

### World Heart Day 2020

**World Heart Day 2020** was observed on **29th September 2020** from **10 AM to 1 PM** in **Venkatachalam**, organized by **Narayana College of Nursing**, with **56 participants and faculty**. The theme, **“Use Heart to Beat Heart Disease,”** emphasized heart health awareness and prevention. Sessions covered **risk factors, healthy lifestyle practices, diet, and the importance of regular checkups**. As an **outcome, participants gained knowledge on preventing heart disease through lifestyle changes and early detection**. The program successfully encouraged **heart-healthy habits and proactive cardiac care in the community**.



### World Diabetes Day 2020

**World Diabetes Day 2020** was observed on **14th November 2020** from **10 AM to 1 PM** at **Narayana Medical Hospital**, organized by **Narayana College of Nursing**, with **59 participants**. The theme, **“The Nurse and Diabetes,”** highlighted the crucial role of nurses in diabetes care and management. Sessions covered **causes, symptoms, prevention, lifestyle modifications, and the importance of regular checkups**. As an **outcome, participants gained awareness about diabetes control, healthy diet, and medication adherence**. The program successfully promoted **early detection, self-care practices, and better diabetes management**.



### World Cancer Day 2021

**World Cancer Day 2021** was observed on **4th February 2021** from **10 AM to 1 PM** at **Narayana Medical College and Hospital**, organized by **Narayana College of Nursing** to spread awareness. The theme, **“I Am and I Will,”** focused on personal commitment to cancer prevention and early detection. Sessions covered **risk factors, symptoms, treatment options, and the importance of regular screenings**. As an **outcome, participants gained awareness about cancer prevention, lifestyle changes, and the need for early diagnosis**. The program successfully encouraged **early detection, healthy habits, and community support for cancer patients**.





## World Kidney Day Report-2021

Narayana College of Nursing organized **World Kidney Day** on **12th March 2020**, led by the **Medical-Surgical Nursing Department** and **M.Sc (N) students**. The event began with a **prayer song**, followed by a **lamp-lighting ceremony** by dignitaries. A **pre-test questionnaire** was given to **75 participants** before the session. **Ms. N. Navya** welcomed the gathering, **Mrs. Latha A** introduced **World Kidney Day**, and **Ms. Thejaswi** explained **kidney problems and the DASH diet**. The program successfully raised **awareness on kidney health and nutrition**.



## World Health Day 2021

**World Health Day 2021** was observed on **7th April 2021** from **10 AM to 1 PM** in **Kakatur**, organized by **Narayana College of Nursing**, with **70 participants**. The theme, **“Building a Fairer, Healthier World,”** emphasized the need for equal healthcare access for all. Sessions covered **disease prevention, nutrition, hygiene, and the importance of a healthy lifestyle**. As an **outcome, participants gained awareness about health equity, disease prevention, and adopting healthier habits**. The program successfully promoted **better community health practices and the importance of accessible healthcare**.



### World Hypertension Day

**World Hypertension Day 2021** was observed on **17th May 2021** from **10 AM to 1 PM** at **Narayana Medical College and Hospital**, organized by **Narayana College of Nursing** with community participation. The theme, **“Measure Your Blood Pressure Accurately, Control It, Live Longer,”** emphasized the importance of regular BP monitoring and management. Sessions covered **risk factors, lifestyle modifications, dietary changes, and medication adherence**. As an **outcome, participants gained awareness about hypertension prevention, early detection, and proper management**. The program successfully encouraged **healthy habits and proactive blood pressure control** in the community.

