



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com | | e-mail: narayana_nursing@yahoo.co.in



HARDWORK DISCIPLINE SERVICE TRIUMPH

7.3 INSTITUTIONAL DISTINCTIVENESS

7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 500 words

Response: The Institution has a distinctive vision, priority and thrust in Student Research area understanding the importance of research for overall development of education sector, societal development and personal development. Individual project is made it mandatory by the institution for undergraduate students and students are encouraged to present scientific studies and posters in conferences. Our institution can proudly mention that we are distinctive in many aspects other than research area such as unique teaching – learning methods (BRICS)2, Quiz, Group discussion, E- learning module, E – content in library, AV aids- LCD, Faculty development programme, Enrichment programme, Value added course, and Online exam for students

Additional Departments: Four ancillary departments (Nursing Management, Nursing Administration, Nursing Research, and Nursing Foundation) are functional apart from the requirement of the affiliated bodies.

Narayana Nursing journal: Narayana Nursing Journal (NNJ) is a quarterly peer-reviewed, scope med indexed journal published quarterly by the Narayana College of Nursing. So far, 424 articles are published in the journal which has an impact factor of 0.5 with citations 124, h index 6 and I index 2.



A. S. Srinivas
Principal

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Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accreditation Organization (2020 - 2025))



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Nurse Led Clinic: Nurse led clinic is one of the institutional distinctiveness that has been carried out in the institution. The main aim is to bring health behaviour change through health communication. The objectives are formulated by the institution those are to recuperate fitness, to augment wellbeing by creating positive attitude, to habituate healthy behaviour throughout their lifespan and implemented by through the various activities. The health initiatives are taken such as Breast self examination, assessment of BMI, assess the diabetic foot, sax phonic music, assessment of growth and development through enlighten the clients knowledge and to modified their life style changes. Our faculties are distributed the information booklets and palm lets to the clients and gathered the clients and attendees into centre. The faculties performed and assessed the various activities and taken health initiatives such as Breast self examination, assessment of BMI, assess the diabetic foot, sax phonic music, assessment of growth and development through enlighten the clients knowledge and to modified their life style changes. The clients filled the assessment forms and feedback given.

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NARAYNA AROGYA CHAITHANYALAYA

A Health Initiative

ASSESSMENT OF NUTRITIONAL STATUS

Name:

Age:

Sex:

Education

Occupation

Address with phone No:

Menstrual history

Height:

Weight:

BMI:

Mid arm circumference

Skin fold thickness:

Food habits:

Other habits:



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Nutrition focused physical signs:

Skin :

Nails:

Hair:

Eyes:

Oral cavity:

INTERPRETATION:



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A Health Initiative

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Waking up time:

Bowel habits :

Exercises:

If yes

Type of exercise

Duration of exercise

Personal hygiene:

Sleeping time:

No of sleeping hours on average:



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NARAYNA AROGYA CHAITHANYALAYA

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ASSESSMENT OF OBESITY

Name:

Age:

Sex

Skin fold thickness:

Address with phone no:

Family history of obesity:

Menstrual history

Height:

Wight:

BMI:

Mid arm circumference

Skin fold thickness:

Food habits:

Other habits:

Activities of daily living:

Anxiety & depression :



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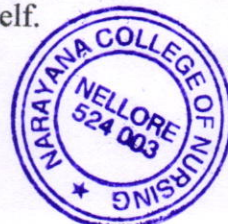
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A HEALTH INITIATIVE

Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

1.
 - 0 I do not feel sad.
 - 1 I feel sad
 - 2 I am sad all the time and I can't snap out of it.
 - 3 I am so sad and unhappy that I can't stand it.
2.
 - 0 I am not particularly discouraged about the future.
 - 1 I feel discouraged about the future.
 - 2 I feel I have nothing to look forward to.
 - 3 I feel the future is hopeless and that things cannot improve.
3.
 - 0 I do not feel like a failure.
 - 1 I feel I have failed more than the average person.
 - 2 As I look back on my life, all I can see is a lot of failures.
 - 3 I feel I am a complete failure as a person.
4.
 - 0 I get as much satisfaction out of things as I used to.
 - 1 I don't enjoy things the way I used to.
 - 2 I don't get real satisfaction out of anything anymore.
 - 3 I am dissatisfied or bored with everything.
5.
 - 0 I don't feel particularly guilty
 - 1 I feel guilty a good part of the time.
 - 2 I feel quite guilty most of the time.
 - 3 I feel guilty all of the time.
6.
 - 0 I don't feel I am being punished.
 - 1 I feel I may be punished.
 - 2 I expect to be punished.
 - 3 I feel I am being punished.
7.
 - 0 I don't feel disappointed in myself.
 - 1 I am disappointed in myself.
 - 2 I am disgusted with myself.
 - 3 I hate myself.
8.
 - 0 I don't feel I am any worse than anybody else.
 - 1 I am critical of myself for my weaknesses or mistakes.
 - 2 I blame myself all the time for my faults.
 - 3 I blame myself for everything bad that happens.
9.
 - 0 I don't have any thoughts of killing myself.
 - 1 I have thoughts of killing myself, but I would not carry them out.
 - 2 I would like to kill myself.



Principal
Principal

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- 3 I would kill myself if I had the chance.
10.
0 I don't cry any more than usual.
1 I cry more now than I used to.
2 I cry all the time now.
3 I used to be able to cry, but now I can't cry even though I want to.
11.
0 I am no more irritated by things than I ever was.
1 I am slightly more irritated now than usual.
2 I am quite annoyed or irritated a good deal of the time.
3 I feel irritated all the time.
12.
0 I have not lost interest in other people.
1 I am less interested in other people than I used to be.
2 I have lost most of my interest in other people.
3 I have lost all of my interest in other people.
13.
0 I make decisions about as well as I ever could.
1 I put off making decisions more than I used to.
2 I have greater difficulty in making decisions more than I used to.
3 I can't make decisions at all anymore.
14.
0 I don't feel that I look any worse than I used to.
1 I am worried that I am looking old or unattractive.
2 I feel there are permanent changes in my appearance that make me look unattractive
3 I believe that I look ugly.
15.
0 I can work about as well as before.
1 It takes an extra effort to get started at doing something.
2 I have to push myself very hard to do anything.
3 I can't do any work at all.
16.
0 I can sleep as well as usual.
1 I don't sleep as well as I used to.
2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
3 I wake up several hours earlier than I used to and cannot get back to sleep.
17.
0 I don't get more tired than usual.
1 I get tired more easily than I used to.
2 I get tired from doing almost anything.
3 I am too tired to do anything.
18.
0 My appetite is no worse than usual.
1 My appetite is not as good as it used to be.
2 My appetite is much worse now.
3 I have no appetite at all anymore.
19.
0 I haven't lost much weight, if any, lately.
1 I have lost more than five pounds.
2 I have lost more than ten pounds.
3 I have lost more than fifteen pounds.



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- 20.
- 0 I am no more worried about my health than usual.
- 1 I am worried about physical problems like aches, pains, upset stomach, or constipation.
- 2 I am very worried about physical problems and it's hard to think of much else.
- 3 I am so worried about my physical problems that I cannot think of anything else.
- 21.
- 0 I have not noticed any recent change in my interest in sex.
- 1 I am less interested in sex than I used to be.
- 2 I have almost no interest in sex.
- 3 I have lost interest in sex completely.

Total Score _____ Levels of Depression

- 1-10 _____ These ups and downs are considered normal
- 11-16 _____ Mild mood disturbance
- 17-20 _____ Borderline clinical depression
- 21-30 _____ Moderate depression
- 31-40 _____ Severe depression
- over 40 _____ Extreme depression



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A HEALTH INITIATIVE

ANXIETY ASSESSMENT SCALE

	Not at all	Mildly, but it didn't bother me much	Moderately – it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding / racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky / unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot / cold sweats	0	1	2	3

SOURCE: BECK ANXIETY INVENTORY (BAI)



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NARAYANA AROGYA CHAITHANYALAYA

-A Health initiative.

NURSE LED CLINIC

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A Health Initiative

HOME REMEDIES FOR BACK PAIN

What are the causes of back pain?

- ✓ Low back pain is caused by injury to a muscle (strain) or ligament (sprain).
- ✓ Common causes include improper lifting, poor posture, lack of regular exercise
- ✓ Often, the only symptom is pain in the lower back.

COMBATING WORK-RELATED
BACK PAIN
NATURALLY & EFFECTIVELY

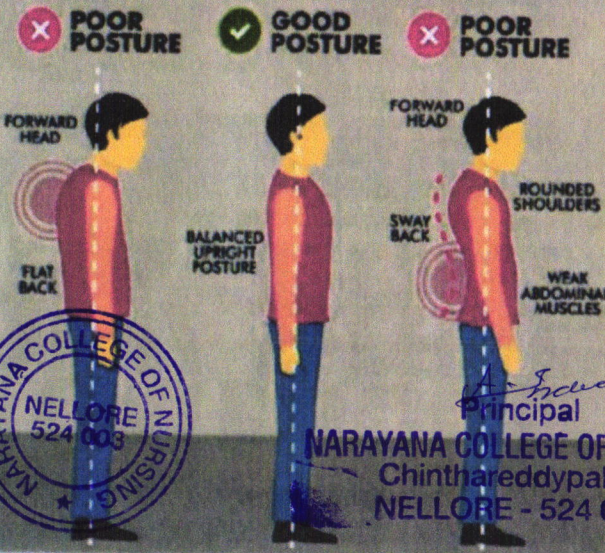


Exercise helps my back. If I don't exercise, that's when it starts to hurt. The pain is a good motivator to run and exercise.
Author: Bear Grylls

"Tips to Prevent Back Pain"

- Exercise Regularly
- Follow a Healthy Diet
- Maintain a Good Posture
- Don't Overload Your Bag
- Avoid Cradle the Phone Between Your Neck and Shoulder
- Wear Comfortable Shoes
- Sleep on a Comfortable and Ergonomic Mattress
- Invest in a Good Chair
- Lift with Your Knees and Keep the Object Close to the Body
- Quit Smoking
- Have Regular Spinal Check-Ups

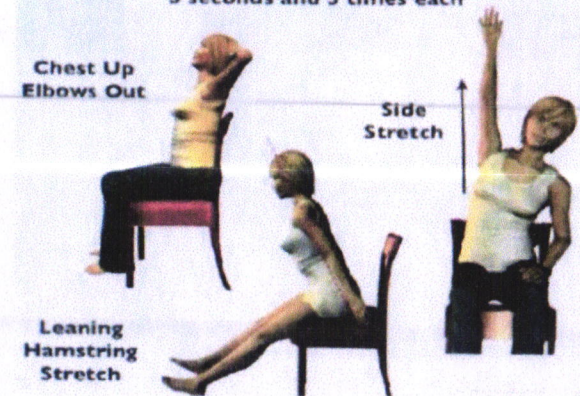
DO YOU HAVE GOOD POSTURE?



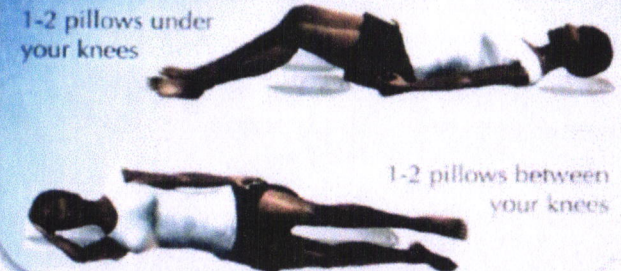
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Back stretches at your desk

5 seconds and 3 times each

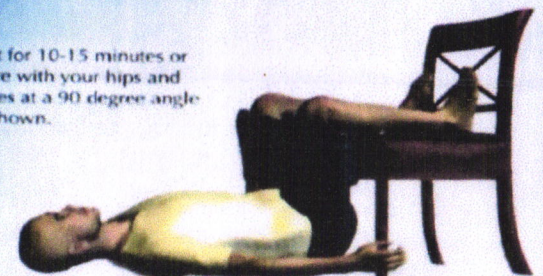


Pillow support for lower back relief



Back pain relief position

Rest for 10-15 minutes or more with your hips and knees at a 90 degree angle as shown.



EXERCISES TO REDUCE LOWER BACK PAIN



STANDING HAMSTRING STRETCH



PARTIAL CURL



EXTENSION EXERCISE



QUADRUPED ARM/LEG RAISE



SIDE PLANK



CAT AND CAMEL



PELVIC TILT



GLUTEAL STRETCH



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LOW BACK PAIN

THE VERY BEST
THING
YOU CAN DO
FOR THE WHOLE WORLD
IS TO MAKE
THE BEST
OF YOURSELF.

- ❖ Maintain correct posture during activities. ...
- ❖ Maintain correct posture when sitting. ...
- ❖ Use ice or heat.
- ❖ Stretch your muscles. ...
- ❖ Wear proper footwear. ...
- ❖ Maintain a healthy weight. ...
- ❖ Stay active.

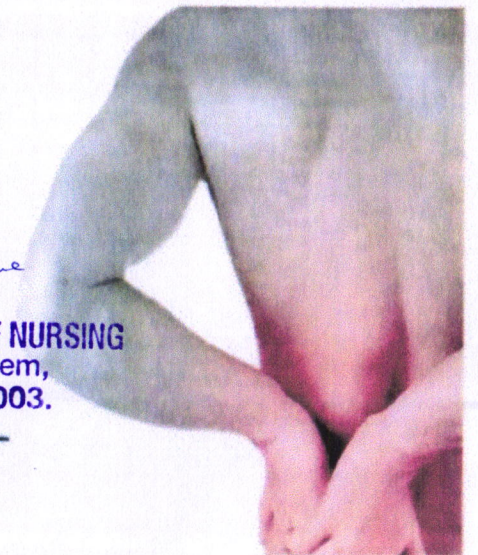


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BACK PAIN



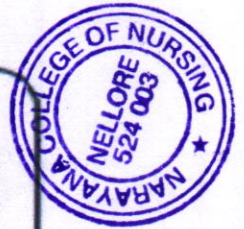
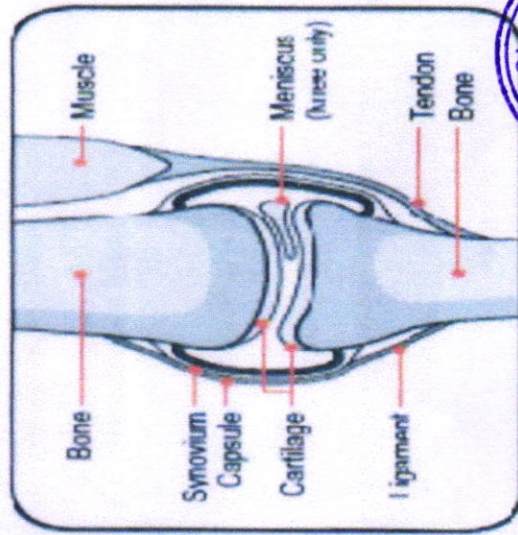
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A Health Initiative



Osteoarthritis

- ❖ OA is more common in women than men,
- ❖ But the prevalence increases dramatically with age.
- ❖ OA of the knee is a major cause of mobility impairment, particularly among females.

A normal knee joint



HOME EXERCISES

Thigh muscle (quadriceps) exercises

Straight-leg raise (sitting)

Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times with each leg. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



Straight-leg raise (lying)

Bend one leg at the knee. Hold the other leg straight and lift the foot just off the bed. Hold for a slow count of 5, then lower. Repeat 5 times with each leg. Try doing it in the morning and at night while lying in bed.



Leg stretch

Sit on the floor with your legs stretched out in front. Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds. Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times with each leg.



Leg cross

Sit on the edge of a table or bed. Cross your ankles over. Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense. Hold for 10 seconds, then relax. Switch legs and repeat. Do 4 sets with each leg.



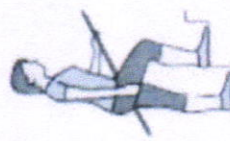
Sit/stand

Sit on a chair. Without using your hands for support, stand up and then sit back down. Make sure each movement is slow and controlled. Repeat for 1 minute. As you improve, try to increase the number of sit/stands you can do in 1 minute and try the exercise from lower chairs or the bottom two steps of a staircase.



Step ups

Step onto the bottom step of stairs with the right foot. Bring up the left foot, then step down with the right foot, followed by the left foot. Repeat with each leg until you get short of breath. Hold on to the banister if necessary. As you improve, try to increase the number of steps you can do in 1 minute and the height of the step.



Knee squats

Hold onto a chair or work surface for support. Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times. As you improve, try to squat a little further. Don't bend your knees beyond a right angle.



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- "Remove home hazards".

Ex: Slippery Tiles , DoorSteps

- Light up your living space.
- Use Assistive devices.

Ex: Standing Frame, Sticks & Canes



FALL PREVENTION PROGRAM



Educating patients potential for falling while hospitalized is **VERY IMPORTANT.**

Frame/Walker



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❖ Living with osteoarthritis is a balancing act: an exploration of patients' beliefs about knee pain



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A Health Initiative

ON ONE HAND...

1. Impact during activity wears out my knee
2. There is activity that I'm told is good for my knees
3. I want to make the most of my active life while I still can
4. I would rather ignore my knee
5. Medication helps my pain
6. I need to keep going

ON THE OTHER HAND...

1. Activity is good for me
2. There is activity that is right for me (and activities good for the knees are often not right for me)
3. I do not want to wear my knee out faster
4. I need to plan my life around my knee
5. Medication does not fix my knee
6. I need to rest and pace

**THE VERY BEST
THING
YOU CAN DO
FOR THE WHOLE WORLD
IS TO MAKE
THE BEST
OF YOURSELF.**

**మోకాలి నొప్పి
Knee Pain**



Summary
❖ Knee pain can be caused by a number of different things. Whatever the cause, exercise and keeping to a healthy weight can reduce symptoms.

❖ Try the exercises suggested here to help ease pain and prevent further damage.



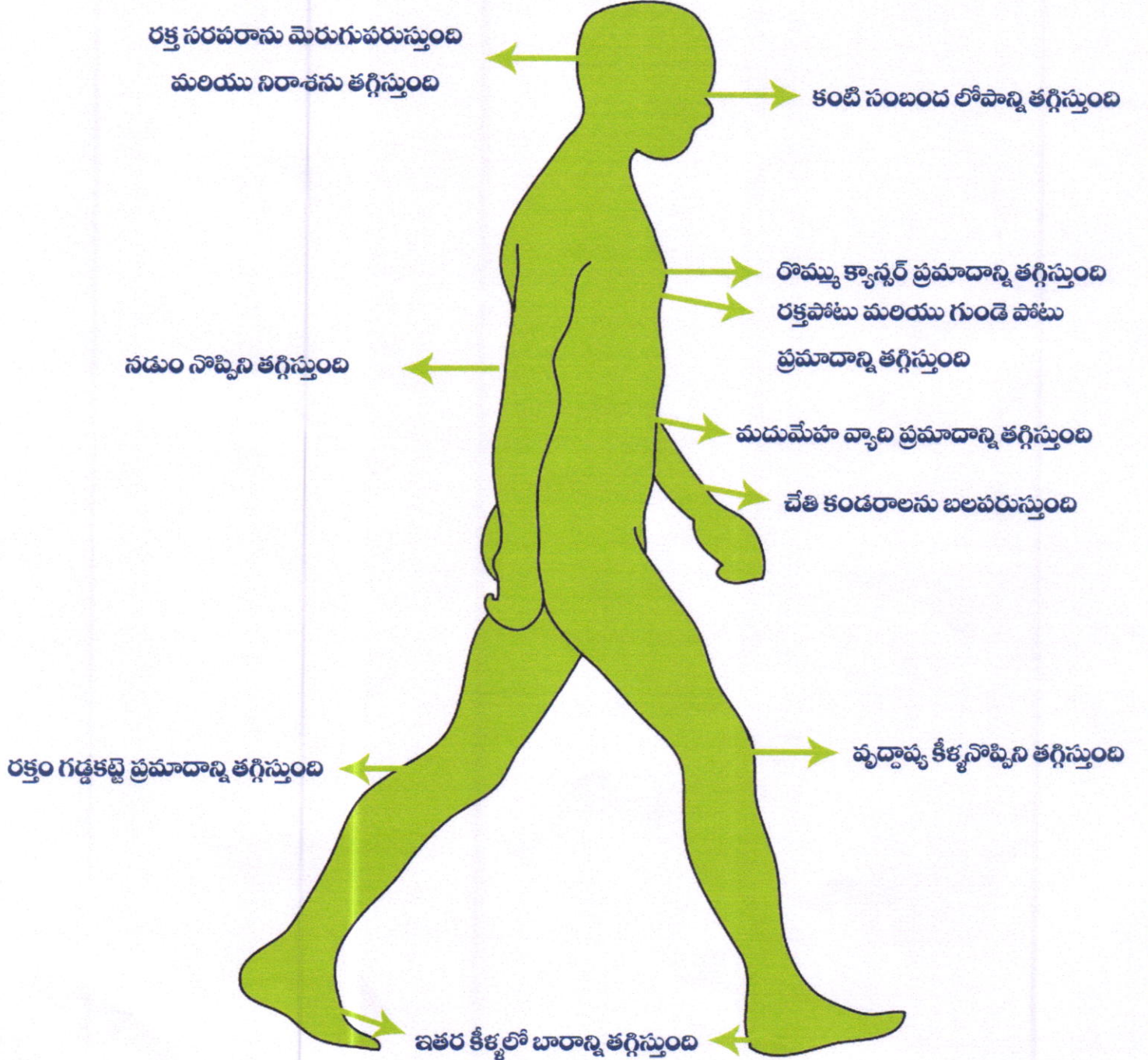
Stay active!
Principal
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A HEALTH INITIATIVE

శారీరక శ్రమ - చురుకైన నడక ఉపయోగాలు



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నారాయణ ఆరోగ్య చైతన్యాలయం

ఆరోగ్య చైతన్యాలయం

రామ్ము స్వయం పరీక్ష

A HEALTH INITIATIVE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

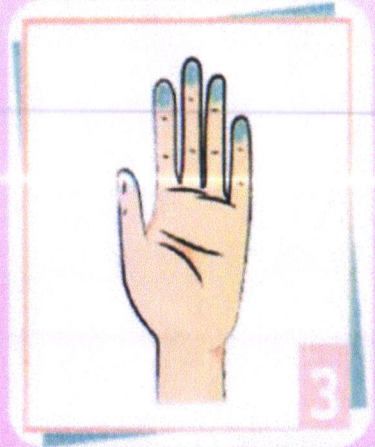
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నెలసరి తర్వాత
అడవ రోజు రామ్మును
ఎలాగా పరీక్షించుకోవాలి



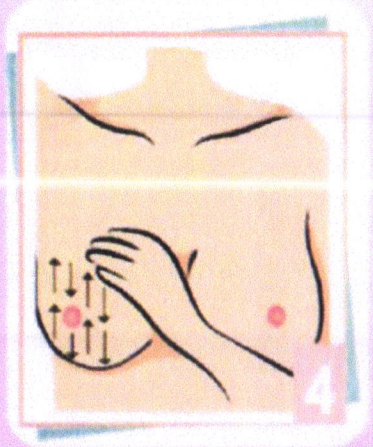
2

చెయ్యి పైకెత్తి రామ్ము
మరియు చంకలను
పరిశీలించాలి



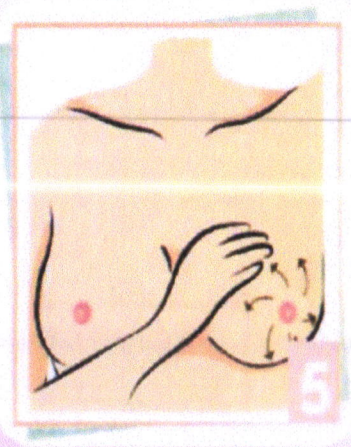
3

రామ్ము పరీక్షకు
చేతివేళ్ళ మొనలను
ఉపయోగించాలి



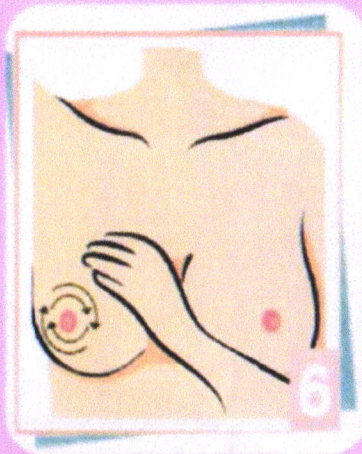
4

రామ్ము పైకి క్రిందకి
ఈ విధంగా
పరీక్షించుకోవాలి



5

అర్ధవృత్తాకారంలో
పరీక్షించుకోవాలి



6

వృత్తాకారంలో
పరీక్షించుకోవాలి



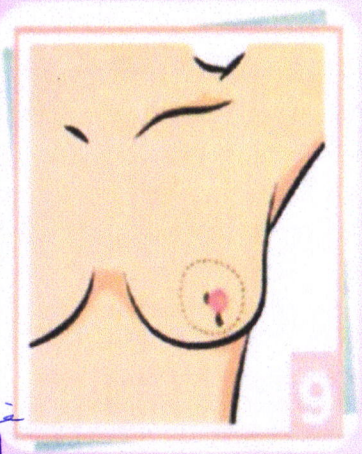
7

రామ్ములోగట్టిన
ఏమైనా ఉన్నా
అదంలో చూసుకోవాలి



8

రామ్ముపై
ఏమైనా చూస్తుంటే
ఉన్నాయో చూసుకోవాలి



9

రామ్ముపై
ఏమైనా చూస్తుంటే
వసునాయో చూసుకోవాలి



A. S. Reddy
Principal

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Chinthareddypalem,
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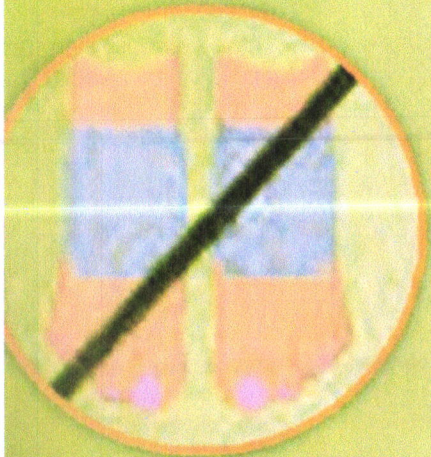


నారాయణ ఆరోగ్య చైతన్యాలయం

నారాయణ ఆరోగ్య చైతన్యాలయం
A Health Initiative

మధుమేహవ్యాధి: పాదసంరక్షణ

A Health Initiative



తాపన (Heat) ప్యాకెట్లను వ్యూహం ఉపయోగించ కూడదు



అధిక హీల్స్ వేసుకోవడం మానుకోవాలి



పొడవైన బొజ్జలను పగులగోట్టవద్దు



బిగుతుగా వుండే చెప్పులు వేసుకొనరాదు



కాలుమీద కాలువేసుకొని కూర్చోకూడదు



గోరుకట్టరీతి గోర్లను కత్తిరించుకోవాలి



నబ్బతో శుభ్రపరచుకోవాలి



A. J. Nowe
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Chinthareddypalem, కాళ్ళను తేలికపాటి
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నబ్బతో శుభ్రపరచుకోవాలి



నారాయణ ఆరోగ్య చైతన్యాలయం

A HEALTH INITIATIVE

మధుమేహవ్యాధిరస్తుల పాద పరిశీలన



ప్రతిరోజు పాదాలను శుభ్రపరచుకోవాలి



ప్రత్యేకంగా కాలి వేళ్ల మధ్య పొడిగుడ్డతో శుభ్రపరచుకోవాలి



పాదాలలో బొబ్బలు, ఉష్ణోగ్రత మార్పులు గమనించుకోవాలి



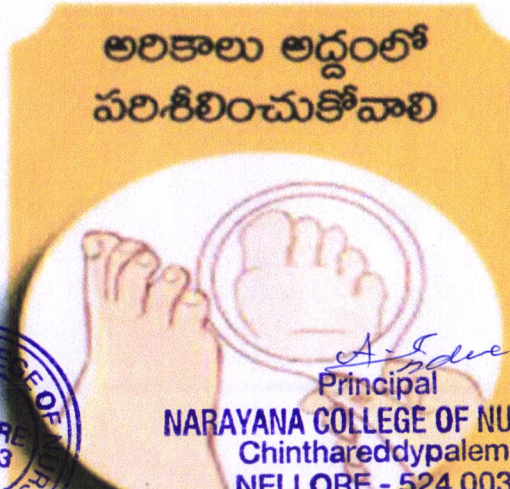
కాలివేళ్లమధ్య మరియు ప్రతివేలు గోరును పరిక్షించుకోవాలి



వేళ్లగోళ్లను నేరుగా కత్తిరించుకోవాలి



చర్మంపొడిగా మరియు పగిలివుండా అని గమనించుకోవాలి



అరికాలు అద్దంలో పరిశీలించుకోవాలి



మీరు గమనించినవన్ని వ్రాసి వుంచి వైద్యునికి చెప్పాలి



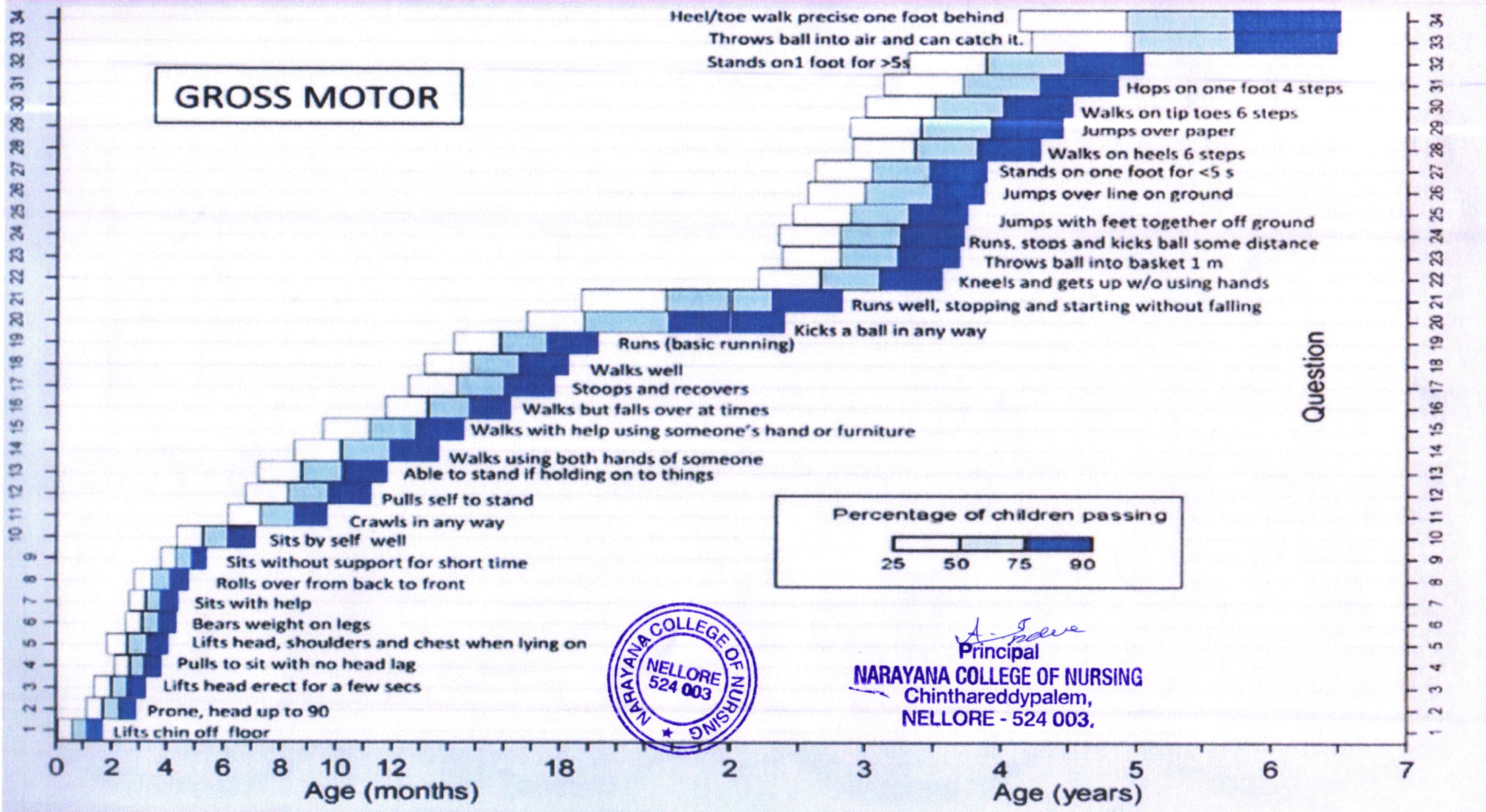
A. Indu
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NELLORE - 524 003.



నారాయణ ఆరోగ్య చైతన్యాలయం

డెవ్లప్ మెంట్

A HEALTH INITIATIVE



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Principal
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Chinthareddypalem,
NELLORE - 524 003.



నారాయణ ఆరోగ్య వైద్యనాళం
A Health Initiative

నారాయణ ఆరోగ్య వైద్యనాళం

A HEALTH INITIATIVE

ప్రపంచ ఆరోగ్య సంస్థ (WHO) బరువు వర్గీకరణ

బరువు వర్గీకరణ	శరీరద్రవ్యరాశి సూచిక (BMI) $BMI = \frac{\text{బరువు (కేజీ)}}{(\text{ఎత్తు})^2 \text{ మీటర్}}$
తక్కువ బరువు	< 18.5
సాధారణ బరువు	18.5 - 24.9
అధిక బరువు	25.0 - 29.9
ఉబకాయం	≥ 30
ఉబకాయం తరగతి - 1	30.0 - 34.9
ఉబకాయం తరగతి - 2	35.0 - 39.9
ఉబకాయం తరగతి - 3	≥ 40



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నారాయణ ఆరోగ్య చైతన్యాలయం

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అభిప్రాయ సేకరణ

పేరు: S. Bhargavi
వయస్సు: 19th
చిరునామ:

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: NO

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. 4/1

సలహాలు:



A.S. Rave
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NELLORE - 524 003.

S. Bhargavi

P.No. 9441992199



NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

REGISTRATION FORM

Date: 25/2/20

Name: Shyamala . G

Age: 23

Sex: female

Education: -

Occupation: Housewife

Address: Gudipallipadu, Nellore.

Health history: Regular check up - 14w + 15 day ; BP : 120/80

Hb: 11.9 gm/dl. (Hb) Weight: 49 Kg

Personal history: Mixed diet

Bowel & Bladder pattern - (RT)

Sleep pattern -

Family history:

1K/1c/0. Communicable or Hereditary diseases.
Sister in law - Diabetes

Comorbid condition:

Drug free interventions:

Antenatal diet
Sleep hygiene
Breathing exercises

Home advice:

Practice exercises and sleep hygiene practices.

Follow up date: 1 week.



A. S. Reddy
Principal

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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 25/8/21

Waking up time: 6 am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 am - 6 am

No of sleeping hours on average: 8 hrs



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నారాయణ ఆరోగ్య చైతన్యాలయం

A Health Initiative



అభిప్రాయ సేకరణ

పేరు: Shyannala
వయస్సు: 23
చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: NO

	చాలాబాగుండు	బాగుండు	పర్వాలేదు	బాగాలేదు
సమాచారం	✓	✓	✓	✓
ఉపయోగకరం	✓	✓	✓	✓
కార్యక్రమం మీద మీ అభిప్రాయం	✓	✓	✓	✓

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. Yes

సలహాలు:

6-9-2020



A. S. Reddy
Principal
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Chinthareddypalem,
NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 25/2/20

Name: Jyothika

Age: 20 y

Sex: F

Education: 10th

Occupation: House wife

Address: Kothuru, Nellore

Health history:

Breathlessness, B.P - 100/70 mm of Hg
HT - 151cm

Personal history:

mixed diet

wt - 35 Kgs

Habits - watching Tv, playing with kid

Family history :

Diabetes to mother since 34 years

Comorbid condition:

Drug free interventions:

- Antenatal care

Home advice:

Antenatal care

- Diet

Follow up date:

- ~~for~~ 2 week

ph: no - 957313



A. J. Jeyaraj
Principal
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NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 25/2/20

Waking up time: 6:00 Am

Bowel habits: Regular

Exercises: NO

If yes

Type of exercise

Duration of exercise

Personal hygiene:

Sleeping time: 11:00pm to 6:00 Am

No of sleeping hours on average:

6 hrs



A. J. Reddy
Principal
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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: P.జ్యోతిక

వయస్సు: 20

చిరునామ: చంద్రబాబు నగర్, శ్రీ కొడుమ

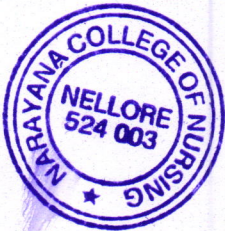
మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా:

	దాలాబాగుండు	బాగుండు	పర్వాలేదు	బాగలేదు
సమాచారం	✓	✓		
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా.

సలహాలు:

యకు అర్థమై ఉండటం సలహాల గురుజు చెప్పారు



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Principal

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P.జ్యోతిక

9573134811



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 25/2/20

Name: Reshma

Age: 154/F

Sex: F

Education: 10th class

Occupation: Housewife

Address:

Health history: Regular checkup H/o cold & Headache

34 wk + 3 days; Weight 50 kg; BP: 110/70

Hb: 9.9%

Personal history:

Mixed diet

Bowel & Bladder pattern - (N)

Family history:

N/K/c/o Hereditary diseases or Communicable diseases

Comorbid condition:

Drug free interventions: Ankle/neck exercises

Breathing exercises

Home advice: practice exercises regularly

Follow up date: 2 weeks



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A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 25/2/20

Waking up time: 6 am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 6am

No of sleeping hours on average: 9 hrs



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నారాయణ ఆరోగ్య చైతన్యాలయ

A Health Initiative



అభిప్రాయ సేకరణ

పేరు: SK. Reshma

వయస్సు: 34

విరునామ: F

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No.

	దాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		—		
ఉపయోగకరం		—		
కార్యక్రమం మీద మీ అభిప్రాయం		—		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. Yes

సలహాలు:



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Chinthareddypalem,
NELLORE - 524 003.

SK. Reshma

9160900634



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 25/2/20

Name: Sameene

Age: 21Y

Sex: f

Education: 7th class

Occupation: Housewife

Address: Nellore

Health history: Regular checkup H/W + 2 days; weight: 50kg
BP: 110/70 ; Hb: 9.9.

Personal history: Mixed diet

Sleep pattern - (N)

Bowel & Bladder - (N)

Family history:

BP in Mother 34.

Comorbid condition:

Drug free interventions: Antenatal diet
- care
< Exercises

Home advice:

- practice exercises regularly.

Follow up date: Mar 17'



A. S. Indira
Principal
NARAYANA COLLEGE OF NURSING
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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 25/2/20

Waking up time: 6am

Bowel habits: active

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 6am

No of sleeping hours on average: 9hr



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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: Sameena

వయస్సు: 214

చిరునామ: F

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No

	భాలాభాగుండు	బాగుండు	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: Yes

సలహాలు: 2000000



A. S. Reddy
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Sk. నమిన్ : 934756626



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 4/3/20

Name: Mrs Bhavani G

Age: 29y

Sex: female

Education: Degree

Occupation: Accountant

Address: Nellore

Health history: Regular checkup \bar{c} 2y weeks \bar{c} BP: 100/70 ;
weight: 53 kg; Hb: 12.57.

Personal history: Mixed diet
Bowel & Bladder pattern - (NI)
Sleep pattern - (NI)

Family history: Nil/No Hereditary and communicable disease

Comorbid condition:

Drug free interventions: Antenatal care
- exercises

Home advice: - practice exercises regularly

Follow up date: 1 month



A. S. Sani
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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 4/3/20

Waking up time: 5.30 am

Bowel habits: active

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 - 5.30 am

No of sleeping hours on average: 8 hrs.



A. S. Reddy
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నారాయణ ఆరోగ్య చైతన్యాలయ



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అభిప్రాయ సేకరణ

పేరు: B. Bhavani

వయస్సు: ౨౯

చిరునామ: Baladina Nagar, Nellore,

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: NO

	బాలాబాగుంట	బాగుంట	పర్మాలేడు	బాగలేడు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎపరికైనా చెప్పారా. - OK.

సలహాలు: - OK



B. Bhavani

8686914363

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



11/2/20

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Name : Maneesha

Age: 18y

Sex: Female

Education: 8th class

Occupation: House wife

Address: Nellore

Health history: 25 wks + 5 day; BP: 120/80; weight: 58kg
Hb. 9.5 gm/dl; Height: 156cm

Personal history:

Mixed diet

Bowel & Bladder - Constipation

Sleep pattern - \odot

Family history:

R/c/o HTN to his father in law since 12 years

Comorbid condition:

Drug free interventions:

Antenatal diet.

- fluid and fibre rich supplementation.

- Anemic diet.

Home advice:

- Case of hypertensive client

- practice and follow antenatal diet.

Follow up date: 1 weeks



A. Jave
Principal

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NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Crancesta.

Date: *11/2/20*

Waking up time: *7 am*

Bowel habits: *regular*

Exercises: *NO*

If yes

Type of exercise

Duration of exercise

Personal hygiene: *appropriate*

Sleeping time: *10 - 7 am*

No of sleeping hours on average: *9 hrs*



A. S. Reddy

Principal
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NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA
A Health Initiative

ASSESSMENT OF NUTRITIONAL STATUS

Name: *Maneesha*

Age: *18y*

Sex:

Education

Occupation

Address with phone No: *8331898907*

Menstrual history - *Menarche at 11y ; regular;*

Height: *143cm*

Weight: *58Kgs*

BMI:

Mid arm circumference *26cm.*

Skin fold thickness:

Food habits: *Mixed diet*

Other habits: *watching TV*

Nutrition focused physical signs:

Skin: *Intact, Normal.*

Nails: *clean mildly pale*

Hair: *thin, brittle*

Eyes: *mildly pale*

Oral cavity: *clean, Normal*

INTERPRETATION:

mild paleness of nails & eyes.



A. S. S. S.
Principal

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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: A. షంకర్

వయస్సు: 19

చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: వుదు

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. వుదు చెప్పాను

సలహాలు: బాగుంది



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

A. షంకర్



11/2/10

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Name: Mrs. Jayamma

Age: 20y

Sex: female.

Education: 9th class.

Occupation: Housewife

Address: Nellore

Health history:

Regular checkup: 37w + 4d ; weight: 50 kg ;

BP: 90/70 ; Hb. 13 gml (primi) ; Height: 161 cm.

Personal history: Mixed diet

Sleep pattern (N)

Bowel & Bladder - regular.

Family history :

N/A. Communicable or hereditary diseases.

Comorbid condition:

Drug free interventions:

Antenatal diet

Antenatal exercises.

Home advice:

Practice exercises

avoid spicy and fast foods

Follow up date: 2 days.



A. J. S. S.
Principal
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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

Jayasree

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: *11/2/20*

Waking up time: *6am*

Bowel habits: *regular*

Exercises: *No*

If yes

Type of exercise

Duration of exercise

Personal hygiene: *ap*

Sleeping time: *9-6*

No of sleeping hours on average:



A. J. Balve
Principal

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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: Jayamma.

వయస్సు:

చిరునామ:

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: లేదు

	చాలాబాగుంది	బాగుంది	పర్యాలేదు	బాగాలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. చివ్వాను.

నలహాలు: బాగుంది



P. చయమోళి
A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 4/3/20

Name: Anuadhe

Age: 28y

Sex: female

Education: MBA

Occupation: Home

Address: Nellore.

Health history: Regular checkup \approx 36w + 4d

\approx BP: 120/80 mmHg ; Hb: 10.4 gm ; weight: 68kg ; Height: 169cm

Personal history: Mixed diet

Sleep pattern - (N)

Bowel & Bladder - (N).

Family history :

N/K. Hereditary & Communicable diseases

Comorbid condition:

Drug free interventions: Antenatal care

- diet
- exercises.

Home advice:

- Follow dietary pattern

Follow up date: ~~1000~~ 2 days.



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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: R. Anuratha

వయస్సు: 28

చిరునామ: Mulapeta, Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: No.

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. Yes

సలహాలు: Nice

R. Anuratha

Mobile :- 9885117351



A. S. S. S.
Principal
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Chinthareddypalem,
NELLORE - 524 003.

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

WAKING UP TIME: 8 am
BOWEL HABITS : active
EXERCISES: NO
IF YES
TYPE OF EXERCISE
DURATION OF EXERCISE
PERSONAL HYGIENE: appropriate
SLEEPING TIME: 11-8 am
NO OF SLEEPING HOURS ON AVERAGE: 9 hrs



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NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 4/3/20

Name: Mrs. Hymavathi

Age: 24

Sex: F

Education: 10th class

Occupation: Homemaker

Address: Nandupeta

Health history: Regular checkup with 2sw + ud ; BP: 100/70 ;
weight: 52Kg ; Hb: 11.3 ; Anxiety status

Personal history: Mixed diet
Sleep pattern - (N)
Bowel & Bladder - (N)

Family history :
HTN of Father in law 13y.

Comorbid condition:

Drug free interventions: Antenatal care
- Diet
- Exercises

Home advice:

Care of Hypertensive client

Follow up date: 2 weeks



A. S. S. S. S.
Principal
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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 4/3/20

Waking up time: 6am

Bowel habits: active.

Exercises: No

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 8 - 6am.

No of sleeping hours on average: 10 hrs.



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నారాయణ ఆరోగ్య చైతన్యాలయం



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: *Hymavathi*
వయస్సు: *24*
చిరునామ: *Nellore*

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *లేదు*

	దాలాబాగుండు	బాగుండు	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: *చెప్పాను.*

సలహాలు: *ఆహారం, డ్రెస్సింగ్, పరివరణ ద్వారా తీసుకోవాల్సిన
కాగితాలు గురించి చెప్పారు.*

N. హైదరాబాద్

209656398



A. S. Reddy
Principal
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Chinthareddypalem,
NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

11/2/20

Date:

Name: Subhashimi

Age: 244

Sex:

Education: Degree.

Occupation: Housewife

Address: Vijay.

Health history:

20w + 3 days; B.P: 100/70 ^{Weight:} 58 Kgs; Height: 156cm
Hb: 10 gm/dl (Multipara)

Personal history:

Mixed diet

Bowel & Bladder - regular

Sleep pattern - (N).

Family history:

N/K/C/D - Hereditary and Communicable diseases.

Comorbid condition:

Drug free interventions:

Antenatal exercises.

Breathing exercises.

Home advice:

Practice Breathing and Antenatal exercises.

Follow up date: 20th/15 days



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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

Date: 11/2/20.

Waking up time: 6 AM

Bowel habits: regular

Exercises: no.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 pm - 4 am

No of sleeping hours on average: 7 hrs



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నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: B. Subashini

వయస్సు: 27

చిరునామ: Vizag

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *అవు*

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. *చెప్పాను no friends* ?

నలహాలు: *అలా బాగుంది.*



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NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Name: Mrs. Xavya Komaragiri

Age: 20 yrs.

Sex: Female

Education: 5th std

Occupation: Housewife

Address: Kovur, Apollora

Health history: Regular check-up, wt - 70 kg. BP: 120/90 mmHg
HB - 10.8 gm. 38 wks gestation; Height: 162cm

Personal history:

Mixed diet
Bowel & Bladder - regular
Sleep & rest - adequate

Family history:

N/K/O Hereditary or Communicable diseases

Comorbid condition:

Drug free interventions:

- Antenatal diet; Exercise
- Counseling

Home advice:

- Follow antenatal diet.
- Regular walking.

Follow up date:

21/2/2020.



A. S. P. S.
Principal

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NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

(Navya)

Date:

Waking up time: 7 am

Bowel habits: regular

Exercises: NO

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 9 - 7 am

No of sleeping hours on average: 10 hrs



A. S. S. S.
Principal
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A Health Initiative

అభిప్రాయ సేకరణ

పేరు: Navya
వయస్సు: 20yrs
చిరునామ: Nellore

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: లేదు.

	దాలాబాగుంబ	బాగుంబ	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: చెప్పాను.

సలహాలు: బాగుంది.



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

P. S. Devi



11/2/20

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date:

Name: Haetha

Age: 19y

Sex: Female

Education: Intermediate

Occupation:

Address: Koduru

Health history:

Regular check 19wk + 1 day; BP: 90/60; weight: 40kg
Hb: 10.3; Height 154cm. (primi)

Personal history:

Mixed diet
Bowel & Bladder - regular
Sleep & rest - adequate

Family history:

N/A/c/o Communicable or heredi

Comorbid condition:

Drug free interventions:

Antenatal care

- Diet

- Immunization

- exercises

Home advice:

- Follow antenatal care practices

Follow up date: 1 month



A. S. Reddy
Principal
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Chinthareddypalem,
NELLORE - 524 003.



NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

(Habits)

Date: 11/2/20

Waking up time: 7am

Bowel habits: regular

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 8-7am

No of sleeping hours on average: 7hrs



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
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NELLORE - 524 003.

నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: R. Haritha
వయస్సు: 19
చిరునామ: Koduru

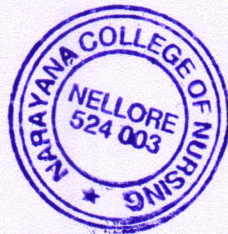
మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *no*

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం	✓			
ఉపయోగకరం	✓			
కార్యక్రమం మీద మీ అభిప్రాయం	✓			

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా. *yes*

సలహాలు:

R. Haritha.



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



11/2/20

NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Name: Seavanthi. N

Age: 21y

Sex: Female

Education: 7th class.

Occupation: Housewife

Address: Nellore

Health history: Regular checkup 7 months + 3 days.

Weight: 40kg ; BP: 100/70 ; 9.3 gm/dl. (Multi)

Personal history: Height: 156cm.

Mixed diet

Bowel & Bladder - regular

Family history: Sleep pattern - Normal.

N/K/c/o Hereditary / Communicable diseases.

Comorbid condition:

Drug free interventions:

Antenatal diet

Antenatal exercises

Home advice:

to practice antenatal exercises

Follow up date: 15 days.



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



NARAYANA AROGYA CHAITHANYALAYA
A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING (Seavanthi)

Date: 11/2/20.

Waking up time: 6am.

Bowel habits: regular

Exercises: No.

If yes

Type of exercise

Duration of exercise

Personal hygiene: appropriate

Sleeping time: 10 - 6am

No of sleeping hours on average: 8hrs



A. S. Reddy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

నారాయణ ఆరోగ్య చైతన్యాలయ



A Health Initiative

అభిప్రాయ సేకరణ

పేరు: *Sevanti*
వయస్సు: *214*
చిరునామ: *Nellore*

మీరు ఎప్పుడైనా ఇలాంటి కార్యక్రమానికి హాజరయ్యారా: *తేదు.*

	చాలాబాగుంది	బాగుంది	పర్వాలేదు	బాగలేదు
సమాచారం		✓		
ఉపయోగకరం		✓		
కార్యక్రమం మీద మీ అభిప్రాయం		✓		

మీరు ఈ కార్యక్రమం గురించి ఎవరికైనా చెప్పారా: *చెప్పాను.*

సలహాలు: *ధీరమైంది.*



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Principal
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NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

ASSESSMENT OF ACTIVITIES OF DAILY LIVING

WAKING UP TIME: 5.30 am

BOWEL HABITS: active.

EXERCISES: No.

IF YES

TYPE OF EXERCISE

DURATION OF EXERCISE

PERSONAL HYGIENE: appropriate

SLEEPING TIME: 10.30 am.

NO OF SLEEPING HOURS ON AVERAGE: 7hrs



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M. చలసామె
8142467782



NARAYANA AROGYA CHAITHANYALAYA

A Health initiative

REGISTRATION FORM

Date: 18/3/20

Name: M. tulasamma

Age: 32 y/f

Sex: Female

Education: 9th class.

Occupation: Housewife.

Address: Nawabpeta

Health history: Regular checkup 2 2lw+4d ; BP: 120/80 mmHg
Weight 67Kg ; BP. Hb: 9.3 gm/dl

Personal history: Mixed diet

Bowel pattern - (N)

Sleep pattern - (N)

Family history :

Mother - DM, HTN 10y (Expired)

Comorbid condition:

Drug free interventions: Antenatal diet

Antenatal exercises

Muscle relaxation exercises.

Home advice:

Iron rich diet

Advised to follow dietary pattern and practice

exercises.

Follow up date: 1 month



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Theme:

“Increasing Impact through Transparency,
Accountability and Partnerships”

1 DECEMBER
WORLD
AIDS
DAY



Principal
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NARAYANA

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