

WORLD BREASTFEEDING WEEK

1-7th August 2022

Students of M.Sc. Community Health Nursing, 2nd year, celebrated World Breastfeeding week from **1-7th August 2022** at UPHC Shanti Nagar, Rishikesh. This global campaign aims to raise awareness about breastfeeding and its advantages. This is celebrated to galvanize action on breastfeeding and related issues. The theme of this year's breastfeeding week was **"Step-up for Breastfeeding: Educate and Support"**. The program was carried out under the guidance of Dr. Rajarajeswari, Assistant Professor, College of Nursing. Group health education was imparted to women at Shanti Nagar by MSc. Students: Ms. Manjeet and Ms. Jyoti. Importance of exclusive breastfeeding was discussed with postnatal mothers. Along with this, 3-day training session was carried out for ANM and Asha workers at UPHC. They were trained on breastfeeding techniques, signs of good attachment and management of common breastfeeding conditions. Their knowledge was evaluated before and after the training session and it was found that there was a significant increase in their knowledge after training. Breastfeeding is a complete food for the baby and should be given exclusively for first 6 months to the baby.



World Suicide Prevention Day

10th September, 2022

Event: World Suicide Prevention day

Theme: "Creating hope through action"

Date: 10th September, 2022

Timings: 10-12 Noon

Venue: Psychiatry OPD- Level 3 & Orange LT –College of Nursing

Activities conducted:

1. Role Play- Suicide Prevention, Save from Suicide
2. Guest Lecture- Effective Communication-Early detection and management of suicidal behaviour

Organizing Team:

Faculty: Mrs. Xavier Belsiyal C.

Tutors: Ms. Kalpana Thakur & Ms. Lalita Yadav

World Suicide Prevention Day is a time to reflect on the value of life and that no matter how bad things seem, there is always a hope. By creating awareness through this day, we can take action to prevent this loss. Students from M.Sc. 2nd Year (Batch 2022) & B.Sc. 4th year (Batch 2019) participated with energy and enthusiasm for the role play on 'Suicide Prevention # Save from Suicide'. Role play highlighted on various factors in a life of adolescents which can acts as a precipitators for suicide if not resolved on time. At the end of the play, M.Sc. 2nd year students educated audience regarding available treatment and specialized expert at the institute along with helpline numbers. Role play created awareness among general public on a sensitive issue of suicide. Faculty, Tutors and senior residents from the Department of Psychiatry & College of Nursing attended the event and appreciated the efforts taken by program organizers and students to create awareness on how mental health problems intensify thoughts of suicide. Event ended on a positive note and all the students were applauded for their performance.

Followed by students' role play, there was an online guest lecture and the session started with a warm welcome address by Mrs. Xavier Belsiyal C (Associate Professor, College of Nursing). Lecture on the topic –"Effective Communication-Early detection and management of suicidal behaviour" was taken by Prof. (Dr.) Sreevani (HOD, Department of Psychiatry Nursing, DIMHANS). Real life clinical challenges while managing suicidal clients and other preventive strategies were discussed in detail. Students' doubts were also addressed by speaker. At the end, Dr. Rajarajeswari (Assistant Professor, College of Nursing) presented vote of thanks for the successful completion of this program.

Glimpses of the event



Report on World Patient Safety Day

17th September, 2022

Event: World Patient Safety Day

Date: 17th September, 2022

Timings: 11-1pm

Venue: LT-Orange, Level-4, College of Nursing

Theme: Medication Safety “Medication without Harm”

Organizing Chairperson: Dr. Smriti Arora (Principal, CON, AIIMS Rishikesh)

Organizing Secretary: Mr. Maneesh Sharma (Assistant Professor, CON, AIIMS Rishikesh)

World Patient Safety Day was celebrated on 17th September 2022 in College of Nursing in the presence of eminent speakers who shared their knowledge and experience on the patient safety issues. Ms. Durga Joshi (Tutor, College of Nursing, AIIMS, Rishikesh) was anchor for the program. Tutors, SNOs, Nursing officers, MBBS students and B.Sc. 4th year students participated in this program. The event was started with a lamp lightening and welcome address was offered by Mr. Maneesh Sharma (Assistant Professor, College of Nursing, AIIMS, and Rishikesh). The resource person - Dr Prasan K Panda (Associate Professor, Dept. of Medicine, AIIMS, Rishikesh) took an informative session on the ‘Key concern and remedial measures in patient safety’ with relevant clinical examples. He made the session very interesting by involving the students in discussion. Further, Dr. Lekha Vishwanath (Principal, Nursing College and Deputy Director, Nursing Services Amrita Hospital, Faridabad, Delhi NCR) took a session on ‘Role of nurse in patient safety’. Her session was based on real life clinical challenges regarding patient safety and also shared her own experience in the area. The session was very interactive and ended with queries by group of undergraduate students. Vote of thanks was proposed by Ms. Ruchika Rani (Assistant Professor, College of Nursing, AIIMS, and Rishikesh).

GLIMPSES OF THE EVENT





