

SENSITIZING STUDENTS TOWARDS SOCIAL CAUSE

INSTITUTIONAL SOCIAL RESPONSIBILITY

The life of a student is not only about the grades, degrees and passing the examinations, it's something different. Students who are socially aware realize that one of their prime responsibilities is to serve the society they are a part of. Therefore, it is very important for colleges and universities to imbibe a basic sense of social responsibility and sensitize students to social causes and issues, so that they are not just efficient inside the class but also act responsibly outside of it. Social responsibility means maintaining equilibrium between various sectors of the society, economically and otherwise. It also means contributing towards environmental welfare, which is crucial to our survival.

Choithram College of Nursing aims at inculcating social responsibility in its students by involving them in various activities that revolve around a social cause. Activities like creating awareness amongst the community members about various concerned disease conditions like Diabetes, Cardiac disorders, Cancer prevention, quitting smoking, family planning, blood donation are few of the major aspect the students are doing with the help of different audio visual aids, skit and nukkadnatak. Students actively participate in organizing cleanliness drives to clean up littered areas in the neighborhood, planting trees and maintaining green spaces. They also conduct workshops on personal hygiene, sanitation, and disease prevention and occasionally host health camps for free check-ups and basic medical services.

- World Environment Day
- Organ Donation
- Visit to old age home, deaf and dumb schools
- World health day
- Various health days
- Tree plantation
- Gender equality issues

All the programs undertaken by the college have been successful and effective in instilling sensitivity in the students to social issues and fostering their holistic development by increasing awareness, promoting empathy and social responsibility, enhancing critical thinking and problem-solving skills, facilitating personal growth and development, and promoting

community engagement and collaboration. Through these experiences, students are empowered to become active agents of positive change in their communities and beyond.

In all these efforts, collaboration with local authorities, NGOs, and other stakeholders is crucial for maximizing impact and sustainability. Additionally, periodic assessments and feedback mechanisms can help in evaluating the effectiveness of ISR activities and making necessary adjustments for continuous improvement.

S.no	Event	Date	Venue	Beneficiaries
1.	Aids Day 2022	01/12/2022	PHC & CHC	Community People
2.	Cancer Day 2023	04/02/2023	PHC Tillore	Community People
3.	Adolescent Health	14/02/2023	Pvt. School Tillore	School children
4.	Ayushman Bharat Card Distribution	01/07/2023	Zonal office [Khalsa College]	Community People
5.	School Health Program	06/10/2023	Govt. School Hatod	School children
6.	World TB Day	24/03/2023	Govt. Hosp	Patient & attendees
7.	New Born Week	17-19/10/2022	PHC & CHC	Mothers
8.	Mental Health Week	11-14/10/2023	High School Kalaria	School children
9.	NSS Camp	05-11/02/2023	Patalpani	Community People
10.	National Safe Motherhood Day	11/04/2023	CHC	Antenatal Mothers
11.	Midwives Day	05/05/2023	CHC	Staff And Community People
12.	International Day For Older Person	17/10/2023	Old age home	Elderly person
13.	World Prematurity Day	17/11/2022	CH&RC	Preemie Parents & relatives
14.	World ORS Day	01/08/2023	CHC Hatod	Community People
15.	Awareness on Cyber Security	10/08/2023	College	Students
16.	Marathon[Heritage Walk]	05/02/2023	Nehru Stadium	Community People
17.	Organ Donation	03/08/2023	College	Students

चोइथरामकॉलेजऑफनर्सिंग
विश्वएड्सदिवस

DATE	01/12/22
PROGRAM	WORLD AIDS DAY
PARTICIPANTS	B.SC. NURSING 4 TH YEAR 100 STUDENTS NSS VOLUNTEERS
BENEFICIARIES	COMMUNITY PEOPLE
VENUE	CHOITHRAM HOSPITAL & RESEARCH CENTER, KALARIYA, HATOD, BANGANGA, TILLOR, BICHOLI
HOURS	8 Hours

हरसाल 1 दिसंबरको दुनिया भरमें विश्व एड्स दिवस (World Aids Day) मनाया जाता है इस बरार विश्व एड्स दिवस की थीम (World AIDS Day theme 2022) इक्विलाइज़ (Equalize) समानता रखी गई है। ताकि समाज में फैली असमानताओं को दूर करके एड्स को जड़ से खत्म करने के लिए लोगों को प्रेरित किया जा सके। इस कार्यक्रम का संचालन प्रोफेसर राखी चंदेल रा. से. यो. इकाई कार्यक्रम अधिकारी और प्राचार्या डॉ.

आराधना माइकल के मार्गदर्शन में किया गया। चोइथराम कॉलेज ऑफ नर्सिंग के छात्रों ने एड्स मरीजों के प्रति कोई भेद भाव नहीं रखा। इस भावना के साथ इस वर्ष समानता थीम पर एड्स दिवस मनाया। इस दिन लोगों को एड्स के प्रति जागरूक करने के लिए चोइथराम कॉलेज ऑफ नर्सिंग के छात्रों ने तरह-

तरह की गतिविधियों का आयोजन किया। साथ ही इस दिन लाल रंग का रिबन पहनकर इस बीमारी से पीड़ित लोगों का समर्थन करते हैं। रैली

पोस्टर व जागरूकता बसके माध्यम से लोगों को जागरूक किया। नर्सिंग कॉलेज राष्ट्रीय सेवा योजना इकाई व अन्य विभागों द्वारा ग्राम कलारिया, हातोद, बाणगंगा,

तिल्लोर एवं बिचौली में एड्स जागरूकता कार्यक्रम किए गए। शिक्षक व विद्यार्थियों ने ह्यूमन रिबन का निर्माण भी किया। जागरूक वसका अवलोकन डॉ.

आराधना माइकल प्राचार्या, डॉ.

सुनील चांदीवल डायरेक्टर मेडिकल सर्विसेज चोइथराम हॉस्पिटल तथा डॉ.

अमित भट्ट की उपस्थिति में किया गया।



PRESS RELEASE- POPULAR SAMVADATTA

WORLD CANCER DAY 4th FEBRUARY 2023

THEME – “CLOSE THE CARE GAP”

Date	4 th FEBRUARY 2022
Venue	PHC, Tillore Khurd, Dist. Indore
Participants	1 M.Sc. Nursing student and 17 B.Sc. Nursing 2 nd -year students
Beneficiaries	50 General Population & staff of PHC

Every year World Cancer Day is observed on February 4th to raise awareness of cancer and to encourage its prevention, detection, and treatment. The World cancer day 2023-24 theme is “**CLOSE THE CARE GAP**” campaign is focused on identifying and recognizing global disparities in cancer care.

The program was organized under the able guidance of Dr. Prof. Aradhana Michael, Principal Choithram College of Nursing and Prof. Shweta Pattnaik, HOD, of the Medical-Surgical Nursing Department, and Prof. Yasmin Sharma, Community Health Nursing Department, Indore.

On this day, the Medical-Surgical Nursing Department and Community Health Nursing of Choithram College of Nursing, Indore organized a Nukkad Natak by B.Sc. Nursing Students about cancer, its causes, its prevention, and care to be taken during different treatment modalities like chemotherapy, and radiotherapy. Furthermore, a Health Check-up and oral screening by the M.Sc Nursing students of the Medical Surgical Department was also conducted. The activity took place at the Primary Health Centre of Tillore Khurd where the beneficiaries were the general population and staff of PHC.

The major intention of Nukkad Natak was to prevent millions of deaths each year by raising awareness and education about cancer, and pressing individuals across the world to take action against the disease.



WORLD Cancer Day Feb 04 2023
Students with Faculty



WORLD Cancer Day Feb 04 2023
Blood Pressure monitoring



WORLD Cancer Day Feb 04 2023
Oral Examination



WORLD Cancer Day Feb 04 2023
Students with Beneficiaries

प्रेस विज्ञप्ति

राष्ट्रीय सेवा योजना सात दिवसीय विशेष शिविर



इंदौर (चिनच उजाला) ।
चोइधराम कॉलेज ऑफ नर्सिंग इंदौर की राष्ट्रीय सेवा योजना इकाई द्वारा सात दिवसीय विशेष शिविर का आयोजन दिनांक 05/02/23 से 11/02/23 तक ग्राम-चौरडिया पातालपानी मे किया गया। शिविर का संचालन प्राचार्या डॉ. प्रो. आराधना माइकल के मार्गदर्शन मे प्रो.राखी

चंदेल व टीम द्वारा किया गया। विशेष शिविर मे राष्ट्रीय सेवा योजना स्वयंसेवकों ने ग्रामीणजनों के साथ मिलकर विभिन्न गतिविधियां संचालित की जैसे :- पर्यावरण व शारीरिक स्वच्छता - नशा मुक्ति रैली - ग्राम साफ सफाई आदि शिविर मे सभी शिविविद्यार्थी को प्रशंसा प्रमाण पत्र प्रदान किये गए।

विशेष शिविर से किया जागरूक



इंदौर। राष्ट्रीय सेवा योजना इकाई चोइधराम कॉलेज ऑफ नर्सिंग इंदौर में चौरडिया पातालपानी में आयोजित विशेष शिविर का संचालन प्राचार्या डॉ. प्रो. आराधना माइकल के मार्गदर्शन में प्रो. राखी चंदेल ने किया। विशेष शिविर में राष्ट्रीय सेवा योजना स्वयंसेवकों ने ग्रामीणों के साथ मिलकर विभिन्न गतिविधियां संचालित की। इनमें पर्यावरण व शारीरिक स्वच्छता - नशा मुक्ति रैली - ग्राम साफ सफाई आदि शामिल थीं। शिविर में सभी शिविविद्यार्थी को प्रशंसा प्रमाण पत्र प्रदान किये गए।

दि. 14/02/2023



राष्ट्रीय सेवा योजना

संस्था का नाम - चौधराम कॉलेज ऑफ नर्सिंग, इन्दौर (म.प्र.)



प्रमाण पत्र

प्रमाणित किया जाता है कि श्री/सुश्री

Preetibala Verma

ने

राष्ट्रीय सेवा योजना के अंतर्गत दिनांक 05-02-2023 से 11-02-2023 तक ग्राम-चौरडिया, पतालपानी में आयोजित "स्वास्थ्य, परिवार कल्याण एवं पौष्टिक आहार" सात दिवसीय विशेष शिविर में शिपिस्ट/नाटक/स्थानीय युवक के रूप में भाग लिया।

शिविर अवधि में इनका कार्य संतोषप्रद रहा।

कार्यक्रम अधिकारी

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प्राचार्य

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कार्यालय ग्राम पंचायत चौरडिया
तहसील - डॉ. अम्बेडकर नगर (महू) जिला इन्दौर
नं 30 दिनांक 11/02/2023

प्रमाणपत्र

यह प्रमाणपत्र दिया जाता है कि चौधराम कॉलेज ऑफ नर्सिंग की राष्ट्रीय सेवा योजना इकाई द्वारा दिनांक 05/02/2023 से 11/02/2023 तक ग्राम चौरडिया, पतालपानी में सात दिवसीय विशेष शिविर का आयोजन किया गया। शिविर में संतोष के 50 स्थल सेवाओं में भागीदारी कर बहुत ही उत्कृष्टतापूर्ण कार्य किए-

1. ग्राम सभ्यता।
2. स्वच्छता एवं शिशु विशेष पर नुस्खा नाटक।
3. गाथा मुक्त भावत रैली।
4. 2 किलो मीटर रैली की स्वच्छता एवं 400 मीटर जंगल क्षेत्र से जंगल की सफाई एवं निवारण।
5. 5 वर्ष से कम उम्र के बच्चों में कुपोषण की जांच एवं स्वास्थ्य परामर्श।
6. गर्भवती महिलाओं को स्वास्थ्य सचची जानकारी।

इसके द्वारा किये गये कार्यों के विषये ग्राम पंचायत आगला धन्यवाद करती है आगली उत्कृष्टत भविष्य की कामना करते हैं।

धन्यवाद

Kamlesh
हार्डिप
ग्राम पंचायत चौरडिया

कमलेश

Anshu Mishra
प्राचार्य
ग्राम पंचायत चौरडिया
डॉ. डॉ. का नगर (महू)

अंशु मिश्रा

CHOITHRAM COLLEGE OF NURSING
REPORT ON
NATIONAL SAFE MOTHERHOOD DAY PROGRAMME

DATE	11th APRIL 2023
TIME	10:30am-11:30am
VENUE	Banganga CHC
BENEFICIARIES	Antenatal Mothers

“Birth isn’t something women suffers, but something women actively celebrate!”

National Safe Motherhood Day is an annual event that is celebrated on April 11 in India. The White Ribbon Alliance India (WRAI) initiated this day to highlight the importance of maternal health and reduce maternal mortality rates in the country. The Indian government officially recognised National Safe Motherhood Day in 2003, to emphasise the importance of ensuring that women have access to adequate care throughout pregnancy, childbirth and the postnatal period. It is an awareness program specially designed for pregnant mothers.

National Safe Motherhood Day was celebrated by Faculties of Obstetrics & Gynaecology Nursing from Choithram College of Nursing, on date 11th April 2023 at Banganga CHC Hospital under the able guidance of Dr. Prof. Aradhana Michael, Principal of Choithram College of Nursing. Ms. Shefali Ojha, Medical Officer and Dr. Sunita Yadav, Dr. Minakshi Jharwade of Banganga CHC Hospital, lauded the efforts of the Faculties of Choithram College of Nursing for conducting this programme and Dr. Minakshi Jharwade said that the goal of this day celebration is to increase awareness that every woman has a right to live and survive pregnancy and child birth. Ms. Sanghamitra Paul, Assistant Professor talked about the importance of celebrating safe motherhood day and grab the attention of the mothers by discussing care during antenatal and postnatal period. Ms. Marlene Peter, Associate Professor highlighted the importance of antenatal diet during the time of pregnancy and encouraged the mothers to have nutritious food especially iron rich diet by displaying the antenatal diet thali. Ms. Priya Pandit, Assistant Professor gave awareness to the expectant mothers about the complications that can arise during pregnancy if they are not checked promptly and discussed about the possible way to avoid the complication. Ms. Richa Singh, Assistant Professor demonstrated the antenatal exercise during first and second trimester and explained that antenatal exercise helps to improve overall health, reduce the risk of complications during pregnancy and labor, and promote a faster postpartum recovery. Prof. Prachi Awasthi, HOD, Obstetrics and Gynecology focused on the

importance of women's health, in particular, the four pillars of safe motherhood and encouraged the mother by saying they are capable of birthing their baby naturally. Trust in themselves and their body's ability to do what it needs to do and know that they have a team of support around them to help them through this journey. At the end of this programme Bananas were distributed to the mothers. The main purpose of the initiative is to provide awareness about care during the perinatal period and campaign of natural and Normal birth so that the woman can lead life with a positive attitude towards pregnancy, labour and puerperium. The programme facilitators were the faculty members in the department of Obstetrics and Gynaecologic Nursing of Choithram College of Nursing.





CHOITHRAM COLLEGE OF NURSING
REPORT ON
INTERNATIONAL MIDWIVES' DAY 2023

DATE	5th MAY 2023
TIME	11:00am-11:45am
VENUE	Banganga CHC
BENEFICIARIES	Duty Doctor, Staff Nurse, Hospital Staff and Local community People

**“The Greatest Privilege of a human Life is to Become a Midwife
to the Awakening of the Soul in Another Person”**

International Midwives Day is celebrated every year on May 5th to recall the midwife's contributions in fighting patriarchy, inequality and standing up for the rights of women to receive respectful maternity care. International day of the midwife was observed on the theme "Together again: from evidence to reality," by faculty members of Department of Obstetrics & Gynaecological Nursing Prof. Prachi Awasthi, Mrs. Marlene Peter, Mrs. Priya Pandit, Mrs. Richa Singh Das, Ms. Sanghamitra Paul Under the able leadership of Principal Dr. Prof. Aradhana Michael from Choithram College of Nursing. The theme emphasizes the need for midwives to work collaboratively to translate evidence-based practices into effective care for mothers and infants. Evidence-based practices are those that have been proven to be effective through rigorous scientific research. Midwives can play a critical role in bridging the gap between evidence and practice by utilizing their knowledge and skills to advocate for evidence-based care. On this occasion of International Midwives Day, a poster competition was organized among BSc Nursing 4th-year students. The competition aimed to promote awareness of midwifery, maternal and neonatal health, and evidence-based practices among nursing students. The students were encouraged to create posters that reflected the theme "Together Again: From Evidence to Reality". the posters created by the students were of high quality, reflecting their understanding of the importance of midwifery and evidence-based practices in maternal and neonatal health. The event started with the presentation on Respectful Maternity Care, which was attended by Duty Doctors, Staff Nurses, Hospital staff, and members of the local community and IEC material was provided to the Doctors and Staff of CHC for display in wards of Banganga Hospital.



Choithram College of Nursing
Report on “World Organ Donation Day” 2023

**Theme- Raising Awareness About The Importance of Donating Organ
After Death To Save More Lives”**

**“After I die if I am buried, I will rot. If I am burnt, I will become ash but if
my body is donated, I will live to give life and happiness to many.”**

Every year world organ donation day is celebrated on 3rd August. This year the theme is **“Raising Awareness About the Importance of Donating Organ After Death To Save More Lives”**. Choithram College of Nursing, has conducted an **Interbatch poster competition** among B.Sc Nursing students under the guidance of Dr. Prof Aradhna Michael Principal, Choithram College of Nursing with the primary aim of raising awareness about organ donation and encouraging nursing students to actively participate in promoting this life-saving cause.

Objectives of the poster competition are -

- **Create Awareness:** To educate nursing students about the importance of organ donation and its impact on saving lives.
- **Promote Discussions:** To encourage students to engage in meaningful discussions about organ donation within their peer groups and the wider community.
- **Foster Creativity:** To provide a platform for students to showcase their creativity and innovative ideas on promoting organ donation through visual communication.

For the competition, nursing students were invited to create posters focusing on various aspects of organ donation, such as the process of organ transplantation, myths and misconceptions surrounding organ donation, the impact of organ

donation on recipients and their families, and the role of healthcare professionals in the organ donation process. Participants were encouraged to use evidence-based information and creative visual elements to deliver their messages effectively.

Judging Criteria: The posters were evaluated based on the following criteria:

- Clarity and effectiveness of the message conveyed.
- Creativity and originality of the design and visual elements used.
- Accuracy and relevance of the information presented.
- Overall impact and ability to capture the attention of the audience.

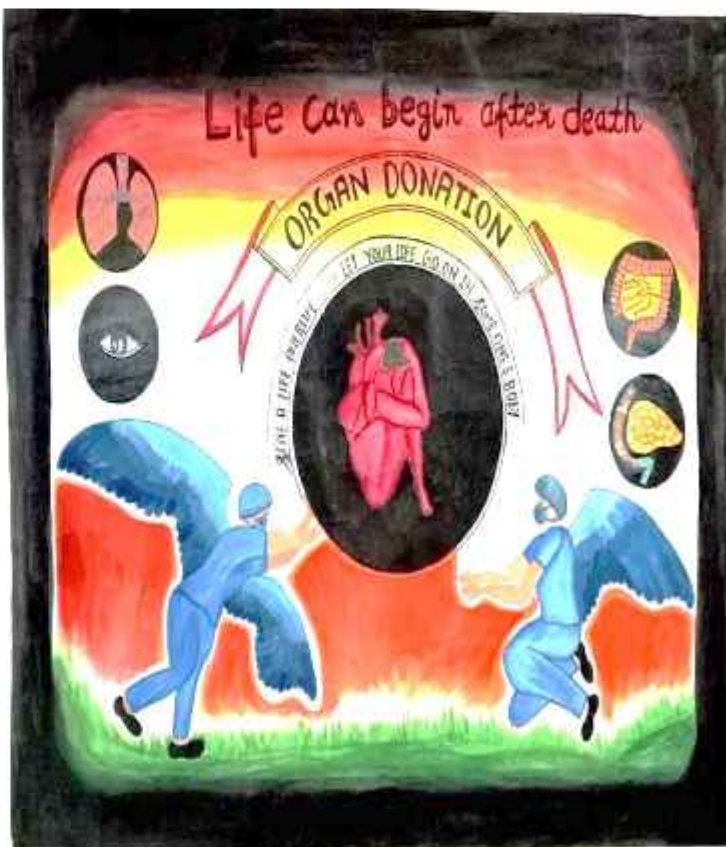
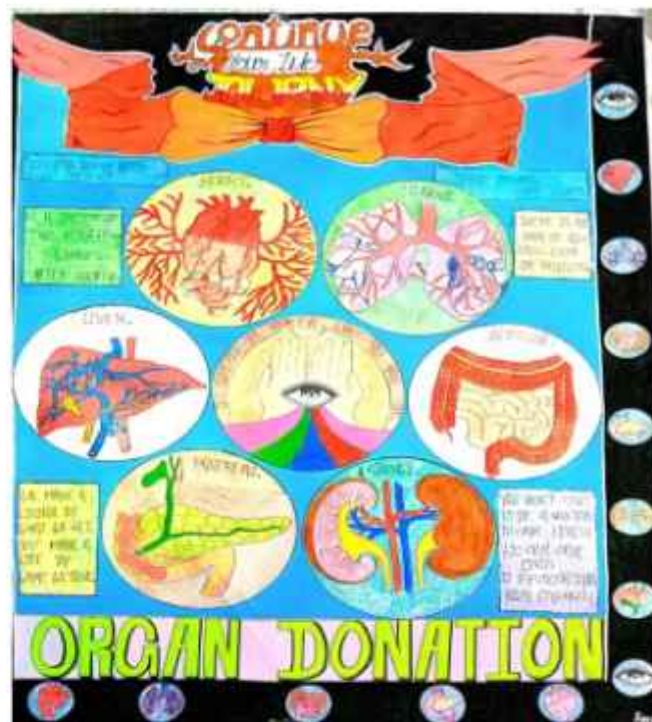
A total of 30 posters were submitted for the competition, out of which 15 posters were the best and the top three were selected based on the judging criteria mentioned above. Each of the winners received recognition for their outstanding contributions to raising awareness about organ donation.

1. Arti Nagar (B.Sc. Nursing 1st year)

2. Nisha M. Thomas (B.Sc. Nursing 4th year)

3. Manjusha Kujur (B.Sc. Nursing 1st year)

The poster competition on organ donation among BSc nursing students successfully achieved its objectives of increasing awareness and fostering advocacy for organ donation. The event provided an excellent platform for nursing students to showcase their creativity and knowledge, encouraging them to actively participate in promoting the cause of organ donation within their communities and future healthcare practices.



REPORT ON AYUSHMAN BHARAT CARD DELIEVERY PROGRAMME 2023

DATE	1st July 2023
TIME	10 AM-3 PM
VENUE	Zonal office (Dhanvantari Nagar, Ranjeet Hanuman, Hawabangala, Khalsa College)
BENEFICIARIES	Students of M. Sc. (n) 2 nd year, B. Sc. (n) 4 th year

On 1st July 2023 we the students of Choithram college of nursing, Indore under the guidance of principal Dr. (Prof.) Aradhana Michael and supervision of community health department got the opportunity to be the member of Ayushman Bharat PVC card delivery process in different selected areas of Indore.

The Ayushman Bharat Yojana 2023 was initiated by *PM Shri Narendra Modi*, and currently, 10 crore families are registered with many more joining the scheme. This scheme offers free health benefits for all types of illnesses and diseases that you may be suffering from.

The Ministry of Health and Family Welfare has launched the Ayushman Bharat Digital Mission to provide free health benefits to underprivileged citizens of India. To avail the benefits of the **Ayushman Bharat Card 2023** and to complete the Ayushman Card registration process on pmjay.gov.in and generate the ABHA Card number of beneficiaries.

For digital registration process, our NSS volunteers were joined this programme and contribute their valuable participation among all the other government health care workers (ANMs & ASHA). The selected areas for this event were following: Zonal office (Dhanvantari Nagar, Ranjeet Hanuman, Hawabangala, Khalsa College). End of the programme all the beneficiaries were addressed by the government officers and Ayushman card distribution was done among them. Thereafter in ending note the virtual meet was conducted & *Shri Narendra Modi and Shri Shivraj Singh Chouhan* lead the meet.

The whole experience of this event was great. All the volunteers were done their part very enthusiastically.



WORLD NEWBORN CARE WEEK 2022

DATE	: 17/11/22
TIME	: 10:30 AM
THEME	: “Home Care of New-Born in Urban Area”
VENUE	: Sub Centre, Kalaria village, Dhar Road
BENEFIRIES	: Antenatal mother, postnatal mother
ORGANIZER	: Department of Child Health Nursing, Choithram College of Nursing

The role of new born care is an effective tool in breaking the chain of high mortality and morbidity rate.

Every year we celebrate New Born Care Week, from 15th -21st November. The theme of this year was “**Home Care of New-Born in Urban Area.**”

Under the expert guidance of **Prof. Dr. Aradhana Michael, Principal, Choithram College of Nursing**, B.Sc.(N) and M.Sc.(N) students of Child Health Nursing Department had given the health education on the important aspect of new-born care at home.

The program aimed to sensitize the parents and family members about the home care of new-born baby. The beneficiaries of the event were antenatal and postnatal mothers at kalaria village. They were sensitized for **thermoregulation of baby, breastfeeding, cord care, oil massaging and other aspects of new-born and warning signs of baby**. The programme was very effective and informative for mothers.

The whole program was co-ordinated by **Prof. Rakhi Chandel**.



WORLD NEWBORN CARE WEEK 2022

DATE	: 19/11/2022
TIME	: 11:00 AM
THEME	: “Home Care of New-Born in Urban Area”
VENUE	: CHC Banganga, Indore
BENEFICIARIES	: Postnatal mother and their relatives
ORGANIZER	: Department of Child Health Nursing, Choithram College of Nursing

“Newborn babies can’t do much on their own. But every parent is sure their creation is without a doubt a tremendous sensation.”

The aim for celebrating the newborn care week is to raise awareness about the importance of the new born care growth and development

Under the expert guidance of **Prof. Dr. Aradhana Michael, Principal, Choithram College of Nursing**, B.Sc. Nursing students had given the health education through the skit performance on the important aspect of new-born care at home.

The program aimed to acquaint the parents and family members about the home care of newborn baby. The programme was organized for the postnatal mothers at CHC, Banganga. They were sensitized for importance of mother’s milk for the newborn baby, Prevention of neonatal infection, basic needs of normal baby at home, warning signs of newborn & explain about home care of newborn and kangaroo mother care for low-birth-weight baby at home. The programme raised the confidence among mothers to care the newborn.

The whole program was co-ordinated by **Prof. Shreeja Vijayan**.





Event- World T B Day
Venue- P C Sethi Govt Hospital, Indore
Participants- B Sc (N) II yr students
Beneficiaries- Male & Female patients attending
OPD's of Hospital
Date- 24/03/23

World TB Day
Yes, we can End TB!

Choithram College of Nursing observed World Tb Day on 24th March 2023. Under the guidance of Principal Dr Aradhana Michael an awareness program was organized by B Sc (N) Second year students at P. C. Sethi Govt. Hospital, Indore.

During the program, students present a skit and conveyed the message of awareness. Sign and symptoms, Transmission of disease, treatment and preventive measures were explained to the people in OPD area of hospital. Feedback from the audience was also taken. Answers of the queries raised by audience were given by the students and teachers. The program came to the end by 10:30 am.





GPS Map Camera

Indore, Madhya Pradesh, India
14/1, Ushaganj, Chhawni, Indore, Madhya Pradesh
452001, India
Lat 22.70894°
Long 75.878788°
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CHOITHRAM COLLEGE OF NURSING
COMMUNITY HEALTH NURSING DEPARTMENT
“WORLD ORS DAY”

DATE	01/08/2023
PROGRAM	Awareness skit on ORS day
THEME	Know how to protect your children from diarrhoea by giving them this life saving solution
VENUE	Community Health Centre, Hatod, Indore
PARTICIPANTS	B.Sc.(N)2nd year
BENEFICIARIES	Patients and attenders of CHC Hatod

Under the guidance of principal Dr.(Prof.)Aradhana Michael, department of community health nursing organised an awareness program for the prevention and management of diarrhoea by performing the skit on the ORS day i.e. 1st August 2023.

Skit was performed by B.Sc. (N) students at CHC Hatod Infront of patients and attenders. Patients and attenders were made aware about early causes, sign and symptoms, treatment & prevention.

Refreshment was distributed to the people visited the OPD at the CHC and at the end, queries were addressed after the skit.

Dr. (prof.) Sheetal Saxena, Prof. Shreeja Vijayan, Prof. Ancy Varkey , Asst. Prof. Hemalata Birla , Asst. Lecturer Abhilash Kolare and Ms. Priya Sharma has also given their guidance and support for this program.



CHOITHRAM COLLEGE OF NURSING

Event- School Health Program

Venue- Govt. School, Hatod

Beneficiaries- 66 Students of class 1st to 8th

Date- 6th October 2023

A school health program was organized by Dept of Community Health Nursing on 6th October 2023 at Govt. School Hatod. 66 students from class 1st to 8th were screened for height, weight, BMI and Vision testing. Students were also explained about the importance hygiene and good nutrition for their better growth and development. Students raised few of their queries which were resolved by the students and faculty.

8 B sc (N) final year students participated in the camp. Physical examination and screening was completed by 12:30pm.



Hatod, Madhya Pradesh, India
QPWR+JRB, Major District Rd, Hatod, Madhya Pradesh 453111, India
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Hatod, Madhya Pradesh, India
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CHOITHRAM COLLEGE OF NURSING

DATE- 10 August 2023

VENUE- Choithram Auditorium

TIME- 12:00pm-3:00pm

THEME- Awareness program on Threat & Cyber Security

An awareness program on Threat & Cyber Security was organized by Choithram College of Nursing on 10th August 2023 in Choithram Auditorium in collaboration with MP Police under the guidance of **Dr. Prof. Aradhana Michael**, Principal, Choithram College of Nursing. The co-coordinator of the event was **Dr. Prof. Prachi Awasthi**, HOD, OBG Department, Choithram College of Nursing. The Guest of Honor and the speaker of the session was **Dr. Varun Kapoor**, IPS, Additional Director of General of Police RAPTIC, Indore and his team. The program started with an inaugural session followed by welcome of guests. The participants of the program were B.Sc. Nursing students & M.Sc. Nursing students of Choithram College of Nursing and the students of Choithram College of Paramedical Sciences. **Dr. Varun Kapoor** took the session on the various cyber threats the youth is facing now a days and the ways they can prevent these threats. During his session, he interacted with the students regarding the cyber issues they are commonly facing in day to day life. In the end of his talk, he appreciated the students who answered the questions positively throughout the session by providing them certificates and special batches. The program ended with the valedictory session and high tea.





WORLD PREMATURETY DAY CELEBRATION, 2022

SKIT AND HEALTH EDUCATION

Event	: World prematurity day, 2022
Theme	: “A parent's embrace: a powerful therapy. Enable skin-to-skin contact from the moment of birth”
Date	: 17/11/2022
Venue	: Pediatric ward, Choithram Hospital and Research Center, Indore
Beneficiaries	: Preemie parents and their relatives
Organizer	: Child Health Nursing Department, Choithram College of Nursing in Collaboration with Choithram Hospital & Research Center and IAP, Indore Chapter.

“High-quality universal newborn health care is the right of every newborn everywhere, even if its prematurity”

Every year World Prematurity Day is observed on 17th November to raise public understanding regarding care of premature baby.

The theme for world prematurity day for the year 2022 was **“A parent's embrace: a powerful therapy. Enable skin-to skin contact from the moment of birth.”**

On this occasion, **Dept. of Child Health Nursing CCON**, under the Expert guidance of **Dr. Prof. Aradhana Michael**, Principal Choithram College of Nursing, Indore has organized an awareness program on **Kangaroo mother care and home care of premature baby**, at Pediatric ward of **Choithram hospital and research centre, Indore**.

B.Sc. (N) third year students and MSc (N) students of Child Health Nursing speciality had sensitized the preemie parents and their relatives regarding the kangaroo mother care and care of premature baby at home. The students explained the care aspects such as *Thermoregulation, Kangaroo Mother Care, oil massaging, cord care* and many other points.

The cognizance about preemie baby care increased the confidence of mother to care the baby at home. Each preemie mother was personally taught about the *skin-to-skin contact* of mother and baby for better health and weight gain of baby. The event was very informative and motivational for all the participants. Every mother believed that skin to skin contact is helpful to their babies and they were happy in practicing it. Awareness about it pushed preemie parents to care their baby confidently.

The whole program was co-ordinated by **Prof. Shreeja Vijayan**, HOD Child Health Nursing Department, CCON.



CHOITHRAM COLLEGE OF NURSING

DATE: 05 FEBRUARY 2023

VENUE: Nehru stadium

TIME: 7am to 11am

EVENT: Heritage walk

Under the able guidance of our Principal **Dr. Prof. Aradhana Michael** and our co-ordinator **Prof. Shweta Pattnaik**, the students of B.Sc. Nursing II & III year, M.Sc. Nursing Final year and faculties of Choithram College of Nursing participated in 5K marathon (heritage walk) which was organized by Coal India Indore and in collaboration with academy of Indore marathons (AiM) and association of International marathons and distance races (AIMS) on the theme "fight against obesity" (Walk jog run, let the body fat burn) on 5th February 2023. The marathon was organized in to 5 categories i.e. 3K, 5K, 10K, 21.09K and 42.195K. This was the 9th event edition of marathon organized in which more than 25,000 people participated in the event. The inaugural session was initiated by RJ Navneet and zumba was performed in order to warm up all the participants. The 5 km Heritage walk started at 8am from Rajwada to Nehru stadium. The students and faculties were provided with the BIB cards, T-shirts and caps. The students enthusiastically participated in event; there was provision of safe drinking water and first aid for all participants during the whole event. At the end of the marathon, medals and e-certificates were awarded to all participants as a token of appreciation and snacks were given at Nehru stadium.



CHOITHRAM COLLEGE OF NURSING

Event- Adolescent Health Program

Venue- Mother Merry Public School, Tillore

Beneficiaries- 100 Students of class 6th to 12th

Date- 14th Feb 2023

A school health program was organized on 14th Feb 2023 in Mother Merry Public School, Tillore. During the program girls were explained about the secondary development and menstrual hygiene. Balanced diet and importance of vitamin c rich fruits was explained. Girls were taught about good touch, bad touch, and sexual abuse.

Nursing and other paramedical courses were explained to the students with bio subject.



REPORT
INTERNATIONAL DAY FOR OLDER PERSONS
17TH OCTOBER 2023

Date	: 17 th October 2023
Time	: 9:30-12:00pm
Venue	: Astha Vradhajan Seva Ashram Pardeshipura, Samaj Kalyan Parisar Indore
Participants	: B.Sc. Nursing 3 rd year 70 students, M.Sc. Nursing 05 students & 5 faculty members

THEME: “Fulfilling the Promises of the Universal Declaration of Human Rights For Older Persons: Across Generations”

On 17th October 2023, a Health Awareness Program was organized by the Medical Surgical Nursing department under the guidance of Principal Dr. (Prof.) Aradhana Michael and Prof. Shweta Pattnaik, (HOD of Medical Surgical Nursing Department) for elderly community members in Astha Vradhajan Seva Ashram Indore with B.Sc. Nursing 3rd year & M.Sc Nursing students. The resident in the old age home were approximately 50 in number few of them suffered with chronic conditions like DM & HTN. A health screening which included height, weight and BMI measurement was also done and accordingly health education was provided to all the elderly. We observe that the residents had a regular routine in terms of exercise, food, sleep and personal hygiene was well maintained. The nursing students participated enthusiastically & motivated elderly people to enjoy and live a healthy life. The students also educated 25-30 school children through their role plays and health talks on personal hygiene and hand washing demonstration. The school children enjoyed and learned well and also re-demonstrated. The aim was to provide best possible care and support to lead a healthy and fulfilling life. At the end fruits and healthy snacks was also distributed to all the beneficiaries.

MENTAL HEALTH WEEK 2023
SCHOOL MENTAL HEALTH PROGRAM
THEME: 'Mental health is a universal human right'
[Our Mind, Our Rights]

Date: 13/10/23

Venue: Naveen Shaskiya High School, Kalaria, Indore

Beneficiaries: School Students

Good mental health allows us to cope with challenges, connect with others and thrive throughout our lives. It's vital and deserves to be recognised and respected. Because mental health is a universal human right, we all have the right to access quality treatment that meets our needs and respects our rights across our lifetimes.

Choithram college of Nursing has observed **Mental Health week** from 11/10/23- 14/10/23. On this occasion Department of Mental Health Nursing has conducted '**School Mental health program**' on 13/10/23 at **Naveen Shaskiya Highschool Kalaria**, Indore in Guidance of Dr. Prof. Aradhana Michael, Principal, CON and Ms. Vaishali Tiwari, an Associate Professor and the Head of the Mental Health Nursing Department at CON.

The purpose of organizing this program was to promote understanding of the importance of good mental health, minimize stigma and discrimination, and advocate for mental health as a fundamental human right. This was achieved through a skit performed by third-year B.Sc. Nursing students, and M.Sc. Nursing students from the previous year also provided mental health education on '**Mental Health Rights**' to the students.

During this event Ms. Christy Abish, Associate Professor. Mr. Anmol Joseph, Assistant Professor, Mental Health Nursing were accompanied with students.





WORLD NEWBORN CARE WEEK 2022

DATE	: 17/11/22
TIME	: 10:30 AM
THEME	: “Home Care of New-Born in Urban Area”
VENUE	: Sub Centre, Kalaria village, Dhar Road
BENEFIRIES	: Antenatal mother, postnatal mother
ORGANIZER	: Department of Child Health Nursing, Choithram College of Nursing

The role of new born care is an effective tool in breaking the chain of high mortality and morbidity rate.

Every year we celebrate New Born Care Week, from 15th -21st November. The theme of this year was “**Home Care of New-Born in Urban Area.**”

Under the expert guidance of **Prof. Dr. Aradhana Michael, Principal, Choithram College of Nursing**, B.Sc.(N) and M.Sc.(N) students of Child Health Nursing Department had given the health education on the important aspect of new-born care at home.

The program aimed to sensitize the parents and family members about the home care of new-born baby. The beneficiaries of the event were antenatal and postnatal mothers at kalaria village. They were sensitized for **thermoregulation of baby, breastfeeding, cord care, oil massaging and other aspects of new-born and warning signs of baby**. The programme was very effective and informative for mothers.

The whole program was co-ordinated by **Prof. Rakhi Chandel**.



WORLD NEWBORN CARE WEEK 2022

DATE	: 19/11/2022
TIME	: 11:00 AM
THEME	: “Home Care of New-Born in Urban Area”
VENUE	: CHC Banganga, Indore
BENEFICIARIES	: Postnatal mother and their relatives
ORGANIZER	: Department of Child Health Nursing, Choithram College of Nursing

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