



Dr. C.S.N. DEGREE & P.G. COLLEGE

BHIMAVARAM - 534 203, W.G.Dt., A.P., INDIA

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**Geo-Tagged Photograph of
Extension and outreach
programs conducted by the
institution through
organized forums including
NSS/NCC involvement of
community.**



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ACADEMIC YEAR
2022-2023



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LIST OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED IN COLLABORATION WITH INDUSTRY, COMMUNITY, AND NON-GOVERNMENT ORGANIZATIONS THROUGH NSS/NCC etc., DURING 2022-2023

S.No	Name of the event	Date	Venue	Name of the Guest	Collaborating Agency Name	No of Participants
1.	Women health check-up and screening camp	26-04-2023	Dr.C.S.N Degree & PG College	Dr.Madireddy Swarajya Lakshmi	Women Empowerment Cell	44
2.	Traffic awareness and LLR registration	31-01-2023	Dr.C.S.N Degree & PG College	G.Dasu and P.Singa Raju	NSS Unit	17



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**GEO-TAGGED PHOTOGRAPH OF
WOMEN HEALTH CHECK-UP AND
SCREENING CAMP BY
Dr.MADIREDDY SWARAJYA
LAKSHMI ON 26-04-2023**



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WOMEN HEALTH CHECK-UP AND SCREENING CAMP

WOMEN HEALTH CHECK-UP AND SCREENING CAMP BY Dr.M. SWARAJYA LAKSHMI



Today our college NSS Unit organized awareness program on “women health check-up and screening camp” for women staff and girl students. The main objective of the program is to create awareness on women Hygiene and Health problems. Dr. Madireddy Swarajya Lakshmi [Prasanthi hospital, Gynecologist , Diabetologist and Infertility specialist] delivered a message on the selected topic. Secretary & Correspondent Dr. Cheeday Satyanarayana garu, Principal Dr. Sakumalla Satyanarayana garu and NSS po's P. Jithendra, M. Rajkamal all Degree and P.G women staff and girl students were attended.



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**GEO-TAGGED PHOTOGRAPH OF
TRAFFIC AWARENESS AND LLR
REGISTRATION BY Mr.G.DASU
AND Mr.P.SINGARAJU ON 30-01-
2023**



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TRAFFIC AWARENESS AND LLR REGISTRATION



Bhimavaram town C.I Sri.G.Dasu delivered a message on traffic rules and LLR registration process and conduct driving license slot booking for the students. Huge number of students took LLR. Secretary and correspondent Dr.Ch.Satynarayana, Principal Dr.S.Satyanarayana, staff and students are attended.



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S.No	Name of the event	Date	Venue	Name of the Guest	Collaborating Agency Name	No of Participants
1	Awareness program on Self Defence	27-04-2022	Dr.C.S.N Degree & PG College	M.Siva Naga Raju	Women Empowerment Cell	36
2	Traffic Awareness camp	29-03-2022	Dr.C.S.N Degree & PG College	B.Trinadh	NSS Unit	41
3	Awareness program on Sukanya samridhi yojana	16-03-2022	Kuppana pudu panchayat	Satya Lakshmi	Women Empowerment Cell	22
4	Save Water	03-03-2022	Kuppana pudu panchayat	J.Suresh	NSS Unit	34
5	Awareness on Vermicompost	25-02-2022	Dr.C.S.N Degree & PG College	P.Sunitha	NSS Unit	28
6	Personality Enhancement	08-02-2022	Dr.C.S.N Degree & PG College	P.Durga Prasad	NSS Unit	23
7	Swatch Bharath Abhiyan	08-01-2022	Kuppana pudu panchayat	P.Jithendra	NSS Unit	73
8	Awareness	16-12-2021	ZPHS	T.N.S.Lav	Women	56

	on gender equality		Rayakuduru	anya	Empowerment Cell	
9	Awareness on e-bike usage	16-11-2021	Bhimavararam 1 town police station	A.Krishna Kishore	NSS Unit	45
10	Awareness program on the importance of cleanliness	21-10-2021	Dr.C.S.N Degree & PG College	A.Shravani	Women Empowerment Cell	34
11	Positive attitude towards their well being	06-09-2021	Dr.C.S.N Degree & PG College	M.Sandhya	NSS Unit	64
12	Creating awareness on tree plantation	23-08-2021	Dr.C.S.N Degree & PG College	B.Tarani Priya	Women Empowerment Cell	32
13	Sapling Foundation program	24-07-2021	Kuppana pudu panchayat	M.Rajkamal	NSS Unit	56
14	Yoga and meditation	05-07-2021	Dr.C.S.N Degree & PG College	Dr.V.Vamsee Krishna	Women Empowerment Cell	97



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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS PROGRAM ON SELF
DEFENCE BY Mr.M.SIVA NAGA
RAJU ON 27-04-2022**



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AWARENESS PROGRAM ON SELF DEFENCE



On 27-04-2022, the Women Empowerment Cell has organised an awareness program on Self-defence in our Dr.C.S.N Degree & PG College. Mr.M.Siva Naga Raju Garu has explained Self-defense is defense based on justification that allows a defendant to use physical force to protect himself or herself from injury or death. Deadly force is any force that can produce death. An individual does not have to die for the force to be deemed deadly. Self-defense means fighting off something or another person to protect yourself and maybe others. Ways of self-defense include martial arts or using a weapon. Sometimes, self-defense can cause serious harm to the other person. In most nations, you cannot be prosecuted for this harm.



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**GEO-TAGGED PHOTOGRAPH OF
TRAFFIC AWARENESS CAMP BY
Mr.B.TRINADH ON 29-03-2022**



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TRAFFIC AWARENESS CAMP



On 29-03-2022, the NSS unit is organised a program on Traffic Awareness camp along with Andhra Pradesh Police Mr.B.Trinadh Garu is explained how to Follow the road safety rules alongside safety in daily life helps us stay safe. Other road safety rules are to obey all traffic signals like stop signs, red lights etc., wear seatbelts/helmets, maintain the speed limit and safe distance, don't drink & drive, and also don't drive without having a driving license. The objectives of a road safety campaign are to raise awareness about road safety issues, promote safe driving behaviours, reduce the number of road accidents, and ultimately save lives.




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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS PROGRAM ON
SUKANYA SAMRIDHI YOJANA BY
Mrs.SATYA LAKSHMI ON 16-03-2022**



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AWARENESS PROGRAM ON SUKANYA SAMRIDHI YOJANA



On 16-03-2022 awareness program on Sukanya samridhi yojana is conducted by the women empowerment cell at kuppanapudi panchayat post-office. Mrs.Ch.K.L.Prasanna Garu explained Sukanya Samriddhi Yojana scheme along with the post office staff and it is a saving scheme by Government of India, which is aimed at the betterment of girl child in India. It is launched to help parents build a fund for the higher education and other expenses of their girl child. The Sukanya Samriddhi Yojana is a government savings scheme created with the intention to benefit girl child under the initiative called “Beti Bachao – Beti pado”. The SSY scheme comes with a higher interest rate along with several tax benefits.



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**GEO-TAGGED PHOTOGRAPH OF
SAVE WATER BY Mr.J.SURESH ON
03-03-2022**



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SAVE WATER



On 03-03-2022, a special program on save water is organised by the NSS unit at Kuppanapudi panchayat. Mr.J.Suresh Garu described the Conservation of water is a necessity to save life. All living organisms on this planet need water to survive. If we do not give importance to saving or conservation of water then our future generations will face water scarcity. Don't let your water consumption run out of control. Save 6 litres of water a minute by turning off your tap while you brush your teeth. Fix leaky taps too – and stop what could be 60 litres of water going straight down the drain every week. Every minute you spend in a power shower uses up to 17 litres of water.




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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS ON
VERMICOMPOST BY
Mrs.P.SUNITHA ON 25-02-2022**



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AWARENESS ON VERMICOMPOST



On 25-02-2022, the NSS unit is organised an awareness program on vermicompost in our Dr.C.S.N Degree & PG College. Mrs.P.Sunitha Garu is explained vermicomposting process and earthworms play an important role in converting biodegradable organic matter into high quality manure. Earthworm gut microorganisms produce exoenzymes that help to degrade organic matter into forms of nutrients that are available for plant growth. Vermicomposting or worm composting is a simple technology for converting biodegradable waste into organic manure with the help of earthworms. Earthworms are valued by farmers because, in addition to aerating the soil, they digest organic matter and produce castings that are a valuable source of humus.




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**GEO-TAGGED
PHOTOGRAPH OF
PERSONALITY
ENHANCEMENT BY
Mr.P.DURGA PRSAD ON
08-02-2022**



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PERSONALITY ENHANCEMENT



On 08-02-2022, the NSS unit is conducted personality Enhancement program in our Dr.C.S.N. Degree & PG College. Mr.P.Durga Prasad Garu explained Personality development is defined as a process of developing and enhancing one's personality. Personality development helps an individual to gain confidence and high self-esteem. Personality development is said to have a positive impact on one's communication skills and the way he/she sees the world. Personality development is important because it helps you to live your life in a better way.



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**GEO-TAGGED PHOTOGRAPH OF
SWATCH BHARATH ABHIYAN
BY Mr.P.JITENDRA ON 08-01-2022**



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SWATCH BHARATH ABHIYAN



On 08-01-2022, the NSS Unit is conducted a campaign on swatch bharath abhiyaan at Kuppanapudi Panchayat. On that program, the NSS Volunteer & the students are actively participated. The concept of Swatch Bharat Abhiyaan is to provide basic sanitation facilities like toilets, solid and liquid waste disposal systems, village cleanliness, and safe and adequate drinking water supply to every person. To encourage private sectors for making capital expenditure in the project or into the operational and maintenance cost. To convert unsanitary toilets into the toilets with flush. Create awareness among communities towards sanitation and cleanliness.



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**GEO-TAGGED PHOTOGRAPH ON
AWARENESS ON GENDER
EQUALITY BY Mrs.T.N.S.LAVANYA
ON 15-12-2021**



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AWARENESS ON GENDER EQUALITY



On 15-12-2021, the Women Empowerment Cell is organised on awareness program on gender equality at ZPH School in Rayakuduru. Mrs.T.N.S.Lavanya Garu explained the prevalence of gender discrimination, and social norms and practices, girls become exposed to the possibility of child marriage, teenage pregnancy, child domestic work, poor education and health, sexual abuse, exploitation and violence. Many of these manifestations will not change unless girls are valued more. Gender equality is when people of all genders have equal rights, responsibilities and opportunities.




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**GEO-TAGGED PHOTOGRAPH ON
AWARENESS ON E-BIKE USAGE
BY Mr.A.KRISHNA KISHORE ON
16-11-2021**



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AWARENESS ON E-BIKE USAGE



On 16-11-2021, the NSS Unit along with AP police organised an awareness program on e-bike usage at bhimavaram I town police station premises. They explained electric bike, or e-bike, is a bicycle equipped with an electric bike motor to assist you when you're pedaling. The motor will get its power from a rechargeable battery mounted on the bike. Electric bicycles help you ride farther and faster than you would on a traditional bicycle. While most models look like a regular bike, e-bikes feature a motor and battery. This helps you easily manage hills, travel longer distances without getting tired, keep up with the flow of traffic, and even pull a small trailer.



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**GEO-TAGGED PHOTOGRAPH ON
AWARENESS PROGRAM ON THE
IMPORTANCE OF CLEANLINESS
BY Mrs.A.SHRAVANI ON 21-10-2021**



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AWARENESS PROGRAM ON THE IMPORTANCE OF CLEANLINESS



On 21-10-2021, the Women Empowerment Cell is organised an Awareness program on Importance of Cleanliness in our Dr.C.S.N Degree & PG College. Mrs.A.Shravani Garu explained how to keep the environment clean, do not engage in littering on the streets or urinating in public rather use a public toilet for sanitation. Cleanliness will help you in taking good care of your own health while also keeping the environment clean. When the environment is clean, we lead a healthy and active lifestyle. Cleanliness is related to hygiene and disease prevention. Washing is one way of achieving physical cleanliness, usually with water and often some kind of soap or detergent. Cleaning procedures are also important in many forms of manufacturing.



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**GEO-TAGGED PHOTOGRAPH ON
POSITIVE ATTITUDE TOWARDS
THEIR WELL BEING BY
Mrs.M.SANDHYA ON 06-09-2021**



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POSITIVE ATTITUDE TOWARDS THEIR WELL BEING

POSITIVE ATTITUDE TOWARDS THEIR WELL BEING BY Mrs.M. SANDHYA



On 06-09-2021, the NSS unit has organised a Program on Positive Attitude towards their wellbeing in our Dr. C. S. N. Degree & P.G college. The NSS Volunteers has explained having a positive attitude means being optimistic about situations, interactions, and yourself. People with positive attitudes remain hopeful and see the best even in difficult situations. Listen to your internal dialogue. When faced with a negative thought, turn it around to make it into a positive thought. Positive thinking has been linked to less stress, better problem-solving skills, and a better sense of well-being all around. Also, studies have shown that positive thinking can increase lifespan, strengthen the immune system, and reduce the risk of developing chronic illnesses.



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**GEO-TAGGED PHOTOGRAPH ON
CREATING AWARENESS ON
TREE PLANTATION BY
Mrs.B.TARANI PRIYA ON 23-08-
2021**



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CREATING AWARENESS ON TREE PLANTATION



On 23-08-2021, the Women Empowerment Cell is organised a program, Creating Awareness on Tree Plantation in Dr. C. S. N. Degree & P.G college. Mrs. B. Tarani Priya garu explained the importance of Plantation. The tree is the key to making the environment a safer place to live in, and they do that by providing oxygen into the air, improving the air quality, climate amelioration, water conservation, soil preservation, and supporting the wildlife of the earth. This is why tree plantation is important in today's world.



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**GEO-TAGGED PHOTOGRAPH ON
SAPLING FOUNDATION
PROGRAM BY Mr.M.RAJKAMAL
ON 26-07-2021**



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SAPLING FOUNDATION PROGRAM



On 26-07-2021, our college NSS Unit is organised a campaign on Sapling Foundation Program at Kuppanapudi panchayat. On that program the NSS unit volunteers participated to Sapling trees on conserving nature and a series of saplings distribution drives marked World Environment Day here on Sunday. We were taught in childhood that “who plants a tree, plants a hope”. When I was in school, a tree plantation activity was common.



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**GEO-TAGGED
PHOTOGRAPH ON YOGA
AND MEDITATION BY
Dr.V.VAMSEE KRISHNA
ON 05-07-2021**



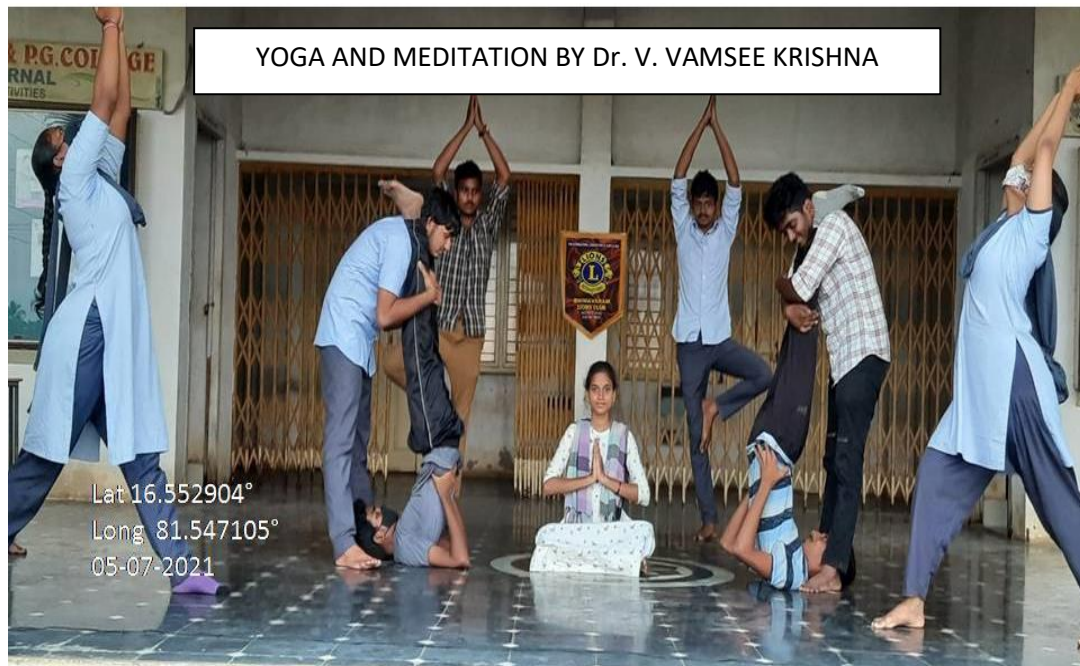
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YOGA AND MEDITATION



On 05-07-2021, the Women Empowerment Cell collaborated with the Lions Club organised Yoga & Meditation program at our Dr. C. S. N. Degree & P.G college. The Women Empowerment Cell Incharge Dr. G. Sudha Sri Purna Garu explained yoga uses breathing techniques (pranayama) and meditation (dhyana) to quiet, clarify and discipline the mind. One should never forget that yoga is not a religion, but a way of living a healthy and peaceful state of mind. Yoga is a mindful movement practice that encompasses stretching, strengthening poses, meditation, and breathing exercises. Yoga uses body, breath, and the senses to reconnect the participant with the universe and move emotions and thoughts into stillness.



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ACADEMIC YEAR

2020-2021



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LIST OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED IN COLLABORATION WITH INDUSTRY, COMMUNITY, AND NON-GOVERNMENT ORGANIZATIONS THROUGH NSS/NCC etc., DURING 2020-2021

S.No	Name of the event	Date	Venue	Name of the Guest	Collaborating Agency Name	No of Participants
1	Awareness Campaign on personal health	27-04-2021	Dr.C.S.N Degree & PG College	Dr.V.Vamsee Krishna	Lions Club	39
2	Follow safety rules to prevent accidents	07-04-2021	Dr.C.S.N Degree & PG College	A.Govindha Raju	NSS Unit	65
3	Awareness program on say no to plastic	22-03-2021	Vissakoduru Panchayat	P.Sunitha	NSS Unit	57
4	Diabetic camp	10-03-2021	Dr.C.S.N Degree & PG College	Dr.Ch.Saty anarayana	NSS Unit	39
5	Using mask And Sanitisation	22-02-2021	Vissakoduru Panchayat	G.Kalyani	NSS Unit	54
6	Helmet Awareness	28-01-2021	Dr.C.S.N Degree & PG College	Vinay	NSS Unit	36
7	College Campus Cleaning Program	06-01-2021	Dr.C.S.N Degree & PG College	Ch.K.L.Prasanna	NSS Unit	123
8	Blood Donation	21-12-2020	Dr.C.S.N Degree	T.Kiran Prasad	Dharani Voluntary	72

	Camp		& PG College		Blood Centre	
9	Awareness Program on Organ Donation	16-12-2020	Dr.C.S.N Degree & PG College	Dr.P.R.K. Varma	NSS Unit	79
10	Basic First Aid Program	10-12-2020	Dr.C.S.N Degree & PG College	Dr.K.Vish wanadham	NSS Unit	36
11	Dengue Awareness	25-11-2020	Dr.C.S.N Degree & PG College	M.Rajkam al	NSS Unit	38
12	Health and Hygiene	03-11-2020	ZPHS Kumuda valli	Dr.G.Sudh a Sri Purna	Women Empowerment Cell	57
13	Healthy Food Habits	27-10-2020	ZPHS Kumuda valli	G.Kalyani	Women Empowerment Cell	32
14	Health Awareness Program	20-10-2020	Dr.C.S.N Degree & PG College	D.Anantha Lakshmi	Women Empowerment Cell	23



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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS CAMPAIGN ON
PERSONAL HEALTH BY
Dr.VAMSEE KRISHNA ON 27-04-2021**



Dr. C.S.N. DEGREE & P.G. COLLEGE

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AWARENESS CAMPAIGN ON PERSONAL HEALTH



On 27-04-2021, 'Awareness Campaign on Personal Health' is organised by the Women Empowerment Cell along with the Lions Club at our college. Dr. V. Vamsee Krishna participated in health awareness campaign to encouraging people to take care of their health. A campaign to raise awareness about heart disease and its risk factors among women and educate and motivate them to take action to prevent the disease and control its risk factors. Health campaigns are generally designed both to increase awareness of health threats and to move target audiences to action in support of public health. For example, public health campaigns often encourage target audience members to engage in healthy behaviors that provide resistance to serious health threats.



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**GEO-TAGGED PHOTOGRAPH OF
FOLLOW SAFETY RULES TO
PREVENT ACCIDENTS BY
Mr.A.GOVINDA RAJU ON 07-04-2021**



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FOLLOW SAFETY RULES TO PREVENT ACCIDENTS



On 07-04-2021, Our college NSS unit is along with the A.P Police in our college conducted a program on 'Follow Safety Rules to Prevent Accidents'. Bhimavaram I town C.I A. Govindha Raju explain how to follow safety rules to prevent accidents. The Drive in the prescribed speed limits on the various roads. Always remember that "Speed thrills but kills". Always put on helmets, seat belts and other safety equipment's before driving a bicycle/ motor cycle/vehicle. Accident prevention refers to the strategies, preparatory methods, and the measures instituted to prevent accidents.



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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS PROGRAM ON SAY
NO TO PLASTIC BY
Mrs.P.SUNITHA ON 22-02-2021**



Dr. C.S.N. DEGREE & P.G. COLLEGE

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AWARENESS PROGRAM ON SAY NO TO PLASTIC



On 22-02-2021, the NSS Unit organised a special Awareness Program on Say no to Plastic at Vissakoderu Panchayat. On that Program, Mrs. P. Sunitha garu explained the disadvantages of using plastic. She said that India is committed to take action for mitigation of pollution caused by littered Single Use Plastics. Plastic has multiple uses and the physical and chemical properties lead to commercial success. However, the indiscriminate disposal of plastic has become a major threat to the environment. Every day, plastic waste negatively impacts the ecosystem, habitats, human health and sustainable development across the world. Despite the vast scale of the problem, the general public and other important stakeholders have not been adequately engaged and educated on how they can become part of the solution.



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**GEO-TAGGED
PHOTOGRAPH ON
DIABETIC CAMP BY
Dr.Ch.SATYANARAYANA
ON 10-03-2021**



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DIABETIC CAMP



On 10-03-2021, NSS Unit has organised a Diabetic camp at our college. Our Secretary & Correspondant Dr. Cheeday Satyanarayana Garu has explained that Diabetes camps operate on sound principals of diabetes management and youth development so that youth can learn to manage their diabetes. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss and kidney disease.




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**GEO-TAGGED PHOTOGRAPH OF
USING MASK AND
SANITISATION BY
Ms.G.KALYANI ON 22-02-2021**



Dr. C.S.N. DEGREE & P.G. COLLEGE

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USING MASK AND SANITISATION



On 22-02-2021, the NSS Unit organised a special campaign Using Mask & Sanitisation Program at Vissakoderu Panchayat. Ms. G. Kalyani garu created an awareness on usage of mask and sanitisation. The World Health Organization recommendation of mask use also varied from time to time. Wearing face mask is recommended as part of personal protective equipment and as a public health measure to prevent the spread of disease. Basic sanitation is having access to facilities for the safe disposal of human waste, as well as having the ability to maintain hygienic conditions, through services such as garbage collection, industrial/hazardous waste management, and wastewater treatment and disposal.



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**GEO-TAGGED PHOTOGRAPH OF
HELMET AWARENESS BY
Mr.VINAY ON 28-01-2021**



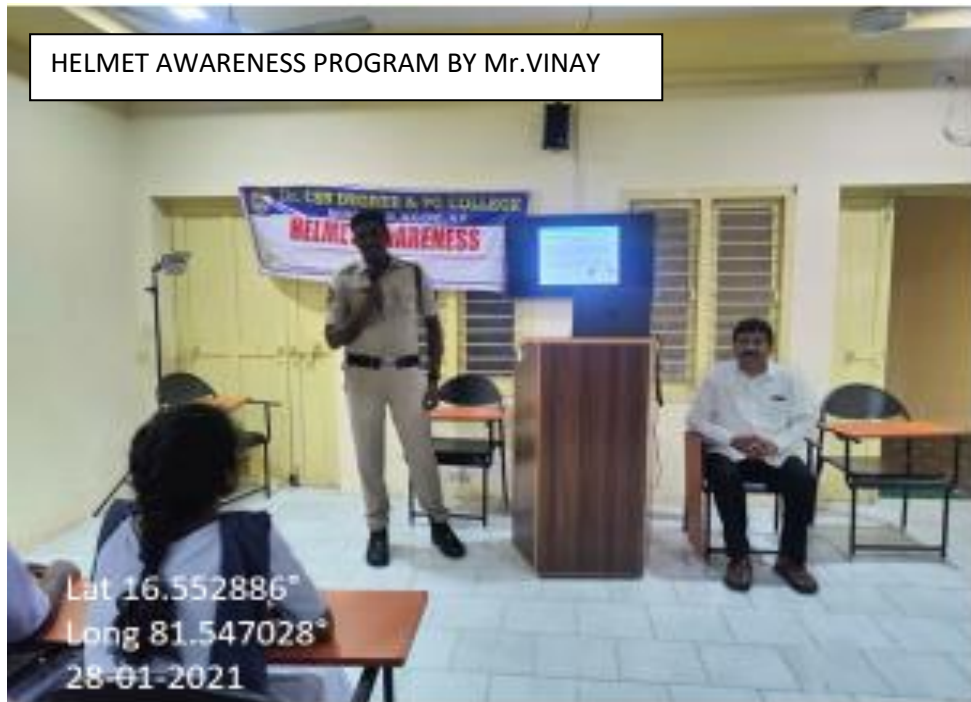
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HELMET AWARENESS



On 28-01-2021, our college NSS unit along with the A.P Police organised a program on Helmet Awareness at Dr. C.S.N. Degree & PG College. They are explained Helmets are help to protect riders from injury and death. The Helmets acts like a shield to their head from getting hit by rocks and other objects in the case of a fall. Hence, it is essential to always wear your helmet while riding a bike. Wearing a helmet reduces your risk of a serious brain injury and death.




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**GEO-TAGGED
PHOTOGRAPH OF
COLLEGE CAMPUS
CLEANING BY
Mrs.Ch.K.L.PRASANNA
ON 06-01-2021**



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COLLEGE CAMPUS CLEANING PROGRAM



On 06-01-2021, the NSS unit organised a program on College Campus Cleaning at our college. This Program main objective is cleaning services don't merely keep surfaces safe and sanitary—they also help protect your College's investments. When left unaddressed, minor problems like water puddles, dusty electronics, and overflowing trash cans can also lead to permanent damage. A messy environment is a distraction to students, and can also impact their health by allowing the spread of germs and allergens, adding the stress of being sick to their learning. By keeping clean of our campus everyone helping create a positive learning environment for students.



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**GEO-TAGGED PHOTOGRAPH OF
BLOOD DONATION CAMP BY
Mr.T.KIRAN PRASAD ON 21-12-2020**



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BLOOD DONATION CAMP



On 21-12-2020, the NSS Unit collaborated with the Dharani Voluntary Blood Bank organised a Blood Donation Camp at our college. On this program, the students are actively participated to donate a blood. The purpose to organize a blood donation camp is to motivate people to donate blood and social works. The purpose of donation of a blood is to select a suitable donor whose blood will be safe to the recipient and who himself shall not in any way be harmed by blood donation. The reason to donate is simple...it helps save lives. In fact, every two seconds of every day, someone needs blood. Since blood cannot be manufactured outside the body and has a limited shelf life, the supply must constantly be replenished by generous blood donors.



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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS PROGRAM ON
ORGAN DONATION BY
Dr.P.R.K.VARMA ON 16-12-2020**



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AWARENESS PROGRAM ON ORGAN DONATION



On 16-12-2020, a special program on Organ donation is conducted by the NSS unit at our college. On this Occasion, Dr. Varma is joined P with our students and given some valuable words. He explained the Organ Donation is the process of surgically removing an organ or tissue from one person (the organ donor) and placing it into another person (the recipient). Transplantation is necessary because the recipient's organ has failed or has been damaged by disease or injury. One organ donor can save up to 7 lives and help many more through eye and tissue donation. Organ donation is giving an organ to help someone who needs a transplant.




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**GEO-TAGGED
PHOTOGRAPH OF BASIC
FIRST-AID PROGRAM BY
Dr.K.VISWANADHAM ON
10-12-2020**



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BASIC FIRST-AID PROGRAM



On 10-12-2020, the NSS unit organised a special program on Basic first - aid at our college. On this Occasion, Dr. K. Vishwanadham garu is explained the Basic First-Aid as easy as ABC – airway, breathing and CPR (cardiopulmonary resuscitation). Danger – always check the danger to you, any by standers and then the injured or ill person. First aid refers to the emergency or immediate care you should provide when a person is injured or ill until full medical treatment is available. For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available.



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**GEO-TAGGED PHOTOPGRAPH
OF DENGUE AWARENESS
PROGRAM BY Mr.M.RAJKAMAL
ON 25-11-2020**



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DENGUE AWARENESS



On 25-11-2020, NSS Unit is organised a 'Dengue Awareness' program at our college. Students and the NSS Volunteers are participated to create awareness on Dengue. It is a viral infection caused by the dengue virus (DENV), transmitted to humans through the bite of infected mosquitoes. About half of the world's population is now at risk of dengue with an estimated 100–400 million infections occurring each year. Use insect repellent, wear long-sleeved shirts and long pants, and control mosquitoes inside and outside your home.




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**GEO-TAGGED
PHOTOGRAPH OF
HEALTH AND HYGIENE
BY Dr.G.SUDHA SRI
PURNA ON 03-11-2020**



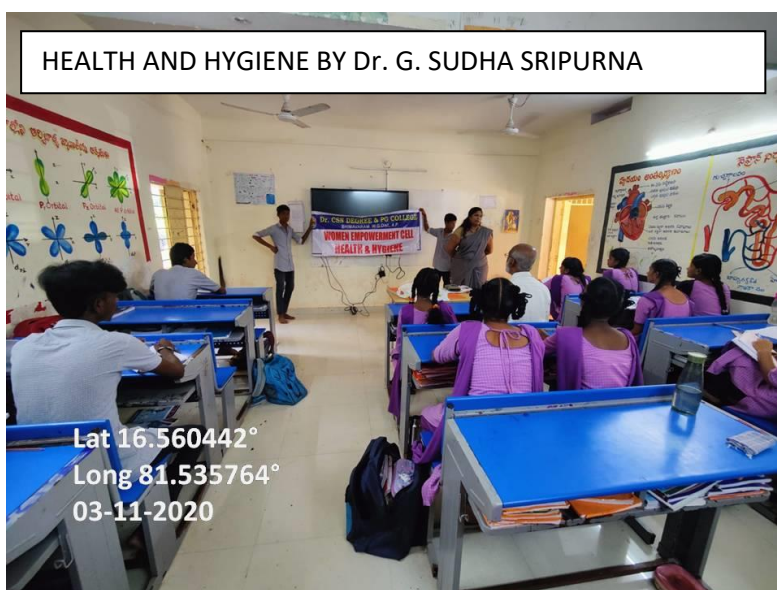
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HEALTH AND HYGIENE



On 03-11-2020, Women Empowerment cell conducted a program on Health and Hygiene in ZPHS Kumudavalli by Dr. G. Sudha Sri Purna Garu. She explained that if a person is in a good physical state and free from any diseases but is under constant stress, greed, tension, anger, etc, then that person is not healthy. Hygiene refers to good practices and rituals that prevent diseases and leads to good health. Practices like keeping the body clean, drinking clean water, washing hands, dumping garbage in the garbage bin, not urinating or defecating in the open, and many more, prevent the spread of many diseases.



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**GEO-TAGGED PHOTOGRAPH ON
HEALTHY FOOD HABITS BY
Ms.G.KALYANI ON 27-10-2020**



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HEALTHY FOOD HABITS



On 27-10-2020 Women Empowerment cell conducted a program on healthy food habits in ZPHS Kumudavalli by G. Kalyani Garu. Healthy eating habits are essential for maintaining good health and preventing chronic diseases. Developing healthy eating habits requires making small changes to your diet and lifestyle over time. She explained that Healthy eating starts with eating a variety of healthy foods each day, such as eating plenty of fruits, vegetables, whole grains and protein foods. Choose protein foods that come from plants more often. Choose food with healthy fats instead of saturated fat. Limit highly processed foods.



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**GEO-TAGGED PHOTOGRAPH ON
HEALTH AWARENESS
PROGRAM BY Mrs.ANANTHA
LAKSHMI ON 20-10-2020**



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HEALTH AWARENESS PROGRAM



On 20-10-2020, Women Empowerment Cell conducted a program on Health awareness by Anganwadi member Mrs. Anantha Lakshmi Garu. The purpose of the program was to sensitize the students about the importance of healthy diet and hygienic measures to prevent infections and promote better health. This session included activities like informative talks, role play and discussions. A health awareness programme is not only informative but also provides great opportunity to learn many health related information. Health awareness focuses on how we can prevent the issues of lack of treatment or healthcare facilities. We focus on diverse health topics to provide awareness to the communities and increase their levels of Health Literacy. Our focus areas are Health & Hygiene, Hand Washing, Menstrual Hygiene, Oral Hygiene, and Nutrition.




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ACADEMIC YEAR

2019-2020



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LIST OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED IN COLLABORATION WITH INDUSTRY, COMMUNITY, AND NON-GOVERNMENT ORGANIZATIONS THROUGH NSS/NCC etc., DURING 2019-2020

S.No	Name of the event	Date	Venue	Name of the Guest	Collaborating Agency Name	No of Participants
1	Groceries Disperse During Corona Lockdown	06-04-2020	Veeraval lipalem Panchay at	K.V.Satya Krishna and B.Ganesh Ravi Kumar	NSS Unit	27
2	Vegetables Distribution During Corona Virus	30-03-2020	Veeraval lipalem Panchay at	M.Sameul and K.Prasad	NSS Unit	32
3	Awareness on Corona Virus	04-03-2020	Veeraval lipalem Panchay at	B.Prabhakar Rao and B.Ganesh Ravi Kumar	NSS Unit	49
4	Gender Differences Concept	30-12-2019	ZPHS Goragan amudi	T.N.S.Lavanya	Women Empowerment Cell	12
5	Income Inequality based on Gender	18-12-2019	Veeraval lipalem Panchay at	T.N.S.Lavanya and Dr.G.Sudha Sri Purna	Women Empowerment Cell	38
6	Clean and Green Program	09-12-2019	Veeraval lipalem Panchay at	P.Jithendra and P.Jitendra	NSS Unit	39
7	Digital Awareness	18-11-2019	Veeraval lipalem Panchay at	P.Durga Prasad and M.Venkatesh	NSS Unit	23

8	Plantation Of Sapling	05-11-2019	Veeraval lipalem Panchay at	P.Jithendra and K.Prasad	NSS Unit	18
9	Pre-School Education Program	31-10-2019	ZPHS Goragan amudi	A.Kamala	Women Empowerment Cell	14
10	AIDS Awareness Program	07-10-2019	Governm ent Hospital	Dr.M.Govi nd babu	NSS Unit	24
11	Youth Against Dirt and Disease	17-09-2019	ZPHS Goragan amudi	B.Tarani Priya	Women Empowerment Cell	11
12	Balance Yoga	19-08-2019	Dr.C.S.N Degree & PG College	Dr.V.Vam see Krishna	NSS Unit	32



[Handwritten Signature]
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 DR. C. S. N. DEGREE & P.G. COLLEGE
 SHIMOGA.



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**GEO-TAGGED PHOTOGRAPH OF
GROCERIES DISPERSE DURING
CORONA LOCKDOWN BY
Mr.K.V.SATYA KRISHNA AND
Mr.B.GANESH RAVI KUMAR ON
06-04-2020**



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GROCERIES DISPERSE DURING CORONA LOCKDOWN

GROCERIES DISPERSE DURING CORONA LOCKDOWN BY Mr.K.
V. SATYA KRISHNA AND Mr.B.GANESH RAVI KUMAR



Our college has taken initiative to distribute groceries to poor people. The lockdown has destroyed the lives of people who have no food to eat, no money and will be further engulfed in the vicious cycle of loan. At this time the groceries price were high and the people were not working in any place and they are not getting any wages. So our college has decided to distribute basic groceries to the people.



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**GEO-TAGGED PHOTOGRAPH ON
VEGETABLES DISTRIBUTION
DURING CORONA VIRUS BY
Mr.M.SAMEUL AND
Mr.K.PRASAD ON 30-03-2020**



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VEGETABLES DISTRIBUTION DURING CORONA VIRUS



Our college has taken initiative to distribute vegetables to poor people. At this time the vegetables were high and the people were not working in any place and they are not getting any wages. The vegetables vendors claimed that police were not allowing their vans to sell. So our college has decided to distribute vegetables to their home.



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**GEO-TAGGED PHOTOGRAPH OF
AWARENESS ON CORONA
VIRUS BY Mr.B.PRABHAKAR
RAO AND Mr.B.GANESH RAVI
KUMAR ON 04-03-2020**



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AWARENESS ON CORONA VIRUS

AWARENESS ON CORONA VIRUS BY Mr.B. PRABHAKAR RAO AND Mr.B.GANESH RAVI KUMAR



On 04-03-2020, A program conducted by the NSS Unit at Veeravallipalem Panchayat. Primary Aim of the Program - Awareness on Corona Virus has a Major prevention method is recommended by the WHO include - regularly and thoroughly clean hands with an alcohol - based hand rub or wash them with soap and water, maintaining social/physical distancing, avoid touching eyes, nose and mouth, and different protection measures based on the situations. The main objective of this Program is to spread awareness about the COVID-19 Pandemic and how to prevent oneself and the community from being affected.



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**GEO-TAGGED
PHOTOGRAPH ON
GENDER DIFFERENCES
CONCEPT BY
Mrs.T.N.S.LAVANYA ON
30-12-2019**



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GENDER DIFFERENCES CONCEPT



On 30-12-2019, Gender Differences Concept program was conducted in ZPHS, Goraganamudi. T. N. S. Lavanya has done the program for the students. She explained about genders, and how the differences are portrayed among the society and how to eradicate the differences in the society and within ourselves to the students. Girls may be encouraged to learn skills valued in female-dominated fields, while boys might learn leadership skills for male dominated occupations. For example, as they move into the secondary and post-secondary phases of their education, boys tend to gravitate more toward STEM courses than their female classmates. Sex differences in education are a type of sex discrimination in the education system affecting both men and women during and their educational experiences. Men are more likely to be liberated on a global average, although higher literacy scores for women are prevalent in many countries.



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**GEO-TAGGED PHOTOGRAPH ON
INCOME INEQUALITY BASED
ON GENDER BY**

**Mrs.T.N.S.LAVANYA AND
Dr.G.SUDHA SRI PURNA ON**

18-12-2019



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INCOME INEQUALITY BASED ON GENDER

INCOME INEQUALITY BASED ON GENDER BY Mrs.T. N. S. LAVANYA AND
Dr.G.SUDHA SRI PURNA



On 18-12-2019, The NSS unit is organised a campaign on Income Inequality Based on Gender at Veervallipalem panchayat. On this occasion, Mrs. T. N. S. Lavanya madam created awareness on the program of Income Inequality based on Gender to the ZPH School students. All over the world men tend to earn more than women. In many countries men are more likely to own land and control productive assets than women. Gender equality prevents violence against women and girls. It's essential for economic prosperity. Societies that value women and men as equal are safer and healthier. Gender equality is a human right.



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**GEO-TAGGED PHOTOGRAPH ON
CLEAN AND GREEN PROGRAM
BY Mr.N.KISHORE AND
Mr.P.JITENDRA ON 09-12-2019**



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CLEAN AND GREEN PROGRAM

CLEAN AND GREEN PROGRAM BY Mr.N. KISHORE AND Mr.P. JITHENDRA



On 09-12-2019, Our college NSS Unit has organised a 'Clean and Green Program' at Veeravallipalem Panchayat. In this program Mr. P. Jithendra Sir has actively participated to create awareness on the clean and green ecosystem provide us with the fresh air and pollution is also reduced. We can save the planet by conserving trees, natural vegetation, water, natural resources, electricity, and other resources.



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**GEO-TAGGED PHOTOGRAPH OF
DIGITAL AWARENESS BY
Mr.P.DURGA PRASAD AND
Mr.M.VENKATESH ON 18-11-2019**



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DIGITAL AWARENESS

DIGITAL AWARENESS BY Mr.P. DURGA PRASAD AND Mr.M.VENKATESH



On 18-11-2019, A campaign on Digital Awareness is Organised by the NSS Unit at Veeravallipalem Panchayat. On this Mr. P. Durga Prasad Sir has participated to create the awareness on Digitalisation in village people. The main aim of the program is digital awareness as the ability to understand and utilize technology in an increasingly interconnected world.



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**GEO-TAGGED PHOTOGRAPH OF
PLANTATION OF SAPLING BY
Mr.K.PRASAD AND
Mr.P.JITENDRA ON 05-11-2019**



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PLANTATION OF SAPLING

PLANTATION OF SAPLING BY Mr.K. PRASAD AND Mr.P.JITENDRA



On 05-11-2019, Our College NSS Unit has organised a special program on Plantation of Salping at Veervallipalem Panchayat. On the occasion of this program, Mr. P. Jithendra Sir and Program members participated in Tree Plantation in Veeravallipalem village. By planting tree saplings, you are making an investment in the future that will provide guaranteed benefits for all. The adult tress will provide life-giving oxygen, shade your home, give you solitude, provide your fruits, and add beauty to your surroundings. The process of planting a sapling is- Dig out- Dig a deep and wide pit in the ground. Plant the sapling – gently remove the plastic wrapping/shield from the root ball and place the plant gently into the centre of the pit. Be careful not to drop the plant.



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**GEO-TAGGED PHOTOGRAPH OF
PRE-SCHOOL EDUCATION
PROGRAM Ms.A.KAMALA ON
31-10-2019**



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PRE-SCHOOL EDUCATION PROGRAM

PRE-SCHOOL EDUCATION PROGRAM BY Ms.A. KAMALA



On 31-10-2019, a program on Pre-School Education was organised in ZPHS School, Goraganamudi. A.Kamala Garu explained the importance of the program to the students. She also explained the importance and how the pre-school education plays an important role for the future of the students and also the society. She explains, early childhood education imparted by pre-primary schools helps boost concentration in children. It also encourages them to be good listeners, so that they can follow directions or do tasks on their own or participate actively in group activities. In order to develop the social competence of your child, pre-primary classrooms use fun ways to encourage toddlers to work in a team. By inculcating team spirit in young minds, pre-primary teachers teach students how to work collaboratively in a group environment to achieve a shared goal. As a result, the child becomes a good listener and learns to respect the opinion of his team members so that the team can function without any disruption.



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**GEO-TAGGED PHOTOGRAPH OF
AIDS AWARENESS PROGRAM
Dr.M.GOVIND BABU ON**

07-10-2019



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AIDS AWARENESS PROGRAM

AIDS AWARENESS PROGRAM BY Dr. M. GOVIND BABU



On 07-10-2019, a program was organised on AIDS Awareness Program in Government Hospital, Bhimavaram. G.Thomas Garu has conducted the awareness program for the students. He brought awareness about AIDS and how to prevent it, in the students in the presence and help of the Government doctors. There are three main reasons for AIDS education, the first of which is to prevent new infections from taking place. Giving people information about HIV - what HIV and AIDS are, how they are transmitted, and how to put this information to use and act on it practically - how to get and use condoms, how to suggest and practice safer sex, how to prevent infection in a medical environment or when injecting drugs. Second reason that AIDS education is needed is to improve quality of life for HIV positive people. Too often, AIDS education is seen as being something which should be targeted only at people who are not infected with HIV in order to prevent them from becoming infected. The third reason people need AIDS education is to reduce stigma and discrimination. In many countries there is a great deal of fear and stigmatization of people who are HIV positive. This fear is too often accompanied by ignorance, resentment and ultimately, anger.



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**GEO-TAGGED PHOTOGRAPH OF
YOUTH AGAINST DIRT AND
DISEASE BY Mrs.B.TARANI
PRIYA ON 17-09-2019**



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YOUTH AGAINST DIRT AND DISEASE

YOUTH AGAINST DIRT AND DISEASE BY Mrs.B. TARANI PRIYA



On 17-09-2019, a program on Youth against Dirt and Disease was organised in ZPHS, Goraganamudi. B. Tarani Priya Garu has done necessary activities with the students. She explained the topics on Development of environmental sanitation, Social Work, Man Immunization against presentable diseases, Provision of portable water. Many contaminated diseases are caused due to lack of sanitation. Humans mostly suffer from intestinal parasitic diseases or stomach-related diseases due to improper sanitation.

Some of the acute diseases are:

Helminthic infections

Impaired cognitive functions (lack of mental awareness)

Pneumonia

Diarrhoea

Anaemia in children

Growth faltering in infants

Blood borne diseases like Hepatitis B and C due to not sanitising syringes.

These are some illnesses or diseases that are caused due to lack of proper hygiene methods.



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**GEO-TAGGED PHOTOGRAPH OF
BALANCE YOGA Dr.V.VAMSEE
KRISHNA ON 19-08-2019**



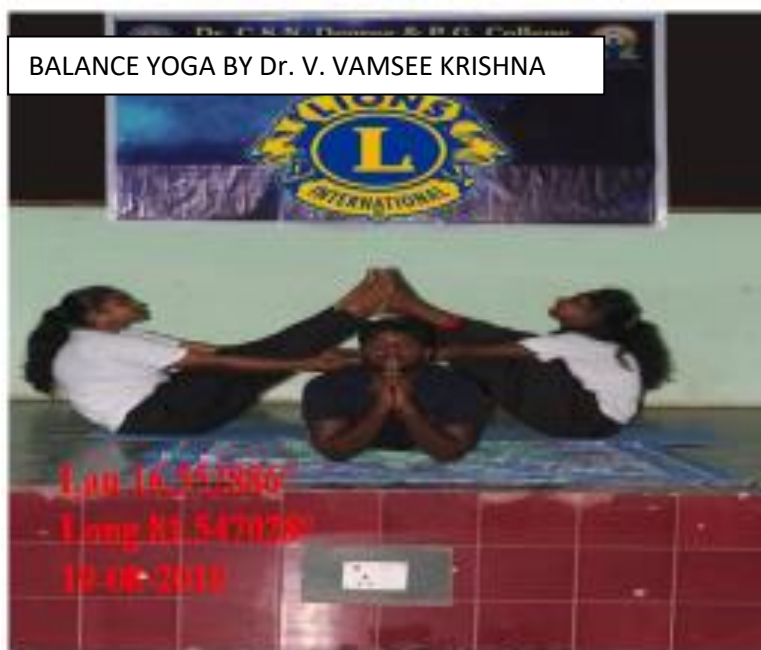
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BALANCE YOGA



On 19-08-2019, a program was organized on Balance Yoga by Lions Club, Bhimavaram. Dr. V. Vamsi Garu has done yoga with the students in Dr. C.S.N Degree & PG College. He also explains that Balance yoga emphasizes achieving equilibrium in various aspects of life, including physical, mental, and spiritual dimensions. He also said that, in today's fast-paced world, where stress and imbalance prevail, yoga provides a holistic approach to unify the mind, body, and soul. With diverse practices encompassing physical exercises, breathing techniques, and meditation, yoga has evolved throughout history while remaining a powerful medium for connecting with our true nature and inner selves. Extensively studied, yoga offers proven benefits for physical fitness and mental well-being. Regular practice cultivates balance, tranquillity and resilience, enabling us to gracefully navigate life's challenges.



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ACADEMIC YEAR

2018-2019



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LIST OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED IN COLLABORATION WITH INDUSTRY, COMMUNITY, AND NON-GOVERNMENT ORGANIZATIONS THROUGH NSS/NCC etc., DURING 2018-2019

S.No	Name of the event	Date	Venue	Name of the Guest	Collaborating Agency Name	No of Participants
1	Role of Gender in Society	28-01-2019	Rayakuduru Panchayat	M.Radhika and A.Shravan i	Women Empowerment Cell	32
2	Awareness to prevent Drunk and Drive	17-12-2018	Traffic Police Station	Rama Chandra Rao	NSS Unit	16
3	Gender Discrimination	26-11-2018	ZPHS Mogallu	Ch.K.L.Pr asanna	Women Empowerment Cell	17
4	Protection of Girl Child	08-11-2018	Rayakuduru Panchayat	Ch.K.L.Pr asanna and Dr.G.Sudh a Sri Purna	Women Empowerment Cell	24
5	Awareness Campaign on Personal Health and Good Habits	20-10-2018	Rayakuduru Panchayat	B.Tarani Priya	Women Empowerment Cell	53
6	Road Safety Helmet Awareness	11-10-2018	Bhimavaram	Yedukondalu	NSS Unit	23
7	Youth against Famine	27-09-2018	Rayakuduru Panchayat	M.Radhika and Ch.K.L.Pr asanna	Women Empowerment Cell	58
8	Blood Donation	10-08-2018	Dr.C.S.N Degree	T.Kiran Prasad	Dharani Voluntary	31

	Camp		& PG College		Blood Centre	
9	Swatch Survekshana 2018	10-07-2018	Rayakud uru Panchay at	P.Jithendra	NSS Unit	53
10	Haemoglobin Testing For Pregnant Women	18-06-2018	Rayakud uru Panchay at	D.Anantha Lakshmi	Women Empowerment Cell	15
11	Hygiene and Hand Wash Awareness	04-06-2018	ZPHS Mogallu	V.Lavanya	Women Empowerment Cell	25



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**GEO-TAGGED PHOTOGRAPH OF
ROLE OF GENDER IN SOCIETY BY
Mrs.A.SHRAVANI AND
Ms.M.RADHIKA ON**

28-01-2019



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ROLE OF GENDER IN SOCIETY



On 28-01-2019, a Special program 'Role of Gender in Society' is conducted by both NSS UNIT & Women Empowerment Cell at Rayakuduru Panchayat. In order to provide the Information about gender roles in society means how we're expected to act, speak, dress, groom, and be polite, accommodating, and nurturing. Traditionally, women are seen as caregivers, nurturers, homemakers, and helpers. Men's gender roles revolve around characteristics such as dominance, assertiveness, and strength. Traditionally, men's gender roles include breadwinner, leader, and protector.



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**GEO-TAGGED
PHOTOGRAPH OF
AWARENESS TO
PREVENT DRUNK AND
DRIVE BY
Mr.RAMACHANDRA RAO
ON 28-01-2019**



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AWARENESS TO PREVENT DRUNK AND DRIVE



On 17-12-2018, a program on awareness to prevent drunk and drive was conducted near traffic police station by Mr.Rama Chandra Rao Garu. He explains how to plan your safe ride home before you start the party. Designate a sober driver ahead of time. If you drink, do not drive for any reason. Call a taxi, phone a sober friend or family member, use public transportation, etc. IPC Section 185, Motor Vehicles Act, 1988 (drink and drive fine) A drinking and driving case is considered if a person is found driving a vehicle with 30mg per 100ml of blood in the body, tested by a breath analyser, or is under the influence of a drug and is incapable of exercising proper control over the vehicle.



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**GEO-TAGGED
PHOTOGRAPH OF
GENDER
DISCRIMINATION BY
Mrs.CH.K.L.PRASANNA
ON 26-11-2018**



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GENDER DISCRIMINATION

GENDER DISCRIMINATION BY Mrs.Ch. K. L. PRASANNA



On 26-11-2018, a program on Gender Discrimination was organized in ZPHS, Mogallu. Mrs.Ch. K. L. Prasanna Garu has organized the program for the students. She explained gender discrimination, and how it effects the society and created awareness among the students. And she explains that every child deserves to reach her or his full potential, but gender inequalities in their lives and in the lives of those who care for them hinder this reality. Wherever they live in India girls and boys see gender inequality in their homes and communities every day - in textbooks, in movies, in the media and among the men and women who provide their care and support. As girls and boys age the gender barriers continue to expand and continue into adulthood where we see only a quarter of women in the formal workplace.



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**GEO-TAGGED
PHOTOGRAPH OF
PROTECTION OF GIRL
CHILD BY Dr.G.SUDHA
SRI PURNA AND
Mrs.CH.K.L.PRASANNA
ON 08-11-2018**



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PROTECTION OF GIRL CHILD

PROTECTION OF GIRL CHILD BY Dr. G. SUDHA SRIPURNA AND Mrs.CH.K.L.PRASANNA



On 08-11-2018, a special program was organized by both NSS Unit & Women Empowerment Cell at Rayakuduru Panchayat. In this program, Special provisions for the protection, treatment, and rehabilitation of girls under the age of 18. Girls are trapped in brothels for child prostitution and protects any person engaged in an immoral, drunken, or depraved life. In case of a single girl child she is entitled to receive Rs. 1.00 lakh after completion of 20 years of age. In case of two girl children, both of them are entitled to receive Rs. 30,000/- each, after completion of 20 years age.



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**GEO-TAGGED
PHOTOGRAPH OF
AWARENESS CAMPAIGN
ON PERSONAL HEALTH
AND GOOD HABITS BY
Mrs.TARANI PRIYA ON
20-10-2018**



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AWARENESS CAMPAIGN ON PERSONAL HEALTH AND GOOD HABITS

AWARENESS CAMPAIGN ON PERSONAL HEALTH AND GOOD HABITS BY Mrs.B. TARANI PRIYA



On 20-10-2018, a program was organized on Awareness on Personal Health and Good Habits at Rayakuduru Panchayat conducted by NSS Unit. A campaign in order to promote health and hygiene and raise awareness about good hygiene habits such as washing hands five times a day, using a toilet for defecation and adopting safe drinking water practices in a village. A health awareness campaign is marketing designed to educate people about diseases and health hazards, with goals of prevention and encouraging people to take control of their health.



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**GEO-TAGGED
PHOTOGRAPH OF ROAD
SAFETY HELMET
AWARENESS BY
Mr.YEDUKONDALU ON
11-10-2018**



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ROAD SAFETY HELMET AWARENESS



On 11-10-2018, a program on road safety helmet awareness was conducted near BVRAJU statue by M.Gopal garu. Samuel garu and our students had participated in the program. He explained that safe, quality helmets reduce the risk of death in a road crash by over six times, and reduce the risk of death for riders, and motorcycles continue to proliferate rapidly. Yet the use of helmets in many low and middle-income countries remains low. Road safety is very important for people of all age group to be safe and secure as well as reduce the number of road accidents and injury cases, so, everyone should strictly follow all the rules, regulations and signs of road traffic lights. Most of the impact energy is absorbed by the helmet, rather than your head and brain. But just as important as wearing a helmet is wearing the right helmet.



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**GEO-TAGGED
PHOTOGRAPH OF
YOUTH AGAINST
FAMINE BY
Ms.M.RADHIKA AND
Mrs.CH.K.L.PRASANNA
ON 27-09-2018**



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YOUTH AGAINST FAMINE

YOUTH AGAINST FAMINE BY Ms.M. RADHIKA AND Mrs.CH.K.L.PRASANNA



On 27-09-2018, a special camp was organized on Youth against Famine at Rayakudhuru Panchayat. The youth against Famine campaign was conducted by NSS Unit and the voluntary agencies. Jointly under this program, both student and non-student youth work together along with their adults in the villages. The campaign provides academic education by training the students for facing real life situation and making practical use of technical and other education.



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**GEO-TAGGED
PHOTOGRAPH OF
BLOOD DONATION
CAMP BY Mr.T.KIRAN ON
10-08-2018**



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BLOOD DONATION CAMP



On 10-08-2018, Blood Donation camp program has been conducted by Dharani Voluntary Blood Centre, Bhimavaram. In this program students have learnt the importance of blood, and how blood donation plays a major role in saving lives. The purpose to organize a blood donation camp is to motivate people to donate blood and social works. The purpose of blood donation camp to select a suitable donor whose blood will be safe to the recipient and who himself shall not in any way be harmed by blood donation. Organization of blood donation camp should be best and safe to the patient/recipients and to the blood donor. Blood donation camp should motivate the public to donate blood by oral communication, which is the most effective method of recruiting donors. Talk about the need of blood, shortage of blood, ease of donation and myth about blood donation to the public. By donating blood, one gives a second chance of life to someone unknown. Donating blood may reduce the risk of heart disease and stimulate the generation of red blood cells.



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**GEO-TAGGED
PHOTOGRAPH OF
SWATCH SURVEKSHANA
2018 BY Mr.P.JITENDRA
ON 10-07-2018**



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SWATCH SURVEKSHANA 2018

SWACH SURVEKSHANA 2018 BY Mr.P. JITENDRA



On 10-07-2018, Swachh Survekshana 2018 was conducted by NSS Unit at Rayakudhuru. The primary goal of swachh survekshana is to encourage large scale citizen participation and create awareness amongst all sections of society about the importance of working together towards making towns and cities better places to reside in.



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**GEO-TAGGED
PHOTOGRAPH OF
HAEMOGLOBIN TEST
FOR PREGNANT WOMEN
Mrs. D.ANANTHA
LAKSHMI ON 08-06-2018**



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HAEMOGLOBIN TEST FOR PREGNANT WOMEN

HAEMOGLOBIN TEST FOR PREGNANT WOMEN BY Mrs.D. ANANTHALAKSHMI



A haemoglobin test measures the amount of haemoglobin in your blood. Haemoglobin is a protein in your red blood cells that carries oxygen to your body's organs and tissues and transports carbon dioxide from your organs and tissues back to your lungs. Measuring haemoglobin and haematocrit is common during pregnancy. Normal level of haemoglobin is 12 to 16 grams per decilitre for women of childbearing age. Its minimum normal value is 11 grams per decilitre in the first and third trimester of the pregnancy and 10.5 grams per decilitre in the second trimester.

On 18-06-2018 organized a special camp at Rayakuduru panchayat. Here collected 20 blood samples from pregnant women and tested Hb levels of their samples. 5 women were identified low level of Hb. Our college Life Sciences department students guided to those women to eat HB rich food.



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**GEO-TAGGED
PHOTOGRAPH OF
HYGIENE AND HAND
WASH AWARENESS
Mrs.V.LAVANYA ON
04-06-2018**



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HYGIENE AND HAND WASH AWARENESS



On 04-06-2018, a program on Hygiene and Hand Wash Awareness has been conducted in ZPHS, Mogallu. Mrs.V. Lavanya Garu has supervised the program conducted for the students. She also explained the importance of hygiene and created awareness on the diseases acquired if hands are not washed for the students. Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses. Good hand hygiene will reduce associated infections being passed from person to person. Hands normally carry lots of germs and should be washed:

After visiting the toilet

Before handling food

When visibly dirty

After coughing or sneezing into your hands

Washing your hands regularly will help to stop the coronavirus from virus spreading.



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