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## NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM :: NELLORE - 524 003, A.P.

Recognized by Indian Nursing Council vide letter No. 18-916/2002/inc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada e-mail : narayana\_nursing@yahoo.co.in website : www.narayananursingcollege.com

# Report on World Day Awareness Program – Promoting Health and Wellness by Health education

On the occasion of World Health Day, an extension activity was organized to promote health and wellness among the community. The event was held at Narayana College of Nursing, Venkatachalam, with the active participation of 60 nursing students and 4 faculty members.

The program aimed to raise awareness about the importance of maintaining a healthy lifestyle, disease prevention, and overall well-being. Various health education sessions, interactive discussions, and demonstrations were conducted to engage the participants effectively.

The initiative successfully emphasized the significance of preventive healthcare, encouraging the community to adopt healthy practices.

The event was well-received and appreciated, marking a successful effort in spreading health awareness on this significant occasion.

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Awareness on Health and Wellness, at Venkatachalam, 7/4/2022

Approximately 50 members of the general public attended the event and benefited from the awareness program.

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### Report on Women's Hygiene Awareness Program

A Women's Hygiene Awareness Program was organized by Narayana College of Nursing on 29th January 2021 at Venkatachalam to educate women on the importance of personal hygiene and menstrual health.

#### The session focused on:

- Menstrual hygiene management safe and hygienic practices
- Personal hygiene practices daily hygiene routines and infection prevention
- Reproductive health awareness importance of regular check-ups

The program witnessed active participation from women of the community, along with interactive discussions and demonstrations.

The initiative was well-received, empowering women with essential knowledge to maintain their health and well-being.

The community members expressed appreciation for the efforts of Narayana College of Nursing in promoting women's health awareness.

45 community people was benefited, 50 students and 5 faculty was participated in the activity.







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Awareness on Women's Hygiene, Venkatachalam, 29/1/2021

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#### Report on Disaster Preparedness awareness

A Disaster Preparedness Awareness Program was organized by Narayana College of Nursing on 24th April 2021 at TP Gudur, Nellore, to educate the community on emergency preparedness and response strategies during disasters.

A total of 45 nursing students and 5 faculty members actively participated in the event. The session covered:

- Types of disasters and their impact
- Basic first aid and emergency response techniques
- Importance of community involvement in disaster management

Around 40 community members benefited from the program, gaining valuable insights into disaster risk reduction and preparedness. Demonstrations and interactive discussions helped in enhancing their understanding of prevention of Infections & Diseases after Disaster.

The program was well-received, with participants appreciating the efforts of Narayana College of Nursing in spreading awareness and equipping the community with essential knowledge for disaster preparedness.







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Awareness on Disaster Preparedness, TP GUDUR, 24/4/2021

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