

2023-2024



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Understanding Organ Donation Initiative


On 03-06-2023, an awareness program Understanding Organ Donation Initiative was organized at Kakatur, coordinated by Mrs. Kalavathi. The session aimed to highlight the importance of organ donation and motivate students to consider becoming potential donors. The program included informative talks, real-life case studies, and interactive discussions, which helped clarify misconceptions surrounding organ donation. By the end of the session, participants gained a deeper understanding of the impact of organ donation on saving lives. The initiative successfully fostered a positive attitude towards organ donation among students. 70 participants and 20 village peoples are benefited through this program. 70 participants and 20 village peoples are benefited through this program




Awareness on Organ Donation by high school student's postal presentation, Kakatur on 03-06-2023


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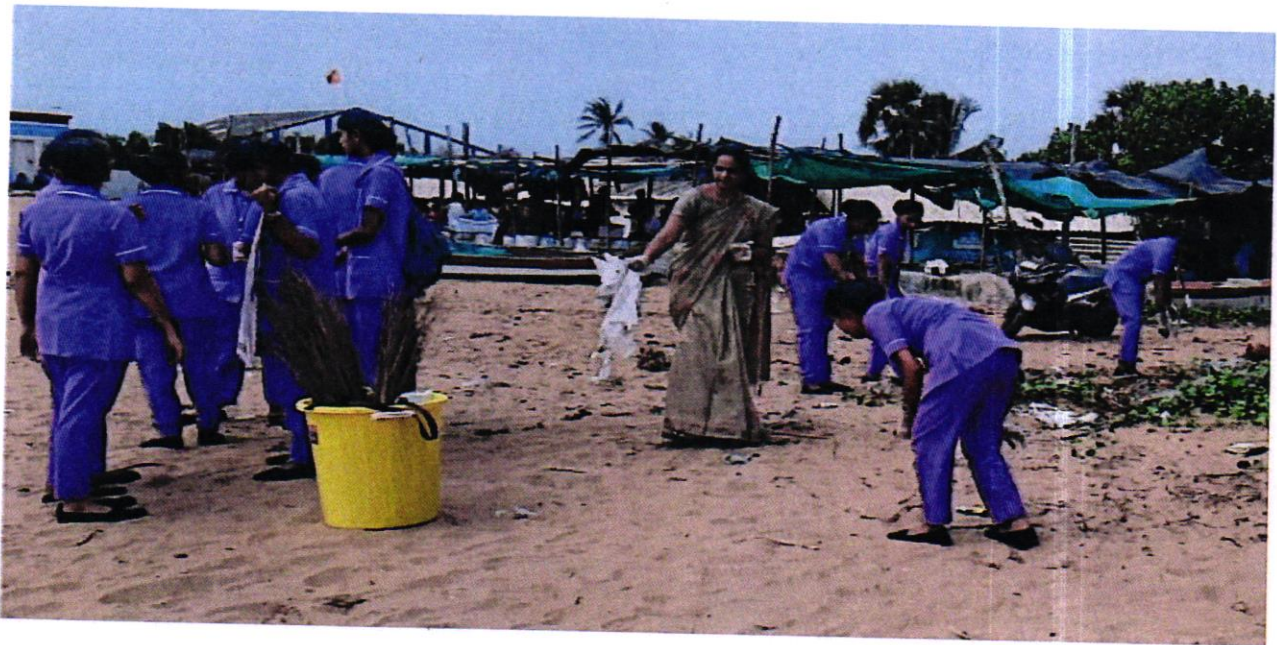
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Environmental Awareness

On 05-06-2023, an environmental awareness program was held at Kamakshi Nagar, coordinated by Mrs. J. Anusha. This initiative coincided with World Environment Day, aiming to inspire communities to take proactive steps in protecting the environment. The event focused on advocating for policy changes and promoting sustainable environmental practices at various levels. Engaging discussions and activities were conducted to involve young people and the community in environmental efforts. As a result, participants left with a heightened awareness of environmental protection and its significance in combating issues like desertification and drought. 90 participants and 22 village peoples are benefited through this program.



Environmental Awareness, Kamakshi Nagar on 5-06-2023

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Blood Donation Drive

On 14-06-2023, a Blood Donation Drive was organized at T P Gudur, coordinated by Mrs. Anusha. The primary objective of the event was to raise awareness about the need for safe blood and blood products while expressing gratitude to voluntary, unpaid blood donors for their life-saving contributions. The drive included informative sessions on the impact of blood donation and the importance of regular donations. Participants engaged in discussions and shared experiences, enhancing their understanding of the significance of blood donation. As a result, the event successfully fostered a culture of appreciation for blood donors and increased awareness among students about the critical role of blood donation in saving lives. 62 participants and 21 village peoples are benefited through this program



Awareness program on Blood Donation Drive, T P Gudur on 14-06-2023

Anusha

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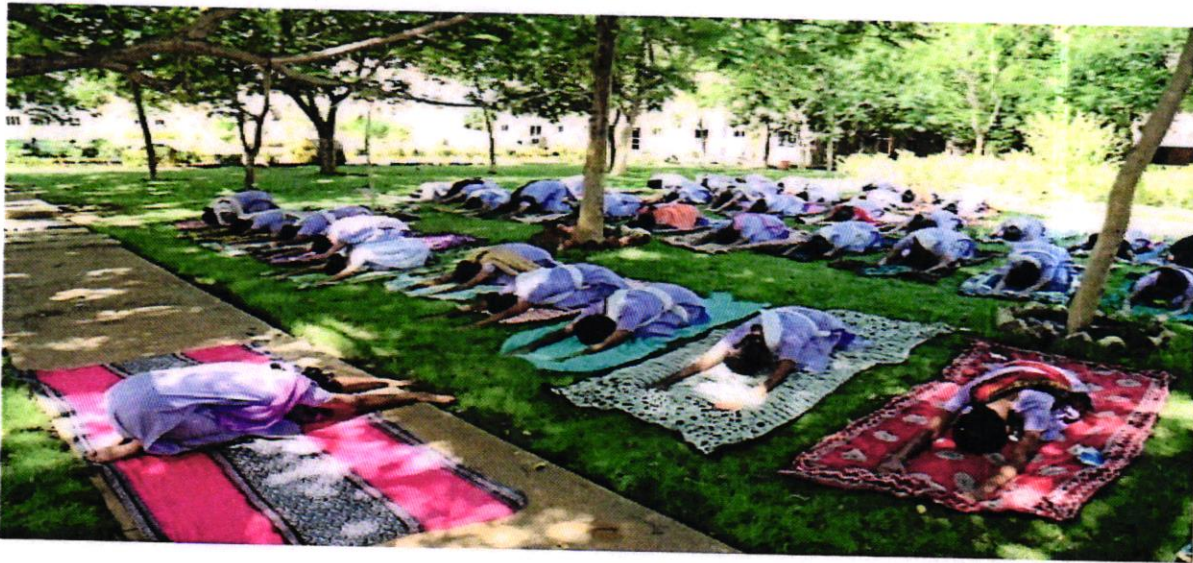
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Yoga for Humanity

On 21-06-2023, a **Yoga for Humanity** was conducted at Dakkilivari Palem, coordinated by Mrs. J. Anusha. The event aimed to promote good mental and physical health and raise awareness about the benefits of yoga in preventing and managing physical and mental ailments. The session included various yoga postures, breathing exercises, and mindfulness practices, which were actively practiced by the participants. The initiative successfully highlighted the importance of integrating yoga into daily routines for overall well-being, leading to enthusiastic engagement and positive feedback from attendees. 93 participants and 19 village peoples are benefited through this program



Awareness on Yoga for Humanity, Dakkilivari Palem on 21-06-2023

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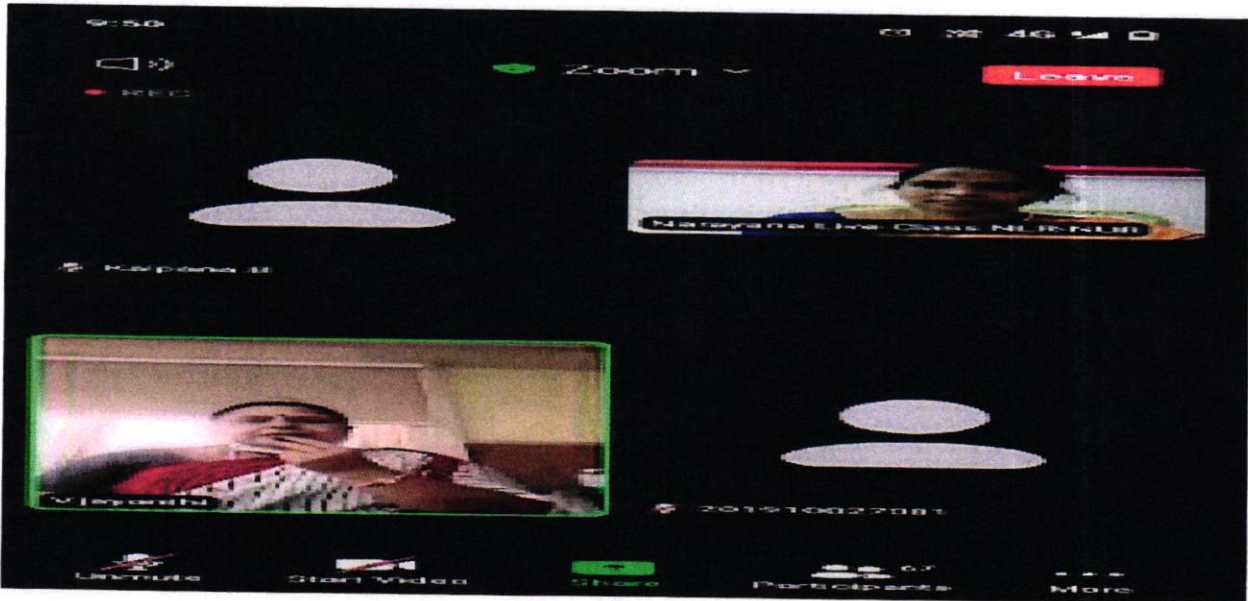
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Awareness on world population explosion

On July 11, 2023, the NSS Unit of Sree Narayana Nursing College organized a virtual program on Zoom to commemorate World Population Day the event focused on prioritizing reproductive health and rights to address shifting fertility rates. Dr. Ramesh Kumar, Principal, inaugurated the session, followed by a keynote address by Dr. Priya Menon on global population challenges. A panel discussion featuring experts emphasized the impact of population trends on development and the environment. Interactive sessions allowed participants to engage actively, and the event concluded with a vote of thanks by Ms. Kavitha Suresh. The program successfully raised awareness on reproductive health and sustainable development. 94 participants and 20 village peoples are benefited through this program.



Awareness on world population explosion, Virtual Meet on 11-07-2023

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Tree plantation in Saraswathi Nagar

On 15-07-2023, a tree plantation program was conducted in Saraswathi Nagar, coordinated by Mrs. Kalavathi. The event aimed to promote environmental awareness and encourage ecological sustainability by involving students in planting trees. Participants engaged actively, planting saplings and learning about the vital role of green spaces in maintaining ecological balance. The initiative successfully raised awareness about the benefits of greenery and fostered a sense of responsibility towards environmental conservation among the students. 23 participants and 25 village peoples are benefited through this program



Awareness on Tree plantation, Saraswathi Nagar on 15-07-2023



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Breastfeeding for Lifelong Health

From 01-08-2023 to 07-08-2023, a week-long program was held at Dakkilivari Palem Village, coordinated by Mrs. Kalavathi, The initiative aimed to promote the benefits of breastfeeding, raise awareness about exclusive breastfeeding for the first six months, and educate mothers on proper breastfeeding techniques. The program included interactive sessions, demonstrations, and Q&A segments, helping mothers understand the nutritional and health benefits of breastfeeding for both mother and child. As a result, there was a notable increase in awareness and adoption of improved breastfeeding practices in the village. 77 participants and 22 village peoples are benefited through this program



Breastfeeding for Lifelong Health, Dakkilivari Palem Village on 01-08-2023 to 07-08-2023

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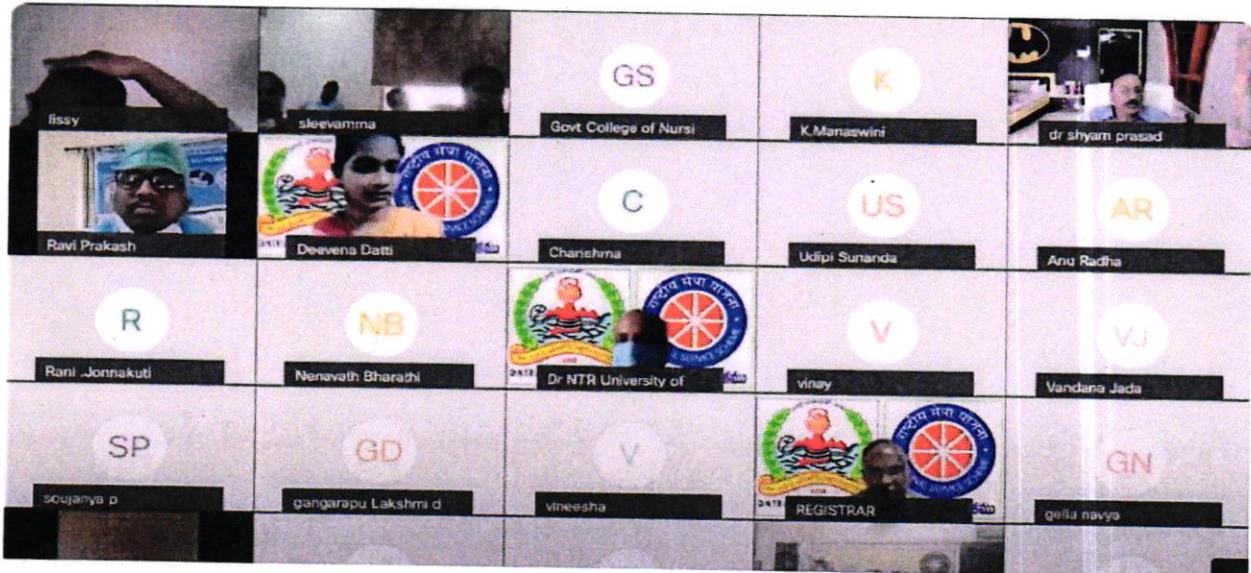
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Youth Health and Wellness Initiative Salod

On 12-08-2023, a Youth Health and Wellness Initiative were organized at Kakatur, coordinated by J. Anusha, The event aimed to inspire students to embrace the values of Swami Vivekananda, including self-confidence, perseverance, and service to the nation, fostering a sense of purpose and responsibility. Through discussions and activities, participants gained a deeper understanding of the significance of the National Service Scheme (NSS) and were motivated to contribute positively to society through their future actions. 18 participants and 20 village peoples are benefited through this program



Awareness on Youth Health and Wellness, virtual meet on 12-08-2023

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Nutrition Week

The NSS Unit of Sree Narayana Nursing College organized Nutrition Week from 1st September to 7th September 2023 at T P Gudur to educate the community on the importance of maintaining a balanced diet and making healthy food choices. The program involved active participation from faculty members and II-year students. Various activities, including educational sessions, nutrition assessments, and healthy cooking demonstrations, were conducted to raise awareness about the role of nutrition in overall health. The initiative successfully engaged participants and highlighted the need for nutritious food choices for long-term well-being. 62 participants and 21 village peoples are benefited through this program



Awareness on Nutrition Week, T P Gudur on 1-09-2023 to 7-9-2023

Suresh

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Poshan Abhiyan for Wellness and Nutrition


The NSS Unit of Sree Narayana Nursing College organized a Poshan Abhiyan for Wellness and Nutrition on 7th September 2023 at T P Gudur to educate students on the significance of balanced diets, proper feeding practices, and overall nutrition for healthy growth and development. The program saw active participation from all faculty members and IV-year students, who engaged in various educational sessions and interactive discussions. The event aimed to enhance students' understanding of nutrition and promote healthier eating habits, contributing to the overall wellness and development of the community. 100 participants and 23 village peoples are benefited through this program




Awareness program on Poshan Abhiyan for Wellness and Nutrition, T P Gudur on 7-9-2023


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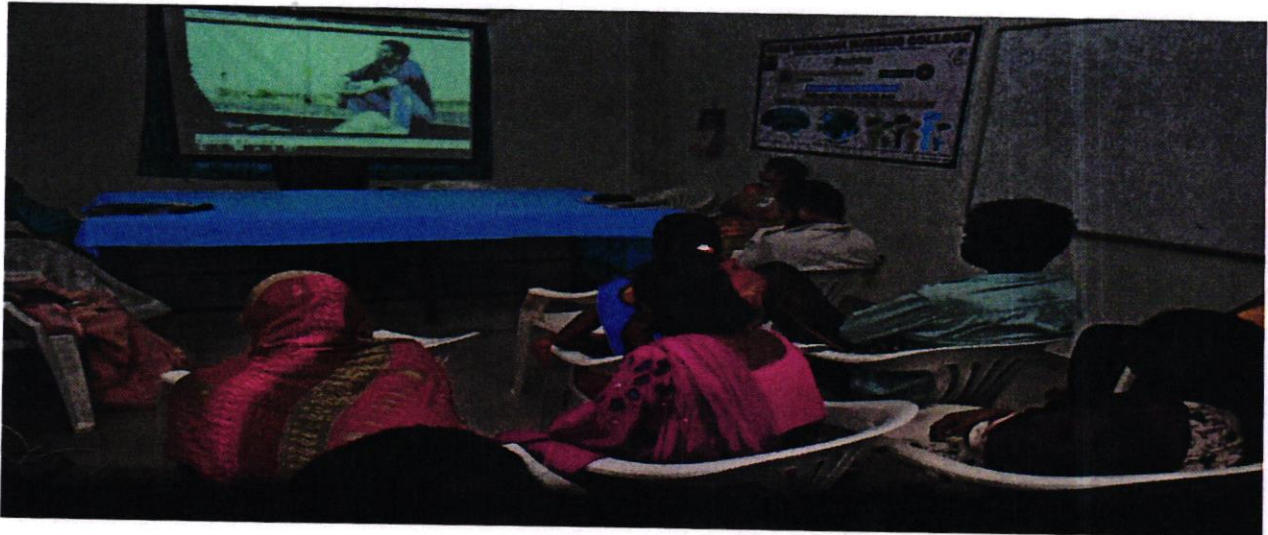
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Fostering Mental Wellness and Care

The NSS Unit of Sree Narayana Nursing College organized a program titled Fostering Mental Wellness and Care on 9th September 2023 at Kakatur, aimed at educating patients, their families, and the community about mental health issues. The event focused on providing information on coping strategies and highlighting available resources for suicide prevention. Faculty members and I-year PB BSc students actively participated in the initiative, engaging in discussions and awareness activities. The program successfully promoted mental health awareness, reduced stigma, and provided valuable insights to the community for supporting individuals struggling with mental health challenges. 18 participants and 26 village peoples are benefited through this program.



Awareness program on Fostering Mental Wellness and Care, Kakatur on 9-9-2023

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Alzheimer's Awareness and Prevention Initiative

The NSS Unit of Sree Narayana Nursing College organized an Alzheimer's Awareness and Prevention Initiative on 21st September 2023 at Dakkilivari Palem, focusing on combating negative perceptions and promoting empathy and understanding toward those affected by Alzheimer's disease. The event involved active participation from all faculty members and I-year PB BSc students, who engaged in educational sessions and interactive discussions to raise awareness about the condition. The initiative aimed to foster a supportive environment and provide the community with valuable information on early detection and care strategies for Alzheimer's, contributing to a more inclusive and compassionate society. 37 participants and 23 village peoples are benefited through this program



Awareness program on Alzheimer's Awareness and Prevention Initiative, Dakkili Vari palem on 21-09-2023

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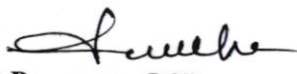


Promoting Newborn Safety and Care

The NSS Unit of Sree Narayana Nursing College is organizing a program on Promoting Newborn Safety and Care on 23rd September 2023 at Dakkilivari Palem. The initiative aims to combat negative perceptions surrounding newborn care and promote empathy and understanding within the community. All faculty members and III-year students are instructed to actively participate in this program, which will include educational sessions on best practices for newborn safety, health guidelines, and parental support strategies. The program seeks to enhance awareness about the importance of proper care and safety for newborns, fostering a supportive environment for families. 99 participants and 22 village peoples are benefited through this program



Awareness on Promoting Newborn Safety and Care, Dakkilivari Palem on 23-09-2023



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Contraceptive Options and Wellness Event

The NSS Unit of Sree Narayana Nursing College is organizing a Contraceptive Options and Wellness Event on 26th September 2023 at Dakkilivari Palem. The event aims to raise awareness about various contraceptive choices and their benefits for women's health and autonomy. All faculty members and IV-year students are instructed to actively participate in this program, which will feature informative sessions on reproductive health, contraceptive methods, and the importance of informed choices. This initiative seeks to empower women by providing them with the knowledge and resources necessary to make informed decisions regarding their reproductive health. 35 participants and 20 villagers are benefited through this program.



Awareness program on Contraceptive Options and Wellness Event, Dakkilivari Palem on 26-09-2023

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Cleanliness and Health Promotion


The NSS Unit of Sree Narayana Nursing College is organizing a *Cleanliness and Health Promotion* program on 2nd October 2023 at Kamakshi Nagar. This initiative aims to raise awareness about growing health issues and promote healthier lifestyle choices and habits within the community. All faculty members and I-year students are instructed to actively participate in this program, which will include activities such as cleanliness drives, educational sessions on health and hygiene, and discussions on sustainable practices for a healthier living environment. The event seeks to inspire community members to adopt cleaner and healthier habits for overall well-being. 70 participants and 22 villagers are benefited through this program

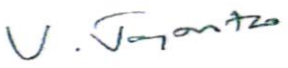


Awareness on Cleanliness and Health Promotion, Kamakshi Nagar on 2-10-2023


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Empowering Healthy Hearts

The NSS Unit of Sree Narayana Nursing College is organizing an Empowering Healthy Hearts program on 29th September 2023 at Venkatachalam. This initiative aims to increase public awareness of cardiovascular diseases, focusing on their prevention and global impact. All faculty members and II-year PB BSc students are instructed to actively participate in this program, which will include educational sessions on heart health, risk factors, and lifestyle modifications for prevention. The event seeks to empower the community with knowledge and tools to promote cardiovascular health, encouraging individuals to take proactive steps towards maintaining a healthy heart. 23 participants and 25 villagers are benefited through this program



Awareness on Empowering Healthy Hearts, Venkatachalam on 29-09-2023

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Mental Health and Well-being Event


The NSS Unit of Sree Narayana Nursing College is organizing a *Mental Health and Well-being Event* on 10th October 2023 at T P Gudur. This initiative aims to raise awareness of mental health issues and mobilize efforts in support of better mental health within the community. All faculty members and III-year students are instructed to actively participate in this program, which will feature educational sessions, discussions on coping strategies, and resources for mental health support. The event seeks to foster an environment of understanding and compassion, encouraging individuals to prioritize their mental well-being and support one another in their mental health journeys. 35 participants and 20 villagers are benefited through this program




Awareness on Mental Health and Well-being Event, T P Gudur on 10-10-2023


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Green Initiative

The NSS Unit of Sree Narayana Nursing College is organizing a *Green Initiative* on 13th October 2023 at Kamakshi Nagar. This initiative aims to enhance knowledge, policy responses, and capacity for managing a just transition toward greener economies and a sustainable future. All faculty members and II-year students are instructed to actively participate in this program, which will include activities such as workshops, discussions on environmental policies, and practical measures to promote sustainability. The event seeks to empower participants with the skills and knowledge necessary to contribute to environmental conservation and to advocate for sustainable practices in their communities. 18 participants and 15 villagers are benefited through this program



Awareness program on Green Initiative, Kamakshi Nagar on 13-10-2023

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Student Health and Wellness Program

The NSS Unit of Sree Narayana Nursing College is organizing a Student Health and Wellness Program on 15th October 2023 at Venkatachalam. This program aims to provide age-appropriate information about health and nutrition to school children, promoting healthy habits and informed choices from a young age. All faculty members and IV-year students are instructed to actively participate in this initiative, which will include interactive sessions, educational workshops, and activities designed to engage children in discussions about their health and well-being. The event seeks to empower students with knowledge that can lead to healthier lifestyles and better health outcomes in the community. 100 participants and 15 villagers are benefited through this program



Awareness on Student Health and Wellness Program, Venkatachalam on 15-10-2023

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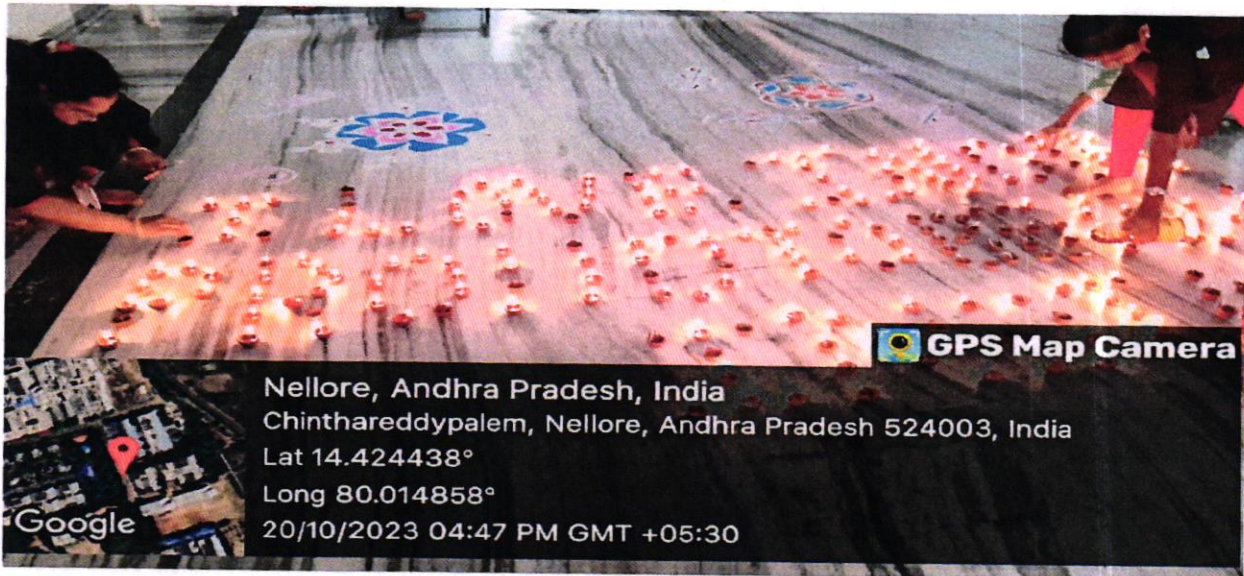
A.P. Nurses & Midwives Council, letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Meri Mati Mera Desh program

The NSS Unit of Sree Narayana Nursing College is organizing the *Meri Mati Mera Desh* program on 20th October 2023 at Dakkilivari Palem. This initiative aims to foster a deep sense of patriotism, respect for the nation's soil, and a connection with the country's cultural heritage among students. All faculty members and II-year students are instructed to actively participate in this program, which will include activities that promote national pride, environmental awareness, and an appreciation for India's diverse cultural heritage. This program seeks to instill values of citizenship and community service among participants. 93 participants and 18 villagers are benefited through this program



Awareness on Meri Mati Mera Desh program, Dakkilivari Palem on 20-10-2023

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Awareness program on diabetes Mellitus

The NSS Unit of Sree Narayana Nursing College is organizing an Awareness Program on Diabetes Mellitus on 14th November 2023 at Kamakshi Nagar. This initiative aims to draw attention to critical issues related to diabetes and ensure that the topic remains in the public and political spotlight. All faculty members and II-year students are instructed to actively participate in this program, which will include informative sessions, discussions, and activities designed to raise awareness about diabetes prevention, management, and the importance of healthy lifestyles. 80 participants and 21 villagers are benefited through this program



Awareness program on diabetes Mellitus, Kamakshi Nagar on 14-11-2023

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Constitution of India


On November 26, 2023, the NSS Unit of Sree Narayana Nursing College organized an awareness program at Kamakshi Nagar to highlight the significance of the Indian Constitution and its core principles. The event aimed to engage students in discussions about the fundamental rights and duties enshrined in the Constitution. All faculty members and first-year students were instructed to participate actively, fostering a collective understanding of the Constitution's role in shaping Indian society. The program featured interactive sessions, discussions, and informative presentations, encouraging students to reflect on their responsibilities as citizens. This initiative was instrumental in promoting civic awareness and instilling a sense of pride in the constitutional values. The event concluded with a call to uphold these principles in daily life, reinforcing the importance of the Constitution in maintaining democracy and justice. Overall, the program was a success, fostering enthusiasm among participants. 80 participants and 21 villagers are benefited through this program




Awareness Program on Constitution of India, Kamakshi Nagar on 26-11-2023


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Anti Ragging Program

The NSS Unit of Sree Narayana Nursing College is organizing an Anti-Ragging Program on **November 28, 2023**, at **T P Gudur**. This initiative aims to educate students about the detrimental impacts of ragging on victims and the overall educational environment. The program will highlight the legal repercussions of ragging and promote a culture of respect and support within the college community. All faculty members and first-year BSc Nursing students are required to participate actively in this important event. Through interactive discussions and informative sessions, the program seeks to empower students to stand against ragging and foster a safe, inclusive atmosphere for all. The NSS Unit encourages everyone to contribute to this vital cause, reinforcing the message that ragging has no place in our institution. 18 participants and are benefited through this program



Awareness on Anti Ragging Program, T P Gudur on 28-11-2023

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End Inequalities, End AIDS, End Pandemics

The NSS Unit of Sree Narayana Nursing College is set to organize the "End Inequalities, End AIDS, End Pandemics" program on **December 1, 2023**, at **Dakkilivari Palem**. This initiative aims to educate the community about the importance of addressing inequalities and improving knowledge to combat the challenges posed by AIDS and other pandemics. The program will focus on raising awareness about preventive measures, treatment options, and the significance of community support in overcoming these issues. All faculty members and fourth-year students are required to actively participate in this crucial event. Through informative sessions and discussions, the program seeks to empower individuals with the knowledge needed to foster change and promote health equity. The NSS Unit encourages full participation to make a meaningful impact in the community. 45 participants and 21 villagers are benefited through this program



Awareness program on End Inequalities, End AIDS, End Pandemics, Dakkilivari palem on 1-12-2023

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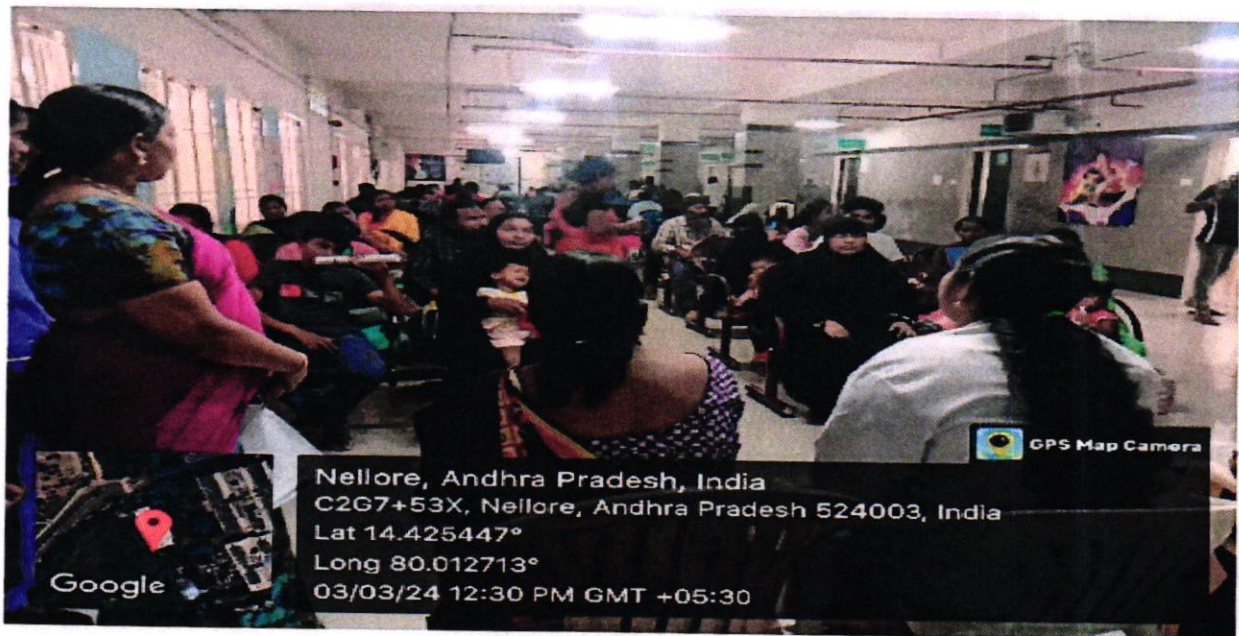
A.P. Nurses & Midwives Council, letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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National Immunization Day-Pulse Polio Immunization Awareness Program

The NSS Unit of Sree Narayana Nursing College is organizing a National Immunization Day - Pulse Polio Immunization Awareness Program on **March 3, 2024**, at **Dakkilivari Palem**. This program aims to educate parents and guardians about the critical importance of polio vaccination, stressing that every child under five must receive the vaccine to ensure their health and well-being. The initiative will provide valuable information on the benefits of immunization, the vaccination process, and addressing common misconceptions about polio. All faculty members and second-year students are instructed to actively participate in this essential event. Through interactive sessions and community engagement, the program seeks to enhance awareness and encourage families to protect their children against polio. The NSS Unit urges everyone to contribute to this vital health initiative, ensuring a healthier future for all children in the community. 93 participants and 35 villagers are benefited through this program



Awareness on National Immunization Day-Pulse Polio Immunization Awareness Program, Dakkilivari Palem on 03-03-2024

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Kidney Health Awareness Campaign

The NSS Unit of Sree Narayana Nursing College is organizing a Kidney Health Awareness Campaign on **March 4, 2024**, at **Venkatachalam**. This campaign aims to empower students and the community with essential knowledge about maintaining kidney health and reducing the risk of kidney-related conditions through effective lifestyle changes and awareness. The program will cover topics such as the importance of hydration, healthy eating habits, regular exercise, and the impact of risk factors like hypertension and diabetes on kidney function. All faculty members and second-year students are instructed to actively participate in this important initiative. Through informative sessions, interactive discussions, and community outreach, the campaign seeks to raise awareness and promote proactive health measures for better kidney health. The NSS Unit encourages everyone to engage in this crucial campaign for a healthier community. 93 participants and 23 villagers are benefited through this program



Awareness on Kidney Health Awareness Campaign, Venkatachalam on 04-03-2024


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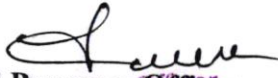


Women's Empowerment

The NSS Unit of Sree Narayana Nursing College is organizing a Women's Empowerment Program on **March 8, 2024**, at **Kakutur**. This initiative aims to raise awareness among students about gender equality and women's rights, empowering them to recognize and challenge gender biases in both their professional and personal lives. The program will include discussions on the significance of women's empowerment, the impact of gender stereotypes, and strategies for promoting equality in various spheres. All faculty members and first-year students are instructed to actively participate in this important event. Through interactive sessions, workshops, and community engagement, the program seeks to inspire students to become advocates for change and to foster an inclusive environment. The NSS Unit encourages full participation to make a meaningful impact in promoting gender equality and empowering women in society. 93 participants and 23 village peoples are benefited through this program



Awareness on Women's Empowerment, Kakutur on 8-03-2024


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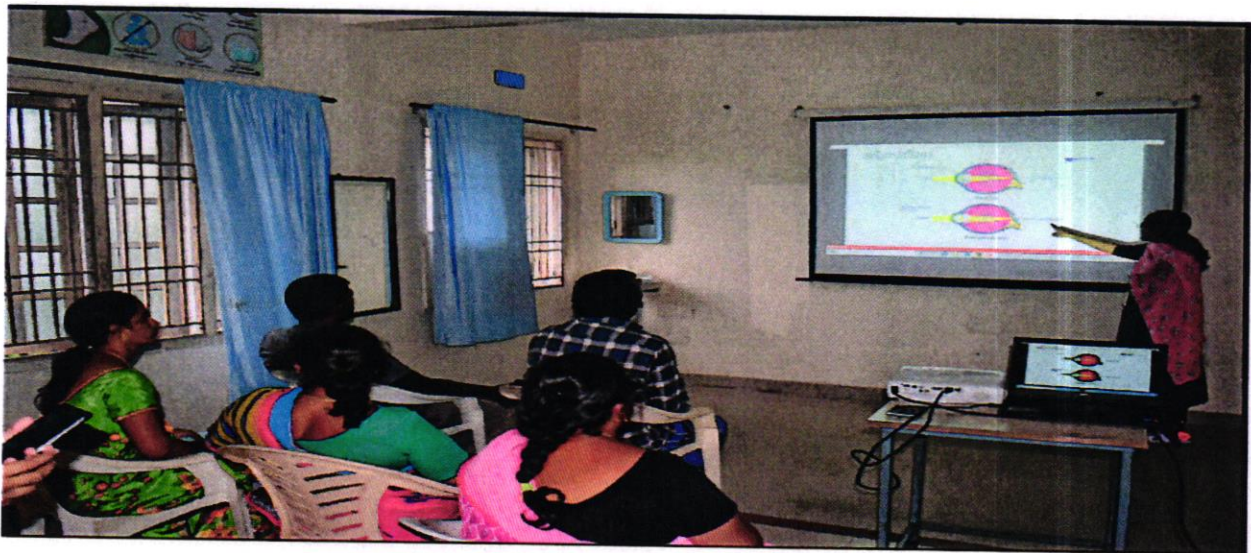
A.P. Nurses & Midwives Council, letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Good Sleep for Better Health

The NSS Unit of Sree Narayana Nursing College organized a program titled "Good Sleep for Better Health" on **March 17, 2024**, at **Kamakshi Nagar**. The objective was to educate students on healthy sleep habits, the impact of sleep disorders, and the negative consequences of inadequate sleep on physical and mental well-being. The program emphasized the importance of maintaining a regular sleep schedule, creating a conducive sleep environment, and recognizing the signs of sleep disorders. All faculty members and second-year students actively participated in the event. The session included informative presentations, interactive discussions, and practical tips to promote better sleep hygiene among students. The initiative successfully raised awareness about the significance of good sleep for overall health, encouraging participants to prioritize healthy sleep patterns. 93 participants and 23 village peoples are benefited through this program



Awareness on Good Sleep for Better Health, Kamakshi nagar on 17-03-2024


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Jal Shakti Abhiyan Awareness program

The NSS Unit of Sree Narayana Nursing College organized a **Jal Shakti Abhiyan Awareness Program** on **March 22, 2024**, at **T P Gudur**. The primary aim of the program was to raise awareness among students about the importance of water conservation, sustainable water management practices, and the role of every individual in preserving this vital resource. The event included discussions on efficient water usage, rainwater harvesting, and community-level initiatives to combat water scarcity. All faculty members and first-year students actively participated, making the session engaging and informative. The program encouraged participants to adopt water-saving techniques in their daily lives and spread awareness in their communities. It concluded with a call to action, urging everyone to contribute towards safeguarding water resources for a sustainable future. 93 participants and 22 villagers are benefited through this program



Awareness on Jal Shakti Abhiyan Awareness program, T P Gudur on 22-03-2024


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Awareness program on Bipolar Disease

The NSS Unit of Sree Narayana Nursing College organized an **Awareness Program on Bipolar Disorder** on **March 30, 2024**, at **Kakutur**. The event aimed to educate the community on Bipolar Disorder and improve understanding of mental health issues. The program included informative sessions by faculty members, interactive discussions, and awareness activities led by II PB B.Sc Nursing students. Actively engaging in discussions and clarifying doubts. Feedback from the community was positive, reflecting increased awareness and sensitivity towards the illness. The event concluded with a vote of thanks, emphasizing continued efforts to support mental health awareness. 23 participants and 21 villagers are benefited through this program



Awareness program on Bipolar Disease, Kakutur on 30-03-2024


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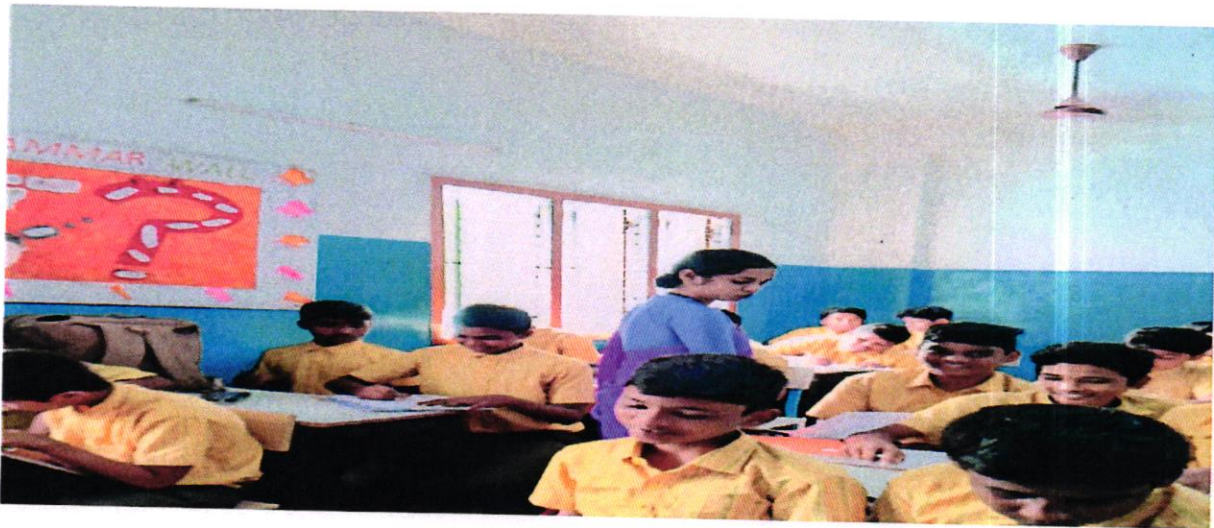
A.P. Nurses & Midwives Council, letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Awareness on Anemia Prevention

The NSS Unit of Sree Narayana Nursing College organized an Awareness Program on Anemia Prevention on 6th April 2024 at Fathekhanpet. The event focused on educating the community about the causes, symptoms, and management of anemia, particularly emphasizing dietary practices for prevention. Faculty members and II PB B.Sc. Nursing students actively participated, delivering informative sessions and distributing educational pamphlets. The villagers were made aware of the importance of a balanced diet rich in iron and vitamins. The program concluded successfully, promoting better health practices among the local community. 73 participants and 22 villagers are benefited through this program



Awareness on Anemia Prevention, Fathekhanpet on 6-04-2024.

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Comprehensive Health Awareness Program


The NSS Unit of Sree Narayana Nursing College conducted a **Comprehensive Health Awareness Program** on **April 8, 2024**, at **Kamakshi Nagar**. The event aimed to educate the community on common health issues and encourage healthier lifestyle choices. Faculty members and I PB B.Sc Nursing students led sessions on nutrition, physical activity, and disease prevention. The program also included health screenings and distribution of informational pamphlets. Positive feedback highlighted the program's impact in raising health awareness. The event concluded successfully, emphasizing the importance of ongoing health education. 18 participants and 25 villagers are benefited through this program.




Awareness program on Comprehensive Health Awareness Program, Kamakshi Nagar on 8-4-2024


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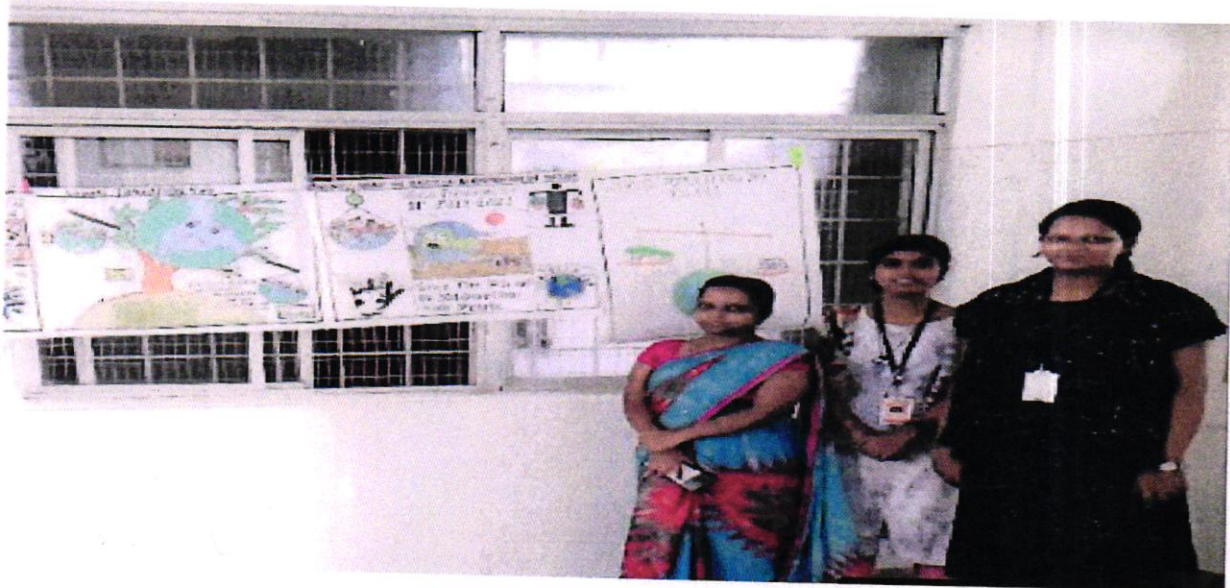
A.P. Nurses & Midwives Council, letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Empowering Healthy Blood Pressure


The NSS Unit of Sree Narayana Nursing College organized an **Empowering Healthy Blood Pressure Program** on **May 17, 2024**, at **Dakkilivari Palem**. The program aimed to increase awareness about Hypertension and educate the public on healthy blood pressure management. Faculty members and II year B.Sc Nursing students conducted sessions on causes, prevention, and lifestyle modifications for hypertension. The event also included free blood pressure check-ups. Participants appreciated the initiative, highlighting its relevance. The program concluded successfully, emphasizing the importance of regular health monitoring. 18 participants and 27 villagers are benefited through this program.




Awareness on Empowering Healthy Blood Pressure, Dakkilivari palem on 17-05-2024


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Health awareness on tobacco cessation

The NSS Unit of Sree Narayana Nursing College organized a **Health Awareness Program on Tobacco Cessation** on **May 31, 2024**, at **T P Gudur**. The program aimed to raise awareness about the health risks of tobacco use and promote policies for reducing tobacco consumption. Faculty members and II PB B.Sc Nursing students conducted educational sessions on the harmful effects of smoking and smokeless tobacco. Over 90 community members attended and participated in the discussions. Pamphlets on tobacco cessation were distributed. The initiative was well-received, with participants expressing greater awareness. The event concluded successfully, advocating for a tobacco-free society. 23 participants and 15 village peoples are benefited through this program



Awareness program on tobacco cessation, T P Gudur on 31-05-2024

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Promoting Eco-Friendly Practices

On **June 6, 2022**, an awareness program titled "**Beat Air Pollution**" was held at **Kakatur**, coordinated by **Mrs. Kalavathi**. The program aimed to educate students on environmental issues, particularly air pollution, and promote eco-friendly practices. Activities included discussions on pollution causes, sustainable habits, and maintaining sanitation. Students gained a better understanding of environmental conservation and were motivated to adopt sustainable practices like reducing plastic use and proper waste disposal. The program successfully fostered a sense of environmental responsibility among participants. 16 participants and 22 village peoples are benefited through this program



Promoting Eco-Friendly Practices, kakatur on 06-06-2022

Kalavathi

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Blood Donation Camp

On June 14th, 2022, an Awareness Program on Blood was organized by Mrs. Kalavathi at Kamakshi Nagar. The event aimed to raise awareness about the critical need for regular blood donations and the importance of safe blood availability. The program emphasized encouraging healthy individuals to become voluntary blood donors. It successfully increased awareness about the ongoing demand for blood donations and inspired new donors to participate while reinforcing the commitment of existing donors. The event played a vital role in promoting community engagement in lifesaving blood donation efforts. 45 participants and 22 village peoples are benefited through this program

Photos:



Blood Donation Camp, Kamakshi Nagar on 14-06-2022

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Plastic-Free Living Education Program

On July 3, 2022, the NSS Unit of Sree Narayana Nursing College hosted a Plastic-Free Living Education Program at Saraswathi Nagar. Distinguished guests from the Pollution Control Board, Sri. N.V. Bhaskar Rao and Smt. Sudha Kumari, highlighted the harmful effects of plastic pollution and promoted sustainable alternatives. The event began with an introductory speech by the NSS Program Officer, emphasizing the role of educational institutions in combating plastic waste. The guest speakers provided valuable insights on the impact of plastic pollution and practical tips for reducing plastic use. A Q&A session encouraged interactive discussions, and a pledge ceremony concluded the event, where attendees committed to minimizing plastic consumption. The program successfully raised awareness and inspired participants to advocate for a plastic-free future. 37 participants and 20 village peoples are benefited through this program

Photos:



Plastic-Free Living Education Program, Saraswathi Nagar on 4-06-2022

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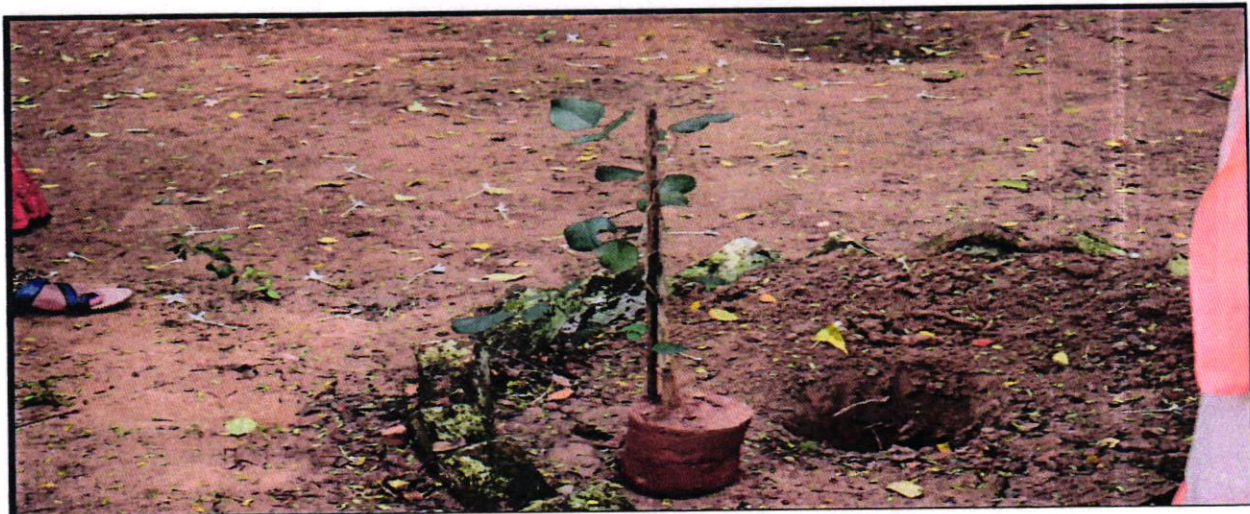
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Planting for a Healthier Planet

On July 8, 2022, the NSS Unit of Sree Narayana Nursing College organized a "Planting for a Healthier Planet" event in Kamakshi Nagar. The Principal, Prof. V. Jayanthi, inaugurated the initiative by planting the first sapling and emphasized the vital role of tree plantation in combating climate change. NSS volunteers and faculty members joined in to plant various trees and shrubs, including flowering plants, fruit trees, and medicinal herbs. A maintenance plan was established to ensure the long-term care of the saplings. The event concluded with a vote of thanks, highlighting the importance of fostering environmental responsibility within the college community. This initiative marked a significant step towards enhancing the campus's greenery and sustainability. 80 participants and 20 village peoples are benefited through this program

Photos:



Planting for a Healthier Planet, Kamakshi Nagar on 8-07-2022

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Programme Officer
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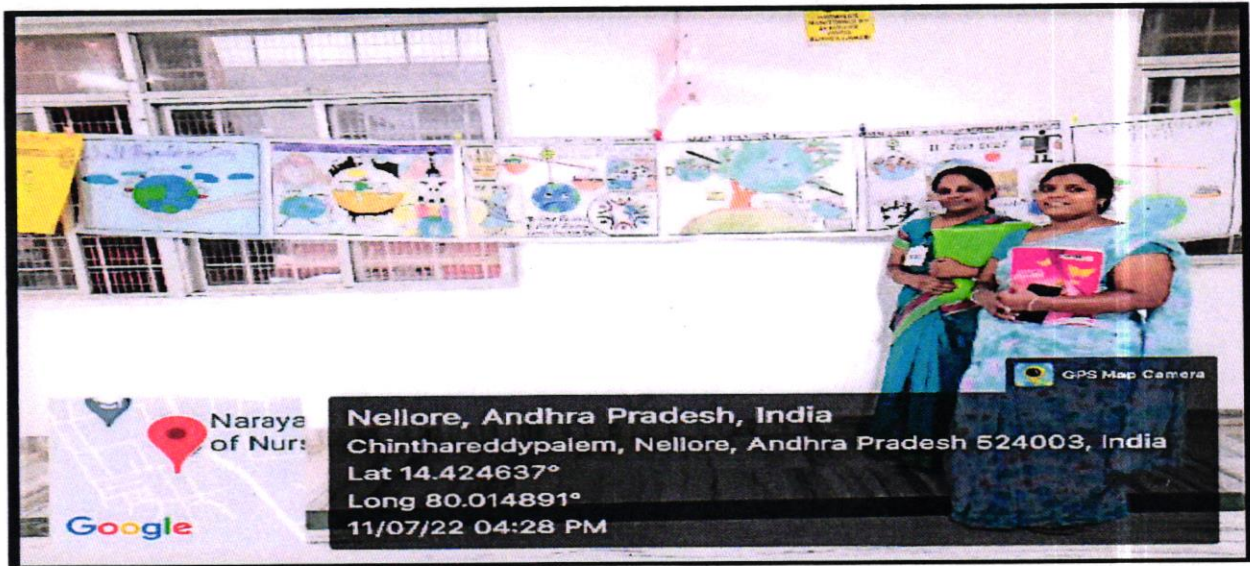
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Population Dynamics and Health Program

On July 11, 2022, Sree Narayana Nursing College's NSS Unit celebrated World Population Day with a poster presentation competition, aimed to raise awareness about global population issues. Students showcased creativity and understanding of population dynamics through their posters. The competition, judged by faculty members, awarded first place to Ms. Janet for her poster on population growth and resource management, with Ms. Aksa and Ms. Juji Joseph securing second and third places, respectively. The event concluded with a discussion on key takeaways and a vote of thanks by the NSS Program Officer. 93 participants and 20 village peoples are benefited through this program

Photos:



Population Dynamics and Health Program, Kamakshi Nagar on 11-07-2022

Kabirani
NSS Program Officer
Programme Officer
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Enhancing Breastfeeding Practices

From August 1 to August 7, 2022, a **World Breastfeeding Awareness Program** was held at **Dakkilivari Palem Village** coordinated by **Mrs. Kalavathi**. The program aimed to promote the benefits of exclusive breastfeeding for the first six months and provide education on proper breastfeeding techniques. Mothers and families gained valuable insights into the health benefits of breastfeeding, leading to improved practices in the village. The initiative successfully raised awareness and encouraged healthier breastfeeding habits. 80 participants and 20 village peoples are benefited through this program



Enhancing Breastfeeding Practices, Dakkilivari Palem on 1-7/08/2022

Kalavathi

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National Nutrition Week

During National Nutrition Week from September 1 to 7, 2022, the NSS Unit of Sree Narayana Nursing College hosted activities at the UHC in Saraswathi Nagar, Nellore, under the theme "Celebrate A World Of Flavors." Coordinated by J. Anusha, the event engaged 16 community members. The objective was to promote healthier eating habits and informed food choices. Participants learned about the importance of balanced diets and practical tips for nutrition. Through interactive sessions, attendees gained insights into making better food decisions. Overall, the program effectively raised awareness about nutrition, empowering community members to prioritize their health. 16 participants and 16 village peoples are benefited through this program

Photos:



National Nutrition Week, Saraswathi Nagar on 1-7/10/2022

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Suicide Prevention Awareness and Action Program

On October 9, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with Mrs. Kalavathi, organized a Suicide Prevention Awareness and Action Program at Saraswathi Nagar. The event focused on educating patients, their families, and the community about mental health issues, coping strategies, and available suicide prevention resources. The program fostered an open and supportive environment, encouraging participants to discuss mental health concerns more comfortably and seek help when needed, contributing to the overall well-being of the community. 62 participants and 20 village peoples are benefited through this program.



Suicide Prevention Awareness and Action Program, Saraswathi Nagar on 10-9-2022

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Alzheimer's Care and Support Initiative

On September 21, 2022, an Alzheimer's awareness program titled "Let's Talk About Dementia: End the Stigma" was held at Dakkilivari Palem Village, Nellore, coordinated by Mrs. Kalavathi. The program aimed to educate villagers about Alzheimer's symptoms, early detection, and management, while addressing the stigma surrounding the condition. Participants gained a better understanding of the disease, its impact, and the importance of early diagnosis, leading to reduced misconceptions and a more supportive community. 90 participants and 22 village peoples are benefited through this program.



Alzheimer's Care and Support Initiative, Dakkilivari Palem on 21-09-2022

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Understanding Contraceptive Choices

On September 26, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Department of Obstetrics and Gynecology Nursing, organized a Understanding Contraceptive Choices in Kakatur. The event aimed to raise awareness about contraception, family planning, and reproductive health. HOD Mrs. Aruna delivered comprehensive presentations on various contraceptive methods and their effectiveness, addressing common myths and misconceptions. Interactive discussions allowed participants to engage with experts and explore the social aspects of contraception. Educational materials were distributed to reinforce key messages. This initiative highlighted the college's commitment to public health education and informed healthcare decisions within the community. The event was a significant step in promoting responsible family planning and women's health awareness. 60 participants and 20 village peoples are benefited through this program

Photos:



Understanding Contraceptive Choices, Kakatur on 26-09-2022

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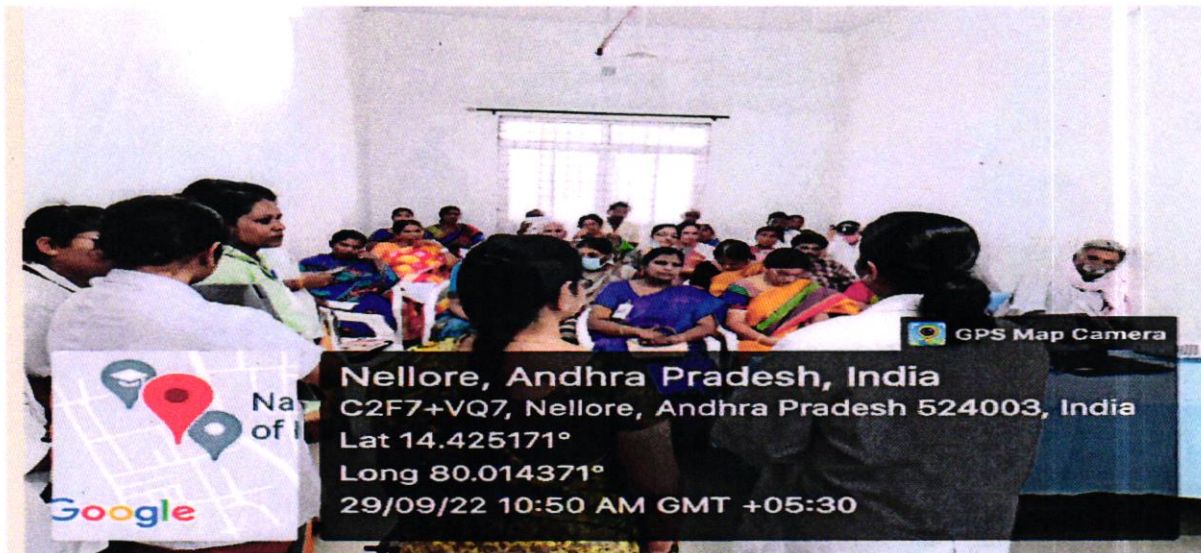
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Health awareness on Heart diseases

On September 29, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department at Venkatachalam, organized a World Heart Day event to raise awareness about cardiovascular diseases (CVDs). The program began with an inauguration by HOD Prof. Saritha, who emphasized the growing incidence of heart diseases. Informative sessions were conducted by Nursing Superintendent Mrs. Mani Meghala and other nurses, focusing on prevention and lifestyle modifications for heart health. Interactive workshops taught participants essential skills like monitoring heart rates and performing CPR. A free health check-up camp offered attendees blood pressure, cholesterol, and blood sugar screenings. Educational materials were distributed to further promote heart health awareness. The involvement of Sree Narayana Nursing College students was crucial to the event's success. 70 participants and 20 village peoples are benefited through this program.

Photos:



Health awareness on Heart diseases, Venkatachalam on 29-09-2022

Kala Venkatesh
Programme Officer
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Creating a Healthier India through Cleanliness

On October 2, 2022, a Swachh Bharat program was held at T P Gudur, coordinated by J. Anusha,. The initiative focused on making the premises clean and tidy, encouraging students to engage in cleanliness activities. The program aimed to raise awareness about the importance of maintaining a clean environment for health and hygiene. Through active involvement, students learned the value of cleanliness and its role in promoting a healthier community. The event successfully instilled a sense of responsibility towards cleanliness among participants. 99 participants and 29 village peoples are benefited through this program

Photos:



Creating a Healthier India Through Cleanliness, T P Gudur on 02-10-2022

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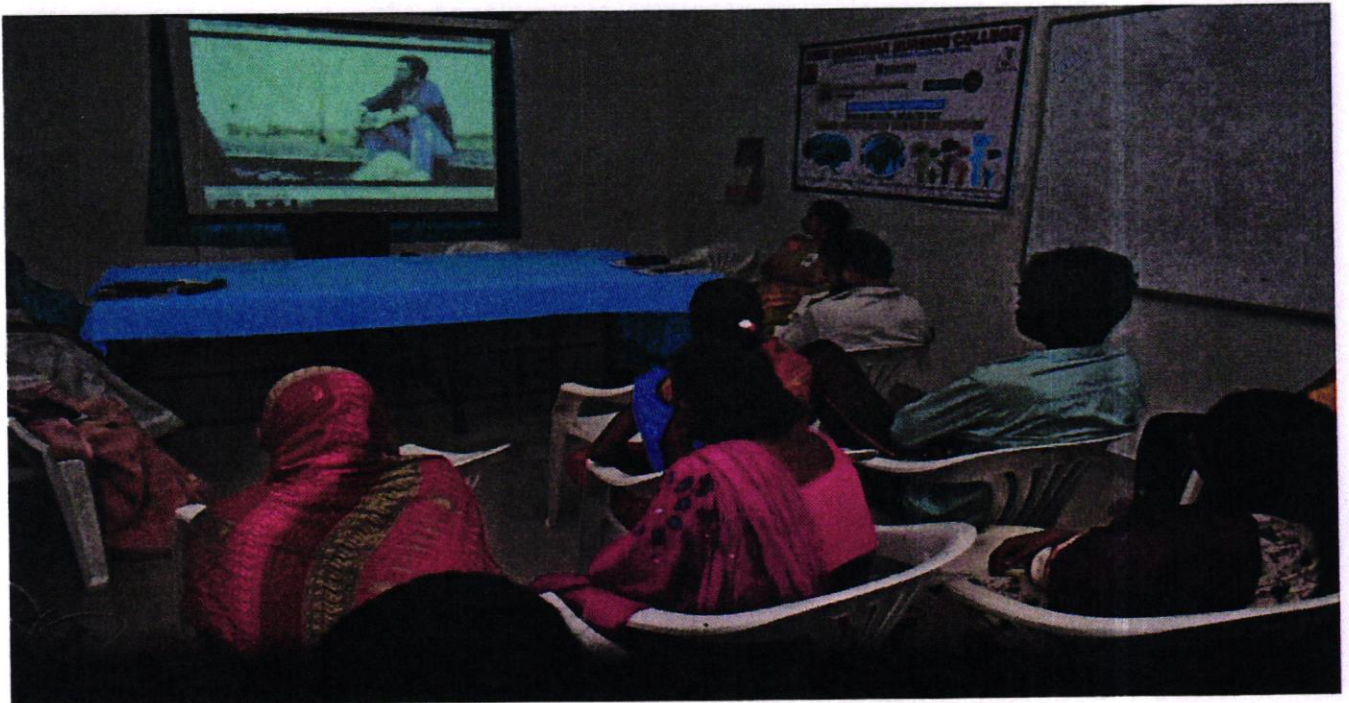
A.P. Nurses & Midwives Council Letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Self care awareness program

On 10th October 2022, a Self care awareness program was held at Kamakshi Nagar, coordinated by Mrs. Kalavathi. the campaign aimed to educate patients, their families, and the community about mental health issues, coping strategies, and available resources for suicide prevention. The program fostered a supportive environment, encouraging individuals to openly discuss mental health concerns and seek help when needed, contributing to greater awareness and prevention efforts. 16 participants and 20 village peoples are benefited through this program



Self care awareness program , Kamakshi nagar on 10-10-2022

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New Born Safety Month

On November 07, 2022, Sree Narayana Nursing College, In Collaboration with The Child Health Nursing Department and The NSS Unit, Organized Activities to Observe Newborn Safety Month at The Venkatachalam, The Event Included an Awareness Session On Critical Aspects of Newborn Care, Such as Hygiene Practices, Vaccination, And Safe Sleep. Informative Pamphlets Were Distributed, And Nursing Students Conducted Demonstrations On Safe Handling and Care of Newborns. An Interactive Q&A Session Allowed Parents to Seek Personalized Advice from Experts. The Event Concluded with Participants Pledging to Prioritize Newborn Safety. This Initiative Effectively Raised Community Awareness About the Importance of Newborn Care. 99 participants and 23 village peoples are benefited through this program

Photos:



New Born Safety Month, Venkatachalam on 07-11-2022

Kalavathi

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Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



Promoting Diabetes Health and Management

On November 14, 2022, The NSS Unit of Sree Narayana Nursing College, In Collaboration with The Medical-Surgical Nursing Department, Organized an Event for World Diabetes Day at Dakkilivari Palem. The Program Aimed to Raise Awareness About Diabetes, Focusing On Prevention, Early Detection, And Management. HOD Prof. Saritha Delivered Insightful Presentations On Diabetes Types, Risk Factors, And The Importance of Lifestyle Changes. Attendees Received Free Blood Glucose Screenings and Personalized Consultations On Blood Sugar Management. Interactive Q&A Sessions Facilitated Direct Engagement with Healthcare Professionals. Informative Pamphlets and Posters Were Distributed to Reinforce Healthy Lifestyle Practices. The Event Highlighted the Community's Proactive Stance On Diabetes Awareness and Showcased the Effective Collaboration Between The NSS Unit and The Medical-Surgical Nursing Department. 16 participants and 20 village peoples are benefited through this program

Photos:



Promoting Diabetes Health and Management, Dakkilivari Palem On 14-11-2022

Kalanathi
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End Inequalities, End AIDS, End Pandemics

On December 1, 2022, the NSS Unit of Sree Narayana Nursing College organized an AIDS Awareness Program at Venkatachalam Mandal, Nellore, to observe World AIDS Day. The program, was coordinated by J. Anusha. The event aimed to educate people on overcoming challenges related to AIDS, focusing on enhancing knowledge and promoting healthy behavior changes. Through Video-Assisted Teaching, the program successfully raised awareness about AIDS and its impact on health, encouraging positive behavior change in the community. 100 participants and 20 village peoples are benefited through this program.



End Inequalities, End AIDS, End Pandemics, Venkatachalam on 01-12-2022

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Health Education Activity on Celebrating Older Human Rights champions

On December 10, 2022, a Health Education Activity was organized in Kakatur in observance of International Human Rights Day. Coordinated by J. Anusha, the event aimed to raise awareness about the significance of human rights among students. The program emphasized themes of dignity, freedom, and justice for all, successfully educating attendees on the importance of human rights and their role in society. 70 participants and 24 village peoples are benefited through this program



Health Education Activity on Celebrating Older Human Rights champions, Kakatur on 10-12-2022

Kalavathi

Programme Officer
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School Health Program

On December 21, 2022, The Nss Unit of Sree Narayana Nursing College, In Collaboration with The Community Health Nursing Department, Organized A School Health Program at Z.P. High School, Venkatachalam. The Event Began with A Welcome Address by Mrs. Jyothirmayee, Emphasizing The Importance of Early Health Education. Students Participated in Sessions Covering Personal Hygiene, Balanced Diets, Physical Activity, And Disease Prevention. A Health Check-Up Camp Followed, Where Nss Volunteers Conducted Screenings for Height, Weight, And Vision. Informative Pamphlets On Nutrition and Hygiene Were Distributed to Reinforce Key Messages. The Headmistress Concluded the Event with Gratitude for The Initiative's Positive Impact. Overall, the Program Successfully Promoted Health Awareness among Students. 100 participants and 20 village peoples are benefited through this program

Photos:



School Health Program, Venkatachalam on 21-12-2022

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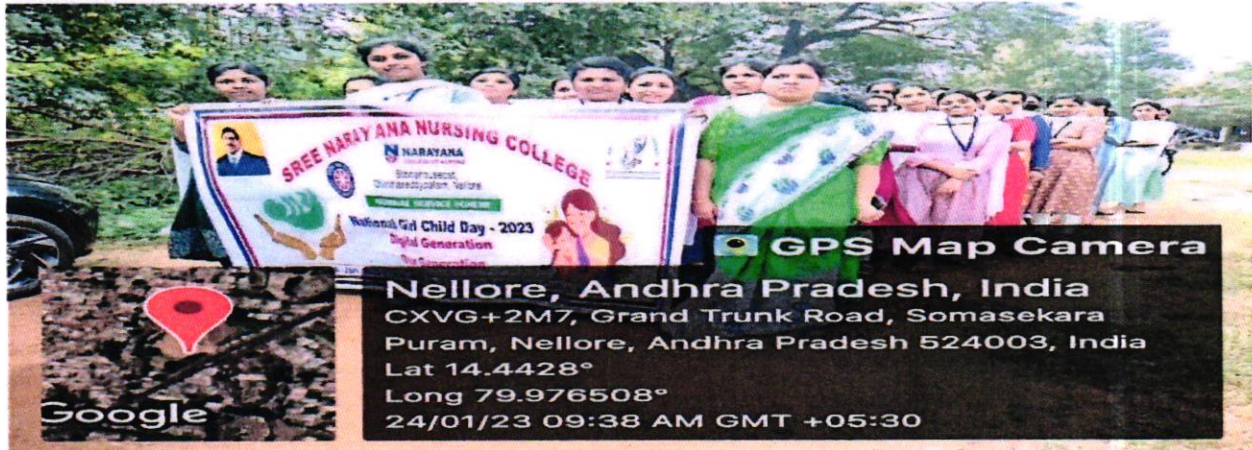
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AWARENESS ON GOOD TOUCH AND BAD TOUCH

On January 24, 2023, a National Save Girl Child Day Rally was held at Dakilivari Palem, coordinated by J. Anusha, the rally aimed to raise awareness about the importance of girl children, and Good touch and Bad touch and address the declining male-to-female ratio in India. Through this initiative, participants engaged with the community to encourage a positive shift in mindset towards protecting girls and women. The rally successfully highlighted the critical need to safeguard the rights and well-being of female children. 50 participants and 20 village peoples are benefited through this program

Photos:



National save Girl Child Day Rally, T P Gudur M P P School on 24-01-2023

J. Anusha

Programme Officer
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Cancer Screening Camp

On February 4th, 2023, a World Cancer Day Program was organized by J. Anusha at Venkata Chalam Village, Nellore. The event aimed to create public awareness about cancer, its risks, and prevention strategies. The program provided valuable information on cancer awareness and preliminary treatment options. The initiative successfully educated the community about the importance of early detection and accessing appropriate healthcare services, contributing to improved understanding and proactive measures against cancer. 23 participants and 25 village peoples are benefited through this program.

Photos:



Cancer Screening Camp, Venkatachalam on 04-02-2023

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Empowering Health through Deworming

On February 10, 2023, Sree Narayana Nursing College NSS Unit organized Empowering Health through Deworming Inaugurated by Principal Dr. V. Jayanthi and faculty members at Dakkilivari palem, the event targeted the eradication of soil-transmitted helminths among students. Received deworming tablets under health professionals' supervision. Educational sessions on hygiene practices, including hand washing, wearing shoes, and drinking clean water, were conducted to reinforce the theme. The initiative highlighted the link between good health and academic success, fostering long-term hygiene habits. Overall, the event promoted immediate health benefits and aimed at creating a healthier future for the children. 35 participants and 22 village peoples are benefited through this program

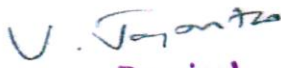


Empowering Health through Deworming, Dakkilivari Palem on 10-02-2023


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Empowering Women for Health and Equality

On March 8th, 2023, the NSS Unit of Sree Narayana Nursing College celebrated International Women's Day with The event featured activities like poem writing and a quiz competition, where students actively participated, expressing their views on women empowerment, at Venkatachalam with 40 participants. The program began with a prayer song, followed by lamp lighting by dignitaries. Principal Prof. Jayanthi and Vice Principal Prof. Kalpana shared motivating messages on gender equality, while Prof. Lalitha spoke on "Break the Bias." The event concluded with prize distribution, a vote of thanks, and the national anthem. 50 participants and 20 village peoples are benefited through this program


Photos:

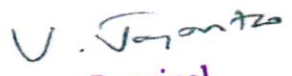


Empowering Women for Health and Equality, Venkatachalam 08-03-2023


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Programme Officer
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Kidney Care and Education Program

On March 10, 2023, A Kidney Care and Education Program Was Held at Dakkilivari Palem, Coordinated by Mrs. Kalavathi. The Program Aimed to Empower Students with Knowledge About Maintaining Kidney Health and Reducing the Risk of Kidney-Related Conditions Through Lifestyle Changes. Participants Engaged in Discussions and Activities Focused On the Importance of Regular Health Check-Ups and Adopting a Healthy Lifestyle. The Event Successfully Raised Awareness About Kidney Health, Emphasizing Preventive Measures and The Significance of Early Detection. 79 participants and 20 village peoples are benefited through this program

Photos:



Kidney Care and Education Program, Dakkilivari Palem On 10-03-2022


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Empowering Restful Sleep

On March 17, 2023, the NSS Unit of Sree Narayana Nursing College organized the "Empowering Restful Sleep" program at Kamakshi Nagar, the event aimed to educate students about healthy sleep habits and the impact of sleep disorders on overall well-being. Coordinated by Mrs. Kalavathi, the program attracted participants. Engaging discussions highlighted the consequences of poor sleep on physical and mental health, raising awareness about the risks of sleep deprivation. By the end of the event, students were encouraged to adopt better sleep practices for improved health outcomes. 40 participants and 20 village peoples are benefited through this program

Photos:



Empowering Restful Sleep, Kamakshi nagar on 17-03-2023

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Awareness on Tuberculosis control

On March 24, 2023, **Awareness on Tuberculosis control** was held in T P Gudur, coordinated by J. Anusha. The event aimed to raise awareness about the significant health, social, and economic impacts of tuberculosis. Through informative sessions and discussions, participants learned about TB prevention and control strategies. The program emphasized the urgency of stepping up efforts to combat the global TB epidemic. Attendees were encouraged to take proactive measures in their communities. Overall, the initiative successfully fostered awareness and inspired action towards ending TB. 100 participants and 20 village peoples are benefited through this program



Awareness on Tuberculosis control, T P Gudur on 24/03/2023

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Bipolar Wellness and Education Program

On March 31st, 2023, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Department of Mental Health Nursing, organized a **Bipolar Wellness and Education Program** at Venkatachalam. The event, led by Mrs. Lalitha, HOD of Mental Health Nursing, aimed to raise awareness about bipolar disorder, its symptoms, and treatment options. Presentations, interactive sessions, and personal testimonials provided a comprehensive understanding of the condition. Visual aids like posters and videos enhanced the learning experience. The program emphasized reducing stigma, promoting empathy, and fostering a supportive environment, reflecting the college's dedication to mental health awareness. 93 participants and 25 village peoples are benefited through this program




Bipolar Wellness and Education Program, Venkatachalam on 31-03-2023


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Clean Hands for Better Health Campaign

On May 5, 2023, the NSS Unit of Sree Narayana Nursing College organized the "Clean Hands for Better Health Campaign" in observance of Global Hand washing Day at Saraswathi Nagar. Coordinated by Ms. Esther Joel, the event attracted participants. The primary objective was to promote the significance of hand hygiene in preventing diseases. Activities included demonstrations on effective hand washing techniques and educational discussions on the importance of cleanliness. Participants actively engaged in the sessions, enhancing their understanding of hygiene practices. The campaign concluded with the theme "Unite for Universal Hand Hygiene," inspiring attendees to adopt hand washing as a daily routine for better health. 55 participants and 24 village peoples are benefited through this program.



Clean Hands for Better Health Campaign, Saraswathi nagar on 5-5-2023

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A.P. Nurses & Midwives Council Letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Hypertension Awareness and Prevention Event

On May 15, 2023, an awareness event was held in Kakatur, coordinated by Mrs. J. Anusha. The event aimed to increase public awareness about hypertension, emphasizing the importance of regular blood pressure checks. Attendees were educated on preventive measures and healthy lifestyle choices to mitigate hypertension risks. The program successfully enhanced understanding among participants regarding the significance of regular health check-ups and empowered them with knowledge for better health management. 23 participants and 27 village peoples are benefited through this program


PHOTOS:



Hypertension Awareness and Prevention Event, Kakatur on 15-05-2023


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Preventing addiction to Tobacco

On May 31st, 2023, an extension activity **Preventing addiction to Tobacco** was organized at Thotapalli Gudur, Nellore, coordinated by J. Anusha. The event saw active participation. The primary objective was to encourage tobacco users to quit and raise awareness about the risks of tobacco use, especially its link to lung cancer. Through videos and Information, Education, and Communication (IEC) materials, the program educated participants on the harmful effects of tobacco and promoted healthy lifestyle choices. The initiative successfully highlighted the importance of World No Tobacco Day. 50 participants and 50 village peoples are benefited through this program



Preventing addiction to Tobacco, Thotapalli Gudur on 31st-05-2023

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Donate Life: Organ Donation Awareness

On August 4, 2022, an Organ Donation Awareness program was organized at Venkatachalam, coordinated by Mrs. Kalavathi. The event, focused on raising awareness about the importance of organ donation and its life-saving potential. Through interactive discussions and informative sessions, students were encouraged to consider becoming organ donors. The program successfully increased awareness about organ donation, highlighting its role in saving lives and promoting a compassionate society. 23 participants and 20 village peoples are benefited through this program

PHOTOS:



Donate Life: Organ Donation Awareness, Venkatachalam on 04-06-2022

Kalavathi

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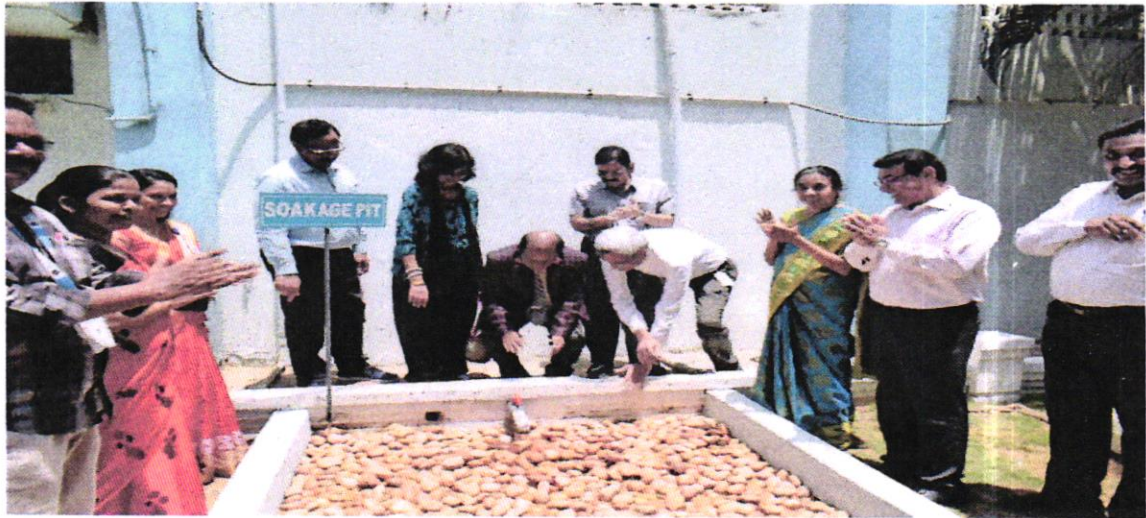
Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



Environmental Protection and Education

On June 5th, 2021, an environmental awareness program was held at Kakatur, coordinated by Mrs. Kalavathi. The event aimed to educate students about pressing environmental issues and promote sustainable practices. Through interactive discussions, participants learned about air pollution, its causes, and the impact on health and the environment. The session encouraged eco-friendly habits like reducing waste, using public transportation, and conserving energy. The event successfully raised awareness and motivated students to take actionable steps toward environmental protection. 90 participants and 20 village peoples are benefited through this program

Photos:



Environmental Protection and Education, Kakatur on 5-06-2021

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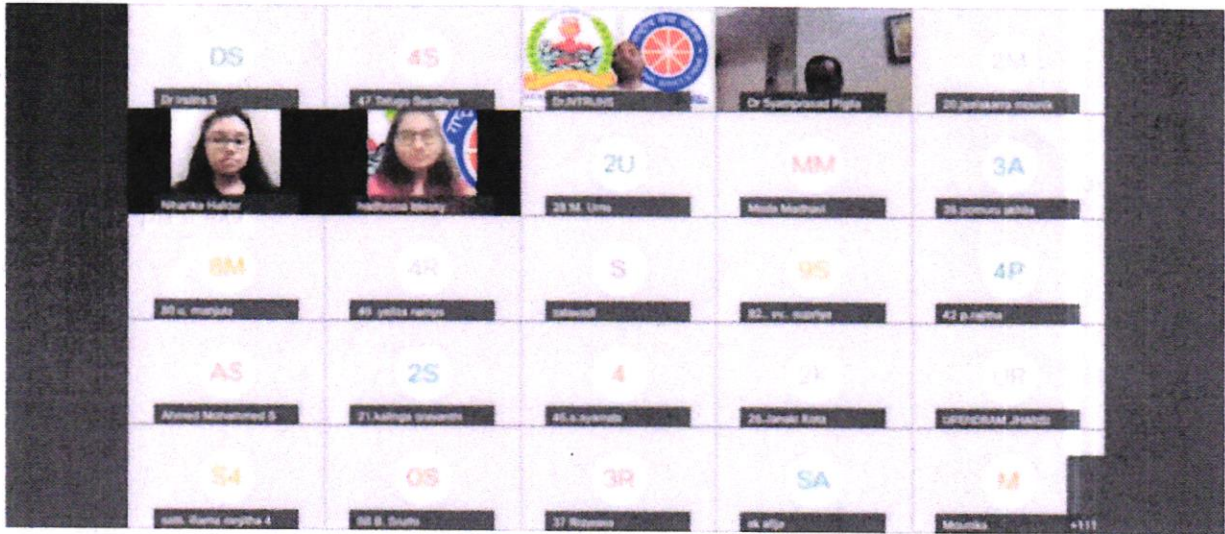
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Blood Donation Camp and COVID-19

On June 14, 2021, Dr. NTR University of Health Sciences hosted a virtual mode to commemorate a Blood Donation Camp and COVID-19, The Vice-Chancellor delivered a keynote address emphasizing the importance of blood donation during the pandemic and outlined safety measures for donors and recipients. Healthcare professionals presented protocols for safe blood donation and shared inspiring stories from successful blood drives. NSS volunteers from Sree Narayana Nursing College participated actively, contributing to a panel discussion on their experiences in organizing blood donation camp during COVID-19. The discussion also focused on strategies to encourage safe blood donations amidst the crisis. 50 participants and 22 village peoples are benefited through this program

Photos:



Blood Donation Camp and COVID-19, Virtual meet on 14-06-2021

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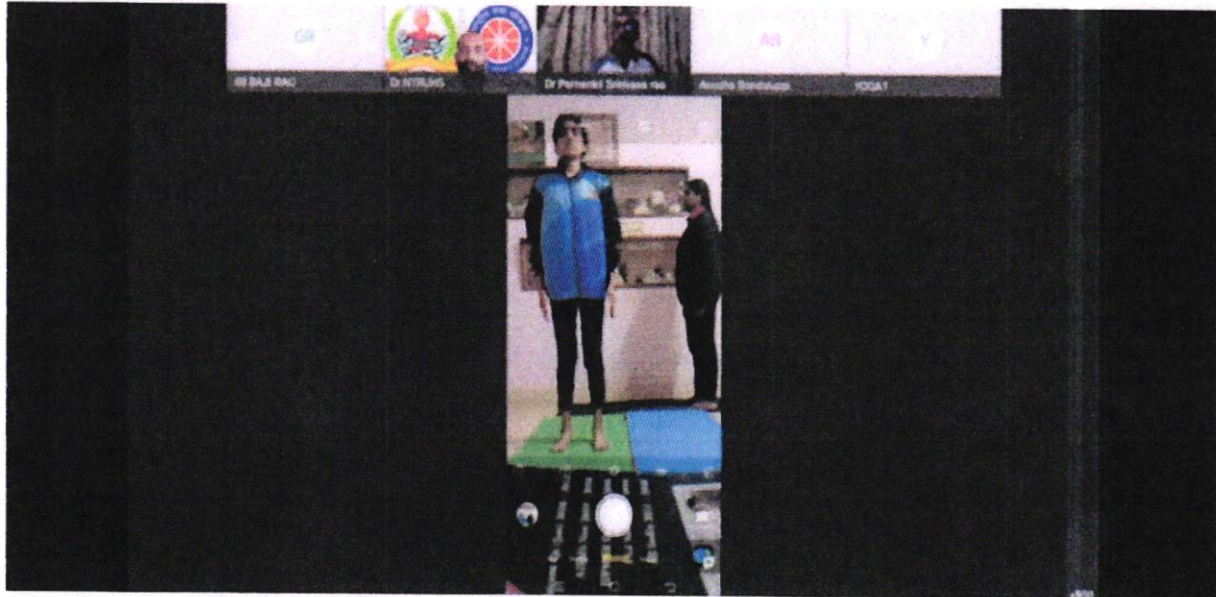
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Enhancing Well-being with Yoga

On June 21,2021, The NSS Unit of Sree Narayana Nursing College participated in a five-day Webex event titled **Enhancing Well-being with Yoga** organized by Dr. NTR University. Held virtually due to the COVID-19 pandemic, with 16 students the program covered various aspects of yoga. Over the five days, participants learned the fundamentals of yoga, physical health benefits through asanas, stress management with breathing exercises, and advanced yoga practices. The final day allowed participants to reflect on their experiences and discuss incorporating yoga into daily life. The event successfully promoted wellness and engagement, even in a virtual format. 16 participants and 25 village peoples are benefited through this program

Photos:



Enhancing Well-being with Yoga, virtual meet on 21-6-2021

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Plastic Awareness Program

On July 3, 2021, the NSS Unit of Sree Narayana Nursing College held a Plastic Awareness Program in T P Gudur with 99 participants. Esteemed guests from the Pollution Control Board, Nellore, Sri. N.V. Bhaskar Rao and Smt. Sudha Kumari, led discussions on the harmful effects of plastic pollution and the importance of sustainable alternatives. Sri. Bhaskar Rao highlighted the environmental impact of plastic waste, while Smt. Kumari explained government initiatives and practical steps to reduce plastic use. The event included an interactive Q &A session and a pledge ceremony, inspiring participants to adopt eco-friendly practices. 99 participants and 26 village peoples are benefited through this program

Photos:



Plastic Awareness Program, T P Gudur on 3-07-2021

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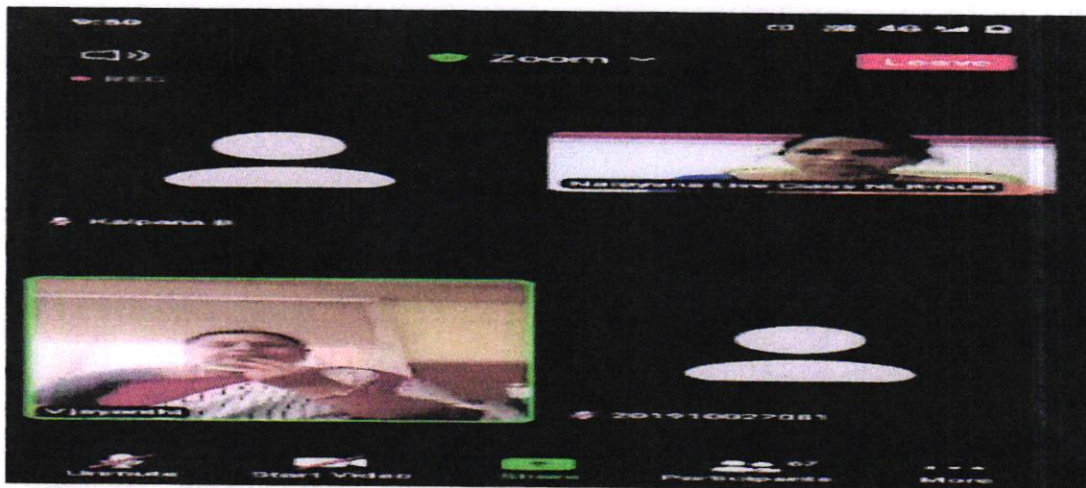
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Demographic Health Awareness and Advocacy

On July 10, 2021, the NSS Unit of Sree Narayana Nursing College held a virtual program via Zoom to mark World Population Day with 99 participants. The event focused on the importance of reproductive health and rights in managing fertility rates. Dr. Ramesh Kumar, Principal, inaugurated the program, followed by a keynote from Dr. Priya Menon on global population challenges. A panel discussion featured experts discussing reproductive health access and its socioeconomic impacts. Interactive sessions allowed participants to engage on these issues. The event concluded with a vote of thanks by Ms. Kavitha Suresh. 99 participants and 22 village peoples are benefited through this program

PHOTOS:



Demographic Health Awareness and Advocacy, Virtual meet on 10-07-2021

Kavitha Suresh
Programme Officer
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Tree plantation

On July 17, 2022, Sree Narayana Nursing College organized a Tree plantation in Dakkilivari Palkem, coordinated by Mrs. Kalavathi, with 100 participants. The program aimed to promote environmental awareness and encourage students to contribute to ecological sustainability through tree planting. Participants engaged in planting various saplings, which raised awareness about the benefits of green spaces. The initiative fostered a sense of responsibility toward environmental stewardship among students, highlighting the importance of preserving and enhancing the natural environment. 100 participants and 27 village peoples are benefited through this program

Photos:



Plantation Program, Dakkilivari Palem on 17-07-2021

Kalavathi

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Breastfeeding Awareness Campaign

The NSS Unit of Sree Narayana Nursing College organized a Breastfeeding Awareness Campaign from August 1 to August 7, 2021, with the goal of informing and engaging the community on the importance of breastfeeding and related issues. The campaign featured informative sessions, interactive discussions, and resource distribution to enhance awareness about the benefits of breastfeeding for both mothers and infants. Faculty members and IV year students actively participated in the program, demonstrating their commitment to promoting maternal and child health. The initiative successfully galvanized action and encouraged positive practices regarding breastfeeding in the community. 100 participants and 27 village peoples are benefited through this program



Awareness on Breastfeeding Awareness Campaign, T P Gudur on 1-8-2021 to 7-08-2021

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Parasite Prevention Awareness

On August 10, 2021, The NSS Unit Of Sree Narayana Nursing College Organized A Parasite Prevention Awareness Event Inaugurated By Principal Dr. V. Jayanthi And Faculty Members, The Program Aimed To Eradicate Soil-Transmitted Helminths Among Students at Dakkilivari Palem Over 100 Students Under The Supervision Of Health Professionals. Educational Sessions On Hygiene Practices, Such As Hand Washing, Wearing Shoes, And Drinking Clean Water, Reinforced The Theme And Emphasized The Link Between Good Health And Academic Success. The Event Not Only Addressed Immediate Health Needs Through Deworming But Also Fostered Long-Term Hygiene Habits, Contributing To A Healthier Future For The Children. 100 participants and 19 village peoples are benefited through this program

Photos:



Parasite Prevention Awareness, Dakkilivari Palem on 10-08-2021

Kalpana

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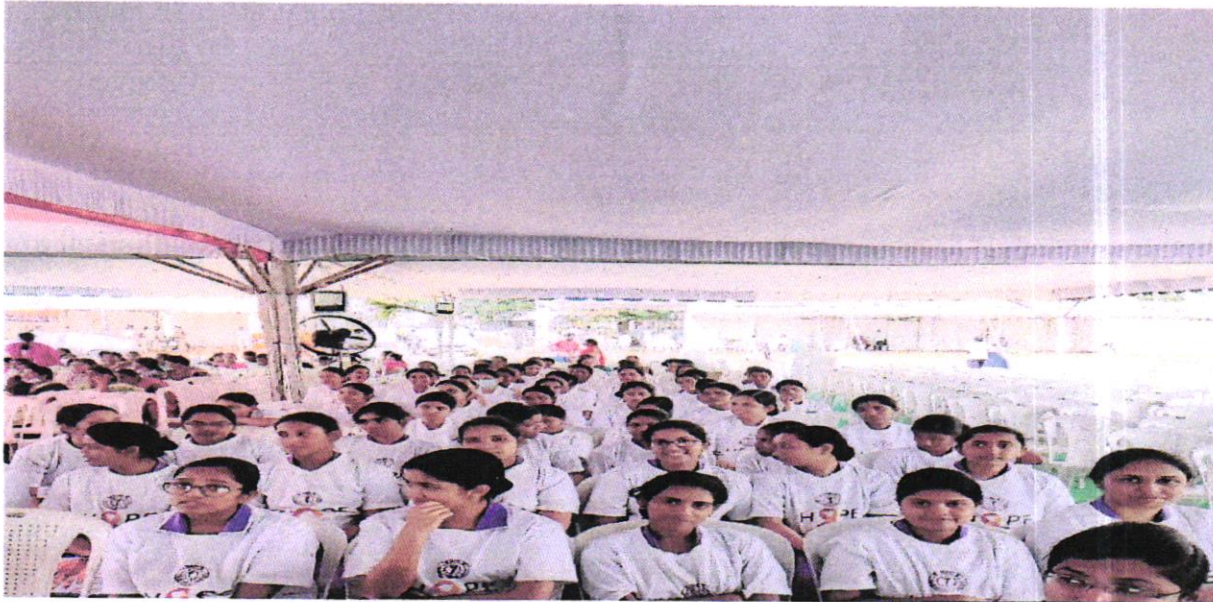
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Youth Empowerment

On August 12, 2021, a Youth Empowerment event was held at Dakkilivari Palem. Coordinated by Mrs. Kalavathi, the program engaged 16 students in activities that addressed the challenges and opportunities facing today's youth. Through discussions, workshops, and creative activities, students explored the critical role of youth in shaping future food systems. The event successfully fostered awareness and inspired participants to take active roles in addressing global issues. 16 participants and 35 village peoples are benefited through this program

Photos:



Youth Empowerment, Dakkilivari Palem on 12-08-2021

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Programme Officer

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Organ Donation and Transplant Support

On August 13, 2021, an awareness program titled Organ Donation and Transplant Support Was conducted at Venkatachalam. Coordinated by Mrs. Kalavathi, the event attracted 100 participants. The objective of the program was to educate students on the importance of organ donation and to encourage them to consider becoming organ donors. The session successfully increased awareness among students about the significance of organ donation, emphasizing its potential to save lives and make a meaningful impact. 100 participants and 19 village peoples are benefited through this program

PHOTOS:



Organ Donation and Transplant Support, Venkatachalam on 13-08-2021

Kalavathi
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Enhancing Understanding of Suicide Prevention

On September 10, 2021, **Enhancing Understanding of Suicide Prevention** event was conducted at Narayana Rural Health Training Center, Venkatachalam, Nellore. The program, coordinated by Mrs. J. Anusha, saw participation from 50 individuals. The event aimed to increase public awareness about suicide prevention, mental health issues, and the importance of recognizing signs of suicidal behavior. Participants were educated about available resources and mental health conditions, fostering unity and promoting community engagement. The event successfully raised awareness and highlighted the need for timely intervention and support. 11 participants and 19 village peoples are benefited through this program

Photos:



Enhancing Understanding of Suicide Prevention, Venkatachalam on 10-09-2021

Kalavathi
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Swachhata Abhiyan

The NSS Unit of Sree Narayana Nursing College organized a Swachhata Abhiyan on 1st October 2021, aiming to promote sanitation and eliminate open defecation. The program focused on the construction of household and community-owned toilets and emphasized the importance of monitoring toilet usage to ensure long-term hygiene. Department faculty members and I year students actively participated in the campaign. The event included awareness talks, community engagement activities, and a demonstration of toilet construction methods. The initiative was well-received, reflecting a shared commitment to improving public health and sanitation. 99 participants and 19 village peoples are benefited through this program



Awareness on Swachhata Abhiyan, Dakkilivari Palem on 01-10-2021

Kalavathi

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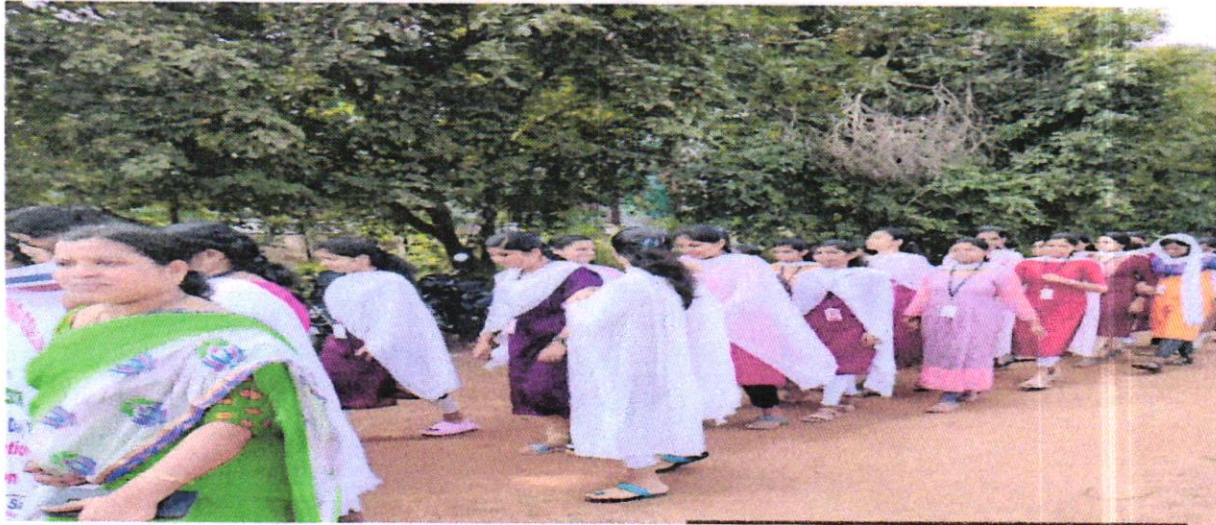
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Contraception Awareness Program

On September 26, 2021, the NSS Unit of Sree Narayana Nursing College held a Contraception Awareness Program in collaboration with the Department of Obstetrics and Gynecology Nursing at Saraswathi Nagar. The event featured interactive discussions that allowed participants to engage with experts and address cultural aspects of contraception. Educational materials, including pamphlets, were distributed to reinforce the information shared. This collaboration equipped attendees with valuable knowledge to advocate for responsible family planning. The program underscored the college's commitment to promoting public health education in the community. 70 participants and 28 village peoples are benefited through this program

Photos:



Contraception Awareness Program, Saraswathi Nagar on 26-09-2021

Kalavathi

NSS Program Officer

Programme Officer

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Alzheimer's Prevention and Support Campaign

On September 21st, 2021, an Alzheimer's Prevention and Support Campaign **Alzheimer's Prevention and Support Campaign** was held at DakkiliVariPalem Village, Nellore, coordinated by Mrs. Kalavathi. The event aimed to educate villagers about the symptoms, early detection, and management of Alzheimer's disease while addressing the stigma surrounding the condition. Through informative sessions, villagers learned about recognizing signs of dementia and the importance of early diagnosis. The campaign successfully dispelled misconceptions and promoted a supportive, informed community approach to Alzheimer's care. 93 participants and 20 village peoples are benefited through this program



Alzheimer's Prevention and Support Campaign, Dakkilivari Palem on 21-09-2021

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NSS Program Officer
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Mental health promotion & Suicide Prevention

On September 10, 2021, a Mental health promotion & Suicide Prevention event was conducted at Narayana Rural Health Training Center, Venkatachalam, Nellore. The program, coordinated by Mrs. J. Anusha. The event aimed to increase public awareness about suicide prevention, mental health issues, and the importance of recognizing signs of suicidal behavior. Participants were educated about available resources and mental health conditions, fostering unity and promoting community engagement. The event successfully raised awareness and highlighted the need for timely intervention and support. 7 participants and 22 village peoples are benefited through this program

Photos:



Enhancing Understanding of Suicide Prevention, Venkatachalam on 10-09-2021

Kalavathi
NSS Program Officer
Programme Officer

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Hand Washing Awareness Program

On October 15, 2021, Sree Narayana College of Nursing organized a Hand Washing Awareness Program in celebration of Global Hand Washing Day, at Kakatur, coordinated by Ms. Esther Joel. The objective was to promote hand hygiene as a crucial practice for health and well-being. The program emphasized the importance of hand washing in preventing disease transmission. Participants engaged in discussions and demonstrations, reinforcing the message to "Unite for Universal Hand Hygiene." The event successfully raised awareness about the significance of proper hand washing techniques and encouraged a commitment to hygiene practices. 16 participants and 26 village peoples are benefited through this program



Hand Washing Awareness Program, Kakatur on 15-10-2021

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Managing Diabetes: Wellness Program

On November 13, 2021, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department, organized a Managing Diabetes: Wellness Program to commemorate World Diabetes Day at Saraswathi Nagar with 7 participants. The event aimed to raise awareness about diabetes prevention, early detection, and management. HOD Prof. Saritha delivered informative presentations on various types of diabetes, risk factors, and the importance of lifestyle changes. Participants received free blood glucose screenings and personalized consultations for blood sugar management. Interactive Q&A sessions allowed attendees to engage with healthcare professionals, while informative pamphlets and posters provided practical lifestyle guidance. The event's success highlighted the community's proactive stance on diabetes and showcased the effective collaboration between the NSS Unit and the Medical-Surgical Nursing Department in promoting public health. 7 participants and 23 village peoples are benefited through this program

Photos:



Managing Diabetes: Wellness Program, Saraswathi nagar on 13-11-2021

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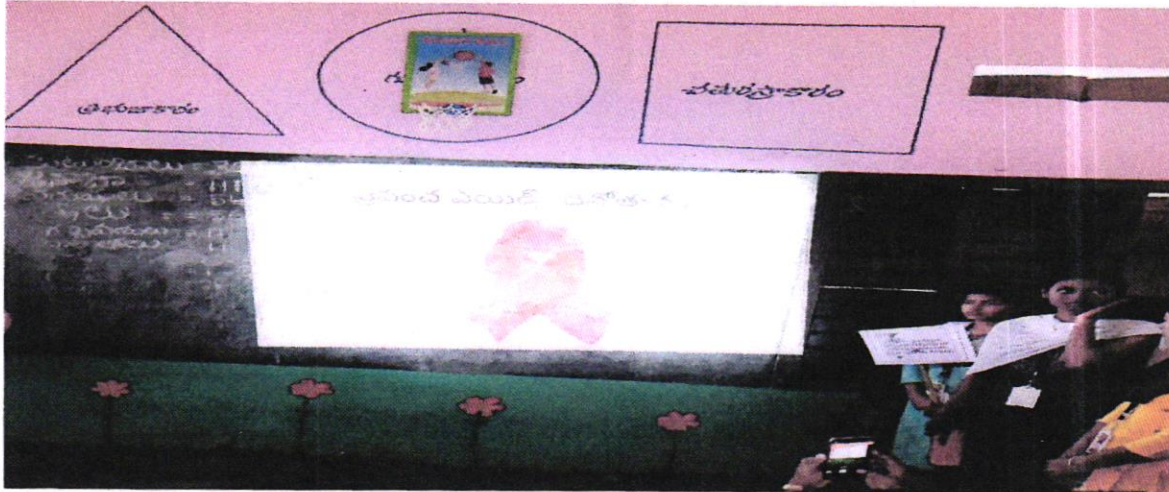
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AIDS Awareness and Community Support

On December 1, 2021, a program AIDS Awareness and Community Support was organized in Venkatachalam Mandal, Nellore, coordinated by J. Anusha. Focused on educating the community about AIDS and its effects. The objectives included changing knowledge to address related problems and promoting awareness to foster healthy behaviors. Through video-assisted teaching, the program effectively created awareness about AIDS, its impact on health, and the importance of behavior change to support affected individuals. 93 participants and 19 village peoples are benefited through this program



AIDS Awareness and Community Support, Venkatachalam on 01-12-2021

Kala Vathu

NSS Program Officer

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Promoting Cancer Awareness and Care

On February 4, 2022, a program for Promoting Cancer Awareness and Care was held in Venkata Chalam Village, Nellore, coordinated by J. Anusha. Focused on raising public awareness about cancer. The event included informative sessions about the disease, its prevention, and preliminary treatment options. Participants engaged in discussions that helped demystify cancer and highlighted the importance of early detection. Overall, the program successfully created awareness and educated the community on essential cancer-related topics. 93 participants and 19 village peoples are benefited through this program

Photos:



Promoting Cancer Awareness and Care, Venkatachalam on 04-02-2022

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Awareness program on women safety

On 8 March 2022, Sree Narayana Nursing College's NSS unit, in collaboration with officials from Disha Police Station, at TP Gudur, conducted an awareness program on women safety for B.Sc Nursing students. Prof. Jayanthi, Principal, and Prof. B. Kalpana, Vice Principal, spoke on the importance of safety and technology for women. Mr. Nagarjuna Reddy, Sub Inspector, explained the *Disha App*'s features, including its SOS button for emergency alerts. Ms. Shakina, Disha Women Police, highlighted the app's ability to notify family members. The event, organized by Mrs. Kalavathi. 100 participants and 19 village peoples are benefited through this program

Photos:



Awareness program on women safety, T P Gudur on 8-03-2022

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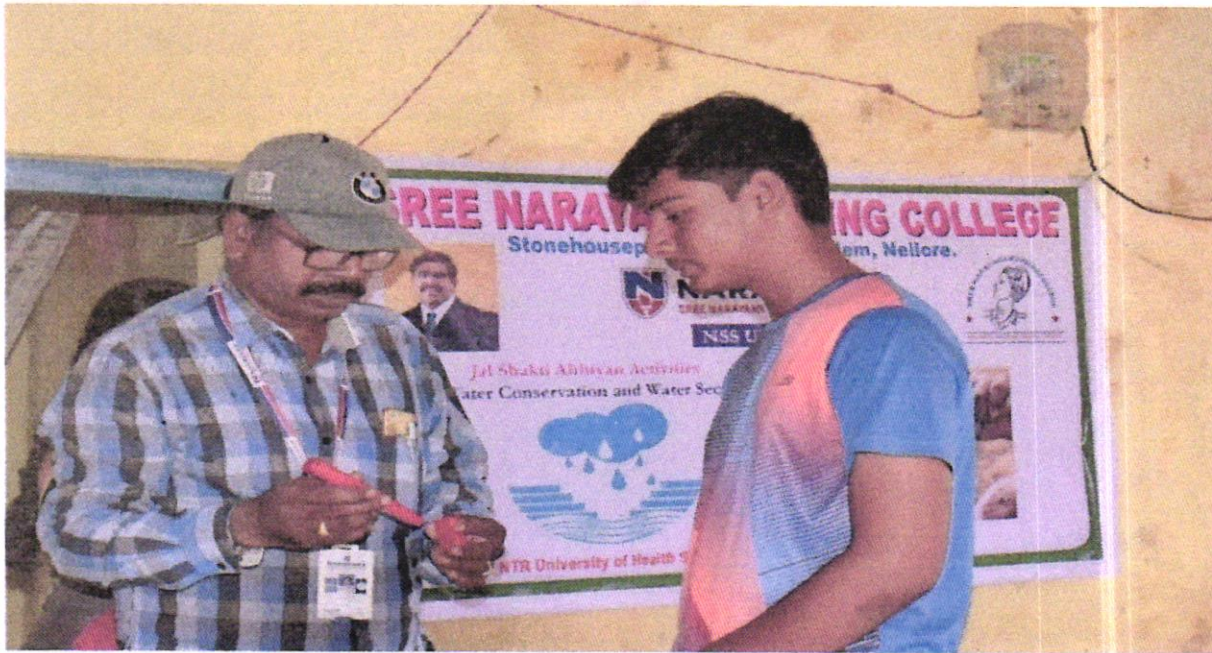
Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



Clean Water Awareness and Action Program

On 22nd March 2022, Sree Narayana Nursing College held a Clean Water Awareness Program themed Valuing Water. Coordinated by Mrs. Kalavathi, the event took place in Kamakshi nagar. The program aimed to educate students on the importance of clean water for health, hygiene, and environmental sustainability. As a result, students became more aware of water conservation and were motivated to adopt water-saving practices in their daily lives. 50 participants and 19 village peoples are benefited through this program.

Photos:



Clean Water Awareness and Action Program, Kamakshi Nagar on 22-03-2022

Kalavathi
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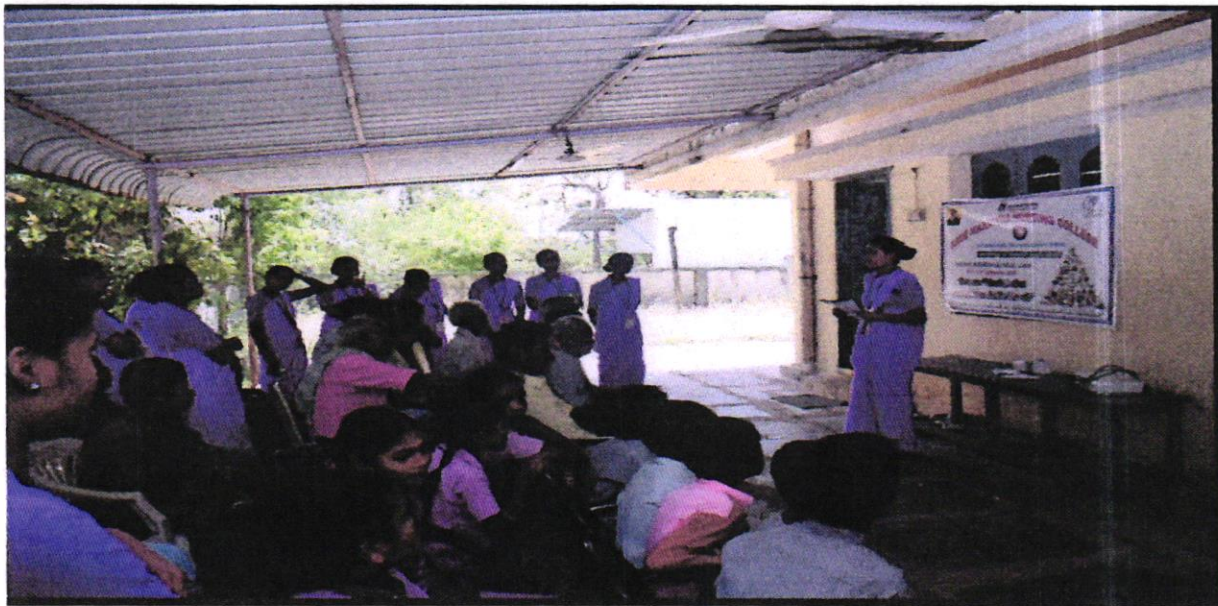
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Promoting Kidney Wellness

On March 10, 2022, the NSS Unit of Sree Narayana Nursing College organized a series of extension activities aimed at promoting community health and awareness. These activities, coordinated by Mrs. Kalavathi, at Kakatur, focused on kidney health and overall wellness. Students actively participated in various health talks and awareness programs, addressing key public health concerns such as lifestyle changes for kidney care prevention strategies. These efforts fostered strong community engagement, empowering both students and the public with valuable health knowledge and resources. The initiatives also emphasized the importance of regular health check-ups and preventive healthcare measures. 93 participants and 24 village peoples are benefited through this program

Photos:



Promoting Kidney Wellness, Kakatur on 10-03-2022

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Caring for Tuberculosis: Health Promotion

On March 24, 2022, Sree Narayana Nursing College's NSS Unit, in collaboration with the Community Health Nursing Department, organized a Tuberculosis Awareness Program at Venkatachalam. The event commenced with an insightful speech by Principal Prof. Jayanthi, who emphasized the global impact of TB and the importance of collective efforts in eradicating it. Vice-Principal Prof. B. Kalpana followed with a speech highlighting the role of nursing professionals in TB care and prevention. The program successfully raised awareness about tuberculosis, stressing community engagement and education as key strategies for effective control. 80 participants and 22 village peoples are benefited through this program.

Photos:



Caring for Tuberculosis: Health Promotion, Venkatachalam on 24-03-2022

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Health Talk on Promoting Health and Wellness

On April 7, 2022, A Health Talk on Promoting Health and Wellness Was Conducted At T P Gudur, Coordinated By Mrs. Kalavathi. Which Aimed To Educate Students About Health Disparities And Encourage Active Discussions On Promoting Universal Health Coverage. The Talk Highlighted The Importance Of Health Equity And The Need For Systemic Changes In Healthcare Delivery. Students Gained Valuable Insights Into Addressing Health In Equalities And The Role They Can Play In Fostering A More Inclusive Healthcare System. 7 participants and 19 village peoples are benefited through this program.

Photos:



Health Talk on Promoting Health and Wellness, T P Gudur on 07-04-2022

Kalavathi
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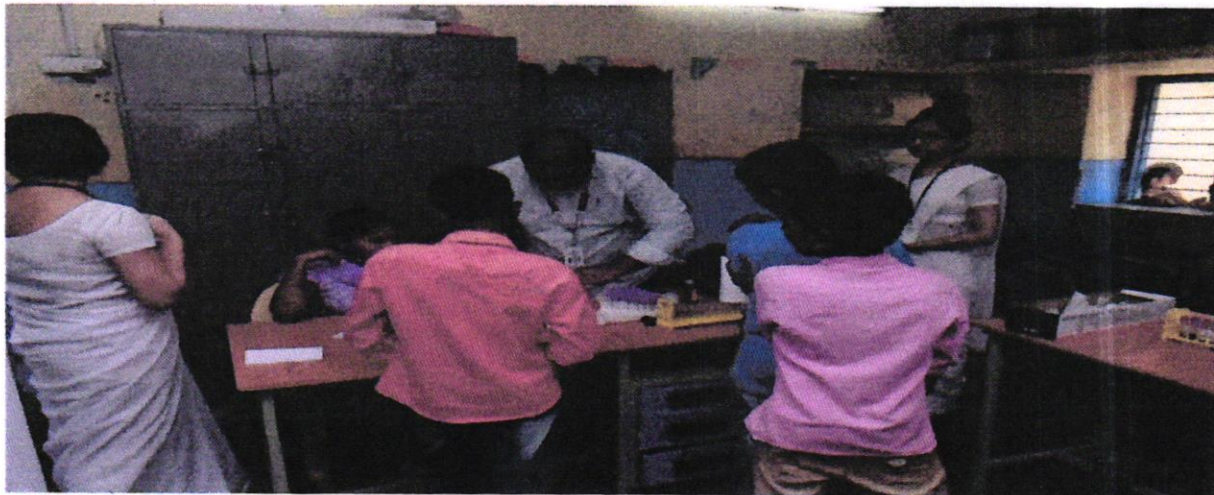
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Managing Bipolar Disorder: Awareness Event

On March 30, 2022, The Nss Unit Of Sree Narayana Nursing College Organized An Event Titled Managing Bipolar Disorder: Awareness Event In Collaboration With The Department Of Mental Health Nursing At Kakatur. The Program Aimed To Raise Awareness Of Bipolar Disorder, Reduce Stigma, And Promote Empathy. Hod Mrs. Lalitha Provided Insightful Presentations On Symptoms, Treatment Options, And The Importance Of Early Diagnosis. Interactive Sessions Allowed Attendees To Engage With Experts And Ask Questions. Personal Testimonials From Individuals Living With Bipolar Disorder Offered Valuable Perspectives. Visual Aids, Including Posters And Videos, Enhanced The Educational Experience. The Event Reinforced The College's Commitment To Promoting Mental Health Awareness And Support. 90 participants and 19 village peoples are benefited through this program

Photos:



Managing Bipolar Disorder: Awareness Event, Kakatur On 30-03-2022

Kalavathi

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Programme Officer
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Awareness on hypertension

On May 17, 2022, a rally for Awareness on hypertension was held at Saraswathi Nagar, Nellore, coordinated by Mrs. J. Anusha. The theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," aimed to increase public awareness about hypertension and the importance of regular blood pressure checks. Participants engaged in discussions and activities promoting healthy lifestyle choices to prevent hypertension. The event successfully enhanced understanding of preventive measures and emphasized the importance of regular health check-ups for overall well-being. 16 participants and 19 village peoples are benefited through this program.

PHOTOS:



Awareness on hypertension, Saraswathi Nagar on 17-05-2022

Kalavathi
NSS Program Officer

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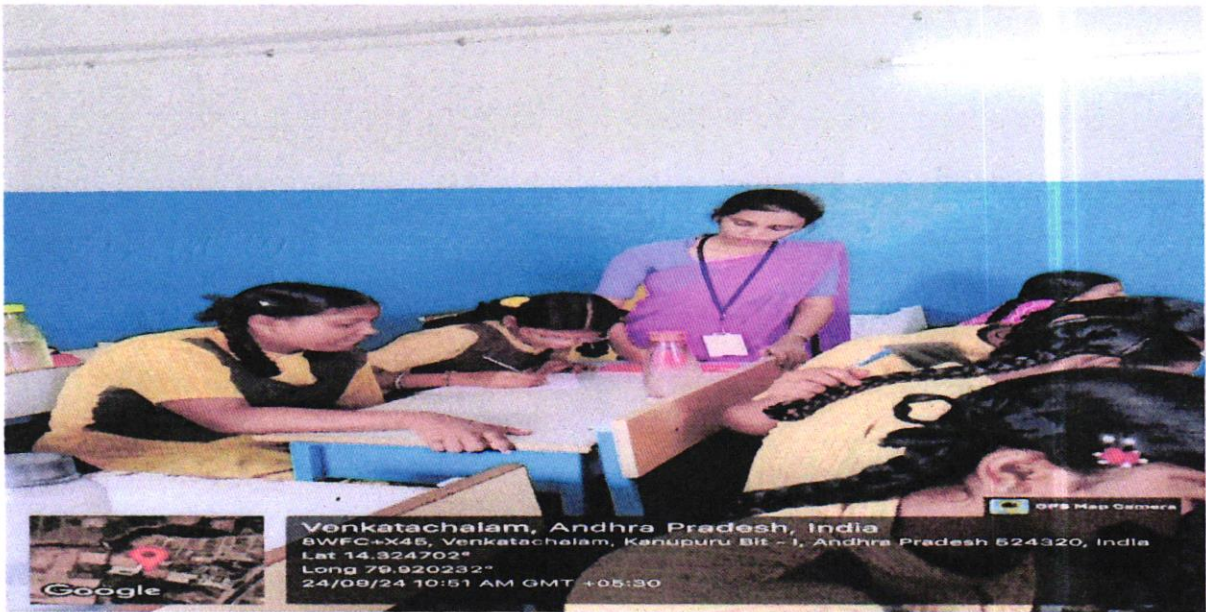
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Awareness on Menstrual Hygiene

The NSS Unit of Sree Narayana Nursing College organized an Awareness Program on Menstrual Hygiene on 27th May 2022 at T.P. Gudur. The program aimed to break taboos surrounding menstruation and raise awareness about the importance of good menstrual hygiene management. Faculty members and first-year students actively participated, engaging the community through interactive sessions and discussions. The initiative emphasized the significance of proper menstrual hygiene practices for health and well-being. Educational materials were distributed, and misconceptions were addressed. The event successfully empowered women and girls to embrace healthy menstrual practices with confidence and dignity. 28 participants and 17 village peoples are benefited through this program.



Awareness on Menstrual Hygiene, T P Gudur M P P School on 27-05-2022

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Tobacco-Free Living Initiative

On May 31, 2022, a Tobacco-Free Living Initiative was held in Thota palli Gudur, Nellore, coordinated by J. Anusha. The event aiming to encourage individuals to quit tobacco for at least 24 hours and raise awareness about the heightened risks of lung cancer among smokers. Through videos and Information Education and Communication (IEC) materials, participants gained insights into the health impacts of tobacco and effective management strategies. The program successfully fostered awareness about tobacco use and its significant effects on health. 85 participants and 22 village peoples are benefited through this program.

Photos:



Tobacco-Free Living Initiative, T P Gudur on 31-05-2022

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Protecting Our Environment: Awareness and Action

On June 5, 2020, Sree Narayana Nursing College hosted an awareness program at Kakatur, Nellore, coordinated by J. Anusha. The event, aimed to raise awareness about the importance of protecting the environment. Through various activities and discussions, the program successfully enhanced students' understanding of environmental protection, encouraging them to take action against plastic pollution and adopt more sustainable practices in their daily lives. 90 participants and 21 village peoples are benefited through this program.

Photos:



Protecting Our Environment: Awareness and Action, Kakatur on 05-06-2020

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Blood Donation and Health Awareness

On June 13, 2020, a Blood Donation and Health Awareness program took place at Dakkilivari Palem, coordinated by J. Anusha. the event aimed to raise awareness about the critical need for safe blood and blood products, as well as to express gratitude to voluntary, unpaid blood donors for their life-saving contributions. The program successfully enhanced students' understanding of the importance and significance of blood donation, fostering a sense of responsibility and community spirit. 50 participants and 26 village peoples are benefited through this program

PHOTOS:



Awareness on Blood Donation and Health, Dakkilivari Palem on 13-06-2020

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Mind-Body Balance through Yoga

On June 20, 2020, the program "Yoga for Self and Society" was held in Venkatachalam coordinated by Mrs. J. Anusha. The event attracted participants and aimed to promote good mental and physical health through yoga practices. The session focused on raising awareness about various physical and mental health conditions and how yoga can serve as an effective solution. Active participation was observed throughout the event, with attendees engaging in various yoga exercises and discussions. Participants reported feeling rejuvenated and more informed about incorporating yoga into their daily routines for better overall well-being. The event successfully achieved its objectives, fostering a sense of community and holistic health awareness among attendees. 100 participants and 10 village peoples are benefited through this program

Photos:



Mind-Body Balance through Yoga, Venkatachalam on 20-06-2020

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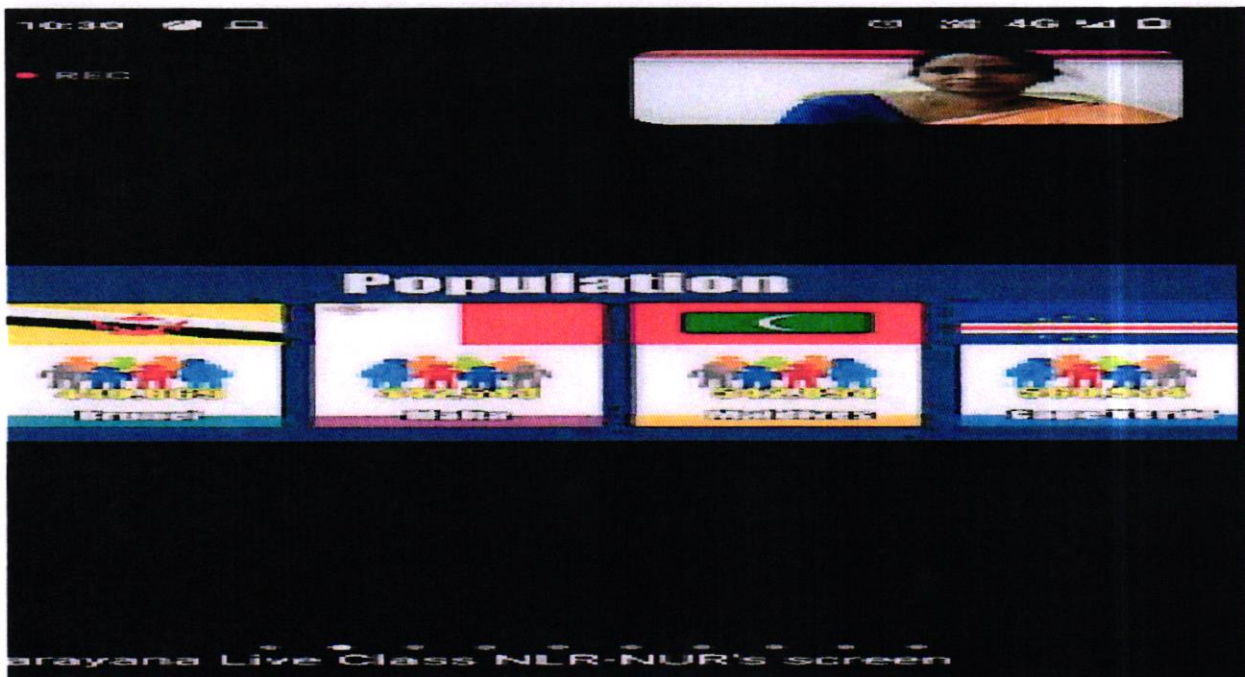
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Awareness on world population explosion

On July 11, 2020, the NSS Unit of Sree Narayana Nursing College organized a virtual program via Zoom to raise awareness about the world population explosion, The event began with an inaugural address by Dr. Ramesh Kumar, who highlighted the importance of reproductive health in managing population growth. Dr. Priya Menon delivered the keynote address, discussing global challenges related to overpopulation and under population. An engaging panel featuring experts explored the socioeconomic impacts of population trends and strategies for accessible reproductive health services. Interactive sessions allowed participants to share insights and ask questions. The program concluded with a vote of thanks by Ms. Kavitha Suresh, marking the event a resounding success in promoting critical population issues. 50 participants and 24 village peoples are benefited through this program

PHOTOS:



Awareness on world population explosion, virtual meet on 11-07-2020

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Support for Successful Breastfeeding

From August 1 to August 7, 2020, the program titled was conducted in Dakkilivari Palem Village, coordinated by Mrs. Kalavathi, with 50 participants. The objective was to promote the benefits of breastfeeding among mothers and families, emphasizing the importance of exclusive breastfeeding for the first six months and providing education on proper techniques. The program successfully increased awareness among mothers about the health benefits of exclusive breastfeeding. Participants learned effective breastfeeding practices, which led to improvements in breastfeeding habits within the village. Overall, the initiative fostered a supportive environment for new mothers, contributing to better health outcomes for both mothers and infants. 50 participants and 20 village peoples are benefited through this program



Support for Successful Breastfeeding, Dakkilivari Palem on 01-07/8/2020

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Empowering Lives: Suicide Prevention

On September 10, 2020, a program for World Suicide Prevention Day was held at Venkatachalam, Nellore, coordinated by Mrs. J. Anusha. Although the event had 11 participants, it aimed to increase public awareness about the importance of suicide prevention, mental health issues, and available resources. Additionally, the program focused on educating the community about recognizing the signs of suicidal behavior and understanding mental health conditions. The event successfully fostered a sense of unity and raised awareness about the critical issue of suicide prevention. 11 participants and 10 village peoples are benefited through this program

Photos:



Awareness on Empowering Lives: Suicide Prevention, Venkatachalam on 10-09-2020

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Swachh Bharat mission campaign

On October 1, 2020, the Swachh Bharat Mission campaign was held at Kamakshi Nagar, coordinated by Mrs. Kalavathi, with 46 participants in attendance. The objective was to raise awareness about the importance of maintaining a clean and healthy environment, aligning with the national Swachh Bharat Abhiyan initiative. The program effectively mobilized students, faculty, and staff to engage in cleanliness drives around the campus. Participants actively cleaned various areas, promoting a sense of responsibility towards environmental hygiene. The campaign resulted in a visibly cleaner and more hygienic campus environment, fostering a culture of cleanliness and awareness among the college community. Overall, the event successfully achieved its goals, reinforcing the significance of collective efforts in maintaining cleanliness. 46 participants and 19 village peoples are benefited through this program

Photos:



Awareness on Swachh Bharat mission campaign, Kamakshi Nagar on 1-10-2020

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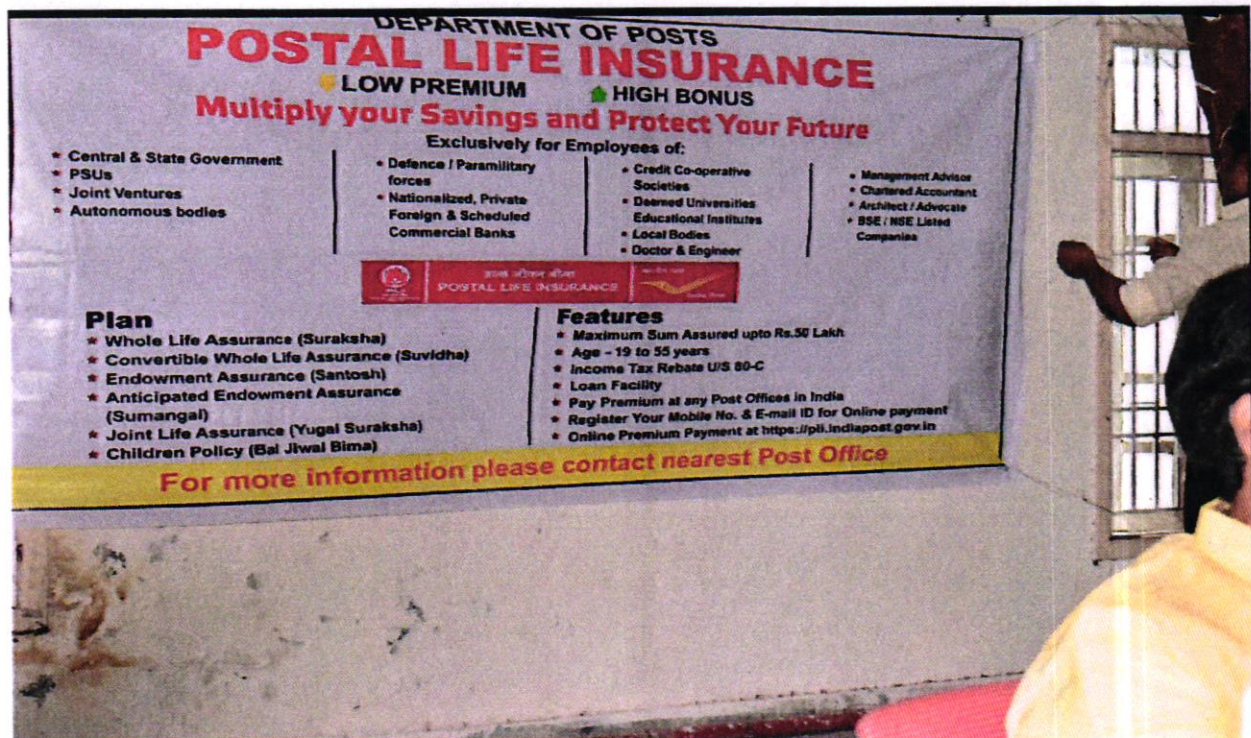
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Orientation Program on Postal Schemes

On October 16, 2020, an Orientation Program on Postal Schemes was held in Saraswathi Nagar, coordinated by Mrs. Kalavathi. The event, attended by 4 participants, aimed to raise awareness of the benefits, services, and financial products offered by the postal department, including savings accounts, recurring deposits, fixed deposits, and insurance schemes. The program successfully enhanced the financial literacy of volunteers, teaching staff, and non-teaching staff, equipping them with the knowledge to make informed decisions regarding their savings and investment options. 4 participants and 10 village peoples are benefited through this program

Photos:



Orientation Program on Postal Schemes, Saraswathi Nagar on 16-10-2020

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Diabetes Health Awareness and Advocacy

On November 14, 2020, an awareness program titled "The Family and Diabetes" was held in Kamakshi Nagar, coordinated by Mrs. Kalavathi. The objective was to raise awareness about diabetes prevention, management, and care among patients, healthcare professionals, and the community. The program successfully educated participants on the significance of regular monitoring, medication adherence, and making healthy lifestyle choices. Attendees engaged in discussions that emphasized the role of families in supporting individuals with diabetes. Overall, the event enhanced community understanding of diabetes, fostering a proactive approach to health management. 50 participants and 30 village peoples are benefited through this program



Awareness on Diabetes Health and Advocacy, Kamakshi Nagar on 14-11-2020

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Promoting Hand Hygiene

The NSS Unit of Sree Narayana Nursing College organized a **Promoting Hand Hygiene Program** on **November 27, 2020**, at **Fathekhanpet**. The program aimed to encourage proper handwashing practices to prevent infections and promote overall health. Faculty members and III year B.Sc Nursing students conducted live demonstrations and shared the importance of hand hygiene. Over 80 community members participated actively, showing great interest. Informational leaflets were distributed, and posters were displayed. Participants expressed appreciation for the initiative and pledged to maintain good hygiene practices. The event concluded successfully, spreading awareness on this vital health topic. 25 participants and 25 village peoples are benefited through this program



Awareness on Promoting Hand Hygiene, Fathekhanpet.on 15-10-2019

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AIDS Awareness and Prevention Program

On December 1, 2020, an AIDS Awareness and Prevention Program was held at the Venkatachalam in Nellore, coordinated by Mrs. Kalavathi. The event, aimed to raise awareness about HIV/AIDS, promote understanding and compassion for those living with the virus, and encourage preventive measures. The program successfully fostered a more informed community, leading to greater acceptance of individuals living with HIV and encouraging more people to get tested and practice safer health behaviors. 50 participants and 24 village peoples are benefited through this program

Photos:



AIDS Awareness and Prevention Program, Venkatachalam on 01-12-2020

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Deworming Health Awareness Event

On February 10, 2021, Sree Narayana Nursing College's NSS Unit organized a Deworming Health Awareness Event. The event, inaugurated by Principal Dr. V. Jayanthi and faculty, aimed to eradicate soil-transmitted helminths among students and promote overall health. Over 7 students received deworming tablets under health professionals' supervision. Educational sessions on hygiene practices like hand washing, wearing shoes, and drinking clean water reinforced the theme. The event successfully promoted both immediate health benefits and long-term hygiene habits, supporting the goal of a healthier, brighter future for students. 7 participants and 40 village peoples are benefited through this program

Photos:



Awareness on Deworming Health Event, T P Gudur on 10-02-2021

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Women's Empowerment

On March 8, 2021, the event titled Women's Empowerment was held in Venkatachalam, coordinated by Mrs. Kalavathi, with 42 participants. The objective was to celebrate and honor women's achievements, raise awareness about gender equality, and inspire students to advocate for women's rights. The event successfully engaged students and faculty in meaningful discussions on women's empowerment. Participants were encouraged to share their thoughts and experiences, fostering an environment of support and collaboration. Overall, the event inspired attendees to take actionable steps towards promoting gender equity in their personal and professional lives, reinforcing the importance of advocating for women's rights. 42 participants and 27 village peoples are benefited through this program

Photos:



Awareness on Women's Empowerment, Venkatachalam on 08-03-2021

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Kidney Disease Education and Support Program

On March 11, 2021, a program Kidney disease education and support program was held in Saraswathi nagar, coordinated by Mrs. Kalavathi, with 45 participants. The objective was to empower students with knowledge about maintaining kidney health and reducing the risk of kidney-related conditions through lifestyle changes. The program successfully raised awareness about the significance of regular health check-ups and the adoption of a healthy lifestyle to prevent kidney issues. Attendees engaged in informative discussions that emphasized practical steps for kidney health. Overall, the event fostered a greater understanding of kidney care and encouraged participants to prioritize their health. 45 participants and 32 village peoples are benefited through this program

Photos:



Awareness on Kidney Disease Education and Support Program, Saraswathi Nagar on

11-03-2021

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Healthy Sleep Initiative

On March 19, 2021, a "Healthy Sleep Initiative" program was conducted at Kamakshi Nagar, coordinated by Mrs. Kalavathi. The event, attended by 50 participants, aimed to educate students on the importance of healthy sleep habits, the effects of sleep disorders, and the negative consequences of poor sleep on both physical and mental health. The program successfully raised awareness about the risks of sleep deprivation, encouraging students to adopt healthier sleep practices. 50 participants and 26 village peoples are benefited through this program

Photos:



Awareness on Healthy Sleep Initiative, Kamakshi Nagar on 19-03-2021

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Water and Wellness Program

On March 22, 2021, an awareness program titled **Water and Wellness Program** was held at Venkatachalam, coordinated by Mrs. Kalavathi. The event, aimed to educate students on the significance of clean water for health, hygiene, and environmental sustainability, while encouraging them to actively contribute to water conservation efforts. As a result, students became more aware of the importance of water conservation and were motivated to implement water-saving practices in their daily lives and communities. 48 participants and 22 village peoples are benefited through this program

Photos:



Water and Wellness Program, Venkatachalam on 22-03-2021

Kalavathi
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Awareness program on Tuberculosis

On March 24, 2021, an awareness program **Awareness program on Tuberculosis** was held at Dakkili Vari Palem, coordinated by Mrs. Kalavathi. The program, attended by 50 participants, aimed to educate students on the global impact of tuberculosis (TB), reduce the stigma associated with the disease, and highlight the importance of early diagnosis and proper treatment. As a result, students were motivated to engage in discussions about TB and participate in health campaigns to help reduce its spread within their communities. 50 participants and 19 village peoples are benefited through this program

Photos:



Awareness program on Tuberculosis, Dakkilivari Palem on 24-03-2021

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Empowering Lives with Bipolar Disorder

On March 30th, 2021, Sree Narayana Nursing College's NSS Unit, in collaboration with the Department of Mental Health Nursing, organized an event on Empowering Lives with Bipolar Disorder. Held in Kakatur with 50 participants, the program aimed to raise awareness about bipolar disorder, reduce stigma, and promote empathy. HOD Mrs. Lalitha led insightful presentations on symptoms, treatment, and the importance of early diagnosis, followed by interactive sessions and personal testimonials. Visual aids enhanced the experience, making the event informative and impactful, reinforcing the college's commitment to mental health awareness and support. 50 participants and 22 village peoples are benefited through this program

Photos:



Empowering Lives with Bipolar Disorder, Kakatur on 30-03-2021

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Chicken Pox Vaccination Program

On April 5, 2021, a Chicken Pox Vaccination Program was held at Saraswathi nagar, coordinated by Mrs. Kalavathi. The event, aimed to improve the health and immunity of students by providing essential vaccinations against Chickenpox, a common and potentially serious infectious disease. The program was successful, with a large number of students receiving the vaccine, contributing to better health protection within the college community. 100 participants and 21 village peoples are benefited through this program

Photos:



Awareness on Chicken Pox Vaccination Program, Saraswathi Nagar on 05-04-2021

Kalavathi

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Promoting Health and Wellness

On April 7, 2021, Sree Narayana Nursing College held a program titled Promoting Health And Wellness at Venkatachalam, coordinated by Mrs. Kalavathi. The event, attended by 45 participants, aimed to raise awareness about health disparities and promote discussions on universal health coverage. Students were encouraged to engage in efforts towards achieving health equity. As a result, participants gained valuable insights into the importance of fair healthcare access and the need for systemic changes in healthcare delivery. 45 participants and 29 village peoples are benefited through this program

Photos:



Promoting Health and Wellness, Venkatachalam on 07-04-2021

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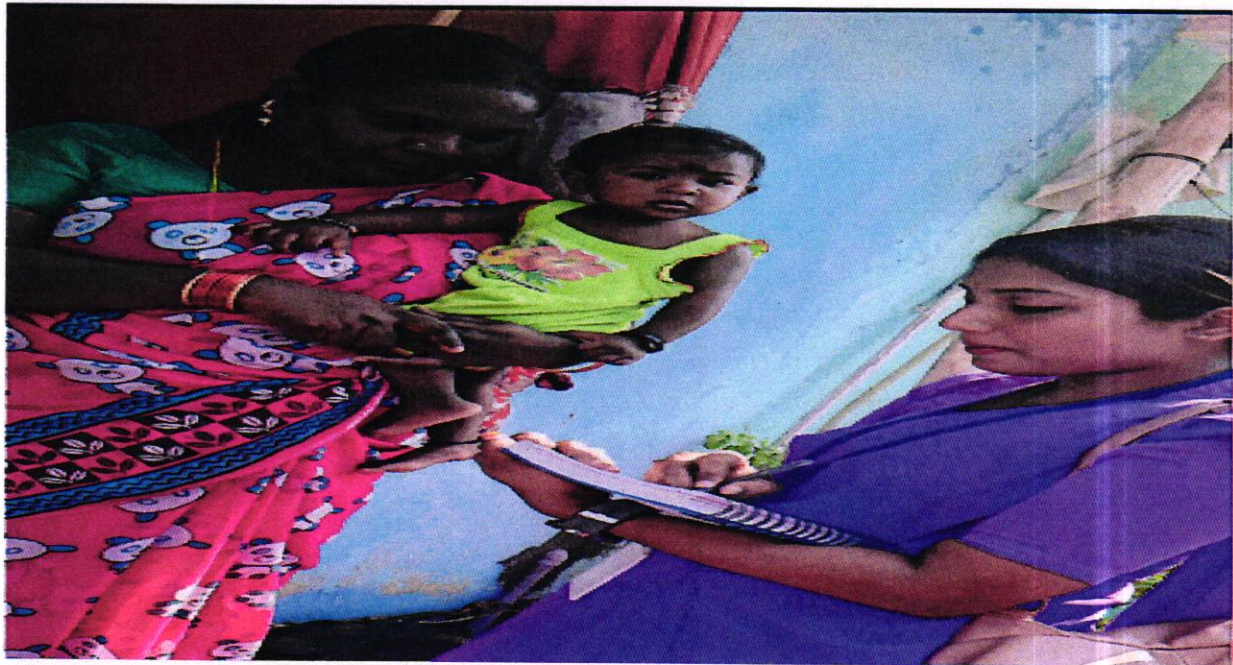
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Stress management program during Covid – 19

The NSS Unit of Sree Narayana Nursing College organized a Stress Management Program on 31st May 2021, at Venkatachalam focusing on enhancing mental well-being and immunity during the COVID-19 pandemic. The session emphasized the benefits of yoga and exercise as effective tools to manage stress and maintain a healthy lifestyle. Faculty members and I PPBSc students actively participated in the event. Experts demonstrated simple yoga techniques and exercises to help participants cope with pandemic-related anxiety. The program concluded with an interactive Q&A session, which was well-received by all attendees. 90 participants and 24 village peoples are benefited through this program



Awareness on Stress management during Covid – 19, Venkatachalam on 31-05-2021

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Awareness program on Hypertension

On May 17, 2021, an awareness program on hypertension titled **Awareness program on Hypertension** was held at Saraswathi Nagar in Nellore, coordinated by Mrs. J. Anusha. The event, aimed to increase public awareness about hypertension, emphasize the importance of regular blood pressure checks, and promote healthy lifestyle choices to prevent the condition. As a result, attendees gained a better understanding of preventive measures and the significance of regular health check-ups for maintaining overall well-being. 7 participants and 30 village peoples are benefited through this program

PHOTOS:



Awareness program on Hypertension, Saraswathi Nagar on 17-05-2021

Kabir

NSS Program Officer
Programme Officer

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Awareness program on Organ Donation

An awareness program on **Organ Donation** was held on **1st June 2019**, Coordinated by **Mrs. Kalavathi** and, the program aimed to highlight the importance of organ donation and encourage students to become organ donors. Through this initiative, participants gained a deeper understanding of how organ donation can save lives and why it is considered a noble act of kindness. The event successfully raised awareness among students about the significance of organ donation. 50 participants and 19 village peoples are benefited through this program

PHOTOS:



Awareness on Organ Donation, Saraswathi Nagar on 5-08-2019

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Awareness Program on Environmental Sanitation

On June 5, 2019, the Clean and Green Initiative was successfully conducted in the garden area, of M P P School, coordinated by Mrs. Kalavathi. The event engaged in various activities aimed at raising awareness about environmental issues. The primary objective was to encourage sustainable practices and promote actions that protect the environment. Through interactive discussions and hands-on activities, students developed a deeper understanding of environmental conservation and sanitation. They were motivated to adopt eco-friendly habits, such as reducing waste and recycling. The initiative not only educated participants but also fostered a sense of responsibility towards the environment. Overall, the event was a significant step towards promoting sustainability within the college community. 50 participants and 19 village peoples are benefited through this program.

Photos:



Awareness on Environmental Sanitation, T P Gudur-M P P School on 05.06.2019

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Awareness Program on Blood Donation

On June 14, 2019, an awareness program titled "Save A Life, Give Blood" was conducted at the Red Cross Society Blood Bank in Nellore. Coordinated by Mrs. Kalavathi, the event had 20 participants. The primary objective was to raise awareness about the importance of regular blood donations and encourage individuals to become voluntary donors to ensure the availability of safe blood supplies.

During the program, participants were educated about the critical need for regular blood donations, the process involved, and the impact one donation can have on saving multiple lives. New donors were motivated to participate, while regular donors were commended for their ongoing contributions. The event successfully increased awareness about blood donation and reinforced the importance of continuous donor participation to meet the community's needs. 20 participants and 21 village peoples are benefited through this program

Photos:



Blood Donation rally, T P Gudur on 14-06-2019

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Yoga and Wellness Awareness Program

On June 21, 2019, a Yoga and Wellness Awareness Program was held at DakkilivariPalem, with 48 participants and coordinated by Mrs. Kalavathi. The event aimed to enhance students' physical, mental, and spiritual well-being through yoga. Participants engaged in various yoga postures, breathing exercises, and meditation, promoting mindfulness and stress management. The session emphasized the connection between personal health and environmental consciousness, inspiring students to adopt yoga practices for improved fitness and mental clarity. The program successfully encouraged a holistic approach to wellness and sustainability. 48 participants and 17 village peoples are benefited through this program

Photos:



Awareness on Yoga and Wellness, Dakkilivari Palem on 21-06-2019

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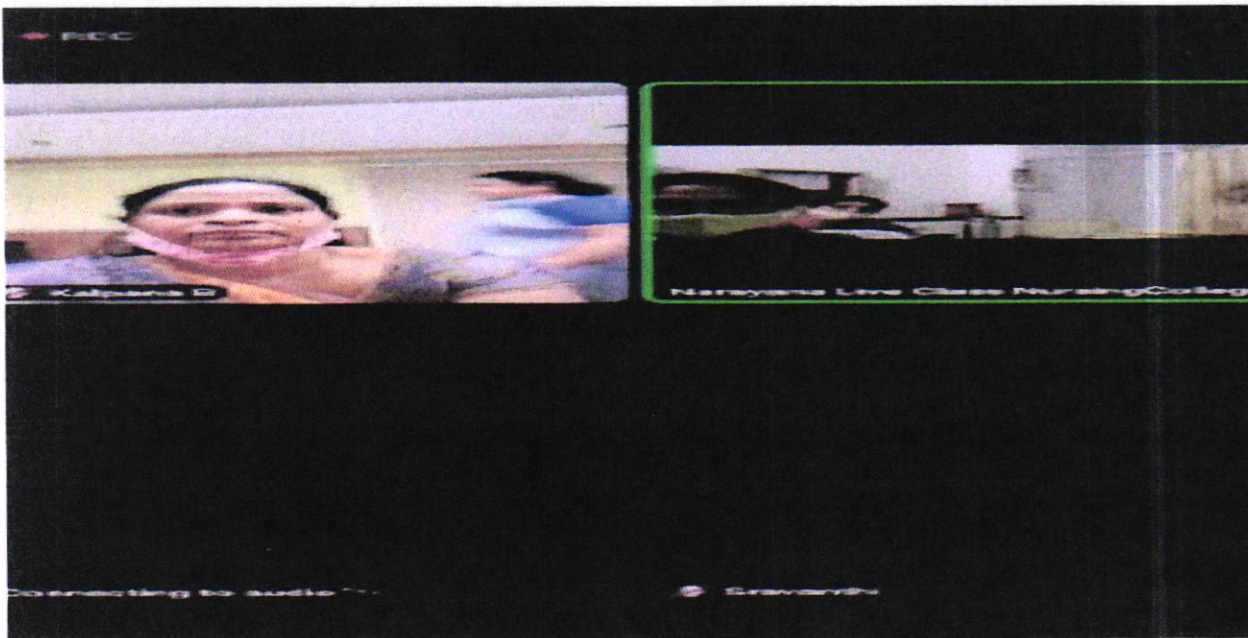
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Advancing Knowledge on Population Issues

On July 11, 2019, the NSS Unit of Sree Narayana Nursing College organized a virtual program via Zoom with 45 participants to observe World Population Day, themed "Rights and Choices are the Answer." Dr. Ramesh Kumar, Principal, inaugurated the event, emphasizing the role of reproductive health in population management. Keynote speaker Dr. Priya Menon highlighted global population challenges and the need for policies that prioritize reproductive health. A panel discussion with experts covered the socio economic and environmental impacts of population trends. The event concluded with interactive sessions and a vote of thanks by Ms. Kavitha Suresh, NSS Program Officer. 45 participants and 20 village peoples are benefited through this program

PHOTOS:



Knowledge on Population Issues, Virtual Meet on 11-07-2019

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Health activity on importance of Breastfeeding

A health awareness program on the **Importance of Breastfeeding** was held from **1st to 7th August 2019** at **Dakkilivari Palem Village**, coordinated by **Mrs. Kalavathi**. The program, attended by **50 participants**, focused on the theme "**Empower Parents, Enable Breastfeeding**". It aimed to promote the benefits of exclusive breastfeeding for the first six months, raise awareness among families, and educate mothers on proper breastfeeding techniques. The outcome was an increased understanding among mothers about the health benefits of breastfeeding, leading to improved practices in the village. 50 participants and 22 village peoples are benefited through this program



Awareness on Importance of Breastfeeding, Venkatachalam on 1-08-2019

Kalavathi

Programme Officer

NSS UNIT
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Event on Grove Activity

On **8th August 2019**, the **Event on Grove Activity** took place at Saraswathi Nagar, coordinated by **Mrs. Kalavathi**. With **15 participants**, the initiative aimed to encourage tree planting to create a greener environment and combat climate change. Students learned about the importance of trees for ecological balance and engaged in hands-on planting activities. The event fostered teamwork and a sense of responsibility towards environmental stewardship. Participants left inspired to continue caring for the newly planted trees and promote sustainability within the college community. Overall, the event successfully contributed to environmental awareness and action. 93 participants and 24 village peoples are benefited through this program

Photos:



Event on Grove Activity, Saraswathi Nagar on 8-08-2019

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Youth Health and Wellness Initiative

On **12th August 2019**, the **Youth Health and Wellness Initiative** was coordinated by **Mrs. Kalavathi**. The event welcomed **38 participants** and aimed to honor the teachings of **Swami Vivekananda**. It featured discussions on his ideals related to health, self-discipline, and social responsibility. Interactive sessions encouraged students to apply these principles in their daily lives, fostering a sense of motivation and personal growth. By the end of the program, participants felt inspired to embrace Vivekananda teachings, reinforcing their commitment to wellness. Overall, the initiative successfully created a positive and empowering environment for all attendees. 38 participants and 26 village peoples are benefited through this program

Photos:



Youth Health and Wellness Initiative, T P Gudur on 12-08-2019

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Focus on Suicide Prevention for Mental Health

On **September 10, 2019**, a program was held at Kakatur, Nellore, coordinated by **Mrs. J Anusha**. The event attracted **45 participants** and aimed to increase public awareness about suicide prevention and mental health issues. The program focused on educating the community about recognizing the signs of suicidal behavior and understanding mental health conditions. Through discussions and informational sessions, participants gained valuable insights into available resources for support. Overall, the event fostered a sense of unity and raised awareness about the critical importance of suicide prevention in the community. 45 participants and 24 village peoples are benefited through this program

Photos:



Awareness on Focus on Suicide Prevention, Kakatur on 10-09-2019

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A.P. Nurses & Midwives Council Letter No. APNMC/CON/5212/2006, dated: 4/11/2006

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Awareness program on Alzheimer's

An awareness program on Alzheimer's with the was conducted on **21st September 2019**, at **Dakkili Vari Palem Village, Nellore**, coordinated by **Mrs. Kalavathi**. The event, attended by **50 participants**, aimed to educate villagers about the symptoms, early detection, and management of Alzheimer's while reducing stigma. As a result, participants gained a better understanding of the condition, its impact, and the importance of early diagnosis, fostering a more informed and supportive community. 50 participants and 23 village peoples are benefited through this program



Awareness program on Alzheimer's, Dakkilivari Palem on 21-09-2019

Kalavathi

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NSS Program Officer

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Cardiovascular Wellness Initiative

On **September 29, 2019**, the NSS Unit of took place at Saraswathi Nagar, coordinated by **Mrs. Kalavathi** to host the **Cardiovascular Wellness Initiative** with 93 participants. The event aimed to raise awareness about cardiovascular diseases and promote heart health. Inaugurated by **Prof. Saritha**, the program included informative sessions by **Mrs. Mani Meghala** and nursing staff on prevention and lifestyle modifications. Interactive workshops taught participants to monitor their heart rate and perform CPR. A free health check-up camp provided screenings for blood pressure, cholesterol, and blood sugar. The event was a success, thanks to the dedicated efforts of the college students. 93 participants and 25 village peoples are benefited through this program

Photos:



Cardiovascular Wellness Initiative, Saraswathi Nagar on 29-09-2019

Kalavathi

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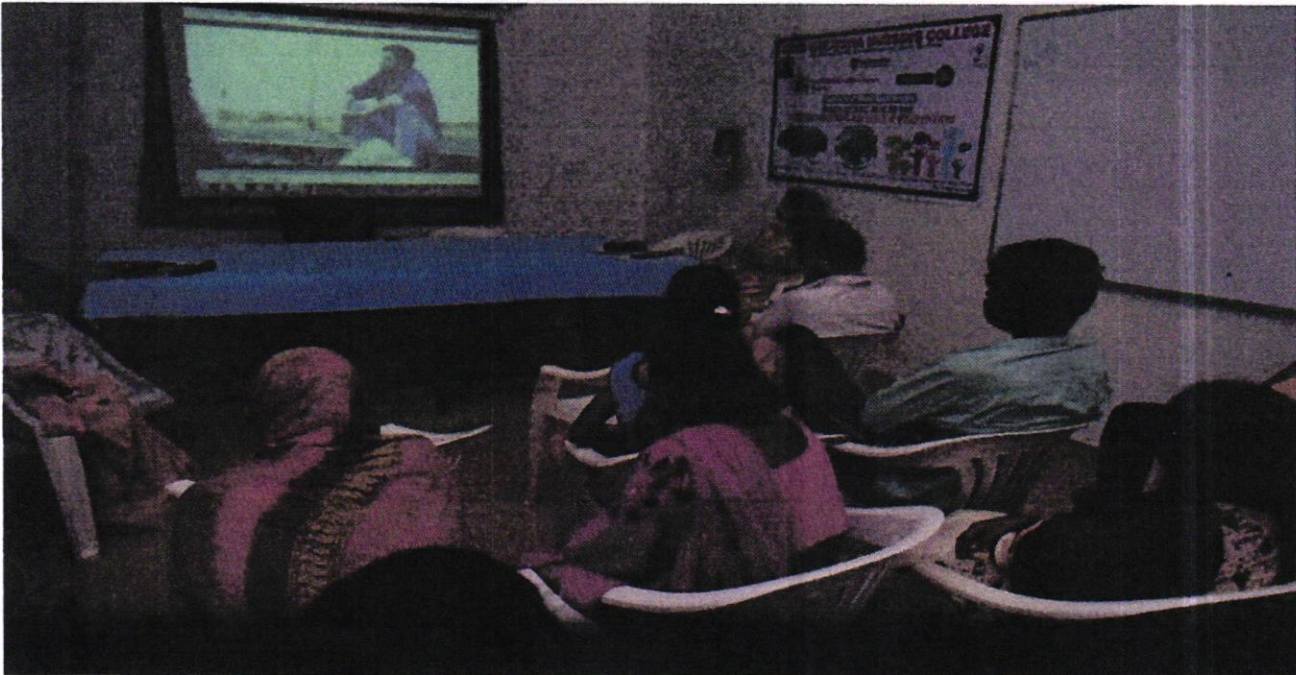
A.P. Nurses & Midwives Council Letter No. APNMC/CON/52.12/2006, dated: 4/11/2006

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Mental Health Awareness Campaign

On 10th October 2019, a **Mental Health Awareness Campaign** focusing on **Suicide Prevention** was held at the **Psychiatry OPD, Narayana General Hospital**, coordinated by **Mrs. Kalavathi**. With **32 participants**, the campaign aimed to educate patients, their families, and the community about mental health issues, coping strategies, and available resources for suicide prevention. The program fostered a supportive environment, encouraging individuals to openly discuss mental health concerns and seek help when needed, contributing to greater awareness and prevention efforts. 32 participants and 21 village peoples are benefited through this program



Mental Health Awareness Campaign , Kamakshi nagar on 10-10-2019

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Promoting Hand Hygiene

The NSS Unit of Sree Narayana Nursing College organized a **Promoting Hand Hygiene Program** on **October 15, 2019**, at **Fathekhanpet**. The program aimed to encourage proper hand washing practices to prevent infections and promote overall health. Faculty members and III year B.Sc Nursing students conducted live demonstrations and shared the importance of hand hygiene. Over 80 community members participated actively, showing great interest. Informational leaflets were distributed, and posters were displayed. Participants expressed appreciation for the initiative and pledged to maintain good hygiene practices. The event concluded successfully, spreading awareness on this vital health topic. 22 participants and 19 village peoples are benefited through this program



Awareness on Promoting Hand Hygiene, Fathekhanpet .on 15-10-2019

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Awareness program on diabetes

An awareness program on **diabetes** was conducted on **14 November 2019** coordinated by **Mrs. Kalavathi** Saraswathi Nagar. The event attracted **50 participants** and aimed to raise awareness about diabetes prevention, management, and care among patients, healthcare professionals, and the community. Participants gained valuable insights into the importance of regular monitoring, medication adherence, and healthy lifestyle choices. The program effectively enhanced understanding of diabetes-related issues, empowering attendees to make informed decisions regarding their health. 50 participants and 19 village peoples are benefited through this program



Awareness program on diabetes, Saraswathi Nagar on 14-11-2019

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AIDS Education and Support Program

On 30th November 2019, an AIDS Education and Support Program was held at the Kamakshi Nagar, Nellore, coordinated by Mrs. Kalavathi. The program, attended by 45 participants, aimed to raise awareness about HIV/AIDS, promote understanding and compassion for those living with the virus, and encourage preventive measures. The event successfully fostered a more informed community, leading to greater acceptance and understanding of individuals living with HIV, while motivating more people to get tested and adopt safer health behaviors. 45 participants and 20 village peoples are benefited through this program

Photos:



AIDS Education and Support Program, Kamakshi Nagar on 01-12-2019

Kalavathi

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Promoting Deworming and Health

On February 08, 2020, the NSS Unit of Sree Narayana Nursing College organized an event at Kamakshi Nagar to promote deworming and overall health. Inaugurated by Principal Dr. V. Jayanthi and faculty, the event focused on eradicating soil-transmitted helminthes among students. NSS volunteers distributed deworming tablets to over 50 students under the supervision of health professionals. Educational sessions on hygiene practices like hand washing, wearing shoes, and drinking clean water reinforced the connection between good health and academic success, promoting long-term well-being and aligning with the theme of creating a healthier future. 50 participants and 17 village peoples are benefited through this program

Photos:



Promoting Deworming and Health, Kamakshi Nagar on 08-02-2020

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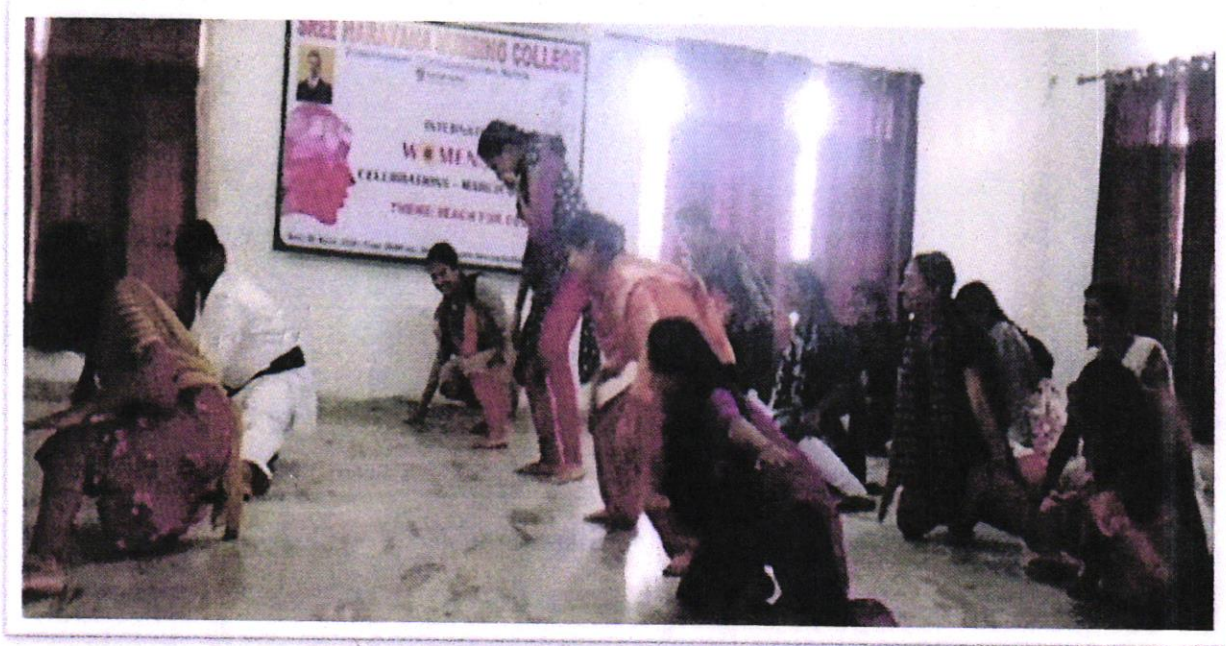
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Women's Empowerment

On March 9, 2020, an inspiring Women's Empowerment activity was held in Saraswathi nagar, coordinated by Mrs. Kalavathi. The event attracted 50 participants and aimed to boost confidence, resilience, and strength among female students. Through an engaging demonstration of karate stunts, attendees were educated on the significance of self-protection and physical fitness. The captivating display not only entertained but also motivated many students to consider pursuing self-defense techniques. Feedback indicated a heightened interest in empowerment activities, fostering a supportive community among participants. Overall, the event successfully met its objectives, leaving a lasting impact on the students. 100 participants and 30 village peoples are benefited through this program

Photos:



Women's Empowerment, Saraswathi Nagar on 9-03-2020

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Poshan Abhiyan program

On 11th March 2020, a Poshan Abhiyan program with "The Critical Link between Nutrition and Health" was conducted at the Government School, Thotapalli Gudur, coordinated by Mrs. Kalavathi. The program, attended by 30 participants, aimed to educate students on the importance of balanced diets, proper feeding practices, and overall nutrition for healthy growth and development. As a result, the children gained improved knowledge about nutrition, encouraging them to make healthier food choices in their daily lives. 30 participants and 26 village peoples are benefited through this program

Photo:



Poshan Abhiyan program, T P Gudur on 11-03-2020

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Raising Awareness program on importance of Kidney

On March 12, 2020, a Raising Awareness program titled "Kidney Health for Everyone Everywhere – from Prevention to Detection and Equitable Access to Care" was conducted in Dakili Vari palem, coordinated by Mrs. Kalavathi. The event drew 50 participants and aimed to empower students with essential knowledge about maintaining kidney health. Through informative discussions, attendees learned about lifestyle changes and preventive measures to reduce the risk of kidney-related conditions. The program emphasized the importance of regular health check-ups and adopting healthy habits. Feedback indicated a significant increase in awareness among students, encouraging them to take proactive steps towards kidney health. Overall, the event successfully met its objective, fostering a more informed and health-conscious community. 90 participants and 29 village peoples are benefited through this program

Photos:



Raising Awareness program on importance of Kidney, Dakkilivari Palem on 12-03-2020

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Jal Shakti Abhiyan Awareness Program

On **21st March 2020**, a **Water Conservation** awareness program was organized at **Kamakshi Nagar Village, Nellore** under the Jal Shakti Abhiyan initiative. The event was coordinated by **Mrs. Kalavathi** and attended by **40 participants**. The program aimed to promote water conservation and management practices, including rainwater harvesting, rejuvenation of traditional water bodies, watershed development, and efficient water use. The outcome was an increased awareness among villagers about the significance of conserving water resources and adopting sustainable practices. 40 participants and 28 village peoples are benefited through this program

Photos:



Jal Shakti Abhiyan Awareness Program, Kamakshi Nagar on 21-03-2020

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Mental Health and Bipolar Support Program

On **March 30, 2020**, the **NSS Unit** of Sree Narayana Nursing College, in collaboration with the **Department of Mental Health Nursing**, organized a **Mental Health and Bipolar Support Program** in observance of **World Bipolar Day** at T P Gudur. The event, with **41 participants**, aimed to raise awareness about bipolar disorder, reduce stigma, and promote empathy. **Mrs. Lalitha**, HOD of Mental Health Nursing, delivered an insightful presentation on the disorder's symptoms, treatment, and the importance of early diagnosis. Interactive sessions and personal testimonials provided a deeper understanding of the condition. Visual aids like posters and videos enhanced the learning experience. This event successfully fostered mental health awareness and compassion within the college community. 41 participants and 27 village peoples are benefited through this program

Photos:



Mental Health and Bipolar Support Program, T P Gudur on 30-03-2020

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School Health Program

On 07th April 2020, a School Health Program was organized at Govt Primary School, Kamakshi Nagar, coordinated by Mrs. Kalavathi. The program, attended by 49 participants, focused on promoting the health and well-being of school children through essential health education, regular health check-ups, and guidance on maintaining hygiene and a healthy lifestyle. The event successfully improved overall health awareness among the students, encouraging them to adopt healthier habits and take better care of their personal hygiene. 49 participants and 24 village peoples are benefited through this program

PHOTOS:



School Health Program, Kamakshi Nagar on 27-08-2019

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Personality Development Program

On April 29, 2020, a Personality Development Program was held in Dakkilivari Palem, coordinated by Mrs. Kalavathi. The event saw the participation of 50 students and aimed to enhance their personal and professional skills, including communication, leadership, and self-confidence. Through interactive sessions and activities, participants engaged in discussions that promoted a positive self-image. The program inspired students to set and pursue their personal and professional goals effectively. Overall, the initiative successfully motivated students to develop the skills necessary for success in their future endeavors. 50 participants and 25 village peoples are benefited through this program

Photos:



Personality Development Program, Dakkilivari Palem on 29-04-2020

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