

### NSS EVENTS LIST2023-24

| S.No | Name of the Event                                          | Date of the Event        | No. of Participants |
|------|------------------------------------------------------------|--------------------------|---------------------|
| 1    | World Environment Day                                      | 05-06-2023               | 50                  |
| 2    | World Blood Donor Day                                      | 14-06-2023               | 25                  |
| 3    | International Yoga Day                                     | 21-06-2023               | 50                  |
| 4    | Green Initiative Best Practice                             | 24-07-2023               | 50                  |
| 5    | Independence Day                                           | 15-08-2023               | 100                 |
| 6    | Nutrition Week                                             | 06-09-2023               | 50                  |
| 7    | World Suicide Prevention Day                               | 09-09-2023               | 50                  |
| 8    | NSS Foundation Day                                         | 24-09-2023               | 100                 |
| 9    | Meri Maati Mera Desh                                       | 20-10-2023               | 50                  |
| 10   | Constitution Day                                           | 26-11-2023               | 50                  |
| 11   | Anti-Ragging Program                                       | 28-11-2023               | 50                  |
| 12   | World AIDS Day                                             | 01-12-2023               | 100                 |
| 13   | Blood Donation Camp                                        | 09-01-2024               | 25                  |
| 14   | National Youth Day                                         | 12-01-2024               | 50                  |
| 15   | Republic Day                                               | 26-01-2024               | 100                 |
| 16   | Sports Week                                                | 27-01-2024 to 04-02-2024 | 100                 |
| 17   | National Immunization Day-Pulse Polio Immunization Program | 03-03-2024               | 50                  |
| 18   | International Women's Day                                  | 08-03-2024               | 50                  |
| 19   | World Hypertension Day                                     | 17-05-2024               | 50                  |
| 20   | World No Tobacco Day                                       | 31-05-2024               | 50                  |
| 21   | World Environment Day                                      | 05-06-2024               | 50                  |
| 22   | World Blood Donor Day                                      | 14-06-2024               | 23                  |
| 23   | International Yoga Day                                     | 21-06-2024               | 50                  |

## WORLD ENVIRONMENT DAY

### THEME: "BEAT PLASTIC POLLUTION."

On June 5, 2023, Sree Narayana Nursing College's NSS Unit, in collaboration with the Central Bureau Commission, celebrated World Environment Day to promote environmental awareness and action. The event, led by NSS Program Officer Mrs. Anusha, featured esteemed guests, including District Forest Officer Sri A. Chandra Sekhar, who addressed plastic pollution. Other speakers highlighted various environmental issues and the impact of human activity on natural resources. Principal Prof. Vanaja Kumari motivated participants with a message on environmental protection. The program included an environmental pledge, prize distribution, and the symbolic planting of trees within the college campus. The event, which concluded with the national anthem, successfully engaged volunteers and dignitaries in promoting environmental preservation.



## WORLD BLOOD DONAR DAY-2023

**THEME: "Give blood, give plasma, share life, share often."**

On June 14, 2023, Sree Narayana Nursing College's NSS unit, in collaboration with Narayana General Hospital's blood bank, successfully organized a World Blood Donor Day event. The day aimed to honor voluntary blood donors and highlight the life-saving impact of blood donation. From 9:30 a.m. to 4:30 p.m., students and faculty generously donated blood, with approximately 25 students participating. The NSS Program Officer ensured donor safety, and participants received refreshments and certificates. The event, supported by the Principal, NSS Program Officer, faculty, students, and blood bank staff, was a significant success, emphasizing the college's commitment to community service and the importance of blood donation.



## INTERNATIONAL YOGA DAY

**THEME:" Yoga for Vasudhaiva Kutumbakam."**

On June 21, 2023, Sree Narayana Nursing College's NSS Unit celebrated International Yoga Day under the theme "Vasudhaiva Kutumbakam," emphasizing global unity. The event, held on the college premises, began at 7:00 a.m. with an introduction to Yoga Day and warm-up exercises led by Mrs. Anusha, the Program Officer. Approximately 50 students participated in Surya Namaskar and various yoga asanas, focusing on improving strength, balance, and flexibility. The session concluded with Savasana at 8:00 a.m., promoting the benefits of yoga for intellectual, mental, and physical well-being.



## GREEN INITIATIVE BEST PRACTICE

On July 24, 2023, Sree Narayana Nursing College, in partnership with Narayana Dental College, hosted the "Green Initiative Best Practice" event to promote environmental sustainability. The program, held in the college auditorium, featured an inaugural address by Principal Dr. Jayanthi.V, a keynote speech on combating climate change, and interactive discussions on environmental issues like waste management and renewable energy. Participants engaged in a tree-planting ceremony and a workshop on waste segregation and recycling. The successful event, marked by collaboration and practical training, aimed to instill eco-friendly practices among students and faculty, fostering a culture of sustainability within the college community.



## 77th INDEPENDENCE DAY

**THEME: Nation First, Always First.**

On August 15, 2023, the Narayana group of Medical institutions commemorated the 77th Independence Day with a flag hoisting ceremony at Narayana Medical College Hospital auditorium. The event, attended by a large gathering of staff and students, commenced at 8:00 a.m. with a prayer song and a march past by nursing students. Principal Dr. Srinivasulu unfurled the national flag, followed by the national anthem and pledge. Dignitaries delivered speeches, and sweets were distributed. The NSS Unit organized a cultural program, "Veero Ka Varan," featuring dance, drama, and patriotic songs, and prizes were awarded to competition winners. The event, organized by Principal Prof. V. Jayanthi, the NSS Program Officer, students, and volunteers, successfully instilled patriotism and honored the sacrifices of freedom fighters.



## NATIONAL NUTRITION WEEK

On September 6, 2022, Sree Narayana Nursing College's NSS Unit, in partnership with the Community Health Nursing Department, observed Nutrition Week at Totapalli Gudur Narayana Rural Health Center, focusing on "Healthy Diets, Healthy Lives." The event featured an educational session on balanced nutrition, followed by BMI assessments and personalized dietary advice for community members. A healthy cooking demonstration using local ingredients and distribution of informative pamphlets furthered the educational goals. A nutrition quiz engaged participants, and the event concluded with a community pledge to adopt healthier eating habits. The initiative successfully empowered the rural community with knowledge and tools for better dietary choices.



## WORLD SUICIDE PREVENTION DAY

*Theme: “Creating Hope through Action”*

On September 10, 2023, Sree Narayana Nursing College's NSS Unit, along with the Department of Mental Health Nursing and Narayana Rural Health Training Center, observed World Suicide Prevention Day with a rally and awareness session. The event began with a rally from the Narayana Rural Health Training Center to Narayana College of Nursing, where mental health professionals delivered speeches and conducted interactive sessions on suicide prevention. The program concluded with a prize distribution ceremony, recognizing student and volunteer contributions. The collaborative effort, involving over 50 participants, aimed to raise awareness and promote mental health support within the community, with plans for ongoing mental health initiatives.



## NSS FOUNDATION DAY

### Theme: Youth for Clean India

On September 24, 2024, Sree Narayana Nursing College's NSS unit commemorated NSS Foundation Day with a program that included a flag hoisting ceremony, an appreciation session for volunteers, a video presentation of NSS activities, and creative student displays. The day concluded with a plantation program, symbolizing the college's commitment to environmental sustainability. The events successfully highlighted the values of social service and the impactful contributions of NSS volunteers.



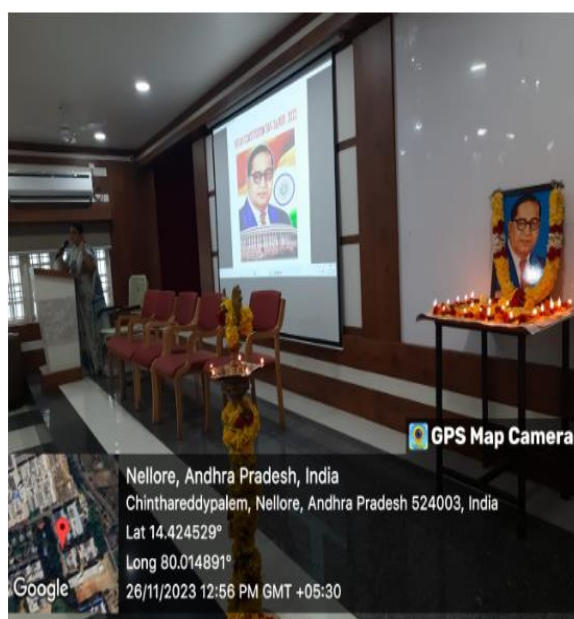
## MERI MAATI MERA DESH

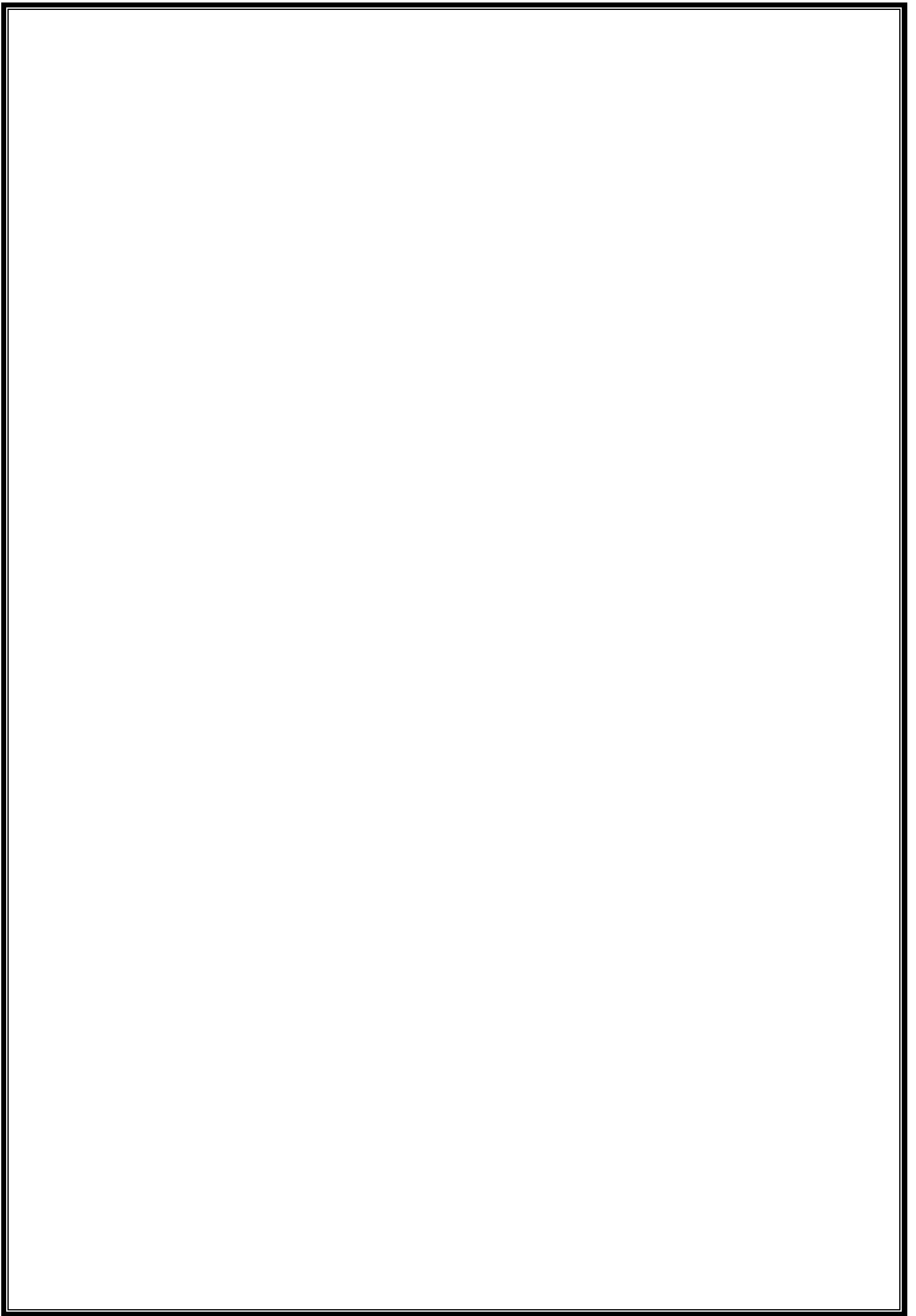
The 'Meri Maati Mera Desh' program, organized by the NSS unit of Sree Narayana Nursing College on 20th October 2023, was a tribute to India's cultural heritage and patriotic spirit. The event featured a plantation drive, symbolizing environmental commitment, and a unity activity where soil from various locations was collected in a pot. A video tribute honoring freedom fighters evoked deep national pride, followed by the Panch Pran pledge, reinforcing ideals of integrity and progress. The program fostered patriotism and unity among participants, making it an inspiring and meaningful celebration.



## CONSTITUTION DAY

The NSS unit of Sree Narayana Nursing College celebrated Constitution Day on 26th November 2023, highlighting the significance of India's democratic framework. The event began with a prayer song, a welcome song, and a traditional lamp lighting ceremony by dignitaries, including Principal V. Jayanthi. She delivered an insightful speech on the relevance of constitutional values, followed by an engaging video presentation on the Indian Constitution. A tribute was paid to Dr. B.R. Ambedkar by garlanding his photograph. The event concluded with a vote of thanks and the national anthem, fostering national pride and awareness of constitutional principles.





## ANTI RAGGING PROGRAM

The NSS unit of Sree Narayana Nursing College conducted a seminar on anti-ragging in the college's third-floor auditorium to educate students on the consequences of ragging and promote a culture of respect and safety. The seminar featured senior faculty members, including Principal Dr. I.V. Mamatha, who elaborated on anti-ragging laws and penalties, and Prof. Saritha, who discussed the psychological trauma faced by victims. Interactive sessions allowed students to share experiences and engage in discussions, reinforcing the importance of a ragging-free environment. The seminar concluded with a collective pledge to uphold a safe, inclusive, and supportive campus.



## WORLD AIDS DAY-2023

### THEME: “Let Communities lead”

On December 1, 2023, the NSS Unit of Sree Narayana Nursing College organized an AIDS Day Rally within the college campus to raise awareness about HIV/AIDS and promote preventive measures. The event, themed “Let Communities Lead,” began with an inauguration by the Principal, followed by a march where participants held banners and chanted slogans to spread awareness. Planning involved awareness campaigns, poster displays, and collaborations with Narayana Medical College Hospital. The rally successfully educated students and staff, fostering a commitment to combating HIV/AIDS. The NSS Unit aims to continue this initiative annually to promote awareness and support.



## BLOOD DONATION CAMP

### THEME: " Donate Blood Save Lives"

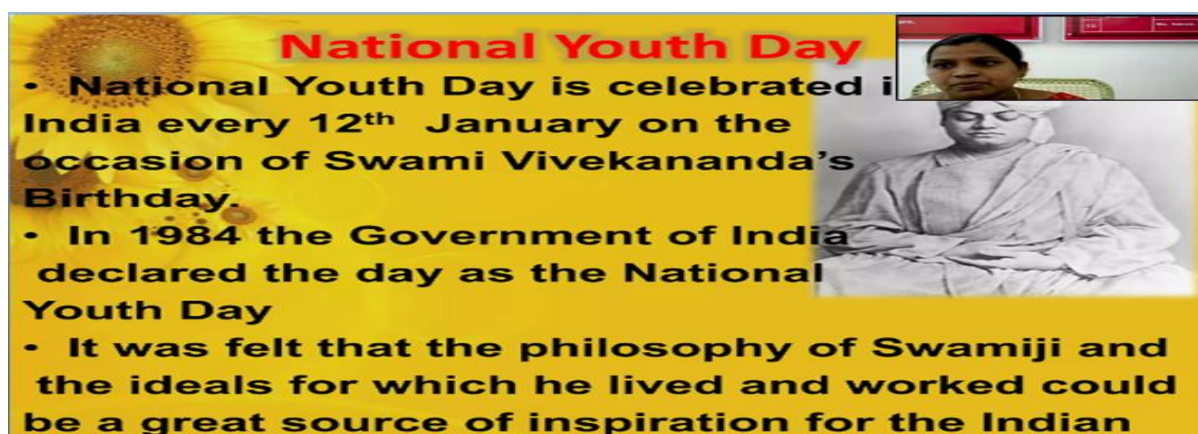
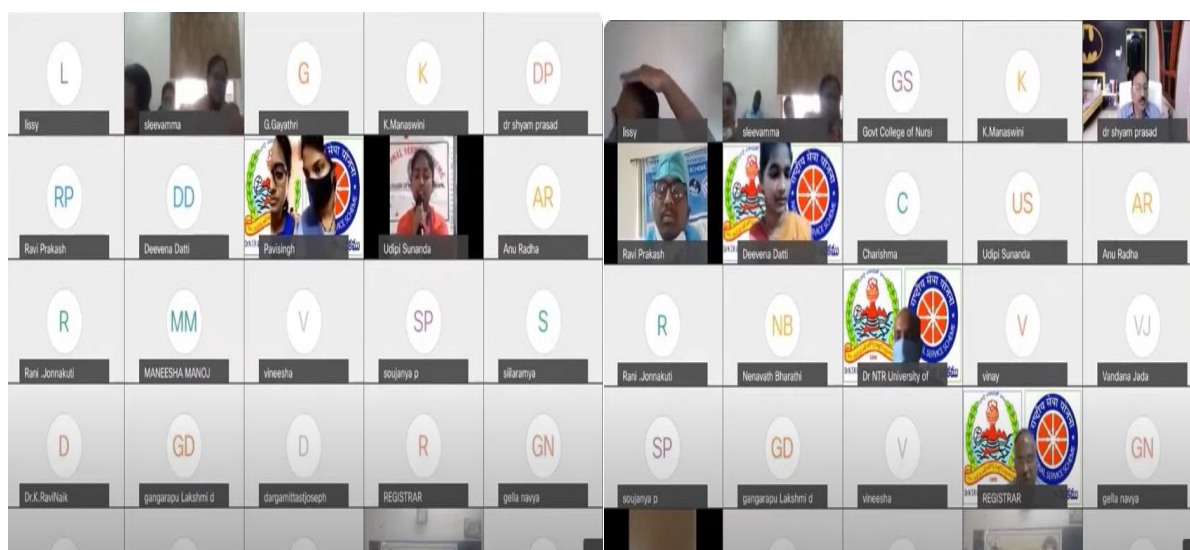
On January 9, 2024, the NSS unit of Sree Narayana Nursing College, in collaboration with the Blood Bank of Narayana General Hospital, organized a blood donation camp in the Medical-Surgical Nursing Lab from 10:00 AM to 1:00 PM. The event aimed to promote voluntary blood donation, with 25 NSS volunteers participating. The Blood Bank staff ensured a safe and efficient donation process, starting with an introductory session on the importance of blood donation, followed by health check-ups and post-donation care. The camp successfully collected blood for future medical emergencies while providing nursing students with valuable healthcare experience.



## NATIONAL YOUTH DAY

### Theme: Viksit Yuva-Viksit Bharat

On January 12, 2024, the NSS unit of Dr. YSR University, in collaboration with Narayana College of Nursing and Sree Narayana Nursing College, organized a virtual session to celebrate National Youth Day with the theme "Viksit Yuva-Viksit Bharat." Conducted via CISCO-WEBEX, the event began at 10 AM with the NSS theme song and an introductory session by Dr. Vivekanand Kattimani, the NSS University Program Coordinator. Dr. I.V. Mamatha, Principal of Sree Narayana Nursing College, delivered an inspiring speech on Swami Vivekananda's contributions and life lessons, followed by motivational messages from Dr. DSVL Narasimham, Vice Chancellor of YSR University, and Dr. Vemireddy Radhika Reddy. Various online competitions, including solo songs, elocution, instrument performances, and patriotic poems, were held, along with pre-recorded folk dances, rangoli displays, and poster presentations. The winners were announced, and the program concluded with a vote of thanks and the national anthem, making the event a resounding success.



## SPORTS WEEK

The NSS unit of Sree Narayana Nursing College successfully organized Sports Week from January 27 to February 3, 2024, under the guidance of Physical Director Mr. Selvi Babu. The week featured a variety of athletic, indoor, and traditional games aimed at promoting physical fitness, teamwork, and competitive spirit. The event began with field events such as Shot Put, Disc Throw, and Javelin Throw, followed by team and individual competitions like Throw Ball, Running Race, Lemon & Spoon, and Musical Chairs. Traditional games, including Coco, Tennikoit, Carroms, and Brick Walk, added excitement to the celebrations. The finals were held in the last two days, culminating in the announcement of winners and prize distribution. Sports Week successfully fostered camaraderie, sportsmanship, and enthusiasm among students, leaving them with lasting memories of friendly competition and teamwork.



## NATIONAL IMMUNIZATION DAY-PULSE POLIO IMMUNIZATION PROGRAM

**"Vaccines Work For All."**

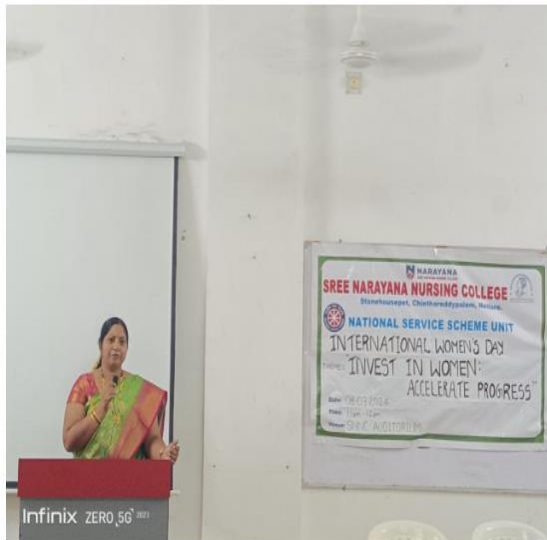
On March 3, 2024, from 12:00 PM to 1:00 PM, the NSS unit of Sree Narayana Nursing College organized a National Immunization Day-Pulse Polio Immunization Awareness Program at the Pediatric OPD of Narayana Medical College and Hospital. The event aimed to educate patients and their families on the importance of pulse polio immunization in preventing poliomyelitis. The program began with an address by Dr. I.V. Mamatha, Principal of Sree Narayana Nursing College, who emphasized the need for high immunization coverage to eradicate polio. This was followed by a detailed speech from a pediatrician, who explained the vaccine's mechanism, effectiveness, and the importance of timely doses. The session was well-received, with active participation from the audience, and NSS volunteers facilitated discussions and provided additional information. The program successfully reinforced the significance of polio immunization in public health.



## INTERNATIONAL WOMEN'S DAY-2024

**Theme: Invest in Women: Accelerate Progress**

The International Women's Day celebration at Sree Narayana Nursing College on March 8, 2024, organized by the NSS unit in collaboration with the SNA Unit, was a vibrant and engaging event held in the 3rd-floor auditorium. Students and faculty actively participated in various activities, including indoor games, a singing competition, solo and duet dance performances, fostering a spirit of unity and joy. Principal Dr. I.V. Mamatha delivered an inspiring speech on the significance of Women's Day, followed by a thoughtful gesture of presenting tokens of love to faculty and non-teaching staff in appreciation of their contributions. The event concluded with the recognition of winners, leaving participants with a sense of pride and celebration of women's achievements.



## REPORT ON WORLD HYPER TENSION DAY, 17<sup>th</sup> MAY, 2024

Theme: "Measure Your Blood Pressure Accurately, Control It, Live Longer".

The NSS Unit of Sree Narayana Nursing College, in collaboration with Narayana Medical College and Hospital, organized a World Hypertension Day Rally to raise awareness about hypertension, its risks, and prevention. The event began with an inauguration ceremony, where the Principal of Narayana Medical College and distinguished guests emphasized the importance of hypertension awareness. NSS volunteers marched through the hospital premises, holding banners and placards to educate the public. Eminent cardiologists and nutritionists conducted guest lectures on hypertension management, followed by a health check-up camp offering free blood pressure and BMI measurements, consultations, and interactive sessions. The event successfully promoted awareness and encouraged healthy lifestyle practices.



## WORLD NO TOBACCO DAY, 31<sup>ST</sup> MAY, 2024

*Theme: "Protecting Children from Tobacco Industry Interference"*

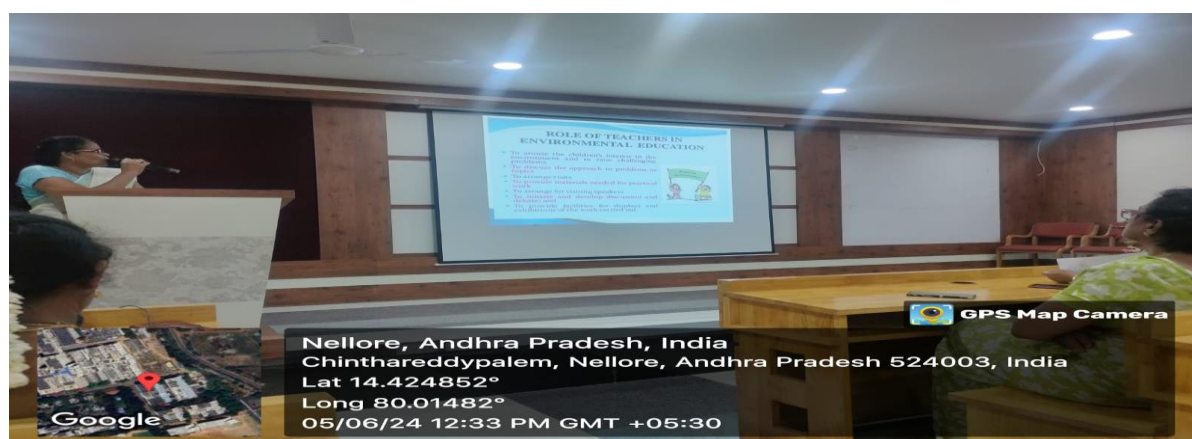
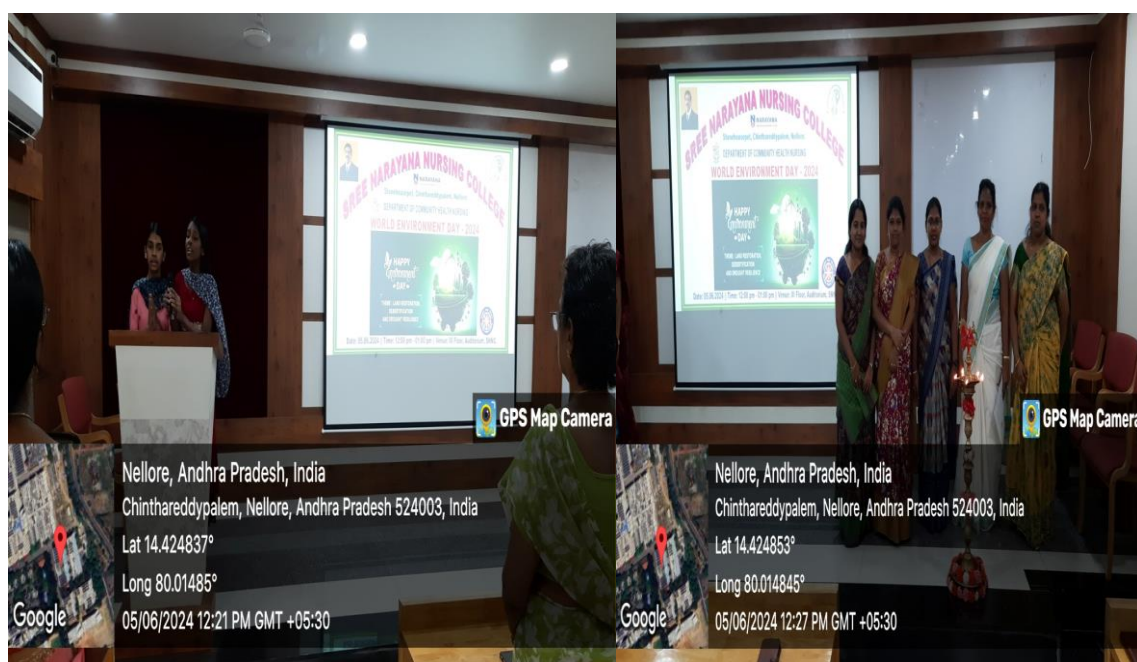
On May 31st, the NSS Unit of Sree Narayana Nursing College, in collaboration with the Community Health Nursing Department, organized a World No Tobacco Day awareness program at Narayana Rural Health Center, T.P. Gudur Village. The event, themed *"Protecting Children from Tobacco Industry Interference,"* included a pre-test assessment to evaluate participants' knowledge, followed by health education sessions led by nursing students and NSS volunteers on the dangers of tobacco use, industry tactics, and quitting benefits. Interactive workshops and guest lectures by healthcare professionals further emphasized the importance of tobacco control. Informational pamphlets were distributed, and the event successfully increased awareness, engagement, and support for tobacco-free initiatives within the community.



## WORLD ENVIRONMENT DAY

Theme: “Land Restoration, Desertification and Drought Resilience

On June 5th, the NSS Unit and Community Health Nursing Department of Sree Narayana Nursing College organized a World Environment Day celebration to promote environmental conservation and sustainable practices. The event included a pre-test assessment of participants' knowledge, followed by educational presentations and interactive discussions featuring video clips on land restoration. The knowledge assessment results showed significant improvement in post-test scores, highlighting the program's effectiveness. Feedback from participants was highly positive, with 52% rating the event as good and 48% as excellent. The celebration concluded with acknowledgments and the national anthem, reinforcing the importance of eco-consciousness among students and faculty.



## WORLD BLOOD DONAR DAY-2024

**THEME:" 20 years of celebrating giving: Thank you Blood donors"**

On June 14, 2024, World Blood Donor Day was celebrated at Narayana General Hospital with a Voluntary Blood Donation Camp organized by the NSS Unit in collaboration with the Blood Bank. The event, themed "20 years of celebrating giving: thank you blood donors!" honored the dedication of voluntary blood donors. The camp was inaugurated by Principal Dr. I.V. Mamatha, and NSS Program Officer Mrs. Anusha motivated students to participate. With proper safety measures in place, 23 students donated blood, receiving refreshments and appreciation certificates. The collective efforts of faculty, students, blood bank staff, and NSS volunteers made the event a resounding success.



## 10th INTERNATIONAL YOGA DAY-2024

**THEME: "Yoga for Self and Society."**

The 10th International Day of Yoga was celebrated with enthusiasm at Sree Narayana Nursing College under the theme “Yoga for Self and Society.” The event began with a welcome speech by Mrs. Anusha, highlighting the significance of yoga in daily life. Principal Dr. I.V. Mamatha inaugurated the program, encouraging participation. A comprehensive yoga session was conducted online by Mr. Saurabh Bothra, covering asanas such as Pranayama, Bhujangasana, Vrikshasana, and Balasana. Students actively engaged in the session, benefiting from its holistic approach to well-being. The event concluded with a vote of thanks, leaving participants inspired and refreshed.

