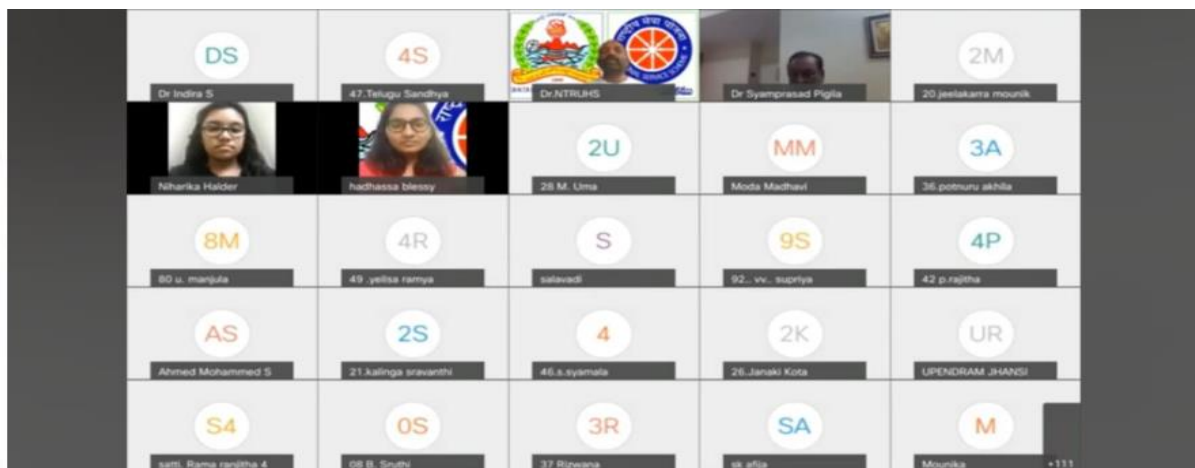


NSS EVENTS LIST2021-22

S.No	Name of the Event	Date of the Event	No. of Participants
1.	World Blood Donor Day and COVID-19	14.06.21	50
2.	Women Safety Awareness Program and Disha App Installation	29.06.21	100
3.	World Population Day	11.07.21	50
4.	International Yoga Day	21.06.21	50
5.	Breast Feeding Week Celebrations	01.08.21 to 07.08.21	50
6.	Independence Day	15.08.21	100
7.	Gandhi Jayanthi Celebration	02.10.21	50
8.	Swachh Bharath Program	02.10.21	50
9.	World Mental Health Day	10.10.21	50

WORLD BLOOD DONAR DAY AND COVID-19

Dr. NTR University of Health Sciences hosted a virtual event on June 14, 2021, to commemorate World Blood Donor Day with the theme "Give blood and keep the world beating," emphasizing the importance of blood donation during the COVID-19 pandemic. The Vice-Chancellor delivered a keynote address on maintaining blood donation efforts while ensuring safety measures. Healthcare professionals provided insights into safe donation protocols and shared success stories of blood drives conducted under strict guidelines. NSS volunteers from Sree Narayana Nursing College participated in a panel discussion, sharing their experiences and strategies for promoting blood donation. The event concluded with a Q&A session, addressing concerns and reinforcing the need for continuous blood donation during challenging times.



Women safety Awareness program and Disha App installation

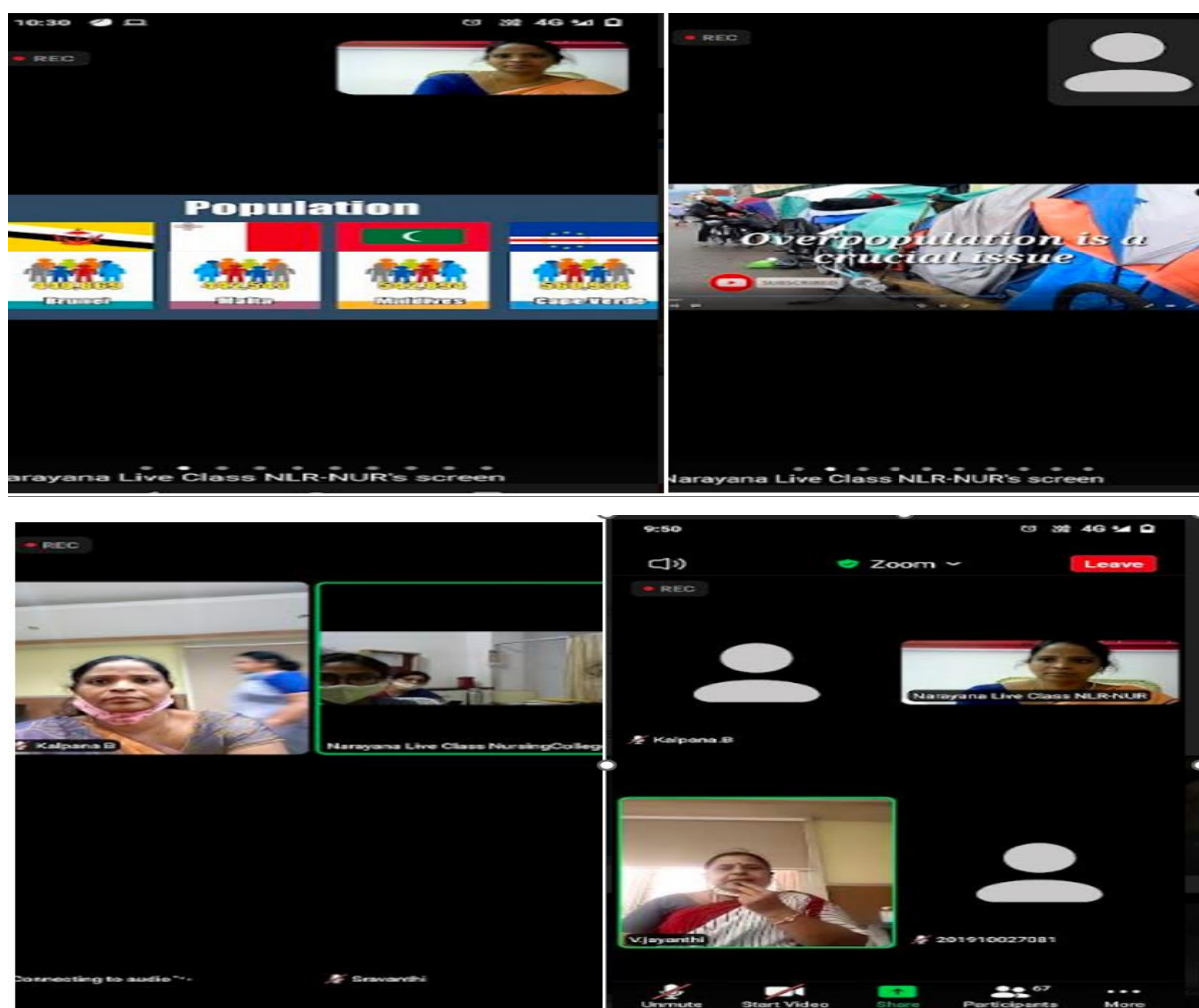
The NSS unit of Sree Narayana Nursing College, in collaboration with officials from Disha Police Station, conducted an awareness program on women's safety on June 29, 2021, at the college campus. The session, attended by final-year B.Sc. Nursing students and first- and second-year students via Zoom, began with a prayer song and lamp lighting. Principal Prof. Jayanthi and Vice Principal Prof. B. Kalpana emphasized the importance of women's safety and the role of technology in protection. Sub-Inspector Mr. Nagarjuna Reddy explained the features of the Disha App, highlighting its SOS alert system for emergencies, while Ms. Shakina from Disha Women Police elaborated on its ability to notify family members and law enforcement. The Disha team also discussed measures to prevent harassment and abuse, encouraging students to utilize the app and contact the police in distress. The program, organized by NSS Program Officer Mrs. Kalavathi, successfully raised awareness about women's safety and self-protection.



World Population Day

Theme: Rights and Choices are the Answer

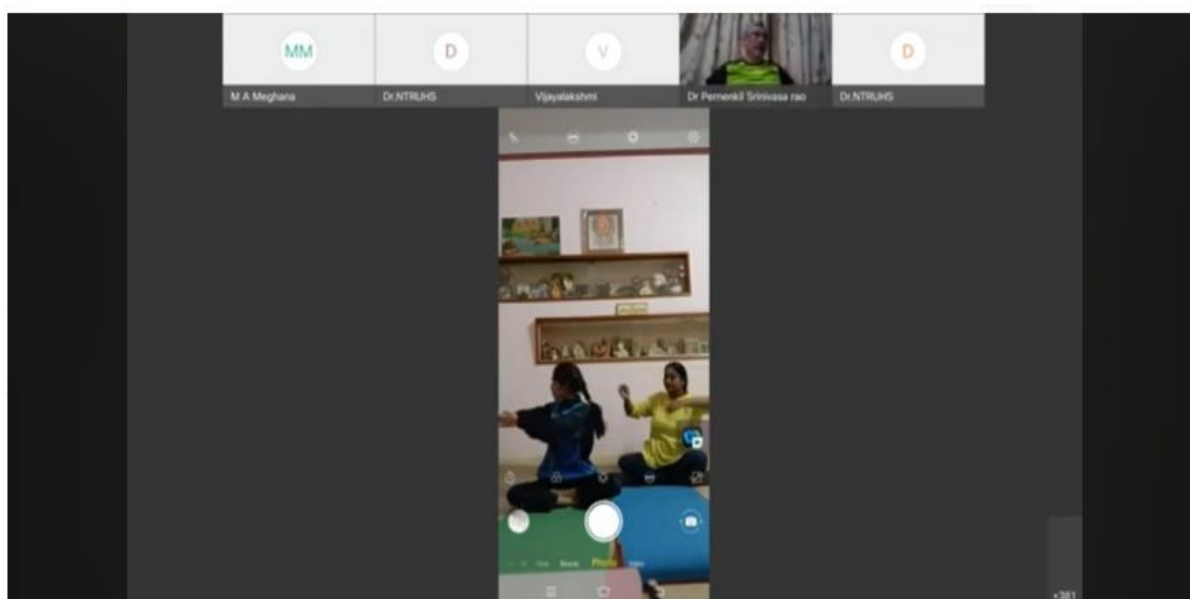
On July 11, 2021, the NSS Unit of Sree Narayana Nursing College organized a virtual program on Zoom to commemorate World Population Day under the theme "Rights and Choices are the Answer." The event began with an inaugural address by Principal Dr. Ramesh Kumar, emphasizing the importance of reproductive health and rights in managing population growth. Dr. Priya Menon delivered a keynote address on global population challenges and the role of education, healthcare access, and women's empowerment. A panel discussion featuring experts from gynecology, demography, and social work explored the socioeconomic and environmental impacts of population trends and strategies for accessible reproductive health services. The interactive session allowed participants to discuss practical solutions and the role of youth in advocating for reproductive rights. The program concluded with a vote of thanks by NSS Program Officer Ms. Kavitha Suresh, marking the event as a successful effort in raising awareness about population issues and sustainable development.



INTERNATIONAL YOGA DAY

THEME: Yoga For Wellness

The NSS Unit of Sree Narayana Nursing College participated in a five-day virtual WebEx event for International Yoga Day 2021, organized by Dr. NTR University under the theme "Yoga for Wellness." Conducted online due to the COVID-19 pandemic, the program covered various aspects of yoga. The first day introduced yoga fundamentals, followed by sessions on physical health, mental well-being, and advanced yoga practices over the next three days. The final day allowed participants to reflect on their experiences and discuss integrating yoga into daily life. The event successfully promoted wellness and engagement despite the virtual format.



Breast Feeding Week Celebrations

Theme: Sustaining Breast Feeding to gether

Sree Narayana Nursing College, under the NSS unit in collaboration with the Child Health Nursing and OBG Nursing Departments, celebrated Breastfeeding Week from August 1st to 7th, 2021, with the theme “Sustaining Breastfeeding Together.” The event was conducted in various locations over seven days. Activities included PowerPoint presentations on breastfeeding techniques at the OPD, a puppet show in the pediatric department, a live exhibition on postnatal diet, a demonstration on breastfeeding using a baby mannequin, a health education skit at the OPD, and a hands-on session in the obstetrics ward. Additionally, competitions such as pencil drawing, elocution, and a quiz were held for students. The final day featured a grand celebration at the college auditorium, including a skit, mime, and certificate distribution for competition winners. The event successfully educated antenatal and postnatal mothers while actively engaging students in promoting breastfeeding awareness.



INDEPENDENCE DAY

Theme: Support our Troops, Salute our Troops

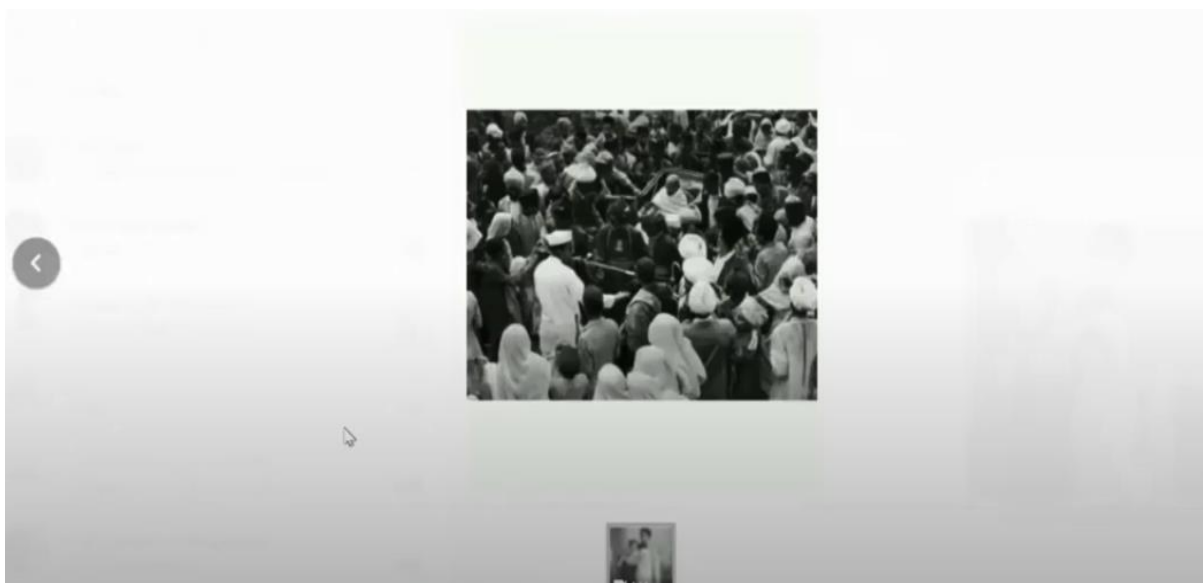
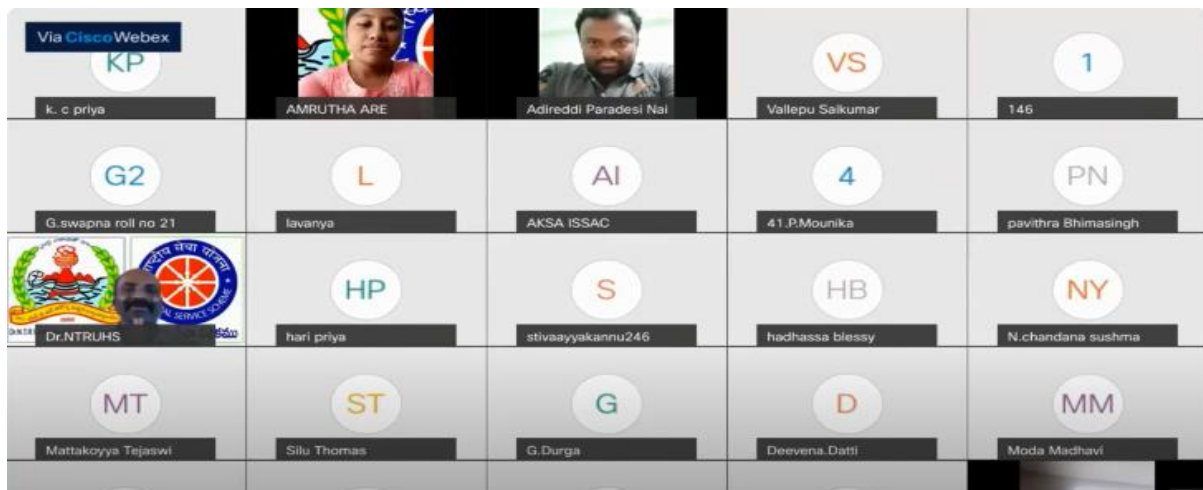
The Independence Day celebration of 2021 by the NSS Unit of Sree Narayana Nursing College was a grand and patriotic event held on August 15th. The program began with the hoisting of the national flag by the chief guest, followed by the national anthem, instilling a deep sense of national pride. Speeches by faculty members and the principal emphasized the sacrifices of freedom fighters and the role of youth in nation-building. The event featured vibrant cultural performances, including patriotic songs, traditional dances, and a thematic dance drama depicting India's journey to independence. The celebration concluded with a vote of thanks, acknowledging the efforts of organizers and participants. The event successfully fostered patriotism and unity among the college community.



GANDHI JAYANTHI CELEBRATION

Theme: Sanitation is more important than independence

On October 2, 2021, the NSS Cell of NTR University of Health Sciences organized a virtual Gandhi Jayanti celebration, with enthusiastic participation from the NSS Unit of Sree Narayana Nursing College. The program paid tribute to Mahatma Gandhi, highlighting his contributions to India's independence and his principles of non-violence and truth. The Vice-Chancellor delivered a keynote address emphasizing Gandhi's relevance in today's world. Activities included recitations of his speeches, virtual tours, poster displays, and a panel discussion on "Gandhian Principles in Modern Times." NSS volunteers actively contributed, showcasing their creativity and dedication to community service. The event concluded with a vote of thanks, reinforcing Gandhi's ideals for a better future.



SWACHH BHARATH PROGRAM

On October 2, 2021, Sree Narayana Nursing College, in collaboration with its NSS unit, conducted a Swachh Bharat program to promote cleanliness and hygiene. The event began with the Swachh Bharat-Swachh India oath, followed by a speech from the chief guest, Prof. V. Jayanthi, highlighting the significance of the nationwide cleanliness initiative. The program aimed to raise awareness among students about cleanliness and its benefits. The principal led the initiative by cleaning the playground, with teachers and students actively participating in sweeping, dusting, and waste collection. The NSS Unit also honored the college sweepers for their service. After hours of dedicated cleaning, the principal emphasized the importance of sanitation in a concluding speech. The event ended with a pledge to maintain cleanliness, and refreshments were distributed to the 25 participating NSS volunteers.



WORLD MENTAL HEALTH DAY

Theme: Mental Health in unequal World

On October 10, 2021, the NSS Unit of Sree Narayana Nursing College organized a virtual program via Zoom to observe World Mental Health Day under the theme "Mental Health in an Unequal World." The event aimed to highlight disparities in mental health care access and promote mental well-being for all. The program began with an opening speech by Principal Prof. Jayanthi, followed by expert talks from psychologists, psychiatrists, and social workers on social inequality, mental health awareness, and self-care. Interactive sessions allowed participants to engage with experts, while testimonials provided insight into real-life mental health struggles. The event concluded with a mindfulness session focusing on stress and anxiety management. The program effectively raised awareness and advocated for equal access to mental health care.

