

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

3.4 Extension Activities

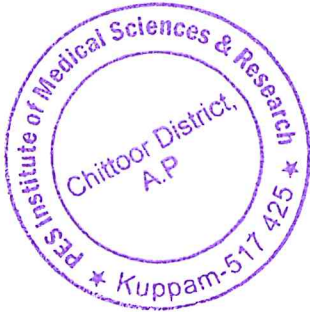
3.4.2: Average percentage of students participating in extension and outreach activities during the last five years

DVV-3.4.2: Photographs or any supporting document of relevance should have proper captions and dates



3.4.2: Average percentage of students participating in extension and outreach activities during the last five years

| 3.4.2.1. Number of students participating in extension and outreach activities year-wise during last five years | | | | |
|---|---------|---------|---------|---------|
| 2023-24 | 2022-23 | 2021-22 | 2020-21 | 2019-20 |
| 720 | 616 | 656 | 217 | 306 |



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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:

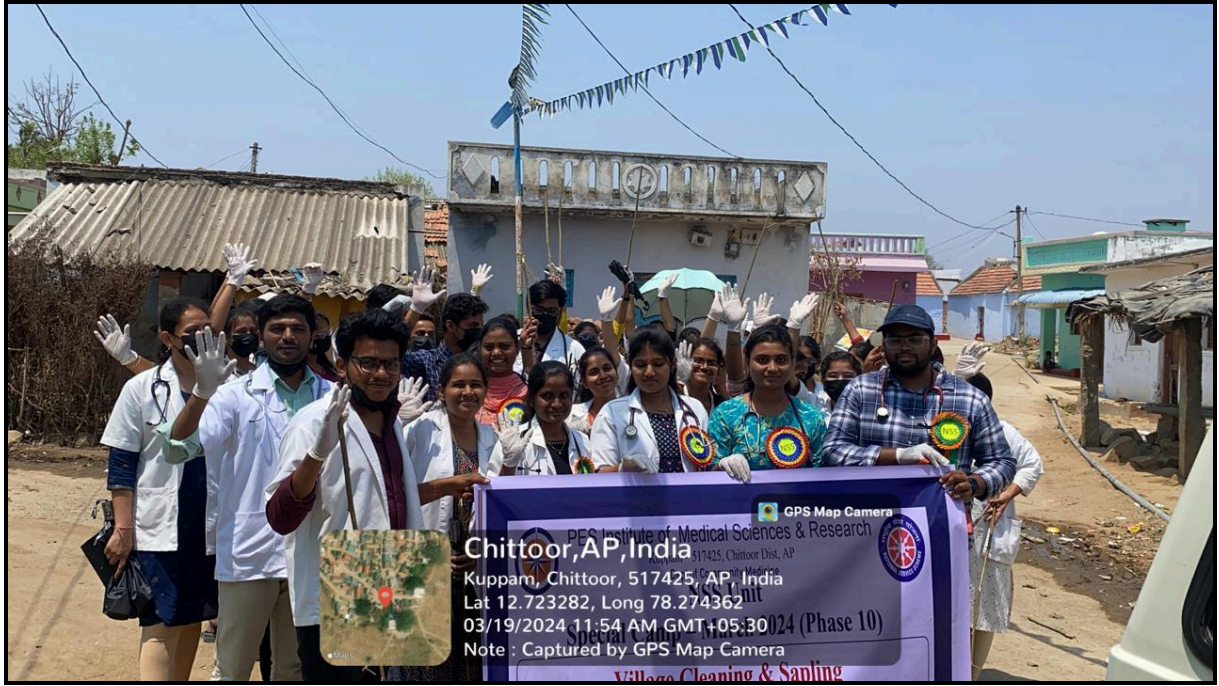
- **Cleaning Activity:** A commendable effort from all 50 volunteers participating in the cleaning activity has been recognized with a monetization of Rs400 each, leading to a collective monetization of Rs20,000.

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

- **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.

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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 and Research Kuppam

| List of students participated in extension and outreach activities 2023-24 | | | |
|---|----------------------|---------------------------------|----------------------------------|
| SNo. | Academic Year | Name | Student enrollment number |
| 1 | 2023-24 | A Mallishwari | 20233230 |
| 2 | 2023-24 | Achukatla Anshu Taj | 20233237 |
| 3 | 2022-23 | ADINARAYANAGARI SAI ABHIRAM | 20222967 |
| 4 | 2022-23 | ALAMSETTY LAKSHMI BALAJI | 20222956 |
| 5 | 2023-24 | Amari Ganesh | 20233163 |
| 6 | 2023-24 | Amuluru Hima Teja | 20233212 |
| 7 | 2023-24 | Annareddy Kalyani | 20233232 |
| 8 | 2023-24 | Arimilli Kamal | 20233217 |
| 9 | 2023-24 | Ashmit Gaur | 20233185 |
| 10 | 2022-23 | AVILIGONDA CHANDANA | 20222981 |
| 11 | 2023-24 | Ayyavara Sai Varun Teja | 20233160 |
| 12 | 2022-23 | B S VARUN TEJ REDDY | 20222959 |
| 13 | 2023-24 | B Shashank Sai | 20233234 |
| 14 | 2023-24 | Balagani Venkata Jagadesh Yadav | 20233203 |
| 15 | 2023-24 | Bangaru Venkata Sowmya | 20233208 |
| 16 | 2023-24 | Basimalla Samuel Benedict | 20233158 |
| 17 | 2022-23 | BATHALA SAI PRATHYUSHA | 20222985 |
| 18 | 2023-24 | Bhukya Yaajna Vallika | 20233174 |



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| 19 | 2023-24 | Billu Niharika | 20233145 |
| 20 | 2023-24 | Bochu Naga Lokesh | 20233142 |
| 21 | 2023-24 | Boggula Hemanth Kumar | 20233162 |
| 22 | 2023-24 | Bollavaram Bhuvana Nrusimha Reddy | 20233211 |
| 23 | 2023-24 | Bollu Jahnvi | 20233176 |
| 24 | 2023-24 | Busireddy Naga Subba Reddy | 20233221 |
| 25 | 2023-24 | Chakali Pavani | 20233148 |
| 26 | 2022-23 | CHEEKURTI YOJITHA | 20222988 |
| 27 | 2023-24 | Cheni Yooga Bharatth Tej | 20233198 |
| 28 | 2022-23 | CHENNURU KAVYA | 20222983 |
| 29 | 2022-23 | CHEPURU VASANTH KUMAR | 20222991 |
| 30 | 2022-23 | CHILAKALA SHARMILA | 20222989 |
| 31 | 2023-24 | Chinnakotla Giridhar | 20233242 |
| 32 | 2023-24 | Chinnapureddy Jaswanth Kumar Reddy | 20233227 |
| 33 | 2023-24 | Chintakunta Sai Sri | 20233229 |
| 34 | 2023-24 | Chirri Dhakshayani | 20233143 |
| 35 | 2023-24 | Chittem Sri Vidya | 20233134 |
| 36 | 2023-24 | Chitteti Roshini Sri Sai | 20233201 |
| 37 | 2023-24 | Dantham Kalyani | 20233151 |
| 38 | 2023-24 | Darla Akitha | 20233168 |
| 39 | 2022-23 | DASARI CHETANA | 20222976 |
| 40 | 2023-24 | Dasari Krishna Yadav | 20233146 |
| 41 | 2022-23 | DASARI SINDHU | 20222980 |
| 42 | 2022-23 | DEVANDLA ARJUN | 20222975 |
| 43 | 2023-24 | Divagaran R | 20233247 |



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|----|---------|------------------------------|----------|
| 44 | 2023-24 | Doolam Bhumika | 20233182 |
| 45 | 2023-24 | Dudekula Shamshad Begum | 20233133 |
| 46 | 2023-24 | Edigaramesh Geethanjali | 20233222 |
| 47 | 2023-24 | Eswar Karthik Ammineni | 20233199 |
| 48 | 2023-24 | Gaddam Aditya Janardhan | 20233187 |
| 49 | 2023-24 | Gangavaram Venkata Renusree | 20233206 |
| 50 | 2022-23 | GANGIGUNTLA MOUNIKA | 20222972 |
| 51 | 2023-24 | Gangundi Varsshinie | 20233215 |
| 52 | 2023-24 | Giduturi Vijay Srinivas | 20233213 |
| 53 | 2023-24 | Golla Mahesh Babu | 20233218 |
| 54 | 2023-24 | Gopidesi Pala Jahanavi Yadav | 20233200 |
| 55 | 2023-24 | Gurrala Reddy Varun Reddy | 20233233 |
| 56 | 2022-23 | HARIKA SIRIPURAPU | 20222968 |
| 57 | 2022-23 | HARSHITA SILAGANA | 20222969 |
| 58 | 2023-24 | Hastavaram Sahanalaya | 20233197 |
| 59 | 2023-24 | Hasti Dhanush | 20233131 |
| 60 | 2023-24 | Injeti Bhavya Sree | 20233141 |
| 61 | 2022-23 | JAGILI BHOOMIKA | 20222978 |
| 62 | 2023-24 | Jogu Kuruva Jyothsna Priya | 20233135 |
| 63 | 2023-24 | K Pravallika | 20233236 |
| 64 | 2023-24 | K Sathvik | 20233180 |
| 65 | 2023-24 | K Vamsi | 20233223 |
| 66 | 2023-24 | K Venkata Pavan Kumar | 20233224 |
| 67 | 2023-24 | K Vinaykumar | 20233138 |
| 68 | 2022-23 | KACHIPALLE NAGA SHAMITHA | 20222961 |



| | | | |
|----|---------|-------------------------------|----------|
| 69 | 2023-24 | Kakarla Harshitha | 20233147 |
| 70 | 2023-24 | Kalagadda Rahul | 20233159 |
| 71 | 2023-24 | Kalam Ramya Royal | 20233202 |
| 72 | 2023-24 | Kallepalli Jyoshitha Sri | 20233192 |
| 73 | 2022-23 | KALVA SURYA VIJAYENDRA PRASAD | 20222971 |
| 74 | 2023-24 | Karanam Udayini | 20233250 |
| 75 | 2023-24 | Karthik Bollini | 20233209 |
| 76 | 2023-24 | Karunakar Sharon Babu | 20233175 |
| 77 | 2023-24 | Kasa Gayathri | 20233132 |
| 78 | 2023-24 | Kataru Hima Varshitha | 20233183 |
| 79 | 2023-24 | Kesemireddy Chakradhar Reddy | 20233246 |
| 80 | 2023-24 | Kishore Kumar Venkat Sai | 20233205 |
| 81 | 2023-24 | Kollapaneni Sharika | 20233184 |
| 82 | 2023-24 | Konapalli Sudeeswar Reddy | 20233191 |
| 83 | 2023-24 | KONDAMARRI BHANU PRANEETH | 20222957 |
| 84 | 2023-24 | KONDIREDDY NAVEEN KUMAR REDDY | 20222958 |
| 85 | 2023-24 | KOSINAPALLI HARSHITHA | 20222992 |
| 86 | 2023-24 | KOTTAKOTAREDDY KESHAVARDHAN | 20222974 |
| 87 | 2023-24 | Kuruva Meghana | 20233248 |
| 88 | 2023-24 | KURUVA SRI VANI | 20222990 |
| 89 | 2023-24 | Loukya Meda | 20233243 |
| 90 | 2023-24 | M H Prathap | 20233225 |
| 91 | 2023-24 | Maddela Pravallika | 20233165 |
| 92 | 2023-24 | MADHIRAJU BHARATH | 20222954 |
| 93 | 2023-24 | Mallappagari Dhanush Reddy | 20233231 |



| | | | |
|-----|---------|---------------------------------|----------|
| 94 | 2023-24 | MALYALA LAKSHMANNA | 20222982 |
| 95 | 2023-24 | Mandala Mahitha | 20233235 |
| 96 | 2023-24 | Mandem Shravya | 20233181 |
| 97 | 2023-24 | Mandipalli Krupa Sree | 20233220 |
| 98 | 2023-24 | Mangali Praveen Kumar | 20233140 |
| 99 | 2023-24 | Mayana Iman Fathima Khanam | 20233238 |
| 100 | 2023-24 | Meghavath Akhiranandan Naik | 20233171 |
| 101 | 2023-24 | Mekala Venkata Pranavi | 20233204 |
| 102 | 2023-24 | Mode Siva Prasad Naik | 20233170 |
| 103 | 2023-24 | Mohammed Rizvee T H | 20233186 |
| 104 | 2023-24 | Mosala Rajasimha | 20233139 |
| 105 | 2023-24 | Motupalli Poojitha Chowdary | 20233178 |
| 106 | 2023-24 | Muddanuru Pranathi | 20233210 |
| 107 | 2023-24 | MUNGARA VENKATA MOUNEESH YADAV | 20222987 |
| 108 | 2023-24 | MUSUGU AKHILA PRIYADARSHINI | 20222986 |
| 109 | 2023-24 | Nadannagari Shalini | 20233240 |
| 110 | 2023-24 | Nalaba Chandrakala | 20233172 |
| 111 | 2023-24 | Nenavath Bhagya Lakshmi Bai | 20233173 |
| 112 | 2023-24 | OJA SUSMITHA | 20222962 |
| 113 | 2023-24 | P B GEETHIKA | 20222984 |
| 114 | 2023-24 | P DHARMIKA SHRESTA | 20222952 |
| 115 | 2023-24 | Pabbathi Chaitanya | 20233189 |
| 116 | 2023-24 | Padamutham Harshitha Priyanjali | 20233169 |
| 117 | 2023-24 | PALAKOLANU MANIKANTA REDDY | 20222964 |
| 118 | 2023-24 | PALANATI SREE DEEPTHI | 20222977 |



| | | | |
|-----|---------|------------------------------|----------|
| 119 | 2023-24 | PALLE SANDEEP KUMAR REDDY | 20222965 |
| 120 | 2023-24 | Pandalapati Paramjyothi Das | 20233167 |
| 121 | 2023-24 | PARADESI LAKSHMI MANASA | 20222960 |
| 122 | 2023-24 | Pathan Arshida Khan | 20233156 |
| 123 | 2023-24 | Peddineni Mahima Sree | 20233219 |
| 124 | 2023-24 | Peruru Venkata Vaishnavi | 20233194 |
| 125 | 2023-24 | Peyyala Rajitha | 20233195 |
| 126 | 2023-24 | POLAVARAM NAGA SAI SRIHITHA | 20222963 |
| 127 | 2023-24 | Ponku Poojitha | 20233144 |
| 128 | 2023-24 | Ponugoti Muni Varsha | 20233196 |
| 129 | 2023-24 | Pothula Manoj Kumar | 20233149 |
| 130 | 2023-24 | Potuboina Chandra Kala | 20233188 |
| 131 | 2023-24 | Potuboina Chinni Mounika | 20233241 |
| 132 | 2023-24 | Punugoti Sridhar | 20233214 |
| 133 | 2023-24 | Rachakunta Tharun Kumar | 20233137 |
| 134 | 2023-24 | Rajam Medari Medhini | 20233150 |
| 135 | 2023-24 | REDDYGARI PRANEETH REDDY | 20222966 |
| 136 | 2023-24 | S S Deepalakshmi | 20233207 |
| 137 | 2023-24 | Sampangi Goutham Kumar | 20233136 |
| 138 | 2023-24 | Saribala Likitha | 20233190 |
| 139 | 2023-24 | Shaik Ashma | 20233157 |
| 140 | 2023-24 | Shaik Heeba Ilham | 20233153 |
| 141 | 2023-24 | Shaik Mohammed Nowmann Gouse | 20233152 |
| 142 | 2023-24 | Shaik Sayera | 20233155 |
| 143 | 2023-24 | Shaik Shaistha | 20233154 |



| | | | |
|-----|---------|--------------------------------|----------|
| 144 | 2023-24 | SHAIK SONIA | 20222973 |
| 145 | 2023-24 | Sn Lokeshwari | 20233193 |
| 146 | 2023-24 | Sombathina Mahima Jyothi | 20233166 |
| 147 | 2023-24 | Subham Kumar Sahoo | 20233177 |
| 148 | 2023-24 | Sumedha Yenni | 20233130 |
| 149 | 2023-24 | Takkoli Sravani | 20233249 |
| 150 | 2023-24 | Tejaswini D V | 20233179 |
| 151 | 2023-24 | Tejaswini S | 20233244 |
| 152 | 2023-24 | Tharuneeshwar K R | 20233251 |
| 153 | 2023-24 | Thippajjigari Vaarunisree | 20233239 |
| 154 | 2023-24 | Thiruvuru Harshavardhan Reddy | 20233226 |
| 155 | 2023-24 | Tydala Prakhyathi | 20233161 |
| 156 | 2023-24 | UJJWAL KUMAR | 20222953 |
| 157 | 2023-24 | VADDAMANI CHUDA MANIDHAR REDDY | 20222955 |
| 158 | 2023-24 | VAJJALA MOHAN VAMSI | 20222979 |
| 159 | 2023-24 | Varala Greeshma | 20233228 |
| 160 | 2023-24 | Veluru Sanjana | 20233164 |
| 161 | 2023-24 | Venkata Karthikeya Rayani | 20233216 |
| 162 | 2023-24 | VISHWANATH PUNEETH PURUSHOTHAM | 20222970 |
| 163 | 2023-24 | W R Nitish Srinivaas | 20233245 |
| 164 | 2023-24 | Yanamalamanda Mounya | 20233129 |



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.

| | | | |
|----|---------|----------------------------|----------|
| 41 | 2020-21 | GADDAM ANURADHA | 20202692 |
| 42 | 2020-21 | SOMALA LATHA SREE | 20202693 |
| 43 | 2020-21 | YADALA DEEPAK | 20202694 |
| 44 | 2020-21 | UTTI ANUSHA | 20202695 |
| 45 | 2020-21 | T K BALAJI | 20202696 |
| 46 | 2020-21 | PATNAM AASHITHA | 20202796 |
| 47 | 2020-21 | VEMULA KURMAIAH RAJITHA | 20202698 |
| 48 | 2020-21 | PAYANAMPALLI BHANU PRAKASH | 20202699 |
| 49 | 2020-21 | CHAKRAVARAM SAI THARUN | 20202700 |
| 50 | 2020-21 | SHAIK MAHAMMAD SAHIL | 20202701 |
| 51 | 2020-21 | BALEBOYINA SAI KALPANA | 20202702 |
| 52 | 2020-21 | ALAMURI PRAVEEN KUMAR | 20202703 |
| 53 | 2020-21 | CHANDRAPALLE LHELLAVATHE | 20202704 |
| 54 | 2020-21 | BHAGAM SAI PREETHI | 20202705 |
| 55 | 2020-21 | KOTAKONDA MANJUNATH | 20202706 |
| 56 | 2020-21 | P MOUNIKA TEJASWINI | 20202707 |
| 57 | 2020-21 | BANDAPALLI SUSEELA SREE | 20202708 |
| 58 | 2020-21 | K BHARGHAVI | 20202709 |
| 59 | 2020-21 | NEELAM BLESSY | 20202710 |
| 60 | 2020-21 | GOPEY HONEY SRI | 20202711 |
| 61 | 2020-21 | CHINTHAPUDI SUBHASH | 20202712 |
| 62 | 2020-21 | N RAKESH | 20202713 |



PES Institute of Medical Sciences and Research Kuppam

| List of students participated in extension and outreach activities 2019-20 | | | |
|---|----------------------|---------------------------|----------------------------------|
| SNo. | Academic Year | Name | Student enrollment number |
| 1 | 2019-20 | ARUDRA SRI SAI VIDHYA | 2507 |
| 2 | 2019-20 | AVULA RAVI | 2508 |
| 3 | 2019-20 | B R NYSHI | 2509 |
| 4 | 2019-20 | BAINABOINA SAISARANYA | 2510 |
| 5 | 2019-20 | BALAJI G | 2511 |
| 6 | 2019-20 | BANDLAPALLE SADHANA REDDY | 2512 |
| 7 | 2019-20 | BATHALAPALLI ANUPAMA | 2513 |
| 8 | 2019-20 | BATHULA AJAYKUMAR | 2514 |
| 9 | 2019-20 | BATTA MOURYA SATHWIK | 2515 |
| 10 | 2019-20 | BATTALA VISHNU VARDHAN | 2516 |
| 11 | 2019-20 | BELLAM ABHISHEK REDDY | 2517 |
| 12 | 2019-20 | BHASKARA GOWTHAMI | 2518 |
| 13 | 2019-20 | BOGOLU RAVI KUMAR | 2519 |
| 14 | 2019-20 | BONAMUKKALA SREYA | 2520 |
| 15 | 2019-20 | BUCHAKKAGARI VARSHITHA | 2521 |
| 16 | 2019-20 | BURAGADDA KAARTHIKA | 2522 |
| 17 | 2019-20 | C SREE VIKAS REDDY | 2523 |



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|----|---------|--------------------------------|------|
| 18 | 2019-20 | CHEERLA SAIKRISHNA TEJA | 2524 |
| 19 | 2019-20 | CHEPPALI DHARMENDRA | 2525 |
| 20 | 2019-20 | CHITULURI HARINATH | 2526 |
| 21 | 2019-20 | DAGGUPATI SUHALASYA MANASWINI | 2527 |
| 22 | 2019-20 | DAMMU ABHINAI | 2528 |
| 23 | 2019-20 | DAYANITHISRINIVASAN A | 2529 |
| 24 | 2019-20 | DERANGULA MAHANTH KUMAR | 2530 |
| 25 | 2019-20 | DEVALLA SURYA TEJA | 2531 |
| 26 | 2019-20 | DHARANI AKEPATI | 2532 |
| 27 | 2019-20 | DHARANI R | 2533 |
| 28 | 2019-20 | DIYYALA PAVANI | 2534 |
| 29 | 2019-20 | DORNIPATI MANASA | 2535 |
| 30 | 2019-20 | DUDEKULA RESHMA | 2536 |
| 31 | 2019-20 | E VENKATESHWAR CHOWDARY | 2537 |
| 32 | 2019-20 | EDURU THANUJA | 2538 |
| 33 | 2019-20 | GADDALA DEVA NANDINI | 2539 |
| 34 | 2019-20 | GADDAM MONIKA | 2540 |
| 35 | 2019-20 | GANGADEVI JASWANTH YADAV | 2541 |
| 36 | 2019-20 | GARGI SUNIL KADU | 2542 |
| 37 | 2019-20 | GOLLA MAHESH KUMAR NAIDU | 2543 |
| 38 | 2019-20 | GOPAL BALA MURALI KRISHNA | 2544 |
| 39 | 2019-20 | GUDAPAREDDY BHANUPRAKASH REDDY | 2545 |
| 40 | 2019-20 | GUDI DAMARESHWAR | 2546 |
| 41 | 2019-20 | GUMMADI SAI SATHWIK YADAV | 2547 |



| | | | |
|----|---------|---------------------------------|------|
| 42 | 2019-20 | GUNDALA LAVANYA | 2548 |
| 43 | 2019-20 | GUNDI LAVANYA | 2549 |
| 44 | 2019-20 | GURRAM CHANDRA BABU | 2550 |
| 45 | 2019-20 | HITHESH DUDDUPUTI | 2551 |
| 46 | 2019-20 | INUKONDU SABEEHA MEHABOOB | 2552 |
| 47 | 2019-20 | JAGANATH V | 2553 |
| 48 | 2019-20 | JANA PRANAY | 2554 |
| 49 | 2019-20 | JANAKI SIVA SAI KRISHNA TEJA | 2555 |
| 50 | 2019-20 | JARPULA RAKESH NAYAK | 2556 |
| 51 | 2019-20 | K ADITHYA | 2557 |
| 52 | 2019-20 | K KEERTHI | 2558 |
| 53 | 2019-20 | K KUSHWANTH NAIK | 2559 |
| 54 | 2019-20 | K MADHAVILATHA | 2560 |
| 55 | 2019-20 | K NIHARIKA | 2561 |
| 56 | 2019-20 | KALLU YASWANTH | 2562 |
| 57 | 2019-20 | KALLURU BASHEER AHMED | 2563 |
| 58 | 2019-20 | KALPAM ANJANI CHARISHMA | 2564 |
| 59 | 2019-20 | KAMBALA PREETHI | 2565 |
| 60 | 2019-20 | KANAPARTHI SINDHU | 2566 |
| 61 | 2019-20 | KANCHI REKHA SREE | 2567 |
| 62 | 2019-20 | KATLAGUNTA YASASWINI | 2568 |
| 63 | 2019-20 | KISHORE S | 2569 |
| 64 | 2019-20 | KOLAVALI SATHYA NARAYANA | 2570 |
| 65 | 2019-20 | KONDAVEETI SAI CHARITA CHOWDARY | 2571 |



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|----|---------|--------------------------------|------|
| 66 | 2019-20 | KONDURU DIVIJA | 2572 |
| 67 | 2019-20 | KONDURU NANDINI REDDY | 2573 |
| 68 | 2019-20 | KUMMATI LAVANYA | 2574 |
| 69 | 2019-20 | KUNCHAPU VENKATA HARIKA JYOTHI | 2575 |
| 70 | 2019-20 | KUNDETI AMANI | 2576 |
| 71 | 2019-20 | KUPPIREDDYGARI HEMA MADHURI | 2577 |
| 72 | 2019-20 | KURITI ANUSHA | 2578 |
| 73 | 2019-20 | KUSUPATI SHANMUKHA PRIYA YADAV | 2579 |
| 74 | 2019-20 | LIKITH MAPAKSHI | 2580 |
| 75 | 2019-20 | LINGAREDDYGARI TEJASWINI | 2581 |
| 76 | 2019-20 | M A UMAHANI | 2582 |
| 77 | 2019-20 | M SHEERSHIKA | 2583 |
| 78 | 2019-20 | MALLE GAYATHRI | 2584 |
| 79 | 2019-20 | MARPURI ROHITH KUMAR | 2585 |
| 80 | 2019-20 | MARUPEDDI SAI BHANU | 2586 |
| 81 | 2019-20 | MAYALURU SANJEEV KUMAR REDDY | 2587 |
| 82 | 2019-20 | MEDASARI VIDHYA SAGAR | 2588 |
| 83 | 2019-20 | MIDHUNKUMAR K | 2589 |
| 84 | 2019-20 | MODEM KRISHNA CHAITANYA | 2590 |
| 85 | 2019-20 | MODEPALLI LEKHANA | 2591 |
| 86 | 2019-20 | MUCHUMARRY HARIKA DEVI | 2592 |
| 87 | 2019-20 | MUTHYALA LOKESH | 2593 |
| 88 | 2019-20 | N T MANASA | 2594 |
| 89 | 2019-20 | NAKKA RITHVIKA SOBHAN | 2595 |



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|-----|---------|---------------------------------|------|
| 90 | 2019-20 | NALISSETTY BHARGAV | 2596 |
| 91 | 2019-20 | NALLABOTHULA SUDHEER KUMAR | 2597 |
| 92 | 2019-20 | NARRA HARSHA VARDHAN | 2598 |
| 93 | 2019-20 | NAVEEN KUMAR M | 2599 |
| 94 | 2019-20 | P MIDHUN | 2600 |
| 95 | 2019-20 | PANDILLA HARSHA DEEP | 2601 |
| 96 | 2019-20 | PANDIPATI JAHNAVI | 2602 |
| 97 | 2019-20 | PAPIREDDY NIKHIL KUMAR REDDY | 2603 |
| 98 | 2019-20 | PASURLA PRANEETHA | 2604 |
| 99 | 2019-20 | PATAN AFNAAN SYEED | 2605 |
| 100 | 2019-20 | PENAKONDA PREETHI | 2606 |
| 101 | 2019-20 | POLA NIHARIKA GUPTA | 2607 |
| 102 | 2019-20 | PRASANTH P | 2608 |
| 103 | 2019-20 | PREETHAM SIDDHARTH B S | 2609 |
| 104 | 2019-20 | PUJARI HEMA SREE | 2610 |
| 105 | 2019-20 | PULETI VARSHITHA | 2611 |
| 106 | 2019-20 | PULIMADUGU AAMOGH ARNAV | 2612 |
| 107 | 2019-20 | RAJA ASHWANTH SAI | 2613 |
| 108 | 2019-20 | RAJAPUTRA SRI RAJESWARI TANMAYI | 2614 |
| 109 | 2019-20 | RAMESH KUMAR NIKITHA | 2615 |
| 110 | 2019-20 | RAYASAM SAI VARSHITH | 2616 |
| 111 | 2019-20 | S D SMARTY PRIYADARSHINI | 2617 |
| 112 | 2019-20 | S KRISHNA JAGAN | 2618 |
| 113 | 2019-20 | S MIZBA MARYAM | 2619 |



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|-----|---------|---------------------------------|------|
| 114 | 2019-20 | S PRAJWALA | 2620 |
| 115 | 2019-20 | S V CHARAN SHAKTHI | 2621 |
| 116 | 2019-20 | S YASWANTH GUPTA | 2622 |
| 117 | 2019-20 | SANJEEVANNAGARI SAI LEKHA | 2623 |
| 118 | 2019-20 | SANNAREDDY SATHVIKA | 2624 |
| 119 | 2019-20 | SEELAM SUMANTH | 2625 |
| 120 | 2019-20 | SHAIK JAFFER SADIQ | 2626 |
| 121 | 2019-20 | SHAIK MOHAMMAD KHADEER | 2627 |
| 122 | 2019-20 | SHAIK MOHAMMED GHOUSE | 2628 |
| 123 | 2019-20 | SMARANIKA SAHOO | 2629 |
| 124 | 2019-20 | SRIVARSHAN M | 2630 |
| 125 | 2019-20 | SUGALI KARTHIK NAIK | 2631 |
| 126 | 2019-20 | TANGUTURU ANJALI DEVI | 2632 |
| 127 | 2019-20 | THIRUMALASETTY NAVEEN SAI TEJA | 2633 |
| 128 | 2019-20 | TIRAKALA SURYATEJA | 2634 |
| 129 | 2019-20 | UTHUKOTA NIRUPA | 2635 |
| 130 | 2019-20 | V SUDHARSHAN REDDY | 2636 |
| 131 | 2019-20 | VANAGONDI MANASWINI | 2637 |
| 132 | 2019-20 | VANDHANA K | 2638 |
| 133 | 2019-20 | VARIMADUGU PRASANNA KUMAR REDDY | 2639 |
| 134 | 2019-20 | VAYYETI SAIDEEP | 2640 |
| 135 | 2019-20 | VEDARTHAM VENKATA SAI RAMANUJAM | 2641 |
| 136 | 2019-20 | VELAGALA KAVYA | 2642 |



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 and Research Kuppam

| List of students participated in extension and outreach activities 2020-21 | | | |
|--|---------------|---|---------------------------|
| SNo. | Academic Year | Name | Student enrollment number |
| 1 | 2020-21 | KONDURU VAMSI CHAITANYA | 20202652 |
| 2 | 2020-21 | T JAGDISH | 20202653 |
| 3 | 2020-21 | GANTASALA SIVA VAISHNAVI | 20202654 |
| 4 | 2020-21 | KADAPPA GARI CHIKKANNA KUMARUDU MANISH | 20202655 |
| 5 | 2020-21 | VALLUR USHA REDDY | 20202656 |
| 6 | 2020-21 | BANDARAM HEMANTH | 20202657 |
| 7 | 2020-21 | NAGASURI MARUTHI SAI | 20202658 |
| 8 | 2020-21 | PENTYALA RAVI TEJA | 20202659 |
| 9 | 2020-21 | BOYAPALLI PRANEETH REDDY | 20202660 |
| 10 | 2020-21 | GOBBURU BHANU PRAKASH ROYAL | 20202661 |
| 11 | 2020-21 | PRATYUSHA K | 20202662 |
| 12 | 2020-21 | ANANTHAGARI DINAKAR PRASAD ROYAL | 20202663 |
| 13 | 2020-21 | GAJJALA ANKITHA REDDY | 20202664 |
| 14 | 2020-21 | BHOPATHI KEERTHI | 20202665 |
| 15 | 2020-21 | KOTTE HARSHA KOWSHIK REDDY | 20202666 |
| 16 | 2020-21 | VATTIKUNTA USHA SREE | 20202667 |
| 17 | 2020-21 | TOKA AKSHITH | 20202668 |



| | | | |
|----|---------|-------------------------------------|----------|
| 18 | 2020-21 | NEYIGAPULA LAKSHMI PRASANNA | 20202669 |
| 19 | 2020-21 | M MUHAMED UMAR | 20202670 |
| 20 | 2020-21 | NANDYALA ASHOK KRISHNA YADAV | 20202671 |
| 21 | 2020-21 | DAGARAPU RUBEENA ANGEL | 20202672 |
| 22 | 2020-21 | ADDAKUPPAM BALA CHANDRA SANTHOSH | 20202673 |
| 23 | 2020-21 | DASARI BHARATH | 20202674 |
| 24 | 2020-21 | ANJUM MUNTIMADUGU | 20202675 |
| 25 | 2020-21 | MOHAMMED SIDDIQUE CHILIM | 20202676 |
| 26 | 2020-21 | DEGA SURENDRA | 20202677 |
| 27 | 2020-21 | BATTALA SAI CHANDANA | 20202678 |
| 28 | 2020-21 | TAPPAGIRI KANEEZFATHIMA RAZVI | 20202679 |
| 29 | 2020-21 | PERAMSETTY SUJITH KUMAR | 20202680 |
| 30 | 2020-21 | SIRAGAM MAHESHWAR | 20202681 |
| 31 | 2020-21 | SHAIK MUBEEN | 20202682 |
| 32 | 2020-21 | PUDURU THOGATA MYTHILI | 20202683 |
| 33 | 2020-21 | INAKOTA VISHNU VARDHAN | 20202684 |
| 34 | 2020-21 | ABDUL REHMAN PINJARI | 20202685 |
| 35 | 2020-21 | CHIPPAGIRI AKIKHE SULTHANA | 20202686 |
| 36 | 2020-21 | NASINA JAYAKRISHNA | 20202687 |
| 37 | 2020-21 | SHAIK MOHAMMED MUSHRAF | 20202688 |
| 38 | 2020-21 | CHILUKOTI SUKESH KUMAR | 20202689 |
| 39 | 2020-21 | BODICHARLA UMA MAHESWARI | 20202690 |
| 40 | 2020-21 | SHAIK SHIREEN | 20202691 |



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.

PES Institute of Medical Sciences and Research
Kuppam

| List of students participated in extension and outreach activities 2021-22 | | | |
|---|----------------------|-------------------------|----------------------------------|
| SNo. | Academic Year | Name | Student enrollment number |
| 1 | 2021-22 | AKSHANSH SHARMA | 20212928 |
| 2 | 2021-22 | C MAHESWAR REDDY | 20212923 |
| 3 | 2021-22 | EYALTHAMIZH K | 20212920 |
| 4 | 2021-22 | GOWRI R | 20212926 |
| 5 | 2021-22 | LAKSHMISHREE SRINIVASAN | 20212925 |
| 6 | 2021-22 | M V NEERAJ | 20212921 |
| 7 | 2021-22 | MANJUNATH M | 20212924 |
| 8 | 2021-22 | PURUSHOTHAM PAVAN | 20212927 |
| 9 | 2021-22 | SHANUFATHIMA.D | 20212922 |
| 10 | 2021-22 | SUSHMITHA S | 20212919 |



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.

PES Institute of Medical Sciences and Research Kuppam

| List of students participated in extension and outreach activities 2022-23 | | | |
|--|---------------|-------------------------------------|---------------------------|
| SNo. | Academic Year | Name | Student enrollment number |
| 1 | 2022-23 | A LAKSHMI NARAYANACHARYULU | 20223070 |
| 2 | 2022-23 | AASHIKA S | 20223100 |
| 3 | 2022-23 | AASTHA GOEL | 20223028 |
| 4 | 2022-23 | ABBURI RAM KISHORE | 20212811 |
| 5 | 2022-23 | ABI BLESSY V | 20212887 |
| 6 | 2022-23 | ADARSH KUMAR MUND | 20223036 |
| 7 | 2022-23 | AISHA RIZWI | 20222999 |
| 8 | 2022-23 | AMARADI BASIREDDY NITYA REDDY | 20223072 |
| 9 | 2022-23 | AMGOTH AJITH PAMAR | 20212866 |
| 10 | 2022-23 | AMMISSETTY HARSHITHA | 20223043 |
| 11 | 2022-23 | ANAGONDI TEJU | 20212839 |
| 12 | 2022-23 | ARAVINDH M | 20212899 |
| 13 | 2022-23 | AVULA PRATHIMA REDDY | 20212885 |
| 14 | 2022-23 | B GOPIRMAYEE REDDY | 20223073 |
| 15 | 2022-23 | BAKKA MINNET SAILUSHA | 20212860 |
| 16 | 2022-23 | BALA VAMSI KRISHNA YADAV | 20223087 |
| 17 | 2022-23 | BANAVATH ASWARTHA NAIK | 20223022 |
| 18 | 2022-23 | BANDAMEKALA SATISH KRISHNA NARAYANA | 20212868 |



| | | | |
|----|---------|---------------------------------------|----------|
| 19 | 2022-23 | BANDI SRI VARSHA | 20223075 |
| 20 | 2022-23 | BASUTKAR CHANDANA NAGA TRIVENI | 20223051 |
| 21 | 2022-23 | BATHULA SAI VIGNESH Reported | 20223025 |
| 22 | 2022-23 | BERYL BAPTISTA J | 20212915 |
| 23 | 2022-23 | BONDALA PAVAN | 20212831 |
| 24 | 2022-23 | CHAKIREVUPALLI KUSHAL SAI REDDY | 20223065 |
| 25 | 2022-23 | CHAVADI VAISHNAVI | 20222996 |
| 26 | 2022-23 | CHAVVA DHANUSH REDDY | 20223093 |
| 27 | 2022-23 | CHEEKURTI YOJITHA | 20222988 |
| 28 | 2022-23 | CHENGALREDDY SAI RANGANATH REDDY | 20212814 |
| 29 | 2022-23 | CHENNA VENKATA MOHANA VAMSI | 20212886 |
| 30 | 2022-23 | CHEPURU VASANTH KUMAR | 20222991 |
| 31 | 2022-23 | CHEVIREDDY CHETAN HARSHAVARDHAN REDDY | 20223034 |
| 32 | 2022-23 | CHILAKALA SHARMILA | 20222989 |
| 33 | 2022-23 | CHINNA KOTLA UJJAINI | 20223057 |
| 34 | 2022-23 | CHINNI GURUDEEPTHI | 20212879 |
| 35 | 2022-23 | CHINTAGINJALA REDDY AMRUTHA | 20223018 |
| 36 | 2022-23 | CHIRUKURI V RUTHVIK CHOWDARY | 20223092 |
| 37 | 2022-23 | CHIRUVELLA NAGA VISHNU KOWSHIK | 20212856 |
| 38 | 2022-23 | D.A. HARINI | 20223049 |
| 39 | 2022-23 | DABBADI ANAND SAI | 20222993 |
| 40 | 2022-23 | DAMPETLA PAVAN TEJA | 20212867 |
| 41 | 2022-23 | DARA BHAVITHA | 20223008 |
| 42 | 2022-23 | DARURI RAJENDRA SAI DEEPIKA | 20223068 |



| | | | |
|----|---------|---------------------------|----------|
| 43 | 2022-23 | DASARI SAI KRISHNA | 20223014 |
| 44 | 2022-23 | DASARI SRAVAN KUMAR | 20212850 |
| 45 | 2022-23 | DASARRAJU DEEPTHI | 20212910 |
| 46 | 2022-23 | DESHMUKHI AFRIDI | 20212845 |
| 47 | 2022-23 | DUBAKULA SAI NIVEDITHA | 20223071 |
| 48 | 2022-23 | DURGAPU AKSHAY GANESH | 20223084 |
| 49 | 2022-23 | ERASALA HARSHAVARDHAN | 20212872 |
| 50 | 2022-23 | ESLAVATH YOGENDRA NAIK | 20223020 |
| 51 | 2022-23 | GALETI BHAVYA | 20223024 |
| 52 | 2022-23 | GALI DEDEEPPYA | 20223097 |
| 53 | 2022-23 | GANGARAM VENU MADHAVA | 20212898 |
| 54 | 2022-23 | GARISAPATI ROHITH KRISHNA | 20223046 |
| 55 | 2022-23 | GOKULAKANNAN R | 20212916 |
| 56 | 2022-23 | GOLLA HARSHITHA | 20212878 |
| 57 | 2022-23 | GOPIKA JAIYASHRI.A.R | 20212889 |
| 58 | 2022-23 | GOUNIPALLE HARI SAI | 20212913 |
| 59 | 2022-23 | GOWSIYA N | 20223094 |
| 60 | 2022-23 | GUDA JHAYASHRE | 20212876 |
| 61 | 2022-23 | GUDIVADA TEENA | 20212851 |
| 62 | 2022-23 | GUDURU DINESH | 20223047 |
| 63 | 2022-23 | GUNDY SIRRIISHA | 20223069 |
| 64 | 2022-23 | GURRAM NOMU VARUN | 20212903 |
| 65 | 2022-23 | GURU PRANAV C | 20223086 |
| 66 | 2022-23 | GUTTA DAMODHAR NAIDU | 20212806 |
| 67 | 2022-23 | HARISHRI V | 20212884 |



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| 68 | 2022-23 | HARSHIKA JOSHI | 20223030 |
| 69 | 2022-23 | HARSHITH DEVANG VUTTI | 20212824 |
| 70 | 2022-23 | HEMALATHA M M | 20212905 |
| 71 | 2022-23 | JABBU NITHISHA SREE | 20223027 |
| 72 | 2022-23 | JALLA SAI PRAKASH | 20223011 |
| 73 | 2022-23 | JAYADHARSHINI S | 20212888 |
| 74 | 2022-23 | K MAHENDRA REDDY | 20212810 |
| 75 | 2022-23 | K P POOJITHA | 20212890 |
| 76 | 2022-23 | KADIRI POORNA CHANDRA PRAKASH | 20212835 |
| 77 | 2022-23 | KALATHURU KUSHITHA | 20212844 |
| 78 | 2022-23 | KALLURI GAYATHRI | 20212821 |
| 79 | 2022-23 | KALLURU NILIMA | 20212816 |
| 80 | 2022-23 | KAMALAPURAM NADEEM KHAN | 20223053 |
| 81 | 2022-23 | KANALA CHAKRADHAR | 20212863 |
| 82 | 2022-23 | KANCHANAM SAI SREERAM | 20223040 |
| 83 | 2022-23 | KANDATI KODANDA RAMAIAH | 20212847 |
| 84 | 2022-23 | KANNAN JEEVAN SAI | 20212854 |
| 85 | 2022-23 | KAPA ABHINYASH NAIDU | 20223026 |
| 86 | 2022-23 | KAPPA SIVA LAYA | 20223038 |
| 87 | 2022-23 | KARALAKUNTA ANVITHA | 20223058 |
| 88 | 2022-23 | KARAM ARYAN SURYA CHANDRA | 20212846 |
| 89 | 2022-23 | KARTHIKESHA L | 20223079 |
| 90 | 2022-23 | KASI SRILATHA | 20212842 |
| 91 | 2022-23 | KAYYURU MEGHAVARSHINI | 20223080 |
| 92 | 2022-23 | KEERTHIRAJAN N | 20212917 |



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| 93 | 2022-23 | KEERTHIVASAN V | 20212881 |
| 94 | 2022-23 | KETHAVATH SAI KUMAR NAIK | 20212871 |
| 95 | 2022-23 | KIRANKUMAR M | 20223096 |
| 96 | 2022-23 | KODURU HARISH | 20212825 |
| 97 | 2022-23 | KODURU KEERTHI PRIYA | 20212911 |
| 98 | 2022-23 | KODURU LOKESWAR REDDY | 20212809 |
| 99 | 2022-23 | KOKATAM VENKATA SAI KOUSHIK KUMAR REDDY | 20223059 |
| 100 | 2022-23 | KOLA VYSHNAVI | 20212858 |
| 101 | 2022-23 | KOMMIREDDY SANDEEP REDDY | 20212815 |
| 102 | 2022-23 | KONAKANDLA RAHUL GOUD | 20223099 |
| 103 | 2022-23 | KOPPARAPU VENKATA SOWMYA | 20223090 |
| 104 | 2022-23 | KOPPULA SAI CHANDRA | 20223016 |
| 105 | 2022-23 | KOSINAPALLI HARSHITHA | 20222992 |
| 106 | 2022-23 | KOTA VAKULA DEVI | 20212822 |
| 107 | 2022-23 | KOTA. DIVYA | 20223048 |
| 108 | 2022-23 | KOTHAPALLI JENNIFAR | 20212870 |
| 109 | 2022-23 | KRISHNAPATNAM SHYAM PRASAD | 20212848 |
| 110 | 2022-23 | KURUVA JOTHSNA | 20223042 |
| 111 | 2022-23 | KURUVA SRI VANI | 20222990 |
| 112 | 2022-23 | KYPU HIMA BINDU | 20212880 |
| 113 | 2022-23 | LOHITH M | 20223091 |
| 114 | 2022-23 | LOMADA HARSHITHA REDDY | 20212897 |
| 115 | 2022-23 | M DEEKSHITA | 20223089 |
| 116 | 2022-23 | M KALYANI | 20212907 |



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| 117 | 2022-23 | M POOJA | 20212841 |
| 118 | 2022-23 | MADDI MEGHA SYAM | 20222994 |
| 119 | 2022-23 | MADHAN KUMAR K | 20212895 |
| 120 | 2022-23 | MADHU LATHA PIKKILI | 20223005 |
| 121 | 2022-23 | MADHULIKA REDDY B | 20212912 |
| 122 | 2022-23 | MADIREDDY SAI NISHANTH REDDY | 20212817 |
| 123 | 2022-23 | MAMILLA MOHITHReported | 20223078 |
| 124 | 2022-23 | MANGALA POOJITHA | 20212859 |
| 125 | 2022-23 | MANGALI PARAMESH | 20212855 |
| 126 | 2022-23 | MARRIBOYINA HIMAVANI | 20212840 |
| 127 | 2022-23 | MEKALA BHAVISHYA | 20223033 |
| 128 | 2022-23 | METIMANDA PRADEEP KUMAR | 20212861 |
| 129 | 2022-23 | METTA KISHORE KUMAR | 20212862 |
| 130 | 2022-23 | MOHAMMED HAMMAD K | 20212883 |
| 131 | 2022-23 | MOHAMMED SUMAIYA | 20212843 |
| 132 | 2022-23 | MOSA PRAGATHI | 20223009 |
| 133 | 2022-23 | MOTAM SATHWIKA SREEJA | 20212869 |
| 134 | 2022-23 | MUDE SREEVIDYA | 20212874 |
| 135 | 2022-23 | MUDIGALLU SHRIYA | 20223063 |
| 136 | 2022-23 | MUDIPALLI SAI JAHNAVI | 20212901 |
| 137 | 2022-23 | MULLA FAYAZ AHAMED | 20222995 |
| 138 | 2022-23 | MULLA IRFAN | 20212837 |
| 139 | 2022-23 | MUNNELLI SASIKANTH | 20212857 |
| 140 | 2022-23 | MUTHYALA SIVA NARAYANA REDDY | 20223039 |
| 141 | 2022-23 | NAINARI PAVITHRA | 20212849 |



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| 142 | 2022-23 | NANDRA RANJITH | 20223013 |
| 143 | 2022-23 | NENAVATH UPENDRA NAIK | 20223023 |
| 144 | 2022-23 | NIHIL PRASATH R | 20212892 |
| 145 | 2022-23 | NIMMALAPALLI REDDY HEMANTH REDDY | 20223062 |
| 146 | 2022-23 | P HIMA SAILA | 20212904 |
| 147 | 2022-23 | P SNEHA | 20212836 |
| 148 | 2022-23 | PAGADALA VARSHA | 20212877 |
| 149 | 2022-23 | PALLA VENI | 20223081 |
| 150 | 2022-23 | PALLAMREDDY KEERTHANA LAASYA | 20223045 |
| 151 | 2022-23 | PENUGONDA RENU KAARTIKHA | 20223006 |
| 152 | 2022-23 | PIKKILI JAGADEESH | 20223004 |
| 153 | 2022-23 | PILLALA HARSHA | 20223041 |
| 154 | 2022-23 | PILLI SAMUEL | 20223015 |
| 155 | 2022-23 | PITTI YESWANTH | 20212828 |
| 156 | 2022-23 | POOJALA NAGA BHUSHANAM | 20212830 |
| 157 | 2022-23 | POOLA DIVYANJALI | 20212902 |
| 158 | 2022-23 | POTHURAJU JOSEPHINE PRAISY | 20223007 |
| 159 | 2022-23 | POTLADURTHY RANGASAI SARAN | 20212802 |
| 160 | 2022-23 | POTTURI SUDHESHNA | 20212894 |
| 161 | 2022-23 | PULI VARUN REDDY | 20223064 |
| 162 | 2022-23 | PUPPALA SEKHAR VAMSI | 20223083 |
| 163 | 2022-23 | PYDIPATI JYOTHIRADITYA | 20212819 |
| 164 | 2022-23 | RAMESH THARUN | 20212829 |
| 165 | 2022-23 | RAMISETTY HARSHA | 20212832 |
| 166 | 2022-23 | RAMPURAM REVANTH | 20223017 |



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| 167 | 2022-23 | RAVILLA MOUNIKA | 20223052 |
| 168 | 2022-23 | RITHIKA T | 20212906 |
| 169 | 2022-23 | RUTAIBA RIJA RReported | 20223044 |
| 170 | 2022-23 | S J TAZIM | 20223098 |
| 171 | 2022-23 | S SONIYA | 20222997 |
| 172 | 2022-23 | SADDALA YASHMITHA | 20223037 |
| 173 | 2022-23 | SAJJA SHANMUKHA VINAY KUMAR | 20212826 |
| 174 | 2022-23 | SAKE SAI VIGNESH KUMAR | 20223010 |
| 175 | 2022-23 | SAKTHI A | 20212909 |
| 176 | 2022-23 | SAKTHIMAYIL M | 20212900 |
| 177 | 2022-23 | SANDYAPUDI SARATH CHANDRA | 20212864 |
| 178 | 2022-23 | SANKALA YASHODA | 20212838 |
| 179 | 2022-23 | SANKARAPPA GARI SOMESH KUMAR | 20212812 |
| 180 | 2022-23 | SEELLA RUTHVIK REDDY | 20223060 |
| 181 | 2022-23 | SHAIK ASWA AEIMAN | 20223003 |
| 182 | 2022-23 | SHAIK JAINAB | 20222998 |
| 183 | 2022-23 | SHAIK KHUDUMA MURTAZA | 20223076 |
| 184 | 2022-23 | SHAIK MUFEEDA | 20212853 |
| 185 | 2022-23 | SHAIK SALMAN FARIS | 20212852 |
| 186 | 2022-23 | SHAIK UMMIESHIMA | 20223000 |
| 187 | 2022-23 | SHASHWAT KUMAR ROY | 20212803 |
| 188 | 2022-23 | SHINDE PREETI LALASAHEB | 20212891 |
| 189 | 2022-23 | SNEHA K | 20212882 |
| 190 | 2022-23 | SOMA KARTHIK CHANDRA | 20212813 |
| 191 | 2022-23 | SOUDAGAR MOHAMMED GOUSE DINAZ | 20223002 |



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| 192 | 2022-23 | SOUJERLA RITHISHA | 20212820 |
| 193 | 2022-23 | SOWMIYA V P | 20212918 |
| 194 | 2022-23 | SURA SAI ARMITHA REDDY | 20223050 |
| 195 | 2022-23 | SYED SHOYIAB AHAMED | 20223074 |
| 196 | 2022-23 | T DHALVITHA | 20212818 |
| 197 | 2022-23 | T DHANA TEJA | 20223067 |
| 198 | 2022-23 | T KEERTHANA | 20223001 |
| 199 | 2022-23 | TAMIL NESAN G | 20223101 |
| 200 | 2022-23 | TAMMINENI NAMRATHA | 20212896 |
| 201 | 2022-23 | TELLAKULA SREE MAHA LAKSHMI | 20223054 |
| 202 | 2022-23 | TENALI TANUSH SIDDESWAR | 20223032 |
| 203 | 2022-23 | THALLURU DINESH | 20212807 |
| 204 | 2022-23 | THARUNI M | 20223085 |
| 205 | 2022-23 | THATTE ARCHANA | 20212827 |
| 206 | 2022-23 | THIMMAMPALLI VINUTHNA | 20212823 |
| 207 | 2022-23 | THOTA DIVYA | 20223029 |
| 208 | 2022-23 | THUPAKULA VISHNU CHAKRAVARTHI | 20223095 |
| 209 | 2022-23 | TILAK P | 20212914 |
| 210 | 2022-23 | TIRUMALA SETTY MAHALAKSHMI | 20223021 |
| 211 | 2022-23 | UTKARSH DUBEY | 20223031 |
| 212 | 2022-23 | V DHANUSH | 20223056 |
| 213 | 2022-23 | V THANMAISRI REDDY | 20212893 |
| 214 | 2022-23 | VADDAMANI BABITHA | 20212908 |
| 215 | 2022-23 | VADDI LAKSHMI THANMAI | 20223082 |
| 216 | 2022-23 | VADITHYA MANVITHA | 20212873 |



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| 217 | 2022-23 | VANNA VYSHNAVI KEERTHANA | 20212865 |
| 218 | 2022-23 | VELAMAKURU DHAKSHITHA | 20212808 |
| 219 | 2022-23 | VELAVALI SREEJA | 20223019 |
| 220 | 2022-23 | VEMULA SUPRAJA | 20223077 |
| 221 | 2022-23 | VISSAPRAGADA SWARNA SUMANA | 20212804 |
| 222 | 2022-23 | VUDHARLA SOHITH REDDY | 20223066 |
| 223 | 2022-23 | VUNDALA SOWMYA | 20223012 |
| 224 | 2022-23 | YAMANABOINA BANU CHANDRIKA | 20223055 |
| 225 | 2022-23 | YEDDULA VENKATA AJAY CHAITANYA REDDY | 20212805 |
| 226 | 2022-23 | YEKKULURU BHARATH | 20212834 |
| 227 | 2022-23 | YEKKULURU KALYANI | 20212833 |
| 228 | 2022-23 | YELLA DHAANVI | 20223061 |
| 229 | 2022-23 | YELLAMAREDDY SRAVANI | 20223035 |
| 230 | 2022-23 | YERRAGUNTA HARI PRIYA | 20223088 |
| 231 | 2022-23 | YESUPAGA HAVEELA | 20212875 |



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





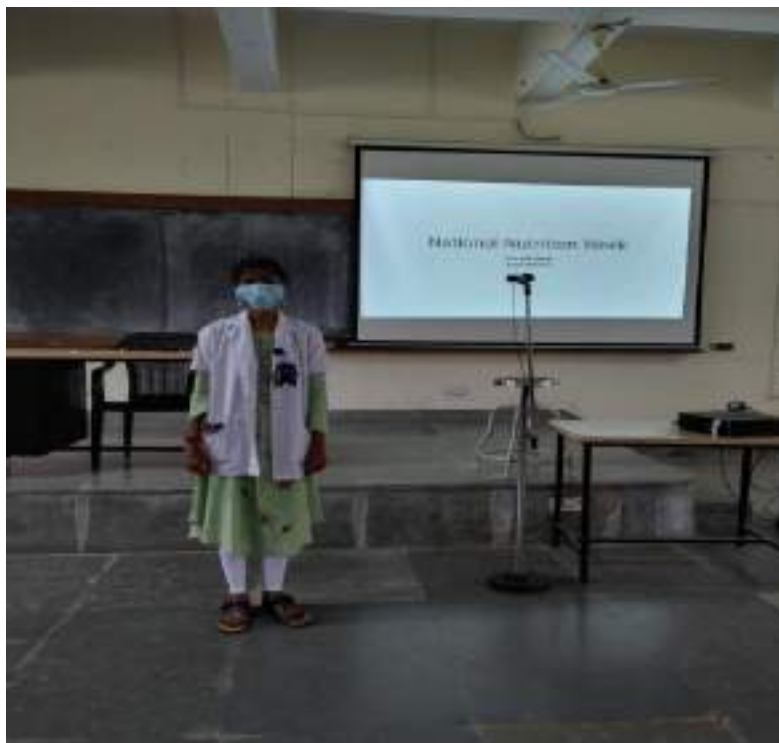
Rally for women safety

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 ఆర్ట్స్ బస్టాండు కూడలిలో వైద్యులు,
విద్యార్థుల మానవహారం

తల్లిపాలే బిడ్డకు అమృతం

కుప్పం పట్టణం, స్కాన్ టుడే: విజ్ఞకు తల్లి పాలు అమృతం తమని దిన్న పిల్లల విలాసాదిపతి డా.రాజేంద్ర నాయకులు అన్నారు. ఏ.కే.యస్ వైట్స్ అసోసియేట్స్, లయన్స్ క్లబ్ ఆఫ్ ఇన్ఫర్మేషన్ కుప్రవారం కుప్పం పట్టణంలో ప్రజాస్వామ్య చేతనలకు కొన్ని అవగాహన కార్యక్రమాలను నిర్వహించారు. ఆర్ట్స్ బస్టాండు కూడలిలో మానవహారంగా ఏర్పాటు చేసిన తల్లిపాల కార్యక్రమం కలిగి ప్రయోజనాలు తెలిపారు. వైద్యులు హాటింగ్ వంటకం, కమ్యూనిటీ మెడిసిన్ విభాగం అధ్యాపకులు అనిల్ రాజ్, వి.మే.ఎ. మహాద్ 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





పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమం

పెద్దల అండ్ సీ మేనేజ్మెంట్ కాలేజీలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమం జరిగింది. పి ఈ ఎస్ వైద్య కళాశాలకు చెందిన విద్యార్థులు, ఉపాధ్యక్షులు, అధ్యాపకులు మరియు సీనియర్ అధికారులు పాల్గొన్నారు. ప్రపంచ పర్యావరణ దినోత్సవం అనేది ప్రపంచవ్యాప్తంగా జరిగే ఒక ప్రధాన వార్షిక కార్యక్రమం. ఇది ప్రపంచవ్యాప్తంగా ప్రజలను అవగాహన చేయడానికి మరియు వాటిని ప్రోత్సహించడానికి ఉద్దేశించబడింది. ప్రపంచ పర్యావరణ దినోత్సవం ప్రపంచవ్యాప్తంగా జరిగే ఒక ప్రధాన వార్షిక కార్యక్రమం. ఇది ప్రపంచవ్యాప్తంగా ప్రజలను అవగాహన చేయడానికి మరియు వాటిని ప్రోత్సహించడానికి ఉద్దేశించబడింది.



పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమంలో పాల్గొన్న విద్యార్థులు మరియు ఉపాధ్యక్షులు.



పి ఈ ఎస్ వైద్య కళాశాలలో ప్రపంచ పర్యావరణ దినోత్సవ కార్యక్రమంలో పాల్గొన్న విద్యార్థులు మరియు ఉపాధ్యక్షులు.



PES INSTITUTE OF MEDICAL SCIENCES & RESEARCH
PES COLLEGE OF NURSING

NSS UNITS ENVIRONMENTAL DAY CELEBRATION!

#GREENINGOURDRIVE



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



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



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



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

#RESTOREOURLAND

Follow us on





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:

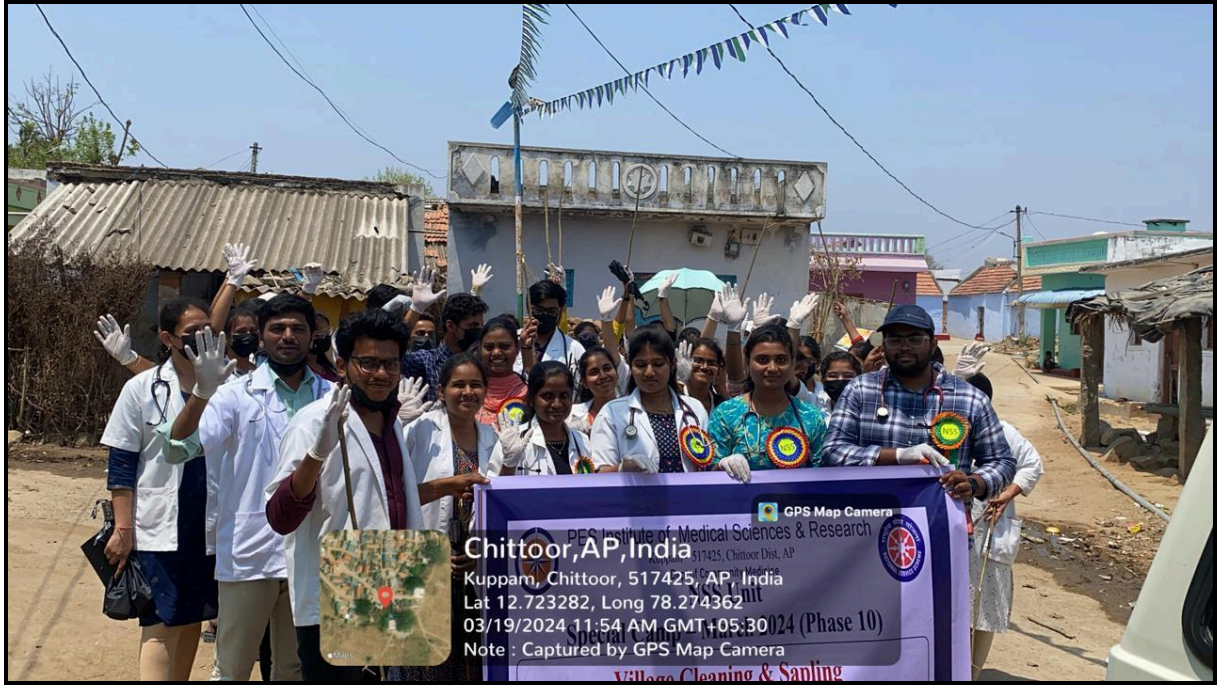
- **Cleaning Activity:** A commendable effort from all 50 volunteers participating in the cleaning activity has been recognized with a monetization of Rs400 each, leading to a collective monetization of Rs20,000.

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

- **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:





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 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 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:

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.

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.

- 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.

Extension and outreach activities engaging NSS

Vruksho rakshathi rakshithaha:

14th February, 2018



Swachh Bharat Diwas

2nd October, 2018



World Antibiotic Awareness Week

November 2018





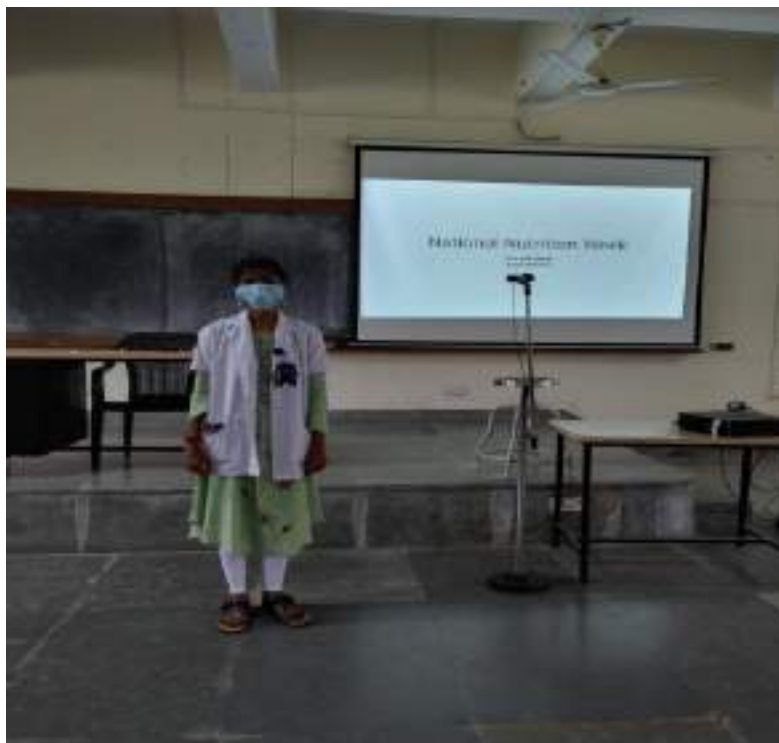
Rally for women safety

10th December, 2019



National Nutrition Week

Date: 5th September 2021





Donation at an Anganwadi centre

DECEMBER 1ST 2021





CONSTITUTION DAY CELEBRATION

DECEMBER 17TH 2021



World women's day 2022

Date: 8.3.22



Special camp participation

Date: 21.3.22 to 27.3.22



World health day 2022

April 7TH 2022



Health camp at Begilpalli school

April 8TH 2022



World Environment day 2022

June 5TH 2022



World blood donor day 2022

June 30TH 2022



International yoga day 2022

June 21TH 2022



National Nutrition Week

September 07TH 2022



World Suicide Prevention Day

September 10TH 2022



World Rabies Prevention Day

September 30TH 2022



World Mental Health Day

October 10th 2022



National Unity Day

October 31th 2022



World hypertension Day

May 17th 2023



World No tobacco Day

May 31st 2023



World Environment day

June 05th 2023



World Blood donor day

June 14th 2023



World Breast feeding week

August 3rd 2023



కుప్పం ఆర్టీసీ బస్టాండు కూడలిలో వైద్యులు,
విద్యార్థుల మానవహారం

తల్లిపాలే బిడ్డకు అమృతం

కుప్పం పట్టణం, స్టాన్ టుడే: విభక్త తల్లి పాలు అమ్మ తమని దిన్న పిల్లల విలాగారిపేరి ధారాజెండ్ల నాయకులు అన్నారు. పీఈయమ్ వైద్య అసోసియేషన్, లయన్స్ క్లబ్ ఆధ్వర్యంలో కుట్టవారం కుప్పం పట్టణంలో షేకార్యలు చేసినట్లు కొవి ఆవగాహన కార్యక్రమం జరిగింది. ఆర్టీసీ బస్టాండు కూడలిలో మానవహారంగా ఏర్పాటై కుప్పం తల్లిపాల కారా కలిగే ప్రయోజనాలు తెలిపారు. వైద్యులు హాటింగ్ వండ్ల, కమ్యూనిటీ 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: Cytb, CP



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

#RESTOREOURLAND

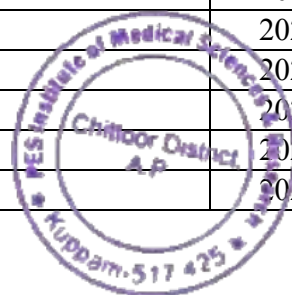
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PES Institute of Medical Sciences and Research

Students participated in extension and outreach activities 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

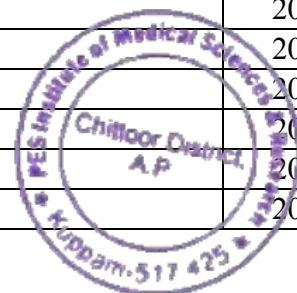
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|--------|------------------------------------|---------|
| 1 | Kuppam Ashrith Reddy | 2023-24 |
| 2 | A T Haritha | 2023-24 |
| 3 | Macha Sujith Reddy | 2023-24 |
| 4 | Pattem Rushi Keshava Reddy | 2023-24 |
| 5 | Vemuri Sai Krishna Suseel Kumar | 2023-24 |
| 6 | Atla Pardha Saradhi Reddy | 2023-24 |
| 7 | Bodeddula Swathika | 2023-24 |
| 8 | Hariyapuraju Kesava Kaushik | 2023-24 |
| 9 | Andra Vasudha | 2023-24 |
| 10 | Pothireddy Mouna Sree | 2023-24 |
| 11 | Bakkireddygar Varsha Reddy | 2023-24 |
| 12 | M Charan | 2023-24 |
| 13 | Chinnapullaiahgari Jagadeesh Reddy | 2023-24 |
| 14 | Nanduru Sravani | 2023-24 |
| 15 | Gangireddy Teja Priya Reddy | 2023-24 |
| 16 | Kondakindi Prashanth Kumar Reddy | 2023-24 |
| 17 | Indluru Saikumar Reddy | 2023-24 |
| 18 | Mylamuri Teena Sravanthi | 2023-24 |
| 19 | Palla Bhargavi | 2023-24 |
| 20 | Ediga Jayanth | 2023-24 |
| 21 | Yanamalamanda Mounya | 2023-24 |
| 22 | Sumedha Yenni | 2023-24 |
| 23 | Hasti Dhanush | 2023-24 |
| 24 | Dudekula Shamshad Begum | 2023-24 |
| 25 | Chittem Sri Vidya | 2023-24 |
| 26 | Jogu Kuruva Jyothsna Priya | 2023-24 |
| 27 | Sampangi Goutham Kumar | 2023-24 |
| 28 | Rachakunta Tharun Kumar | 2023-24 |
| 29 | Mosala Rajasimha | 2023-24 |
| 30 | Mangali Praveen Kumar | 2023-24 |
| 31 | Bochu Naga Lokesh | 2023-24 |
| 32 | Chirri Dhakshayani | 2023-24 |
| 33 | Kakarla Harshitha | 2023-24 |
| 34 | Chakali Pavani | 2023-24 |
| 35 | Pothula Manoj Kumar | 2023-24 |
| 36 | Dantham Kalyani | 2023-24 |
| 37 | Shaik Mohammed Nowmann Gouse | 2023-24 |



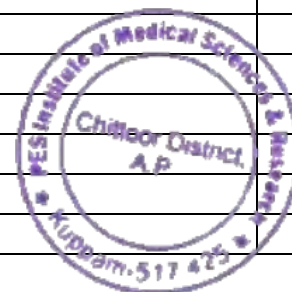
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| 38 | Shaik Heeba Ilham | 2023-24 |
| 39 | Shaik Sayera | 2023-24 |
| 40 | Pathan Arshida Khan | 2023-24 |
| 41 | Kalagadda Rahul | 2023-24 |
| 42 | Ayyavara Sai Varun Teja | 2023-24 |
| 43 | Boggula Hemanth Kumar | 2023-24 |
| 44 | Amari Ganesh | 2023-24 |
| 45 | Veluru Sanjana | 2023-24 |
| 46 | Sombathina Mahima Jyothi | 2023-24 |
| 47 | Pandalapati Paramjyothi Das | 2023-24 |
| 48 | Padamutham Harshitha Priyanjali | 2023-24 |
| 49 | Mode Siva Prasad Naik | 2023-24 |
| 50 | Meghavath Akhiranandan Naik | 2023-24 |
| 51 | Karunakar Sharonbabu | 2023-24 |
| 52 | Bhukya Yaajna Vallika | 2023-24 |
| 53 | Bollu Jahnvi | 2023-24 |
| 54 | Motupalli Poojitha Chowdary | 2023-24 |
| 55 | Tejaswini D V | 2023-24 |
| 56 | Mandem Shravya | 2023-24 |
| 57 | Doolam Bhumika | 2023-24 |
| 58 | Kataru Hima Varshitha | 2023-24 |
| 59 | Kollapaneni Sharika | 2023-24 |
| 60 | Pabbathi Chaitanya | 2023-24 |
| 61 | Saribala Likitha | 2023-24 |
| 62 | Peruru Venkata Vaishnavi | 2023-24 |
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| 66 | Balagani Venkata Jagadesh Yadav | 2023-24 |
| 67 | Mekala Venkata Pranavi | 2023-24 |
| 68 | S S Deepalakshmi | 2023-24 |
| 69 | Amuluru Hima Teja | 2023-24 |
| 70 | Giduturi Vijay Srinivas | 2023-24 |
| 71 | Gangundi Varsshinie | 2023-24 |
| 72 | Arimilli Kamal | 2023-24 |
| 73 | Golla Mahesh Babu | 2023-24 |
| 74 | Peddineni Mahima Sree | 2023-24 |
| 75 | Busireddy Naga Subba Reddy | 2023-24 |
| 76 | Edigaramesh Geethanjali | 2023-24 |
| 77 | K Vamsi | 2023-24 |
| 78 | K Venkata Pavan Kumar | 2023-24 |
| 79 | M H Prathap | 2023-24 |
| 80 | Chintakunta Sai Sri | 2023-24 |
| 81 | Ashmit Gaur | 2023-24 |
| 82 | Mohammed Rizvee T H | 2023-24 |



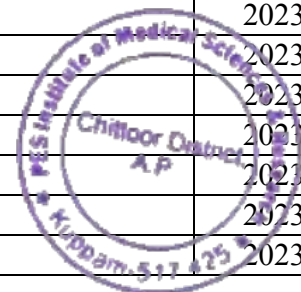
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| 87 | Potuboina Chinni Mounika | 2023-24 |
| 88 | Chinnakotla Giridhar | 2023-24 |
| 89 | Loukya Meda | 2023-24 |
| 90 | W R Nitish Srinivaas | 2023-24 |
| 91 | Kuruva Meghana | 2023-24 |
| 92 | Takkoli Sravani | 2023-24 |
| 93 | Karanam Udayini | 2023-24 |
| 94 | Divagaran R | 2023-24 |
| 95 | Ch.Sahith | 2023-24 |
| 96 | Mallichetla Kedaranath | 2023-24 |
| 97 | Kalla Thigakanti Naidu | 2023-24 |
| 98 | Yashwant Dayanidhi Godesi | 2023-24 |
| 99 | Y Manideep Reddy | 2023-24 |
| 100 | V. Rishitha | 2023-24 |
| 101 | Tharagalla. Bhagya Srivenkata Sai Nandini | 2023-24 |
| 102 | Donepati Blessy Nazarene | 2023-24 |
| 103 | B. Archana | 2023-24 |
| 104 | M. Sowjanya | 2023-24 |
| 105 | Menakuru Bhavitha | 2023-24 |
| 106 | Swathy.G | 2023-24 |
| 107 | E T Gnana Samhitha | 2023-24 |
| 108 | Alekhy Pachigalla | 2023-24 |
| 109 | Sankranthi Rajasekhar | 2023-24 |
| 110 | N.P.Mithilesh | 2023-24 |
| 111 | M.Abhishek Reddy | 2023-24 |
| 112 | Gotappagari Hari Teja | 2023-24 |
| 113 | Mudupuguntla Vedavyas | 2023-24 |
| 114 | K.Sujana Desai | 2023-24 |
| 115 | C Sree Vikas Reddy | 2023-24 |
| 116 | Bhaskara Gowthami | 2023-24 |
| 117 | Bandlapalle Sadhana Reddy | 2023-24 |
| 118 | Dharani Akepati | 2023-24 |
| 119 | Mahanth Kumar Derangula | 2023-24 |
| 120 | Kalpam Anjani Charishma | 2023-24 |
| 121 | Daggupati.Suhalasya Manaswini | 2023-24 |
| 122 | Thanuja Eduru | 2023-24 |
| 123 | Divija Konduru | 2023-24 |
| 124 | K.Hema Madhuri | 2023-24 |
| 125 | Dharani.R | 2023-24 |
| 126 | M.M.Harshadeep | 2023-24 |
| 127 | Lavanya Gundala | 2023-24 |



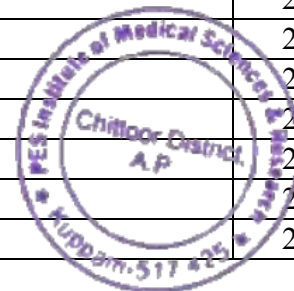
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| 129 | Buchakkagari Varshitha | 2023-24 |
| 130 | S D Smarty Priyadarshini | 2023-24 |
| 131 | K.Niharika | 2023-24 |
| 132 | Adimulam Padmaja | 2023-24 |
| 133 | Diyala Pavani | 2023-24 |
| 134 | Battala Vishnuvardhan | 2023-24 |
| 135 | Kundeti Amani | 2023-24 |
| 136 | Mourya Sathwik | 2023-24 |
| 137 | Sai Krishna Teja | 2023-24 |
| 138 | Pujari Hema Sree | 2023-24 |
| 139 | Devalla Surya Teja | 2023-24 |
| 140 | Gopal Bala Murali Krishna | 2023-24 |
| 141 | Sharvani Yacham | 2023-24 |
| 142 | S V Charan Shakthi | 2023-24 |
| 143 | Preetham Siddharth B S | 2023-24 |
| 144 | Kambala Preethi | 2023-24 |
| 145 | Sai Bhanu Marupeddi | 2023-24 |
| 146 | Buragadda Kaarthika | 2023-24 |
| 147 | Yochna Reddy Pathirla | 2023-24 |
| 148 | G . Jaswanth Yadav | 2023-24 |
| 149 | Kanchi Rekha Sree | 2023-24 |
| 150 | Sahith | 2023-24 |
| 151 | Mallichetla Kedaranath | 2023-24 |
| 152 | Kalla Thigakanti Naidu | 2023-24 |
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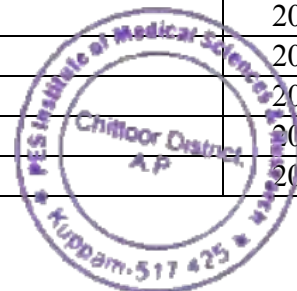
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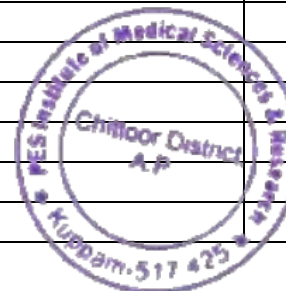
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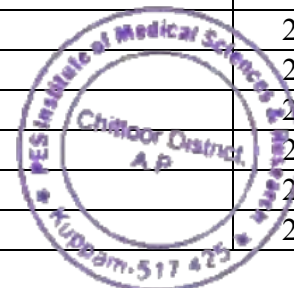
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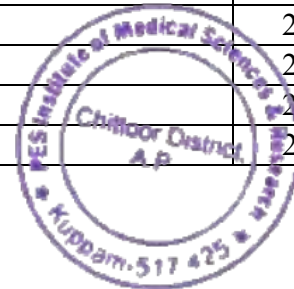
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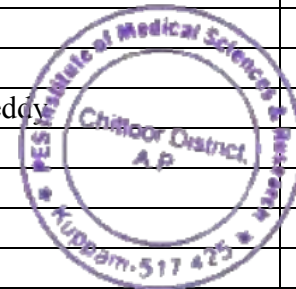
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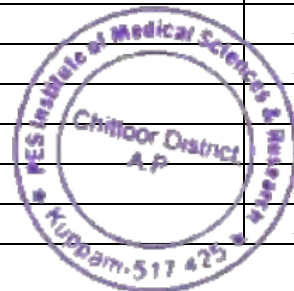
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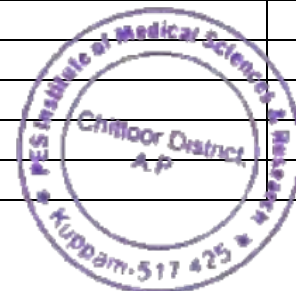
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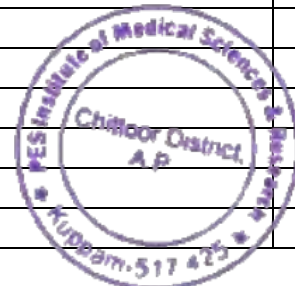
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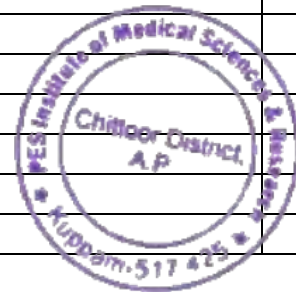
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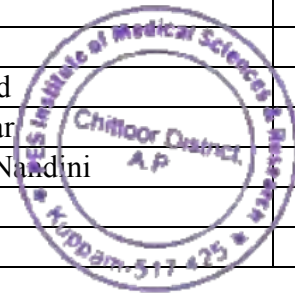
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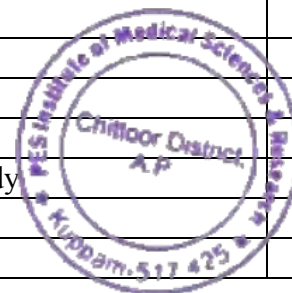
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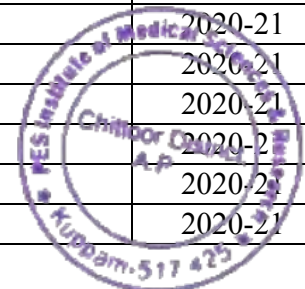
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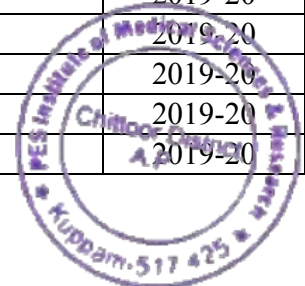
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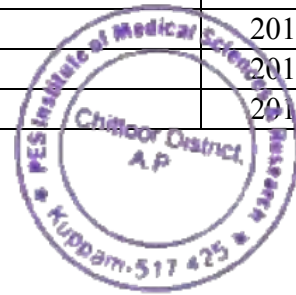


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| 1425 | Sadineni Srinivas Kalyan | 2019-20 |
| 1426 | Sathish | 2019-20 |
| 1427 | Senthil Murugan S | 2019-20 |
| 1428 | Shaik Khasir Warish | 2019-20 |
| 1429 | Shaik. Mizba Sulthana | 2019-20 |
| 1430 | Shaik.Ayesha Siddiqua | 2019-20 |
| 1431 | Siravuri Srikar Varma | 2019-20 |
| 1432 | Surinedi Pooja | 2019-20 |



| | | |
|------|-------------------------------|---------|
| 1433 | Swathy G | 2019-20 |
| 1434 | Syed.Abdul Haq | 2019-20 |
| 1435 | T Ashitha | 2019-20 |
| 1436 | Talari Theja | 2019-20 |
| 1437 | Tenneti. Lalitha Hiranmai | 2019-20 |
| 1438 | Tharugu Mounika | 2019-20 |
| 1439 | Thirthala. Vishnu Priya | 2019-20 |
| 1440 | Tikkavarapu Pavithra | 2019-20 |
| 1441 | U Keerthi | 2019-20 |
| 1442 | V Rishitha | 2019-20 |
| 1443 | Vaddamanu Venkata Phanindra | 2019-20 |
| 1444 | Vanchanagiri Pranavi | 2019-20 |
| 1445 | Vanna Mahitha Reddy | 2019-20 |
| 1446 | Varikuti Rahul | 2019-20 |
| 1447 | Vedula Divya | 2019-20 |
| 1448 | Veeraballi Siva Prasad | 2019-20 |
| 1449 | Veluru Tejasvi | 2019-20 |
| 1450 | Vennapusa.Girish Kumar Reddy | 2019-20 |
| 1451 | Viswaraju Bhanu Prakash Varma | 2019-20 |
| 1452 | Vitta Naga Usha Sree | 2019-20 |
| 1453 | Yashwant Dayanidhi Godesi | 2019-20 |



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 మిశ్ర టీటీరోగులకు పోషక ఆహారం అందజేయటం కార్యక్రమం ప్రపంచ క్షయ వ్యాధి నీ నిర్మూలన కార్యక్రమంలో భాగంగా ప్రధానమంత్రి టీటీ సూక్తి భారత్ ఆభయాన్ నిక్షయ్ మిశ్ర ప్రోగ్రాం లో భాగంగా ఓఈ ఎస్ విద్య నిర్మూలన వ్యవస్థాపకులు డాక్టర్ ప్రొఫెసర్ . డొరస్వామి టీటీ రోగులకు పోషక ఆహారం అందజేయాలనే ఆశాంక్షతో ఈ రోజు ఓ ఈ ఎస్ వైద్య కళాశాల ఆదిలోరయం నుంచి పోషకాహారం అందజేయడం ప్రారంభించారు.ఈ కార్యక్రమంలో ప్రెసిడెంట్ ఓ.బీ. డాక్టర్ రావు , మెడికల్ సూపరింటెండెంట్ డాక్టర్ వెంకటేశ్వర్లు ప్రెసిడెంట్ డాక్టర్ రావు , సీనియర్ ప్రొఫెసర్ డాక్టర్ .విశ్వేశ్వర్ రెడ్డి , ఆసిస్టెంట్ మెడికల్ సూపరింటెండెంట్ డాక్టర్ మోహన్ రావు ,

జిల్లా కలెక్టర్ ప్రైవేట్ 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 బస్టెట్స్ లు అధికమవుతున్నదని అందులో భాగమే క్షయ వ్యాధి అని తెలియజేశారు .ఈ వ్యాధి ప్రాచారితకమైనది కాదని ఒకటి నుండి ఐదేళ్లకంటే వ్యాధి చెందుతుందని టీబిని వలెనే సమయంలో గుర్తుంచి 6 నెలల పాటు మందులు తీసుకున్నట్లైతే వ్యాధిని నివారించవచ్చునని తెలియజేశారు. ప్రస్తుతం ఆస్పత్రి గవర్నమెంట్, ప్రైవేట్ అనువంతులలో క్షయ వ్యాధి మందులు లభ్యమవుతున్నదని ల్యాబ్ కలిగిన వారు డాక్టర్ నిలవో పేరుకు కచ్చితంగా మందులకో పాటు మంచి పోషక ఆహారం తీసుకోవాలని మరియు రెగ్యులర్ వ్యాధి, టీ.టి. టీవీ కారిత 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.ఈ సందర్భంగా జిల్లా టీటీవెట్టిక్ ప్రైవేట్ కోఆర్డినేటర్ వెంకటేశ్వరులు మాట్లాడుతూ ప్రతి క్షయ వ్యాధి భ్రష్టులు వలెనే సమయంలో మందులు తీసుకుంటూ టీటీ రహిత కేసాన్ని నిర్మించడానికి సహకరించాలని తెలియజేశారు. టీటీరోగులకు పోషక ఆహారం అందించటకు ముందుకొచ్చిన డాక్టర్. డొరస్వామి నాయుడు కి కృతజ్ఞతలు తెలియజేశారు. ఈ కార్యక్రమంలో ఓఈఎస్ 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



  
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

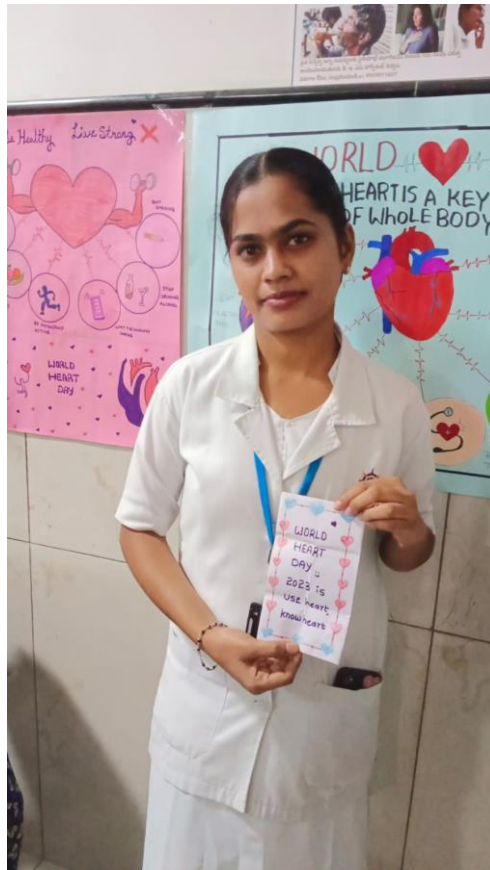




World Mental Health Day



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 "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 శంకర్ తదితరులు 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



ప్రదానం కార్యక్రమం నిర్వహించారు. డీన్, ప్రెన్సిపాల్ 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 ఆన్సాత్రి మెడికల్ సూపరింటెండెంట్ డాక్టర్ సుబ్రమణ్య, అగస్త్య క్యాంపస్ హెడ్ సురేష్ ఆన్నారు.



రక్తదాన శిబిరంలో పాల్గొన్న ప్రముఖులు, విద్యార్థులు

పీఈఎస్లో శుక్రవారం 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 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 ప్రెన్సిపాల్ 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 శ్రేష్ఠమని, 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



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**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

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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 ఆభిసందనలు



తెలిపారు. హరిత క్యాంపస్ తన దూరదృష్టికి సాక్షాత్కారమని ఉద్ఘాటించే 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.