

NAAC Criterion 3: Research, Innovations and Extension - **DVV**

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.

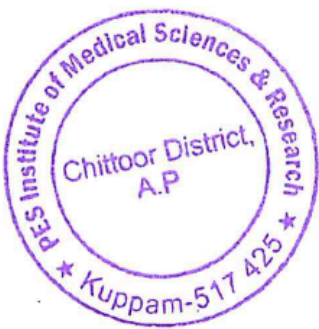
DVV-3.4.1: List of extension and outreach activities year- wise during the last five years




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
106	108	106	106	102

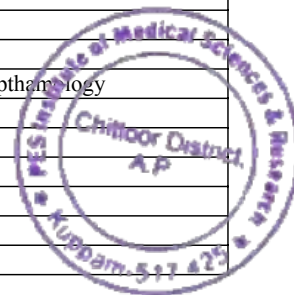



Dr H R KRISHNA RAO
MBBS MS(Anatomy)
DEAN & PRINCIPAL
PES Institute of Medical Sciences & Research
Kuppam-517425 Chittoor Dist,A P
Mobile -9391833752

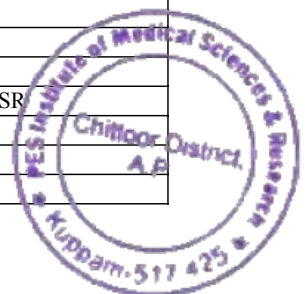
Key Indicator - 3.4 Extension Activities

3.4.1 (QnM) Number of extension and outreach activities carried out in collaboration with National and International agencies, industry, community, Government and Non- Governmental Organisations engaging NSS/NCC/Red cross/YRC/institutional clubs etc. during the last five years

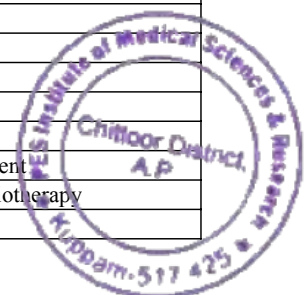
Sl. No.	Year	Name of the activity	Organising unit/ agency/ collaborating agency
1	2023-24	NSS Foundation Day	NSS
2	2023-24	National Youth Day	NSS
3	2023-24	World Health Day	PES Hospital
4	2023-24	International Yoga Day	PESIMSR Club
5	2023-24	World No Tobacco Day	Department of Psychiatry / SPM
6	2023-24	Family Adoption Programme	SPM Department
7	2023-24	National Blood Donation Day	PESIMSR - Blood Bank Unit
8	2023-24	World Environment Day	NSS
9	2023-24	International Women's Day	NSS
10	2023-24	World AIDS Day	NSS
11	2023-24	National Constitution Day	NSS
12	2023-24	National Road Safety Week	NSS
13	2023-24	World Mental Health Day	Department of Psychiatry
14	2023-24	World Anatomy Day	Department of Anatomy
15	2023-24	World Hypertension Day	NSS
16	2023-24	World Diabetes Day	NSS
17	2023-24	Family Adoption Programme	SPM Department
18	2023-24	World Kidney Day	PES Hospital
19	2023-24	World Pharmacists Day	Department of Pharmacology
20	2023-24	World Antimicrobial Awareness	NSS
21	2023-24	National Pharmacovigilance Day	Department of Pharmacology
22	2023-24	World Tuberculosis Day	NSS
23	2023-24	World Hepatitis Day	NSS
24	2023-24	Family Adoption Programme	SPM Department
25	2023-24	National Pathology Day	Department of Pathology
26	2023-24	World Cancer Day	PES Hospital
27	2023-24	World Forensic Day	Department of Forensic Medicine
28	2023-24	World Population Day	NSS
29	2023-24	National Nutrition Week	NSS
30	2023-24	National Dengue Day	NSS
31	2023-24	World Heart Day	NSS
32	2023-24	World Stroke Day	NSS
33	2023-24	National Burns Awareness Day	NSS
34	2023-24	World Hernia Awareness Day	Department of Surgery
35	2023-24	World Breastfeeding Week	Department of Pediatrics
36	2023-24	World Maternal Health Day	Department of OBG
37	2023-24	World Voice Day	Department of ENT
38	2023-24	World Hearing Day	Department of ENT
39	2023-24	World Anaesthesia Day	Department of Anaesthesiology
40	2023-24	World Patient Safety Day	NSS
41	2023-24	International Day of Radiology	Department of Radio Diagnosis
42	2023-24	World Brain Day	Department of General Surgery
43	2023-24	World HIV day	NSS
44	2023-24	Family Adoption Programme	SPM Department
45	2023-24	World women's day	NSS
46	2023-24	PES Green & Clean Initiative	NSS
47	2023-24	Rally for Women safety	NSS
48	2023-24	Independence Day	NSS
49	2023-24	Eye Camp	Department of Ophthalmology
50	2023-24	Republic Day	NSS
51	2023-24	Onam Day	NSS
52	2023-24	World Rabies Prevention Day	NSS
53	2023-24	Condolences for Pulwama attack	NSS
54	2023-24	Blood Donation Camp	NSS
55	2023-24	Health and Hygiene Awareness Programs	NSS



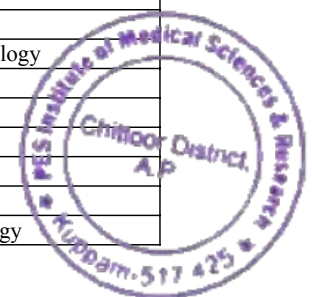
56	2023-24	Tree Plantation and Environmental Conservation	NSS
57	2023-24	Swachh Bharat Abhiyan	NSS
58	2023-24	Family Adoption Programme	SPM Department
59	2023-24	Disaster Management and Relief	NSS
60	2023-24	Awareness Campaign - Drug abuse	Department of Pharmacology
61	2023-24	Awareness Campaign - literacy	NSS
62	2023-24	Mega Health General Camp	PES Hospital
63	2023-24	Awareness Campaign - Gender equality	CASH Committee
64	2023-24	NSS volunteers for Slum Work	NSS
65	2023-24	Special camp participation	NSS
66	2023-24	World Suicide Prevention Day	Department of Psychiatry
67	2023-24	Condolences for Pulwama attack	NSS
68	2023-24	Swachh Bharat Abhiyan	NSS
69	2023-24	Sports day	PESIMSR Sports Club
70	2023-24	Family Adoption Programme	NSS
71	2023-24	Physiotherapy Day	Department of Orthopedics
72	2023-24	Blood Donation Camp	NSS
73	2023-24	Nurses Day	PES Hospital
74	2023-24	Library Day	NSS
75	2023-24	National Doctor's Day	PESIMSR
76	2023-24	Eye Camp	Department of Ophthalmology
77	2023-24	Family Adoption Programme	NSS
78	2023-24	Medical Research and Innovation Day	PESIMSR
79	2023-24	Skill Development and Professional Competency D	NSS
80	2023-24	Community Service and Outreach Day	NSS
81	2023-24	Academic Enrichment Day	PESIMSR
82	2023-24	Family Adoption Programme	SPM Department
83	2023-24	Annual Sports and Cultural Fest	PESIMSR Sports Club
84	2023-24	Freshers' Day UG	PESIMSR
85	2023-24	Graduation Ceremony	PESIMSR
86	2023-24	Health and Wellness Week	NSS
87	2023-24	Family Adoption Programme	SPM Department
88	2023-24	Plantation and Awareness Porgramme	NSS
89	2023-24	Eye Camps	Department of Ophthalmology
90	2023-24	Mega Health Camp	NSS
91	2023-24	Chidren Health Awareness Programme	SPM Department
92	2023-24	Dental Camp	Department of Dendistry
93	2023-24	Female students- Health awareness program	NSS
94	2023-24	Cleaning- in front of PESIMSR Campus	NSS
95	2023-24	Family Adoption Programme	SPM Department
96	2023-24	TB Awareness program	NSS
97	2023-24	Health survey	NSS
98	2023-24	Family Adoprion Progremme	SPM Department
99	2023-24	ROAD SAFETY AWARENESS	NSS
100	2023-24	COVID-19 VACCINATION DRIVES	NSS
101	2023-24	PULSE POLIO IMMUNIZATION DRIVE	SPM Department
102	2023-24	FIRST AID TRAINING	PES Hospital
103	2023-24	Blood Donation Camp	NSS
104	2023-24	UG Foundation Programme	NSS
105	2023-24	PG Foundation Programme	NSS
106	2023-24	Freshers Day for PGs	NSS
2022-23			
1	2022-23	NSS Foundation Day	NSS
2	2022-23	National Youth Day	NSS
3	2022-23	World Health Day	PES Hpspital
4	2022-23	International Yoga Day	PESIMSR
5	2022-23	World No Tobacco Day	NSS
6	2022-23	Family Adoption Programme	SPM Department
7	2022-23	National Blood Donation Day	Blood Bank - PESIMSR
8	2022-23	World Environment Day	NSS
9	2022-23	International Women's Day	NSS
10	2022-23	World AIDS Day	NSS



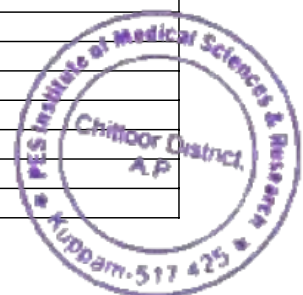
11	2022-23	National Constitution Day	NSS
12	2022-23	National Road Safety Week	NSS
13	2022-23	World Mental Health Day	Department of Psychiatry
14	2022-23	World Anatomy Day	Department of Anatomy
15	2022-23	World Hypertension Day	NSS
16	2022-23	World Diabetes Day	NSS
17	2022-23	Family Adoption Programme	SPM Department
18	2022-23	World Kidney Day	PES Hospital
19	2022-23	World Pharmacists Day	Department of Pharmacology
20	2022-23	World Antimicrobial Awareness Week	PES Hospital
21	2022-23	National Pharmacovigilance Day	Department of Pharmacology
22	2022-23	World Tuberculosis Day	SPM Department
23	2022-23	World Hepatitis Day	SPM Department
24	2022-23	Family Adoption Programme	SPM Department
25	2022-23	National Pathology Day	Department of Pathology
26	2022-23	World Cancer Day	NSS
27	2022-23	World Forensic Day	NSS
28	2022-23	World Population Day	NSS
29	2022-23	National Nutrition Week	NSS
30	2022-23	National Dengue Day	NSS
31	2022-23	World Heart Day	NSS
32	2022-23	World Stroke Day	NSS
33	2022-23	National Burns Awareness Day	NSS
34	2022-23	World Hernia Awareness Day	Department of General Surgery
35	2022-23	World Breastfeeding Week	Department of Pediatric
36	2022-23	World Maternal Health Day	NSS Department of Psychiatry
37	2022-23	World Voice Day	NSS
38	2022-23	World Hearing Day	Department of Ophthalmology
39	2022-23	World Anesthesia Day	Department of Anesthesiology
40	2022-23	World Patient Safety Day	NSS
41	2022-23	International Day of Radiology	NSS
42	2022-23	World Brain Day	NSS
43	2022-23	World HIV day	NSS
44	2022-23	Family Adoption Programme	NSS
45	2022-23	World women's day	NSS
46	2022-23	PES Green & Clean Initiative	NSS
47	2022-23	Rally for Women safety	NSS
48	2022-23	Independence Day	NSS
49	2022-23	Eye Camp	NSS
50	2022-23	Republic Day	NSS
51	2022-23	Onam Day	NSS
52	2022-23	World Rabies Prevention Day	NSS
53	2022-23	Condolences for Pulwama attack	NSS
54	2022-23	Blood Donation Camp	Blood Bank - PESIMSR
55	2022-23	Health and Hygiene Awareness Programs	NSS
56	2022-23	Tree Plantation and Environmental Conservation	NSS
57	2022-23	Swachh Bharat Abhiyan	NSS
58	2022-23	Family Adoption Programme	SPM Department
59	2022-23	Disaster Management and Relief	NSS
60	2022-23	Awareness Campaign - drug abuse	NSS
61	2022-23	Awareness Campaign - literacy	NSS
62	2022-23	Mega Health General Camp	NSS
63	2022-23	Awareness Campaign - Gender equality	CASH
64	2022-23	NSS volunteers for Slum Work	NSS
65	2022-23	Special camp participation	NSS
66	2022-23	World Suicide Prevention Day	NSS
67	2022-23	Condolences for Pulwama attack	NSS
68	2022-23	Swachh Bharat Abhiyan	NSS
69	2022-23	Sports day	NSS
70	2022-23	Family Adoption Programme	SPM Department
71	2022-23	Physiotherapy Day	Department of Physiotherapy
72	2022-23	Blood Donation Camp	NSS



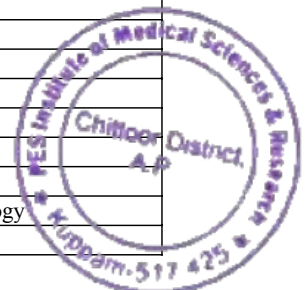
73	2022-23	Nurses Day	PES Hospital
74	2022-23	Library Day	NSS
75	2022-23	National Doctor's Day	PES Hospital
76	2022-23	Eye Camp	PES Hospital
77	2022-23	Family Adoption Programme	NSS
78	2022-23	Medical Research and Innovation Day	PESIMSR
79	2022-23	Skill Development and Professional Competency D	NSS
80	2022-23	Community Service and Outreach Day	NSS
81	2022-23	Academic Enrichment Day	NSS
82	2022-23	Family Adoption Programme	NSS
83	2022-23	Annual Sports and Cultural Fest	Sports club
84	2022-23	Freshers' Day UG	NSS
85	2022-23	Graduation Ceremony	NSS
86	2022-23	Health and Wellness Week	NSS
87	2022-23	Family Adoption Programme	NSS
88	2022-23	Plantation and Awareness Porgramme	NSS
89	2022-23	Eye Camps	PSIMSR
90	2022-23	Mega Health Camp	NSS
91	2022-23	Chidren Health Awareness Programme	Department of Paediatrics
92	2022-23	Dental Camp	Department of Dentistry
93	2022-23	Female students- Health awareness program	NSS
94	2022-23	Cleaning- in front of PESIMSR Campus	NSS
95	2022-23	Family Adoption Programme	SPM Department
96	2022-23	TB Awareness program	NSS
97	2022-23	Health survey	NSS
98	2022-23	Family Adoprion Progremme	NSS
99	2022-23	ROAD SAFETY AWARENESS	NSS
100	2022-23	COVID-19 VACCINATION DRIVES	NSS
101	2022-23	PULSE POLIO IMMUNIZATION DRIVE	NSS
102	2022-23	FIRST AID TRAINING	NSS
103	2022-23	Blood Donation Camp	Blood Bank - PESIMSR
104	2022-23	UG Foundation Programme	NSS
105	2022-23	PG Foundation Programme	NSS
106	2022-23	Freshers Day for PGs	NSS
107	2022-23	Mega Health Camp	NSS
108	2022-23	Eye Camp	NSS
2021-22			
1	2021-22	NSS Foundation Day	NSS
2	2021-22	National Youth Day	NSS
3	2021-22	World Health Day	NSS
4	2021-22	International Yoga Day	NSS
5	2021-22	World No Tobacco Day	SPM Department
6	2021-22	Family Adoption Programme	SPM Department
7	2021-22	National Blood Donation Day	Blood bank - PESIMSR
8	2021-22	World Environment Day	NSS
9	2021-22	International Women's Day	NSS
10	2021-22	World AIDS Day	NSS
11	2021-22	National Constitution Day	NSS
12	2021-22	National Road Safety Week	NSS
13	2021-22	World Mental Health Day	Department of Pschiatry
14	2021-22	World Anatomy Day	Department of Pschiatry
15	2021-22	World Hypertension Day	NSS
16	2021-22	World Diabetes Day	NSS
17	2021-22	Family Adoption Programme	SPM Department
18	2021-22	World Kidney Day	PES Hospital
19	2021-22	World Pharmacists Day	Department of Pharmacology
20	2021-22	World Antimicrobial Awareness Week	NSS
21	2021-22	National Pharmacovigilance Day	NSS
22	2021-22	World Tuberculosis Day	NSS
23	2021-22	World Hepatitis Day	NSS
24	2021-22	Family Adoption Programme	NSS
25	2021-22	National Pathology Day	Department of Pathology



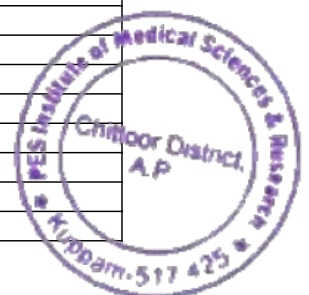
26	2021-22	World Cancer Day	NSS
27	2021-22	World Forensic Day	Department of Forensic Medicine
28	2021-22	World Population Day	NSS
29	2021-22	National Nutrition Week	PES Hospital
30	2021-22	National Dengue Day	PES Hospital
31	2021-22	World Heart Day	NSS
32	2021-22	World Stroke Day	NSS
33	2021-22	National Burns Awareness Day	NSS
34	2021-22	World Hernia Awareness Day	Department of General Surgery
35	2021-22	World Breastfeeding Week	PES Hospital
36	2021-22	World Maternal Health Day	Department of Psychiatry
37	2021-22	World Voice Day	NSS
38	2021-22	World Hearing Day	NSS
39	2021-22	World Anesthesia Day	Department of Anaesthesiology
40	2021-22	World Patient Safety Day	NSS
41	2021-22	International Day of Radiology	NSS
42	2021-22	World Brain Day	NSS
43	2021-22	World HIV day	NSS
44	2021-22	Family Adoption Programme	NSS
45	2021-22	World women's day	NSS
46	2021-22	PES Green & Clean Initiative	NSS
47	2021-22	Rally for Women safety	NSS
48	2021-22	Independence Day	NSS
49	2021-22	Eye Camp	NSS
50	2021-22	Republic Day	NSS
51	2021-22	Onam Day	NSS
52	2021-22	World Rabies Prevention Day	NSS
53	2021-22	Condolences for Pulwama attack	NSS
54	2021-22	Blood Donation Camp	Blood bank - PESIMSR
55	2021-22	Health and Hygiene Awareness Programs	PES Hospital
56	2021-22	Tree Plantation and Environmental Conservation	NSS
57	2021-22	Swachh Bharat Abhiyan	NSS
58	2021-22	Family Adoption Programme	NSS
59	2021-22	Disaster Management and Relief	NSS
60	2021-22	Awareness Campaign - drug abuse	NSS
61	2021-22	Awareness Campaign - literacy	NSS
62	2021-22	Mega Health General Camp	NSS
63	2021-22	Awareness Campaign - gender equality	NSS
64	2021-22	NSS volunteers for Slum Work	NSS
65	2021-22	Special camp participation	NSS
66	2021-22	World Suicide Prevention Day	NSS
67	2021-22	Condolences for Pulwama attack	NSS
68	2021-22	Swachh Bharat Abhiyan	NSS
69	2021-22	Sports day	Sports club
70	2021-22	Family Adoption Programme	NSS
71	2021-22	Physiotherapy Day	Department of Physiotherapy
72	2021-22	Blood Donation Camp	NSS
73	2021-22	Nurses Day	PES Hospital
74	2021-22	Library Day	NSS
75	2021-22	National Doctor's Day	PES Hospital
76	2021-22	Eye Camp	PES Hospital
77	2021-22	Family Adoption Programme	SPM Department
78	2021-22	Medical Research and Innovation Day	NSS
79	2021-22	Skill Development and Professional Competency D	NSS
80	2021-22	Community Service and Outreach Day	NSS
81	2021-22	Academic Enrichment Day	PESIMSR
82	2021-22	Family Adoption Programme	NSS
83	2021-22	Annual Sports and Cultural Fest	NSS
84	2021-22	Freshers' Day	NSS
85	2021-22	Graduation Ceremony	NSS
86	2021-22	Health and Wellness Week	NSS
87	2021-22	Family Adoption Programme	NSS



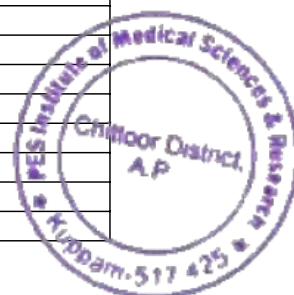
88	2021-22	Plantation and Awareness Programme	NSS
89	2021-22	Eye Camps	PES Hospital
90	2021-22	Mega Health Camp	PES Hospital
91	2021-22	Children Health Awareness Programme	Department of Paediatrics
92	2021-22	Dental Camp	Department of Dentistry
93	2021-22	Female students- Health awareness program	PES Hospital
94	2021-22	Cleaning- in front of PESIMSR Campus	NSS
95	2021-22	Family Adoption Programme	SPM Department
96	2021-22	TB Awareness program	PES Hospital
97	2021-22	Health survey	NSS
98	2021-22	Family Adoption Programme	NSS
99	2021-22	ROAD SAFETY AWARENESS	NSS
100	2021-22	COVID-19 VACCINATION DRIVES	NSS
101	2021-22	PULSE POLIO IMMUNIZATION DRIVE	NSS
102	2021-22	FIRST AID TRAINING	NSS
103	2021-22	Blood Donation Camp	NSS
104	2021-22	UG Foundation Programme	NSS
105	2021-22	PG Foundation Programme	NSS
106	2021-22	Freshers Day for PGs	NSS
1	2020-21	NSS Foundation Day	NSS
2	2020-21	National Youth Day	NSS
3	2020-21	World Health Day	NSS
4	2020-21	International Yoga Day	NSS
5	2020-21	World No Tobacco Day	PES Hospital
6	2020-21	Family Adoption Programme	SPM Department
7	2020-21	National Blood Donation Day	Blood Bank
8	2020-21	World Environment Day	NSS
9	2020-21	International Women's Day	NSS
10	2020-21	World AIDS Day	NSS
11	2020-21	National Constitution Day	NSS
12	2020-21	National Road Safety Week	NSS
13	2020-21	World Mental Health Day	Department of Psychiatry
14	2020-21	World Anatomy Day	Department of Anatomy
15	2020-21	World Hypertension Day	NSS
16	2020-21	World Diabetes Day	NSS
17	2020-21	Family Adoption Programme	SPM Department
18	2020-21	World Kidney Day	PES Hospital
19	2020-21	World Pharmacists Day	Department of Pharmacology
20	2020-21	World Antimicrobial Awareness Week	NSS
21	2020-21	National Pharmacovigilance Day	Department of Pharmacology
22	2020-21	World Tuberculosis Day	NSS
23	2020-21	World Hepatitis Day	PES Hospital
24	2020-21	Family Adoption Programme	NSS
25	2020-21	National Pathology Day	PES Hospital
26	2020-21	World Cancer Day	PES Hospital
27	2020-21	World Forensic Day	Department of Forensic Medicine
28	2020-21	World Population Day	NSS
29	2020-21	National Nutrition Week	NSS
30	2020-21	National Dengue Day	PES Hospital
31	2020-21	World Heart Day	NSS
32	2020-21	World Stroke Day	NSS
33	2020-21	National Burns Awareness Day	NSS
34	2020-21	World Hernia Awareness Day	PES Hospital
35	2020-21	World Breastfeeding Week	PES Hospital
36	2020-21	World Maternal Health Day	NSS
37	2020-21	World Voice Day	NSS
38	2020-21	World Hearing Day	NSS
39	2020-21	World Anesthesia Day	NSS
40	2020-21	World Patient Safety Day	NSS
41	2020-21	International Day of Radiology	Department of Radiology
42	2020-21	World Brain Day	NSS



43	2020-21	World HIV day	NSS
44	2020-21	Family Adoption Programme	NSS
45	2020-21	World women's day	NSS
46	2020-21	PES Green & Clean Initiative	NSS
47	2020-21	Rally for Women safety	NSS
48	2020-21	Independence Day	NSS
49	2020-21	Eye Camp	PES Hospital
50	2020-21	Republic Day	NSS
51	2020-21	Onam Day	NSS
52	2020-21	World Rabies Prevention Day	PES Hospital
53	2020-21	Condolences for Pulwama attack	NSS
54	2020-21	Blood Donation Camp	Blood Bank
55	2020-21	Health and Hygiene Awareness Programs	NSS
56	2020-21	Tree Plantation and Environmental Conservation	NSS
57	2020-21	Swachh Bharat Abhiyan	NSS
58	2020-21	Family Adoption Programme	NSS
59	2020-21	Disaster Management and Relief	NSS
60	2020-21	Awareness Campaign - drug abuse	NSS
61	2020-21	Awareness Campaign - literacy	NSS
62	2020-21	Mega Health General Camp	NSS
63	2020-21	Awareness Campaign - Gender equality	NSS
64	2020-21	NSS volunteers for Slum Work	NSS
65	2020-21	Special camp participation	NSS
66	2020-21	World Suicide Prevention Day	NSS
67	2020-21	Condolences for Pulwama attack	NSS
68	2020-21	Swachh Bharat Abhiyan	NSS
69	2020-21	Sports day	Sports Club
70	2020-21	Family Adoption Programme	SPM Department
71	2020-21	Physiotherapy Day	PES Hospital
72	2020-21	Blood Donation Camp	Blood Bank - PESIMSR
73	2020-21	Nurses Day	PES Hospital
74	2020-21	Library Day	NSS
75	2020-21	National Doctor's Day	NSS
76	2020-21	Eye Camp	PES Hospital
77	2020-21	Family Adoption Programme	SPM Department
78	2020-21	Medical Research and Innovation Day	PESIMSR
79	2020-21	Skill Development and Professional Competency D	NSS
80	2020-21	Community Service and Outreach Day	NSS
81	2020-21	Academic Enrichment Day	PESIMSR
82	2020-21	Family Adoption Programme	NSS
83	2020-21	Annual Sports and Cultural Fest	Sports Club
84	2020-21	Freshers' Day UG	NSS
85	2020-21	Graduation Ceremony	NSS
86	2020-21	Health and Wellness Week	NSS
87	2020-21	Family Adoption Programme	NSS
88	2020-21	Plantation and Awareness Porgramme	NSS
89	2020-21	Eye Camps	PES Hospital
90	2020-21	Mega Health Camp	PES Hospital
91	2020-21	Chidren Health Awareness Programme	NSS
92	2020-21	Dental Camp	PES Hospital
93	2020-21	Female students- Health awareness program	NSS
94	2020-21	Cleaning- in front of PESIMSR Campus	NSS
95	2020-21	Family Adoption Programme	NSS
96	2020-21	TB Awareness program	NSS
97	2020-21	Health survey	PES Hospital
98	2020-21	ROAD SAFETY AWARENESS	NSS
99	2020-21	COVID-19 VACCINATION DRIVES	NSS
100	2020-21	PULSE POLIO IMMUNIZATION DRIVE	NSS
101	2020-21	FIRST AID TRAINING	NSS
102	2020-21	Blood Donation Camp	NSS
103	2020-21	UG Foundation Programme	NSS
104	2020-21	PG Foundation Programme	NSS



105	2020-21	Freshers Day for PGs	NSS
1	2019-20	NSS Foundation Day	NSS
2	2019-20	National Youth Day	NSS
3	2019-20	World Health Day	NSS
4	2019-20	International Yoga Day	NSS
5	2019-20	World No Tobacco Day	PES Hospital
6	2019-20	National Blood Donation Day	Blood bank - PESIMSR
7	2019-20	World Environment Day	NSS
8	2019-20	International Women's Day	NSS
9	2019-20	World AIDS Day	NSS
10	2019-20	National Constitution Day	NSS
11	2019-20	National Road Safety Week	NSS
12	2019-20	World Mental Health Day	Department of Psychiatry
13	2019-20	World Anatomy Day	Department of Anatomy
14	2019-20	World Hypertension Day	NSS
15	2019-20	World Diabetes Day	PES Hospital
16	2019-20	World Kidney Day	PES Hospital
17	2019-20	World Pharmacists Day	PESIMSR
18	2019-20	World Antimicrobial Awareness Week	NSS
19	2019-20	National Pharmacovigilance Day	PESIMSR
20	2019-20	World Tuberculosis Day	NSS
21	2019-20	World Hepatitis Day	NSS
22	2019-20	National Pathology Day	Department of Pathology
23	2019-20	World Cancer Day	NSS
24	2019-20	World Forensic Day	Department of Forensic Medicine
25	2019-20	World Population Day	NSS
26	2019-20	National Nutrition Week	NSS
27	2019-20	National Dengue Day	PES Hospital
28	2019-20	World Heart Day	NSS
29	2019-20	World Stroke Day	NSS
30	2019-20	National Burns Awareness Day	NSS
31	2019-20	World Hernia Awareness Day	PESIMSR
32	2019-20	World Breastfeeding Week	PESIMSR
33	2019-20	World Maternal Health Day	PES Hospital
34	2019-20	World Voice Day	NSS
35	2019-20	World Hearing Day	PES Hospital
36	2019-20	World Anesthesia Day	PESIMSR
37	2019-20	World Patient Safety Day	NSS
38	2019-20	International Day of Radiology	Department of Radiology
39	2019-20	World Brain Day	NSS
40	2019-20	World HIV day	NSS
41	2019-20	Family Adoption Programme	SPM Department
42	2019-20	World women's day	NSS
43	2019-20	PES Green & Clean Initiative	NSS
44	2019-20	Rally for Women safety	NSS
45	2019-20	Independence Day	NSS
46	2019-20	Eye Camp	PES Hospital
47	2019-20	Republic Day	PES Hospital
48	2019-20	Onam Day	NSS
49	2019-20	World Rabies Prevention Day	PES Hospital
50	2019-20	Condolences for Pulwama attack	NSS
51	2019-20	Blood Donation Camp	Blood bank - PESIMSR
52	2019-20	Health and Hygiene Awareness Programs	NSS
53	2019-20	Tree Plantation and Environmental Conservation	NSS
54	2019-20	Swachh Bharat Abhiyan	NSS
55	2019-20	Family Adoption Programme	SPM Department
56	2019-20	Disaster Management and Relief	NSS
57	2019-20	Awareness Campaign - drug abuse	NSS
58	2019-20	Awareness Campaign - literacy	NSS
59	2019-20	Mega Health General Camp	NSS
60	2019-20	Awareness Campaign - gender equality	NSS



61	2019-20	NSS volunteers for Slum Work	NSS
62	2019-20	Special camp participation	NSS
63	2019-20	World Suicide Prevention Day	NSS
64	2019-20	Condolences for Pulwama attack	NSS
65	2019-20	Swachh Bharat Abhiyan	NSS
66	2019-20	Sports day	NSS
67	2019-20	Family Adoption Programme	Sports club - PESIMSR
68	2019-20	Physiotherapy Day	NSS
69	2019-20	Blood Donation Camp	Blood bank - PESIMSR
70	2019-20	Nurses Day	PES Hospital
71	2019-20	Library Day	NSS
72	2019-20	National Doctor's Day	PES Hospital
73	2019-20	Eye Camp	PES Hospital
74	2019-20	Family Adoption Programme	NSS
75	2019-20	Medical Research and Innovation Day	PESIMSR
76	2019-20	Skill Development and Professional Competency D	NSS
77	2019-20	Community Service and Outreach Day	SPM Department
78	2019-20	Academic Enrichment Day	PESIMSR
79	2019-20	Annual Sports and Cultural Fest	PESIMSR - Sports Club
80	2019-20	Freshers' Day UG	NSS
81	2019-20	Graduation Ceremony	NSS
82	2019-20	Health and Wellness Week	NSS
83	2019-20	Family Adoption Programme	NSS
84	2019-20	Plantation and Awareness Porgramme	NSS
85	2019-20	Eye Camps	PES Hospital
86	2019-20	Mega Health Camp	PES Hospital
87	2019-20	Chidren Health Awareness Programme	PES Hospital
88	2019-20	Dental Camp	Department of Dentistry
89	2019-20	Female students- Health awareness program	NSS
90	2019-20	Cleaning- in front of PESIMSR Campus	NSS
91	2019-20	Family Adoption Programme	NSS
92	2019-20	TB Awareness program	PES Hospital
93	2019-20	Health survey	NSS
94	2019-20	Family Adoprion Progremme	NSS
95	2019-20	ROAD SAFETY AWARENESS	NSS
96	2019-20	Mega Health Camp	PES Hospital
97	2019-20	Eye Camp	PES Hospital
98	2019-20	FIRST AID TRAINING	NSS
99	2019-20	Blood Donation Camp	Blood bank - PESIMSR
100	2019-20	UG Foundation Programme	NSS
101	2019-20	PG Foundation Programme	NSS
102	2019-20	Freshers Day for PGs	NSS



Report on NSS Foundation Day Celebration at PESIMSR, Kuppam (2023-24)

On **24th September 2023**, the National Service Scheme (NSS) unit at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, celebrated the **NSS Foundation Day** with great enthusiasm. The event commenced with the lighting of the ceremonial lamp by the Principal of PESIMSR, followed by a motivational address highlighting the importance of community service and youth empowerment.

The NSS Program Officer, Mr. ABC, presented a detailed report on the unit's activities throughout the year, including blood donation camps, health awareness drives, and environmental initiatives. Several volunteers shared their experiences, emphasizing how NSS helped them build leadership skills and develop a sense of social responsibility.

The event also featured cultural performances by students, focusing on themes of social welfare, unity, and patriotism. The program concluded with the distribution of certificates to outstanding volunteers and a pledge-taking ceremony, reaffirming the commitment to community service.

The NSS Foundation Day celebration at PESIMSR was a resounding success, fostering a spirit of volunteerism among the students.



Report on National Youth Day Celebration at PESIMSR, Kuppam (2023-24)

On **12th January 2024**, the National Service Scheme (NSS) unit of PESIMSR, Kuppam, organized an inspiring event to commemorate **National Youth Day** in honor of Swami Vivekananda's birth anniversary. The event aimed at promoting the ideals of youth empowerment, service, and leadership.

The program began with a motivational speech emphasizing the role of youth in nation-building. NSS volunteers actively participated in a variety of activities, including a cleanliness drive around the campus, a health awareness campaign, and a seminar on mental well-being.

A quiz competition on the life and teachings of Swami Vivekananda was also held, encouraging students to reflect on his philosophy. The event concluded with cultural performances showcasing unity and diversity.

Overall, the celebration was a resounding success, fostering a sense of social responsibility and enthusiasm among the students.

World Health Day Extension Activity Report - PESIMSR, Kuppam (2023-24)

On **April 7th, 2023**, the PESIMSR, Kuppam, organized an extension activity in celebration of **World Health Day**. The theme for this year was "**Health for All**," emphasizing the importance of accessible healthcare. The event aimed to raise awareness among the local community about preventive healthcare measures, nutrition, and hygiene.

A health camp was conducted, offering **free medical check-ups** including blood pressure, blood sugar tests, and BMI measurements. Volunteers from the NSS unit,



along with faculty members and medical professionals, actively participated in the camp, providing consultations and distributing educational pamphlets on healthy lifestyle practices.

The event also featured a **health awareness rally** through the streets of Kuppam, with NSS volunteers carrying placards promoting health messages. The rally was well-received by the community and helped in spreading crucial health information.

Overall, the activity was a success, with over **200 participants** benefiting from the camp and gaining awareness on key health issues. The plans to continue such initiatives to promote health and well-being in the community.

Report on International Yoga Day Celebration by PESIMSR, Kuppam (2023-24)

On **June 21, 2023**, PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an extension activity to celebrate **International Yoga Day**. The event was held in collaboration with the institute's wellness committee and aimed to promote physical and mental well-being among students and staff.

The day began with a **yoga demonstration session**, led by experienced yoga instructors, focusing on basic postures, breathing exercises, and meditation techniques. Over **150 participants**, including students, faculty, and non-teaching staff, actively participated in the session, which lasted for an hour.

The event emphasized the importance of incorporating yoga into daily life for improving mental focus, reducing stress, and enhancing overall health. Volunteers played a crucial role in organizing and coordinating the event.



The program concluded with a vote of thanks highlighting the success of the event and encouraging continued practice of yoga.

Report on World No Tobacco Day Extension Activity Organized by Psychiatry / SPM Department at PESIMSR, Kuppam

The **Psychiatry / SPM Department**, PESIMSR, Kuppam organized a week-long extension activity in observance of *World No Tobacco Day* from **27th May 2023 to 1st June 2024**. The program was aimed at raising awareness about the harmful effects of tobacco and promoting a tobacco-free environment among students, staff, and the local community.

The event commenced on 1st August 2023 with a formal inauguration by the Principal, followed by a keynote address by a leading pulmonologist from the hospital, emphasizing the detrimental health impacts of tobacco. Various activities, including awareness rallies, poster-making competitions, and health camps, were conducted throughout the week.

On 3rd August, the mentioned departments organized an anti-tobacco rally across Kuppam town, engaging local residents and distributing pamphlets with facts about the dangers of smoking and secondhand smoke. A special health camp was conducted on 5th August, offering free medical consultations and screenings for tobacco-related diseases.

The week concluded on 7th August with a panel discussion on "Tobacco-Free Future" featuring experts in public health. The event received positive feedback from participants and successfully raised awareness about the importance of quitting tobacco for a healthier society.



Report on Family Adoption Programme by SPM at PESIMSR, Kuppam

On **15th February 2024**, the SPM, PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a *Family Adoption Programme* aimed at improving the socio-economic conditions of underprivileged families in nearby rural areas. Under the guidance of the HOD, 25 student volunteers actively participated in adopting five families from local communities.

The programme focused on health awareness, sanitation, education, and nutrition. Volunteers conducted health check-ups, distributed essential medicines, and created awareness about hygiene practices. They also facilitated educational support for children and provided guidance on nutritional food choices for overall family well-being.

The initiative was greatly appreciated by the local community, reflecting PESIMSR's ongoing commitment to social responsibility. This event marks a significant contribution towards holistic rural development through sustained efforts. SPM plans to continue follow-ups with the adopted families to ensure long-term impact.

Report on National Blood Donation Day Organized by Blood Bank at PESIMSR, Kuppam

On *October 1, 2023*, **Blood Bank** unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, successfully organized a Blood Donation Camp to mark **National Blood Donation Day**. The event aimed to raise awareness about the importance of blood donation and encourage voluntary participation from students and faculty.



The camp was inaugurated by the Medical Superintendent, who emphasized the life-saving impact of blood donation. A team of medical professionals from PESIMSR's blood bank facilitated the collection of donations, ensuring all safety protocols were followed.

The event saw an overwhelming response, with over 150 volunteers, including students, faculty, and staff, donating blood. Blood Bank Officers and student volunteers also played a key role in organizing the event and managing the logistics.

The collected blood units were handed over to the PESIMSR blood bank, contributing to local healthcare needs. The event concluded with a vote of thanks by the Blood Bank Officer, appreciating the efforts of all participants.

World Environment Day Report – NSS Unit, PESIMSR, Kuppam

Date: **5th June 2024**

The NSS Unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an extension activity to commemorate **World Environment Day on 5th June 2024**. The theme of the event was "**Ecosystem Restoration**", aimed at raising awareness among students, staff, and the local community about environmental conservation and sustainability.

The event began with a tree plantation drive on the campus, where over 100 saplings were planted. The NSS volunteers, along with faculty members, took active participation in the plantation drive, ensuring a greener campus for future generations.

Following the plantation, a seminar was conducted to highlight the importance of preserving ecosystems. Eminent speakers from the environmental science department delivered insightful talks on the significance of restoring degraded ecosystems and reducing carbon footprints.



The day concluded with a pledge by all participants to adopt eco-friendly practices and contribute to environmental sustainability. The NSS Unit emphasized its commitment to continuing such efforts to create a more sustainable world.

Report on International Women's Day Celebration - Organized by NSS at PESIMSR, Kuppam

The National Service Scheme (NSS) of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a celebration of International Women's Day on **March 8, 2024**. The event, held on campus, focused on the theme "Empowering Women for a Better Future." The program commenced with an inaugural speech emphasizing the importance of gender equality in healthcare and education.

The celebration featured various activities, including motivational speeches, a health awareness camp for women, and a special session on women's mental health conducted by the Department of Psychiatry. Students and faculty actively participated in the cultural programs, highlighting women's achievements in society.

The event concluded with a pledge to support women's rights and empowerment, marking the day as a meaningful and successful extension activity.

Report on World AIDS Day Extension Activity by NSS at PESIMSR, Kuppam

Date: December 1, 2023

The NSS unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a World AIDS Day awareness program on *December 1, 2023*. The objective of the event was to raise awareness about HIV/AIDS, reduce stigma, and promote health education within the community.



The event began with an informative session led by medical professionals from the Department of Community Medicine, who highlighted the causes, prevention, and treatment of HIV/AIDS. This was followed by an interactive session where students and staff engaged in discussions on misconceptions about the disease.

The NSS volunteers conducted a rally around the campus and neighboring areas, carrying banners and distributing pamphlets to spread awareness. Free HIV screening and counseling were also provided in collaboration with the local healthcare authorities.

The program was well-received, with active participation from over 200 students, faculty members, and local residents. It concluded with a pledge to fight against discrimination and promote safe practices for a healthier society.

Report on National Constitution Day Organized by NSS at PESIMSR, Kuppam

Date: November 26, 2023

The National Service Scheme (NSS) at PESIMSR, Kuppam, organized a significant event to commemorate National Constitution Day on December 26, 2023. The program aimed to raise awareness about the importance of the Constitution and its role in shaping the nation.

The event began with the NSS volunteers leading a rally on campus, showcasing banners and placards highlighting key constitutional values. Following the rally, a formal gathering was held in the auditorium, where the Principal addressed the attendees, emphasizing the Constitution's significance in promoting justice, liberty, and equality.

A guest speaker, an eminent constitutional law expert, delivered an enlightening talk on the Constitution's provisions and their relevance to contemporary society. Students



actively participated in discussions, sharing their perspectives on constitutional rights and duties.

The event concluded with a pledge taken by all participants to uphold the Constitution's values in their daily lives. Refreshments were served, and the program was well-received by faculty and students alike, reinforcing the NSS's commitment to fostering civic responsibility and awareness among youth.

Report on National Road Safety Week Organized by NSS at PESIMSR, Kuppam

Date: 11th to 17th January 2024

The National Service Scheme (NSS) unit at PESIMSR, Kuppam, organized a week-long National Road Safety Week from January 11th to 17, 2024, aiming to promote awareness about road safety among students and the local community. The initiative included various activities such as workshops, seminars, and awareness campaigns focused on the importance of adhering to traffic rules and regulations.

The event commenced with an inaugural ceremony featuring guest speakers from local law enforcement and road safety organizations. Students participated in interactive sessions, emphasizing the significance of helmet usage, seatbelt compliance, and pedestrian safety.

In addition, poster-making competitions were held, showcasing students' creativity in promoting road safety messages. The NSS volunteers actively engaged with the community by distributing pamphlets and conducting street plays that illustrated safe driving practices.

The week concluded with a rally that attracted significant participation, effectively spreading the message of road safety across Kuppam. Overall, the event fostered a sense of responsibility among participants, contributing to a safer road environment.



World Mental Health Day

Date: October 10, 2023

On October 10, 2023, Department of Psychiatry at PESIMSR, Kuppam, organized an engaging event to commemorate World Mental Health Day. The theme for this year's observance was "Mental Health is a Universal Human Right," emphasizing the importance of mental well-being in our lives.

The event commenced with an inaugural address by the Head of the Department of Psychiatry, highlighting the significance of mental health awareness and the need to break the stigma surrounding mental illnesses. Various interactive activities, including workshops and seminars, were conducted to educate students and faculty about mental health issues, coping strategies, and available resources for support.

Students participated in group discussions, role-plays, and art therapy sessions, promoting a supportive environment for sharing experiences. Information booths were set up to distribute pamphlets and resources related to mental health care and services available on campus and in the community.

The event concluded with a pledge taken by all participants to prioritize mental health and support one another. This initiative not only raised awareness but also fostered a sense of community and empathy among students, making it a significant step towards improving mental health literacy at PESIMSR.



Report on World Anatomy Day Organized by Department of Anatomy at PESIMSR, Kuppam

Date of Activity: October 15, 2023

On October 15, 2023, Department of Anatomy, under the guidance of Dean and Principal, PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an engaging event to celebrate World Anatomy Day. The event aimed to raise awareness about the importance of anatomy in medicine and allied health fields.

The program commenced with an inaugural address by the Dean and Principal, highlighting the significance of understanding human anatomy in the context of health and disease. Various interactive sessions were conducted, including anatomy workshops, quizzes, and discussions led by faculty members and students.

Students had the opportunity to explore anatomical models and virtual dissection tools, enhancing their practical understanding. The event also featured a poster presentation competition, where students showcased their research and knowledge on anatomical concepts.

The day concluded with a feedback session, where participants expressed their appreciation for the informative sessions and hands-on experiences. The Department of Anatomy team successfully fostered a spirit of learning and collaboration among students, promoting the importance of anatomy in the medical field.



Report on World Hypertension Day Activity

Event: World Hypertension Day

Date: May 17, 2024

Organized by: National Service Scheme (NSS), PESIMSR, Kuppam

On May 17, 2024, the NSS unit of PESIMSR organized an awareness campaign in observance of World Hypertension Day. The event aimed to educate the community about hypertension, its risks, and preventive measures.

The day began with a rally around the campus, where NSS volunteers distributed informational pamphlets highlighting the importance of regular blood pressure monitoring and lifestyle changes. A seminar was conducted featuring expert speakers from the medical faculty, who discussed the causes, symptoms, and management of hypertension.

Interactive sessions were held, allowing participants to ask questions and engage in discussions about maintaining a healthy lifestyle. Free blood pressure screenings were provided to attendees, encouraging them to monitor their health proactively.

The event concluded with a pledge, urging participants to commit to healthier habits and spread awareness about hypertension in their families and communities. Overall, the activity successfully raised awareness and fostered community engagement towards combating hypertension.

Report on World Diabetes Day Activity Organized by NSS at PESIMSR, Kuppam

Date of Activity: November 14, 2023

On November 14, 2023, the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an awareness program in



observance of World Diabetes Day. The event aimed to educate students and the local community about diabetes management, prevention, and the importance of early detection.

The program commenced with an inaugural speech by the NSS coordinator, highlighting the significance of the day. This was followed by informative sessions led by medical faculty, who discussed the various types of diabetes, risk factors, and lifestyle modifications necessary for prevention.

Free blood glucose screening was offered to attendees, enabling participants to understand their health status. Educational pamphlets on diabetes care and nutrition were distributed, emphasizing the need for a balanced diet and regular physical activity.

The event concluded with a Q&A session, allowing participants to engage directly with healthcare professionals. Overall, the activity successfully raised awareness about diabetes, underscoring the importance of health monitoring and lifestyle changes in preventing this chronic condition.

Report on World Kidney Day Activity Organized by PES Hospital at PESIMSR, Kuppam

Event: World Kidney Day

Date: March 14, 2024

Organized by: PES Hospital, PESIMSR, Kuppam

In celebration of World Kidney Day, PES Hospital at PESIMSR organized a series of awareness activities aimed at promoting kidney health and disease prevention. The event commenced with a seminar featuring expert speakers from the medical field who discussed the importance of kidney health, common kidney diseases, and preventive measures.



Students actively participated in health check-up camps, where they offered free blood pressure and blood sugar screenings to the local community. Informational pamphlets and educational materials were distributed to raise awareness about kidney health and the significance of hydration and regular health check-ups.

Additionally, a poster competition was held, encouraging students to creatively express the importance of kidney health through art. The event concluded with a rally around the campus, advocating for kidney health awareness and encouraging healthy lifestyle choices. The Surgery department team demonstrated their commitment to community health and wellness through this successful initiative.

Report on World Pharmacists Day Organized by Department of Pharmacology at PESIMSR, Kuppam

On **September 25, 2023**, the Department of Pharmacology, PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, celebrated World Pharmacists Day with great enthusiasm. The theme for this year was “Pharmacy: One World, One Health,” emphasizing the pivotal role of pharmacists in healthcare.

The event began with an inaugural speech by the Principal, highlighting the importance of pharmacists in ensuring patient safety and optimizing medication use. Various activities were organized, including interactive workshops, health awareness programs, and a poster competition focusing on the significance of pharmacists in the healthcare system.

Students participated actively, showcasing their creativity and knowledge through informative posters. A guest lecture by a prominent pharmacist emphasized the evolving role of pharmacists in modern healthcare. The event concluded with a pledge to promote responsible medication use and enhance public awareness about the contributions of pharmacists.



Overall, the celebration was a resounding success, fostering a greater understanding of the pharmacy profession and its impact on global health.

Report on World Antimicrobial Awareness Organized by NSS at PESIMSR, Kuppam

Event Date: November 18, 2023

Organized by: National Service Scheme (NSS), PESIMSR, Kuppam

The National Service Scheme (NSS) at PESIMSR, Kuppam, organized an awareness program on World Antimicrobial Awareness Day on November 18, 2023. The event aimed to educate students and the local community about the responsible use of antimicrobials and the growing threat of antimicrobial resistance (AMR).

The program commenced with a seminar featuring experts in microbiology and pharmacology, who discussed the significance of antimicrobial stewardship. Participants engaged in interactive sessions, where they learned about common misconceptions regarding antibiotics and their impact on public health.

To enhance community outreach, NSS volunteers distributed informative pamphlets and posters throughout the campus and surrounding areas. A quiz competition was also held to reinforce learning, with winners receiving certificates.

Feedback from participants indicated a high level of awareness gained regarding AMR and its implications. The event concluded with a pledge taken by attendees to promote responsible antimicrobial use, marking a successful initiative in fostering community health awareness.



Report on National Pharmacovigilance Day

Date: 17th September 2023

Organized by: Department of Pharmacology, PESIMSR, Kuppam

On 17th September 2023, the **Department of Pharmacology**, PESIMSR, Kuppam, successfully organized the National Pharmacovigilance Day to raise awareness about the importance of drug safety monitoring. The event commenced with a brief introduction by the NSS coordinator, emphasizing the critical role of pharmacovigilance in public health.

Expert speakers from the pharmacy department delivered insightful lectures on adverse drug reactions, reporting mechanisms, and the significance of vigilant monitoring in healthcare settings. Interactive sessions encouraged students to discuss real-life case studies, fostering a deeper understanding of pharmacovigilance principles.

Participants were engaged in activities such as quizzes and poster presentations highlighting the significance of safe medication practices. The event concluded with a pledge to promote responsible medication use and report any adverse drug reactions.

The National Pharmacovigilance Day not only enhanced knowledge but also reinforced the commitment of the student community towards drug safety, making it a significant event at PESIMSR.

Report on World Tuberculosis Day Activity Organized by NSS at PESIMSR, Kuppam

Date: March 24, 2024

On March 24, 2024, the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an awareness program to



commemorate World Tuberculosis Day. The event aimed to educate students and the local community about the significance of combating tuberculosis (TB) and promoting health-seeking behavior.

The program began with an informative session led by Dr. [Name], who discussed the global and national TB statistics, its symptoms, and preventive measures. Following this, students conducted a skit to illustrate the impact of TB on individuals and families, highlighting the importance of early diagnosis and treatment.

Additionally, free health check-ups were offered to participants, including TB screening and consultations with healthcare professionals. Informational pamphlets were distributed to raise awareness about TB, its transmission, and available resources for treatment.

The event witnessed enthusiastic participation from students and faculty, fostering a spirit of community engagement and collective responsibility toward public health. Feedback collected from participants indicated a positive impact and a deeper understanding of TB prevention.

The NSS team at PESIMSR remains committed to continuing such initiatives to promote health awareness in the future.

Report on World Hepatitis Day Organized by NSS at PESIMSR, Kuppam

Date of Activity: July 28, 2023

On July 28, 2023, the National Service Scheme (NSS) unit of PESIMSR, Kuppam, organized an awareness program in observance of World Hepatitis Day. The event aimed to educate students and the local community about the impact of hepatitis and the importance of prevention, diagnosis, and treatment.



The program commenced with an introductory speech highlighting the significance of World Hepatitis Day, followed by informative presentations from healthcare professionals. They discussed various types of hepatitis, transmission routes, and preventive measures.

Interactive sessions encouraged participants to ask questions, fostering a deeper understanding of the disease. Free screening tests for hepatitis were conducted, promoting early detection among attendees.

The event concluded with distributing informational pamphlets and resources for further awareness. The NSS unit received positive feedback from participants, reinforcing the commitment to health education and community service.

This initiative reflects PESIMSR's dedication to addressing public health issues and contributing to a healthier society.



Report on National Pathology Day Organized by Department of Pathology at PESIMSR, Kuppam

Event Date: March 22, 2024

The Department of Pathology at PESIMSR, Kuppam, celebrated National Pathology Day on March 22, 2024. The event aimed to raise awareness about the significance of pathology in healthcare and its role in disease diagnosis and treatment.

The program commenced with an inaugural speech by the Head of the Pathology Department, emphasizing the importance of pathology in medical science. Various activities were conducted, including interactive workshops, informative sessions, and poster presentations by students showcasing recent advancements in pathology.

Guest speakers, including renowned pathologists, shared their insights on emerging trends and the future of pathology in clinical practice. The event also featured a quiz competition focused on pathology-related topics, engaging students and encouraging knowledge sharing.

Participants expressed appreciation for the initiative, highlighting the event's success in promoting pathology as a vital field in medicine. The Department of Pathology team concluded the event with a vote of thanks, encouraging continued interest in pathology among students and the community.



Report on World Cancer Day Activity Organized by PES Hospital at PESIMSR, Kuppam

Event Date: February 4, 2024

On February 4, 2024, PES Hospital at PESIMSR, Kuppam, organized an awareness program in observance of World Cancer Day. The event aimed to educate students and the local community about cancer prevention, early detection, and treatment options.

The program featured several activities, including expert talks by oncologists, interactive sessions, and distribution of informational pamphlets. Students actively participated in discussions, emphasizing the importance of regular health check-ups and lifestyle changes to mitigate cancer risks.

The event also included a rally within the campus, promoting the message of early detection and support for cancer patients. PESIMSR student volunteers showcased banners and posters, effectively engaging the audience.

Feedback from participants indicated a significant increase in awareness regarding cancer-related issues. The event concluded with a pledge to support cancer patients and contribute to ongoing awareness efforts. Overall, the activity successfully highlighted the critical aspects of cancer care and prevention.



Report on World Forensic Day Organized by Department of Forensic Medicine at PESIMSR, Kuppam

Date: September 20, 2023

On September 20, 2023, the Department of Forensic Medicine at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a significant event to commemorate World Forensic Day. The program aimed to raise awareness about the crucial role of forensic science in the justice system and its impact on society.

The event featured engaging lectures from renowned forensic experts who discussed various aspects of forensic science, including DNA analysis, crime scene investigation, and digital forensics. Interactive sessions allowed students to participate in practical demonstrations, enhancing their understanding of forensic methodologies.

To foster interest among students, a quiz competition was conducted, focusing on forensic science topics. Prizes were awarded to the winners, encouraging active participation. The event concluded with a panel discussion where students expressed their insights and queries regarding forensic practices.

Overall, the event was a resounding success, promoting knowledge and enthusiasm for forensic science within the student community. The Department of Forensic Medicine at PESIMSR continues to play a vital role in educational outreach and awareness initiatives.



Report on World Population Day Activity

Event Title: World Population Day Celebration

Date: July 11, 2024

Organized by: National Service Scheme (NSS)

Venue: PES Institute of Medical Sciences and Research, Kuppam

On July 11, 2024, the NSS at PESIMSR organized a special event to commemorate World Population Day. The program aimed to raise awareness about global population issues and promote sustainable development practices.

The event commenced with an inaugural speech by the NSS coordinator, emphasizing the importance of population control and the role of education in managing population growth.

A series of activities followed, including informative presentations on population dynamics, reproductive health, and family planning. Students actively participated in discussions, sharing insights and perspectives on the challenges posed by population growth.

Interactive workshops were conducted to engage attendees in brainstorming solutions for sustainable development. Additionally, informative pamphlets were distributed, outlining key statistics and strategies for responsible family planning.

Report on National Nutrition Week Organized by NSS at PESIMSR, Kuppam

The NSS unit of PESIMSR, Kuppam, organized the National Nutrition Week from **1st September to 7th September 2023**, aiming to spread awareness about healthy eating and nutrition among students and the local community. Various activities were conducted throughout the week, including workshops, nutritional assessment camps, and seminars on balanced diets and healthy living.



A highlight of the event was a nutrition quiz that encouraged active student participation, and a special talk was delivered by a renowned dietician on the importance of dietary habits in disease prevention. Free health check-ups and BMI screenings were also offered to the attendees.

The event concluded with a community outreach program where NSS volunteers distributed nutritious food packets to underprivileged sections of the local population, emphasizing the importance of a balanced diet for all.

The success of the National Nutrition Week was a testament to the enthusiastic participation of both students and faculty, promoting the message of “Healthy People, Healthy Nation.”

"Good health is not something we can buy. However, it can be an extremely valuable savings account." – Anne Wilson Schaef

Report on National Dengue Day Activity

Date of Activity: 16th May 2024

Venue: PESIMSR, Kuppam

Organized by: National Service Scheme (NSS)

On May 16, 2024, the National Service Scheme (NSS) at PESIMSR, Kuppam, organized an engaging event to commemorate National Dengue Day. The primary aim was to raise awareness about dengue prevention and control among the students and local community.

The event commenced with an informative session led by health experts who discussed the symptoms, transmission, and preventive measures associated with dengue fever. Students participated actively, asking questions and sharing experiences related to vector-borne diseases.



To further engage the community, NSS members distributed pamphlets containing essential information on preventing dengue. Additionally, a rally was held within the campus, featuring banners and slogans promoting awareness about mosquito control.

The activity concluded with a pledge taken by participants to contribute towards a dengue-free environment. Feedback from attendees highlighted the importance of such initiatives in promoting public health awareness.

Overall, the event was a success in fostering a sense of responsibility among students and the community regarding dengue prevention.

Report on World Heart Day Activity

Date: September 29, 2023

Location: PESIMSR, Kuppam

The National Service Scheme (NSS) at PESIMSR organized a vibrant event to commemorate World Heart Day on September 29, 2023. The theme of this year focused on "Heart Health for Everyone," emphasizing the importance of cardiovascular health awareness.

The day began with a health awareness seminar led by medical experts, who discussed various heart diseases and preventive measures. Participants engaged in interactive sessions on the significance of healthy lifestyle choices, including nutrition and physical activity.

Following the seminar, a health check-up camp was set up, offering free blood pressure and cholesterol screenings for students and faculty. Over 150 individuals participated in this initiative, gaining valuable insights into their heart health.



The event concluded with a fitness walk around the campus, promoting physical activity as a crucial component of heart health. Informational pamphlets were distributed, and a pledge for heart health was taken by all attendees.

This successful event not only raised awareness about heart health but also fostered a sense of community involvement in health promotion activities.

Report on World Stroke Day Activity Organized by NSS at PESIMSR, Kuppam

Date of Activity: October 29, 2023

On October 29, 2023, the National Service Scheme (NSS) unit of PESIMSR, Kuppam, organized an awareness program in observance of World Stroke Day. The event aimed to educate students and the local community about the prevention, symptoms, and management of strokes.

The program commenced with a keynote address by Dr. [Name], a neurologist, who highlighted the significance of timely intervention in stroke cases. Following this, NSS volunteers conducted interactive sessions that included demonstrations of basic first aid and the FAST (Face, Arms, Speech, Time) method for recognizing stroke symptoms.

Informational pamphlets were distributed, detailing risk factors and preventive measures. The event concluded with a question-and-answer session, encouraging active participation from attendees. A health check-up camp was also set up to monitor blood pressure and cholesterol levels, reinforcing the importance of regular health screenings.

The NSS unit received positive feedback from participants, emphasizing the necessity of such initiatives in promoting public health awareness.



Report on National Burns Awareness Day

Event: National Burns Awareness Day

Date: October 16, 2023

Organized by: National Service Scheme (NSS) at PESIMSR, Kuppam

On October 16, 2023, the National Service Scheme (NSS) at PESIMSR, Kuppam, organized a significant awareness program to observe National Burns Awareness Day. The event aimed to educate students and the local community about the prevention, management, and treatment of burn injuries.

The program featured informative sessions led by medical professionals, focusing on burn causes, first aid measures, and the psychological impacts of burn injuries. Interactive demonstrations illustrated proper first-aid techniques for burns, emphasizing the importance of immediate care.

To engage participants, the NSS conducted a quiz competition on burn safety, promoting active involvement. Posters and pamphlets were distributed, further spreading awareness about burn prevention.

The event concluded with a pledge taken by participants to promote safety measures and support burn victims in their recovery. Overall, the program successfully raised awareness and fostered a sense of responsibility within the community regarding burn safety.



Report on World Hernia Awareness Day Activity

Event: World Hernia Awareness Day

Organized by: Department of Surgery

Venue: PESIMSR, Kuppam

Date: April 19, 2024

On April 19, 2024, the Department of Surgery at PESIMSR, Kuppam, organized an informative and engaging event to mark World Hernia Awareness Day. The primary objective was to raise awareness about hernias, their symptoms, risk factors, and prevention strategies.

The program commenced with a welcome address by the HOD, followed by a guest lecture by a renowned surgeon specializing in hernia treatment. Interactive sessions were held, allowing students and attendees to ask questions and clarify their doubts about hernias.

Additionally, pamphlets and educational materials were distributed to participants to further disseminate knowledge on the subject. A health camp was also conducted, providing free consultations for individuals experiencing symptoms related to hernias.

The event concluded with a pledge to promote health awareness in the community and to seek timely medical advice for any health concerns. The participation of students and faculty highlighted the commitment of PESIMSR towards community health education.



Extension Activity Report: World Breastfeeding Awareness Week
Organized by Department of Paediatrics, PESIMSR, Kuppam
Date: August 1-7, 2023

In alignment with the global observance of World Breastfeeding Week, the Department of Paediatrics at PESIMSR, Kuppam organized a series of activities from August 1 to August 7, 2023, aimed at promoting breastfeeding awareness and education. The event kicked off with an inaugural seminar featuring experts in pediatric health and nutrition, who discussed the benefits of breastfeeding for both infants and mothers.

Throughout the week, interactive workshops were conducted for expectant and new mothers, emphasizing practical breastfeeding techniques, nutritional guidance, and the significance of maternal health. Information booths were set up on campus, distributing brochures and educational materials to raise awareness within the community.

Community engagement activities included street plays and poster exhibitions that conveyed messages about breastfeeding's role in enhancing infant health and well-being. Local health professionals collaborated with Student volunteers to provide one-on-one consultations, addressing concerns and misconceptions surrounding breastfeeding.

The event concluded with a closing ceremony celebrating the participants and volunteers' efforts, highlighting the importance of continuous support for breastfeeding practices. Overall, the activities successfully fostered a greater understanding of breastfeeding's critical role in public health and maternal-child bonding in the Kuppam community.



Report on World Maternal Health Day Activity

Date: January 23, 2024

Location: PESIMSR, Kuppam

Organized by: Department of OBG

On January 23, 2024, Department of OBG at PESIMSR, Kuppam, celebrated World Maternal Health Day with a series of impactful activities aimed at raising awareness about maternal health issues. The event commenced with an informative seminar led by healthcare professionals who discussed maternal health challenges, the importance of prenatal care, and safe delivery practices.

Following the seminar, a health camp was organized, offering free check-ups and consultations for expectant mothers in the local community. Information booths were set up to distribute educational materials on nutrition, family planning, and maternal care resources.

Participants were encouraged to engage in discussions, share experiences, and participate in interactive sessions to enhance their understanding of maternal health. The event concluded with a pledge taken by attendees to promote maternal health awareness in their communities.

Overall, the activity successfully fostered community engagement and highlighted the critical importance of maternal health in improving health outcomes for mothers and infants alike.



Report on World Hearing Day Activity

Event: World Hearing Day

Date: March 3, 2024

Organized by: Department of ENT

Location: PESIMSR, Kuppam

On March 3, 2024, the Department of ENT at PESIMSR, Kuppam, organized an impactful event in observance of World Hearing Day. The theme for this year, "Ear and Hearing Care for All," was emphasized through various activities aimed at raising awareness about hearing health.

The event began with a seminar featuring guest speakers from the audiology department, who provided insights into hearing disorders, prevention strategies, and the importance of early diagnosis. Following the seminar, free hearing tests were conducted for students and faculty, ensuring accessibility to essential healthcare services.

Additionally, awareness posters were displayed throughout the campus, and pamphlets were distributed to educate attendees about hearing conservation practices. Students participated actively, sharing information through social media platforms, amplifying the message beyond the campus.



Report on World Anesthesia Day Activity

Event: World Anesthesia Day

Date: October 16, 2023

Organized by: Department of Anaesthesiology , PESIMSR, Kuppam

On October 16, 2023, the Department of Anaesthesiology at PESIMSR, Kuppam, organized an informative event to celebrate World Anesthesia Day. The program aimed to raise awareness about the critical role of anesthesia in healthcare and to honor the contributions of anesthesiologists in patient care.

The event commenced with an inaugural address by the Head of the Department of Anesthesiology, highlighting the advancements in anesthesia practices and patient safety. Following this, interactive sessions were conducted, where participants engaged in discussions about various anesthesia techniques and their implications in surgical procedures.

Students also presented posters on the importance of anesthesia in modern medicine, showcasing innovative practices and patient safety protocols. The event concluded with a Q&A session, allowing attendees to clarify their doubts regarding anesthesia.

Overall, the celebration fostered a deeper understanding of anesthesia's significance and encouraged students to consider careers in this vital medical field. The Department of Anaesthesiology team received positive feedback from participants, emphasizing the success of the initiative in promoting awareness and knowledge about anesthesia.



Report on World Patient Safety Day at PESIMSR Kuppam

The NSS unit of PESIMSR Kuppam organized **World Patient Safety Day** on **17th September 2023**. The event aimed to raise awareness about patient safety and emphasize the critical role of healthcare workers in ensuring the safety and well-being of patients. The theme for the event, "Engaging Patients for Patient Safety," highlighted the importance of involving patients and their families in healthcare processes.

The program included various activities such as workshops, seminars, and interactive sessions led by medical professionals and patient safety experts. NSS volunteers actively participated in spreading awareness through posters, skits, and pamphlet distribution. Keynote speakers discussed topics such as safe medication practices, infection prevention, and patient-centered care.

The event concluded with a pledge taken by students and staff to uphold the principles of patient safety in their medical practice. The initiative reinforced PESIMSR's commitment to improving healthcare standards and fostering a culture of safety in medical education and practice.

Report on International Day of Radiology at PESIMSR Kuppam

The Department of Radio Diagnosis at PESIMSR, Kuppam, organized an event on the **International Day of Radiology (IDoR)** on **8th November 2023** to raise awareness about the vital role of radiology in healthcare. The event aimed to highlight the advancements in medical imaging and its significance in patient care and diagnosis.

The program commenced with a keynote address by the Head of the Department, who spoke about the history and development of radiology as a medical specialty. Interactive



sessions on the latest imaging technologies, such as MRI and CT scans, were held, emphasizing their importance in early diagnosis and treatment planning.

A radiology exhibition was organized, showcasing imaging techniques and their applications in various medical conditions. Students and faculty actively participated in quiz competitions, poster presentations, and discussions on the ethical considerations and safety measures in radiology. The event concluded with a commitment to enhance radiology services in rural healthcare.

This initiative by the Department of Radio Diagnosis highlighted the importance of radiological services, ensuring a better understanding among students and staff.

Report on World Brain Day Organized by Department of General Surgery at PESIMSR, Kuppam

On **22nd July 2024**, the Department of General Surgery at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an enlightening event to commemorate **World Brain Day**. The program aimed at raising awareness about brain health, neurological disorders, and the importance of early diagnosis and treatment. The event included expert talks by neurologists and healthcare professionals who shared insights into common brain disorders such as stroke, epilepsy, and dementia.

A health camp was also conducted, offering free neurological consultations and screening for the local community. The program witnessed active participation from students, faculty, and healthcare workers. A special emphasis was placed on preventive measures and lifestyle modifications to promote brain health. The student volunteers also organized interactive sessions, spreading awareness through pamphlets, posters, and social media campaigns.

The event concluded with a pledge to promote brain health and support those affected by neurological conditions.



World HIV Day Observance by NSS at PESIMSR, Kuppam

On **1st December 2023**, the National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a comprehensive program to observe World HIV Day. The event aimed at raising awareness about HIV/AIDS, promoting prevention strategies, and reducing stigma associated with the disease. The day's activities included a seminar featuring healthcare professionals discussing advancements in HIV treatment and prevention, followed by an interactive session on the importance of regular testing and safe practices.

A rally was also conducted, where students and volunteers distributed informative pamphlets to the public, emphasizing the need for early diagnosis and treatment. Additionally, free HIV screening tests were offered to the community, and counseling services were made available. The event saw enthusiastic participation from students, faculty, and the local community, fostering a collective effort to combat HIV/AIDS.

The National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a vibrant celebration of World Women's Day on **March 8, 2024**. The event aimed to promote awareness about women's rights, empowerment, and gender equality among students and staff.

The program commenced with an inspiring keynote address by Dr. Shilpa Reddy, a renowned women's rights advocate, emphasizing the need for women's participation in leadership roles. Various activities, including debates, poster presentations, and cultural performances, were conducted, highlighting the achievements of women in diverse fields.

Special sessions were held on health issues affecting women, with medical experts offering advice on preventive measures and healthy lifestyles. The event concluded with



a pledge to continue efforts towards gender equality, with the active participation of faculty, students, and staff, making it a memorable and impactful day.

PES Green & Clean Initiative Report - Organized by NSS at PESIMSR, Kuppam

The PES Green & Clean Initiative, organized by the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, took place on **15th February 2024**. This initiative aimed at promoting environmental awareness and fostering a clean and green campus. Activities included a large-scale tree plantation drive, with over 200 saplings planted around the campus, and a cleanliness drive that involved students and faculty cleaning key areas of the college and surrounding villages.

Awareness sessions on waste management, recycling, and reducing plastic usage were conducted for students and local residents. The event also included the installation of waste segregation bins across the campus to promote proper waste disposal practices. The NSS volunteers played an active role in maintaining the cleanliness standards post-event. This initiative highlighted PESIMSR's commitment to sustainable development and community engagement.

Report on Rally for Women Safety Organized by NSS at PESIMSR, Kuppam

The National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a **Rally for Women Safety** on **March 8, 2024**, coinciding with International Women's Day. The rally aimed to raise awareness about women's safety, gender equality, and the importance of creating a safe environment for women in both public and private spheres.



Participants included students, faculty, and staff of PESIMSR, along with members of the local community. The rally started from the PESIMSR campus and proceeded through key areas in Kuppam town, with participants holding banners and placards advocating for women's safety and empowerment.

Key speakers at the event emphasized the role of education, community support, and law enforcement in ensuring women's safety. The rally concluded with a pledge to continue working towards creating a secure and equal society for women.

The event was widely appreciated for its efforts in spreading awareness and promoting gender sensitization among the participants and the local population.

Independence Day Celebration Report - PESIMSR, Kuppam

The National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a grand celebration of India's 77th Independence Day on 15th August 2023. The event commenced with the hoisting of the national flag, followed by the rendition of the national anthem, filling the campus with patriotic fervor.

The NSS volunteers actively participated in organizing various cultural programs, including patriotic songs, dances, and skits depicting India's freedom struggle. A special speech on the significance of independence and the role of youth in nation-building was delivered by an invited speaker, inspiring the students and staff.

As part of the event, a tree-planting drive was conducted within the campus to promote environmental consciousness, with over 100 saplings planted by NSS volunteers. Additionally, a cleanliness drive was carried out in the nearby community, aligning with the Swachh Bharat Abhiyan.



The program concluded with a vote of thanks by the NSS coordinator, emphasizing the importance of service to the nation. The event was a resounding success, fostering unity, patriotism, and social responsibility among all attendees.

Report on Eye Camp Organized by Department of Ophthalmology at PESIMSR Kuppam

The Department of Ophthalmology at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, successfully organized a free Eye Camp on **15th April 2024** at the PESIMSR campus in collaboration with the Department of Ophthalmology. The camp aimed to provide free eye check-ups and treatment to the local community, especially those from economically disadvantaged backgrounds.

A team of experienced ophthalmologists and volunteers conducted detailed eye examinations for over 250 participants, offering services including vision screening, cataract detection, and glaucoma assessments. Free spectacles were distributed to patients with refractive errors, and those diagnosed with cataracts were referred for free or subsidized surgeries at the hospital.

The event was widely appreciated by the local community, with many beneficiaries expressing gratitude for the quality care provided. Student volunteers played a pivotal role in managing logistics, guiding patients, and spreading awareness about the importance of eye care. The Eye Camp reinforced PESIMSR's commitment to community health outreach and the welfare of underserved populations.

Republic Day Celebration by NSS at PESIMSR, Kuppam

On **26th January 2024**, the National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a grand celebration of



Republic Day on campus. The event commenced with the hoisting of the national flag, followed by the national anthem, fostering a spirit of patriotism among students, faculty, and staff.

The program included a series of speeches by students and faculty members, reflecting on the significance of Republic Day and the Indian Constitution. Special cultural performances, including patriotic songs and dances, were presented by the students, symbolizing the unity and diversity of the nation.

In addition, the NSS unit led a cleanliness drive on campus as part of the Swachh Bharat initiative, promoting the importance of cleanliness and civic responsibility. The event concluded with a vote of thanks by the NSS coordinator, expressing gratitude to the participants and encouraging everyone to uphold the values of the Indian Republic.

Report on Onam Day Celebration Organized by NSS at PESIMSR Kuppam

Date of Celebration: September 8, 2023

Location: PES Institute of Medical Sciences and Research, Kuppam

On September 8, 2023, the National Service Scheme (NSS) at PESIMSR celebrated Onam, the vibrant harvest festival of Kerala, fostering cultural unity and awareness among students and staff. The event commenced with a ceremonial lamp lighting by the NSS Coordinator and faculty members, symbolizing the beginning of the festivities.

Various cultural programs were organized, including traditional dance performances, musical renditions, and a skit depicting the significance of Onam. Students actively participated in creating a vibrant pookalam (floral arrangement) at the entrance of the college, showcasing their creativity and teamwork.

The highlight of the celebration was the Onam feast, which featured a variety of traditional dishes, promoting the essence of sharing and community. The event



concluded with a vote of thanks, emphasizing the importance of cultural celebrations in enhancing the spirit of togetherness and harmony.

Overall, the Onam celebration organized by NSS at PESIMSR was a resounding success, leaving participants with cherished memories and a deeper appreciation for cultural diversity.

Report on World Rabies Prevention Day Organized by NSS at PESIMSR, Kuppam

Event Date: September 28, 2023

The National Service Scheme (NSS) unit at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a significant event on **World Rabies Prevention Day** on September 28, 2023. This initiative aimed to raise awareness about rabies prevention and control among the community and students.

The event commenced with a seminar featuring esteemed speakers from the medical field who discussed the importance of rabies prevention, the vaccination process, and the role of community engagement in controlling the disease. Interactive sessions were conducted, allowing participants to ask questions and engage in discussions regarding rabies awareness.

Additionally, NSS volunteers organized a poster competition to promote awareness visually, showcasing creative ideas and information about rabies prevention. The winners were awarded certificates to encourage further participation in such awareness initiatives.

The event concluded with a rally around the campus, where participants distributed pamphlets and educational materials to promote understanding of rabies transmission



and prevention methods. The NSS unit's efforts on this day contributed to a broader campaign for public health education, underscoring the critical need for vigilance against rabies.

Overall, the event was well-received, fostering a spirit of community involvement and dedication to public health, effectively marking World Rabies Prevention Day at PESIMSR.

Report on Condolences for Pulwama Attack Organized by NSS at PESIMSR, Kuppam

Event Date: February 14, 2024

The National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a memorial event to pay tribute to the martyrs of the Pulwama attack that occurred on February 14, 2019. This event was part of a broader initiative aimed at fostering national unity and remembrance of those who sacrificed their lives for the country.

The program commenced with a moment of silence, followed by the lighting of candles in honor of the fallen soldiers. NSS volunteers shared heartfelt reflections on the significance of the event, emphasizing the importance of patriotism and service to the nation. Faculty members and students participated actively, reinforcing the message of solidarity and respect for the armed forces.

Posters and banners were displayed around the campus, highlighting the bravery of the soldiers and the impact of the attack on the nation. A discussion session was held, encouraging participants to express their thoughts and feelings about the incident and its repercussions.



The event concluded with a pledge taken by all attendees to uphold the values of courage and dedication towards the country. NSS at PESIMSR aims to continue such initiatives, instilling a sense of responsibility and commitment among students towards national service and remembrance.

Overall, the event was a poignant reminder of the sacrifices made by our soldiers and served to strengthen the bonds of unity within the PESIMSR community.

Report on Blood Donation Camp Organized by NSS at PESIMSR Kuppam

Date of the Camp: August 23, 2023

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a successful Blood Donation Camp on August 23, 2023. The initiative aimed to encourage voluntary blood donation among students and faculty, addressing the urgent need for blood in medical emergencies.

The camp was conducted in collaboration with a local blood bank, ensuring a seamless process for donors. Prior to the event, awareness sessions were held to educate participants about the importance of blood donation, its benefits, and the myths surrounding it.

On the day of the camp, volunteers from NSS facilitated the registration and guided donors through the donation process. The camp saw participation from over 100 students and staff, resulting in the collection of approximately 75 units of blood.

Feedback from participants was overwhelmingly positive, highlighting the camp's organization and the rewarding experience of contributing to a noble cause.

This initiative not only reinforced the spirit of social responsibility among the PESIMSR community but also contributed significantly to the local healthcare system. NSS plans



to organize similar camps in the future to promote regular blood donation and awareness.

Report on Health and Hygiene Awareness Programs Organized by NSS at PESIMSR, Kuppam (August 1, 2023 – July 31, 2024)

The National Service Scheme (NSS) at PESIMSR, Kuppam, organized a series of Health and Hygiene Awareness Programs between August 1, 2023, and July 31, 2024, aimed at promoting health consciousness among students and the local community.

1. **August 15, 2023:** Launch of the Health and Hygiene Awareness Campaign with a seminar on the importance of personal hygiene and sanitation.
2. **September 10, 2023:** A workshop on "Nutrition and Healthy Eating Habits" was conducted, emphasizing balanced diets.
3. **October 20, 2023:** An awareness rally was organized in collaboration with local schools, focusing on hand hygiene and disease prevention.
4. **December 5, 2023:** A health check-up camp was held on campus, offering free screenings and consultations for students and staff.
5. **January 25, 2024:** The NSS conducted a session on mental health awareness, discussing stress management and coping strategies.
6. **March 15, 2024:** A workshop on "First Aid and Emergency Response" provided essential skills for handling health emergencies.
7. **April 30, 2024:** Community health education sessions were organized in nearby villages, focusing on maternal and child health.
8. **June 12, 2024:** A cleanliness drive was executed, encouraging students to actively participate in maintaining hygiene in public areas.
9. **July 25, 2024:** The culmination event featured a panel discussion with healthcare professionals on sustainable health practices.



Through these initiatives, NSS at PESIMSR has significantly contributed to enhancing health awareness and hygiene practices among students and the community.

Report on Tree Plantation and Environmental Conservation Organized by NSS at PESIMSR, Kuppam

Duration: August 1, 2023 – July 31, 2024

The National Service Scheme (NSS) at PESIMSR, Kuppam, organized a series of tree plantation and environmental conservation activities from August 1, 2023, to July 31, 2024, to promote awareness and foster a green environment.

- **August 15, 2023:** The program commenced with a plantation drive, during which 150 saplings were planted in the college premises and nearby community areas, engaging over 100 volunteers.
- **September 30, 2023:** An environmental awareness workshop was conducted, focusing on the importance of trees in combating climate change and promoting biodiversity. Guest speakers from environmental NGOs shared insights.
- **January 10, 2024:** A cleanup drive was organized in conjunction with the plantation activities at a local park, where volunteers collected waste and educated the community about waste segregation.
- **March 5, 2024:** A poster-making competition was held, encouraging students to express their views on environmental conservation, fostering creativity and awareness among participants.
- **April 22, 2024:** On Earth Day, a rally was conducted, with participants holding placards advocating for tree protection and environmental awareness. This event attracted local media coverage.
- **July 25, 2024:** The program concluded with a review meeting where the impact of the activities was discussed, including the survival rate of planted saplings and future sustainability initiatives.



Through these initiatives, NSS at PESIMSR has significantly contributed to environmental conservation, instilling a sense of responsibility towards nature among students and the local community.

Report on Swachh Bharat Abhiyan Organized by NSS at PESIMSR Kuppam

Duration: 1st August 2023 to 31st July 2024

Location: PESIMSR, Kuppam

Organized by: National Service Scheme (NSS)

The National Service Scheme (NSS) at PESIMSR Kuppam launched a series of initiatives under the Swachh Bharat Abhiyan from August 1, 2023, to July 31, 2024. The program aimed to promote cleanliness and hygiene within the campus and the surrounding community.

Key activities included:

1. **Awareness Campaigns (August 5-10, 2023):** Workshops and seminars were conducted to educate students and local residents about the importance of cleanliness and sanitation.
2. **Cleanliness Drives (September 15, 2023):** A major cleanliness drive was held, where NSS volunteers and faculty members cleaned the campus and nearby public spaces.
3. **Waste Segregation Awareness (October 10-15, 2023):** Volunteers educated the community on waste segregation practices to reduce landfill waste.
4. **Health and Hygiene Workshops (January 20-25, 2024):** Workshops focused on personal hygiene, including hand washing demonstrations and the importance of sanitation.
5. **Plantation Drive (March 5, 2024):** A tree plantation drive was organized to enhance the green cover, contributing to a cleaner environment.



6. **Final Review and Celebration (July 30, 2024):** The month culminated in a review meeting, celebrating the achievements of the NSS volunteers and planning for future initiatives.

Through these activities, the NSS at PESIMSR not only contributed to the Swachh Bharat Abhiyan but also fostered a spirit of community service and environmental responsibility among students. The ongoing efforts aim to instill lasting habits of cleanliness and health consciousness in the community.

Report on Family Adoption Programme Organized by NSS at PESIMSR, Kuppam

The Family Adoption Programme, organized by the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, took place from August 1, 2023, to July 31, 2024. This initiative aimed to foster a sense of community engagement among students and promote social responsibility.

Key Activities:

1. **Awareness Campaigns (August 15-31, 2023):** The programme commenced with awareness sessions highlighting the importance of family values and community service.
2. **Family Identification (September 10-20, 2023):** NSS volunteers identified and selected families in need of support within the local community.
3. **Adoption Ceremony (October 5, 2023):** An official adoption ceremony was held, where students committed to supporting their adopted families through various means, including educational assistance and health care.
4. **Regular Visits (November 2023 - May 2024):** Volunteers conducted monthly visits to the adopted families, providing necessary support, monitoring progress, and fostering relationships.



5. **Health Camp (March 15-17, 2024):** A health camp was organized in collaboration with local healthcare providers to offer free medical check-ups and consultations for the adopted families.
6. **Closing Ceremony (July 15, 2024):** The programme concluded with a closing ceremony to celebrate the achievements and share experiences from the year-long initiative.

Outcomes: The Family Adoption Programme successfully engaged students in meaningful community service, strengthened family ties, and enhanced the overall well-being of the adopted families. Feedback from participants indicated a significant increase in awareness of social issues and a greater commitment to community service among students.

Disaster Management and Relief Report

Organized by NSS, PESIMSR Kuppam

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, conducted a series of disaster management and relief activities from August 1, 2023, to July 31, 2024. Notably, on **September 12, 2023**, a workshop on disaster preparedness was held, focusing on first aid and emergency response techniques. This event aimed to equip students and local community members with essential skills to handle emergencies effectively.

Throughout the year, NSS also engaged in awareness campaigns on disaster risk reduction, educating participants about the importance of preparedness, response, and recovery strategies. These activities fostered a sense of responsibility and preparedness among students and the community, highlighting the vital role of youth in disaster management. Overall, NSS at PESIMSR has made significant strides in promoting disaster awareness and providing timely relief efforts during emergencies.



Awareness Campaign on Drug Abuse Organized by Department of Pharmacology at PESIMSR Kuppam

The Department of Pharmacology at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, conducted an awareness campaign on drug abuse on **March 15, 2024**. The event aimed to educate students and the local community about the dangers of drug abuse and the importance of maintaining a drug-free lifestyle.

The campaign featured interactive sessions, educational materials, and guest speakers, including medical professionals and recovered addicts who shared their experiences. Participants engaged in discussions about the psychological and social impacts of drug abuse, as well as effective coping strategies.

Additionally, posters and brochures were distributed, highlighting available resources for support and rehabilitation. The event successfully reached over 300 attendees, fostering a supportive environment for dialogue on drug-related issues. The Department of Pharmacology team received positive feedback, emphasizing the need for ongoing awareness initiatives in the community. This campaign reflects PESIMSR's commitment to promoting health and well-being through educational outreach.

Report on Awareness Campaign - Literacy Organized by NSS at PESIMSR, Kuppam

The National Service Scheme (NSS) at PESIMSR, Kuppam, organized an Awareness Campaign on Literacy on **January 15, 2024**. This initiative aimed to highlight the importance of literacy in personal and community development. The campaign involved interactive sessions, distribution of educational materials, and engaging workshops designed to encourage local residents to enhance their reading and writing skills.



Volunteers from NSS collaborated with faculty members to conduct surveys assessing literacy levels in the community. This helped identify target groups needing support. The event also featured motivational talks by local educators who emphasized the transformative power of education.

Participants were encouraged to enroll in adult education classes, and resources for further learning were made available. The campaign successfully reached over 300 community members, fostering a renewed commitment to literacy and education in Kuppam. Feedback from attendees highlighted the campaign's effectiveness in raising awareness and motivating individuals to pursue literacy initiatives. Overall, the NSS's efforts have significantly contributed to the community's educational upliftment.

Report on Mega Health General Camp Organized by PES Hospital at PESIMSR, Kuppam

On **March 15, 2024**, PES Hospital at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a Mega Health General Camp aimed at promoting health awareness and providing free medical services to the local community. The event was held at the college premises, attracting over 300 participants from nearby villages.

The camp featured various medical services, including general health check-ups, blood pressure monitoring, blood sugar testing, and nutritional counseling. A team of experienced faculty members and medical students conducted the health assessments, ensuring comprehensive care for all attendees.

In addition to medical check-ups, educational sessions were organized to raise awareness about common health issues, preventive measures, and the importance of regular health screenings. The camp successfully facilitated health services and fostered a spirit of community engagement and social responsibility among the students.



Feedback from the participants was overwhelmingly positive, highlighting the camp's impact on improving community health awareness. The **PES Hospital team** plans to conduct similar initiatives in the future to continue supporting the health needs of the region.

Report on Awareness Campaign - Gender Equality Organized by CASH Committee at PESIMSR, Kuppam

Date: March 8, 2024

The CASH Committee at PESIMSR, Kuppam, organized an impactful awareness campaign on gender equality in alignment with International Women's Day. The event took place on March 8, 2024, and aimed to promote understanding and advocacy for gender equity within the institution and the surrounding community.

The campaign included interactive sessions, workshops, and informative presentations that highlighted the importance of gender equality in healthcare, education, and society at large. Participants engaged in discussions about stereotypes, biases, and the role of individuals in fostering an inclusive environment.

The event featured guest speakers, including local women leaders and gender equality activists, who shared their experiences and insights. Informational pamphlets and resources were distributed to attendees to further promote awareness.

Feedback from participants indicated a heightened understanding of gender issues and a commitment to promoting equality in their personal and professional lives. The CASH Committee intends to continue such initiatives to further advocate for gender equality and empower all individuals within the community.



Report on NSS Volunteers for Slum Work Organized by NSS at PESIMSR, Kuppam

The National Service Scheme (NSS) unit at PESIMSR, Kuppam, organized a significant slum work initiative aimed at community development on April 15, 2024. This program was designed to engage NSS volunteers in activities that promote social welfare and improve living conditions in nearby slum areas.

During this event, volunteers conducted cleanliness drives, distributed essential items like food and clothing, and offered health awareness sessions. The participants interacted with residents to understand their needs better and provided educational support for children.

In total, 50 NSS volunteers participated in the event, contributing approximately 200 hours of service. The initiative not only helped the community but also fostered a sense of empathy and social responsibility among the students.

Feedback from the participants highlighted the importance of such activities in bridging the gap between the community and the institution, emphasizing the value of service in education. The NSS unit plans to continue these efforts, reinforcing its commitment to community service and social change.



Report on Special Camp Participation Organized by NSS at PESIMSR, Kuppam

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a Special Camp from **February 5 to February 10, 2024**. This camp aimed to promote community service and social awareness among students while addressing local health and educational needs.

During the camp, NSS volunteers engaged with the community by conducting health camps, awareness programs on hygiene and sanitation, and educational sessions for school children. Over **150 students** participated, providing free health check-ups and distributing essential medicines.

The NSS team also collaborated with local health authorities to address pressing health issues, including immunization drives and health education. The camp concluded with a feedback session, where participants shared insights on their experiences and the impact of their activities on the community.

The Special Camp not only fostered a spirit of volunteerism among the students but also strengthened the bond between PESIMSR and the local community. The successful execution of this camp reflects the commitment of PESIMSR towards social responsibility and community development.

Report on World Suicide Prevention Day Organized by Department of Psychiatry at PESIMSR, Kuppam

On September 10, 2023, the Department of Psychiatry at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an awareness program to commemorate World Suicide Prevention Day. The event aimed to highlight the



importance of mental health and suicide prevention, fostering a supportive community among students and staff.

The program featured expert talks from mental health professionals who shared insights on recognizing the signs of distress and the importance of open conversations regarding mental health issues. Interactive sessions encouraged participants to share their thoughts and experiences, promoting an empathetic environment.

In addition, informational materials were distributed, including brochures and posters, to educate attendees about local mental health resources. The event successfully engaged a large number of participants, raising awareness and reducing stigma associated with mental health challenges. This initiative demonstrated PESIMSR's commitment to promoting mental well-being and supporting the community in times of crisis.

Report on Sports Day Organized by PESIMSR Sports Club at PESIMSR, Kuppam

The PESIMSR Sports Club at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, successfully organized its annual Sports Day on September 30, 2024. The event aimed to promote physical fitness, teamwork, and sportsmanship among students and staff.

The day commenced with an opening ceremony featuring a motivational address by the principal, highlighting the importance of sports in overall development. Various sports activities were conducted, including athletics, team games like football and basketball, and traditional games, encouraging participation from all attendees.

Students showcased their athletic skills and enthusiasm, competing fiercely yet fairly. Prizes were awarded to top performers in different categories, fostering a spirit of healthy competition. The event concluded with a prize distribution ceremony,



emphasizing the achievements of participants and the importance of continuous physical activity.

Overall, the Sports Day fostered community spirit and unity, making it a memorable event in the PESIMSR calendar.

Report on Physiotherapy Day Organized by Department of Orthopaedics at PESIMSR Kuppam

Date: September 8, 2023

The Department of Orthopaedics at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a successful Physiotherapy Day on September 8, 2023. The event aimed to raise awareness about the importance of physiotherapy in promoting health and rehabilitation.

The program commenced with an inaugural ceremony featuring a keynote address by a prominent physiotherapist, who highlighted the benefits of physiotherapy in managing various conditions and enhancing mobility. Following the address, interactive sessions were held, where students engaged in discussions on physiotherapy techniques and their applications.

Participants also had the opportunity to observe live demonstrations of therapeutic exercises and modalities. Student volunteers distributed informative pamphlets on physiotherapy's role in preventive health care.

The event concluded with a motivational talk encouraging students to consider physiotherapy as a viable career option. The enthusiastic participation from both students and faculty contributed to the event's success, fostering a deeper understanding of physiotherapy's significance in healthcare.



Report on Blood Donation Camp Organized by NSS at PESIMSR Kuppam

The National Service Scheme (NSS) at PESIMSR Kuppam organized a successful Blood Donation Camp on **February 15, 2024**. The event aimed to encourage voluntary blood donation and raise awareness about its importance in saving lives.

The camp was held in collaboration with the local blood bank and witnessed enthusiastic participation from students, faculty, and staff. Over **100 units of blood** were collected during the camp, showcasing the community's commitment to social responsibility.

Before the donation, participants underwent health screenings, including hemoglobin tests and blood pressure checks, ensuring donor safety. Educational sessions were also conducted to inform attendees about the benefits of blood donation and debunk common myths.

The event concluded with a vote of thanks from the NSS coordinator, highlighting the vital role of blood donors in healthcare. Feedback from participants was overwhelmingly positive, emphasizing the need for more such initiatives in the future.

Report on Nurses Day Organized by PES Hospital at PESIMSR Kuppam

The PES Hospital at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, celebrated Nurses Day on May 12, 2024. This event aimed to honor the invaluable contributions of nurses in healthcare and promote awareness about their role in patient care and health education.

The program commenced with an inaugural speech by the Medical Superintendent, who highlighted the dedication and compassion exhibited by nursing professionals. A series of activities followed, including interactive sessions and workshops led by



experienced nursing staff, focusing on essential nursing skills and the importance of mental health in caregiving.

Participants engaged in discussions about the challenges faced by nurses and the significance of teamwork in healthcare settings. The event concluded with a cultural program showcasing the talents of nursing students, emphasizing unity and resilience within the nursing community.

Overall, the celebration was a success, fostering a sense of pride among nursing students and inspiring them to uphold the values of compassion and professionalism in their future careers.

Report on National Library Day Organized by NSS at PESIMSR, Kuppam

On **August 12, 2024**, the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a vibrant celebration of Library Day. The event aimed to highlight the importance of libraries in education and personal development.

The program commenced with an inaugural speech by the library director, who emphasized the role of libraries in fostering a culture of reading and lifelong learning. Following this, students participated in various activities, including book exhibitions, quizzes, and storytelling sessions, designed to engage participants and promote literary appreciation.

NSS volunteers also organized a campaign to encourage fellow students to utilize library resources effectively, distributing brochures that outlined library services and facilities. The event concluded with a prize distribution ceremony for the quiz winners, inspiring students to explore the vast resources available in the library.



Overall, Library Day served as a successful platform to raise awareness about the critical role of libraries in academic and community settings, fostering a love for reading among students.

Report on National Doctor's Day Organized by NSS at PESIMSR, Kuppam

Event Date: July 1, 2024

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, celebrated National Doctor's Day on July 1, 2024, to honor the contributions of physicians and raise awareness about the importance of health care. The event began with a special assembly, where NSS volunteers and faculty members gathered to pay tribute to Dr. Bidhan Chandra Roy, whose birthday coincides with this significant day.

The program included speeches highlighting the pivotal role of doctors in society, discussions on medical ethics, and the challenges faced in the healthcare sector. A health camp was organized, providing free consultations and health check-ups to the local community, emphasizing the importance of preventive care.

NSS volunteers actively participated in spreading awareness through posters and social media campaigns, encouraging students to appreciate the work of healthcare professionals. The event concluded with a pledge taken by students to uphold the values of compassion and dedication in their future medical careers. Overall, the celebration served as a reminder of the vital role doctors play in ensuring community health and well-being.



Report on Medical Research and Innovation Day Organized by IRC, PESIMSR, Kuppam

On **April 17, 2024**, IRC at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized the Medical Research and Innovation Day. This event aimed to foster a culture of research among students and highlight the importance of medical innovations in improving healthcare outcomes.

The day began with an inaugural address by the Principal, emphasizing the significance of research in the medical field. Renowned speakers from various medical research institutions presented their findings and innovative practices, inspiring students and faculty alike. Interactive sessions encouraged participants to engage with the speakers, ask questions, and discuss contemporary issues in medical research.

The IRC organized a poster presentation competition, where students showcased their research projects. This initiative provided a platform for students to share their work and receive feedback from peers and faculty. Prizes were awarded to the top three presentations, fostering healthy competition and motivation among participants.

The event concluded with a vote of thanks, acknowledging the contributions of the organizing committee, faculty, and participants. Medical Research and Innovation Day was a resounding success, promoting research awareness and innovation at PESIMSR.

Report on Skill Development and Professional Competency Day

Date: January 27, 2024

Venue: PES Institute of Medical Sciences and Research, Kuppam

On January 27, 2024, the National Service Scheme (NSS) at PESIMSR organized a Skill Development and Professional Competency Day aimed at enhancing the



employability and professional skills of students. The event featured interactive workshops, expert talks, and hands-on training sessions conducted by industry professionals and faculty members.

The workshops covered a range of topics, including communication skills, leadership development, and career planning. Students participated actively, engaging in discussions and practical exercises that fostered teamwork and critical thinking.

The event also included a panel discussion where alumni shared their experiences in the job market, providing valuable insights into the skills required for various professions. Participants expressed appreciation for the initiative, highlighting its importance in bridging the gap between academic knowledge and practical application.

The Skill Development Day successfully empowered students to enhance their competencies, paving the way for their future careers.

Report on Community Service and Outreach Day Organized by NSS at PESIMSR, Kuppam

On March 15, 2024, the National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a successful Community Service and Outreach Day. The event aimed to foster community engagement and promote health awareness among local residents.

The day commenced with a health camp, providing free check-ups and consultations for over 200 community members. Medical students and faculty offered services in general health, dental care, and nutrition counseling. Interactive sessions focused on preventive healthcare practices and the importance of regular medical check-ups.

In addition to health services, the NSS team conducted awareness programs on hygiene, sanitation, and mental health, engaging participants through workshops and



demonstrations. Volunteers distributed educational materials and hygiene kits to underprivileged families in the area.

The event concluded with a cultural program showcasing local talent, reinforcing community bonds and encouraging active participation. Overall, the Community Service and Outreach Day was a resounding success, highlighting NSS's commitment to serving the community and addressing pressing health concerns.

Report on Academic Enrichment Day Organized by PESIMSR

On **January 12, 2024**, PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized an Academic Enrichment Day aimed at enhancing the academic experience of students. The event commenced with a welcome address by the Dean and Principal, who emphasized the importance of academic excellence and community service.

Various sessions were conducted, including guest lectures by esteemed faculty members and experts in the medical field. Topics covered included innovative teaching methodologies, advancements in medical research, and the importance of ethical practices in healthcare. Interactive workshops provided students with hands-on experience and facilitated discussions on contemporary medical issues.

Additionally, student presentations showcased their research projects and initiatives, fostering a culture of collaboration and knowledge sharing. The day concluded with a panel discussion that encouraged students to engage in dialogue about their academic and career aspirations.

Overall, the Academic Enrichment Day successfully inspired students and strengthened the PESIMSR's commitment to promoting academic growth and community engagement.



Report on Academic Enrichment Day Organized by NSS at PESIMSR Kuppam

Date: March 12, 2024

On March 12, 2024, the National Service Scheme (NSS) at PESIMSR Kuppam organized an Academic Enrichment Day aimed at fostering holistic development among students. The event brought together students, faculty, and guest speakers to explore various academic and professional growth opportunities.

The day commenced with an inaugural session featuring an esteemed keynote speaker, who emphasized the importance of academic excellence and community service. Workshops on research methodologies, effective study techniques, and career planning were conducted throughout the day, allowing students to engage actively in their learning journey.

Interactive sessions encouraged participants to discuss their academic challenges and successes, fostering a supportive learning environment. The event concluded with a panel discussion, where experts shared insights on emerging trends in healthcare and the significance of interdisciplinary collaboration.

The Academic Enrichment Day was a resounding success, promoting academic awareness and motivating students to strive for excellence in their respective fields. NSS at PESIMSR continues to play a vital role in enhancing the educational experience of its members and the broader community.



Annual Sports and Cultural Fest Report

Event: Annual Sports and Cultural Fest

Organized by: PESIMSR

Date: August 31st 2023

Venue: PES Institute of Medical Sciences and Research (PESIMSR), Kuppam

The Annual Sports and Cultural Fest organized by PESIMSR Kuppam took place on August 30, 2023. The event aimed to promote teamwork, cultural awareness, and physical fitness among students. It featured a diverse range of activities, including athletic competitions, traditional dance performances, and artistic showcases.

In total, over 500 students participated, showcasing their talents and sportsmanship. The inaugural ceremony included a motivational speech from the principal, highlighting the importance of extracurricular activities in holistic education.

The fest concluded with prize distribution, recognizing the outstanding performers and participants. Overall, the event successfully fostered community spirit and encouraged students to engage in various cultural and sporting activities, enhancing their overall college experience.

Report on Freshers' Day UG Organized at PESIMSR Kuppam

Date: November 30, 2023

The PESIMSR Kuppam organized an engaging Freshers' Day for the undergraduate students on November 30, 2023. The event aimed to welcome new students into the college community and help them transition smoothly into campus life.



The day commenced with an inaugural ceremony, featuring speeches by faculty members and the coordinators, who emphasized the importance of social service and community involvement. Various cultural performances, including dance and music, showcased the talents of the senior students, creating an atmosphere of enthusiasm and camaraderie.

Interactive games and ice-breaking sessions were organized to encourage participation and foster connections among the freshers. The event concluded with a grand lunch, allowing students to mingle and share their experiences.

Overall, the Freshers' Day successfully created a warm and welcoming environment for the new students, helping them feel at home in PESIMSR Kuppam. The team's efforts were commendable in ensuring a memorable experience for all attendees.

Report on Graduation Ceremony Organized at PESIMSR Kuppam

PESIMSR Kuppam organized a vibrant Graduation Ceremony on March 3, 2024. The event celebrated the academic achievements of the graduating students, marking a significant milestone in their educational journey.

The ceremony commenced with an inaugural address by the Chief Guest, Dr. Pratima Murthy, Director and Senior Professor in Psychiatry, NIMHANS Bangalore, who emphasized the importance of social responsibility and community service in the medical profession. Following this, the Principal, delivered an inspiring speech highlighting the accomplishments of the institution and the dedication of the students.

Graduating students were awarded certificates and medals in recognition of their hard work and perseverance. Cultural performances, including musical and dance acts by student volunteers, added a festive atmosphere to the event.



The ceremony concluded with a vote of thanks by the coordinator, acknowledging the efforts of faculty, students, and staff in making the event a success. The event not only honored academic achievements but also fostered a sense of community and commitment to service among the graduates.

Report on Children Health Awareness Programme Organized by SPM, PESIMSR Kuppam

On **March 15, 2024**, the SPM, PESIMSR Kuppam organized a Children Health Awareness Programme aimed at educating children and their guardians about essential health practices. The event featured interactive sessions led by health professionals, focusing on nutrition, hygiene, and preventive healthcare.

Participants engaged in various activities, including informative presentations, workshops on healthy eating, and practical demonstrations on hygiene practices. The programme also included fun activities such as games and quizzes to encourage active participation among children.

Over **200 children** from local schools participated, along with parents and teachers, fostering a collaborative approach to health education. The event received positive feedback from attendees, highlighting the importance of health awareness in shaping the future of children.

The student volunteers played a crucial role in organizing and executing the programme, demonstrating their commitment to community service and health advocacy. This initiative reflects PESIMSR's dedication to improving public health and empowering future generations with knowledge about health and wellness.



Report on Dental Camp Organized by Department of Dentistry, PESIMSR Kuppam

On **March 15, 2024**, Department of Dentistry, PESIMSR Kuppam organized a successful Dental Camp aimed at promoting oral health awareness within the community. The camp was held in collaboration with local dental professionals and students from the dental program.

The event attracted over **150 participants**, including students, faculty, and residents from nearby areas. Free dental check-ups, consultations, and treatments were offered, addressing various oral health issues. Educational sessions on oral hygiene practices were also conducted, emphasizing the importance of regular dental check-ups and healthy lifestyle choices.

Participants expressed appreciation for the services provided and the informative sessions, which helped enhance their understanding of dental care. The camp concluded with a distribution of free dental kits to encourage continued oral hygiene practices among attendees.

Overall, the Dental Camp successfully raised awareness about dental health and reinforced the organization's commitment to community service.

Report on Cleaning Activity Organized by NSS at PESIMSR Kuppam

On **March 15, 2024**, the National Service Scheme (NSS) unit at PESIMSR Kuppam organized a community cleaning drive in front of the PESIMSR campus. The initiative aimed to enhance the campus's cleanliness and promote environmental awareness among students and local residents.



Volunteers from NSS, along with faculty and students, gathered early in the morning, equipped with cleaning supplies such as brooms, dustbins, and gloves. The event began with a brief introduction by the NSS coordinator, emphasizing the importance of cleanliness in maintaining a healthy environment.

Participants worked diligently to remove litter, clear weeds, and organize the area. The effort not only beautified the campus but also fostered a sense of responsibility towards the environment.

At the end of the day, the NSS team conducted a reflection session, discussing the significance of cleanliness and the impact of such initiatives on the community. The event concluded with a pledge to continue similar activities, inspiring others to take part in maintaining a cleaner and greener environment.

Report on TB Awareness Program Organized by NSS at PESIMSR Kuppam

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, organized a comprehensive TB Awareness Program on **March 24, 2024**, in observance of World Tuberculosis Day. The event aimed to educate students and the local community about tuberculosis, its symptoms, prevention, and treatment.

The program featured interactive sessions with healthcare professionals who provided insights into the global impact of TB and emphasized the importance of early diagnosis and adherence to treatment. Informational pamphlets and posters were distributed to participants, highlighting key facts about TB.

Additionally, NSS volunteers engaged in activities that included a health check-up camp, where individuals were screened for TB symptoms and referred for further evaluation if necessary. The event concluded with a pledge by participants to promote



TB awareness in their communities, emphasizing the role of collective action in combating the disease.

Overall, the TB Awareness Program was successful in enhancing understanding and fostering community support in the fight against tuberculosis.

Report on Health Survey Organized by NSS at PESIMSR Kuppam

Date: April 15, 2024

On April 10, 2024, the National Service Scheme (NSS) unit of PES Institute of Medical Sciences and Research (PESIMSR) Kuppam organized a comprehensive health survey aimed at assessing the health status of the local community. The survey was conducted in collaboration with medical students, faculty, and local health workers.

The event involved a thorough collection of data regarding common health issues, lifestyle choices, and access to healthcare facilities among residents. Participants received health check-ups, including blood pressure measurements, BMI calculations, and screenings for common diseases. Educational materials were also distributed to raise awareness about nutrition, hygiene, and preventive healthcare.

The survey successfully reached over 300 individuals from various age groups, providing valuable insights into the community's health needs. The findings will contribute to future health programs and initiatives aimed at improving public health standards in the region. The NSS team expressed gratitude to all volunteers and participants for their active involvement and support in making the event a success.



Report on Road Safety Awareness Organized by NSS at PESIMSR, Kuppam

On **February 15, 2024**, the National Service Scheme (NSS) at PESIMSR, Kuppam, organized a comprehensive Road Safety Awareness program aimed at educating students and the local community about the importance of safe driving and pedestrian safety. The event commenced with an inaugural speech highlighting the alarming statistics of road accidents and the need for proactive measures.

The program featured interactive sessions, including demonstrations on safe driving practices and the use of safety gear. Participants engaged in discussions about the impact of reckless driving, the significance of adhering to traffic rules, and the role of awareness in preventing accidents.

Additionally, informative pamphlets were distributed, outlining key safety tips and emergency contact numbers. A quiz was conducted to reinforce learning, and winners were awarded prizes to encourage participation. The event concluded with a pledge by attendees to promote road safety within their communities.

This initiative not only raised awareness but also fostered a sense of responsibility among the participants towards ensuring safer roads for everyone.

Report on COVID-19 Vaccination Drives Organized by NSS at PESIMSR Kuppam

The National Service Scheme (NSS) at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, has been actively involved in organizing COVID-19 vaccination drives to ensure the health and safety of the community.



On **February 15, 2024**, a significant vaccination camp was conducted on campus, targeting not only students and staff but also local residents. Over 500 individuals received their vaccinations, helping to enhance community immunity against COVID-19.

Throughout these drives, NSS volunteers played a crucial role in mobilizing participants, facilitating registrations, and providing necessary information to attendees. The successful execution of these vaccination camps demonstrates NSS's commitment to public health and community service, contributing to the broader efforts to combat the COVID-19 pandemic in the region.

Report on Pulse Polio Immunization Drive Organized by SPM at PESIMSR Kuppam

Date of Event: February 18, 2024

The SPM at PES Institute of Medical Sciences and Research (PESIMSR), Kuppam, successfully conducted a Pulse Polio Immunization Drive on February 18, 2024. This initiative aimed to eradicate poliovirus and ensure the health and safety of children in the community.

The drive involved the administration of oral polio vaccine (OPV) to children under five years of age. Student volunteers collaborated with local health authorities to set up vaccination booths across the campus and surrounding areas, reaching out to families and encouraging them to participate.

Awareness campaigns were conducted in the days leading up to the event, utilizing posters, pamphlets, and social media to inform parents about the importance of immunization.

The event saw enthusiastic participation from SPM members and local healthcare professionals, successfully vaccinating over 500 children. The drive was a significant



step toward achieving a polio-free society and highlighted the dedication of Student volunteers in serving the community.

Overall, the Pulse Polio Immunization Drive at PESIMSR was a resounding success, contributing to the national effort against polio and promoting public health awareness.

Report on First Aid Training Organized by NSS at PESIMSR Kuppam

The National Service Scheme (NSS) at PESIMSR Kuppam organized a comprehensive First Aid Training program on **March 15, 2024**. This initiative aimed to equip students and staff with essential skills in emergency response and basic first aid techniques.

The training session was conducted by certified professionals from a renowned health organization, ensuring participants received high-quality instruction. Key topics covered included CPR, wound management, and how to respond to common medical emergencies.

Over **50 participants** attended, engaging in both theoretical and practical sessions. The hands-on practice enhanced their confidence in administering first aid in real-life situations.

Feedback from participants was overwhelmingly positive, highlighting the importance of such training in promoting safety within the campus and the community. The NSS team plans to organize more training sessions in the future to continue fostering awareness and preparedness in emergency situations.



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.

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 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.

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.

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.



PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 7: Specialist camp

Dr.Anil R, NSS PO

Date: 24.03.2024

Location: Urinayanapalle Village

On March 24, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research dedicated themselves in providing specialized healthcare services to the residents of Urinayanapalle village, highlighting the targeted approach of the camp towards addressing the unique healthcare needs of the villagers. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team held the specialist health camp for the residents of Urinayanapalle.

Activities Conducted:

- **General Health Check-ups:**

The camp included thorough health assessments such as vital signs assessment, physical examinations, and health counselling, ensuring a holistic understanding of the villagers' health status.

- **Specialist Consultations:**

Access to specialists in General medicine, OBG, ENT, Ophthalmology and Orthopaedics facilitated early detection and management of specific health issues, enhancing the quality of healthcare services provided.

Achievements:

- **Comprehensive health screening:** The camp successfully conducted comprehensive health assessments for all participants, enabling the identification of health concerns and the provision of tailored medical advice.



- **Specialist Care Access:** Through specialist consultations, the camp ensured that villagers had easy access to specialized medical care, leading to timely interventions and improved healthcare outcomes.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs 200 each, resulting in a total monetization of Rs 10,000 for this activity.

Comprehensive health screening: (50 x Rs 100 = Rs 5,000)

Specialist Care Access: (50 x Rs 100 = Rs 5,000)

The special camp was concluded with a validictory program, where the Village officials, Medical officer, Community Health officer, Head masters of Primary and high school, NSS program co-ordinator and NSS unit Cell, Dr YSRUHS were thanked for their contribution and time in making this special camp a grand success



Photos:







PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Inauguration & Area Survey Report

Dr. Anil R, NSS PO

Date: 18.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

The NSS Unit of PES Institute of Medical Sciences and Research proudly inaugurated the special camp in Urinayanapalle village. The inauguration ceremony was graced by esteemed dignitaries, including Mr. Giri Prasad, the village Sarpanch, Mrs. Aruna, Anganwadi Teacher, and Mr. M. Melvin David, NSS Program Officer, PESCON, who honored us by serving as the chief guest. The ceremony witnessed the enthusiastic participation of 50 NSS volunteers from our institution, alongside the Program Officer, Dr. Anil R., marking the beginning of our community engagement efforts.

Activities Conducted:

Following the inauguration ceremony, our dedicated volunteers commenced the health survey initiative in the village. With unwavering determination, they diligently visited and surveyed a total of 63 households within the community. This initiative aims to assess the healthcare needs and challenges faced by the residents of Urinayanapalle village, thereby paving the way for effective interventions and support.

Achievements:

- The inauguration ceremony witnessed vibrant participation from esteemed village dignitaries and enthusiastic NSS volunteers, setting a spirited tone for the commencement of our special camp activities.
- A considerable portion of the area survey was successfully completed today, providing valuable insights into the healthcare landscape of Urinayanapalle village. This progress lays a solid foundation for the



implementation of future healthcare interventions and initiatives tailored to meet the community's needs.

- The community's response to our survey efforts was overwhelmingly positive, with households actively participating and expressing gratitude for the NSS team's dedication. This warm reception underscores the meaningful impact of our initiatives and strengthens our bond with the residents of Urinayanapalle village.

Activity Monetization:

As part of our commitment to community service, the monetization of today's activity amounted to ₹10,000. This calculation is based on the participation of 50 volunteers, with each volunteer contributing ₹200 towards the noble cause.

$$50 \times ₹200 = ₹10,000$$



Photos: Inauguration of NSS Special Camp at Gudlanayanapalle Village





Area Survey





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Village cleaning and Sapling plantation

Dr.Anil R, NSS PO

Date: 19.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

On the vibrant morning of March 19, 2024, a dedicated team comprising 50 enthusiastic NSS volunteers from PES Institute of Medical Sciences & Research descended upon Gudlanayanapalle village, driven by a shared mission to address pressing environmental challenges. Guided by the experienced leadership of Dr.Anil R, the Program Officer of PESCON NSS unit, we embarked on a multifaceted journey aimed at combating plastic waste accumulation and promoting greener surroundings through afforestation initiatives.

Activities Conducted:

- ***Environmental Cleanup Drive:*** With unwavering determination, our spirited volunteers initiated an extensive cleanup campaign, channelling their energies towards the meticulous removal of plastic waste from the village landscape.
- ***Partnership with Local Authorities:*** Leveraging the collaborative spirit, we forged a strong alliance with the local Panchayat leader, ensuring streamlined coordination for the efficient disposal of collected plastic waste in accordance with eco-friendly practices.
- ***Greening Efforts:*** Building upon the momentum of the cleanup drive, we transitioned into a tree plantation initiative, strategically planting saplings in identified areas across the village. Concurrently, we distributed tree saplings amongst villagers, igniting a spark of environmental consciousness and instilling a sense of collective responsibility for sustaining our natural ecosystem.

**Achievements:**

- The successful execution of our environmental cleanup endeavors significantly contributed to the visual and environmental rejuvenation of Urinayanapalle village, marking a pivotal step towards enhancing its overall cleanliness and aesthetic appeal.
- Through effective collaboration with local leadership, we established robust mechanisms for the proper management and disposal of plastic waste, fostering a culture of responsible waste management practices within the community.
- Our tree plantation and sapling distribution initiatives not only enriched the village landscape but also served as catalysts for nurturing a deeper appreciation for nature and eco-sustainability among villagers, thereby sowing the seeds for a greener tomorrow.

Activity Monetization:

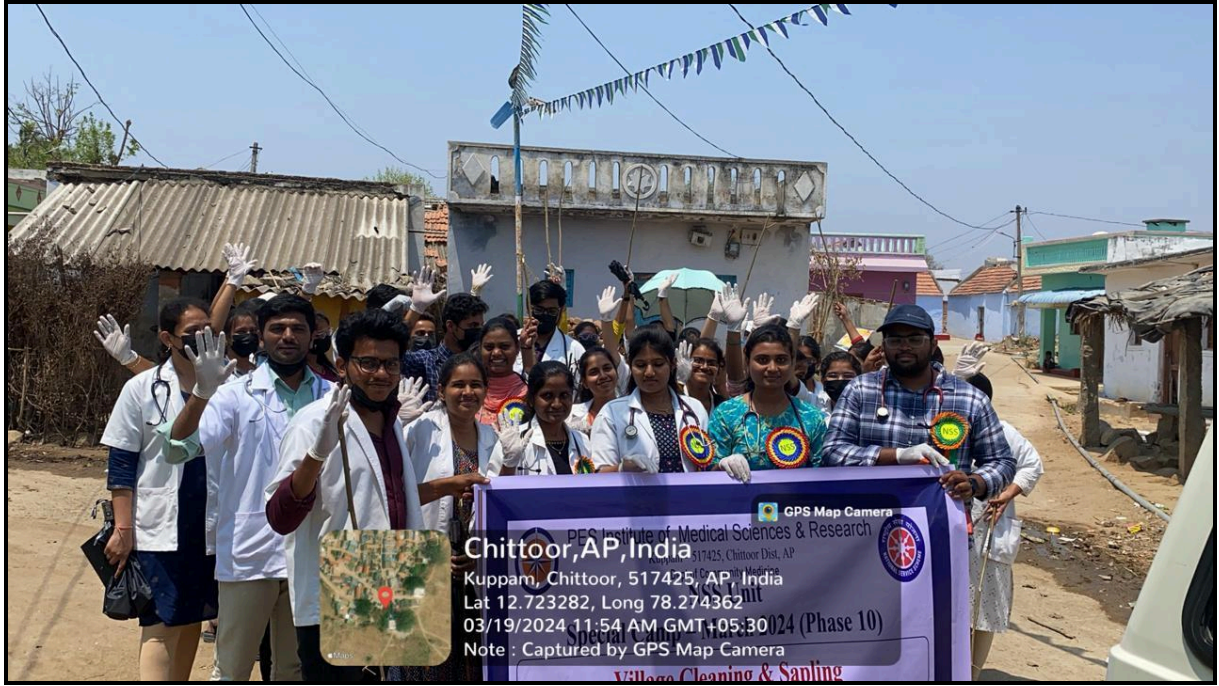
- **Cleaning Activity:** A commendable effort from all 50 volunteers participating in the cleaning activity has been recognized with a monetization of Rs400 each, leading to a collective monetization of Rs20,000.

$$50 \times \text{Rs}400 = \text{Rs}20,000$$

- **Tree Plantation Activity:** In appreciation of their involvement in the tree planting initiative, each volunteer has been monetized with Rs200, resulting in a total monetization of Rs10,000 for this activity.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$







PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 3: Geriatric Health Programme

Dr.Anil R, NSS PO

Date: 20.03.2024

Location: Urinayanapalle Village

On March 20, 2024, our devoted team of 50 volunteers from PES Institute of Medical Science & Research embarked on a vital mission focusing on geriatric care as part of the NSS Special camp. Under the astute guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit, we engaged in comprehensive geriatric assessments, prioritizing the health and well-being of our elderly community members.

Activities Conducted:

- **Geriatric Assessments:** With meticulous attention to detail, our volunteers conducted thorough assessments for 43 geriatric individuals, aiming to gain insights into their overall health status and quality of life.
- **Health Education Sessions:** Following the assessments, we facilitated tailored health education sessions, shedding light on common physiological changes associated with aging and imparting valuable knowledge on non-communicable diseases, thus empowering individuals to make informed decisions about their health.

Achievements:

- **Completion of Geriatric Assessments:** The successful completion of comprehensive geriatric assessments for 43 individuals marks a significant milestone in our efforts to prioritize the health and well-being of our elderly population.
- **Effective Health Education Dissemination:** Through engaging health education sessions, we successfully enhanced awareness about geriatric health and non-communicable diseases within the



community, thereby fostering a culture of proactive health management.

Activity Monetization:

- The participation of 50 volunteers in this impactful activity has been valued at Rs200 each, resulting in a total monetization of Rs10,000.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$

Photos:





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 4: School Health Assessment

Dr.Anil R, NSS PO

Date: 21.03.2024

Location: Government High School, Urinayanapalle Village

On March 21, 2024, our devoted team of 25 volunteers from PES Institute of Medical Science & Research conducted a School health assessment on day 4 of NSS Special camp, under the guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit.

Activities Conducted:

- **Comprehensive Health Assessment:** Height and weight measurements were taken to assess growth and nutritional status. Vision and hearing tests were performed to identify any potential issues. Dental checkups were carried out to evaluate oral health. General physical examination and systemic examinations were conducted
- **Identification of Health Concerns:** Identify prevalent health issues among students such as obesity, high blood pressure, vision/hearing impairments, skin diseases and dental problems. They were noted for further evaluation and intervention.
- **Promotion of Healthy Lifestyle Behaviors and health awareness:** Topics on nutrition, physical activity, puberty changes, hygiene, good touch and bad touch, garbage disposal and harmful effects of using plastics were discussed using health promotion materials.

Achievements:

- **Completion of Comprehensive Health Assessment:** Identified and documented baseline health data for 137 students and detected and documented existing health concerns among them.

- **Effective Health Education Dissemination:** Through appropriate teaching materials, the adolescents were engaged with topics concerned to them.

Activity Monetization:

- The participation of 25 volunteers in this impactful activity has been valued at Rs100 for each student, resulting in a total monetization of Rs13,700.

$$137 \times \text{Rs}100 = \text{Rs}13,700$$

Photos:







PES Institute of Medical Sciences & Research Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 5: NCD Surveillance

Dr.Anil R, NSS PO

Date: 22.03.2024

Location: Urinayanapalle Village

On March 22, 2024, the NSS Unit from PES Institute of Medical Sciences & Research embarked on an impactful health initiative in Urinayanapalle village, conducting screenings for Non-Communicable Diseases (NCDs) amongst the villagers. Under the leadership of Dr.Anil.R, Program Officer of the NSS Unit at PESIMSR, a team of 50 committed volunteers engaged in a critical public health drive, assessing 45 adults for NCD risk factors.

Activities Conducted:

- **Comprehensive Health Screenings:** Volunteers meticulously carried out health evaluations, which encompassed checking blood pressure, blood sugar levels, as well as height and weight measurements to gauge overall health. A NCD card was distributed to the participants.

- **Tailored Health Education:** Post-assessment, the team offered customized health counselling aimed at NCD prevention and management, equipping individuals with knowledge to better care for their health.

Achievements:

- **Successful NCD Risk Assessments:** The initiative led to the successful screening of 40 adults, marking a pivotal step in the early identification and management of NCDs.
- **Awareness and Education:** The initiative significantly contributed to educating the community on NCDs, highlighting prevention and management strategies.

Activity Monetization:

The collective effort of the 50 volunteers participating in this vital activity was monetarily valued at Rs500 per volunteer, totalling Rs25,000 in contributions towards the cause.

NCD screening: 50 x Rs 400 = Rs 20,000

Health education regarding lifestyle changes: 50 x Rs 100 = Rs 5000

Photos:





National Service Scheme		
PES Institute of Medical Sciences & Research		
PES College of Nursing		
NCD Card		
Name:	Age:	Sex:
Address:	Ph.No:	
Pulse: ___ bt/min	BP: ___/___ mmhg	
Height: ___ cms	Weight: ___ Kgs	BMI: ___
GRBS: ___ mg/dl		
Remarks:		



PES Institute of Medical Sciences & Research
Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 6: First Aid management Programme

Dr.Anil R, NSS PO

Date: 23.03.2024

Location: Paipalem PHC, Kuppam

On March 23, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research embarked on a crucial mission aimed at bolstering the capabilities of healthcare workers at the Paipalem Primary Health Center (PHC), which oversees Urinayanapalle village. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team conducted an insightful First Aid Management program attended by 35 ASHA workers and ANMs..

Activities Conducted:

- **First Aid Management Demonstration:** Our volunteers delivered comprehensive training on handling various medical emergencies such as dog bites, snake bites, poisoning, burns, and CPR. Through



both theoretical explanations and practical demonstrations, participants acquired invaluable skills to effectively respond to emergencies.

Achievements:

- **Empowering Health Workers:** The program successfully equipped 35 ASHA workers and ANMs with crucial first aid management skills, thereby enhancing their ability to promptly respond to medical emergencies in the community.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs500 each, resulting in a total monetization of Rs25,000 for this activity.

$$(50 \times \text{Rs}500 = \text{Rs}25,000)$$

Photos:









PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 7: Specialist camp

Dr.Anil R, NSS PO

Date: 24.03.2024

Location: Urinayanapalle Village

On March 24, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research dedicated themselves in providing specialized healthcare services to the residents of Urinayanapalle village, highlighting the targeted approach of the camp towards addressing the unique healthcare needs of the villagers. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team held the specialist health camp for the residents of Urinayanapalle.

Activities Conducted:

- **General Health Check-ups:**

The camp included thorough health assessments such as vital signs assessment, physical examinations, and health counselling, ensuring a holistic understanding of the villagers' health status.

- **Specialist Consultations:**

Access to specialists in General medicine, OBG, ENT, Ophthalmology and Orthopaedics facilitated early detection and management of specific health issues, enhancing the quality of healthcare services provided.

Achievements:

- **Comprehensive health screening:** The camp successfully conducted comprehensive health assessments for all participants, enabling the identification of health concerns and the provision of tailored medical advice.



- **Specialist Care Access:** Through specialist consultations, the camp ensured that villagers had easy access to specialized medical care, leading to timely interventions and improved healthcare outcomes.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs 200 each, resulting in a total monetization of Rs 10,000 for this activity.

Comprehensive health screening: (50 x Rs 100 = Rs 5,000)

Specialist Care Access: (50 x Rs 100 = Rs 5,000)

The special camp was concluded with a validictory program, where the Village officials, Medical officer, Community Health officer, Head masters of Primary and high school, NSS program co-ordinator and NSS unit Cell, Dr YSRUHS were thanked for their contribution and time in making this special camp a grand success



Photos:





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





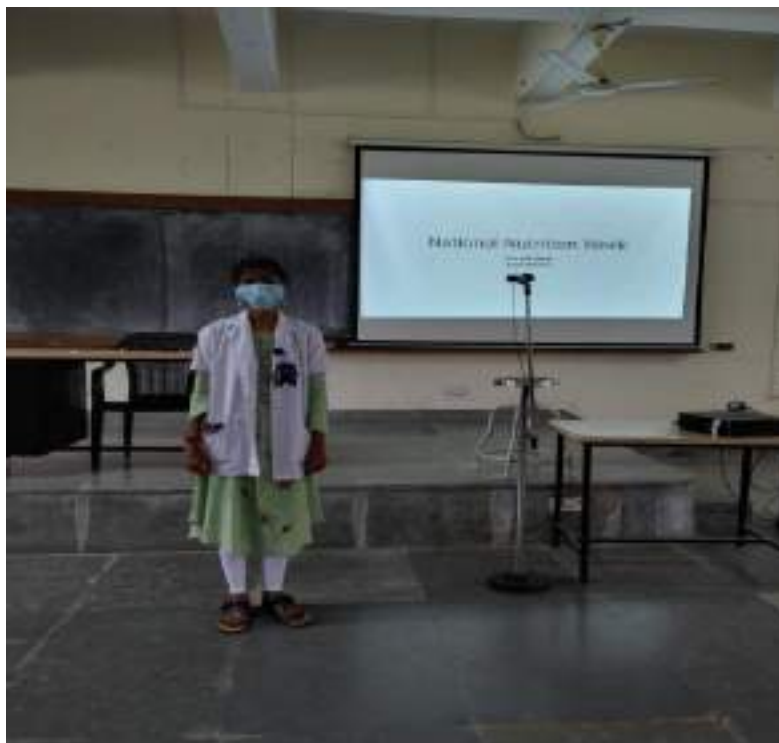
Rally for women safety

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, స్కాన్ టుడే: విజ్ఞకు తల్లి పాలు అమృతం తమని దిన్న పిల్లల విభాగం ద్వారా రాజేంద్ర నాయకులు అన్నారు. పీఈయమ్ వైద్య అధ్యక్షులు, లయన్స్ క్లబ్ ఆధ్వర్యంలో కుప్రవారం కుప్పం పట్టణంలో ఘనార్యులు చేతవేట్టు కోవి ఆవగాహన కార్యక్రమం జరిగింది. ఆర్టీసీ బస్టాండు కూడలిలో మానవహారంగా ఏర్పాటు చేసిన తల్లిపాల కార్యక్రమం జరిగి ప్రయోజనాలు తెలిపారు. వైద్యులు హాటింగ్ వండ్ల, కుమ్మారునిటి మెడిసిన్ విభాగం అధ్యక్షులు అనిల్ రాజ్, ఏమ్మెమ్. మహాపాష 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 & AHS
Date: 06.08.2024, Time: 1:00 PM, Venue: Nursing College

#RESTOREOURLAND

Follow us on





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Inauguration & Area Survey Report

Dr.Anil R, NSS PO

Date: 18.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

The NSS Unit of PES Institute of Medical Sciences and Research proudly inaugurated the special camp in Urinayanapalle village. The inauguration ceremony was graced by esteemed dignitaries, including Mr. Giri Prasad, the village Sarpanch, Mrs. Aruna, Anganwadi Teacher, and Mr. M. Melvin David, NSS Program Officer, PESCON, who honored us by serving as the chief guest. The ceremony witnessed the enthusiastic participation of 50 NSS volunteers from our institution, alongside the Program Officer, Dr. Anil R., marking the beginning of our community engagement efforts.

Activities Conducted:

Following the inauguration ceremony, our dedicated volunteers commenced the health survey initiative in the village. With unwavering determination, they diligently visited and surveyed a total of 63 households within the community. This initiative aims to assess the healthcare needs and challenges faced by the residents of Urinayanapalle village, thereby paving the way for effective interventions and support.

Achievements:

- The inauguration ceremony witnessed vibrant participation from esteemed village dignitaries and enthusiastic NSS volunteers, setting a spirited tone for the commencement of our special camp activities.
- A considerable portion of the area survey was successfully completed today, providing valuable insights into the healthcare landscape of Urinayanapalle village. This progress lays a solid foundation for the



implementation of future healthcare interventions and initiatives tailored to meet the community's needs.

- The community's response to our survey efforts was overwhelmingly positive, with households actively participating and expressing gratitude for the NSS team's dedication. This warm reception underscores the meaningful impact of our initiatives and strengthens our bond with the residents of Urinayanapalle village.

Activity Monetization:

As part of our commitment to community service, the monetization of today's activity amounted to ₹10,000. This calculation is based on the participation of 50 volunteers, with each volunteer contributing ₹200 towards the noble cause.

$$50 \times ₹200 = ₹10,000$$



Photos: Inauguration of NSS Special Camp at Gudlanayanapalle Village





Area Survey





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 1: Village cleaning and Sapling plantation

Dr.Anil R, NSS PO

Date: 19.03.2024

Location: Urinayanapalle Village

Camp Inauguration:

On the vibrant morning of March 19, 2024, a dedicated team comprising 50 enthusiastic NSS volunteers from PES Institute of Medical Sciences & Research descended upon Gudlanayanapalle village, driven by a shared mission to address pressing environmental challenges. Guided by the experienced leadership of Dr.Anil R, the Program Officer of PESCON NSS unit, we embarked on a multifaceted journey aimed at combating plastic waste accumulation and promoting greener surroundings through afforestation initiatives.

Activities Conducted:

- ***Environmental Cleanup Drive:*** With unwavering determination, our spirited volunteers initiated an extensive cleanup campaign, channelling their energies towards the meticulous removal of plastic waste from the village landscape.
- ***Partnership with Local Authorities:*** Leveraging the collaborative spirit, we forged a strong alliance with the local Panchayat leader, ensuring streamlined coordination for the efficient disposal of collected plastic waste in accordance with eco-friendly practices.
- ***Greening Efforts:*** Building upon the momentum of the cleanup drive, we transitioned into a tree plantation initiative, strategically planting saplings in identified areas across the village. Concurrently, we distributed tree saplings amongst villagers, igniting a spark of environmental consciousness and instilling a sense of collective responsibility for sustaining our natural ecosystem.

**Achievements:**

- The successful execution of our environmental cleanup endeavors significantly contributed to the visual and environmental rejuvenation of Urinayanapalle village, marking a pivotal step towards enhancing its overall cleanliness and aesthetic appeal.
- Through effective collaboration with local leadership, we established robust mechanisms for the proper management and disposal of plastic waste, fostering a culture of responsible waste management practices within the community.
- Our tree plantation and sapling distribution initiatives not only enriched the village landscape but also served as catalysts for nurturing a deeper appreciation for nature and eco-sustainability among villagers, thereby sowing the seeds for a greener tomorrow.

Activity Monetization:

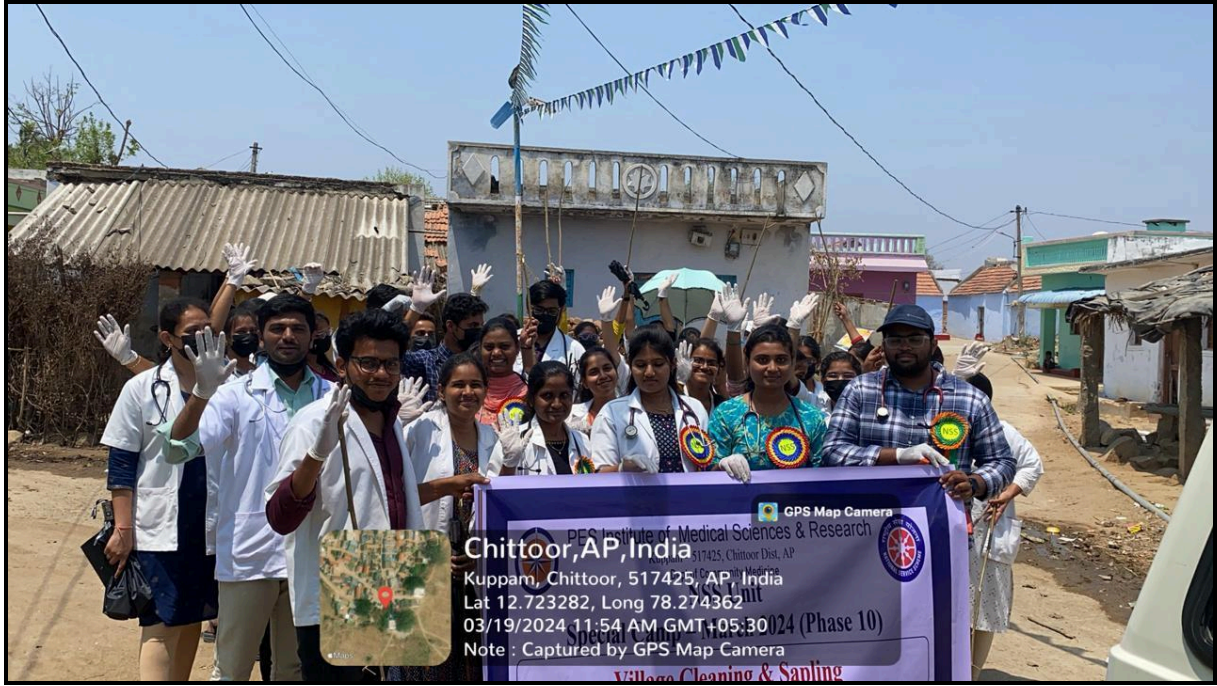
- **Cleaning Activity:** A commendable effort from all 50 volunteers participating in the cleaning activity has been recognized with a monetization of Rs400 each, leading to a collective monetization of Rs20,000.

$$50 \times \text{Rs}400 = \text{Rs}20,000$$

- **Tree Plantation Activity:** In appreciation of their involvement in the tree planting initiative, each volunteer has been monetized with Rs200, resulting in a total monetization of Rs10,000 for this activity.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$







PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 3: Geriatric Health Programme

Dr.Anil R, NSS PO

Date: 20.03.2024

Location: Urinayanapalle Village

On March 20, 2024, our devoted team of 50 volunteers from PES Institute of Medical Science & Research embarked on a vital mission focusing on geriatric care as part of the NSS Special camp. Under the astute guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit, we engaged in comprehensive geriatric assessments, prioritizing the health and well-being of our elderly community members.

Activities Conducted:

- **Geriatric Assessments:** With meticulous attention to detail, our volunteers conducted thorough assessments for 43 geriatric individuals, aiming to gain insights into their overall health status and quality of life.
- **Health Education Sessions:** Following the assessments, we facilitated tailored health education sessions, shedding light on common physiological changes associated with aging and imparting valuable knowledge on non-communicable diseases, thus empowering individuals to make informed decisions about their health.

Achievements:

- **Completion of Geriatric Assessments:** The successful completion of comprehensive geriatric assessments for 43 individuals marks a significant milestone in our efforts to prioritize the health and well-being of our elderly population.
- **Effective Health Education Dissemination:** Through engaging health education sessions, we successfully enhanced awareness about geriatric health and non-communicable diseases within the



community, thereby fostering a culture of proactive health management.

Activity Monetization:

- The participation of 50 volunteers in this impactful activity has been valued at Rs200 each, resulting in a total monetization of Rs10,000.

$$50 \times \text{Rs}200 = \text{Rs}10,000$$

Photos:





PES Institute of Medical Sciences & Research

Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 4: School Health Assessment

Dr.Anil R, NSS PO

Date: 21.03.2024

Location: Government High School, Urinayanapalle Village

On March 21, 2024, our devoted team of 25 volunteers from PES Institute of Medical Science & Research conducted a School health assessment on day 4 of NSS Special camp, under the guidance of Dr.Anil R, Program Officer of PESIMSR NSS unit.

Activities Conducted:

- **Comprehensive Health Assessment:** Height and weight measurements were taken to assess growth and nutritional status. Vision and hearing tests were performed to identify any potential issues. Dental checkups were carried out to evaluate oral health. General physical examination and systemic examinations were conducted
- **Identification of Health Concerns:** Identify prevalent health issues among students such as obesity, high blood pressure, vision/hearing impairments, skin diseases and dental problems. They were noted for further evaluation and intervention.
- **Promotion of Healthy Lifestyle Behaviors and health awareness:** Topics on nutrition, physical activity, puberty changes, hygiene, good touch and bad touch, garbage disposal and harmful effects of using plastics were discussed using health promotion materials.

Achievements:

- **Completion of Comprehensive Health Assessment:** Identified and documented baseline health data for 137 students and detected and documented existing health concerns among them.

- **Effective Health Education Dissemination:** Through appropriate teaching materials, the adolescents were engaged with topics concerned to them.

Activity Monetization:

- The participation of 25 volunteers in this impactful activity has been valued at Rs100 for each student, resulting in a total monetization of Rs13,700.

$$137 \times \text{Rs}100 = \text{Rs}13,700$$

Photos:







PES Institute of Medical Sciences & Research Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 5: NCD Surveillance

Dr.Anil R, NSS PO

Date: 22.03.2024

Location: Urinayanapalle Village

On March 22, 2024, the NSS Unit from PES Institute of Medical Sciences & Research embarked on an impactful health initiative in Urinayanapalle village, conducting screenings for Non-Communicable Diseases (NCDs) amongst the villagers. Under the leadership of Dr.Anil.R, Program Officer of the NSS Unit at PESIMSR, a team of 50 committed volunteers engaged in a critical public health drive, assessing 45 adults for NCD risk factors.

Activities Conducted:

- **Comprehensive Health Screenings:** Volunteers meticulously carried out health evaluations, which encompassed checking blood pressure, blood sugar levels, as well as height and weight measurements to gauge overall health. A NCD card was distributed to the participants.

- **Tailored Health Education:** Post-assessment, the team offered customized health counselling aimed at NCD prevention and management, equipping individuals with knowledge to better care for their health.

Achievements:

- **Successful NCD Risk Assessments:** The initiative led to the successful screening of 40 adults, marking a pivotal step in the early identification and management of NCDs.
- **Awareness and Education:** The initiative significantly contributed to educating the community on NCDs, highlighting prevention and management strategies.

Activity Monetization:

The collective effort of the 50 volunteers participating in this vital activity was monetarily valued at Rs500 per volunteer, totalling Rs25,000 in contributions towards the cause.

NCD screening: 50 x Rs 400 = Rs 20,000

Health education regarding lifestyle changes: 50 x Rs 100 = Rs 5000

Photos:





National Service Scheme		
PES Institute of Medical Sciences & Research		
PES College of Nursing		
NCD Card		
Name:	Age:	Sex:
Address:	Ph.No:	
Pulse: ___ bt/min	BP: ___/___ mmhg	
Height: ___ cms	Weight: ___ Kgs	BMI: ___
GRBS: ___ mg/dl		
Remarks:		



PES Institute of Medical Sciences & Research
Kuppam, Andhra Pradesh – 517425

NSS Unit

Special Camp – March 2024 (Phase 10)

Day 6: First Aid management Programme

Dr.Anil R, NSS PO

Date: 23.03.2024

Location: Paipalem PHC, Kuppam

On March 23, 2024, the NSS volunteers from PES Institute of Medical Sciences & Research embarked on a crucial mission aimed at bolstering the capabilities of healthcare workers at the Paipalem Primary Health Center (PHC), which oversees Urinayanapalle village. Under the expert guidance of Dr.Anil.R, Program Officer of PESIMSR NSS Unit, our team conducted an insightful First Aid Management program attended by 35 ASHA workers and ANMs..

Activities Conducted:

- **First Aid Management Demonstration:** Our volunteers delivered comprehensive training on handling various medical emergencies such as dog bites, snake bites, poisoning, burns, and CPR. Through



both theoretical explanations and practical demonstrations, participants acquired invaluable skills to effectively respond to emergencies.

Achievements:

- **Empowering Health Workers:** The program successfully equipped 35 ASHA workers and ANMs with crucial first aid management skills, thereby enhancing their ability to promptly respond to medical emergencies in the community.

Activity Monetization:

The dedicated efforts of our 50 volunteers have been recognized and valued at Rs500 each, resulting in a total monetization of Rs25,000 for this activity.

$$(50 \times \text{Rs}500 = \text{Rs}25,000)$$

Photos:





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.

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



PES Green & Clean Initiative Under NSS Unit

July 07TH 2022



పరిసరాల పరిశుభ్రతతోనే ఆరోగ్యం - ప్రెస్బిటర్ డా.కృష్ణారావు



నడిపిల్ల, జూలై 7 (నెల
మొదటిది) ప్రాంతం
కె.ఎస్.ఎస్. స్ట్రీట్, తిరుపతి
అసోసియేషన్ సెంటర్ ప్రాంగణం
లోని పరిశుభ్రతతోనే ఆరోగ్యం
వెలుగు కీర్తి, ప్రెస్బిటర్
డా.పాపియన్ కృష్ణారావు క్లిప్
అండ్ క్లీన్ ప్రోగ్రామ్ను
ప్రారంభించారు. ఈ ప్రోగ్రామ్
కె.ఎస్.ఎస్. యాండ్ డాం
అడ్జస్టుమెంట్, పరిశుభ్రత
సాంకేతికత, స్వచ్ఛ
సమాజం, నీడలను
అర్థం చేసుకోవడం వంటివి
పాఠ్యం కె.ఎస్.ఎస్. అనుభవ
శాస్త్రానికి ప్రాధాన్యతను
కానీసం అర్థం చేసుకు
నే ఆరోగ్యం వచ్చుతుందని
అన్నారు.

ఈ సందర్భంగా కీర్తి, ప్రెస్బిటర్ డా.పాపియన్ కృష్ణారావు ప్రార్థనలను ప్రకటించారు. ప్రతి ఒక్కరూ తమ మనస్సును పునశ్చే
తప్పకుండా నింపడానికి మనో మేధా ప్రయత్నాలు, చక్కని నిర్ణయాలు తప్పకుండా తీసుకోవాలని
అన్నారు. ప్రతి ఒక్కరూ మనస్సును మనోమోహనంగా చేసుకోవాలని అన్నారు.

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 ఆర్డీసీ బస్టాండు కూడలిలో వైద్యులు,
విద్యార్థుల మానవహారం

తల్లిపాలే బిడ్డకు అమృతం

కుప్పం పట్టణం, స్కాన్ టుడే: విజ్ఞకు తల్లి పాలు అమృతం తమని దిన్న పిల్లల విభాగారీపతి డా.రాజేంద్ర నాయకుడు అన్నారు. ఏ.ఈ.యమ్ వైద్య అస్సెస్సి, లయన్స్ క్లబ్ ఆధ్వర్యంలో కుప్రవారం కుప్పం పట్టణంలో షేకార్యలు చేశవేట్టు కొవి ఆవగాహన కార్యక్రమంలా. ఆర్డీసీ బస్టాండు కూడలిలో మానవహారంగా ఏర్పాటై కుప్పకు తల్లిపాల కారా కలిగే ప్రయోజనాలు తెలిపారు. వైద్యులు హాటిష్ చంద్ర, కుమ్మూనిటీ మెడిసిన్ విభాగం అధికారులు అనిల్ రాజ్, ఏ.మే.వే. మహేష్ 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 - PESMNR



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: 3:00 PM Venue: Nursing College

#RESTOREOURLAND

Follow us on



World TB Day



PESHOSPITAL



National Tuberculosis Elimination Program



PRADHAN MANTRI TB MUKT BHARAT ABHIYAAN

“Ni-kshay Mithra - Nutritional Support for TB Patients”

Dr. (Prof.) M.R. Doreswamy, Chancellor-PES University, Founder Chairman - PES Group of Institutions, wishes to contribute for Pradhan Mantri TB MukT Bharat Abhiyan Program(PMTBMBAP), as Ni-kshay Mithra by donating Nutritional Support for TB Patients of Kuppam Constituency.

PESIMSR, Kuppam is organizing a formal event for distribution of Nutritional Food Baskets (as per the guidance of PMTBMBAP) for all the TB Patients of Kuppam Constituency on **21st April, 2023, Friday, at 11am** at PESIMSR Auditorium.

All the Administrators, HoDs, Faculty members, PG Residents, Interns & Students of PESIMSR are invited to attend the program and grace the occasion.

All are cordially invited.


MEDICAL SUPERINTENDENT
MEDICAL SUPERINTENDENT
PESIMSR, KUPPAM-517425
CHITTOOR DIST, A.P.


DEAN & PRINCIPAL
DEAN & PRINCIPAL
PES Institute of Medical Science & Research
Kuppam-517425, Chittoor Dist, A.P.

Peoples' Education Society * Institute of Medical Sciences & Research
Kuppam - 517 425, Chittoor Dist, A.P, Tel : 08570 277666, 277777, Email : hrdepartment@pesimsr.pes.edu

World Rabies day awareness Programme





World Patient Safety week



World Patient Safety Week - (19th Sep to 25th Sep 2023)

THEME :PATIENT ENGAGEMENT

We Cordially invite you for the Last day of the
Weeklong World Patient Safety celebration on
25th sep 2023

AGENDA

3PM:
**Guest Lecture on Patient
Engagement and Patient
Safety: DR. HarshaVardhan
Asst.Prof.,
Dept of Gen. Medicine
Clinical Safety officer**

**4PM Onwards :
Closing Ceremony**

Venue : Hospital lecture
hall -1



DATE: 25 th Sep 23

SAFETY STARTS FROM ME !





Center for Quality
Promotion



WORLD PATIENT SAFETY WEEK 2023

THEME : ENGAGING YOUR
PATIENT FOR PATIENT
SAFETY

Guest lecture - Engaging patients on
medication safety by the PTC

4.00PM To 4.30 PM

Timelines of Physiotherapy in
patient outcomes

Time :4.30PM to 5PM

Time: 3.30PM to 5PM

Venue: Hospital lecture hall



World
Patient Safety
Day 17 September 2023





World ORS Day

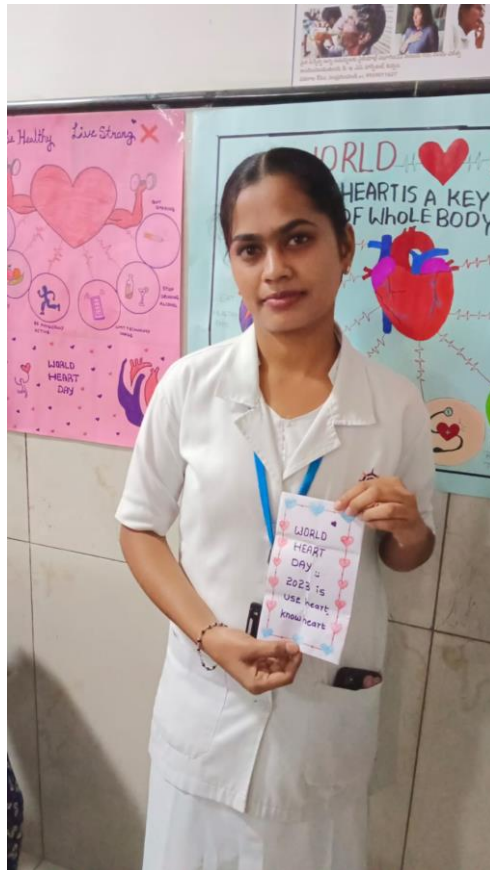




World Mental Health Day



World Heart Day



World Health Day





World Blood Donors Day

పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ రక్త దాతల దినోత్సవం కార్యక్రమం

కుప్పం జూన్ 14 మనం స్టూడెంట్ ప్రపంచ రక్తదాతల దినోత్సవాన్ని జూన్ 14న కుప్పంలోని పీఈఎస్ వైద్య కళాశాలలో నిర్వహించారు.

ఈ సంవత్సరం ప్రపంచ రక్తదాతల దినోత్సవం 20వ వార్షికోత్సవం. ఈ సంవత్సరం థీమ్ ప్రపంచవ్యాప్తంగా ఉన్న రక్తదాతల ప్రాణాలను రక్షించే విధానాలు "ఇమ్మండల్ 20 సంవత్సరాల వేడుకలు: రక్తదాతలకు ధన్యవాదాలు!" అనే నినాదంతో జరుపుకుంది. ఈ సందర్భంగా కుప్పం అగస్త్య ఫౌండేషన్లో స్వచ్ఛంద రక్తదాన శిబిరాన్ని నిర్వహించారు. ఈ శిబిరాన్ని మెడికల్ సూపరింటెండెంట్ డాక్టర్ సుబ్రమణ్య అగస్త్య క్యాంపస్ హెడ్ శ్రీ సురేష్, ప్రొఫెసర్ మరియు హెచ్ ఓ డి పాథాలజీ డాక్టర్ ఏ ఎస్ రామస్వామి, పాథాలజీ ప్రొఫెసర్ డాక్టర్ కుమార్తూరు బి ఎస్ మరియు బ్లడ్ సెంటర్ ఇన్ ఛార్జ్ అసిస్టెంట్ ప్రొఫెసర్ డాక్టర్ శరణ్య శంకర్తో కలిసి ప్రారంభించారు. అధికారి, డాక్టర్ సుబ్రహ్మణ్య స్వచ్ఛంద రక్తదానం యొక్క ప్రాముఖ్యతను సాక్షిచేస్తూ మరియు వారి నిస్వార్థంగా పాల్గొన్నందుకు దాతలందరికీ ధన్యవాదాలు



తెలిపారు. ఈ కార్యక్రమంలో దాదాపు 35 యూనిట్ల రక్తాన్ని సేకరించారు.

ప్రపంచ రక్తదాతల దినోత్సవం సందర్భంగా క్యాంపస్లో వక్రత్వ పోటీలు, వ్యాసరచన పోటీలు, పోస్టర్ ప్రజెంటేషన్, గ్రూప్ డ్యాన్స్ మరియు షార్ట్ వీడియో పోటీలతో పాటు పలు పోటీలు నిర్వహించారు. పి ఈ ఎస్ యొక్క అందరూ గ్రాడ్యుయేట్ మరియు పోస్ట్ గ్రాడ్యుయేట్ విద్యార్థులు, పి ఈ ఎస్ కాలేజ్ ఆఫ్ నర్సింగ్, పి ఈ ఎస్ ఇన్స్టిట్యూట్ ఆఫ్ పారామెడికల్ మరియు అలైడ్ హెల్త్ సైన్సెస్ కోర్సుల విద్యార్థులు ఈ కార్యక్రమాలలో చురుకుగా పాల్గొన్నారు. ఈ పోటీల్లో విజేతలకు బహుమతులు



ప్రధానం కార్యక్రమం నిర్వహించారు. డీన్, ప్రెసిసిపాల్ డాక్టర్ హెచ్ఆర్ కృష్ణారావు బహుమతులను అందజేసి చురుగ్గా పాల్గొన్న విద్యార్థులను అభినందించారు. స్వచ్ఛంద దాతలందరి పాత్రను ఆయన అభినందిస్తూ, సంస్థ తన రక్త కేంద్రంలో రక్త యూనిట్ల తగినంత నిల్వలను కలిగి ఉంది మరియు గ్రామీణ ప్రజలకు సేవలను అందించగలుగుతోంది. కార్యక్రమంలో పాథాలజీ విభాగం అధ్యాపకులు డాక్టర్ జయశ్రీ పవార్, డాక్టర్ విద్య, డాక్టర్ కుమార్తూరు, డాక్టర్ శోభిత, డాక్టర్ శరణ్య శంకర్, డాక్టర్ వీణ, డాక్టర్ మోనిష్ రామ్, డాక్టర్ అర్చన తదితరులు పాల్గొన్నారు.

రక్తదానం ప్రాణదానంతో సమానం

కుప్పం, జూన్ 14: రక్తదానం చేయడ మంటే ఒక మనిషికి ప్రాణదానం చేయడ మేనని పీఈఎస్ ఆన్లైన్ మెడికల్ సూపరింటెండెంట్ డాక్టర్ సుబ్రమణ్య అగస్త్య క్యాంపస్ హెడ్ సురేష్ ఆన్నారు.



రక్తదాన శిబిరంలో పాల్గొన్న ప్రముఖులు, విద్యార్థులు

ప్రపంచ రక్తదాతల దినోత్సవాన్ని పురస్కరించుకుని అగస్త్య ఫౌండేషన్ అధ్యక్షులలో స్వచ్ఛంద రక్తదాన శిబిరం నిర్వహించారు. ఈ సందర్భంగా క్యాంపస్లో వక్రత్వ వ్యాస రచనలతోపాటు పలు అంశాలపై పోటీలు నిర్వహించి విజేతలకు బహు మతులు ప్రదానం చేశారు. ఈ సందర్భంగా దాతల నుంచి 35 యూనిట్ల రక్తాన్ని సేకరించారు. రక్తదాతలకు నర్సిఫికేట్లు ప్రదానం చేశారు. పాథాలజీ హెచ్బోడి ఏఎఎస్ రామస్వామి, ప్రొఫెసర్ డాక్టర్ కుమార్తూరు, రక్త కేంద్రం ఇన్ ఛార్జ్ అసిస్టెంట్ ప్రొఫెసర్ డాక్టర్ శరణ్య తదితరులు మాట్లాడారు. పీఈఎస్ వైద్య కళాశాల డీన్ అండ్ ప్రెసిసిపాల్ డాక్టర్ హెచ్ఆర్. కృష్ణారావు, పాథాలజీ విభాగం అధ్యాపకులు డాక్టర్ జయశ్రీ పవార్, డాక్టర్ విద్య, డాక్టర్ శోభిత, డాక్టర్ శరణ్య శంకర్, డాక్టర్ వీణ, డాక్టర్ మోనిష్ రామ్, డాక్టర్ అర్చన, పీఈఎస్ యూజీ, పీజీ విద్యార్థులు, నర్సింగ్, హెల్త్ సైన్సెస్ కోర్సుల విద్యార్థులు పాల్గొన్నారు.



ప్రశంస పత్రాలు అందుకున్న విద్యార్థులతో ప్రిన్సిపల్ క్రిష్ణారావు

రక్తదానంలో విద్యార్థులు స్ఫూర్తిగా నిలవాలి

కుప్పం, న్యూస్ టుడే: రక్తదానం కార్యక్రమాల్లో విద్యార్థులు, యువత స్ఫూర్తిగా నిలవాలిందిగా పీకాఎస్ వైద్య కళాశాల ప్రిన్సిపల్ హెచ్ఆర్ క్రిష్ణారావు పేర్కొన్నారు. పీకాఎస్ ఆస్పత్రిలో శుక్రవారం నిర్వహించిన ప్రపంచ రక్తదాతల దినోత్సవంలో ఆయన ప్రసంగించారు. అగస్త్య ఫౌండేషన్ ఆధ్వర్యంలో రక్తదాన శిబిరాన్ని నిర్వహించారు. ఆవశ్యకతపై వైద్య విద్యార్థులకు వ్యాసరచన పోటీలు నిర్వహించి ప్రశంస పత్రాలను అందజేశారు. పెథాలజీ విభాగాధిపతి రామస్వామి, రక్త నిధి కేంద్రం ఇన్చార్జి శరణ్యశంకర్ పాల్గొన్నారు.

World AIDS Day







Republic Day



Nurses day



International Yoga Day



World Breastfeeding Week



తల్లిపాలు చంటి బిడ్డకు మొదటి వ్యాక్సిన్

- కదా ప్రాజెక్ట్ డైరెక్టర్ వికాస్ మర్కట్



కుప్పం-ఆంధ్రనాడు, ఆగస్టు 7: చంటి బిడ్డలకు తల్లిపాలు మొదటి వ్యాక్సిన్ అని కుప్పం రూరల్ డెవలప్మెంట్ అథారిటీ ప్రాజెక్ట్ డైరెక్టర్ వికాస్ మర్కట్ అన్నారు. బుధవారం స్థానిక పిఐఎస్ వైద్య కళాశాలలో ప్రపంచ తల్లిపాలు వారోత్సవాలు ముగింపు కార్యక్రమానికి ముఖ్యఅతిథిగా కదా పిడి వికాస్ మర్కట్ పాల్గొని జ్యోతి ప్రజ్వలన చేశారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ, తల్లి పాలు తొలి ఆరు నెలలలో శిశువుల వృద్ధికి ఎంత ముఖ్యమైనదో వివరించారు. భవిష్యత్తులో ఈ కార్యక్రమాన్ని ముందుకు తీసుకెళడములో తన మద్దతు ఉంటుందని తెలిపారు. తల్లి పాల యొక్క ప్రాముఖ్యతను, శిశు ఆరోగ్యం మరియు అభివృద్ధికి ముఖ్యమైనదని వివరించారు. డా.సుబ్రమణ్య మాట్లాడుతూ... తల్లి పాలు పుట్టిన శిశువుకు మొదటి వ్యాక్సిన్ గా పనిచేస్తాయని తెలిపారు. గ్రామీణ ప్రాంతాలలో తల్లి పాలు గురించి అవగాహన పెంచాల్సిన అవసరం ఉందని చెప్పారు. పిఐఎస్ ఆసుపత్రి గ్రామీణ ప్రజలకు అవగాహన చేస్తున్న ప్రక్రియను అభినందించారు. డా. హెచ్.ఆర్. కృష్ణదావు మాట్లాడుతూ భారతదేశంలో ప్రస్తుతానికి 65 శాతం శిశువులు మాత్రమే తల్లి పాలు పొందుతున్నారని అన్నారు. ప్రజల అవగాహన పెంచి శిశువులకు తల్లిపాలు అందించే శాతం మెరుగు వరచడంలో నహకరించాలని కోరారు. కార్యక్రమంలో డా..హరిశ్చంద్ర, డా.రాజేంద్ర నాయుడు పాల్గొన్నారు.

ఘనంగా తల్లిపాల వారోత్సవాలు



వారోత్సవాలలో ప్రశాంగిస్తున్న కడ ఎస్ టి

కుప్పం, ఆగస్టు 7 (ప్రభ న్యూస్): ప్రతి సంవత్సరం ఆగస్టు నెలలో నిర్వహించే తల్లిపాల వారోత్సవాలను పురస్కరించుకొని ఈ నెల 01 వ తేదీనుండి 08 తేదీ వరకు పి.ఇ.ఎస్.ఆసుపత్రి చిన్నపిల్లల విభాగం ఆధ్వర్యంలో ఘనంగా నిర్వహించినట్లు పి.ఇ.ఎస్.ఆసుపత్రి మెడికల్ సూపరింటెండెంట్ డా.సుబ్రమణ్య ఎన్ కె తెలియజేశారు. ఈ కార్యక్రమానికి కుప్పం కడ ప్రాజెక్టు అధికారి ఐ.ఎస్.వికాస్ మర్మత్ ముఖ్య అతిథిగా పాల్గొని తల్లిపాల ఆవశ్యకత గురించి తెలియ జేశారు. ఈ సందర్భంగా అయ మాట్లాడుతూ సహజంగా లభ్యమయే తల్లిపాలు శ్రేష్టమని, పోతపాలు అవసరం లేదని తెలియజేస్తూ ప్రతి తల్లి తన బిడ్డకు కనీసం 6 నెలలవరకు తల్లిపాలు ఇవ్వాలని తెలియ

జేశారు. అలాగే అంగన్వాడీ, ఆశావర్ష ద్వారా తల్లిపాల ఆవశ్యకత అవగాహనా కార్యక్రమం నిర్వహిస్తామని తెలియజేశారు. ఈ సందర్భంగా చిన్నపిల్లల విభాగాధిపతి డా.రాజేంద్రనాయుడు మాట్లాడుతూ వారం రోజులపాటు నిర్వహించిన అంతరాలను పూరించి తల్లిపాల సంస్కృతిని ప్రోత్సహిద్దాం అనే నినాదంతో తల్లిపాల వారోత్సవాలను నిర్వహించినట్లు తెలిపారు. ఈ వారోత్సవాలలో చిన్నపిల్లలు విభాగం వైద్యులు, విద్యార్థులు, నర్సింగ్ విద్యార్థులు పాల్గొని తల్లిపాల ఆవశ్యకతపై అవగాహనా కల్పించినట్లు, తల్లిపాలు ఇవ్వడం వలన శిశువు వ్యాధుల బారిన పడకుండా ఉంటారని, వ్యాధి నిరోధక శక్తి పెరిగి బిడ్డ ఎదుగుదల బాగుంటుందని వారు తెలిపారు.

World Environment Day



PES INSTITUTE OF MEDICAL SCIENCES & RESEARCH
PES COLLEGE OF NURSING

NSS UNITS ENVIRONMENTAL DAY CELEBRATION!

#GREENCAMPUSDRIVE

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



Sapling Plantation by
Dr. H.R.Krishna Rao
Dean & Principal, PESIMSR.



Campus Clean & Green Drive by Faculties & Students
Date: 05.06.2024 Time: 11:30 AM Venue: Opp. ER



Essay Competition
Title: **The Role of Youth in Land Restoration**
Open to all the Students of Medical, Nursing, Physiotherapy & AHS
Date: 05.06.2024 Time: 3:00 PM Venue: Nursing College

#RESTOREOURLAND

Follow us on   PESIMSRKuppam  pesimr.ap  pesimr



పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమం

కుప్పం జూన్ 5 మన స్టూడెంట్స్ ప్రపంచ పర్యావరణ దినోత్సవాన్ని పురస్కరించుకొని పి ఈ ఎస్ వైద్య కళాశాల మరియు పి ఈ ఎస్ నర్సింగ్ కళాశాల, పర్యావరణ అవగాహన మరియు స్థిరత్వాన్ని పెంపొందించడానికి అనేక కార్యక్రమాలు నిర్వహించారు. విద్యార్థులు, అధ్యాపకులు మరియు సిబ్బంది పర్యావరణ పరిరక్షణకు సంస్థల నిబద్ధతకు ప్రతీకగా మొక్కలు నాటే కార్యక్రమంలో ఉత్సాహంగా పాల్గొన్నారు. పచ్చదనం మరియు జీవవైవిధ్యాన్ని పెంపొందించే లక్ష్యంతో క్యాంపస్ ఆవరణలోని అనేక దేశీయ చెట్ల నాటారు. చెట్ల పెంపకంతో పాటు, ఆరోగ్యకరమైన వాతావరణం కోసం పరిశుభ్రత మరియు పరిశుభ్రత యొక్క ప్రాముఖ్యతను నొక్కి చెబుతూ క్యాంపస్ క్లీన్-అప్ డ్రైవ్ నిర్వహించారు. ఎస్ ఎస్ ఎస్ వాలంటీర్లు చెత్తాచెదారం మరియు వ్యర్థాలను సేకరించడంలో చురుకుగా నిమగ్నమై, తమ పరిసరాలను కాపాడుకోవడానికి మరియు పర్యావరణ నిర్వహణ పట్ల బాధ్యతాయుత భావాన్ని పెంపొందించారు. డీన్ 96% ప్రిన్సిపాల్ డా. హెచ్.ఆర్. కృష్ణారావు, పర్యావరణ సవాళ్లను ఎదుర్కోవడంలో సమిష్టి చర్య యొక్క ప్రాముఖ్యతను నొక్కి చెబుతూ, ఈ కార్యక్రమంలో విద్యార్థులు, అధ్యాపకులు మరియు సిబ్బంది ఉత్సాహంగా పాల్గొన్నందుకు తన ఆభినందనలు



తెలిపారు. హరిత క్యాంపస్ తన దూరదృష్టికి సాక్షాత్కారమని ఉద్ఘాటించూ వ్యవస్థాపక చైర్మన్ డాక్టర్ దొరస్వామి దృష్టిని హైలైట్ చేశారు. "మనము ఆనందించే పచ్చదనం మరియు చల్లని వాతావరణం పర్యావరణ సుస్థిరత పట్ల అతని నిబద్ధతకు నిదర్శనం" అని ఆయన పేర్కొన్నారు. డాక్టర్ సుబ్రమణ్య ఎన్ కె



మెడికల్ సూపరింటెండెంట్, డాక్టర్.అభిరామి, ప్రిన్సిపాల్,పి ఈ ఎస్ కాన్ ఫ్యాకల్టీ సభ్యులు, ఎస్ ఎస్ ఎస్ కోఆర్డినేటర్లు మరియు వాలంటీర్లు అనేక చెట్లను నాటారు మరియు క్యాంపస్ క్లీన్-అప్ డ్రైవ్లో పాల్గొన్నారు.





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 - PESMNR



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: 3:00 PM Venue: Nursing College

#RESTOREOURLAND



World TB Day



PESHOSPITAL



National Tuberculosis Elimination Program



PRADHAN MANTRI TB MUKT BHARAT ABHIYAAN

“Ni-kshay Mithra - Nutritional Support for TB Patients”

Dr. (Prof.) M.R. Doreswamy, Chancellor-PES University, Founder Chairman - PES Group of Institutions, wishes to contribute for Pradhan Mantri TB MukT Bharat Abhiyan Program(PMTBMBAP), as Ni-kshay Mithra by donating Nutritional Support for TB Patients of Kuppam Constituency.

PESIMSR, Kuppam is organizing a formal event for distribution of Nutritional Food Baskets (as per the guidance of PMTBMBAP) for all the TB Patients of Kuppam Constituency on **21st April, 2023, Friday, at 11am** at PESIMSR Auditorium.

All the Administrators, HoDs, Faculty members, PG Residents, Interns & Students of PESIMSR are invited to attend the program and grace the occasion.

All are cordially invited.


MEDICAL SUPERINTENDENT
MEDICAL SUPERINTENDENT
PESIMSR, KUPPAM-517425
CHITTOOR DIST, A.P.


DEAN & PRINCIPAL
DEAN & PRINCIPAL
PES Institute of Medical Science & Research
Kuppam-517425, Chittoor Dist, A.P.

Peoples' Education Society * Institute of Medical Sciences & Research
Kuppam - 517 425, Chittoor Dist, A.P, Tel : 08570 277666, 277777, Email : hrdepartment@pesimsr.pes.edu

పి ఈ ఎస్ లో ప్రపంచ టిబి నిర్మూలన కార్యక్రమం

కప్పం ఏప్రిల్ 21 నుంచి మార్చి
 ప్రపంచ క్షయ వ్యాధి నీ నిర్మూలన - ప్రధానమంత్రి టీటీసూక్తి భారత్ ఆభయాన్ - నిక్షయ్ మిత్ర టీటీరోగులకు పోషక ఆహారం అందజేయు కార్యక్రమం ప్రపంచ క్షయ వ్యాధి నీ నిర్మూలన కార్యక్రమంలో భాగంగా ప్రధానమంత్రి టీటీ సూక్తి భారత్ ఆభయాన్ నిక్షయ్ మిత్ర ప్రోగ్రాం లో భాగంగా ఓఈ ఎన్ ఏన్ నిర్మూలన వ్యవస్థాపకులు డాక్టర్ ప్రొఫెసర్ . డొరస్వామి టీటీ రోగులకు పోషక ఆహారం అందజేయాలనే ఆశాంక్షతో ఈ రోజు ఓ ఈ ఎన్ వైద్య కళాశాల ఆదిలోయం నుంచి పోషకాహారం అందజేయడం ప్రారంభించారు.ఈ కార్యక్రమంలో ప్రెసిడెంట్ ఓ.బీ. డాక్టర్ రావు , మెడికల్ సూపరింటెండెంట్ డాక్టర్ వెంకటేశ్వర్లు ప్రెసిడెంట్ డాక్టర్ సుబ్బారావు , డి.ఎస్.ఎస్. ప్రొఫెసర్ డాక్టర్ .విశ్వేశ్వర్ రెడ్డి , ఆసిస్టెంట్ మెడికల్ సూపరింటెండెంట్ డాక్టర్ మోహన్ రావు ,

జిల్లా కలెక్టర్ ప్రవేంద్ టీటీకోఆర్డినేటర్ వెంకటేశ్వర్లు ముఖ్య అతిథులుగా పాల్గొన్నారు. ఈ సందర్భంగా వీరు మాట్లాడుతూ 50 ఏళ్ల క్రితం ఆహార లోపం ఉండేదని ప్రస్తుతం అంటి పరిస్థితి లేదని ప్రస్తుతం వ్యాయామం, మంచి ఆహార ఆలవాట్లు లేక బెస్టెట్ బి అధికమవుతున్నదని అందులో భాగమే క్షయ వ్యాధి అని తెలియజేశారు. ఈ వ్యాధి ప్రాచారితకమైనది కాదని ఒకటి నుండి ఐదేళ్లకంటే వ్యాధి చెందుతుందని టీబిని వైదం నమయంలో గుర్తుంచి 6 నెలల పాటు మందులు తీసుకున్నట్లైతే వ్యాధిని నివారించవచ్చునని తెలియజేశారు. ప్రస్తుతం ఆస్పత్రి గవర్నమెంట్, ప్రైవేట్ ఆసుపత్రులలో క్షయ వ్యాధి మందులు లభ్యమవుతున్నదని ల్యాబ్ కలిగిన వారు డాక్టర్ నిలవో పేరుకు కచ్చితంగా మందులకో పాటు మంచి పోషక ఆహారం తీసుకోవాలని మరియు రెగ్యులర్ వ్యాధి, టీ.టి. టీవీ కాచిక వ్యాధులు వున్నవారు కూడా

టీటీమందులు వాడవచ్చునని తెలియజేశారు. ఈ సందర్భంగా డాక్టర్ డొరస్వామి నాయుడు టీటీ వ్యాధి రహిత కేసంగా చూడాలనే ఆశాంక్షతో ప్రతి టీటీ వ్యాధి భౌగోళిక వెలకు వసవడ పోషక ఆహారం కలిగిన బ్యాగ్ లను అందించారు. ప్రతి నెల ప్రతి ఒక్కరికీ వ్యాధి తగ్గు వరకు పోషక ఆహారం అందించనున్నట్లు తెలియజేశారు. ఓ.ఎ. ఈ.ఈ సందర్భంగా జిల్లా టీటీవెట్టిక్ ప్రైవేట్ కోఆర్డినేటర్ వెంకటేశ్వరులు మాట్లాడుతూ ప్రతి క్షయ వ్యాధి భ్రష్టులు వైదం నమయంలో మందులు తీసుకుంటూ టీటీ రహిత కేసాన్ని నిర్మించడానికి సహకరించాలని తెలియజేశారు. టీటీరోగులకు పోషక ఆహారం అందించటకు ముందుకొచ్చిన డాక్టర్. డొరస్వామి నాయుడు కి కృతజ్ఞతలు తెలియజేశారు. ఈ కార్యక్రమంలో ఓఈఎన్ వైద్య కళాశాల టీటీ మరియు ప్రెసిడెంట్ కృష్ణారావు మెడికల్ సూపరింటెండెంట్ డాక్టర్



Distribution of Nutritional Support (Food Baskets) to TB Patients of Kuppam Constituency

World Rabies day awareness Programme





World Patient Safety week



World Patient Safety Week - (19th Sep to 25th Sep 2023)

THEME :PATIENT ENGAGEMENT

We Cordially invite you for the Last day of the
Weeklong World Patient Safety celebration on
25th sep 2023

AGENDA

3PM:
**Guest Lecture on Patient
Engagement and Patient
Safety: DR. HarshaVardhan
Asst.Prof.,
Dept of Gen. Medicine
Clinical Safety officer**

**4PM Onwards :
Closing Ceremony**

Venue : Hospital lecture
hall -1



DATE: 25 th Sep 23

SAFETY STARTS FROM ME !





Center for Quality
Promotion



WORLD PATIENT SAFETY WEEK 2023

THEME : ENGAGING YOUR
PATIENT FOR PATIENT
SAFETY

Guest lecture - Engaging patients on
medication safety by the PTC

4.00PM To 4.30 PM

Timelines of Physiotherapy in
patient outcomes

Time :4.30PM to 5PM

Time: 3.30PM to 5PM

Venue: Hospital lecture hall



World
Patient Safety
Day 17 September 2023



  
PES IMSR
Centre for Quality Promotion

WORLD PATIENT SAFETY WEEK 2023
(19TH SEP TO 25 TH SEP)
THEME : ENGAGING PATIENTS FOR
PATIENT SAFETY

Patient Identification:
Always use two patient
identifiers(Name and UHID) for
preventing errors

SAFETY STARTS FROM
ME!





World ORS Day

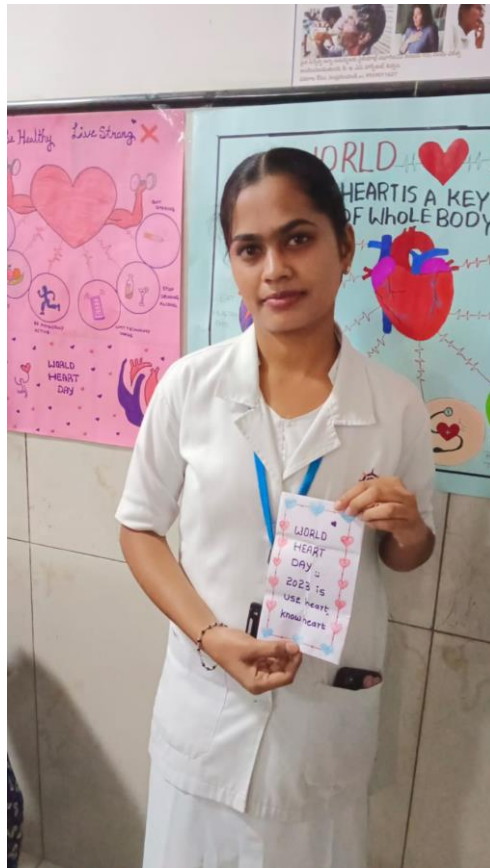




World Mental Health Day



World Heart Day



World Health Day





World Blood Donors Day

పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ రక్త దాతల దినోత్సవం కార్యక్రమం

కుప్పం జూన్ 14 మనం స్టూడెంట్ ప్రపంచ రక్తదాతల దినోత్సవాన్ని జూన్ 14న కుప్పంలోని పీఈఎస్ వైద్య కళాశాలలో నిర్వహించారు.

ఈ సంవత్సరం ప్రపంచ రక్తదాతల దినోత్సవం 20వ వార్షికోత్సవం. ఈ సంవత్సరం థీమ్ ప్రపంచవ్యాప్తంగా ఉన్న రక్తదాతల ప్రాణాలను రక్షించే విధానాలు "ఇప్పుడంటే 20 సంవత్సరాల వేడుకలు: రక్తదాతలకు ధన్యవాదాలు!" అనే నినాదంతో జరుపుకుంది. ఈ సందర్భంగా కుప్పం అగస్త్య ఫౌండేషన్లో స్వచ్ఛంద రక్తదాన శిబిరాన్ని నిర్వహించారు. ఈ శిబిరాన్ని మెడికల్ సూపరింటెండెంట్ డాక్టర్ సుబ్రమణ్య, అగస్త్య క్యాంపస్ హెడ్ శ్రీ సురేష్, ప్రొఫెసర్ మరియు హెచ్ ఓ డి పాథాలజీ డాక్టర్ ఏ ఎస్ రామస్వామి, పాథాలజీ ప్రొఫెసర్ డాక్టర్ కుమార్తూరు బి ఎస్ మరియు బ్లడ్ సెంటర్ ఇన్ ఛార్జ్ అసిస్టెంట్ ప్రొఫెసర్ డాక్టర్ శరణ్య శంకర్తో కలిసి ప్రారంభించారు. అధికారి, డాక్టర్ సుబ్రహ్మణ్య స్వచ్ఛంద రక్తదానం యొక్క ప్రాముఖ్యతను సాక్షిచేస్తూ మరియు వారి నిస్వార్థంగా పాల్గొన్నందుకు దాతలందరికీ ధన్యవాదాలు



తెలిపారు. ఈ కార్యక్రమంలో దాదాపు 35 యూనిట్ల రక్తాన్ని సేకరించారు.

ప్రపంచ రక్తదాతల దినోత్సవం సందర్భంగా క్యాంపస్లో వక్రుత్త పోటీలు, వ్యాసరచన పోటీలు, పోస్టర్ ప్రజెంటేషన్, గ్రూప్ డ్యాన్స్ మరియు షార్ట్ వీడియో పోటీలతో పాటు పలు పోటీలు నిర్వహించారు. పి ఈ ఎస్ యొక్క అందరూ గ్రాడ్యుయేట్ మరియు పోస్ట్ గ్రాడ్యుయేట్ విద్యార్థులు, పి ఈ ఎస్ కాలేజ్ ఆఫ్ నర్సింగ్, పి ఈ ఎస్ ఇన్స్టిట్యూట్ ఆఫ్ పారామెడికల్ మరియు అలైడ్ హెల్త్ సైన్సెస్ కోర్సుల విద్యార్థులు ఈ కార్యక్రమంలో చురుకుగా పాల్గొన్నారు. ఈ పోటీల్లో విజేతలకు బహుమతులు



ప్రధానం కార్యక్రమం నిర్వహించారు. డీన్, ప్రెస్బిషియల్ డాక్టర్ హెచ్ఆర్ కృష్ణారావు బహుమతులను అందజేసి చురుగ్గా పాల్గొన్న విద్యార్థులను అభినందించారు. స్వచ్ఛంద దాతలందరి పాత్రను ఆయన అభినందిస్తూ, సంస్థ తన రక్త కేంద్రంలో రక్త యూనిట్ల తగినంత నిల్వలను కలిగి ఉంది మరియు గ్రామీణ ప్రజలకు సేవలను అందించగలుగుతోంది. కార్యక్రమంలో పాథాలజీ విభాగం అధ్యాపకులు డాక్టర్ జయశ్రీ పవార్, డాక్టర్ విద్య, డాక్టర్ కుమార్తూరు, డాక్టర్ శోభిత, డాక్టర్ శరణ్య శంకర్, డాక్టర్ వీణ, డాక్టర్ మోనిష్ రామ్, డాక్టర్ అర్చన తదితరులు పాల్గొన్నారు.

రక్తదానం ప్రాణదానంతో సమానం

కుప్పం, జూన్ 14: రక్తదానం చేయడ మంటే ఒక మనిషికి ప్రాణదానం చేయడ మేనని పీఈఎస్ ఆన్లైన్ మెడికల్ సూపరింటెండెంట్ డాక్టర్ సుబ్రమణ్య, అగస్త్య క్యాంపస్ హెడ్ సురేష్ ఆన్నారు.



రక్తదాన శిబిరంలో పాల్గొన్న ప్రముఖులు, విద్యార్థులు

ప్రపంచ రక్తదాతల దినోత్సవాన్ని పురస్కరించుకుని అగస్త్య ఫౌండేషన్ అధ్యక్షులలో స్వచ్ఛంద రక్తదాన శిబిరం నిర్వహించారు. ఈ సందర్భంగా క్యాంపస్లో వక్రుత్త, వ్యాస రచనలతోపాటు పలు అంశాలపై పోటీలు నిర్వహించి విజేతలకు బహు మతులు ప్రదానం చేశారు. ఈ సందర్భంగా దాతల నుంచి 35 యూనిట్ల రక్తాన్ని సేకరించారు. రక్తదాతలకు నర్సిఫెటిట్లు ప్రదానం చేశారు. పాథాలజీ హెచ్బోడి ఏఎఎస్ రామస్వామి, ప్రొఫెసర్ డాక్టర్ కుమార్తూరు, రక్త కేంద్రం ఇన్ ఛార్జ్ అసిస్టెంట్ ప్రొఫెసర్ డాక్టర్ శరణ్య తదితరులు మాట్లాడారు. పీఈఎస్ వైద్య కళాశాల డీన్ అండ్ ప్రెస్బిషియల్ డాక్టర్ హెచ్ఆర్. కృష్ణారావు, పాథాలజీ విభాగం అధ్యాపకులు డాక్టర్ జయశ్రీ పవార్, డాక్టర్ విద్య, డాక్టర్ శోభిత, డాక్టర్ శరణ్య శంకర్, డాక్టర్ వీణ, డాక్టర్ మోనిష్ రామ్, డాక్టర్ అర్చన, పీఈఎస్ యూజీ, పీజీ విద్యార్థులు, నర్సింగ్, హెల్త్ సైన్సెస్ కోర్సుల విద్యార్థులు పాల్గొన్నారు.



ప్రశంస పత్రాలు అందుకున్న విద్యార్థులతో ప్రిన్సిపల్ క్రిష్ణారావు

రక్తదానంలో విద్యార్థులు స్ఫూర్తిగా నిలవాలి

కుప్పం, న్యూస్ టుడే: రక్తదానం కార్యక్రమాల్లో విద్యార్థులు, యువత స్ఫూర్తిగా నిలవాల్సిందిగా పీకాఎస్ వైద్య కళాశాల ప్రిన్సిపల్ హెచ్ఆర్ క్రిష్ణారావు పేర్కొన్నారు. పీకాఎస్ ఆస్పత్రిలో శుక్రవారం నిర్వహించిన ప్రపంచ రక్తదాతల దినోత్సవంలో ఆయన ప్రసంగించారు. అగస్త్య ఫౌండేషన్ ఆధ్వర్యంలో రక్తదాన శిబిరాన్ని నిర్వహించారు. ఆవశ్యకతపై వైద్య విద్యార్థులకు వ్యాసరచన పోటీలు నిర్వహించి ప్రశంస పత్రాలను అందజేశారు. పెథాలజీ విభాగాధిపతి రామస్వామి, రక్త నిధి కేంద్రం ఇన్చార్జి శరణ్యశంకర్ పాల్గొన్నారు.

World AIDS Day







Republic Day



Nurses day



International Yoga Day



World Breastfeeding Week



తల్లిపాలు చంటి బిడ్డకు మొదటి వ్యాక్సిన్

- కదా ప్రాజెక్ట్ డైరెక్టర్ వికాస్ మర్కట్



కుప్పం-ఆంధ్రనాడు, ఆగస్టు 7: చంటి బిడ్డలకు తల్లిపాలు మొదటి వ్యాక్సిన్ అని కుప్పం రూరల్ డెవలప్మెంట్ అథారిటీ ప్రాజెక్ట్ డైరెక్టర్ వికాస్ మర్కట్ అన్నారు. బుధవారం స్థానిక పిఐఎన్ వైద్య కళాశాలలో ప్రపంచ తల్లిపాలు వారోత్సవాలు ముగింపు కార్యక్రమానికి ముఖ్యఅతిథిగా కదా పిడి వికాస్ మర్కట్ పాల్గొని జ్యోతి ప్రజ్వలన చేశారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ, తల్లి పాలు తొలి ఆరు నెలలలో శిశువుల వృద్ధికి ఎంత ముఖ్యమైనదో వివరించారు. భవిష్యత్తులో ఈ కార్యక్రమాన్ని ముందుకు తీసుకెళడములో తన మద్దతు ఉంటుందని తెలిపారు. తల్లి పాల యొక్క ప్రాముఖ్యతను, శిశు ఆరోగ్యం మరియు అభివృద్ధికి ముఖ్యమైనదని వివరించారు. డా. సుబ్రమణ్య మాట్లాడుతూ... తల్లి పాలు పుట్టిన శిశువుకు మొదటి వ్యాక్సిన్ గా పనిచేస్తాయని తెలిపారు. గ్రామీణ ప్రాంతాలలో తల్లి పాలు గురించి అవగాహన పెంచాల్సిన అవసరం ఉందని చెప్పారు. పిఐఎన్ ఆసుపత్రి గ్రామీణ ప్రజలకు అవగాహన చేస్తున్న ప్రక్రియను అభినందించారు. డా. హెచ్.ఆర్. కృష్ణదావు మాట్లాడుతూ భారతదేశంలో ప్రస్తుతానికి 65 శాతం శిశువులు మాత్రమే తల్లి పాలు పొందుతున్నారని అన్నారు. ప్రజల అవగాహన పెంచి శిశువులకు తల్లిపాలు అందించే శాతం మెరుగు వరచడంలో నహకరించాలని కోరారు. కార్యక్రమంలో డా. హరిశ్చంద్ర, డా. రాజేంద్ర నాయుడు పాల్గొన్నారు.

ఘనంగా తల్లిపాల వారోత్సవాలు



వారోత్సవాలలో ప్రశాంగిస్తున్న కడ ఎస్ టి

కుప్పం, ఆగస్టు 7 (ప్రభ న్యూస్): ప్రతి సంవత్సరం ఆగస్టు నెలలో నిర్వహించే తల్లిపాల వారోత్సవాలను పురస్కరించుకొని ఈ నెల 01 వ తేదీనుండి 08 తేదీ వరకు పి.ఇ.ఎస్.ఆసుపత్రి చిన్నపిల్లల విభాగం ఆధ్వర్యంలో ఘనంగా నిర్వహించినట్లు పి.ఇ.ఎస్.ఆసుపత్రి మెడికల్ సూపరింటెండెంట్ డా.సుబ్రమణ్య ఎన్ కె తెలియజేశారు. ఈ కార్యక్రమానికి కుప్పం కడ ప్రాజెక్టు అధికారి ఐ.ఎస్.వికాస్ మర్మత్ ముఖ్య అతిథిగా పాల్గొని తల్లిపాల ఆవశ్యకత గురించి తెలియ జేశారు. ఈ సందర్భంగా అయ మాట్లాడుతూ సహజంగా లభ్యమయే తల్లిపాలు శ్రేష్టమని, పోతపాలు అవసరం లేదని తెలియజేస్తూ ప్రతి తల్లి తన బిడ్డకు కనీసం 6 నెలలవరకు తల్లిపాలు ఇవ్వాలని తెలియ

జేశారు. అలాగే అంగన్వాడీ, ఆశావర్ష ద్వారా తల్లిపాల ఆవశ్యకత అవగాహనా కార్యక్రమం నిర్వహిస్తామని తెలియజేశారు. ఈ సందర్భంగా చిన్నపిల్లల విభాగాధిపతి డా.రాజేంద్రనాయుడు మాట్లాడుతూ వారం రోజులపాటు నిర్వహించిన అంతరాలను పూరించి తల్లిపాల సంస్కృతిని ప్రోత్సహిద్దాం అనే నినాదంతో తల్లిపాల వారోత్సవాలను నిర్వహించినట్లు తెలిపారు. ఈ వారోత్సవాలలో చిన్నపిల్లలు విభాగం వైద్యులు, విద్యార్థులు, నర్సింగ్ విద్యార్థులు పాల్గొని తల్లిపాల ఆవశ్యకతపై అవగాహనా కల్పించినట్లు, తల్లిపాలు ఇవ్వడం వలన శిశువు వ్యాధుల బారిన పడకుండా ఉంటారని, వ్యాధి నిరోధక శక్తి పెరిగి బిడ్డ ఎదుగుదల బాగుంటుందని వారు తెలిపారు.

World Environment Day



PES INSTITUTE OF MEDICAL SCIENCES & RESEARCH
PES COLLEGE OF NURSING

NSS UNITS ENVIRONMENTAL DAY CELEBRATION!

#GREENCAMPUSDRIVE

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



Sapling Plantation by
Dr. H.R.Krishna Rao
Dean & Principal, PESIMSR.



Campus Clean & Green Drive by Faculties & Students
Date: 05.06.2024 Time: 11:30 AM Venue: Opp. ER



Essay Competition
Title: **The Role of Youth in Land Restoration**
Open to all the Students of Medical, Nursing, Physiotherapy & AHS
Date: 05.06.2024 Time: 3:00 PM Venue: Nursing College

#RESTOREOURLAND

Follow us on   PESIMSRKuppam  pesimr.ap  pesimr



పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమం

కుప్పం జూన్ 5 మన స్టూడెంట్స్ ప్రపంచ పర్యావరణ దినోత్సవాన్ని పురస్కరించుకొని పి ఈ ఎస్ వైద్య కళాశాల మరియు పి ఈ ఎస్ నర్సింగ్ కళాశాల, పర్యావరణ అవగాహన మరియు స్థిరత్వాన్ని పెంపొందించడానికి అనేక కార్యక్రమాలు నిర్వహించారు. విద్యార్థులు, అధ్యాపకులు మరియు సిబ్బంది పర్యావరణ పరిరక్షణకు సంస్థల నిబద్ధతకు ప్రతీకగా మొక్కలు నాటే కార్యక్రమంలో ఉత్సాహంగా పాల్గొన్నారు. పచ్చదనం మరియు జీవవైవిధ్యాన్ని పెంపొందించే లక్ష్యంతో క్యాంపస్ ఆవరణలోని అనేక దేశీయ చెట్ల నాటారు. చెట్ల పెంపకంతో పాటు, ఆరోగ్యకరమైన వాతావరణం కోసం పరిశుభ్రత మరియు పరిశుభ్రత యొక్క ప్రాముఖ్యతను నొక్కి చెబుతూ క్యాంపస్ క్లీన్-అప్ డ్రైవ్ నిర్వహించారు. ఎస్ ఎస్ ఎస్ వాలంటీర్లు చెత్తాచెదారం మరియు వ్యర్థాలను సేకరించడంలో చురుకుగా నిమగ్నమై, తమ పరిసరాలను కాపాడుకోవడానికి మరియు పర్యావరణ నిర్వహణ పట్ల బాధ్యతాయుత భావాన్ని పెంపొందించారు. డీన్ 96% ప్రిన్సిపాల్ డా. హెచ్.ఆర్. కృష్ణారావు, పర్యావరణ సవాళ్లను ఎదుర్కోవడంలో సమిష్టి చర్య యొక్క ప్రాముఖ్యతను నొక్కి చెబుతూ, ఈ కార్యక్రమంలో విద్యార్థులు, అధ్యాపకులు మరియు సిబ్బంది ఉత్సాహంగా పాల్గొన్నందుకు తన ఆభినందనలు



తెలిపారు. హరిత క్యాంపస్ తన దూరదృష్టికి సాక్షాత్కారమని ఉద్ఘాటించూ వ్యవస్థాపక చైర్మన్ డాక్టర్ దొరస్వామి దృష్టిని హైలైట్ చేశారు. "మనము ఆనందించే పచ్చదనం మరియు చల్లని వాతావరణం పర్యావరణ సుస్థిరత పట్ల అతని నిబద్ధతకు నిదర్శనం" అని ఆయన పేర్కొన్నారు. డాక్టర్ సుబ్రమణ్య ఎన్ కె



మెడికల్ సూపరింటెండెంట్, డాక్టర్.అభిరామి, ప్రిన్సిపాల్,పి ఈ ఎస్ కాన్ ఫ్యాకల్టీ సభ్యులు, ఎస్ ఎస్ ఎస్ కోఆర్డినేటర్లు మరియు వాలంటీర్లు అనేక చెట్లను నాటారు మరియు క్యాంపస్ క్లీన్-అప్ డ్రైవ్లో పాల్గొన్నారు.