



REPORT ON FIRE SAFETY DRILL IN ACN

The fire safety drill was organised by Army College of Nursing, Jalandhar Cantt. on 21st Jan 2021.

The safety drill was organised in order to aware the students regarding fire safety management. The lecture by respected Col. H.S. Phagura (Retd) [REGISTRAR] was delivered to students in Ashoka Hall prior to actual practice.

After the lecture by Col H.S. Phagura (REGISTRAR) all were asked to move to the open area for practice. The demonstration on the use of fire extinguishers were shown to students. The teaching faculty and administrative staff were also the part of this practice.

Additionally, students were also taught how to evacuate the area in case of fire. In nutshell, the whole demonstration was performed very well and students gained new knowledge on fire safety.

^{Dr. J. K. Singh}
^{Mr. E. D. A. (C)}
^{AW}
Signature of Additional
Incharge:-

Signature of Principal
Principal
Army College of Nursing
Jalandhar Cantt

Teacher's Signature : Dr. J. K. Singh

REPORT ON WORLD CANCER DAY CELEBRATION

On 4th Feb, 2021, World Cancer Day celebration was celebrated by the Sany College of Nursing, Talandhar Cantt.

VENUE :- JCO's Quarters - Unit SATA 21

The theme for the World Cancer Day 2020 was "I am and I will". This day was celebrated under the supervision of Medical Surgical Nursing department. The teacher supervisors were Ms. Gagan Sharma (ASSISTANT PROFESSOR), Ms. Khushnasib (ASSISTANT PROFESSOR), Ms. Amrajeeet Kaur (CI), Ms. Rashmi Sharma (CA), Ms. Nandini (CI), Ms. Mukta (CI).

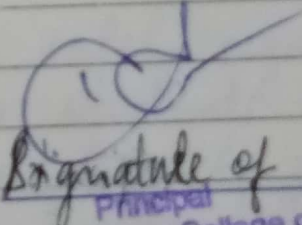
The class allotted for the celebration of this day was Bsc (N) 3rd Year. The events included for the celebration of this day were Health check-ups and donation of JCO families (Unit SATA 21).


Additionally, the other events were Poem Recitation, Role Play, exhibition and health education by the Bsc (N) 3rd year students. The general public of JCO Quarters were highly motivated by the Role play and health education by the students.

Furthermore, an online lecture on Cancer Awareness was delivered by the students. The JCA families were made aware about the prevention, detection and treatment of cancer.

To sum up, the World Cancer Day 2020 was celebrated with great zeal and motivation. The people were highly inspired by the effort by the students. They thanked them for providing them adequate knowledge on the detection of prevention of cancer. So, the whole event was of great success.

Ms. ELIZA (CC) AON
Signature of Editorial
Incharge


Signature of Principal
Principal
Army College of Nursing
Jalandhar Cantt

Teacher's Signature : 

REPORT ON SEXUAL & REPRODUCTIVE HEALTH DAY CELEBRATION

The Army College of Nursing, Jalandhar Cantt had organised a "Sexual & Reproductive Health Day celebration" on 13-Feb-2021.

VENUE :- ASHOKA HALL

DATE :- 13-Feb-2021

DEPARTMENT :- Midwifery and Obstetrical Nursing (ORG)

ORGANIZER :- Mrs. Baljeet Kaur.

THEME :- "Youth Friendly Care - It's your Right".

The Programme started by 11:00AM with welcome address by Ms. Jyoti Yadav (SNA VP). Then, there was unfolding of theme by Prof. Ms. M Maheshwary (Principal, ACN), Prof. Mrs. R. Peimila Visagen (Guest of Honour, Principal UCR), Mrs. Baljeet Kaur (CAP).

Thereafter, there was a guest lecture by Mrs. R. Peimila Visagen (Principal, UCR) who spoke very well on Sexual Health. She highlighted every point very clearly about reproductive health that students were highly motivated by mam's lecture. She spoke about the general scenario of the country like social evils such as molestation, eve-teasing is increasing day by day. Mam made the students understood that they need to be vigilant in every situation

(P.T.O.)



and speak for their rights. The students were highly inspired by such a knowledgeable and informative session.

Additionally, there was also a presentation by Mrs. Baljeet Kaur (CAP) highlighting the significance of Reproductive health. Later on, there was a speech by Prof Mrs. M Maheshwary (Principal, ACN) who spoke about the importance of the specific day and congratulated the ORG department for organising everything in a very well way.

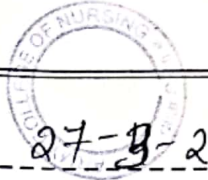
Last but not least, there was a note of thanks speech by Mrs. Vidhi (Sports Incharge, CNA body) who thanked respected Mrs. R. Primiya Vijaya for her benign presence in the college. She also thanked faculty and students for patient hearing and coordination.

Prof. Mrs. ELIZA, (CI)
Signature of Editorial
Incharge

Signature of Principal

M. Maheshwary
Principal
Army College of Nursing
Jalandhar Cantt

Teacher's Signature : _____



REPORT ON WATER DAY & WORLD TUBERCULOSIS DAY CELEBRATION (27-3-21)

Army College of Nursing organised 'World Water Day' and 'World Tuberculosis Day' on 27th March 2021.

The theme for WORLD WATER DAY was 'VALUING WATER'. It was held outside the nutrition lab between 10:30 AM - 11:30 AM. The activity planned was poster exhibition. Students of different classes displayed beautiful posters relevant to the theme.

The Presiding officers for the event was Prof (Ms) M Maheswary (Principal), Col HS Phagna (Registrar), Prof (Ms) Charlotte Ranadine (Vice-Principal), Mrs. Vasudeopal (AP), Mrs. Baljeet Kam (AP), Ms. Gagan Sharma (AP, SNA Advisor).

The theme for World Tuberculosis Day was 'the clock is ticking'. The venue was Badminton court, ACN. The timing was 11:30 AM - 12:00 PM. Students performed Role Play highlighting the causes, management and prevention of Tuberculosis.

All in all, both the events were celebrated with great zeal and enthusiasm. Both the activities were of great help to all.

Signature of Editorial
Incharge
Ms. EUSA (ET)

Signature of Principal



REPORT ON CNE PRESENTATION

On 06-April-2021, CNE presentation by MSN department and Nutrition department was organized in Seminar Hall (DHANVANTRI).

The journal presentation was performed by Ms. Priyanka (CI) under the nutrition department. The topic was "Effectiveness of Nutritional educational package among mothers of children between 0-2 years".

The topic presentation was performed by Ms. Gagan Sharma (AP), Ms. Khushirani (AP), Ms. Amayjet Kam (CI), Ms. Rashmi Sharma (CI) and Ms. Nandini (CI) under MSN department the topic of presentation was COVID-19 vaccination. The journal presentation took place between 12:45 PM - 1:25 PM. and the second session was 3 PM - 4 PM.

The presentation was attended by all the faculty members. All in all, it was an informative and knowledgeable session.

Ms. Eliza (CI)
Signature of Editorial
Incharge

Signature of Principal

Teacher's Signature : _____

REPORT ON WORLD EARTH DAY 2021

Sri Sree College of Nursing organized 'World Earth Day' on 22 April 2021.

The venue for the event was outside the fundamental lab near B.Sc.(N) 1st year. The timing was 9:00 AM - 10:00 AM.

The Presiding officers for the event were Prof (Mrs) M Maheswari (Principal), Col H.S. Phaguwa (Registrar), Prof (Mrs) Charlotte Ravadike (Vice-Principal), Mr. Gagan Sharma (AP, SNA Advisor), Mrs. Ipsita Khatke (CC) AON. The members of SNA Board were also the part of this day like Ms. Pooja Kumari (Secretary, SNA), Ms. Neha Nandan (Treasurer, SNA), Ms. Preetna (Cultural Incharge, SNA), Ms. Richa (Health Incharge SNA).

On this day, 'best out of waste' competition was organized and students made best use of waste materials. The students displayed useful posters and conveyed beautiful message of waste management by Reduce, reuse and recycle keeping in mind the theme 'Restore our Earth'. All in all, it was successful event leaving a positive impact on all.

Signature of Editorial (AON)
Incharge

Signature of Principal.

Teacher's Signature : _____



REPORT ON WORLD HEALTH DAY & WORLD ASTAMA DAY

Army College of Nursing organised World Health Day & World Asthma Day on 7th May 2021 in Asthoka Hall. The timings were 2:00 PM - 4:00 PM.

The Presiding officers for the celebration were Prof (Mrs) M. Krishnaswamy (Principal, AN), Col H. S. Phagura (Registrar, AN), Prof (Mrs) Charlotte Ranadive (Vice Principal, AN), Ms. Gagan Sharma (SNA Advisor, AP)

The activity planned was Interhouse Quiz competition among the four houses (Red, Blue, Green, Yellow). The four students from every house represented their teams. The final team of 4 students each were selected after the preliminary test organised on May 6th 2021. There were 4 rounds (General, Buzzee, Rapid Fire, Audio-visual) for Quiz competition.

The winners for the Quiz Competition were:-

1st Position :- Florence Nightingale (GREEN)

2nd Position :- Mother Teresa (YELLOW)

3rd Position :- Mata Saraswati (BLUE)

The whole event was so knowledgeable and informative. The event was of great success.

Signature of ^{Prin.} Editorial AN
Incharge

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Teacher's Signature : _____



INTERNATIONAL KANGAROO MOTHER CARE AWARENESS DAY 2021

Army College of Nursing, JRC organized an International Kangaroo Mother Awareness day on 15 May 2021. Mother Care Awareness Day was celebrated through online Panel Discussion.

TIMING :- 1200 hrs - 1300 hrs

VENUE :- Hostel Library and online for faculty and students.

The Presiding officers were Prof (Mrs) M Maheshwary (Principal), Col^{H.S} Phagura (Registrar), Prof (Mrs) Charlotte Ranadine (Vice-Principal), Ms. Baljit Kaur (Assistant Professor), Ms. Gagan Sharma (SNA Advisor, AP).

The online panel discussion was organized by B.Sc(Neg) 4th year under the guidance of Ms. Baljit Kaur (AP, DBA) and Ms. Gagan Sharma (SNA Advisor, AP).

The theme for the day was "the foundation for early childhood and development."

The participants for the discussion were Sonam Saini, Ms. Farheen, Ms. Simran, Ms. Nansheet, Ms. Shivangi and Ms. Shikha (students of B.Sc(N) 4th yr)
(PTO)

Teacher's Signature : _____

REPORT ON WORLD ENVIRONMENT DAY

World Environment Day is celebrated annually on 5th June. Dny College of Nursing celebrated World Environment Day on June 4, 2021.

The College authorities had taken the initiative to plant trees in order to raise awareness regarding environmental issues like global warming, water pollution & loss of biodiversity, etc.

There were total 36 trees planted in the College campus (in front of the college entrance and in the sports ground). The presiding officers were Prof (Mrs) M Maheshwary (Principal, ACN), Col. H.S. Phagna (Registrar, ACN), Prof (Mrs) Charlotte Kanadine (Vice Principal), Mr. Gagan Sharma (Assistant Professor), all faculty members, administrative staff and 4th year students.

The timing for the whole celebration was from 3:30 PM - 4 P.M. The college gardeners Mr. Mukut and Mr. Shinam too assisted in the plantation.

All in all, it was great initiative in spreading the message of protecting our ecosystem.

Dr. Mrs. GUN (C.I.)
Signature of Editorial
Incharge

Signature of Principal



Expt. No. 45

Page No. 55 Date 11-6-2021

REPORT ON ART OF LIVING COVID CARE PROGRAM [FOR FACULTY]

The art of living covid care program was organized by Army College of Nursing, Jalandhar Cantt in collaboration with art of living Team.

The three day (9-6-21 to 11-6-21) session was led by Dr. Vikas Gantam through zoom meeting. The timing for the session was 9:00 A.M. - 9:45 A.M. The link for the zoom meeting used to be shared by the CNE coordinator (Ms. Sumanjeet kam, CI) in the ACN official whatsapp group.

In three day session, different relaxation techniques, yoga, meditation, ergonomics at workplace were practiced under the guidance of Dr. Vikas Gantam. The teaching & administrative staff both attended the session with great zeal and enthusiasm.

On 11th June, 2021, feedback form was also filled by the faculty members. Everyone had a positive feedback regarding 3 day program. The 3 day session (14-6-21 to 16-6-21) for students was also planned by ACN in collaboration with Art of living.
By Ms. EVA (CI).

Signature of Editorial
Incharge

Signature of Principal

Teacher's Signature :



Report on world Breast feeding week
celebrated in MH ON 5 August 2021

The army college of nursing had celebrated breast feeding week in military hospital Jalandhar on 5 August 2021. The event was organized by Mrs. Baljeet Kaur Associate Professor ACN and Mrs. Meeta Thakur, Clinical Instructor ACN with BSc(N) third year and BSc interns. They conducted a role play and poster presentations followed by health education on the theme of "protect breast feeding. A shared responsibility".

The chief guest was PM Col. G. Sharmila Godwin (CPM), and Lt. Col. (Mrs) Parveen Rani, Lt. Col. (Mrs.) Rina Pankaj were along with them who attended the whole programme. The theme was unfolded by PM ma'am, and Mrs. Parveen with Mrs. Baljeet Kaur and Mrs. Meeta Thakur. The students performed very well and the women get plethora of knowledge regarding the breast feeding. The students distributed pamphlets on the respective topics at the end of the event. The role play depicts the techniques and

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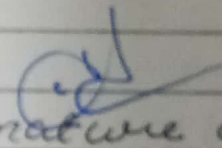


Expt. No.

Page No. 73 Date 5 Aug 2021

Importance of breast feeding and the posters illustrated the ways and positions for breast feedings. The whole event was well organized and appreciated by principal matron (MH) In the nut shell, the whole event was lucrative approach for women and will acts as a boon for their future.

HARPREET KOUR (LP) ACN
Signature of Editorial
Incharge


Signature of
Principal



Report on INTRA command CNE on
Mental Health and Its Perspectives (6 Aug 2021)

Military hospital Jalandhar western command had conducted CNE on MENTAL HEALTH AND ITS PERSPECTIVE on 6th August 2021 the true faculty of army college of nursing got the opportunity to attend this webinar.

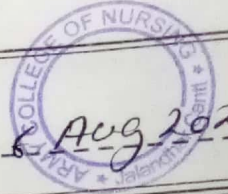
The guest speaker was Professor Charlotte Raniene Vice principal AEN, Mrs Vaninder -pal Kaur Assistant professor ACN, Mrs. Harpreet Kaur Clinical instructor ACN were the delegates.

The inaugural address was done by Brig Raju Aggarwal HQ 11 Corps, welcome address was given by Col G Charamila Godwin (PM)

The Scientific speakers were Lt Col S. K. Saini, Lt Col Vilayalakshoni, Lt Col Suman Bhattacharya Capt Anantpraga. The Event coordinators were Lt Col Parveen Rani, Lt Col Rina Pankaj, Maj Sanju Lata.

The Event was started at 2:00 pm and the eminent speakers discussed about the historical perspective of mental health

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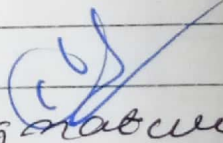


Ethical & legal perspective of mental health care gives perspective of mental health, stress management & techniques, role play on myths & fact related to mental illness, role of mental health nurse for pandemic & mental health issues for addiction & global perspectives. All the sessions were educative & lucrative and acts as a boon for an individual & society.

The vote of thanks was done by Lt Col Anuradha MS.

HARPREET
KARK (LD)

Signature of Editorial
Incharge


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Principal



REPORT ON WORKSHOP CONDUCTED BY BSC.(N) 4th Year
Topic :- Organizational Behaviour & Human Relations

Army College of Nursing, Talandhar Cantt organised a workshop on the topic Organizational behaviour and human relations. This workshop was conducted by Bsc. (N) 4th year students with the guidance Ms. Baljeet Kam (Asso. Professor).

The function started at 8:30 a.m. with welcome speech by Ms. Muskan Joshi (4th Yr). The activities planned were Role Play, Symposium, Panel discussion. The teachers responsible were Ms. Kahindi Sharan (CP), Ms. Parnet (CP) and Ms. Ritu (CP). The students of Bsc. (N) 4th year collaborated with them for the events.

The topic of workshop was leadership style under the guidance of Ms. Kahindi Sharan (CP), topic for panel discussion was on group dynamics under the guidance of Ms. Parnet Kam (CP), symposium was on the topic Relations with professional association and employee union and collective bargaining. Students participated in a very fine manner and it was very planned & executed.

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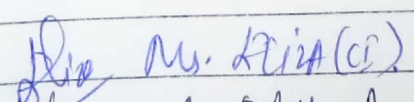
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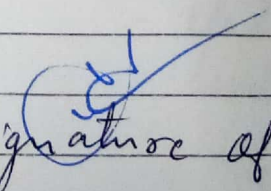


Additionally, the motivational talk by Lt. Col Vikas Dhir (Orthodontics Department, MH TRC) was also planned by ACN. Sir talked about the factors to relieve stress and how to succeed in life by positive attitude. He also encouraged the students to strive towards excellence by working hard and determined towards achieving life goals.

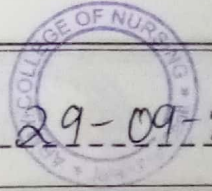
In nutshell, the whole workshop was very organized and students learned a lot and also had a positive feedback regarding the guest lecture by Lt. Col Vikas Dhir. Sir was also impressed by positive response from student's side. Principal Mam also addressed the students and applauded them for their hard work and determination.

All in all, the whole session was of great success.


Signature of Editorial
Incharge


Signature of Principal.

Teacher's Signature : _____



REPORT ON WORLD HEART DAY CELEBRATION

'World Heart Day' 2021 was celebrated in ACN on 29th Sep 2021. The presiding officers were Prof (Mrs) M Maheswari (Principal, ACN), Ms. Baljeet Kam (Asst. Professor, ACN), Ms. Sukhjet Kam (CI).

TIME :- 0600 - 0800 Hrs

VENUE :- Jawahar Park, Jalandhar Cantt

The camp was organised by the students of BSc (N) 2nd year & BSc (N) 3rd year. 9 students were of 3rd year and 10 of BSc (N) 2nd year.

Students performed various procedures like BP monitoring, checking blood sugar, weight monitoring and health evaluation of the public in the park. Health education was also delivered to the general public by the students related to heart health.

In nutshell, it was successful camp enlightening the people regarding the importance of heart health. On the next day, it came in newspaper too, to spread awareness among masses.

Signature of Editorial
Incharge Dr. M. S. Singh
ACN.

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