

**TILAK MAHARASHTRA VIDYAPEETH**

**INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.**

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**NAME OF THE EVENT – “SEMINAR ON OCCASION OF NATIONAL BONE AND JOINT DAY ON AUGUST MONTH 2023”**

**ORGANIZER –** Tilak Maharashtra Vidyapeeth, Nursing Department

**DATE AND TIME –** 4 AUGUST 2023 Time 3.00 pm

**PARTICIPANTS –** 1<sup>st</sup> year B. B.Sc. Nursing Student Sem II

**VENUE –** 1<sup>st</sup> year B. B. Sc. Class room

On the 4th of August every year, National Bone and Joint Day is observed in India. The aim of celebrating this day is to create awareness about bone health among the Indian public and help in promoting cost-effective prevention and treatment of bone and joint conditions.

**UNDERSTANDING THE SIGNIFICANCE OF BONE AND JOINT HEALTH**

Bones and joints play a fundamental role in supporting our body's structure and allowing us to move freely. They are responsible for providing stability, and protection to vital organs, and facilitating various movements. The skeletal system acts as a reservoir for essential minerals like calcium and phosphorus, contributing to the maintenance of our overall health. Furthermore, the joints, where bones meet, are crucial for fluid movement, ensuring we can walk, run, and perform daily activities effortlessly.

**ACTIVITIES:**

On the occasion of **NATIONAL BONE AND JOINT DAY** awareness Program on 4 August 2023, Institute of Nursing Education and Research, Tilak Maharashtra Vidyapeeth, under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER), Ms Heera Bhalerao (Clinical Instructor, INER, TMV) and Mrs. Suzie Sable (Clinical Instructor, INER, TMV) Students from B.B.Sc. Nursing 1<sup>st</sup> year have attended the seminar. Seminar presented by Ms Heera Bhalerao in classroom. 1<sup>st</sup> year B.B.Sc. Nursing Students are attended seminar.

## **TOPIC ADDRESSED:**

Seminar on **NATIONAL BONE AND JOINT DAY** awareness depicted various aspects such as-

- **Prevalence of bone and joint disorders**

Despite the remarkable resilience of our musculoskeletal system, it is not entirely immune to wear and tear. Several factors, including age, lifestyle choices, genetics, and underlying medical conditions, can impact bone and joint health. Bone-related disorders like osteoporosis, osteoarthritis, and joint conditions such as rheumatoid arthritis are prevalent and can significantly affect an individual's quality of life.

- **Ways Of Promoting Musculoskeletal Health**

National Bone and Joint Day serves as a platform to promote musculoskeletal health through various means.

- **Educating the public:** Spreading awareness about bone and joint health through public campaigns, workshops, and educational events can empower individuals to take proactive steps toward better musculoskeletal health.

## **Top 7 Foods To Keep The Bones And Joints Healthy**

1. Dairy products like cheese, yogurt, and milk are rich in calcium.
2. Green leafy vegetables.
3. Fish.
4. Fortified foods like orange juice and cereals.
5. Nuts.
6. Tofu
7. Beans

National Bone and Joint Day provides an excellent opportunity for us to reflect on the importance of maintaining strong bones and healthy joints. By taking a proactive approach to musculoskeletal health, we can ensure a better quality of life and reduce the burden of bone-related disorders. Let us unite on this special day to raise awareness, educate others, and make a positive impact on the well-being of our communities. Together, we can promote healthy habits

and empower individuals to lead an active and fulfilling life, free from the constraints of musculoskeletal issues.

The Seminar was very beneficiary and its created awareness regarding Prevalence of Bone and Joint Disorders. Despite the remarkable resilience of our musculoskeletal system, it is not entirely immune to wear and tear. Several factors, including age, lifestyle choices, genetics, and underlying medical conditions, can impact bone and joint health. Bone-related disorders like osteoporosis, osteoarthritis, and joint conditions such as rheumatoid arthritis are prevalent and can significantly affect an individual's quality of life.

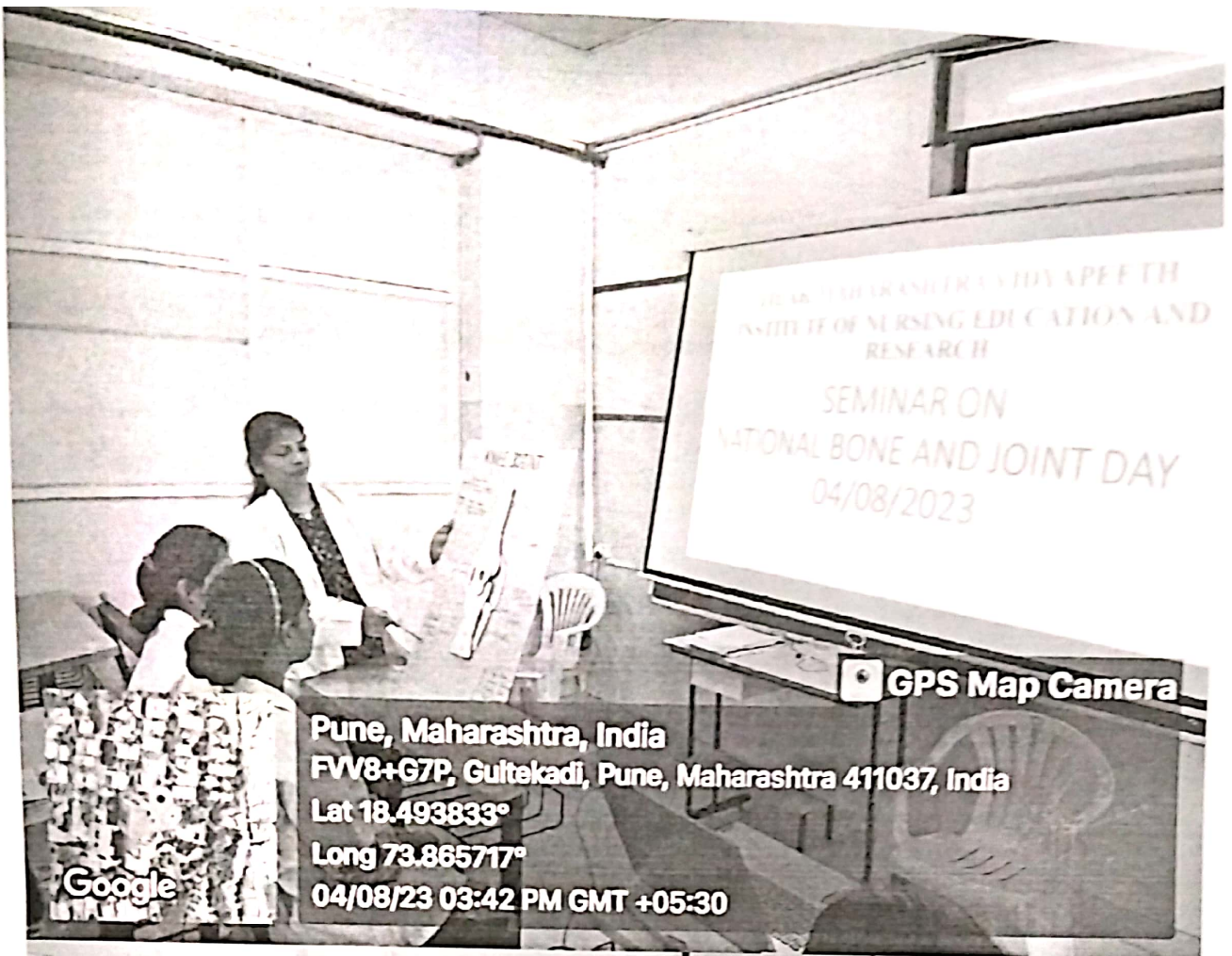
The session ended with vote of thanks given by student Ms. Akanksha.



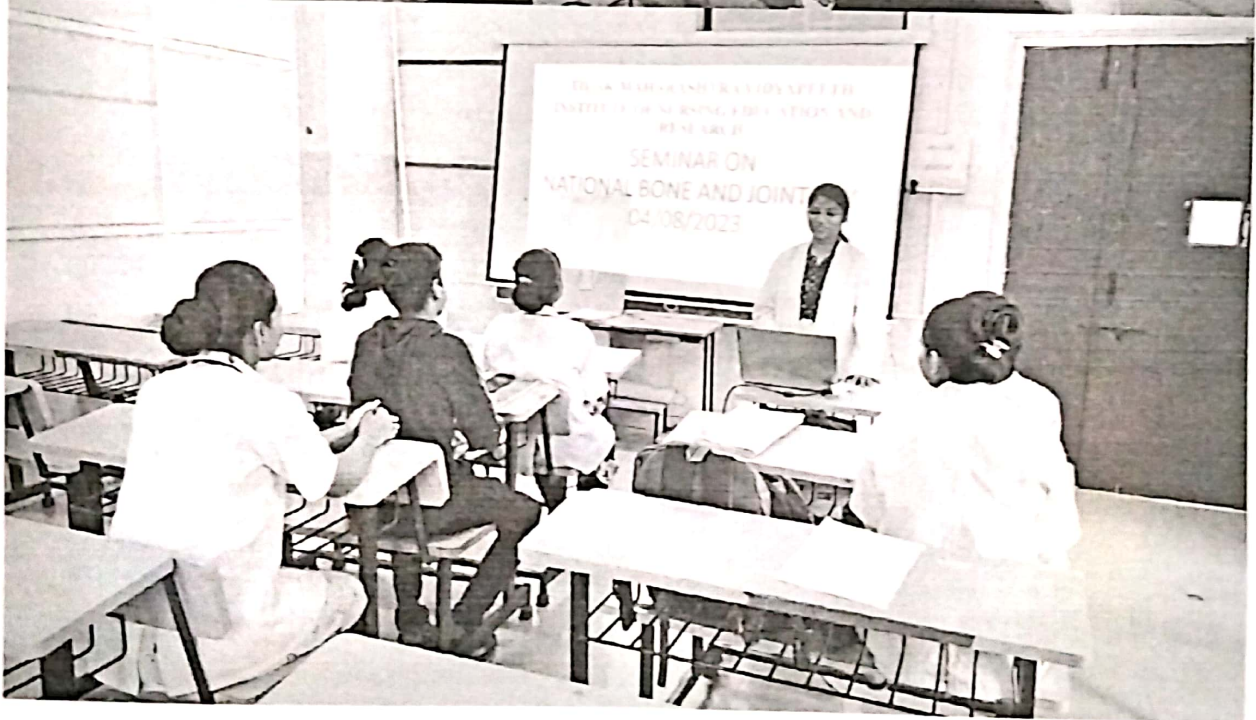
**Prof. Dr. Madhuri Shelke**

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

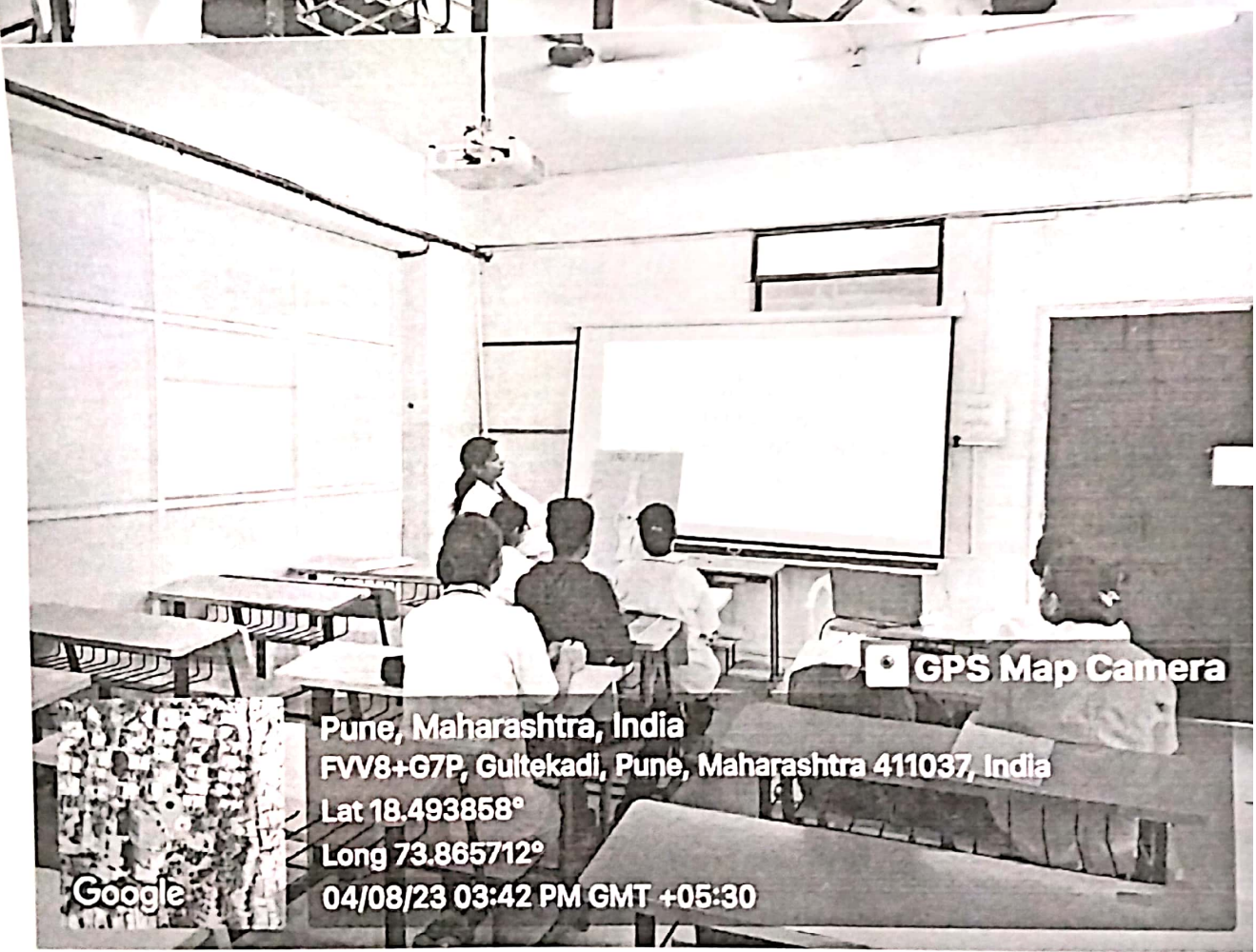
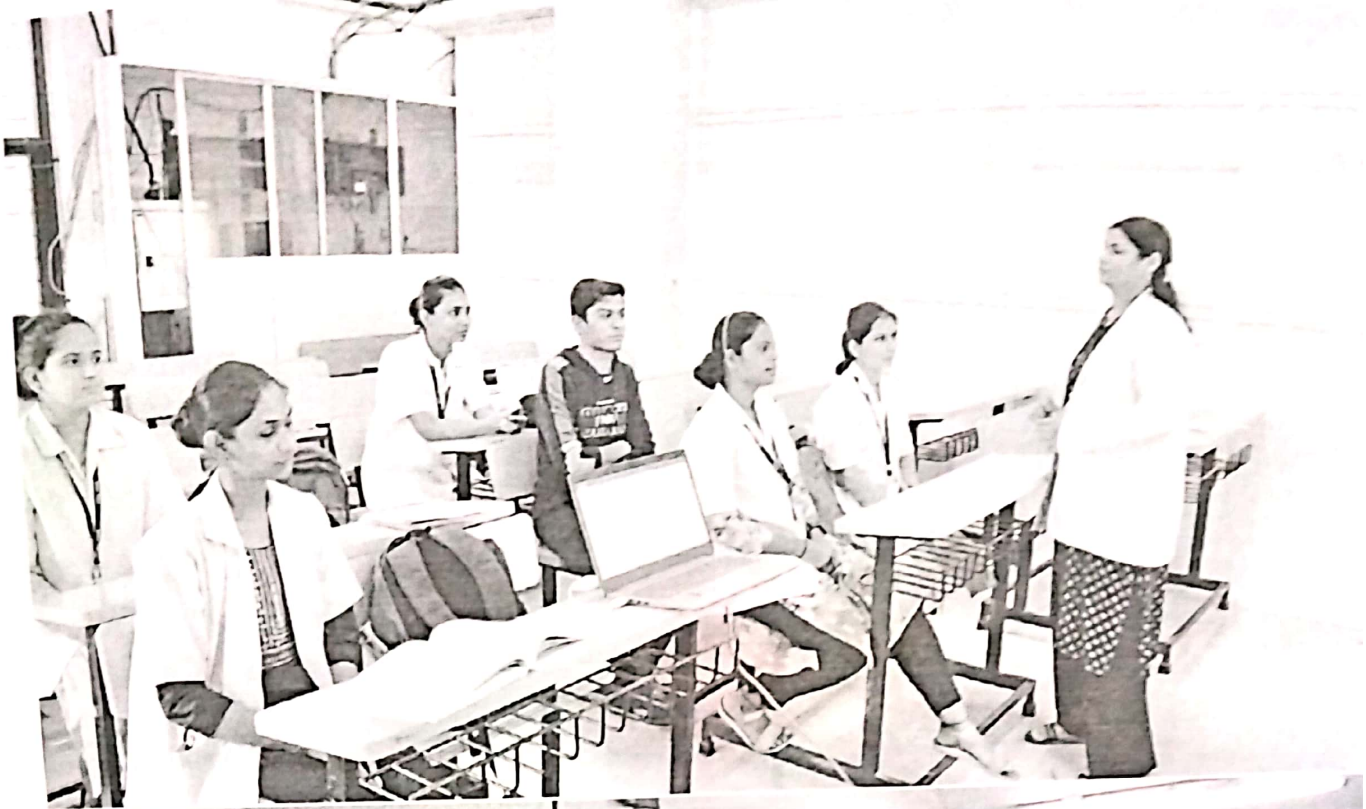




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**TILAK MAHARASHTRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.**

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**NAME OF THE EVENT – “SEMINAR ON OCCASION OF WORLD BREAST FEEDING WEEK ON AUGUST MONTH 2023”**

**ORGANIZER –** Tilak Maharashtra Vidyapeeth, Nursing Department

**DATE AND TIME –** 07 AUGUST 2023 Time 2.00 pm

**PARTICIPANTS –** 1<sup>st</sup> year B. B.Sc. Nursing Student Sem II

**VENUE –** 1<sup>st</sup> year B. B. Sc. Class room

Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) not from a baby bottle or other container.

**CENTRAL OBJECTIVE:**

World Breastfeeding Week is celebrated every year across the world from August 1 — August 7. This global campaign aims to raise awareness about breastfeeding and its advantages. Following a surge in the infant mortality rate due to a drop in the number of mothers who wanted to breastfeed, the initiative became essential. While everyone has the right to make their own decisions, breastfeeding is recommended by the World Health Organization (WHO) until a child turns two. This World Breastfeeding Week, let's join hands and promote breastfeeding.

**ACTIVITIES:**

On the occasion of world Breast Feeding Week awareness Program on 7 August 2023, Institute of Nursing Education and Research, Tilak Maharashtra Vidyapeeth, under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER), Ms Heera Bhalerao (Clinical Instructor, INER, TMV) and Mrs. Suzie Sable (Clinical Instructor, INER, TMV) Third Year BSc Nursing Students have conducted the seminar on Breast Feeding week. Students from B.B.Sc. Nursing 1<sup>st</sup> year have attended the seminar. Mr Aditya Bagade and Ms Leena presented the seminar in classroom of 1<sup>st</sup> year B.B.Sc. Nursing. Students are attentive for seminar.

**TOPIC ADDRESSED:**

Seminar on Breast Feeding awareness week depicted various aspects such as-

**10 STEPS TO SUCCESSFUL BREASTFEEDING**

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.



4. Help mothers initiate breastfeeding within half an hour of birth.
  5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
  6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
  7. Practise rooming-in - that is, allow mothers and infants to remain together - 24 hours a day.
  8. Encourage breastfeeding on demand.
  9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- Milk ejection Reflex and 10 steps
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

#### **BENEFITS OF BREASTFEEDING TO MOTHER**

This promotes mother and child bonding. It prevents uterine bleeding in the mother after delivery. This is a natural form of Family Planning.

#### **BENEFITS BREASTFEEDING FOR BABY**

This provides the best possible nutrition to the young child. It reduces the incidence of coughs and colds, ear infections, bronchitis, pneumonia, meningitis and diarrhea through its protective factors. It protects the child from colic, asthma, eczema, nose and food allergies. It is essential for the optimal physical, emotional and mental development of the child. Breastfed child are also smarter.

#### **POSITIONS OF BREAST FEEDING-**

Side lying position, Football hold position, Cradle hold position, Cross cradle hold position, Saddle Hold, Twin Football Hold

#### **SIGNS THAT THE BABY IS GETTING ENOUGH BREAST MILK**

Baby is contented for 1-2 hours after a feed. He passes clear dilute urine 5-6 times a day. He passes bright yellow watery stools 6-8 times a day. He regains birth weight after 2 weeks

The Seminar was really very informative and beneficial. Created awareness regarding Breast feeding for children. This program was beneficiary for the all audience First year BSc. Nursing Sem II were attended the program. The session ended with vote of thanks given by student Ms. Natasha.

  
Ms. Heera Bhalerao

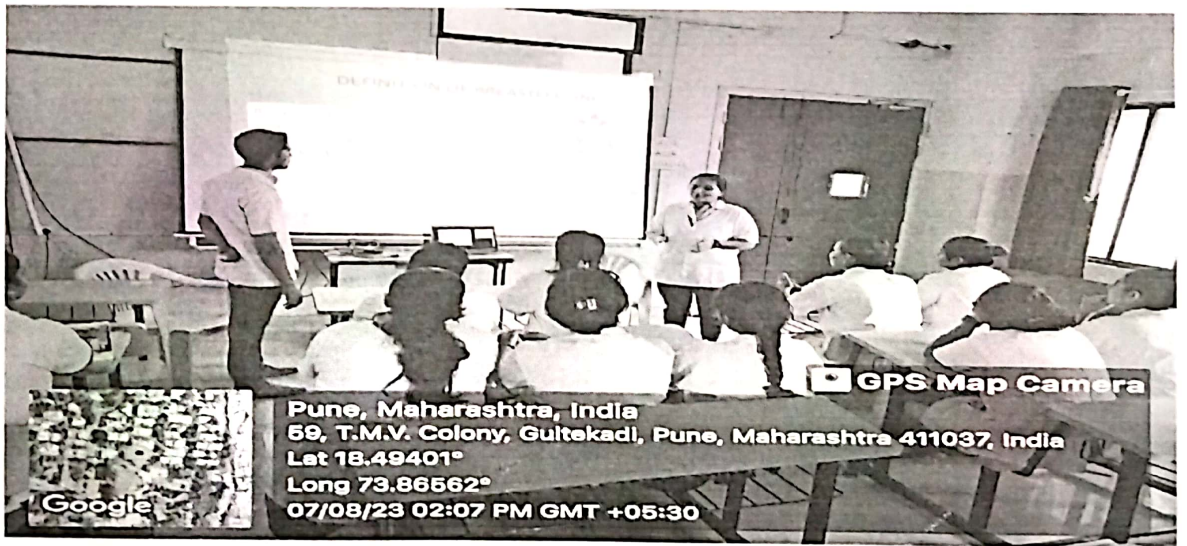
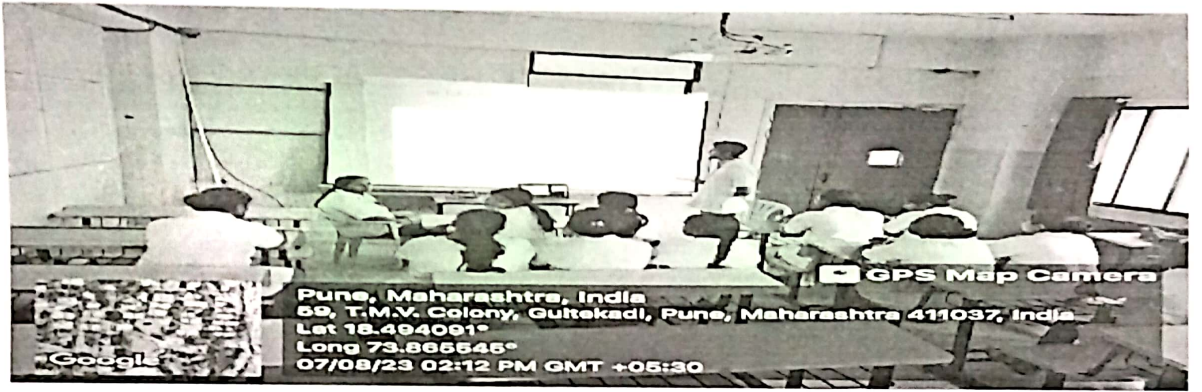
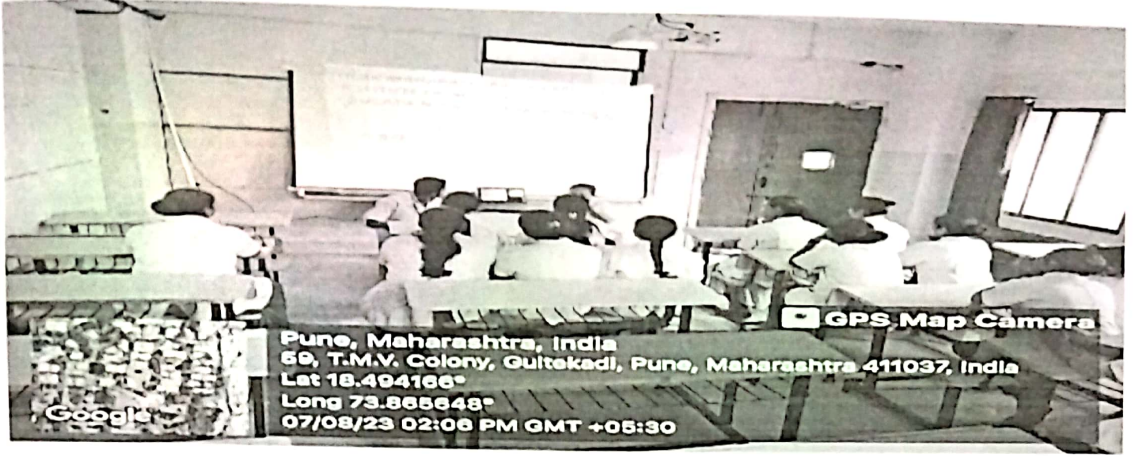
Class coordinator

  
Prof. Dr. Madhuri Shelke

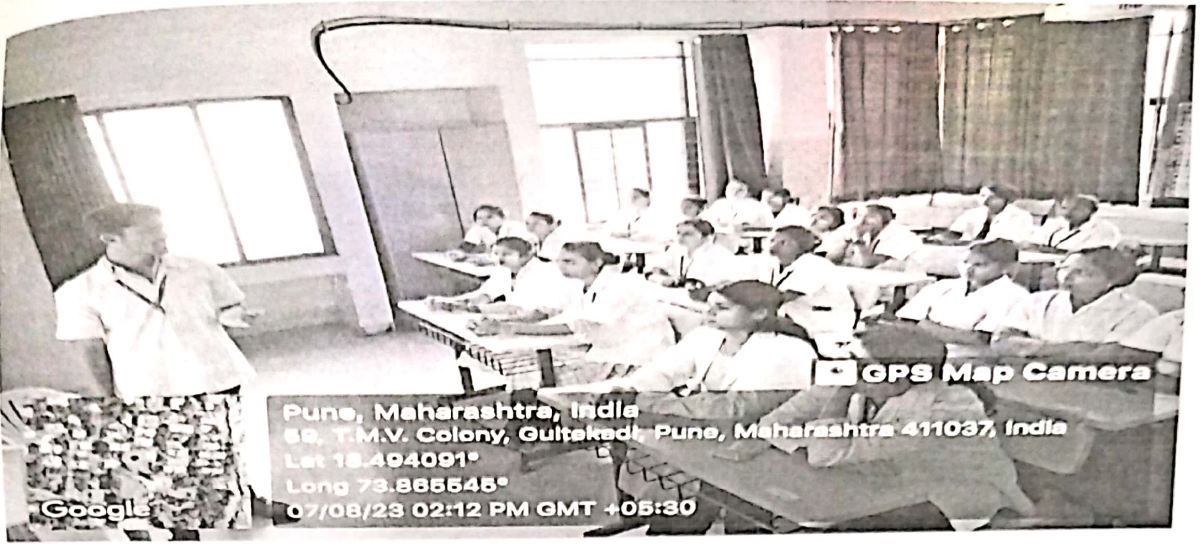
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**TILAK MAHARASHTRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**Name of the event:** Skills station on Vital Signs

**Organizer:** Tilak Maharashtra Vidyapeeth, Institute (Nursing Department)

**Date and time:** 18/8/20223at 11.00 am to 12.00 pm

**Participants:** FirstYear B. Sc. Nursing students

**Speaker:** Mrs. Princy Vinod

**Topic Addressed:**

- To Explain the Definition of Vital Signs.
- To explain the purpose of taking Vital Signs.
- To discuss about when to take Vital Signs.
- To explain the articles with purposes.
- To discuss about the preparation of patient for procedure
- To perform the demonstration of taking vital signs.
- To explain about the after care of articles

Under the guidance of Prof.Dr. Madhuri Shelke (Principal, INER, Pune) conducted the skill station on vital signs. The scenario based skill station was conducted in FON Lab.

The goal of the skills station was to improve the knowledge of the students related Vital Signs. At the beginning of the session, knowledge was assessed by asking various questions like:

1. What do you know about vital signs?
2. Have you ever done?
3. What do you know about normal pulse,Respiration and Blood Pressure?
4. What are the steps of doing vital signs



- During skills station explained about Introduction of vital signs.Explained About the purposes,when to take vital signs procedure, explained about the after care of articles .After the session, again questions were asked to the students to assess the effectiveness of skills station and re-demonstration done by the students.

Knowledge regarding vital signs and its important in Treatment of patient was improved in the session.

The students were curious about protocol about Vital Signs.

The session was ended with vote of thanks by Mrs.Princy Vinod



**Prof. Dr. Madhuri Shelke**

**(Principal)**  
Institute of Nursing  
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**TILAK MAHARASHTRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**Name of the event: "Eassay And Poster Competition" on the Ocassion of AzadiKaAmrit Mohatsav**

**Organizer:** Nursing Department.

**Date and time:** 21/8/2023 at 11 am.

**Venue:** 1<sup>st</sup> Year B.Sc Classroom

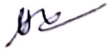
**Participants:** Faculties and Students 1<sup>st</sup> Year B.Sc. Nursing From 1<sup>st</sup> Sem.

Tilak Maharashtra Vidyapeeth, Institute of Nursing Education and research has organized the Essay and Poster Competition On the Ocassion of "Azadi Ka Amrit Mohatsav" Our Nation's 75 Years Of Independence through the Azadi Ka Amrit Mohatsav." In this competition students from the 1<sup>st</sup> semester participated enthusiastically.

Under the guidance of Hon'ble Chancellor Deepak. J.Tilak Vice-Chancellor  
Dr. Geetali Tilak , Vice-President Dr. Rohit Tilak Sir, Trustee And Dean Of Dept. Management  
Dr. Pranati Tilak and Principal Prof. Dr. Madhuri Shelke.

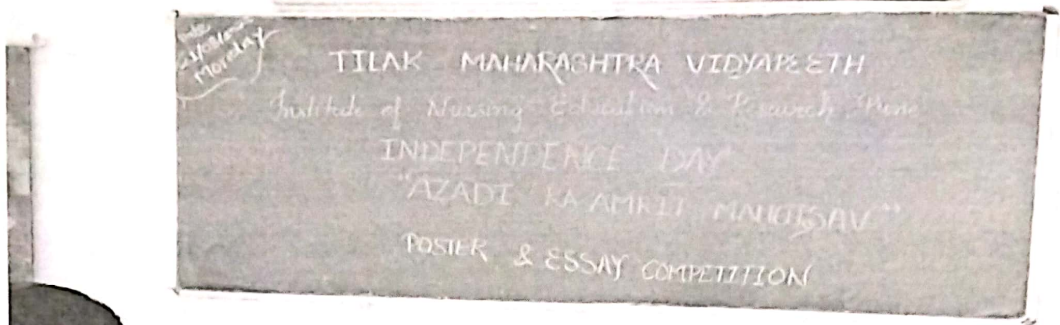
Program was started with Speech Given by Dr. Madhuri Shelke Mam on the occasion of Azadi Ka Amrit Mohatsav. After Speech students were actively participated for Essay and Poster Competition under the guidance of respected teachers. The competition was started at 2:30pm, with the help of Nursing faculties i.e Suzie. S and Priyanka. S. conducted this competition. Total Seven Students Participated In Essay And Poster Competition Out Of These Sakshi Raut Won 1<sup>st</sup> Prize In Poster Competition And Vaishnavi Kolte Won 1<sup>st</sup> Prize In Essay Competition.

The competition ends with the vote of thanks which was given by the student of Nursing Departments.

  
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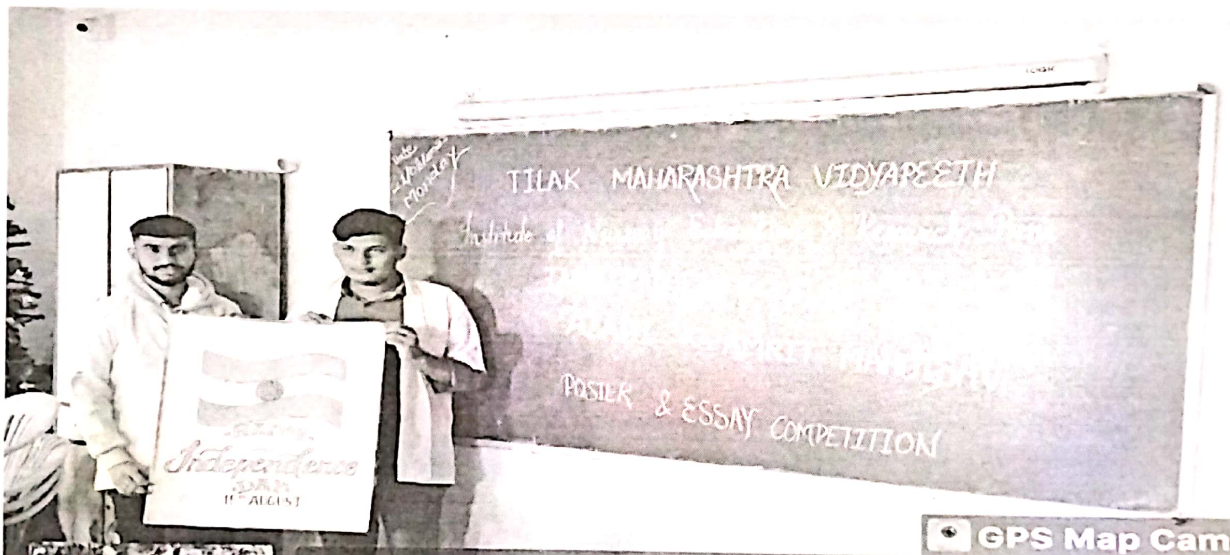




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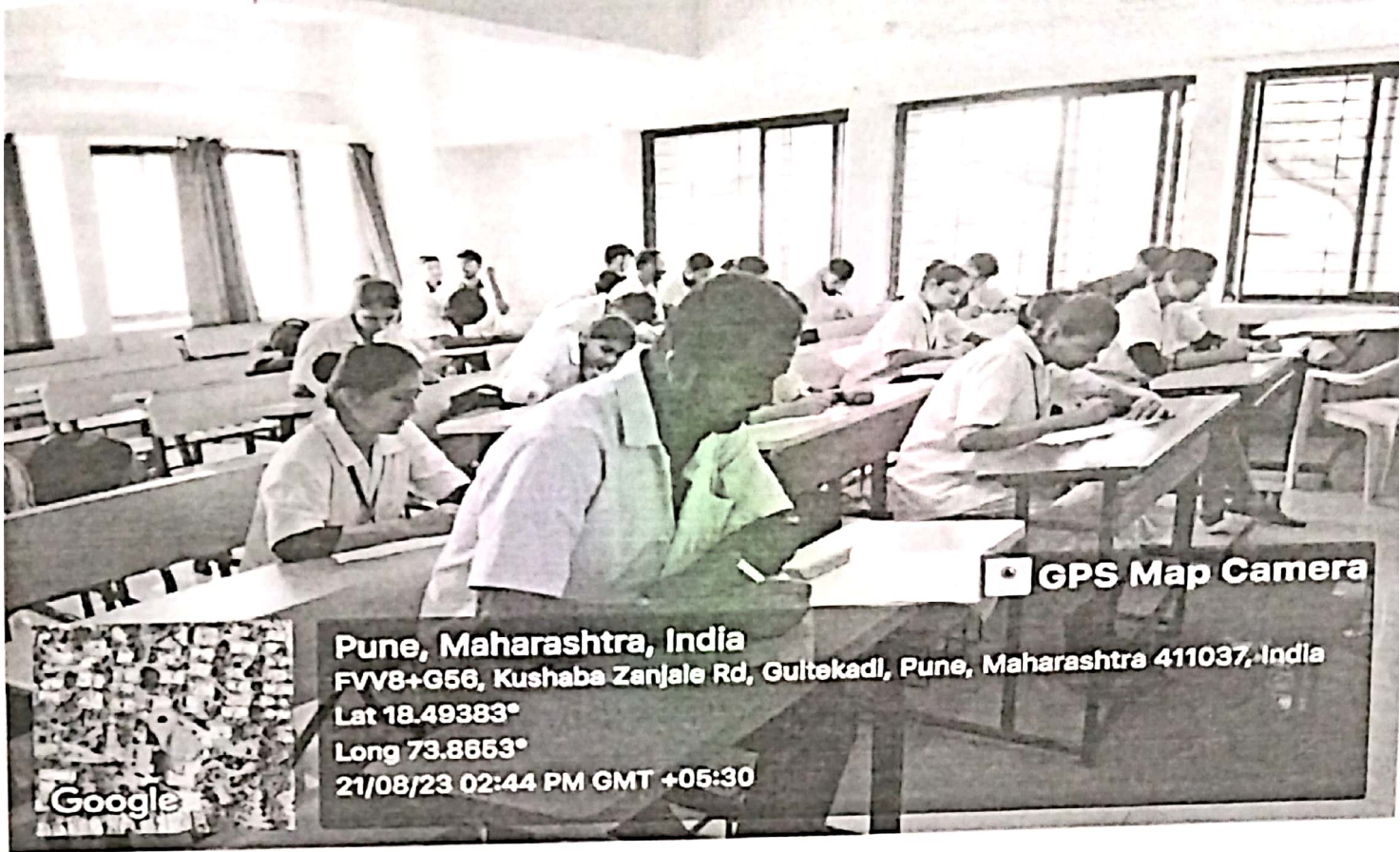



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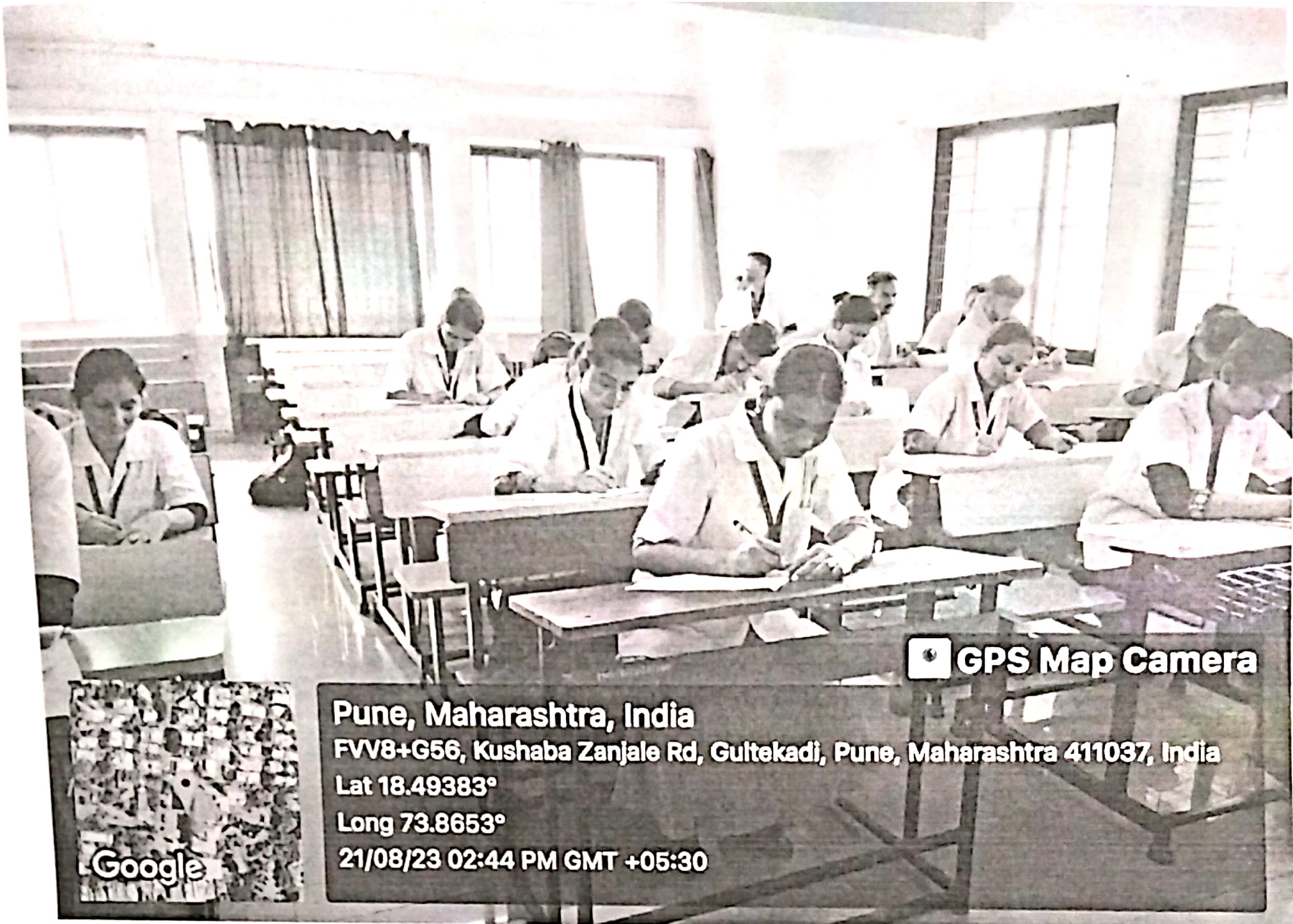
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**TILAK MAHARASHTRA VIDYAPEETH, GULTEKDI, PUNE**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, GULTEKADI, PUNE**

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**Name of the event:** Rally on “World Lung Cancer Day”

**Organizer:** Nursing Department

**Venue:** Meenatai Thakre Vasahat

**Date and time:** 22/08/2023 at 11:00am-11:30am

**Participants:** 1<sup>st</sup>Year. B. Sc. Nursing and ANM 2<sup>nd</sup>students

**Speaker-** Princy Vinod, Sunita Navghane

Under the guidance of Dr. Madhuri Shelke (Principal, INER, Pune) organized the rally on World Lung Cancer Day 22/8/2023 from 11:00am -11:30pm .

August has been recognized as World Lung Cancer Day, a dedicated time for raising public understanding and highlighting the importance of early detection and treatment for these rare but potentially devastating diseases. Lung cancer that arises from transformed cells of mesenchymal (connective tissue) origin. This means that cancer can emerge anywhere in the body where such tissues exist.

Efforts throughout August, therefore, focus on promoting understanding of these diseases, advocating for further research and better treatment options, and providing support for the brave individuals battling these conditions. Raising awareness is an ongoing process, and every discussion, every shared story, and every piece of information can make a significant difference in someone’s life.

The rally started from the Tilak Maharashtra Vidyapeeth to MeenataiThakreVasahat in different area. ANM 2<sup>nd</sup>and 1<sup>st</sup> year Basic B. sc. Nursing 40 Students participated in the rally with the three teachers.

With slogans Preventative slogans like :

1. Fight cancer, start prevention today.
2. Prevention is the cure for cancer.





3. Early detection, better protection.
4. Choose prevention over cure.
5. Don't wait until it's too late.
6. I can and I will
7. Kick cancer before it kicks you.
8. Early detection Saves lives.
9. fight care with hope.

Aim of this rally was creating awareness among the general public about the Lung cancer with the help of slogan and health education. Health education given by students on the Preventive measures of cancer, symptoms of cancer, Investigations and management of cancer .

The rally was useful and student enthusiastically participated in the rally.

  
**Prof. Dr. Madhuri Shelke**

**Principal**  
Institution for Training  
Education & Research  
Tilak Maharashtra Vidyapeeth Trust  
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## TILAK MAHARASHTRA VIDYAPEETH

GULTEKDI, PUNE

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### REPORT ON WORKSHOP ON DANCE THERAPY THROUGH CLASSICAL DANCE.

**Organizer:** Nursing, Tilak Maharashtra Vidyapeeth

**Venue:** Auditorium ,7<sup>th</sup> Floor

**Date:** 24/08/2023

**Time:** 11.30-12.30pm

**Participants:** All girl students and women faculty of Tilak Maharashtra Vidyapeeth

**Resource person:** Ms. Renuka Tikare.

Under the guidance of Dr. Geetali Tilak, Vice-Chancellor, Tilak Maharashtra Vidyapeeth and Dr. Madhuri Shelke Principal, a workshop on Dance therapy through Classical Dance for the girl students and faculty was organised on 24<sup>th</sup> August 2023.

The workshop started with garlanding the effigy of Lokmanya Bal Gangadhar Tilak followed by a welcome note by Principal . Madam welcomed all the participants. Hon'ble Vice-Chancellor Madam, Dr Geetali Tilak felicitated Ms Tikare with Sampling and memento as token of appreciation. Dr. Geetali Tilak through her inspiring words encouraged and guided the participants and wished success for the workshop. Madam also expressed about her dream regarding women's committee being fullfilled. For the workshop 73 students and 18 faculty enthusiastically participated. Ms. Renuka was assisted by her two students.

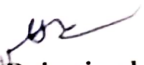
Later the workshop started with practical session. Ms Renuka started with ice-breaking session wherein all the participants moved around and greeted with smile whoever comes across. The second activity was clap, tap and hop activity. All the participants formed circle and started learning the basic things which involved expression eg how would you react when you saw a puppy, accident or had tasted something condiments. The focus of Kathak should always be on the finger of the hand. Hand foot movement and turns helped to gain body coordination and master base of kathak. Ms. Renuka gave counts in various rhythm wherein the participants hit the beat.

At the end of the session participants were divided in group of 10 members each. Each group had to portray a particular festival or an event like a photo. Participants displayed their creativity and replicated various events eg Ganeshotsav, Ram Navmi,



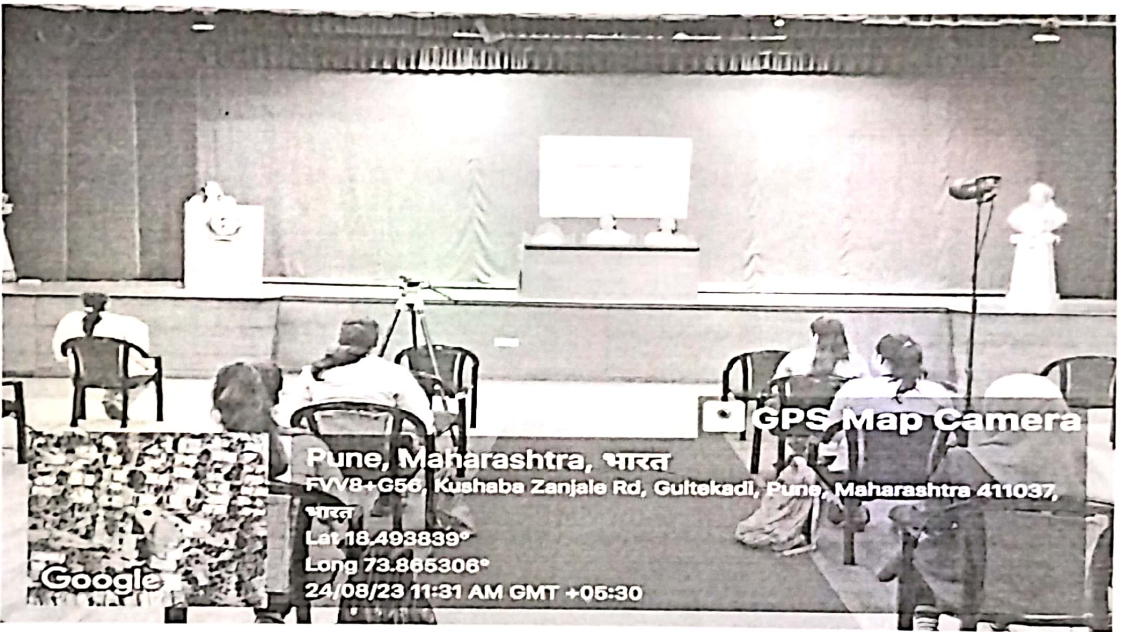
Mangalgaur, Haldi and so on. Indeed, it was a relaxing therapy for everyone. expressed that it has really helped them.

The session ended with vote of thanks proposed by Dr. Perpetua R Fernandes and the session ended with group picture.

  
Principal  
Institute of Nursing  
Education & Research  
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Fernandes and  
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**TILAK MAHARASHTRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**Name of the event:** Onam Celebration

**Organizer:** Tilak Maharashtra Vidyapeeth ,Nursing Department

**Venue:** 1<sup>st</sup> Year Classroom(C-305)

**Date and time:** 28/08/2023 **Time :** 2:00 Pm To 3.00 Pm.

**Participants:** 1<sup>st</sup> Year B.Sc. Nursing students.

Onam is an annual harvest festival celebrated by the Hindu's of Kerala. The festival last for Ten days and is celebrated with a great splendor. Students started making Athapookalam(Flower Rangoli)at 10.00am and 5 groups participated in this competition. One hour was given to them and evaluation done by Mrs.SujataHargade from Library and Mr.KunalLangekar from BCA department.

1st PRIZE won by Chest no.3

(RadhaGhodkar,LikeNatasha, WadkarShruti,GadekarAnand,MundeShubham)

2<sup>nd</sup> PRIZE won by chest no.1 (Arya

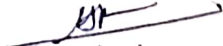
Nair,MythiliPatel,ManchekrAshlesha,MuttelwarJanhvi,BhanushaliShreyash.)

3<sup>rd</sup> PRIZE won by chest

no.2(RupaliShendge,GorePurva,ArtiGaikwad,GopiBhavte,MaheshGawali,SangleRutuja)

At 2 pm students gathered in the first year classroom and Miss Arya Nair narrated the history of Onam and had a ramp walk with traditional attire by the first year Bsc Nursing Students .Anchoring and vote of thanks was done by Mythili Patel and the programmeconcluded at 3.00 pm.

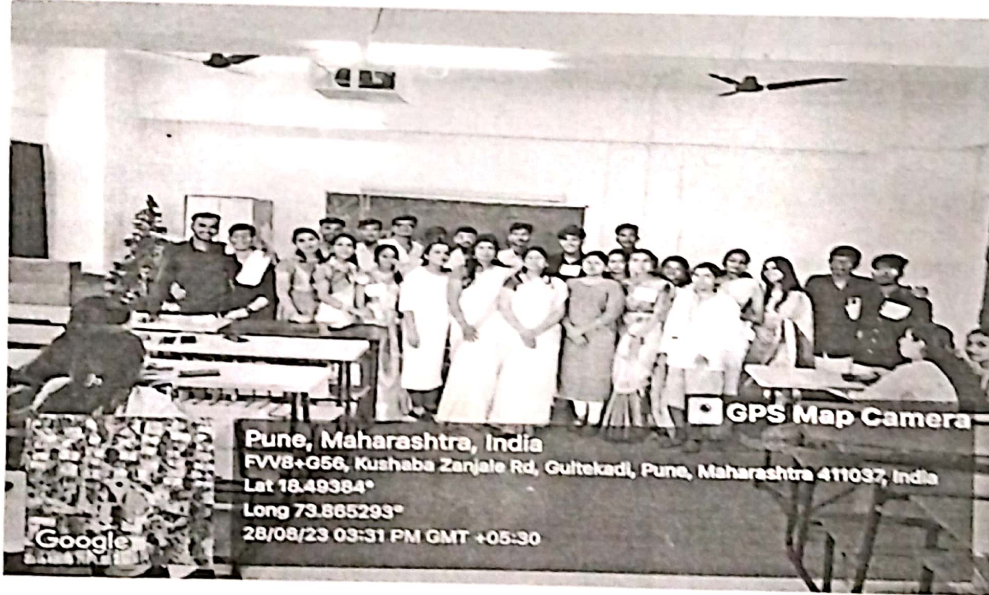
**Prof. Dr. Madhuri Shelke**

  
**Principal**

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GALLERY



Principal  
Mrs. S. S. Patil  
The National Public School  
Pune-411 011

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

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**NAME OF THE EVENT-** "Seminar on suicidal prevention.

**ORGANIZER:** Tilak Maharashtra Vidyapeeth Nursing Department

**TIME AND DATE – 28/08/2023**                      **Time –3.30 – 4.30 Pm.**

**SPEAKER:** ms . Sneha Rajendra Patil

**PARTICIPANTS :** first semester students

**VENU:** first semester classroom

**TOPIC ADDRESSED:**

- Introduction to suicidal prevention
- Epidemiology of suicidal among college students
- Risk factor for suicidal
- Warning sign of suicide
- Signs you're experiencing an emergency
- When helping someone who may suicidal: do
- When helping someone who may suicide: don't
- How to get help if someone thinking about suicide

**Objectives:** To avoid risk of suicide it is important to create awareness among every students .

Under the guidance of Dr. Madhuri Shelke ( Principal TMV, INER, Pune) , Ms. Sneha P/atil (lecture TMV, INER Pune ) conducted Seminar on SUICIDAL PREVENTION.

The goal of conducting the seminar was to avoid risk of suicide and improve coping mechanism .

The session was very interactive along with discussion regarding signs you're experiencing an emergency , when helping someone who may suicide & how to get help if someone thinking about suicide.

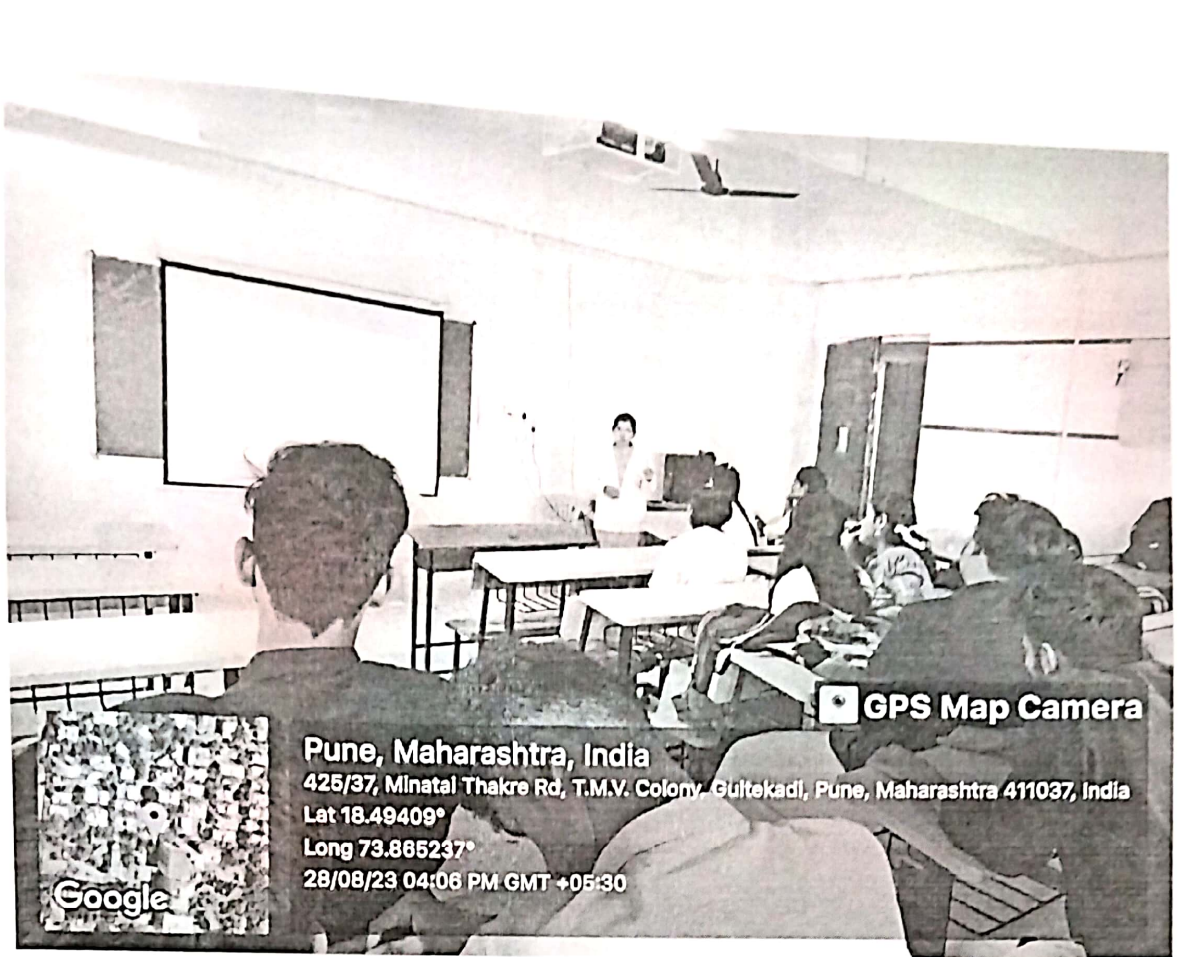
At the end of the session, the effectiveness of the seminar was assessed through the questioning and answering methods.

  
**Prof. Dr. Madhuri Shelke**

**Principal**  
Institute of Nursing  
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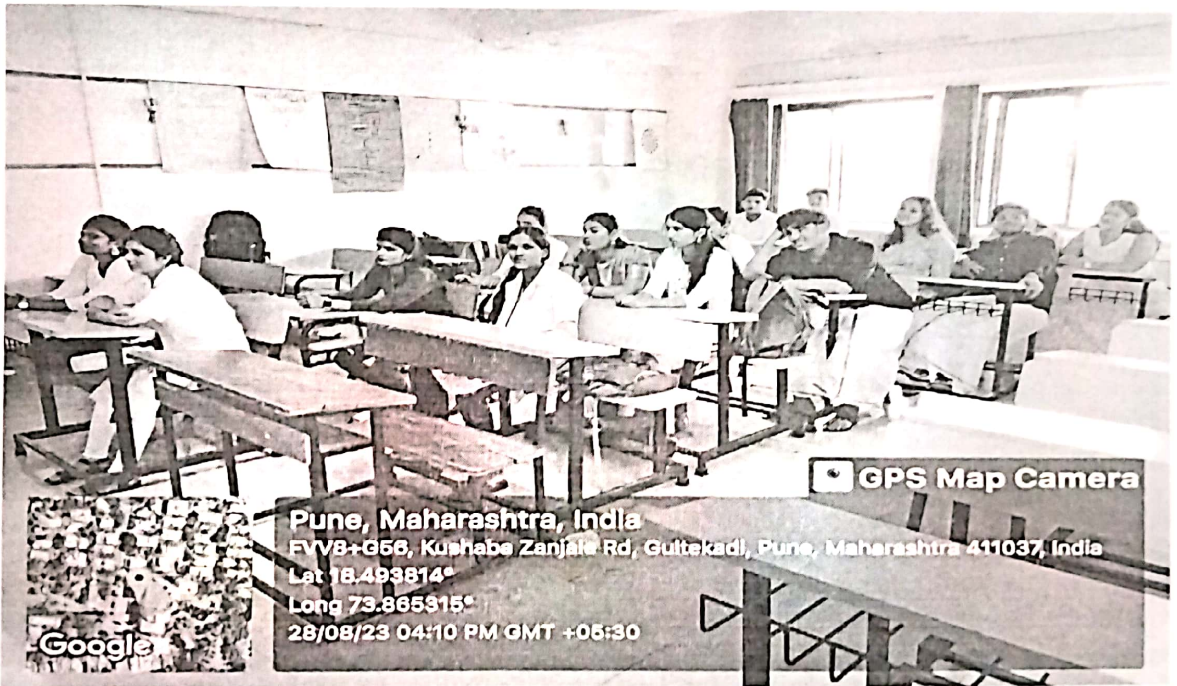






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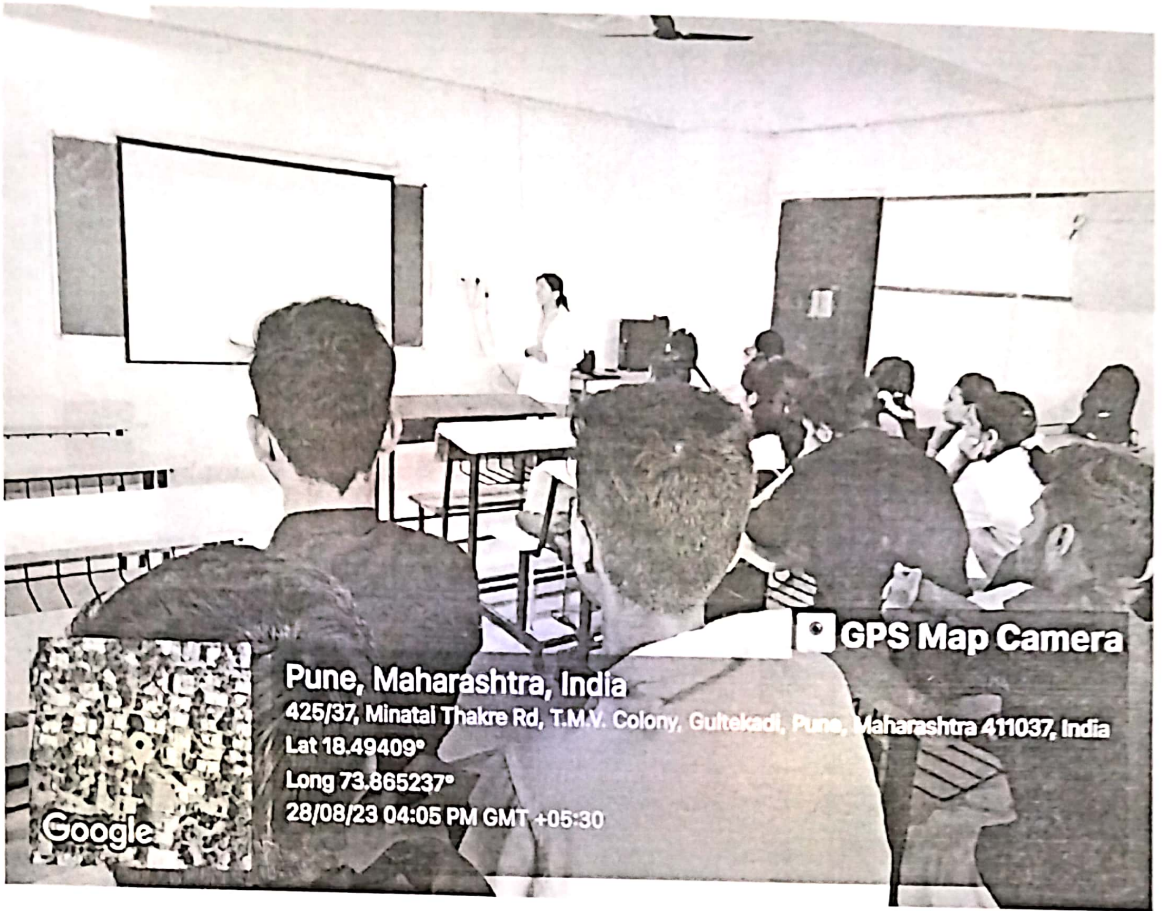
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**TILAK MAHARASHTRA VIDYAPEETH, INSTITUTE OF NURSING EDUCATION  
AND RESEARCH, GULTEKADI, PUNE**

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**Name of the event:** International Youth Day 2023

**Organizer:** Nursing Department

**Venue:** 1<sup>st</sup> Semester BSc Nursing Classroom TMV, INER Pune

**Date and time:** 29/08/2023 at 4.30pm-5.30pm

**Participants:** 1<sup>st</sup> Semester BSc Nursing Students

**Speaker:** Mrs. Savita Kharat & Ms. Sneha Patil

**Topic Addressed:**

- Introduction to International Youth Day
- Importance to celebrate International Youth Day
- Describe awareness about Meditation Therapy
- Provide demonstration on meditation

Tilak Maharashtra Vidyapeeth, Institute of Nursing Education and research had organized the Seminar and Meditation Therapy on 1<sup>st</sup> semester students Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER, Pune). Seminar and Meditation Therapy was successfully done for Students on the occasion of International Youth Day Programme.

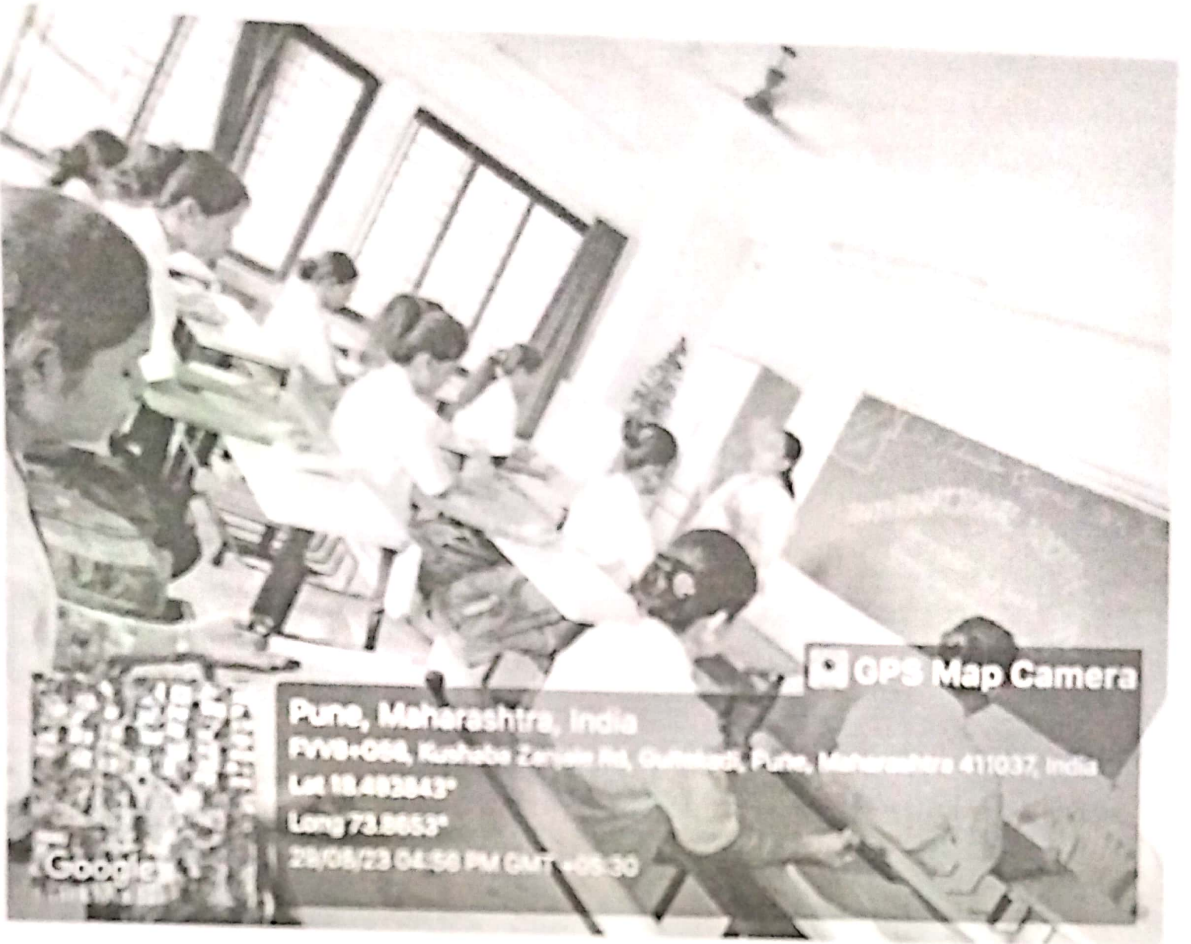
Under the guidance of Prof. Dr. Madhuri Shelke and with the help of monthly Programme Co-Ordinator and other faculty members such as Mrs. Savita Kharat, Ms. Sneha Patil and 20 students of first Semester B.Sc Nursing. They were involved in meditation Therapy. They were aware about benefits of meditation and important of Meditation in mental health status.

At the beginning of the session, knowledge was assessed by asking various questions, the importance of meditation therapy in mental health. after the seminar the students have prepared for meditation therapy. After the session, again questions were asked to the students to assess the effectiveness of Seminar. The session was ended with vote of thanks by Mrs. Savita Kharat and Sneha Patil.

  
**Principal**

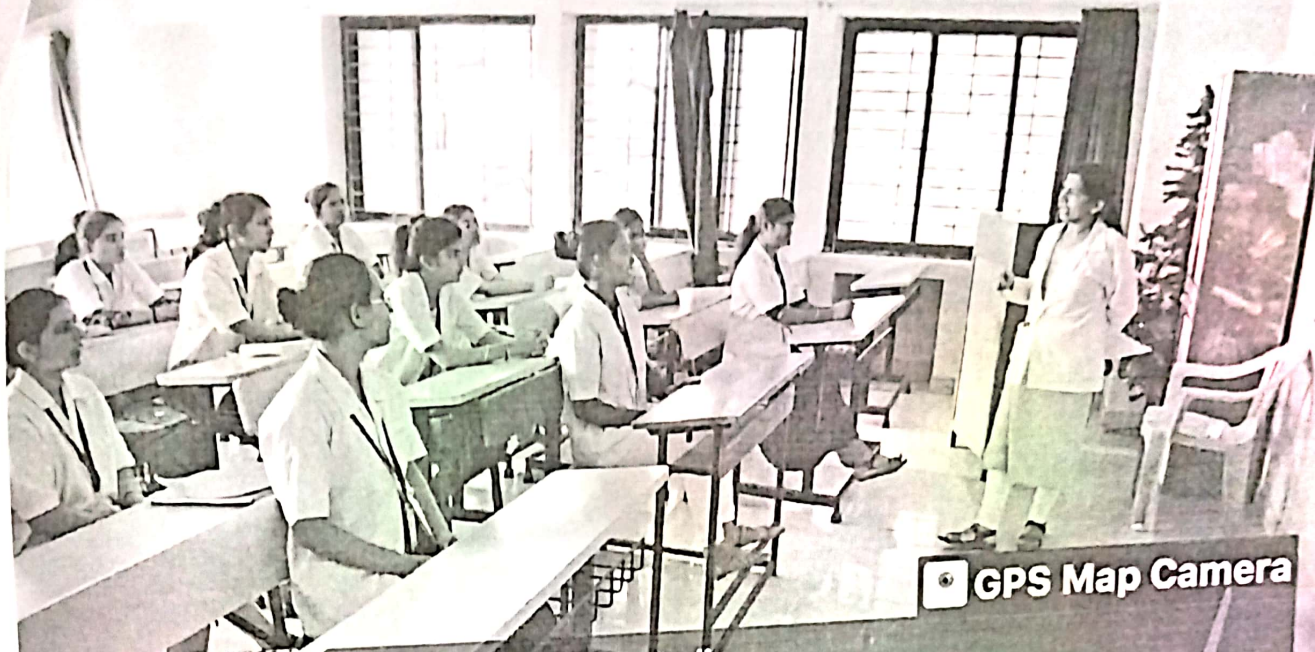
Prof. Dr. Madhuri Shelke  
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TILAK MAHARASHTRA VIDYAPEETH,  
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE

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**NAME OF THE EVENT-** "Seminar on international overdose awareness day

**ORGANIZER:** Tilak Maharashtra Vidyapeeth Nursing Department

**TIME AND DATE –** 31/08/2023

**Time –** 3.30 – 4.30 Pm.

**SPEAKER:** ms . Sneha Rajendra Patil

**PARTICIPANTS :** first semester students

**VENU:** first semester classroom

**TOPIC ADDRESSED:**

- Introduction to international overdose awareness day
- Meaning of overdose
- Sign & Symptoms of overdose
- First aid for overdose
- What to do in overdose emergency
- Treatment of drug overdose
- Reason for overdose
- Preventing overdose

**Objectives:** it is important to create awareness of risk overdose among each individual.

Under the guidance of Dr. Madhuri Shelke ( Principal TMV, INER, Pune) , Ms. Sneha Patil (lecture TMV, INER Pune ) conducted Seminar on international overdose awareness.

The goal of conducting the seminar was to avoid or to reduce risk of overdose.

The theme for international overdose awareness day " recognizing those people who go unseen"

'The session was very interactive with discussion regarding activities for overdose prevention, signs & symptoms of overdose & emergency management of overdose.

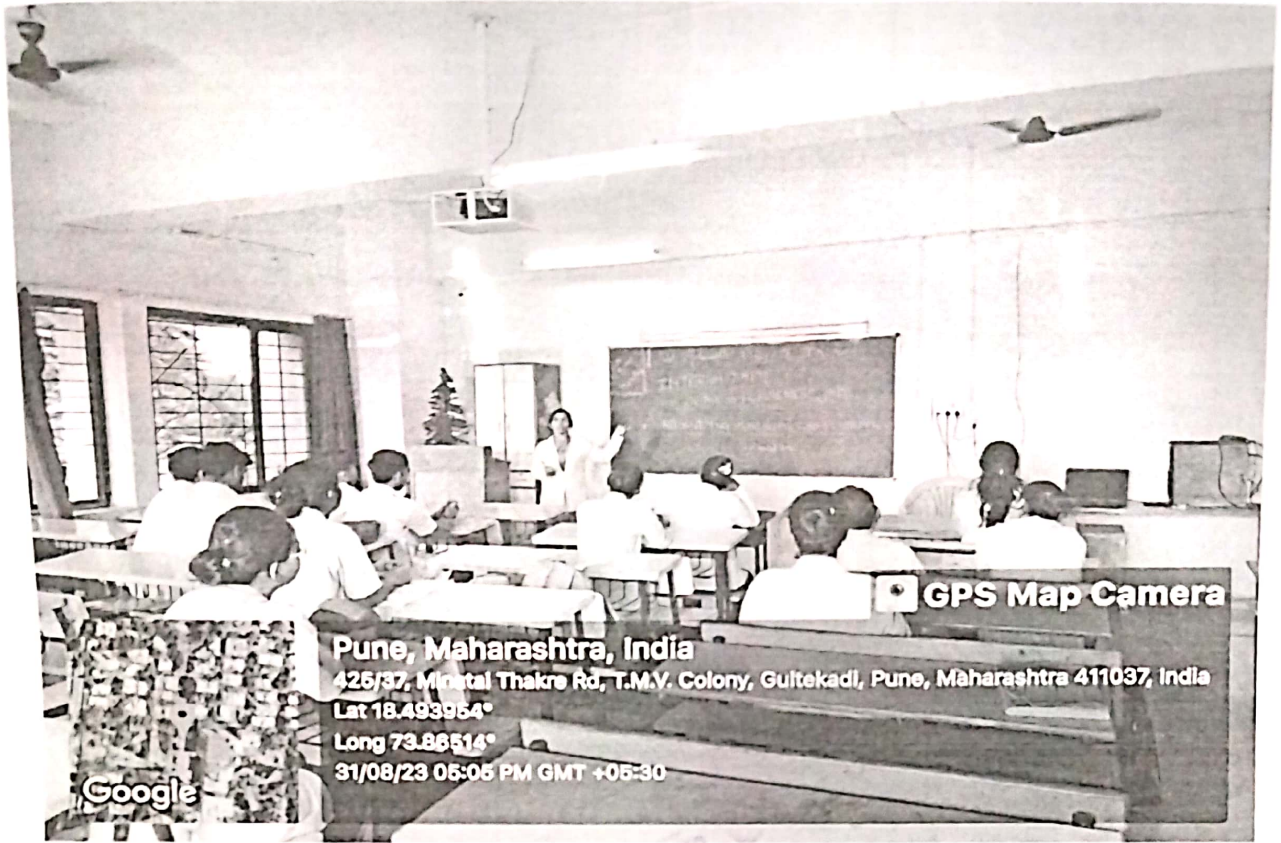
At the end of the session, the effectiveness of the seminar was assessed through the questioning and answering.

  
**Prof. Dr. Madhuri Shelke**

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

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**NAME OF THE EVENT-Skill Station on 'Tracheostomy Care'.**

**ORGANIZER:** Tilak Maharashtra Vidyapeeth Nursing Department

**TIME AND DATE** –31/08 /2023      Time –3 pm – 4 pm

**SPEAKER:** Ms. Pratiksha S. Aidale

**PARTICIPANTS:** 3<sup>rd</sup> Year Basic B. Sc. Students.

**VENUE:** Noble Hospital (ICU)

**TOPIC ADDRESSED:**

- Define Tracheostomy Care and suctioning.
- Purposes of Tracheostomy care
- Advantages of tracheostomy care
- Articles needed for Tracheostomy Care
- Procedure of tracheostomy care.
- After care of patient and the articles.

**Tracheostomy Care**

Under the guidance of Dr. Madhuri Shelke (Principal TMV, INER, Pune) Ms. Pratiksha Aidale has conducted Skill station. The goal of conducting the skill station on Tracheostomy Care was to create the awareness among students about early complications and to improve the knowledge of students regarding Tracheostomy Care.

**Purposes:**

The primary purpose of tracheostomy care is to prevent infection, obstruction and breathing problems and frequent suctioning to maintain a patent airway and it has been repeatedly shown to decrease mortality, and decrease the risk of morbidities.

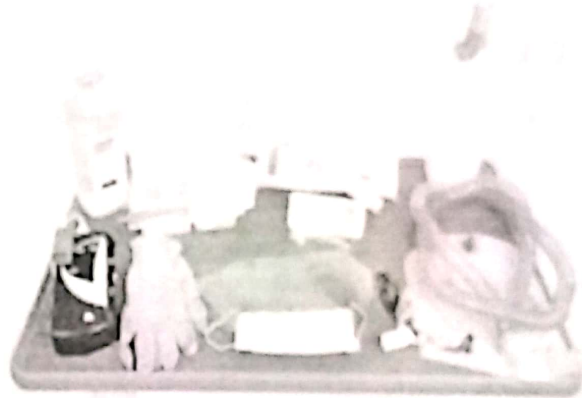
**Objectives:**


- Define Tracheostomy Care and suctioning.
- Purposes of Tracheostomy care
- Enlist the advantages of tracheostomy care
- List out articles needed for Tracheostomy Care
- Describe the procedure to the students
- Explain after care of patient and the articles.



The session was very interactive along with discussion regarding the Tracheostomy care. A tracheostomy tube can cause both short-term and long-term health complications. To minimize the risk of certain complications, a person with a tracheostomy and their caregivers must receive training in how to care for tracheostomy tubes. This care involves regular cleaning of the tube and the surgical site.

At the end of the session, the effectiveness of the skill station was assessed through the question and answers and re-demonstration of Tracheostomy Care.



  
Prof. Dr. Madhuri Shelke

Principal Principal  
Institute of Nursing  
Education & Research  
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Gultekdi, Pune - 411 037.











 **GPS Map Camera**

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Pune, Maharashtra 411028, India

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**TILAK MAHARASTHRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**Name of the event:** Skills station on Breast Care and Breast Feeding techniques, Types of Feeding, Positioning

**Organizer:** Ms. Kanchan.R. Kumbhar

**Date and time:** 1.9.2023 at 2:30pm

**Participants:** 3<sup>rd</sup> year B.Sc. Nursing students

**Speaker:** Ms. Kanchan. R. Kumbhar

**Topic Addressed:**

- Introduction Of Breast Care and Breast Feeding techniques, Types of Feeding, Positioning
- Importance of Breast care, Breastfeeding technique.
- Preparation and Articles Used In Breast Care and for Breast Feeding technique and for Examination.
- Procedure about Breast Care and Examination and Breast Feeding techniques, Types of Feeding, Positioning.

Under the guidance of Prof. Dr. MadhuriShelke (Principal, INER, Pune) conducted the skill station on Breast Care and Breast Feeding techniques, Types of Feeding, Positioning. The scenario based skill station was conducted in M.C.H Lab.

The goal of the skills station was to improve the knowledge among the students related to Breast Care and Breast Feeding techniques, Types of Feeding, Positioning. At the beginning of the session, knowledge was assessed by asking various questions like:

1. What do you know about Breast Care, And Breast-Feeding techniques
2. Which positions knows about breast feeding and types of feeding



- During skills station explained about Introduction Of Breast Care and Breast Feeding techniques, Types of Feeding, and about Positioning for breastfeeding
- Importance of Breast care, Breastfeeding technique, Types of Breast-feeding and positioning.

After the session, again questions were asked to the students to assess the effectiveness of skills station and Remonstrations were taken by the students. Knowledge was improved in the session.

The session was ended with vote of thanks by Ms. Kanchan R. Kumbhar.

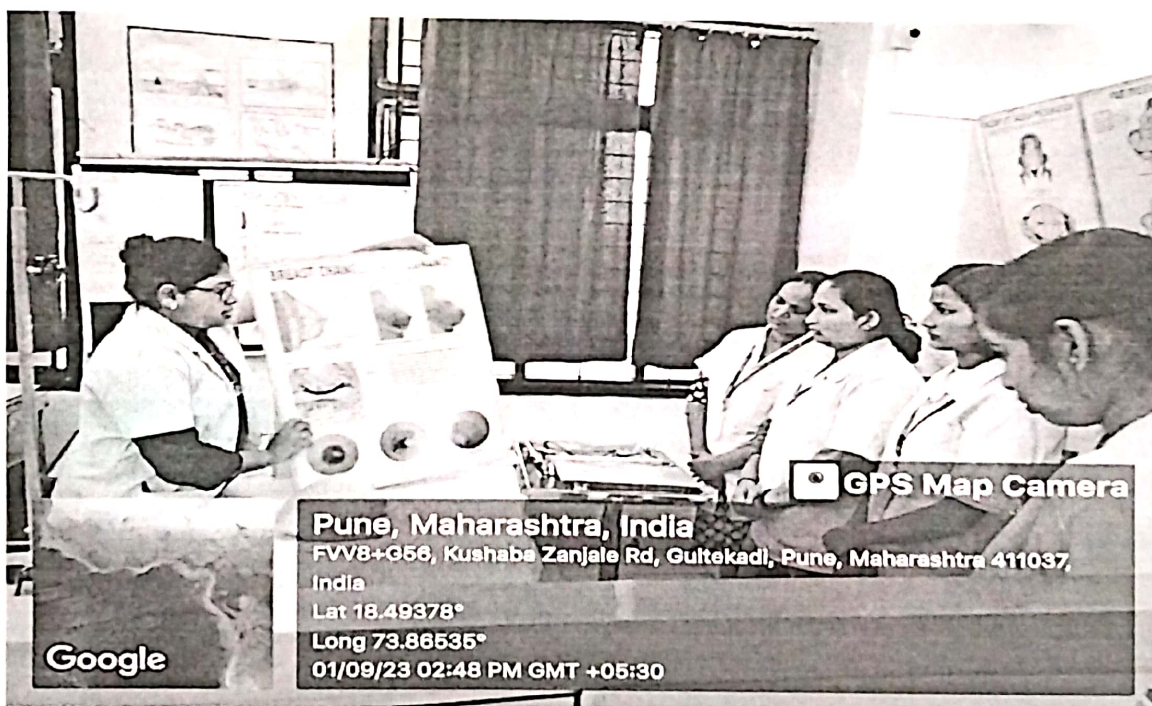


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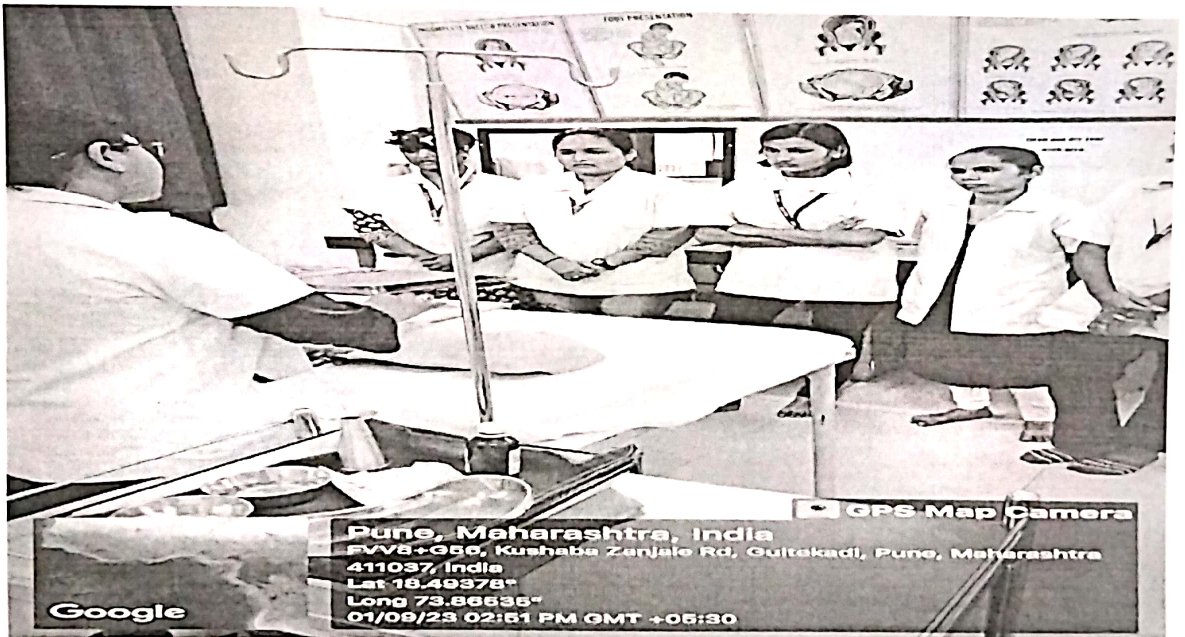




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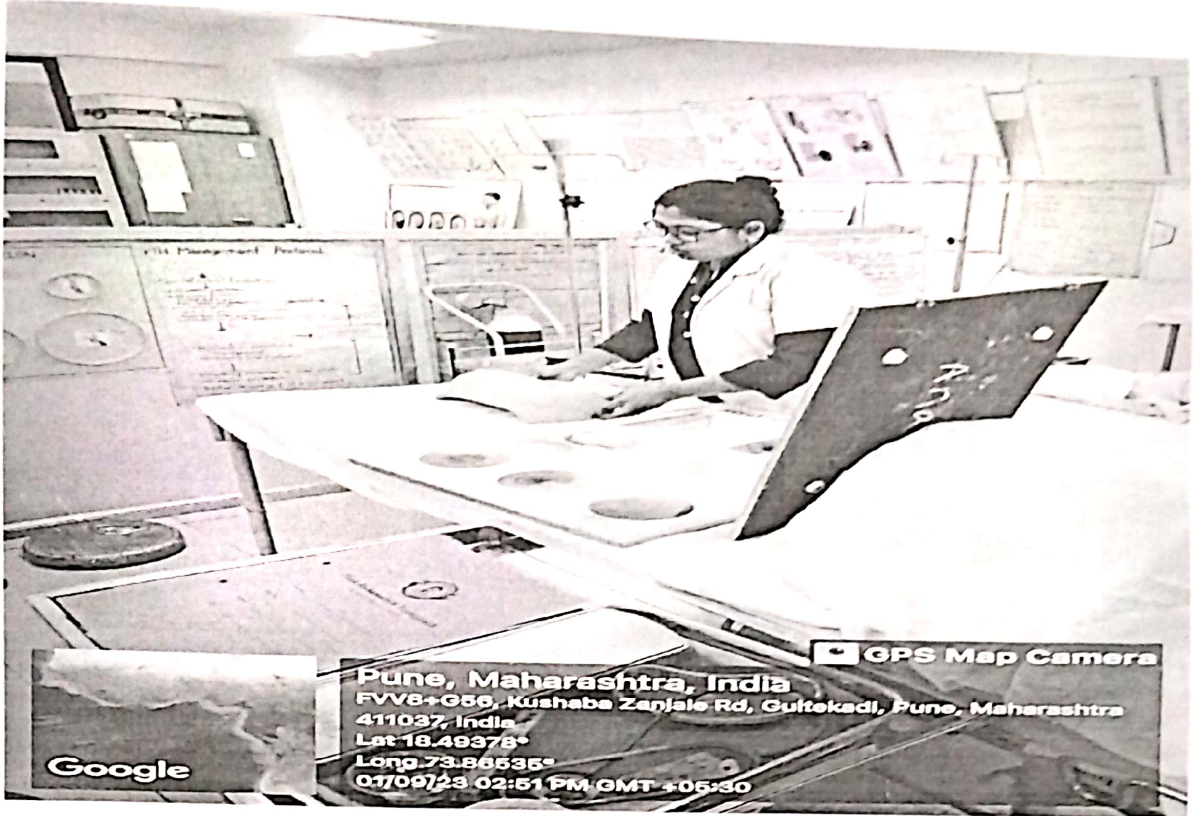
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**TILAK MAHARASHTRA VIDYAPEETH, INSTITUTE OF NURSING EDUCATION  
AND RESEARCH, PUNE**

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**Name of the event:** Skill station on Breastfeeding positioning

**Organizer:** Tilak Maharashtra Vidyapeeth

**Venue:** TMV, INER Pune

**Date and time:** 01.09.2023 at 2.30 pm-3.30 pm

**Participants:** ThirdYear. B. Sc. Nursing & ANM II yr students

**Speaker:** Ms. Priyank Sable

**Theme :** *“Let’s make breastfeeding and work, work!”*

**Topic Addressed:**

- Introduction to world breastfeeding week 2023
- Importance to celebrate world breastfeeding week
- Explain advantages of breast feeding
- Describe breastfeeding positioning
- Describe Kangaroo Mother Care (KMC)
- Explain how working women breastfeed baby
- Discuss latching

Under the guidance of Dr. Madhuri Shelke (Principal, INER, Pune) conducted the Skill station on Breast Feeding techniques and Kangaroo Mother Care (KMC)

The goal of program was to improve the knowledge of the students related health assessment of mother and baby by celebrating world breastfeeding week. At the beginning of the skill station, knowledge was assessed by asking various questions, then explained the advantages of breast feeding like promote newborn immunity, nurture mother baby bond, environmental friendly work as natural contraceptive and so on. After explaining advantages breast feeding positioning is demonstrate and explain about kangaroo mother care. After that explain how working women can do exclusive breast feeding by using spoon and bowl i.e. steel bowl and spoon which can be use on room temperature stay 7-8 hr and refrigerated breast milk stay 24 hr which can expressed using massaging technique

After the session, again questions were asked to the students to assess the effectiveness of Skill station. The session was ended with vote of thanks by Ms. Priyanka Sable.

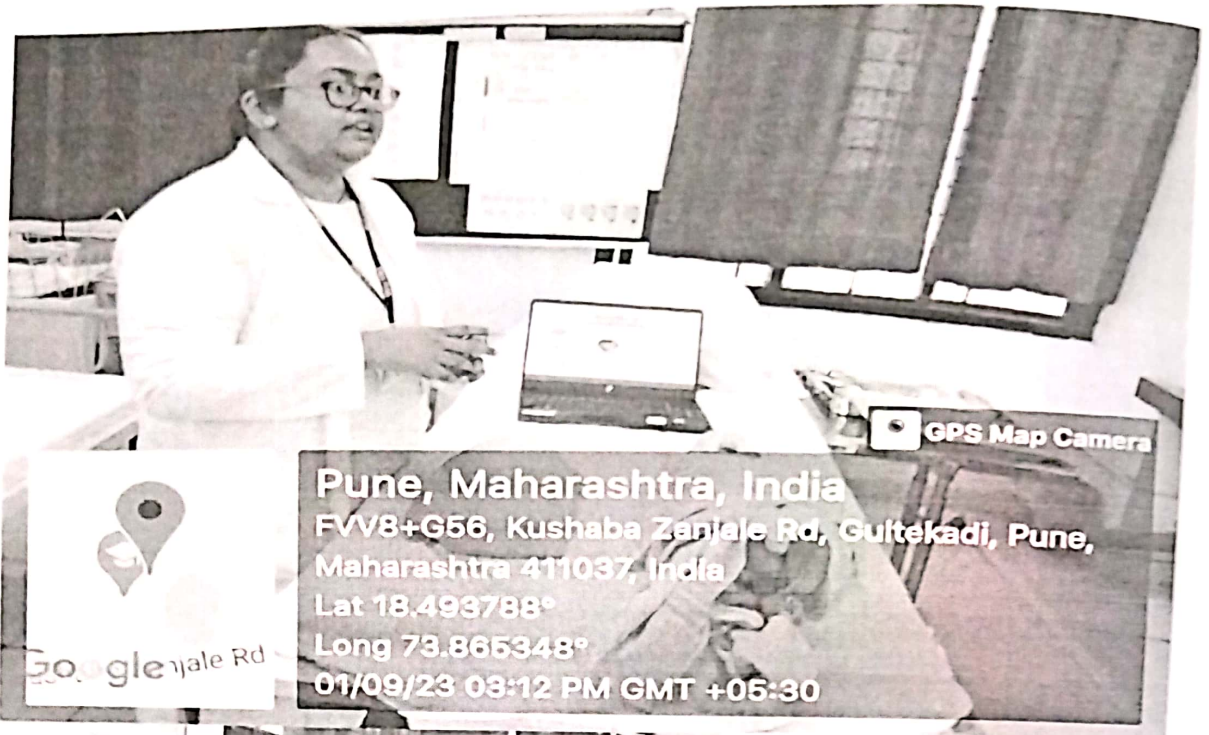
  
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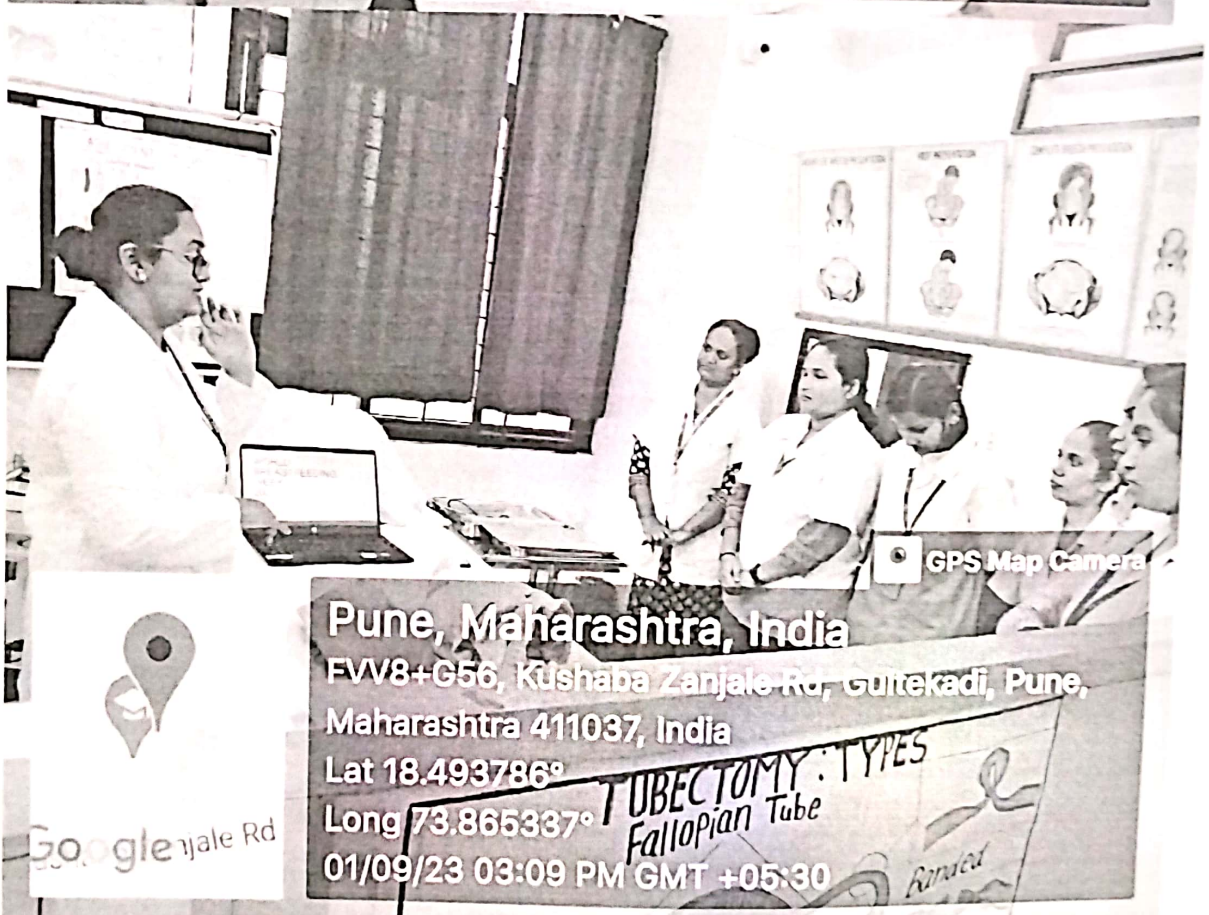
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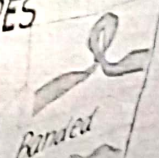
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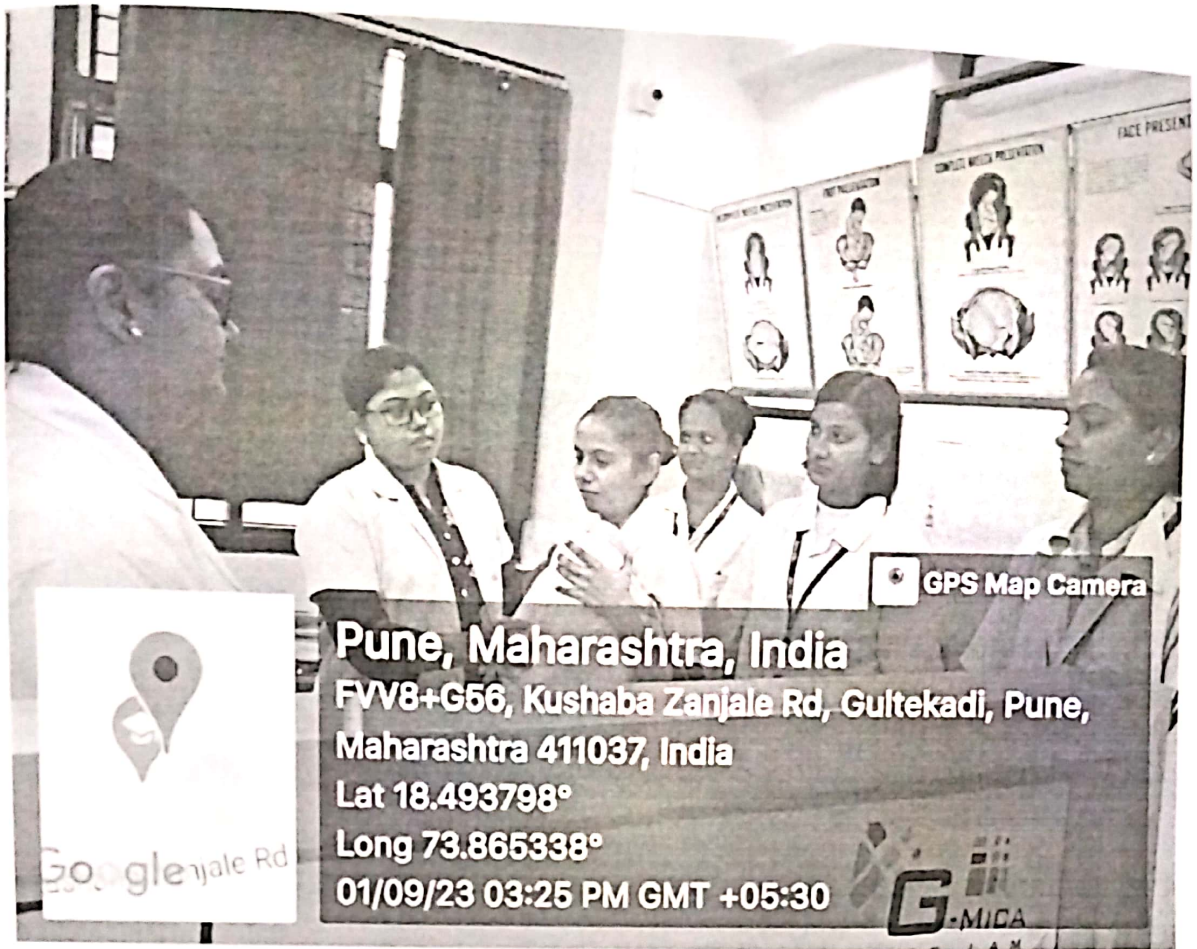
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TUBECTOMY: TYPES  
Fallopian Tube



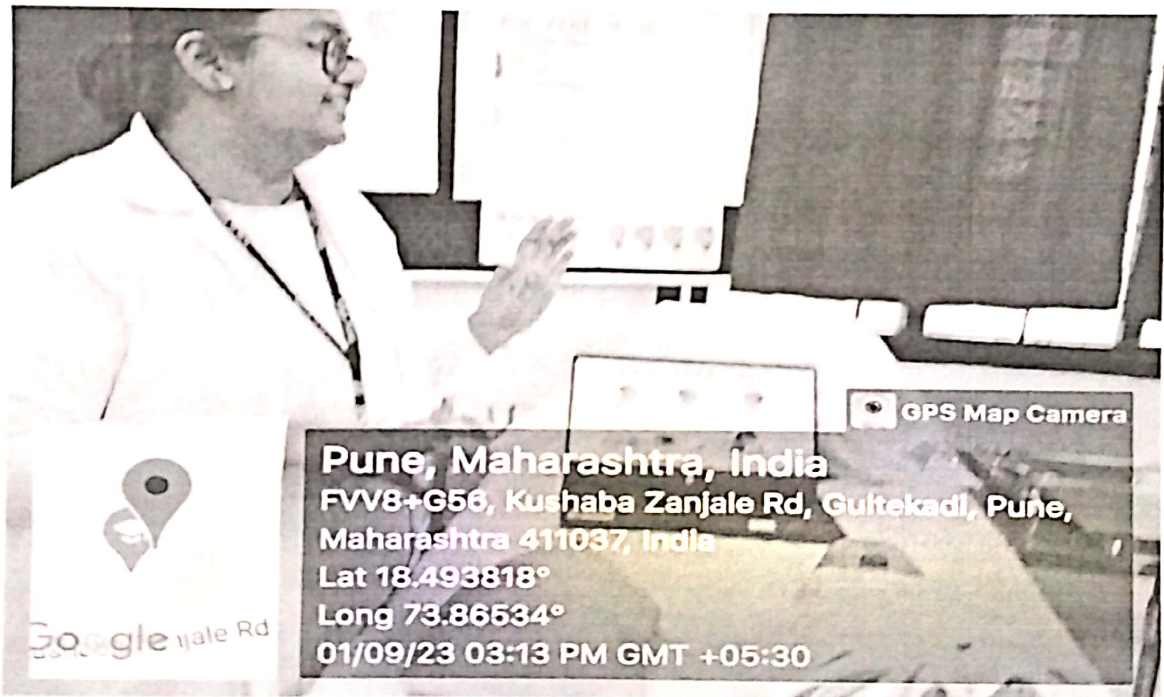
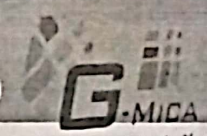




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**TILAK MAHARASHTRA VIDYAPEETH,  
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**NAME OF THE EVENT-** Skill Station On 'Breast Self-Examination'.

**ORGANIZER:** Nursing Department

**TIME AND DATE** – 01/9/2023                      Time –2:30-3:30 Pm.

**SPEAKER:** Ms. Radha W.Shinde

**PARTICIPANTS :** ANM Second Year and 3<sup>rd</sup> Year B.Sc. Nursing Students.

**VENUE:** Maternal And Child Health Lab ( MCH)

**TOPIC ADDRESSED:**

- Introduction to Breast Self-Examination
- Meaning of Breast Self-Examination
- Definition of Breast Self-Examination
- Various pattern to do Breast Self-Examination
- Steps of Breast Self-Examination
- Role of Midwifery Nurse in taking Breast Self-Examination

**Objectives:**

- A breast self-exam that you do for breast awareness helps you understand the normal look and feel of your breasts. If you notice a change in your breasts that seems abnormal or if you notice one breast is different when compared with the other, you can report it to your doctor.

**Specific objectives:**

- Breast Self-examination is a common screening method which is done by the patient herself as an effort to detect the presence of breast cancer in its earliest stages by




physically examining both the breasts for the possibility of any lumps, distortions, or swelling.

Under the guidance of Dr. Madhuri Shelke ( Principal TMV, INER, Pune) I have conducted Skill station on Breast self examination. The goal of conducting the skill station was to create the awareness about early complications and to improve the knowledge of females related to their reproductive health.

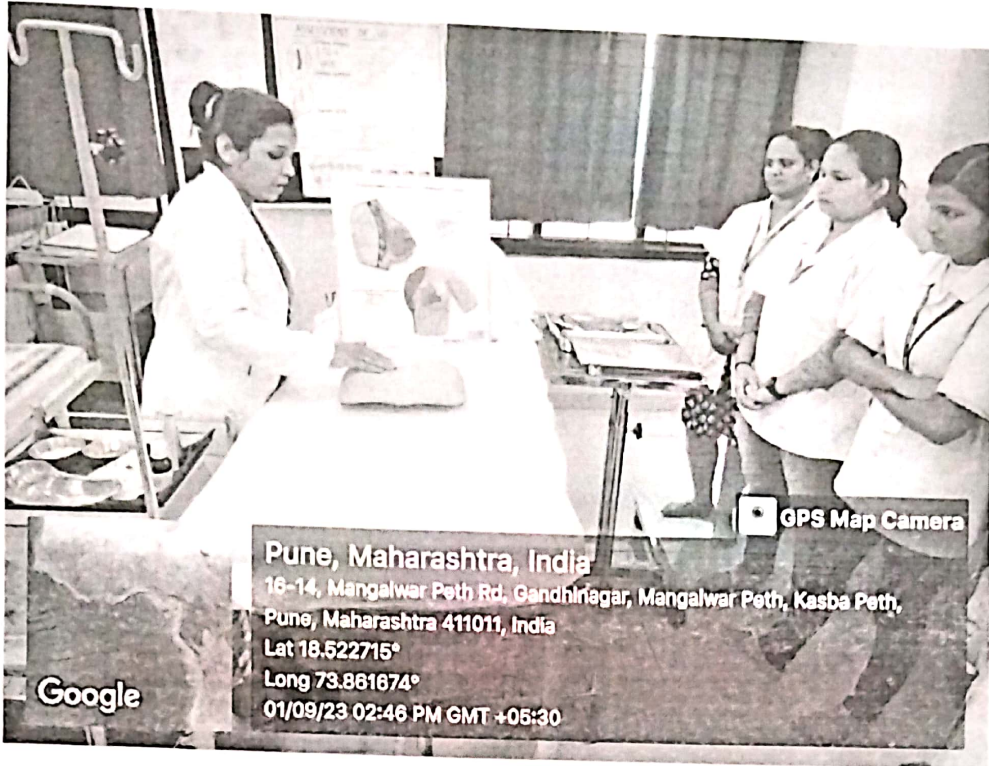
The session was very interactive along with discussion regarding the breast cancers and breast care during and after pregnancy and delivery.

At the end of the session, the effectiveness of the session was assessed through the question and answers and re-demonstration of Breast Self -Examination.

  
Prof. Dr. Madhuri Shelke

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





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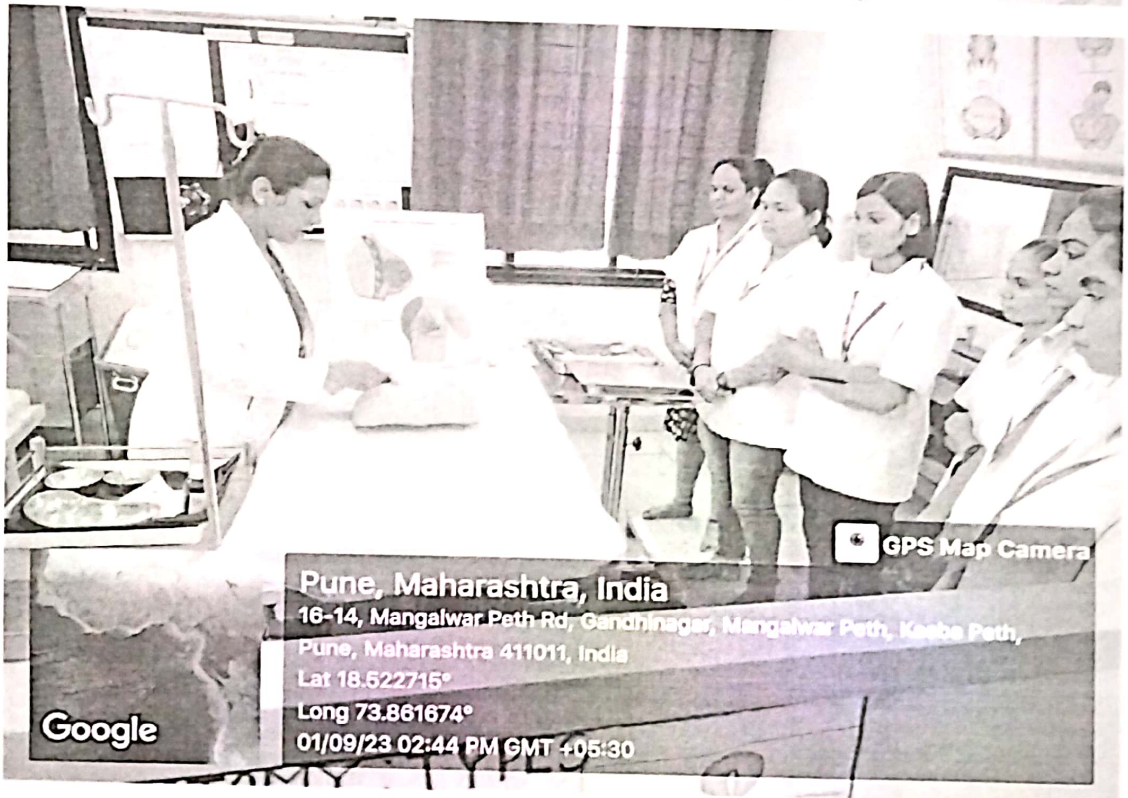






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**TILAK MAHARASHTRAVIDYAPEETH, INSTITUTE OF NURSING EDUCATION  
AND RESEARCH, GULTEKDI, PUNE**

**Name of the event:** National Grief Awareness Day 2023

**Organizer:** Nursing Department

**Venue:** 3<sup>rd</sup> Semester BSc Nursing Classroom TMV, INER Pune

**Date and time:** 06/09/2023 at 12.00pm-1.00pm

**Participants:** 3<sup>rd</sup> Semester BSc Nursing Students

**Speaker:** Mrs. Savita Kharat

**Topic Addressed:**

- Introduction to National Grief Awareness Day
- Importance to celebrate National Grief AwarenessDay
- Describe awareness Grief Process
- Provide Seminar on Grief process

Tilak Maharashtra Vidyapeeth, Institute of Nursing Education and research had organized the Seminar on Grief on 3<sup>rd</sup> semester students Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER, Pune). Seminar on Grief Awareness was successfully done for Students on the occasion of National Grief Awareness Day Programme. Grief is one of the most difficult feelings to deal with. But there is an important day to raise awareness of grief, loss, and discuss ways to cope with them. It's called National Grief Awareness Day, celebrated on August 30.

The faculty member such as Mrs. Savita Kharat and 20 students of third Semester B.Sc Nursing. They were involved in seminar on grief awareness. They were aware about cope up the situation and what are the stages of grief process in mental health status.

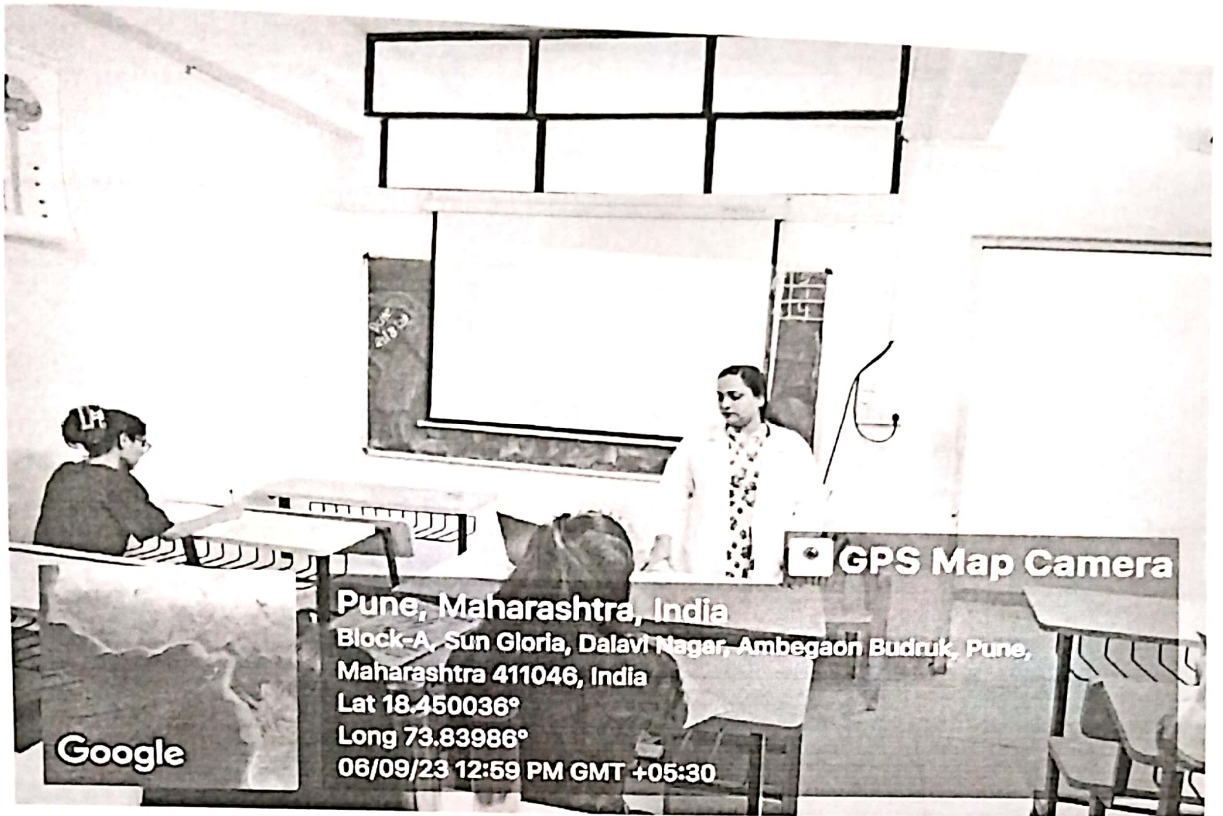
At the beginning of the session, knowledge was assessed by asking various questions, the importance of grief process and its stages in mental health. after the seminar the students have understood about grief process. After the session, again questions were asked to the students to assess the effectiveness of Seminar. The session was ended with vote of thanks by Mrs. Savita Kharat.

  
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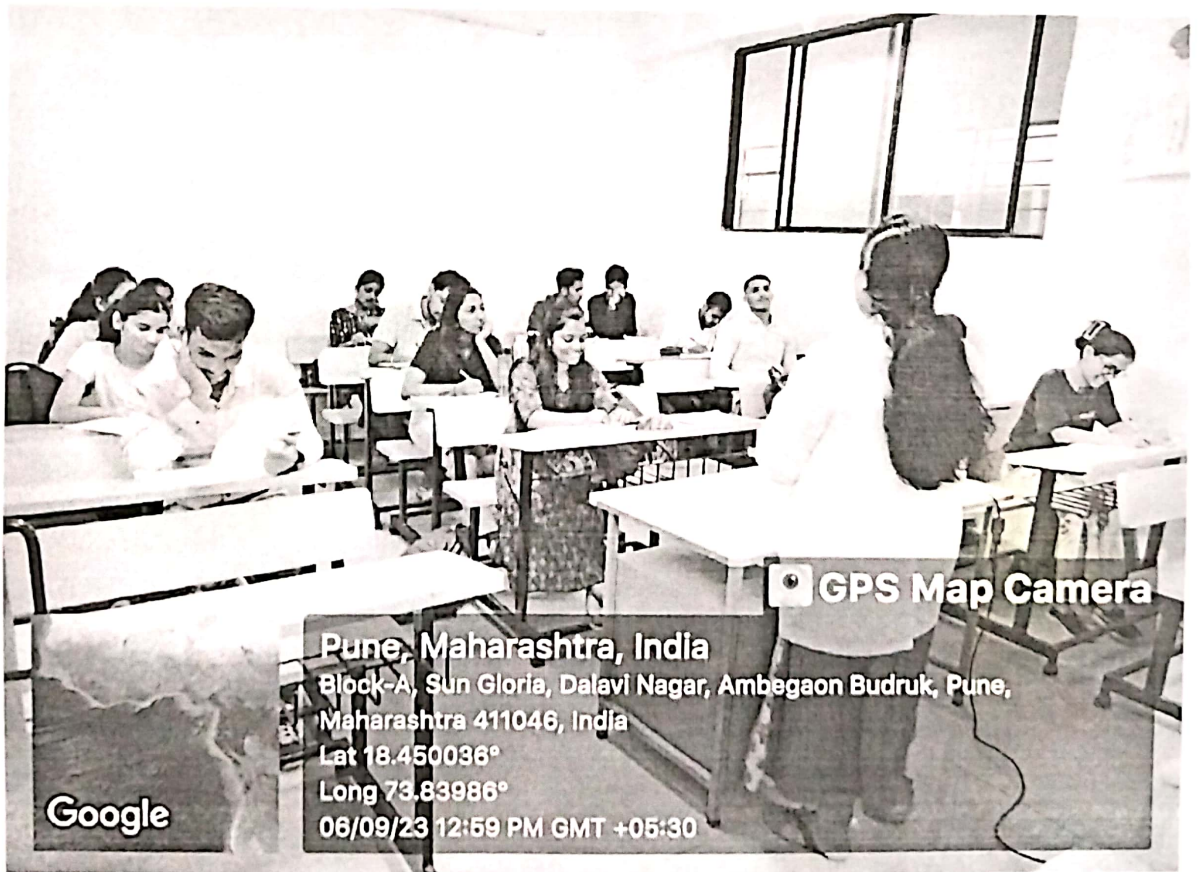




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**TILAK MAHARASHTRA VIDYAPEETH**  
**INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**Name of the event:** Skills station on Mental status examination

**Organizer:** Ms. Sneha Rajendra Patil

**Date and time:** 1.09.2023 at 3.30 – 4.30pm

**Participants:** 3<sup>rd</sup>Year Basic B. Sc. Nursing students

**Speaker:** Ms. Sneha Rajendra Patil

**Topic Addressed:**

- Introduction Of mental status examination
- Definition of mental status examination
- Purpose of mental status examination
- Preparation of book used in mental status Examination
- Procedure of mental status examination

Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER, Pune) .Ms. Sneha Patil (Lecturer) conducted the skill station on mental status examination. The scenario based skill station was conducted in lab.

The goal of the skills station was to improve the knowledge of the students related to mental status examination. At the beginning of the session, knowledge was assessed by asking various questions like:

1. When we perform mental status examination
2. Which procedure is carried out in psychiatric hospital for finalize the diagnosis.



3. what is mean by the mental status examinaton

During skills station explained about Introduction of mental status Examination, Definition,purpose of mental status examination,Preparation of book Used In mental status examination, Procedure of mental status examination.

After the session, again questions were asked to the students to assess the effectiveness of skills station and redemonstration taken by the students.

Knowledge regarding mental status examination was improved in the session.

The session was ended with vote of thanks by Ms. Sneha Rajendra Patil.



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