Celebrating Holi with Colors of Kindness – Donate, Share, and Spread Joy

The "Celebrating Holi with Colors of Kindness – Donate, Share, and Spread Joy" event was successfully conducted on 12th March 2025 in the Slum Area, Mullana, spreading happiness and fostering generosity. Through a donation drive, items such as clothes, sweets, chips, biscuits and holi colors were distributed to underprivileged children, bringing smiles and warmth to their celebrations.

The event saw overwhelming participation and truly highlighted the essence of giving back to the community. We extend our heartfelt gratitude to Dr.Vishal Bharti, Principal MMEC, Dr.Sandeep Goel HoD CSE department and Coordinator Dr.Neera Batra for their invaluable support and contributions in making this initiative a success. Their encouragement and guidance played a crucial role in ensuring the impact and outreach of this noble cause.

This initiative reinforced the University's commitment to social welfare and served as a reminder that festivals are not only about celebration but also about spreading kindness, sharing happiness and uplifting those in need.

Regards

Dr.Charu Sharma

Ms.Kajal Jain Mittal

GPS Map Camera
Ambala,Haryana,India
Sohana Bhudian Road, Barara, Ambala, 133203, Haryana, India
Lat 30.250260, Long 77.038902
11/07/2024 10:40 AM GMT+05:30
Note : Captured by GPS Map Camera
Maps

GPS Map Camera
Ambala,Haryana,India
Sohana Bhudian Road, Barara, Ambala, 133203, Haryana, India
Lat 30.250281, Long 77.038905
11/07/2024 10:41 AM GMT+05:30
Note : Captured by GPS Map Camera

Dated: 7/11/2024

Report on Cloth Donation Camp

The Cloth Donation Camp was organized by **CSE Department, MMEC, MMDU on 7th November, 2024 in slum areas** near Mullana. This Camp aimed to provide support to underprivileged individuals in the local community by collecting and distributing food and clothing. This was a significant step toward addressing the needs of the less fortunate in the community. The donation process was smooth with students and faculty member's generously contributing clothing, ranging from winter wear to everyday garments. The event highlighted the university's commitment to community service and aimed to foster a culture of empathy and active participation in charitable activities.

We extend our heartfelt gratitude to all the volunteers and donors who contributed to the success of this event. Your generosity and support have made a tangible difference in the lives of many individuals and families in our community.

K-FLEX
GPS Map Camera
Patti Bagheru, Haryana, India
722q+cm8, Patti Bagheru, Haryana 133207, India
Lat 30.250326° Long 77.038898°
12/03/2025 12:19 PM GMT +05:30
Google

GPS Map Camera
Patti Bagheru, Haryana, India
722q+cm8, Patti Bagheru, Haryana 133207, India
Lat 30.250328° Long 77.038892°
12/03/2025 12:28 PM GMT +05:30
Google

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

The M.M. College of Nursing (Obstetrics and Gynecology Nursing) department celebrated breast Feeding week from 1St to 7th August.

Date- 1st -7th August

Venue-MMIMSR Mullana Obstetric and gynecology ward

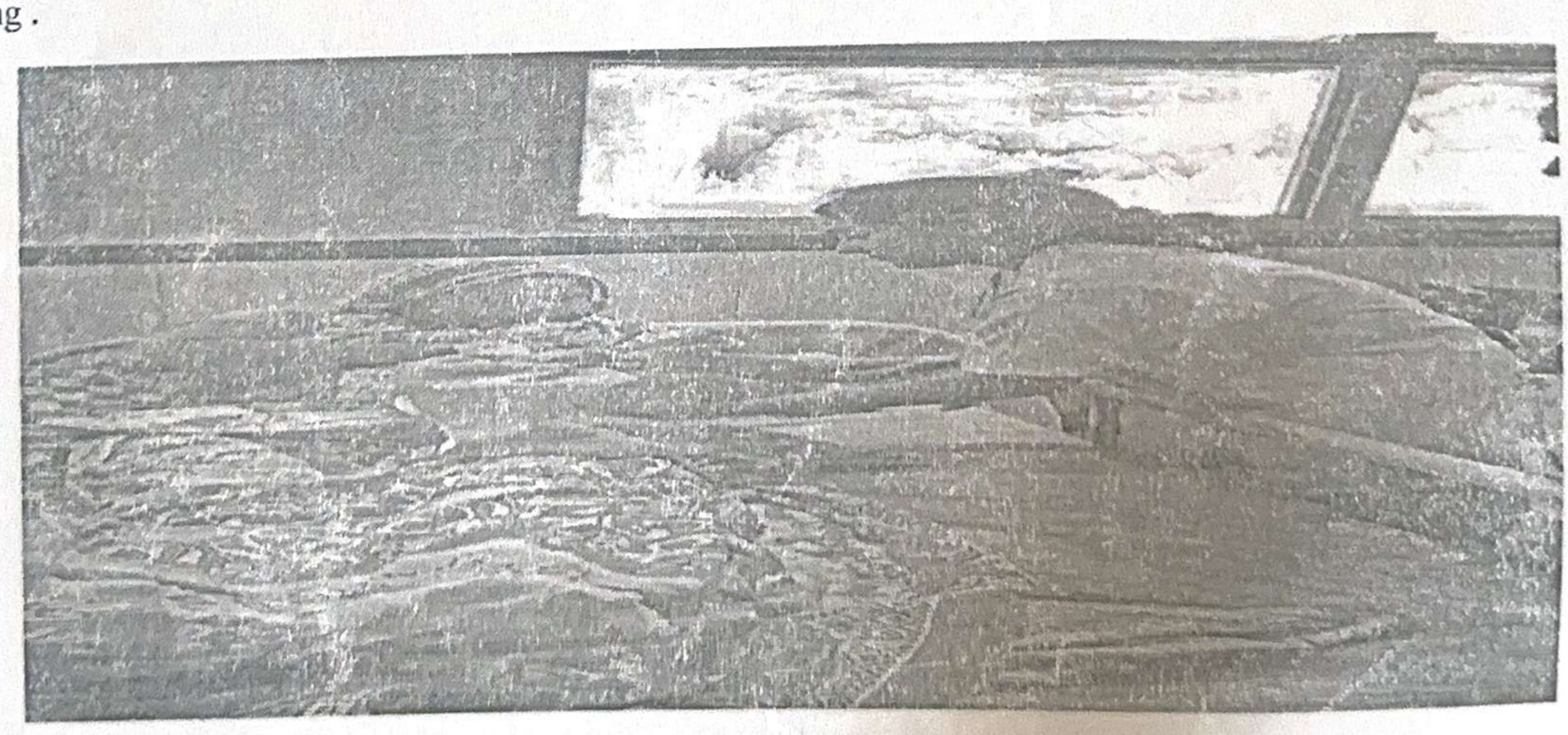
Theme:Closing the Gap: Breastfeeding support for all.

Team- Dr. Jyoti Sarin(Principal, MMCON), Dr. Vinay Kumari (Vice-principal, MMCON), Ms. Simarjeet Kaur(Associate professor, MMCON), Ms.Asha Assistant professor, MMCON), Ms. Pratibha Soni (Nursing Tutor), Ms. Madhu (Nursing Tutor) and Ms. Navdeep Kaur (Clinical Instructor).Mr Aman(Clinical Instructor), Ms Monika (Clinical Instructor)

Introduction: Breastfeeding is one of the most effective ways to ensure child health and survival. However, contrary to WHO recommendations, fewer than half of infants under 6 months old are exclusively breastfed.Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses.Breast milk is recommended as the infant's sole source of nutrition for the first 6 months of life. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

Activities done:

Department of Obstetrics and Gynecoiogical Nursing, MM College of Nursing, MMDU celebrated Breast-feeding week from Ist August to 7th August under theme **Closing the Gap: Breastfeeding support for all**in view of this week BSc Nursing students of 7th semester and Master of Nursing Studentseducate the postnatal women regarding breast feeding importance, composition of breast milk,benefits of breast feeding, techniques of breast feeding, steps for successful breastfeeding and positions used for breastfeeding, expulsion of breastmilk and storage of breast milk. Expulsion of breast milk is demonstrated on Mama Breast and positions and benefits are explained by displaying charts and by the help of demonstrations.Board decoration is also done by students to display ten steps of successful Breast feeding .



HOD SIGNATURE

PRINCIPAL SIGNATURE

MAHARISH MARKANDESHWAR (DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

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

GROUP PROJECT

ON

WORLD SUICIDIE PREVENTION DAY

THEME: "CHANGING THE NARRATIVE ON SUICIDE"

DATE/TIME: 10 SEPTEMBER, 2024 AT 10:00 AM TO 11:30 AM

SUBMITTED TO:

Ms. Sonia (HOD of Psychiatric Nursing Department)

Ms. Madhuchanda (Associate Professor)

Mr. Prakash Jha (Associate Professor)

Ms. Shikhadeep (Nursing Tutor)

Ms. Pragya (Nursing Tutor)

SUBMITTED BY:

Group II (35-68)

B.Sc. Nursing 3rd Year

Checked by

INTRODUCTION :

In 2003, the International Association for Suicide Prevention partnered with the World Health Organisation to launch World Suicide Prevention Day (WSPD). This important initiative was established to raise awareness about the impact of suicide. The inaugural WSPD was held in Stockholm on September 10, 2003.

THEME :- "CHANGING THE NARRATIVE ON SUICIDE"

Under the above stated theme , group project was done by the students of Bsc. nursing 3rd year M.M. College of Nursing, Mullana on 10th September 2024 from 10:00 am to11:30am at Psychiatric OPD, MMIMSR Hospital, Mullana under guidance of Ms. Sonia Ma'am, Mr. Prakash Jha Sir, Ms. Madhuchanda Ma'am and Ms. Pragya mam

AIM OF GROUP PROJECT:-

- To spread the awareness regarding suicide prevention day.
- To discuss about world suicide prevention day.

OBJECTIVES:

- To educate how to prevent from suicidal thoughts, suicidal tendency.
- To improve the awareness about psychological rehabilitation.
- To educate about the preventive measures against, suicide
- To educate about the government helpline to protect from suicide

ORGANIZATION:-

DATE – 10-09-2024

TIME -10:00am-11:30am

VENUE- Psychiatric OPD, MMIMSR Hospital, Mullana

LANGUAGE - Hindi, Haryanvi,English

GROUP PROJECT SUPERVISOR – Ms. Pragya mam

TEACHERS PRESENT –

Ms. Sonia Ma'am, Mr. Prakash Jha Sir, Ms. Madhuchanda Ma'am and Ms. Pragya Ma'am

COMMITTEES OF GROUP PROJECT :-

CHART MAKING- Kashish, Khushbo, Khushi, Komal, Kushal, Lucky, Mehak(46), Mehak(47), Manmeet, Preeti, Neha(61), Purvi, Soyab

SCRIPT- Muskan(55), Muskan(56)

INVITATIONS CARD - Manju, Nirupama

BUDGETING- Zeeshan, Muskan(55)

REPORT WRITING - Nistha Mor, Kulvansh

PHOTOGRAPHY -Zeeshan, Nirupama

CHART EXPLANATION - Mehak(46), Khushi, Khushboo, Muskan(56), Muskandeep(5
Nancy

ROLEPLAY- Kashish, Komal, Kulwansh, Kumkum, Kushal, Lakhap, Lucky, Mannit, Manme
Zeeshan, Muskan(55), Neha(61), Mohan, Purvi, Soyab

NARRATOR- Neha(60), Nistha Mor

MANAGEMENT- Mayank, Kulwansh, Peerzada

SCRIPT

Scene 1 (Classroom scene)

Sare student apni jgh pr betha hote hai Tbhi vha teacher ati har

Students: Good morning mam.

Teacher: Good Morning bacho, Beth jao sb to bcho jaisa ki akij apka result ana wala hai to bcho vo aa gya hai, Ab m app sbko apki marksheet dugi or app log chup chap betha the okay. Toh jaisa ki aap log dekh skta hai sbna bhut acha marks gain kre hain bs Rahul or Rohit ko chodkr.

Student 1: Kyu mam inhone kya kiya

Teacher: ye mahan bche sare subject mei fail hai Pta nhe kya hoga inka. Innhone pdna likhna na inhone or koi kam krna school me bs mata pita ka paisa brbad krte hai. Or dono kan khol ke sunlo kal apna mmy papa ka sign krwaka lana or unko bolna ki mujpa call krte

Teacher class se chiti jati hai

Rahul.:- Or bhai lucky,hogya pass,kitne number se top Kiya

Lucky- bhai Mera chod tu apna dekh tu to sab ma fail hogya ab kya krega, kya hoga tera

Rahul- are hona kya ha fail pass to Iga rhta ha iss bar nhi to agli bar pass ho jau ga.Lucky chal bhai dekhte ha

Rahul-ha tu ye sab chod bhar khelne chalte ha or party bhi to kmi ha tere pass hone ke

Mohit chup chap class me betha chup chap apni marks sheet dekhta rhta ha

Shoyab- are Mohit tere itne kam number kasa aye kisi subject me to pass ho jata

Mohit - jao tum yaha se, preshan mat kro

Soyab - are bhai chodo bhi ab es marksheet ko,chlo khi bhar chalte ha ground me cricket khele ge

Mohit - tum jao mujhe nhi aana

Soyab - are chl na bhai ab, kya tu be etni c baat ko leke Beth gya haar jeet to lgi rhti ha

Mohit tujhse kha na mujhe akela chod de or jao yha se,mujhe kisi se koi baat nhi krni

Scene 2

Rahul k ghar ka scene. Rahul ghar me enter hota ha. Rahul k papa kushal are beta tu aa gya.

Rahul - haan papa me apke liya pani lekar ata hu

Papa- are tu phle apna result to dekha

Rahul- papa mummy kha hai

Papa- tuje sunai ni dey ra result dikha

Rahul: papa mei fail ho gya. agli baar pka shi se krunga

Papa: theek hai is baar shoad ra hu agli baar dekh lena.

Scene 3

Mohit k ghr ka scene

Mohit aakr bag fankta hai to uski mmy puchti hai kya huya

Mohit – kuch ni aap apna kaam kro

Mmy: kaise baat kr ra hai, or yeah bta tumhara result aana tha

Mohit: fail ho gya mei

Mmy: bo to muje pta tha, tu ni hoga pass, pura din ghumta rhta hai.

Mohit: bs kro ap.or apne room mei chla jata hai.

Scene 4

Aagle din subha school me

Mohit class mein enter hota hai aur baki student vahan baithe hote hain

Student 1 yah lo a gaya class ka topper

Student 2- han bhai mohit ne niche se top kiya hai

Student 3aare tu kaun si book follow karta hai

Student 1- bhai rd sharma

Student 2- are nhi previous ppr padhta tha

Student 4- are tum chup raho mujhe pata hai isne physics wala ka discription liya hai

Student 2 - bhai vah discription nahi subscription hota hai

Student 4- are wahi wahi

Student 1- mohit ko koni maarte hue are bhai ab bata bhi de usse tang hokar mohit class se gussa hokar apne bag uthakar chala jata

Scene 5

Mohit gara ke apna beg fenk deta bhai

Mohit ki mummy -kva batamiri tabhi tujhe kuchh nahi aata kan se kam is bas ki to fijat kat le kuchh

Mohit - tum chup the mummy

Mummy han han main to chup hun tu jaise bacche se to achcha mujhe koi baccha hi na hota pata nahin kya karm kare the maine jo tuj jaisa bacha hamare ghar aaye

Mohit - apne room mein baitha cu vai ko hota hai aur fir gusse mein use fenk ke maarta hai vah chij ko idhar udhar fenkana shun au andkarta hai

Mummy - ab jyada natak na karo aur bahar aakar khana kha le Monit - mujhe nhi khana apka khana usko khilao jo acche number lekar ata hoga

Aagle din Mummy - are mohit tujhe school nahin jana kya ab tak taiyar nahin hua mujhe nahin jana kahin mujhe akela chhod do

4-5 din ka bad

Preeti mohit ki classmate Preeti koi ghar par hai "aunty"aunty

Mmy: hoon beta ati hun, tum kon ho? Preeti aunty me mohit ki dost hun. Vo kyi din se school nhe aa tha to mam ne muja apka pas puchna ka liya beja h

mmy: are beta bs kya htau, sara din room me pda rhta h na khana khata h na kisi se bat krta h pta n kya hoga iska me to preshan hoge

preeti aunty kya m us se mil skti hu?

Mmy: haan beta uska room me h vo

preeti mohit ke paas jati hai

preeti mohit ye kya kar rhe ho tum

Mohit: tum yha ku aai ho jao yha se

preeti: muja mam ne beja h tumsa bat kma ka liye tum school kyu nhe ate mohit: muje nhe ana h tum bs jao yha se muja bs akela chod do

preeti: are ya tumara hath pr kya hua?

Mohit kush nahi

Preeti dikha muja kya h ye sb, me tumhare mmy ko btaugi

Mohit: tum niklo yha se jao jo krna h

Preeti bhar ake mohit ki mmy se
Preeti aunty apko pta h mohit ne apna hath pr cut mar rkha h apna dekha use
Mmy: are chodo beta ya sb yhi krta h
Preeti lakin aunty apko us se bat krni chiya
Mmy: beta ya sb uska natak h tum uski tnsn mt lo
Preeti thik aunty app apna or mohit ka khyal rkhna m chiti hu
Ye bat mohit sun leta h or apna room m chla jata h guusa me
Tbhi mohit ka papa ghr ata h or mohit ki mmy ko awaj Igata hai
Papa: are kumkum kha ho tum
Mmy: are app aa gye delhi se? Kasa ho app or apka kam ache se ho gya ya nhe?
Papa: are sb acha sr ho gya tum btao or ye mohit kha hai?
Mmy: are bs mohit ka to pucho he mt pta nhe kya hua hai usko sara din room me akela rhta h na schhol jata h na kisi se bat krta hai 1 hfta ho gya m to preshan ho gyi.
Papa: aree asa kya hua kuch hua tha kya tumna to nhe kuch kha?
Mmy: are nhe bs uska result agya tha vo sare subject ma fail ho gya hai bs tose asa he chi rha hai or to or usko dost bol thi thi ki usna apna hath pr cut b mar rkha hai
Papa: kyaa! Itna kuchn ho gya or tumna muja btaya b nhe ?
Mohit ka papa mohit ka room m jata hai or dekhta hai ki Mohit apna hath me Zehar lekr betha hai
Papa: Beta ye kya kar rhe ho tum, tere dimag to thik hai na Fenk ese or tuja ya mila kha se???
Mohit: Papa, ap aa gye papa mene apko bhut miss kiya papa muja Nhe jeena hai muja marna hai
Papa: ye kasi baat kr rhe ho tum pagal ha kya Kya bnat hue hai. Tere number he to kam aye hai agli bar aa jayaga Tnsn kyu lete ho
Mohit: Nhe papa me kuch nhe kr skta me kisi kam ka nhe hu me bas app logo pr bhoj hu
Papa: Nhe beta asa kuch nhe hai tuja asak u lgta hai kisna khi tumse ya bat
Mohit: Mmy ko mere hona y ana hone se koi frk nhe pdta
Papa: Nhe beta hum dono ko frk pdta hai. Asa he Mohit ko uska papa use smjata hail akin mohit ke upar kuch jyada frk nhe pdta
Papa: Kumkum tum idh aao, Tumara dimag khrab hai kya bola hai mohit ko tum kasi maa ho tum apna bcho ka khyal nhe rkh skti
Mmy: are mene kya kiya??
Papa: tumne Mohit ka Dimag me Itna kuch git bhr diya hai ki võ apni jaan de chahta hai
Eske bad mohit ka papa Mohit ka sath kafi vkt bitata hai or usko Yoga exercise Art playing jasi Kuch activity krwana Igta hai
Mohit ke maa be us se maafi mangti hai Lakin fir se mohit pe kuch jyada frk nhe pdta
Mmy: Muja Igta hai ki eska upr kisi ne kala jaddu krdiya hai
Papa: Are tum pagal ho g yi kya asa kuch nhe hota
Mmy: Nhe muja esa ak bar Damru baba ko dikha lene do Meri taslee ka liya
Papa: Thik h lakin mere bete ko kuch nhe hona chiye
Mmy: ha thik hai
Agla din mohit ka papa or use lakr damru baba ka paas jaate hai
Mmy: parname baba.
Baba: Parname bachi jeeta rho.

Mmy: baba dekhiya na mere bcha ko kya hua hai na ye khana khata hai na kisi se bat krta h sara din room me pda rhta hai.

Baba: Acha muja dekhna dijiya. Are Apka bete pr kisi se kala jaddu kiya hai eska upr kisi aa ka saya hai

Mmy: baba iska koi ilaj hai.

Baba: han bcha mera yhi kam hai. Baba mohit ko ak powder lgata hai or ak tabeej deta hai. bcha es se ya biljul thik ho jayega.

Ghar Aakr

Papa ye tum kha lekr gyi thi hme asa pakkhondi ka paas

Mmy: Are asa mt boliya muja yakin he ki is se Mohit bilkul Thik ho jayega. Ase he 10 din o beet jate hai. Lakin mohit asa he depression m rhta hai

Papa: are kuch nhe hota muja mohit ko Psychiatric Dr ko dikhgana pdega

Hospital ka scene:

Papa: Hello Dr shabb

Dr. app mere bcha ko dekhiya ak baar pta nhe esa kya hua hai ak mhina ho gya hai

Dr: Acha to asa kya hua he esa kese behave krta hai ye apka sath

Papa: Dr shab ye ak mhina se bhot ajeeb behave krta hai room me akela rhta h na khana khata h na bolta h kisi se.

Dr. Acha kya esna kbhi khud ko koi nukshan punchaya hai

Papa: Haan isn apna hath p-r cut mar rkha hai or ak din hath me jehr lekr betha tha

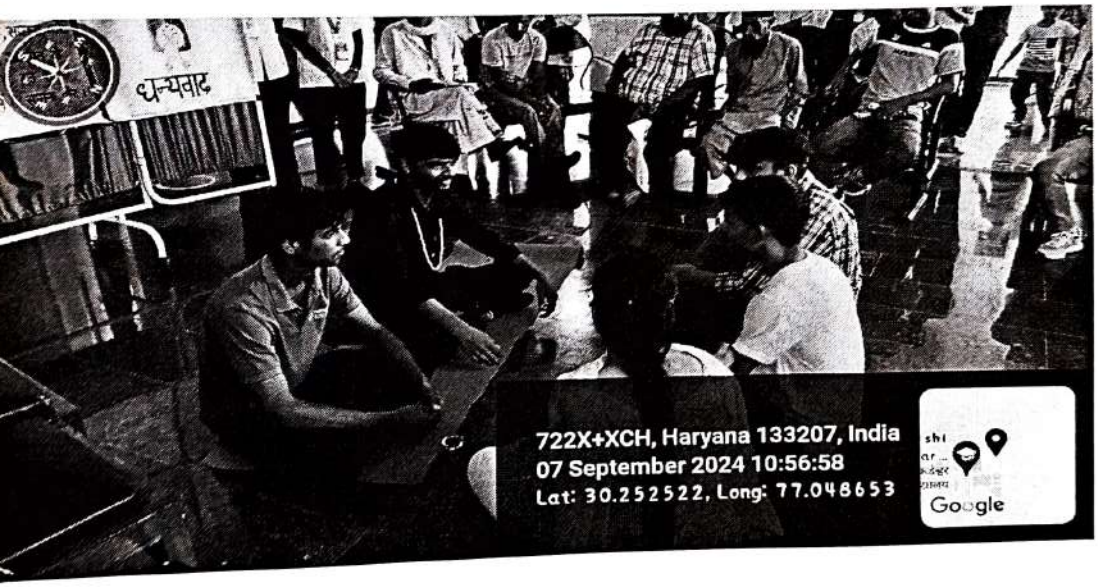
Dr: Acha to shuru se btaiye muja kya hua

Mohit ka papa unha sb kuch Btata haiu

Dr: Thir hai sir app mohit ko mere paas bejiya app thodi der bhar jaiye.

Phir Dr mohit ki couselling krta hai or use Depression se bahar nikalna me help krta hai

PHOTOGRAPHS OF GROUP PROJECT:



VOTE OF THANKS

I hope you all know everything about**"Suicide prevention"** or are you able to tell me what to do if someone has been Harassed how to care for them, and what steps should be taken. .

I also want to thank you that you all took out your time to sit here and pay attention. Thank you all for supporting us. I hope that you have learned a lot today.

I would also like to thank to **Dr. Poonam Ma'am (HOD of Psychiatric Department) MMIMSR, and Teachers Ms. Sonia Ma'am, Mr. Prakash Jha Sir, Ms. Madhuchanda Ma'am and Ms. Pragya Ma'am** for their guidance and cooperation as ,we are thankful to you and at last I would like to thanks my classmates for their nice team work.

REMARKS

The audience praised and thanks the students for their dedication and creating awareness. "Hume bhut acha lga aap sbne apna waqt nikal kar hume jagruk kra or natak bhi bhut bdiya tha usse bhi sikhne ko mila , aap sbka bhut bhut dhanyawad" .The Staff also praised the students a lot for their hard work and unity.

CONCLUSION

From this group project the patient and relatives got enough knowledge and awareness about Suicide prevention including causes, symptoms and preventing technique of suicide. They were cooperative and showed active interest during the whole group project.There were total gathering of audience that is 45-50. It was acknowledged and enriching experience, as the students gained confidence in organizing the group project.

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
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M.M.COLLEGE OF NURSING

(MULLANA,AMBALA)

GROUP PROJECT

ON

WORLD ALZHEIMERS DAY

THEME:"TIME TO ACT ON DEMENTIA,TIME TO ACT ON ALZHEIMERS"

DATE/TIME:21 SEPTEMBER,2024 AT 10:00 AM TO 11:30 AM.

SUBMITTED TO

Ms. Sonia (HOD of Psychiatric Nursing Department)

Ms. Madhuchanda (Associate Professor)

Mr. Prakash Jha (Assistant Professor)

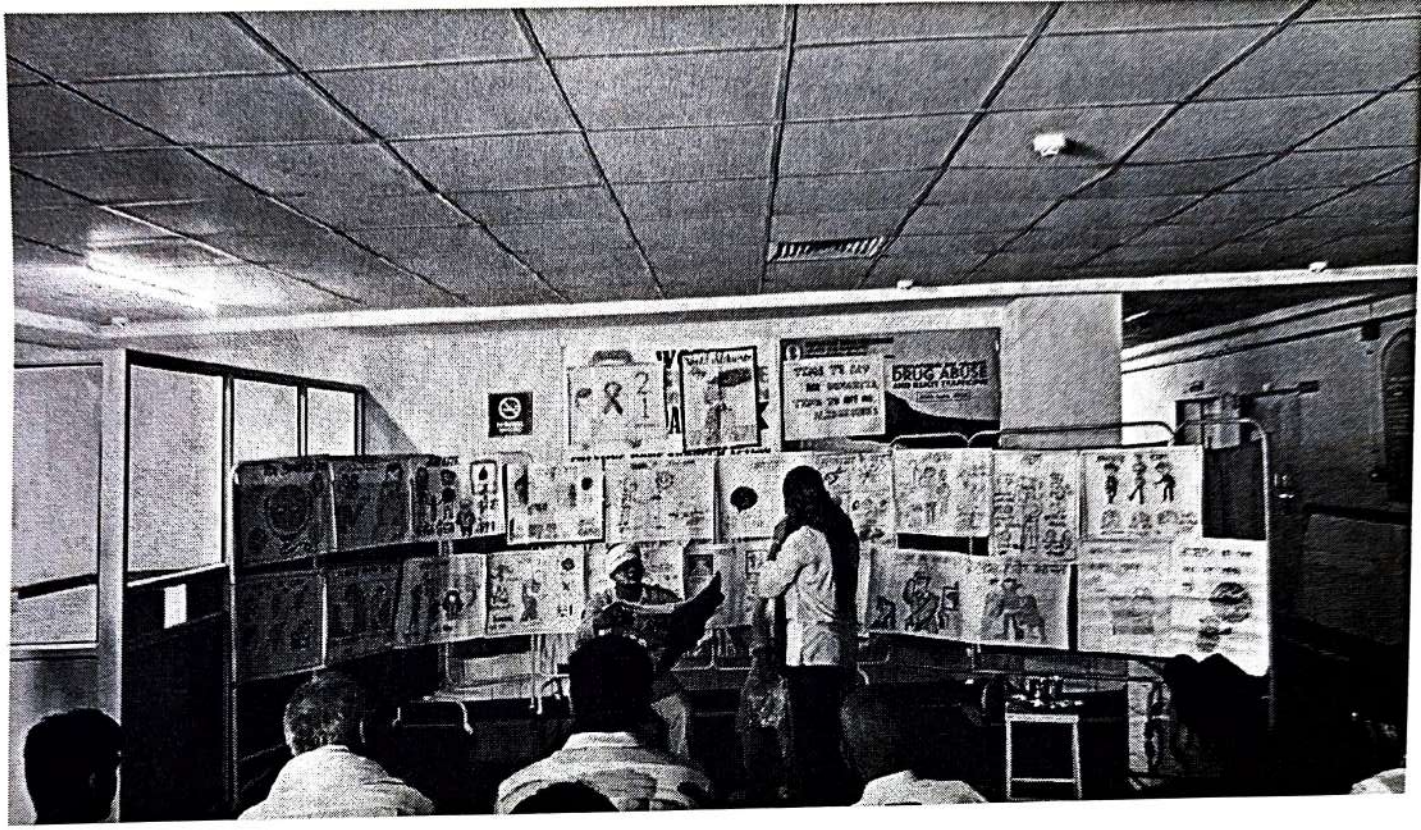
Ms. Shikhadeep (Nursing Tutor)

Ms. Pragya (Nursing Tutor)

SUBMITTED BY

GROUP 2 (100-132)

B.Sc NURSING 3RD YEAR



Khushi: Areh! Babuji aapne raat me dabai nahi li. Aisa kyu.

Gautam: Mein kyun lu mein kyun lu dabai mujhe thodina kuch huwa hai

Khushi: Maaji! Aapko toh atleast dabai de deni chahiye thi, Who toh apna khayal thik se raktay nahi.

Simran: Bahu! Mujhe bhi kaha kuchyaad rehta.

Khushi: Aisa toh nahi chaleyga.

Simran: Thik hai main dabai subah de dungi yaad se

Khushi: Theek hai yaad se de dena aap. Main abhi bahar ja raha hu. Aap ghar may theek say rehna.

Gautam: Bahu! Mujhe kuch huwa hi nahi hai.

Khushi: Babuji! Aapko raat me fever tha yaad nahi?

Gautam: Fever tha! Mujhe yaad nahi beta.

Khushi: Aap abhi thodi der me dabai kha lena

Narrator: Jese jese din gujar raha hota hai wese wese app ki yadash kam hoti joati. Who ab chote chote baton ko bhulne lagta hai.

Gautam: kisi ne mera chasma dekha hai kahi

Rabia: Areh papa! Yeh raha chasma aapke sar pe

Gautam: Tum kon ho?

Rabia: Papa me aapki beti hu. Aap mujhe bhul gaye.

Gautam: Kya? Meri beti? Mujhe tum koi aur lag rahi ho.

Narrator: Patient iss condition tak pohoch jata hai ki usko kuch nahi yaad rehta apne kareebi tak ko bhul jata hai.

Scene 2(At Home)

Khushi: babuji ki tabiyat pehle say kuch jyada he bigad ti jaa rahi hai

Yash: Aisa kya ho raha unko!

Khushi: Unhe kuch yaad he nahi rehta kuch bhi. Aapne gharke logo ko pehchan nahi paate thik se

Yash: Ye umar me thoda bohot hota he hai. Thik ho jayenge aise. Phir bhi ek baar babuji se baat karta hu.

Scene 3

Yash: Papa! Kese ho app

Gautam: Thik hu mein

Yash: aaiye papa khidki je paas baith te hai.

Gautam: [Seeing all around] Ye jagah mujhe pehchoni nhi lag ag rahi ! kaha hu mein? ghar pe ho abhi.

Yash:Ye aapka bedroom hai, woh aapki kursi, me aapka beta hu.

Gautam: Tum mere bete ho! Tumharo chehra dekha dekha sa lag raha hai.

Yash: Haan. Me aapka beta hu. Aap yeh photo dekho yaad hai kuch. Yeh jab hum Kashmir gayay the ghumne.

Gautam: mujhe kuch yaad nhi aaraha. Dhundla dhundhla sa lag raha.

After some time

Yash: Hum garmi ki xutti me gaye the na

Khushi: Haan Papa yad kijiye.

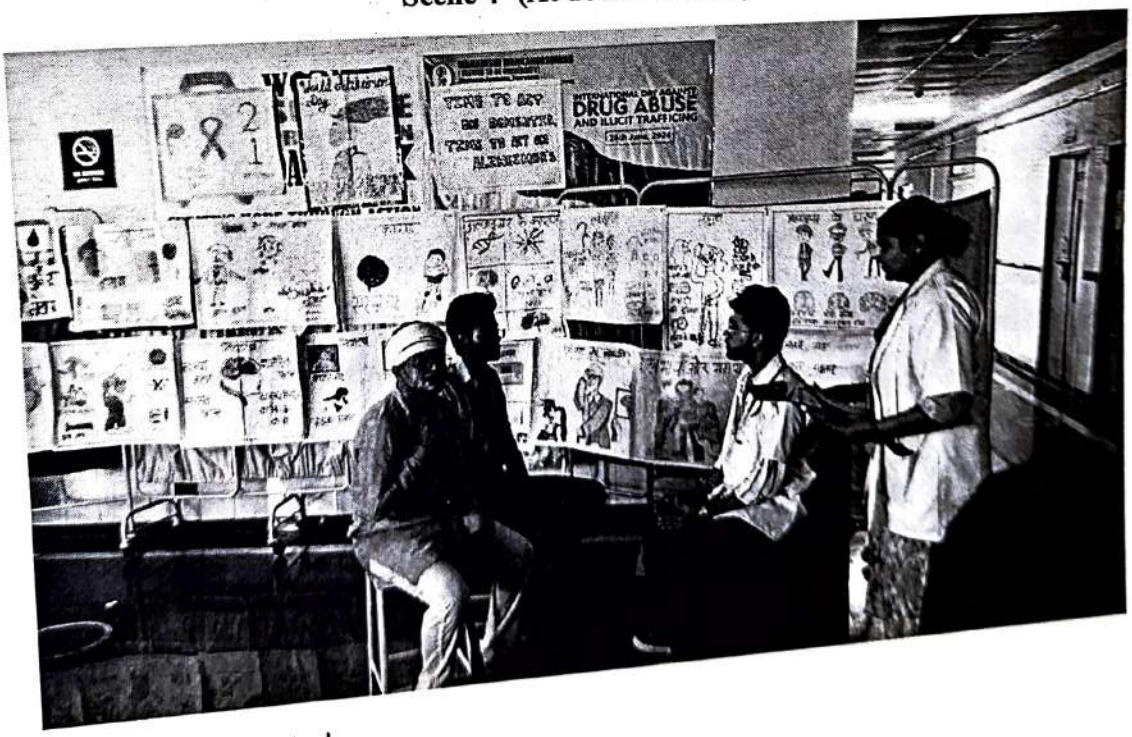
Gautam:Thoda Thoda Yaad tha baaki kuch pata nhi chal raha.

Rabia:kya hua aap itni tension mein kyu dekh rahe ho

Simran: Hnn beta kya batoan apne papa ko leaky tension me hu.

Yash:Papa ki ye condition mujh se nahi dekha ja rahaa unka kuch bhi yaad he nhi raha kal he mein unko doctor ke paas leke jounga.

Scene 4- (At doctor's clinic)



Yash: Namaste Doctor!

Puneet: Namaste ji! kese ho aap.

Yash: Me toh thik hut but mere papa he thik nhi rehte aaj kal.

Puneet: kya aap mujhe Sari baatein detail me bata saktay ho?

Yash: Ji jarur!

Puneet:Hume kuch test Karwane padenge. Uske baat he kuch conclusion pe jaya ja sakta hai.

Doctor after examining MSC

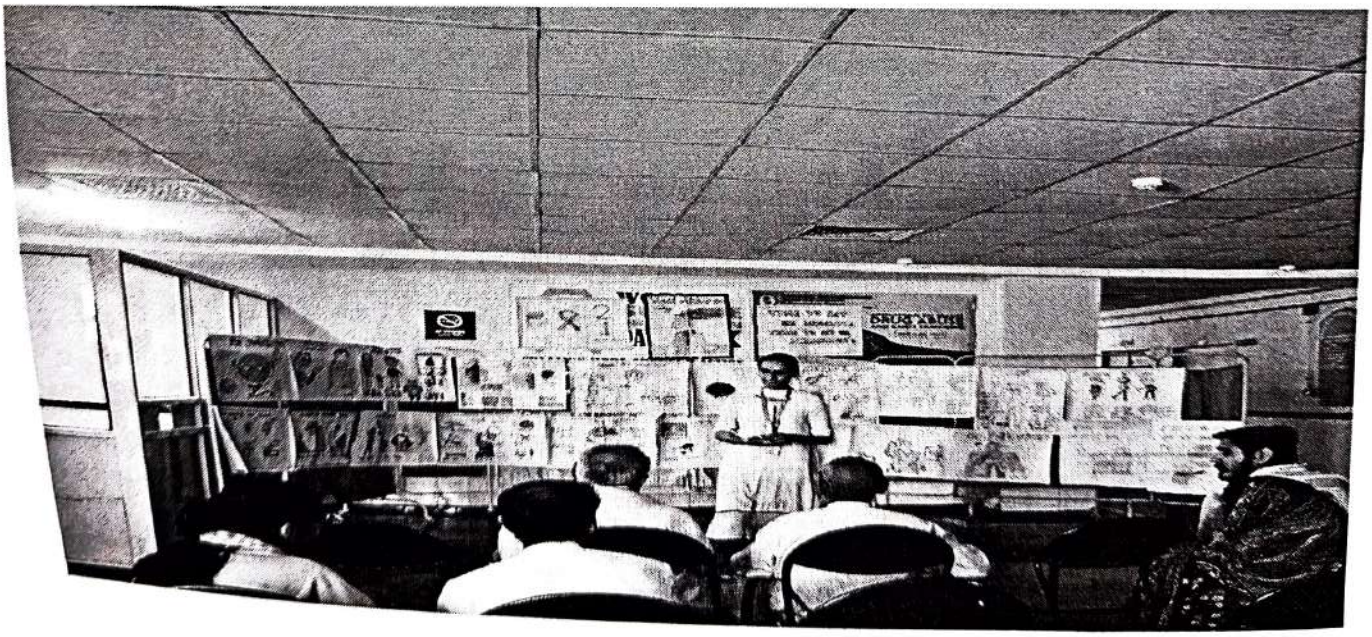
Puneet: ji! more or less aapke pitaji me Alzheimer's ke symptoms dikh raha hai

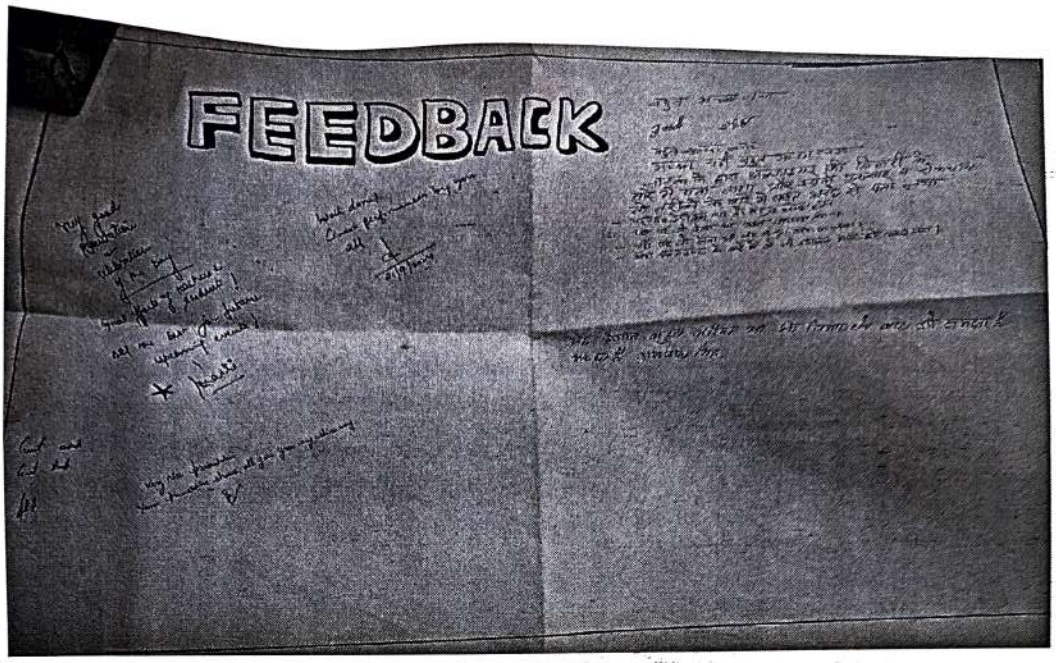
Yash: Alzheimer's konsi disease hai sir?

Puneet: Alzheimer's ek tarah ka irreversible aur dhere dhere badhe woli ek maansik rog hai jisme insan ki yaadast kam hoti jaati hai. Itna kam tak bhi jaa sakta hoi jisme woh apne daily activities bhi nahi kar paata thik se.

Yash: kyo iska koi foi permanent illaz hai?

Docter- Permanent illaz to nhi hat but iska progression ko slow Kiya jaa sakta hai Alzhiemer's ke patient kayi context me dependent ho jaate hai aur ye aapka responsibility banta hoi ki inki sahi se care kare. Aur kuch baaton ko jarur yaad rakhna.





VOTE OF THANKS

At the end vote of thanks was given.

REFRESHMENT

AUDIENCE – During the role play biscuits were given.

REMARKS

The audience praised and thanked the students for their dedication and creating awareness. The staff also praised the students a lot for their hard work and unity.

CONCLUSION

From this group project the patient and relatives got enough knowledge and awareness about "ALZHEIMER DISEASE". They were cooperative and showed active interest during the whole group project. There was a total gathering of audience that is 50. It was acknowledged and enriching experience, the students gained confidence in organizing the group project at hospital settings.

ORGANISATION

DATE – 21 September 2024

TIME – 10:00 am to 11:30 am

VENUE- MMIMSR Hospital Psychiatric OPD Corridor, Mullana

LANGUAGE- Hindi

GROUP PROJECT SUPERVISOR- Ms. Pragya ma'am

COMMITTEES OF GROUP PROJECT:-

CHART MAKING-All Students(100-132)

SCRIPT- Gautam

INVITATION CARD –Tshering Zam and Yeshi Lhamo

BUDGETING – Shiv Kumar and Jimba

REPORT WRITING – Tobden Dorji.

PHOTOGRAPHY-Pema Lhaden and Mann Rana.

VIDEOGRAPHY-Pema Tenzin and Susheel

CHART EXPLANATION- Dev

NARRATOR- Dev and Vanshika

Arrangements: Aita and Tashi

Discipline : Kinzang,Karuna,Pema,Puneet

Lesson plan: 120,111,Dawa (Formatting)

ROLE PLAY

Yash, Ajay, Saqlain, Rabia, Murari, Khushi, Simran, Pema Choden and Jimba.

M.M.COLLEGEOFNURSING

M.M.(DeemedtobeUniversity),Mullana-Ambala,HaryanaREPORTOFSCHOOLHEALTHPROGRAM ON PNEUMONIA

9

12

Pneumonia is a form of acute respiratory infection that is mostcommonly caused by viruses or bacteria. It can cause mild to life-threatening illness in people of all ages, however, it is the singlelargestinfectiouscauseofdeathin childrenworldwide.The commonsymptoms are Cough, Shortness of breath, Fever, sweating andshaking chills, Fatigue, Chest pain, Nausea, vomiting or diarrhea, and Confusion, especially in older adults. Pneumonia may be treatedwith antibiotics if it is bacterial

MM College of Nursing B.sc Nursing 5th semester students organized a School Health programme with a aim to create awareness among the School Childrens on prevention and management of Pneumonia at Govt. Middle School, Adhoya, Barara.

Date:27-09-2024

Timing:10:00am-12:00pm

Venue: GovernmentMiddleSchool,Adhoya, Haryana

TargetAudience: Class6to8

Numberof Audience: 67

FacultyCoordinator: Dr.JyotiSarin(Principal),Dr.VinayKumari (Vice Principal), Mr. Bankim Chandra (AssociateProfessor)

Clinical Instructor Involved: Mr. Mukul Sharma, Mr. Vicky**NursingTutorinvolved:**Ms.Kanchan,Ms.Ambika,Ms.Purbita

SUBJECTINCHARGE

PRINCIPAL

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-[illegible]

10 12

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana

(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

M.M. COLLEGE OF NURSING

(MULLANA, AMBALA)

COMMUNITY HEALTH NURSING DEPARTMENT

SCHOOL HEALTH PROGRAM

ON

"PNEUMONIA"

"CHAMPIONING THE FIGHT TO STOP PNEUMONIA"

27/9/24

SUBMITTED TO:-

MR. BANKIM CHANDRA

(ASSOCIATE PROFESSOR)

SUBMITTED BY:-

GROUP 2

(1922035-1922068)

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India 133207

INTRODUCTION : Pneumonia is a form of acute respiratory infection that affects the lungs. The lungs are made up of small

sacs called alveoli, which fill with air when a healthy person breathes. When an individual has pneumonia, the alveoli are filled with pus and fluid, which makes breathing painful and limits oxygen intake.
Pneumonia is the single largest infectious cause of death in children worldwide. Pneumonia killed 740 180 children under the age of 5 in 2019, accounting for 14% of all deaths of children under 5 years old but 22% of all deaths in children aged 1 to 5 years. Pneumonia affects children and families everywhere, but deaths are highest in southern Asia and sub-Saharan Africa. Children can be protected from pneumonia, it can be prevented with simple interventions, and it can be treated with low-cost, low-tech medication and care.

THEME :- "Championing The Fight To Stop Pneumonia"

Under the above stated theme , group project was done by the students of Bsc. nursing 3rd year M.M. college of nursing ,Mullana, Ambala at Government School,Adhoya, Barara, Ambala.

AIM OF GROUP PROJECT :-

- To spread the awareness regarding Pneumonia Prevention.
- To discuss the measures that are to be taken to prevent pneumonia.

OBJECTIVES :-

- To educate children to respiratory diseases.
- To improve the awareness about pneumonia.
- To educate about the preventive measures against pneumonia.
- To educate children about the sign and symptoms of pneumonia.

ORGANIZATION:-

· **DATE** – 27-09-2024

· **TIME** -10:30 am onwards

· **VENUE-** Government Middle School,Adhoya, Barara, Ambala

· **LANGUAGE -** Hindi

·**GROUP PROJECT SUPERVISOR** –Mr.Mukul Sharma

·**TEACHERS PRESENT –**

Dr. Jyoti Sarin (Principal)

Dr. Vinay kumari (Vice Principal)

Mr. Bankim Chandra (Associate Professor)

Mr. Mukul Sharma (Clinical Instructor)

Ms. Kanchan (Nursing Tutor)

Mr. Vicky (Clinical Instructor)

Ms. Ambika (Nursing Tutor)

Ms. Purbita (Nursing Tutor)

•HOD of Community Nursing department- Mr.Bankim Chandra

COMMITTEES OF GROUP PROJECT :-

CHART MAKING-:

Kumkum,Khushi ,Kashish,Komal,Purvi,Ranjana,Neha,Zeeshan,Nancy,Lucky,Mohan,Mehak Saini

LESSON PLAN- Muskan Malik, Nistha Mor

· **SCRIPT** – Neha, Muskan Saini

· **INVITATION CARD** – Manju and Nirupama Rana

· **REPORT WRITING** – Manmeet, Nistha Mor

· **PHOTOGRAPHY** – Mayank , Manmeet

·**ASSESSMENT-** Preeti, Khushboo, Mahak Sharma, Nistha Mor

· **CHART EXPLANATION** – Khushi, Muskandeep

· **ROLEPLAY** – Purvi, Muskandeep, Kashish, Komal, Kumkum, Lakhan, Ranjana, Nancy, Mehak saini, Neha Sharma, Lucky

REFRESHMENTS : Kulvansh, Manit

MANAGEMENT : Kushal, Mohan, Peerzada, Soyab , Khushi

Narrator 1- Muskan Malik

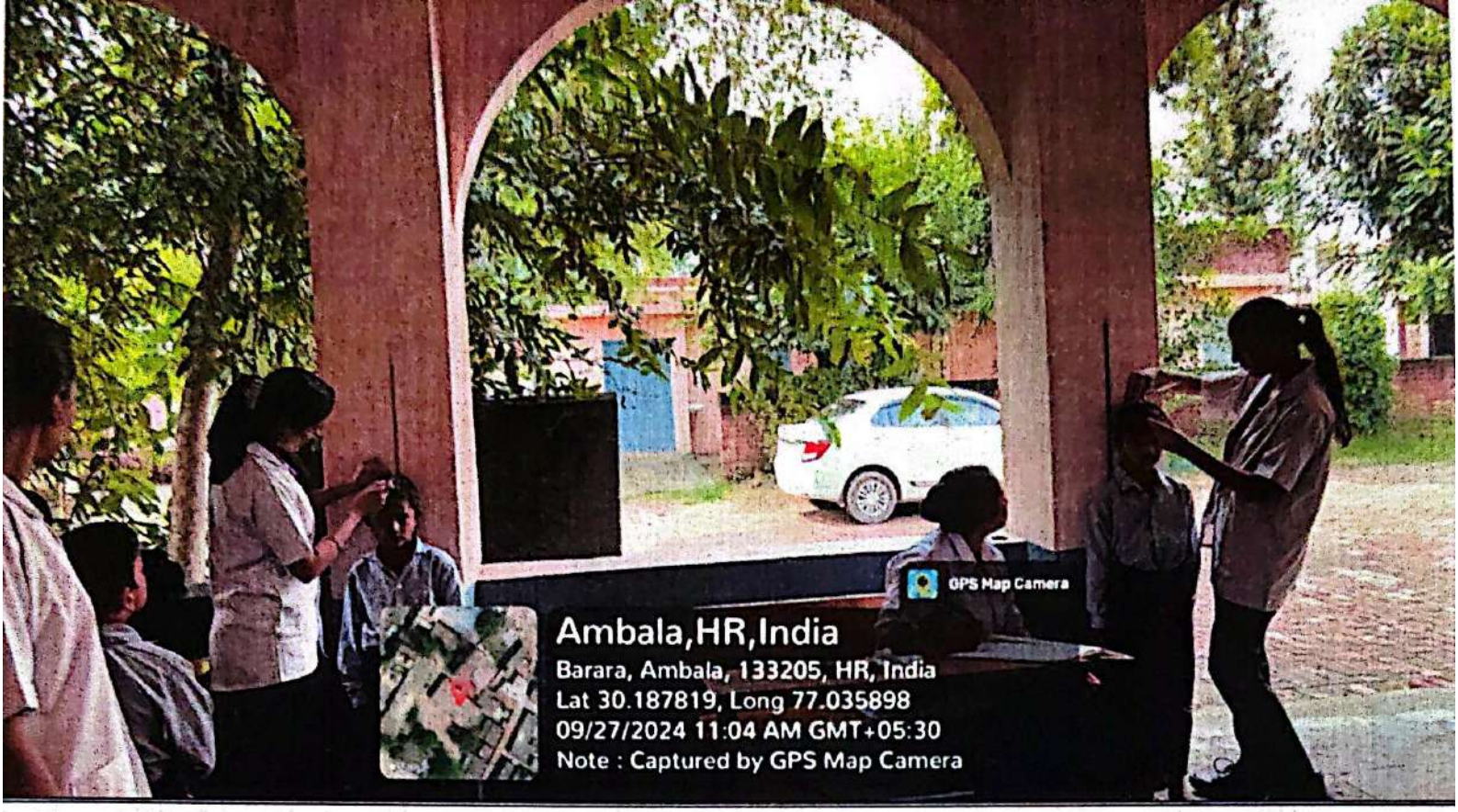
Narrator 2- Neha

BUDGET COMMITTEE :- Khushi Sahni

Total students = 30

Total budget= 1500

HEALTH CHECKUPS: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Barara, Ambala, 133205, HR, India
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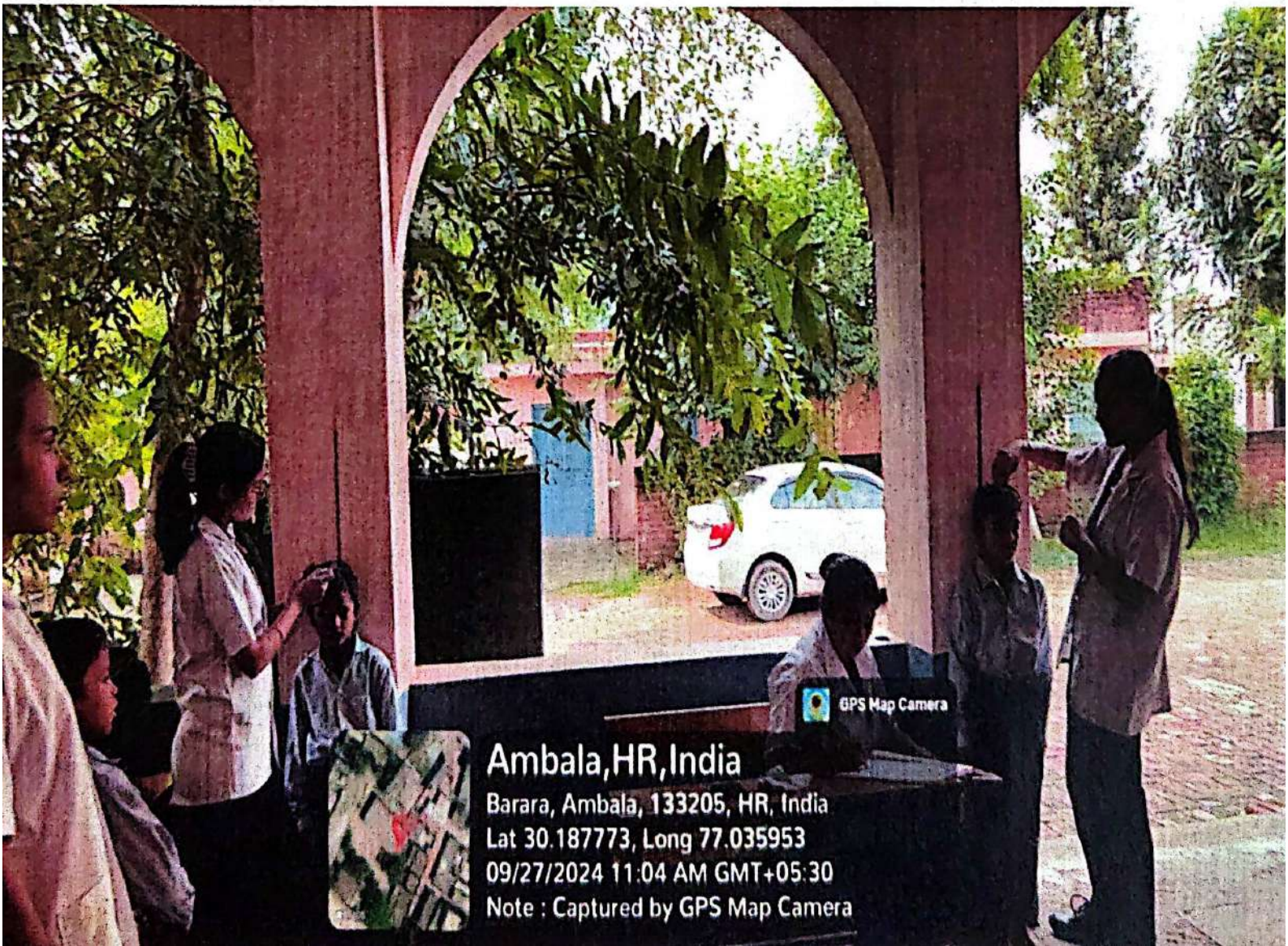
09/27/2024 11:04 AM GMT+05:30
Note : Captured by GPS Map Camera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Ambala,HR,India
Barara, Ambala, 133205, HR, India
Lat 30.187773, Long 77.035953
09/27/2024 11:04 AM GMT+05:30
Note : Captured by GPS Map Camera

SCRIPT

Narrator- Namaste aaj hum sab BSc nursing 3rd year ki student hu asha krti hu aap sb ache honge aap sb yhi soch rahe honge ki hum sb aaj yha pr ikhate kyu hue h toh aaj hum sb aapke samne ek natak pesh krne jaa rahe h toh sbne pehle hum aapko iss natak k kirdaro se milva deti hu m iss natak m kathavachak ka kirdaar nibha rahi hu toh jo aaj ka natak h uska sirshak h pneumonia pnemonia ek esi infectious bimari h jisme hamare fefdo m paani ya phir pus bharni shuru ho jati h jiske karan fefdo m sujaan Or haath Or muh neela pdna shuru ho jata h uske boht Sare karan ho skte h jo hum aapko aage natak m btaenge toh aaiye shuru krte h hmara natak jisme pehle hum dekhenge ki swath or aswath fefde m kya antar hota h aayie dekhte h

Scene - 1

School ka scene

Narrator-2 : sixth class K Bacho ko Adhyapak padha raha Hai aur unka lunchtime ho jata hai.
Kashish aur uski saheliya ekathe baith kar khaana khati hai.

Purvi : Chal hum haath dhone chalte hai
Komal: main toh pichli class mai hath dhone gai thi ab main nhi ja rhi tu hi chali ja
Purvi : Main toh jari haath dhone tu hi khaaliyo inhe gande haatho se
Narrator-2 : sari dost saath main baith kar khaana khaate h
Phir vh aapas mai ek dusre ke saath tiffin share karti hain.

Ab vh jaise hi khaana khatam karte hai uske baad saari saheliyan khelne chali jaati hai

Nirupama: chalo sab khelne chalte hai.

Narrator -1: Friends aapas mai khelne lagte hai

Komal: aaj bari Kashish degi lekin kashish bolti har baar main hi kyu baari doon.

Tum stone, paper, scissor karo usse koi ek jo last mai bache vo hume pakde ga.

Narrator-2: khelte khelte ek dm se usko khaansi aa jati hai. Phir jab vh pakdi jaati hai tab aachanak se uski saans chadne lagti hai aur uski dost usko pani pila deti hai

Class mai

Teacher: Good afternoon students

Teacher padhane lag jati hai th phit Kashish baar baar khansi karti hai aur teacher usse disturb hoti hai.

Teacher: kashish bhr jao aur pani pikr aao

Teacher uski friend s kehti hau ki koi ise toffee dedo taki ise baar baar cough na ho.

Narrator-1: Explains the scene 1

Scene-2:

sabi bacchon ki chutti ho jati hai aur vh ghar ja rhe hote hai.

Chaaro saheliyan baate karti krti apne ghar ko ja rahi hoti hai.Baat karte waqt jo kashish hai usse baar baar khaansi aati hai

Narrator-2: Kashish ke ghar ka scene.

Kashish: Mummy aap kahan ho mai aa gyi school se

Mummy: Aagai beta tu ,meri laadli.

Kashish: Kashish apne school mai kya hua uske baren main apni mummy ko batati hai.

Mummy: beta tum pehle fresh ho jaao aur kapde badal lo phir main tumhe khaana deti hoon.

Kashish: Kashish T.V dekhti rehti hai. Vh apni mummy se zidd karti hai ki mummy mujhe phone chahiye.

Mummy: Nahi beta tum T.V dekhlo.

Kashish: mummy aap toh kabhi mujhe phone ni deti bss TV dekhlo yeh kehte ho.

Mummy: apna kaam krne lag jaati hai kashish ko bolti hai ki ab tum apna homework kr lo.

Kashish: Mummy bss 5 min abhi mera favourite cartoon chal ra hai.

Mummy: ye tu baar baar khaans rhi hai jarur tune ice-cream khai hogi jo maine tujhe paise diye th isiliye. Yahan pr khas khas krri hai.

Scene-3:

Kashish ke papa ghat aate hai

Papa: are kya hua meru beti ko ?

Mummy: are kaafi dino s ise bukhaar h dava bhi asar ni kar rhi

Papa: Are tum kon se doctor ke paas lekar gyi thi

Mummy: apne gaon vaale ke pass.

Papa: are tumhe kitni baar bola hai maine ki vh doctor ni hai bss ese hi baitha dukaan khol 12th fail kahi ka

Chalo shehar waale doctor pr jaate hai woh hi ab humari beti thik karega

DOCTOR'S CLINIC

Doctor: aaye baithe. Kya dikkat hai bacche ko.

Papa: ji pta nhi kaafi dino se bacchi ka bukhaar hi nahi jaa rha aur khaansi bhi bohot hai.

Doctor: Bacchi ka checkup karte hai. Vh bacchi ki kuch jaanch ke liye bolte hai.

Test ki report 2-3 ghante baad aati hai.

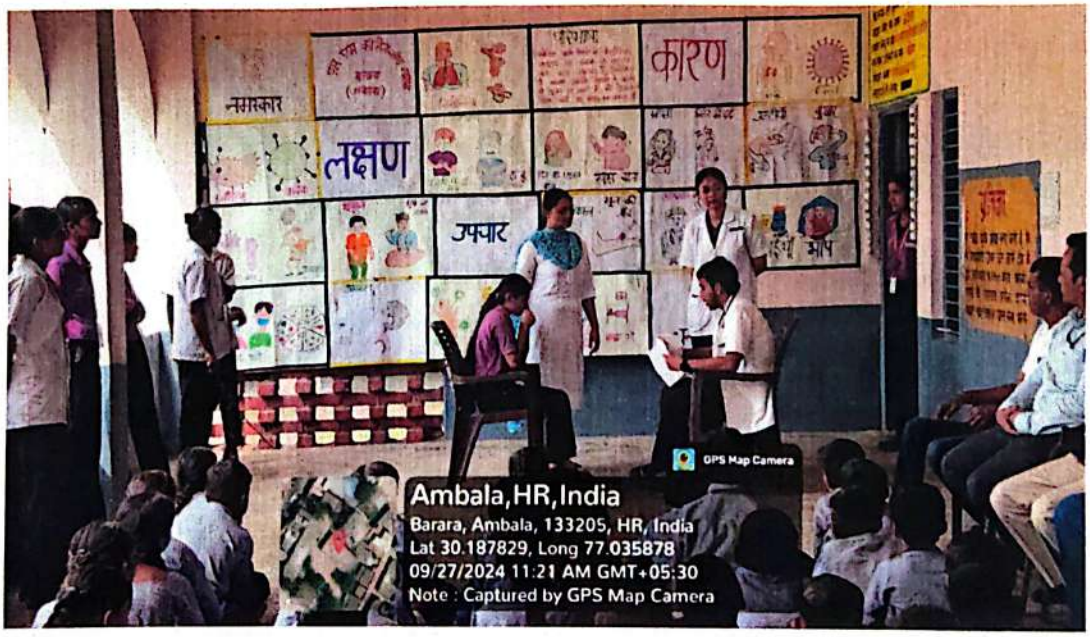
Nurse:Kashish ki report aa gyi hai ab aap doctor s puchlo.

Papa: doctor ji kya aaya report mai.

Doctor: Ji jaisa mujhe darr tha vaise hua ki aapki bacchi ko pneumonia ho gya hai.

Aapne der kardi iske ilaj mai. Jaise hi khaansi shuru hui thi tabhi aapko mere paas aana tha.

Lekin abhi bhi kuch nahi bigda main davai likh deta hu usse araam ho jaayega.



Now nurse will expalin the whole management of pneumonia with charts.

Narrator- jese ki hmne isme dekha ki isko konsi janche hoti h kese ki khoon ki aur balgam ki jaanch or dekha ki kese isko dikh kia jaa skta h m asha krti hu aapko ye sb smjh m aaya hoga or agr kiso ko b ese lakshan aaenge aap unko bta paenge ki aapko doctor k pass jana chaiye dhanyavaad ye thi hamaari chotti c koshish aapko pneumonia jesi bimaari k baare m btane ki asha krti hu aapko isse boht gyaan mila hoga.

CHART EXPLANATION

VOTE OF THANKS

I hope you all know everything about pneumonia or are you able to tell me what to do if someone has pneumonia, how to care for them, and what steps should be taken. .

I also want to thank you that you all took out your time to sit here and pay attention. Thank you all for supporting us. I hope that you have learned a lot today.

I would also like to thanks HOD of Community department Mr. Bankim Chandra and teachers Mr. Mukul Sharma ,Ms. Kanchan for their guidance and cooperation we are thankful to you and at last I would like to thanks my classmates for their nice team work.

REMARKS

The audience praised and thanks the students for their dedication and creating awareness.

"Hume bhut acha lga aap sbne apna waqt nikal kar hume jagruk kra or natak bhi bhut bdiya tha usse bhi sikhne ko mila , aap sbka bhut bhut dhanyawad" .The staff of school also praised the students a lot for their hard work and unity.

CONCLUSION

From this group project the children and school staff got enough knowledge and awareness about pneumonia, sign and symptoms of pneumonia, and how to prevent pneumonia . They were cooperative and showed active interest during the whole group project.There were total students. It was acknowledged and enriching experience , as the students gained confidence in organizing the group project.

Total Students:67
Unhealthy Students:5 students
Healthy Students:17 students
Under weight: 15students
Dental Caries:18 student
Blurred vision: 0 student
Anemia: 12 students

M.M. COLLEGE OF NURSING

M.M. (Deemed to be University), Mullana-Ambala, Haryana

SCHOOL HEALTH PROGRAM ON

"FIRST AID"

First Aid is the immediate assistance provided to an individual suffering from either a minor or serious illness or injury. The primary goal is to stabilize the patient's condition before professional medical help arrives. In many emergency situations, timely and appropriate first aid can be life-saving, preventing complications or even fatalities. This project aims to equip individuals with the essential knowledge and skills required to respond effectively in such situations. The project will explore various first aid techniques, the importance of first aid in different environments, and the legal and ethical responsibilities associated with it.

DATE – 30th September 2024

TIME – 10:00 am to 12:00 pm

VENUE- Govt. High School, Ganganpur

TARGET AUDIENCE: 6-10 CLASS

NO. OF AUDIENCE: 50-60

FACULTY COORDINATOR: S. Bankim Chnadra (HOD of Community Health NursingDepartment), Ms. Ambika (Nursing Tutor), Ms. Purbita Nath (Nursing Tutor),Ms. Kanchan (Nursing Tutor)

CLINICAL INSTRUCTOR INVOLVED: Mr. Vicky, Mr. Mukul

ORGANIZED BY: Community Health Nursing Department, M.M. College of Nursing, Mullana, Ambala

4/10/24

SUBJECT-INCHARGE

PRINCIPAL

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

M.M. COLLEGE OF NURSING

(MULLANA, AMBALA)

COMMUNITY HEALTH NURSING DEPARTMENT

SCHOOL HEALTH PROGRAM ON

"FIRST AID"

DATE : 30TH SEPTEMBER,2024

SUBMITTED TO:

MR. BANKIM CHANDRA

Associate professor cum HOD

Community Health Nursing Dept.

SUBMITTED BY:

B.SC(N) 5TH SEMESTER

GROUP-2(100-132)

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India,133207

Introduction

First Aid is the immediate assistance provided to an individual suffering from either a minor or serious illness or injury. The primary goal is to stabilize the patient's condition before professional medical help arrives. In many emergency situations, timely and appropriate first aid can be life-saving, preventing complications or even fatalities. This project aims to equip individuals with the essential knowledge and skills required to respond effectively in such situations. The project will explore various first aid techniques, the importance of first aid in different environments, and the legal and ethical responsibilities associated with it.

Theme

The theme of this project is *"First Aid and Sports "*. The focus is on providing practical and accessible knowledge that can be used in everyday situations—whether at home, in the workplace, or in public settings. By educating people on first aid, we aim to create a safer, more responsive environment where individuals are better prepared to act during emergencies.

Aim

The aim of this project is to enhance the understanding of first aid principles among school children and the wider community, and to promote quick, effective action in emergencies to minimize injury and save lives.

Objectives

1. To Understand Basic First Aid Techniques*: This includes CPR, treating wounds, managing fractures, burns, and other common injuries.

2. To Raise Awareness About the Importance of First Aid*: Educating students on why first aid is essential in everyday life and how it can make a difference during emergencies.

3. To Identify Common Emergency Scenarios*: Exploring a variety of real-world situations where first aid can be applied effectively, such as accidents, burns, cardiac arrests, and seizures.

4. To Equip Members with Practical First Aid Skills*: Conducting hands-on workshops to ensure that participants can confidently administer first aid when required.

5. To Explore Legal and Ethical Responsibilities*: Understanding the legalities of providing first aid and how to responsibly act within those boundaries.

6. To Develop an Action Plan for Common Emergencies*: Creating easy-to-follow protocols that can be applied in various emergency situations, ensuring proper care until professional help arrives.

ORGANISATION

DATE – 30th September 2024

TIME – 10:00 am to 12:00 pm

VENUE- Govt. High School, Ganganpur

LANGUAGE- Hindi

GROUP PROJECT SUPERVISOR- Ms. Kanchan

TEACHER PRESENT-

Mr. Bankim Chandra (Associate prof. cum HOD)

Ms. Amnika Kanwar (Nursing Tutor)

Ms. Kanchan (Nursing Tutor)

Ms. Purbita (Nursing Tutor)

Mr. Mukul (Clinical Instructor)

Mr. Vicky (Clinical Instructor)

COMMITTEES OF GROUP PROJECT:-

CHART MAKING-All Students(100-132)

SCRIPT- Gautam

INVITATION CARD –Swastika and Yeshi Lhamo

BUDGETING – Shiv Kumar and Ajay

REPORT WRITING – Tobden Dorji and Dawa.

PHOTOGRAPHY-Pema Lhaden.

VIDEOGRAPHY-Pema Tenzin.

Refreshments- Yash, Ajay

NARRATOR- Dev and Vanshika

Arrangements: Tshering, Mann, Puneet and Pema Choden.

Health Assessment: Kinzang, Karuna, and Saqlain

Lesson plan: Swastika

ROLE PLAY

Yash, Aita, Rabia, Murari, Khushi, Simran, Gautam and Jimba.

Beginning

Group firstly by claps for about 10 seconds

Suno Suno bhai! Suno Suno(2)... Suno Suno aur natak dekho. Gyan Gyan ki baat hai bhaiya Lut sako toh lut lo, anth samay pachtao gay, jab samaj jayega xuth

Introduction

Narrator - Greeting and explain about today's role to everyone.

Scene-1 [Dog bite]

Narrator- Two friends Gautam and Sushil walking down the street & notice a dog. They try to tease & hit dog by stone.

Gautam- Sushil! Dekh udar kutta hai. Chal usko pathhar marte hai, mazza ayega.

Sushil- Haan. Chal chal.

Group- Mat Xedo kutte ko

[Gautam hits dog with stone & furious dog bites Gautam's hand]

Gautam- OMG! Mujhe kutte ne kaat liya dard ho raha hai bohot.

Sushil- Ruk Gautam! mein tujhe patti kar deta hu

Group- Nahi nahi patti matt karna. Aid man, first aid man

[First aid man arrives]

First aid man- Ruko! Yeh galat hai.

Group- Dekho dekho kon aaya hai, first aid man first aid man. First aid man- Jab bhi kisiko kutta kaat leton Ghar par sab se pehle pani gerna chahiye aur doctor ke pass le jana chahiye.

Group- Thank you first aid man

Narrator- Explaining scene I briefly.

Scene-2[Bleeding Injury]

Narrator- Friends(Yash, Jimba, Aita and Dev) are playing in the ground. One of them fall and gets injured.

Aita- Ahh mera pair.

Jimba- Kya hua. Sab thik hai? Aita- Dost mera pair machak gaya. Dard hora hai bohot.

Yash- Dekh iske pair se bleeding ho raha hai.

Jimba- Hume! First aid man ko bulana chahiye.

Group - First aid man first aid man jaldi aao first aid man

First aid man- Sabse pehle gabhrana nahi chahiye aur jisko bhi chot aayi hai ussw kisi surakshit jaga par le jana chahiye. Phir uske baad kisi saaf kapde ya phir bandage se bleeding site par pressure apply karna hai.

Yedi first aid kit ho toh, ghav ko saaf karke bandaging karna chahiye phir baad me medical checkip jarur kar vaye.

Group- Thank you first aid man.

Narrator -Debriefing

What would you do differently if you were in Aita's position?

Why is it important to prioritise first aid and seek medical attention in this situation.

Scene 3(Heat related fainting on a hot summer day)

Narrator briefs 3rd scene.

Swastika- Oh no! Ye behosh gya. Rabia- kya huwa Khushi ko?

Swastika- I think garmi ke wajah se behosh ho gya. Hume isse koi chhau aur thodi jagah pe le jana chahiye aur kapde ko loose karna chahiye.

Simran is brought to cool shade.

Simran- Simran ke pair heart level tak elevate karne me help karna jara

Rabia- Sure! Me pair ke nicche koi support rakh deta hu.

Swastika- Hume isse cool karna padega. Kya tumhare pass koi fan ya phir water bottle hai?

Rabia- Hann watter bottle hai ma mera pass.

Rabia pours water on Simran's head & wrist.

Swastika- Great! Hume Simran ko cool rakhte hai jab tak medical team na ajaye.

Simran starts to regain consciousness.

Simran- Kya hua tha muje ?

Swastika- Tum behosh ho gye the garmi ke wajah se aur hum tumhe cool aur comfort dene ki koshish kar rahe the.

Simran- Thanks yaar! Abhi me behtar feel kar raha hu.

Narrator : Debriefing

Why is it important to move the person to a cooler space and remove excess clothing?

How can heat-related illness be prevented in the future?

Scene 4 [Burn]

Narrator- Explains the Scene

Gautam, Rabia and Khushi are in the kitchen preparing meal. Suddenly Gautam accidentally touches hot pan and sustains burn hand.

Gautam- Gasping in pain. Ouch! Mera hath jal gaya. Dard kar raha bohat.

Rabia- Quickly assess the situation. Okay! Shaanth ho joa pehle. Hume jaldi se kuch karna pdega taaki damage na ho. Ek kaam karta hu ki tumhare liye icepack leke aata hu.

Group- Don't use ice pack (2)

Khushi- Areh nahi Rabia. Hume ice pack ki jagah running water me ghoa ko cool karna padega. Ice pack me kabhi nahi use karna

Rabia- Chalo Gautam ko sink ke paas le chalte hai aur ghao ko thonda pani se 10-15 min tak cool korenge. Thoda pain toh hoga but jaldi he relief milega.

Rabia- Yes, tum sahi bol rahe ho. Ice packs skin ko damage kar sakta hai.

Khushi- After 10 min Rabia! Kya tum koi saaf kapda ya phir bandage laga sak tay ho burn ko cover karne ke liye? Tab tak me pair ko elevate kar deta hu taaki koi swelling na ho.

Rabia- Sure!! Abhi laaya me koi saaf non sticky bandage. [It protects the skin and prevent infection]

Khushi- Gautam! Ab tum kesa feel kar rahe ho?

Gautam- Pehle se toh kaafi relief mila hai. Thank you aap dono ko.

Khushi- Areh koi baat nhi. Tum ab medical healthcare ke liye jarur chole jana aur yaad rakha ki burn pe kabhi bhi koi butter, oil or ointments use mat karna. Isse infection ka chance badh sakta hai.

[Group Thanking to everyone]

Narrator debriefing-

Why is it important to run cool water over the burn for 10 min? What should not be used on burns and why?

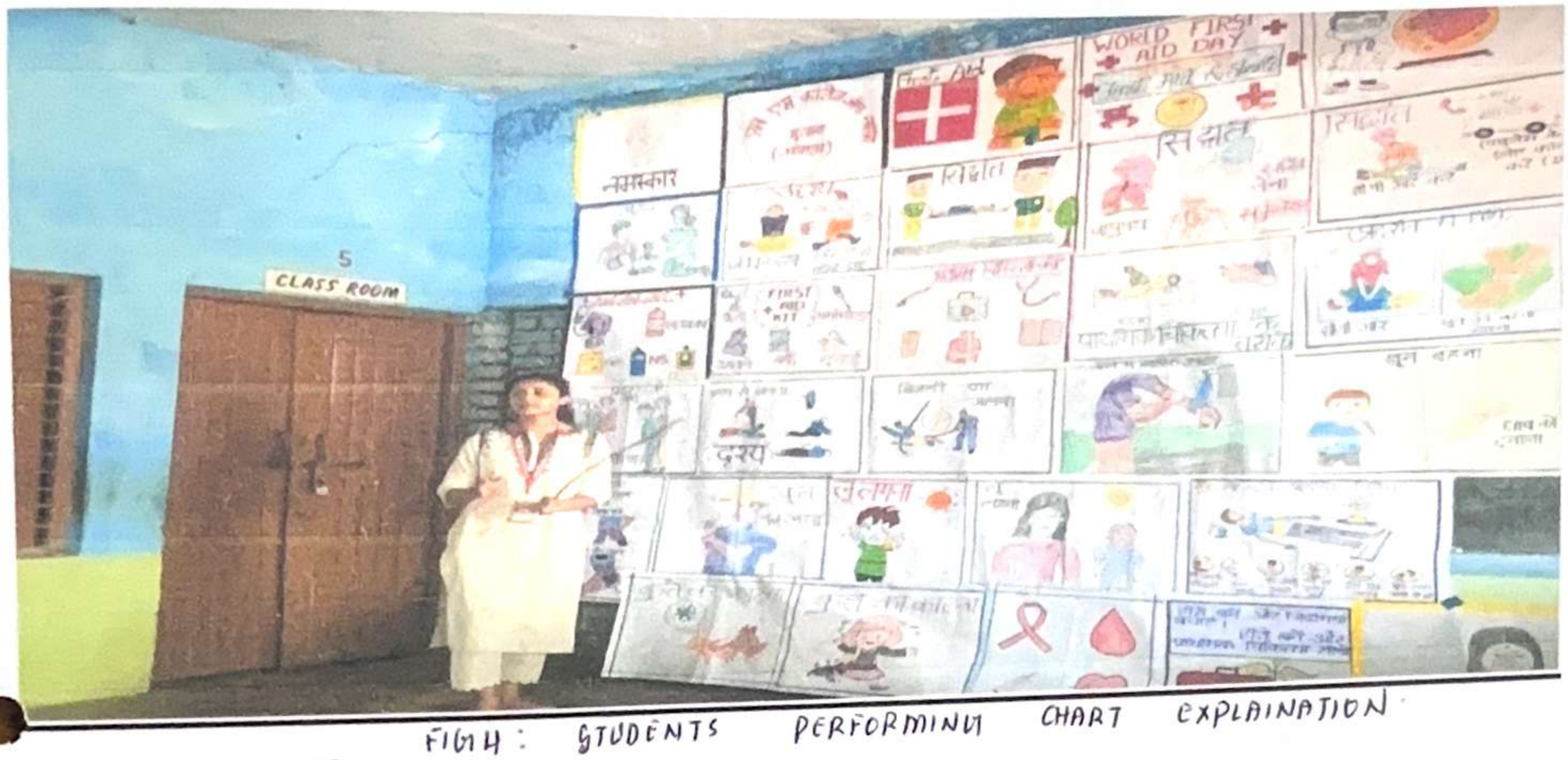
ROLE PLAY

FIG 1 : STUDENTS PERFORMING ROLE PLAY

HEALTH ASSESSMENT

FIG : 2 HEALTH ASSESSMENT OF CHILDRENS

CHART EXPLANATION



FIGH : STUDENTS PERFORMING CHART EXPLAINATION.

VOTE OF THANKS

At the end vote of thanks was given.

REFRESHMENT

AUDIENCE –After the role play biscuits were given to children and also some drinks to the teachers.

REMARKS

The audience praised and thanked the students for their dedication and creating awareness. The teachers also praised the students a lot for their hard work and unity.

CONCLUSION

From this group project the students got enough knowledge and awareness about "FIRST AID". They were cooperative and showed active interest during the whole group project. There was a total gathering of audience that is 50. It was acknowledged and enriching experience, the students gained confidence in organizing the school health program.

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of the UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

M.M. COLLEGE OF NURSING
GROUP PROJECT REPORT
ON
WORLD HEART DAY
"USE HEART FOR ACTION-2024"

Checked 04/10/2024

Diksha 04/10/2024

SUBMITTED TO:
Ms. DIKSHA
NURSING TUTOR
MEDICAL SURGICAL NURSING DEPT.

SUBMITTED BY:
1. DIKSHA (1923701)
2. FAHEEM (1923702)
3. CHOKI DEMA (1923707)
4. ISHFAQ (1923713)

SUBMITTED ON: 04/10/2024

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INTRODUCTION

World Heart Day is observed annually on September 29 to raise awareness about cardiovascular diseases (CVDs) and promote heart-healthy living. This year's theme, "Use Heart for Action," emphasizes the importance of taking proactive steps towards maintaining heart health through lifestyle changes, advocacy, and community involvement. Our group project aimed to educate our community, promote heart-healthy habits, and inspire action.

START OF THE PROGRAM

The program took place around 11: 00 AM at the Medicine OPD, old building of MMIRS hospital. The skit (Nukkad Natak) on Myocardial Infarction addressed various causes, signs and symptoms, complications, treatment modalities and management along with health education regarding its prevention.

Date	30th September, 2024
Time	11:00 AM-12:00 PM
Venue	Medicine OPD, Old Hospital. MMMSR
Topic	World Heart Day, "Use Heart for Action)"
Audience	General public
Supervisor	Ms. Diksha and Ms. Shalini
Organizer	M.Sc. Nursing 2nd year (Medical Surgical Nursing)

AIMS AND OBJECTIVES

Aims:

The aims of our group project on world Heart Day includes:

- Raise Awareness: To educate the audience about cardiovascular diseases (CVDs), their risk factors, and preventive measures in an engaging manner.
- Promote Healthy Habits: To encourage the adoption of heart-healthy lifestyle choices through relatable scenarios and characters.
- Foster Community Engagement: To create a sense of community and shared responsibility towards heart health by involving local participants.

Objectives:

- Inform the Audience:
  - ✓ Present key information about CVDs, including symptoms, statistics, and prevention strategies.
  - ✓ Highlight the importance of regular health check-ups and screenings.

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- Demonstrate Healthy Lifestyle Choices:
  - ✓ Showcase practical examples of healthy eating, physical activity, and stress management through character interactions and storylines.
  - ✓ Include scenarios that illustrate the impact of lifestyle changes on heart health.
  - ✓ Provide resources and information on local health services, workshops, and screenings.
- Create Lasting Impact:
  - ✓ Utilize humor and drama to make the information memorable, ensuring that key messages resonate with the audience long after the performance.
  - ✓ Inspire individuals to take action for their heart health and that of their loved ones.
- Promote Teamwork and Collaboration:
  - ✓ Highlight the importance of community support and teamwork in promoting heart health, encouraging the audience to collaborate on future initiatives.

By achieving these aims and objectives, the skit will not only entertain but also serve as a powerful tool for education and advocacy in support of heart health on World Heart Day.

ORGANIZATION:

The event was organized by Medical Surgical Nursing Department Second Year, M.M. College of Nursing under the Supervision of Ms. Diksha (Nursing Tutor) and Ms. Shalini (Assistant Professor).

List of Teachers present at the Event

Sl. No	Name of the faculty	Designation	Department
1	Ms. Shalini	Associated professor	Medical surgical nursing
2	Mrs. Shakuntala	Assistant professor	
3	Ms. Diksha	Assistant professor	
4	Ms. Shikha	Nursing Tutor	
5	Ms. Suji	Nursing Tutor	
6	Mr. Mayank	Clinical Instructor (CI)	
7	Ms. Geetanjali	Clinical Instructor (CI)	
8	Ms. Ekta	Clinical Instructor (CI)	

Roles of the students

Sl. No	Name	Role played
1.	Diksha	Content preparation, Charts
2.	Faheem	Script, Charts
3.	Ishraq	Charts
4.	Choki	Invitation card, Charts

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ACTIVITIES.

SELECTION PHASE

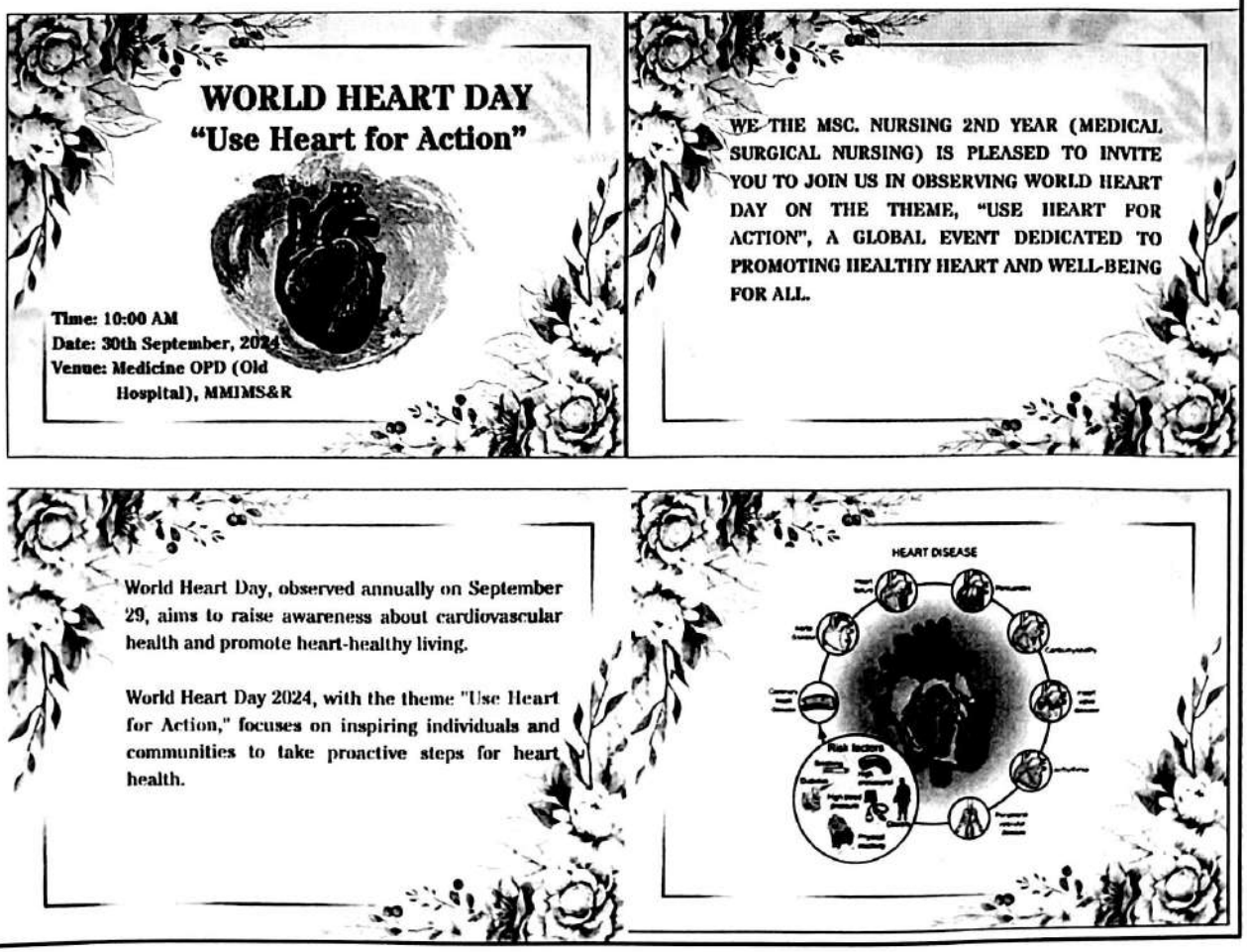
Content topic & Venue

The selection process of the venue for our group project involved careful consideration of several factors to ensure the success and effectiveness of our initiatives. Firstly, we identified the target audience and determined the most accessible and convenient location for reaching them. This involved researching the demographics of our audience, their preferences, and the geographical distribution within our community. we chose the Medicine OPD of Old Hospital of MMMIRS hospital, recognizing it as a suitable setting to raise awareness and disseminate knowledge about Myocardial Infarction.

FORMAL PERMISSIONS AND INVITATION

Prior to the execution of the Group Project, obtaining formal permission from the principal wasessential for us to ensure clarity, professionalism, and compliance with college regulations. Hence, permission was seek and the invitation were sent to the principal, vice-principal, HODs of every Department and to all the respective faculties.

Image of the Invitation Card.



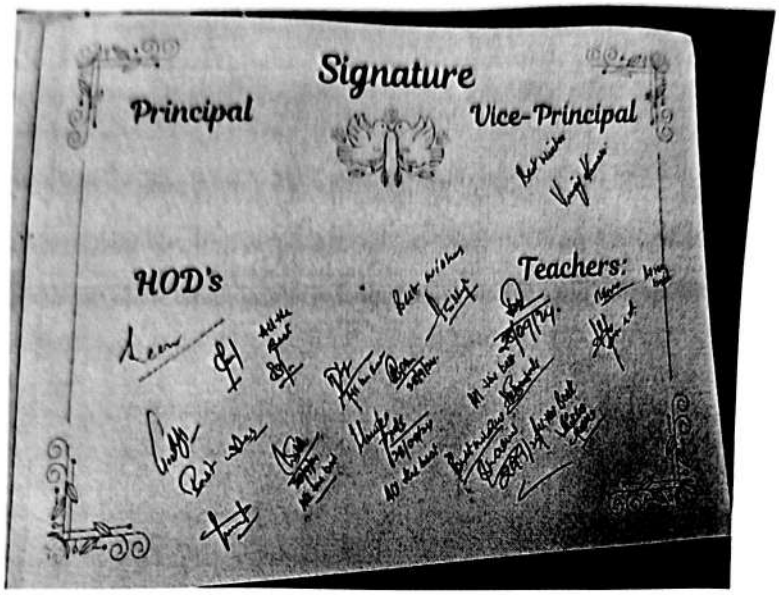


Figure 1. invitation Card

CONTENT PREPARATION

To ensure comprehensive content, we embarked on an extensive literature review. We accessed various bibliographical sources and research articles, including online medical professional databases such as PubMed and Scopus. The content covered topics such as the current incidence rate of Myocardial Infarction, definition, causes, risk factors, signs and symptoms, complication, management through pharmacological, surgeries, and diet.

AUDIO-VISUAL AIDS

To enhance the effectiveness of our group project, we have to prepare charts containingvital information about the Myocardial Infarction. These charts prominently featured our college name, the project title, and covered essential aspects such as the definition, incidence, causes, risk factors, sign and symptoms, surgical as well as medical management. The different ways of interventions and health education on diet, regular exercise and modification of lifestyle into a healthy one.

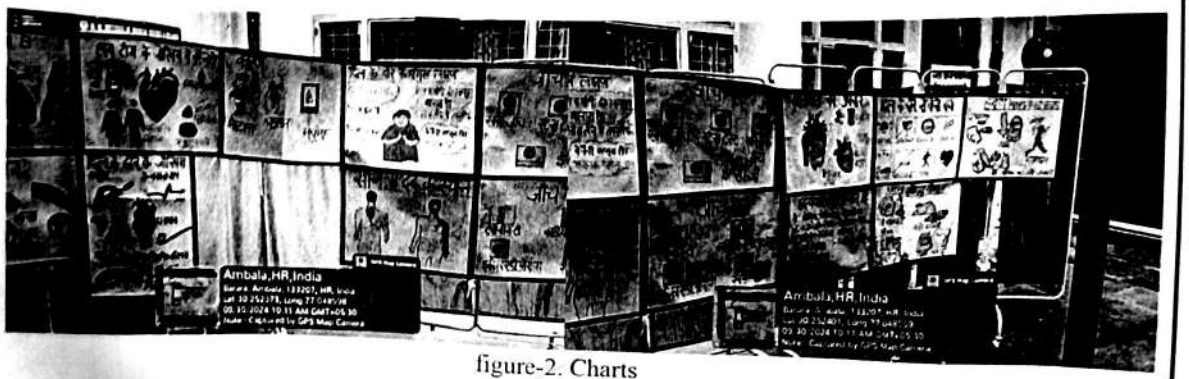


figure-2. Charts

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VENUE ARRANGEMENT

The venue arrangements for our project on World Heart Day with the topic Myocardial Infarction's awareness were meticulously planned to ensure a smooth and organized session. We arrived at the medicine OPD area equipped with all the necessary audio-visual aids and materials required for our project execution. We set up the seating arrangement for the audience, ensuring their comfort and optimal visibility. We also designated a separate seating area for our college faculties, acknowledging their esteemed presence and facilitating their engagement with the project. To create a visually appealing and informative space, we strategically positioned the chart displacement.

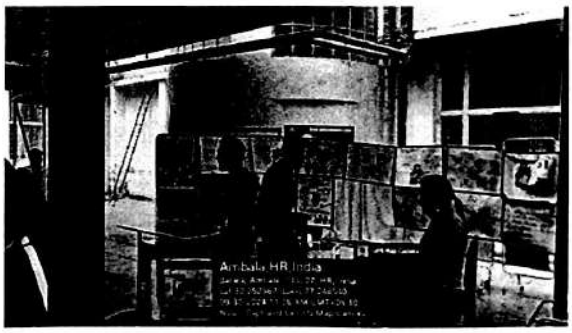
PROCEEDING OF THE EVENT

Role Played by the members:

Sl. No	Name	Role played
1	Diksha	Narrator, Nurse
2	Faheem	Patient's Friend
3	Ishraq	Patient
4	Choki	Doctor, waiter

The project begun with the narrator highlighting the objectives and the goals of the day and introducing each member taking up the roles. Team members brought diverse skills and perspectives to the table, fostering creativity and innovation in project planning and execution.

Our narrator captivated the audience's attention by explaining each scene to the audiences. Sheemphasized the messages delivered by each scene. She ensured that the audience understood the purpose of our efforts and the impact we aimed to make in spreading awareness about Myocardial Infarction and making differences in an individual's life. To engage and educate the community, we developed a role play segment



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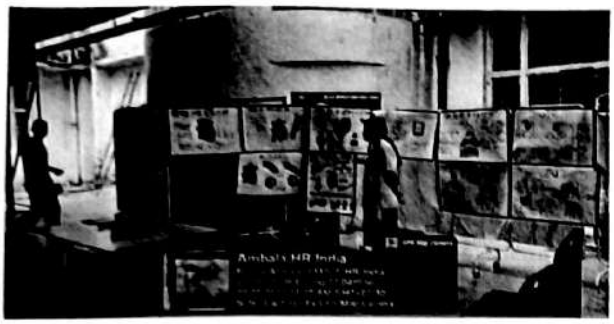
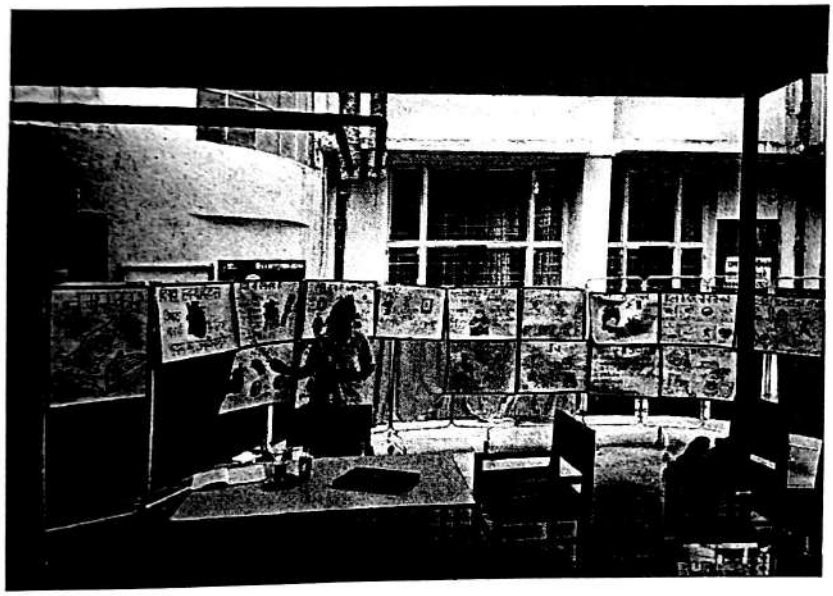


Figure: Role Play

After the conclusion of the act, the charts were explained to the public gathered and the messages and the information were disseminated.



To ensure a pleasant experience, we made arrangements for refreshments during the project session. For the audience we facilitated cookies as their refreshment. Providing refreshments offered a moment of relaxation and rejuvenation amidst the activities, contributing to a positive and enjoyable atmosphere.

We wished the participants feel valued and cared for, fostering goodwill and satisfaction with the event.

Following the conclusion of the role play segment, a photography session was arranged. Through the photography session, we captured the collective engagement and dedication displayed by the participants, further highlighting the impact of our project on **WORLD HEART DAY.**

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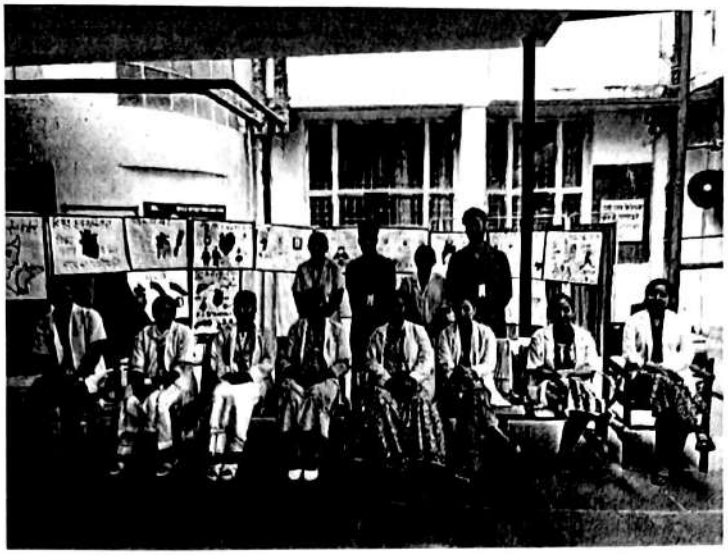

OUTCOMES OF THE PROJECT

We hoped our efforts led to a significant increase in awareness within the community about:

- cardiovascular health issues.
- Significant increase in community participation and engagement with heart health resources.
- Enhancement in public understanding of the importance of proactive measures in preventing heart disease.

CONCLUSION:

World Heart Day, 2024 successfully mobilized individuals and communities to "Use Heart for Action," fostering a culture of proactive health management. The event highlighted the critical need for collective action in combating heart disease and underscored the importance of making heart health a priority. Moving forward, continued advocacy and community involvement will be vital in sustaining this effort.

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SCRIPT

Diksha :- Namskar main is natak me varnankarta ki bhumika nibha rahi hu
Is natak k madhyam se hum appke saamne yeh prastut karna chahate hain ki kis prakar hum apni rojmara ki zindagi Mai aesi din charya ko apnane lagte hai jo aage jakar humein dil ki bimari hone ke khatre me dhaal deta hai

Choki:-Namskar main is natak me doctor ki bhumika nibha rhi hu

Isfaq :- Namskar main is natak me Vikram ka role nibha raha hu

Faheem :- Namskar hum is natak mein Vikram k dost ka Bhoomika Niba raha hu

Narrator (Diksha) :- Pehla Drishya Vikram Ajay se yaar ab lunch break hogaya hai , lunch karne chalte hai

Ajay:- Tum javoo yaar mai apna khana ghar se laaya houn

Narrator:- Vikram canteen mai jaate huve

Vikram:- Waiter Aek samosa aur ek plate choole bathoore laana

Narrator :- Vikram wapiss office mai jaate huve

Agla din

Vikram Ajay se : Arey yaar aaj mai naashta kar k nahi aaya , toa mai Zara canteen se aaya
Waiter ! Doo samosay aur aek cup zaida cheeni wali chaie dena

Ajay:- Arey yaar Vikram tuu roj roj bahar ka khana khata hai , vo b itna zaida teil wala

Vikram:- Yaar Mujhe ghar ka khana pasand nahi hai

Ajay:- Arey yaar healthy khana khaya kar tum , Tabiyat khraab hojayegi teri

Vikram:- Chall chood, cigarette peye ga

Ajay :- Nahi mai nahi peta yeh sabb

Vikram:- Aaj Shaam ko party hai vaha khoob beer veer chale gi , chalega na tu b

Ajay:- Nahi mai nahi peeta ye sab

Narrator:- Party ka drishya
Vikram aur Ajay party mai aa chuke hain, Vikram zaida drink kar jata hai , phir Ajay usko ghar chood k aata hai , Phir agle din office ka drishya

Vikram Ajay se :- yaar mere seene mai dard ho raha hai , aur ghabrahat horahi hai , aur dil ki dhadkan b bhadd rahi hai

Ajay :- Tujhe kitna paseena aa raha hai ! Tujhe dr k pass le chalta houn

Narrator :- Ajay Vikram ko dr k pass Lata hai aur dr mariz ki jaanch karte huve

Doctor Ajay se :- Inko minor dil ka doora padha hai , abhi toa yeh bach gaye per inki dil ki maas peshiyan Kamzoor ho chuki hain , agar inhu ne abhi b sharaab aur cigarette peena aur bahar ka tala bunna khana na chooda toa inko major dil ka doora padh sakta hain

Narrator:- Jaisa ki aap sab ne deekha kis prakar se vikram avasath dincharya ka palan Karte huye roj bahar ka khana khata or ciggerate or shrab ka seven krta jisse use dil ka Dora pdh jata h ....is prakar Hmmm b apni dinchrya me kyi galtiyan choke krte h jisse hamari Sehat ko nuksan pohchata h

To aj hm lete hai Shapat ki hm is natak se seek lenge or apni nit dincharya me Sudhar karenge or dhumrapan or shrab ka seven nhi krnge

"Use Your Heart for Action: Beat for Health, Beat for Change!"

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

GROUP PROJECT

ON

WORLD HEART DAY

THEME-"USE HEART FOR ACTION"

DATE/TIME: 30th SEPTEMBER, 2024 10:00 a.m. onwards

Submitted To:

Ms. Neapram Sujibala

Nursing Tutor

40/50

19/10/24 Checked

Submitted By:

BSc. Nursing 3rd Semester

Group -1 (Roll 1923001-1923046)

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The Group project was organized by BSc nursing 3rd Semester, Medical Surgical Nursing Department, M.M.College of Nursing on the occasion of **"World Heart day"** with the theme **"Use heart for Action"** on 30th of September 2024 at Medicine Ward Corridor, MMIMSR. Coronary artery disease (CAD) is a leading cause of morbidity and mortality worldwide, characterized by the narrowing or blockage of coronary arteries due to atherosclerosis. This condition can lead to angina and heart attacks, significantly affecting health and quality of life. The World Health Organization reports that cardiovascular diseases account for about 31% of global deaths, with CAD being a major contributor. Risk factors include age, family history, smoking, high blood pressure, high cholesterol, diabetes, and sedentary lifestyles. Awareness and prevention are crucial to mitigating CAD's impact and promoting heart health through lifestyle changes. The students of BSc Nursing 2nd year performed a role play on Management of Coronary Artery Disease and delivered information regarding Coronary artery disease which includes definition, causes, signs and symptoms, Diagnostic evaluation, Management and preventives measures with the help of charts. The group project was attended by the faculty members (11), patient attendant (34) and students (56). Later the group project was ended by sharing feedback from the audience and teachers.

AIM OF THE GROUP PROJECT

- To spread the awareness regarding coronary artery disease.

OBJECTIVES

- To raise the awareness regarding coronary artery disease.
- To accelerate the actions to detect, manage and prevent coronary artery disease.

ORGANISATION

DATE- 30th SEPTEMBER 2024

TIME- 10:00 a.m. onwards

VENUE- MMIMSR Hospital, Mullana

LANGUAGE- Hindi

GROUP PROJECT SUPERVISOR- Ms. Sujibala ma'am

TEACHERS PRESENT – Ms.Shabnam, Ms.Shalini, Ms.Diksha, Ms. Sujibala, Ms. Shakuntala, Ms. Shikha, Ms. Sheetal, Ms. Ekta, Mr. Mayank.

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CHART MAKING – Aakash (Roll no.5), Gulshan (Roll no.32), Gourav (Roll no.31), Abhinav (Roll no.4), Mustafa (Roll no.30), Jiya (Roll no.40), Jyoti (Roll no.42) Dozy (Roll no 27), Aman (Roll no.7), Kasak (Roll no.45), Aanchal (Roll no.1), Reshu (Roll no.22)

SCRIPT – Japsimar (Roll no.39), Harshita (Roll no.34), Anchal (Roll no.1), Kashish (Roll no.46),Himanshi (Roll no.36), Kapil (Roll no.44)

INVITATION CARD – Annie (Roll no. 11), Garima (Roll no.29), Divya (Roll no.24)

REPORT WRITING – Arzoo (Roll no.15), Akshit (Roll no.6), Ashok (Roll no 16) , Chetna (Roll no.19)

PHOTOGRAPHY – Amit (Roll no.8), Akshit (Roll no.6), Chetna (Roll no.19)

REFRESHMENT- Divyanshu (Roll no.26), Amit (Roll no.8), Harsh (Roll no.33),Anubhav (Roll no.13), Akshit (Roll no.6)

CHART EXPLANATION- Arzoo (Roll no.15), Harshita (Roll no.34), Japsimar (Roll no.39), Dozy (Roll no.27)

ROLE PLAY-Chandani (Roll no.14), Anshika (Roll no.12), Dheeraj (Roll no.21), Aanchal (Roll no.1), Harsh (Roll no.33), Garima (Roll no.29), Aastha (Roll no.2), Harshita (Roll no.34), Divya (Roll no.25), Gulshan (Roll no.32), Divya (Roll no.24), Kashish (Roll no.46), Ekta (Roll no.28) Hitesh (Roll no.37).

BUDGET COMMITTEE

Total Student- 46 (Roll no. 1923001-1923046)

Total Budget- 1300

SCRIPT

The role play contrasts two families: one prioritizing nutrition and healthy habits, while the other neglects them. Further the man who didn't follow the healthy habits begins to experience chest pain and difficulty breathing, prompting a visit to the doctor and found that he has high cholesterol and needs to make lifestyle changes. However, he disregards the doctor's advice and continues to eat unhealthy food. The story end up when the man collapses due to a heart attack, highlighting the severe consequences of neglecting health. After emergency treatment, promises his family to prioritize his health, emphasizing the script's message about the importance of heart health and healthy lifestyle choices.

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Characters:

Japsimar- Narrator

Dheeraj (Vikas): Patient in (scene- 6), Patient (scene-7)

Aanchal (Pooja): Wife of Vikas

Chandani (Priya)- Daughter of Vikas (scene- 3), (scene- 6) ,(scene-7)

Garima (Sunita)- Wife of Pardeep

Kashish (Rupanshi)- Daughter of Pardeep

Family 1:

(Healthy)

Mother: Sunita

Father: Pardeep

Daughter: Rupanshi

Family: 2

(Unhealthy)

Father : Vikas

Mother: Pooja

Daughter: Priya

Others

Doctor: Hashita hooda

Lab Technician: Ekta, and Gulshan

Shopkeeper: Dhananjay

Helper: Divya Saini

Anshika: Rupanshi Friend

Nurse: Astha

Mustafa: Helper in stretcher

Family 1

(Scene 1)

Narrator: Describe the act.

Pardeep: Arey Sunita mera juice kidhar hai?

Sunita: Ji abhi laai!

Pardeep: Rupanshi ka tiffin pack ho gaya? Uske liye fruit bhi de dena.

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Pooja: Ji lai ! Ye lijeye-

Vikas: Or yaar pls aaj pakode bna dena office se aane k bad

Pooja: Ha ha bilkul

Vikas goes to office-

Scene- 5

Pooja goes to market and meets Sunita

"Confectionary shop"

Dhananjay: Haanji madam, boliye Kya sevaa hai?

Pooja: Bhaiya, Maggi ke packets dedo, chaar.

Dhananjay: Achha ji, aur boliye.

Pooja: Ok, refined dedo, aur laal mirch dedo

Dhananjay: Ji, thik hai.

Dhananjay asks sunita

Dhananjay: Madam, aapka saman le aaya.

Sunita: Bhaiya, besan dedo, ande ki tray dedo aur kya aap sabziya rakhte ho?

Dhananjay: Nahi madam, sabziyan aaj nahi milengi. Aap late aaye, sab bik gayi.

Sunita: Oh nahi bhaiya, ab Ishaan ko kya se khilaoongi.

Pooja: Arey, lelo, koi baat nahi. Yha samne pizza ki shop h aaj bche bahar se he kha lenge inhe bhi mja aa jaega

Sunita: "Nai behen ji, mai bachon ko ghar ka thanda dudh dilwati hu. Bahar ke khane mein bahot fat aur masale hote hain."

Pooja: "Are kabhi kabaar to chalta hai. Ab mujhe dekhiye, main to apne bachon ko full mazze se krne deti hu, or pati ko bbhi nye nye tarah ki dushes bna kar deti hu jse, unhe to pakode aur tasty chapate khane deti hu. Vo bhi khush ho jaate hain."

Sunita: "Behen ji ye do pal ki khushi ke liye main unke sehat par daav pr nahi laga sakti. Aap nahi samajhti ye bahot nuksaandaih hai, ye sab khane se kitne rog ho sakte hain, aap nahi jaanti."

Pooja: "Are behen ji itna kya sochna?"

Both left the shop

Scene 6

Vikas: Ghar ke ander aata hai.

Vikas: "Pakode le aao Bhai or chai bhi khoob shakar ke saath."

Pooja: "Bas dhyan hai app lete ho."

Vikas: "Maza agya! Waah."

Agle din

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Vikas: "Pooja suno toh, pata nahi aaj kal saas bohot fultii hai or wajan bhi badta jaa raha hai."

Pooja: "Saas kyu fulti rhti hai aapki?"

Vikas: "Kya maloom! Chhati mein bhi dard ho rha hai."

Vikas: "Shaam ko ek baar doctor ke pass ho aauga

Pooja: Ha ye bhi theek hai

(Scene 7)

Vikas doctor kke paas jaate hai

Vikas: "Madam, kya mai andar aa sakta hu?" Doctor: "Ji aaiye! Baithiye."

Doctor: "Haanji, boliye kya samasya hai aapko?"

Vikas: "Dr, meri saas phulti hai, sahi se saans nahi lepata hu or chhati mein bhi dard rehta hai."

Doctor: "Achha, kab se ho rha hai ye?"

Vikas: "Ek lagbhag 1 mahina ho gya."

Doctor: "Chaliye aap pehle ye ek baar lab test karwa lo, phir report mein dekh ke batati hu."

Vikas: "Theek hai madam."

Lab Technician ke paas jata hai

Ekta: "Aaiye, aapka naam?"

Vikas: "Ji Vikas."

Ekta: "Baithiye abhi aapka sample le leti hu" Hath aage kro muthi band karo .....Abb hath khol lo

Vikas: Ji repots kab tak mil jaegi

Ekta: Bas aap baitho ghante m mil jaegi Vikas: waits for one hour

Ekta: Ye lo apki reports Vikas: ji dhanyawad

Doctor ke paas jaata hua

Doctor: Aaiye baitheye

Vikas: Ye lejiye reports

Doctor reports ko dekhte huye

Doctor: Dekhiye isme apka Idl lipid cholesterol bhaut badha hua h

Vikas: Ji m kuch smjha nhi kuch khatre ki bat to nhi h na

Vikas: Acha acha hanji

Doctor: Abhi agar savdhani nahi baratoge to bohot nuksan ho sakta hai.

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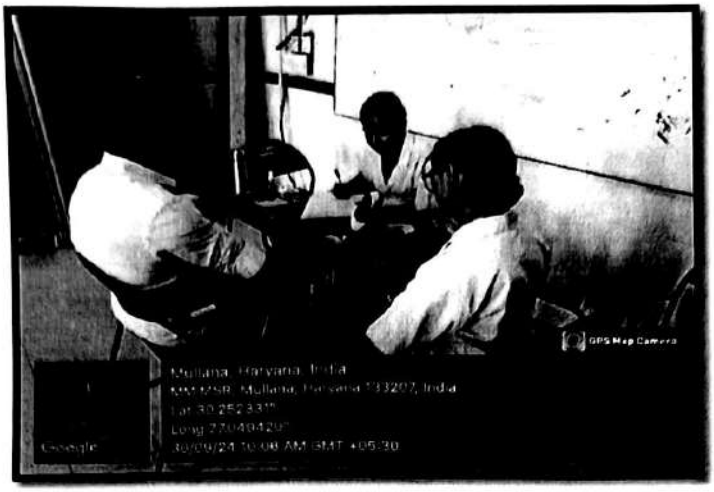


Doctor: Dekhiye, maine time se sthiti sambhali thi, lekin ye mano inhe heart attack aaya tha. Ye inki jaan bhi ja sakti thi, par ab theek hai. Aapko inka khayal rakhna hoga, maine time se sambhal liya tha.

Pooja: Sir, main ab se sab cheezon ka dhyan rakhungi, sir, please!

Pooja: Kya main unse mil sakti hoon?

Doctor: Ji haan, bilkul, chaliye.

(Pooja treatment room jaati hai.)

Pooja: Ab kaise hain aap?

Vikas: Theek hoon. Kya hua tum ro kyo rahi ho? Shaant ho jao.

Pooja: Har baat pe shaant ho jaao. Aapko kuch ho jata toh?

CamScanner

Vikas: Theek hai Dr. Hanji.

"Vikas ghar jaata hai."

Pooja: Aap aagaye? Kya bataya doctor ne? Vikas - Bas kuch jyada to nahi keh rahe the, diet achi rakho, exercise karo, cholesterol bohot badha hai.

Pooja - Acha, matlab kuch jyada problem ka to nahi bola na?

Vikas - Arc nahi baba, mujh ko roz karo.

Vikas Pani puri khnae jaate hai

Pani puri wala - Hanji, bhai saab boliye kitni plate?
Vikas - Bhaiya 2 plate. Vikas khake Wahhh mje aagye aaj to kitne paise hue
Panipuri wala: 60

Vikas: Le bhaiya tumhare paise

Ghar wapas aata hai

Pooja: Khana lega du aapke liye? Aaj palak bana rahi hu.

Vikas: Nahi Pooja, aaj main khaa k aya hu.

Pooja: Kya khaa k aaye ho?

Vikas: Bhai, aaj toh main paani puri khane gaya tha. To 2 plate kha li, pet bhar gaya.

Pooja: Aap ye kya kar rahe ho, apni sehat ka dhyan do. Doctor ne kaha tha na spicy na khana, fir bhi aap nahi mante.

Vikas: Arre kuch nahi hota, marko kuch nahi hoga. Ek aad bar paani puri khane se kya hua

Pooja: Rhen dijye aap to bas!!

Priya aate hai

Priya: Papa, papa, chalo chalo, thodi der badminton pakdam-padai khel le, aap itni din se nahi khele mere saath.

Vikas: Chalo phir bhaag main padta hu. **(*priya runs!!*)**

Vikas achaanak se chaati mai dard hoke jameen mai gir gata hai.

Priya: Papa, papa, kya hua aapko? Mummy jaldi aao, papa ko kuch ho gaya hai!!

Pooja aur unke parosi aake ambulance ko bullake hospital jaata hai

Nurse: Arrey jaldi se isko le chaliye stretcher par.

Nurse: Jaldi inhe andar le jao. Dr. Aaa rahi hai

Doctor:Treatment gayi.

Doctor treatment room se bahaar aati hai

Pooja: Dr. batayiye kya hua tha unhe? Please, batayiye!

CamScanner

Vikas: Kuch nahi hoga mujhe.

Pooja: tehne dijye! Aapki kabhi socha aapke jaane ke baad mera aur ptiya ka kya hoga? Kabhi socha? Boliye!

Vikas: Mujhe maaf kar do, Pooja. Ronal band karo. Main ab se sab sambhal loonga. **Pooja**: krna padega, mere liye, priya ke liye aur hamare aane wale bhavishya ke liye. **Vikas:** Haan baba, ab bas karo. Shaant ho jaao.

Pooja: Papa, aap theek to ho na? Aap theek ho jao, please!

Vikas: Haan, meri gudiya, theek hoon.

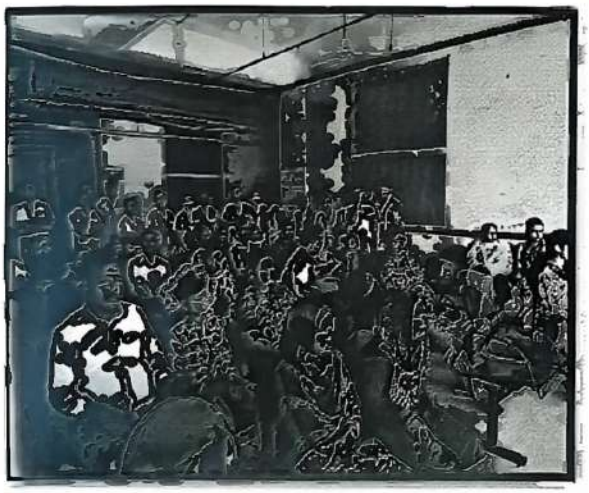
Priya: Papa, promise karo ab se apna dhyaan rakhoge.

Vikas: Haan, main waada karta hoon. Khane peena ke thikse parhez karunga bahaar ki talla hua khana nhi khaunga, cigarettes smoke bhi nhi karunga, Dhyan rakhunga apna roj vyayam kerna suru karunga.

CHART EXPLAINATION

In their presentation, Arzoo, Harshita, Japsimar, and Dozy provide an overview of coronary artery disease (CAD), covering its definition, risk factors, causes, signs and symptoms, diagnostic evaluation, and prevention measures. Arzoo defines CAD and highlighted its role in cardiovascular issues. Harshita discusses about the risk factors, identifying modifiable that includes high blood pressure and smoking, along with non-modifiable factors such as age and family history. Japsimar explains the causes, focusing on atherosclerosis and how poor lifestyle choices contribute to fatty deposits in arteries. Dozy highlights signs and symptoms, including chest pain and shortness of breath, emphasizing the need for early recognition. He also outlines diagnostic tests like ECGs and angiograms that assess the severity of CAD. The group concludes with prevention measures, with Arzoo informing the importance of a healthy diet, regular exercise, and avoiding tobacco to lower CAD risk.

Overall, the students effectively convey essential information about CAD, enhancing audience awareness and understanding of this critical health issue.



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VOTE OF THANKS

Main umeed krti hu ki aap sbko hriday ke rog ke bare me sab pta lg gya hai or aap apni sehat ka khyal rkhenge.

Main aapka bhi dhyanawad karna chati hu ki aap waqt nikal kr yaha baithe aur dhyan diya. Hamara sath dene k liye aap sbka dhyanawad. Main asha krti hu ki aaj aapne bhut kuch sikha hoga.

I would also like to thanks our teachers for their guidance and co-operation. We are thankful to you and at last I would like to thanks my classmates for their nice team work.

REFRESHMENT

AUDIENCE- During the role play bananas were given.

REMARKS

The audience praise and thanks the students for their dedication and crearting awareness. "Hume bhut acha lga sbne apna waqt nikal kar hume jagruk kiya or kafi acha abhinay kiye, usse sbko sikhne ko mila , aap sbka bhut dhanywad". The staff also praised the students a lot for their hardwork and unity.

CONCLUSION

From this group project the patient and relatives got enough knowledge and awareness about "CORONARY ARTERY DISEASES". They were cooperative and showed active interest during the whole group project. There were total gathering of audience that is 34. It was acknowledged and enriching experience, as the students gained confidence in organizing the group project at hospital settings.

CamScanner

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

The M.M.College of Nursing (Obstetrics and Gynecology Nursing) department organized a group project on "Teenage Pregnancy".

Date : 1st October 2024

Venue : Civil Hospital Ambalacantt, saObstetric and gynecology ward

Theme : "Take Action For Adolescents"

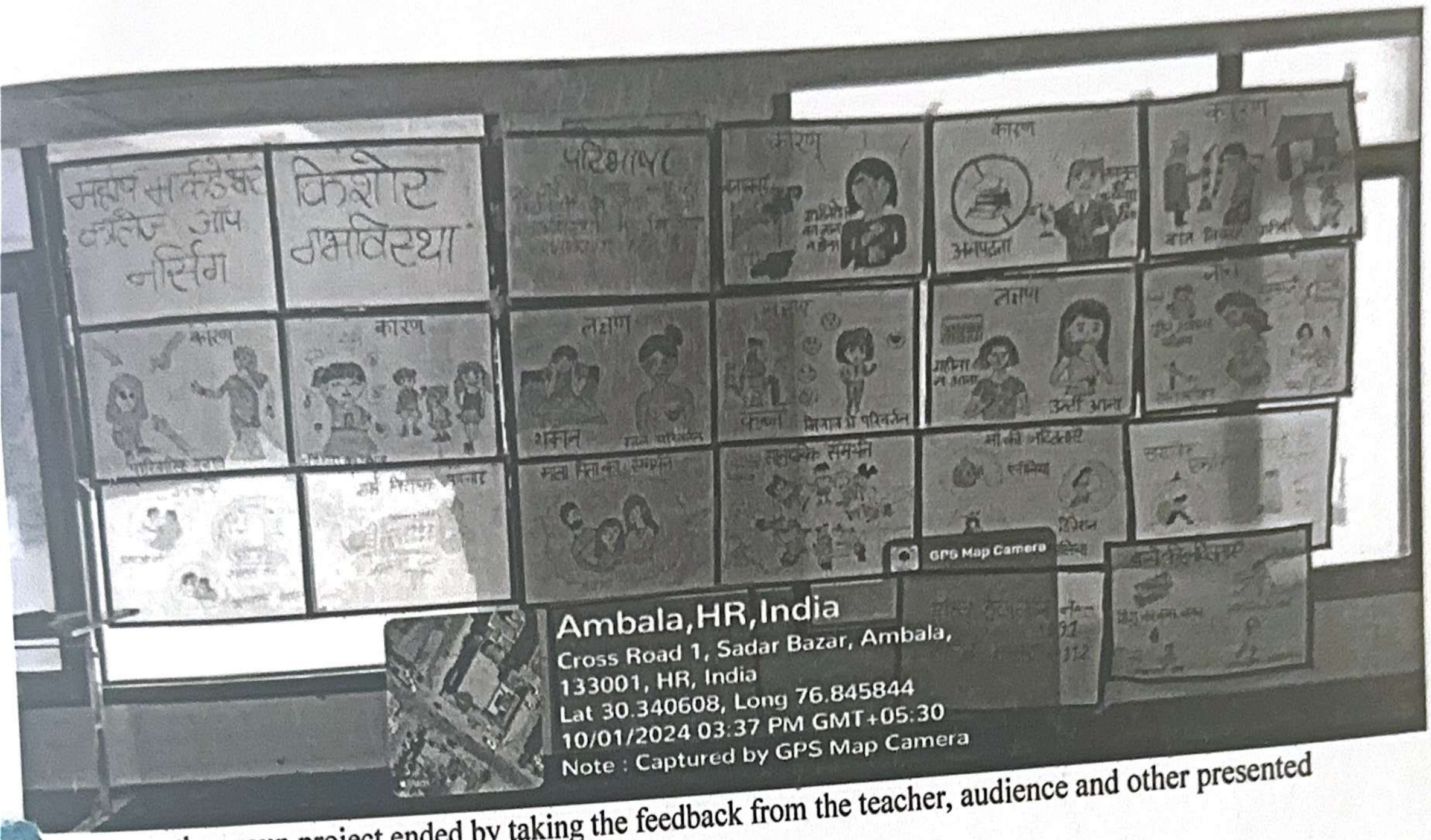
Team- Dr.JyotiSarin (Principal, MMCON), Dr. Vinay Kumari (Vice-principal, MMCON), Ms. Simarjeet Kaur (Associate professor, MMCON), Ms. Asha Assistant professor, MMCON), Ms. PratibhaSoni (Nursing Tutor), Ms. Madhu (Nursing Tutor), Mr. Ghanshyam (Nursing Tutor), Ms. Navdeep Kaur (Clinical Instructor), Mr.Aman(Clinical Instructor), Ms. Monica (Clinical Instructor), Ms. Ayushpreet (Clinical Instructor)

Introduction:

Teenage pregnancy, also known as adolescent pregnancy refers to the occurrence of pregnancy in a young girl who is in the age category of 13-18 years. It is a public health issue that carries social, economic, physical & emotional consequences, affecting not only the teen but also her family and the community. Teenage pregnancies are related to social issues, including lower educational levels and poverty. Pregnant teenagers face many of the same pregnancy-related issues as compared to the older women. Teenagers are more likely to experience pregnancy complications or maternal death.

Activities done:

Department of Obstetrics and Gynecological Nursing, MM College of Nursing, MMDU organised a Group Project on "Teenage Pregnancy" at civil Hospital Ambala City on 1st October 2024 under the theme "TAKE ACTION FOR ADOLESCENT": BSc Nursing students of 7th semester performed a role play on Teenage pregnancy with the help of role play students were able to educate the audience regarding the teenage pregnancy, its definition, cause and predisposing factors of teenage pregnancy, sign and symptom of teenage pregnancy, diagnostic criteria for the teenage pregnancy, preventive measures and the support for the teenage mother and later on students explain all these things with the help of the charts explanation.



Later on the group project ended by taking the feedback from the teacher, audience and other presented

7/11/24

HOD SIGNATURE

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

M.M COLLEGE OF NURSING

MULLANA, AMBALA

EVENT REPORT

WORLD MENTAL HEALTH DAY

(It is time to prioritize mental health at workplace)

SUBMITTED TO

MS SONIA

ASSOCIATE PROFESSOR

M.M.CON.

SUBMITTED BY

MS. PRIYANKA

MS. ANU GOEL

M.Sc. NURSING 2ND YEAR

SUBMITTED ON: 11/10/2024

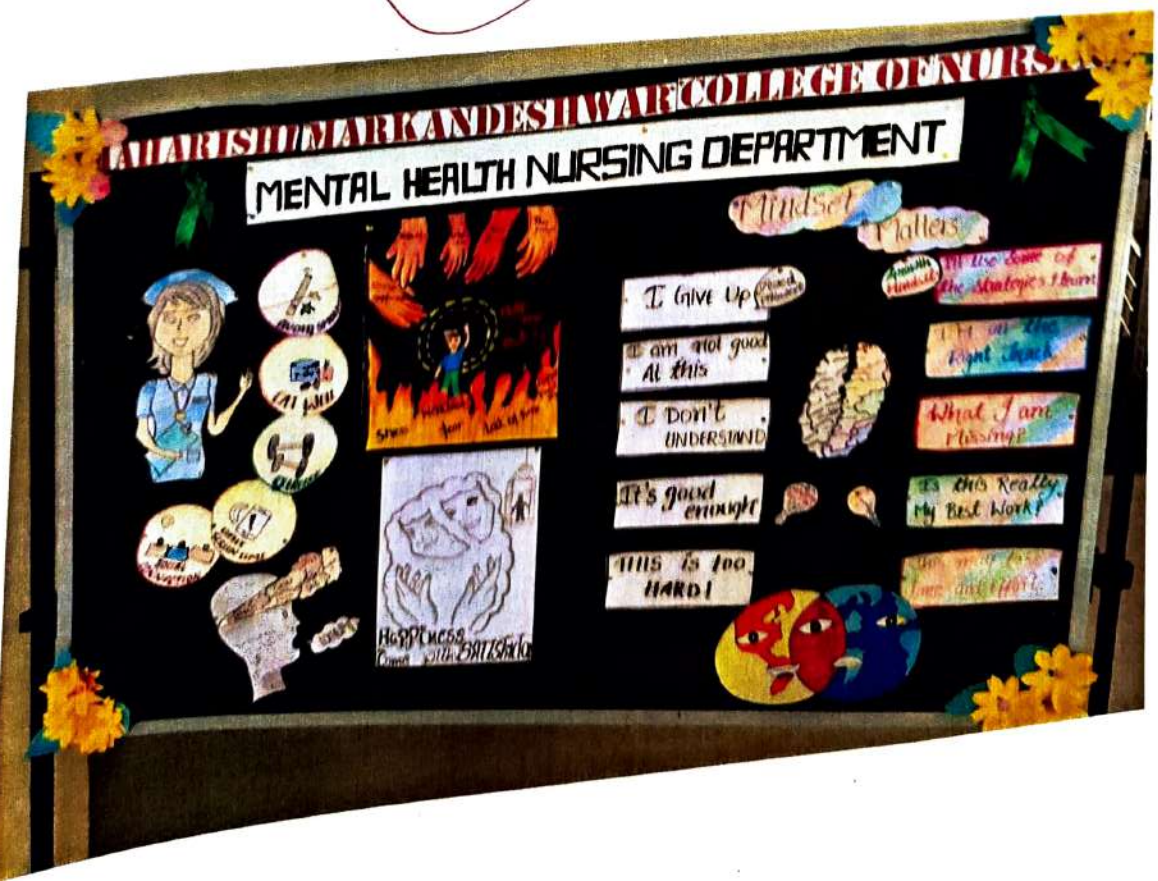
Checked

INTRODUCTION

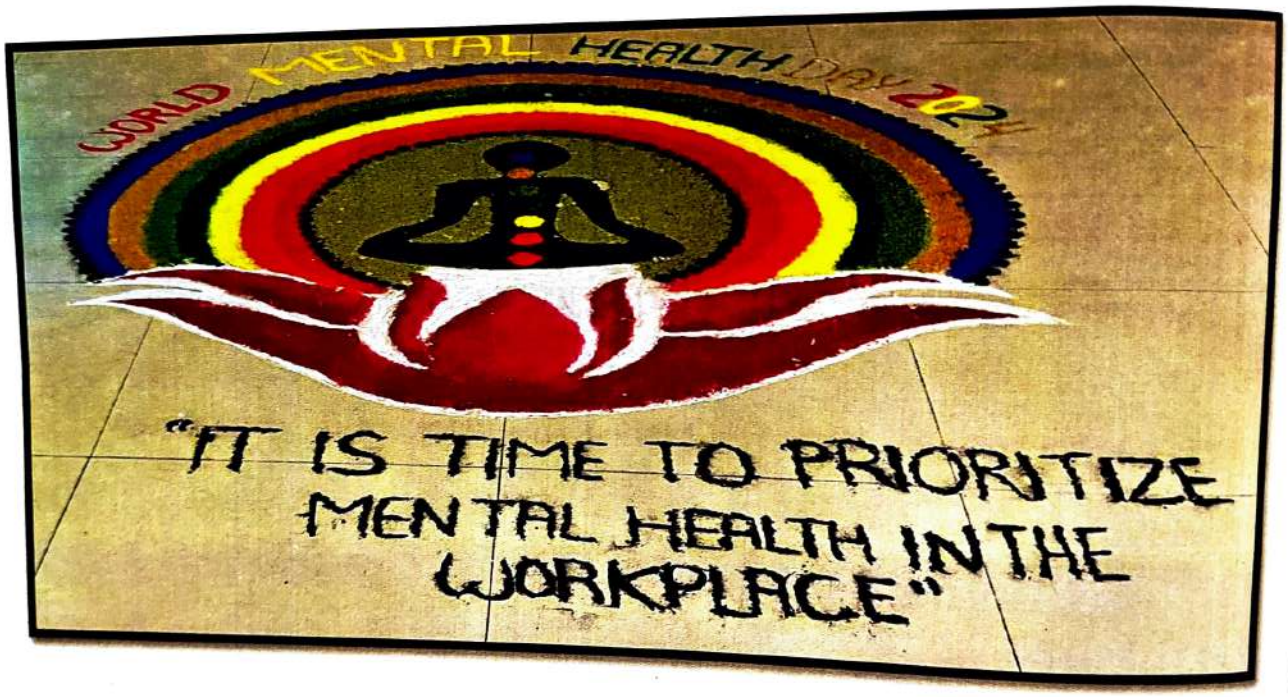
We the student of M.Sc Nursing 2nd year from Mental Health Nursing Department organized Event on the occasion of World Mental Health Day on 10th October, 2024 under the theme **"It is time to prioritize mental health at workplace"** under the guidance of Ms. Sonia Mam (Associate Professor).

Activity	Poster making, extempore, reel making & expert talk
Theme	Its time to prioritize the mental health at workplace
Date	7/10/24 - 10/10/2024
Time	2:00 pm onwards
Venue	MMCON

GLIMPSE OF EVENT



A striking display board presented the Mental health awareness , featuring compelling stories and important facts about mental health. The exhibit also highlighted alternative therapies, introduced the dedicated mental health team, shared valuable tips for maintaining mental well-being, and explored the prevalence of mental disorders. The design of the board was carefully crafted by



passionate M.Sc. 2nd-year students, who curated the content and gathered the information. Enhancing the display's appeal, a beautiful rangoli was skillfully created by the talented GNM 2nd-year students in front of the board..

In Mental Health Nursing Department, M.M College of Nursing organized Session and various competitions i.e. Poster Making competition on 7/10/2024, Reel Making competition on 8/10/2024, Extempore competition on 9/10/2024 and Expert Talk was done on the topic of Understanding Mental Health: A Collective Reflection. B.Sc Nursing and GNM Students participated in these competitions with enthusiastically.

Activity	Games & psychoeducation
Theme	Its time to prioritize the mental health at workplace
Date	9/10/24 - 10/10/2024
Time	9:00 am onwards
Venue	MMIMSR AND MMCON

We, the students of M.Sc. Second Year, organized a series of engaging game sessions for the patients as part of our initiative to promote their mental and physical well-being. These activities were carefully selected to cater to the interests and needs of the participants, offering them not only entertainment but also therapeutic benefits. The games ranged from simple cognitive exercises to team-building activities that encouraged social interaction and fostered a sense of community among the patients.

All the participants enthusiastically took part in the sessions, demonstrating a high level of engagement and enjoyment. The games provided an opportunity for the patients to temporarily shift their focus away from their challenges, helping to reduce stress and improve their overall mood. It was heartwarming to witness the patients actively participating, smiling, and cheering each other on, creating a positive and supportive environment

A role play was conducted at the school for the 8th-grade students on the topic of mental health awareness and effective stress management in academic activities. Through this interactive session, we conveyed the importance of managing stress in a healthy manner, emphasizing strategies like time management, relaxation techniques, and seeking support when needed. The session also highlighted the significance of maintaining a healthy study-life balance, encouraging students to prioritize self-care. Additionally, the role play stressed the harmful effects of excessive mobile phone usage, urging students to limit screen time and engage in physical activities or hobbies to enhance their overall well-being and academic performance.

To enrich the experience, a session for exercise was expertly led by the accomplished by Ms. Madhuchanda (Associate Professor) along with Ms. Sikhadeep (Nursing Tutor) in the MHN Department, and the collaborative efforts of Dr. Poonam Bharti HOD of the psychiatric department (MMISR's) and M.Sc. nursing2nd year students. A true celebration of mental health awareness and care.

At the stroke of 9:30 AM, the event kicked off with all students and their teachers gathering, finding their comfortable seats for the unfolding spectacle. And by 10:30 AM, the captivating role-play took center stage, drawing everyone into its spellbinding narrative.

SCRIPT OF ROLE-PLAY

Scene 1

Priyanka – are anu chlo school chle kya

Anu- nhi mujhe nhi jana aaj kuki aaj school m test h or mne kuch b prepration nhi kri

Priyanka – lekin apne raat m kiya kya

Anu – mne poori raat phone m nikal di or fr mujhe kb nind aagyi pta hi nhi chla

Priyanka – pr ye tho galat baat h na ki aap pdhai na kar k phone m time waste kr rhe ho

Anu – yrr lekin m nhi jaugi aaj

Priyanka – chlo m tho ja rhi hu

Scene -2

Anu- Priyanka aagyi tu school se kaisa hua test

Priyanka – anu mera test tho bohut acha hua or mujhe 25 mile out of 30

Anu- acha kash m b pdh leti mujhe b ache marks mil jate

Priyanka – ye tho h apko phone kmm chlana chahiye or pdhai p focus krna chahiye

Anu – hnn yrr mujhe aaj kal bohut stress hone lga h

Priyanka – dekho phone tho aap use krte ho esliye kaam b pending chl rhe h mujhe lgta h apko time table bnana chahiye or whi follow krna chahiye

Anu – tu kya sb kaam time table se krti h

Priyanka – hnn anu mera tho time table bna hua h m waise hi usi k according sab kaam krti hu

VOTE OF THANKS:

At the end, vote of thanks given by Ms. Priyanka and Anu Goel.

REMARKS:

At the close of the event, attendees offered heartfelt praise and gratitude to the students for their unwavering commitment in raising awareness about World Mental Health Day. The faculty also recognized and applauded the students for their collaborative efforts, unity, and dedication in organizing such a meaningful initiative. Their ability to work together in spreading awareness on such a vital issue was greatly appreciated by both staff and students alike. The event not only highlighted the importance of mental health but also showcased the students' leadership, teamwork, and passion for creating a positive impact within the school community.

CONCLUSION

The event successfully spread knowledge and raised awareness about World Mental Health Day, centered around the theme "It's Time to Prioritize Mental Health in the Workplace." Both students and teachers gained meaningful insights and engaged actively throughout the program. The audience, consisting of approximately 70-80 participants, made the occasion both well-attended and enriching. Furthermore, the students involved in organizing the event gained valuable experience and confidence in event management, marking it as a significant learning opportunity for all.

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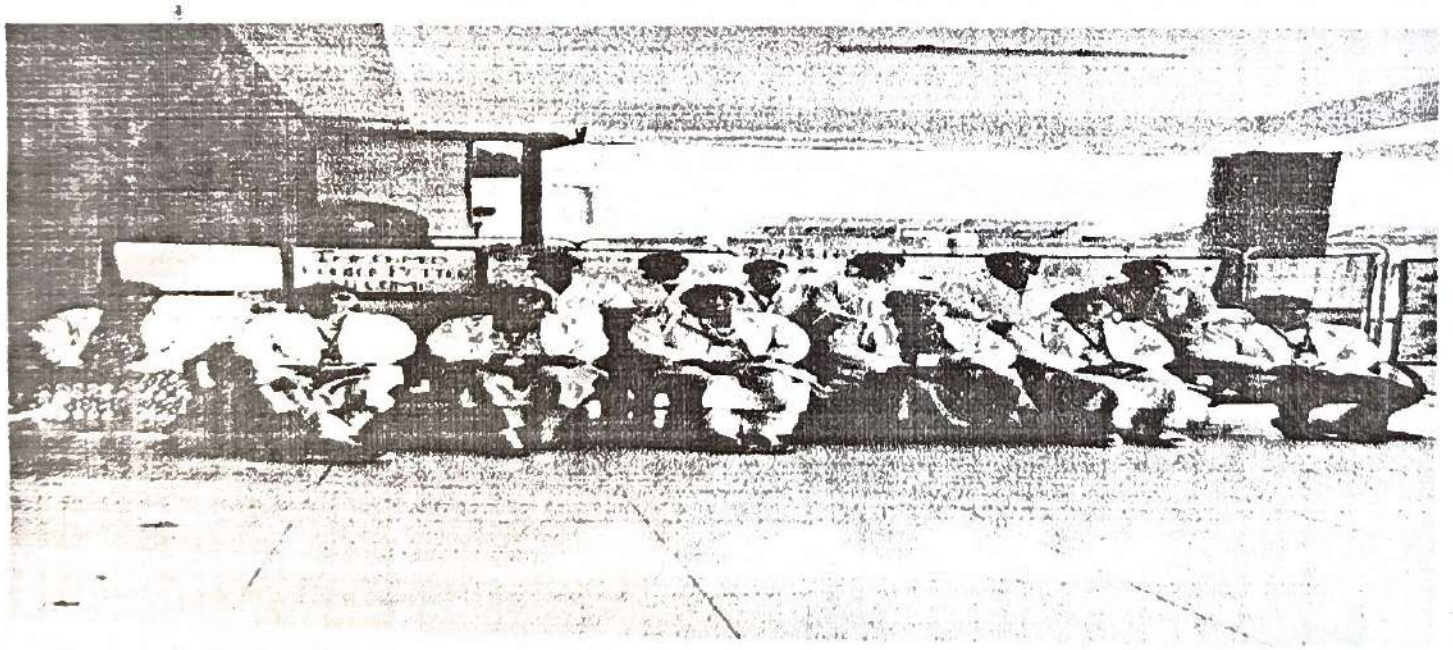
M.M COLLEGE OF NURSING, MULLANA AMBALA

GROUP PROJECT REPORT

ON

WORLD ARTHRITIS DAY

"INFORMED CHOICES, BETTER OUTCOMES"



SUBMITTED TO:

MS. SHABNAM SHARMA

Assistant Professor

MMCON

18/10/2024

Submitted On: 18/10/24

SIGNATURE OF H.O.D.

SUBMITTED BY:

Chanpreet Kaur (1924701)

Kalpana (1924702)

Priyanjali (1924710)

Rupjinder kaur (1924711)

Shivani (1924713)

Ritika (1924714)

-Demonstrate Healthy Lifestyle Choices:

- Showcase practical examples of healthy eating, physical activity, and stress management through character interactions and storylines.
- Include scenarios that illustrate the impact of lifestyle changes on health.
- Provide resources and information on local health services, workshops, and screenings.

Create Lasting Impact:

- Utilize the humor to make the information memorable, ensuring that key message, resonate with the audience long after the performance.
- Inspire individuals to take action for their heart health and that of their loved ones

Promote Teamwork and Collaboration:

- Highlight the importance of community support and teamwork in promoting bone health, encouraging the audience to collaborate on future initiatives.

By achieving these aims and objectives, the skit will not only entertain but also serve as a powerful tool for education and advocacy in support of hear health on World Arthritis Day.

ORGANIZATION:

The event was organized by Medical Surgical Nursing Department 1st year, M.M. College of Nursing under the supervision of Ms. Shabnam sharma (Assistant Professor).

LIST OF TEACHERS PRESENT AT THE EVENT:

Sr no.	Name of faculty	Designation	Department
1.	Dr. Vinay kumari	Vice Principle cum professor	Medical surgical nursing
2.	Ms. Shakuntla	Assistant professor	
3.	Ms. Shabnam	Assistant professor	
4.	Ms. Diksha	Assistant professor	
5.	Ms. Suji bala	Nursing tutor	
6.	Ms. Shikha arora	Nursing tutor	
7.	Mr. Mayank	Clinical instructor	

ROLES OF STUDENT:

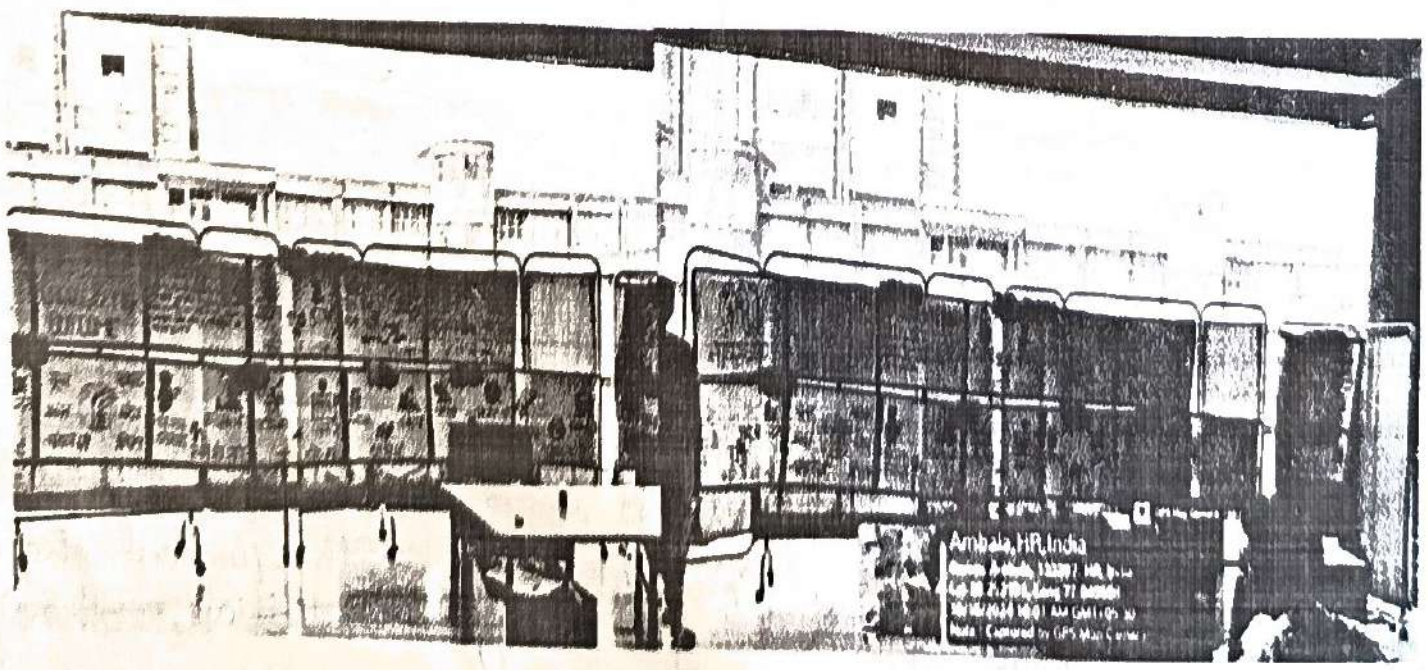
Sr no.	Name	Role played
1.	Chanpreet kaur	Content , charts, narrator, report
2.	Kalpana	Content, charts, questionnaire, script
3.	Priyanjali	Invitation card, chart explanation , role play
4.	Shivani	Chart, role play
5.	Ranjinder kaur	Chart, role play, script
6.	Ritika	Chart explanation, report, role play

CONTENT PREPARATION

To ensure comprehensive content, we embarked on an extensive literature review. We accessed various bibliographical sources and research articles, including online medical professional databases such as PubMed and Scopus. The content covered topics such as the current incidence rate of arthritis definitions. causes. risk factors. signs and symptoms. complication, management through pharmacological, non- pharmacological and diet.

AUDIO-VISUAL AIDS

To enhance the effectiveness of our group project, we have to prepare charts containing vital information about the Arthritis. These charts prominently featured our college name, the project title, and covered essential aspects such as the definition, incidence, causes, risk factors, sign and symptoms, surgical as well as medical management. The different ways of interventions and health education on diet, regular exercise.



VENUE ARRANGEMENT

The venue arrangements for our project on World Arthritis day were meticulously planned to ensure a smooth and organized session. We arrived at the medicine ward corridor occupied with all the necessary audio-visual aids and materials required for our project execution. We set up the seating arrangement for the audience, assure their comfort and optimal visibility. We also designated a separate sitting area for our college faculties, acknowledging the esteemed presence and facilitating their engagement with the project to create a visually appealing and informative space, we strategically positioned the chart displacement.

PROCEEDING OF THE EVENT

Role Played by the members:

Sr no.	Name	Role played
1.	Chanpreet kaur	Narrator
2.	Kalpana	Videography
3.	Priyanjali	Nurse
4.	Shivani	Patients wife
5.	Rupjinder	Patient
6.	Ritika	Doctor

The project begun with the narrator highlighting the objectives and the goals of the day and introducing each member taking up the roles. Team members brought diverse skills and perspectives to the table, fostering creativity and innovation in project planning and execution.

Our narrator captivated the audience's attention by explaining each scene to the audiences Shcemphasized the messages delivered by each scene. She ensured that the audience understood the purpose of our efforts and the impact we aimed to make in spreading awareness about Arthritis and making differences in an individual's life. To engage and educate the community, we developed a role play segment.

ACTIVITIES

SELECTION PHASE

Content topic and venue

The selection process of the venue for our group project involved careful consideration of several factors to ensure the success and effectiveness of our initiatives. Firstly, we identified the target audience and Determined the most accessible and convenient location for reaching them. We choose the Medicine ward corridor of Old building of MMIMS&R hospital, recognizing suitable setting to raise awareness and disseminate know about Arthritis.

FORMAL PERMISSIONS AND INVITATION

Prior to the execution of the Group Project obtaining formal permission from the principal was essential for us to ensure clanty, professionalism, and compliance with college regulations. Hence, permission was seeks and the invitation were sent to the Principal, vice-principal. HODs of every Department and to all the respective faculties.

Image of the Invitation card

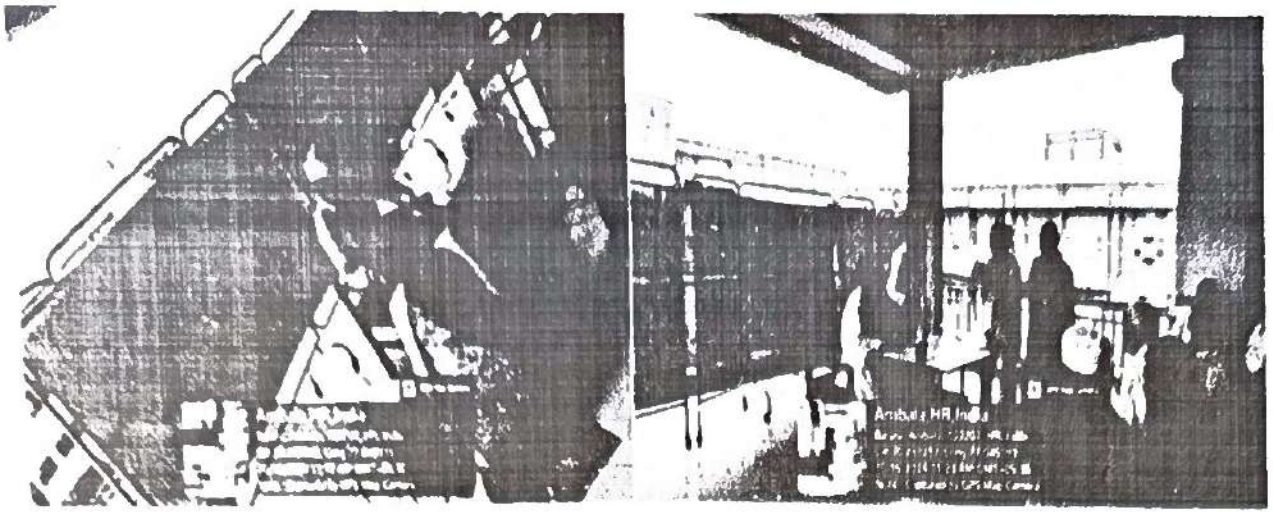


Figure: Role play

After the conclusion of the act, the charts were explained to the public gathered and the messages and the information were disseminated.

Figure: chart explanation

To ensure a pleasant experience, we made arrangements for refreshments during the project session. For the audience we facilitated cookies as their refreshment. Providing refreshments offered a moment of relaxation and rejuvenation amidst the activities, contributing to a positive and enjoyable atmosphere. We wished the participants feel valued and cared for, fostering goodwill and satisfaction with the event.

Following the conclusion of the role play segment, a photography session was arranged. Through the photography session, we captured the collective engagement and dedication displayed by the participants, further highlighting the impact of our project on **WORLD ARTHRITIS DAY.**

OUTCOMES OF PROJECT

We hope our efforts lead to a significant increase in awareness within the community about:

- Bone related issues

- Enhancement in public understanding of the importance proactive measure in preventing arthritis

CONCLUSION:

World Arthritis Day serves as a global call to action. It urges us to stand in solidarity with those affected by arthritis, raise our collective voice for increased awareness and support, and offer hope to individuals living with this challenging condition. By working together, we can improve the lives of millions and move closer to a world where arthritis is better understood, and its impact is minimized.

SCRIPT:

Drishya 1

Ramakrishna ka ghar

Ramakrishna- aji sunti ho mere tabiyat kharab si lag rahi Hain mere jodo Mein taklif ho rahi hai dard ho raha aake malish kar do

Ramakrishna ki patni Kya Hua subah kyon cheekh rahe ho aap batao aage Mein fir se pair Mein dard ho raha hai aapke main bol raha hoon aapko aap doctor ke paas chale jaao dikhaane ke liye apni baat nahi sunni hai

Ramkishan - suno mallesh kr do dard hai jodo Maine bohot khet Mein bhi Jana hai fasal katne ke liye samay ho raha hai jaldi karte fear niku or Jake Chai bana de pair dabane ke baad

Narrator – to jaisa Ki aapne dekha Ki ram kishan Ki pair Mein bahut samay se gut jodon Mein dard hai par wo apni patni Ki baat nahin sunti hai aur who sirf malish karvata rehta hai chaliye chalte Hain agale drishya ki or

Drishya 2

Ramkishan- are bhagwan sunrhi ho aaj fir jodon Mein dard hai or haath Mein bhi accuracy mahsus ho rahi hai aaj ko Pata kar dusra or Sheikh laga do yahaan pe thodi si Maine jaana kisaanon ne aana khet Mein bahut Kam pada hai jaldi AA karke malish kar do or khana pack kar do

Ram kishan ki dharmapatni – aap baat nahi sun raha Hain na meri ek baar kam se kam aspatal mere kahane per chalo doctor ko dikha dete hain abhi toh main Patti kar rahi hoon par kya Pata aapki taklif badh rahi ho andar pareshaniyan badh rahi ho rose aapko dard badhta ja raha hai alag jagah pe dard ho raha hai aap meri baat mano or mere saath chalo aspataal chalte hain aur fir vahan par dekhte Hain Jo bhi doctor sab bolenge us hisab se hum karenge

Narrator – Antme apni dharm patni Ki baat man karke ramkishan aspataal jaane ko taiyaar ho jaata hai aaiye chaliye dekhte Hain agale drishya Mein kya hota hai

Drishya 3

Ram kishan – namaskaar doctor sahab

Doctor -haan Ji namaskar I am bataiye kya pareshani h apko

Ramkishan Ji -doctor sahab K batao main mere to bahut jyada pairon Mein ghutnon Mein aur mere saari haddiyon Mein dard rahe Hain main bahut pareshaan hun aur calm Mein bhi aise thak jaata hun jab main kaam karne ke liye jata hun do teen dinon se to main bahut malish kar raha hun , pahle to fir bhi dard bardasht ho jaata tha par AB dard bardasht nahin nota itana Ki meri dharm patni ko patti karvaya hai garam tel lagakar Ki main pareshaan ho gaya lekin wo dard Prakash nahi ho raha aap ki dwai bata do

Doctor -theek hai aapki umr kitni hai or yes kitane samay se aapko taklif hai

Ramkishan Ji – meri umr hai 60 saal mera naam ram kishan Ji hai aur mujhe yeh taklif ek dedh mahine se hai aur jo ki ab dheere badhti ja rahi hai

Doctor – theek hai main aapko kuchh jaanch likh kar ke de rahi Hoon aur pahale who janch karte Hain fir uske baad Pata karte Hain Ki Jo aapki dikkat hai usaka jad kya hai

Ram kishan Ji -doctor sahab

Doctor- sister Ki ye kuchh test likhe Hain fatafat ye karva ke aaye fir dekhte Hain Ki reports aane ke baad kya condition

Nurse- okay ma'am

Narrator – to jaisa Ki aapne dekha Ki ramkishan Jo hai wo doctor ke paas aye unhonne janch karvai Aur thodi hi there Mein patient key janch ki report aa gayi sister ne doctor ko report di

Drishya 4

Doctor -ram kishan Ji aisa nahin hai ki isamen darne Wali baat nahi hai aapko jab shuru Mein dard hona shuru ho hua tha aapko tabhi aspataal mein aana chahiye tha apni janch karvane ke liye per apne late karna hai toh koi baat nahi abhi to main aapko batane ja rahi hun use aapko darna nahin hai aapko Jo pareshani hai use arthritis bolte Hain jise aam bhasha Mein hum Bhatia kehte Hain darne Wali baat todni nahi hai koi baat nahi par Maine kuchh aapko davaiyan likh de rahi Hoon samay davaiyon ko khana hai aur jab bhi aapko taklif ho dard ho toh apne vahan pay thande barf se sikai karni hai or apne pairon Mein ghutnon par jyada jor nahin dana hai aur saath mein bhari bharakam kaam aapko nahi karna hai agar aap aise kaam karenge jor vale to aapko haddiyon mein fracture hone ki sambhavana badh jaayegi to is cheez ka aapne dhyan rakhna hai aur agale aapko kabhi bhi pareshani hoti hai toh aapko aspatal Mein aana hai dobara janch ke liye

Ramkishan Ji -doctor sahab dhanyavad aapne meri bimari ka Pata laga liya aur mujhe bata diya aur davaiyan likhkar di hain main ummid karta hun ki meri Jo dard hai Jo taklif hai wo kam ho jaye aur main aaram se pahle ki tarah apni jeevanashaili jee sakun ab mein davaiyon ka samay se lunga or hamesha janch ke liye aaunga main koi bhi dard ko koi bhi pareshani ko nazarandaaz nahi karunga aapka dhanyavad

Narrator- to jaisa ki aapne dekha ke ki ram kishan Ji ne coffee samay lagaya aapne aap ko samajhane Mein apni taklifo ko samajhane men or aspatal jaane mein lekin der se hi Sahi who aspataal pahunche or unhonne apana janch karvaya is se main aapko bhi nivedan karna chahti hoon ki Agar aapko koi bhi chhoti si chhoti taklif Agar mahsus ho rahi hai sharir mein kahin par sujan hai ya dard hai ya kuchh bhi toh aap jald se jald aspatal Mein jayen or apni janch karvaen or badi bimariyan badi dikkat hone se apne aap ko bachae

[illegible]

- Name ([illegible])
- Age ([illegible])
- Gender ([illegible] [illegible])
- Educational status ([illegible])
- Occupation ([illegible])
- Present medical history ([illegible])

० नमस्तिखिर डेटा को ठरक्स(✓) या क्रॉस (✗) से सावधान करें, समझें

	[illegible] ✓	[illegible] ✗
1. क्या आपके जोड़ो ने' में दर्द रहता है?		
2. क्या आपनेपिछले 3 महीनो ने' में जोड़ो ने' के दर्द के कारण 2 सप्ताह से ज्यादा से ज्यादा दर्द निवारक दवा ली है?		
3. क्या आप काम दर्द के कारण रात में जाग जाते है?		
4. क्या आपको सुबह 30 मिनट से अधिक समय तक जुखाने ने' में अकड़न महसूस होती है?		
5. क्या आपकी कलाइयो ने' और जोड़ो ने' में दर्द रहता है?		
6. क्या आपकी कलाइयो ने' और जोड़ो ने' सूज जाती है?		
7. क्या एक जोड़ी तीन सप्ताह से अधिक समय तक दर्द और सूजन से भरी रहती है?		
8. क्या आपके पैरो में सूजन है?		
9. क्या आपके पैरो ने' या हथेली ने' में दर्द है?		
10. क्या आपकी कोहनी या कूल्हे में दर्द है?		

DHANYAWAD.

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of the UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

M. M. COLLEGE OF NURSING MULLANA, AMBALA

GROUP PROJECT ON:

NUTRITIONAL DIET FOR CHILDREN

SUBMITTED TO:

Leena Pravil John

Associate Professor

Child Health Department

SUBMITTED BY:

BSc(N) 3rd year

1922001 to 192203

1922069 to 1922099

M. Sc. (N) 2nd year

1923708

SUBMITTED ON:

18/10/2024

NUTRITIONAL DIET IN CHILDREN:

INTRODUCTION:

- Children, our future, form one third of our population. Growth is the best global indicator of children's well- being. Adequate food intake is essential for proper growth. Low food intake can affect their physical and mental growth.
- Objectives of good nutrition for children are to promote optimal growth and development, to prevent nutritional deficiency states, to help prevent acute and chronic illnesses, and to provide reserves for stress. Nutritional needs can be met in the human being through nutrients provided by the way of GI tract or through parenteral feedings.
- Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and illness of an organism A poor diet may have an injurious impact on health causing deficiency diseases.

DEFINITION:

- Nutrition is defined as the process of providing or obtaining the food necessary for health and growth.
- Providing an adequate and balanced intake of food categories throughout the day to fulfill the energy and nutritional demands of children based on their age and gender to support healthy growth and development.
- Nutrients are important substances you get from food that help your body survive and grow. Nutrients include carbohydrates, proteins, fats, vitamins, and minerals. Proteins help build your body as it grows, while carbohydrates and fats are mainly used for energy. Vitamins and minerals help you stay healthy.

THEME: NUTRITIONAL DIET IN CHILDREN

Under the above stated theme, group project was done by the student of B.Sc. (Nursing) 5th semester and M.Sc. (Nursing) 2nd year.

M. M. College of Nursing, Mullana, Ambala on date 28/09/2024 at 10:00 AM to 12:00 PM at MMIMS&R hospital pediatric OPD old Belding.

AIM TO GROUP PROJECT:

- Focusing on nutrition dense foods helps kids get the nutrition they need while limiting overall calories.
- To ensure that optimum conditions are created to support good nutrition in the community, as well as processes to embed malnutrition pathways should someone become at risk of malnutrition.

OBJECTIVES:

- Describe the importance of nutrition for young children.
- Explain in detail the components of a child care environment that promote healthy eating.
- Describe the role of child care staff in helping shape children's eating behaviors.
- List some things staff can do in their classroom to help children develop healthy eating behaviors.
- To improve the nutritional and health status of children in the age group 0-6 years.
- To lay the foundation for proper psychological, physical, and social development of the child.
- To reduce the incidence of mortality, morbidity, malnutrition, and school dropout.
- To achieve effective coordination of policy and implementation amongst the various departments to promote child development.

ORGANISATION:

DATE: 28/09/2024.

TIME: 11:00 AM TO 12:00 PM.

VENU: MMIMS&R Hospital, Pediatric Opd (Old Belding)

LANGUGE: Hindi.

GROUP PROJECT SUPERVISIOR: Leena Pravil John (Associate Professor)

TEACHER PRESENT:

Mrs. Leena Pravil John (Associate Professor), Miss. Sanjoli, Miss. Ritu Gahlawat, Miss Monika, Mrs. Jyotsna, Mr. Sahil Sharma.

CHART MAKING:

Vanshika, Vidhi, Tiksha, Simranjeet, Shoryaman, Atul, Jyoti, Jasmeet, Jashan, Himanshi, Aditi, Isha, Abhishek R, Seema, Shalini, Vishal, Vishal, Sarika, Tamanna, Rupinder, Ritika, Sarabjeet, Sanjana, Bismha.

INVITATION CARD:

Shoryaman Singh , Chetna , Bishma , Sakshi, Simarjot, Jyoti

SCRIPT:

Gulaqsha, Anjana , Gauri

REPORT WRITING:

Kanchan Kumari

BUDGETING:

Harshdeep, Gulaqsha

PHOTOGRAPHY:

Abhishek Sangha, Vivek

REFRESMENT:

Aditya Malik, Ashish hooda

CHART EXPLANATION:

Aastha, Simran , Gauri

ROLE PLY:

Gauri , Anjana , Chetna , Sakshi , Anisha , Aarzoo , Simran , Shrishti , Vishal , Chirag , Shrishti Gupta , Aastha

NARRATOR:

Gulaqsha

BUGDGET COMMITTEE:

Total student 60

Total budget= Rs. 3000/-

NOTICE BOARD:

Chetna Kumari , Najima , Shashank , Shubham

RANGOLI:

Aastha , Anirudh, Tiksha , Vanshika

MANAGEMENT:

Vijay , Vivek , Aman , Hardik , Waseem , Ranjeet , Harshdeep , Abhishek Rohilla , Asim , Aakil , Shakir , Karan , Shashank , Ashish , Aditya Malik, Sumit

SCRIPT:

TOPIC: Nutritional diet For children.

THEME: Nutritional Diet For Children

INTRODUCTION: By narrator

ROLE:

1 Mother of 2 month baby- Shrishti Gupta

Father of 2 month baby- Vishal

2 mother of 2 month baby- Shrishti

First Mother of 6 month baby- Chetna

Second Mother of 6 month baby- Simran

Antenatal mother- Shrishti, Simran

Student 1 - Aarzoo

Student 2 - Sakshi

Student 3- Anjana

Student 4 - Anisha

School health nurse - Shrishti

Nurse in scene 1 - Aarzoo

Community health nurse - Gauri , Anjana

Doctor - Chirag

Scene- 1

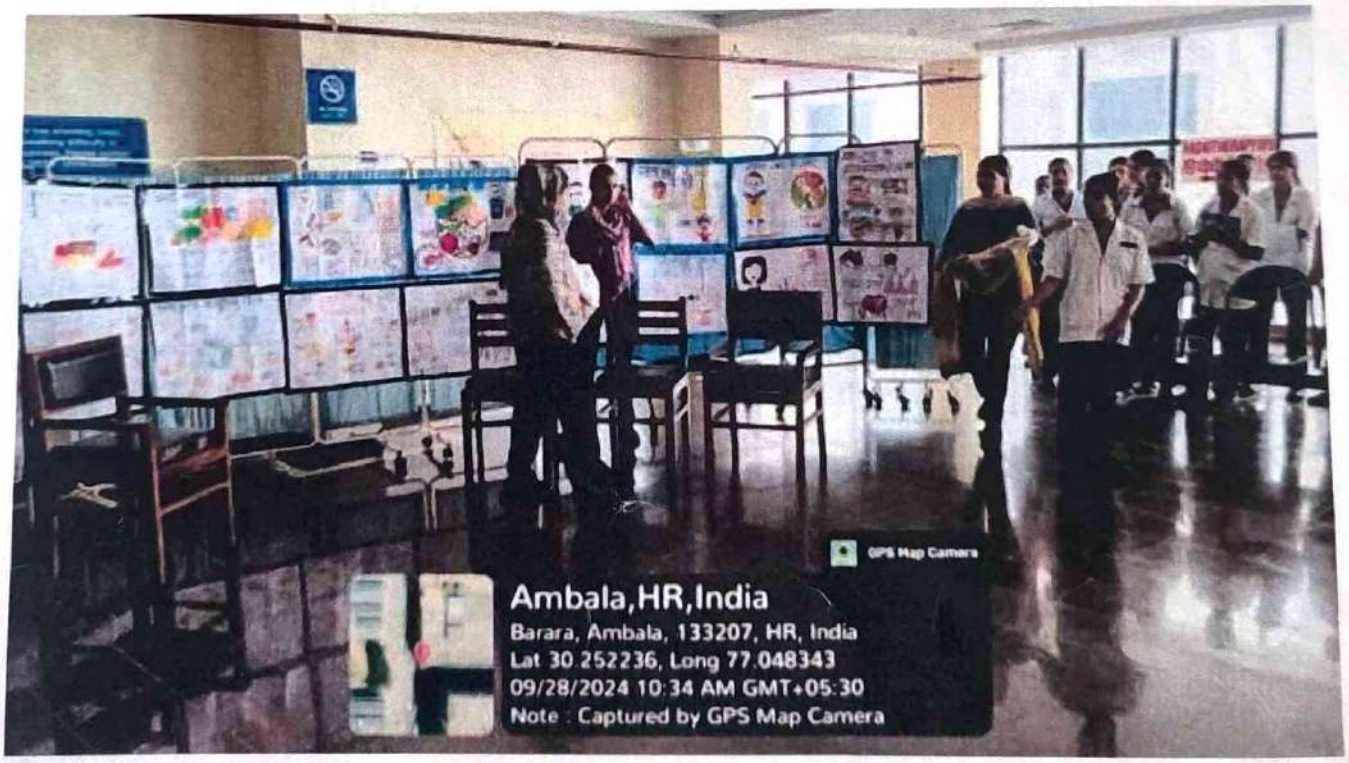
Infancy

Namaskar Hum MM College Ke nursing ke teesre Vargi ke Chhatra hun aap log ke samksh Ek natak prastut Karte Hain Jiska Vishay Hai bacchon ka postic aahar.

Pahla Drishy: Dekhte Hain Hum OPD ka hai Jahan do mother Apne bacchon Ko aspataal Dikhane ke liye aahi hai.

Shrishti Gupta, Shrishti: A mother comes with her 2 month old baby with c/o of diarrhea and vomiting. Then it is suggested to her after investigations that she has an infection in the abdomen.

Aarzoo: Nurse while history collection that baby is breastfed only for 1 month more after that she was fed as house.



Scene- 11

Shrishti Gupta, Shrishti: A 2-month-old healthy baby came to OPD for a regular checkup; he was growing properly and was properly breastfed by his mother.

Conclusion: Later on, the doctor educated the mother of the 1st baby about the benefits and improvements of exclusive breast feeding or other ways of feeding, such as the use of katori and spon, and the disadvantages of bottle feeding.

Scene- 111

6 month

Chetna, Simran: Two babies come into OPD, one who has started tae weaning along with breast milk and the other who only takes breast milk.

On this scene, the nurse is raising awareness among community members by comparing their will age regarding weaning along with breast feeding.

Lunch break

Scene- V1

Anisha:- , aaj kya leke aaye ho thum?

Anjana:- mai to aaj bindi leke aaye hu mai to bindi favourite hai.

Aarzoo:- are kya h yea tum roz roz ye kya gass ghuss phuss leke aa jata ho.

Sakshi:- hamari mummy kitna acha lunch deti hi to aaj sandwich lake aaya hu.

Anisha:- mai bhi maggie leke aaye hu.

Anjana:- Anjana udash hokar apna lunch leker dur baith jata hi or lunch uhi katha. Bache uska majak udate hai.

Anisha:- iska to roz ka yehi hai. Lekin ghur me to acha khana bnta he nahi. Koi standa tinda, bindi,khata rhte hai ha, ha, ha…… chutti hona ki bade laki ghur jata hi.

Astha (mummy):- ye kya hi laksh, aaj itna udaash kq ho. Tere thight thik hi na?

Anjana:- gussa me. Haji thik hi or apna kam me chla jata hi.

Astha (Mummy):- Anisha ka bag uthate hue aaj lunch ke ni kiya bindi to tumari favourate hi. Fir kya hua.

Anjana:- mujha nahi khana ye ganda sa khana roz roz yehi gunda khana deti ho mera sa payar he nahi karti ho. Roz bache mer majak udata ratha hai.

Mummy:- nahi beta, ye to ache khana hai isse tum strong bnoge or dikha vo bacha na jaldi he bimar hi jata hi.

Achha, aub me tumhare liye khana bna deti hu vo kha lena tasty healthy khana.

Anjana:- khana kha leta hu.....

Next day

Agle din class mai Anisha ke pet mai dard ho jata hai aur usko phr nurse ke pass lekar jate hai toh nurse puchti hai ki tum kya lekar ayi phr woh btati hai ki woh Maggi lati hai.

Phr woh class mai aake sabse puchti aur mam se puchti hai ki woh kab tiffin check krti hai.

Gauri:- Jaise ki aajkal ki bagdori wali Jindagi Jindagi Mein Hamare Har chij turant chahie Jiske Karan Hamara baccha vah bhi jaldi banne wale khana Jaise Maggi burger Deti Hai

Par hame yeh cheez dhyan rakhni chaiye ki aagar ham aaj yeh cheeze denge toh bacho ko aage chl kar yeh sab aadat ban jayega Aur phr yeh unke sehat ke liye bhot hanikarak hoga.

Jisse ki Hamen Bachpan se bacche ko paushtik Aahar Lene Ki Aadat Banane chahie Jaise Ki Sab chij Unse hi Hamare bacche bimar padte Hain lekin yah khana Hamare Sharir Mein pachta Nahin Hai Tu Apne Apne bacchon Ko paushtik Aahar Dena chahie jaise ki Daliya sabji fruits. Aur unhen aur Swasthya khana se bachakar Rakhna chahie jaise ki pizza burger Hai macaroni sabse bacha kar Rakhna chahie

CHART EXPLAINATION:

Aastha, Simran, Gauri:-

SLOGAN

Apne bacho se karo pyaar, dekar unhe poshtik aahar

VOTES OF THANKS

Main ummid Karti hun ki aap Sabko Poshak Tatv ke bare mein Samajh Mein Aaya Hoga aur aap aap Sabhi samajh Chuke Honge ki bacchon ke liye Poshak Tatv Kitna jaruri hai

Main aapka bhi dhanywad karna chati hoon ki aap sab aapna samya nikal kr yha baithe or dhyan diya .Humara sath dene ke liye aap sabka dhanyawad . Mai asha krti hoon ki aaj aap sabne bhot kuch sikha hoga . I would also like to thanks our teacher for there guidance and cooperatiow. We are thankful to you and at last I would like to thanks my classmate for this teamwork.

REFRESHMENT

AUDIENCE: During the role play banana was distributed

REMARKS

The audience praised and thanks the students for there dedication and creating awareness ."Hume bhot acha lga aap sabne aapna waqt nikal kr hume jagruk kiya or natak bhi bhot acha tha . Usse bhi bhot kuch sikhne ko mila . Aap sabka ka dhanyawad ." The staff also praised the students a lot for their hardwork and unity .

CONCLUSION

From this group project the patient and relatives got enough awareness about nutritional diet in children. They were cooperative and showed active interset during the whole group project . There were total gathering of audience that is about 60. It was acknowledge and enriching experience , as the student gain confidence in organising group project

MM COLLEGE OF NURSING

M.M. (DEEMED TO BE UNIVERSITY), MULLANA – AMBALA, HARYANA

REPORT OF GROUP PROJECT

ON

"PERSONAL HYGIENE"

Good personal hygiene is not just about appearance; it is essential for health. Personal hygiene refers to the practices individuals follow to maintain cleanliness and promote health. It involves daily habits such as bathing, brushing teeth, washing hands, and wearing clean clothes. These practices are vital for preventing infections, maintaining a positive self-image, and fostering healthy relationships with others. Students of M.Sc (N) 1st year (community health nursing), B.Sc (N) 7th semester (1-54) and 8 international VID students conducted a group project on "Personal Hygiene" at Government Senior Secondary School Holi on 19th Oct 2024 during their community posting.

Date: 19th Oct 2024

Timing: 9:30 am to 12:30pm

Venue: Govt. Senior Secondary School Holi

Target Audience: 50 Students (class 6th – 8th)

Faculty Coordinators: Mr Bankim S Chandra (HOD Community Health Nursing Dept) Ms Ambika Kanwar (Nursing Tutor), Ms Kanchan (Nursing Tutor), Ms Purbita, Mr Mukul (Clinical Instructor) and Mr Vicky (Clinical Instructor)

Organizers: Community Health Nursing Department, M.Sc (N) 1st Year (Community Health Nursing), B.Sc (N) 7th Semester (1921001 – 1921054)

21/10/24

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India,133207

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MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

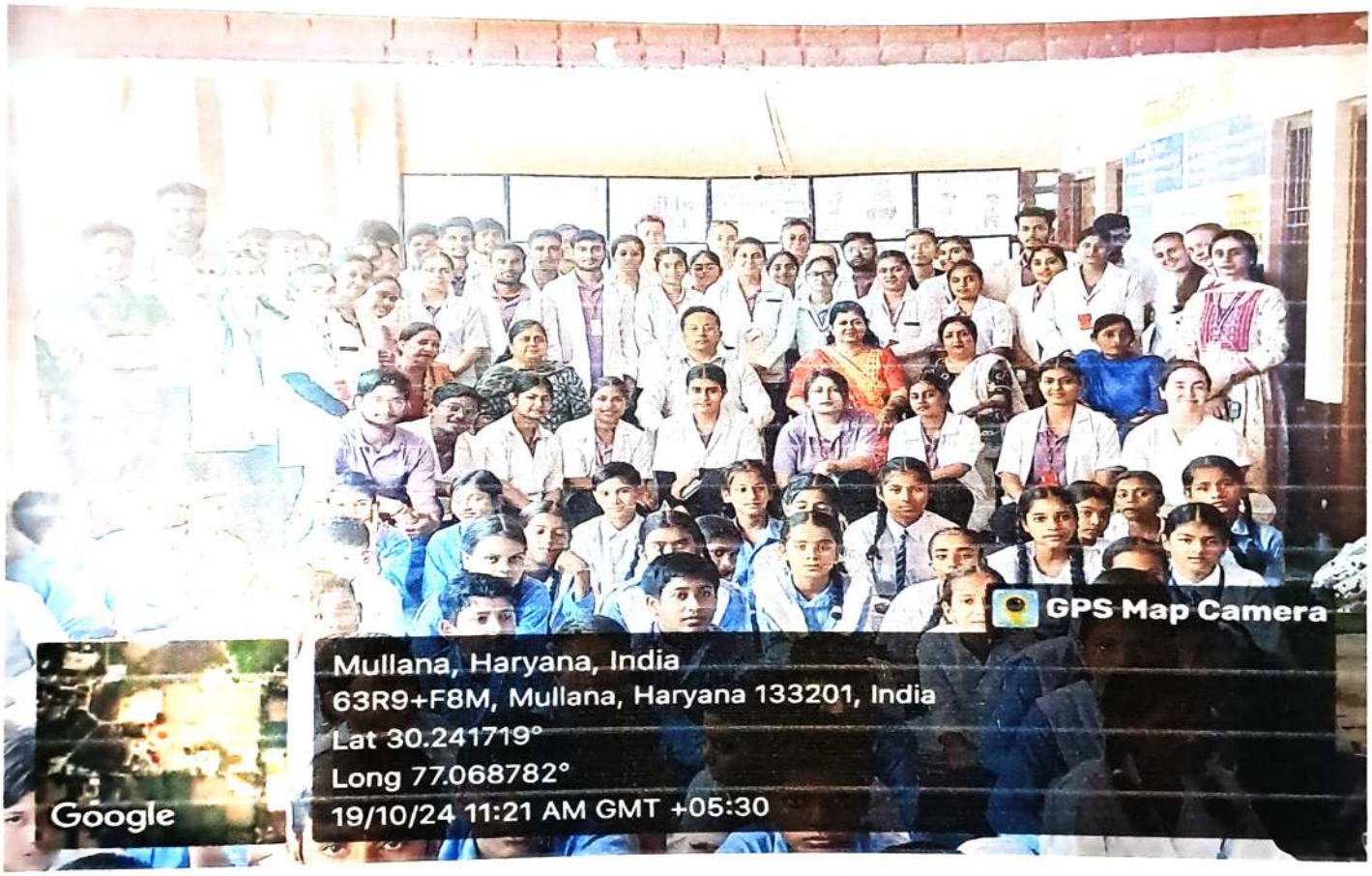
MM COLLEGE OF NURSING

GROUP PROJECT

ON

PERSONAL HYGIENE

"Cleanliness is the first law of Health"



SUBMITTED TO:-

MS.AMBIKA

{NURSING TUTOR} {1921001-54}

Community Health Nursing Department

SUBMITTED BY:-

GROUP 1

B.Sc Nursing 7th Semester

21/10/24

PRINCIPAL
Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to be University)
Mullana

INTRODUCTION :

Personal hygiene plays a crucial role in maintaining health and preventing diseases, especially among children. In rural areas like Holi Village, awareness of hygiene practices can significantly improve the overall community health.

THEME:-"Cleanliness is the first law of Health"

Under the above stated theme , group project was done by the students of Bsc. nursing 4th year M.M. college of nursing ,Mullana on19-Octoberl-2024 from 10:00 am to 1:00 pmat Government school , Holi Village ,Mullana under guidance of Mr.BankimSir ,Mr.MukulSir, Mr. Vicky Sir, Ms. Purbita Ma'am, Ms. Ambikama'am.

AIM OF GROUP PROJECT:-

❖To spread awareness regarding. Personal Hygiene

❖To discuss the measures that are to be taken to preventdiseases due to unhygienic practices .

OBJECTIVES:-

- ❖ - To educate students about the importance of personal hygiene.
- ❖ - To demonstrate proper hygiene practices, including handwashing, dental care, and sanitation.
- ❖ - To encourage lifestyle changes among students and their families.

ORGANIZATION:-

DATE – 19-10-2024

TIME -10:00am-1:00pm

VENUE- Holi Village Government school , Mullana

LANGUAGE - Hindi, Haryanvi,English

GROUP PROJECT SUPERVISOR – Mr. Vicky Sir and Ms. Ambika ma'am

TEACHERS PRESENT –

MR. BANKIM { ASSOCIATE PROFFESOR}

MS.AMBIKA{NURSING TUTOR}

MS. PURBITA{NURSING TUTOR}

MR. RAHIL{CLINICAL INSTRUCTOR}

MR. VICKY {CLINICAL INSTRUCTOR}

COMMITTEES OF GROUP PROJECT :-

GROUP SUPERVISOR–Jasleen Kaur , Abhishek

CHARTMAKING: Aayushi,Ishu,Ishu,Nancy,Kirti,Harleen,Anjali,Abhishek,Kr.Manjhi,Khushpreet,Bhavya, Bhavika Bhavika,Milan,Anju,Harsh Gupta

SCRIPT – .Kumud ,.Mehak

INVITATION CARD –Norwegian Students

REPORT WRITING -Aarzoo Chauhan ,Aniket Bhardwaj

PHOTOGRAPHY – Aniket Bhardwaj, Aarzoo Chauhan,Harshmann,Khushboo

VIDEOGRAPHY: Amit

REfreshment—Akshay, Deepu

CHART EXPLANATION –Anand, Diksha, Geetanshi

ROLEPLAY- Divya Verma,Divya Guatam Jyoti,Bhawna Sharma ,Bhawna,Dhruv,Dishant,Harshita,Aniket, Dheeraj,Chandan,Kumud,Mchak,

NARRATOR-Komal Saini,Mahak Sharma

BUDGET COMMITTEE :- Abhishek Gurung ,Harshmann,Jasleen

LESSON PLAN : Komal

Total students =45

Total budget=2700

FIG 1: INVITATION CARD

SCRIPT

Narrator's introduction

Member's introduction

SCENE 1:- In the Park

Mr. Sharma :- Namaste , Verma ji kaise ho aap..

Mr. Verma :- Thik hu sharma ji pr kamar mein thoda drd ho rha hai lgta hai ghr ki safai thik se nhi ho rhi pr kiske pass samay hai , sahi ?

Mr. Sharma :- Sahi baat hai ki hm sb vyast rehte hai. Pr saaf safai or vyaktigat sawachta bhot jarrori hai . Hm hmesha apne ghr or swasthya ka dhyaan rkhte hai .

Pooja :- Rohan tumhare haath kitne gnde hai! Kya tum khelne ke baad haath nhi dhote..

Rohan :- Areee! Kise farak pdta hai ? Bs thodi si mitti hai . Baad mein ghr jaakr dhoo lunga ..

Pooja :- Pr meri mummy kehti hai hme sahi tarike se haath dhone chahiye khaskr khelne se pehle. Is se bimariyon se bchne mein madad milti hai.

Rohan :- Mujhe kkbhi bimmari nhi hoti meri mummy kehti hai thodi gandagi se immunity bdti hai.

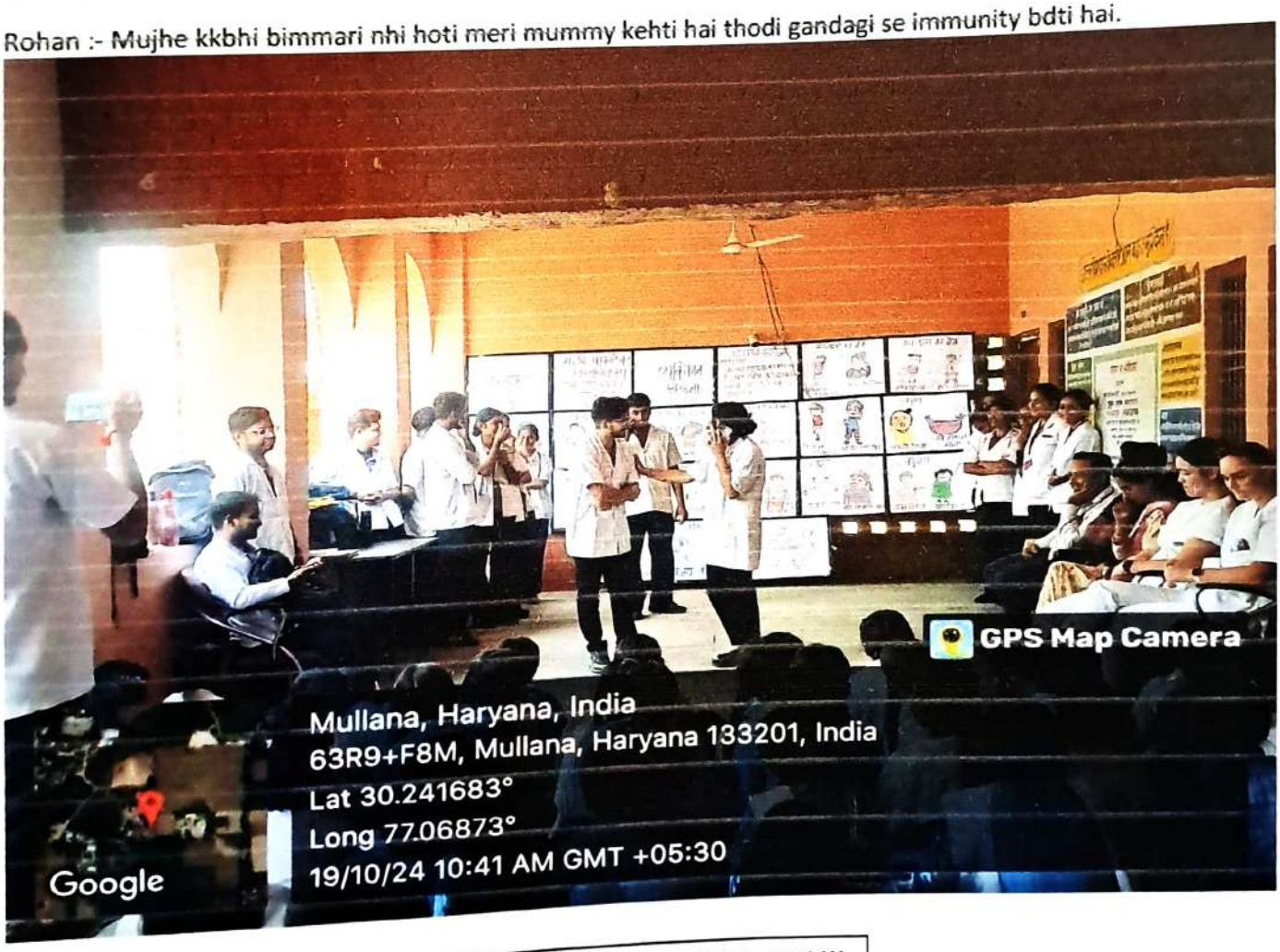


FIG 2: STUDENTS PERFORMING ROLE PLAY

Mrs. Verma :- Sharma ji, aap hmesha saaf safai ka itna dhyaan rkhti hai kya schme ye itna jaroori hai.

Mrs. Sharma :- Bilkul ! achi tarah se sawachta hme swasth rkthi hai. Maine dekha hai ki jbse hmne sahi tarah se haath dhona , nahana or ghr saaf rkhna shuru kiya hai hm bimaar pdna km ho gye hai.

Mrs. Verma :- Kya aapko nhi lgta ki aap ise jyada kr rhe hai . Hm to in sbke bina hi thik hai.

Mrs. Sharma :- Yhi to baat hai. Verma ji aapko abhi farak najar nhi aa skta pr gndi aadte nimaariyon ka karan bn skti hai. Jaise infection, pet ki samasiyaan or twacha ki bimaariyan jyadatr sardi or pet ki bimaariyan kharab sawachta ke karan hoti hai..

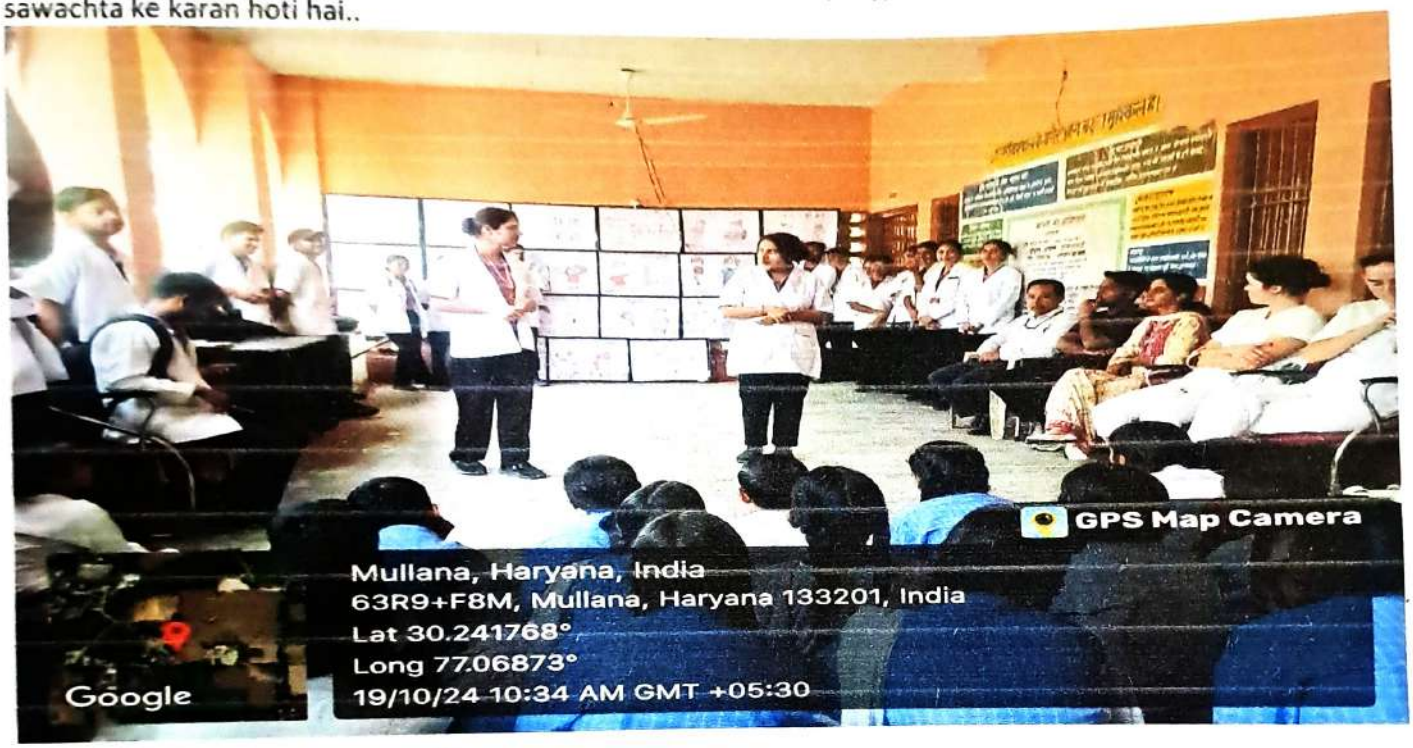


FIG 3: Students explaining importance of house cleaning

SCENE 3 :- Children come home after playing

Mrs. Verma :- Aree Rohan beta tum aa gye khel ke . Chlo beta ab to jldi se haath muh dhoo lo fir tum khana kha lena .

Rohan :- Haath muh dhone ki kya jarrorat hai. Mai to aise hi thik hu jldi khana dalo mujhe bhot tej bhukh lgi hai.

Mrs. Verma :- Thik hai beta, Mai khana lgati hu.

Maintained Hygiene

Mrs. Sharma :- Areee ! Pooja beti tum aa gyi khel kr.

Pooja :- Haa mummy, mai aa gyi khel kr . Chlo thik hai mummy mai haath muh dho leti hu aap itna khan alga do.

Mrs. Sharma :- Thik hai

FIG 4 : Students explaining steps of hand hygiene

SCENE 4 :- Ready for School

VERMA FAMILY

Mrs. Verma :- Areee ! Rohan beta jldi uth jaa school ke liye late ho jaayega.

Rohan :- Aree! Mummy sone do naa bhot neend aa rhi hai mai to 5 mīn. Mein tyaar ho jaaunga.

Mrs. Verma :- Thik hai beta mai itna tera tiffin pack kr deti hu. Tu jldi se tyaar ho jaa maine tere liye karele ki sbji bnai hai.

Rohan :- Cheee ! main hi khaunga.. Ye sbji mujhe pasand nhi hai mujhe paise do canteen se chole bhature khaunga.

Mrs. Verma :- Thik hai beta.

SHARMA FAMILY

Mrs. Sharma :- Aree! Pooja beta tu uth gyi .

Pooja :- Haa, mummy mai uth gyi nhi to mai school ke liye late ho jaati aap mera tiffin pack krdo mai brush krke or nhake tyaar ho jaati hu .

Mrs. Sharma :- Thik hai beta..

VERMA FAMILY

Mrs. Verma :- Aree beta ! tu itni jldi tyaar bhi ho gya..

Rohan :- Haa mummy mai school ke liye late ho rha tha to maine haath muh dhoo liya. Chlo thik hai mai chlta hu.

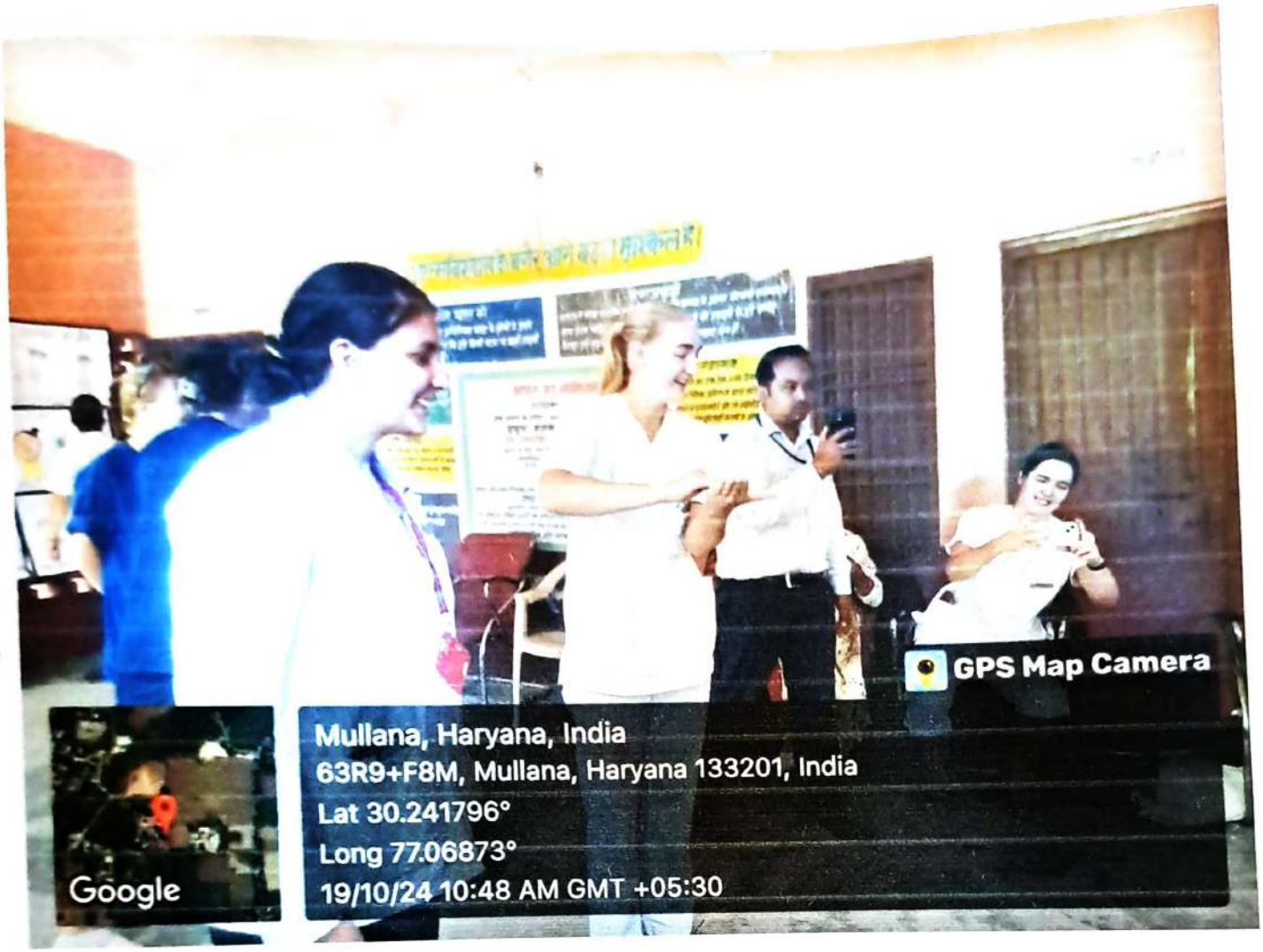


FIG 5 : Students explaining about Nail Hygiene

SCENE 5 :- SCHOOL SCENE

Rohan Friends :- Aree Rohan ! tere mein se itni gndi smell aa rhi hai. Kya tun ha kr nhi aaya.

Rohan :- Yr mai school ke liye late ho rha tha to mai jldi jldi tyaar ho gya.

Rohan Friend :- Areee! Tu bol hi mt tere muh se itni gndi smell aa rhi hai kyaa tu brush bhi nhi krke aayaa....

Rohan :- Tu chup ho aapna kaam kr jaake.

Pooja :- Or Divya kya haal hai...

Divya :- Haa mai thik hu bs mujhe thodi si dikkat ho rhi hai.

Pooja :- Kya dikkat ho rhi hai tujhe.

Divya :- Kuch nhi mujhe periods ho rhe hai drd hora hai or khujli bhi hori hgai.

Divya :- Naa yr meri mummy ne kha hai in dino mein nahana nhi chahiye us se khoon ka bahaav km ho jaata hai…

Pooja :- Kyu tu nahati kyu nhi hai meri mummy bolti hai ki in dino nahana or apni safai rkhna bhot jarrori hai.. Or tu din mein kitni baar pad change krti hai..

Divya :- Din mein ek baar pad change krti hu..

Pooja :- Tu pagal hai din mein 2 se 3 baar pad change krna chahiye or roj nahana chahiye jis se teri khujli bhi km hogi or drd bhi km hoga..

Divya :- Haa Haa, thik hai mai roj nahaya krungi..

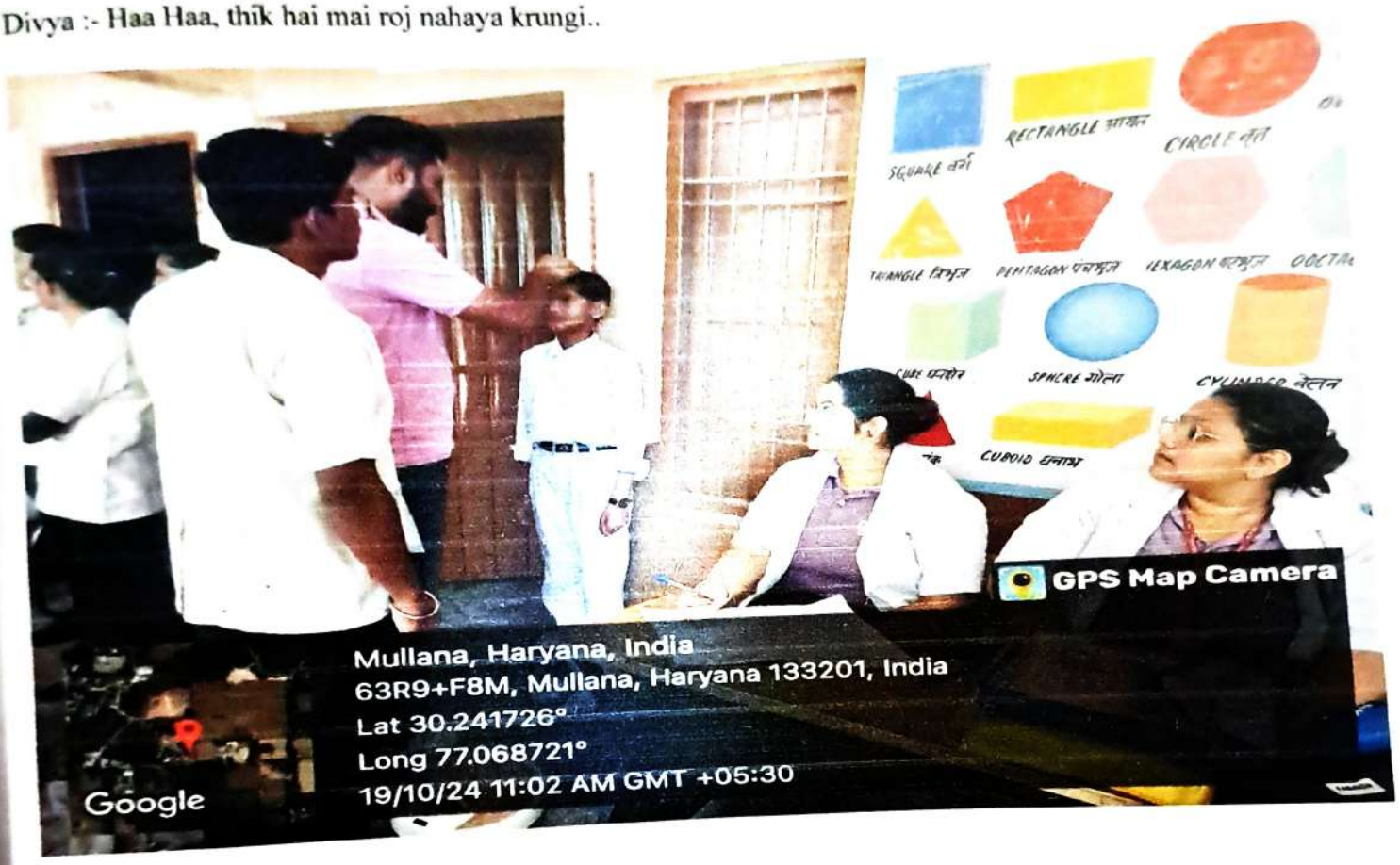


FIG 6 : Students assessing BMI of school students

SCENE 6 :- Rohan fall sick

Mrs. Verma :- Kya hua beta ? Tum itne udaas kyu ho.

Rohan :- Kuch nhi mummy, mere pet mein drd ho rha hai or ultiyaan or chakkar aa rrhe hai buukhar jaisa lg rha hai.

Mrs. Verma :- Ruk jaa beta tere papa ko phone krti tujhe doctor ke pass leke jaayenge.

Rohan :- Thik hai mummy papa ko bula lo. Mujhe bhot drd ho rha hai.

Mrs. Verma :- Hello ! Rohan ke papa Rohan ki tabiyat bhot khrab ho gyi hai. Aap jldi se aa jao..Fir ise doctor ke pass le kr chlte hai .

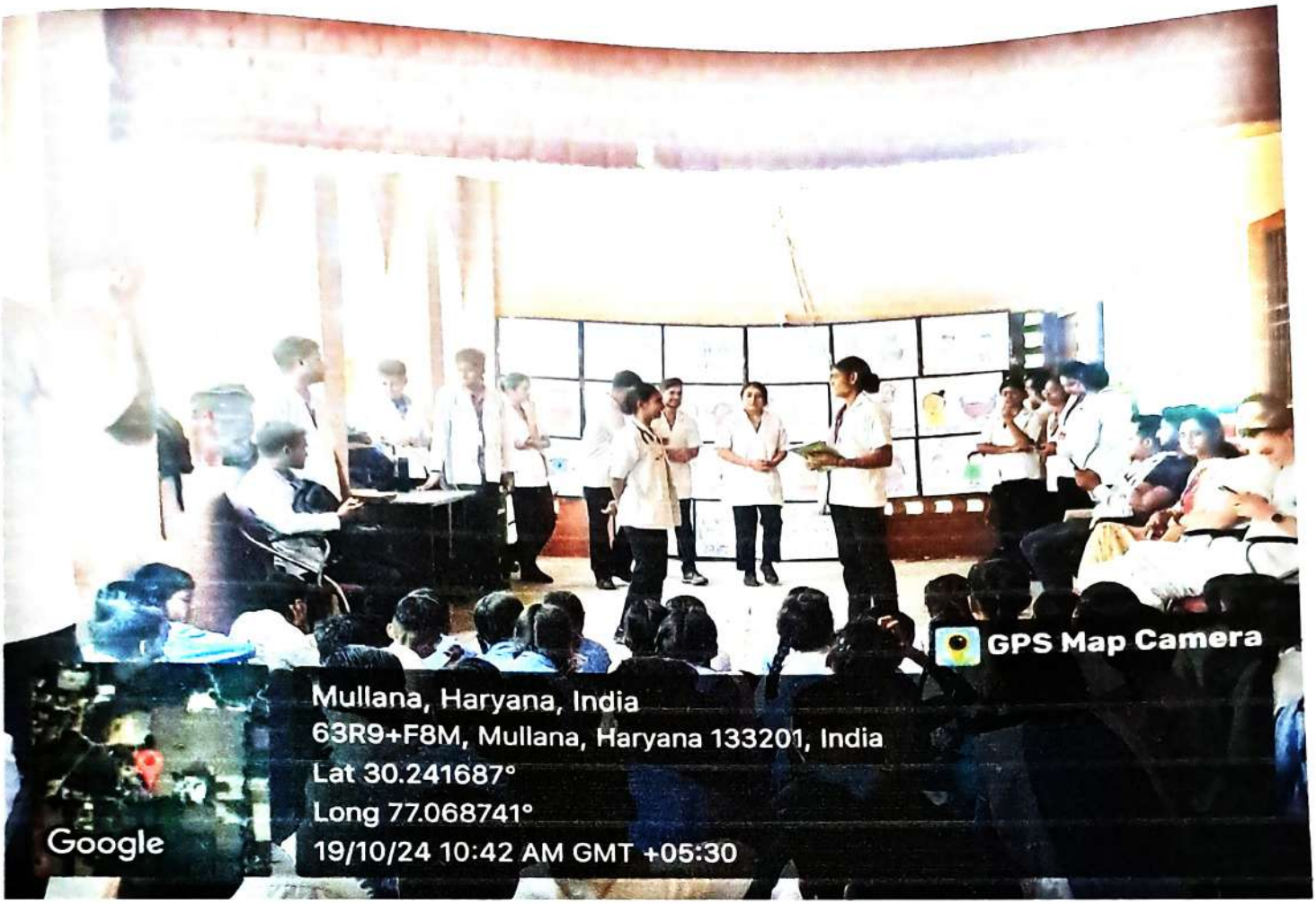


FIG 7 : Students assessing BMI of school students

SCENE 7 :- Hospital area

Mr. Verma :- Namaste ! Doctor Sahab.

Doctor :- Namaste ! boliye kya hua hai.

Mrs. Verma :- Dekhiye mere bete ko, pet mein drd , chkr aa rhe hai or ultiyan lg rhi hai.

Doctor :- Beta kb se ho rha hai aapko aisa.

Rohan :- Jbse mai school se aaya hu.

Doctor:- Acha school mein kya khaya tha aapne.

Rohan :- Kbse kha rhe ho bahar ka khana.

Rohan:- Mummy roj aisi sbji bna deti hai to mein bahar ka khata hu.

Doctor :- Aap ek baar inke vitals or blood sample le lo.

Nurse :- Ok Doctor.

Doctor :- Aapki reports aa gyi hai isme aapke bche ko typhoid fever aaya hai

Mrs. Verma :- Ye kya hai g…

Doctor :- Ye ek fever hota hai jo bahar ka khana khane, hygiene na maintain krne k karan hota hai . Koi nhi mai kuch dawaiyaan likh rhi hu inhe time pr le lena or aapko saaf safai ka dhyaan rkhna hai or roj khane se pehle haath dhone hai or bahar ka nhi khana..

Mrs. Verma :- Thik hai hme sb smjh mein aa gya hm aage se saaf safai ka dhyaan rkhenge …

FIG 8 : Students explaining through charts

VOTE OF THANKS

I hope you all know everything about"Cleanliness is the first law of Health"and you areable to continue the practises of maintaining personal hygiene I also want to thank you that you all took out your time to sit here and pay attention. Thank you all for supporting us. I hope that you have learned a lot today.

I would also like to thank Dr Jyoti Sarin ma'am, Principal MM College of Nursing, Dr Vinay Kumari ma'am, Vice Principal MM College of Nursing Mr. Bankim sir, Head of Department Community Health Nursing Mr. Balwinder Singh,Sarpanch Of Holi Village, and all the teachers, Mr, Rahil Sir, Mr. Vicky Sir, Ms, Purbita Ma'am and Ms. Ambika ma'am, Ms Kanchan ma'am, Mr Mukul Sir for their guidance and cooperation as ,we are thankful to all of them and at last I would like to thanks my classmates for their nice team work.

REMARKS

The audience praised and thanks the students for their dedication and creating awareness.

"Hume bhut acha lga aap sbne apna waqt nikal kar hume jagruk kra or natak bhi bhut bdiya tha usse bhi sikhne

CONCLUSION

From this group project the school going children got enough knowledge and awareness about"PERSONAL HYGIENE" , it steps and correct technique. They were cooperative and showed active interest during the whole group project.There were total gathering of audience that is 70-75. It was acknowledged and enriching experience , as the students gained confidence in organizing the group project

APPRECIATION LETTER FROM SARPANCH OF HOLI VILLAGE

सर्व शिक्षा अभियान
जब पढ़े तब बढ़े

OFFICE OF THE PRINCIPAL, GOVT SENIOR SECONDARY SCHOOL HOLI(M0)

Ref No:- E-2024/149 **Dated:-** 19/10/2024

Subject:- Feedback regarding School Health Program.

With reference to the subject cited above it is stated that an Awareness Program on Personal Hygiene & Health Camp was conducted in this school for students of classes 6th to 8th on dated 19/10/2024 by the faculty and B.S.C., M.S.C. & Norway students of M.M. College of Nursing, M.M.D.U.- Mulana (Ambala).

The over all presentation by all the participants remainded effective and useful and all the students & Staff of this school got benefitted from this program. We hope for the best to all the faculty and students of M.M. College of Nursing.

19/10/2024
Principal
Govt. Sr. Sec. School
Holi (Ambala)

FIG 8: APPRECIATION LETTER FROM THE SARPANCH OF HOLI

FIG 6 : GROUP PICTURE OF THE STUDENTS AND TEACHERS ALONG WITH PARTICIPANTS

(Community Health

MAHARISHI MARKANDESHWAR COLLEGE OF N
MAHARISHI MARKANDESHWAR (DEEMED TO BE UNIVER
MULLANA - AMBALA, HARYANA (INDIA) - 133 207
(Established under Section 3 of the UGC Act, 1956)
(ACCREDITED BY NAAC WITH GRADE 'A++')
Ph.01731-282582, Fax: 01731-274495 Website: www.mmumullana.com E.Mail: directormmcn@mmumullana.

Ref.no. MMCN/PO/24/ 127
Date:14-10-2024

To
The Principal
Govt. Senior Secondary School
Holi. Ambala

Subject: Seeking permission for conducting Group Health Project

Respected Sir,

The 4th year B.Sc Nursing students, M.Sc (N) (Community Health Nursing) 1st year students of M.M. College of Nursing and 8 Norwegian students have to conduct a "Group Health Project " as part of their requirement. Kindly grant permission to conduct Group Health Project in Govt. Senior Secondary School, Holi **"PERSONAL HYGIENE" on the theme "GOOD VIBES COME FROM GOOD HYGIENE"** on 19th October 2024. The students will be supervised by our faculty during the Group Health Project.

Our objectives are:

1. To increase awareness of Hygiene Practices
2. To Promote Healthy Habits
3. To address puberty and changing Hygiene needs

Thanking you

PRINCIPAL

19/10/2024
Principal
Govt. Sr. Sec. School
Holi (Ambala)

Nursing
Deemed to be University
Mullana, Ambala-133207

सर्व शिक्षा अभियान

सब पढ़ें सब बढ़े

OFFICE OF THE PRINCIPAL, GOVT SENIOR SECONDARY SCHOOL HOLI(80)

Ref No:- E-2024/149 Dated:- 19/10/2024

Subject:- Feedback regarding School Health Program.

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19/10/2024

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

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

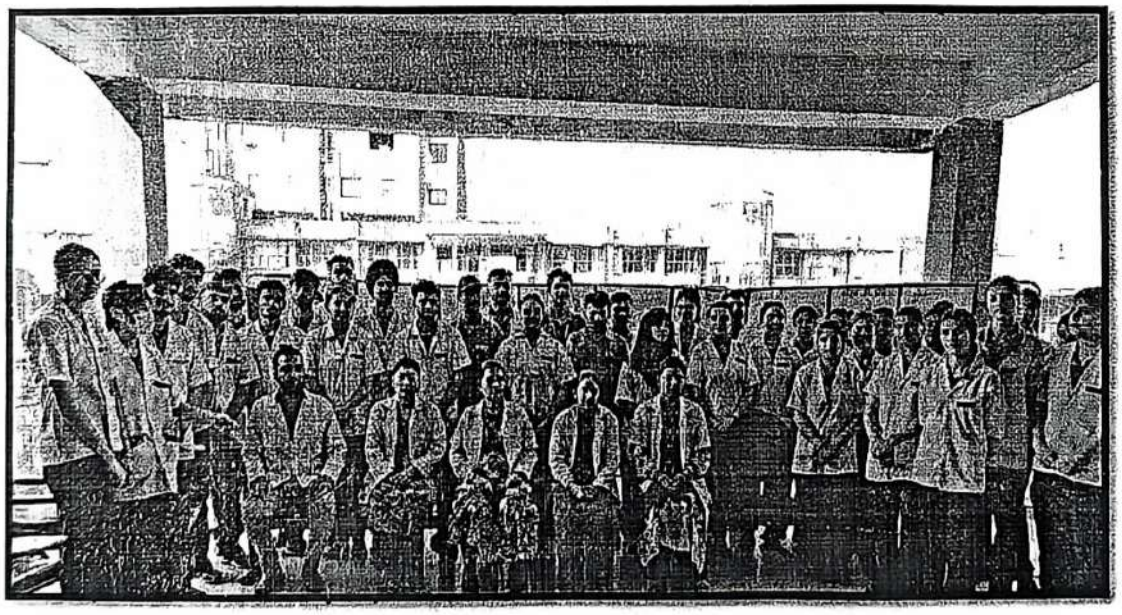
M.M. COLLEGE OF NURSING
MULLANA, (AMBALA)

GROUP PROJECT
ON

WORLD OSTEOPOROSIS DAY

THEME-"SAY NO TO FRAGILE BONE"

DATE/TIME: 23RD OCTOBER, 2024 10:00 a.m. onwards



Submitted To:
Ms. Neapram Sujibala
Nursing Tutor

Submitted By:
BSc. Nursing 3rd Semester
Group -II
(Roll 1923047-1923086)

CamScanner

ORGANIZATION:

The event was organized by BSc. Nursing 3rd Semester, M.M. College of Nursing under the Supervision of Ms. Neapram Sujibala (Nursing Tutor).

TEACHERS PRESENT – Dr. Vinay Kumari (Professor), Ms.Shakumtala (Asst. Professor), Ms.Shikha Arora (Nursing Tutor), Ms. Sujibala (Nursing Tutor), Ms. Money (Nursing Tutor) Mr. Vishu (Clinical Instructor).

CONTENT PREPARATION

To ensure comprehensive content, we embarked on an extensive literature review. We accessed various bibliographical sources and research articles and Books. The content covered topics such as the current incidence rate of Osteoporosis, definition, causes, risk factors, signs and symptoms, complication, management through pharmacological, surgeries, and dietary management.

AUDIO-VISUAL AIDS

To enhance the effectiveness of our group project, we have to prepare charts containing vital information about Osteoporosis. These charts prominently featured our college name, the project title, and covered essential aspects such as the definition, incidence, causes, risk factors, sign and symptoms, surgical as well as medical management. The different ways of interventions and health education on diet, regular exercise and modification of lifestyle into a healthy one.

The Group project was organized by BSc nursing 3rd Semester, Medical Surgical Nursing Department, M.M. College of Nursing on the occasion of "World Osteoporosis day" with the theme "Say no to Fragile Bone" under the supervision of Dr. Vinay Kumari (Professor) and Ms. Sujibala (Nursing Tutor) on 23rd October September 2024 at Medicine Ward Corridor, MMIMSR. The students of BSc Nursing 2nd year performed a role play on Management of Osteoporosis and delivered information on definition, causes, signs and symptoms, Diagnostic evaluation, Management and preventives measures of osteoporosis with the help of charts. The group project was attended by the faculty members (6), patient attendant (29) and students (44).

Demonstrate Healthy Lifestyle Choices:

- Showcase practical examples of healthy eating, physical activity, and stress management through character interactions and storylines.
- Include scenarios that illustrate the impact of lifestyle changes on bone health.
- Provide resources and information on local health services, workshops, and screenings.

Create Lasting Impact:

- Utilize humor and drama to make the information memorable, ensuring that key messages resonate with the audience long after the performance.
- Inspire individuals to take action for their bone health and that of their loved ones.

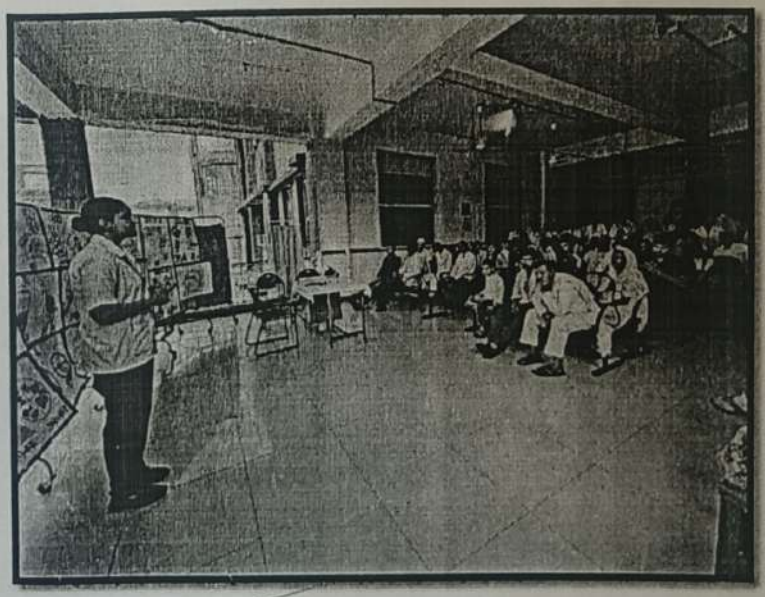
Promote Teamwork and Collaboration:

- Highlight the importance of community support and teamwork in promoting bone health, encouraging the audience to collaborate on future initiatives.

By achieving these aims and objectives, the skit will not only entertain but also serve as a powerful fool for education and advocacy in support of bone health on World Osteoporosis Day.

CamScanner

We wished the participants feel valued and cared for, fostering goodwill and satisfaction with the event. Following the conclusion of the role play segment, chart presentation was done which was followed by a photography session was arranged. Through the photography session, we captured the collective engagement and dedication displayed by the participants. Further highlighting the impact of our project on "WORLD OSTEOPOROSIS DAY."



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VENUE ARRANGEMENT

The venue arrangements for our project on World Osteoporosis Day with the topic "SAY NO TO FRAGILE BONES" were meticulously planned to ensure a smooth and organised session. We arrived at the medicine ward area equipped with all the necessary charts required for our project execution. We set up the seating arrangement for the audience, ensuring their comfort and optimal visibility. We also designated a separate seating area for our college faculty, acknowledging the esteemed presence and facilitating their engagement with the project. To create a visually appealing and informative space, we strategically positioned the chart displacement.

PROCEEDING WITH THE EVENT

The project begun with the narrator highlighting the objectives and the goals of the day and introducing each member taking up the roles. Team members brought diverse skills and perspectives to the table, fostering creativity and innovation in project planning. Our narrator captivated the audience's attention by explaining each scene to the audience. She emphasized the messages delivered by each scene. She ensured that the audience understood the purpose of our efforts and the impact we aimed to make in spreading awareness about Osteoporosis and making differences in an individual's life. To engage and educate the community, we developed a role play segment

After the conclusion of the act, the charts were explained to the public gathered and the messages and the information were disseminated.

To ensure a pleasant experience, we made arrangements for refreshments during the project session. For the audience we facilitated bananas as their refreshment. Providing refreshments offered a moment of relaxation and rejuvenation amidst the activities, contributing to a positive and enjoyable atmosphere.

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SCRIPT OF THE ROLE PLAY

The role play educates audience about osteoporosis, a condition where bones become weak and prone to fractures. It follows Rohit, a 45-year-old farmer who experiences pain, weakness, and cracking in his bones. After visiting a doctor, Dr. Natasha, he is diagnosed with osteoporosis. The doctor explains that while the disease cannot be fully cured, lifestyle changes like regular exercise, a calcium-rich diet, quitting smoking and alcohol, and avoiding heavy lifting can help manage the condition. The play highlights the importance of early diagnosis and adopting healthy habits to prevent further bone damage.

Roles played by the members

Role	Student name
Narrator	Ritika (1923082)
Patient	Rohit (1923085)
Doctor	Natasha (1923073)
Nurse	Mahakdeep (1923062)
Friend	Saurav (1923089)

Is laghunatika me hum apko osteoporosis k baarey me avgat krvane vale h jo ek haddiyo se sambhdit ek beemari h. Is laghunatika me ek vyakti(ROHIT) jise apni haddiyo me osteoporosis ki dikkat aati h , or vo apni dikkato ko lekar apne dost(SAURAV) k sath haddiyo k doctor k pas apna ilaaj krvaney jatah. vha doctor (NATASHA)or Nurse (MEHAK) use is beemari k lakshan uske bachav or rehen sehn me kya bdlav laaye us baarey me mareej ko avgat krvati h .

Narrator (RITIKA): Namaskar mera naam Ritika h or mai bsc nursing 2nd year ki chatra hu or aaj hum apke samne ek laghunatika prastut krne ja rhe h jiska Vishay h osteoporosis. Apki jankari k liye mai bta deti hu ki har saal 20 October ko hum vishav osteoporosis divas bnatey h. To isi din ko bnaney k liye hum sb ikkathey huye h

Kyunki apka shreer jooth bol skta h. Par apki haddiya nhi Is laghunatika me mai apki kathavachak ya narrator ki Bhumika nibhane vaali h

SCENE 1

NARRATOR: aaiye is laghunatika k pehle Drishya ko dekhtye h jaha 2 dost ROHIT or SAURAV ek sath doctor k pass jatey h ROHIT ka ilaaj krvane

ROHIT: yrr aaj to bhot zyada drd ho rha h ki sha nhi ja rha

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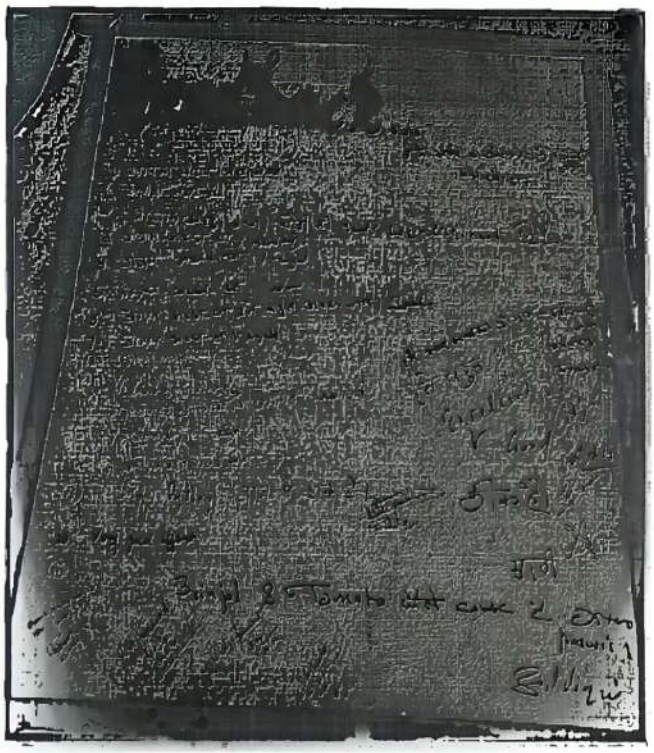
OUTCOMES OF THE PROJECT

We hoped our efforts led to a significant increase in awareness within the community about:

- Weakness in bones due to multiple reasons
- Significant increase in community participation and engagement with health resources.
- Enhancement in public understanding of the importance of proactive measures in preventing osteoporosis.



CONCLUSION:

World Osteoporosis Day, 2024 successfully mobilized individuals and communities with "Say no to fragile bones," fostering a culture of proactive health management. The event highlighted the critical need for collective action in combating osteoporosis and underscored the importance of making bone health a priority. Moving forward, continued advocacy and community involvement will be vital in sustaining this effort.

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DOCTOR (nurse se): nurse inka sample le lijiye fir inka X RAY, THYROID TEST or CT SCAN ka bill kwaa dijiye.. Or rohit ji ye kuch drd km krne ki dvaaiya h ye ek din lijiye or kl apni reports hume dikhaiye.

ROHIT: thik h doctor sahab dhnyavaad mai kl aata hu reports lekr aapke paas.

SCENE 2

Jaisa ki humne dekha ki rohit doctor k paas apni samasya lekr aata vo tata h ki uske do fracture huye h or use haddiyo me drd or chatkne ki waaz bhi atih.

Doctor ne use kuch jaanch krvane ko di or ab hume doosra Drishya dikhega jha mareez aoni reports ko doctors k pass dikhane ata h.

ROHIT: doctor sahb namaskar

DOCTOR: namaskar rohit ji kaise h aap ?

ROHIT: ji bss thik hu pr thoda drd abhi bhi h. Aap zra reports dekh lijiye jo ayi h

DOCTOR: ji dikhaiye ...in reports ko dekh kr Igta h apko osteoporosis ki dikkat hai.

ROHIT: osteoporosis ye kya beemari h? ...mene to ye pehle kbhi nhi suni

DOCTOR: koi baat nhi rohit ji mai aapko iss beemari k baarey me btati hu .osteoporosis ek haddiyo se sambandhit ek beemari h jisme aapki haadiya patli ,kamjor or khurduri ho jati h .ve itni kamjor ho jati h ki vo shreer ka bhaar bhi nhi utha skti jis vjh se apko haddiyo me fracture hone ki smabhavnaye bad jati h

ROHIT: doctor to ise thik kaise krey?

DOCTOR: aap ise bilkul poori trh theek nhi kr sktey pe aap apne zeevan me kuch aise bdlaav la sktey h jisse aapki haddiya zyada na prabhavit ho aapki haddiyo me fracture naa aye baar baar. To isme sbse pehle aap rozana kasrat kiya kisjiye or poshtik ahar khaiye , roj subha ki dhoop lijiye or sair kriye , ap dumrapaan or shraab ka sevan bilkul hi chodd dijiye or apne vajan pe vishesh dhyaan dijiye .or aram se chliye girne se bchiye or jitna ho skey km bhaar ki cheezey uthyae .

SAURAV: prdoctor sahab mene to suna tha ye beemari sirf budho me hoti h pr mera dost to abhi sirf 45 saal ka hi h ise ye dikkat kaise ho gye?

DOCTOR: aisa jroori nhi h ye laksahn or dikkat sirf budho me hi aati hai. Jo insaan adhik roop me shraab or bidiya peeta h or shuru se apne ahar pr vishesh dhyaan nhi deta use ye dikkat aa skti hai.

DOCTOR: to mene apko ye to bta diya ki aap apne zeevan me kya kya bdlav la sktey hai. Aagey aap kis ahar ka sevan kre or na krey ye apno nurse btayegi ....nurse plss aap inhe diet k baarey me smjha dijiye acha se.

CamScanner

SAURAV: mene bola the doctor ko dikha de pehle pr tu suntan hin nhi h ab jhel drd.

ROHIT: yrr kya kru kaam itna rehta h kheto me ki time hi nhi milta .

SAURAV (nurse se): sister ji ye haddiyo k doctor kha milengey
MEHAK (nurse): aaiye mai le jati hu apko unke pass.

MEHAK (unhe doctor k room me lejakr): ye rhe doctor aap baat kr lijiye .

ROHIT: namaskar doctor sahab

ROHIT: ji mera naam rohit h

DOCTOR: to btaiye kya dikkat h apko rohit ji

ROHIT: doctor sahab pichle 6 mhiney se mere aidhee or meri kamar me bhot drd hota hai. mujhe zyada kaam bhi nhi kiya jata , mujhe jldi thkaan hone lg jati kamjori bhi aati h bhot , or jb bhi uthta baithta hu haddiyo me se kad kad ki awaz atai h .

DOCTOR: to apne kbhi in dikkato k liye koi dwaai li hai..

ROHIT : ji ha bss vhi gaao k doctor se drd km hone ki dvaayi le rha tha pichle 6 mhiney se jb tk un dwaiyo ka asr rehta tb tk drd nhi hota , pr jb dwaaiy ka asr khtm ho jata dobar drd shuru ho jata h .

DOCTOR: thik h rohit ji ...vaise aapki umar kya h or aap kaam kya krte hai?

ROHIT: ji meri umar 45 saal ki h or mai kheti baadi ka kaam krta hu.

DOCTOR: rohit ji vaise aap dhumrapaan or shraab ka sevan krte hai?

ROHIT: ji haa krta hu .

DOCTOR: kitna or kbse kr rhe h aap iska sevan.

ROHIT: hi hogye h kuch 6-7 saal or din me 5-7 biddiya pee leta hu .

DOCTOR: rohit ji kya kbhi apke sath koi haddiyo se sambandhit beemari huyi h ya ap khi girey ho ya accident hua ho ya kisi trh ka fracture?

ROHIT: ji ha! 6 mhiney pehle mai apne ghr me fisal gya tha is vjh se mere gitto me fracture aagya tha... Or saal 2 phele bhi mera ek gaadi k-sath accident hua tha usme mere gitto or klaayi me fracture aaya tha. Or meri kamar bhi usi accident se bss dukh hi rhi hai.

DOCTOR: thik h rohit ji. Maine apki samasyaaye sun li h mai apko kuch cheezey janch krvane k liye likh rhi hu . Ap unke jaanch krvaye or kl reports lekr mere pass aye .aap apna sample nurse ko de dijiye

CamScanner

NURSE: to mai apko btati hu ki aapko apni diet me ab kya bdlaav lekr aney hai .to pehle aap mujhe ye btaiye aap masahaari h ya shakahari ?

ROHIT: ji mai dono kha leta hu?

NURSE: thik h to aapko abe calcium or vitamin d se yukt bhojan khana h jaise ki paneer , doodh. Tofu, daaley , dry fruits . Makhaney , fish , chicken , diary ki cheezey or hri sbjeeya jaise palak , tori , ghiya jinme bhrpoor matra me protein or calcium paya jta h

Pr aapko kuch cheezo ka dhyaan rkhna hoga aapko zyada namak ka khana nh khana or na hi zyada meetha bhojan khanh h isse humari shreer me calcium ki matra km ho jati h .

DOCTOR: to apko smjh agya h rohit ji apko kya krna h or kya nhi krna.

ROHIT: hnji smjh to agya h abse mai ye sb apne Jeevan me apnauga

DOCTOR: bhot bdiya! Abhi mai apko dvaiyo me calcium or vitamin d ki goliya de rhi hu jinse apki shreer me in cheezo ki kmi poori ho jaye.

ROHIT: thik h doctor sahab dhnyavaad !

DOCTOR: ji or rozana apna check-up krvatey rhiye

NARRATOR: is laghunatika me humne ye dekha ki jaanch ki report se yeh pta lgta hai ki rohit ko osteoporosis jaise beemari hai. Osteoporosis ek aise beemari h jo kisi ko bhi ho skti h agr humne dhyaan nhi diya to ye bd jati hai. To is laghunatikha se hume ye pta lgta h ki hume beemari k bdne se pehle hi uska ilaaj krva lena chahiye. Asha krti hu aap sbhi ko humara ye chota sa natak acha lga hoga.

Dhnyavad.

"Hamara sharir humse jhuth bol sakta hai, Hamari haddiya nahi"

CamScanner

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana
(Established under Section 3 of UGC Act, 1956)
(Accredited by NAAC with Grade 'A++')

MM COLLEGE OF NURSING

(MULLANA, AMBALA)

COMMUNITY HEALTH NURSING DEPARTMENT

REPORT ON

"HEALTH CAMP"

DATE: 26TH OCT 2024

On 26th Oct 2024 M.Sc (N) 1st Year (Community Health Nursing) and BSc Nursing students 7th semester students (1-54) from MMCON organized a **"Health Camp"** at the Government Senior Secondary School Holi under the supervision of Community Health Nursing Department. The initiative aimed to promote health awareness, provide basic medical check-ups, and educate students on health and hygiene practices. Total number of participants were 130 students from class 9th to 12th and school. The event not only provided essential health services but also educated the community on maintaining a healthy lifestyle. Continued efforts in such initiatives can lead to long-term benefits for the students and the wider community.

SUBMITTED TO:

MS AMBIKA KANWAR

(NURSING TUTOR)

(COMMUNITY HEALTH NURSING DEPT)

SUBMITTED BY:

M.Sc (N) 1st YEAR &

B.Sc (N) 7th Sem (A)

(1921001 – 1921054)

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana

(Established under Section 3 of UGC Act, 1956)

(Accredited by NAAC with Grade 'A++')

MM COLLEGE OF NURSING

(MULLANA, AMBALA)

COMMUNITY HEALTH NURSING DEPARTMENT

REPORT ON

"HEALTH CAMP"

DATE: 26TH OCT 2024

SUBMITTED TO:

MS AMBIKA KANWAR

(NURSING TUTOR)

(COMMUNITY HEALTH NURSING DEPT)

SUBMITTED BY:

M.Sc (N) 1st YEAR &

B.Sc (N) 7th Sem (A)

(1921001 – 1921054)

SUBJECT INCHARGE **HOD** **PRINCIPAL**

MAHARISHI MARKANDESHWAR
(DEEMED TO BE UNIVERSITY)
Mullana-Ambala, Haryana

(Established under Section 3 of UGC Act, 1956)

(Accredited by NAAC with Grade 'A++')

MM COLLEGE OF NURSING

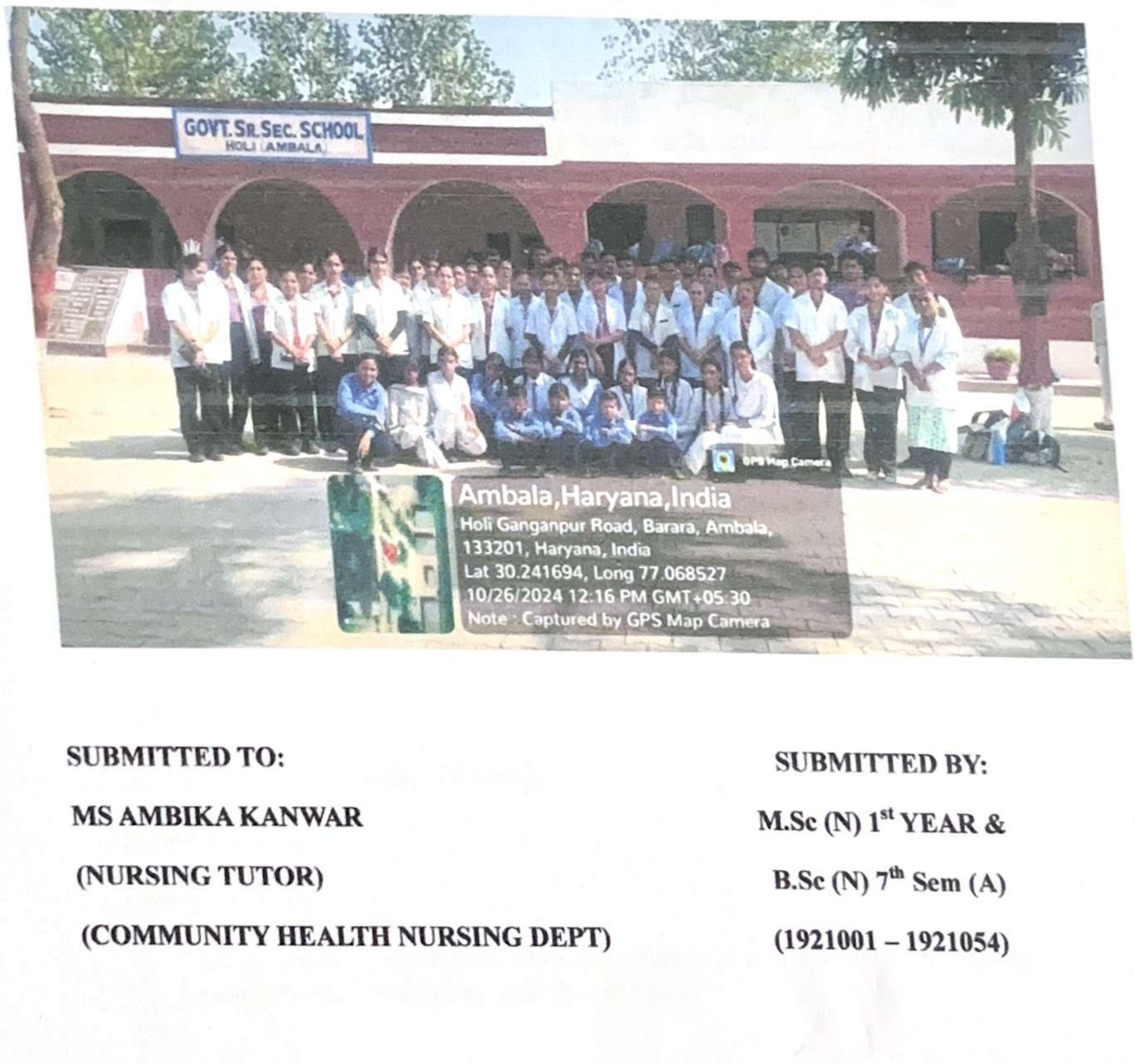
(MULLANA, AMBALA)

COMMUNITY HEALTH NURSING DEPARTMENT

REPORT ON

"HEALTH CAMP"

DATE: 26TH OCT 2024



SUBMITTED TO:

MS AMBIKA KANWAR

(NURSING TUTOR)

(COMMUNITY HEALTH NURSING DEPT)

SUBMITTED BY:

M.Sc (N) 1st YEAR &

B.Sc (N) 7th Sem (A)

(1921001 – 1921054)

Report on Health Camp

Introduction:

On 26th Oct 2024 M.Sc (N) 1st Year CHN and BSc Nursing students 7th semester students (1-54) from MMCON organized a health camp at the Government School of Holi under the supervision of Community Health Nursing Department. The initiative aimed to promote health awareness, provide basic medical check-ups, and educate students on health and hygiene practices.

Objectives:

1. To offer free health check-ups and screening for students
2. To raise awareness about nutrition, hygiene, and mental well being.
3. To provide preventive care to school children
4. To encourage students regarding physical activities and good practices.

Organization

Organized by: M.Sc 1st Year (Community Health Nursing Dept) and BSc Nursing &th Sem (1-54) Students

Venue: Govt Sr. Sec. School of Holi

Date : 26th Oct 2024

Number of participants: 130

Group Project Supervisor: Ms Ambika Kanwar (Nursing Tutor), Mr Vicky Clinical Instructor)

Teacher Present:

Mr Bankim S Chandra (HOD Community Health Nursing Dept)

Ms Ambika Kanwar (Nursing Tutor)

Ms Kanchan (Nursing Tutor)

Ms Purbita(Nursing Tutor)

Mr Mukul (Clinical Instructor)

Mr Vicky (Clinical Instructor)

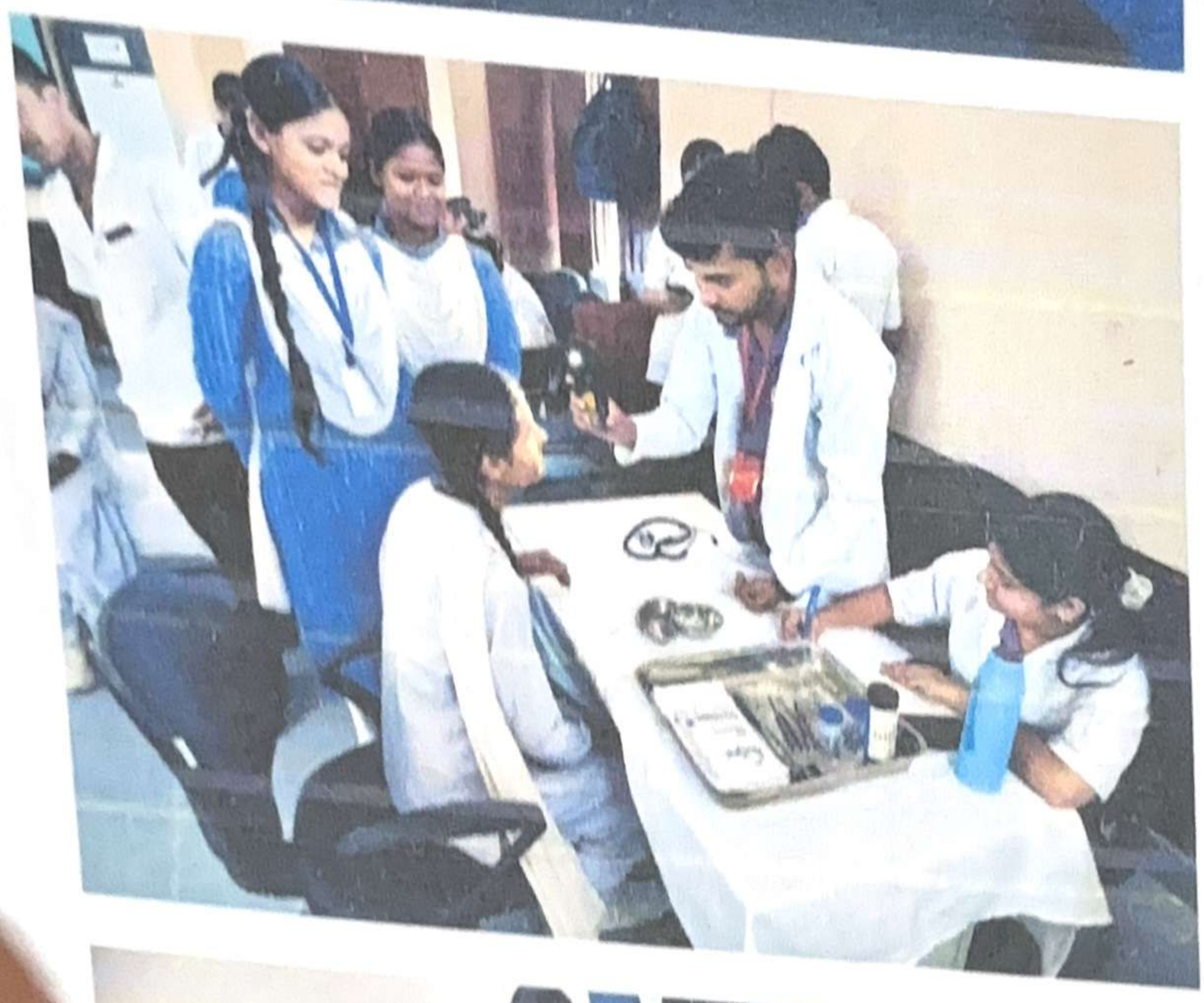
Student Incharges: Mr Harsh, Ms Mehak

Activities Conducted:

1. Health Check-ups:

- General health assessments, including height, weight, and blood pressure measurements, temperature, and Hb estimation.

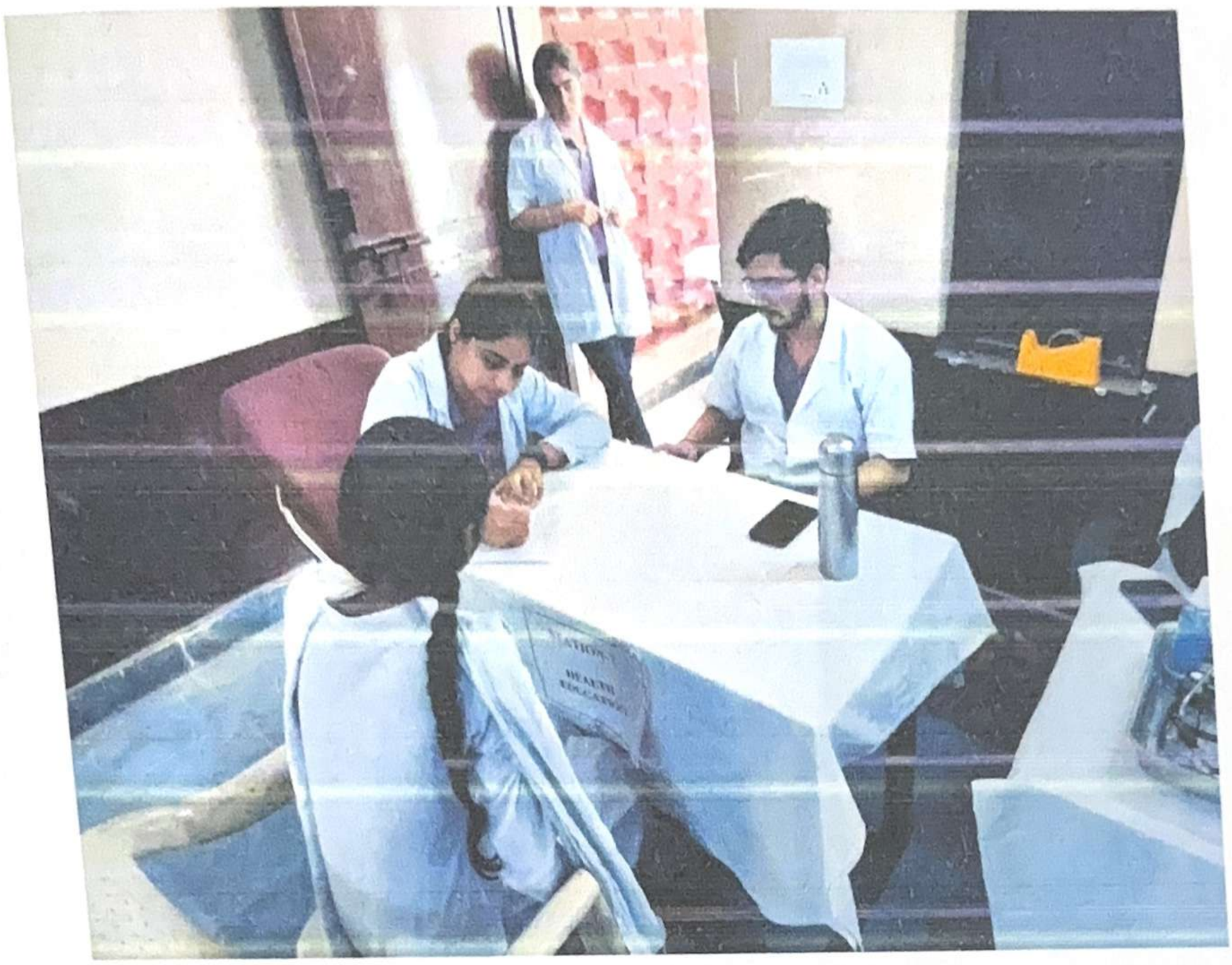
- Vision and dental screenings.
- Assessment of common ailments, providing referrals where necessary.



2. Health Education Sessions:

Interactive sessions on hand hygiene, sanitation, menstrual hygiene, and proper nutrition.

Discussions on the importance of regular health check-ups and vaccinations.



3. Distribution of Educational Materials:

Pamphlets and charts on healthy eating, personal hygiene, and disease prevention were distributed to students and teachers.

Participation:

The camp witnessed participation from approximately 130 students and staff members. The nursing students engaged actively with the attendees, creating an interactive and informative atmosphere.

Outcomes:

1. Increased awareness among students regarding personal health and hygiene.

2. Identification of students needing further medical attention.

3. Positive feedback from teachers and parents regarding the importance of such health initiatives.

Conclusion:

The health camp organized by M.Sc (N) 1st Year and BSc Nursing 7th semester students (1-54) at the Government Sr. Sec School of Holi was a significant step towards fostering a culture of health awareness among students. The event not only provided essential health services but also educated the community on maintaining a

healthy lifestyle. Continued efforts in such initiatives can lead to long-term benefits for the students and the wider community.

Acknowledgments/remarks

Special thanks to the faculty of MMCON, Community Health Nursing Department, Government Sr. Sec School Holi authorities, and the nursing students for their dedication and hard work in making this event successful.

MAHARISHI MARKANDESHWAR COLLEGE OF NURSING
MAHARISHI MARKANDESHWAR (DEEMED TO BE UNIVERSITY)
MULLANA - AMBALA, HARYANA (INDIA) - 133 207
(Established under Section 3 of the UGC Act, 1956)
(ACCREDITED BY NAAC WITH GRADE 'A++')
Ph.01731-282882, Fax: 01731-274495 Website: www.mmumullana.com E.Mail: directormmcnr@mmumullana.org

Ref.no. MMCN/PO/24/130

Date: 21-10-2024

To
The Principal
Govt. Senior Secondary School
Holi, Ambala

Subject: Seeking permission for conducting Health Camp

Respected Sir,

The 4th year B.Sc Nursing students and M.Sc (N) (Community Health Nursing) 1st year students of M.M. College of Nursing have to conduct a "Health Camp" as a part of their requirement. Kindly grant permission to conduct Health Camp in Govt. Senior Secondary School, Holi on 26th October 2024. The students will be supervised by our faculty during the Group Health Project.
Our objectives are:-

1. To increase health awareness among school students
2. To provide preventive care at school level
3. To provide counseling services to the school students
4. To encourage students regarding physical activities and good practices

Thanking you

PRINCIPAL
[illegible] College of Nursing
[illegible] (Deemed to be University)
[illegible] 133 207

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

Station 1
Registration

Station 2
Vital sign

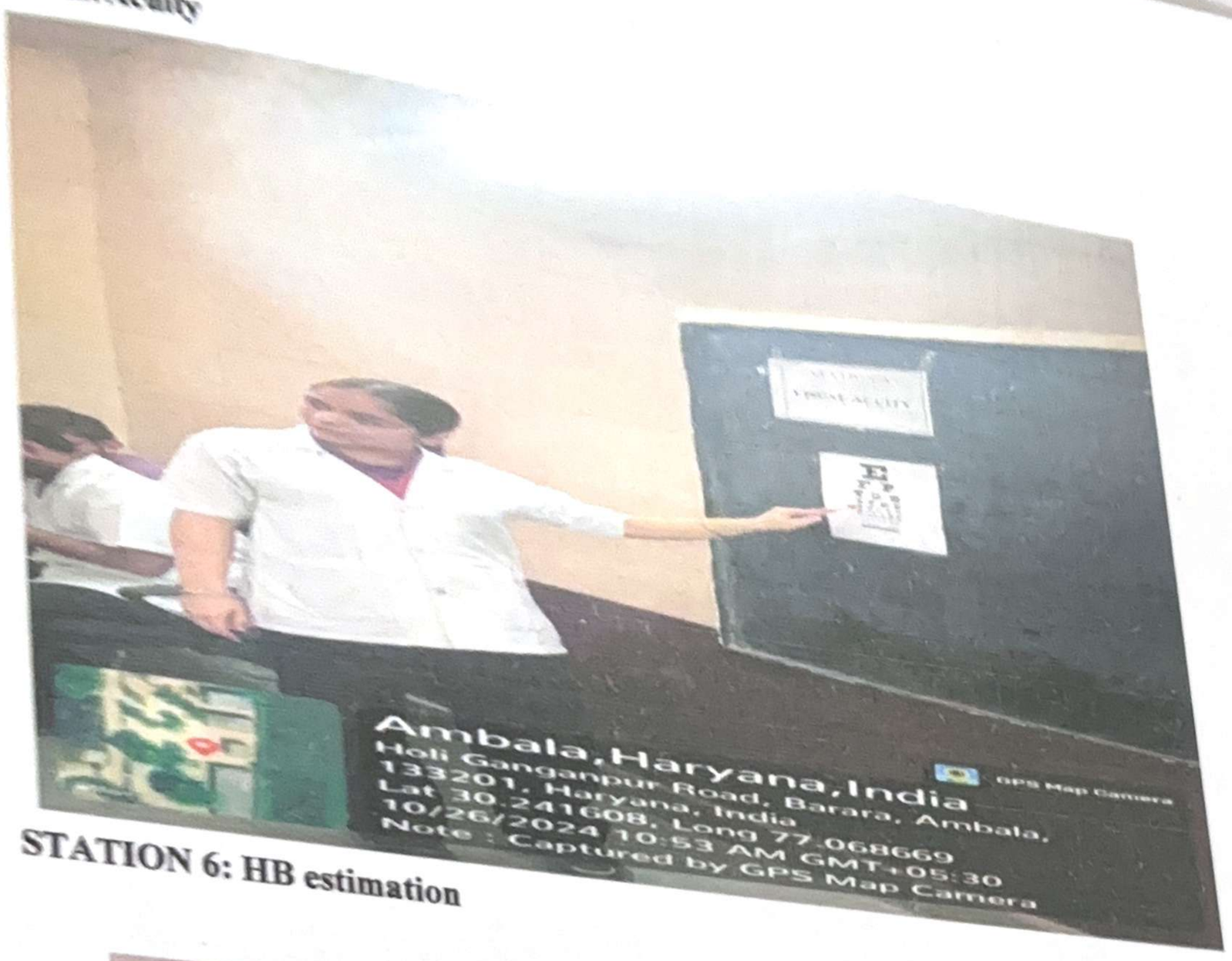
tation 3

BMI

Station 4

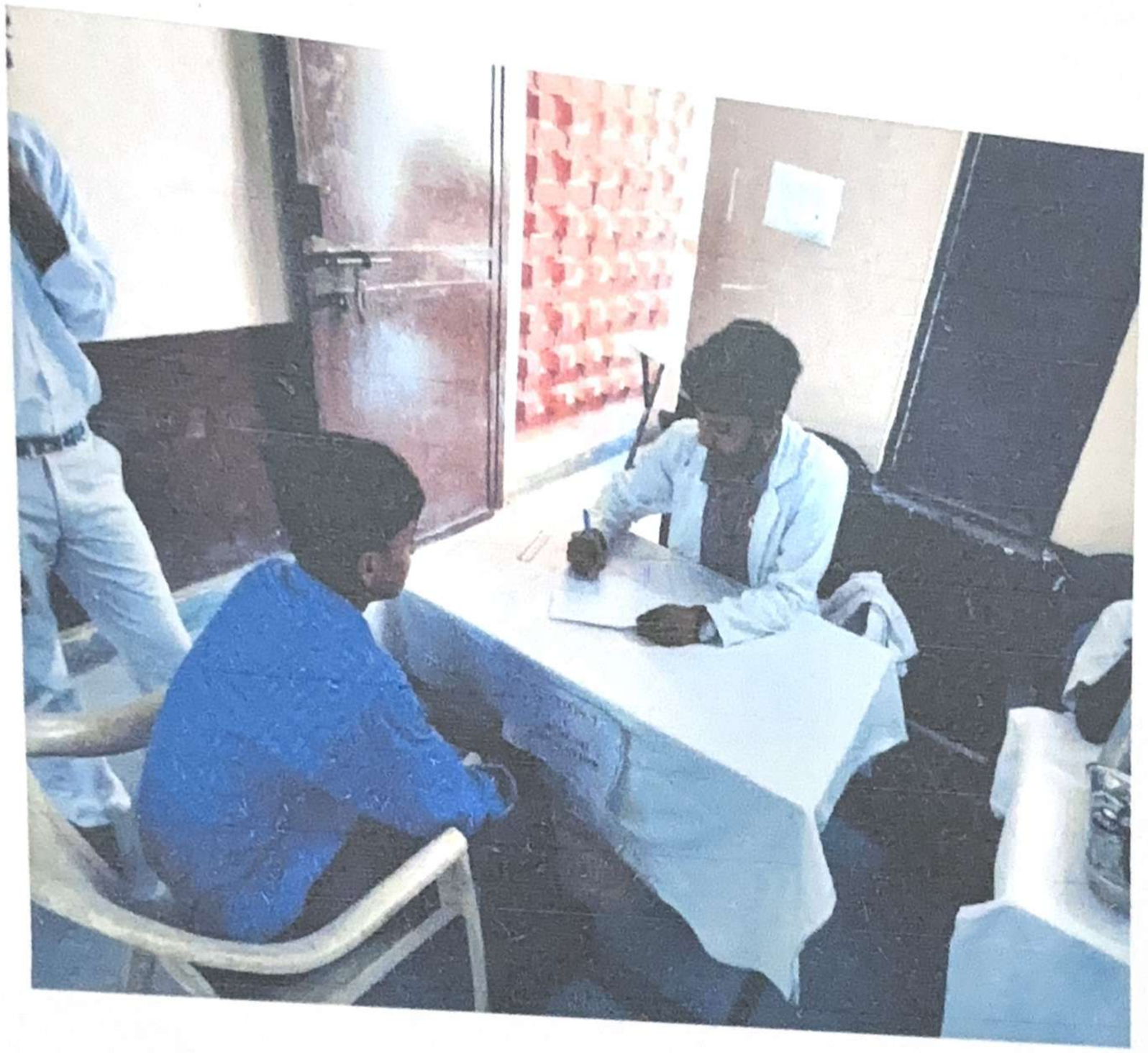
Physical Examination

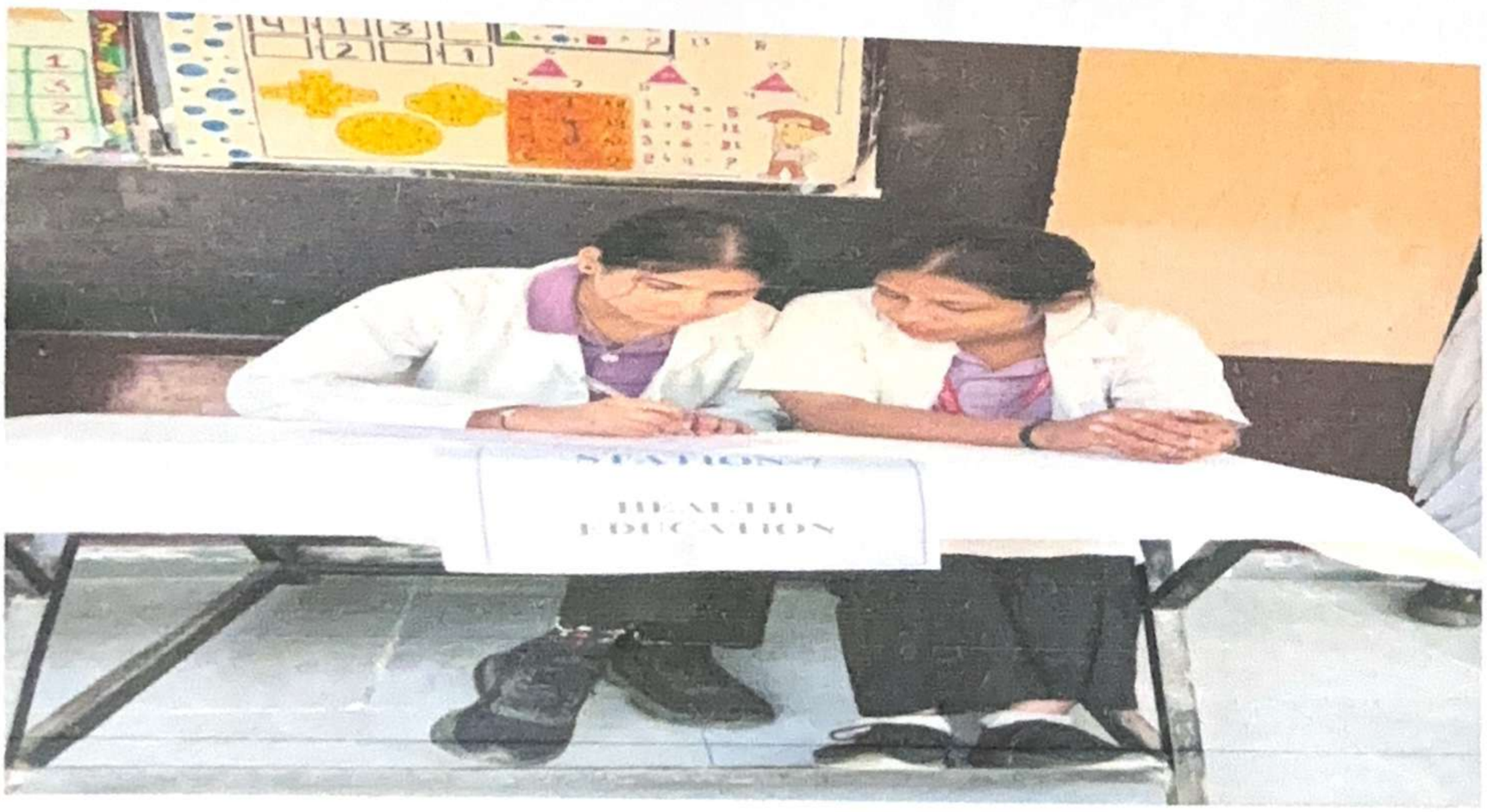
Visual Acuity



STATION 6: HB estimation

Station 7
Health Education





- **Appreciation Letter**

सर्व शिक्षा अभियान
सब पढ़ें सब बढ़ें

OFFICE OF THE PRINCIPAL, GOVT SENIOR SECONDARY SCHOOL HOLI(80)

Ref No:- F-2024/156

Subject:- Feedback regarding Health Camp.

Dated:- 26/10/2024

With reference to the subject cited above it is stated that an Health Camp was conducted in this school for students of classes 9th to 12th on dated 26/10/2024 by the faculty and students of B.S.C.(7th Semester) , M.S.C.(1st Year) & Community Health Nursing Department of M.M. College of Nursing, M.M.D.U.-Mulana (Ambala).

The over all presentation by all the participants remainded effective and useful and all the students & Staff of this school got benefitted from this program. We hope for the best to all the faculty and students of M.M. College of Nursing.

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

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Holi (Ambala)