

NARAYANA COLLEGE OF NURSING

NSS ACTIVITIES – 2019

Report on World No Tobacco Day Awareness Program

Narayana College of Nursing, under the NSS Unit, actively participated in an awareness rally on World No Tobacco Day on 31st May 2019, in collaboration with the Department of Health, Medical and Family Welfare, Nellore. The rally, joined by 50 NSS volunteers and students, began from B.Ed College at Santhapet to the DMHO Office. Participants raised slogans emphasizing the dangers of tobacco use. Later, a program was organized on campus, inaugurated by Dr. Indira S., Principal, with speeches by faculty members highlighting the harmful effects of tobacco. A pledge was also administered to promote a tobacco-free lifestyle, and the event concluded with the national anthem.



Report on World Environment Day Celebration

Narayana College of Nursing observed World Environment Day on 5th June 2019 under the National Service Scheme (NSS) Unit by organizing a plantation program within the Narayana campus. The event was inaugurated with the planting of saplings and a soakage pit by Dr. Indira S., Dean and Principal, along with Dr. Swamy, Deputy Vice Chancellor of Lincoln University, Malaysia, and other dignitaries from Narayana Medical College. Around 30 saplings were planted by faculty, NSS coordinators, and students, with active participation from 60 students and 6 NSS volunteers. The event emphasized the importance of environmental protection and concluded with the distribution of snacks to all participants.



Report on World Blood Donor Day Rally and Activities

Narayana College of Nursing under the NSS unit actively participated in the World Blood Donor Day awareness rally on June 14, organized in collaboration with the Red Cross Society, Nellore district. A total of 50 students from the college joined the rally which commenced from Gandhi Bomma statue at Trunk Road and concluded at the Red Cross Society Blood Bank, Nellore. Students also participated in district-level quiz and elocution competitions, where Narayana College of Nursing secured the third prize in the quiz and performed well in elocution. On June 15, sixteen students from the college voluntarily donated blood at the Blood Bank, Narayana Medical College and Hospital, Nellore, promoting the spirit of voluntary blood donation and public health awareness.

PHOTOS:





Report on International Yoga Day Celebration

Narayana College of Nursing, under the NSS Unit, celebrated the 5th International Day of Yoga on 21st June 2019 within the college campus. The program began at 7:00 AM with the participation of 130 students and 6 NSS volunteers, along with faculty members and dignitaries including Dr. Indira S., Principal, Mrs. Parvathi, Dr. Rajeswari, and Prof. B. Vanaja Kumari. The session emphasized the importance of yoga as a union of mind, body, and nature. Various yoga asanas were practiced under the guidance of Mrs. Parvathi, the yoga instructor, who also spoke on the types and benefits of yoga. The event successfully promoted physical and mental well-being among the participants.





Report on Gender Sensitization Seminar

Narayana College of Nursing organized a Gender Sensitization Seminar on 16th August 2019 under the NSS Committee to promote awareness on gender justice and equality. The program was graced by Dr. Indira S., Principal, Mrs. V. Jayanthi, Principal of Sree Narayana Nursing College, Prof. Rajeswari, Prof. B. Vanaja Kumari, and all HODs. A total of 60 students from B.Sc Nursing and GNM, along with 10 NSS volunteers, actively participated. Prof. Rajeswari delivered an insightful session explaining the concept of gender, gender inequality, and the current status of women in society. Group discussions, video presentations, and interactive activities were conducted to engage students. The session emphasized women's rights, laws for protection, and the importance of being informed, responsible citizens. The seminar concluded with active participation and positive feedback from all attendees.



Report on Water Conservation Awareness Program

Narayana College of Nursing, under the NSS Unit, conducted a Water Conservation Awareness Program on 29th July 2019 at Dakkillivaripalem village. The event aimed to educate the community on the importance of conserving water and using safe drinking water. Mrs. Vanaja Kumari, HOD of Community Health Nursing, along with NSS volunteers, Mr. Parandhamaiah

(RO Plant Supervisor), and local villagers actively participated. Demonstrations on rainwater harvesting and water purity testing using a TDS meter were conducted, revealing that local water sources were unsafe for drinking. The community was advised to use water purifiers for better health. A total of 50 NSS volunteers took part in the program, which concluded with the distribution of snacks.



Report on World Alzheimer's Day Awareness Programme

Narayana College of Nursing, in collaboration with the NSS Unit and the Department of Mental Health Nursing, organized a two-day awareness programme on the occasion of 8th World Alzheimer's Day, observed on 21st September 2019, in Dakkilivaripalem, Nellore. On Day 1, cognitive screening of 44 elderly individuals was conducted using the Mini Mental Status Examination (MMSE), revealing varying levels of impairment. On Day 2, an awareness session was held at the Anganwadi centre with active participation from students and faculty. The programme included educational talks, human puppetry, PowerPoint presentations, and cultural activities to raise awareness about Alzheimer's disease. A total of 60 students and 10 NSS

volunteers participated. The event concluded with refreshments, feedback collection, and the national anthem.

