

Govt. Senior Secondary School, Sambhalkha (Ambala)

Oct 28, 2017

Dr. Munishwar Rai
Associate Professor,
M.M. University,
Mullana-Ambala,
Haryana.

Subject: - Letter of Appreciation as a Resource Person.

Dear Sir,

Thank you very much for delivering an informative and thought provoking workshop as Resource Person on "Life Management- for Youths" held on 28th Oct, 2017 at Govt. Senior Secondary School, Sambhalkha (Ambala).

It was really a splendid workshop which exposed to our students. All the students appreciated and got benefited from your experience.

Looking forward for your cooperation for the promotion of quality education in future as well.

Yours Sincerely,

Indu Gupta
25.11.2017

Principal
Govt. Sr. Sec. School
Sambhalkha (Ambala)

Report on Expert Lecture

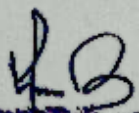
Speaker: Mr. Rajendra Madhavrao Shende,

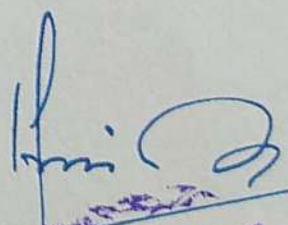
Former Director in United Nations Environment Programme (UNEP)

Topic: Sustainable Ways to Improve our Environment

Date and Venue: 28.02.2018, Seminar Hall. Old Engg. Block

Mr. Rajendra Madhavrao Shende, an alumnus of Indian Institute of Technology (IIT) and former Director in United Nations Environment Programme (UNEP) served almost for 20 years and currently serving as the Chairman of TERRE Policy Centre visited the Maharishi Markandeshwar Deemed to be University campus and delivered a talk on sustainable ways to improve our environment leading to smart villages/cities. The lecture rejuvenated and motivated the youth to undertake this as a challenge to work for our environment simultaneously protecting the atmosphere and our mother earth. Dr. Shende was impressed with some green campus initiatives taken by the Maharishi Markandeshwar University Trust and impressed upon the need to do more involving the youth. Earlier Dr. Ashok Arora, ProVice Chancellor MMDU formally welcomed the guest speaker and appreciated his quest to cleanse the environment. Dr. Anil Sharma, HOD Biotechnology and Co-ordinator for this event introduced Mr. Rajendra M. Shende to the audience and unveiled his innovative thoughts cum initiatives towards the cause of the Environment. Dr. Vinita Aggarwal (HOD Civil) felicitated Mr. Shende and thanked him for the motivating speech.


Professor & Head
Dept. of Bio-Technology
M.M.E.C. Mullana (Ambala)


Professor & Head
Dept. of Bio-Technology
M.M.E.C. Mullana (Ambala)

MAHARISHI MARKANDESHWAR (DEEMED TO BE UNIVERSITY)
MULLANA-AMBALA, 133207 HARYANA (INDIA)
(Established under Section 3 of the UGC Act, 1956)
(Accredited by NAAC with grade "A")

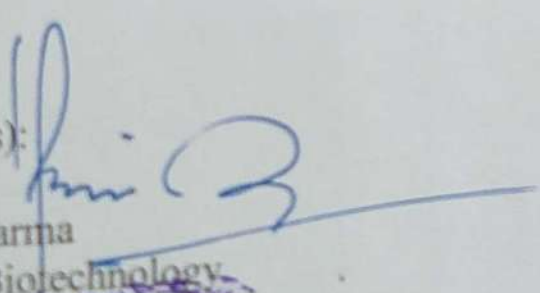
Dated: 23-02-2018

NOTICE

An expert talk on the topic "Smart Cities" by **Rajendra Madhavrao Shende**, an alumnus of Indian Institute of Technology (IIT) and former Director in United Nations Environment Programme (UNEP) and currently serving as the Chairman of TERRE Policy Centre is going to be organized on **February 26, 2018 (Monday)** from **10:00 am to 11:30 am** in the Seminar Hall of Old Engineering Block-1 of MM college of Engineering (MMEC). The seminar is compulsory for final year Students from Biotechnology, Civil Engineering and M.Sc. Chemistry streams.

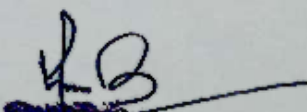
HODs from Electronics & Electrical, Mechanical and Computer Engineering Departments are further requested to depute 2-3 faculty members from their respective Department to attend the same.

Co-ordinator (s):


Dr. Anil K. Sharma
Prof & Head, Biotechnology

Professor & Head
Deptt. of Bio-Technology
M.M.E.C. Mullana (Ambala)

Dr. Vanita Aggarwal
Professor & Head, Civil Engineering


Professor & Head
Deptt. of Bio-Technology
M.M.E.C. Mullana (Ambala)

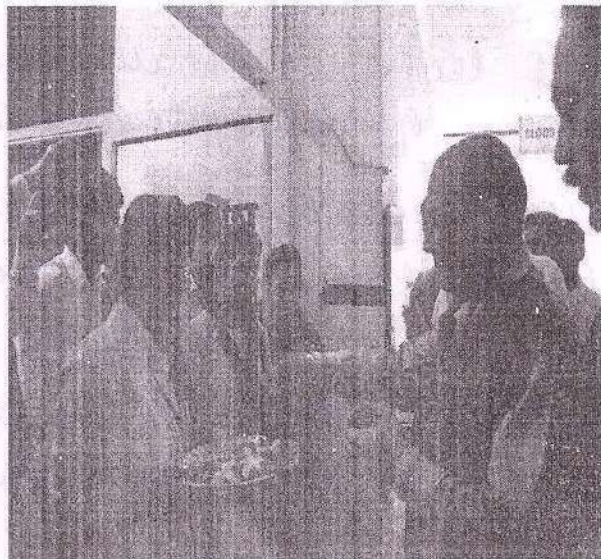


M.M. COLLEGE OF PHARMACY
MAHARISHI MARKANDESHWAR UNIVERSITY, MULLANA- 133207
(Deemed University established under section 3 of UGC, act 1956)
(NAAC Accredited Grade 'A' University)



BLOOD DONATION CAMP

On the occasion of celebration of Founder's Day M.M. College of Pharmacy has participated in a blood donation camp on September 11, 2017. The donation drive started at 10.00 a.m. with a short inaugural function where in Dr. L.N. Garg, Medical Supdt., MMIMSR and his team was given a floral welcome. Dr. L.N. Garg expressed his gratitude to the students of the college for their continuous endeavour in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. 17 volunteers came forward to donate blood during the camp which included teaching, non-teaching staff and students. The blood donors were given Apple, banana, biscuits and juice after donating the blood in order to reenergize them. The blood donors were provided with a blood donation certificate.



MMCP VISION: "Providing technical and practice oriented pharmacy education to prepare students with attributes to meet the need of industry and society"

MMCP MISSION: To develop best technically competent pharmacy professionals by inculcating desired attributes in them for meeting industry demands. * To make best pharmacists who can practice pharmacy to become effective team member of healthcare system and provide optimum pharmaceutical care solutions. * Promotion of useful and innovative research to contribute in development of nation and global society.

Principal
M.M. College of Pharmacy
Maharishi Markandeshwar
(Deemed to be University)
Mullana-133207 (A.P.P.A.)



REPORT OF NATIONAL PHARMACY WEEK

The grand inauguration and oath taking ceremony of 56th National pharmacy week was held on 21st of November 2017 at MM College of Pharmacy.

Starting with the lamp lighting ceremony by all the dignitaries and oath taking by the students under able stewardship of Dr. Jaspreet kaur Sidana. The show went on by honorary Principal, Dr. Arockia babu's speech, and continued to various cultural activities performed by the students and faculty members.



All is well, that ends well, the inaugural ceremony ended in a happy and fun celebration- kudos to the staff and students who put up a fabulous show of entertainment, dance and music.



Sidana

IMCP VISION: "Providing technical and practice oriented pharmacy education to prepare students with attributes to meet the need of industry and society"

IMCP MISSION: To develop best technically competent pharmacy professionals by inculcating desired attributes in them for meeting industry demands. * To make best pharmacists who can practice pharmacy to become effective team member of healthcare system and provide optimum pharmaceutical care solutions. * Promotion of useful and innovative research to contribute in development of nation and global society.

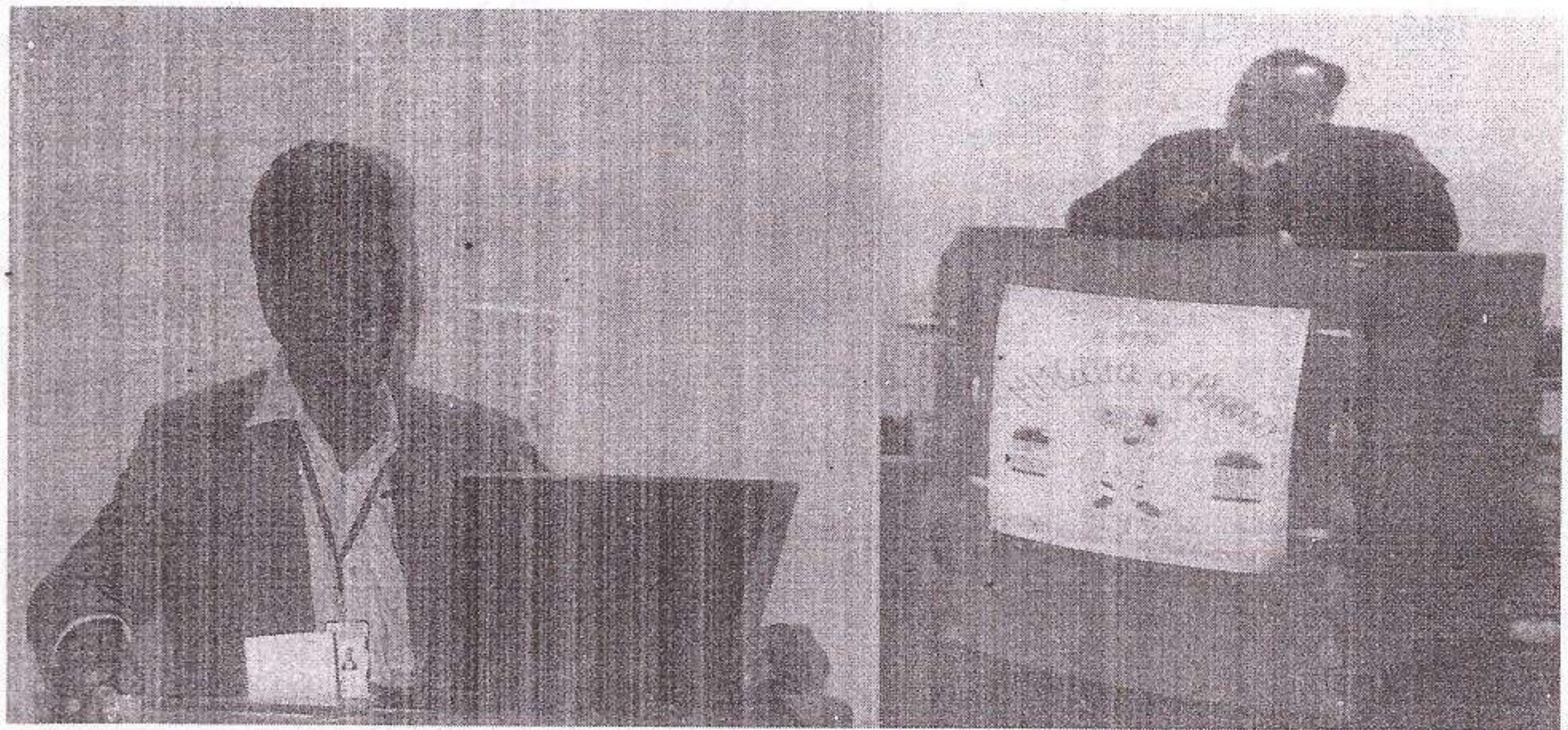
[Signature]
Principal

**M.M. College of Pharmacy
 Maharishi Markandeshwar
 (Deemed to be university)
 Mullana-133207 (Ambala) HR**



M.M. COLLEGE OF PHARMACY

MAHARISHI MARKANDESHWAR UNIVERSITY, MULLANA- 133207
 (Deemed University established under section 3 of UGC, act 1956)
 (NAAC Accredited Grade 'A' University)



The pharmacy week for this year concluded with great pop and joy and was indeed a great success

AMCP VISION: "Providing technical and practice oriented pharmacy education to prepare students with attributes to meet the need of industry and society"

AMCP MISSION: To develop best technically competent pharmacy professionals by inculcating desired attributes in them for meeting industry demands. * To make best pharmacists who can practice pharmacy to become effective team member of healthcare system and provide optimum pharmaceutical care solutions. * Promotion of useful and innovative research to contribute in development of nation and global society.

Principal
 M.M. College of Pharmacy
 Maharishi Markandeshwar
 (Deemed to be University)
 Mullana-133207 (Ambala) HR

What is Dengue?

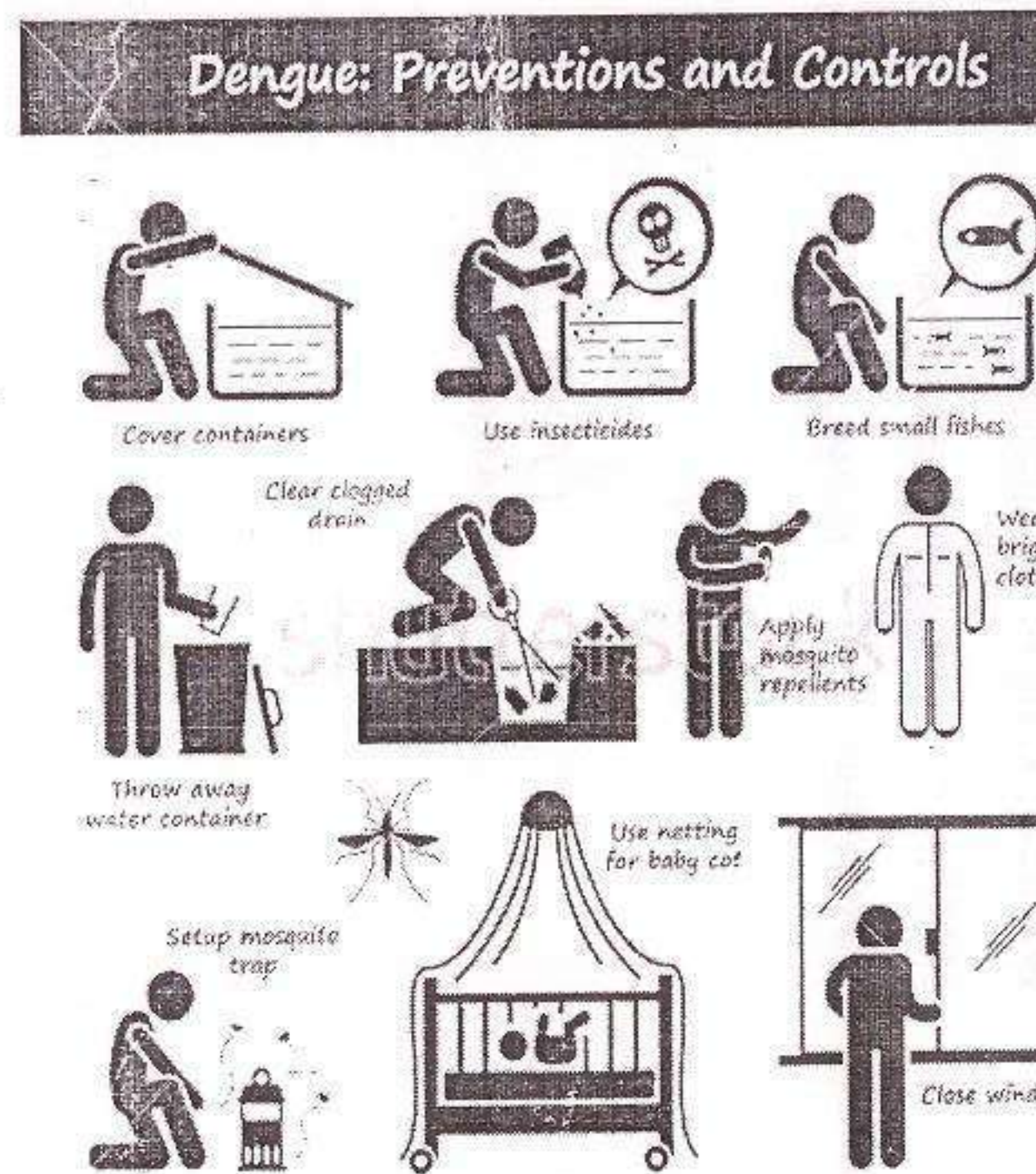
Dengue fever is a viral infection that causes a severe flu-like illness. It is transmitted by the bite of an infected *Aedes aegypti* mosquito. This mosquito bites mainly during the daytime. Dengue mostly spreads in the monsoon season i.e. in the months July to October because of favorable environment for mosquitoes to grow.

Symptoms:

- Sudden onset of fever associated with chills
- Intense headache, muscle and joint pains
- Pain behind the eyes which worsens with eye movement
- Severe weakness, restlessness, loss of sense of taste and appetite
- Throat pain
- Measles like rash over chest and upper limbs

Diagnosis:

Diagnosis is usually based on the symptoms and confirmed by specific blood tests. Some tests include an antigen titer for dengue virus types (NS1), a complete blood count (CBC) or a polymerase chain reaction (PCR) test for dengue virus types.



Prevention of Mosquito Breeding:

- Eliminate stagnant water. Do not let water stand near your home. You can put petrol or kerosene oil in the standing water if it is not avoidable.
- Dengue mosquitoes breed in clean water therefore keep the water tanks clean.
- Use mosquito coils and sprays to kill the mosquitoes around you.
- Spray mosquito repellants inside your house at least once a week.

Preventing Mosquito Bites:

- Wear full sleeved clothes to prevent mosquito bites. Pay special attention to the children.
- Use mosquito repellent creams during day time and while going out.
- Use mosquito nets in the night.

Made By: Diksha Sharma, Navpreet Kaur

Pharm D 5th year

M.M. College of Pharmacy
Maharshi Markandeya
(Deemed to be University)
Amalapur, AP
133207

रोगी सूचना पत्रक मधुमेह

मधुमेह क्या है?

- मधुमेह बीमारी होने से रक्त में शर्करा का स्तर सामान्य स्तर की तुलना में अधिक हो जाता है।
- दो प्रकार के मधुमेह हैं
- टाइप 1 मधुमेह

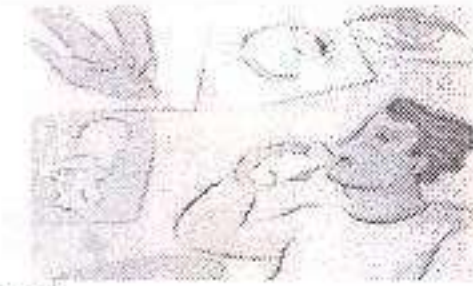
- यह बच्चों में और युवा वयस्कों में देखा जा सकता है।
- टाइप 1 मधुमेह होने से शरीर में इंसुलिन बनाने बंद हो जाता है। लक्षण कुछ दिन या कुछ हफ्तों में जल्दी विकसित हो जाता है।

➤ टाइप 2 मधुमेह

- यह 40 साल से अधिक उम्र, मोटापे से ग्रस्त लोगों में मुख्य रूप से होता है (लेकिन यह भी युवा लोगों में हो सकता है)।

- टाइप 2 मधुमेह शरीर में पर्याप्त इंसुलिन नहीं बनता है या इंसुलिन अप्रभावी हो जाता है।

- यह दोनों कारणों के संयोग से भी हो सकता है। लक्षण सप्ताह या एक कुछ महीनों में धीरे-धीरे विकसित करता है।
- इसका कारण यह है टाइप 2 मधुमेह वहाँ अभी भी इंसुलिन उत्पादन है।



मधुमेह के लक्षण क्या हैं??

- बार बार मूत्र जाना
- प्यास में वृद्धि
- बड़ी हुई भूख
- दृष्टि में गड़बड़ी
- घावों की धीमी गति से भरना

- असामान्य थकान
- झुकाव या हाथ या पैर में स्तब्ध हो जाना
- अस्पष्टीकृत वजन घटना

मधुमेह के परिणाम क्या हैं

- अपने मधुमेह अनुपचारित छोड़ दिया जाता है तो यह भी हो सकती है -
- नेत्र समस्याओं, जो दृष्टि को हानि पहुंचा सकते हैं
- रक्त वाहिकाओं की हार्डनिंग, इस तरह के एनजाइना, हार्ट अटैक, स्ट्रोक और रक्त परिसंचरण के रूप में समस्या पैदा हो सकती है, जिसमें



- गुर्दे खराब,
- नस की क्षति
- न भरने वाला अल्सर
- पैर की समस्याएं.

मधुमेह का प्रबंधन कैसे करें?

- टाइप 1 मधुमेह के रोगियों के शरीर में इंसुलिन पैदा नहीं होता है में इस प्रकार ऐसे रोगियों बाहरी इंसुलिन की जरूरत है।
- टाइप 2 मधुमेह वाले रोगियों में, इंसुलिन उत्पादन करने वाला अंग केवल इंसुलिन की एक छोटी राशि का

Patient Information Leaflet Diabetes Mellitus

What is Diabetes Mellitus?

- Diabetes mellitus is a condition in which the level of sugar in the blood becomes more than normal level.
- There are two types of diabetes
 - **Type 1 Diabetes**
- In type 1 diabetes the body stops making insulin..
- **Type 2 Diabetes**
- In Type 2 Diabetes the body does not make enough insulin or the insulin becomes ineffective.

What are the signs and symptoms of Diabetes mellitus?

- Frequently passing urine
- Increased thirst
- Increased hunger
- Vision disturbances
- Slow healing of wounds
- Unusual tiredness
- Tingling or numbness in the hands or feet

- Unexplained weight loss

What are the consequences of Diabetes mellitus?

If your Diabetes is left untreated it may lead to -

- Eye problems, which can affect vision
- Hardening of blood vessels, which may cause problems such as Angina, Heart attack, Stroke and poor blood circulation
- Kidney damage,
- Nerve damage
- Non healing ulcers
- Foot problems.

How to manage Diabetes mellitus?

- In patients with Type 1 Diabetes insulin is not produced in the body thus such patients need external insulin.
- In patients with Type 2 Diabetes, insulin producing organ is able to produce only a small amount of insulin, which may not be sufficient to control blood sugar levels in body.
- The patient may be advised to make suitable changes in food and

lifestyle. If blood sugar levels are not controlled, medicines are given.

Which foods are suitable to diabetic patients?

Diabetic patients are advised to eat foods that are nutritious and give out less sugar. This may include

- Leafy vegetables
- Bitter-gourd
- Soya beans
- Oatmeal
- Chapatti without much oil
- Fruits like black jamun, and apple.

Which are the foods that should be avoided by the diabetic patients?

- Foods which are rich in sugar
- Fatty and fried foods
- Avoid white rice, potatoes, carrots, breads and banana.

Which exercises are recommended for diabetic patients?



- Brisk walking for about 30 min a day is the best exercise for diabetics.

What is Asthma?

- Asthma is caused by inflammation and oversensitivity of the lungs which can lead to sudden narrowing of the airways
- It is a common condition affecting around 1 in 20 adults and can range from mild to severe.

What are the symptoms of Asthma?

Typical symptoms include

- Wheeze
- Cough
- Chest tightness
- Shortness of breath

The symptoms may vary from a mild cough to severe life threatening shortness of breath

Complications of asthma

Children – Growth delay

Higher risk of learning disabilities

Adults – Higher risk of depression

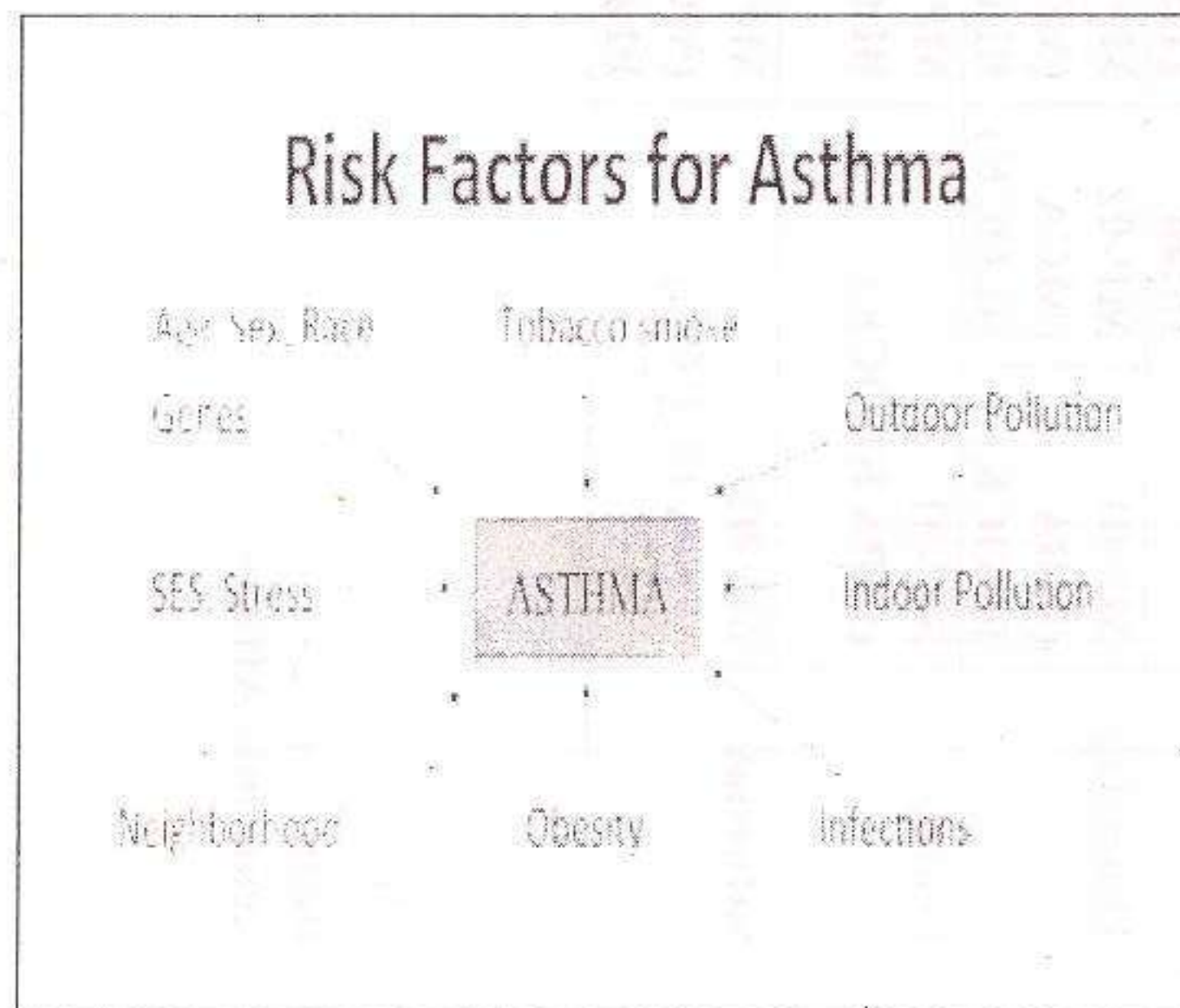
Frequent sickness at work

Common Higher risk of obesity

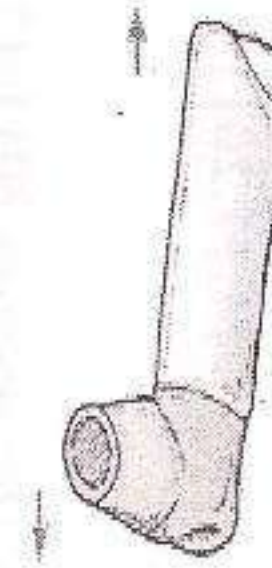
Permanent narrowing of bronchial tubes

Regular coughing

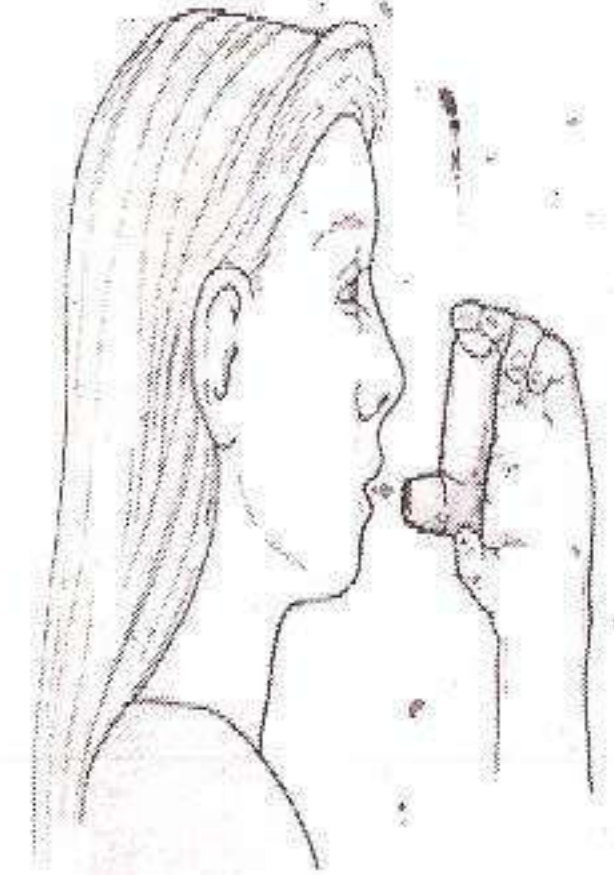
Medication side effects



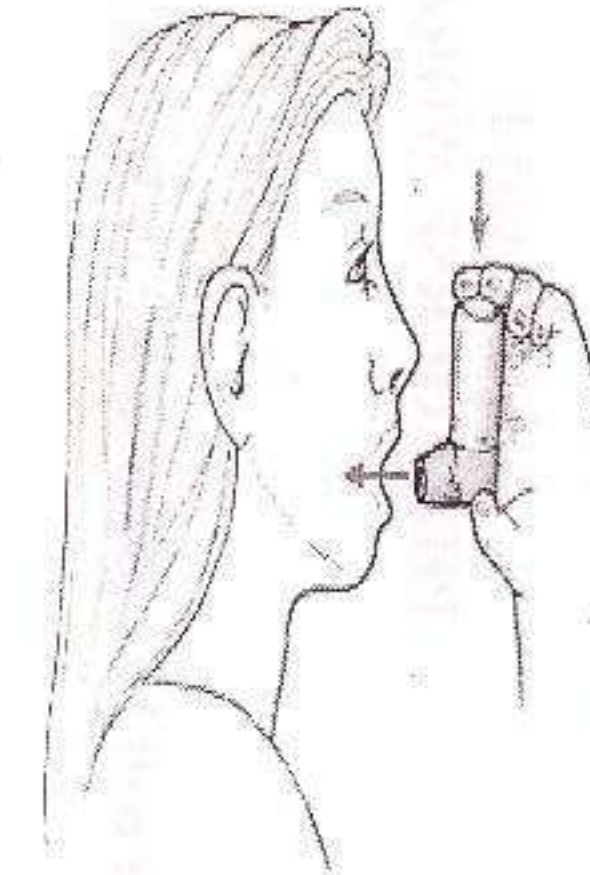
How to Use a Metered-Dose Inhaler



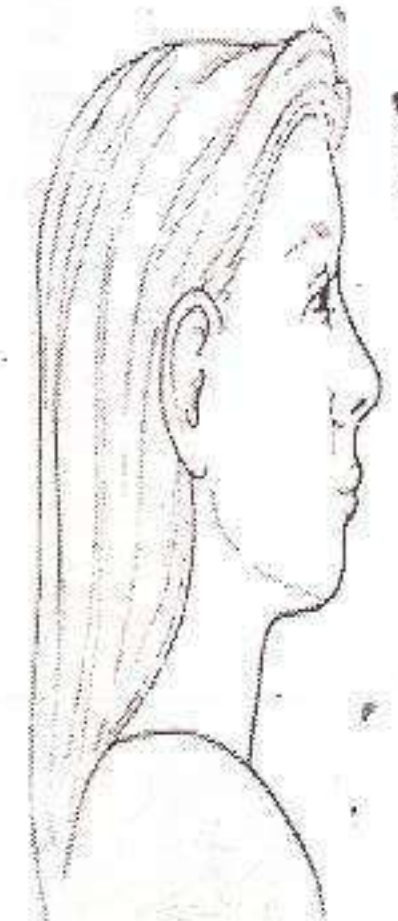
1. Shake the medicine.



2. Hold the metered-dose inhaler so the mouthpiece is at the bottom. Open your mouth and hold the mouthpiece 1½ to 2 inches (about 2 to 3 finger widths) in front of your mouth. Breathe out normally.



3. Press the metered-dose inhaler down once so it releases a spray of medicine into your mouth while you breathe in slowly. Continue breathing in as slowly and deeply as possible.



4. Hold your breath for 10 seconds or as long as is comfortable. Breathe out slowly



M.M. COLLEGE OF PHARMACY

MAHARISHI MARKANDESHWAR (Deemed to be University),

MULLANA-AMBALA (133207)

(Deemed University established under section 3 of UGC, act 1956)

(NAAC Accredited Grade 'A' University)



NOTICE

M. M. College of Pharmacy in collaboration with MMIMSR hospital is going to organize a **"Free Medical Camp"** on **08th May, 2018** at **Barara**

(Ambala). The presence of PharmD 5th and 6th year students is mandatory.

Faculty incharge Dr. Md. Shamshir Alam, Dr. Jaspreet Kaur and Dr.

Akash Pethekar will supervise the camp. Bus will start from petrol pump,

MMDU, Mullana at 9.00 am sharp for the camp site.

H.O.D. (PharmD)

Principal

5/5/18


Principal
M.M. College of Pharmacy
Maharishi Markandeshwar
(Deemed to be University)
Mullana-133207 (Ambala) HR

MMCP VISION: "Providing technical and practice oriented pharmacy education to prepare students with attributes to meet the need of industry and society"

MMCP MISSION: To develop best technically competent pharmacy professionals by inculcating desired attributes in them for meeting industry demands. * To make best pharmacists who can practice pharmacy to become effective team member of healthcare system and provide optimum pharmaceutical care solutions. * Promotion of useful and innovative research to contribute in development of nation and global society.



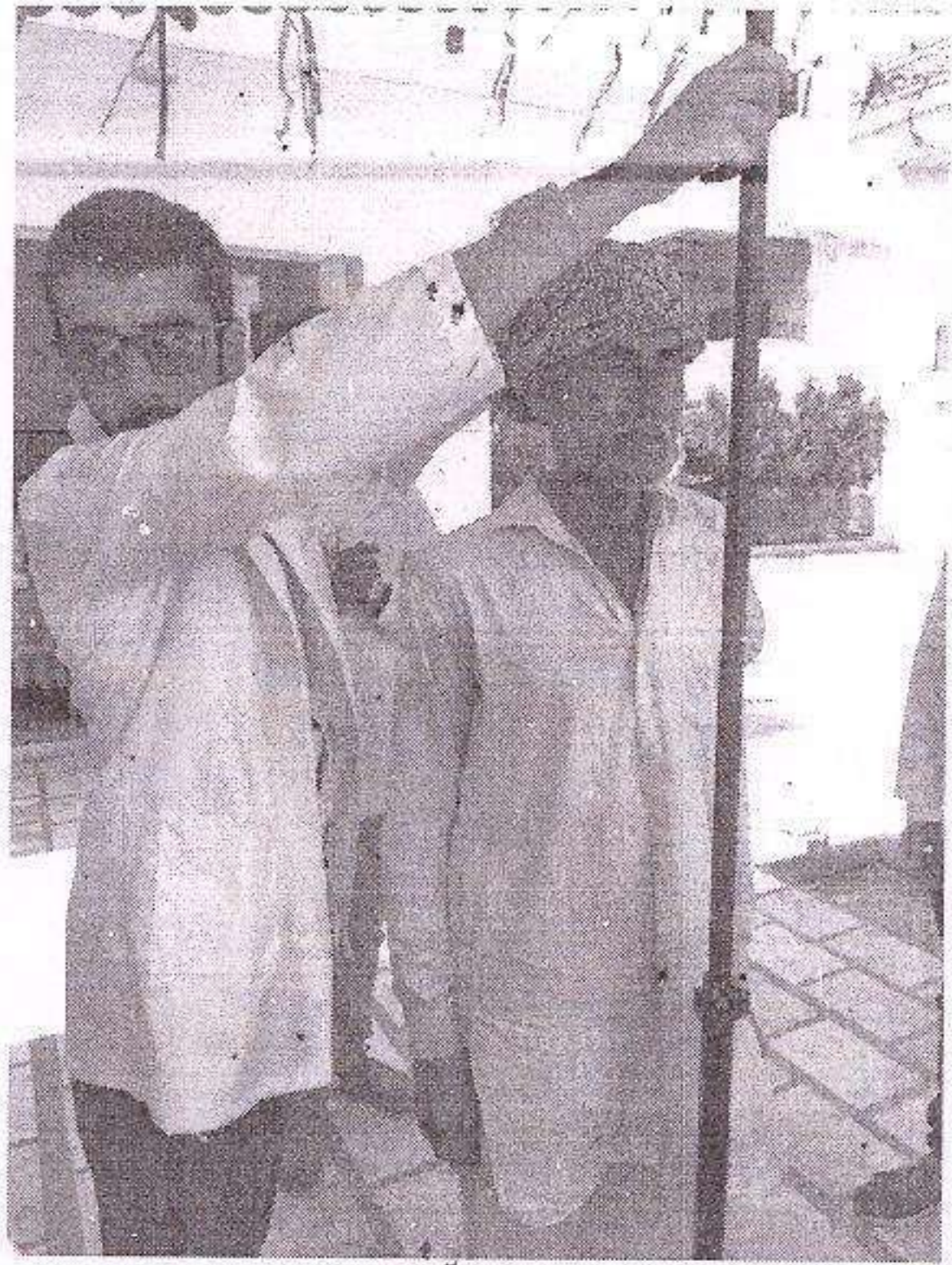
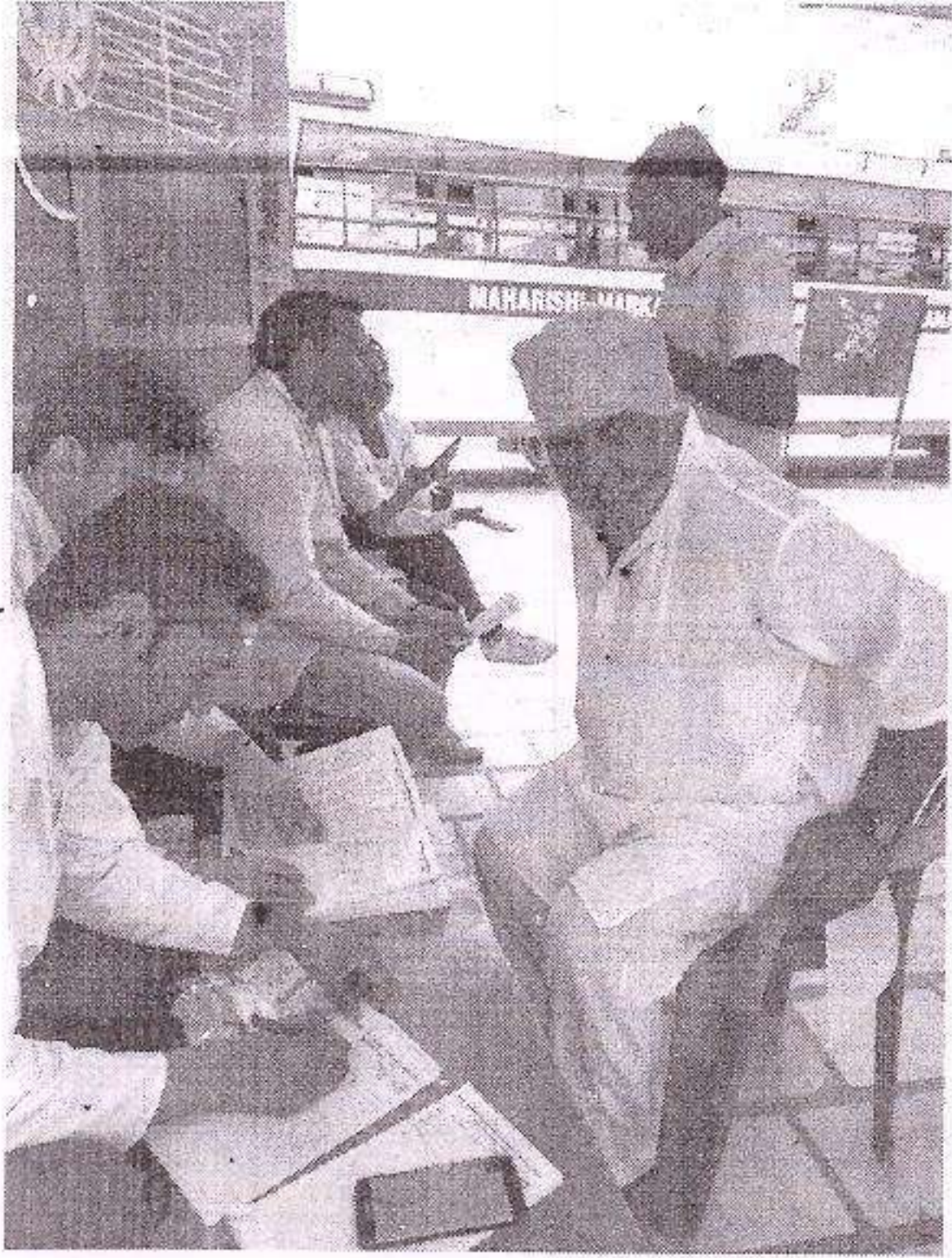
Selary


Principal
M.M. College of Pharmacy
Maharishi Markandeya
(Deemed to be University)
Mullana-133207 (Ambala) HR



Sidang

Principal
M.M. College of Pharmacy
Maharishi Markandeshwar
(Deemed to be University)
Mullana-133207 (Ambala) HR



Sodans

lin
Principal
M.M. College of Pharmacy
Maharshi Markandeshwar
(Deemed to be University)
Jullana-133267 (Ambala) HR

Department of Law

Maharishi Markandeshwar University

Mullana- Ambala, Haryana (India)

(Deemed University established under Section 3 of the UGC Act., 1956)

(NAAC Accredited Grade 'A' University)

Ph: 0091-1731-304266, 267



E- mail: principal.law@mmumullana.org

MMU/LAW/17/118-1

Date: 11.09.17

Report

Guest Lecture on ADR Mechanism By DLSA

A Guest Lecture on *Alternative Dispute Redressal (ADR)* was organized by the **Department of Law, Maharishi Markandeshwar University, Mullana**, on the occasion of *1st National Level Paper Presentation Competition and National Legal Essay Writing Competition* during **MMU Annual Youth Fest UniversuMM 2017** on 11th September 2017.


The programme was started with lighting of the lamp by the **Guest Speaker Honourable Ms. Nidhi Bansal, CJM-cum-Secretary DLSA Ambala and Panchkula** along with **Dr. Bindu Jindal, Head of Department** and faculty members. This was followed by Floral welcome of the Chief Guest.

The event commenced with the welcome note and with the brief introduction about the competition. In her welcome note Dr. Jindal, stated that knowledge of law empower the people and they can do better service of nation and people by the empowerment.

Dr. Reetika Bansal, Convener of Legal Aid Clinic introduced the Chief Guest and threw light on the activities of **Legal Aid Clinic** established in the department.

Ms. Nidhi Bansal, Hon'ble chief guest of the day, appreciated the initiatives of the department for organizing such an event. She threw light on the ADR mechanism in India. She also discussed about the objective of Legal Aid i.e. "*Nyay Sab Ke Liye*" run by **HALSA** and **NALSA**. She also gave brief introduction about various schemes run by the DLSA.

Mr. S. P. Saini, Associate Professor, extended vote of thanks and underlined the importance of such programmes. The programme was very successful. Around 80 participants from all over the India and faculty members attended the programme and were benefitted.


11/9/17
Head of Department
Head
Deptt. of Law
M.M. UNIVERSITY
Mullana (Ambala)

DEPARTMENT OF LAW
MAHARISHI MARKANDESHWAR
(Deemed to be University)
MULLANA- AMBALA, HARYANA (INDIA)
(Established under Section 3 of the UGC Act., 1956)
(NAAC Accredited Grade 'A' University)

Ph: 0091-1731-304266, 267

E- mail: principal.law@mmumullana.org

MM (DU)/LAW/18/17-1

Date: 25.01.2018

Report on Legal Aid Camp

Department of Law, Maharishi Markandeshwar (Deemed University), Mullana organized a Legal Aid Camp in village Holi (Distt. Ambala) on 25th January 2018 in which the faculty members, students and villagers participated in good number.

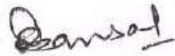
The programme was started with introduction by Dr. Reetika Bansal, Convener, Legal Aid Clinic, about the Legal Aid. She introduced the purpose of establishing such clinics in Universities. Then the students of Department of Law explained various schemes run by the Government such as: *Ladli Samajik Suraksha Bhatta, Rajiv Gandhi Parivar Bima Yojna, Rashtriya Parivar Labh Yojna, Vidhwa Mahila Pension Yojna* etc. The students explained such schemes in very simple and impressive way.


Some of our students performed a "Nukkar Natak". The theme of Nukkar Natak is about the rights of Transgender people. It was about the difficulties faced by them in getting a respectable place in society.

At last, Chaudhary Amar Singh, Sarpanch of village Holi proposes Vote of Thanks to all the students and faculty members of the Department of Law.

Ms. Randeep Kaur, Member, legal Aid Clinic, extended Vote of Thanks to all the residents of village and the students for supporting in organizing this camp. Special thanks were extended to Mr. Ankit Hooda and Mr. Rishabh Deswal for arranging the venue for camp.

About 50 students, 60 villagers and 4 faculty members attended the programme. The queries raised by the villagers were satisfactorily answered in the interactive session. The programme was very successful.


Convener-Legal Aid Committee


Head of Department

HEAD
DEPTT. OF LAW
M.M. UNIVERSITY
MULLANA (AMBALA)

DEPARTMENT OF LAW
MAHARISHI MARKANDESHWAR

(Deemed to be University)

MULLANA- AMBALA, HARYANA (INDIA)

(Established under Section 3 of the UGC Act., 1956)

(NAAC Accredited Grade 'A' University)

Ph: 0091-1731-304266, 267

E- mail: principal.law@mmumullana.org

MM (DU)/LAW/18/ 27

Date: 06.02.2018

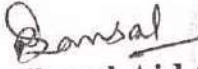
Report-Legal Awareness Programme

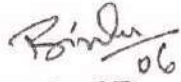
Department of Law, Maharishi Markandeshwar (Deemed University), Mullana organized a Legal Awareness Programme in *SR Janta Senior Secondary School, Barara* (Distt. Ambala) on 6th February 2018 in which the faculty members, students of Department and School participated in good number.

The programme was started with the introduction of Legal Aid by Dr. Reetika Bansal, Convener, Legal Aid Clinic. She discussed the purpose of establishing such clinics in the colleges/universities. Then the students of the Department explained various legal provisions regarding Fundamental Rights, Fundamental Duties, Cyber Crimes, Child Labour etc. in very simple and impressive way.

Dr. Saroj Chhabra, Faculty Member, Department of Law, extended Vote of Thanks to the Principal, Staff and Students of *S R Janta Senior Secondary School*. She also recognized the efforts of convener and members of Legal Aid Committee for organizing the Legal Aid camp.

About 50 students of Department, 100 students of *SR Janta Senior Secondary School* and faculty members attended the programme. All of them took keen interest in the programme. The programme was very successful.


Convener-Legal Aid Committee


06/02/18
Head of Department

HEAD
DEPTT. OF LAW
M.M. UNIVERSITY
MULLANA (AMBALA)

Department of Law
Maharishi Markandeshwar
(Deemed to be University)

Mullana- Ambala, Haryana (India)
(Deemed University established under Section 3 of the UGC Act., 1956)
(NAAC Accredited Grade 'A' University)

MM (DU)/LAW/18/99

Dated: 14.05.18

Report
ENTITLEMENT OF FREE LEGAL AID AND LAWS RELATING
TO THE WOMEN

Department of Law, Maharishi Markandeshwar (Deemed to be University) Mullana organized a Legal Awareness Programme on the Topic "**Entitlement of Free Legal Aid and Laws Relating to the Women**" on **14th May, 2018** under the guidance of the **Hon'ble Chancellor**. On this occasion Chief Guest of the day was **Hon'ble Mr. Danish Gupta, CJM-cum-Secretary, DLSA, Ambala**. In his speech he made all the attendees aware about the free legal aid and laws affecting women. He informed that any needy person can take guidance for free legal aid by contacting District Legal Services Authority. He also told that all those people who are having annual income of less than 3 Lacks Rupees, women, children, laborers, victims of calamities, senior citizens, etc. are entitled to free legal aid. The students from MM College of Nursing and Department of Law, faculty members from different institutes of MMDU as well as the people living in the neighboring area were present in the programme.

Dr. Victor Gambhir, Hon'ble Vice –Chancellor, Maharishi Markandeshwar (Deemed to be University) Mullana extended his welcome to the Chief Guest and expressed his thanks for sparing the valuable time for this programme. **Dr. Bindu Jindal, Head & Dean**, told the participants, that during the session 2017-18 Department of law organized Camps in the nearby village of Holi and Barara to create awareness among the masses about free Legal Aid facility available at Department of Law and the various welfare schemes of the government.

Dr. Reetika Bansal, Coordinator, Legal Aid Clinic, extended vote of thanks to the learned Chief Guest for sharing the valuable information. She also expressed thanks to the faculty and staff members and participants for their active cooperation to make this programme a success. Around 135 students and faculty members attended the programme.


Coordinator


Head of Department

GRPUP PROJECT ON CARE OF ELDERLY PERSON

Group of 40 students posted in a village named Duliana for community posting from November 6 – November 30, 2017. On the posting we used to survey the village. We found a group of geriatric people in the village. Physical assessment was performed during which suggested the need of health education regarding common geriatric problems and their treatment. Group of 10 student organized a workshop on geriatric considerations. Project performed on Nov. 06, 2017 under the supervision of teachers and venue was Shiv mandir, Duliana



Aims and Objectives

- To identify the health problems by physical assessment.
- To assess the previous knowledge of group regarding the topics.
- To enhance the knowledge of group
- To aware the group regarding common geriatric problems
- To adapt good practices for resolving the problems related to old age

Purposes of specific activity:

- To aware the geriatric people about the common health problems.
- To enhance knowledge of group.

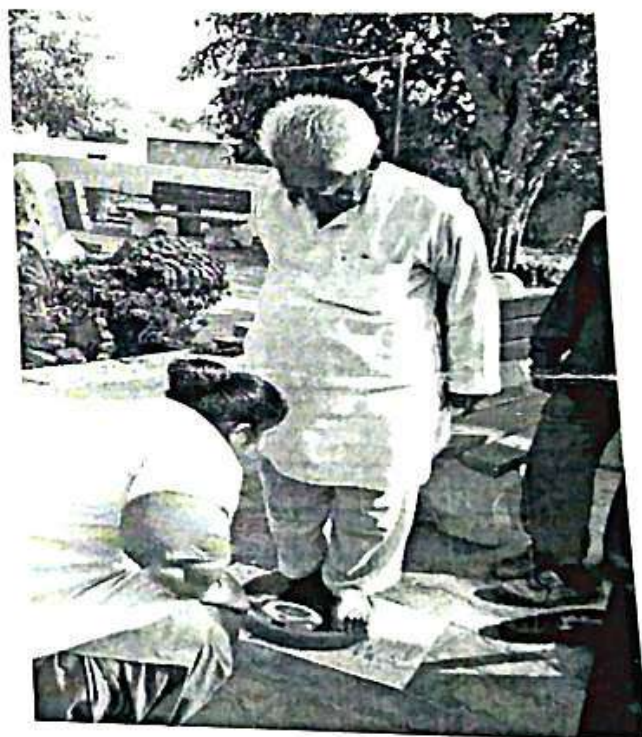
- To influence the health behavior of the geriatric people.
- To adapt good practices for resolving the problems related to old age.

Activities Performed During Workshop

1. Previous knowledge :

Previous knowledge regarding the topic was assessed by asking them the questions regarding problems arising during the old age and there treatment.

2. Assessment of weight and blood pressure :



3. Chart explanation :

Topics which were being discussed in workshop were hypertension, diabetes mellitus, constipation, asthma, malnutrition, obesity, difficulty in swallowing, arthritis, psychiatric problem.

4. Exercises and yoga:



Health Problems Identified:

Main problems identified were hypertension, diabetes mellitus, respiratory problem, arthritis and constipation.

Health facilities and referral :

For improving the health status of the geriatric people we make them aware about the various home remedies that they can use to treat the problem. We refer them to MMIMS&R, Mullana for further checkups and treatment.

Refreshment :

A packet of biscuit is distributed to the participants.

Evaluation:

After performing all the activities the result was that majority of geriatric people have previous knowledge regarding the common health problems in old age and their treatment . Health education delivered by charts and demonstrations.

Principal
M. M. Institute of Nursing
Maharaja Manojendra University
Mullana (Ambala)

- Ms. Navneet
- Ms. Kavita
- Ms. Monika
- Ms. Muskan
- Ms. Navneet

CHART EXPLANATION

- Ms. Harmandeep
- Ms. Annu

VOTE OF THANKS

- At the end of the chart explanation vote of thanks was given by all the students.

At the end of the group project, teachers and patients praised the student's efforts in execution of the group project. Principal mam praise the students for their hard work and gave positive comments. Patients as well as their relatives were also satisfied and happy as they gained so much knowledge which they can use in their future.

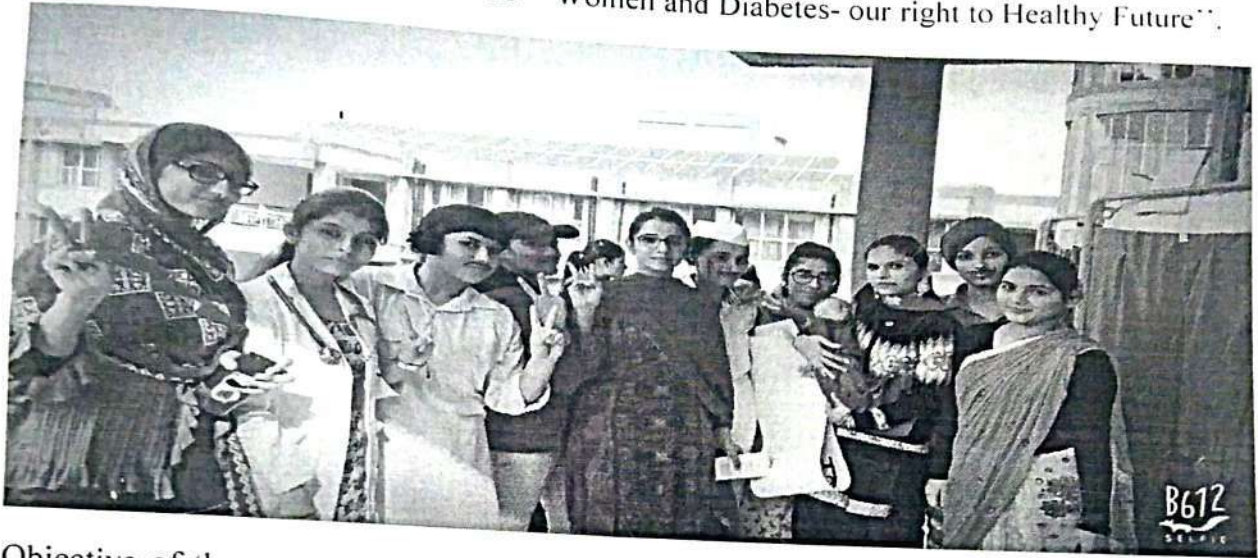


Principal
M. M. Institute of Nursing
Maharishi Maheshwar University
Mullana (Ambala)

**M.M .INSTITUTE OF NURSING
MULLANA, AMBALA
GROUP PROJECT ON DAIBETES**

B.Sc. Nursing 2nd year students conducted a group project on Diabetes on 14th November 2017 under the supervision of Ms. Anuja Sharma Nursing Tutor to educate the patients about Diabetes, types of diabetes, Causes, Sign and Symptoms, Prevention and foot care.

The theme for the group project was "Women and Diabetes- our right to Healthy Future".



Objective of the group project were to create awareness among people regarding Diabetes and Prevention, to acknowledge the people regarding the treatment of Diabetes and to improve knowledge regarding Diabetes. 23 students of B.Sc. Nursing 2nd year participated in this group project.

Around 50 patients and their care giver had attended the group project.



COMMITTEES MEMBERS

1. INVITATION COMMITTEE

Ms. Harjot
Ms. Monika

2. COLLECTION COMMITTEE

- Ms. Jaya
- Ms. Arju

3. CHART MAKING COMMITTEE

- Ms. Kavita
- Ms., bindiya
- Ms. Mandeep
- Ms. Monika
- Ms. Kulpreet
- Ms. Harmandeep
- Ms. Ekkanoor

4. REFRESHMENT INCHARGE

- Ms. Arju
- Ms. Jaya
- Ms. Monika

5. MANAGEMENT COMMITTEE

Ms. Anchal
Ms. Annu
Ms. Ayesha
Ms. Chikki
Ms. Kavita

6. PICTURES/VIDEOS

- Ms. Priya
- Ms. Poonam

7. REPORT

- Ms. Arju
- Ms. Ankita

ROLE PLAY

NARRATOR:- Ms. Harjot

Rola play:

- Ms. Ankita
- Ms. Arju
- Ms. Bindiya
- Ms. Kulpreet
- Ms. Netu
- Ms. Chikki
- Ms. Komal

- Ms. Navneet
- Ms. Kavita
- Ms. Monika
- Ms. Muskan
- Ms. Navneet

CHART EXPLANATION

- Ms. Harmandeep
- Ms. Annu

VOTE OF THANKS

- At the end of the chart explanation vote of thanks was given by all the students.

At the end of the group project, teachers and patients praised the student's efforts in execution of the group project. Principal mam praise the students for their hard work and gave positive comments. Patients as well as their relatives were also satisfied and happy as they gained so much knowledge which they can use in their future.



**Principal -
M. M. Institute of Nursing
Maharishi Markandeshwar University
Mullana (Ambala)**

GROUP PROJECT ON UNDER FIVE ASSESSEMENT

A group of 10 students roll no. 2014012-2014021 posted in a village named Duliana for community posting from November 6 – November 30, 2017. We found a group of under five year children in the village. Physical assessment was performed during which suggested the need of health education regarding malnutrition and their treatment. Group involved in this workshop are under five year children.



Aims and Objectives

- To assess the previous knowledge of mother regarding the topics.
- To enhance the knowledge of group
- To identify the cases of protein energy malnutrition under 5 year children
- To assess the degree of protein energy malnutrition under 5 year children

Purposes of specific activity:

- Explanation about topic:
- Children mothers are educated regarding the malnutrition and how to prevent children from malnutrition. In this we explained about the malnutrition, their types and their treatment at home level which a mother should implement in their daily life activities. Various good practices like breastfeeding, personal hygiene, food hygiene, nutritious laddu are being

discussed in the session that maintain and improve health of a malnourished children.

- To aware the mother about the common health problems.
- To enhance knowledge of group.
- To influence the health status of under five year children.
- To adapt good practices for resolving the problems.

Activities Performed During workshop

1) Assessment : We had done the assessment of the five year children in which we checked the height and weight of the children and compile the BMI values. 20 minutes are allotted to complete assessment.

Chart explanation

Nutritious laddu : Mothers are educated about how to make nutritious laddu and their contents and how to prepare it in home setting , how it helps in increasing the weight of child and reduces the risk of malnutrition.



Pamphlet: Pamphlets are distributed to mothers which contain information regarding the balanced diet and exclusive breastfeeding and their techniques and correct attachment while breastfeeding

Health Problems Identified:

Main problems identified were malnutrition and obesity.

Health facilities and referral :

For improving the health status of the under five year children we make them aware about the various home remedies that they can use to treat the problem. We refer them to MMIMS&R, Mullana for further checkups and treatment.

Refreshment :

A packet of biscuit is distributed to the participants.

Evaluation:

After performing all the activities the result was that majority of mothers have previous knowledge regarding the malnutrition and their treatment . Health education delivered by charts and demonstrations.


Principal
M. H. Institute of Nursing
Maharshi Mankandeshwar University
Mullana (Ambala)

GROUP PROJECT ON ADOLESENT HEALTH



Date : Nov. 29, 2017

Place: Government Sr. Sec. School, Dulyana

Group: 9th – 12th class

Introduction

Group of 40 students posted in a village named Dulyana for community posting from November 6 – November 30, 2017. On the posting student surveyed the village. We found a large group of adolescent girls in the Govt. sen.sec School, Dulyana. Hb estimation was performed during school health project which suggested the need of health education regarding anemia and its preventions, menstrual hygiene, pubertal changes, anemia and breast self examination. Group involved in this workshop are adolescent girls.

Under the supervision of our teachers we used to perform certain activities. The supervisors were:-

- Mrs. Priyanka Mam (Assist. Prof)
- Ms. Jyoti Mam (Clinical Instructor)
- Ms. Vipasha Mam (Clinical Instructor)
- Ms. Navpreet Mam (Clinical Instructor)

Aims and Objectives

- To assess the previous knowledge of group regarding the topics i.e, menstrual hygiene, pubertal changes , anemia by questionnaires.
- To enhance the knowledge of group by providing education regarding menstrual hygiene, pubertal changes , anemia.
- To demonstrate Breast Self Examination
- To let them adapt good practices for resolving the problems related to adolescent.

Explanation about topic: - Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. The major landmark of puberty for females is menarche , the onset of menstruation which occur on average age at 13 years. In this we used to explain about the menstruation and practices which a girl should apply during menstrual cycle. The symptoms that comes during menstrual cycle should be managed at home. Various good practices are being discussed in the session that maintain and improve health of a girl. Points that are on focus are use and disposal of sanitary pads or cloth pieces. Anemia is a medical condition in which the red blood cell count or hemoglobin is less than normal 12 gram. It includes causes, sign and symptoms and treatment. We explain about the prevention of anemia at community level i.e, including iron rich food , intake of a iron tablet in a week and take albendazole every 6 month.

Purposes of specific activity:-

- To aware the adolescent girls about the pubertal changes.
- To reduce the risk of breast cancer.
- To reduce the morbidity rate among womens.

Health Problems Identified : Main problems identified were irregular menstrual cycle and dysmenorrheal.

Health facilities and referral : For improving the health status of the adolescent girls we make them aware about the iron tablets which are provided free of cost for women by government. We refer girls to MMIMS&R , Mullana for further checkup and treatment.

Refreshment : A packet of biscuit is distributed to the participants.

Evaluation: After performing all the activities the result was that majority of adolescents girls have average previous knowledge regarding the menstrual hygiene and anemia. Health education delivered by charts , models and demonstrations. The results of post test were 50% girls had average knowledge and 50% girls had good knowledge. Some girls faced the problem of menstrual irregularity and dysmenorrheal.



Principal
M. M. Institute of Nursing
Maharishi Maheshwar University
Mullana (Ambala)

REPORT ON IMOPRATNCE OF BREAST MILK



Date : Nov. 29, 2017

Place: Aganwadi, Duliana

Group of 40 students posted in a village named Duliana for community posting from November 6 – November 30, 2017. On the posting we used to survey the village. We found a group of lactating mothers in the village. Physical assessment was performed during which suggested the need of health education regarding common problems during lactation. So we focused on lactating mothers health by considering few topics. From the group of 40 students, we roll no. 2014031-2014045 organized a workshop on lactating mothers. Group involved in this workshop are lactating mothers.

Aims and Objectives

- To identify the health problems by physical assessment.
- To assess the previous knowledge of group regarding the topics.
- To enhance the knowledge of group
- To demonstrate for the cerelac preparation for child.

Explanation about topic:

Lactation mothers is used to describe things relating to the care during lactation and medical care of lactating mothers. In this we explained about the common attachment problems and their treatment at home level. The symptoms that come during lactation problems should be managed at home. Various good practices are being discussed in the session that maintain and improve health of lactating mothers. We have also discussed about various exercises and dietary modifications to resolve the problems related to lactation.

- To aware the lactating mothers about the good and bad attachment.
- To enhance knowledge of group.
- To influence the health behavior of the lactating mothers

Methods:

During workshop it was important to give accurate knowledge in a right way. Then charts were used for better understanding and effective teaching. Topics covered during workshop were various common lactation problem and their treatment.

Activities Performed During Workshop

1. **Pre test :** A pre test has been conducted to check the knowledge of lactating mothers. Pre test contains 12 multiple choice questions. Instructions are given before giving test. 10-15 minutes are allotted to complete the pre test.
2. **Assesment of weight and blood pressure:** we are assessed the weight and blood pressure of lactating mothers.



3. **Explanation of the topic :** Topics which are being discussed in workshop are care of breast, benefits of breast feeding, good and bad attachment, preparation of cerelac, immunization schedule.
4. **Charts expnation**
5. **Weaning:** In weaning we made cerelac of boiled rice and apple.
6. **Post test :** 10- 15 minutes are allotted to complete the test.

Health facilities and referral :

For improving the health status of the lactating mothers we make them aware about the various home remedies that they can use to treat the problems related to

GRPUP PROJECT ON CARE OF ELDERLY PERSON

Group of 40 students posted in a village named Duliana for community posting from November 6 – November 30, 2017. On the posting we used to survey the village. We found a group of geriatric people in the village. Physical assessment was performed during which suggested the need of health education regarding common geriatric problems and their treatment. Group of 10 student organized a workshop on geriatric considerations. Project performed on Nov. 30, 2017 under the supervision of teachers and venue was Shiv mandir, Duliana



Aims and Objectives

- To identify the health problems by physical assessment.
- To assess the previous knowledge of group regarding the topics.
- To enhance the knowledge of group
- To aware the group regarding common geriatric problems
- To adapt good practices for resolving the problems related to old age

Purposes of specific activity:

- To aware the geriatric people about the common health problems.
- To enhance knowledge of group.

- To influence the health behavior of the geriatric people.
- To adapt good practices for resolving the problems related to old age.

Activities Performed During Workshop

1. Previous knowledge :

Previous knowledge regarding the topic was assessed by asking them the questions regarding problems arising during the old age and there treatment.

2. Assessment of weight and blood pressure :



3. Chart explanation :

Topics which were being discussed in workshop were hypertension, diabetes mellitus, constipation, asthma, malnutrition, obesity, difficulty in swallowing, arthritis, psychiatric problem.

3. Exercises and yoga:



Health Problems Identified:

Main problems identified were hypertension, diabetes mellitus, respiratory problem, arthritis and constipation.

Health facilities and referral :

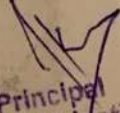
For improving the health status of the geriatric people we make them aware about the various home remedies that they can use to treat the problem. We refer them to MMIMS&R, Mullana for further checkups and treatment.

Refreshment :

A packet of biscuit is distributed to the participants.

Evaluation:

After performing all the activities the result was that majority of geriatric people have previous knowledge regarding the common health problems in old age and their treatment . Health education delivered by charts and demonstrations.


Principal
M. M. Institute of Nursing
Maharshi Manandeshwar University
Mullana (Ambala)

- Ms. Navneet
- Ms. Kavita
- Ms. Monika
- Ms. Muskan
- Ms. Navneet


CHART EXPLANATION

- Ms. Harmandeep
- Ms. Annu

VOTE OF THANKS

- At the end of the chart explanation vote of thanks was given by all the students.

At the end of the group project, teachers and patients praised the student's efforts in execution of the group project. Principal mam praise the students for their hard work and gave positive comments. Patients as well as their relatives were also satisfied and happy as they gained so much knowledge which they can use in their future.


Principal
M. M. Institute of Nursing
Maharishi Maheshwar University
Mullana (Ambala)

M.M. INSTITUTE OF NURSING, MULLANA, AMBALA.

**REPORT ON WORLD AIDS DAY
(AIDS DAY CELEBRATION 2017)**

THEME: "Increasing impact through Transparency, Accountability and Partnerships"

DATE: December 1st, 2017

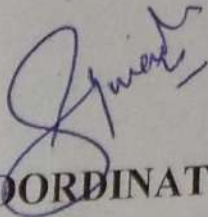
TIME: 11:00am – 12:00pm

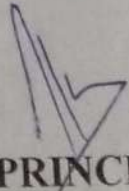
The students of BSc (N) 3rd year of M.M. Institute of Nursing celebrated AIDS day on December 1st 2017 and organized a group project which includes role play with charts explanation in MM hospital and poster competition about "Education of AIDS and its prevention" in M.M. Institute of nursing under the supervision of Ms. Simarpreet Kaur.



The participants for poster competition were from all batches of BSc Nursing. The posters were displayed in Corridor of ground floor. Principal of M.M. Institute of nursing, Dr. (Mrs.) Jasbir Kaur & HOD of Community Health Nursing, Mrs. Priyanka were the evaluators for poster competition. Prizes were distributed to 1st, 2nd and 3rd position holders.

Role play was organized by students of BSc (N) 3rd year in MM hospital. It was very effective and informative.


COORDINATOR


PRINCIPAL
Principal
M.M. Institute of Nursing
Maharaja G.D. Goindwal University
Mullana (Ambala)



A

Report on
NATIONAL SERVICE SCHEME



“श्रद्धांजलि”

7 DAYS AND NIGHT CAMP

17TH MARCH TO 23RD MARCH 2018


BY

UNIT-1, UNIT-2, UNIT-3, UNIT-4 & UNIT-5

AT

VILLAGE – SOHANA & HOLI (AMBALA)

1


Principal
M. M. Institute of Nursing
Maharishi Markandeshwar University
Mullana (Ambala)

Scanned by CamScanner

Scanned by CamScanner

Scanned By Scanner Go

INAUGURAL

NSS volunteers has started 7 Day & Night Camp on 17th March, 2018. The theme of the event was named as “श्रद्धांजलि” to give tribute to the martyrs, was continue till 23rd March 2018. Inaugural was done by Prof. Ashok Arora (Pro Vice-Chancellor MMDU, Mullana) and Dr. J. K. Sharma (Dean Student Welfare), Dr. N. K. Batra(Dean Academic Affair). Dr. Anil Sharma (Head of Biotech Department) motivated volunteers for this event and expressed his views. Er. Karan Aggarwal Program Coordinator, NSS explained the theme of this Camp.



CAMP LIGHTENING BY:-

- Prof. Ashok Arora (Pro Vice-Chancellor MMDU, Mullana)
- Dr. J. K. Sharma (Dean Student Welfare)
- Dr. N. K. Batra(Dean Academic Affair)
- Dr. Anil Sharma (Head of Biotech Department)
- Mr. Bankim (Assist. Prof. MMCON)
- Ms. Simarpreet kaur (Nursing Tutor, MMIN)

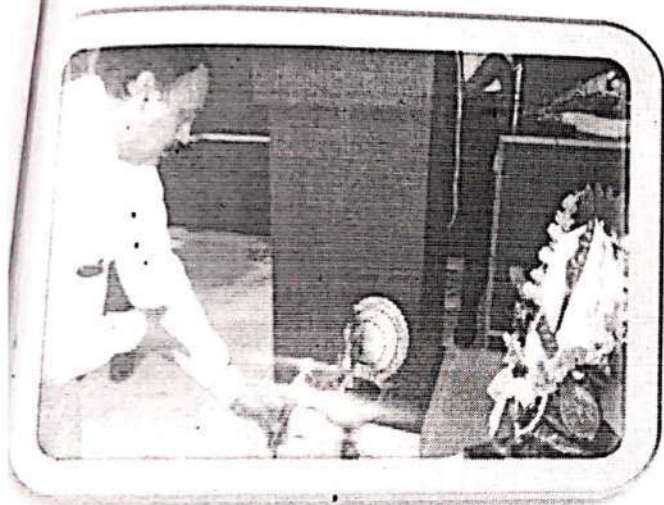
INAUGURAL

NSS volunteers has started 7 Day & Night Camp on 17th March, 2018. The theme of the event was named as “श्रद्धांजलि” to give tribute to the martyrs, was continue till 23rd March 2018. Inaugural was done by Prof. Ashok Arora (Pro Vice-Chancellor MMDU, Mullana) and Dr. J. K. Sharma (Dean Student Welfare), Dr. N. K. Batra(Dean Academic Affair). Dr. Anil Sharma (Head of Biotech Department) motivated volunteers for this event and expressed his views. Er. Karan Aggarwal Program Coordinator, NSS explained the theme of this Camp.



LAMP LIGHTENING BY:-

- Prof. Ashok Arora (Pro Vice-Chancellor MMDU, Mullana)
- Dr. J. K. Sharma (Dean Student Welfare)
- Dr. N. K. Batra(Dean Academic Affair)
- Dr. Anil Sharma (Head of Biotech Department)
- Mr. Bankim (Assist. Prof. MMCON)
- Ms. Simarpreet kaur (Nursing Tutor, MMIN)



Team's Name-

1. Bhagat Singh
2. Chandra Shekhar Azad
3. Sukhdev
4. Rajguru
5. Subhash Chandra Bose
6. Rani Laxmi Bai
7. Mangal Pandey
8. Batukeshar Dutt
9. Kartar Singh Sarabha
10. Lala Lajpat Rai

Day -One

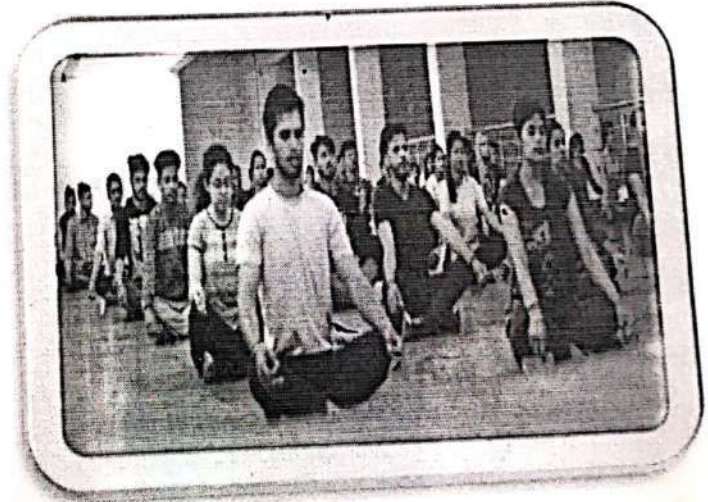
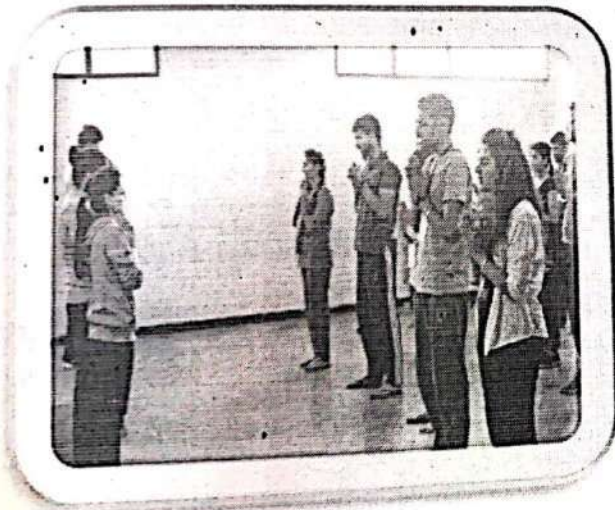
1. Inaguration
2. Division of teams
3. Cultural Evening (Uri Attack)



Day-Two

Activity 1. Yoga Session (6:00 am to 7:15 am)

All the teams actively participated in this session.



Activity 2: SURVEY (9:00 am to 2:00 pm)

all the teams visited sohana village for survey, poster making and slogan writing on the theme – kargil attack.

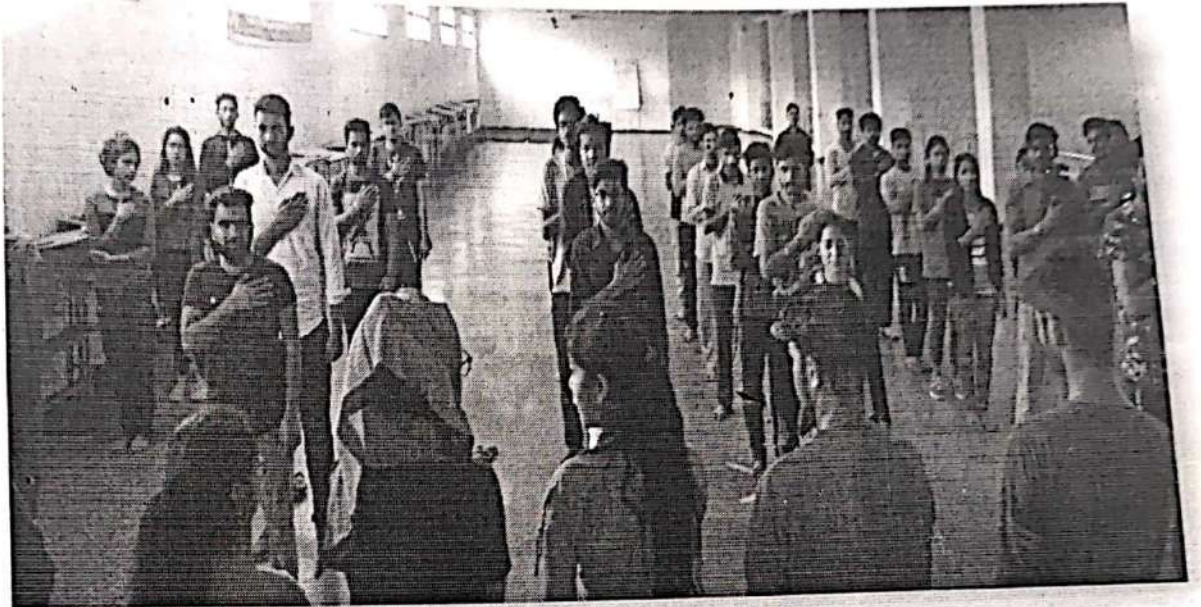


Activity 3: CULTURAL EVENING – KARGIL ATTACK

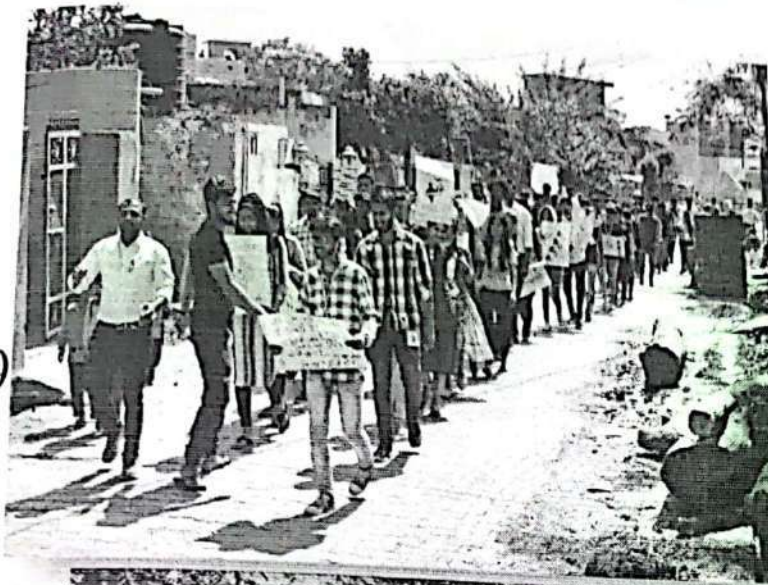


DAY THREE

Activity 1. Yoga Session



Activity 2: RALLY

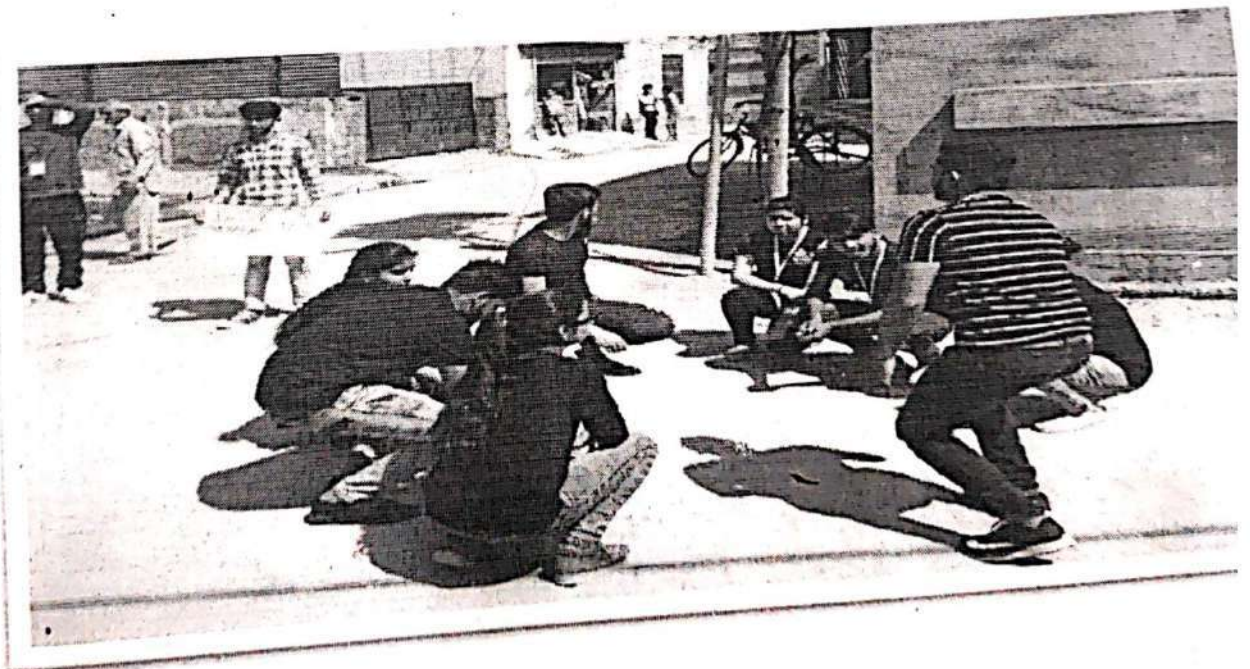


Activity 3: NUKKAD NATAK .

Team 1, 2, 3, 4 went to **Sohana Village**

Team 5, 6,7,8, 9, 10 went to **Holi Village**

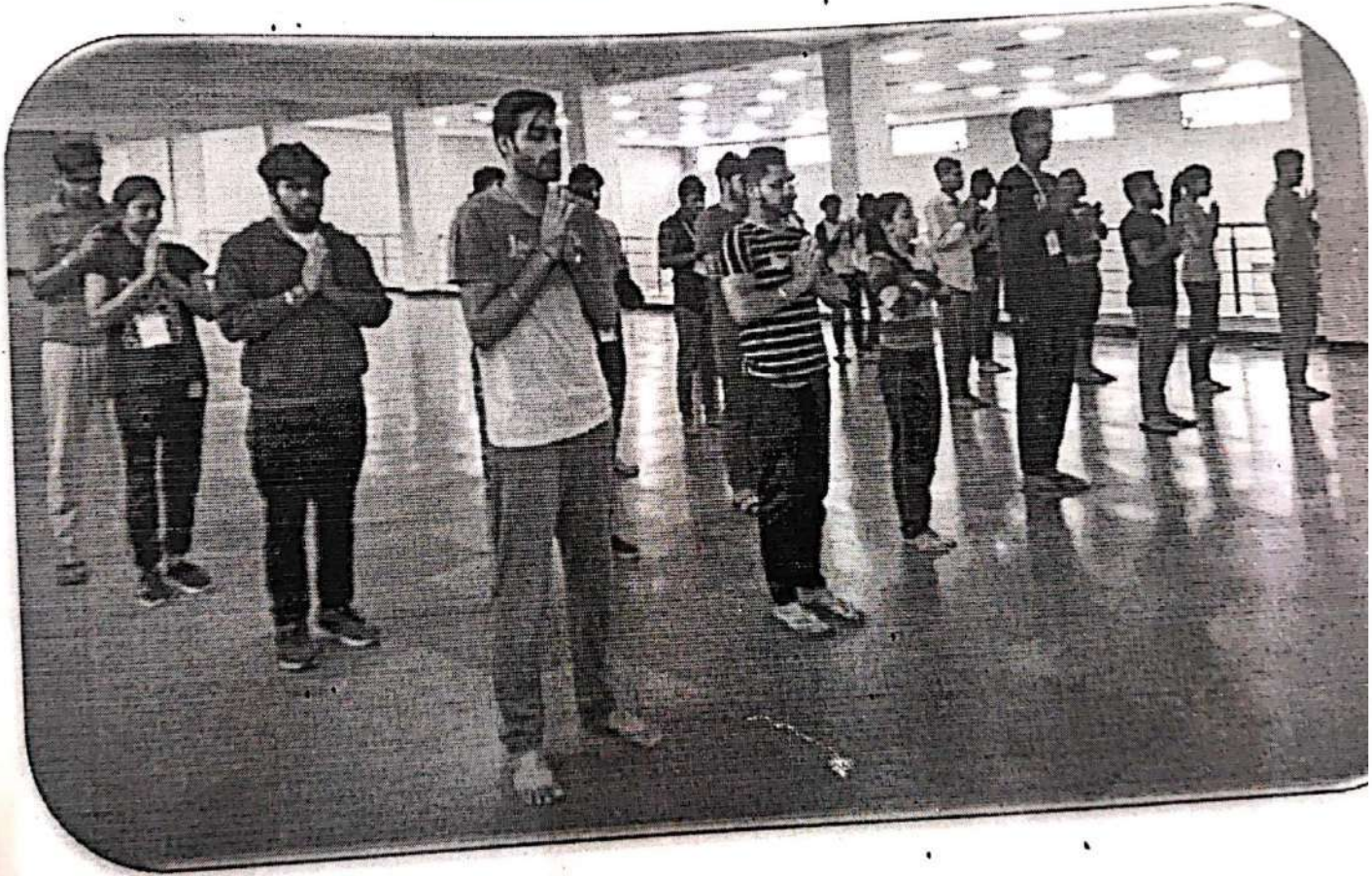
All of them Performed Nukkad Natak



Activity 4: CULTURAL EVENING (JALIAWALAH BAGH)



Activity 1: YOGA SESSION



Activity 2: MEDICAL CAMPS

MEDICAL CAMP AT HOLI



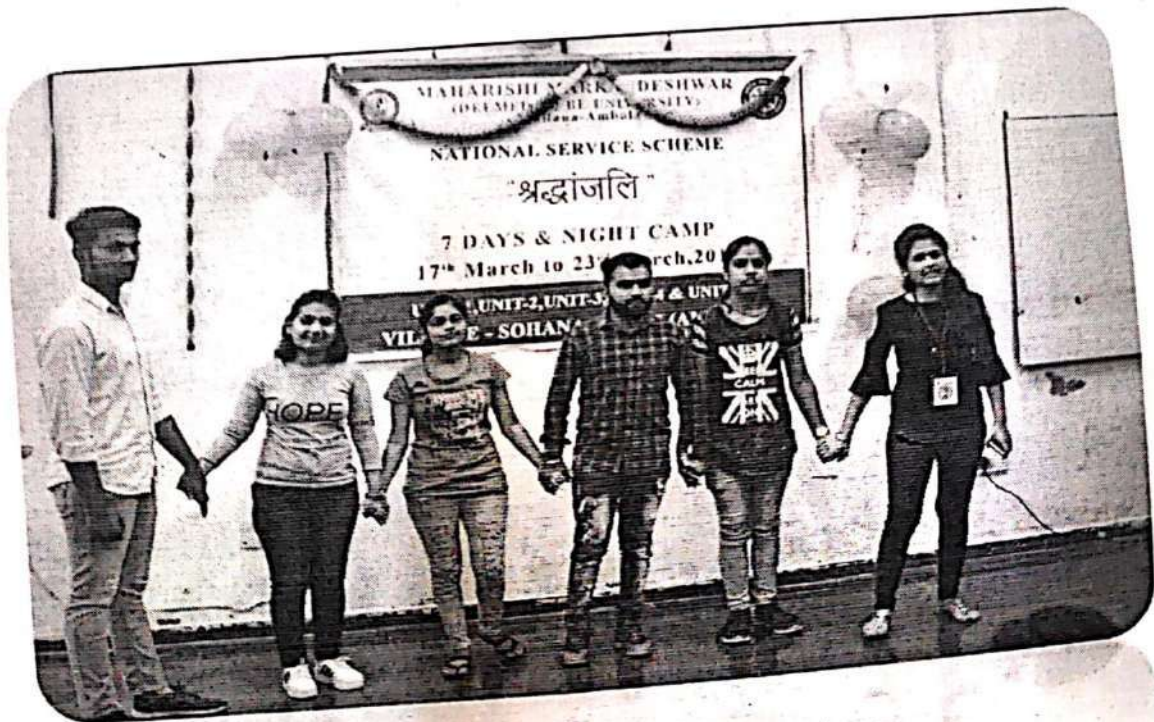
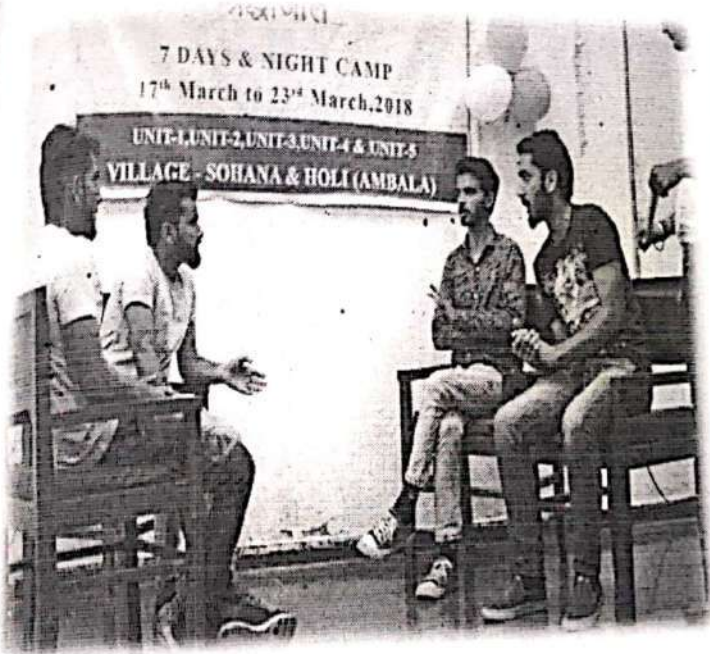
DENTAL CAMP AT SOHANA



Activity 3: DRAWING COMPETITION

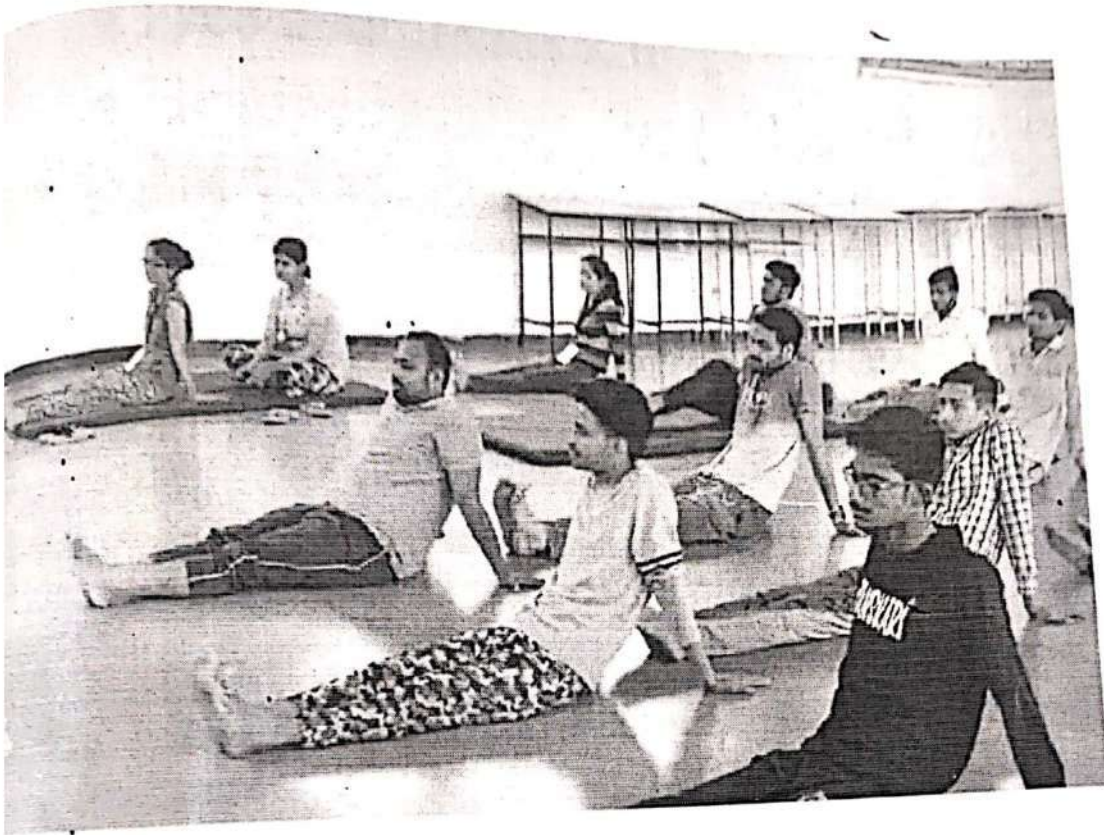


Activity 4: CULTURAL EVENING (BOMB BLAST)



DAY FIVE

1. YOGA SESSION



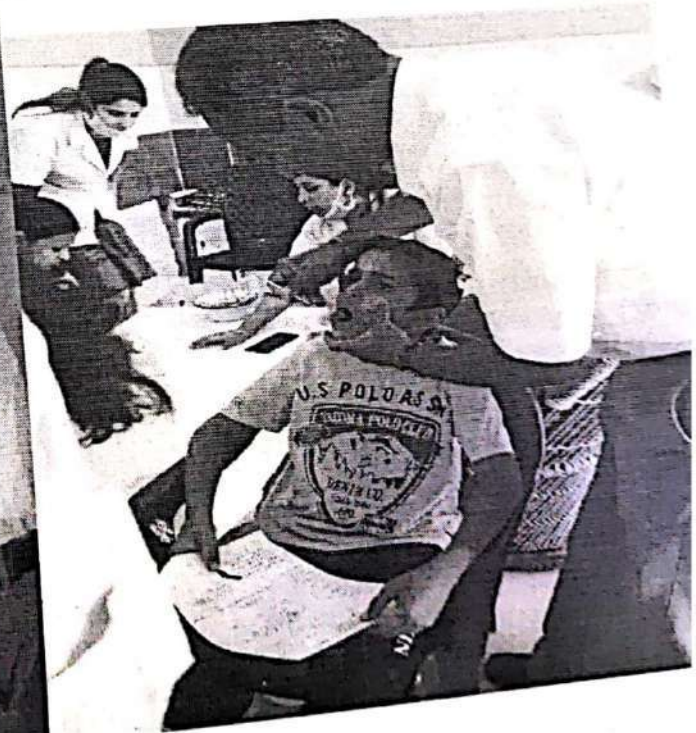
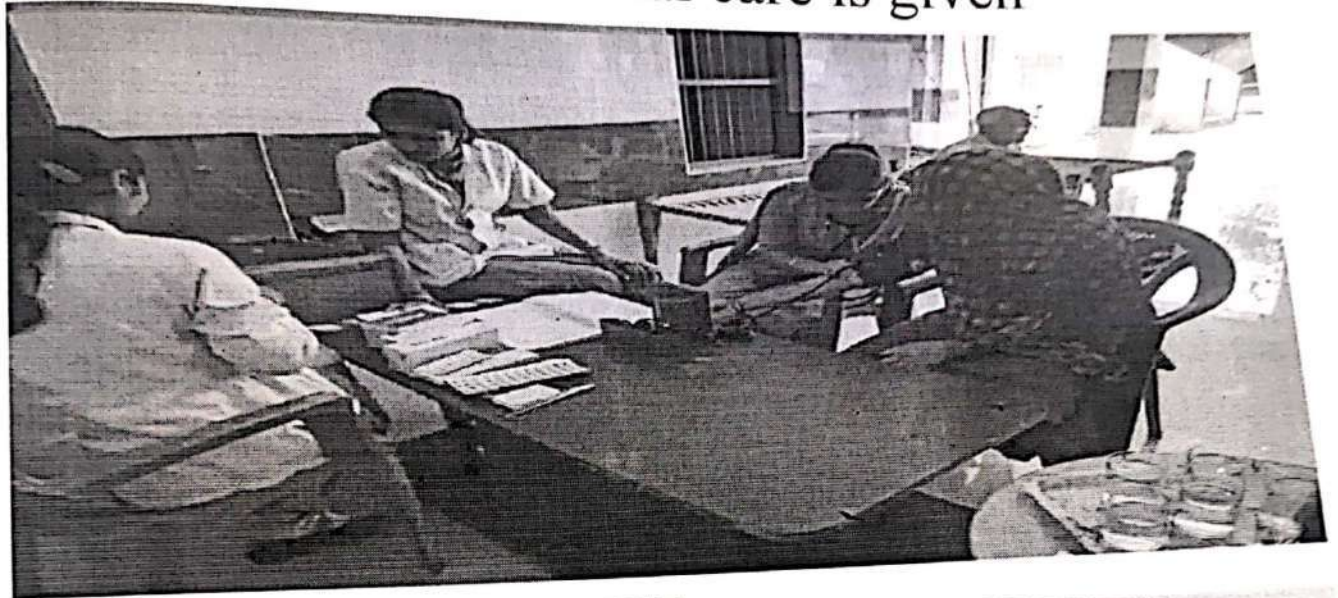
2. CAMPS

MEDICAL CAMP AT SOHANA

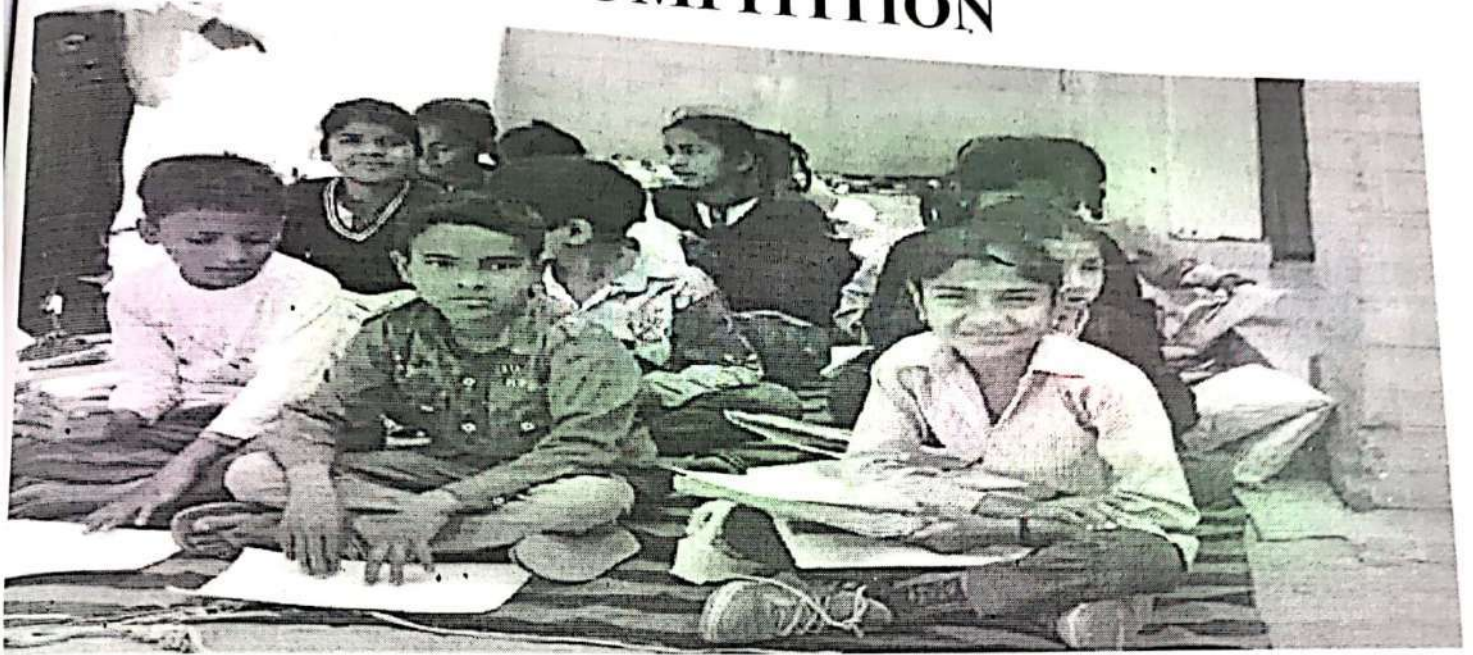
- Free health check up
- Health related advises given by doctors
- Iron, calcium and paracetamol tablets were given

DENTAL CAMP AT VILLAGE HOLI

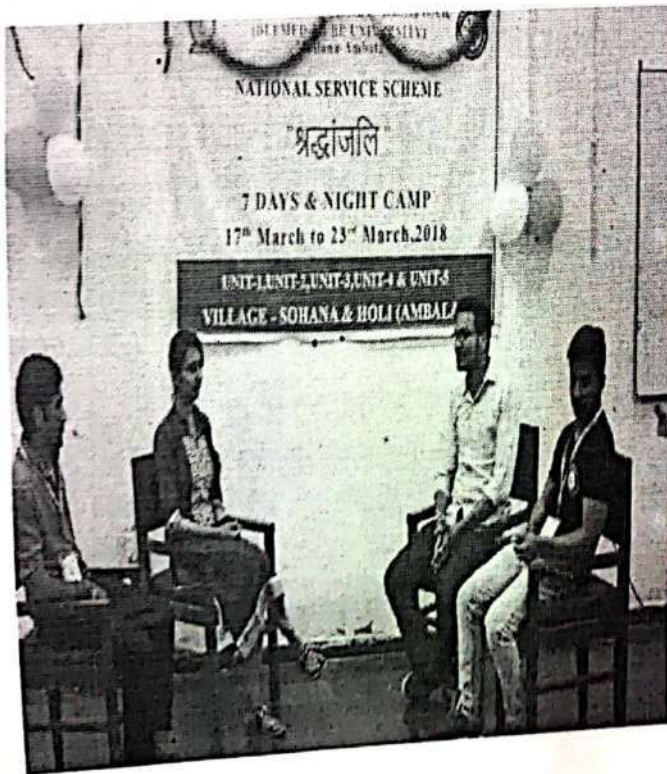
- Free dental check up
- Health education for oral care is given



3. DRAWING COMPETITION

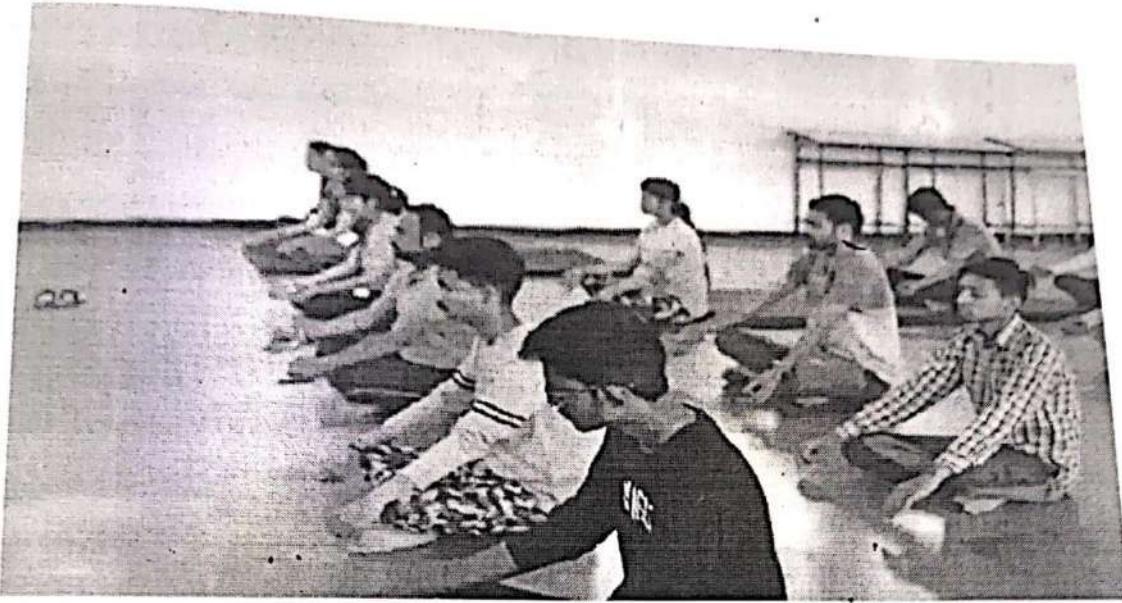


4. CULTURAL EVENING (1857 karanti)



DAY-SIX

1. YOGA



2. RALLY: On awareness regarding:

- Beti bachao Beti padhao
- Women empowerment
- Equality among religions





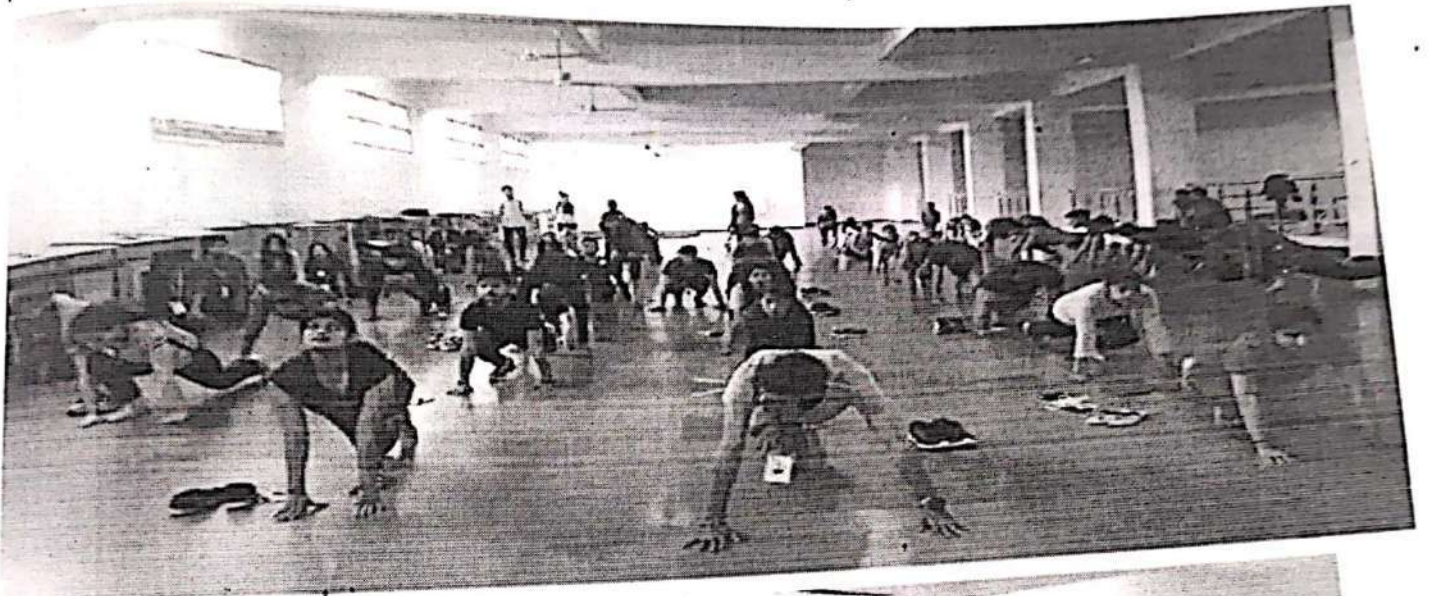
3.SPORTS EVENING

- Kho kho
- Volley ball
- Cricket



DAY-SEVEN

1. YOGA



2. FIRST AID AND NURSING TRAINING

(Given by members of Red Cross society- Ambala)

- CPR
- Transportation of injured person
- Different types of bandaging
- Emergency care of patient at accident site



3. PRIZE DISTRIBUTION

The best volunteers throughout the Camp were awarded with Medals.

- Award of Best team – Team 8 (Batukeshar Dutt)

M.M. INSTITUTE OF NURSING, MULLANA, AMBALA.
LIST OF NSS STUDENTS IN SEVEN DAY AND NIGHT CAMP HELD ON 17TH MARCH -23RD MARCH 2018

Sr.No.	NAME OF STUDENTS
1.	Anju
2.	Archana
3.	Kusum
4.	Manpreet
5.	Renu
6.	Smrirt
7.	Sonali
8.	Yashika
9.	Bindiya
10.	Eknoor
11.	Kavita
12.	Kulpreet
13.	Mandeep
14.	Navita gautam
15.	Simran



Maharishi Markandeshwar
University



**National Service Scheme
7 Day and Night Camp**

UNIT-3,4&5

15th -21st April, 2017

at

Seembla Village

Principal
M. M. Institute of Nursing
Maharishi Markandeshwar University
Mullana (Ambala)

Scanned by CamScanner

Scanned by CamScanner

National Service Scheme

Objective-

The broad objective of NSS are to:-

1. Understand the community in which they work.
2. Understand themselves in relation to their community.
3. Identify the needs and problems of the community and involve them in problem Process.
4. Develop among themselves a sense of social and civil responsibility.
5. Utilize their knowledge in findings practical solution to individual and community.
6. Gain skills in mobilizing community participation.
7. Acquire leadership qualities and democractic attitude.
8. Develop capacity o meet emergencies and natural diasters.

THE MOTTO:-

The motto or watchword of the NSS is: '**NOT ME BUT YOU**'. This reflects the essence of democratic living and upholds the need for selfless service and Appreciation of the other person's point of view and also to show consideration For fellow human beings. It underlines that the welfare of an individual is ultimately Dependent on the welfare of society on the whole. Therefore, it should be the aim Of the NSS to demonstrate this motto in its day-to-day programme.

Objective of NSS Programme:-

The primary objective of the special camping programme are:-

1. Making education more relevant to the present situation to meet the felt needs of the communities and supplement the education of University/ Colleges/School students by bringing them face to face with the community situation.
2. To provide opportunities to students to play their due roles in the implement of various development "programme by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
3. Encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

Schedule of 7 day & night NSS Camp:

15th April 2017: Inauguration of the camp & visit the village .

16th April 2017: Surveying the village and drawing competition.

17th April 2017: Awareness on Digital India and Women empowerment and Discussion about their problems.

18th April 2017: Awareness Rally and Nukkad natak .

19th April 2017: Dental Checkup

20th April 2017: Medical Camp in Village

21st April 2017: Valedictory Function.

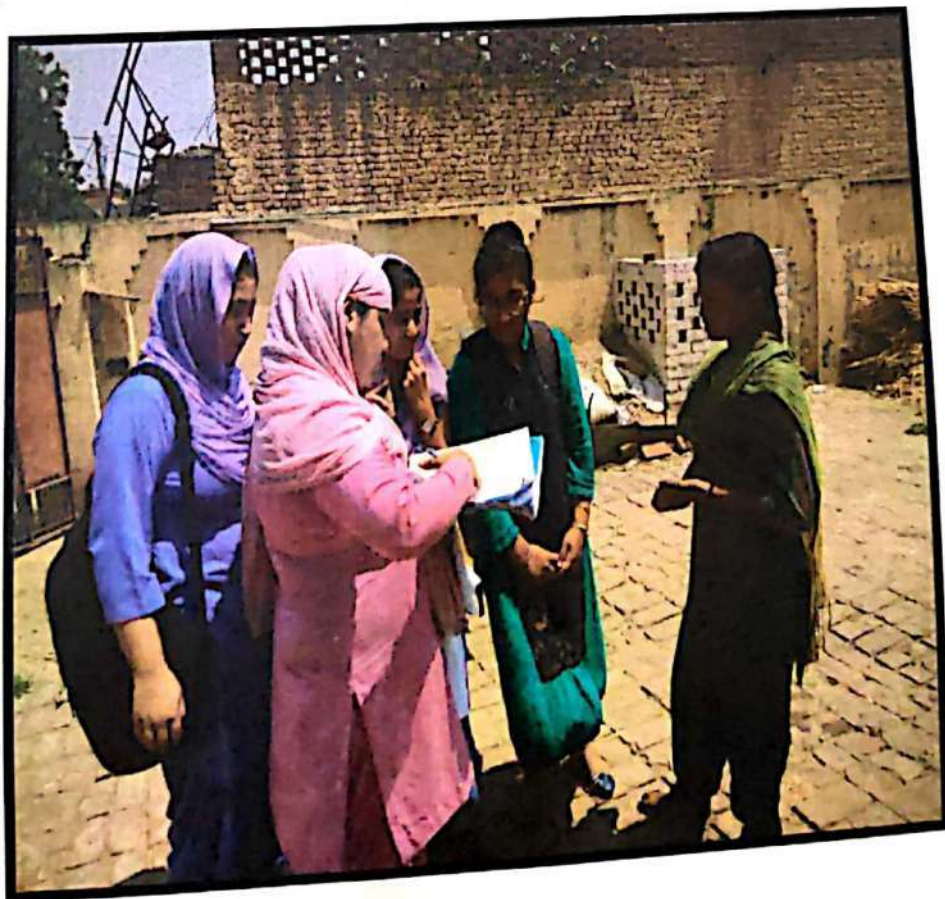
Our volunteers went to the adopted village. They did cleanliness drive there and then went out in the village for general talk. In the general talk we got divided into groups and discovered various problems of villagers. After the camp we planned to solve those hindrances and hurdles and their personal problems. At that time our program officer Er. Karan Aggarwal, Mrs. Ramandeep, Mrs. Simarjeet and Mr. Bankim were also present there.



Day 2 (16th April 2017)

On secondary went to Seembla village . Volunteers done the survey and aware them for Digital India and the Government Scheme for the girls child education and their welfare. Volunteers also give the information about educated girls or women in the home to the villagers . In the survey volunteers collect information about girls child education status and adhaar is linked with bank account or not .





Drawing Competition



Women Empowerment

- National Women's Policy, 2001 to be revised
- Review of family laws by High Level Committee, report submitted, expert consultations have commenced
- Revamp Rashtriya Mahila Kosh, synergise with Bharatiya Mahila Bank
- Linking skills with employment, through the STEP programme, and in partnership with the private sector
- Awards for exceptional contributions by women, at district and State levels, to be presented on International Women's Day
- Extending PM's initiative of "Make in India": Linking women artisans to the market through exclusive "Women of India" stores

15



Day 3rd (17th APRIL, 2017)

On third day our Volunteers went to the village and aware the people about the Cleanliness, Digital India, women empowerment and try to make a sign. Our volunteers also give the information about the free schemes of the government for the villagers. That is Sukanya Samridhi Account, Ujjwala Yojna, Bhim Aadhaar app.




Day 4th (19th April, 2017)

Day 4th was the day of our whole NSS group face to face interaction with the villagers and for that we organised a Rally in the village. We started our rally from "Government school" And covered the whole village spreading awareness with full dedication and enthusiasm. Our aim was to spread the message about the Problems regarding **Girls Education, Cleanliness, Intoxication** etc. Our main slogan and motto was **Beti Bachao Beti Padhao**. Our volunteers actively participated in the rally. Also our emphasis Was to spread the message regarding the harmful effects of **Smoking**.



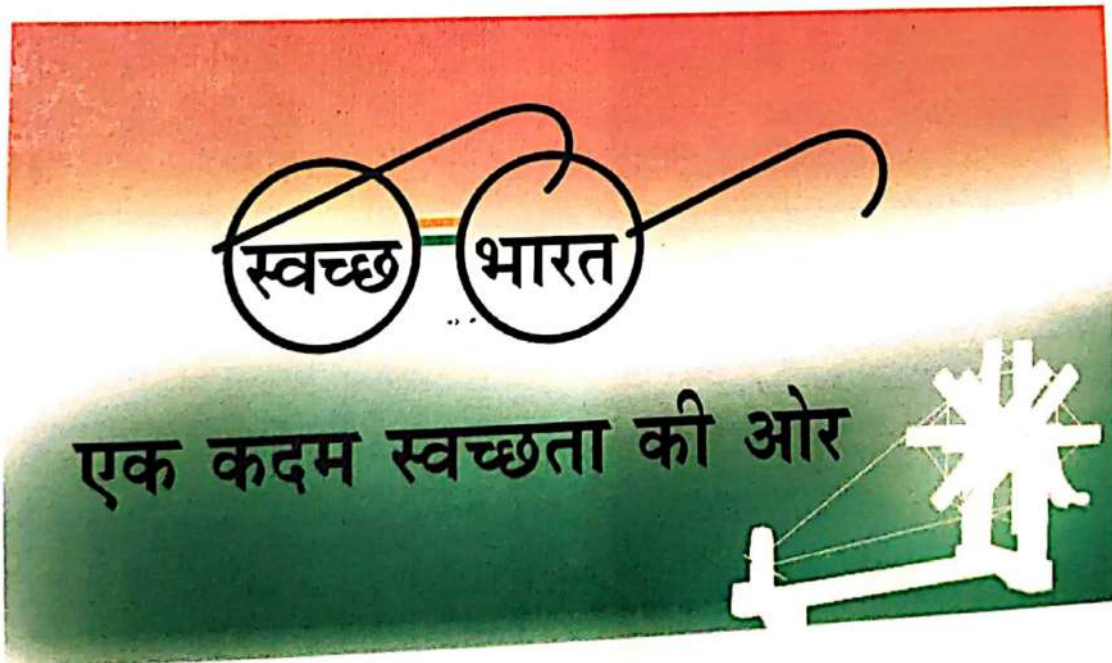
SLOGANS



**Green city clean city,
My dream city.**

हम सब का एक ही नारा,
साफ सुथरा हो देश हमारा.

ग्यालिपडित.com



स्वच्छ भारत

एक कदम स्वच्छता की ओर

करें हम ऐसा काम,
बनी रहेगी देश की शान.

www.funandlike.com

Nukkad Natak





Day 5TH (19th April, 2017)

This day we organised a **Dental camp** in the village and we call the people for the Dental check-up. Doctors have given a short lecture on the cleanliness of teeth and how to minimize the problems of teeth to the school student who has come for the check-up. Our volunteers aware the villagers about the iodine day. Our volunteers also given the short lecture to the school student about the Iodine Day. At that time our Program Officers are also present their.









DAY 7TH ,21ST April2017

VALEDICTORY DAY

- Today we will do the compilation of our report.
- Brain storming.
- Valedictory function.

At the end we give our special thanks to our honourable guests, respected faculty members , volunteers and a very special thank to press and media.

M.M. INSTITUTE OF NURSING

MULLANA , AMBALA

GROUP PROJECT ON TUBERCULOSIS

B.Sc. Nursing 2nd years students conducted a group project on tuberculosis on 24th March, 2018 under the supervision of Ms. Anuja Sharma Nursing tutor to educate the patients about tuberculosis, types of tuberculosis, causes, mode of transmission, sign & symptoms, prevention, treatment & side effects of drugs.

Objective of the group project were to create awareness among people regarding tuberculosis and prevention, to acknowledge the people regarding the treatment of the tuberculosis and to improve knowledge regarding tuberculosis. Twenty three students of B.Sc. Nursing 2nd year participated in this group project.

Around 40 patients and their care giver had attended the group project at *M.M. HOSPITAL*.

COMMITTEES MEMBERS

1. INVITATION COMMITTEES:

- Ms. Poonam
- Ms. Priyanka

2. COLLECTION COMMITTEES:

- Ms. Niharika
- Ms. Neha

3. CHART MAKING COMMITTEES:

- Ms. Neha
- Ms. Niharkia
- Ms. Raahi
- Ms. Shivani
- Ms. Pooja
- Ms. Shivani Bharti
- Ms. Tahira

4. REFRESHMENT INCHARGE:

- Ms. Niharika
- Ms. Neha

5. MANAGEMENT COMMITTEE:

- Ms. Ravina
- Ms. Shivani
- Ms. Shilpi
- Ms. Sulbhi

6. PICTURES AND VIDEOS:

- Ms. Rakhi
- Ms. Kusum

7. REPORT :

- Ms. Rakhi
- Ms. Kusum

QUIZ CONTEST

B.Sc., Nursing 2nd years students conducted a quiz contest on tuberculosis on 24th March, 2018 under the supervision of Ms. Anuja Sharma Nursing tutor to know knowledge of students about tuberculosis, types of tuberculosis, causes, mode of transmission, sign & symptoms, prevention, treatment & side effects of drugs.

QUIZ TOPIC

Respiratory System

TEAM A:

- Ms. Pinki
- Ms. Monika
- Ms. Navneet Kaur
- Ms. Jaya

TEAM B:

- Ms. Harman Kaur
- Ms. Shivani
- Ms. Mandeep
- Ms. Kulpreet

TEAM C:

- Ms. Anu
- Ms. Tahira

- Ms. Shagun
- Ms. Harjot

WINNER TEAM:

- Team B

Prize Distributed To The Winner Team by the respected teachers and also to the Participants.

Quiz starts at 11 'O Clock.

ANCHOR:

- Ms. Tabbsum

QUIZ MASTER:

- Ms. Nikita

QUIZ ORGANIZOR

- Ms. Nikita
- Ms. Tabbsum
- Ms. Simran


CHART EXPALANATION:

- Ms. Sugandh
- Ms. Poonam
- Ms. Priyanka

VOTE OF THANKS

At the end of chart explanation vote of thanks was given by all the students.

At the end of group project, teacher and patients praised the student's effort in execution of the group project. Principal madam praise the students for their hard work and give positive comments.


Principal
M. M. Institute of Nursing
Maharishi warkandeshwar
(Deemed to be University)
Mullana (Ambala)

GROUP PROJECT

We are the students of B.sc (N) 4th year conducted a group project on "UTI and RTI during pregnancy" at Civil Hospital (Ambala) on 24th March 2018.



SUPERVISED BY:

Mrs. Manpreet kaur (Asst. professor)

Ms. Aparna (Clinical instructor)

OBJECTIVES

- To prevent or detect or treat the earliest any complication
- To educate mother about the UTI & RTI during pregnancy by demonstration and charts
- To discuss about the menstrual hygiene.

ACTIVITIES PERFORMED

The group project was started with introduction about the topic proceeded by role play and health education regarding UTI & RTI during pregnancy.

HEALTH EDUCATION

- Educated them regarding menstrual hygiene, urinary tract infection & reproductive tract infection during pregnancy.
- Educated them regarding sign and symptoms of UTI & RTI
- Educated them regarding prevention and management of UTI & RTI
- Educated them about home management of UTI & RTI

VOTE OF THANKS

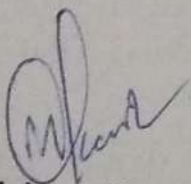
At the end of the role play and chart explanation vote of thanks was given by the students.

FEEDBACK

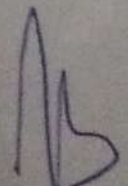
At the end of role play and health education the audience understood the topic and was able to answer the questions. It was very effective role play and they enjoyed the role play as well as understood the topic clearly.

EVALUATION

It was a knowledgeable and enriching experience as the students got confidence in organizing a group project. At the end of the role play and chart explanation the group was able to understand about UTI & RTI during pregnancy.



Subject Coordinator



Principal

Principal
M. M. Institute of Nursing
Maharishi Manoj Kumar
Mullana (Ambala)

WORLD HEALTH DAY

REPORT GROUP PROJECT ON ANTENATAL CARE MIDWIFERY AND OBSTETRICAL NURSING

The students of B.Sc. (N) 4th year conducted a group project on antenatal care on the occasion of "World Health Day" at civil hospital (Ambala) on 7th of April 2018. The theme for the role play was "Surakshit Jacha Surakshit Bacha".

Supervised by

- ❖ Mrs. Manpreet kaur (Asst. professor), Ms. Jyoti (Clinical instructor),
Ms. Vipasha (Clinical instructor)



- The group project was started with introduction about the topic proceeded by role play and health education regarding Antenatal care.
- After the role play, health education was provided regarding Antenatal care by

- Ms. Gunjun
- Ms. Mehak
- Ms. Amanpreet
- Ms. Jyotsna



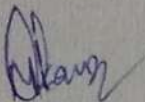
COMMITTEES

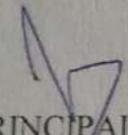
S.No	Committees	NAME OF STUDENT
1	Content	Karamanbir, Kawaljit
2	Charts Making	Amanpreet, Annu, Bharti, Gunjan, Karamanbir
3	Role Play	Amanpreet, Annu, Bharti, Damini, Jasmeet, Jyotsna, Leena, Mansi, Mehak, Jyoti.
4	Invitation	Karamanbir, Kajal
5	Discipline	Gunjan, Inderpreet, Kawaljit
6	Budget	Inderpreet and Kawaljit
7	Chart Explanation	Mehak, Mehak Saini, Jasmeet, Amanpreet
8	Refreshment	Bawandeep, Jaswinder, Neelam
9	Report	Lovepreet and Leena

- After the role play and chart explanation vote of thanks was given by the students.

Health Education:

1. Educated regarding the Antenatal period and changes that occur in the mother's body.
 2. Explained regarding the Antenatal diet and visits.
 3. Educated regarding importance of hygiene during pregnancy .
 4. Educated about immunization during pregnancy..
 5. Explained about complications that occur during Antenatal period.
 6. Encouraged to adopt healthy practices like maintenance of hygiene and healthy dietary habits.
 7. Demonstrated the antenatal exercises.
- **Feedback:** Audience understood the topic and was able to answer the question regarding antenatal care. It was very effective role play and they enjoyed the role play as well as understood the topic clearly
 - **Evaluation:** It was a knowledgeable and enriching experience as the students got confidence in organising a group project. At the end of the role play and chart explanation the group was able to understand the importance of antenatal care.


COORDINATOR


PRINCIPAL
Principal
M. M. Institute of Nursing
Maharishi Markandeshwar University
Mullana (Ambala)

SCHOOL HEALTH PROGRAMME

very Day can be a Good Day. If girls can attend school during their Period '.


(04/09/2017)

INTRODUCTION-

B.Sc. Nursing 4th year student did the School Health Programme on Menstrual Hygiene. Effective Menstrual Hygiene is vital to the health, well-being, dignity, empowerment, mobility and productivity of women and girls. Menstrual Hygiene Management Menstruation is a normal biological process and a key sign of reproductive health. We aware the school girls and teachers about Menstrual Hygiene Management with the help of role play and chart explanations. School Health Programme is an integral part of community health. It is that phase of community health and family health services that promotes the wellbeing of the child his/her education for healthful living. School Health Programme can be a powerful influence for shaping health behavior.

Schools are densely populated places with children, who are one of the most vulnerable groups in the society. To reduce the vulnerability putatively for schools, school health programme is essential.




Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mukana-Ambala, Haryana-India-133207

OBJECTIVES OF PROGRAMME:-

1. To assess the students health from head to foot.
2. To provide general awareness about Menstrual Hygiene Management by using A.V. aids such as charts.
3. To conduct a role play.
4. To promote positive health.

THEME: - 'Every Day can be a Good Day. If girls can attend school during their Period '.

DATE: - 04/09/2017

VENUE: - Gov. High School, Gola

LANGUAGE:- Hindi

COMMUNITY FIELD SUPERVISORS:

- Ms. Uma Deaver
- Ms. Eenu
- Mr. Bankim
- Ms. Pooja Jaswal
- Ms. Annu Verma
- Ms. Jatinder
- Ms. Navjot

TOTAL NO. OF GROUP MEMBERS:-

B.Sc. Nursing 4th Year students (1914071-1914107)

INCHARGES OF GROUP PROJECT:-

- **Group Leader:** Tanya, Sonia

- **Invitation In Charges:** Vertika, Tania
- **Content Making In Charge:** Tanya, Shilpi
- **A.V. Aids In Charges:** Tanya, Muskan
- **Role Play:** Simran, Shilpi, Sonia, Tanya, Tania, Rubeen, Vidisha, Shikha, Ritu, Muskan, Veena, Vikram, Sachin
- **Refreshment In Charges:** Sourav, Virender
- **Narrator:** Shubham
- **Video And Photo Incharges:** Naina, Sushma
- **Chart Explanation:** Sonali, Simran
- **Report Making In Charge:** Shubham

GROUP:-

There was approximately gathering of 60-70 members who include teachers and girls of Gola High School.

PHASES:-

[1] PRE SCHOOL HEALTH PROGRAMME:-

On the previous day of the school health programme, we went to government high school, Gola, we met Mr. Principal Sir and seeks the permission for conducting school health programme on "Menstrual Hygiene" on 4th September 2017. We prepared all the A.V. Aids and did the rehearsal for role play and give the invitation to Principal Mam and all faculty member of M.M. College of Nursing for this programme.

[2] SCHOOL HEALTH PROGRAMME:-

A School health programme on Menstrual Hygiene was conducted by 4th year students with the help of faculty members on 4th September, 2017 at the Government High School of Gola at 11:00 a.m. to 12:30 p.m.

HEALTH ASSESSMENT: - Health assessment is very important for infant, toddler, pre-scholar and for adult also. Height and weight is an index of persons continuing growth and

development and measuring babies in home, clinic or children in school. In this school health programme, we assessed the:

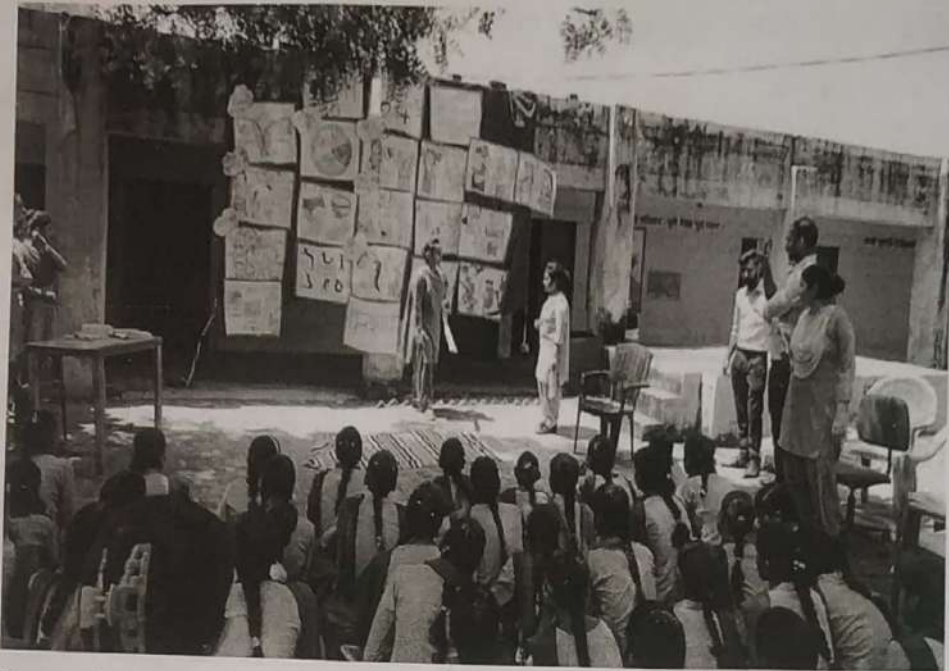
- Height
- Weight
- BMI
- Any health problem

ROLE PLAY:-

- Introduce about the topic Menstrual Hygiene by the narrator



- Scene of the house (elder sister scolds her younger sister for entering in the kitchen)



➤ Scene of school where teachers explains about sign and symptoms and how we can manage them



- Scene of hospital where doctor explain about menstrual cycle and how we can maintain hygiene



- Scene of a community where ASHA worker told and discuss about all the myth related to menses and educate students for personal hygiene



➤ In this, narrator ask the students about what they understands in the role play



REFRESHMENT: - One pen is given to every student.

VOTE OF THANKS: - After role play and comments by the teachers. We thank to all teachers and students who carefully listen the role play and encouraging us to do these knowledgeable programme next time also.

SUMMARY AND CONCLUSION:-

At the end of School Health Programme the School Children and teacher got enough knowledge regarding the Menstrual Hygiene and its Management. It was a knowledgeable and enriching

SCHOOL HEALTH PROGRAM

INTRODUCTION-

B.Sc Nursing 4th year student did the School Health Programme on Eve Teasing. Eve teasing is a common problem now days. We aware the school children and teacher about causes and prevention of eve teasing with the help of role play. School Health Programme is an integral part of community health. School Health Programme can be a powerful influence for shaping behavior of teachers and students.

Schools are densely populated places with many small children, who are one of the most important groups in the society. To reduce the eve teasing, school health programme is essential.

To aware the adolescent girls and boys regarding Eve Teasing is very important. So we selected the topic 'EVE TEASING' for school health programme.



OBJECTIVES OF SCHOOL HEALTH PROGRAMME:-

1. To assess the students health from head to foot.
2. To provide general awareness on prevention of Eve Teasing by using A.V. aids such as charts.
3. To conduct a role play to enhance the knowledge regarding Eve Teasing.

THEME:-“FIGHT THE EVIL OF EVE TEASING, FIGHT THE EVE TEASER.”

DATE:- 09/10/2017

VENUE:- Govt. High School,Village Gola

LANGUAGE: - Hindi

COMMUNITY FIELD SUPERVISORS:

- Ms. Uma Deaver
- Ms. Eenu
- Mr. Bankim
- Ms. Pooja Jaswal
- Ms. Annu Verma
- Ms. Jitender
- Ms. Navjot

TOTAL NO. OF GROUP MEMBERS:-

B.Sc Nursing 4th Year students (1914037-1914070)

INCHARGES OF GROUP PROJECT:-

- **Group Leader:** Mohtab, Neha Saini
- **Treasurer:** Neha Saini
- **Invitation In Charges:** Manisha Kumari
- **Content Making In Charge:** Arushi
- **A.V. Aids In Charges:** Manisha , Ramanpreet
- **Role Play:** Preeti, Pinki, Mahek, Pooja Thakur, Pooja, Pradeep, Maniasha Kumari, Mohan ,Mohit Manchal, Ramandeep, Priyanka, Ritu, Payal,
- **Refreshment In Charges:** Rahul, Ravnoorpreet
- **Narrator:** Neha
- **Video And Photo Incharges:** Ramanpreet, Ravnoor, Rahul
- **Chart Explanation:** Neha Saini
- **Report Making In Charge:** Preeti

GROUP:-

There was gathering of 89 students (6-10 class students) 26 male students and 63 females' students with 9 teachers of Gola High School.

PHASES:-

[1] PRE SCHOOL HEALTH PROGRAMME:-

On the previous day of the school health programme, we went to government high school, Gola, we met Mr. Principal Sir and seeks the permission for conducting school health programme on “Eve Teasing “ on 9 October 2017. We prepared all the A.V. Aids and did the rehearsal for role play and give the invitation to Principal Mam and all faculty member of M.M. college of Nursing for this programme.

[2] SCHOOL HEALTH PROGRAMME:-

A School health programme on EVE TEASING was conducted by 4th year students with the help of faculty members on 9th October, 2017 at the Government High School of Gola at 10:30 a.m. to 12:30 p.m.

HEALTH ASSESSMENT:- Health assessment is very important for infant, toddler, pre-scholar and for adult also. Height and weight is an index of persons continuing growth and development and measuring babies in home, clinic or children in school. In this school health programme, we assessed the:

- Height
- Weight
- BMI
- Any health problem

ROLE PLAY:-

- Introduce about the topic Eve Teasing by the narrator



➤ Scene of Role play



➤ Scene of Boys who teasing a girl



- Scene of mother to refuse her daughter from going to school.



- Scene of friend who give strength to her to fight against the eve teasing



➤ Chart explanation (on causes, symptoms and prevention of Eve Teasing)




REFRESHMENT:- One pen is given to every student.

VOTE OF THANKS:- After role play and comments by the teachers. We thank to all teachers and students who carefully listen the role play and encouraging us to do these knowledge full programme next time also.

SUMMARY AND CONCLUSION:-

Because of this School Health Programme the School Children and teacher got enough knowledge regarding the prevention of Eve Teasing. It was a knowledgeable and enriching experience, as the students got confidence in organizing the School Health Programme at community level.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mutana-Ambala, Haryana-India, 136207

**MMCON
COMMUNITY HEALTH NURSING
GROUP PROJECT ON
PREVENTION DENGUE**



SUBMITTED TO: MS. POOJA JAISWAL (Assistant professor)
SUBMITTED BY: B.SC (N) 4th Year Group (1914037 – 1914070)

GROUP PROJECT REPORT ON PREVENTION OF DENGUE

B.SC. (N) 4th Year students did the group project on prevention of dengue. We teach the urban people regarding Dengue and how to prevent dengue.

Dengue is an acute infectious disease caused by flivirus, transmitted by aedes mosquito, and characterized by headache, severe joint pain, and a rash.

OBJECTIVES OF GROUP PROJECT

- To assess the health status of community people.
- To provide general awareness on dengue.
- To conduct role play on 'prevention of dengue'.

THEME: Prevention is better than cure.

DATE: 27-01-2017

VENUE: B C Bazar (Ambala Cantt)

LANGUAGE: Hindi

COMMUNITY FIELD SUPERVISION

- Ms. Uma Deaver
- Ms. Eenu
- Ms. Pooja Jaiswal
- Mr. Sanasam Bankim
- Ms. Annu Verma
- Ms. Jitender Kaur
- Ms. Navjoot Kaur

TOTAL NUMBER OF GROUP MEMBERS

B.SC. (N) 4th year students (1914037 – 1914070)

INCHARGE OF GROUP PROJECT

- Invitation Incharge – Pradeep , Mohit , Mohan
- Content Making –Rahul
- A.V.Aids – Manisha , Manisha Thakur , Manpreet , Nancy, Rajwant, Raman deep,Ramanpreet , Palak , Parul , Neha , Rakshya , Priyanka , Arushi
- Role play – Mahek ,Payal , Pooja , Manisha kumari , Mohtab , Preeti , Pinki , Ritu , Neha
- Refreshment – Neha , Palak
- Narrator – Mahek

- Videos , photos – Ramanpreet , Ravnoor
- Chart Explanation – Neha , Palak
- Report Making Incharge - Payal

PARTICIPANT GROUP

There was approximately gathering of 60 members including teachers if MMCON, people of BC Bazar (Ambala cantt).

PHASES:

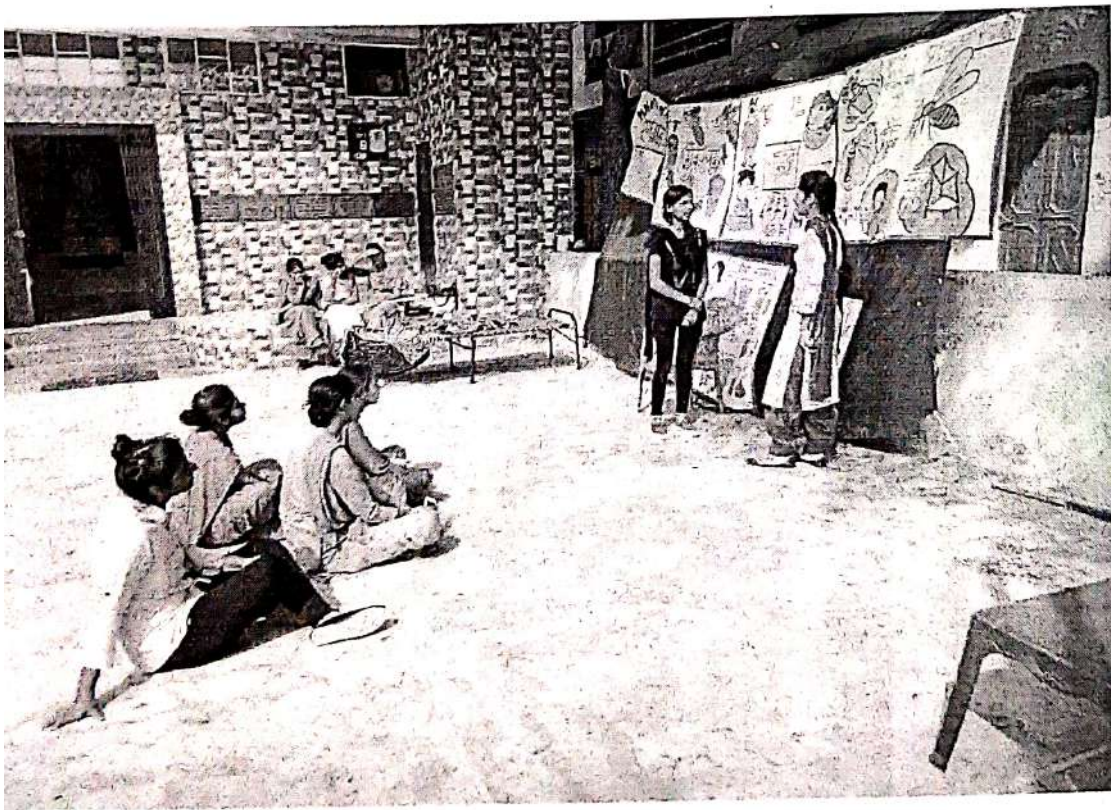
- PRE GROUP PROJECT: On the previous day of group project we surveyed the urban community B C Bazar for conducting the group project in Valmiki Mandir. We have taken permission from care taker for conducting group project on “prevention of Dengue”. We prepared all the A.V.aids and did the role play and give the invitation to principal mam and all faculty members of MM College of Nursing for the group project.
- GROUP PROJECT: The group project on “Prevention of Dengue” was conducted by 4th year students with the help of faculty members at the valmiki mandir, B C Bazar, Ambala cantt at 11:00am to 12:30pm
- Role Play – Introduction about the topic “Prevention of Dengue” by narrator.
- Scene 1 : It was about symptoms of Dengue and how we can prevent it




- Scene 2: the scene was all about the symptoms of dengue prevention.



- Scene 3: the scene was all about dengue and its prevention.



- Scene 4: the scene was all about management of Dengue.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 133207

SCHOOL HEALTH PROGRAMME

(10/11/2017)

INTRODUCTION


B.Sc Nursing 4th year student did the School health Programme on Behavioral Problems of Adolescents.

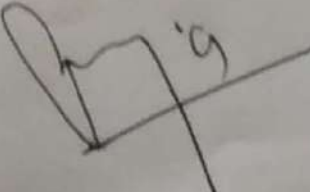
Adolescence (which occurs between 10 and 19 years) is a phase of physical, cognitive and psychological development that generally occurs during the period from puberty to childhood.

Adolescents are prone to various forms of behavioral Problems . These behavioral issues in adolescents can have serious consequences for the adolescents.

To aware the students regarding the behavioural Problems of Adolescents is very important . So we selected the topic **Behavioral Problems of Adolescents** for school health Programme.




Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mukano-Ambala, Haryana-India 133207



OBJECTIVES OF SCHOOL HEALTH PROGRAMME

1. To assess the students health from head to foot.
2. To provide general awareness on prevention of Behavioral Problems of Adolescents by using A.V. aids such as charts.
3. To conduct a role play to enhance the knowledge regarding Behavioral Problems of adolescents.

THEME- NON JUDGEMENTAL ATTITUDE CREATE A SAFE SPACE FOR YOUR FLEDGLING

DATE- 10th Nov 2017

VENUE- Govt. High School ,Village Gola

LANGUAGE-Hindi

COMMUNITY FIELD SUPERVISORS

- Ms.Uma Deaver
- Ms. Eenu
- Mr. Bankim
- Ms. Pooja Jaswal
- Ms. Annu Verma
- Ms. Jitender
- Ms. Navjot

TOTAL NO. OF GROUP MEMBERS

B.Sc Nursing 4th year students (1914001-1914036)

INCHARGE OF GROUP PROJECT

- **Group Leader-**Aarti
- **Treasurer-**Aarti
- **Invitation In charges-**Anukriti,Archna
- **Content-** Ankit and Amarjeet

- **A.V.Aids In charge-** Anjali, Aditi, Ayushi, Bharti, Diksha, Kavita, Komal
- **Role Play-** Deepak, Gautam , Jitender , Manisha Nanda , Mamta, Gayatri, Jyotsna, Lalit, Kritika and Hiteshi
- **Refreshment In charge-** Amit and Jenish
- **Narrator-** Mamta
- **Video and Photo Incharge-**Deepak and Dinesh
- **Chart Explanation-** Mamta
- **Report Making In Charge-** Gautam and Divya

GROUP

There was approximately gathering of 80-100 members who include teachers and students (6-10) of Gola High School.

PHASES

• **PRE SCHOOL HEALTH PROGRAMME**

On the previous day of the school Health , we went to government high school, Gola , we meet to Principal sir and seeks the permission for conducting school health programme on Behavioral Problems of Adolescents on 10th Nov 2017. We prepared all the A.V. Aids and did the rehearsal for role play and give the invitation to Principal mam and all faculty member of M.M. College of Nursing For this Programme.

• **SCHOOL HEALTH PRAGRAMME**

A School health programme on Behavioral Problems of adolescents was conducted by 4th year students with the help of faculty members on 10th Nov 2017, at the Government High School of Gola at 10:30 am to 12:20 pm

HEALTH ASSESSMENT

Health assessment is very important for infant, toddler, pre schooler and for adult also. Height and Weight is an index of persons continuing growth and development and measuring babies in home, clinic or children in school. In this school health programme we assessed the:

- Height
- Weight
- BMI
- Any health problem

ROLE PLAY

Introduce about the topic Behavioral Problems of Adolescents by the narrator



Scene of Role Play





REFRESHMENT- cold drink and samosa were given to all the teachers and B.Sc Nursing 4th year students.

FEEDBACK- Feedback taken from the Govt. High school students and Participants were awarded as one pen to each student.

VOTE OF THANKS- After Role Play and Comments by the teachers. We thanks to all teachers and students who carefully listen the role play and encouraging us to do these knowledge full Programme next time also.

SUMMARY AND CONCLUSION- Because of this School Health Programme the school children and teachers got enough knowledge regarding the behavioral problems of adolescents. It was a knowledgeable and enriching experience, as the B.Sc Nursing 4th year students got confidence in organizing the School Health Programme at community level.

SCHOOL HEALTH PROGRAMME

INTRODUCTION

B.Sc Nursing 4th year student did the School health Programme on Behavioral Problems of Adolescents.

Adolescence(which occurs between 10 and 19 years) is a phase of physical, cognitive and psychological development that generally occurs during the period from puberty to childhood.

Adolescents are prone to various forms of behavioral Problems . These behavioral issues in adolescents can have serious consequences for the adolescents.

To aware the students regarding the behavioural Problems of Adolescents is very important . So we selected the topic **Behavioral Problems of Adolescents** for school health Programme.



OBJECTIVES OF SCHOOL HEALTH PROGRAMME

1. To assess the students health from head to foot.
2. To provide general awareness on prevention of Behavioral Problems of Adolescents by using A.V. aids such as charts.
3. To conduct a role play to enhance the knowledge regarding Behavioral Problems of adolescents.

THEME- NON JUDGEMENTAL ATTITUDE CREATE A SAFE SPACE FOR YOUR FLEDGLING

DATE- 10th Nov 2017

VENUE- Govt. High School ,Village Gola

LANGUAGE-Hindi

COMMUNITY FIELD SUPERVISORS

- Ms.Uma Deaver
- Ms. Eenu
- Mr. Bankim
- Ms. Pooja Jaswal
- Ms. Annu Verma
- Ms. Jitender
- Ms. Navjot

TOTAL NO. OF GROUP MEMBERS

B.Sc Nursing 4th year students (1914001-1914036)

INCHARGE OF GROUP PROJECT

- **Group Leader-**Aarti
- **Treasurer-**Aarti
- **Invitation In charges-**Anukriti,Archna
- **Content-** Ankit and Amarjeet

- **A.V.Aids In charge-** Anjali, Aditi, Ayushi, Bharti, Diksha, Kavita, Komal
- **Role Play-** Deepak, Gautam , Jitender , Manisha Nanda , Mamta, Gayatri, Jyotsna, Lalit, Kritika and Hiteshi
- **Refreshment In charge-** Amit and Jenish
- **Narrator-** Mamta
- **Video and Photo Incharge-**Deepak and Dinesh
- **Chart Explanation-** Mamta
- **Report Making In Charge-** Gautam and Divya

GROUP

There was approximately gathering of 80-100 members who include teachers and students (6-10) of Gola High School.

PHASES

• **PRE SCHOOL HEALTH PROGRAMME**

On the previous day of the school Health , we went to government high school, Gola , we meet to Principal sir and seeks the permission for conducting school health programme on Behavioral Problems of Adolescents on 10th Nov 2017. We prepared all the A.V. Aids and did the rehearsal for role play and give the invitation to Principal mam and all faculty member of M.M. College of Nursing For this Programme.

• **SCHOOL HEALTH PRAGRAMME**

A School health programme on Behavioral Problems of adolescents was conducted by 4th year students with the help of faculty members on 10th Nov 2017, at the Government High School of Gola at 10:30 am to 12:20 pm

HEALTH ASSESSMENT

Health assessment is very important for infant, toddler, pre schooler and for adult also. Height and Weight is an index of persons continuing growth and development and measuring babies in home, clinic or children in school. In this school health programme we assessed the:

- Height
- Weight
- BMI
- Any health problem

ROLE PLAY

Introduce about the topic Behavioral Problems of Adolescents by the narrator



Scene of Role Play





REFRESHMENT- cold drink and samosa were given to all the teachers and B.Sc Nursing 4th year students.

FEEDBACK- Feedback taken from the Govt. High school students and Participants were awarded as one pen to each student.

VOTE OF THANKS- After Role Play and Comments by the teachers. We thanks to all teachers and students who carefully listen the role play and encouraging us to do these knowledge full Programme next time also.

SUMMARY AND CONCLUSION- Because of this School Health Programme the school children and teachers got enough knowledge regarding the behavioral problems of adolescents. It was a knowledgeable and enriching experience, as the B.Sc Nursing 4th year students got confidence in organizing the School Health Programme at community level.

REMARKS:

- 1) At the end of the group project our teacher and community people praised the students and given nice and positive comments on this group project and people learned a lot about tuberculosis.
- 2) At the end of the group project the concerned community field supervisors also gave positive comments and given advices about how to overcome their minute mistakes.
- 3) At the end of the group project the students got a huge round of applause from the audiences. This was a great credit to all the participants of this programme and we also learned about team work a co-ordination.

SUMMARY AND CONCLUSION:

Because of this group project the community people get enough knowledge regarding TUBERCULOSIS. It was a knowledge and enriching experience, as students got confidence in organizing the group project at community level.



M.M.C.O.N

**DEPARTMENT:- COMMUNITY HEALTH
NURSING**

GROUP PROJECT

ON

WOMEN EMPOWERMENT

SUBMITTED TO

Ms Eenu Mam

Assistant Professor

SUBMITTED BY

M.sc (Nursing)1st year

19177013-19177017

INTRODUCTION:

We the students of MSc nursing 1st year (CHN), as we were posted in for rural posting simbala village (Mullana).

As we have known that all women in the community area are not having there on right. After doing survey in families we select the topic for group project on women empowerment.

The date of group project was 22nd Nov 2017. We have invited the Principal and all the faculty members of M.M.C.O.N. Mullana Ambala for the group project. The programme was started at 10:15 am with introductory speech which was proceeded by the role play and after that explanation of chart.



OBJECTIVES:

To create awareness of their right for women among the community people regarding women empowerment.

DATE : 22-11-2017.

VENUE : Simbla, Ambala

TIME : 10:30am

TOPIC : women empowerment

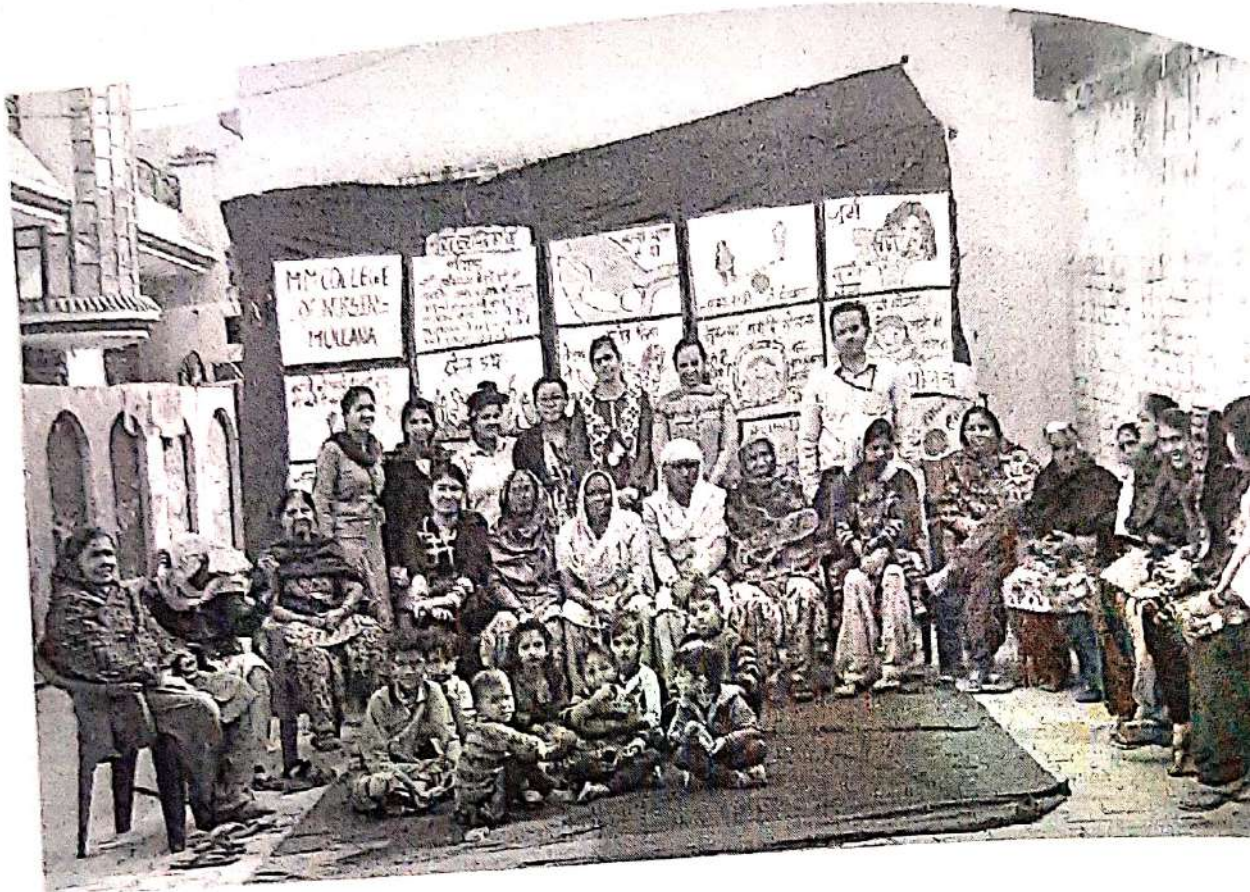
LANGUAGE : Hindi.

SLOGAN : Viprit paristhitiyo ka nikale smadhan....hr mahila ho DURGA samaan....



COMMUNITY FIELD SUPERVISORS:

- ↓ Mrs. Uma Jebamani Deaver. (HOD of CHN)
- ↓ Mrs. Eenu. (Assistant professor of CHN)
- ↓ Mr. Bankim. (Assistant professor of CHN)
- ↓ Ms. Annu. (Nursing tutor)



TOTAL NO OF GROUP MEMBERS:

M.Sc. nursing 1st year 4 student (19177013 – 19177017).

1. Jyotika.
2. Kanika.
3. Seneka.
4. Savita.

INCHARGES OF GROUP PROJECT:

✚ Lesson plan	: Savita, jyotika
✚ Invitation in charge	:jyotika, kanika.
✚ A.V. Aids in charge	: Savita,Seneka, jyotika, Kanika
✚ Role play	: Savita, Seneka ,jyotika, Kanika.
✚ Narrator	: Savita,jyotika, Kanika
✚ Video and photo in charge	: Savita, Seneka ,.
✚ Refreshment in charge	: Seneka, jyotika,.
✚ Chart explanation	: Savita, jyotika, Kanika.
✚ Report making	: Seneka, Savita

GROUP:

There were approximately gathering of 45 – 50 members which included house wives, young men, children, old women..

ROLE PLAY:

The main purpose of role play was to create awareness of right for women in community people regarding women right.


A display of story is based on women right on two family in which 1st family is female feticide and in 2nd family is gender discrimination and have provided health education given by the students of M.M. College of nursing MSc Nsg 1st year.



MEMBERS:

Family 1:

- ✓ Jyotika :Chotu.(Son)
- ✓ Seneka : Sheela.(Daughter in law)
- ✓ Kamika :Rampyari.(Head of family)
- ✓ Savita: Monika (Grand daughter)


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 136207

MMCON
COMMUNITY HEALTH NURSING
GROUP PROJECT ON
HIV/AIDS



SUBMITTED TO- Ms. POOJA JASWAL (Assistant Professor)

SUBMITTED BY- B.SC (N) 4th Year Group (1914001-1914036)

GROUP PROJECT REPORT ON HIV/AIDS

B.Sc Nursing 4th year student did the group project on HIV/AIDS. We teach the urban people regarding HIV/AIDS and how to prevent HIV/AIDS.

Human immunodeficiency virus infection and acquired immune deficiency syndrome (HIV/AIDS) is a spectrum of conditions caused by infection with the immune deficiency virus (HIV)

OBJECTIVES OF SCHOOL HEALTH PROGRAMME

1. To assess the health status of community people.
2. To provide general awareness on prevention of HIV/AIDS.
3. To conduct a role play to enhance the knowledge regarding HIV/AIDS .

THEME-“SAHI AUR PURI JANKARI DUR RAKHE AIDS KI BIMARI”

DATE-1st Dec. 2017

VENUE-BC Bazaar(Ambala cantt)

LANGUAGE- Hindi

COMMUNITY FIELD SUPERVISORS

- Ms.Uma Deaver
- Ms. Eenu
- Mr. Bankim
- Ms. Pooja Jaswal

- Ms. Annu Verma
- Ms. Jitender
- Ms. Navjot

TOTAL NO. OF GROUP MEMBERS

B.Sc Nursing 4th year students (1914001-1914036)

INCHARGE OF GROUP PROJECT

- Group Leader- Jenish , Aarti
- Invitation In charges- Amanda, Hiteshi
- Content- Mamta, Anukriti
- A.V.Aids In charge- Komal, Ayushi, Anjali, Archana, Bharti, Kavita , Divya, Amarjeet ,Aditi, Bashrat
- Role Play- Gautam, Jyotsna, Gayatri, Jatinder, Diksha,Deepak, Dinesh, Amit, Ankit
- Refreshment In charge- Saravjeet
- Narrator- Mamta
- Video and Photo Incharge- Amarjeet
- Report Making In Charge-Jenish, Ankit

GROUP

There was approximately gathering of 60-80 members who include teachers of MMCON, People of BC Bazar.

PHASES

- PRE GROUP PROJECT

On the previous day of the group project , we went to urban community Bc Bazar for conducting the group

project near roadside, we have taken permission from care taker for conducting group project on 'HIV/AIDS'. We prepared all the A.V. Aids and did the rehearsal for role play and give the invitation to Principal mam and all faculty member of M.M. College of Nursing For the group project.

- GROUP PROJECT

The group project on 'HIV/AIDS' was conducted by 4th year students with the help of faculty members on

At the roadside BC Bazar Ambala cantt at 11:00am -12:30pm.

ROLE PLAY

Introduction about the topic HIV/AIDS by the narrator

Scene 1- It was about symptoms of HIV/AIDS and how we can prevent it.



Scene 2- the scene was all about the symptoms of HIV/AIDS and its prevention



Scene 3- The scene was all about the HIV/AIDS and its Prevention



Scene 4- the scene was all about the management of HIV/AIDS



HEALTH EDUCATION

Health education on definition, causes, sign and symptoms, management and prevention of HIV/AIDS is given with the help of charts.

REFRESHMENT

Groundnuts and Rewari were given to all the community people who attended the group project.

VOTE OF THANKS

After role play and comments, teachers and community people. We thank to all teacher and community people, who

carefully listen the role play and encouraging us to these knowledgeable project next time also.

SUMMARY AND CONCLUSION

Because of this role play on 'HIV/AIDS', community people got adequate knowledge. It was knowledgeable for the community people.



M.M COLLEGE OF NURSING, MULLANA, AMBALA

DATE OF GROUP PROJECT: 01/02/2018

VENUE: village Gola

TIME: 10:00 AM TO 11:00 AM

NO. OF TEACHERS INVOLVED: 04

NO. OF STUDENTS: 25

THEME OF THE GROUP PROJECT: CANCER “I can, We can”

ACTIVITES:

At first the introduction was given regarding the theme of Cancer “I can, We can” then a short role play was done. At last health education was given with the help of charts. Feedback was taken from participants as well as supervisors.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 133007

M.M.C.O.N.
COMMUNITY HEALTH NURSING
GROUP PROJECT ON
ENVIRONMENTAL SANITATION



Submitted To:

Ms Pooja Jaswal

(assistant professor)

Submitted By:

B.Sc Nursing 4th year

GROUP PROJECT REPORT ON ENVIRONMENTAL SANITATION

B.sc (N)4th year students did the group project on Environmental Sanitation.

We teach the urban people regarding Environmental Sanitation.

Environmental Sanitation promotes health, improves the quality of the environment and thus, the quality of life in a community. Sanitation refers to the safe collection, transportation ,treatment and disposal of human waste.

OBJECTIVES OF GROUP PROJECT

To assess the health status of the community people.

To provide general awareness on Environmental sanitation.

To conduct role play on Environmental Sanitation.

THEME: Cleaniness is the best medicine of all diseases

DATE: 1- feb- 2018

VENUE: Gola

LANGUAGE: Hindi

COMMUNITY FIELD SUPERVISION:-

Ms. Uma Deaver

Ms.Pooja Jaswal

Ms.Eenu

Ms.Sanasam Bankim

Ms.Annu Verma

Ms.Jitender Kaur

Ms.Navjot Kaur

TOTAL NUMBER OF GROUP MEMBERS:-

B.sc (N) 4TH Year students (1914081-1914107)

INCHARGE OF GROUP PROJECT:-

Group Leader:-simran kaur daliwal

Narrator:-vartika kholi

Invitation:-Taniya gandhi

Content Making:-Naina

A.V Aids In charge:- vidisha, yavika,saima
priyanka,veena,vikram,sushma,varinder,sweety,sourav

Role Play:-Muskan, simran kaur, Sonia,shilpi,Tania,sonali, shubham,vidisha
shusma.

Refreshment:-sourav, varinder,vikram.

Budget:- simran kaur daliwal

Video and photo incharge:- vikram, veena

Chart Explanation:- vartika kholi

Report Making Incharge:- Saima

PARTICIPANTS GROUP

There is approximately gathering of 80 members including teachers of MMCON, people of Gola village

PHASES:

PRE GROUP PROJECT:- On the previous day of group project we surveyed the rural community Gola village for conducting the group project in a GROUND. We have taken permission from care taker for conducting group project on "ENVIRONMENTAL SANITATION" We prepared all the A.V Aids and did the role play and give the invitation to principal mam and all faculty members of MM College of Nursing for the group project.

GROUP PROJECT:-The group project on "ENVIRONMENTAL SANITATION" was conducted by 4th year students with the help of faculty members at the GROUND, Gola village at 11:00am to 12:30 p

Role play: Introduction about the topic "environmental sanitation" by narrator.

SCENE 1: starting of the role play in the form of "nukad natak"



SCENE 2: introducing the cause of pollution



SCENE 3: symptoms of pollution shown through natak



**SCENE 4: telling about the programme introduce by our prime minister
“sawach bharaat abhiyan”**



SCENE 5: steps of hand washing shown through natak



Health education: Definition, causes, signs & symptoms, prevention

Refreshment: 1 soap is given to all community peoples who attend group project.

Vote for thanks: after role play and comments teachers and community peoples .we thanks to all teachers and community peoples who carefully listen the role play and encouraging us to do these knowledge full projects next time also.

Summary and Conclusion: because of this role play on Environmental Sanitation community people got adequate knowledge. It was knowledge for the community peoples.

M.M COLLEGE OF NURSING, MULLANA, AMBALA

DATE OF GROUP PROJECT: 01/02/2018

VENUE: village Gola

TIME: 10:00 AM TO 11:00 AM


NO. OF TEACHERS INVOLVED: 04

NO. OF STUDENTS: 25

THEME OF THE GROUP PROJECT: Geriatric “ Age is a question of mind over matter if you don’t mind , it doesn’t matter”

ACTIVITES:

At first the introduction was given regarding the theme of Geriatric “ Age is a question of mind over matter if you don’t mind , it doesn’t matter” then a short role play was done. At last health education was given with the help of charts. Feedback was taken from participants as well as supervisors.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India,133007

M.M COLLEGE OF NURSING, MULLANA, AMBALA

DATE OF GROUP PROJECT: 20/01/2018

VENUE: Arya Sen. Sec. School, Mullana

TIME: 10:00 AM TO 11:00 AM

NO. OF TEACHERS INVOLVED: 02

NO. OF STUDENTS: 05

THEME OF THE GROUP PROJECT: Adolescent Health “ reh Jayega Sapna Apka Adhura Agr Nhi Hoga Sharir Swasth Pura”

ACTIVITES:

At first the introduction was given regarding the theme of Adolescent Health “ reh Jayega Sapna Apka Adhura Agr Nhi Hoga Sharir Swasth Pura” then a short role play was done. At last health education was given with the help of charts. Feedback was taken from participants as well as supervisors.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 138207

M.M.C.O.N
COMMUNITY HEALTH NURSING
GROUP PROJECT ON
HYPERTENSION



Submitted To: Ms Pooja Jaswal
(Asst. Professor)

Submitted By: BSc. Nursing 4th Year

GROUP PROJECT REPORT ON HYPERTENSION

B.Sc. (N) 4th year students did the group project on hypertension.

We teach the urban people regarding hypertension.

Hypertension is defined as the Blood pressure increased above 140mmhg systolic and a diastolic Blood pressure above 90mmhg or both over a sustained period and its chances of increases heart diseases, kidney diseases and stroke also

OBJECTIVES OF GROUP PROJECT

To asses the health status of the community people.

To provide general awareness on hypertension.

To conduct role play on hypertension.

THEME:“Salt and High Blood Pressure: Two Silent Killers.”

DATE:25-January 2018

VENUE:Gola

LANGUAGE: Hindi

COMMUNITY FIELD SUPERVISION:-

- Ms. Uma deaver
- Ms. Pooja jaiswal
- Ms.Eenu
- Ms.Sanasambankim
- Ms.Annuverma
- Ms.Jitenderkaur
- Ms.Navjotkaur

TOTAL NUMBER OF GROUP MEMBERS:-

B.SC (N) 4th year students (1914054-1914080)

INCHARGES OF GROUP PROJECT:-

Group Leader: Preeti

Narrator: Pooja

Invitation In Charge: Priyanka, Ramandeepkaur

Content Making In Charge: Preeti

A.V. Aids In Charge: Rajwant, Rakshya, Ramanpreet, Arushi, Reetu, Ridham, Ritu, Sachin Kumar, Saravjeet, SwatiSahani.

Role Play: Pooja, Pooja Thakur, Pradeep, PreetiKharb, Rajwant, Ramandeep, Reetu, Rubeen, Shikha

RefreshmentIn Charge: Rahul, Preeti

Budget: Preeti

Video and Photo Incharge: Sachin Kumar, Rahul

Chart Explanation: Priyanka, Pradeep

Report Making In Charge: Sachin Kumar

PARTICIPANTS GROUP

There is approximately gathering of 80 members including teachers of MMCON, people of Gola village.

PHASES:

● **PRE GROUP PROJECT:** On the previous day of group project we surveyed the rural community Gola village for conducting the group project in Ravidasmandir. We have taken permission from care taker for conducting group project on “HYPERTENSION”. We prepared all the A.V Aids and did the role play and give the invitation to principal mam and all faculty members of MM College of Nursing for the group project.

● **GROUP PROJECT:**The group project on “HYPERTENSION” was conducted by 4th year students with the help of faculty members at the RavidasMandir, Gola Village at 11:00am to 12:30 pm.

- **ROLE PLAY:**Introduction about the topic “HYPERTENSION” by narrator.
- **Scene 1:** it was about dietary pattern of hypertension



Scene 2& 3:it was about the symptoms of Hypertension.



धन्यवाद



Scene 4:the scene was all about prevention & management of Hypertension.




Health Education: health – education on definition, causes, sign & symptoms, management and prevention of hypertension is given with the help of charts.

Refreshment: 1 banana is given to all the community peoples who attended group project.

Vote for thanks: after role play and comments teachers and community peoples. We thanks to all teachers and community peoples who carefully listen the role play and encouraging us to do these knowledge full projects next time also.

Summary &Conclusion:Because of this role playon hypertension community people got adequate knowledge. It was knowledgeable for the community peoples.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 138007

M.M.COLLEGE OF NURSING

GROUP PROJECT REPORT ON



DIABETES MELLITUS

SUBMITTED TO:

Ms. Uma Jebamani Deaver Ma'am.

O.D. of Community Health

Nursing

SUBMITTED BY:

Post Basic B.Sc Nursing

2nd Year

1916201-1916212

ua
3/18

INTRODUCTION

We are the students of Post Basic B.Sc. nursing 2nd year, we were posted in Gola village (Nahoni)

Under the supervision of Mrs. Uma Jebamani Deaver ma'am ,Mrs.Eenu, Mr S. Bankim , Ms Anu , Ms Jitender .

INTRODUCTION OF TOPIC

422 million people have diabetes in the world in 2014. There were 69.1 million case of diabetes in India in 2016 (87% of adult population 70% of pre mature death among adult are largely).

There are currently over 199 million women living with diabetes and the total number is expected to increase 313 million by 2040.

Diabetes is the ninth leading cause of death in women globally causing 2.1 million death per year.

Due to the community result of diabetes we have chosen the diabetes mellitus topic so that we can give advice to them about how we can manage and prevent of diabetes.

The date group project was conducted on 22.2 2018. We have invited the principal ma'am and all the faculties member of MMCON for the group project.

OBJECTIVES:

- 1 .To create awareness about the diabetes mellitus including its management and prevention.
2. To identity the high risk cases of diabetes in the community.
3. To monitor the blood pressure, weight and urine analysis of the client.
4. To educate people about specific exercise that used in prevention of diabetes mellitus.

DATE: 22.2.2018

TIME: 11:00am

VENUE:Gola village

LANGUAGE: Hindi

SLOGAN: मधुमेह है एक ऐसी बीमारी

अगर ना करोगे उपचार ॥

तो हो जाएगा शरीर अपंग और लाचार।

GROUP PROJECT SUPERVISORS:

1. Mrs. Uma Jebamani Deaver Ma'am
2. Mrs Eenu ma'am
3. Mr. S. Bankim.
4. Ms. Anu ma'am
5. Ms. Jitender ma'am

INCHARGE OF THE GROUP PROJECT:

- i. Group leader : Neena.
- ii. Invitation incharge: Pooja.
- iii. A.V aids incharge: Saloni, reshu, Damini, Divya, Sahdev, Neelam, Gurpreet.
- iv. Registration incharge: Saloni.
- v. Weight and B.P monitoring by: Gurpreet and Neelam.
- vi. Urine analysis by: Damini, Divya,
- vii. Narrator: Neena.
- viii. Video and photo incharge: Baby, Sahdev.
- ix. Refreshment : Neelam.

Post basic B.Sc. nursing 2nd students (1916201 – 191612)

GROUP: There was 30 member (Man/ Women) who including home makers, children, young girls and young man gathering for the programme.

ACTIVITY IN GROUP PROJECT (HEALTH CAMP):

There were three counter –

1. Registration counter
2. Blood pressure and weight monitoring counter.
3. Urine analysis monitoring counter

The main purpose of Health camp was:

- To identify the diabetes cases in community.
- The monitor the blood pressure and monitor weight of group.
- To educate the group regarding diabetes mellitus.

THE HEALTH CAMP ON DIABETES MELLITUS:

- All students of P.B. B.Sc (N) 2nd year were inform to all community member by visiting door to door for attending the health camp.
- After that the registration was done to all members who were visited at the site of health camp.
- In health camp the students had checked the weight, blood pressure and urine analysis and report was given to each member.
- Chart explanation was done .Chart include the meaning, cause, sign and symptoms, diagnostic evaluation, management and specific and menu plan for diabetes patient.

Students demonstrated the procedure of insulin therapy and advice the community member continue it at home. Students demonstrate the specific exercise on diabetes mellitus and encourage for the active participation in exercise.

Comment was taken member about health CAMP.

Recording and reporting was done.

Refreshments was distributed to family members.



URINE ANALYSIS AND BLOOD MONITORING






Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 136207

M.M.COLLEGE OF NURSING
MULLANA, (AMBALA)

GROUP PROJECT

ON

HYPERTENSION

SUBJECT: COMMUNITY HEALTH NURSING-1



SUBMITTED TO:-

MS.ANNU VERMA

SUBJECT INCHARGE (NURSING TUTOR)

(COMMUNITY HEALTH NURSING)

SUBMITTED BY:-

B.SC. NURSING 2ND YEAR

GROUP 1ST

ROLL NO: - (1916001 to 1916031)

DATE:-16/03/2018

Annu Verma
16/3/18

REPORT ON HYPERTENSION

INTRODUCTION

B.SC. nursing 2nd year students conducted the group project on community people of Adhoya Village regarding hypertension its causes, its sign and symptoms, its prevention and management.

- Hypertension (HTN), also known as high blood pressure, is a long-term-medical condition in which the blood pressure in the arteries is persistently elevated.
- Normal blood pressure is 120/80 mm/Hg.
- If the blood pressure is more than this normal value or the fluctuation of 20/10 mm/Hg in the normal value then the condition is known as hypertension.

STATISTICS

- Hypertension is a prevalent condition worldwide, contributing 4.5% premature deaths annually. Hypertension is a major cause of morbidity among adults. At present little is known about hypertension treatment and blood pressure control among hypertension. According to the studies, up to 90% of patient presenting to primary care clinic for hypertension follow up treatment is poorly controlled

OBJECTIVES OF GROUP PROJECT:-

- 1) To introduce about the causes of hypertension.
- 2) To tell about sign and symptoms of hypertension.
- 3) To provide knowledge regarding prevention and treatment of hypertension.

THEME

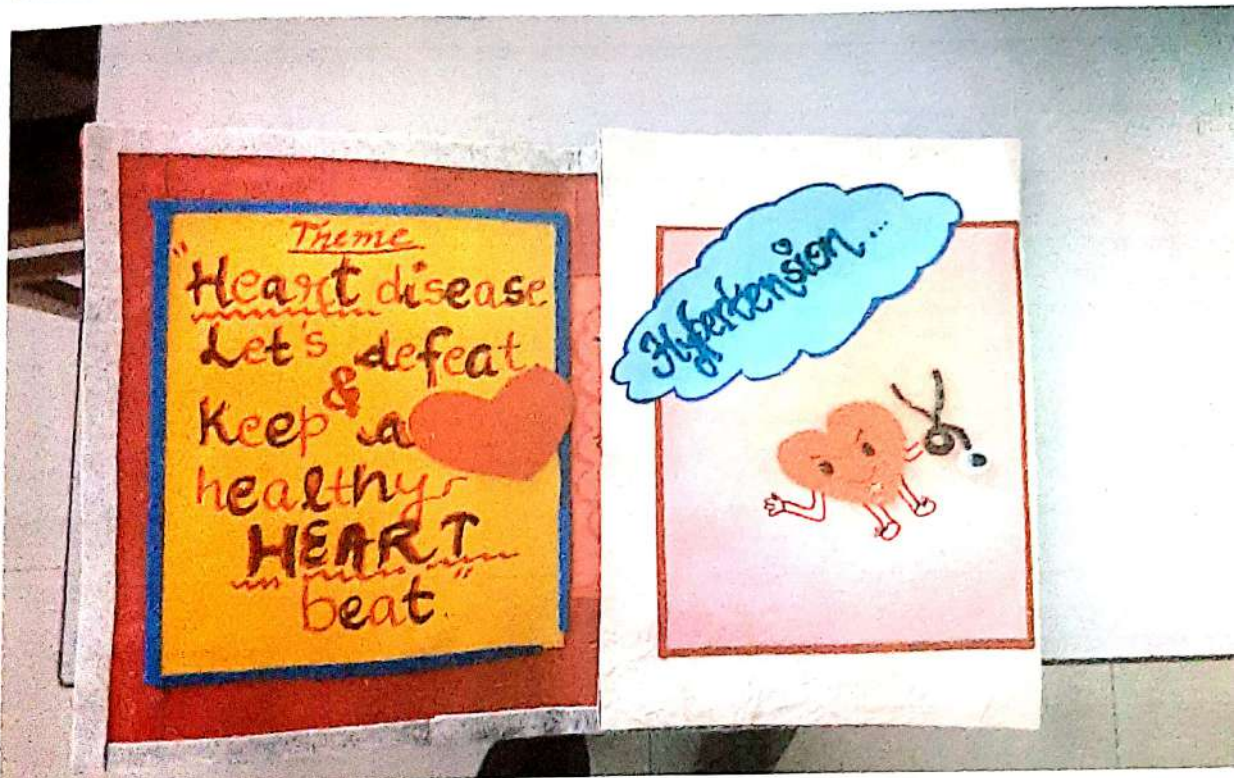
“HEART DISEASE, LETS DEFEAT AND KEEP A HEALTHY HEART BEAT”

DATE:-16/03/2018

VENUE:-ADHOYA VILLAGE

LANGUAGE:-HINDI AND HARYANVI

INVITATION CARD



COMMUNITY FIELD SUPERVISOR:-

- ✦ Mrs. Uma Jebamani Deaver (H.O.D) C.H.N Dept.
- ✦ Mrs. Eenu (Asst. Prof.)
- ✦ Mr. S.Bankim (Asst. Prof.)
- ✦ Mrs. Pooja Jaswal (Asst. Prof.)
- ✦ Ms. Annu Verma (Nursing Tutor)

- Ms. Jitender (Clinical Instructor)
- Ms. Navjot (Clinical Instructor)
- Mr. Abhar Dev (Clinical Instructor)

CONDUCTED BY:-

B.sc. nursing 2nd year total 30 students (1916001-1916031).

INCHARGE OF GROUP PROJECT:-

- **Group leader** :- Dilmeet kaur
- **Invitation in charge** :- Aashita and Apurva
- **A.V Aids in charge** :- Fera Jana, Himani, Jyoti(29), Jyoti(30), Jyoti(31), Gursaran dajreet, Amit, Gaurav, Ajay(05), Ajay(04)
- **Refreshment** :- Abhilasha and Ankit
- **Role Play** :- Faizal, Abhishai, Geetanjali, Harman, Hamid, Akshay, Bharat, Priyanka yadav, Harshdeep, Ankit, Daljeet,
- **Narrator** :- Jatin
- **Video in charge** :- Amit

PARTICIPANT GROUP

There was approximate gathering of 85 to 90 community people of Adhoya village, 5 PHC staff and our teachers.

GLIMPSE OF ROLE PLAY AND SCRIPT

Role play was conducted on causes, sign and symptoms, prevention and management of hypertension. In this role play 6 scenes were shown.

Character of role play:-

- Head of family :- Faizal (Ramesh)
- Son :- Abishai (Suresh)
- Daughter-in-law:- Geetanjali (Gita)
- Granddaughter :- Harman (Gudliya)
- Grandson :- Hamid (Munna)
- Neighbors :- Akshay and Archana
- Suresh's friend :- Bharat
- Doctor :- Priyanka
- Nurse :- Harshdeep

Priyanka:- M.M college k kuch chhatra or chhatraye aaye hai wo aapko suru sai is bimari baari mai jankari dai gai ke is sai kaisai bacha ja a



Chart explanation by Ankit Daljeet and Sunayana



ROBLEM FACED:-

The main problem which was encountered was to gather the people of community unnecessary noise coming from the surrounding due to overcrowding and arrangement c

M.M. COLLEGE OF NURSING, MULLANA, AMBALA

GROUP PROJECT REPORT


POSHAK AAHAR DESH KA ADHAAR



SUBMITTED TO
Mr. Yogesh Kumar

Professor

Child Health Nursing


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 133207

SUBMITTED BY
M. Sc. (N) 2nd Year
Child Health Nursing

Introduction

We had prepare a group project in the supervision of Mrs. Preeti Sahi and Mrs. Parwinder kaur Assistant Professor, Child Health Nursing.
Topic : “Poshak Aahar Desh Ka Aadhar”

We are the 7 members of M.Sc. (N) 2nd Year (Child Health Nursing) in the group project:

Anuradha
Ashish Philip
Aruna
Manisha Guleria
Neelam
Pratibha
Monisha

We have conducted a group project in the Govt. Primary School Budhiyon, Mullana, Ambala on 16th March, 2018 at 12:30 A.M to 02:30 P.M.

OBJECTIVE: Group project is done

- To enhance awareness regarding nutrition among school going children's.
- To increase children's knowledge about the daily nutrition.

PLANNING:

- We decided to conduct group project at the site of Govt. Primary School Budhiyon, Mullana, Ambala.
- Permission was taken from the Principal of the school.
- It was decided to conduct the group project on 16th March 2018 at 12:30 A.M. to 02:30 P.M.

INVITATION: Invitation cards were given to :

- Respected Principal (Dr. Jyoti Sarin) of M.M. College of Nursing.
- All the faculty member M.M.C.O.N Mullana, Ambala.
- Respected Principal of Govt. Primary School Budhiyon, Mullana, Ambala.

ORGANIZATION

Following activities were carried out at Govt. Primary School Budhiyon, Mullana, Ambala.

- The project was arranged in front of the students of class 3rd and 4th.
- Charts were also displayed related to Poshak aahar.

COMMITTEES

- Role play committee: Pratibha, Neelam and Anuradha
- Refreshment committee: Manisha and Aruna
- Arrangement committee : Ashish and Monisha

ACTIVITIES

- We started our program at 12:30 Am.
- All of the childrens were settled down there.



- Health education related to proper nutrition, healthy eating habits and proper utilization of food is explained to the childrens with the help of the diffrents charts and demonstration.



- We performed a role play on “poshak aahar desh ka aadhar”



- We did anthropometric measurements of childrens.



- We give refreshment to audience.
- Vote of thanks for the audience.

SCRIPT

CHARACTERS IN ROLE PLAY

Monisha Narrator

Family members:

Neelam Mother

Anuradha Children

Pratibha Children

INTRODUCTION

Narrator: Namaskar mera naam monisha hai aur hum m.m. college of nursing k chhatre chhatrayein hein aur aj hum yha apko kuch btane k lie ikathe hue h...k poshan aahar hamaare liye kyu jruri h aur hum khane ko kaise barbadi se bacha skte hai aur khana khane ki swasth aadtein kya kya hai. Ye sab hum apko ek natak k dwara btayenge to aaiye mein apko iss natika k kirdaro se prichit krwati hu... neelam- ye iss natika me maa ka role kregi, pratibha -ye iss natika me golu yani neelam k bade bete ka role kregi, anuradha- ye is natak m molu yani neelam k chote bete ka role karegi...to aaiye apko dikhate h iss natika ka phla drishye.

SCENE 1

Neelam: utho beta subah ho gyi chlo school bhi jana hai

Anuradha: sone do mummy

Pratibha: chal uth ja wrna late ho jayenge

Anuradha: mummy mummy hum naha kr aa gye khana do mummy

Pratibha: mummy jaldi khana do bhut bhookh lagi hai

Neelam : Ye lo beta dudh piyo aur nashta karo

Anuradha: mummy mujhe dudh ni peena

Neelam: beta dudh kyu ni peena, apko pta hai dudh sehat k liye kitna accha hota hai

Anuradha: mummy mujhe dudh ni peen bas mujhe Maggie khani hai

Neelam: nahi beta Maggie nahi chupchap dhudh piyo

Dekho meri baat suno:

Daudo bhaago sehat bnao, Junk food ko door bhagao,

Ghar m khao healthy khao, pizza burger door bhagao

Anuradha: bas mujhe ni khana kuch

Pratibha: meri thali, meri pyari thali dhudh ki pyali

Isme bhi hai chawal daal roti, chawal dete hamein carbohydrate meri thaali meri pyari thaali.

Anuradha: Mujhe ni khana kuch bhi tu hi sehat bna apni

Narrator : **jaisa aapne iss drishye mein dekha hamein kya khana chahiye? Humein dudh peena chahiye kyuki dudh se humein taakat milti hai. Aur humein Maggie aur fast food nahi khana chahiye.**

SCENE 2

Pratibha: Mummy mummy hum school se aa gye

Neelam:Chalo apni dress change kar lo aur hath muh dho k aa jao

Pratibha: Mummy bhut bhukh lagi hai jaldi khana do

Neelam:Lo khana baad mein khana phle ye fal khao

Anuradha: Mummy apko pta hai na k mujhe fruits acche nahi lagte

Pratibha: Kyu ni khane fal tujhe pta ni ha mam ne kya bola tha

Anuradha: Kya bola tha?

Pratibha: Mam ne poem btayi thi ek

Muje khane mitthe mithhe fal, Muje acche lagte mitthe mithhe fal

Seb jo khaye roj use nahi hoti doctor ki khoj

Aur ye b btaya tha tarbooj jo roj khata, wo garmi door bhagata.

Pratibha: Mummy apko pata hai k isko school m chakkar aa gya tha, mummy ye kuch ni khata isne school m tiffin b ni khaya aur teelu k sath ja kr bahar se burger khaya

Neelam: Dekho meri baat suno

Mujhko na bekar karo auro pr upkar karo mujhko tum acche se khao kha kr apni bhukh mitao

Muhjho na tum kachre m faiko mai tumko sehat deta

Narrator : to baccho humne kya dekha? Hume apna khana kachre mein nahi fekna chahiye aur apna tiffin poora khana khana chahiye,

EDUCATION

Mr. Ashish : jaise ki aap sb ne is laghunaatika k maadhyam se dekha ki hume apne nashte k sath sath dhudh peena chahiye, aur dopahar ko dahi khana chahiye hari sabziya aur daalein khani chahiye aur roti chaawal khane chahiye, humein khane k sath sath fal bhi khane chahiye, hume raat mein hlka bhojan krna chahiye aur raat ko bhi dudh peena chahiye. Dhanyavad.

Ms. Manisha : dhanyavad ashish...ab main khane ki swasth aadto k bare mein btaungi. Subah uth k humein kya krna chahiye? brush krna chahiye. Humein din mein do bar brush krna chahiye. khana khane se phle humein apne hatho ko acche se dhona chahiye.

VOTE OF THANKS

Vote of thanks given by Pratibha

Pratibha : Aap sbhi ne apna kimti samaya humein diya uske liye aap sbhi ko dhanyavaad aasha h ki isse aapko smjh me aaya hoga ki humein kya kya khana chahiye aur kya nahi aur khane ki swasth aadto ka bhi pta chla hoga.

SUMMARY

We are the group of 7 students of M.Sc (N) 2nd year (Child Health Nursing) had done the group project on the topic "swath aahar desh ka aadhar" in the Govt. Primary School Budhiyon Mullana, Ambala. We had conducted a group project on 16th March, 2018 at 12:30 A.M. TO 02:30 P.M. we had prepared a role play with education on this topic. The group has very well participated in the group project and it was very much interested and knowledgeable for childrens.

M. M. COLLEGE OF NURSING
MULLANA, (AMBALA)
GROUP PROJECT
ON
TUBERCULOSIS



SUBJECT: COMMUNITY HEALTH NURSING – I

Submitted to:

Ms. Annu Verma

(Nursing tutor)

(CHN Department)

Submitted by:

B.sc. Nursing 2nd year

Group 2nd

Roll No.: (1916032-1916061)

Date : 23/03/2018

Annu Verma
26/3/18

REPORT ON TUBERCULOSIS

INTRODUCTION

B.SC. Nursing 2nd year students conducted the group project on community people of Adhoya Village regarding Tuberculosis, its causes, its sign and symptom, its prevention and management.

- Tuberculosis (TB), is a potentially fatal contagious disease that affects almost any part of the body but is mainly an infection of the lungs.
- It is caused by a bacteria called mycobacterium tuberculosis in humans.

STATISTICS

- India is the highest TB burden country accounting for more than one-fifth of the global incidence.
- TB statistics for India for 2016 give an estimated incidence figure of 2.79 million cases of TB in India.
- In March 2017 the Government of India announced that the new aim with regard to TB in India was the elimination of TB by 2025.

OBJECTIVES OF GROUP PROJECT:

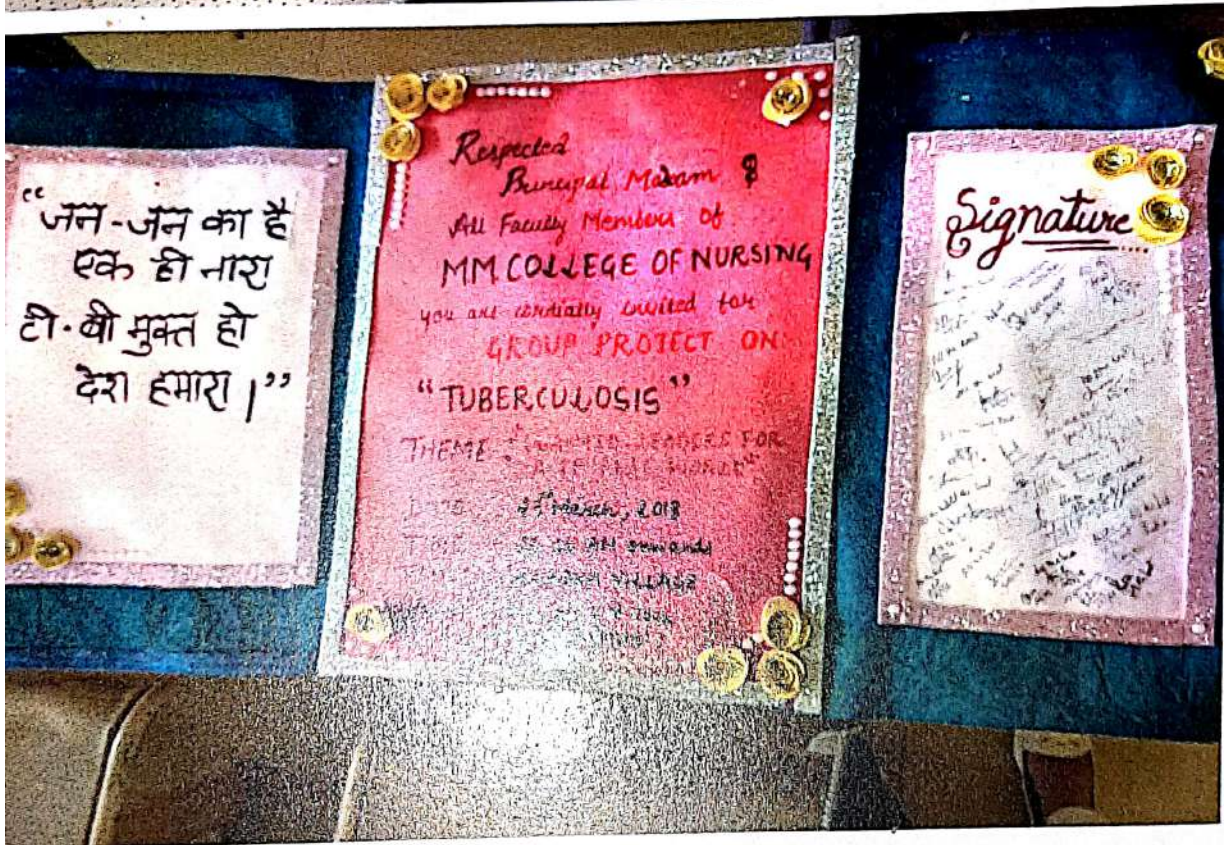
- 1) To introduce about the causes of tuberculosis.
- 2) To explain about sign and symptoms of tuberculosis.
- 3) To provide knowledge regarding prevention and treatment of tuberculosis.

Theme : "wanted : leaders for a tb - free world"

DATE: 23/03/2018

VENUE: ADHOYA VILLAGE

TIME : 10 AM ONWARD



COMMUNITY FIELD SUPERVISORS:

- Mrs. Uma Jebamani Deaver (H.O.D) C.H.N Dept.
- Mrs. Eenu (Asst. Prof.)
- Mr. S.Bankim (Asst. Prof.)
- Mrs. Pooja Jaswal (Asst. Prof.)
- Ms. Annu Verma (Nursing Tutor)
- Ms. Jitender (Clinical Instructor)
- Ms. Navjot (Clinical Instructor)

- Mr. Ahrar Dev (Clinical Instructor)

CONDUCTED BY:

B.Sc. Nursing 2nd year total 29 students (1916032-1916061)

INCHARGE OF GROUP PROJECT:

- ✚ Group leader : Khem Singh
- ✚ Invitation Incharge : Kirti and Prachi Malik
- ✚ A.V. Aids incharge : Kezang, Anu Panwar, K.M. Pooja, Paramjeet, Pooja(56), Kashish Chhabra, Pamelpreet Komal(41), Kulwinder, Komal(40), Manisha, Nikita, Priyanka(60).
- ✚ Refreshment : Khem Singh and Parul Bhagat
- ✚ Role Play : Kanwaljeet Kaur, Khem Singh, Pamelpreet Kaur, Kashish Chhabra, Preeti Chaudary, Parul Dutta, Monika Gaman, Navdeep Kaur, Oshi Malik, Nadeem, Nisha, Nizam Haider, Paras, Pravaskar.

GROUP PARTICIPANTS

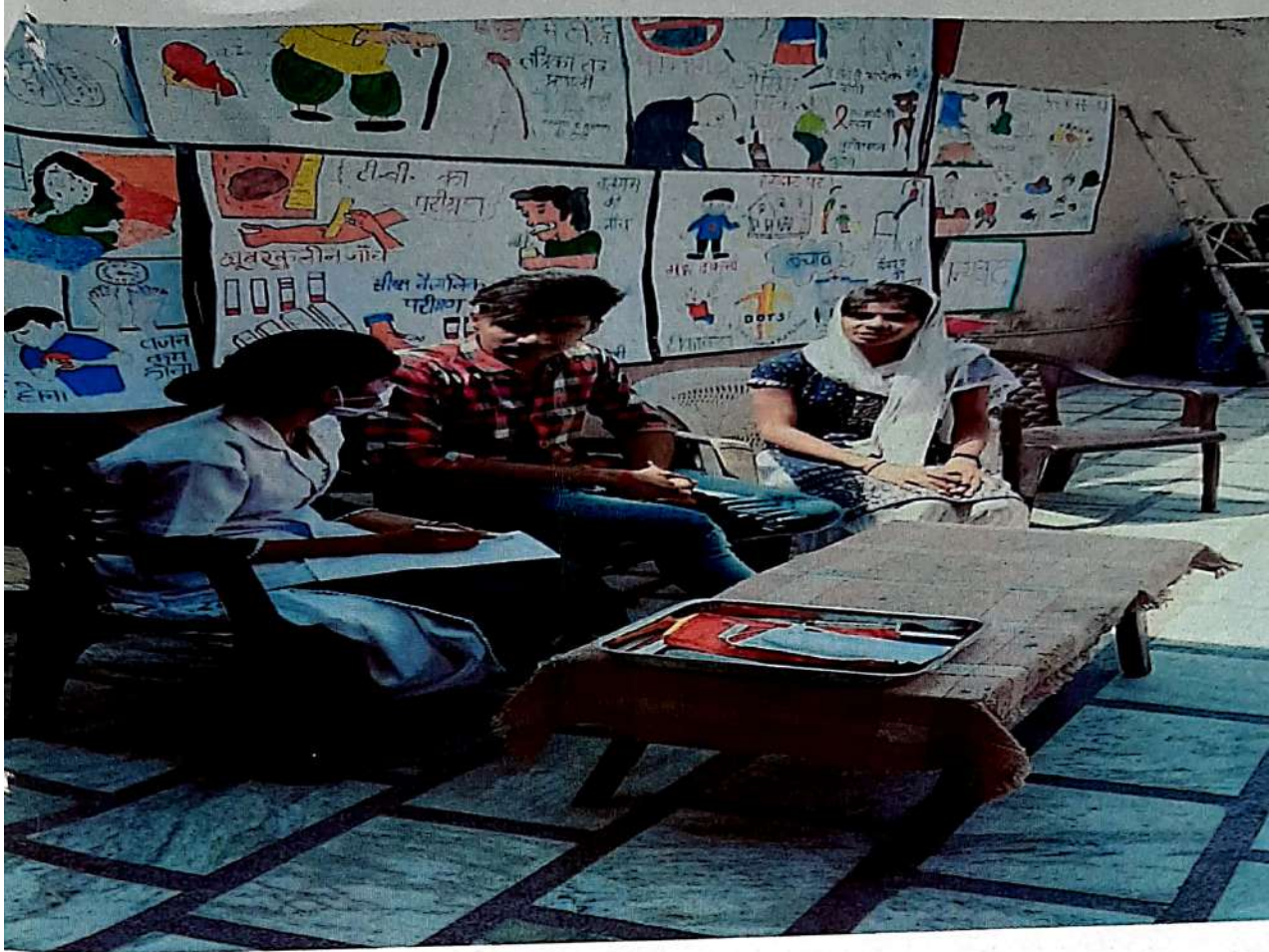
There was approximately gathering of 75 to 80 community people of Adhoya village .

GLIMPSE OF ROLE PLAY AND SCRIPT

Role Play was conducted on causes, sign and symptoms, prevention and management of tuberculosis. In this role play 6 scenes were shown.

Characters of role play:

- ❖ Narrator : Pamelpreet Kaur
- ❖ Patient 1 : Nadeem (Rampal)
- ❖ Wife of patient 1 : Nisha (Sarita)
- ❖ Head of Family : Khem Singh (Gopal)
- ❖ Wife of Head of Family : Monika Gaman (Sarla)
- ❖ Son : Nizam Haider (Sushil)
- ❖ Daughter- in- law : Preeti Chaudhary (Sushma)
- ❖ Neighbours : Kanwaljeet Kaur, Navdeep Kaur, Oshi Malik



Gopal : Thik hai doctor ji. Mujhe is bimaari kr bare meh vistar se bta dijiye.

Doctor : M.M. College of nursing ke chhatra aur chhatraye apko shuru se TB ke bare meh jankari denge.



After the role play video on Tuberculosis was shown to community people using laptop.

Dr. (Mrs.) Jyoti Sarin
 PRINCIPAL
 Mahatshi Markandeshwar College of Nursing
 Mahatshi Markandeshwar (Deemed to be University)
 Wazirpur-Arbitala, Haryana-India, 133207

MMCON

**COMMUNITY HEALTH NURSING-I
GROUP PROJECT REPORT ON
“DIABETES MELLITUS AND ITS PREVENTION”**



SUBMITTED TO:-

**MS ANNU
NURSING TUTOR]**

SUBMITTED BY:-

**B.Sc [N] 2ND YEAR
[roll no.1916062-1916106]**

DATE-18/04/2018

VENUE- Ravidas Mandir, Adhoya village

LANGUAGE-Hindi

CONDUCTED BY :B.SC NURSING 2ND Yr (group-2)

COMMUNITY FIELD SUPERVISOR

- Ms Uma Deaver (HOD)
- Ms Eenu (Asst. Prof)
- Ms Pooja Jaiswal (Asst. Prof)
- Mr. Sanasam Bankim (Asst. Prof)
- Ms Annu Verma (Nsg. Tutor)
- Ms Jitender Kaur (Clinical Instructor)

TOTAL NUMBER OF GROUP MEMBERS: 40

INCHARGES OF GROUP PROJECT

GROUP LEADER –Purnima ,Yam kumar

Invitation Incharge –Simran, Suraj

Content Making — Ruchika , Purnima

A-V Aids - Anjali saroj, Yashika, Shalu, Sushri, Stanzin, Priyanka, Thinley, Anjali, Sushil , Purnima

Role Play - Tarun, Rohan Kumar, Priyanka, Ruchika, Purnima, Wani, Oyeas, Kamran, Rahul, Ruby, Suraj, Rajat

Refreshment — Sahil, Sukhpreet, Rohit, Simran, Vishal

Narrator — Tarun

Video, Photos - Kamran, Sachin

Report making- Ruchika, Purnima

PARTICIPANT GROUP

There were approximately gathering of 60 members including teachers of MMCON, In Ravidas Mandir, Adhoya

PHASES

PRE GROUP PROJECT-On the previous day of group project we surveyed the rural community adhoya for conducting the group project in Ravidas Mandir .We have taken permission from care taker for conducting group project on 'DIABETES AND ITS PREVENTION'. We prepared all the A-V Aids regarding to it and perform the role play and give the invitation to principal mam and all faculty members of MMCON for the group project

GROUP PROJECT-The group project on 'DIABETES AND ITS PREVENTION ' was conducted by B.sc nsg 2nd year students with the help of faculty members of Community Health Nsg dept of MMCON

- At the end of the group project the students got a huge round of applause from the audiences. This was a great credit to all the participants of this program.

Summary and conclusion;

Because of this group project the community people get enough knowledge regarding the DIABETES AND ITS PREVENTION. It was a knowledge and enriching experience, as student got confidence in organizing the group project at community level.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mutlana-Ambala, Haryana-India, 13607

M.M COLLEGE OF NURSING, MULLANA, AMBALA

DATE OF GROUP PROJECT: 05/05/2018

VENUE: village Budiyo

TIME: 10:00 AM TO 11:00 AM


NO. OF TEACHERS INVOLVED: 02

NO. OF STUDENTS: 10

THEME OF THE GROUP PROJECT: "School Health Programme on Measles & Rubella"

ACTIVITES:

At first the introduction was given regarding the theme of "School Health Programme on Measles & Rubella" then a short role play was done. At last health education was given with the help of charts. Feedback was taken from participants as well as supervisors.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 138207