

NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM, NELLORE

WORLD HEALTH DAY- 2018

“Theme” HEALTH FOR ALL

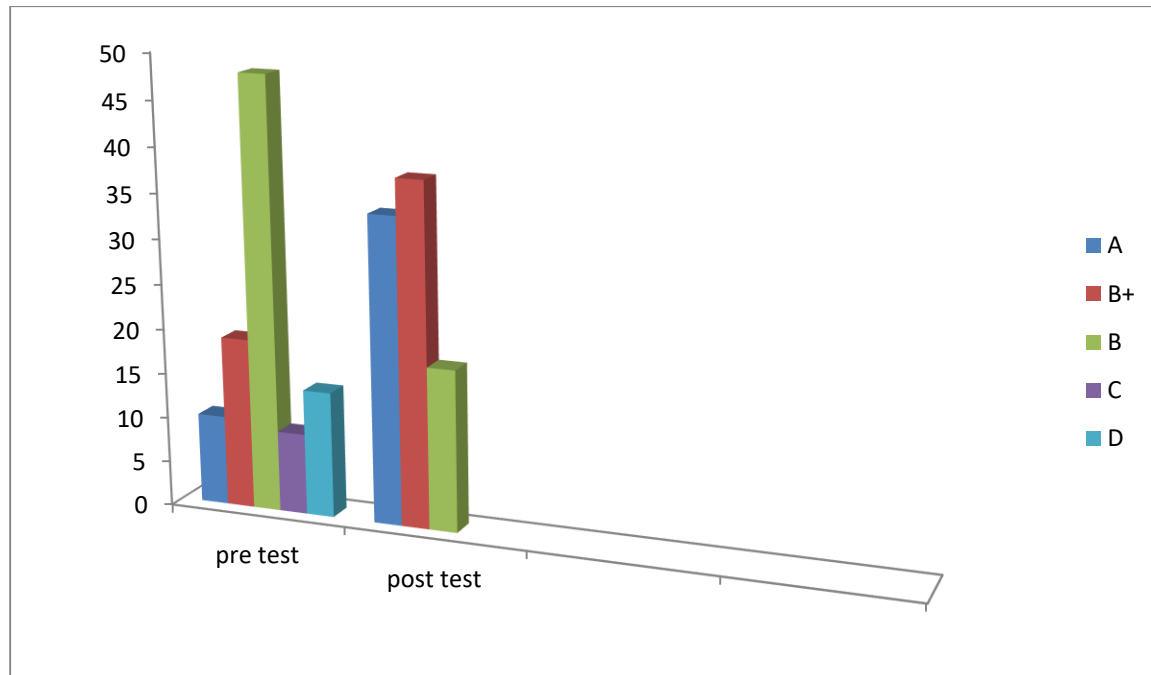
“HEALTH FOR ALL “has therefore been our guiding vision for more than seven decades. it’s also the impetus behind the current organization with the view Narayana College of nursing NSS unit conducted a study to assess the knowledge on health scheme among high school students. Dr.Indira.S, Principal , Mrs V.Jayanthi professor Principal Sree narayana nursing college ,Mrs.Prof.Rajeswari , Vice -principal ,Prof B.Vanaja kumari ,vice principal .and all the HODs ,Mrs .prof kalpana HOD community health department along with Mrs Usha kiran Asso.prof programme officer were participated. in this process 8 NSS volunteers were selected to explain regarding the NTR seva scheme, and other health schemes & policies to the students in high school, A set of 20 structured questions was prepared to assess the pre test and post test knowledge of the students the sample size was about 100 girl students. Students were enthusiastically participated in the session and understood the concepts and raised their queries

DATA ANALYSIS & INTERPRETATION OF KNOWLEDGE ON HEALTH SCHEMES

N=100

	Pre-test		Post test	
Grade	frequency	percentage	frequency	percentage
A+	0	0%	34	34
A	10	10%	38	38
B+	19	19%	18	18
B	48	48%	0	0
C	9	9%	0	0
D	14	14%	0	0
Total	100	100	100	100

The result showed that, among 100 participants, in pre-test, ,A Grade ,10(10%) had B+ Grade ,19(19%) had B Grade ,48(48%) had C Grade,9(9%) had D Grade knowledge14 (14%). whereas in post-test,34(34%) had A+ Grade, 38(38%) had A Grade ,18(18%) had B+ Grade ,and 0% in B,C,D consecutively. Hence, it was concluded that, **knowledge assessment on health scheme** was effective in improving the participant's level of knowledge.



CONCLUSION: The programme concluded that there was significant improvement of knowledge in post test as compared to the pre test. More participants had A grade and B than pre-test. Knowledge assessment on health scheme was considered as very effective.



FOOD FUN CARNIVAL

Narayana College of Nursing, under the SNA unit, celebrated food fun carnival held on 10th October 2018 and 11th October 2018. It generated lots of excitement and tasty food experiences for hundreds of students on each day.

First day (10.10.18) of food fun carnival was organized by IV-year B. Sc (N) students. Different stalls were opened at 6.00 am, which included gift corner, mega gift offer, mehendi corner, song dedication, games corner, photo session and food corners. Food corner menu for breakfast was dosa with chutny and poori with potato curry, menu for afternoon lunch included chicken curry, chicken fry, egg curry and rice, menu for the evening snacks was sweet bonda, gare, munthakindhapappu, fingers, sweet corn, vada, bonda and bajji and menu for dinner was dosa with chicken curry. The sale at food corner was closed at 7.30pm. Students enjoyed these food items. First day of the event came to end after movie screening, where students had good fun time and enjoyed watching their favourite movies.

Second day (11.10.18) of food fun carnival was organized by all B.Sc (N) at food stalls and other stalls were opened by 6.00 am. Food corners menu for breakfast was dosa, egg dosa, poori, puttu with kadala curry, sweet chapatti, menu for lunch was kappa with fish curry, chicken roll, chilli chicken, fish fry and rice, menu for evening snacks was sweet bonda, vada, bajji, small bonda, ada, juices, sweets and beauty corner also arranged. In the evening, DJ music was arranged, students very actively participated and enjoyed music along with their dance and menu for dinner was kerala special chapathi with chicken curry. In this year students prepared panipoori in delicious. After dinner students gathered for movie screening, where they enjoyed watching their favourite movies together.

The food fun carnival,

- Food stalls have been organized by 4th and 3rd year B.Sc (N) students.
- Gift and snacks corners arranged by 3rd year B.Sc (N) students.
- Games was arranged by 1st year B.Sc (N) students.
- Mehendi corner was arranged by 2nd year B.Sc (N) students.
- DJ was arranged by 3nd year B.Sc (N) students.
- Beauty corner have been organized by 3rd year B.Sc(N) Students.

It was a totally a fun filled event with lot of memorable moments for each and every student and staff, were they enjoyed this carnival to the fullest and made it a successful event.



ANTI TERRORISM DAY-2019

We Narayana college of nursing celebrated 28th Anti-terrorism day on 21st May 2019, occasion of former prime minister Rajiv Gandhi's death anniversary day by NSS unit . Chief Guest of the program was Dr.Indira.S Principal, Narayana College of nursing. Programme started with prayer song by 2nd year B.sc nursing students, lighten the lamp by the all the dignitaries. Dr.Indira.S Principal, given speech on the today's special event on Anti- terrorism, Dr.H.Rajeswari H.O.D of mental health nursing, Prof. B. Vanaja kumari, Vice Principal, and H.O.D's of all departments given speech during the programme. Programme ended with National anthem.



BREAST FEEDING WEEK CELEBRATIONS-2019

To enhancing the Breast Feeding Them of “**Empower parent, Enable breast feeding**” We Narayana College of Nursing under NSS unit had celebrated breast feeding week from august 1st to 7th.The breast feeding week was celebrated in different areas for 7 days.

Day1:

The NSS Program officer, Ms. Ramya ,HOD of Child Health Nursing ,Mrs. Anusha, Assistant Professor, Department of Community Health Nursing, NSS volunteers and II year M.Sc nursing students celebrated first day of breast feeding

week on 01.08.19 between 10-12 pm at anganwadi center, Dakkilivaripalem in Nellore. On the first day students are shown **Video Teaching** – techniques, physiology of lactation, advantages of breast feeding were showed to the participants. Antenatal, postnatal mothers and also reproductive age girls were participated in the program; Refreshments were distributed to the participant.



Day 2:

The second day of breast feeding week on 02.08.19 between 10-12noon was celebrated at anganwadi center, Dakkilivaripalem by Mrs. Kanakalakshmi, Associate Professor, on the second day **Live exhibition on Weaning diet** was shown to the antenatal and postnatal mothers, and ended with distributing refreshments to the participants.



Day 3:

The Third day of breast feeding week on 03.08.19 between 10-12pm was celebrated at anganwadi center, Dakkilivaripalem. Program organized by Mrs.latha P, Asso.Professor and Ms.Revathy Asst.Professor , Department of OBG,3rd year B.Sc nursing students are performed **Role play on care of breast before and after feeding, signs of effective feeding, latching** and ended with distributing refreshments to the participants

Day 4:

The Fourth day of breast feeding week on 04.08.19 between 10-12pm was celebrated at anganwadi center, Dakkilivaripalem. Program organized by **Mrs.Viji Asso.Professor** ,Department of OBG nursing and 3rd year B.Sc nursing students was performed **Puppet show on importance of EXCLUSIVE breast feeding, DISADVANTAGES of formula feeding** . Antenatal, postnatal mothers and also reproductive age girls were participated in the program. Refreshments were distributed to the participant.

Day 5:

The fifth day program on 05.08.19 had a Panel Discussion were conducted in Narayana College of Nursing auditorium on **Myths about breast feeding Practices and weaning diet** by III year B.Sc nursing students , The Chief guest was Mrs.Latha.A, HOD of Medical Surgical Nursing and Ms.Ramya. K, HOD of Child Health Nursing. The program was with a good discussion of points on weaning diet and the discussion was evaluated with a valid point.

Day 6:

The sixth day of breast feeding week on 06.08.19 was conducted competition in Narayana College of Nursing auditorium. The **essay writing on 2019 breast feeding Theme** at 10-11 , the evaluator by Mrs.Anjani Devi, Asst.Professor , Department of Mental Health Nursing., and 3-4am conducted competition of **Painting on Techniques of breast feeding** by evaluators by Mrs.B.Vanajakumari, HOD of Department of Community Health Nursing, Mrs.Smitha, Asso.Professor, Department of Mental Health Nursing.

Day 7:

The last day of breast feeding week was celebrated at Narayana College of Nursing auditorium on 07.08.19 between 12-1 pm. The program was started by prayer song

by III B.Sc (N) students and welcome song by III B.Sc (N) students. Ms. K. Ramya HOD, Department of Child Health Nursing welcome the gathering. The chief guest of the program was Dr. Indira.S, Principal, Narayana College of Nursing. Dr Rajeswari, Vice Principal cum HOD of Mental Health Nursing department ,Mrs. Vanaja Kumari, Vice Principal cum HOD of Community Health Nursing department, Mrs. A. Latha, Professor & HOD, Medical Surgical Nursing department, Mrs. Latha.P, Asso. Professor and HOD of OBG department, Ms. Elizabeth jasmine ,HOD of Nursing Foundations were the dignitaries for the program. The chief guest and other dignitaries delighted the program by lamp lighting. A mime was done by III year B.Sc nursing students and the winners of the whole week competitions were awarded with prizes and certificates. The program was concluded by vote of thanks given by Ms.Theja, II year M.Sc student followed by distribution of snacks and national anthem



JAL SHAKTI ABHIYAM-29th JULY 2019

THEME: “WATER CONSERVATION”

With the concept of **water is one of the most important substances on earth. All plants and animals must have water to survive. If there was no water there would be no life on earth.** Narayana College of Nursing NSS unit had conducted a awareness program on water conservation activities in Dakkillivaripalem on 29/7/2019. In which NSS volunteers and Mrs.Vanajakumari, HOD of Community Health Nursing, Ms.Parandhamaiah, R.O plant supervisor, Narayana Medical College and Hospital and Dakkillivaripalem people were participated in the program.

By this program we focused on water conservation , explained about rain water conservation system and also shown related videos to the participants also assessed water purity by TDS meter and the purity of water values like

Hand Boring Pump – 2435 TDS

Water shed motor – 2350 TDS

As per Government of India Water Control Board the drinking Water TDS range should be like this

Less than-300-Excellent

300 to 600-Good

600 to 900 –Fair

900 to 1200- poor

Above 1200 – Unacceptable

Through this program we found that the village water is undrinkable and instructed the people to have safe drinking water by purifiers.

At the end of program snacks was distributed to all the participants.



WORLD NO TOBACCO DAY- 2019
“Theme: TOBACCO AND LUNG HEALTH”

Narayana College of Nursing under NSS unit participated in awareness rally as part of **“World No Tobacco Day”** on May 31st in collaboration with Department of health, medical and family welfare, Nellore district. Dr.C.Ramadevi, Additional DM&HO; EVS. Naidu, president, District voluntary organizations Nellore, A.V.Subramanyam, Red Cross adhoc committee Chair Person, Ms. Sunitha, Asst professor, VSU and 50 NSS volunteers from Narayana College of Nursing participated in rally. The rally started from B.Ed College at Santhapet to DMHO Office.

Additional DM&HO. **Dr.C.Ramadevi** explained the public about harmful effects of tobacco kills but not only persons who are consuming as well as surrounding people. Dignitaries explained about complications of tobacco consumption like diabetes, hypertension, heart diseases, etc. 50 B.Sc nursing students from Narayana College of Nursing were slogan on **“SAY NO TO TOBACCO”** **“TOBACCO IS INJURIOUS TO HEALTH”** throughout the rally.

Narayana College of Nursing conducted program on **“World No Tobacco Day”** on 31st May 2019 by NSS unit . Chief Guest of the program was **Dr.Indira.S** Principal, Narayana College of nursing. Program begins with prayer song by 3rd year B.sc nursing students, lighten the lamp by the all the dignitaries. Dr.Indira.S, Principal, given speech on the today’s special event on **“World No Tobacco Day”**, Dr.Rajeswari.H, Vice Principal cum H.O.D of mental health nursing, Prof. B. Vanaja kumari, Vice Principal, and H.O.D’s of all departments given speech during the program. **Dr.Rajeswari.H** was given pledge to all the faculties and students on World No Tobacco Day. Programme ended with National anthem.



INTERNATIONAL DAY OF YOGA-21st JUNE 2019

Celebration of 5th International Yoga Day

With the concept of yoga *is a embodies unit of mind and body; thought and action; restraint and fulfillment; harmony between man and nature*, Narayana college of Nursing NSS unit had celebrated 5th International Yoga Day on 21st June 2019 in the campus. In which NSS volunteers and all the students, faculty were participated with much interest and practiced various of Yoga '*asanas*'.

The program was started by Dr. Indira .S, Principal, NCON, Mrs. Parvathi, Dr.Rajeswari , Vice -principal ,Prof. B.Vanaja kumari ,vice principal , all the HODs and all faculty members were participated. Dr.Indira.S, Principal coating few words about yoga "It is not about exercise but to discover the sense of oneness with yourself,the world and nature. By changing our lifestyle and creaing consciousness,it can help in well being. Let us work towards adopting an International Yoga Day".And Mrs.Parvathi Yoga instructor spoke about *importence yoga and type, and benefits of yoga.*

The session was around 7 am to 9 am, the yoga asanas were practiced by the students. This program was organized with 130 students, students was performed all the yoga positions very enthusiastically as explained yoga instructor.



DASARA CELEBRATION ON 2019

On 8th October, Dasara festival functions are celebrated at Narayana College of Nursing in 3rd floor auditorium. At about 9am the programme was started with prayer song and continued with slokam recitation. Chief guest are Dr.Indira.s, Principal, Narayana College of Nursing and Mrs.Vanajakumari HOD of Communication and educational technology, Narayana College of Nursing. Programme continued with Deeparadana, slokam songs, which was organised by B.Sc (N) students. After the poojaprasadam was distributed, such as puthora, kesari, voda, Boore, pancharutham, payasam, curdrice, Bhelampongol, senagallu to all faculty of teaching and non-teaching staff and students. Every one enjoyed the function very much.





DASARA CELEBRATION, 29th September 2019

Navratri as the name suggests is a nine- days long festival of worship of Maa Durga. The word Navratri in Sanskrit means 'nine nights'. It is made up of two words- **nava** which means nine and **ratri** which means nights. Each day of this auspicious Hindu festival celebrates a different form of the Goddess and it is believed that those who worship Goddess Durga during these days their wishes and desires will be fulfilled by her.

The Sharadiya Navratri this year will be celebrated from September 29 to October 7, 2019. According to the Hindu calendar, it occurs in the month of Ashwin, which usually falls in September or October according to the Gregorian calendar.

The Navaratri was celebrated On 29th September at 06:18 AM to 07:41 AM - Kalash is set-up on the first day of Dasara festival at Narayana College of Nursing in 3rd floor Auditorium. The program was started with prayer song and continued with slokam recitation songs and, deeparadana, which was organised by 1 years of B.Sc and M,Sc nursing students. The Chief Guest of today pooja was Dr.Indira.s, Principle, and Narayana College of Nursing. The pooja was performed with all department HODs, faculties, non-teaching staff and students of Narayana College of Nursing

Navratri Puja Vidhi Kalash was setted on the first day of Navratri. After this, clean the place of worship in the area. The establish the Kalash (Urn) on or near the altar. Then add green mango leaves, panchamrit, durva

in the Kalash and tie the sutra on it. After the kalash is established, pray to Lord Ganesha and then install Goddess Durga's idol on the side of the altar. Worship Maa Durga and offer her flowers, incense, lamp, etc

In puja we kept important things which is need for Navratri puja was

An idol of the Goddess Durga, Redcoloured cloth for laying on the outpost, Red chunni of Maa Durga, An urn (Kalash) Fresh mango leaves Flowers and flower garland, Acoconut, Betel leaves, Betel nut Cardamom, Cloves Camphor, Rongoli, Sindoor Mauli (Kalava) , Rice, Ghee, Ganga Jal Rui or batti for diya

After the pooja prasadam was distributed, such as pulihora, kesari, voda, Boore, pancharutham, payasam, curdrice, Bhelampongal, senagallu to all faculties of teaching and non-teaching staff and students. Every one enjoyed the Dasara festival function and got extreme blessing of Goddess Durga



Onam Celebrations, 11th September 2019

Onam is a time to show off the vast cultural heritage and rich variety for all keralites who celebrate it with much vigor than any other festival.

Narayana college of nursing Onam Celebrations were held on the 11th of September 2019 amidst great cheer and the cultural extravaganza witnessed participation of students, teaching and non-teaching staff of the college ,especially in their traditional sarees. Onam celebration was organized by 3rd year B.Sc students under the guidance of SNA.

The inauguration was held at 4.00pm at the auditorium, 3rd floor , presided over by the principal and in the presence of the department heads, staff and students. The programme began by a prayer song .The gathering was welcomed by The principal Dr. indira.S gave the presidential address which was followed by felicitation from staff. Then followed by cultural programmes, malayali manka

competition and prize distribution. The programme concluded by vote of thanks, by Arya hariprasad and national anthem.

Without “Onasandya “one cannot imagine onam celebration. Onasandya was prepared by the 3rd year B.Sc students with 26 items. Onasandya was served in traditional way. The staff and students enjoyed the sumptuous Onam feast which was served to them. The sandya received much acclaims from the faculty and students community.

In conclusion, the all events went on schedule and were able to complete on time.

