



# CHOITHRAM COLLEGE OF NURSING

Accredited by NAAC, Affiliated to INC, MPNRC Bhopal, MPMSU Jabalpur  
Choithram Hospital & Research Centre Manik Bagh Road, Indore 452014 (M.P.)



● Phone: 0731-2362491 to 99, ● Ext. No.: 407/578  
● Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com  
Webiste : www.choithramnursing.com

1.3.4 – Scanned copy of filed visit report with list of students duly attested by the Head of the institution to be provided

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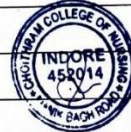


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## Scanned Copy of Filed Visit Report with List of Students

CHOITHRAM COLLEGE OF NURSING				
1.3.4				
LIST OF STUDENTS FOR RESEARCH PROJECT/FIELD VISIT/COMMUNITY POSTING/INTERNSHIP (2022-23)				
S.NO.	Program Name	Name of the Student	Nature of Work	Topic
1.	M.Sc. Nursing Final Year	Ms. Eunice Solomon	Research Project	A Quasi-experimental study to assess the effectiveness of chin- tuck-against-resistance exercise (CTAR) in improving swallowing ability and functional oral intake capacity among on stroke patients with dysphagia in selected hospitals of Indore in the year 2022-2023.
2.	M.Sc. Nursing Final Year	Ms. Nandini Verma	Research Project	A Comparative study to assess the effectiveness of device compatibility during chemotherapy administration between peripheral venous catheter and totally implantable venous access devices among cancer patients in selected hospital of Indore in the year 2022-2023.
3.	M.Sc. Nursing Final Year	Ms. Priya Sharma	Research Project	A Descriptive cross-sectional study to identify modifiable and non-modifiable risk factors developing NCDs and its awareness among early adolescents in selected schools of Indore in the year 2022- 2023.
4.	M.Sc. Nursing Final Year	Ms. Priyanka Tiwari	Research Project	A pre-experimental study to assess the efficacy of nurse led intervention program focused on critical care package among staff nurses working in CCU in selected hospital of Indore in the year 2022- 2023
5.	M.Sc. Nursing Final Year	Ms. Shreya	Research project	Started and progressing
6.	B.Sc Nursing Fourth Year	Aagnes Francis	Internship	Internship Training
7.	B.Sc Nursing Fourth Year	Aarti Khede	Internship	Internship Training
8.	B.Sc Nursing Fourth Year	Aarti Kochale	Internship	Internship Training
9.	B.Sc Nursing Fourth Year	Aashima Benjamin	Internship	Internship Training
10.	B.Sc Nursing Fourth Year	Adheena Geoman	Internship	Internship Training
11.	B.Sc Nursing Fourth Year	Ajeena Susan Alex	Internship	Internship Training
12.	B.Sc Nursing Fourth Year	Akxa Sunny	Internship	Internship Training
13.	B.Sc Nursing Fourth Year	Aleena Soby	Internship	Internship Training





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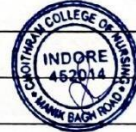
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14.	B.Sc Nursing Fourth Year	Alma Savio	Internship	Internship Training
15.	B.Sc Nursing Fourth Year	Alvi Thomas	Internship	Internship Training
16.	B.Sc Nursing Fourth Year	Ancy Mariyam Philip	Internship	Internship Training
17.	B.Sc Nursing Fourth Year	Amsha Kutty	Internship	Internship Training
18.	B.Sc Nursing Fourth Year	Arti Mandloi	Internship	Internship Training
19.	B.Sc Nursing Fourth Year	Ayana Mariya Geoman	Internship	Internship Training
20.	B.Sc Nursing Fourth Year	Bhawna Nagar	Internship	Internship Training
21.	B.Sc Nursing Fourth Year	Bindu Rathore	Internship	Internship Training
22.	B.Sc Nursing Fourth Year	Dani Mol Sebastain	Internship	Internship Training
23.	B.Sc Nursing Fourth Year	Dipika Patel	Internship	Internship Training
24.	B.Sc Nursing Fourth Year	Eshika David	Internship	Internship Training
25.	B.Sc Nursing Fourth Year	Feba P Babu	Internship	Internship Training
26.	B.Sc Nursing Fourth Year	Feba Ravi	Internship	Internship Training
27.	B.Sc Nursing Fourth Year	Hephziba Elza Biju	Internship	Internship Training
28.	B.Sc Nursing Fourth Year	Jesslin Varghese	Internship	Internship Training
29.	B.Sc Nursing Fourth Year	Jissa Abraham	Internship	Internship Training
30.	B.Sc Nursing Fourth Year	Josna Joseph	Internship	Internship Training







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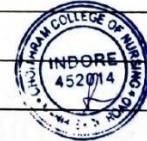
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31.	B.Sc Nursing Fourth Year	Justina Jose	Internship	Internship Training
32.	B.Sc Nursing Fourth Year	Kezia M Reji	Internship	Internship Training
33.	B.Sc Nursing Fourth Year	Kirti Yadav	Internship	Internship Training
34.	B.Sc Nursing Fourth Year	Lini Mariyam Abraham	Internship	Internship Training
35.	B.Sc Nursing Fourth Year	Mahima Lodhi	Internship	Internship Training
36.	B.Sc Nursing Fourth Year	Mahima Rathore	Internship	Internship Training
37.	B.Sc Nursing Fourth Year	Megha Lawrence	Internship	Internship Training
38.	B.Sc Nursing Fourth Year	Merin Yohanna	Internship	Internship Training
39.	B.Sc Nursing Fourth Year	Minal Katara	Internship	Internship Training
40.	B.Sc Nursing Fourth Year	Niharika Barskar	Internship	Internship Training
41.	B.Sc Nursing Fourth Year	Nisha Mariyam Thomas	Internship	Internship Training
42.	B.Sc Nursing Fourth Year	Nivya Raj	Internship	Internship Training
43.	B.Sc Nursing Fourth Year	Pallavi Wankhde	Internship	Internship Training
44.	B.Sc Nursing Fourth Year	Pinki Panwar	Internship	Internship Training
45.	B.Sc Nursing Fourth Year	Pooja Patidar	Internship	Internship Training
46.	B.Sc Nursing Fourth Year	Praisyy James	Internship	Internship Training
47.	B.Sc Nursing Fourth Year	Preeti Sanwer	Internship	Internship Training







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48.	B.Sc Nursing Fourth Year	Pritibala Verma	Internship	Internship Training
49.	B.Sc Nursing Fourth Year	Priyanka Bais	Internship	Internship Training
50.	B.Sc Nursing Fourth Year	Priyanka Bariya	Internship	Internship Training
51.	B.Sc Nursing Fourth Year	Rakhi Patle	Internship	Internship Training
52.	B.Sc Nursing Fourth Year	Ranu Thakur	Internship	Internship Training
53.	B.Sc Nursing Fourth Year	Reesa Mariyam Jacob	Internship	Internship Training
54.	B.Sc Nursing Fourth Year	Reetu Reji	Internship	Internship Training
55.	B.Sc Nursing Fourth Year	Sefali Narware	Internship	Internship Training
56.	B.Sc Nursing Fourth Year	Selin Mariyamma Thomas	Internship	Internship Training
57.	B.Sc Nursing Fourth Year	Sherin Anna Abraham	Internship	Internship Training
58.	B.Sc Nursing Fourth Year	Sherin Shaji	Internship	Internship Training
59.	B.Sc Nursing Fourth Year	Shivani Panwar	Internship	Internship Training
60.	B.Sc Nursing Fourth Year	Sona Saji	Internship	Internship Training
61.	B.Sc Nursing Fourth Year	Suby Merlin Varghese	Internship	Internship Training
62.	B.Sc Nursing Fourth Year	Surbhi Makode	Internship	Internship Training
63.	B.Sc Nursing Fourth Year	Urvashi Septa	Internship	Internship Training
64.	B.Sc Nursing Fourth Year	Varsha Dixit	Internship	Internship Training





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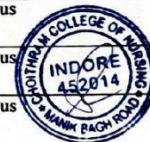
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65.	B.Sc Nursing Fourth Year	Vijetha Nikanth	Internship	Internship Training
66.	B.Sc Nursing Fourth Year	Vinti Arther	Internship	Internship Training
67.	B.Sc Nursing Fourth Year	Vishakha Pal	Internship	Internship Training
68.	B.Sc Nursing Fourth Year	Teena Namdev	Internship	Internship Training
69.	B.Sc Nursing Fourth Year	Akansha Upadhyay	Internship	Internship Training
70.	BSc Nursing Second Year	Aashama Nayta	Community Posting	2 weeks Community posting as per INC syllabus
71.	BSc Nursing Second Year	Adithya Ajith	Community Posting	2 weeks Community posting as per INC syllabus
72.	BSc Nursing Second Year	Akshaya Anil	Community Posting	2 weeks Community posting as per INC syllabus
73.	BSc Nursing Second Year	Anantika	Community Posting	2 weeks Community posting as per INC syllabus
74.	BSc Nursing Second Year	Anjali Gautam	Community Posting	2 weeks Community posting as per INC syllabus
75.	BSc Nursing Second Year	Anjali Kochak	Community Posting	2 weeks Community posting as per INC syllabus
76.	BSc Nursing Second Year	Anju Mishra	Community Posting	2 weeks Community posting as per INC syllabus
77.	BSc Nursing Second Year	Ankita Chandel	Community Posting	2 weeks Community posting as per INC syllabus
78.	BSc Nursing Second Year	Arya M Sudhakar	Community Posting	2 weeks Community posting as per INC syllabus
79.	BSc Nursing Second Year	Ashly Shibu	Community Posting	2 weeks Community posting as per INC syllabus
80.	BSc Nursing Second Year	Chetna Rajput	Community Posting	2 weeks Community posting as per INC syllabus
81.	BSc Nursing Second Year	Dewoo S	Community Posting	2 weeks Community posting as per INC syllabus





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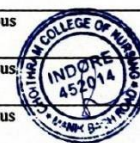
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82.	BSc Nursing Second Year	Diksha Chouhan	Community Posting	2 weeks Community posting as per INC syllabus
83.	BSc Nursing Second Year	Divya Gurjar	Community Posting	2 weeks Community posting as per INC syllabus
84.	BSc Nursing Second Year	Gayatri Ninama	Community Posting	2 weeks Community posting as per INC syllabus
85.	BSc Nursing Second Year	Gracy Verma	Community Posting	2 weeks Community posting as per INC syllabus
86.	BSc Nursing Second Year	Harshita Manker	Community Posting	2 weeks Community posting as per INC syllabus
87.	BSc Nursing Second Year	Hemlata Lodhi	Community Posting	2 weeks Community posting as per INC syllabus
88.	BSc Nursing Second Year	Isha Singh	Community Posting	2 weeks Community posting as per INC syllabus
89.	BSc Nursing Second Year	Isha Tank	Community Posting	2 weeks Community posting as per INC syllabus
90.	BSc Nursing Second Year	Jagratee	Community Posting	2 weeks Community posting as per INC syllabus
91.	BSc Nursing Second Year	Jayshri Rathod	Community Posting	2 weeks Community posting as per INC syllabus
92.	BSc Nursing Second Year	Jisa Rachel Abraham	Community Posting	2 weeks Community posting as per INC syllabus
93.	BSc Nursing Second Year	John Nancy Saju	Community Posting	2 weeks Community posting as per INC syllabus
94.	BSc Nursing Second Year	Kajal Baisval	Community Posting	2 weeks Community posting as per INC syllabus
95.	BSc Nursing Second Year	Khushi Panwar	Community Posting	2 weeks Community posting as per INC syllabus
96.	BSc Nursing Second Year	Khushi Parmar	Community Posting	2 weeks Community posting as per INC syllabus
97.	BSc Nursing Second Year	Km Priya Gupta	Community Posting	2 weeks Community posting as per INC syllabus
98.	BSc Nursing Second Year	Komal Meena	Community Posting	2 weeks Community posting as per INC syllabus







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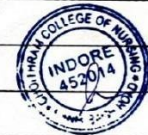
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99.	BSc Nursing Second Year	Kritika Kushwah	Community Posting	2 weeks Community posting as per INC syllabus
100.	BSc Nursing Second Year	Kunal Mukati	Community Posting	2 weeks Community posting as per INC syllabus
101.	BSc Nursing Second Year	Litta Abraham	Community Posting	2 weeks Community posting as per INC syllabus
102.	BSc Nursing Second Year	Mahak Kolare	Community Posting	2 weeks Community posting as per INC syllabus
103.	BSc Nursing Second Year	Mahima Masar	Community Posting	2 weeks Community posting as per INC syllabus
104.	BSc Nursing Second Year	Mansi Tomar	Community Posting	2 weeks Community posting as per INC syllabus
105.	BSc Nursing Second Year	Megha Khalkho	Community Posting	2 weeks Community posting as per INC syllabus
106.	BSc Nursing Second Year	Melveena Mathew	Community Posting	2 weeks Community posting as per INC syllabus
107.	BSc Nursing Second Year	Mohini Bagdare	Community Posting	2 weeks Community posting as per INC syllabus
108.	BSc Nursing Second Year	Monalika Pagare	Community Posting	2 weeks Community posting as per INC syllabus
109.	BSc Nursing Second Year	Monika Sarjaliya	Community Posting	2 weeks Community posting as per INC syllabus
110.	BSc Nursing Second Year	Muskan Khan	Community Posting	2 weeks Community posting as per INC syllabus
111.	BSc Nursing Second Year	Nandini	Community Posting	2 weeks Community posting as per INC syllabus
112.	BSc Nursing Second Year	Neethu Saji	Community Posting	2 weeks Community posting as per INC syllabus
113.	BSc Nursing Second Year	Neha Solanki	Community Posting	2 weeks Community posting as per INC syllabus
114.	BSc Nursing Second Year	Neha Bhalse	Community Posting	2 weeks Community posting as per INC syllabus
115.	BSc Nursing Second Year	Neha Kanade	Community Posting	2 weeks Community posting as per INC syllabus





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117.	BSc Nursing Second Year	Pooja Kanchole	Community Posting	2 weeks Community posting as per INC syllabus
118.	BSc Nursing Second Year	Pooja Prajapat	Community Posting	2 weeks Community posting as per INC syllabus
119.	BSc Nursing Second Year	Pooja Jaiswal	Community Posting	2 weeks Community posting as per INC syllabus
120.	BSc Nursing Second Year	Priti Verma	Community Posting	2 weeks Community posting as per INC syllabus
121.	BSc Nursing Second Year	Rakshita Naiyar	Community Posting	2 weeks Community posting as per INC syllabus
122.	BSc Nursing Second Year	Ranu Patidar	Community Posting	2 weeks Community posting as per INC syllabus
123.	BSc Nursing Second Year	Renuka Dhruv	Community Posting	2 weeks Community posting as per INC syllabus
124.	BSc Nursing Second Year	Sanju Kanesh	Community Posting	2 weeks Community posting as per INC syllabus
125.	BSc Nursing Second Year	Shikha	Community Posting	2 weeks Community posting as per INC syllabus
126.	BSc Nursing Second Year	Shivani Kumrawat	Community Posting	2 weeks Community posting as per INC syllabus
127.	BSc Nursing Second Year	Shivani Yadav	Community Posting	2 weeks Community posting as per INC syllabus
128.	BSc Nursing Second Year	Shruti	Community Posting	2 weeks Community posting as per INC syllabus
129.	BSc Nursing Second Year	Shyamsundar	Community Posting	2 weeks Community posting as per INC syllabus
130.	BSc Nursing Second Year	Sneha Rathor	Community Posting	2 weeks Community posting as per INC syllabus
131.	BSc Nursing Second Year	Sonali Sharma	Community Posting	2 weeks Community posting as per INC syllabus
132.	BSc Nursing Second Year	Sonika Rathore	Community Posting	2 weeks Community posting as per INC syllabus





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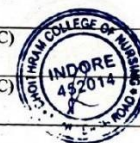
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134.	BSc Nursing Second Year	Teena Panwar	Community Posting	2 weeks Community posting as per INC syllabus
135.	BSc Nursing Second Year	Vaishnavi Kushwah	Community Posting	2 weeks Community posting as per INC syllabus
136.	BSc Nursing Second Year	Veena Tomar	Community Posting	2 weeks Community posting as per INC syllabus
137.	BSc Nursing Second Year	Yogita	Community Posting	2 weeks Community posting as per INC syllabus
138.	BSc Nursing First Year	Aayushi Manshare	Field visit	Educational visit to Community area (CHC)
139.	BSc Nursing First Year	Aksa Elizabeth Raju	Field visit	Educational visit to Community area (CHC)
140.	BSc Nursing First Year	Alenteena k Varkey	Field visit	Educational visit to Community area (CHC)
141.	BSc Nursing First Year	Alpha Sagely Bihare	Field visit	Educational visit to Community area (CHC)
142.	BSc Nursing First Year	Anchal Kumari	Field visit	Educational visit to Community area (CHC)
143.	BSc Nursing First Year	Antim Bala Carpenter	Field visit	Educational visit to Community area (CHC)
144.	BSc Nursing First Year	Aradhaya Bhawsar	Field visit	Educational visit to Community area (CHC)
145.	BSc Nursing First Year	Arpita Milkyas	Field visit	Educational visit to Community area (CHC)
146.	BSc Nursing First Year	Arshi Khan	Field visit	Educational visit to Community area (CHC)
147.	BSc Nursing First Year	Arti Nagar	Field visit	Educational visit to Community area (CHC)
148.	BSc Nursing First Year	Ayushi Lakra	Field visit	Educational visit to Community area (CHC)
149.	BSc Nursing First Year	Babli Nishad	Field visit	Educational visit to Community area (CHC)







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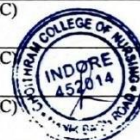
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150.	BSc Nursing First Year	Bharti Nagar	Field visit	Educational visit to Community area (CHC)
151.	BSc Nursing First Year	Bhumika Mewada	Field visit	Educational visit to Community area (CHC)
152.	BSc Nursing First Year	Bushra Mansuri	Field visit	Educational visit to Community area (CHC)
153.	BSc Nursing First Year	Chandini Dhangar	Field visit	Educational visit to Community area (CHC)
154.	BSc Nursing First Year	Chetna Birla	Field visit	Educational visit to Community area (CHC)
155.	BSc Nursing First Year	Chetna Chouhan	Field visit	Educational visit to Community area (CHC)
156.	BSc Nursing First Year	Chinal Mehta	Field visit	Educational visit to Community area (CHC)
157.	BSc Nursing First Year	Christin Jiju	Field visit	Educational visit to Community area (CHC)
158.	BSc Nursing First Year	Debora Daniel	Field visit	Educational visit to Community area (CHC)
159.	BSc Nursing First Year	Gayatri Yadav	Field visit	Educational visit to Community area (CHC)
160.	BSc Nursing First Year	Girja Soliya	Field visit	Educational visit to Community area (CHC)
161.	BSc Nursing First Year	Graina Mary Devasia	Field visit	Educational visit to Community area (CHC)
162.	BSc Nursing First Year	Isha Sharma	Field visit	Educational visit to Community area (CHC)
163.	BSc Nursing First Year	Jagrati Rathore	Field visit	Educational visit to Community area (CHC)
164.	BSc Nursing First Year	Kamini Chouhan	Field visit	Educational visit to Community area (CHC)
165.	BSc Nursing First Year	Karnika Patidar	Field visit	Educational visit to Community area (CHC)
166.	BSc Nursing First Year	Kashish Malviya	Field visit	Educational visit to Community area (CHC)





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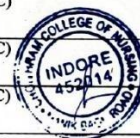
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167.	BSc Nursing First Year	Khyati Murumkar	Field visit	Educational visit to Community area (CHC)
168.	BSc Nursing First Year	Kirti Birla	Field visit	Educational visit to Community area (CHC)
169.	BSc Nursing First Year	Kirti Patidar	Field visit	Educational visit to Community area (CHC)
170.	BSc Nursing First Year	Kumkum Prajapat	Field visit	Educational visit to Community area (CHC)
171.	BSc Nursing First Year	Manjusha Kujur	Field visit	Educational visit to Community area (CHC)
172.	BSc Nursing First Year	Merlin John	Field visit	Educational visit to Community area (CHC)
173.	BSc Nursing First Year	Muskan Katija	Field visit	Educational visit to Community area (CHC)
174.	BSc Nursing First Year	Naveen Pawar	Field visit	Educational visit to Community area (CHC)
175.	BSc Nursing First Year	Neha Patel	Field visit	Educational visit to Community area (CHC)
176.	BSc Nursing First Year	Neha Rathore	Field visit	Educational visit to Community area (CHC)
177.	BSc Nursing First Year	Nikita Rathore	Field visit	Educational visit to Community area (CHC)
178.	BSc Nursing First Year	Nikita Sitole	Field visit	Educational visit to Community area (CHC)
179.	BSc Nursing First Year	Pooja Dangi	Field visit	Educational visit to Community area (CHC)
180.	BSc Nursing First Year	Priska M Samuel	Field visit	Educational visit to Community area (CHC)
181.	BSc Nursing First Year	Priya Barod	Field visit	Educational visit to Community area (CHC)
182.	BSc Nursing First Year	Priya Rathore	Field visit	Educational visit to Community area (CHC)
183.	BSc Nursing First Year	Priya Yadav	Field visit	Educational visit to Community area (CHC)





# CHOITHRAM COLLEGE OF NURSING

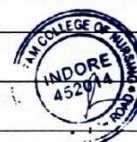
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Choithram Hospital & Research Centre Manik Bagh Road, Indore 452014 (M.P.)



● Phone: 0731-2362491 to 99, ● Ext. No.: 407/578  
● Principal: +91-731-4939909

E-mail : cconursing@yahoo.co.in, choithramoffice@gmail.com  
Webiste : www.choithramnursing.com

184.	BSc Nursing First Year	Priyanka Malviya	Field visit	Educational visit to Community area (CHC)
185.	BSc Nursing First Year	Priyanka Rani	Field visit	Educational visit to Community area (CHC)
186.	BSc Nursing First Year	Purvi Rai	Field visit	Educational visit to Community area (CHC)
187.	BSc Nursing First Year	Radhika Sahu	Field visit	Educational visit to Community area (CHC)
188.	BSc Nursing First Year	Rajan Varghese	Field visit	Educational visit to Community area (CHC)
189.	BSc Nursing First Year	Reetika Chowdhary	Field visit	Educational visit to Community area (CHC)
190.	BSc Nursing First Year	Richa Angel Joshy	Field visit	Educational visit to Community area (CHC)
191.	BSc Nursing First Year	Ritika Ninama	Field visit	Educational visit to Community area (CHC)
192.	BSc Nursing First Year	Saloni Dhakad	Field visit	Educational visit to Community area (CHC)
193.	BSc Nursing First Year	Shainy Saji	Field visit	Educational visit to Community area (CHC)
194.	BSc Nursing First Year	Shanu Solanki	Field visit	Educational visit to Community area (CHC)
195.	BSc Nursing First Year	Sheetal Rathore	Field visit	Educational visit to Community area (CHC)
196.	BSc Nursing First Year	Sheetal Verma	Field visit	Educational visit to Community area (CHC)
197.	BSc Nursing First Year	Shivani Rai	Field visit	Educational visit to Community area (CHC)
198.	BSc Nursing First Year	Shradha Gour	Field visit	Educational visit to Community area (CHC)
199.	BSc Nursing First Year	Sinhasani Singh Chouhan	Field visit	Educational visit to Community area (CHC)
200.	BSc Nursing First Year	Siya Rajeeesh	Field visit	Educational visit to Community area (CHC)







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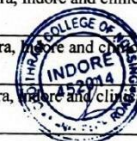
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201.	BSc Nursing First Year	Smita Dhangar	Field visit	Educational visit to Community area (CHC)
202.	BSc Nursing First Year	Sonam Pal	Field visit	Educational visit to Community area (CHC)
203.	BSc Nursing First Year	Soumya Kaushal	Field visit	Educational visit to Community area (CHC)
204.	BSc Nursing First Year	Sunila Buriya	Field visit	Educational visit to Community area (CHC)
205.	BSc Nursing First Year	Tamanna Gill	Field visit	Educational visit to Community area (CHC)
206.	BSc Nursing First Year	Vinita Kanude	Field visit	Educational visit to Community area (CHC)
207.	BSc Nursing First Year	Sapna Mewada	Field visit	Educational visit to Community area (CHC)
208.	BSc Nursing First Year	Aayush Vishwakarma	Field visit	Educational visit to Community area (CHC)
209.	B.Sc. Nursing III Year	Akansha Patel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
210.	B.Sc. Nursing III Year	Anjali Singh	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
211.	B.Sc. Nursing III Year	Anju Jhamel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
212.	B.Sc. Nursing III Year	Ankita Singh	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
213.	B.Sc. Nursing III Year	Arpita Peral Joshi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
214.	B.Sc. Nursing III Year	Ash Amliyar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
215.	B.Sc. Nursing III Year	Asha Carpenter	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
216.	B.Sc. Nursing III Year	Asha	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
217.	B.Sc. Nursing III Year	Ashly George	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital





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218.	B.Sc. Nursing III Year	Chandini Yadav	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
219.	B.Sc. Nursing III Year	Fami J Prasad	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
220.	B.Sc. Nursing III Year	Isha Makhore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
221.	B.Sc. Nursing III Year	Jincy John	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
222.	B.Sc. Nursing III Year	Josmi T Y	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
223.	B.Sc. Nursing III Year	Kajal Bairagi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
224.	B.Sc. Nursing III Year	Kavita	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
225.	B.Sc. Nursing III Year	Kirti Gehlot	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
226.	B.Sc. Nursing III Year	Kirtibala Waskale	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
227.	B.Sc. Nursing III Year	Komal Amlawar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
228.	B.Sc. Nursing III Year	Lakshita Jhala	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
229.	B.Sc. Nursing III Year	Lata Solanki	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
230.	B.Sc. Nursing III Year	Lincy James	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
231.	B.Sc. Nursing III Year	Mahima Patidar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
232.	B.Sc. Nursing III Year	Manisha Dangi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
233.	B.Sc. Nursing III Year	Megha Kawadkar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
234.	B.Sc. Nursing III Year	Megha M Thomas	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital







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235.	B.Sc. Nursing III Year	Merlin Mariyam Raju	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
236.	B.Sc. Nursing III Year	Milicent Dass	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
237.	B.Sc. Nursing III Year	Namrata Songara	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
238.	B.Sc. Nursing III Year	Nikita Rathode	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
239.	B.Sc. Nursing III Year	Nima Patel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
240.	B.Sc. Nursing III Year	Nitu Piplodiya	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
241.	B.Sc. Nursing III Year	Pallavi Sharma	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
242.	B.Sc. Nursing III Year	Parriza Patras	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
243.	B.Sc. Nursing III Year	Payal Dangi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
244.	B.Sc. Nursing III Year	Pooja Birla	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
245.	B.Sc. Nursing III Year	Poonam Borna	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
246.	B.Sc. Nursing III Year	Joshi Prajakta Kishore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
247.	B.Sc. Nursing III Year	Pratiksha Singh	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
248.	B.Sc. Nursing III Year	Priya Rathore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
249.	B.Sc. Nursing III Year	Priyanka	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
250.	B.Sc. Nursing III Year	Priyanka Alawa	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
251.	B.Sc. Nursing III Year	Priyanka Kujur	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital





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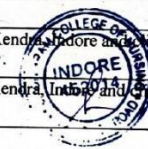
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Webiste : www.choithramnursing.com

252.	B.Sc. Nursing III Year	Radhika Dangi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
253.	B.Sc. Nursing III Year	Rajnandani Patel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
254.	B.Sc. Nursing III Year	Rani Chouhan	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
255.	B.Sc. Nursing III Year	Ranu Patel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
256.	B.Sc. Nursing III Year	Ranu Patidar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
257.	B.Sc. Nursing III Year	Rosely Marium Roy	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
258.	B.Sc. Nursing III Year	Ruby M Roy	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
259.	B.Sc. Nursing III Year	Rupali Gour	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
260.	B.Sc. Nursing III Year	Sakshi Rathore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
261.	B.Sc. Nursing III Year	Sakshi Yadav	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
262.	B.Sc. Nursing III Year	Saloni Rathore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
263.	B.Sc. Nursing III Year	Sanja Jangade	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
264.	B.Sc. Nursing III Year	Sapna Gurjar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
265.	B.Sc. Nursing III Year	Sapna Jamod	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
266.	B.Sc. Nursing III Year	Sarita Dangi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
267.	B.Sc. Nursing III Year	Sarita Mishra	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
268.	B.Sc. Nursing III Year	Sejal Ernest	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital





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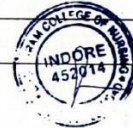
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Webiste : www.choithramnursing.com

269.	B.Sc. Nursing III Year	Shifa Khan	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
270.	B.Sc. Nursing III Year	Sipora Mavi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
271.	B.Sc. Nursing III Year	Sunita Parmar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
272.	B.Sc. Nursing III Year	Sureksha Jadam	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
273.	B.Sc. Nursing III Year	Swati Patel	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
274.	B.Sc. Nursing III Year	Treesa Thomas	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
275.	B.Sc. Nursing III Year	Vaishali Pawar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
276.	B.Sc. Nursing III Year	Varsha Patidar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
277.	B.Sc. Nursing III Year	Yashoda Dangi	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
278.	B.Sc. Nursing III Year	Muskan Rathore	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
279.	B.Sc. Nursing III Year	Ravina Nagar	Field Visit and Clinical posting	Educational Field visit to Manovruddhi Kendra, Indore and clinical posting in hospital
280.	M.Sc. N I year	Ms. Cynthia Geoffery	Field Visit and Clinical posting	Holistic Posting visit & Specialty clinical posting
281.	M.Sc. N I year	Ms. Akansha Ninama	Field Visit and Clinical posting	Holistic Posting visit & Specialty clinical posting
282.	M.Sc. N I year	Ms. Sakshi Sohani	Field Visit and Clinical posting	Holistic Posting visit & Specialty clinical posting
283.	P.B.B.Sc. Nursing II year	Ms. Judy Varghese	Clinical & Community posting	Specialty and routine clinical posting







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## Educational Visit to Community Area – B.Sc. Nursing First Year

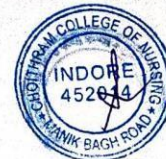
### CHOITHRAM COLLEGE OF NURSING REPORT ON- FIELD VISIT

DATE	28/APRIL/2023
PROGRAM	FIELD VISIT TO BANGANGA CHC.
PARTICIPANTS	STUDENTS OF BSC 1 <sup>ST</sup> YEAR
VENUE	CHC BANGANGA



#### AIM FOR FIELD VISIT:

B.Sc. 1<sup>st</sup> year of Choithram College of Nursing went for the field visit at CHC Banganga. Field visits for nursing students serve multiple purposes, enriching their educational experience and preparing them for their future careers. Here are some of the aims of field visits for nursing students. Field visits provide nursing students with exposure to real-world clinical settings, allowing them to observe various healthcare practices, interact with patients, and understand the dynamics of healthcare delivery. Field visits offer students the opportunity to apply theoretical knowledge gained in classrooms to real-life situations. They can witness how concepts like patient assessment, care planning, and therapeutic interventions are implemented in clinical settings.







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**PURPOSE OF FIELD VISITS** : for nursing students encompasses several important aspects that contribute to their education and professional development: Field visits provide nursing students with hands-on exposure to real-world clinical settings, allowing them to apply theoretical knowledge in practical situations. This experience helps bridge the gap between classroom learning and clinical practice. By observing healthcare professionals in action, nursing students can learn best practices, patient interaction techniques, and effective communication skills. They can witness how different members of the healthcare team collaborate to provide comprehensive care.

Field visits offer opportunities for nursing students to develop and refine their clinical skills under the guidance of experienced professionals. They may practice procedures such as taking vital signs, administering medications, and providing basic patient care.

Assistant Lecturer Nibha soy , Abhilash Kolare & Dolly sawner were assigned for the students to explain the functions of CHC. Departments and their departmental heads of CHC.





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**CONCLUSION FIELD VISIT:** In conclusion, field visits for nursing students offer invaluable opportunities for hands-on learning, professional development, and personal growth. Through these experiences, students gain practical exposure to clinical settings, apply theoretical knowledge in real-world scenarios, and develop essential skills for their future careers as nurses.







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## CHOITHRAM COLLEGE OF NURSING

B. Sc. NURSING 1<sup>st</sup> YEAR, 2022-2023

### ATTENDANCE SHEET

S.NO.	Name Of The Student	Signature
1.	Aayushi Manshare	Aayushi
2.	Aksa Elizabeth Raju	Aksa
3.	Alenteena K Varkey	Alenteena
4.	Alpha Sagely Bihare	Alpha
5.	Anchal Kumari	Anchal
6.	AntimBala Carpenter	Antimbala
7.	Aradhaya Bhawsar	Aradhaya
8.	Arpita Milkyas	Arpita
9.	Arshi Khan	Arshi
10.	Arti Nagar	Absent
11.	Ayushi Lakra	Ayushi
12.	Babli Nishad	Babli
13.	Bharti Nagar	Absent
14.	Bhumika Mewada	Bhumika
15.	Bushra Mansuri	Bushra
16.	Chandini Dhangar	Chandini

*[Handwritten signature]*







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17.	Chetna Birla	Absent
18.	Chetna Chouhan	Cheng.
19.	Christin Jiju	Absent
20.	Debora Daniel	Debora
21.	Gayatri Yadav	Gayatri
22.	Girja Soliya	Girja
23.	Graina Mary Devasia	Graina
24.	Isha Sharma	Absent
25.	Jagrati Rathore	Jagrati
26.	Kamini Chauhan	Kamini
27.	Karnika Patidar	Karnika
28.	Kashish Malviya	Kashish
29.	Khyati Murumkar	Khyati
30.	Kirti Birla	Kirti
31.	Kirti Patidar	Kirti
32.	Kumkum Prajapat	Kumkum
33.	Manjusha Kujur	Manjusha
34.	Merlin John	Merlin
35.	Muskan Katija	Muskan
36.	Naveen Pawar	Naveen
37.	Neha Patel	Neha

*[Handwritten signature]*





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38.	Neha Rathore	Neha
39.	Nikita Rathore	Absent
40.	Nikita Sitole	Nitole
41.	Pooja Dangi	Pooja
42.	Priska M Samuel	Priska
43.	Priya Barod	Priya
44.	Priya Rathore	Priya
45.	Priya Yadav	Priya
46.	Priyanka Malviya	Malviya
47.	Priyanka Rani	Priyanka
48.	Purvi Rai	Purviraj
49.	Radhika Sahu	Absent
50.	Rajan	Rajan
51.	Reetika Chowdhary	Reetika
52.	Richa Angel Joshy	Richa
53.	Ritika Ninama	Ritika
54.	Saloni Dhakad	Saloni
55.	Sapna Mewada	Absent
56.	Shainy Saji	Shainy
57.	Shanu Solanki	Shanu
58.	Sheetal Rathore	Sheetal

*[Handwritten Signature]*







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59.	Sheetal Verma	Sheetal
60.	Shivani Rai	Shivani
61.	Shraddha Gaur	Shraddha
62.	Sinhasani Singh Chouhan	Sinhasani
63.	Siya Rajeeesh	Siya
64.	Smita Dhangar	Smita
65.	Sneha Khode	—
66.	Someya Koushal	Someya
67.	Sonam Pal	Sonam
68.	Sunila Bhuriya	Sunila
69.	Tamana	Tamana
70.	Vinita Kanude	Vinita







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## Field Visit to Manovruddhi Kendra, Indore – B.Sc. Nursing Third Year

Education  
Service Research

CHOITHRAM CONSORTIUM

### CHOITHRAM COLLEGE OF NURSING, INDORE

**CHOITHRAM COLLEGE OF NURSING, INDORE**

Organized

**Educational Visit**

To  
"Manovridhi: School for Special Children"  
"Sewa Mandir: Deaf, Dumb and Blind School"

On  
**15/5/2024 & 16/5/2024**

BY: Department of Mental Health Nursing

Flyer

INDORE 452014



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Choithram Hospital & Research Centre Manik Bagh Road, Indore 452014 (M.P.)



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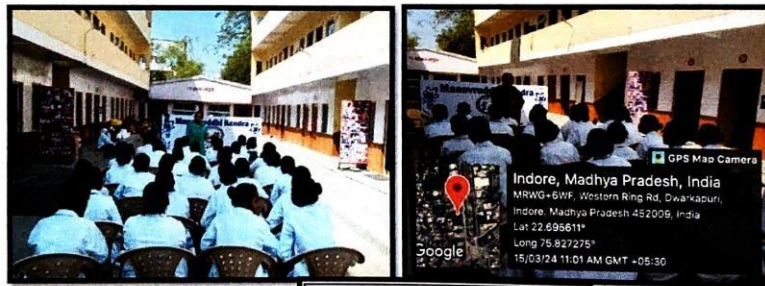
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## CHOITHRAM COLLEGE OF NURSING REPORT ON EDUCATIONAL /FIELD VISIT 2024

**Theme:** Educational visit/ Field trip  
**Date -** 15/03/2024 - 16/03/2024  
**Time -** 11AM onwards  
**Venue -** Manovridhi: School for Special Children  
Sewa Mandir: Deaf, Dumb and Blind School  
**Beneficiaries:** B.Sc. (N) III Year Student (72)

Under the esteemed leadership of Principal Prof. Shreeja Vijayan Mental Health Nursing Department organized a field visit to **MANOVRIDHI School for especially abled children and Deaf, Dumb and Blind School: SEWA MANDIR**. Students of B.Sc. Nursing 3<sup>rd</sup> year visited the school for two consecutive days (15/3/24 & 16/3/24).

The **MANOVRIDHI** school is providing educational services, vocational services and counselling services to children diagnosed with Intellectual Disability, Down syndrome and other learning disorders of childhood. During visits **Mrs. Gitendra Kaur Chabra**, Director



About Manovridhi Kendra





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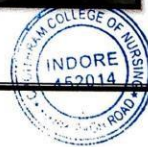
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MANOVRIDHI Kendra addressed the students regarding vision, mission, objectives and about services rendered by the institute.



Group Photo of Students at MANOVRIDHI

"SEWA MANDIR" provides Pre-school, KG Level and primary level education to the deaf and blind students. Institution is well equipped with group hearing aids in the classrooms with audio technology, speech trainers, speech therapy classes, Montessori teaching aids, library, Braille kits, musical equipment's, Art and Craft Training Program, vocational training and special educators.







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## Exploring Teaching and Learning Methodologies

During their visit, students had the invaluable opportunity to witness firsthand the innovative teaching methodologies employed by the special educators and engage in meaningful interactions with the children, fostering a deeper understanding and appreciation for inclusive education.



Group Photo at SEWA MANDIR ON 15/3/2024





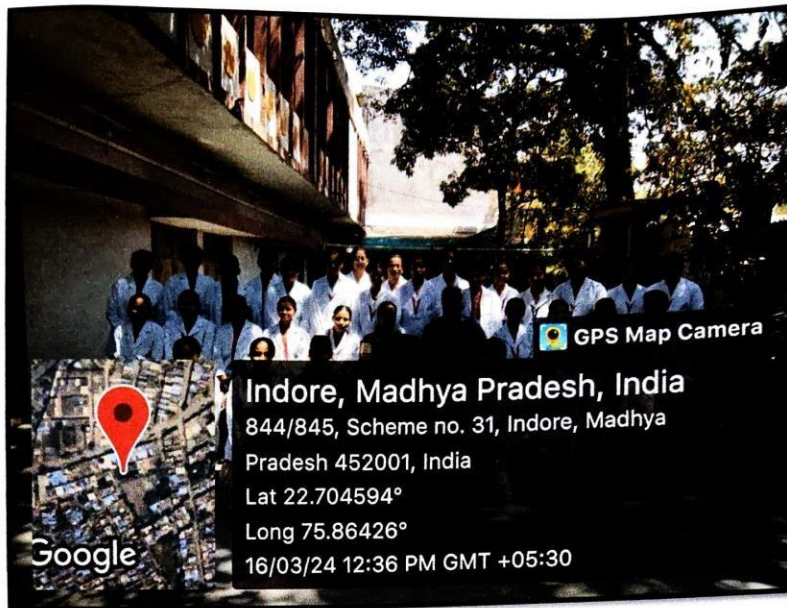
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Group Photo at SEWA MANDIR ON 16/3/2024

Director **Mr. Jitendra Badjatya** Director, Deaf, Dumb and Blind School: Sewa Mandir addressed the students regarding vision, mission, objectives and about services rendered by the institute to the children.

**Ms. Christy Abish**, Asso professor and **Ms. Sunimol A Kumar**, Asst. Lecturer were accompanied with students during this enriching two-day visit.

Subject Coordinator







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## CHOITHRAM COLLEGE OF NURSING

B.Sc. NURSING 3<sup>rd</sup> YEAR

BATCH 2022-2023

S.NO.	NAME OF THE STUDENT	
1.	Akansha Patel	Akansha
2.	Anjali Singh	Anjali
3.	Anju Jhamel	Anju
4.	Ankita Singh	Ankita
5.	Arpita Peral Joshi	Arpita
6.	Ash Amliyar	Ash
7.	Asha Carpenter	Asha
8.	Asha	Asha
9.	Ashly George	Ashly
10.	Chandini Yadav	Chandini
11.	Fami J Prasad	Fami
12.	Isha Makhore	Isha
13.	Jincy John	Jincy
14.	Josmi T Y	Josmi
15.	Kajal Bairagi	Kajal
16.	Kavita	Kavita
17.	Kirti Gehlot	Kirti
18.	Kirtibala Waskale	Kirtibala
19.	Komal Amlawar	Komal
20.	Lakshita Jhala	Lakshita
21.	Lata Solanki	Lata
22.	Lincy James	Lincy
23.	Mahima Patidar	Mahima
24.	Manisha Dangi	Manisha
25.	Megha Kawadkar	Megha
26.	Megha M Thomas	Megha
27.	Merlin Mariyam Raju	Merlin
28.	Milicent Dass	Milicent
29.	Namrata Songara	Namrata
30.	Nikita Rathode	Nikita
31.	Nima Patel	Nima
32.	Nitu Piplodiya	Nitu
33.	Pallavi Sharma	Pallavi
34.	Parriza Patras	Parriza
35.	Payal Dangi	Payal
36.	Pooja Birla	Pooja
37.	Poonam Borna	Poonam
38.	Joshi Prajakta Kishore	Joshi
39.	Pratiksha Singh	Pratiksha







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40.	Priya Rathore	Priya
41.	Priyanka	Priyanka
42.	Priyanka Alawa	Priyanka
43.	Priyanka Kujur	Priyanka
44.	Radhika Dangi	Radhika
45.	Rajnandani Patel	Rajnandani
46.	Rani Chouhan	Rani
47.	Ranu Patel	Ranu
48.	Ranu Patidar	Ranu
49.	Rosely Mariam Roy	Rosely
50.	Ruby M Roy	Ruby
51.	Rupali Gour	Rupali
52.	Sakshi Rathore	Sakshi
53.	Sakshi Yadav	Sakshi
54.	Saloni Rathore	Saloni
55.	Sanja Jangade	Sanja
56.	Sapna Gurjar	Sapna
57.	Sapna Jamod	Sapna
58.	Sarita Dangi	Sarita
59.	Sarita Mishra	Sarita
60.	Sejal Ernest	Sejal
61.	Shifa Khan	Shifa
62.	Sipora Mavi	Sipora
63.	Sunita Parmar	Sunita
64.	Surksha Jadam	Surksha
65.	Swati Patel	Swati
66.	Treesa Thomas	Treesa
67.	Vaishali Pawar	Vaishali
68.	Varsha Patidar	Varsha
69.	Yashoda Dangi	Yashoda
70.	Muskan Rathore	Muskan
71.	Ravina Nagar	Ravina



Event coordinator



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## Holistic Posting Visit Report- M.Sc. Nursing First Year

### CHOITHRAM COLLEGE OF NURSING VISIT TO HOLISTIC HEALTH CENTRE BASIC HOLISTIC HEALTH & FOOT REFLEXOLOGY, PUNE

DATE	11 <sup>th</sup> – 18 <sup>th</sup> February 2024
VENUE	Holistic Health Centre, Pune
BENEFICIARIES	M.Sc. Nursing 1 <sup>st</sup> year 2022-24 batch
TOTAL STUDENTS	03 students

Choithram College of Nursing had provided opportunity to Student of M.Sc.(N) previous year for on holistic posting to Holistic Health Centre, Pune from 12.02.24 to 18.02.24

Health is combination of body, mind, spirit and integration so for a healthy living all 4 aspects are important. In all 6 day posting students focused on the four aspect of live through which wellness is achieved. And wellness is a way of life.

#### POSTING DAILY SCHEDULE

6:00 am	<ul style="list-style-type: none"><li>• Yoga and Aerobics</li><li>• Morning Walk</li></ul>
7:30 am	<ul style="list-style-type: none"><li>• Vegetable cutting</li><li>• Breakfast</li></ul>
9:00 am	<ul style="list-style-type: none"><li>• Prayer</li><li>• Classes</li></ul>
10:30 am	<ul style="list-style-type: none"><li>• Herbal Tea</li><li>• Fruits</li></ul>
12:30am	<ul style="list-style-type: none"><li>• Lunch Break</li><li>• Utensils Washing</li></ul>
3:00 pm- Classes	
4:00 pm- Tea Break	
5:30pm-7:15pm- Outing	
7:30 pm- Dinner	
9:30 pm- Bed Time	





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## DAY - 1 INTRODUCTION (12.02.24)

The image says that health is combination of body, mind, spirit and integration so for a healthy living all 4 aspects are important. In all our 6 day posting we focused on the four aspect of live through which wellness is achieved. And wellness is a way of life.



### **THE 5 BASIC DIMENSIONS OF HOLISTIC HEALTH**

A wellness lifestyle has 5 dimensions. All five areas areas are equally important, however self-responsibility is the most important to achieve the other 4 dimensions.

1. Environmental sensitivity
2. Stress awareness
3. Nutritional awareness
4. Physical fitness
5. Self responsibility

### **ILLNESS WELLNESS CONTINUM**

The center of the scale that is the triangle show absence of illness. Moving from the center to left show pre- mature death. Moving from center to right show high level of wellness.

## DAY - 2 (13.02.24)

### **MEANING OF LIFE**

"Whoever has a reason for living endures any mode of life."

Meaning of life includes

- Creative values.
- Experiencing aspects of truth, beauty, goodness.
- And by realizing attitudinal values.

And spiritual aspect play an important role in giving meaning of our lives.

In the next session "leap of faith" a documentary movie was shown to us.

### **FOOT REFLEXOLOGY**

In the last session of day-2 respected sister Usha, explained us about *Foot Reflexology*. It is an alternative medicine, involving application of pressure to the feet with specific thumb movement i.e. the caterpillar motion.

The practical of foot reflexology will be demonstrated at the end of report presentation.

## DAY 3<sup>TH</sup> (14.02.24)

The day 3<sup>th</sup> sister Usha discussed many issues about stress and its management







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## Personal Ways To Cope With Stress:

- Have a positive attitude.
- Give positive affirmations to self like I am beautiful.
- Yoga
- Meditation
- Be close to God
- Spend quality time with friends etc.

## Stress management techniques

- Yoga
- Meditation
- Aerobics
- Talk with friends
- Give time to god
- Engage in your favorite activities

## GROUP DISCUSSION AND SHARING

Here all 12 of us sat together with sister Usha and discussed about our stressors and she helped us in identifying them and to deal with them. It was a very nice session.

## Video on spiritual reality

In this video we had seen that cosmic energy exists in the cosmos. We get that cosmic energy when we are relaxed. That cosmic energy is very helpful for curing our majority of diseases. For that we should be in relaxed posture.

## DAY 4<sup>TH</sup> (15.02.24)

### Nutrition:

- **Mindful Eating:**  
It means that whatever we are eating we should eat it in a proper manner. We should taste the food and chew it properly with the peace of mind and with no distractions.
- **Balanced diet:**  
A diet which contains essential nutrients required for the body. Balanced diet leads to the proper development of the body.
- **Psycho nutrition:**  
We should include salad and sprouts in our diet. Basically, it all about including raw food in your meal. It leads to the cure of many diseases.

### Pricing Issue:

As accessible to medicine is one of the most important aspect of health care system. In India the cost of medicines is between 50-80% of the total cost of treatment. Medicines in India are overpriced and unaffordable. It's a glaring silent violation of human rights causing severe financial and mental stress to the majority of patients as well as their families.





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A video of discussion on pricing issue was shown in which Dr. Samit Agawal (IAS Raj.) told us about generic medicines. He told that 65% of people can not afford medicines the price of generic medicines is much less than brand medicines. The issue of major concern is that these medicines are being exported to other countries.

### Rational Drug Therapy:

Rational means which is based on reason, which is sensible. Rational drug therapy means use of drugs which are efficient, safe, low cost and easy to administer. In other words ordering right medicine for the right patient at the right time in the right amount with due consideration of cost. For this the health practitioners should have adequate medical knowledge and appropriate skills for the correct diagnosis and treatment.

Following are the causes leading to irrational drug therapy:

1. Lack of knowledge
2. Irrationality in prescription
3. Inaccurate diagnosis

### Drug Marketing:

World over and in India specifically medicines are promoted by all means of fair and foul. It is understandable to some extent that pharma companies aggressively market their drugs and persuade doctors by variety of means. Few glib talks and gifts influence doctors to prescribe expensive medicines to the patient. It is unethical marketing of drugs.

### Biofeedback :

It's a guided imaginary which enables an individual to learn how to change physiological activities for the purpose of improving health and performance. Person has to frame a positive phrase like "I am healed," "I am beautiful" "I am good". The person has to lie down on the flat surface and follow the voice which has been recorded. It's a sense of relaxation and being inside.

### DAY 6<sup>TH</sup> (16.02.24):

On day 6<sup>th</sup> discussion which was done on topic "Meditation On A Broken World" was presented before the faculties and students.

Humanity is a part of a vast evolving universe alive within a unique community of life. The resilience of the community of life and the well being of humanity depends upon preserving a healthy biosphere with all its ecosystem, a variety of plants, animals, fertile soil, water, land etc.

### SITE SEEING AND MEMORIES:

Holistic center was a complete attraction spot for all nature lovers to gain insight and peace but still in a very limited time space of 2 hours many areas were explored which holds special significance. The various ancient places of Pune were shown in the video. First was the shaniwarwada which is one of the major tourist attraction and historical fortification of Pune. Other areas like Rajiv Gandhi zoo, Tulsi bazar, shopping mall etc. Beautiful and memorable days can never come back but they last







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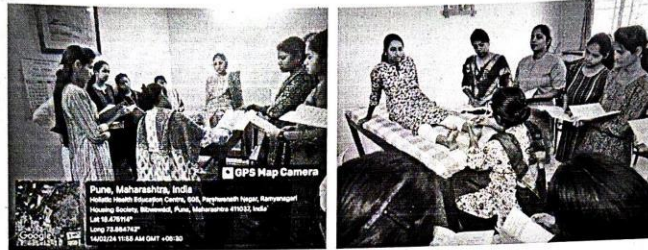
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only in photos. Photos of the memories spent together in the holistic posting were also there in the video.

## VOTE OF THANKS:

At the end of the presentation vote of thanks was given. It was wonderful experience at holistic center in Pune but the person behind this entire education was Prof. Shreeja Ma'am without her encouragement and the opportunity which she had given to the students of M.Sc.(N) batch 2022-2024 can never be measured in any word.



FOOT REFLEXOLOGY SESSION



CERTIFICATE DISTRIBUTION







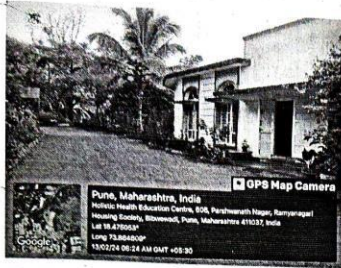
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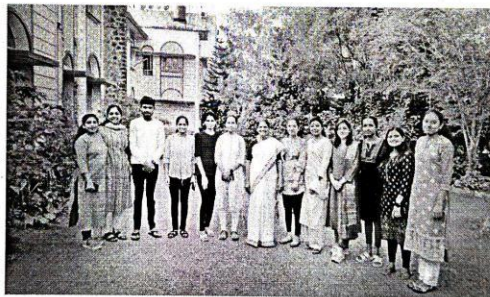
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HOLISTIC CENTRE, PUNE

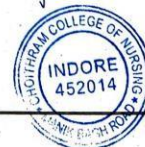


THANKS GIVING WITH TOKEN OF GRATITUDE



THE TEAM AND STUDENTS GROUP PHOTO

Signature of Class Coordinator





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**CHOITHRAM COLLEGE OF NURSING**  
**VISIT TO HOLISTIC HEALTH CENTRE, PUNE**  
**MSC. NURSING PREVIOUS YEAR 2022-23**  
**ATTENDANCE SHEET**

Sr. No.	Name of Student	Signature
1	Ms. Akanksha Ninama	
2	Ms. Cynthia Geoffery	
3	Ms. Sakshi Sohani	



Signature of Class Coordinator