

TILAK MAHARASTHRA VIDYAPEETH

INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE

Name of the event: National Birth Defect Prevention month awareness program

Organizer: Institute of nursing education and research Pune

Date and time: 28.01.2023 at 2:00 pm to 3:00 pm

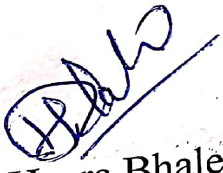
Participants: Fourth Year B.Sc. Nursing Students.

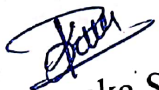
Venue –PHC Wagholi

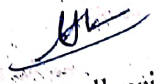
Under the guidance of Hon'ble Vice Chancellor Dr. Dipak Tilak, Dr. Geetali Tilak, Vice President Dr. Rohit Tilak Sir and Principal of nursing Institute Dr Madhuri Shelke the National Birth Defect Program conducted by Final year B Sc Nursing students at community area at Wagholi PHC.

The goal of the program was create the awareness regarding prevention of National Birth Defect. The faculty Ms. Heera Bhalerao and Ms. Ashwini Palwade guided to students regarding awareness program. Final year students were explain to group that to Assessment of ANC mother, high risk counselling, routine health checkup, Lab Investigations and USG by Role play along with Health education to give mothers. Students were actively participated to give health educations and role Play to the community people. This role play and Health Education was conducted under the observation of faculty Ms. Kanchan Kumbhar and Ms. Shilpa Karwande.

This program was beneficiary for all who were attended the poster presentations. The health day activity ended with vote of thanks given by Student Ms. Vrushali Randhave..


Ms. Heera Bhalerao
(Clinical Instructor)


Ms. Priyanka Sable
(Program coordinator)


Prof. Dr. Madhuri Shelke
(Principal)
Principal
Institute of Nursing
Education & Research
Tilak Maharashtra Vidyapeeth Trust
Gultekdi, Pune - 411 037.

TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE

Name of the event: National Birth Defect Prevention month awareness program

Organizer: Institute of nursing education and research Pune

Date and time: 27.01.2023 at 2:30 pm to 3:00 pm

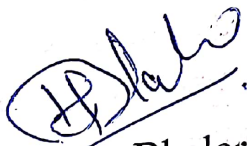
Participants: First Year B Sc students.


Venue –First year class room

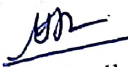
Under the guidance of Hon'ble Vice Chancellor Dr. Dipak Tilak, Dr. Geetali Tilak, Vice President Dr. Rohit Tilak Sir and Principal of nursing Institute Dr Madhuri Shelke. The National Birth Defect Program Attended by First year B Sc Nursing students in the First-yearclass room.

The goal of the program to awareness regarding prevention of National Birth Defect. The faculty Ms. Heera Bhalerao and Ms Ashwini Palwade . was Conducted seminar to explain the Assessment of ANC mother, high risk counseling, routine health checkup, Lab Investigations and USG along with Health education to give mothers. Students were actively participated and attended the seminar.

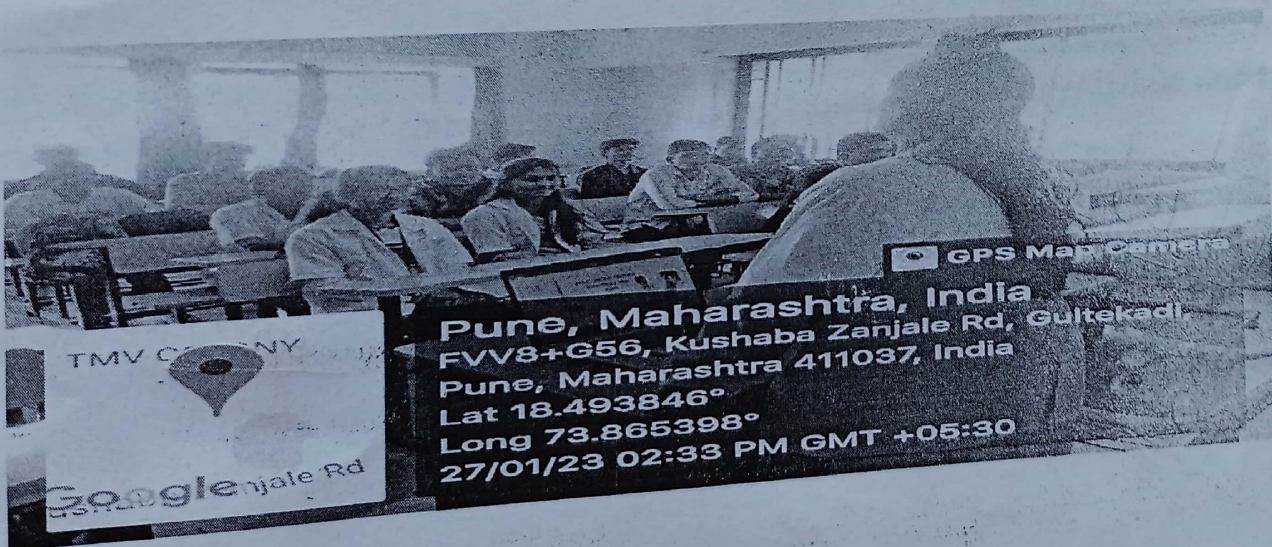
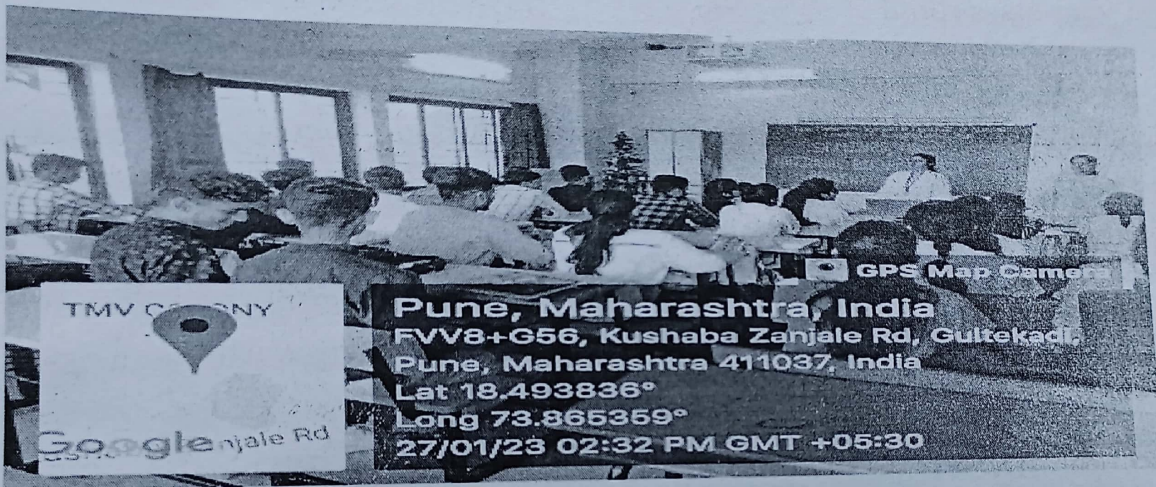
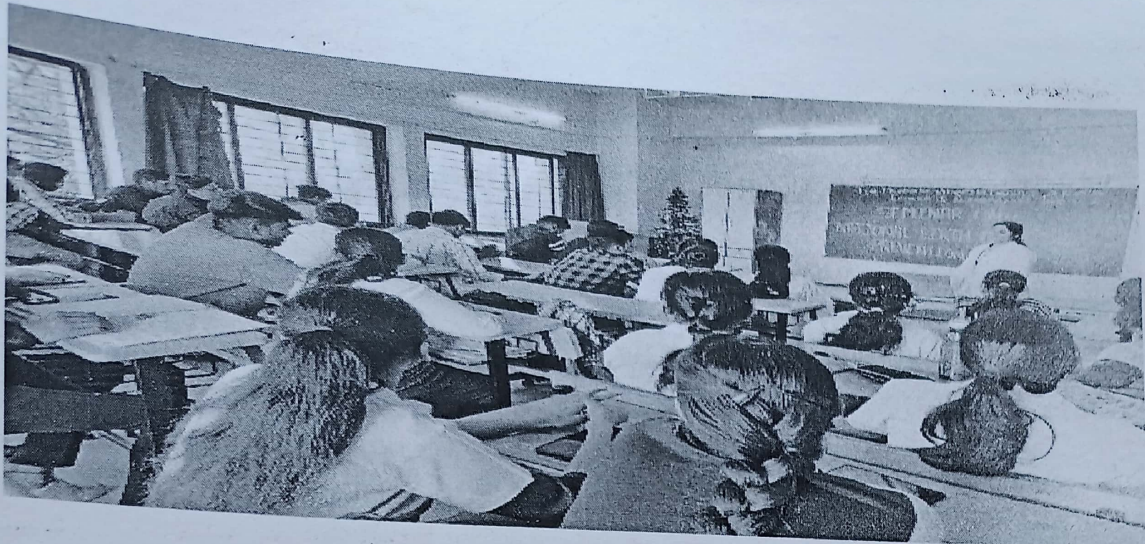
This program was beneficiary for the all students who were attended the program. The session ended with vote of thanks given by Student Ms. Anchal Yadav.


Ms. Heera Bhalerao
(Clinical Instructor)


Mr. Priyanka Sable
(Program coordinator)


Prof. Dr. Madhuri Shelke
(Principal)

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TILAK MAHARASHTRA VIDYAPEETH

INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

NAME OF THE EVENT – “Panel discussion on the occasion of National Thyroid Awareness Month January 2023

ORGANIZER – Tilak Maharashtra Vidyapeeth, Nursing Department

DATE AND TIME – 27 January 2023 Time 4.30 pm

PARTICIPANTS – 1st year B. B. Sc. Nursing Student

VENUE – 1st Year B.Sc. Nursing class

THEME: Time To Check Your Neck.

January, the beginning of every year is celebrated as National Thyroid Awareness Month. This celebration aims to educate both men and women regarding thyroid health and its significance. Thyroid gland controls most of the body's functions including metabolism, and heart rate, and also affects how things work and move in the body. Therefore, the disruption in the thyroid gland function could lead to issues that affect our day-to-day life.

CENTRAL OBJECTIVES:

Many people are unaware of the role and function of the thyroid gland and hence, the diseases related to it go unnoticed. In light of Thyroid Awareness Month 2023, let's discuss the importance of the thyroid gland and the diseases associated with it.

THEME:

The theme for this year's Thyroid awareness month is **“Time to Check Your Neck”**.

ACTIVITIES:

On the occasion of National Thyroid Awareness month Institute of Nursing Education and Research, Tilak Maharashtra Vidyapeeth, under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER) and Prof. Dr. Perpetua Fernandes (Vice principal, INER), Mr. Vaibhav Kamble (Clinical Instructor, INER, TMV) Ms. Princy Vinod (Clinical Instructor, INER, TMV)

organized a panel discussion on Awareness of Thyroid in Institute of Nursing Education and Research, Pune, Students participated in panel discussion very actively. Total eight students from first year B.Sc. Nursing had participated as speakers in panel discussion.

Topic addressed in panel discussion:

Students of 1st year B. Sc. Nursing conducted panel discussion. They presented various aspects such as-

- Depicted theme of national thyroid awareness month: Time to check your Neck.
- Introduction of thyroid gland.
- Functions of thyroid gland
- Thyroid diseases: hypothyroidism, hyperthyroidism, thyroid cancer, etc.
- Risk factors for thyroid diseases: Graves disease, toxic adenomas, sub acute thyroiditis, Hashimoto's disease, etc.
- Sign and symptoms for thyroid diseases: tremors, fatigue, dry skin, metabolic disorders
- Treatment for thyroid diseases: Thyroid supplement, radioactive ablation,

All the participated students created lots of awareness regarding thyroid and thyroid diseases. After discussion of panelist student audience asked their doubts and queries and panel members answered the questions.

More awareness and understanding about the Thyroid gland and its diseases amongst the public helps to reduce thyroid disorder. Institute of nursing education and research, Tilak Maharashtra Vidyapeeth conducted panel discussion through that we able to create awareness in students so they can get knowledge regarding thyroid gland and its diseases. Students can use that knowledge in their daily life and in clinical practice also.



Mr. Vaibhav Kamble

Clinical Instructor



Ms. Priyanka Sabale

Programme coordinator



Prof. Dr. Madhuri Shelke

Principal



TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE.

NAME OF THE EVENT- National Youth Day

ORGANIZER- Tilak Maharashtra Vidyapeeth, Nursing Department

PARTICIPANTS- First Year Basic B.Sc. Nursing Students.

ORGANIZERS- Dr. Perpetua Fernandes, Ms. PreranaMahadik.

VENUE- TMV', Institute of Nursing Education and Research, Pune

THEME- 'ViksitYuvaViksit Bharat'


National Youth Day is observed on 12th January every year in India; a tribute to Swami Vivekananda. This year's theme for National Youth Day is 'ViksitYuvaViksit Bharat' which means that if the youth of India is leading on the path of development then only India can be developed. So, on this occasion First Year Basic B.Sc. Nursing students done an activity called guided imagery meditation.

Guided imagery is a relaxation technique that draws on your ability to visualize and daydream. Students had told to imagine a peaceful scene in mind. Sit or lie down in a quiet, comfortable area.

Ms. Prerana Mahadik had instructed to student to close their eyes. Take several deep breaths. Inhale and exhale deeply and keep breathing deeply as they can continue this relaxation technique. Asked to imagine a peaceful scene like a lush forest, majestic mountain range, or a quiet, tropical beach. Or, think of a favourite place in nature that makes them feel relaxed. Think of the details in the scene. Imagine the sounds, scents, and sensations of being in this peaceful, calming place. Envision a path in their scene. Asked to picture themselves walking along the path, imagining the details and sounds as they walk this path. Then asked to relax in their scene for several minutes and continue breathing deeply. After 15 minutes, asked them to count to three and open their eyes.

After the session students gave positive feedback regarding the session and the programme was concluded.

Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER) and Dr. Perpetua Fernandes (Vice Principal), Ms. PreranaMahadik (Clinical Instructor) organized the programme.



Ms. PreranaMahadik

Clinical Instructor



Ms. Priyanka Sabale

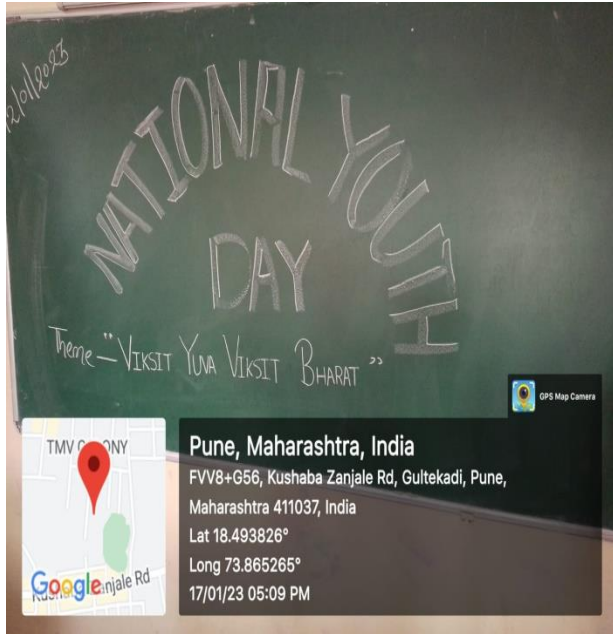
Programme Co-ordinator



Prof. Dr. MadhuriShelke

Principal

Principal
Institute of Nursing
Education & Research
Tilak Maharashtra Vidyapeeth Trust
Gultekdi, Pune - 411 037.



TILAK MAHARASHTRA VIDYAPEETH PUNE

INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

NAME OF THE EVENT – “Program on National Obesity Awareness”

ORGANIZER – Tilak Maharashtra Vidyapeeth Nursing Department

DATE AND TIME – 18/01/2023 Time 11:34 am

PARTICIPANTS – 4th Year B.Sc. Nursing Students

SPEAKER – Ms. Shilpa Karwande

VENUE – Wagholi P.H.C

Topic Addressed –

- Introduction Of Obesity
- Causes And Lifestyle factors Regarding Obesity
- Dietary Pattern for Obese
- Importance Of Exercise
- Health consequences Of Obesity
- Prevention for Obesity.
- Lifestyle changing pattern for prevention of obesity.

Theme – “Changing Perspective: Let’s Talk About Obesity”

National Obesity Awareness program in India is celebrated on 18th of January every year by the people, government organizations and other related professions in order to motivate Regarding Obesity to Reduce the Diseases like Cardiovascular, Peripheral nervous System, to maintain normal physical Activity levels, to promote towards healthy life style and to create awareness regarding nutrition also to promote physical and mental and social wellbeing’s of each and individuals. The main goals of programme to encourage practical solutions to help people achieve and maintain a healthy weight, undertake proper treatment and reverse the obesity crisis.

The objective of this day is to raise the awareness about the to reduce obesity and maintain healthy lifestyle. Under the guidance of Dr. Madhuri Shelke (Principal INER, Pune) I have conducted the program on the occasion of Obesity Awareness Day.

The importance of obesity Awareness Day is to Promote healthy life, to reduce the numbers of major chronic diseases which are the leading cause for death.

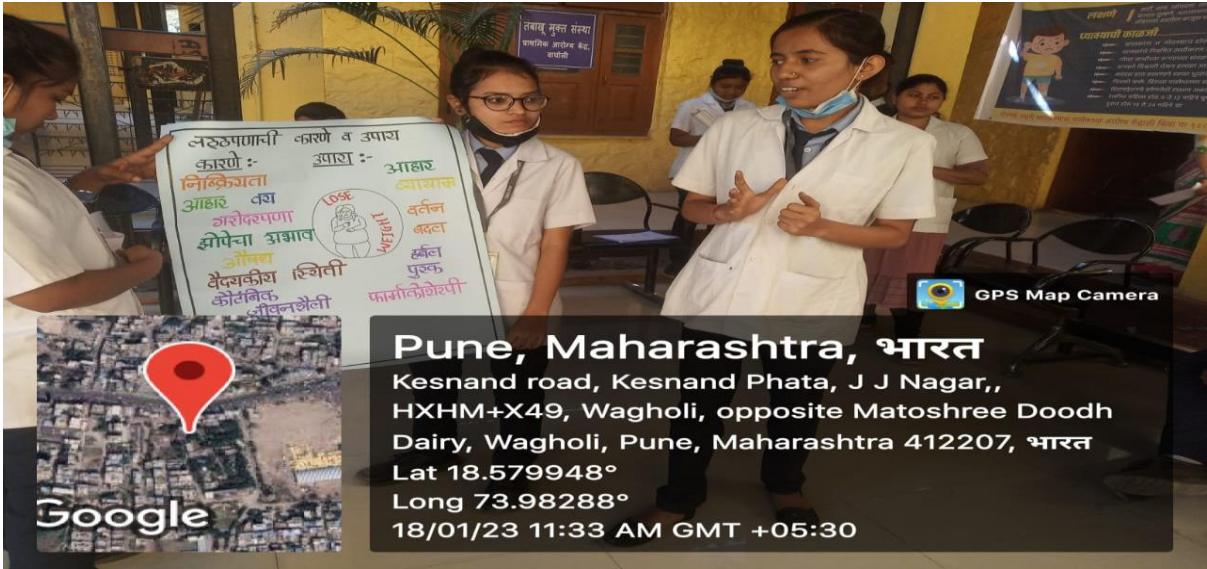
distribute the messages regarding to reduce obesity through the students in Primary Health Centre At Wagholi was effective and interactive along with discussion regarding the topic and resolution of their queries.

At the end of the session, the effectiveness of the program was assessed through the question answers, Vote of thanks given by the students.

Principal



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TILAK MAHARASHTRA VIDYAPEETH

INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE.

NAME OF THE EVENT – “Seminar on the occasion of World Leprosy Day 2023”

ORGANIZER – Tilak Maharashtra Vidyapeeth, Nursing Department

DATE AND TIME – 30 January 2023 Time 4.30 pm

PARTICIPANTS – 1st year B. B. Sc. Nursing Student

VENUE – 1st Year B.Sc. Nursing class

THEME: “Act Now. End Leprosy”.

World Leprosy Day (WLD) is celebrated in January. This international day is an opportunity to celebrate people who have experienced leprosy, raise awareness of the disease, and call for an end to leprosy-related stigma and discrimination.

Celebration of world leprosy day 2023 calls attention to three key messages:

- Elimination is possible: We have the power and tools to stop transmission and defeat this disease.
- Act now: We need the resources and commitment to end leprosy. Prioritize leprosy elimination.
- Reach the unreached: Leprosy is preventable and treatable. Suffering from leprosy is needless.

CENTRAL OBJECTIVES:

World leprosy day is celebrated to spread awareness about leprosy disease, and call for an end to leprosy-related stigma and discrimination.

THEME:

The theme for this year's world leprosy day is “**Act Now. End Leprosy.**”

ACTIVITIES:

On the occasion of world leprosy day Institute of Nursing Education and Research, Tilak Maharashtra Vidyapeeth, under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER) and

Prof. Dr. Perpetua Fernandes (Vice principal, INER), Mr. Vaibhav Kamble (Clinical Instructor, INER, TMV) organized a seminar on Leprosy in Institute of Nursing Education and Research, Pune. Seminar was presented by Ms. Prerana Mahadik (Clinical Instructor, INER, TMV) in 1st year B. B. Sc. Classroom. Students were attentive for seminar.

TOPIC ADDRESSED:

Seminar on the occasion of world leprosy day depicted various aspects such as-

- Depicted theme of world leprosy day: **“Act Now. End Leprosy.”**
- Causative agents for leprosy: Mycobacterium leprae
- Epidemiology of leprosy
- Clinical features and complications of leprosy: variable lesions, sensory loss, nerve damage, nerve enlargement, etc.
- Diagnostic tests for leprosy: Physical examination, Skin smear test, lepromin test, etc.
- Treatment for leprosy
- Control and elimination of leprosy: Breaking transmission chain, improve patient care quality, monitor treatment continuously, health education and awareness, etc.

This year 2023, World Leprosy Day theme is "Act Now. End Leprosy." with an intention to urge the local and global decision makers to eradicate leprosy by indulging in the active participation and act towards it and promote the self-awareness about the early diagnosis of leprosy. This theme could provide enlightenment about the leprosy disease, its symptoms and complications, overcoming patient barriers, the benefits of self-reporting, early diagnosis, and adherence to the prescribed therapy.

Mr. Vaibhav Kamble

Ms. Priyanka Sabale

Prof. Dr. Madhuri Shelke

Clinical Instructor

Programme coordinator

Principal

