

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')


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Extension and outreach activities for the year 2018-19

S NO	Name of the activity	Organising unit/ agency/ collaborating agency	Page No
1.	SAKSHARTA ABHIYAN AT SARAKPUR VILLAGE ON 22-OCTOBER-2018	NSS	2-6
2.	HEALTH TALK :SAY NO TO TOBACCO AT GOVT HIGH SCHOOL, SARAKPUR ON 31-MAY-2019	NSS	7-9
3.	HYPERTENSION "HUM SAB KA YAHAI HAI NAARA, UCH RAKTCHAAP MUKT HO DESH HMARA" ON 12-APRIL-2019	COMMUNITY CENTRE OF VILLAGE ADHOYA	10-17
4.	ORAL HYGIENE- SAY AHH: ACT ON MOUTH HEALTH AT SULM AREA OF BUDHIO VILLAGE ON 28-MARCH-2019	MMCN	18-26
5.	PREVENTION OF STUNTED GROWTH AMONG UNDER 5 CHILDREN "SAHI POSHAN SAHO VIKAS, YEHI HAI HUMARA PRAYAAS" ON 13-MAY-2019	COMMUNITY CENTRE OF VILLAGE ADHOYA	27-38


Registrar
Maharishi Markandeshwar
(Deemed to be University)
Mullana-Ambala 133-207



MaharishiMarkandeshwar
(Deemed to be University)



"NSS"
Report
On
"SAKSHARTA ABHIYAN"



Date: 22nd October, 2018

Programme Co-Ordinator:

Er. Karan Aggarwal (Unit-5)

Programme officer:

Dr. Neeraj Sharma

Er. Adesh Tripathi

Dr. Anuj

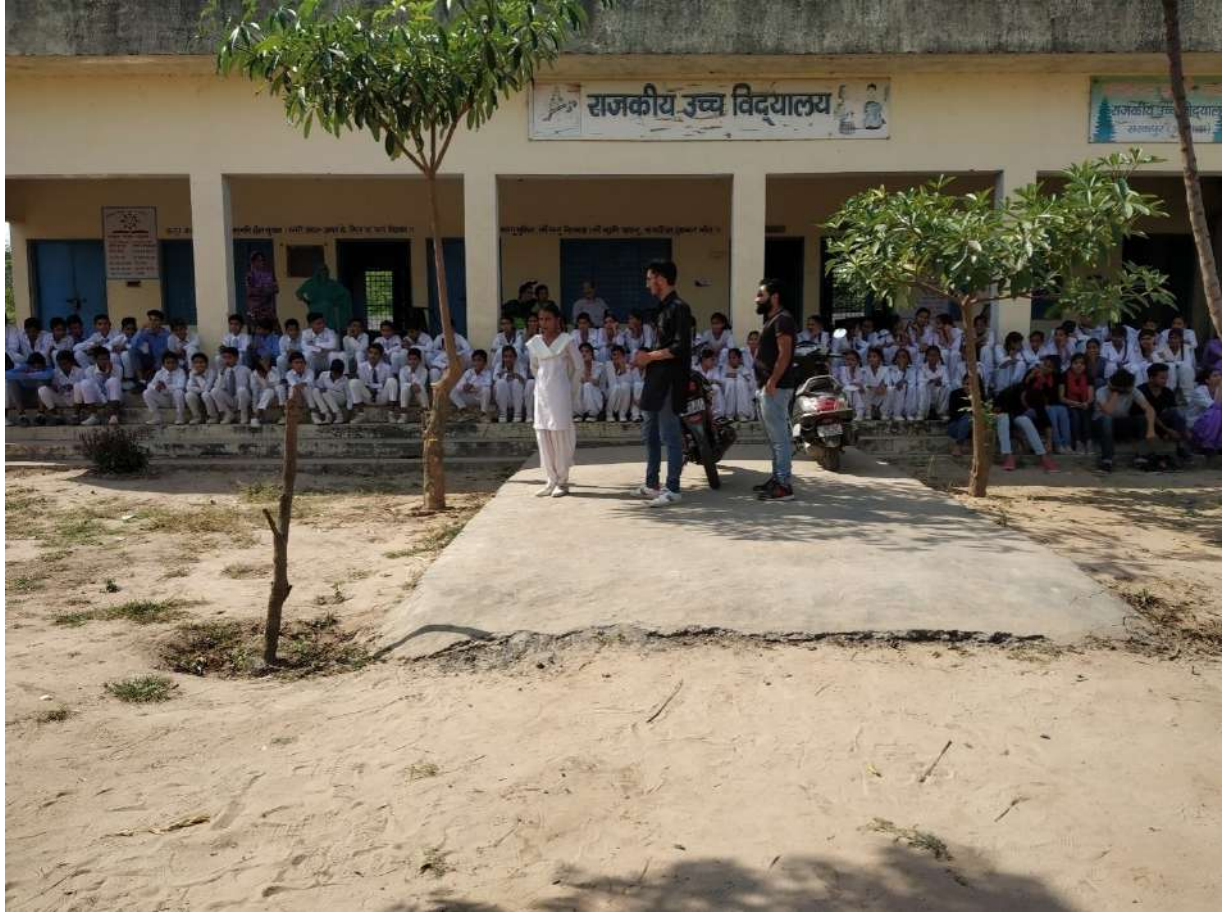
Ms. Simarpreet

Saksharta Abhiyaan was organized by NSS volunteers on October 22nd, 2018. The volunteers went to the village Sarakpur and carried out a rally which included various plays and Nukkad Nataks on the topic like women empowerment, save girl child, clean environment, etc. The main motive was to create awareness among the villagers about Saksharta and also related to the health issues that are generated by the unhygienic environment. Also the volunteers visited the houses and gathered information related to Aadhar cards, bank accounts, no. of family members, etc and also the volunteers visited the near-by school.

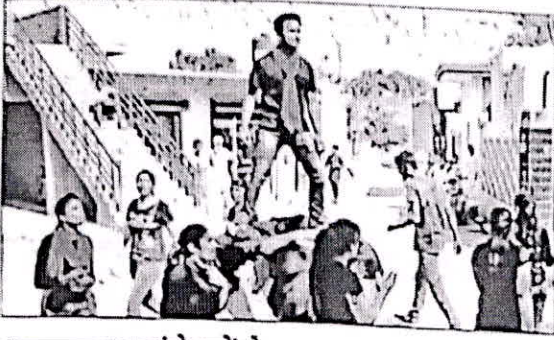
Glimpses of the Event:







एन.एस.एस. स्वयंसेवकों ने चलाया साक्षरता अभियान



एनएसएस स्वयंसेवकों ने चलाया साक्षरता अभियान

वराड़ा। महर्षि मारकण्डेश्वर डीम्ड विश्वविद्यालय मुलाना के एनएसएस स्वयंसेवकों ने उन्नत भारत अभियान के अंतर्गत गोद लिए गए गांव सरकपुर में दूरदर्शित तरसेम गर्ग, संजीव गर्ग व कोपाध्यक्ष डॉ. विशाल गर्ग के निर्देशानुसार साक्षरता अभियान चलाया। एनएसएस कार्यक्रम को ऑर्डिनेटर करण अग्रवाल की देखरेख में आयोजित कार्यक्रम की शुरुआत स्वयंसेवकों ने पूरे गांव के सर्वेक्षण के साथ की, जिसमें उन्होंने घर-घर जाकर उनकी समस्याओं के बारे में जानकारी प्राप्त की। इसके बाद उन्होंने गाववासियों के समक्ष एक नुक्कड़ नाटक की प्रस्तुति दी, जिससे उन्होंने दर्शाया कि शिक्षा का जीवन में क्या महत्व है। अभियान में प्रेजिडेंट अक्षय, विक्रम, सुमन्यु, दिनेश, मेघ, अमय, अर्नव, सौरव व रोहन ने अहम भूमिका निभाई।

Haribhoomi (23-10-2018)



नुक्कड़ नाटक प्रस्तुत करते एन.एस.एस. स्वयंसेवक। (छाया : रहमदीन)

वराड़ा, 22 अक्टूबर (रहमदीन) : महर्षि मारकण्डेश्वर डीम्ड विश्वविद्यालय मुलाना के एनएसएस स्वयंसेवकों ने उन्नत भारत अभियान के अंतर्गत गोद लिए गए गांव सरकपुर में कुलाधिपति तरसेम गर्ग, सचिव डा. संजीव गर्ग व कोपाध्यक्ष डा. विशाल गर्ग के निर्देशानुसार साक्षरता अभियान चलाया। एनएसएस कार्यक्रम को ऑर्डिनेटर करण अग्रवाल की देखरेख में आयोजित कार्यक्रम की शुरुआत स्वयंसेवकों ने पूरे गांव के सर्वेक्षण के साथ की, जिसमें उन्होंने घर-घर जा कर उनकी समस्याओं के बारे में जानकारी प्राप्त की। इसके बाद उन्होंने गाववासियों के समक्ष एक नुक्कड़ नाटक की

प्रस्तुति दी, जिसमें उन्होंने दर्शाया कि शिक्षा का जीवन में क्या महत्व है। इसके अलावा इस अभियान के अंतर्गत गांव के विद्यालय में जाकर विद्यार्थियों को शिक्षित करने का कार्य किया गया।

विद्यार्थियों को नुक्कड़ नाटक के माध्यम से शिक्षा का जीवन में महत्व समझाते हुए शिक्षा को अपने जीवन का अभिन्न अंग बनाने के लिए प्रेरित किया। फिर विद्यार्थियों को मंच पर खड़े होकर बोलने का अभ्यास करवाते हुए अपना-अपना परिचय देने के साथ, नृत्य व गायन करवाया। अभियान में प्रेजिडेंट अक्षय, मेघा, अभय, अर्नव, सौरव व रोहन ने अहम भूमिका निभाई।


अंजीत समाचार


23-Oct-2018

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उत्तर भारत का सम्पूर्ण अखबार

http://www.ajitsamachar.com/20181023/6/13/1_1.cms


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Maharishi Markandeshwar
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”NSS”
Report
on
“World No Tobacco Day”



Date: 31st May, 2019

Programme Co-Ordinator:
Er. Karan Aggarwal (Unit-5)

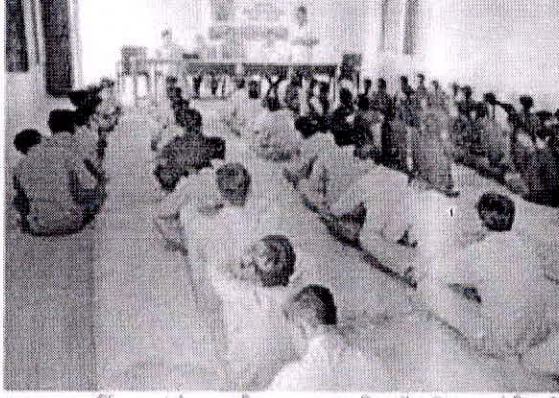
Programme officer:
Dr. Neeraj Sharma
Er. Adesh Tripathi
Dr. Anuj
Ms. Simarpreet

May 31st, 2019, World No Tobacco Day is celebrated by the NSS volunteers and Department of Public Health Dentistry. A vigilant event was organized in the Govt. Senior Secondary School, Sarakpur. A skit was performed to show the effects of tobacco & cigarette on human body. All the students watch the skit carefully and understand the impacts of tobacco and cigarette on health. In the end Dr. Kumar Gourav administered oath no to tobacco to the school students.



NEWS COVERAGE ON WORLD NO TOBACCO DAY

राष्ट्रीय सेवा योजना (एनएसएस) एवं जन स्वास्थ्य दन्त विभाग ने मिलकर "वर्ल्ड नो तंबाकू डे" मनाया



मुलाना। महर्षि मारकण्डेश्वर डीन्ड युनिवर्सिटी, मुलाना के राष्ट्रीय सेवा योजना (एन एस एस) एवं जन स्वास्थ्य दन्त विभाग ने मिलकर "वर्ल्ड नो तंबाकू डे" के लिए एक जागरूक कार्यक्रम का आयोजन किया। यह कार्यक्रम युनिवर्सिटी के कुलपति श्री तरसेम कुमार गर्ग, सचिव डॉ. संजीव गर्ग, कक्षाध्यक्ष डॉ. विशाल गर्ग व

उपकुलपति डॉ. विक्टर गंभीर के निदेशानुसार किया गया। इस कार्यक्रम का सम्पूर्ण कार्याभार एन एस एस प्रोग्राम कोऑर्डिनेटर इंजीनियर करण अग्रवाल एवं जन स्वास्थ्य दन्त विभाग के डॉ. गौरव छाबड़ा ने संभाला। इस कार्यक्रम का आयोजन राजकीय उच्च विद्यालय, सरकपुर में किया गया। इस कार्यक्रम की शुरुआत एक जागरूक

भाषण से की गई जिसमें तम्बाकू, गुटखा, सिगरेट व बीड़ी पीने से होने वाले दुष्प्रभावों के बारे में बताया गया जिससे विद्यालय के सभी विद्यार्थियों ने बहुत ध्यान से सुना और समझा कि तम्बाकू, गुटखा, सिगरेट व बीड़ी पीने से मानव शरीर बीमारियों से ग्रस्त होता जाता है और अंत में फेफड़े का और मुँह का कैंसर हो जाता है। इसके उपरान्त सभी विद्यार्थियों को "नो टू तंबाकू" की शपथ ग्रहण करवाई गयी। अंत में एन एस एस प्रोग्राम कोऑर्डिनेटर इंजीनियर करण अग्रवाल ने मुख्याध्यक्ष सकुंतला कुमारी, श्री मनोज गुप्ता, श्री कल्याण सिंह व सभी विद्यार्थियों का तह दिल से धन्यवाद किया। आज के दिवस पर डेंटल कॉलेज में एक प्रदर्शनी का भी आयोजन किया गया जिसमें तम्बाकू, गुटखा, सिगरेट व बीड़ी पीने से मानव शरीर में होने वाली बीमारियों को पोस्टर के माध्यम से दर्शाया गया।


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MM COLLEGE OF NURSING

GROUP PROJECT ON HYPERTENTION



SUBMITTED TO

MS EENU

ASSISTANT PROFESSOR

COMMUNITY HEALTH

NURSING DEPARTMENT


SUBMITTED BY

B.Sc. NURSING

2ND YEAR

GROUP 2

(1917046-1917107)


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

GROUP PROJECT ON HYPERTENSION

B.Sc. Nursing 2nd year student did the group project on hypertension. We teach the rural people regarding the hypertension.

Hypertension (HTN), also known as high blood pressure, is a long term medical condition in which the blood pressure in the arteries is persistently elevated.


The systolic blood pressure will be more than or equal of 140 mm of Hg and diastolic blood pressure will be more or equal of 90 mm of Hg.

In this project we had discussed about the;

- Definition
- Causes
- Sign and symptoms
- Stages
- Complication
- Treatment and managements

OBJECTIVES

1. To assess the health status of the community people.
2. To provide general awareness about the hypertension.
3. To conduct a role play to enhance the knowledge regarding the hypertension.


Dr. (Mrs.) Jyoti Sarin
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
Mullana-Ambala, Haryana-India, 13807

THEME-KEEP A HEALTHY HEART, SO WE WOULDN'T BE APART.

SLOGAN-*“hm sbka yhi hai naraa utrktchaaap mukt desh ho hmara.”*

DATE-12th April 2019

VENUE-Village Adhoya (Anganwadi)

LANGUAGE-Hindi

COMMUNITY FIELD SUPERVISIORS

- Ms Uma Deaver
- Ms Eenu
- Ms Pabalpreet Kaur
- Mr Prakash
- Ms Kalpna
- Ms Amanda
- Mr Gautam

TOTAL NO. OF GROUP MEMBERS:

B.Sc. Nursing 2nd year students (1917046-1917101)

INCHARGE OF GROUP PROJECT

Group Leader-Vivek and Shivani

Invitation Incharge –Seemerdeep Kaur

Content-Shivani

AV Aids In charge- Salma Rathor, Sherjana Rai, Shanu Abdula, Sapna , Tenzin Dorji, Sumeer, Shivani Minas, Swati, Zahid, Taheer, Swraj, Seemerdeep kaur, Vandana , Puja, Shokinder.

Role Play- Vivek, Sahil Sharma (80), Swraj , Sumit (97), Yogita, Swati, Sachin , Shivam.

Refreshment Incharge- Vivek and Sumit (96)

Narrator-Sneha Saini , Yogita, Swati, Sanoj.

Video and Photo Incharge- Sahil(79), Vinet, Shivam.

Report Making Incharge - Sherjana Rai, Salma, Shanu.

**Health assessment Incharge- Tenzin, Vandana, Sherjana, Shanu, Pooja
(Senior)**

Charts Explanation Incharge- Sneha, Sumit (97), Swati.

Invitation Calling Incharge- Shokinder, Wajid, Shivani Rani(88)

Group- There was approximately gathering of 40-50 members which include teachers of MMCON, People of Adhoya Village.


PHASES

- **PRE GROUP PROJECT**

On the previous day of the group project, we went to rural community village Adhoya for conducting the group project, we have taken permission from care takers of house for conducting group project on hypertension. We prepared all the AV Aids did the rehearsal for the role play and give the invitation card to Principal Mam and all faculty members of M M College of Nursing for the group project.

- **GROUP PROJECT**

The group project on hypertension was conducted by B.Sc. Nursing 2nd year students group from (1917046- 1917107) with the help of faculty members on 12th April 2019 at the Anganwadi of village Adhoya at 11:00 -12:40pm.


Dr. (Mrs.) Jyoti Sarin
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HEALTH EDUCATION

Health Education on definition , causes , signs and symptoms, complication , management and prevention of hypertension is explained with the help of small role play and charts.


REFRESHMENT

One small biscuit was given to all the community people who attended the group project.

VOTE OF THANKS



After role play and comments from teachers and community people , we thanked to all the teachers and community people who gave us their valuable time for listening role play and encouraged us to do this knowledge full project next time also.


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

SUMMARY AND CONCLUSION

Because of this role play on “Hypertension”, Community people got adequate knowledge .It was knowledgeable for the community people.



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

CSr. No.	Roll No.	Name	Remark
1.	1917046	KM NISHU SHARMA	Present
2.	1917047	KM RASHI CHAUDHARY	Present
3.	1917048	LOKESH	Present
4.	1917050	MANDEEP KAUR	Present
5.	1917051	MANOJ KUMAR	Absent
6.	1917052	MANPREET SINGH	Present
7.	1917053	MEGHA RANI	Present
8.	1917054	MOHAMMAD WASEEM PARRAY	Present
9.	1917055	MUSKAN PAL	Absent
10.	1917056	NAVEEN SINGH BISHT	Present
11.	1917057	NEERAJ KUMAR	Present
12.	1917058	NAGAWANG NAMGAY	Present
13.	1917059	NIKHIL SAINI	Present
14.	1917060	OINAM MANGAL SINGH	Present
15.	1917061	PEEYUSH GARG	Present
16.	1917062	POOJA MACHHINDER JADAV	Present
17.	1917063	POOJA THAKUR	Present
18.	1917064	PRABHLEEN KAUR	Present
19.	1917065	PRASHANT	Present
20.	1917066	PREETI ANAND	Present
21.	1917067	PRIYA	Present
22.	1917068	PRIYANKA ROY	Present
23.	1917069	PRIYANKA SAINI	Present
24.	1917070	BHAGWUTI	Present
25.	1917071	RAJAT SOHAL	Present
26.	1917072	RAJNI RANI	Present
27.	1917073	RAMDEV	Present
28.	1917074	RAVINDER SINGH	Present
29.	1917075	REMU CHAUDHARY	Present
30.	1917076	RIYA DUBEY	Present
31.	1917077	RUPALI	Absent
32.	1917078	SACHIN MALIK	Present
33.	1917079	SAHIL	Present
34.	1917080	SAHIL SHARMA	Present
35.	1917081	SALMA BASHIR	Present
36.	1917082	SANOJ KUMAR	Present
37.	1917083	SAPNA	Absent
38.	1917084	SHANU ABDULLAH	Present
39.	1917085	SHERJANA RAI	Present
40.	1917086	SHIVAM KUMAR	Present
41.	1917087	SHIVANI MINHAS	Present
42.	1917088	SHIWANI RANI	Present
43.	1917089	SHOKINDER KUMAR	Present
44.	1917090	SIMARDEEP KAUR	Present
45.	1917092	SNEHA SAINI	Present
46.	1917093	SRISHTI CHHOKER	Present
47.	1917094	SUKHDEEP PATTAR	Present
48.	1917095	SUMEER SHAFI	Present
49.	1917096	SUMIT	Present
50.	1917097	SUMIT	Present
51.	1917098	SURAJ KUMAR	Present
52.	1917099	SWATI DEVI	Absent

53.	1917100	TAHIR AHMAD PEER	Present
54.	1917101	TENZIN DARJI	Present
55.	1917102	VANDANA	Present
56.	1917103	VINIT KUMAR	Present
57.	1917104	VIVEK KHARB	Present
58.	1917105	WAJID AHMAD SHAH	Present
59.	1917106	YOGITA SAIN	Present
60.	1917107	ZAHID IRFAN	Present

Subject In-charge

[Signature]

[Signature]
 Dr. (Mrs.) Jyoti Sarin
 PRINCIPAL
 Maharishi Markandeshwar College of Nursing
 Maharishi Markandeshwar (Deemed to be University)
 Muliana-Ambala, Haryana-India, 133207

[Signature]

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 (Deemed to be University)
 Muliana-Ambala 133-207

23/March/19

M.M COLLEGE OF NURSING

COMMUNITY HEALTH NURSING II

SCHOOL HEALTH PROGRAMME REPORT

ON

HAND HYGIENE AND ORAL HYGIENE

Checked

[Signature]

Submitted to:


Ms. Eenu

Asst. Professor

Submitted by:

B.Sc (Nsg) 4th year

1915084-1915109


Dr. (Mrs.) Jyoti Saini
PRINCIPAL
Maharshi Markandeshwar College of Nursing
Maharshi Markandeshwar (Deemed to be University)
M. Karnal-Ambala, Haryana India 13207

REPORT OF SCHOOL HEALTH PROGRAMME ON HAND HYGIENE AND ORAL HYGIENE:

1. Hand hygiene is the act of cleaning one's hand with or without the use of water or another liquid, or with use of soap for the purpose of removing soil, dirt and microorganisms.
2. Oral hygiene cleaning the teeth and the oral cavity of the patient, it includes the measures to prevent the spread of the diseases from the mouth and increase the comfort of the patient.

OBJECTIVES:

- To improve the knowledge regarding the hand or oral hygiene via using charts as a A.V. aids
- To assess the health status of students of 1st to 8th standard.

THEME:

SAY AHH!! Think Mouth, Think Health

SLOGAN:

Zindgikoh rakhna ho Khushal,

Tohrakhesawathya ka khayal...

- DATE: - 28 March 2019
- VENUE: - AKAL ACADEMY, HOLI, BARARA
- LANGUAGE: - English, hindi

COMMUNITY FIELD SUPERVISORS: -

- Ms. Uma Deaver
- Ms. Eenu
- Ms. Pooja Jaswal
- Ms. Pabalpreet Kaur
- Ms. Kalpana
- Mr. Prakash
- Ms. Amanda
- Mr. Gautam

Total number of group members: -

B.Sc (Nursing) 4th year students (1915084-1915109)

There were total 300 hundred students along with 20 Teachers of Akal Academy Holi Barara.

S.No	Class	No.of students
1.	1 st A	14
2.	1 st B	18
3.	1 st C	14
4.	2 nd A	21
5.	2 nd B	17
6.	3 rd A	14
7.	3 rd B	17
8.	4 th A	20
9.	4 th B	17
10.	5 th A	21
11.	5 th B	16
12.	6 th A	15
13.	6 th B	17
14.	7 th	16
15.	8 th	19

INCHARGES OF THE SCHOOL HEALTH PROGRAMME: -

- Group leader: - Shwet , Priyanka
- Invitation: - Vini, Priyanka
- Content: - Sonia, Shalini
- Role play: - Sharanjeet, Ramneet, Tushar, Ridhi, Shabnum, Vikram, Saila, Shivani, Benza, Vini, Priyanka & Shalini
- A.V Aids: - Priyanka, Kusum, Ramneet, Tushar, Sonia, Shalini, Saila, Vini, Yashvir, Shwet, Vikram, Shakti
- Refreshment: - Shwet, Sharanjeet, Shakti
- Narrator: - Ridhi
- Report Making: - Anmol, Benza
- Video Making: - Yashvir
- Article Issue: - Shakti, Yashvir, Vikram

GROUP: -

Students of 1st -8th standard and teachers of Akal Academy, Holi (Barara) & teachers of MMCON.

PHASES: -

- PRE-SCHOOL HEALTH PROGRAMME: - On the previous day of the school health programme, we went to Akal Academy, Holi (Barara) for conducting the school health

programme, we have taken permission from the principal of the school for conducting this programme on topic HAND HYGIENE & ORAL HYGIENE. We prepared all the A.V aids & did the rehearsal for the role play as well as given the invitation to the principal and staff members of Akal Academy, Holi (Barara) and principal mam and all the faculty members of M.M College of Nursing for the school health programme.

- SCHOOL HEALTH PROGRAMME: - The school health programme on "HAND HYGIENE & ORAL HYGIENE" was conducted by B.Sc Nursing 4th year students with the help of faculty members on March 28, 2019 in Akal Academy, Holi (Barara) at 10:00-12:30pm. We measured the Anthropometric Assessment of all students of the school.

Role play

Hand hygiene : we performed a dance performance on hand hygiene and covered all the steps of hand washing with proper explanation of each step to students and also explain charts showing health hazards of hand washing.





Oral hygiene: In this phase we performed a small skit on oral hygiene and teach brush techniques by using a model of teeth and brush and explain charts.



SCRIPT:

(SCENE 1)

Teacher enter the class

Students : good morning mam

Teacher : good morning students, sit down..aajhome workkrkeaye ho jo maine kl diyatha ?

Students : yes mam

Teacher : tell me 5 vegetables names , ramaneet

Ramaneet(student) : brinjal,potato,tomato, lady finger, spinach

(lunch break)

Student :chlokanakhaatehain..btaao sb kyakyaalaaye ho

Syla : m to aloo kisbjilaa hu

Shivaani :arey m to khane k sath chocolates b laai hu

Ramaneet : wow..

chlohme b dedoekek

(next day)

Student :good morning mam

Teacher : good morning bachon , sit down ,,chlo ab konmujhe 5 fruits names btyga

Student (ramaneet) : mam m sunaati hu.

Teacher :chlosunaao

Student : apple , mango, banana, orange or watermelon

Teacher : very gud, sit down

(lunch break)

Student :aaj tum kyalayehokhane m ?

Shivani : m to aaj b tofeeslaai hu

Ramaneet :yaarturoj ye sbbkhatih..humnhikhyngye ,meri mummy mnakrti h chocolates tofeeskhane k liye.

Shivani : (drinks water and shout)

Shivaani :aaahhh, mekodrd ho rha h daanto m

Ramaneet :haaw...chl mam k paaschlte h tujheleke

Syla : mam Shivani rorhih..usedrd ho rha h daant m

Teacher :chlotumhedoctr k paas le jati hu

Doctor :hloshivaani , kyahuaaapko

Shivani : mam mujhedrd ho rha h daanto m

Doctor : kb se ho rha h apkodrd ? kya khaya tha?

Shivani : mam bs abihua..paanipikr

Ramaneet : mam isnebhutsaari chocolates khaithi, ye daily khati h

Doctor : (checks the oral cavity)

Doctor : beta aapko dental caries ho gyi h..keede lg gye h daanto m itni chocolates kha krungi se.

Shivani : mam ab drd ho rha h

Doctor : tum brush krti ho ?

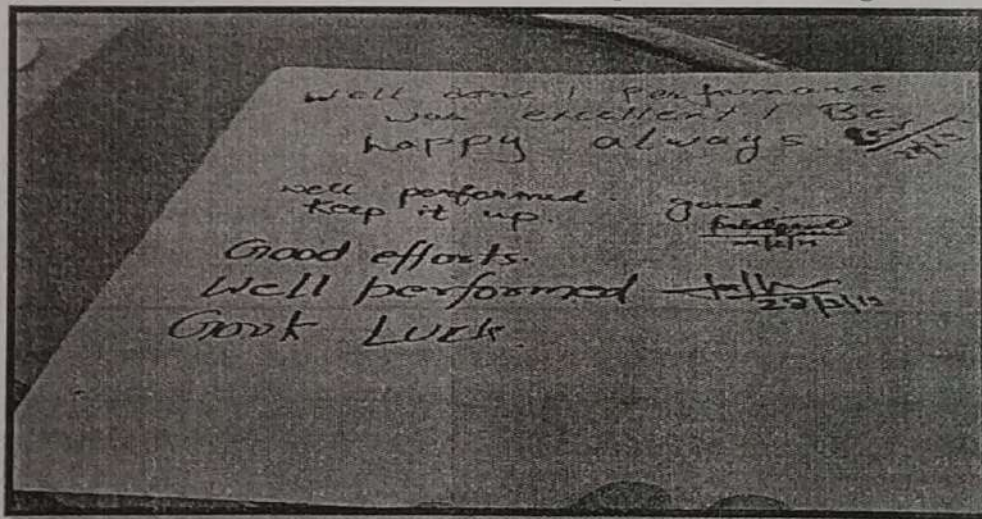
Shivani : yes mam kbhikbhikrti hu

Doctor : beta roz brush kiyakrovrnadaantkhrab ho jyga or m frdaantnikaaldungi. ~~Brush krungi~~

Shivani :nhi mam .. m ab brush krungi

Doctor :chlo m aapkobtati hu ki brush kaisekrtehain

(Performed brush techniques using model)



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SUMMARY:

- Self introduction
- Previous knowledge of children are assessed.
- Dance on hand hygiene.
- Chart explanation on hand hygiene.
- Skit is performed on oral hygiene.
- Steps of brushing technique was explain with the help of model.
- Chat explanation on oral hygiene.
- Anthropometric assessment of the children was assessed.
- Evaluation was taken from children.

VOTE OF THANKS: They gave their precious time to us. We all were very thankful to the principal and the school staff for their cooperation and for giving us permission to conduct the school health program.

REFRESHMENT: We gave biscuits to the students and smosa and cold drink to the school staff.

CONCLUSION: Hand hygiene is the act of cleaning one's hand with or without the use of water or another liquid, or with use of soap for the purpose of removing soil, dirt and microorganisms. Oral hygiene cleaning the teeth and the oral cavity of the patient, it includes the measures to prevent the spread of the diseases from the mouth and increase the comfort of the patient.



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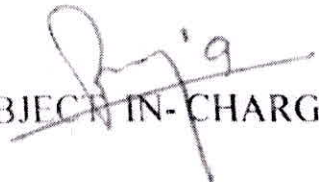
M.M. COLLEGE OF NURSING, MULLANA, AMBALA
B.SC. NURSING 4th YEAR (2018-19)
COMMUNITY HEALTH NURSING-II

Attendance Sheet

School Health Project On " Oral Health And Hand Hygiene"

SN	ROLL NO	NAME	Remark
1.	1915084	PRIYANKA	Present
2.	1915086	RAJEEV KUMAR	Present
3.	1915087	RAMANEET	Present
4.	1915088	RIDHI	Present
5.	1915090	SANDEEP KAUR	Present
6.	1915091	SHABNAM	Present
7.	1915092	SHAKTI KUMAR	Present
8.	1915093	SHALINI	Present
9.	1915094	SHALINI	Present
10.	1915095	SHARANJEET KAUR	Present
11.	1915096	SHIVANI	Present
12.	1915097	SHWET KUMAR	Present
13.	1915098	SONIA	Present
14.	1915099	SONIA RANI	Present
15.	1915100	TUSHAR VERMA	Present
16.	1915102	VIKRAM	Present
17.	1915103	VINI KASWAN	Present
18.	1915104	YASHVIR	Present
19.	1915106	KALONGO BANZA	Present
20.	1915107	ANMOL SEKHON	Present
21.	1915108	KUSUM	Present
22.	1915109	SAILA MUSHTAQ	Present


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M.M.COLLEGE OF NURSING

(MULLANA AMBALA)


GROUP REPORT

ON



STUNTED GROWTH AMONG 5 YEARCHILDREN

SUBMITTED TO:
MS PABALPREET KAUR
(NURSING TUTOR)


Dr. (Mrs.) Jyoti Sarin
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SUBMITTED BY:
POST BASIC BS NURSING
2nd YEAR
ROLL NO (1917201-1917230)

REPORT ON STUNTED GROWTH

SAHI POSHAN, SAHI VIKAS, YHI H HMARA PRYAS.

INTRODUCTION:-

Under the above stated theme group project was done by the students of Post Basic BSc Nursing 2nd year of M.M College of Nursing Mullana Ambala on 13 May, 2019 in Adhoya village in community area. Under the guidance of Mrs. Uma Jebamma, Ms Eenu, Mrs. Pooja Jaswal, Ms Pabalpreet Kaur, Mr. Parkash Jha, Ms Amanda.

INTRODUCTION

Malnutrition:-

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and or nutrients. The term malnutrition addresses 2 broad groups of conditions: under nutrition, which includes wasting, stunting, and underweight.

Stunted growth:-

According to WHO a child who is shorter height than expected based on age is known as stunted growth. It is also known as nutritional dwarfism.

According to the National family health survey -4 years has unacceptably high levels of stunting, despite marginal improvement over the years. In 2015-16 38.4% of children below the 5 years were stunted 35.5% were under weight. India ranks 158 out of 195 countries on the human capital index. More than 90% of the world's stunted children live in Africa, Asia 36% and 56% of the children are affected.

THEME:


EAT RIGHT BE BRIGHT.

AIM OF GROUP PROJECT:

1. To improve the knowledge regarding the stunted growth.
2. To educate the community about the importance of growth and development of under 5 year children.

OBJECTIVES:-

1. To check the growth and development of the children according to age group.
2. To check the degree of malnutrition of the children.
3. To monitor the blood pressure, weight, height, of the community mother and under 5 year children.
4. To check for any growth retardation or any other abnormalities in the under 5 year children.
5. To perform the role play in the community area,


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6. Give the health education with the help of charts.

SLOGAN:-

SAHI POSHAN, SAHI VIKASH, YHI HAI HAMARA PRYAS.

ORGANIZATION:-

DATE:13-5-2019

TIME:11:00am

VENUE: Adhoya

LANGUAGE:HINDI

GROUP PROJECT SUPERVISORS:-

Mrs. Uma

Ms. Eenu

Mrs. Pooja

Ms. Pabalpreet Kaur

Mr. Prakash Jha

Ms. Amanda

INCHARGE OF THE GROUP PROJECT:

Group Leader:-Tshring, Rashi.

Invitation incharge:Jyoti and Rashi.

A.V Aids incharge:Rupinderkaur,DamanpreetKaur, Money, Seema, Sweety,

Yogeshwari,Arti, Hemkala, Neelam, Priyanka, Anita, Priyanka.

Video and photo incharge:-Ajay, Tshring

Refreshment incharge:Priti, Neha.


Report writing:-Pooja And Nivedita

Chart Explanation:-.Rupinder,Daman,Sukhvinder

Role play:- Sweety, Vidya, Kaushalya,Neelam,Jasvinderkaur, Sukhvinder, Priyanka.

Script writing: Shvali

Post basic Bsc Nursing 2nd year students (1917201- 1917231)


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PARTICIPATION OF GROUP MEMBERS:

There were approximately gathering of 50-60 members which include teachers, students, family members and public.

PHASES

PRE GROUP PROJECT:

On the previous day of the group project we did survey in Adhoya village. We conducted the group project in Adhoya temple and we had taken permission from care taker of temple for conducting the group project in temple on growth and development of the childrens. We gave the invitation to principal ma'am and all the faculty members of MM College of Nursing for the group project. Informed all the family members and invited them to decided venue.

SCRIPT

Avrudh vikas

Sahi poshan sahi vikas, yhi hai hmara prayash.

Narrator: Hum mmu ke chhetr or chatraye ek laghu natika kar ke dikhayege. Jiska shirshak hai Avrudh vikas iss laghu natika ke patr hai anguri devi (asha) santosh (aw) lacho, sunita , batere angrajo (mother) kavita, priya, or chintu(bche)

ASHA: Nameshkaar, aap sab kaise hain?

MOTHER: Hum sab theek hain.

ASHA: Aapka naam kya hai, bache ka naam kya hai or iski umar kitne hain.

1. LACHO: Mere naam lacho hai ,bche ka naam kavita hai or ye 4 saal ki hai.
2. SUNITA: Mera naam sunita hai, or mere bche ka naam priya hai or ye 2 saal ki hai.
3. BATERI: mera naam bateri hai or mere bcha 7 mahine ka hai.
4. Angrajo: mera naam

ASHA : Ap ke bacho ko kya dikat hai.

1. Lachoo: Mere bache ko dast or ulti hai or vo bot kamjor hai.
2. Sunita: Mere bache ka bajan ni badta hai.
3. Batri: Jab mera bacha peda hua yab uska wajan 1.5 kg tha or ab 3.5kg hua hai.
4. Angrajo: Mera bacha bilkul swasth hai.

ASHA: Sathosh (anganwadi worker)in bacho ka wajan or lambai naap lo.

Santosh: Theek hai madam ji.

ASHA: Aap sab kya kya kaam krte ho?

- Lacho: mai ghar pe kaam krti hun.

- Sunita: mai nokari krti hun.
- Bateri: mai ghar ka kaam krti hun.
- Angrajo: mai ghar ka kaam krti hun.

Santosh (anganwadi worker):Madam ji height or weight le liya or ek bache ka theek hai, baki bacho ka kaam hai.

ASHA: Acha theek hai ab tum apna kaam kro

ASHA: Angrajo apke bache ka wajan or lambai uske umar k hishab se bilkul shai hai, or baki ap sab k bacho ki lambai or wajan umar k hishab se kam hai, to apko iska karan kya lgta hai.

Mother: hum to sb ache se khilate pilate hai, pta ni ji kya dikat hai.

ASHA: kya ap khana bnane se phle hath dhote ho or kya apne apne bacho ka tikakaran krvaya hai or janch krvayi thi jab bacha pet mai tha, kya apne bache ko 6 mahine tak dhud pilya tha?

Lacho: ji hath dhone ka time ni lgta bus pani se dho lete hai.

Sunita: ji mai to apne bache ko time ni de pati qki mai subha hi nikari pe chle jati hun.

Bateri: ji maine to apne bache ko 1.5 mahine tak apne dhud pilya baki toh upr ka hi leta hai.

Angrajo:maine to apne bache ko 6 mahine tak dhud pilya or sth main sare tike v lgaye hai or usk baad bache ko daal ka pani or daliya dena shuru kr diya.

Narrator: aap sab ne dekha jin bacho ki height or weight kam hai unki mata ne apne dikte btayi.

ASHA: jasi ap sab ne btaya ki humre bacho ka vikash ache se ni ho rha or isk kya kya karan hai toh mai apko btati hun ki ache vikash k kiye ap kya kya kr skte hai.

- Sabse phle apko khana bnane se phle apne hath dhone(hand washing steps).
- Garbh awastha ke dawarn apne apne smay smay se jamnch or sare tikakaran krvane hai.
- Or janam k baad bache ka bhi smay pr tikakaran krna hai.
- Bache ko 6 mahine tak apna hi dhud pilna hai, or 6 mahine k baad upr ka aahar shuru krna hai.
- 5 saal se chote bache k liye ghar pe hi laddu bna skte ho(hydrawadi laddu)
- Jin bacho ko dast ya ulтийon lgti hai unko bacho ko ors or nimbu chine ka ghol bna skte ho.(ors prpocedure)
- Bhar ka tala hua khana ni dena hai or ye pepise or cold drink v ni dene hai.
- Khana bnane se phle sabjiyon ko ache se dhoye or fir kahan bbanye.

Narrator: ap sab ne dekha ki hum kasi bache ka vikash ko badhva de skte hai, kya pa sb ko smajh aaya.

After 10 to 15 days

ASHA: kaside ho ap sab, ab apke bacho ki sehat kaside hai.

Mother: phle se thodi theek hai.

ASHA: ap log ek bar fir se apne bacho ki lambai or wajan ki janch krva lo.

Santosh: theek hai madam ji.


Santosh: ab in sab bacho ka wajan or lambai or wajan shi hai.

GROUP PROJECT

Scene 1: ASHA and anganwadi worker interact with each other.



Scene 2: Identify the problem and make the self help group.


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Scene 3: ASHA worker showing the ORS preparation and nutritional laddu.



Scene 4. In this chart explanation definition of shunted growth, causes, sign and symptom, risk factors and prevention.



ACTIVITY IN GROUP PROJECT (HEALTH CAMP)

1. Registration counter.
2. B.P. Monitoring
3. Height and weight monitoring.

THE HEALTH CAMP ON STUNTED GROWTH:

- All students of Post basic BSc Nursing 2nd year were inform to all family members by visiting door to door for attending the health Camp .
- After that the registration was done to all members who were visited at the site of health camp.
- In health camp the students had checked the weight, Bp, Height, and reports were given to each member.
- Chart explanation was done, which includes the shunted growth, causes, signs and symptoms, diagnostic evaluations, management and specific dietary plane.
- Comments were taken by member about the health camp.
- Recording and reporting was done.
- Refreshments were distributed to audience.

MOTHER:-

Sr. NO	AME	AGE(in years)	SEX	BP (mmHg)	WEIGHT (Kg)	HEIGHT (Cm)	BMI(kg/m ²)	Interpretati on
1.	Rajbala	35	Female	120/80m mhg	63kg	156cm	25.9	Over weight
2.	Jumera Devi	65	Female	120/80 mmhg	56kg	160cm	21.9	Normal


3.	Paninder	28	Female	120/80 mmhg	45kg	152cm	19.5	Normal
4.	Pinki	26	Female	100/70 mmhg	44kg	149cm	19.8	Normal
5.	Indrumati	40	Female	130/70m mhg	56kg	156cm	23.0	Normal
6.	Mangeet	29	Female	110/80 mmhg	55kg	154cm	23.4	Normal
7.	Nirmda	50	Female	120/70m mhg	34kg	151cm	19.8	Normal
8.	Mindro	60	Female	130/80m mhg	55kg	155cm	22,9	Normal
9.	Rajani	48	Female	120/70m mhg	55kg	164cm	20.4	Normal
10.	Champa	40	Female	110/70m mhg	58kg	168cm	20.5	Normal
11.	Sangita	22	Female	110/80m mhg	42kg	160cm	16.4	Under weight
12.	Meenu	20	Female	100/70m mhg	40kg	157cm	12.8	Under weight
13.	Alka	21	Female	100/80m mhg	49kg	160cm	19.1	Normal

CHILD:-


1.	Mayank	18 month	Male	-	7kg	73cm	13.1	Underweig ht
2.	Priya	7	Female	-	19kg	120cm	13.2	Under weight
3.	Kahav	2	Male	-	10kg	97cm	10.6	Under weight
4.	Dinesh	14	Male	-	27kg	145cm	12.8	Under weight
5.	Aadi	1	Male	-	9kg	78cm	14.8	Under weight

Blood Pressure Monitoring counter:-





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acknowledge and enriching experience as the students got confidence in organising the project at community level.SSSSSSSS



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MM COLLEGE OF NURSING MULLANA AMBALA
COMMUNITY HEALTH NURSING
POST BASIC NURSING 2ND YR (2018-19)
GROUP PROJECT ON STUNTED GROWTH

S. NO	NAME OF STUDENT	ROLL NO	Remark
1.	DAMANPREET KAUR	1917201	Phehewt
2.	GURPREET KAUR	1917202	Phehewt
3.	JASWINDER KAUR	1917203	Phehewt
4.	JYOTI KAUSHIK	1917204	Phehewt
5.	MONEY DHINGRA	1917205	Phehewt
6.	NEELAM KUMARI	1917206	Phehewt
7.	POOJA DEVI	1917207	Phehewt
8.	PRITI	1917208	Phehewt
9.	PRIYANKA	1917209	Phehewt
10.	RASHI PAL	1917210	Phehewt
11.	RUPINDER KAUR	1917211	Phehewt
12.	SEEMA KUMARI	1917212	Phehewt
13.	SHALLY KAMBOJ	1917213	Phehewt
14.	SUKHVINDER	1917214	Phehewt
15.	SWEETI	1917215	Phehewt
16.	SYED JUNAID UL ISLAM	1917216	Phehewt
17.	YOGESHWARI CHANDEL	1917218	Phehewt
18.	ARTI DEVI	1917219	Phehewt
19.	TSSHERING PHUNTSO	1917220	Phehewt
20.	HEM KALA	1917221	Phehewt
21.	NEELAM	1917222	Phehewt
22.	NIVEDITA	1917223	Phehewt
23.	SHIVALI	1917224	Phehewt
24.	PRIYANKA KUMARI	1917225	Phehewt
25.	NEHA SHARMA	1917226	Phehewt
26.	KAUSHALYA DEVI	1917227	Phehewt
27.	VIDYA DEVI	1917228	Phehewt
28.	PRIYANKA KAUNDAL	1917229	Phehewt
29.	ANITA DEVI	1917230	Phehewt
30.	RENU THAKUR	1917231	Phehewt


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