



**BHARATI VIDYAPEETH DEEMED UNIVERSITY,
COLLEGE OF NURSING, NAVI MUMBAI**



**NSS REGULAR ACTIVITY
2017-2018**

**Bharati Vidyapeeth Deemed University, College of
Nursing, Navi-Mumbai**

NSS UNIT

Report

On

NSS REGULAR ACTIVITY, 2017-2018

NSS, ORIENTATION DAY.

On 12th August 2017, Saturday NSS orientation for first year students was organized at the seminar hall in the presence of principal Mrs. Ashalata Dawri Mrs. Ritu principal of architecture college Navi Mumbai, invited as a chief guest, Professor (Mrs.) Vaishali Jadhav, HOD of Medical Surgical Nursing, Total 60 NSS volunteers attended. The programme was started with welcome song, lighting the lamp, NSS song, NSS prog Officer, Mrs Natasha Mahajan had given brief orientation about hour's

calculation, activities, visits, and camps were discussed. Future Plans of N.S.S. for this year were also discussed, so that they can put their efforts into it. Following it Mrs, Vaishali Jadhav, Professor had put emphasis on NSS as community oriented programme and role of a youth in NSS. Importance of NSS for nursing student to develop their overall personality. **10**, number of faculty, male and, female volunteers So, Total number of volunteers were **60**, attended the orientation programme

CELEBRATING WORLD INTERNATIONAL YOGA DAY:-

Date: 22/06/2017

Venue: BVCON

Time: 9.30-12.30

Type of event: lecture with demonstration

Beneficiaries: 130 students & 17 teachers

This year's theme, '**Yoga for Health**,' hopes to highlight yoga's holistic approach to both physical and mental well-being and its ability to create a balance between body and mind.

Bharati Vidyapeeth college of Nursing celebrated International Yoga Day in collaboration with experts of the Shivganesh yoga

centers Kharghar Navi Mumbai. It was one of the active and interesting sessions organized by college of Nursing. The programme was started @9.30am with welcome speech of Mr.Dhanraj Babu (Asso.prof,BVCON) and he has given speech about yoga, the importance of yoga in day to day life and its long term advantages. It was inspiring.The chief Guest of programme Mr. Ganesh. Karapu a well-known Yoga therapist in Mumbai, he started the programme @9.45am with lecture for students and the topic was concentration .It was an interesting &useful session for students. Between the lecture students were clarified their doubts.

After the lecture programme moves towards the demonstration and he ended the students session @11.45am.After the session students were given the feedback and it was very beneficial for students.

Following this he has taken yoga demonstration technique for teachers and it was an amazing experience for them and they were motivated to start yoga in our college.

The celebration was concluded @12.30pm with vote of thanks by BVCON Faculty Mrs Priyanka Mathew.

WORLD HEPATITIS DAY

World hepatitis day was celebrated in the NMMC Hospital, Vashi on 28th July 2017 at 11am by second year BSc Nursing students guided by Mrs. Sisira Shamas and Smita Dsouza. The whole topics were divided and were given for a group of 12 numbers of students. The group explained about hepatitis, its causes, prevention and management. The health talk given to the group of people about hepatitis was informative and helpful. The groups cleared up their queries about the disease condition and were thankful for the explanations. The world hepatitis day at NMMC Hospital, Vashi was informative and people around were benefitted with the updated information.

TREE PLANTATION

On 15th August, 2017, Bharati Vidyapeeth College of nursing Navi Mumbai successfully completed the event of Tree Plantation under the National Service Scheme at college campus. Trees are the foremost source for producing the oxygen in environment, they helps to reduce the level of CO₂. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees is become one of the most important aspects today. Welcome speech has been given by them Tejas Patel. At that time Principal advice to

volunteers to think differently for the Society to make positive changes and to make improvement. After the inspirational words of Principal we all move towards the place where tree plantation took place. A very first tree plant by Mr. Digvijay Patil Sir in college premises and then Principal Mrs. Ashalata Dawri Madam also plant a tree. Total tree planted by all others including teachers, volunteers and guest was more than 10 on the day. All were happy and experience proud after the tree plantation event was finished, because it really feels great to do positive for the nature.

Total participants: 25

Second year Bsc students: 20

Teachers: 5

Swachata Bharat Abhiyaan

On 15th August we the students of second year Bharati Vidyapeeth University were gathered in the college campus for cleaning the whole college campus. We cleaned the streets of college campus. We were under the guidance of Mrs Natasha Mahajan. We cleaned our campus with full dedications under the proverb of Swatch Bharat Abhiyan.

Total students: 47

WORLD BREASTFEEDING WEEK

The students from third year BSc nursing organized the programme under the guidance of Ms. Arunima Sreeletha. The programme was conducted from 11.30 am to 12 noon. on 20th August 2018. A modified flash mob cum demonstration was organized regarding breast feeding its techniques, importance, benefits and advantages, followed by demonstration of expressing breast milk by breast pump. Prior permission was taken from matron and PNC ward incharge. The programme was successful; almost 120 people got benefited with knowledge regarding breast feeding. The programme was very effectively organized. The people belongs to rural area of Vashi got benefited. The students learning outcome was also very effective. They are enriched with knowledge regarding breast feeding.

Organ Donation

Students of 2nd year of Bharati Vidyapeeth University College of nursing gathered in our college campus on 22nd August 2017 at 1.30pm to 2.30pm for organ donation rally. We were in the guidance of Mrs Natasha & MrDipak B. we organized our rally by using AV aids like charts, posters, Flash cards and slogans. We made people understood about organ donation. Our message reached well to the people. We achieved good responses with that we ended our rally. On this day we the students of Bharati Vidyapeeth University were gathered in library for poster making and essay competition on the topic of organ donation.

Total students: 47

No. of beneficiaries: 60

POSTER COMPETITION ON SUICIDE DAY

The poster competition was conducted on 11th Sept 2017 AT 10 AM the theme, As action speaks louder than words, pictorial presentation makes a human understand better with this view students of nursing college of batches were asked to participate and draw their mind picture in prevention of suicide. The criteria were provided for the students for chart. The charts were evaluated by two teachers and one external teacher. The student who got first prize was appreciated.

Student involved -50

POLIO CAMPAIGN

Date: 17 September 2017

Venue: Sector 17, CHC Kharghar

Total no of participants: 47 Students (2nd year B.Sc nursing)

The students of 2nd year bsc nursing of Bharati Vidyapeeth University had provided the opportunity to take part in polio camp which was organized at CHC Sector 17, Kharghar under the guidance of Mr. Dipak Bhatlavande (CHN department). Students were divided into several groups. Each group was given particular area to cover the polio vaccination.

Total students involved: 47

Total benefits: 800

REPORT ON INTERNATIONAL DISASTER DAY CELEBRATION

International day for disaster reduction is held annually on 13th October, celebrates the way that people and communities around the world reduce their exposure to disasters and raise awareness about the risks they face. This includes disaster prevention, mitigation and preparedness. **Theme : “Reducing the number of affected people by disasters by 2030”** Nurses play a critical role in emergency preparedness at all levels through planning & health education and direct care provided during disasters. Nurses can actively participate in all the phases of disaster preparedness and response within institutions and communities. Thus, with an effective co-ordinated team work we can help to minimize the impact of the disaster at large.

The session included an interactive lecture assisted with a power-point presentation by the expert.

10. 30 am – 12 pm: Lecture by the expert

12 pm- 1.30 pm: Oath-taking and practical demonstration.

I. The content of the lecture:

1. Definition of disaster
2. Types of disaster
3. Statistics of disaster in India and world-wide
4. Vulnerability of earth-quakes in India in recent time
5. Points to remember during the disaster, line of action and actual interventions to help community in preventing number of casualties and death.

II. Oath was taken to be an alert citizen in order to prevention and mitigation of Disaster.

III. Practical Demonstrations:

1. Helping walking on and crossing the roads with assistance of a rope in case of Flood situation.
2. Use of plastic disposable bottles to prevent from drowns in flood situations.
3. Transfer of injured people from the site of disaster with the help of bamboos and blankets.

Conclusion: The interactive lecture and demonstration by the expert guest was effective and well appreciated by all the participants.

WORLD MALARIA DAY

World malaria day was proclaimed by WHO. it seeks to raise awareness about malaria the serious fatal disease .We celebrated malaria day with 2nd year students in NMMC hospital Vashi on 10th October 2017 . during this event celebration target people were taught about malaria with street play . Health talk was also given by 2nd year students under guidance of Mrs. Natasha Mahajan. Students prepared charts and models and explained to medical wards patients and relatives.

Student involved –50

Number of beneficiaries: 60

Constitution day celebration

Date: 22/11/2017

Venue: seminar hall

Time: 10am to 11 am

Organizer: Mrs.Natasha Mahajan

Type of event: lecture

Beneficiaries: 100 students

Constitution Day (National Law Day), also known as **Samvidhan Divas**, is celebrated in India on 26 November every year to commemorate the adoption of Constitution of India. On 26 November 1949, the Constituent Assembly of India adopted the Constitution of India, and it came into effect on 26 January 1950. The lecture was conducted from 10 am to 11 am in seminar hall by Dr Ranpise sir .total 100 students along with faculty attended the session. In his session sir told about importance of constitution for students following points were covered. constitution and its importance .

WORLD OBESITY DAY

Bharati Vidyapeeth College of Nursing students were posted in Wavanje. We have organized a health camp for the community people of Wavanje on 24th November 2017 at 11a.m. the topic of the health camp was “OBESITY AWARENESS”. Guided & organized by Mrs. Sudershana P executed by students. Plan was to conduct height weight check of the community people who visit the camp and get BMI Calculated then on the basis of standard BMI scale given by ICMR. Health education will be given to the individual about obesity with the help of A.V. Aids, and as an prevention demonstration on “Surya namaskar” was given to the people.

Overall 50 people from the community were benefited. Maximum people from the crowd are suffering from obesity.

WORLD AIDS DAY

Date: 31/11/2017

Venue: Little world mall, railway station KHARGHAR

Time: 3.00-3.30pm, 4.00-4.30pm

Type of event: flash-mob

Beneficiaries: 200 public people

World AIDS Day, designated on 1 December every year since 1988, is a **day** dedicated to raising awareness of the **AIDS** pandemic caused by the spread of HIV infection and mourning those who have died of the disease. The Flash-mob was conducted from 3.00pm to 3.30pm in little world mall Kharghar & 4.00pm-4.30pm in Railway station Kharghar.

A flash mob on theme of AIDS Day & poster presentation was organized with Prior permission from mall marketing manager Mrs. Ashwini Gauda and CIDCO Department in Station. The programme was successful; we got attention of almost 200 people to the show. The programme was very effectively organized. The people in Kharghar got a chance to see flash-mob directly. The students were enthusiastically participated in Flash-mob. This was the first ever conducted Flash-mob in the history of Bharati Vidyapeeth College of nursing. Video-shooting done and uploaded into YouTube, the link is as follows: <https://youtube.be/DQo90A0dAu0>

Blindness rally

On 7th January 2018 we the students of Bharati Vidyapeeth University had conducted the rally on Awareness of Blindness from Sanpada Eye hospital tovashi auditorium. The whole rally was under the guidance of Mr. Dhanraj Babu. We also prepared the AV aids like charts, flash cards, and slogans.

Total students: 47

Beneficiaries: 200

World cancer day

Exhibition and health talk done by first year class under the guidance of Ms.Nilam Bhawar, cancer awareness programme started at 10 am on 29th January 2018 in NMMC hospital in OPD, around 80-100 people were present. Started with health talk, student gave in general information about cancer, what is cancer? How it spreads and how life style modification will prevent cancer .explained with colorful pictures ,group of people very keenly listened and attentive throughout health talk ,then student explained about causes like smoking ,drinking ,lack of exercise, use of tight cloths and belts attractive images which made everyone attentive ,people were asking doubts like how smoking affects on lungs? Students answered in simple and clear language, it was interactive session, got very good response from people. At the last students explained preventive measures of cancer, few people noted down the points .after finishing of health talk we displayed all charts so

that personally people can come and ask doubts if they have ,here also we got good response females came n asked doubts regarding use of pads during menses ,we cleared their doubts . So it was very informative awareness program for people and students also learned leadership and management skill during the exhibition and health talk.

Number of beneficiaries - 60-70 people

Student involved -48

GUEST LECTURE ON PERSONALITY DEVELOPMENT

The college offers opportunity to the students for **personality development** and self-growth through **N. S. S.** A guest lecture was organized on 09th Feb 2018, Friday, for the batches of first year and second year B. Sc. Nursing students and faculty members of BVDU college of Nursing, Navi-Mumbai. Total 85 students and 08 faculty members had attended the session.

Mrs Swati Parab (Master of Social worker.) was invited as a guest speaker on a topic: personality development: attitude & emotional management. The session was for 2 hours and one hour interaction with group task activity the session was conducted in classroom of F.Y. B. Sc Nursing in the presence Prof. (Mrs.) Vaishali Jadhav, Principal, Mr. Dhanraj Babu, Associate professor and other faculty members. Professor Mrs. Vaishali Jadhav had welcomed the guest speaker with a bookie and given brief introduction about guest and invited her to start the session.

The session was started with introduction what is personality and why we should have a good personality, to achieve a success in our life we have to go through difficulties and sacrifices, to overcome with these difficulties a video shown on development of self confidence and skills. Following the video she explained the factors essential for the success like behaviour, attitude, and consistency in a work by linking this she explained about the personality. A motivating story of tortoise and rabbit had given insight about attitude and how it affects the success. At the end of session she had taken a group activity and game where she had conducted on the spot elocution. She picked up some volunteer and some random students to speak on various topics which she had already written on the chits. By this elocution she was trying to let us know about our skills, Positive points and negative points. The session was very knowledgeable, informative, thought provoking and motivating and most important was interactive and enjoyable. Mr. Dhanraj Babu, (Associate Professor) had given a conclusion and provided vote of thanks and declare that the session is continue now onwards to follow and implement in our routine life.

Sexual Reproductive Health Awareness day

Sexual Reproductive Health Awareness day conducted in Dnyandeep High School, Seawoods on 10th February 2018 at 7 A.M. along With SECOND year B.Sc. and First year post basic B.Sc. Nursing students. Lecture given by Assistant Professor Mrs. Rajashree Salgaonkar to secondary school students 8th, 9th and 10th standard. Lecture explained with mode of PPT which described rights of body, short film based on general physiological changes and ill effect of teenage pregnancy. Group was very cooperative and keen listener towards topic.

Question answer session held between group and speaker at 8.15 A.M. Around 50 questions asked by group and solved by speaker. Bharati Vidyapeeth students had taken actively participation in collecting questions from school children. Sample collection done by male to male and female to female student child ratio for easy process and free expression of questions.

It has been observed that maximum children were having many doubts about physiological process and few asked about emergency contraception measures. It shows that young generation is unaware about sexual act, rights, physiological changes and precautions in sexual activity. It is great learning outcome for students to educate adolescent and prevent further complications.

School Faculty requested to give Health education on balance diet which carries forwarded by Assistant Professor Mrs. Rajashree Salgaonkar.

Number of beneficiaries 200 secondary standard students

Students involved 48

INTERNATIONAL WOMEN'S DAY

The international Women's day was celebrated on 8th march 2018 at Bharati vidyapeeth deemed university, college of nursing, Navi Mumbai under the guidance of Mrs. Vaishali Jadhav, The Principal .At college level all female faculties was felicitated by male faculty and brief speech was given by Mr. Dhanraj sir regarding theme. On account of this programme various activities and events were carried out at BVDU College of nursing Navi Mumbai and Belpada sector 3 by the students and the Faculty. The purpose of these events was to create awareness and important regarding women's rights and gender equality .On 8th March 2018 the students of

first year B.sc nursing participated in the rally regarding progress of women at Belpada sector 3 .The students was guided by Mr. Vishal G, Mrs. Natasha M, and Mrs. Shital Tike.

Overall the programme was very educative and informative for the public regarding awareness of women rights.

Second year Bsc students: 40

Teachers: 5

Total number of beneficiaries: 60