

#### RANGAPOOPATHI NURSING

O. No.35, Approved by Indian Nursing Council, Recognized by Tamilnadu Nursing Council, Affiliated to Dr. M.G.R. Medical University

Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

24th November 2022

### **CIRCULAR**

Dear Students,

"Free Mega Diabetes Health Camp" will be conducted on 24th November 2022 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

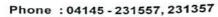
For SRI RANGAPOOPATHI COLLEGE OF NURSING,

PRINCIPAL

Bri Rangapoopathi College of Nursing Alampoondi-604 151,

B. Julall

Gingee Taluk., Villupuram Dist.





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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

24th November 2022

# REPORT of Free Mega Diabetes Health Camp

Venue: SRP Nursing Auditorium

Date: 24th November 2022

Starting Time: 10.00 am

#### **Introduction:**

On 24th November 2022, Sri Rangapoopathi College of Nursing organized a Free Mega Diabetes Health Camp to provide comprehensive healthcare services to individuals living with diabetes in the community. Diabetes is a significant public health concern, and this initiative aimed to raise awareness, offer screening and diagnostic services, and provide counseling and support for diabetes management.

### **Objectives:**

- i. Provide free medical consultation, screening, and diagnostic services for individuals at risk of diabetes or living with diabetes.
- ii. Educate participants about diabetes prevention, risk factors, symptoms, and management strategies, including lifestyle modifications and medication adherence.
- iii. Offer counseling and support services to individuals diagnosed with diabetes, empowering them to make informed decisions about their health and well-being.
- iv. Facilitate access to specialized care and treatment options for individuals requiring further evaluation or management of diabetes-related complications.

### **Event Highlights:**

### 1. Medical Consultation and Screening Services:

- Healthcare professionals, including doctors, nurses, and dietitians, provided free medical consultation and screening services to participants.
- Screening tests for blood glucose levels, blood pressure, body mass index (BMI), and other risk factors for diabetes and its complications were conducted on-site.

### 2. Diagnostic Testing and Evaluation:

• Diagnostic tests such as fasting blood sugar (FBS), postprandial blood sugar (PPBS), HbA1c, lipid profile, and kidney function tests were offered to individuals requiring further evaluation or monitoring of diabetes-related complications.



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• Results were interpreted by healthcare professionals, and appropriate recommendations were provided for further management and follow-up.

## 3. Educational Workshops and Seminars:

- Interactive workshops and seminars on diabetes prevention, self-care, nutrition, physical activity, and medication management were conducted to empower participants with knowledge and skills for diabetes management.
- Expert speakers, including endocrinologists, diabetes educators, and nutritionists, shared their expertise and answered participants' questions.

## 4. Counseling and Support Services:

- Individual counseling sessions were conducted to address participants' concerns, provide personalized guidance on diabetes management, and offer emotional support.
- Support groups for individuals living with diabetes and their families were established to foster peer support, information sharing, and mutual encouragement.

### 5. Resource Distribution and Referral Services:

- Educational materials, including brochures, leaflets, and pamphlets, containing information about diabetes prevention, management, and support services, were distributed to participants.
- Referrals to specialized healthcare providers, diabetes clinics, and community resources were provided for individuals requiring ongoing care and support beyond the health camp.

Conclusion: The Free Mega Diabetes Health Camp by Sri Rangapoopathi College of Nursing was a remarkable initiative aimed at addressing the growing burden of diabetes and promoting community engagement in diabetes prevention and management. Through comprehensive healthcare services, education, counseling, and support, we aimed to empower individuals with diabetes to lead healthier lives and reduce the risk of complications associated with the disease.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this health camp. Special thanks to the organizing committee and sponsors for their dedication and support in planning and executing this impactful initiative.



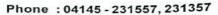
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Photo Gallery of Free Mega Diabetes Health Camp on 24th November 2022









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September 23rd 2022

### **CIRCULAR**

Dear Students,

"RIGHT TO EDUCATION SEMINAR" will be conducted on September 23rd 2022 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

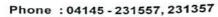
Attendance is compulsory.

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September 23rd 2022

#### REPORT of RIGHT TO EDUCATION SEMINAR

Venue: SRP Nursing Auditorium

Date: September 23rd 2022

Starting Time: 10.00 am

#### **Introduction:**

On September 23rd 2022, Sri Rangapoopathi College of Nursing organized a seminar on the Right to Education (RTE) as part of its commitment to promoting education and social justice. The seminar aimed to raise awareness about the significance of the RTE Act, its implications for children's education, and the role of stakeholders in ensuring equitable access to quality education for all children.

### **Objectives:**

- i. To educate students, faculty, and community members about the provisions of the Right to Education Act and its importance in promoting universal access to education.
- ii. To highlight the key features of the RTE Act, including free and compulsory education for all children aged 6 to 14 years, non-discrimination, and quality standards in schools.
- iii. To discuss the challenges and barriers to implementing the RTE Act effectively and identify strategies for overcoming them.
- iv. To empower participants with knowledge and resources to advocate for the right to education and contribute to ensuring inclusive and equitable education for all children.

### **Event Highlights:**

### 1. Expert Presentations:

- Renowned educators, legal experts, and activists delivered presentations on various aspects of the Right to Education Act, including its historical background, legal framework, and impact on children's education.
- Presentations covered topics such as the importance of inclusive education, addressing barriers to education for marginalized groups, and ensuring quality learning outcomes for all children.

#### 2. Panel Discussions:

• Panel discussions were held to facilitate dialogue among stakeholders on critical issues related to the implementation of the RTE Act.



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• Panels addressed topics such as access to education for children with disabilities, the role of technology in enhancing learning outcomes, and community participation in school governance.

## 3. Interactive Workshops:

- Interactive workshops were conducted to engage participants in hands-on activities and discussions on topics such as child rights, advocacy strategies, and community mobilization for education.
- Participants had the opportunity to brainstorm ideas, share best practices, and develop action plans for promoting the right to education in their respective communities.

### 4. Awareness Campaigns:

- Awareness campaigns were organized to disseminate information about the RTE Act and raise public awareness about the importance of education as a fundamental human right.
- Campaign materials, including posters, flyers, and social media posts, were distributed to participants and shared with the wider community to amplify the message of the seminar.

## 5. Networking and Collaboration:

- Networking sessions provided opportunities for participants to connect with likeminded individuals and organizations working towards advancing the right to education.
- Collaborative initiatives and partnerships were explored to leverage resources and expertise for addressing challenges and promoting educational equity and excellence.

**Conclusion:** The Right to Education Seminar by Sri Rangapoopathi College of Nursing was a significant step towards promoting awareness, dialogue, and action on issues related to education rights and equity.

**Acknowledgments:** We extend our sincere gratitude to all speakers, panelists, participants, and volunteers who contributed to the success of the Right to Education Seminar. Special thanks to the organizing committee for their dedication and efforts in planning and executing this meaningful event.



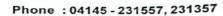
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### Photo Gallery of RIGHT TO EDUCATION SEMINAR on September 23rd 2022









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October 6<sup>th</sup> 2022

### **CIRCULAR**

Dear Students,

"Cancer Awareness Program" will be conducted on October 6<sup>th</sup> 2022 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

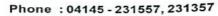
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October 6th 2022

# REPORT of Cancer Awareness Program

Venue: SRP Nursing Auditorium

Date: October 6th 2022

Starting Time: 10.00 am

#### **Introduction:**

On October 6th 2022,Sri Rangapoopathi College of Nursing organized a Cancer Awareness Program to educate the community about cancer prevention, early detection, treatment options, and support services. Cancer is a leading cause of morbidity and mortality worldwide, and this initiative aimed to empower individuals with knowledge and resources to reduce their risk of cancer and seek timely medical intervention if diagnosed.

### **Objectives:**

- i. Raise awareness about the risk factors associated with different types of cancer and promote preventive measures such as healthy lifestyle choices and regular screenings.
- ii. Educate community members about the signs and symptoms of cancer, emphasizing the importance of early detection and timely medical consultation.
- iii. Provide information on available cancer screening programs, diagnostic tests, treatment modalities, and support services for cancer patients and their families.
- iv. Address misconceptions and dispel myths surrounding cancer to reduce stigma and encourage open communication about the disease.

### **Event Highlights:**

## 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide comprehensive information about different types of cancer, risk factors, and preventive strategies.
- Expert speakers, including oncologists, oncology nurses, nutritionists, and counselors, shared their expertise on cancer prevention, early detection, treatment, and psychosocial support.

## 2. Community Outreach Activities:

• Community health fairs and outreach programs were organized to reach underserved populations and provide information about cancer prevention and screening services.



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• Educational materials, including brochures, pamphlets, and visual aids, were distributed to disseminate key messages and encourage healthy behaviors.

## 3. Screening and Awareness Camps:

- Cancer screening camps were conducted at community health centers and mobile clinics to provide free or subsidized screening tests such as mammograms, Pap smears, and oral cancer screenings.
- Trained healthcare professionals performed clinical breast examinations and taught self-breast examination techniques to women to facilitate early detection of breast cancer.

## 4. Cancer Survivor Stories and Support Groups:

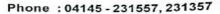
- Cancer survivors shared their personal stories of diagnosis, treatment, and survivorship to inspire hope and encourage others facing similar challenges.
- Support groups for cancer patients and caregivers were established to provide emotional support, practical guidance, and resources for coping with the physical and emotional aspects of cancer diagnosis and treatment.

## 5. Collaboration and Advocacy:

- Collaborations were forged with local cancer organizations, government agencies, and non-governmental organizations to advocate for policy changes, increase funding for cancer research and treatment, and improve access to cancer care services.
- Advocacy campaigns were launched to raise awareness about the importance of cancer research, early detection, and equitable access to quality cancer care for all.

**Conclusion:** The Cancer Awareness Program by Sri Rangapoopathi College of Nursing was a significant initiative aimed at addressing the burden of cancer and promoting community engagement in cancer control efforts.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this initiative. Special thanks to the nursing faculty and students for their dedication and commitment to raising awareness about cancer and improving access to cancer care services for underserved populations.





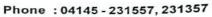
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Photo Gallery of Cancer Awareness Program on October 6th 2022









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May 2nd 2023

## **CIRCULAR**

Dear Students,

"World Asthma Day Celebration" will be conducted on May 2nd 2023 at 10.00am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

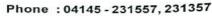
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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

May 2nd 2023

## REPORT of World Asthma Day Celebration

Venue: SRP Nursing Auditorium

Date: May 2nd 2023

Starting Time: 10.00 am

#### **Introduction:**

On May 2nd 2023, Sri Rangapoopathi College of Nursing celebrated World Asthma Day to raise awareness about asthma, its management, and prevention strategies. Asthma is a chronic respiratory condition affecting millions of people worldwide, and this event aimed to educate individuals about asthma control, promote healthy living, and empower those living with asthma to lead fulfilling lives.

### **Objectives:**

- i. Raise awareness about the global burden of asthma and its impact on individuals, families, and communities.
- ii. Provide education about the causes, symptoms, triggers, and treatment options for asthma.
- iii. Empower individuals with asthma and their caregivers with knowledge and skills to effectively manage the condition and improve quality of life.
- iv. Promote asthma prevention strategies, including environmental control measures, lifestyle modifications, and adherence to medication regimens.

### **Event Highlights:**

### 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide information about asthma, its pathophysiology, symptoms, and diagnosis.
- Expert speakers, including pulmonologists, respiratory therapists, and asthma educators, shared their expertise on asthma management, inhaler techniques, and asthma action plans.

## 2. Asthma Screening Camps:

• Free asthma screening camps were organized at community health centers and mobile clinics to assess lung function and identify individuals at risk of asthma or poorly controlled asthma.



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• Participants received personalized counseling and guidance on asthma management strategies based on their screening results.

#### 3. Demonstrations and Practical Sessions:

- Demonstrations on proper inhaler techniques, peak flow meter usage, and asthma action plan development were conducted to enhance participants' understanding and skills in asthma self-management.
- Practical sessions on environmental control measures, allergen avoidance, and exercise-induced asthma management were also organized.

## 4. Community Engagement Activities:

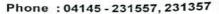
- Community outreach programs, including health fairs, school visits, and public awareness campaigns, were conducted to reach a wider audience and disseminate information about asthma prevention and management.
- Educational materials, such as brochures, posters, and pamphlets, were distributed to raise awareness and promote healthy behaviors among community members.

### 5. Advocacy and Policy Dialogue:

- Advocacy campaigns were launched to raise awareness about the importance of asthma care, medication adherence, and access to healthcare services for individuals with asthma.
- Policy dialogue sessions were organized to discuss challenges and opportunities in asthma care delivery, identify gaps in asthma services, and propose recommendations for policy change and improvement.

Conclusion: The World Asthma Day Celebration by Sri Rangapoopathi College of Nursing was a significant initiative aimed at raising awareness, promoting education, and empowering individuals with asthma to manage their condition effectively. Through education, advocacy, and community engagement, we aimed to reduce the burden of asthma and improve the quality of life for individuals living with this chronic respiratory condition.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this event. Special thanks to the organizing committee for their dedication and commitment to promoting asthma awareness and advocacy.





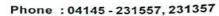
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Photo Gallery of World Asthma Day Celebration on May 2nd 2023









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December 19th 2022

## **CIRCULAR**

Dear Students,

"Women Hygiene Awareness Campaign" will be conducted on December 19th 2022 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

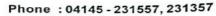
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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

December 19th 2022

# REPORT of Women Hygiene Awareness Campaign

Venue: SRP Nursing Auditorium

Date: December 19th 2022

Starting Time: 10.00 am

#### **Introduction:**

On December 19th 2022, Sri Rangapoopathi College of Nursing conducted a Women Hygiene Awareness Campaign aimed at promoting awareness about women's hygiene practices and menstrual health management. The campaign sought to educate women of all ages about the importance of maintaining good hygiene practices, addressing menstrual hygiene needs, and empowering them to make informed choices regarding their health and well-being.

### **Objectives:**

- i. Raise awareness about the significance of women's hygiene practices for overall health and well-being.
- ii. Educate women about proper menstrual hygiene management, including the use of sanitary products, personal hygiene practices, and disposal methods.
- iii. Address myths, misconceptions, and cultural taboos surrounding menstruation and promote open dialogue about menstrual health.
- iv. Provide information about common gynecological issues, reproductive health, and preventive measures to maintain vaginal health.

### **Event Highlights:**

### 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide comprehensive information about women's hygiene, menstrual health, and reproductive anatomy and physiology.
- Expert speakers, including gynecologists, women's health educators, and menstrual hygiene advocates, shared their insights and addressed participants' questions.

### 2. Menstrual Hygiene Product Distribution:



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- Sanitary pads, menstrual cups, and other menstrual hygiene products were distributed to participants, particularly to women and girls from marginalized communities who may have limited access to such products.
- Information leaflets and brochures were provided to educate participants about the proper use and disposal of menstrual hygiene products.

## 3. Health Screenings and Counseling:

- Women were offered free health screenings, including gynecological examinations, Pap smears, and tests for sexually transmitted infections (STIs).
- Individual counseling sessions were conducted to address participants' concerns about gynecological issues, reproductive health, and menstrual hygiene management.

### 4. Community Outreach Activities:

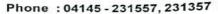
- Community health workers and nursing students conducted door-to-door visits, community meetings, and health camps to reach women in remote and underserved areas.
- Informational sessions and demonstrations were conducted to promote proper handwashing, personal hygiene, and sanitation practices among women and girls.

## 5. Empowerment and Advocacy:

- Empowerment sessions were organized to promote self-confidence, body positivity, and self-care practices among women and girls.
- Advocacy initiatives were launched to raise awareness about the importance of gender-sensitive sanitation facilities and access to menstrual hygiene products in schools, workplaces, and public spaces.

Conclusion: The Women Hygiene Awareness Campaign by Sri Rangapoopathi College of Nursing was a meaningful endeavor aimed at promoting women's health and well-being through education, empowerment, and advocacy. By addressing issues related to menstrual hygiene, reproductive health, and cultural taboos, we aimed to break the silence surrounding women's hygiene and empower women to prioritize their health and dignity.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this campaign. Special thanks to the nursing faculty and students for their dedication and commitment to promoting women's health and hygiene.





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Women Hygiene Awareness Campaign on December 19th 2022







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March 9th 2023

### **CIRCULAR**

Dear Students,

"Vision Matters Eye Health Awareness Campaign" will be conducted on March 9th 2023 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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March 9th 2023

# REPORT of Vision Matters Eye Health Awareness Campaign

Venue: SRP Nursing Auditorium

Date: March 9th 2023

Starting Time: 10.00 am

#### **Introduction:**

On March 9th 2023, Sri Rangapoopathi College of Nursing organized the "Vision Matters: Eye Health Awareness Campaign" to promote awareness about the importance of eye health and encourage preventive measures to protect vision. The campaign aimed to educate individuals about common eye conditions, preventive measures, and the significance of regular eye checkups for maintaining optimal eye health.

### **Objectives:**

- i. Raise awareness about common eye conditions, including refractive errors, cataracts, glaucoma, and age-related macular degeneration.
- ii. Educate participants about preventive measures to protect vision, such as regular eye exams, wearing protective eyewear, and maintaining a healthy lifestyle.
- iii. Empower individuals with knowledge about the signs and symptoms of eye diseases and the importance of seeking timely medical intervention.
- iv. Provide information about available eye care services, including screening programs, treatment options, and low vision rehabilitation services.

### **Event Highlights:**

## 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide information about common eye conditions, risk factors, and preventive measures.
- Expert speakers, including ophthalmologists, optometrists, and vision scientists, delivered presentations on various aspects of eye health and answered participants' questions.

### 2. Eye Screening Camps:

• Free eye screening camps were organized at community health centers and mobile clinics to provide vision assessments and basic eye examinations.



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• Screening tests for visual acuity, refractive errors, intraocular pressure, and other eye conditions were conducted by trained healthcare professionals.

## 3. Visual Health Counseling:

- Individual counseling sessions were offered to participants to address their specific concerns, provide personalized advice on maintaining eye health, and discuss treatment options if needed.
- Participants were educated about proper eye care practices, including eye hygiene, protective eyewear use, and regular breaks from digital screens.

### 4. Distribution of Educational Materials:

- Educational materials, including brochures, leaflets, and posters, containing information about common eye conditions, preventive measures, and available eye care services, were distributed to participants.
- Visual aids and interactive displays were used to illustrate key concepts and promote understanding among participants.

### 5. Community Engagement Activities:

- Community outreach programs, including school visits, health fairs, and public awareness campaigns, were conducted to reach a wider audience and promote eye health awareness.
- Collaborations were established with local organizations, businesses, and government agencies to amplify the impact of the campaign and facilitate access to eye care services.

Conclusion: The "Vision Matters: Eye Health Awareness Campaign" by Sri Rangapoopathi College of Nursing was a significant initiative aimed at promoting eye health awareness and empowering individuals to take proactive steps towards preserving their vision. Through education, screening, counseling, and community engagement, we aimed to reduce the burden of preventable blindness and promote a culture of eye health management within the community.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this campaign. Special thanks to the organizing committee and sponsors for their dedication and support in planning and executing this impactful initiative.



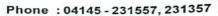
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Photo Gallery of Vision Matters Eye Health Awareness Campaign on March 9th 2023









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April 10th 2023

## **CIRCULAR**

Dear Students,

"Seminar On Anti-Ragging" will be conducted on April 10th 2023 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

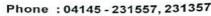
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April 10th 2023

# **REPORT of Seminar On Anti-Ragging**

Venue: SRP Nursing Auditorium

Date: April 10th 2023

Starting Time: 10.00 am

#### **Introduction:**

On April 10th 2023, Sri Rangapoopathi College of Nursing organized a seminar on anti-ragging to raise awareness about the prevention of ragging incidents and promote a safe and supportive learning environment for all students. The seminar aimed to educate students, faculty, and staff about the detrimental effects of ragging and emphasize the importance of fostering a culture of respect, empathy, and inclusion within the college community.

### **Objectives:**

- i. Raise awareness about the negative consequences of ragging on the physical, emotional, and psychological well-being of students.
- ii. Educate students about the legal provisions and institutional policies against ragging and the penalties for perpetrators.
- iii. Empower students to recognize and respond to incidents of ragging effectively and to seek support from college authorities.
- iv. Promote positive values, such as respect, tolerance, and empathy, as essential components of a healthy learning environment.

### **Event Highlights:**

### 1. Expert Presentations:

- Expert speakers, including psychologists, legal experts, and anti-ragging advocates, delivered presentations on the psychological impacts of ragging, legal provisions under the Anti-Ragging Act, and strategies for prevention.
- Presentations emphasized the importance of creating a supportive environment where students feel safe to report incidents of ragging without fear of retaliation.

### 2. Interactive Workshops:

• Interactive workshops were conducted to engage students in discussions about the definition of ragging, its various forms, and the warning signs of ragging behavior.



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• Role-playing exercises and case studies were used to help students develop empathy and communication skills for intervening in potential ragging situations.

#### 3. Panel Discussions:

- Panel discussions brought together students, faculty, and staff to share their perspectives and experiences on ragging and discuss strategies for fostering a positive campus culture.
- Panelists addressed questions from the audience and provided insights into institutional mechanisms for reporting and addressing incidents of ragging.

## 4. Awareness Campaigns:

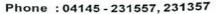
- Awareness campaigns were launched to disseminate information about the college's anti-ragging policies and procedures through posters, banners, and social media.
- Students were encouraged to take a pledge against ragging and to promote a culture of mutual respect and kindness among their peers.

### 5. Student Support Services:

- Information booths and counseling services were available to students seeking support or guidance regarding ragging-related concerns.
- College authorities reassured students of their commitment to maintaining a safe and conducive learning environment and encouraged open communication and trust between students and faculty.

**Conclusion:** The Seminar on Anti-Ragging by Sri Rangapoopathi College of Nursing was a proactive initiative aimed at fostering a culture of respect, dignity, and safety within the college community. By raising awareness, educating students, and promoting positive values, the seminar reinforced the college's commitment to preventing ragging and ensuring the well-being of all students.

**Acknowledgments:** We extend our sincere gratitude to all participants, speakers, and volunteers who contributed to the success of the seminar. Special thanks to the organizing committee for their efforts in planning and coordinating the event and to college authorities for their support and commitment to preventing ragging.





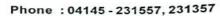
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Photo Gallery of Seminar On Anti-Ragging on April 10th 2023









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January 30th 2023

## **CIRCULAR**

Dear Students,

"Awareness Program of Leprosy Diseases on World Leprosy Day" will be conducted on January 30th 2023 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

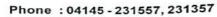
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January 30th 2023

## REPORT of Awareness Program of Leprosy Diseases on World Leprosy Day

Venue: SRP Nursing Auditorium

Date: January 30th 2023

Starting Time: 10.00 am

#### **Introduction:**

On January 30th 2023, Sri Rangapoopathi College of Nursing organized an awareness program on leprosy disease to commemorate World Leprosy Day. The event aimed to raise awareness about leprosy, debunk myths and misconceptions surrounding the disease, and promote early detection, treatment, and social inclusion of individuals affected by leprosy.

### **Objectives:**

- i. Raise awareness about leprosy as a neglected tropical disease and its impact on individuals, families, and communities.
- ii. Dispel myths, misconceptions, and stigma associated with leprosy and promote a better understanding of the disease.
- iii. Educate community members about the signs and symptoms of leprosy, modes of transmission, and available treatment options.
- iv. Empower individuals to seek early diagnosis and treatment for leprosy and prevent disabilities and deformities associated with the disease.

### **Event Highlights:**

#### 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide information about leprosy, its causes, symptoms, and treatment.
- Expert speakers, including dermatologists, infectious disease specialists, and leprosy survivors, shared their knowledge and experiences with participants.

### 2. Leprosy Screening and Referral Services:

- Free leprosy screening camps were organized at community health centers and mobile clinics to detect cases of leprosy among community members.
- Individuals identified with suspected symptoms of leprosy were referred to healthcare facilities for further evaluation and treatment.

#### 3. Storytelling and Testimonials:



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- Leprosy survivors shared their personal stories and experiences with participants, highlighting the challenges they faced and the importance of early diagnosis and treatment.
- Their testimonials helped dispel myths and misconceptions about leprosy and inspired compassion and empathy among attendees.

### 4. Community Outreach Activities:

- Community health workers and nursing students conducted door-to-door visits and community meetings to disseminate information about leprosy and engage community members in discussions about prevention and treatment.
- Educational materials, including brochures, leaflets, and posters, were distributed to raise awareness and promote understanding about leprosy.

### 5. Advocacy and Social Mobilization:

- Advocacy campaigns were launched to promote the rights and dignity of individuals affected by leprosy and challenge discriminatory attitudes and practices.
- Social mobilization efforts aimed to foster community support and solidarity towards eliminating stigma and discrimination associated with leprosy.

Conclusion: The Awareness Program on Leprosy Disease on World Leprosy Day by Sri Rangapoopathi College of Nursing was a meaningful initiative aimed at raising awareness, promoting education, and advocating for the rights of individuals affected by leprosy. Through collaborative efforts, we aimed to combat stigma, empower individuals with knowledge and resources, and promote social inclusion and integration of leprosy-affected individuals into society.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this program. Special thanks to the organizing committee for their dedication and commitment to raising awareness about leprosy and promoting compassion and empathy towards individuals affected by the disease.



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Photo Gallery of Awareness Program of Leprosy Diseases on World Leprosy Day on January 30th 2023

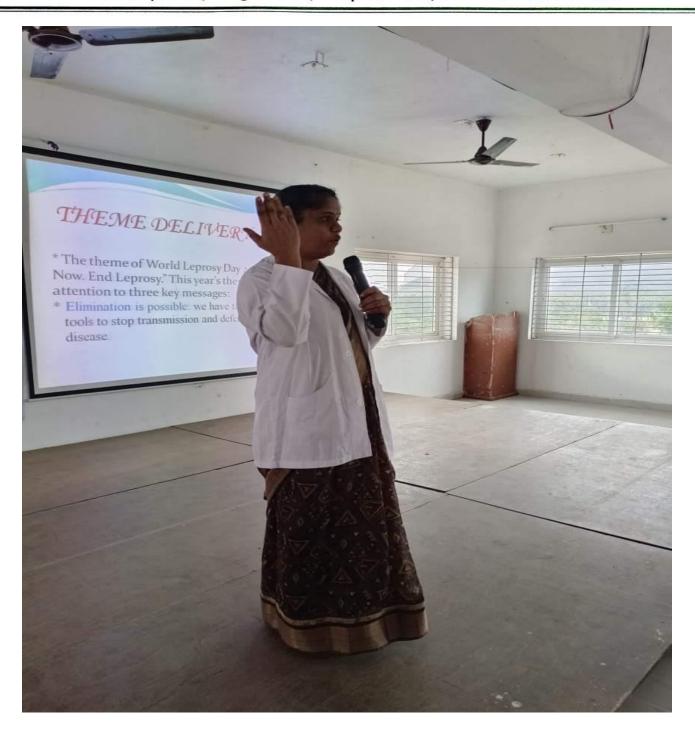






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February 10th 2023

### **CIRCULAR**

Dear Students,

"Awareness of worm infections on child-National Deworming day" will be conducted on February 10th 2023 at 10.00am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

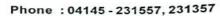
For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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February 10th 2023

#### REPORT of Awareness of worm infections on child

Venue: SRP Nursing Auditorium

Date: February 10th 2023

Starting Time: 10.00 am

#### **Introduction:**

On February 10th 2023, Sri Rangapoopathi College of Nursing actively participated in the National Deworming Day campaign to raise awareness about worm infections in children and promote deworming as a preventive measure to improve child health. The campaign aimed to educate parents, caregivers, and community members about the importance of deworming, its benefits, and the significance of regular deworming initiatives in combating parasitic infections among children.

### **Objectives:**

- i. Raise awareness about the prevalence and impact of worm infections, including soil-transmitted helminths (STH) and intestinal worms, on child health and development.
- ii. Educate parents and caregivers about the signs and symptoms of worm infections in children and the importance of early detection and treatment.
- iii. Promote deworming as a safe and effective intervention to reduce the burden of worm infections and improve child growth, nutrition, and cognitive development.
- iv. Mobilize community support and participation in deworming initiatives, including school-based deworming programs and community health campaigns.

### **Event Highlights:**

#### 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide information about worm infections, transmission routes, risk factors, and preventive measures.
- Expert speakers, including pediatricians, public health officials, and community health educators, delivered presentations on deworming and answered participants' questions.

#### 2. Community Outreach and Health Promotion:



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- Community health workers and nursing students conducted door-to-door visits, health camps, and community meetings to disseminate information about deworming and encourage participation in deworming activities.
- Educational materials, including posters, leaflets, and audio-visual aids, were distributed to raise awareness and promote behavior change regarding deworming practices.

### 3. School-Based Deworming Programs:

- Collaboration with local schools facilitated the implementation of school-based deworming programs, where deworming medications were administered to all enrolled children.
- Health education sessions were conducted in schools to reinforce key messages about worm infections, hygiene practices, and deworming.

## 4. Parental and Community Engagement:

- Parent-teacher meetings and community forums were organized to engage parents and community members in discussions about child health and deworming.
- Parents were encouraged to support deworming initiatives and ensure that their children receive deworming medications as recommended by healthcare providers.

### 5. Monitoring and Evaluation:

- Data on deworming coverage and adherence were collected to assess the impact of the campaign and identify areas for improvement.
- Feedback from participants and stakeholders was solicited to gauge the effectiveness of deworming awareness activities and inform future deworming initiatives.

Conclusion: The Awareness of Worm Infections in Children - National Deworming Day campaign by Sri Rangapoopathi College of Nursing was a significant effort towards promoting child health and combating worm infections in the community. Through education, outreach, and community engagement, we aimed to empower parents, caregivers, and community members with knowledge and resources to protect children from the harmful effects of worm infections and promote their overall well-being.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this campaign. Special thanks to the organizing committee and sponsors for their dedication and support in planning and executing this impactful initiative.



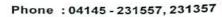
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Photo Gallery of Awareness of worm infections on child-National Deworming day on February 10th 2023









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August 29<sup>th</sup> to 31<sup>st</sup> 2022

### **CIRCULAR**

Dear Students,

"Educational Visit for CMC Vellore-RUHSA" will be conducted on 29th to 31st August 2022 at 10.00 am in Christian Medical College (CMC) Vellore campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

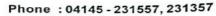
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29th to 31st August 2022

### REPORT of Educational Visit for CMC Vellore-RUHSA

Venue: Christian Medical College (CMC) Vellore campus

Date: 29th to 31st August 2022

Starting Time: 10.00 am

#### **Introduction:**

On 29th to 31st August 2022, Sri Rangapoopathi College of Nursing organized an educational visit to the Christian Medical College (CMC) Vellore-RUHSA (Rural Unit for Health and Social Affairs) as part of the nursing curriculum. The visit aimed to provide nursing students with exposure to rural healthcare delivery systems, community-based care models, and innovative approaches to addressing healthcare challenges in underserved communities.

#### **Objectives:**

- i. Expose nursing students to the functioning of a rural healthcare facility and its role in providing comprehensive healthcare services to rural populations.
- ii. Provide opportunities for students to interact with healthcare professionals, community health workers, and community members to understand the healthcare needs and challenges of rural communities.
- iii. Explore innovative approaches to healthcare delivery, health promotion, and disease prevention implemented by CMC Vellore-RUHSA in collaboration with local communities.
- iv. Enhance students' understanding of primary healthcare principles, community-based interventions, and interdisciplinary collaboration in addressing health disparities in rural areas.

#### **Event Highlights:**

### 1. Tour of Facilities:

- Students were given a guided tour of the CMC Vellore-RUHSA facilities, including outpatient clinics, inpatient wards, community health centers, and mobile health units.
- They observed various aspects of healthcare delivery, patient care processes, and infrastructure challenges in rural healthcare settings.

#### 2. Clinical Observations:



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- Students had the opportunity to observe clinical consultations, procedures, and treatments conducted by healthcare providers in outpatient departments and specialty clinics.
- They gained insights into common health conditions, diagnostic approaches, and treatment modalities prevalent in rural populations.

### 3. Community Health Outreach:

- Students accompanied community health workers on home visits and outreach activities to remote villages served by CMC Vellore-RUHSA.
- They participated in health education sessions, screenings, immunization drives, and other community-based interventions aimed at promoting health and preventing diseases.

### 4. Interdisciplinary Interactions:

- Students engaged in discussions with healthcare professionals, nurses, physicians, social workers, and other members of the interdisciplinary team to understand their roles and contributions to rural healthcare delivery.
- They learned about the importance of teamwork, communication, and collaboration in addressing complex health issues and meeting the diverse needs of rural communities.

### 5. Reflection and Learning:

- Following the visit, students participated in reflective sessions to discuss their observations, experiences, and learning insights from the educational visit.
- They identified key takeaways, challenges, and opportunities for applying their learning to future nursing practice in rural and underserved settings.

Conclusion: The educational visit to CMC Vellore-RUHSA provided nursing students from Sri Rangapoopathi College of Nursing with a valuable learning experience and exposure to rural healthcare delivery in a resource-limited setting. Through interactions with healthcare professionals and community members, students gained insights into the complexities of rural healthcare, the importance of community engagement, and the role of nursing in promoting health equity and social justice.

**Acknowledgments:** We extend our sincere gratitude to the staff, faculty, and healthcare professionals at CMC Vellore-RUHSA for their hospitality, guidance, and support during the educational visit. Special thanks to the organizing committee at Sri Rangapoopathi College of Nursing for coordinating the visit and facilitating student learning opportunities.



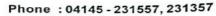
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Photo Gallery of Educational Visit for CMC Vellore-RUHSA on 29th to 31st August 2022









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## RANGAPOOPATHI

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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

November 15th 2021

### **CIRCULAR**

Dear Students,

"BLOOD DONATION CAMP" will be conducted on November 15th 2021 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

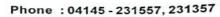
Attendance is compulsory.

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November 15th 2021

#### REPORT of BLOOD DONATION CAMP

Venue: Rangapoopathi College of Nursing Campus

Date: November 15th 2021

Starting Time: 10.00 am

#### **Introduction:**

On November 15th 2021, Sri Rangapoopathi College of Nursing organized a blood donation camp in collaboration with local blood banks and healthcare organizations. The camp aimed to address the critical need for blood donations, raise awareness about the importance of regular blood donation, and encourage voluntary blood donation among students, faculty, and community members.

#### **Objectives:**

- i. Facilitate access to safe and voluntary blood donation opportunities for individuals in need of blood transfusions.
- ii. Raise awareness about the importance of blood donation in saving lives, particularly for patients undergoing surgeries, trauma victims, and individuals with medical conditions requiring blood transfusions.
- iii. Educate participants about the eligibility criteria for blood donation, blood donation process, and the significance of maintaining adequate blood reserves in blood banks.
- iv. Promote a culture of altruism, compassion, and community service among students, faculty, and community members through voluntary blood donation.

#### **Event Highlights:**

### 1. Preparation and Planning:

- The organizing committee collaborated with local blood banks and healthcare providers to coordinate logistics, ensure compliance with safety guidelines, and prepare for the blood donation camp.
- Promotional materials, including posters, flyers, and social media announcements, were disseminated to raise awareness and encourage participation in the camp.

#### 2. Blood Donation Process:



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- Registered donors underwent a screening process to assess eligibility for blood donation, including medical history review, vital signs assessment, and hemoglobin level testing.
- Qualified donors proceeded to the donation area, where trained phlebotomists collected blood using sterile techniques and equipment.

### 3. Volunteer Recruitment and Support:

- Nursing students and faculty members volunteered to assist with registration, screening, donor education, and post-donation care.
- Volunteers provided information and guidance to donors throughout the donation process and ensured a smooth and positive donation experience.

### 4. Community Engagement and Education:

- Educational sessions were conducted to inform participants about the importance of blood donation, its impact on patient care, and the ongoing need for blood donors.
- Informational materials, such as brochures and presentations, were shared to dispel myths and misconceptions about blood donation and address common concerns.

### 5. Impact and Outreach:

- The blood donation camp successfully collected a significant number of blood donations, contributing to the local blood supply and potentially saving numerous lives.
- The event raised awareness about the ongoing need for blood donors and inspired individuals to consider regular blood donation as a life-saving act of compassion and solidarity.

Conclusion: The Blood Donation Camp by Sri Rangapoopathi College of Nursing was a resounding success, demonstrating the power of community collaboration and altruism in addressing critical healthcare needs. Through voluntary blood donation, participants contributed to the well-being and survival of patients in need of blood transfusions, reaffirming the importance of collective action in healthcare.

**Acknowledgments:** We extend our heartfelt gratitude to all donors, volunteers, healthcare professionals, and partner organizations who contributed to the success of the blood donation camp. Special thanks to the organizing committee for their dedication and commitment to promoting blood donation and supporting the health and well-being of our community.



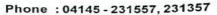
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## Photo Gallery of BLOOD DONATION CAMP on November 15th 2021









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# Report on Breast Cancer awareness program On 3<sup>rd</sup> August 2020

No of Participants: 2<sup>nd</sup> year Bsc. Nursing students

A "Breast Cancer awareness Program" was organised on August 3rd, 2020 to increase awareness about breast cancer. The event aimed to educate the local community about the importance of early detection and prevention of breast cancer, as well as the significance of regular screenings and self-examinations.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year Bsc. Nursing students

Expert healthcare professionals conducted informative workshops on breast health, emphasizing self-examination techniques and recognizing early warning signs. A free breast screening camp was set up to provide clinical breast examinations and mammograms for women in the community. Pamphlets, brochures, and informational materials were distributed to participants to reinforce key messages. Renowned oncologists and breast cancer survivors shared their experiences and insights during inspirational talks.

Participants gained a better understanding of breast health and the importance of early detection. Several women in the community availed themselves of the free screenings, leading to early detection and timely medical intervention. Women felt empowered with knowledge about self-examinations and screening options, fostering a sense of control over their health. The event made a sense of community engagement and collective responsibility in promoting breast health.

The event ended with vote of thanks to all the participants and students and staff in organizing the event and making it successful.



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Photo Gallery

Breast Cancer awareness program On 3<sup>rd</sup> August 2020



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Report on Awareness program "Rally for Rivers" On 9<sup>th</sup> September 2020

No of Participants: 68 (3<sup>rd</sup> year B.SC Nursing)

An awareness program - "Rally for Rivers" was organized on 9<sup>th</sup> September 2020. This event aimed to raise awareness about the critical state of our rivers and the urgent need for their preservation. The rally was a resounding success, drawing participants from various walks of life, including students, faculty, and members of the local community.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year Bsc. Nursing students

The primary objective of the Rally for Rivers was to create awareness about the deteriorating condition of rivers in our country and promote sustainable solutions to conserve and rejuvenate them. Educate participants and the public about the importance of rivers in our ecosystem and their role in ensuring a sustainable future.

The rally commenced with an awareness walk where participants carried placards and banners with powerful messages advocating for river conservation. This walk attracted attention from passersby and garnered support from the local community.

Distinguished environmentalists, scientists, and experts were invited to address the gathering. They shared valuable insights on the current state of rivers, the threats they face, and potential solutions. The event concluded with participants taking a pledge to actively contribute to river conservation efforts. They committed to reducing water wastage, adopting eco-friendly practices, and spreading awareness about the cause.



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Photo Gallery

Awareness program "Rally for Rivers"
On 9<sup>th</sup> September 2020



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## Report on Clean and Green Community Initiative On October 28th, 2020

No of Participants: 50 (4th year B.SC Nursing)

"Clean and Green Community Initiative" program was organized on October 28th, 2020 to increase the awareness among community. The goal was to promote environmental awareness, encourage sustainable practices, and engage the local community in maintaining a clean and green environment.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year B.Sc Nursing students

As a part of the clean and green initiative, students, faculty, and community members joined to clean up parks, streets, and public areas. Planting of trees in the community were done. Workshop were conducted on topics such as waste reduction, recycling, and energy conservation. An awareness campaign was launched to encourage responsible waste disposal and the reduction of single-use plastics. A community garden initiative was introduced to promote sustainable agriculture and healthy eating habits.

The community witnessed a cleaner and greener environment due to the clean-up and tree planting efforts. Residents became more aware of sustainable practices and waste reduction.

The initiative was a successful one as it made neighbourhood cleaner and the students were given refreshments after the end of the event. The event ended with vote of thanks to all the participants in taking up the initiative to clean the neighbourhood and increase awareness about planting trees.



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Photo Gallery

Clean and Green Community Initiative On October 28th, 2020



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# Report on "Diabetes Awareness and Prevention Program" On November 23rd, 2020

No of Participants: 68 (3rd year B.SC Nursing)

"Diabetes Awareness and Prevention Program" was organized On November 23rd, 2020 focusing on diabetes awareness and prevention. The program aimed to educate the community about diabetes, its risk factors, and strategies for prevention and management.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 3<sup>rd</sup> year B.Sc Nursing students.

Healthcare professionals conducted workshops on diabetes prevention, healthy eating, and the importance of physical activity. A free blood glucose screening camp was set up, allowing community members to check their blood sugar levels. Nutritionists provided personalized dietary advice to individuals at risk of diabetes. Physical fitness instructors led demonstrations on simple exercises that could be incorporated into daily routines. Pamphlets and brochures on diabetes prevention and management were distributed.

The residents of the community gained a better understanding of diabetes risk factors and prevention strategies. Several individuals identified as at-risk during the screenings were advised to seek further medical evaluation. Many participants expressed a commitment to adopting healthier lifestyles, including improved dietary choices and increased physical activity.

Community members felt empowered with knowledge about diabetes prevention and management. The event concluded by honouring the healthcare professionals who gave talks and advised the participants on diabetes. The students coordinated the entire event in a disciplined manner and refreshments were provided at the end.



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Photo Gallery

"Diabetes Awareness and Prevention Program" On November 23rd, 2020



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## Report on "Promoting Mental Health and Well-being"

On December 9th, 2020

No of Participants: 84 (1st year B.Sc Nursing)

"Promoting Mental Health and Well-being" program was organized On December 9th, 2020, focusing on promoting mental health and well-being in the students and community. The event aimed to raise awareness about mental health issues, reduce stigma, and provide support and resources for individuals facing mental health challenges.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 1<sup>st</sup> year B.Sc Nursing students.

Health professionals delivered informative talks on topics such as stress management, anxiety, and depression. Support groups for individuals dealing with mental health challenges were established to provide a safe space for sharing experiences and seeking support. Workshops on mindfulness and relaxation techniques were offered to promote emotional well-being.

The event contributed to reducing stigma surrounding mental health issues, encouraging open discussions and seeking help when needed. Support groups provided individuals facing mental health challenges with a sense of community and understanding. Attendees learned valuable coping strategies for managing stress and improving mental well-being.

The residents of the neighbourhood and students gained a better understanding of the importance of mental health and self-care. The event helped many individuals express their difficulties with professionals and took necessary advice from healthcare professionals. The event concluded by thanking the healthcare professionals and students who organised the event as volunteers. High tea was provided at the event as a part of refreshments.



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"Promoting Mental Health and Well-being"

On December 9th, 2020



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## Report on "Healthy Aging and Senior Wellness"

On February 11th, 2021

No of Participants:93 (2<sup>nd</sup> year B.Sc Nursing)

"Healthy Aging and Senior Wellness" was On February 11th, 2021 focusing on healthy aging and senior wellness. The program aimed to educate senior citizens in the community about maintaining their health, physical fitness, and emotional well-being as they age.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year B.Sc Nursing students.

Fitness instructors led senior-friendly exercise classes, including low-impact aerobics and balance exercises. Health screenings, including blood pressure checks and cholesterol level assessments, were offered. Nutritionists provided guidance on maintaining a healthy diet as seniors age, with a focus on managing chronic conditions.

Psychologists and counsellors discussed mental health and strategies for coping with loneliness and depression in older age. Social activities such as group games and storytelling sessions were organized to promote social engagement.

Seniors gained awareness of their health status through screenings and learned about managing chronic conditions. Participants learned valuable strategies for maintaining emotional well-being and coping with challenges. Seniors felt more socially connected and less isolated through participation in social activities.

The event concluded by thanking the healthcare professionals and students who organised the event as volunteers. High tea was provided at the event as a part of refreshments.



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Photo Gallery

"Healthy Aging and Senior Wellness"

On February 11th, 2021



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## Report on Immunization and Vaccination Campaign

On April 19, 2021

No of Participants: (4<sup>th</sup> year B.Sc Nursing)

On April 19, 2021, a comprehensive Immunization and Vaccination Campaign was organized with the aim of promoting public health and preventing the spread of vaccine-preventable diseases. This report provides an overview of the campaign, its objectives, activities, outcomes, and the impact on the community.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year B.Sc Nursing students.

Information sessions and workshops were conducted to educate community members about the benefits of vaccines, the vaccination schedule, and vaccine safety. A team of trained healthcare professionals administered vaccines to eligible individuals. The campaign offered vaccinations for COVID-19.

To improve accessibility, mobile vaccination units were deployed to reach remote and underserved areas within the community. The campaign utilized various media channels, including social media, posters, and flyers, to disseminate information about the campaign and the importance of vaccination.

The Immunization and Vaccination Campaign conducted on April 19, 2021, was a resounding success in achieving its objectives. It not only increased vaccine coverage but also raised awareness about the critical role vaccines play in preventing diseases and protecting public health. The campaign's impact on the community's health and well-being underscores the importance of continued efforts to promote immunization and vaccination.



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Photo Gallery

Immunization and Vaccination Campaign

On April 19, 2021



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Report on Vaccination Drive

June 10, 2021

No of Participants: (4<sup>th</sup> year B.Sc Nursing)

COVID-19 vaccination drive was organized on June 10, 2021. This initiative aimed to contribute to the ongoing global effort to combat the COVID-19 pandemic by facilitating the vaccination of community members, especially senior citizens above the age of 60 and those who may face barriers to access.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year B.Sc Nursing students.

Multiple vaccination stations were set up to accommodate a high volume of participants while maintaining social distancing Student volunteers assisted participants in the registration process, ensuring a smooth experience. Qualified healthcare professionals oversaw the vaccination process to address any immediate medical concerns or reactions.

An observation area was provided for individuals to rest and be monitored for any immediate side effects after receiving the vaccine.

The drive contributed to increased COVID-19 vaccination rates within the community. By providing a convenient vaccination site, the drive ensured accessibility for those who may face transportation or scheduling challenges. The presence of healthcare professionals and a well-organized process ensured the safety of participants during the vaccination process.

Sanitizers, masks and Gloves were provided to citizens of the neighborhood who participated in the vaccination drive. The drive was organized following social distancing and proper measures to avoid any problems at the drive. Doctors were stationed to monitor the participants in case of side effects of vaccine. The participants got the certificate for the vaccination from the cowin portal.



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Vaccination Drive

June 10, 2021



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### Report on

Role of nurses in reducing ecological footprint of healthcare

On June 15th, 2021

No of Participants: (2<sup>nd</sup> year B.Sc Nursing)

A seminar was organized on "Role of Nurses in Reducing the Ecological Footprint of Healthcare" on June 15th, 2021. the seminar aimed to shed light on the critical role nurses play in promoting sustainable practices within the healthcare sector.

The program was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Menaga Gandhi, Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year B.Sc Nursing students.

Expert in healthcare sustainability delivered a keynote address, providing an overview of the ecological footprint of healthcare. Presentations were focused on how nurses can adopt sustainable practices in their daily work, such as reducing waste and conserving resources.

A panel of experts, including nurses experienced in sustainability, discussed challenges and solutions in integrating eco-friendly practices into healthcare. Participants engaged in open discussions and had the opportunity to seek guidance on implementing sustainability measures.

The seminar on the "Role of Nurses in Reducing the Ecological Footprint of Healthcare" served as a pivotal platform for addressing the pressing need for sustainability within the healthcare sector. Nurses, as integral members of healthcare teams, can significantly influence and drive positive changes in environmental practices. Participants felt empowered to implement changes in their workplaces, from waste reduction to energy conservation.

The event concluded by thanking the healthcare professionals and students who organised the event as volunteers. High tea was provided at the event as a part of refreshments.



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Photo Gallery

Role of nurses in reducing ecological footprint of healthcare

On June 15th, 2021



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January 4<sup>th</sup> 2021

### **CIRCULAR**

Dear Students,

"Tuberculosis Awareness Program" will be conducted on January 4<sup>th</sup> 2021 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

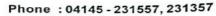
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January 4th 2021

### REPORT of Tuberculosis Awareness Program

Venue: Rangapoopathi College of Nursing Campus

Date: January 4th 2021

Starting Time: 10.00 am

#### **Introduction:**

On January 4th 2021, Sri Rangapoopathi College of Nursing organized a Tuberculosis (TB) Awareness Program with the aim of educating the community about tuberculosis, its prevention, treatment, and the importance of early detection. Tuberculosis remains a significant public health concern, and this initiative sought to address misconceptions, reduce stigma, and empower individuals with knowledge to combat the disease effectively.

#### **Objectives:**

- i. Increase awareness about tuberculosis, including its causes, symptoms, and modes of transmission.
- ii. Educate community members about the importance of early detection through screening and prompt initiation of treatment.
- iii. Address misconceptions and stigma associated with tuberculosis to promote a supportive environment for affected individuals.
- iv. Provide information on preventive measures and strategies to control the spread of tuberculosis within the community.

#### **Event Highlights:**

#### 1. Educational Workshops and Seminars:

- Informative workshops and seminars were conducted to provide comprehensive information about tuberculosis, its risk factors, and preventive measures.
- Expert speakers, including pulmonologists, infectious disease specialists, and public health officials, shared their insights and expertise on tuberculosis prevention, diagnosis, and treatment.

### 2. Community Outreach Activities:

• Door-to-door campaigns were conducted to reach households in the community, raising awareness about tuberculosis and encouraging individuals to seek screening and testing services.



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• Educational materials, including brochures, leaflets, and posters, were distributed to disseminate key messages and information about tuberculosis control and management.

### 3. Screening and Testing Services:

- Free tuberculosis screening and testing services were provided at community health centers and mobile clinics to facilitate early detection and diagnosis.
- Trained healthcare professionals conducted sputum examinations, chest X-rays, and other diagnostic tests for individuals suspected of having tuberculosis.

### 4. Stigma Reduction Initiatives:

- Stigma reduction campaigns were launched to challenge misconceptions and negative attitudes towards tuberculosis patients and their families.
- Personal testimonies and success stories of tuberculosis survivors were shared to inspire hope and foster empathy within the community.

### 5. Follow-Up and Referral Services:

- Individuals who tested positive for tuberculosis were provided with counseling, treatment initiation support, and referrals to appropriate healthcare facilities for further management.
- Community health workers conducted follow-up visits to ensure treatment adherence and monitor the progress of tuberculosis patients.

**Conclusion:** The Tuberculosis Awareness Program by Sri Rangapoopathi College of Nursing was a significant step towards addressing the burden of tuberculosis and promoting community engagement in tuberculosis control efforts. Through education, outreach, and advocacy, we aimed to empower individuals with knowledge and resources to combat tuberculosis effectively and contribute to the achievement of global tuberculosis elimination goals.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this initiative. Special thanks to the nursing faculty and students for their dedication and commitment to raising awareness about tuberculosis and improving access to healthcare services for underserved populations.



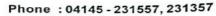
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Photo Gallery of Tuberculosis Awareness Program on January 4th 2021









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Report on Community-Based Research On August 5<sup>th</sup> 2019

No of Participants: 50 (3<sup>rd</sup> year B.SC Nursing)

A Community-Based Research was organised on August 5<sup>th</sup> 2019. This represented a unique opportunity for students to apply their nursing knowledge and research skills while addressing community health concerns.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 3<sup>rd</sup> year B.SC Nursing students

The primary purpose of the Community-Based Research project was to bridge the gap between classroom learning and practical application by involving students in meaningful research activities within the local community. Students conducted surveys, interviews, and focus group discussions to assess the health-related needs and concerns of the local community. Based on the needs assessment findings, students developed research projects focusing on areas such as maternal and child health, chronic disease management, and health education.

Students collaborated with local healthcare facilities, NGOs, and government agencies to ensure the research projects aligned with community health priorities. By actively engaging with the community and addressing local health concerns through research, students have not only enhanced their skills but also contributed to the well-being of the community.



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Photo Gallery

Community-Based Research On August 5<sup>th</sup> 2019



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# Report on Maternal and Child Health Initiatives Awareness Campaign On 7th October 2019

No of Participants: 93(1st year B.SC Nursing)

Maternal and Child Health Initiatives Awareness Campaign was organised on 7<sup>th</sup> October 2019. This campaign was designed and executed by nursing students with the aim of raising awareness about maternal and child health, promoting healthy practices, and ensuring the well-being of mothers and children in the local community.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 1<sup>st</sup> year Bsc. Nursing students.

Students organized and conducted health workshops and interactive sessions for expectant mothers, caregivers, and community members. These workshops covered topics such as prenatal care, breastfeeding, child nutrition, and the importance of vaccination.

Specialized antenatal clinics were set up, offering free prenatal check-ups, ultrasounds, and nutritional counseling to expectant mothers. Students organized child health camps, providing growth monitoring, developmental assessments, and vaccinations for children in the community.

Informational brochures, pamphlets, and posters were created and distributed to reinforce key health messages and practices. Students conducted home visits to assess living conditions, offer guidance, and provide support to families, particularly those with high-risk pregnancies or children with special needs.

The event was a successful one by actively engaging with the community and addressing critical maternal and child health concerns, nursing students have contributed significantly to improving the health and well-being of mothers and children in the local community.



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Photo Gallery

### Maternal and Child Health Initiatives Awareness Campaign on 7th October 2019



PRINCIPAL Bri Rangapoopathi College of Hursing Alampoondi-604 151,

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### Report on Health Screenings for Common Diseases December 6th, 2019

No of Participants: (4<sup>th</sup> year B.SC Nursing)

On December 6th 2019, a Health Screening event was organized aimed at promoting community health and awareness. The event was held at college premises and featured a range of health screenings for common diseases. The initiative sought to provide accessible healthcare services, educate participants about the importance of preventive health measures, and encourage early detection of common diseases.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year B.SC Nursing.

Participants had their blood pressure measured to assess cardiovascular health. Blood glucose levels were checked to detect potential diabetes or prediabetes. BMI assessments helped determine if individuals were within a healthy weight range. Lipid profile assessments aided in evaluating cholesterol levels. Visual acuity tests were conducted, and information on maintaining eye health was provided.

The Health Screening event was marked by various activities that engaged participants and promoted a holistic approach to health. Participants could seek one-on-one consultations with healthcare professionals to discuss their screening results and receive personalized health advice.

The Health Screening helped the community in engagement and education in promoting public health. By providing free screenings, educational resources, and personalized advice, the event contributed to improving the health and well-being of participants.



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Photo Gallery

Health Screenings for Common Diseases December 6th, 2019



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# Report on Promotion of Healthy Lifestyles for the Community

January 10th, 2020

No of Participants:68 (2nd year B.SC Nursing)

On January 10th, 2020, a seminar on the Promotion of Healthy Lifestyles for the Community was conducted at college seminar hall. This event was aimed to empower community members with knowledge and strategies for adopting and maintaining healthy lifestyles. The seminar covered a wide range of topics related to physical, mental, and social well-being.

The programme started by inauguration in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2nd year B.SC Nursing.

Expert speakers delivered keynote addresses on various aspects of healthy living, including nutrition, physical fitness, mental health, and stress management. Fitness instructors led practical sessions on exercise routines, stretching, and the benefits of regular physical activity. Community leaders shared success stories and discussed initiatives for promoting health at the community level.

The Seminar on Promotion of Healthy Lifestyles for the Community was a resounding success. It highlighted the importance of proactive community engagement in health promotion and education. By equipping community members with knowledge and strategies for healthier living, the seminar contributed to improving the health and well-being of individuals and the community.



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Photo Gallery

# Promotion of Healthy Lifestyles for the Community January 10th, 2020



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### Report on Outreach to schools for health education February 6th, 2020

No of Participants: (3<sup>rd</sup> year B.SC Nursing)

On February 6th, 2020, a comprehensive outreach program was organized to deliver health education to nearby schools. The initiative, coordinated by faculty and students of nursing aimed to provide school students with essential knowledge and skills related to health and well-being. This report outlines the details, objectives, activities, and outcomes of the outreach program.

The programme started by inauguration in the presence of Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, Staff and 3rd year B.SC Nursing.

The program encouraged the selection of student health ambassadors in each school, responsible for promoting health education and awareness within their school communities. Practical demonstrations were carried out to teach students about proper handwashing techniques, healthy cooking, and exercise routines. Students had the opportunity to ask questions and clarify doubts during open question-and-answer sessions.

The outreach program strengthened the connection between schools, the organizing institution, and the broader community, emphasizing the importance of collective efforts in health education. Many students expressed an intention to adopt healthier lifestyles, including improved dietary choices, regular exercise, and better mental health practices. Students gained valuable knowledge about health-related topics, reducing misinformation and promoting evidence-based understanding.



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Photo Gallery

Outreach to schools for health education February 6th, 2020



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Report on Covid-19 Awareness 5<sup>th</sup> May 2020

No of Participants: 68 (2<sup>nd</sup> year B.SC Nursing)

In response to the ongoing crisis, a comprehensive COVID-19 awareness campaign was initiated on 5<sup>th</sup> May 2020 to educate and inform the students about the virus, its transmission, prevention, and the importance of vaccination.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year Bsc. Nursing students

Sessions featuring medical experts and health professionals provided insights into the latest developments and guidelines related to COVID-19. Collaborations with healthcare providers facilitated vaccination drives to increase vaccination coverage within the community.

The COVID-19 awareness campaign was a pivotal initiative in addressing the challenges posed by the pandemic. By providing accurate information, encouraging preventive behaviours, and promoting vaccination, the campaign contributed to reducing the impact of the virus on communities. The campaign effectively countered misinformation and myths about COVID-19, promoting accurate information sources. The event successfully increased awareness about COVID-19, its symptoms, transmission, and prevention measures.

Continued efforts in COVID-19 awareness and vaccination promotion remain essential as we strive to overcome the ongoing challenges posed by the pandemic and protect the health and well-being of our society.



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Photo Gallery

Covid-19 Awareness 5<sup>th</sup> May 2020



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September 19th 2019

### **CIRCULAR**

Dear Students,

" Awareness to pregnant mothers" will be conducted on September 19<sup>th</sup> 2019 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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September 19<sup>th</sup> 2019

### REPORT of Awareness to pregnant mothers

Venue: Rangapoopathi College of Nursing Campus

Date: September 19<sup>th</sup> 2019

Starting Time: 10.00 am

#### **Introduction:**

On September 19<sup>th</sup> 2019 ,Sri Rangapoopathi College of Nursing conducted an awareness campaign targeted towards pregnant mothers. The campaign aimed to educate expectant mothers about various aspects of prenatal care, childbirth, and postnatal care, with the goal of promoting maternal and infant health and reducing maternal mortality and morbidity rates.

### **Objectives:**

- i. Educate pregnant mothers about the importance of prenatal care and regular check-ups during pregnancy.
- ii. Provide information on proper nutrition, exercise, and lifestyle habits to promote a healthy pregnancy.
- iii. Raise awareness about danger signs during pregnancy and childbirth and the importance of seeking timely medical assistance.
- iv. Empower pregnant women with knowledge and skills for childbirth preparation and postnatal care.

### **Event Highlights:**

#### 1. Pre-Event Preparations:

- A multidisciplinary team comprising nursing faculty, healthcare professionals, and community health workers was formed to plan and execute the awareness campaign.
- Educational materials, including brochures, posters, and multimedia presentations, were prepared to disseminate essential information to pregnant mothers.

#### 2. Community Outreach:

• Community health centers, antenatal clinics, and maternity hospitals were identified as key locations for reaching pregnant mothers.



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• Nursing students and faculty conducted door-to-door visits, community meetings, and health education sessions to engage with pregnant women and their families.

### 3. Educational Workshops and Seminars:

- Interactive workshops and seminars were organized to cover topics such as prenatal nutrition, antenatal care, childbirth preparation, breastfeeding, and postnatal care.
- Expert speakers, including obstetricians, pediatricians, nutritionists, and lactation consultants, were invited to share their insights and expertise with the participants.

### 4. Health Screenings and Counseling:

- Free health screenings, including blood pressure monitoring, blood glucose testing, and prenatal check-ups, were offered to pregnant mothers.
- Individual counseling sessions were conducted to address specific concerns and provide personalized guidance on maternal and infant health.

#### 5. Distribution of Educational Materials:

• Informational pamphlets, leaflets, and booklets containing practical tips and guidelines for maternal and infant care were distributed to pregnant mothers to reinforce key messages and facilitate self-care practices at home.

Conclusion: The Awareness Campaign for Pregnant Mothers organized by Sri Rangapoopathi College of Nursing was a meaningful endeavor aimed at empowering expectant mothers with knowledge and resources to navigate the journey of pregnancy and childbirth safely and confidently. By promoting proactive prenatal care and fostering a supportive community environment, we aspire to improve maternal and infant health outcomes and contribute to the well-being of families and communities.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this initiative. Special thanks to the nursing faculty and students for their dedication and hard work in organizing and conducting the awareness campaign.



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Photo Gallery of Awareness to pregnant mothers on September 19<sup>th</sup> 2019







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November 13<sup>th</sup> 2019

### **CIRCULAR**

Dear Students,

"Rally for awareness on usage of plastic" will be conducted on November 13<sup>th</sup> 2019 at 10.00 am in SRP College Of Nursing Auditorium..

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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Bri Rangapoopathi College of Hursing

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November 13<sup>th</sup> 2019

### REPORT of Rally for awareness on usage of plastic

Venue: SRP College Of Nursing Auditorium

Date: November 13<sup>th</sup> 2019 Starting Time: 10.00 am

**Introduction:** 

On November 13<sup>th</sup> 2019, Sri Rangapoopathi College of Nursing organized a rally for awareness on the usage of plastic as part of our commitment to environmental sustainability and community engagement. The rally aimed to educate students, faculty, and the wider community about the harmful effects of plastic pollution and promote the adoption of eco-friendly alternatives.

### **Objectives:**

- i. Raise awareness about the detrimental impact of plastic pollution on the environment, wildlife, and human health.
- ii. Educate participants about sustainable practices and alternatives to single-use plastics.
- iii. Inspire individuals to take action to reduce their plastic consumption and contribute to a cleaner, healthier planet.

### **Event Highlights:**

#### 1. Pre-Rally Preparations:

- A planning committee comprising faculty members, students, and environmental enthusiasts was formed to organize the event.
- Meetings were held to brainstorm ideas, set objectives, and allocate responsibilities.

### 2. Promotion and Outreach:

- Various promotional activities were undertaken, including social media campaigns, poster distributions, and announcements during college events.
- Engagements with local media outlets helped to generate buzz and attract wider participation.

#### 3. Rally Day Activities:

- The rally commenced with an opening ceremony featuring speeches by college officials and environmental activists highlighting the urgency of addressing plastic pollution.
- Participants were provided with placards and banners carrying impactful messages advocating for plastic reduction.



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- A march around the college campus was organized, drawing attention to the cause and engaging bystanders in conversations about plastic pollution.
- Educational booths were set up showcasing eco-friendly alternatives to single-use plastics and providing informative materials on recycling and waste management.
- Interactive activities such as a plastic waste cleanup drive encouraged hands-on participation and demonstrated the immediate impact of collective action.

### 4. Guest Speakers and Presentations:

- Esteemed guest speakers, including environmental scientists and sustainability experts, delivered informative presentations on the environmental, social, and economic implications of plastic pollution.
- Interactive Q&A sessions allowed participants to deepen their understanding and clarify doubts.

### 5. Merchandise and Giveaways:

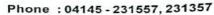
• Reusable items such as tote bags, water bottles, and utensils were distributed to participants as tokens of appreciation and to promote sustainable living practices.

#### **Conclusion:**

The Rally for Awareness on Usage of Plastic by Sri Rangapoopathi College of Nursing was a resounding success, with enthusiastic participation from students, faculty, and the local community. Through collective efforts, we have taken a significant step towards fostering a culture of environmental stewardship and promoting sustainable practices within our college and beyond. We are committed to building on this momentum and continuing our efforts to combat plastic pollution for the betterment of our planet.

#### **Acknowledgments:**

We extend our sincere gratitude to all participants, volunteers, guest speakers, and sponsors who contributed to the success of this event. Special thanks to the organizing committee for their dedication and hard work in making this rally a memorable and impactful experience.





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Photo Gallery of Rally for awareness on usage of plastic on November 13<sup>th</sup> 2019







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June 24<sup>th</sup> 2020

### **CIRCULAR**

Dear Students,

"Drug Free India – by art of living" will be conducted on June 24<sup>th</sup> 2020 at 10.00 am in SRP College Of Nursing Auditorium.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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June 24<sup>th</sup> 2020

### REPORT of Drug Free India – by art of living

Venue: SRP College Of Nursing Auditorium

Date: June 24<sup>th</sup> 2020

Starting Time: 10.00 am

#### **Introduction:**

On June 24<sup>th</sup> 2020 Sri Rangapoopathi College of Nursing in collaboration with Art of Living Foundation, organized an initiative to promote a Drug Free India. This initiative aimed to raise awareness about the harmful effects of drug abuse, empower individuals with knowledge and skills to resist substance use, and foster a supportive community committed to a drug-free lifestyle. **Objectives:** 

- i. Educate students and the wider community about the dangers of drug abuse and its impact on physical, mental, and social well-being.
- ii. Provide information and resources on addiction prevention, rehabilitation, and support services.
- iii. Encourage individuals to make healthy lifestyle choices and cultivate resilience against peer pressure and societal influences promoting drug use.

#### **Event Highlights:**

### 1. Pre-Event Preparations:

- A planning committee consisting of faculty members, students, and representatives from Art of Living Foundation was formed to organize and coordinate the initiative.
- Meetings were conducted to outline objectives, plan activities, and assign tasks to committee members.

#### 2. Promotion and Outreach:

• Various promotional channels, including social media, posters, and announcements, were utilized to raise awareness about the initiative and encourage participation.



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• Engagements with local communities and schools helped extend the reach of the initiative and foster collaboration.

### 3. Awareness Sessions and Workshops:

- Informative sessions were conducted by experts from Art of Living Foundation and healthcare professionals specializing in addiction counseling.
- Topics covered included the physiological and psychological effects of different drugs, warning signs of addiction, and strategies for prevention and intervention.
- Interactive workshops equipped participants with coping mechanisms, stress management techniques, and mindfulness practices to promote overall well-being and resilience against substance abuse.

### 4. Peer Support and Counseling:

- Peer support groups were established to provide a safe space for individuals to share their experiences, seek guidance, and offer mutual support in overcoming addiction challenges.
- Counseling services were made available to students and community members struggling with substance abuse issues, facilitating access to professional help and rehabilitation resources.

### 5. Community Engagement Activities:

- Community outreach programs, including awareness campaigns, rallies, and street plays, were organized to disseminate information about drug abuse prevention and promote healthy lifestyle choices.
- Collaboration with local authorities and NGOs facilitated the implementation of outreach initiatives and access to support services for affected individuals and families.

**Conclusion:** The Drug Free India initiative by Sri Rangapoopathi College of Nursing in collaboration with Art of Living Foundation was a significant step towards addressing the menace of drug abuse and fostering a culture of prevention, rehabilitation, and support.

**Acknowledgments:** We extend our heartfelt gratitude to all participants, volunteers, guest speakers, and partners who contributed to the success of this initiative. Special thanks to Art of Living Foundation for their invaluable support and guidance throughout the planning and implementation process.



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### Photo Gallery of Drug Free India – by art of living on June 24<sup>th</sup> 2020







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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

December 30, 2020

### **CIRCULAR**

Dear Students,

"Environment day celebration" will be conducted on December 30th 2020 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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Alampoondi-604 151,

Ginges Taluk., Villupuram Dist.



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Alampoondi, Gingee Taluk, Villupuram Dist, Tamilnadu. Pin: 604151.

December 30, 2020

### REPORT of Environment day celebration

Venue: Rangapoopathi College of Nursing Campus

Date: December 30th 2020

Starting Time: 10.00 am

#### **Introduction:**

On December 30th 2020, Sri Rangapoopathi College of Nursing celebrated Environment Day with great enthusiasm and dedication. The event aimed to raise awareness about environmental conservation, promote sustainable practices, and inspire individuals to take action towards protecting our planet.

### **Objectives:**

- i. Raise awareness about pressing environmental issues, including climate change, pollution, and biodiversity loss.
- ii. Educate students, faculty, and staff about the importance of adopting eco-friendly habits and reducing their carbon footprint.
- iii. Engage in community outreach activities to promote environmental stewardship and inspire collective action.
- iv. Showcase innovative solutions and initiatives contributing to environmental sustainability.

### **Event Highlights:**

#### **Event Highlights:**

#### 1. Theme and Decor:

- The event was themed around this year's World Environment Day theme, with decorations and visuals emphasizing the importance of ecosystem restoration.
- Eco-friendly materials such as recycled paper, bamboo, and plant-based decorations were used to minimize environmental impact.

#### 2. Educational Workshops and Seminars:

• Interactive workshops and seminars were conducted on topics such as climate change, waste management, renewable energy, and sustainable agriculture.



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 Guest speakers, including environmental experts, scientists, and activists, shared their knowledge and insights on pressing environmental issues and practical solutions.

#### 3. Tree Plantation Drive:

- A tree plantation drive was organized on the college campus and surrounding areas to promote afforestation and biodiversity conservation.
- Students, faculty, and staff actively participated in planting saplings of native tree species, contributing to greening efforts and carbon sequestration.

### 4. Clean-Up Campaign:

- A clean-up campaign was initiated to remove litter and plastic waste from the college premises and nearby public spaces.
- Participants volunteered their time to collect and properly dispose of waste, raising awareness about the importance of waste reduction and recycling.

#### 5. Awareness Booths and Exhibitions:

- Educational booths and exhibitions were set up to showcase sustainable practices, eco-friendly products, and initiatives promoting environmental conservation.
- Students presented innovative projects and research findings related to environmental sustainability, sparking conversations and inspiring action among attendees.

Conclusion: The Environment Day Celebration by Sri Rangapoopathi College of Nursing was a resounding success, with active participation from students, faculty, staff, and community members. Through engaging workshops, hands-on activities, and community outreach initiatives, we succeeded in raising awareness about environmental issues and fostering a sense of responsibility towards protecting our planet. As stewards of the environment, we remain committed to promoting sustainable living practices and advocating for positive change in our local and global communities.

**Acknowledgments:** We extend our heartfelt gratitude to all participants, volunteers, guest speakers, and partners who contributed to the success of this event. Special thanks to the organizing committee and sponsors for their dedication and support in planning and executing the Environment Day Celebration.



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Photo Gallery of Environment day celebration on December 30, 2020







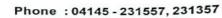
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Alampoondi-604 151,
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Date: 30/08/2018



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SRCon/PO/2018-19/ Cir/

### CIRCULAR

One day seminar on "Anti-Ragging and Drug Abuse" will be conducted on 3<sup>rd</sup> September 2018 at Auditorium. All the 1<sup>st</sup> year students are informed to be present at Auditorium at 9.30am without fail.

Principal

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Bri Rangapoopathi College of Nursing
Alampoondi-604 151,
Gingee Taluk., Villupuram Dist

Copy to

- 1. Class
- 2. Notice board



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Report on
One day seminar on
"Anti-Ragging and Drug Abuse"
On 3<sup>rd</sup> September 2018

No of Participants: 69 (all 1<sup>st</sup> year students)

An informative and crucial seminar on "Anti-Ragging and Drug Abuse" was organized on 3<sup>rd</sup> September 2018. The event aimed to address two significant concerns prevalent in educational institutions - ragging and drug abuse. This seminar was an earnest endeavor to create awareness among students, faculty, and staff about the harmful consequences of these activities and to foster a safe and nurturing environment within the institution.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 1<sup>st</sup> year Bsc. Nursing students.

Distinguished experts in the fields of psychology, law enforcement, and student counseling delivered informative presentations on the psychological, legal, and societal aspects of ragging and drug abuse.

The Seminar on Anti-Ragging and Drug Abuse served as a critical step towards creating a safe and nurturing environment within the institution. By raising awareness, providing information, and encouraging active participation, this event contributes to the prevention of ragging and drug abuse on campus.

Continued efforts in this direction, including ongoing awareness campaigns and support services, are essential to ensure that the institution remains a safe and inclusive place for all.



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Photo Gallery

One day seminar on Anti-Ragging and Drug Abuse On 3<sup>rd</sup> September 2018



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### Report on Blood Donation Camp On 8<sup>th</sup> November 2018

No of Participants:50 (all 2<sup>nd</sup> year students)

A Blood Donation Camp was successfully organized on 8th November 2018. This event was a collaborative effort involving students, faculty, and the local community, aimed at addressing the constant need for a steady supply of blood and raising awareness about the importance of voluntary blood donation.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2nd year Bsc. Nursing students

The primary purpose of the Blood Donation Camp was to meet the increasing demand for safe blood while promoting a culture of voluntary blood donation among students and the community. The core of the event was the blood donation drive, where students and community members willingly donated blood. Trained medical staff supervised the process to ensure the safety and well-being of donors.

Before donating blood, participants attended informative sessions where they learned about the importance of blood donation, the screening and testing processes, and the impact of their contributions. To express gratitude to the donors, a token of appreciation, such as certificates or small gifts, was given to each participant. After donating blood, participants were provided with refreshments and a snack to aid in their recovery and refresh their energy. The event was open to the local community, and residents were encouraged to participate, fostering a sense of community involvement and unity.

The Blood Donation Camp organized by Sri Rangapoopathi College of Nursing exemplifies the institution's dedication to healthcare and community well-being. By addressing the vital need for safe blood while instilling a culture of voluntary donation, this event significantly contributes to improving healthcare services and saving lives in the local community.

It is imperative that such initiatives continue to be organized, supported, and expanded upon, as they are essential in meeting the ongoing demand for blood and nurturing a generation of responsible and compassionate citizens.



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Photo Gallery

Blood Donation Camp On 8<sup>th</sup> November 2018



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# Report on AIDS Awareness Walkathon On 1<sup>st</sup> December 2018

No of Participants: 50 (3<sup>rd</sup> year B.SC Nursing)

On December 1, 2018, students from 3<sup>rd</sup> year B.SC Nursing organized AIDS Awareness Walkathon. This event was organized to commemorate World AIDS Day and aimed to raise awareness about HIV/AIDS, promote prevention, reduce stigma, and show support for those affected by the disease.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2nd year Bsc. Nursing students

The Walkathon commenced at College premises at 10 am. Students, faculty members, and community members, clad in red ribbons and t-shirts bearing AIDS awareness messages, gathered to demonstrate their commitment to the cause. The atmosphere was filled with enthusiasm and determination to make a positive impact.

The AIDS Awareness Walkathon, was a resounding success. It exemplified our collective commitment to addressing the HIV/AIDS epidemic through education, advocacy, and community engagement. It is vital to continue organizing such events to maintain awareness and support for those affected by HIV/AIDS and to strive for a world where the disease no longer poses a threat to our communities.



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Photo Gallery

AIDS Awareness Walkathon On 1<sup>st</sup> December 2018



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Report on Health Awareness Workshop On 5<sup>th</sup> February 2019

No of Participants: 48 (4th year B.SC Nursing)

A comprehensive Health Awareness Workshop was organized on 5<sup>th</sup> February 2019. This workshop served as an educational platform to disseminate vital health information, promote healthy lifestyles, and empower participants to take charge of their well-being.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year Bsc. Nursing students

The primary purpose of the Health Awareness Workshop was to educate and empower individuals with the knowledge and tools needed to make informed decisions about their health.

Expert speakers, including healthcare professionals and educators, conducted sessions on topics such as nutrition, physical fitness, disease prevention, and mental health. Participants engaged in interactive workshops where they learned practical skills related to healthy cooking, stress management, and physical fitness. Health professionals provided free health screenings, including blood pressure checks, blood glucose testing, and BMI measurements, promoting early detection of health issues.

The Health Awareness Workshop organized exemplified the institution's commitment to healthcare education and community welfare. By providing a platform for education and empowerment, this workshop has contributed significantly to enhancing the health and well-being of participants and the broader community.



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Photo Gallery

Health Awareness Workshop On 5<sup>th</sup> February 2019



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### Report on Women Hygiene Awareness Campaign On 18<sup>th</sup> March 2019

No of Participants: 50 (2<sup>nd</sup> year B.SC Nursing)

A Women Hygiene Awareness Campaign was organized on 18<sup>th</sup> March 2019 to promote and educate women about the significance of proper hygiene practices for their physical and emotional well-being. This campaign, a collaborative effort by various community organizations, aimed to empower women with essential knowledge and skills related to hygiene and health.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 2<sup>nd</sup> year Bsc. Nursing students

Expert speakers and healthcare professionals conducted workshops on topics such as menstrual hygiene, proper handwashing techniques, feminine hygiene, and sexual health. These workshops were interactive and encouraged open discussions. Informational pamphlets and brochures were distributed, providing written guidance and resources for maintaining hygiene.

Renowned experts and women's health advocates delivered inspirational talks on the importance of prioritizing women's health and hygiene. Hygiene kits containing essential items such as sanitary pads, soap, and hand sanitizers were distributed to all participants to promote healthy hygiene practices.

The Women Hygiene Awareness Campaign served as a crucial step in addressing hygienerelated issues that affect women's health and well-being. It exemplified the power of education, collaboration, and community support in empowering women to prioritize their health and hygiene.



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Photo Gallery

Women Hygiene Awareness Campaign On 18<sup>th</sup> March 2019



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# Report on Tree Plantation Programme On 2nd July 2019

No of Participants: 48(4<sup>th</sup> year B.SC Nursing)

A Tree Plantation programme was organized on 2<sup>nd</sup> July 2019. This initiative was carried out in collaboration with our dedicated students and aimed to contribute to the conservation and greening of our local environment.

The programme was inaugurated in the presence of Thiru. R. Rangapoopathi, the Chairman of Sri Rangapoopathi Group of Institutions, Thiru. R P Sripathi, The Secretary of Sri Rangapoopathi Group of Institutions, Mrs. Kanagalakshmi Principal Sri Rangapoopathi college of Nursing, HODs, Staff and 4<sup>th</sup> year Bsc. Nursing students

Students actively participated in planting a variety of indigenous tree species at a designated location within the institute's premises. The planting process was supervised by experienced personnel to ensure the proper care and maintenance of the saplings.

A distinguished environmentalist was invited to address the gathering, sharing insights into the global significance of afforestation and the role of students in environmental advocacy. Students were encouraged to take leadership roles in organizing and executing the event, enhancing their teamwork and organizational skills. The event was open to the local community, and residents were invited to participate, fostering a sense of community engagement and unity in environmental conservation.

The event successfully raised awareness about the vital role of trees in mitigating climate change, promoting environmental sustainability, and fostering a sense of environmental responsibility among students and the community. The active involvement of the local community in the event strengthened the institute's ties with its neighbours, promoting a sense of shared responsibility for the environment.



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Photo Gallery

Tree Plantation programme On 2nd July 2019



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April 24th 2019

### **CIRCULAR**

Dear Students,

"Tobacco : A Threat to career and Life" awareness program will be conducted on April 24th 2019 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

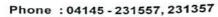
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April 24th 2019

REPORT of Tobacco: A Threat to career and Life

Venue: Rangapoopathi College of Nursing Campus

Date: April 24th 2019

Starting Time: 10.00 am

#### **Introduction:**

On April 24th 2019, Sri Rangapoopathi College of Nursing organized an awareness program titled "Tobacco: A Threat to Career and Life" to educate students, faculty, and community members about the harmful effects of tobacco use on both personal health and professional development. The program aimed to raise awareness, provide education, and empower individuals to make informed choices regarding tobacco use and cessation..

#### **Objectives:**

- i. Raise awareness about the adverse health effects of tobacco use, including respiratory diseases, cardiovascular diseases, and cancer.
- ii. Educate individuals about the impact of tobacco use on academic and career success, including decreased productivity, impaired cognitive function, and financial burdens.
- iii. Promote smoking cessation and encourage individuals to adopt tobacco-free lifestyles for improved health and well-being.
- iv. Provide information about available resources and support services for tobacco cessation and addiction treatment.

#### **Event Highlights:**

#### 1. Educational Presentations and Workshops:

- Expert speakers, including healthcare professionals, addiction counselors, and tobacco control advocates, delivered presentations on the health risks of tobacco use, addiction mechanisms, and strategies for cessation.
- Interactive workshops were conducted to engage participants in discussions about tobacco-related myths, misconceptions, and industry tactics targeting youth.

### 2. Personal Testimonials and Story Sharing:

• Individuals who have successfully quit smoking or overcome tobacco addiction shared their personal stories and experiences with participants.



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• Their testimonials highlighted the challenges of quitting tobacco, the benefits of cessation, and the importance of seeking support from peers and healthcare providers.

### 3. Awareness Campaigns:

- Awareness campaigns were launched to disseminate information about the harmful effects of tobacco use through posters, brochures, and social media.
- Community health workers and nursing students conducted outreach activities, such as street plays and health fairs, to reach a wider audience and promote tobacco-free lifestyles.

### 4. Smoking Cessation Resources:

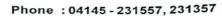
- Information booths and resource centers were set up to provide access to tobacco cessation resources, including helplines, support groups, and nicotine replacement therapies.
- Trained counselors and healthcare professionals were available to offer personalized counseling and assistance to individuals interested in quitting tobacco.

### 5. Policy Advocacy and Community Engagement:

- Advocacy sessions were organized to discuss the importance of tobacco control policies, such as smoke-free laws, tobacco taxation, and advertising restrictions.
- Participants were encouraged to become advocates for tobacco control in their communities and to support policy measures that protect public health and promote tobacco-free environments.

Conclusion: The "Tobacco: A Threat to Career and Life" Awareness Program by Sri Rangapoopathi College of Nursing was a comprehensive initiative aimed at addressing the multifaceted impact of tobacco use on personal health, academic success, and professional development. Through education, advocacy, and community engagement, we aimed to empower individuals to make healthier choices and contribute to tobacco-free environments.

**Acknowledgments:** We extend our sincere gratitude to all participants, speakers, volunteers, and community partners who contributed to the success of this program. Special thanks to the organizing committee for their dedication and commitment to promoting tobacco awareness and cessation efforts.





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Photo Gallery of Tobacco: A Threat to career and Life on April 24th 2019







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March 24th 2019

### **CIRCULAR**

Dear Students,

"World TB day Programme" will be conducted on March 24th 2019 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

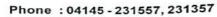
Attendance is compulsory.

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March 24th 2019

### REPORT of World TB day Programme

Venue: SRP Nursing Auditorium

Date: March 24th 2019

Starting Time: 10.00 am

#### **Introduction:**

On March 24th 2019, Sri Rangapoopathi College of Nursing organized a programme to commemorate World Tuberculosis (TB) Day and raise awareness about the global burden of tuberculosis, its prevention, and treatment. The programme aimed to educate students, faculty, and community members about the importance of TB control efforts and to promote advocacy for eliminating TB as a public health threat.

#### **Objectives:**

- i. Raise awareness about tuberculosis as a global health issue and its impact on individuals, families, and communities.
- ii. Provide education about the causes, symptoms, modes of transmission, and risk factors associated with tuberculosis.
- iii. Promote early detection, diagnosis, and treatment of tuberculosis to prevent its spread and reduce mortality.
- iv. Advocate for policies and initiatives to strengthen TB control efforts, improve access to healthcare services, and address social determinants of TB.

#### **Event Highlights:**

### 1. Educational Workshops and Seminars:

- Interactive workshops and seminars were conducted to provide information about tuberculosis, its epidemiology, transmission dynamics, and prevention strategies.
- Expert speakers, including pulmonologists, infectious disease specialists, and TB program managers, shared their knowledge and experiences with participants.

#### 2. TB Screening and Diagnostic Camps:

• Free TB screening camps were organized at community health centers and mobile clinics to detect cases of active TB and latent TB infection among community members.



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• Participants with suspected TB symptoms were referred for further evaluation and diagnostic testing to confirm TB diagnosis and initiate treatment.

### 3. Awareness Campaigns:

- Awareness campaigns were launched to disseminate information about TB signs and symptoms, risk factors, and preventive measures through posters, leaflets, and social media.
- Community health workers and nursing students conducted door-to-door visits and street plays to engage community members and promote TB awareness.

### 4. Advocacy Initiatives:

- Advocacy sessions were organized to discuss policy challenges, funding gaps, and barriers to TB control and to mobilize stakeholders for collective action.
- Participants were encouraged to advocate for increased investment in TB research, diagnostics, and treatment, as well as for addressing social determinants of TB, such as poverty and inequity.

### 5. Community Engagement Activities:

- Community forums and town hall meetings were held to facilitate dialogue between healthcare providers, policymakers, TB survivors, and community members about TB control priorities and strategies.
- Participants shared their perspectives, experiences, and recommendations for strengthening TB control efforts and addressing TB-related stigma and discrimination.

**Conclusion:** The World TB Day Programme by Sri Rangapoopathi College of Nursing was a significant initiative aimed at raising awareness, promoting education, and advocating for action on tuberculosis. Through collaborative efforts, we aimed to mobilize community support, engage stakeholders, and accelerate progress towards ending the TB epidemic.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, healthcare professionals, and community partners who contributed to the success of this programme. Special thanks to the organizing committee for their dedication and commitment to advancing TB control efforts and promoting TB awareness.



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Photo Gallery of World TB day Programme on March 24th 2019







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May 25th 2019

### **CIRCULAR**

Dear Students,

"World free plastic day & cleanliness drive" awareness program will be conducted on May 25th 2019 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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May 25th 2019

### REPORT of World free plastic day & cleanliness drive

Venue: Rangapoopathi College of Nursing Campus

Date: May 25th 2019

Starting Time: 10.00 am

#### **Introduction:**

On May 25th 2019, Sri Rangapoopathi College of Nursing organized a special event to commemorate World Free Plastic Day and conduct a cleanliness drive in collaboration with students, faculty, and community members. The event aimed to raise awareness about the harmful effects of plastic pollution on the environment and promote sustainable practices to reduce plastic usage and maintain cleanliness in our surroundings.

### **Objectives:**

- i. Raise awareness about the environmental impact of plastic pollution, including its effects on marine life, ecosystems, and human health.
- ii. Educate students, faculty, and community members about the importance of reducing plastic usage, recycling, and adopting eco-friendly alternatives.
- iii. Conduct a cleanliness drive to remove plastic waste and litter from the college campus and surrounding areas.
- iv. Engage participants in hands-on activities and initiatives to promote sustainable living practices and environmental stewardship.

#### **Event Highlights:**

#### 1. Educational Workshops and Presentations:

- Expert speakers, environmental activists, and waste management professionals delivered presentations on the impact of plastic pollution and the importance of adopting sustainable practices.
- Workshops were conducted to provide practical tips and strategies for reducing plastic usage, such as using reusable bags, bottles, and containers.

#### 2. Cleanliness Drive:

• Participants, including students, faculty, and community volunteers, actively participated in a cleanliness drive to collect and dispose of plastic waste and litter from the college campus and surrounding areas.



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• Teams were assigned specific areas for cleanup, and proper waste segregation and disposal practices were followed to ensure environmental safety.

### 3. Recycling Initiatives:

- Recycling stations were set up to collect plastic bottles, containers, and other recyclable materials for proper recycling and waste diversion.
- Demonstrations on recycling techniques and DIY upcycling projects were conducted to encourage creative ways to repurpose plastic waste.

#### 4. Tree Plantation and Green Initiatives:

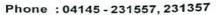
- As part of the event, tree plantation drives and green initiatives were organized to enhance green cover and promote biodiversity conservation.
- Participants planted trees and saplings in designated areas, contributing to the restoration of ecosystems and mitigating the effects of climate change.

### 5. Community Outreach and Advocacy:

- Community outreach activities, such as door-to-door campaigns and public awareness drives, were conducted to engage residents and businesses in adopting plastic-free and environmentally friendly practices.
- Advocacy efforts were made to promote policy interventions and regulations aimed at reducing single-use plastics and promoting sustainable waste management practices.

Conclusion: The World Free Plastic Day & Cleanliness Drive by Sri Rangapoopathi College of Nursing was a collaborative effort aimed at raising awareness, promoting action, and inspiring positive change towards a cleaner and greener environment. Through education, advocacy, and community engagement, we demonstrated our commitment to environmental conservation and sustainability.

**Acknowledgments:** We extend our sincere gratitude to all participants, volunteers, faculty, and community partners who contributed to the success of this event. Special thanks to the organizing committee for their dedication and leadership in coordinating the activities and mobilizing support for the cause.





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Photo Gallery of World free plastic day & cleanliness drive on May 25th 2019







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January 18th 2019

### **CIRCULAR**

Dear Students,

"Promoting Mental Health and Well-being" will be conducted on January 18th 2019 at 10.00 am in Sri Rangapoopathi College of Nursing Campus.

All the students are informed to be present at 9.45am and assemble without fail.

Attendance is compulsory.

For SRI RANGAPOOPATHI COLLEGE OF NURSING,

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January 18th 2019

### REPORT of Promoting Mental Health and Well-being

Venue: Promoting Mental Health and Well-being

Date: January 18th 2019

Starting Time: 10.00 am

#### **Introduction:**

On January 18th 2019, Sri Rangapoopathi College of Nursing organized a series of events aimed at promoting mental health and well-being among students, faculty, and community members. The initiative aimed to raise awareness about mental health issues, reduce stigma, and provide support and resources for individuals experiencing mental health challenges.

#### **Objectives:**

- i. Raise awareness about the importance of mental health and well-being for overall health and quality of life.
- ii. Educate students, faculty, and community members about common mental health disorders, their signs and symptoms, and available treatment options.
- iii. Provide support and resources for individuals experiencing mental health challenges, including access to counseling services and mental health professionals.
- iv. Promote self-care practices, stress management techniques, and resilience-building strategies to enhance mental well-being.

### **Event Highlights:**

#### 1. Educational Workshops and Seminars:

- Expert speakers, mental health professionals, and psychologists delivered presentations on various aspects of mental health, including stress management, anxiety, depression, and self-care.
- Workshops were conducted to teach coping skills, relaxation techniques, and mindfulness practices for promoting mental well-being.

#### 2. Counseling and Support Services:

• Counseling booths and support centers were set up on campus and at community health centers to provide confidential counseling services and mental health assessments.



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• Trained counselors and mental health professionals offered individual and group counseling sessions to address specific concerns and provide emotional support.

### 3. Awareness Campaigns:

- Awareness campaigns were launched to challenge misconceptions and stereotypes about mental illness and promote understanding and empathy towards individuals with mental health disorders.
- Informational materials, including brochures, posters, and social media posts, were distributed to raise awareness about mental health resources and encourage help-seeking behavior.

#### 4. Wellness Activities:

- Wellness activities, such as yoga sessions, meditation workshops, and art therapy sessions, were organized to promote relaxation, stress relief, and emotional wellbeing.
- Participants were encouraged to engage in physical activities, hobbies, and creative outlets as part of their self-care routine.

### 5. Community Engagement and Advocacy:

- Community forums and panel discussions were held to discuss mental healthrelated topics, share personal experiences, and advocate for policy changes and resource allocation for mental health services.
- Participants were encouraged to become mental health advocates and ambassadors in their communities and to promote mental health awareness and support networks.

**Conclusion:** The initiative to promote mental health and well-being by Sri Rangapoopathi College of Nursing was a significant step towards creating a supportive and inclusive environment that prioritizes mental health and resilience. Through education, support services, and community engagement, we aim to empower individuals to prioritize their mental well-being and access the resources they need to thrive.

**Acknowledgments:** We extend our sincere gratitude to all participants, speakers, volunteers, mental health professionals, and community partners who contributed to the success of this initiative. Special thanks to the organizing committee for their dedication and commitment to promoting mental health awareness and support.



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Photo Gallery of Promoting Mental Health and Well-being on January 18th 2019







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PRINCIPAL

Bri Rangapoopathi College of Nursing
Alampoondi-604 151,
Ginges Taluk., Villupuram Dist.