

TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE

REPORT ON INTERNATIONAL WEBINAR ON 6/04/2023.

An international webinar was organized by Tilak Maharashtra Vidyapeeth's Institute of Nursing Education and Research, Pune on the Theme Health For All: Strengthening Nursing Services For Achieving Sustainable Development Goals on 6th April 2023 from 10 am. The objectives of this webinar were as follows:-

1. To enlighten about the current status of Health for all.
2. To discuss new techniques and methods for enhancing Nursing care in achieving SDG goals.
3. To uphold and upgrade the standards of profession globally.

The Webinar session began with the Inaugural session at 10. am. The Vice Chancellor Tilak Maharashtra Vidyapeeth, Dr Geetali Tilak-Mone graced the occasion. The webinar started with virtual lamp lighting and unveiling of the theme. Dr. Madhuri S. Shelke Principal, Institute of Nursing Education and Research welcomed the delegates and gave a brief view of the webinar. The key note address was delivered by Dr. Geetali Tilak. The keynote address highlighted upon the sustainable development goals, concrete and strategic planning. Health related issues have an impact on the health care system. the recent being the Covid pandemic. The main areas to be looked upon is the advocacy, alignment, and health informatics. Madam also stressed upon redefining nursing, improving the visibility of Nurses, and strengthening the nursing services. Madam appreciated the Nursing for such initiative and wished success for the webinar. The webinar was attended by 500 delegates.

Session I: Nurses Role in achieving SDGs.

Speaker: Dr. Vishwanath Biradar, Prof cum Vice-Principal MGM Mother Teresa College of Nursing Aurangabad and BOS MUHS Nashik.

Mrs. Urmila Chaudhari introduced the Speaker for the session. Dr. Vishwanath Biradar spoken on following points:-

- The Amazing Work That Nurses Around The World Are Doing
- Sustainable Development Goals and Nursing
- Nurses And SDGs-
- Nurses Role In Achieving SDGs
- Role a Nurse as An Individual
- Role of a Nurse in Profession

- Role of Nurse as a Part Of Multidisciplinary Team
- Healthy Population
- Translating The SDGs Into Action.

Session II; Challenges faced by Nurses in delivering health care services.

Speaker: Dr. Samina S Shirke Director- Nursing Services, Country Leader, Evercare Hospital Dhaka Bangladesh. Dr. Perpetua Fernandes introduced the speaker. Dr. Samina started the seminar with a video on **Nurses and Midwives you know what we do?** And showed the real scenario of Nurses. Madam in her session highlighted on the following points:-

- Challenges in Academics
- Challenges in Practice set up
- Coping up

She also spoke about Code Lavendar, code gold, Tea for soul and second victim and elaborated it by showing videos. Madam also spoke about how as a leader we could make change in the current scenario.

Session III: Stress Management for healthy living

Speaker: Dr. Smita Sovani, Life Coach, Life Transformer, Pune. Ms Madhuri Kotkar introduced the speaker. Dr. Smita Sovani very well connected with the previous session. Madam started the session by telling the story of Monkey and crocodile. And took practical session on imagination and made the audience feel the difference when we are sad and when we are happy and told to use it. Further she gave quick tips to relieve stress that are as follows: -

- Sighing
- Self-talk- changing our words when we talk to ourselves.
- Listening to stress relieving music such as Raag darbari, Bharavi and Antardwani.

Session IV: Panel discussion:

Chairperson: Dr. Madhuri S Shelke. Prof cum Principal INER, TMV.

Mrs. Heera Bhalerao introduced the chairperson. Principal madam spoke about the current scenario of the health. And spoke about investing more on health, preparing of workforce based on primary health care principles. The technological advancements and reporting in community health Nursing.

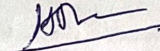
Principal madam introduced the other panellists' also.

- Prof. Seema Sathe- Principal Gouritai Tilak college of Nursing, Solapur. Madam spoke about mental health, correlation between Mental and Physical Health, Depression and immunity and how to take care of our mental health.
- Prof. Dr. Perpetua R Fernandes- Prof cum Vice-Principal INER, TMV. Madam spoke about technological advancement in Medical-Surgical Nursing. Madam highlighted on use of technology,different ways it has helped in learning. Use of robotics, Artificial Intelligence, equipment in the service areas.
- Mrs. Urmila Chaudhari:Associate Prof,INER, TMV. Madam spoke about family centered care, High technology care, Evidence based practice,Primary Nursing and case management.
- Ms. Madhuri Kotkar: Assist Prof.INER, TMV.Madam spoke about Traditional Surgery is Being Replaced by New Tech-Driven Alternatives , latest 4k machine and The Pradhan Mantri SurakshitMatritva Abhiyan.launched by the Ministry of Health & Family Welfare (MoHFW), Government of India.

Mrs. Urmila Chaudhari, Assoc Prof, Institute of Nursing education and Research proposed the Vote of thanks and the session ended with Pasaydan.



Prof .Dr. Perpetua R Fernandes



Prof.Dr. Madhuri S Shelke

Principal
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Tilak Maharashtra Vidyapeeth Trust
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TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE.

NAME OF THE EVENT- Women empowerment

ORGANIZER- Tilak Maharashtra Vidyapeeth

PARTICIPANTS- Nursing students

DATE AND TIME: 25th April 2023

VENUE- TMV, Yoga Hall First Floor

TOPIC ADDRESSED- self defence

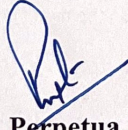
Under the guidance of Dr. Geetali Tilak, Vice-Chancellor, Tilak Maharashtra Vidyapeeth and Dr. Madhuri Shelke, Principal INER, TMV, a training session on self defence for the girl students of nursing faculty was organised on 25th April 2023.

The trainers for the session were. Dr. Sachin Gautam and Ms. Aishwarya Gautam. The session started with garlanding the effigy of Lokmanya Balgangadhar Tilak followed by a welcome note by Dr. Geetali Tilak. Dr. Sachin was felicitated with the Memento and books.

Ms. Aishwarya gave an introduction on the origin of Judo and martial arts. Dr. Sachin started the practical session with a warm up. Where the students were asked to do stretching and jogging exercise. Sir first demonstrated the stance, kicks and punches. Two students Ms. Ankit Chavan of First year second semester and Ms. Kiran Bobade Black belt of First year first semester also helped in demonstrating the techniques to the other students. How to tackle sudden attack from front and behind was also demonstrated. Sir emphasised on the fact that this has to be practised everyday and increase the alertness through meditation. Fitness is very much important in today's life.

Students then practiced the moves and techniques along with each other. Around 40 girls from all the years participated in the defence program.

At the end of the session Questions of the students were answered by the trainer. Feedback was taken from various students wherein they expressed the session as informative and useful for their day to day life and the session ended by thanking and appreciating the presence of students.


Dr. Perpetua R Fernandes


Principal