

## World Heart Day 2021

**World Heart Day 2021** was observed on **29th September 2021** from **10 AM to 1 PM** at **Kakatur, Narayana College and Hospital**, organized by **Narayana College of Nursing**, with **70 participants**. The theme, **“Use Heart to Connect,”** emphasized heart health awareness and the importance of digital healthcare access. Sessions covered **risk factors, prevention strategies, healthy lifestyle choices, and regular checkups**. As an **outcome**, participants gained knowledge on **heart disease prevention, early detection, and lifestyle modifications**. The program successfully promoted **heart-healthy habits and the importance of regular monitoring for cardiovascular health**.



## World Diabetes Day 2021

**World Diabetes Day 2021** was observed on **13th November 2021** from **10 AM to 1 PM** at **Venkatachalam**, organized by **Narayana College of Nursing**, with **49 participants**. The theme, **“Access to Diabetes Care – If Not Now, When?”** emphasized the need for better healthcare access for diabetes patients. Sessions covered **diabetes prevention, symptoms, management, healthy diet, and lifestyle modifications**. As an **outcome**, participants gained awareness on **early detection, proper treatment, and the importance of regular checkups**. The program successfully promoted **better diabetes care, self-management, and preventive measures in society**.



### World Cancer Day 2022

The Medical-Surgical Nursing Department observed *World Cancer Day* on **February 4, 2022**, organized by **Narayana College of Nursing** at **Kakutur** under the coordination of **Mrs. A. Latha, M.Sc (N), Prof/HOD**. The program aimed to promote **awareness of cancer as a public health issue** and emphasized **screening, early detection, treatment, and palliative care**. A total of **100 participants** attended the session. The event successfully educated attendees on **cancer prevention and management**, encouraging proactive health measures.



### World Obesity Day

The Medical-Surgical Nursing Department observed *World Obesity Day* on **March 4, 2022**, organized by **Narayana College of Nursing** at **General Medicine OPD, NMCH, Nellore**, under the coordination of **Mrs. A. Latha, M.Sc (N), Prof/HOD**. The event, themed "*Everybody Needs to Act*," aimed to enhance awareness, prevention, and treatment of obesity among **100**



**patients.** Participants were educated on obesity's effects and the importance of a healthy lifestyle. The session successfully encouraged preventive actions and healthier choices to combat obesity.



### World Kidney Day 2022

**World Kidney Day 2022** was observed on **10th March 2022** from **10 AM to 1 PM**, organized by **Narayana College of Nursing** , with **55 participants**. The theme, **“Kidney Health for All – Bridge the Knowledge Gap to Better Kidney Care,”** focused on raising awareness about kidney disease prevention and treatment. Sessions covered **risk factors, early detection, dietary management, hydration, and lifestyle modifications**. As an **outcome, participants gained knowledge on maintaining kidney health, recognizing symptoms, and seeking timely medical care**. The program successfully promoted **preventive measures and better kidney care awareness in the community**.



### World Health Day 2022

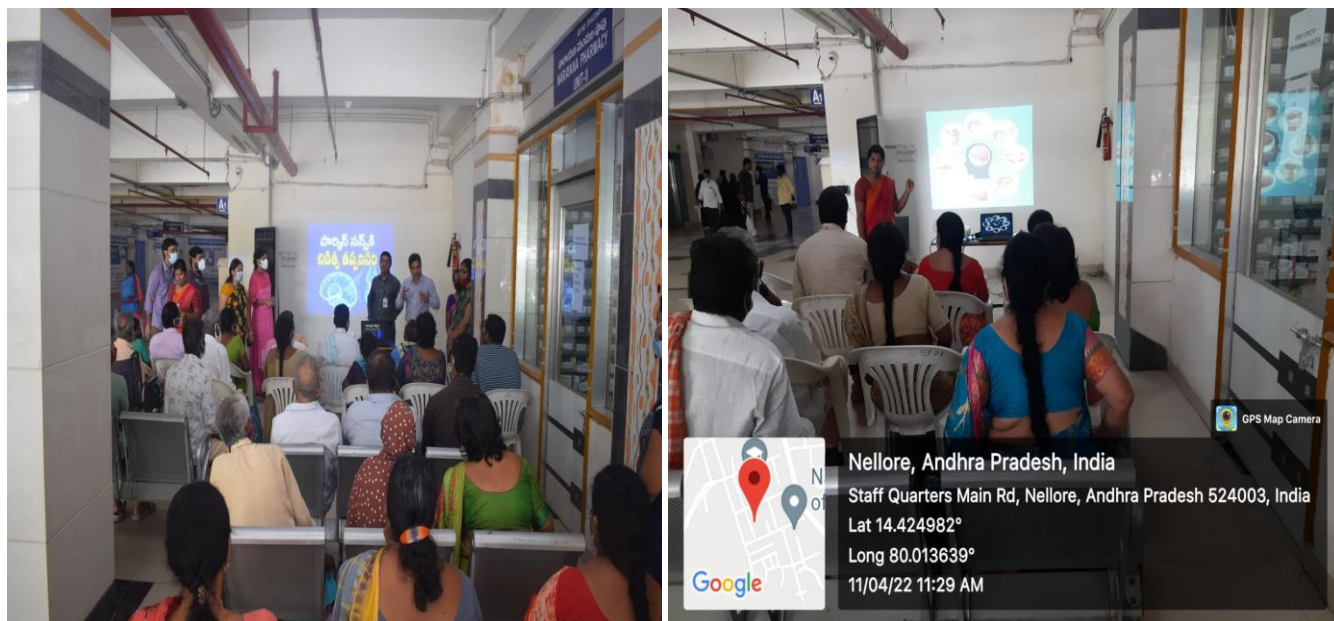
**World Health Day 2022** was observed on **7th April 2022** from **10 AM to 1 PM** in **Venkatachalam**, organized by **Narayana College of Nursing**, with **65 participants**. The objective was to **raise awareness about global health issues and promote healthy living**. The theme, **“Our Planet, Our Health,”** emphasized the connection between environmental health and human well-being. An **awareness rally was conducted**, spreading messages on disease prevention, hygiene, and sustainable living. As an **outcome**, **participants gained knowledge on healthy lifestyles, environmental impact on health, and the importance of preventive care**.



### World Parkinson's Day

The Medical-Surgical Nursing Department observed *World Parkinson's Day* on **April 11, 2022**, organized by **Narayana College of Nursing** at **Narayana Superspeciality Hospital, Nellore**, under the coordination of **Mrs. A. Latha, M.Sc (N), Prof/HOD**. The event, themed *“Integrate a Holistic Care,”* aimed to raise awareness about **Parkinson's disease** among **40 patients**. Participants were educated on symptoms, management, and the importance of holistic care. The session successfully enhanced awareness and understanding of Parkinson's disease.





### World Liver Day

The Medical-Surgical Nursing Department organized *World Liver Day* on **April 19, 2022**, organized by **Narayana College of Nursing** at **Narayana Medical College Hospital, Nellore**, under the coordination of **Mrs. A. Latha, M.Sc (N), Prof/HOD**. The event, themed “*Heritage and Climate*,” aimed to raise awareness about liver diseases and promote liver health among **40 gastrointestinal patients**. Participants were educated on liver diseases, prevention strategies, and liver-cleansing tips. The session successfully enhanced patient awareness, encouraging healthier lifestyle choices for liver care.



### World Hypertension Day 2022

**World Hypertension Day 2022** was observed on **17th May 2022** from **10 AM to 1 PM** at **Kamakshi Nagar**, organized by **Narayana College of Nursing**, with **50 participants**. The objective was to **raise awareness about hypertension, its prevention, and the importance of regular blood pressure monitoring**. The theme, “**Measure Your Blood Pressure Accurately, Control It, Live Longer,**”

emphasized proper BP monitoring and lifestyle modifications. Sessions covered **risk factors, dietary changes, stress management, and medication adherence**. As an outcome, participants gained awareness on hypertension control, early detection, and the importance of healthy lifestyle choices.

