



World Population Day Programme – 11/ 07/2022

Venue – D. K. Government College for women, Dargamitta, Nellore. Organized by Department of Community Medicine, Narayana Medical College in collaboration with Department of Economics, D. K. Government College for Women, Dargamitta, Nellore, District youth welfare office - Society for Training, Employment and Promotion (SETNEL), Department of youth services, Government of Andhra Pradesh, Nehru YuvaKendhra (Nellore wing). The program started with prayer song by students followed by introduction of the guests by the Principal of D. K. College for women, Dr.Giri. Dr.Giri went on to introduce the students about the concepts of population and present status of fertility in India. He explained about the aftermath of population explosion. Dr.Chenchu Ramiah, Head of Economics, D. K. College for women, quoted the present fertility statistics and where India stands in terms of those indicators. He explained about the economic impacts of increase in population in terms of domestic, national and international liabilities. Mr. Pullaiah, District Youth officer, spoke about the present theme of the world population day and why it is important to raise awareness among youth about population and its effects on environment. Next, Mr. Mahendar Reddy, Director of Nehru YuvaKendra, Nellore wing, also spoke about the importance of the day. Dr. Jyothi. C, Vice Principal, Narayana Medical College, spoke about how to control population explosion by citing the differences between the northern states and southern states of India. She went on to explain about various determinants of the increasing growth in population, such as female literacy, education, employment opportunities, health seeking behaviour, cultural factors and law and how these determinants are excelling in southern states of India which have low total fertility rate. She further went on to explain about the health problems of early marriage, pregnancy, increased parity and decreased birth spacing. She highlighted the importance of Hindu marriage act and the legal age of marriage.

Dr. Vandhana explained about the Family welfare programme. She explained about the

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types of natural and artificial contraceptives. She described about what are the temporary methods and permanent methods. She went on to explain about each method in brief. She highlighted the important aspects of family welfare programme. The session was closed by Principal Dr. Giri with a vote of thanks by a faculty member. 10 volunteers participated and 100 members of beneficiaries.



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Distribution of Plants to Students – 26/07/2022

Venue – Narayana Medical College, Nellore. Organized by NSS Unit Narayana Medical College in collaboration with RED FM 93.5 Nellore. The Programme started with prayer song by students followed by the introduction of the guests by the Dr M Prasad NSS Programme officer, Programme was inaugurated by Dr K Jitendra, dignitaries Dr. Prabhakar rao, Sree Koteshwar rao [General Manager], Ch.Bhasakreddy [AGM], Sandesh raikar [administrative officer] and RED FM cluster head Sridhar graced the occasion with their presence. Around 300 plants were distributed amongst students and volunteer's awareness and importance of the planting trees and their role in our day to day life was explained to the students, cultural programmes were performed by students, followed by planting of saplings at Narayana Medical College. 25 volunteers participated. Programme was concluded with vote of thanks by Dr M.Prasad.



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World ORS Day Programme –29/07/2022

Venue– Pediatric OPD, NMC, Nellore, Organized By NSS, Unit Dept Of Community Medicine and Pediatrics. The Programme started with prayer song by students followed by the introduction of the guests by Dr.M.Prasad NSS Programme officer, Programme was inaugurated by DR NAGENDRA [Pediatrics HOD], DR Kumar [Community Medicine HOD] and NSS volunteers. ORS packets are distributed among children and speech given by Dr Ravindranath, Dr Kedarnath and Dr Sakeena about ideal plat form to raise awareness and encourage action to prevent diarrhea and dehydration. 15 volunteers participated and 50 members of beneficiaries. Programme was concluded with vote of thanks by Dr M.Prasad.



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WORLD BREASTFEEDING WEEK – 1 st to 7 th AUGUST 2022

On the occasion of World Breastfeeding Week 2022, 03/08/2022 the NSS Unit, and Department of Community Medicine, Narayana Medical College, Nellore conducted awareness session at Anganwadi centre, Yerragunta Village, Venkatachalam mandal, Nellore.

Highlights of the activities conducted at Anganwadi centre: Prior to the awareness session (2 days before), orientation was given to all CRRIs posted at RHTC, Venkatachalam about the event. CRRIs were trained about the common health education messages in Telugu which is to be delivered to all the women attending the event and about group discussion method. On the day of event, opening speech was delivered by Dr. A. Divyasree, Senior Resident, Dept. of Community Medicine. Around 30 pregnant women and Nursing mothers participated. The purpose of our visit was explained briefly and all the women were divided into 5 groups. To each group, 2 CRRIs and 2 MBBS students were allotted and health education regarding breastfeeding was given to them and also all their queries were answered. Each group is monitored by a post-graduate and a faculty from the community medicine department. Snacks were distributed to all the women at the end of the event. Event is done along with NSS department of Narayana Medical College, Nellore.

Acknowledgements: 1) Planning of event and Health education messages in telugu – Dr. A. Divyasree, Senior Resident, Dept. of Community Medicine. 2) Orientation to CRRIs – Dr. G. Vandana, Senior Resident, Dept. of Community Medicine. 3) Arrangements at Anganwadi center – Mr. Chenggaiah, Health Inspector and other staff at RHTC, Venkatachalam; Mrs. Vasantha, Anganwadi teacher, and other staff at Anganwadi center. 4) Group discussion by: • MBBS student NSS 10 volunteers and CRRIs posted at RHTC 10 students. Post graduates in community medicine – Dr.Sakeena, Dr.Charan, Dr.Chaithanya, Dr. Madhuri. All faculty of

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department of community medicine. 5) Guidance – Dr.C.Kumar, Professor & HOD, Dept. of Community Medicine and Dr.C.Jyothi, Professor, Dept. of Community Medicine & Academic Vice-principal 6) NSS Programme officer from Narayana Medical College – Dr. M. Prasad. The programme concluded with vote of thanks by Dr M Prasad.



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తల్లి పాలు సురక్షితం



తల్లి పాలపై అవగాహన కర్మస్తున్న ఎన్ఎస్ఎస్ సభ్యులు

వెంకటాచలం, ఆగస్టు 3 : తల్లిపాలు సురక్షితమని నారాయణ వైద్య కళాశాలలోని సామాజిక వైద్య విభాగం హెచ్.ఓ. డాక్టర్ సీ కుమార్ తెలిపారు. ఎర్రగుంట గ్రామంలో నారాయణ వైద్య కళాశాల ఎన్ఎస్ఎస్ యూనిట్ వారి ఆధ్వర్యంలో తల్లిపాలు వారోత్సవంలో భాగంగా బుధవారం బాలింతలకు, గర్భిణులకు తల్లిపాల ప్రాముఖ్యతపై అవగాహన కల్పించారు. కార్యక్రమంలో మెడికల్ ఆఫీసర్ డాక్టర్ ఆర్.కార్తిక్, హెల్త్ ఇన్స్పెక్టర్ ఎన్ చెంగయ్య, అంగన్వాడీ టీచర్ జే సుజాత, ఎన్ఎస్ఎస్ యూనిట్ ఆధికారి ఎం.ప్రసాద్ తదితరులు పాల్గొన్నారు.

బుచ్చిరెడ్డిపాలెం : బుచ్చిరెడ్డిపాలెం నగర పంచాయతీలోని 7వ వార్డులో ఉన్న అంగన్వాడీ కేంద్రంలో బుధవారం తల్లిపాల వారోత్సవాలు నిర్వహించారు. ఈ కార్యక్రమంలో పాల్గొన్న ఆ వార్డు కౌన్సిలర్ పకీలాబేగం గర్భిణులకు పౌష్టికాహారం, వైద్య పరీక్షలపై అవగాహన కల్పించారు. ఈ కార్యక్రమంలో వార్డు ఇన్చార్జ్ అల్లాబ్బు, అంగన్వాడీ కార్యకర్తలు పద్మలత, హబీబున్నీసా, ప్రమీల, మాదవి, మహిళా పోలీసులు సుమలత, సుస్మిత, ఎఎన్ఎం అరుణ, షేక్ మల్లిక తదితరులు పాల్గొన్నారు.

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