

## NARAYANA COLLEGE OF NURSING

### BLOOD DONATION CAMP

#### THEME:" Donate Blood Save Lives"

On January 9, 2024, the NSS unit of Narayana College of Nursing, in collaboration with the Blood Bank of Narayana General Hospital, organized a blood donation camp in the Medical-Surgical Nursing Lab from 10:00 AM to 1:00 PM. The event aimed to promote voluntary blood donation, with 25 NSS volunteers participating. The Blood Bank staff ensured a safe and efficient donation process, starting with an introductory session on the importance of blood donation, followed by health check-ups and post-donation care. The camp successfully collected blood for future medical emergencies while providing nursing students with valuable healthcare experience.





### **75th REPUBLIC DAY – 2024**

#### **THEME: 'Viksit Bharat' and 'Bharat – Loktantra ki Matraka',**

The NSS unit of Narayana College of Nursing celebrated the 75th Republic Day with great patriotism and enthusiasm. The event commenced with a flag hoisting ceremony by the chief guest, followed by the national anthem and an inspiring speech on the significance of the day. Cultural performances showcased India's diverse heritage, including traditional dances, patriotic songs, and skits highlighting key moments from India's independence struggle. Students also presented speeches and poem recitations, emphasizing constitutional values. Various competitions like essay writing, poster making, and quizzes were organized, and winners were felicitated. The event concluded with a vote of thanks by the NSS Program Officer, appreciating the dedication of students and faculty. The celebration reinforced national pride and unity, making it a memorable and impactful occasion.





## **NATIONAL YOUTH DAY - 2024**

### **THEME: "VIKSIT YUVA-VIKSIT BHARAT."**

The NSS unit of Dr. YSR University organized a one-day virtual session on National Youth Day 12.1.2024, hosted by Narayana College of Nursing and Sree Narayana Nursing College via CISCO-WEBEX. The event, directed by Dr. Vivekanand Kattimani, aimed to inspire youth through the teachings of Swami Vivekananda. The program featured speeches by esteemed guests, including Dr. Korukonda Babji, Vice Chancellor, and Dr. Vemireddy Radhika Reddy, Registrar, YSR University. A total of 10 cultural and literary events, including elocution, patriotic poems, folk and classical dances, poster presentations, and rangoli, were conducted. The winners were announced, and motivational messages were delivered by the principals of both colleges. The session concluded with a vote of thanks and the national anthem, making it a meaningful and inspiring event.



## **Annual Sports Weeks –2024**

Narayana College of Nursing organized its Annual Sports Week from 27th January to 2nd February 2024 with great enthusiasm. The event was inaugurated by Dr. B. Vanaja Kumari, Principal, along with faculty members and sports coordinators. NSS volunteers and the Sports Committee played a key role in organizing the events. Various indoor and outdoor games were conducted at the college premises and playground. The participants displayed immense energy and sportsmanship throughout the competitions. The atmosphere was filled with excitement, cheering, and encouragement for the athletes. The well-organized schedule ensured smooth execution of all



events. The sports week successfully promoted teamwork, fitness, and a spirit of healthy competition among students.





### **PULSE POLIO PROGRAMME, 4<sup>TH</sup> MARCH, 2024**

The NSS unit, along with the management, faculty, and III Semester B.Sc. (N) & M.Sc. (N) students of Narayana College of Nursing, actively participated in the Pulse Polio Programme at Narayana Medical College & Hospital. Nursing students assisted in administering oral polio vaccines, setting up booths, conducting door-to-door immunization, and raising awareness among parents. A pre-test and post-test assessment measured awareness levels among 42 participants. In the pre-test, only 7.12% of participants had A+ grade knowledge, 4.76% had A grade knowledge, 14.28% had B+ grade knowledge, 19.04% had B grade knowledge, 30.95% had C grade knowledge, and 23.80% had D grade knowledge. However, after the awareness sessions, the post-test results showed a significant improvement, with 33.33% achieving A+ grade knowledge, 30.95% reaching A grade, 21.42% attaining B+ grade, while only 4.76% remained in B, C, and D grades. The program successfully increased immunization coverage and contributed to polio eradication efforts, emphasizing the importance of collaborative healthcare initiatives.







## WORLD HYPERTENSION DAY, 17<sup>th</sup> MAY, 2024

***Theme: “Measure Your Blood Pressure Accurately, Control It, Live Longer’.***

The NSS Unit of Narayana College of Nursing, in collaboration with Narayana Medical College and Hospital, organized a World Hypertension Day Rally on 17.3.2024, to raise awareness about hypertension and its prevention. The event was inaugurated with a welcome address by the Principal of Narayana Medical College, followed by speeches from healthcare professionals emphasizing the importance of hypertension control. NSS volunteers marched through the hospital premises holding banners and placards, attracting public attention. Eminent cardiologists and nutritionists conducted guest lectures on risk factors, dietary habits, and lifestyle modifications. A health check-up camp was set up, offering free blood pressure measurements, BMI check-ups, and medical consultations. Interactive sessions helped dispel myths and provided practical guidance on hypertension management. The event successfully promoted awareness and encouraged a proactive approach to heart health.





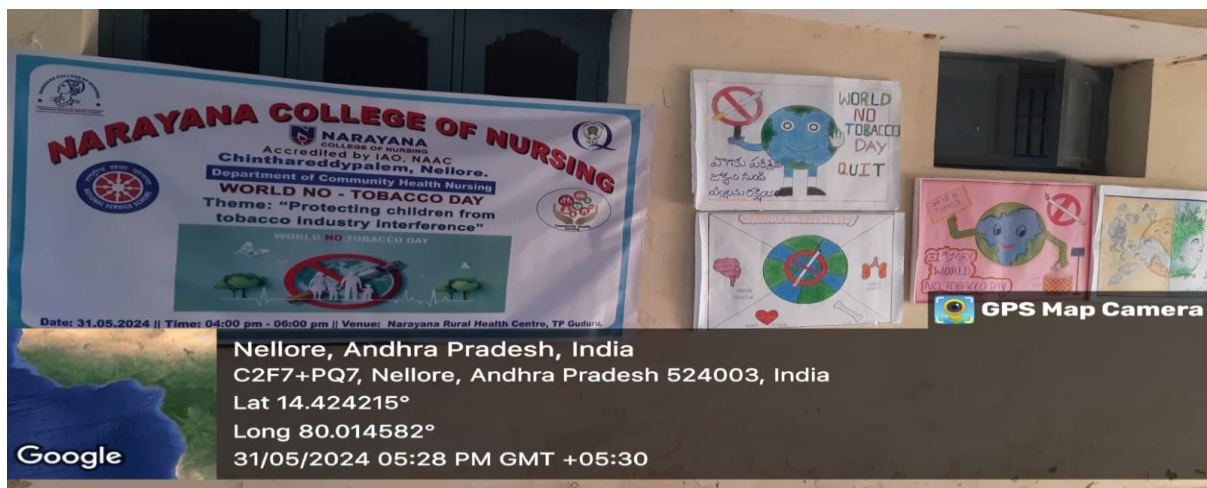


## WORLD NO TOBACCO DAY, 31<sup>ST</sup> MAY, 2024

**Theme: “Protecting Children from Tobacco Industry Interference”**

The NSS Unit of Narayana College of Nursing, in collaboration with the Community Health Nursing Department, organized health education events at Narayana Rural Health Center, T.P. Gudur Village, on May 31st to raise awareness about tobacco-related health risks. The theme for the year, "Protecting Children from Tobacco Industry Interference," emphasized safeguarding youth from tobacco influence. A pre-test questionnaire with 20 multiple-choice questions was distributed among the general population to assess their knowledge about tobacco. The questionnaire was translated into Telugu for better understanding. The event successfully educated the public about the harmful effects of tobacco and encouraged preventive measures to promote a tobacco-free society.





## WORLD ENVIRONMENT DAY, **5th JUNE, 2024**

*Theme: "Land Restoration, Desertification and Drought Resilience"*

World Environment Day was celebrated on June 5th by the NSS Unit and the Community Health Nursing Department of Sree Narayana Nursing College. The event aimed to educate and inspire students about environmental conservation and sustainable practices. Faculty and students actively participated in discussions on eco-friendly initiatives. Awareness sessions highlighted the importance of reducing waste and conserving natural resources. Tree-planting activities promoted green surroundings. Interactive workshops encouraged innovative solutions for environmental protection. The program emphasized individual and collective responsibility towards sustainability. Students were motivated to adopt eco-conscious habits in daily life. The event successfully instilled a culture of environmental awareness.





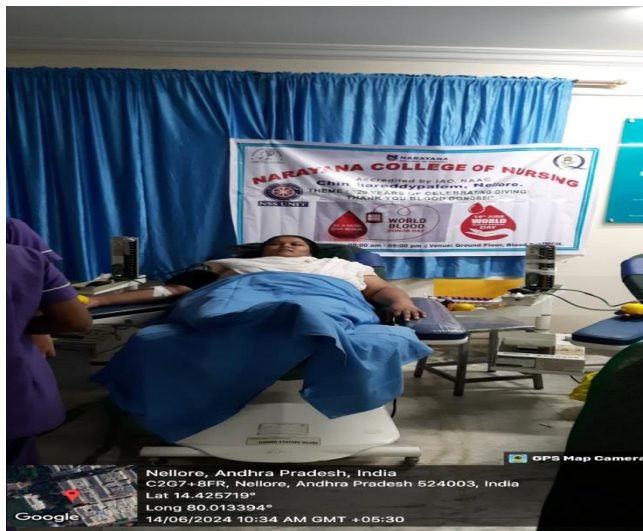


## **WORLD BLOOD DONAR DAY-2024**

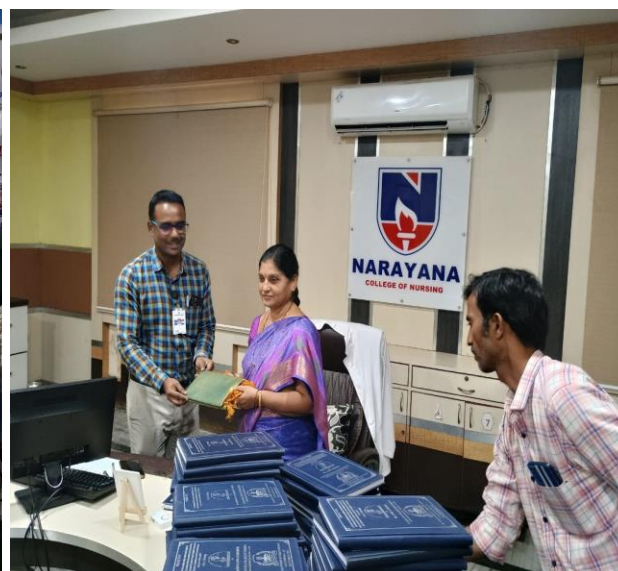
**THEME:" 20 years of celebrating giving: Thank you Blood donors"**

On June 14, 2024, a Voluntary Blood Donation Camp was organized at Narayana General Hospital to mark World Blood Donor Day. The event was inaugurated by Principal Dr. B. Vanaja Kumari, with Blood Bank HOD Dr. Yashvardhan and NSS Program Officer Mrs. Suchitra addressing the gathering. The camp aimed to promote voluntary blood donation and ensure a safe blood supply. A total of 24 students donated blood, contributing to this life-saving cause. Strict safety measures were followed for donor well-being. After donation, participants received refreshments and appreciation certificates. The event highlighted 20 years of awareness and donor contributions. Faculty, students, and NSS volunteers actively participated. Their efforts made the event a great success.









## 10th INTERNATIONAL YOGA DAY-2024

**THEME: " Yoga for Self and Society."**

The 10th International Day of Yoga was celebrated with the theme “Yoga for Self and Society” at Narayana College of Nursing. The event was inaugurated by Principal Dr. B. Vanaja Kumari, with a welcome speech by NSS Program Officer Mrs. Suchitra. A certified yoga instructor, Mr. Saurabh Bothra, led an online session, guiding students through various asanas, including Pranayama, Bhujangasana, and Balasana. The session emphasized yoga’s role in mental and physical well-being. Students actively participated, developing a positive attitude and improved fitness. The interactive session provided valuable insights into holistic health. The event concluded with a vote of thanks, marking a successful celebration.





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## **WORLD POPULATION DAY**

**Theme: Leave no one Behind, Count Every one**

The NSS unit of Narayana College of Nursing, in collaboration with the Community Health Nursing Department, organized a World Population Day program on July 11, 2024, at the Rural Health Center in Venkata Chalam, Nellore. Focused on the theme of population dynamics and rural health, the event aimed to educate the community on family planning, maternal and child



health, and healthcare accessibility. NSS Programme Officer Mrs. S.Suchitra welcomed the participants, followed by an insightful presentation by Prof. Pavithra, emphasizing informed reproductive health choices. A medical officer discussed available healthcare services, and an interactive session allowed community members to engage actively. The program concluded with refreshments and a vote of thanks, appreciating the contributions of all participants.



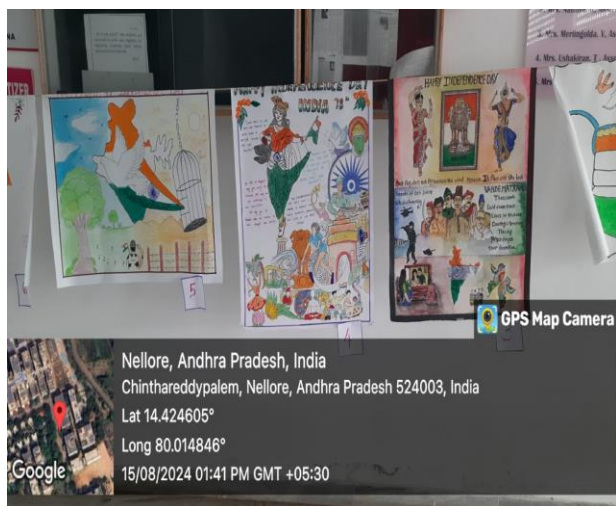
## 78th INDEPENDENCE DAY – 2024

### THEME: 'Viksit Bharat'

Narayana College of Nursing celebrated the 78th Independence Day with patriotic fervor on August 15, 2024. The event began with a flag hoisting ceremony by Dr. Srinivasulu Reddy, followed by cultural performances in the auditorium. Principal Dr. B. Vanaja Kumari welcomed the gathering, and Chief Guest Valluru Syam Prasad, a retired Indian Air Force veteran, highlighted the role of nurses in national service. A tree planting ceremony symbolized growth



and remembrance. Various competitions, including poster presentation, pencil drawing, and paper craft, were held, and winners were awarded by the chief guest. The first prize winners were Arathi M.V. (Paper Craft), Rama Sree (Pencil Drawing), and Athira B.S. (Poster Presentation). Cultural performances showcased students' talents, and the program concluded with the national anthem.







### Laws Related to Anti Ragging

The Anti-Ragging Week On 17.8.2024 at Narayana College of Nursing was organized by the NSS unit to promote a safe and respectful academic environment. The event began with a prayer song by students and a welcome address by Dr. B.Vanaja Kumari, Principal Narayana College of Nursing. Chief Guest M. Siva Parvathi from the Nellore Member of Bar counsel Association, along with faculty members, participated in the ceremonial lamp lighting. In her speech, M. Siva Parvathi emphasized the legal consequences and harmful impact of ragging. The principal and NSS Program Officer felicitated the chief guest for her valuable insights. The program concluded with a vote of thanks by NSS Program Officer S. Suchitra, followed by the National Anthem, reinforcing the commitment to an anti-ragging culture.





## PROTEST ON WOMEN SAFETY

On August 22, 2024, the NSS volunteers of Narayana College of Nursing, led by Program Officer Mrs. S.Suchitra participated in a protest at VRC Ground, Nellore, demanding justice for Dr. Moumitha, a pulmonologist from Kolkata, and raising awareness about women's safety. The event featured a powerful mime performance by medical students from Government Medical College, Nellore, highlighting the harsh realities faced by women. Doctors, local leaders, and lawyers delivered speeches condemning the violence and stressing the need for legal action and societal responsibility. A moving dance performance by medical students emphasized women's empowerment, followed by a candle-lighting ceremony in tribute to the victim. The protest concluded with a vote of thanks, recognizing the collective efforts in advocating for a safer society for women.





## NATIONAL SPORTS DAY RALLY

### Theme: Sport for the Promotion and Peaceful and Inclusive Societies

On August 29, 2024, the NSS Unit of Narayana College of Nursing organized a rally from A.C. Subbareddy Stadium to the RTC Bus Stand to commemorate National Sports Day, emphasizing the importance of sports and fitness. Led by NSS Program Officer Mrs. Anusha, 50 enthusiastic volunteers participated, spreading awareness about the role of sports in physical and mental well-being. The rally received positive public attention and media coverage, further amplifying its message. The event concluded with refreshments for the volunteers, acknowledging their active participation in promoting a healthy and active lifestyle.



## NSS DAY-2024

Narayana College of Nursing celebrated **NSS Day** on **24th September 2024** in a **virtual mode**, emphasizing the importance of selfless service and social responsibility. The event aimed to inspire students to actively engage in community service and recognize the dedication of NSS volunteers. The program commenced with a **welcome address by Mrs. S. Suchitra, NSS Program Officer**, who spoke about the significance of the National Service Scheme (NSS) in nurturing responsible individuals. She encouraged students to participate in social welfare activities despite the virtual setting. A **thought-provoking presentation was delivered by Dr. Adireddy Paradesi, Assistant Professor, Microbiology Department, Anantapur Government Medical College**. He discussed the impact of NSS on public health, community awareness, and leadership development. His insightful session motivated students to contribute to society through virtual and offline initiatives.

The event concluded with the **National Anthem**, fostering a sense of unity and patriotism among the participants. To appreciate the volunteers' enthusiasm, **e-certificates of participation** were issued. Special thanks to **Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing**, for her support in organizing the NSS Day 2024 celebration in virtual mode. Her encouragement contributed to the event's resounding success, reinforcing the spirit of service and volunteerism among students despite the digital setting.





### **SWACHHATA HI SEVA-2024**

As part of Mahatma Gandhi Jayanthi celebrations, the NSS Unit of Narayana College of Nursing organized a one-week Swachh Hi Seva program to promote cleanliness and environmental awareness. The event was successfully coordinated by NSS Programme Officer S. Suchitra with the active participation of 100 NSS volunteers, under the guidance of Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing.

#### **Activities Conducted**

Throughout the week, various cleanliness and awareness programs were carried out by the volunteers:

- Day 1: Cleaning program around the college premises and lawn.

- Day 2: Swachhta program at Mypadu Beach from 9:00 AM to 10:00 AM, where volunteers participated in beach cleaning and environmental conservation efforts.
- Day 3: Cleaning activity at the temple in Mungaladoruvu village, Nellore, focusing on maintaining the sanctity and hygiene of religious places.
- Day 4: Swachhata Rally at Mutyalathopu Palem, Nellore, from 10:00 AM to 11:00 AM, raising awareness about cleanliness and hygiene among the local community.
- Day 5: Plantation drive at the college garden, where volunteers planted saplings to promote greenery and environmental sustainability.

The program concluded with refreshments provided to all the volunteers, acknowledging their efforts and dedication towards the cause.

This initiative successfully instilled a sense of social responsibility and cleanliness among the participants, reflecting Gandhiji's vision of a clean and green India. The NSS Unit of Narayana College of Nursing remains committed to conducting more such impactful programs in the future.















### WORLD AIDS DAY 01-12-2024

On December 4, 2024, the Department of Community Health Nursing, in collaboration with the NSS Unit of Narayana College of Nursing, organized a rally and awareness program on World AIDS Day. The rally, starting from Narayana Rural Health Center, Venkatachalam, involved faculty, students, and health center staff promoting HIV/AIDS awareness. A formal program followed, with Dr. Vidhya Sagar as the chief guest, along with other dignitaries. Key activities included an AIDS prevention oath led by Mrs. Pratima Vuyyuru and certificate distribution for participants. The event concluded with the National Anthem, reinforcing unity in the fight against HIV/AIDS. The initiative successfully raised awareness and emphasized education, prevention, and care.



