

# e-NEWSLETTER

Rhythm-III, Jan 2024 December 2024



## Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow

Raebareli Road, Lucknow-226014 (U.P)

[www.spggims.org.in](http://www.spggims.org.in)



College of Nursing, SGPGIMS, Lucknow



# Message Director, SGPGIMS

**Prof. R. K. Dhiman**  
MD, DM, FAMS, FACG, FRCP Edin.,  
FRCP London, FAASLD  
**Director**



**SANJAY GANDHI POSTGRADUATE  
INSTITUTE OF MEDICAL SCIENCES**  
RAEBARELI ROAD, LUCKNOW-226 014 (U. P.) INDIA



**Prof. R K Dhiman**  
Director, SGPGIMS

## MESSAGE

I wish to congratulate College of Nursing, Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGIMS), Lucknow for its continuous growth and excellence in the field of nursing education. Nursing profession is not only limited to bedside nurses, nurses are technically independent and play vital role in patient care.

It makes me proud that the reputation of College of Nursing, SGPGIMS has gone far beyond the confines of the State and the Country. Over the years, College of Nursing, SGPGIMS has continued to grow and maintained its position at the forefront of the nursing institutions in the State.

College of Nursing, SGPGIMS is the rising star in academics adding more and more accolades to its cap. Becoming the "**Mentor Institute**" under the Mission Niramaya" launched by Government of Uttar Pradesh is a great achievement.

I am happy that e-newsletter is being published by College of Nursing for general information. I take this opportunity to wish College of Nursing, SGPGIMS very best for future endeavours.

**(Radha Krishan Dhiman)**

---

**Phone Office:** 91-0522-2668112 ; **PBX:** 2668004-08, 2668716-719 ; **Extn.:** 4001 (Reception)  
**Fax:** 91-0522-2668129, 2668017 & 2668078; **Mobile:** 8004901818 ; **E-mail:** [director@sgpgi.ac.in](mailto:director@sgpgi.ac.in) , [rkpsdhiman@gmail.com](mailto:rkpsdhiman@gmail.com)

## Message Dean, SGPGIMS



### संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow-226 014 (India)



**Shaleen Kumar**  
Dean, SGPGIMS

This is a truly exciting era in the development of the health sector and especially in the field of nursing. We have also been adding new, cutting-edge elements to our curriculum during the past several years, including essential advanced nursing skills, and this rising graduation rate in the College has afforded us the opportunity to send into the health sector greater numbers of skilled nurses each year who have both the advanced nursing and social skills needed to thrive in the competitive world.

Our strategy for ensuring that our college remains well-positioned to maintain its phenomenal growth includes attracting world-class faculty, expanding our Honors tracks, and continuing to renew our teaching, with an eye toward elevating one or more evidence-based nursing research to the national level.

We look forward to keeping you posted on our progress on each of these vital fronts, and on the remarkable accomplishments of our students, faculty, and alumni.

**Prof. Shaleen Kumar**  
Dean  
SGPGIMS, Lucknow

## Message Executive Registrar



Phones : (0522) 2668004-008, 700, 800, 900  
Fax : (0522) 2668017, 2668129

### संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ Sanjay Gandhi Postgraduate Institute of Medical Sciences

Raebareli Road, Lucknow-226 014 (India)

Message for e-Newsletter



**Col. Varun Bajpai**  
Executive Registrar  
SGPGIMS

It is with great optimism and gratitude towards our nurses that I write this message. The College of Nursing has continued to move forward to prepare competent and compassionate healthcare providers. This newsletter of College of Nursing brings an insight into the activities and clinical practices of the nursing students and faculty members as a team.

As the Registrar of the Institute, I extend my best wishes to the entire team of Faculty and Students of the College of Nursing, SGPGIMS for their achievements.

**Col. Varun Bajpai, VSM**  
Executive Registrar  
SGPGIMS, Lucknow

# Message

## Chief Medical Superintendent, SGPGIMS



संजय गॉधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ।  
Sanjay Gandhi Post Graduate Institute Of Medical Sciences,  
Raebareli Road, Lucknow-226014 (INDIA)  
Phone: 0522-2494065 Fax: 91-0522-440973



**Prof. Sanjay Dhiraj**  
Chief Medical Superintendent  
SGPGIMS

Nursing is a noble profession. Nurses serve as the backbone of the entire hospital administration working tirelessly day in and out. I being the nodal officer to College of Nursing, SGPGIMS has worked in proximity of nurses and have realized that nurses are multi-tasking. They not only serve the people but also can also good leaders and administration.

My best goes to the entire team of faculty members and students of College of Nursing for the future projects.

**Prof. Sanjay Dhiraj**  
Chief Medical Superintendent  
SGPGIMS, Lucknow

# Message Chairperson, SGPGIMS



**SANJAY GANDHI POSTGRADUATE INSTITUTE OF MEDICAL SCIENCES**  
Raebareli Road. Lucknow – 226014. India

**Dr. Amita Aggarwal**  
MD, DM, FASc, FAMS, FNASc  
Prof. & Head  
Department of Clinical Immunology & Rheumatology

Phone: +91-522- 224 4284  
Mobile: +91 800 490 4389  
Fax: 91-522-2668017/26683078  
Email: [amita@sgpgi.ac.in](mailto:amita@sgpgi.ac.in); [aa.amita@gmail.com](mailto:aa.amita@gmail.com)



## Message for e-Newsletter

**Amita Aggarwal**  
Chairperson  
SC-College of Nursing

Nurses are two-thirds of the health workforce in India. Their central roles in health care delivery in terms of promotion, prevention, treatment, care, and rehabilitation are highly significant. Their contributions towards achieving UN millennium development goals (MDG) and sustainable development goals (SDG) are very crucial but not sufficient enough particularly in developing countries like India to create a major impact on health outcomes.

Nursing today has witnessed several changes, successes, and challenges through a lot of stride and movement. Through active, experiential, and global learning opportunities, we prepare our students to be stewards of the public interest and practitioners and leaders in the public and private sectors.

Being Chairperson of the College of Nursing I would like to congratulate the principal, faculty members, and students of the College of Nursing for this new quarterly Newsletter which will help us get the news about our nursing faculty, students, alumni, programs, and projects.

Prof. Amita Aggarwal  
Chairperson  
SC-College of Nursing

# Message Principal CON, SGPGIMS



नर्सिंग कालेज  
संजय गाँधी स्नातकोत्तर आयुर्विज्ञान संस्थान  
College of Nursing, SGPGIMS, Raebareli Road, Lucknow-226 014 ( U. P.)  
Tel. : 2668004-08, 2668700, 2668800, 2668900, Ext.: 3351, 3353, 3355, Fax : 2668017, 2668078



**Dr. Radha K.**  
Professor cum Principal  
CON, SGPGIMS

Our mission is to promote quality nursing. Our Institute try to prepare skilled, independent, and compassionate Nurses, who can provide promotive, preventive, curative and rehabilitative services at all levels of health care settings. The institute strives to provide a conducive learning environment to the students. We try to inculcate competitive spirit and leadership qualities among future nurses; so that they could impart excellence in clinical practice & fulfil the demands and challenges of nursing profession globally.

The institute provides an ample opportunity to student nurses to acquire the skills to become a skilled nurse for the future enhanced demands & to get respect, and recognition in their field of health care.

**Dr. Radha K.**  
Principal  
CON, SGPGIMS, Lucknow

# Message

## Editor in Chief, CON, SGPGIMS



**Mr. Mata Deen**  
Editor in Chief  
CON, SGPGIMS

Healthcare delivery is a multidisciplinary endeavor with nursing as the backbone of the health and medical system. The purpose of a e-Newsletter is typically to disseminate information regarding the activities of the college, Students & Teachers contribution, scientific presentation, publications etc.

Our goal as a team would not be achieved without the collective efforts of the Editor Advisory Board, Scientific Committee, Reviving Editors, Associate Editors committee members of College of Nursing, SGPGIMS, Lucknow.

e-Newsletter of College of Nursing, SGPGIMS will attempt to highlight the aspects related to academic performance, training of students and extra-curricular activities. From 2023 onward, I am very grateful and humbled to take on the role of Editor-in-Chief for this newsletter, and I am grateful to our Director, Dean, ER, CMS & Nodal officer, SGPGIMS and Principal, College of Nursing, SGPGIMS for supporting me to contribute to the development of the e-Newsletter. This e-Newsletter will be useful to improve the academic and extracurricular performance of students and bring about quality in nursing education.

I am confident that collectively, we will take this newsletter series to great heights without compromising the quality.



**Mr. Mata Deen**  
Tutor, CON, SGPGIMS,  
Lucknow

## EDITOPR ADVISORY BOARD

**Col. Varun Bajpai**

Executive Registrar  
SGPGIMS, Lucknow

**Prof. Sanjay Dhiraaj**

Chief Medical  
Superintendent/Nodal Officer  
CON, SGPGIMS, Lucknow

**Dr. Radha K.**

Principal  
CON, SGPGIMS, Lucknow

## EDITOR-IN-CHIEF

**Mr. Mata Deen**

Tutor  
CON, SGPGIMS, Lucknow

## SCIENTIFIC COMMITTEE

**Mrs. Shabana Khatun**

Associate Professor  
CON, SGPGIMS, Lucknow

**Mr. Yadidya**

Associate Professor  
CON, SGPGIMS, Lucknow

**Mrs. Anju Verma**

Associate Professor  
CON, SGPGIMS, Lucknow

## REVIEWING EDITORS

**Mr. Ashutosh Kumar  
Chanchal**

Tutor  
CON, SGPGIMS, Lucknow

**Mrs. Abha Verma**

Tutor  
CON, SGPGIMS, Lucknow

**Mrs. Bhumika Singh**

Teaching Staff  
CON, SGPGIMS, Lucknow

## College of Nursing, SGPGIMS, Lucknow



## ASSOCIATE EDITORS

**Mrs. Pushpa Singh**

Tutor, CON, SGPGIMS

**Ms. Alice Joseph**

Tutor, CON, SGPGIMS

**Mr. Arun Kumar**

Tutor, CON, SGPGIMS

**Mr. Kamran**

Tutor, CON, SGPGIMS

**Mrs. Pooja Yadav**

Tutor, CON, SGPGIMS

**Mr. Kamran**

Tutor, CON, SGPGIMS

**Mr. Bhoopendra Singh Yadav**

Tutor, CON, SGPGIMS

**Mrs. Merlin Cheema**

Teaching Staff, CON, SGPGIMS

**Mr. Vinod Gupta**

Teaching Staff, CON, SGPGIMS

**Mrs. Jebacelinpriyangaj**

Teaching Staff, CON, SGPGIMS

**Mrs. Archana Singh Yadav**

Teaching Staff, CON, SGPGIMS

## *INDEX*

<b>SL. NO.</b>	<b>EVENTS/ACTIVITIES</b>	<b>Page No.</b>
1.	15 <sup>TH</sup> FOUNDATION DAY, COLLEGE OF NURSING	
2.	CAREER COUNSELLING PROGRAM	
3.	ANTI RAGGING AWARENESS PROGRAM 2024	
4.	ANNUAL SPORTS MEET- "JOSH 2024"	
5.	MENTOR-MENTEE PROGRAM	
6.	SOFT SKILL TRAINING ON COMPASSIONATE COMMUNICATION & EMPATHY IN HEALTHCARE	
7.	AWARENESS PROGRAM REGARDING: HIV/AIDS PROGRAMME	
8.	KALTARANG 2024 Fest at Rajiv Gandhi Institute of Petroleum Technology, Amethi	
9.	YOGA SESSION	
10.	CELEBRATION OF THE 10TH INTERNATIONAL YOGA DAY	
11.	ANAGDAN JAN JAGRUKTA ABHIYAAN (ORGAN DONATION)	
12.	SPORT MEET-"JOSH-2" 2024	
13.	SOFT SKILL TRAINING (SERIES 7) ON "TIME MANAGEMENT"	
14.	THE WORLD HYPERTENSION DAY CELEBRATION - 2024	
15.	BASIC LIFE SUPPORT WORKSHOP	
16.	DENGUE AWARENESS PROGRAM (MANAGEMENT OF ADULT & PEDIATRIC DENGUE PATIENT)	
17.	REPORT OF THREE DAYS TRAINING PROGRAM ON "PALLIATIVE CARE"	
18.	CONTINUING NURSING EDUCATION ON "SAFE INSERTION, MAINTENANCE, AND REMOVAL OF CHEST TUBE	
19.	FIRE MOCK DRILL	
20.	NUKKAD NATAK ON POSHAN ABHIYAN 2024	
21.	ROLE PLAY ON MALNUTRITION	
22.	SOFT SKILLS TRAINING	
23.	INNOVATIVE PROTOTYPE	
24.	BREASTFEEDING WEEK CELEBRATION	

25.	<b>CONTINUING NURSING EDUCATION (CNE)</b> <ul style="list-style-type: none"> <li>✦ Oxygen Therapy Using Mask</li> <li>✦ CPR (Cardiopulmonary Resuscitation)</li> <li>✦ Wound Care</li> </ul>	
26.	<b>NUTRITION MELA</b>	
27.	<b>E-LEARNING</b>	
28.	<b>SEMINAR, WORKSHOP &amp; ACTIVITIES OF COLLEGE</b>	

## *Sanjay Gandhi Post Graduate Institute of Medical Science, Lucknow*

Sanjay Gandhi Postgraduate Institute of Medical Sciences has (SGPGIMS) been under the State Legislature Act in 1983 and is named after Sanjay Gandhi (an Indian politician). It was created by the state of Uttar Pradesh established as a center of excellence for providing medical care, education, and research of the highest order

The Institute offers postgraduate training to medical and nonmedical professionals. The training programmes lead to D.M., M.Ch., M.D., Ph.D., postdoctoral fellowships, postdoctoral certificate courses in various disciplines. In addition, B.Sc. Nursing, M.Sc. Nursing for Nursing Sciences & B.Sc. / M.Sc. (paramedical technology) courses in Allied Health Sciences are offered by the College of Medical Technology. The Institute is an autonomous body and award degrees which are recognized by the Medical Council of India. The Institute functions as a State University and is member of the Association of Indian Universities and is recognized by University Grants Commission.

Sanjay Gandhi Postgraduate Institute of Medical Sciences aimed to provide advanced speciality medical care with emphasis on Neonatal Surgery, Organ Transplantations, telemedicine, advance trauma care, kidney transplant and Comprehensive Cancer Care. Comprehensive focus on research, quality of teaching and quality of patient care.

The campus is a mini township with Community Center, Post Office, Bank, Schools, General Hospital, Play Grounds and other recreational facilities. There is planned plantation throughout the campus to provide pollution free healthy environment. The total covered area of the main hospital and its ancillary services is approx. 40,000 sqm.



## *College of Nursing, SGPGIMS, Lucknow*

Owing a nation's commitment to bring primary health services within the reach of all the individuals, there is a great demand for the Professional Nurses in India. With this view, College of Nursing at SGPGI Lucknow was established in Year -2010 under an autonomous State University SGPGIMS Act 1983.

**College of Nursing, SGPGIMS** needs real commitment and selfless, endeavour with love, passion, and perseverance. Nursing students should act as force for change and become vital-resource for health.

College of Nursing is the first government Nursing Training institute established in Lucknow City of Uttar Pradesh.

### *VISION*

At College of Nursing, SGPGIMS, our vision is to create a Center for Excellence that fosters the development of compassionate, competent, skilled nurses who demonstrate exceptional standards in education, service, leadership, research and innovation.

### *MISSION*

- ✚ To educate and train the students to become compassionate, competent, skilled nurses who demonstrate quality, integrity and excellence in education, service (Hospital, Community & Outreach activities), leadership, research, and innovation.
- ✚ To promote health and wellness amongst individual, family & community.
- ✚ To contribute towards knowledge generation and dissemination of evidence-based practice.
- ✚ To promote ethical and value-based learning.
- ✚ To nurture creativity and encourage entrepreneurship.
- ✚ To enhance employability and contribute to human resource development.



Recognized as "**Mentor Institute**" under Mission Niramaya-2023

## 15<sup>TH</sup> FOUNDATION DAY, COLLEGE OF NURSING

### THEME – SPARSH 2024

**DATE:** Feb. 1<sup>ST</sup> 2024

**TIME:** 10:00AM – 4:30PM

**VENUE:** CV Raman Auditorium, Central Library Complex

The 15<sup>th</sup> foundation day college of nursing, SGPGIMS was celebrated on February 1<sup>st</sup>, 2024, at C.V. Raman Auditorium, library complex. The theme for this year's foundation day was “**SPARSH 2024**”. The event commenced at 10.00 am comprising of diversity in the range of activities including Poster Exhibition, AV aids Exhibition and Rangoli Exhibition along with cultural events.

### OBJECTIVES:

The objectives for this event were follows:

1. To celebrate the establishment of college of nursing at SGPGIMS.
2. To enhance the creative skills and enthusiasm of students.
3. To showcase the creativity in different formats and approaches.
4. To develop a sense of confidence in gestures of students at a big platform.
5. To improve and promote the co-curricular activities among students



Posters exhibition commenced at 10:00 am with the theme of “**sustainable development goals**” where students showcased their artistic abilities and creativity as a universal call to action towards ending poverty and protecting the planet in a sustainable manner. The exhibition was evaluated by Dr. Sandeep Sahu, Dr. Radha. and Mrs. Anju Verma.



### **AV Aids:**

The Audio-Visual Aids exhibition commenced simultaneously with poster and rangoli presentations. This event was evaluated by Dr. Sandeep Sahu and Asso. Prof. Anju Verma.



### Rangoli:

The rangoli presentation was themed as “Sustainable development goals” representing the colorful balance between the creative and humanistic side of students. The event was evaluated by Ass. Prof. Mrs. Shabana Khatun.



After the exhibition the dignitaries were welcomed in the auditorium for further celebration of foundation day and

commencement of cultural events. The event was hosted by Ms. Aparna Ms. Lalita M.Sc. (Nursing 1<sup>st</sup> Year students)

After the welcome of dignitaries on the dais lamp lightning ceremony took place by the blessings of almighty along with Saraswati Vandana. The welcome address was given by Dr. Radha K., Principal, CON, SGPGIMS.



This event forwarded with wise and valuable words of dignitaries on the dais, the Guest of Honour Prof. Shaleen Kumar, Dean, SGPGIMS and the Chief Guest of the celebration, Prof. R.K. Dhiman, Director, SGPGIMS.

### CULTURAL EVENTS:

The cultural event started at 12:30pm with an uproar of enthusiasm and joy of the audience and the participants on board. The event was themed as “cultural heritage”. The cultural event was hosted by Ms. Anjali, Ms. Yukta, and Ms. Priyanka Chaudhary B.Sc. Nursing 4<sup>th</sup> Year. The event comprised of intermixed competitions including:

- Poetry (English/Hindi)
- Singing (Solo)
- Solo Dance
- Duet Dance
- Group Dance
- Skit

There were 21 performances including all the competitions and these were evaluated by Asso. Prof. Shabana Khatun, CON, SGPGIMS.



The Winners of the competition will be awarded on the Lamp lighting ceremony. The event was concluded with the **vote of thanks** by Program Coordinator, Mrs. Pushpa Singh, Tutor, CON, SGPGIMS followed by national anthem.

## **CONFERENCE ON HEALTHCARE ENGLISH**

**Date & Time:** 8<sup>th</sup> February 2024 from 9:00 am to 5:00 pm

**Place:** CV Raman Auditorium, SGPGIMS, Lucknow

**Conference:** Importance of Health Care English -Classroom to Workplace

The College of Nursing, SGPGIMS, Lucknow hosted a workshop on the Healthcare **English Conference: Importance of Health Care English -Classroom to Workplace** with the collaboration of **Ebek's Healthcare along with OET (Occupational English Test)** supported by Mission Niramaya, UP State Medical Faculty and JHPIEGO on 8<sup>th</sup> February 2024 from 9:00 am to 5:00 pm at CV Raman Auditorium, SGPGIMS, Lucknow.

**Participants:** Principal, Faculty, 400 B.Sc. and M.Sc. Nursing Students across UP.

**Speakers:** Principal, Nursing Directors, other Academic Experts from Pan India and outside India.

Two sessions were held first session was inaugurated by Col.Varun Bajpai, Executive Registrar, SGPGIMS, Lucknow. Dr. Neetu Devi, Nursing consultant, UPSMF gave the keynote address. Principal of College of Nursing, SGPGIMS welcomed the gathering. The conference was coordinated by Mrs. Shabana Khatun on the behalf of College of Nursing.

### **The conference had two panel discussions.**

Improving and strengthening healthcare communication

English for growth- Job opportunities – Domestic and Global opportunities

The first panel discussed the present English curriculum, industry feedback and need for a structured and progressive English course in nursing context.

The second panel discussed the advantages of domestic and global opportunities, skill gap, social impact and ethical immigration.

Panelists included Mr. David Wiltshire, Principal Education Advisor, OET, Col Varun Bajpai, Executive Registrar, SGPGIMS, Dr. Nesa Sathya Satchi, Principal Apollo College of Nursing, Chennai, Col. Binu Sharma, Director of Nursing Max Healthcare Hospital, New Delhi, Dr. Bhawna Bakshi, State Program Manager , JHPEIGO, Prof. Lavanya Nandan, Director and Principal, Nightingale Institute of Nursing, Noida, Dr. Dipti Shukla, Principal, Samarpan Institute of Nursing and Paramedial Sciences Lucknow, Mrs. Precila

Fernandes, Director of Nursing, Medanta Lucknow, Dr. Neetu Devi, Nursing Consultants, UPSMF and Mr. Sreekanthan, Gopalakrishna, Chairman, Ebek .

The second afternoon session had a **Workshop on OET (Occupational English Test)** conducted by **Mr. David Wiltshire**, OET. Ms. Shakaina Mogul and Prakruthi Das from OET, South Asia assisted the seminar. Over 400 nursing students and nursing officers from different colleges across the UP state were attended this seminar.

The Chief Guest, **Prof. R. K Dhiman**, Director, SGPGIMS, Lucknow wished the students and advised them to make use of this workshop effectively.

**Prof. Shaleen Kumar**, Dean of SGPGIMS emphasized the importance of communication and skills in healthcare industry. **Col. Varun Bajpai** spoke about global demands and how UP state can equip its healthcare students to address the shortage.

**Outcome of the conference:** The students were so thrilled to have attended this workshop where they learnt about preparing for OET exams. They were exposed to industry demand and how they need to fill their skill gap. So, that students prepare themselves from classroom to workplace (in India and Abroad).

### Glimpse



### स्वास्थ्य देखभाल पर सम्मेलन का आयोजन

विभिन्न कॉलेजों से 400 से अधिक नर्सिंग छात्रों और नर्सिंग अधिकारियों ने लिया भाग



### CAREER COUNSELLING PROGRAM

College of Nursing, SGPGIMS, Lucknow conducted a Career Counselling Program at **Shri Bala Ji Shiksha Niketan H.S. School Bhilampur** from 11:30 am to 12:30 pm on 9th February 2024. The Session was conducted under the guidance of **Mr. Arun Kumar** (Tutor), and **Mrs. Abha Verma** (Tutor). In this program, we told students about the

Nursing and Paramedical courses and job opportunities.



## OBJECTIVES

- ✓ To develop relationship with local school community.
- ✓ To inform about the job opportunities in government and private sectors
- ✓ To inform about the income in government and private sectors

### Career counselling team members

1. Mr. Arun Kumar, Tutor, CON, SGPGIMS
2. Mrs. Abha Verma, Tutor, CON, SGPGIMS
3. Ms. Saifali, Ms. Pooja, Mr. Shivam, B.Sc. Nursing 4<sup>th</sup> year student, CON, SGPGIMS

### Agenda “Central Public School, Rajnikhand, Lucknow for Career Counselling”

- ✓ Introduction to nursing and paramedical
- ✓ Introduction to paramedical
- ✓ International aspects of nursing

- ✓ Sharing experiences and encouraging students by Mrs. Abha Verma & Mr. Arun Kumar
- ✓ Conclusion and feedback

Students of 11<sup>th</sup> and 12<sup>th</sup> standard enthusiastically participated in the program.

- Total 39 students participated in the program.
- School principal and teachers also actively participated in the program.
- *Niramaya brochures* were distributed to the students

E-portals were provided to the students and shared with the school Principal.



## FEEDBACK

The students found the career counselling program effective and excellent. Students actively participated in ice-breaking activities.

- Queries were answered.
- Doubts were cleared.

## CAREER COUNSELLING PROGRAM-II

The faculty and students of the College of Nursing, SGPGIMS, Lucknow together conducted a Career Counselling Program at **Heera Lal Yadav Inter College Uttargaon Sisendi Lucknow** from 12 pm to 1 pm on 15th February 2024. The Session was conducted under the guidance of **Mr. Arun Kumar** (Tutor), and **Mrs. Abha Verma (Tutor)**. We told students about the Nursing and Paramedical courses and job opportunities in this program.



## OBJECTIVES

- ✓ To develop relationship with local school community.
- ✓ To inform about career opportunities in nursing and paramedical.
- ✓ To inform about the job opportunities in government and private sectors
- ✓ To inform about the income in government and private sectors

## Career counselling team members

1. Mr. Arun Kumar, Tutor, CON, SGPGIMS
2. Mrs. Abha Verma, Tutor, CON, SGPGIMS
3. Ms. Sudha, Anjali, Hemang, Hemant & Akanksha, B.Sc. Nursing 4<sup>th</sup> year student, CON, SGPGIMS

## Agenda for “central public school, rajnikhand, lucknow for career counselling”

- ✓ Introduction
- ✓ Ice breaking activity
- ✓ Introduction to nursing and paramedical
- ✓ Introduction to paramedical
- ✓ International aspects of nursing
- ✓ Sharing experiences and encouraging students by Mrs. Abha Verma & Mr. Arun Kumar
- ✓ Conclusion and feedback

The students of 11<sup>th</sup> and 12<sup>th</sup> standard were the participants. Students enthusiastically participated in the program.

- Total 18 students participated in the program.
- School principal and teachers also actively participated in the program.
- *Niramaya brochures* were distributed to the students
- E-portals were provided to the students and shared with the school Principal.

कोर्स लेवल  
डिप्लोमा  
बीएससी एवं पीजी

वेबसाइट  
www.upsmfac.org  
www.abvmuup.edu.in



## FEEDBACK

The students found carrier counselling program was effective and excellent. Students actively participated in ice breaking activities.

- Queries were answered.
- Doubts were cleared.

## ANTI RAGGING AWARENESS PROGRAM 2024

**Date:** - 17 Feb.2024

**Event:** - Anti Ragging Awareness Program

Ragging involves abuse, humiliation, or harassment of new entrants or junior students by the senior students. It often takes a malignant form wherein the newcomers may be subjected to psychological or physical torture. College of Nursing appointed an anti-ragging committee to prevent the menace of ragging and to maintain healthy interpersonal relations

among students on the college campus. Ragging is strictly forbidden on or outside the college campus. For this purpose, the Anti-Ragging Committee is actively functioning.

In the academic year 2024, all the college students were informed about anti-ragging. Under this committee, a Programme on Anti Ragging: Laws and Awareness was organized on 17 Feb.2024 to inform students regarding ragging. On this occasion, Hon. Dr. Radha K, Mrs. Shabana Khatoon, Mrs. Merlin Cheema, Ms. Pooja Yadav, and Mr. Ashutosh Kr Chanchal, expressed their views on anti-Ragging laws and punishments. The Program **Chairperson** was **Dr. Radha K**, Principal, College of Nursing, SGPGIMS, Lucknow. The program was

**Co-ordinated by Mr. Ashutosh Kumar Chanchal**, Tutor, College of Nursing, SGPGIMS, and presentation on anti-ragging was done by **Ms. Priyanka Choudhary** (B.Sc. Nursing IV year) College of Nursing, SGPGIMS.



## ANNUAL SPORTS MEET- "JOSH 2024"

**Sports Events** - 06<sup>TH</sup> to 8<sup>th</sup> march 2024  
**Venue:** Sport Complex & Cricket Ground  
SGPGIMS  
**Timing:** 8:00am-4:00pm

### Day 01

To promote a team spirit among students and revive the zeal among the students, college of nursing SGPGIMS organized **Annual sports meet – JOSH-2024 from 06<sup>th</sup> to 08<sup>th</sup> March, 2024** in Cricket Stadium and Sports Complex SGPGIMS from 8am to 4pm.

The Chief Guest of our program was our honorable Principal **Dr. Radha K.** College of Nursing, SGPGIMS along with all the faculties of the College of Nursing SGPGIMS.

The program started from 8am by welcoming the Principal and the Faculties and all the other members present in the Cricket Stadium with a good start by prayer to keep us safe and healthy.

### Day 02

The event kicked off on the 6th of March 2024 with an impressive opening ceremony, The ceremony was graced by esteemed faculty members and dignitaries, who encouraged the students to compete with passion and integrity.

The day saw a plethora of sporting events unfold, including track and field competitions such as **100m race, Discuss throw, cricket, badminton, carrom, kho-kho, chess, volleyball, and Javelin throw.** The highlight of the day was the cricket match and badminton held at sports complex and cricket stadium, where teams showcased their talent and teamwork.



The momentum continued on the second day of the Sports Meet, with participants eagerly taking part in a variety of events. The focus shifted to the semifinal events of **Race 100m and 400m relay, cricket, volleyball, discuss, kho-kho and javelin.**

Simultaneously, indoor games such as **chess, badminton, carrom, and badminton.**



## Day 03

The final day of the Sports Meet witnessed the culmination of the various competitions for finals of all competitions.

The day began with high-intensity finals of 100m sprint of boys and girls and 400m relay race followed by matches in cricket, kho-kho and volleyball, with spectators cheering fervently from the stands. The tug of war between boys' and girls' team was the limelight of sports days where girls won the event.

The closing ceremony was a fitting finale to the three-day extravaganza, and winners will be facilitated in the lamp lightening ceremony.



The Annual Sports Meet at the College of Nursing, SGPGIMS, was a grand success, bringing together students, faculty, and staff in a celebration of athleticism and sportsmanship. The event not only provided a platform for students to showcase their sporting talent but also promoted values of teamwork, discipline, and resilience.

## MENTOR-MENTEE PROGRAM-I

**Events -** 03<sup>rd</sup> April 2024

**Venue:** Fundamental Lab

**Timing:** 3:00pm-4:00pm

Well-being and success are one of the primary goals of any institution of higher education. Ensure that there is a consensual and meaningful relationship between the teachers and students that leads to their overall growth and development. To keep this thing in mind, the Mentor and Mentee program was started by the College of Nursing, SGPGIMS, Lucknow.

As per the schedule i.e. on 03.04.2024 from 3 PM to 4 PM, a meeting was conducted between, mentor and mentee at Nursing Foundation Lab on the 1st floor of the College of Nursing building, SGPGIMS.

**During the meeting following activities were done: -**

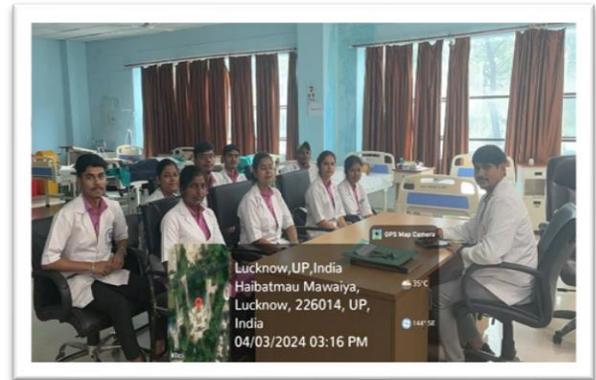
1. A group of Mentees students introduced themselves to Mentor and vice versa.
2. The purpose and rationale of the meeting were discussed between the mentor and mentee.
3. Students were happy and expressed their views and understood the

- importance of the mentor-mentee program.
4. Students were motivated to discuss their problems related to curriculum, co-curriculum, and extra-curricular matters with the mentor.
  5. The photographs taken at the end of the program.
  6. The group gave regards to each other and dispersed with the promise to meet in the next session with positive enthusiasm for new problem-solving attitudes and ideas to help those students in the group who will suffer and for the betterment of the student to achieve a goal i.e. to be a successful nurse.

At the last, it can be concluded that the meeting conducted was very useful from the point of view of students and students also enjoyed the meeting with the hope that some positive changes may take place in their journey to becoming competent & successful nurses.

#### **Issues Discussed:**

1. Projectors not working in class and need of smart class.
2. Theft issues in class.
3. Need of seminar hall for smooth conduction of programs.
4. Shortage of attendance in theory and practical.
5. Regarding makeup duty.
6. Mess problem.



## **MENTOR-MENTEE PROGRAM-II**

**Events -** 19<sup>th</sup> March 2024

**Venue:** Fundamental Lab

**Timing:** 3:00pm-4:00pm

Student well-being and success are one of the primary goals of any institution of higher education and to ensure that there is a consensual and meaningful relationship between the teachers and students should be there that leads to their overall growth and development. To keep this thing in mind Mentor and Mentee program was started by the College of Nursing, SGPGIMS, Lucknow.

As per the schedule i.e. on 19.03.2024 from 3:00 PM to 4.00 PM, a meeting was conducted between, mentor and mentee at fundamental lab on the 1<sup>st</sup> floor of the College of Nursing building, SGPGIMS.

**During the meeting following activities were done: -**

1. A group of Mentees students introduced themselves to Mentor and vice versa.
2. The purpose and rationale of the meeting were discussed between the mentor and mentee.

3. Students were happy and expressed their views and understood the importance of the mentor-mentee program.
4. Students were motivated to discuss their problems related to curriculum, co-curriculum, and extra-curricular matters with the mentor.
5. The photography Session happened at the end of the program.
6. The group gave regard to each other and the Mentor and dispersed with the promise to meet in the next session with positive enthusiasm for new problem-solving attitudes and ideas to help those people in the group who will suffer and for the betterment of the people to achieve a goal i.e. to be a successful nurse.

At the last, it can be concluded that the meeting conducted was very useful from the point of view of students and students also enjoyed the meeting with the hope that some positive changes may take place in their journey to becoming competent & successful nurse.

### **Photograph of the Meeting**



## **Soft Skill Training on Compassionate Communication & Empathy in Healthcare**

**Date & Place of event:** -18,19 & 20 April at Seminar Hall College of Nursing

**Participant:** B.Sc. Nursing 2<sup>nd</sup> Semester Total 57 Students.

### **Background:**

#### **HEARTFULNESS MEDITATION:**

Through our carefully structured programs, we propose to equip your students with the art of 'Heartfulness meditation', which is a simple and effective approach to meditation suited to the present times. By learning to tune in to the heart, they are able to cultivate an inner knowing

that wisely directs and guides their lives, helping them face the challenges ahead with courage

and an attitude of cheerful acceptance. Continued practice of Heartfulness Meditation can help

the individual to remain centered in the heart whilst enhancing the capabilities of the mind and

develop an all-important poise and inner harmony necessary to respond skillfully to the demands of professional and personal life.

### **Program Objectives**

\* To enhance the quality of education by providing practical Heartfulness based

nonmeditation tools for bringing about individual inner transformation

\* To offer the youth an aspirational set of values to live by; to help them achieve a

balanced life focused on an inner goal and an ethical material life; and contribute to

building a better world.

\* Inspire bold, free thinkers capable of transforming self and society.

### **Program Goals**

At the end of this elective course, we equip graduate students:

\* To acquire an experiential appreciation of the benefits of meditation and other related

practices in one's own personal development journey,

\* To embark on a journey of personal excellence that will complement their pursuit of professional and social success

\* Learn and practice attitudes and approaches to better engage with others.

### **Brief Report of the event:**

- **Resource person**  
Ms. Shalini Mehrotra  
Zonal Co-ordinator, Heartfulness  
Institute Lucknow

- **Program Summery**

### **Day One (12-1pm)**

The programme started with a welcome speech by Mr. Arun Kumar, followed by K.P. Srivastava Sir introduced the topic regarding compassionate communication and, piece full mind. After that, Rathore ji gives briefs regarding how to communicate with himself and others and gives instructions for meditation and meditation setting.

### **Day Two (12-1pm)**

The programme started with a speech by Ms Shalini Mehrotra, zonal coordinator of heartfulness institute Lucknow, giving briefs regarding empathy in the health care sector.

Give instruction for meditation and meditation setting.

### **Day Three (10-11am)**

The program started with a speech by A. Rathore regarding compassionate communication, followed by giving instructions for medication instructions, followed by open discussion regarding personal experience of meditation and difficulties that you face in meditation.

### **Event glimpse:**





## KALTARANG 2024 FEST

**Theme:** Kaltarang: The Passage of Time

**Venue:** Rajiv Gandhi Institute of Petroleum Technology, Amethi UP

**Date:** 12th April 2024 to 14th April 2024

**Introduction:**

**Participants:** B.Sc. nursing 2<sup>nd</sup>, 4<sup>th</sup> semester and 3<sup>rd</sup> and 4<sup>th</sup> year students

**Coordinators:** Mrs. Pushpa Singh & Mr. Bhoopendra Singh Yadav

College of Nursing SGPGIMS, Lucknow, participated in the KALTARANG 2024 fest held at Rajiv Gandhi Institute of Petroleum Technology, Jais. The event showcased a diverse range of competitions, attracting participants from various esteemed institutions. The whole event at RGIPT, Jais was only possible due to able leadership of Prof. A S K Sinha, Director and Professor of Department of

Chemical Engineering and Biochemical Engineering, RGIPT, Jais.



### Event Overview:

KALTARANG 2024 featured close to 50 events, spanning solo and group categories. These included debates, classical dances, singing, reel crafting, group dances, Nukkad Natak, and film making. The fest served as a platform for students to showcase their talents and creativity. Prof. A S K Sinha, Director of RAJIV GANDHI INSTITUTE OF PETROLEUM TECHNOLOGY also interacted with the program coordinators from SGPGIMS and the participants from the same.

### Awards and Achievements:

Our students demonstrated exceptional skills and secured notable positions across several competitions:

- 1st position in debate competition



- 1st positions in classical dance



-2nd position in group dance



- 2nd position in reel crafting



- 2nd positions in solo dancing



### **Participating Colleges:**

The event witnessed enthusiastic participation from prestigious institutions such as Rajiv Gandhi National Aviation University, Rajiv Gandhi Institute of Petroleum Technology, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, and many more.

### **Prize Money:**

Our students excelled in various competitions, earning commendable total prize money of INR 23,000. This reflects their dedication, talent, and hard work.

### **Conclusion:**

The participation of Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, in KALTARANG 2024 was a resounding success. Our students showcased their prowess, securing top positions and earning recognition amidst tough competition. The event provided a valuable platform for fostering talent, creativity, and camaraderie among students from diverse backgrounds.

## AWARENESS AMONG GENERATIONS: HIV/AIDS PROGRAMME

**Date & Place of event:** Tuesday, the 7th of May, 2024 at Seminar Hall, SGPGIMS, Lucknow

**Name of the Event:** - Seminar on Creating Awareness Among Generations: HIV/Aids Programme.

### **Objectives:**

- 1.To provide overview of HIV/AIDS and STIs , its transmission, prevention, and treatment.
- 2.To reduce stigma and discrimination faced by people living with HIV.
- 3.To highlight the key objectives of National AIDS control program.
- 5.To provide information regarding HIV/AIDS Act 2017 and state rules UP.

### **Brief Report of the event:**

- Resource person:
  1. **Mr. Pawan Chandel**, DD IEC, UPSACS
  2. **Mr. Anuj Dixit**, AD IEC, UPSACS

As a part of the B.Sc. Nursing Semester curriculum, a seminar on Creating awareness among generations: HIV/ AIDS PROGRAMME was held on 07<sup>th</sup> May 2024 at Seminar Hall, College of Nursing, SGPGIMS, Lucknow under the **Chairmanship** of **Dr. Radha K. Principal**, College of Nursing, SGPGIMS. The program coordinators are **Mrs.**

**Abha Verma, Tutor**, College of Nursing, SGPGIMS.

The participants were B.Sc. Nursing Semester IV and B.Sc. Nursing 3<sup>rd</sup> year students. The program started at 11 am with the Welcome Address by **Dr. Radha K. Principal**. The first session was taken up by **Mr. Mr. Pawan Chandel**, DD IEC, UPSACS, on **overview of HIV/AIDS and STIs**. He explained about the prevalence of HIV/AIDS and STIs in India and risks factors and population suffering from HIV/AIDS and STIs. He elaborated on the stigma associated with HIV and how to reduce it.

The next session on **National AIDS Control Program, HIV/ AIDS Act 2017 and state rules UP delivered by Mr. Anuj Dixit, AD IEC, UPSACS**. He explained about the key concepts of NACP and there was brief description of HIV/ AIDS Act 2017 and state rules UP which involved objectives such as to protect the human rights and dignity of people affected by HIV and to ensure the provision of treatment, care, and support to HIV-positive individuals.

**CONCLUSION:** The seminar highlighted the critical role that education plays in the fight against HIV/AIDS and emphasized the need for continuous efforts to keep all generations informed. By fostering understanding and support, we can work towards a future free of stigma, discrimination, and new HIV infections. The seminar was further concluded with an open discussion session where all the attendees have actively participated with enthusiasm.

**FACILITATION:** The facilitation of the speaker was done by the **Dr. Radha K, Principal**, College of Nursing, SGPGIMS.

### Event glimpse:



## Television Telecast on Doordarshan Kendra, Uttar Pradesh

**Name of Event:** Television  
Telecast on Doordarshan  
Kendra, U.P.

**Date** : 09.05.2024

**Time** : 12:00 to 1:00 PM

**Venue** : Doordarshan Kendra, 24 Ashok Marg,  
Lucknow – 226001

**Theme / Topic:** Role of Nursing Education in  
Medical Field.

In the occasion of International Nurses Day 2024 the Doordarshan Kendra requested to speak about the above topic which was recording on 09.05.2024 at 12:00 Noon and telecast on 12.05.2024 on the occasion. The following were asked as under:

1. What is significance of International Nurses Day Celebration?
2. Types of nursing course, duration, and admission criteria.
3. Types of specialization in Nursing.
4. Types of special training after nursing course as per the specialization of medical field.

5. Role of Mental Health Nursing in medical field.
6. Career opportunity in Nursing.
7. In teaching filed what are the opportunity.
8. What are other needs to improve the nursing education and nursing care and how to strengthen the medical field.
9. Tips for general public regarding the save themselves from heat stroke



Overall, the telecast may be very informative for the person who all wanted to pursue the Nursing. I am so glad and thank all the authorities of College of Nursing, SGPGIMS for giving me opportunity to represent. I am so proud of being a part of College of Nursing, SGPGIMS, Lucknow

## YOGA SESSION

**Date & Place of event:** Tuesday, 18<sup>th</sup> of June  
6:30 am to 8:00 am, 2024 at library complex  
SGPGIMS

### **Purpose:**

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness.

### **Brief report of the yoga session:**

The yoga session was conducted by SGPGIMS.

The yoga session began with a cantering exercise to calm the mind and focus on breathing. We then moved through a series of asanas (poses) focusing on flexibility and balance, including Downward Dog, Warrior II, and Tree Pose. The instructor emphasized proper alignment and mindful breathing throughout. The session concluded with a relaxation pose (Shavasana) to promote deep relaxation and integration of the practice. Overall, it was a rejuvenating experience that left participants feeling cantered and energized.

### **QUIZ COMPETITION**

**Date & Place of event:** Wednesday, the 19th of June 2024, at Seminar Hall in 1st year classroom, 2.00 pm to 4.00 pm

#### **Background:**

- Purpose/ aim/objectives

To Impart knowledge to students regarding nursing foundation

To Boost self-confidence and check the conceptual clarity

#### **Brief Report of the event:**

The quiz was conducted under the guidance of faculty- Mr. Arun Kumar and Mr. Kuldeep Yadav. There were 40 objective questions in the quiz. Some questions were numerical and calculative in nature for which 2 mins. Time was allowed.

Students participated in the quiz with great zeal and enthusiasm.

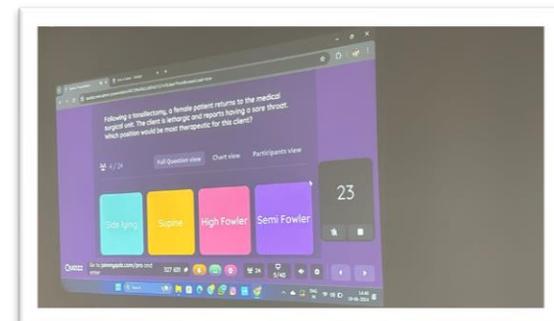
Students were divided into pairs, and 22 groups were formed.

The quiz accessed the student's conceptual knowledge in nursing foundation Subjects.

Atlas the winners of the competition are-

1. Aishwarya Singh and Vansh Deshwal, B.Sc. Nursing II sem.
2. Saurabh Shankar Bhai Patel and Kashish Sahu, B.Sc. Nursing II sem.
3. Om Pandey and Preeti Rai, B.Sc. Nursing II sem.

#### **Event glimpse:**



## CELEBRATION OF THE 10TH INTERNATIONAL YOGA DAY

**(THEME - YOGA FOR SELF AND  
SOCIETY)**

**Date & Place of event:** Thursday, the 20th of  
June, 2024 at Auditorium of Telemedicine  
department

### **Background:**

#### **PURPOSE/AIM/OBJECTIVES**

To Raise the awareness about the importance  
of practicing yoga worldwide.

### **Brief Report of the event:**

Resource person

☆ PROFESSOR SHRI R.K. DHIMAN  
[DIRECTOR, SGPGIMS]

“Emphasized on the participation of  
students in practicing “active lifestyle”  
and not the “Sedentary one”

Delivery of the lecture/ speech

☆ Dr. Amita Agarwal [DEAN, SGPGIMS]  
encouraged the students to read and know more  
about the forms and types of yoga

In this auspicious gathering, she also explained  
to us about the importance of yoga

In promoting mental and spiritual health and  
not merely physical well-being.

☆ Dr. Amarjeet Yadav [ FACULTY IN  
LUCKNOW UNIVERSITY]

Explained the meaning of yoga, it's types,  
forms and the real way of practicing yoga in  
true essence. Also, he emphasized on the aspect  
of practicing yoga with a calm mind and  
following “SATVIK” dietary pattern.

☆ Dr. V.K. Paliwal [M.S., SGPGIMS]

Described about the manifestation of sign and  
symptoms of stress in the lives of the affected  
individual.

Also told the benefits and risks of stress...and  
ways to manage it.

☆ Dr. Purna Kapoor [PHYSICIAN,  
GENERAL HOSPITAL]

Importance of yoga in women's various  
phases of life such as adolescence, pregnancy,  
menarche etc.

Felicitate and conclusion

☆ C.N.O Mrs. Usha Takri presented the  
VOTE OF THANKS and concluded this  
session.

### **Events glimpse-**



## INTERNATIONAL YOGA DAY CELEBRATION

**Date & Place of event:** Friday - 21<sup>st</sup> June 2024,  
Library complex, ground floor

### Purpose/ aim /objectives

- ✓ To highlight the importance of yoga and its benefits on our body and mind.
- ✓ To improved posture, flexibility, strength, balance, and body awareness.

### Brief Report of the event:

On the occasion of international yoga day (21<sup>st</sup> June), SGPGI has organized yoga awareness programme and yoga campaign for the students and the staff members.

The programme was conducted under the guidance of Dr. Radha Krishan Dhiman sir (Director of SGPGI – LUCKNOW)

Highlighting the growing popularity of yoga, each year SGPGI used to conduct yoga campaign at library complex

Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life



All the students were very excited to participate in various asana as performed by the yoga teacher near the stage

The yoga teacher has taught us various asanas as yoga is beneficial for both mind and body. At last, there was a prize distribution for the poster making competition.

A POSTER MAKING COMPETITION was organized by the hospital administration for nursing and paramedical students. The names of the winners are listed below.

1. Amrita (3<sup>rd</sup> year – College of Nursing)
2. Suraj (MSc – CMT)
3. Kriti pal (2<sup>nd</sup> year –College of Nursing)
4. Gurave Singh (1<sup>st</sup> year – College of Nursing)
5. Neha Kushwaha (1<sup>st</sup> year – College of Nursing)

### **Events glimpse-**



## Anagdan Jan Jagrukta Abhiyaan

### (Organ Donation)

Under the **Anagdan Jan Jagrukta Abhiyaan**, a **Walkathon** was organized by the State Organ and Tissue Transplant organization- Uttar Pradesh under the Department of Hospital Administration, SGPGIMS, Lucknow.

**Program Schedule: -**

**Dated** 28.07.2024.

**Time-** 5.45 am to 9 am.

**Venue:** - 1090 Chawraha, Lucknow.

**Participants-** 80 [77 Students (4 students 1<sup>st</sup> year, 28 Students 2<sup>nd</sup> year, 35 students 3<sup>rd</sup> year, 10 Students 4<sup>th</sup> year), 2 faculties (Mr. Ashutosh Kumar Chanchal -Tutor, Mrs. Archana Singh Yadav-Teaching Faculty) and Principal, CON- Dr. Radha K.] and Students and faculties of other departments.

In this program, **Dr. R.K. Dhiman** (Director, SGPGIMS), **Dr. Shaleen Kumar** (Dean, SGPGIMS), **Col. Varun Bajpai** (Registrar), **Dr. R. Harshvardhan** (Joint Director SOTTO-U.P., HOD Dept. of Administration) and **Dr. Radha K.** (College of Nursing, SGPGIMS) with faculties of SGPGIMS, Lucknow took the lead in white T-shirt and Cap showing captions regarding organ donation awareness and made it successful. Students of other Departments like CMT (College of Medical and Technology), and PG Students of Medical Students also participated in this program.

After the completion of the walkathon, a refreshment was provided. The above program

transport facility was provided to students and faculties to reach at the venue.

### Glimpse of the Walkathon



### “Har Ghar Tiranga & “Kakori Train Action”

**Date:** 13.08.24 to 14.08.24.

**Venue:** College of Nursing, SGPGIMS

**Timing:** 8:30 am onwards

**Participants:** Faculty & Students of College of Nursing

**Theme:** “Har Ghar Tiranga & “Kakori Train Action”

College of Nursing, SGPGIMS celebrated “Har Ghar Tiranga Abhiyan & “Kakori Train Action Shatabdi Mahotsav” on the occasion of 78<sup>th</sup> year of Independence under the chairmanship of Dr. Sanjay Dhiraaj and Dr. Radha K, Principal, College of Nursing wherein various competitions and activities planned which includes Essay writing- Hindi & English, Poster making, Reel making, Tree Plantation, Nukkad Natak and Tiranga Rally. All the

faculty and students actively participated in the program.

On 13<sup>th</sup> August, 2024 we have conducted Essay writing, Reel making and Tree Plantation and on 14<sup>th</sup> August 2024 we have conducted the evaluation of poster making, Tiranga Rally and Nukkad Natak. In Essay writing -English Mr. Om Pandey secured 1<sup>st</sup> position, B.Sc. Nursing 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester, 2<sup>nd</sup> position by Mr. Deepanshu Gautam, B.Sc. Nursing 3<sup>rd</sup> year & Priyanshu Upadhaya, 1<sup>st</sup> yr, 1<sup>st</sup> semester.

In Essay Hindi Ms. Ragini Yadav, B.Sc. Nursing 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester secured 1<sup>st</sup> position, Arunima Patel, B.Sc. Nursing 3<sup>rd</sup> year secured 2<sup>nd</sup> position & Ms. Ojasvi Singh, 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester secured 3<sup>rd</sup> position.

In poster making Ms. Shubhanjali Kanaujia secured 1<sup>st</sup> position, & Nisha Srivastava secured 2<sup>nd</sup> position of B.Sc. Nursing 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester and Ms. Madhubala secured 3<sup>rd</sup> position of B.Sc. Nursing 3<sup>rd</sup> year.

In reel making 1<sup>st</sup> position secured by Ms. Mohini Chaudhary, 2<sup>nd</sup> Position by Vikas Kumar, B.Sc. Nursing 3<sup>rd</sup> year and Harsh Mishra, 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester secured 3<sup>rd</sup> position. In Nukkad Natak first position secured by B.Sc. 3<sup>rd</sup> yr students, 2<sup>nd</sup> position secured by M.Sc. and 1<sup>st</sup> Semester students and 3<sup>rd</sup> Position by 2<sup>nd</sup> Year, 3<sup>rd</sup> Semester.

Tiranga rally was started from the College of nursing to Administrative Block of the Institute and then to College of Nursing.

**Coordinated by-**  
**Mrs. Shabana Khatun**, Associate Professor,  
College of Nursing

**Mr. Mata Deen, Mr. Arun Kumar & Mr. Bhoopendra Yadav**, Tutors, College of Nursing

### Glimpse:





## SPORTS MEET- "JOSH-2" "2024"

**Sports Events-** 30<sup>th</sup> September and 01<sup>st</sup> October 2024

**Venue:** Cricket Stadium, Volleyball court of condominium type 2B and College of Nursing SGPGIMS

**Timing:** 8:00am-5:00pm

To promote team spirit among students and revive the zeal among students, the College of Nursing SGPGIMS conducted the sports meet. **Theme– JOSH-2 "2024" from 30<sup>th</sup> September to 01<sup>st</sup> October 2024** in Cricket Stadium SGPGIMS, Volleyball court of condominium type 2B SGPGI and College of Nursing SGPGIMS from 8 am to 4 pm.

The chief guest of our program was our honorable Principal **Dr. Radha K.** College of

Nursing, SGPGIMS along with all the faculties of the College of Nursing SGPGIMS.

The program started at 9 AM by welcoming the principal, the faculty, and all the other members of the College of Nursing in the badminton court of the College of Nursing SGPGIMS. It started with a good start by praying to keep us safe and healthy.

### Sports day 01

The event kicked off on the 30<sup>th</sup> of November with an impressive opening ceremony, The ceremony was graced by esteemed faculty members and dignitaries, who encouraged the students to compete with passion and integrity.

The day saw a plethora of sporting events unfold, including field competitions such as **Badminton single and badminton doubles for Boys and Girls, carrom, and chess for boys and Girls.** The highlight of the day was the badminton held on the badminton court of the College of Nursing SGPGIMS, where teams showcased their talent and teamwork. Carrom and chess were held in the seminar hall of the College of Nursing SGPGIMS, where teams showcased their talent and teamwork.



### **Chess Final Result Details**

#### **Boys**

**Winner:** 🏆 Mr. Rudransh Mishra, 1st Semester

**Runner-up:** 📈 Mr. Shivam Kumar, 1st Semester

## Girls

**Winner:** 🏆 Ms. Deepa Yadav, 5th Semester

**Runner-up:** Ms. Nisha  
Srivastava, 3rd Semester



### Result of Carrom

#### Winner

Mr. Deen Dayal and Mr Satyam Patel B.Sc.  
Nursing Final year

Miss Aishwarya Singh & Miss Nisha  
Srivastava 2nd year 3<sup>rd</sup> semester

#### Runner-up

Mr Aditya Singh & Mr Himanshu Yadav B.Sc.  
Nursing 1st year 1st semester

Miss Simran Rana and Miss Bisma Majid B.Sc.  
Nursing 1st year 1st semester



### **Badminton girls' singles final:**

Winner: Afiya (3rd year)

Runner-up: Durga (1st semester)

### Sports day 02

The momentum continued on the second day of the Sports Meet, with participants eagerly participating in various events. The focus shifted to the semifinal and final events of **cricket, volleyball, and kho-kho**.

Simultaneously, indoor games such as **Badminton single and badminton doubles for Boys and Girls, carrom, and chess for boys and Girls**, provided opportunities for participants to exhibit their mental agility and concentration.



### Cricket winning team -

- 1-Ankit Pal - 4th yr
- 2-Kafil - 3rd yr
- 3-Ujjwal - 3rd yr
- 4-Deepak Yadav - 5th Sem.
- 5-Abhishek - 5th Sem.
- 6-Suraj Patel - 3rd Sem.
- 7-Gaurav - 3rd Sem.
- 8-Aditya - 1st Sem.
- 9-Himanshu - 1st Sem.
- 10-Aman Raj - 1st Sem.
- 11-Rudransh - 1st Sem.



### Cricket runner team -

- 1-Dindayal - 4th yr
- 2-Kamlesh - 3rd yr
- 3-Anupam Yadav - 5th sem.
- 4-Sharad Yadav - 5th sem.
- 5-Younis -3rd sem.
- 6-Piyush -3rd sem.
- 7-Harikesh - 3rd sem.

- 8-Chandrabhan - 1st sem.
- 9-Ashish - 1st sem.
- 10-Shubham Kumar - 1st sem.
- 11-Shailesh Kumar B.Sc. Nursing 3<sup>rd</sup> semester

### Volleyball Winning team-

- 1-Deepak Yadav - 5th sem.
- 2-Dawood - 5th sem.
- 3-Abhishek - 5th sem.
- 4-Younis -3rd sem.
- 5-Piyush -3rd sem.
- 6-Himanshu – 1st semester

### Volleyball Runner up team -

- 1-Satyam Patel -4th year
- 2-Ashutosh - M.Sc. 1st year
- 3-Sharad Yadav - 5th sem.
- 4-Anupam - 5th sem.
- 5-Aditya - 1st sem.
- 6-Prashant - 1st sem.



### Badminton Boys Single

#### **Winner**

Mr. Prashant BSc 1<sup>st</sup> semester

#### **Runner-up**

Mr. Rudransh BSc 1<sup>st</sup> semester



### Badminton Boys doubles

#### **Winner**

Prashant BSc 1<sup>st</sup> semester

Aditya BSc 1<sup>st</sup> semester

#### **Runner-up**

Rudransh BSc 1<sup>st</sup> semester

Kartikeya BSc 1<sup>st</sup> semester



#### **Kho-Kho Winning team -**

1. Aishwarya Singh (captain) B.Sc. Nursing 3<sup>rd</sup> semester

2. Jyoti Verma B.Sc. Nursing 3<sup>rd</sup> semester

3. Sandhya Singh B.Sc. Nursing 3<sup>rd</sup> semester

4. Anjali Chandra B.Sc. Nursing 3<sup>rd</sup> semester

5. Shalini Kanaujia B.Sc. Nursing 3<sup>rd</sup> semester

6. Anjali Verma B.Sc. Nursing 3<sup>rd</sup> semester

7. Abha Singh B.Sc. Nursing 3<sup>rd</sup> semester

8. Ragini Yadav B.Sc. Nursing 3<sup>rd</sup> semester

9. Tanya Manhas B.Sc. Nursing 3<sup>rd</sup> semester

#### **Kho Kho Runner-up team -**

1. Sakshi (captain) B.Sc. Nursing 1<sup>st</sup> semester

2. Saloni Mishra B.Sc. Nursing 1<sup>st</sup> semester

3. Tanya Singh B.Sc. Nursing 1<sup>st</sup> semester

4. Kashish Jaiswal B.Sc. Nursing 1<sup>st</sup> semester

5. Varsha Karoria B.Sc. Nursing 1<sup>st</sup> semester

6. Dipanshi Singh B.Sc. Nursing 1<sup>st</sup> semester

7. Ayushi Singh B.Sc. Nursing 1<sup>st</sup> semester

8. Shivani Singh B.Sc. Nursing 1<sup>st</sup> semester

9. Shipra B.Sc. Nursing 1<sup>st</sup> semester

The Annual Sports Meet at the College of Nursing, SGPGIMS, was a grand success, bringing together students, faculty, and staff to celebrate athleticism and sportsmanship. The event provided a platform for students to showcase their sporting talent and promoted teamwork, discipline, and resilience.



### SOFT SKILL TRAINING (SERIES 7) ON

#### TIME MANAGEMENT

☞ **Venue:** Seminar Hall, College of Nursing, SGPGIMS, Lucknow

☞ **Date:** 28-03-2024

☞ **Time:** 03pm to 04pm

☞ **Participants:** Faculties, II Sem. & 4<sup>th</sup> Year B.Sc. Nursing Students of College of Nursing, SGPGIMS, Lucknow.

The “Soft Skill Training (Series 7) on “TIME MANAGEMENT” was organized by College of Nursing under the Chairperson of Dr. Radha K., Principal, College of Nursing, SHGPGIMS, Lucknow. The resource person of this event was Mr. Anurag Singh, Faculty, Art of Living, Lucknow & Dr. Ravi, Anesthesiologist, Medanta Hospital & Faculty AOL Lucknow. The Program Co- Ordinator of this event was Mrs. Pooja Yadav, Tutor, College of Nursing, SGPGIMS & Mrs. Bhumika Singh, Teaching faculty, SGPGIMS. This event is mainly focused on skills of emotional wellbeing.

Time management is the art of effectively planning your time. This allows you to efficiently and productively complete the activities and tasks you need to in the appropriate amount of time. Time management also involves prioritizing your to do list so that you complete urgent or important tasks before others.

It is introduced in the syllabus for B.Sc. Nursing Students which was designed by the Indian Nursing Council, New Delhi. The module is designed to improve the soft skills of the students which are required for personal and professional lives. Honing the time management skills and techniques helps eliminate pressure from to-do clutter. That, in turn, allows nursing students to focus on more critical tasks and what matters most in their studies and clinical skills.

### **Objectives: -**

After the Soft Skill Training Program on

“Time Management” students will be able to:

1. Know how to spend time.
2. Set priorities
3. Using a Planning Tool

Getting Organized/ Schedule time appropriately.



## **The World Hypertension Day**

### **Celebration - 2024**

**Theme: “Measure Your Blood Pressure  
Accurately, Control it, Live Longer**

World Hypertension Day is observed annually on May 17th with the aim to highlight the importance of monitoring blood pressure and bringing awareness among the people with high blood pressure. Hypertension, commonly known as high blood pressure, is a leading cause of various cardiovascular diseases and is a significant public health issue globally. The theme for World Hypertension Day 2024 is "Control Your Blood Pressure, Control Your Future".



Under the banner of College of Nursing, SGPGIMS, a numerous of activities/program have been organized to achieve the objectives set by the DGHS (National NCD division), MoHFW regarding World Hypertension Day 2024 celebration. These programs were organized under the chairpersonship of **Dr. Radha K. Professor cum Principal**, College of Nursing, SGPGIMS.

The days were observed from 24.05.2024 to 05.06.2024 and the overall program was coordinated by program coordinators Ms. Alice Joseph (Tutor); Ms. Pooja Yadav (Tutor); Mr. Kamran (Tutor) and Dr. Suman Lata Dubey (Teaching Faculty), College of Nursing, SGPGIMS.

### DAY -1

**Date:** 24/05/2024

**Events:** Quiz competition and Slogan writing (based on the theme)

**Venue:** Seminar Hall, CON, SGPGIMS, Lucknow

**Bhumika Singh, Teaching faculty & Mr. Bhoopendra Singh Yadav, Tutor, College of Nursing, SGPGIMS.** In the Quiz competition total 14 students participated, out of seven teams three teams won the first, second and third prize. On the other hand, slogan writing was also organized for the students and total 28 slogan entries received from students.

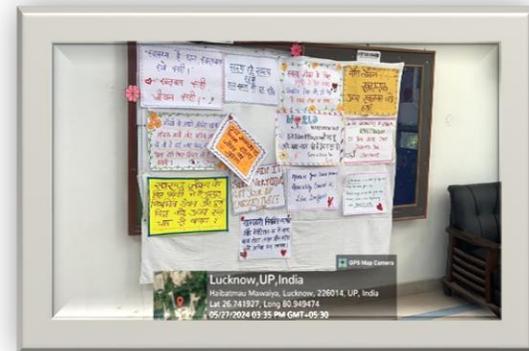
### GLIMPSES:



**Quiz competition on 24<sup>th</sup> of May 2024**



On dated 24/05/2024, Quiz competition and Slogan writing (based on the theme) was organized in Seminar Hall, CON, SGPGIMS, Lucknow at timing 2 to 4pm. This event was coordinated by **Mrs.**



**Slogan Writing Competition on 24<sup>th</sup> of  
May 2024**

**DAY -2**

**Date: 25/05/2024**

**Events:** MeMe, Reel making, On-Spot  
Painting and Chart Making competitions

**Venue:** Seminar Hall, CON, SGPGIMS,  
Lucknow



On dated 25/05/2024, MeMe, Reel  
making,



On-Spot Painting and Chart Making  
competitions were organized. This event  
was coordinated by **Mrs. Bhumika  
Singh, Teaching faculty & Mr.  
Bhoopendra Singh Yadav, Tutor,  
College of Nursing, SGPGIMS.** On-  
Spot-Painting and Chart Making  
competitions were organised in between  
10 am to 12 noon in Seminar Hall, CON,  
SGPGIMS, Lucknow among B.Sc.  
Nursing students. Total 04 students were  
participated in chart making competition

and 11 Students have enthusiastically  
participated in the On-Spot-Painting  
competition, out of which 03 were  
evaluated for first, second and third  
position.

Reel making and Meme making  
competition was conducted among B.Sc.  
Nursing students on the occasion of  
'World Hypertension Day' 2024. In that  
competition total 24 students were  
participated and submitted beautiful and  
creative reels and memes. Saurabh  
Shankar was honoured with 1<sup>st</sup> position,  
Gaurav Singh 2<sup>nd</sup> and Nikki Singh were  
honoured with 3<sup>rd</sup> position in Reel  
making competition. Harsh Mishra  
honoured with 1<sup>st</sup> position, Vansh  
Deshwal 2<sup>nd</sup> and Shubhanjali Kannauji  
3<sup>rd</sup> position in meme making  
competition.

**GLIMPSES:**



**On Spot Painting & Chart Making  
Competition on 25<sup>th</sup> May 2024**

**DAY -3**

**Date: 27/05/2024**

**Event:** Display of IEC material

**Venue:** New O.P.D & wards of  
SGPGIMS, Lucknow

On dated 27/05/2024, display of IEC material for prevention & management of hypertension were organized. This event was coordinated by **Mrs. Bhumika Singh, Teaching faculty & Mr. Bhoopendra Singh Yadav, Tutor, College of Nursing, SGPGIMS**. All the posters, charts and slogan were displayed for the evaluation and after evaluation various slogans and charts were displayed in the OPD area as well as wards to create the awareness in general public.

### **Glimpses of the Event:**



### **DISPLAY OF IEC MATERIAL ON 27<sup>TH</sup> MAY 2024**

**Date:** 27/05/2024

**Event:** Monitor B.P. of patients & relatives

**Venue:** New O.P.D & old building of SGPGIMS, Lucknow

On dated 27/05/2024, Monitoring B.P. of patients & relatives were organized in New O.P.D & old building of SGPGIMS, Lucknow from 8.30 am to 1.00pm. This event was coordinated by Ms. Jebacelinpriyanga J, & Dr. Suman Lata Dubey, Teaching faculty, College of Nursing, SGPGIMS.

### **Objectives of this screening program:**

1. To measure the Blood pressure of the patient and their attenders attending New OPD, SGPGIMS on 27.05.2024.
2. To educate the people regarding the Blood pressure and its importance of monitoring it regularly.

The first objective was to measure the blood pressure of both patients and their attenders who visited the New OPD, SGPGIMS on 27.05.2024. This involved setting up two BP measuring counters, each manned by three B. Sc Nursing 2<sup>nd</sup> semester students with one Faculty in each counter namely Ms. Jebacelinpriyanga J, Teaching Faculty, & Mrs. Archana Singh Yadav, Teaching Faculty, CON, SGPGIMS. One student obtained verbal consent and collect basic information such as name, age, sex, mobile number, occupation, and any previous history of hypertension and medication of the client. Another student would then measure the blood pressure using a manual sphygmomanometer, and a third student would explain the blood pressure values to the individuals.

To educate people about blood pressure and the importance of regularly monitoring it, a separate health education counter was set up where information about hypertension, its signs and symptoms, blood pressure stages, and management strategies were provided. Emphasis was placed on the necessity of regular blood pressure monitoring for

everyone, regardless of any existing medical conditions.

The screening program saw active participation from patients and their relatives, with a total of 245 individuals screened for blood pressure. Counter 1 screened 128 individuals while counter 2 screened 117 individuals. The initiative not only provided valuable health information but also engaged the community in proactive healthcare practices.

**GLIMPSES:**



**PATIENTS AND RELATIVES SELFIE CORNER ON 27<sup>TH</sup> OF MAY 2024**



**Faculty Selfie Corner on 27<sup>th</sup> of May 2024**



## B.P Monitoring Counter on 27<sup>th</sup> of May 2024

### DAY -4

**Date:** 28/052024

**Events:** Selfie Booth with monitoring blood pressure

**Venue:** General Hospital, SGPGIMS, Lucknow

On dated 28/05/2024, Selfie Booth with monitoring blood pressure were organized in General Hospital, SGPGIMS, Lucknow from 8am to 1 pm. This event was coordinated by **Ms. Jebacelinpriyanga J, Teaching faculty & Ms. Alice, Tutor, College of Nursing, SGPGIMS.** The patients, attendants, nursing officers, security guards and other staffs of SGPGIMS were took part in these activities.

**The objectives of the screening program were twofold:**

1. To measure the blood pressure of patients and their relatives attending the New OPD, SGPGIMS on 28.05.2024.
2. To educate individuals about the importance of regularly monitoring blood pressure.

For the screening process, three counters were set up, each staffed

by three B.Sc. Nursing 2nd semester students and supervised by a faculty of CON, SGPGIMS, Lucknow. The procedure involved one student obtaining verbal consent from the participants, collecting basic information such as name, age, sex, contact details, occupation, and any previous history of hypertension and medication usage. Another student then measured their blood pressure using a manual sphygmomanometer, while a third student explained the readings to them.

Additionally, a health education counter was established to provide information about hypertension, its signs and symptoms, the different stages of blood pressure, and methods for its management. The emphasis was placed on the importance of regular blood pressure monitoring for all individuals, regardless of any existing health conditions.

The screening program received enthusiastic participation from both patients and their relatives, with a total of approximately 143 individuals being screened for blood pressure on that day.

### GLIPMSES:



**Faculty & student's selfie corner on 28<sup>th</sup> of  
May 2024**



**Patient & Relatives Selfie Corner on 28<sup>th</sup> of  
May 2024**

**DAY -5**

**Date:** 29/05/2024

**Events:** Rally, Street drama & Pledge ceremony for the public and patients

**Venue:** From College of Nursing to Gate No. 1 & New O.P.D entrance area

On dated 29/05/2024, Rally & Street drama & Pledge ceremony for the public and patients to spread awareness to monitor blood pressure regularly were organized from College of Nursing to Gate No. 1 & New O.P.D entrance area at morning 8:30 am to 10am. This event was coordinated by Mrs. Archana Singh Yadav (Teaching faculty), Mr. Kamran (Tutor) College of Nursing, SGPGIMS. The patients, attendants, nursing officers, security guards and other staffs of SGPGIMS were took part in these activities.

The rally commenced from the College of Nursing, SGPGIMS, Lucknow, at 8:30 am and proceeded to Gate No. 1 of SGPGIMS, Lucknow, passing through the PMSSY Block and Emergency Building. All the Faculty of college of Nursing along with more than 100 enthusiastic students from B.Sc. Nursing 1st year (2nd semester), 2nd year (4th semester), and 4th year actively participated in the rally. Carrying slogans to spread awareness about hypertension management, the students effectively engaged the general public.

Simultaneously, B.Sc. 4th-semester students performed a street drama in front of the registration area at the New OPD building. Through this engaging drama, they educated the audience about the causes of hypertension, methods of assessing blood pressure, and various non-pharmacological methods to control it, such as exercise, brisk walking, and yoga.

This initiative not only contributed to raising awareness but also empowered individuals with knowledge and skills necessary for hypertension management and prevention. Such endeavors play a crucial role in promoting public health and well-being.

**GLIMPSES:**



**Pledge Ceremony by Students & Public on 29<sup>th</sup> of May 2024**

**DAY -6**

**Date: 30/05/2024**

**Events:** Continuing Nursing Education (CNE) & Pledge Ceremony

**Venue:** Seminar Hall, College of Nursing, SGPGIMS, Lucknow

On dated 30/05/2024, College of Nursing, SGPGIMS, is organizing Continuing Nursing Education (CNE) & Pledge Ceremony commemorating World Hypertension Day 2024 in Seminar Hall, College of Nursing, SGPGIMS from 10 am to 12:00 noon. The theme of the CNE event is **“Measure your B.P. Accurately, control it and Live Longer”**, focusing the health care professionals for promoting awareness against hypertension.

**Rally on 29<sup>th</sup> of May 2024**

This event was coordinated by Mrs. Pooja Yadav (Tutor), Mr. Ashutosh Kumar Chanchal (Tutor) College of Nursing, SGPGIMS under the chairpersonship of Dr. Radha K, Professor cum Principal, College of Nursing, SGPGIMS, Lucknow. Total 68 health care professionals were keenly participated in CNE & pledge taking ceremony among which Nursing Officers, Paramedical staff, Faculty & Students of SGPGIMS were took apart in this program. The program was wind up with the vote of thanks & felicitation of our eminent guest speakers.

### GLIMPSES:



### **Pledge Ceremony against hypertension on 30<sup>th</sup> of May 2024**

### DAY -7

**Date:** 31/05/2024

**Events:** B.P Monitoring & Awareness Camp

**Venue:** Taxi stand nearby Gate No. 01, SGPGIMS, Lucknow

On dated 31/05/2024, B.P Monitoring & Awareness Camp was organized at Taxi stand nearby Gate No. 01, SGPGIMS, Lucknow from 8.30 am to 1.00pm. This event was coordinated by Ms. Alice Joseph (Tutor), Mr. Ashutosh Kumar Chanchal (Tutor), Mrs. Pooja Yadav (Tutor) & Ms. Jebaceline Priyanga (Teaching faculty) College of Nursing, SGPGIMS.

The objectives of the screening program were twofold:

1. To measure the blood pressure of general public who were coming towards the New OPD, SGPGIMS on 31/05/2024.
2. To educate general public through health talk on the management of hypertension & about the importance of regularly monitoring blood pressure.

For the screening process, three counters were set up, each staffed by three B.Sc. Nursing 2nd semester students and supervised by a faculty of CON, SGPGIMS, Lucknow. Here, the people moving across the road were called for free health checkup. The procedure involved including obtaining written consent from the participants, collecting basic information such as name, age, sex, contact details, occupation, and any previous history of hypertension, medication usage, measured height and weight for BMI

(Body Mass Index) and then B.P. was monitored. Students were given health education to the mass regarding on diet (DASH Diet), Exercise, Yoga, Meditation, and relaxation exercises to reduce physical and emotional stress. The emphasis was also placed on the importance of regular blood pressure monitoring for all individuals, regardless of any existing health conditions.

The screening program received enthusiastic participation with a total of approximately 352 individuals being screened for blood pressure on that day.

### **GLIMPSES:**



### **DAY -8**

**Date:** 03/06/2024

**Events:** B.P Monitoring & Awareness Camp

**Venue:** Prem Niwas (Shelter home), Hazratganj, Lucknow

On dated 03/06/2024, B.P Monitoring & Awareness Camp was organized at Prem Niwas (Shelter home), Hazratganj, Lucknow from 9.00 am to 1.30pm. This event was coordinated by **Ms. Alice Joseph (Tutor), Mrs. Pooja Yadav (Tutor).**

For the screening process, two counters were set up, each staffed by three B.Sc. Nursing 2nd semester students and supervised by a **Ms. Alice Joseph, Mrs. Pooja Yadav & Ms. Jebaceline Priyanga** faculties of CON, SGPGIMS, Lucknow. The procedure involved one student obtaining verbal consent from the participants, collecting basic information such as name, age, sex, contact details, occupation, and any previous history of hypertension and medication usage. Another student then measured their blood pressure using a manual sphygmomanometer, while a third student explained the readings to them.

Additionally, a health education counter was established to provide information about hypertension, its signs and symptoms, the different stages of blood pressure, and methods for its management. The emphasis was placed on the importance of regular blood pressure monitoring for all individuals, regardless of any existing health conditions.

The screening program received participation from inmates residing in the shelter home along with their care taker, with a total of approximately 82 individuals being screened for blood pressure on that day.

## GLIMPSES:

## DAY -9

**Date: 04/06/2024**

**Events:** Orientation & Training Program for A.N. M's, H.V & B.H.W

**Venue:** Meeting Hall, CHC, Mohanlalganj, Lucknow



On dated 04/06/2024, College of Nursing, SGPGIMS, is organizing Orientation & Training Program for A.N. M's, H.V & B.H.W commemorating World Hypertension Day 2024 in Meeting Hall, CHC, Mohanlalganj, Lucknow from 11 am to 1 pm. The theme of the program is “Measure your B.P. Accurately, control it and Live Longer”, with the aim to empower them with knowledge and strategies for the prevention and management of hypertension in the community.

This event was coordinated by Ms. Alice Joseph (Tutor), Mrs. Pooja Yadav (Tutor), Mr. Vinod Kumar Gupta (Teaching Faculty) College of Nursing, SGPGIMS under the chairpersonship of Dr. Radha K, Professor cum Principal, College of Nursing, SGPGIMS, Lucknow. M.Sc. Nursing 1<sup>st</sup> year students were delivering their assigned topics in this training program and encourage them to take efforts for the prevention and management of hypertension in the community.

**B.P. monitoring at Shelter home on 03  
of May 2024**

Total 38 health care professionals were eagerly participated in this program and given positive feedback.

## GLIMPSES:



### **Orientation & Training Program for A.N. M's, H.V & B.H.W. on 04 of May 2024**

#### **DAY- 10**

**Date: 05/06/2024**

**Event: A Special Health Check Up & Awareness Camp**

**Venue: Sisendi Village, Mohanlalganj, Lucknow, U.P.**

On dated 05/06/2024, a Special Health Check Up & Awareness Camp was organized in Sisendi Village, Mohanlalganj, Lucknow, U.P. from 9.00 am to 4.00pm. This event was coordinated by Ms. Alice Joseph (Tutor), Mrs. Pooja Yadav (Tutor), College of Nursing, SGPGIMS under the guidance of Dr. Radha K, Professor cum Principal, College of Nursing, SGPGIMS, Lucknow. Ms. Jebaceline Priyanga & Mrs. Archana Singh Yadav faculties of CON, SGPGIMS along with 10 B.Sc. Nursing II sem. Students were taken apart. In this event, 02 Doctors & 02 others paramedical staff from school of Telemedicine & Biomedical Informatics were also participated along with their Health ATM Van (Free health check-up service).

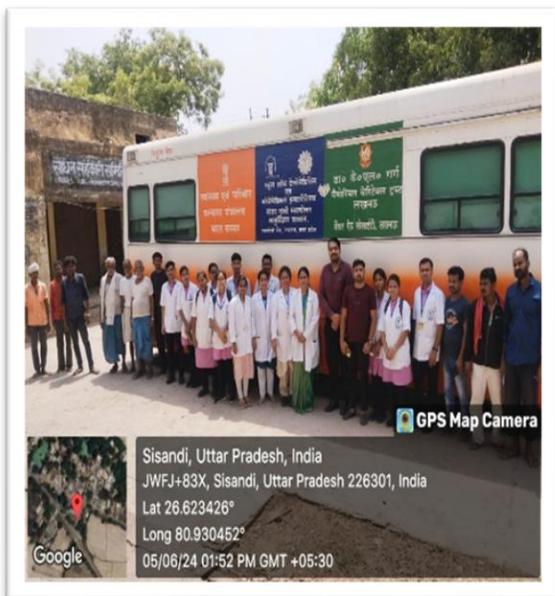
#### **The objectives of the awareness camp were twofold:**

1. To measure the blood pressure, do the health checkup of people who were residing in sisendi village on 31/05/2024.
2. To educate general public through health talk on Hypertension, its management & the importance of regularly monitoring blood pressure.

For the screening process, two counters were set up, each staffed by three B.Sc. Nursing 2nd semester students and supervised by a faculty of CON, SGPGIMS, Lucknow. Here, the people residing in village were already informed regarding free health checkup and awareness camp by Gram Pradhan of the village. The procedure involved including obtaining verbal consent from

the participants, collecting basic information such as name, age, sex, contact details, occupation, and any previous history of hypertension, medication usage, and then B.P. was monitored and recorded in slip. After that they were directed towards the Health ATM Van where they take concern from doctors and go for various checkup like height, weight, dental, eye checkup. They also got free medicine which was prescribed by doctors. Additionally, B.Sc. Nursing II sem. students were given health education to the village people regarding Hypertension, its management. The emphasis was also placed on the importance of regular blood pressure monitoring for all individuals, regardless of any existing health conditions. This campaign received enthusiastic participation with a total of approximately 94 villagers were being screened for blood pressure & other health check up on that day.

**GLIMPSES:**



**Health Check Up & Awareness Camp  
on 5<sup>th</sup> of June 2024**

## BASIC LIFE SUPPORT WORKSHOP

**Date & Time:** Thursday, 10 October, 2024. 09 AM-04 PM

**Place of Workshop:** Classroom, CON, SGPGIMS, Lucknow

A Basic Life Support Workshop on OSCE For B.Sc. Nursing 3<sup>rd</sup> Semester was organized by CON, SGPGIMS, Lucknow on 10/10/2024 in supervision of Dr. Radha K Principal, College of Nursing SGPGIMS with the Program Coordinator Mr. Kamran (Tutor), CON, SGPGIMS, for training of B.Sc. Nursing 3<sup>rd</sup> Semester at seminar hall CON, SGPGIMS.

- The program is started with the welcome of resource person and Students by **Mr. Kamran, Tutor, CON, SGPGIMS.**
- Training is provided by the AHA Instructor Mr. Ram Naresh SNO, SGPGIMS Lucknow
- Students also done hand on practice on various manikins.

All students, actively participated, attained theory and hands on training of the Basic Life Support procedure. It was a good teaching and learning activity for the students.

**Mr. Kamran** thanked the Resource person, students and coordinator for their active participation in Basic Life Support workshop.

**Glimpse-**



## Dengue Awareness Program (Management of Adult & Pediatric dengue Patient)

**Date & Place of event:**

Thursday, 22<sup>nd</sup> of August, 2024 at Boys Coman Room, College of Nursing



**Objectives:** The objectives of dengue fever awareness are:

**1. Education:** Inform the public about dengue fever, its causes, symptoms, and prevention methods.

**2. Prevention:** Reduce the number of dengue cases by promoting preventive measures, such as eliminating breeding sites and using protective measures.

**3. Early detection:** Encourage early detection and treatment of dengue fever by recognizing symptoms and seeking medical attention promptly. Reducing mortality: Decrease the number of dengue-related deaths by promoting timely and appropriate medical treatment.

**4. Community engagement:** Engage communities in dengue prevention and control efforts through active participation and ownership.

**5. Reduction of mosquito breeding sites:** Eliminate or reduce mosquito breeding sites, such as standing water and trash, to prevent mosquito-borne diseases.

**6. Promoting research:** Encourage research on dengue fever, its causes, and its prevention to improve control measures.

**7. Strengthening healthcare systems:** Enhance healthcare systems to provide effective diagnosis, treatment, and care for dengue patients.

**Background:** The poster competition was organized by College of Nursing, SGPGIMS is celebrating Dengue Awareness Program (Management of adult and pediatric dengue patient) and is planning to organize poster making competition on Management of adult and pediatric dengue patient. The program was organized under the chairpersonship of Dr.

Radha K. Professor cum Principal, College of Nursing, SGPGIMS. Dr. Radha K. Explained about key point about Dengue fever.

### Brief Report of the event:

**Resource person:** Information regarding the event was shared to the students by Mr. Mata Deen, Tutor, College of Nursing, SGPGIMS. Poster competition was organized by B.Sc. Nursing 3rd Year students and students participated with full dedication total 15 students had submitted the poster. Mr. Arun Kumar, Tutor College of Nursing, SGPGIMS, evaluated the posters made by the students and gave away the prizes to the winners of poster competition.

### Event glimpse:



## REPORT OF THREE DAYS TRAINING PROGRAM

### ON "PALLIATIVE CARE"

**Venue:** - Seminar Hall, College of Medical Technology, SGPGIMS, Lucknow

**Date:** - 09-05-2024 -11-0502024

**Time:** - 9:00 AM – 4:00

**Participants:** - Faculties, B. Sc Nursing 2<sup>nd</sup> Year & 3<sup>rd</sup> Year Students of College of Nursing, SGPGIMS, Lucknow

The three days training program on Palliative care was Organized by College of Nursing under the Chairperson of Dr. Radha K., Principal, College of Nursing, SGPGIMS, Lucknow. The Program was Coordinated by Mrs. Merlin Cheema, Teaching Faculty, & Mr. Kamran, Tutor College of Nursing, SGPGIMS.

Palliative care is the care of people approaching the end of their lives. It is ideally, provided by a multiprofessional healthcare team. As per with this concept It is designed to help students to develop in-depth knowledge, competencies, and a positive approach to providing quality palliative care to persons suffering from chronic illnesses and resultant health problems in a variety of settings, collaborating supportive services.

#### **Competencies (Learning Outcomes):**

The students will be able to

- ✓ Explain the concept and significance of palliative care.
- ✓ Identify the need for palliative care.
- ✓ Discuss the importance and techniques of effective communication in palliative care.

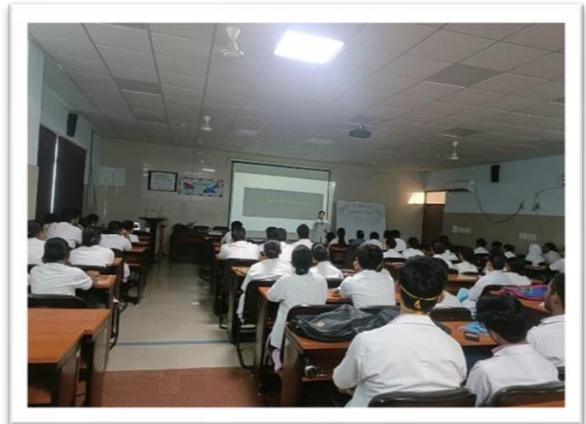
- ✓ Demonstrate skill in assessment, management and evaluation of pain and common symptoms.
- ✓ Provide optimum nursing care to relieve symptoms and promote comfort.
- ✓ Demonstrate competency in performing nursing procedures related to palliative care.
- ✓ Assist the patient to experience maximum Quality of Life.
- ✓ Support patient and family for home care and to cope with the terminal phase of illness.
- ✓ Observe ethical and legal principles binding palliative care

#### **Day-1**

The Palliative care training program was commenced by introduction of the topic & welcome speech by Dr Radha K, Principal, College of Nursing, SGPGIMS, Lucknow. Resource Persons from various departments who are noted figure in palliative care were given training session. Prof. Shaleen Kumar, Dean, SGPGIMS was the chief Guest & Prof. Sanjay Dhiraaj CMS, SGPGIMS & Nodal Officer CON also was the distinguished guests for the program. The training program was started with the introduction on palliative care by Prof. Shaleen Kumar, Dean SGPGIMS in which sir has explained concept of palliative care, approaches, components of palliative care. Prof. Punita Lal & Prof Anu Bihari has given talk on Communication skills needed for a health care worker & communication in the last few hours. And, we had sessions Holistic approach in symptoms management and psychological issues in terminally ill patients.

All the sessions were very much informative and interactive. Students were very active and participated in group discussion. Students clarified their doubts. All the Resource persons were honored by a momento as a token of gratitude by Principal Madam. The training session was concluded by Vote of thanks by Mrs. Merlin Cheema (Teaching Staff), College of nursing, SGPGIMS, Lucknow.

**Photo/Gallery:**



**Day-2 (10-05-24 Friday)**

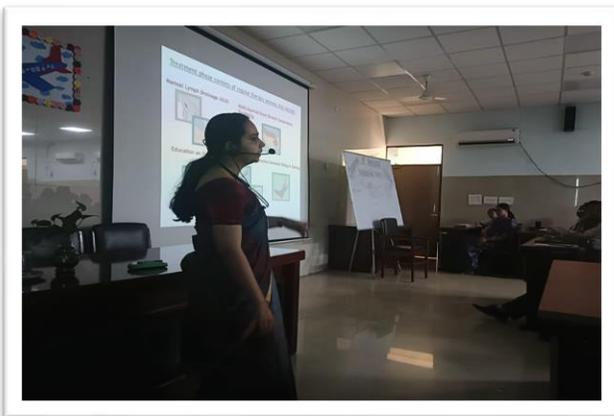
The Second day Palliative care training program was commenced by reviewing previous day training program. The program coordinator introduced the Resource persons and the topics which are to be covered in second day of training program. Dr. Anjana G has taken topic on nursing management of patient with Lymphedema. Dr. Nalini Kanta Gosh emphasized on management of GI Symptoms such as Nausea, Vomiting, constipation and Diarrhea which are the common symptoms of patients in palliative care. Dr. Manisha given talk on Nutrition and Hydration. And also we had sessions on Pain management -WHO pain and Optimizing care -Hospice care All the presentations were exceptional & informative. Students were very



**Inaugural session by**  
Prof. Shaleen Kumar, Dean, SGPGIMS,  
Lucknow.  
Prof. Sanjay Dhiraj, CMS, SGPGIMS.  
Dr. Radha. K Principal CON

active and participated in group discussion. Students clarified their doubts. All the Resource persons were honored by a momento as a token of gratitude by Principal Madam. The training session was concluded by Vote of thanks by Mrs. Merlin Cheema (Teaching Staff), College of nursing, SGPGIMS, Lucknow.

**Photo/Gallery:**



**Day-3 (11-05-24 Saturday)**

The Third day Palliative care training program was commenced by reviewing previous day training program. The program coordinator

introduced the Resource persons and the topics which are to be covered in third day of training program. Third day session was very much focused on meeting nursing needs of terminally ill patients. Mrs. Rachana Mishra, Senior Nursing officer, Neuro ICU, SGPGIMS has taken the topic on nursing management of patient with Tracheostomy with partial demonstration and she emphasized on home care of patients on tracheostomy. Last session was taken by Mrs. Metty Morris, ANS, SGPGIMS has given presentation on Stoma care, wound care and Colostomy care with all accessories needed for stoma care with practical experiences. Students were very active and participated in group discussion. Students clarified their doubts and given feedback about the training program. Post test questionnaires also given to the students. All the Resource persons were honored by a momento as a token of gratitude by Principal Madam. The training session was concluded by Vote of thanks by Mrs. Merlin Cheema (Teaching Staff), College of nursing, SGPGIMS, Lucknow.

**Photo/Gallery:**





**Tracheostomy care by Mrs.Rachana Mishra ,SNO,SGPGIMS**

## **CONTINUING NURSING EDUCATION ON "SAFE INSERTION, MAINTENANCE AND REMOVAL OF CHEST TUBE**

**Date & Place of event:** Friday the 26th July, 2024 at Seminal Hall, College of Nursing, SGPGIMS, Lucknow

**Background:**

**Objectives: -**

After the **Continuing Nursing Education Students**, will be able to:

1. Know the indications of chest tube insertion.
2. Prepare the patient and environment before the procedure of chest tube insertion.
3. Provide quality nursing care in maintenance of chest tube.
4. Identify complications of chest tube insertion.
5. Develop skill in safe removal of chest tube.
6. Develop skill in managing accidental expulsion of chest tube.

**Brief Report of the event:**

The purpose of continuing education is to ensure that nurses stay abreast of current industry practices, enhance their professional competence, learn about new technology and treatment regimens, and update their clinical skills.

Chest tube insertion is a vital, often life-saving procedure which may be required for any patient. A comprehensive knowledge about safe insertion, maintenance and removal of the chest tube is vital for every

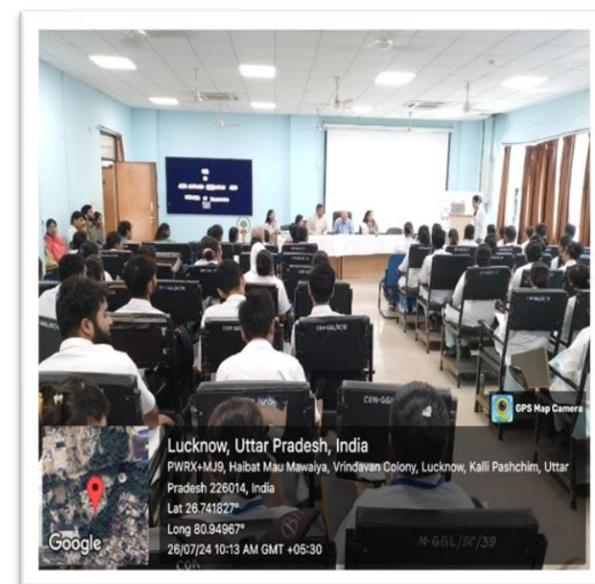
health-care professional. With this concern College of Nursing, SGPGIMS, Lucknow organizing a Continuing Nursing education on “Safe Insertion ,Maintenance ,and Removal of Chest Tube”.

The Continuing Nursing Education program was commenced by introduction of the topic & welcome speech by Dr Radha K, Principal, College of Nursing, SGPGIMS, Lucknow. Prof. Shaleen Kumar, Dean, SGPGIMS was the chief Guest for the program. Resource persons were Dr.Sumit ,Thoracic surgeon, Dr. Precila Bernandes, Director Nursing, Ms. Neha Tiwari , Nurse coordinator and Ms Niharika ,Quality Nurse from Medanta .

Dr. Sumit has given the introduction part of chest tube insertion followed by Ms.Neha Tiwari ,Chest & Lung transplant Nurse coordinator presented the topic on safe insertion and maintenance & removal of chest tube and also the presentation was emphasized on nurses responsibility during & after chest tube insertion .Practical orientation was given by Ms Priyanka ,Quality nurse .Different types of chest tubes ,Drainage bags and bottles were shown to the students & staffs .All the sessions were very much informative and interactive.

Interactive session also was present for 15-30 min. Nursing staffs of SGPGIMS & Students of College of nursing were very actively participated in group discussion & clarified their doubts. they have won prizes for quiz also. All the Resource persons were honored by a memento as a token of gratitude by Principal Madam. The CNE was concluded by Vote of thanks by Mr. Yadidya Asso. professor, College of nursing, SGPGIMS, Lucknow

## Photo Gallery:



## ORIENTATION PROGRAMME OF M.SC. NURSING

**Date:** 05.08.2024-06.08.2024

**Participants:** Faculty College of Nursing & 06 MSc Nursing 1<sup>st</sup> year

The faculty and new students of M.Sc. nursing, College of Nursing, SGPGIMS, Lucknow (Academic Year 2024-25) undergone through the orientation programme of **College and Hospital setting which includes New OPD, Main Hospital, PMSSY, General Hospital, Apex Trauma Center, Emergency and Renal Transplant Center, Liver Transplant Unit and Central Library** from 10 am to 1:00 pm from date 5<sup>th</sup> August 2024 to 6<sup>th</sup> August 2024. The session was conducted under the guidance of Dr. Radha K, Principal cum Professor and Mrs. Shabana Khatun, Associate Professor, Class Coordinator. In this programme students were told about the structural foundation of college including hospital and the services provided to the common public and the students as well.

### OBJECTIVES

- ✓ To orient the students around the college and hospital.
- ✓ To orient the students about the college infrastructure and the facilities available in the college.
- ✓ To develop relationship with nursing officers and the staff of hospital and college.
- ✓ To inform about the organization set up of the institute (SGPGIMS) including labs and the various departments.

## ORIENTATION TEAM MEMBERS

- Formal Introduction of teachers and other staff were introduced to the students.
- Various existing labs, offices and library was also shown to students
- In hospital students were taken to various wards.

### Faculty In charge for Orientation

- Mrs. Shabana Khatun, Asst. Professor
- Mr. Yadidya Mitra, Asst. Professor
- Mr. Arun Kumar, Tutor
- Mr. Kamran, Tutor
- Mr. Bhoopendra Yadav, Tutor
- Mr. Mata Dean, Tutor

### Hospital orientation

On 05/08/2024, 06 students of MSc nursing 1<sup>st</sup> year students went for the orientation of Main Hospital, PMSSY Building (Pradhan Mantri Swasthya Suraksha Yojna), LTU & EMRTC along with Mrs. Shabana khatun, Associate Professor & Mr. Yadidya Mitra, Associate Professor. On 06/08/2024 at 09 am, 06 students of MSc nursing 1<sup>st</sup> year students went for the orientation of Apex Trauma Centre, New OPD & Central Library along with Mr. Kamran, Mr. Bhoopendra & Mata Dean Tutor.

### FEEDBACK

Orientation was effective and excellent. Students were actively participated in the orientation programme. Students learned about different areas of hospital, wards, their function, and importance. This orientation program will help the students during their clinical posting.

## Glimpse :



## FIRE MOCK DRILL

**Date & Place of event:** Friday, the 16<sup>th</sup> February 2024 timing 12:30 to 1:45 pm at College of Nursing Hostel (Assembly point)

### **Background:**

Preparation is key in overcoming crisis situations. With serious injuries and fatalities being common in building fires, personnel must have the knowledge and ability to follow safety protocols in order to evacuate safely, and efficiently. Prior to your fire drill's implementation, however, your organization must do their due diligence to ensure that it is effective

### **Brief Report of the event:**

The Fire Department of SGPGIMS organized a comprehensive fire mock drill, aimed at equipping students and staff with crucial knowledge on evacuation procedures and the effective utilization of fire extinguishers. In this carefully orchestrated drill, participants were provided with hands-on experience, allowing them to familiarize themselves with the potential challenges and protocols that arise during such emergencies.

During the mock drill, the main focus was on training individuals to efficiently and swiftly evacuate the premises during a fire. It is an essential skill to be able to remain calm and act promptly in critical situations, and this exercise provided an ideal platform for individuals to hone these life-saving abilities. Participants were taken through a series of scenarios, ensuring they were exposed to various simulated fire situations, enabling them to

practice response procedures in a controlled environment.

Not only were students involved, but the college staff also actively participated in the drill, highlighting the institution's commitment to the safety and well-being of its entire community. The collaborative effort between the Fire Department and SGPGIMS ensured that all participants gained valuable insights into the best practices of fire safety and prevention.

Additionally, one of the key aspects of the mock drill was educating participants on the proper usage of fire extinguishers. With hands-on guidance from experienced professionals, students and staff were taught how to correctly handle and operate these essential fire-fighting tools.

Understanding the different types of fire extinguishers and their respective applications is paramount to effectively combatting fires and minimizing potential damage.

By simulating such emergencies and offering comprehensive training, the Fire Department of SGPGIMS is not only ensuring the safety of the college premises but also empowering individuals with the confidence and knowledge necessary for dealing with fire incidents.

## Event glimpse



## NUKKAD NATAK ON POSHAN ABHIYAN 2024

**Date & Place of event:** Saturday, the 5th of October, 2024 at Pediatrics wards and New OPD, SGPGIMS, Lucknow

### **Objectives:**

- 1.To provide awareness about major health issues experienced by mothers during prenatal, antenatal and postnatal periods.
- 2.To educate the people about various government health schemes.
- 3.To highlight the key objectives of Poshan Abhiyan 2024.
- 5.To provide information regarding management of various health problems experienced by the mothers and the children.

### **Participants of the group:**

1. M P Anupam
2. Kirti Pal
3. Abhinandan Kumar Sharma
4. Amy Sonkar
5. Deepa

On 5th October 2024, the 3rd-year, 5th-semester students of the College of Nursing, SGPGIMS, Lucknow, organized a Nukkad Natak on **Poshan Abhiyan 2024**. The event was held at the **Paediatrics Gastroenterology Department of SGPGIMS**, with the primary objective of raising awareness about major health issues experienced by mothers and children during the prenatal, antenatal, and postnatal periods.

The Natak featured multiple plays that demonstrated critical health concerns, such as **malnutrition**, the **importance of nutrition during pregnancy**, and **essential care practices for newborns**. These performances effectively communicated vital health information to the audience, which included parents, concerned mothers, and healthcare professionals.

Our group's presentation focused on **Play Therapy**, an **essential approach in supporting children facing physical and emotional challenges**. We employed several audio-visual aids, including charts, flashcards, pamphlets, and handouts, to enhance the interactive and educational experience. Through this demonstration, we highlighted how play therapy can positively impact the emotional and developmental well-being of children, **particularly those undergoing medical treatments**.

The event successfully educated the parents and healthcare professionals present on the practical applications and **benefits of play therapy**, sparking engagement and curiosity. The audience appreciated the informative and approachable way the message was delivered, and many expressed a deeper understanding of how play therapy can assist children in overcoming developmental hurdles.

The event was conducted under the leadership of Principal cum Professor Dr. Radha K and was coordinated by Tutor Mrs. Abha Verma, who ensured the

seamless execution of the program and provided valuable guidance throughout.

**CONCLUSION:** The Nukkad Natak on Poshan Abhiyan 2024 was a meaningful contribution to public health education, aligning with the initiative's goal of improving maternal and child health outcomes through community awareness and engagement.

**Event glimpse:**



**CAREER OPPORTUNITY FOR B.SC. NURSING & M.SC. NURSING STUDENTS**

**Date:** 10.10.2024

**Time:** 3pm to 4:30 pm

**Participants:** 53 (B.Sc. Nursing 4<sup>th</sup> yr, M.Sc. Nursing 1<sup>st</sup> yr & 2<sup>nd</sup> year) & 04 faculty.

**Venue:** B.Sc. Nursing 4<sup>th</sup> year classroom

**Topic:** Career Opportunity

The College of Nursing, SGPGIMS, Lucknow organized a virtual lecture on topic “Career Opportunity” by resource person **Mr. Jitin Joseph, Alumni of B.Sc. Nursing, College of Nursing, SGPGIMS, Lucknow, Batch 2014-18.** Mr. Jitin Joseph

was a good student, he was president of SNA unit, College of Nursing, SGPGIMS and won various state and national level competitions. Presently, **he is working as Respiratory Charge Nurse, Medway NHS Hospital, England.** He was motivated our students and shared his experience about his own journey from India to Abroad. He discussed about the various aspects which included:

1. English Occupational test and IELTS.
2. Challenges faced
3. Band (job opportunity)
4. Higher Education in abroad
5. Living cost, salary, status etc.

The Program was coordinated by Mrs. Shabana Khatun, Associate Professor and Mr. Kuldeep, Tutor, College of Nursing under the leadership of Dr. Radha K, Professor cum Principal, College of Nursing. It starts with welcome address and students asked various. The students were so thrilled to ask questions regarding the above-mentioned points. This Lecture they learnt about preparing for OET / IELTS exams. He shared various things which may be sensitized regarding the life in abroad as staff nurse. So, that students prepare themselves from classroom to workplace (in Abroad).

**Gimpse :**





## ROLE PLAY ON MALNUTRITION

**Date & Place of event:** Tuesday, the 4th October, 2024 at NEW OPD BUILDING, SGPGIMS, LUCKNOW.

### Introduction:

On the 4th of October 2024, a Nukkad Natak on the occasion of Poshan Maah was organized in the NEW OPD building, at 10 A.M. The theme of the role play was “MALNUTRITION”

### **OBJECTIVE OF THE ROLE PLAY:**

The objective of programme is:

- To educate parents and caregiver about malnutrition.
- To discuss preventive measures and management of malnutrition.

### **PROGRAM CHAIRPERSON**

1. **Dr. Radha K**  
Prof cum Principal  
College of Nursing, SGPGIMS

### **FACULTY SUPERVISORS**

1. **Mrs. Abha Verma**  
Nursing Tutor  
College of Nursing, SGPGIMS

2. **Mrs. Jebacelin**  
Teaching Staff  
College of Nursing, SGPGIMS

### **STUDENT MEMBERS**

The role play was presented by 5 members: -

1. Shanvi Verma
2. Monika Devi
3. Sameena Akhtar
4. Jeba Khaton
5. Aryan Dubey

### About the role play:

Nukkad Natak opened with a scene where a mother visits the subcenter and expressed her concern to ASHA worker what the symptoms were shown in the child ie. about malnourished child and ASHA worker elaborate that what is malnutrition and after that the doctor tell the mother about causes of malnutrition. The overall etiology of malnutrition was that the mother was anemic and does not take iron supplements and diet properly during pregnancy. After that the nurse and ASHA worker tell the mother about the management of malnutrition and schemes which are launched by the government of India for prevention of malnutrition.

### Audio – visual aids:

To make the message clearer and more engaging the nukkad natak utilized following AV aids:

- 1) **Flipbook:** Flipbook was used during explanation about the sign and symptoms of malnutrition.
- 2) **Flash card:** Flashcard was used to explain about the causes of

malnutrition. This helps the audience to engage in the play.

- 3) **Chart paper:** The chart is used for explanation of management of malnutrition and the diet chart that mother can take during pregnancy and child can also take after 6 months of birth.
- 4) **Pamphlet:** At the end of the play, pamphlets were distributed to the audience. These pamphlets explain about prevention of malnutrition ensuring that the audience could take the information home for future reference.

**Conclusion:** The nukkad natak on malnutrition was informative and effective in educating the audience. The role of ASHA worker, Doctor and other health care worker in supporting and guiding the mother by using AV aids was excellent.

#### EVENT HIGHLIGHTS



### SOFT SKILLS TRAINING - SERIES - 06

**Theme:** “Connect To Self”

**Date:** 13<sup>th</sup> March, 2024

**Venue:** Seminar Room, College of Nursing, SGPGIMS

The Soft skill training series-6 has been organized with an aim to highlight the importance of yoga, Aasan Mudras and meditation to bring awareness among the people. The session was organized under the banner of College of Nursing, SGPGIMS. The program was organized under the chairpersonship of **Dr. Radha K. Professor cum Principal**, College of Nursing, SGPGIMS. The day was observed on 13<sup>th</sup> March, 2024 and the whole program was coordinated by **the program coordinator Mrs. Bhumika Singh Teaching Staff, College of Nursing, SGPGIMS.**

The program was commenced on 13.3.2024. The resource person for that day was Mr. Anurag Singh, Founder of Connect to Self. Mr. Anurag has taken a session for the B. Sc. Nursing Students. He explained about the relaxation techniques to the students. He also conducted the practical session and allow the students to do the various Mudras and its benefits in life. Students learned the different mudras and how to do Meditation. At the end of the program

Mr. Yadidya given the token of gratitude to the Mr. Anurag Singh, Program was ended with the vote of thanks by Mrs. Bhumika Singh, Program Coordinator.

#### Glimpses:





## “INNOVATIVE AND TO PROTOTYPE”

**Date:** 14th March 2024

**Time:** 2:30 PM – 3:30 PM

**Venue:** Seminar Room, College of Nursing, SGPGIMS

### Introduction

The session titled “Innovative and Employability Drive – Idea to Prototype” was organized at the College of Nursing, SGPGIMS. The event aimed to nurture creative thinking and guide participants on how to transform innovative ideas into viable prototypes, enhancing their employability and entrepreneurial skills. The session was attended by nursing students, faculty members, and creating an enriching learning environment focused on idea generation, project development, and practical steps toward prototype creation.

### Objective of the Session

The primary objectives were:

- To foster innovation among nursing students and motivate them to explore new ideas.
- To provide practical guidance on how to transform ideas into working prototypes.
- To promote employability by developing critical thinking, creativity, and problem-solving skills.
- To encourage collaborative efforts in entrepreneurship and health-tech solutions.

### Summary of the Session

The session commenced with a welcome address by Dr. Radha K. who highlighted the significance of innovation and entrepreneurial skills in the healthcare sector. The resource person, Mr. Shyam Kumar, Chief Operating Officer, MedTech, AIC STPINEXT INITIATIVES gave a detailed presentation on the following key points:

- Idea Generation:** Strategies for identifying problems and developing creative solutions.
- Design Thinking:** A step-by-step process to approach innovation systematically.
- Prototype Development:** Tools and techniques to build and test initial models.
- Employability Skills:** How students can enhance their career prospects by developing prototypes that address real-world healthcare challenges.

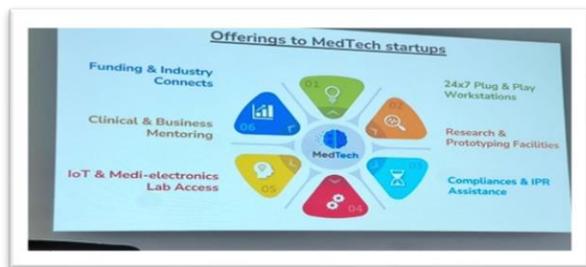
### The participants were engaged in interactive activities, including:

- Group discussions to brainstorm innovative ideas.
- Hands-on exercises to draft concept models for healthcare-related innovations.
- A brief question-and-answer session to clarify doubts and seek expert advice.

The speaker also emphasized the importance of collaboration between healthcare professionals, engineers, and business experts to successfully develop and market innovations. The session was highly impactful in several ways: Participants gained insights into the practical process of innovation and prototype development. New ideas were proposed, focusing on improving healthcare delivery and nursing practices. Students expressed greater enthusiasm about entrepreneurship and developing their own health-related solutions. The session contributed to skill development, aligning with employability trends in the healthcare industry.

### Conclusion

The event concluded with a vote of thanks by [Name of Faculty/Organizer], acknowledging the resource person and participants for their active involvement. The session was well-received, with participants showing interest in follow-up workshops to further develop their ideas and explore funding opportunities for prototypes.



## BREASTFEEDING WEEK CELEBRATION

**Date & Place of event:** Wednesday, 7th of August, 2024 at Seminar Room, College of Nursing.

### Objectives:

- To know about benefits of Breastfeeding
- To know the preparation and position for breastfeeding
- To learn about difficult situations and management during breastfeeding
- To know about breastfeeding and KMC for Pre term and low birth weight baby
- To learn about breastfeeding in mother with medical diseases and working mothers.
- Myth buster session regarding breastfeeding

### Background

A Seminar session, poster competition and Quiz competition was organized by College of Nursing, SGPGIMS on the occasion of Breastfeeding Week Celebration on the theme: **“Closing the Gap: Breastfeeding Support for All”**. The program was organized under the chairpersonship of **Dr. Radha K. Professor cum Principal**, College of Nursing, SGPGIMS. This year theme wants to really recognize breastfeeding mums, ensure they are seen and heard, and share relatable human experiences about breastfeeding and the importance of multi-level support. Dr. Radha K. Explained about key messages about Breastfeeding. This support includes:

- Policies and attitudes that value women and breastfeeding
- A women and breastfeeding-friendly health care system



- Respect for women’s autonomy and her right to breastfeed anytime, anywhere
- Solidarity and community support

**Brief Report of the event:**

**Resource person:** Information regarding the event was shared to the students by Mrs.



Bhumika Singh, Teaching faculty, College of Nursing, SGPGIMS. She started the program with the opening remarks and detailed



knowledge regarding various aspects of breastfeeding. Dr. Piyali Bhattacharya, renowned Pediatrician of SGPGIMS was invited as Guest Speaker to talk about “**Breastfeeding ki Baat Community ke Sath**”. She rendered the very informative and interactive session for the students followed by myth busting quiz. Poster competition was also organized for all the batches of B.Sc. Nursing students and students participated with full dedication total 21 students had submitted the poster. Quiz competition was also organized and coordinated by Mr. Kuldeep Yadav (Tutor, College of Nursing). Program speaker Dr. Piyali Bhattacharya mam evaluated the posters made by the students and gave away the prizes to the winners of quiz and poster competition. Same day Dr. Deepika Cecil Khakha, Nursing Advisor, MoHFW, Government of India along with UPSMF team and Jhpiego team visited College of Nursing, SGPGIMS. Madam also visited the poster exhibition room, interacted with students and discuss the importance of breastfeeding. We were honoured to have madam Dr. Deepika Cecil Khakha on the day of celebration.

**Conclusion:** The seminar helped the students to gain knowledge about the importance of breastfeeding and helped to clear doubts regarding various aspects of breastfeeding and myths related to it.

**Event glimpse:**



## CONTINUING NURSING EDUCATION (CNE)

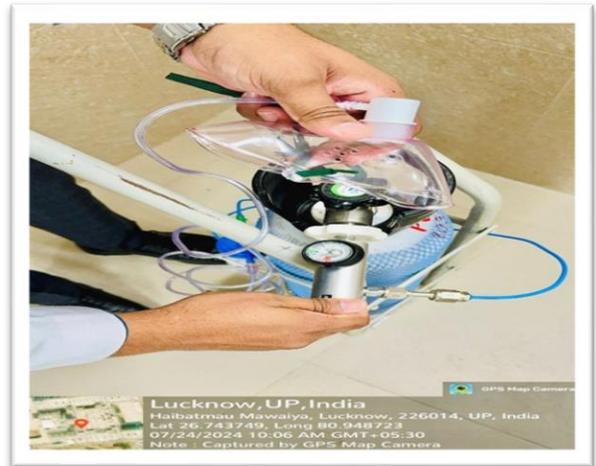
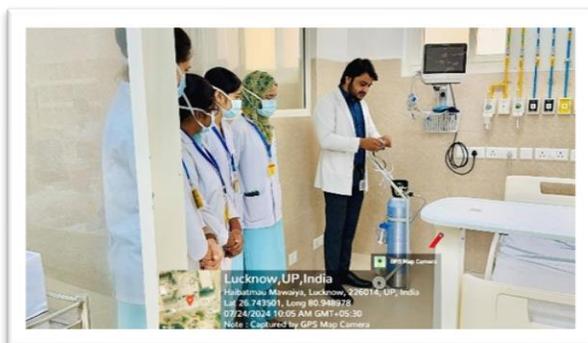
**Procedure:** Oxygen Administration by Mask

**Date:** 24/07/2024

**Time:** 10am to 11am

Continuing Nursing Education include programs beyond basic nursing profession which are designed to promote and enrich knowledge and improve skills and develop attitude for the enhancement of nursing practice thus improve health care to the public. A Continuing Nursing Education was organized by the college of nursing on 29/12/2022 in supervision of Mrs. Bhumika Singh (Teaching Staff) & Mr. Bhoopendra Singh Yadav (Tutor), College of Nursing, SGPGIMS, for training of Nursing officer in hospital setting with the help of demonstration.

Nursing officers from pulmonary ward department actively participated and redemonstrated the procedure with the checklist and evaluated. It was a good teaching and learning activity for the clinical staff. At the end Mr. Mata Deen, Mrs. Bhumika Singh and Mr. Bhoopendra Singh Yadav, thanked all the clinical staff for their active participation in CNE program.



## CONTINUING NURSING EDUCATION (CNE)

**Procedure Name:** wound care and Intravenous Therapy

**Date:** 02/02/2024 & 12/02/24

**Time:** 10am to 11 am

**Continuing nursing education** is a planned activity directed towards meeting the learning needs of the nurses to promote and enrich knowledge and improve skills and develop attitudes for the enhancement of nursing profession **thus** improve health care to the public.

A continuing nursing education was organized by the college of nursing on 02/02/2024 in supervision of Dr. Radha K Principal, college of Nursing SGPGIMS and Mrs. Usha Takre Chief Nursing Officer SGPGIMS with the coordination of Mrs. Rijita Singh (ANS), Mr. Kamran (Tutor), Mrs. Bhumika Singh (Teaching staff) and Mrs. Merlin Cheema A (Teaching Staff) training of Nursing officer in hospital setting with the help of demonstration.

**Wound care** demonstration was performed on 2/2/23 at 10 am -11am in Plastic surgery seminar room. Nursing officers from Plastic surgery ward was actively participated. Nearly 06 nursing officers were present in wound care demonstration.

**IV Therapy** demonstration performed on 12/02/2024 at 10am to 11 am in Plastic surgery seminar room. Nursing officers from Plastic surgery ward was actively participated. Nearly 05 nursing officers were present in wound care demonstration. The procedures were demonstrated and evaluated with checklist and redemonstration also was done and by nursing officers. It was a good learning activity for the health care professionals. At the end Mrs. Merlin Cheema and Mr. Kamran thanked all the participants for their active participation in CNE Program.



## **NUTRITION MELA**

**Date & Place of event:** 2024.05.13 at Nutrition Lab and Seminar Hall College of Nursing SGPGIMS

### **Background:**

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries. There are multiple forms of malnutrition, including undernutrition (wasting



or stunting), inadequate vitamins or minerals, overweight, obesity, and resulting diet-related noncommunicable diseases.

The developmental, economic, social, and medical impacts of the global burden of malnutrition are serious and lasting for individuals and their families, for communities and countries.

### **Brief Report of the event:**

As per the requirement of the curriculum, 2<sup>nd</sup> Semester BSc nursing students celebrate Nutrition Mela under the guidance of Mrs. Manisha and Mr. Arun Kumar. The idea was proposed to Dr. Radha K, Principal College of Nursing. Ma'am liked the proposal of celebrating the Nutrition, Mela. Ma'am directed us to form different groups who will prepare dishes according to different types of diets. and assigned the responsibility to the students. Then students planned about the required groceries and vegetables and discussed it with Mrs. Manisha and Mr. Arun Kumar. Special Thanks to Mr. Ashutosh sir for Nutrition Lab.

The Nutrition Mela was held on 13 May 2024 at the Nutrition Lab and Seminar Hall of College of Nursing, SGPGIMS, Lucknow from 9.00 am onwards and concluded by 4:00 pm. We had a preparation phase in our program which started in the morning. students were divided into 5 groups and planned to prepare different dishes according to different types of diets.

The Seminar Hall was decorated with beautifully prepared charts on various topics related to nutrition. There were charts on the different types of diets, the importance of

nutrition, health benefits of a balanced diet. The preparation phase for the program was harmonious and interesting with all the involved members showing active participation and coordination.

After the preparation of all the dishes, cover the dishes with protective transparent coverings and labels in front of the dishes of different diets.

In the afternoon ER SGPGIMS, Dr Radha K principal, Mrs. Neetu Maam from the medical faculty Uttar Pradesh along with all teaching faculties as evaluators, were invited to our Nutrition Mela celebration. The student group explained about prepared dishes to them.

All the evaluators like the Nutrition Mela and Gives Suggestion after that students serve the dishes to evaluators as well as All the teaching and non-teaching staff of College of Nursing SGPGIMS Lucknow.

### **Event glimpse:**



## e-Learning



Name: Mata Deen

Tutor, College of Nursing, SGPGIMS, Lucknow

Procedure: Oxygen Therapy using mask



Name: Pooja Yadav

Tutor, College of Nursing, SGPGIMS, Lucknow

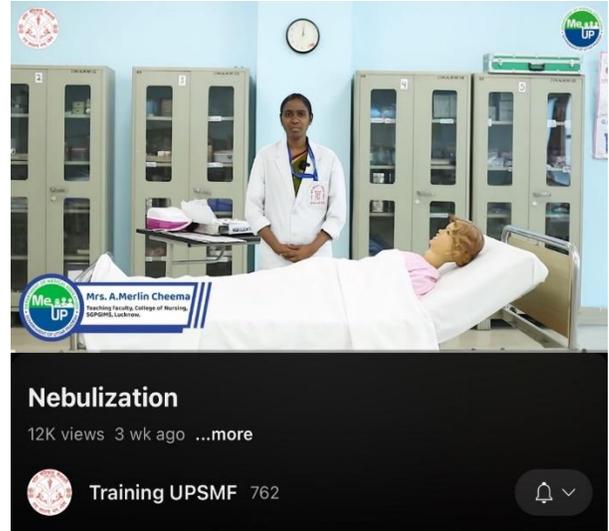
Procedure: Taking Temperature using digital thermometer



**Name:** Abha Verma

Tutor, College of Nursing, SGPGIMS, Lucknow

Procedure: Effective use of flash cards while giving health education



**Name:** A. Merlin Cheema

Teaching Faculty, College of Nursing, SGPGIMS, Lucknow

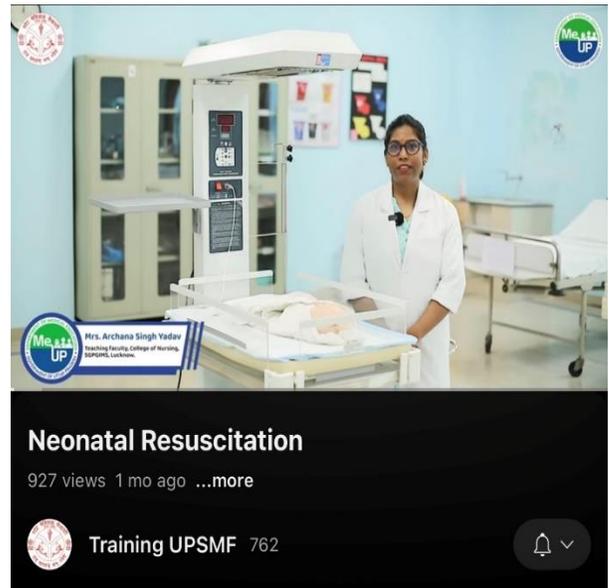
Procedure: Nebulization



**Name:** Kuldeep Yadav

Tutor, College of Nursing, SGPGIMS, Lucknow

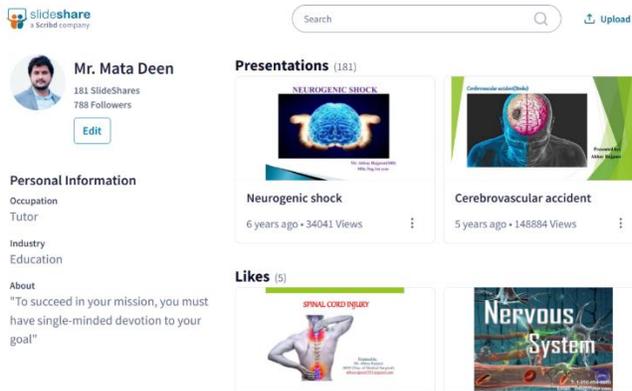
Procedure: Intramuscular Injection



**Name:** Archana Singh Yadav

Teaching Faculty, College of Nursing, SGPGIMS, Lucknow

Procedure: Neonatal Resuscitation



Name: Mata Deen

Tutor, College of Nursing, SGPGIMS, Lucknow  
 e-learning: Uploaded 181 PowerPoint Presentation on SlideShare



Name: Shivangi Singh  
 B.Sc. Nursing (2019-23)  
 Topic: Abdominal Examination



Mr. Vikash Kumar  
 B.Sc. Nursing (2019-23)  
 Topic: Neonatal Resuscitation



Ms. Anjali Chhetry  
 B.Sc. Nursing 4<sup>th</sup> Year  
 Topic: CPR

## AWARDS



Mentorship excellence award from UP  
 Government



A Grade Excellence certificate by UPSMF



Signing of MoU: Mentor Institute



Faculty Award: Best Employee



Mentor Mentee Provision



Faculty Award: Best Employee



**SEMINAR, WORKSHOP & ACTIVITIES  
OF COLLEGE**



**Lamp Lighting & Oath Ceremony**



**Field Visit: TB Centre**



**OSCE: Competency Skills**



**World Environment Day**

**Farewell of Teaching/Non-Teaching Staff**



**World Diabetes Day: Skit**



**Silent Rally: Vibhajan Vibhishika Smriti  
Diwas**



**International Nurses Day Celebration**



**Fire Drill Exercise**



**Skit on World Tobacco Day**



**Practical & Competitions: Patient Diet Preparation**



**Aastha Hospice & Geriatric Care, Mahanagar, Lucknow**



**Soft Skills Training**



**Career Counselling**



**CPR Training: Nurses/Students**



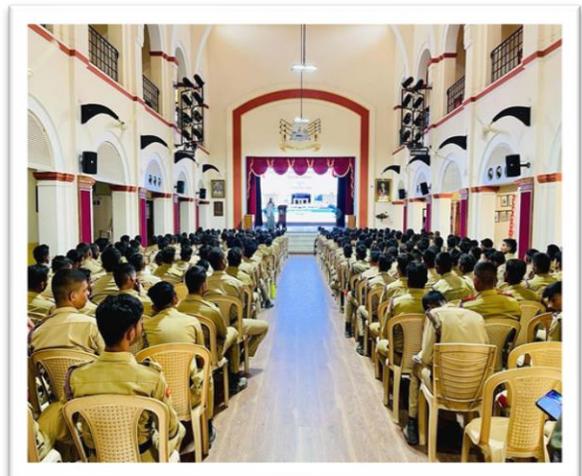
**First Aid - Mock Exercise**



**Telecast on Doordarshan: Nursing**



**Disaster management training session and mock exercise (earthquake), SDRF, UP & UPSDMA**



**First aid for NCC cadets at La-martinere College, Lucknow.**



Quiz competition on 'Swachhata' organized by the UP Raj bhavan on 27 SEP. 2024.

Winner –  
Ms. Ragini Yadav  
Mr. Om Pandey



**Nursing Advisor, MoHFW**