



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.)



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Webiste : www.choithramnursing.com

7.1.1: Total number of gender equity sensitization programmes organized by the Institution during the last five years

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CHOITHRAM COLLEGE OF NURSING ANNUAL REPORT 2018-19





Extract of Annual Report

2018-2019

DRIVE FOR GENDER EQUALITY

Topic: Drive for Gender Equality

Date: 06th October 2018

Participants: 72 Students of CCON, 30 students of Choithram International

Venue: Rally from Agrasen Square to Bhavarkua

Considering the gender discrimination rampant in today's world, 72 students of B.Sc. Nursing IInd year, Choithram College of Nursing and 30 students from Choithram International have taken up the responsibility of spreading awareness in the wider community beyond college and school, an Rally was organised on 6th October'18 from 8:30-10:30 a.m. from Agrasen Square to Bhavarkua under the supervision of teachers Mrs. Yasmin Sharma and Ms.Anu Rajan Choithram college of nursing. The rally was conducted under the project 'Drive for Gender Equality', CAS project.





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Yasmin

EVENT COORDINATOR





REPORT ON MISSION SAHASI

Topic: Mission Sahasi
Date: 31st October 2018 Time: 9:00 AM to 12:00 PM
Participants: Students of CCON
Venue: Bharatiya Vidyarthi Parishad, Indore

Our BSc. first year students participated in "Mission Sahasi" Mega demonstration. A Joint Initiative of ABVP & Vidyarthi Nidhi in Association with Shifuji's Mission Prahar. "Making of the fearless" the tagline for this project is salience of training by Master Trainer Shifuji Shaurya Bhardwaj, who has trained some of the finest security forces in the country & chief guest of today's program.

Objectives of Mission are:

- To impart critical self-defense training to Girls
- To enhance self confidence among Girls
- To create awareness about physical fitness among youth
- To raise new leadership among women

During the program simple way of self-defense were taught to the girls. Campaign T shirts were also distributed among participants





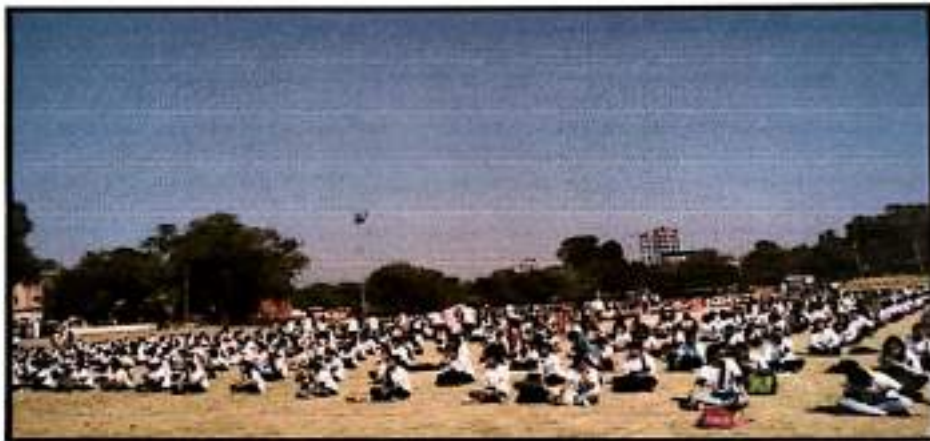
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EVENT COORDINATOR





Extract of Annual Report

2019-2020

REPORT ON GENDER SENSITIZATION TABOO ABOUT MENSTRUATION

Topic: "Gender sensitization taboo awareness about menstruation.

Date: 16/01/2020

Total No. of Participant: 500 school students

Venue: St Mary Champion H S School

Choithram College of Nursing [OBG Dept.] has organized a one day awareness programme on the theme "Gender sensitization and taboo about menstruation" under the guidance of Dr. Aradhana Michael ,Principal CCON.

Prof Prachi Awasthi (HOD-OBG Dept.), Mrs. Marlene Peter (Assistant Lecturer-OBG) and Ms. Ancy Varghese (Assistant Lecturer-OBG). The Principal of St. Mary Champion H S School, Mrs. Isabel Swami and Director, Mr. S.L Swami welcomed all the speakers with plant saplings as token of gratitude. The teachers of the school welcomed all the speakers with their introduction and the session started by 10:25 am.

The awareness program was organized for 5th to 10th std. and around 500 students participated in the class. The 1st session started at 10:25 am by Ms. Ancy Varghese on menstruation and hygiene, girls from 6th to 10th std. participated. The 2nd session started around 11:20 am by Mrs. Marlene Peter and group of 5th to 10th std. including boys and girls. It was on adolescent stage and their diet requirements.





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The students were explained regarding their stages of development and their nutritional requirements according to their age. The last session was taken by Prof. Prachi Awasthi on Puberty and role of male in menstrual health management. The group was explained about their physical, mental and hormonal changes and role of male in school and community. The whole session ended around 1:15 pm.

EVENT COORDINATOR





REPORT ON INTERNATIONAL WOMEN'S DAY 2020

THEME: "I Am Generation Equality: Realizing Women's Rights"

DATE: 07/03/2020 **Time:** 11:00 AM to 01:30 PM

Participants: Faculties of CCON

VENUE: CHRC Auditorium

An equal world is an enabled world. Individually, all our responsible for their own thoughts and actions all days. Actively choosing to challenge the stereotypes, fight bias, broaden perception, improve situations and celebrate women's achievements can help create a gender equal world.

On the occasion of women's day the faculty members of Choithram College of Nursing took initiative and motivated their talents.

To change the gender stereotypes on this # women's day all the faculty members dressed in yellow to portray a gender-neutral colour for a gender-equal nation. A small programme was organized under Principal Dr (Prof) Aradhana Michael and all the Faculty members of the college participated with zeal and enthusiasm.

Women can only be strong if she builds up a confidence in herself and keeping that in mind a demonstration class of self-defense was taken by an expert staff nurse from dialysis department of CHRC.

The programme was then followed by songs, dances, musical instruments & poetry recitation by the talented faculty members. This togetherness ended up with the high tea at 1:30 pm.





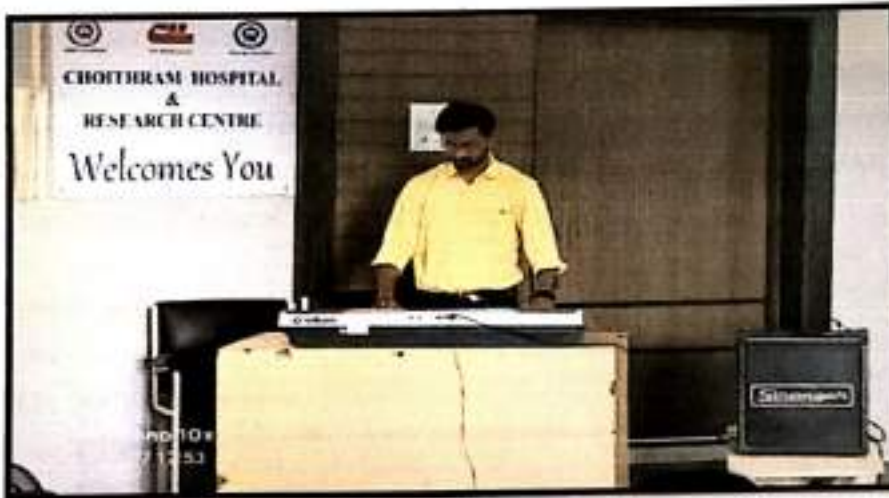
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EVENT COORDINATOR





**Extract of Annual Report
2020-2021
GENDER EQUITY AWARENESS
TALK ON "GENDER SENSITIZATION & AWARENESS OF PCPNDT
ACT**

Topic: "Gender sensitization & awareness of PCPNDT Act

Date: 20/08/2021 Time: 3 pm to 4 pm

Total No. of Participant: 20 B.Sc. (N) IV Year students

Venue: Choithram College of Nursing

Over the past decade, gender equality has been explicitly recognized as a key not only to the health of nations, but also to their social and economic development. Its importance is further emphasized by the fact that "promotion of gender equality and women's empowerment" finds itself in the list of Millennium Development Goals

To spread the awareness among the nursing students on gender equality and as take up of leadership program, an awareness program was conducted by Choithram college of Nursing on 20th August 2021 on the topic "**Gender sensitization & awareness of PCPNDT Act (Pre-conception and Pre-Natal Diagnostic Techniques.)**

In which Ms. Hemlata Birla, M.Sc. (N) Final year student has discussed about the Right of women to decide on number and spacing of children, awareness regarding female feticide and prenatal sex determination and Pre Natal-Diagnostic Techniques Act. Beneficiaries were 20 B.Sc. (N) IV Year students.





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REPORT ON INTERNATIONAL WOMEN'S DAY

Topic: "Achieving an equal future in a COVID - 19 world"

Date: 08/03/2021 Time: 10am to 12 pm

Participants: Faculties

Venue: Choithram College of Nursing

On 8th march 2021, Choithram College of Nursing celebrated International Women's Day under the expert guidance of Dr.(Prof.)Aradhana Michael, Principal, Choithram College of Nursing based on the theme "Women in Leadership: Achieving an equal future in a COVID-19 world". All the faculties had dressed in the colours purple representing justice and dignity, green representing hope and white representing purity.





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On this occasion, Ms. Madhuri Bhuriya, faculty of our college depicted her thoughts for women by a poster and a poem on woman's day. Also, the purple ribbon was worn by all the faculty members as a symbol of celebrating Women's day. Choithram Hospital and research centre along with Choithram College of Nursing celebrated woman's day and wished all the women who came for vaccination in the OPD's to uphold the strength and courage of femininity.

EVENT COORDINATOR





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Extract of Annual Report

2021-2022

TALK SHOW ON " BODY POSITIVITY AND SELF-IMAGE"

Topic: Body Positivity and Self-Image

Date: 10/12/2021

Total No. of Participant: 70 B.Sc. (N) I Year students

Venue: Choithram College of Nursing, Class room

Body positivity and self-image are crucial aspects of mental health and well-being in contemporary society. A talk show dedicated to these topics can provide a platform for discussion, education, and empowerment. Gender sensitization and women Empowerment cell of Choithram College of Nursing has organized a talk show on the topic of "**Body Positivity and Self Image**" on **10/12/2021 @ 12:00-1:00PM** for B.Sc. Nursing I year students.



The talk show, titled, "**Body Positivity and Self Image**" " focuses on promoting body positivity and fostering a healthy self-image among viewers. It features personal stories, and interactive segments to engage the students.





The event consisted of a group of students (3), each bringing unique perspectives to the conversation:

Ms. Chetana Rajput began by explaining the concept of body positivity, emphasizing that it is about accepting and appreciating all body types, regardless of size, shape, or appearance. She highlighted how societal standards of beauty have historically been narrow, often leading to widespread dissatisfaction and self-criticism.

Personal Journeys

Each participant shared their personal journeys toward body positivity. Ms. Hemlata Lodhi spoke about her experiences in her own life, where she faced both criticism and praise for her body. She discussed how embracing her natural shape has been liberating and empowering.

The Role of Social Media

Ms. Khushi Panwar provided insights into the role of social media in shaping self-image. While acknowledging its potential for negative impacts, she emphasized the importance of curating a social media feed that fosters self-acceptance and positivity.





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The



audience was highly engaged, with many participants sharing their own experiences and asking insightful questions.

The coordinator of the event Ms. Vaishali Tiwari, Convener, Gender sensitization and women empowerment cell wrapped up the show by thanking the participants and audience, leaving everyone with a sense of hope and empowerment.



The discussion was a powerful reminder of the importance of embracing diversity and promoting a positive self-image in a world that often values conformity. The talk show succeeded in creating a space where meaningful dialogue could flourish, inspiring viewers to embark on their own paths to self-acceptance and body positivity.

Event Coordinator





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REPORT ON SELF-DEFENSE SESSION

Topic: Self Defense.

Date: 14/03/22 - 17/03/22

Total No. of Participants: 64 BSc Nursing III year Students of CCON

Venue: Choithram College of Nursing.

Introduction

Women safety and security is a concern topic in India. Daily elevating numbers of crimes against women is a matter of concern. Hence there is a need to take action and self-defense is one such technique which could be very helpful for women. Danam Foundation is one such organization which teaches self-defense techniques to young girls of all cadre.

Objectives

- To learn the basic self-defense techniques like punching, kicking etc.
- To know the basic body mechanics used in self-defense.
- To learn how to tackle through various case scenarios.

Report

Under the guidance of Dr. Prof. Aradhana Michael, Principal Choithram College of Nursing and team of faculty members (Mr. Anmol Joseph, Ms. Ritika Williams, Mrs. Christy Abish, Mrs. Jessica Grozer, Ms. Monica Chandore, Mr. Ankit Nand, Mr. Arnold Peter), conducted a 4-day session of self-defense training, conducted by Danam Foundation.

In which B.Sc. Nursing 3rd year students actively participated and learned various self-defense techniques. Each day participants were taught distinct techniques. Day 1 started with a brief warm-up followed by punching, hooking and jab was taught by the trainers. On day 2 kicking was taught with revision of day one activities. On day 3 griping and throwing was taught along with previous punching and kicking. On day 4 basic real case scenarios were discussed and acted in which students were taught how to handle such situation such as person attacking with a knife, person attacking with stick, person holding from behind etc. Also student's doubts were clear by the trainers. The entire four day sessions were





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session in which students practically performed the skills and learned various self-defense techniques. The session ended by showing a video, followed by vote of thanks.




EVENT COORDINATOR





REPORT ON WOMEN EQUALITY DAY

THEME: Women's Equality Day
DATE: 26/8/2022
TIME: 12-1pm
VENUE: PG Class room and first year class room
BENEFICIERIES: Teaching-non-teaching staff and Students

"Women are already strong; it's about changing the way the world perceives that strength.

Women represent half of the world's population and gender inequality exists in every nation on the planet. Until women are given the same opportunities that men are, entire societies will be destined to perform below their potentials. The greatest need of the hour is change of social attitude to women.

On these occasion, Choithram College of Nursing had organized Women's equality on 26 August with all faculties under the guidance of Principal Dr. (Prof.) Aradhna Michael. The main aim to observe this day in appreciating and celebrating the heroic role of women by addressing the discrimination and social violence against them.

The program has started with the brief introduction and short video presentation about the theme i.e. Hard Won...Not done by Prof. Rakhi Chandel which signifies that the gender equality struggle is not yet over.

The Oath taken by all faculties and staff members related to women's equality. To motivate the students, Asso. Professor Vaishali Tiwari had enlightened the theme by short video presentation which is all about the history and importance of women Equality day.





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Choithram College of Nursing Report: Training on Self-Defence

Date	13/09/22
Time	9:00-11:00AM
Venue	Sports Complex, Choithram Sports Academy
Beneficiaries	B.Sc. Nursing II Year

Choithram college of Nursing in Collaboration of **DANAM Foundation**, Indore has organized 2 hours "Self-Defense Session" for B.Sc. Nursing II year students under the guidance of Principal Prof. Shreeja Vijayan on 13/9/22 from 9:00-11:00 AM.



Introduction and Warm Up

The primary aim of the self-defense session was to equip nursing students with practical techniques to defend themselves in potentially threatening situations encountered in their professional /Personal environment.





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Self-defence Strategies

Session Overview: The self-defense session was conducted over a period of two hours and was led by certified self-defense instructors with experience **Mr. Vicky Nagdev** and **Mr. Vipin Panjwani** in healthcare-related scenarios. The session covered various aspects, including:

Awareness and Prevention: Students were educated on recognizing early signs of aggression and potential threats. They learned how to maintain situational awareness and avoid potentially dangerous situations whenever possible.



Awareness and Prevention





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Verbal De-escalation: Effective communication techniques were demonstrated to help students verbally diffuse tense situations and prevent them from escalating into physical confrontations.



Verbal De-escalation

Physical Techniques: Practical self-defense techniques were taught, emphasizing simple yet effective maneuvers to incapacitate an attacker and create an opportunity to escape safely. These techniques included strikes, blocks, joint locks, and pressure points.



Physical Techniques of Self-Defence





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Scenario-based Training: Students participated in role-playing scenarios simulating common situations they might encounter in healthcare settings. This allowed them to apply the skills they learned in a realistic context and gain confidence in their ability to respond effectively.



Scenario-Based Training

The self-defense session provided nursing students with valuable skills and knowledge to enhance their personal safety and security in the workplace. By equipping them with practical techniques and strategies, the session aimed to empower students to navigate potential threats with confidence and professionalism. Continued training and reinforcement of these skills are essential to ensure that nursing students are prepared to handle the challenges they may encounter in their careers.



Follow-up


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2022-2023

Choithram College of Nursing Report on - Women's Equality Day 2023 [Theme: Embrace Equity]

Date	25/08/23
Time	3:00-5:00PM
Venue	Choithram College of Nursing, Hospital Auditorium
Beneficiaries	I, II AND III Year B.Sc. Nursing Students and Faculty members

CHOITHRAM COLLEGE OF NURSING, INDORE
CHOITHRAM HOSPITAL & RESEARCH CENTRE

WOMEN'S EQUALITY DAY

Date: 25/8/2023
Theme: "Embrace Equity"

EXPERT TALK ON- The role of women in society: Perspective & discourse"
BY DR.MALA S.THAKUR-

Gender is the term given for goodness of all. In India we are facing gender discrimination as well as women aimed dis-qualities by the social judgement and scenarios of Indian citizens, the called dilemma.





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We, Choithram College of Nursing have been in the field of women empowered style of profession of Nursing since long years. In order to accomplish the rights of women and girls, an "Expert Talk" was organized on 25/08/2023. "Embrace equity" was the theme for this year.

Dr. Mala Singh Thakur, Social activist was invited to speak on the topic: "The role of Women in Society: Perspective and Discourse". She enlightened the audience with many challenging issues as well as opportunities available already for women in India,

Our Principal Dr. Professor Aradhana Michael welcomed the guest and the programme was organized under her vision.

Asso. Prof. Vaishali Tiwari who was the Organizing person to arrange the event, introduced the Guest speaker to all.



Resource Person



Guest, Faculty and Students



Floral Welcome

During the event, Dr. Thakur highlighted persistent challenges faced by women worldwide. She stressed that many women still encounter obstacles in education, job opportunities, and political engagement due to systemic barriers. Examples like the gender pay gap, violence against women, and limited access to reproductive rights were cited as ongoing struggles.





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Session by Resource Person

Dr. Thakur also emphasized the importance of economic empowerment for achieving gender equality. This includes ensuring fair pay for equal work and fostering supportive environments for women's career growth. Measures like affordable childcare, parental leave, and mentorship programs were highlighted as key steps to level the playing field.

Furthermore, she underscored the need to address the root causes of violence against women, including harmful cultural norms. Dr. Thakur called for comprehensive strategies involving legal reforms, public awareness campaigns, and support services for survivors to combat gender-based violence effectively.





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Faculty with Resource Person: Group Photo



Token of Gratitude



Pledge to remove Women Inequality

At the end we all pledged to remove women inequality. The program was ended by delivering vote of thanks by Ms. Sunimol A. Kumar, Assistant Professor, Choithram college of Nursing.


EVENT COORDINATOR





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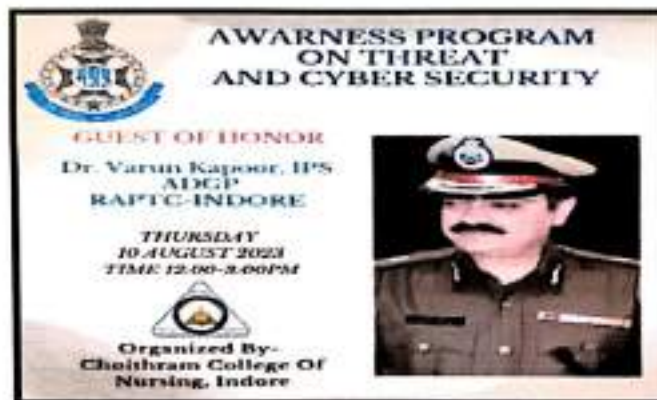


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Choithram College of Nursing Report on - Threat and Fire Safety

Date	10/08/23
Time	12:00-3:00PM
Venue	Choithram College of Nursing, Hospital Auditorium
Beneficiaries	All B.Sc. Nursing Students and Faculty members



Guest Of Honour: Dr. Varun Kapoor

An awareness program on Threat & Cyber Security was organized by Choithram College of Nursing on 10th August 2023 in Choithram Auditorium in collaboration with MP Police under the guidance of **Dr. Prof. Aradhana Michael**, Principal, Choithram College of Nursing. The co-coordinator of the event was **Dr. Prof. Prachi Awasthi**, HOD, OBG Department, Choithram College of Nursing. The Guest of Honor and the speaker of the session was **Dr. Varun Kapoor**, IPS, Additional Director of General of Police RAPTC, Indore and his team.





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AWARENESS PROGRAM ON THREAT AND CYBER SECURITY	
PROGRAM SCHEDULE	
DATE : 02/09/2022 TIME : 10:30 AM to 12:30 PM	
Theme of the Programme	Richa Singh (MBC)
Welcome of Guest	Dr. Prof. Anil Kumar Mishra / Prof. Dr. Shweta Sharma
Introduction of Guest	Richa Singh (MBC)
Awareness on Threat & Cyber Security	Dr. Varun Kapran, IPS
Tokens of Certificate	Dr. Prof. Anil Kumar Mishra / Dr. Prof. Shweta Sharma
Vote of Thanks	Prerna Pandey
Refreshment/High Tea	
Organized By: CHOITHRAM COLLEGE OF NURSING	

Program Schedule

The program started with an inaugural session followed by welcome of guests. The participants of the program were B.Sc. Nursing students & M.Sc. Nursing students of Choithram College of Nursing and the students of Choithram College of Paramedical Sciences. Dr. Varun Dhawan took the session on the various cyber threats the youth is facing now a days and the ways they can prevent these threats.



Warm Welcome of Guest by Principal, CCN





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During his session, he interacted with the students regarding the cyber issues they are commonly facing in day to day life. In the end of his talk, he appreciated the students who answered the questions positively throughout the session by providing them certificates and special batches. The program ended with the valedictory session and high tea.



Interaction by the Guest

In the end of his talk, he appreciated the students who answered the questions positively throughout the session by providing them certificates and special batches. The program ended with the valedictory session and high tea.



Praveen
EVENT COORDINATOR





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Choithram College of Nursing Report: Training on Self-Defence

Date	21/7/23
Time	9:00-11:00AM
Venue	Choithram Hospital Auditorium
Beneficiaries	B.Sc. Nursing I Year

Choithram college of Nursing in Collaboration of **DANAM Foundation**, Indore has organized 2 hours "**Self-Defense Session**" for B.Sc. Nursing I year students under the guidance of Principal Prof. Shreeja Vijayan on **21/7/23** from **9:00-11:00 AM**.

The primary aim of the self-defense session was to equip nursing students with practical techniques to defend themselves in potentially threatening situations encountered in their professional /Personal environment.



Warm Up





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Session Overview: The self-defense session was conducted over a period of two hours and was led by certified self-defense instructors with experience **Mr. Vicky Nagdev** and **Mr. Vipin Panjwani** in healthcare-related scenarios. The session covered various aspects, including:

Awareness and Prevention: Students were educated on recognizing early signs of aggression and potential threats. They learned how to maintain situational awareness and avoid potentially dangerous situations whenever possible.



Self -defence Strategies



Awareness and Prevention





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Verbal De-escalation: Effective communication techniques were demonstrated to help students verbally diffuse tense situations and prevent them from escalating into physical confrontations.



Verbal De-escalation

Physical Techniques: Practical self-defense techniques were taught, emphasizing simple yet effective maneuvers to incapacitate an attacker and create an opportunity to escape safely. These techniques included strikes, blocks, joint locks, and pressure points.



Physical Techniques





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Scenario-based Training: Students participated in role-playing scenarios simulating common situations they might encounter in healthcare settings. This allowed them to apply the skills they learned in a realistic context and gain confidence in their ability to respond effectively.



Scenario-Based Training

The self-defense session provided nursing students with valuable skills and knowledge to enhance their personal safety and security in the workplace. By equipping them with practical techniques and strategies, the session aimed to empower students to navigate potential threats with confidence and professionalism. Continued training and reinforcement of these skills are essential to ensure that nursing students are prepared to handle the challenges they may encounter in their careers.


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Choithram College of Nursing Report on - Fire and Safety

Date	25/04/23
Time	4:00-5:00PM
Venue	Choithram College of Nursing, Hospital Auditorium
Beneficiaries	All B.Sc. Nursing Students and Faculty members

Fire safety is a critical aspect of any environment, be it a residential building, commercial establishment, or industrial facility. The devastating consequences of fire accidents underscore the importance of implementing effective fire prevention measures and preparedness strategies. This Event aims to provide a comprehensive overview of fire safety, including prevention, mitigation, and response protocols.

CHOITHRAM COLLEGE OF NURSING, INDORE
CHOITHRAM HOSPITAL AND RESEARCH CENTRE

Instructional session on "Fire and Safety"
Date: 25 April 2023
Time: 4:00-5:00pm





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The College of Nursing organized an Instructional Lecture on "Fire and Safety" on 25/4/23 at 4:00-5:00 PM, under the guidance of Principal Prof. Shreeja Vijayan for its students and faculty members. The aim was to raise awareness about fire prevention, emergency response procedures, and safety protocols within the healthcare setting.



Overview of the program

Event was organized by the College of Nursing in collaboration with fire safety experts and professionals of Engineering department of Choithram Hospital and Research Centre. The session began with an introduction highlighting the importance of fire safety awareness, especially within educational institutions where the safety of students and staff is paramount. Ms. Ashley John, (Head Girl), B.Sc. Nursing III Year student was master of ceremony.





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Mr. Sunil Sharma, our esteemed **Senior Security Officer** (CHRC), delved into the foundational theories surrounding Fire and Safety. Following his insightful discussion, **Mr. Sminesh Philip** took the reins, providing hands-on training in the practical application of fire extinguishers. In his session, he elucidated the effective employment of fire extinguishers through the mnemonic **PASS** (Pull the pin, aim at the base of the fire, Squeeze the handle, sweep side to side to spread the gas). Additionally, he comprehensively covered Emergency Response procedures using the mnemonic **RACE** (Rescue, Alarm, Confine, Extinguish) through preparedness in the event of fire emergencies.

Resource Person and Faculty



Session by Resource Person





Theory Details of Fire Safety

Key Topics Covered:

- Fire Prevention Techniques
- Emergency Response Procedures
- Evacuation protocols in case of a fire emergency.
- Communication strategies during emergencies, including alarm systems and evacuation routes.
- Fire Safety Regulations and Compliance
- Personal Safety Measures
- Importance of maintaining calmness and following instructions during fire emergencies.
- Evacuation techniques for individuals with disabilities or mobility impairment





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Hands on Training



The lecture included interactive elements such as Q&A sessions and practical demonstrations by the students and faculty. Participants actively engaged with the presenters, asking questions and sharing their experiences related to fire safety concerns within the college premises.

The Fire and Safety Lecture conducted by the College of Nursing provided invaluable knowledge and skills to ensure the safety and well-being of students, faculty, and staff. It emphasized the importance of proactive measures, including prevention, preparedness, and effective response, in mitigating fire-related risks.





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**B.Sc. Nursing I Year with
Guest and Faculty**



B.Sc. Nursing III Year



B.Sc. Nursing II Year





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Overall, the lecture was well-received by participants, and feedback indicated a heightened awareness of fire safety issues and increased confidence in handling fire emergencies. The event is concluded by Ms. Ashley with vote of Thanks.



Vote of Thanks

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CHOITHRAM COLLEGE OF NURSING REPORT ON: INTERNATIONAL WOMEN'S DAY 2023

Date	9/03/23
Time	3:30 PM Onwards
Venue	Choithram College of Nursing, Hospital Auditorium
Beneficiaries	All B.Sc. Nursing Students and Faculty members

International Women's Day raises awareness of topics including gender equality, access to abortion, and violence and abuse against women. International Women's Day serves as a rallying point for advancing women's equality. The day also marks a call to action for accelerating women's equality. This is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities. On the occasion of women's day Choithram College of Nursing has organized sports activity for all faculty members to focus on Holistic development under the guidance of Principal Dr (Prof) Aradhana Michael.



Male Faculty playing volley





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All the Faculty members of the college participated in different sports activities such as badminton, volleyball, football etc. With zeal and enthusiasm.



Female Faculty Enjoying: Badminton and Volleyball


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CHOITHRAM COLLEGE OF NURSING Report On: E-Webinar on Women Empowerment Theme: Success is your Birth Right

Date	12/12/2023
Time	1:00 – 2:00PM Onwards
Venue	B.Sc. (N) Class Room, UG Block
Beneficiaries	69 B.Sc. Nursing II nd Year Students

A special e- program was organized for women empowerment through zoom application on 12 /12/22 at 1:00 pm on the theme "Success is your Birth right"



Virtual overview about the event





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This program was attended by 69 B.Sc. (N) II Year students. In this program Mr. B.C. Chhabra and Mr. Sanket Jain (C.A.), Life coach and Motivational speakers were delivered their special lecture for Women empowerment and visibility of women in all areas.



Success stories through the examples


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CHOITHRAM COLLEGE OF NURSING REPORT ON- Interactive Session B.Sc. NURSING 1ST YEAR (2022-2023)

Date	10 th Nov.2022
Time	03:00 pm - 04:00 pm
Venue	Choithram College of Nursing UG Block
Beneficiary	71 Students of B.Sc. Nursing I st Year (2022-2023) and All faculty members

"Equal Rights, Equal Opportunities: Let's Build a World That Works for Everyone."

A session on "**Reproductive Rights**" was conducted for the First -year B.Sc. Nursing students on 10th Nov.2022 (Friday) at UG Block , Choithram College of Nursing. The session aimed to educate students on the critical topic of reproductive rights, highlighting its significance in nursing practice and healthcare. The session was organized by "**Gender Sensitization and Women Empowerment cell**" under the guidance of Prof. Shreeja Vijayan (Principal, CCON) and Prof. Vaishali Tiwari (HOD, Mental Health Nursing Dept.) facilitated by Ms. Rupal Chauhan (Asst. Lecturer, CCON).



Exploring the basics of topic





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The session was attended by 71 students of B.Sc. Nursing IInd Year. The participants included both male and female students who actively engaged in the discussions.

The Speaker delivered a comprehensive presentation covering several critical aspects of reproductive rights. The presentation began with an overview of reproductive rights and their historical context, providing a foundation for understanding the evolution of these rights over time.

This was followed by a discussion on the legal frameworks and Articles of Indian Constitution that support reproductive rights, highlighting the global commitment to ensuring these rights are upheld.



Discussion on the Topic

The speaker also delved into the ethical considerations and dilemmas in reproductive healthcare, prompting thoughtful reflection on the complexities healthcare providers face.

Additionally, the presentation emphasized the crucial role of healthcare providers, particularly nurses, in ensuring and advocating for patients' reproductive rights. To bring these points to life, the speaker included case studies illustrating real-world applications and challenges in reproductive health, offering valuable insights into the practical aspects of the topic.

The session featured an interactive discussion where students were encouraged to ask questions and share their thoughts.

The session concluded with a feedback segment where students shared their experiences and insights gained from the session. The speaker and organizers provided closing remarks, emphasizing the importance of continued education and advocacy for reproductive rights in nursing practice.


EVENT COORDINATOR

