

## DEPARTMENT OF MEDICAL & SURGICAL NURSING

The **Medical & Surgical Nursing Department** at **Narayana College of Nursing** was organized to enhance the knowledge, skills, and awareness of nursing professionals in the medical and surgical care settings. The program aimed at bridging the gap between theoretical knowledge and practical application while improving the quality of patient care. It included a series of interactive sessions and practical demonstrations.

### World Heart Day - 2019

World Heart Day was observed on 28th September 2019 from 10 AM to 1 PM at Narayana Cardiology Wards, organized by Narayana College of Nursing. With the theme "My Heart, Your Heart," the event aimed to raise awareness among 50 participants, faculty, and the healthcare team. Sessions covered heart disease prevention, risk factors, lifestyle modifications, and diet. As an outcome, participants gained knowledge on heart health, lifestyle changes, and preventive measures, encouraging them to adopt heart-healthy habits.



### WORLD DIABETIC DAY - 2019

A Health Awareness Program on **Diabetes Mellitus** was organized on **World Diabetes Day, 14th November 2019**, at **Narayana Super Specialty Hospital, Nellore**, by the Narayana College of Nursing Dept of **Medical-Surgical Nursing Department**. The event, themed "**The Family and Diabetes**," included **51 diabetes patients and their relatives**, along with doctors, faculty, and students. Experts from the **Endocrinology and Nutrition departments** discussed **causes, symptoms, diagnosis, treatment, diet, and lifestyle modifications** for diabetes. An **exhibition on diabetic-friendly foods** was conducted, and educational videos were displayed. The program successfully enhanced **awareness and management strategies** for diabetes mellitus.





### World Cancer Day - 2020

A **Rally and Awareness Program on World Cancer Day** was conducted on **4th February 2020** from **10 AM to 1 PM** in **Kakatur**, organized by **Narayana College of Nursing**, with **62 participants**. The event, themed **“I Am and I Will,”** focused on cancer prevention, early detection, and treatment awareness. Participants marched with placards, spreading messages on **healthy lifestyles and the importance of regular screenings**. The community gained **awareness about risk factors, early symptoms, and the need for timely medical checkups**. The program successfully encouraged **cancer prevention through education and proactive health measures**.



### World Kidney Day 2020

**World Kidney Day 2020** was observed on **12th March 2020** from **10 AM to 1 PM** in **Kamakshi Nagar**, organized by **Narayana College of Nursing**, with **50 participants**. The theme, **“Kidney Health for Everyone Everywhere – From Prevention to Detection and Equitable Access to Care,”** emphasized global kidney health awareness. Experts discussed **risk factors, early detection, dietary management, and the role of hydration**. As an outcome, participants gained knowledge on **kidney disease prevention, early symptoms, and the importance of regular checkups**. The program successfully promoted **healthy habits to maintain kidney function and prevent complications**.



### World Health Day 2020

**World Health Day 2020** was observed on **7th April 2020** from **10 AM to 1 PM** in **Venkatachalam**, organized by **Narayana College of Nursing**, with **45** participants. The objective was to **promote health awareness, disease prevention, and the importance of accessible healthcare**. Sessions covered **nutrition, hygiene, mental well-being, and healthy lifestyle practices**. As an **outcome**, participants gained knowledge on **disease prevention and adopting healthier habits**. The program successfully encouraged **community well-being and proactive health measures**.





## World Hypertension Day 2020

**World Hypertension Day 2020** was observed on **18th May 2020** from **10 AM to 1 PM** in **Kakatur**, organized by **Narayana College of Nursing**, with **58 participants**. The objective was to **raise awareness about hypertension, its risk factors, prevention, and the importance of regular blood pressure monitoring**. Sessions covered **healthy diet, exercise, stress management, and medication adherence**. As an **outcome, participants gained knowledge on blood pressure control, lifestyle modifications, and early detection**. The program successfully promoted **hypertension prevention and management within the community**.

