

## COMPILED REPORTS OF FEBRUARY

### STRESS MANAGEMENT SESSION-BODY SCAN MEDITATION

**Date:** - 03/02/2023

**Venue:** Seminar hall, SCON, Pune

**Time:** - 3 to 4 pm

**Total number of participants:** 25 teaching and non-teaching staff

In service education committee of Sinhgad College of Nursing organized Body scan meditation on 03/02/2023 at 3 to 4 pm. The session began at 3pm with a brief introduction on body scan meditation by Ms Ayushi Singh certified coach for body scan meditation. Ms. Ayushi explained about meditation and different techniques of meditation. She has also explained benefits of doing meditation and informed about the best time to do meditation. The session provided a deep state of relaxation and a peaceful mind to all participants.

The session ended with a vote of thanks by Mrs. Sadhana Shinde. The session ended at 4 pm.

### REPORT ON WORLD CANCER DAY CELEBRATION

**Date:** 4 /02/2023

**Time:** 10.00 Am to 11.30 Am

**Venue:** Lecture Hall II, SCON, Pune

**Theme:** "Close The Care Gap"

**No. of Participants:** 07

The department of Medical Surgical Nursing celebrated World Cancer day on 4<sup>th</sup> February 2023, Department had organized poster competition for the same circular was circulated and A3 poster displayed on 3<sup>rd</sup> February 2023 on notice board and encourage students to participate for poster competition. 2<sup>nd</sup> semester Nursing , T.Y. B.B.Sc Nursing, F.Y.P.B B.ScNursing and S.Y.M.Sc Nursing students has allotted to participate. On 6<sup>th</sup> February 2023 students submitted 7 posters. Posters were exhibited and evaluated by Mrs. Reshma Bodhak HOD of Community Health Nursing and Mrs.

Sadhana Shinde, Lecturer Mental Health Nursing two winners were elected and praise with prize and certificates.

Name of the Winner: 1) Ms. Aishwarya Tuppad (2<sup>nd</sup> Year P.B.B.Sc. Nursing)

2) Ms. Mayuri Fulzele (2<sup>nd</sup> Semester B.Sc. Nursing)

### **REPORT ON BAHISHAL PROGRAM**

**Date:** 08/02/2023 to 9/02/2023

**Time:** 1pm to 5pm

**Venue:** Lecture Hall I

**Activity:** Student Welfare (Bahishal Shikshan Mandal Yojana)

**Number of Participants:** 220

#### **Workshop on personality development**

**Session I :** Personality Development

Lecture was started at 1pm Mr.Vitthal Tambe Editor Sakal News Paper conducted the lecture on Personality Development. Topics covered under the lecture were Personal development, steps to overcome traits, developing soft skills, communication, social media use and precautions while using social media. Sir emphasizes on successful personalities and how did they overcome their traits.

**Session II:** Personality development women empowerment

Lecture started at 3 pm, Mrs Seema Arole, social worker conducted and covered the Practical aspects to develop Personality, and she enlightens students of their daily appearance as professional. She highlights the Issues and Challenges of Women Empowerment. She guided student for their rights as a civil of India She highlighted safety and security of women in terms of financial security independence and promotion of self-esteem.

#### **Lecture series on Substance Abuse**

**Session I:** Substance abuse and role of Nurse

Brief information of various substance abuse, withdrawal symptoms, physical and psychosocial effect of alcohol was discussed by Mr. Vishal Powar, Sir also covered role of nurse in prevention and management of substance abuse.

## **Session II: Substance abuse and role of counselor**

Mr. More discussed with students current scenario of use of substance abuse and role of counselor to provide encouragement to addicted individual and their families.

All the speakers were felicitated and awarded with certificate. Student's feedback was collected. Bahishal Activity was declared as completed after Vote of Thanks.

### **REPORT ON ORIENTATION PROGRAM**

**Date:** 13/02/2023

**Time:** 9 am to 12 pm

**Venue:** Semester I Class room, SCON.

**No. of students present:** 45 students

**No. of Parents present:** Parents of 43 students

**Following points were discussed with students and Parents.**

#### **1. Welcome of students and Parents:**

- Mr. Sanchit Wagh, gave brief introduction to the students and gave a warm welcome to students and their parents, the departmental staff and subject in charges.
- Respected Principal Madam also grace the occasion and addressed Parents, welcomed the students and parents. She addressed the parents ensuring good academic environment to the students.

#### **2. Introductions of departmental and subject in charges.**

Ms. Soniya Shinde, as a class coordinator introduced the departmental teachers, explained their in-charge ship for various subject. Also these teachers interacted with the group.

#### **3. Orientation towards Institute and Course**

Class co-coordinator addressed the audience and presented detail information about Institute and course. Madam introduced the institute facilities, teaching and Non-teaching staff members, and academic curriculum details and ended with student's responsibility towards Institute and as an individual.

#### **4. Orientation towards F.Y. B.Sc. Nursing Course**

Orientation of subjects and university prescribed hours of theory and clinical was given. Semester pattern was introduced to the students. Students were also introduced to the syllabus and subjects in semester I.

## **5. Scheme of evaluation of internal assessment-**

- Students and parents were explained about the internal evaluation that course should be completed in 8 years. They were made aware that they have to pass all examinations till semester 3 to appear for semester 4 and should pass all 7 semesters to appear semester 8. And if students not be able to complete the semester within 8 years they will be debarred from course by MUHS and college will not be responsible for same.

## **6. Rules and regulations to be followed:**

Students were guided about general rules and regulations to be followed:

- ❖ Theory Attendance- 80%
- ❖ Clinical attendance- 100%
- Attendance for the theory and practical exam is compulsory; student who fail to attend the same will be taken to the grievance committee/ Discipline committee.
- For the lectures, the student must be present 5min before the scheduled time.
- Student is supposed to submit clinical assignments to the respective teachers according to allotted scheduled date and day.
- Grooming of the students should be professional, elegant and appropriate.
- Make up duty rules were explained.
- Manner and Etiquettes to be followed in college, class, laboratories and ward were explained.
- Undertaking forms were made available to the students and parents; information about same was given to the students and parents.

Program adjourned with above discussion at 12pm.

## **WORKSHOP ON BASIC WORKSHOP ON RESEARCH METHODOLOGY**

**Date:** 14<sup>th</sup> to 16<sup>th</sup> February 2023

**Time:** 09.00 am to 05.00 pm

**Venue:** Reading Hall, Sinhgad College of Nursing, Pune-41

**No of Participants:** 47 (Faculty - 18, Students – 29)

The workshop on Basic Research Methodology was conducted in association with Maharashtra University of Health Sciences Nashik, at STES, Sinhgad College of Nursing,

Narhe, Pune.-41. The workshop started with Registration of delegates, Pretest and breakfast (Faculties and PG Students -total 47 delegates) followed by the Inauguration of the workshop by Dr. (Mrs) Jyoti V. Naikare, Principal Sinhgad College of Nursing, Mr. Vishal Naikare HOD (Mental Health Nursing dept) and workshop Coordinator Mrs. Suhasini Sanas (Associate Professor). Ms. Reshma Salve (HOD, Community Health Nursing Department).

**DAY ONE: 14/02/2023** The day started with the registration of the fifty (50) delegates for the workshop and the pre-test of 30 questions.

1. **09.00am to 10:00am:** Followed by the Inauguration of the workshop by the hands of Dr. Mrs. Jyoti Naikare, Principal Sinhgad College of Nursing, Mr. Vishal Naikare HOD (Mental Health Nursing dept) and Ms. Reshma Salve (HOD, Community Health Nursing Department) .Ms. Leena Aswale, Academic coordinator and HOD of obstetric and gynecology and workshop Coordinator Mrs. Suhasini Sanas (Associate Professor).
2. **10.00 am to 10:45 am:** The inauguration was followed by the first session introduction to research methodology was taken by Mr. Vishal Naikare, Professor and HOD, MHN, Department of Sinhgad College of Nursing Narhe, Pune and following Points were covered, what is research, various scientific method, research questions.
3. **10:45 am to 11:30 am:** The second session was conducted on descriptive studies were taken by Mrs. Reshma Salve Associate Professor and HOD, CHN, Department of Sinhgad College of Nursing Narhe, Pune. In this session Madam discussed about descriptive studies, types, methods & Bias and its types and exposure rates.
4. **11:45 am to 12:30 pm:** The third session was on case control and cohort studies by Dr. Vineet Vinay, Associate Professor, Researcher and Biostatistician Dept. of Public Health Dentistry Sinhgad College and Hospital Pune.
5. **12:30 pm to 01:15 pm:** The fourth session was on Experimental Studies by Dr. Vineet Vinay, Associate Professor, Researcher and Biostatistician Dept. of Public Health Dentistry Sinhgad College and Hospital Pune.
6. **01:15 pm to 01:45 pm:** Lunch Break
7. **01:45 pm to 02:30 pm:** The Session on Review of literature was taken by Dr. Kadambari, Associate Professor Sinhgad College of Dental Pune. Discussed about

types and various sources of ROL and demonstrated through website regarding various literature searches.

8. **02:30 pm to 03:45 pm:** Session on the types of Data and data presentation was taken by Dr. Kadambari, Associate Professor Sinhgad College of Dental Pune discussed about the different types of data and various methods of data presentation which are used for data presentation.
9. **03:45 pm to 04 :00 pm:** Tea Break
10. **04:00 pm to 05:00 pm:** Group activity- That was organized by Mr. Vishal Naikare, Professor and HOD, MHN, of Sinhgad College of Nursing Narhe, Pune. Discussed about the research question and Hypothesis.

### **DAY 02 15/02/23**

1. **09:30 am to 10:15 am** – Group activity-II carried out by the Mrs. Reshma Salve Associate Professor and HOD CHN, Department of Sinhgad College of Nursing Narhe, Pune in that the group activity the group tried to search the references related to the topics finalized and discussed.
2. **10:15am to 11:15am-** Mr Vishal Naikare Professor, Sinhgad college of Nursing Pune discussed on sampling method and sample size, population sample, parameters, statistics, various types of sampling errors, calculation of sample size and demonstration on software.
3. **11:15 am to 12:30 pm-** Group activity-III was conducted by Mr Vishal Naikare Professor, Sinhgad college of Nursing Pune on sampling method adopted for the study selected by the students.
4. **12:30 pm to 01:30 pm** – Mr Shrikant Muralidharan professor, Sinhgad college of Dental, Pune discussed about meaning of biostatistics, types meaning of inferential statistics, various methods used in statistics, steps, used for any test and clarified their doubts of students about inferential statistics and their study.
5. **01:30 pm to 02:00 pm-** Lunch Break
6. **02:00 pm to 02:45 pm-** Group activity- IV was conducted by Mr Vishal Naikare, Professor, SCON Pune about inferential statistics test to be applied for the study design.
7. **02:45 pm to 03:45 pm-** Dr. Shrikant Muralidharan Associate Professor At M.A. Rangoonwala College, Pune discussed about critical evaluation of journal article in which she discussed about IMRAD format, CONSORT guidelines, skeleton of the

Research article, citation information, identification of types of study analysis of quality of result strength of findings and discussion including limitation of the study.

8. **03:45 pm to 04 :00 pm**-Tea Break
9. **04 :00 pm to 05: 00 pm**-Dr. Shrikant Muralidharan Associate Professor at M.A. Rangoonwala college, Pune discussed about a writing a research protocol, title, abstract, introduction, aims, and objectives, ROL, research question, study design, description of methodology, plan of analysis and references.

### **DAY 03 16/02/23**

1. **09:30 am to 10: 45 am**-This first session was ethical issues in medical research group will present ethical issues in their respective studies Mrs. Reshma Salve Associate Professor and HOD CHN, Department of Sinhgad College of Nursing Narhe, Pune discussed about the ethical issues of studies and principles, informed consents were included.
2. **10:45 am to 11:00 am** – Break
3. **11:00 am to 12:00 pm**- This session was taken by the Dr. Vineet Vinay sir Associate Professor, Researcher and Biostatistician Dept. of Public Health Dentistry Sinhgad College and Hospital Pune. He discussed about the evaluation of diagnostic test. Gold standard test and difference between.
4. **2:00 pm to 12:45 pm**- This session computer assistance in data analysis excel and EPI info software taught to all participants and taken by Dr. Vineet Vinay sir Associate Professor, Researcher and Biostatistician Dept. of Public Health Dentistry Sinhgad College and Hospital Pune. He also demonstrated the software, preparation of master sheet, calculations etc
5. **12:45 pm to 01:30 pm**- This session is conducted by the Dr. Vikram Garcha Sir faculty Dental, Associate Professor, Sinhgad Dental College He taken session on topic questionnaire designing and also discussed about data collection tool- types strength and imitation principals of questionnaires design-purpose types of information, wording the question, responses type and rating scales revalidation, responses rate's reliability and validating.**01:30 pm to 02:15 pm**-Lunch Break
6. **2:15 pm to 03:00 pm**- This session was on qualitative research method taken by Dr. Vikram Garcha faculty Dental, Associate Professor, Sinhgad Dental College. He also discussed about of qualitative research, and examples of each design Data analysis method including software for qualitative data analysis.

7. **03:15 pm to 04:30 pm**-The Group Activity – V taken by Mrs. Reshma Bodhak, associate professor and HOD CHN Department Sinhgad collage of nursing, Narhe, Pune. Madam taken the two journal articles design which were presented and discussed by members Student doing the identification of types of study analysis of quality of result strength of findings and also discussion including limitation of the study.
8. **04:30 pm to 05:00 pm**- Posttest and Valedictory session was taken by Mrs. Suhasini Sanas (Workshop Coordinator), Sinhgad College of Nursing. Feedbacks was taken from each college such as, faculties of Sinhgad College of Nursing Narhe, Pune, Dr. Tatyasaheb Deshmukh Sir from Late B. V. Kale Ayurved College and Hospital, Latur, Dr. Shamali Pawase from Sumatibai Shaha Ayurved Mahavidyalay, Students and Faculties from K.T. Patil College of Nursing, Osmanabad, Sadhu Vaswani College of Nursing Pune, Nursing Faculty and Students after this session.

### **REPORT ON BLOOD DONATION CAMP**

**Date :** 21-09-2021

**Time:** 10 Am - 4 Noon

**Venue:** Sknmc&Gh Hospital Building No. 5, Pune

On the occasion of Shive Jayanti, The NSS unit of Sinhgad College of Nursing, Pune organized a blood donation camp at SKNMC & GH Hospital Blood Bank. The camp began at 10.00 a.m. with a short inaugural function where in Mr Salve Dhiraj and his team was given a floral welcome. Bhatavkar Sir expressed his gratitude to the NSS unit of the college for its continuous endeavor in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by Mr. Salve Dhiraj, Lecturer (NSS Officer) and 30 volunteers came forward to donate blood during the camp which included teaching & non-teaching staff, students & non-student donors. The blood donors were given Tea, Coffee and Biscuits after donating the blood in order to reenergize themselves. The blood donors were provided with a blood donation certificate and Card.

### **REPORT ON VIRTUAL GUEST LECTURE ON- "SELECTING A TOPIC FOR RESEARCH"**



**Date:** 23/02/2023

**Time:** 2:45 Pm To 04:10 Pm

**Venue:** Lecture Hall I & II, Scon

**No. of Audience:** 45

**Youtube Link:** <https://Youtube.Com/Live/Pc2iu68n6tw?Feature=Share>

Faculties of Sinhgad College of Nursing, Final year B.B.Sc. Nursing & PG students attended guest lecture by Dr. Avinash Supe, which was organized by the University Research Department, MUHS, Nashik. Topic for the lecture was "Selecting a topic for Research".

Dr. Avinash Supe, Emeritus Professor, Surgical Gastroenterology, Seth G.S. Medical College & KEM Hospital, dealt on the topics Issues in research, reasons for not doing research, motivating people for research, reasons why to do research, formulating research question, Cook's recipe, Sir's research journey, research as habit and summary and take home message.

It was very informative lecture. Session adjourned with vote of thanks at 4.10pm.

### **REPORT ON ISPN CONFERENCE 2023**

**Date:** 24/02/2023 to 24/02/2023

**Time:** 9am-4pm

**Venue:** Institute Of Nursing Education, Directorate of Health Services, Government of Goa, Bambolim, Goa.

The 22<sup>nd</sup> National Annual conference of ISPN is being organized from 24<sup>th</sup> to 26<sup>th</sup> February 2023 at Goa. The theme of the conference is Role of Nurses in promoting mental health – Life span approach. Sinhgad College of Nursing got the opportunity of attending 22<sup>nd</sup> Annual Conference of Indian Society of Psychiatric Nurses on Theme Role of Nurses in promoting mental health – Life span approach. Mrs. Sadhna Shinde and Mrs. Ayushi Singh along with 5 PG Students of M.Sc. Nursing 2<sup>nd</sup> year registered for the ISPN conference.

The conference begins on 24<sup>th</sup> of February 2023 at 9:00 am with the session on Determinants of mental health and well-being across life span. The session continues with the topic on Mental health of school children –Teacher's role. After that there was

lecture on Prevention and early intervention in youth mental health. The first day of conference ends with Inaugural function & Meeting with INC President &/ General Body Meeting.

The next day of conference begins with a very innovative session on Promoting positive mental and emotional health among clients with substance abuse across life span. After that there was lecture on Role of family and society in preserving mental health among children. The next session highlights on Promoting healthy habits / use of gadgets among adolescents for positive mental health. After that the session on Prevention of Domestic violence: dealing with trauma related to Domestic violence was conducted

The last day of conference starts with the topic of Midlife crisis: preserving and improving mental health in middle years Living well in older years: After that there was lecture on Interventions to prevent elder abuse in the community- GOI guidelines for care of elderly. Then there was Panel discussion on Age related interventions for better mental health across life span. The ISPN conference ended with Valedictory function.

### **REPORT ON WORLD TB DAY CELEBRATION**

**Date:** 24<sup>th</sup> March 2023

**Time:** 10 Am To 4 Pm

**Venue:** Respiratory Opd, Sknmc & Gh, Pune

**Theme:** -“Yes! We Can End Tb”

**Participants:** Students: 20 & Audience: 20

The Department of Medical Surgical Nursing celebrated World TB day on 24<sup>th</sup> March 2023. The day started with revealing the theme and lamp lighting ceremony, introduction on TB day given by HOD of MSN and HOD of Respiratory Department SKNMC & GH. Health education on prevention and management of TB was given by Respiratory OPD sister Incharge. T.Y.B.B.Sc. Nursing & Physiotherapy students performed street play for the relatives & patients of Respiratory illnesses.

Total 15 Posters were displayed in OPD area Respiratory medicine.

Poster competition was evaluated by Mr. Vishal Naikare Professor Sinhgad College of Nursing. Winner of Poster committee was Ms. Gayatri Ghope and Ms.Namrata Shankare.