

**TILAK MAHARASHTRA VIDYAPEETH, INSTITUTE OF NURSING EDUCATION
AND RESEARCH, GULTEKADI, PUNE**

Name of the event: Seminar on Thyroid Awareness Month'

Organizer: Tilak Maharashtra Vidyapeeth, INER

Venue: 4th Semester Bsc Nursing Class Room

Date and time: 29/01/2025 11.45 am to 12.00 pm

Participants: 4th Semester Bsc Nursing Students, and Cl ,Ms.Princy Vinod.

Under the guidance of Dr.Madhuri Shelke (Principal, INER, Pune) conducted health education on the occasion of Thyroid Awareness Month.

Thyroid Awareness Month helps to create additional awareness of how thyroid disorders affect the lives of millions of people around the globe. This observance is crucial because it reveals the importance of understanding thyroid disease to the forefront of public consciousness. Thyroid Awareness Month was first celebrated in 1992 when it was founded through the efforts of the American Thyroid Association.

For creating awareness 4th Semester students conducted Seminar on the particular topic and there was a discussion on hyperthyroidism and hypothyroidism. The session was informative. Seminar conducted by the 4th Semester student Mr. Awsare Rushikesh Shivaji. He explained the diagnosis, treatment and management of the patient well.

The session was effective with the queries from the group. It ended with Vote of Thanks.



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Institute of Nursing
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Gultekdi, Pune - 411 037.

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**TILAK MAHARASHTRA VIDYAPEETH, INSTITUTE OF NURSING EDUCATION
AND RESEARCH, GULTEKADI, PUNE**

Name of the event: Cervical Health Awareness Month

Organizer: Tilak Maharashtra Vidyapeeth, INER

Venue: Kamla Nehru Hospital, Pune.

Date and time: 20/01/2025 1.00 pm to 1.30 pm

Participants: 4th year Bsc Nursing Students, and CI, Ms. Priyanka Singh

Under the guidance of Dr. Madhuri Shelke (Principal, INER, Pune) conducted health education on the occasion of Cervical Health Awareness Month. According to research published in the Indian Journal of Medical and Paediatric Oncology, In India, cervical cancer contributes to approximately 6–29% of all cancers in women. Cervical cancer is a type of cancer that occurs in the cervix, the lower part of the uterus that connects to the vagina. It is primarily caused by persistent infection with high-risk strains of the human papillomavirus (HPV). In India, cervical cancer is the second most common cancer among women, largely due to a lack of awareness, delayed screenings, and limited access to healthcare. However, it is one of the most preventable cancers with proper vaccination, regular screening, and lifestyle modifications. Early detection can significantly reduce the risk of severe outcomes. In this article, we discuss how women in India can reduce their risk of cervical cancer.

4th year students gave health education to the women who were present in the OPD with AV Aids charts and flash cards. Health education given based on the following points

1. Get vaccinated against HPV
2. Go for regular pap smear tests
3. Practice safe sexual habits
4. Quit smoking
5. Maintain good hygiene practices
6. Consume a nutrient-rich diet
7. Avoid long-term use of oral contraceptives without medical supervision
8. Ensure partner is vaccinated or tested
9. Avoid douching or harsh products
10. Raise awareness and educate others

The session was effective with the queries from the crowd. It ended with Vote of Thanks.



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**TILAK MAHARASHTRA VIDYAPEETH, INSTITUTE OF NURSING EDUCATION
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Name of the event: Seminar on National Blood Donor Month.

Organizer: Tilak Maharashtra Vidyapeeth, INER

Venue: :4th Semester Bsc Nursing Class Room

Date and time: 29/01/2025 12.00 pm to 12.15 pm

Participants: 4th Semester Bsc Nursing Students, and CI, Ms. Princy Vinod.

Under the guidance of Dr. Madhuri Shelke (Principal, INER, Pune) conducted health education on the occasion of National Blood Donor Month. National Blood Donor Month, observed in January, is a time to highlight the importance of donating blood to help save lives and meet medical needs. It encourages people to give blood during a challenging period of shortages.

4th Semester Bsc Nursing students conducted seminar regarding the importance of donating Blood which can save others lives. Miss Ashlesha Manchekar explained the following topics.

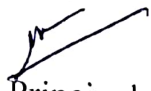
Initiative tackles winter shortages from holidays, illnesses, and weather.

Donations crucial for saving lives, aiding medical treatments.

Recognizing voluntary donors maintaining a stable blood supply.

Campaigns foster collective efforts for steady, accessible blood inventory.

The session was effective with the queries from the group. It ended with Vote of Thanks.


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87, Minatai Thakre Rd, TmW Colony, Mukund Nagar,
Pune, Maharashtra 411037, India
Lat 18.49375° Long 72.866188°
29/01/25 11:55 AM GMT +05:30

GPS Map Camera

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