

2021-2022



NARAYANA
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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 2021-22**

Year	Name of the Activity
2021-22	Webinar on environmental Issues
2021-22	Webinar on Safe Blood Donation and Transfusion
2021-22	Plantation to encourage green environment
2021-22	Education on Importance of Plastic Free Environment
2021-22	Guided Asana Training Experience
2021-22	Webinar on Hazards of Drug addiction and avoid
2021-22	Awareness session on Women safety and Disha app application
2021-22	Vanamahostavam
2021-22	Promoting Understanding of Population Exploitation
2021-22	Health Campaign for ORS Distribution
2021-22	Mime on currents issues on Breast feeding
2021-22	Health awareness on Vector borne disease
2021-22	ORS- The Homebased treatment for Diarrhoeal Diseases
2021-22	Shram Mahadaan with Paani Foundation
2021-22	Understanding and Preventing Suicidal Behaviour
2021-22	Tree Planting for Ozone Protection
2021-22	Webinar on Awareness talk regarding Dementia

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2021-22	Webinar on developing leadership qualities in youth for community Development
2021-22	Educational Session on Rabies Vaccination for Pets
2021-22	Hands-On Session for Breast Health Awareness
2021-22	2Km Heart Health Walk
2021-22	Clean India Movement
2021-22	Informational Sessions on Mental Health
2021-22	Promoting Awareness of Breast Self-Examination
2021-22	Informative Lecture on Diseases of Nervous system (Vedavathi) and its prevention
2021-22	Concept of health and wellness centre under Ayushman Bharat Yojna
2021-22	Display of Healthy Eating Options for Diabetes
2021-22	Helmet awareness Rally
2021-22	Community Rally for HIV Education
2021-22	Health education on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer
2021-22	Leprosy Awareness Session
2021-22	Awareness on sickle cell anaemia
2021-22	Blood Donation for Humanity
2021-22	Awareness Through poster making on Save Girl Child
2021-22	Youth Empowerment Challenge
2021-22	Greenery Development Program
2021-22	Providing Deworming Medication
2021-22	Health Education Activity on Celebrating Older Human Rights

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	champions"
2021-22	Think Equal, Build Smart, Innovate for Change
2021-22	Activity on Universal Health Coverage: Everyone, Everywhere
2021-22	National Communal Harmony in India
2021-22	Vaccinating a under fivechild with polio drops
2021-22	Women's Rights Awareness Initiative
2021-22	Health Promotional Activity regarding lifestyle modifications
2021-22	Bipolar Awareness Initiative
2021-22	Educating on Mind, Body, and Spiritual Balance
2021-22	Outreach Program for Hypertension Awareness
2021-22	Public Demonstration for Tobacco-Free Policies
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Education on Safe Blood Donation and Transfusion

On June 12, 2021, the NSS Unit of Narayana College of Nursing is hosting a webinar on Safe Blood Donation and Transfusion at Venkatachalam. This event aims to raise awareness about the critical need for safe blood and blood products, emphasizing the importance of voluntary, unpaid blood donation. Faculty members and third-year students are encouraged to actively participate, fostering a deeper understanding of the impact of blood donation on saving lives. The webinar will feature expert speakers who will share valuable information and express gratitude to blood donors for their life-saving contributions. Overall, the event seeks to inspire a culture of voluntary blood donation within the community. 54 participants and 20 village peoples are benefited through this program.



Awareness on Safe Blood Donation and Transfusion, Venkatachalam on 12 June 2021

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Webinar on environmental Issues

On June 5, 2021, the NSS Unit of Narayana College of Nursing organized a webinar focused on critical environmental issues. The event aimed to raise awareness about pressing topics such as marine pollution, overpopulation, global warming, sustainable development, and wildlife crime. Faculty members and first-year students were encouraged to actively participate, fostering a sense of responsibility towards environmental conservation. The session featured expert speakers who shared insights and practical solutions to these challenges. Participants engaged in discussions, enhancing their understanding of the impact of these issues on global health and ecosystems. Overall, the webinar successfully highlighted the importance of collective action in addressing environmental concerns. 41 participants and 30 village peoples are benefited through this program.



Awareness on environmental Issues, Dakkilivari palem on 5 June 2021

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Plantation to encourage Green environment

On June 14, 2021, the NSS Unit of Narayana College of Nursing will organize a plantation drive at Kakatur to promote a green environment. The initiative aims to raise awareness about the significance of planting trees and their positive impact on the ecosystem. Faculty members and first-year students are encouraged to actively participate in this program, contributing to a collective effort to enhance local greenery. Participants will receive guidance on effective planting techniques and the importance of tree care. This initiative not only fosters community engagement but also reinforces the commitment to environmental sustainability. Overall, the plantation drive is a vital step toward creating a healthier and greener future. 58 participants and 25 village peoples are benefited through this program.



Awareness on Plantation to encourage Green environment, Kakatur on 14 June 2021

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Education on Importance of Plastic Free Environment

On June 17, 2021, the NSS Unit of Narayana College of Nursing is organizing an educational program on the Importance of a Plastic-Free Environment at T.P. Gudur. This initiative aims to raise awareness about the growing environmental impact of plastic pollution and its consequences on ecosystems and human health. Faculty members and second-year students are encouraged to actively participate, engaging in discussions and activities that promote sustainable practices. The program will feature informative sessions on alternatives to plastic, recycling methods, and the importance of reducing plastic usage. Overall, this event seeks to empower individuals to contribute to a cleaner, healthier environment. 56 participants and 27 village peoples are benefited through this program.



Awareness on Importance of Plastic Free Environment, T P Gudur on 17 June 2021

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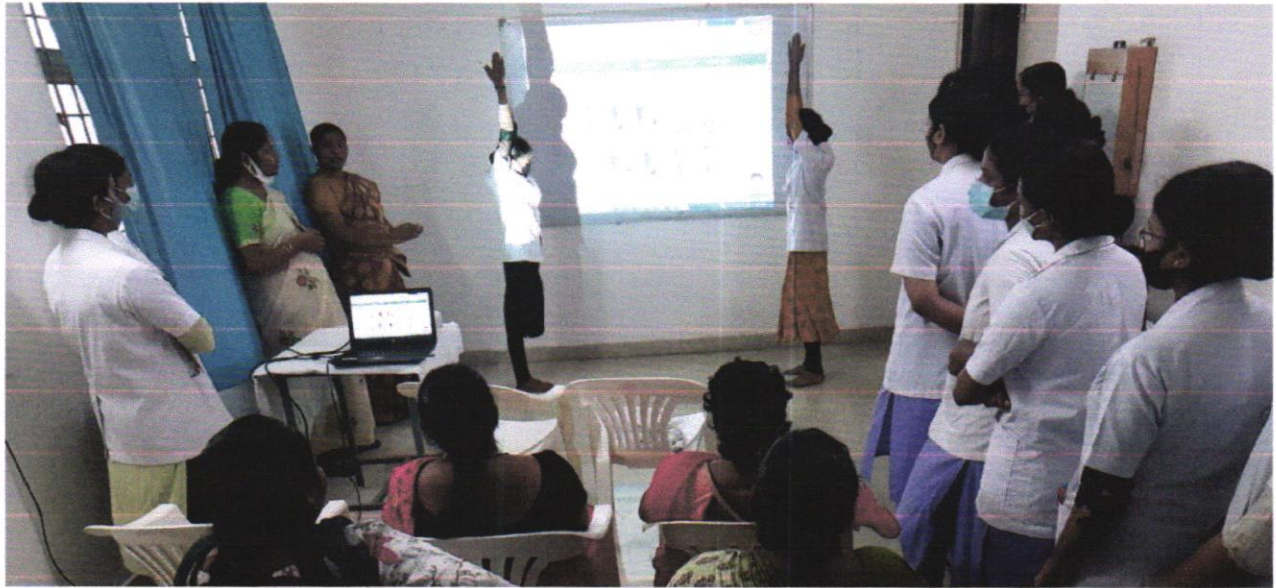
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Guided Asana Training Experience

On June 21, 2021, the NSS Unit of Narayana College of Nursing will host a Guided Asana Training Experience at Kamakshi Nagar. This event aims to highlight the amazing health benefits of yoga, emphasizing its role in reducing health problems and promoting overall well-being. Faculty members and fourth-year students are encouraged to actively participate, engaging in practical sessions that showcase various asanas and their positive effects on physical and mental health. The program will also focus on the importance of spreading peace and mindfulness through yoga practice. Overall, this initiative seeks to inspire individuals to incorporate yoga into their daily lives for enhanced health and harmony. 58 participants and 30 village peoples are benefited through this program.



Awareness on Asana Training, Kamakshi Nagar on 21 June 2021

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Webinar on Hazards of Drug addiction and avoid

On June 26, 2021, the NSS Unit of Narayana College of Nursing will conduct a webinar on the Hazards of Drug Addiction at Dakkilivari Palem. This program aims to elaborate on the causes and risk factors associated with drug addiction, raising awareness about its serious implications for individuals and society. Faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate, fostering a deeper understanding of addiction and its prevention. The webinar will feature expert speakers who will share insights and strategies for avoiding drug addiction. Overall, this initiative seeks to empower participants with knowledge to combat this pressing issue in the community. 64 participants and 32 village peoples are benefited through this program.



Awareness on Hazards of Drug addiction, Dakkilivari Palem on 26 June 2021

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Awareness session on Women safety and Disha app application


On June 29, 2021, the NSS Unit of Narayana College of Nursing will organize an awareness session on Women's Safety and the Disha App at Venkatachalam. This initiative aims to enhance the safety and security of women in the community. The program will feature police representatives, women protection secretaries, and local volunteers who will provide valuable insights and resources for ensuring women's safety. Faculty members and first-year students are encouraged to actively participate, contributing to discussions and learning about the features of the Disha App and other safety measures. Overall, this session seeks to empower women with knowledge and tools for their protection and well-being. 40 participants and 35 village peoples are benefited through this program.




Awareness session on Women safety and Disha app application, Venkatachalam on 29 June 2021


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Vanamahostavam

On July 1, 2021, the NSS Unit of Narayana College of Nursing will celebrate Vanamahostavam at Kamakshi Nagar. This event aims to promote the conservation and protection of forests while raising awareness about the critical role trees play in maintaining ecological balance and ensuring environmental stability. Faculty members and first and second-year MSc students are encouraged to actively participate in this initiative, which will include activities such as tree planting and educational sessions on the importance of forests. Overall, the program seeks to foster a sense of responsibility towards the environment and inspire community involvement in conservation efforts. 25 participants and 20 village peoples are benefited through this program.



Awareness on Vanamahostavam, Kamakshi Nagar on 1 July 2021

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Promoting Understanding of Population Exploitation

On July 10, 2021, the NSS Unit of Narayana College of Nursing will host a program on Promoting Understanding of Population Exploitation at T.P. Gudur. This initiative aims to raise awareness about various population issues, including the importance of family planning, gender equality, poverty, maternal health, and human rights. Faculty members and first-year students are encouraged to actively participate, engaging in discussions and activities designed to enhance understanding of these critical topics. The program will feature expert speakers and interactive sessions to facilitate meaningful dialogue. Overall, this event seeks to empower participants with knowledge and promote informed decisions regarding population issues in the community. 29 participants and 18 village peoples are benefited through this program



Awareness on Understanding of Population Exploitation, T P Gudur on 10 July 2021

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Health Campaign for ORS Distribution

On July 29, 2021, the NSS Unit of Narayana College of Nursing will conduct a Health Campaign for ORS Distribution at Venkatachalam. The primary goal of this initiative is to achieve zero child deaths due to childhood diarrhea by promoting the use of Oral Rehydration Solution (ORS). Faculty members and third-year students are encouraged to actively participate in the campaign, which will include educational sessions on the importance of ORS in preventing dehydration. Participants will also engage in distributing ORS packets to families in the community. Overall, this campaign aims to raise awareness about childhood diarrhea and empower caregivers with the knowledge to protect their children's health. 30 participants and 20 village peoples are benefited through this program



Awareness on Health Campaign for ORS Distribution, Venkatachalam on 29 July 2021

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Shram Mahadaan with Paani Foundation

On August 24, 2021, the NSS Unit of Narayana College of Nursing will organize a Shram Mahadaan event in collaboration with Paani Foundation at Venkatachalam. This initiative aims to empower and educate villagers about the importance of water conservation and management. Faculty members and third-year students are encouraged to actively participate in this program, which will include hands-on activities and discussions focused on sustainable water practices. The event seeks to raise awareness about water scarcity and inspire the community to adopt effective conservation measures for a more sustainable future. 46 participants and 32 village peoples are benefited through this program



Awareness on Shram Mahadaan with Paani Foundation, Venkatachalam on 24 Aug 2021

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ORS- the Home based treatment for Diarrheal Diseases

On August 13, 2021, the NSS Unit of Narayana College of Nursing will organize a program on "ORS: The Home-Based Treatment for Diarrheal Diseases" at T.P. Gudur. This initiative aims to educate the community about the importance of Oral Rehydration Solution (ORS) in replenishing the body's fluid levels during episodes of diarrhea. All faculty members and first-year students are encouraged to actively participate in this program, which will include informative sessions and demonstrations on how to prepare and use ORS effectively. The event seeks to empower participants with essential knowledge to manage diarrhea and promote better health practices within the community. 29 participants and 40 village peoples are benefited through this program



Awareness on ORS- the Home based treatment for Diarrheal Diseases, T P Gudur on 13 Aug 2021

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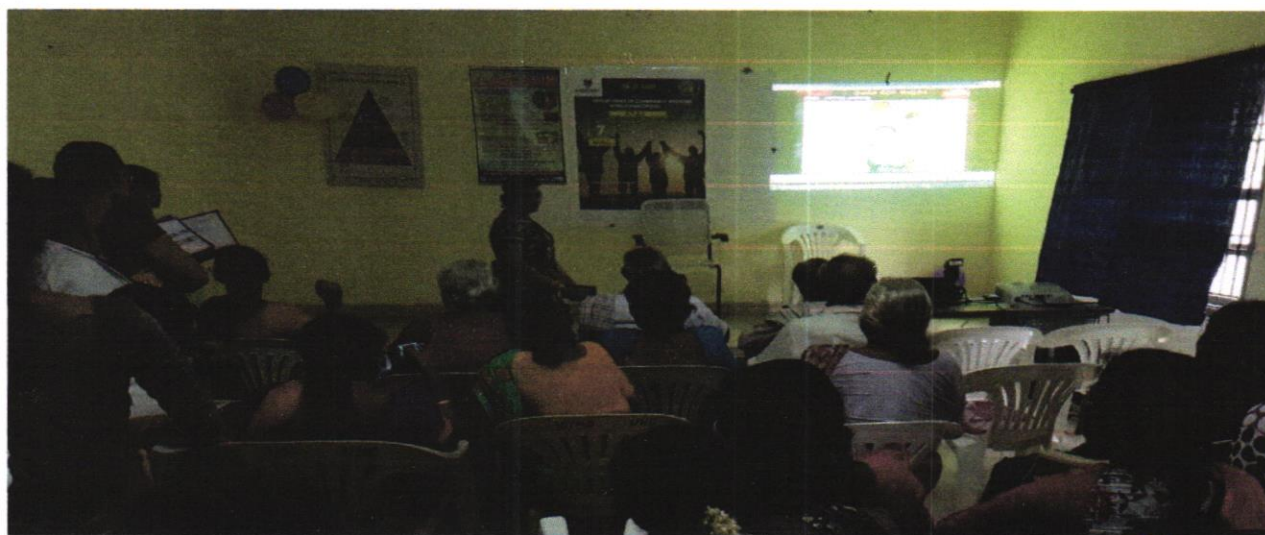
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Health awareness on Vector borne disease

On August 9, 2021, the NSS Unit of Narayana College of Nursing will organize a health awareness program on vector-borne diseases at Kamakshi Nagar. This initiative aims to educate the community about the risks associated with these diseases and the preventive measures individuals can take to protect themselves. All faculty members and first and second-year MSc students are encouraged to actively participate in this important program, which will include informative sessions, discussions, and interactive activities. The event seeks to empower participants with knowledge to reduce the impact of vector-borne diseases and promote healthier practices within the community. 25 participants and 30 village peoples are benefited through this program



Health awareness on Vector borne disease, Kamakshi Nagar on 09 Aug 2021

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Mime on current issues on Breast feeding

From August 2 to August 7, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical and Gynecological Nursing departments, will organize a Mime event on current issues related to breastfeeding at Dakkilivari Palem. This initiative aims to support mothers through peer groups, promoting, establishing, and sustaining breastfeeding practices by educating families about the benefits of peer counseling. All faculty members and fourth-year students are encouraged to actively participate in this engaging program, which will use performance art to raise awareness and foster a supportive environment for breastfeeding mothers. The event seeks to enhance maternal and child health in the community. 42 participants and 22 village peoples are benefited through this program.



Mime on current issues on Breast feeding, Dakkilivari Palem on 2 Aug 2021 to 7 Aug 2021

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Tree Planting for Ozone Protection

On September 16, 2021, the NSS Unit of Narayana College of Nursing will organize a Tree Planting event for Ozone Protection at Venkatachalam. This initiative aims to reduce temperature and increase humidity, contributing to a healthier environment. All faculty members and first-year students are encouraged to actively participate in this program, which will involve planting trees and educating the community about the importance of trees in protecting the ozone layer and enhancing air quality. The event seeks to foster environmental awareness and inspire a commitment to sustainability within the community. 46 participants and 27 village peoples are benefited through this program



Awareness on Tree Planting for Ozone Protection, Venkatachalam on 16 Sep 2021

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Understanding and Preventing Suicidal Behavior

On September 9, 2021, the NSS Unit of Narayana College of Nursing will organize a program on "Understanding and Preventing Suicidal Behavior" at Kamakshi Nagar. This initiative aims to increase knowledge about the factors that offer protection against suicidal behaviors and promote wellness and recovery. All faculty members and first and second-year PB BSc students are encouraged to actively participate in this important program, which will include informative sessions, discussions, and strategies for identifying and supporting individuals at risk. The event seeks to foster a supportive environment and equip participants with the tools to contribute positively to mental health awareness in the community. 35 participants and 25 village peoples are benefited through this program



Awareness on Preventing Suicidal Behavior, Kamakshi Nagar on 9 Sep 2021

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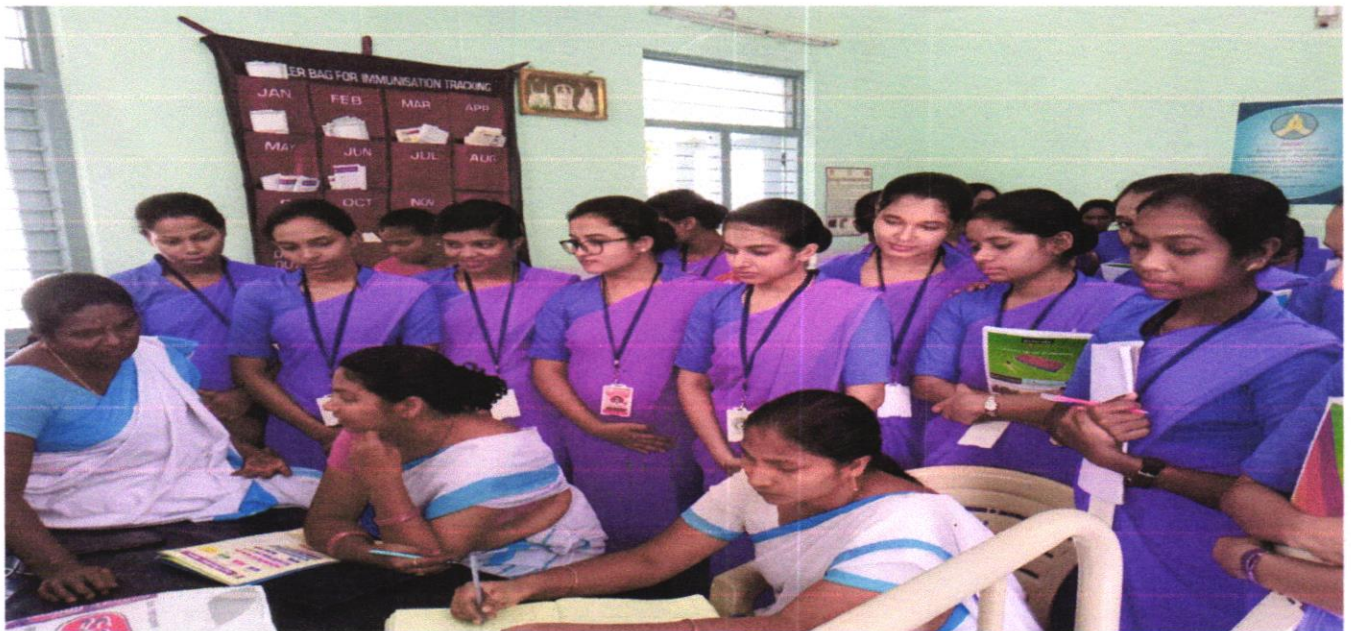
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Webinar on developing leadership qualities in youth for community Development

On September 24, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Community Health Nursing Department, will organize a webinar on "Developing Leadership Qualities in Youth for Community Development" at T.P. Gudur. This initiative aims to inspire and motivate youth to cultivate leadership skills that can drive positive change in their communities. All faculty members and fourth-year students are encouraged to actively participate in this program, which will feature discussions on effective leadership strategies and the importance of teamwork. The event seeks to empower participants with the tools and confidence to lead initiatives that contribute to community development and well-being. 80 participants and 30 village peoples are benefited through this program



**Webinar on developing leadership qualities in youth for community Development,
Dakkilivari Palem on 24 Sep 2021**

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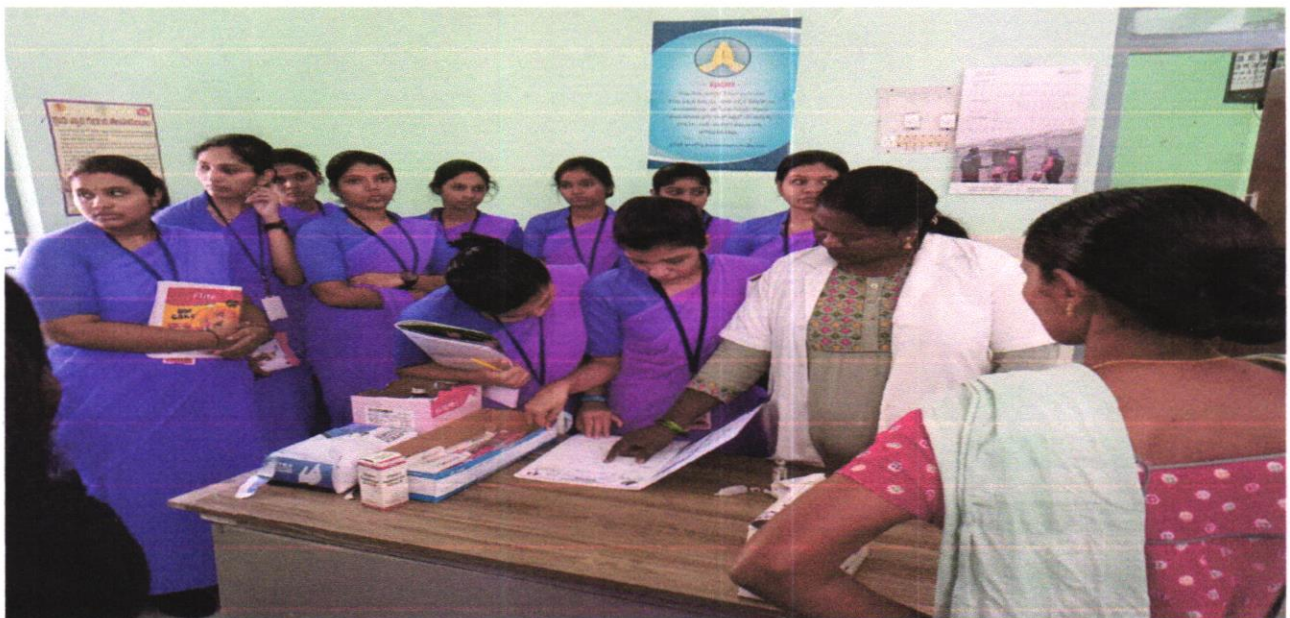
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Webinar on Awareness talk regarding Dementia

On September 21, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing Department, will host a webinar on "Awareness Talk Regarding Dementia" at T.P. Gudur. This initiative aims to combat the stigma associated with dementia, encourage understanding, and increase public awareness of these disorders. All faculty members and third-year students are encouraged to actively participate in this informative program, which will feature expert speakers sharing insights on dementia, its impact, and strategies for support. The event seeks to empower participants with knowledge and promote a more compassionate approach toward individuals affected by dementia in the community. 47 participants and 25 village peoples are benefited through this program



Webinar on Awareness talk regarding Dementia, T P Gudur on 21 Sep 2021

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2Km Heart Health Walk

On September 30, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing department, will organize a 2 Km Heart Health Walk at Dakkilivari Palem. This event aims to prevent heart disease and stroke by raising awareness and funds to support heart research and promote heart-healthy lifestyle practices. All faculty members and first-year students are encouraged to actively participate in this community initiative, which will foster a spirit of teamwork and health consciousness. The walk will not only enhance physical fitness but also provide valuable information on maintaining heart health, contributing to a healthier community overall. 60 participants and 24 village peoples are benefited through this program



Awareness on Heart Health Walk, Dakkilivari Palem on 30 Sep 2021

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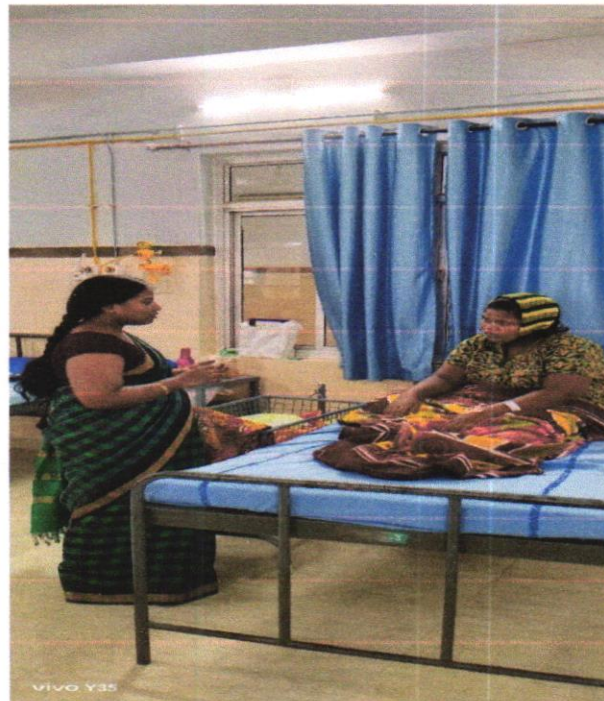
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Hands-On Session for Breast Health Awareness

On September 27, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health and Obstetrical & Gynecological Nursing departments, will organize a Hands-On Session for Breast Health Awareness at Kamakshi Nagar. This initiative aims to promote early detection of breast cancer by teaching participants how to physically examine their breasts for any lumps, distortions, or swelling. All faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate in this program, which will include practical demonstrations and educational discussions. The event seeks to empower participants with knowledge and skills to enhance breast health awareness in the community. 64 participants and 20 village peoples are benefited through this program




Hands-On Session for Breast Health Awareness, Kamakshi Nagar on 27 Sep 2021


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Educational Session on Rabies Vaccination for Pets

On September 25, 2021, the NSS Unit of Narayana College of Nursing will organize an Educational Session on Rabies Vaccination for Pets at T.P. Gudur. This initiative aims to prevent human cases of rabies by standardizing animal rabies surveillance and managing potential human rabies exposures. All faculty members and second-year students are encouraged to actively participate in this important program, which will include informative discussions on the importance of vaccinating pets and the role of community awareness in rabies prevention. The event seeks to empower participants with knowledge to promote responsible pet ownership and enhance public health safety. 74 participants and 35 village peoples are benefited through this program



Educational Session on Rabies Vaccination for Pets, T P Gudur on 25 Sep 2021

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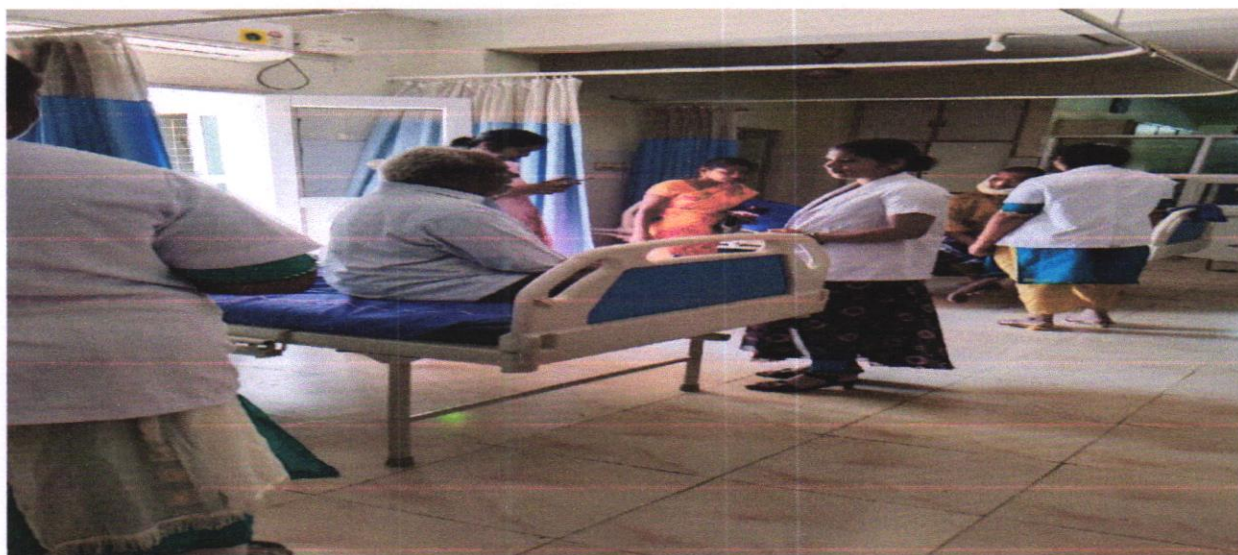
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Concept of health and wellness center under Ayushman Bharat Yojna

On October 26, 2021, the NSS Unit of Narayana College of Nursing will organize a program on the Concept of Health and Wellness Centers under the Ayushman Bharat Yojna at Dakkilivari Palem. This initiative aims to educate households about accessing better healthcare services and the benefits provided under the scheme. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include informative sessions and discussions on improving health and wellness in the community. The event seeks to empower participants with knowledge about available healthcare resources, ultimately enhancing health outcomes for families in the area. 54 participants and 30 village peoples are benefited through this program



**Awareness on Concept of health and wellness center under Ayushman Bharat Yojna,
Dakkilivari palem on 26 Oct 2021**

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Informative Lecture on Diseases of Nervous system (Vatavyadhi) and its prevention

On October 18, 2021, the NSS Unit of Narayana College of Nursing will organize an informative lecture on Diseases of the Nervous System (Vatavyadhi) and their prevention at Venkatachalam. This initiative aims to enhance understanding of the central nervous system's functions and the importance of maintaining neurological health. All faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate in this program, which will include expert presentations and discussions on prevention strategies. The event seeks to empower participants with knowledge that can contribute to better health outcomes and awareness of neurological disorders in the community. 64 participants and 32 village peoples are benefited through this program



Awareness on Diseases of Nervous system (Vatavyadhi) and its prevention, Venkatachalam on 18 Oct 2021

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Promoting Awareness of Breast Self-Examination

On October 16, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical & Gynecological Nursing departments, will organize a program promoting awareness of Breast Self-Examination at T.P. Gudur. This initiative aims to empower women by giving them control over their health and enhancing their awareness of how their breasts normally feel. All faculty members and third-year students are encouraged to actively participate in this important program, which will include informative sessions and practical demonstrations on performing self-examinations. The event seeks to foster a proactive approach to breast health, encouraging early detection and awareness among women in the community. 95 participants and 32 village peoples are benefited through this program



Promoting Awareness of Breast Self-Examination, T P Gudur on 16 Oct 2021

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Informational Sessions on Mental Health

On October 9, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing Department, will organize informational sessions on Mental Health at Kamakshi Nagar. This initiative aims to raise awareness about the importance of mental health and its impact on overall well-being. All faculty members and first and second-year MSc students are encouraged to actively participate in this program, which will include discussions, presentations, and resources on various mental health topics. The event seeks to foster understanding and reduce stigma, empowering participants to prioritize mental health in their personal lives and within the community. 25 participants and 22 village peoples are benefited through this program



Awareness on Informational Sessions on Mental Health, Kamakshi Nagar on 09 Oct 2021

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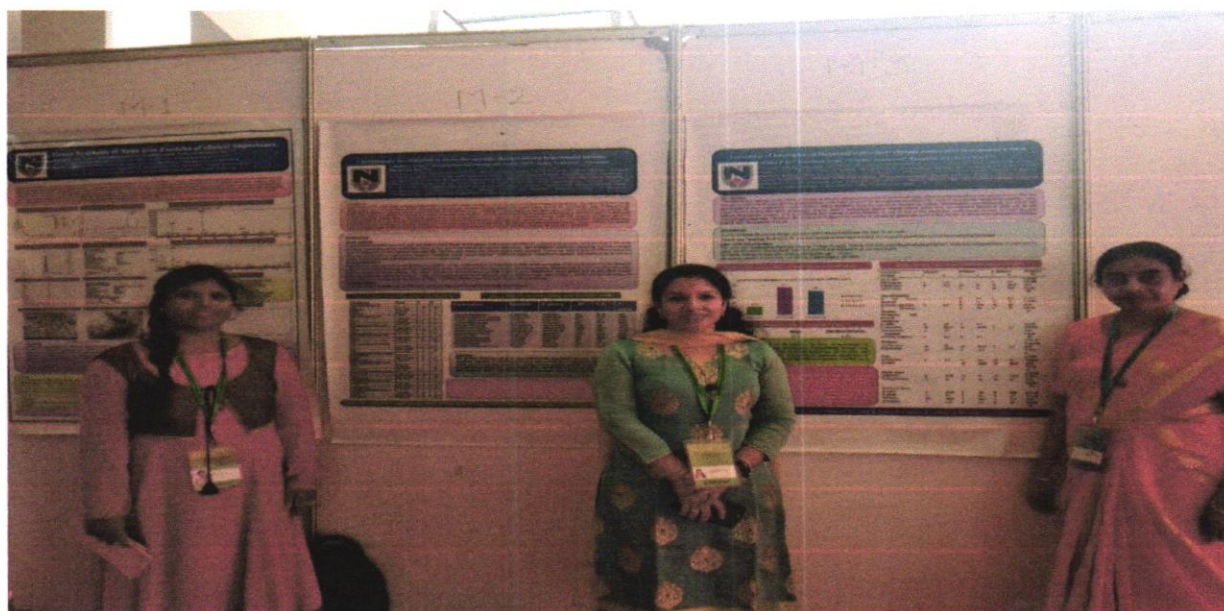
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Clean India Movement

On October 1, 2021, the NSS Unit of Narayana College of Nursing will organize a Clean India Movement event at Saraswathi Nagar. This initiative aims to eliminate open defecation, improve solid waste management, and create Open Defecation Free (ODF) villages. All faculty members and first and second-year PB BSc students are encouraged to actively participate in this program, which will include community clean-up activities, educational sessions, and awareness campaigns. The event seeks to foster a sense of responsibility toward hygiene and sanitation, contributing to the overall health and well-being of the community. 35 participants and 28 village peoples are benefited through this program



Awareness on Clean India Movement, Saraswathi Nagar on 01 Oct 2021

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Display of Healthy Eating Options for Diabetes

On November 13, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing Department, will organize a display of healthy eating options for diabetes at T.P. Gudur. This initiative aims to educate the community on maintaining blood glucose levels as close to normal as safely possible through proper nutrition. All faculty members and first-year students are encouraged to actively participate in this program, which will feature informative displays, cooking demonstrations, and discussions on diabetes-friendly foods. The event seeks to empower participants with knowledge and resources to make healthier dietary choices, ultimately promoting better management of diabetes in the community. 60 participants and 40 village peoples are benefited through this program



Awareness on Display of Healthy Eating Options for Diabetes P Gudur on 13 Nov 2021

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Helmet awareness Rally

On November 30, 2021, the NSS Unit of Narayana College of Nursing will organize a Helmet Awareness Rally at Saraswathi Nagar. This initiative aims to raise awareness about the importance of wearing helmets to protect riders' heads during impact, thereby preventing or reducing head injuries and potentially saving lives. All faculty members and second-year students are encouraged to actively participate in this rally, which will include informative discussions, demonstrations, and engaging activities to promote helmet use. The event seeks to foster a culture of safety among riders and contribute to overall road safety in the community. 61 participants and 42 village peoples are benefited through this program



Awareness on Helmet awareness, Saraswathi Nagar on 30 Nov 2021

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Blood Donation for Humanity

On December 28, 2021, the NSS Unit of Narayana College of Nursing will organize a "Blood Donation for Humanity" event at Venkatachalam. This initiative aims to raise awareness about the critical need for safe blood and blood products while expressing gratitude to voluntary, unpaid blood donors for their life-saving contributions. All faculty members and third-year students are encouraged to actively participate in this program, which will include informative sessions on the importance of blood donation, donor eligibility, and the impact of blood donations on saving lives. The event seeks to foster a spirit of community service and encourage more individuals to consider donating blood, ultimately supporting the health needs of those in critical situations. 48 participants and 21 village peoples are benefited through this program



Awareness on Blood Donation for Humanity, Venkatachalam on 28 Dec 2021

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Awareness on sickle cell anemia

On December 21, 2021, the NSS Unit of Narayana College of Nursing will organize an awareness program on Sickle Cell Anemia at T.P. Gudur. This initiative aims to educate participants about the condition, focusing on reducing the frequency of vaso-occlusive crises (VOC) and pain crises, as well as preventing organ damage. All faculty members and first-year students are encouraged to actively participate in this program, which will include informative sessions, discussions, and resources on managing sickle cell anemia. The event seeks to empower the community with knowledge and support for individuals affected by this condition, ultimately promoting better health outcomes and awareness. 57 participants and 27 village peoples are benefited through this program



Awareness on sickle cell anemia, T P Gudur on 21 Dec 2021

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Leprosy Awareness Session

On December 18, 2021, the NSS Unit of Narayana College of Nursing will organize a Leprosy Awareness Session at Kamakshi Nagar. This initiative aims to eliminate the stigma associated with leprosy and enhance the dignity of those affected by the disease. All faculty members and fourth-year students are encouraged to actively participate in this important program, which will include informative discussions, expert presentations, and interactive activities designed to raise awareness and foster empathy. The event seeks to empower participants with knowledge about leprosy, its treatment, and the importance of supporting individuals living with the condition, ultimately promoting a more inclusive and compassionate community. 50 participants and 22 village peoples are benefited through this program



Leprosy Awareness Session, Kamakshi Nagar on 18 Dec 2021

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Health education on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer

On December 8, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing Department, will organize a health education program titled "Measuring Your Blood Pressure Accurately, Controlling It, Living Longer" at Venkatachalam. This initiative aims to raise awareness about high blood pressure, often referred to as the "silent killer," and to encourage global action to combat this prevalent health issue. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include demonstrations on accurate blood pressure measurement, discussions on management strategies, and tips for maintaining a healthy lifestyle. The event seeks to empower participants with the knowledge and tools necessary for better heart health and longevity. 38 participants and 26 village peoples are benefited through this program



Awareness on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer, Venkatachalam on 08 Dec 2021

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Community Rally for HIV Education

On December 1, 2021, the NSS Unit of Narayana College of Nursing will organize a Community Rally for HIV Education at Dakkilivari Palem. This initiative aims to promote comprehensive education about HIV that respects human rights and is adapted to the current context of the country. All faculty members and third-year students are encouraged to actively participate in this rally, which will include informative sessions, discussions, and activities designed to raise awareness about HIV prevention, treatment, and stigma reduction. The event seeks to empower the community with knowledge and foster a supportive environment for those affected by HIV. 55 participants and 40 village peoples are benefited through this program



Awareness on HIV Education, Dakkilivari Palem on 01 Dec 2021

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Greenery Development Program

On January 20, 2022, the NSS Unit of Narayana College of Nursing will organize a "Greenery Development Program" at Dakkilivari Palem. This initiative aims to protect, restore, and enhance India's diminishing forest cover while addressing climate change through effective adaptation and mitigation measures. All faculty members and first-year students are encouraged to actively participate in this program, which will involve tree planting, educational sessions on environmental conservation, and community engagement activities. The event seeks to promote awareness about the importance of greenery and sustainability, inspiring participants to contribute positively to the environment and their communities. 67 participants and 29 village peoples are benefited through this program



Awareness on Greenery Development Program, Dakkilivari Palem on 20 Jan 2022

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Youth Empowerment Challenge

On January 17, 2022, the NSS Unit of Narayana College of Nursing will organize a "Youth Empowerment Challenge" at Kamakshi Nagar. This initiative aims to empower youth by recognizing their potential to drive social change and development. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include various activities, discussions, and workshops designed to inspire and equip young individuals with the skills and knowledge necessary for effective leadership. The event seeks to foster a spirit of collaboration and innovation among participants, ultimately encouraging them to take an active role in their communities and contribute positively to society. 48 participants and 40 village peoples are benefited through this program



Awareness on Youth Empowerment Challenge, Kamakshi Nagar on 17 Jan 2022

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Awareness through poster making on Save Girl Child

On January 11, 2022, the NSS Unit of Narayana College of Nursing will organize a poster-making awareness event on "Save the Girl Child" at Saraswathi Nagar. This initiative aims to combat gender-selective abortions and raise awareness about the various crimes against the girl child. All faculty members and third-year students are encouraged to actively participate in this program, which will involve creating impactful posters that convey strong messages about the value of girls and the importance of gender equality. The event seeks to foster community engagement and encourage discussions around protecting the rights of girl children, ultimately promoting a safer and more equitable society. 40 participants and 18 village peoples are benefited through this program



Awareness through poster making on Save Girl Child, Saraswathi Nagar on 11 Jan 2022

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National Communal Harmony in India

On February 25, 2022, the NSS Unit of Narayana College of Nursing organized a National Communal Harmony event in T P Gudur. The initiative focused on providing financial assistance to child victims of societal violence, supporting their care, education, and training for effective rehabilitation. Faculty members and MSc Year I & II students actively participated, contributing their time and efforts to raise awareness about the plight of these children. The event fostered a spirit of unity and compassion among participants, highlighting the importance of communal harmony in society. Various activities, including workshops and discussions, were conducted to engage attendees and encourage support for the cause. The event successfully emphasized the role of education and care in the rehabilitation of affected children. Overall, it was a meaningful endeavor aimed at making a positive impact on the lives of vulnerable children. 25 participants and 20 village peoples are benefited through this program



Awareness on National Communal Harmony in India, T P Gudur on 25 Feb 2022

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Think Equal, Build Smart, Innovate for Change

On February 18, 2022, the NSS Unit of Narayana College of Nursing will organize the program "Think Equal, Build Smart, Innovate for Change" at Kamakshi Nagar. This initiative aims to positively impact the lives of women and girls by promoting gender equality and empowering them through innovative solutions. All faculty members and third-year students are encouraged to actively participate in this program, which will feature discussions, workshops, and activities designed to inspire action and foster creativity in addressing challenges faced by women and girls. The event seeks to create a supportive environment for sharing ideas and building strategies that lead to meaningful change in the community. 72 participants and 30 village peoples are benefited through this program.



Awareness on Think Equal, Build Smart, Innovate for Change, Kamakshi Nagar on 18 Feb 2022

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Health Education Activity on Celebrating Older Human Rights champions

On February 17, 2022, the NSS Unit of Narayana College of Nursing will organize a Health Education Activity focused on "Celebrating Older Human Rights Champions" at Saraswathi Nagar. This initiative aims to highlight the importance of providing older adults with opportunities to realize their potential and access educational, cultural, spiritual, and recreational resources within society. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include informative sessions, discussions, and activities that promote respect and support for the rights of older individuals. The event seeks to foster a greater understanding of the contributions of older adults and advocate for their inclusion and empowerment in the community. 61 participants and 35 village peoples are benefited through this program



Health Education Activity on Celebrating Older Human Rights champions, Saraswathi Nagar on 17 Feb 2022

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Providing Deworming Medication

On February 10, 2022, the NSS Unit of Narayana College of Nursing will organize a program for providing deworming medication at T.P. Gudur. This initiative aims to reduce the worm burden in populations and decrease the intensity of infection, particularly among heavily infected children. All faculty members and second-year students are encouraged to actively participate in this program, which will involve administering medication, educating the community about the importance of deworming, and discussing preventive measures. The event seeks to promote health and well-being in the community, ensuring that children are protected from the harmful effects of parasitic infections. 30 participants and 15 village peoples are benefited through this program



Awareness on Providing Deworming Medication, T P Gudur on 10 Feb 2022

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Bipolar Awareness Initiative

On March 30, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized a Bipolar Awareness Initiative at Venkatachalam. This program aimed to educate the community about bipolar disorders, enhancing understanding and sensitivity towards individuals affected by the condition. Faculty members and III Year students actively participated, engaging attendees through informative sessions and discussions. The initiative provided valuable resources and shared personal stories to break the stigma surrounding mental health. Overall, the event successfully raised awareness and fostered a supportive environment for those dealing with bipolar disorder, promoting empathy and understanding in the community. 50 participants and 20 village peoples are benefited through this program



Bipolar Awareness Initiative, Venkatachalam on 30 Mar 2022

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Health Promotional Activity regarding lifestyle modifications

On March 16, 2022, the NSS Unit of Narayana College of Nursing organized a Health Promotional Activity focused on lifestyle modifications at Kamakshi Nagar. This initiative aimed to create awareness about a specific health theme, highlighting priority concerns identified by the World Health Organization. Faculty members and I Year students actively participated, engaging the community in discussions about healthy habits, nutrition, and exercise. Informative sessions provided practical tips for improving lifestyle choices and preventing chronic diseases. The event successfully promoted the importance of proactive health management and encouraged participants to adopt healthier lifestyles. Overall, it fostered a sense of community responsibility towards better health outcomes. 39 participants and 27 village peoples are benefited through this program



Awareness on Health Promotional Activity regarding lifestyle modifications, Kamakshi Nagar on 16 Mar 2022

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Women's Rights Awareness Initiative

On March 7, 2022, the NSS Unit of Narayana College of Nursing organized a Women's Rights Awareness Initiative at Saraswathi Nagar. This program aimed to promote the implementation of regulations designed to enhance the welfare and status of women in society. Faculty members and MSc Year I & II students actively participated, engaging the community through informative sessions and discussions. The initiative focused on educating attendees about women's rights, legal protections, and available resources for support. Various activities encouraged dialogue and empowerment among women, fostering a supportive environment for advocacy. Overall, the event successfully raised awareness and highlighted the importance of gender equality and women's empowerment in the community. 25 participants and 40 village peoples are benefited through this program




Awareness on Women's Rights Awareness Initiative, Saraswathi Nagar on 07 Mar 2022


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Vaccinating a under five child with polio drops

On March 4, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Community Health Nursing department, organized a vaccination drive for under-five children, administering polio drops at Dakkilivari Palem. The initiative aimed to protect children from deadly diseases like polio, emphasizing the importance of immunization in early childhood health. Faculty members and PB BSc Year I & II students actively participated, engaging with the community to raise awareness about vaccination. The event included educational sessions to inform parents about the benefits of immunization. Overall, the program successfully promoted child health and safety, fostering a sense of responsibility and care within the community. 25 participants and 25 village peoples are benefited through this program




Awareness on Vaccinating a under five child with polio drops, Dakkilivari Palem on 4 Mar 2022


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Educating on Mind, Body, and Spiritual Balance

On April 7, 2022, the NSS Unit of Narayana College of Nursing organized a program focused on Educating on Mind, Body, and Spiritual Balance at T P Gudur. This initiative aimed to highlight the interconnectedness of mental, physical, and spiritual well-being. Faculty members and I Year students actively participated, engaging the community through interactive sessions and workshops. Participants learned about holistic health practices and the importance of maintaining balance in their lives. The program included activities such as yoga, mindfulness exercises, and discussions on self-care strategies. Overall, the event successfully promoted a comprehensive approach to wellness, encouraging attendees to prioritize their overall health and well-being. 50 participants and 35 village peoples are benefited through this program



Educating on Mind, Body, and Spiritual Balance, T P Gudur on 07 Apr 2022

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Outreach Program for Hypertension Awareness

On May 17, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized an Outreach Program for Hypertension Awareness at Dakkilivari Palem. This initiative aimed to increase awareness about hypertension, often referred to as the "silent killer," and to galvanize global action against high blood pressure. Faculty members and III Year students actively participated, engaging the community through informative sessions on prevention, management, and lifestyle modifications. The program included blood pressure screenings and discussions about the importance of regular check-ups. Overall, the event successfully educated participants about the risks associated with hypertension and empowered them to take proactive steps towards better cardiovascular health. 35 participants and 20 village peoples are benefited through this program



Outreach Program for Hypertension Awareness, Dakkilivari Palem on 17 May 2022

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Public Demonstration for Tobacco-Free Policies

On May 31, 2022, the NSS Unit of Narayana College of Nursing organized a Public Demonstration for Tobacco-Free Policies at Venkatachalam. This initiative aimed to raise awareness about the harmful effects of tobacco consumption and advocate for healthier, tobacco-free environments. Faculty members and IV Year students actively participated, engaging the community through informative presentations and interactive discussions. The demonstration included visual aids and testimonials highlighting the dangers of tobacco use. Overall, the event successfully emphasized the importance of tobacco-free policies and encouraged participants to make informed choices for their health and well-being. 65 participants and 30 village peoples are benefited through this program



Public Demonstration for Tobacco-Free Policies, Venkatachalam on 31 May 2022

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REPORT ON VANAM MANAM PROGRAM-2020

"Theme: "IMPROVE THE GREEN COVER

Narayana college of nursing NSS unit had decided to participate in vanammanam programme. The theme for vanam manam is to improve green cover by planting 50 saplings in the premises in addition to regular plantations on July 29 to plant saplings in the premises of colleges on this occasion Mrs. Ushakiran and Mrs. Kanagalakshmi had initiated to conduct the event. Dr. Indira S., Principal, Mrs. Prof. Rajeswari, vice-principal, Prof. B. Vanajakumari, 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.



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Report on Menstrual hygiene Awareness Program

Narayana College of Nursing organized an awareness session on menstrual hygiene at the Municipal Corporation School in FathekhanPet on 29/1/2022. The session aimed to educate adolescent girls on the importance of proper menstrual hygiene practices to maintain health and prevent infections. Nursing students and faculty discussed essential hygiene practices, such as the use of sanitary products, regular changing, and safe disposal. They addressed common myths and misconceptions surrounding menstruation and encouraged an open dialogue to promote understanding and reduce stigma. Practical demonstrations and information on affordable hygiene solutions were shared, emphasizing accessibility. The session concluded with a Q&A, allowing students to ask questions in a supportive environment, empowering them with knowledge to manage their menstrual health confidently. 160 students were benefitted by the activity.



Assessing and explaining regarding menstrual Hygiene, 29/1/22

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REPORT ON VANA MAHOSTHAVAM July-29th 2020

Name of Activity organized	Vana Mahosthavam
Title of the Activity	Vanam Manam
Date of activity organized	July-29 th 2020
Name of the coordinator of Activity	Ms.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	47
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 29th 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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principal, Prof B.Vanajakumari, 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.

Photo gallery



Fig-1: Plantation by final year students

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Fig2. Lamp lighting on occasion of Womens day



Fig3. Students gathering on occasion of Women's day

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Accredited by "International Accreditation Organization (IAO)"

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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

Dr. R. S. Srinivas
Principal

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A. S. Srinivas
Principal

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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.

Dr. B. S. Sanyal
Principal

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<http://www.youtube.com/watch?v=XX12Hv4g8>

Dr. NTR UHS- Webinar 24 Sept. 2020 (1).pdf

PHOTO GALLERY

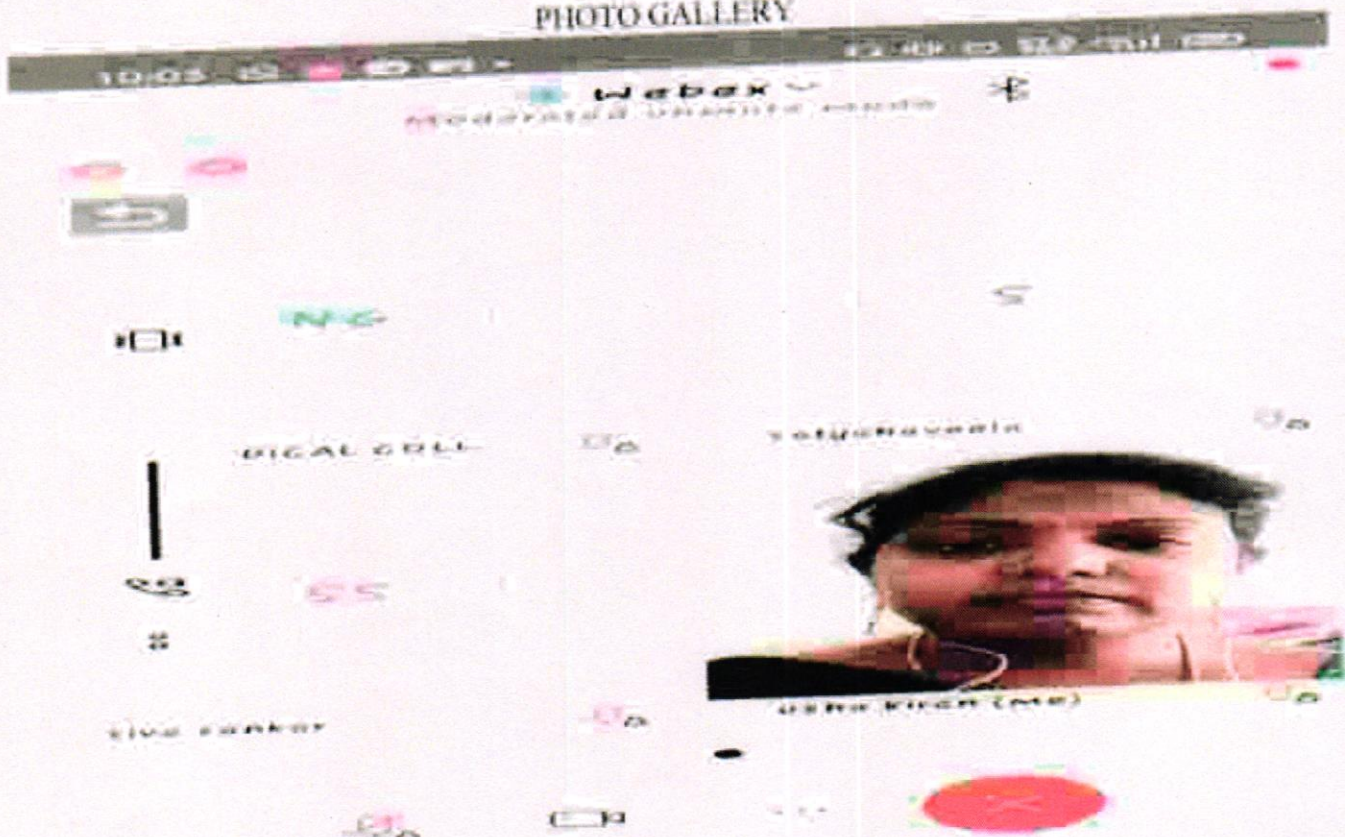


Fig 1: WEBINAR ATTENDED BY NSS PROGRAMME OFFICER

T. Chelva
NSS PROGRAM OFFICER

NSS Program Officer
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Ch. Anand
PRINCIPAL
Principal
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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,

Dr. B. Anurag
Principal

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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.

Photo gallery



NSS volunteers of 1st BSC Nursing

T. Chandra
NSS PROGRAM OFFICER

NSS Program Officer
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Report on National Youth Day 12th January 2020

National Youth Day is celebrated on 12 January being the birthday of Swami Vivekananda. In 1984 the Government of India declared this day as National Youth Day and since from 1985 the event is celebrated in India every year.

The National Youth Day is observed all over India at schools and colleges, with processions. These were the source of inspiration and have motivated numerous youth organizations.

This year's theme **highlights** efforts to make education more inclusive and accessible for all youth, including efforts by youth themselves.

Mr.A.Mahendra Reddy ,DYC, NYK, Nellore spoke about the Agenda of 2020 for Sustainable Development – to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”.

Mr.Udaya sankar ,NSS prog.Coordination, Vikram Simpuri University, Nellore gave his opinion on Inclusive and accessible education is crucial to achieve sustainable development and can play a role in the prevention of conflict.

Dr.Surya Prakasa Rao,Dean,NMCH, spoke about Indeed, education and ‘development multiplier’ as it plays a pivotal role in accelerating progress across all be it poverty eradication, good health, gender equality, decent work and growth, reduced inequalities.

.Prof. R. Sudarsana Rao, Vice Chancellor, Vikram Simpuri University, Nellore explained about .Education should lead to relevant and effective learning outcomes, with the content, curricula being fit for purpose, revolution and the future of work.


Mr. Sai ,Swami Vivekananda Trust Board ,Nellore spoke about Swami Vivekananda life style ,morals and ethics and how to improve their lively hood.


Dr.Indira A, Principal,Narayana College of Nursing ,spoke about how to build best character and life as a role model of Swami Vivekananda, regarding Young people, youth-focused organizations, and transforming education goals so that it becomes a powerful tool to achieve the 2020 Agenda for Sustainable Development.

Ms. Divya vani Msc nursing II yr student got best student award on this occasion.

After dignitary speech Awards of Appreciation and certificates , Moments where distributed to the guests and participants. Program ended with National anthem




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