

# ARMY COLLEGE OF NURSING

## DUSSEHRA CELEBRATION

DATE: 5 October 2022

TIME: 1800 -1900HRS

VENUE: HOSTEL CAMPUS, ACN

Army college of Nursing celebrated Dussehra on 5<sup>th</sup> October 2022. The event was culminated with the Ravan dahan at backyard of hostel campus with the echos of “Jai Shree Ram in the Air”.



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# ARMY COLLEGE OF NURSING

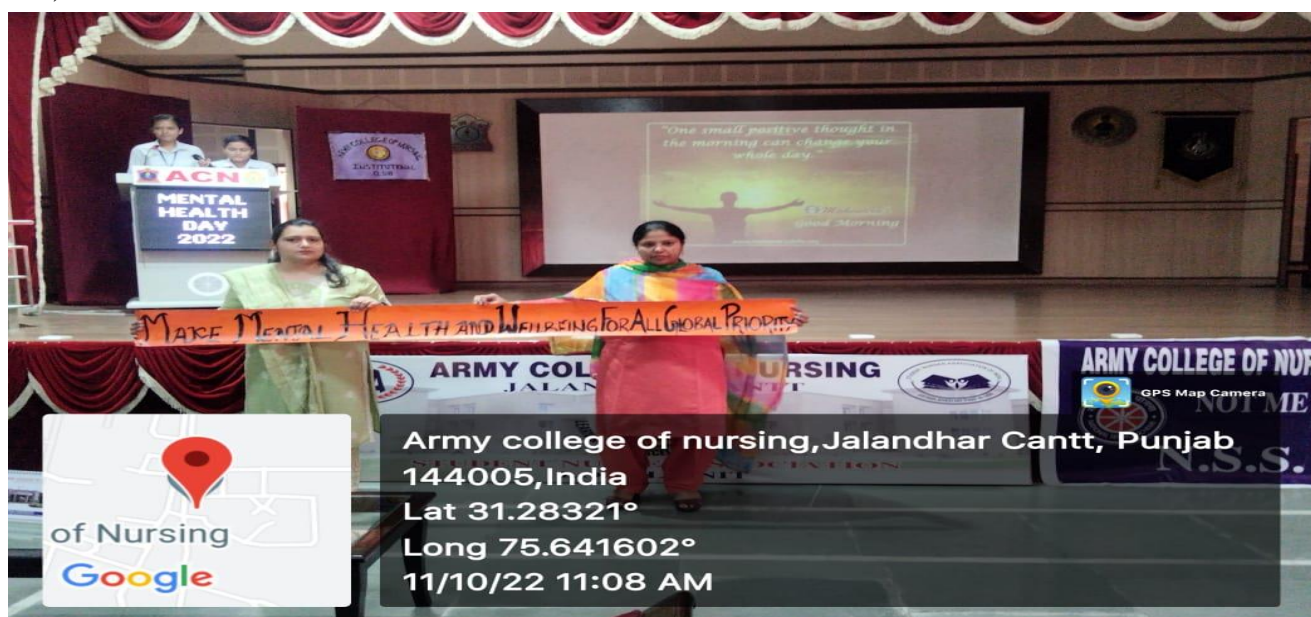
## REPORT ON WORLD MENTAL HEALTH DAY

DATE: 11 October 2022

TIME: 1100-1200HRS

VENUE: ASHOKA HALL, ACN

Army College of Nursing organized “Mental Health Nursing Day” on 11 Oct 2022 at Ashoka Hall, ACN. The lecture was delivered on importance and maintenance of Mental health by Ms. Riya Sharma (CI ,ACN ). Various fun activities were conducted for students. The lecture came to conclusion with a formal vote of thanks by Ms. Riya Raghav (Secretary ,ACN ).



  
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# ARMY COLLEGE OF NURSING ,JRC

## DIWALI CELEBRATION

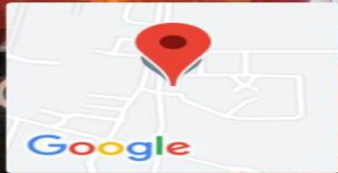
DATE: 22 OCTOBER 2022

TIME: 1000 -1100HRS

VENUE: SHARDA LIBRARY, ACN

Army College of Nursing organised Deepawali Pooja on 22 October 2022 at Sharda Library from 1000-1100hrs for all the faculty, staff and all the students. The event was presided by Mrs.( Prof ) Charlotte Ranadive (Offig Principal, ACN) ,Col H.S Phagura (Registrar, ACN). The event was marked by worship of goddess Lakshmi and Lord Ganesha escorted by sweet distribution to all ACN Family.





Army college of nursing, Jalandhar  
Cantt, Punjab 144005, India  
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# ARMY COLLEGE OF NURSING ,JRC

## FAREWELL 2022

DATE: 04 NOVEMBER 2022

TIME: 1430 -1800HRS

VENUE: ASHOKA HALL

Army College of Nursing, JRC had organised Farewell 2022 for the 14<sup>th</sup> batch of ACN (2018-2022) on 4 November 2022 at Ashoka Hall from: 1430 -1800 hrs. The event was presided by Prof Charlotte Ranadive (Offg Principal, ACN) and Col H S Phagura (Registrar, ACN). The event included ramp walk, cultural dance and other drama performances. The event was culminated with the bagging of titles as follows:

- Ms ACN –Ms Khushbu
- Ms Diva –Ms Prerna
- Ms Charm- Ms Kirti Sangwan and Ms Poonam

The eve was celebrated with a feast at Annapurna and DJ night at basketball court.



**ARMY COLLEGE OF NURSING ,JRC**  
**SUKHMANI SAHIB PATH**  
**GURU NANAK DEV JAYANTI**

DATE: 04 NOVEMBER 2022

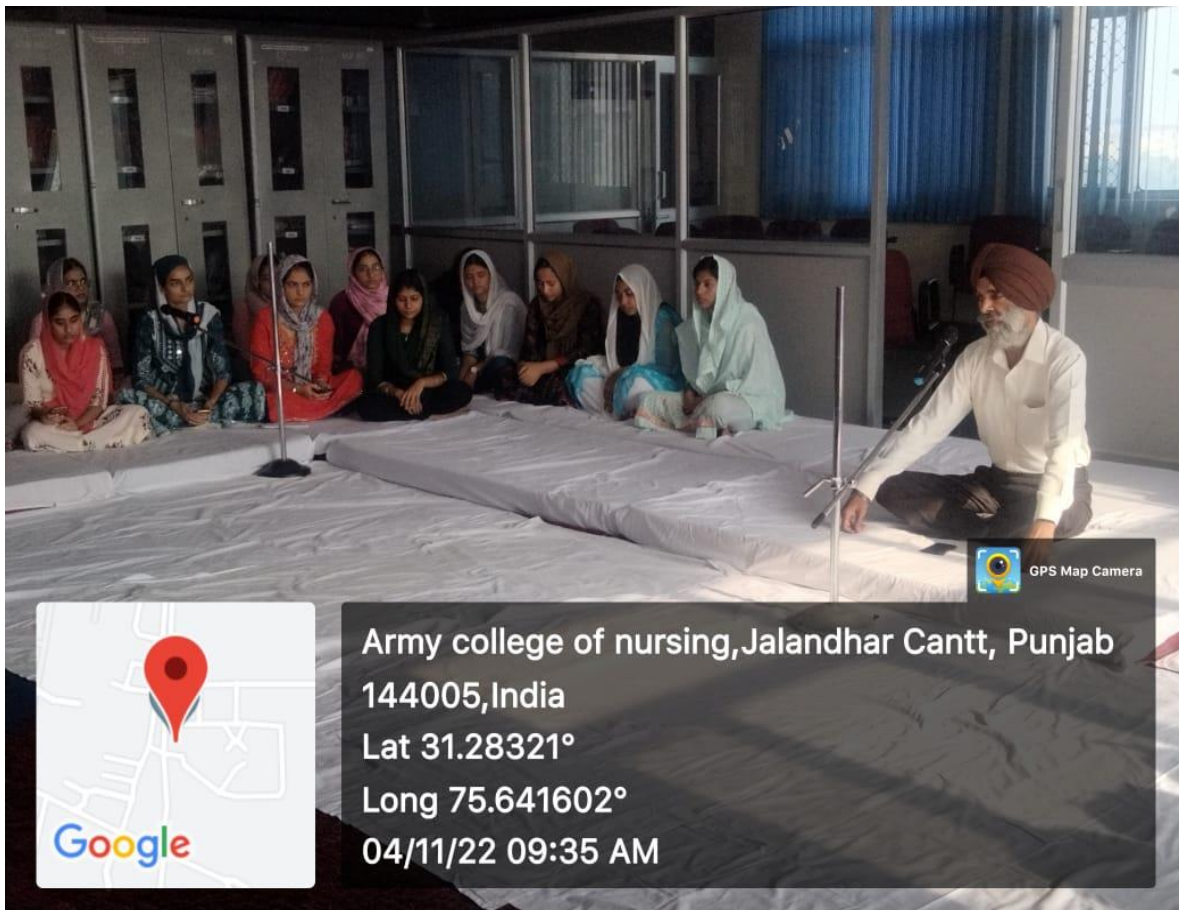
TIME: 0900 -1100 HRS

VENUE: Library

Army College of Nursing ,JRC had organised Sukhmani Sahib Path for all the faculty members and students on 04 November 2022 at Sharda library under the presidentship of Mrs.( Prof ) Charlotte Ranadive (Principal ,ACN) ,Col H.S Phagura (Registrar ,ACN).The Path was preached by Col H.S Phagura (Registrar ,ACN) along with the students followed by teachings of Guru Nanak Dev Sahib G in the context celebration of Guru Nanak Dev Jayanti and with the blessings for upcoming final examinations. The eve was culminated with Prasad distribution to all the teaching staff, admin staff and students.







GPS Map Camera



Army college of nursing, Jalandhar Cantt, Punjab  
144005, India  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT.**

## **PARENT TEACHER MEET**

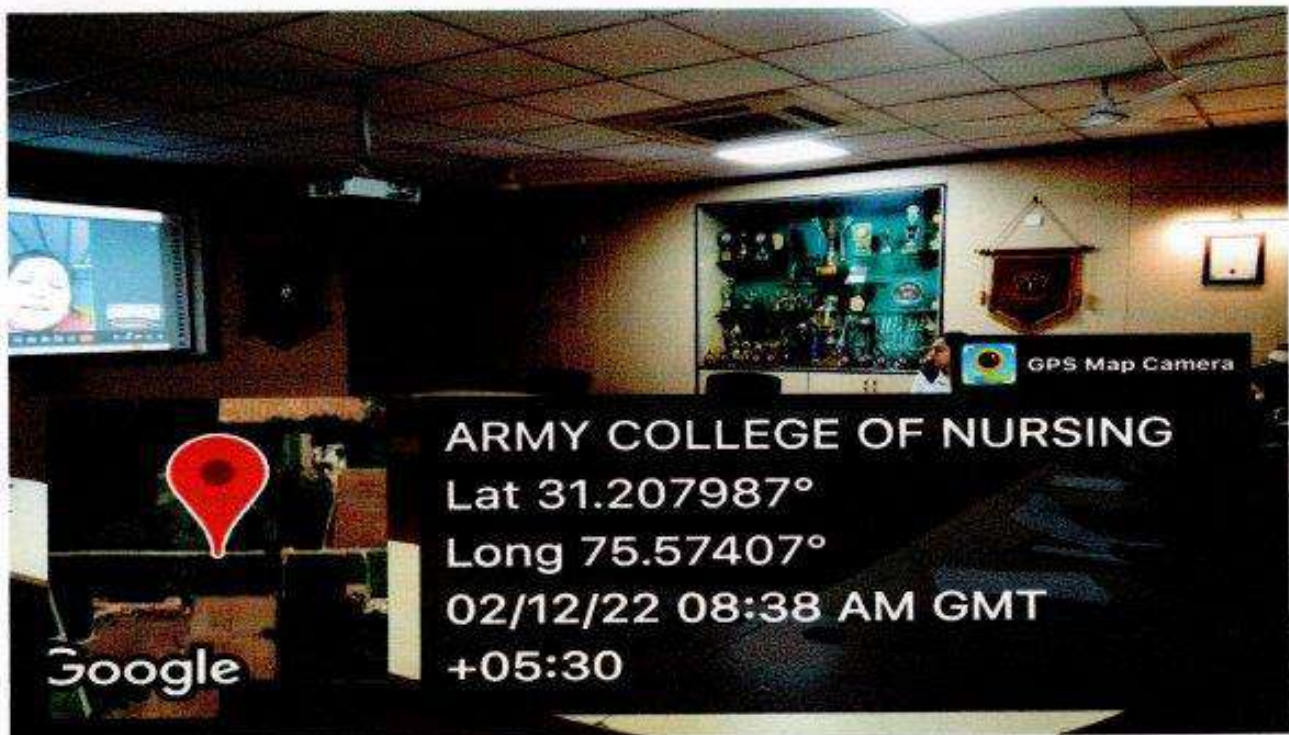
**Date: - 02/Dec/2022**

**Venue:-Patanjali Conference Hall**

**Time:-8:00 to 11:30AM,12:00 to 4:00PM**

Parent Teacher Meet for Semester I & II was held online on 02/Dec/2022. The panel for the PTM included Prof Mrs. Charlotte Ranadive (Officiating Principal ACN), Mrs. Priya (Associate Prof), Mrs. Rashmi (CI), Mrs. Harpreet (CI), Ms. Riya (CI). Students were intimated in advance to attend the PTM. The meeting was conducted in conference hall from 8:00 to 11:30AM and from 12:00 to 4:00PM.

In the meeting , parents were informed about the performance of their wards in relation to academics , their conduct, participation in curricular & Co-curricular activities .Parents were also given platform to share their feelings & to clear any doubts on their wards progress. The Principal assured parents that together we can take wards to the heights of glory. Overall this PTM session was quite interactive and beneficial on both.



*Harpreet*  
Offg Principal  
Army College of Nursing  
Jalandhar Cantt

*P. Ranadive*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT.**

## **FRESHER'S PARTY**

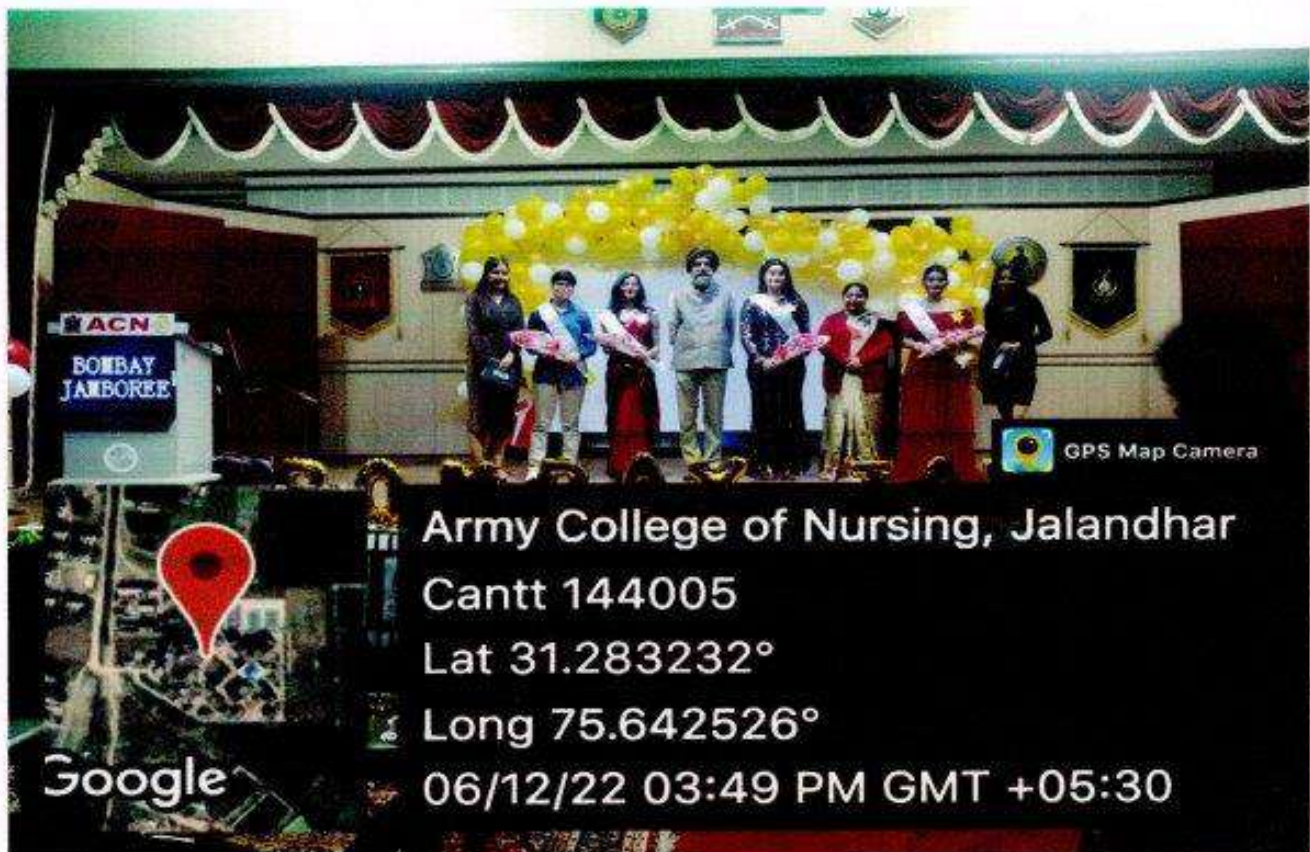
**Date:-06/Dec/2022**

**Venue:-Ashoka Multipurpose Hall**

**Time:-1:00-4:00 PM**

A fresher's party for the 18<sup>th</sup> Batch was celebrated with great zeal and enthusiasm. The party was conducted with a Theme of "Bombay Jamboree". Distinguished guest for the fresher's party were Col.HS Phagura (Registrar) and Prof.Mrs.Charlotte Ranadive (Officiating Principal ACN).Welcome dance was performed by the students of Semester-II. Fresher's got chance to show their talent by stunning ramp walk.

Organizers, Semester-II had arranged the whole function in a very well organized manner. Various activities were planned such as dance performances by all the batches (Semester-II, B.Sc (N) 2<sup>nd</sup> year, B.Sc (N) 3<sup>rd</sup> year, BSc (N) 4<sup>th</sup> year). Special attraction was a stand up comedy and song show. Ms. Riya was adjudged as Ms Fresher in the contest. The function ended at 4:00PM and students enjoyed a lot and had a great time.



*Charlotte*  
Offg Principal  
Army College of Nursing  
Jalandhar Cantt

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Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT.**

## **STUDENTS NURSES ASSOCIATION (SNA) ELECTIONS**

**Date: -09/Dec/2022**

**Venue: - Sharda Library**

**Time: - 2:00-4:00 PM**

Students Nurses Association elections were held at Army College of Nursing on 09/Dec/2022 at Sharda Library. Students were oriented to rules and regulations of voting. Elections were systematically and fairly conducted under the guidance of SNA advisor Mrs. Rashmi (CI) and other teachers. Various students nominated themselves for 12 posts from 4<sup>th</sup> year and 3<sup>rd</sup> year. The main elected body was from 4<sup>th</sup> year where as assistants for all posts from 3<sup>rd</sup> year.

However, all the members were elected by students. The votes were counted and further result was enclosed and sealed. SNA members were called on 15/Dec/2022 and result was declared. Prof. Mrs. Charlotte Ranadive (Officiating Principal ACN) and SNA advisor (Mrs. Rashmi, CI) announced the result in conference hall. Overall this process was confidential and result was revealed in a systematic manner.



CATEGORY	ELECTED BODY
Vice President	Ms. Riya Raghav
Secretary	Ms. Ansika
Treasurer	Ms. Doli Das
Mess Incharge	Ms. Doli kumari
Cultural Incharge	Ms. Ekta
Health Incharge	Ms. Kajal
Hobby Incharge	Ms. Bhumika
Editorial Incharge	Ms. Vaishnavi
Hostel Incharge	Ms. Neha Kumari
Sports Incharge	Ms. Megha
Discipline Incharge	Ms. Ravina
Hall Incharge	Ms. Upasana

  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT.**

## **LAMP LIGHTING CEREMONY**

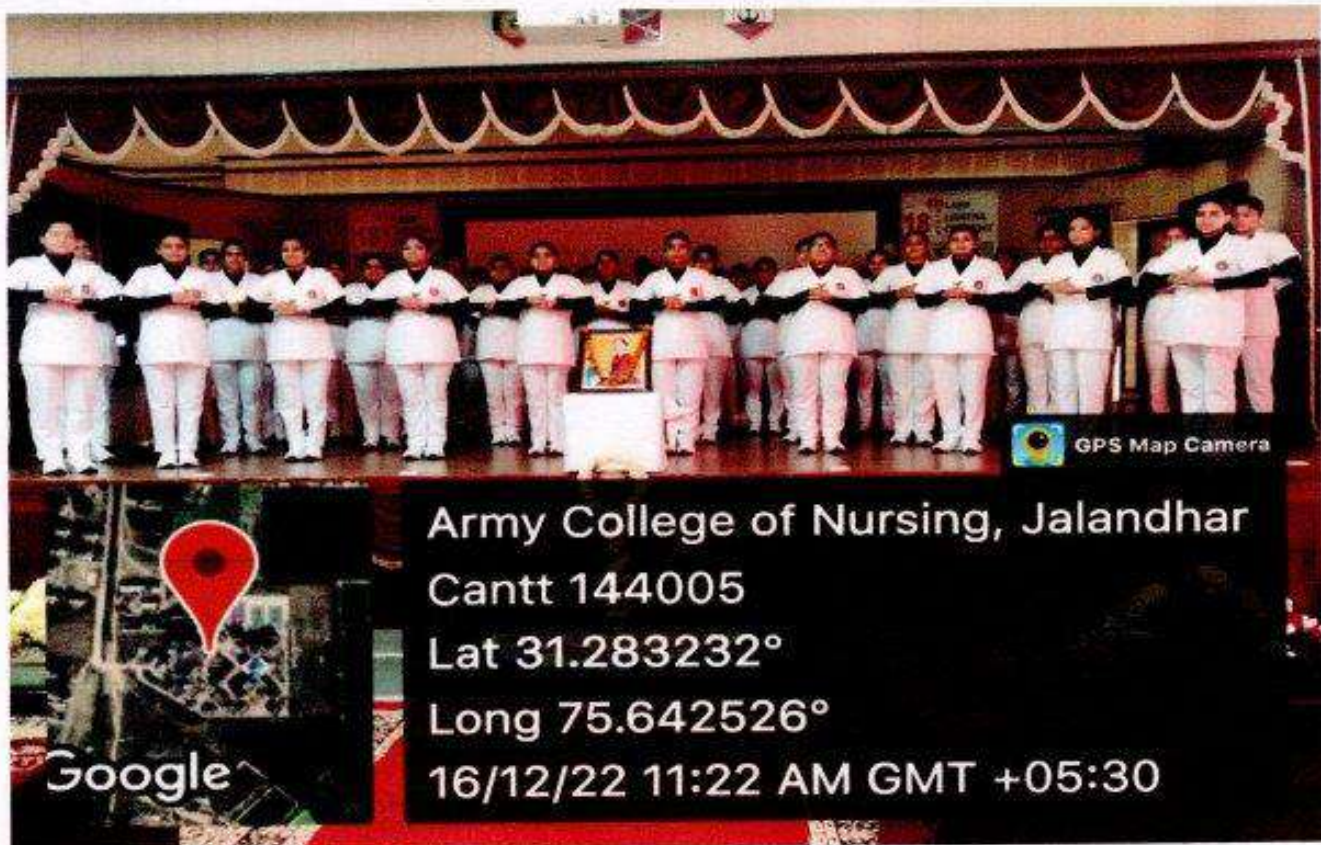
**Date:-16/Dec/2022**

**Venue:-Ashoka Multipurpose Hall**

**Time:-9:00-1:00PM**

18<sup>th</sup> Lamp lighting ceremony for the BSc (Nursing) Semester-I was held on 16/Dec/2022 at Ashoka Multipurpose Hall in ACN. Chief Guest for the day was Col.Sheela S, Principal Matron MH Jalandhar Cantt. Nursing Officers of MH Jalandhar also attended the ceremony. In the beginning guests were received by Prof.Mrs Charlotte Ranadive Officiating Principal ACN.Ceremonial Lamp lighting was done as a tribute to Goddess Saraswati after the formal welcome of all the dignitaries.

The procession of students took place followed by oath taking, Nurse's pledge & Prayer song by BSc (Nursing) Semester-I. After this, Chief Guest shared her valuable experience & motivated the students.Prof.Mrs Charlotte Ranadive (Officiating Principal ACN) proposed formal vote of thanks. All were invited for refreshment. Overall this event was delightful & created a beautiful memory in ACN diary.



*Charlotte*  
Offg Principal  
Army College of Nursing  
Jalandhar Cantt

*Pradip*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT.**

## **CHRISTMAS DAY CELEBRATION**

**Date: - 23/Dec/2022**

**Venue: - Ashoka Multipurpose Hall**

**Time: - 11:00 AM-12:15PM**

Army College of Nursing organized Christmas Programme on 23 Dec 2022, as the students were proceeding on their winter vacations. The celebration was held in our college with great joy and enthusiasm from 11 to 12:15PM at Ashoka hall. The entire hall was beautifully decorated with flowers, lights, posters and models.

Various programs were organized one of which was a performance where a group of students presented a beautiful play on the theme of Christmas. After that Prof. Mrs. Charlotte Ranadive (Officiating Principal ACN) and Col. H.S Phagura (Registrar) wished the students a Merry Christmas which was followed by cake cutting by Student Santa Clause. A number of gifts were given away in the function.



*Charlotte*  
Offg Principal  
Army College of Nursing  
Jalandhar Cantt

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Jalandhar Cantt



**ARMY COLLEGE OF NURSING JALANDHAR CANTT.  
NEW YEAR CELEBRATION**

**Date:-03/Jan/2023**

**Venue:-Ashoka Multipurpose Hall**

**Timing:-12:00-12:30PM**

Army College of Nursing celebrated the New Year with great enthusiasm and joy at Ashoka Hall from 12:00 to 12:30PM. The Chief Guest for this event was Brig. Prasad R Lele (Commandant MH Jalandhar Cantt and Director ACN), Col. Sheela S (Principal Matron MH Jalandhar Cantt accompanied him).

The Chief Guest shared his valuable experience and motivated the students & wished Happy New Year to all the faculty, staff & students of ACN. The Officiating Principal and Registrar also addressed the students and wished them on New Year. Cake cutting was done followed by refreshment for dignitaries in nutrition lab and for students in their respective classes.



*Hardeep*  
Offg Principal  
Army College of Nursing  
Jalandhar Cantt

*Sheela S*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORLD LEPROSY DAY

Date: - 02/Feb/2023

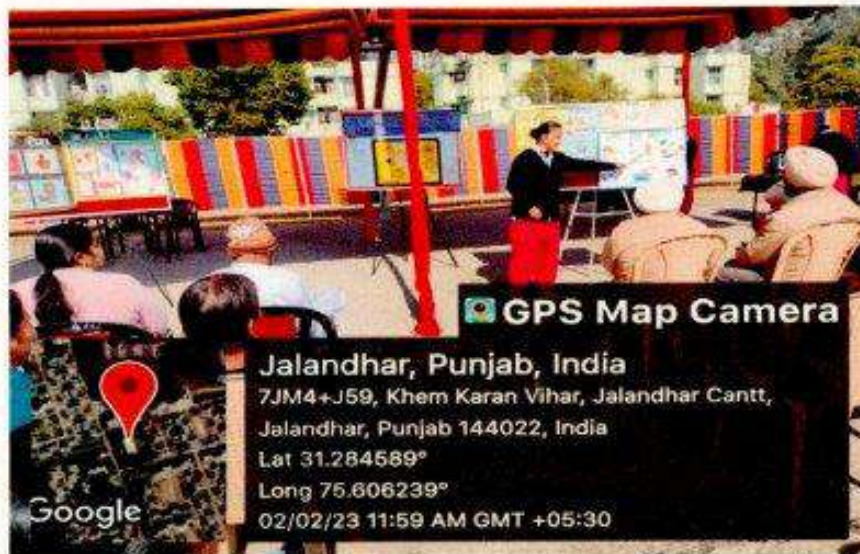
Time: - 10:00-11:00 AM

Venue: - K.K Vihar

Audience: - General Public

Leprosy Day is celebrated on every Last Sunday of January across the Globe. Theme was "Act Now End Leprosy". On 02/02/2023 The World Leprosy Day was celebrated in ACN. The world Leprosy Day was organized by the Department of Community Health Nursing headed by Mrs Priya Sharma, (Associate Professor ) ACN.

The students of BSc (N) IVth year under the guidance of Mrs Apsara (CI) and Miss Sofiya (CI) put up an exhibition on Leprosy, its causes, sign and symptoms, complications, treatment and prevention. The audio visual aids were highly effective in explaining the public how to control the spread. The students conducted the health education session well and answered all the queries.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORLD CANCER DAY

Date: - 04/Feb/2023

Time: - 10:30-11:30 AM

Venue: - Military Hospital Jalandhar

Audience: - General Public

The World Cancer Day Awareness Programme was organised by the Department of Medical Surgical Nursing headed by Mrs. Khushnaseeb Associate Professor ACN on the Theme ("Close the Gap: Uniting our Voices and Taking Action"). The Chief Guest Brig. Prasad R Lele, Commandant (MH, JRC) unfolded the theme. He was accompanied by Col. Sheela S, Principal Matron (MH,JRC) and Col. TR Barman, Deputy Principal Matron (MH,JRC).

Cancer Awareness Programme was conducted by BSc (Nursing) III<sup>rd</sup> year with Presentation of Charts and Posters to the gathering at Family OPD. Students provided health education about cancer, symptoms of cancer, types of cancer, curing techniques of cancer and Management of Cancer to the gathering. All in all the event was a huge success.



*Khushnaseeb*

*Pr*

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5/17



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## INTER HOUSE CHESS, CARROM, & VOLLEYBALL COMPETITION

Date: -04/Feb/2023 & 11/Feb/2023

Time: -8:00AM-12:00PM

Venue: -Library, Ashoka Multipurpose Hall, Volleyball Ground

Audience: - ACN Students (All 4 Houses)

Interhouse Chess, Carrom and Volleyball Tournament were held on 04/02/2023 & 11/02/2023 in the Library, Ashoka Multipurpose Hall, and Volleyball Ground respectively. The presiding Officers for the tournament was Col. H.S Phagura Registrar (ACN) and Mrs Charlotte Ranadive Officiating Principal (ACN).

The Sports activities of the college is organized yearly for the active involvement of all students in co-curricular activities. Miss Harjot Kaur (Sports Coordinator) has organised the following sports activities with the Captains of all 4 houses. These Matches were conducted house wise and the selection of the players were done by respective house captains. The Quarterfinal, Semifinals were conducted by Chit system and the finals were conducted from the winners of semifinals of each category.

The winners of Chess was Mata Saraswati House

The winners of Carrom was Miss Florence Nightingale House

The winners of Volleyball was Mata Gujri House

The Match Supervisors was Miss Nitika (CI) for chess and Miss Harjot Kaur (CI) for Carrom and Miss Eliza (CI) & Miss Sofiya (CI) for Volleyball. In all inclusive the whole tournament was a great success.



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*Charlotte*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SYMPOSIUM ON CODE BLUE & ABG ANALYSIS

Date: - 08/Feb/2023 & 17/Feb/2023

Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - IIIrd year, IVth Year, Semester III respectively & Faculty

The Student Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal ACN) & Mrs Rashmi (SNA Advisor) organized Symposiums in collaboration with MH, JRC (Nursing Department) on the following topics:

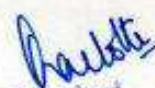
8/02/2023 (8:00-9:00 AM) Blue Code (IIIrd year, IVth Year Students)

17/02/2023 (8:00-9:00 AM) ABG Analysis (Semester III)

A symposium on Code Blue was conducted by Nursing Officer (Captain Priyanka) in Auditorium of MH, JRC on 08/02/2023 from 8:00-9:00 AM. Hospitals often use code names to alert their staff to an emergency or other events. Codes allow trained hospital personnel to respond quickly and appropriately to various events. (Captain Priyanka) explained that the most common hospital codes are code blue, code red, and code black. She explained all the codes but mainly emphasised about code blue. Code blue is the most universally recognised emergency code. Code blue means there is a medical emergency occurring within the hospital. Hospital emergency codes are extremely important to the safety of people inside a hospital. She explained this topic in detail very well.

A symposium on ABG analysis was conducted by Nursing Officer (Captain Antim) in Auditorium of MH, JRC on 17/02/2023 from 8:00-9:00 AM. She explained about Introduction of ABG analysis, Importance of studying ABG analysis, Buffer system, Acid- Base disorders, Components of the ABG, Respiratory acidosis and alkalosis, Metabolic acidosis and alkalosis, Sign and Symptoms, Articles, Procedure, Treatment and Management. All in all the session was very informative for all the students, faculty & Nurses present there.



  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## INVESTITURE CEREMONY

Date: - 10/Feb/2023

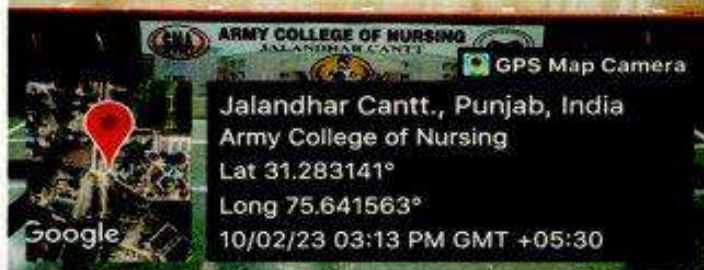
Venue: - Ashoka Multipurpose Hall

Time: -3:00-4:00 PM

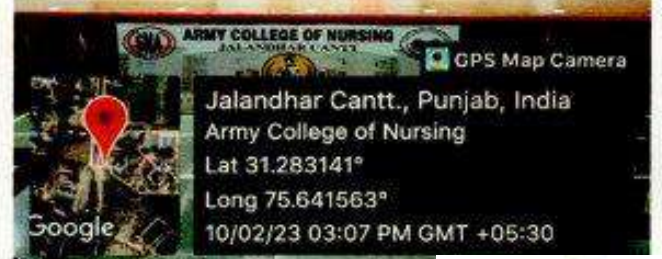
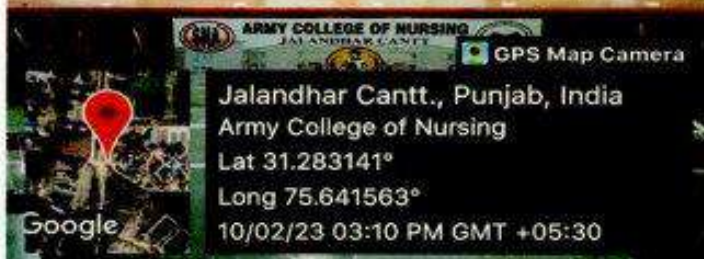
Audience: - Student Body of ACN

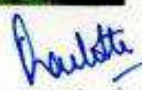
The Investiture Ceremony for the new elected executive body of Student Nurses Association was organized under the guidance of Prof Mrs Charlotte Ranadive (SNA President) and Mrs Rashmi (SNA Advisor) on 10/02/2023 from 3:00-4:00 PM at Ashoka Multipurpose Hall. The Investiture Ceremony is an important event which gives a good start to the activities for the academic year. To follow the legacy, The Army College of Nursing organized the Investiture Ceremony for the academic session 2022-2023 on 10/02/2023. The ceremony was to badge the leaders of this academic year to carry out all the curricular and co-curricular activities and work with team effort and bring out new and challenging events with all the success.

The badging ceremony of the newly elected candidates was carried out by Col. H.S phagura (Registrar ACN), Mrs Priya Sharma (Associate Professor), and Mrs Rashmi Sharma (SNA Advisor) and Miss Harjot Kaur (Sports Incharge). Col. H.S Phagura (Registrar ACN) shared his thoughts and experiences in life and admonished the students as to how discipline in life can help to shape the future of a person to become a good leader. He encouraged all the students to always walk on the correct path, stick to it and to bring a change. The event ended with vote of thanks by Mrs Rashmi Sharma (SNA Advisor).



CATEGORY	ELECTED BODY
Vice President	Miss Riya Raghav
Secretary	Miss Ansika
Treasurer	Miss Doli Das
Mess Incharge	Miss Doli Kumari
Cultural Incharge	Miss Ekta
Health Incharge	Miss Kajal
Hobby Incharge	Miss Bhumika
Editorial Incharge	Miss Vaishnavi
Hostel Incharge	Miss Neha Kumari
Sports Incharge	Miss Megha
Discipline Incharge	Miss Ravina
Hall Incharge	Miss Upasana



  
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Jalandhar Cantt.



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## PANEL DISCUSSION

Date: - 11/Feb/2023

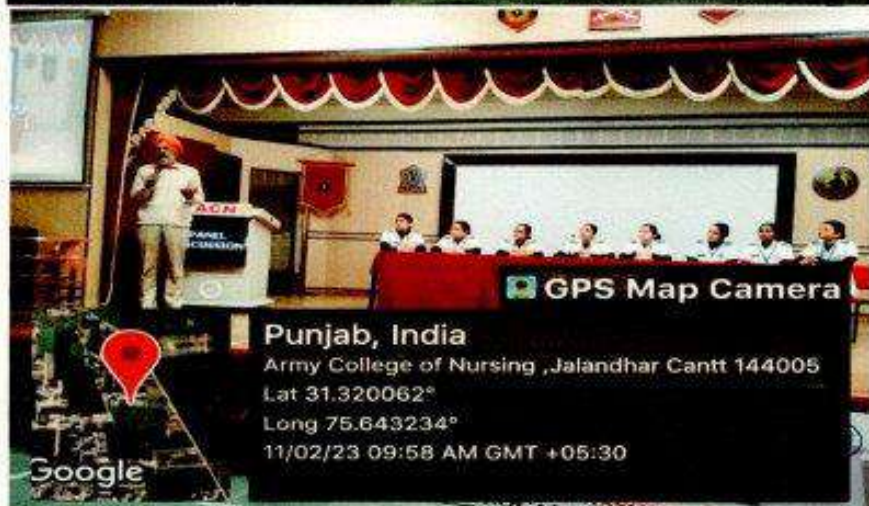
Time: - 9:00-10:00 AM

Venue: - Ashoka Multipurpose Hall

Audience: - Semester I

The Sexual and Reproductive Health Awareness Day was organised by the Obstetrics and Gynecology Department of ACN on 11/02/2023 under the guidance of Prof Mrs. Charlotte Ranadive (Officiating Principal) ACN and Miss Pooja Sharma (CI). A Panel Discussion was organized by students of BSc (Nursing) IVth Year to create awareness about Sexual and Reproductive Health among the Semester I students of ACN. The Chief Guest for the event was Col. H.S Phagura Registrar (ACN) who was accompanied by Mrs Priya Sharma (Associate Professor) to unfold the theme ("Sexual and Reproductive Health; Get the Facts 2023").

The students highlighted on the importance of sexual and reproductive health by emphasising on all aspect of the topic such as Introduction, Causes, Prevention, Family Planning and Various Programmes regarding Sexual and Reproductive Health were discussed in detail.



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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## CNE ON MEDICAL EMERGENCIES & BASIC FIRST AID

Date: -15/Feb/2023

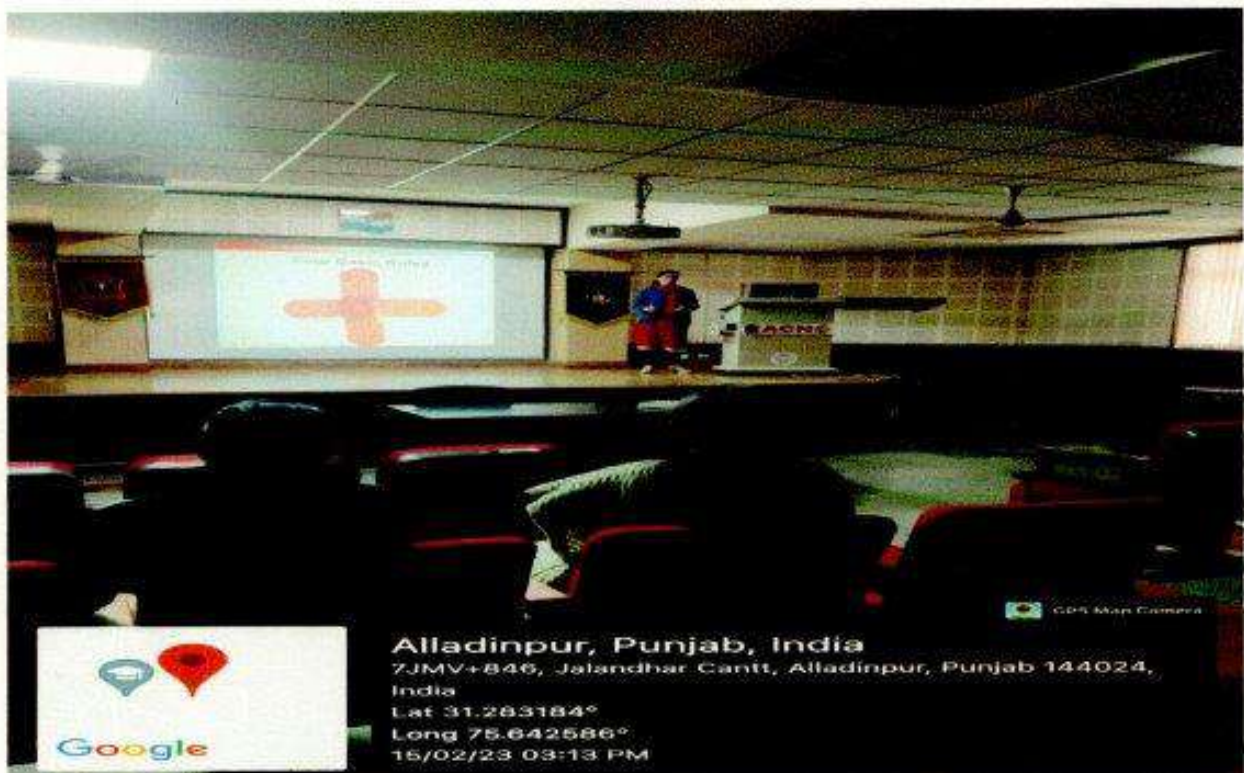
Time: -3:00-4:00 PM

Venue: -Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Medical Surgical Nursing headed by Mrs. Khushnaseeb (Associate Professor), organized a CNE for all faculty members of ACN on the topic Medical emergencies & Basic First Aid on 15/02/2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field . She explained about the basic first aid, and how to provide first aid in wounds, bleeding, burns, heatstroke, poisoning, bites, drowning, fainting, seizures and unconsciousness.

She also elaborate about dressing the wound, applying different types of bandages, splinting the injured body part, providing CPR and transferring the Victim. She also focused on most common Medical Emergencies: - Bleeding, Breathing difficulties, someone collapses, fits, severe pain, heart attack, and stroke. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



*Arulote*  
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Army College of Nursing  
Jalandhar Cantt

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Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **ALUMNI LECTURE ON DIGITALIZATION IN NURSING**

**Date: - 16/Feb/2023**

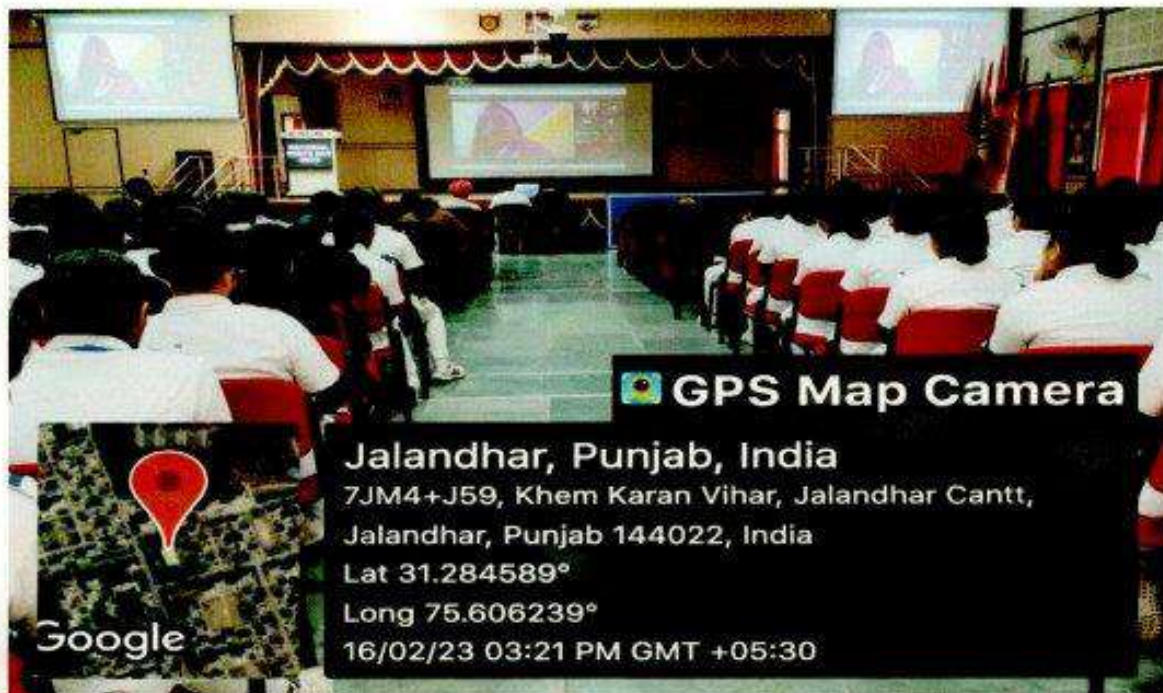
**Time: - 3:00- 4:00 PM**

**Venue: - Ashoka Multipurpose Hall**

**Audience: - Students & Alumni of ACN**

The Alumni Association of ACN under the guidance of Prof Mrs. Charlotte Ranadive (Officiating Principal ACN), and Mrs Apsara Kalsi (CI) Alumni Coordinator organized an online Lecture on the topic Digitalization in Nursing to commemorate on 16/02/2023 at 3:00-4:00 PM. The digitalization of healthcare has enabled health services to be more accessible and available daily. Mrs Taranjot Kaur (Alumni of ACN) explained that the effect of digital technology has been increasing in the nursing sector. New technologies can address specific existing problems: Nurses spend at least 30 % of their working day filling out forms and documenting patient data. Digitalized documentation process reduce paperwork, create optimized schedules and increases productivity, allowing nurses more time for patient care.

She gave some examples of tools and technologies that are used in today's time like Telehealth/ Telemedicine (Beneficial in nursing homes during outbreaks of infectious disease), EHR (Electronic Health Records made nursing documentation easy), Mobile Health (Coaching patients via applications can improve short term outcomes), Personalized care (Treatment tailored to individual patients enables nurses to deliver more personalized care), Social Media and Online information internet ( It also helps a lot in the nursing field and in supporting patients & students education), Digital Monitors & Devices like Blood glucose monitors, Pulse oximeters, BP monitors, weighing scales, thermometers (Can be easily used even at home by anyone with adequate knowledge). All in all it was an informative and knowledgeable session for all.



*Charlotte*  
Principal  
Army College of Nursing  
Jalandhar Cantt

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Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## INTERHOUSE BADMINTON & BASKETBALL COMPETITION

Date: -18/Feb/2023 & 25/Feb/2023

Time: - 8:00AM -12:00PM

Venue: -Vajra Indoor Badminton Court & Basket Ball Court

Audience: - ACN Students (All 4 Houses)

Interhouse Badminton Single & Doubles and Basket Ball tournament were held on 18/02/2023 & 25/02/2023 in Vajra Indoor Badminton Court & Basket Ball Court respectively. The presiding Officers for the tournament was Col. H.S Phagura Registrar (ACN) and Mrs Charlotte Ranadive Officiating Principal (ACN).

The Sports activities of the college is organized yearly for the active involvement of all students in co-curricular activities. Miss Harjot Kaur (Sports Coordinator) has organised the following sports activities with the Captains of all 4 houses. These Matches were conducted house wise and the selection of the players were done by respective house captains. The Quarterfinal, Semifinals were conducted by Chit system and the finals were conducted from the winners of semifinals of each category.

The winners for Badminton Match Single & Doubles was Mother Teresa House

The winners for Basket Ball Match was Mother Teresa House

The Match Supervisors was Miss Harjot Kaur (CI) for Badminton and Miss Sanam (CI), Miss Nitika (CI), Miss Pooja (CI) for Basket Ball. In all inclusive the whole tournament was a great success.



*Charlotte*  
Principal  
Army College of Nursing  
Jalandhar

*[Signature]*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## DISTRICT LEVEL COMPETITION

Date: -20/Feb/2023 to 21/Feb/2023

Time: - 9:00AM-2:00 PM

Venue: -DAV College, Jalandhar Cantt

Audience: - District level Inter School/College Students

The Red Ribbon Club / NSS unit of ACN under the guidance of Prof Mrs. Charlotte Ranadive (Officiating Principal ACN) and Programme Officer Mrs Riya Sharma (CI) motivated the ACN Students to participate in the District Level Inter College Competition held at DAV College Jalandhar Cantt. The theme of the Competition was ("Swami Vivekanand"). Approx 12 Colleges and 250 Students from various Schools & Colleges of Jalandhar participated enthusiastically in all the events along with ACN Students. The events were Declamation Competition, Quiz Competition, Collage Making, Poster Making, and Slogan Writing Competition. The event was successful. The winners of the Competition were: -

- Declamation Competition - Miss Shikha (BSc Nursing IIIrd Year)
- Quiz Competition - Miss Reshma & Miss Neha (BSc Nursing IVth Year)
- Slogan Writing – Miss Jyoti (BSc Nursing IVth Year)
- Poster Making – Miss Sapna & Miss Neemisha (BSc Nursing IIIrd Year)

The winners were awarded with certificates and medals.



*Charlotte*  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SNA LECTURE ON NEEDLE STICK INJURY AND HEALTH HYGIENE

Date: -23/Feb/2023

Time: - 3:00-4:00 PM

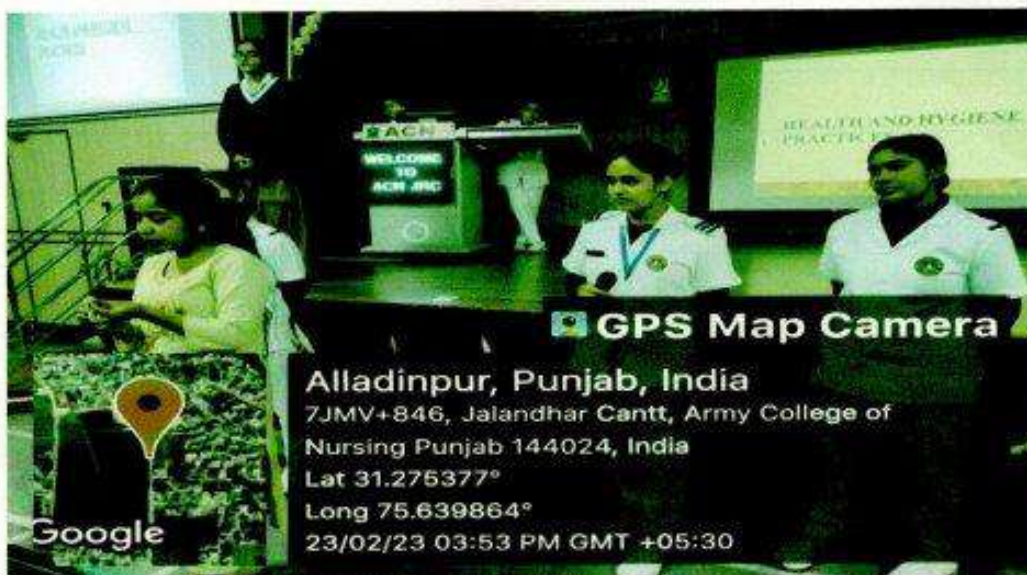
Venue: - Ashoka Multipurpose Hall

Audience: - Semester I and Semester III Students

The student Nurses Association of ACN under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal) and Mrs Rashmi (SNA Advisor) organized lectures on Needle Stick Injury and Health and Hygiene on 23<sup>rd</sup> and 24<sup>th</sup> February 2023 respectively for Semester I and Semester III Students.

On 23<sup>rd</sup> Lecture of Needle Stick Injury was delivered by Miss Riya Raghav (Vice President) and Miss Nitika (CI) demonstrated how to discard the sharps safely. The topic was explained in detail covering all major aspects with demonstration and latest protocols to be followed in MH by all students.

On 24<sup>th</sup> February 2023 a lecture on Health and Hygiene was delivered by Miss Kiran and Miss Neha SNA (Health Rep & Hostel incharge). The main aim was to inculcate healthy health practices by students in hostel with special emphasis on personal hygiene, menstrual hygiene and cleanliness of the hostel rooms and toilets. Both the lectures were highly effective.



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*Rashmi*  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **MINI MARATHON G20**

**Date: - 04/Mar/2023**

**Time: - 6:20-8:20 AM**

**Venue: - India Gate Chowk to Vajra Natural Park, Jalandhar Cantt.**

**Audience: - Community People and ACN Students**

**On the occasion of International Women's Day 3.6 Kilometres Mini Marathon was organized by HQ 11 Corps on 04/03/2023 from India Gate Chowk to Vajra Natural Park Jalandhar Cantt. The SNA unit of our college also participated in the event. The Purpose of organizing the Mini Marathon was to remove or eliminate gender based inequalities. More than 200 members of the community including 84 students of ACN participated enthusiastically in this mini marathon and everyone successfully completed the run.**

**The Winners of the mini marathon was: -**

**BSc (N) IVth Year Students Anshika and Bhumika 1<sup>st</sup> Position**

**BSc (N) IIIrd Year Student Anchal 2<sup>nd</sup> Position**



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Jalandhar Cantt**

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**Principal  
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Jalandhar Cantt**



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **INTERNATIONAL WOMEN'S DAY CELEBRATION**

**Date: - 04/Mar/2023**

**Time: - 5:00-7:00PM**

**Venue: - Auditorium of MH, JRC**

**Audience: - IVth Year, IIIrd Semester & Staff of MH, JRC**

The International Women's Day was celebrated by Students Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal) & Mrs Rashmi (SNA Advisor) in collaboration with Department of Nursing of Military Hospital Jalandhar, Cantt. Theme for the event was "DigitALL: Innovation and Technology for Gender Equality". The Chief Guests for the event were Lt Mritunjala, Maj Ashwati, Maj Saru, Maj, Kirti.

The Students presented a role play on the Theme. The purpose of celebrating women's day was to raise awareness about the status and dignity of women and to promote Gender Equality among the students and staff. Furthermore some fun events like Song, dance and Role Play was conducted in which Students of Army College of Nursing outshined in the Role Play. All in all the event was a huge success.



*Charlotte*  
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Jalandhar Cantt

*Rashmi*  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **INTERHOUSE KHO-KHO & TABLE TENNIS MATCH**

**Date: - 04/Mar/2023**

**Time: - 9:51-11:00AM, 11:20-12:00PM**

**Venue: - Football Ground & Hostel TV Room**

**Audience: - ACN Students (All 4 houses)**

Interhouse Kho-Kho and Table Tennis Match was held on 04/03/2023 in the Football Ground & Hostel TV Room respectively from 9:51-11:00AM, 11:20-12:00PM. The presiding Officers for the tournament was Col. H.S Phagura Registrar (ACN) and Mrs Charlotte Ranadive Officiating Principal (ACN).


The Sports activities are organized yearly for the active involvement of all students in co- curricular activities. Games and sports also build important attributes like Team Spirit, Sportsmanship, coordination & collaboration and promotes physical fitness. Miss Harjot Kaur (Sports Coordinator) has organized the following sports activities with the Captains of all 4 houses. Judges for the Kho-Kho & Table tennis were Miss Parneet (CI) and Mrs. Kalindi (CI) respectively. These Matches were conducted house wise and the selection of the players were done by respective house captains. The Quarterfinal, Semifinals were conducted by Chit system and the finals were conducted from the winners of semifinals of each category.

The winners of 1<sup>st</sup> round Kho-Kho match was Mata Gujri house

The winners of 2<sup>nd</sup> round Kho-Kho match was Mother Teresa House

The winners of Table Tennis single & doubles was Mata Gujri House



  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## ANNUAL SPORTS MEET 2023

Date: - 09/Mar/2023-10/Mar/2023

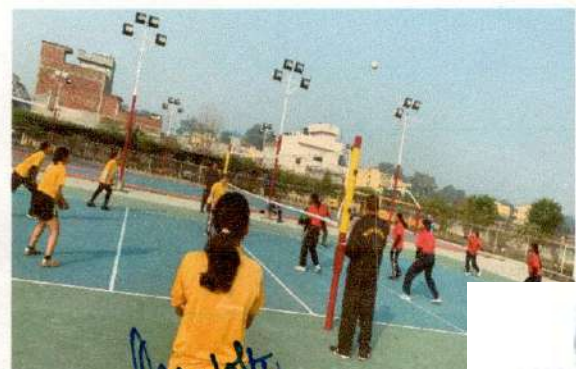
Time: - 8:00-11:00AM, 7:15-9:00AM

Venue: - Football Ground

Audience: - Faculty and All ACN Students

On 09/Mar/2023-10/Mar/2023 ACN organized Annual Sports Meet 2023. The event took place in the Football Ground of the ACN. The event began with the opening of the sports by Chief Guest followed by oath taking by sports captains and house captains. All four houses displayed a synchronized march past. Brig Prasad R Lele (Commandant MH, J RC & Director ACN) was the Chief Guest. Col. Sheela S (PM MH, JRC), Lt. Col Tapasi R Barman (DPM MH, JRC) and Other Dignitaries accompanied the Chief Guest. Students participated and Competed against one another in various Sports like Javelin throw, Shot put, Long Jump, Race, Kho-Kho, Table Tennis, Badminton, Discuss Throw, Volley ball, Basket Ball, Chess, Carom.

All in all, the whole event was organized in a systematic manner. Lastly Brig Prasad R Lele (Commandant MH, JRC & Director ACN), Col H S Phagura (Registrar ACN), Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave away prizes to the winners and participants and congratulated them for their excellent performance. The best march past award won by (Mata Saraswati House), whereas (Mother Teresa House) bagged best house Trophy & it was received by House Captain Miss Anshika student of BSc (N) IVth year.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SEHAJ YOGA SESSION

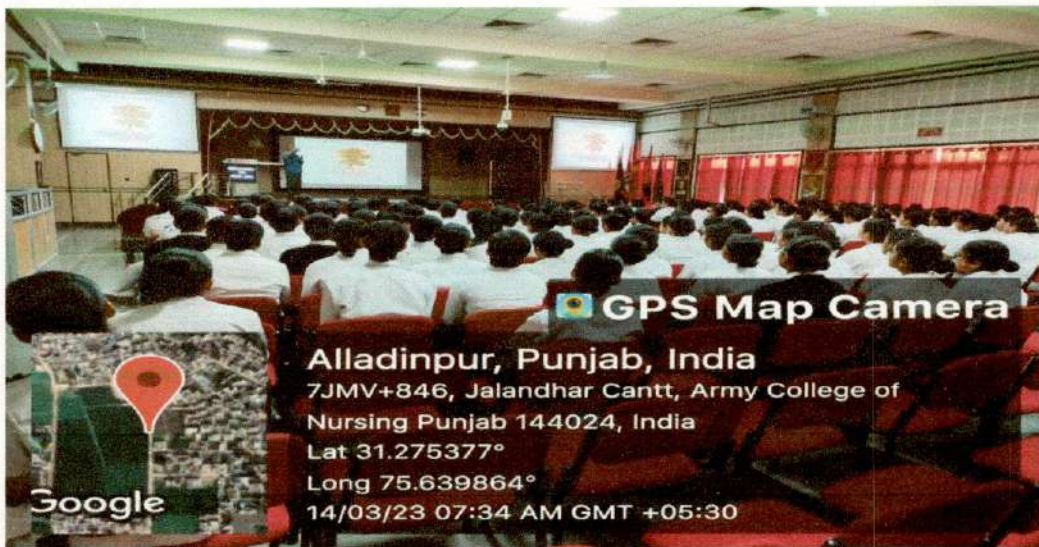
Date: - 14-16/Mar/2023

Time: - 7:00-8:00AM

Venue: - Ashoka Multipurpose Hall

Audience: - Faculty & All ACN Students

Army College of Nursing had organized 3 Days Sehaj Yoga sessions for the students on 14, 15, 16/Mar/2023. The Trainer Amit Sharma from HQ 11 Brig Med Corps had addressed the sessions. Brig Prasad R Lele (Commandant MH, JRC & Director ACN), Col H S Phagura (Registrar ACN), and Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave their valuable presence. He conducted Lecture for 20 minutes in which he explained the importance of Relaxation, Meditation, Cleaning and Prayer. Also he practically demonstrated and made the students to perform the Sehaj Yoga sessions on all three days. He also distributed few books on Sehaj Yoga for further references.



*Charlotte*  
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Principal  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## GUEST LECTURE ON PRANIK HEALING

Date: - 17/Mar/2023

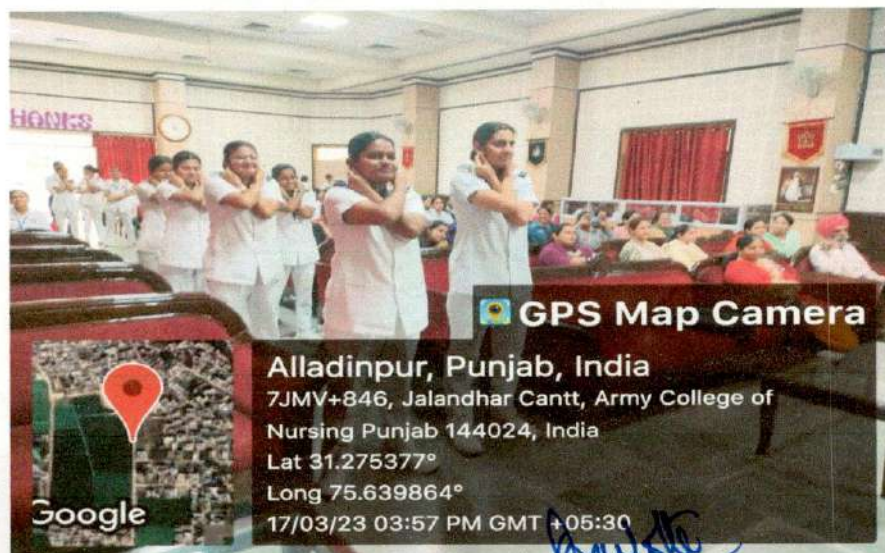
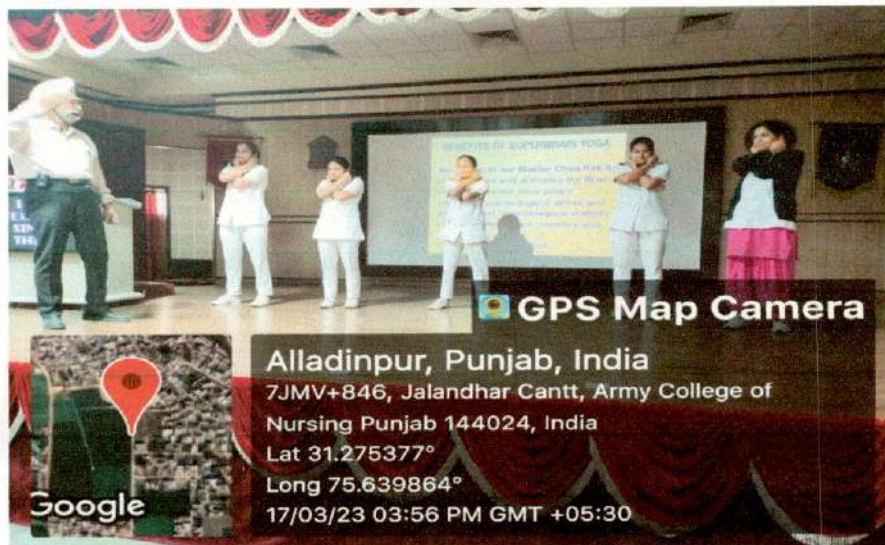
Time: - 2:00-4:00PM

Venue: - Ashoka Multipurpose Hall

Audience: - Faculty & All ACN Students

Army College of Nursing organized workshop on Pranic Healing on 17/Mar/2023. The Preceptor Brig Tijender Singh Thind and Ms. Divya Soni (Pranic Healer) had addressed the Pranic Healing session. Col H S Phagura (Registrar ACN), and Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave their valuable presence. The students were educated about the Pranic Healing. He introduced Pranic Healing as a powerful technique of energy healing. All students and faculty attended this session of effective no-touch method of energy healing.

He had explained the functioning of subtle system within the body. The subtle system is made up of nadis and chakras. Nadis, or channels, carry energy throughout the body while chakras, or wheels are the centres of energy located in the body. Pranic Healing will remove negativity and restore balance between the channels and chakras. All staff members along with students found Pranic Healing very Productive, Creative and full of Learning Experiences. As the students showed interested in learning the skill/technique a formal training session for the interested students will be conducted shortly.



*Charlotte Ranadive*  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## CULTURAL FEST "ULLAS"

Date: - 17-18 Mar 2023

Time: - 9:00-1:00PM

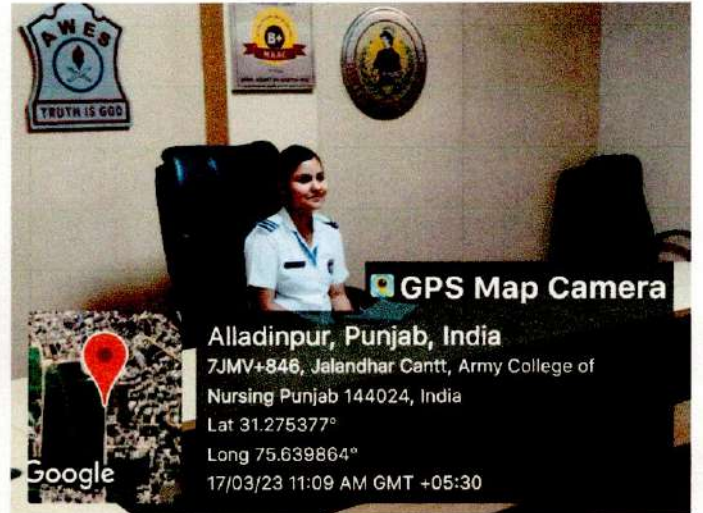
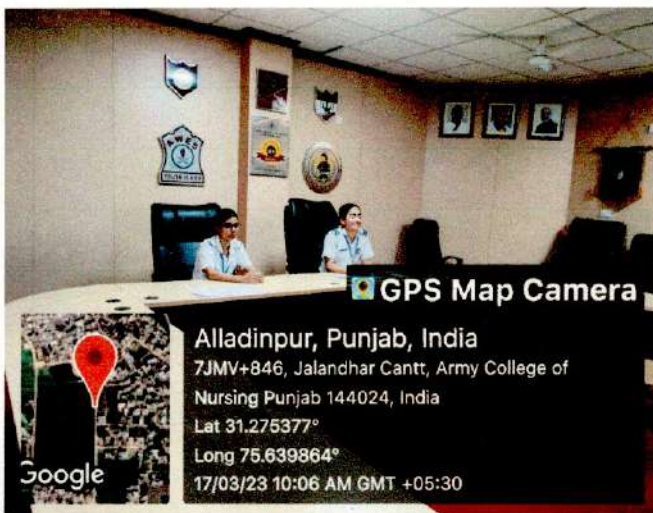
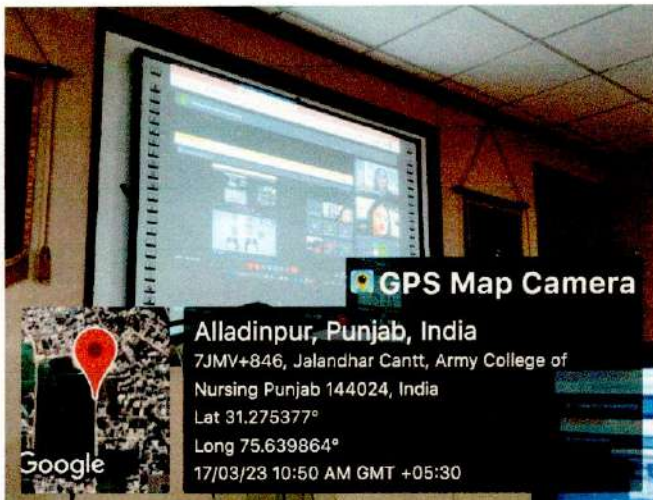
Venue: - Patanjali Conference hall

Mode: - Online

Audience: - Students of ACN, AIE

Army Institute of Education organised cultural Fest Ullas on 17&18 Mar 2023. A rulebook was shared by them with various events enlisted. On March 15<sup>th</sup>. Competitions like Solo singing (SAAZ AUR AWAAZ), Digital Poster Making, Video making and Photography were held. In addition Debate (THE CLASH OF VIEWS), Creative writing (PEN IT DOWN), Sanskrit Shalok recitation (UCCHARANAM), Hindi Poem Recitation (KAVYANJALI) were organized on 18 Mar 2023. Theme for all activities was G20 "Vasudeva Kutumbakam" (Unity, Peace & Harmony).

Miss Vaishnavi (IV<sup>th</sup> year) and Miss Deepakshi (Semester I) secured 1<sup>st</sup> position in Debate. Miss Priyambada (IV<sup>th</sup> year) stood 2<sup>nd</sup> in Creative writing competition. Students participated in all activities with great enthusiasm.



*Harjoti*  
Principal  
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Jalandhar Cantt

*Principal*  
Principal  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORLD TUBERCULOSIS DAY

### ROLE PLAY BY NSS DEPARTMENT

Date: - 24 Mar 2023

Time: - 9:00 AM-1:00 PM

Venue: - K.K Vihar

Audience: - Residents of K.K Vihar

The Role play on World Tuberculosis Day awareness programme was organized by the Department of NATIONAL SERVICE SCHEME & RED RIBBON CLUB at K.K Vihar (Community Area) under the guidance of Mrs. Priya Sharma (Associate Professor) ACN & Mrs. Riya Sharma (Programme Officer) NSS & RRC on the Theme ('yes! We can end TB!') with Bsc (N) IVth Year students.

The Characters of the Role Play were as follows:

Lady 1 (Anupama), Lady 2 (Ekta, Old lady (Dolly kumari), Narrator 1 (Doli Das), Narrator 2 (Ansika), Shopkeeper (Arti), Doctor (Jyoti Kumari), Nurse (Jyoti Dubey), Pharmacist (Megha), Asha Worker 1 (Aditi), Asha Worker 2 (Arpana), TB health education (Madhu), DOTS Therapy (Kajal). The main purpose of the role play was to create awareness regarding Tuberculosis, causes & symptoms of Tuberculosis, types of Tuberculosis, treatment and management of Tuberculosis, prevention of tuberculosis, Adverse reactions to anti- TB drugs, DOTS Therapy, DOTS Regimen, Advantages of DOTS. All students participated enthusiastically in role play. The event was very successful.



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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORLD TUBERCULOSIS DAY

### HEALTH EDUCATION BY COMMUNITY HEALTH NURSING DEPARTMENT

Date: - 24 Mar 2023

Time: - 9:00-11:00 AM

Venue: - K K Vihar

Audience: - Residents of K K Vihar

The World Tuberculosis Day awareness programme was organized by the Department of Community Health Nursing headed by Mrs. Priya Sharma (Associate Professor) ACN on the Theme ('yes! We can end TB!'). Theme unfolding was done by Mrs. Priya Sharma (Associate Professor) ACN, Mrs. Apsara Kalsi (CI), and Mrs. Kalindi Sharan (CI).

World Tuberculosis Day awareness Programme was conducted by students of BSc (Nursing) IVth year with Presentation of Charts and Posters to the gathering at K.K Vihar. Students provided health education about Tuberculosis, causes & symptoms of Tuberculosis, types of Tuberculosis, treatment and management of Tuberculosis to the gathering. All in all the event was a huge success.



*Prachi*  
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*Prachi*  
Principal  
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Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **SYMPOSIUM ON CARE OF PRETERM BABIES & ANTENATAL ASSESSMENT**

**Date: - 03 Mar 2023 & 24 Mar 2023**

**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - IIIrd year, IVth Year, respectively & Faculty**

**The Student Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal ACN) & Mrs Rashmi (SNA Advisor) organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topics care of Preterm Babies & Antenatal Assessment.**

**The Symposium on Care of Preterm Babies was conducted by Nursing Officer (Captain Manpreet Kaur Gill) in Auditorium of MH, JRC on 03/03/2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Definition, Aetiology, Characteristics, Comparison of Pre term and Term, Problems of Preterm, Principles of management, Care at Birth, Maintaining breathing, Prevention of Hypothermia, Methods of feeding, Choice of milk, Use of Drugs, Family Education etc.**

**The Symposium on Antenatal Assessment was conducted by Nursing Officer (Lt Rose Maria George) in Auditorium of MH, JRC on 24/03/2023 from 8:00-8:45 AM. She emphasised on all aspects of the topic such as what is Antenatal Assessment, components, diet during pregnancy, Why it is important, Area of Concerns, Timing of Antenatal visits, Breast examination, Abdominal examination, Investigations, Antenatal exercise, Antenatal Advice etc. Both the sessions were very informative for all the students, faculty and nurses present there.**



*Rashmi*  
Principal  
Army College of Nursing  
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Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **INTERNATIONAL NURSES WEEK**

**Date: -8-12May2023**

**Time: -10:00 AM- 12:00 PM**

**Venue: - Ashoka Multipurpose Hall**

**Audience: - ACN Students and Faculty**

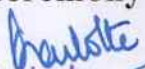
**International Nurses week was celebrated by Student Nurses Association, ACN from 8 to 12 May 2023. Theme Chosen by International Council of Nurses for the year 2023 was "Our Nurses Our Future". Various activities conducted on International nurses week are:-**

**On May 8. 2023, A lecture on Nursing Next Live App was conducted by Senior Manager Mr Narayan Dutt Mishra in online mode in Ashoka hall and informed the students about this app in detail. After this Mr Akhilesh Nagar conducted online test for the various subjects & results were later informed to Principal along with prizes (Competitive Book). Further, class wise students attended exhibition laid in college corridor, purchased books as per their curriculum and enquire for extra online content sponsored by book publishers.**

**On May 9. 2023 Poster Competition was organised on the theme "Our Nurses Our Future". Total 08 students, took part in competition and showcase their creativity in posters. In addition, students also made posters to recognise World Red Cross Day. Further, posters were evaluated by judges and result handed over to SNA.**

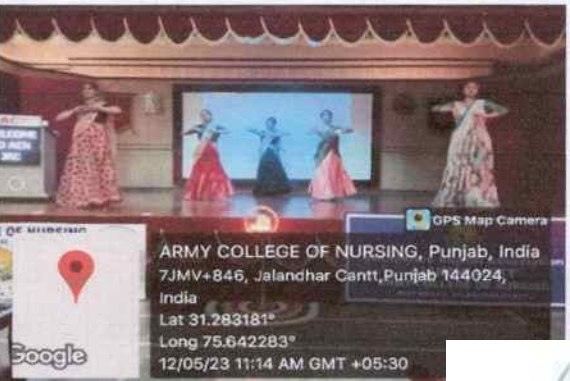
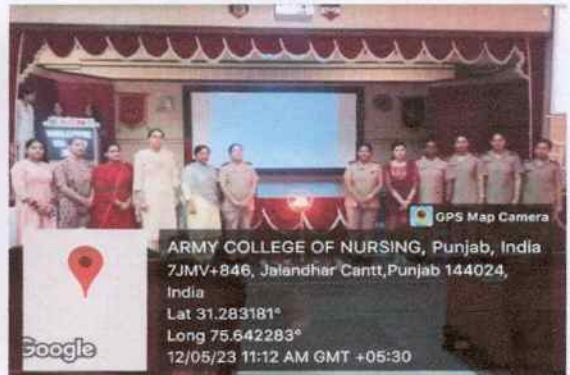
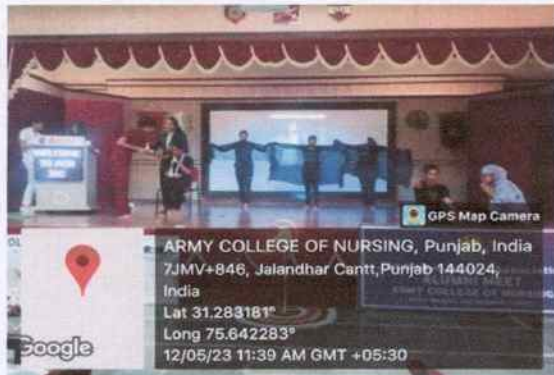
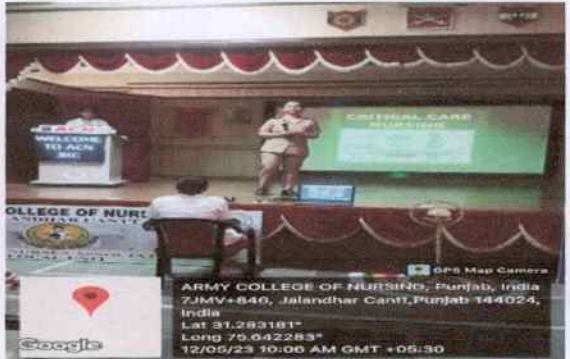
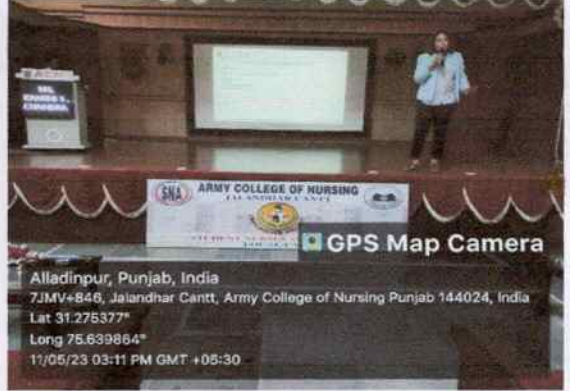
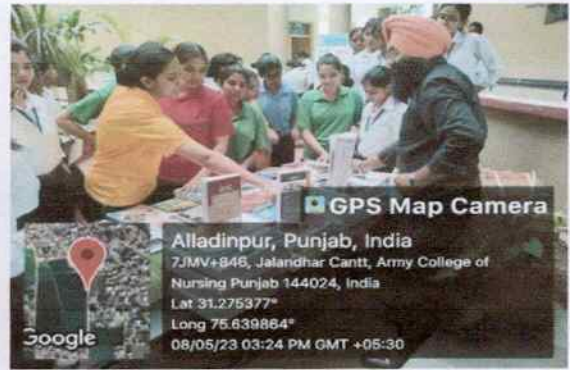
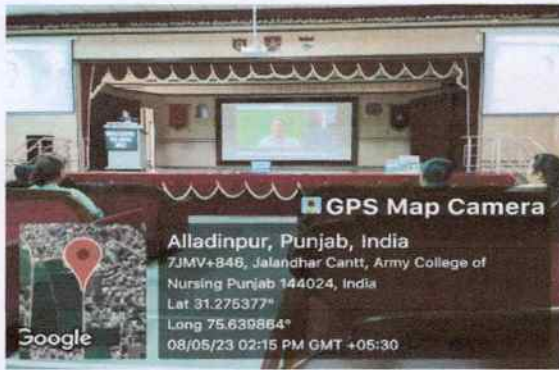
**On May 11. 2023 Guest Lecture by Miss Kamini S Chandra on career planning in International market was held in Ashoka Multipurpose Hall from 2:00-4:00 PM. She emphasised on rising demand of nurses globally and steps involved for registration to Canada and its provinces.**

**On May 12. 2023, Alumni Lecture by Maj Saru Chauhan on Critical Care Nursing was organised. This was followed by Nurses day celebration, commenced with lamp lighting by the Chief Guest : Col. Sheela S (PM MH, JRC), Lt. Col Tapasi R Barman (DPM MH, JRC) accompanied by Prof Mrs Charlotte Ranadive (Officiating Principal ACN) , Nursing officers and faculty of ACN. Then, a lecture was given by Mrs Priyanka (Assistant Professor) on Futuristic Nursing. Also, Students performed role play on History of Florence Nightingale. After this, Prizes (Poster competition winners, quiz completion online test by NNL App) won by students in entire week were disseminated Chief Guest. The Chief Guest addressed and motivated students to deliver best quality care by following 3Cs: Compassion, Commitment and Competence; 3H's: Head, Heart & Hands. At last, cake cutting ceremony was held to commemorate International Nurses Day.**

  
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Jalandhar Cantt

  
Principal  
Army College of Nursing  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## VISIT REPORT

Date: -17May2023

Time: -11:00 AM- 2:00 PM

Venue: - Dhanvantri Seminar Hall

Audience: - Students of BSc (N) 3<sup>rd</sup> year

National AIDS Control Organisation Team Visited Army College of Nursing, Jalandhar Cantt on 17 May 2023. Deputy Director General, National AIDS Control Organisation, Mr Anoop Puri educated the students regarding Red Ribbon Club Programme. The visit was organised by Punjab State AIDS Control Society in collaboration with Dept. of Youth Services, Jalandhar. The team included Mrs Pavan Rekha Beri, Joint Director, PSACS, Mr Yadwinder Singh, AD (Youth Affairs), PSACS, Mr Jaspal Singh, AD. Professor Charlotte Ranadive, (Officiating Principal) ACN and Col. HS Phagura (Registrar) ACN, felicitated the guests with ornamental plants and the College Tie at Seminar Hall.

Dr Anoop Puri addressed the students and motivated them to continue services and explained about HIV. Ms Rinkey Rajora, a Student of BSc (N) 3<sup>rd</sup> year gave a short extempore speech on HIV/AIDS to the gathering. On this occasion a poster exhibition was also organized by the volunteers. Mrs Riya Sharma, (Programme Officer), NSS/RRC gave a brief presentation on Red Ribbon Club Activities to the team members. At the end the team congratulated the ACN for focused and sustained activities in this field.



Principal *hastik*  
Army College of Nursing  
Jalandhar Cantt

  
Principal  
Army College of Nursing  
Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **SYMPOSIUM ON DIABETIC KETOACIDOSIS**

**Date: -19 May2023**

**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - BSc (N) Semester I, Semester III & Faculty**

**The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Diabetic Ketoacidosis.**

**The Symposium on Diabetic Ketoacidosis was conducted by Nursing Officer (Lt Rashmi Negi) in Auditorium of MH, JRC on 19 May2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction and definition of Diabetic Ketoacidosis, Role of Insulin, Etiology, Symptoms of DKA, Pathophysiology, Diagnosis, Lab Investigations, Imaging tests, complications Treatment of DKA, Fluid Replacement, Nursing management of patient with Diabetic Ketoacidosis etc. The session was very informative for all the students, faculty and nurses present there.**



*Rashmi Negi*  
Principal  
Army College of Nursing  
Jalandhar Cantt

  
Principal  
Army College of Nursing  
Jalandhar Cantt



**ARMY COLLEGE OF NURSING, JALANDHAR CANTT**

**BCLS TRAINING PROGRAMME**

**[YOUTH RED CROSS]**

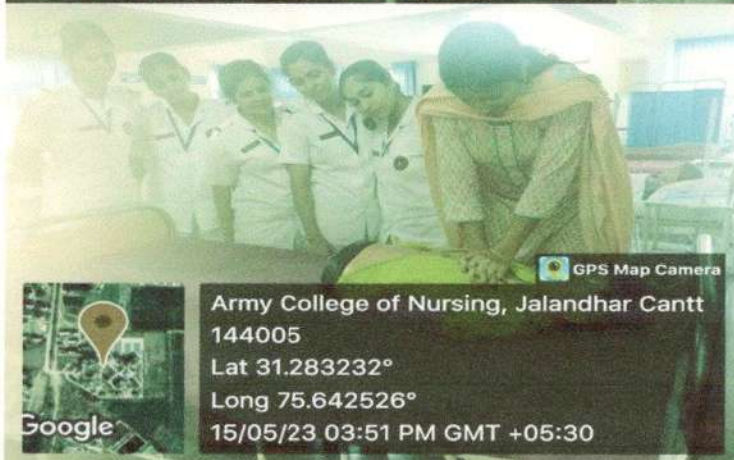
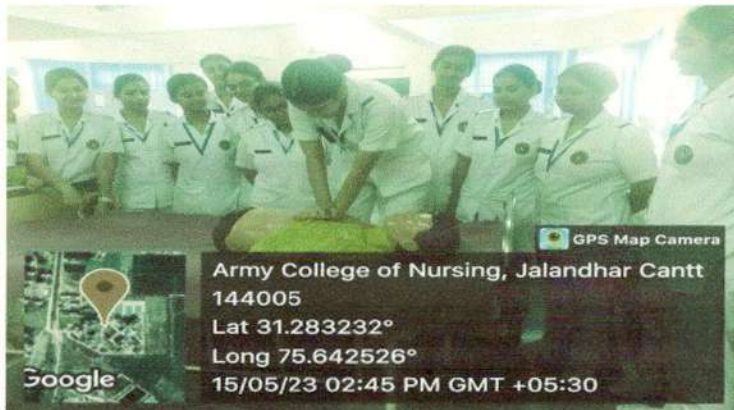
**DATE: 25-05-2023**

**TIME: 9:30-10:30 AM**

**VENUE: NURSNG FOUNDATION LAB**

**AUDIENCE: B.SC(N) SEM 3**

Youth red cross unit has a unit in ACN and was organized one day BLS session which was conducted by Mrs. Ritu Rana Clinical instructor of ACN and counselor of Youth Red Cross. She Total students 60 actively participated on BLS programme with appropriate hands and skills . BLS Session is to train participants to save the lives of victims in caridac arrest through high quality CPR



*harbati*  
Principal  
Army College of  
Jalandhar Cantt

  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## LECTURE ON INTERNATIONAL YEAR OF MILLETS 2023

Date: -30 May2023

Time: - 10:15-11:00 AM

Venue: - Classroom

Audience: - BSc (N) III<sup>rd</sup> Year

Army College of Nursing Organized a Lecture on International Year of Millets or IYoM-2023 for awareness about health and nutritional benefits of millets. The Lecture was given by Mrs Ishu (Assistant Professor) on the theme “**Harnessing the untapped potential of millets for food security, nutrition, and sustainable agriculture**”. The students displayed their creativity through innovative ideas. Their enthusiasm and awareness about the theme was evident through their respective presentations of posters.

Mrs Ishu (Assistant Professor) explained that Millets have many benefits, not just one. She emphasised on the ability of millets in reducing obesity, they also reduce the risk of Diabetes, Hypertension, and heart- related diseases. Millet ranks as the sixth most important cereal grain in the world today, sustaining more than one-third of the world’s population. All in all the session was very interactive and interesting.



*Harjoti*  
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Jalandhar Cantt

  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## PULSATIO 2023

**Date:** - 30-31May 2023

**Time:** - 1<sup>st</sup> day- 9:00AM-4:00PM

2<sup>nd</sup> day- 8:00AM-6:00PM

**Venue:** - College of Nursing, Sarai Building

GMCH Sector 32 Chandigarh

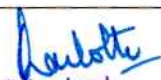
**Audience:** - Students of 13 Nursing Colleges

Pulsatio 2K23 an annual cultural and sporting extravaganza was organized by College of Nursing GMCH Sec-32 in Chandigarh from 30-31May 2023. Miss Pooja Sharma (Cultural Incharge) & Mrs Riya (CI) went to GMCH Chandigarh along with students. It was talent event in which 16 students of ACN from all classes have participated in various events. The exceptional event showcases the potential talent and skills of nursing students.

It is a platform to promote sporting and cultural activity across nursing fraternity, which is also an essential aspect in a nursing student's life. Students of ACN wholeheartedly participated in various events and had a great time over there & successfully got many prizes in many events.

**Winners of Pulsatio 2023:-**

<b>Fashion Show Competition (Theme- Social Evils)</b>	<b>Army College of Nursing - 1<sup>st</sup> Position</b>
<b>Miss. Pulsatio</b>	<b>Vaishnavi from BSc (N) IV<sup>th</sup> Year</b>
<b>Miss. Atlantic (Best dress up)</b>	<b>Yogita from BSc (N) IV<sup>th</sup> Year</b>
<b>Miss. Aurelia (Best Answer)</b>	<b>Riya Chaudhary from BSc (N) IV<sup>th</sup> Year</b>
<b>Poem Competition</b>	<b>Yogita from IV<sup>th</sup> Year - 1<sup>st</sup> Position &amp; Preeti from III<sup>rd</sup> Year - 2<sup>nd</sup> Position</b>
<b>Lemon Race</b>	<b>Yogita from BSc (N) IV<sup>th</sup> Year - 1<sup>st</sup> Position</b>
<b>Duet Singing Competition</b>	<b>Nirupama from III<sup>rd</sup> Year &amp; Neha from IV<sup>th</sup> Year - 2<sup>nd</sup> Position</b>
<b>Photography</b>	<b>Reshma from BSc (N) IV<sup>th</sup> Year - 2<sup>nd</sup> Position</b>
<b>Balloon Vs Cup Challenge</b>	<b>Vaishnavi &amp; Riya Chaudhary from BSc (N) IV<sup>th</sup> Year - 2<sup>nd</sup> Position</b>

  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORLD ENVIRONMENT DAY (MISSION LIFE)

Date: - 03June2023

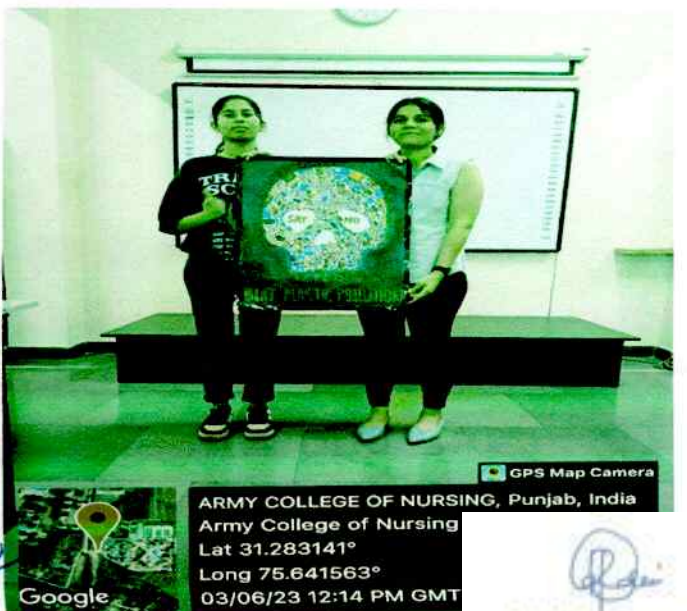
Time: - 12:00-1:00 PM

Venue: - Classrooms

Audience: - Students of BSc (N) III<sup>rd</sup> & IV<sup>th</sup> year

Every year World Environment Day is celebrated on 5<sup>th</sup> June all over the world to spread awareness about the issues related to environment. World Environment Day was celebrated with a thrust on (Mission Life) by Army College of Nursing on 03 June 2023 from 12:00-1:00 PM. This year's campaign is celebrated under the theme #BeatPlasticPollution, 'Ecosystem Restoration'.

Students of BSc (N) III<sup>rd</sup> year prepared captivating posters depicting environmental issues such as (plastic menace and avoid food waste). The posters made by the students reflected their deep concern towards the environment.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## CNE ON AYUSHMAN BHARAT-PMJAY

Date: - 09 June2023

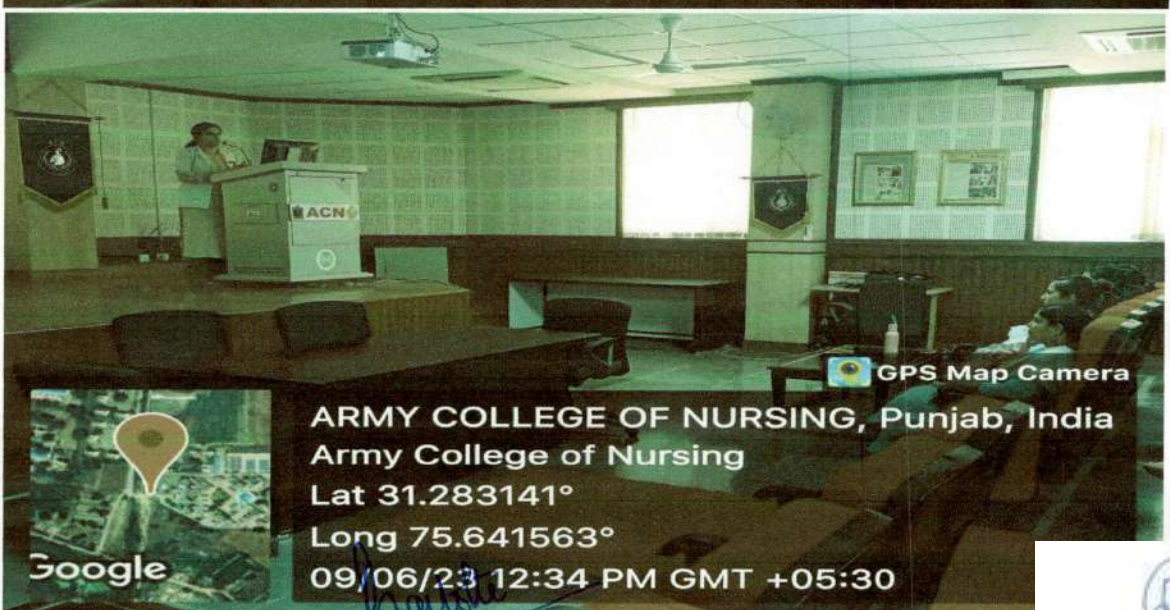
Time: - 12:00-1:00 PM

Venue: - Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Community Health Nursing headed by Mrs Priya (Associate Professor), Mrs Apsra Kalsi (Clinical instructor) and Miss Amanjeet Kaur (Clinical Instructor) organized a CNE for all faculty members of ACN on the topic Ayushman Bharat- PMJAY on 09 June2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field .

They explained about the Introduction & Beneficiaries of PMJAY, Treatment under PMJAY, Process, Responsibilities, Hierarchy, Vision & Mission of PMJAY, National data of PMJAY. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## BLOOD DONATION CAMP

Date: - 14 June 2023

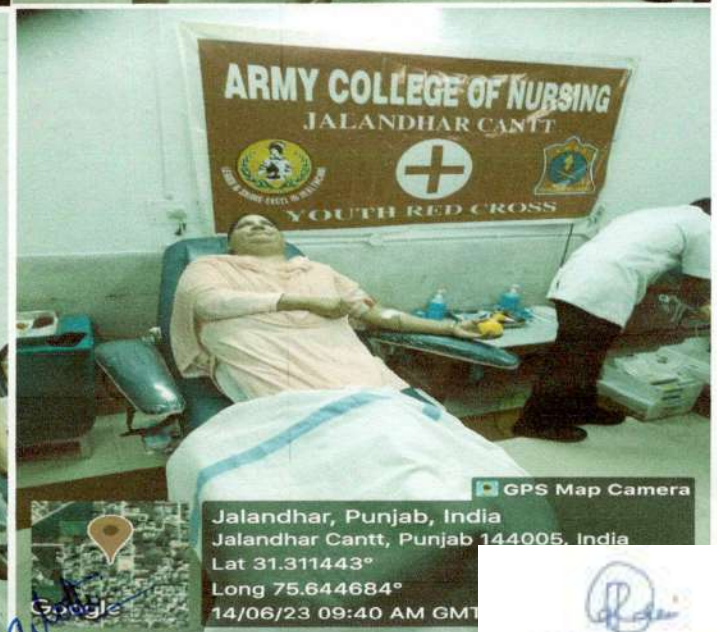
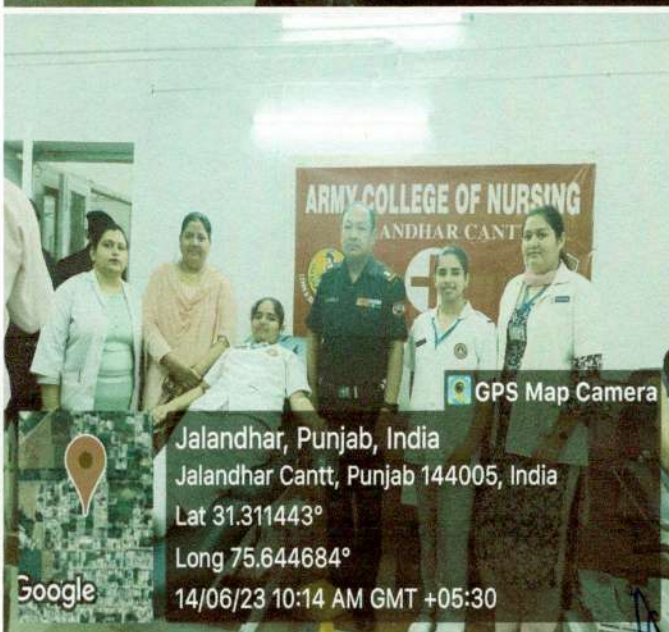
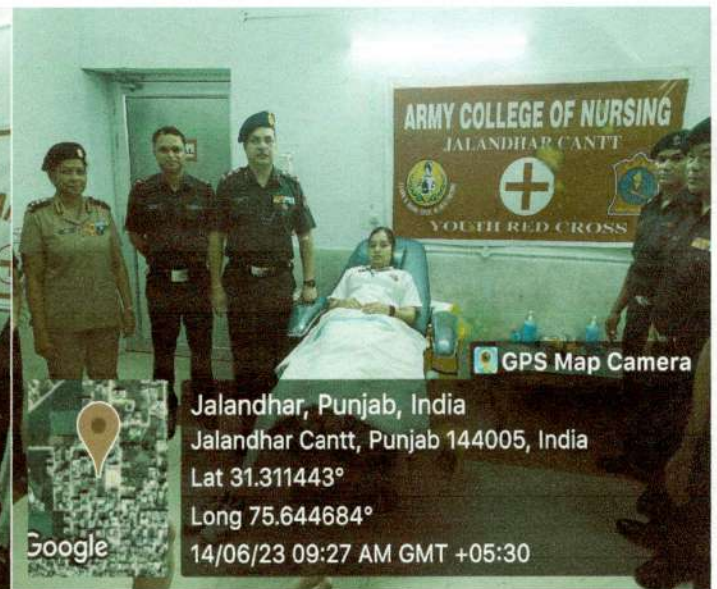
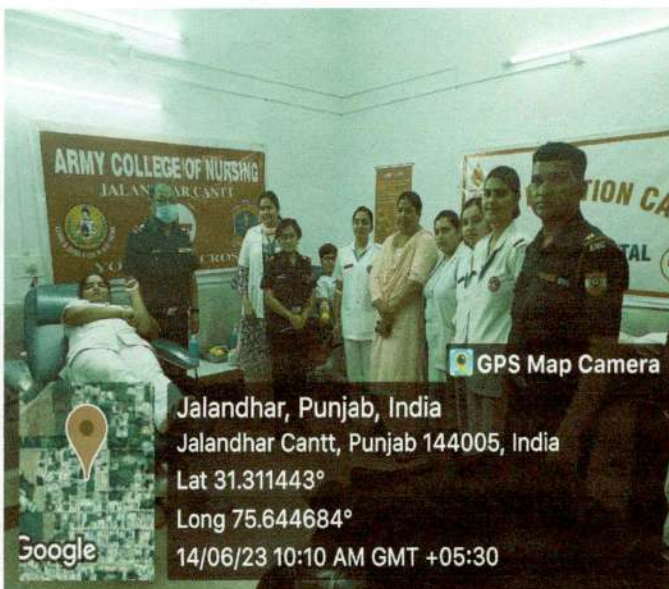
Time: - 8:30-11:00 AM

Venue: - MH, Jalandhar Cantt

Audience: - Volunteers

Blood Donation Camp was organized by Military Hospital, Jalandhar Cantt in collaboration with Youth Red Cross unit and Red Ribbon Club on 14 June 2023. The blood donation camp started at 8:30AM overwhelmed with great passion and social affinity brave young generation donated their valuable blood with much enthusiasm. The Camp aimed at collecting blood to help people survive surgeries, injuries, chronic illnesses and various other forms of treatment.

Total 06 students from BSc (N) Semester 1 along with Health Incharge (Mrs Lakhwinder Kaur) donated blood. Program Officer (Mrs Riya), Red Cross Unit Incharge (Miss Amanjeet Kaur) also accompanied them for blood donation camp. The camp ended by 11:00 AM. Eatables were served post Blood Donation to each student.



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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **INTERNATIONAL YOGA WEEK**

**Date: - 15-21 June 2023**

**Venue: - Hostel Yoga Hall, Basketball Court, PAP Ground**

**Audience: - ACN Students and Faculty**

**International Yoga week was celebrated by Student Nurses Association, ACN from 15 to 21 June 2023. The theme for International Yoga Day is “Yoga for Vasudhaiva Kutumbakam”, effectively encapsulating our collective aspiration for ‘One Earth, One family, and One Future’. Various activities conducted on International Yoga week are:-**

**On June 15, 2023 The Basic Yoga activity was conducted by the students of ACN in yoga Hall from 6:00-7:00 AM. The students participated with full interest and enthusiasm. The session began by seeking the blessings of the almighty by chanting the Gayatri mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana.**

**On June 16, 2023 Yoga Competition was held between students in Yoga hall from 6:00-7:00 PM. There was a spectacular and beautiful display of talent, confidence, strength and flexibility by the Yoga performers which left the students and teachers spell bound. The participants were adjudged by Miss Sofiya (CI) & Miss Pragya (CI) on the basis of flexibility, co-ordination, grace and correctness of postures. Jyoti student of BSc (N) IV<sup>th</sup> year bagged 1<sup>st</sup> position, Neetu student of BSc (N) IV<sup>th</sup> year bagged 2<sup>nd</sup> position and Riya Mishra student of BSc (N) Sem-1 bagged 3<sup>rd</sup> position.**

**On June 17, 2023 Students of Yoga Club practically demonstrated various ‘asanas’ like utkatasana, Balasana, Suryanamaskar, Kapal bhaati etc from 6:30-7:30 PM in Yoga Hall . And also highlighted their benefits to human life. Thus, the session was useful and beneficial to all the participants.**

**On 19 June 2023 Session on Mindfulness and Meditation was conducted by Miss Pragya (CI) in Yoga Hall from 6:00-6:30 PM. She explained to the students that meditation can reduce stress, improve sleep, and help focus the mind. In this session wide- ranging physical benefits of mindfulness and meditation were discussed and highlighted the importance for overall well-being.**

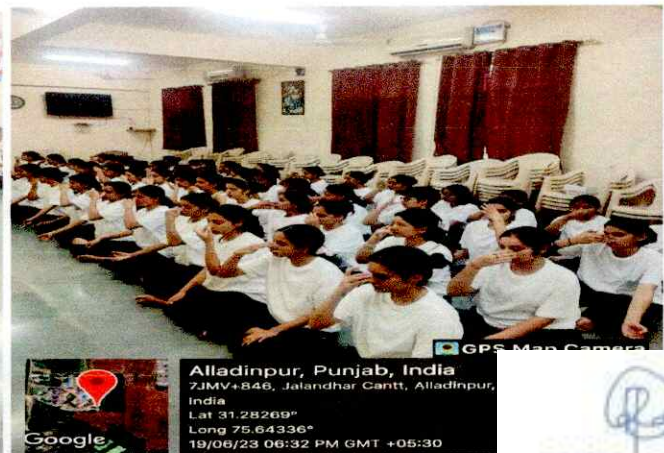
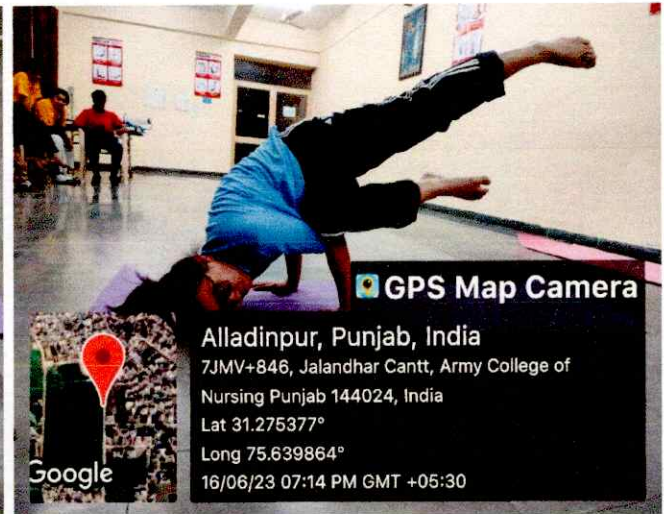
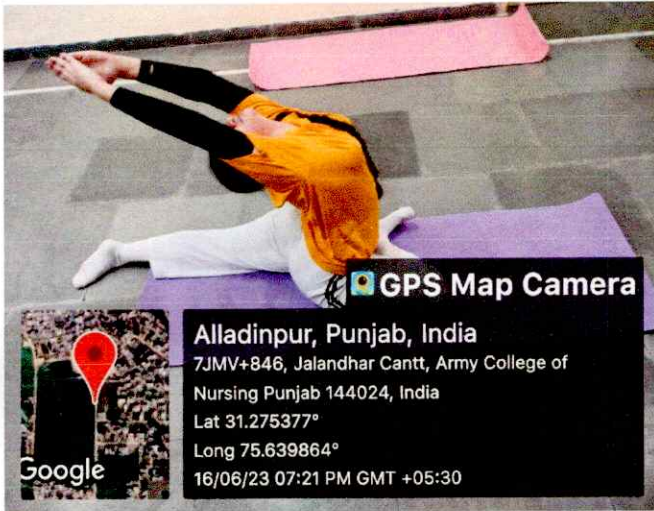
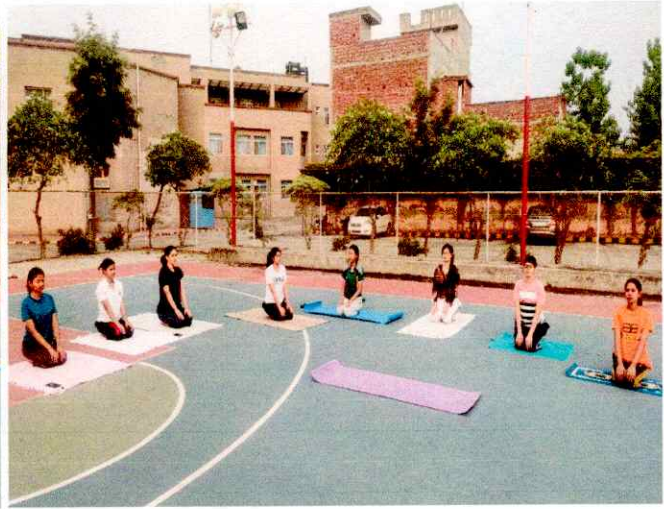
**On June 20, 2023 More than 15,000 people participated in a mega Yoga session organized by the Punjab Government in PAP ground, Jalandhar from 5:30-7:30 AM. Army College of Nursing also joined a workshop (CM’s Yogshala). 107 Students along with 02 Teachers were the part of Mega Yoga Session. The event was graced by (Chief Minister) Bhagwant Maan and Raghav Chadha AAP leader & other Political leaders. It was the refreshing and exhilarating experience for the students of ACN.**

**On June 21, 2023 Yoga Session was conducted by Honorary Captain Retd. Ajay Shankar from 6:00-7:30 AM in Basket Ball Court. He demonstrated many yoga asanas. All the students and in-house faculty participated in the session. Further Guest Lecture by Mr Manu Saini (Yogacharya) on Yoga was organised in Ashoka Multipurpose Hall from 10:00-11:00 AM. He emphasis on History, Scientific basis of yoga, its numerous health benefits etc. He also explained about the application of Yogic principles with the objective of achieving a particular spiritual, psychological, or physiological goal. Students participated with full enthusiasm and learned all these techniques.**

  
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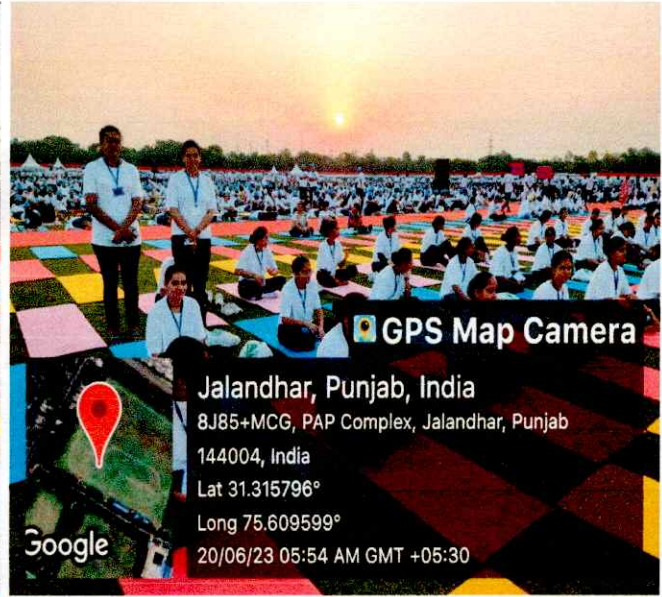




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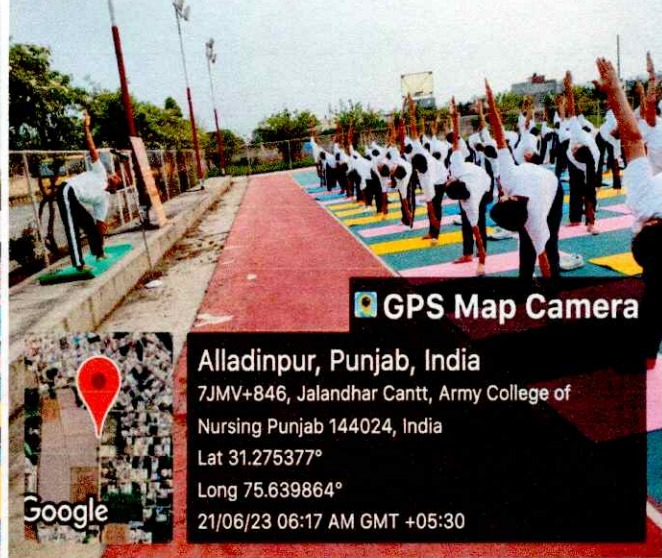
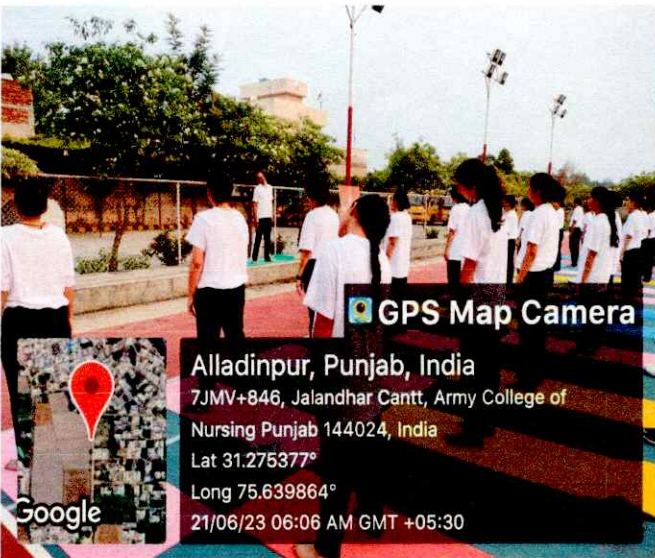




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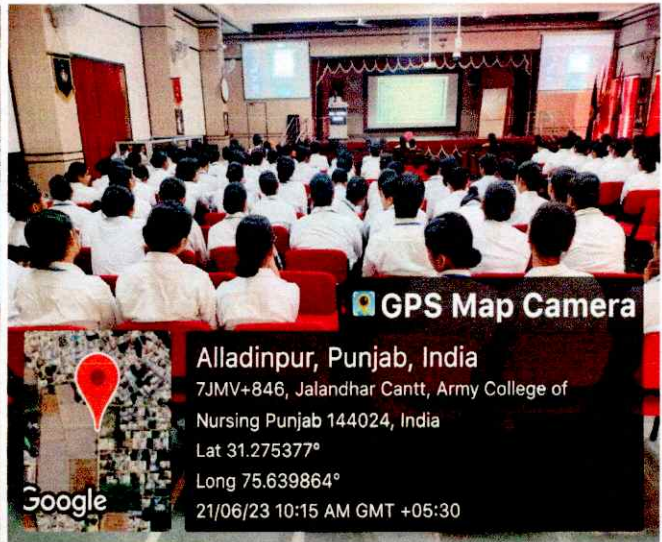
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## DRAWING COMPETITION

Date: - 16 June 2023

Time: - 10:00 AM-3:00 PM

Venue: - Virsa Vihar Jalandhar

Audience: - Students from different colleges

On 16 June 2023 Drawing Competition was held in Virsa Vihar Jalandhar on 'Mission Life' for one group of 15 students and on 'Azadi ka Amrit Mahotsav' for another group of 15 students. The Competition was organized by Central Bureau of Communication of the Ministry of information and Broadcasting, GOI in collaboration with Red Ribbon Club under the guidance Mr Bali and Mr Jaspal (Assistant director youth services).

Total 06 students of ACN from BSc (N) Semester- 1, 03 students for each group participated in Drawing Competition. Swati got 3<sup>rd</sup> prize. At the end winners and participants all were awarded. All participants performed magnificently in the competition. The competition was very exciting and participants gave their best shot.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## PIPPING CEREMONY

Date: - 21 June 2023

Time: - 11:00 AM-12:00 PM

Venue: - Ashoka Multipurpose Hall

Audience: - ACN Students of BSc (N) IVth year, Sem-1, Sem-3 and Faculty

Pipping Ceremony of BSc (N) IV<sup>th</sup> year was organized on 21 June 2023 in Ashoka Multipurpose Hall. Pipping Ceremony commenced at 11:00 AM. Event was inaugurated by Mrs Charlotte Ranadive (Officiating Principal) and Mrs Khushnaseeb (Assosiate Professor) pipped first 3 University Rank Holders followed by Mrs Priyanka (Assistant Professor) and Mrs Ishu (Assistant professor), Mrs Apsra Kalsi (CI), Mrs Riya Sharma (CI), Mrs Rashmi (CI), Mrs Eliza (CI), Mrs Sarika (Computer Instructor), Mrs Navrinder Kaur (Librarian), Miss Amanjeet Kaur (CI), Miss Sofiya (CI), Miss Pooja (CI), Mrs Harjot Kaur (CI), Miss Sanam (CI), Miss Pragya (CI) pipped rest of the students. Total 51 Students were pipped. Lastly, Miss Dolly (Mess Incharge) proposed formal vote of thanks and sweets were distributed to the students.



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*Harbati*

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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## INTERNATIONAL DAY AGAINST DRUG ABUSE

Date: - 26 June 2023

Time: - 10:00-11:00 AM

Venue: - Auditorium of MH, JRC

Audience: - ACN Students, Faculty, Serving Personnels & their Families

The Youth Red Cross Unit and Department of Mental Health nursing celebrated (International Day against Drug Abuse) in collaboration with MH, JRC (Nursing Department) for spreading awareness against drug use and its ill effects. The event was organized under the guidance of Brig Prasad R Lele (Commandant MH, JRC). The event was graced by the presence of Mrs Uma Nair, (Zonal President, Vajra AWWA). The session comprised of Lecture on "Drug Use: Prevalence and Prevention" taken by Lt Col S K Sain, CI Spl (Psychiatry) trained in de-addiction medicine, which aimed at improving awareness, psycho education and enumerating the magnitude of existing drug use, identification of early signs of drug use and the prevention and treatment among the troops and families.

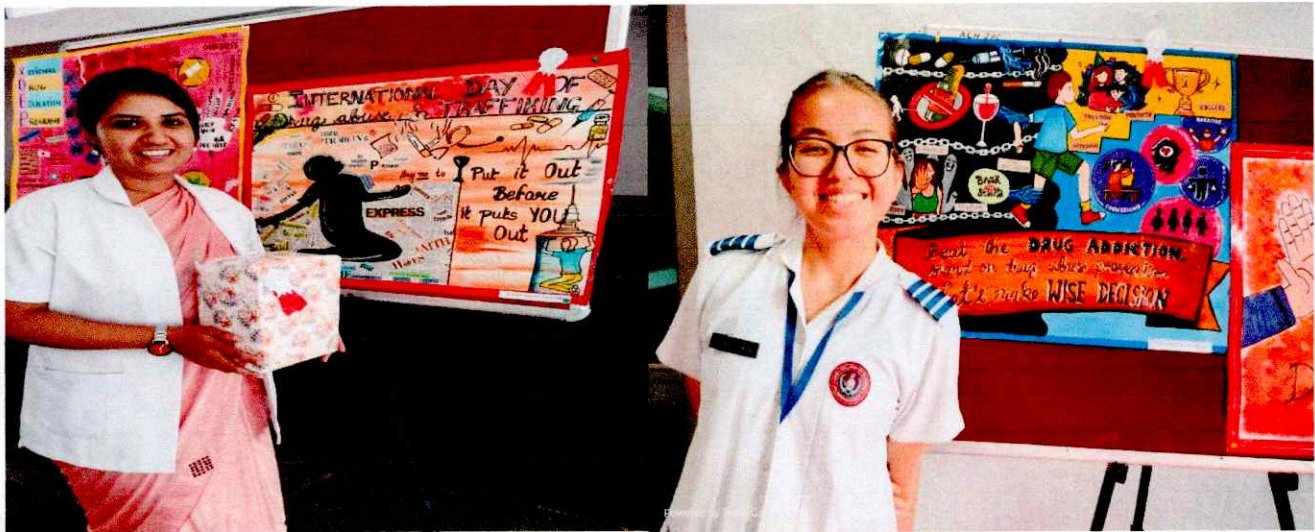
Lecture was followed by a quiz related to drug abuse and an interactive session where doubts and queries were answered related to various issues and other positive measures. Lecture was followed by a role play performed by 11 students of ACN which elaborated the misery, suffering and destruction the individual, their families and the society goes through because of drug abuse and lack of knowledge. It was received and reciprocated by target audiences and was successful in spreading the message among troops and families of Vajra. 12 Students of ACN prepared captivating posters depicting various Drug Abuse issues. Dolly Kumari student of BSc (N) IV<sup>th</sup> year bagged 1<sup>st</sup> position, Bhumika 2<sup>nd</sup> position, Riya Chaudhary 3<sup>rd</sup> position. At the end all the participants and winners were awarded with prizes.



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Jalandhar Cantt





*Harbati*  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SARV DHARMA PRARTHANA SABHA

Date: - 27 June 2023

Time: - 12:30- 1:30 PM

Venue: - Sarv Dharm Sthal

Audience: - ACN Students, Faculty

Sarv Dharma Prarthana Sabha was held at ACN in Sarv Dharm Sthal on 27 June 2023 to infuse divine spirit in students and to invoke blessings from the almighty for their successful examinations, for our Semester-I & Semester-III students who are appearing for their final exams. The Sarv Dharma Prarthana Sabha was initiated at 12:30 to 1:30 PM. Col. H.S Phagura (Registrar) and Prof Mrs Charlotte Ranadive (Officiating Principal) were also the part for devotion.

Firstly Col. H.S Phagura (Registrar), Mrs Harpreet (CI) and Mrs Harjot kaur (CI) chanted Sri Sukhmani Sahib Path to bring good luck for their exams. Then everyone sang Arti with Miss Pooja (CI) & in addition Miss Sofiya (CI) did prayer and Gazala student of Semester-I chanted dua for the well-being and prosperity of all. Faculty and students of different faiths and religions offered prayers to the almighty which filled the entire ambience with holiness and optimism. It teaches respect for all religions. After the prarthana, Registrar Sir and Principal Mam wished students good luck for their exams. Karah Prasad was distributed among all the students and faculty after the prayer.



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Army College of Nursing  
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# ***ARMY COLLEGE OF NURSING JALANDHAR CANTT***

## ***TREE PLANTATION***

**Date: - 08 July 2023**

**Time: - 12:00-1:00 PM**

**Venue: - College Campus**

**A very auspicious Tree Plantation programme was organized in ACN to create an awareness regarding climate change and its adverse effects on us. The first tree was planted by the Prof. Mrs Charlotte Ranadive (Officiating Principal) and Col H.S Phagura (Registrar ACN) and the remaining saplings were planted by the students in the campus. Plants play a big role in our ecosystem by maintaining a balance among all the elements that are present in nature. After tree plantation everyone went home with enthusiasm and happiness after doing such great work.**



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## LECTURE ON CYBER SECURITY

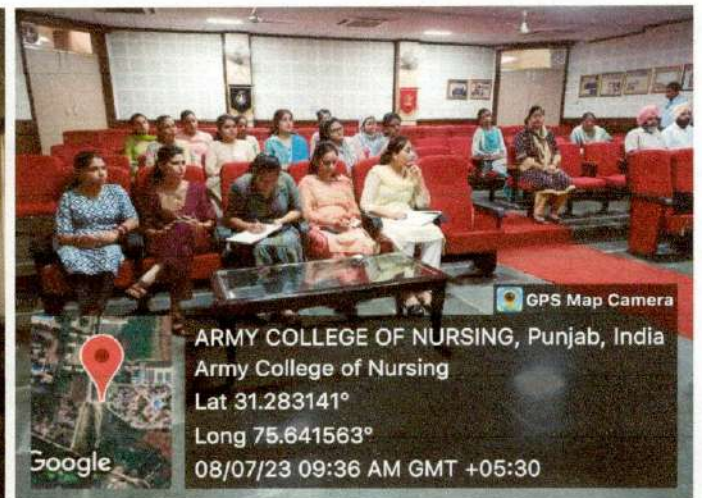
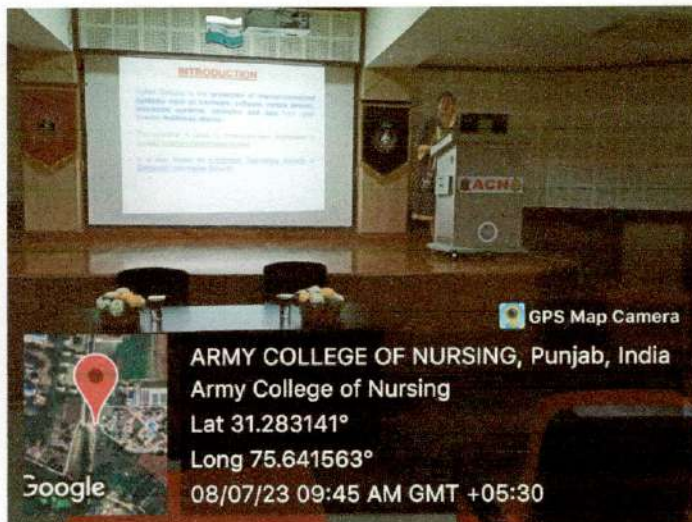
Date: - 08 July 2023

Time: - 9:30-10:30 AM

Venue: - Dhanvantri Seminar Hall

Audience: - Faculty & Adm Staff

Lecture on Cyber Security was given by Mrs Sarika Arora (Computer Instructor) on 08 July 2023 from 9:30-10:30 AM in Dhanvantri Seminar Hall. Professor Mrs. Charlotte Ranadive (Officiating Principal) and Col. HS Phagura (Registrar) ACN also attended the Session. Mrs Sarika Arora stressed on how important cyber security is for everyone's life and hence the faculty and staff gain the knowledge on cyber- attacks and how to prevent them. She demonstrated the security related to the field in online transaction, and how gadgets are connected, how to protect the data when these gadgets are connected to the network. She catered usage of disposable E-Mail accounts and explained the importance of it. She spoke about the threats involved in having a weak password, phishing, identity theft and malware etc. Everyone understood the importance of being safe while browsing and aware of other ethical factors.



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# ***ARMY COLLEGE OF NURSING JALANDHAR CANTT***

## ***SYMPOSIUM ON ECLAMPSIA***

**Date: -07 July 2023**

**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - BSc (N) IV<sup>th</sup> year**

**The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the topic eclampsia.**

**The Symposium on eclampsia was conducted by Nursing Officer (Lt Col. Joycelene) in Auditorium of MH, JRC on 07 July 2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction and definition of Eclampsia, Aetiology, Risk Factor, Incidence, Pathogenesis, Cause of convulsion, Onset of fits, Clinical features, complications, prognosis, treatment and management. The session was very informative for all the students, and nurses present there.**



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WALKATHONE "A STEP TOWARDS HEALTH"

Date: - 11 July 2023

Time: - 5:45 -7:00 AM

Venue: - India gate Square to Vajra Nature park

Audience: - ACN Students

On the occasion of world population day on 11 July 2023 a walkathone was organised by Military Hospital Jalandhar Cantt to generate awareness about unique health issues of population in which 60 students of ACN were participated. A well-organized event was conducted. Walkathone was started from India gate square at 6:00 AM and ended up at Vajra Nature Park at 6:40 AM. Flag off was done by Mrs Kamini Jauhar, w/o Maj Gen KV Jauhar, AVSM,VSM,GOC 91 Sub Area. The participants were carrying banners inscribed with slogans of importance of small family as well as problems of rapid increase in population. After a walkathon Brig. Prasad R Lele (Commandant MH Jalandhar Cantt) addressed the gathering and said that balance between resources and population was imperative for national progress and prosperity. Therefore, everyone should strive and play a role in overcoming the challenge of rampant population growth.



Principal *Lele*  
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Jalandhar Cantt

*Lele*  
Principal  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## DEBATE COMPETITION

Date: - 14 July 2023

Time: - 10:00-11:00 AM

Venue: - Ashoka Multipurpose Hall

Audience: - Semester II & Semester IV

An open debate competition was held in Ashoka Multipurpose Hall on 14 July 2023 from 10:00-11:00 AM on the theme- "Social Media"- An illegal judge was organized to create awareness among the students about the safe use of social media platforms and online transactions. Judges for the competition were Mrs Khushnasib (Associate Professor) and Mrs Ishu (Assistant Professor). The judges were looking for a well-constructed argument, Supported by relevant evidence, and delivered with conviction.

The competition aimed to hone the students 21<sup>st</sup> century competency skills and teach them to articulate their thoughts and opinions effectively. The debaters put forward their views confidently. They shared their opinions, thoughts and understanding of the pros and cons of social media. It was an enthralling experience to watch these young minds present their views so confidently. The audience was overwhelmed by the student's spectacular performance. At the end of the event, Col H.S Phagura (Registrar ACN) along with Dr. Priya Sharma (Associate Professor) gave away prizes to the winners. The programme ended with a grand success and was appreciated by one and all.



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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **“NARI SASHAKTIKARAN WOMEN MOTORCYCLE RALLY”**

**Date: - 19-20 July 2023**

**Time: - Time of Receiving - 4:00 PM on 19 July 2023**

**Time of flag off - 6:00 AM on 20 July 2023**

**Venue: - Vajra Nature Park**

**Audience: - BSc (N) Semester- IV**

**On the occasion of Kargil Diwas 26 July 2023 the all- women motorcycle team will travel through Haryana, Punjab, Jammu- Kashmir and Ladakh to reach the Kargil war memorial in Dras on 25 July. A motorcycle expedition by a 25 member’s triservices team was flagged off from Delhi on Tuesday to mark 24 years of India’s victory in the Kargil war.**

**The 25- members team includes two “Veer Naris”, one of whom is a serving officer, 10 serving women officers of the Indian Army, one women officer each from the Air Force and Navy, three women soldiers of the Army and eight spouses of armed forces personnel. On 19 July 2023 they have a halt in Jalandhar Cantt so to receive them 20 Students of BSc (N) Sem- IV of Army College of nursing went to Vajra Nature Park. On 20 July 2023 for the Flag off 20 Students along with Teachers Miss Parnet (CI) & Miss Sanam (CI) went to the same location. The all- women motorcycle team will celebrate the decisive victory of the Indian Armed forces in the Kargil war and pay tribute to the soldiers who made the supreme sacrifice in the service of the nation.**



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Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **SYMPOSIUM ON CARE OF A PATIENT ON VENTILATOR**

**Date: - 21 July 2023**

**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - BSc (N) III<sup>rd</sup> year & Faculty**

**The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Care of a patient on ventilator.**

**The Symposium on Care of a patient on ventilator was conducted by Nursing Officer (Capt. Nisha) in Auditorium of MH, JRC on 21 July 2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction and definition of Ventilator, Purposes, Classification of Ventilators, Mechanical Ventilator, Indications, Modes of M.V, Adjustment of M.V, Complications of M.V, Trouble shooting, and Nursing Management etc. The session was very informative for all the students, faculty and nurses present there.**



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## WORKSHOP

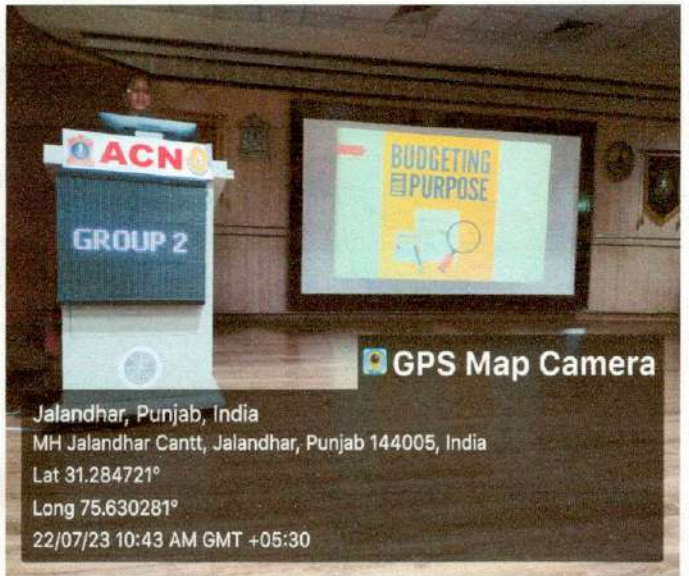
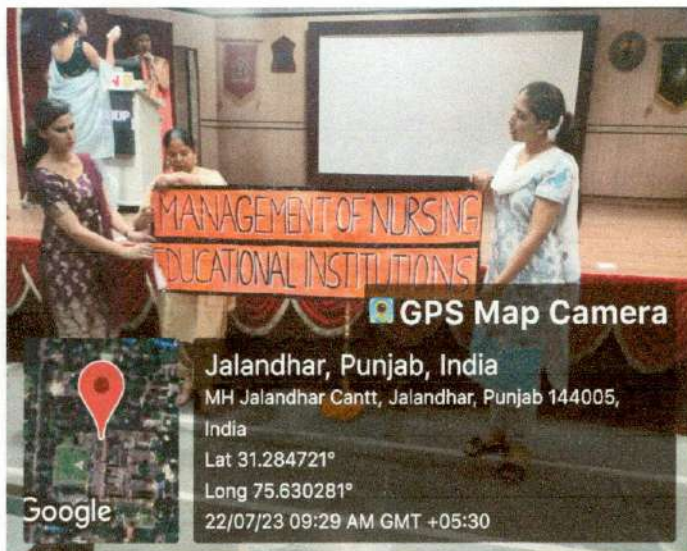
Date: - 22 July 2023

Time: - 9:00AM -1:00 PM

Venue: - Ashoka Multipurpose Hall

Audience: - BSc (N) Semester III, IV & Faculty

On 22 July 2023 workshop was conducted by BSc (N) IV<sup>th</sup> Yr. The theme of the workshop was "Management of Nursing Educational Institutions". The workshop started at 10:00 AM and continued till 1:00 PM. Workshop was started with holy Lamp Lighting and theme opening done by Prof Mrs Charlotte Ranadive (Officiating Principal) and Dr. Priya Sharma (Associate Professor). Col. HS Phagura (Registrar) ACN also attended the workshop. Students presented topic very well by giving examples and showing pictures. At the end evaluation was done and it got good results. Refreshment with a cup of tea was given to the teachers in Nutrition Lab and to the students at Annapurna. The event was a great success.



*Charlotte*  
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*P. Phagura*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ***ARMY COLLEGE OF NURSING JALANDHAR CANTT***

## ***PIPPING CEREMONY***

**Date: - 29 July 2023**

**Time: - 8:30-9:30 AM**

**Venue: - Ashoka Multipurpose Hall**

**Audience: - ACN Students of BSc (N) III<sup>th</sup> yr, Sem-II, IV and Faculty**

Pipping Ceremony of BSc (N) III<sup>rd</sup> year and Semester IV<sup>th</sup> was organized on 29 July 2023 in Ashoka Multipurpose Hall. Pipping Ceremony commenced at 8:30 AM. Event was inaugurated by Mrs Charlotte Ranadive (Officiating Principal) and Dr Priya Sharma (Associate Professor) pipped first 3 University Rank Holders followed by Mrs Khushnasib (Associate Professor), Mrs Priyanka (Assistant Professor) and Mrs Ishu (Assistant professor), Mrs Riya Sharma (CI), Mrs Rashmi (CI), Mrs Harpreet (CI), Mrs Ritu (CI), Mrs Sarika (Computer Instructor), Mrs Navrinder Kaur (Librarian), Miss Amanjeet Kaur (CI), Miss Sofiya (CI), Mrs Harjot Kaur (CI), Mrs Lakhwinder (Lab Technician), Miss Sanam (CI), Mrs Sandhya Masih (CI), pipped rest of the students. Total 118 Students were pipped. Lastly, Miss Anchala (Assistant VP) proposed formal vote of thanks and sweets were distributed to the students.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## ACN RAISING DAY CELEBRATION

**Date: - 01/AUG/2023**

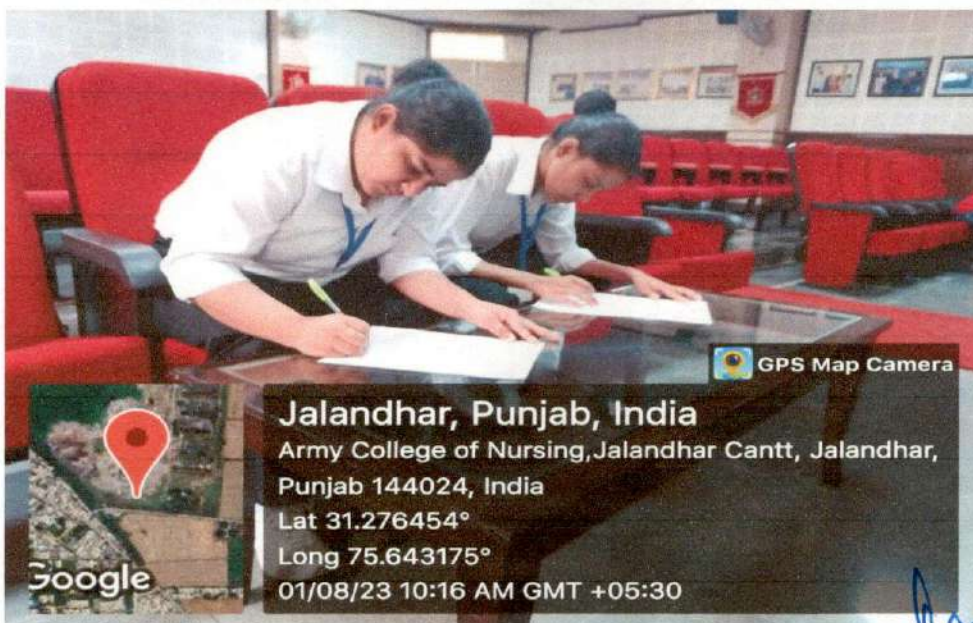
**Venue: - Army College Of Nursing Jalandhar Cantt**

**Time: - 10:00AM-02:00 PM**

The 18<sup>th</sup> ACN Raising Day was celebrated on 01/08/2023 from 10:00AM-02:00 PM at Army College Of Nursing. Various events were organized on the occasion of ACN DAY. The events were as following:

Alumni Association Logo competition, College Anthem competition, chart and poster competition on the occasion of Kargil Vijay Divas. The judges for the events were Prof. Mrs Charlotte Ranadive (Officiating principal), Col. H.S. Phagura (Registrar ACN), and Mrs Priya (Associate Professor), Ms Khushnasib (Associate Professor) and Ms Ishu (Assistant Professor). The event was also attended by, students of all the four batches and faculty staff. After that, Lunch was organized for faculty staff, and students of ACN on this occasion.

All in all the 18<sup>th</sup> ACN Raising Day was celebrated with lot of enthusiasm.



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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SYMPOSIUM

**Date:** - 04/AUG/2023

**Venue:** - Military Hospital, Jalandhar Cantt

**Time:** - 08 AM-9 AM

**The Symposium on Nursing Management of Patient with Delirium Was Organized at Auditorium of MH by Capt.Anshika**

**The Symposium was attended by Respected PM MHJRC, DPM MHJR and MH Nursing Staff along with students of B.Sc Nursing 4<sup>th</sup> Year and 3<sup>rd</sup> Year. Ms. Khushnasib (Associate Professor) and Ms. Jasleen kaur Clinical instructor also attended the symposium.**

**The symposium was knowledgeable.**



*Anshika*  
Principal  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## CNE PRESENTATION

Date: - 05 /AUG/2023

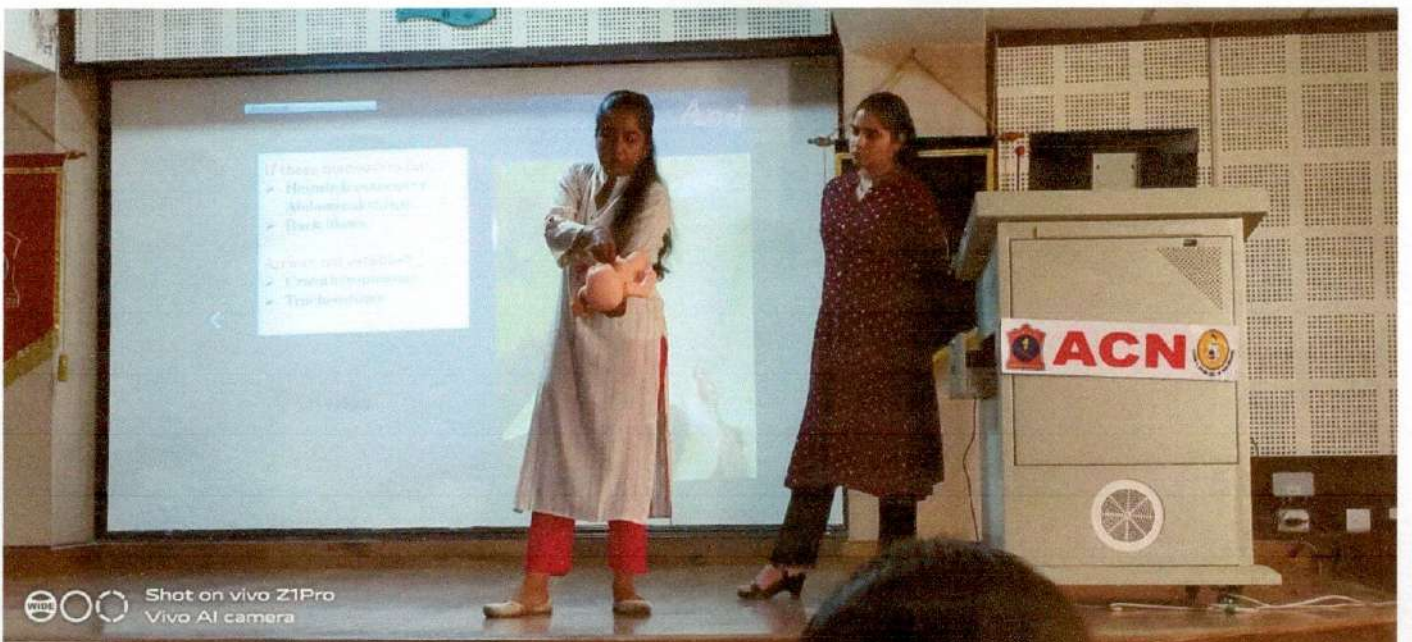
Venue: - Seminar Hall, Army College of Nursing, Jalandhar Cantt

Time: - 08 AM-9 AM

The CNE was organized by Nursing Foundations department on topic 'CHOKING '.The topic was presented by Ms.Ishu (Assistant Professor) and Ms Nitika (Clinical Instructor).The CNE was attended by Faculty.

Ms Ishu and Ms Nitika has explained the definition of choking, types, causes, symptoms, first aid and Heimlich manoeuvre. The CNE was well explained and Knowledgeable.

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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## BREAST FEEDING WEEK (1<sup>st</sup>-7<sup>th</sup> AUGUST 2023)

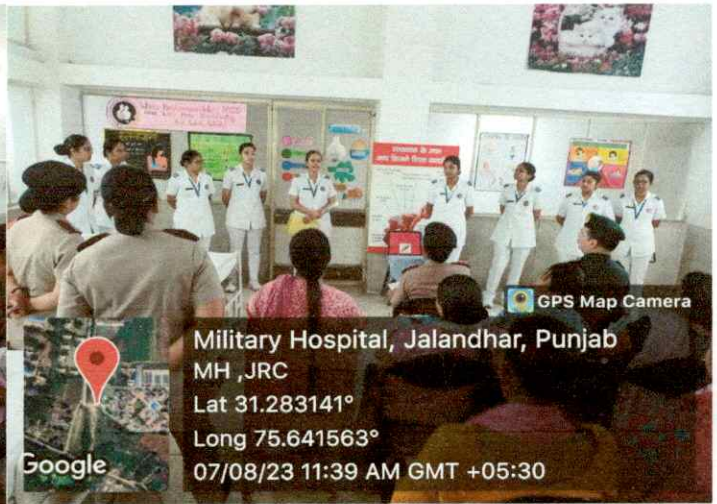
Date: - 07 Aug 2023

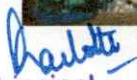
Venue: - Military Hospital, Jalandhar Cantt

Time: - 10:00 AM- 12:00 PM

Army college of Nursing, Jalandhar Cantt celebrated World Breastfeeding Week 2023 in collaboration with MH, JRC on 07 Aug 2023 with great zeal and enthusiasm. This year's campaign focuses on promoting practices that can help support workplace-related breastfeeding in different countries. Theme for the World Breastfeeding Week 2023 was "Let's make breastfeeding and work, work!" The students of B.Sc (N) III<sup>rd</sup> year and IV<sup>th</sup> year has given health education to pregnant women, lactating and postnatal mothers in Maternity Ward at Military Hospital regarding breastfeeding.

The students also presented posters, charts & flashcards and demonstrated the positions of breastfeeding, techniques, and advantages along with Kangaroo Mother Care. Brig. Prasad R Lele (Commandant MH, JRC) shared his valuable knowledge on breastfeeding and Col. Sheela S (Principal Matron MH, JRC) gave effective demonstrations on the proper positions of breastfeeding. The event resulted in increasing awareness & importance of colostrum and breastfeeding among the patients presented during the event.



  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## ORGAN DONATION DAY

Date: - 12 Aug 2023

Venue: - Military Hospital, Jalandhar Cantt

Time: - 10:00-11:30 AM

The World Organ Donation Day is celebrated on 13 August every year to spread awareness about the importance of organ donation and debunk myths related to donating organs. Army college of Nursing celebrated Organ Donation Day in collaboration with MH, JRC on 12 Aug 2023 with great zeal and enthusiasm to promote everyone to donate organs. The event was marked by the beginning with the theme unfolding. Theme for the World Organ Donation Day 2023 was “Donate Organs, Save Lives”

A skit was performed by the students of BSc (N) III<sup>rd</sup> year and Sem-II to raise awareness about the importance of organ donation and bust myths around it among the general public. The organ donation is quite similar to giving someone another chance of life. Brig. Prasad R Lele (Commandant MH, JRC) emphasized that anyone can volunteer to donate organs irrespective of their age, caste and religion. It is like the ray of hope to helpless people. After that, everyone took pledge to donate organs & tissues after death.



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Army College of Nursing  
Jalandhar Cantt





*Harbette*  
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Army College of Nursing  
Jalandhar Cantt

  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## INDEPENDENCE DAY CELEBRATION

Date: - 15 Aug 2023

Venue: - Army College Of Nursing

Time: - 10:00-11:30 AM

Army College of Nursing marked the auspicious occasion of the 77<sup>th</sup> Independence Day with a jubilant and meaningful celebration, reverberated with both patriotic zeal and cultural grandeur. The event commenced on a solemn note with a dignified flag hoisting ceremony led by the Col. H.S. Phagura (Registrar ACN). The hoisting of the tricolour flag served as a poignant reminder of the immeasurable sacrifices made by the India's valiant freedom fighters in their unwavering pursuit of liberty. Followed by National Anthem the NCC Cadets performed March- past to pay tribute to the motherland "INDIA" under the guidance of Lt. Kalindi Sharan.

A cultural program was also held in Ashoka Multipurpose Hall where students of all classes participated. Some students sang patriotic songs and some recited poems. Some made speeches. Students also made beautiful posters. The posters depicted by the students show that they are aware of the struggle of the freedom fighters and they understand the value of freedom. Students also paid homage to the martyrs through their posters. Thereafter, Prof. Mrs Charlotte Ranadive (Officiating principal), Col. H.S. Phagura (Registrar ACN) addressed the students with their inspiring words. The winners were given prizes and sweets, were distributed to the students at the end of the program.



*Charlotte*  
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Jalandhar Cantt

*Pradip*  
Principal  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## ELECTIVE MODULE "SOFT SKILL"

Date: - 23-25 Aug 2023

Venue: - Dhanvantri Seminar Hall

Time: - 8:00 AM- 4:00 PM

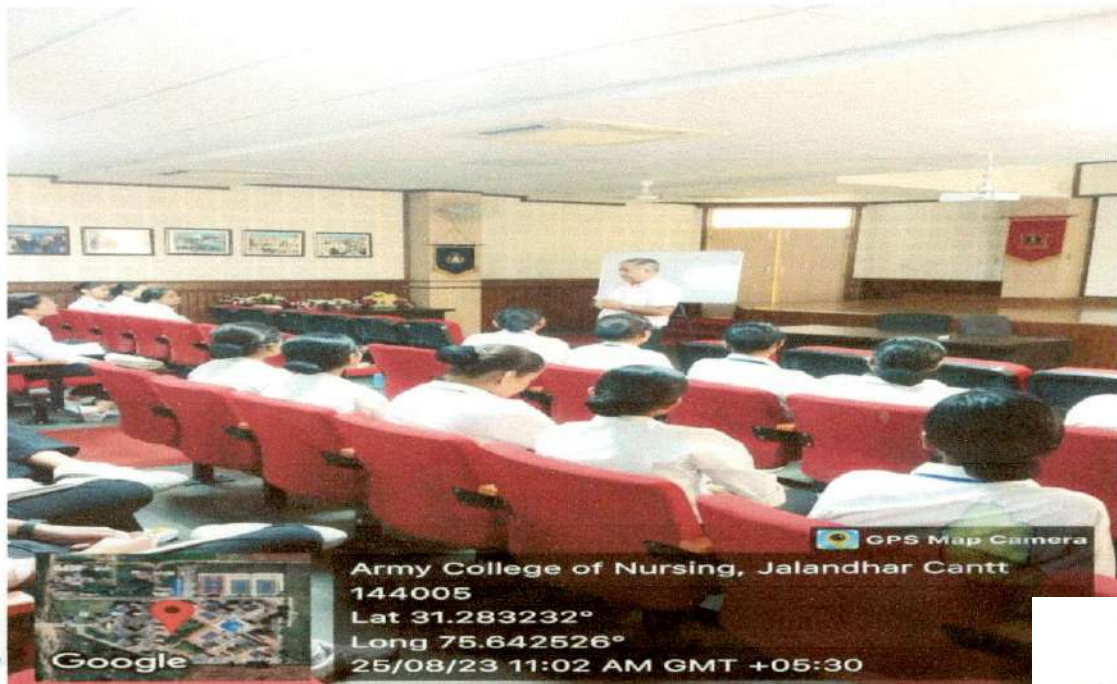
A SOFT SKILL (Elective Module) training was organized by Success Mantra, Educare in Army College of Nursing for three days i.e. from 23-25 Aug 2023. It was conducted by the Directors of Success Mantra (Mr Sehdev Sharma and Mr Vinod Sharma). It focused on soft skills. The following topics were covered under the workshop.


Day 1- Telephone etiquettes, Presentation skills and Public speaking.

Day 2- Time management, Personal and Professional etiquettes.

Day 3- Decision making, Team work & Motivation

The training programme was knowledgeable. Active participation of students of B.Sc. (N) Semester IV was there. At the end of the programme evaluation was done with a creative activities and results were announced. Students were able to enhance their soft skills and improve their personality. The workshop also included feedback. It was a great success.



  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **BUDDY PROGRAMME**

### **ORATION ON ANTIDRUG ABUSE**

**Date: - 28 Aug 2023**

**Time: - 9:30-10:30 AM**

**Venue: - Ashoka Multipurpose Hall**

**Audience: - ACN Students**

The Buddy Programme of BFUHS has a unit in ACN and was organized as an awareness programme in Ashoka Multipurpose Hall on 28 Aug 2023 from 9:30-10:30 AM by the Department of Mental Health Nursing headed by Prof. Mrs Charlotte Ranadive (Officiating Principal). She stated that drug abuse has become the most common thing these days and many youth are destroying their lives by getting addicted to drugs. This session was very informative and interactive. This session helped them in understanding the various biological consequences of drugs.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## HOBBY CLUB ACTIVITIES

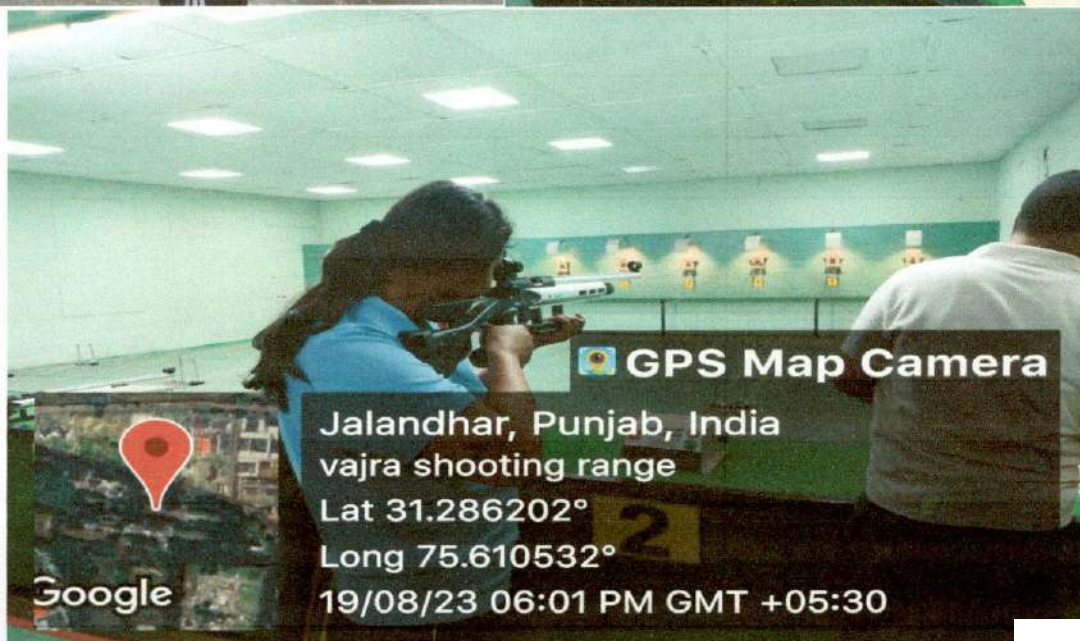
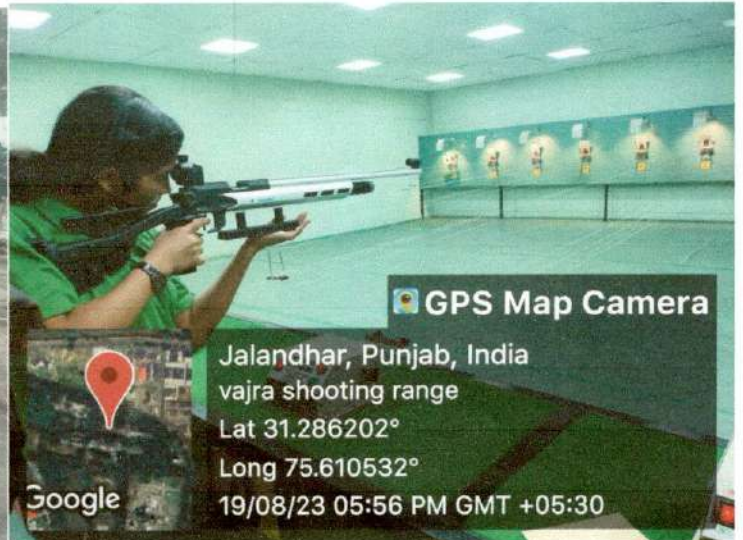
Date: - 29 Aug 2023

Venue: - ACN Campus & Vajra Shooting Range

Time: - 5:00- 6:00 PM

Photography session was conducted by Hobby Club on 19 Aug 2023 in ACN campus. Students got camera issued from College and took beautiful pictures of Nature. The objective of this is to provide an apt environment for interested students to share their creativity, knowledge and passion for photography and also to polish the photography skills. This club embraces the art of photography.

The Cadets of Army College of Nursing went to the Vajra Shooting Range on 19 Aug 2023 and practiced shooting there. Shooting helps students in increasing strength, stamina, hand-eye coordination, and fine motor skills are just a few of the physical disciplines acquired in the shooting sports that apply, not only to this sport, but to all aspects of life.



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Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **VISIT CUM TEACHER'S DAY CELEBRATION**

**Date: - 5 Sep 2023**

**Time: - 11:00 AM-12:00 PM**

**Venue: - Conference Hall**

Teachers Day was celebrated at Army College of Nursing on 5<sup>th</sup> September 2023 with great enthusiasm. GOC, 11 Corps Patron, ACN visited the College. All teaching staff were felicitated by the Patron ACN. Following members of the faculty and staff were duly recognised for their contribution and awarded:-

- (a) Best Faculty (MSc):- Mrs Charlotte Ranadive, Vice Principal
- (b) Best Faculty (BSc):- Ms Apsra Kalsi, Clinical Instructor
- (c) Best NTS:- Mrs Lakhwinder Kaur, Lab Technician
- (d) Best Adm Staff:- Mrs Kuldeep Kaur, Hostel Warden

All the teachers were given gifts and good wishes by the Brig. Prasad R Lele (Commandant MH, JRC & Director ACN) in the Conference Hall. SNA also acknowledged all the teachers and took part in the celebration. Furthermore, finally Brig. Prasad R Lele (Commandant MH JRC & Director ACN), Prof. Mrs Charlotte Ranadive (Officiating Principal) & Col H.S Phagura (Registrar ACN) wished all the students and teachers good luck for their future.



*Charlotte*  
Principal  
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Jalandhar Cantt

*Prasad R Lele*  
Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## NATIONAL NUTRITION WEEK (01-07 Sep 2023)

Date: - 07 Sep 2023

Time: - 10:00-11:00 AM

Venue: - CHC Kartarpur

Audience: - General Public, Pregnant Women's and Lactating mothers

National Nutrition week was celebrated at CHC Kartarpur by Community Health Nursing Department on 07 Sep 2023. Students of BSc (N) IV<sup>th</sup> year went to CHC Kartarpur to celebrate National Nutrition week (01-07 Sep 2023). National Nutrition Week is an annual campaign organized by the Food and Nutrition Board under the Ministry of Women and Child development, Govt. of India.

National Nutrition Week was celebrated to generate awareness among the general public about the significance of healthy eating practices and proper nutrition for upholding a nourishing lifestyle. To live a balanced life, it is of utmost importance for individuals to take a nutritious diet. Students of BSc (N) IV<sup>th</sup> year emphasised the various types of food, food habits, balanced food and foods to avoid etc. to the General Public, Pregnant Women and Lactating Mothers. The nutrition awareness program conducted at CHC Kartarpur was very effective and productive for everyone. The People actively participated and co-operated during the entire session.



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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## NUKKAD NATAK ON DENGUE AWARENESS

Date: - 08 Sep 2023

Time: - 11:00-11:30 AM

Venue: - Govt. Sen. Sec. School Randhawa Masanda, Jalandhar

Audience: - Students & Faculty of GSS School Randhawa Masanda

Community Health Nursing Department organized the Nukkad Natak on the topic Dengue Awareness in Collaboration with CHC, Kartarpur in the Govt. Sen. Sec. School Randhawa Masanda, Jalandhar on 08 Sep 2023. The objective of the event was to spread awareness among the students, staff and general public about preventive measures against dengue. This was followed by detailing of necessary precautions to be taken to prevent dengue. Students were sensitized about the warning signs and symptoms of dengue.

They were also demonstrated about the precautions that are required to be taken including cleaning water coolers regularly, draining excess water from flower pots, cleaning and covering water tanks, dressing in light cotton full sleeves clothes and use mosquito repellent. “Dengue is a major health concern during monsoon. It is an entirely preventable disease. If precautions are taken on time, we can prevent the onslaught of this disease”. It was a very fruitful day for spreading awareness on dengue.



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Jalandhar Cantt



# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **SYMPOSIUM ON EPIGLOTTIC DEVICES**

**Date: - 08 Sep 2023**

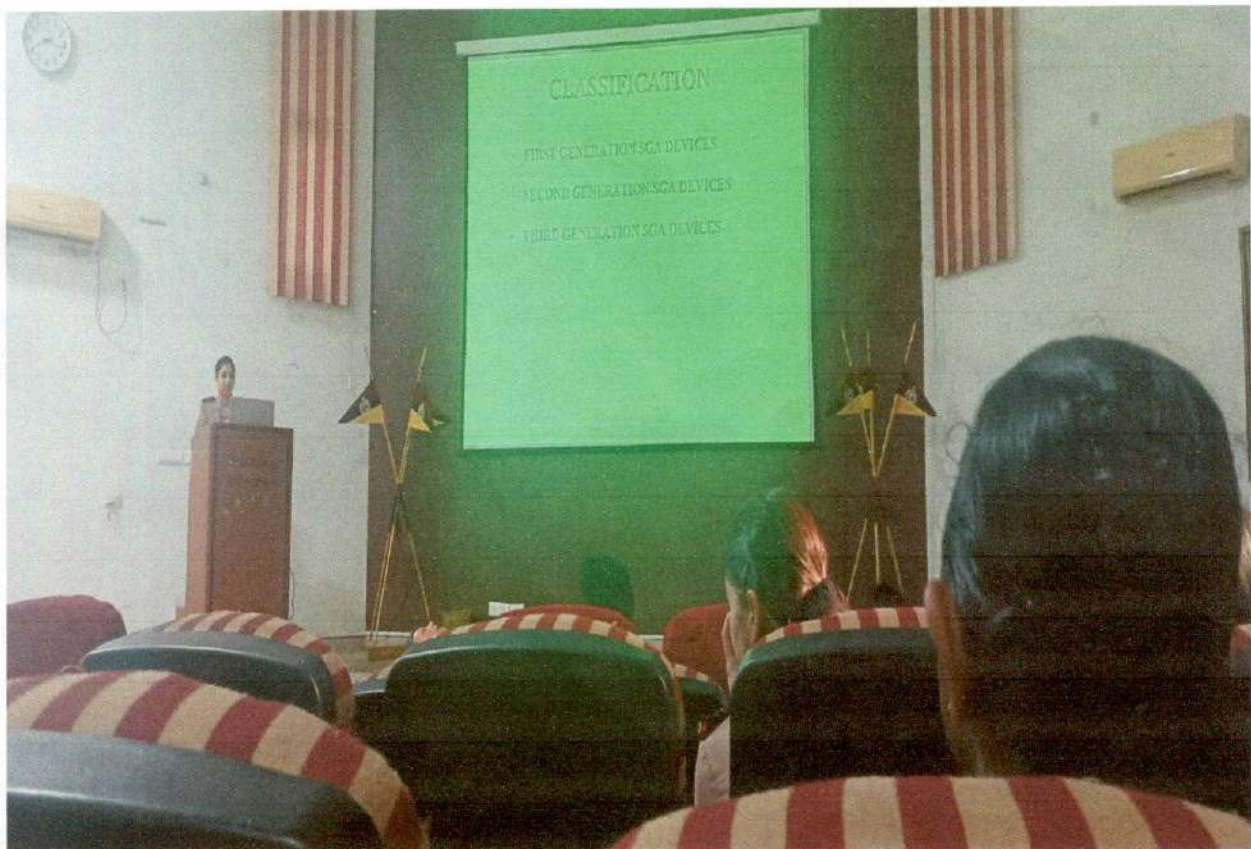
**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - BSc (N) III<sup>rd</sup> year & Faculty**

The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Epiglottic devices

The Symposium on Epiglottic devices was conducted by Nursing Officer (Maj Surekha Mudi) in Auditorium of MH, JRC on 08 Sep 2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction, Classification, Indications, Contraindications, Advantages & disadvantages, LMA, Preparations prior to insertion, Insertion technique, Other methods of insertion, Signs of Correct Placement, Problems, etc. She also demonstrated LMA insertion on dummy and also play some important videos. At the end of symposium students of III<sup>rd</sup> year also practiced LMA insertion on dummy. The session was very informative for all the students, faculty and nurses present there.



*Principal*  
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# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## SKIT & REEL MAKING COMPETITION

Date: - 14 Sep 2023

Time: - 8:00AM - 3:00PM

Venue: - Khalsa College Jalandhar

Audience: - ACN Students

Red Ribbon Club of youth Services, Jalandhar has organized Skit & Reel making competition in Khalsa College Jalandhar on 14 Sep 2023. The students of ACN went to Khalsa College along with Mrs Riya (Programme Officer) and participated enthusiastically in the competitions as they got opportunity to showcase their talent in dramatization and their creativity on social media. The aim of organising the competition was to provide a platform to students to explore their creative side.

Our students got 1<sup>st</sup> position in skit competition and 2<sup>nd</sup> position in reel making competition. Later Prof. Mrs Charlotte Ranadive (Officiating Principal), Col H.S Phagura (Registrar ACN), and Mr Jaspal (Assistant Director) NSS Jalandhar Cantt. Congratulated all the participants, faculty, and staff members of ACN for their achievements in the competition. The competition was greatly helpful and encouraging in boosting the self- confidence of students.



*Charlotte*

Principal  
Army College of Nursing  
Jalandhar Cantt

*Jaspal*

Principal  
Army College of Nursing  
Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## THE AYUSHMAN BHAVA CAMPAIGN (11-17 SEP 2023)

Date: - 15 Sep 2023


Time: - 11:30 AM-12:30 PM

Venue: - CHC Kartarpur

Audience: - ACN Students

Community Health Nursing Department celebrated the Ayushman Bhava campaign (11-17 Sep 2023) in Collaboration with CHC Kartarpur on 15 Sep 2023 from 11:30 AM-12:30 PM. On this day in service education was conducted on the topic "Patient Safety" by the students of BSc (N) 4<sup>th</sup> year to uplift the education of Asha Workers. The aim is to promote health target services and raise awareness about all health schemes among the people.



  
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# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **SYMPOSIUM ON FEBRILE SEIZURES IN CHILDREN**

**Date: - 21 Sep 2023**

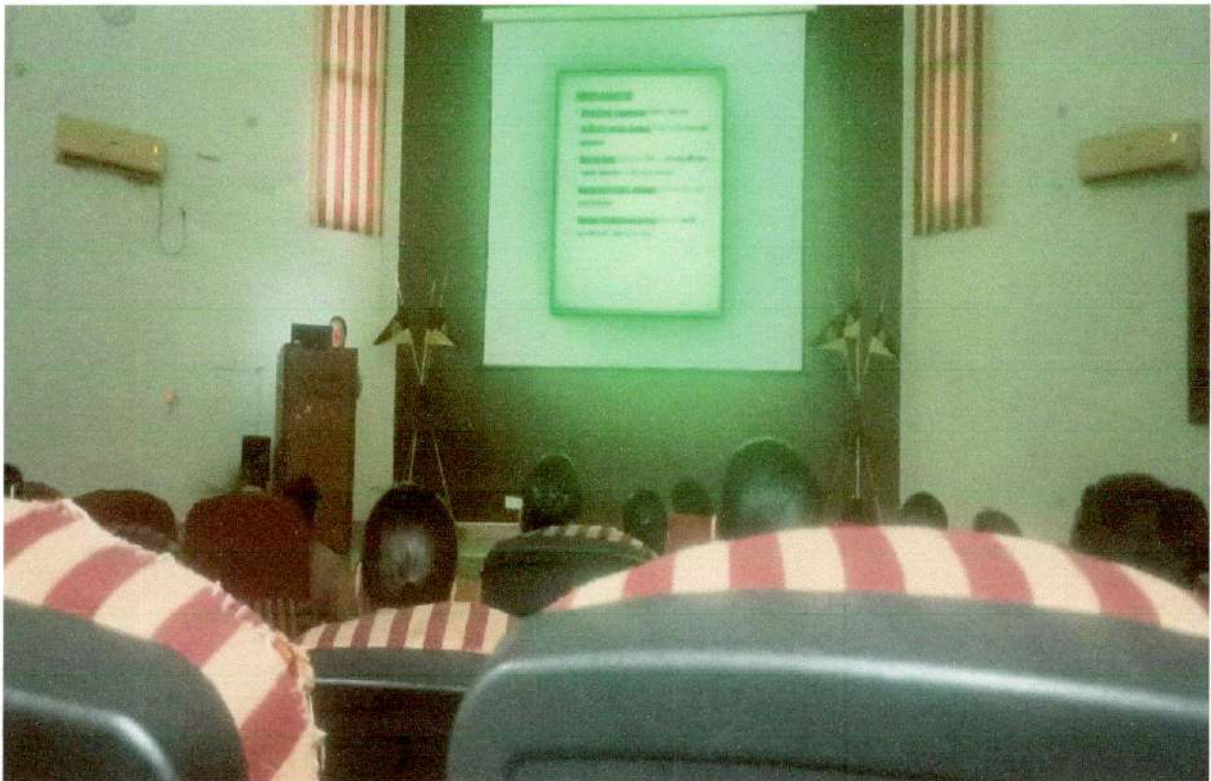
**Time: - 8:00-9:00 AM**

**Venue: - Auditorium of MH, JRC**

**Audience: - ACN Students**

**The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Febrile Seizures in Children.**

**The Symposium on Febrile Seizures in Children was conducted by Nursing Officer (Maj Swastika) in Auditorium of MH, JRC on 21 Sep 2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction, Categories, Aetiology and Pathogenesis, Predisposing factors, Clinical features, Differential diagnosis, Treatment etc. The session was very informative for all the students, faculty and nurses present there.**



*Swastika*  
Principal  
Army College of Nursing  
Jalandhar Cantt

  
Principal  
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Jalandhar Cantt



# ARMY COLLEGE OF NURSING JALANDHAR CANTT

## HEALTH EDUCATION ON TUBERCULOSIS

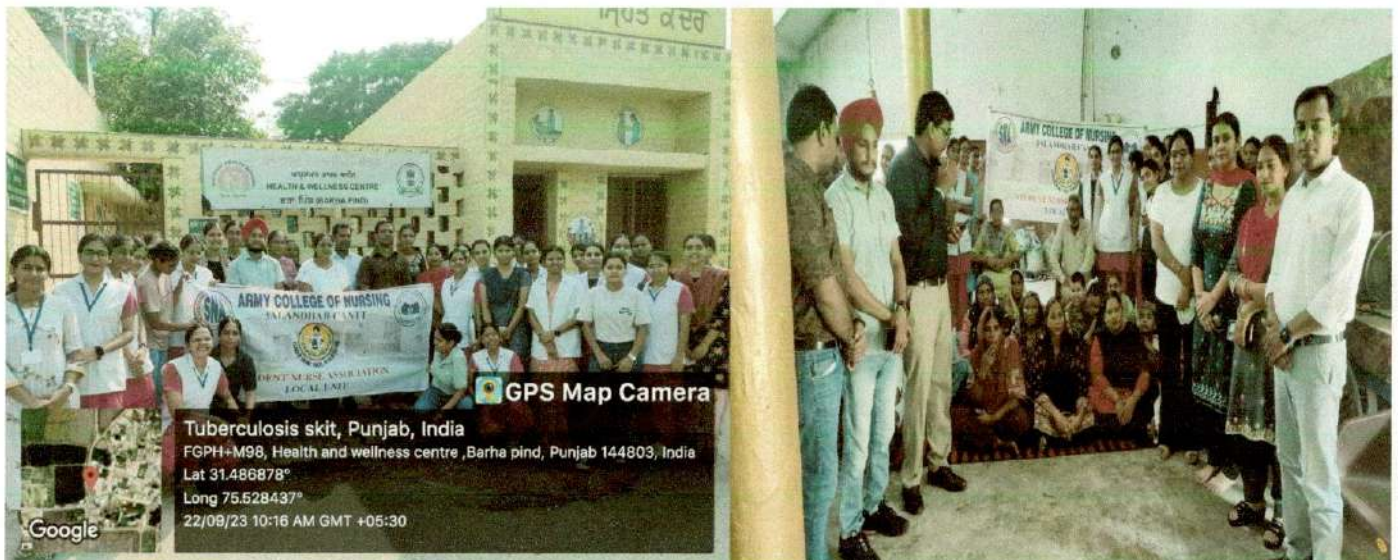
Date: -22 Sep 2023

Time: - 10:00-11:00 AM

Venue: - Bada Pind

Audience: - ACN Students & General Public

Health Education on Tuberculosis was given by Students of BSc (Nursing) IV<sup>th</sup> year with Presentation of Charts, Posters and Skit to the gathering at Bada Pind on 22 Sep 2023. Students provided health education about Tuberculosis, causes & symptoms of Tuberculosis, types of Tuberculosis, treatment and management of Tuberculosis to the gathering. Students also performed informative skit on Tuberculosis to aware the people and enrich the knowledge of TB among them. All in all the event was a huge success.



  
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