

From
Dr. U. Veerendra
Asst. Professor
NSS Programme Officer
RIPER, K. R. Palli Cross, Chiyvedu (p),
Ananthapuramu-515721.

To
Dr. S. Sharada
Asso. Professor in Chemical Engg., &
NSS Programme Coordinator
JNTUA, Ananthapuramu-515002

Sub: NSS – Regular Programs conducted at Raghavendra Institute of Pharmaceutical Education and Research (RIPER) – NSS Unit-II Submission of Report-Regarding: -

Ref: NSS guidelines issued by NSS Programme Co-ordinator, JNTUA, ATP.

With reference to the subject cited above, I would like to submit the regular programs conducted at Raghavendra Institute of Pharmaceutical Education and Research, Ananthapuramu for the year 2021-2022, the details of which are as follows.

S. No	Programmes	Date	Time
1	World Immunization Week	24.04.2021 to 30.04.2021	10-12PM
2	Clean Your Hands Campaign, World Asthma Day-2021	05.05.2021	09-01PM
3	International Yoga Day-2021	21.06.2021	03-05PM
4	Hepatitis can't wait – World Hepatitis Day	28.07.2021	02-04PM
5	Fit India Freedom Run 2.0 – 2021	13.08.2021	09-11AM
6	Independence Day-2021	15.08.2021	08-11AM
7	COVID-19 Vaccination Drive-I	01.09.2021	09-12PM
8	COVID-19 Vaccination Drive-II	01.10.2021	09-12PM
9	National Unity Day-2021	31.10.2021	10-11AM
10	National Education Day-2021, National Education Policy (NEP)	11.11.2021	10-01PM
11	Constitution Day-2021	26.11.2021	10-12PM
12	Human Rights Day-2021	10.12.2021	03-05PM
13	Republic Day Celebrations-2022	26.01.2022	08-11AM
14	Blood Donation Camp-2022	23.03.2022	09-02PM

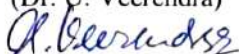
1. Immunization week from April 24th to 30th was observed by lectures and by presenting the immunization charts to the students emphasizing its importance in preventing diseases in children and elderly.
2. May 5th of every year was observed as world asthma day for asthma control and effective management and clean your hands day was also observed for promoting hand hygiene.
3. 8th International Day of Yoga was celebrated by observing the basic yoga protocols and students were instructed to best use WHO mYoga app for integrating yoga and yogic practice into daily life.
4. Second edition of Fit India Freedom run was conducted from campus to Chiyyedu village, for which NSS Unit-II students participated and interacted with village people, and pledged to do daily physical activities.
5. 74th Independence Day celebrated at campus by flag hoisting.
6. COVID-19 vaccination programmes for students were organized with the help of Kavitha, ANM, Chiyyedu on 1st September and 1st October for immunization and prevention for COVID-19 spread.
7. November 11th, celebrated as National Education Day to commemorate the birth anniversary of Maulana Abul Kalam Azad, the first education minister of the country.
8. Samvidhan Divas, Constitution Day was observed by commemorating the adaption of Constitution of India and reading the Preamble to Indian Constitution on 26th, November.
9. On December 10th, Human Rights Day was observed on theme: Equality -Reducing inequalities, advancing human rights by conducting elocution and debate on human rights and its violation, government's role.
10. 73rd Republic Day was celebrated on 26th January to honor the existence of the Indian Constitution.
11. NSS Unit-II organized Blood donation camp in association with Blood Bank, Rural Development Trust and IPA Ananthapuramu Branch, and which was inaugurated by Prof. Y. Padmanabha Reddy, Principal, Dr. J. Ravindra Reddy, Vice-Principal, Dr. Kishore Kumar, Head-Blood Bank, RDT Hospital.

Soft copy of photos and recordings pertaining to the above programmes are here with enclosed for your perusal. The support and services rendered by our principal, volunteers and faculty are remarkable and we are very much pleased to conduct this kind of regular activities in future with your precious guidance.

Thanking you Sir,

Sincerely yours,

(Dr. U. Veerendra)



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Sub: NSS – Special camp conducted at Kandukuru by Raghavendra Institute of Pharmaceutical Education and Research (RIPER) – NSS Unit-II Submission of Report-Regarding: -

Ref: NSS guidelines issued by NSS Programme Co-ordinator, JNTUA, ATP.

With reference to the subject cited above, I would like to submit the special camp programs conducted at Kandukuru village by Raghavendra Institute of Pharmaceutical Education and Research (RIPER) NSS Unit-II, Ananthapuramu for the year 2021-2022, the details of which are as follows.

S. No	Programmes	Date	Time
1	Tobacco control and cancer prevention programme World Water Day-2022	21.03.2022	10-04PM
2	Anaemia awareness programme Sarvodaya Day-2022	22.03.2022	10-04PM
3	Anaemia awareness programme	23.03.2022	10-04PM
4	Health and hygiene for children and childbearing Women	24.03.2022	10-04PM
5	COVID-19 Vaccination awareness	25.03.2022	10-04PM
6	Digital awareness and voter awareness	26.03.2022	10-04PM
7	Awareness on chronic diseases	27.03.2022	10-04PM


1. Programme on Nutrition and its importance for growth and development, particularly in children along with its deficiency disorders was conducted by NSS Unit-II volunteers on first day of special camp programme.
2. On day two, a programme on Tobacco consumption and ill health effects, importance of quitting tobacco and tobacco products, and cancer preventive awareness was conducted.
World Water Day-2022 "Groundwater-Making the invisible visible" was observed by participating in One Minute Challenge by making one minute video on ground water it's importance on your life.
3. Anemia awareness programme particularly for pregnant women and school going girls was conducted by highlighting the locally available recipes and nutritious food.
Sarvodaya Day-Martyrs Day, the anniversary of the death of Bhagat Singh, Sukhdev Thapar and Shivaram Rajguru was observed by paying homage to Bhagat Singh, Sukhdev Thapar and Shivaram.
4. Programme on Self-hygiene, and tackling with age related women safety issues was conducted by NSS Unit-II volunteers.
5. An awareness programme on COVID-19 vaccination and misconceptions about vaccines among village people was conducted by NSS Unit-II volunteers.
6. "Digital money and Cashless transaction" programme was conducted to promote and encourage people towards faceless, paperless, cashless transactions, by NSS Unit-II volunteers.
7. An awareness program on dealing with chronic diseases like diabetes, hypertension, asthma, its causes and preventive measures and management along with COVID-19 preventive measures.

Soft copy of photos and recordings pertaining to the above programmes are here with enclosed for your perusal. The support and services rendered by our principal, volunteers and faculty are remarkable and we are very much pleased to conduct this kind of regular activities in future with your precious guidance.

Thanking you Sir,

Sincerely yours,

(Dr. U. Veerendra)





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National Service Scheme (NSS) Unit-II 2022

Parakram Diwas-2022
 Netaji Subhas Chandra Bose's birth anniversary
 23rd January-2022

The Indian government has decided to celebrate January 23rd as 'Parakram Diwas' to commemorate the birth anniversary of Netaji Subhas Chandra Bose.

ప్రఖ్యాత భారత స్వాతంత్ర్య సమరయోధుడు, యువతరంలో స్వాతంత్ర్య కాంక్షను రేకెత్తించిన నిత్య స్ఫూర్తి ప్రదాత, పాఠ్యుల దోరాటం ద్వారా అంగ్లేయులను చాదలొందించిన వీరుడు నెలాజీ సుభాష్ చంద్రబోస్.

నెలాజీ సుభాష్ చంద్రబోస్ గారి 125 వ జయంతి
 సందర్భంగా RIPER-NSS తరపున మనవిచారణలు అర్చిస్తున్నాం.



Parakram Diwas-2022

Inspirational quotes by Netaji

- It does not matter who among us will live to see India free. It is enough that India shall be free and that we shall give our all to make her free.
- It is blood alone that can pay the price of freedom. Give me blood and I will give you freedom.
- Nationalism is inspired by the highest ideals of the human race, Satyam (the truth), Shreeem (the God), Sundarim (the beautiful).
- Freedom is not given - it is taken.
- One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives.
- No real change in history can be achieved by discussions.
- A true soldier needs both military and spiritual training.
- Remember that the grassest crime is to compromise with injustice and wrong.
- Remember the eternal law: You must give if you want to get.
- Men, money and materials cannot by themselves bring victory or freedom.
- We must have the motive-power that will inspire us to break heads and heretic spirits.
- Life loses half its interest if there is no struggle-if there are no risks to be taken.



"Unlike other ancient civilizations, such as Egypt or Babylon, Phoenicia or even Greece, the ancient culture and civilization of India is not dead...India of the past lives in the present, and will live in the future."
 #NetajiSubhasChandraBose #Netaji125 #ParakramDiwas

Republic Day Celebrations:





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National Service Scheme (NSS) Unit-II 2022



Close
the care
gap



World Cancer Day
4 February



UICC
global cancer control

a leading international awareness day

World Cancer Day held every **4 February** is the global uniting initiative led by the Union for International Cancer Control (UICC). By raising worldwide **awareness**, improving **education** and catalysing personal, collective and government **action**, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live. Created in 2000, World Cancer Day has grown into a **positive movement** for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

So this year's World Cancer Day's theme, "**Close the Care Gap - Everyone deserves access to cancer care**", is all about raising awareness of this equity gap that affects almost everyone, in high as well as low- and middle-income countries, and is costing lives.

Our time to act is now.

Spread the word!

Never underestimate the power of cooperation and collective action to save lives.
Who are you and what will you do on 4 Feb?

Speak up, stand up and take action together this [#WorldCancerDay](#) [#CloseTheCareGap](#) www.worldcancerday.org



RIPER-Autonomous



NSS Units-RIPER



Anantapur Branch



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National Service Scheme (NSS) Unit-II 2022

Close the care gap

World Cancer Day
4 February

uicc
global cancer control

World Cancer Day
4 February

Cancer Signs and Symptoms

Detecting cancer early is one of the most powerful ways we can help save lives. With so many different types of cancers, the symptoms are varied. Yet, there are key signs and symptoms to look out for.

If you experience any of the signs and symptoms, don't be afraid to seek medical advice urgently.

worldcancerday.org

How cancer affects our world

Half the world's population, including one in six globally, has access to good health.

Progress is possible

30-50% of all cancer cases are preventable.

There's a lot we can do

Reducing tobacco use, limiting alcohol consumption, eating a healthy diet, and staying active can reduce the risk of cancer.

What can you do to reduce your cancer risk?

- Don't smoke or use tobacco
- Limit alcohol
- Eat a healthy diet
- Stay active
- Protect your skin from the sun
- Get vaccinated
- Get regular check-ups

10 million died of cancer in 2020

Good health drives productivity, social stability and economic growth.

What inaction costs us:

The total global economic cost of cancer has been estimated at **USD 1.16 trillion**

Health care costs include:

- Direct productivity
- Healthcare costs
- Lost household income
- Reduced quality of life
- Healthcare infrastructure costs

Saving lives saves money

For every dollar invested in cancer prevention, we can save up to \$100 in health care costs.

Make the world's healthiest place for all

More than 1 billion people live in the low- and middle-income world.

Why is that?

- Low income and low health care access
- Low health care quality
- Low health care coverage
- Low health care workforce
- Low health care infrastructure

Inequality in our own backyard

The global health care system is not equitable. In many countries, the health care system is not accessible to all.

Let's give everyone a chance with equitable access to cancer care.

Half the world's population lacks access to the full range of essential health services and many are denied basic cancer care.

Only 10% of the world's population has access to essential health services. In many countries, the health care system is not accessible to all.

Progress is possible.

With the right investments, we can ensure that everyone has access to the full range of essential health services, including cancer care.

Close the care gap

World Cancer Day
4 February



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National Service Scheme (NSS) Unit-II 2022

International Nurses Day-2022





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National Service Scheme (NSS) Unit-II 2022

INTERNATIONAL NURSES DAY

NURSES
A VOICE TO LEAD
INVEST IN NURSING AND RESPECT RIGHTS TO SECURE GLOBAL HEALTH

12 May 2022
#IND2022

On International Nurses Day, we express our gratitude to hardworking nursing staff for serving mankind with utmost dedication especially during the ongoing COVID19 pandemic. Their tireless efforts are saving precious lives, strengthening our medical system & ensuring well-being of all.

International Nurses Day (IND 2022) is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

The theme for the 2022 resource is
Nurses: A Voice to Lead - Invest in Nursing and respect rights to secure global health.

#VOICETO LEAD

International Council of Nurses
The Global Voice of Nursing



 IPA - Ananthapuramu
Local Branch



 RIPER-Autonomous



 National Service Scheme
NSS - RIPER

World Blood Donor Day
14 June 2022

DONATING BLOOD IS AN ACT OF SOLIDARITY
JOIN THE EFFORT AND SAVE LIVES


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 National Service Scheme-NSS


 IPA Anantapuramu - Local Branch

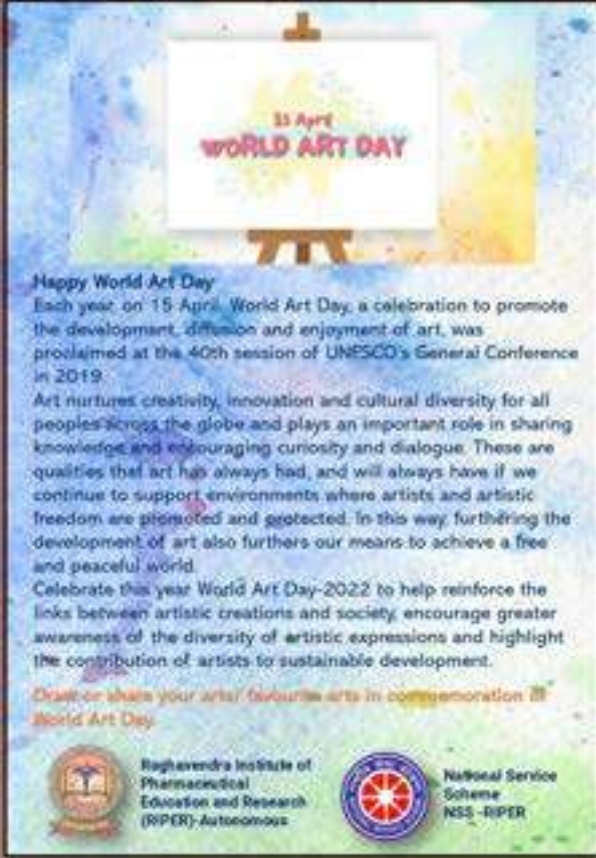


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National Service Scheme (NSS) Unit-II 2022



**15 April
WORLD ART DAY**

Happy World Art Day
Each year, on 15 April, World Art Day, a celebration to promote the development, diffusion and enjoyment of art, was proclaimed at the 40th session of UNESCO's General Conference in 2019.

Art nurtures creativity, innovation and cultural diversity for all peoples across the globe and plays an important role in sharing knowledge and encouraging curiosity and dialogue. These are qualities that art has always had, and will always have if we continue to support environments where artists and artistic freedom are promoted and protected. In this way, furthering the development of art also furthers our means to achieve a free and peaceful world.

Celebrate this year World Art Day-2022 to help reinforce the links between artistic creations and society, encourage greater awareness of the diversity of artistic expressions and highlight the contribution of artists to sustainable development.

Draw or share your art/ favourite arts in commemoration of World Art Day.

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National Service Scheme NSS - RIPER

**WORLD WATER DAY 2022
GROUNDWATER - MAKING THE INVISIBLE VISIBLE**

World Water Day is held on 22 March every year. World Water Day is an annual United Nations Observance, started in 1993, focusing on the importance of water, coordinated by UN-Water and led by one or more UN-Water Members and Partners with a related mandate.

2022 Groundwater
World Water Day celebrates water and raises awareness of the 2 billion people living without access to safe water. It is about taking action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal (SDG) 6 water and sanitation for all by 2030. Groundwater needs to be used carefully and sustainably - but we cannot manage what we do not measure. Groundwater must be thoroughly explored, analyzed and monitored.

#WorldWaterDay [www.un.org/waterforpeople.org](https://www.un.org/waterforpeople)

TAKE THE ONE MINUTE CHALLENGE!
Shoot a 60 second video and tell us... How does groundwater affect your life? Is there enough? Is it safe? What needs to be done to protect groundwater? Share your groundwater story!

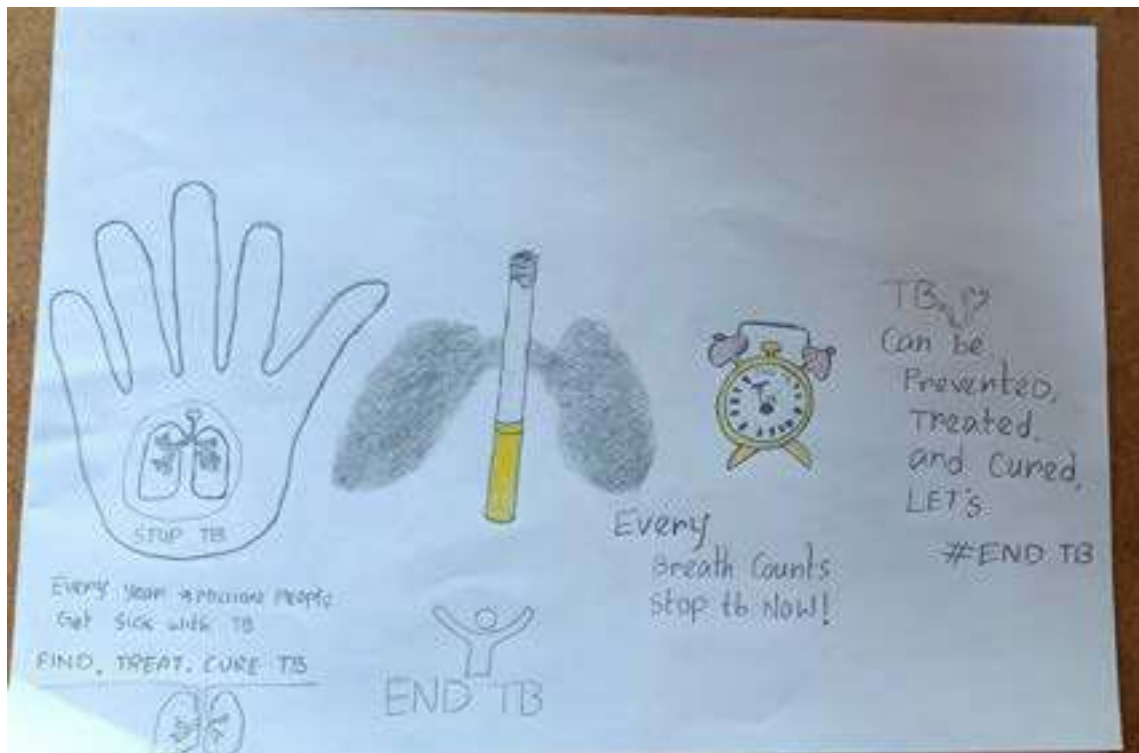
Make your film...

- One minute max.
- Landscape orientation.
- Crisp and truthful.
- In English or with English subtitles.

Don't forget to include the hashtags #MyGroundwaterStory & #WorldWaterDay, upload to YouTube or Vimeo, and send in the link to 100groundwaterstory@un-wwd.org

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National Service Scheme (NSS) RIPER



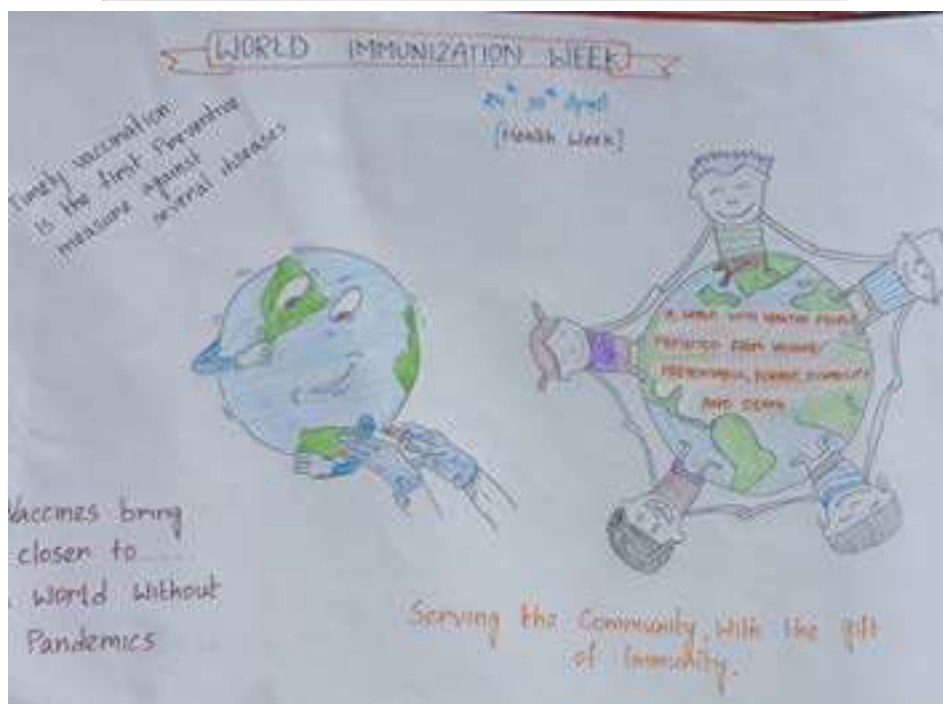


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National Service Scheme (NSS) Unit-II 2022





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National Service Scheme-NSS

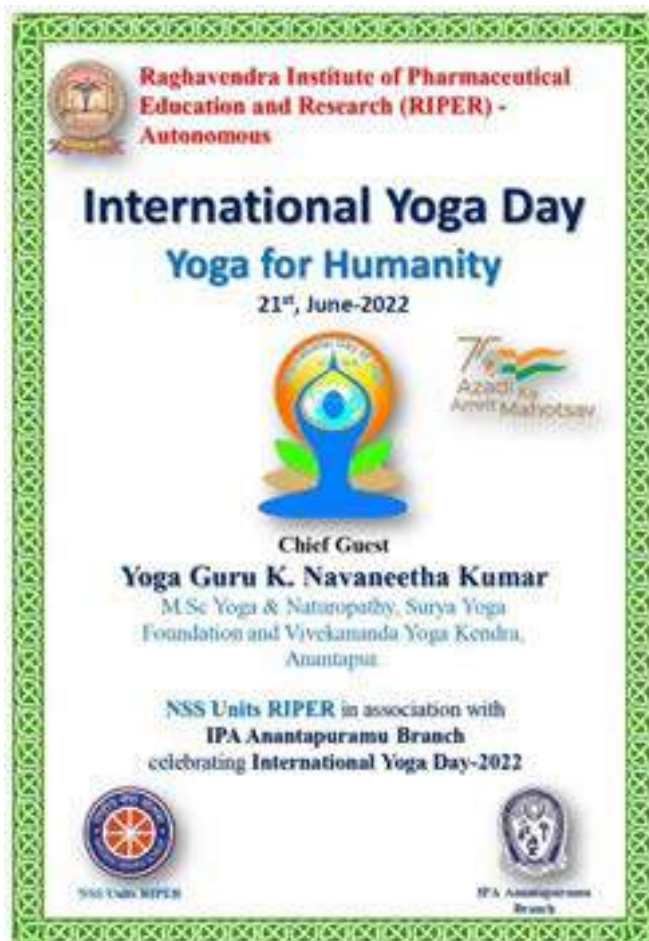
International Yoga Day -2022 Action Plan

Name of the College: Raghavendra Institute of Pharmaceutical Education and Research RIPER- Autonomous, Anantapur. (L8)

NSS Unit: UNIT-II

International Yoga Day-2022 Action plan: 17.06.2022 to 21.06.2022.

1. Sensitization of the students – Lecture on importance of Yoga, CYP.
2. Yoga demonstration – Online/ offline.
3. Awareness competitions:
 - a) Yoga Poster painting.
 - b) Yoga exercises and poster (e-poster) making.
 - c) Essay, Slogan writing.
 - d) Quiz on International Yoga Day-2022.
4. Celebration of International Yoga Day-2022.



International Day of Yoga – 2022

Yoga for Humanity

21.06.2022





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**Yoga, is the journey of the self, to the self,
through the self.**

Happy 8th International Day of Yoga-2022

International Day of Yoga – 2022

Yoga for Humanity

21.06.2022

Poster Presentation on Yoga, exercise pose and slogan writing

HAPPY YOGA DAY
"YOGA IS NOT ABOUT TOUCHING TOES, IT'S ABOUT WHAT YOU LEARN ON THE WAY DOWN"

Brilliant "Yoga"
Heals the
"Soul of Mind"

HAPPY INTERNATIONAL YOGA DAY 2022
YOGA,
is the journey
of the self,
to the self,
through the self


जो योग अपनायेगा
वह रोगों को
दूर भगाएगा

HAPPY YOGA DAY
YOGA MAKES YOU HARMONIOUS
WITH NATURE AND TEACHES
YOU TO BE JOYFULLY
CURIOUS ABOUT YOUR INNER WORLD
21st JUNE - 2022

HAPPY YOGA DAY
"Yoga is a Powerful Natural state
that can inspire you in
many ways and Yoga is Best
and easy way to stay healthy"
INTERNATIONAL YOGA DAY
JUNE 21st

INTERNATIONAL YOGA DAY 2022

YOGA IMPROVES IMMUNITY BY FREEING YOU FROM EXTERNAL AND INTERNAL TOXINS



*I Constance Roberts
15 June 2022*

YOGA BENEFITS




INTERNATIONAL YOGA DAY

- Better Focus & Grounded
- Increase Your Blood Flow
- Strong Immune System
- Increase Metabolism
- Helps Better Digestion
- Overall Mental Health
- Increase Energy
- Increase Flexibility
- Less Chance of Heart Disease
- BETTER RESPIRATION
- RELIEVE DEPRESSION HELPS YOU TO RELAX

Angela - Kanya, 21 June 22

Yoga is not about self-improvement
It's all about self-acceptance



INTERNATIONAL DAY OF YOGA

2 June 2022

International Yoga Day June 21




ENJOY GREAT IDEAS
HELPS OVERCOME DEPRESSION
EARLY DECISION MAKING
RESOLVES STRESS AND ANXIETY
IMPROVES FOCUS

Yoga is the Journey of the self to the self through the self

BECOME WISER AND DEVELOP BETTER FOCUS AND CONCENTRATION

Alia 21 June


Yoga is not about self-improvement
It's all about self-acceptance



PEACE
FOCUS
COMMUNITY
CHALLENGES
RESILIENCE
STRENGTH
WISDOM
HEALTHY

2 June 2022

YOGA



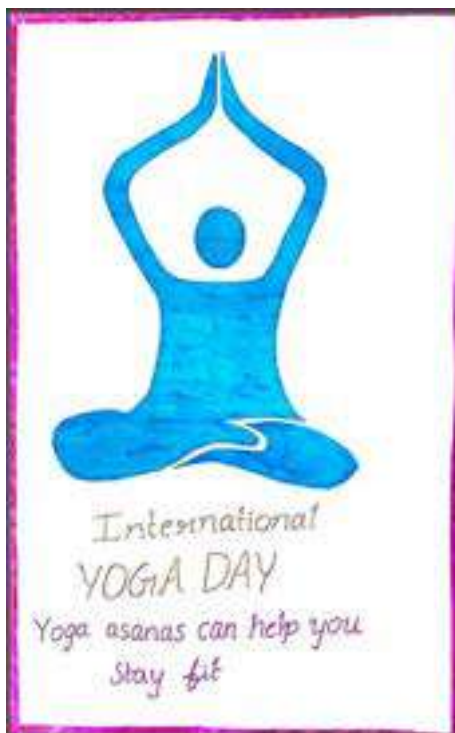
INTERNATIONAL YOGA DAY

DISCOVER YOUR INNER PEACE WITH YOGA!
JUNE 21

Anshika Sharma 21 June 22

I am
divine
Connected
Expressive
Loved
Strong
Creative
Safe.

21 June 2022



Benefits of Yoga

- * Yoga improves strength balance and flexibility
- * Yoga helps with back pain relief
- * Yoga can ease arthritis symptoms
- * Yoga can benefit heart health
- * Yoga relaxes you, to help sleep better
- * Yoga help you manage stress
- * Yoga can mean more energy and brighter mood

Presented by
M. Valisra
to Sp/20 1-4m

