

## **NARAYANA COLLEGE OF NURSING**

### **NSS ACTIVITIES - 2021**

#### **Report on Youth Day**

On the occasion of National Youth Day, 12th January 2021, the NSS Unit of Narayana College of Nursing organized the Youth Parliament Festival with the theme “Vocal for Local” as per the guidelines of the Ministry of Youth Affairs and Sports, Government of India. The programme was conducted in physical mode with limited participants, following COVID-19 safety protocols. Dr. Indira S., Principal, Dr. Rajeswari, Vice Principal, HODs of various departments, and NSS Programme Officer Mrs. T. Usha Kiran participated in the event. A total of 45 student volunteers took part and actively discussed topics such as the importance of using Made in India products, youth involvement in public issues, decision-making, understanding democratic processes, and the role of youth in nation-building. The event served as a platform to encourage leadership qualities and civic responsibility among students.



#### **Report on Cancer Day**

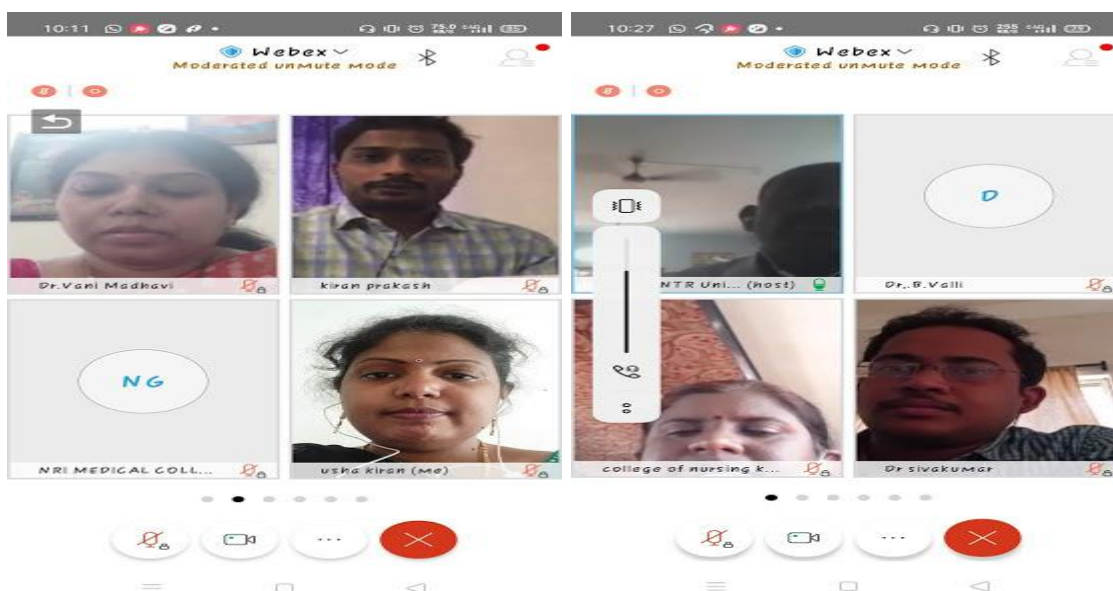
On 4th February 2021, Narayana College of Nursing NSS Programme Officer Mrs. T. Ushakiran participated in a cancer awareness webinar organized by Dr. NTR University of Health Sciences on the Cisco Webex platform. Dr. Shyam Prasad, Vice Chancellor, explained the warning signs and early detection of cancer, while Dr. Shankar discussed different cancer types and diagnosis. The webinar was attended by 585 volunteers from various colleges, including 215 participants from Narayana College of Nursing. The session effectively raised awareness about cancer prevention and early identification.





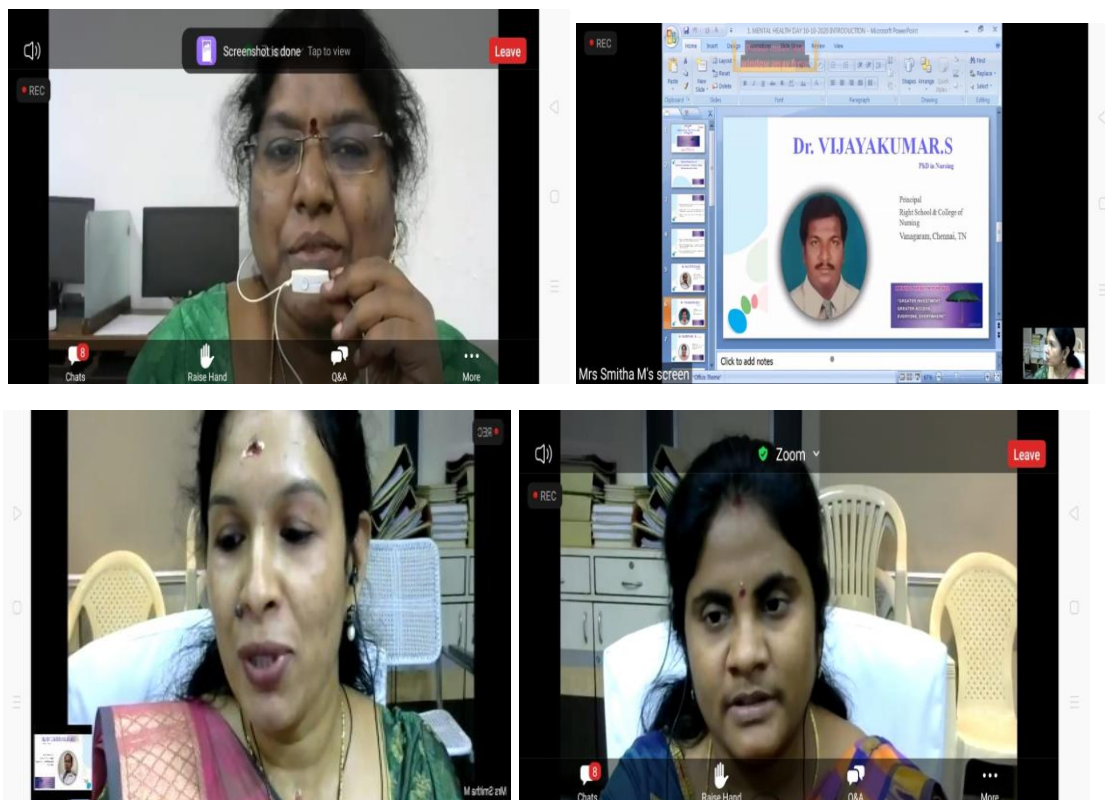
## Environment Day

On 5th June 2021, Narayana College of Nursing NSS unit attended a webinar on World Environment Day via the Webex platform. The program began with a welcome speech by Dr. Vivekananda Kattamaneni, Programme Coordinator, Dr. N.T.R. University of Health Sciences (NTRUHS). Keynote speakers included Dr. Shankar, Registrar, and Vice Chancellor Dr. Shyam Prasad V. Reddy, NTRUHS. The webinar focused on raising awareness about environmental issues and the responsibilities of students in addressing them. Dr. Kattamaneni emphasized that protecting the environment should be a way of life and encouraged students to engage in alternative energy, waste management, sustainable development, sewage treatment, and pollution prevention. The session inspired students to actively contribute to environmental conservation.



## International Drug Day

On 26th June 2021, the Department of Mental Health Nursing, Narayana College of Nursing, organized a webinar on International Drug Day with the theme “Share Facts on Drugs – Save Life.” The program was inaugurated by Dr. Indira S, Principal, and the welcome address was given by Dr. Rajeswari H, HOD. Forty-two participants, including faculty and students, attended. Sessions were conducted by Dr. S. Vijayakumar on drug trends, Dr. Rajeswari H on addiction science, Mrs. Nathiya on nursing management and drug trafficking, Ms. K. Deepa on health consequences, Mrs. Smitha P. M. on treatment and recovery, Mrs. Shabana S on drug policies, and Mrs. Anjani Devi N on rehabilitation. The event included pre- and post-tests, feedback collection, and was summarized by Dr. Rajeswari H. Mrs. Smitha P. M. delivered the vote of thanks, and the program concluded with the National Anthem.



## International Nurses Day

On 12th May, Narayana College of Nursing and Nursing Service Department celebrated International Nurses Day, honoring the legacy of Florence Nightingale and this year's theme,



“Nurses: A Voice to Lead – A Vision for Future Healthcare.” The program began with lamp lighting and garlanding of Nightingale’s statue, attended by staff, students, and nurses from NMCH. Dr. Indira S, Dean, highlighted the theme and appreciated nurses’ dedication, while Prof. V. Jayanthi and Dr. Rajeswari H spoke on the importance and responsibilities of nurses. The event included candle lighting and a feast for nursing staff. In the afternoon, a Zoom webinar was held with participation from all HODs and 378 students, where Mrs. V. Jayanthi presented on stress, burnout, emotional balance, and self-care in nursing.



### World Alzheimer’s Day

On 21st September 2021, the Department of Mental Health Nursing, in collaboration with Narayana Medical College Hospital and the NSS unit, organized a webinar on World Alzheimer’s Day with the theme “Know the Dementia, Know the Alzheimer’s.” The program began with a prayer and welcome song, followed by inauguration by Dr. Indira S, Principal, and a welcome address by Mrs. Anjani Devi, Associate Professor. A total of 233 faculty and students participated. Dr. Indira S introduced mental health inequalities, followed by sessions from Dr. Harshitha on memory loss in the elderly, Mrs. Anjani Devi on dementia warning signs, Dr. Rajeswari H on risk reduction and community interventions, and Mrs. Nathiya on support for dementia patients. The event concluded with a post-test, feedback, summary by Dr. Rajeswari H, and vote of thanks by Mrs. Anjani Devi.

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## World Mental Health Day

On 10th October 2021, the Department of Mental Health Nursing at Narayana College of Nursing organized a webinar to observe World Mental Health Day 2021 with the theme "Mental Health in An Unequal World." The program began with a prayer and welcome song, followed by the inauguration by Dr. Indira S, Principal, and a welcome address by Mrs. Anjani Devi. A total of 92 faculty and students participated. Dr. Indira S introduced the topic of mental health inequalities. Sessions included talks by Dr. Anand Reddy on current mental health challenges, Mrs. Nathiya on the nature and extent of inequalities, Mrs. Anjani Devi on causes and local actions, Prof. Smitha on pandemic-related mental health inequalities, and Dr. Rajeswari H on tackling socioeconomic

inequalities through community interventions. The program concluded with a post-test, feedback, summary by Dr. Rajeswari, and a vote of thanks by Prof. Smitha, ending with the National Anthem.

