

## World Heart Day 2023

The World Heart Day event on 29th September 2023 in Cardiology Ward, Narayana Medical College and Hospital, with 60 participants, organized by **Narayana College of Nursing** focused on the theme "Use Heart for Every Heart." The objectives were to raise awareness about heart disease prevention, encourage healthy lifestyle choices, and highlight the importance of regular check-ups. Experts discussed risk factors, symptoms, and strategies for maintaining heart health. The outcome was increased knowledge among participants on preventing heart disease and adopting heart-healthy habits. The event successfully inspired the community to prioritize heart health and spread awareness.





### World Diabetes Day 2023

The World Diabetes Day event on 14th November 2023, organized by **Narayana College of Nursing**, held at Venkatachalam with 55 participants, focused on the theme "Access to Diabetes Care: If Not Now, When?" The objectives were to raise awareness about diabetes, its prevention, and the importance of early detection and treatment. Experts discussed lifestyle changes, blood sugar management, and coping strategies. The outcome included increased understanding among participants about diabetes care and prevention, motivating them to take proactive measures for better health. The event successfully empowered the community to prioritize diabetes management and spread awareness.





### World Cancer Day 2024

A health awareness program on cancer was organized on February 5, 2024, at the Red Cross Society, Nellore, organized by **Narayana College of Nursing** department of Medical-Surgical Nursing Department and NSS on the eve of World Cancer Day with the theme "Close the Care Gap." The program aimed to promote health, prevent cancer, improve patient services, and raise awareness. A total of 50 participants, including nursing faculty and M.Sc(N) students, attended the session. Health education was provided on rehabilitation, precautions, and modern technologies for cancer surveillance. The event emphasized enhancing health standards and ensuring better recovery for cancer patients.



### World Kidney Day 2024

The World Kidney Day event on 16 th March 2024 at Venkatachalam, with 69 participants, focused on the theme "Kidney Health for All – Preparing for the Unexpected." organized by **Narayana College of Nursing** . The objectives were to raise awareness about kidney diseases, promote early detection, and encourage lifestyle changes for better kidney health.

Experts shared valuable information on preventing kidney damage, managing risk factors, and the importance of regular check-ups. The outcome included enhanced knowledge among participants on kidney health, motivating them to adopt healthier habits and spread awareness within their community. The event successfully fostered a sense of responsibility toward kidney care.



### World Health Day 2024

The World Health Day event on 08th April 2024 at Kamakshi Nagar, with 80 participants, focused on the theme "Health for All." organized by **Narayana College of Nursing**. The objectives were to raise awareness about global health issues, promote preventive healthcare, and encourage healthier lifestyle choices. Experts discussed topics such as nutrition, mental health, and disease prevention. The outcome was increased awareness and motivation among participants to prioritize their health and well-being. The event successfully fostered a commitment to adopting healthier habits for a better quality of life.





## World Hypertension Day 2024

The World Hypertension Day event on 17th May 2024 at Venkatachalam, with 70 participants, focused on the theme "Measure Your Blood Pressure, Control Your Hypertension." organized by **Narayana College of Nursing**. The objectives were to raise awareness about hypertension, its risk factors, and the importance of regular blood pressure monitoring. Experts shared insights on managing and preventing hypertension through lifestyle changes and medical intervention. The outcome included increased awareness and a commitment to better blood pressure management among participants. The event successfully encouraged the community to take proactive steps in maintaining heart and vascular health.



