TEACHER'S DAY, National Nutrition Week
Farewell to Director

REPORT ON TEACHER'S DAY CELEBRATION, NATIONAL NUTRITION WEEK & FAREWELL TO DIRECTOR ACN.

On 4th September 2021, Army College of Nursing celebrated many propitious events like teacher's Day, National Nutrition week 2021 and biding adieu to Brig. Vembu Anand, Commandant, MHJRC [DIRECTOR, ACN]

VENUE :- Ashoka Hall, Nutrition Lab (ACN)
TIMING :- 1030 - 1200 Hrs

The presiding officers for the day were Brig. Vembu Anand (Commandant, MHJRC), Col. SP Singh (Registrar, MHJRC), Col G. Shamila Godwin (PM, MHJRC) Prof (Mrs) M Maheswary (Principal, ACN), Col HS Phagura (Registrar, ACN), Prof (Mrs) Charlotte Ramadine (Vice - Principal, ACN), Ms. Gagan Sharma (SNA Admission, ACN) Ms. Apsra (Cultural Incharge, ACN), faculty member, administrative staff and students of respective classes.

The function commenced with the Saraswati Vandana by BSc. (N) 1st year students. Then, there was poem Recitation by Ms. Renu Joshi and Ms. Pushpa (BSc. (N) 4th Yr). The welcome address was proposed by Col. HS Phagura (Registrar) which highlighted the efforts of Brig. Vembu Anand (Director, ACN) during his tenure.

(PTO)

Teacher's Signature :

Teacher's Day, Nutrition week, Farewell of Director

Furthermore, Brig. Vembu Anand (Director ACN) addressed the students and motivated them to strive towards excellence. He also thanked each and everyone

Additionally, award of excellence were given to teachers in their respective departments as Ms. Gagan Sharma (AP, MSN), Mrs. Vanindepal Kaur (AP, Community Health Nsg), Ms. Eliza (CI, sociology) by director, ACN.

The cake cutting ceremony was done at the end of the function. Mr. Suneel Kumar (office Supdt, ACN) was also given award of appreciation.

The nutrition week 2021 was celebrated on the same day on the theme feeding smart right from smart". It was very well coordinated by Ms. Shiwani & Ms. Simran (BSc 4th Yr). Video was shown paying tribute to teachers.

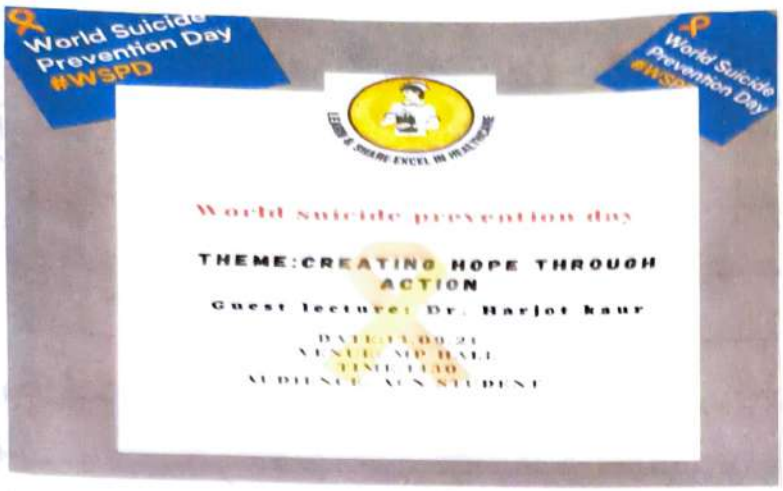
At the last, Principal Mam addressed the students and motivated the students and paid best wishes to teachers.

Ms. ELISA (CI)
Signature of Editorial Incharge

Signature of Principal

WORLD SUICIDE PREVENTION DAY

[13/9/21]



Expt. No.---------- Page No. 83 Date 13-09-21

REPORT ON WORLD SUICIDE PREVENTION DAY

On 13th Sep, 2021, World Suicide Prevention Day was celebrated in Army College of Nursing, Jal Amritsar.

DATE :- 13 Sep 2021
VENUE :- Multipurpose Hall
TIME :- 3:00 PM - 4:00 PM.
GUEST SPEAKER :- Dr. Harjot Kaur.
THEME :- "Creating Hope through Action"

The welcome address was proposed by Prof (Mrs) Charlotte Ramadine (Vice-Principal, ACN)
The theme opening was done by MHN department including Vice-Principal, Mrs. Harpreet Kaur (CI) and Prof (Mrs) Charlotte Ramadine (VP, ACN)

The guest speaker, Dr. Harjot Kaur (Assistant Professor DAV University) explained very well about mood disorders, substance abuse and about suicide prevention techniques. She even conducted an activity assessing the level of depression i.e; mild, moderate & severe. She explained about the coping mechanism and clarified the doubts of the audience.
All in all, the whole session was fruitful for bringing positive thinking among all.

Mrs. [illegible] (C)
Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

AIRSHOW BY SURYAKIRAN TEAM

REPORT ON WORLD HEART DAY CELEBRATION

'World Heart Day' 2021 was celebrated in ACN on 29th sep 2021. The presiding officers were Prof (Mrs) M Maheswary (Principal, ACN), Ms. Baljeet Kaur (Asso. Professor, ACN), Ms. Sukhjot Kaur (CI).

TIME :- 0600 - 0800 Hrs

VENUE :- Jawahar Park, Jalandhar Cantt

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

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

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

Signature of Editorial Incharge Ms. Elia ACN

Signature of Principal

Teacher's Signature :

FAREWELL PARTY 2021

REPORT OF FAREWELL PARTY [13th Batch]

Army College of Nursing, Jalandhar Cantt had organised a farewell party of 13th batch 2021 on 04-Oct-2021.

VENUE :- Ashoka Hall
TIMING :- 2:30 PM - 5:30 P.M
THEME :- "MASQUERADE GALA"

The presiding officers for the event were Prof (Mrs) M Maheswary (Principal), Col. H.S Phagura (Registrar), Prof. (Mrs) Charlotte Ramadine (Vice Principal) faculty members and students of all batches.

The event commenced with lamp lighting ceremony by Principal, Registrar and Vice Principal, ACN. The various activities were theme introduction, dance by BSc. (N) 1st year, BSc. (N) 2nd Year, BSc (N) 3rd Year, Skit by BSc. (N) 3rd year, song by BSc. (N) 1st year and BSc. (N) 3rd year.

Four Modelling Rounds were conducted and Judges for 1st Round were:-

* Mrs. Khushnasib (Assistant Professor)
* Mrs. Harpreet Kaur (Clinical Instructor)
* Mrs. Apsra (Clinical Instructor)

Teacher's Signature :

FAREWELL PARTY 2021

* MODELLING 2nd ROUND :- JUDGES
→ Ms. Varindepal Kaur (Assistant Professor)
→ Ms. Riya (Clinical Instructor)
→ Ms. Jasleen Kaur (Clinical Instructor)

* MODELLING 3rd ROUND :- JUDGES
→ Ms. Baljeet Kaur (Assistant Professor)
→ Ms. Amanjeet Kaur (Clinical Instructor)
→ Ms. Anjali (Clinical Instructor)

* MODELLING 4th ROUND :- JUDGES
→ Prof. (Ms) M Maheswary (Principal, ACN)
→ Prof. Charlotte Ramadine (Vice-Principal, ACN)
→ Ms. Priya (Associate Professor)

The total participants for farewell party were 60 students of BSc. (N) 4th year. 10 were selected for the final round out of which five of them the given the farewell titles.

At the end, Principal and Registrar addressed the students and paid best wishes to outgoing batch & applauded BSc. (N) 3rd year (Organizer) for their endless efforts. The vote of thanks was proposed by Ms. Pooja Kumari (Secretary, SNA) All in all, it was a great show.

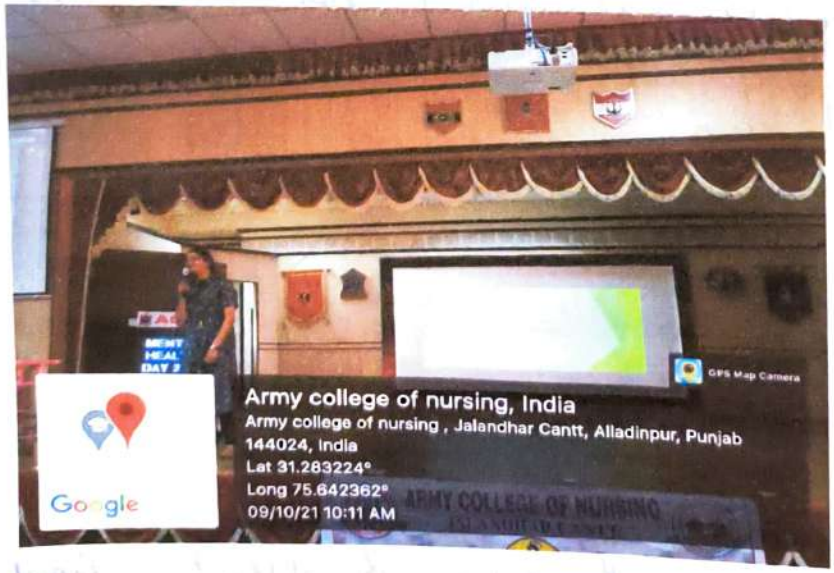
Ms. Eliza, (CS)

Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

MENTAL HEALTH DAY
[9/10/21]



Expt. No._____ Page No. 88 Date 09-10-21

REPORT ON WORLD MENTAL HEALTH DAY - 2021

On 9th Oct, 2021, World Mental Health Day was celebrated in army College of Nursing, Jalandhar Cantt.

TIMING :- 1000hrs - 1100 hrs
VENUE :- Ashoka Multipurpose Hall
THEME :- "Mental Health in an unequal World"

The presiding officers for the day were Prof (Mrs) M Maheswary (Principal, ACN), Prof (Mrs) Charlotte Ramadine (Vice-Principal, ACN) and other faculty members of ACN.

The guest speaker was Ms. Smriti Bhatia (Psychologist). She clearly explained about the importance of mental health and its relevance in day to day life.

The students of BSc (N) 1st year, 2nd year and 3rd year & 4th year were the spectators. They actively participated throughout the lecture. Ms. Smriti Bhatia also explained students the strategies to deal with examination stress. All in all, the whole lecture was fruitful and productive for students.

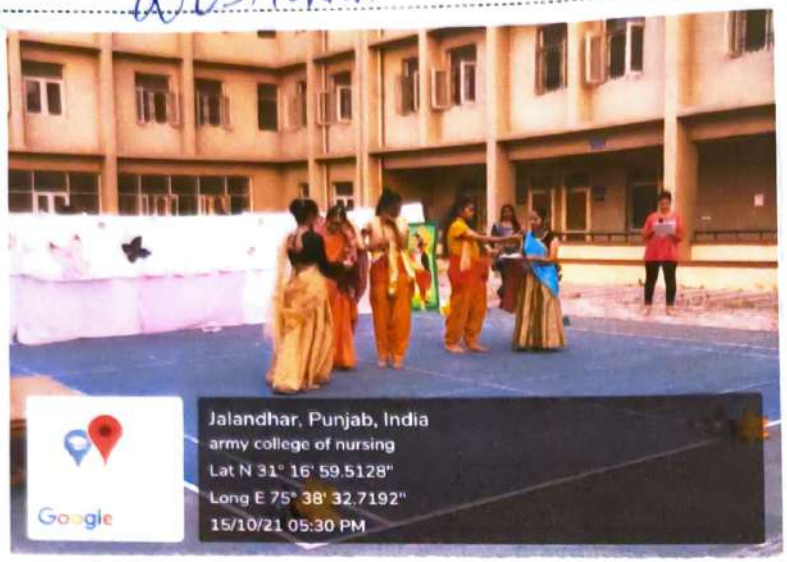
Ms. Eliza (I)
Signature of Additional Incharge

Signature of Principal

Teacher's Signature :

DUSHERRA CELEBRATION

DUSHERRA CELEBRATION



Expt. No.---------- Page No. 89 Date 15-10-21

REPORT ON DUSHERRA CELEBRATION

On 15th Oct, 2021; Dushera was celebrated in the College with great pomp and show.
TIMING :- 5:00 P.M - 6:00 P.M
VENUE :- Badminton Court, ACN.

The presiding officers for the celebration were Prof (Mrs) M^S Maheswary (Principal, ACN), Ms. Kuldeep Kaur (Warden), Ms. Riya (Clinical Instructor).

The SNA body members were Ms. Jyoti Yadav (Vice-President, SNA), Ms. Pooja Kumari (Secretary, SNA), Ms. Neha Yadav (Treasurer, SNA), Ms. Prerna (Cultural Incharge, SNA).

The different activities planned were Ramleela and Raavan Dahan so as to mark the importance of Dushera. All the students gathered in Badminton Court for celebration.

All in all, it was joyful occassion and everyone enjoyed a lot during the celebration.

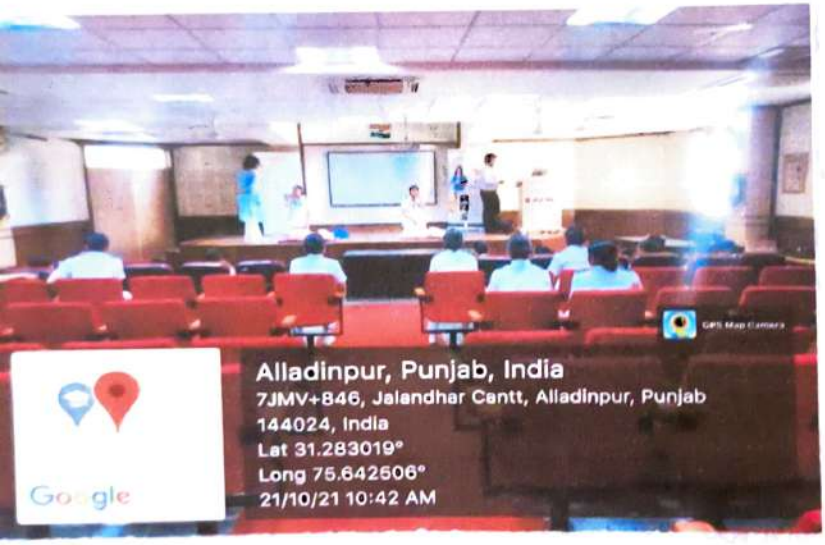
Ms. ELIZA (CI)

Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

WORKSHOP ON BLS by INSCOL



Expt. No._____ Page No. 90 Date 21-10-21

REPORT ON WORKSHOP CONDUCTED FOR BSc(N) 4th yr

On 21st Oct 2021, Demy College of Nursing conducted a workshop for BSc(N) 4th year students on Basic life Support (BLS) by the INSCOL Academy.

CLASS :- BSc.(N) 4th year
VENUE :- DHANVANTRI (Seminar Hall)

The trainers were Mr. Anup Bhandari and Mr. Rahul Aziz. The number of students participated in the workshop were 20 in number as it was paid session. The 50% of the payment was paid by the institute.

The INSCOL Academy trained the students in an efficient manner with all the proper techniques and the maneouvers. They brought their own high fidelity manikins to train students.

The students also practiced on the manikins and were highly satisfied by the teaching of INSCOL Academy.

All in all, it was knowledgable and fruitful session.

Ms. ELIZA(CE).

Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :_____

DIWALI PUJA & SUKHMANI SAHIB PAATH

Expt. No._____ Page No. 91 Date 02-11-21

REPORT ON DIWALI PUJA & ORGANISING SUKHMANI PAATH

Army College of Nursing organised Diwali Puja and Sukhmani Sahib Path on 02-11-21.
VENUE :- SHARDA [College Library]
TIME :- 2:00 PM - 4:00 P.M.

The presiding officers for the day were Prof Mrs. M Maheswary (Principal), Col. H.S. Phagma (Retd) [Registrar] all faculty members and students of all classes

A Sukhmani Sahib Paath was led by Registrar Sir along with few faculty members and students. It was organised as a sign of good luck for the commencements of final exams of all the batches. It really build up an athmosphere of positivity and spiritual feeling.

After Diwali Puja, gifts were distributed to teachers and sweet boxes were given to all the students. All in all, it was great function and very well organized in collaboration with Ms. Gagan Sharma (SNA Incharge) and SNA Committee members.

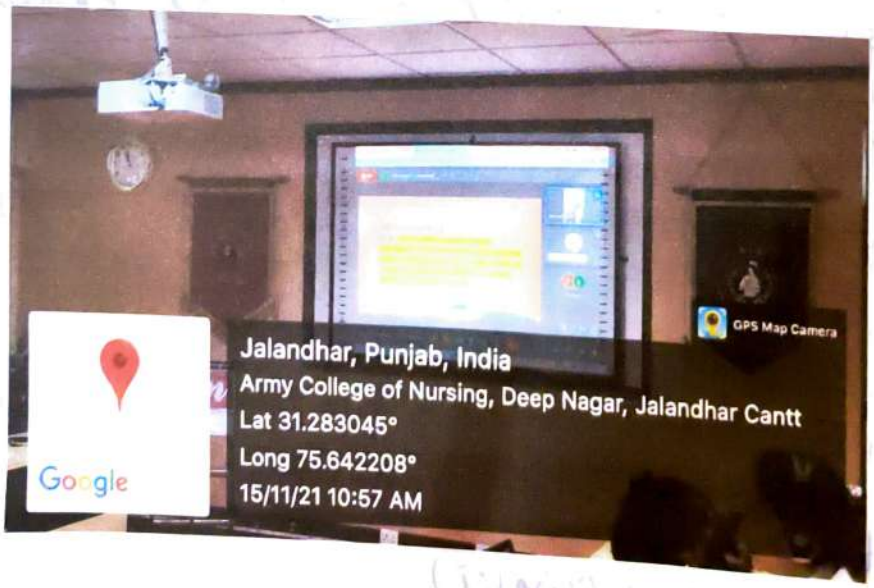
Ms. ELIZA (CI)

Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :_____

INDUCTION ORIENTATION PROGRAMME
FOR BSC (N) 1ST YEAR



REPORT ON CONDUCTING ORIENTATION PROGRAMME [ONLINE]

Army College of Nursing had conducted an orientation programme [Online] for BSc. (N) 1st year.
DATE :- 15-Nov-2021 to 18-Nov-2021
VENUE :- PATANJALI [Conference Hall]
TIME :- 10:00AM - 12:00P.M.

* EVENT SCHEDULE ON DAY 1 [15-Nov-2021]

01. Welcome :- Mrs. Priya Sharma (Asso Proffer), COORDINATOR
02. Address by Principal :- Prof. Mrs M Maheswary, PRINCIPAL
03. Address by Registrar :- Col H.S. Phagura, REGISTRAR
04. Guest lecture on Professional ethics in Nursing :- Mrs. Simran Rehill [CLINICAL PSYCHOLOGIST]
05. Interaction session with students :- 12:00PM - 12:25PM
06. Vote of Thanks :- Prof. Mrs Charlotte Ramadiu (Vice-Principal)

* EVENT SCHEDULE ON DAY 2 [16-Nov-2021]

01. Introduction to the Faculty
02. Orientation to College (Video Presentation)
03. Mission & vision of College
] Mrs. Priya Sharma (Asso. Professor)
04. Introduction to Regulatory Bodies
05. College policies code of conduct
] Mrs. Rashmi (Clinical Instructor)
06. SNA Activities - Mrs. Baljeet Kaur (Asso Professor)
07. Interaction session of First year - STUDENTS
08. Vote of Thanks - Mrs. Rashmi Sharma (CI)

Teacher's Signature :

ORIENTATION PROGRAMME (BSc (N) 1st Year)

→ EVENT SCHEDULE ON DAY 3 [17-Nov-2021]

	PROGRAM	RESOURCE
01.	Overview to Curriculum	Ms. Priya Sharma (Asso. Professor)
02.	Orientation of Subjects [Segments]	SUBJECT INCHARGES
03.	→ Communicative English	Mrs. Eliza, CI
04.	Applied Anatomy	Ms. Rashmi, CI
05.	Applied Physiology	Ms. Rashmi, CI
06.	Applied Sociology	Ms. Nandini, CI
07.	Applied Psychology	Prof (Ms) Charlotte Lanelive
08.	Nursing Foundations I	Ms. Riya Sharma (CI)
09.	Mandatory Module (First Aid as part of Nsg Foundation Course)	Ms. Priyanka (CI)
10.	Orientation: Administration	Col H.S. Bhagwa (Registrar)
11.	Vote of Thanks	Ms. Rashmi Sharma

→ EVENT SCHEDULE ON DAY 4 [18 Nov-2021]

01.	Applied Biochemistry	- Ms. Kalindi Sharma (CI)
02.	Applied Nutrition & Dietetics	- Ms. Kalindi Sharma (CI)
03.	Nursing Foundations II	- Ms. Riya Sharma
04.	Health / Nursing Informatics & Technology	- Ms. Sanika Arora
05.	Mandatory Module :- Health Assessment as part of Nursing Foundations II Course	- Ms. Khushwant, (Asst. Professor)
06.	Orientation :- Administration	- Col H.S. Bhagwa, Registrar
07.	Vote of Thanks	- Ms. Rashmi Sharma, CI

Teacher's Signature :

Expt. No.---------- Page No. 94 Date 18-11-21

The orientation Programme [ONLINE] was organised for 4 days respectively from 15-Nov-2021 to 18-Nov-2021.

The schedule for the Programme was very well conducted in collaboration with Ms. Priya Sharma (Asso. Professor) (coordinator) and Ms. Rashmi Sharma (CI, Co-Coordinator) under the guidance of respected Principal & Registrar.

The students also had a positive feedback regarding the four day session programme. The interaction session was so useful as students clarified their doubts.

All in all, the whole session was productive and fruitful for the students. The whole programme was of great success.

Ms. ELIZA (CI)

Signature of Editorial Incharge

Signature of Principal

Principal
Army College of Nursing
Jalandhar Cantt

Teacher's Signature :

SNA Elections

REPORT ON SNA ELECTION (2021-2022)

DATE : 4 DECEMBER 2021

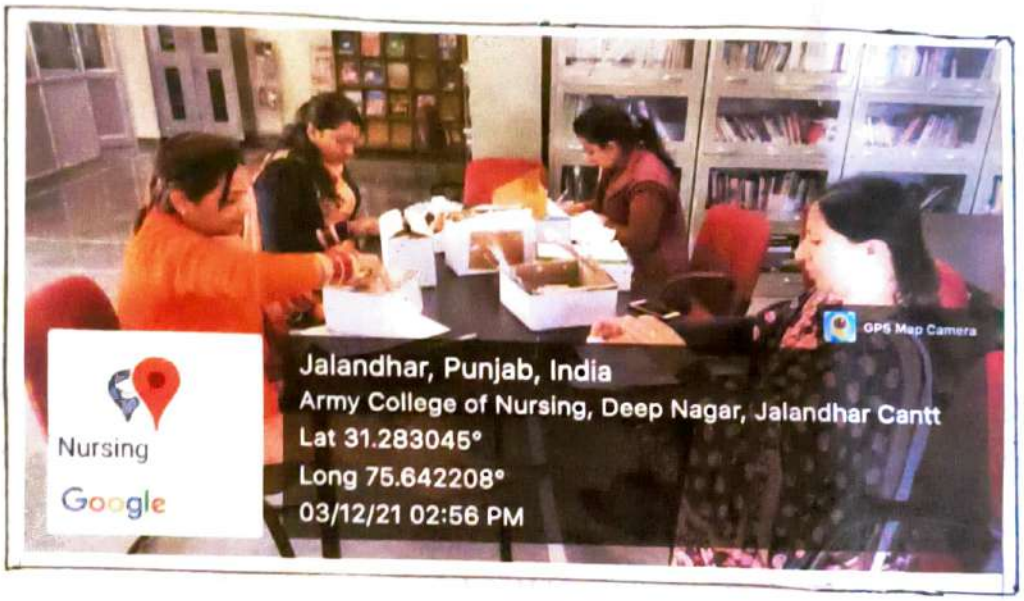
VENUE : ONLINE MODE

The Student Nursing Association (SNA) election were for the session of 2021-2022 was systematically fairly and rightously held under the guidance of Prof M. Maheshwary (SNA President), Ms Baljeet (SNA advisor) Ms Nandini Sharma (clinical instructor) Ms Eliza (clinical instructor)

Election was orchestrated in a well structured methodical and meticulous manner with the nomination being conducted on 1st December 2021 followed by canvassing by the nominees on 2nd December 2021 escorted by online vote up by all the students in a confidential and unbiased manner on 4th dec 2021 The SNA election results was announced by Prof M. Maheshwary (SNA President) Ms Baljeet (SNA advisor) in the premises of Vionised institute

Teacher's Signature :

SNA Elections (Counting)



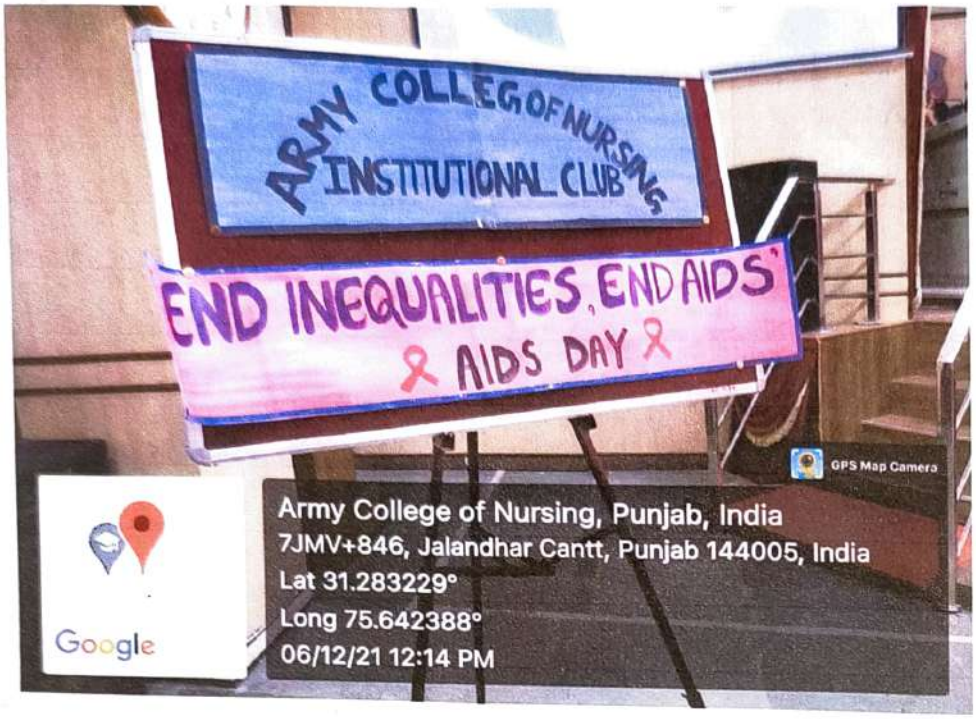
MEMBERS OF SNA ELECTED BODY 2021-2022

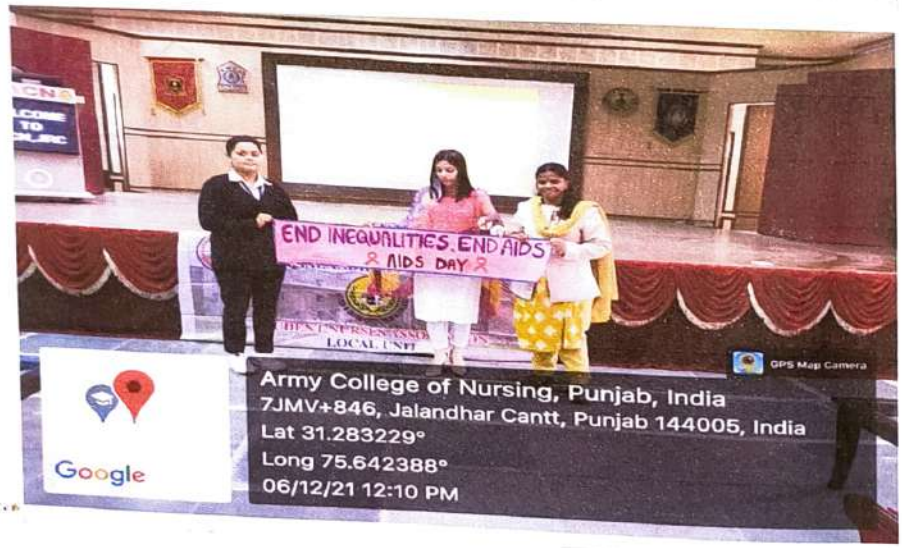
SNA BODY POST	ELECTED MEMBER
1) VICE PRESIDENT (BSc N 4th Year)	Miss Khusboo
2) DISCIPLINE INCHARGE (BSc N 4th Year)	Miss
3) SPORTS INCHARGE (BSc N 4th Year)	Miss Samran
4) HOSTEL INCHARGE (BSc N 4th Year)	Miss Kirti Sangwan
5) MESS INCHARGE (BSc N 4th Year)	Miss Kirti Tomar
6) SECRETARY (BSc N. 3rd Year)	Miss Riya Raghav
7) TREASURER (BSc N 3rd Year)	Miss Kiran
8) CULTURAL INCHARGE (BSc N. 3rd Year)	Miss Ekta
9) HEALTH INCHARGE (BSc N 3rd Year)	Miss Yashpreet
10) HALL INCHARGE (BSc N 2nd Year)	Miss Ranjana
11) EDITORIAL INCHARGE (BSc N 2nd Year)	Miss Shikha Sangwan

SIGNATURE OF EDITORIAL INCHARGE

SIGNATURE OF PRINCIPAL

World AIDS DAY Celebration





REPORTS ON WORLDS AIDS DAY

DATE: 6th December 2021

VENUE: ASHOKA HALL

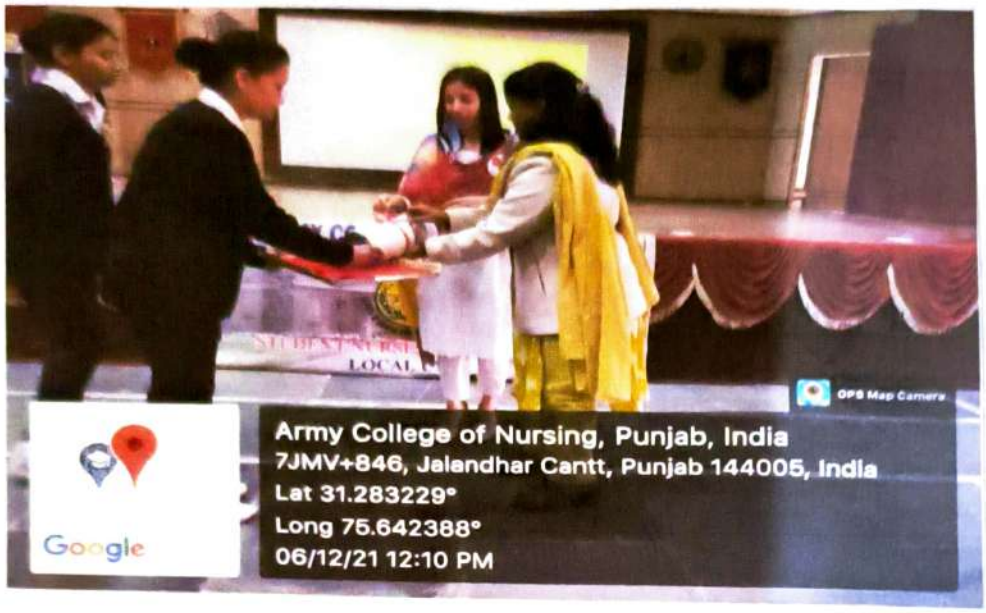
THEME: "END INEQUALITY, END AIDS

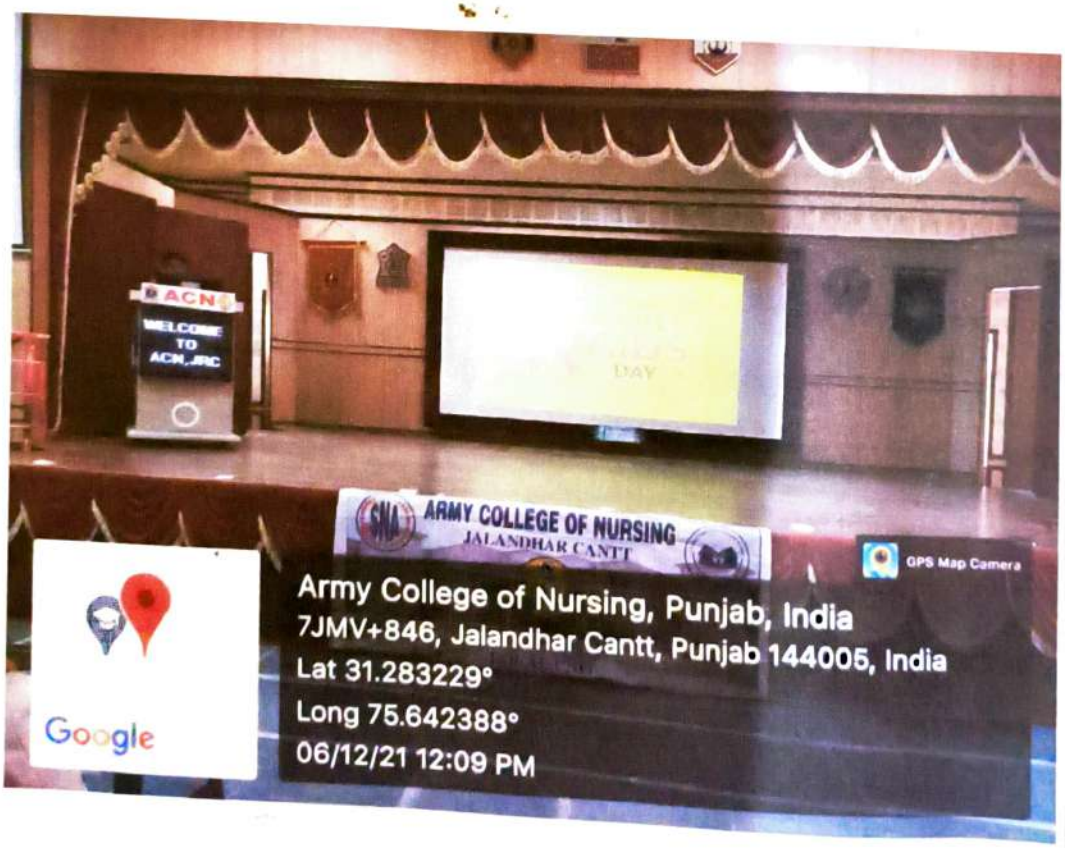
The germane Worlds AIDS day was commemorated on 6th December 2021 in the ambience of Ashoka hall from 12:00 - 13:00 PM

The Day was celebrated under the superinterdance of Prof M Maheshwary (SNA President), Ms Baljeet (SNA advisor) escorted by honised guest speaker Dr Alka (Medical officer, ART JALANDHAR)

The theme or essence of World's AIDS day 2021 was "End inequality, end Aids" which was very well elucidated and delineated by Dr Alka emboding introduction, causes, symptoms, transmission treatment, prevention of AIDS. A noteworthy accentuation was given to various schemes and policies issued by Central and State government to egalitarian the HIV patients.

World AIDS Day celebrations





The day was culminated by official vote of thanks by Miss Khusboo (SNA vice President)

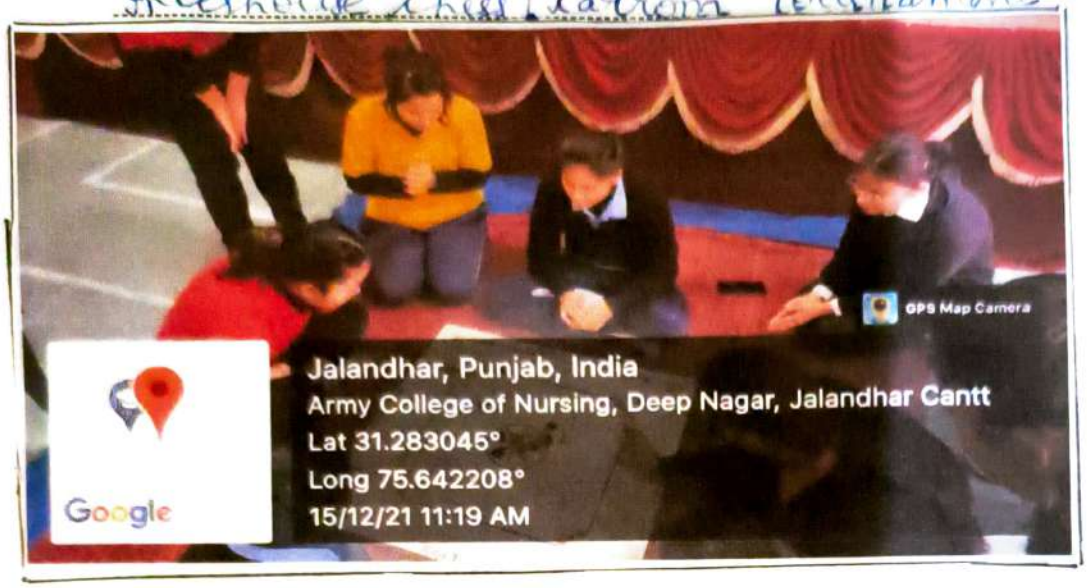
In all inclusive the whole event was structured methodically and meticulously illuminating students about HIV and AIDS

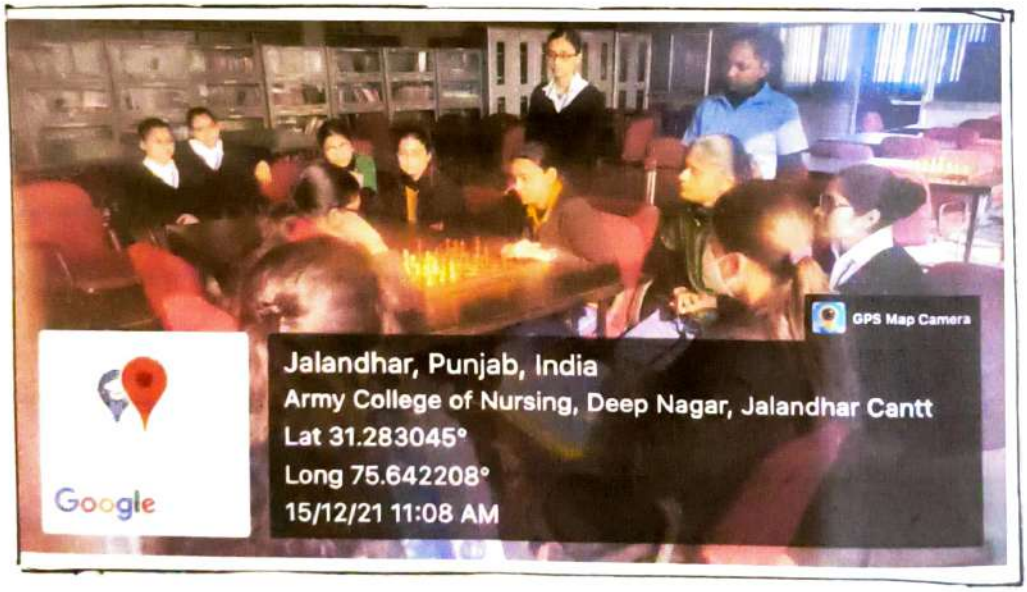
Signature of Editorial incharge

Signature of Principal

N. Mahesh
Principal
Army College of Nursing
Jalandhar

Intershoue Chess / Carrom Tournament





REPORT ON INTERHOUSE CHESS / CARROM TOURNAMENT

DATE → 15 December 2021

VENUE → ASHOKA HALL

Interhouse carrom chess tournament was held on 15 December 2021 in the ambience of Ashoka hall. The Presidising officers for the tournament were Col H.S Phagura (Registrar ACN), Prof M. Maheshwary (Principal ACN) Ms Baljeet (SNA advisor).

The rankers of carrom yellow house escorted by blue and red house under the supervision of Ms Priyanka (Clinical instructor, ACN)

The winner of chess was green house followed by yellow and blue house under the supervision of Ms Pryk (Associate Professor ACN)

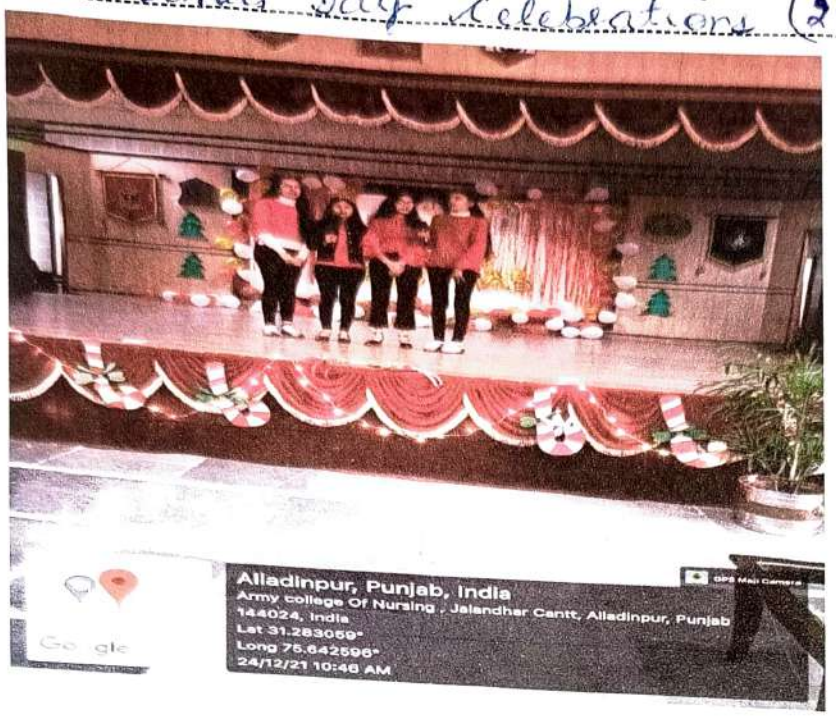
In all inclusive the whole tournament was a great success.

Signature of Editorial incharge

Signature of Principal

Principal
Army College
Jalandhar

Christmas Day Celebrations (24.12.21)



REPORT ON CHRISTMAS DAY CELEBRATION

DATE:- 24th December 2021

VENUE:- Ashoka Hall

TIMINGS:- 10:00 AM to 12:00 PM

The christmas day celebration was celebrated on 24th December, 2021. The organising committee comprises of the following members:-
Mrs. Anjali (Clinical Instructor), Ms. Khushbu (Vice President, SNA), Ms. Kiran Bisht (Treasurer) Mr. Ekta Chauhan (Cultural Incharge).

The presiding officers for the event was Prof (Mrs.) M. Maheswary (Principal) and Retd. Col H.S. Phagura (Registrar).

The christmas celebration was commenced with the speech by B.Sc (N) 3rd Yr students on "Faith in God" and later it on it was followed by various fun games of teachers and housekeeping. Additionally, group dance and carols were beautifully performed by the B.Sc (N) 3rd Yr students. Also, the poem recitation was there.

Christmas Day Celebrations (24.12.21)

Furthermore, Santa Claus distributed gifts to all the faculty and administrative staff members. Afterwards, cake cutting ceremony was done by Prof (Mrs.) M. Maheswary (Principal), Retd. Col H.S. Phagura (Registrar), External Examiner as well as with the faculty members.

At the end, the event was closed with the motivational words of Retd. Col H.S. Phagura (Registrar). The function ended with the positive vibes spreading the message of love, peace and harmony.

In nutshell, the entire programme was of great fun and success.

SIGNATURE OF EDITORIAL INCHARGE:- Shw

SIGNATURE OF PRINCIPAL:-

M. Maheswary
Principal
GGDSD College
Jalandhar Cantt

Teacher's Signature :

Report on Lohri celebration

Date :- 13- Jan -2022
venue :- Army College of Nursing, Jalandhar cantt.
College ground

The principal M. Meharwary and students of B.Sc Nsg Ist, 2nd, 3rd and 4th year were attended
on 13th Jan 2022, Lohri function was celebrated in college from 7pm to 8pm. All the staff and students enjoyed the Lohri celebration. The students of b.sc (N) Ist year performed some culture activities. also discussed by students reason behind celebrating Lohri in Punjab. It is believed by many that the festival marks the passing of the winter solstice. traditional welcome of longer days.

At the end, the Lohri celebration was great success of the event.

Signature of editorial incharge.

Republic Day Celebration (26.01.22)

Expt. No.---------- Page No. 105 Date 28/02/2022

REPORT ON REPUBLIC DAY CELEBRATION

The 73rd republic day was celebrated on 26 January 2022 from 10:00 AM-12:00 PM

VENUE: Army College of Nursing, Jalandhar Cantt

The auspicious ocassion of Republic day was celebrated on 26 January 2022 with full zeal with the presidising officers Retd Col H.S Phagura (REGISTRAR), Mrs Charlotte Ranade (Vice Principal) escorted by teachers and students

The Republic day celebration was started with flag unfolding and national anthem. Various Performances were given by students such as poem recitation, patriotic song and dance marking the highlights of the day.

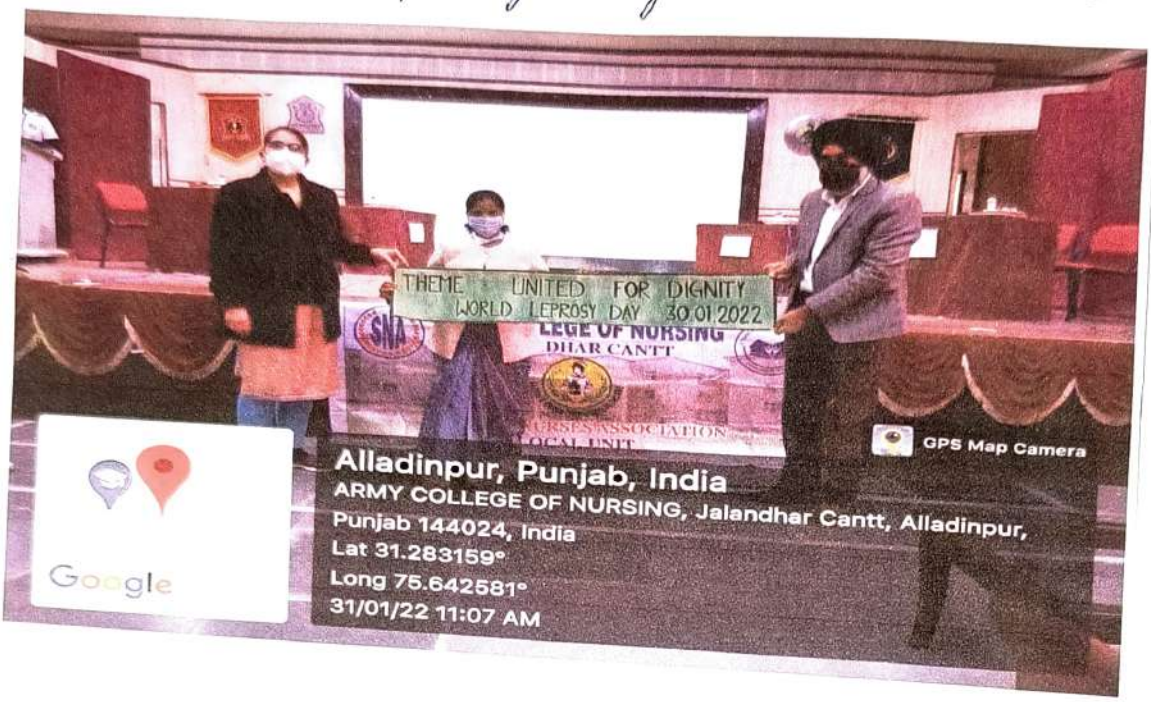
The Republic day was marked with a conclusion with a motivational patriotic address by Retd Col H.S Phagura (REGISTRAR)

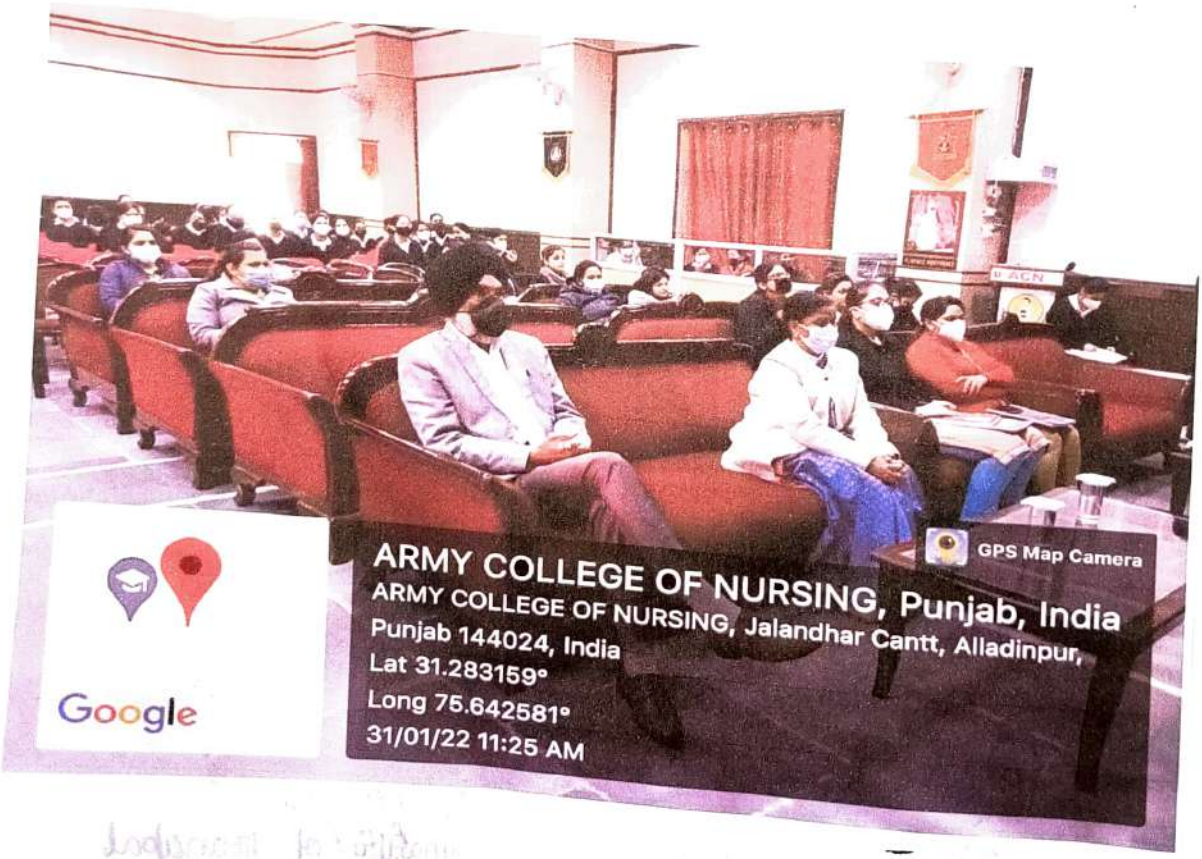
Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

World Leprosy Day celebrations (31.01.22)





Report on World Leprosy Day

Army college of Nursing celebrated World Leprosy Day in Ashoka Hall on 31.01.2022 at 11:00 AM to 12:00 PM with the theme "United For Dignity".

The World Leprosy Day was celebrated under the supervision of community Health Nsg department in co-ordination with SNA body members. The community Health Nursing department comprises of the members:- Mrs. Priya sharma (Associate Prof), Mrs Nandini (clinical Instructor) & Mrs. Meenakshi (clinical Instructor).

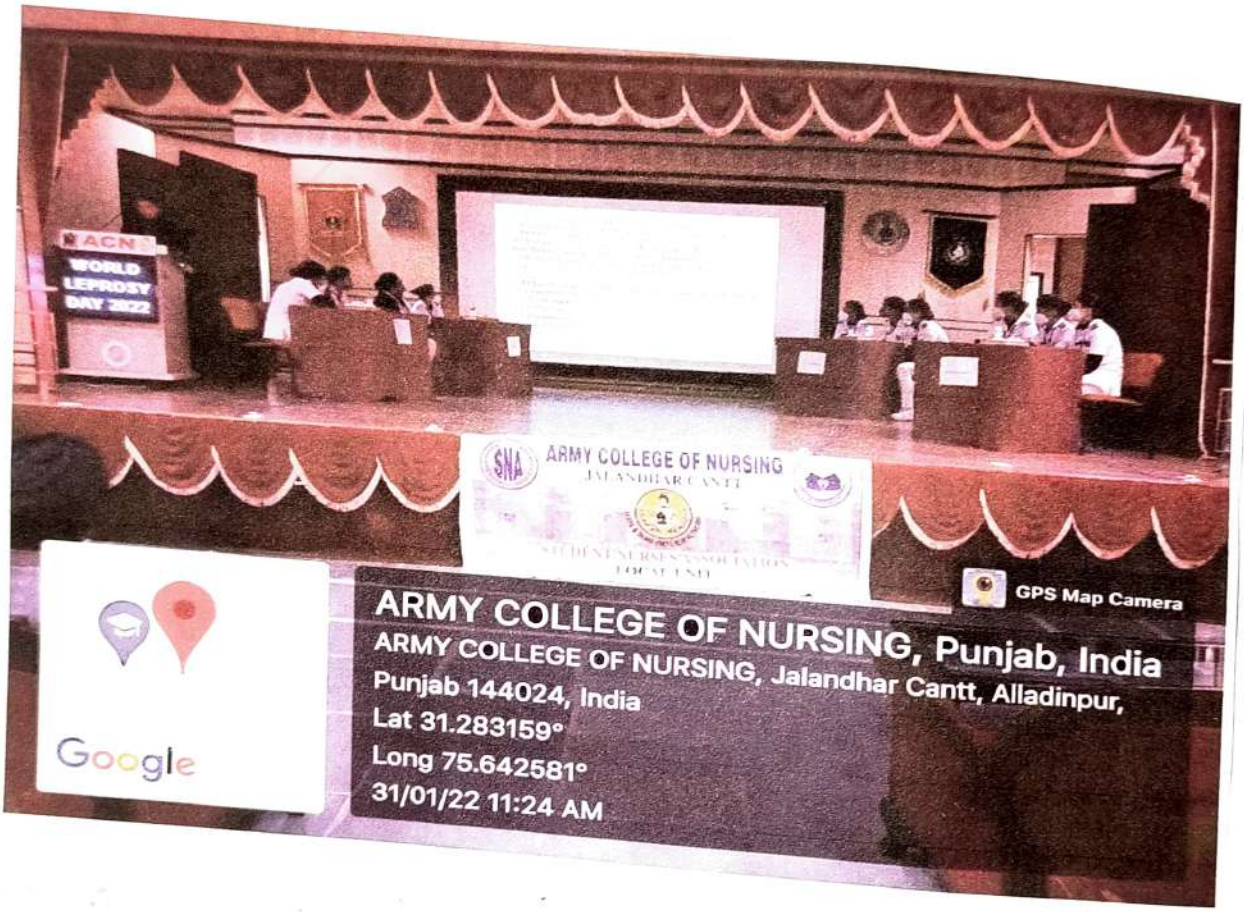
The activity planned was Intershouse Quiz competition among the four houses (Red, green, yellow & blue). The three students from every house represented their team. There were three rounds (General, rapid fire & Buzzer) for quiz competition.

The winner for the Quiz competition were:-

Ist Position :- Mother Teresa
IInd Position :- Mata Gujri
IIIrd Position :- Mata Saraswati

Teacher's Signature :

World Leprosy Day Celebrations (31.01.22)



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

Signature of Editorial Incharge

Signature of Principal

Participants Names

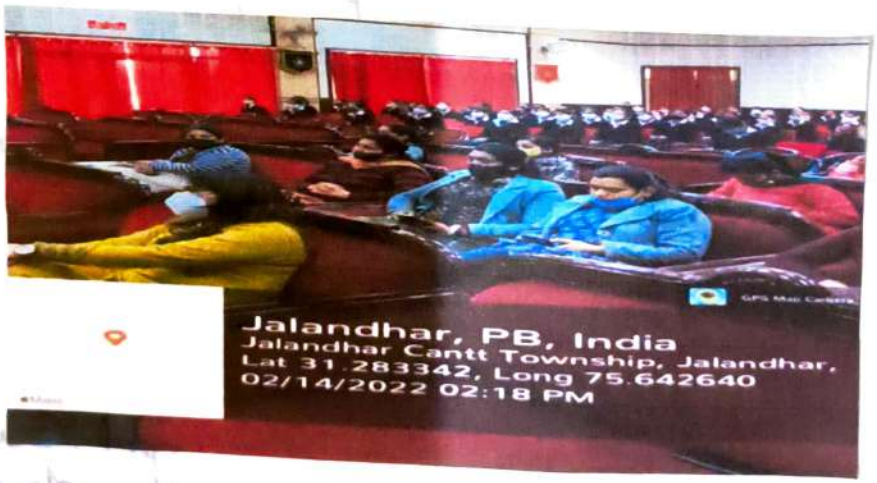
1. Mother Teresa :- Ms. Saloni, Ms. Kirti, Ms. Neha — IV Yr — I st POSITION

2. Mata Gujri :- Ms. Sangeeta, Ms. Monika, Ms. Maanshu — IV Yr — II nd POSITION

3. Mata Saraswati :- Ms. Simran, Ms. Pooja, Ms. Kirti Sharma — IV Yr

4. Florence Nightangle :- Ms. Veena, Ms. Ritu, Ms. Anuradha — IV Yr

Report on Sexual and Reproductive Health, Day



REPORT ON
SEXUAL AND REPRODUCTIVE HEALTH DAY

THEME - ADVOCACY IN ACTION
DATE - 14 FEBRUARY (2022)

On 14th February, world sexual and reproductive Health day was celebrated in Army college of Nursing Jalandhar

The Programme started by 11:00 Am. with welcome address by Ms. Khushbu (SNA VP). Then there was unfolding of theme by Prof. M. Maheswary, Mrs. Baljeet Kaur (AP).

On this day, OBG department organized Panel discussion with 4th year students. The name of students that participated in Panel discussion.

1. Khushbu
2. Sangeeta
3. Srishti
4. Pooja Kumari
5. Neha Kumari
6. Manju
7. Monika Deopa
8. Beena
9. Maanshu.

The main goals of Panel discussion were about to help build an open society for all young people

Report on Sexual and Reproductive Health Day

to be themselves by promoting the right sexual education. At the end, physical and emotional changes associated with puberty, behavior towards the opposite gender standers and moral codes was also discussed by panel discussion.

Lastly, The whole event was celebrated with great zeal enthusiasm. The principal mam addressed the student.

Signature of editorial incharge :

Signature of Principal :

Principal
Army College of Nursing
Jalandhar Cantt

Report on Lamp Lighting ceremony

Report on Lamp Lightning Ceremony :

Date : 18th february 2022
Venue : Ashoka hall, Army College of Nursing

The exquisite and beguiling lamp lightening ceremony for the 17th batch (2021-2025) was commemorated on 18 February 2022 in Ashoka Hall at Army College of Nursing, Jalandhar Cantt

The guest of honour for the event Brigadier P.R. Lele (Commandant, Military Hospital Jalandhar Cantt, Director ACN) Dr Puneet Iyrabar (Registrar Punjab Nurses Registration Council) Dr Paramjit Kaur (Principal Shaheed Babu Labh Sing School of Nursing Civil Hospital, Jalandhar), Lt Col Tapasi Rey Barman (Officiating Principal Matron and Nursing officer of MH Jalandhar) escorted by other presidising officers

The ceremony was commence in the ambience of winsome Ashoka Hall with the welcom address of Prof Charlotte Ranadl (Vice Principal ACN) coursed by scintillating lightening of lamp with the prayer song of goddess Saraswati followed by enthralling and unfading Nurses Pledge and melliffluous song by students of 17th Batch, ACN

Teacher's Signature :

Report on Cancer Day celebration

Expt. No. Page No. 115 Date 2 March 2022

REPORT ON CANCER DAY

Date → 2nd March 2022.

Venue → Army Quarters.

The utmost international cancer day was celebrated on 2nd March 2022 with full zeal.

There was a walkathon and seminar conducted by IIIrd year students providing knowledge about cancer, symptoms of cancer, types of cancer, curing techniques of cancer, nursing management, medical and surgical management of cancer etc to common mass / mob of Army quarters.

The presidising teachers for the ~~the~~ event were Mrs Eliza (Clinical instructor), Mrs Khushnaseeb (Ass. Professor). In and all the event was a huge success.

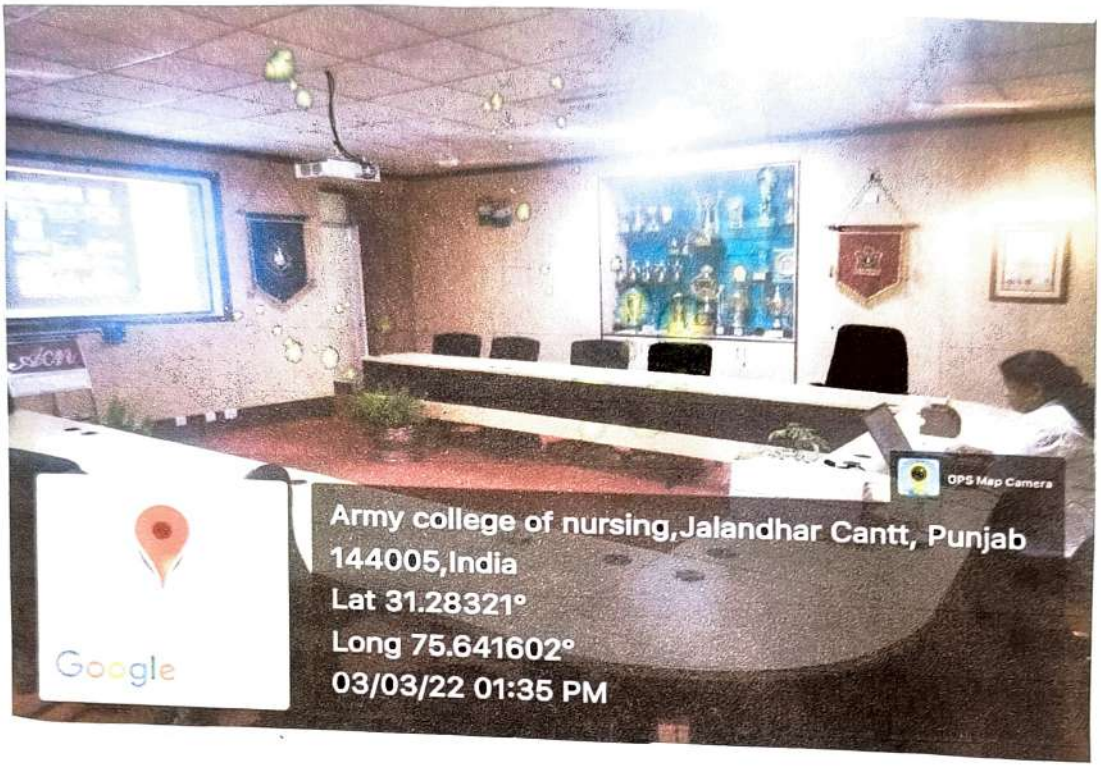
Signature of Editorial incharge

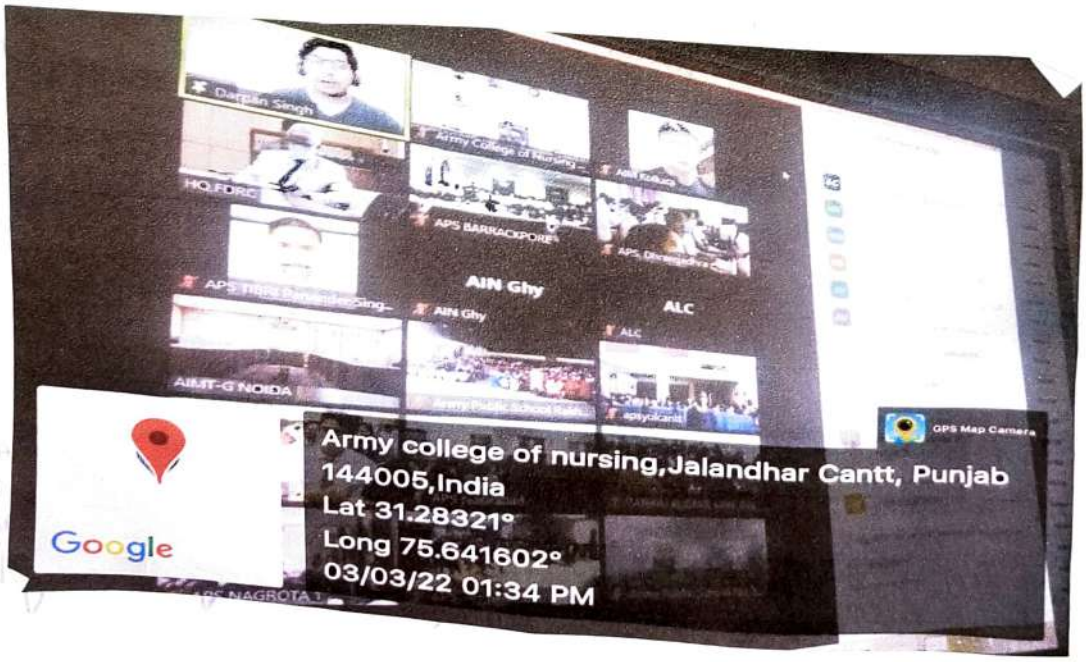
Principal
Army College of Nursing
Jalandhar Cantt

Signature of Principal

Teacher's Signature :

Report on School to College Awareness Programme





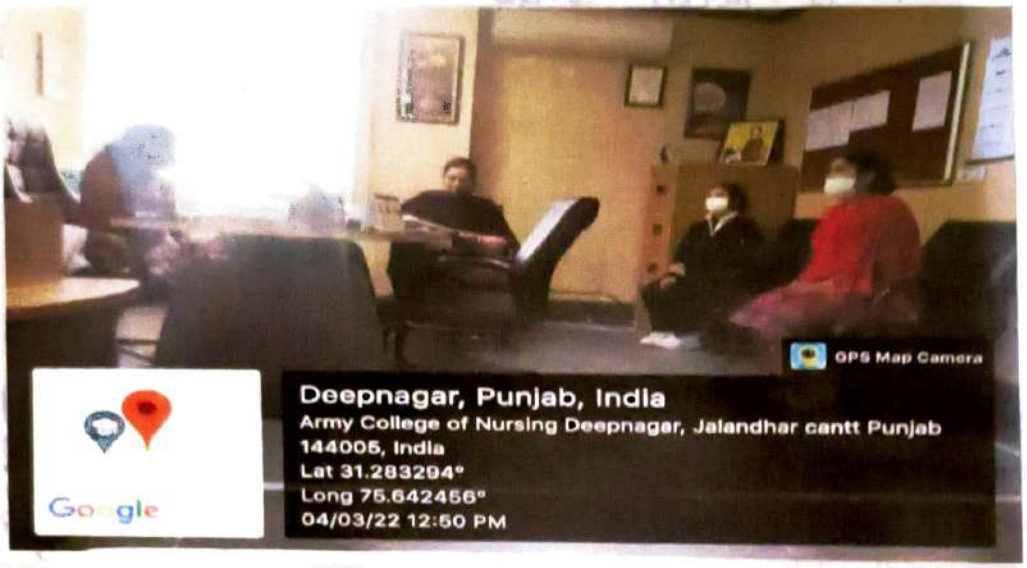
Report on School to college Awareness Programme - Career Counselling

Date -: 3 March 2022
Venue -: Army college of Nursing, Jalandhar cantt

Aim : Admissions to AWES Institutions

The program rehearsal was done on 02/03/2022 and on next day this program conducted by Army welfare education society (-03 March 2022). The program was attended by Respected principal Prof. Maheswary. Principal mam gave orientation regarding college facilities, Benefits to student after pat, This program was also attented by Alumni of ACN (Batch 2020) Her name is Ragni Singh. She shared her experience in ACN, motivate to join.
Admission to AWES Institutions, AWES planned to launch a timely drive to share the information about Institutions with students of 9th to 12th classes of all APSs. APSs will be responsible for collection of display boards from AWES coll/ Institutes.

Report on Parents Teacher Meeting



Expt. No.---------- Page No. 117 Date 5/02/2022

REPORT ON PARENTS TEACHERS MEETING

Date : 4th March 2022

Venue : Army College of Nursing, Jalandhar Cantt (online mode)

The Parents teachers meeting for the first term exam was conducted on 4th March 2022. for all the batches through online mode

The presidising teachers for the meeting were respective class co-ordinators Ms Rashmi (CI) Ms Gagan (A.P), Ms Baljeet (A.P), Ms Priya (A.P) acknowledging performance of students academically scope of improvement, overall development of students

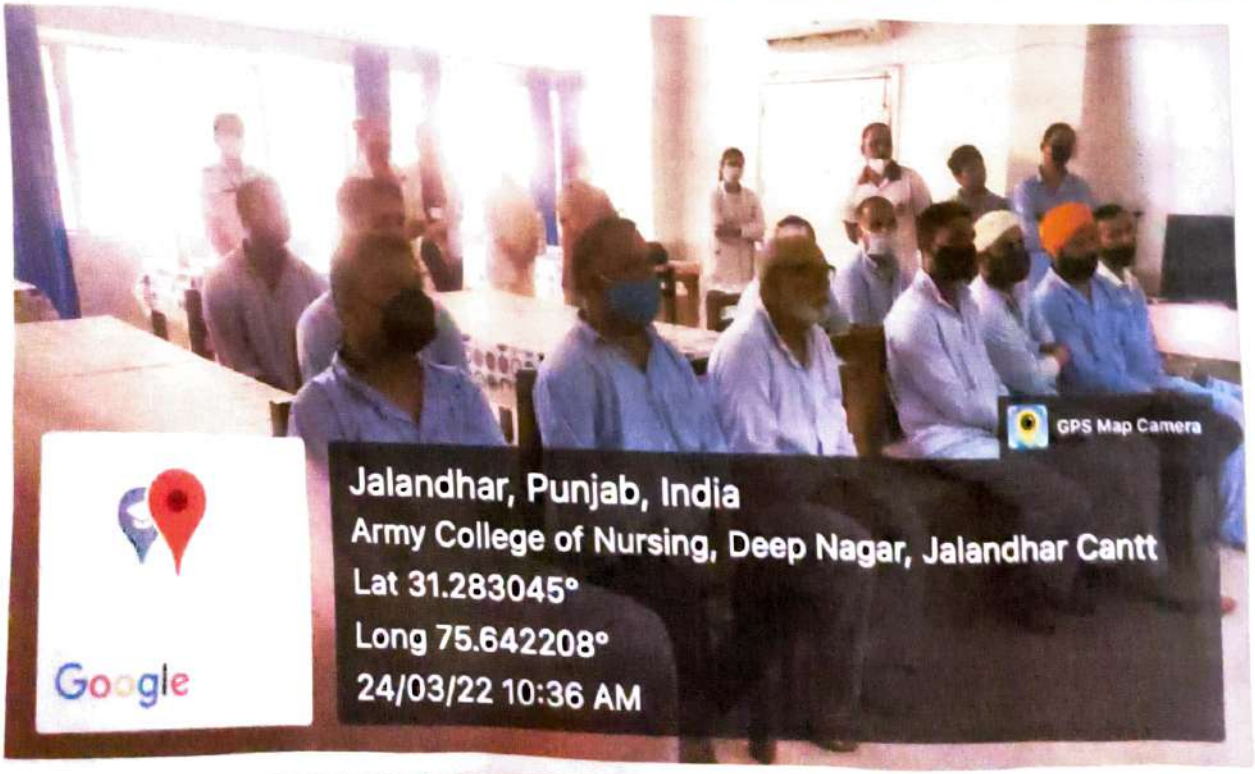
In and all the online parents teachers meeting was huge success.

Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

Report on world Tuberculosis day



Expt. No.---------- Page No. 118 Date 24/March/22

REPORT ON WORLD TUBERCULOSIS DAY

Date :- 24th March 2022

Venue :- Medical ward, MH JRC

Army college of nursing organised 'world Tuberculosis Day' on 24th march 2022 with full zeal.
The Theme for 'WORLD TUBERCULOSIS DAY' was 'Invest to end T.B Save Lives'

It was held in 'Medical ward' in MH JRC. The Activity was planned was of Health Talk by II nd year students of 10-15 mins. providing knowledge about Tuberculosis to the common mass of people

All. in all, the event was celebrated with great zeal and enthusiasm.

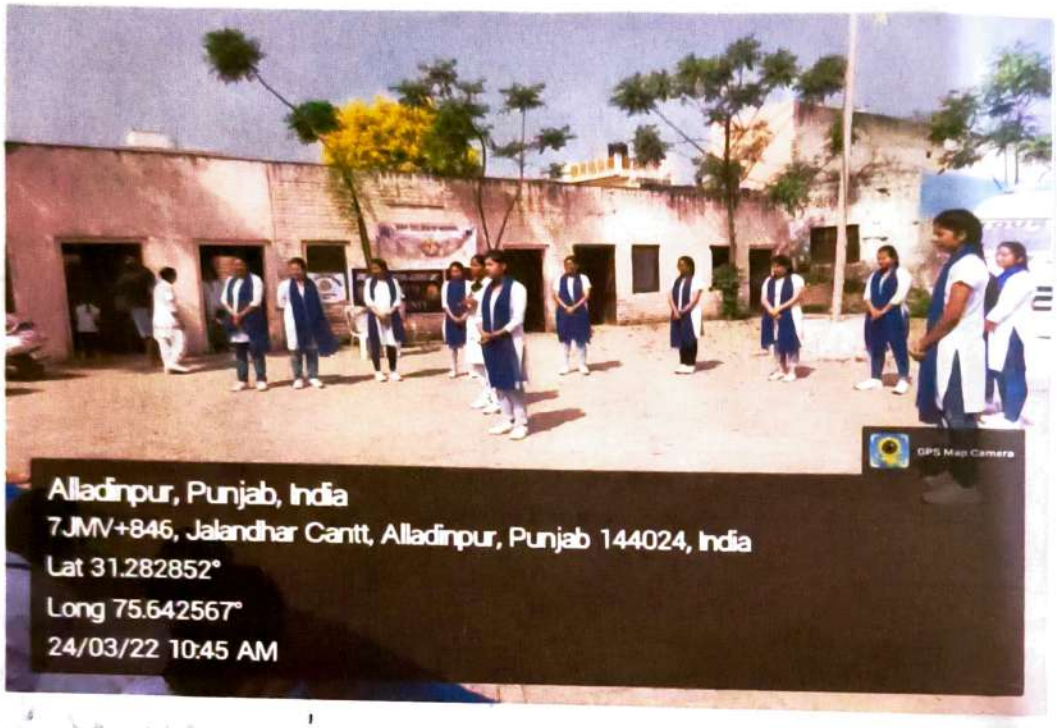
Principal
Army College of Nursing
Jalandhar Cantt

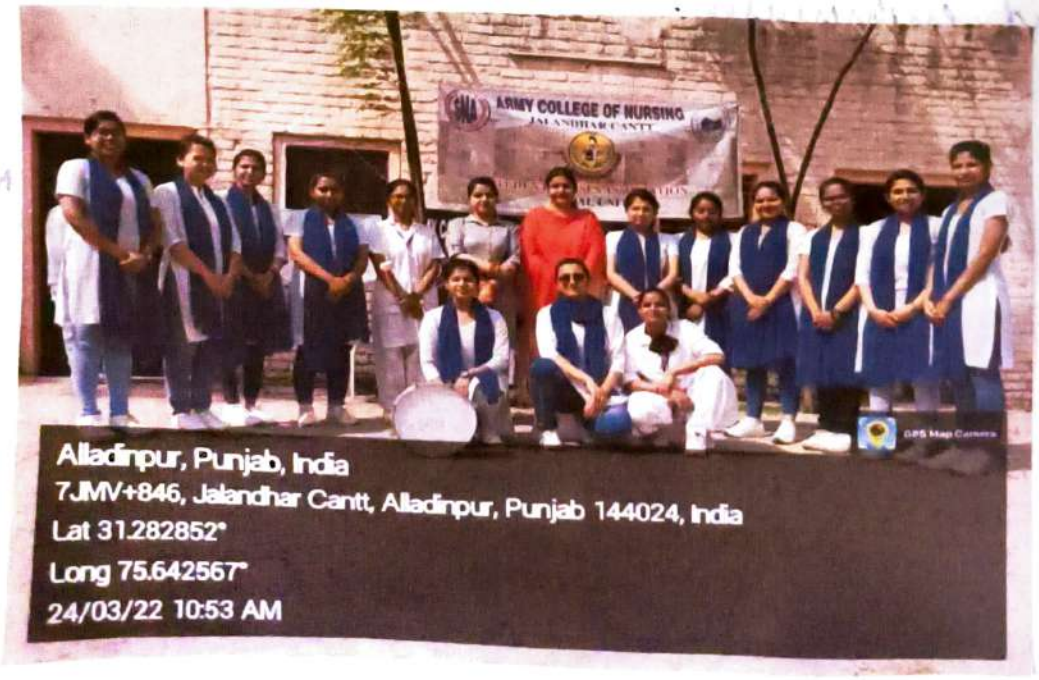
Signature of Editorial Incharge

Signature of Principal

Teacher's Signature :

Report on Water Day





REPORT ON WATER DAY

Date :- 24th March, 2022

Venue :- Sub Centre (Sofipind)

The utmost international water day was Celebrated on 24th March 2022 with full zeal on the theme of "Jal Hai toh Kal Hai"

- There was role play conducted by the IVth year students for 10-15 minutes providing knowledge about 'Save Water', rain water harvesting, Some techniques to save water along with Sustainable management of freshwater resources. to the common mass of people.

In and all the event was a huge success

Principal
Army College of Nursing
Jalandhar Cantt

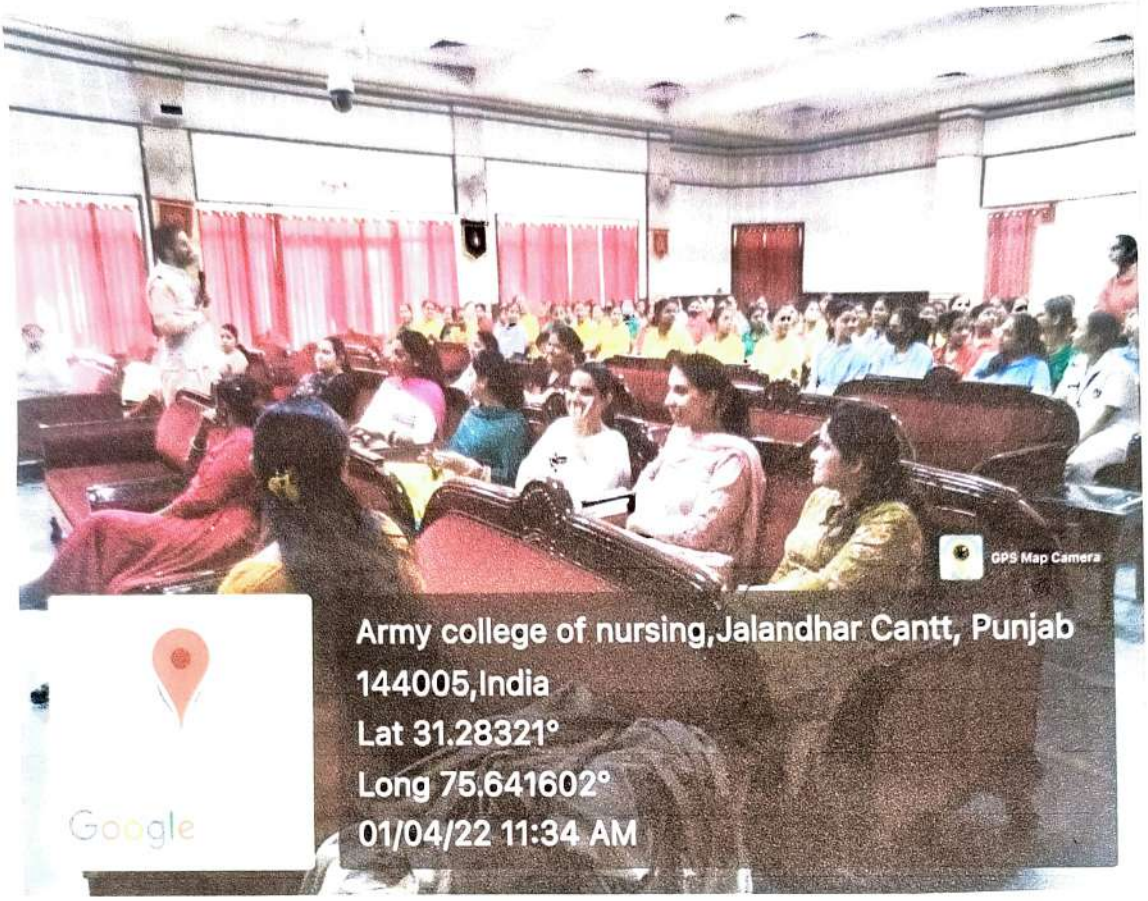
Signature of Editorial incharge

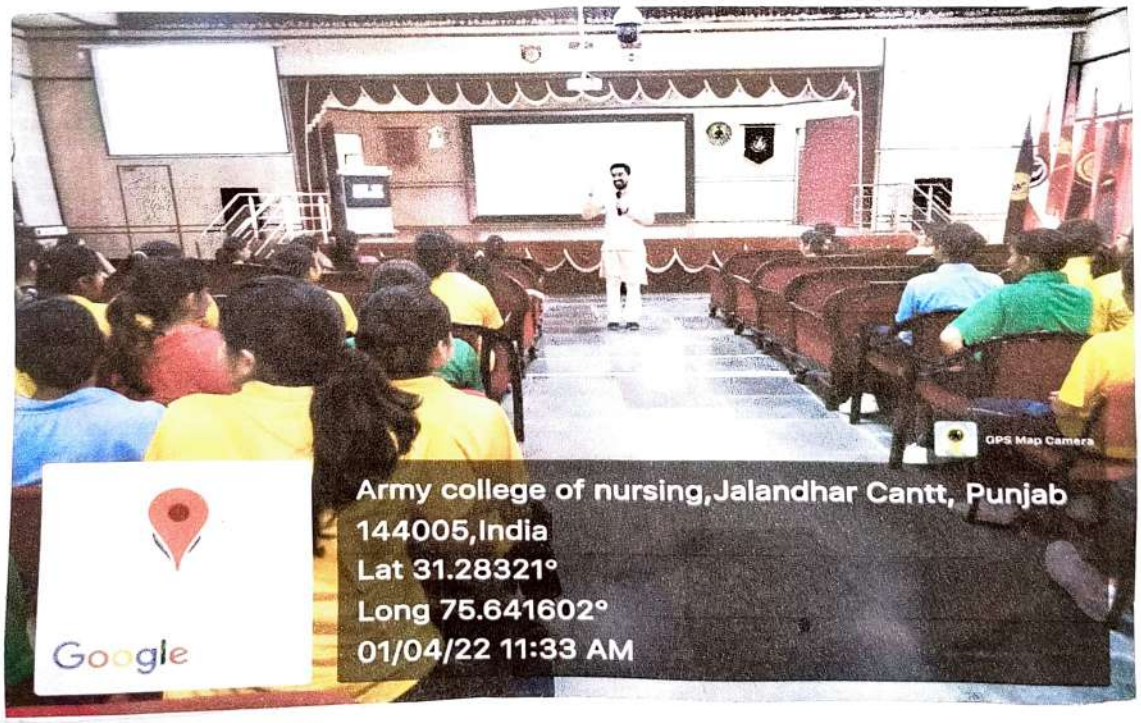
Signature of Principal

Page No.

Date

Report on Art Living Session





Signature

Date 1st/Ap/22

ART OF LIVING SESSION

Date :- 1st April 2022
Venue :- MP Hall
Time 10:30 am

Art of living session was conducted on 1st April 2022 Gautam Sir and Soloni mam enlightened the students with the inspirational words.
Students from all four batches participated in this Interactive Session. The main aim of this session was to check the pressure of mind and to increase the concentration of the students by engaging them in various activities.
It emphasizes the Importance of Inner peace of the Individual. Students learned various techniques of mediation in the session. Students attended the session with full zeal and Enthusiasm.

In and all, the event session was huge Success.

Signature of Editorial Incharge

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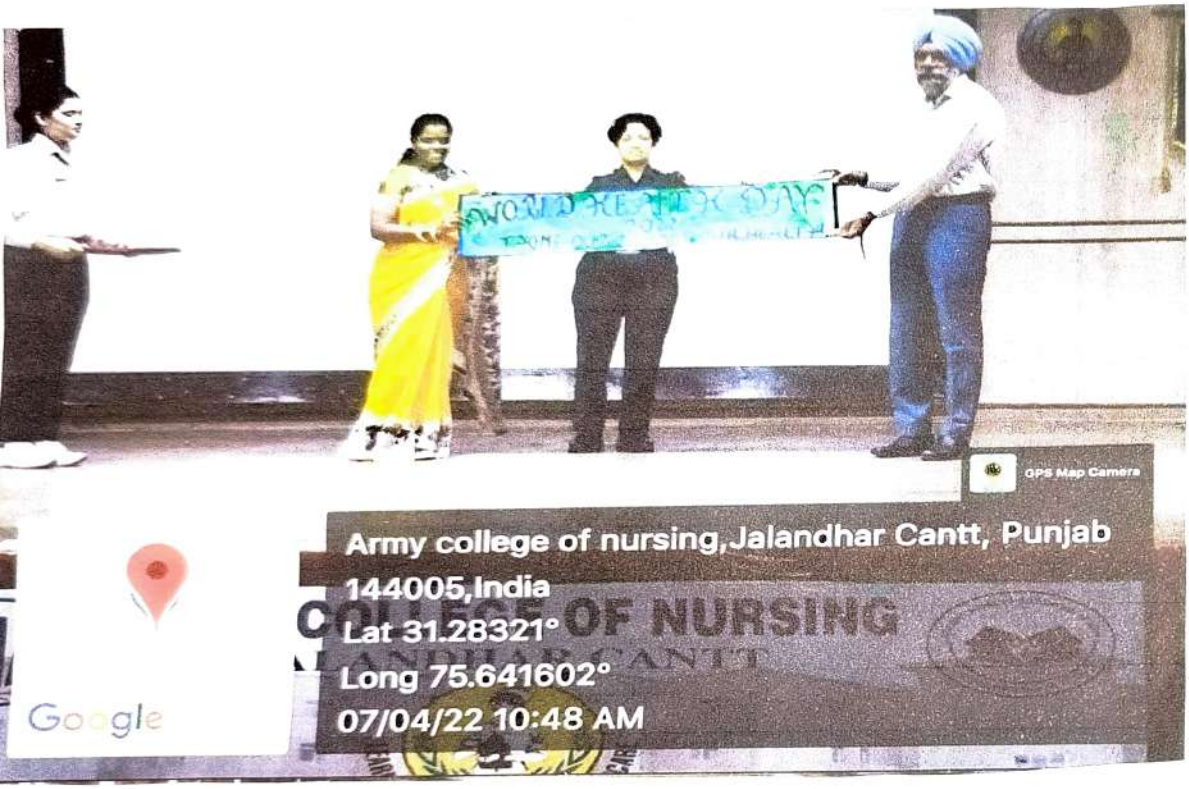
Army College of Nursing
Jalandhar Cantt

Page No.

Date

Report on World Health Day



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Report on World Health Day

Date - 7th April 2022
Venue - MP Hall
Time - 10:30am

The world Health day was celebrated in college Day started with marathon run for 1.5 Km from starting point of mini India Gate (mall road) and Ending at Vajra gnature Park. The race was commenced by Director Sir Col. R Prasad Lele The zeal and enthusiasm encouraged the students to Compeet the Race.

The Theme for world Health day 2022 is 'Our Planet', Our Heath'. brograme started with the guest lecture of respected Lt. Col. Tripti. She wonderfully explained the Impact of climate on our Health and also our importance to bring change. Her words of wisdom were so enlightening then Dr. Mahesh Doge and Dr. Radhika Gupta introduced students to Brahma Kumaris which is women led Spiritual organisation. It was an Interactive session which explained the importance of mediation for our well being.

At the end, vote of thanks was given by Ms. Khushbu Yadav (vice president)

The celebration fullfilled its objectives of developing a deep understanding of the essential link between individual And collective Health for Sustainable life.

Signature of Editorial Incharge

Principal
Army College of Nursing
Jalandhar Cantt

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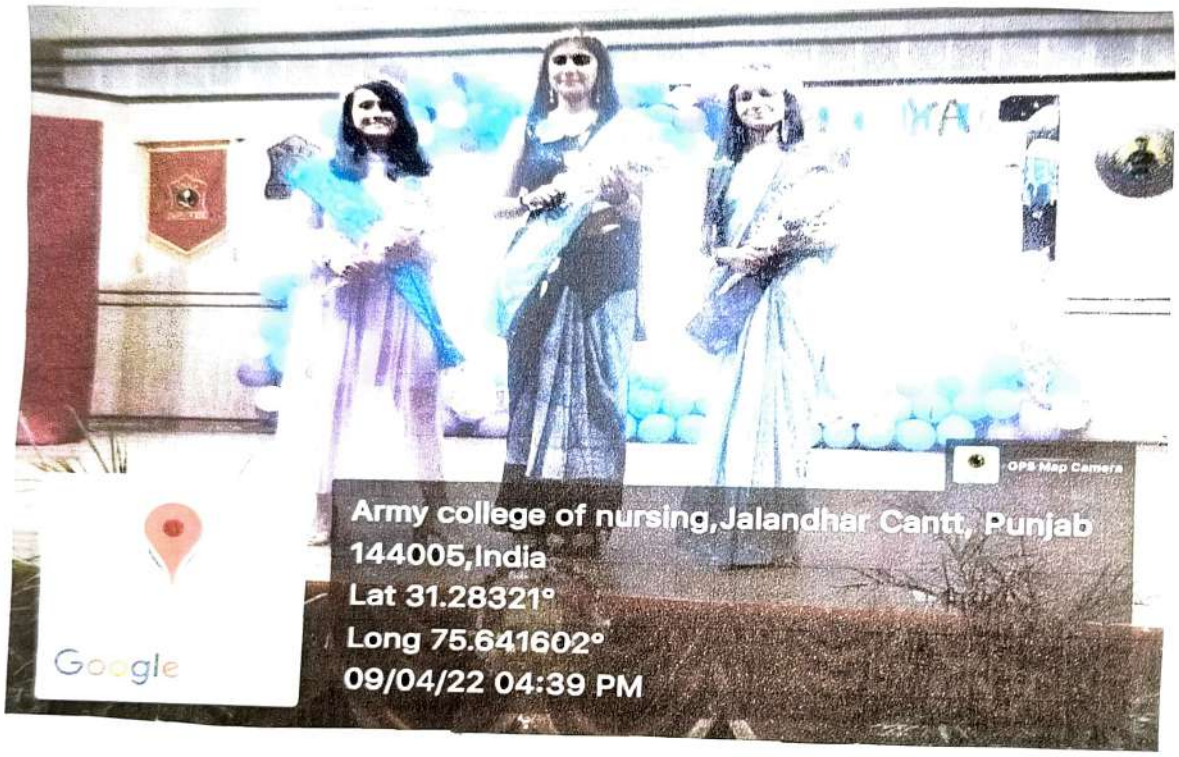
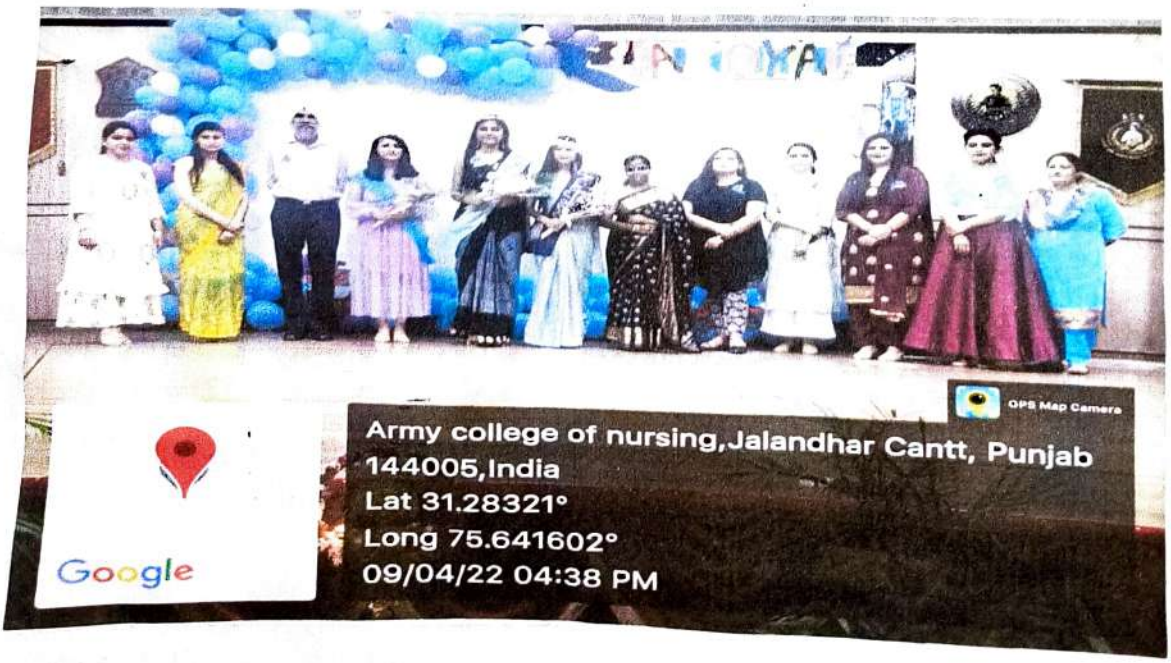
Date

Report on fresher's Event





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ARMY COLLEGE OF NURSING Jalandhar Cantt

Date 9/4/22

Report on Fresher's Eve

Date :- 9th April 2022
Venue :- MP Hall
Time :- 1:30 PM

The tremendous fresher's Eve was organised on 9th April 2022 by the students of BSC. Nursing 2nd Year. The fresher's Students was welcomed with shower of flowers in MP Hall by 1:30 PM.
The Presidising officers for the fresher's eve were Professor M. Maheswary (Principal, ACN), Rtd. COl. HS Phagura (Registrar, ACN), Proff. Charlotte Ranadive (Vice principal), Mrs. Apsara Kalsi (SNA advisor)

The program started with lamp lightening by Honorable Principal, Prof. M. Maheswary followed by speech for fresher's. The program was hosted by the students of BSC. Nursing 2nd Year. then the welcome dance was performed by the Student's of 2nd year for 5 minutes. Fresher's along with their seniors got chance to show case their talent by a stunning Ramp walk, various dance performances like solo, dual and group was given by 1st, 2nd, 3rd, and 4th Year Students respectively, along with games, skit, singing etc. was conducted to make eve. more tricky and fun!
Talking about ramp walk it was conducted in two rounds -

ARMY COLLEGE OF NURSING Jalandhar Cantt

Date

Round-1 → Participants walked on the ramp and gave poses one after another and also audiences enjoyed and encouraged participants by making hooting sounds.

Round-2 → Top 10 participants were selected by the judges followed by questioning session based on which Ms. Freshers, Ms. Personality, Ms. Flora and were finalized. There was a tough competition as they all were very amazing!

The results were decalared –

Ms. fresher's → Suman Thakur

Ms. Personality → Vandana upadhayay

Ms. Flora → Neha Kandpal

Refrushments were served in after the program.

This was a delightful fresher's Eve.

Signature of Editorial Incharge

Signature of Principal.

Principal
Army College of Nursing
Jalandhar Cantt

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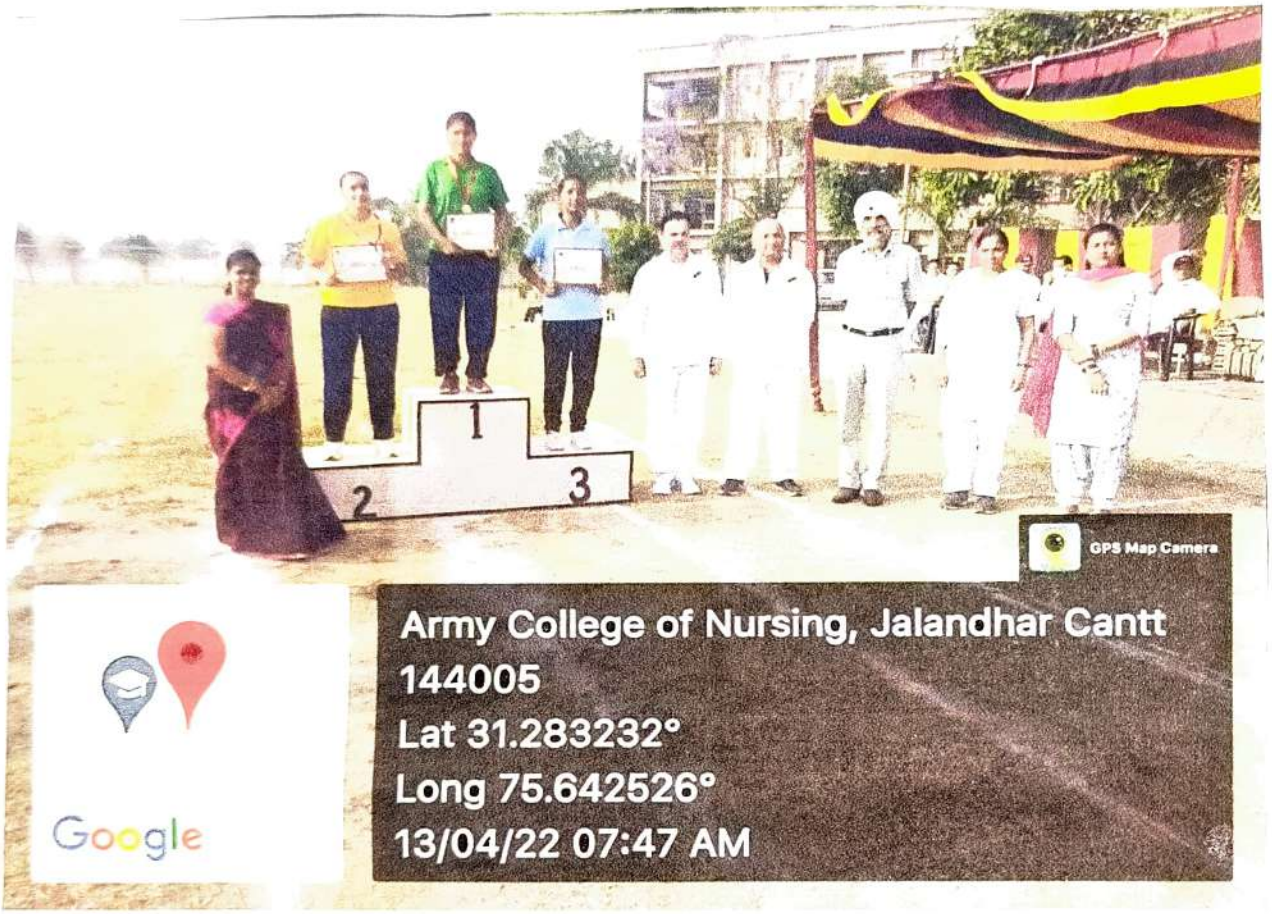
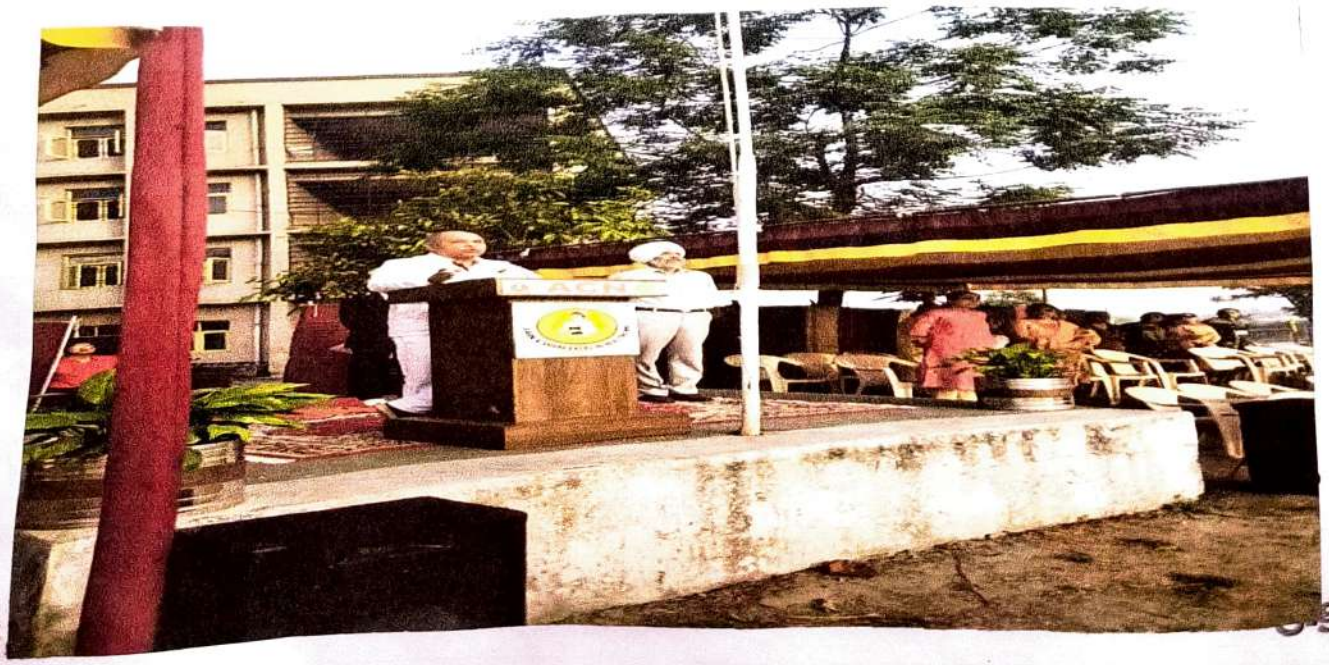
SPORTS DAY REPORT





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Date 13th/Ap/22

Sports Day

Date :- 13th April 2022
Venue :- Football Ground
Time :- 7:00 AM

The Sports day was organized on 13th April 2022 at football ground of Army college of Nursing. It was organized by Sports Incharge Mrs. Eliza (clinical Instructor).
Brig. Amit Sharma (Brigmed) HQ II core Sena medal,
Brig. Prasad R Lele (Commandant MH and Director of ACN),
Lt Col. Tapti Ray (PM) MH as a chief guest and other senior officers and dignaries for the celebration of the sports Day.
Opening of the 17th Sports Day Started by March past. Events organized on sports day were carom competition, chess compition, Table tennis, Badminton (Singles/Doubles), volleyball tournament, Basketball tournament, Kho-Kho, Javelin throw, Shot put, long jump, Discus throw, march past, 100 meter race, 200 meter race, 400 meter relay race.
At last Prizes were distributed among the winner by chief guest
Overall sports day was a huge success as It filled the students with the winning spirit and enthusiam for healthy competition.

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Editorial Incharge

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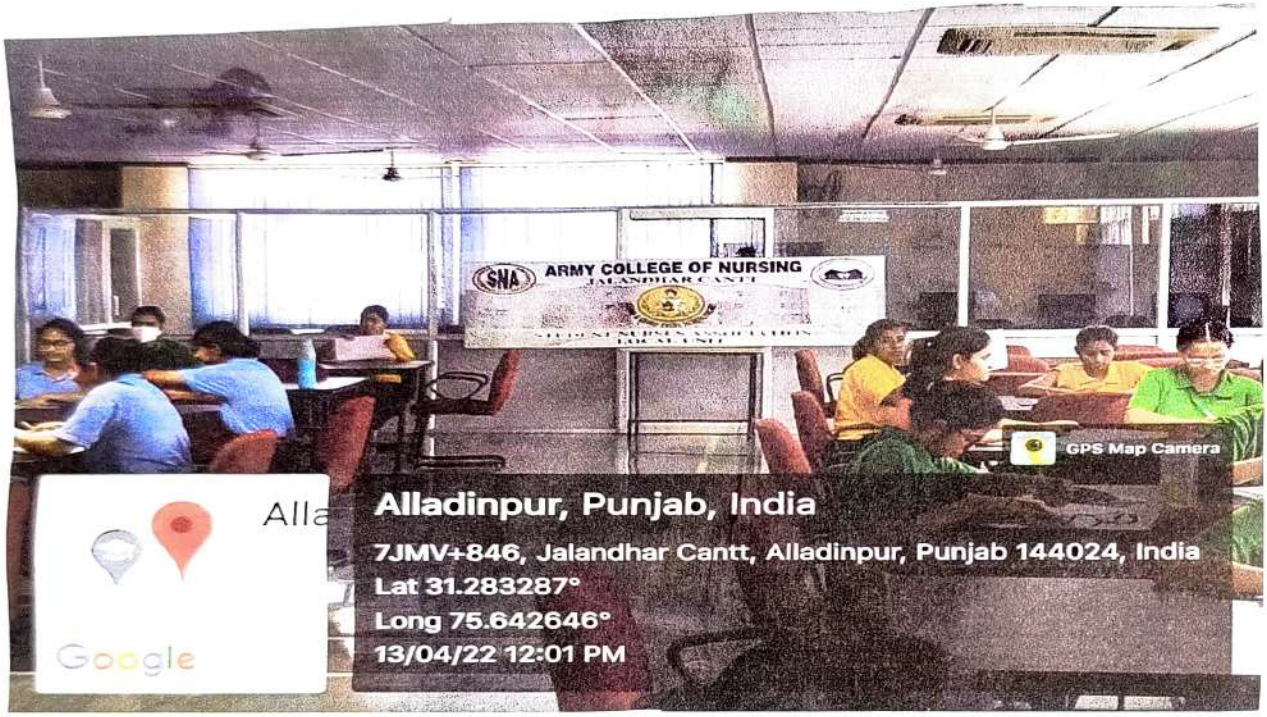
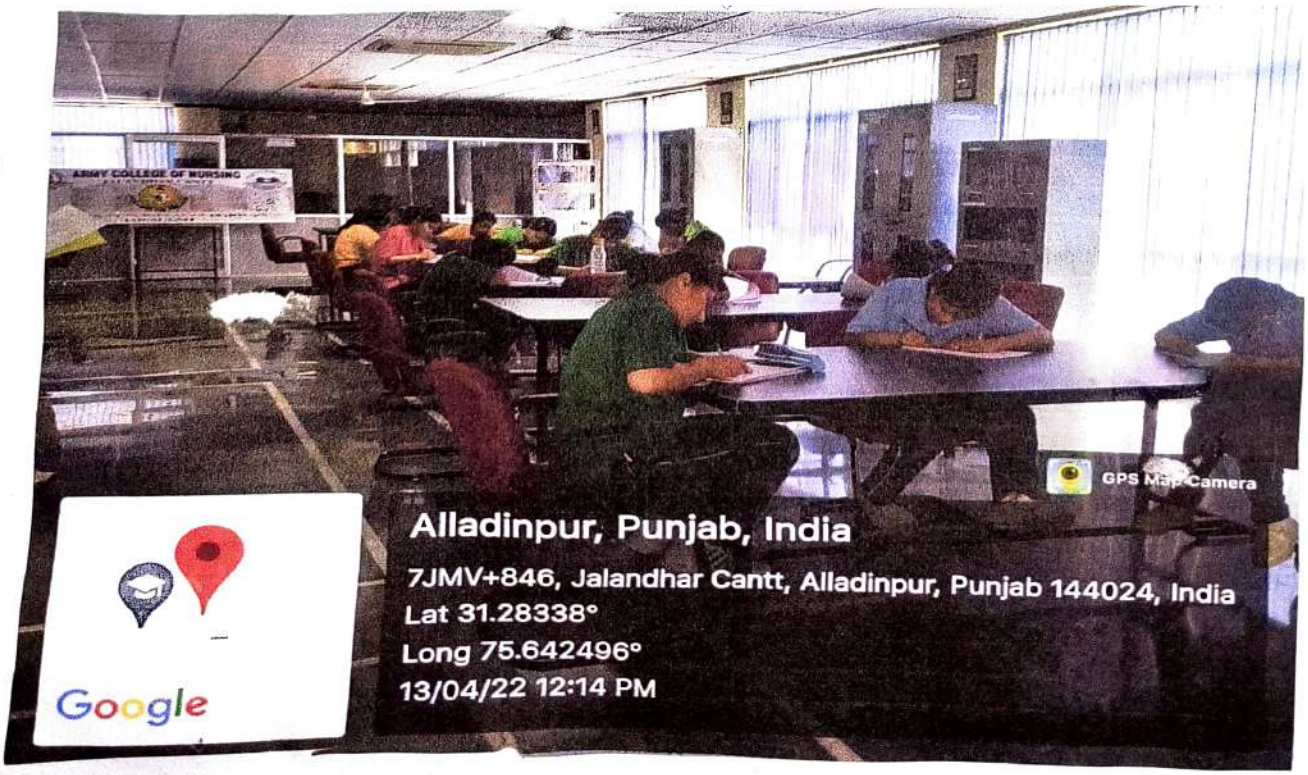
Page No.

Date

Dr Ambedkar Jayanti Celebration





Signature

Date 13/4/22

Dr. Ambedkar Jayanti celebration

Date :- 13th April 2022
Time :- 12:00 pm to 1:00 pm
Venue :- College library

On 14th April 2021, Dr. Br Ambedkar Jayanti was celebrated in Army college of Nursing, Jalandhar Cantt.
Essay writing Competition was organised for students of all four batches. The topic for the essay writing was "Achievement and Contribution of Dr. Br. Ambedkar in nation building." The essay writing was English as well in H
The judges for the event are :-
For English medium, prof. (Mrs.) M Maheshwary (Principal)
prof. (Mrs.) Charlotte Ranadive (vice prin
Mrs. Baljeet Kaur (Assoc. prof.)
For Hindi medium, Col. H.S Phagura (Registrar)
Prof. (Mrs.) Priya Sharma (Assoc. prof.)
Mrs. Apsra Kalsi (Clinical Instructor)
The results were announced and prizes was distributed among winners.
The event was a great success. It successfully achieved its objective of engaging school events students to stretch themselves intellectually with research, assimilation and impressive expression.

Signature of Editorial Incharge

Principal
Army College of Nursing
Jalandhar Cantt
Signature of Principal

Page No.

Date

WORLD EARTH DAY

Signature

ARMY COLLEGE OF NURSING Jalandhar Cantt

World Earth day

Date :- 22 April 2022
Venue :- MP (Ashoka Hall)
Time :- 12:00 to 1:00 pm

The World Earth Day was celebrated in college Day on 22 April 2022 in MP (Ashoka Hall) on the theme of 'INVEST IN OUR PLANET'. —
It's day aims to spread awareness about issues, including pollution, deforestation and global warming.
The Program started with welcome adressing by the Vice President, SNA. followed by unfolding of theme by honorable Prof. M. Maheswary (Principal). The students were enlighted by the guest Dr. Amrita sharma on the theme. Her speech/Lecture motivated the students to work on and in on the theme.
At the end, vote of thanks was given by secretary, SNA
The celebration fullfilled its objectives of developing a deep understanding and awareness about Earth Issues.

Signature of Editorial Incharge

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Principal

PATRON VISIT

Signature

ARMY COLLEGE OF NURSING Jalandhar Cantt

Patron visit

Date :- 23rd April 2022
Time :- 9:00 to 10:30 am
Venue :- MP Hall

There was patron i.e Lt gen Devendra Sharma AVSM SM visit held in Army College of Nursing, Jalandhar Cantt on 23rd April 2022. The main aim of the visit was for prize distribution to distinction holder students and to precious SNA members. This motivated the students to give their best in the academics.
After the distribution of prizes, the director sir, principal mam, registrar sir was presented with token of appreciation by patron sir.
The visit ended with a cup of tea and snacks in nutrition also includes interaction with students and faculty.

Signature of Editorial Incharge

Principal
Army College of Nursing
Jalandhar Cantt
Signature of Principal

Page No.

Date

AWES DAY

Signature

Date 29/4/22

AWES Day

Date :- 29th April 2022
Time :- 11:00 am to 1:00 pm
Venue :- MP Hall

The AWES Day was celebrated in college on 29th April 2022 in MP Hall. The programe started with full real and enthusiasm. Firstly, Information about AWES Day celebration was conveyed by the 4th year students along with this AWES, Army song was also sung followed by the dance performances by all four year. Audience enjoyed a lot. Also students were guided about MNS examination by. then
The founder of AWES organisation also enlighted students by his motivational words
Also, A motivational poem was recited by the Ms. Khushbu (vice president of SNA) which filled students with vivacity. followed by the "Gida" dance performance by 4th year students.
At last, vote of thanks was given by Ms. Khushbu (vice president of SNA)
In and all, the event was huge success and achieved its objective to aware the students regarding AWES.

Principal
Army College of Nursing
Jalandhar Cantt

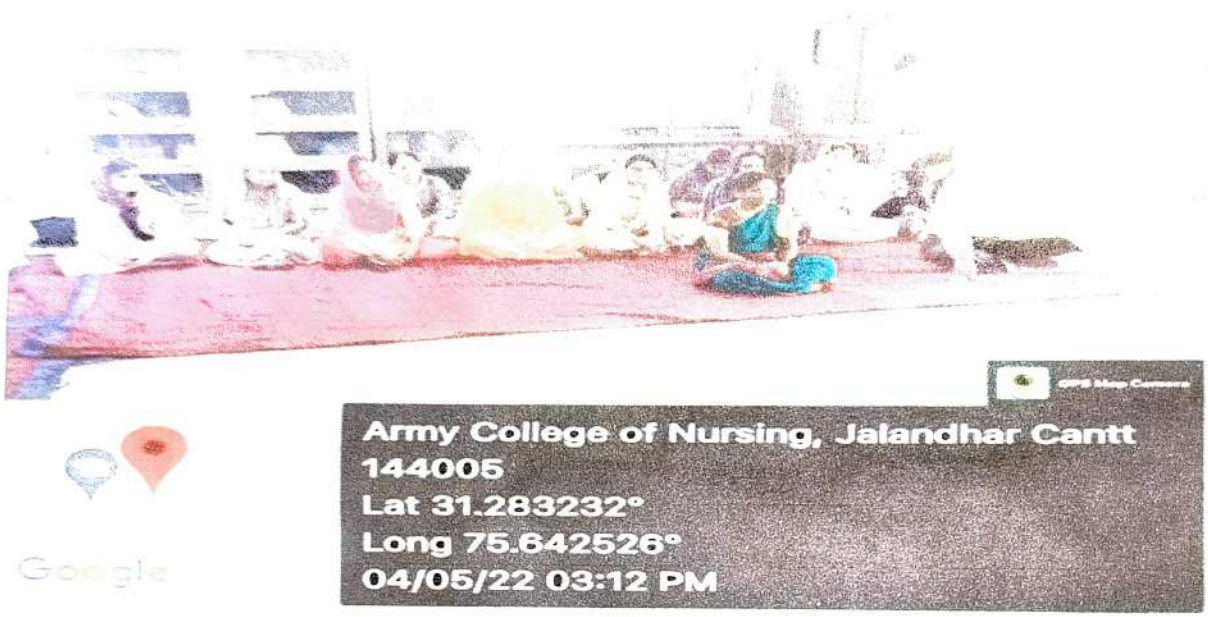
Signature of Editorial Incharge

Signature of Principal

Page No.

Date

Eid Celebration



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Eid Celebration

Date :- 4th May 2022
Time :- 3:00 - 4:00 pm
Venue :- Library

"Eid- Celebrating the Quintessence of Harmony and Brotherhood"
On the auspicious occasion of "Eid-ul-fitar" on May 4, 2022, Army college of nursing, Jalandhar Cantt organised activity to commemorate the teachings and learnings of this festival.
Students who were from muslim background shared the information about this festival and how it is celebrated. They also recited imam Surah Al-fatihah and ended the celebration by praying god for wellness of college students, staff and members.
It was a wonderful experience to know more about the muslim religion.
At the end, students were distributed with sweets.

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Editorial Incharge

Signature of Principal

Page No.

Date

Signature

ARMY COLLEGE OF NURSING Jalandhar Cantt

Date 12th/May/22

"INTERNATIONAL NURSES DAY" (SYMPOSIUM)

Date:- 12th May, 2022
Time:- 7:30 Am - 8:30 Am
Venue:- Military Hospital Jalandhar

Theme:- Nurses: A Voice to lead - Invest in Nursing and respect rights to secure global health.

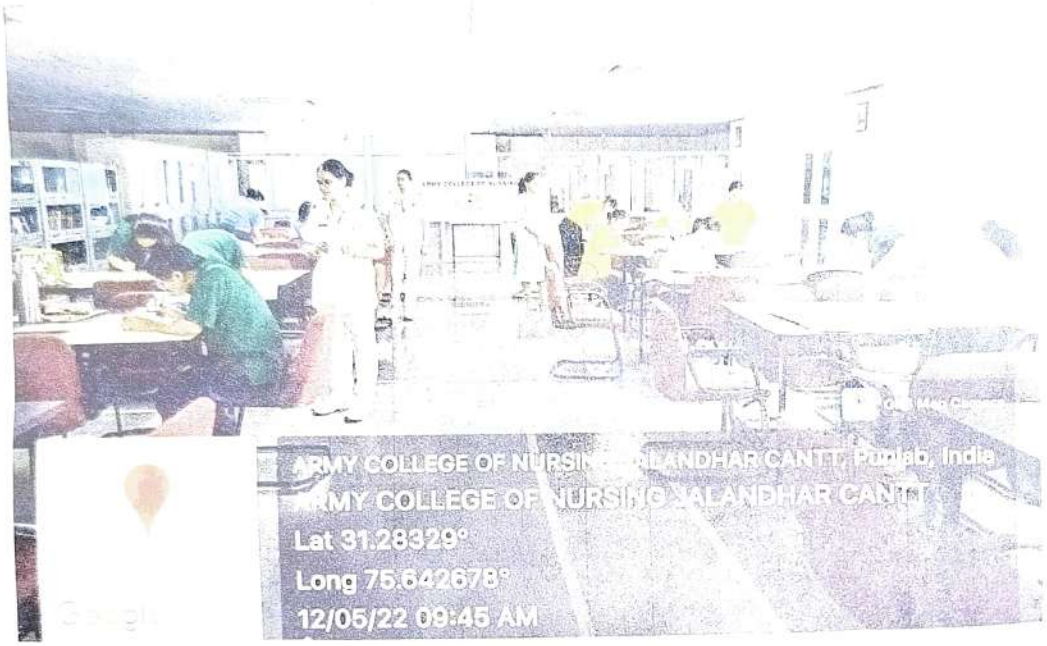
On the auspicious occasion of 'International Nurses Day' on 12th May 2022, a symposium was organised by MNS officers at Military Hospital Jalandhar to enhanche the scope of nursing, job opportunities, knowledge regarding rights & respect to secure global health and also explained the graphical shortage of Nursing personels world wide.
Lt. Gopika has adressed the students regarding the needs, rights, opportunities of nursing.

It was a great exprience to being a part of them and to share views on theme of International Nurses day

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Principal:-

Signature of Editorial Incharge:-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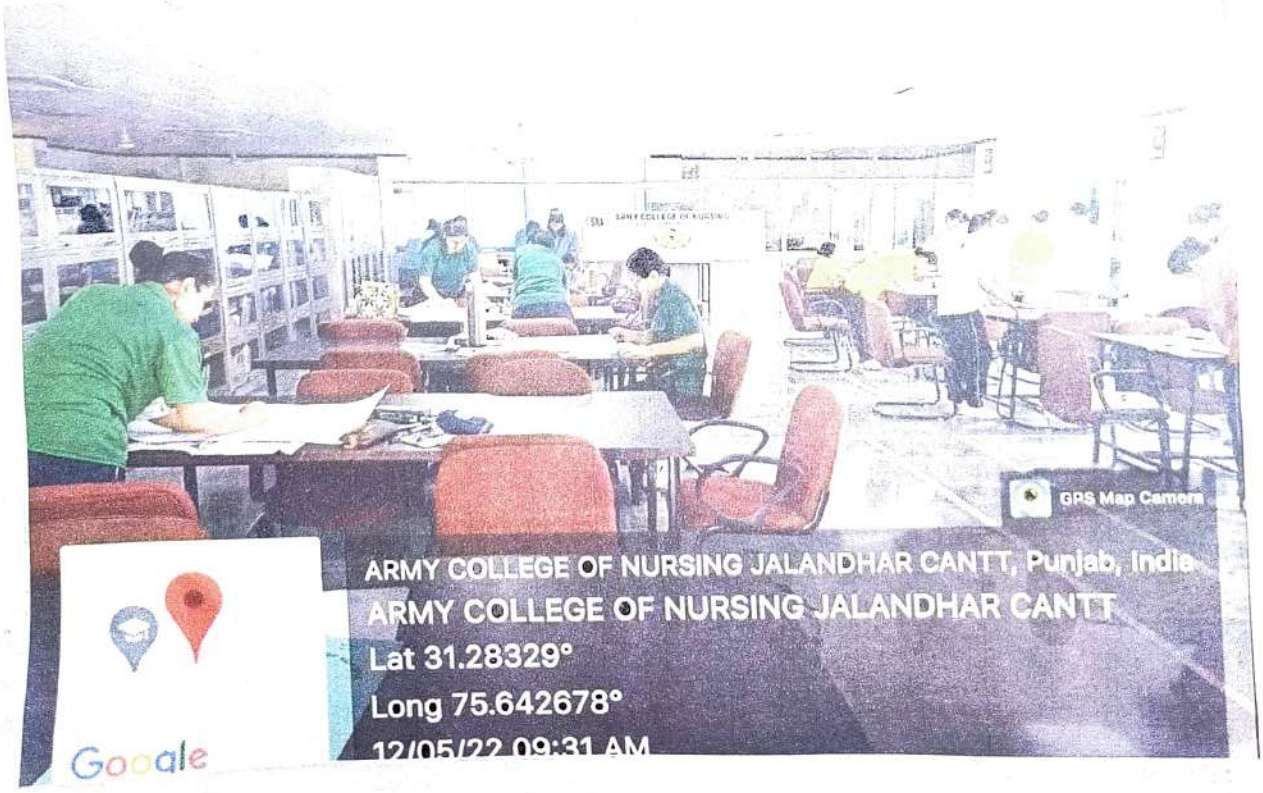
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Google

Signature

Date 12/May/22

"INTERNATIONAL NURSES DAY" (POSTER COMPETETION)

Date :- 12th May, 2022
Time :- 9:30 Am - 11:30 Am
Venue :- Library

On Nurses day 2022, a poster competetion was organised which was inter house 20, students had taken part in this competetion. It was organised in the college Library. The judge for this event were Principal Prof. M. Maheshwary Vice Principal Mrs Charlette Ronadine & SNA advisor Mrs Aparna Kalsi. Students have given 2 hours to make the poster. The theme for this event is "Invest in Nursing". Students have very well & collectively brought their beautiful thoughts on paper with complete enthusiasm. Result was declared in the afternoon event. & Students are appreciated for their work.

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Principal:-

Signature of Editorial Incharge:-

Date

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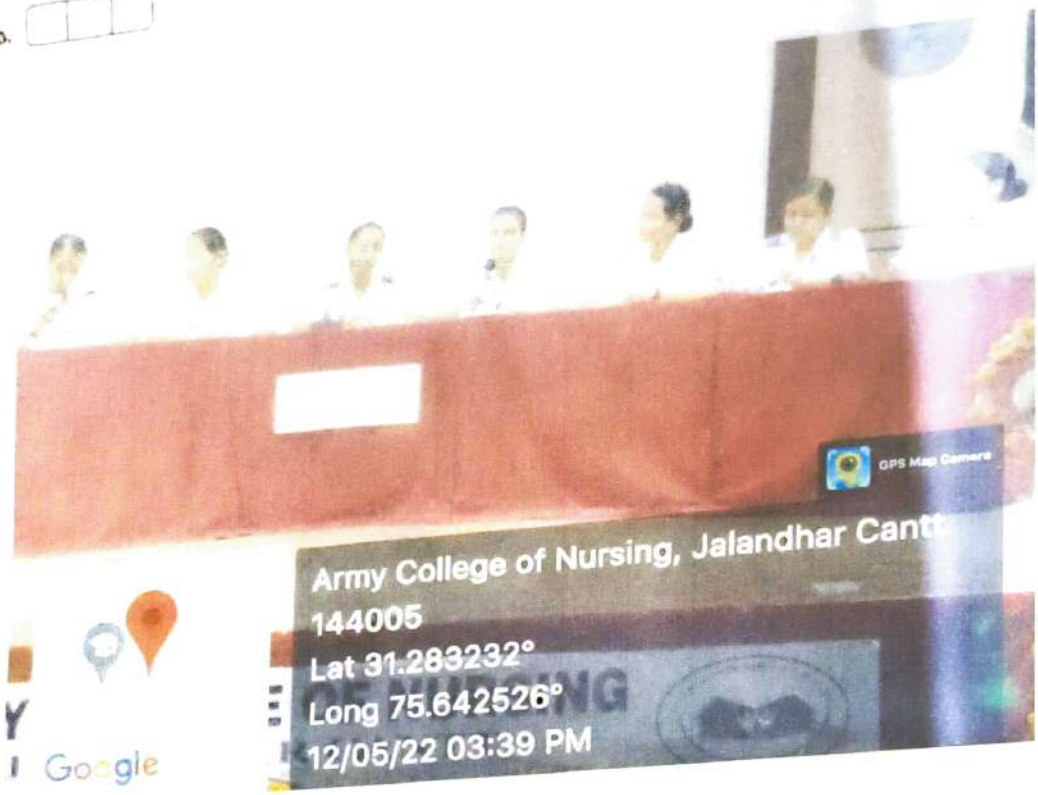
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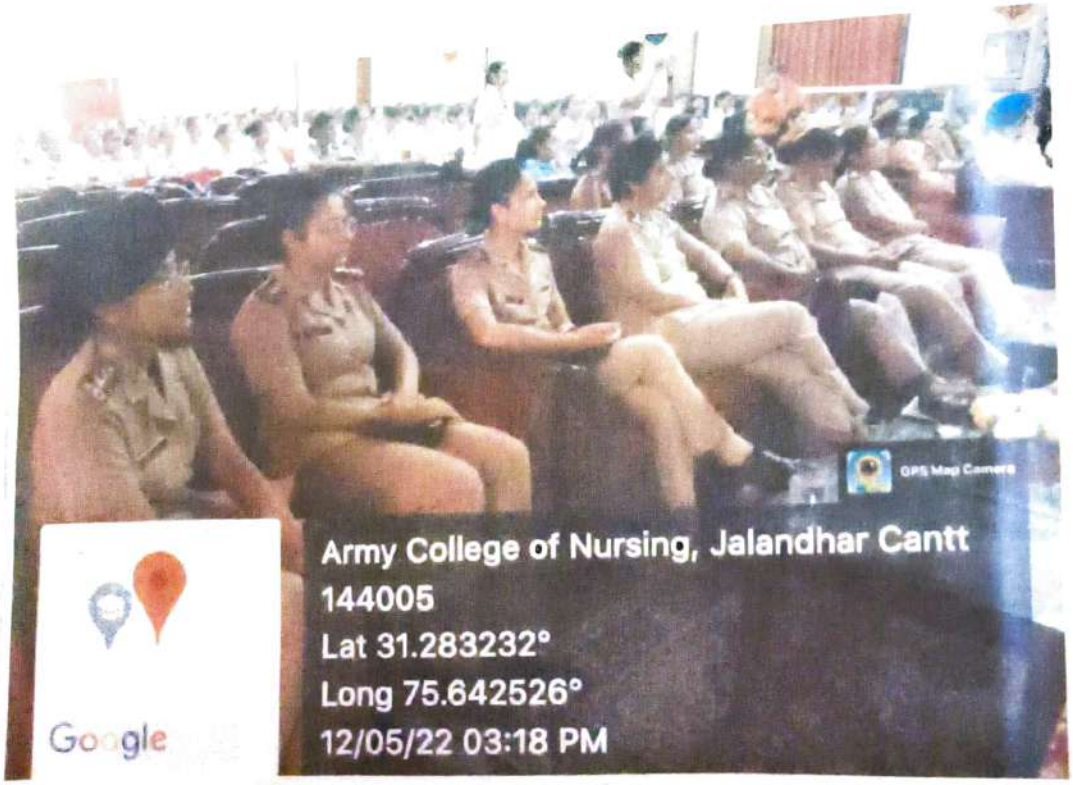
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ARMY COLLEGE OF NURSING • Jalandhar Cantt •

Date

"INTERNATIONAL NURSES DAY" [PANNEL DISCUSSION]

Date:- 12th May, 2022
Time:- 2:30pm - 4:30pm
Venue:- MP Hall

The Nurses day was celebrated in college on 12th May 2022. A pannel discussion was organised by SNA members. All four years were the Participants. The topic was related to theme of this year i.e ⇒ A voice to lead - Invest in Nursing and respect rights to secure global health. MNS officers along with DPM Mam Lt Col. Tapsee Ray Barman. They have shared their valuable experience in our stream. There was a active participation of students as well as teachers.

The event was a great sucess & its great experience to being part of them to share your views on International Nurses day.

Principal
Army College of Nursing
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Workshop on Professional Advancement

Page No.

Date

Signature

Date 23 May-22

WORKSHOP ON PROFESSIONAL ADVANCEMENT

Date :- 27 May, 2022
Time :- 9:00 Am - 1:00pm
Venue :- MP Hall.

Workshop is organised by BSc Nursing IVth year students. The topic for Workshop is Professional Advancement. All students of BSc Nursing IVth year have participated in this workshop. Symposium, Pannel discussion, Seminar, Role play & Presentation all these event are covered by students they guided by their guides. & time management was quite good. Group participation was done all three years actively gave the answers. which have been asked by the students.

The event by students become a great success with

Principal
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Page No.

Date

Pulsatio

Signature

Date 30 May 22

Pulsatio

Date:- 30 May, 2022 & 31 May 2022
Time:- 10:Am - 6pm & 10:Am - 4pm
Venue:- GMCH 32 College of Nursing.

Pulsatio was organised by GMCH32 college of Nursing in chandigarh it was talent event in which our students have participated in various events. 24 students were there We won first prize in fashion show, first prize in solo dance, second prize in solo dance, first prize in duet dance, Mis Pulsio tag by Khushi, Third prize in signging. Our students were very much active & shown their talent very confidently. The students were taken there by 2 teachers & stay was arranged by GMCH 32 at Jat Bhawan Sector 27 D Chandigarh. Students had great time over there & successfully got many prizes in many events.

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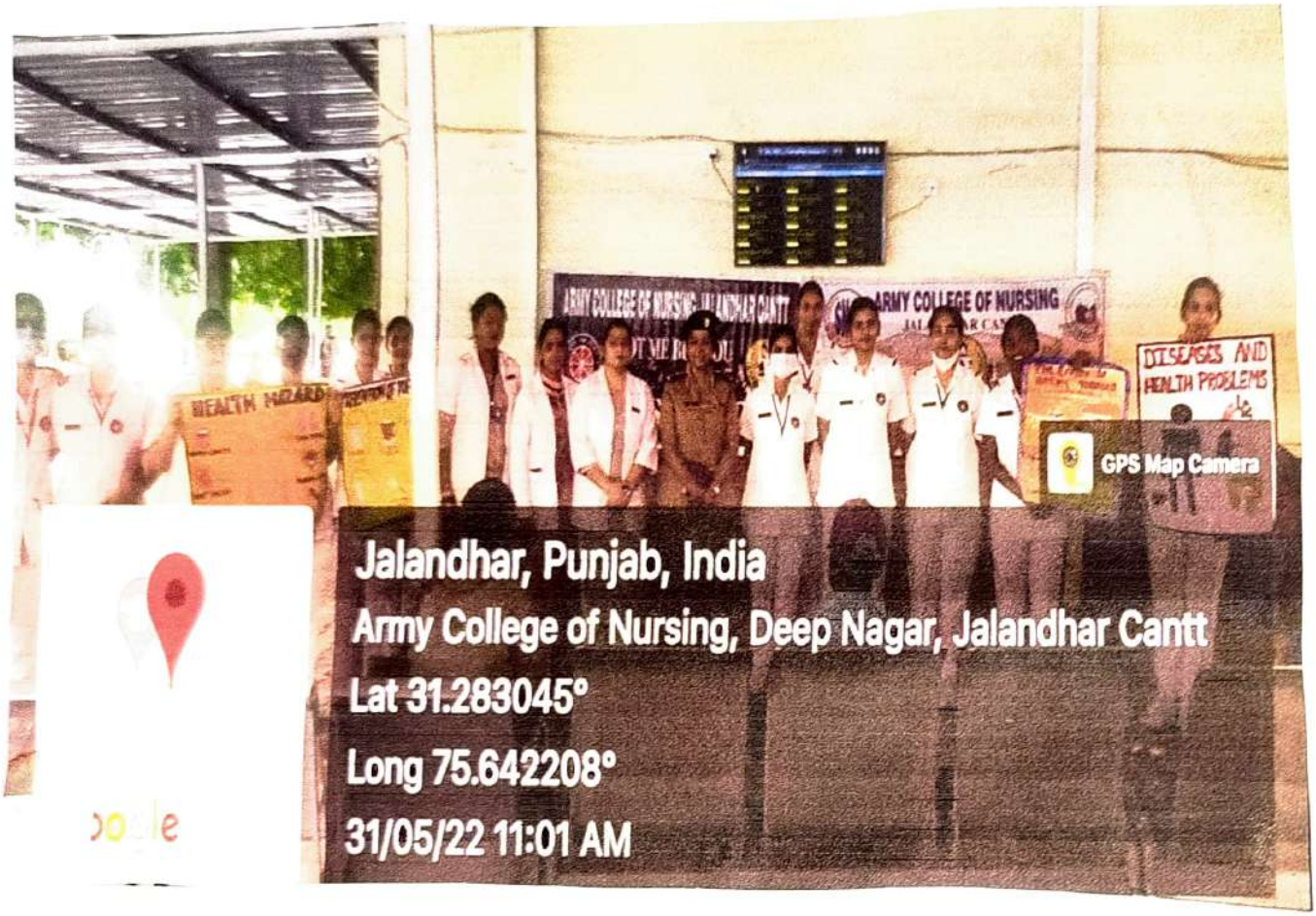
No Tabacco Day



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NO Tabacco Day

Date:- 31st May 2022
Time:-
Venue:- MH, Jalandhar.

The No Tabacco day was celebrated by the college in MH, Jalandhar on 31st May 2022. on theme of 'Tabacco: Threat to our environment'
The campaign aims to raise awareness among the public about the negative environmental impacts of tabacco — from cultivation, production, distribution and waste.
In MH, Jalandhar, program started by addressing the MNS mam, and near by local people. The students of BSc. [N] IVth year and 1st year conducted the program by giving health education regarding Tabacco, its causes, effects on health and how it has been a treat to most of the population.

In and all, the program was a huge success.

Principal
Army College of Nursing
Jalandhar Cantt

Signature of Editorial Incharge Signature of Principal.

World Environment Day

Signature

Date 8/June/22

World Environment Day

Date :- 5 June 2022
Time :- 4 Pm
Venue :- Football ground

Our college organised a program to celebrate world environment day. The Principal mam and Registrar sir along with teachers and students participated in the program with full energy.

The Aim behind organising this program was to give awareness to people about keeping the environment clean and safe from pollution.

Plants were planted by students in back side of football ground at 4 pm. teachers guided in this regard. This was an amazing activity.
At last, Principal mam encouraged students to keep their environment clean so that we can live healthy life.

Principal
Army College of Nursing
Jalandhar Cantt

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World Bicycle Day

ignatur

Date :- 3 June 2022
Time :- 7:00 am
Venue :- Hostel campus

Our college celebrated world Bicycle Day on 3 June 2022 in the morning around 7:00 am in the hostel campus.
The world Bicycle Day is aimed at increasing the awareness about the benefits of using a bicycle.
In regards to this, the students of all the 4 years get together and did cycling and awares about benefits of using bicycle which is simple, affordable clean and environmentally fit sustainble means of transportation.
Students made the charts, slogans and pamplets
Teachers also enligtened the students over the theme and motivate them to switch to two wheeler.
The event was a huge success.

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Jalandhar Cantt

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Page No.

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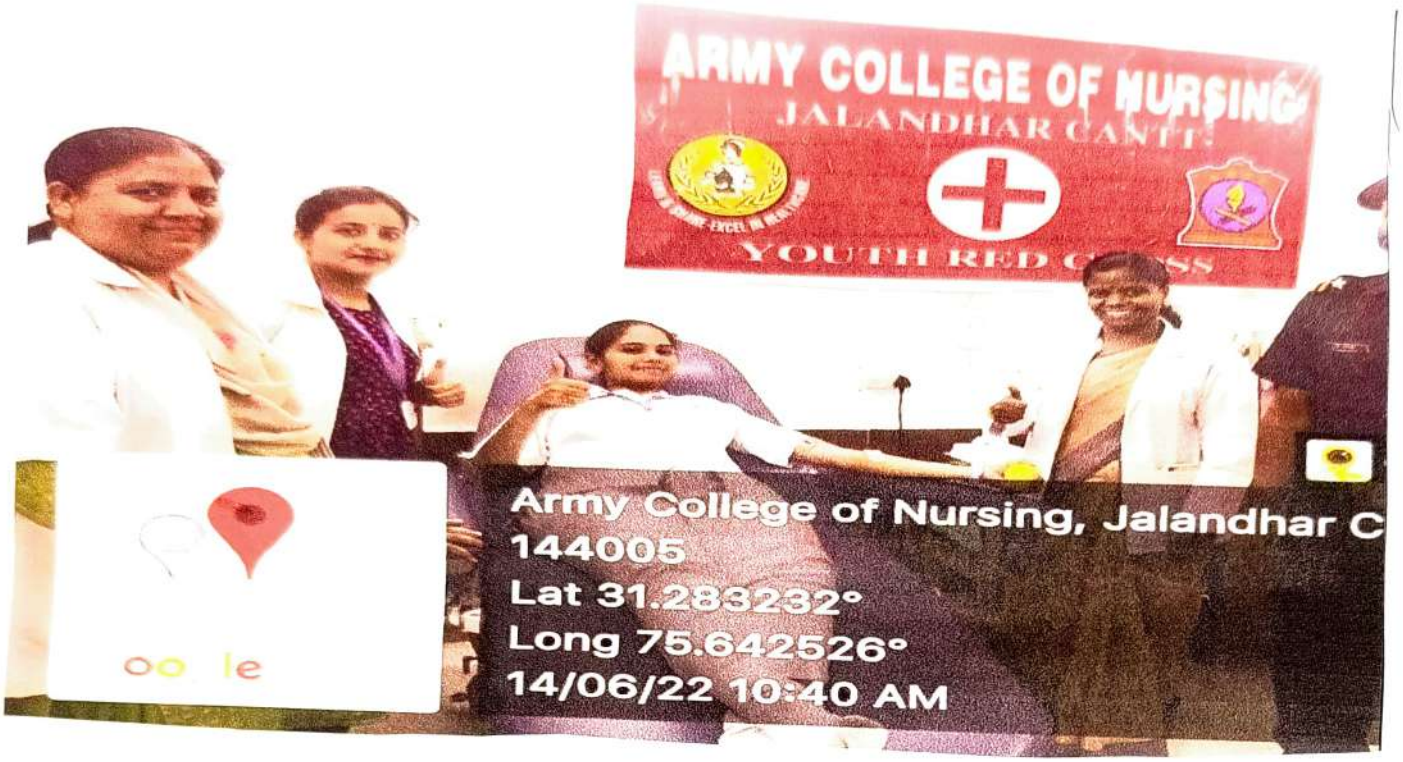
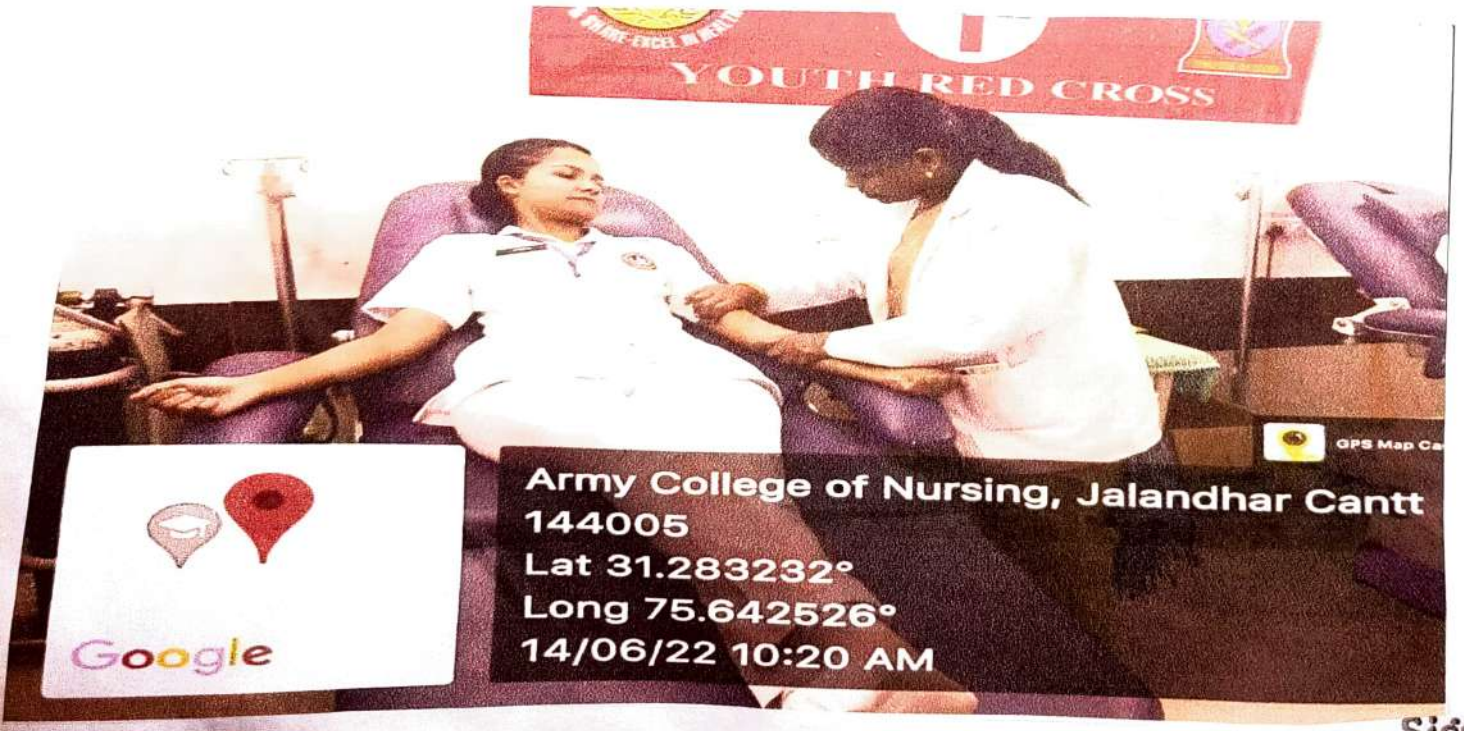
World Blood Donor Day





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W.E.D.

Date 14/6/22

World Blood Donor Day

Date :- 14 June 2022
Time :- 10-12 am
Venue :- MHJRC

On the occasion of blood donor's day a donation camp was organised by youth red cross department of our college on 14 June 2022.

In which students enthusiastically participated and donated blood with proud hearts.
Principal mam - Prof. M. Maheswary, Mrs. Lakhwinder Kaur mam (health incharge) and Mrs. Ritu (youth red cross society). accompained students and motivated them to continue doing this which can help others who are in need of. After donation student were appreciated with certificates and as in refreshment were also distributed to them.
It was really inspiring initative taken by our college, even many other students were also inspired.

Signature of editorial Incharge

Signature of Principal.

Page No.

Date

Tree Plantation

Signature

Date 6/6/22

Tree Plantation Day

Date : 6th July 2022
Time : 2:00 pm
Venue : Football ground

Our college organised an Activity of Planting Trees. The programe was initiated by NSS unit of College. As per the Instructions provided by Central government to plant more trees in Rainy season.
The Students were selected from all four batches to plant trees. The gardner helped them with the task and teachers accompanied students with activity.
This provided a student to know more about the environmental Conditions.
The chief guest was our Registrar Sir and SNA members also took part in Activity.
At the end, the moment was pictured to put it in use of records. This was an Inspiring task.

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Army College of Nursing
Jalandhar Cantt

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Date 6-6-22

Date : 6th July 2022
Time : 2:00 pm
Venue : Football Ground

NSS organised a "Tree Planting" in our college on 6th July 2022. It was a environmental event in which students of BSc.[N] 1st, 2nd, 3rd & 4th year took participation with full zeal.
Along with students, all the teachers and Lt. Col. H.S Phagura (Registrar, ACN) gathered in Football ground and planted trees and leaving the message — 'Grow more trees for more oxygen'
This event filled the students with values and importance of tree planting in today's polluted environment. Students also showed their participation by making Banners and posters.
In and all the event was a huge success and Created awareness among all.

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Jalandhar Cantt

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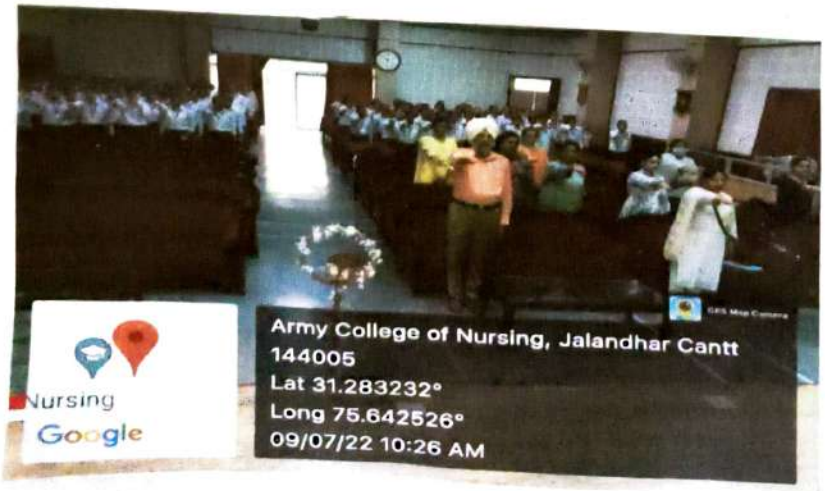
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OATH TAKING CEREMONY [Youth Red Cross]

DATE :- 09/JULY/2022
TIME :- 10AM- 10:30 A.M.
VENUE :- MULTIPURPOSE HALL [Ashoka]

On 9th July 2022, pledge taking ceremony under Youth Red Cross [YRC] was organised by Army College of Nursing, Jalandhar Cantt. in the Ashoka Hall.

The activity was organised under the guidance of Mrs. Lakhwinder Kaur (YRC Incharge) in collaboration with SNA EB Members. The students of BSc.(N) 1st year and BSc (N) 3rd year were present for the oath taking ceremony.

The dignitaries like Registrar Sir, Vice-Principal Mam and other faculty members were also present in the ceremony. Registrar Sir addressed the students during the ceremony.

All in all, the whole activity was of great success and went on very well.

Mrs. Elisa, (S)
SIGNATURE OF EDITORIAL INCHARGE

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Army College of Nursing
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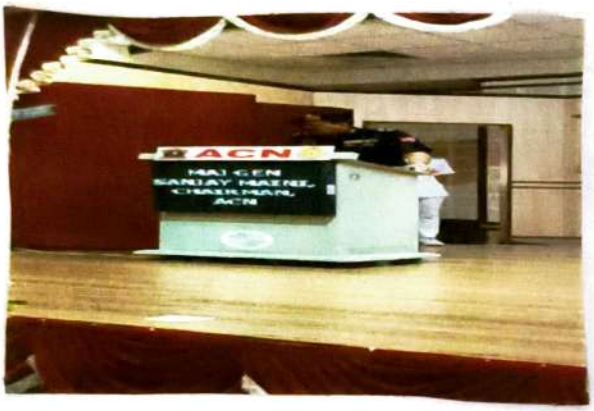
Date

FARFWELL TO CHAIRMAN



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ARMY COLLEGE OF NURSING Jalandhar

Date 18 07 2022

REPORT ON BIDDING FAREWELL TO CHAIRMAN

DATE :- 18th July 2022
TIME :- 10:15 A.M - 10:45 AM
VENUE :- MULTIPURPOSE HALL

Army College of Nursing, Jalandhar Cantt had organized a farewell party for respected Chairman Sir General Major Sanjay Maini [COS], Chairman, ACN.

The function commenced with the formal welcome by Ms. Megha, Ms. Kritika, Ms. Reshma Praveen (MC), students of BSc (N) 3rd Year. The prizes were given to the winners at PULSATIO organised by GMCH 32 College of Nursing, Chandigarh.

The certificates were also given to the students who had participated in Martial Arts for one month trained by Mr. Jaswant Singh (TRAINER). The formal address by Col H.S. Phagura (Registrar, ACN) was proposed in which the achievements of the Chairman was expressed beautifully. ACN presented College Collage, and other gifts to Sir as a token of love.

At the same time, Chairman Sir motivated the students and faculty to excel in their profession. The function ended up with cup of tea in Nutrition Lab.

Ms. EJIZA, (CS) ACN
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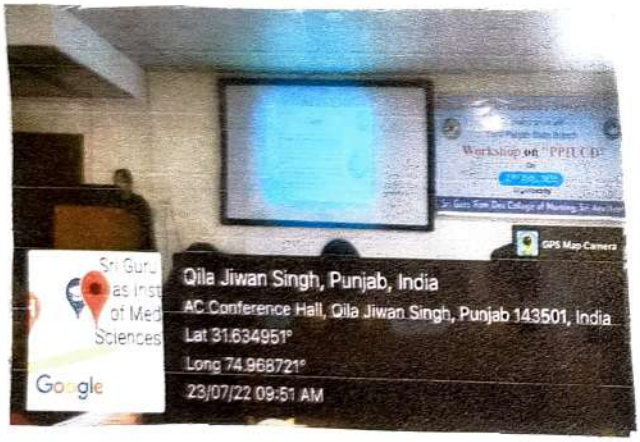
TNAI WORKSHOP



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DATE :- 23rd JULY 2022
TIME :- 8:00 AM - 4:30 PM
VENUE :- SRI GURU RAM DAS NURSING COLLEGE, AMRITSAR.

On 23rd July, 2022; TNAI Punjab State Workshop was organised by Sri Guru Ram Das College of Nursing in Collaboration with Trained Nurses Association of India (TNAI) - Punjab State branch.

TOPIC :- "Post Partum IUCD [Hands on Training]".

The workshop commenced at 8:30 am with Ice breaking session followed by Pre-test. The overview of PPIUCD was given by Dr. Parnesh Saini (PRINCIPAL, SGRNC, Amritsar). Then, different speakers explained the whole topic very well. Then, it was followed by Role Play, Simulation Training and Post Test.

Additionally, Ms. Eliza (Clinical Instructor) ACN had gone to Sri Guru Ram Das Nursing College to attend the workshop.

All in all, the whole session was fruitful and informative.

Ms. ELIZA (CI)
ACN

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Army College of Nursing
Jalandhar Cantt

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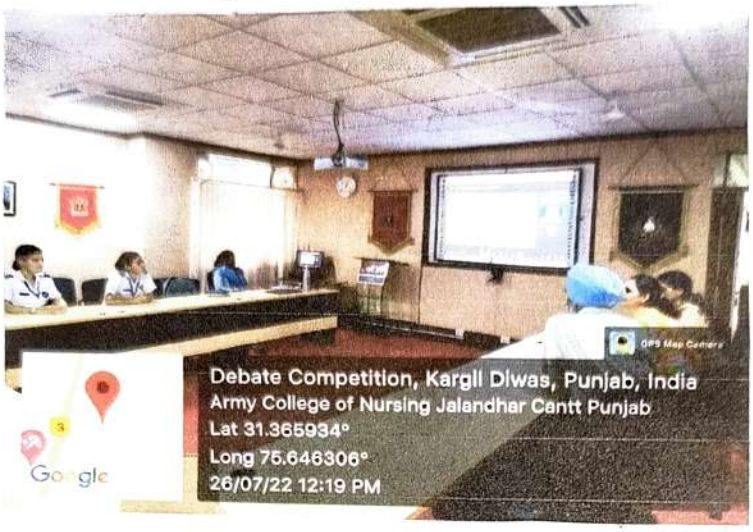
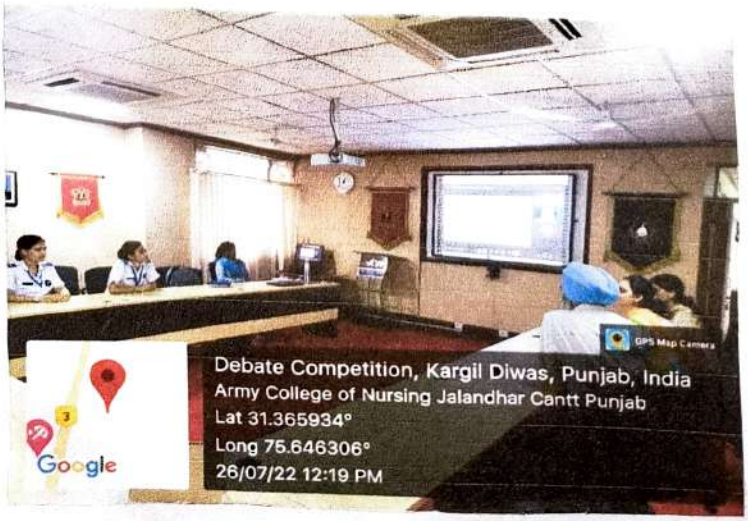
KARGIL VIJAY DIWAS





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KARGIL VIJAY DIWAS

DATE :- 26th JULY 2022
TIME :- 11:00AM - 12:45 P.M.
VENUE :- CONFERENCE HALL, ACN JRC
MODE :- ONLINE [Google Meet]

On 26th July 2022, Debate Competition was organised by Army Institute of Education (AIE), Noida to commemorate 75 years of Independence (Azadi Ka Amritmahotsav) on the theme "AGNIPATH SCHEME" :- A Military transformation on the occasion of Kargil Vijay Diwas.

The competition was held at online mode on Google Meet. Two students of BSc (N) 3rd year had participated in Debate Competition, Ms. Yogeeta and Ms. Vaishnavi. Ms. Yogeeta (BSc (N) 3rd Year) secured second position in the Competition. She received e-certificate for 2nd position. Ms. Vaishnavi also received participation certificate for the same.

In nutshell, the whole debate competition was fruitful and knowledgable.

Ms. ELIZA (CI)
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Army College of Nursing
Jalandhar Cantt

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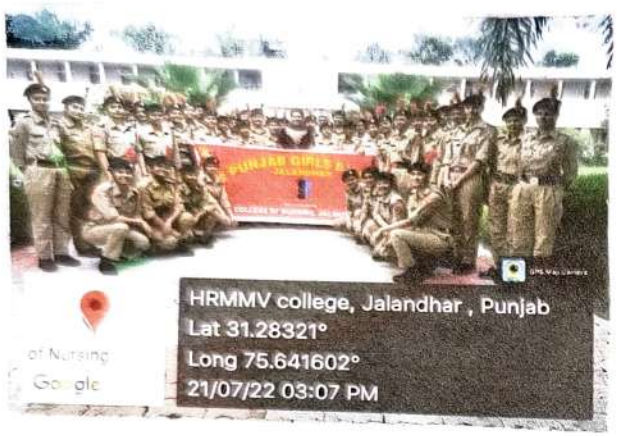
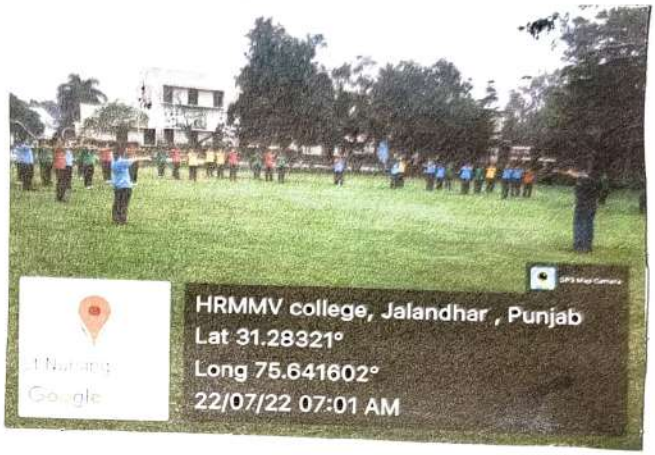
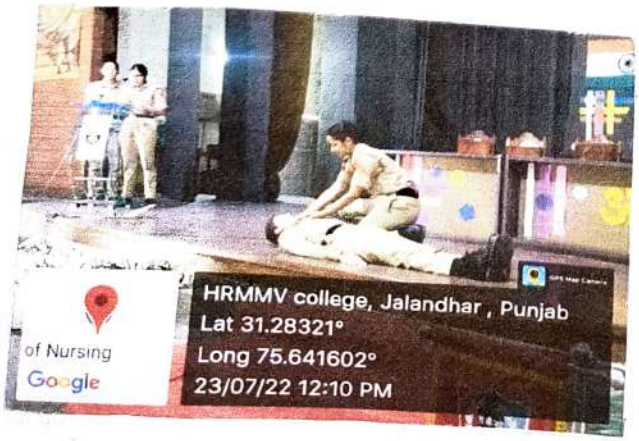
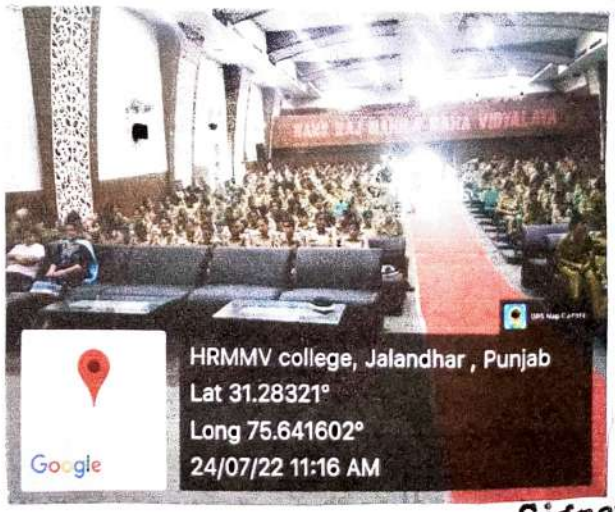
NCC CAMP









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NATIONAL CADET CORPS (NCC) CAMP

DATE :- 21st August - 30th August 2022
VENUE :- HRMMV College, Jalandhar
TIME :- 6:00 AM - 7:30 AM

Army College of Nursing, Jalandhar Cantt had introduced NCC Unit from session 2021-22. The total strength of 52 students are enrolled in NCC under 2 Punjab Girls Battalion, Jalandhar. Ms. Kalindi [Caretaker, NCC] used to go along with students for 10 days. CATC Camp focused teaching both theoretical & practical subjects and learning of NCC & general knowledge.

The other activities were parade, drill classes, blood donation camp, evening games & other competitions. The NCC Cadets of ACN had won various prizes in different categories:-

- GUARD OF HONOUR :- 1st Prize
- GROUP SONG :- 1st Prize
- TUG OF WAR :- 1st Prize
- PAINTING / COLLAGE MAKING :- 2nd Prize
- TWO BEST CADETS
- Blood Donations Medals won by 10 students

Furthermore, the students were highly motivated & they learnt qualities such as selflessness, discipline, hardwork, confidence & leadership skills.

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Principal Army College of Nursing Jalandhar Cantt

SIGNATURE OF [illegible] Mr. ELIZA (CC)

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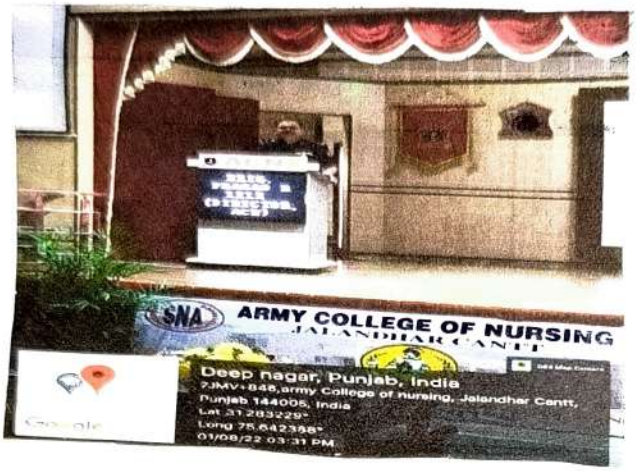
Date

18th ACN RAISING DAY



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ACN RAISING DAY

DATE :- 01st August 2022
TIME :- 15:00 Hrs :- 16:00 Hrs
VENUE :- Ashoka Hall, ACN

Army College of Nursing, Jalandhar Cantt had celebrated 18th ACN Raising Day on 1st Aug 2022. The event was presided over by Brig. R. Lele [Commandant, MH & Director, ACN] and attended by Lt. Col Tapasi Ray Barman (Off. PM, MH), Prof M. Maheswary (Principal, ACN), Col H.S. Phagura (Registrar, ACN), faculty members & students.

The function commenced with the formal welcome of dignitaries. Director, Principal and Registrar, ACN addressed the students highlighting the importance of discipline and excellence in academics. ACN has taken a huge leap in its infrastructural growth by having all classrooms air conditioned. Inauguration of AC classrooms was done by chief guest Brig R. Lele. Cake cutting ceremony was done to celebrate the occassion.

The ACN Raising day was celebrated amids brief description of our achievements and future plans. The function was followed by pizza treat for all.

Mr. Eliza (C)
Signature of Editorial Incharge ACN

Signature of Principal

Page No.

Date

BREASTFEEDING WEEK

- MILITARY HOSPITAL, JALANDAR CANTT

- WESTERN COMMAND, CHANDIMANDIR

- KK Vihar, Jalandhar Cantt

Signature

BREASTFEEDING WEEK [01st Aug - 07th Aug 2022]

DATE :- 01st August - 07th August 2022
VENUE :- 01. Military Hospital, Jalandhar Cantt
02. Western Command, Chandimandir
03. K.K Vihar, Jalandhar Cantt

THEME :- "Set up for Breastfeeding :- Educate & Support"

Army College of Nursing, Jalandhar Cantt had celebrated World Breastfeeding week with great zeal & enthusiasm. The students of BSc(N) 4th year had given health education to pregnant women, lactating & postnatal mothers in Maternity Ward and Paediatric OPD at Military Hospital & Western Command Hospital regarding promotion of Breastfeeding. The students also performed procedure on Kangaroo Mother Care (KMC) & Breast Care.

Aditionally, the students in the Community Urban area (KK Vihar) created awareness regarding breastfeeding through Role Play. The whole week was celebrated with great spirit thereby creating awareness among Army families residing at KK Vihar, Jalandhar Cantt.

Signature of Editorial Incharge
Mrs Eliza (CI)

Signature of Principal.

Principal
Army College of Nursing
Jalandhar Cantt

Page No.

Date

INDEPENDENCE DAY

Signature

INDEPENDENCE DAY

Date → 15 - August 2022
Time → 10:00 - 11:30 hrs
Venue → ACN campus

The pulchritudinous completion of 75 years of independance "Aazadi Ka ~~Mah~~ amrit Mahotsav" was celebrated with immense pride and joy in the ambience of ACN campus

The day was commemorated with a luminescent drill by cadets of NCC regimen leaded by Ms Saman Kaur [BSc (N) 2nd year] escorted by unfurling and hoisting of "Turanga" with a shower of winsome flowers amided by melodies of National anthem by Col H.S. Phagura (Registrar, ACN), Prof M. Maheswary (Principal, ACN) Ms Kalindi Sharan (ANO, NCC) along with all the faculty members and ACN students.

The event was marked by cultural affairs rendering to freedom fighters, soldiers and youth of india via speech by Ms Vaishnavi [BSc (N) 3rd year] poem recitation by Ms Jyoti, Ms Kritika, Ms Sulekha [BSc (N) 3rd year] followed up by patriotic hymns by students of BSc Nursing 2nd and 3rd year climaxed with a dynamic and zestful dance performance by 3rd year students

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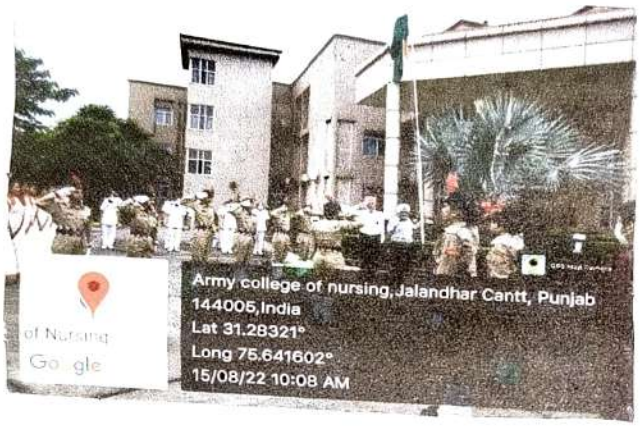
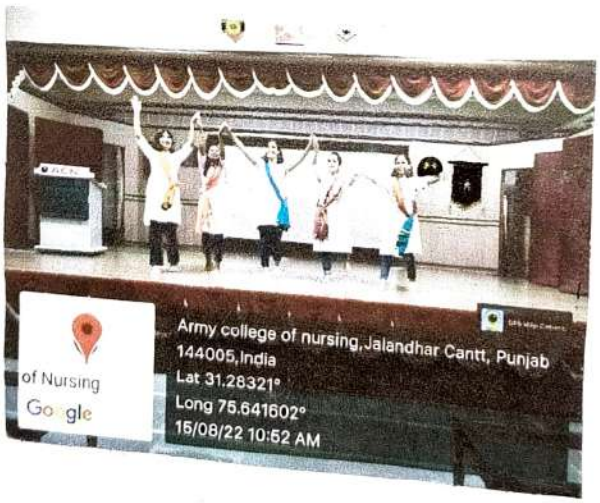
INDEPENDENCE DAY





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All the faculty members and students were filled with emotions of patriotism, pride and honour by addressal of Col H.S. Phagura (Registrar ACN) Prof M. Maheswary (Principal, ACN)

The celebration of Independance day was perpetuated or continued on 16-August 2022 via exhibition on Partition Horror rememberance day theme in the ambience of Ashoka hall at 14:00 - 15:00 hrs presidised by Col H.S. Phagura [Registrar, ACN], Prof M. Maheswary (Principal, ACN) along with all the faculty members ~~subse~~ and students of BSc (N) 2nd and 3rd year subsequently followed by videographical potrayal of Partition saga of Republic of India and Islamic republic of Pakistan The event was concluded by a vote of thanks by Ms Riya Raghav (secretary, ACN)

Ms. ELIZA (CI)
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Principal
Army College of Nursing
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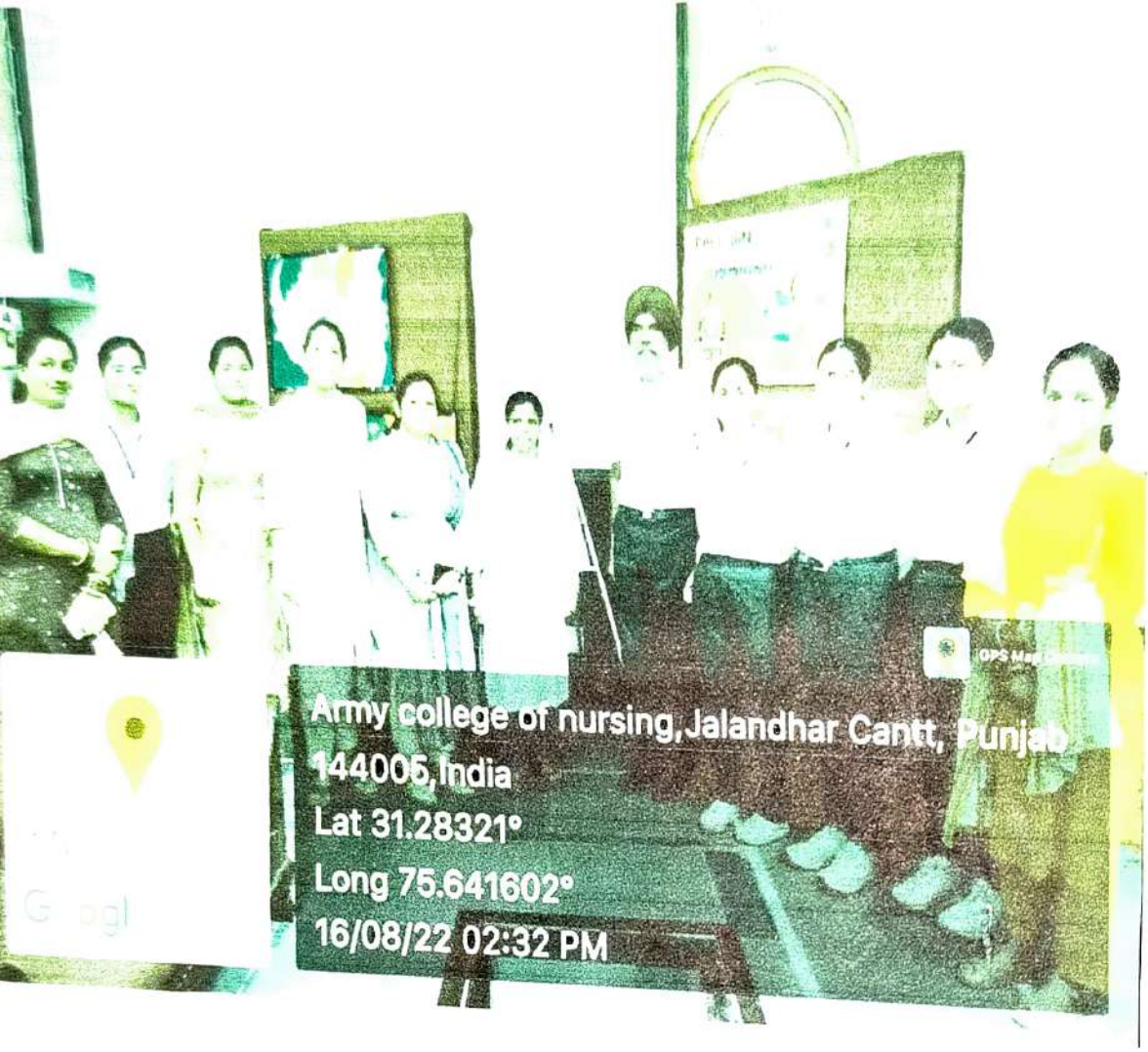
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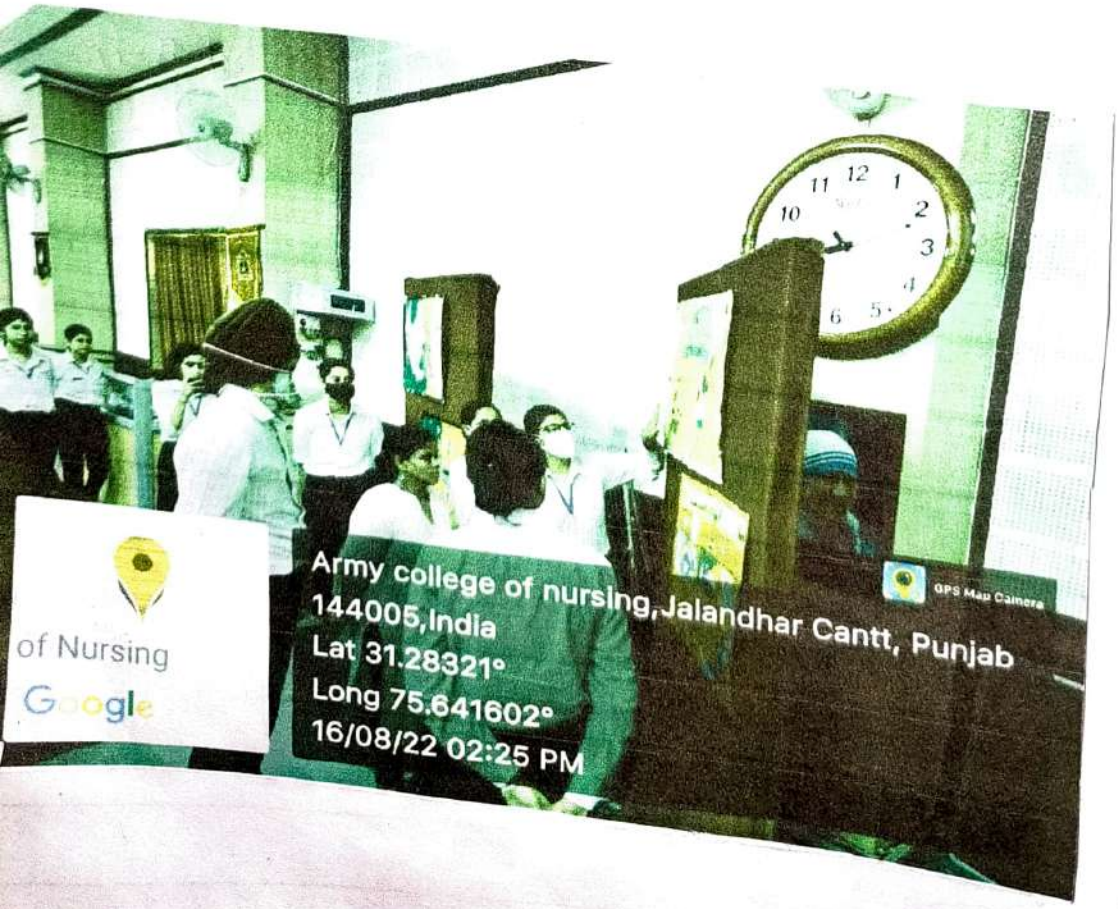
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COLLEGE OF NURSING Jalandhar Cantt.

Partition Horror Remembrance Day

Date : 18th Aug 2022

Time 14.15 - 1445 hrs

Theme Partition Horror Remembrance Day

Venue Ashoka Hall ACN

Adre/ Presiding officer.

Prof. Mrs. M. Maheswary
(Principal ACN)

H.S Phagura
(Regular ACN)

Mrs. Priya Sharma
(Associate. Prof. ACN)

Mrs. Reshmi Sharma
(Clinical instructor)

All other faculty and staff members were present

Signature of Editorial mch.

Principal
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Jalandhar Cantt

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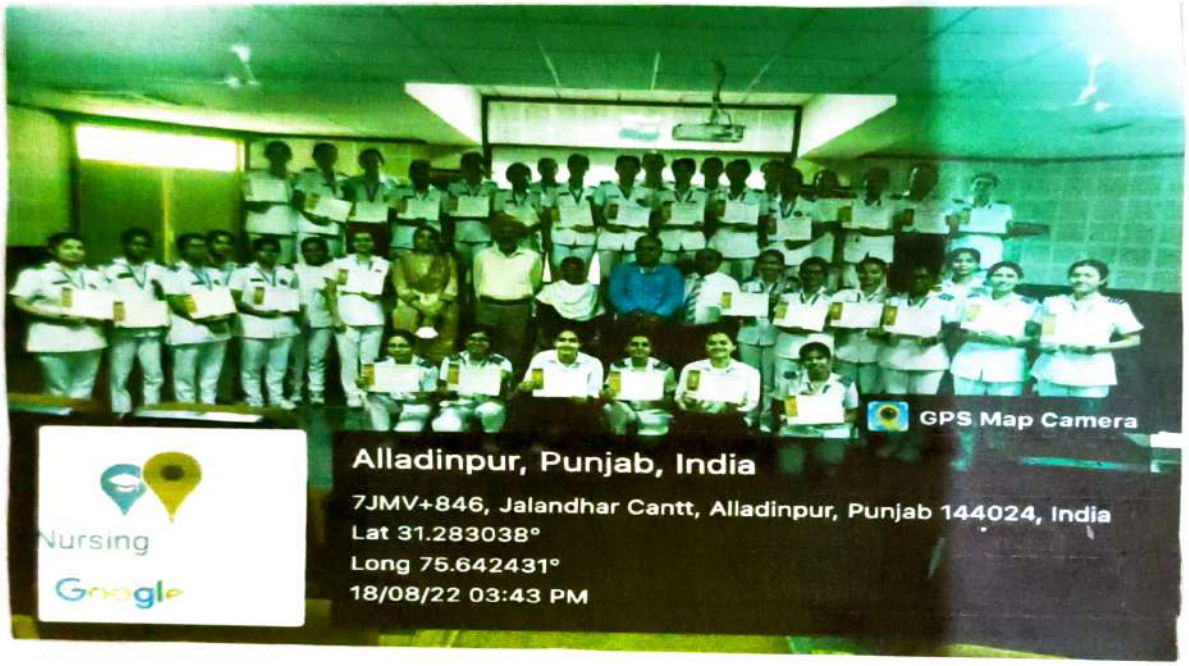
Page No.

Date

(PDP)
Personality Development Program



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ARMY COLLEGE OF NURSING Jalandhar Cantt

(Report on PDP)
Personality Development Programme

Date - 16- Aug to
18- Aug 2022
Venue - Seminar Hall.
For B.Sc Nursing Final year Batch Personality Development programme organized for

- Soft - skills development.
- Language and Communication Skills.
- Analysis Skills
- Human value Development
- Personal and Psychological Development
- Employability Skills.

Group discuss organized by Vmd Sharma director marketing for developing skills of students. many students are being enabled students to be competent and ready for various carrer opportunities in nursing.

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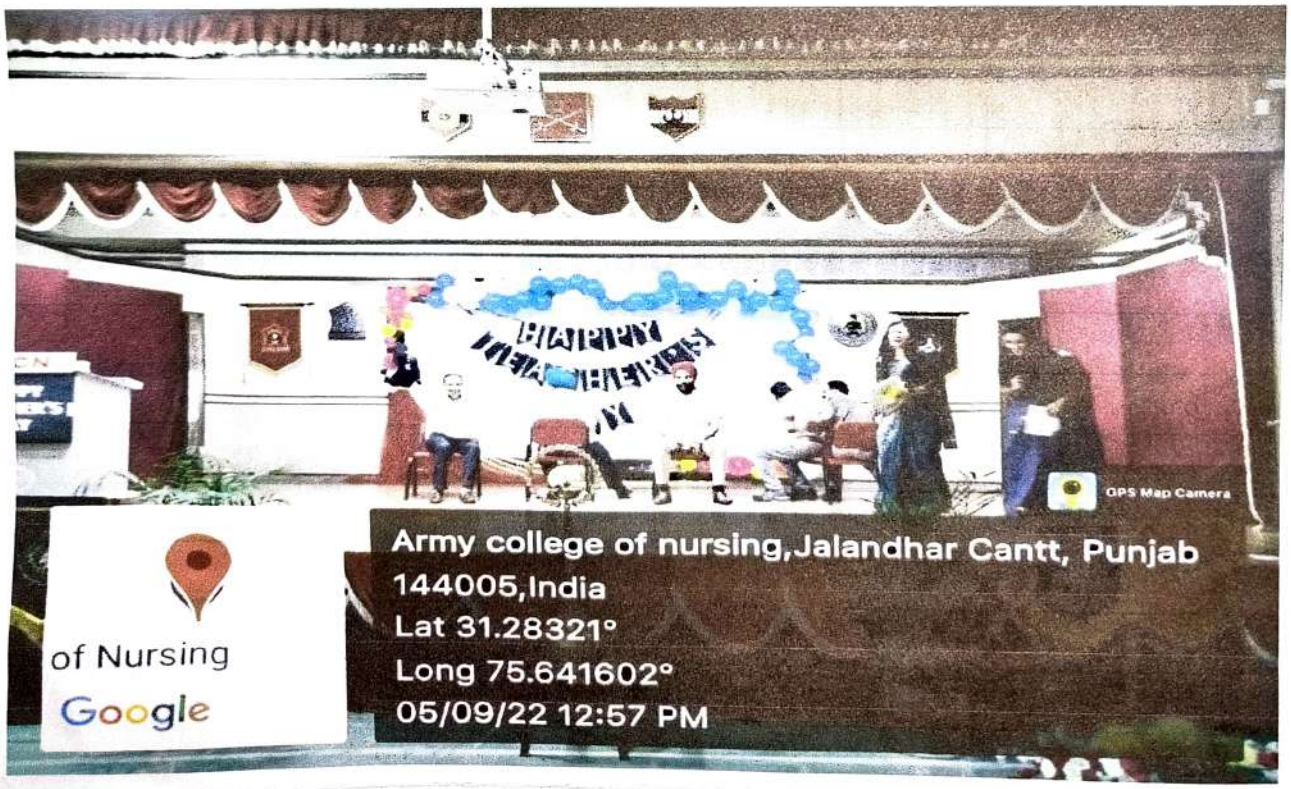
World Teacher's Day

Date 8-09-22



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Date 8-09-2022

WORLD TEACHER'S DAY,

Date → 5-09-2022.
Time → 10:00 - 12:30 hrs.
Venue → Ashoka hall.

The beautiful event of Teachers day was organised by students of ACN, JRS on 5 Sep 2022 at Ashoka hall at 10:00 - 12:30 hrs.

The chief guest was Brig P.R Lele (Director, ACN), the event was headed ~~by~~ or marched with lamp lightening ceremony by Br P.R. Lele (Director ACN) Prof. Charlotte Ranadive (Principal, ACN), Col H.S Phagura (Registrar, ACN) along with other academic faculty members.

It was marked by various cultural affairs and fun games were organized for teaching and administrative staff and gifts were distributed accordingly.

The event was culminated by the formal vote of thanks by Ms Riya Raghav (Secretary, SNA).

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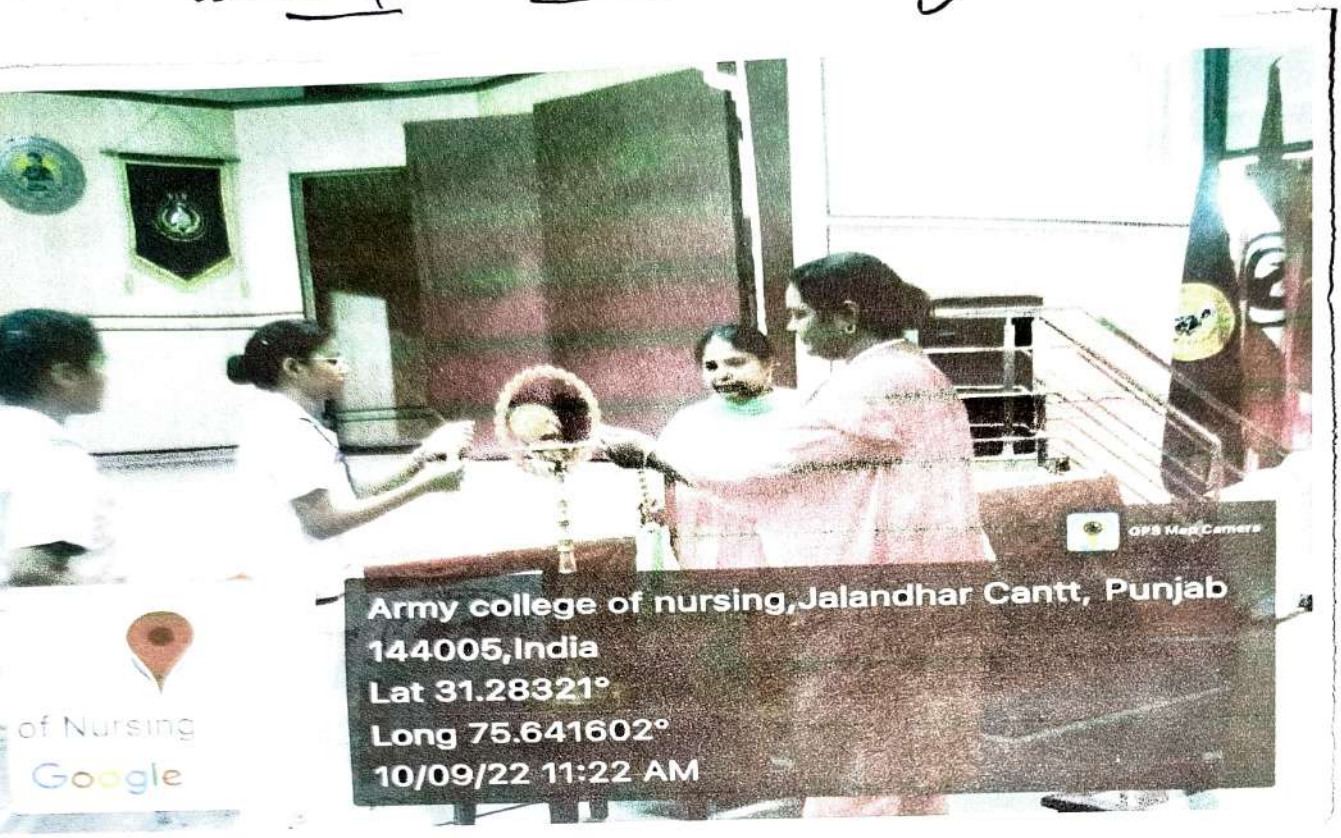
Date 12-09-22

World Suicide Prevention Day 2022



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Date 12-09-2022

WORLD SUICIDE PREVENTION DAY 2022

Date → 10/09/2022
Time → 10:00 – 11:30 hrs
Venue → Ashoka hall

The event was organised by ACN, JRC on 10 Sep 2022 at Ashoka hall at 10:00 – 11:30 hrs. with the theme Creating hope through action.

The chief guest / guest speaker of event was Mrs Deepti Singh. The event was presided by Prof Charlotte Ranadive (Principal, ACN) col H.S. Phagura (Registrar ACN).

Mrs Deepti Singh gave explicative, illuminating lecture

The event was wrapped up with vote of thanks by Ms Riya Raghav (Secretary, ACN)

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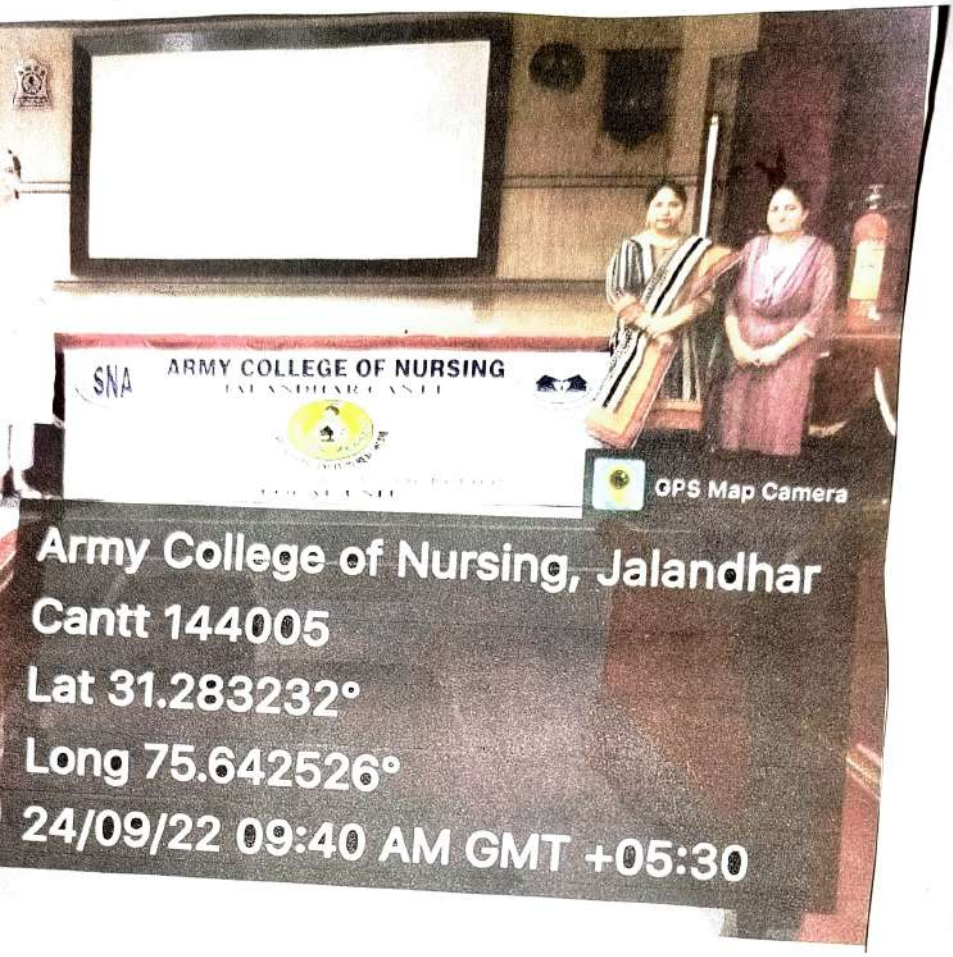
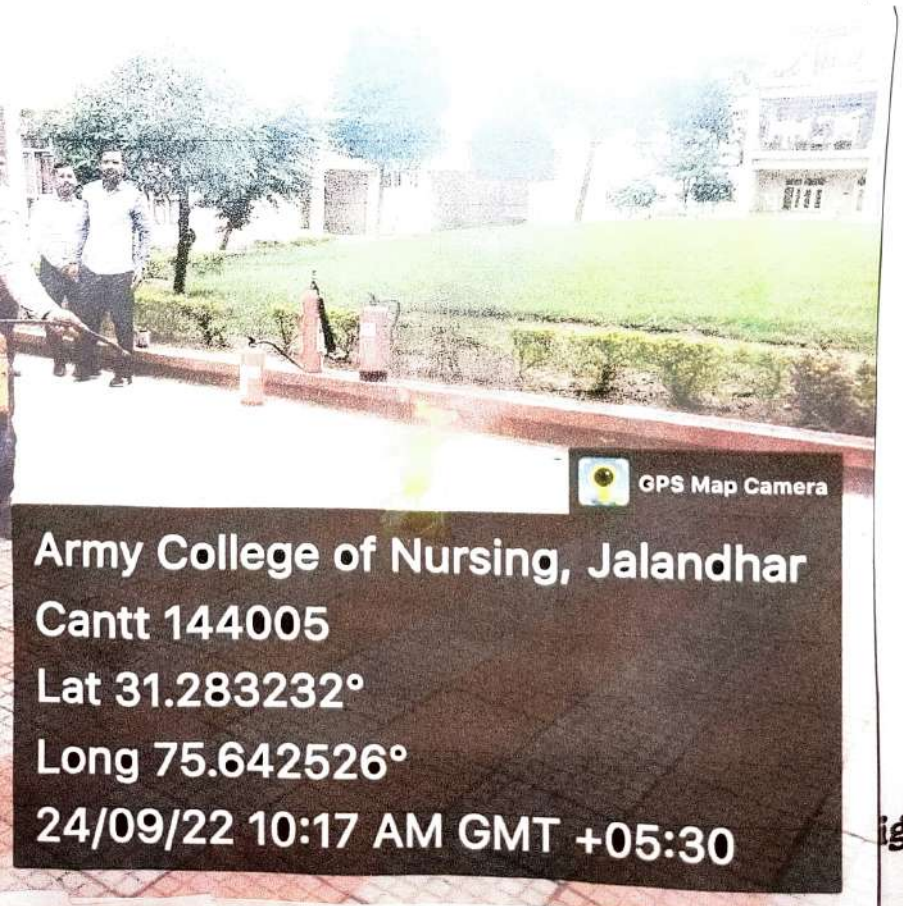
Vishakha Guidelong

Date 25 9 2022





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VISHAKHA GUIDELINES AND FIRE DRILL

Date → 24-September-2022.
Time → 9:00-10:00hrs
Venue → Ashoka hall

Army College of Nursing, Jalandhar organised a lecture of Vishakha guidelines i.e. a set a preventive, prohibitive re-addressal procedures against sexual harrasement of women in working sectors as per Indian Supreme court, delivered by Ms Gagan Sharma (Assistant Professor, AC
The event was presided by Prof Charlotte Ravadive (Principal, ACN), Col HS Phagura (Registrar, ACN).

The event was further escorted by a powerpoint representation on fire safety, its prevention and hazard management. by Col H.S. Phagura (Registrar ACN) with a practical demonstration of fire extinguisher infront of college ambience.

The event was culminated with a formal vote of thank by Ms Shika Sangwan (BSc (N) 2nd year)

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Lecture on Woman health Date 23.09.22

Signature

BREAST EXAMINATION AND SELF CARE LECTURE

Date → 23/09/2022
Time → 5:00 – 5:30
Venue → KK Vihar.

Army College of Nursing, Jalandhar had organised health care lecture at KK Vihar on 23-09-2022 at 5:00 – 5:30 pm.

The lecture was delivered by Ms Gagan Sharma (Assistant Professor ACN) to the women community of K.K Vihar, Jalandhar Cantt on the topic of Breast examination – self care. illuminating self examination of breast and self care which provided immense knowledge to women.

The event was very interactive and proved to be a huge success.

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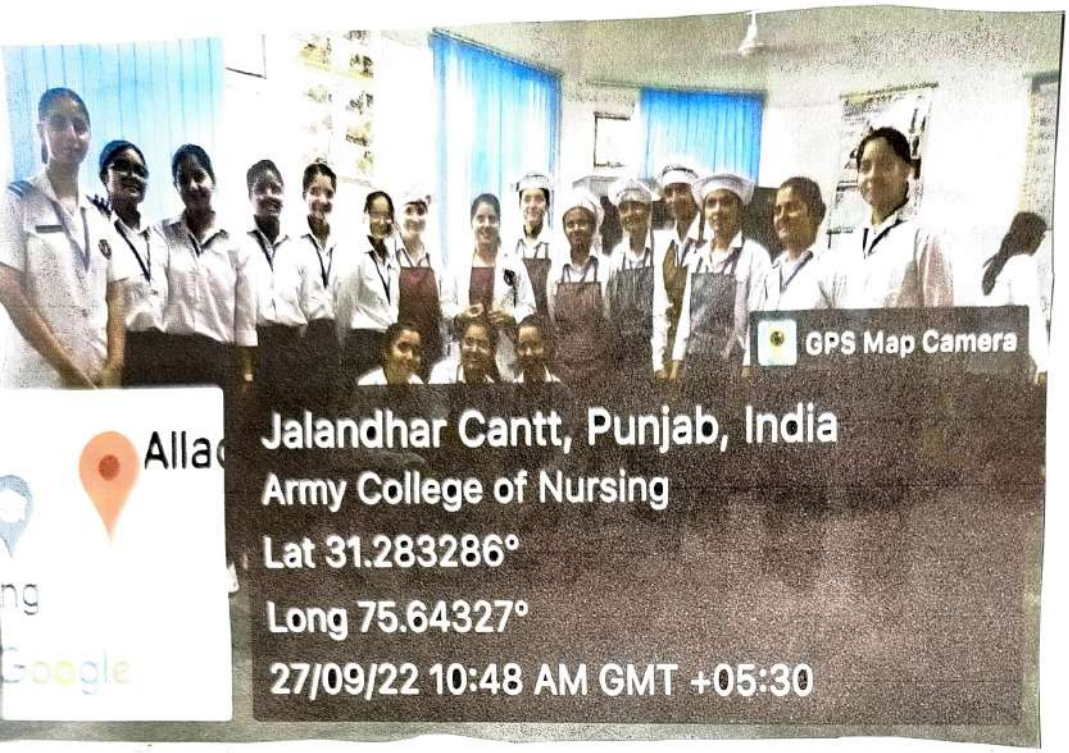
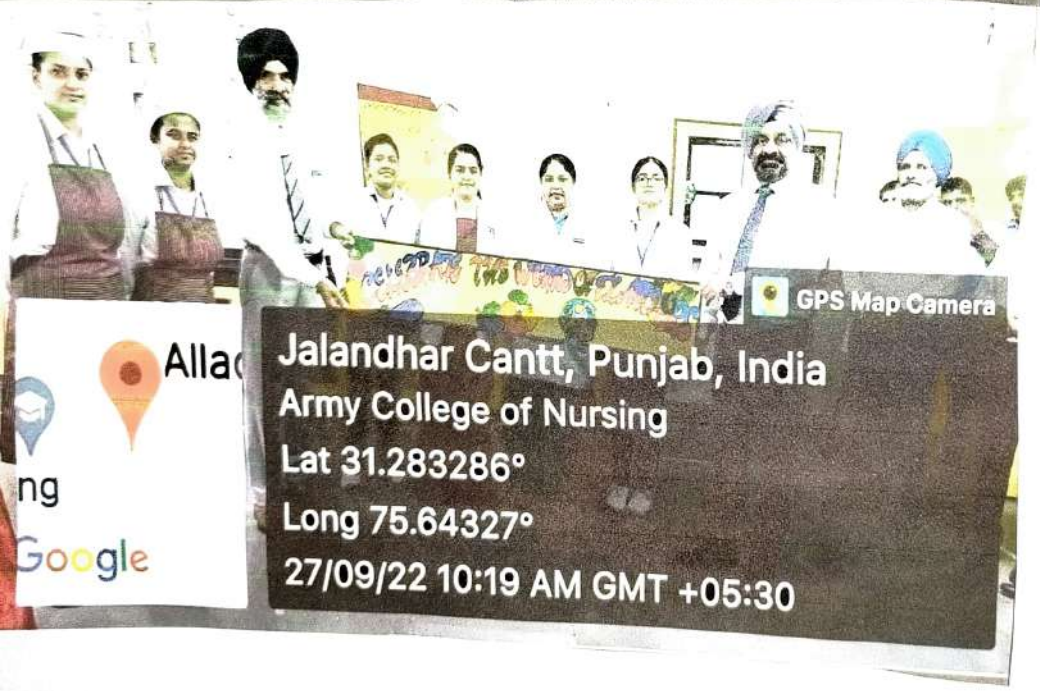
Nutrition Practical





Nutrition Practical.

NUTRITION PRACTICAL

Date → 27/09/2022
Time → 10:30 - 12:00 hrs.
Venue → Nutrition lab.

Army College of Nursing had organised nutrition day on 27 sep 2022 at nutrition lab at 10:30 - 12:00 hrs. under the mentorship of Mrs Apsra Kalsi (CI, ACN).

The students of BSc (N) 1st year enthusiastically potrayed their talent of culinary arts by preparing meals / diet of 3 types cardiac diet (veg soup, veg salad date pouding) Anemic diet (pomegranate and beetroot juice, raita, palak paratha) and nutritious diet (dodos, veg buryani, fruit chaat).

The students were applauded by Mrs (Prof) Charlotte Ranadive (Principal, ACN) Col HS Phagura (Registrar, ACN) faculty members, admin staff.

In conclusion the event was huge successful

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Jalandhar Cantt

Date 29-09-22

"World Heart Day"

Signature

Date 29 - 9 - 22

WORLD HEART DAY 2022

Date - 29/09/22
Time - 10:00 - 12:00hrs
venue - KK vihar

The event was organised by ACN, JRC on 29-10-2 at KK vihar, ACN, Jalandhar Cantt at 10:00-12:00hrs with the theme "Use heart for Every Heart"

The event was organised by Medical surgical department by Ms. Gagan Sharma and Ms Panneet with the collaboration of students of BSC Nursing 2nd year.

the Short skit was performed and Health Education was delivered on the topic CPR and CAD. The event was very interactive. Students created awareness about the emergency situations and various heart diseases.

The event was wrapped by Ms. Gagan Sharma, (AP) by clearing out the doubts.

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