

EXTENSION ACTIVITY REPORTS



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: https://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 last five years

S No	Academic Year	Number of extension and outreach Activities carried out
1.	2023-24	51
2.	2022-23	51
3.	2021-22	48
4.	2020-21	13
5.	2019-20	09
TOTAL		172

Dr. Babu
Principal

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

2023-2024



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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**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 2023-24**

Year	Name of the activity
2023-24	Information Campaigns on Brain Tumours
2023-24	Elder Protection Awareness Campaign
2023-24	Yoga Practice Promotion
2023-24	Substance abuse prevention
2023-24	ORS Education and Supply Initiative
2023-24	Plastic Reduction Awareness Campaign
2023-24	Promoting Small Family Benefits
2023-24	Youth Empowerment Competitions
2023-24	Support for Viral Hepatitis Awareness
2023-24	Breastfeeding Promotion Campaign
2023-24	High Blood Pressure Outreach Activity
2023-24	Eye Donation Awareness Campaign
2023-24	Food and Nutrition Education
2023-24	First Aid and Emergency Response Training
2023-24	Public Information Campaign on Suicide Prevention
2023-24	Public Awareness for Alzheimer's Care
2023-24	Deaf Awareness Initiative

Dr. B. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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2023-24	Support for Rabies Awareness
2023-24	Education on Heart Disease Prevention
2023-24	Cerebral Palsy Awareness Campaign
2023-24	Raising Awareness about Mental Health
2023-24	Hand Washing Education Campaign
2023-24	Promoting Breast Cancer Education
2023-24	Polio Health Awareness Campaign
2023-24	Raising Awareness about Oral Care
2023-24	Pneumonia Awareness Poster Campaign
2023-24	Foot Care Awareness Initiative for Diabetes
2023-24	Kidney Health Education Event
2023-24	Health Awareness programme on Sexually transmitted diseases (STIs)
2023-24	Health awareness in the community regarding dehydration
2023-24	AIDS Awareness Rally
2023-24	Environmental Awareness
2023-24	Health awareness on Geriatric illnesses
2023-24	Road Safety and School children
2023-24	National Youth Day
2023-24	Awareness on Consequences of Smoking and Its Cessation
2023-24	A better future for every child
2023-24	Cancer Education Campaign
2023-24	Deworming Tablet Distribution Initiative

Dr. Reddy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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2023-24	Health awareness in Children
2023-24	Organ Donation Rally Yuva Diwas
2023-24	Pulse polio immunization program
2023-24	Raising Awareness about Kidney Health
2023-24	Oral Health and Wellness Outreach
2023-24	Promoting TB Education
2023-24	Extended Bipolar Care Program
2023-24	Outreach for Health Awareness
2023-24	Sunstroke Prevention
2023-24	Women's Health Issues
2023-24	Public Health Campaign on Pollution Control
2023-24	Education on the Impact of Tobacco Use
TOTAL – 51	

Dr. S. Chinnji
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Information Campaigns on Brain Tumors

The NSS Unit of Narayana College of Nursing organized an "Information Campaign on Brain Tumors" on June 8, 2023, at Kamakshi Nagar. This initiative aimed to raise awareness about brain tumors, promote ongoing research, and provide support to individuals affected by the disease. Faculty members and third-year students actively participated, engaging the community through informative sessions, discussions, and educational materials. The program highlighted the importance of early detection, treatment options, and the psychological impact of brain tumors on patients and families. By fostering awareness and encouraging dialogue, the event aimed to empower the community and enhance understanding of this critical health issue. 40 participants and 22 village peoples are benefited through this program.



Information Campaigns on Brain Tumors, Kamakshi Nagar on 8 June 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.



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Promoting Small Family Benefits

The NSS Unit of Narayana College of Nursing organized an event on "Promoting Small Family Benefits" on July 12, 2023, at Saraswathi Nagar. This initiative aimed to highlight the advantages of maintaining smaller families, such as allowing parents to dedicate more time and resources to their children and personal pursuits, including careers, friendships, and leisure activities. Faculty members and first-semester students actively participated, engaging the community through informative sessions, discussions, and sharing success stories. The program emphasized the importance of family planning and its positive impact on overall quality of life. By fostering awareness, the event aimed to empower individuals to make informed decisions that enhance their well-being and family dynamics. 74 participants and 30 village peoples are benefited through this program



Awareness on Promoting Small Family Benefits, Saraswathi Nagar on 12 July 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anurag
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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Youth Empowerment Competitions

The NSS Unit of Narayana College of Nursing organized "Youth Empowerment Competitions" on July 15, 2023, at Venkatachalam. This initiative aimed to empower young people by recognizing their potential to drive social change and development. Faculty members and Post Basic BSc Nursing students actively participated, engaging in various competitions designed to showcase skills, creativity, and leadership. The event included debates, creative presentations, and teamwork challenges that encouraged participants to express their ideas and solutions to social issues. By fostering an environment of collaboration and innovation, the program aimed to inspire youth to take active roles in their communities and contribute positively to society. 21 participants and 25 village peoples are benefited through this program



Awareness on Youth Empowerment Competitions, Venkatachalam on 15 July 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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website: <https://www.narayanannursingcollege.com>



Elder Protection Awareness Campaign

The NSS Unit of Narayana College of Nursing organized an "Elder Protection Awareness Campaign" on June 15, 2023, at Venkatachalam. This initiative aimed to implement comprehensive strategies to build community awareness and foster a culture of vigilance and support for the elderly. Faculty members and fourth-year students actively participated, engaging the community through informative sessions, discussions, and resource distribution focused on the rights and protection of older adults. The program highlighted the importance of recognizing signs of abuse and neglect, encouraging community members to advocate for the safety and well-being of seniors. By promoting awareness and encouraging proactive support, the event aimed to create a more compassionate and protective environment for the elderly. 45 participants and 32 village peoples are benefited through this program.



Awareness on Elder Protection Awareness Campaign, Venkatachalam on 15 June 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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website: <https://www.narayanannursingcollege.com>



Yoga Practice Promotion

The NSS Unit of Narayana College of Nursing organized a "Yoga Practice Promotion" event on June 21, 2023, at Kakatur, in celebration of International Yoga Day. This initiative aimed to raise awareness of the numerous benefits of practicing yoga for physical, mental, and emotional well-being. Faculty members and first-semester students actively participated, engaging the community through yoga demonstrations, interactive sessions, and discussions about the positive impacts of regular practice. The program emphasized the importance of integrating yoga into daily routines to enhance health and reduce stress. By promoting mindfulness and physical fitness, the event aimed to inspire individuals to adopt yoga as a holistic approach to wellness. 30 participants and 24 village peoples are benefited through this program.



Awareness on Yoga Practice Promotion, Kakatur on 21 June 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

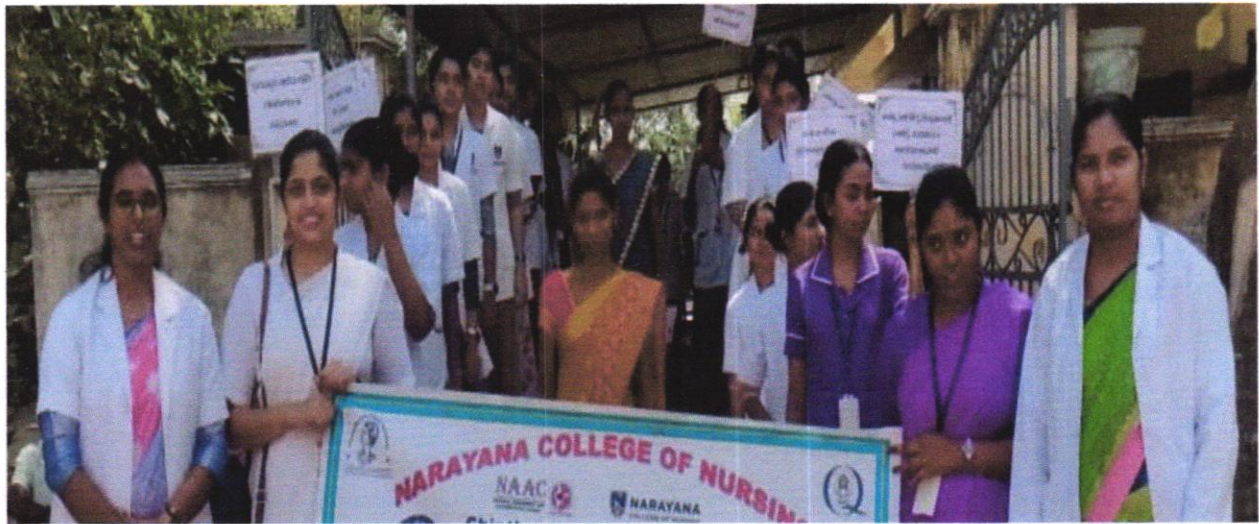
e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Substance abuse prevention

The NSS Unit of Narayana College of Nursing organized a "Substance Abuse Prevention" event on June 26, 2023, at Venkatachalam. This initiative aimed to increase awareness among students about the dangers and consequences of drug abuse. Faculty members and fourth-year students actively participated, engaging the community through informative sessions, discussions, and interactive activities that highlighted the health, social, and legal repercussions of substance use. The program emphasized the importance of making informed choices and provided resources for support and prevention. By fostering open dialogue and encouraging healthy lifestyle choices, the event aimed to empower students to resist substance abuse and promote a healthier community. 50 participants and 31 village peoples are benefited through this program.



Awareness on Substance abuse prevention, Venkatachalam on 26 June 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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website: <https://www.narayanannursingcollege.com>



ORS Education and Supply Initiative

The NSS Unit of Narayana College of Nursing organized an "ORS Education and Supply Initiative" on June 29, 2023, at Dakkilivari Palem. This initiative aimed to achieve zero child deaths due to childhood diarrhea by raising awareness about the importance of Oral Rehydration Solution (ORS) and its effective use. Faculty members and third-semester students actively participated, engaging the community through educational sessions on the causes, symptoms, and prevention of diarrhea. The program included the distribution of ORS packets and demonstrations on how to prepare and administer the solution properly. By promoting knowledge and accessibility, the event aimed to empower families to safeguard their children's health and reduce the incidence of dehydration-related complications. 20 participants and 19 village peoples are benefited through this program



ORS Education and Supply Initiative, Dakkilivari Palem on 29 June 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

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website: <https://www.narayanannursingcollege.com>



Plastic Reduction Awareness Campaign

The NSS Unit of Narayana College of Nursing organized a "Plastic Reduction Awareness Campaign" on July 2, 2023, at Kamakshi Nagar. This initiative aimed to introduce and encourage the adoption of sustainable alternatives to single-use plastics. Faculty members and first- and second-year MSc students actively participated, engaging the community through informative sessions, discussions, and demonstrations of eco-friendly products. The program highlighted the environmental impact of plastic waste and provided practical tips for reducing plastic consumption in daily life. By promoting awareness and encouraging sustainable practices, the event aimed to inspire individuals to take action for a healthier planet and foster a culture of environmental responsibility. 14 participants and 19 village peoples are benefited through this program



Plastic Reduction Awareness Campaign, Kamakshi Nagar on 2 July 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Support for Viral Hepatitis Awareness

The NSS Unit of Narayana College of Nursing organized a "Support for Viral Hepatitis Awareness" event on July 28, 2023, at Kakatur. This initiative aimed to raise awareness about viral hepatitis, enhance understanding of its impact, and promote actions for prevention, diagnosis, and treatment. Faculty members and second-year Post Basic BSc Nursing students actively participated, engaging the community through informative sessions, discussions, and distribution of educational materials. The program emphasized the importance of vaccination, safe practices, and regular health check-ups. By fostering awareness and encouraging proactive health measures, the event aimed to empower individuals to protect themselves and their communities from the risks associated with viral hepatitis. 26 participants and 20 village peoples are benefited through this program



Awareness on Support for Viral Hepatitis Awareness, Kakatur on 28 July 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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website: <https://www.narayanannursingcollege.com>



Breastfeeding Promotion Campaign

The NSS Unit of Narayana College of Nursing, in collaboration with the Obstetrics & Gynecological Nursing and Child Health Nursing departments, organized a "Breastfeeding Promotion Campaign" from August 1 to August 5, 2023, at Kamakshi Nagar. This initiative aimed to support mothers through peer groups, promoting and establishing breastfeeding while informing families about its numerous benefits. Faculty members and third-year students actively participated in the campaign, engaging the community through informative sessions, workshops, and discussions on the importance of breastfeeding and peer counseling. The program emphasized the positive impact of breastfeeding on maternal and child health, aiming to empower mothers and enhance community support for breastfeeding practices. 75 participants and 30 village peoples are benefited through this program



Awareness on Breastfeeding Promotion Campaign, Kamakshi Nagar from 1 Aug 2023 to 5 Aug 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

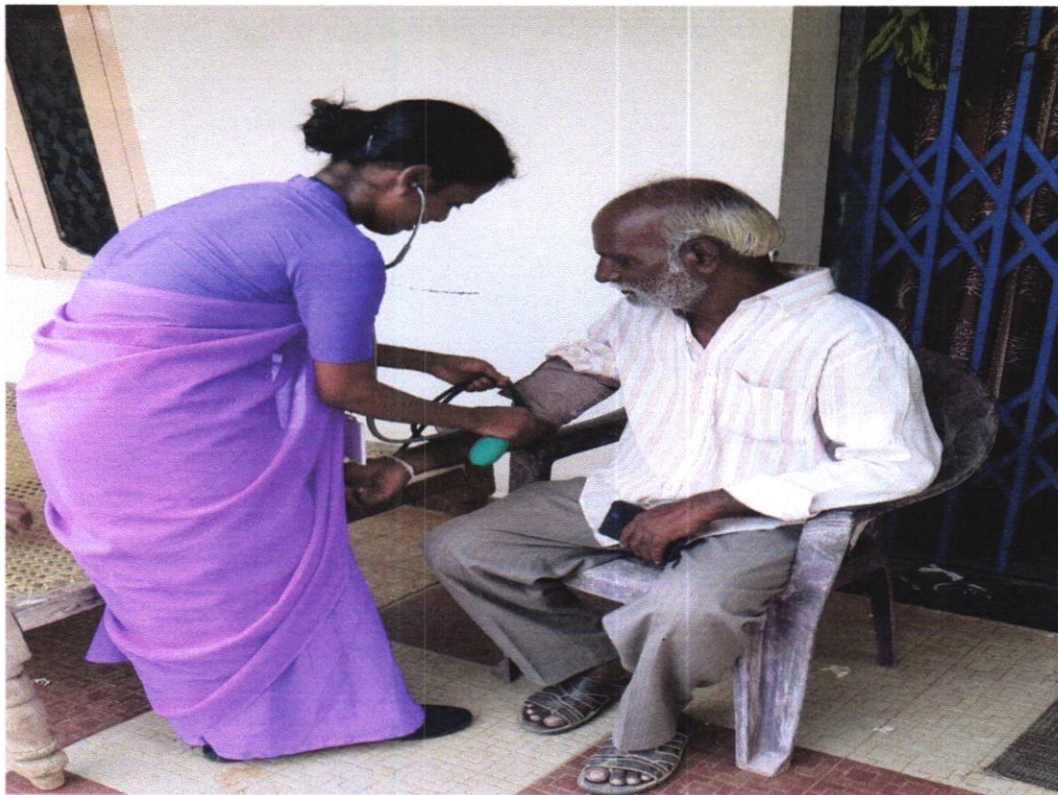
Dy. B. Chamy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



High Blood Pressure Outreach Activity

The NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized a "High Blood Pressure Outreach Activity" on August 14, 2023, at Venkatachalam. This initiative aimed to raise awareness about hypertension, promote regular blood pressure monitoring, and provide educational resources for managing and preventing high blood pressure. Faculty members and first- and second-year Post Basic BSc Nursing students actively participated, engaging the local community through informational sessions, health screenings, and discussions on lifestyle changes and dietary recommendations. The program emphasized the importance of awareness and proactive health management, empowering individuals to take charge of their cardiovascular health for better overall well-being. 47 participants and 30 village peoples are benefited through this program



Awareness on High Blood Pressure Outreach Activity, Venkatachalam on 14 Aug 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.



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

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website: <https://www.narayanannursingcollege.com>

Eye Donation Awareness Campaign

The NSS Unit of Narayana College of Nursing organized an "Eye Donation Awareness Campaign" on August 27, 2023, at Saraswathi Nagar. This initiative aimed to educate the community about the importance of eye donation, dispel common myths, and encourage individuals to consider donating their eyes after death. Faculty members and third-semester students actively participated, engaging the public through informative sessions, discussions, and the distribution of educational materials. The program highlighted the significant impact of eye donation on restoring vision for those in need and aimed to foster a sense of community responsibility. By raising awareness and promoting dialogue, the campaign sought to inspire more individuals to contribute to this noble cause. 17 participants and 20 village peoples are benefited through this program



Awareness on Eye Donation Awareness Campaign, Saraswathi Nagar on 27 Aug 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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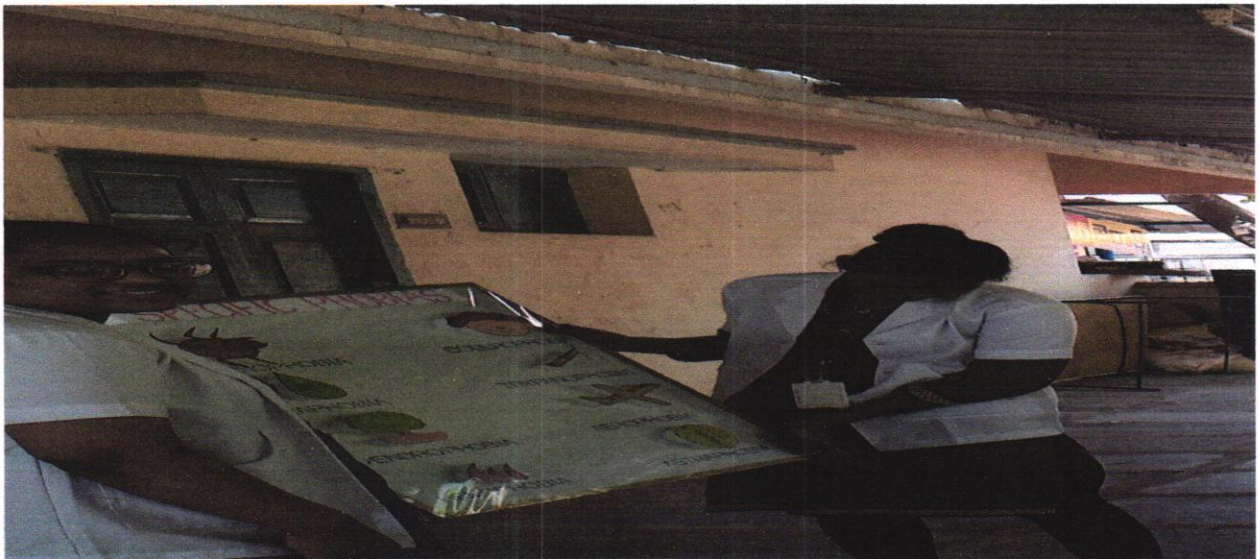
e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Food and Nutrition Education

The NSS Unit of Narayana College of Nursing organized "Food and Nutrition Education" activities from September 1 to September 7, 2023, at T P Gudur. This initiative aimed to raise awareness about the benefits of a balanced diet, combat malnutrition, and promote healthier lifestyles within the community. Faculty members and first- and second-year MSc students actively participated, engaging in informative sessions, workshops, and interactive discussions on nutrition, meal planning, and healthy eating habits. The program also included demonstrations of nutritious recipes and tips for incorporating more whole foods into daily diets. By fostering understanding and encouraging positive dietary changes, the event aimed to empower individuals to make informed food choices for improved health and well-being. 17 participants and 20 village peoples are benefited through this program



Awareness on Food and Nutrition Education, T P Gudur from 1 Sep 2023 to 7 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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First Aid and Emergency Response Training

The NSS Unit of Narayana College of Nursing organized a "First Aid and Emergency Response Training" event on September 8, 2023, at Kamakshi Nagar. This initiative aimed to equip participants with essential skills to provide urgent care for injuries and illnesses. Faculty members and first-semester students actively participated, engaging in hands-on training sessions covering basic first aid techniques, CPR, and emergency response protocols. The program emphasized the importance of prompt and effective action in emergency situations, empowering participants to respond confidently and competently. By fostering awareness and practical skills, the training aimed to enhance community safety and preparedness in handling medical emergencies. 47 participants and 29 village peoples are benefited through this program



Awareness on First Aid and Emergency Response Training, Kamakshi Nagar on 8 Sep

2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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website: <https://www.narayanannursingcollege.com>



Public Information Campaign on Suicide Prevention

The NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized a "Public Information Campaign on Suicide Prevention" on September 9, 2023, at Kakatur. The initiative aimed to raise awareness about reducing stigma and encouraging open conversations about mental health to prevent suicides. Faculty members and third-year students actively engaged with the community through informative sessions and discussions. Educational materials were distributed to help individuals recognize warning signs and offer support. The program emphasized the importance of mental health awareness and creating a safe environment for seeking help. By fostering dialogue and understanding, the campaign aimed to empower individuals to take proactive steps in suicide prevention. 60 participants and 32 village peoples are benefited through this program



Public Information Campaign on Suicide Prevention, Kakatur on 9 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. S. Srinivas
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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Public Awareness for Alzheimer's Care

The NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized a "Public Awareness for Alzheimer's Care" event on September 21, 2023, at T P Gudur. This initiative aimed to raise awareness about Alzheimer's disease, focusing on the importance of reducing stigma and encouraging open conversations about the condition. Faculty members and third-semester students actively participated, engaging the community through informative sessions and discussions on caregiving strategies and support resources. The program emphasized the need for compassion and understanding toward individuals affected by Alzheimer's, aiming to empower caregivers and families. By fostering awareness and dialogue, the event sought to create a supportive environment for those impacted by the disease. 50 participants and 25 village peoples are benefited through this program



Public Awareness for Alzheimer's Care, T P Gudur on 21 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Deaf Awareness Initiative

The NSS Unit of Narayana College of Nursing organized a "Deaf Awareness Initiative" on September 23, 2023, at Venkatachalam. This event aimed to promote knowledge and understanding about the Deaf community while breaking down barriers between Deaf and hearing individuals. Faculty members and first- and second-year Post Basic BSc students actively participated, engaging the community through informative sessions, discussions, and demonstrations of basic sign language. The program emphasized the importance of inclusivity and effective communication, fostering empathy and respect for the Deaf community. By raising awareness and encouraging dialogue, the initiative sought to create a more inclusive environment for everyone. 33 participants and 20 village peoples are benefited through this program



Deaf Awareness Initiative, Venkatachalam on 23 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Reddy
Principal
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Support for Rabies Awareness

On September 27, 2023, the NSS Unit of Narayana College of Nursing organized a "Support for Rabies Awareness" program at Kamakshi Nagar. The event aimed to empower the community with knowledge about rabies prevention and the importance of seeking timely medical care. Faculty members and IV-year nursing students played an active role in the initiative, engaging with local residents through informative sessions and distribution of educational materials. Participants learned about the symptoms of rabies, vaccination protocols, and proper wound care. The program fostered a sense of responsibility towards public health and encouraged proactive measures against rabies. Feedback from attendees indicated increased awareness and appreciation for the initiative. Overall, the event was a successful step towards community health education. 25 participants and 18 village peoples are benefited through this program



Support for Rabies Awareness, Kamakshi Nagar on 27 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

N. B. Anu
Principal
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Education on Heart Disease Prevention

On September 29, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, will organize an "Education on Heart Disease Prevention" program at Saraswathi Nagar. This initiative aims to encourage and empower individuals to take responsibility for their heart health. All faculty members and III-year nursing students are expected to actively participate in the event, which will include informative sessions on risk factors, prevention strategies, and the importance of a healthy lifestyle. Attendees will engage in interactive discussions and receive educational materials to enhance their understanding. This program is a vital step toward fostering community awareness and promoting better heart health practices. 29 participants and 15 village peoples are benefited through this program



Education on Heart Disease Prevention, Saraswathi Nagar on 29 Sep 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Cerebral Palsy Awareness Campaign

On October 6, 2023, the NSS Unit of Narayana College of Nursing will organize a "Cerebral Palsy Awareness Campaign" at Dakkilivari Palem. The campaign aims to advocate for positive changes in education programs, healthcare systems, and the job market to create more opportunities for individuals living with cerebral palsy. All faculty members and first-semester nursing students are encouraged to actively participate in this important initiative. The program will include informative sessions, interactive discussions, and the distribution of educational materials to raise awareness and promote inclusivity. By engaging the community, the campaign seeks to foster understanding and support for those affected by this disability. 29 participants and 15 village peoples are benefited through this program



Cerebral Palsy Awareness Campaign, Dakkilivari Palem on 6 Oct 2023

NSS Program Officer

Dr. B. Srinivas
Principal

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Raising Awareness about Mental Health

On October 10, 2023, the NSS Unit of Narayana College of Nursing will organize a program to raise awareness about mental health at Venkatachalam. The initiative aims to reduce the stigma surrounding mental illness and mental health conditions by sharing personal experiences and fostering open discussions. All faculty members and third-semester nursing students are encouraged to actively participate in this impactful event. The program will include informative sessions, personal testimonies, and interactive activities designed to promote understanding and support for mental health issues. By engaging the community, the event seeks to create a more inclusive environment that prioritizes mental well-being. 28 participants and 19 village peoples are benefited through this program



Raising Awareness about Mental Health, Venkatachalam on 10 Oct 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Hand Washing Education Campaign

On October 14, 2023, the NSS Unit of Narayana College of Nursing will host a Hand Washing Education Campaign at Kakatur. This initiative aims to promote the importance of hand washing in improving overall health outcomes and reducing unnecessary deaths, particularly among vulnerable populations, including children under five. All faculty members and IV-year nursing students are encouraged to actively participate in this essential program. The event will feature demonstrations, informative sessions, and the distribution of educational materials to engage the community. By raising awareness about proper hand hygiene, the campaign seeks to foster healthier practices and contribute to the well-being of the community. 30 participants and 20 village peoples are benefited through this program



Hand Washing Education Campaign, Kakatur on 14 Oct 2023

S. D.

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anurag
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Polio Health Awareness Campaign

On October 21, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Community Health Nursing departments, will conduct a Polio Health Awareness Campaign at T P Gudur. This initiative aims to eliminate poliomyelitis (polio) in India by promoting vaccination for all children under five years old against the polio virus. All faculty members and first- and second-year MSc students are encouraged to actively participate in this crucial program. The campaign will include informative sessions, vaccination drives, and community engagement activities to raise awareness about the importance of polio prevention. By fostering understanding and encouraging vaccinations, the program seeks to contribute significantly to the fight against polio in the region. 14 participants and 30 village peoples are benefited through this program



Polio Health Awareness Campaign, T P Gudur on 21 Oct 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

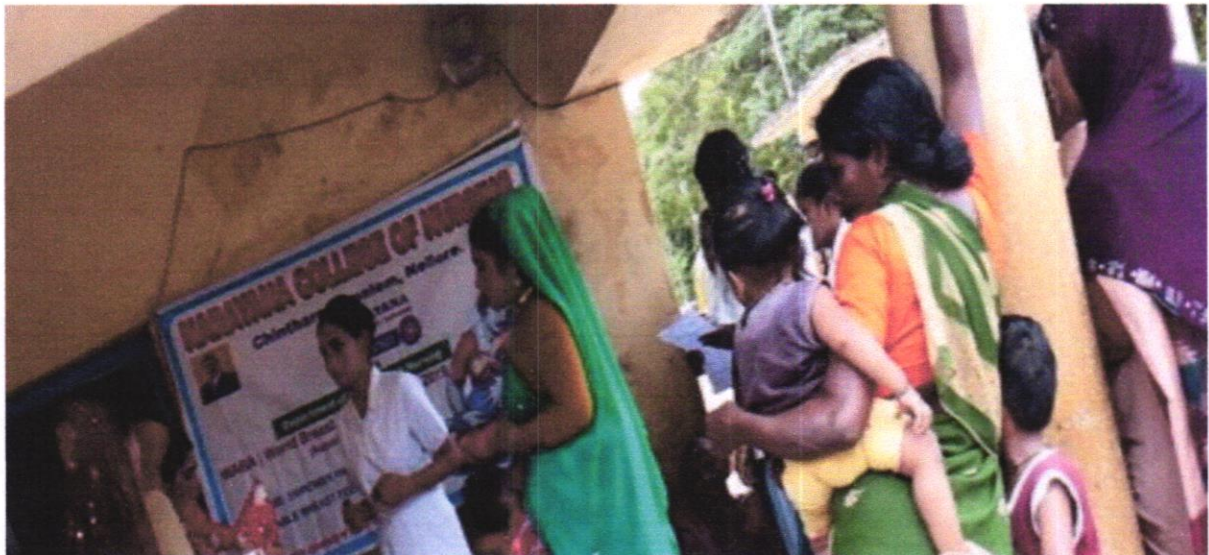
e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Promoting Breast Cancer Education

On October 18, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical & Gynecological Nursing departments, will organize a program to promote breast cancer education at T P Gudur. This initiative aims to increase awareness and reduce the stigma associated with the symptoms and treatment of breast cancer. All faculty members and first- and second-year PB BSc students are encouraged to actively participate in this important program. The event will feature informative sessions, discussions on early detection, and resources for support and treatment. By engaging the community, the program seeks to empower individuals with knowledge and foster a supportive environment for those affected by breast cancer. 32 participants and 20 village peoples are benefited through this program



Promoting Breast Cancer Education, T P Gudur on 18 Oct 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Raising Awareness about Oral Care

On November 1, 2023, the NSS Unit of Narayana College of Nursing will organize a program to raise awareness about oral care at Venkatachalam. This initiative aims to highlight the importance of maintaining good dental hygiene for healthy teeth and gums. All faculty members and third-year nursing students are encouraged to actively participate in this informative event. The program will include educational sessions on proper brushing techniques, the importance of regular dental check-ups, and tips for maintaining oral health. By engaging the community, the event seeks to promote better oral care practices and improve overall health outcomes. 52 participants and 35 village peoples are benefited through this program



Raising Awareness about Oral Care, Venkatachalam on 1 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. B. Anji
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Pneumonia Awareness Poster Campaign

On November 11, 2023, the NSS Unit of Narayana College of Nursing will host a Pneumonia Awareness Poster Campaign at Dakkilivari Palem. This initiative aims to raise public awareness about pneumonia, a significant health crisis, and encourage policymakers and grassroots organizers to take action against the disease. All faculty members and third-semester nursing students are invited to actively participate in this important campaign. The event will feature informative posters, discussions on prevention strategies, and insights into the impact of pneumonia on health. By engaging the community, the campaign seeks to foster understanding and prompt collective efforts to combat pneumonia effectively. 74 participants and 25 village peoples are benefited through this program



Pneumonia Awareness Poster Campaign, Dakkilivari Palem on 11 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

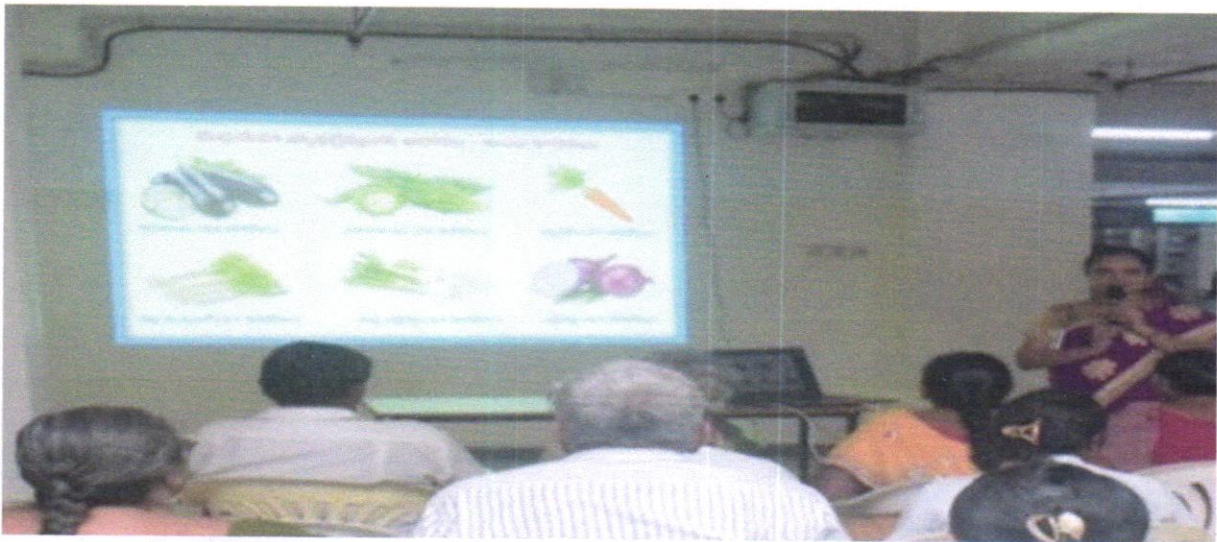
e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Foot Care Awareness Initiative for Diabetes

On November 14, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, will organize a Foot Care Awareness Initiative for Diabetes at Kakatur. This program aims to create awareness and enhance care for diabetic foot health across four districts in Andhra Pradesh. All faculty members and IV-year nursing students are encouraged to actively participate in this vital initiative. The event will include informative sessions on foot care practices, risk factors for diabetic foot complications, and preventive measures. By engaging the community, the initiative seeks to promote better management of diabetes and improve the quality of life for individuals living with this condition. 44 participants and 22 village peoples are benefited through this program



Foot Care Awareness Initiative for Diabetes, Kakatur on 14 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Kidney Health Education Event

On November 17, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, will host a Kidney Health Education Event at Saraswathi Nagar. This initiative aims to bring together patients suffering from kidney diseases and promote awareness of the "amazing kidneys" by educating the community about their crucial role in maintaining health. All faculty members and third-year nursing students are encouraged to actively participate in this important program. The event will feature informative sessions on kidney function, disease prevention, and lifestyle choices that support kidney health. By fostering awareness and understanding, the event seeks to empower individuals to take charge of their kidney health and improve overall well-being. 68 participants and 30 village peoples are benefited through this program



Kidney Health Education Event, Saraswathi Nagar on 17 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

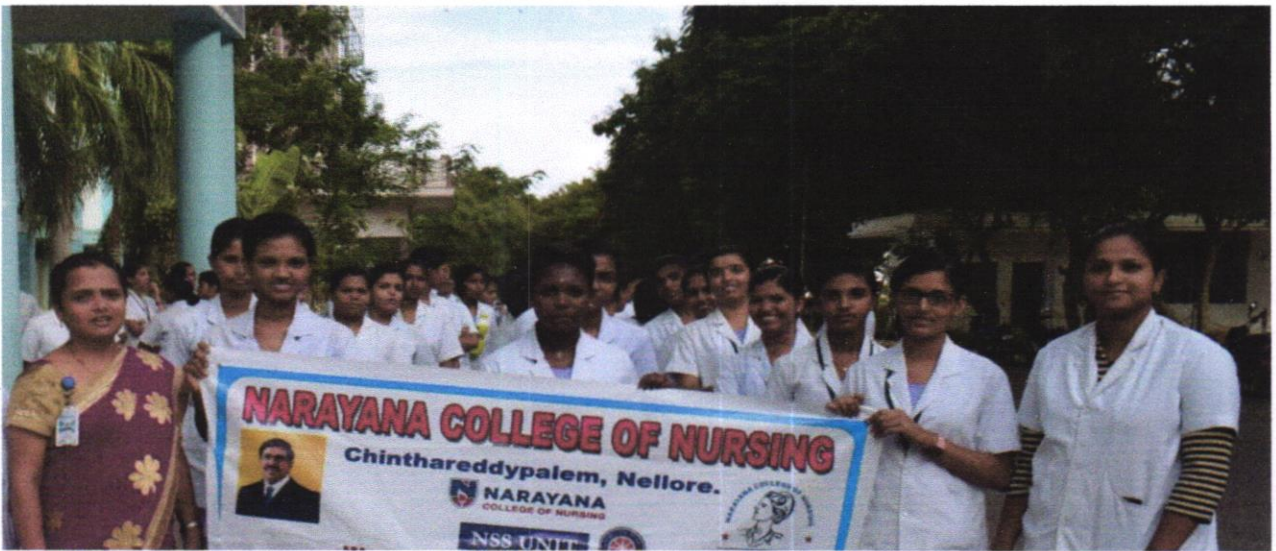
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Health Awareness programme on Sexually transmitted diseases

On November 22, 2023, the NSS Unit of Narayana College of Nursing will organize a Health Awareness Program on Sexually Transmitted Diseases (STDs) at Venkatachalam. This initiative aims to raise awareness about sexually transmitted infections (STIs) and their impact on individuals and communities. All faculty members and first-semester nursing students are encouraged to actively participate in this important program. The event will include informative sessions, discussions on prevention, and resources for seeking help and treatment. By engaging the community, the program seeks to promote understanding, reduce stigma, and empower individuals to take charge of their sexual health. 50 participants and 25 village peoples are benefited through this program



Health Awareness programme on Sexually transmitted diseases, Venkatachalam on 22 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Health awareness in the community regarding dehydration

On November 28, 2023, the NSS Unit of Narayana College of Nursing will organize a health awareness program in the community regarding dehydration at Dakkilivari Palem. This initiative aims to raise awareness about the importance of Oral Rehydration Salts (ORS) in treating dehydration caused by diarrhea and other conditions. All faculty members and first- and second-year MSc students are encouraged to actively participate in this crucial program. The event will feature informative sessions on the signs of dehydration, the proper use of ORS, and preventive measures. By engaging the community, the program seeks to empower individuals with knowledge to manage dehydration effectively and improve overall health outcomes. 14 participants and 20 village peoples are benefited through this program



Health awareness in the community regarding dehydration, Dakkilivari Palem on 28 Nov 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



AIDS Awareness Rally

On December 1, 2023, the NSS Unit of Narayana College of Nursing will organize a health awareness program in the community regarding dehydration at Kakatur. This initiative aims to raise awareness about the global epidemic of AIDS (Acquired Immunodeficiency Syndrome) and the spread of HIV (Human Immunodeficiency Virus). All faculty members and first- and second-year PB BSc students are encouraged to actively participate in this vital program. The event will include informative sessions on HIV prevention, transmission, and the importance of testing and treatment. By engaging the community, the program seeks to promote understanding, reduce stigma, and empower individuals to take proactive steps towards their health and well-being. 47 participants and 18 village peoples are benefited through this program



AIDS Awareness Rally, Kakatur on 1 Dec 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Environmental Awareness

On December 5, 2023, the NSS Unit of Narayana College of Nursing organized an Environmental Awareness Program at Saraswathi Nagar. The event aimed to demonstrate ways to protect and preserve natural resources. Faculty members and III Semester students actively participated, engaging in informative sessions and discussions. Participants learned about environmental issues, conservation techniques, and sustainable practices. The program included interactive activities that encouraged community involvement. Feedback indicated a heightened awareness and commitment to environmental stewardship among attendees. Overall, the event successfully fostered a sense of responsibility toward preserving our planet for future generations. 65 participants and 24 village peoples are benefited through this program.



Environmental Awareness, Saraswathi Nagar on 5 Dec 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Health awareness on Geriatric illnesses

On December 12, 2023, the NSS Unit of Narayana College of Nursing will host a Health Awareness Program focusing on geriatric illnesses at T P Gudur. The initiative aims to empower the elderly to lead fit, independent, and healthy lives. Faculty members and third-year nursing students are encouraged to actively participate in this important program. The event will include informative sessions on common geriatric health issues, preventive measures, and strategies to enhance overall well-being. Interactive discussions and activities will promote engagement and support for the elderly community. By fostering awareness and understanding, the program seeks to improve the quality of life for older adults. Overall, the initiative emphasizes the importance of geriatric health in promoting a happy and fulfilling life. 98 participants and 40 village peoples are benefited through this program



Health awareness on Geriatric illnesses, T P Gudur on 12 Dec 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

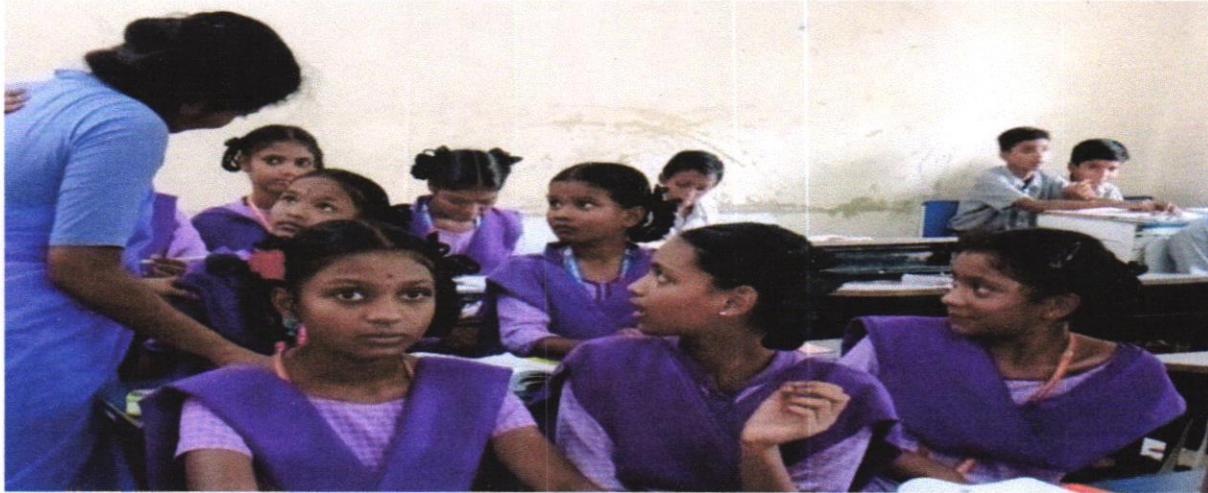
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Road Safety and School children

On December 28, 2023, the NSS Unit of Narayana College of Nursing will organize a program focused on Road Safety for school children at Dakkilivari Palem. The initiative aims to educate participants about various types of traffic and raise awareness of potential dangers associated with road use. All faculty members and IV-year nursing students are encouraged to actively participate in this important program. The event will feature informative sessions on traffic rules, safe crossing practices, and the importance of pedestrian safety. Interactive activities will engage children and reinforce key safety messages. By fostering awareness and understanding of road safety, the program seeks to empower children to navigate traffic safely and responsibly. Overall, this initiative highlights the critical importance of road safety in protecting young lives. 99 participants and 45 village peoples are benefited through this program



Awareness on Road Safety and School children, Dakkilivari Palem on 28 Dec 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



National Youth Day

On January 12, 2024, the NSS Unit of Narayana College of Nursing will celebrate National Youth Day at Kamakshi Nagar. This event aims to imbibe the spirit of fearlessness, courage, and selfless service among the youth, encouraging them to contribute positively to society. All faculty members and first-semester students are encouraged to actively participate in this inspiring program. The celebration will include motivational talks, interactive sessions, and activities that promote civic responsibility and community engagement. By fostering a sense of purpose and empowerment, the event seeks to inspire the youth to become active contributors to their communities. Overall, the celebration will highlight the importance of youth in shaping a better future for society. 78 participants and 34 village peoples are benefited through this program



Awareness on National Youth Day, Kamakshi Nagar on 12 Jan 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anjali
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Awareness on Consequences of Smoking and Its Cessation

On January 19, 2024, the NSS Unit of Narayana College of Nursing will organize an awareness program on the consequences of smoking and its cessation at T P Gudur. This initiative aims to increase awareness about the harmful effects of tobacco consumption, particularly on oral health. All faculty members and third-year students are encouraged to actively participate in this important program. The event will feature informative sessions discussing the health risks associated with smoking, strategies for cessation, and the benefits of quitting. Interactive discussions and activities will engage participants and foster a supportive environment for those seeking to reduce or eliminate tobacco use. Overall, this program seeks to empower individuals to make informed choices for their health and well-being. 55 participants and 38 village peoples are benefited through this program



Awareness on Consequences of Smoking and Its Cessation, T P Gudur on 19 Jan 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



A better future for every child

On January 23, 2024, the NSS Unit of Narayana College of Nursing will organize the program "A Better Future for Every Child" at Kakatur. This initiative aims to foster open and honest conversations about creating a better future for children, emphasizing the need for recognition of change and a willingness to act. All faculty members and IV-year students are encouraged to actively participate in this impactful program. The event will feature discussions on various issues affecting children's lives, including education, health, and social welfare. Engaging activities will encourage participants to explore actionable solutions and foster community involvement. Overall, the program seeks to inspire collective efforts toward ensuring a brighter future for our children. 30 participants and 20 village peoples are benefited through this program



Awareness on A better future for every child, Kakatur on 23 Jan 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Cancer Education Campaign

On February 2, 2024, the NSS Unit of Narayana College of Nursing will organize a Cancer Education Campaign at Venkatachalam. This initiative aims to create awareness about cancer and work towards removing the stigma and fear associated with the disease. All faculty members and first- and second-year PB BSc students are encouraged to actively participate in this important program. The event will feature informative sessions on cancer prevention, early detection, and treatment options, along with personal stories to foster understanding and empathy. Interactive discussions will promote community engagement and support for those affected by cancer. Overall, the campaign seeks to empower individuals with knowledge and encourage a supportive environment for cancer awareness and education. 21 participants and 15 village peoples are benefited through this program



Awareness on Cancer Education Campaign, Venkatachalam on 02 Feb 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Deworming Tablet Distribution Initiative

On February 10, 2024, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Community Health Nursing departments, will organize a Deworming Tablet Distribution Initiative at Dakkilivari Palem. This program aims to combat soil-transmitted diseases, anemia, and iron deficiency by distributing deworming tablets to individuals of all ages, as part of a broader initiative by the State Health Department. All faculty members and third-semester students are encouraged to actively participate in this important initiative. The event will include educational sessions on the importance of deworming and its benefits for health. By engaging the community, the program seeks to improve public health outcomes and raise awareness about preventive measures against parasitic infections. Overall, this initiative emphasizes the significance of regular deworming in maintaining health and well-being. 42 participants and 20 village peoples are benefited through this program



Awareness on Deworming Tablet Distribution Initiative, Dakkilivari Palem on 10 Feb 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anurag
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Health awareness in Children

On February 15, 2024, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing department, will organize a Health Awareness Program for Children at Saraswathi Nagar. This initiative aims to reduce the Under-5 Mortality Rate from 28 to 25, in alignment with the Sustainable Development Goals (SDGs). All faculty members and third-year students are encouraged to actively participate in this crucial program. The event will include informative sessions on child health, nutrition, immunization, and preventive care. Interactive activities will engage children and their families, fostering a better understanding of health practices. Overall, the program seeks to empower the community to contribute to the health and well-being of their children, ultimately working towards a significant reduction in child mortality rates. 70 participants and 39 village peoples are benefited through this program



Health awareness in Children, Saraswathi Nagar on 15 Feb 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Organ Donation Rally Yuva Diwas

On February 22, 2024, the NSS Unit of Narayana College of Nursing will organize an Organ Donation Rally in celebration of Yuva Diwas at Kamakshi Nagar. This initiative aims to raise awareness about the importance of organ donation in saving or improving the lives of recipients suffering from organ failure or serious medical conditions. All faculty members and IV-year students are encouraged to actively participate in this significant program. The rally will include informative sessions about the organ donation process, its benefits, and ways to register as donors. Engaging activities and discussions will promote community involvement and encourage individuals to consider organ donation as a vital contribution to society. Overall, the event seeks to foster a culture of generosity and compassion, highlighting the life-saving potential of organ donation. 57 participants and 27 village peoples are benefited through this program



Awareness on Organ Donation Rally Yuva Diwas, Kamakshi Nagar on 22 Feb 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Pulse polio immunization program

On March 9, 2024, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Community Health Nursing departments, will organize a Pulse Polio Immunization Program at Kakatur. This initiative aims to immunize children through enhanced social mobilization and to conduct mop-up operations in areas where the poliovirus has nearly disappeared, ensuring that high morale is maintained among the public. All faculty members and third-year students are encouraged to actively participate in this important program. The event will include vaccination drives, informative sessions on the significance of polio immunization, and community engagement activities to raise awareness. By fostering participation and collaboration, the program seeks to protect children from polio and contribute to the ongoing efforts to eradicate the disease. 60 participants and 25 village peoples are benefited through this program



Awareness on Pulse polio immunization program, Kakatur on 9 Mar 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Raising Awareness about Kidney Health

On March 14, 2024, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, will organize a Kidney Health Awareness Program at Kakatur. This initiative aims to bring together patients suffering from kidney diseases and promote awareness of the "amazing kidneys" by educating the community about their vital role in maintaining overall health. All faculty members and first- and second-year MSc students are encouraged to actively participate in this significant program. The event will feature informative sessions on kidney function, common diseases, prevention strategies, and lifestyle choices that support kidney health. Interactive discussions and activities will engage participants, fostering a supportive environment for those affected by kidney issues. 14 participants and 20 village peoples are benefited through this program



Raising Awareness about Kidney Health, Kakatur on 14 Mar 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Oral Health and Wellness Outreach

On March 20, 2024, the NSS Unit of Narayana College of Nursing will organize an Oral Health and Wellness Outreach program at Venkatachalam. This initiative aims to improve the determinants of oral health, such as promoting a healthy diet and enhancing oral hygiene practices, while also addressing disparities in oral health accessibility between rural and urban populations. All faculty members and first-semester students are encouraged to actively participate in this important program. The event will feature educational sessions on proper oral care, the significance of nutrition for oral health, and strategies to reduce common dental issues. Interactive activities will engage the community, fostering awareness and encouraging better oral health practices. Overall, the program seeks to empower individuals with knowledge and resources to improve their oral health and well-being. 40 participants and 30 village peoples are benefited through this program



Awareness on Oral Health and Wellness Outreach, Venkatachalam on 20 Mar 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.



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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>

Promoting TB Education

On March 23, 2024, the NSS Unit of Narayana College of Nursing will organize a program promoting TB education at T P Gudur. This initiative aims to reach individuals who may not engage with the patient-initiated pathway, focusing on early detection of tuberculosis (TB) to improve health outcomes and reduce transmission at the population level. All faculty members and third-semester students are encouraged to actively participate in this essential program. The event will include informative sessions on TB awareness, symptoms, prevention strategies, and the importance of timely diagnosis and treatment. Interactive discussions and community engagement activities will foster a supportive environment for those affected by TB. Overall, the program seeks to enhance understanding of TB and promote collective efforts to combat the disease effectively. 56 participants and 40 village peoples are benefited through this program.



Promoting TB Education, T P Gudur on 23 Mar 2023

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. S. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Extended Bipolar Care Program

On March 30, 2024, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, will organize an Extended Bipolar Care Program at Dakkilivari Palem. This initiative aims to provide the community with vital information about bipolar disorders, promoting education and improving sensitivity toward this mental health condition. All faculty members and third-year students are encouraged to actively participate in this important program. The event will feature informative sessions on the signs and symptoms of bipolar disorder, treatment options, and strategies for supporting individuals affected by the illness. Interactive discussions and activities will foster an understanding of mental health and encourage compassionate engagement with those experiencing bipolar disorder. Overall, the program seeks to enhance awareness and create a supportive environment for individuals living with mental health challenges. 62 participants and 34 village peoples are benefited through this program



Awareness on Extended Bipolar Care Program, Dakkilivari Palem on 30 Mar 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Outreach for Health Awareness

On April 6, 2024, the NSS Unit of Narayana College of Nursing will organize an Outreach for Health Awareness program at Kamakshi Nagar. This initiative aims to engage key stakeholders and promote health advocacy led by the community, aligning closely with their personal values, beliefs, and lifestyles. All faculty members and IV-year students are encouraged to actively participate in this significant program. The event will feature informative sessions on various health topics, discussions on local health concerns, and strategies for community engagement in health advocacy. Interactive activities will foster collaboration and empower participants to take an active role in promoting health within their communities. Overall, the program seeks to enhance understanding of health issues and encourage collective action toward better health outcomes. 80 participants and 25 village peoples are benefited through this program



Outreach for Health Awareness, Kamakshi Nagar on 6 Apr 2024


NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Sunstroke Prevention

On April 12, 2024, the NSS Unit of Narayana College of Nursing will organize a Sunstroke Prevention program at Saraswathi Nagar. This initiative aims to educate the community on strategies to lower body temperature and prevent further damage associated with sunstroke. All faculty members and first- and second-year PB BSc students are encouraged to actively participate in this important program. The event will include informative sessions on recognizing the symptoms of sunstroke, preventive measures, and first aid techniques. Interactive activities will engage participants and promote awareness of the risks associated with extreme heat. Overall, the program seeks to empower individuals with the knowledge and tools to protect themselves and others from sunstroke, ensuring a safer environment during hot weather. 47 participants and 30 village peoples are benefited through this program



Awareness on Sunstroke Prevention, Saraswathi Nagar on 12 Apr 2024


NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Womens Health Issues

On May 28, 2024, the NSS Unit of Narayana College of Nursing will organize a program focused on Women's Health Issues at Saraswathi Nagar. This initiative aims to improve the health and healthcare of women throughout their lifespan, addressing specific health concerns and promoting overall well-being. All faculty members and third-semester students are encouraged to actively participate in this important program. The event will feature informative sessions on a range of topics, including reproductive health, nutrition, mental health, and preventive care. Interactive discussions and activities will foster community engagement and raise awareness of women's health needs. Overall, the program seeks to empower women with knowledge and resources to make informed decisions about their health and enhance their quality of life. 56 participants and 25 village peoples are benefited through this program



Awareness on Womens Health Issues, Saraswathi Nagar on 28 May 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Public Health Campaign on Pollution Control

On May 30, 2024, the NSS Unit of Narayana College of Nursing will organize a Public Health Campaign focused on Pollution Control at T P Gudur. This initiative aims to create awareness among the general public and various segments of society about the importance of minimizing and controlling pollution. All faculty members and first-semester students are encouraged to actively participate in this essential program. The event will feature informative sessions on the causes and effects of pollution, as well as practical strategies for reducing environmental impact. Interactive activities and community engagement will foster a collaborative approach to addressing pollution issues. Overall, the campaign seeks to empower individuals with knowledge and motivate collective action towards a healthier environment for all. 80 participants and 45 village peoples are benefited through this program



Public Health Campaign on Pollution Control, T P Gudur on 30 May 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

P. R. Reddy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Education on the Impact of Tobacco Use

On May 31, 2024, the NSS Unit of Narayana College of Nursing will organize a program focused on the Impact of Tobacco Use at Venkatachalam. This initiative aims to raise awareness about the health risks associated with tobacco consumption and advocate for effective policies to reduce tobacco use globally. All faculty members and third-year students are encouraged to actively participate in this significant program. The event will feature informative sessions covering the health implications of tobacco use, strategies for cessation, and the importance of public policy in addressing tobacco-related issues. Interactive discussions and activities will engage participants and foster a deeper understanding of the topic. Overall, the program seeks to empower individuals to make informed choices and contribute to the efforts of reducing tobacco consumption in their communities. 70 participants and 42 village peoples are benefited through this program



Education on the Impact of Tobacco Use, Venkatachalam on 31 May 2024

NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

2022-2023



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://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 2022-23

Year	Name of The Activity
2022-23	Activity on Mental health in an unequal World
2022-23	Newborn's health: Key National Priority
2022-23	Acknowledging freedom fighters
2022-23	Promoting Asana Techniques
2022-23	Promoting Awareness of Drug Abuse Consequences
2022-23	Education on the Benefits of ORS
2022-23	Campaign for a Plastic-Free Environment
2022-23	Raising Awareness about Family Size Benefits
2022-23	Informational Video on Breastfeeding
2022-23	NSS foundation Event
2022-23	Promoting Eye Donation Education
2022-23	Interactive Cooking Sessions on Nutrition
2022-23	Raising Awareness about Suicide Prevention
2022-23	Education on Alzheimer's Care and Support
2022-23	Raising Awareness about Rabies Risks
2022-23	Public Health Check for Heart Health
2022-23	Interactive Session on Waste Disposal

Dr. B. Ching
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



2022-23	Promoting Understanding of Mental Wellbeing
2022-23	Demonstration and practicing Hand washing
2022-23	School Health Awareness Campaign
2022-23	Celebrate a world of Flavours
2022-23	Digital Equity for All Ages
2022-23	Living sustainably in harmony with nature
2022-23	Nutritious diet for better living
2022-23	Raising Awareness about Diabetes Control
2022-23	Empowerment through Helmet Safety Awareness
2022-23	Visual Learning on the Importance of AIDS Awareness
2022-23	Cancer , early Detection & Prompt treatment
2022-23	Elderly Care & Schemes
2022-23	Health Equity: build a fairer, healthier world for everyone
2022-23	Awareness of Cancers of the Head and Neck Region.
2022-23	Youth Leadership Competitions
2022-23	Planting Drive for Environmental Awareness
2022-23	Art for Advocacy: Save the Girl Child
2022-23	Education on Leprosy Prevention and Treatment
2022-23	Public Health Campaign on Cancer
2022-23	Community Support for Deworming Programs
2022-23	POSTER ART COMPETITION
2022-23	Importance of trees

Dr. R. Chinn
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



2022-23	Awareness for Prevention, diagnosis & treatment of osteoporosis
2022-23	Child Immunization through Pulse Polio Program
2022-23	Strengthening Women's Voices
2022-23	Nephrology Awareness Event
2022-23	Community Awareness on STDs
2022-23	Awareness about Oral Diseases and Their Prevention
2022-23	Promoting Knowledge of Tuberculosis Symptoms
2022-23	Bipolar Education Forum
2022-23	Health and Wellness Assessment Day
2022-23	Awareness activity on seasonal Diseases
2022-23	Autism Awareness Programme
2022-23	Community Education on the Dangers of Tobacco
TOTAL – 51	

A. S. S. S. S.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. R. S. S.

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Activity on Mental health in an unequal World

On June 6, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized an activity titled "Mental Health in an Unequal World" at Saraswathi Nagar. The initiative aimed to raise awareness about the disparities in access to mental health care for marginalized communities, especially those living in poverty. Faculty members and first-year students actively participated, engaging in discussions and activities that highlighted the challenges faced by these populations. Informative materials were shared to educate attendees on the importance of equitable mental health services. The event successfully fostered a greater understanding of mental health inequalities and emphasized the need for inclusive solutions. Overall, it was a meaningful contribution to promoting mental health awareness in the community. 41 participants and 25 village peoples are benefited through this program.




Awareness on Activity on Mental health in an unequal World, Saraswathi Nagar on 6 June

2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: https://www.narayananursingcollege.com



Newborn's health: Key National Priority

On June 10, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing department, organized a program titled "Newborn's Health: Key National Priority" at Kamakshi Nagar. The initiative aimed to provide essential training on the initial stabilization of sick infants, regardless of gestational age. Faculty members and second-year students actively participated, engaging in workshops and discussions focused on neonatal care practices. Educational materials were distributed to enhance knowledge about the critical health needs of newborns. The event successfully emphasized the importance of early intervention and equipped participants with vital skills to support infant health. Overall, it was a significant step toward improving newborn care in the community. 47 participants and 22 village peoples are benefited through this program.



Awareness on Newborn's health: Key National Priority, Kamakshi Nagar on 10 June 2022

J. Chelvi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.
NELLORE - 524 003

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Acknowledging freedom fighters

On June 17, 2022, the NSS Unit of Narayana College of Nursing organized an event titled "Acknowledging Freedom Fighters" at Dakkilivari Palem. The program aimed to honor the sacrifices of freedom fighters and to recognize the struggles of those who suffered in silence, losing their families, freedom, and rights. Faculty members and fourth-year students actively participated, engaging in heartfelt discussions and activities that highlighted the importance of these contributions to the nation's history. The event included sharing stories of resilience and bravery, along with distributing educational materials to raise awareness about the ongoing impact of these sacrifices. Overall, it was a meaningful tribute that fostered a deeper appreciation for freedom and human rights among participants. 65 participants and 36 village peoples are benefited through this program.



Awareness on Acknowledging freedom fighters, Dakkilivari Palem on 17 June 2022

J. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira
Principal

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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

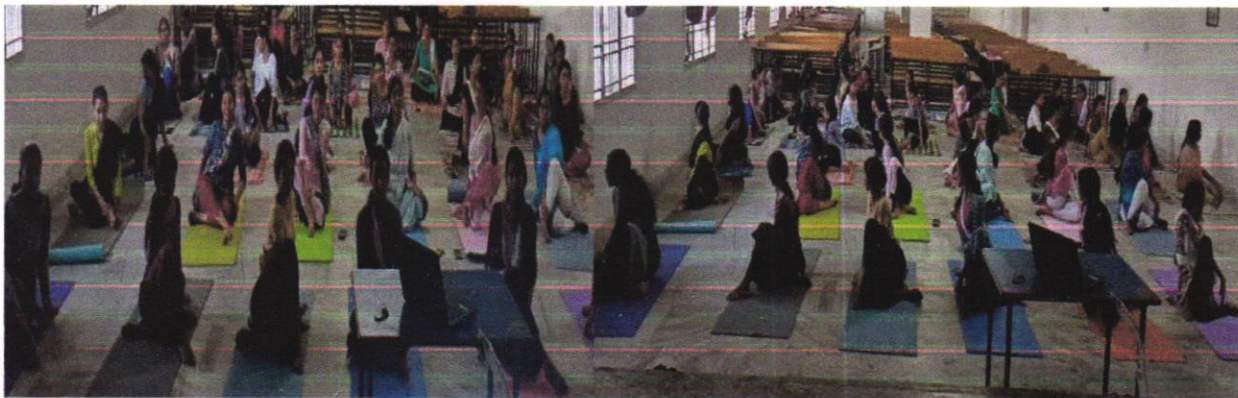
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Promoting Asana Techniques

On June 21, 2022, the NSS Unit of Narayana College of Nursing organized a program titled "Promoting Asana Techniques" at T P Gudur. The initiative aimed to enhance participants' flexibility, strength, and balance while alleviating stress and anxiety, as well as reducing symptoms of lower back pain. Faculty members and third-year students actively participated in the event, engaging in practical sessions that demonstrated various asanas and their benefits. Informative materials were shared to educate attendees on the importance of regular practice for overall well-being. The program successfully fostered a supportive environment for health and wellness, encouraging participants to incorporate yoga into their daily routines. Overall, it was a valuable experience that promoted physical and mental health awareness. 50 participants and 22 village peoples are benefited through this program.



Awareness on Promoting Asana Techniques, T P Gudur on 21 June 2022



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: https://www.narayananursingcollege.com



Promoting Awareness of Drug Abuse Consequences

On June 25, 2022, the NSS Unit of Narayana College of Nursing organized an event titled "Promoting Awareness of Drug Abuse Consequences" at T P Gudur. The program aimed to educate attendees about the harmful effects of substance abuse on individuals, families, workplaces, and society as a whole. Faculty members and first-semester students actively participated, engaging in informative discussions and interactive activities designed to raise awareness and reduce the stigma associated with drug dependence. Educational materials were distributed to foster understanding and support for the integration of affected individuals back into society. Overall, the event was a significant step toward promoting community health and encouraging compassion and support for those struggling with substance abuse. 42 participants and 25 village peoples are benefited through this program.



Promoting Awareness of Drug Abuse Consequences, T P Gudur on 25 June 2022

J. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING;
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. R. Anu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Education on the Benefits of ORS

On June 29, 2022, the NSS Unit of Narayana College of Nursing organized an educational program on the "Benefits of ORS" at Venkatachalam. The initiative aimed to inform the community about the prevention and treatment of dehydration caused by diarrhea, including the importance of maintenance therapy. Faculty members and second-year students actively participated in the program, engaging in discussions and demonstrations on the preparation and use of Oral Rehydration Solution (ORS). Informative materials were distributed to enhance understanding of ORS's role in managing dehydration effectively. The event successfully raised awareness about this critical health intervention, empowering attendees with knowledge to combat dehydration in their families and communities. Overall, it was a valuable effort to promote health and well-being. 42 participants and 25 village peoples are benefited through this program.



Awareness on Education on the Benefits of ORS, Venkatachalam on 29 June 2022

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Campaign for a Plastic-Free Environment

On July 2, 2022, the NSS Unit of Narayana College of Nursing organized a "Campaign for a Plastic-Free Environment" at Dakkalivaripalem. The initiative aimed to reduce plastic waste in the community by a targeted percentage over the campaign duration. Faculty members and fourth-year students actively participated in the event, engaging with residents through informative discussions and awareness activities. Educational materials were distributed to highlight the impact of plastic pollution and promote sustainable alternatives. The campaign successfully fostered community involvement and encouraged residents to adopt eco-friendly practices. Overall, it was a meaningful effort to promote environmental awareness and contribute to a cleaner, healthier community. 47 participants and 22 village peoples are benefited through this program



Awareness on Campaign for a Plastic-Free Environment, Dakkalivaripalem on 2 July 2022

[Signature]

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

[Signature]

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

[Signature]
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Raising Awareness about Family Size Benefits

On July 12, 2022, the NSS Unit of Narayana College of Nursing organized a program titled "Raising Awareness about Family Size Benefits" at Dakkilivari Palem. The initiative aimed to enhance pregnancy planning and prevent unintended pregnancies through education and discussion. Faculty members and first- and second-year BSc Nursing students actively participated, engaging with community members to share information about family planning methods and the benefits of informed reproductive choices. Educational materials were distributed to promote understanding and encourage open conversations about family size and health. Overall, the event successfully fostered awareness and empowered individuals to make informed decisions regarding their reproductive health. 50 participants and 29 village peoples are benefited through this program.




Raising Awareness about Family Size Benefits, Dakkilivari Palem on 12 July 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Informational Education on Breastfeeding


On August 5, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical & Gynecological Nursing departments, organized an informational video screening on breastfeeding at Kakatur. The event aimed to highlight the importance of breastfeeding, promote its practice, and improve the health of both mothers and babies globally. Faculty members and first- and second-year MSc students actively participated, engaging with the community through discussions following the video. Educational materials were distributed to reinforce the benefits of breastfeeding and provide practical tips for new mothers. Overall, the program was a significant step toward fostering awareness and encouraging healthy practices in infant nutrition. 19 participants and 20 village peoples are benefited through this program.



Informational Video on Breastfeeding, Kakatur on 5 Aug 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



NSS foundation Event

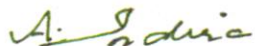
On August 12, 2022, the NSS Unit of Narayana College of Nursing organized the NSS Foundation Event at T P Gudur. The initiative aimed to spread awareness about cleanliness and inspire behavioral change among participants regarding hygiene practices. Faculty members and second-year students actively engaged in discussions and activities that emphasized the importance of maintaining a clean environment. The event included demonstrations on effective waste management and sanitation practices, along with the distribution of educational materials. Overall, the program successfully fostered a sense of responsibility toward cleanliness in the community, encouraging participants to adopt healthier habits for a better environment. 54 participants and 25 village peoples are benefited through this program.



Awareness on NSS foundation Event, T P Gudur on 12 Aug 2022



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Promoting Eye Donation Education

On August 27, 2022, the NSS Unit of Narayana College of Nursing organized a program titled "Promoting Eye Donation Education" at Dakkilivari Palem. The initiative aimed to raise awareness about eye donation and its potential to restore vision for individuals suffering from corneal blindness. Faculty members and first-semester students actively participated, engaging the community through informative discussions and interactive sessions. Educational materials were distributed to highlight the significance of eye donation and the process involved. The event successfully fostered understanding and encouraged community members to consider eye donation as a valuable contribution to society. Overall, it was a meaningful effort to promote eye health and support those in need of vision restoration. 25 participants and 22 village peoples are benefited through this program.



Awareness on Promoting Eye Donation, Dakkilivari Palem on 27 Aug 2022

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. R. Chelvan
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Interactive Cooking Sessions on Nutrition

From September 1 to September 7, 2022, the NSS Unit of Narayana College of Nursing organized Interactive Cooking Sessions on Nutrition at Kamakshi Nagar. The initiative aimed to educate the public about the importance of nutrition and to encourage the adoption of healthier eating habits. Faculty members and third-year students actively participated, demonstrating various healthy recipes and discussing nutritional benefits. Participants were engaged in hands-on cooking activities, fostering a practical understanding of balanced diets. Educational materials were distributed to reinforce key concepts of nutrition. Overall, the program successfully promoted healthy eating practices and empowered community members to make informed dietary choices. 23 participants and 27 village peoples are benefited through this program.



Awareness on Interactive Cooking Sessions on Nutrition, Kamakshi Nagar from 1 Sep 2022 to 7 sep 2022



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Raising Awareness about Suicide Prevention

On September 10, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized an event titled "Raising Awareness about Suicide Prevention" at Venkatachalam. The initiative aimed to reduce stigma surrounding mental health issues and encourage open conversations to prevent suicides. Faculty members and second-year students actively participated, engaging the community through informative discussions, interactive sessions, and sharing personal stories to foster understanding. Educational materials were distributed to highlight warning signs and resources for support. Overall, the program successfully promoted awareness and created a supportive environment for those in need, emphasizing the importance of communication and community involvement in suicide prevention. 50 participants and 25 village peoples are benefited through this program



Raising Awareness about Suicide Prevention, Venkatachalam on 10 Sep 2022

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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

A. Indira

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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Education on Alzheimer's Care and Support


On September 21, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized an event titled "Education on Alzheimer's Care and Support" at Saraswathi Nagar. The initiative aimed to raise awareness about the challenges faced by individuals with Alzheimer's disease, as well as their families and caregivers. Faculty members and fourth-year students actively participated, engaging the community through informative discussions and practical demonstrations on effective caregiving strategies. Educational materials were distributed to enhance understanding of the disease and available support resources. Overall, the program successfully promoted awareness and empathy, empowering attendees to provide better care and support for those affected by Alzheimer's. 80 participants and 35 village peoples are benefited through this program



Education on Alzheimer's Care and Support, Saraswathi Nagar on 21 Sep 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Raising Awareness about Rabies Risks

On September 21, 2022, the NSS Unit of Narayana College of Nursing organized an event titled "Raising Awareness about Rabies Risks" at Kakatur. The initiative aimed to promote responsible pet ownership and encourage timely intervention in suspected rabies cases. Faculty members and first- and second-year PB BSc students actively participated, engaging with the community through informative discussions and interactive activities. Educational materials were distributed to highlight the dangers of rabies, the importance of vaccinations, and proper pet care practices. The event successfully fostered community awareness and empowered participants to take proactive steps in preventing rabies, ultimately enhancing public health and safety. 47 participants and 30 village peoples are benefited through this program



Raising Awareness about Rabies Risks, Kakatur on 21 Sep 2022

T. Asha Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Public Health Check for Heart Health

On September 29, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized a "Public Health Check for Heart Health" at Dakkilivari Palem. The initiative aimed to encourage and empower individuals to take responsibility for their heart health. Faculty members and first-semester students actively participated, conducting health screenings and providing educational resources on heart disease prevention and management. Participants received information on healthy lifestyle choices, including diet and exercise. The event successfully promoted awareness about cardiovascular health, inspiring community members to prioritize their heart health and adopt healthier habits. Overall, it was a significant step towards enhancing public health and well-being. 43 participants and 32 village peoples are benefited through this program



Awareness on Public Health Check for Heart Health, Dakkilivari Palem on 29 Sep 2022



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Interactive Session on Waste Disposal

On October 3, 2022, the NSS Unit of Narayana College of Nursing organized an "Interactive Session on Waste Disposal" at T P Gudur. The initiative aimed to protect human and environmental health by promoting proper waste disposal practices and keeping harmful materials out of landfills. Faculty members and third-year students actively participated, engaging with the community through discussions and demonstrations on effective waste management techniques. Educational materials were distributed to raise awareness about the importance of responsible disposal and recycling. The event successfully fostered a sense of responsibility among participants, encouraging them to adopt sustainable practices that contribute to a healthier environment. Overall, it was a valuable effort toward promoting environmental awareness and community well-being. 35 participants and 27 village peoples are benefited through this program



Interactive Session on Waste Disposal, T P Gudur on 3 Oct 2022

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Promoting Understanding of Mental Wellbeing

On October 10, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized an event titled "Promoting Understanding of Mental Wellbeing" at Venkatachalam. The initiative aimed to raise awareness of global mental health issues and mobilize support for mental health initiatives. Faculty members and second-year students actively participated, engaging the community through informative discussions and interactive activities that emphasized the importance of mental health. Educational materials were distributed to promote understanding and encourage open conversations about mental wellbeing. The event successfully fostered awareness and empathy, empowering participants to advocate for mental health support within their communities. Overall, it was a significant effort to promote mental health awareness and encourage positive change. 33 participants and 19 village peoples are benefited through this program



Promoting Understanding of Mental Wellbeing, Venkatachalam on 10 Oct 2022

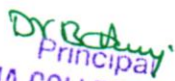

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Demonstration and practicing Hand washing

On October 14, 2022, the NSS Unit of Narayana College of Nursing organized a demonstration and practice session on hand washing at Kakatur. The initiative aimed to educate participants about the importance of removing pathogenic microorganisms ("germs") to prevent the transmission of infections. Faculty members and fourth-year students actively participated, guiding community members through effective hand washing techniques and demonstrating the proper steps. Informational materials were distributed to reinforce key messages about hygiene practices. The event successfully raised awareness about the critical role of hand hygiene in maintaining health and preventing illness, encouraging participants to adopt these practices in their daily lives. Overall, it was a valuable effort to promote community health and wellbeing. 39 participants and 30 village peoples are benefited through this program




Demonstration and practicing Hand washing, Kakatur on 14 Oct 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

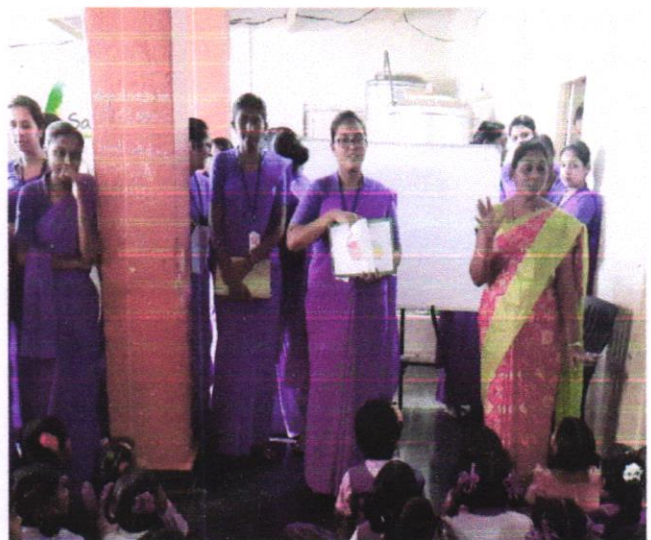
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



School Health Awareness Campaign


On October 15, 2022, the NSS Unit of Narayana College of Nursing organized a School Health Awareness Campaign at Dakkalivaripalem. The initiative aimed to detect and treat diseases early in children and adolescents, focusing on the identification of malnourished and anemic children with appropriate referrals to primary health centers (PHCs) and hospitals. Faculty members and third-year students actively participated, conducting health screenings and educational sessions for students and their families. Informational materials were distributed to raise awareness about common health issues and the importance of early intervention. The campaign successfully fostered a proactive approach to health in the community, ensuring that children received the necessary support for their well-being. Overall, it was an impactful effort to enhance children's health and promote awareness within the community. 46 participants and 35 village peoples are benefited through this program



School Health Awareness Campaign, Dakkalivaripalem, on 15 Oct 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Celebrate a world of Flavors

On October 17, 2022, the NSS Unit of Narayana College of Nursing organized the event "Celebrate a World of Flavors" at T P Gudur. The initiative aimed to encourage the community to embrace a healthy lifestyle while enjoying a variety of delicious foods. Faculty members and first- and second-year PB BSc students actively participated, showcasing nutritious recipes and demonstrating healthy cooking techniques. Interactive sessions allowed participants to sample different dishes and learn about the nutritional benefits of various ingredients. Educational materials were distributed to promote the importance of balanced diets and mindful eating. Overall, the event successfully fostered an appreciation for healthy eating habits while celebrating diverse flavors, promoting wellness in the community. 39 participants and 28 village peoples are benefited through this program



Awareness on Celebrate a world of Flavors, T P Gudur on 17 Oct 2022

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

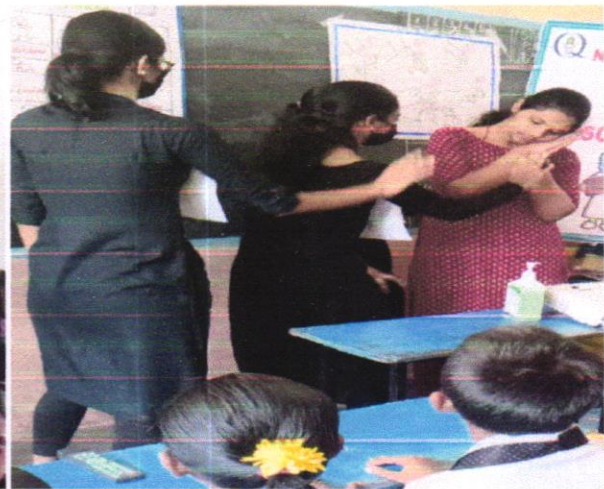
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Digital Equity for All Ages

On October 19, 2022, the NSS Unit of Narayana College of Nursing organized the event "Digital Equity for All Ages" at Dakkalivaripalem. The initiative aimed to raise awareness about the importance of digital inclusion for older individuals, addressing stereotypes, prejudice, and discrimination related to digitalization while considering socio-cultural norms and the right to autonomy. Faculty members and third-year students actively participated, engaging the community through informative discussions and hands-on training sessions to improve digital literacy among older adults. Educational materials were distributed to highlight the benefits of technology and encourage its use in everyday life. Overall, the program successfully promoted digital equity and empowered participants to embrace technology confidently, fostering a more inclusive community. 66 participants and 25 village peoples are benefited through this program




Awareness on Digital Equity for All Ages, Dakkalivaripalem on 19 Oct 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Living sustainably in harmony with nature

On October 27, 2022, the NSS Unit of Narayana College of Nursing organized the event "Living Sustainably in Harmony with Nature" at Dakkilivari Palem. The initiative aimed to raise awareness about pressing environmental issues, including marine pollution, overpopulation, global warming, sustainable development, and wildlife crime. Faculty members and fourth-year students actively participated, engaging the community through informative discussions, presentations, and interactive activities. Educational materials were distributed to highlight practical steps individuals can take to contribute to sustainability. The event successfully fostered a sense of responsibility toward environmental conservation, encouraging participants to adopt eco-friendly practices in their daily lives. Overall, it was a meaningful effort to promote awareness and inspire action for a sustainable future. 70 participants and 40 village peoples are benefited through this program



Awareness on Living sustainably in harmony with nature, Dakkilivari Palem on 27 Oct 2022

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003,
NELLORE - 524 003

Dr. B. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Nutritious diet for better living

On October 31, 2022, the NSS Unit of Narayana College of Nursing organized the event "Nutritious Diet for Better Living" at Saraswathi Nagar. The initiative aimed to protect against malnutrition in all its forms and combat non-communicable diseases through education on healthy eating habits. Faculty members and second-year MSc students actively participated, engaging the community through informative sessions and practical demonstrations on balanced diets. Educational materials were distributed to emphasize the importance of nutrition in maintaining overall health and preventing diseases. The event successfully raised awareness about dietary choices and empowered participants to adopt healthier lifestyles. Overall, it was a valuable effort to promote nutrition and well-being in the community. 16 participants and 20 village peoples are benefited through this program




Awareness on Nutritious diet for better living, Saraswathi Nagar on 31 Oct 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

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


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Raising Awareness about Diabetes Control


On November 14, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized an event titled "Raising Awareness about Diabetes Control" at Chinthareddypalem. The initiative aimed to highlight diabetes as a significant global public health issue and to discuss strategies for better prevention, diagnosis, and management of the condition. Faculty members and second-year students actively participated, engaging the community through informative talks, interactive sessions, and demonstrations on healthy lifestyle choices. Educational materials were distributed to reinforce key messages about diabetes management and the importance of regular health check-ups. The event successfully raised awareness and empowered participants to take proactive steps in managing their health and preventing diabetes. Overall, it was a meaningful effort to promote health and well-being within the community. 20 participants and 25 village peoples are benefited through this program



Raising Awareness about Diabetes Control, Chinthareddypalem on 14 Nov 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: https://www.narayananursingcollege.com



Empowerment through Helmet Safety Awareness

On November 26, 2022, the NSS Unit of Narayana College of Nursing organized the event "Empowerment through Helmet Safety Awareness" at Venkatachalam. The initiative aimed to raise public awareness about road safety while distributing free helmets to promote safe riding practices. Faculty members and first PB BSc students actively participated, engaging the community through informative discussions on the importance of wearing helmets and adhering to road safety rules. Educational materials were provided to highlight the risks associated with not wearing helmets and the benefits of safe riding. The event successfully fostered a culture of safety on the roads, empowering participants to prioritize their well-being while riding. Overall, it was a significant effort to enhance road safety awareness in the community. 27 participants and 30 village peoples are benefited through this program



Empowerment through Helmet Safety Awareness, Venkatachalam on 26 Nov 2022

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. R. Anny
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Learning on the Importance of AIDS Awareness

On December 1, 2022, the NSS Unit of Narayana College of Nursing organized "Visual Learning on the Importance of AIDS Awareness" at Venkatachalam. The initiative aimed to raise awareness about the global epidemic of AIDS (acquired immunodeficiency syndrome) and the spread of HIV (human immunodeficiency virus). Faculty members and first- and second-year MSc students actively participated, engaging the community through visual presentations, discussions, and interactive activities that highlighted key information about prevention, treatment, and support for those affected. Educational materials were distributed to enhance understanding and reduce stigma associated with HIV/AIDS. The event successfully promoted awareness and empowered participants to advocate for health education and support within their communities, contributing to a more informed and compassionate society. 19 participants and 20 village peoples are benefited through this program



T. G. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Cancer, early Detection & Prompt treatment

On December 6, 2022, the NSS Unit of Narayana College of Nursing organized an event titled "Cancer: Early Detection & Prompt Treatment" at Kamakshi Nagar. The initiative aimed to save millions of lives each year through education and raising awareness about the importance of early detection and timely treatment of cancer. Faculty members and first-year students actively participated, engaging the community through informative sessions, discussions, and demonstrations on recognizing early signs of cancer and understanding screening methods. Educational materials were distributed to empower attendees with knowledge about cancer prevention and treatment options. The event successfully encouraged community members to prioritize their health and advocate for proactive measures against cancer, contributing to a more informed and health-conscious society. 36 participants and 25 village peoples are benefited through this program



Awareness on Cancer, early Detection & Prompt treatment, Kamakshi Nagar on 6 Dec 2022

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Ratna
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>




Elderly Care & Schemes

On December 13, 2022, the NSS Unit of Narayana College of Nursing organized an event titled "Elderly Care & Schemes" at Saraswathi Nagar. The initiative aimed to ensure that senior citizens receive better health and medical treatment, while also addressing their security and well-being through effective caregiving. Faculty members and third-year students actively participated, engaging the community in discussions about available health schemes and resources for the elderly. Informative sessions highlighted the importance of compassionate care and the role of caregivers in enhancing the quality of life for seniors. Educational materials were distributed to raise awareness about the rights and needs of older adults. The event successfully fostered a supportive environment, empowering participants to advocate for the health and security of senior citizens in the community. 71 participants and 40 village peoples are benefited through this program




NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Awareness on Elderly Care & Schemes, Saraswathi Nagar on 13 Dec 2022

[Signature]
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

[Signature]
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Health Equity: build a fairer, healthier world for everyone

On December 19, 2022, the NSS Unit of Narayana College of Nursing organized the event "Health Equity: Build a Fairer, Healthier World for Everyone" at Kakatur. The initiative aimed to promote equitable health outcomes and ensure that all individuals have the opportunity to live healthy lives. Faculty members and second-year students actively participated, engaging the community through informative discussions and activities focused on the importance of health equity. Educational materials were distributed to raise awareness about the social determinants of health and encourage actions that can lead to fairer health opportunities for all. The event successfully fostered a sense of community responsibility and empowered participants to advocate for equitable health practices, contributing to a healthier society overall. 60 participants and 30 village peoples are benefited through this program



Awareness on Health Equity: build a fairer, healthier world for everyone, Kakatur on 19 Dec 2022



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Awareness of Cancers of the Head and Neck Region

On December 26, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized an event titled "Awareness of Cancers of the Head and Neck Region" at T P Gudur. The initiative aimed to enhance awareness about head and neck cancers, focusing on their prevention, early detection, and treatment options. Faculty members and first- and second-year PB BSc students actively participated, engaging the community through informative sessions, discussions, and demonstrations on recognizing early symptoms and risk factors. Educational materials were distributed to empower attendees with knowledge about the importance of regular screenings and healthy lifestyle choices. The event successfully raised awareness, encouraging community members to prioritize their health and seek timely medical advice. Overall, it was a significant effort to promote understanding and proactive measures against head and neck cancers. 39 participants and 22 village peoples are benefited through this program



Awareness of Cancers of the Head and Neck Region, T P Gudur on 26 Dec 2022

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

D.V. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira

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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

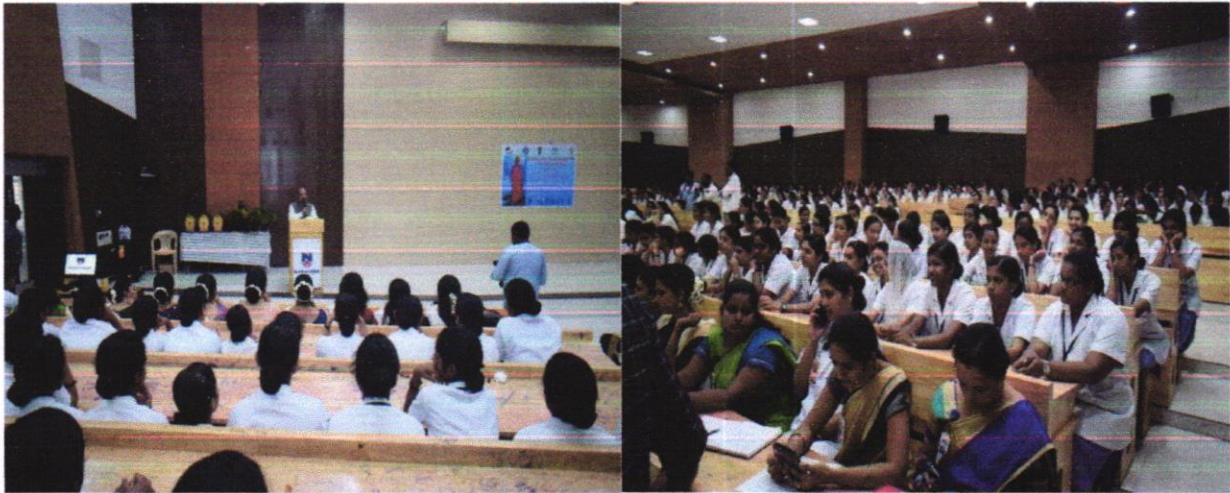
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Youth Leadership Competitions

On January 11, 2023, the NSS Unit of Narayana College of Nursing organized the "Youth Leadership Competitions" at Kamakshi Nagar. The initiative aimed to empower youth by recognizing their potential to drive social change and development. Faculty members and fourth-year students actively participated, engaging the community in various competitions designed to showcase leadership skills, creativity, and innovative ideas. Participants presented their projects and initiatives focused on addressing social issues, fostering a spirit of collaboration and inspiration among peers. The event successfully highlighted the importance of youth involvement in community development and encouraged participants to take an active role in creating positive change. Overall, it was a meaningful effort to nurture leadership qualities in the younger generation. 60 participants and 30 village peoples are benefited through this program



Awareness on Youth Leadership Competitions, Kamakshi Nagar on 11 Jan 2023

T. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. S. S. Srinivas

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

D. R. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Planting Drive for Environmental Awareness

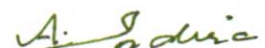
On January 20, 2023, the NSS Unit of Narayana College of Nursing organized a "Planting Drive for Environmental Awareness" at Venkatachalam. The initiative aimed to foster a sense of social responsibility and encourage community members to take an active role in caring for the environment. Faculty members and first-semester students participated enthusiastically, engaging in tree planting and educating the community about the importance of greenery and environmental conservation. Informational materials were distributed to highlight the benefits of trees in combating climate change and enhancing biodiversity. The event successfully promoted environmental awareness and inspired participants to adopt sustainable practices, contributing to a healthier ecosystem. Overall, it was a significant effort to encourage community involvement in environmental stewardship. 70 participants and 40 village peoples are benefited through this program




Planting Drive for Environmental Awareness, Venkatachalam on 20 Jan 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Art for Advocacy: Save the Girl Child


The NSS Unit of Narayana College organized the "Art for Advocacy: Save the Girl Child" event on January 24, 2023, in T P Gudur. This initiative aimed to raise awareness about gender bias and promote the importance of girls' welfare in society. Through various art forms, participants expressed their commitment to advocating for the rights and education of girls. Faculty members and second-year students actively engaged in discussions and activities, fostering a collaborative spirit. The event successfully highlighted the significance of gender equality and the need for effective welfare services. Overall, it served as a platform for community involvement and social change. 65 participants and 42 village peoples are benefited through this program



Awareness on Art for Advocacy: Save the Girl Child, T P Gudur on 24 Jan 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

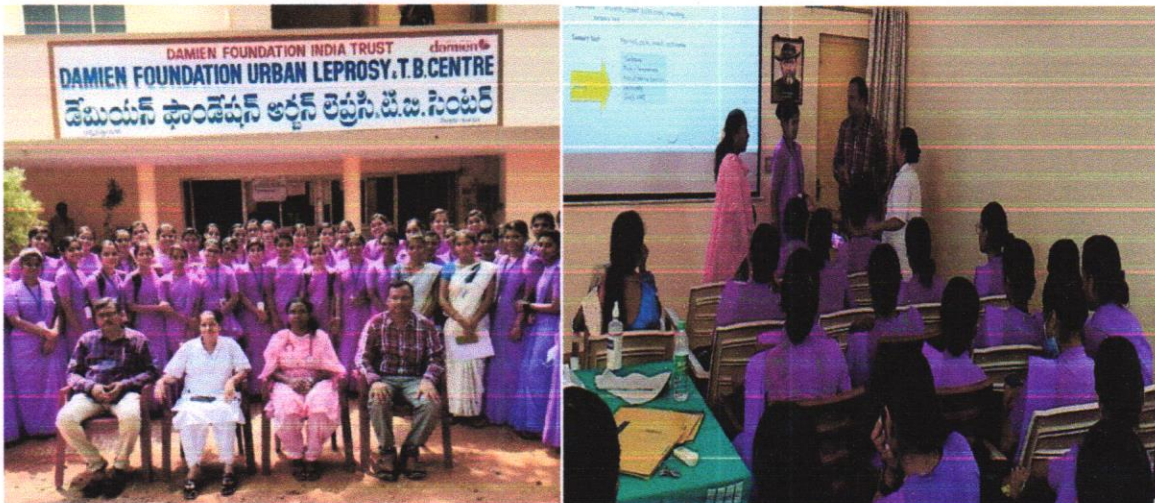
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Organizing Education on Leprosy Prevention and Treatment

The NSS Unit of Narayana College organized an event on "Education on Leprosy Prevention and Treatment" on January 30, 2023, in Kakatur. This program aimed to eliminate the stigma surrounding leprosy and enhance the dignity of individuals affected by the disease. Faculty members and third-year students participated actively, engaging in informative sessions that promoted awareness and understanding. The event included discussions on prevention, treatment options, and the importance of community support. By fostering a compassionate approach, the initiative contributed to breaking down barriers and encouraging inclusivity. Overall, it was a significant step towards improving the lives of those affected by leprosy. 64 participants and 45 village peoples are benefited through this program



Organizing Education on Leprosy Prevention and Treatment, Kakatur on 30 Jan 2023

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. Ashwini
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Public Health Campaign on Cancer


The NSS Unit of Narayana College organized a "Public Health Campaign on Cancer" on February 4, 2023, in Kakatur. This initiative aimed to raise awareness about cancer prevention, treatment options, and the importance of early detection, with the goal of improving patient outcomes and quality of life. Faculty members and fourth-year students actively participated, engaging the community through informative sessions and interactive activities. The campaign emphasized the significance of regular health check-ups and healthy lifestyle choices. By fostering a supportive environment, the event aimed to empower individuals and families affected by cancer, ultimately contributing to better health and well-being in the community. 63 participants and 25 village peoples are benefited through this program



Awareness on Public Health Campaign on Cancer, Kakatur on 4 Feb 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Community Support for Deworming Program

The NSS Unit of Narayana College organized a "Community Support for Deworming Program" on February 10, 2023, at Dakkilivari Palem. The initiative aimed to reduce worm burden in the community, particularly focusing on heavily-infected children, as high-intensity infections can lead to significant morbidity. Faculty members and first-semester students actively participated, educating residents about the importance of deworming and its health benefits. The program included distribution of medication and awareness sessions on hygiene practices. By addressing this critical health issue, the event aimed to enhance the overall well-being of the community and promote healthier lifestyles for children. 50 participants and 29 village peoples are benefited through this program



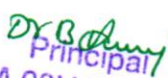
Community Support for Deworming Program, Dakkilivari Palem on 10 Feb 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Poster Art Competition

The NSS Unit of Narayana College organized a "Poster Art Competition" on February 13, 2023, at T P Gudur. This event aimed to encourage creative expression among students while assessing their knowledge and awareness of current trends and social issues. Faculty members and first-year students actively participated, showcasing their artistic skills and innovative ideas through various posters. The competition fostered a spirit of collaboration and healthy competition, with participants expressing their thoughts on relevant topics. By highlighting creativity and awareness, the event successfully contributed to a vibrant learning environment and engaged the college community in meaningful dialogue. 51 participants and 36 village peoples are benefited through this program




Awareness on Poster Art Competition, T P Gudur on 13 Feb 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Importance of trees

The NSS Unit of Narayana College organized an event on the "Importance of Trees" on February 20, 2023, at Saraswathi Nagar. This initiative aimed to raise awareness about the crucial role trees play in regulating climate and enhancing soil fertility, essential for the health of our planet. Faculty members and second-year students actively participated in discussions and activities, emphasizing the need for environmental conservation. The program included informative sessions on tree planting, care, and the ecological benefits of forests. By engaging the community, the event successfully promoted a collective responsibility toward protecting and nurturing our environment for future generations. 91 participants and 45 village peoples are benefited through this program



Awareness on Importance of trees, Saraswathi Nagar on 20 Feb 2023



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Awareness for Prevention, diagnosis & treatment of osteoporosis


The NSS Unit of Narayana College organized an awareness program on the "Prevention, Diagnosis, and Treatment of Osteoporosis" on February 27, 2023, at Kamakshi Nagar. This initiative aimed to assess and enhance the community's understanding of osteoporosis, focusing on its risk factors and health implications. Faculty members and MSc students actively participated, engaging in informative sessions and discussions about the condition's prevention and management. The program highlighted the importance of early diagnosis and lifestyle choices that can mitigate risks. By fostering awareness, the event aimed to empower individuals to take proactive steps toward maintaining bone health and improving overall well-being. 9 participants and 20 village peoples are benefited through this program



Awareness for Prevention, diagnosis & treatment of osteoporosis, Kamakshi Nagar on 27 Feb 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Child Immunization through Pulse Polio Program

The NSS Unit of Narayana College organized the "Child Immunization through Pulse Polio Program" on March 3, 2023, at Venkatachalam. This initiative aimed to immunize children effectively while enhancing social mobilization efforts. Faculty members and third-year students actively participated in the event, which included vaccination drives and awareness campaigns to inform the community about the importance of polio immunization. The program also focused on conducting mop-up operations in areas where the poliovirus had nearly disappeared, ensuring a sustained high level of public morale and engagement. By fostering community support, the event contributed significantly to the fight against polio and promoted the health and well-being of children. 60 participants and 23 village peoples are benefited through this program




Awareness on Child Immunization through Pulse Polio Program, Venkatachalam on 3 Mar 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

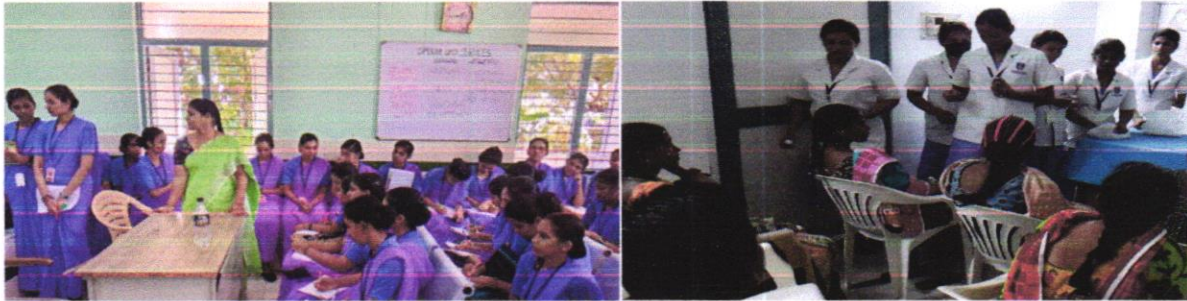
e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Strengthening Women's Voices

The NSS Unit of Narayana College organized the "Strengthening Women's Voices" event on March 8, 2023, at Kakatur, in celebration of International Women's Day. This initiative aimed to raise awareness about women's rights and promote gender equality. Faculty members and fourth-year students actively participated, engaging in discussions, workshops, and activities that highlighted the challenges women face and the importance of empowerment. The program encouraged participants to share their experiences and insights, fostering a supportive environment for dialogue. By emphasizing the significance of women's voices in society, the event aimed to inspire action toward achieving true gender equality and justice. 77 participants and 28 village peoples are benefited through this program




Awareness on Strengthening Women's Voices, Kakatur on 8 Mar 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Nephrology Awareness Event

The NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing department, organized a "Nephrology Awareness Event" on March 9, 2023, at Dakkilivari Palem. This initiative aimed to raise awareness about the critical role of kidneys in overall health and to reduce the incidence and impact of kidney disease. Faculty members and first-year students actively participated, engaging the community through informative sessions, discussions, and health screenings. The event emphasized the importance of kidney health, preventive measures, and early detection of kidney-related issues. By fostering awareness and encouraging healthy lifestyle choices, the program aimed to empower individuals to take charge of their kidney health and well-being. 23 participants and 25 village peoples are benefited through this program



Awareness on Nephrology Awareness Event, Dakkilivari Palem on 9 Mar 2023



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Community Awareness on STDs

The NSS Unit of Narayana College of Nursing organized a "Community Awareness on STDs" event on March 16, 2023, at T P Gudur. This initiative aimed to raise awareness about sexually transmitted infections (STIs) and their impact on individuals and communities. Faculty members and first-year and Post Basic BSc Nursing students actively participated, engaging in informative discussions, workshops, and interactive sessions. The program provided valuable insights into prevention, diagnosis, and treatment options for STIs. By fostering open dialogue and dispelling myths, the event aimed to empower the community with knowledge, promote safe practices, and encourage healthier relationships. 19 participants and 20 village peoples are benefited through this program



Community Awareness on STDs, T P Gudur on 16 Mar 2023

T. V. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. R. Anny
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Awareness about Oral Diseases and Their Prevention

The NSS Unit of Narayana College of Nursing organized an event on "Awareness about Oral Diseases and Their Prevention" on March 20, 2023, at Saraswathi Nagar. This initiative aimed to highlight the importance of maintaining good oral health and its impact on overall well-being. Faculty members and third-year students actively participated, engaging the community through informative sessions on common oral diseases, preventive measures, and healthy dental practices. The program included interactive demonstrations and discussions to raise awareness about the significance of regular dental check-ups. By fostering understanding and promoting proactive oral care, the event aimed to empower individuals to take charge of their oral health for a healthier future. 30 participants and 24 village peoples are benefited through this program



Awareness about Oral Diseases and Their Prevention, Saraswathi Nagar on 20 Mar 2023

J. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Promoting Knowledge of Tuberculosis Symptoms

The NSS Unit of Narayana College of Nursing organized an event on "Promoting Knowledge of Tuberculosis Symptoms" on March 24, 2023, at Kamakshi Nagar. This initiative aimed to raise public awareness about the serious health, social, and economic consequences of tuberculosis (TB) while emphasizing the need for early detection and treatment. Faculty members and second-year students actively participated, engaging the community through informative sessions on TB symptoms, prevention strategies, and the importance of timely medical intervention. The program included discussions that encouraged open dialogue about TB, reducing stigma and promoting support for affected individuals. By fostering awareness, the event aimed to contribute to global efforts to end the TB epidemic and improve community health. 90 participants and 35 village peoples are benefited through this program




Promoting Knowledge of Tuberculosis Symptoms, Kamakshi Nagar on 24 Mar 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal

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


NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Bipolar Education Forum

The NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized a "Bipolar Education Forum" on March 29, 2023, at Dakkilivari Palem. This event aimed to raise awareness about bipolar disorders, providing crucial information to educate the community and improve sensitivity toward those affected by the illness. Faculty members and first-year students actively participated, engaging in discussions and interactive sessions that highlighted the symptoms, treatment options, and the importance of mental health support. The program fostered an open dialogue, encouraging attendees to share experiences and ask questions. By promoting understanding and compassion, the event aimed to reduce stigma and enhance the overall well-being of individuals living with bipolar disorder. 54 participants and 39 village peoples are benefited through this program



Awareness on Bipolar Education Forum, Dakkilivari Palem on 29 Mar 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

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


Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Health and Wellness Assessment Day


The NSS Unit of Narayana College of Nursing organized a "Health and Wellness Assessment Day" on April 7, 2023, at Venkatachalam. This initiative aimed to provide valuable information and guidance on maintaining a healthy lifestyle, managing existing health conditions, and preventing future health issues. Faculty members and third-year students actively participated, conducting health assessments, informational sessions, and interactive workshops focused on nutrition, exercise, and mental well-being. The program encouraged community members to engage in discussions about their health concerns and seek advice on healthier choices. By promoting awareness and proactive health management, the event aimed to empower individuals to take charge of their health and enhance their overall well-being. 52 participants and 30 village peoples are benefited through this program



Awareness on Health and Wellness Assessment Day, Venkatachalam on 7 Apr 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING,
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Awareness activity on seasonal Diseases


The NSS Unit of Narayana College of Nursing organized an awareness activity on "Seasonal Diseases" on April 11, 2023, at T P Gudur. This initiative aimed to equip students with essential knowledge about various seasonal diseases prevalent in and around Repalle. Faculty members and first-year students actively participated, engaging in informative sessions that covered symptoms, prevention strategies, and health tips related to seasonal ailments. The program fostered discussions and encouraged participants to share experiences and ask questions. By raising awareness about the impact of seasonal changes on health, the event aimed to empower students and the community to take proactive measures for better health and well-being. 41 participants and 23 village peoples are benefited through this program




Awareness activity on seasonal Diseases, T P Gudur on 11 Apr 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


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



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



Autism Awareness Programme

The NSS Unit of Narayana College of Nursing organized an "Autism Awareness Programme" on April 24, 2023, at Dakkilivari Palem. This initiative aimed to represent and empower neurodiverse individuals, fostering acceptance and appreciation while advocating for equal opportunities and human rights. Faculty members and fourth-year students actively participated in the program, engaging the community through informative sessions, discussions, and interactive activities. The event highlighted the importance of understanding autism, promoting inclusive practices, and providing support for individuals and families affected by the condition. By raising awareness and encouraging empathy, the program aimed to create a more inclusive society for all. 50 participants and 29 village peoples are benefited through this program.



Autism Awareness Programme, Dakkilivari Palem on 24 Apr 2023

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Community Education on the Dangers of Tobacco


The NSS Unit of Narayana College of Nursing organized a "Community Education on the Dangers of Tobacco" event on May 31, 2023, at Kakatur. This initiative aimed to raise awareness among young people about the health risks associated with tobacco use and the strategies employed by the tobacco industry to attract new users. Faculty members and second-year Post Basic BSc Nursing students actively participated, engaging the community through informative sessions, discussions, and interactive activities. The program emphasized the importance of making informed choices and highlighted resources for quitting tobacco. By fostering awareness and encouraging healthy lifestyle choices, the event aimed to empower individuals to resist tobacco use and promote a healthier community. 20 participants and 15 village peoples are benefited through this program



Community Education on the Dangers of Tobacco, Kakatur on 31 May 2023


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

2021-2022



**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 2021-22**

Year	Name of the Activity
2021-22	Webinar on environmental Issues
2021-22	Webinar on Safe Blood Donation and Transfusion
2021-22	Plantation to encourage green environment
2021-22	Education on Importance of Plastic Free Environment
2021-22	Guided Asana Training Experience
2021-22	Webinar on Hazards of Drug addiction and avoid
2021-22	Awareness session on Women safety and Disha app application
2021-22	Vanamahostavam
2021-22	Promoting Understanding of Population Exploitation
2021-22	Health Campaign for ORS Distribution
2021-22	Mime on currents issues on Breast feeding
2021-22	Health awareness on Vector borne disease
2021-22	ORS- The Homebased treatment for Diarrhoeal Diseases
2021-22	Shram Mahadaan with Paani Foundation
2021-22	Understanding and Preventing Suicidal Behaviour
2021-22	Tree Planting for Ozone Protection
2021-22	Webinar on Awareness talk regarding Dementia

D.R. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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



2021-22	Webinar on developing leadership qualities in youth for community Development
2021-22	Educational Session on Rabies Vaccination for Pets
2021-22	Hands-On Session for Breast Health Awareness
2021-22	2Km Heart Health Walk
2021-22	Clean India Movement
2021-22	Informational Sessions on Mental Health
2021-22	Promoting Awareness of Breast Self-Examination
2021-22	Informative Lecture on Diseases of Nervous system (Vedavathi) and its prevention
2021-22	Concept of health and wellness centre under Ayushman Bharat Yojna
2021-22	Display of Healthy Eating Options for Diabetes
2021-22	Helmet awareness Rally
2021-22	Community Rally for HIV Education
2021-22	Health education on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer
2021-22	Leprosy Awareness Session
2021-22	Awareness on sickle cell anaemia
2021-22	Blood Donation for Humanity
2021-22	Awareness Through poster making on Save Girl Child
2021-22	Youth Empowerment Challenge
2021-22	Greenery Development Program
2021-22	Providing Deworming Medication
2021-22	Health Education Activity on Celebrating Older Human Rights

Dr. B. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



	champions”
2021-22	Think Equal, Build Smart, Innovate for Change
2021-22	Activity on Universal Health Coverage: Everyone, Everywhere
2021-22	National Communal Harmony in India
2021-22	Vaccinating a under fivechild with polio drops
2021-22	Women’s Rights Awareness Initiative
2021-22	Health Promotional Activity regarding lifestyle modifications
2021-22	Bipolar Awareness Initiative
2021-22	Educating on Mind, Body, and Spiritual Balance
2021-22	Outreach Program for Hypertension Awareness
2021-22	Public Demonstration for Tobacco-Free Policies

Table – 48

Dr. B. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Education on Safe Blood Donation and Transfusion


On June 12, 2021, the NSS Unit of Narayana College of Nursing is hosting a webinar on Safe Blood Donation and Transfusion at Venkatachalam. This event aims to raise awareness about the critical need for safe blood and blood products, emphasizing the importance of voluntary, unpaid blood donation. Faculty members and third-year students are encouraged to actively participate, fostering a deeper understanding of the impact of blood donation on saving lives. The webinar will feature expert speakers who will share valuable information and express gratitude to blood donors for their life-saving contributions. Overall, the event seeks to inspire a culture of voluntary blood donation within the community. 54 participants and 20 village peoples are benefited through this program.




Awareness on Safe Blood Donation and Transfusion, Venkatachalam on 12 June 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Webinar on environmental Issues

On June 5, 2021, the NSS Unit of Narayana College of Nursing organized a webinar focused on critical environmental issues. The event aimed to raise awareness about pressing topics such as marine pollution, overpopulation, global warming, sustainable development, and wildlife crime. Faculty members and first-year students were encouraged to actively participate, fostering a sense of responsibility towards environmental conservation. The session featured expert speakers who shared insights and practical solutions to these challenges. Participants engaged in discussions, enhancing their understanding of the impact of these issues on global health and ecosystems. Overall, the webinar successfully highlighted the importance of collective action in addressing environmental concerns. 41 participants and 30 village peoples are benefited through this program.



Awareness on environmental Issues, Dakkilivari palem on 5 June 2021

T. Cheluvu
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. S. Divya
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Rajani
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Plantation to encourage Green environment

On June 14, 2021, the NSS Unit of Narayana College of Nursing will organize a plantation drive at Kakatur to promote a green environment. The initiative aims to raise awareness about the significance of planting trees and their positive impact on the ecosystem. Faculty members and first-year students are encouraged to actively participate in this program, contributing to a collective effort to enhance local greenery. Participants will receive guidance on effective planting techniques and the importance of tree care. This initiative not only fosters community engagement but also reinforces the commitment to environmental sustainability. Overall, the plantation drive is a vital step toward creating a healthier and greener future. 58 participants and 25 village peoples are benefited through this program.



Awareness on Plantation to encourage Green environment, Kakatur on 14 June 2021

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. J. Prasad
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Bhanu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



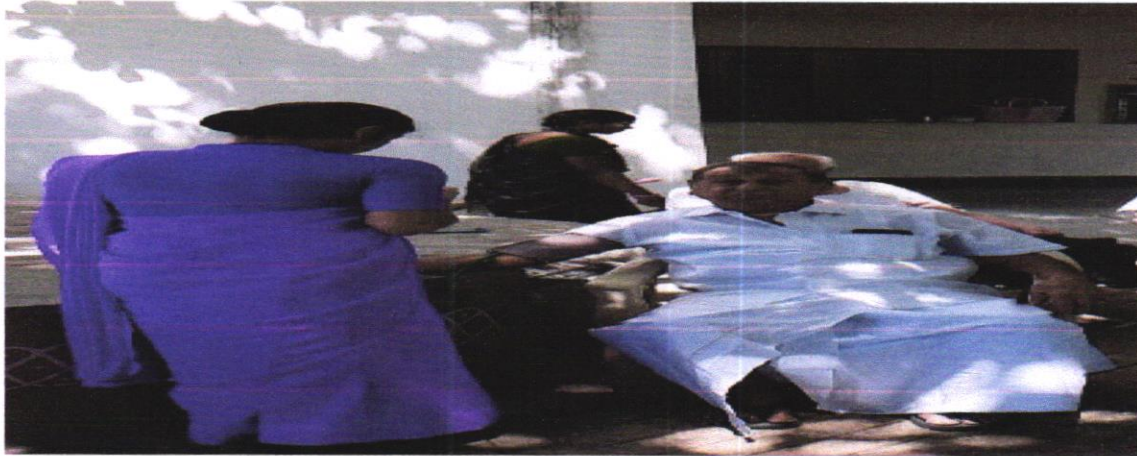
Chinthareddypalem, Nellore - 524003. A.P.
Ph No: 0861-2317969 | Fax: 0861-2311968.

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

Education on Importance of Plastic Free Environment


On June 17, 2021, the NSS Unit of Narayana College of Nursing is organizing an educational program on the Importance of a Plastic-Free Environment at T.P. Gudur. This initiative aims to raise awareness about the growing environmental impact of plastic pollution and its consequences on ecosystems and human health. Faculty members and second-year students are encouraged to actively participate, engaging in discussions and activities that promote sustainable practices. The program will feature informative sessions on alternatives to plastic, recycling methods, and the importance of reducing plastic usage. Overall, this event seeks to empower individuals to contribute to a cleaner, healthier environment. 56 participants and 27 village peoples are benefited through this program.




Awareness on Importance of Plastic Free Environment, T P Gudur on 17 June 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

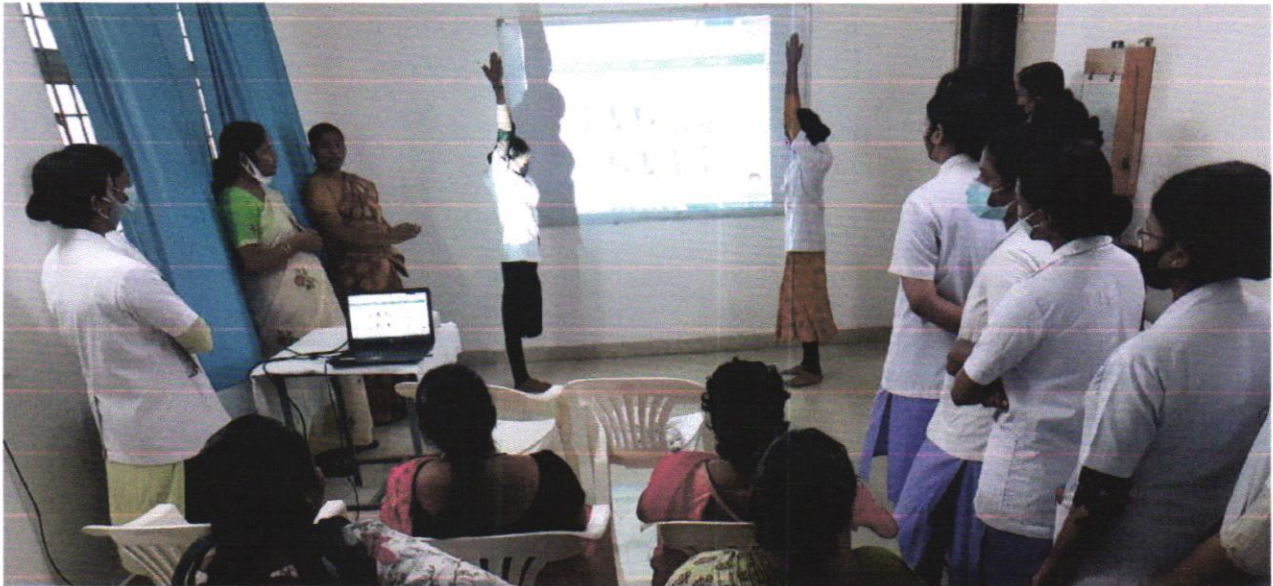

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Guided Asana Training Experience

On June 21, 2021, the NSS Unit of Narayana College of Nursing will host a Guided Asana Training Experience at Kamakshi Nagar. This event aims to highlight the amazing health benefits of yoga, emphasizing its role in reducing health problems and promoting overall well-being. Faculty members and fourth-year students are encouraged to actively participate, engaging in practical sessions that showcase various asanas and their positive effects on physical and mental health. The program will also focus on the importance of spreading peace and mindfulness through yoga practice. Overall, this initiative seeks to inspire individuals to incorporate yoga into their daily lives for enhanced health and harmony. 58 participants and 30 village peoples are benefited through this program.



Awareness on Asana Training, Kamakshi Nagar on 21 June 2021

T. Cheluvu
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. S. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

B. B. Anuraj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Webinar on Hazards of Drug addiction and avoid

On June 26, 2021, the NSS Unit of Narayana College of Nursing will conduct a webinar on the Hazards of Drug Addiction at Dakkilivari Palem. This program aims to elaborate on the causes and risk factors associated with drug addiction, raising awareness about its serious implications for individuals and society. Faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate, fostering a deeper understanding of addiction and its prevention. The webinar will feature expert speakers who will share insights and strategies for avoiding drug addiction. Overall, this initiative seeks to empower participants with knowledge to combat this pressing issue in the community. 64 participants and 32 village peoples are benefited through this program.



Awareness on Hazards of Drug addiction, Dakkilivari Palem on 26 June 2021

T. Cheluvu
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anuraj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Awareness session on Women safety and Disha app application


On June 29, 2021, the NSS Unit of Narayana College of Nursing will organize an awareness session on Women's Safety and the Disha App at Venkatachalam. This initiative aims to enhance the safety and security of women in the community. The program will feature police representatives, women protection secretaries, and local volunteers who will provide valuable insights and resources for ensuring women's safety. Faculty members and first-year students are encouraged to actively participate, contributing to discussions and learning about the features of the Disha App and other safety measures. Overall, this session seeks to empower women with knowledge and tools for their protection and well-being. 40 participants and 35 village peoples are benefited through this program.




Awareness session on Women safety and Disha app application, Venkatachalam on 29 June 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Chinthareddypalem, Nellore - 524003. A.P.
Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council
Affiliated by 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

Vanamahostavam

On July 1, 2021, the NSS Unit of Narayana College of Nursing will celebrate Vanamahostavam at Kamakshi Nagar. This event aims to promote the conservation and protection of forests while raising awareness about the critical role trees play in maintaining ecological balance and ensuring environmental stability. Faculty members and first and second-year MSc students are encouraged to actively participate in this initiative, which will include activities such as tree planting and educational sessions on the importance of forests. Overall, the program seeks to foster a sense of responsibility towards the environment and inspire community involvement in conservation efforts. 25 participants and 20 village peoples are benefited through this program.



Awareness on Vanamahostavam, Kamakshi Nagar on 1 July 2021

T. V. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Promoting Understanding of Population Exploitation

On July 10, 2021, the NSS Unit of Narayana College of Nursing will host a program on Promoting Understanding of Population Exploitation at T.P. Gudur. This initiative aims to raise awareness about various population issues, including the importance of family planning, gender equality, poverty, maternal health, and human rights. Faculty members and first-year students are encouraged to actively participate, engaging in discussions and activities designed to enhance understanding of these critical topics. The program will feature expert speakers and interactive sessions to facilitate meaningful dialogue. Overall, this event seeks to empower participants with knowledge and promote informed decisions regarding population issues in the community. 29 participants and 18 village peoples are benefited through this program



Awareness on Understanding of Population Exploitation, T P Gudur on 10 July 2021

T. V. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. D. Devi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Health Campaign for ORS Distribution

On July 29, 2021, the NSS Unit of Narayana College of Nursing will conduct a Health Campaign for ORS Distribution at Venkatachalam. The primary goal of this initiative is to achieve zero child deaths due to childhood diarrhea by promoting the use of Oral Rehydration Solution (ORS). Faculty members and third-year students are encouraged to actively participate in the campaign, which will include educational sessions on the importance of ORS in preventing dehydration. Participants will also engage in distributing ORS packets to families in the community. Overall, this campaign aims to raise awareness about childhood diarrhea and empower caregivers with the knowledge to protect their children's health. 30 participants and 20 village peoples are benefited through this program



Awareness on Health Campaign for ORS Distribution, Venkatachalam on 29 July 2021

J. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

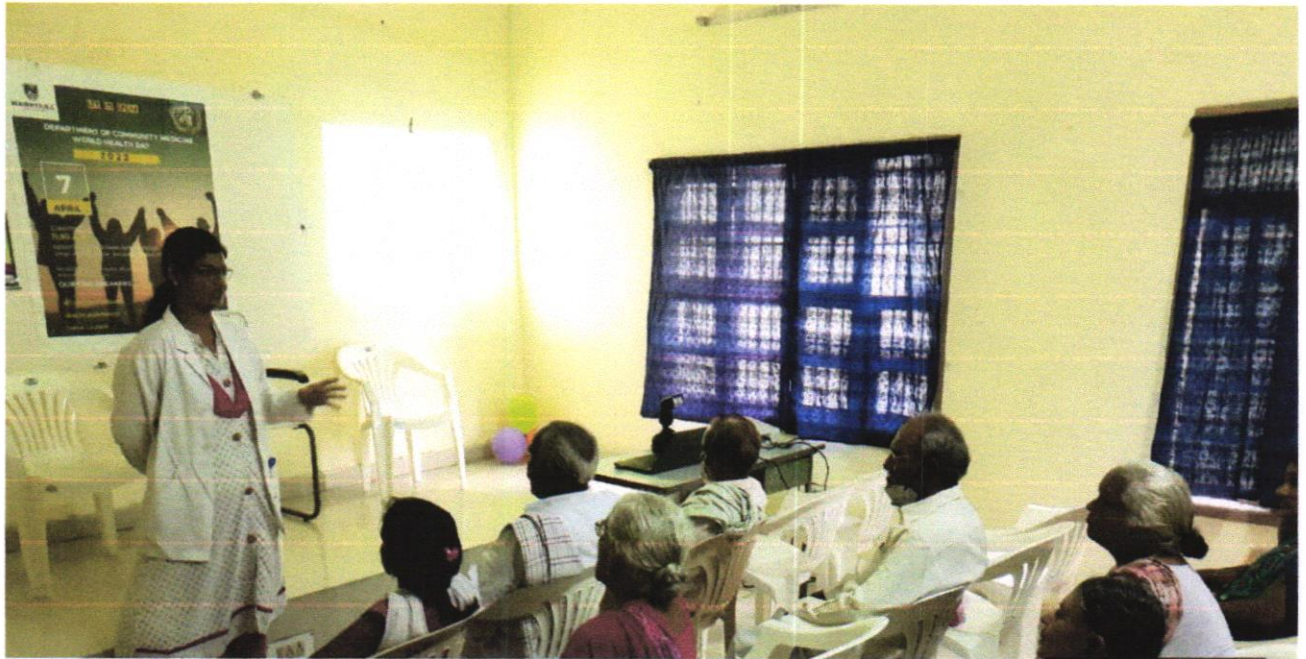
A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. D. Devi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Shram Mahadaan with Paani Foundation

On August 24, 2021, the NSS Unit of Narayana College of Nursing will organize a Shram Mahadaan event in collaboration with Paani Foundation at Venkatachalam. This initiative aims to empower and educate villagers about the importance of water conservation and management. Faculty members and third-year students are encouraged to actively participate in this program, which will include hands-on activities and discussions focused on sustainable water practices. The event seeks to raise awareness about water scarcity and inspire the community to adopt effective conservation measures for a more sustainable future. 46 participants and 32 village peoples are benefited through this program



Awareness on Shram Mahadaan with Paani Foundation, Venkatachalam on 24 Aug 2021

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. B. D. D. D.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



ORS- the Home based treatment for Diarrheal Diseases

On August 13, 2021, the NSS Unit of Narayana College of Nursing will organize a program on "ORS: The Home-Based Treatment for Diarrheal Diseases" at T.P. Gudur. This initiative aims to educate the community about the importance of Oral Rehydration Solution (ORS) in replenishing the body's fluid levels during episodes of diarrhea. All faculty members and first-year students are encouraged to actively participate in this program, which will include informative sessions and demonstrations on how to prepare and use ORS effectively. The event seeks to empower participants with essential knowledge to manage diarrhea and promote better health practices within the community. 29 participants and 40 village peoples are benefited through this program



Awareness on ORS- the Home based treatment for Diarrheal Diseases, T P Gudur on 13 Aug 2021

T. Chelvi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Health awareness on Vector borne disease

On August 9, 2021, the NSS Unit of Narayana College of Nursing will organize a health awareness program on vector-borne diseases at Kamakshi Nagar. This initiative aims to educate the community about the risks associated with these diseases and the preventive measures individuals can take to protect themselves. All faculty members and first and second-year MSc students are encouraged to actively participate in this important program, which will include informative sessions, discussions, and interactive activities. The event seeks to empower participants with knowledge to reduce the impact of vector-borne diseases and promote healthier practices within the community. 25 participants and 30 village peoples are benefited through this program



Health awareness on Vector borne disease, Kamakshi Nagar on 09 Aug 2021

T. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. B. Anand
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Mime on current issues on Breast feeding

From August 2 to August 7, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical and Gynecological Nursing departments, will organize a Mime event on current issues related to breastfeeding at Dakkilivari Palem. This initiative aims to support mothers through peer groups, promoting, establishing, and sustaining breastfeeding practices by educating families about the benefits of peer counseling. All faculty members and fourth-year students are encouraged to actively participate in this engaging program, which will use performance art to raise awareness and foster a supportive environment for breastfeeding mothers. The event seeks to enhance maternal and child health in the community. 42 participants and 22 village peoples are benefited through this program.



Mime on current issues on Breast feeding, Dakkilivari Palem on 2 Aug 2021 to 7 Aug 2021

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. B. D. D. D.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Tree Planting for Ozone Protection

On September 16, 2021, the NSS Unit of Narayana College of Nursing will organize a Tree Planting event for Ozone Protection at Venkatachalam. This initiative aims to reduce temperature and increase humidity, contributing to a healthier environment. All faculty members and first-year students are encouraged to actively participate in this program, which will involve planting trees and educating the community about the importance of trees in protecting the ozone layer and enhancing air quality. The event seeks to foster environmental awareness and inspire a commitment to sustainability within the community. 46 participants and 27 village peoples are benefited through this program



Awareness on Tree Planting for Ozone Protection, Venkatachalam on 16 Sep 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Understanding and Preventing Suicidal Behavior

On September 9, 2021, the NSS Unit of Narayana College of Nursing will organize a program on "Understanding and Preventing Suicidal Behavior" at Kamakshi Nagar. This initiative aims to increase knowledge about the factors that offer protection against suicidal behaviors and promote wellness and recovery. All faculty members and first and second-year PB BSc students are encouraged to actively participate in this important program, which will include informative sessions, discussions, and strategies for identifying and supporting individuals at risk. The event seeks to foster a supportive environment and equip participants with the tools to contribute positively to mental health awareness in the community. 35 participants and 25 village peoples are benefited through this program



Awareness on Preventing Suicidal Behavior, Kamakshi Nagar on 9 Sep 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

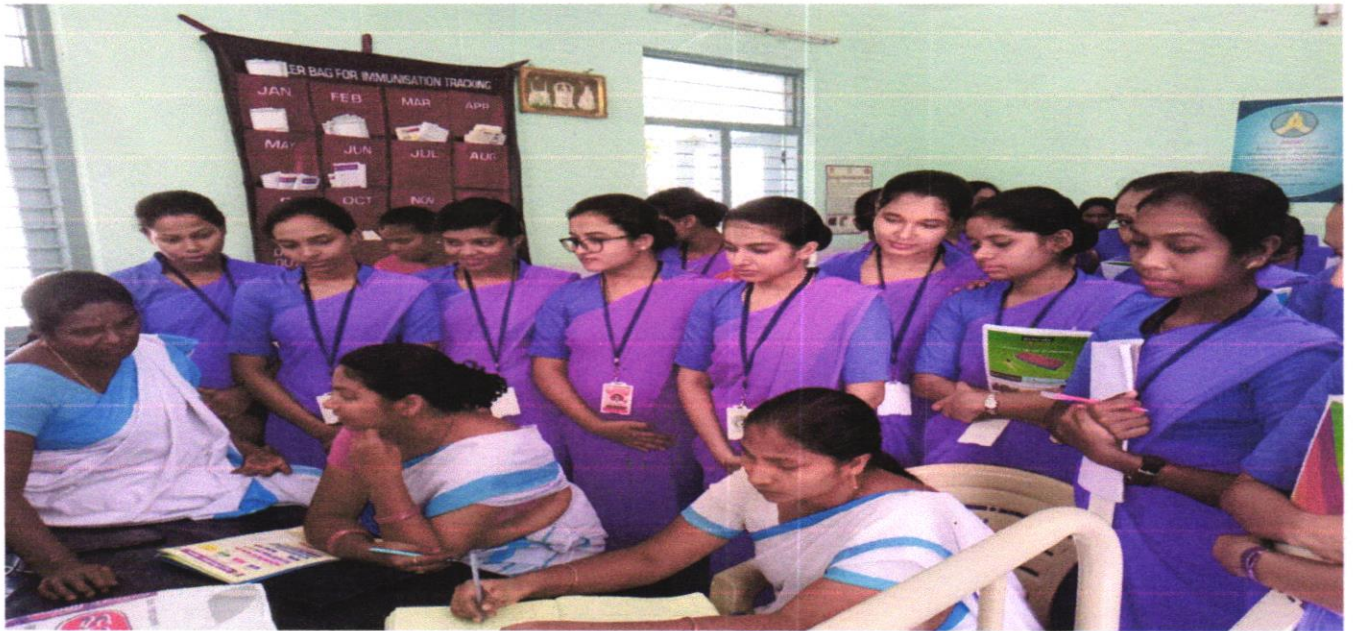
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. D. D. D.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Webinar on developing leadership qualities in youth for community Development

On September 24, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Community Health Nursing Department, will organize a webinar on "Developing Leadership Qualities in Youth for Community Development" at T.P. Gudur. This initiative aims to inspire and motivate youth to cultivate leadership skills that can drive positive change in their communities. All faculty members and fourth-year students are encouraged to actively participate in this program, which will feature discussions on effective leadership strategies and the importance of teamwork. The event seeks to empower participants with the tools and confidence to lead initiatives that contribute to community development and well-being. 80 participants and 30 village peoples are benefited through this program



Webinar on developing leadership qualities in youth for community Development,
Dakkilivari Palem on 24 Sep 2021

T. G. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

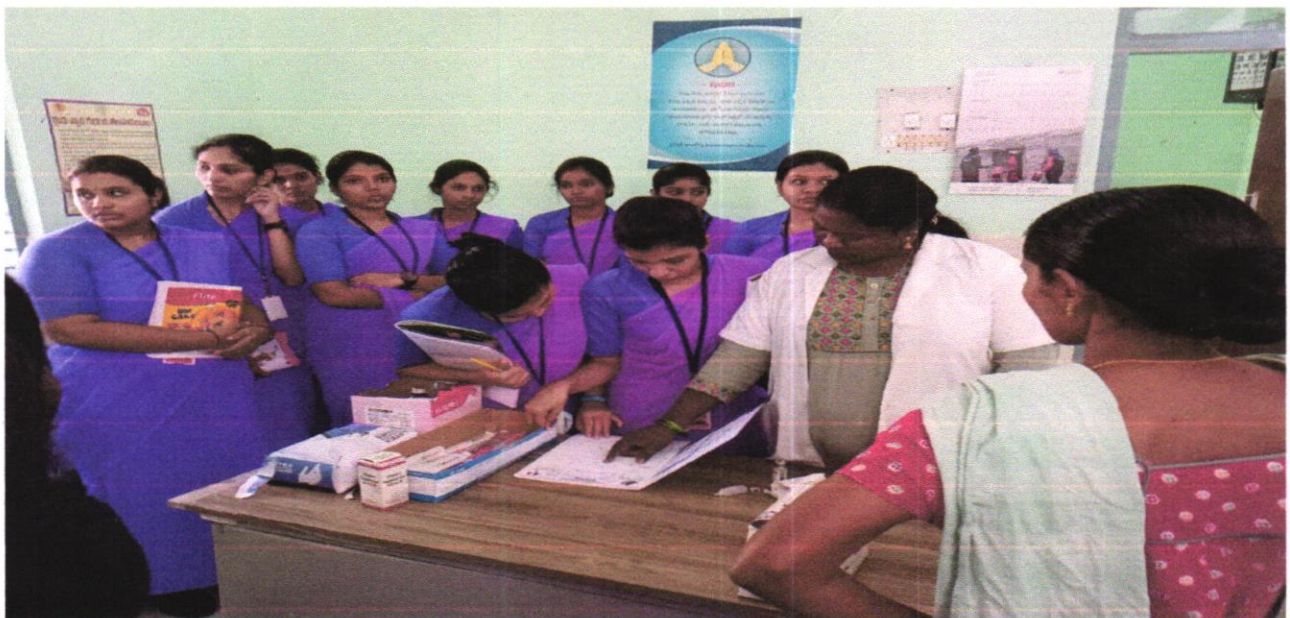
A. J. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Webinar on Awareness talk regarding Dementia

On September 21, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing Department, will host a webinar on "Awareness Talk Regarding Dementia" at T.P. Gudur. This initiative aims to combat the stigma associated with dementia, encourage understanding, and increase public awareness of these disorders. All faculty members and third-year students are encouraged to actively participate in this informative program, which will feature expert speakers sharing insights on dementia, its impact, and strategies for support. The event seeks to empower participants with knowledge and promote a more compassionate approach toward individuals affected by dementia in the community. 47 participants and 25 village peoples are benefited through this program



Webinar on Awareness talk regarding Dementia, T P Gudur on 21 Sep 2021

T. Cheluvu
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. D. Devi
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



2Km Heart Health Walk

On September 30, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing department, will organize a 2 Km Heart Health Walk at Dakkilivari Palem. This event aims to prevent heart disease and stroke by raising awareness and funds to support heart research and promote heart-healthy lifestyle practices. All faculty members and first-year students are encouraged to actively participate in this community initiative, which will foster a spirit of teamwork and health consciousness. The walk will not only enhance physical fitness but also provide valuable information on maintaining heart health, contributing to a healthier community overall. 60 participants and 24 village peoples are benefited through this program



Awareness on Heart Health Walk, Dakkilivari Palem on 30 Sep 2021

T. Chelvi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. Arshad
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Hands-On Session for Breast Health Awareness

On September 27, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health and Obstetrical & Gynecological Nursing departments, will organize a Hands-On Session for Breast Health Awareness at Kamakshi Nagar. This initiative aims to promote early detection of breast cancer by teaching participants how to physically examine their breasts for any lumps, distortions, or swelling. All faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate in this program, which will include practical demonstrations and educational discussions. The event seeks to empower participants with knowledge and skills to enhance breast health awareness in the community. 64 participants and 20 village peoples are benefited through this program




Hands-On Session for Breast Health Awareness, Kamakshi Nagar on 27 Sep 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Educational Session on Rabies Vaccination for Pets

On September 25, 2021, the NSS Unit of Narayana College of Nursing will organize an Educational Session on Rabies Vaccination for Pets at T.P. Gudur. This initiative aims to prevent human cases of rabies by standardizing animal rabies surveillance and managing potential human rabies exposures. All faculty members and second-year students are encouraged to actively participate in this important program, which will include informative discussions on the importance of vaccinating pets and the role of community awareness in rabies prevention. The event seeks to empower participants with knowledge to promote responsible pet ownership and enhance public health safety. 74 participants and 35 village peoples are benefited through this program



Educational Session on Rabies Vaccination for Pets, T P Gudur on 25 Sep 2021

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

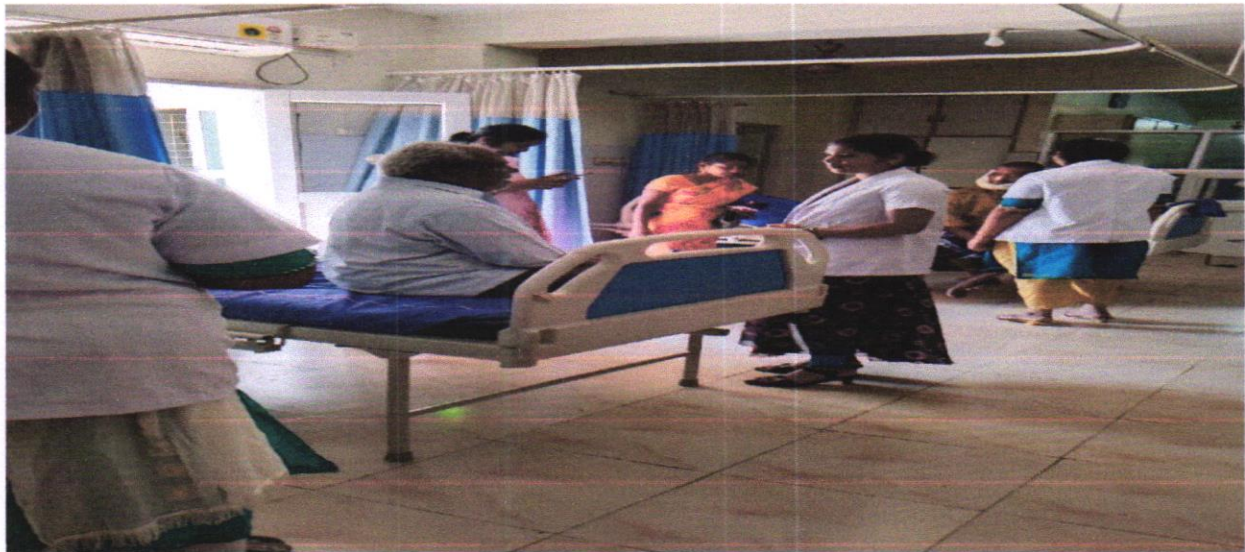
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Concept of health and wellness center under Ayushman Bharat Yojna


On October 26, 2021, the NSS Unit of Narayana College of Nursing will organize a program on the Concept of Health and Wellness Centers under the Ayushman Bharat Yojna at Dakkilivari Palem. This initiative aims to educate households about accessing better healthcare services and the benefits provided under the scheme. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include informative sessions and discussions on improving health and wellness in the community. The event seeks to empower participants with knowledge about available healthcare resources, ultimately enhancing health outcomes for families in the area. 54 participants and 30 village peoples are benefited through this program



Awareness on Concept of health and wellness center under Ayushman Bharat Yojna,
Dakkilivari palem on 26 Oct 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Informative Lecture on Diseases of Nervous system (Vatavyadhi) and its prevention

On October 18, 2021, the NSS Unit of Narayana College of Nursing will organize an informative lecture on Diseases of the Nervous System (Vatavyadhi) and their prevention at Venkatachalam. This initiative aims to enhance understanding of the central nervous system's functions and the importance of maintaining neurological health. All faculty members and first and second-year PB BSc and MSc students are encouraged to actively participate in this program, which will include expert presentations and discussions on prevention strategies. The event seeks to empower participants with knowledge that can contribute to better health outcomes and awareness of neurological disorders in the community. 64 participants and 32 village peoples are benefited through this program



Awareness on Diseases of Nervous system (Vatavyadhi) and its prevention, Venkatachalam on 18 Oct 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dy. Princy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Promoting Awareness of Breast Self-Examination

On October 16, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Child Health Nursing and Obstetrical & Gynecological Nursing departments, will organize a program promoting awareness of Breast Self-Examination at T.P. Gudur. This initiative aims to empower women by giving them control over their health and enhancing their awareness of how their breasts normally feel. All faculty members and third-year students are encouraged to actively participate in this important program, which will include informative sessions and practical demonstrations on performing self-examinations. The event seeks to foster a proactive approach to breast health, encouraging early detection and awareness among women in the community. 95 participants and 32 village peoples are benefited through this program



Promoting Awareness of Breast Self-Examination, T P Gudur on 16 Oct 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. S. Sany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Informational Sessions on Mental Health

On October 9, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing Department, will organize informational sessions on Mental Health at Kamakshi Nagar. This initiative aims to raise awareness about the importance of mental health and its impact on overall well-being. All faculty members and first and second-year MSc students are encouraged to actively participate in this program, which will include discussions, presentations, and resources on various mental health topics. The event seeks to foster understanding and reduce stigma, empowering participants to prioritize mental health in their personal lives and within the community. 25 participants and 22 village peoples are benefited through this program



Awareness on Informational Sessions on Mental Health, Kamakshi Nagar on 09 Oct 2021

T. Cheluvu
 NSS PROGRAM OFFICER

NSS Program Officer
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003.

A. Indira
 Principal
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003

Dr. B. Anuraj
 Principal
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003.



Clean India Movement

On October 1, 2021, the NSS Unit of Narayana College of Nursing will organize a Clean India Movement event at Saraswathi Nagar. This initiative aims to eliminate open defecation, improve solid waste management, and create Open Defecation Free (ODF) villages. All faculty members and first and second-year PB BSc students are encouraged to actively participate in this program, which will include community clean-up activities, educational sessions, and awareness campaigns. The event seeks to foster a sense of responsibility toward hygiene and sanitation, contributing to the overall health and well-being of the community. 35 participants and 28 village peoples are benefited through this program



Awareness on Clean India Movement, Saraswathi Nagar on 01 Oct 2021

J. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. R. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Display of Healthy Eating Options for Diabetes

On November 13, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing Department, will organize a display of healthy eating options for diabetes at T.P. Gudur. This initiative aims to educate the community on maintaining blood glucose levels as close to normal as safely possible through proper nutrition. All faculty members and first-year students are encouraged to actively participate in this program, which will feature informative displays, cooking demonstrations, and discussions on diabetes-friendly foods. The event seeks to empower participants with knowledge and resources to make healthier dietary choices, ultimately promoting better management of diabetes in the community. 60 participants and 40 village peoples are benefited through this program



Awareness on Display of Healthy Eating Options for Diabetes P Gudur on 13 Nov 2021

T. Chhavi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Ashu
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Helmet awareness Rally

On November 30, 2021, the NSS Unit of Narayana College of Nursing will organize a Helmet Awareness Rally at Saraswathi Nagar. This initiative aims to raise awareness about the importance of wearing helmets to protect riders' heads during impact, thereby preventing or reducing head injuries and potentially saving lives. All faculty members and second-year students are encouraged to actively participate in this rally, which will include informative discussions, demonstrations, and engaging activities to promote helmet use. The event seeks to foster a culture of safety among riders and contribute to overall road safety in the community. 61 participants and 42 village peoples are benefited through this program



Awareness on Helmet awareness, Saraswathi Nagar on 30 Nov 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. D. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Blood Donation for Humanity

On December 28, 2021, the NSS Unit of Narayana College of Nursing will organize a "Blood Donation for Humanity" event at Venkatachalam. This initiative aims to raise awareness about the critical need for safe blood and blood products while expressing gratitude to voluntary, unpaid blood donors for their life-saving contributions. All faculty members and third-year students are encouraged to actively participate in this program, which will include informative sessions on the importance of blood donation, donor eligibility, and the impact of blood donations on saving lives. The event seeks to foster a spirit of community service and encourage more individuals to consider donating blood, ultimately supporting the health needs of those in critical situations. 48 participants and 21 village peoples are benefited through this program



Awareness on Blood Donation for Humanity, Venkatachalam on 28 Dec 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

D. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Awareness on sickle cell anemia

On December 21, 2021, the NSS Unit of Narayana College of Nursing will organize an awareness program on Sickle Cell Anemia at T.P. Gudur. This initiative aims to educate participants about the condition, focusing on reducing the frequency of vaso-occlusive crises (VOC) and pain crises, as well as preventing organ damage. All faculty members and first-year students are encouraged to actively participate in this program, which will include informative sessions, discussions, and resources on managing sickle cell anemia. The event seeks to empower the community with knowledge and support for individuals affected by this condition, ultimately promoting better health outcomes and awareness. 57 participants and 27 village peoples are benefited through this program



Awareness on sickle cell anemia, T P Gudur on 21 Dec 2021

T. Chelva Devi

NSS Program Officer

A. Indira

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Rajani

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Leprosy Awareness Session

On December 18, 2021, the NSS Unit of Narayana College of Nursing will organize a Leprosy Awareness Session at Kamakshi Nagar. This initiative aims to eliminate the stigma associated with leprosy and enhance the dignity of those affected by the disease. All faculty members and fourth-year students are encouraged to actively participate in this important program, which will include informative discussions, expert presentations, and interactive activities designed to raise awareness and foster empathy. The event seeks to empower participants with knowledge about leprosy, its treatment, and the importance of supporting individuals living with the condition, ultimately promoting a more inclusive and compassionate community. 50 participants and 22 village peoples are benefited through this program



Leprosy Awareness Session, Kamakshi Nagar on 18 Dec 2021

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

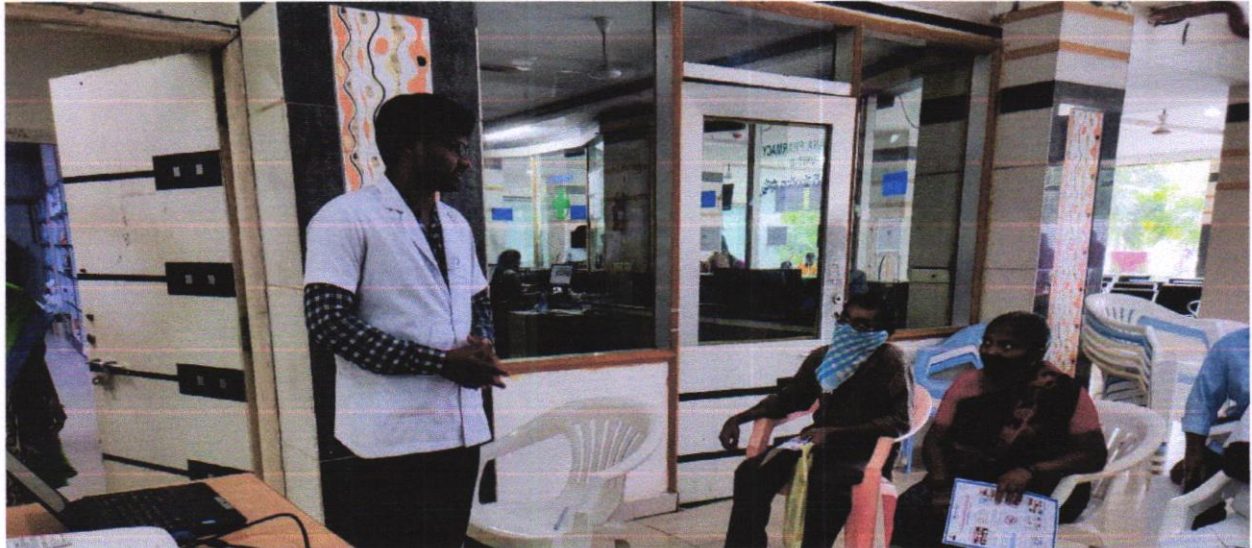
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Radhika
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Health education on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer


On December 8, 2021, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical and Surgical Nursing Department, will organize a health education program titled "Measuring Your Blood Pressure Accurately, Controlling It, Living Longer" at Venkatachalam. This initiative aims to raise awareness about high blood pressure, often referred to as the "silent killer," and to encourage global action to combat this prevalent health issue. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include demonstrations on accurate blood pressure measurement, discussions on management strategies, and tips for maintaining a healthy lifestyle. The event seeks to empower participants with the knowledge and tools necessary for better heart health and longevity. 38 participants and 26 village peoples are benefited through this program



Awareness on: Measuring Your Blood Pressure Accurately, Controlling It, Living Longer, Venkatachalam on 08 Dec 2021


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Community Rally for HIV Education

On December 1, 2021, the NSS Unit of Narayana College of Nursing will organize a Community Rally for HIV Education at Dakkilivari Palem. This initiative aims to promote comprehensive education about HIV that respects human rights and is adapted to the current context of the country. All faculty members and third-year students are encouraged to actively participate in this rally, which will include informative sessions, discussions, and activities designed to raise awareness about HIV prevention, treatment, and stigma reduction. The event seeks to empower the community with knowledge and foster a supportive environment for those affected by HIV. 55 participants and 40 village peoples are benefited through this program



Awareness on HIV Education, Dakkilivari Palem on 01 Dec 2021

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Greenery Development Program

On January 20, 2022, the NSS Unit of Narayana College of Nursing will organize a "Greenery Development Program" at Dakkilivari Palem. This initiative aims to protect, restore, and enhance India's diminishing forest cover while addressing climate change through effective adaptation and mitigation measures. All faculty members and first-year students are encouraged to actively participate in this program, which will involve tree planting, educational sessions on environmental conservation, and community engagement activities. The event seeks to promote awareness about the importance of greenery and sustainability, inspiring participants to contribute positively to the environment and their communities. 67 participants and 29 village peoples are benefited through this program



Awareness on Greenery Development Program, Dakkilivari Palem on 20 Jan 2022

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. B. Anuradha
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Youth Empowerment Challenge

On January 17, 2022, the NSS Unit of Narayana College of Nursing will organize a "Youth Empowerment Challenge" at Kamakshi Nagar. This initiative aims to empower youth by recognizing their potential to drive social change and development. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include various activities, discussions, and workshops designed to inspire and equip young individuals with the skills and knowledge necessary for effective leadership. The event seeks to foster a spirit of collaboration and innovation among participants, ultimately encouraging them to take an active role in their communities and contribute positively to society. 48 participants and 40 village peoples are benefited through this program



Awareness on Youth Empowerment Challenge, Kamakshi Nagar on 17 Jan 2022

J. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Awareness through poster making on Save Girl Child

On January 11, 2022, the NSS Unit of Narayana College of Nursing will organize a poster-making awareness event on "Save the Girl Child" at Saraswathi Nagar. This initiative aims to combat gender-selective abortions and raise awareness about the various crimes against the girl child. All faculty members and third-year students are encouraged to actively participate in this program, which will involve creating impactful posters that convey strong messages about the value of girls and the importance of gender equality. The event seeks to foster community engagement and encourage discussions around protecting the rights of girl children, ultimately promoting a safer and more equitable society. 40 participants and 18 village peoples are benefited through this program



Awareness through poster making on Save Girl Child, Saraswathi Nagar on 11 Jan 2022

J. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. Balaji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



National Communal Harmony in India

On February 25, 2022, the NSS Unit of Narayana College of Nursing organized a National Communal Harmony event in T P Gudur. The initiative focused on providing financial assistance to child victims of societal violence, supporting their care, education, and training for effective rehabilitation. Faculty members and MSc Year I & II students actively participated, contributing their time and efforts to raise awareness about the plight of these children. The event fostered a spirit of unity and compassion among participants, highlighting the importance of communal harmony in society. Various activities, including workshops and discussions, were conducted to engage attendees and encourage support for the cause. The event successfully emphasized the role of education and care in the rehabilitation of affected children. Overall, it was a meaningful endeavor aimed at making a positive impact on the lives of vulnerable children. 25 participants and 20 village peoples are benefited through this program



Awareness on National Communal Harmony in India, T P Gudur on 25 Feb 2022

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. Ashwin
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Think Equal, Build Smart, Innovate for Change

On February 18, 2022, the NSS Unit of Narayana College of Nursing will organize the program "Think Equal, Build Smart, Innovate for Change" at Kamakshi Nagar. This initiative aims to positively impact the lives of women and girls by promoting gender equality and empowering them through innovative solutions. All faculty members and third-year students are encouraged to actively participate in this program, which will feature discussions, workshops, and activities designed to inspire action and foster creativity in addressing challenges faced by women and girls. The event seeks to create a supportive environment for sharing ideas and building strategies that lead to meaningful change in the community. 72 participants and 30 village peoples are benefited through this program



Awareness on Think Equal, Build Smart, Innovate for Change, Kamakshi Nagar on 18 Feb 2022

T. Chelvan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

D. R. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Health Education Activity on Celebrating Older Human Rights champions

On February 17, 2022, the NSS Unit of Narayana College of Nursing will organize a Health Education Activity focused on "Celebrating Older Human Rights Champions" at Saraswathi Nagar. This initiative aims to highlight the importance of providing older adults with opportunities to realize their potential and access educational, cultural, spiritual, and recreational resources within society. All faculty members and fourth-year students are encouraged to actively participate in this program, which will include informative sessions, discussions, and activities that promote respect and support for the rights of older individuals. The event seeks to foster a greater understanding of the contributions of older adults and advocate for their inclusion and empowerment in the community. 61 participants and 35 village peoples are benefited through this program



Health Education Activity on Celebrating Older Human Rights champions, Saraswathi Nagar on 17 Feb 2022

T. Ashwin

NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

D. Babu
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Providing Deworming Medication

On February 10, 2022, the NSS Unit of Narayana College of Nursing will organize a program for providing deworming medication at T.P. Gudur. This initiative aims to reduce the worm burden in populations and decrease the intensity of infection, particularly among heavily infected children. All faculty members and second-year students are encouraged to actively participate in this program, which will involve administering medication, educating the community about the importance of deworming, and discussing preventive measures. The event seeks to promote health and well-being in the community, ensuring that children are protected from the harmful effects of parasitic infections. 30 participants and 15 village peoples are benefited through this program



Awareness on Providing Deworming Medication, T P Gudur on 10 Feb 2022

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

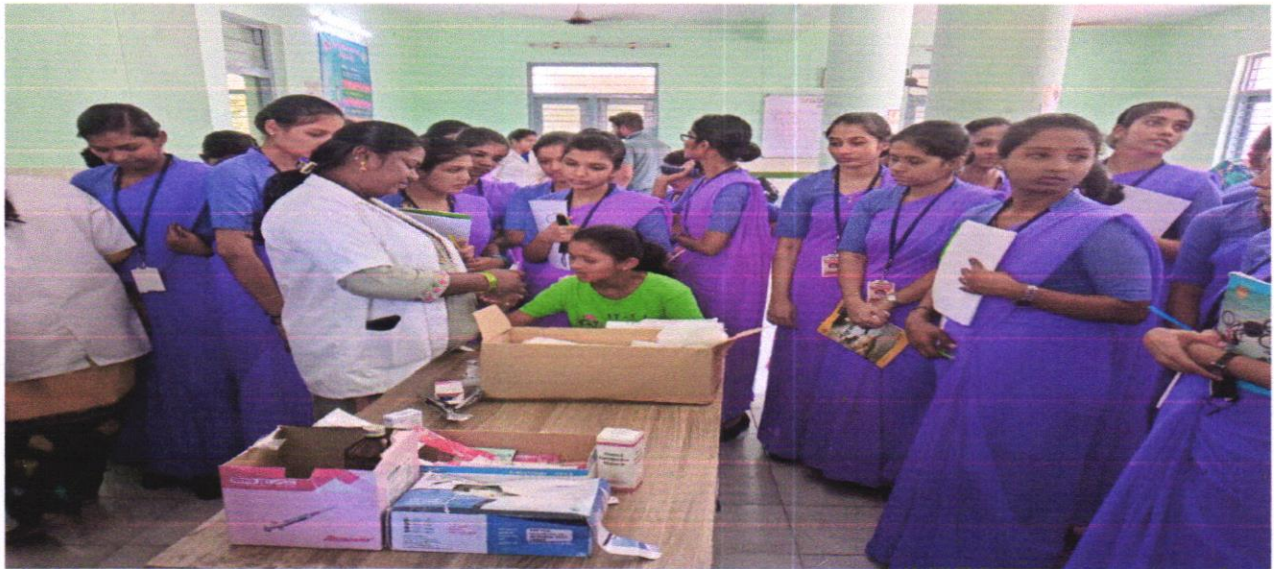
Dr. Rohini
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Bipolar Awareness Initiative

On March 30, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Mental Health Nursing department, organized a Bipolar Awareness Initiative at Venkatachalam. This program aimed to educate the community about bipolar disorders, enhancing understanding and sensitivity towards individuals affected by the condition. Faculty members and III Year students actively participated, engaging attendees through informative sessions and discussions. The initiative provided valuable resources and shared personal stories to break the stigma surrounding mental health. Overall, the event successfully raised awareness and fostered a supportive environment for those dealing with bipolar disorder, promoting empathy and understanding in the community. 50 participants and 20 village peoples are benefited through this program



Bipolar Awareness Initiative, Venkatachalam on 30 Mar 2022

T. Chandra
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

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

Dr. Chandra
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Health Promotional Activity regarding lifestyle modifications

On March 16, 2022, the NSS Unit of Narayana College of Nursing organized a Health Promotional Activity focused on lifestyle modifications at Kamakshi Nagar. This initiative aimed to create awareness about a specific health theme, highlighting priority concerns identified by the World Health Organization. Faculty members and I Year students actively participated, engaging the community in discussions about healthy habits, nutrition, and exercise. Informative sessions provided practical tips for improving lifestyle choices and preventing chronic diseases. The event successfully promoted the importance of proactive health management and encouraged participants to adopt healthier lifestyles. Overall, it fostered a sense of community responsibility towards better health outcomes. 39 participants and 27 village peoples are benefited through this program




Awareness on Health Promotional Activity regarding lifestyle modifications, Kamakshi Nagar on 16 Mar 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Women's Rights Awareness Initiative

On March 7, 2022, the NSS Unit of Narayana College of Nursing organized a Women's Rights Awareness Initiative at Saraswathi Nagar. This program aimed to promote the implementation of regulations designed to enhance the welfare and status of women in society. Faculty members and MSc Year I & II students actively participated, engaging the community through informative sessions and discussions. The initiative focused on educating attendees about women's rights, legal protections, and available resources for support. Various activities encouraged dialogue and empowerment among women, fostering a supportive environment for advocacy. Overall, the event successfully raised awareness and highlighted the importance of gender equality and women's empowerment in the community. 25 participants and 40 village peoples are benefited through this program




Awareness on Women's Rights Awareness Initiative, Saraswathi Nagar on 07 Mar 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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


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



Vaccinating a under five child with polio drops

On March 4, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Community Health Nursing department, organized a vaccination drive for under-five children, administering polio drops at Dakkilivari Palem. The initiative aimed to protect children from deadly diseases like polio, emphasizing the importance of immunization in early childhood health. Faculty members and PB BSc Year I & II students actively participated, engaging with the community to raise awareness about vaccination. The event included educational sessions to inform parents about the benefits of immunization. Overall, the program successfully promoted child health and safety, fostering a sense of responsibility and care within the community. 25 participants and 25 village peoples are benefited through this program



Awareness on Vaccinating a under five child with polio drops, Dakkilivari Palem on 4 Mar 2022

T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Educating on Mind, Body, and Spiritual Balance

On April 7, 2022, the NSS Unit of Narayana College of Nursing organized a program focused on Educating on Mind, Body, and Spiritual Balance at T P Gudur. This initiative aimed to highlight the interconnectedness of mental, physical, and spiritual well-being. Faculty members and I Year students actively participated, engaging the community through interactive sessions and workshops. Participants learned about holistic health practices and the importance of maintaining balance in their lives. The program included activities such as yoga, mindfulness exercises, and discussions on self-care strategies. Overall, the event successfully promoted a comprehensive approach to wellness, encouraging attendees to prioritize their overall health and well-being. 50 participants and 35 village peoples are benefited through this program



Educating on Mind, Body, and Spiritual Balance, T P Gudur on 07 Apr 2022

T. G. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. S. Anjali
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Outreach Program for Hypertension Awareness

On May 17, 2022, the NSS Unit of Narayana College of Nursing, in collaboration with the Medical & Surgical Nursing department, organized an Outreach Program for Hypertension Awareness at Dakkilivari Palem. This initiative aimed to increase awareness about hypertension, often referred to as the "silent killer," and to galvanize global action against high blood pressure. Faculty members and III Year students actively participated, engaging the community through informative sessions on prevention, management, and lifestyle modifications. The program included blood pressure screenings and discussions about the importance of regular check-ups. Overall, the event successfully educated participants about the risks associated with hypertension and empowered them to take proactive steps towards better cardiovascular health. 35 participants and 20 village peoples are benefited through this program



Outreach Program for Hypertension Awareness, Dakkilivari Palem on 17 May 2022


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Public Demonstration for Tobacco-Free Policies

On May 31, 2022, the NSS Unit of Narayana College of Nursing organized a Public Demonstration for Tobacco-Free Policies at Venkatachalam. This initiative aimed to raise awareness about the harmful effects of tobacco consumption and advocate for healthier, tobacco-free environments. Faculty members and IV Year students actively participated, engaging the community through informative presentations and interactive discussions. The demonstration included visual aids and testimonials highlighting the dangers of tobacco use. Overall, the event successfully emphasized the importance of tobacco-free policies and encouraged participants to make informed choices for their health and well-being. 65 participants and 30 village peoples are benefited through this program



Public Demonstration for Tobacco-Free Policies, Venkatachalam on 31 May 2022

J. Chelvan
 NSS PROGRAM OFFICER

NSS Program Officer
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003.

A. Indira

Principal
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003

D. D. D. D.
 Principal

NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003



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



REPORT ON VANAM MANAM PROGRAM-2020

"Theme: "IMPROVE THE GREEN COVER

Narayana college of nursing NSS unit had decided to participate in vanammanam programme. The theme for vanam manam is to improve green cover by planting 50 saplings in the premises in addition to regular plantations on July 29 to plant saplings in the premises of colleges on this occasion Mrs.Ushakiran and Mrs.kanagalakshmi had initiated to conduct the event. Dr.Indira.S, Principal, Mrs.Prof.Rajeswari, vice -principal, Prof B.Vanajakumari, vice principal and all the HODs were participated. Twenty Nss volunteers were actively participated and the Students also well motivated to participate in planting saplings in college premises.



Dr. B. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accreditation Organization (2020 - 2025))



Report on Menstrual hygiene Awareness Program

Narayana College of Nursing organized an awareness session on menstrual hygiene at the Municipal Corporation School in FathekhanPet on 29/1/2022. The session aimed to educate adolescent girls on the importance of proper menstrual hygiene practices to maintain health and prevent infections. Nursing students and faculty discussed essential hygiene practices, such as the use of sanitary products, regular changing, and safe disposal. They addressed common myths and misconceptions surrounding menstruation and encouraged an open dialogue to promote understanding and reduce stigma. Practical demonstrations and information on affordable hygiene solutions were shared, emphasizing accessibility. The session concluded with a Q&A, allowing students to ask questions in a supportive environment, empowering them with knowledge to manage their menstrual health confidently. 160 students was benefitted by the activity.



Assessing and explaining regarding menstrual Hygiene, 29/1/22

Dr. B. Anuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



0881- 2317000 Extn. 2464
2317008 Extn. 2464
Fax: 0881-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 15/915/2002 dated 08/11/2002. Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayanasnursingcollege.com

REPORT ON VANA MAHOSTHAVAM July-29th 2020

Name of Activity organized	Vana Mahosthavam
Title of the Activity	Vanam Manam
Date of activity organized	July-29 th 2020
Name of the coordinator of Activity	Ms.Ushakiran
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
Objective of the Activity	"Theme: "IMPROVE THE GREEN COVER
Outcome of the Activity	To improve greenery by planting saplings

Activity Report

Van Mahotsav or Forest Festival is an annual tree-planting festival celebrated in the month of July in which thousands of trees are planted all over the country. Van Mahotsav week is celebrated from 1 July to 7 July to spread awareness of forest conservation and to save the environment.

Trees and forests play a very crucial role in maintaining an ecological balance and providing oxygen to human beings on the planet. The Van Mahotsav week is a reminder that we must protect forests and stop deforestation and practice the 3R rule: Reduce, reuse and recycle.

During this week, one can find children and elders planting saplings and taking part in the plantation drive to raise awareness about the importance of trees.

Narayana college of Nursing NSS unit had decided to participate in vanam manam programme. The theme for vanam manam is to improve greenery by planting 50 saplings in the premises in addition to regular plantations on July 29th to plant saplings in the premises of colleges on this occasion Mrs.ushakiran and Mrs.kanagalakshmi had initiated to conduct the event. Dr. Indira.A. Principal,, Mrs.Prof.Rajeswari H. vice-

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Ushakiran
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



0861 - 2317069 Extn. 2404
2317065 Extn. 2454
Fax. 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-918/2002(dated: 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

principal, Prof B.Vanajakumari, vice principal and all the HODs were participated. Twenty Nss volunteers were actively participated and the Students also well motivated to participate in planting saplings in college premises.

Photo gallery



Fig.1: Plantation by final year students

T. Chhabra
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Arun
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Arun
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



No. 0001 - 2317968 Extn: 2464
2317968 Extn: 2464
Fax : 0001-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-ET/2002 dated: 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com



Fig2. Lamp lighting on occasion of Womens day



Fig3. Students gathering on occasion of Women's day

T. Chhabra
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Anuraj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. Anuraj
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Interactive Sessions for Students on Anaemia prevention

On February 25, 2021, Narayana College of Nursing organized interactive sessions on anemia prevention at ZPHS School, ThurpuRompidodla, aimed at educating students on the importance of anemia prevention and maintaining good health. The session covered causes, symptoms, and effects of anemia, particularly among adolescents, and emphasized the importance of a balanced diet rich in iron. Nursing students used visual aids and engaging activities to explain how iron-rich foods and good nutrition play a key role in preventing anemia.

The students participated actively, asking questions and sharing their own knowledge, which fostered a lively discussion. To make the session practical, participants were shown simple recipes using locally available iron-rich foods. Pamphlets with dietary tips and anemia facts were distributed to reinforce the learning. The event was well-received, leaving students more informed and motivated to take steps to prevent anemia in their own lives.



Interactive session on Anemia Prevention, 25/2/2021

D.B. Chinnai
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Group Discussion on Anemia Prevention, 25/2/2021

The secondary School female children was benefitted from the program

Dr. Rajan
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317960 Extn. 2464
2317960 Extn. 2464
Fax 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-918/2002 Dated: 08.11.2002. Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

REPORT ON WEBINAR ON SPIT FREE INDIA 24TH -SEP 2020

Name of Activity organized	Webinar on Spit free India
Title of the Activity	Webinar on Spit free India
Date of activity organized	24 th -sep 2020
Name of the coordinator of Activity	Ms.Usha kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	48
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Asked general public not to consume and spit smokeless tobacco in public
Outcome of the Activity	Awareness to general public in this pandemic

Activity Report

The Indian council of medical research asked general public not to consume and spit smokeless tobacco in public. Ministry of home affairs issued directives banned spitting in public places. In the view to the subject to give awareness to general public in this pandemic NTRUHS organized a digital way of giving awareness to the public with the help of few NGOs and they made a Institutional web link of pledgeforlife.org was shared to every NSS unit to spread the awareness link through the NSS volunteers as they are the COVID worriers. Narayana college of nursing NSS unit and the programme officer Mrs. Ushakiran and NSS volunteers of 48 in number were attended the webinar conducted by the NSS program coordinator Dr. Vivekananda Kattamaneni and the NGO of Sambandh health foundation and the participants were awarded with certificates to their mail ids. YouTube links and other material were provided to educate the public by sharing the content.

Dr. B. S. Anny
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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



NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. TB 916/2012 dated : 08.11.2012, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

<https://youtu.be/XXL2Hqz8>

Dr. NTR UHS- Webinar 24 Sept. 2020 (1).pdf

PHOTO GALLERY



Fig 1: WEBINAR ATTENDED BY NSS PROGRAMME OFFICER

T. Chelva
NSS PROGRAMME OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. S. Anand
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. S. Anand
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-816/2002/nc dated: 08.11.2002. Affiliated to RTR University of Health Sciences, B.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

Activity report "webinar on developing leadership qualities in youth for community Development" 24.09.2020

Name of Activity organized	Developing Leadership Qualities in Youth
Title of the Activity	Developing Leadership Qualities in Youth
Date of activity organized	24 th sep 2020
Name of the coordinator of Activity	T.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	50
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular activity of the college
Objective of the Activity	Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development
Outcome of the Activity	Students can get complete Developing in Leadership Qualities in Youth for Community Development

Activity report

Narayana college of Nursing Nss cell involved in the Webinar on "Developing Leadership Qualities in Youth for Community Development" Motivating youth to become torch bearers is now essential for a better society. Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development is need of the hour. In view of this, Vikrama Simhapuri University National service scheme (VSU NSS Cell) in association with State NSS Cell has organizing a national webinar on "Developing Leadership Qualities in Youth for Community Development" On 24th September, 2020 (Thursday) from 10AM to 1PM. In this students and volunteers were encouraged to register and participate in the webinar. Total 50 participants were involved in the webinar.

Particulars of the Speakers/Resource Persons: Registration link:

<https://forms.gle/RMG8Zi4RnYTYtrNV6> Shri Gampa Nageshwer Rao, Psychologist & Soft Skill Trainer,

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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



NARAYANA COLLEGE OF NURSING

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

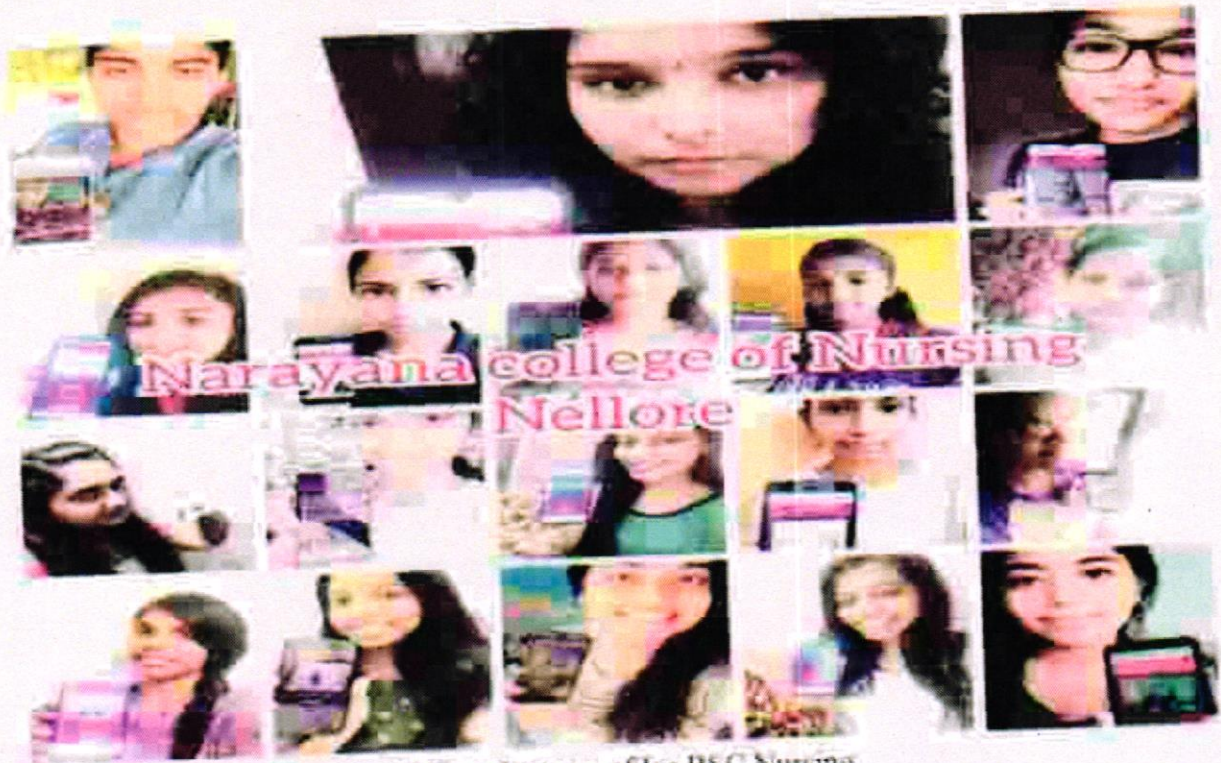
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e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

Hyderabad was given excellent points in psychological view how a student can enhance her way of thinking was explained in his session.

Next Dr. W G Prasanna Kumar, Chairman, MGNCRE, Hyderabad explained the core concept of youth part in community development. Dr. L. Vijaya Krishna Reddy, Registrar, Vikrama Simhapuri University, Nellore was explained about the youth motto and development of nation.

Dr. K. Ramesh Reddy, AP State NSS Officer, Amravati explained about leadership qualities in his session and all Students were participated in the webinar and noted the useful points.

Photo gallery



NSS volunteers of 1yr BSC Nursing

T. Chandra
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem
NELLORE - 524 003.

Dr. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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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.Mahendra 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




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


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

2020-2021



**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 2020-21**

Year	Name of the Activity
2020-21	Swatch Bharath
2020-21	World Cancer Day
2020-21	World Tuberculosis Day
2020-21	World Health Day
2020-21	No Tobacco Day
2020-21	Anti Terrorism Day
2020-21	World Environment Day
2020-21	International Day of Yoga
2020-21	World Population Day
2020-21	Vanamahosthav Week
2020-21	World Breast Feeding Week
2020-21	World Alzheimer day
2020-21	World Mental Health Day

Table – 13

Dr. B. Chinnji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. S. S. S.
Principal
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Fig: Students got best student award on this occasion, 12th Jan 2020.

T. Ashwin
NSS PROGRAM COORDINATOR

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. Reddy
PRINCIPAL

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

DY. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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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.Profe,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



Dr. B. Vijay
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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Fax: 0861-2311968

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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.

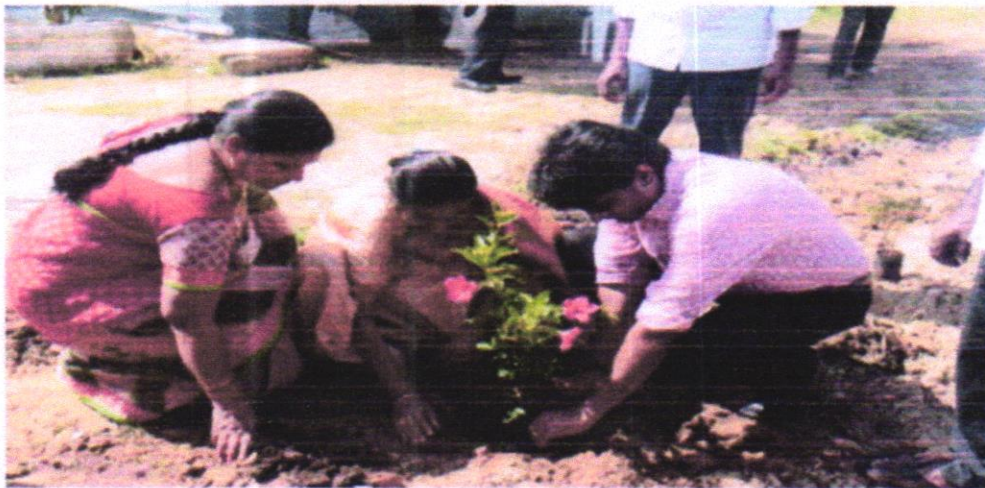
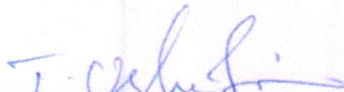


Fig : Plantation by the faculty and students, 19 Jan 2020.



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.




PRINCIPAL

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


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



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
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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.




Fig: Faculty and village people in the cleaning part, 7th Feb 2020.


NSS PROGRAM OFFICER
NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddy,
NELLORE - 524 003.




PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


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



0861-2317968 Extn. 2464
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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	40
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 Swachhta 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 swatch Bharth program in kakatur 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 swachatha program and explained about safe disposal of waste. Students gave awareness talk to the public and mosquito breeding places, and regular disposal of waste.



U. S. Kiran
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dy. S. Kiran
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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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.



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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Fax : 0661-2311968

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Fig: Faculty and students attending personality development program, 12 Feb 2020.

T. V. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. Srinivas
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

D. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861-2317966 Extn. 2464
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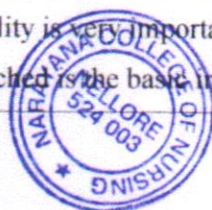
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REPORT INTERNATIONAL WOMEN'S DAY 8th Mar 2020

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	100
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 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



Dr. Rajeswari H
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. Indira A
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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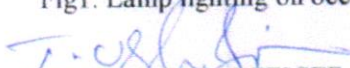
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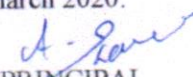
during awareness among the society which will further result in overall development of nation and its community. Pro. A Latha shared her tales of struggle and success. And other HODs told their points on womens day for womens rights. The programme was organized by Nss programme officer Mrs. T.Usha kiran , 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.




Fig1. Lamp lighting on occasion of Womens day,8th March 2020.


NSS PROGRAM OFFICER
NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.




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



Report on Community Clean-Up Drive

On November 25, 2020, Narayana College of Nursing organized a Community Clean-Up Drive at ZPHS School in ThrupuRompidodla. The event aimed to raise awareness about environmental cleanliness and encourage students and community members to maintain a litter-free environment. Nursing students and staff, along with school students, participated in cleaning the school premises and surrounding areas. Volunteers collected waste, segregated recyclable materials, and promoted proper waste disposal practices. The program also included a brief talk on the importance of cleanliness for health and well-being. Participants received guidance on sustainable waste management and maintaining cleanliness in their daily lives. The initiative was well-received, with enthusiastic involvement from all attendees, reflecting a positive impact on community hygiene awareness.



Handwashing Demo and Return Demo, 25/11/2020

Dr. B. Anny
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA **COLLEGE OF NURSING**

Chinthareddypalem, Nellore - 524003, A.P.

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

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



Showing the Plan of Activity in the School, 25/11/2020

Dr. B. Chari
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinivas

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Report on Awareness program on menstrual hygiene

On December 19, 2020, Narayana College of Nursing organized an awareness program on menstrual hygiene at ZPHS School in ThurpuRompodla. The session aimed to educate female students about menstrual health, hygiene practices, and address common myths and misconceptions. Nursing students and faculty provided an interactive presentation covering topics such as the menstrual cycle, proper sanitary product use, and disposal methods. Informative pamphlets were distributed, and a Q&A session allowed students to discuss their questions openly. Additionally, free sanitary kits containing pads and hygiene products were provided to the attendees. The event was well-received, with positive feedback from students and staff, helping foster a supportive environment for menstrual health awareness.



Dr. B. Anji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Interaction with students regarding menstrual hygiene, 19/12/2020

Secondary school Female children was benefitted from the program

A. S. Srinivas

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. R. Anuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

principal, Prof B.Vanaja kumari, vice principal and all the HODs were participated. Twenty NSS volunteers were actively participated and the Students also well motivated to participate in planting saplings in college premises.



Fig: Plantation by final year students, 1st July 2020.

T. Ushu Gini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Suneel
PRINCIPAL

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

Dy. Botany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861-2317968 Extn. 2464
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REPORT ON VANA MAHOSTHAVAM July 1 to 7 2020

Name of Activity organized	Vana Mahosthavam
Title of the Activity	Vanam Manam
Date of activity organized	1 to 7 July 2020
Name of the coordinator of Activity	Ms.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	"Theme: "IMPROVE THE GREEN COVER
Outcome of the Activity	To improve greenery by planting saplings

Activity Report

Van Mahotsav or Forest Festival is an annual tree-planting festival celebrated in the month of July in which thousands of trees are planted all over the country. Van Mahotsav week is celebrated from 1 July to 7 July to spread awareness of forest conservation and to save the environment.

Trees and forests play a very crucial role in maintaining an ecological balance and providing oxygen to human beings on the planet. The Van Mahotsav week is a reminder that we must protect forests and stop deforestation and practice the 3R rule- Reduce, reuse and recycle.

During this week, one can find children and elders planting saplings and taking part in the plantation drive to raise awareness about the importance of trees.

Narayana college of Nursing NSS unit had decided to participate in vanam manam programme. The theme for vanam manam is to improve greenery by planting 50 saplings in the premises in addition to regular plantations on July 1 to plant saplings in the premises of colleges on this occasion Mrs.ushakiran and Mrs.kanagalakshmi had initiated to conduct the event. Dr. Indira. A, Principal,, Mrs.Prof.Rajeswari H, vice –



Dr. Indira A.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. Indira A.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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Activity report "webinar on developing leadership qualities in youth for community Development" 24.09.2020

Name of Activity organized	Developing Leadership Qualities in Youth
Title of the Activity	Developing Leadership Qualities in Youth
Date of activity organized	24 th sep 2020
Name of the coordinator of Activity	T.Ushakiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	50
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular activity of the college
Objective of the Activity	Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development.
Outcome of the Activity	Students can get complete Developing in Leadership Qualities in Youth for Community Development

Activity report

Narayana college of Nursing Nss cell involved in the Webinar on "Developing Leadership Qualities in Youth for Community Development" Motivating youth to become torch bearers is now essential for a better society. Nurturing the leadership qualities, sense of social responsibility and involving youth in the community development is need of the hour. In view of this, Vikrama Simhapuri University National service scheme (VSU NSS Cell) in association with State NSS Cell has organizing a national webinar on "Developing Leadership Qualities in Youth for Community Development" On 24th September, 2020 (Thursday) from 10AM to 1PM. In this students and volunteers were encouraged to register and participate in the webinar. Total 50 participants were involved in the webinar.

Particulars of the Speakers/Resource Persons: Registration link:

<https://forms.gle/RMG8Zi4RnYTYtrNV6>. Shri Gampa Nageshwer Rao, Psychologist & Soft Skill Trainer.



T. Ushakiran
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

D. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

Hyderabad was given excellent points in psychological view how a student can enhance her way of thinking was explained in his session.

Next Dr. W G Prasanna Kumar, Chairman, MGNCRE, Hyderabad explained the core concept of youth part in community development. Dr. L. Vijaya Krishna Reddy, Registrar, Vikrama Simhapuri University, Nellore was explained about the youth motto and development of nation.

Dr. K. Ramesh Reddy, AP State NSS Officer, Amravati explained about leadership qualities in his session and all Students were participated in the webinar and noted the useful points.



Fig: NSS volunteers of first year BSC Nursing, 24th Sep 2020.


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.




PRINCIPAL

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


Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2484
2317968 Extn. 2484
Fax : 0861-2311968

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REPORT ON WEBINAR ON SPIT FREE INDIA 24TH -SEP 2020

Name of Activity organized	Webinar on Spit free India
Title of the Activity	Webinar on Spit free India
Date of activity organized	24 th -sep 2020
Name of the coordinator of Activity	Ms.Usha kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	48
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular NSS Activity
Objective of the Activity	Asked general public not to consume and spit smokeless tobacco in public
Outcome of the Activity	Awareness to general public in this pandemic

Activity Report

The Indian council of medical research asked general public not to consume and spit smokeless tobacco in public .Ministry of home affairs issued directives banned spitting in public places .In the view to the subject to give awareness to general public in this pandemic NTRUHS organized a digital way of giving awareness to the public with the help of few NGOs and they made a Institutional web link of pledgeforlife.org was shared to every NSS unit to spread the awareness link through the NSS volunteers as they are the COVID worriers . Narayana college of nursing NSS unit and the programme officer Mrs. Ushakiran and NSS volunteers of 48 in number where attended the webinar conducted by the NSS program coordinator Dr. Vivekananda Kattamaneni and the NGO of Sambandh health foundation and the participants were awarded with certificates to their mail ids, YouTube links and other material were provided to educate the public by sharing the content.



A. S. Rao
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
☎ Fax : 0861-2311966

NARAYANA COLLEGE OF NURSING

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

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

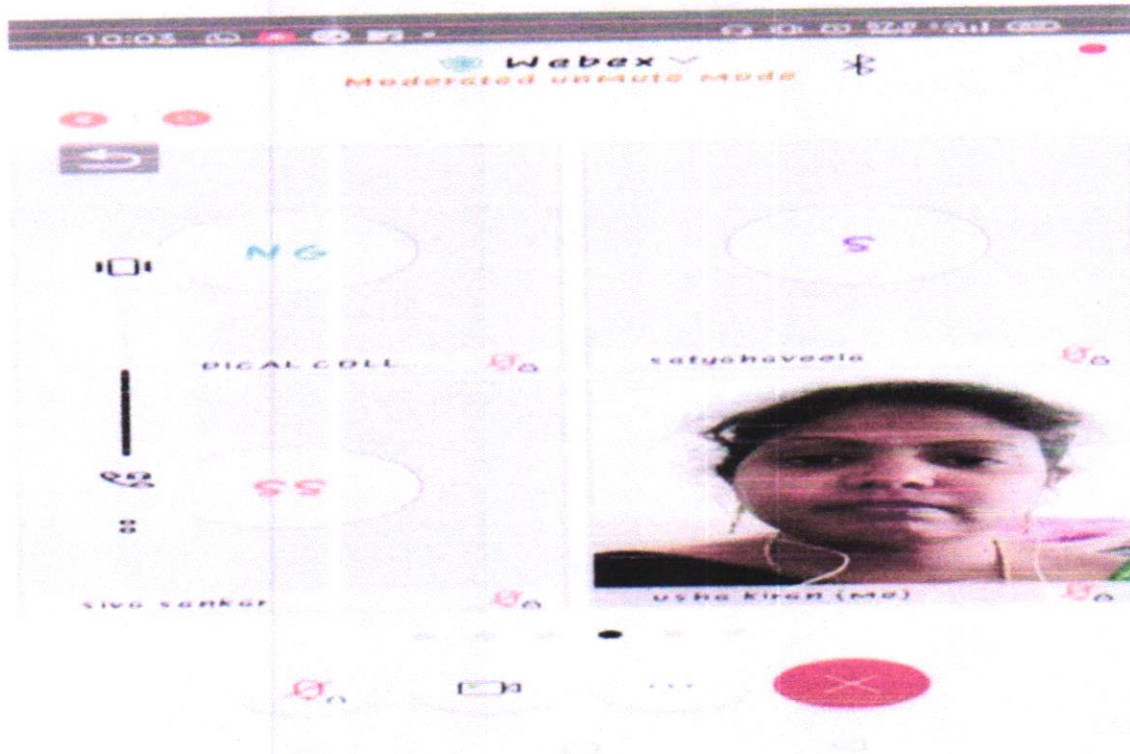


Fig : WEBINAR ATTENDED BY NSS PROGRAMME OFFICER.,24th Sep 2020.

T. V. Subramanian
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. J. ...
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861-2317969 Extn. 2484
2317968 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

ACTIVITY REPORT

SWATCHH BHARATH PROGRAM-2020

Name of Activity organized	SwachhBharathProgram
Title of the Activity	Swachh Bharath Program 2020
Date of activity organized	October2 nd 2020
Name of the coordinator of Activity	Mrs. T. Ushakiran
Place of the Activity	Narayana College of Nursing, Nellore.
No. of participant	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	To maintain cleanliness in college premises
Outcome of the Activity	Cleaning the college premises from morning to afternoon.

Activity Report

Narayana College of Nursing initiated a step ahead with NSS unit of Narayana College of nursing under conducted Swachh Bharath program on 2.10.2020. NSS volunteers and program officer were participated in Swachh Bharath program by taking the Swatch Bharath- swatch India oath. Chief Guest of the program was Dr. Indira A. Principal, Narayana College of Nursing gave speech on the importance of nationwide cleanliness initiative in the form of "Swachh Bharath Mission" focussing on improvement in cleanliness and hygiene in urban and rural areas, in work places and homes etc. The motto is to maintain cleanliness in college premises. The main purpose of this programme was to create awareness among the students regarding Cleanliness and its benefits As a part of this Cleanliness Drive, we had to clean the whole college. Our Principal started the



Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



0861-2317889 Extn. 2464
2317888 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

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

of the students did the dusting of the rooms. And others went to the play ground and started picking wrappers lying scattered there. After collecting them they threw them in to the dustbins. After doing this job for two to three hours, we all assembled in the hall. Thereafter our Principal delivered the speech telling us the importance of sanitation. He also honoured the sweepers of the school for their noble job. In the end we all took oath of keeping our home, locality and city clean. It was a unique experience for all of us. We were curious to be the part of this great drive that could have transformed the face of our country for ever. Twenty-five NSS volunteers were actively participated in cleaning the college premises from morning to afternoon. Later the refreshments were distributed to NSS volunteer



Fig1: students cleaning the campus on swatchh Bharath day program
October 2nd 2020

D. B. Chamy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968



NARAYANA COLLEGE OF NURSING

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

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



Fig:2 Cleaning Narayana college campus October 2nd 2020

T. Chandra
NSS Program Officer

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. J. K. Reddy
Principal

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

Dr. B. Anjali
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003, A.P.

Ph No: 0861-2317967 Fax: 0861-2311968

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P., Vijayawada.

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



REPORT ON WORLD ENVIRONMENTAL DAY ON JAN-5th 2021

Name of Activity organized	World Environment Day
Title of the Activity	World Environment Day
Date of activity organized	Jan-5 th 2021
Name of the coordinator of Activity	Ms.T.Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	40
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	World Environment Day
Outcome of the Activity	Students to work more and more in alternative energy, waste management, sustainable development

Narayana college of Nursing Nss cell attended webinar on World Environment Day for the awareness of the students of B.Sc Nursing, M.Sc Nursing successfully via webex app platform on 05/06/2021.

The webinar started with the welcome speech of Dr. Vivekananda Kattamaneni (Program coordinator NTRUHS.) in which he welcomed the keynote speaker of the webinar Dr. Shankar Resistor NTRUHS, Vice chancellor Dr. Shyama Prasad garu NTRUHS

He told India is the only country where the earth is called mother, so we have the highest responsibility to save the planet from pollution. This webinar provided the student's opportunity to know about environmental issues and their responsibilities to solve these issues.

After the guests' welcome, an expert discussion happened with keynote Dr. Vivekananda Kattamaneni speaker on the awareness regarding environmental issues. He shared his knowledge and experience with the students. He inspired the students with his speech. In his remarks, he stated no degree is essential to save the

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. B. B. B. B. B.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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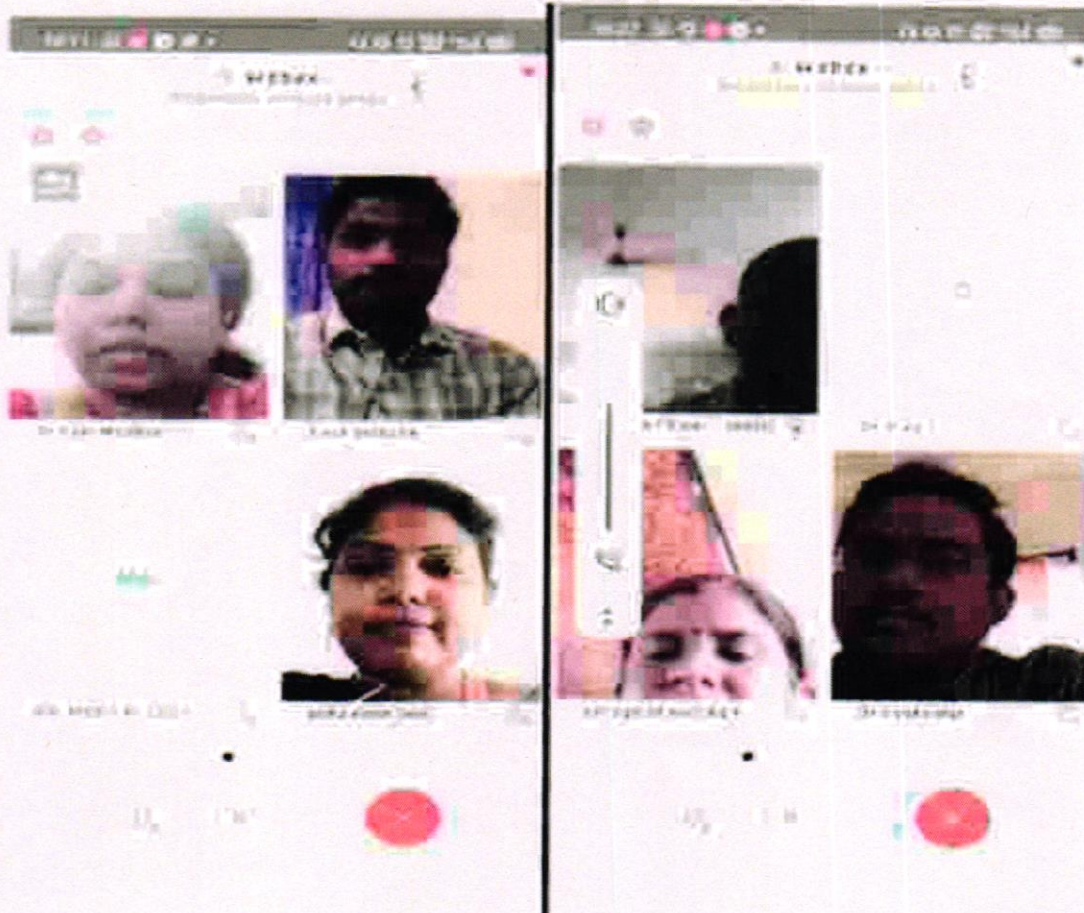
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environment; instead, environmental protection has to be part of our way of life; only then protecting and promoting the environment can be done.

He advised the students to work more and more in alternative energy, waste management, sustainable development, sewage treatment, and the prevention of toxic gas emissions to avoid pollution of the environment.



T. Ashwin
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



PROGRAM

A. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Award: (Higher Education Review Committee - 10 Nursing College - 2020)

IAO (International Accreditation Organization (2020 - 2025))

Dr. B. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Interactive Sessions for Students on Anaemia prevention

On February 25, 2021, Narayana College of Nursing organized interactive sessions on anemia prevention at ZPHS School, ThurpuRompidodla, aimed at educating students on the importance of anemia prevention and maintaining good health. The session covered causes, symptoms, and effects of anemia, particularly among adolescents, and emphasized the importance of a balanced diet rich in iron. Nursing students used visual aids and engaging activities to explain how iron-rich foods and good nutrition play a key role in preventing anemia.

The students participated actively, asking questions and sharing their own knowledge, which fostered a lively discussion. To make the session practical, participants were shown simple recipes using locally available iron-rich foods. Pamphlets with dietary tips and anemia facts were distributed to reinforce the learning. The event was well-received, leaving students more informed and motivated to take steps to prevent anemia in their own lives.



Interactive session on Anemia Prevention, 25/2/2021

D. B. Chinnai
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Group Discussion on Anemia Prevention, 25/2/2021

The secondary School female children was benefitted from the program

Dr. Rajanuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Report on Swachh Bharat cleanliness

On April 24, 2021, Narayana College of Nursing organized a "Swachh Bharat" cleanliness drive in Dakkilivaripalem village to promote hygiene and sanitation. Faculty, students, and local volunteers actively participated, focusing on cleaning public areas, including streets, community centers, and local water sources. Awareness sessions were held to educate villagers on waste management, the importance of using dustbins, and maintaining personal hygiene to prevent diseases. Volunteers distributed pamphlets on cleanliness and demonstrated proper waste disposal methods. The program received strong support from the local community, who joined hands with the volunteers to clean and beautify their surroundings. The event successfully highlighted the importance of a clean environment and inspired the residents to maintain their village as a cleaner, healthier place to live.



Explaining regarding Grooming to school children

The primary education (123) students was benefitted from the Activity

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Report on awareness on Good Touch and Bad Touch

On August 28, 2021, Narayana College of Nursing conducted an awareness session on "Good Touch and Bad Touch" at M.P.P School in T.P Gudur. The session was aimed at helping young students understand personal safety and recognize appropriate and inappropriate physical interactions. Nursing students used age-appropriate language and visual aids to explain the concepts of body boundaries and privacy. They highlighted the importance of trusting their instincts, saying "no" to uncomfortable touches, and seeking help from trusted adults. Interactive role-playing activities helped reinforce the message, and students were encouraged to share their concerns openly. Teachers and school staff were also engaged to ensure sustained support for students. The session concluded with the distribution of educational materials and a reminder to prioritize safety and self-respect in all interactions.



Differentiating the Good Touch and bad touch

A. S. Srinivas

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Anuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003, A.P.

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

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



REPORT ON WORLD HEALTH DAY 07.04.2021

Name of Activity organized	World health Day
Title of the Activity	World health Day
Date of activity organized	7-4- 2021
Name of the coordinator of Activity	Ms T.Usha Kiran
Place of the Activity	Narayana college of nursing
No. of participant(student +staff)	120
Name of the sponsored organization	NSS cell NTRUHS
Nature of sponsorship	Regular Nss Activity
Objective of the Activity	World health Day
Outcome of the Activity	"Building a fairer, healthier world"

WORLD HEALTH DAY PROGRAMME on 07/04/2021 organized by NSS & MSN Dept the dignitaries were invited to light the lamp and inaugurate the programme. Total of 120 participants were participated in this program. The theme of the program is "Building a fairer, healthier world" WHO said that the COVID-19 pandemic has highlighted how some people can have better access to health services and live healthier lives than others. We as teachers need to review the importance of living a healthy lifestyle and inculcate those values in our students. It's a great day for students to get out of their seats and get their blood pumping or enjoy some much need meditation to help with their anxiety. We, at Narayana college of nursing conducted various activities in the class room on the same day such as making phrases related to health and fitness. Besides, Students were taught about the healthy habits to follow and how to stay fit by taking a balanced diet. All the activities were carried out in a planned manner and proved to be a great platform for students to learn how to live health.

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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

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NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003, A.P.

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

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



Photo gallery



Fig: Faculty were starting the program with lamp lighting

Dr. B. Amy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Award: (Higher Education Review Top 10 Nursing College - 2020)

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NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003, A.P.

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

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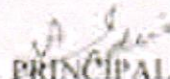


Prof. Latha giving explanation about spiritual health



NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003




PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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Out of total 41 participants, the pretest scoring was 3(5.3) scored "A" grade, 13 (31.7%) participants scored "B+" grade, 12 (31%) participants scored "B" grade,

8(20%) scored "C" , D grade scored 5(12%) and no participants scored A+. But in the post test, the knowledge level improved as 15(39.4%) participants scored "A+" grade, 20(48.9%) scored "A" grade, and 6 (14.7%) of participants scored "B+" grade, and there was no participants in B, C and D grades. This reveals that the International Drug Day on share facts on drugs was highly effective and useful for the participants.

TABLE NO: 2: FREQUENCY AND PERCENTAGE DISTRIBUTION OF FEEDBACK ANALYSIS GRADES ON KNOWLEDGE ABOUT SHARE FACTS ON DRUGS

N=41

DESCRIPTION	PARTICIPANTS	
	FREQUENCY (F)	PERCENTAGE (%)
Excellent	20	47.9
Very good	16	40.4
Good	5	11.7
Average	0	0
Poor	0	0
Total	41	100

Dr. B. Anurag
Principal

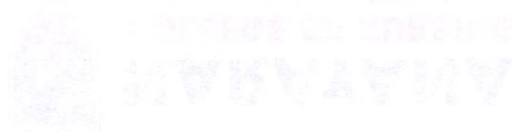
NARAYANA COLLEGE OF NURSING
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

2019-2020





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	

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. S. S. S.
Principal
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-916/2002/nc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

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



Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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

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.



Dr. B. Praveen
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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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.



Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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World Breast Feeding Week Celebration-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)

Dr. B. Ramya
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

Pulse Polio immunization Programme Rally-2019



Dr. B. Anuraj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Sai
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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

Dr. R. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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



Students Listening and clarifying Their doubts

D. B. Chinnji
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinivas

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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

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, Assi 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, lighten 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
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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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

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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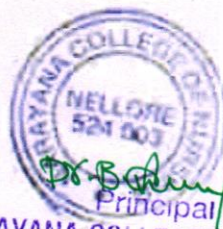
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e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Fig: Students were participating in rally to create awareness

T. Chhabra
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Reddy
PRINCIPAL,
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2484
2317968 Extn. 2484
Fax : 0861-2311988

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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.



Dr. B. Praveen
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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, lighten 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.

Dr. B. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. Indira A
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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



Fig: Students were saying slogans on Tuberculosis day

Dr. B. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317960 Extn. 2464
2317968 Extn. 2464
Fax: 0861-2311968

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



Fig: Dignitaries were attending the program

Dr. B. Chandy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311966

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



Fig: Faculty and students were pledging to Anti Tobacco

T. V. S. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. G. Reddy
PRINCIPAL

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

Dr. B. Srinivas
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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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 chosen 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,

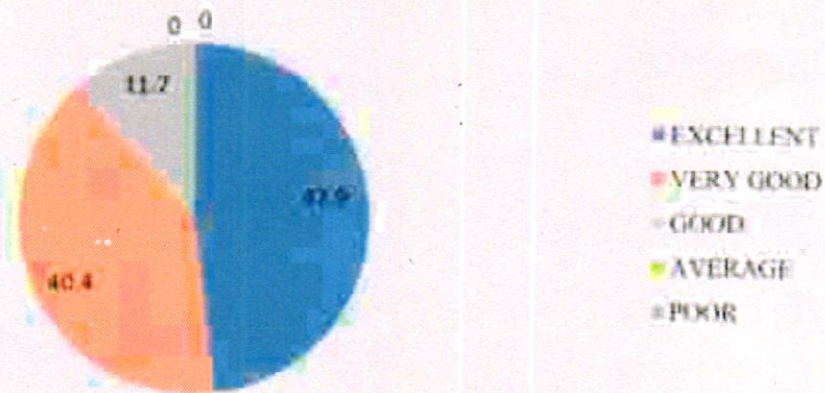
Dr. B. Chamy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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



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.

T. Asha Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Srinivas
PRINCIPAL

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



☎ 0861 - 2317900 Extn. 2464
2317956 Extn. 2464
Fax: 0861-2311968

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

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

Dr. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Rao
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn: 2464
2317966 Extn: 2464
Fax: 0861-2311969

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



Fig: Faculty was giving speech

T. Oshaji
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddyalem,
NELLORE - 524 003.



A. S. Srinivas
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddyalem,
NELLORE - 524 003.

Dr. B. Chaitanya
Principal

NARAYANA
NARAYANA COLLEGE OF NURSING
Chinthareddyalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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.

Dr. B. B. B. B.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317903 Extn. 2464
2317965 Extn. 2464
Fax 0861-2311968

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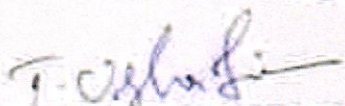
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e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com





Fig: Faculty and students were doing YOGA


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.




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


PRINCIPAL

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



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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 botma 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

Dr. B. Anuraj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003




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



☎ 0851 - 2317900 Extn. 2464
2317955 Extn. 2464
Fax 0851-2311958

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

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.



Dr. Bahumy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317900 Extn. 2464
2317906 Extn. 2464
Fax 0861-2311900

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



Fig:students were participated in rally

Dr. B. Chamy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Principal
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317999 Extn. 2464
2317998 Extn. 2464
Fax - 0861-2311998

NARAYANA COLLEGE OF NURSING

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

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



Fig: volunteers- distributing dates to the blood donors

Dr. B. Chamy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Chamy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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



Fig: Faculty were checking Blood pressure to the blood donors

T. Chitra Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. Babu
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. Babu
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317980 Extn. 2464
2317988 Extn. 2454
Fax: 0861-2311988

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

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.Jitendra, 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.

NARAYANA COLLEGE OF NURSING
Principal
Chinthareddypalem,
NELLORE - 524 003




Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317959 Extn. 2464
2317958 Extn. 2464
Fax : 0861-2311968

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

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



Dr. Bodduji
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax 0861-2311868

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

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



Dr. Bodhuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317968 Extn. 2484
2317968 Extn. 2464
Fax : 0861-2311968

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

Recognized by Indian Nursing Council vide letter No. 18-91/02002 dated / 08-11-2002. Affiliated to NTR University of Health Sciences, A.P., Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Fig:Plantation by faculty and students

T. Oshaji
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Srinivas
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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 Dakkilaripalem 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 Dakkilaripalem 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.

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING,
Chinthareddypalem,
NELLORE - 524 003



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0881 - 2317969 Extn. 2484
2317968 Extn. 2484
Fax : 0881-2311968

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



Dr. Behrui
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

☎ 0881 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0881-2311968



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



Fig: faculty were giving orientation about program

T. Ashwini
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING,
Chinthareddypalem,
NELLORE - 524 003.



A. Srinivas
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-916/2002/inc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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

JAL SHAKTI ABHIYAM-29th JULY 2019

THEME: "WATER CONSERVATION"

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Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Siva
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Siva
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968



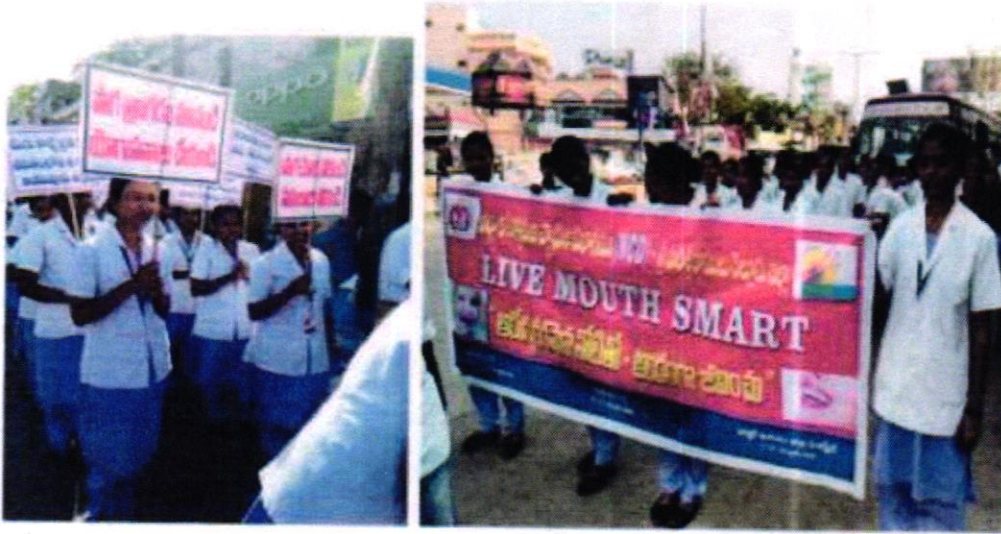
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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

World Tuberculosis day 2019



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

Dr. B. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

Recognized by Indian Nursing Council vide letter No. 18-916/2002/inc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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

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



Dr. B. Anny
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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



Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax. 0861-2311968

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

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.



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Ramya
Principal
NARAYANA COLLEGE OF NURSING,
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2454
2317968 Extn. 2454
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-010/2002(Dated: 08.11.2002), Affiliated to NTR University of Health Sciences, A.P. Visakhapatnam
e-mail : narayana_nursing@yahoo.co.in website : www.narayannursingcollege.com



Day 2:

The second day of breast feeding week on 02.08.19 between 10-12noon was celebrated at anganwadi center, Dakkilaripalem 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.

Dr. S. Sanyal
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317960 Extn: 2484
2317968 Extn: 2484
Fax: 0861-2311988

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-416/2002 dated - 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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



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.



Dr. B. Chandy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn: 2404
2317968 Extn: 2403
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

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

Day 4:

The Fourth day of breast feeding week on 04.08.19 between 10-12pm was celebrated at anganwadi center, Dakkivilvaripalem. 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.

Dr. B. B. B. B.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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



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.

Dr. B. Anny
Principal

NARAYANA COLLEGE OF NURSING
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317965 Extn. 2464
2317965 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

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



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.

Dr. Babani
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. Indira S
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0881 - 2317968 Extn. 2454
2317968 Extn. 2484
Fax: 0881-2311268

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-51623022inc dated: DR.11.2002, Affiliated to NTR University of Health Sciences, A.P. Yippravad
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Fig: Dignitaries were starting the program with prayer song

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. Pillai
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317960 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-D162002 dated: 08.11.2002. Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Fig: Prof. Latha Bod giving speech



Fig: Students were performing Skit

T. V. Srinivas
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Srinivas
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Chandy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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

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 pritticipal and all the HODs were participated. Students of 1yr 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.

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Rajeswari
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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".



Dr. B. Chamy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. J.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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.



Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

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

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".

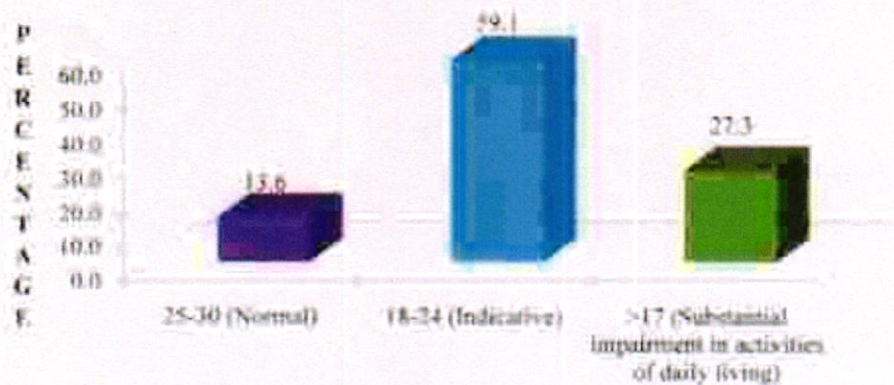
DAY 1: SCREENING FOR ALZHEIMERS DISEASE (20.09.2019, 9AM-12.00PM)

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.



Dr. B. B. B. B. B.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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



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

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

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2484
2317968 Extn. 2484
Fax : 0861-2311968

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




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.


NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003




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


PRINCIPAL

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



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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.



Dr. Bohini
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Indira
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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

"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. Subhiani, 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

Dr. Babu
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Reddy

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



NARAYANA COLLEGE OF NURSING

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

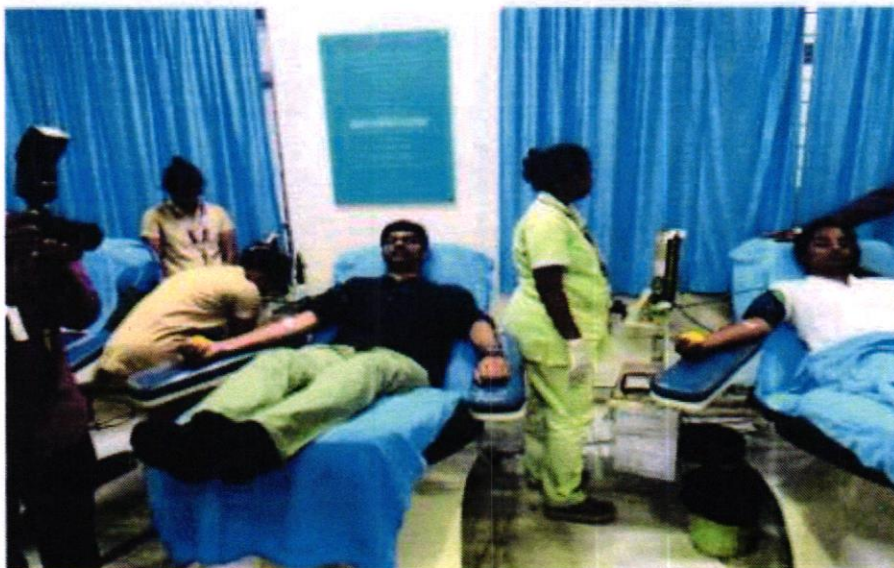
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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

Blood Donation Camp- 12 October 2019.

A blood donation camp was organized by NSS Unit, Narayana College of nursing on 12th October 2019. The program 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.



Dr. B. Amy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. P. Reddy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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

Dr. Boddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. Boddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

diabetes mellitus that is what food to be taken and not to be taken. She clarifies the doubts and misbeliefs 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

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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

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(15.7%) 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)

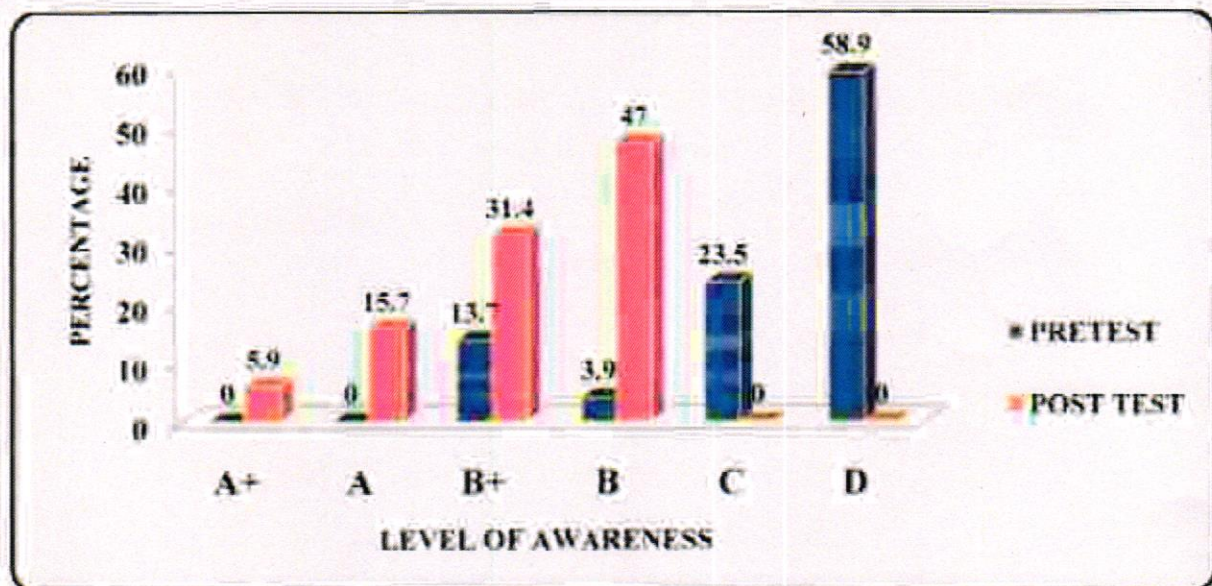


Table 2: Frequency and Percentage distribution of feedback on level of awareness on Diabetes Mellitus among Participants. (N=51)

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



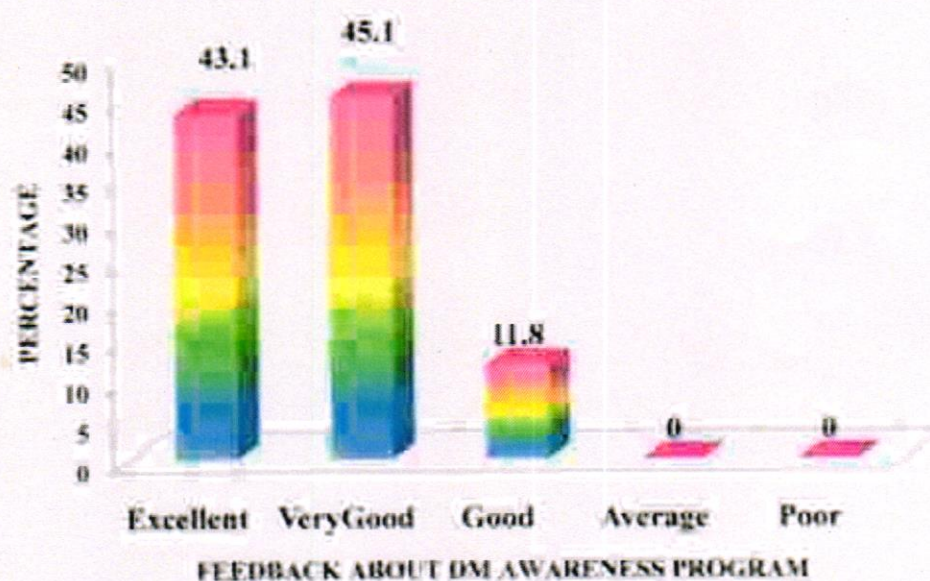
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CHINTHAREDDYPALEM :: NELLORE - 524 003. A.P.

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

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.

Dr. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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



Dr. B. Chetty
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



N. Kanaka Lakshmi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0881 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0881-2311968

NARAYANA COLLEGE OF NURSING

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

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



Dr. Balam
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0851 - 2317069 Extn. 2464
2317968 Extn. 2464
Fax : 0851-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 14-91620322 (no dated) : 08.11.2002. Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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



Fig: Faculty were giving education regarding diabetic diet

T. Chaitan
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



D. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Anand
PRINCIPAL

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



NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-916/2002/inc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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

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.



Dr. B. Bahari
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. J.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



W 0861 - 2317960 Extn. 2454
2317968 Extn. 2454
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council via letter No. 14-916/2002/lic dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com



Fig: students were actively listening the speech

T. Oshadi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



V. Srinivas
PRINCIPAL,
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

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

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

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. Arjani 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 vedio 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.

Dr. B. G. Arjani
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Sreenivasulu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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

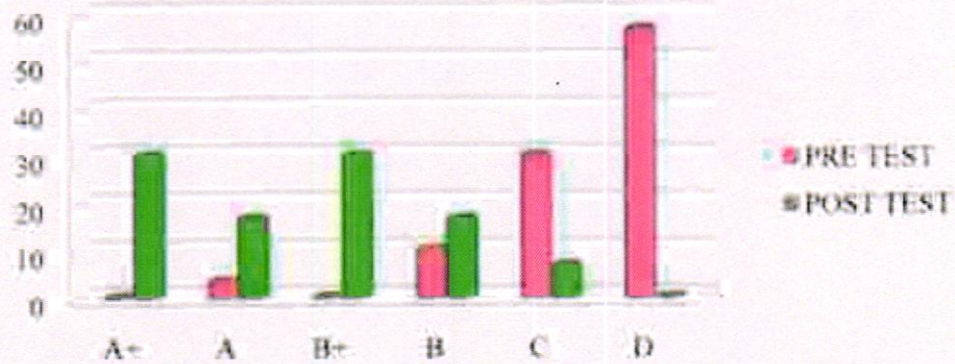


Table 2: Frequency and Percentage distribution of feedback on level of awareness on suicide prevention among Participants. (N=30)

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

Dr. B. Chamy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Ghinthareddypalem,
NELLORE - 524 003.

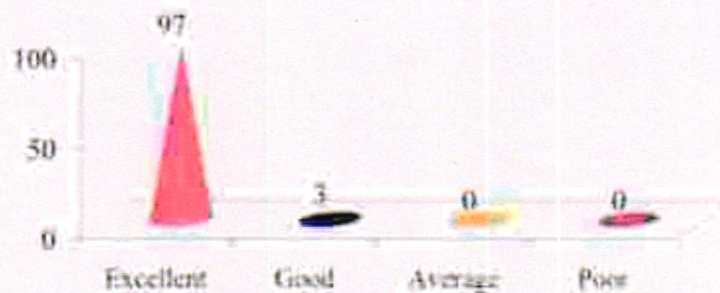


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e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com

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.

Dr. B. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Anjani Devi N.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

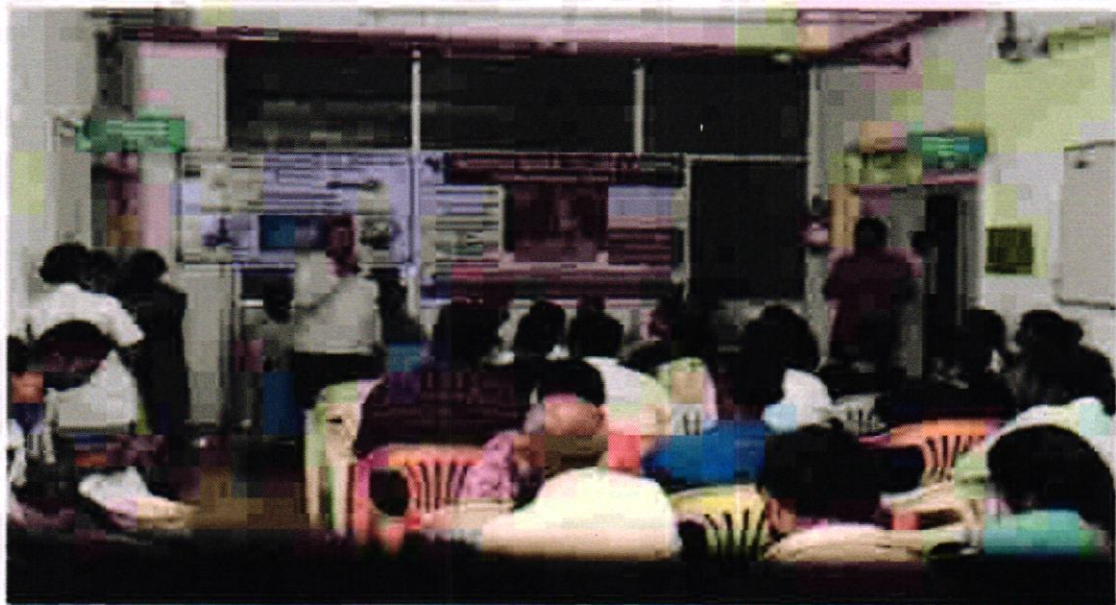


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Fax: 0861-2317966

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

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



Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Anand
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0881 - 2317980 Extn. 2464
2317988 Extn. 2464
Fax 0881-2311988

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



Fig: Faculty were explaining about awareness on Mental health day

T. Usha Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Chaitanya
PRINCIPAL

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

Dr. B. Chaitanya
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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

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.Profe,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

Dr. Bethany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. Bethany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn: 2404
2317968 Extn: 2454
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-51/2002 dated: 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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

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

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 18-918/2002 dated: (08.11.2002), Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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

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.Maltendra 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

Dr. B. B. B. B.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. B. B. B.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2454
2317968 Extn. 2454
Fax : 0861-2311966

NARAYANA COLLEGE OF NURSING

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



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

Dr. Bohun
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. Indira A
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317969 Extn. 2464
2317966 Extn. 2454
Fax : 0861-2317968

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



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

Dr. Babu
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317909 Extn. 2464
2317955 Extn. 2464
☎ 0861-2311668

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



Fig: students got best student award on this occasion

T. Ushabi
NSS PROGRAM COORDINATOR

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Shree
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Shree
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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



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.

Dr. B. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

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

IAO [International Accreditation Organization (2020 - 2025)]



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.narayanacollege.com | e-mail: narayana_nursing@yahoo.co.in



Narayana college of Nursing NSS program officer Mrs. T. Ushakirun 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



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

Dr. B. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Award: (Higher Education Review Top 10 Nursing College - 2020)
IAO (International Accreditation Organization (2020 - 2025))



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003, A.P.

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Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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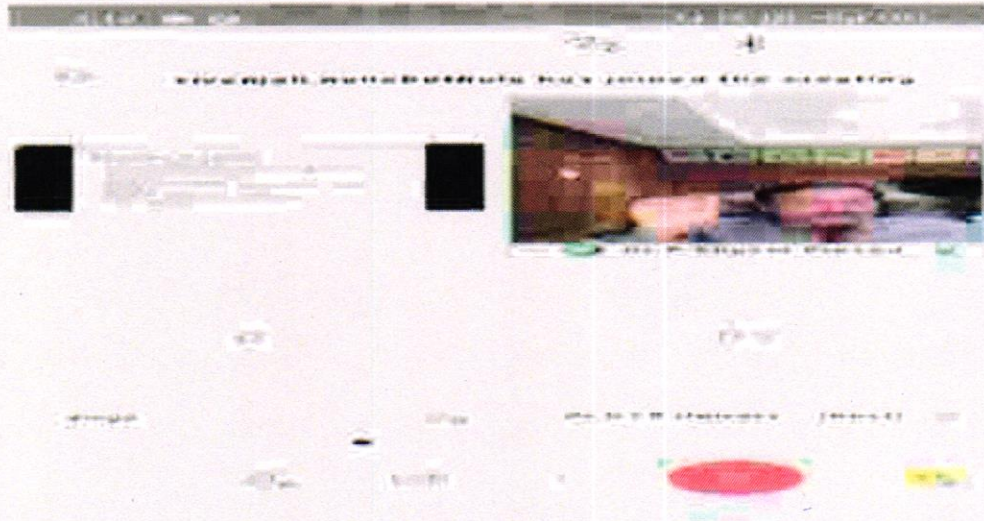


Fig 2: Dr Sham prasad Vice chancellor NTRUHS, Vijayawada

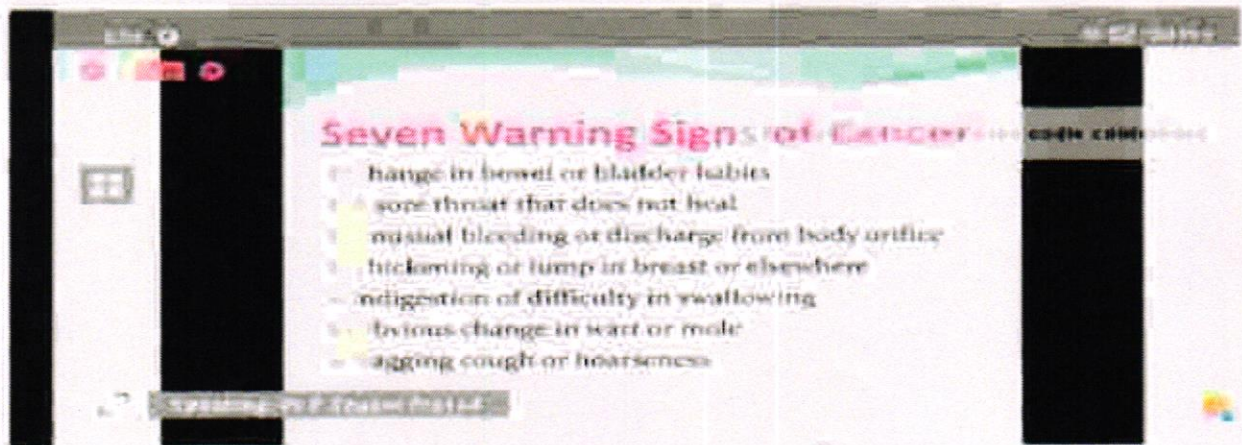


Fig 3: slide

T. Asha Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Srinivas
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accreditation Organization (2020 - 2025))

Dr. B. Praveen
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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

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Dr. B. B. B. B.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317960 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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



Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

☎ 0861 - 2317906 Extn. 2464
2317958 Extn. 2464
Fax: 0861-2311068



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



Fig: Plantation by students

T. Cheluvu
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



A. Reddy
PRINCIPAL

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

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax: 0861-2311908

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

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 kakatur 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

Dr. B. Anurag
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. J. ...
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



W 0881 - 2317069 Extn. 2464
2317068 Extn. 2464
Fax : 0881-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 15-91/112002/Sec dated: 08.11.2002, Affiliated to NTH University of Health Sciences, A.P., Vijayawada

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

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

T. Usha Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Dr. B. Anjali
Principal

NARAYANA COLLEGE OF NURSING,
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anjali
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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

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.

Dr. B. B. Arany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317000 Extn. 2464
2317058 Extn. 2464
Fax: 0861-2311988

NARAYANA COLLEGE OF NURSING

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

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

Photo gallery



Fig.1 faculty and students attending personality development program.



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

T. Akhila Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. B. D. Devi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. D. Devi
PRINCIPAL
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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

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

Dr. B. G. Prasad
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. Rajeswari H
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

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

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

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861 - 2317959 Extn. 2464
2317958 Extn. 2454
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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

Recognized by Indian Nursing Council vide letter No. 13-01825/K2/nc dated - 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada
e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Fig2. Lamp lighting on occasion of Womens day



Fig3. Students gathering on occasion of Women's day

T. Veena Devi
NSS PROGRAM OFFICER

NSS Program Officer
NARAYANA COLLEGE OF NURSING
Chinthareddypalem
NELLORE - 524 003

Dr. Bobba
Principal
NARAYANA COLLEGE OF NURSING
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. Srinivas
PRINCIPAL

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



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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

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

Dr. B. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. Srinia
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003