



PES Institute of Medical Sciences & Research

Kuppam- 517 425, Chittoor Dist., Andhra Pradesh

Tel: 08570 - 277999, 277799, 277666

Email: principal@pesimsr.pes.edu Web: www.pesimsr.pes.edu

NAAC Criterion 3: Research, Innovations and Extension

3.4 Extension Activities

3.4.1: Total number of extension and outreach activities carried out in collaboration with National and International agencies, Industry, community, Government and Non-Government organizations engaging NSS / NCC / Red Cross / YRC / Institutional clubs etc. during the last five years.



3.4.1: Total number of extension and outreach activities carried out in collaboration with National and International agencies, Industry, community, Government and Non-Government organizations engaging NSS / NCC / Red Cross / YRC / Institutional clubs etc. during the last five years.

3.4.1.1 Number of extension and outreach activities carried out in collaboration with National and International agencies, Industry, community, Government and Non-Government organizations engaging NSS/NCC/Red Cross/YRC/Institutional clubs etc. during the last five years.

2023-24	2022-23	2021-22	2020-21	2019-20
6	7	14	3	2





PES Institute of Medical Sciences & Research

Kuppam- 517 425, Chittoor Dist., Andhra Pradesh

Tel: 08570 - 277999, 277799, 277666

Email: principal@pesimsr.pes.edu Web: www.pesimsr.pes.edu

Detailed program report for each extension and outreach program and collaborating agency participated

Detailed Program report for each extension and outreach activities engaging NSS

Vruksho rakshathi rakshithaha

Date: 14th February 2018

On 14th February, 2018, the NSS Unit of PES Medical college conducted a program by name VRUKSHO RAKSHATHI RAKSHITHAHA: during which we educated our students about importance of plants and trees to ourselves and also our mother planet. Our Medical superintendent, Dr. Venugopal and Dean and Principal Dr. H. R Krishna Rao addressed the students about our duty to save plants and inspired our students by planting a sapling themselves following which our students also planted saplings in a barren land in our college premises and watered them . Hence, we not only educated the students about Importance of plants but also converted a barren land to a fertile garden.

Swacch Bharath Diwas

Date: 2nd October 2018

On 2nd October, 2018, we NSS Unit of PES Medical college organized Swacch Bharath Diwas during which we encouraged our undergraduate students to pick up the plastic and rags thrown onto the road and ground. Our students also educated the shop keepers in and around our college to prevent usage of plastic and succeeded.

Antibiotic Awareness week

Date: 12th November 2018

In the month of November 2018, we, the NSS unit of PES medical college along with PES

Nursing college celebrated World Antibiotic Awareness week from 12th -18th of November. During this week we educated our students about Importance of using antibiotics cautiously. We also conducted a rally in kuppam town and gave awareness to Medical shop owners and also people. We also educated Kuppam Engineering College students about usage of antibiotics.

Dhaan Utsav

Date: 13th November 2018

In the month of November, the NSS unit of PES medical college started raising fund to distribute foot wear to school students in the Begginapalli government school. Initially few of our team went to school and noticed that many of the students are coming to school with bare foot and are having some foot infections and injuries. Later we raised fund among undergraduate students of our college and took this to the notice of our principal. Our management came forward and released a good amount of fund. We consulted Bata company and a representative came to take foot measurements of the students.

On 13th November, 2018, we distributed footwear to all the school children in the presence of our respected Dean and Principal Dr. H.R. Krishna Roa. In this way , the NSS unit of PES medical college initiated a movement by name, DHAAN UTSAV, with a motive of making our students to celebrate the art of giving.

Condolences for Pulwama attack

Date: 14th February 2019

On 14th February, 2019, Pulwama attack took place in which around 40 CRPF personnel were killed. As a tribute to them, we the NSS Unit of PES medical college conducted a candle light rally on 16th February, 2019 to show our condolences and unity to the martyrs.

Rally for Women safety

Date: 10th December 2019

On 10th December, 2019, we NSS unit of PES medical college along with PES Nursing college with the help of Police department organised a meeting by gathering all MBBS and

Nursing students in which our Dean and Principal Dr. H.R Krishna Rao , our Medical superintendent Dr. Venugopal, our Associate Medical Superintendent Dr. Narayan, Nursing college principal, Circle Inspector of kuppam had delivered their speech regarding women rights and how women have to protect them selves and also emergency services a woman can assess to for her safety , followed by a candle light rally as condolence to Disha who was raped and killed.

National Nutrition Week

Date: 5th September 2021

As part of National Nutrition day, NSS unit at our college conducted a few events for the students

1. Poster/Theme presentation
2. Pick and Speak
3. Cooking without Fire

The poster presentation made the students so creative. They put in their ideas to create an awareness regarding the importance of Nutrition in one's life. It also created awareness among the hospital patients. Cooking without fire was a fun event which the students enjoyed and at the same time gained much knowledge on the important nutrients present in each of the food items they used for cooking which will help them to develop an interest in knowing the nutrients present in each of the food item they eat. Pick and speak was also interesting for the students to showcase their talents. Heads of the departments of Pediatrics, Medicine, Forensic Medicine and Pharmacology were present during the occasion and also they participated as judges for the above mentioned events.

Donation at an Anganwadi centre

DECEMBER 1ST 2021

Anganwadi is a type of rural child care centre in India. Through the anganwadi system the country is trying to provide affordable and accessible health care to local population Therefore it is considered as important section which shapes the lives of citizens of tomorrow

Therefore it was decided to donate mats to the anganwadi children by the NSS volunteers as a part of Children's day celebration. It was celebrated by health educating the kids, distribution of sweets and biscuits. This helps the NSS volunteers to understand the importance of anganwadi and inculcate the habit of donation among them.

CONSTITUTION DAY CELEBRATION

DECEMBER 17TH 2021

Constitution day is also known as national law day. It is celebrated on 26th November of every year. On November 26th 1949 the constitution assembly of India adopted the Constitution of India and it came into the effect on 26th January 1950.

In our college we celebrated constitution day by conducting a Awareness talk by Inter-Dr Y.Sneha reddy

The following points were discussed

1. Need for constitution in our democracy
2. Definition , structure and key features of constitution
3. Interesting facts about Indian constitution
4. Founding fathers of our constitution
5. Preamble of constitution

World women's day 2022

Date: 8.3.22

Introduction

World Women's Day is celebrated annually on March 8th to honor the achievements of women and to raise awareness about gender equality and women's rights. On this occasion, an awareness camp was organized at Government Degree College, Kuppam, for the female students and staff. The event focused on discussing the theme of women's empowerment and included a skit performed by NSS volunteers.

Event Overview

The awareness camp aimed to educate and empower the women of Government Degree College, Kuppam. The event featured detailed discussions on the theme, talks on women empowerment, and a skit to reinforce the messages conveyed during the talks.

Activities and Highlights

- **Theme Discussion:** The theme of World Women's Day was discussed in detail. Key points covered included:
 - The importance of gender equality in education, work, and society.

- o The role of women in leadership and decision-making processes.
- o Strategies for overcoming challenges and barriers faced by women.
- o Encouraging self-confidence and self-reliance among women.
- **Talks on Women Empowerment:** Several speakers addressed the gathering, providing insights and inspiration on various aspects of women empowerment. The talks included:
 - o Success stories of women who have made significant contributions in different fields.
 - o The importance of education and skill development for women's empowerment.
 - o Legal rights and protections available to women.
 - o Ways to combat gender-based violence and discrimination.
- **Skit Performance by NSS Volunteers:** To reinforce the awareness created through discussions and talks, a skit was performed by NSS volunteers. The skit focused on:
 - o Real-life scenarios highlighting issues faced by women, such as gender discrimination and violence.
 - o The importance of standing up for one's rights and supporting each other.
 - o The positive impact of women empowerment on individuals and society.
- **Involvement of College Staff:** The staff of Government Degree College actively participated in the program. Their involvement included:
 - o Assisting in organizing and coordinating the event.
 - o Providing support and encouragement to the students.
 - o Participating in the discussions and sharing their experiences and perspectives on women's empowerment.

Participation of Key Figures

The event saw active participation from key figures, including:

- **Principal and Faculty of Government Degree College:** Addressed the gathering, emphasizing the importance of women's empowerment in education and society.
- **NSS Program Officer:** Coordinated the event and motivated the NSS volunteers and students to actively participate in the awareness camp.

Conclusion

The observance of World Women's Day at Government Degree College, Kuppam, successfully raised awareness about women's empowerment and gender equality. The detailed discussions, inspiring talks, and skit performance effectively conveyed the importance of supporting and empowering women. The active participation of college staff and students ensured the event's success.

Recommendations

- Continue to organize similar awareness programs and events to promote women's empowerment throughout the year.
- Encourage female students to take on leadership roles and participate in extracurricular activities that promote gender equality.

- Foster collaborations with local organizations and government bodies to provide additional resources and support for women empowerment initiatives.

This event highlighted the critical role of education and community engagement in promoting gender equality and empowering women to achieve their full potential.

Special camp participation

Date: 21.3.22 to 27.3.22

A special camp was organised by a neighbouring college – Government degree college at nalgampalli. A general health awareness and check up was organised in which our NSS volunteers participated and served the community of nalgampalli.

World health day 2022

April 7TH 2022

World Health Day is observed annually on April 7th to raise awareness about global health issues and promote actions to improve health and well-being. The theme for 2022 was "Our Planet, Our Health," highlighting the inter-relationship between environmental health and human health.

Event Overview

On April 7, 2022, an awareness program was conducted for the students of Government Degree College to celebrate World Health Day. The program focused on explaining the theme "Our Planet, Our Health" and exploring how the health of our planet directly impacts human health.

Activities and Highlights

- **Theme Explanation:** The theme "Our Planet, Our Health" was thoroughly explained to the students. Key aspects covered included:
 - The connection between environmental conditions and public health.
 - How pollution, climate change, and environmental degradation affect human health.
 - The importance of protecting natural resources and promoting sustainable practices for improving overall health.
- **Inter-Relationship Discussion:** The program emphasized the inter-relationship between the health of our planet and human health. Discussions included:
 - The impact of environmental factors such as air and water quality on physical and mental health.

- o How maintaining a healthy environment contributes to preventing diseases and improving quality of life.
- o Practical steps individuals and communities can take to support environmental sustainability and enhance health outcomes.
- **Skit Performance by NSS Volunteers:** To reinforce the messages conveyed during the program, a skit was performed by NSS volunteers. The skit featured:
 - o Scenarios depicting the effects of environmental issues on human health.
 - o Creative and engaging ways to illustrate the importance of environmental conservation.
 - o Encouragement for students to adopt eco-friendly practices and support environmental initiatives.

The skit was well-received by the students, who enjoyed the performance and found it effective in conveying the program's key messages.

Participation of Key Figures

The event was supported by several key figures:

- **NSS Program Officer:** Coordinated the event and provided insights into the theme "Our Planet, Our Health."
- **Faculty Members:** Assisted in organizing the event and participated in discussions with students.

Conclusion

The World Health Day 2022 program at Government Degree College successfully raised awareness about the theme "Our Planet, Our Health." The explanation of the theme, discussions on the inter-relationship between environmental and human health, and the engaging skit performed by NSS volunteers effectively conveyed the importance of environmental protection for promoting better health. The students' active participation and enjoyment of the skit contributed to the event's success.

Recommendations

- Continue to organize awareness programs that connect environmental issues with health outcomes.
- Incorporate interactive and creative activities to engage students and enhance their understanding of health and environmental topics.
- Foster ongoing discussions and initiatives that promote sustainable practices and environmental stewardship among students.

This event underscored the crucial link between a healthy planet and healthy people, encouraging students to take responsibility for both their health and the environment.

Health camp at Begilpalli school

April 8TH 2022

On occasion of world health day 2022, PESIMSR had organized a health check up camp for adolescents in a near-by High school. The name of the village was Begilpalli. Total number of beneficiaries was 150 school children. About 20 referrals were there to our hospital.

World Environment day 2022

June 5TH 2022

Introduction

World Environment Day is celebrated annually on June 5th to raise awareness about environmental issues and promote actions for environmental protection. The focus is on encouraging individual and collective efforts to safeguard our planet.

Event Overview

On June 5, 2022, an environmental initiative was organized at the Rural Health Training Centre to observe World Environment Day. The event centered around planting saplings to enhance the local environment and involved engaging patients in environmental conservation efforts.

Activities and Highlights

- **Sapling Plantation:** As part of the World Environment Day celebrations, saplings were planted at the Rural Health Training Centre. Key activities included:
 - Planting a variety of saplings around the health center to contribute to environmental improvement and create green spaces.
 - Ensuring that the planted saplings are well-maintained and cared for to promote their healthy growth.
- **Patient Engagement:** Patients visiting the Rural Health Training Centre were encouraged to participate in the environmental initiative. They were:
 - Requested to plant a sapling wherever possible, either at home or in their community.
 - Provided with information on the benefits of planting trees and how it contributes to environmental health and well-being.

Participation of Key Figures

The event saw active participation from:

- **Healthcare Staff:** Assisted in organizing the sapling planting and engaged with patients to promote environmental awareness.
- **Patients:** Showed enthusiasm and support by participating in the planting initiative and committing to plant saplings in their own spaces.

Conclusion

The observance of World Environment Day 2022 at the Rural Health Training Centre successfully promoted environmental conservation through the planting of saplings. By involving patients in the initiative, the event not only contributed to the local environment but also fostered a sense of responsibility and participation in environmental efforts.

Recommendations

- Continue to organize tree planting and environmental initiatives regularly to maintain and expand green spaces.
- Develop educational materials and workshops to further engage the community in environmental conservation.
- Encourage other healthcare facilities and organizations to adopt similar initiatives to promote broader environmental awareness.

This event highlighted the importance of collective efforts in environmental protection and provided a practical way for individuals to contribute to a healthier planet.

World blood donor day 2022

June 30TH 2022

Introduction

World Blood Donor Day is celebrated annually on June 14th to honor blood donors and raise awareness about the importance of voluntary blood donation. The day emphasizes the critical role of blood donors in saving lives and highlights the need for regular and safe blood donations.

Event Overview

On June 14, 2022, an awareness camp was organized for the youth to celebrate World Blood Donor Day. The camp focused on educating young individuals about the significance of blood donation, the eligibility criteria for donating blood, and the creation of a potential donor list for emergency purposes.

Activities and Highlights

- **Awareness Camp:** The camp was designed to inform and engage the youth about blood donation. Key activities included:
 - **Educational Briefing:** Participants were briefed on various aspects of blood donation, including:
 - Eligibility criteria for donating blood (e.g., age, weight, health conditions).
 - Situations when individuals cannot donate blood (e.g., certain medical conditions, recent surgeries).
 - The process and benefits of blood donation, including how it helps in saving lives and improving health outcomes.
 - **Potential Donor List Creation:** A list of potential blood donors was compiled from the volunteers who expressed their willingness to donate blood. This list is intended for emergency purposes and will be used to contact volunteers when there is an urgent need for blood donations.
- **Donation of First Aid Kit:** In addition to the awareness camp, a first aid kit was donated to the college where the youth studied. This gesture aimed to:
 - Enhance the college's preparedness for handling minor injuries and medical emergencies.
 - Provide a practical resource that supports the health and safety of students and staff.

Participation of Key Figures

The event saw participation from:

- **Healthcare Professionals:** Provided valuable information and answered questions regarding blood donation.
- **College Staff and Students:** Engaged in the awareness camp, showed enthusiasm for the initiative, and volunteered for the potential donor list.

Conclusion

The observance of World Blood Donor Day 2022 successfully raised awareness among the youth about the importance of blood donation. The educational briefing and creation of a potential donor list contributed to building a ready network of volunteers for emergencies. The donation of a first aid kit further supported the college's health and safety measures.

Recommendations

- Continue to organize similar awareness camps to educate more individuals about blood donation and its significance.
- Expand outreach to other educational institutions and communities to build a broader network of potential blood donors.
- Regularly update the donor list and engage with potential donors to ensure their continued participation.

This event highlighted the critical role of voluntary blood donation in healthcare and fostered a sense of responsibility and preparedness among the youth.

40 mini

International yoga day 2022

June 21TH 2022

On occasion of International yoga day 2022, a awareness camp was organized for the anganwadi children regarding the importance of yoga. The idea was inculcating the habit of yoga at this tender age will help in sustaining the habits for lifelong.

PES Green & Clean Initiative Under NSS Unit

July 07TH 2022

As a part of cleanliness drive on the PESIMSR Campus, NSS unit organized a PES Green and Clean Program to clean the campus and keep it plastic free. All the NSS volunteers and students of different courses like Medicine, Nursing & paramedical participated in the program.

Dr H R Krishna Rao, Dean and Principal, PESIMSR was present on the occasion , briefed the staff and students regarding the importance of clean campus and ill effects of plastics and motivated the students to carry out the drive.

Every Wednesdays one course of students carry out this activity to keep the campus clean.

National Nutrition Week

September 07TH 2022

An awareness program was conducted at Yamaganapalli Government high school on 7.9.22 between 10 am to 11 am. About 15 NSS volunteers attended the program. Around 50 students and 8 teachers attended the program. the NSS volunteers educated the students regarding various aspects of nutrition and its importance.

World Suicide Prevention Day

September 10TH 2022

An awareness program was organized for Medicos and Interns of PESIMSR on the occasion of World Suicide prevention day on September 10th 2022. they were trained on how to identify people who are vulnerable to suicides and helped them to understand the importance of the theme for World Suicide prevention day. About 200 students and 10 interns attended the program.

Dr Chitra, Prof & head of Community Medicine briefed on the burden of suicides. Dr Mukesh, Assistant Professor of Psychiatry talked on the theme and warning signs. Dr Anil NSS PO, spoke on the importance of observing World Suicide prevention day.

This program was conducted in association with Department of Community Medicine and Department of Psychiatry.

World Patient Safety Week

September 24th 2022

On occasion of World patient safety day , PESIMSR organsied a week long awareness program to highlight the importance of patient safety. The theme was MEDICATION WITHOUT HARM. PESIMSR NSS Unit organized a rally to spread awareness about patient safety among public, patients, doctors, undergraduates of MBBS, Nursing, Paramedical and Postgraduates.

Medical superintendent, Asst MS, Principal of Nursing college, Principal of Paramedical College, Dr Sangeetha, Dr Anil, Dr Vishweswar Reddy, Mr Melvin were present on the occasion. About 100 volunteers attended the rally. The gathering was addressed by Dr Vishweswar Reddy.

World Rabies Prevention Day

September 30TH 2022

An awareness program was organized by Medicos and Interns of PESIMSR (NSS volunteers) on the occasion of World Rabies prevention day on September 30th 2022. The program was organized for Anganwadi teachers, helpers, ASHAs, ANMs and public at the CDPO office,

Kuppam. They were taught on the dos and donts after an animal bite, the first aid to be given, vaccinations and other animal bites. About 25 people were benefitted from the program.

The theme was RABIES: ONE HEALTH, ZERO DEATHS

World Mental Health Day

October 10th 2022

An awareness and screening program was organized by interns of PESIMSR (NSS volunteers) on the occasion of World Mental Health Day on October 10th 2022. The program was organized for trans-genders at their office, Kuppam. They were sensitized about the mental health problems which are high among the TG community and how they become victims of suicides. Warning signs, symptoms to identify among their peers were taught to them. A psychiatrist gave a talk on how to open up on mental health and organized a screening program for them. About 12 Trans-gender people were benefitted from the program.

National Unity Day

October 31th 2022

On the occasion of “National Unity Day”, an awareness program and pledge taking ceremony was organized by NSS Unit PESIMSR. The program was organized for all NSS volunteers, paramedical and nursing students of PESIMSR. They were sensitized about the “National Unity Day” and its importance. The contribution of Sardar Vallabhai Patel to our Country was highlighted during the program. A pledge taking ceremony was organized to mark the occasion and the spirit of Rashtriya Ekta Diwas. Dr Anil R, NSS Programme officer, NSS unit, PESIMSR and Dr Leena, Assistant Professor of Physiology were present during the occasion.

World hypertension Day

May 17th 2023

Report on World Hypertension Day Observance

Introduction

World Hypertension Day is observed annually on May 17th to raise awareness about hypertension, commonly known as high blood pressure. This day highlights the importance of

monitoring blood pressure regularly and understanding the associated health risks. The theme of World Hypertension Day, 2023 is 'Measure Your Blood Pressure Accurately, Control It, Live Longer'.

Event Overview

On May 17th, a team of 20 NSS volunteers, accompanied by postgraduate students from the Community Medicine department, visited the local Primary Health Centre (PHC) to commemorate World Hypertension Day. The activities were aimed at educating the community about hypertension and promoting healthy lifestyle practices.

Awareness Campaign

The group conducted an awareness session emphasizing hypertension as a "silent killer." The key points discussed included:

- **Definition of Hypertension:** Understanding what hypertension is and its prevalence.
- **Risk Factors:** Highlighting the various risk factors associated with hypertension, such as:
 - Age
 - Family history
 - Obesity
 - Sedentary lifestyle
 - High salt intake
 - Excessive alcohol consumption
 - Smoking
 - Stress
- **Prevention and Management:** Discussing lifestyle changes and preventive measures, including:
 - Regular physical activity
 - Healthy diet with low salt intake
 - Avoidance of tobacco and limiting alcohol consumption
 - Regular blood pressure monitoring

Screening Camp

A hypertension screening camp was organized where the community members had their blood pressure measured. This initiative aimed to:

- Identify individuals with elevated blood pressure.
- Provide immediate advice on lifestyle modifications and, if necessary, medical consultation.
- Distribute informational pamphlets on hypertension management.

Involvement of Medical Officer

The Medical Officer of the PHC actively participated in the program. They provided expert insights on hypertension, addressed queries from the community, and reinforced the importance of regular health check-ups and adherence to prescribed medication for those diagnosed with hypertension.

Conclusion

The event was a significant step towards raising awareness about hypertension and its associated risks within the community. The collaborative effort of NSS volunteers, postgraduate students, and the PHC staff ensured a comprehensive approach to educating and screening the local population, contributing to better hypertension management and prevention.

Recommendations

- Regular follow-up screenings and health education sessions.
- Continued collaboration between community health workers and medical professionals.
- Implementation of community-based hypertension prevention programs.

This event highlighted the crucial role of community engagement and education in combating hypertension and promoting public health.

World No tobacco Day

May 31st 2023

Introduction

World No Tobacco Day is observed annually on May 31st to highlight the health risks associated with tobacco use and advocate for effective policies to reduce tobacco consumption. This day aims to raise awareness about the harmful effects of tobacco and encourage individuals to quit smoking and other forms of tobacco use. This year's theme is "Grow food, not tobacco".

Event Overview

On May 31st, a team of 30 NSS volunteers along with the NSS Program Officer Dr Anil R, accompanied by postgraduate students from the Community Medicine department, visited the local hospital to commemorate World No Tobacco Day. The activities focused on educating the community about the dangers of tobacco use through interactive and engaging methods.

Awareness Campaign

The group conducted an awareness session using roleplays and health education aids to communicate the risks of tobacco use. The key points discussed included:

- **Health Risks of Tobacco:** Understanding the severe health consequences of tobacco use, such as:
 - Lung cancer
 - Heart disease
 - Chronic obstructive pulmonary disease (COPD)
 - Stroke
 - Oral cancers
- **Secondhand Smoke:** Highlighting the dangers of secondhand smoke to non-smokers, particularly children and pregnant women.
- **Addiction and Quitting:** Discussing the addictive nature of nicotine and providing information on resources and support systems available for quitting tobacco.

Interactive Roleplays

NSS volunteers performed roleplays to vividly depict scenarios illustrating the impact of tobacco use on health and relationships. These roleplays aimed to:

- Show real-life consequences of tobacco addiction.
- Encourage empathy and understanding among viewers.
- Motivate tobacco users to consider quitting.

Health Education Aids

The team created various health education aids, such as posters, pamphlets, and infographics, which were displayed in the hospital and distributed to visitors. These aids included:

- Visuals depicting the harmful effects of tobacco on different organs.
- Tips and strategies for quitting tobacco.
- Information about local cessation programs and helplines.

Hospital Engagement

The hospital staff, including doctors and nurses, supported the initiative by:

- Engaging with visitors and providing additional information on the dangers of tobacco use.
- Offering advice on smoking cessation and the benefits of quitting.
- Encouraging patients and their families to take advantage of available resources for quitting tobacco.

Conclusion

The event was a significant step towards raising awareness about the dangers of tobacco use within the community. The creative use of roleplays and health education aids effectively communicated the message and engaged the audience. The collaboration between NSS volunteers, postgraduate students, and hospital staff ensured a comprehensive approach to educating the community about the risks of tobacco use and the benefits of quitting.

Recommendations

- Regular follow-up educational sessions and support groups for tobacco cessation.
- Continued collaboration between community health workers, volunteers, and medical professionals.
- Implementation of community-based tobacco prevention and cessation programs.

This event underscored the importance of interactive and engaging methods in raising awareness and promoting public health, particularly in the fight against tobacco use.

World Environment day

June 05th 2023

Introduction

World Environment Day is observed annually on June 5th to encourage worldwide awareness and action for the protection of our environment. This year's theme focused on the dangers of plastic pollution and its health consequences, emphasizing the need for sustainable alternatives and practices. This year's campaign is celebrated under the theme #BeatPlasticPollution

Event Overview

On June 5th, a team of 40 NSS volunteers attended an awareness class centered on the theme of plastic pollution. The session aimed to sensitize the volunteers on the importance of environmental conservation and equip them with the knowledge to spread awareness. Following the class, the volunteers visited various shops in and around the campus to educate shop owners and customers about the hazards of using plastics.

Awareness Class

The awareness class covered several key topics, including:

- **Plastic Pollution:** Understanding the extent of plastic pollution and its impact on the environment.
- **Health Consequences:** Highlighting the health risks associated with plastic use, such as:

- o Chemicals from plastics leaching into food and water.
- o Microplastics entering the food chain and causing potential health issues.
- o Air pollution from burning plastics leading to respiratory problems.
- **Sustainable Alternatives:** Discussing eco-friendly alternatives to single-use plastics, such as:
 - o Reusable bags
 - o Glass or metal containers
 - o Biodegradable packaging

Shop Visits

After the awareness class, the NSS volunteers embarked on a mission to visit various shops around the campus. Their objectives were to:

- Educate shop owners and customers about the dangers of plastic use.
- Distribute informational pamphlets highlighting the environmental and health risks of plastics.
- Encourage the adoption of sustainable practices and alternatives to plastics.

During these visits, the volunteers:

- Explained the adverse effects of plastic pollution on the environment, such as soil and water contamination.
- Highlighted the health consequences of plastic exposure, including hormone disruption and increased cancer risk.
- Demonstrated the benefits of using eco-friendly alternatives and provided practical tips for reducing plastic use.

Engagement with Shop Owners

The shop owners responded positively to the volunteers' efforts. Many expressed willingness to:

- Reduce the use of single-use plastics in their shops.
- Promote the use of reusable bags and containers.
- Display educational materials provided by the volunteers to inform customers about plastic pollution.

Conclusion

The event was a crucial step towards raising awareness about plastic pollution and its associated health risks. The NSS volunteers, equipped with knowledge from the awareness class, effectively communicated the message to the community. Their visits to the shops in and around the campus helped foster a sense of responsibility among shop owners and customers, encouraging them to adopt more sustainable practices.

Recommendations

- Conduct regular follow-up visits to ensure continued commitment to reducing plastic use.
- Organize more awareness sessions and workshops on environmental conservation.
- Collaborate with local authorities to implement policies supporting the reduction of plastic pollution.

This event highlighted the power of community engagement and education in promoting environmental sustainability and protecting public health.

World Blood donor day

June 14th 2023

Introduction

World Blood Donor Day is observed annually on June 14th to raise awareness about the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts. The theme for 2023 was "Give blood, give plasma, share life, share often."

Event Overview

On June 14, 2023, the NSS volunteers, in association with the Department of Pathology, organized a poster competition for nursing students around the theme of World Blood Donor Day. Additionally, a rally was conducted inside the campus to create awareness among students, faculty, and the general public regarding the importance of blood donation. The event was graced by the presence of the Dean and Principal, the Medical Superintendent, the Head of the Department of Pathology, the NSS program officer, NSS volunteers, and faculty members.

Poster Competition

The poster competition aimed to encourage nursing students to creatively express the theme "Give blood, give plasma, share life, share often." The objectives of the competition were to:

- Highlight the importance of regular blood and plasma donation.
- Encourage students to use art as a medium to promote health awareness.
- Foster a sense of community and responsibility among nursing students.

Key points from the competition:

- Several impressive posters were created, emphasizing the critical role of blood and plasma donation.
- The posters illustrated the life-saving impact of donations and encouraged the community to donate regularly.

- Winners of the competition were awarded certificates and prizes, and their posters were displayed prominently in the campus.

Awareness Rally

The awareness rally inside the campus was a significant event aimed at spreading the message of blood donation. The rally included:

- Participation from NSS volunteers, nursing students, faculty, and the general public.
- Distribution of informational pamphlets about the benefits of blood donation and the process involved.
- Use of banners and placards with motivational slogans to attract attention.

During the rally:

- Volunteers and participants marched through the campus, raising slogans and distributing pamphlets.
- Informative talks were given by key figures, including the Dean and Principal, the Medical Superintendent, the Head of the Department of Pathology, and the NSS program officer, who emphasized the importance of blood donation.
- Participants were encouraged to pledge to donate blood and plasma regularly.

Conclusion

The event successfully raised awareness about the importance of blood and plasma donation among the campus community. The poster competition and rally, supported by the participation of key figures and volunteers, emphasized the life-saving impact of regular donations. The collaborative effort of the NSS volunteers, the Department of Pathology, and the institution's leadership ensured a comprehensive approach to promoting blood donation.

Recommendations

- Organize regular blood donation drives in collaboration with local blood banks.
- Continue to engage students and faculty in awareness activities through competitions and educational sessions.
- Develop partnerships with community organizations to expand the reach of blood donation campaigns.

This event demonstrated the power of community involvement and education in promoting blood donation, ultimately contributing to saving lives and improving public health.

World Breastfeeding week

August 3rd 2023

Introduction

World Breastfeeding Week is celebrated annually from August 1-7 to promote the importance of breastfeeding and improve the health of babies globally. The theme for 2023 was "Let's make breastfeeding and work, work!" which focuses on supporting breastfeeding in the workplace.

Event Overview

To mark World Breastfeeding Week 2023, the NSS volunteers, in association with the Department of Pediatrics, organized a comprehensive program at Shahi Garment Factory for all female employees. The event aimed to educate and empower working mothers about the significance of breastfeeding and its numerous advantages.

Awareness Program at Shahi Garment Factory

The awareness program included several engaging activities designed to inform and support the female employees:

- **Roleplay Performance:** The NSS volunteers performed a roleplay illustrating the importance of breastfeeding and the negative effects of bottle-feeding. The roleplay aimed to:
 - Demonstrate the health benefits of breastfeeding for both the mother and the baby.
 - Highlight the risks associated with bottle-feeding, including infections and nutritional deficiencies.
 - Encourage working mothers to continue breastfeeding even after returning to work.
- **Dance Program:** A dance performance was organized to highlight the significance of mother-baby bonding. The performance creatively conveyed the emotional and health benefits of breastfeeding, reinforcing the week's theme.

Address by Key Figures

The program featured speeches by prominent figures from the medical community:

- **Head of the Department of Community Medicine:** Addressed the gathering, emphasizing the importance of breastfeeding and workplace support for breastfeeding mothers. Key points included:
 - The health benefits of breastfeeding for infants, including better immunity and nutrition.
 - The importance of employer support in providing time and space for breastfeeding or expressing milk at work.

- **Head of the Department of Pediatrics:** Highlighted the 2023 theme "Let's make breastfeeding and work, work!" and discussed practical strategies for integrating breastfeeding into a working mother's routine. Key points included:
 - Techniques for expressing and storing breast milk.
 - Encouraging workplaces to adopt breastfeeding-friendly policies.

Rally at the City Centre

In addition to the program at the factory, a rally was conducted in the city center to raise awareness among the general public about the importance of breastfeeding and supporting breastfeeding mothers at work. The rally included:

- Participation from NSS volunteers, faculty, and staff from the Departments of Community Medicine and Pediatrics.
- Distribution of informational pamphlets on breastfeeding benefits and tips for working mothers.
- Use of banners and placards with slogans supporting breastfeeding.

Participation of Key Figures

The rally and factory program were supported by several notable figures:

- **NSS Program Officer:** Coordinated the event and motivated the volunteers to continue their efforts in promoting maternal and child health.
- **Faculty of Community Medicine and Pediatrics:** Provided valuable insights and support throughout the program.

Conclusion

The event successfully raised awareness about the importance of breastfeeding and the need for workplace support. The roleplay, dance performance, and speeches provided valuable information and encouragement to the female employees at Shahi Garment Factory. The rally further amplified the message within the city center, promoting a culture of support for breastfeeding mothers.

Indian Constitution day

November 27th 2023

Introduction

Indian Constitution Day, also known as Samvidhan Divas, is celebrated on November 26th each year to commemorate the adoption of the Constitution of India. The day serves as a reminder of

the importance of the Constitution in guiding the nation's governance and protecting the rights of its citizens.

Event Overview

To mark Indian Constitution Day, the NSS volunteers, in association with PES Nursing College (PESCON), organized a comprehensive program for all students, emphasizing the significance of the Constitution. The activities included a quiz competition, a webinar by a renowned lawyer, a roleplay, and a pledge reading.

Quiz Competition

The NSS Unit organized a quiz competition for students from PES Institute of Medical Sciences and Research (PESIMSR) and PESCON, revolving around the Indian Constitution. The objectives of the competition were to:

- Enhance students' knowledge about the Constitution of India.
- Encourage a spirit of healthy competition and learning.
- Promote awareness about constitutional rights and duties.

Key points from the competition:

- The quiz covered various aspects of the Constitution, including its history, key articles, and amendments.
- The competition saw enthusiastic participation from students, reflecting their interest in the subject.
- Winners were awarded prizes and certificates, acknowledging their knowledge and effort.

Webinar by Dr. Rupam Lal Howlader

A webinar was organized where Dr. Rupam Lal Howlader, Assistant Professor at Dr. Ambedkar Government Law College, Puducherry, spoke to NSS volunteers and students. Key points from his talk included:

- The historical context and significance of the Indian Constitution.
- An in-depth discussion on the key features and provisions of the Constitution.
- The importance of understanding and upholding constitutional values in daily life.
- Encouraging students to be aware of their rights and duties as citizens.

Preamble Reading and Pledge

The NSS Program Officer, Dr. Anil R., administered the reading of the Preamble and a pledge to uphold the values enshrined in the Constitution. This activity aimed to:

- Reinforce the principles and values of the Constitution among the students.
- Encourage a sense of responsibility and patriotism.

- Foster unity and respect for the rule of law.

Address by PESCON Principal and Vice Principal

The gathering was addressed by the Principal and Vice Principal of PESCON, who highlighted the importance of Indian Constitution Day and its relevance to students. Key points from their addresses included:

- The role of the Constitution in shaping India's democratic framework.
- The significance of understanding constitutional rights and responsibilities.
- Encouragement to students to actively participate in civic duties and contribute to the nation's development.

Prize Distribution

The event concluded with the distribution of prizes and certificates to the winners of the quiz competition. This ceremony recognized the efforts and knowledge of the participants and motivated others to engage in similar educational activities.

Conclusion

The observance of Indian Constitution Day successfully raised awareness about the importance of the Constitution among the students. The quiz competition, webinar, roleplay, and pledge reading provided a comprehensive understanding of the Constitution's significance. The involvement of key figures and the enthusiastic participation of students made the event a resounding success.

Recommendations

- Organize similar educational programs annually to promote constitutional awareness.
- Encourage students to participate in debates, discussions, and other activities related to the Constitution.
- Collaborate with legal experts and institutions to provide deeper insights into constitutional law and its application.

This event underscored the importance of the Constitution in the lives of students and citizens, fostering a deeper understanding and appreciation of the values it upholds.

World HIV day

December 1st 2023

Introduction

World HIV Day is observed annually on December 1st to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the epidemic. The theme for this year was "Let Communities Lead," emphasizing the crucial role of community-led initiatives in combating HIV/AIDS.

Event Overview

On December 1st, a group of NSS volunteers, postgraduate students in Community Medicine, and NSS Program Officer Dr. Anil organized an HIV awareness program for the general public at a nearby primary health centre. The event aimed to educate the community about HIV, address the theme, and promote proactive measures against the infection.

Activities and Highlights

- **Awareness Program:** The NSS volunteers and postgraduate students conducted an informative session to educate the public about HIV/AIDS, including:
 - Modes of transmission
 - Prevention methods
 - Importance of regular testing
 - Available treatments and support services
 - The need to combat stigma and discrimination associated with HIV/AIDS
- **Booklet Release:** An HIV awareness booklet was released during the event, providing comprehensive information about HIV/AIDS. The booklet was distributed to the attendees for further dissemination within the community. Key contents of the booklet included:
 - Detailed information on HIV prevention, testing, and treatment
 - Resources for support and counseling services
 - Stories and testimonials from individuals living with HIV
- **Dance Program:** A dance performance was organized to highlight the challenges associated with HIV infection and its social implications. The performance creatively depicted:
 - The struggles faced by individuals living with HIV
 - The social stigma and discrimination they often encounter
 - The importance of community support and empathy

Participation of Key Figures

The program saw active involvement from significant local figures:

- **Medical Officer of the PHC:** Spoke about the medical aspects of HIV/AIDS, stressing the importance of early detection and continuous treatment. The officer also provided insights into the local health services available for HIV patients.
- **Local Councillor:** Addressed the gathering, emphasizing community support and the role of local governance in facilitating awareness and support programs. The councillor encouraged the public to participate actively in creating an inclusive and supportive environment for individuals living with HIV.

Conclusion

The event successfully raised awareness about HIV/AIDS among the local community, aligning with the theme "Let Communities Lead." The collaborative efforts of the NSS volunteers, postgraduate students, medical professionals, and local leaders emphasized the importance of community involvement in combating HIV/AIDS. The release of the HIV awareness booklet and the impactful dance performance further reinforced the message, promoting understanding and empathy within the community.

Recommendations

- Continue to organize regular awareness programs and community-led initiatives to combat HIV/AIDS.
- Distribute the HIV awareness booklet widely to ensure the information reaches a larger audience.
- Foster partnerships with local organizations and health services to provide ongoing support and resources for individuals living with HIV.

This event highlighted the power of community engagement in addressing public health challenges and underscored the collective responsibility in the fight against HIV/AIDS.

World Cancer day

February 14 th 2024

Introduction

World Cancer Day is observed annually on February 4th to raise awareness about cancer and encourage its prevention, detection, and treatment. The theme for 2022-2024 is "Close the Care Gap," emphasizing the need to address disparities in cancer care and ensure equitable access to services for all.

Event Overview

On February 4th, a group of NSS volunteers, postgraduate students in Community Medicine, and NSS Program Officer Dr. Anil organized a cancer awareness program for the general public at

Kuppam Anganwadi. The event aimed to educate the community about cancer, align with the theme "Close the Care Gap," and promote proactive measures for cancer prevention and early detection.

Activities and Highlights

- **Awareness Program:** The NSS volunteers and postgraduate students conducted an informative session to educate the public about cancer, including:
 - Common types of cancer and their symptoms
 - Importance of regular screening and early detection
 - Lifestyle changes to reduce cancer risk
 - Available treatments and support services
 - The need to address social stigma associated with cancer
- **Dance Program:** A dance performance was organized to highlight the challenges associated with cancer and its social implications. The performance creatively depicted:
 - The physical and emotional struggles faced by individuals living with cancer
 - The social stigma and discrimination they often encounter
 - The importance of community support and empathy
- **Address by Key Figures:** The program featured speeches by several prominent figures:
 - **CDPO of the Anganwadi:** Addressed the gathering, emphasizing the importance of cancer awareness and community support. The CDPO highlighted the role of local institutions in spreading awareness and providing support to those affected by cancer.
 - **Dr. Anil R., NSS Program Officer:** Highlighted the importance of cancer screening and early detection. He urged local leaders to organize regular cancer screening camps in association with PESIMSR to ensure accessible and timely care for the community.
 - **Local Councillor:** Pledged support for organizing cancer screening camps and emphasized the need for community participation in cancer prevention and care initiatives.

Conclusion

The event successfully raised awareness about cancer among the local community, aligning with the theme "Close the Care Gap." The collaborative efforts of the NSS volunteers, postgraduate students, and local leaders emphasized the importance of equitable access to cancer care. The dance performance and informative sessions promoted understanding and empathy within the community.

Recommendations

- Continue to organize regular awareness programs and community-led initiatives to promote cancer prevention and early detection.
- Work with local leaders and health institutions to organize regular cancer screening camps.

- Foster partnerships with local organizations to provide ongoing support and resources for individuals affected by cancer.

This event highlighted the power of community engagement in addressing public health challenges and underscored the collective responsibility in the fight against cancer.

World Health day

April 7th 2024

Introduction

World Health Day is celebrated annually on April 7th to raise awareness about global health issues and encourage actions to improve health and well-being. The theme for 2024 is "My Health, My Right," emphasizing the right to health and the importance of personal and collective responsibility in achieving it.

Event Overview

On April 7, 2024, an awareness program was organized by NSS volunteers and NSS Program Officer Dr. Anil in association with PES Nursing College (PESCON). The program aimed to educate nursing students about the theme and promote awareness of health rights.

Activities and Highlights

- **Awareness Program:** NSS volunteers and Dr. Anil conducted an informative session for the nursing students, covering:
 - The significance of the theme "My Health, My Right"
 - The importance of recognizing health as a fundamental human right
 - Strategies for advocating for personal and community health rights
 - The role of healthcare professionals in supporting and promoting health rights
- **Reels Competition:** Nursing students participated in a reels competition based on the theme. The competition aimed to:
 - Encourage creative expression and engagement with the theme
 - Promote the use of social media to spread awareness about health rights
 - Foster a sense of community and collaboration among students

Key points from the competition:

- Students created various reel videos highlighting different aspects of health rights.
- The reels were judged by esteemed judges, including faculty members and external experts.
- The creativity and message delivery in the reels were highly appreciated.

Participation of Key Figures

The gathering was attended by several key figures, including:

- **Principal of PESCON:** Addressed the students, emphasizing the importance of understanding and advocating for health rights.
- **Vice Principal of PESCON:** Highlighted the role of nursing students in promoting health rights within the community.
- **NSS PO PESCON and Faculty of Nursing College:** Provided insights and support throughout the event, encouraging students to actively participate in health advocacy.

Prize Distribution

The event concluded with the distribution of prizes and certificates to the winners of the reels competition. The dignitaries recognized the efforts and creativity of the participants, motivating them to continue their advocacy for health rights.

Conclusion

The observance of World Health Day successfully raised awareness about the theme "My Health, My Right" among nursing students. The awareness program and reels competition provided a comprehensive understanding of health rights and encouraged creative engagement with the theme. The active participation of key figures and students made the event a resounding success.

Recommendations

- Continue to organize similar awareness programs and competitions to promote health rights.
- Encourage students to use social media and other platforms to spread awareness about health issues.
- Foster collaborations with other institutions and organizations to expand the reach of health advocacy efforts.

This event highlighted the importance of recognizing health as a fundamental right and the collective responsibility in achieving better health outcomes for all.

World No tobacco day

May 31st 2024

Introduction

World No Tobacco Day is observed annually on May 31st to raise awareness about the harmful effects of tobacco use and to advocate for effective policies to reduce tobacco consumption. The theme for 2024 is "Protecting children from tobacco industry interference," emphasizing the need to shield young people from the harmful influences of the tobacco industry.

Event Overview

On May 31, 2024, NSS volunteers organized an awareness program in Kangundi village near Kuppam. The program aimed to educate the community about the dangers of tobacco use, particularly its impact on children, and to promote the 2024 theme.

Activities and Highlights

- **Awareness Program:** The NSS volunteers conducted an informative session to educate the community about the theme "Protecting children from tobacco industry interference." The session covered:
 - The harmful effects of tobacco use on health, especially among children and adolescents.
 - The strategies used by the tobacco industry to target young people.
 - The importance of protecting children from exposure to tobacco marketing and products.
- **Dance Program:** A dance performance was organized to highlight the problems associated with tobacco use and its social implications. The performance creatively depicted:
 - The physical and health consequences of tobacco consumption.
 - The influence of tobacco marketing on children and the need for community vigilance.
 - The importance of creating a tobacco-free environment for future generations.
- **Rally and Health Education Aids:** A rally was conducted in the village to spread awareness about the theme. The rally included:
 - Participation from NSS volunteers and community members.
 - Use of banners, placards, and health education aids to convey key messages about the dangers of tobacco use and the importance of protecting children.
 - Distribution of informational pamphlets to the villagers, providing tips on how to prevent tobacco industry interference and protect children's health.

Participation of Key Figures

The event saw active involvement from several key figures, including:

- **Local Leaders:** Addressed the gathering, emphasizing the need for community action to protect children from tobacco industry interference.
- **Health Educators:** Provided valuable insights into the health risks associated with tobacco use and the importance of early prevention.

Conclusion

The observance of World No Tobacco Day 2024 in Kangundi village successfully raised awareness about the harmful effects of tobacco use and the need to protect children from tobacco industry interference. The dance program and rally effectively engaged the community and conveyed the importance of the theme. The active participation of local leaders and health educators ensured the event's success.

Recommendations

- Continue to organize similar awareness programs in other villages and communities to spread the message further.
- Collaborate with schools and youth organizations to educate children and adolescents about the dangers of tobacco use.
- Advocate for stronger policies and regulations to prevent tobacco industry interference in communities.

This event highlighted the critical role of community engagement in protecting children from the harmful influences of the tobacco industry and promoting a healthier, tobacco-free future.

World Environment day

June 5th 2024

Introduction

World Environment Day is celebrated annually on June 5th to encourage awareness and action for the protection of the environment. The theme for 2024 focuses on land restoration, halting desertification, and building drought resilience under the slogan “Our Land. Our Future.”

Event Overview

On June 5, 2024, the NSS unit of PESIMSR organized a series of activities to observe World Environment Day. The events included an essay competition, a sapling plantation program, and a campus cleaning drive, engaging MBBS and Nursing students, faculty, and the general public in environmental conservation efforts.

Activities and Highlights

- **Essay Competition:** An essay competition was organized for MBBS and Nursing students around the theme “Our Land. Our Future.” The objectives of the competition were to:
 - Encourage students to research and write about land restoration, desertification, and drought resilience.
 - Promote awareness of environmental issues among the student community.
 - Recognize and reward insightful and well-written essays on the theme.

Key points from the competition:

- Students submitted essays discussing various aspects of land restoration and environmental protection.
- The essays were judged by a panel of faculty members, and winners were awarded prizes and certificates.
- **Sapling Plantation Program:** A sapling plantation program was conducted on campus to promote a cleaner and greener environment. The program included:
 - Participation from students, faculty, and the general public.
 - Planting of various saplings around the campus, contributing to PESIMSR’s vision of environmental sustainability.
 - Highlighting the importance of tree planting in combating desertification and building drought resilience.
- **Campus Cleaning Drive:** A campus cleaning drive was inaugurated to make the campus plastic-free. The activities included:
 - Students and faculty participating in the cleanup effort, collecting and properly disposing of plastic waste.
 - Promoting the use of reusable and eco-friendly alternatives to plastic.
 - Raising awareness about the environmental impact of plastic pollution and the importance of maintaining a clean campus.

Participation of Key Figures

The event saw active involvement from several key figures, including:

- **Dean and Principal:** Addressed the gathering, emphasizing the institution’s commitment to environmental sustainability.
- **Medical Superintendent:** Highlighted the health benefits of a cleaner environment and the role of healthcare professionals in advocating for environmental protection.
- **Head of the Department of Community Medicine:** Spoke about the importance of land restoration and the theme “Our Land. Our Future.”
- **NSS Program Officer:** Coordinated the event and motivated students and faculty to actively participate in environmental conservation efforts.
- **NSS Volunteers and Faculty:** Provided support and actively participated in all activities.

Conclusion

The observance of World Environment Day 2024 at PESIMSR successfully raised awareness about environmental issues and promoted actions towards land restoration, halting desertification, and building drought resilience. The essay competition, sapling plantation program, and campus cleaning drive engaged the entire campus community in meaningful activities, reinforcing the institution's vision of a cleaner and greener environment.

Recommendations

- Continue to organize similar environmental awareness programs and activities annually.
- Encourage student-led initiatives for environmental protection and sustainability.
- Foster collaborations with local environmental organizations to expand the reach and impact of conservation efforts.

This event highlighted the critical role of education and community engagement in promoting environmental sustainability and protecting our land for future generations.

World Population day

July 11th 2024

Introduction

World Population Day is observed annually on July 11th to raise awareness about global population issues. The theme for 2024 is "Leave no one behind, count everyone," emphasizing the importance of inclusive and accurate population data for ensuring equitable access to resources and services.

Event Overview

On July 11, 2024, NSS volunteers organized an awareness program in Kuppam town to educate the community about the theme and its significance. The event included a flash mob performance and a rally to engage the public and spread the message of inclusive population counting.

Activities and Highlights

- **Flash Mob Program:** NSS volunteers performed a flash mob in a central location in Kuppam town. The objectives of the flash mob were to:
 - Draw attention to the theme "Leave no one behind, count everyone."
 - Highlight the importance of inclusive population data for planning and resource allocation.
 - Engage the community in a dynamic and interactive manner.

Key points from the flash mob:

- o Volunteers performed a choreographed dance that incorporated messages about population inclusion and the significance of accurate counting.
- o The performance attracted a large audience, sparking curiosity and interest in the theme.
- **Rally and Health Education Aids:** A rally was conducted to further spread awareness about the theme. The rally included:
 - o Participation from NSS volunteers and community members.
 - o Use of banners, placards, and health education aids to convey key messages about the importance of inclusive population data.
 - o Distribution of informational pamphlets to the public, providing insights into the benefits of accurate population counting and the challenges faced by marginalized groups.

Participation of Key Figures

The event saw active involvement from several key figures, including:

- **Local Leaders:** Addressed the gathering, emphasizing the need for inclusive population policies and the role of accurate data in ensuring no one is left behind.
- **Health Educators:** Provided valuable insights into the importance of population data for health planning and resource allocation.

Conclusion

The observance of World Population Day 2024 in Kuppam town successfully raised awareness about the importance of inclusive and accurate population counting. The flash mob performance and rally effectively engaged the community and conveyed the theme's significance. The active participation of local leaders and health educators ensured the event's success.

Recommendations

- Continue to organize similar awareness programs in other towns and villages to spread the message further.
- Collaborate with local organizations and government bodies to improve population data collection and inclusivity.
- Encourage community participation in population surveys and censuses to ensure accurate and comprehensive data.

This event highlighted the critical role of community engagement in promoting inclusive population policies and ensuring equitable access to resources and services for all.

Extension and outreach activities engaging NSS

Vruksho rakshathi rakshithaha:

14th February, 2018



Swachh Bharat Diwas

2nd October, 2018



World Antibiotic Awareness Week

November 2018





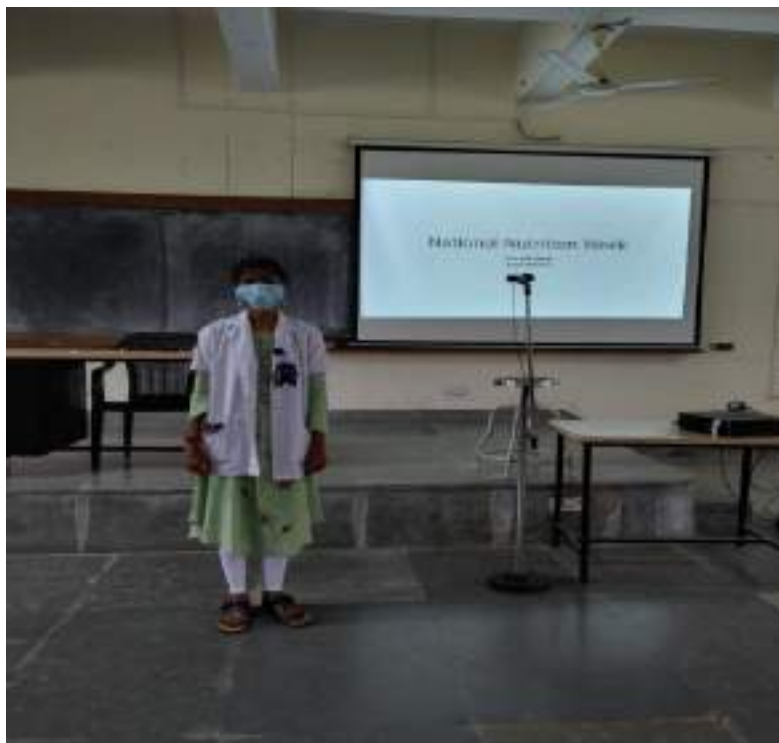
Rally for women safety

10th December, 2019



National Nutrition Week

Date: 5th September 2021





Donation at an Anganwadi centre

DECEMBER 1ST 2021





CONSTITUTION DAY CELEBRATION

DECEMBER 17TH 2021



World women's day 2022

Date: 8.3.22



Special camp participation

Date: 21.3.22 to 27.3.22



World health day 2022

April 7TH 2022



Health camp at Begilpalli school

April 8TH 2022



World Environment day 2022

June 5TH 2022



World blood donor day 2022

June 30TH 2022



International yoga day 2022

June 21TH 2022



National Nutrition Week

September 07TH 2022



World Suicide Prevention Day

September 10TH 2022



World Rabies Prevention Day

September 30TH 2022



World Mental Health Day

October 10th 2022



National Unity Day

October 31th 2022



World hypertension Day

May 17th 2023



World No tobacco Day

May 31st 2023



World Environment day

June 05th 2023



World Blood donor day

June 14th 2023



World Breast feeding week

August 3rd 2023



కుప్పం ఆర్టీసీ బస్టాండు కూడలిలో వైద్యులు,
విద్యార్థుల మానవహారం

తల్లిపాలే బిడ్డకు అమృతం

కుప్పం పట్టణం, స్టాన్ టుడే: విజ్ఞకు తల్లి పాలు అమృతం తమని దిన్న పిల్లల విధాగారిదని ధారాజెండ్ల నాయకులు అన్నారు. ఏఈయమ్ వైద్య ఆసుపత్రి, లయన్స్ క్లబ్ ఆధ్వర్యంలో కుప్రవారం కుప్పం పట్టణంలో షుభార్థులు చేతవేట్టు కొవి ఆవగాహన కార్యక్రమం జరిగింది. ఆర్టీసీ బస్టాండు కూడలిలో మానవహారంగా ఏర్పాటై కుప్పకు తల్లిపాల కారా జరిగే ప్రయోజనాలు తెలిపారు. వైద్యులు హాటింగ్ వండ్ల, కుమ్మారునిటి మెడిసిన్ విభాగం అధ్యక్షులు అనిల్ రాజ్, ఏమ్మెమ్. మహాపా పాల్గొన్నారు.



Indian Constitution day

November 27th 2023



World HIV day

December 1st 2023



World Cancer day

February 14 th 2024



World Health day

April 7th 2024



World No tobacco day

May 31st 2024





World Environment day

June 5th 2024





PES INSTITUTE OF MEDICAL SCIENCES & RESEARCH
PES COLLEGE OF NURSING

NSS UNITS ENVIRONMENTAL DAY CELEBRATION!

#GREENINGOURDRIVE



**THEME:
LAND RESTORATION,
DESERTIFICATION &
DROUGHT RESILIENCE**



Sapling Plantation by
Dr. H.R. Krishna Rao
Dean & Principal - PESMRC



Campus Clean & Green Drive by Faculties & Students
Date: 06.08.2024, Time: 11:00 AM, Venue: Cypil, CP



Essay Competition
Title: The Role of Youth in Land Restoration
Open to all the Students of Medical, Nursing, Physiotherapy & MPT
Date: 06.08.2024, Time: 1:00 PM, Venue: Nursing College

#RESTOREOURLAND

Follow us on



