – January 26th is celebrated by flag hoisting, and patriotic speech.
2. Independence Day – August 15th is celebrated with flag hoisting, speech, and cultural programs that display and promote patriotism
3. Teachers Day - September 5th is celebrated by the students by making cards for the teachers, wishing them. Programs are arranged by the students to honor the teachers.
4. National Festivals – Diwali, Christmas, Vishu, Onam, Sankranti, Dasara are celebrated.
5. International Days- Nurses Day

Principal

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# NARAYANA COLLEGE OF NURSING

NARAYANA  
COLLEGE OF NURSING

Chinthareddypalem, Nellore.

**International Nurses Day - 2022**

Theme: Nurses : A Voice to Lead - Invest in Nursing and respect rights to secure global health

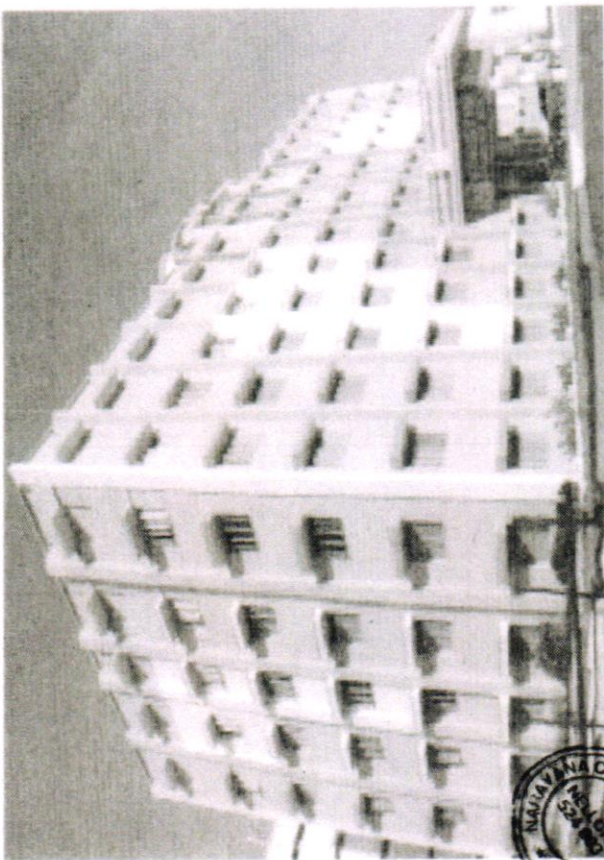


Date: 12.May.2022 || Time: 10:00 a.m to 01:00 p.m || Venue: Ground Floor, NCON.






*[Signature]*  
Principal  
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Chinthareddypalem,  
NELLORE - 524 003


*Dr. B. B. B. B.*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
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**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem, Nellore.



**Invitation**




**UNIT**



**International Nurses Day - 2022**

**Theme: Nurses : A Voice to Lead - Invest in Nursing and respect rights to secure global health**



Date : 12.05.2022  
Time : 10:00 a.m to 01:00 p.m  
Venue: Ground Floor, NCON.

*S. S. S.*  
Principal

NARAYANA COLLEGE OF NURSING  
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NELLORE - 524 003

*Dr. B. Balaji*  
Principal  
NARAYANA COLLEGE OF NURSING  
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NELLORE - 524 003

*-: Agenda:-*

*Prayer Song*

*Welcome Song*

*Welcome Dance*

*Welcome Address*

*Lamp Lighting*

*Florence Nightingale Pledge*

*Speech By Dignitaries*

*Prize Distribution*

*Cake Cutting*

*Vote of Thanks*

*National Anthem*



*Dr. B. B. B. B.*  
Principal

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## REPORT ON INTERNATIONAL NURSES DAY-12.05.2022

SNA Unit- Narayana College of Nursing had organized the International Nurses day on 12<sup>th</sup> May 2022. The celebration of International Nurses Day started in 1965 by the International Council of Nurses (ICN). This day is the birth anniversary of Florence Nightingale the pioneer of modern nursing. She brought a reputation for nursing and became an icon in Victorian culture. The aim of the Nurses Day Celebration was to raise awareness of the important role that nurses play in society

An invitation was given one Week prior to the celebration to all the HODs and faculty. Pencil Drawing Competition Was Conducted One Day before the program.

Nurses Day Celebration was started around 10Am on 12th May, with the theme of this year "Nurses: A Voice to Lead - Invest in Nursing and respect rights to secure global health"

Program started with prayer song by 2<sup>nd</sup> year BSc nursing students. Dignitaries were welcomed by welcome song by 4<sup>th</sup> year students and the welcome dance was performed by 1<sup>st</sup> year BSc nursing students. Dignitaries were lightened the lamp. As an honor a garland was placed on the statue of Florence Nightingale. All the faculty and students took the Florence Nightingale pledge with the candles. Prof. Vanaja kumari, Narayana college of Nursing has given an enlighten speech on the theme of the International Nurses day all the faculties gave speech during the program. Students shared their views regarding nurses day. Prof. B. Vanaja Kumari announced the winners of pencil drawing competition. First and second Prizes were distributed to the winners. The program was followed by cake cutting by all the faculty and the students. cake was distributed to all the faculty and students. A power point presentation was

*Dr. B. Vanaja*  
Principal

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done about the history and significance of Nursing. students participation was enormous. On the occasion of International Nurses day; Students demonstrated different yogasanas for the patients admitted in Obstetrical ward which are helpful for them and a slide show about the yoga includes advantages, precautions and contraindication was explained. Vote of thanks was given by IVth year Bsc Nursing students. The program then ended with National anthem.

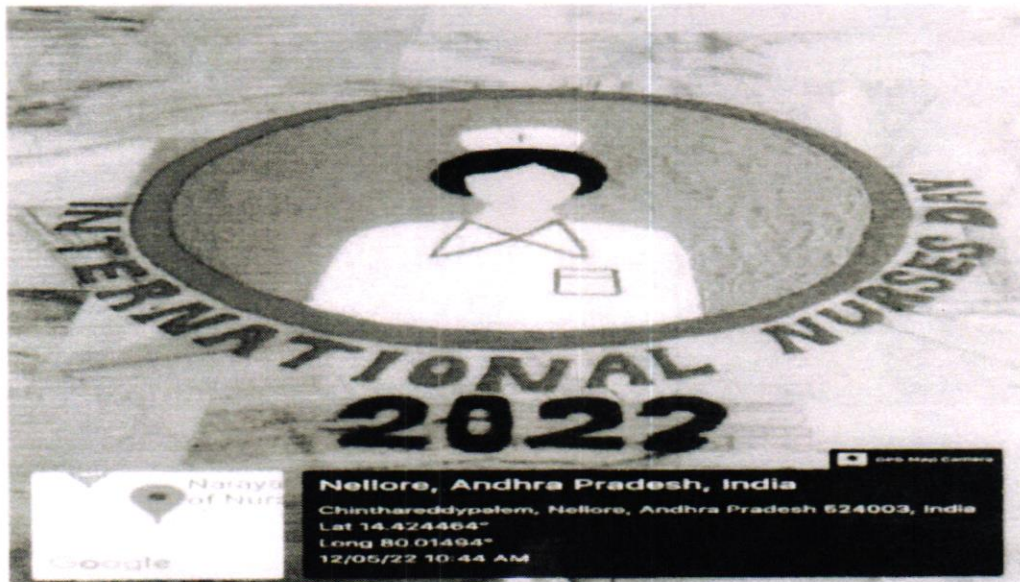


Fig: Students drawn rangoli of International Nurses day

*Dr. B. Babu*  
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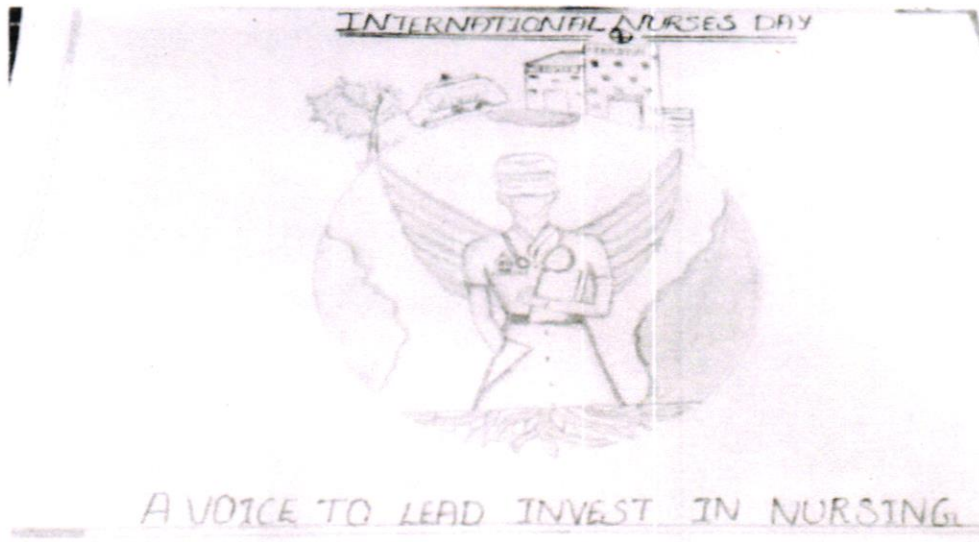


Fig: pencil Drawing of the first prize winner

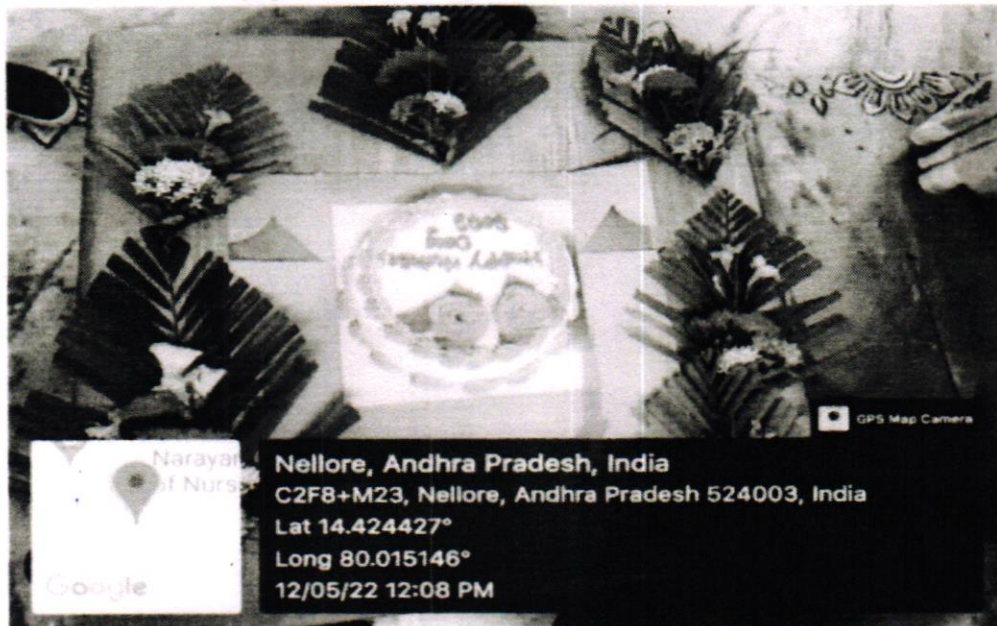


Fig: faculty and students celebrated the nurses day with Cake cutting

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Principal  
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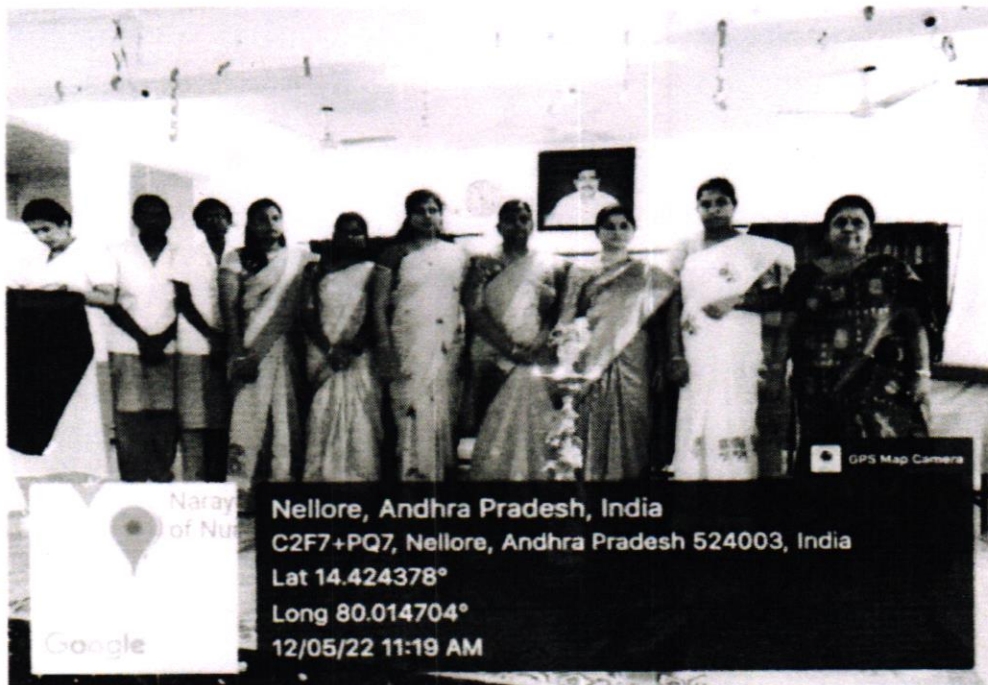


Fig: All the Faculty were starting the programme with lighting the lamp

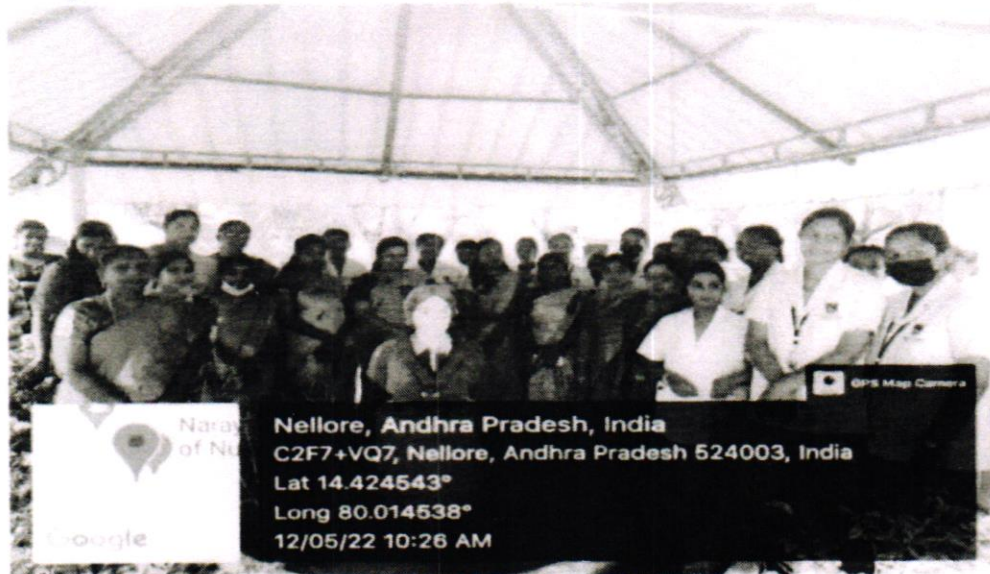


Fig:A garland was placed on the statue of Florence Nightingale by faculty and students.

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Principal  
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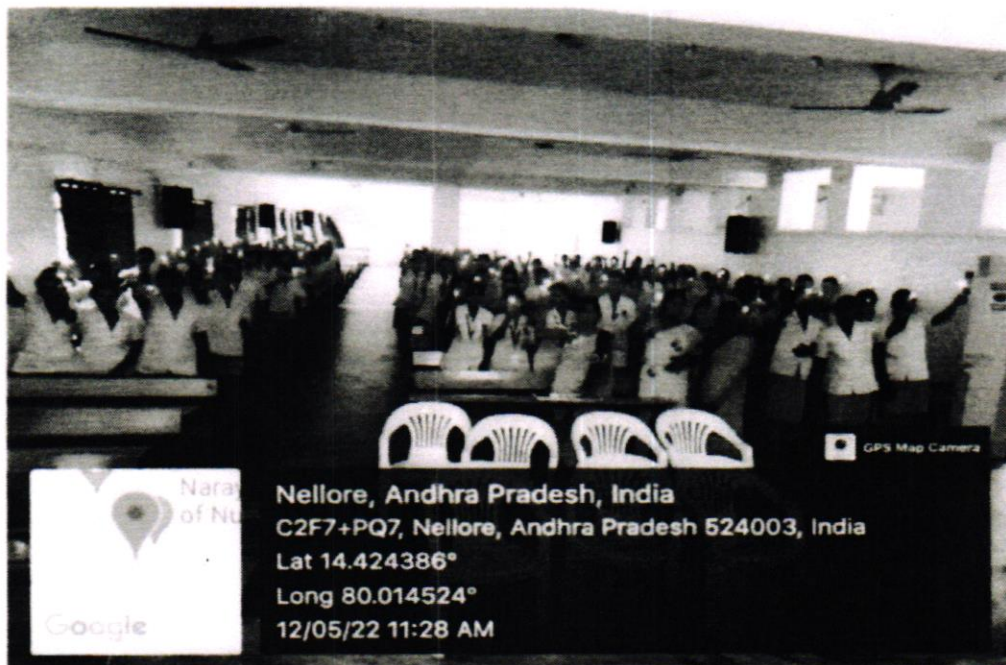


Fig: Faculty and students given the Florence Nightingale pledge with the candles.



Fig: Winners of pencil drawing getting prizes

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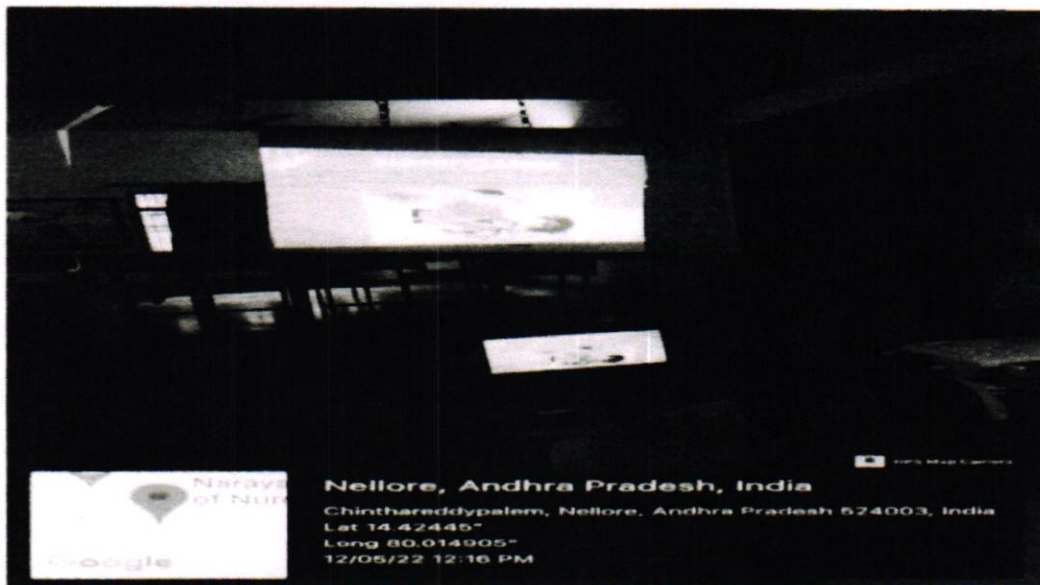


Fig: Slide show about the history and significance of Nursing

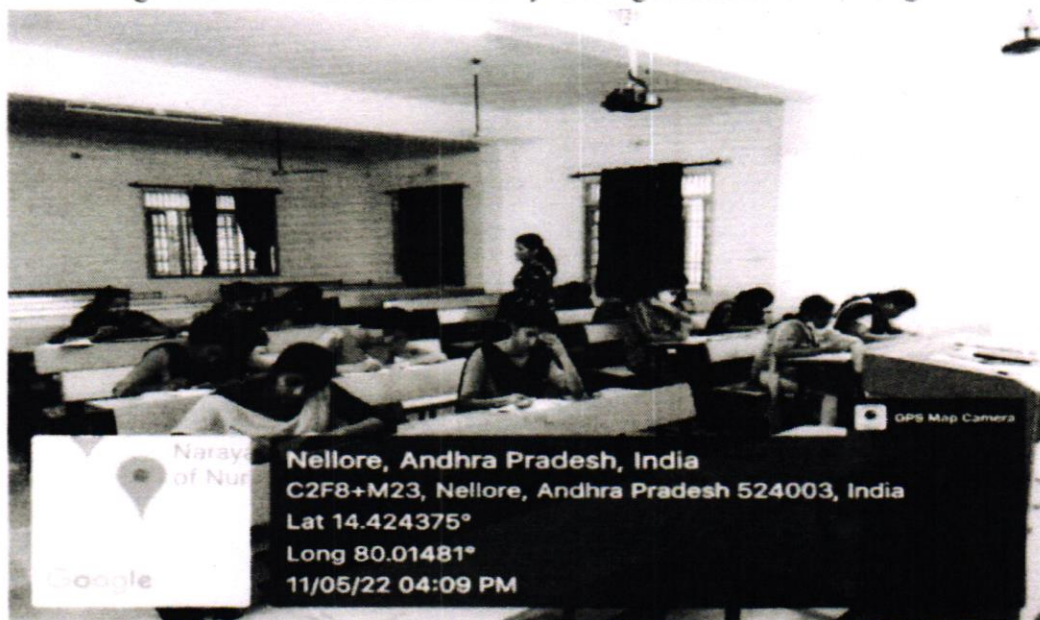


Fig: pencil drawing competition for the students

*Dr. B. Anuj*  
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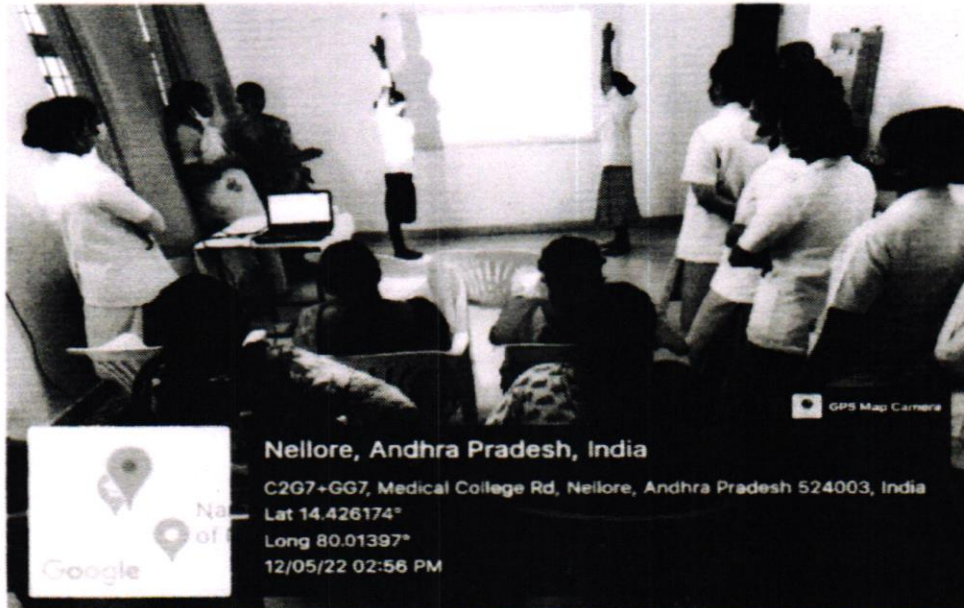


Fig: students and faculty were demonstrating the yogasanas for the patients in OBG ward.



*Indira*  
PRINCIPAL

Principal  
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*Dr. Bahini*  
Principal  
NARAYANA COLLEGE OF NURSING  
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**CHINTHAREDDYPALEM, NELLORE-AP**  
**REPORT ON INTERNATIONAL DAY- 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 programme officer -1
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Make the NSS volenteers and students to participate in the Yoga day
Outcome of the Activity	Awareness of the benefits of yoga to them and their family members.

*Dr. B. Lakshmi*  
Principal

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### Activity Report

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 too part in the yoga session to celebrate International Yoga Day 2021 on 21 June 2021 under the leadership of Dr Vivekanand 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 yoga 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

*Dr. Bethany*  
Principal  
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Fig 1: . NSS volenters and parents of Narayana College of Nursing present in the webinar

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**NARAYANA COLLEGE OF NURSING**

*International yoga day*



**NARAYANA**  
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Fig 2: Narayana college of Nursing Nss volentees participating in the international yoga Day

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Principal  
NARAYANA COLLEGE OF NURSING  
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*B. Anuj*  
Principal  
NARAYANA COLLEGE OF NURSING  
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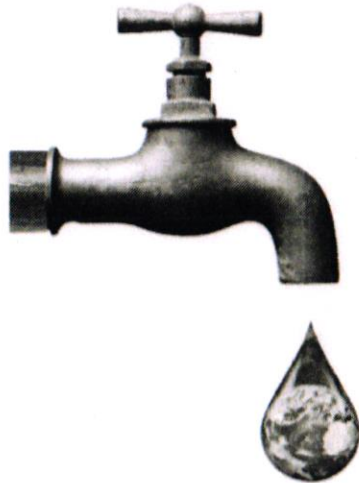


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Chinthareddypalem, Nellore.

## World Water Day

Theme: "Groundwater, Making the Invisible Visible"

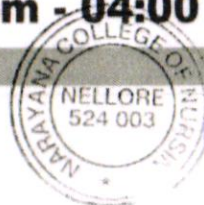


World Water Day



**Date: 22.March. 2022 || Time: 02:00 pm - 04:00 pm || Venue: III Floor Auditorium, NCON.**

*[Signature]*  
Principal  
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Chinthareddypalem,  
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*[Signature]*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
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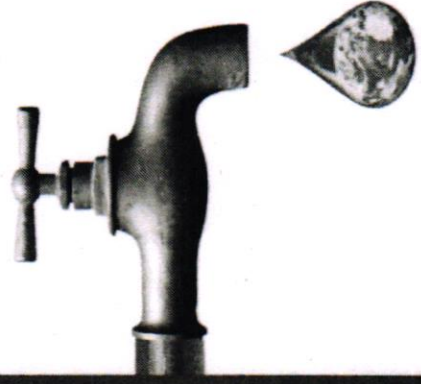
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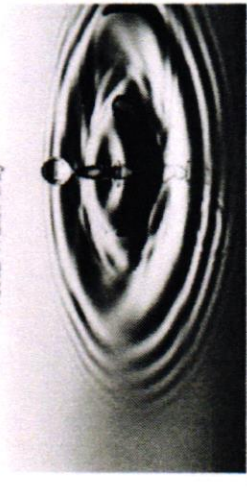
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**BROCHURE**  
**WORLD WATER DAY**



World Water Day



Date: 22-03-2022  
Time: 12:00 pm - 04:00 pm  
Principal  
VENKAT RAO  
NARAYANA COLLEGE OF NURSING, NCON.  
Chinthareddypalem,



Agenda :-

- Prayer Song
- Welcome Song
- Welcome Address
- Lamp Lightening
- Dignitaries Speech
- Prize Distribution
- Vote of Thanks
- National Anthem

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

*Dr. B. Ohmy*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem



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## REPORT ON WORLD WATER DAY REPORT-2022

### THEME: "GROUND WATE, MAKING THE INVISIBLE VISIBLE"

Every year we celebrates the world water day, this year we have dedicated this day to provide more knowledge to the students on the importance of conserving water on 22/03/2022 we have conducted a program on our college auditorium at 2PM onwards.

Initially the program was started with prayer song and welcome song sung by college choir group. Chief Guest of the program was Sr.Mariamma, Vice principal of St.Joseph Nursing college. All honorable dignitaries are invited to the dais, Dr.Indira.A Principal of Narayana college of Nursing, Mrs.Vanaja Kumari , HOD of CET Department of Narayana College of Nursing. Sr.Mariamma Gali, Vice principal of St.Joseph Nursing College. After inviting dignitaries to the stage, Ms.Alina Thomas student representative has delivered a speech over World Water Day and its conservation needs and requirements. Followed by the all dignitaries are delivered the speech regarding importance of water conservation and scarcity of water.

Water is wasting through leakage, leaking taps or leakage from toilet flushes are often unnoticed is the main source of wastage. Surveys reveal that 80% of all waste water is not reused.

If water were reused, the shortage of water could be reduced to some extent. Respected Principal also made awareness about how to minimize the wastage of water and how to reuse, retain ground water for our day to day needs. Based on water conservation, our college exists some other forms like rain water harvesting, soakage pits.

Program was concluded by distributing price for the winners of essay writing and pencil drawing competitions. Certificates were given by dignitaries. The program ended with vote of thanks by Ms.Asna Shaji and National Anthem by 4PM.

*B. Shaji*  
Principal  
NARAYANA COLLEGE OF NURSING  
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*A. S. Shaji*  
Principal  
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Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accrediation Organization (2020 - 2025))

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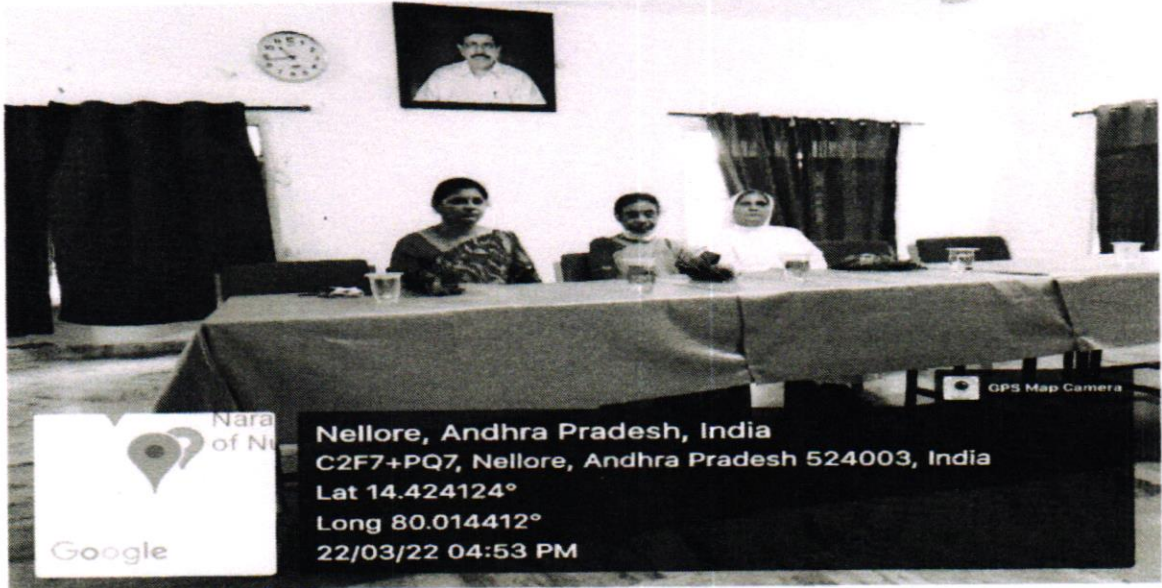


Fig No 1: Dignitaries on the Dias



Fig No 2: Lamp Lighten by the Dignitaries and students

*B. Anjani*  
Principal  
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*A. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
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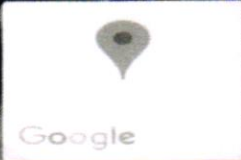
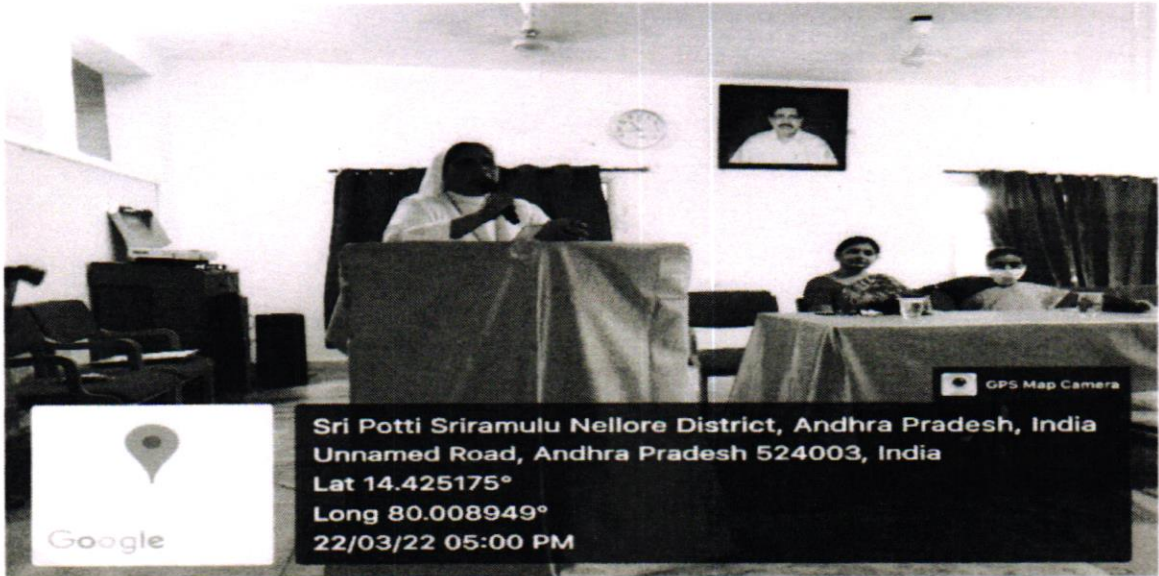
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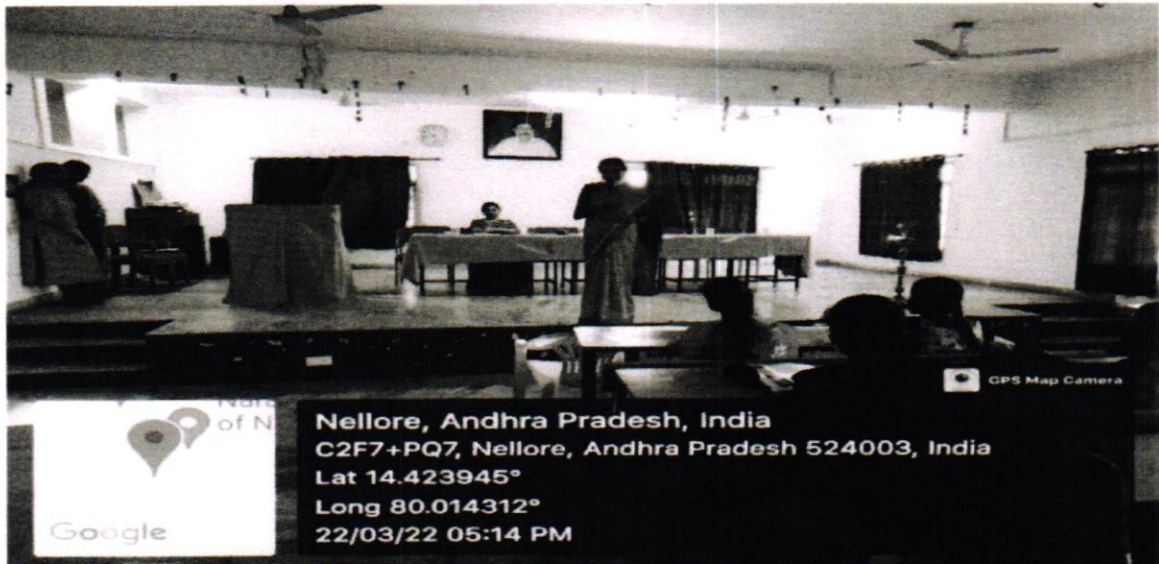
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Sri Potti Sriramulu Nellore District, Andhra Pradesh, India  
 Unnamed Road, Andhra Pradesh 524003, India  
 Lat 14.425175°  
 Long 80.008949°  
 22/03/22 05:00 PM

**Fig No 3: Speech by Chief Guest Sr. Mariyamma, Vice Principal of St.Joseph Nursing College**



Nellore, Andhra Pradesh, India  
 C2F7+PQ7, Nellore, Andhra Pradesh 524003, India  
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 Long 80.014312°  
 22/03/22 05:14 PM

**Fig No 4: Speech by Dr.Indira.A Principal of Narayana College of Nursing**

*B. Anuj*  
 Principal  
 NARAYANA COLLEGE OF NURSING  
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*A. Sai*  
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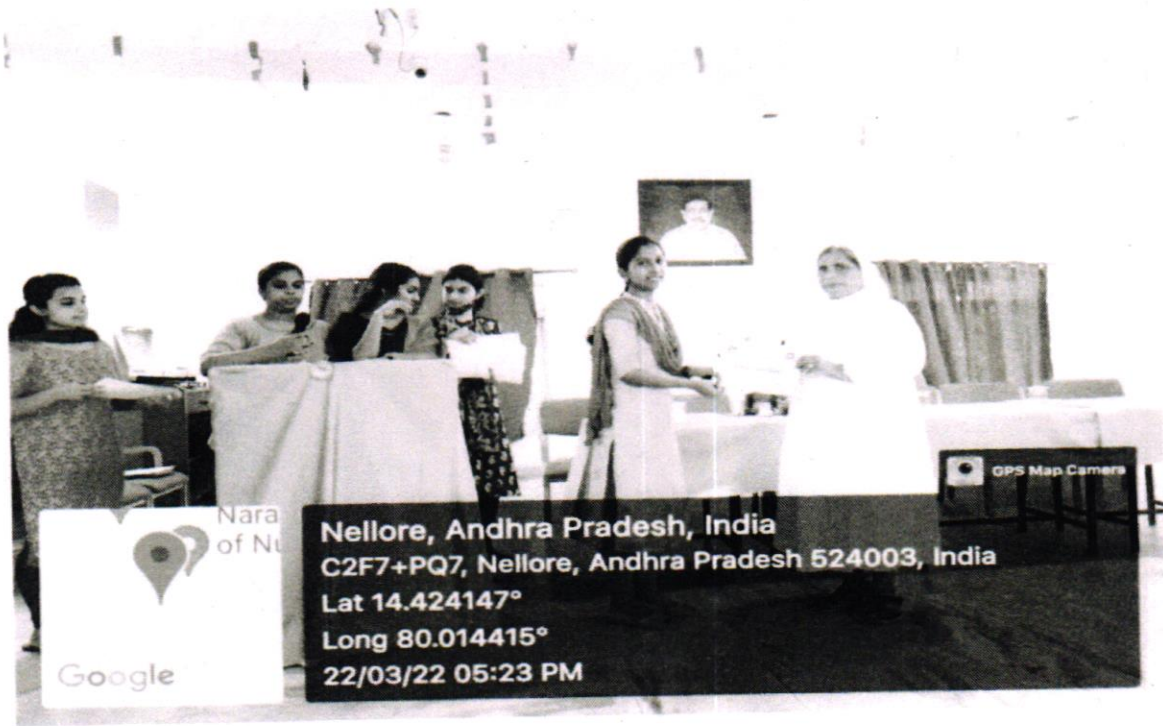


Fig No 5: Chief Guest Sr. Mariamma distributing the certificates to the winners

*G. Srinivas*  
COORDINATOR

*A. Srinivas*  
PRINCIPAL

*B. Srinivas*  
Principal  
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Principal  
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Chinthareddypalem,  
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# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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## WORLD WATER DAY-2022

### STUDENT ATTENDANCE

S.NO	NAME OF THE STUDENT	SIGNATURE
1.	ADITHYALAKSHMI T A	
2.	AISWARYA D	
3.	AKSA MARIAM JOHNSON	
4.	AKSA REJIMON	
5.	ALEENA JOBY	
6.	ALEENA SABU	
7.	ANEENA GEORGE	
8.	ANITHAMOL JOY	
9.	ANJAL ANIL	
10.	ANJALY MARTIN	
11.	ANNA MARIA SOY	
12.	ANNU THOMAS	
13.	ANU JAMES	
14.	ASHILY ROSE BABY	
15.	ASHLY BIJU	
16.	BIJITHA BIJU	
17.	BLESSY BENNY	
18.	BLESSY MARIYA MATHEW	
19.	DARSHANA JOSEPH	
20.	DAYANA ANNA ABRAHAM	
21.	DEVIKA BINU	
22.	DEVIKA SANTHOSH	
23.	DIVYA BABU	
24.	DONA SUNIL	

Principal



Principal

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NELLORE - 524 003

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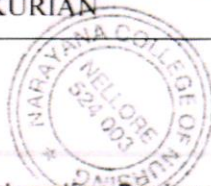
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25.	JANCY JEMINI	
26.	JOICE GEORGE	
27.	JUBY JOSE	
28.	KRIPA SREEKUMAR	
29.	LISBET JOSHY	
30.	MARIYA ABY	
31.	MARIYA FRANCIS	
32.	MARIYA MATHEW	
33.	MIBILA BABY	
34.	PRIYANKA JOHNY	
35.	REMYA GEORGE	
36.	RINTA SEBASTIAN	
37.	SAINU SUSAN SUNNY	
38.	SANJANA SABU	
39.	SANNU SAJI	
40.	SEEBA BIJU	
41.	SELIN SUSAN CHACKO	
42.	SHINTU ANNA KURIAKOSE	
43.	SIMI SABU	
44.	SINJUMOL SABU	
45.	SNEHA BABU	
46.	SNEHA JOMON	
47.	SREEKUTTY K S	
48.	SRUTHY S K	
49.	SURYALAKSHMY S	
50.	TINTUMOL JOSEPH	
51.	VINAYA THILAK	
52.	AKSHA THERESA KURIAN	

Principal

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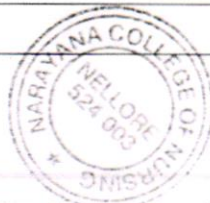
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53.	AKZA VARGHESE	<i>Akza</i>
54.	ALINA THOMAS	<i>Alina</i>
55.	ANAGHA ANILKUMAR	<i>Anagha</i>
56.	ANI ELIZABATH ANTONY	<i>Ani</i>
57.	ANNE SUSMITHA	<i>A.Susmitha</i>
58.	ANNU ABRAHAM	<i>Annu</i>
59.	ANSU SAJI	<i>Ansu</i>
60.	ASHLY SALI	<i>Ashly</i>
61.	ASWATHY K A	<i>Aswathy</i>
62.	BESNA BABU	<i>Besna</i>
63.	BINCY P BENSON	<i>Bincy</i>
64.	BONCEY B KOTTOOR	<i>Boncey</i>
65.	DIVYA BABU	<i>Divya</i>
66.	DONA MARIA TOMY	<i>Dona</i>
67.	ELSA K ABUGY	<i>Elsa</i>
68.	GANGA S	<i>Ganga</i>
69.	GOPIKA M G	<i>Gojika</i>
70.	GOWRI JAYAPRAKASH	<i>Gowri</i>
71.	GRACE MARY P M	<i>Grace</i>
72.	HARSHA BABU	<i>Harsha</i>
73.	HEBZEEBA BABU	<i>Hebzeeba</i>
74.	JELITA MARIA JOHN	<i>Jelita</i>
75.	JISINI ANNIE JOHN	<i>Jisini</i>
76.	KOCHURANY VARGHESE	<i>Kochurany</i>
77.	LINTU V JOSEPH	<i>Lintu</i>
78.	MARIYA SKARIA	<i>Mariya</i>
79.	NAYANA RAJEEV	<i>Nayana</i>
80.	NEENU SABU	<i>Neenu</i>

*B. Anji*  
Principal

NARAYANA COLLEGE OF NURSING  
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*A. Sani*  
Principal

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81.	NEETHU SABU	
82.	NITHY K TOMY	
83.	RANI RAJ B R	
84.	SHALU MARY SHAJI	
85.	SHERINE S THOMAS	
86.	SNEHA KUNJUMON	
87.	SONA K	
88.	SOPHY ROSE DEVASIA	
89.	SRUTHI L	
90.	STEPHY JACOB	
91.	SURYA SURESH	
92.	VINAYA ANNA VINOD	
93.	YEMEMMA JOSE	
94.	MEERA V MURALIDHARAN	

COORDINATOR



PRINCIPAL

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

Principal  
NARAYANA COLLEGE OF NURSING  
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## REPORT ON NATIONAL FIRE SERVICE DAY-2022

**Date:** 13<sup>th</sup> April 2022


**Theme:** History and Significance of NFS

The National service day 2022 will be observed as MARTYR'S DAY to pay homage to the brave fire fighters followed by fire prevention week from 14-20 April 2022. This day we dedicated the program to provide more knowledge about the topic "HISTORY OF SIGNIFICANCE OF NFS" through IQAC Narayana College of Nursing conducted the National Fire Service Day Program on 13<sup>th</sup> April at play ground between 4pm to 5pm.


The day is the symbol of the discipline, courage and dedication of the fire fighters has their motto is "Serve to Save Live and Property" In India on April 14<sup>th</sup> of each year, all fire fighters as well as civilians pay tribute to those courageous fire fighters who sacrificed their lives in the performance of their duties.

Initially the program was started with prayer song and welcome song by college choir. Chief Guest of the program was Mr.Rushi, Chief Security Officer, Narayana Medical Institutions .The honorable dignitaries are lightened the lamp. Dr.Indira.A, Principal of Narayana College of Nursing, Dr.Kumari, Vice Principal and all Department HOD, Faculties And students attended the program.

Followed by Mr.Rushi, Chief Security Officer, and his team members demonstrate the live Fire Safety Measures and precautions. Followed by the faculties and students are participated in re demonstration of fire and safety measures. The program was concluded by the vote of thanks and National anthem by 5pm.


  
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Principal  
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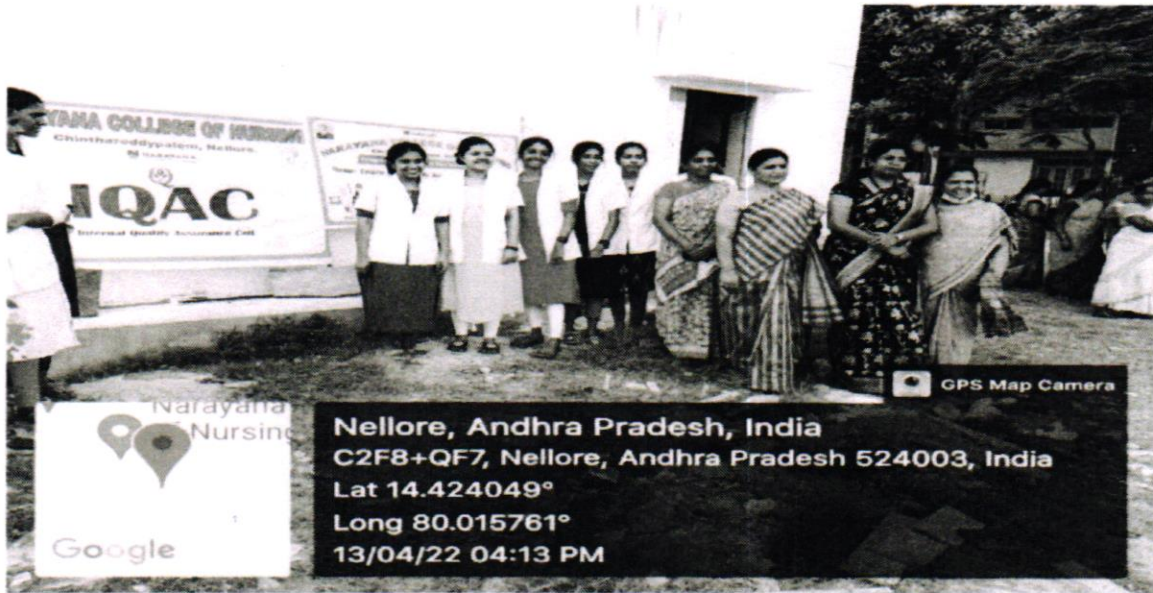


Fig No 1: Faculties and students are attended the program

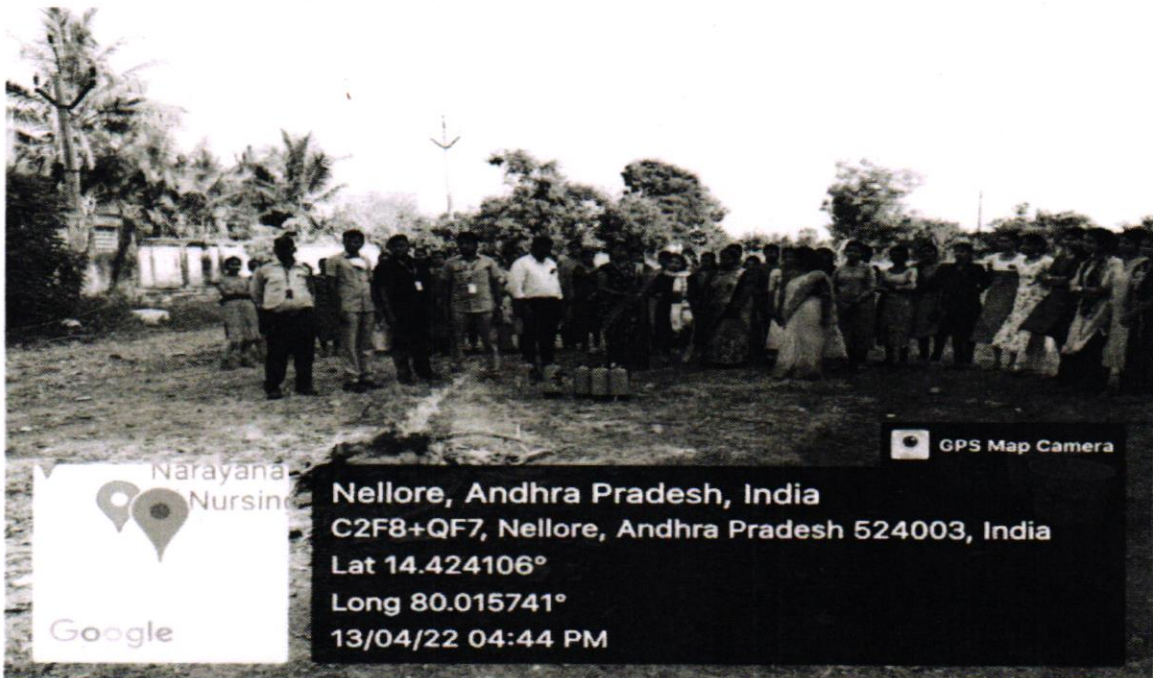


Fig No 2: Mr. Rushi, CSO live demonstrating the fire safety measures

*B. Chinnay*  
Principal  
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*A. S. Reddy*  
Principal  
NARAYANA COLLEGE OF NURSING  
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*Dr. B. Chinnay*  
Principal  
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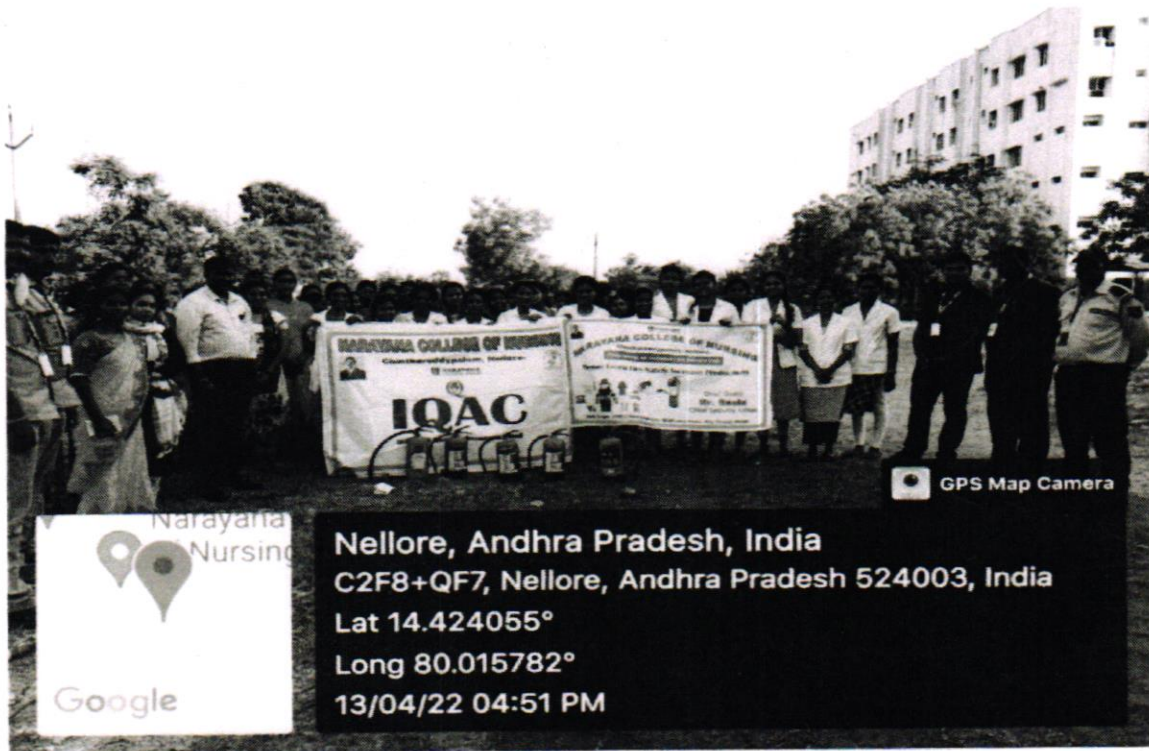


Fig No 3: Faculties and Students have group photo with security team

*G. S. R. T.*  
Coordinator

*B. Anuj*  
Principal  
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Chinthareddypalem,  
NELLORE - 524 003



*A. S. Reddy*  
Principal

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

*Dr. B. Anuj*  
Principal

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## NATIONAL FIRE SERVICE DAY-2022

### STUDENTS ATTENDANCE

S.NO	NAME OF THE STUDENT	SIGNATURE
1.	ADITHYALAKSHMI T A	<i>[Signature]</i>
2.	AISWARYA D	<i>[Signature]</i>
3.	AKSA MARIAM JOHNSON	<i>[Signature]</i>
4.	AKSA REJIMON	<i>[Signature]</i>
5.	ALEENA JOBY	<i>[Signature]</i>
6.	ALEENA SABU	<i>[Signature]</i>
7.	ANEENA GEORGE	<i>[Signature]</i>
8.	ANITHAMOL JOY	<i>[Signature]</i>
9.	ANJAL ANIL	<i>[Signature]</i>
10.	ANJALY MARTIN	<i>[Signature]</i>
11.	ANNA MARIA SOY	<i>[Signature]</i>
12.	ANNU THOMAS	<i>[Signature]</i>
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21.	DEVIKA BINU	<i>[Signature]</i>
22.	DEVIKA SANTHOSH	<i>[Signature]</i>
23.	DIVYA BABU	<i>[Signature]</i>

*[Signature]*  
Principal

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*[Signature]*  
Principal

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*[Signature]*  
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24.	DONA SUNIL	<i>Dona</i>
25.	JANCY JEMINI	<i>Jancy</i>
26.	JOICE GEORGE	<i>Joice</i>
27.	JUBY JOSE	<i>Juby</i>
28.	KRIPA SREEKUMAR	<i>Kripa</i>
29.	LISBET JOSHY	<i>Lisbet</i>
30.	MARIYA ABY	<i>Mariya</i>
31.	MARIYA FRANCIS	<i>Mariya</i>
32.	MARIYA MATHEW	<i>Mariya</i>
33.	MIBILA BABY	<i>Mibila</i>
34.	PRIYANKA JOHNY	<i>Priyanka</i>
35.	REMYA GEORGE	<i>Remya</i>
36.	RINTA SEBASTIAN	<i>Rinta</i>
37.	SAINU SUSAN SUNNY	<i>Sainu</i>
38.	SANJANA SABU	<i>Sanjana</i>
39.	SANNU SAJI	<i>Sannu</i>
40.	SEEBA BIJU	<i>Seeba</i>
41.	SELIN SUSAN CHACKO	<i>Selin</i>
42.	SHINTU ANNA KURIAKOSE	<i>Shintu</i>
43.	SIMI SABU	<i>Simi</i>
44.	SINJUMOL SABU	<i>Sinjumol</i>
45.	SNEHA BABU	<i>Sneha</i>
46.	SNEHA JOMON	<i>Sneha</i>
47.	SREEKUTTY K S	<i>Sree</i>
48.	SURYALAKSHMY S	<i>Surya</i>
49.	TINTUMOL JOSEPH	<i>Tintu</i>

*B. Anuj*  
Principal

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50.	VINAYA THILAK	<i>Vinaya</i>
51.	AKSHA THERESA KURIAN	<i>Aksha</i>
52.	AKZA VARGHESE	<i>Akza</i>
53.	ALINA THOMAS	<i>Alina</i>
54.	ANAGHA ANILKUMAR	<i>Anagha Anilkumar</i>
55.	ANI ELIZABATH ANTONY	<i>Ani</i>
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74.	JISINI ANNIE JOHN	<i>Jisni</i>
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89.	STEPHY JACOB	
90.	SURYA SURESH	
91.	VINAYA ANNA VINOD	
92.	YEMEMMA JOSE	

COORDINATOR

PRINCIPAL

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## Special Olympics

Bharat



Special Olympics  
**Healthy Athletes®**



75  
आज़ादी का  
अमृत महोत्सव

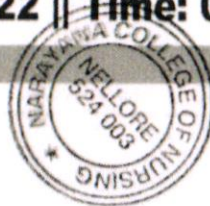
Special Olympics  
**Health Promotion**



### World Health Day - 2022

**Date: 07. April. 2022 || Time: 09:00 am - 05:00 pm || Venue: Red Cross Society, Nellore.**

*B. Anny*  
Principal  
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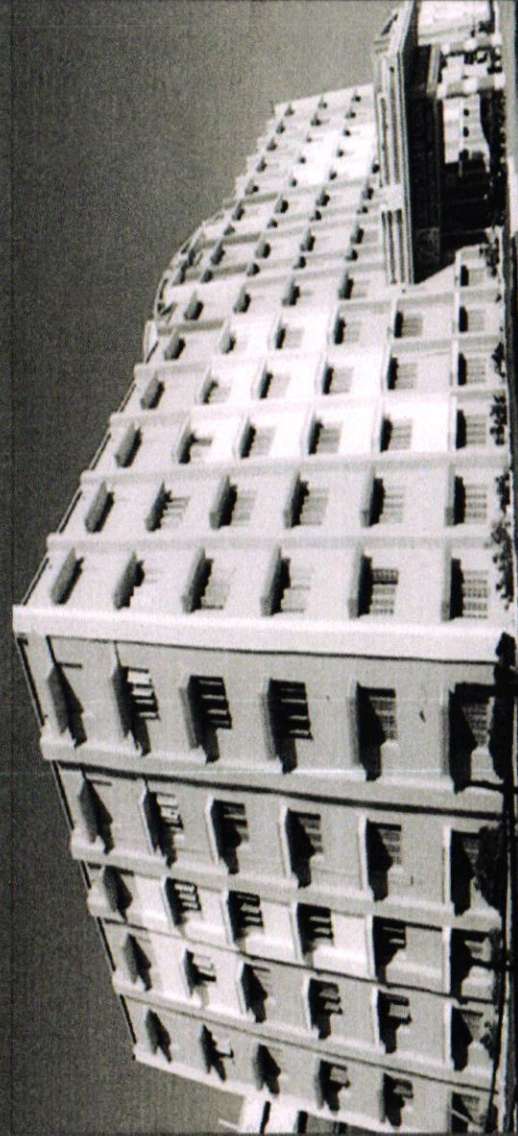
*A. Sani*  
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*Dr. B. Anny*  
Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003

**:- Agenda :-**

- Prayer Song
- Welcome Song
- Welcome Address
- Lamp Lightening
- Dignitaries Speech
- Special Olympics Bharat For Athletes
- Health Promotion activity
- Certificate Distribution
- Vote of Thanks
- National Anthem

*Bohmy*  
Principal  
NARAYANA COLLEGE OF NURSING  
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NELLORE - 524 003



*Bohmy*  
Principal  
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**BROCHURE**  
**SPECIAL OLYMPICS BHARAT**



Special Olympics  
**Health Promotion**



Special Olympics  
**Healthy Athletes®**



Date: 07-04-2022  
Time: 09:00 am - 05:00 pm  
Venue: Indian Red Cross Society, Nellore.

*Dr. Bohmy*  
Principal  
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## NARAYANA COLLEGE OF NURSING

CHINTHAREDDY PALEM, NELLORE

### REPORT ON SPECIAL OLYMPICS BHARAT

(75<sup>TH</sup> AMRIT MAHOSAV)

Special Olympics Bharat is an official recognized program of Special Olympics International which operates in India. It was founded in 1987 as Special Olympics India, and from 2001 it become as Special Olympics Bharat. It is recognized by the government of India as a National Sports Federation for the development of sports opportunity for the people intellectual disabilities. The SPECIAL OLYMPICS BHARAT Program has so far drawn in number of coaches to work with 850875 athletes across the country. Special Olympics Bharat is also registered under Indian Trust Act 1882 in 2001, and is accredited by Special Olympics International to conduct Special Olympics Programs in India. It is designated by the Government OF India as Nodal agency for all disabilities on account of National presence and experience, especially in rural areas which account for nearly 75 per cent of the disabled population in India.

The program started with the inauguration by Sri Chandrasekar Reddy Chairman of Indian Red Cross society along with his team members and Dr.Ajay principal of Narayana Dental College, Dr.Kannan, Incharge of SOB, Dr.Indhira.A Principal, Narayana College of Nursing, Dr. Tirupathi Principal of Narayana Physiotherapy College dignitaries lighten the lamp.

Narayana College of Nursing collaborated with Narayana Dental College and Narayana Physiotherapy College conducted the "Special Olympics Bharat "Program behalf of 75<sup>th</sup> Amrit Mahotsav on April 7<sup>th</sup> at Indian Red Cross Society in Nellore, Andhra Pradesh. Priorly our students registered as the program volunteers and health promotion for athletes. The registered students participated in various activities such as hand wash technique and Nutritional health education activities. Health promotion team members explained to the athlete's parents

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*A. Jayaram*  
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regarding healthy nutritional diet pattern with live demonstration of displaying fruits and vegetables.

The registered athlete's attended the program through scanning of QR code and consumed the all benefits from special smiles team and health promotion. The health promotion team members and special smiles along with cooperation of Indian Red Cross Society team members make it grand success. The end with vote of thanks and followed by National Anthem.



Fig No 1: Ribbon cutting by Sri Chandrashekar Reddy, Chairman of IRS

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*A. J. Reddy*  
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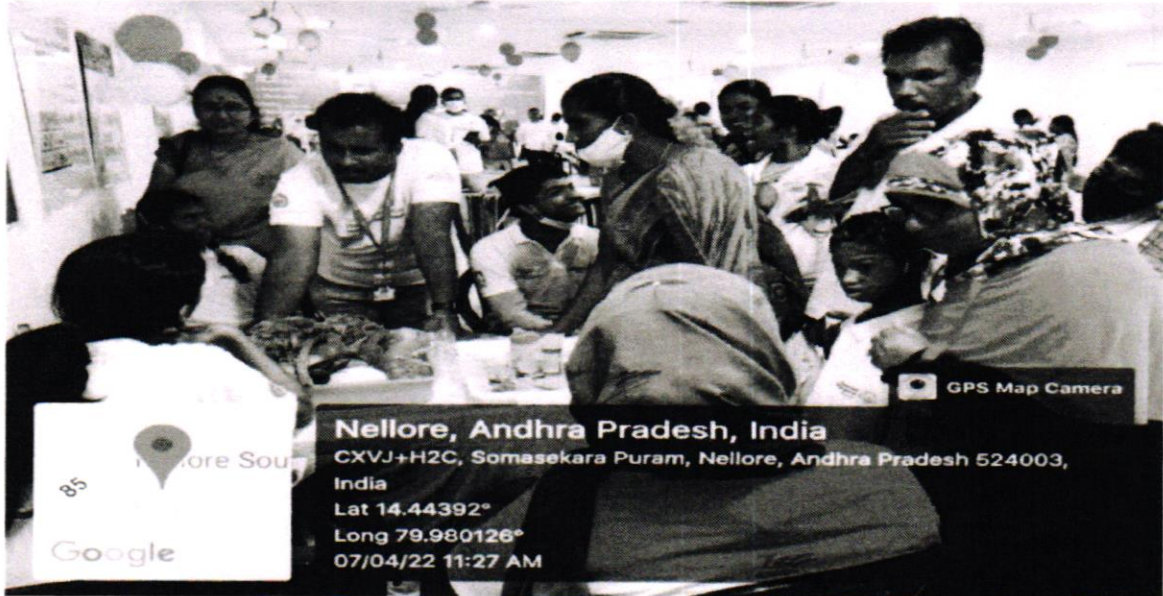
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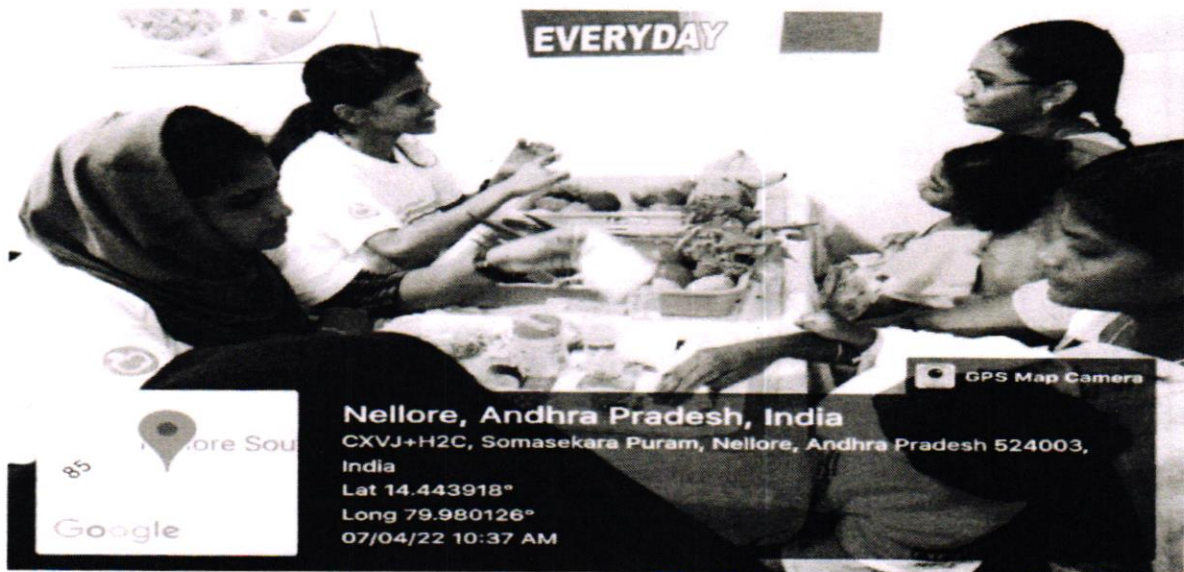
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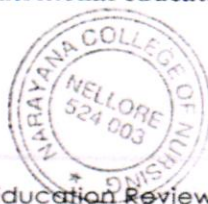


**Fig No 2: Health Promotion team live demonstration on dietary menu to the athlete's parents.**



**Fig No 3: Nutritional education to the athlete's parents.**

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*A. Jeevi*  
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Fig No 4: Group photo with Red Cross Society Team Members

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*A. S. Rowi*  
Principal  
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Fig No 5: Guinness World Records Certificate and Asia Book of Records

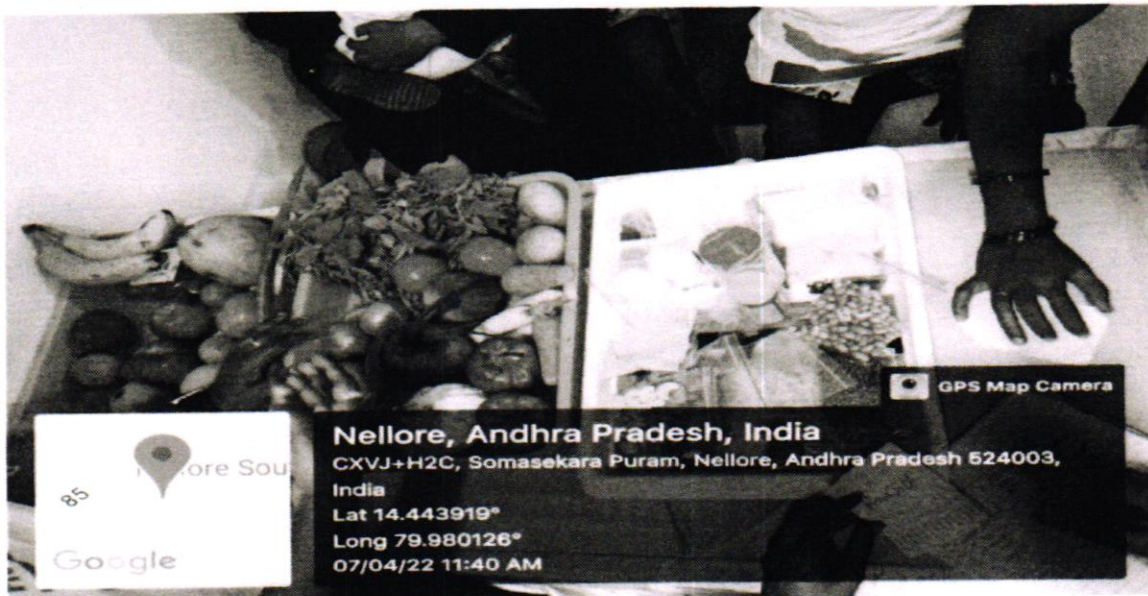


Fig No 6: Displayed Healthy fresh fruits and vegetables

Coordinator

*B. Anny*  
Principal

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*A. S. Reddy*  
Principal

Principal  
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## NARAYANA COLLEGE OF NURSING


CHINTHAREDDY PALEM, NELLORE

### SPECIAL OLYMPICS BHARAT (75<sup>TH</sup> AMRIT MAHASTAV)

#### STUDENTS ATTENDANCE

S.NO	NAME OF THE STUDENT	SIGNATURE
1.	ABHRAMI .R	Abhrami R
2.	AISWARYA VINOD	Aiswarya
3.	AKHILA BABY	Akhila Baby
4.	ALEENA JOSEPH	Aleena Joseph
5.	ALEENA SHAJI	Aleena S
6.	AIFA MATHEW	Aifa Mathew
7.	ANCYMOL WILSON	Ancymol
8.	ANJU ANTONY	Anju
9.	ANJU P	Anju P
10.	ANNMARIYA ROY	Annamariya R
11.	ANNA VARGHESE	Anna Varghese
12.	ANNU ELSA THOMAS	Annu Elsa
13.	ANUVINDA TN	Anuvinda
14.	APARNA BIJU	Aparna Biju
15.	ASHLY SANTY	Ashly S
16.	ASHLY TREESA PAUL	Ashlyreesa
17.	ATHULYA .R	Athulya R
18.	SNEHA SAJU	Sneha Saj
19.	CHINNU VARGHESE	Chinnu
20.	FATHIMA HUSSIAN	Fathima

  
COORDINATOR

  
Principal  
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PRINCIPAL

Principal  
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Principal

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NELLORE - 524 003

Date:

7<sup>th</sup> April, 2022

SPECIAL OLYMPICS BHARAT

75<sup>th</sup> Anni Mahastad

Time: 9AM to 5PM

Attendance

S No	Name of the Athlet	Age/Gender	Parent's Signature
1.	Maha lakshmi	9y/F	P. S. S. S.
2.	Abelkul. S K	12y/M	S. K. S. S.
3.	Mokshikha	14y/F	B. S. S. S.
4.	P. Jai Surya	17/M	P. S. S. S.
5.	Yogeshwari	8/F	V. S. S. S.
6.	K. Shobith kumar	19/M	K. A. S. S. S.
7.	R. Shamely	21/F	R. V. S. S. S.
8.	D. Swathy	11/M	D. S. S. S.
9.	Kathir Deega	15/F	K. S. S. S.
10.	Nimata pallavi	16/F	P. S. S. S.
11.	Ishitha S. S.	11/F	I. S. S. S.
12.	Bushanth Jeel	11/Y	Y. S. S. S.
13.	A. Rajesh	11/M	A. S. S. S.
14.	B. Premchand	6/M	B. S. S. S.
15.	Ashwini	17/F	S. K. S. S.

B. S. S. S.  
Principal

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A. S. S. S.  
Principal

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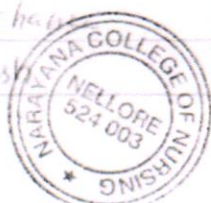
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Principal

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16)	P. Nikilash	54/M	P. Poojitha
17)	K. Athwik	64/M	K. Ansha
18)	K. Suf	174/M	G. Poojitha
19)	S. K. Athif	12/M	SK. G. S. S.
20)	K. Vishnu	14/M	K. S. S. S. S.
21)	S. penchalama moshshya	8/M	M. Jari
22)	Labu Srisalakshmi	23/F	S. S. S. S.
23)	Narasimha	12/M	L. S. S. S.
24)	Shak Sufya	11/F	S. K. S. S.
25)	Habeebanis	12/F	A. S. S.
26)	Veesa Venkatalakshmi	14/F	V. S. S. S.
27)	P. Sreetha	23/F	P. S. S. S.
28)	P. sumakali	20/F	B. S. S. S.
29)	Heda Masthan	20/M	P. S. S. S.
30)	S. K. ayisha	10/F	S. S. S. S.
31)	Buvaneeth	10/M	B. S. S. S.
32)	Thanya S	16/F	G. S. S. S.
33)	B. Vaashita	13/F	B. S. S. S.
34)	G. mohansao	20/M	G. S. S. S.
35)	S. Dancal	26/M	G. S. S. S.
36)	m. samud paul.	17/M	G. S. S. S.
37)	SK. Imran	14/M	G. S. S. S.
38)	B. Sateesh	17/M	G. S. S. S.
39)	Danush	7/M	G. S. S. S.
40)	Mohith	10/M	SK. S. S. S.
41)	Sudheer	17/M	P. S. S. S.
42)	G. Lakshmi	13/F	G. S. S. S.
43)	K. chakra kumar	13/M	K. S. S. S.
44)	Geetha Sudarshan	14/M	E. S. S. S.
45)	K. penchala danush	12/M	K. Jyothi

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46)	K Niryak	18/M	K. Chandu
47)	Y Malash	15/m	K. Chandu
48)	K Laksh	8/m	K. Chandu
49)	Nelloru manikande		sec. K. Chandu
50)	M Saccu	23/m	M. Chandu
51)	J madhu	14/m	J. Chandu
52)	P. nareeth	12/m	S. Chandu
53)	Ranjith	18/m	R. Chandu
54)	Lakshmi Rajeeve	14/F	B. Chandu
56)	S. Sharyanya	17/F	S. Saranya
57)	Basantha kuma	13/m	Vasanthi
58)	P. keon	2 1/2/m	P. Cethura
59)	Vasid	11y/m	S. K. Chandu
60)	Rajhu	11y/m	M. Chandu
61)	Sai Vignesh	12y/m	A. Sundri
62)	Sucharitha	15y/F	A. Sundri
63)	Y. Ayyappa Sankarsh	14y/m	A. Sundri
64)	K. Manya	9y/14F	K. Chandu
65)	K. Vishanvarshan	7y/m	K. Chandu
66)	Achithya Mounk	22/m	A. Rajya Lakshi
67)	M. Yamini	11/F	G. Chandu
68)	Y. Vinay	14/m	Y. Subramanyam
69)	Swarupa	14/F	E. Chandu
70)	Rakub	14/m	V. Chandu
71)	V. Naghantha	16/F	V. Chandu
72)	Nurhanma	24/F	M. Chandu
73)	Masthanaiab	8/m	B. Chandu
74)	I. Shilpa	21/F	I. Shilpa
75)	K. Anitha	22/F	K. Anitha
76)	K. Mounka	22/F	K. Mounka
78)	Abhishek	22/F	B. Chandu



79)	Diksha	24/F	V. Hanuman
80)	T. Challa	22/M	T. An
81)	Navneet Kumar	18/M	P. Arun
82)	M. Venkateswari	17/M	S. Syamala
83)	Krishna Vamsi	23/M	M. Anand
84)	Siva Keerthy	29/F	<del>Pr</del>
85)	S. Thanjai	16/F	S. Anand
86)	Sravanthi	17/F	S. Anand
87)	Vasitha	12/F	A
88)	Thijub	64/M	Deepika
89)	M. Anja	64/F	Rekhma
90)	Shanthy	17/F	G. Anand
91)	Banuvree	24/F	B. Hanuman
92)	Saithyapwani	14/F	V. An
93)	B. Anamma	10/F	G. Anand
94)	S. K. Rajavathy	13/M	Anitha
95)	A. Mary	17/F	A. Mary
96)	Hansiya	24/F	S. K. Anand
97)	G. Anshayance	24/F	G. Anand
98)	Pavan	20/M	Anand
99)	Dailal	18/M	M. GAINAXY
100)	Bachunath	20/M	M. I. GAINAXY
101)	CH. Venkith	23/M	ch. Maheswari
102)	G. Mahitha	23/F	G. Anand
103)	Jassy	11/F	D. Anand
104)	Asmith Sai	13/M	V. Anand
105)	Lochan Yadav	16/M	Lochan Yadav
106)	Mujitha	16/F	<del>Pr</del>
107)	Krishna Reddy	31	<del>Pr</del>

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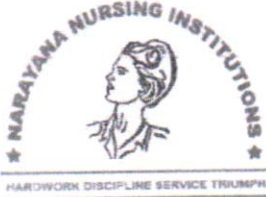
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**2019-2020**



# NARAYANA COLLEGE OF NURSING

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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 12<sup>th</sup> May 2019. Narayana College of Nursing celebrated International Nurses day on 12<sup>th</sup> May 2018. This year the theme chosen 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 2<sup>nd</sup> year B.Sc(N) with beautiful song. 1<sup>st</sup> 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 1st year 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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Fig: Faculty were giving education regarding diabetic diet

*T. Chelvan*  
NSS PROGRAM OFFICER

NSS Program Officer  
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*A. Sai*  
PRINCIPAL

Principal  
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*Dr. Balamy*  
Principal

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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



*Dr. B. Anuj*  
Principal  
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*A. S. Reddy*  
Principal  
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Fig: Faculty was giving speech

*T. Oshaji*  
NSS PROGRAM OFFICER

NSS Program Officer  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
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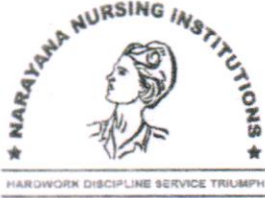


*A. S. S. S. S.*  
PRINCIPAL

Principal  
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Chinthareddypalem,  
NELLORE - 524 003.

*Dr. B. S. S. S.*  
Principal  
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Fig: Faculty was giving speech

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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.

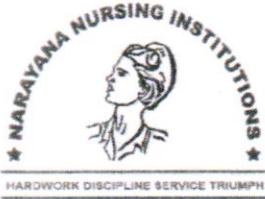
The program Inaugurated the Soakage Pit and plantation the celebration by our Nursing Dean and Principal of Narayana College of Nursing Dr. Indira.A by planting with Dr. Swamy, Deputy Vice Chancellor of Lincoln University from Malaysia, Dr.Surya Parkas Rao, Dean, Narayana Medical College, Dr. Vijay Kumar, 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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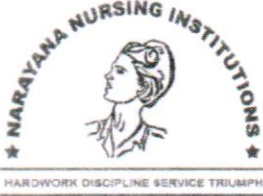
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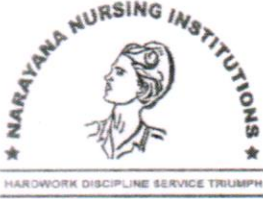


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Fig:Plantation by faculty and students

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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 3<sup>rd</sup> 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 1<sup>st</sup> prize and Ms.Alphonsa Jacob, . The Chief Guest and committee members distributed mementos' and certificates to the winners.

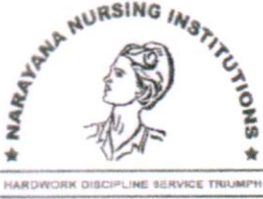
16 Students from Narayana College of Nursing were actively donated the Blood in Blood Bank at Narayana Medical College and Hospital, Nellore on 15<sup>th</sup> June 2019 .This event

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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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Fig: volunteers distributing dates to the blood donors

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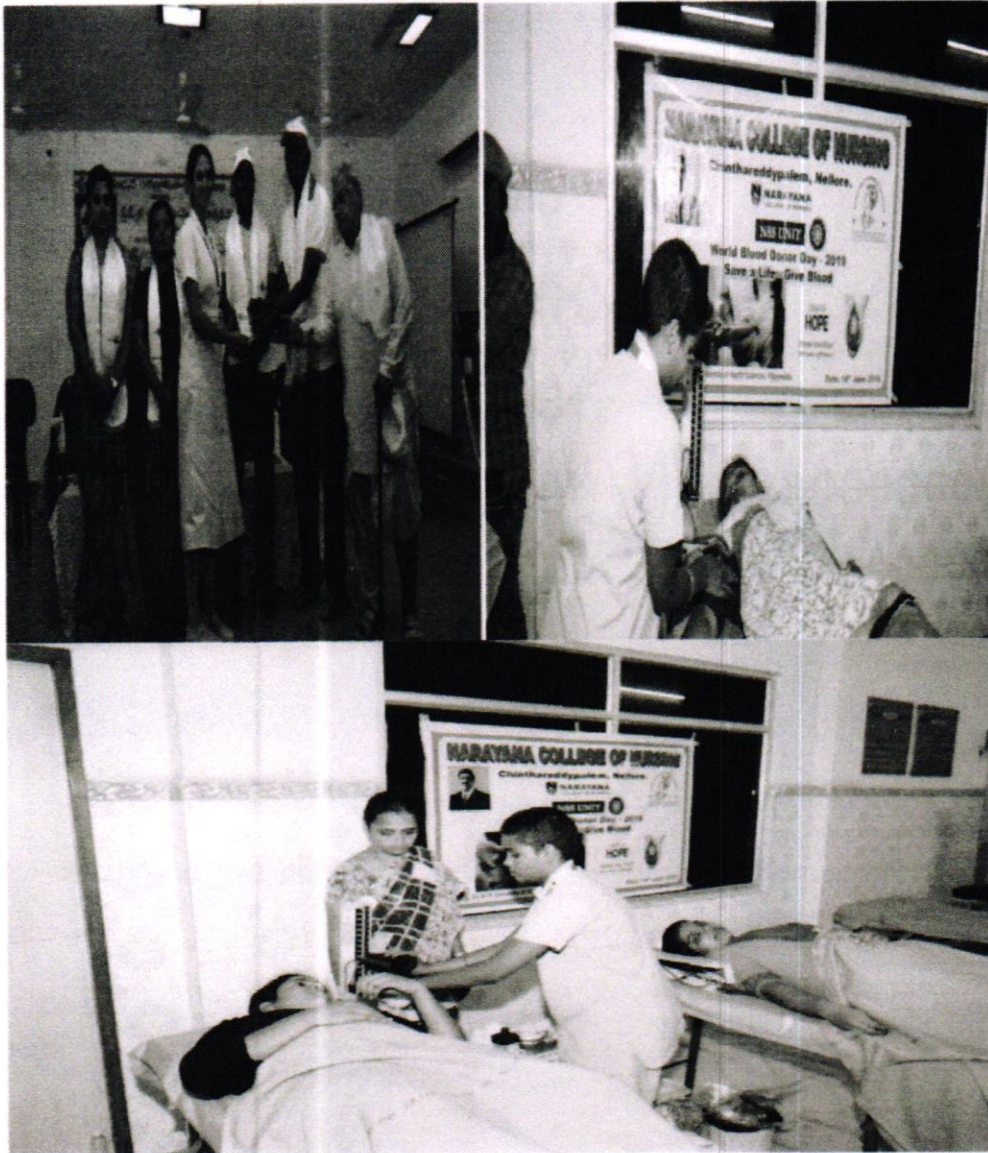
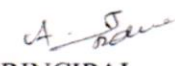



Fig:Faculty were checking Blood pressure to the blood donors

  
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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, 14<sup>th</sup> 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.

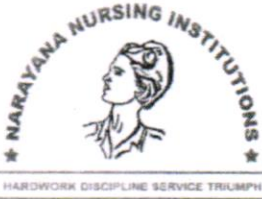
**Table 1: Frequency and Percentage distribution of level of awareness on Diabetes mellitus.**  
(N=51)

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
B	2	3.9	24	47
C	12	23.5	0	0
D	30	58.9	0	0
<b>TOTAL</b>	<b>51</b>	<b>100</b>	<b>51</b>	<b>100</b>

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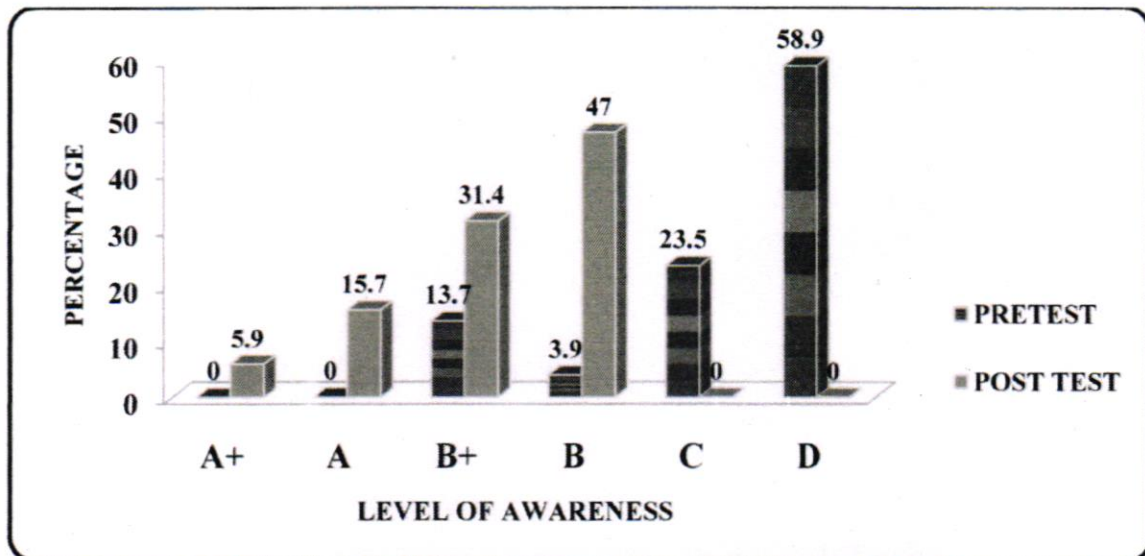
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In relation to the level of awareness In pretest , out of 51 participants 7(13.7%) participants scored 'B+' grade,2 (3.9%) secured B grade,12(23.5%) participants got C grade and majority 30(58.9%) participants got D grade whereas in post test 3(5.9%) 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
<b>Total</b>	<b>51</b>	<b>100</b>

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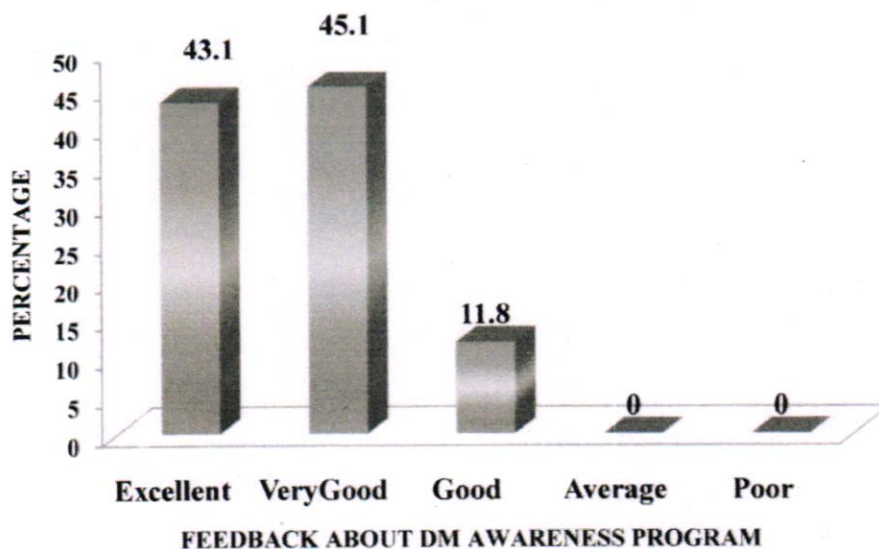
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In relation to the feedback out of 51 participants 22 (43.1%) expressed program was excellent 23(45.1%) participants told that program was very good and remaining 6(11.8) told that awareness program was Good. They verbally expressed the program was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

**Fig 2: Percentage distribution of feedback on level of awareness on DM among participants**

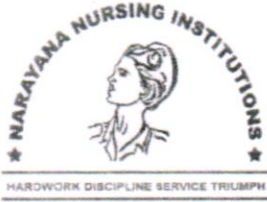


At the end of the program pamphlets on life style modification was distributed to all participants and multigrain sprouts were given to them. The participants were sensitized with the diabetes mellitus and the participants were asked to spread the message to all neighbors while returning to their respective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

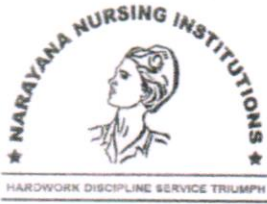


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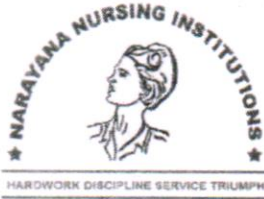
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## “WORLD MENTAL HEALTH DAY -10.10. 2019”

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 10<sup>th</sup> 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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*A. Indu*  
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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 video 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, understand and manage 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)

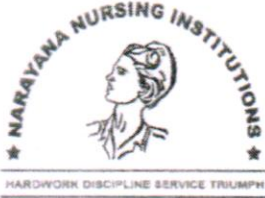
GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	9	30
A	1	3	5	17
B+	0	0	9	30
B	3	10	5	17
C	9	30	2	7
D	17	57	0	0
TOTAL	30	100	30	100

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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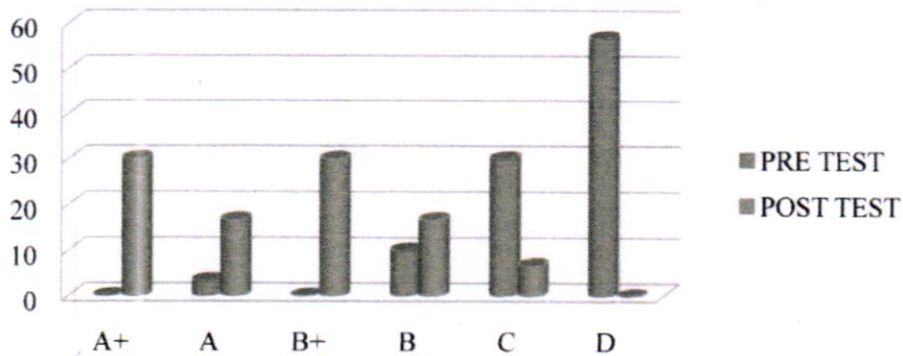


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**Fig 1: Percentage distribution of level of awareness on suicide prevention among participants (N=30)**



**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	0	0
Poor	0	0
<b>Total</b>	<b>30</b>	<b>100</b>

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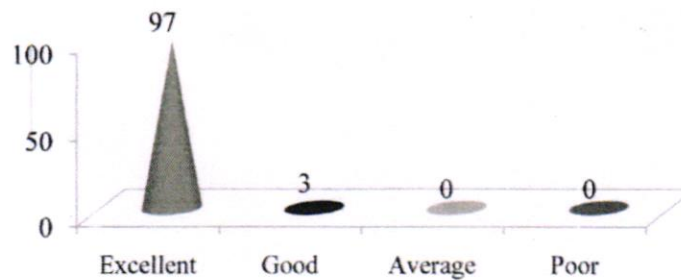


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**Fig 2: Percentage distribution of feedback on level of awareness on suicide prevention among participants (N=30)**



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.

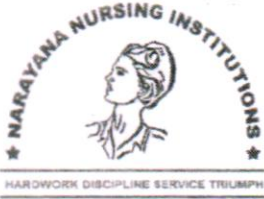
Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the programme ended with National Anthem.

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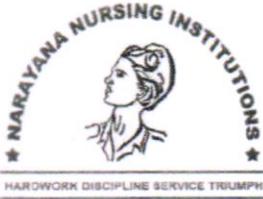


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Fig: Faculty were explaining about awareness on Mental health day

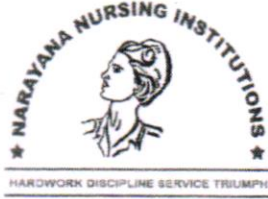
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## REPORT ON WORLD NO TOBACCO DAY- 2019 "Theme: TOBACCO AND LUNG HEALTH"

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 31<sup>st</sup> 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 31<sup>st</sup> 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 3<sup>rd</sup> 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.

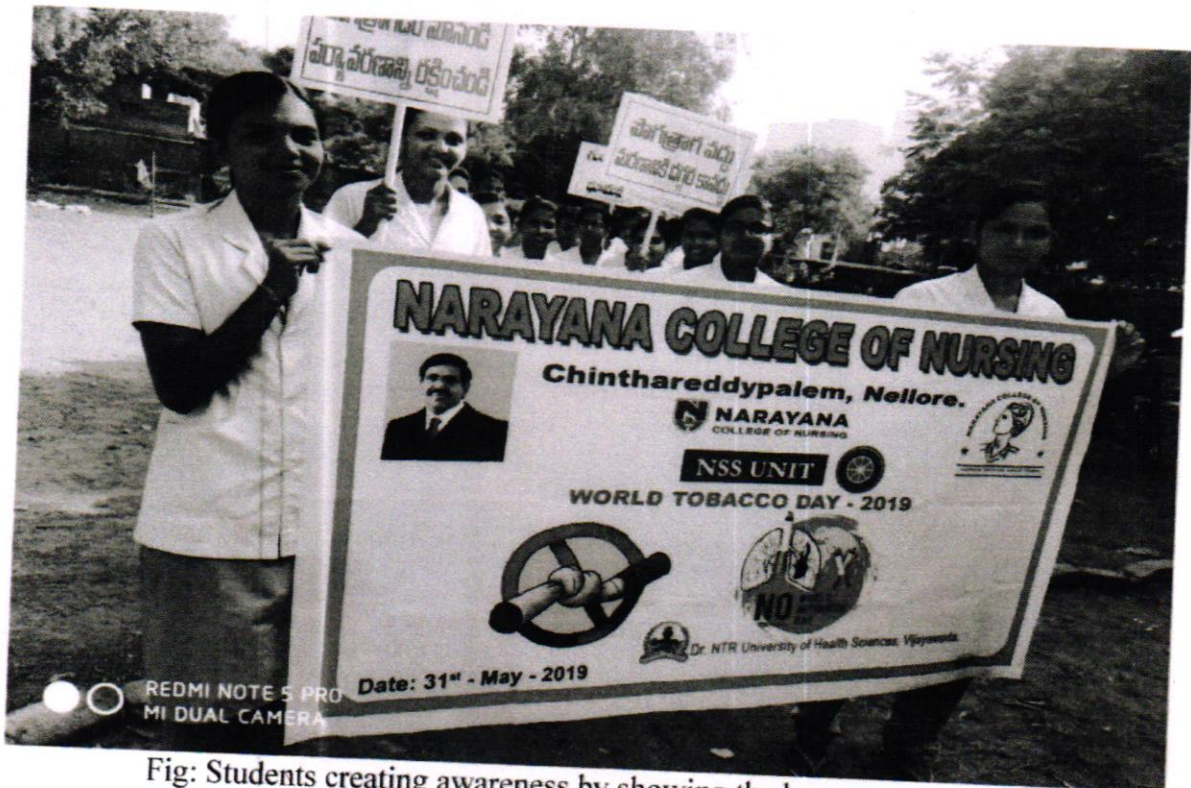


Fig: Students creating awareness by showing the banner

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Fig: Students were participating in rally to create awareness

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*Dr. B. Anjali*  
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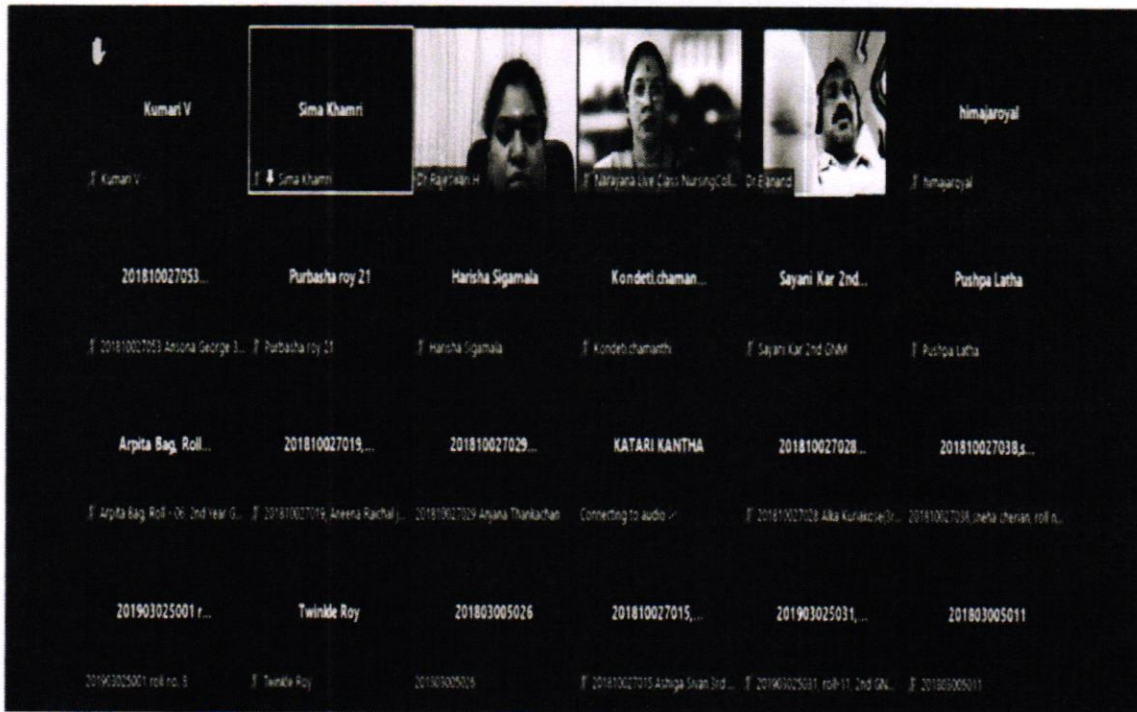


## REPORT ON WORLD MENTAL HEALTH DAY 10.10. 2021

Every year October 10<sup>th</sup> 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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Award: (Higher Education Review Board) Top 10 Nursing College - 2020  
IAO (International Accreditation Organization (2020 - 2025))

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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 influence Mental 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 while existing inequalities present in Mental Health sector.

Award: (Higher Education Review Top 10 Nursing College, 2020)  
IAO (International Accreditation Organization (2020 - 2026)



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

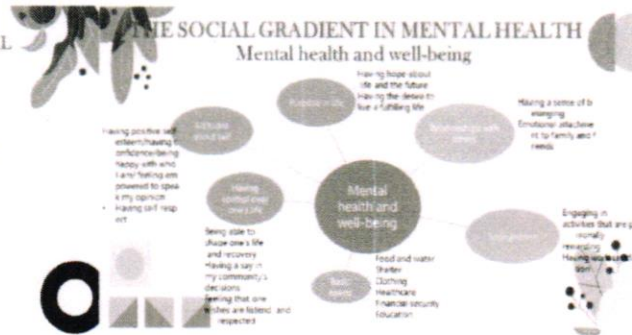
At the of the second day session, Post test was conducted for all the participants and a feedback form regarding the programme was asked to fill by the participants later. Dr. Rajeswari. H, Professor & HOD, Narayana College of Nursing summarized the webinar session and Prof. Smithadelivered vote of thanks.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

## HIGHLIGHTS OF THE PRESENTATION

### The nature and extent of mental health inequalities

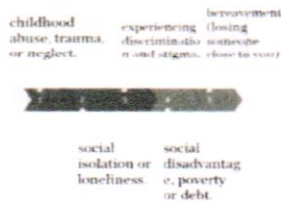
**THE NATURE AND EXTENT OF MENTAL HEALTH INEQUALITIES**

- The social gradient in mental health.
- How do socioeconomic inequalities lead to mental health problems.
- Grouping inequalities.



## Mapping the problem: Inequalities that influence mental health

### Causes that can lead to mental health inequalities



### FACTORS OF MENTAL HEALTH INEQUALITY

Material inequality:- poverty, poor housing, lack of employment opportunities.

Health inequality - including having long-term physical health condition.



Social inequality and rights - stigma and discrimination or experiences related to living in care.

*A. S. Devi*  
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Award: (Higher Education Society) Top 10 Nursing College - 2020

IAO (International Accreditation Organization (2020 - 2025))



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## Pandemic & mental health inequalities

### Short term priorities

#### 1. Access to services

- Referrals to adult talking therapies and children and young people's **mental health services have fallen sharply in some areas** (Health and Social Care Select Committee, 2020)
- Many adults living with mental health problems report their mental health has deteriorated because they are receiving less support (Rethink Mental Illness, 2020)

**Ensuring Access to Mental Health Services During the Pandemic and Beyond**

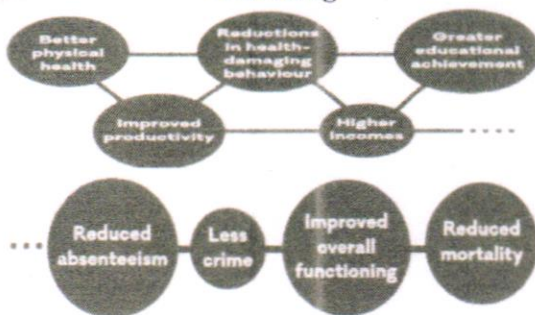
### Long term priorities

1. Transformation of services
2. Economic impact
3. Systemic racism and community betrayal
4. Trauma and vulnerability
5. Grief

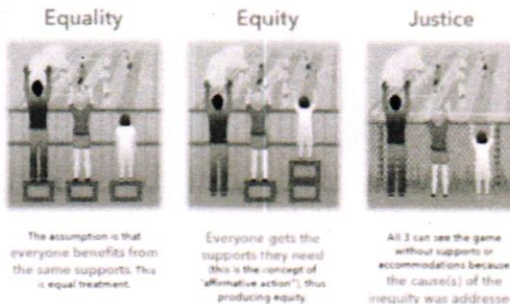


## Tackling mental health issues

### Achieving good mental health and wellbeing



### Addressing the socioeconomic drivers of poor mental health



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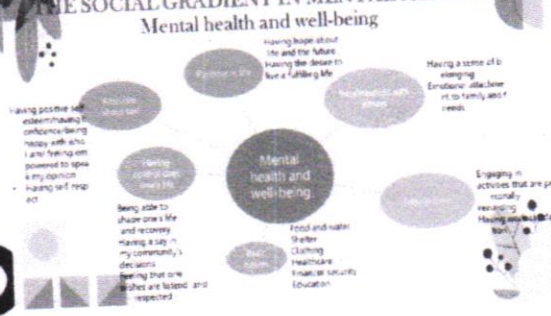


#### THE NATURE AND EXTENT OF MENTAL HEALTH INEQUALITIES

- The social gradient in mental health.
- How do socioeconomic inequalities lead to mental health problems.
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#### THE SOCIAL GRADIENT IN MENTAL HEALTH



### Mapping the problem: Inequalities that influence mental health

#### Causes that can lead to mental health inequalities

childhood abuse, trauma, or neglect.  
experiencing discrimination and stigma, (losing someone close to you)  
bereavement

social isolation or loneliness.  
social disadvantage, poverty or debt.

#### FACTORS OF MENTAL HEALTH INEQUALITY

Material inequality- poverty, poor housing, lack of employment opportunities.

Health inequality - including having long-term physical health condition.



Social inequality and injury - stigma and discrimination or experiences related to living in care.

Award: (Higher Education) Top 10 Nursing College (2020)  
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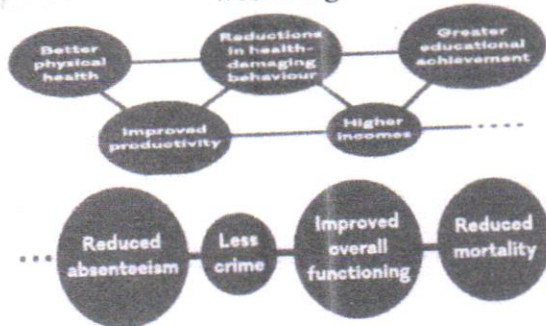
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- Transformation of services
- Economic impact
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- Grief



## Tackling mental health issues

### Achieving good mental health and wellbeing



### Addressing the socioeconomic drivers of poor mental health

Equality	Equity	Justice
The assumption is that everyone benefits from the same supports. This is equal treatment.	Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.	All 3 can see the game without supports or accommodations because the cause(s) of the inequity was addressed.

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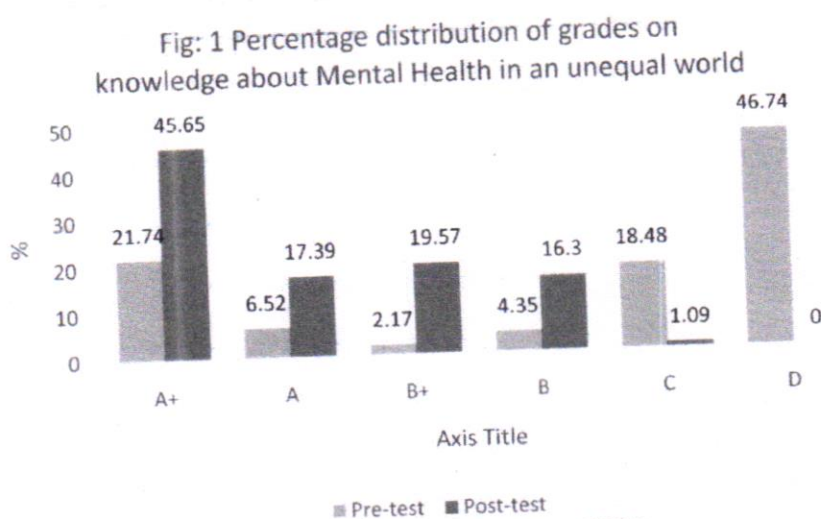
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## ANALYSIS

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

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



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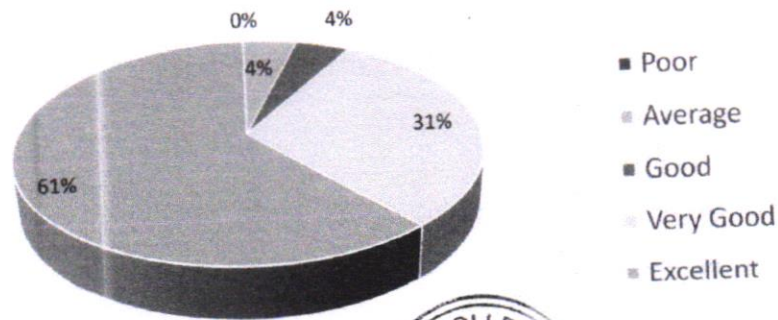


Out of total 92 participants, the pretest scoring was 21.74% as A+, 6.52% as A, 2.17% as B+, 4.35% as B, 18.48% as C and 46.74% as D grade. But in posttest, the knowledge grade has improved as 45.65% - A+, 17.39% - A and 19.57% - B+, 16.30% - B and this reveals that the Mental Health Day programme on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

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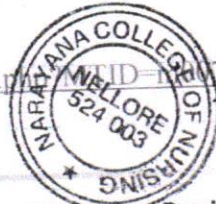


## REPORT ON BLOOD DONOR DAY 12.06.2021

Name of Activity organized	Blood Donor Day
Title of the Activity	Blood Donor Day
Date of activity organized	Jun-12 <sup>th</sup> 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://dntruhs.webex.com/dntruhs/j.php?MTID=77fc455e536722b5573c0bc012b068>



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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.



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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 of 120 participants 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 making phrases 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 great platform for students to learn how to live health



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## Photo gallery

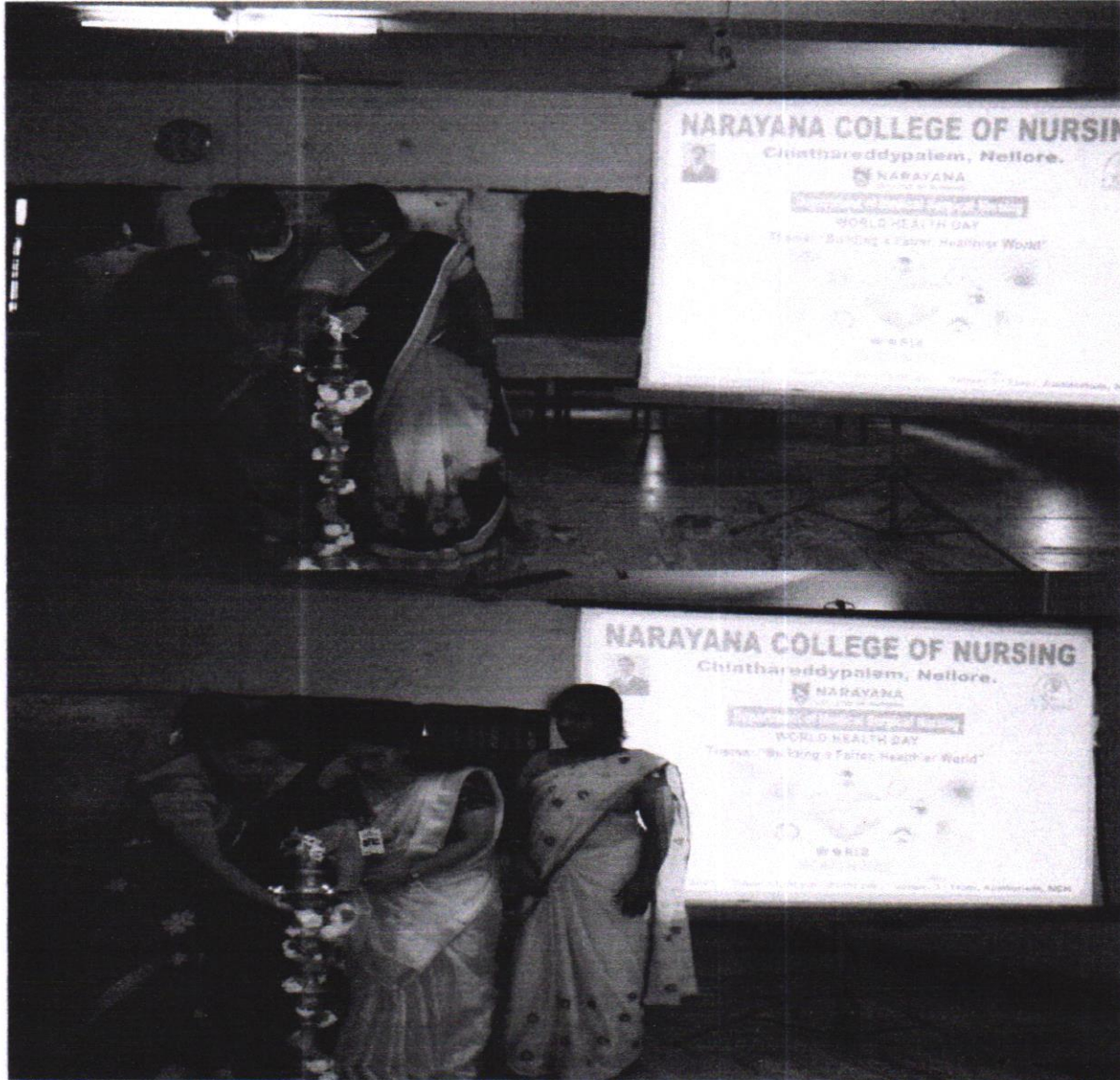


Fig: Faculty were starting the program with lamp lighting



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Prof .Latha giving explanation about spiritual health

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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 scored A+. 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 D grades. 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

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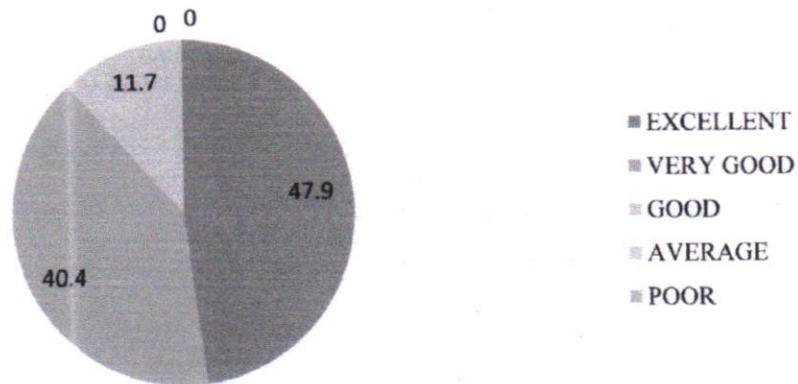
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**FIG: 2 PERCENTAGE DISTRIBUTION OF FEED BACK GRADES ON KNOWLEDGE ABOUT SHARE FACTS ON DRUGS**



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.

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## 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 <sup>th</sup> 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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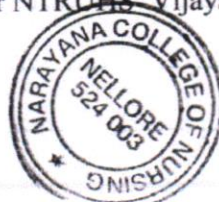
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Narayana college of Nursing NSS program officer Mrs.T.Ushakiran associate Professor OBG Nursing department participated in the webinar conducted by Dr.NTRUHS Vijayawada as it is special program conducted to make the students and staff about the cancer 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



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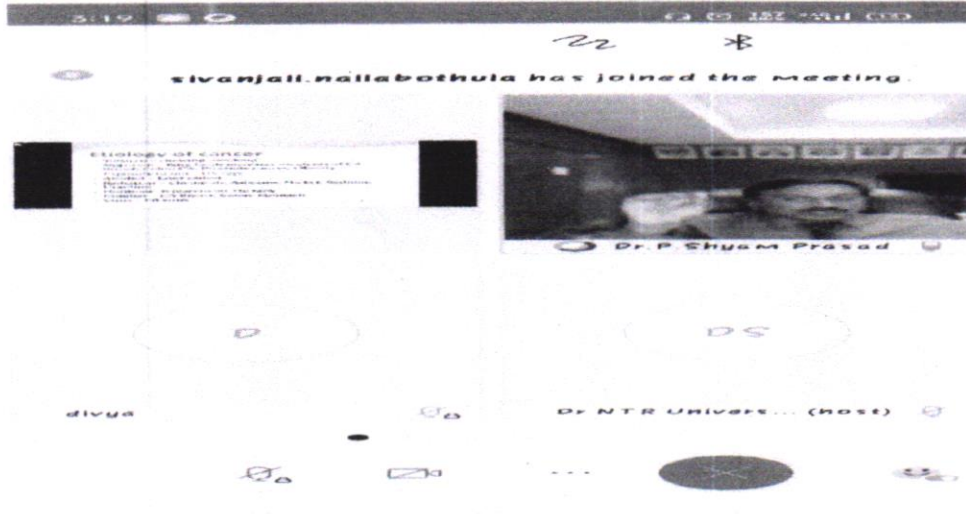


Fig 2: Dr Sham prasad Vice chancellor NTRUHS Vijayawada

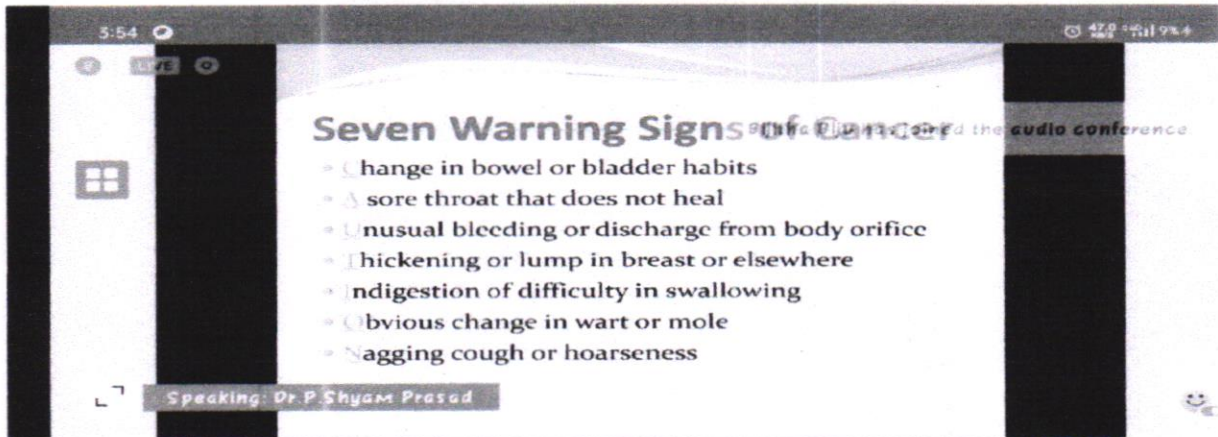


Fig 3: slide

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## REPORT ON WORLD ENVIRONMENTAL DAY ON JAN-5<sup>th</sup> 2021

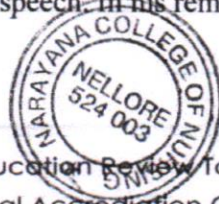
Name of Activity organized	World Environment Day
Title of the Activity	World Environment Day
Date of activity organized	Jan-5 <sup>th</sup> 2021
Name of the coordinator of Activity	Ms.T.Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored 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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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.



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# NARAYANA COLLEGE OF NURSING

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## INTERNATIONAL DRUG DAY - JUNE 26<sup>TH</sup> 2021

### THEME – "SHARE FACTS ON DRUGS – SAVE LIFE"

Every year June 26<sup>th</sup> 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".

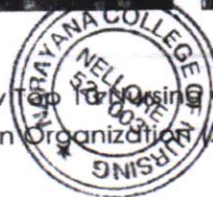
#### INAUGURATION (9.AM-9.15AM)

At 8.50 Am- 9.00 Am, pre-test was conducted for all the participants who enrolled for the International Drug Day programme. The programme started at 9.00 Am with the prayer song and welcome song by 4<sup>th</sup>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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*Dr. Babany*  
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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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## HIGHLIGHTS OF THE PRESENTATION

### Stimulants

#### Stimulants are drugs that

- > stimulate the brain and the central nervous system
- > increase the state of mental alertness
- > decrease appetite

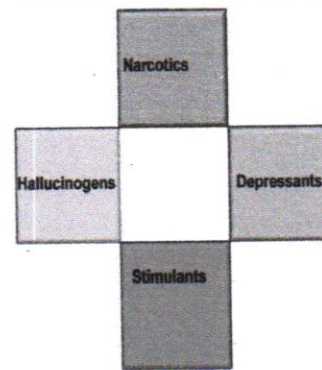
- A) Amphetamines
- B) Cocaine
- C) Nicotine

### Effects of Stimulants

- Wakefulness
- Alertness
- Increased energy
- Restlessness
- Euphoria
- Confusion
- Reduced appetite, increased talkativeness
- Increased breathing and heart rate
- Elevated blood pressure



### Categories of drug abuse



## Mapping the problem: NIDA'S principles for prevention programme

### PROGRAMS FOR DRUG PREVENTION

- 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 - Prevention 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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## TYPES OF RECOVERY PROGRAMS

- Recovery-oriented systems of care.
- Recovery support services.
- Social and recreational recovery infrastructures and social media.

Recovery From Drug Addiction



## HOW ARE MEDICATIONS AND DEVICES USED IN DRUG ADDICTION TREATMENT?

Medications and devices can be used to manage

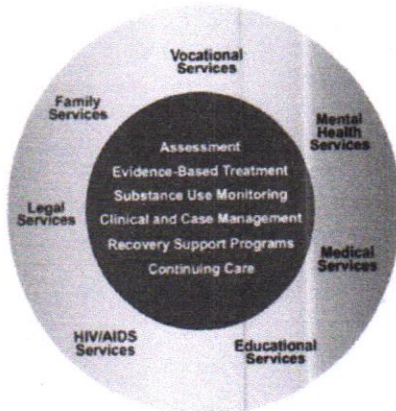
- Withdrawal symptoms
- Prevent relapse
  1. Opioids
  2. Tobacco
  3. Alcohol: Naltrexone, Acamprosate, Disulfiram
- Treat co-occurring conditions.



## Significant aspects of the NDPS Act

• Significant aspects of the NDPS Act:

➤ Quantity-based sentencing



Drug	Small quantity	Commercial quantity
Amphetamine	2 grams (0.071 oz)	50 grams (1.8 oz)
Charas	100 grams (3.5 oz)	1 kilogram (2.2 lb)
Cocaine	2 grams (0.071 oz)	100 grams (3.5 oz)
Ganja	1 kilogram (2.2 lb)	20 kilograms (44 lb)
Heroin	5 grams (0.18 oz)	250 grams (8.8 oz)
LSD	2 milligrams (0.031 gr)	100 milligrams (1.5 gr)
Methadone	2 grams (0.071 oz)	50 grams (1.8 oz)
Morphine	5 grams (0.18 oz)	250 grams (8.8 oz)
Opium	25 grams (0.88 oz)	2.5 kilograms (5.5 lb)

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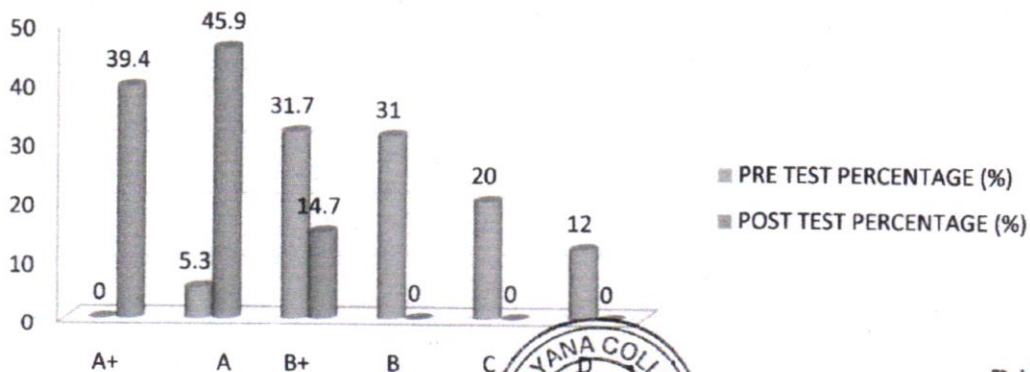
## ANALYSIS

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

N=41

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

**FIG: 1 Percentage distribution of knowledge in an share facts on drugs.**



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**7.1.10 The Institution celebrates / organizes national and international commemorative days, events and festivals**

Describe the efforts of the Institution in celebrating /organizing National and International commemorative days and events and festivals within 500 words

**Response:** Institution has developed its own unique ways of honoring special occasions in the campus. We believe it's our responsibility to make aware of our students regarding our customs, traditions, cultural background, history, religious beliefs and even geography of the region we live in. Since the presence of diversity among students and staffs in the campus made us to take a special effort in celebrating and organizing national and international commemorative days, events and festivals every year.

**Commemorative days:** Yearly, the institution celebrates Independence Day – to make aware of establishment of a free and independent Indian nation, Republic day - to create awareness on the day when Indian constitution came in to effect, among young generation and Teacher's day – to make the students to understand the efforts put in by their teachers to ensure that they get a proper education.

**Festivals:** Many regional and national festivals are celebrated which have cultural and religious significance. Festivals like Christmas, Sankranti festival, Ganesh pooja, Saraswathi pooja etc are celebrated in the institution. Irrespective of religion, caste, and division all the students and faculties participate in the festivals.

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**National and International days:** International days are occasions to educate the general public and students on an issue of concern, resources to address global problems and to celebrate and reinforce achievements of humanity. Different health days are observed for creating awareness among students as well as general public. World Heart day, International diabetic day, World AIDS day, World TB day, World Health day, Pulse Polio programme, Cancer awareness programme, World Hypertension day, World Mental Health day, World Alzheimers day, World Population Day etc are some of the Health days program organized in the institution.

Each programme will be conducted by the concerned department that particular program in the institution as per the yearly planner. Some of the program was conducted in collaboration with the outside agencies like Red Cross society, Government agencies like blood donation day, Mid level health care provider training sessions conducted in college.

Year	2016	2017	2018	2019	2020	2021
Number	3	6	7	9	9	8

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