K.J. SOMAIYA SCHOOL AND
COLLEGE OF NURSING

Somaiya
Ayuvihar



K. J. SOMAIYA COLLEGE OF NURSING

Somaiya Ayurvihar Complex,
Eastern Express Highway,
Near Everard Nagar,
Sion (East), Mumbai – 400 022.
Email id: principal.nursing@somaiya.edu

Mission of Nursing College

Aspire and strive for excellence in education and service by creating a conductive teaching learning environment and developing the human potential of students for the benefit of the society.

Vision of Nursing College

Impart nursing education to prepare professionals who are knowledgeable, skillful, having professional attitudes for rendering nursing services at par with global standards.

Principal's Message





I consider it a privilege and honor to be promoted as the Principal of K. J. Somaiya School and College of Nursing.
The Institute offers 3 year Diploma Program in registered nursing and Midwifery and 4 years Graduate Program in Basic B. Sc. Nursing.
Nursing, according to me is a unique profession which has blend of Cognitive, Psychomotor and affective domain. Nursing education empowers one to lift oneself from darkness to light.

I feel that education should not be confined only to books, but empower oneself to explore various avenues. The students who join the institute are young with creative minds and ides of their own. Each of them has innate abilities and their own strengths. As a facilitator, mentor, educators it is our bound duty to tap their interest and to build and inculcate the right values amongst them. The focus of the institute is to develop the personality of the student and to prepare nurses with right knowledge, kind and proper attitude and updated skills.

I, as a Principal look forward to seeing the institute in limelight and to be recognized as one of the best Nursing Institute. The Institute thus strives hard in the overall development of the students as well as the faculty.

One of the activity by which we want to encourage the young buddies of today and showcase their talent is through annual Souvenir **"UDAAN".**

The title is apt as we want our students to spread their wings in all directions. We want them to take one step forward to explore the world with a new outlook and dimension.
In the End, I would just like to quote,

"When we look up it widens our horizon. We see what a little speck we are in the universe, so insignificant, and we all take ourselves so seriously. But in the sky there are no boundaries. So let your minds diverse and may your innovativeness not be constrained.

Mrs.Avani Oke



EDITOR'S DESK

"Learning gives creativity, creativity leads to thinking. Thinking provides knowledge: knowledge makes you great"

Dr. Abdul Kalam

True knowledge fuses religion and science and a concern for nature and humans. It is our proud privilege to present UDAAN 2015-16 K J Somaiya School and college of nursing. This is a time of great changes. In education too we see fast changes. The student today is an individual, is a real person with feelings of self-respect, sensitivity, responsibility and compassion. We need to recognize, appreciate, applaud and foster the fine blend of sensibility in a child and thus this UDAAN is to be viewed as a launch pad for the children's creative urges to blossom naturally and as a milestone that marks our growth. as the saying goes mind like parachute works best when opened. This humble initiative is to set budding minds free allowing them to roam free in the realm of imagination and experience to create a world of beauty in words. And it is our confidence which makes us believe that we will flourish in whatever endeavor we pursue. All these I believe would spur higher growth and enterprise in children.

My thanks to the principal, my colleagues, students and my dear friend whose endless efforts have been of immense help in breathing life into these pages.

Chief Editor

Miss. Varsha Francis.
Faculty

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REPORT OF ACADEMIC YEAR

The current academic year is commenced from 1st Aug for RGNM program and Basic BSc nursing program me except first year. The last date of admission for BSC Nursing was 30th Nov 2015.

Wide publicity was done well in advance by distributing pamphlets in 50 colleges through personal contact, e-mails were sent to 63 colleges and 50 colleges in Pune were sent the pamphlets through post. Posters too were displayed at various places along with advertisement on cable television and in newspapers. Incentives were given to present students and nursing staff to get candidates.

The efforts yielded good result.

1. Results:

Basic B.Sc. Nursing:

S. No.	Year	Overall Result
1.	1st B. Sc Nursing	74.28%
2.	2nd B. Sc. Nursing	100%
3.	3rd B. Sc. Nursing	100%
3.	4th B. Sc. Nursing	100%

RGNM Results:

S. No.	Year	Overall Result
1.	1st RGNM Result	100%
2.	2nd RGNM Result	100%
3.	3rd RGNM Result	100%

SCHOLARSHIPS

Shikshan Shulka Samiti:

The Fee approval from the Samiti for the year 2015-16 is as follows:

Revised General Nursing & Midwifery: Rs./annum

Basic B.Sc Nursing: Rs. 71,340/annum

The following students availed various scholarships:

Sr. No.	Name of the Scholarship	Amount Rs. P.	Names of the beneficiary	Class
1.	Samajkalyan Scholarship	31,603.00	Ms. Trunali Gabhane	1st yr B.Sc Nsg
2.	DMER Scholarship	25,000.00	Ms. D. Rebekah	1st yr B.Sc Nsg
		27,500.00	Ms. Pooja Phalke	1st yr B.Sc Nsg
		27,500.00	Ms. Phalguni Patel	1st yr B.Sc Nsg
		27,500.00	Ms. Anjali Kiwale	1st yr B.Sc Nsg
		21,000.00	Ms. Komal D	1st yr B.Sc Nsg
		21,000.00	Ms. Minal Pawar	1st yr B.Sc Nsg
		32,500.00	Ms. Priyanka Jagdale	1st yr B.Sc Nsg
		32,500.00	Ms. Mymuda Begam	1st yr B.Sc Nsg
		32,500.00	Ms. Nilam M	1st yr B.Sc Nsg
		32,500.00	Ms. Minal Pawar	1st yr B.Sc Nsg
		32,500.00	Ms.Khushbu Kori	1st yr B.Sc Nsg
3.	Maulana Azad Loan Scholarship	48,000.00	Ms. Reena L	1st yr Rgnm
4.	GeetaIsrani Scholarship	15,000.00	Mr. Pritesh Jadhav	1st yr Rgnm
		15,000.00	Ms. Asmita Bharbhare	1st yr Rgnm
		15,000.00	Ms. Megha Loke	1st yr Rgnm
		15,000.00	Ms. Lalita Desai	1st yr Rgnm
		16,000.00	Ms. Chitrakshi Padval	1st yr Rgnm
		16,000.00	Ms. Prachi Karekar	1st yr Rgnm
		16,000.00	Ms. Sakshi Baikar	1st yr Rgnm
		16,000.00	Ms. Pranali Ghade	1st yr Rgnm
5.	Victoria Community Trust	71,000.00	Ms. Shama Ali	1st yr Rgnm
		53,000.00	Ms. Jugal Salve	1st yr Rgnm
		25,300.00	Ms. Akshay Magar	Internship
		25,300.00	Ms. Prachi Mahadik	Internship
		25,300.00	Ms. Darshana Kadam	Internship
		25,300.00	Ms. Rajashree Salunkhe	Internship
6.	Ranganathan Scholarship	27,000.00	Ms. Kavita Gupta	1st yr Rgnm
		37,750.00	Ms. Madhu Waghmare	1st yr B.Sc. Nsg

Sr. No.	Name of the Scholarship	Amount Rs. P.	Names of the beneficiary	Class
7.	Naraindas Morbai Budhrani Trust	15,000.00	Ms. Ananoor Gracy Samuel	4th yr B.Sc. Nsg
		20,000.00	Ms. Borra Florine James	4th yr B.Sc. Nsg
		20,000.00	Ms. Shekdar Seena	3rd yr B.Sc. Nsg
8.	Sidharth Scholarship	25,000.00	Ms. Reena Lazarus	2nd yr Rgnm
		25,000.00	Ms. Arpana Wankhede	3rd yr Rgnm
		25,000.00	Ms. Swarali Sawant	2nd yr B.Sc. Nsg
		25,000.00	Ms. Priyanka Jaiswar	3rd yr B.Sc. Nsg.
		25,000.00	Ms. Surya E.	4th yr. B.Sc. Nsg.



A NEW SUNRISE

Beggars on the roadside,
A child full of tears in eyes,
Due to hunger poverty dies,
Millions are killed when terror rise,
Corruption kills humble and wise,
Worst of all is female foeticide,
Droughts and famines are also worldwide,
Criminals are kept in limelight,
Education depends on donor's price,
Public servant's life's are king sized,
Today's trend is population rise,
Pollution day-by-day is maximized,
World is full of problems oversized,
Solution is very difficult to recognize,
To get rid of these problems has to emphasize,
Just a view towards is needed for **A New Sunrise.**

Ramita Jilla
1st YEAR BSC NURSING

INSPIRATION LINES

Each one of us
this earth has it.
The ability to lead
. . . and inspire
Sometimes
Our work
Feels small
and
insignificant.

But remember,
Small ripple can
gain momentum. . .
and build a current
that is insurmountable.
Begin with a one small step
Don't let others stand
In your way
Walk our own
Path.
Some may laugh. So what. . .
Many will follow.

Don't ever give up
Success. . .
Seems to be
Largely a matter
of **Hanging On**
after others have
let go.
Fear keeps people small.

Run towards your fears.
Embrace them.

On the other side of your
greatest fears live your
greatest life.

Get out of the stand.
Get on the court.
Play the game of life.
Take risk.
Leap, and
the net will
appear.

Be positive
what you
think, is who
you become.
Dream. Dream big
Feel it.
Believe it.
Achieve it.

Whatever your
dreams are. . .
go for it!
You will inspire others.

Extend a hand
Care.
Be kind.
When someone does
something good, applaud!
You will make
two people happy
Be a positive role model
Be the change you
want to see in the

world.
Make a difference
Now
Is The Time To. . .
Lead Out Loud

Manish S. Chaudhari
1st yr. B.Sc. Nursing

PROBLEM OF CHILD SEXUAL ABUSE IN INDIA



"Childhood should be carefree, playing in the sun, not living a nightmare in the darkness of the soul." [A famous quote by Dave Pelzer, A child called "It"].

In India child abuse is more common, India is the second largest child population in the world, 42% of India's total population is below Eighteen years."Child abuse is the physical or psychological maltreatment of child. According to the WHO, "child sexual that he or she does not fully comprehend, is unable to give informed consent to, or that violates the laws or social taboos of society."

In India, child abuse occurs in various spaces including the home, neighbourhood, schools, and temporary homes of shelter for abandoned and neglected children, railway platform, jails and refugee camps. The problem is deep rooted and is one that the community is hesitant to accept and acknowledge.

Child abuse is shrouded in secrecy and there is a conspiracy of silence around the entire subject. In fact there is a well entrenched belief that there is no child abuse in India and certainly there is no sexual abuse in the country. Further kind of traditional practices that are accepted across the country, knowingly or un-knowingly amount to child abuse.

Existing socio-economic conditions also render some children vulnerable and more at risk to abuse, exploitation and neglect. It is about time that we recognize this and take remedial measures lack of Empirical evidence and qualitive information on dimension of child abuse and neglect makes it difficult to address the issue in a comprehensive manner.

The recent statistic, the number of actual child victims who suffered sexual abuse in 1999 is approximately 88,238. This compares to 10,000 to 20,000 cases of child sexual abuse cases substantial and accepted for service by agencies in 1970s and 1980.

The Deva Sting Impact

Child sexual abuse is the murder of innocence. A victim of this terrible crime may thereafter never live a normal, happy, healthy, and secure life because they face an increased risk of suffering an array of deva sting short and long term consequences. The link between sexual abuse and negative consequences for victims has been the subject of several clinical reports and research studies over the past two decades. Frequently reported short-term effects include anger, hostility low self-esteem, conduct disorders, delinquency, in appropriate sexual behaviour, teen pregnancy, trances, poor performance in school, substance abuse, and running away.



Potential long term impact include sexual disturbance, depression, suicide, tendencies towards victimization, alcoholism, drug abuse, chronic unemployment, violence, and sexual abuse of others.

Sexually abused children also have a high risk of becoming dysfunctional parents. As adults they may have serious difficulty trusting others and maintaining long lasting relationship. They also have a tendency to become involved in criminal behaviour, including child sexual molestation, when they grow, These types of propensities demonstrate how child sexual abuse can perpetuate itself and have a detrimental impact on future generations.

Child sexual abuse cases are difficult to successfully prosecute because one or more of following obstacles are usually present in typical case. Victims are young and have a difficult time giving testimony about sensitive and traumatic incidents in the unfamiliar and intimidating setting of the courtroom.

Currently, the Indian Constitution recognizes various crimes against children that are linked to their sexual abuse. The Immortal Traffic (Prevention) Act that protects children below the age of 16 from being used for the purpose of commercial sex. The Juvenile justice Act Section 26 (Exploitation of Juvenile or child employee) provides for punishment if a person procures a juvenile for hazardous employment. The prohibition of child Marriage Act also makes punishable the practice of Marrying girls under age of 18 and boys under 21. In addition to their legislation there is also a commission for protection of rights of children which inquires into various violations of child rights and recommends initiation of proceeding as seen necessary.

Current Measures to Prevent Child Abuse.

The Protection of children from sexual offences Act and Rules 2012.

While this act comprehensively deals with all manner of sexual offences, reporting Mechanism and subsequent penal Consequences, very few parts of it look only at preventive Measures. Section 19 is worth Mentioning here as it makes it Mandatory upon any person who has an apprehension that an offence is likely to be committed, to report to same to the (Special Juvenile police unit) or local police.

The Draft of prevention of sexual offences against Children Bill 2011 delineates various kinds of sexual abuse and prescribed responses to each under law. It clearly distinguish between sexual assaults, aggravated sexual assaults, penetrative sexual assaults, aggravated penetrative sexual assault and sexual harassment.



Child abuse was and continuous to be, one of the most heinous crime designed and perpetuated by human being against some of most vulnerable and defenceless sections of community. It is a Malace on society that prides itself on the rule of law democracy and various freedom Enshrined in the constitution.

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Education plays a vital role in transforming a society by making its children more aware open minded and independent child sexual abuse should come to the end.

So I Conclude by saying "please protect our nation from child sexual abuse."

"A statue stands in a shaded place
An angel girl with an upturned face
A name is written on a polished rock
A broken heart that the world forget."

(By : Martna Mc Bride)

Ms. Karthika Vengadachalam

4th year Bsc nursing.

Teaching Faculty & Staff 2015-16

1st Year Bsc-N	Mr. Mohammad Atif
	Mrs. Anita Kapur
	Mrs. Neena Nair
	Mrs. Smita Warulkar
2nd Year Bsc-N	Mrs. Sushma Pandey
	Mrs. Ancy Antony
3rd Year Bsc-N	Mrs. Ranita Kurien
	Mrs. Florence Correia
	Ms. Swati Bhalerao
4th Year Bsc-N	Mrs. Shweta Naik
	Mrs. Joylene Soares

1st Year Rgnm	Mrs. Bincy Jobi
	Mrs. Rashmi Chavan
	Mrs. Anjali Kulkarni
2nd Year Rgnm	Mrs. Jovita Annie Alex
	Ms. Varsha Francis
	Mrs. Sheetal Anil
3rd Year Rgnm	Ms. Hannah Roseline D.
	Ms. Arya Thomas
	Mr. Mohammad Yusuf Ali
Rgnm Internship	Mrs. Monica D'souza
	Mrs. Riya Kaur Gill
Non Teaching Staff	Mrs. Chhaya Deshpande
	Mrs. Jayshree Dhavale
	Mr. Prathamesh Parab
Non Teaching Staff	Mrs. Jyoti Purani
	Mr. Kishor Chauhan
	Mr. Narayan Badagi

FINDING HUMANITY

Son and father went to a temple,
Suddenly son shouted
after seeing the pillars of lions
at the Entrance of the temple 'Run dad or those lions will eat us'

Dad consoled him saying
'they are just statues and won't harm us'

Son replied
"If those lion statues won't harm us,
then how could statues of god give us blessings"

I am still speechless on that child answer
and have started searching for god in humans instead
of statues...

I didn't find god but I found humanity.



IRAM SHAIKH
RGNM 1ST yr

TEN COMMANDMENT OF GOOD HELTH

- Eat a balanced diet.
- Drink 8 glasses of water in an entire day, whatever may be the season.
- Choose prevention over cure.
- Check up lifestyle related risk factors.
- Take break to break Stress.
- Think positively.
- Follow an exercise regime.
- Prepare yourself for whatever is to come.
- Plan ahead and stick to it.
- Change your lifestyle before your lifestyle changes you.

Reena Lazarus
2nd yrs RGNM

Faculty achievements

1. K. J. Somaiya School and College Of Nursing received the Best Institute award for Founders Day celebration on 9th September 2015.

2. Ms. Smita Warulkar was awarded the excellence in teaching award for Somaiya Founder's day celebration in September 2015.

3. Mrs. AvaniOke presented a session in a State level Conference on Genetics organized by LeelabaiThackersey College of Nursing on 9Th October 2015.

4. Ms. Florence corriea conducted a research titled " An exploratory study to assess the opinion of students and teachers on OSCE" and it was selected for poster presentation and Souvenir for the National Conference organized by Bharati Vidyapeeth Deemed University College of Nursing from 10th to 12th December 2015. Ms. Bincy J was Co investigator in this study.

5. Mrs. Avani Oke was invited as a resource person to present a session on, "Assessment of renal system" for a workshop on," Renal care -Your Lifeline" on 27th November 2015 at Saifee Hospital.

6. Mrs. Avani Oke has been selected to attend the meeting on 11th December 2015, as a member on a committee formed by MUHS to initiate and decide the placement of Midwifery and examination from 3rd year to 4th year in B. Sc Nursing.

Workshops and other activities

1. A 3 day workshop on Basic Medical Education Technology (MET) approved by MUHS was organized in collaboration with K.J. Somaiya College of Physiotherapy. 30 participants attended the workshop. Ms. Ranitha Kurien and Ms, Swati Bhalerao were the co -ordinators.

2. A rally was organized on World Heart Day(9th September 2015) to emphasize on clean environment leads to good heart. Students had prepared posters and street play was performed by 3rd YrB.Sc and 3rd Yr RGNM Nsg. students. The Co-ordinators were Mr. Yusuf Mohd, Ms. Monica, Ms. Joylene and Ms. Smita.

3. A basic CPR workshop was organized for IT Engineering students, Ayurvihar on account of World Heart Day. 39 students participated and it was appreciated by all. The trainers for the workshop were Ms. Jovita and Mr. Atif.

4. Monthly in-service was conducted by teaching faculty to the nurses and in-charges of K. J. Somaiya hospital.

5. In-service education on IV cannulation was conducted for the nurses of K. J. Somaiya Hospital on 27th November 2015 by Mrs. Sushma Pandey.

In Service Education

1. Ms. Geetanjali, Ms. Sushma, Ms. Jovita and Ms. Hannah attended a one day workshop for training of trainers on Neonatal resuscitation on 12th June 2015 organized by Sion Hospital.

2. Mrs. Avani Oke attended a Principal's Meet on 4th and 5th July 2015 at Datta Meghe Institute of Nursing Education, Wardha on " Nursing Education 2025- Challenges and reforms."

3. Ms. Anita, Mr. Atif, Ms. Bincy, Ms. Anjali along with 20 students each from RGNM and B.Sc Nursing attended the literary festival at Somaiya, Vidyavihar.

4. Ms. Shweta, Ms. Hannah attended a genetics State level conference on 8th and 9th October 2015 organized by L.T. College of Nursing, SNDT Women's University. The theme was," Genetics- the Transcript of life."

5. Ms. Neena Nair and Ms. Anita K attended a one day workshop on Identification and Management of speech and language disorders organized by Ali Yavar Jung Institute on29th October 2015.

6. Ms.Bincy J and Ms.Jovita J attended a training workshop organized by MNC at Cama Hospital for implementation of the New Revised General Nursing and Midwifery program on 27th and 28th November 2015.

7. Ms. Florence C and Ms.Jovita attended a National Conference on "Synergizing
for excellence in nursing Education" organized by Bharati Vidyapeeth Deemed University College of Nursing on 10th to 12th December 2015.

8. Ms. Varsha Francis attended a workshop on 11th and 12th December 2015 at Tata Memorial Hospital on," Cancer rehabilitation- Role of

नवीन वर्ष

नवीन वर्ष सुरु झाले २०१६
आरोग्य मंत्र देऊ सर्वा ह्रीदय रोग टाळा

नका ओढू सिगारेट, तंम्बाकु, तर द्या सोडून
मद्यपानाचे नावच नको, कुटूंबालाचं टाकते मोडून

विनाकारण ताण, वादविवाद कुटूंबात निर्माण करु नका
आहारावर नियंत्रण नक्की, तेलकट तुपकट खाऊ नका

हसून खेळून आयुष्य जगा, विनोदबुद्धी हि ठेवा
देवाला मानत असाल तर, देवासाठी हि वेळ द्यावा

गव्हांकुर आणि विटामिन युक्त, आहारावर भर द्या
सलाड सह आहारावर जास्तच लक्ष द्या

रोज नियमित व्यायाम अन्न, वयस्कांनी विसरु नका
नियमित रक्त दाब तपासणी - वैद्यकीय सल्ला सोडू नका

Mrs. Anjali Kulkarni
Faculty

TENSION

The moment you are in tension,
You will lose your attention
Then you are in total confusion
And you feel total irritation
Then you will spoil personal relation
Ultimately you won't get co-operation
Then you may have to be in medication,
Instead, understand the situation,
And try to think about the solution,
Many problems could be solved by discussion
You will do better in your profession
If you understand my intention
You will never again get tension

IRAM SHAIKH

RGNM 1ST year



खेल ज़िंदगी का।

खेल ज़िंदगी का।

ज़िंदगी दो पल की जी ले उससे पूरा।

सच्चा प्यार एक बार तो ज़रूर होगा पर रह जायगा वो अधूरा।

प्यार करते नहीं है हम, हो जाता है।

ज़िंदगी का मोड़ रास्ते में हे बदल जाता है।

लगता है हम सातवें आसमान पर उड़ रहे है।

पर हकिकत मे हम खाई मे गिर रहे होते है।

जब समाज अति है, हमारी ग़लती कही के ना रहती है।

हम तुक्कड़र हो जाते है ज़िंदगी के।

सब लोग ताने मारते है हर कदम।

बदल ने की हर कोशिश कर लेते है।

नई ज़िंदगी शुरु करने का प्रयास करते है।

हिम्मत चाहिए सिर उठाकर जीने की।

तो फिर हर ग़लती को सुधारने की कोशिश करते है।

ज़िंदगी ने एक और मौका दिया है जीने का।

तोह जी भर के इसका आनंद लो, प्यार करो सबसे।

पर देखने का नज़रिया बदलो।

ना दोहराओ बिता हुए कल। फिरसे ज़िंदगी ना मिलेगी दोबारा।

सबको खुश रखो मरते दम तक, यह जीवन है प्यार भरा है हमारा।

Madhura R Jathar
Fy Bsc Nursing

A VISUAL JOURNEY

COMMUNITY EXPERIENCE











NEW LEARNING EXPERIENCES













SPECIAL DAYS















FESTIVE DELIGHT



SAPTARANG











BEYOND THE CLASSROOMS





A Child gives birth to Mother

Never knew that I could love someone unseen and not formed,
But knew that I was blessed, when I heard an extra lub dub sound.
Every month You grew and your growth made me walk proudly,
Days were difficult but excitement to its maximum.
The final pain was too much to bear,
But never knew that after seeing You, I could both laugh and cry.
Bright eyes, black hair, creamed skin...
Truly, You were the same as I had dreamed.
All Happy...
Life changed with this role...
By doing rock and roll in Your every milestone.
Days and nights were the same,
All the time – You, You and You...
Relatives and friends came from miles,
You charmed them with your smile.
As I chalked out your future plans,
I was awaiting for You to talk.
Your first train travel and Your first play in the rain
Your first smile and Your tantrums
It's a great feeling...
To see my trait in You.
As I loved and cared for You, I realized that even my Mother had loved and cared for me in Unconditional love, patience, gratitude, humility, sacrifice was all that She might Have also the same way.
done for me.
I never knew that I had all these qualities until You were born.
Truly..
You gave birth to the Mother in Me...

-By Ms. Florence Correia
Faculty

ACADEMIC ACHIEVEMENTS YEAR 2014-2015

RGNM PROGRAMME

Sr. No.	Name of Student	Year
1.	Ms. Khan Farheen Ayub	First year Rgnm Examination
2.	Ms. Rambade Kanchan Chandrakant	Second year Rgnm Examination
3.	Ms. Lokhande Rupali Janardan	Third year Rgnm Examination
4.	Ms. Rina Jagushte	Internship Examination

HIGHEST MARKS IN SUBJECTS

Sr. No.	Name	Subject	Year
1.	Ms. Shaikh Nafisa Nagurmira	Coomunity Health Nursing-I	1st Year Rgnm Examination
2.	Ms. Murugan Roshini Priyanka	Fundamentals Of Nursing	1st Year Rgnm Examination
3.	Ms. Kadam Mayuri Narayan	Medical Surgical Nursing-1	2nd Year Rgnm Examination
4.	Ms. Rambade Kanchan Chandrakant	Medical Surgical Nursing- 2	2nd Year Rgnm Examination
5.	Ms. Agawane Anjali Rajendra	Psychiatric Nursing	2nd Year Rgnm
6.	Ms. Lokhande Rupali Janardan	Midwifery & Gynecological Nursing	3rd Year Rgnm
7.	Ms. Nipurte Vishakha Dattatraya	Community Health Nursing- 2	3rd Year Rgnm
8.	Ms. Jaiswal Anshika Parmanand	Paediatric Nursing	3rd Year Rgnm
9.	Ms. Lokhande Rupali Jaardan	Paediatric Nursing	3rd Year Rgnm Examination
10.	Ms. Salunkhe Rajeshri Krishna	Paediatric Nursing	3rd Year Rgnm Examination

FIRST RANK FOR ACADEMIC YEAR 2014-2015
BASIC BSC-PROGRAMM

Sr. No.	Name of Student	Year
1.	Ms. Sawant Swarali Srikant	First Year B.Sc Nursing Examination
2.	Ms. Korpade Kajal Sanjay	First Year B.Sc Nursing Examination
3.	Ms. Shekdar Seena Bhimray	Second Year B.Sc Nursing Examination
4.	Ms. Sawant Ankita Shrirang	Third Year B.Sc Nursing Examination
5.	Mr. Rathod Vishnu Haribhau	Fourth Year B.Sc Nursing Examination

HIGHEST MARKS IN SUBJECTS

Name	Subject	Year
Ms. Pookandy Akshaya Ramesh	Fundamentals Of Nursing	1st Year B.Sc Nursing Examination
Ms. Priyanka Gangurde	Medical Surgical Nursing-1	2nd Year B.Sc Nursing Examination
Ms. Shekdar Seena Bhimray	Community Health Nursing-1	2nd Year B.Sc Nursing Examination
Ms. Sawant Ankita Shrirang	Psychiatric Nursing	3rd Year B.Sc Nursing Examination
Ms. Devendra Surya	Medical Surgical Nursing- 2	3rd Year B.Sc Nursing Examination
Ms. Sawant Ankita Shrirang	Paediatric Nursing	3rd Year B.Sc Nursing Examination
Ms. Kori Khushbu Shyamlal	Midwifery & Obstetrical Nursing	4th Year B.Sc Nursing Examination
Ms .Sheetal Upsham	Community Health Nursing-2	4th Year B.Sc Nursing Examination

Students achievements:

The students showed outstanding performance in various activities and few of the achievements are as follows:

Sr. No.	Event	Prize	Name of the student's	Class
1.	Street play on ORS organized by Indian Academy of Pediatrics, LTMG Hospital, Sion	2nd	Mr. Akshay Magar and group	RGNM internship
2.	Essay writing organized by Indian Academy of Pediatrics, LTMG Hospital, Sion	3rd	Ms. Seena Shekdar	III yr B.Sc. Nsg
3.	Poster making on Eye donation organized by Ophthalmology dept, K. J. Somaiya Hospital	1st	Ms. Madhura Jathar	I yr B.Sc. Nsg.
4.	Ganesh Utsav, K. J . Somaiya Hospital			
	Poster Making :	1st	Ms. Madhura Jathar	I yr B.Sc. Nsg.
		2nd	Mr. Damotharan Adimoolam	3rd yr Rgnm
	Rangoli	1st	Ms. Ashwini Pawar	2nd yr Rgnm
		2nd	Ms. Vishakha Ade	Rgnm internship
		3rd	Ms. Nandini Naidu	I yr B.Sc. Nsg.
	Best out of waste	1st	Ms. Mahima Shastri Ms. Shibarani Shastri	3rd yr Rgnm 2nd yr Rgnm
		2nd	Ms. Vishakha Ade Ms. Reena Lazarus Ms. Ruchira Rane	Rgnm internship 2nd yr Rgnm 2nd yr Rgnm

Sports achievements

Date	Event	Activities
03/10/2015	MUHS sports (Mumbai zone)	20 Students participated Mr. Rasulraj Maske 3rd prize in Triple Jump Ms. Shraddha Shinde 2nd prize in 400 meters running
03/03/2016	Akarshan 2016, SPL Trophy	11 Students participated

Students SNA Biennial conference

Winners of XXVI Maharashtra State SNA biennial Conference 2015 held at Bel Air College of Nursing, Panchgani

Sr. No.	Event	Prize	Name of the student/s	Class
1.	Mr. SNA	1st	Mr. Joel Alphonso	T. Y. B.Sc. Nursing
2.	Solo dance	1st	Mr. Sunil Lawang	F.Y.R.G.N.M.
3.	Solo dance	2nd	Ms. KrantiKangane	F.Y.B.Sc.Nursing
4.	Poetry	2nd	Ms. SwaraliSawant	S.Y.B.Sc.Nursing
5.	Javelin throw	2nd	Mr. AkshayDethe	R.G.N.M. Internship
6.	Javelin throw	3rd	Mr. Rasulraj Maske	S.Y.B.Sc.Nursing

Ms. Madhura Jathar participated in on the spot painting competition at State SNA Level. Posters on various topics were sent for the SNA Biennial Conference 2015.

National Biennial Conference at Chattisgarh –
Mr. Joel Alphonse participated in the personality contest.

Ms. Amruta Joshi 3rd year B.Sc. Nursing student attended a one day leadership Camp organized by MUHS on 18th November, 2015.

Conferences Attended

i) 6 students of 3rd year B.Sc. Nursing attended a CME on "Essentials in Palliative Care" organized by Tata Memorial Hospital on 10th October, 2015.

ii) 19 3rd yr B.Sc Nursing students attended a state level Conference at L.T. College of Nursing, SNDT Women's University on 5th and 6th October 2015. The theme was," Disaster unpredictable_____Are you ready?

iii) 25 2nd yr B.Sc Nursing students attended a genetics State level conference on 8th and 9th October 2015 organized by L. T. College of Nursing, SNDT Women's University. The theme was," Genetics- the Transcript of life."

SIMPLE STEPS TO HEAD OFF THE MIGRAINE





Pranayamais the bestway to control and cure migraine.

Drink Plenty Of Water. Make sure that you consume at least 6 to 8 glasses of plain water daily to reduce the outbreak of migraines.

Avoid caffeine drinks are known to increase migraines.

Peppermint smell will aid in reducing head pains.

Ginger is known for its anti-inflammatory and digestive properties. Ginger smell can help to reduce nausea which might induce migraine.

Rubbing temporalpart of the head might help in reducing migraine pain.You can also use some pain balm on your head and apply it gently on both sides of the temples gently to alleviate pain.

Whole body massage once a week will help to relieve stress and tension and reduce migraine.

Meditation is one of the easy ways to de-stress and to relax your body and mind.Make sure that you meditate every day to see effective results.

Cool your head by using the cold compress technique of wrapping cubes of ice in a towel and applying it to your forehead and temples. At the same time, dip your body in a tub of warm water for 15 minutes will reduce your migraine.

Light Exercise is an effective way to prevent and treat migraines.

Avoid Alcohol: You need to completely avoid alcohol if you are a person who suffers from migraine problems.

Hydrogen Peroxide Bath asHydrogen peroxide is a good detoxicant that will reduce your headaches and pains.

Mint or Chamomile tea every day will help your body to relax and prevent migraines.

Supplement of riboflavin (vitamin B2) daily intake significantly reduces migraines.

Relaxation Techniques such as massage can ease neck and shoulder spasms, yoga that focuses on mindfulness.

Mrs. Sushma Pandey

Faculty

❀ कळी ❀

ये आई मी तुझी तान्ही बाळी
ऐक ना ग माझी हाक,
मला तुझीच हवी आहे साथ ।।ध्रु।।

मी तुझीच आहे ना ग कळी?
पण तू माझा का घेणार बळी!
फुल बनून फुलेन मी,
फुलपाखरु बनून बागडेन मी
ऐक ना ग माझी हाक,
मला तुझीच गवी आहे साथ ।।१।।

कित्येक दिवस मला लागली आस,
आज तू त्याचा करणार आहेस ऱ्हास
अंत माझा करू नको,
मातेची ममता मारु नको
ऐक ना ग माझी हाक,
मला तुझीच हवी आहे साथ ।।२।।

तुझ्या मायाळू हाताने मला तू गोंजारशील का?
बाबांचा हात धरुन मी पाऊल टाकेल का?
तुझ्या मायेच्या गाभाऱ्यातून मला बाहेर यायचे आहे
सुंदर अशा जगामध्ये माझे अस्तित्व बनवायचे आहे
ऐक ना ग माझी हाक,
मला तुझीच हवी आहे साथ ।।३।।

-प्रा. स्वाती ज. भालेराव (M.Sc. - Psychiatry Nsg.)

S.N.A. UNIT (Year 2015-2016)

The Student Nursing Council Elections were held in the month of May 2015 by using secret ballot. The council was formed and the members include:

SNA President : - Mrs. Avani Oke (Principal)

SNA Advisors : - Ms. Monica D'Souza, Ms. Joylene Soares, Ms. Varsha Francis

Mr. Md Yusuf Ali.

Vice President : - Ms. Surya Elayaperumal, Mr. Damodharan Adimoolam

Secretary : - Ms. Amruta Joshi, Ms. Anjali Agawane

Treasurer : - Mr. Prabhat

Co-Treasurer : - Ms. Maansee Mishra,

Each class 2 SNA Representatives

S. NO.	YEAR	NAME OF STUDENT
1.	1 BSC-N	Ms. Ashwini Sawartkar Ms. Ruksar Shaikh
2.	2 BSC-N	Ms. Swarali Sawant Mr. Prasad Chavan
3.	3 BSC-N	Ms. Seena Ms. Sandhya Mary
4.	4 BSC-N	Ms. Mymuda Bejum Ms. Usha Acharya
5.	1 GNM-N	Ms. Prachi Mr. Jugal
6.	2 GNM-N	Ms. Ruchira Ms. Shabnam
7.	3 GNM-N	Ms. Shilpa Ms. Smita

ACTIVITIES

The students participated in various activities throughout the year which are as follows:

Date	Event
22/08/2015	Saptarang Talent Fest Part-1.
14/09/2015	1st G.B.M. , Welcome party, Onam.
15/09/2015	Saptarang Talent Fest Part-2.
29/09/2015	World Hearth Day (Rally)
06/10/2015	Navratri Celebration & Mental Health Day
19/10/2015 to 24/10/2015	Breast Cancer Awareness
29/10/2015 to 31/10/2015	26th S.N.A. Maharashtra State Biennial Conference
06/11/2015	Diwali Celebration & Alumni Meet
12/12/2015	Annual Sports Meet
22/12/2015	Annual day
24/12/2015	Christmas Celebration & Farewell to Internship students (RGNM)

Saptarang Celebration

The competitions included were - Floor Decoration/ Rangoli, Mehandi, Salad Decoration, Hair Styling, Solo Dance, Group Dance, Fancy Dress Competition, Solo Singing, Landscape Painting, Elocution, Essay Writing, On The Spot Painting.

Sports Day:

The competitions included were - Athletics: 100mtrs, Athletics : 200mtrs, Athletics: Relay, Cricket, Tug of war, Shot-put, Javelin throw, Kabaddi, Discuss throw, chess, carom, 3 Legged race.

Winners of M.U.H.S. Inter zonal Sports Meet 2015 held at Panvel

Event	Activities
MUHS sports (Mumbai zone)	20 Students Participated Mr. Rasulraj Maske - 3rd in Triple Jump Ms. Shraddha Shinde - 2nd in 400 meters

WALKING FOR HEALTH

Walking is one of the easiest and least expensive ways to stay physically fit. It's also a versatile form of exercise that can be done indoors or outdoors, and you can tailor the intensity of your exercise based upon your individual abilities and goals. It's underrated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active.

Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers. In one study, mortality rates among retired men who walked less than one mile per day were nearly twice that among those who walked more than two miles per day. According to the long-term Nurses' Health Study, which follows the habits and health of 72,000 female nurses, three hours of brisk walking each week (that's just 30 minutes per day) can lower a woman's risk of heart disease by 30% to 40%. Before you start

A pair of shoes is all the equipment you really need. Any shoes or trainers that are comfortable, provide adequate support and don't cause blisters will do.

Wear loose-fitting clothing that allows you to move freely. Choose thin layers rather than heavy, chunky clothing.If you're walking to work, you can just wear your usual work clothes with a comfy pair of shoes.

For long walks, you may want to take some water, healthy snacks, a spare top, sun screen and a sunhat in a small backpack. Starting out

Start slowly and try to build your walking regime gradually. To get the health benefits from walking, it needs to be of moderate-intensity aerobic activity. In other words, it needs to be faster than a stroll.

Moderate-intensity aerobic activity means you're walking fast enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favourite song.

Begin every walk slowly and gradually increase your pace. After a few minutes, if you're ready, try walking a little faster. Towards the end of your walk, gradually slow down your pace to cool down. Finish off with a few gentle stretches, which will improve your flexibility.

Track your walking progress. There are numerous ways to do this which is becoming a trend.

- The Map My Walk app, which lets you map out your course and calculate your miles.

- If you would like to know how far you walk in a day, not just when you're doing more than the recommended amount of exercise. Invest in a fitness tracker and be surprised by how much extra walking you are doing, in addition to the recommended 30 minutes. Certain fitness trackers let you interact with friends and you can encourage one another to go further.

- Traditional walkers can invest in a pedometer and use a good old-fashioned pencil and paper to track progress.

Staying motivated

The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. Examples include:

- walking part of your journey to work

- walking to the shops

- using the stairs instead of the lift

On 29th September every year we celebrate world heart day and the theme for this year is "Creating Heart healthy environment"; be a part of it by Walking for Health. Start Now Start Today Make Your Life Heart Healthy.

Mrs. Jovita Annie Alex
MSc-N (Faculty)

Organization by : NIRMITI ARTS

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