



**NARAYANA**  
**COLLEGE OF NURSING**

Chinthareddypalem, Nellore - 524003, A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council  
Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com || e-mail: narayana\_nursing@yahoo.co.in



Ref no: NCON/ACD/05

Date: 22/09/2022

**CIRCULAR**

This is for your kind notice that, Department of **Medical Surgical Nursing** is conducting  
"World Heart Day" on 29/09/2022. All are faculties and students are invited to attend in the  
program and make it successful.

Theme: use your heart for every heart

Venue: super specialty block, NMCH

Time: 10am-1pm

Signature of HOD

HOD

Dept. of Medical Surgical Nursing  
**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003.



PRINCIPAL

Principal  
**NARAYANA COLLEGE OF NURSING**  
Chinthareddypalem,  
NELLORE - 524 003

Copy to:

1.IQAC

2.All HOD's and Faculty



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## WORLD HEART DAY

### PROGRAMME SCHEDULE

**Time: 10Am-1Pm**

**Date: 22.11.2022**

**Venue: Super Specialty First floor, NMCH**

S.NO	TIME	TOPIC	SPEAKER
1.	10am to 10.10am	Pre-test	Participants
2.	10.10 to 10.25am	Prayer song/welcome song	1 <sup>st</sup> year Msc(N)
3.	10.25to10 .30am	Welcome address	Prof.Latha.AMsc( N)
4.	10.30 to10.35am	Lamp lighting	Dignitaries
5.	10.35 to 11.00am	Introduction	Mrs.NSubhashiniMsc(N)
6.	11.00 to 12.00pm	PPT presentation on diabetes mellitus	2 <sup>nd</sup> year Msc(N) students
7.	12.00 to 12.25pm	Pamphlet's distribution	1 <sup>st</sup> year msc(N) students
8.	12.25 to 12.55pm	Post- test	Participants
9.	12.55 to 1.00 pm	Vote of thanks	2 <sup>nd</sup> year Msc( N)
National Anthem			

**SIGNATURE OF HOD**

**Ms.Latha.A**

HOD  
Dept. of Medical Surgical Nursing  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003.



**SIGNATURE OF THE PRINCIPAL**

**Dr.Indira.A**

Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003





# NARAYANA COLLEGE OF NURSING



**NARAYANA**  
COLLEGE OF NURSING

**Chinthareddypalem, Nellore.**

**Department of Medical Surgical Nursing**

**Theme: "Use Heart for Every Heart"**



**WORLD**  
**HEART**  
**DAY**

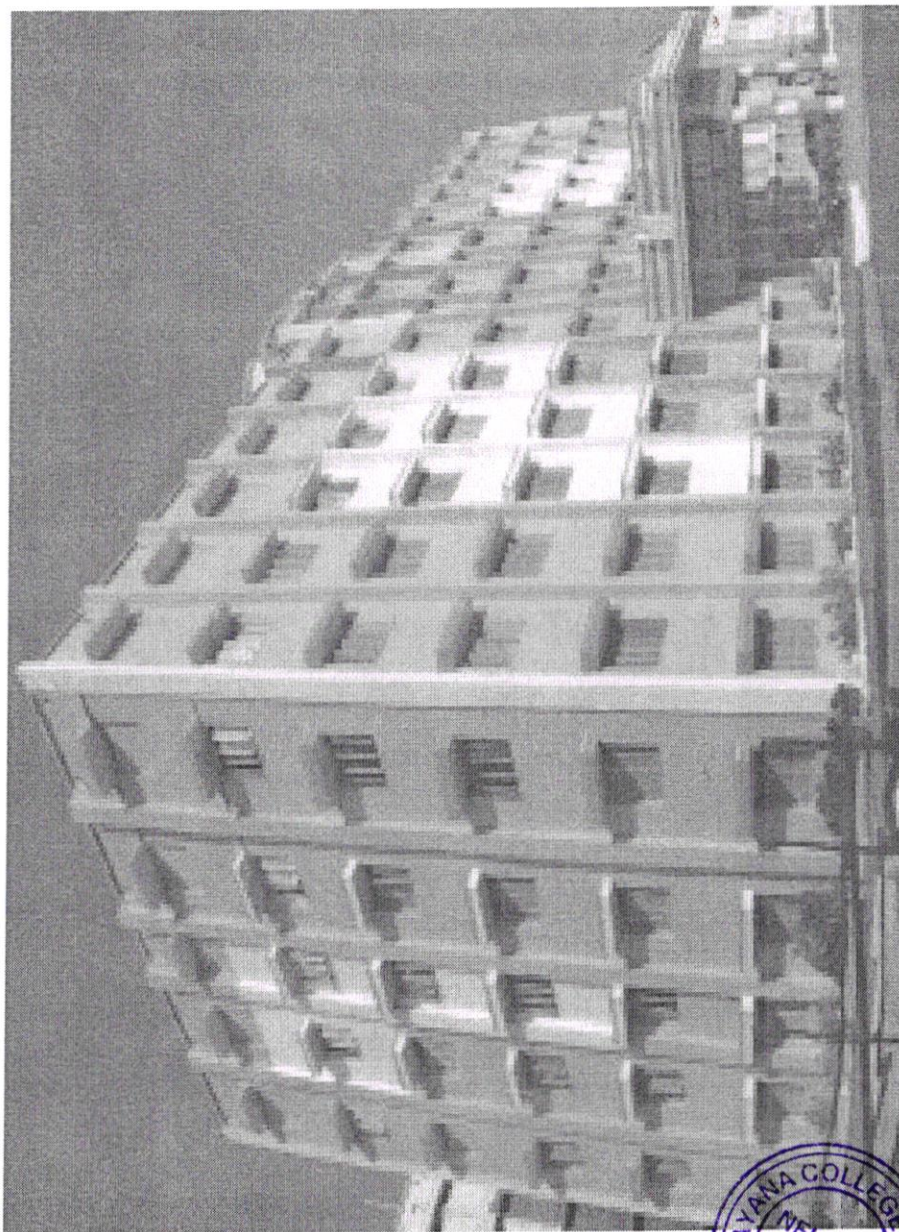


**Date: 29.09.2022 || Time: 10:00 am - 01:00 pm || Venue: 1<sup>st</sup> Floor Superspeciality Hospital, NMCH.**



*[Signature]*  
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## NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore.



**NARAYANA**  
COLLEGE OF NURSING



### *Invitation*

**Department of Medical Surgical Nursing**

**WORLD HEART DAY**

**THEME: USE HEART FOR EVERY HEART**



*Date : 29.Sep.2022*

*Time: 10:00 am - 01:00 pm*

*Venue: First Floor Superspeciality Hospital, NMCH.*

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NELLORE - 524 003



***Introduction - Dr. Indira. A***

*Principal,  
Narayana College of Nursing,  
Nellore.*

***- Prof. A. Latha***

*M.Sc (N), HOD, Dept. of MSN,  
Narayana College of Nursing,  
Nellore.*

***-:Agenda:-***

TIME	TOPIC	SPEAKER
10am to 10.10am	Pre-test	Participants
10.10 to 10.25am	Prayer song/welcome song	1st year M.Sc (N)
10.25to10.30am	Welcome address	Prof. Latha. A M.Sc(N)
10.30to10.35am	Lamp lighting	Dignitaries
10.35 to 11.00am	Introduction	Mrs. N. Subhashini M.Sc (N)
11.00 to 12.00pm	PPT presentation on cardio vascular system and their diseases	2 nd Year M.Sc (N) Students
12.00 to 12.25pm	Pamphlet's distribution	1st Year M.Sc (N) Students
12.25 to 12.50pm	Post - Test	Participants
12.50 to 12.55 pm	Vote of thanks	Mrs. N. Subhashini M.Sc (N)
12.55 to 01.00 pm	National Anthem	



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## DEPARTMENT OF MEDICAL SURGICAL NURSING


### REPORT ON WORLD HEART DAY

**DATE: 29.09.2022 TIME: 10:00 am– 01:00 pm**

**VENUE: FIRST FLOOR SUPER SPECIALITY HOSPITAL, NMCH  
NELLORE.**

Name of Department	<b>MEDICAL SURGICAL NURSING</b>
Title of the programme	WORLD HEART DAY
Theme	"USE HEART FOR EVERY HEART"
Date of activity organized	29.09.2022
Name of the coordinator of Activity	PROF A.LATHA M.sc (N)  Prof/HOD
Venue	First Floor Super specialty Hospital, NMCH ,Nellore
No. of participants	50 Patients
Objective of the Activity	To drive action to educate people by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity.
Outcome of the Activity	Created awareness about Functions of heart and to manage heart disorders.



  
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## WORLD HEART DAY

### THEME: USE HEART FOR EVERY HEART

Date: 29/09/2022

Time: 10am -1pm

Venue: First Floor Super specialty Hospital, NMCH

Department of Medical Surgical Nursing organized awareness programme on World Heart .**THEME: USE HEART FOR EVERY HEART.** Total 50 patients and their family members participated in the programme from cardiology ward. The programme started at 10:00 am with the prayer song and welcome song by 1<sup>st</sup> year M.sc Nursing students.


Prof, A. Latha, HOD of Medical Surgical Nursing Department welcome the participants and inaugurated the program along with Nursing Superintendent and Additional Nursing Superintendent. Welcome address given by Ms. Manasa MSc (N) II year student .

A pretest was conducted for all the participants. Mrs. K.Kantha, Associate Professor gave speech on heart functions, Problems, Dietary Approaches to Stop Hypertension. (DASH) and exercises for healthy heart function .

Ms. M. Manasa, M.Sc(N) II year student has explained regarding the diet "DOs" &"DON'T" to be followed to reduce the incidence of heart disease and Ms.k.Haripriya highlighted the risk factors and causes of heart diseases. Mrs. N. Subhashini, Associate professor discussed regarding the signs and symptoms and assessment of heart diseases. Ms.Neelima M.Sc(N) I year student displayed video about the exercises to prevent heart diseases. M.Sc(N) students involved in checking weight, height and blood pressure to all participants.

A post-test was conducted to all the participants after the session. Pamphlets were distributed to all participants. Ms.N. Subhashini gave vote of thanks and the program adjourned with National Anthem.



  
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## ANALYSIS:

Table 1: Frequency and Percentage Distribution of Level Of Knowledge On Heart Diseases Among All Participants. (n=50)

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Adequate knowledge	22	44%	30	60%
Moderately adequate knowledge	7	14%	18	36%
Inadequate knowledge	21	42%	2	4%
Total	50	100	50	100

The result showed that, among 50 participants, in pre-test, 22 (44%) had good knowledge 7 (14%) had medium knowledge 21 (42%) poor knowledge, Whereas in post-test, 30 (60%) had good knowledge 18 (36%) had medium knowledge 2 (4%) poor knowledge.

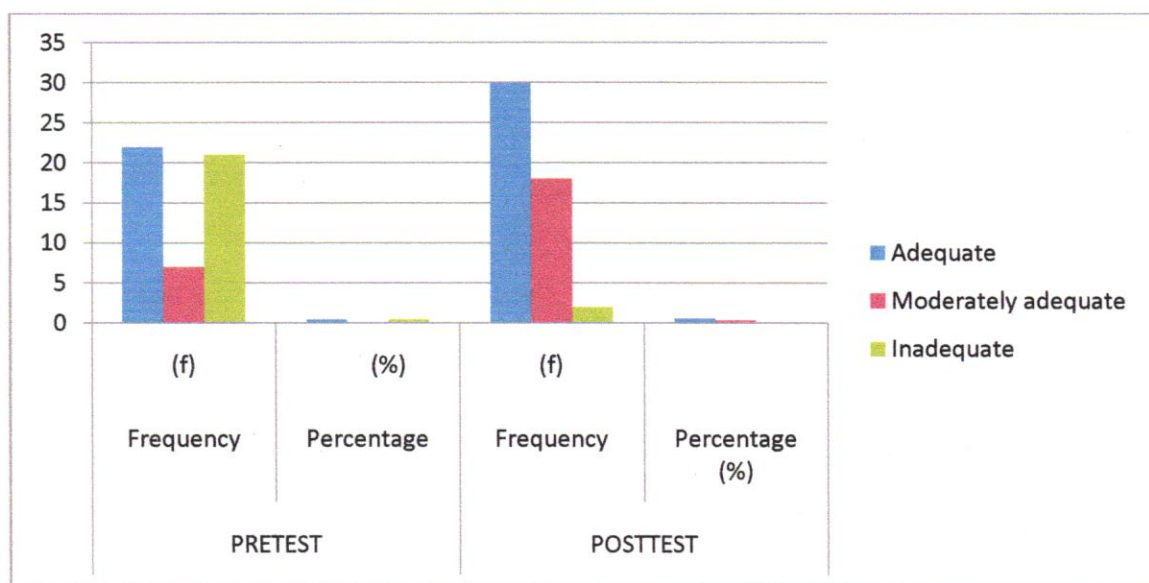


Fig. No 1: Percentage distribution of level of knowledge



*S. S. S.*  
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## PROGRAM OUTCOME

The program outcome is to encourage the participants to maintain healthy habits and also take various preventive measures to protect their heart by integrate and maintain healthy lifestyle.

Parameters checked	Male	Female	Total
Over Weight	2	5	7
High Blood pressure	6	5	11
Under treatment of hypertension	5	5	10
<b>Total patients</b>	<b>23</b>	<b>27</b>	<b>50</b>

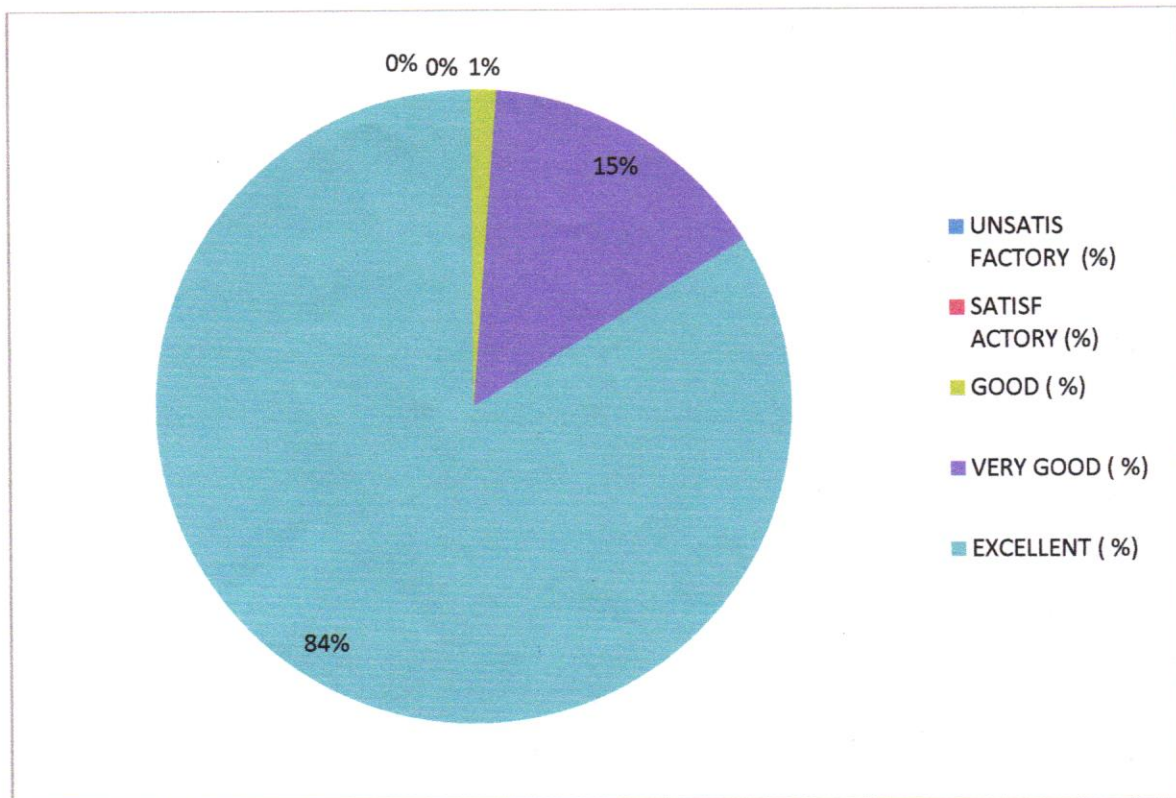
Table: 2 frequency and percentage distribution of feedback grades on World heart day program. N=50

FEED BACK		
FEED BACK	Frequency (f)	Percentage (%)
Unsatisfactory	0	0
Satisfactory	0	0
Good	1	2
Very good	7	14
Excellent	42	84

The feed back shows 84%excellent ,14%as very good and as good 2% and indicates that the program feedback grade is extremely good .



*Pd. i. s.*  
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**Figure :2 Feedback analysis.**

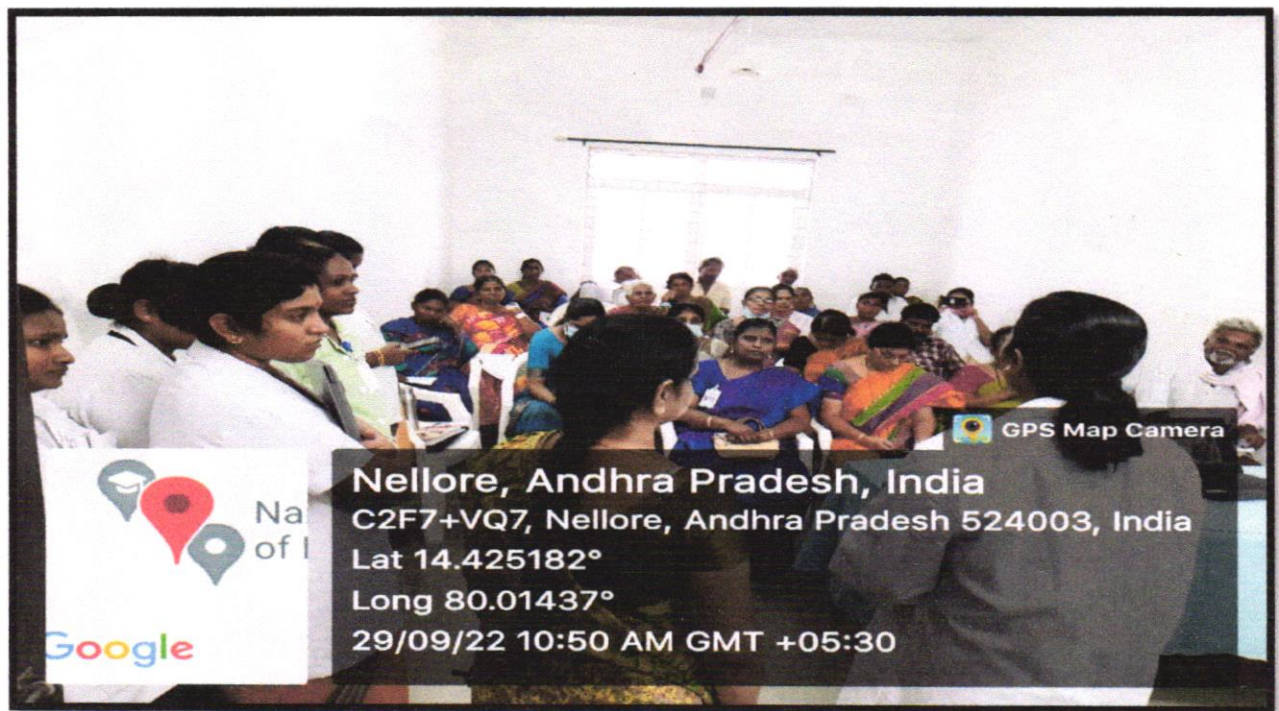
#### **FEED BACK SUGGESTIONS:**

➤ All participants appreciated the program and felt that the information shared in the program will help them in their day today activities.  
health awareness programs should be organized in a frequent interval. The knowledge should be parted amongst all.

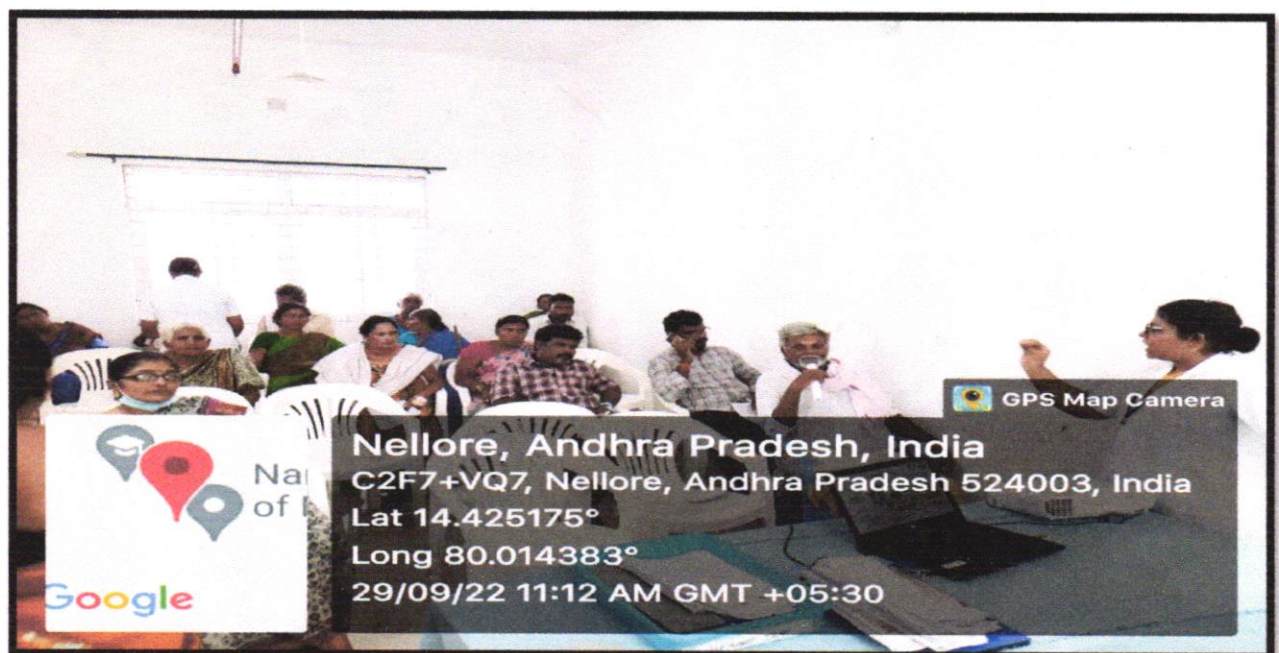


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**Figure :1 Presentation on heart functions, DASH and exercises for healthy heart function.**



**Figure:2 presentation regarding the diet “DOs” & “DON’T” to be followed to reduce the incidence of heart disease.**



*J. S. S.*  
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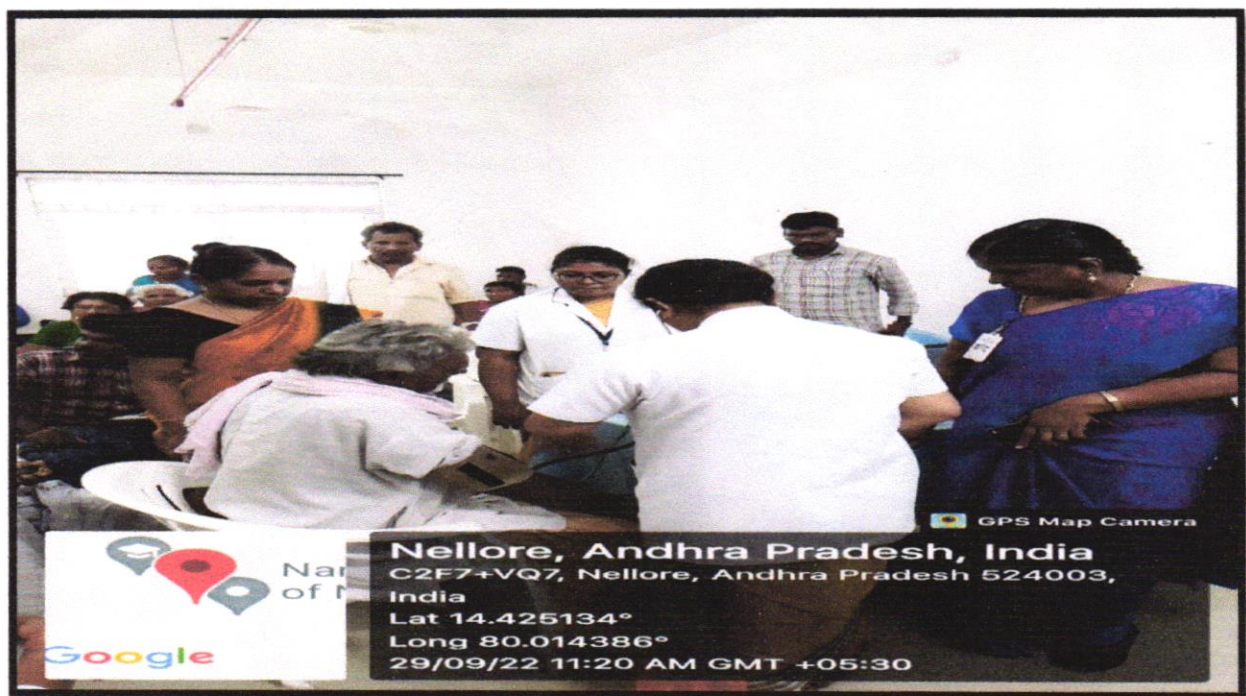


Figure: 3 Blood Pressure Monitoring

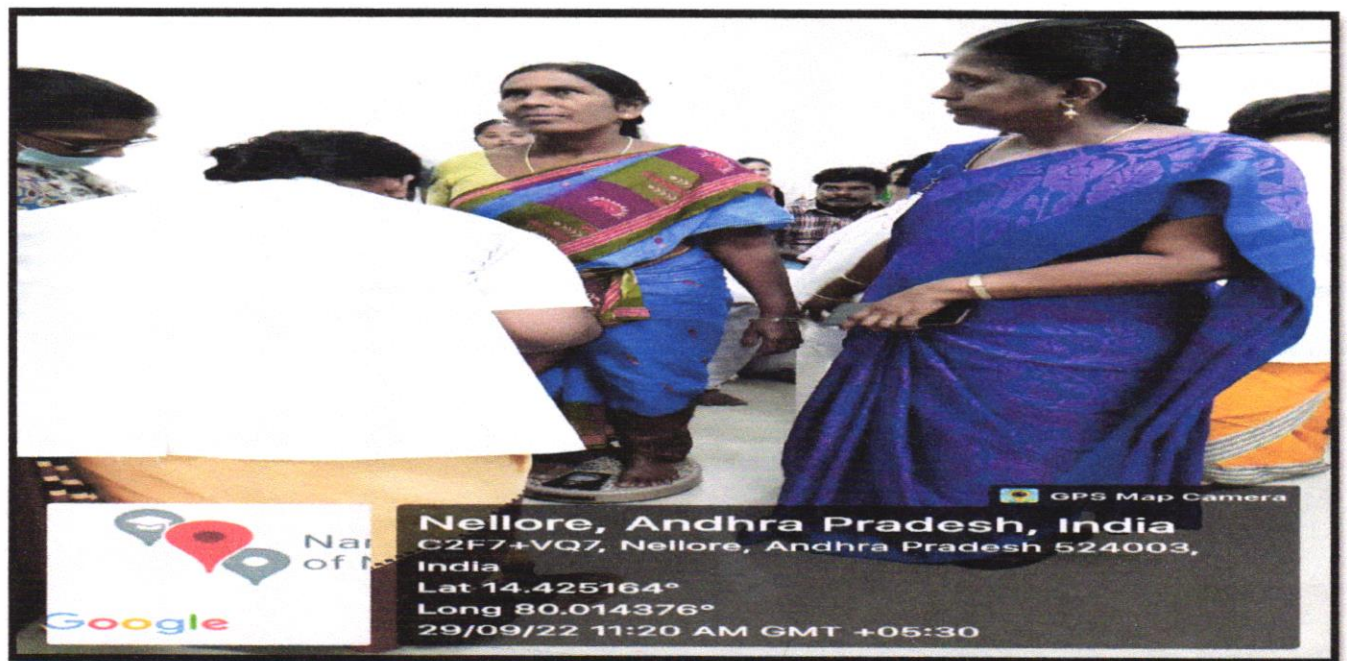


Figure: 4 weight checking

*[Handwritten Signature]*

Signature of HOD

IQAC COORDINATOR  
NARAYANA COLLEGE OF NURSING  
CHINTHAREDDYPALEM  
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*[Handwritten Signature]*  
Signature of principal

Principal  
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NARAYANA COLLEGE OF NURSING  
CHINTHAREDDYPALEM, NELLORE  
WORLD HEART DAY



మద్యపానం చేయరాదు



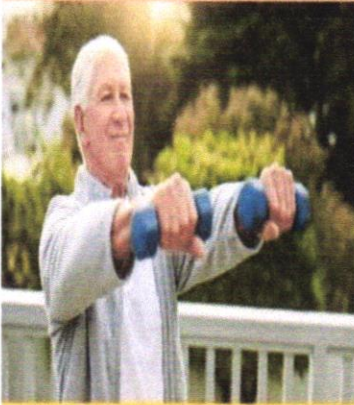
తాజా కూరగాయలు తీసుకోవాలి



Stop Smoking

దూమపానం చేయరాదు

జీవన శైలి మార్పులు



ప్రతిరోజు వ్యాయామం




వారానికి 150 నిమిషాలు



భరువు తగాలి



  
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## DEPARTMENT OF MEDICAL SURGICAL NURSING

### WORLD HEART DAY 2022

VENUE-1<sup>ST</sup> FLOOR SUPER SPECIALITY HOSPITAL, NMCH

Date: 29/9/2022

Time: 10am-1pm

### ATTENDANCE OF PARTICIPANTS

SL.NO	NAME OF THE PARTICIPANTS	SIGNATURE OF THE PARTICIPANTS
1.	K. Lakshmanamma	K. Lakshmanamma
2.	K. Panchabaliah	K. Panchabaliah
3.	P. Venkataswami	P. Venkataswami
4.	N. Ravanamma	N. Ravanamma
5.	S. Rathamma	S. Rathamma
6.	S. Seenaiah	S. Seenaiah
7.	P. Kondamma	P. Kondamma
8.	M. Paelamma	M. Paelamma
9.	S. Manayannamma	S. Manayannamma
10.	G. Selpchana	G. Selpchana
11.	C. Malliswaramma	C. Malliswaramma
12.	Ch. Eswaramma	Ch. Eswaramma
13.	N. Mammatha	N. Mammatha
14.	S. Pademini	S. Pademini
15.	N. Kanthamma	N. Kanthamma
16.	S. Subamma	S. Subamma
17.	N. Allirellu	N. Allirellu
18.	T. Kamini	T. Kamini
19.	N. Manasa	N. Manasa
20.	N. Lakshma	N. Lakshma
21.	B. Vijaya thulasi	B. Vijaya thulasi
22.	S. Sathya	S. Sathya
23.	S. Sathya	S. Sathya



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24	Seshureddy	P. 31
25	Malleshwariamma	LH 523 200 003
26	S. Panchiliaya	S. 2025 003
27	Bhaswarajy	P. 2025 003
28	K. Neelima Devi	(20)
29	N. Lakshmi	N. Lakshmi
30	Haripriya	K. Haripriya
31	K. Venkata Sarathy	out
32	G. Ramahamma	Ram
33	K. Ramanaiah	Ram
34	P. Ankamma	P. Ankamma
35	D. Phanalakshmi	N. 2025 003
36	M. varakumari	CH. 2025 003
37	CH. Veeramma	Haripriya
38	N. Muthaiah	N. Muthaiah
39	J. Prabhakar	J. Prabhakar
40	A. Prasad	A. Prasad
41	P. Lakshmi Kumari	P. 2025 003
42	L. Ramakumari	L. 2025 003
43	P. DEVI	P. 2025 003
44	S. Devamma	S. 2025 003
45	S. Rukmini	S. Rukmini
46	P. Venkajiah	P. Venkajiah
47	N. Rani	N. 2025 003
48	J. Govatham	J. 2025 003
49	K. Padmavathi	K. 2025 003
50	N. Nagarani	N. 2025 003



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