

# TEACHER'S DAY, National Nutrition Week Farewell to Director



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt





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

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

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

The presiding officers for the day were Brig. Vembar Anand (Commandant, MHJRC), Col. SP Singh (Registrar, MHJRC), Col G. Sharmila Godwin (PM, MHJRC) Prof (Mrs) M Maheswary (Principal, ACN), Col HS Phagna (Registrar, ACN), Prof (Mrs) Charlotte Ranadive (Vice - Principal, ACN), Ms. Gagan Sharma (SNA Advisor, ACN), Ms. Spsa (Cultural Incharge, ACN), faculty members, 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. Pooj. The welcome address was propped Phagna (Registrar) which highlight of Brig. Vembar Anand (Director, ACN)

*Charlotte*

Principal  
Army College of Nursing  
Jalandhar Cantt

16-0-20  
Teacher's Day, Nutrition week, Farewell of Director



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Furthermore, Brig. Vembar Chand (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. Varindupal Kaur (AP, Community Health Nsg), Ms. Rishi (CA, sociology) by director, ACN.

The cake cutting ceremony was done at the end of the function. Mr. Sumeel Kumar (Officer Suptt, 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. Shivani & Ms. Simran (BSc 4th Yo). 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.

Signature of Additional  
Incharge

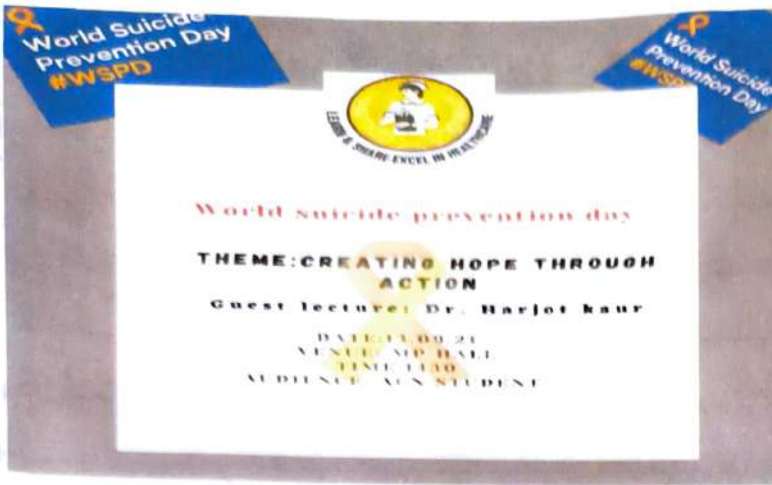
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Jalandhar Cantt



# WORLD SUICIDE PREVENTION DAY

[13/9/21]



*Dr. Harjot*

Principal  
Army College of Nursing  
Jalandhar Cantt

## REPORT ON WORLD SUICIDE PREVENTION DAY

On 13<sup>th</sup> Sep, 2021, World Suicide Prevention Day was celebrated in Army College of Nursing, Tal Cantt.

DATE :- 13 Sep 2021

VENUE :- Multipurpose Hall

TIME :- 3:00 PM - 4:00 PM.

GUEST SPEAKER :- Dr. Harjeet Kaur.

THEME :- "Creating Hope through Action"

The welcome address was proposed by Prof (Mrs) Charlotte Kamadine (Vice-Principal, ACN)

The theme opening was done by MHN department including Vice-Principal, Mrs. Harpreet Kaur (GE) and Prof (Mrs) Charlotte Kamadine (VP, ACN)

The guest speaker, Dr. Harjeet Kaur (Assistant Professor, OAU 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.

Signature of Editorial Incharge

Charlotte

Principal  
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Jalandhar Cantt



# AIRSHOW BY SURYAKIPAN TEAM



*Dr. Anita*

Principal  
Army College of Nursing  
Jalandhar Cantt

## REPORT ON WORLD HEART DAY CELEBRATION

'World Heart Day' 2021 was celebrated in ACN on 29<sup>th</sup> Sep 2021. The presiding officers were Prof (Mrs) M Maheswary (Principal, ACN), Ms. Baljeet Kaur (Asst Professor, ACN), Ms. Sukhjit Kaur (C).

TIME :- 0600 - 0800 Hrs

VENUE :- Jannah Park, Jalandhar Cantt

The camp was organised by the students of BSc (N) 2<sup>nd</sup> year & BSc (N) 3<sup>rd</sup> year. 9 students were of 3<sup>rd</sup> year and 10 of BSc (N) 2<sup>nd</sup> 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. Oh, the next day, it came in newspaper awareness among masses.

Signature of Editorial

In charge Dr. M. S. Singh  
ACN.

Teacher's

Dr. M. S. Singh

Principal  
Army College of Nursing  
Jalandhar Cantt



# FAREWELL PARTY 2021



Wish  
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Army College of Nursing  
Jalandhar Cantt





## REPORT OF FAREWELL PARTY [13<sup>th</sup> Batch]

Army College of Nursing, Jalandhar Cantt had organised a farewell party of 13<sup>th</sup> batch 2021 on 04-10-2021.

VENUE :- Dehoka 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 Kanadiue (Vice Principal) faculty members and students of all batches.

The event commenced with lamp lighting ceremony by Principal, Registrar and Vice Principal, ANN. The various activities were theme introduction, dance by Bsc (N) 1<sup>st</sup> year, Bsc (N) 2<sup>nd</sup> year, Bsc (N) 3<sup>rd</sup> year, Skit by Bsc (N) 3<sup>rd</sup> year, song by Bsc (N) 1<sup>st</sup> year and Bsc (N) 3<sup>rd</sup> year.

Four Modelling Rounds were conducted and Judges for 1<sup>st</sup> Round were:-

- \* Mrs. Khushmanib (Assistant Professor)
- \* Mrs. Harpreet Kaur (Clinical Instrn)
- \* Mrs. Apssra (Clinical Instrn)

*Charlotte*

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Jalandhar Cantt



15/01/21

# FAREWELL PARTY 2021



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Jalandhar Cantt



## \* MODELLING 2<sup>nd</sup> ROUND :- JUDGES

- Mrs. Varindupal Kaur (Assistant Professor)
- Ms. Riya (Clinical Instructor)
- Mrs. Jasleen Kaur (Clinical Instructor)

## \* MODELLING 3<sup>rd</sup> ROUND :- JUDGES

- Mr. Baljeet Kaur (Assistant Professor)
- Ms. Amanjeet Kaur (Clinical Instructor)
- Ms. Sujali (Clinical Instructor)

## \* MODELLING 4<sup>th</sup> ROUND :- JUDGES

- Prof. (Mrs) 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) 4<sup>th</sup> year. 10 were selected for the final round out of which five of them were given the farewell titles.

At the end, Principal and Registrar addressed the students and paid best wishes to outgoing batch & applauded Bsc. (N) 3<sup>rd</sup> year (Organiser) for their endless efforts. The vote of thanks was proposed by Ms. Pooja Kumari (Secretary, SNA) all in all, it was a g

*Dr. Ms. Anu, (S)*  
Signature of Additional  
Incharge

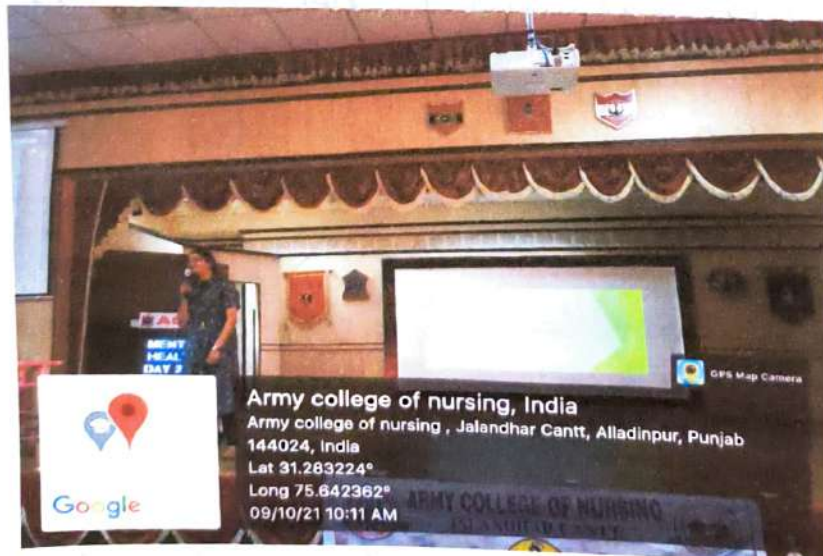
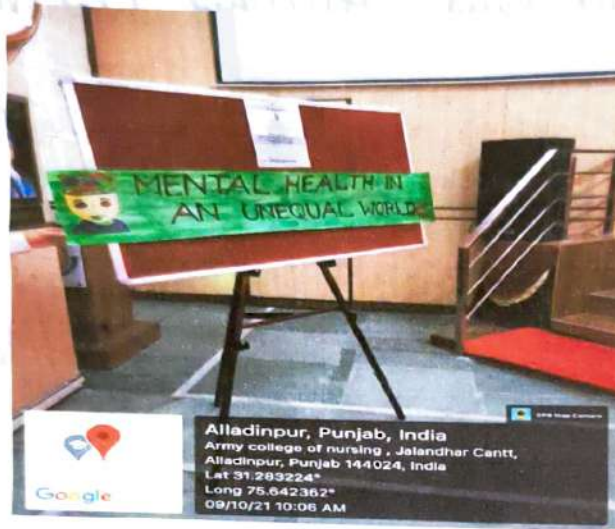
*Charlotte*

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Army College of Nursing  
Jalandhar Cantt



# MENTAL HEALTH DAY

[9/10/21]



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt

## 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 :- 1000 hrs - 1100 hrs

VENUE :- Ashoka Multipurpose Hall

THEME :- "Mental Health in an unequal World"

The presiding officers for the day were Prof (Mrs) M Maheswari (Principal, ACN), Prof (Mrs) Charlotte Ranadine (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

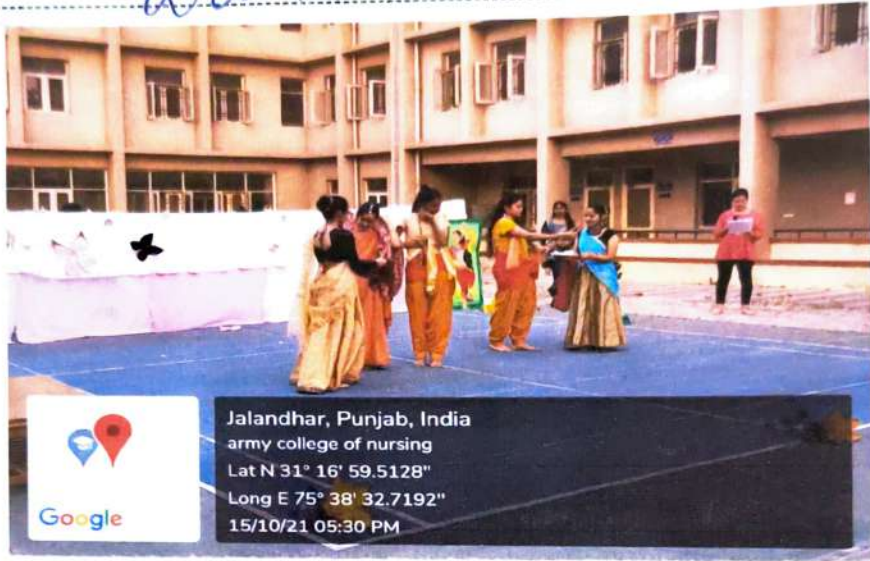
Signature of Additional  
Incharge

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Jalandhar Cantt



# DUSHERRA CELEBRATION



*Barbette*  
Principal  
Army College of Nursing  
Jalandhar Cantt

# UDSHERRA CELEBRATION



*Barbati*

Principal  
Army College of Nursing  
Jalandhar Cantt





## REPORT ON DUSHERRA CELEBRATION

On 15<sup>th</sup> Oct, 2021; Dusherra 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<sup>s</sup> Maheswari (Principal, ACN), Ms. Kuldeep Kaur (Warden), Ms. Riya (Clinical Instructor).

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

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

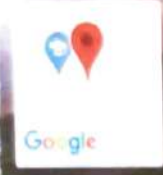
All in all, it was joyful occasion and everyone enjoyed a lot during the celebration.

Signature of <sup>Miss</sup> Ms. Eliza (C.I)  
Incharge

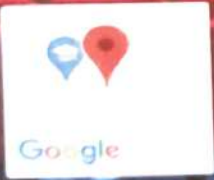
  
Principal

Army College of Nursing  
Jalandhar Cantt

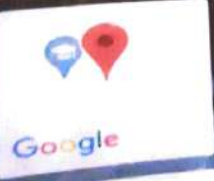
# WORKSHOP ON BLS by INRCOI



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Army College of Nursing  
Jalandhar Cantt



## REPORT ON WORKSHOP CONDUCTED FOR BSc(N) 4<sup>th</sup> yr

On 21<sup>st</sup> Oct 2021, Army College of Nursing conducted a workshop for BSc(N) 4<sup>th</sup> year students on Basic Life Support (BLS) by the INSCOL Academy.

CLASS :- BSc(N) 4<sup>th</sup> 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 mannequins. 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 knowledgeable and fruitful session.

Signature of Editorial  
Incharge

Teacher's

*Rashmi*

Principal  
Army College of Nursing  
Jalandhar Cantt



# DIWALI PUJA & SUKHMANI SAHIB PAATH



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*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



## REPORT ON DIWALI PUJA & ORGANISING SUKHMANI PAATH

Army College of Nursing organised Diwali Puja and Sukhmani Sahib Paath 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. Pragna (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 commencement of final exams of all the batches. It really build up an atmosphere of positivity and spiritual feeling.

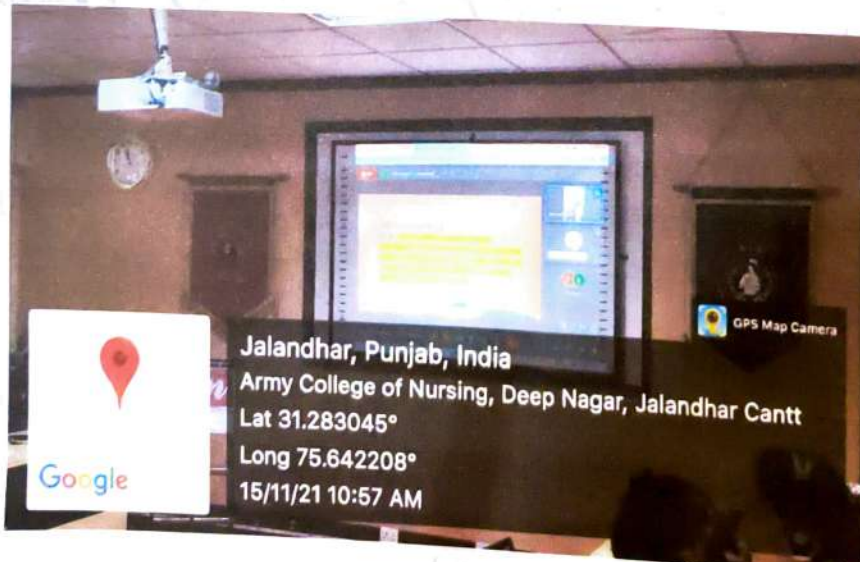
After Diwali Puja, gifts were distributed to teachers and sweet boxes were given to all the students. All in all, it was great function and very well organized in collaboration with Ms. Gagan Shabmi (SNA Incharge) and SNA Committee members.

*[Signature]*  
Signature of Editorial  
Incharge

*[Signature]*

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Jalandhar Cantt

# INDUCTION ORIENTATION PROGRAMME FOR BSC (N) 1st YEAR



*(11/11/21)*  
*Dr. Arshita*

Principal  
Army College of Nursing  
Jalandhar Cantt





## REPORT ON CONDUCTING ORIENTATION PROGRAMME [ONLINE]

Army College of Nursing had conducted an orientation programme [Online] for Bsc. (N) 1<sup>st</sup> year.

DATE :- 15-Nov-2021 to 18-Nov-2021

VENUE :- PATANJALI [Conference Hall]

TIME :- 10:00 AM - 12:00 P.M.

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

01. Welcome :- Ms. Priya Sharma (Asso. Prof.), COORDINATOR
02. Address by Principal :- Prof. Mrs. M. Maheswari, PRINCIPAL
03. Address by Registrar :- Col. H.S. Phagura, REGISTRAR
04. Guest lecture on :- Ms. Simran Rehill  
Professional ethics in Nursing [CLINICAL PSYCHOLOGIST]
05. Interaction session with students :- 12:00 PM - 12:45 PM
06. Vote of Thanks :- Prof. Mrs. Charlotte Ramesh (Vice-Principal)

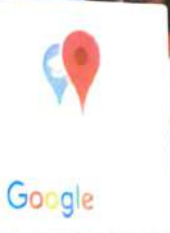
### \* EVENT SCHEDULE ON DAY 2 [16-Nov-2021]

01. Introduction to the Faculty
02. Orientation to College (Video Presentation)
03. Mission & vision of College
04. Introduction to Regulatory Bodies
05. College policies code of conduct
06. SNA Activities - Ms. Baljeet Kaur (Asso. Professor)
07. Interaction session of first year.
08. Vote of Thanks - Ms. Ras

*Charlotte*

Principal  
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Jalandhar Cantt

# ORIENTATION PROGRAMME (B.Sc (N) 1st Year)



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*Barbette*

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Army College of Nursing  
Jalandhar Cantt



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

PROGRAM	RESOURCE
01. Overview to Curriculum	Mrs. Priya Sharma (Asst. Professor)
02. Orientation of Subjects <sup>[Semester]</sup>	SUBJECT INCHARGES
03. → Communicative English	Mrs. Shiza, CI
04. Applied Anatomy	Mrs. Rashmi, CI
05. Applied Physiology	Mrs. Rashmi, CI
06. Applied Sociology	Mrs. Nandini, CI
07. Applied Psychology	Prof (Mrs) Charlotte Landine
08. Nursing Foundations I	Mrs. Riya Sharma (CI)
09. Mandatory Module	Mrs. Priyanka (CI)
(First Aid as part of Neg Foundation course)	
10. Orientation: Administration	Col H.S. Phagura (Registrar)
11. Vote of Thanks	Mrs. Rashmi Sharma

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

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

*Charlotte*





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 Mrs. Priya Sharma (Asst. Professor) <sup>(Coordinator)</sup> and Mrs. Rashmi Sharma (CI, <sup>Co</sup>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.

Priya Mrs. Priya (CI)  
Signature of Editorial  
Incharge

Signature of Principal  
Principal  
Army College of Nursing

Rashmi  
Principal  
Army College of Nursing  
Jalandhar Cantt



SNA Elections



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*Arshita*

Principal  
Army College of Nursing  
Jalandhar Cantt



REPORT ON SNA ELECTION (2021-2022)

DATE : 4 DECEMBER 2021

VENUE : ONLINE MODE

The Student Nursing Association (SNA) election was for the session of 2021-2022 was systematically & fairly and rightfully 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 1<sup>st</sup> December 2021 followed by canvassing by the nominees on 2<sup>nd</sup> December 2021 escorted by online vote up by all the students in a confidential and unimpaired manner on 4<sup>th</sup> Dec 2021. The SNA election results was announced by Prof M. Maheshwary (SNA President) Ms Baljeet (SNA advisor) on the premises of Lionised institute.

*Baljeet*

Teacher

Principal  
Army College of Nursing  
Jalandhar Cantt



# SNA Elections (Counting)

2005-16/14) 10/11/13 10/11/13

10/11/13

10/11/13



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MEMBERS OF SNA ELECTED BODY 2021-2022

<u>SNA BODY POST</u>	<u>ELECTED MEMBER</u>
1) VICE PRESIDENT (BScN <sup>4th</sup> Year)	Miss Khusboo
2) DISCIPLINE INCHARGE (BScN <sup>4th</sup> Year)	Miss
3) SPORTS INCHARGE (BScN <sup>4th</sup> Year)	Miss Samran
4) HOSTEL INCHARGE (BScN <sup>4th</sup> Year)	Miss Kirti Sangwan
5) MESS INCHARGE (BScN <sup>4th</sup> Year)	Miss Kirti Tiwari
6) SECRETARY (BSc N. 3 <sup>rd</sup> Year)	Miss Riya Raghavi
7) TREASURER (BSc N 3 <sup>rd</sup> Year)	Miss Kiran
8) CULTURAL INCHARGE (BSc N. 3 <sup>rd</sup> Year)	Miss EKta
9) HEALTH INCHARGE (BSc N 3 <sup>rd</sup> Year)	Miss Yash Preet
10) HALL INCHARGE (BSc N 2 <sup>nd</sup> Year)	Miss Ranjana
11) EDITORIAL INCHARGE (BSc N 2 <sup>nd</sup> Year)	Miss Shikha Sangwan

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*[Signature]*

SIGNATURE OF PRINCIPAL

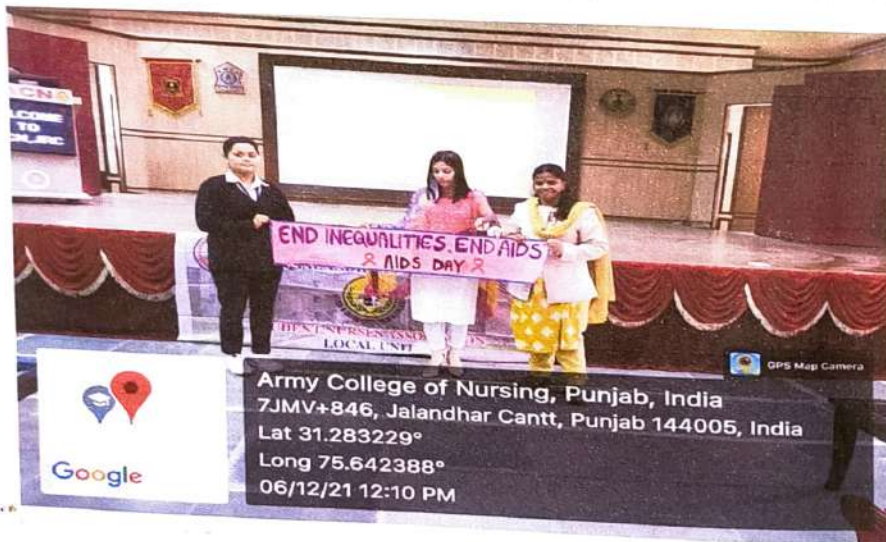
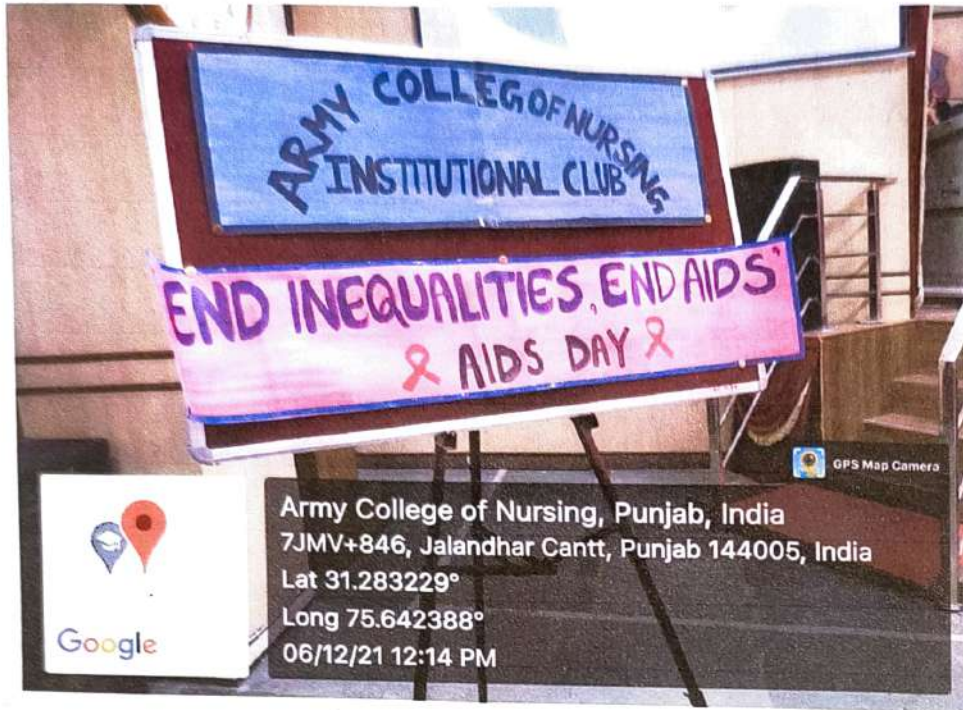
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Principal  
Army College of Nursing  
Jalandhar Cantt.

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Principal  
Army College of Nursing  
Jalandhar Cantt

Teacher's

# World AIDS DAY Celebration



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



REPORTS ON WORLDS AIDS DAYDATE: 6<sup>th</sup> December 2021VENUE: ASHOKA HALLTHEME: "END INEQUALITY, END AIDS"

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

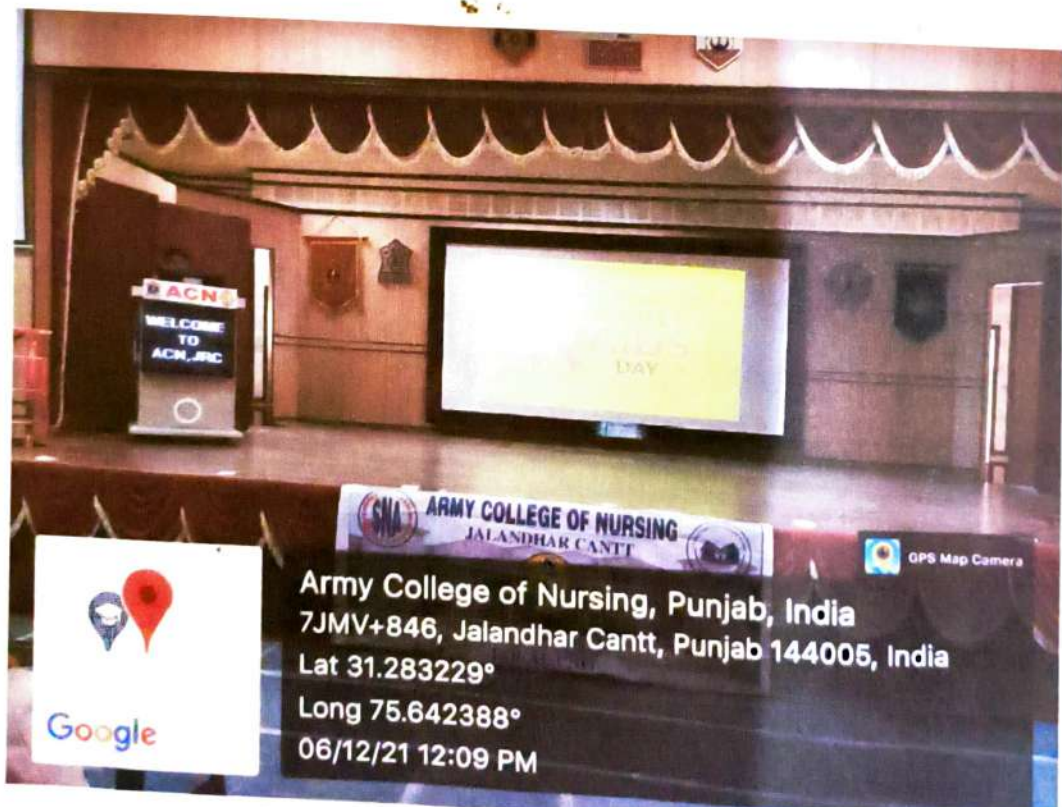
The Day was celebrated under the Superintendance of Prof M Maheshwary (SNA President), Ms Baljeet (SNA advisor) escorted by lionised guest speaker Dr AIKA (Medical officer, ART JALANDHAR)

The theme or essence of World's AIDS day 2021 was "End inequality, end Aids" which was very well elucidated and delineated by Dr AIKA embodying 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.

*Dr. Baljeet*

Principal  
Army College of Nursing  
Jalandhar Cantt

# World AIDS Day Celebrations



*Barbette*


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Army College of Nursing  
Jalandhar Cantt

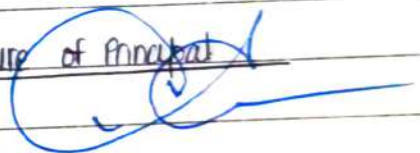




The day was culminated by official vote of thanks by Miss Khusboo (SNA vice President)

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

Signature of Editorial incharge 

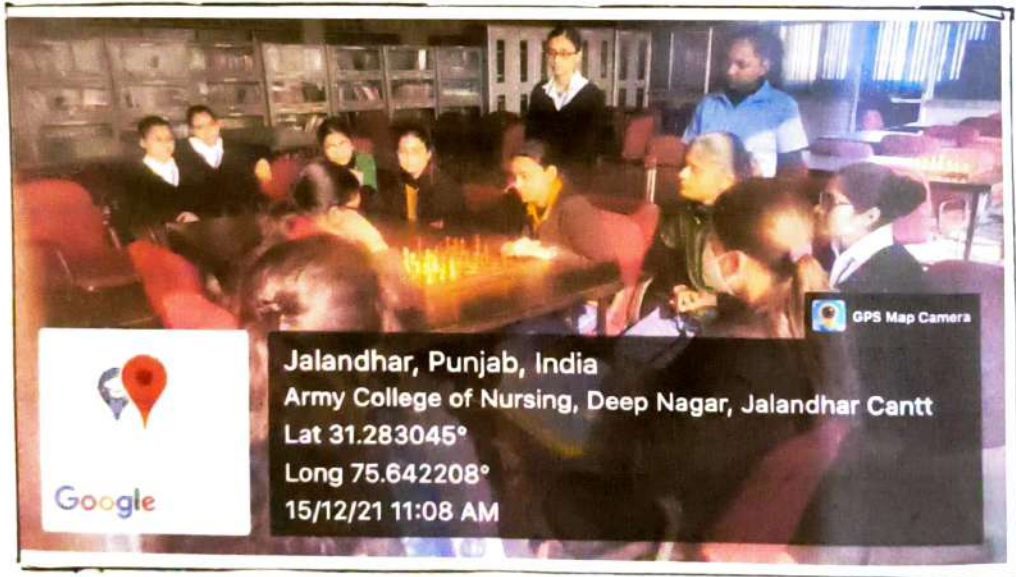
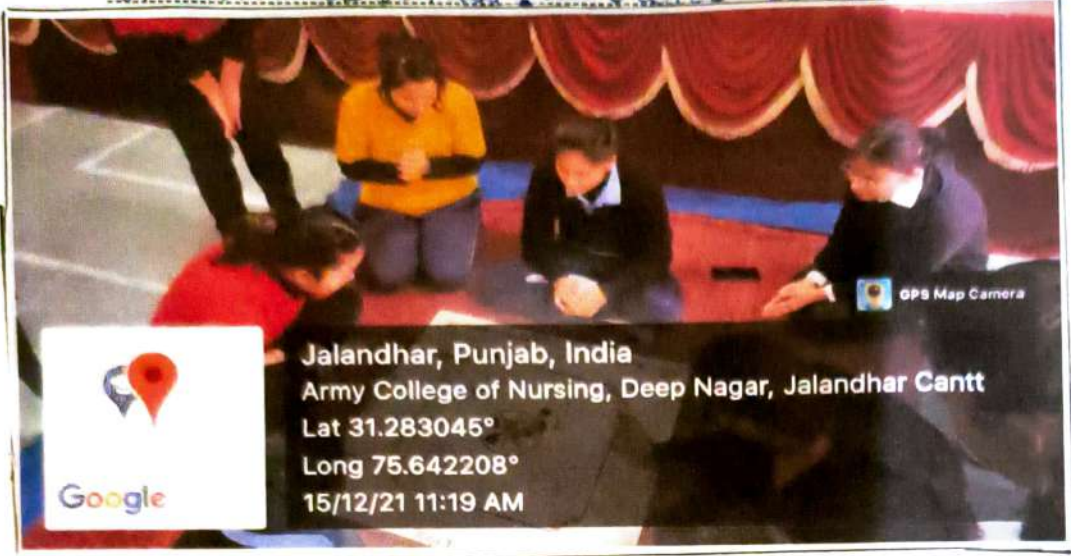
Signature of Principal 

M. Maheshwari  
Principal  
Army College of Nursing  
Jalandhar Cantt



Principal  
Army College of Nursing  
Jalandhar Cantt

Interhouse Chess & Carrom Tournament



*Basit*

Principal  
Army College of Nursing  
Jalandhar Cantt



REPORT ON INTERHOUSE CHESS /CARROM TOURNAMENTDATE → 15 December 2021VENUE → ASHOKA HALL

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

The crankers 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 Prayag (Associate Professor ACN)

In all inclusive the whole tournament was a great success.

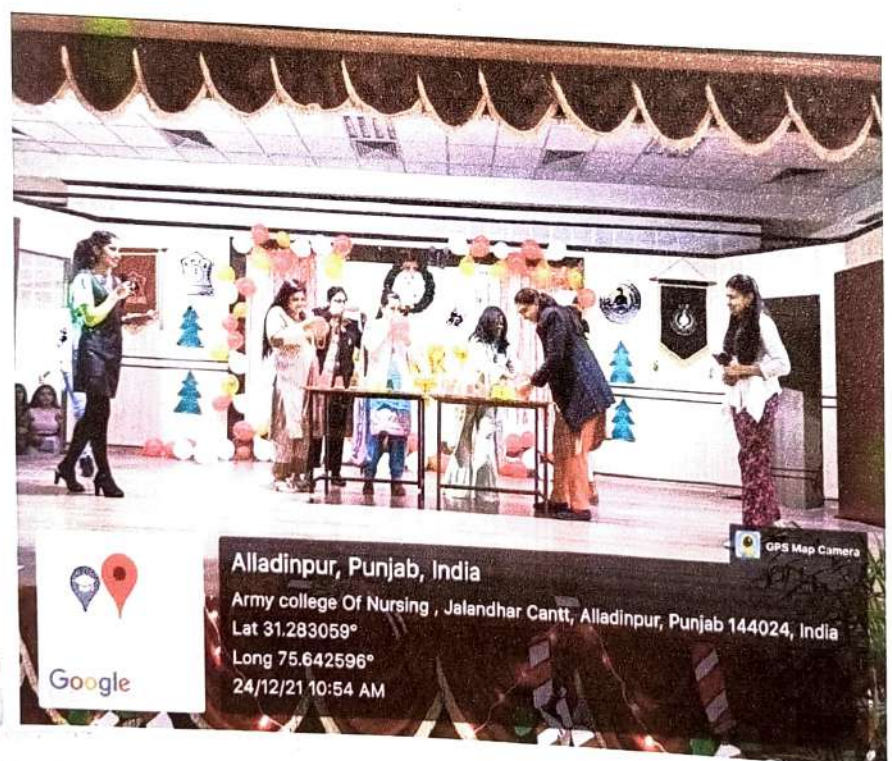
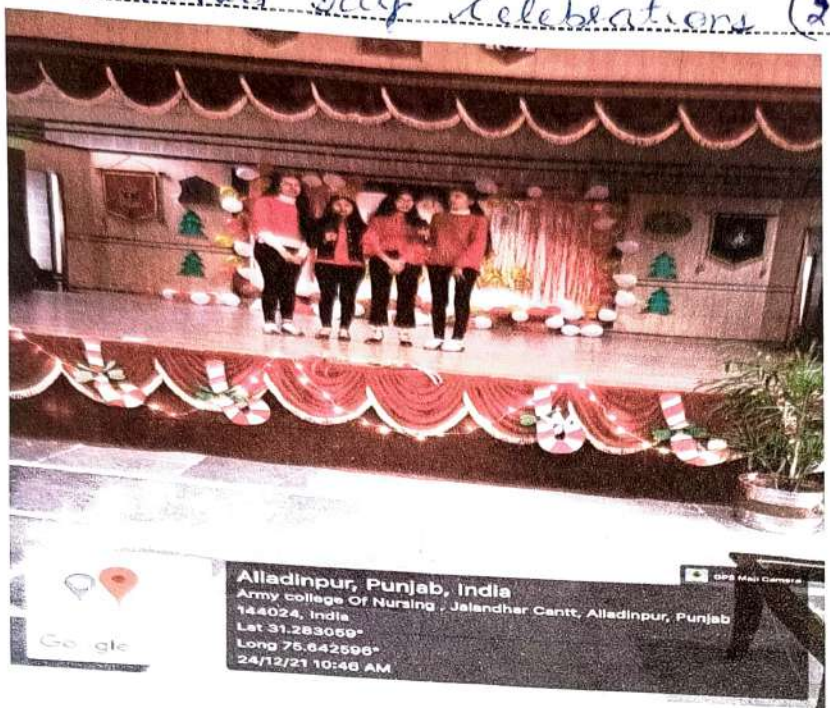
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Signature of Principal  
Principal

Barbette

Principal  
Army College of Nursing  
Jalandhar Cantt

Christmas Day Celebrations (24.12.21)



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Principal  
Army College of Nursing  
Jalandhar Cantt





## REPORT ON CHRISTMAS DAY CELEBRATION

DATE:- 24<sup>th</sup> December 2021

VENUE:- Ashoka Hall

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

The Christmas day celebration was celebrated on 24<sup>th</sup> December, 2021. The organising committee comprises of the following members:-

Mrs. Anjali (Clinical Instructor), Ms. Khushbu (Vice President, SNA), Ms. Kiran Bisht (Treasurer), Ms. Ekta Chauhan (Cultural Incharge).

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

The Christmas celebration was commenced with the speech by B.Sc (N) 3<sup>rd</sup> year students on "Faith in God" and later it was followed by various fun games of teachers and housekeeping. Additionally, carols were beautifully performed by B.Sc (N) 3<sup>rd</sup> year students. Also, recitation was there.

Principal  
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Jalandhar Cantt



Christmas Day Celebrations (24.12.21)



*Principal*  
*Arbette*  
Principal  
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Jalandhar Cantt



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  
Army College of Nursing  
Jalandhar Cantt

*Barbette*

Teacher

Principal  
Army College of Nursing  
Jalandhar Cantt



## Report on Pohri celebration

Date - 13-Jan-2022

Venue - Army College of Nursing, Jalandhar  
Cantt.  
College ground

The principal M. Mehaswary and students of B.Sc Nsg I<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year were attended

On 13<sup>th</sup> Jan 2022, Pohri Junction was celebrated in college from 7pm to 8pm. All the staff and students enjoyed the Pohri celebration. The students of B.Sc (N) I<sup>st</sup> year performed some culture activities. Also discussed by students reason behind celebrating Pohri in Punjab. It is believed by many that the festival marks the passing of the winter solstice. Traditional welcome of Penger days.

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

Signature of editorial incharge.

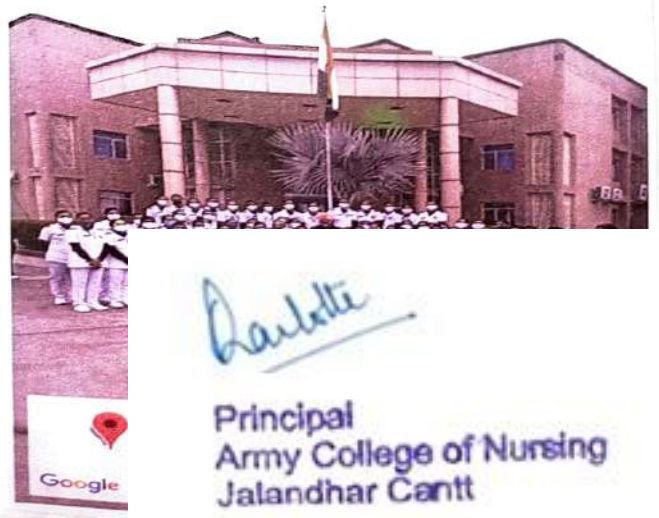
Teacher's S

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Republic Day Celebration (26.01.22)



## REPORT ON REPUBLIC DAY CELEBRATION

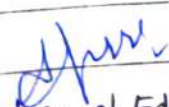
The 73<sup>rd</sup> republic day was celebrated on 26 January 2022 from 10:00 AM-12:00 PM

VENUE: Army College of Nursing, Jalandhar Cantt

The auspicious occasion of Republic day was celebrated on 26 January 2022 with full zeal with the presiding 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

  
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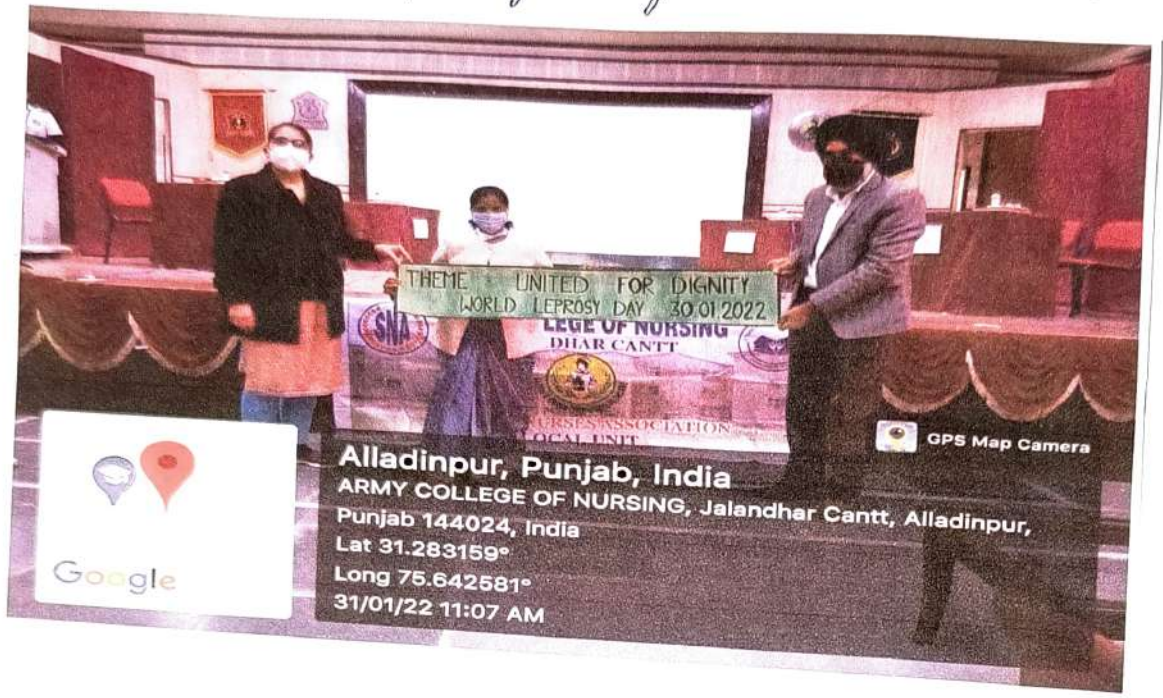
Teacher

  
Charlotte

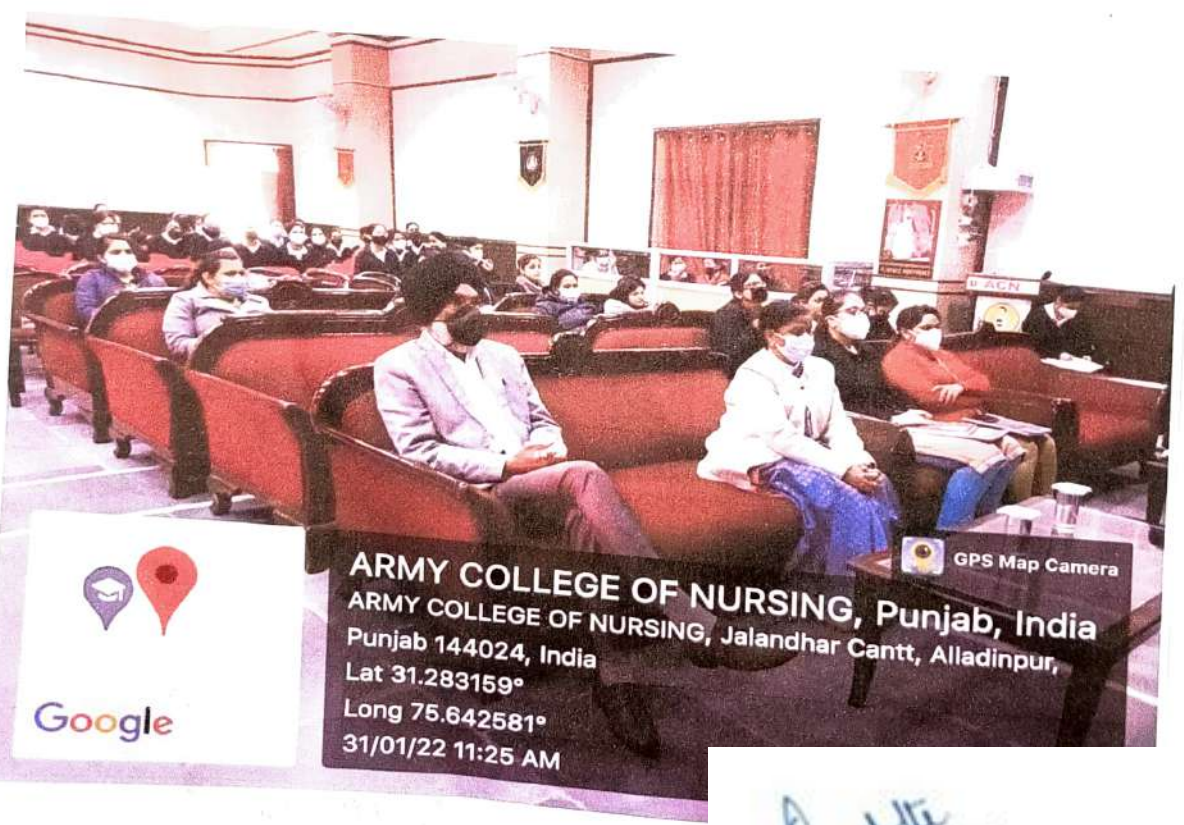
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Jalandhar Cantt



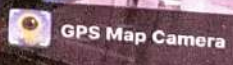
World Leprosy Day Celebrations (31.01.22)



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Punjab 144024, India  
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Independent for ...

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Jalandhar Cantt



## 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 Interhouse 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 & Buzz).

The winner for the Quiz competition were:-  
Ist Position :- Mother Teresa  
IInd Position :- Mata Gujri  
IIIrd Position :- Mata \_\_\_\_\_

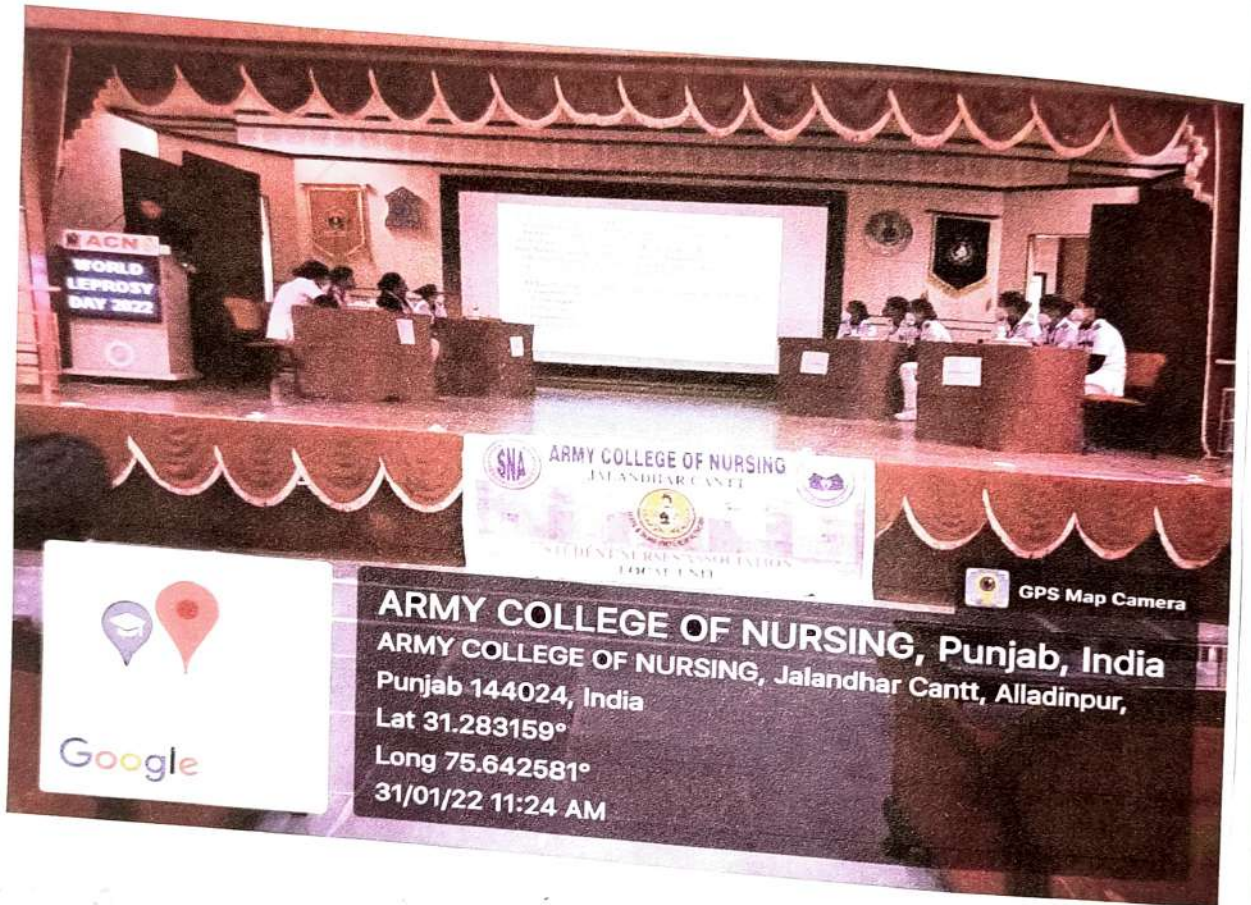
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Jalandhar Cantt



World Leprosy Day Celebrations (31-01-22)



*Barbette*

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Army College of Nursing  
Jalandhar Cantt



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

Signature of Editorial Incharge

Signature of Principal Jalandhar

Participants Name

1. Mother Teresa :- Ms. Saloni }  
Ms. Kirti } IV<sup>th</sup> Yr I<sup>st</sup> POSITION  
Ms. Neha }

2. Mata Gujri :- Ms. Sangeta }  
Ms. Monika } IV<sup>th</sup> Yr II<sup>nd</sup> POSITION  
Ms. Maanshu }

3. Mata Saraswati :- Ms. Simran }  
Ms. Pooja } IV<sup>th</sup> Yr  
Ms. Kirti sharma }

4. Florence Nightangle :- Ms. Veena }  
Ms. Ritu } IV<sup>th</sup> Yr  
Ms. Anuradha }

Teacher's

Barbette



02-12-22

# Report on Sexual and Reproductive Health Day



*Basit*

Principal  
Army College of Nursing  
Jalandhar Cantt

## REPORT ON

## SEXUAL AND REPRODUCTIVE HEALTH DAY

THEME - ADVOCACY IN ACTION

DATE - 14 FEBRUARY (2022)

On 14<sup>th</sup> 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. Khushi (SMA VP). Then there was unfolding of theme by Prof. M. Maheswary, Mrs. Baljeet Kaur (AP).

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

1. Khushi
2. Sangeeta
3. Srishiti
4. Pooja Kumari
5. Neha Kumari
6. Manju
7. Manika Deopa
8. Parina
9. Maanshu

The main goals of Panel discussion help build an open society for

Teacher's

*Parvati*

Principal  
Army College of Nursing  
Jalandhar Cantt



# Report on Sexual and Reproductive Health Day

AND REPRODUCTIVE HEALTH

DEACT IN ACTION  
FEBRUARY 2022



Panel discussion was held  
from 10:30 AM to 12:00 PM


Barbette

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Army College of Nursing  
Jalandhar Cantt



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

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

Signature of editorial incharge :- 

Signature of Principal :-



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Army College of Nursing  
Jalandhar Cantt



Principal  
Army College of Nursing  
Jalandhar Cantt



Report on Lamp Lighting ceremony



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Army College of Nursing  
Jalandhar Cantt



## Report on Lamp Lighting Ceremony :

Date : 18<sup>th</sup> February 2022

Venue : Ashoka Hall, Army College of Nursing

The exquisite and beguiling lamp lighting ceremony for the 17<sup>th</sup> 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. Seli (Commandant, Military Hospital Jalandhar Cantt, Director ACN), Dr Puneet Jyoti (Registrar Punjab Nurses Registration Council), Dr Paranjit Kaur (Principal Shaheed Babu Labh Singh School of Nursing Civil Hospital, Jalandhar), Lt Col Tapasi Rey Barman (Officiating Principal Matron and Nursing officer of MH Jalandhar) escorted by other presiding officers.

The ceremony was commenced in the ambience of winsome Ashoka Hall with the welcome address of Prof Charlotte Rapade (Vice Principal ACN) coursed by scintillating lighting of lamp with the prayer song of goddess Saraswati followed by enthralling and unending Nurses' mellifluous song by students of

*Charlotte*

Teacher

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# Report on Cancer Day celebration



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt

## REPORT ON CANCER DAY


Date → 2<sup>nd</sup> March 2022.

Venue → Army Quarters.

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

There was a walkathon and seminar conducted by III<sup>rd</sup> 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 presiding teachers for the ~~entire~~ event were Mrs Eliza (Clinical instructor), Mrs Khushnaseeb (Ass. Professor). In and all the event was a huge success.

  
Signature of Editorial Incharge

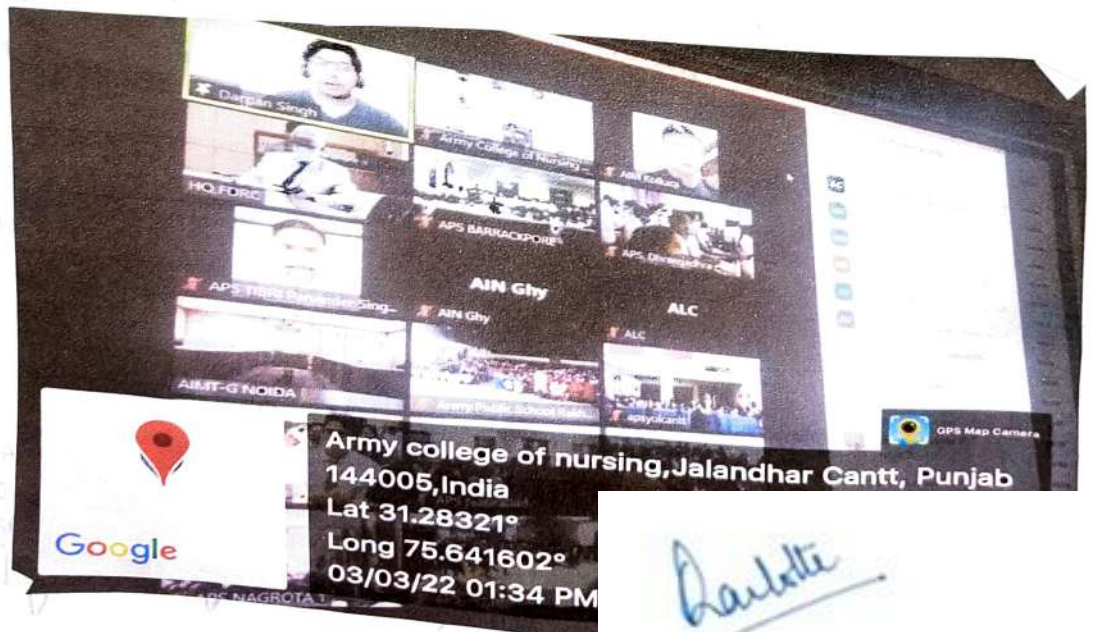
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Jalandhar Cantt



# Report on School to college Awareness Programme



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt





## Report on School to college Awareness Programme - Career Counselling

Date :- 3 March 2022

Venue :- Army college of Nursing, Jalandhar cantt

Am :- 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 Mrs. Maheswari. Principal Mrs. gave orientation regarding college facilities, benefits to student. After that, this program was also attended by Alumni of ACN (Batch 2020) Her name is Ragini Singh. She shared her experience in ACN & motivate to join Admissions 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 in Institutes.

*Barbati*

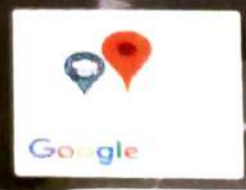
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Report on Parents Teacher Meeting

Report on school to college  
parents meeting

04/03/22



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Army college of nursing Jalandhar, Punjab pincode 144005  
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## REPORT ON PARENTS TEACHERS MEETING


Date : 4<sup>th</sup> March 2022.


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

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

The presiding teachers for the meeting were respective class co-ordinators Ms Rashmi (CI), Ms Gagam (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

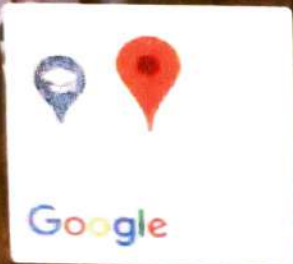
  
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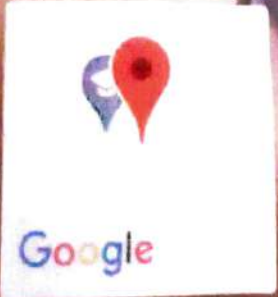
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Jalandhar Cantt



Report on world Tuberculosis day



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*Barbette*

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Jalandhar Cantt

## REPORT ON WORLD TUBERCULOSIS DAY

Date :- 24th March 2022

Venue :- Medical ward, MHJRC

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 MHJRC. The Activity was planned was of Health Talk by II<sup>nd</sup> 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.

*[Signature]*

Signature of Editorial Incharge

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

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*[Signature]*

Principal  
Army College of Nursing  
Jalandhar Cantt





# REPORT ON WATER DAY


Date :- 24<sup>th</sup> March, 2022

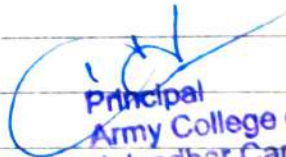
Venue :- Sub Centre (Sofipind)

The utmost International water day was celebrated on 24<sup>th</sup> March 2022 with full zeal on the theme of "Jal Hai toh Kal Hai"

- There was role play conducted by the IV<sup>th</sup> 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

  
Signature of Editorial Incharge

  
Principal  
Army College of Nursing  
Jalandhar Cantt  
Signature of Principal



Principal  
Army College of Nursing  
Jalandhar Cantt

Teacher's Sign



# Report on Art Living Session



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*Barbati*

Principal  
Army College of Nursing  
Jalandhar Cantt



ART OF LIVING SESSION

Date :- 15 April 2022

Venue :- MP Hall


Time 10:30 am

Art of living session was conducted on 15<sup>th</sup> April 2022. Geetam 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 meditation 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



# Report on World Health Day



GPS Map Camera

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COLLEGE OF NURSING  
JALANDHAR CANTT

Google



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Jalandhar Cantt



## 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 nature park.

The race was commenced by Director Sir Col. R Prasad Kale. The zeal and enthusiasm encouraged the students to complete the race.

The theme for World Health Day 2022 is "Our Planet, Our Health". Programme 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 meditation for our well being.

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

The celebration fulfilled its objectives of developing a deep understanding of the essential link between individual and collective health for sustainable life.

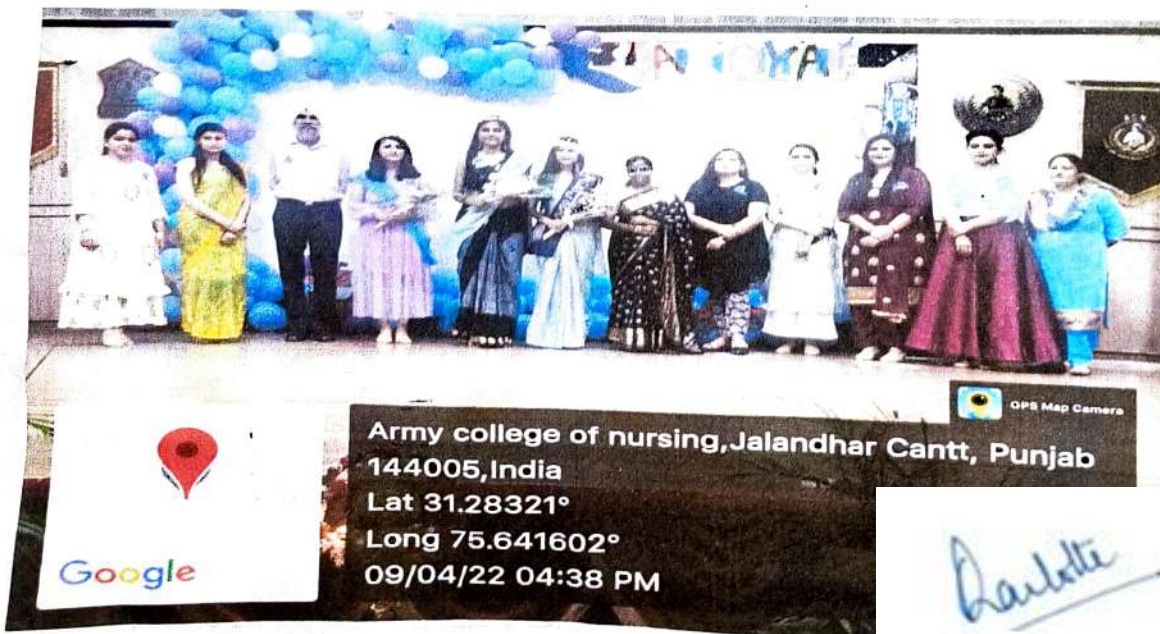
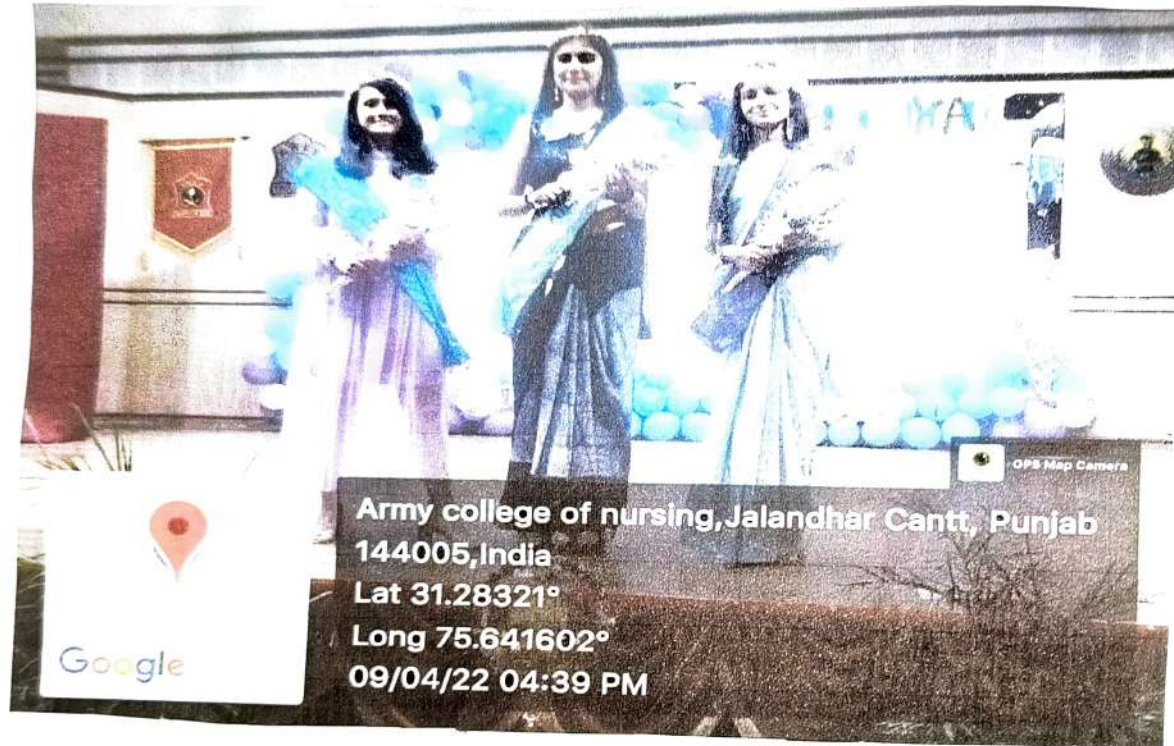
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Jalandhar Cantt



# Report on fresher's Event



*Barbette*

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Army College of Nursing  
Jalandhar Cantt





## Report on Fresher's Eve

Date:- 9<sup>th</sup> April 2022

Venue:- MP Hall

Time:- 1:30 PM

The tremendous fresher's Eve was organised on 9<sup>th</sup> April 2022 by the students of BSC-Nursing 2<sup>nd</sup> Year. The fresher's Students was welcomed with shower of flowers in MP Hall by 1:30 PM.

The presiding officers for the fresher's eve were Professor M. Maheswary (Principal, ACN), Rtd. Col. HS Phaguwa (Registrar, ACN), Prof. 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 2<sup>nd</sup> Year. then the welcome dance was performed by the student's of 2<sup>nd</sup> 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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Year Students respectively, along with games, skit, singing etc. was conducted to make eve more tricky and fun!

Talking about ramp walk it was two rounds -

*Charlotte*

Principal  
Army College of Nursing  
Jalandhar Cantt





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


Ms. Freshers → Suman Thakur

Ms. Personality → Vandana Upadhyay

Ms. Flora → Neha Kandpal

Refreshments were served in after the program.

This was a delightful Freshers' Eve.

  
Signature of Editorial Incharge

  
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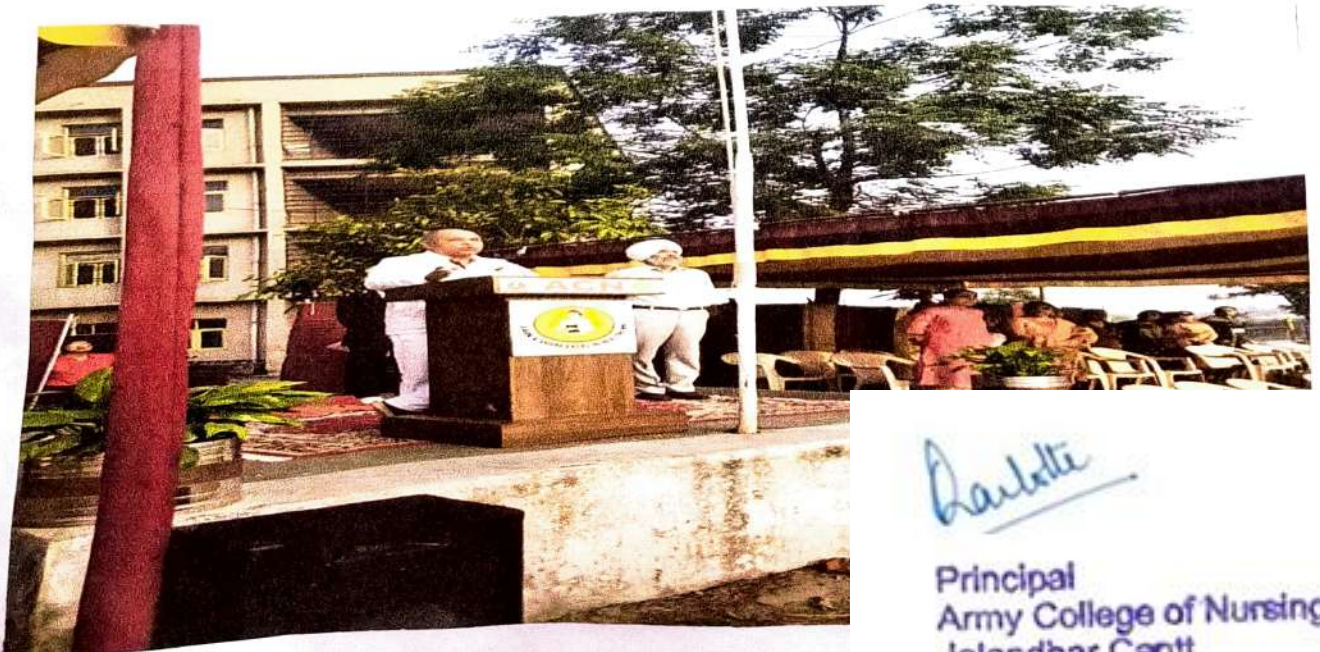
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Army College of Nursing  
Jalandhar Cantt



# SPORTS DAY REPORT



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*Barbette*

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Army College of Nursing  
Jalandhar Cantt



# Sports Day

Date :- 13<sup>th</sup> April 2022

Venue :- football Ground

Time :- 7:00 AM

The Sports day was organized on 13<sup>th</sup> April 2022 at football ground of Army college of Nursing. It was organized by Sports Incharge Mrs. Eliza (clinical instructor).

Bridg. Amit Sharma (Brigmed) HQ 11 core Sena medal.


Bridg. Prasad R Lele (Commandant MH and Director of ACN),

Lt Col. Tapti Ray (PM) MH as a chief guest and other senior officers and dignitaries for the celebration of the sports day.

Opening of the 17<sup>th</sup> Sports Day started by March past. Events organized on sports day were carom competition, chess competition, 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 winners by chief guest

Overall sports day was a huge success as it filled the students with the winning spirit and enthusiasm for healthy competition.

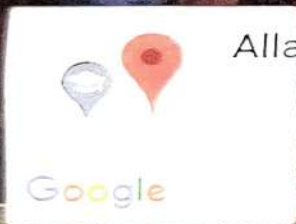
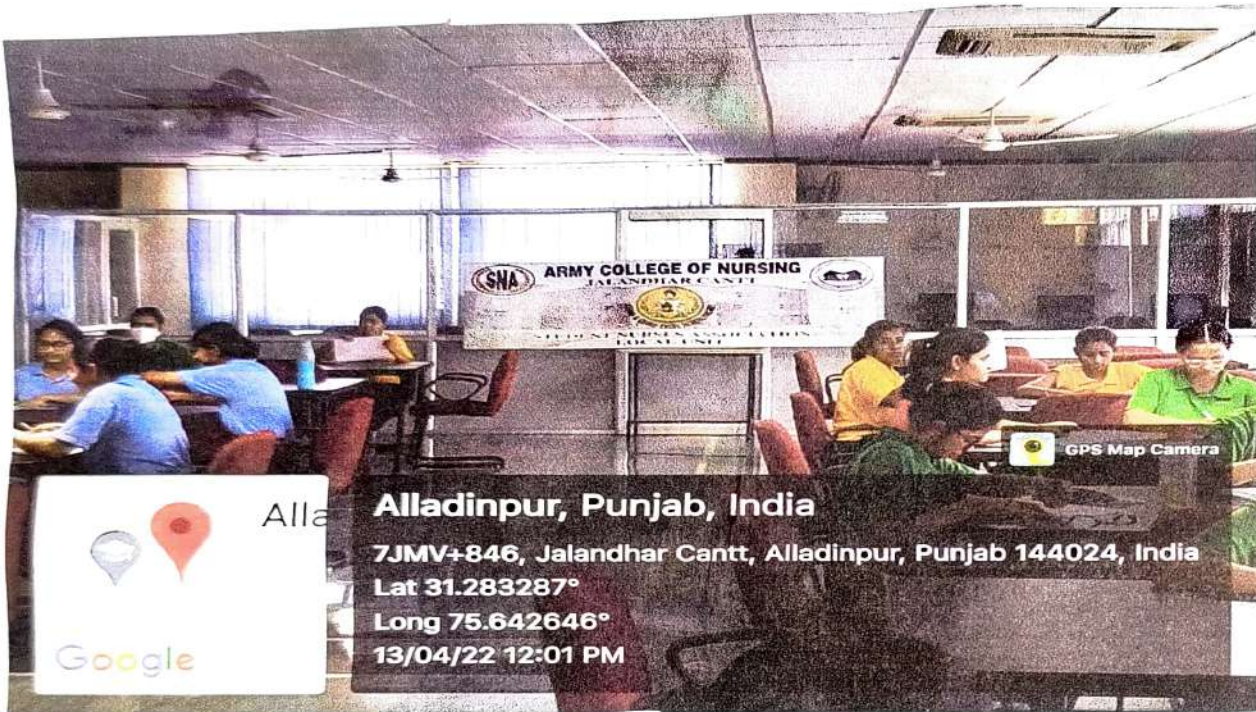
  
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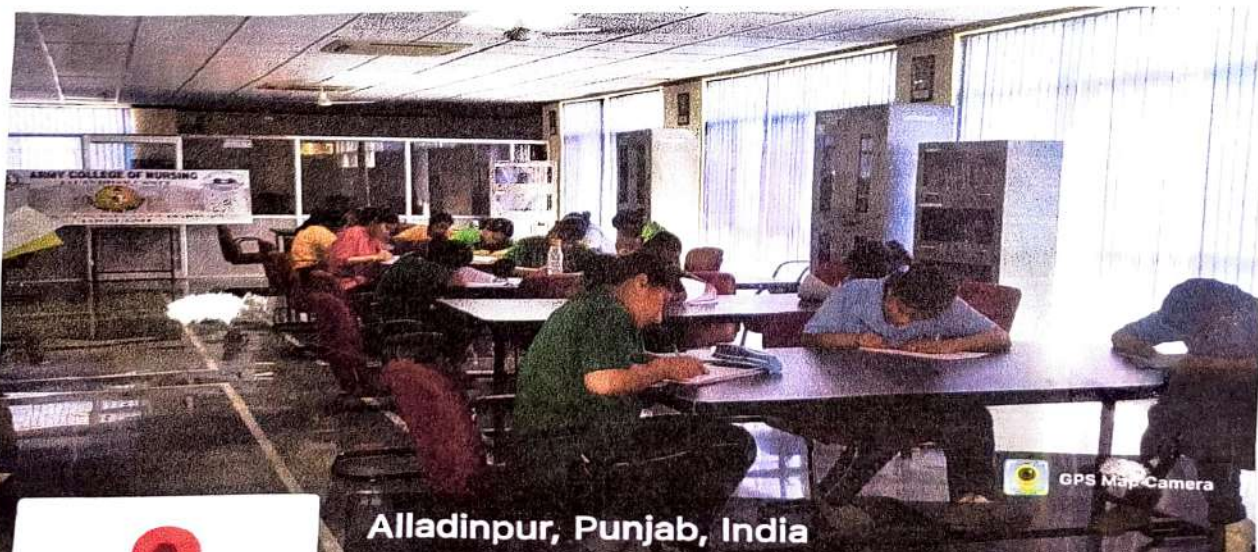
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Jalandhar Cantt



# Dr. Ambedkar Jayanti Celebration



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*Barbette*

Principal  
 Army College of Nursing  
 Jalandhar Cantt



## Dr. Ambedkar Jayanti celebration

Date :- 13<sup>th</sup> April 2022

Time :- 12:00 pm to 1:00 pm

Venue :- College library

On 14<sup>th</sup> April 2021, Dr. Dr 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. Dr. Ambedkar in nation building". The essay writing was English as well in Hindi. The judges for the event are :-

For English medium, Prof. (Mrs.) M Maheshwary (Principal)

Prof. (Mrs.) Charlotte Ranadive (Vice principal)

Mrs. Baljeet Kaur (Assoc. Prof.)

For Hindi medium, Col. H.S Phagura (Registrar)

Prof. (Mrs.) Priya Sharma (Assoc. Prof.)

Mrs. Apsara 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

*Charlotte*

Principal  
Army College of Nursing  
Jalandhar Cantt



# WORLD EARTH DAY



Anurita

Principal  
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 addressing by the Vice President, SNA followed by unfolding of theme by honorable Prof. M. Maheswary (Principal). The students were enlightened 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 fulfilled its objectives of developing a deep understanding and awareness about Earth issues.

Principal

  
Signature of Editorial Incharge



Principal  
Army College of Nursing  
Jalandhar Cantt



# PATRON VISIT



*Arulita*

Principal  
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 Devenhua Sharma AVSM SM visit held in Army College of Nursing, Jalandhar Cantt on 23rd April 2022. The main aim of the visit was fee 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  
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Jalandhar Cantt



# AWES DAY



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



AWES Day

Date :- 29<sup>th</sup> April 2022

Time :- 11:00 am to 1:00 pm

Venue :- MP Hall

The AWES Day was celebrated in college on 29<sup>th</sup> April 2022 in MP Hall. The programme started with full zeal and enthusiasm. Firstly, Information about AWES Day celebration was conveyed by the 4<sup>th</sup> 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 enlightened 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 4<sup>th</sup> year students.

At last, vote of thanks was given by Ms. Khushbu (vice president of SNA)

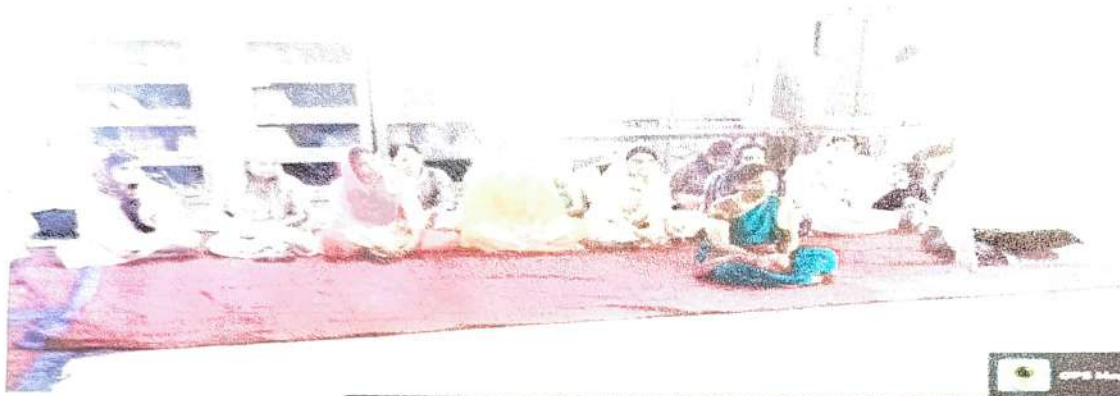
In and all, the event was huge success and achieved its objective to aware the students regarding AWES.

  
Signature of Editorial Incharge

  
Principal

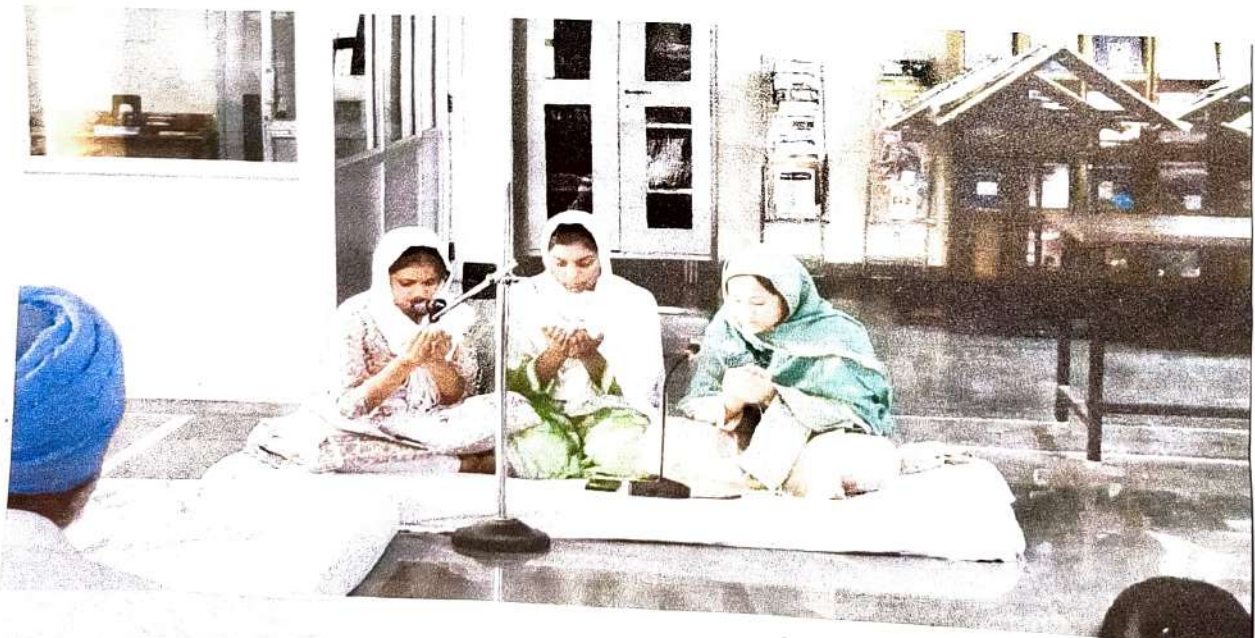
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# Eid Celebration



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*Barbette*

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Jalandhar Cantt



## Eid Celebration

Date:- 4<sup>th</sup> 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.

  
Signature of Editorial Incharge

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Jalandhar Cantt



*Arbette*

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Date 12<sup>th</sup> / May / 22

# "INTERNATIONAL NURSES DAY" (SYMPOSIUM)

Date:- 12<sup>th</sup> 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 12<sup>th</sup> May 2022, a symposium was organised by MNS officers at Military Hospital Jalandhar to enhance the scope of nursing, job opportunities, knowledge regarding rights & respect to secure global health and also explained the graphical shortage of Nursing personnels worldwide.

Lt. Gopika has addressed the students regarding the needs, rights, opportunities of nursing.

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

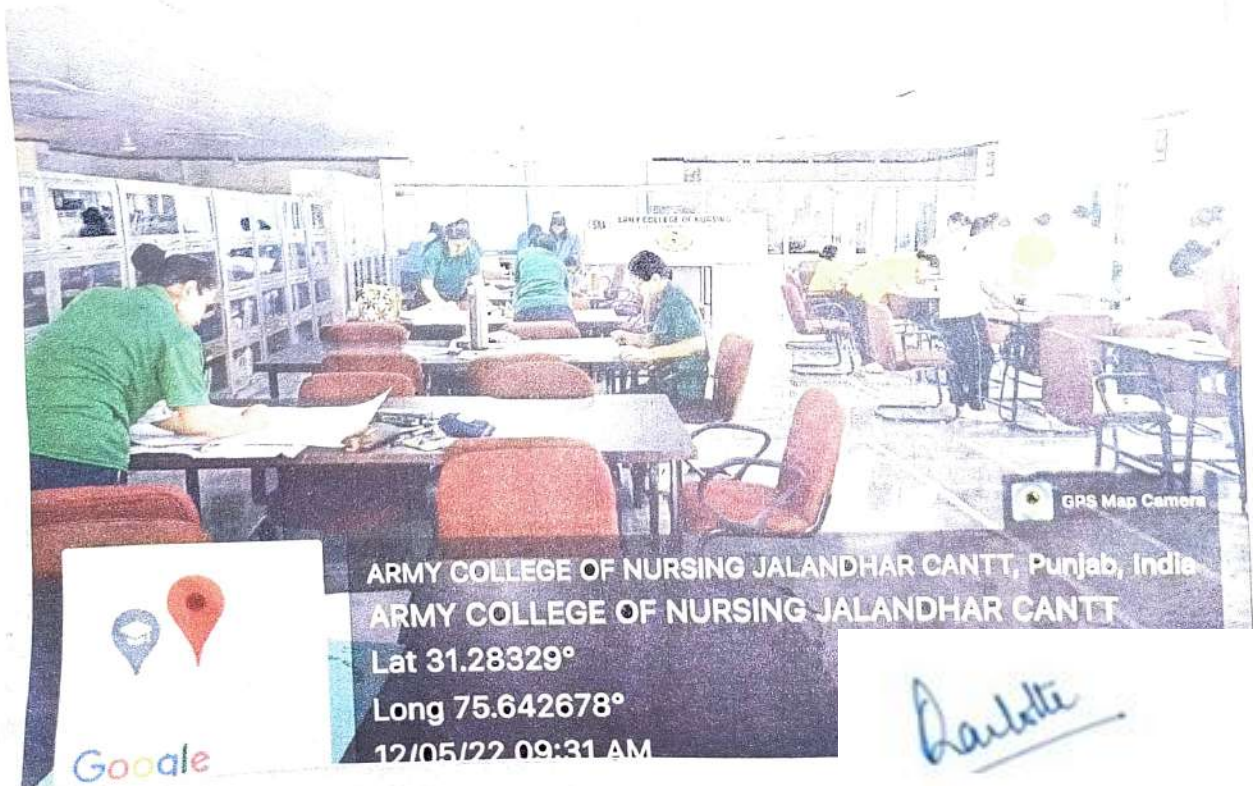
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*Barbette*

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Jalandhar Cantt



## " INTERNATIONAL NURSES DAY " (POSTER COMPETITION)

Date:- 12<sup>th</sup> May, 2022

Time:- 9:30 Am - 11:30 Am

Venue:- Library

On Nurses day 2022, a poster competition was organised which was inter house & students had taken part in this competition. It was organised in the college library. The judge for this event were Principal Prof. M. Maheshwari, Vice Principal Mrs. Choulette Ranadive & 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.

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Signature of Editorial Incharge:-

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Jalandhar Cantt

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Jalandhar Cantt

Date



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# "INTERNATIONAL NURSES DAY" [PANEL DISCUSSION]

Date:- 12<sup>th</sup> May, 2022

Time:- 2:30pm - 4:30pm

Venue:- MP Hall

The Nurses day was celebrated in college on 12<sup>th</sup> May 2022. A panel 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 Barran. 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 success & its great experience to being part of them to share your views on International Nurses Day.

Principal  
Army College of Nursing  
Jalandhar Cantt

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# Workshop on Professional Advancement

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*Barbette*

Principal  
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## WORKSHOP ON PROFESSIONAL ADVANCEMENT

Date :- 27 May, 2022

Time :- 9:00 Am - 1:00 pm

Venue :- MPHall.

Workshop is organised by BSc Nursing IV<sup>th</sup> year students. The topic for workshop is Professional Advancement. All students of BSc Nursing IV<sup>th</sup> year have participated in this workshop. Symposium, Pannel discussion, Seminar, Role play & presentation all these event are covered by students they guided by their guide. & time mangement was quite good. Group participation was done all throug years actively gave the answers. which have been asked by the students.

The event by students become a great success with

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Army College of Nursing  
Jalandhar Cantt





# 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 GMCH 32 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, Miss Pulsatio tag by Khushi, Third prize in singing. 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 Tat Bhawan Sector 27 Chandigarh. Students had great time over there & successfully got many prizes in many events.

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Signature of Editorial Incharge:

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Army College of Nursing  
Jalandhar Cantt

Signature of Principal:-

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Army College of Nursing  
Jalandhar Cantt

# No Tabacco Day



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



# NO Tobacco Day

Date:- 31<sup>st</sup> May 2022

Time:-

Venue:- MH, Jalandhar.

The No Tobacco day was celebrated by the college in MH, Jalandhar on 31<sup>st</sup> 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 tobacco — from cultivation, production, distribution and waste.

In MH, Jalandhar, program started by addressing the MNS mem, and near by local people. The students of BSc. [N] IV<sup>th</sup> year and I<sup>st</sup> year conducted the program by giving health education regarding tobacco, 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.

Signature of Editorial Incharge

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Jalandhar Cantt

*Barbette*

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# World Environment Day



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



## World Environment Day

Date:- 6 June 2022

Time:- 4 pm


Venue:- Football ground

Our college organised a program to celebrate world environment day. The Principal mam and Registrar sirs 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.

  
Signature of editorial Incharge

Principal  
Army College of Nursing  
Jalandhar Cantt



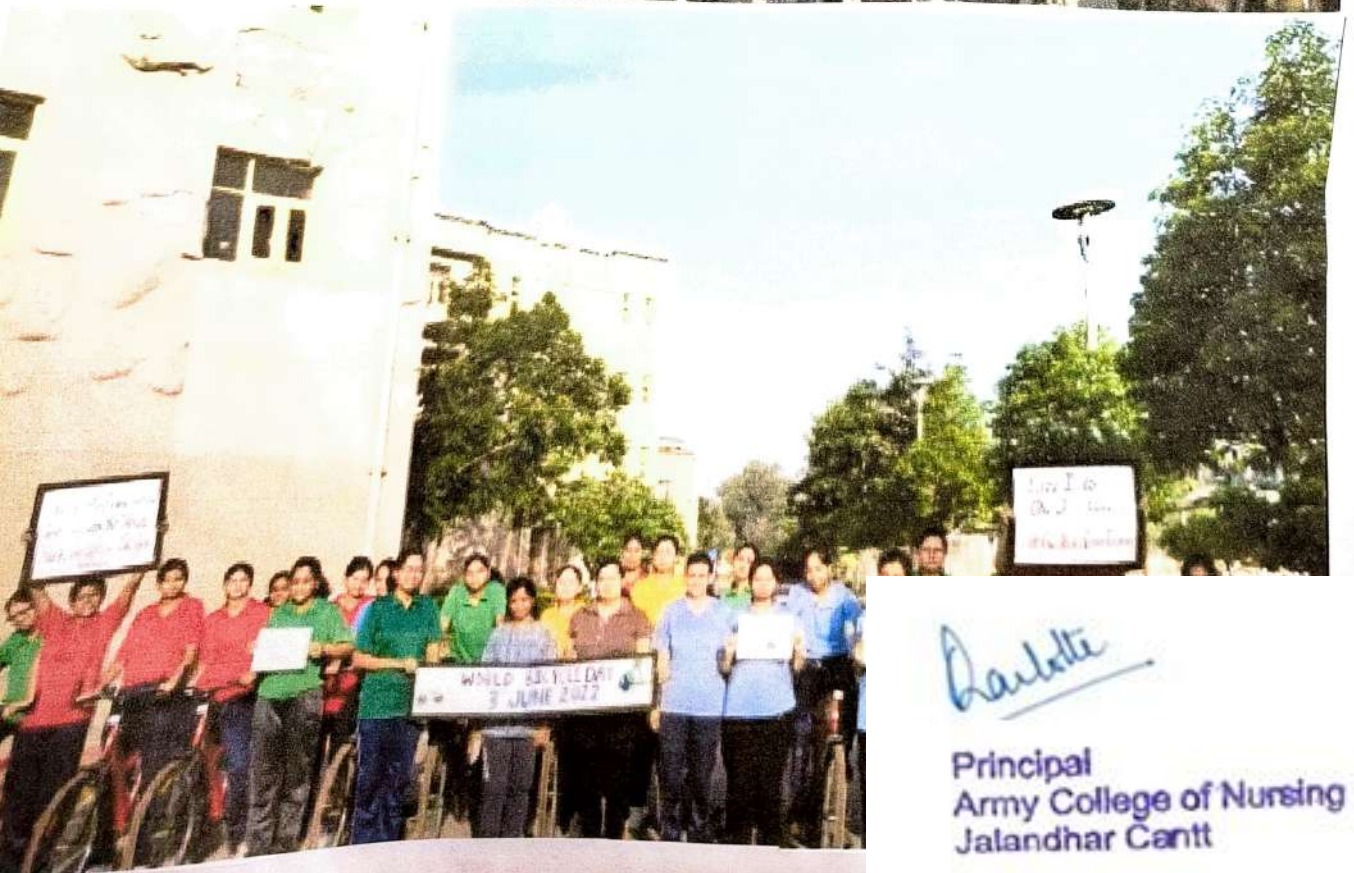
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# World Bicycle Day



*Barbati*

Principal  
Army College of Nursing  
Jalandhar Cantt



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 aware about benefits of using bicycle which is simple, affordable, clean and environmentally fit Sustainable means of transportation.

Students made the charts, slogans and pamphlets Teachers also enlightened the students over the theme and motivate them to switch to two wheelers.

The event was a huge success.

  
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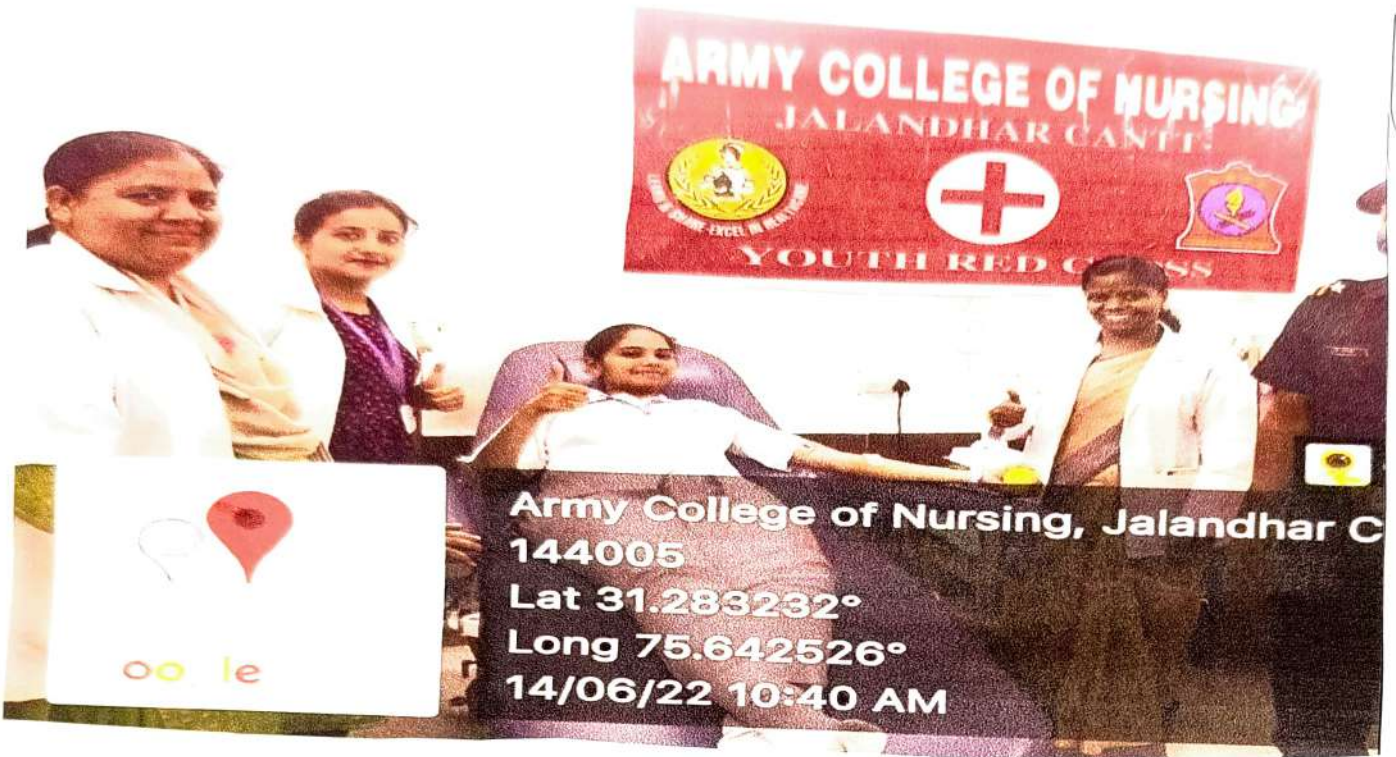
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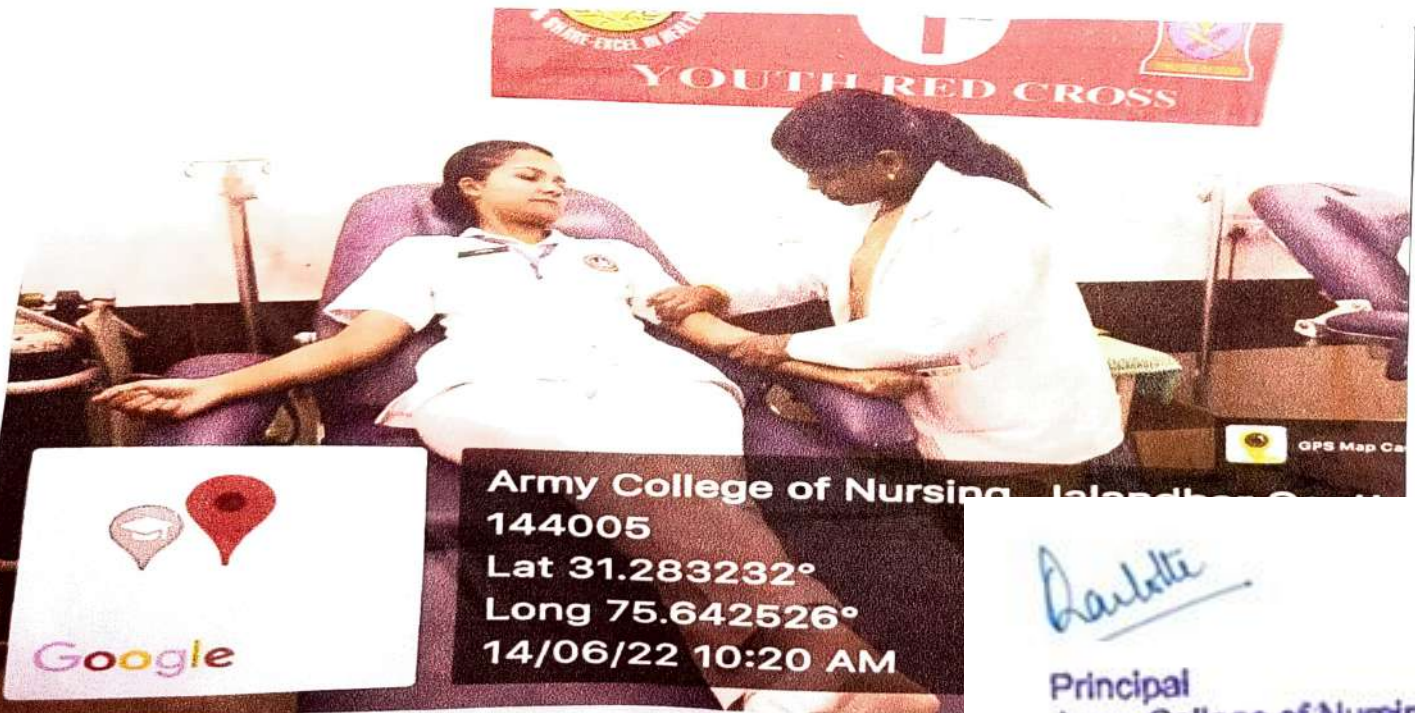
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Jalandhar Cantt



# World Blood Donor Day



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*Dr. Arshita*

Principal  
Army College of Nursing  
Jalandhar Cantt





# 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. Rita (youth red cross society) accompanied 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 initiative taken by our college, even many other students were also inspired.

  
signature of Editorial Incharge

  
Principal

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Jalandhar Cantt



# Tree Plantation



Army college of nursing, Ja  
144005, India

*Dr. Arshita*

Principal  
Army College of Nursing  
Jalandhar Cantt





# Tree Plantation Day

Date : 6<sup>th</sup> July 2022

Time : 2:00 pm

Venue : Football ground


Our college organised an Activity of Planting Trees. The programme 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 gardener 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.

  
Signature of in-charge

Principal  
Army College of Nursing  
Jalandhar Cantt



Principal  
Army College of Nursing  
Jalandhar Cantt



Date : 6<sup>th</sup> July 2022

Time : 2:00 pm

Venue : Football Ground

NSS organised a "Tree Planting" in our college on 6<sup>th</sup> July 2022. It was an environmental event in which students of BSc-[N] 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> year took participation with full zeal.


Along with students, all the teachers and Pt.

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.

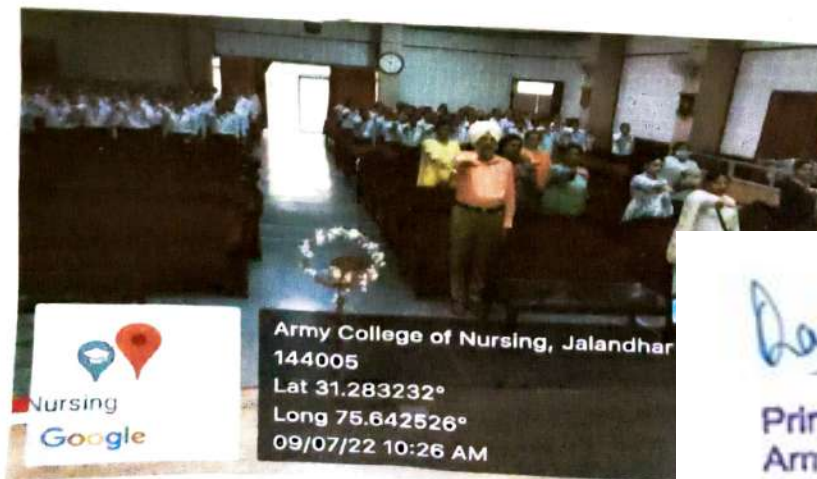
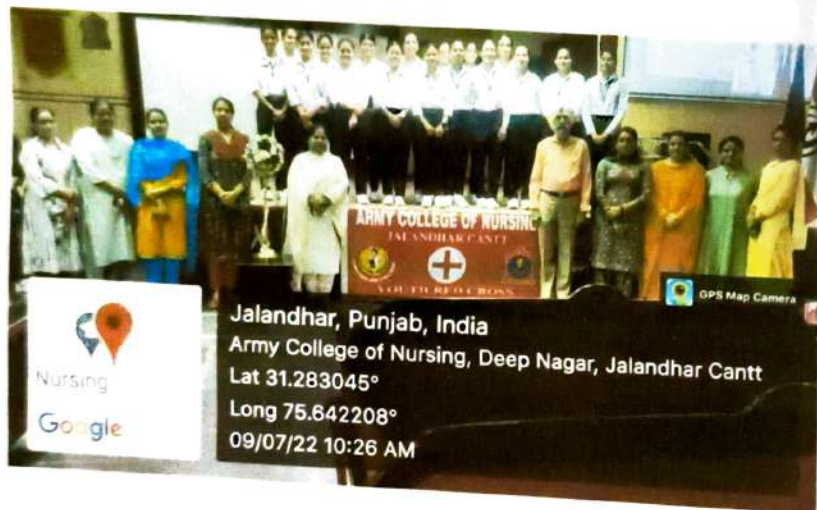
  
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Jalandhar Cantt



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Army College of Nursing  
Jalandhar Cantt





*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt

# 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 Mes. Lakhwinder Kaur (YRC Incharge) in collaboration with SNA EB members. The students of Bsc.(N) 1<sup>st</sup> year and Bsc (N) 3<sup>rd</sup> 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 great success and went

By Ms. Esha, (S)

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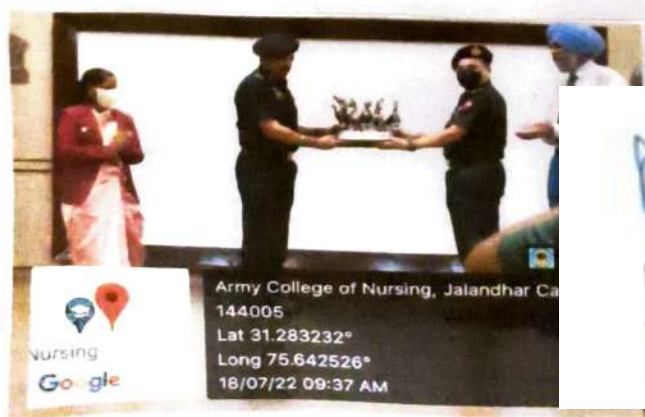
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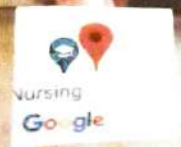
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Jalandhar Cantt



# FAREWELL TO CHAIRMAN



*Barbette*  
Principal  
Army College of Nursing  
Jalandhar Cantt



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# REPORT ON BIDDING FAREWELL TO CHAIRMAN

DATE :- 18<sup>th</sup> 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 Kaur (MC), students of BSc (N) 2<sup>nd</sup> year. The prizes were given to the winners at PULSATIO organised by GMC 32 College of Nursing, Chandigarh.

The certificates were also given to the students who had participated in Martial Arts for one month <sup>trained</sup> by Mr. Jaswant Singh (TRAINER). The formal address by Col H.S. Phagna (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, the students and faculty to The function ended up with cup

Done by Ms. Esha, (CO) ACN

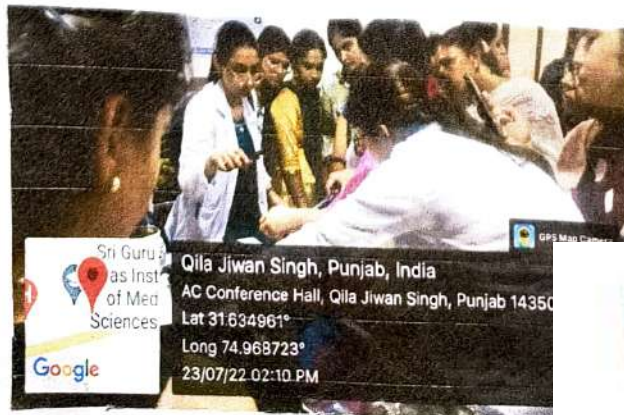
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*Darshita*

Principal  
Army College of Nursing  
Jalandhar Cantt



# TNAI WORKSHOP



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



DATE :- 23<sup>rd</sup> JULY 2022

TIME :- 8:00 AM - 4:30 PM

VENUE :- SRI GURU RAM DAS NURSING COLLEGE, AMRITSAR.

On 23<sup>rd</sup> 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. Parvish 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 is and informative.

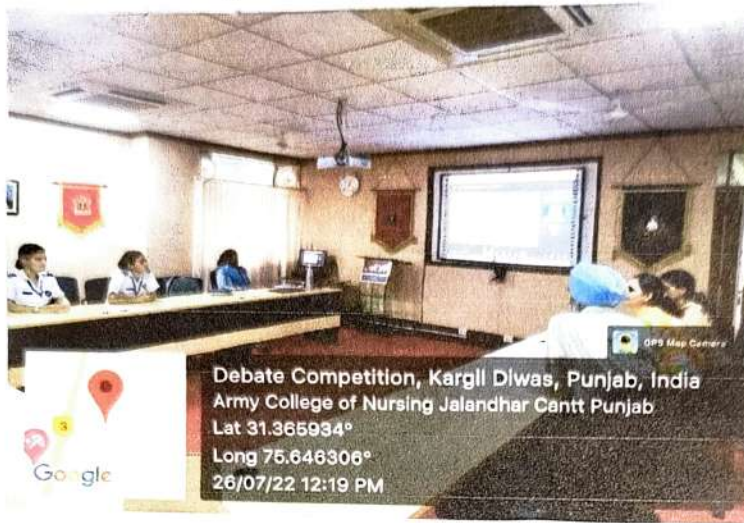
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Dr. Ms. Eliza (CP) AGN

Dr. Eliza

Principal  
Army College of Nursing  
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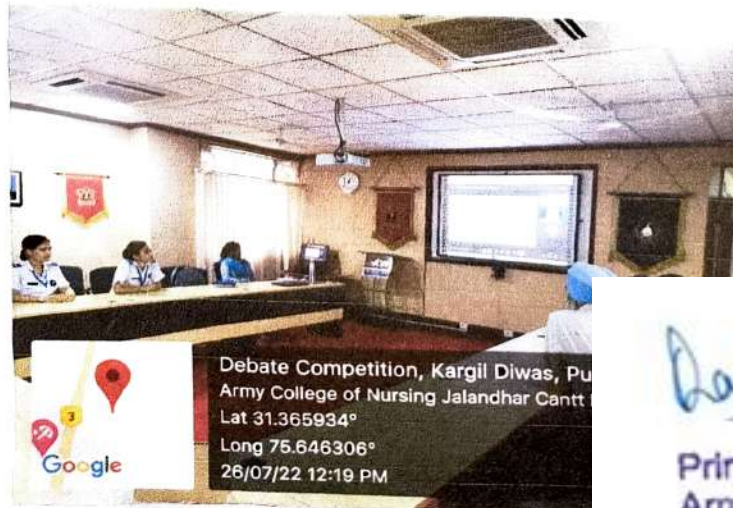
# KARGIL VIJAY DIWAS



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*Barbette*

Principal  
 Army College of Nursing  
 Jalandhar Cantt



# KARGIL VIJAY DIWAS

DATE :- 26<sup>th</sup> JULY 2022

TIME :- 11:00AM - 12:45 P.M.

VENUE :- CONFERENCE HALL, ACN JRC

MODE :- ONLINE [Google Meet]

On 26<sup>th</sup> 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) 3<sup>rd</sup> year had participated in Debate Competition, Ms. Yogeeta and Ms. Vaishnavi. Ms. Yogeeta (BSc (N) 3<sup>rd</sup> Year) secured second position in the Competition. She received e-certificate for 2<sup>nd</sup> position. Ms. Vaishnavi also received participation certificate for the same.

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

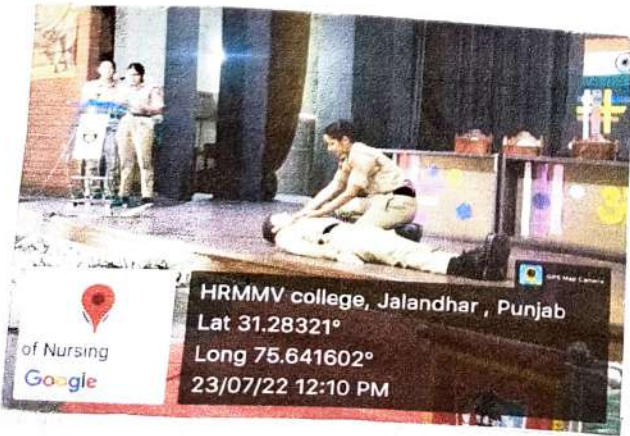
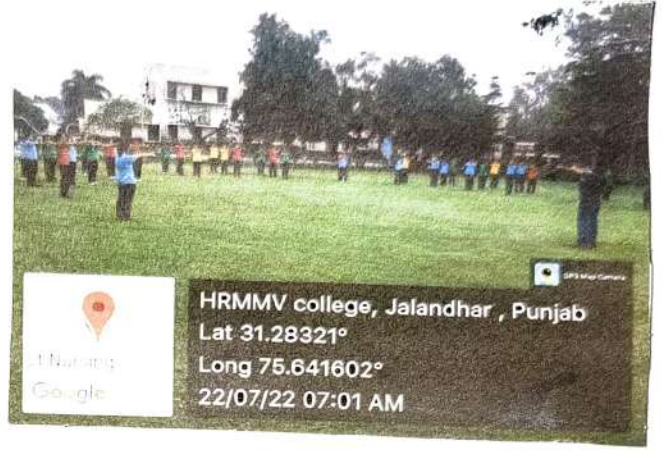
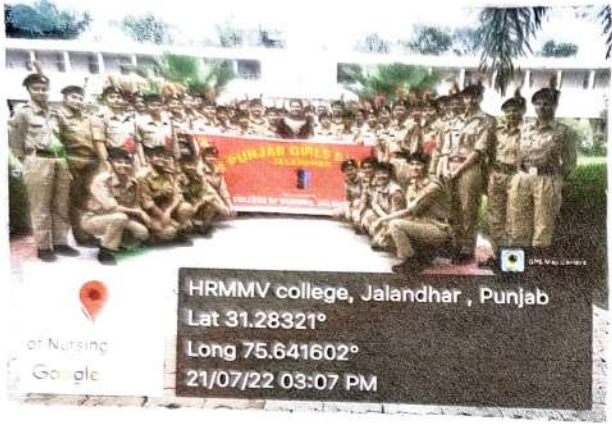
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SIGNATURE OF EDITORIAL <sup>ACN</sup>  
IN CHARGE

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# NCC CAMP



*Barbette*  
 Principal  
 Army College of Nursing  
 Jalandhar Cantt





# NATIONAL CADRET CORPS (NCC) CAMP

DATE :- 21<sup>st</sup> August - 30<sup>th</sup> 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 :- 1<sup>st</sup> Prize
- ⇒ GROUP SONG :- 1<sup>st</sup> Prize
- ⇒ TUG OF WAR :- 1<sup>st</sup> Prize
- ⇒ PAINTING / COLLAGE MAKING :- 2<sup>nd</sup> Prize
- ⇒ TWO BEST CADETS
- ⇒ Blood Donations Medals won 1. 10 students

Furthermore, the students & they learnt qualities such hardwork, confidence & leader

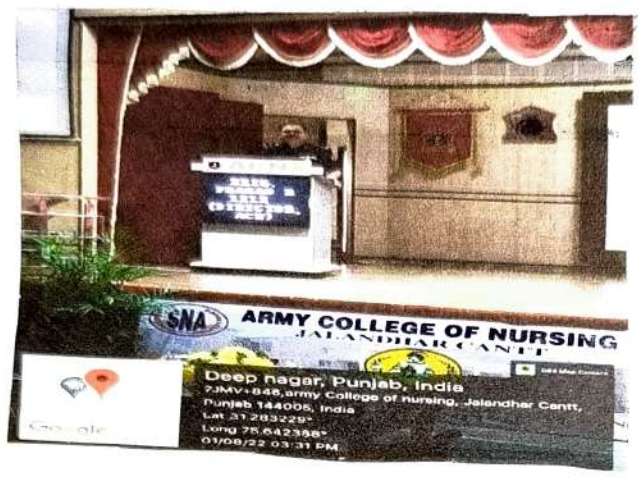
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Jalandhar Cantt

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# 1st ACN RAISING DAY



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



# ACN RAISING DAY

DATE :- 01<sup>st</sup> August 2022

TIME :- 15:00 Hrs :- 16:00 Hrs

VENUE :- Ashoka Hall, ACN

Army College of Nursing, Jalandhar Cantt had celebrated 18<sup>th</sup> ACN Raising Day on 1<sup>st</sup> Aug 2022. The event was presided over by Brig. A. 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 excellency 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. A. Lele. Cake cutting ceremony was done to celebrate the occasion.

The ACN Raising day amidst brief description of our plans. The function was followed by Mr. Eliza (C) Signature of Editorial Incharge

*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt

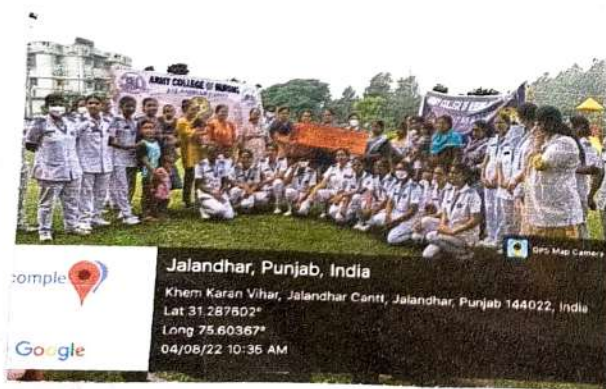


# BREASTFEEDING WEEK

• MILITARY HOSPITAL,  
JALANDHAR CANTT



• WESTERN COMMAND, CHANDIMANDIR



*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt

• KK Vihar, Jalandhar



# BREASTFEEDING WEEK [01<sup>st</sup> Aug - 07<sup>th</sup> Aug 2022]

DATE :- 01<sup>st</sup> August - 07<sup>th</sup> 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) 4<sup>th</sup> 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.

Additionally, 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.

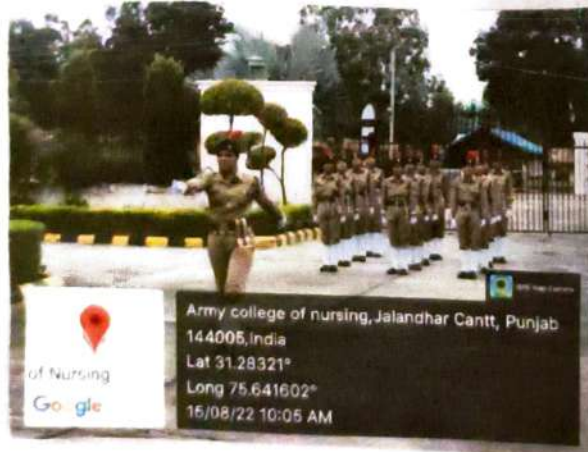
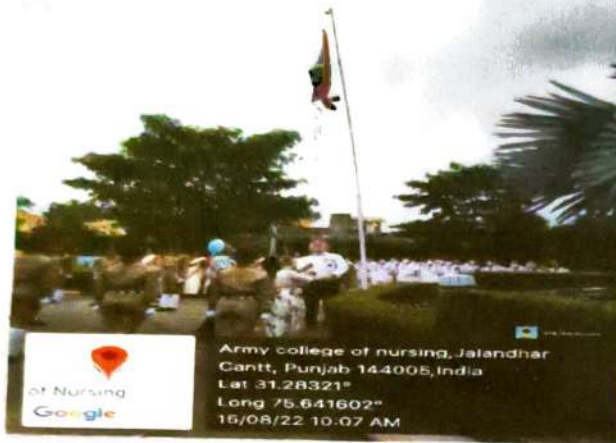
Signature of Editorial <sup>MS</sup>  
Surbhasee

*Barbette*

Principal  
Army College of Nursing  
Jalandhar Cantt



# INDEPENDENCE DAY



*Barbette*

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Army College of Nursing  
Jalandhar Cantt



# INDEPENDENCE DAY

Date → 15-August 2022

Time → 10:00 - 11:30 hrs

Venue → ACN Campus

The pulchritudinous completion of 75 years of independence "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) 2<sup>nd</sup> year] escorted by unfluring 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, ANO), Ms Kalindi Sharan (ANO, NCC) along with all the faculty members and ACN students.

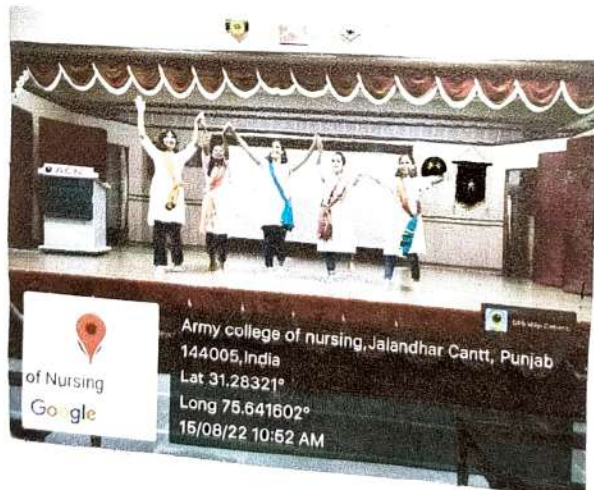
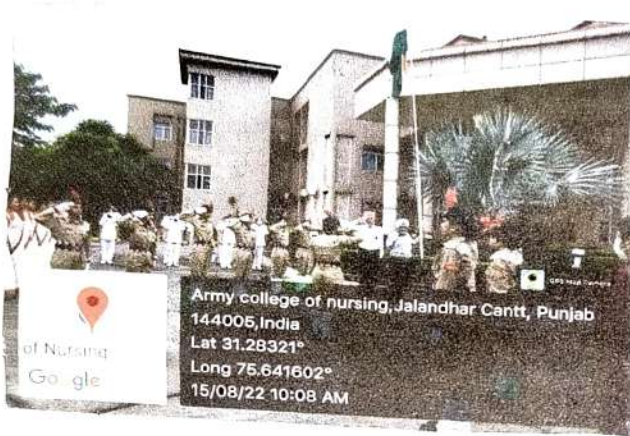
The event was marked by cultural affairs rendering to freedom fighters, soldiers and youth of India via speech by Ms Vaishali, Ms [BSc (N) 3<sup>rd</sup> year] followed up by students of BSc Nursing 2<sup>nd</sup> and climaxed with a dynamic and zestful

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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 Independence day was perpetuated or continued on 16-August 2022 via exhibition on Partition Horror remembrance day theme in the ambience of Ashoka hall at 14:00 - 15:00 hrs presided by Col H.S. Phagura [Registrar, ACN], Prof M. Maheswary (Principal, ACN) along with all the faculty members staff and students of BSc (N) 2<sup>nd</sup> and 3<sup>rd</sup> year subsequently followed by videographical portrayal 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)

*Dr. Ms. Eliza*

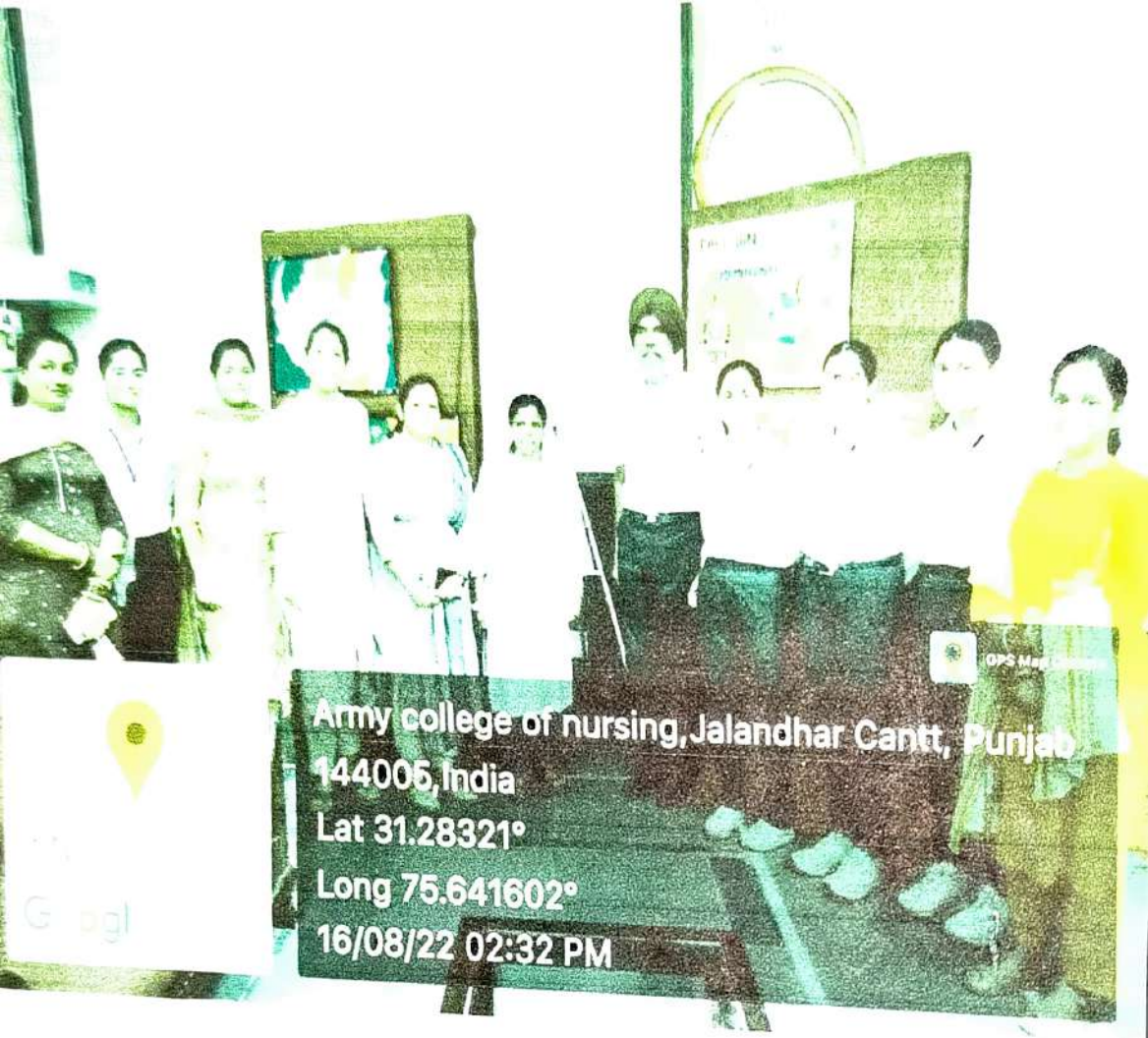
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EDITORIAL INCHARGE

SIGNATURE OF PRINCIPAL  
Principal  
Army College of Nursing  
Jalandhar Cantt

*Rashmi*

Principal  
Army College of Nursing  
Jalandhar Cantt





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Army college of nursing, Jalandhar Cantt, Punjab  
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*Arshita*

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# Partition Horror Remembrance Day

Date : 16th Aug 2022

Time 14.15. 1445 hr

Theme Partition Horror Remembrance Day

Venue Ashoka Hall ACN

Addr/ Presiding officer.

Prof. Mrs. M. Maheswary  
(Principal ACN)

H.S. Phagura  
(Regyhar ACN)

Mrs. Priya Sharma  
(Associate Prof. ACN)

Mrs. Reshmi Sharma  
(Clinical instructor)

All other faculty and staff

Signature of Editorial in-charge

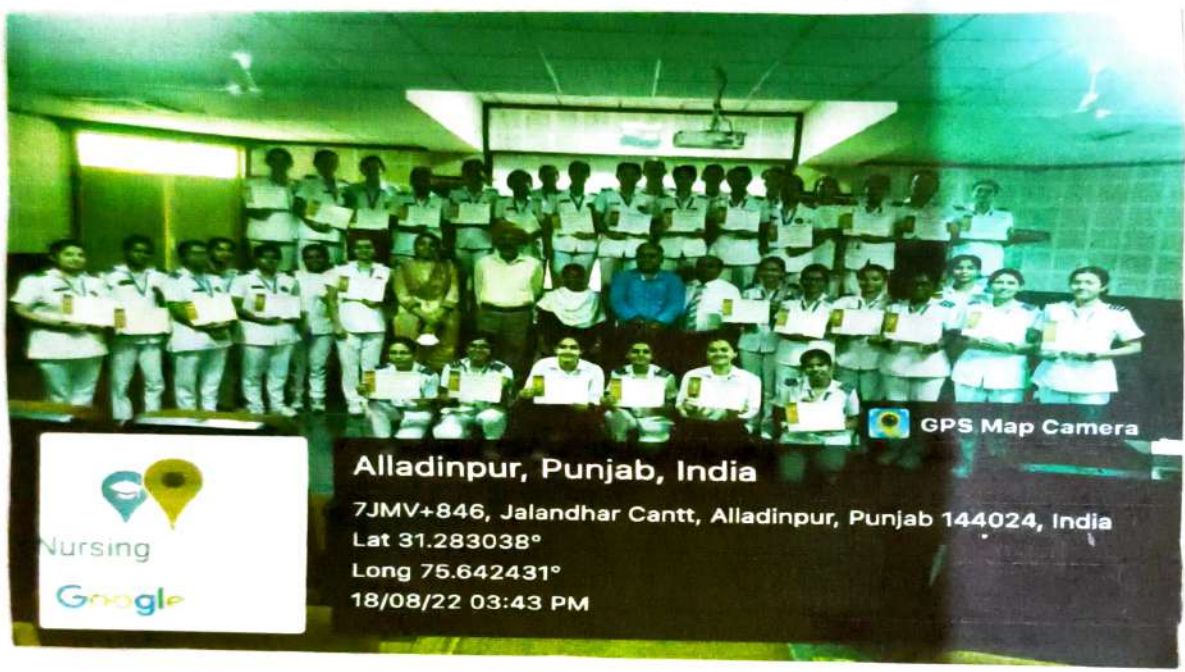
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(PDP)  
Personality Development Program



Army college of Nursing  
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*Barbette*

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(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.

Workshop 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 career opportunities in nursing.

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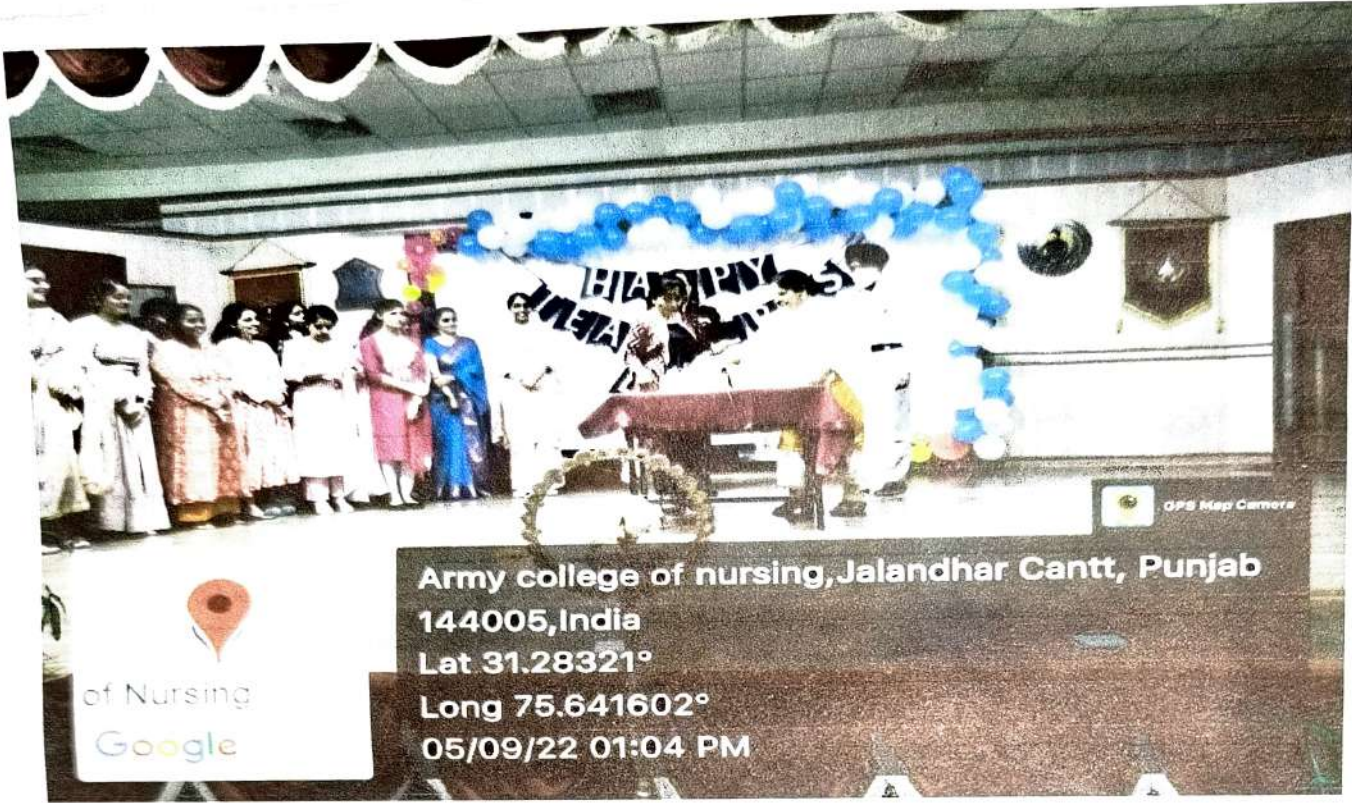
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Signature of Principal

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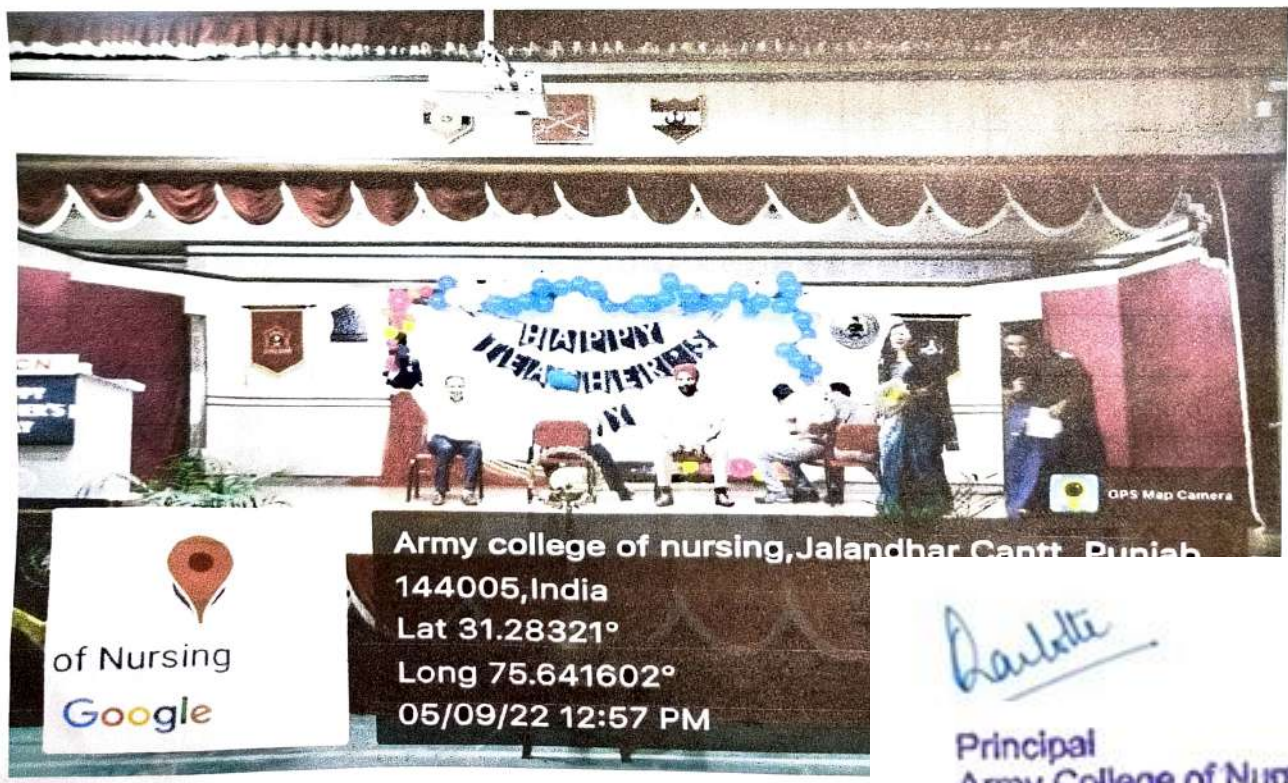
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# WORLD TEACHER'S DAY,

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, IRS on 5 Sep 2022 at Ashoka hall at 10:00 - 12:30 hrs.

The chief guest was Brig P.R. Zeli (Director, ACN), the event was headed by ~~Dr~~ marched with lamp lighting ceremony by Brig P.R. Zeli (Director ACN), Prof. Charlotte Ranadive (Binatal, ACN), Col H.S Phagurey (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 Raghau (Secretary, SNA).

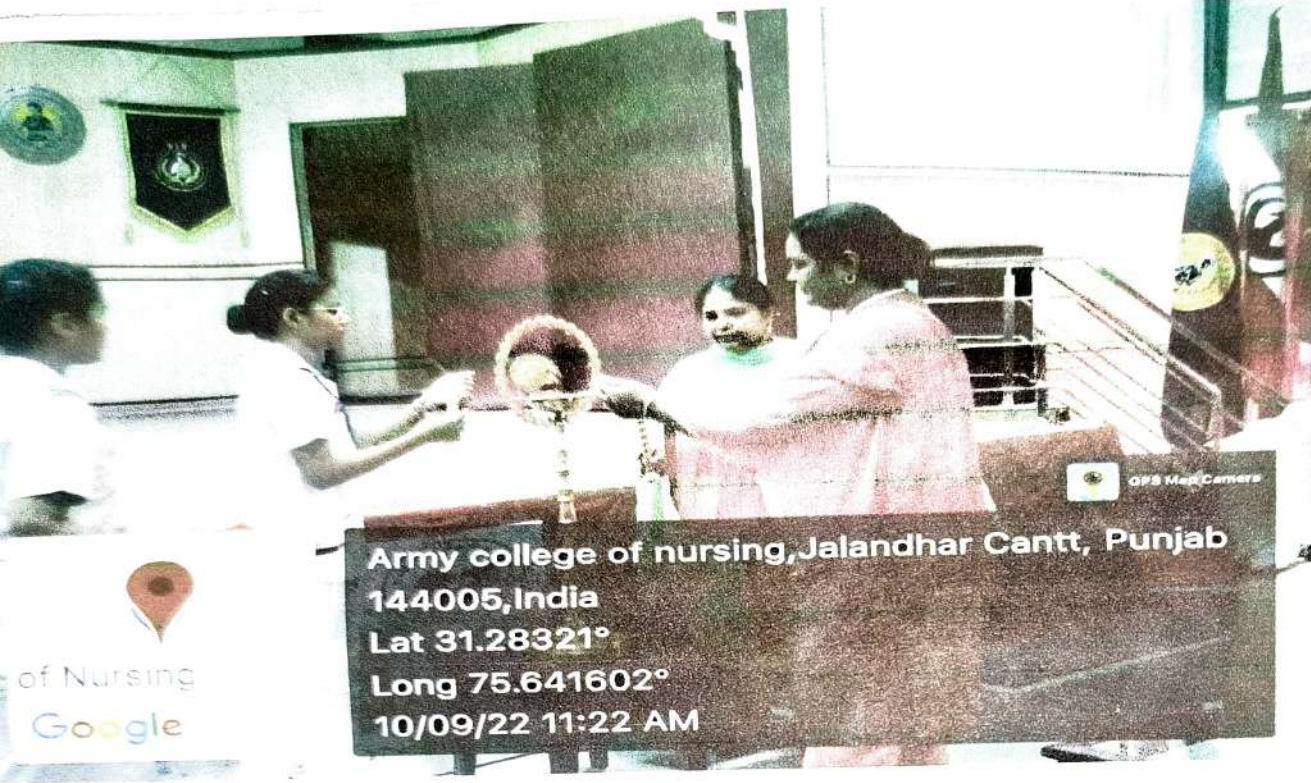
  
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Jalandhar Cantt



# World Suicide Prevention Day 2022



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*Parbati*  
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Army College of Nursing  
Jalandhar Cantt



# 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) and H.S. Phagura (Registrar ACN).

Mrs Deepti Singh gave explicative, illuminating lecture

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

Signature of Editorial in charge

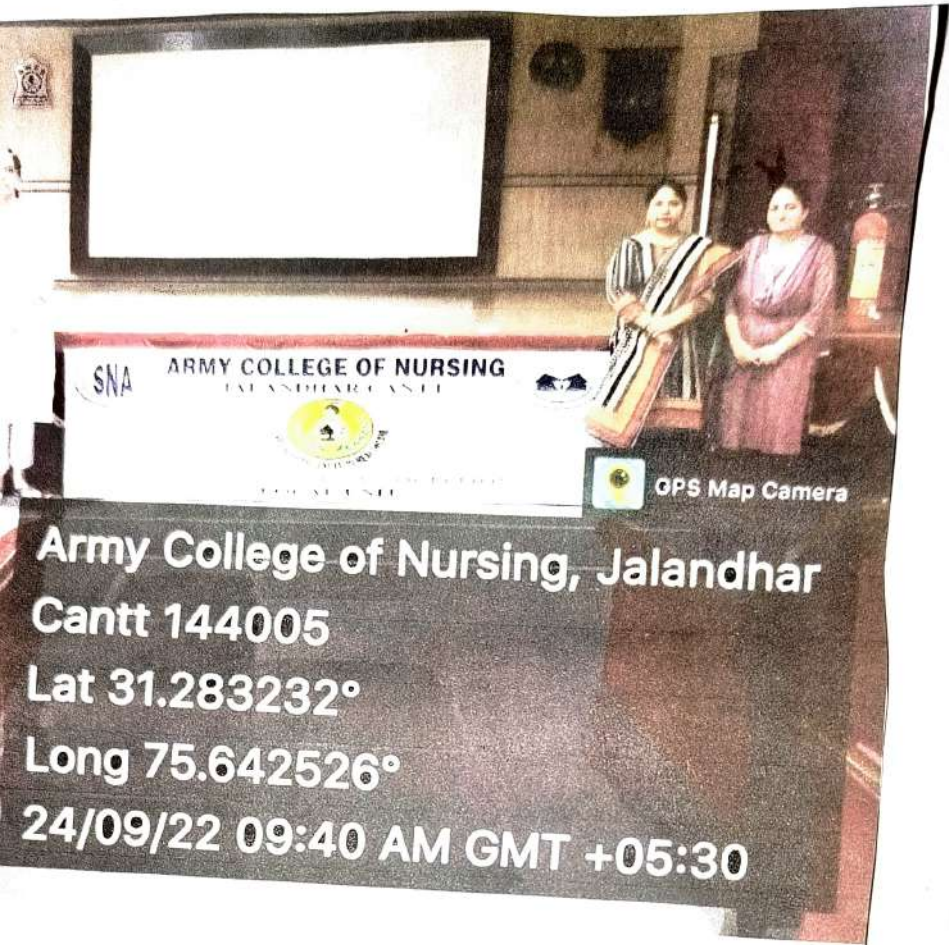


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Jalandhar Cantt



Vishakha Guidelony

Date 25/9-2022



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Cantt 144005  
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Jalandhar Cantt





# VISHAKHA GUIDELINES AND FIRE DRILL

Date → 24-September-2022.

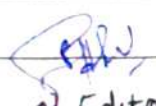
Time → 9:00-10:00hrs.

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 harassment of women in working sectors as per Indian Supreme court, delivered by Ms Gagan Sharma (Assistant Professor, ACN). The event was presided by Prof Charlotte Ranadive (Principal, ACN), Col H.S 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 in front of college ambience.

The event was culminated with a formal vote of thank by Ms Shika Sangma.

  
Signature of Editorial Incharge



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*Barbette*

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Army College of Nursing  
Jalandhar Cantt

## 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.

Sign of Editorial Incharge

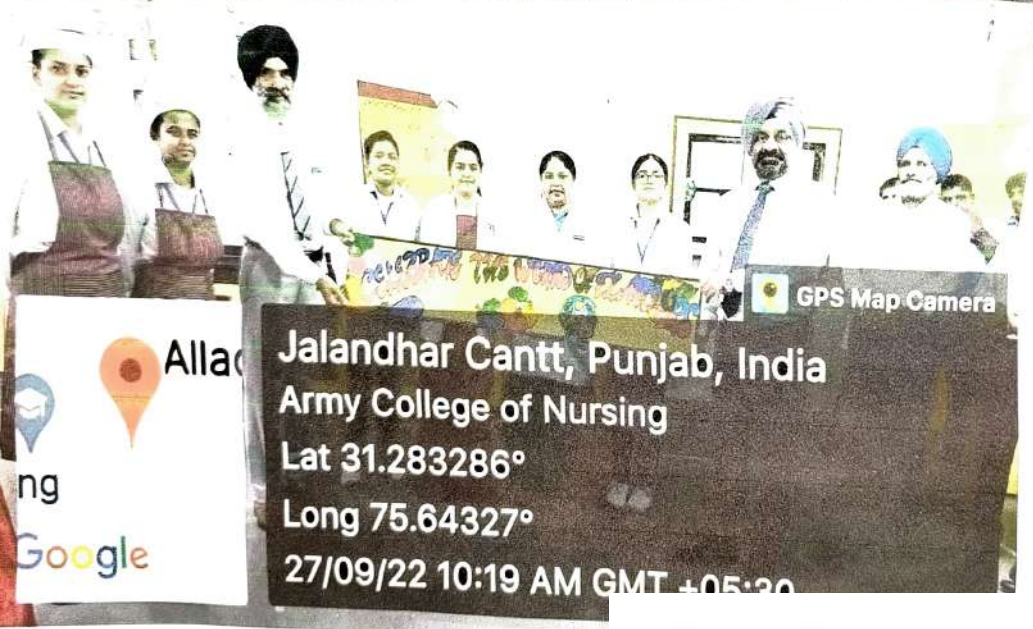
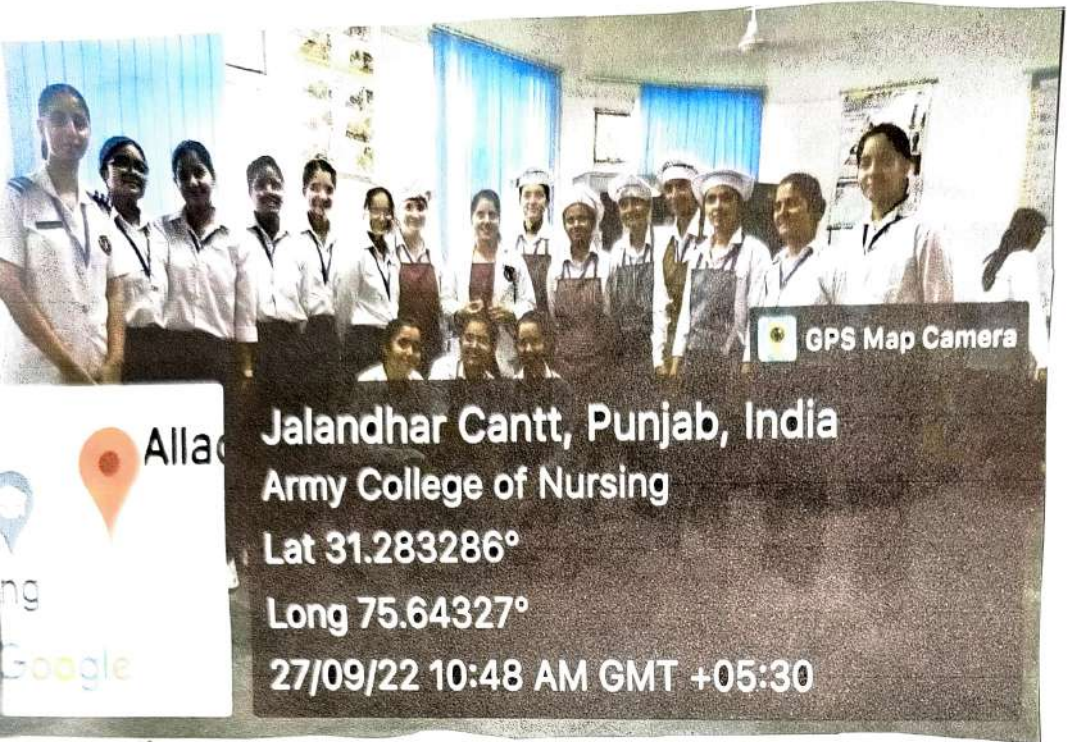
Orig Principal  
Army College of Nursing  
Jalandhar Cantt  
Sign of Principal

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# Nutrition Practical



*Dashtie*

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Jalandhar Cantt



Nutrition Practical.

# NUTRITION PRACTICAL

Date → 27/09/2022

Time → 10:30 - 12:00 hrs.

Venue → Nutrition Lab.

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

The students of BSc (N) 1<sup>st</sup> year enthusiastically portrayed their talent of culinary arts by preparing meals/diet of 3 types. Cardiac diet (veg soup, veg salad & date pudding), Anemic diet (pomegranate and beetroot juice, raita, palak paratha) and nutritious diet (Laddoos, veg buryani, fruit chut).

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.

Sign of Editorial incharge

*Charlotte*

Principal  
Army College of Nursing  
Jalandhar Cantt



"World Heart Day"



Dashtie

Principal  
Army College of Nursing  
Jalandhar Cantt

# WORLD HEART DAY 2022

Date - 29/09/22

Time - 10:00 - 12:00 hrs

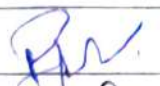
Venue - KK vihar

The event was organised by ACN, JRC on 29-10-22 at KK vihar, AEN, Jalandhar Cantt at 10:00-12:00 hrs with the theme "Use heart for Every Heart"

The event was organised by Medical Surgical department by Ms. Gagan Sharma and Ms Pameet 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.

  
Signature of Editorial incharge



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Army College of Nursing  
Jalandhar Cantt