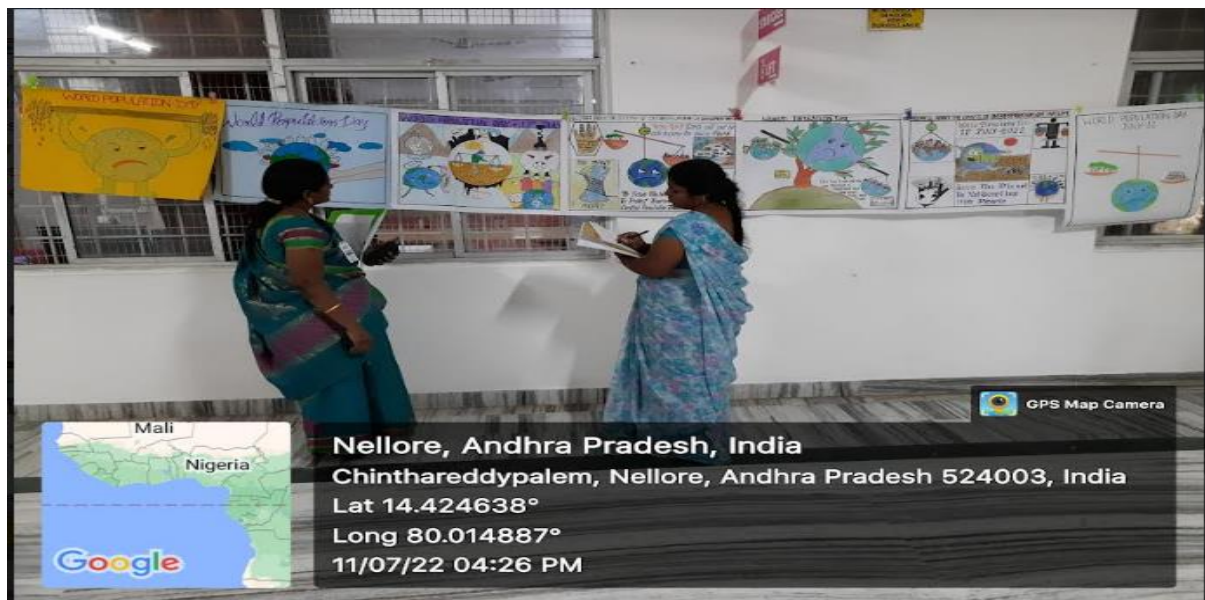


NSS EVENTS LIST-2022-23

S.NO	NAME OF THE EVENT	DATE OF THE EVENT	NO.OF PARTICIPANTS
1.	World Population Day	11-07-2022	50
2.	Swatch Bharath Program	17-07-2022	50
3.	World Heart Day	09-08-2022	50
4.	Independence Day	15-08-2022	100
5.	Swachh Bharath Program	17-08-2022	50
6.	World Suicide Prevention Day	10-09-2022	50
7.	Plastic Awareness Program	13-09-2022	50
8.	New Born Safety Month	23-09-2022	50
9.	Plantation Program	24-09-2022	50
10.	World Contraception Day	26-09-2022	50
11.	National Nutrition Week	01-10-2022 to 07-10-2022	50
12.	World Hand Washing Day	15-10-2022	50
13.	School Health Program	15-10-2022	50
14.	World Diabetes Day	14-11-2022	50
15.	Sports Week	28-11-2022 to 03-12-2022	100
16.	World Aids Day	01-12-2022	50
17.	Nss Volunteers Meeting	15-12-2022	100
18.	International Human Rights Day	17-12-2022	50
19.	National Youth Day	11-01-2023 to 12-01-2023	90
20.	National Girl Child Day	24-01-2023	50
21.	International Women's Day	24-01-2023	100
22.	Republic Day	26-01-2023	100
23.	World Cancer Day	04-02-2023	50
24.	National Deworming Day	14-03-2023	50
25.	Swachh Bharath Programme	15-03-2023	50
26.	World Tb Day	24-03-2023	50
27.	World Bi Polar Day	31-03-2023	50
28.	World No Tobacco Day	31-05-2023	50

WORLD POPULATION DAY

On July 11, 2022, the NSS Unit of Sree Narayana Nursing College celebrated World Population Day by organizing a theme-based poster presentation competition to raise awareness about global population issues. The event, based on the theme “A world of 8 billion: Towards a resilient future for all – Harnessing opportunities and ensuring rights and choices for all,” saw enthusiastic participation from students across departments. The competition was judged on creativity, relevance, clarity, and presentation, with Ms. Janet securing first place, followed by Ms. Aksa and Ms. Juji Joseph. The winners were awarded certificates and prizes, and the event concluded with a vote of thanks, appreciating the students' efforts in fostering discussions on population dynamics and sustainable development.



SWACHH BHARATH PROGRAM

On July 17, 2022, the NSS Unit of Sree Narayana Nursing College organized a Swachh Bharat program to promote cleanliness and hygiene. The event began with the Swachh Bharat oath, followed by an inspiring speech by Principal V. Jayanthi on the significance of the nationwide cleanliness initiative. Fifty NSS volunteers actively participated in cleaning the college premises, including classrooms and the playground. The program also honoured the college sweepers for their dedicated service. After hours of cleaning, participants gathered in the hall, where the principal emphasized the importance of sanitation. The event concluded with a cleanliness pledge and refreshments for the volunteers.



WORLD HEART DAY

On August 9, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department at Super Specialty Hospital NMCH, organized an awareness program for World Heart Day. The event aimed to educate the public on cardiovascular diseases (CVDs) and heart health. The program was inaugurated by HOD Prof. Saritha, followed by informative sessions led by Nursing Superintendent Mrs. Mani Meghala and nurses on heart disease prevention. Interactive workshops on CPR and symptom recognition were conducted, along with a free health check-up camp. Educational materials were distributed, and nursing students actively contributed to the event's success.



INDEPENDENCE DAY

Theme: Nation First, Always First

On August 15, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with Narayana Medical College, organized an Independence Day celebration with the theme "Unity in Diversity." The event began with a flag hoisting ceremony at Narayana Medical College Auditorium, followed by inspiring speeches on freedom and national unity. Cultural performances at Sree Narayana Nursing College included patriotic songs, dances, skits, and poetry recitations, showcasing India's rich heritage. The celebration concluded with an awards ceremony recognizing outstanding participants. The event successfully fostered patriotism and appreciation for India's diverse culture.



SWACHH BHARATH PROGRAM

On August 17, 2022, Sree Narayana Nursing College, in collaboration with the NSS Unit, conducted a Swachh Bharat program to promote cleanliness and hygiene. The event began with the Swachh Bharat oath, followed by a speech from Principal Prof. Jayanthi, emphasizing the mission's importance in urban and rural areas. A total of 50 NSS volunteers participated, cleaning designated areas of the college for three hours. The initiative aimed to raise awareness about cleanliness among students. After completing their tasks, participants gathered in the auditorium for refreshments, marking the successful conclusion of the program.



WORLD SUICIDE PREVENTION DAY

The NSS unit and the Department of Mental Health Nursing of Sree Narayana Nursing College observed World Suicide Prevention Day on 10.09.2022 by participating in a rally with the theme "Creating Hope Through Action." The event aimed to raise awareness and promote mental health support globally. Mrs. Lalitha Kumari, HOD of Mental Health Nursing, provided instructions on suicide prevention and care. The rally commenced at 8 AM from the Gandhi Statue near Trunk Road, with the participation of the NSS Program Officer and 100 NSS volunteers. Led by the Nellore Police Department in association with the Psychiatric Society of Nellore, the event featured key figures like Dr. Anand Reddy and Dr. Seshamma from the Psychiatry Department. Participants chanted slogans such as "Bhand Karo, Bhand Karo, Suicide Karna Bhand Karo" and "Live the Life, Leave the Suicide," followed by an oath-taking ceremony. The program concluded with the national anthem.



PLASTIC AWARENESS PROGRAM

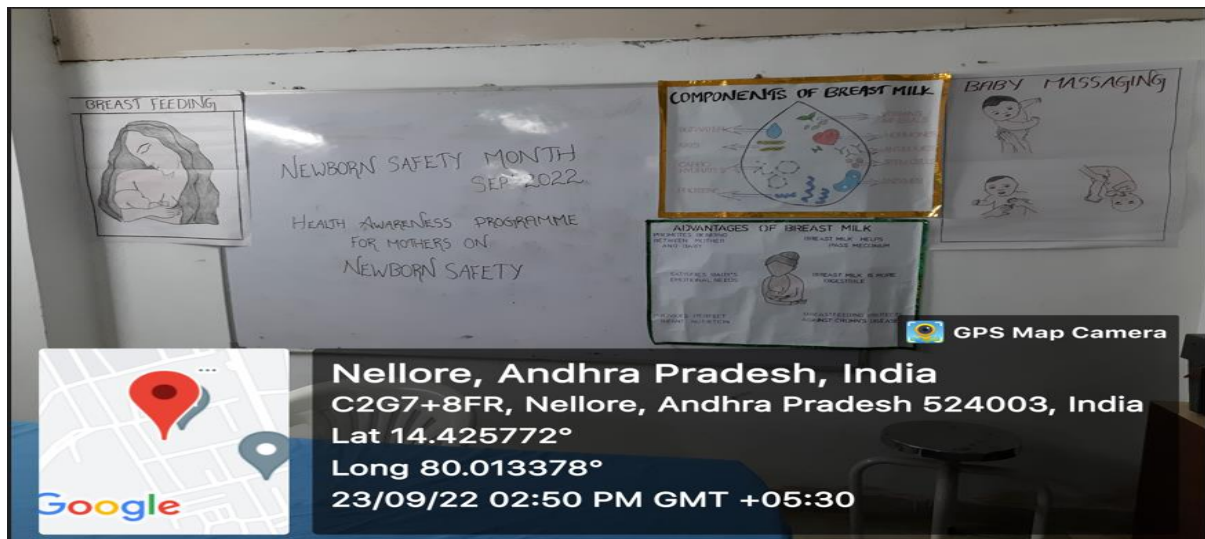
On 13th September 2022, the NSS Unit of Sree Narayana Nursing College organized a Plastic Awareness Program in the college's 3rd-floor auditorium to educate students and staff about the harmful effects of plastic pollution and promote sustainable alternatives. The event was honored by distinguished guests from the Pollution Control Board, Nellore, Sri. N.V. Bhaskar Rao, Senior Administrative Manager, and Smt. Sudha Kumari, Chief Environment Engineer. The program began with a welcome address, followed by insightful speeches from the guests, where Sri. N.V. Bhaskar Rao discussed the environmental impact of plastic pollution, and Smt. Sudha Kumari highlighted government initiatives and practical solutions for reducing plastic waste. A highly interactive Q&A session allowed participants to explore ways to implement sustainable practices. The event concluded with a pledge ceremony, reinforcing the commitment to reducing plastic use, and a vote of thanks by the NSS Program Officer. The program served as a significant step in raising awareness and inspiring action towards a plastic-free future.



New born safety month

Theme: Ensuring Every Newborn's Right to Safe and Healthy Beginnings

Sree Narayana Nursing College, in collaboration with the Child Health Nursing Department and the NSS Unit, observed Newborn Safety Month on 23.09.2022 at the OBS Ward of Narayana Medical College and Hospital. The event, themed "Ensuring Every Newborn's Right to Safe and Healthy Beginnings," aimed to raise awareness about newborn safety and educate parents and caregivers. Activities included an awareness session on hygiene, vaccination, breastfeeding, and safe sleep practices, along with pamphlet distribution. Nursing students conducted a demonstration on newborn care, covering safe bathing, umbilical cord care, and early illness recognition. A Q&A session provided personalized guidance, and the event concluded with a pledge reinforcing newborn safety. The collaboration effectively contributed to community awareness and education on essential newborn care practices.



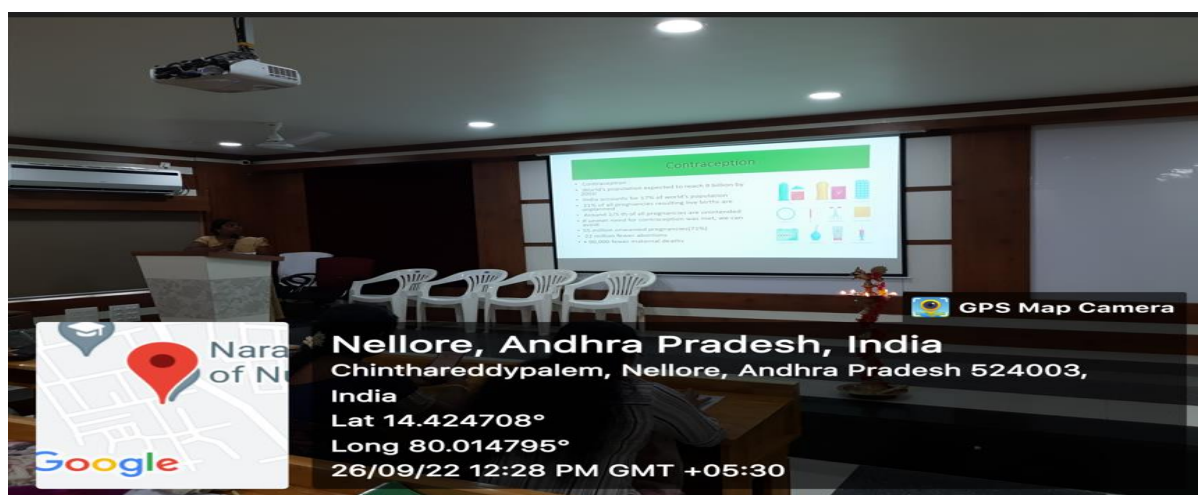
PLANTAION PROGRAM

On 24th September 2022, the NSS Unit of Sree Narayana Nursing College organized a Plantation Program in the college garden to promote environmental sustainability and campus beautification. The event was led by Principal Prof. V. Jayanthi, who emphasized the importance of tree plantation in combating climate change and encouraged students and staff to adopt eco-friendly practices. The principal planted the first sapling, followed by enthusiastic participation from NSS volunteers and faculty members, who planted a variety of trees and shrubs. A maintenance plan was established to ensure the long-term growth of the saplings. The event concluded with a vote of thanks from the NSS Program Officer, acknowledging the collective efforts in fostering a greener campus.



WORLD CONTRACEPTION DAY

On September 26th, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Department of Obstetrics and Gynecology Nursing, observed World Contraception Day with an informative event in the college auditorium. HOD Mrs. Aruna delivered comprehensive presentations on various contraceptive methods, their effectiveness, and their role in promoting women's health and family well-being. Interactive discussions allowed participants to engage with experts, ask questions, and address myths surrounding contraception. Educational materials were distributed to reinforce key messages. The event successfully raised awareness about responsible family planning and reproductive health, reflecting the college's commitment to public health education and informed healthcare decisions.



NATIONAL NUTRITION WEEK

THEME: "CELEBRATE A WORLD OF FLAVOURS"

The NSS Unit of Sree Narayana Nursing College, in collaboration with the Community Health Nursing Department, observed National Nutrition Week on September 4, 2022, under the theme "Nutrition for a Healthy Future." The event aimed to enhance community awareness of balanced nutrition through various interactive sessions. Prof. Kalpana, HOD of the Community Health Nursing Department, delivered a detailed health education session on dietary practices, nutrient importance, and disease prevention. A live exhibition showcased nutritious foods and interactive displays, while a video presentation featuring expert insights and success stories reinforced key messages. Additionally, a PowerPoint presentation summarized essential dietary guidelines and nutrient roles. The event effectively promoted healthier eating habits, contributing to improved community well-being.



WORLD HAND WASHING DAY

Theme: Unite for Universal Hand Hygiene

The NSS unit of Sree Narayana College of Nursing observed Global Handwashing Day, emphasizing the theme “Unite for Universal Hand Hygiene.” The event, attended by Principal Mrs. V. Jayanthi, Vice Principal Mrs. B. Kalpana, HODs, faculty, and students, aimed to raise awareness about the importance of hand hygiene in preventing infections. The program included a prayer song, lamp lighting, a pre-test on handwashing practices, and an informative session by Mrs. V. Jayanthi. Ms. Esther Joel, NSS Program Officer, conducted a PowerPoint presentation covering hand hygiene concepts, techniques, and non-compliance consequences. Videos and live demonstrations engaged students, who actively participated in return demonstrations. A post-test showed significant improvement in knowledge levels, with a marked increase in higher grades, proving the program's effectiveness. The event concluded with a vote of thanks and the national anthem.



SCHOOL HEALTH PROGRAMME

On 15th October 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Community Health Nursing Department, conducted a School Health Program at Z.P. High School, Venkatachalam, Nellore, to promote health awareness among students. The event began with a welcome address by Mrs. Jyothirmayee, emphasizing the importance of early health education. A health education session covered personal hygiene, balanced diets, physical activity, and disease prevention. This was followed by a health check-up camp, where students underwent screenings for height, weight, vision, and general health. Informative pamphlets on hygiene and nutrition were distributed to reinforce key messages. The program concluded with a vote of thanks from the school's headmistress, appreciating the initiative. The event successfully enhanced students' health awareness and promoted preventive healthcare practices.



WORLD DIABETES DAY

On November 14th, 2022, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department, organized a World Diabetes Day event at the Super Specialty Hospital, NMCH. The program aimed to raise awareness about diabetes, focusing on prevention, early detection, and management. HOD Prof. Saritha delivered educational sessions on diabetes types, risk factors, and lifestyle modifications. Free blood glucose screenings were provided, followed by personalized consultations. Interactive Q&A sessions allowed attendees to engage with healthcare professionals, and informative pamphlets and posters were distributed. The event saw active participation, highlighting the community's commitment to diabetes awareness and public health promotion.



Sports Events

The Annual Sports Week at Sree Narayana Nursing College, held from 28th November to 3rd December 2022, was celebrated with immense enthusiasm and competitive spirit. The event was inaugurated by Principal Prof. V. Jayanthi, Vice Principal Mrs. B. Kalpana, NSS Program Officer Asst. Prof. Mrs. Anusha, and sports masters Mr. Silvi Babu and Mr. Venkateswarlu, along with faculty and students. Various indoor and outdoor games were conducted for students, teaching staff, and non-teaching staff, with events like chess, carroms, skipping, running races, javelin throw, kabaddi, and throw ball. Each day witnessed different competitions, with quarter-finals, semi-finals, and finals organized systematically. The participants displayed exceptional energy and sportsmanship, making the event a grand success. The finals were held on 3rd December, and the winners were honored by the dignitaries. The Sports Week truly fostered teamwork, physical fitness, and a spirit of unity among all participants.



WORLD AIDS DAY

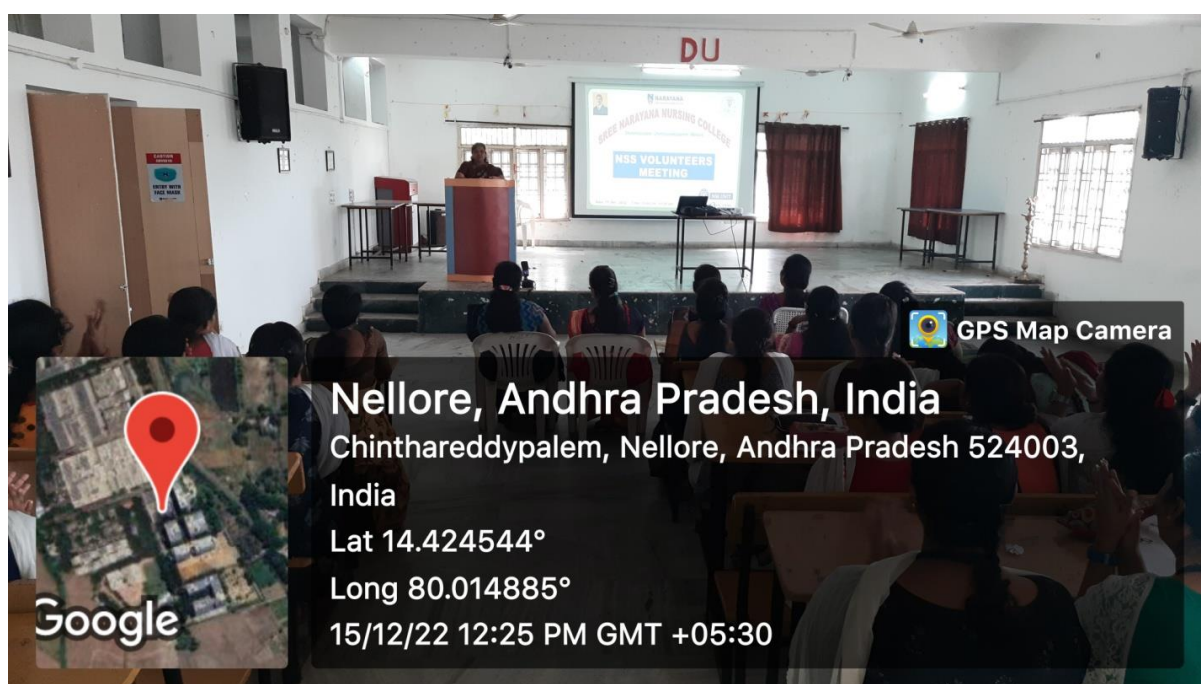
Theme: "The Equalize slogan is a call to action"

The NSS unit and the Department of Community Health Nursing of Narayana College of Nursing observed World AIDS Day on December 1st in Venkatachalam Mandal, Nellore, with 100 participants. The event aimed to raise awareness about AIDS and emphasized the theme "Equalize," urging action against inequalities that hinder progress in ending AIDS. The program commenced with a prayer and welcome song, followed by a speech by Prof. B. Kalpana, Vice-Principal and HOD of Community Health Nursing, highlighting the importance of the theme. Mrs. J. Anusha, NSS Program Officer, conducted a Video-Assisted Teaching session covering causes, risk factors, transmission, symptoms, and management of AIDS. A pre-test and post-test assessed the participants' knowledge, showing significant improvement. Feedback from attendees was highly positive, with 44% rating the program as excellent.



NSS VOLUNTEERS MEETING

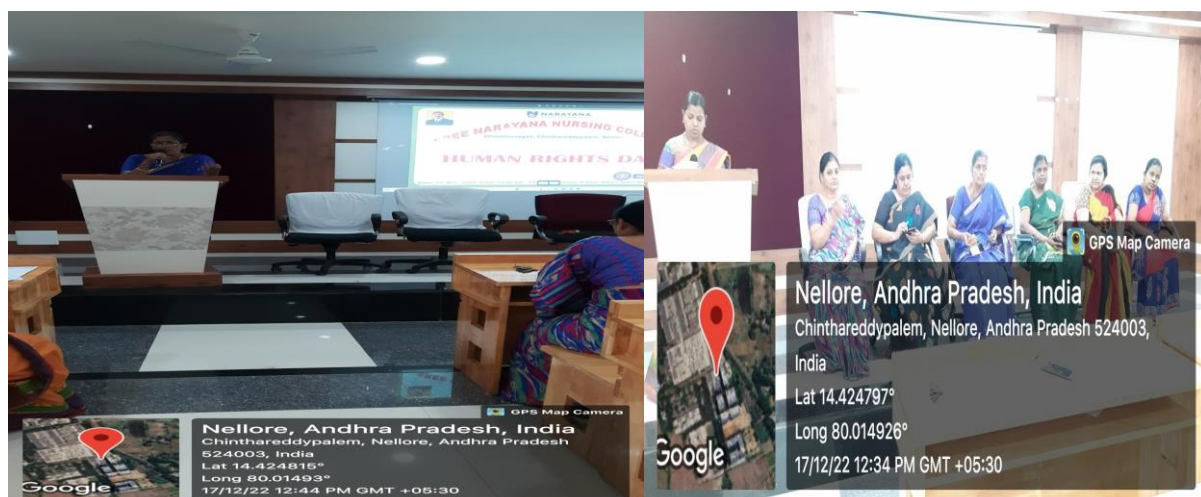
The NSS unit of Sree Narayana Nursing College organized a meeting on 15-12-2022 from 12 to 1 PM, with the participation of around 100 volunteers from all four years of nursing. The program commenced with a prayer song, welcome song, and a welcome address by Mrs. J. Anusha, NSS Program Officer, followed by the ceremonial lamp lighting under the guidance of Prof. V. Jayanthi. Mrs. J. Anusha oriented the volunteers about the objectives and duties of NSS, emphasizing community engagement, leadership, civic responsibility, and disaster preparedness. She also discussed upcoming programs and encouraged volunteers to share ideas. The meeting concluded with a vote of thanks and the National Anthem.



INTERNATIONAL HUMAN RIGHTS DAY

THEME: DIGNITY, FREEDOM, AND JUSTICE FOR ALL

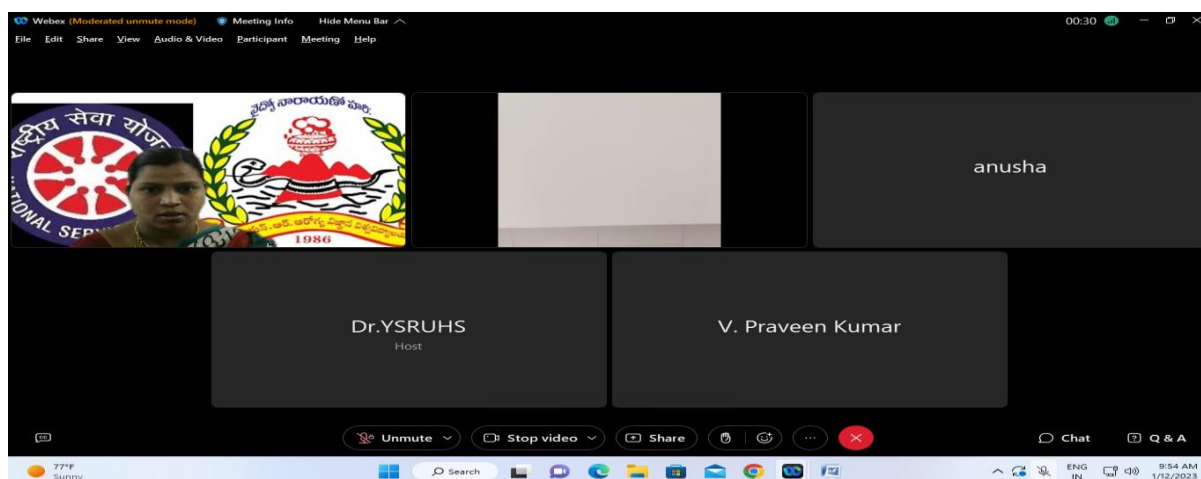
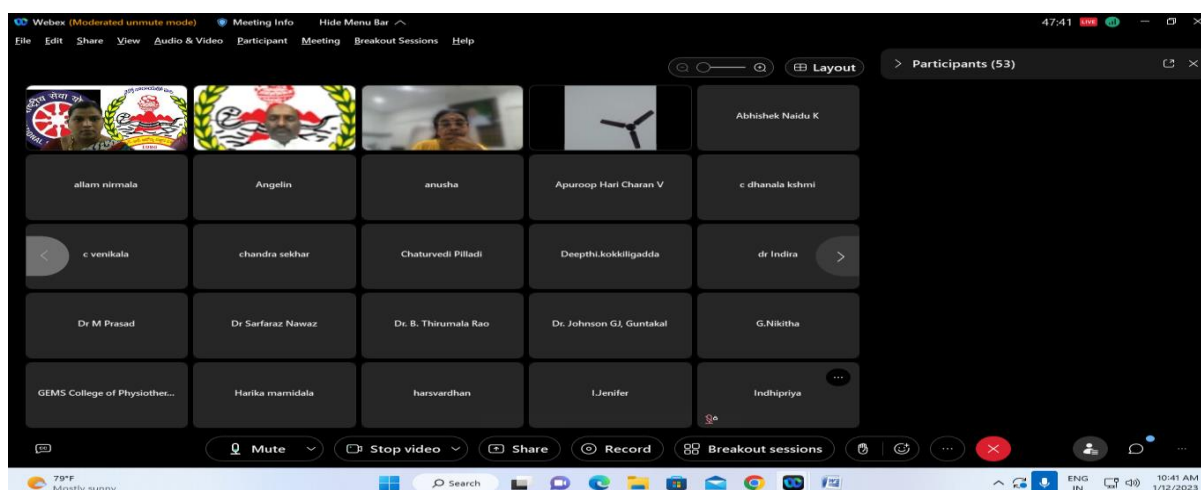
The NSS unit of Sree Narayana Nursing College celebrated International Human Rights Day on December 10 with the participation of the Principal, Vice Principal, HODs, faculty members, and 50 students. The program began with a prayer song, welcome song, and a welcome address by Mrs. J. Anusha, NSS Program Officer, followed by the ceremonial lamp lighting. A pre-test was conducted to assess participants' knowledge of human rights. Mrs. V. Jayanthi, Principal, highlighted the importance of human rights in patient care, while Prof. Mrs. Savithri, HOD of Child Health Nursing, elaborated on the history, significance, and various rights under human rights law. Students actively engaged in the session, and a post-test showed significant improvement in knowledge levels. The program concluded with a vote of thanks and the National Anthem, demonstrating the effectiveness of the session in enhancing awareness of human rights.



NATIONAL YOUTH DAY

THEME: "VIKSIT YUVA-VIKSIT BHARAT."

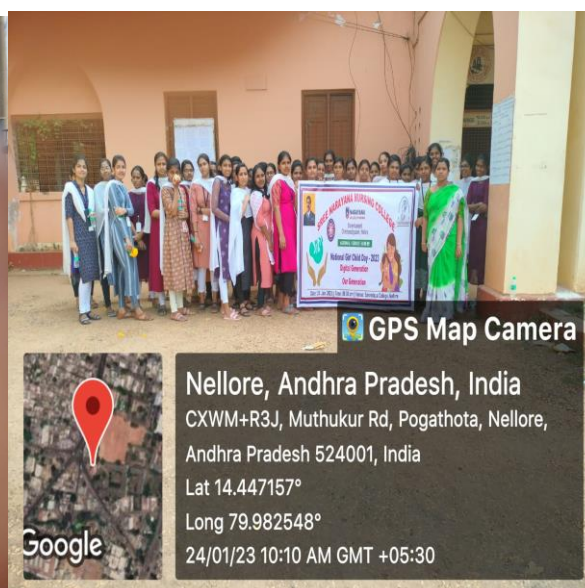
The NSS unit of Dr. YSR University organized a two-day virtual session on National Youth Day, January 11-12, 2023, in collaboration with Sibar Institute of Dental Sciences, Narayana College of Nursing, and Sree Narayana Nursing College. The program, directed by Dr. Vivekanand Kattimani, aimed to introduce students to Swami Vivekananda's teachings and the significance of National Youth Day. The event featured ten competitions, including solo singing, elocution, dance performances, poster presentations, rangoli, and essay writing, distributed among the three colleges. The sessions began with the NSS anthem, followed by inspirational speeches from dignitaries, including Dr. Ashok Reddy, Dr. Syama Prasad, and Dr. Srinivas Rao. Prof. V. Jayanthi, Principal of Sree Narayana Nursing College, also delivered a motivational address. Pre-recorded performances were showcased, and winners were announced on the second day. The event concluded with a vote of thanks and the National Anthem, marking a successful and inspiring celebration of Swami Vivekananda's ideals.



NATIONAL GIRL CHILD DAY

THEME: Digital Generation, Our Generation

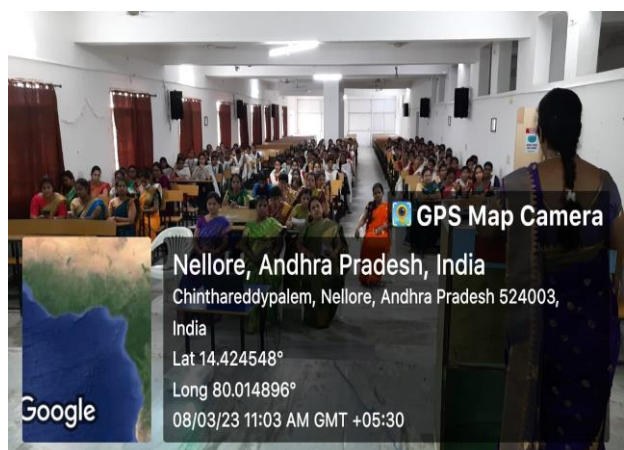
Sree Narayana Nursing College NSS unit organized a rally on National Girl Child Day, observed on January 24th, in collaboration with the Department of Health, Medical, and Family Welfare, Nellore district. The event aimed to raise awareness about gender-based discrimination and the importance of saving the girl child. The rally, which began at Sarvodaya Arts and Degree College and concluded at VRC Ground, saw participation from Ronanki Kurmanath, Additional Joint Collector, Nellore, Dr. S. Rajya Lakshmi, DM&HO, 25 ASHA workers, Anganwadi teachers, students from Vijaya and Durga Colleges of Nursing, and 50 NSS volunteers from Sree Narayana Nursing College. Dr. Rajya Lakshmi addressed the public on the significance of the girl child in society, and dignitaries discussed the challenges faced by girls. The event concluded at 10:30 AM with refreshments for the participants.



INTERNATIONAL WOMENS DAY

THEME: Innovation and Technology for Gender Equality

The NSS unit of Sree Narayana Nursing College celebrated International Women's Day on March 8, 2023, with the theme Innovation and Technology for Gender Equality. The event aimed to promote women's empowerment and equality through various activities, including a poem writing contest and a quiz on women empowerment, which encouraged student participation and creativity. The program commenced at 12 PM with a prayer song, welcome song, and lamp lighting by dignitaries. Principal Prof. Jayanthi motivated students on gender equality, while Vice-Principal Prof. Kalpana B. shared her insights on women's issues. Prof. Lalitha spoke on Break the Bias and highlighted the role of women in everyday life. Faculty members and students also shared their perspectives on the theme. Prizes were distributed to the winners, and around 250 students actively participated. The event concluded with a vote of thanks and the national anthem.



REPUBLIC DAY

The Narayana Group of Medical Institutions celebrated Republic Day on January 26, 2023, at Narayana Medical College and Hospital auditorium with a grand patriotic gathering of medical, nursing, paramedical, teaching, and non-teaching staff, along with students. The event began at 8 AM with a prayer song, followed by a Republic Day march past organized by Narayana Nursing Institutions, where nursing students escorted the chief guest and principals for the flag hoisting. Dean Dr. Surya Prakash Rao unfurled the national flag, followed by the national anthem, pledge, and inspiring speeches by dignitaries. The celebration concluded with the distribution of sweets to all participants.



WORLD CANCER DAY

THEME: “Close the Care Gap”,

The NSS unit of Sree Narayana Nursing College, in collaboration with the Medical-Surgical Nursing Department, organized a World Cancer Day Awareness Rally on February 4, 2023, in Venkatachalam village. Aligned with the theme Close the Care Gap, the event aimed to raise awareness about cancer prevention, types, complications, and treatment. From 10 AM to 12 PM, 50 NSS volunteers, faculty members, Rural Health Center staff, and medical students participated in the rally, chanting slogans and educating villagers in the local language. The program concluded with refreshments for the participants.



NATIONAL DEWORMING DAY

Theme: raise awareness about the importance of deworming, especially for children aged 1–19

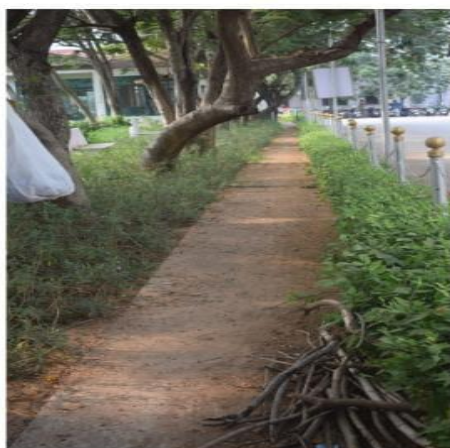
On March 14, 2023, the NSS unit of Sree Narayana Nursing College organized a National Deworming Day event with the theme Healthy Kids, Bright Future, aiming to eliminate soil-transmitted helminths and promote student well-being. Inaugurated by Principal Dr. V. Jayanthi and faculty members, the event featured deworming tablet distribution to over 100 students under health professionals' supervision. Educational sessions on hygiene practices, including handwashing, wearing shoes, and drinking clean water, reinforced the importance of good health for academic success. The initiative not only improved immediate health but also encouraged long-term hygiene habits for a healthier future.



SWACHH BHARATH

The NSS unit of Sree Narayana Nursing College organized a *Swachh Bharat* program to promote cleanliness and hygiene in the college campus. Principal Prof. V. Jayanthi emphasized the importance of maintaining a clean environment to prevent diseases and foster positive habits. A total of 100 students participated in the initiative, engaging in shramdan activities across classrooms, the exam hall, and the garden. The NSS program officer divided students into five groups, assigning them different areas and providing necessary cleaning materials. NSS volunteers motivated their peers, ensuring active participation. The two-hour program successfully instilled a sense of civic responsibility and hygiene awareness among students.

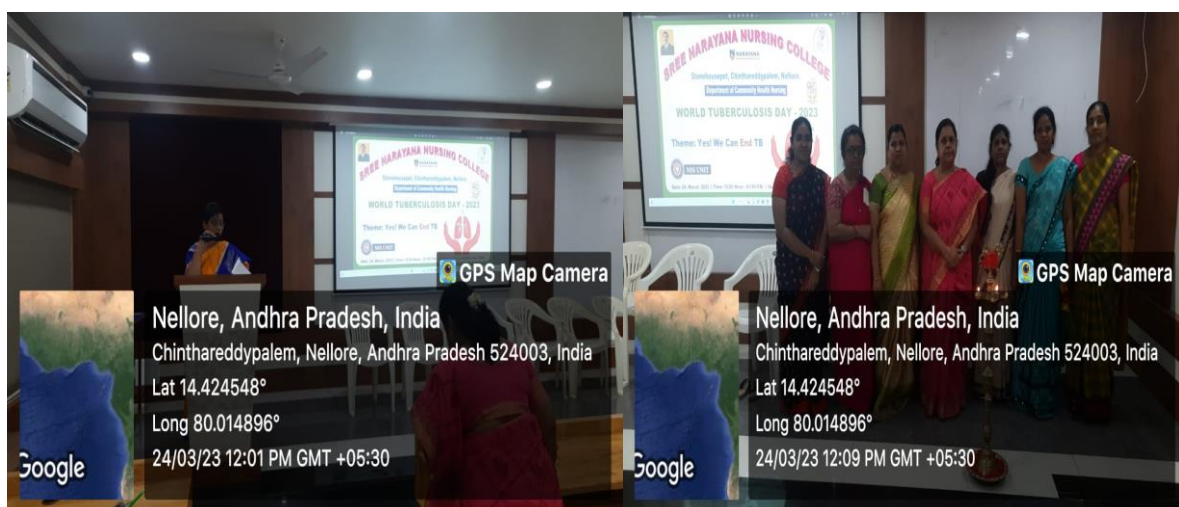
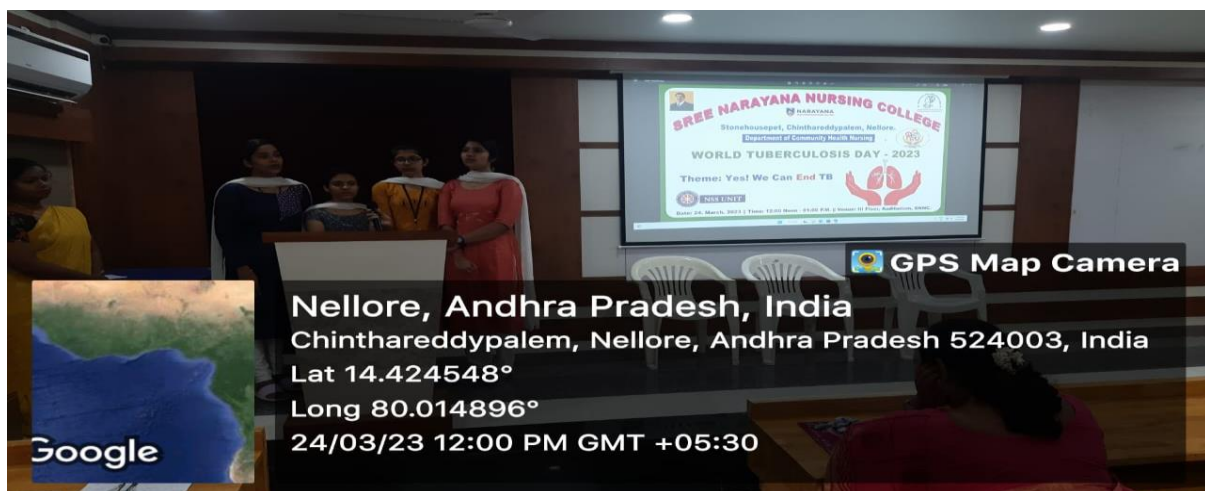
SWACHH BHARAT PROGRAM-2023



WORLD TB DAY

THEME:" YES WE CAN END TB"

The NSS unit, in collaboration with the Department of Community Health Nursing, observed World Tuberculosis Day on March 24, 2023, at the Sree Narayana Nursing College auditorium with the theme "Yes, We Can End TB." The event commenced at 12 PM with a prayer song, welcome address by Prof. Kalpana, and lamp lighting by dignitaries. A pre-test was conducted to assess participants' knowledge, followed by an informative session by Prof. Kalpana on DOTS therapy, patient education, and tuberculosis prevention. A total of 50 students actively participated, and a post-test showed significant improvement in knowledge levels. The program concluded with a vote of thanks by Ms. Sindhu Priya and the national anthem. The feedback analysis indicated that 52% of participants rated the program as good, while 48% found it excellent, highlighting its effectiveness in raising awareness about tuberculosis management and prevention.



WORLD BI POLAR DAY

On March 31st, 2023, Sree Narayana Nursing College's NSS Unit and Mental Health Nursing Department successfully observed World Bipolar Day, hosting an educational event in the college auditorium. The program, focused on raising awareness and reducing stigma surrounding bipolar disorder, featured presentations by the HOD of Mental Health Nursing, interactive discussions, and personal testimonials. Through informative sessions and the use of visual aids, the event effectively educated students and faculty about the complexities of the condition, emphasizing early diagnosis and treatment. The collaborative effort fostered a supportive atmosphere, highlighting the college's dedication to mental health awareness and well-being within the nursing community.



WORLD NO TOBACCO DAY

THEME: WE NEED FOOD, NOT TOBACCO

To raise awareness about the dangers of tobacco, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Community Health Nursing Department, organized a World No Tobacco Day event in Thotapalli Gudur village. The event included an awareness rally with 50 NSS volunteers, faculty, and rural health center staff, featuring anti-tobacco slogans. The program commenced with prayers and songs, followed by educational speeches and health education delivered in the local language. Additionally, the college conducted internal activities like elocution, essay writing, and poster presentations, fostering student engagement and creativity. Prizes were awarded to competition winners, reinforcing the college's commitment to promoting a tobacco-free lifestyle.

