

2020-2021



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

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**Number of extension and outreach activities carried out in collaboration
with National and International agencies, industry, community,
Government and Non- Governmental Organisations engaging
NSS/NCC/Red cross/YRC/institutional clubs etc. during the Academic Year
of 2020-21**

Year	Name of the Activity
2020-21	Swatch Bharath
2020-21	World Cancer Day
2020-21	World Tuberculosis Day
2020-21	World Health Day
2020-21	No Tobacco Day
2020-21	Anti Terrorism Day
2020-21	World Environment Day
2020-21	International Day of Yoga
2020-21	World Population Day
2020-21	Vanamahosthav Week
2020-21	World Breast Feeding Week
2020-21	World Alzheimer day
2020-21	World Mental Health Day
Table – 13	

Dr. B. Chinnai
Principal

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A. S. S. S. S.

Principal
Principal

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Fig: Students got best student award on this occasion, 12th Jan 2020.



NSS PROGRAM COORDINATOR

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REPORT ON EVENT ON GROVE ON 19-1-2020

Narayana College of Nursing was done the plantation in the Narayana campus as "EVENT ON GROVE" on 19-1-2020 under National Service Scheme Unit. Trees are aimed to prove beneficial in reducing topsoil erosion, decreasing the force of storms and down water runoff which in turn will help to replenish the groundwater table. Roots are especially beneficial for removing harmful nutrients from the aquifers. This also results in the overall reduction in street flooding and sedimentation in streams. Not only this, trees provide shelter and food for a variety of birds and animals. They help to maintain and sustain the local biodiversity by improving natural habitats. Flowers, fruits, leaves, buds and woody parts of trees are useful to different species of birds and animals. Trees also provide shade, reduce water and air temperatures and contribute to the overall health of aquatic and terrestrial ecosystems by providing habitat, shelter and food to diverse species.

The program Inaugurated by Mr. MuniShankar, NMCH, and Dr. Indira.A, Principal of Narayana College of Nursing, Mrs.B.Vanaja Kumari, Vice Principal, Mrs.Kantha, HOD of Nursing Research and Mrs.Viji, Asso.Profe,Dept of OBG, Narayana College of Nursing was planted the saplings in grove program. The event was followed with the Narayana College of Nursing faculty and 50 NSS volunteers, nursing students were also planted the saplings. During this program about 30 saplings were planted in Narayanapuri by all participants. Program ended with distribution of snacks to the participants.

Trees will help to improve the overall air quality and ecosystem. By acting as carbon sinks, they will help to compensate for the greenhouse effect through the sequestration of about 2.8 million kg of atmospheric carbon dioxide annually. Trees will aid in removing particulate matter from the atmosphere, particularly small particles which are responsible for major air-pollution-related



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health hazards. Trees along urban areas can reduce the presence of fine particulate matter in the atmosphere within a few hundred meters of the plantation range.

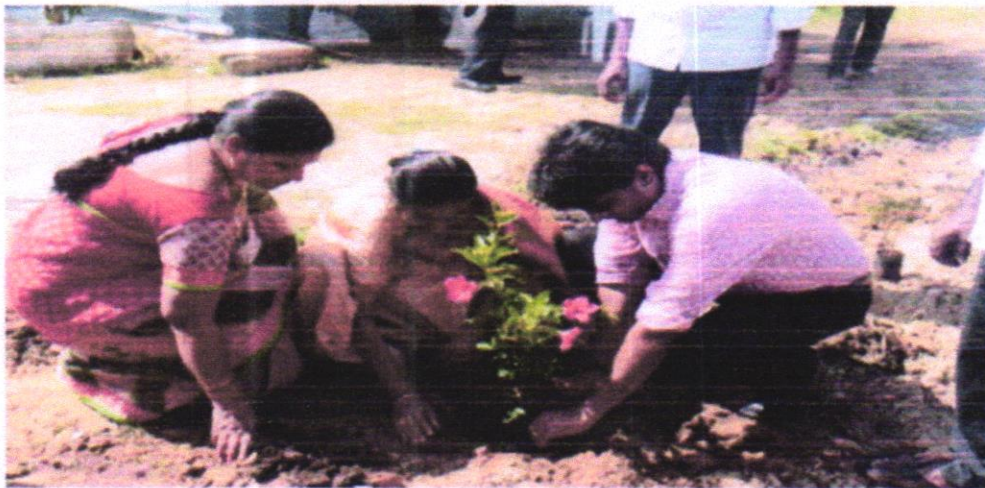
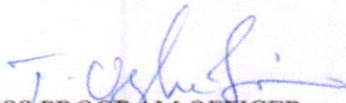


Fig : Plantation by the faculty and students, 19 Jan 2020.



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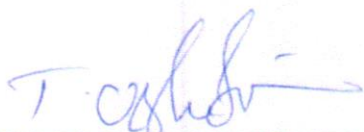
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dump removed in few areas was done with the help of to the dumping yard and garbage was cleared in the areas where ever essential .public was happy and cooperative by the contribution of the Narayana College of nursing NSS unit.



Fig: Faculty and village people in the cleaning part, 7th Feb 2020.



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REPORT SWACCH PAKHWADA DRIVE FEB-7TH 2020

Name of Activity organized	Swacch Pakhwada drive
Title of the Activity	Swacch Pakhwada drive
Date of activity organized	Feb-7 th 2020
Name of the coordinator of Activity	Ms.Usha Kiran
Place of the Activity	Narayana college of Nursing
No. of participant	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Outcome of the Activity	Swatch Pakhwada drive

Activity Report

The Swachh Bharat Abhiyan, launched on 02.10.2014 across the country as a national movement, is the most significant cleanliness campaign by the Government of India. According to the Government, a clean India would be the best tribute India could pay to Mahatma Gandhi on his 150th birth anniversary in 2019. By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement. With citizens are now becoming active participants in cleanliness activities across the nation, the dream of a 'Clean India' once seen by Mahatma Gandhi has begun to get a shape. People from different sections of the society, NGOs etc. have come forward and joined this mass movement of cleanliness. Cleanliness is a stepping stone to success, and Safai apnaye bimari hataye these were the thoughts of students of Narayana college of Nursing to conducted a swatch Bharth program in kakatur village on February 7th 2020 B.Sc Nursing 40 B.Sc nursing and 10 M.Sc Nursing students , were participated in the program by giving announcements to the villagers on the swachatha program and explained about safe disposal of waste. Students gave awareness talk to the public and mosquito breeding places, and regular disposal of waste.



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REPORT ON PERSONALITY DEVELOPMENT PROGRAM 12 Feb 2020

Name of Activity organized	Personality development program
Title of the Activity	Personality development program
Date of activity organized	12 feb 2020
Name of the coordinator of Activity	T.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	60+10
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular activity of the college
Objective of the Activity	"Coaching for wellness".
Outcome of the Activity	Students can get personality development and balance by the program

ACTIVITY REPORT

Personality development is important because it **helps you to live your life in a better way**. It builds confidence in you, help you to look your life in a positive way, creates positive energy within you, improves your health, improves your skills, decreases your stress, and make you a more pleasing personality. With the concept of personality is skill in activities. The skill is to see how to keep your skills uplifted, Narayana college of Nursing NSS unit had conducted personality development program in the college. In which 60 NSS volunteers, were participated with much interest and practiced various methods in developing their own personality.

On this Program Dr. Kollikarunamurthy former NTRUHS NSS program coordinator given a speech regarding personality development is the method of bringing about positive change or development of right attitude by teaching. Dr. Indira.A. Principal, Dr. Rajeswari H vice principal and all the department HODs were participated. NSS-program officers Mrs.Ushakiran had initiated to conduct the event, the students of 1st year were very enthusiastic to participate and learn about the personality development program.



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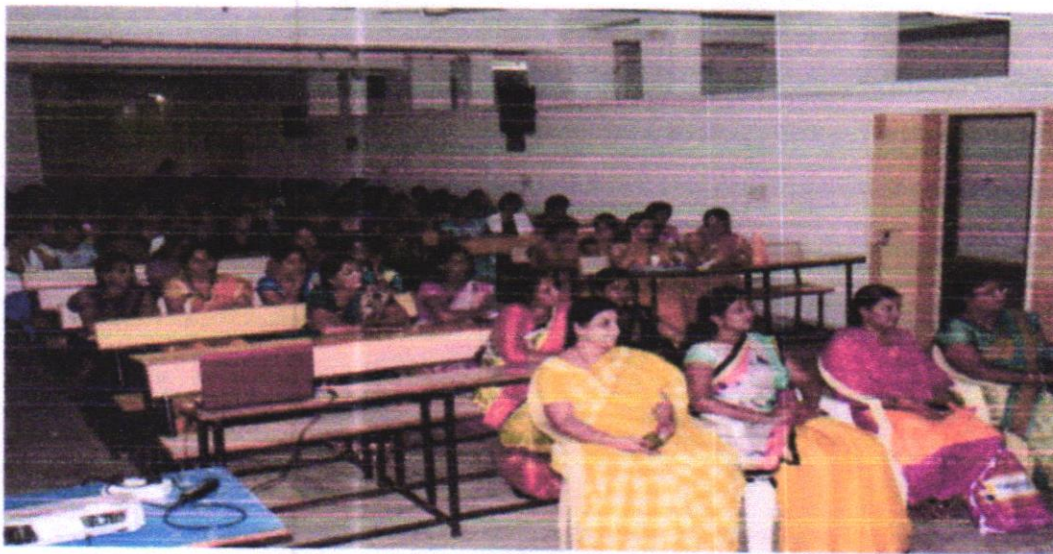


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Fig; Faculty and students attending personality development program, 12 Feb 2020.

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Dr. B. S. Anny
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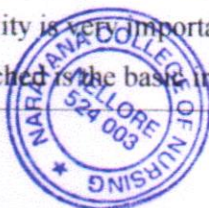
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REPORT INTERNATIONAL WOMEN'S DAY 8th Mar 2020

Name of Activity organized	International Women's Day
Title of the programme	International Women's Day
Date of activity organized	8 th mar 2020
Name of the coordinator of Activity	Mrs .Usha kiran
Place of the Activity	Narayana college of nursing
No. of participant	100
Name of the sponsored organization	NSS Cell NTRUHS
Nature of sponsorship	Dr.N.T.R.UHS
Objective of the Activity	The theme for the International Women's Day 2020 is "I am Generation Equality: Realizing women's rights".
Outcome of the Activity	To create awareness of gender equality for a healthy society

Report of the Activity

8th March, considered as International Women's Day. This day brings many things for women cause for celebration, a reason to pause and re-evaluate a remembrance, an inspiration and a time to honour, loved and admired. To honor womanhood, Narayana college of nursing has celebrated the International Women's Day on , 8th March, 2020 To create awareness of gender equality for a healthy society. Also, the milestone to be reached is the basic information for a girl child in every family education will during awareness among the society which will further result in overall development of nation and its community. Dr. Indira. A Principal Narayana college of Nursing shared said that it was the time to uphold women's achievements, recognize challenges and focus greater attention on women's rights and gender equality to mobilize all people to do their best. and shared about gender equality is very important for a healthy society, Dr. Rajeswari H Vice principal told about The milestone to be reached is the basic information for a girl child in every family education will



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Dr. Rajeswari H
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during awareness among the society which will further result in overall development of nation and its community. Pro. A Latha shared her tales of struggle and success. And other HODs told their points on womens day for womens rights. The programme was organized by Nss programme officer Mrs. T.Usha kiran , Ms. Deepa Msc Nursing student delivered the vote of thanks .Student volunteers of about 80 members were participated in the event and all the students were enthusiastically participated in the programme and shared their views and made the programme success

the society which will further result in overall development of nation and its community for women empowerment, programme ended with Vote of thanks.



Fig1. Lamp lighting on occasion of Womens day,8th March 2020.

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Dr. B. Anj
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Report on Community Clean-Up Drive

On November 25, 2020, Narayana College of Nursing organized a Community Clean-Up Drive at ZPHS School in ThrupuRompidodla. The event aimed to raise awareness about environmental cleanliness and encourage students and community members to maintain a litter-free environment. Nursing students and staff, along with school students, participated in cleaning the school premises and surrounding areas. Volunteers collected waste, segregated recyclable materials, and promoted proper waste disposal practices. The program also included a brief talk on the importance of cleanliness for health and well-being. Participants received guidance on sustainable waste management and maintaining cleanliness in their daily lives. The initiative was well-received, with enthusiastic involvement from all attendees, reflecting a positive impact on community hygiene awareness.



Handwashing Demo and Return Demo, 25/11/2020

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Showing the Plan of Activity in the School, 25/11/2020

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Report on Awareness program on menstrual hygiene

On December 19, 2020, Narayana College of Nursing organized an awareness program on menstrual hygiene at ZPHS School in ThurpuRompidodla. The session aimed to educate female students about menstrual health, hygiene practices, and address common myths and misconceptions. Nursing students and faculty provided an interactive presentation covering topics such as the menstrual cycle, proper sanitary product use, and disposal methods. Informative pamphlets were distributed, and a Q&A session allowed students to discuss their questions openly. Additionally, free sanitary kits containing pads and hygiene products were provided to the attendees. The event was well-received, with positive feedback from students and staff, helping foster a supportive environment for menstrual health awareness.



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Interaction with students regarding menstrual hygiene, 19/12/2020

Secondary school Female children was benefitted from the program

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principal, Prof B.Vanaja kumari, vice principal and all the HODs were participated. Twenty NSS volunteers were actively participated and the Students also well motivated to participate in planting saplings in college premises.



Fig: Plantation by final year students, 1st July 2020.

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REPORT ON VANA MAHOSTHAVAM July 1 to 7 2020

Name of Activity organized	Vana Mahosthavam
Title of the Activity	Vanam Manam
Date of activity organized	1 to 7 July 2020
Name of the coordinator of Activity	Ms Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	"Theme: "IMPROVE THE GREEN COVER
Outcome of the Activity	To improve greenery by planting saplings

Activity Report

Van Mahotsav or Forest Festival is an annual tree-planting festival celebrated in the month of July in which thousands of trees are planted all over the country. Van Mahotsav week is celebrated from 1 July to 7 July to spread awareness of forest conservation and to save the environment.

Trees and forests play a very crucial role in maintaining an ecological balance and providing oxygen to human beings on the planet. The Van Mahotsav week is a reminder that we must protect forests and stop deforestation and practice the 3R rule- Reduce, reuse and recycle.

During this week, one can find children and elders planting saplings and taking part in the plantation drive to raise awareness about the importance of trees.

Narayana college of Nursing NSS unit had decided to participate in vanam manam programme. The theme for vanam manam is to improve greenery by planting 50 saplings in the premises in addition to regular plantations on July 1 to plant saplings in the premises of colleges on this occasion Mrs.ushakiran and Mrs.kanagalakshmi had initiated to conduct the event. Dr. Indira. A, Principal,, Mrs.Prof.Rajeswari H, vice –



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Activity report "webinar on developing leadership qualities in youth for community Development" 24.09.2020

Name of Activity organized	Developing Leadership Qualities in Youth
Title of the Activity	Developing Leadership Qualities in Youth
Date of activity organized	24 th sep 2020
Name of the coordinator of Activity	T.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student + staff)	50
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular activity of the college
Objective of the Activity	Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development.
Outcome of the Activity	Students can get complete Developing in Leadership Qualities in Youth for Community Development

Activity report

Narayana college of Nursing Nss cell involved in the Webinar on "Developing Leadership Qualities in Youth for Community Development" Motivating youth to become torch bearers is now essential for a better society. Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development is need of the hour. In view of this, Vikrama Simhapuri University National service scheme (VSU NSS Cell) in association with State NSS Cell has organizing a national webinar on "Developing Leadership Qualities in Youth for Community Development" On 24th September, 2020 (Thursday) from 10AM to 1PM. In this students and volunteers were encouraged to register and participate in the webinar. Total 50 participants were involved in the webinar.

Particulars of the Speakers/Resource Persons: Registration link:

<https://forms.gle/RMG8Zi4RnYTYtrNV6>. Shri Gampa Nageshwer Rao, Psychologist & Soft Skill Trainer.



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Hyderabad was given excellent points in psychological view how a student can enhance her way of thinking was explained in his session.

Next Dr. W G Prasanna Kumar, Chairman, MGNCRE, Hyderabad explained the core concept of youth part in community development. Dr. L. Vijaya Krishna Reddy, Registrar, Vikrama Simhapuri University, Nellore was explained about the youth motto and development of nation.

Dr. K. Ramesh Reddy, AP State NSS Officer, Amravati explained about leadership qualities in his session and all Students were participated in the webinar and noted the useful points.



Fig: NSS volunteers of first year BSC Nursing, 24th Sep 2020.

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REPORT ON WEBINAR ON SPIT FREE INDIA 24TH -SEP 2020

Name of Activity organized	Webinar on Spit free India
Title of the Activity	Webinar on Spit free India
Date of activity organized	24 th -sep 2020
Name of the coordinator of Activity	Ms.Usha kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	48
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Asked general public not to consume and spit smokeless tobacco in public
Outcome of the Activity	Awareness to general public in this pandemic

Activity Report

The Indian council of medical research asked general public not to consume and spit smokeless tobacco in public .Ministry of home affairs issued directives banned spitting in public places .In the view to the subject to give awareness to general public in this pandemic NTRUHS organized a digital way of giving awareness to the public with the help of few NGOs and they made a Institutional web link of pledgeforlife.org was shared to every NSS unit to spread the awareness link through the NSS volunteers as they are the COVID worriers . Narayana college of nursing NSS unit and the programme officer Mrs. Ushakiran and NSS volunteers of 48 in number where attended the webinar conducted by the NSS program coordinator Dr. Vivekananda Kattamaneni and the NGO of Sambandh health foundation and the participants were awarded with certificates to their mail ids, YouTube links and other material were provided to educate the public by sharing the content.



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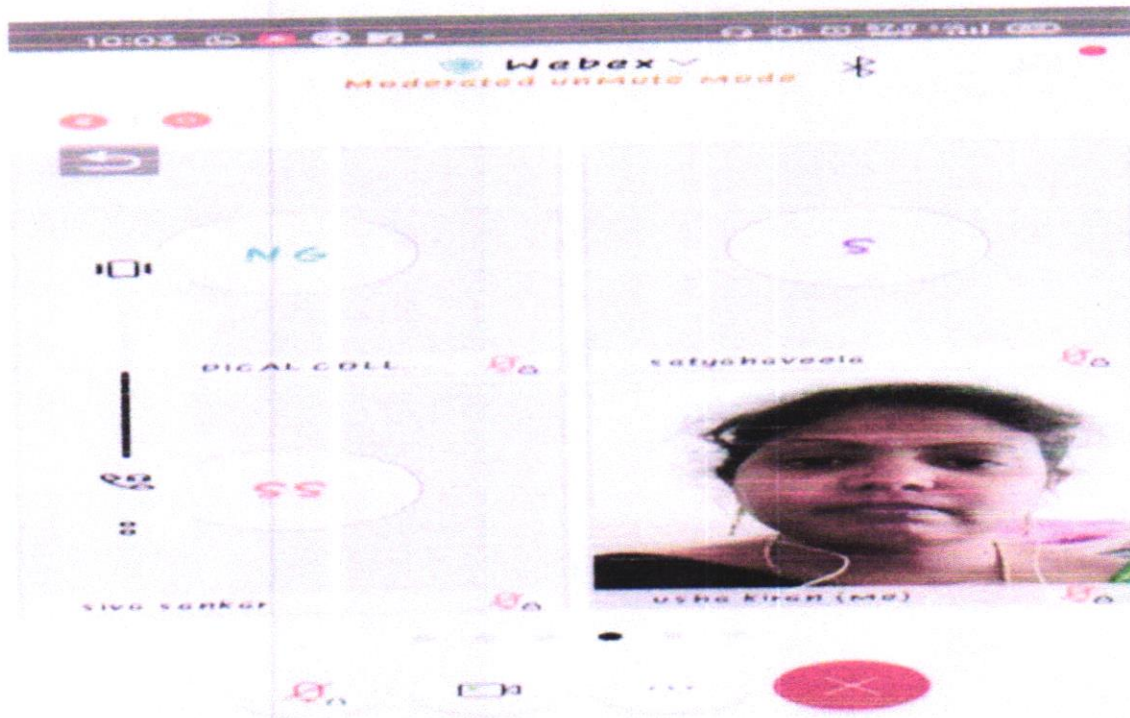


Fig : WEBINAR ATTENDED BY NSS PROGRAMME OFFICER.,24th Sep 2020.

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ACTIVITY REPORT

SWATCHH BHARATH PROGRAM-2020

Name of Activity organized	SwachhBharathProgramme
Title of the Activity	Swachh Bharath Program 2020
Date of activity organized	October2 nd 2020
Name of the coordinator of Activity	Mrs. T. Ushakiran
Place of the Activity	Narayana College of Nursing, Nellore.
No. of participant	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	To maintain cleanliness in college premises
Outcome of the Activity	Cleaning the college premises from morning to afternoon.

Activity Report

Narayana College of Nursing initiated a step ahead with NSS unit of Narayana College of nursing under conducted Swachh Bharath program on 2.10.2020. NSS volunteers and program officer were participated in Swachh Bharath program by taking the Swatch Bharath- swatch India oath. Chief Guest of the program was Dr. Indira A. Principal, Narayana College of Nursing gave speech on the importance of nationwide cleanliness initiative in the form of "Swachh Bharath Mission" focussing on improvement in cleanliness and hygiene in urban and rural areas, in work places and homes etc. The motto is to maintain cleanliness in college premises. The main purpose of this programme was to create awareness among the students regarding Cleanliness and its benefits As a part of this Cleanliness Drive, we had to clean the whole college. Our Principal started the



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of the students did the dusting of the rooms. And others went to the play ground and started picking wrappers lying scattered there. After collecting them they threw them in to the dustbins. After doing this job for two to three hours, we all assembled in the hall. Thereafter our Principal delivered the speech telling us the importance of sanitation. He also honoured the sweepers of the school for their noble job. In the end we all took oath of keeping our home, locality and city clean. It was a unique experience for all of us. We were curious to be the part of this great drive that could have transformed the face of our country for ever. Twenty-five NSS volunteers were actively participated in cleaning the college premises from morning to afternoon. Later the refreshments were distributed to NSS volunteer



Fig1: students cleaning the campus on swatchh Bharath day program
October 2nd 2020

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Fig:2 Cleaning Narayana college campus October 2nd 2020

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REPORT ON WORLD ENVIRONMENTAL DAY ON JAN-5th 2021

Name of Activity organized	World Environment Day
Title of the Activity	World Environment Day
Date of activity organized	Jan-5 th 2021
Name of the coordinator of Activity	Ms.T.Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	World Environment Day
Outcome of the Activity	Students to work more and more in alternative energy, waste management, sustainable development

Narayana college of Nursing Nss cell attended webinar on World Environment Day for the awareness of the students of B.Sc Nursing, M.Sc Nursing successfully via webex app platform on 05/06/2021.

The webinar started with the welcome speech of Dr. Vivekananda Kattamaneni (Program coordinator NTRUHS,) in which he welcomed the keynote speaker of the webinar Dr. Shankar Resistor NTRUHS, Vice chancellor Dr. Shyama Prasad garu NTRUHS

He told India is the only country where the earth is called mother, so we have the highest responsibility to save the planet from pollution. This webinar provided the student's opportunity to know about environmental issues and their responsibilities to solve these issues.

After the guests' welcome, an expert discussion happened with keynote Dr. Vivekananda Kattamaneni speaker on the awareness regarding environmental issues. He shared his knowledge and experience with the students. He inspired the students with his speech. In his remarks, he stated no degree is essential to save the

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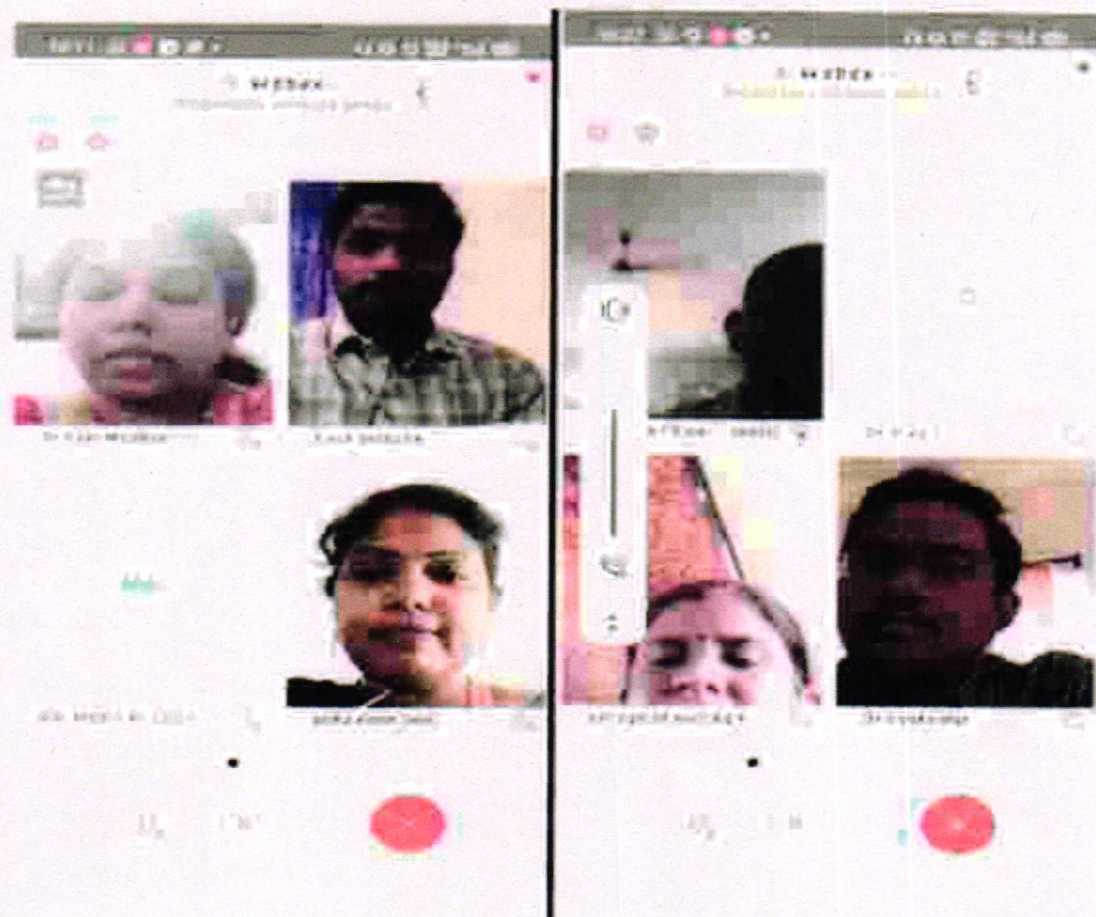
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environment; instead, environmental protection has to be part of our way of life; only then protecting and promoting the environment can be done.

He advised the students to work more and more in alternative energy, waste management, sustainable development, sewage treatment, and the prevention of toxic gas emissions to avoid pollution of the environment.



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Interactive Sessions for Students on Anaemia prevention

On February 25, 2021, Narayana College of Nursing organized interactive sessions on anemia prevention at ZPHS School, ThurpuRompidodla, aimed at educating students on the importance of anemia prevention and maintaining good health. The session covered causes, symptoms, and effects of anemia, particularly among adolescents, and emphasized the importance of a balanced diet rich in iron. Nursing students used visual aids and engaging activities to explain how iron-rich foods and good nutrition play a key role in preventing anemia.

The students participated actively, asking questions and sharing their own knowledge, which fostered a lively discussion. To make the session practical, participants were shown simple recipes using locally available iron-rich foods. Pamphlets with dietary tips and anemia facts were distributed to reinforce the learning. The event was well-received, leaving students more informed and motivated to take steps to prevent anemia in their own lives.



Interactive session on Anemia Prevention, 25/2/2021

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Group Discussion on Anemia Prevention, 25/2/2021

The secondary School female children was benefitted from the program

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Report on Swachh Bharat cleanliness

On April 24, 2021, Narayana College of Nursing organized a "Swachh Bharat" cleanliness drive in Dakkilivaripalem village to promote hygiene and sanitation. Faculty, students, and local volunteers actively participated, focusing on cleaning public areas, including streets, community centers, and local water sources. Awareness sessions were held to educate villagers on waste management, the importance of using dustbins, and maintaining personal hygiene to prevent diseases. Volunteers distributed pamphlets on cleanliness and demonstrated proper waste disposal methods. The program received strong support from the local community, who joined hands with the volunteers to clean and beautify their surroundings. The event successfully highlighted the importance of a clean environment and inspired the residents to maintain their village as a cleaner, healthier place to live.



Explaining regarding Grooming to school children

The primary education (123) students was benefitted from the Activity

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Report on awareness on Good Touch and Bad Touch

On August 28, 2021, Narayana College of Nursing conducted an awareness session on "Good Touch and Bad Touch" at M.P.P School in T.P Gudur. The session was aimed at helping young students understand personal safety and recognize appropriate and inappropriate physical interactions. Nursing students used age-appropriate language and visual aids to explain the concepts of body boundaries and privacy. They highlighted the importance of trusting their instincts, saying "no" to uncomfortable touches, and seeking help from trusted adults. Interactive role-playing activities helped reinforce the message, and students were encouraged to share their concerns openly. Teachers and school staff were also engaged to ensure sustained support for students. The session concluded with the distribution of educational materials and a reminder to prioritize safety and self-respect in all interactions.



Differentiating the Good Touch and bad touch

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REPORT ON WORLD HEALTH DAY 07/04/2021

Name of Activity organized	World health Day
Title of the Activity	World health Day
Date of activity organized	7-4-2021
Name of the coordinator of Activity	Ms T Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	120
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	World health Day
Outcome of the Activity	"Building a fairer, healthier world"

WORLD HEALTH DAY PROGRAMME on 07/04/2021 organized by NSS & MSN Dept the dignitaries were invited to light the lamp and inaugurate the programme. Total of 120 participants were participated in this program. The theme of the program is "Building a fairer, healthier world" WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others. We as teachers need to review the importance of living a healthy lifestyle and inculcate those values in our students. It's a great day for students to get out of their seats and get their blood pumping or enjoy some much need meditation to help with their anxiety. We, at Narayana college of nursing conducted various activities in the class room on the same day such as making phrases related to health and fitness. Besides, Students were taught about the healthy habits to follow and how to stay fit by taking a balanced diet. All the activities were carried out in a planned manner and proved to be a great platform for students to learn how to live health.

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Photo gallery



Fig: Faculty were starting the program with lamp lighting

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Prof. Latha giving explanation about spiritual health

T. Vishwanath
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Out of total 41 participants, the pretest scoring was 3(5.3) scored "A" grade, 13 (31.7%) participants scored "B+" grade, 12 (31%) participants scored "B" grade,

8(20%) scored "C", D grade scored 5(12%) and no participants scored A+. But in the post test, the knowledge level improved as 15(39.4%) participants scored "A+" grade, 20(45.9%) scored "A" grade, and 6 (14.7%) of participants scored "B+" grade, and there was no participants in B, C and D grades. This reveals that the International Drug Day on share facts on drugs was highly effective and useful for the participants.

TABLE NO: 2: FREQUENCY AND PERCENTAGE DISTRIBUTION OF FEEDBACK ANALYSIS GRADES ON KNOWLEDGE ABOUT SHARE FACTS ON DRUGS

N=41

DESCRIPTION	PARTICIPANTS	
	FREQUENCY (F)	PERCENTAGE (%)
Excellent	20	47.9
Very good	16	40.4
Good	5	11.7
Average	0	0
Poor	0	0
Total	41	100

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