



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### **BEST PRACTICE I**

#### **ASSET: Advance Strategies for Skill Empowerment through Training**

#### **OBJECTIVES**

- To motivate people to adopt health-promoting behaviors through training
- To assist individuals in making health decisions and gaining the necessary confidence and skills to implement these decisions effectively.

#### **CONTEXT**

There are several reasons why the individuals may be unaware or less informed about health-related topics such as information overload, misinformation, limited health literacy, lack of access to reliable sources, cultural and language barriers, time constraints, fear and avoidance, prioritization of other topics. People may prioritize other aspects of their lives over health-related information. This could be due to competing priorities, such as work, family, or social activities, leading to a lack of attention to health matters. However, training on health-related topics for the individuals is essential for promoting health literacy, preventing diseases, fostering healthy lifestyles, and ultimately improving the overall well-being of communities. Thus, the institute started with ASSET in and outside campus to adopt health promoting behaviours.

#### **PRACTICE**

ASSET stands for Advance Strategies for Skill Empowerment through Training. Empowering skills through training is a multifaceted process that requires careful planning, execution, and ongoing assessment. To achieve the objectives of ASSET, the institute follows advanced strategies to enhance skill empowerment through training. ASSET includes in all department for health promotion, prevention, identification of disease and follow up. And it is done through lectures, demo and re-demonstrations, continuous care and services.

Departmental practices of ASSET include-



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

- Fundamental of nursing department: First Aid Module  
-Students and teachers will able to develop the importance of giving first aid and manage the causality
- Child health nursing department: Positive outlook to behavioral problems in school children  
-To provide essential knowledge about behavioral problems in children and to prevent it in the school going children's.
- Mental health nursing department: Managing ADHD and Autism in school children  
-To provide essential knowledge about autism, attention deficit hyperactive disorder, in children to prevent and manage among the school going children's
- Community health nursing department: school teachers education programme  
-To provide essential knowledge about common health problems to prevent and manage among the school going children's
- Medical surgical nursing department: CARE/H comprehensive attention reinforcement education/At home setting-Long Term Care  
-To provide supportive and caring environment for ensuring their physical, mental, emotional well-being.
- Career counseling training  
-To help the students to make decision and give knowledge and skills need to make future career and life decisions.

### **EVIDENCE OF SUCCESS**

Feedback and 100% participation of students and faculties for training program

Increase beneficiary count

Appreciation letter received to the students and staff for training

### **PROBLEMS ENCOUNTERED**

Availability of teachers and students as per academic plan

### **RESOURCES REQUIRED**

Internal and external faculties and trained final year students



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**SEVA MANDAL EDUCATION SOCIETY'S**

**SMT SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF  
NURSING AND PARAMEDICAL SCIENCES**

**NAAC ACCREDITED B+ GRADE**

**338 R.A KIDWAI ROAD MATUNGA- 400019**



**FUNDAMENTAL OF NURSING DEPARTMENT (FIRST AID)**

**Activity Report**

**Academic Year: 2022-23**

**FACULTY NAME:**

Mrs. Shilpa Shettigar

Mrs. Swati Patil

Mrs. Sukanya Jangade

Ms. Pallavi Jadhav

Ms. Priyanka Gomale

**INTRODUCTION**



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

In our daily life we may see that people have been suffered due to the cause of various accidents and health related problems. First aid is the initial care of sick or injured person. First aid can save live in the critical time before emergency services arrives This is temporary and immediate treatment given to a person who is injured or suddenly become ill while using facilities or materials available at that time before regular medical help is arrives

Community-based first aid training is the collaborative development of locally relevant emergency response training. It enables you to assist persons who become injured in the event of an accident or emergency situation until help arrives. First Aid skills can be applied in the home, the workplace or in public locations,

The First aid is immediate help to victim of injury or sudden. Illness by appropriate medical help arrives to victim healthcare provide. First aid is reasonable; simple does not require ample training or equipment but can be dealt with the basic first aid kit the basic first aid kit properly applied first aid may mean

### **Aims:**

The main aim of first aid is Preserve life of anyone involved in the incident, protect any unconscious person, prevent any further injury or existing injury becoming worse, promote recovery of casualty

### **Objectives:**

#### ➤ Student centric:

1. Student will able to develop the importance of giving first aid and manage the casualty

#### ➤ Teacher centric:

1. Teacher will able to assess the situation quickly and calmly
2. Teacher will able to execute life saving

### **ACTIVITIES IN FIRST AID**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

<b>SR NO</b>	<b>ACTIVITIES</b>
<b>1</b>	<b>Distribution Of First Aid Module</b>
<b>2</b>	<b>First Aid Unit Set Up</b>
<b>3</b>	<b>Lecture, Demonstration &amp; Redemonstration of Various Procedures</b>
<b>4</b>	<b>Distribution of First Aid Kits</b>
<b>5</b>	<b>First Aid Training to School Teachers</b>
<b>6</b>	<b>Referral And Follow Up Services</b>

**SEVA MANDAL EDUCATION SOCIETY**

**SMT SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING AND  
PARAMEDICAL SCIENCE**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**FIRST AID COMMON PROCEDURES**

<b>Sr no</b>	<b>Common procedures (step wise)</b>	<b>Procedures</b>
1	Management of cuts & scrapes Bruises & minor injuries	<ul style="list-style-type: none"> <li>• Tincture benzoin seal</li> <li>• Band-Aid (hansaplast)</li> <li>• Minor dressing, bandages</li> </ul>
2	Sprain & strains	<ul style="list-style-type: none"> <li>• Application of crepe bandage</li> <li>• Spray &amp; ointment</li> <li>• Painkiller</li> </ul>
3	Nosebleeds	<ul style="list-style-type: none"> <li>• Application of ice pack</li> </ul>
4	Burns	<ul style="list-style-type: none"> <li>• Minor dressing</li> </ul>
5	Fractures & dislocations	<ul style="list-style-type: none"> <li>• Application of splints</li> </ul>
6	Choking /asthma/breathlessness	<ul style="list-style-type: none"> <li>• Application of nebulization /positioning</li> </ul>
7	Allergic reactions	<ul style="list-style-type: none"> <li>• Medication</li> </ul>
8	Seizures / convulsion / fainting	<ul style="list-style-type: none"> <li>• Basic management of seizures</li> </ul>
9	Shifting of patients	<ul style="list-style-type: none"> <li>• Used of stretchers</li> </ul>
10	Temperature Blood pressure Respiration Pulse	<ul style="list-style-type: none"> <li>• Vital sign monitor</li> </ul>
11	Foreign body in eye, ear, nose, throat	<ul style="list-style-type: none"> <li>• Techniques of foreign body removal</li> </ul>
12	CPR	<ul style="list-style-type: none"> <li>• Steps of CPR</li> </ul>

**RESOURCE MANAGEMENT (HOSPITALITY MANAGEMENT) B.M.N. COLLEGE  
OF HOME SCIENCE**

Health is an important parameter for every individual, and providing first aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

recovery until medical services arrive the aim of providing first aid training to the student and teacher to enhance their knowledge and to handle a victim during an emergency. Teachers of SMES SSPG College of Nursing, are providing first aid training to them regarding handling of an emergency, management when a victim is identified all students adopts 10 families, they prepare family folders for each family and provide health services according to need for each individual as per priority like

➤ **Services**

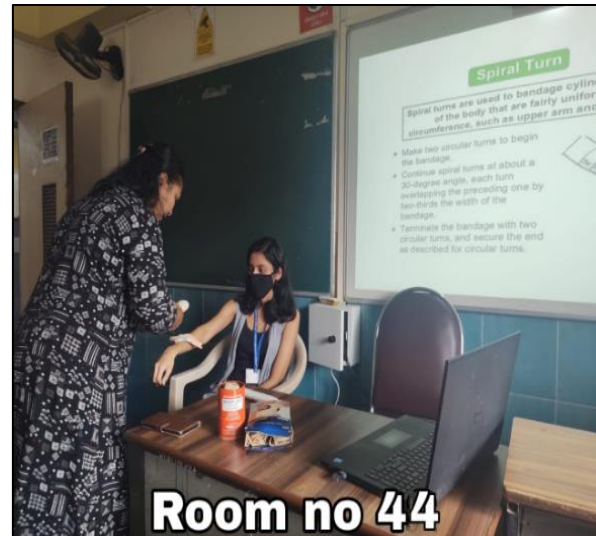
➤ **Grounding First aid**

SR.NO	SERVICES	DATE	NO. DAYS	BENIFICIERIES
1	Providing First Aid Training	25-11-2023	1 day	22 Beneficiaries.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING







## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### RESOURCE MANAGEMENT (HOSPITALITY MANAGEMENT) M.M.P SHAH JUNIOR COLLEGE

First aid involves providing immediate and initial medical help to individuals who suffer sudden injuries or illnesses. It includes immediate medical attention during critical emergencies and addressing minor ailments such as burns, lacerations, and insect stings. The primary purpose of first aid is to sustain the life of an injured or ill individual until skilled medical assistance arrives. By delivering timely and appropriate attention, first aid helps alleviate suffering and promote early recovery while preventing further deterioration of their condition.

#### ➤ Services

#### ➤ Grounding First aid

SR.NO	SERVICES	DATE	NO. DAYS	BENIFICIERIES
1	Providing First Aid Training	15-11-2023	1 day	25 Beneficiaries.



### SESSION ON FIRST AID



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**VENUE:** Amulakh Amichand International School, Matunga

**DATE:** 31<sup>st</sup> January 2023 at 2:30 pm

**PARTICIPANTS:** 50 Teachers of Amulakh Amichand International School

A session on First aid, among children was conducted on 31<sup>st</sup> January by Mrs. Shilpa Shettigar, Ms. Swati Patil, Ms. Sukanya Jangade, and Ms. Pallavi Jadhav in Amulakh Amichand International School at 2:30 pm for all the teachers present over there.

Mrs. Shilpa Shettigar oriented the topic regarding First Aid, its management. She explained them how to deal with the emergency occurred in children's during school hours She also demonstrated the management, how to manage the child with this condition.

SR.NO	SERVICES	DATE	NO. DAYS	BENIFICIERIES
1	Providing First Aid Training	31-01-2023	1 day	50 Beneficiaries.



**SESSION ON FIRST AID**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**VENUE:** Municipal High School, Kane Nagar, Antop hill

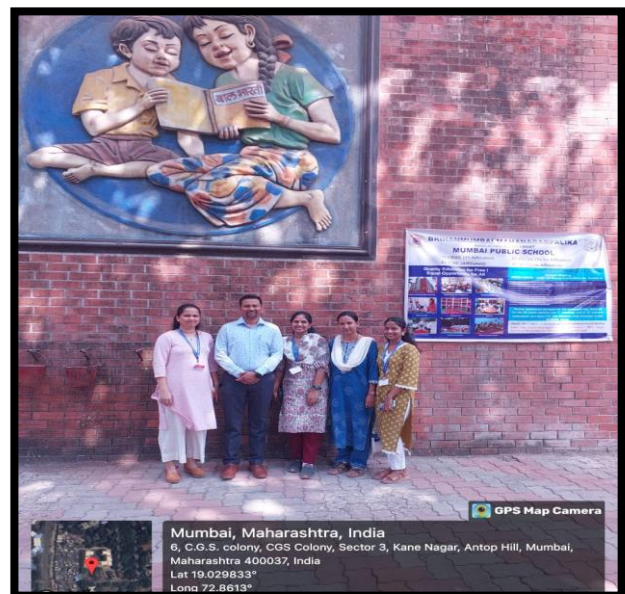
**DATE:** 7<sup>th</sup> February 2023 at 11:30 am

**PARTICIPANTS:** 14 Teachers

A session on First aid, among children was conducted on 7<sup>th</sup> February 2023 by Ms. Priyanka Gomale & Ms. Pallavi Jadhav in Kane Nagar Municipal School at 11:30 am for all the teachers present over there.

Teachers oriented the topic regarding First Aid, its management. She explained them how to deal with the emergency occurred in children's during school hours She also demonstrated the management, how to manage the child with this condition.

SR.NO	SERVICES	DATE	NO. DAYS	BENIFICIERIES
1	Providing First Aid Training	07-02-2023	1 day	14 Beneficiaries.



**VENUE:** M.P BHUTA SCHOOL, SION, HOLY FAMILY ENGLISH MEDIUM SCHOOL, BHUIGAON, VASAI, ZILA PARISHAD SCHOOL.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

**DATE:** 21<sup>ST</sup> MARCH 2023, 28<sup>TH</sup> NOVEMBER 2022 & 18<sup>TH</sup> NOVEMBER 2022

**PARTICIPANTS:** APPROXIMATELY 600 STUDENTS

Health is an important parameter for every individual, and providing first aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery until medical services arrive the aim of providing first aid training to the student and teacher to enhance their knowledge and to handle a victim during an emergency. Teachers of SMES SSPG College of Nursing, are providing first aid training to them regarding handling of an emergency, management at M.P Bhuta School, Sion, Holy family English Medium School, Bhuigaon, Vasai, Zila Parishad School, Done of various education programme.

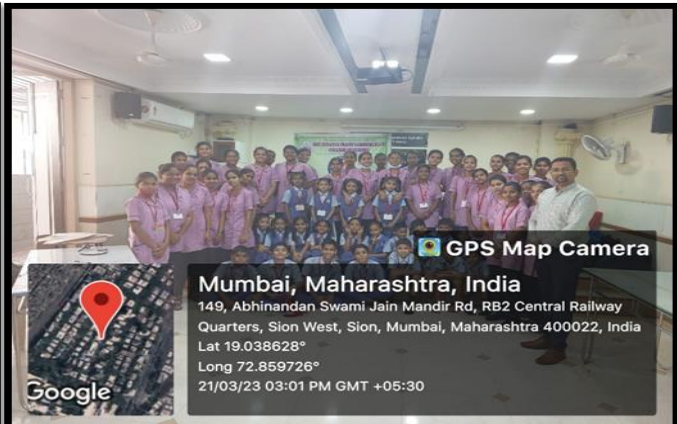
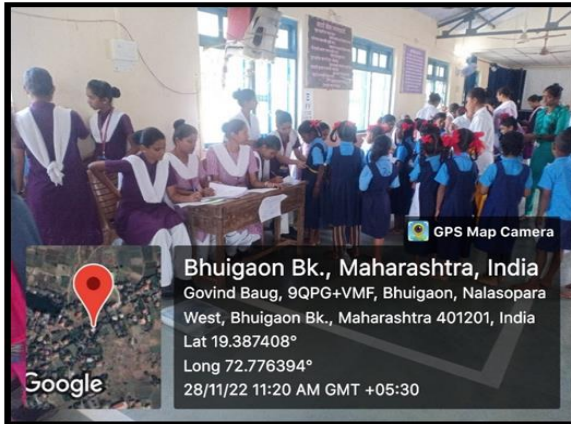
### ➤ Services

- Health check-ups Head to foot examination
- Hand hygiene
- Physical fitness,
- Malnutrition,
- Infectious diseases,
- Intestinal parasites,
- Diseases of skin, eye, and ear,
- Dental caries
- Awareness programme in school on importance of physical and mental health and Hygiene.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



**VENUE:** JD Bharda High School 1 Floor, Navyug Mansion, 65, Sleater Rd, Marg, Grant Road West, Grant Road (W), Grant Road, Mumbai, Maharashtra 400007


**Date:** 10 October 2023

**Participants:** Students Of 6-8 Grades

A session on First aid among children was conducted on 10<sup>th</sup> OCTBER 2023 by Ms. Swati Patil in JD Bharda High School 1 floor, Navyug Mansion, 65, Sleater Rd, Marg, grant road west, grant road (w), grant road, Mumbai, Maharashtra 400007 at 10:30 Am The primary purpose of first aid is to sustain the life of an injured or ill individual until skilled medical assistance arrives. By delivering timely and appropriate attention, first aid helps alleviate suffering and promote early recovery while preventing further deterioration of their condition.



SEVA MANDAL EDUCATION SOCIETY'S

  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**SMT SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF  
NURSING AND PARAMEDICAL SCIENCES**

**NAAC ACCREDITED B+ GRADE**

**338 R.A KIDWAI ROAD MATUNGA- 400019**



**CHILD HEALTH NURSING DEPARTMENT**

**TOPIC: POSITIVE OUTLOOK TO BEHAVIORAL PROBLEMS IN SCHOOL  
CHILDREN**

**Academic Year: 2022-23**

**Introduction**



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

All young children can be naughty, defiant and impulsive from time to time, which is perfectly normal. However, some children have extremely difficult and challenging behaviors that are outside the norm for their age. These problems can result from temporary stressors in the child's life, or they might represent more enduring disorders. We at Seva Mandal Education's Society's Smt Sunanda Pravin Gambhirchand College of nursing initiates to focus on reducing the risk of behavioral problem by assessing, and educating the school teachers to identify and how to manage several common behavioral problems among school children through module content.

The aim of this module is to encourage school principals, school management, teachers, school staffs, pupils and community partners to be involved in the development of prevention of disease, health promotion and rehabilitation of common behavioral problem among school children. This module has been developed on the learning experiences from a variety of school-based interventions for common behavioral problems.

### **Background:**

A behavioral disorder may be diagnosed when disruptive behaviors are uncommon for the child's age at the time, persist over time, or are severe. Sometimes it is undetermined or undiagnosed by parents, teachers. When children act out persistently so that it causes serious problems at home, in school, or with peers. The school's health policy is a clearly defined document or accepted practice that promotes health and well-being. Focusing on school health, WHO aims to strengthen approaches to health promotion in schools. Pointing out behavioral aspects of school children.

### **Aims:**

To provide essential knowledge about behavioral problems in children and to prevent it in the school going children's.

### **Objectives:**

➤ Student centric:

1. Learner will able to understand different behavioral disorders in children.
2. Learner will able to enlist causes of behavioral disorders in children.
3. Learner will able to describe sign and symptoms.
4. Learner will able to enumerate preventive measures and management





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### ➤ Teacher centric:

1. Teacher will be able to identify child with behavioral disorders
2. It will help for management of child with behavioral disorders.

### **SCHOOL 1: M.P BHUTA SCHOOL, SION**

**Date: 21<sup>st</sup> March 2023**

**Participants: 12 Teacher, 126 students**

A session on behavioral disorder among children was conducted on 31<sup>st</sup> January by Ms. Diana Fernandes and Ms. Greeshma Minesh in M. P Bhuta School at 2:30 pm for all the teachers present over there.

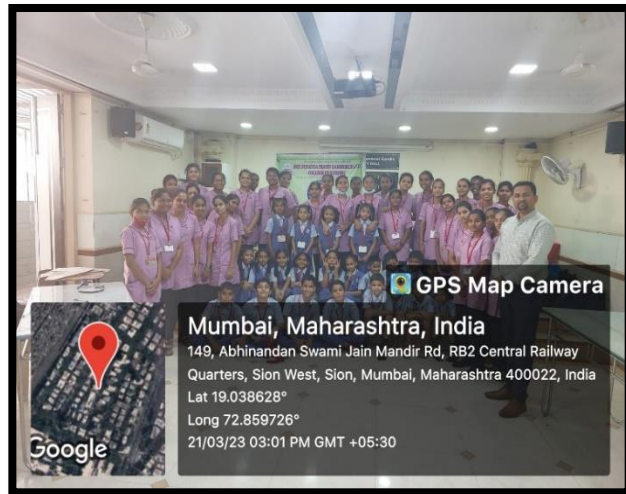
Ms. Diana Fernandes focused on various types of behavioral problems at different stages such as thumb sucking, temper tantrum, adjustment problem, learning disabilities etc. She explained how to identify these problems in detail and also how to manage this problem at our own level. Ms. Greeshma Minesh interacted with the students and session on behavioral problem were elaborated to group. A check list on behavioral problem given to teachers where they have to identify the problem and mark the score for behavioral problem for those students who are identified with problems.

### ➤ **Activities**

- Health checkups Head to foot examination
- Hand hygiene
- Physical fitness,
- Awareness on identification of common behavioural disorder among school children to all teacher.
- Education to students regarding how to manage the common behavioural problem
- Follow up of cases of behavioral problems in school
- Reinforcement of care based on behavioral problems



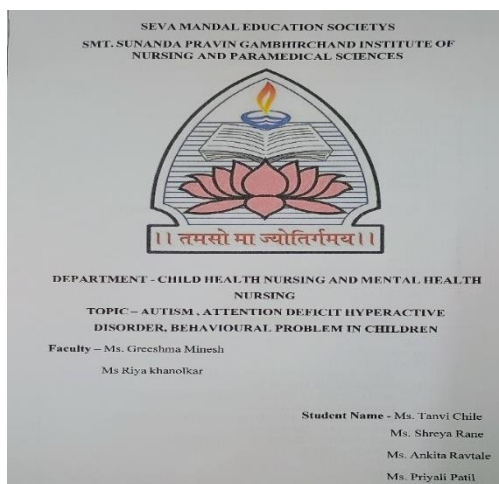
## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### SCHOOL 2: AMULAKH AMICHAND INTERNATIONAL SCHOOL, MATUNGA

**DATE: 31<sup>st</sup> January 2023 at 2:30 pm**

**PARTICIPANTS: 50 Teachers of Amulakh Amichand International School**



A session on behavioral disorder among children was conducted on 31<sup>st</sup> January by Ms. Diana Fernandes and Ms. Greeshma Minesh in Amulakh International School at 2:30 pm for all the teachers present over there.

Ms. Diana Fernandes focused on various types of behavioral problems at different stages such as thumb sucking, temper tantrum, adjustment problem, learning disabilities etc. She explained how to identify these problems in detail and also how to manage this problem at our own level.



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

A check list on behavioral problem given to teachers where they have to identify the problem and mark the score for behavioral problem for those students who are identified with problems.

### ➤ Activities

- Awareness on identification of common behavioural disorder among school children to all teacher.
- Providing the behavioural problem checklist to assess identify the specify the behavioural problem
- Providing college prepared module to school
- Awareness program on management of common behavioural problems
- Follow up of cases of behavioral problems in school
- Reinforcement of care based on behavioral problems

**SCHOOL 3: SMT. MANIBEN M.P. SHAH WOMEN'S COLLEGE, SEVA MANDAL EDUCATION SOCIETY, MATUNGA**

**DATE: 9th February 2023 at 10.00 am**

**PARTICIPANTS: 8 teachers**



A session on behavioral disorder among children was conducted on 9<sup>th</sup> February 2023 by Ms. Diana Fernandes and Ms. Greeshma Minesh in Smt. Maniben M.P. Shah Women's College, SMES at 10:00 am for the teachers present over there.

Ms. Diana Fernandes focused on various types of behavioral problems at different stages such as thumb sucking, temper tantrum, adjustment problem, learning disabilities etc. Ms. Greeshma Minesh explained how to identify these problems in detail and also how to manage this problem



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

at our own level. A check list on behavioral problem given to teachers where they have to identify the problem and mark the score for behavioral problem for those students who are identified with problems.

### ➤ Activities

- Awareness on identification of common behavioural disorder among school children to all teacher.
- Providing the behavioural problem checklist to assess identify the specify the behavioural problem
- Providing college prepared module to school
- Awareness program on management of common behavioural problems



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**NURSING AND PARAMEDICAL SCIENCES**

**NAAC ACCREDITED B+ GRADE**

**338 R.A KIDWAI ROAD MATUNGA- 400019**



**COMMUNITY HEALTH NURSING DEPARTMENT**

**Activity Report**

**Academic Year: 2023-24**

**SCHOOL TEACHERS EDUCATION PROGRAMME**

**INTRODUCTION**

Health is an important parameter for every individual family and community, the aim of the





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

student and teacher is to keep community healthy and diseases free. Health of school childrens are designed to protect and promote health. These services are designed to ensure prompt use of health care services to prevention of common health problems in childrens. Provide education to school teachers is important to provide the priority health care services.

The health promotion activities will be given a special focus. Age-appropriate health education for the students will be taken up to influence behavior and enhance skills. The framework developed pays special attention to physical, psycho-social, and mental aspects based on the developmental stages of the child.

The department of community health nursing has prepared the self-explanatory module on common health problems.

### AIM

To provide essential knowledge about common health problems to prevent and manage among the school going children's.

### OBJECTIVES

#### ➤ Student centric:

1. Learner will able to understand different health problems in children.
2. Learner will able to enlist causes of health problems in children
3. Learner will able to describe sign and symptoms.
4. Learner will able to enumerate preventive measures and management

#### ➤ Teacher centric:

1. Teacher will able to identify child with health problems.
2. It will help for management of child with health problems.

### SCHOOL NO :1

**VENUE: Amulakh Amichand International School, Matunga**

**DATE: 31<sup>st</sup> January 2024 at 2:30 pm**

**PARTICIPANTS: 50 Teachers of Amulakh Amichand International School**



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

A session on health problems in children, was conducted on 31<sup>st</sup> January 2024 by Mrs. Shilpa Shettigar and Mr. Prashant Tambe in Amulakh Amichand International School, Matunga at 2:30 pm for all the teachers present over there. Mr. Prashant Tambe oriented the topic regarding common health problems its causes, sign, and symptoms its management. He explained them how to deal such types of identified students in the school also focused on tips to handle such



types of students by teachers and parents. A check list on common health problems given to teachers where they must identify the problem and mark the score for health problem for those students who are identified with problems.

### Highlights of session:



### SCHOOL NO: 2

**VENUE: Municipal High School, Kane Nagar, Antop Hill**

**DATE: 7<sup>th</sup> February 2024 at 11:30 am**

**PARTICIPANTS: 14 Teachers**

A session on health problems in children, was conducted on 7<sup>th</sup> February 2024 by Mr. Prashant





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

Tambe in Municipal high School, Antophill at 11.30 am for all the teachers present over there. Mr. Prashant Tambe oriented the topic regarding common health problems its causes, sign, and symptoms its management. He explained them how to deal such types of identified students in the school also focused on tips to handle such types of students by teachers and parents. A check list on common health problems given to teachers where they must identify the problem and mark the score for health problem for those students who are identified with problems.

### Highlights of session:



### SCHOOL NO: 3

**VENUE: SHRI GAURI DUTTA MITTAL VIDYALAYA & JR COLLEGE**

**DATE: 7<sup>TH</sup> FEBRUARY 2024 AT 12:30 AM**

**PARTICIPANTS: 20 TEACHERS**

A session on health problems in children, was conducted on 7<sup>th</sup> February 2024 by Mr. Prashant Tambe in Municipal high School, Antophill at 11.30 am for all the teachers present over there.



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

Mr. Prashant Tambe oriented the topic regarding common health problems its causes, sign, and symptoms its management. He explained them how to deal such types of identified students in the school also focused on tips to handle such types of students by teachers and parents.

A check list on common health problems given to teachers where they must identify the problem and mark the score for health problem for those students who are identified with problems.

### Highlights of session:



## FOOD PREPARATION DEMONSTRATION

### INTRODUCTION

Health is an important parameter for every individual family and community, the aim of the student and teacher is to keep community healthy and diseases free. Students visit house to house for healthy services according to assessment they identify need of the individual and plan dietary menus for the family. Students demonstrate healthy food preparation in their home settings.

These services are designed to ensure prompt use of health care services to eat healthy food for reduce the health problems. The health promotion activities will be given a special focus. Age-appropriate food for the community peoples will be taken up to proper growth and development of childrens and fulfill the nutrition requirement of individuals. The framework developed pays special attention to physical, psycho-social, and mental aspects based on the



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

developmental stages of the child.

### AIM

To provide essential knowledge about nutritious food and preparation of food.

### OBJECTIVES

1. Learner will be able to understand about nutrition requirement of body.
2. Learner will be able to prepare the nutritious food for childrens.
3. Learner will be able to prepare the food according to disease condition.
4. Learner will be able to prepare the food as per requirement.

**VENUE: PRIMARY HEALTH CENTRE VASAI AND VANGANI**

**DATE: 15<sup>TH</sup> DECEMBER 2023 TO 15<sup>TH</sup> JANUARY 2024**

**PARTICIPANTS: APPROXIMATELY 150 FAMILIES**

Food preparation demonstration was conducted at primary health centers at Nirmal (Vasai) & Vangani for various foods for community peoples at their home. The aim behind the food preparation demonstration is community should get the nutritious food and fulfil the daily requirement. Department has shown various food demonstration for ANC & PNC mothers, Under-five children diet also demonstrated to mothers. Explained the importance of protein diet, Calorie diets, etc. Awareness and health talk to mothers about diet. Distributed chikki and banana to the Antenatal & Post-natal mothers. Teach them how healthy and hygienic food preparation.

**Highlights of session:**





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**SEVA MANDAL EDUCATION SOCIETY'S**

**SMT SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF  
NURSING AND PARAMEDICAL SCIENCES**

**NAAC ACCREDITED B+ GRADE**

**338 R.A KIDWAI ROAD MATUNGA- 400019**



**MENTAL HEALTH NURSING DEPARTMENT**

**Activity Report**

**Academic Year: 2022-23**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**MENTAL HEALTH DEPARTMENT ACTIVITY**

<b>SR. NO</b>	<b>ACTIVITY</b>
<b>1</b>	<b>MANAS PROGRAM</b>
<b>2</b>	<b>STUDENT COUNSELLING CELL</b>
<b>3</b>	<b>PSYCHIATRIC REFERENCE SERVICE FOR STUDENTS</b>
<b>4</b>	<b>SCHOOL TEACHER TRAINING SESSION</b>

**Aims:**

To provide essential knowledge about autism, attention deficit hyperactive disorder, in children to prevent and manage among the school going children's.

**Objectives:**

**➤ Student centric:**

1. Learner will able to understand about Autism and ADHD in children.
2. Learner will able to enlist causes Autism and ADHD of in children
3. Learner will able to describe sign and symptoms.
4. Learner will able to enumerate preventive measures and management

**➤ Teacher centric:**

1. Teacher will able to identify child with Autism and ADHD
2. It will help for management of child with Autism and ADHD.



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### INTRODUCTION

Health Education is a sophisticated subject for national government, local authorities, health authorities and educational agencies. Health education plays a very important role in the growth of a healthy, inclusive and fair social, psychological and physical environment. It imitates current best practice, using an empowering, multi-dimensional, multi-professional approach which relates to all settings, organizations and parts and levels of society, including schools, colleges, universities, the health services, the community and the workplace.

To make a healthy society, health education is divided into many parts like health education for kids, adult health education, community health education and many more. Lots of health education activities are held by government.

Children are unable to learn optimally when they are undernourished or unwell. Hence, the nutrition and health (including mental health) need to be addressed through healthy meals and the introduction of well-trained teachers, counsellors, and community involvement into the schooling system.

Mental health department provide training to the school teacher regarding Autism and ADHD so they can become aware of sign and symptoms of these condition and it will help for early detection of the child who is suffering from this condition. Early detection will play important role in the good prognosis. Also, our department follow the MANAS program which was initiated by MUHS. We created what's up group for all the students and every day send some motivational quotes to encourage them and cope up with day-to-day stress related to study, family and health.

- **MANAS MITRA AND STUDENT COUNSELLING CELL**

MANAS which stands for “Mental Health and Normalcy Augmentation System” was endorsed as a national program by the Prime Minister’s Science, Technology, and Innovation Advisory Council (PM-STIAC). MANAS is based on life skills and core psychological processes delivering age-appropriate methods for all age groups from 0-70 years.

An app initially targeting 15-35 years was virtually launched by Prof. K. Vijay Raghavan, Former Principal Scientific Adviser to the Government of India (PSA), on April 13, 2021.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

The app integrates the health and wellness efforts of various government ministries, and scientifically validated indigenous tools with gamified interfaces developed/researched by various national bodies and research institutions.

As per the MUHS circular dated 14<sup>th</sup> February 2023 institute have to provide information about MANAS app and encourage student to download and use this app. We created what's up group dated 12/05/2023 of all students and every day we send the motivational quotes to encourage students and cope up with the problems related to study, family and health.

Total no. of students get enrolled for MANAS app -98 students

We form the student council cell for the counselling of students.

### MENTAL HEALTH NURSING

### DEPARTMENT ACTIVITIES

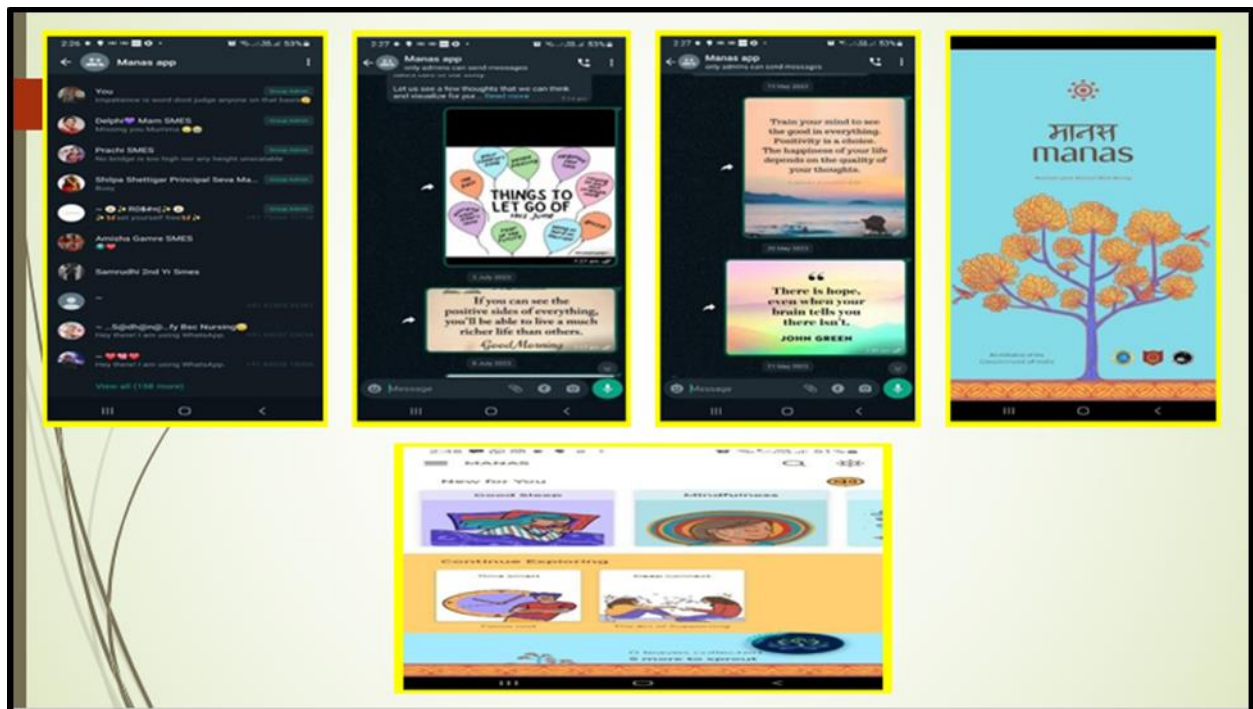


**WHATS UP GROUP WITH  
MOTIVATIONAL  
QUOTES FOR STUDENTS**





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### • PSYCHIATRIC REFERENCE SERVICE FOR STUDENTS

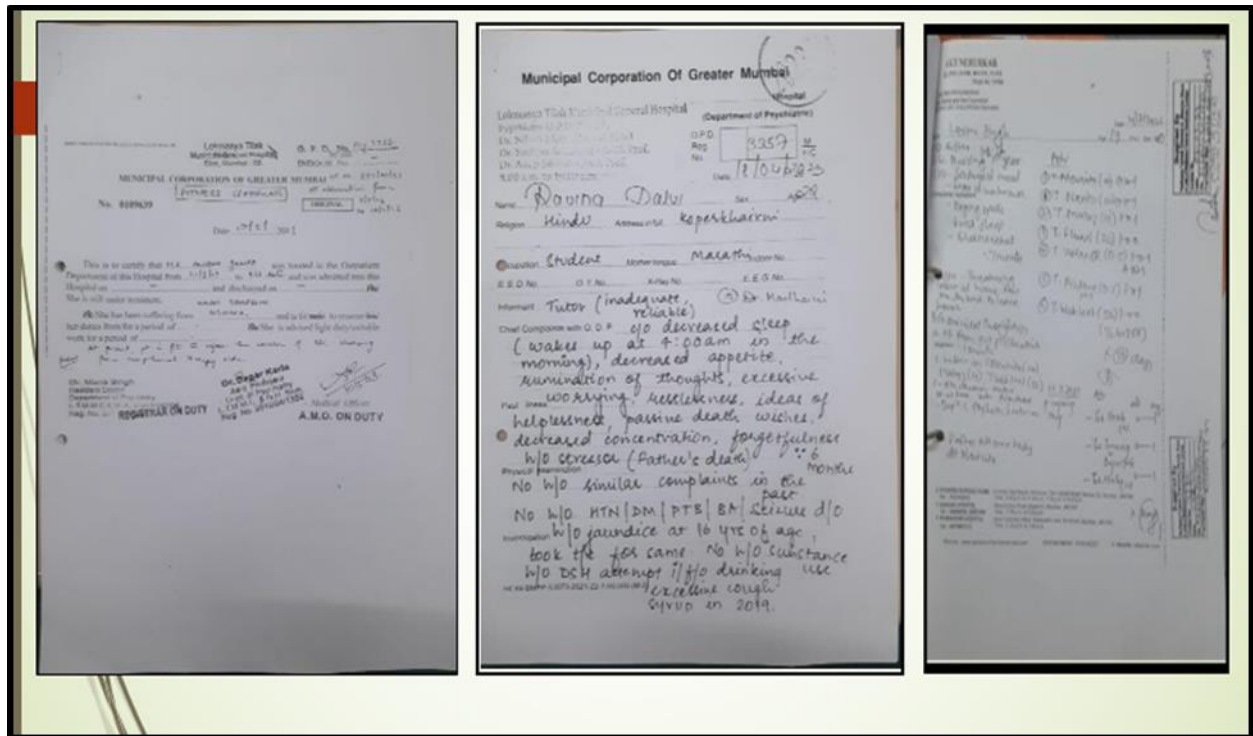
#### LIST OF THE STUDENTS UNDERGON COUNSELLING AND HELP FROM PSYCHIATRIC SECTION

After regular mentoring teacher find out the students undergone stressful task. With proper communication with parents counselling session has been started and these students will get help from psychiatric department.

Sr. no	A.Y.	No. of student	Diagnosis
1	2022-2023	03	Major Depressive Disorder Mild Depressive Episode Anxiety Disorder?



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### • SCHOOL TEACHER TRAINING SESSION

**SESSION ON AUTISM AND ADHD IN CHILDREN**

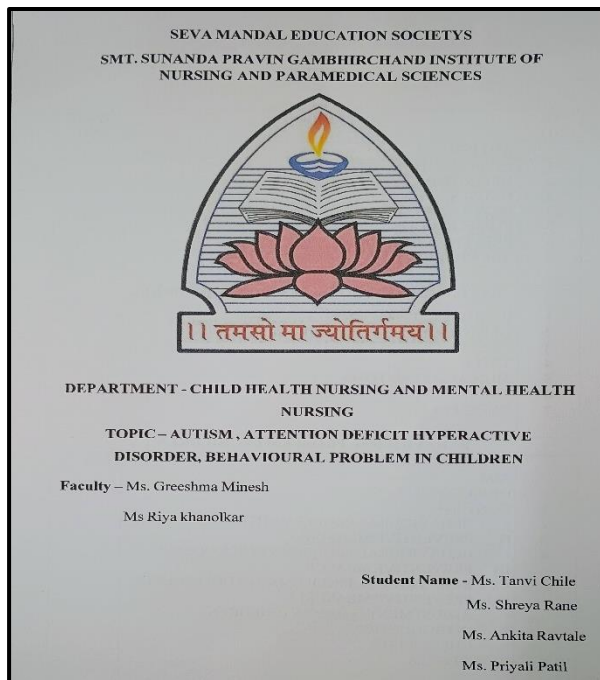
**VENUE: Amulakh Amichand International School, Matunga**

**DATE: 31<sup>st</sup> January 2023 at 2:30 pm**

**PARTICIPANTS: 50 Teachers of Amulakh Amichand International School**



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



A session on autism, Attention deficit hyperactive disorder among children was conducted on 31<sup>st</sup> January by Ms. Riya Khanolkar in Amulakh Amichand International School at 2:30 pm for all the teachers present over there.

Ms. Riya Khanolkar oriented the topic regarding autism and Attention deficit hyperactive disorder and, its causes sign and symptoms its management. She explained them how to deal such types of condition. She also explains its management, how to treat the child with this condition. She also focused on tips to handle such types of students by teachers and parents.

A check list on autism and Attention deficit hyperactive disorder given to teachers where they have to identify the problem and mark the score for problem for those students who are identified with problems.

All the doubts of the teachers were cleared. The Program ended at 4pm.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

**VENUE:** M.P BHUTA SCHOOL, SION, HOLY FAMILY ENGLISH MEDIUM SCHOOL, BHUIGAON, VASAI ZILA PARISHAD SCHOOL.

**DATE:** 21<sup>ST</sup> MARCH 2023, 28<sup>TH</sup> NOVEMBER 2022 & 18<sup>TH</sup> NOVEMBER 2022

**PARTICIPANTS:** APPROXIMATELY 40 TEACHERS

This session helps to identify the early sign and symptoms of autism and ADHD in school children. It mainly focuses on such initiatives to ensure that teachers are able to identify the student and refer for the treatment. SMES SSPG College of Nursing has provide training to the teacher on autism and ADHD at M.P Bhuta school, Sion, Holy family English Medium School, Bhuigaon, Vasai Zila Parishad School. We provide module on Autism and ADHD to the teachers and this module contain check list of sign and symptoms of autism and ADHD so teacher can list down the students and refer them to us for further help.





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**



  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**SEVA MANDAL EDUCATION SOCIETY'S  
SMT SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF  
NURSING AND PARAMEDICALSCIENCES**

**NAAC ACCREDITED B+ GRADE**

**338 R.A KIDWAI ROAD MATUNGA- 400019**



**MATERNAL AND CHILD HEALTH DEPARTMENT**

**TRAINING OF TEACHERS ON**

**TEENAGERS HEALTH**

**Activity Report**

**Academic Year: 2022-23**

**FACULTY NAME:**

Mrs. Nikhita Logade

Mrs. Neswari James Fernando





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### **INTRODUCTION**

The School Health Act has been formulated to promote the health of students and all staff members, and establish a foundation for national health, and improve people's quality of life. Adolescent period is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them.

### **BACKGROUND:**

More than half of the world's population is under 25. Most live in the poorest countries, where the leading cause of death for girls 15-19 globally is complication in pregnancy and childbirth. 23 million adolescents need contraception but don't have it. Over 1 billion young people need accurate, unbiased information and healthcare free from judgement.

### **POCSO POLICY:**

The Protection of Children from Sexual Offences Act, 2012, (POCSO Act) and its rules were enacted with the primary objective of protecting children from various sexual offences and introducing a child-friendly judiciary for dealing with such offences. POCSO Act safeguards the rights and dignity of the child at every stage of the legal process. It provides for child-friendly procedures for medical examination; recording the statement of the child by the police and magistrate.

### **AIMS:**

To provide essential knowledge to teachers about Adolescent health, sex education, POCSO policy, Menstrual cycle, menstrual health, Family planning, sexually transmitted disease, HPV vaccination, gender equality in children to improve adolescence health.

### **OBJECTIVES:**

#### **➤ Student centered,**

1. To improve sexual and reproductive health



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

2. To create awareness about sexually transmitted diseases.
3. To reduce the risk of potentially negative outcomes from sexual behaviour.

➤ **Society centered,**

1. To build healthy and safe relationship between society members.
2. To provide information about conception, contraception and sexually transmitted diseases.
3. To improve gender equality in society.

**CONTENT:** Male and Female reproductive organ, Adolescent health, POCSO Policy, Family planning devices, sexually transmitted disease, HPV vaccination, Gender equality, Meditation and Life **style.**

**ACTIVITIES CONDUCTED**

- Distribution of module
- Lecture to school teachers
- Referral and follow up services

**LIST OF PROGRAMMES:**

**SCHOOLS:**

- M.P Bhuta school- Sion,
- Holy Family English medium school- Bhuigaon, Vasai,
- Zila parishad School, Done
- Amulakh Amichand International School, Matunga
- **DATE:** 21<sup>ST</sup> MARCH 2023, 28<sup>TH</sup> NOVEMBER 2022, 18<sup>TH</sup> NOVEMBER 2022 AND 31<sup>ST</sup> January 2024
- **PARTICIPANTS:** 50 Teachers from Amulakh Amichand International School, Matunga

**COLLEGES:**

- Kamalaben Gambhirchand Shah Law College- Reproductive and Menstrual Cycle On 13.09.2022
- Lecture On Women Health PCOS and Thyroid Management On 03.08.23
-



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### REPORT:

A session on Adolescent health, sex education, POCSO policy, Menstrual cycle, Menstrual health, Family planning, sexually transmitted disease, HPV vaccination, gender equality among children was conducted by Ms. Nikhita Logade and Ms. Neswari Fernando in all the above stated schools. Teachers were given orientation about the above topic, explained all in details and the way to handle the situation if anything is found. All there are clarified.

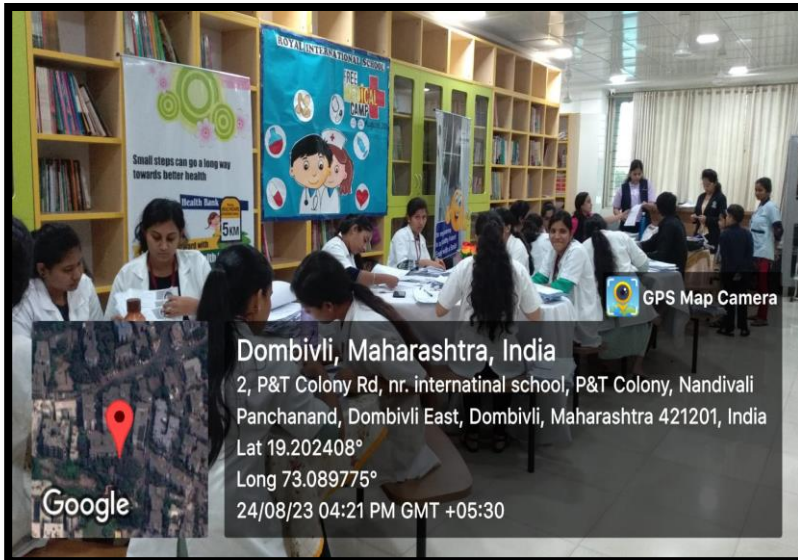
At the end feedback is also taken from the teachers.

### Highlights of Programme





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### PCOS AND THYROID MANAGEMENT

The Women Health, PCOS And Thyroid Management session was organized by student nurses' association unit and student council Seva Mandal Education Society's, Smt Sunanda Pravin Gambhirchand College of Nursing under Bahishal scheme on 3<sup>th</sup> august 2023. The session was very illuminative for the students and faculty members. The speakers explain about brief about

SR NO	TOPIC	SPEAKER
-------	-------	---------





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

1	Common hormonal disorders presentation and diagnosis of PCOS and thyroid disorder	Dr Sharda Kulkarni
2	Common endocrine disorders in women and their management	Dr Kaustubh Kulkarni
3	Dietary management in PCOS and hypothyroidism	Ms Shweta Manjeshwar

### GLIMPSES OF THE SESSION



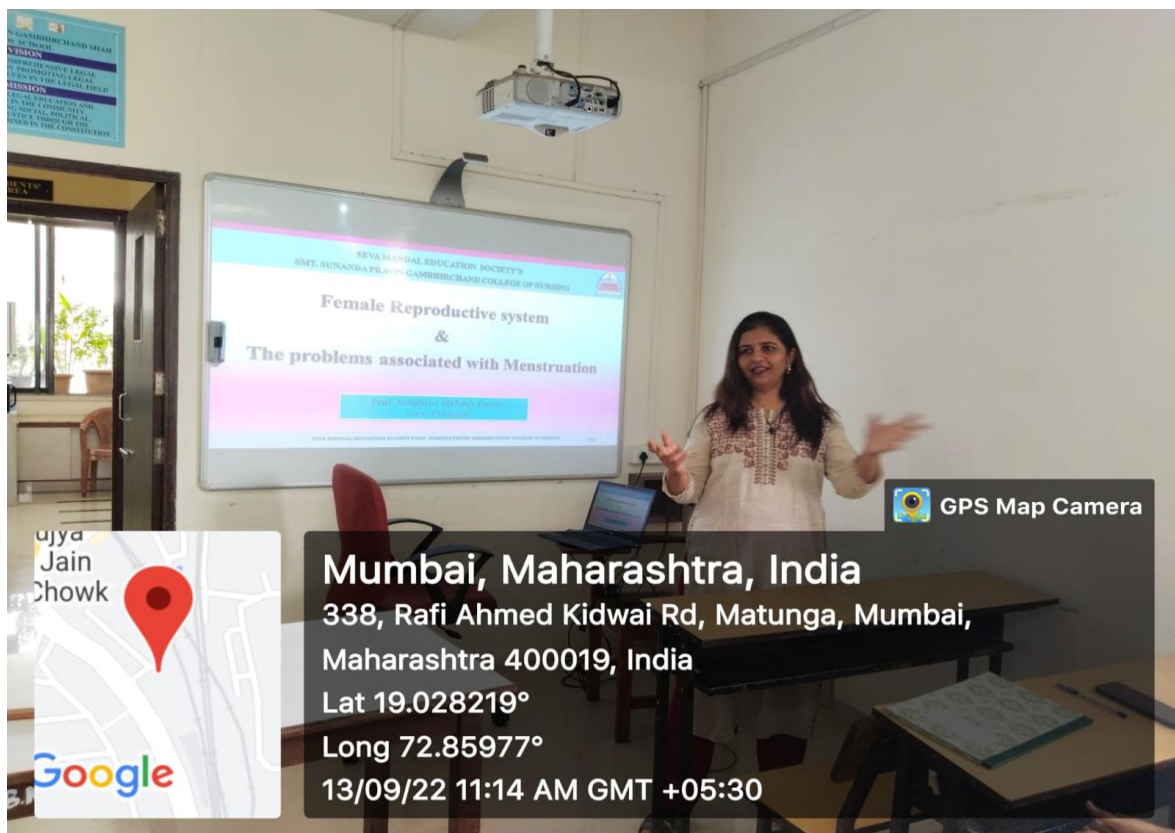




## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### Lecture on Reproductive system and Menstrual disorders to Law College





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING



### CAREER COUNSELLING SESSION REPORT (2021-2022)

**DATE:** 14/12/2021

**VENUE:** Gyan Saathi, Near Jaffery School Bus Stop, Shivaji Nagar, Govandi

**PARTICIPANTS:** 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> standard students and few parents.

**NUMBER OF PARTICIPANTS:** Around 150 participants.

**AIM:** To help the students to make decision regarding their career choices.

#### OBJECTIVES:

- To help the students to understand career options that they have, and how to pursue them.
- To identify the factors that are currently influencing career development.
- To assess the abilities, values and interests of the students.

#### DESCRIPTION/ PROCEEDINGS OF THE PROGRAMME/ ACTIVITY:

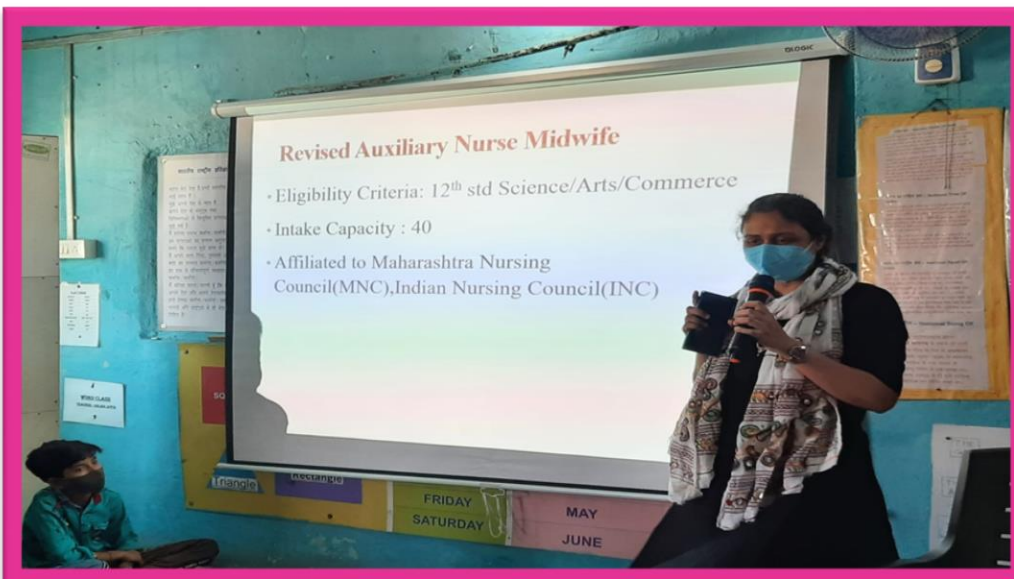
The Career Council Session was organized Gyan Saathi NGO in Govandi which was conducted for the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard students in the presence of their parents on 14/12/2021. Mrs. Nikhita Pritish Logade Assistant Professor of Smt Sunanda Pravin Gambhirchand College of Nursing gave information about ANM Course, BSC Nursing Course and Skill Courses. The



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

details about what was the admission process of ANM, BSC Nursing & Skill Courses and what all entrance exam needs to be given, duration of degree/diploma courses and Skill courses, information about subjects in diploma/degree/skill courses are there in Nursing, posting at various Hospitals etc. was explained in detail.

### HIGHLIGHTS OF PROGRAM:-







**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**CAREER COUNSELLING SESSION REPORT**

**DATE:** 21/12/2022

**VENUE:** 3<sup>rd</sup> Floor, 301, Dr. BMN College of Home Science, Matunga

**PARTICIPANTS:** 11<sup>th</sup> & 12<sup>th</sup> std Home Science students

**NUMBER OF PARTICIPANTS:** Around 300 participants.

**AIM:** To help the students to make decision regarding their career choices.

**OBJECTIVES:**

- To help the students to understand career options that they have, and how to pursue them.
- To identify the factors that are currently influencing career development.
- To assess the abilities, values and interests of the students.

**DESCRIPTION/ PROCEEDINGS OF THE PROGRAMME/ ACTIVITY:**

The Career Council Session was conducted for the 11<sup>th</sup> & 12<sup>th</sup> standard Home Science students on 21/12/2022 by Mrs Nikhita Prithish Logade Assistant Professor at Smt Sunanda Pravin Gambhirchand College of Nursing in the classroom, 301, 3<sup>rd</sup> Floor, Dr. BMN College of Home Science. The details about what was the admission process of ANM, BSC Nursing & Skill Courses and what all entrance exam needs to be given, duration of degree/diploma courses and Skill courses, information about subjects in diploma/degree/skill courses are there in Nursing, posting at various Hospitals etc was explained in detail.

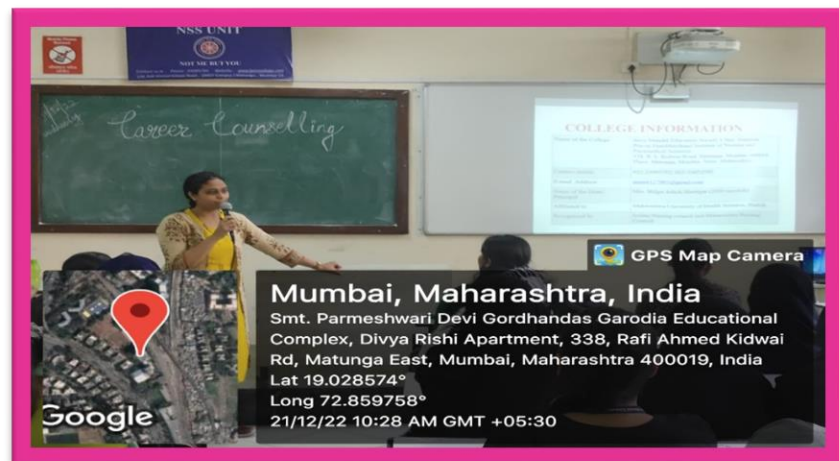
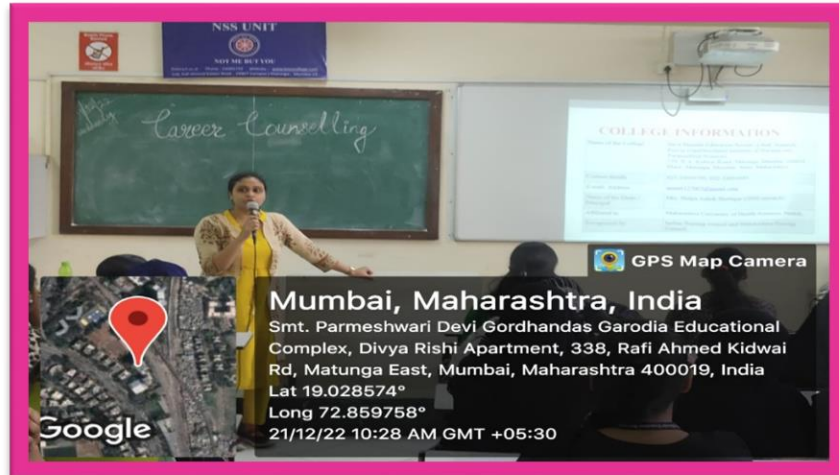
  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
336, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### HIGHLIGHTS OF PROGRAM: -



  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.







## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### CAREER COUNSELLING SESSION REPORT (2022-2023)

**DATE:** 15/06/2023 and 16/06/2023

**VENUE:** VES Polytechnic College, Chembur.

**PARTICIPANTS:** 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> students as well as few parents were present.

**NUMBER OF PARTICIPANTS:** Around 400 participants.

**AIM:** To help the students to make decision and give knowledge and skills need to make future career and life decisions.

**OBJECTIVES:** It helps the student to understand career options that they have, and how to pursue them.

### FLYER/ NOTICE OF THE PROGRAMME:

**Rotary Club of Deonar**

Hello Students...  
After 12th, what?... is the most crucial decision of your life.  
Come to

**ROTARY CAREER FAIR**

Find your calling  
Know the options  
Make the right decision

Take the road to  
successful career...  
with confidence.

Learn about diverse courses and career opportunities in education after SSC & HSC

**PARTICIPATING INSTITUTIONS:**

VES's Tulsi Technical Institute	SCN Polytechnic for Women	VES's College of Law
VES's Polytechnic	SIES School of Packaging Technology	Shahani Institute of Culinary Science
(ITI) Industrial Training Institute	MMP Shah Women's College of Home Science	Scholarships Desk
SASMIRA's Institute of Design & Textiles	VES's College of Architecture	Career Counselor
Dr. BMN College of Home Science	VES's College of Pharmacy	SIES Institute of Comprehensive Education
Defense Services Recruitment Board	SIES Institute of Medical Laboratory Technology	HMN Junior College of Home Science
SSPG College of Nursing	Symbiosis Skills & Professional University, Pune	

**Come with your parents & friends...**

<b>For more details,</b> Contact : 98204 29497	<b>Date &amp; Time :</b> 15-16 June 2023   11 am to 4 pm	<b>Venue :</b> VES's Polytechnic College, Sindhi Society, Chembur.
---	---	--

Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### DESCRIPTION/ PROCEEDINGS OF THE PROGRAMME/ ACTIVITY:

The Career Council Session was organized by Rotary Club of Deonar Chembur which was conducted for the 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> students in the presence of their parents on the 15/06/2023 & 16/06/2023. Ms. Saroj Ramesh Gaonkar Clinical Instructor of Smt Sunanda Pravin Gambhirchand College of Nursing gave information about ANM/ BSC Nursing & Skill Course. The details about what is the admission process of ANM, BSC Nursing & Skill Course and what all entrance exam need to be prepared, duration of degree, courses. also, information about what all subjects are there in Nursing, posting at various Hospitals etc. was been explained. Pamphlet distribution was done.

### HIGHLIGHTS OF PROGRAM: -



Principal  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Malunga, Mumbai - 400 019.





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**CAREER COUNSELLING SESSION REPORT**

**DATE:** 15/12/2023

**VENUE:** Visanji Ravji Auditorium

**PARTICIPANTS:** 11<sup>th</sup> & 12<sup>th</sup> std students as well as few parents were present.

**NUMBER OF PARTICIPANTS:** Around 300 participants.

**AIM:** To help the students to make decision and give knowledge and skills need to make future career and life decisions.

**OBJECTIVES:** It helps the student to understand career options that they have, and how to pursue them.

**FLYER/ NOTICE OF THE PROGRAMME/ ACTIVITY:**

 <b>Seva Mandal Education Society's Smt. Hiraben Maniben Nanavati Junior College of Home Science</b> 338, R.A. Kidwai Road, Matunga, Mumbai - 400019. Tel: 24095792, Email: smesedu@gmail.com	
<p>To, Ms. Saroj Gaonkar Smt. Sunanda Pravin Ghambhirchand College of Nursing Matunga, Mumbai</p> <p>Dear Madam,</p> <p>We would be grateful if you would accept our invitation to conduct career counseling session for Junior College Students on 15<sup>th</sup> December 2023.</p> <p>Thanking you,</p> <p> Prof. (Dr.) Mala Pandurang Mokashi Principal Charge Dr. B.M.N. College of Home Science</p>	<p>Date: 11.12.2023</p> <p> Dr. Meenal Junior College In- Smt. HMN Junior College of Home Science</p>





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### DESCRIPTION/ PROCEEDINGS OF THE PROGRAMME/ ACTIVITY:

The Career Council Session was conducted for the 11<sup>th</sup> & 12<sup>th</sup> students in the presence of their parents on the 15/12/2023 by Ms. Saroj Ramesh Gaonkar Clinical Instructor at Smt Sunanda Pravin Gambhirchand College of Nursing in the Ravji Visanji Auditorium. The topic of discussion was Career Counseling session on ANM/ BSC Nursing & Skill Course. The details about what is the admission process of ANM, BSC Nursing & Skill Course and what all entrance exam need to be prepared for, duration of degree, courses. Also, information about what all subjects are there in Nursing, posting at various Hospitals etc. was been explained.


### HIGHLIGHTS OF PROGRAM: -





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**THANK YOU, LETTER,**



Seva Mandal Education Society's  
**Smt. Hiraben Maniben Nanavati Junior College of Home Science**  
338, R.A. Kidwai Road, Matunga, Mumbai - 400019, Tel: 24095792, Email: smesedu@gmail.com

Date:10/08/2023

To,  
Ms. Saroj Gaonkar  
Smt. Sunanda Pravin Ghambhirchand  
College of Nursing  
Matunga, Mumbai

Subject: Thank you

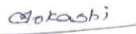
Dear Sir,

Greetings from Smt. Hiraben Manilal Nanavati Junior College of Home Science!

We would like to take this opportunity to express our gratitude to you for enlightening our students on the Nursing Programme and its future aspects as a promising career options for young women of today  
We are thankful to you for motivating the students and making the Career Counselling Program a grand success.  
Your presence was a source of encouragement for the students, and we look forward to having you amongst us again in future.

Thanking you.

Mala Pandurang  
Prof. (Dr.) Mala Pandurang  
Mokashi  
Principal  
Charge  
Dr. B.M.N. College of Home Science

  
Dr. Meenal  
Junior College In-  
Smt. HMN Junior College of Home Science

  
Principal  
Smt. Sunanda Pravin Gambhirchand  
College of Nursing  
338, R. A. Kidwai Road,  
Matunga, Mumbai - 400 019.







## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

**INTRODUCTION:** As a part of college social initiative, the Institution has started **CARE/H** practice under SEVA SaHYOG (Sunanda Health Youths for orphans and geriatrics). Each student provides various health related services under this project to their one selected patient throughout their course completion. This will help the students to develop a sense of responsibility towards serving the society.

**AIM:** To provide supportive and caring environment for ensuring their physical, mental, emotional well-being.

### **OBJECTIVES**

- To offer consistent, unconditional care.
- To Enabling live environment that encourages positive relationships.
- To understand each individual and maintaining their dignity and self-respect.
- To provide a physical routine check-up.
- To maintain a health card.

### **PRACTICE:**

The First year B.Sc. Nursing students have selected their individual patients from their residential place where they had continued patient care throughout their completion of course. Individual health card are made where identification data, present complaints, past illness are obtained. Examination like, vital signs and physical examination of head-to-toe assessment has been done. Their health issues were considered and nursing care are provided accordingly. Also, students had demonstrated the procedure and redemo obtained from them. Patient expressed their thankfulness, kindness, recognition, and their happiness. If health issues are identified they are referred to Lions Tarachand Bappa Hospital for further management with free of cost.



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**LONG TERM CARE**

**STUDENTS LIST**

<b>Sr No</b>	<b>Name Of The Student</b>	<b>Patient Name</b>	<b>Age</b>	<b>Diagnosis</b>
1.	Saviya Almeida	Liberin Mendis	46	Hypertension
2.	Priyanka Flwasarmol	Nita Misal	49	Hypertension
3.	Preshita Bharshankar	Sudhir Bharshankar	49	Thyroid
4.	Anjali Chand	Manbahadur Chand	44	Thyroid
5.	Priya Deulkar	Asha More	50	Hypertension
6.	Nazreen Farooqui	Gufran Ahmed	50	DM
7.	Rasika Gaware	Ratnakar Gaware	54	DM
8.	Tanvi Gawade	Pooja Gawade	45	DM
9.	Prajakta Ghure	Rajendra Ghure	45	Hypertension
10.	Namita Hanchate	Ashok Hanchate	65	Hypertension
11.	Rahel Hiwale	Sunil Hiwale	45	Hypertension
12.	Samiksha Jadhav	Arun Jadhav	46	Diabetics
13.	Laxmi Jaiswal	Sunita Jaiswal	40	Thyroid
14.	Shruti Jaiswal	Laxminarayan J.	45	DM
15.	Priyanka Jaiswar	Ramdhani Jaiswar	70	Hypertension
16.	Anjali Jathar	Suman Raut	69	DM
17.	Swati Joshi	Veena Joshi	44	Hypertension
18.	Swarupa Kabade	Vilas Kabade	45	DM
19.	Mansi Khapare	Laxman Udeg	65	DM
20.	Manasi Lad	Sushma Kadam	61	Hypertension
21.	Anushka Lambade	Mangesh Lambade	49	DM



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

22	Anushka Malavde	Rupesh Malavde	48	DM
23	Pritam Matkar	Pramila Matkar	53	Joint Pain
24	Tanvi Morye	Priya Naik	45	DM
25	Mahek Fatema	Edam Fatema	48	HT & DM
26	Tannu Nandawale	Vijay Sawant	55	DM
27	Prishu Nishad	Bhajuram Nishad	52	DM
28	Vaishnavi Panchal	Mukta Panchal	55	Thyroid
29	Siddhi Patankar	Manali Tulaskar	58	Hypertension
30	Sadhana Patekar	Suvarna Patil	48	Hypertension
31	Rutuja Patil	Bhaskar Sargar	56	DM
32	Roshni Pitroda	Reshma Pitroda	45	DM
33	Khushbu Raut	Ramsati Devi	68	Hypertension
34	Riya Sawant	Vijay More	55	Hypertension
35	Pavitra Shigwan	Malji Shigwan	50	Hypertension
36	Savita Soni	Shanti Soni	52	DM
37	Prajakta Suryavanshi	Sangeeta S.	54	DM
38	Shweta Thokal	Vidya Thokal	42	Hypertension
39	Isha Vishwakarma	Saraswati P.	67	DM
40	Pratibha Walunj	Pandharinath Walunj	51	DM
41	Deepa Yadav	Mamta Devi	70	DM



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**HISTORY FORM**

**1. Patient Biodata**

**Date:**

**Name of Patient:**

**Age:**

**Gender:**

**Education:**

**Address:**

**Occupation of Patient:**

**Source of Health Care:**

**Provisional Diagnosis:**

**2. Presenting Complaints:**

**3. History Of Past Illness:**

**4. Drug / Medication Ongoing:**

**5. Surgical History:**

**6. Family history:**

**7. Dietary History:**

**8. Socioeconomic History:**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**HEALTH CARD**

General						
Appearance						
Body built Posture						
Grooming						
Habits						
H/O Communicable disease						
Physical defects (Congenital or Acquired)						
H/O Convulsion						
Appetite						
Sleep						
Nose/ Smell						
Chest						
Cough						
Menstrual History Frequency Duration Pain						
Vision						
Teeth						
Eating patterns						
BMI						
Hearing						
Skin conditions						
Headaches						





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

Allergy						
GI						
Bowel						
Bladder						
Need for counselling						
Any other health problem						

**General health condition:**

Date						
BP						
Pulse						
Respiration						
Spo2						
Weight						
Height						
RBS						
Present Complaints						
Referral if any						
Follow up						



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**Activities carried out**

Nursing Management						
Health education						
Remark						
Sign						