



## INDEX

### 7.1.1: Total number of Gender Equality Sensitization programmes organized by the institution during the year 2018-2023.

<b>S.no.</b>	<b>Details of Gender Equality Sensitization Programs. Notice/Flyer/Report (Year wise)</b>	<b>Page No.</b>
1.	2018-2019	1-11
2.	2019-2020	12-18
3.	2020-2021	19-27
4.	2021-2022	28-51
5.	2022-2023	52-109



# 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

## CHOITHRAM COLLEGE OF NURSING

Institutional Year 2018-2019

Total number of gender Equality sensitization programmes organized by  
the institution.

S.No.	Event	Date And Duration	Beneficiary
1.	An awareness talk cum discussion "Empowering women for Personal Safety"	9 <sup>th</sup> May 2019 11 AM -12 PM	65 students of B.Sc. (N) 1 <sup>st</sup> year
2.	"Mission Sahasi" Mega demonstration.	31 <sup>st</sup> October 2018 09 AM -12 PM	B.Sc. (N) 1 <sup>st</sup> Year Students of CCON.
3.	Awareness Rally on "Drive for Gender Equality"	6 <sup>th</sup> October 2018 8:30 AM -10:30 AM	72 Students of CCON, 30 students of Choithram International



*S. Srinivas*  
Principal  
Principal  
Choithram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

Please be informed that Choithram College of Nursing organising an awareness talk cum discussion with the aim to spread awareness among them regarding **"Personal safety"** against, Harassment, teasing, abuse, violence and assault. The session will be taken by Ms. Christy Abish, Assistant Professor, Department of Mental Health Nursing.

**Event details:**

**Date:** 9<sup>th</sup> May 2019

**Time:** 11:00 AM to 12:00 PM

**Venue:** Class room, UG Block, Choithram College of Nursing

  
Event Coordinator

  
IQAC Coordinator





# 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



## CHOITHRAM COLLEGE OF NURSING



An Awareness Session on:  
**"Personal Safety"**  
Time: 11:00AM - 12:00 PM  
Date: 9/5/2019



**BY: Gender Sensitization and Women  
Empowerment Cell**



## REPORT ON "Empowering women for Personal safety"

Topic: Empowering women for Personal Safety  
Date: 9/5/2019  
Participants: B.Sc. (N) I Year Students (65)  
Venue: Class Room

Women have been empowered, but women's safety has become need of the hour despite women's empowerment progressing by leaps and bounds. Today, women's have stepped up and come out of their cocoons to fight for their safety, struggle of their rights and juggle between their homely and professional duties.

An awareness talk cum discussion was conducted on 9/5/2019 with B.Sc. (N) I year students, with the aim to spread awareness among them regarding "Personal safety" against, Harassment, teasing, abuse, violence and assault. This Discussion was made by Ms. Christy Abish, Assistant Professor, Department of Mental Health Nursing, Students, shared about their experiences of teasing during, travel, shopping at public places and participated in whole discussion with good enthusiasm. 65 students were benefited with this event.



  
Event Coordinator





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

This is to inform that, there is a Joint Initiative of ABVP & Vidyarthi Nidhi in Association with Shifuji's Mission Prahar as they are organising a Mega demonstration (training program) named "Mission Sahasi".

A "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 the program.

You all have to participate in the Mega demonstration (training program) named "Mission Sahasi" as it will impart self-defence training and enhance self-confidence.

Your participation will be highly appreciated.

**Event details:**

**Date:** 31<sup>st</sup> October 2018

**Time:** 9:00 AM to 12:00 PM

**Venue:** Bharatiya Vidyarthi Parishad, Indore

  
Event Coordinator

  
IQAC Coordinator





# 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

## CHOITHRAM COLLEGE OF NURSING



**Mega Event on : Self-Defence Training**  
**"MISSION SAHASI: Making of the Fearless"**  
**Date: 31/10/2018**



**By: Akhil Bhartya Vidyarthi Parshad and Shifuji Mission  
Prahar**



# 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

## REPORT ON MISSION SAHASI

Topic: Mission Sahasi  
Date: 31<sup>st</sup> October 2018  
Participants: 71 Students of CCON  
Venue: Bharatiya Vidhyarthi 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







# 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



## CHOITHRAM COLLEGE OF NURSING

### NOTICE



Dear Students,

Please be informed that Choithram College of Nursing with organising an awareness Rally under the project 'Drive for Gender Equality', CAS project on 6th October' 18 from 8:30 AM to 10:30 AM from Agrasen Square to Bhavarkua under the supervision of teachers Mrs. Yasmin Sharma and Ms. Anu Rajan (Choithram college of nursing). 72 students of B.Sc. Nursing II nd year (Choithram College of Nursing) and 30 students (Choithram International) will take a lead and responsibility of spreading awareness in the wider community beyond college and school.

You are cordially invited for the same.

**Date: 06<sup>th</sup> October 2018**

**Time: 08:30 AM to 10:30 AM**

**Venue: Rally from Agrasen Square to Bhavarkua**

  
Event Organiser

  
IQAC Coordinator





# 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



## CHOITHRAM COLLEGE OF NURSING



An Awareness Rally on:  
***"Drive for Gender Equality"***  
Time: 8:30AM - 10:30 AM  
Date: 6/10/2018



**By: National Service Scheme(NSS) Unit**



# 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

## DRIVE FOR GENDER EQUALITY

Topic: Drive for Gender Equality  
Date: 06<sup>th</sup> October 2018  
Participants: 72 Students of CCON, 30 students of Choithram International (102 students)  
Venue: Rally from Agrasen Square to Bhavarkua

Considering the gender discrimination rampant in today's world, 72 students of B.Sc. Nursing II<sup>nd</sup> 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.





# 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



  
Event Coordinator





# 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

## CHOITHRAM COLLEGE OF NURSING

Institutional Year 2019-2020

Total number of gender Equality sensitization programmes organized by  
the institution.

S.No.	Event	Date And Duration	Beneficiary
1.	Awareness programme on the theme "Gender sensitization and taboo about menstruation"	16 <sup>th</sup> January 2020 10:30 AM – 1:15 PM	500 students of 5th to 10th std. from St. Mary Champion H S School
2.	International Women's Day on the theme "I Am Generation Equality; Realizing Women's Rights"	7 <sup>th</sup> March 2020 11 AM – 1:30 PM	All faculty members of Choithram College of Nursing



*shant*  
Principal

Principal  
Choithram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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



## CHOITHRAM COLLEGE OF NURSING

### NOTICE



Dear Faculty Members,

On the occasion of International Women's Day, Choithram College of Nursing is pleased to announce a special program to celebrate and honor the incredible talents of our faculty. We invite all faculty members to participate in our Talent Showcase, featuring performances in dance, singing, musical instrument playing, and poetry recitation. There will be a demonstration class of self-defence by an expert staff nurse from dialysis department of CHRC.

This event is an excellent opportunity for you to display your artistic skills and connect with colleagues through the universal languages of music, dance, and poetry.

We encourage you to participate and make this celebration memorable.

#### Event details:

**Theme: "I Am Generation Equality: Realizing Women's Rights"**

**Date: 7<sup>th</sup> March 2020**

**Time: 11:00 AM to 01:30 PM**

**Venue: CHRC Auditorium**

We look forward to your enthusiastic participation and to celebrating the vibrant talents of our faculty.

Warm regards,

  
Event Coordinator



  
IQAC Coordinator



# 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



## CHOITHRAM COLLEGE OF NURSING



**Organises**

### **International Women's Day**

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

**Date: 7/3/2020**

**Venue: Hospital Auditorium**

**Time: 11:00AM-1:00PM**



**By : Gender Sensitization and  
women Empowerment Cell**



# 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

## REPORT ON INTERNATIONAL WOMEN'S DAY 2020

**THEME:** "I Am Generation Equality: Realizing Women's Rights"  
**DATE:** 07/03/2020  
**Participants:** Faculties (31) and students of CCON (179)  
**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.







# 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



  
Event Coordinator





## 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.

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.





# 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





# 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  
Website : www.choithramnursing.com

## CHOITHRAM COLLEGE OF NURSING

Institutional Year 2020-2021

**Total number of gender Equality sensitization programmes organized by the institution.**

S.No.	Event	Date And Duration	Beneficiary
1.	An Awareness talk on "Gender Sensitization & Awareness of PCPNDT Act"	20 <sup>th</sup> August 2021 3:00 PM to 4:00 PM	20 B.Sc. (N) 4 <sup>th</sup> Year students
2.	International Women's Day on the theme "Women in Leadership: Achieving An Equal Future In a Covid-19 World".	8 <sup>th</sup> March 2021 10 AM – 12 PM	All faculty members of Choithram College of Nursing.



*A*  
Principal

Principal  
Chulthram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are pleased to inform you about an upcoming awareness program with B.Sc. (N) IV Year students on the important topics of "Gender Sensitization & Awareness of the PCPNDT Act (Pre-conception and Pre-Natal Diagnostic Techniques)." This program is aimed at educating and sensitizing students about gender equality and the legal frameworks that prevent gender-biased sex selection. The event will be conducted & lead by Ms. Hemlata Birla M.Sc. (N) final Year Student.

This program is an important opportunity for all students to gain a deeper understanding of gender issues and the legal measures in place to prevent gender-based discrimination and ensure ethical medical practices.

### Event details:

Topic: "Gender sensitization & awareness of PCPNDT Act"

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

Venue: Choithram College of Nursing

We look forward to your active participation in this enlightening and informative session.

  
Event Coordinator



  
IQAC Coordinator



# 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

**CHOITHRAM COLLEGE OF NURSING INDORE**

**ORGANIZES**

Gender Equity Awareness Talk On :  
"Gender sensitization & awareness of  
PCPNIT Act

Venue: B.Sc. Nursing I year Class  
room, UG Block

Time: 12:00-1:00PM  
Date: 20/8/2021

Organized By: Gender Sensitization and  
Women Empowerment Cell

INDORE  
452014



# 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

## GENDER EQUITY AWARENESS TALK ON "GENDER SENSITIZATION & AWARENESS OF PCPNDT ACT

**Topic:** "Gender sensitization & awareness of PCPNDT Act  
**Date:** 20/08/2021  
**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 20<sup>th</sup> 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 feticideand prenatal sex determination and Pre Natal-Diagnostic Techniques Act. Beneficiaries were 20 B.Sc. (N) IV Year students.





# 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



Event - *Government*





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Faculty Members,

We are delighted to announce the celebration of International Women's Day at Choithram College of Nursing. This special occasion will be marked by showcasing the poster and poem reciting talents of our esteemed faculty members. We invite everyone to join us in honoring the achievements and contributions of women in our community.

In addition, we are taking the initiative to extend our heartfelt wishes to the women visiting the vaccination centre on this day. This gesture aims to acknowledge and appreciate their efforts in keeping our community healthy and safe.

We encourage you to participate and make this celebration memorable.

### Event details:

Theme: "Women in Leadership: Achieving an equal future in a COVID-19 world".  
Date: 8<sup>th</sup> March 2021  
Time: 10:00 AM to 12:00 PM  
Venue: Choithram College of Nursing

  
Event Coordinator

  
IQAC Coordinator





# 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

The poster features a yellow and blue background with a central pink box containing event details. At the top, it displays the college's logo and NAAC B++ accreditation. The event title is 'International Women's Day 2021' with the theme 'Women in Leadership: Achieving an equal future in COVID-19 World'. The venue is Choithram College of Nursing & Choithram Hospital and Research Centre, and the event is scheduled for 10:00-12:00 PM on 8/3/2021. Below the text is an illustration of two female nurses in blue scrubs and white masks. At the bottom, it states the event is organized by the Gender Sensitization and Women Empowerment Cell. A circular stamp is visible at the bottom center of the poster.

**CHOITHRAM COLLEGE OF NURSING, INDORE**  
ORGANIZES  
**International Women's Day 2021**  
**THEME: " Women in Leadership: Achieving an equal future in COVID-19 World"**  
Venue: Choithram College of Nursing & Choithram Hospital and Research Centre  
Time: 10:00-12:00PM  
Date: 8/3/2021  
**Organized By: Gender Sensitization and Women Empowerment Cell**



## REPORT ON INTERNATIONAL WOMEN'S DAY

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

Date: 08/03/2021

Participants: Faculties

Venue: Choithram College of Nursing

On 8<sup>th</sup> 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.

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.





# 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



Event-Coordinator





# 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

## CHOITHRAM COLLEGE OF NURSING

Institutional Year 2021-2022

Total number of gender Equality sensitization programmes organized by the institution.

S.No.	Event	Date And Duration	Beneficiary
1.	"Training on Self- Defence"	13/9/2022 @9:00-11:00AM	70 B.Sc. Nursing Students
2.	Women's Equality Day (Oath taking) Programme	26 <sup>th</sup> August 2022	All faculty members of Choithram College of Nursing and students (235)
3.	Session on "Self Defence Training"	14 <sup>th</sup> March 2022 to 17 <sup>th</sup> March 2022 3PM - 5PM (4 days training for 2 hours daily)	64 B.Sc. (N) 4 <sup>th</sup> Year students
4.	Talk Show on "Body Positivity and Self Image"	10 <sup>th</sup> December 2021 12 PM - 1PM	71 Students of of B.Sc. (N) 1 <sup>st</sup> year.



**Principal**  
Choithram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are pleased to inform you that Choithram College of Nursing, in collaboration with the DANAM Foundation, is organizing a 2-hour self-defence training session exclusively for B.Sc. Nursing 2nd year students. This training aims to equip you with essential self-defence skills and techniques to enhance your personal safety and confidence.

### Key Highlights:

- Introduction to basic self-defence techniques
- Practical demonstrations and hands-on practice
- Tips on personal safety and situational awareness

This is an excellent opportunity to learn valuable self-defence skills from experienced trainers of the DANAM Foundation. We strongly encourage all students to participate actively and make the most of this training session.

We look forward to your enthusiastic participation.

### Event details:

**Topic:** Training on "Self Defence"

**Date:** 13/09/2022 **Time:** 9:00-11:00AM

**Venue:** Sports Complex, Choithram Sports Academy

  
Event Coordinator



  
IQAC Coordinator



# 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

## CHOITHRAM COLLEGE OF NURSING, INDORE



*Training Session on "Self-  
Defence"*

*B.Sc. (N) II Year*

*Date: 13/9/22 @ 9:00-11:00 AM*

**Organized by Gender  
Sensitization and Women  
Empowerment Cell and DANAM  
Foundation**





# 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



## CHOITHRAM COLLEGE OF NURSING, INDORE

CHOITHRAM COLLEGE  
OF NURSING, INDORE



*Training Session on "Self  
Defence"*  
B.Sc. (N) II Year  
Date: 13/9/23 @ 9:00-11:00 AM

Organized by Gender  
Sensitization and Women  
Empowerment Cell and DANAM  
Foundation



**Gender sensitization and women Empowerment Cell**





# 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  
Website : www.choithramnursing.com

## 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.





# 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



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





# 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

**Verbal De-escalation:** Effective communication techniques were demonstrated to help students virtually 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





# 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

**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

Event - Coordinator





# 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

CHOITHRAM COLLEGE OF NURSING  
B.Sc. NURSING<sup>III</sup> YEAR, 2022-2023  
LIST OF ATTENDEES  
"TRAINING SESSION ON SELF DEFENCE"  
DATE: 13/9/22

S.No	Student's Name	Signature
1	Aayushi Manshare	Aayushi
2	Aksa Elizabeth	Aksa
3	Alenteena K. Varkey	Absent
4	Alpha Sagely Bihare	Alpha
5	Anchal Kumari	Anchal
6	Antimbala	Antimbala
7	Aradhya Bhawsar	Aradhya
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
17	Chetna Birla	Chetna
18	Chetna Chouhan	Chetna
19	Christin Fiju	CHRISTIN
20	Debora Daniel	debora
21	Gayatri Yadav	Gayatri
22	Girja Soliya	Girja
23	Graina Devasia	Graina
24	Isha Sharma	Absent
25	Jagrati Rathore	Jagrati
26	Kamini Chouhan	Kamini
27	Karnika Patidar	Karnika
28	Kashish Malviya	Absent





# 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

29	Khyati Murumkar	<i>Khyati</i>
30	Kirti Birla	<i>Kirti Birla</i>
31	Kirti Patidar	<i>Kirti</i>
32	Kumkum Prajapat	<i>Kumkum</i>
33	Manjusha Kujur	<i>Manjusha</i>
34	Merlin John	<i>Merlin</i>
35	Muskan Kaija	<i>Muskan</i>
36	Naveen Pawar	<i>Naveen</i>
37	Neha Patel	<i>Neha</i>
38	Neha Rathore	<i>Neha</i>
39	Nikita Rathore	<i>Absent!</i>
40	Nikita Sitole	<i>Nikita</i>
41	Pooja Dangi	<i>Pooja</i>
42	Priska M. Samuel	<i>Priska</i>
43	Priya Barod	<i>Priya</i>
44	Priya Rathore	<i>Priya</i>
45	Priya Yadav	<i>Priya</i>
46	Priyanka Malviya	<i>Priyanka</i>
47	Priyanka Rani	<i>Priyanka</i>
48	Purvi Rai	<i>Purvi</i>
49	Radjika Sahu	<i>Absent!</i>
50	Rajan Varghese	<i>Rajan</i>
51	Reetika Chowdhary	<i>Reetika</i>
52	Richa Angel Joshy	<i>Richa</i>
53	Ritika Ninama	<i>Ritika</i>
54	Saloni Dhakad	<i>Absent!</i>
55	Sapna Mewada	<i>Absent!</i>
56	Shainy Saji	<i>Shainy</i>
57	Shanu Solanki	<i>Shanu</i>
58	Sheetal Rathore	<i>Sheetal</i>
59	Sheetal Verma	<i>Sheetal</i>
60	Shivani Rai	<i>Shivani</i>
61	Shraddha Gour	<i>Shraddha</i>
62	Sinhasani Singh Chouhan	<i>Sinhasani</i>
63	Siya Rajesh	<i>Absent!</i>





# 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

64	Smita Dhangar	<i>Smita</i>
65	Someya Kaushal	<i>Someya</i>
66	Sonam Pal	<i>Sonam Pal</i>
67	Sunila Bhariya	<i>Sunila</i>
68	Tamna Gill	<i>Gill</i>
69	Vinita Kanode	<i>Vinita</i>
70	Chinal Mehta	<i>Absent</i>

*[Signature]*  
13/07/22  
Event Coordinator



*[Signature]*  
13/07/22  
IQAC Coordinator



# 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  
Website : www.choithramnursing.com



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Faculty and Office Staff,

We are pleased to inform you that Choithram College of Nursing will be celebrating **Women Equality Day** with a special event dedicated to recognizing and honoring the importance of gender equality.

**Program Highlights:**

1. **Short Video Presentation:** A presentation on the history and significance of Women Equality Day, shedding light on the milestones achieved and the ongoing efforts for gender equality.
2. **Oath for Women Equality:** All attendees will collectively take an oath to uphold and promote gender equality in our personal and professional lives.

We believe this celebration is an excellent opportunity to reflect on the progress made towards gender equality and to reinforce our commitment to fostering an inclusive and equitable environment for all.

Your presence and participation will greatly contribute to the success of this event. Let us come together to celebrate and advocate for women's equality.

We look forward to your enthusiastic participation.

**Event details:**

**THEME:** Women's Equality Day

**DATE:** 26/8/2022

**TIME:** 12-1pm

**VENUE:** Class room (PG Block) and  
B.Se. 1<sup>st</sup> Year class room (UG Block)

  
Event Coordinator



  
IQAC Coordinator





# 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

**CHOITHRAM COLLEGE OF NURSING, INDORE**

**Organizes**

**Women's Equality Day**  
**Date: 26/8/2022**  
**@ 12:00-1:00PM**

**WOMEN'S EQUALITY DAY**

**Organized by Gender Sensitization and Women Empowerment Cell**



## REPORT ON WOMEN EQUALITY DAY -2022

**THEME:** Women's Equality Day  
**DATE:** 26/8/2022  
**TIME:** 12-1pm  
**VENUE:** PG Class room and first year class room  
**BENEFICIARIES:** 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.





# 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



  
Event Coordinator





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are excited to announce that Choithram College of Nursing, in collaboration with the DANAM Foundation, is organizing a comprehensive four-day self-defence training program exclusively for B.Sc. Nursing 3rd year students. This program aims to provide you with essential skills and techniques to ensure your personal safety and boost your confidence.

### Program Highlights:

- Day 1: Introduction to Self-Defense and Basic Techniques
- Day 2: Practical Self-Defense Moves and Strategies
- Day 3: Personal Safety and Situational Awareness
- Day 4: Advanced Techniques and Practice Sessions

This training program is a valuable opportunity to learn self-defense skills from experienced trainers of the DANAM Foundation. We encourage all students to participate actively and gain confidence in personal safety practices.

We look forward to your active participation.

### Event details:

Topic: Training on "Self Defence"

Date: March 14, 2022, to March 17, 2022

Time: 10:00 AM - 12:00 PM daily

Venue: Choithram College of Nursing

  
Event Coordinator



  
IQAC Coordinator



# 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

## CHOITHRAM COLLEGE OF NURSING, INDORE



*4 Day's Training Session on*  
**"Self-Defence"**  
*B.Sc. (N) III Year*  
*Date: 14/3/22 TO 17/3/22 3:00-5:00*  
*PM*



**Organized by Gender  
Sensitization and Women  
Empowerment Cell**



# 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

## 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 Crozer, Ms. Menica 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 3<sup>rd</sup> 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





# 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

stick, person holding from behind etc. Also student's doubts were clear by the trainers. The entire four day sessions were practical 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





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are excited to announce a talk show exclusively for B.Sc. Nursing 1<sup>st</sup> Year students, with the aim to provide an opportunity to produce the language, to express your ideas and to communicate confidently.

This talk show is designed to help you transition smoothly into your nursing studies by providing insights, tips, and support from peers and faculty. We encourage all BSc 1st-year students to attend and actively participate in this enriching experience.

If you are interested in presenting or sharing your experiences, please contact the event coordinator

We look forward to your participation and to fostering a supportive and collaborative learning environment.

### Event details:

Topic: "Body Positivity and Self Image"

Date: 10<sup>th</sup> December 2021

Time: 12:00 PM to 01:00 PM

Venue: Class room, UG Block, Choithram College of Nursing

  
Event Coordinator

  
IQAC Coordinator







# 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

**CHOITHRAM COLLEGE OF NURSING INDORE**

Talk Show on **Body Positivity and Self-Image**  
Venue: B.Sc. Nursing I year Class room, UG Block  
Time: 12:00-1:00PM  
Date: 10/12/2021

**Organized By: Gender Sensitization and Women Empowerment Cell**



# 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

## 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.





# 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

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**



# 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

## CHOITHRAM COLLEGE OF NURSING Institutional Year 2022-2023

Total number of gender Equality sensitization programmes organized by  
the institution.

S.No.	Event	Date And Duration	Beneficiary
1.	"Embrace equity" theme of the year. "Expert Talk" by Dr. Mala Singh Thakur on the Topic: "The role of Women in Society: Perspective and Discourse".	25 <sup>th</sup> August 2023 3 PM - 5 PM	I <sup>st</sup> , II <sup>nd</sup> & III <sup>rd</sup> Year B.Sc. Nursing Students with Faculty members of Choithram College of Nursing No. of Participants=230
2.	An awareness program on "Threat & Cyber Security"	10 <sup>th</sup> August 2023 12 PM - 3 PM	All Batch of B.Sc. Nursing and M.Sc., Nursing with Faculty members of Choithram College of Nursing No. of Participants=228
3.	Training Session on "Self Defence"	21 <sup>st</sup> July 2023 9 AM - 11 AM	71 B.Sc. (N) I <sup>st</sup> Year students.
4.	Instructional Lecture on "Fire and Safety"	25 <sup>th</sup> April 2023 4 PM - 5 PM	All Batch of B.Sc. Nursing with Faculty members of Choithram College of Nursing No. of Participants=209
5.	International Women's Day on the theme "DigitALL: Innovation and technology for gender equality".	9 <sup>th</sup> March 2023 3:30 PM - 5 PM	All faculty members of Choithram College of Nursing. No. of Participants=33
6.	E- Program on the theme "Success is your Birth right"	12 <sup>th</sup> December 2022 1 PM - 2 PM	69 B.Sc. (N) II <sup>nd</sup> Year students.
7.	Interactive session on "Reproductive Rights"	10 <sup>th</sup> November 2022 3 PM - 4 PM	71 students of B.Sc. (N) I <sup>st</sup> Year students.



  
**Principal**  
Choithram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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

## CHOITHRAM COLLEGE OF NURSING

Ref.No	CCON/STU/2023/025
Date	23/08/23

### NOTICE

#### WOMEN'S EQUALITY DAY CELEBRATION THEME: "EMBRACE EQUITY"

We are excited to announce an upcoming event in commemoration of **Women's Equality Day** on 25 August 2023. As part of our commitment to promoting diversity, inclusion, and gender equality, we have organized an "Expert Lecture on- The role of women in society: **Perspective & discourse**" that will shed light on the significance of this day and the continued efforts towards achieving gender parity.

Our esteemed speaker for the session will be **Dr. Mala Thukur**. We encourage all members & staff to attend this enlightening lecture as it aligns with our organization's commitment to fostering an inclusive and respectful environment. This event will provide valuable insights into challenges & triumphs that women have experienced throughout history and the continued efforts needed to achieve true equality.

Date: 25/8/23

Time: 3- 5 PM

Venue: CHRC Auditorium



Dr. Prof. Aradhana Michael  
Principal, CCON  
Dr. (Prof.) Aradhana Michael  
Principal  
Choithram College of Nursing  
Manik Bagh Road,  
Indore-452014 (M.P.) India



# 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  
Website : www.choithramnursing.com

## **EXPERT TALK ON "THE ROLE OF WOMEN IN SOCIETY: PERSPECTIVE & DISCOURSE"**



**Dr. Mala Thakur**  
Social Activist,  
Motivational speaker –  
Indore

We are delighted to extend warm invitation to  
all faculty & staff members to join us in  
celebrating women's equality day.

FRIDAY 25 AUGUST  
2023

**TIME: 3-5 PM**



**ORGANIZED BY:**  
CHOITHRAM COLLEGE OF NURSING, INDORE  
CHOITHRAM HOSPITAL & RESEARCH CENTRE





# 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



## CHOITHRAM COLLEGE OF NURSING, INDORE

**EXPERT TALK ON  
"THE ROLE OF WOMEN IN SOCIETY:  
PERSPECTIVE & DISCOURSE"**



**Dr. Mala Thakur**  
Social Activist,  
Motivational speaker -  
Indore

We are delighted to extend warm invitation to  
all faculty & staff members to join us in  
celebrating women's equality day.

FRIDAY 25 AUGUST  
2023

TIME: 3-5 PM

ORGANIZED BY:  
CHOITHRAM COLLEGE OF NURSING, INDORE  
CHOITHRAM HOSPITAL & RESEARCH CENTRE

**Organized By: Gender sensitization and women  
Empowerment Cell**







# 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

## 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.*





# 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

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.





# 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



## 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.





# 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



Faculty with Resource Person: GroupPhoto



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.





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

An awareness program on Threat & Cyber Security was organized by Choithram College of Nursing on 10<sup>th</sup> August 2023

All B.Sc. Nursing, M.Sc. Nursing students of Choithram College of Nursing, are hereby informed about an upcoming awareness program on **Threat & Cyber Security**.

**Guest of Honor and Speaker:**

Dr. Varun Kapoor, IPS, Additional Director General of Police RAPTIC, Indore

Dr. Varun Kapoor, along with his expert team, will share their knowledge and experience on various aspects of cyber security, including:

- Understanding different types of cyber threats
- Best practices for protecting personal and professional digital data
- Steps to take in the event of a cyber security breach
- Importance of cyber security in the healthcare sector

This essential session will provide valuable insights into the current landscape of cyber threats and the best practices for ensuring digital security.

**Details of the Program:**

**Date:** 10<sup>th</sup> August 2023

**Time:** 12 PM – 3 PM

**Venue:** CHRC Auditorium

Warm regards,



  
Event Coordinator

  
IQAC Coordinator



# 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



## **AWARENESS PROGRAM ON THREAT AND CYBER SECURITY**

### **PROGRAM SCHEDULE**

DATE – 10/08/23

TIME – 12:00pm to 3:00pm

Overview of the Programme	Richa Singh (MOC)
Welcome of Guest	Dr. Prof. Aradhana Michael Prof. Dr. Sheetal Saxena
Introduction of Guest	Richa Singh (MOC)
Awareness on Threat & Cyber Security	Dr. Varun Kapoor, IPS
Token of Gratitude	Dr. Prof. Aradhana Michael / Dr. Prof. Prachi Awasthi
Vote of Thanks	Priya Pandit
Refreshment/High Tea	

**Organized By-**

**CHOITHRAM COLLEGE OF NURSING**





# 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



## AWARNESS PROGRAM ON THREAT AND CYBER SECURITY

**GUEST OF HONOR**

**Dr. Varun Kapoor, IPS  
ADGP  
RAPTC-INDORE**

*THURSDAY  
10 AUGUST 2023  
TIME 12:00-3:00PM*



**Organized By-  
Choithram College Of  
Nursing, Indore**





# 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



## CHOITHRAM COLLEGE OF NURSING, INDORE

**AWARENESS PROGRAM  
ON  
THREAT AND  
CYBER SECURITY**

Guest of Honor  
**Dr. Varun Kapoor, IPS**  
Additional Director General of Police  
RMPD-Indore

**THURSDAY | 10 AUGUST 2023**  
TIME : 12:00-3:00 PM

ORGANIZED BY  
CHOITHRAM COLLEGE OF NURSING, INDORE  
CHOITHRAM HOSPITAL & RESEARCH CENTRE







# 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.)

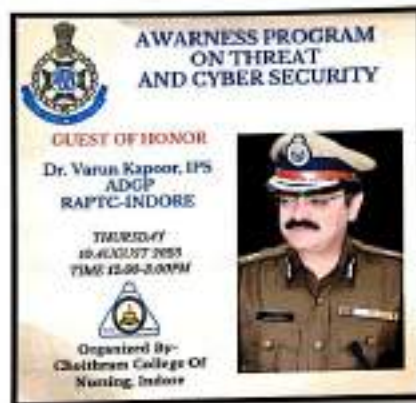


● Phone: 0731-2362491 to 99, ● Ext. No.: 407/578  
● Principal: +91-731-4939909

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

## 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 10<sup>th</sup> 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 RAPTIC, Indore and his team.





# 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

AWARENESS PROGRAM ON THREAT AND CYBER SECURITY	
PROGRAM SCHEDULE	
2024 - 2025	
Department of the Program	B.Sc. (Nursing)
Faculty/Instructor	Dr. Varun Dhawan
Location of Event	Choithram College of Nursing
Duration of Event	01/08/2024 to 02/08/2024
Time of Event	10:00 AM to 12:00 PM
Mode of Event	Online (Zoom Meeting)
Topic of Event	Cyber Security
Organized By	CHOITHRAM COLLEGE OF NURSING

Program Schedule

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.



Floral Welcome of Guest by Principal, CCN





# 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

During his session, he interacted with the students regarding the cyber issues they are commonly facing in day-to-day life.



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.



Group Photo of Guest of the Day and Faculty Members

  
Event Coordinator





# 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

## CHOITHRAM COLLEGE OF NURSING, INDORE



*Training Session on "Self-  
Defence"*

*B.Sc. (N) I Year*

*Date: 21/7/23 @ 9:00-11:00 AM*



**Organized by Gender  
Sensitization and Women  
Empowerment Cell and DANAM  
Foundation**



# 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  
Website : www.choithramnursing.com



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are excited to announce that Choithram College of Nursing, in collaboration with the DANAM Foundation, is organizing a 2-hour self-defence training session for B.Sc. Nursing 1st year students. This session aims to provide you with essential self-defence skills and techniques to enhance your personal safety and confidence.

Key Highlights:

- Introduction to basic self-defence techniques
- Practical demonstrations and hands-on practice
- Tips on personal safety and situational awareness

This is a valuable opportunity to learn self-defense skills from experienced trainers of the DANAM Foundation. We strongly encourage all students to participate actively and make the most of this training session.

Event Details:

Date: 21 July 2023

Time: 10:00 AM - 12:00 PM

Venue: CHRC Auditorium

We look forward to your enthusiastic participation.

Warm regards,

  
Event Coordinator



  
IQAC Coordinator



# 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



## CHOITHRAM COLLEGE OF NURSING, INDORE

### CHOITHRAM COLLEGE OF NURSING, INDORE



*Training Session on "Self  
Defence"*  
B.Sc. (N) I Year  
Date: 21/7/23 @ 9:00-11:00 AM



Organized by Gender  
Sensitization and Women  
Empowerment Cell and DANAM  
Foundation



**Gender sensitization and women Empowerment Cell**



# 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  
Website : www.choithramnursing.com

## 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 1 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

**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.





# 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



Self-defence Strategies



Awareness and Prevention







# 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

**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





# 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

**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.





# 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

CHOITHRAM COLLEGE OF NURSING  
B.Sc. NURSING 2<sup>nd</sup> YEAR, 2022-2023  
LIST OF ATTENDEES  
SELF-DEFENCE TRAINING  
DATE: 24/7/23

S.NO.	Name of the Student	Signature
1.	Aashma Nayta	
2.	Adithya Ajith	
3.	Akshaya Anil	
4.	Anantika Yadav	
5.	Anjali Gautam	
6.	Anjali Kochak	A
7.	Anju Mishra	
8.	Ankita Chandel	
9.	Arya M Sudhakar	
10.	Ashlee Cathrin Amos	A
11.	Ashly Shibu	
12.	Chetna Rajput	A
13.	Dewoo.S	
14.	Diksha Chouhan	A
15.	Divya Gurjar	
16.	Gayatri Ninama	
17.	Gracy Verma	
18.	Harshita Manker	
19.	Hemlata Lodh	
20.	Isha Singh	
21.	Isha Tank	
22.	Jagratee Birla	
23.	Jayshri Rathod	



# 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

24.	Jisa Rachel Abraham	Jisa
25.	Kajal Baiswal	A
26.	Khushi Mukesh Parmar	Khushi
27.	Khushi Panwar	Khushi
28.	Komal Meena	Komal
29.	Kritika Kushwah	Kritika
30.	Kunal Mukati	Kunal
31.	Litta Abraham	Litta
32.	Mahak Kolare	Mahak
33.	Mahima Masar	Mahima
34.	Mansi Tomar	Mansi
35.	Megha Khalkho	Megha
36.	Melveena Mathew	A
37.	Mohini Bagdare	A
38.	Monalika Pagare	Monalika
39.	Monika Sarjaliya	Monika
40.	Muskan Khan	A
41.	Nancy S. John	Nancy
42.	Nandini Kushwah	Nandini
43.	Neethu Saji	Neethu
44.	Neha Bhalse	Neha
45.	Neha Kanade	Neha
46.	Neha Solanki	A
47.	Nikita Kushwah	A
48.	Nishika Roy	Nishika
49.	Pooja Jaiswal	Pooja
50.	Pooja Kanchole	Pooja
51.	Pooja Prajapat	Pooja
52.	Priti Rajendra Verma	A



# 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

53.	Priya Gupta	Priya Gupta.
54.	Rakshita Naiyar	Rakshita
55.	Ranu Patidar	A
56.	Renuka Dhruv	Renuka
57.	Sanju Kanesh	Sanju
58.	Shikha Kushwah	Shikha
59.	Shivani Kumrawal	A
60.	Shivani Yadav	Shivani
61.	Shruti Gill	Shruti
62.	Shyamsundar	Shyamsundar
63.	Sibin Laby	A
64.	Sneha Rathore	Sneha
65.	Sonali Sharma	Sonali
66.	Sonika Rathore	Sonika
67.	Surbhi Rajesh Ingle	Surbhi
68.	Teena Parwar	Teena
69.	Vaishnavi Tarachand Kushwah	Vaishnavi
70.	Veena Tomar	Veena
71.	Yogita Verma	Yogita

  
Event Coordinator

  
IQAC Coordinators



# 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  
Website : www.choithramnursing.com

Principal, CCON



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students and Faculty Members,

We are pleased to announce that an instructional session on "Fire and Safety" will be held in collaboration with fire safety experts and professionals from the Engineering Department of Choithram Hospital and Research Centre. This session is designed to equip you with essential knowledge and skills for fire prevention and safety measures. The session is open to all B.Sc. Nursing students and faculty members. Attendance is mandatory for all students.

### Key Highlights:

- Understanding fire hazards and prevention techniques
- Practical demonstrations of fire safety equipment
- Emergency response procedures and evacuation plans
- Q&A session with fire safety experts

### Event Details:

Date: 25 April 2023

Time: 4:00 PM - 5:00 PM

Venue: CHRC Auditorium

We encourage everyone to participate actively in this important session to enhance your safety awareness and preparedness in case of fire emergencies.

We look forward to your participation.

Warm regards,

  
Event Coordinator



  
IQAC Coordinator



# 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

**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**





# 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  
Website : www.choithramnursing.com



## CHOITHRAM COLLEGE OF NURSING, INDORE

CHOITHRAM COLLEGE OF  
NURSING, INDORE  
CHOITHRAM HOSPITAL AND RESEARCH  
CENTRE

Instructional Session on  
"Fire and Safety"  
Date: 28 April 2023  
Time: 4:00-5:00pm



**Organized By: Gender sensitization and women  
Empowerment Cell**





# 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  
Website : www.choithramnursing.com

## 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

**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**

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

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

The College of Nursing organized an Instructional Lecture on "Fire and Safety" on 24/4/23 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.





# 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



Resource Person and Faculty

Mr. Sunil Sharma, our esteemed Senior Security Officer (CHRC), delved into the foundational theories surrounding Fire and Safety. Following his insightful discussion, Mr. Smimesh 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, Contain, Extinguish/Evacuate), ensuring thorough preparedness in the event of fire emergencies.



Session by Resource Person





# 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



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



Demonstration





# 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



**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.



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





# 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



B.Sc. Nursing III Year



B.Sc. Nursing II Year

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





# 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

CHOITHRAM COLLEGE OF NURSING  
B.Sc. NURSING 1<sup>st</sup> YEAR, 2022-2023  
LIST OF ATTENDEES  
INSTRUCTIONAL SESSION ON "FIRE AND SAFETY"  
DATE: 25/4/23

S.No	Student's Name	Signature
1	Aayushi Manshare	Aayushi
2	Aksa Elizabeth	Aksa
3	Alenteena K. Vorkey	Absent
4	Alpha Sagely Bihore	Alpha
5	Anchal Kumari	Anchal
6	Antimbala	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
17	Chetna Birla	Chetna
18	Chetna Chouhan	Chetna
19	Christin Jija	CHRISTIN
20	Debora Daniel	Debora
21	Gayatri Yadav	Gayatri
22	Girja Soliya	Girja
23	Graina Devasia	Graina
24	Isha Sharma	Absent
25	Jagrati Rathore	Jagrati
26	Kamini Chouhan	Kamini
27	Karnika Patidar	Karnika
28	Kashish Malviya	Absent
29	Khyati Murumkar	Khyati
30	Kirti Birla	Kirti





# 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

31	Kirti Patidar	Kirti
32	Kumkum Prajapat	Kumkum
33	Manjusha Kujur	Manjusha
34	Merlin John	Merlin
35	Muskan Katija	Muskan
36	Naveen Pawar	Absent
37	Neha Patel	Neha
38	Neha Rathore	Neha
39	Nikita Rathore	Absent
40	Nikita Sitole	Nikita
41	Pooja Dangi	Pooja
42	Priska M. Samuel	Priska
43	Priya Barod	Priya
44	Priya Rathore	Priya
45	Priya Yadav	Priya
46	Priyanka Malviya	Priyanka
47	Priyanka Rani	Priyanka
48	Purvi Rai	Purvi
49	Radjika Sahu	Absent
50	Rajan Varghese	Rajan
51	Reetika Chowdhary	Reetika
52	Richa Angel Joshy	Richa
53	Ritika NInama	Ritika
54	Saloni Dhakad	Absent
55	Sapna Mewada	Absent
56	Shainy Saji	Shainy
57	Shanu Solanki	Shanu
58	Sheetal Rathore	Sheetal
59	Sheetal Verma	Sheetal
60	Shivani Rai	Shivani
61	Shraddha Gour	Shraddha
62	Sinhasani Singh Chouhan	Sinhasani
63	Siya Rajeesh	Absent
64	Smita Dhangar	Smita
65	Someya Kaushal	Someya







# 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

66	Sonam Pal	Sonampal
67	Sunila Bhuriya	Sunila
68	Tamna Gill	Tamna Gill
69	Vinita Kanude	Vinita
70	Chinal Mehta	Abnund

  
25/4/23  
Event Coordinator

  
25/4/23  
IQAC Coordinator





# 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  
Website : www.choithramnursing.com

CHOITHRAM COLLEGE OF NURSING  
B.Sc. NURSING 2<sup>nd</sup> YEAR, 2022-2023  
LIST OF ATTENDEES  
INSTRUCTIONAL SESSION ON "FIRE AND SAFETY"  
DATE: 25/4/23

S.NO.	Name of the Student	Signature
1.	Aashma Nayta	
2.	Adithya Ajith	
3.	Akshaya Anil	
4.	Anantika Yadav	
5.	Anjali Gautam	
6.	Anjali Kochak	A
7.	Anju Mishra	
8.	Ankita Chandel	
9.	Arya M Sudhakar	
10.	Ashlee Cathrin Amos	A
11.	Ashly Shibu	
12.	Chetna Rajput	A
13.	Dewoo.S	
14.	Diksha Chouhan	A
15.	Divya Gurjar	
16.	Gayatri Ninama	
17.	Gracy Verma	
18.	Harshita Manker	
19.	Hemlata Lodh	
20.	Isha Singh	
21.	Isha Tank	
22.	Jagratee Birla	
23.	Jayshri Rathod	A
24.	Jisa Rachel Abraham	
25.	Kajal Baiswal	A





# 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

26.	Khushi Mukesh Parmar	<u>Khushi</u>
27.	Khushi Panwar	<u>Khushi</u>
28.	Komal Meena	<u>Komeena</u>
29.	Kritika Kushwah	<u>Kritika</u>
30.	Kunal Mukati	<u>Komal</u>
31.	Litta Abraham	<u>Litta</u>
32.	Mahak Kolare	<u>Mahak</u>
33.	Mahima Masar	<u>Mahima</u>
34.	Mansi Tomar	<u>Mansi</u>
35.	Megha Khalkho	<u>Megha</u>
36.	Melveena Mathew	<u>Melveena</u>
37.	Mohini Bagdare	<u>Mohini</u>
38.	Monalika Pagare	<u>Monalika</u>
39.	Monika Sarjaliya	<u>Monika</u>
40.	Muskan Khan	A
41.	Nancy S. John	<u>Nancy</u>
42.	Nandini Kushwah	<u>Nandini</u>
43.	Neethu Saji	<u>Neethu</u>
44.	Neha Bhalse	<u>Neha</u>
45.	Neha Kanade	<u>Neha</u>
46.	Neha Solanki	A
47.	Nikita Kushwah	A
48.	Nishika Roy	<u>Nishika</u>
49.	Pooja Jaiswal	<u>Pooja</u>
50.	Pooja Kanchole	<u>Pooja</u>
51.	Pooja Prajapat	<u>Pooja</u>
52.	Priti Rajendra Verma	A
53.	Priya Gupta	<u>Priya Gupta</u>
54.	Rakshita Naiyar	<u>Rakshita</u>





# 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

55.	Ranu Patidar	A
56.	Renuka Dhruv	Renuka
57.	Sanju Kanesh	Sanju
58.	Shikha Kushwah	Shikha
59.	Shivani Kumeowat	
60.	Shivani Yadav	Shivani
61.	Shruti Gill	Shruti
62.	Shyamsundar	Shy
63.	Sibin Laby	A
64.	Sneha Rathore	Sneha
65.	Sonali Sharma	Sonali
66.	Sonika Rathore	Sonika
67.	Surbhi Rajesh Ingle	Surbhi
68.	Teena Panwar	Teena
69.	Vaishnavi Tarachand Kushwah	Vaishnavi
70.	Vecna Tomar	Vecna
71.	Yogita Verma	Yogita

  
25/7/23  
Event Coordinator



  
25/7/23  
IQAC Coordinators



# 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

28.	Milient Dass	<i>Milient</i>
29.	Namrata Songara	<i>Namrata</i>
30.	Nikita Rathod	<i>Absent</i>
31.	Nima Patel	<i>Nima</i>
32.	Nitu Piplodiya	<i>Absent</i>
33.	Pallavi Sharma	<i>Pallavi</i>
34.	Parriza Patras	<i>Absent</i>
35.	Payal Dangi	<i>Payal</i>
36.	Pooja Birla	<i>Pooja</i>
37.	Poonam Borna	<i>Poonam</i>
38.	Prajakta Joshi	<i>Prajakta</i>
39.	Pratiksha Singh	<i>Pratiksha</i>
40.	Priya Rathore	<i>Priya</i>
41.	Priyanka	<i>Priyanka</i>
42.	Priyanka Alawa	<i>Priyanka Alawa</i>
43.	Priyanka Kujur	<i>Priyanka Kujur</i>
44.	Radhika Dangi	<i>Radhika</i>
45.	Rajnandani Patel	<i>Rajnandani</i>
46.	Rani Chouhan	<i>Rani</i>
47.	Ranu Patel	<i>Ranu</i>
48.	Ranu Patidar	<i>Ranu</i>
49.	Rosely Marium Roy	<i>Rosely</i>
50.	Ruby M Roy	<i>Ruby</i>
51.	Rupali Gour	<i>Rupali</i>
52.	Sakshi Rathore	<i>Sakshi</i>
53.	Sakshi Yadav	<i>Sakshi</i>
54.	Saloni Rathore	<i>Absent</i>
55.	Sanja Jangade	<i>Sanja</i>
56.	Sapna Gurjar	<i>Sapna</i>
57.	Sapna Jamod	<i>Sapna</i>
58.	Sarita Dangi	<i>Absent</i>
59.	Sarita Mishra	<i>Sarita</i>
60.	Sejal Ernest	<i>Sejal</i>
61.	Shifa Khan	<i>Shifa</i>





# 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

CHOITHRAM COLLEGE OF NURSING  
B.Sc. NURSING 3<sup>rd</sup> YEAR, 2022-2023  
LIST OF ATTENDEES  
INSTRUCTIONAL SESSION ON "FIRE AND SAFETY"  
DATE: 25/4/23

S.NO.	NAME OF THE STUDENTS	
1.	Akansha Patel	Absent
2.	Anjali Singh	Anjali
3.	Anju Jemel	Anju
4.	Ankita Singh	Ankita
5.	Arpita Peral Joshi	Absent
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	Absent
16.	Kavita Mandloi	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 Kawndkar	Megha
26.	Megha M Thomas	Megha
27.	Mertin Mariyam Raju	Mertin





# 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

62.	Sipora Mavi	Sipora
63.	Sunita Parmar	Sunita
64.	Sureksha Jadam	Sureksha
65.	Swati Patel	Swati
66.	Treesa Thomas	Treesa
67.	Vaishali Pawar	Vaishali
68.	Varsha Patidar	Varsha
69.	Yashodh Dangi	Yashodh
70.	Muskan Rathore	Absent
71.	Ravina Nagar	Absent

  
25/4/23  
Event Coordinator

  
IQAC Coordinators





# 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  
Website : www.choithramnursing.com



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Faculty Members,

We are delighted to announce the celebration of International Women's Day at Choithram College of Nursing by organising a sports activity (such as badminton, volleyball, football etc.) for all faculty members to focus on Holistic development.

We encourage you to participate and make this celebration memorable.

### Event details:

Theme: "DigitALL: Innovation and technology for gender equality".

Date: 9<sup>th</sup> March 2023

Time: 3:30 PM to 5:30 PM

Venue: College campus

  
Event Coordinator

  
IQAC Coordinator







# 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



## CHOITHRAM COLLEGE OF NURSING INDORE



**ORGANIZES**

### **INTERNATIONAL WOMEN'S DAY**

**Venue: Choithram College of  
Nursing Campus**

**Date: 9/3/2023**

**Time: 3:00PM Onwards**



**Organized By: Gender Sensitization  
and Women Empowerment Cell**



# 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.)

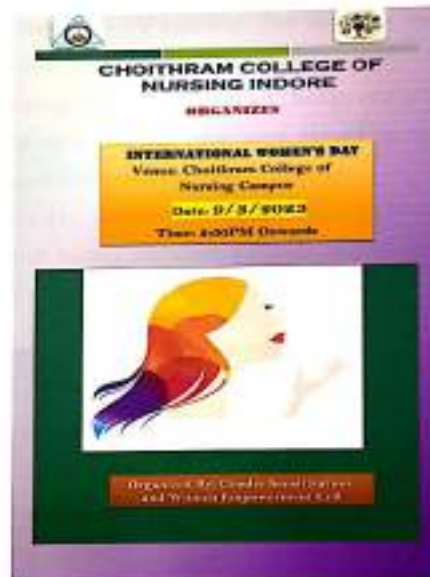


● Phone: 0731-2362491 to 99, ● Ext. No.: 407/578  
● Principal: +91-731-4939909

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



## CHOITHRAM COLLEGE OF NURSING, INDORE



Flyer/Brochure



# 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

## Choithram College of Nursing Report on - International Women's Day 2023

Date	9/03/23
Time	3:30 Onwards
Venue	Choithram College of Nursing campus
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 (Recreational activity) for all faculty members to focus on Holistic development under the guidance of Principal Dr (Prof) Aradhana Michael.



Male Faculty Playing volley





# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

We are pleased to inform you about an upcoming online awareness session on women empowerment, organized by Mr. B.C. Chhabra and Mr. Sanket Jain (C.A.), who are renowned life coaches and motivational speakers. This session aims to inspire and empower students with the theme "Success is Your Birthright."

This session is a valuable opportunity for you to gain insights on women empowerment and learn strategies to achieve success in your personal and professional lives. We encourage all students to join this enlightening session and make the most of this opportunity.

We look forward to your active participation.

Event details:


THEME: "Success is your Birth right"

DATE: 12 /12/22

TIME: 1:00 pm to 2:30 pm

VENUE: Class room (UG Block)

  
Event Coordinator

  
IQAC Coordinator





# 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



**महिला सशक्तिकरण  
के लिए विशेष कार्यक्रम**

**SPECIAL PROGRAM FOR  
WOMEN EMPOWERMENT**

**सफलता आपका  
जन्मसिद्ध अधिकार है**

**SUCCESS IS YOUR  
BRITHRIGHT**



**B. C. CHHABRA**



**CA. SANKET JAIN**



**12 DEC. 2022, 1:00 PM**

**ID: 8053285993 PASS : 123**





# 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



## CHOITHRAM COLLEGE OF NURSING, INDORE

महिला सशक्तिकरण  
के लिए विशेष कार्यक्रम  
SPECIAL PROGRAM FOR  
WOMEN EMPOWERMENT  
सफलता आपका  
जन्मसिद्ध अधिकार है  
SUCCESS IS YOUR  
BRITHRIGHT  
B. C. CHHABRA C.A. SANKET JAIN  
12 DEC. 2022, 1:00 PM  
ID: 8053285993 PASS: 123



Organized By: Gender sensitization and women  
Empowerment Cell



# 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

## Choithram College of Nursing Report on -E-Webinar on Women Empowerment Theme: Success is Your Birth Right

Date	12/12/2022
Time	1:00-2:00PM
Venue	B.Sc.(N) II Class room, UG Block
Beneficiaries	69 B.Sc. Nursing II 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





# 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



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.

During the program success stories of many powerful and empowered female entrepreneurs were also mentioned.



**Success stories through the examples**

  
Event Coordinator







# 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



## CHOITHRAM COLLEGE OF NURSING NOTICE



Dear Students,

Please be informed that Choithram College of Nursing organising an awareness talk cum discussion with the aim to spread awareness among them regarding **"Reproductive Rights"** with the aim to educate students on the critical topic of reproductive rights, highlighting its significance in nursing practice and healthcare. The session will be taken by Ms. Rupal Chauhan, Asst. Lecturer, Department of Obstetrics and Gynaecological nursing.

**Event details:**

**Date:** 10<sup>th</sup> Nov. 2022

**Time:** 03:00 PM to 04:00 PM

**Venue:** Class room, UG Block, Choithram College of Nursing

  
Event Coordinator



  
IQAC Coordinator



# 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

## CHOITHRAM COLLEGE OF NURSING, INDORE



**Instructional Session on**  
***"Reproductive Rights"***  
**Date: 10 November 2022**  
**Time: 3:00-4:00pm**



**Organized by Gender Sensitization and  
Women Empowerment Cell**



# 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

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

Date	10 <sup>th</sup> Nov,2022
Time	03:00pm- 04:00 pm
Venue	Choithram College of Nursing UG Block
Beneficiary	71 Studentsof B.Sc. Nursing I 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 10<sup>th</sup> 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





The session was attended by 71 students of B.Sc. Nursing I<sup>st</sup> 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 complexity's 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.





# 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

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

