

2019-2020



AMERICAN
UNIVERSITY



NARAYANA COLLEGE OF NURSING

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

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

**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 2019-20**

Year	Name of the Activity
2019-20	Swatch Bharath
2019-20	National Youth Day
2019-20	Events on Grove
2019-20	Swatch Pakhwada drive
2019-20	Personality Development
2019-20	International Women's Day
2019-20	Vana Mahosthavam
2019-20	Webinar on Spit free India
2019-20	Leadership
TOTAL - 09	

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A. S. S. S. S.
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REPORT ON FIRE AND SAFETY TRAINING PROGRAM-2019

Narayana College of Nursing under NSS unit conducted fire and safety awareness program on 12th February 2019. Program started at 10 am with prayer song by NSS volunteers. Mr. Manohar, Department of Fire and Safety, Narayana Medical College and Hospital provided fire and safety training to NSS volunteers and non teaching staff, fourth class employees working in Narayana College of Nursing with slide show. The training program includes use of fire extinguishers, type of explosive materials to deal with during fire accidents, personal safety during fire accidents. Program was ended with National anthem and snacks



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School health programme-2019

Department of Community Health Nursing conducted school health programme at Venkatachalam village on 16.03.19. Mrs. K. Kantha and M.Sc (N0 and B. Sc (N) students were participated in the programme by doing health assessment like checking of Height, weight Mid-arm circumference. Total 28 students were assessed for health problems. Out of 22 children 9 children were male and 13 children were female. Out of 22 children 12 children were with moderate malnutrition and 10 children were with mild malnutrition. Dental carries identified among 3 children and the children were referred to Narayana Dental Hospital. Health Education was given to the children regarding importance of hand washing and personal hygiene.



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NSS -2018-19

NSS Unit of Narayana College of Nursing in collaboration with department of Community Health Nursing, Nellore celebrated world tuberculosis day on 24th march 2019. The students were attended to the awareness program at lecture gallery, Narayana medical college hospital Nellore. The program started with a prayer song by IV year B.Sc nursing students. reveals the theme of 2019 i.e., unite to end TB. He also explained the preventive and promotive aspects to end tuberculosis. The program ended with vote of thanks and national anthem.



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World Brest Feeding Week Celeration-2019



Fig1: Dr.Bhagyalakshmi and team,faculty ,Ms.Ramya, Mrs.Ushakiran,Dr.prasanna, Dr.Anan



Fig2: Ms.Meghana and team of IV Bsc N performed Doll skit show,
 Mrs.Ushakiran,Mrs.Suganya,Ms.Kavitha(Venkatachalam Anganvadi center)

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Pulse Polio immunization Programme Rally-2019



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Report on Safety Awareness Session

On July 17, 2019, Narayana College of Nursing conducted a Safety Awareness Session at Zilla Parishad High School (ZPHS) to educate students on essential safety practices. The session covered road safety, fire safety, basic first aid, personal safety, and cyber safety. Students learned about crossing roads safely, handling minor injuries, and precautions for fire hazards. Cyber safety tips emphasized the importance of safe internet use and protecting personal information online. The interactive demonstrations and Q&A session encouraged active participation. Informative pamphlets were distributed to reinforce key points. Overall, the session successfully raised awareness and equipped students with practical safety skills.



Explaining Regarding safety by Narayana College of Nursing Student

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Students Listening and clarifying Their doubts

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REPORT ON WORLD NO TOBACCO DAY- 2019

"Theme: TOBACCO AND LUNG HEALTH"

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form.

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on

- The negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease.
- The fundamental role lungs play for the health and well-being of all people.

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

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

Narayana College of Nursing conducted program on "World No Tobacco Day" on 31st May 2019 by NSS unit. Chief Guest of the program was Dr.Indira.A Principal, Narayana College of nursing. Program begins with prayer song by 3rd year B.sc nursing students, lighted the lamp by the all the dignitaries. Dr.Indira.A, Principal, given speech on the today's special event on "World No Tobacco Day". Dr.Rajeswari.H, Vice Principal cum H.O.D of Mental

Dr.Bohmy
Principal

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A. S. Srinivas
Principal

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Health Nursing, Prof. B. Vanaja-kumari, Vice Principal, and H.O.D's of all departments given speech during the program. **Dr. Rajeswari.H.**, given pledge to all the faculties and students on World No Tobacco Day. Program ended with National anthem.



Fig: Students creating awareness by showing the banner

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Dr. Rajeswari.H.
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Fig: Students were participating in rally to create awareness

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International Yoga Day on 21st June 2019

Theme : "Yoga for wellness"

With the concept of *yoga is skill in action the skill is to see how to keep your spirit uplifted*, Narayana college of Nursing NSS unit had celebrated 4th International Yoga Day on 21st June 2019 in the campus. In which NSS volunteers, faculty was participated with much interest and practiced various of Yoga 'asanas'.

The session was around 7 am to 9 am, benefits of yoga was explained to all by the student yoga trainer the yoga asanas were practiced by the students. Students performed all the yoga positions very enthusiastically as explained. Dignitaries gave speech on yoga and its importance to the gathering the programme was organized with 50 students batch of Student volunteers and instructions were given to them to perform the asanas.



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REPORT ON WORLD NO TOBACCO DAY- 31.05.2019

"Theme: TOBACCO AND LUNG HEALTH"

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

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

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

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Dr. Indira A
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Fig: Students were -saying slogans on Tuberculosis day

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Fig: Dignitaries were attending the program

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Fig: Faculty and students were pledging to Anti Tobacco

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REPORT ON INTERNATIONAL NURSES DAY 12.05. 2019 Theme: NURSING-THE BALANCE OF MIND, BODY AND SPIRIT

International Nurses Day 2019 Celebrated on the May 12th every year, this day is celebrated by the International Council of Nurses which is dedicated to the commitment of Nurses of all over the world. Every year May 12th is celebrated as the International Nurses Day on the birth anniversary of Florence Nightingale, who was the mother and founder of Modern Nursing to commemorate the dedication of the millions of Nurses worldwide. Since, 1965, the day is being celebrated all over the world with an aim to create awareness about the large amount of contribution that Nurses make to health care society. The International Nurses Day 2019 Theme is "Health For All". We Narayana college of Nursing under NSS unit celebrated international nurses day 12th May 2019. Narayana College of Nursing celebrated International Nurses day on 12th May 2018. This year the theme choosen for International Nurses day was "Nurses A Voice to Lead - Health is a Human right." SNA conducted a grand program in the auditorium. The program started with blessed prayer song by Ms.ElsaJacob.Team, and followed by welcome song by Ms.Sneha team 2nd year B.Sc(N) with beautiful song. 1st year B.Sc(N) welcomed all with a dance steps and the formal welcome addressed for all the dignitaries on to the dias. Light is a pretty universal symbol of truth knowledge and understand. Lamp lighting ceremony was done by all the dignitaries.

Chief Guest of the program was Dr.Indira. A Principal, Narayana College of Nursing. Program started with prayer song by 1st year B.Sc Nursing students, lighten the lamp by the all the dignitaries. Chief guest given the enlighten speech on the theme of the program. Dr.H.Rajeswari H.O.D of mental health nursing, Prof.B.Vanajakumari, Vice Principal, and H.O.D's of all departments given speech during the program. A Slideshow was performed by the 4th year Bsc nursing students based on the life history of Florence Nightingale, prizes were given the winners who wined in the competitions like Floor decoration, Essay writing, Pencil sketch,

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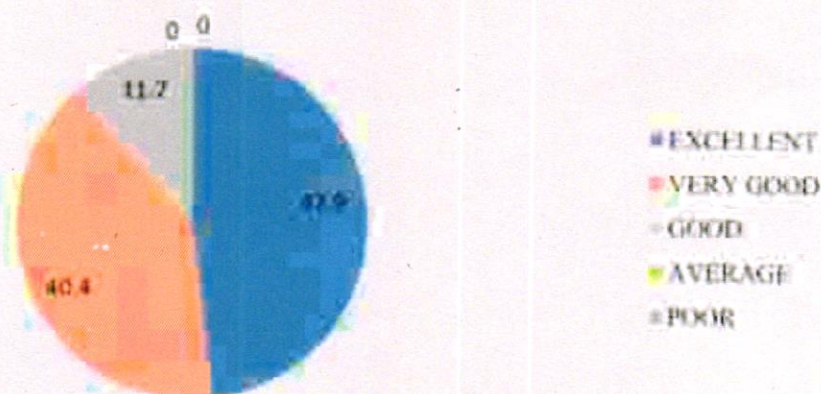
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FIG: 2 PERCENTAGE DISTRIBUTION OF FEED BACK GRADES ON KNOWLEDGE ABOUT SHARE FACTS ON DRUGS



The feedback analysis shows 47.9% as excellent and 40.4% as very good, 11.7% as good. This indicates that the International Drug Day program feedback is good enough and most of the participants got benefited from this sessions.

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Award: [Higher Education Review Top 10 Nursing College - 2020]

IAO [International Accreditation Organization (2020 - 2025)]

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Spot painting, Quiz, Extempore speech, Mono act and Poster presentation. Program ended with National anthem and followed by distribution of snacks and sweets.



Fig: Students were singing welcome song

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Fig: Faculty was giving speech

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Dr. B. Chaitanya
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REPORT ON CELEBRATION OF 5TH INTERNATIONAL DAY OF YOGA

THEME: "YOGA FOR CLIMATE ACTION"

International Yoga Day 2019 Date, Theme: To mark the importance and significance of yoga in one's life, June 21 is observed as International Day of Yoga every year. International Yoga Day 2019 Date, Theme: Yoga, which has been practiced for thousands of years, is a holistic solution for physical as well as mental wellness. To mark the importance and significance of yoga in one's life, June 21 is observed as International Day of Yoga every year since the United Nations declared it in 2015.

On this day, events are organized across the world and people come together to practice yoga, meditation, conduct debates, meetings, discussions, along with a variety of cultural performances.

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

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

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

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Fig: Faculty and students were doing YOGA

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REPORT ON WORLD BLOOD DONOR DAY- 2019

"Theme: SAVE A LIFE, GIVE BLOOD"

Narayana College of Nursing under NSS unit participated in awareness rally as part of "World Blood Donor Day" on June 14th in collaboration with Red Cross Society, Nellore district. Sri.M.V.SeshagiriBabu, District Collector & President, Dr.A.V.Subrahmanyam, Chairman, I.R.C.S, SPSR, Nellore, Dr.K.SubbaRao, Convener, I.R.C.S, Blood Bank, Nellore, Mrs.Kalyani, New City, Blood bank, Guntur, Mrs.KanakaDurga, Setnal CEO, I.R.C.S, Blood Bank, Nellore, Sk.GowseBasha, M.C Member, Mr.MohanLal Jain, Treasurer, Blood Bank, Nellore, Dr.A.Yeshovardhan, C.M.O, I.R.C.S, Blood Bank, Nellore and 50 NSS volunteers from Narayana College of Nursing participated in rally.

Narayana College of Nursing (60students), Government ITI Girls & Boys college(10students), R.S.R.School of Nursing (06students) and RICH College of Nursing(40students),total 176students were actively participated in rally. The rally started from Gandhi botnna statue at Trunk Road to Red Cross Society Blood Bank, Nellore.

On Occasion of World Blood Donor day, the Red Cross Society Members conducted District wise Quiz and Elocution. In Quiz, total 32 (10 from Government ITI Girls & Boys college, 4 from R.S.R.School of Nursing, 7 from Narayana College of Nursing, 8 from participants were participated. Out of 32 participants, prize and Narayana College of III Year B.Sc Nursing students got 3rd prize.

In Elocution total 13 (1 from Government ITI Girls & Boys college, 1 from R.S.R.School of Nursing, 5 from Narayana College of Nursing, 3 from participants were participated. Out of 13 participants, Narayana School of Nursing students Ms.Nasrin, II GNM got 1st prize and Ms.Alphonsa Jacob. The Chief Guest and committee members distributed mementos and certificates to the winners.

16 Students from Narayana College of Nursing were actively donated the Blood in Blood Bank at Narayana Medical College and Hospital, Nellore on 15th June 2019. This event

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serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood.



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Fig: students were participated in rally

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Fig: volunteers- distributing dates to the blood donors

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REPORT ON WORLD ENVIRONMENT DAY 2019

Theme: "Beat Air Pollution"

Narayana College of Nursing was done the plantation in the Narayana campus as "WORLD ENVIRONMENT DAY" on 5-6-19 under National Service Scheme Unit.

The program inaugurated the Soakage Pit and plantation the celebration by our Nursing Dean and Principal of Narayana College of Nursing Dr. Indira.A by planting with Dr. Swamy, Deputy Vice Chancellor of Lincoln University from Malaysia, Dr.Surya Parkas Rao, Dean, Narayana Medical College, Dr. Vijay Kumar, Academic Co-ordinator, Narayana Medical Groups, Dr.Jithendra, Vice Principal, Narayana Medical College, Mr.CH.Bhaskar Reddy, AGM, NMCH, Mr.Pramod Kumar Reddy, District pollution control officer, were participated in the plantation Program.Narayana College of Nursing faculty of Mrs.B.Vanaja Kumari,Vice principal, NSS Co-ordinators,all nursing faculty and all the students of Narayana College of Nursing were done the plantation on this program.30 plants were planted around the nursing campus. The guests said few things of World environment day is a day especially celebrated to know and solve all the environmental issues. It is also known as the Environment Day, Eco Day. It is a great annual event focusing on the issues of environment and trying to solve them completely. It is being celebrated for years worldwide with lots of creative activities and enthusiasm to bring positive changes in the environment. It aims to protect the natural environment forever on the earth for the healthy possibility of life.

Program ended with distribution of snacks to the participants.

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Fig: Plantation by faculty and students

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REPORT ON JAL SHAKTI ABHIYAM-29th JULY 2019

THEME: "WATER CONSERVATION"

India is facing the challenge to serve 17% of the world population with 4% of the world's freshwater resources. Presently designated as a water stressed nation, India stores less than one-tenth of annual rainfall. Furthermore, disproportionate use of water for agricultural use, excessive ground water pumping and deficient monsoon in the last couple of years make the demand-supply balance more critical. With the concept of water is one of the most important substances on earth. All plants and animals must have water to survive. If there was no water there would be no life on earth. Narayana College of Nursing NSS unit had conducted a awareness program on water conservation activities in Dakkallivaripalem on 29/7/2019. In which NSS volunteers and Mrs. Vanajakumari, HOD of Community Health Nursing, Ms. Parandhamaiiah, R.O plant supervisor, Narayana Medical College and Hospital and Dakkallivaripalem people were participated in the program.

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

Hand Boring Pump – 2435 TDS

Water shed motor – 2350 TDS

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

Less than-300-Excellent

300 to 600-Good

600 to 900 -Fair

900 to 1200- poor

Above 1200 – Unacceptable

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

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

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Fig: faculty were giving orientation about program

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JAL SHAKTI ABHIYAM-29th JULY 2019

THEME: "WATER CONSERVATION"

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



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COMMUNITY SURVEY -2019

IDakkilivaripalem-Survey from 24/7/19-25/7/19

Dakkilivaripalem is a small village located in ThotapalliGudurmandal of Sri pottiSriramulu Nellore district, Andhra Pradesh. As per constitution of India and panchayat raj act, Dakkilivaripalem village is administered by sarpanch who is elected representative of village. We did door to door survey in the village. Through this survey we found the hygienic practices following in community like

- Poor sanitation.
- Not following waste disposal methods.
- Open field deification.
- Open drainage system.
- Lack of knowledge on water storage

Based on this as we NSS and community health nursing of Narayana college of nursing planed some of the awareness program in the village.



PHOTO GALLERY

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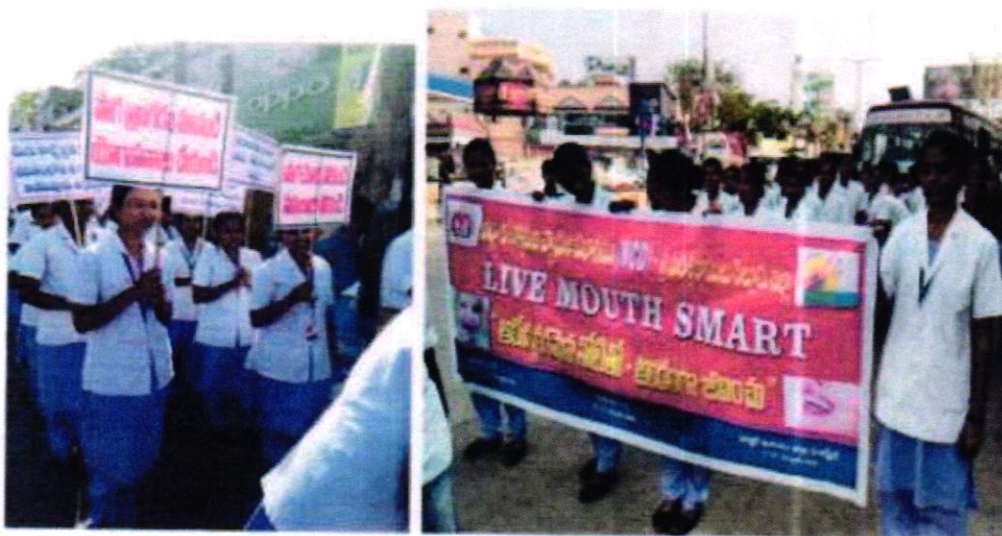
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World Tuberculosis day 2019



Volunteers raised the slogans for healthy mouth during the rally to motivate public.

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Department of Community health Nursing organized health education programme on prevention of life style diseases among elderly persons - 2019



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Health Education Programme 2019

Department of Community health Nursing organized health education programme on prevention of cross infection among school children. There are total 34 school children were participated in health education programme. 2019



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NSS REPORT ON BREAST FEEDING WEEK CELEBRATIONS-FROM 1.08.2019-07.08.2019

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

Day 1:

The NSS Program officer, Ms. Ramya .HOD of Child Health Nursing, Mrs. Anusha, Assistant Professor, Department of Community Health Nursing, NSS volunteers and II year M.Sc nursing students celebrated first day of breast feeding week on 01.08.19 between 10-12 pm at anganwadi center, Dakkilivaripalem in Nellore. On the first day students are shown **Video Teaching** - techniques, physiology of lactation, advantages of breast feeding were showed to the participants. Antenatal, postnatal mothers and also reproductive age girls were participated in the program, Refreshments were distributed to the participant.



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Day 2:

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

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Day 3:

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



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Day 4:

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



Day 5:

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

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Day 6:

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

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Day 7:

The last day of breast feeding week was celebrated at Narayana College of Nursing auditorium on 07.08.19 between 12-1 pm. The program was started by prayer song by III B.Sc (N) students and welcome song by III B.Sc (N) students. Ms. K. Ramya HOD, Department of Child Health Nursing welcome the gathering. The chief guest of the program was Dr. Indira.S. Principal, Narayana College of Nursing. Dr Rajeswari, Vice Principal cum HOD of Mental Health Nursing department, Mrs. Vanaja Kumari, Vice Principal cum HOD of Community Health Nursing department, Mrs. A. Latha, Professor & HOD, Medical Surgical Nursing department, Mrs. Latha.P, Asso. Professor and HOD of OBG department, Ms. Elizabeth jasmine HOD of Nursing Foundations were the dignitaries for the program. The chief guest and other dignitaries delighted the program by lamp lighting. A mime was done by III year B.Sc nursing students and the winners of the whole week competitions were awarded with prizes and certificates. The program was concluded by vote of thanks given by Ms.Theja, II year M.Sc student followed by distribution of snacks and national anthem.

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Fig: Dignitaries were starting the program with prayer song

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Fig: Prof latha bod giving speech



Fig: Students were performing Skit

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REPORT ON GENDER SENSITIZATION PROGRAM ON 16-8-19

Gender sensitization is a major issue in Indian Society. It is basically a male dominated society where women are always considered on a secondary place in every field of life. Considering the vision-2020, Indian society must practice the equality between male and female. Indian constitution has given the equal status to both. Considering this fact the college has organized special workshops, lectures on this sensitive issue of Gender Discrimination.

Gender sensitization seminar, was organized by Narayana college of Nursing. The detailed report about this programme is as follows:

The programme was organized on 16-8-19 by the NSS Committee of the College. The Seminar is on Gender Justice and equality now, Dr. Indira A. Principal, Mrs. Prof. Rajeswari, vice-principal, Prof. B. Vanaja kumari, vice principal and all the HODs were participated. Students of 1st Bsc Nursing and GNM were the participants of the program.

Speakers was invited to the program. During the session Mrs. Rajeswari H explained the concept of 'Gender'. She differentiated the words 'Sex' and 'Gender'. She also explained the current gender status in Indian society.

She made the students aware about the declining male-female gender ration in population. The reasons behind this problem were also discussed. She compared the status of women in Indian society with the rest of the world. Through the group discussion many topics were discussed. All the students were divided in 10 groups.

They were given the topics to discuss and the Group Leader was present the views of their group. Each and every student participated in this activity. Some video clips based on gender difference were shown. Mrs. Rajeswari H Madam also touched various burning topics regarding the domestic violence.

She shared the valuable information about some of the laws which are very helpful for women. She also advised the students to understand their responsibilities as a responsible citizen. Being a girl one should know their rights as well as duties. She insisted the students to work hard to make career and to be independent. She also suggested not to behave emotionally but rationally. By the end of the program all of the participants made the programme successful with their overwhelming response.

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WORLD ALZHEIMERS DAY - 2019

With the concept of Raising awareness and challenging stigma, Department of Mental Health Nursing and NSS unit has organized a screening and awareness programme on 8th World Alzheimer's Day on 21st September 2019 in the Dakkilivaripalem, Nellore. The theme of World Alzheimer's Day was "Look at stigma and attitudes to dementia".



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World suicide prevention Day-10.9.2019

NSS unit Narayana college of Nursing celebrated World Suicide Prevention Day (WSPD) on 10th September, with a theme Working Together to Prevent Suicide in order to provide commitment and action to prevent suicides with various activities and health awareness programs for medical undergraduate, postgraduate students and general public of Nellore. Undergraduate & postgraduate students, NSS volunteers attended a candle walk rally from VRC ground to Gandhi Statue and displayed placards and slogans regarding the importance to increase suicide prevention awareness and their outcomes by NSS programme officer Dr. S. Bhaskar. It was well received and public had expressed their support for this campaign. IEC materials like pamphlets were distributed in the rally which was prepared by our students. HODs & staff of various departments had attended the program along with students and made it a grand success.



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REPORT ON WORLD ALZHEIMERS DAY -21ST SEPTEMBER 2019

With the concept of Raising awareness and challenging stigma, Department of Mental Health Nursing and NSS unit has organized a screening and awareness program on 8th World Alzheimer's Day on 21st September 2019 in the Dakkilivari palem, Nellore. The theme of World Alzheimer's Day was "Look at stigma and attitudes to dementia".

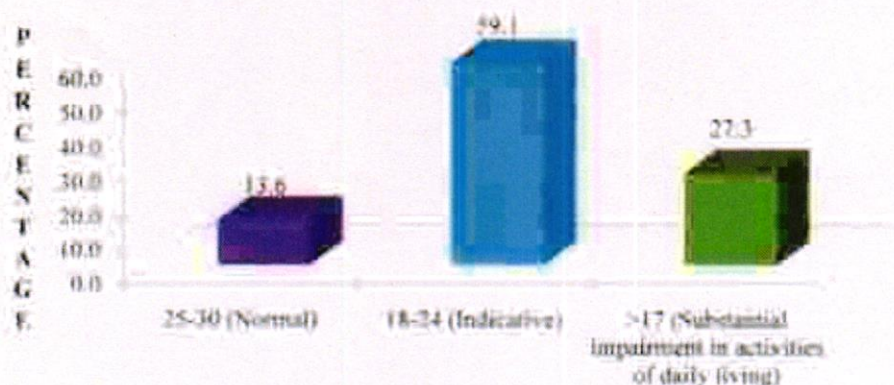
DAY 1: SCREENING FOR ALZHEIMERS DISEASE (20.09.2019, 9AM-12.00PM)

To find out cognitive impairment, Faculty of Department of Mental Health Nursing and III year B.Sc Nursing students screened 44 members above the age of 55 years in Dakkilivari palem, Nellore, by using Mini Mental Status Examination (MMSE). To complete MMSE 10 minutes were spent for each person.

Table 1: Frequency and Percentage distribution of level of Cognitive impairment among elderly. (N=44)

Cognitive impairment	FREQUENCY	PERCENTAGE
25-30 (Normal)	6	13.6
18-24 (Indicative)	26	59.1
>17 (Substantial impairment in activities of daily living)	12	27.3
TOTAL	44	100

Fig 1: Frequency and Percentage distribution of Level of cognitive impairment among elderly.



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Prior intimation has given to the people who are residing in Dakshinavari palem, Nellore about awareness program on next day i.e 21.09.2019 at Angawadi centre.

DAY 2: AWARENESS PROGRAM ON ALZHEIMERS DISEASE (9AM-12.00PM)

The program started at 9.00 am with the prayer song by Ms.Aiswarya, Ms. Jyothi and Ms.Sandhya III Year B.Sc(N) students. Welcome address was proposed by Mrs. Suchithra, S, Asst. Professor, Department of Mental Health Nursing, Narayana College of Nursing.



Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, gave brief description on Alzheimer's disease between 9.31AM-10.00 AM

Human puppetry on Clinical manifestations of Alzheimer's disease was performed by Ms.Vaishnavi, Ms. Asha, Ms.Sandhya, Ms.Jyothi, Ms. Sushma, Ms. Aiswarya, III Year B.Sc (N) students between 10.01 AM- 10.30AM.

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Mrs. Lalitha, Associate professor, Department of Mental Health Nursing, enlightened a speech on the management of Alzheimer's disease between 10.31 AM- 11.00AM.



Ms. Vaishnavi, Ms. Asha, Ms. Sandhya, III Year B.Sc (N) students were projected a power point presentation on preventive aspects like life style modification, diet and activities of Alzheimer's disease between 11.01 AM- 11.30AM.

Refreshment was provided to the participants. Feedback about the program was taken from participants. Finally, vote of thanks was delivered by Mrs. Anjani Devi, N. Asst. Professor and the program ended with National Anthem.



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WORLD MENTAL HEALTH DAY - 2019"

With the concept of Raising awareness for the psychiatric patients and their relatives in an empathetic way, Department of Mental Health Nursing and NSS unit has organized an awareness programme on World Mental Health Day on 10th October 2019 in the Psychiatric ward, Narayana Medical College Hospital, Nellore. The theme of World Mental Health Day was "Focusing on Suicide prevention". A total of 30 psychiatric patients and their relatives and 20 health care professionals were participated in the programme.



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"WORLD MENTAL HEALTH DAY -10.10. 2019"

With the concept of Raising awareness for the psychiatric patients and their relatives in an empathetic way, Department of Mental Health Nursing and NSS unit has organized an awareness programme on World Mental Health Day on 10th October 2019 in the Psychiatric ward, Narayana Medical College Hospital, Nellore. The theme of World Mental Health Day was "Focusing on Suicide prevention". A total of 30 psychiatric patients and their relatives and 20 health care professionals were participated in the programme.

The program started at 11 am with the prayer song by Mrs. Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing. Welcome address was proposed by Mrs. Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing.

Dr. Sheshamma, Professor and HOD, Department of Psychiatry, gave brief information about the awareness programme. Explained meaning of suicide and mentioned about types of Suicide.

Dr. Subhithani, Associate Professor, Dept of Psychiatry, enlightened on the Risk and Etiological Factors of suicide like age, gender, season, history of Substance abuse and previous suicide attempts.

Dr. Ranjith Kumar, Associate Professor, Dept of Psychiatry, recited on warning signs of suicide related to Mood, Talk and Behaviour with examples.

Dr. Anand Kumar, Associate Professor, Dept of Psychiatry, narrated on Preventive aspects of suicide. Suicide prevention methods and treatment are based on patient risk factors. He stressed on the most common suicide prevention techniques is psychotherapy, also known as talk therapy in the form of Cognitive Behavioural Therapy (CBT)

Dr. V.J. Reddy, Clinical Psychologist, Department of Psychiatry, discussed on recited on need and importance of importance of counselling in suicide prevention and also mentioned on Suicide prevention helpline in Narayana hospital.

Dr. Rajeswari H, Prof, HOD, Dept of Mental health nursing, Narayana College of Nursing, explained on medical stabilization in the event of a suicide attempt. Initial stabilization and improvement of suicidal ideation and coping abilities.

Mr. Govardhan, Patient of Male psychiatric ward, Narayana Medical College Hospital, shared about his previous suicide attempts and how he improved coping abilities

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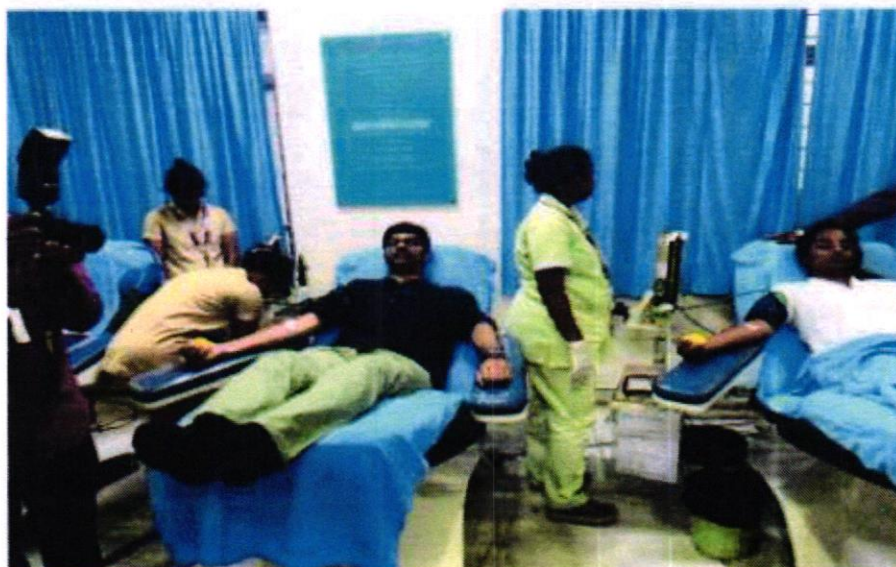
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Blood Donation Camp- 12 October 2019.

A blood donation camp was organized by NSS Unit, Narayana College of nursing on 12th October 2019. The programme was inaugurated by honor able vice chancellor, Dr. P. Shyam Prasad garu. A team of doctors and nurses of Narayana General Hospital came for collection of blood. The event started with the inauguration by Principal. Medical Dean, faculty members, NSS Programme officer and students were present at the occasion.

The activity of blood donation was started by faculty members and students of Narayana College of Nursing & Narayana Medical College & Hospital. There was an overwhelming response from students. A total of 60 units were collected in the camp. Some of the donors who could not donate this time were assured for donation in the next camp. Refreshment was given to each donor as a token of gratitude.



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REPORT ON WORLD DIABETES DAY - 14.11.2019 THEME: THE FAMILY AND DIABETES

A Health awareness program on Diabetes Mellitus was organized on the eve of WORLD DIABETES DAY, 14th November 2019 at Narayana Superspeciality Hospital, Nellore by Medical Surgical Nursing Department. The theme of the world diabetes day was "The Family and Diabetes". A total of 51 diabetes patients and their relatives were participated in the program. All noted doctors, Endocrinology department faculty, Nursing Faculty and M.Sc (N) students were also involved in this program.

The program commenced at 10.am with the prayer song by Ms.Sowmya II year M.Sc (N) student followed by welcome speech by Mrs.Kanaka Lakshmi Asso.Prof, Narayana College of Nursing.

Dr.Sunanda Assoc.prof, Dept of Endocrinology, Narayana Superspeciality Hospital, has taken the session with introduction to diabetes mellitus and gave a brief speech about diabetes mellitus awareness program discussed the basic information regarding diabetes mellitus.

Dr. Afsar fathima, I year PG, Dept of Endocrinology Narayana Superspeciality Hospital dealt with the causes and clinical manifestations of DM like family history, environmental factors, life style changes etc and the symptoms like frequent urination, excessive thirst, fatigue, excessive hunger etc.

Dr.Gayathri final year PG, Dept of Endocrinology, Narayana Superspeciality Hospital, imparted the knowledge by explaining the various diagnostic criteria for identifying Diabetes mellitus and emphasized the importance of regular interval checkup of HbA1C.

Dr. Praveen I year PG, Dept of Endocrinology, Narayana Superspeciality Hospital, narrated the different treatment modalities for diabetes mellitus and also highlighted the importance of drug adherence.

Mrs. Padmaja Madhan, HOD of Nutrition, Narayana Superspeciality Hospital, elucidated about the very essential aspect of diabetic care and also very confusing part to the client with

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diabetes mellitus that is what food to be taken and not to be taken. She clarifies the doubts and misbelieves of the participants regarding diet.

Mrs.Latha A Prof, Dept of Medical Surgical Nursing, Narayana College of Nursing, Communicate the menu plan for 24 hours for clients with diabetes mellitus.

Mrs. Kanaka Lakshmi Assoc. Prof, Dept of Medical Surgical Nursing, Narayana College of Nursing, portray the life style modifications for DM like pictorial representation of diet and also encourages the participants to reveal the challenges and fears in concerning with diabetes mellitus and motivated with courageous talk and clarifies their doubts.

Mrs.Padma Asst.professor, Dept of Medical Surgical Nursing, Narayana college of Nursing, displayed videos on diabetes mellitus.

Exhibition was conducted to all participants on nutrition for diabetes mellitus and displayed all the foods like fruits, grains and nuts can be taken by clients with diabetes mellitus.

Table 1: Frequency and Percentage distribution of level of awareness on Diabetes mellitus. (N=51)

GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	3	5.9
A	0	0	8	15.7
B+	7	13.7	16	31.4
B	2	3.9	24	47
C	12	23.5	0	0
D	30	58.9	0	0
TOTAL	51	100	51	100

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In relation to the level of awareness In pretest , out of 51 participants 7(13.7%) participants scored 'B+' grade, 2 (3.9%) secured B grade, 12(23.5%) participants got C grade and majority 30(58.9%) participants got D grade whereas in post test 3(5.9%) got A+ grade, 8(1.7%) participants obtain A grade, 16(31.4) got B+ grade and majority 24(47%) participants grab B grade and None of the participants got C grade and D grade which apparently indicates that the program was knowledgeable and bring some awareness among the participants .

Fig 1: Percentage Distribution of Level of Awareness Among Participants (N=51)

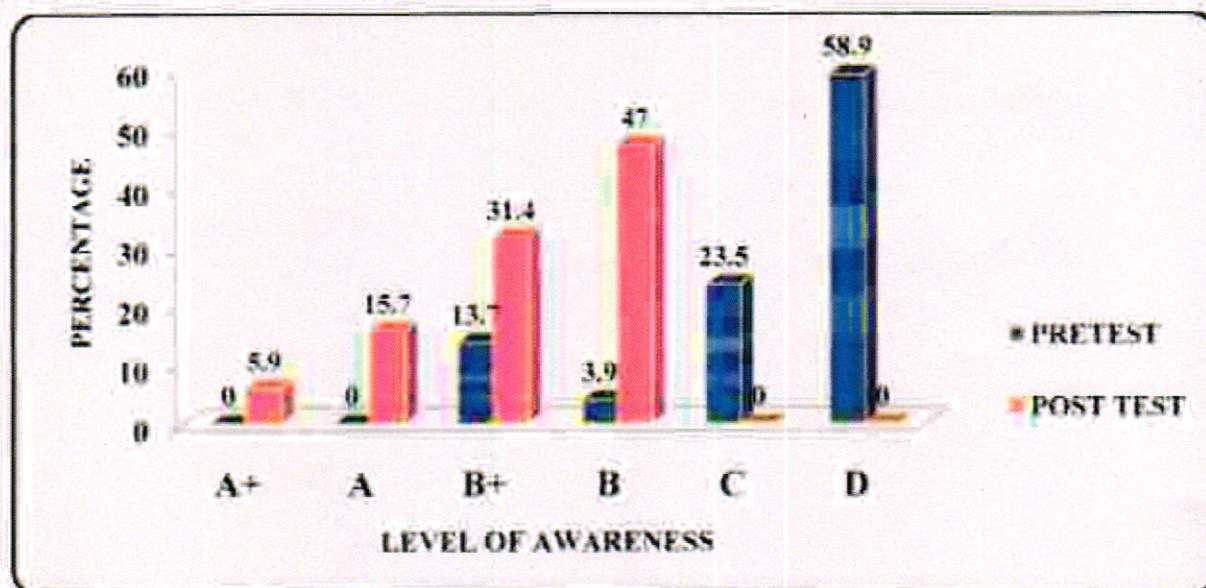
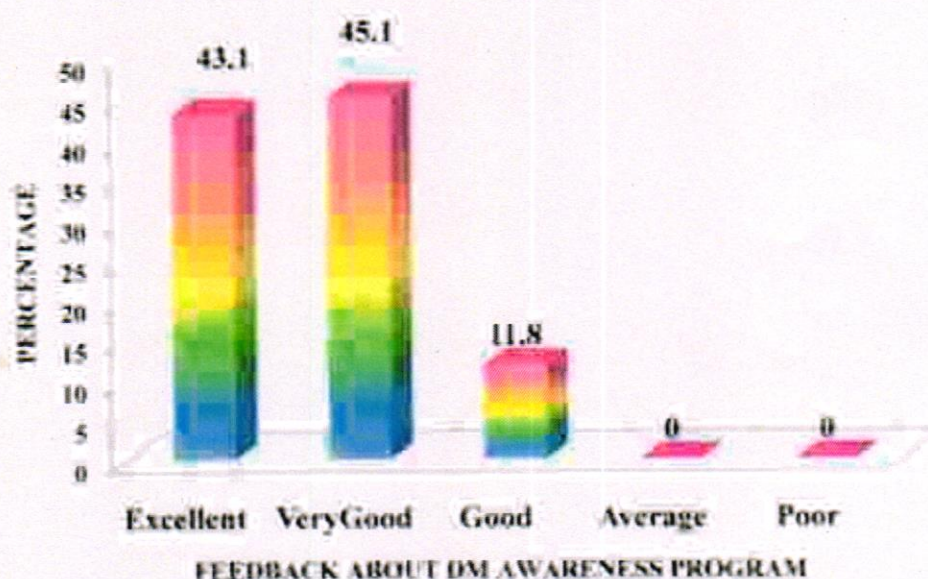


Table 2: Frequency and Percentage distribution of feedback on level of awareness on Diabetes Mellitus among Participants (N=51)

FEEDBACK	f	%
Excellent	22	43.1
Very good	23	45.1
Good	6	11.8
Average	0	0
Poor	0	0
Total	51	100

In relation to the feedback out of 51 participants 22 (43.1%) expressed program was excellent 23(45.1%) participants told that program was very good and remaining 6(11.8) told that awareness program was Good. They verbally expressed the program was very informative and clarifies their misbeliefs about food to take and avoid in diabetes mellitus.

Fig 2: Percentage distribution of feedback on level of awareness on DM among participants



At the end of the program pamphlets on life style modification was distributed to all participants and multigrain sprouts were given to them. The participants were sensitized with the diabetes mellitus and the participants were asked to spread the message to all neighbors while returning to their respective village.



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The program was closed with vote of thanks by Mrs.R.Kanaka lakshmi Assoc.Prof, Dept of MSN, followed by National anthem.



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Fig: Faculty were giving education regarding diabetic diet

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November 2019- Free vaccination campaign (Hepatitis B)

A free Hepatitis B Vaccination program was organized by NSS Unit, Narayana College of Nursing & NMCH from 15th Nov to 17th Nov, 2019. Principal, Medical Dean, Teaching & Non-Teaching Staff and NSS Program officer attended the program. A total of 503 members got vaccinated which include 74 students from 1st BS.c(N), 82 from 2nd BS.c(N), 62 from 3rd BS.C(N), 54 from 4th BS.c(N) 83. 5 Post Graduates, 28 Teaching and 70 Non-teaching staff.



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Fig: students were actively listening the speech

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Mr. Venkata Subbareddy, relative of Mr. Raja shekar (Patient of Male psychiatric ward), shared his views in relation to risk factors of suicide among youth. He stressed on mobile addiction, Face book addiction among youth and importance of social awareness.

Motivational videos were played by Mrs. Smitha. P.M., Prof.Dept of Mental health nursing, Narayana College of Nursing, on Suicide prevention.

Mrs. Anjani Devi. N, Assistant professor, narrated on Suicide prevention Helplines and NGOs like Roshni helping centre, Macro foundation, 1 call centre, 1 life and Kisan Mithra. A video on Roshni helping centre were played.

Mrs. Suchitra, Assistant professor, Narayana College of Nursing, explained on importance of Personal development, Positive and respectful relationships, Identify, understand and manage emotion, Communication, Develop supportive system, Solve problems, make decisions, take responsibility, Set goals, Sufficient sleep, Healthy eating, Regular physical activity and Managing stress in promotion of mental health.

Table 1: Frequency and Percentage distribution of level of awareness on suicide prevention among Participants. (N=30)

GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	9	30
A	1	3	5	17
B+	0	0	9	30
B	3	10	5	17
C	9	30	2	7
D	17	57	0	0
TOTAL	30	100	30	100

In relation to the level of awareness on suicide prevention among participants, the pretest results shows that 1(3%) scored "A" grade, 3 (10%) participants scored "B" grade, 9 (30%) participants scored "C" grade, 17 (57%) scored "D" grade and no participants scored A+ and B+. While in the post test, the awareness level improved as 9 (30%) participants scored "A+" grade, 5 (17%) scored "A" grade, and 9 (30%) of participants scored "B+" grade, 5 (17%) of participants scored "B" grade, and 2 (7%) participants scored "C" grade and there was no participants in D grade. The results indicate that participants level of awareness on suicide prevention has increased and participants has benefited from the program.

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Fig 1: Percentage distribution of level of awareness on suicide prevention among participants (N=30)

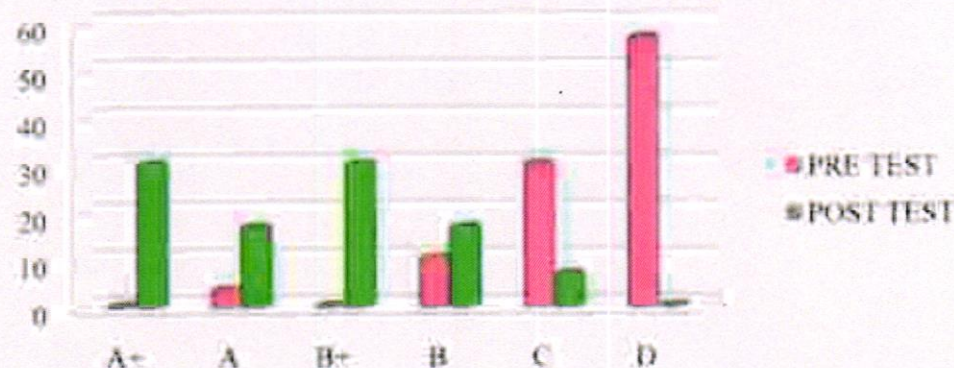


Table 2: Frequency and Percentage distribution of feedback on level of awareness on suicide prevention among Participants. (N=30)

Feedback	f	%
Excellent	29	97
Good	1	3
Average	0	0
Poor	0	0
Total	30	100

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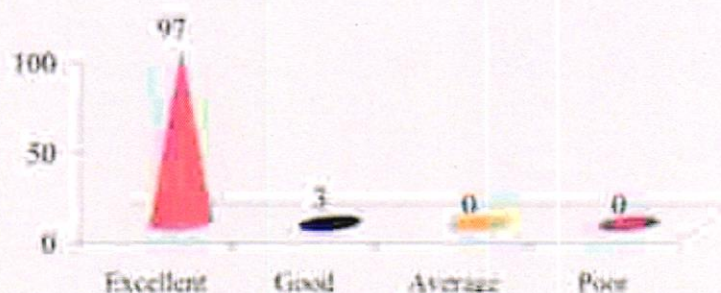
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Fig 2: Percentage distribution of feedback on level of awareness on suicide prevention among participants (N=30)



Refreshment was provided to the participants. Feedback about the programme was taken from participants where 29 (97%) felt that programme is 'excellent' and 1 (3%) expressed that programme is good.

Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the programme ended with National Anthem.

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Anjani Devi N
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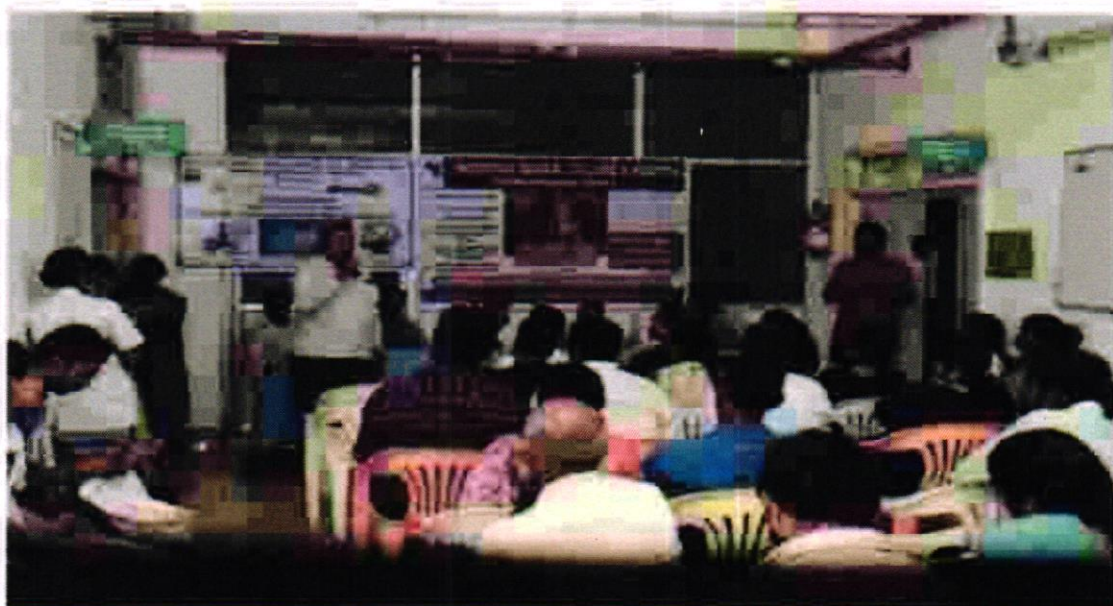


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Fig: Faculty were explaining about awareness on Mental health day

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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.Prof,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

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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.Mallendra 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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Fig: Dr. Indira A and all the Dignitaries from the Narayana Medical college Hospital

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Dr.Indira A, Mr.Udaya sankar ,NSS prog.Coordination, Dr.Surya Prakasa Rao,Dean,NMCH, Prof. R. Sudarsana Rao, Vice Chancellor, Vikram Simipuri University and other dignitaries were lighting the lamp

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Fig: students got best student award on this occasion

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Dr B. B. Bhat
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REPORT ON INTERNATIONAL CANCER AWARENESS DAY

Name of Activity organized	International cancer awareness day
Title of the Activity	Participation web meet by NTRUHS
Date of activity organized	4 th Feb 2021
Name of the coordinator of Activity	Mrs. T. Usha kiran
Place of the Activity	Narayana college of nursing/web platform
No. of participant (student + staff)	NSS Program officer -1-215 students
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Awareness on cancer
Outcome of the Activity	Represents the power of our actions taken to reduce the growing impact of cancer.

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Award: [Higher Education Review Top 10 Nursing College - 2020]

IAO [International Accreditation Organization (2020 - 2025)]



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Narayana college of Nursing NSS program officer Mrs. T. Ushakiran associate Professor OBG Nursing department participated in the webinar conducted by Dr. NTRUHS Vijayawada as it is special program conducted to make the students and staff about the cancer awareness program hosted by university by 11.00 am in cisco WebEx platform. Dr. Shyam Prasad vice chancellor sir explained about signs and how to identify the cancer and warning signs was explained by him and Dr. Shankar spoke few words about the different types of cancer and knowing about the early signs and diagnosis was explained by him. Total of 585 volunteers from different colleges and 215 participants are from Narayana college of Nursing from different medical, para medical institutions were participated in the web meet.

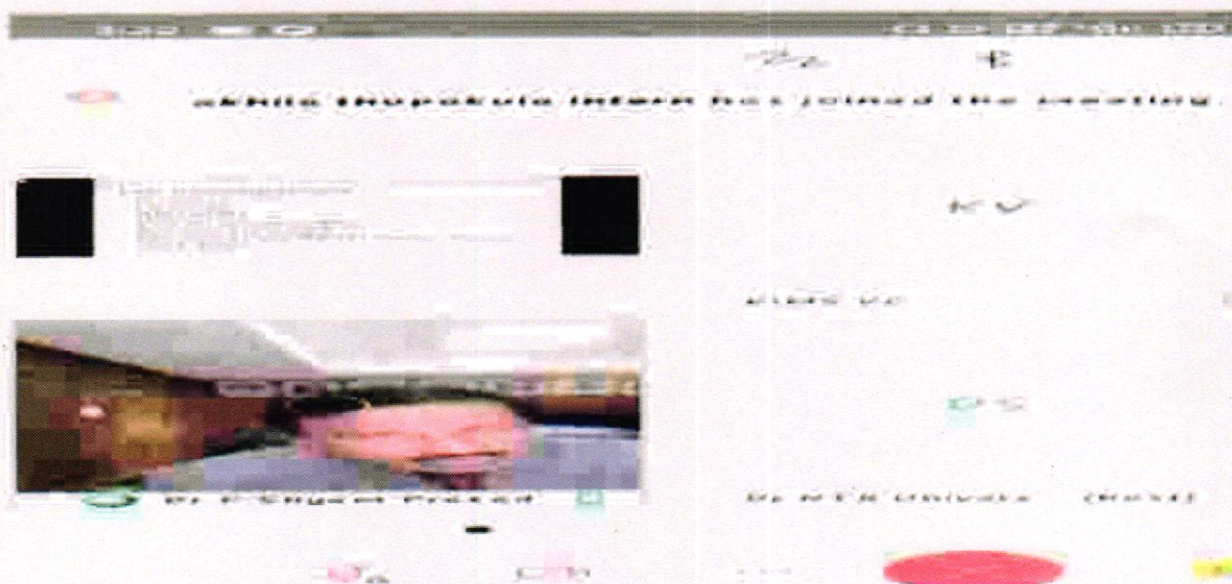


Fig 1: Dr Sham prasad Vice chancellor NTRUHS, Vijayawada



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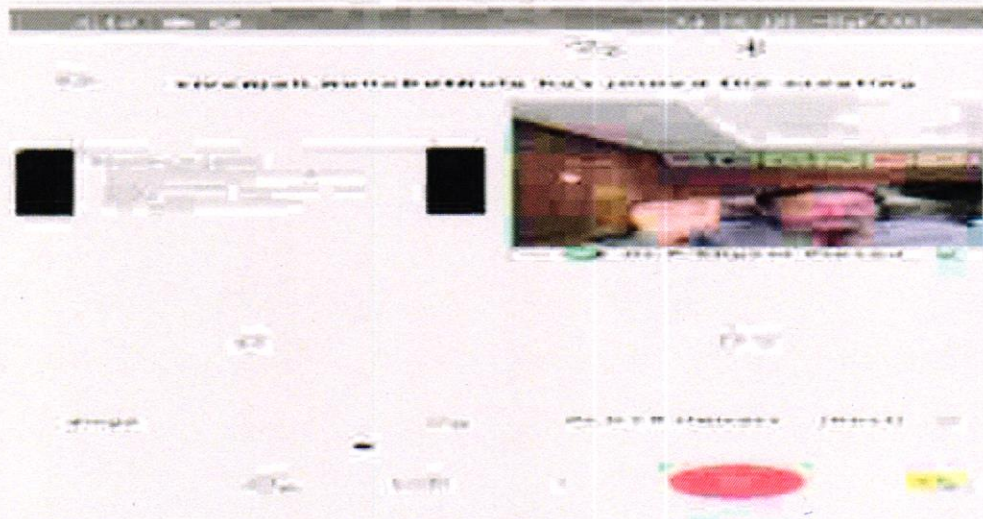


Fig 2: Dr Sham prasad Vice chancellor NTRUHS Vijayawada

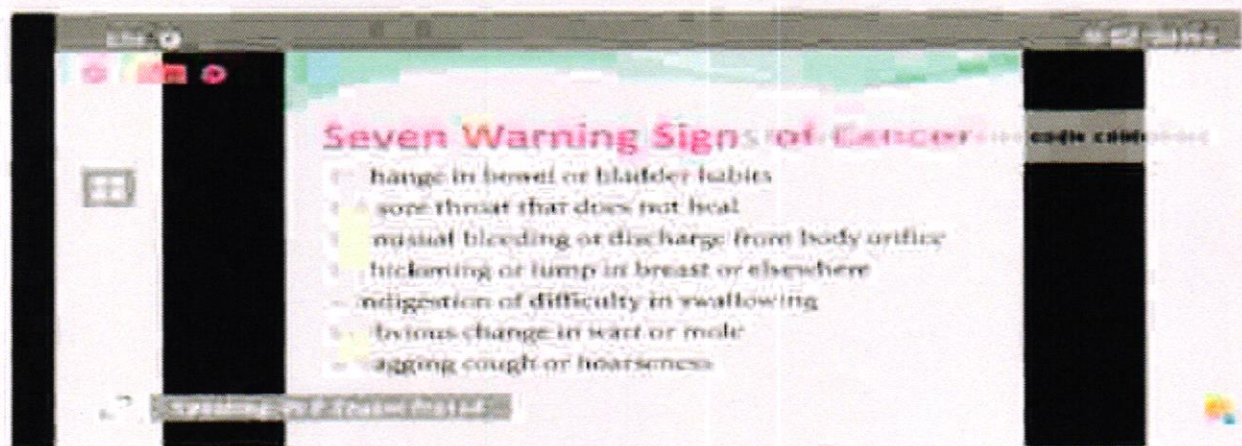


Fig 3: slide

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Fig: Plantation by students

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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 (student + staff)	47
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 Swachh Bharat 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 swachh Bharat program in kakutur 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 swachh Bharat program and explained about safe disposal of waste. Students gave awareness talk to the public and mosquito breeding places, and regular disposal of waste. The

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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.

Photo gallery



Fig 1: Main area of kakatur village with waste clearance



Fig 2: Faculty and village people in the cleaning part

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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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Photo gallery



Fig.1 faculty and students attending personality development program.



Fig 2. students and faculty are listening to the lecture.

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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(student +staff)	100 students 20 faculty
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 – a 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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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.

Photo gallery



Fig1. Lamp lighting on occasion of Womens day

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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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Report on healthy recipes and the benefits of fruits and vegetables

On February 15, 2020, Narayana College of Nursing conducted an awareness program at Zilla Parishad High School (ZPHS) in ThrupuRompidodla to educate students about the importance of healthy recipes and the benefits of fruits and vegetables. The event aimed to promote a nutritious lifestyle among young students by highlighting the role of balanced diets in overall health and well-being. Nursing students presented various healthy recipes using affordable, locally available ingredients. They explained how fruits and vegetables provide essential vitamins and minerals, boost immunity, and help prevent diseases. Interactive sessions, including quizzes and recipe demonstrations, engaged students and increased their interest in healthy eating habits. The program concluded with practical tips for incorporating fruits and vegetables into daily meals, encouraging students to adopt these practices for a healthier future.



Explaining Benefits of locally available Fruits and vegetables, 15/02/2020

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