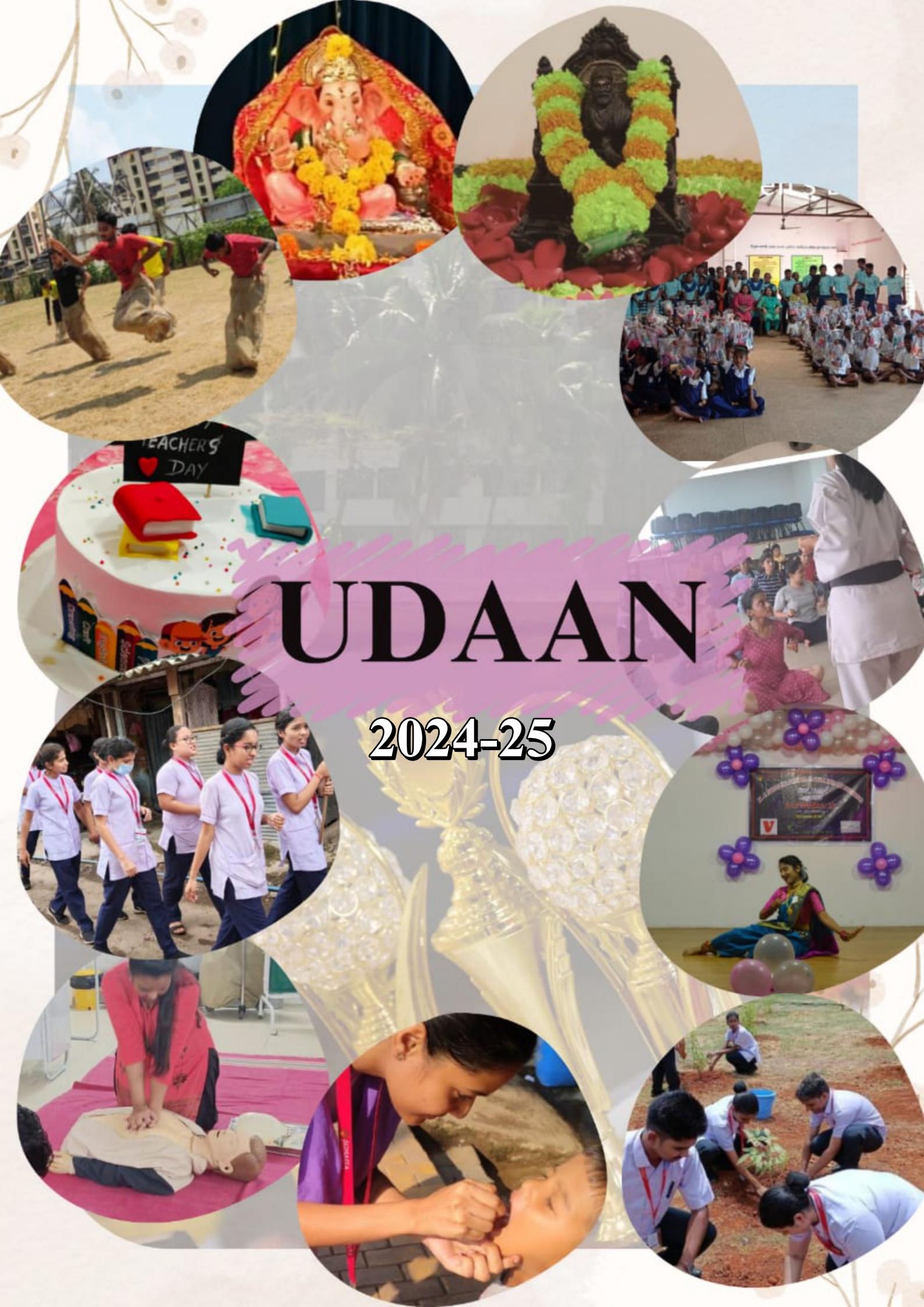


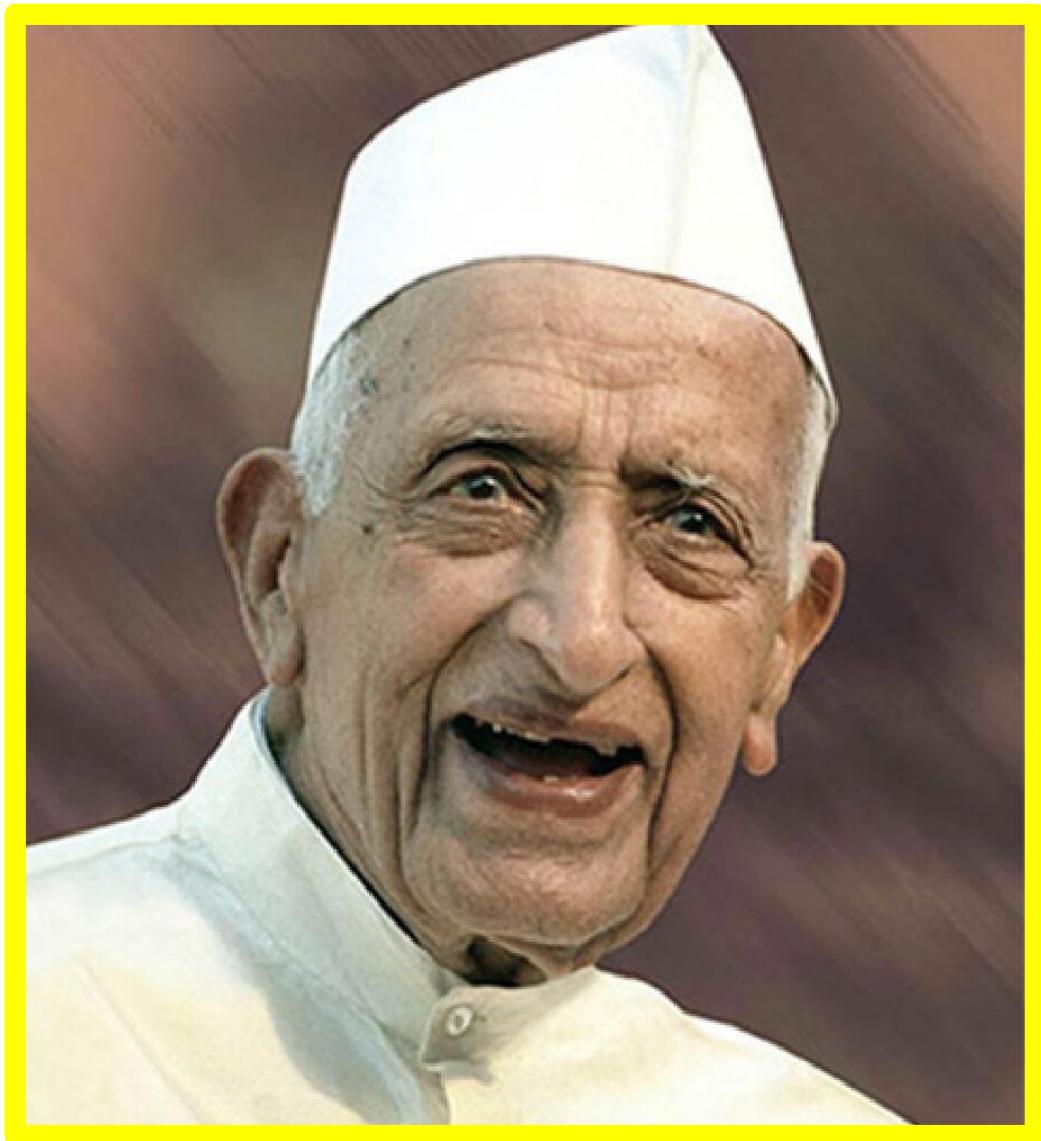
# UDAAN

2024-25



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Padma Bhushan Shri Karamshibhai J Somaiya  
1902-1999

न मानुषात् परो धर्मः

There is no religion greater than service to Humanity

## PRAYER

ॐ

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥१॥

ॐ ईशावास्यमिदं सर्वं यत् किं च जगत्यां जगत् ।

तेन त्यक्तेन भुज्ञीथा मा गृधः कस्य स्विखनम् ॥२॥

मूकं करोति वाचालं पड़न्गुं लंघयते गिरिम् ।

यत्कृपा त्तमहं वन्दे परमानन्दमाधवम् ॥३॥

ॐ प्रणो देवी सरस्वती वाजेभिर्वाजिनीवती धीनामवित्र्यवतु ।

ॐ चोदयित्री सूनृतानां चेतन्ती सुमतीनाम् । यज्ञं दधे सरस्वती ॥४॥

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।

मृत्योर्माऽमृतं गमय ॥५॥

ॐ सहनाववतु सहनौ भुनक्तु सहवीर्यं करवावहै । तेजस्विनावधीतमस्तु, मा विद्विषावहै ॥६॥

सर्वेऽत्र सुखिनः सन्तु सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखमाप्नुयात् ॥७॥

ॐ शांतिः । शांतिः । शांतिः ॥

## **K. J. SOMAIYA SCHOOL/COLLEGE OF NURSING**

### **VISION**

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

### **MISSION**

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

### **GOALS**

- Educate and empower a diverse population of male & female graduate nurses for professional nursing practice irrespective of age, cast, creed, and religion in a variety of settings.
- Contribute to scholarly development of professionals through integration of theory, research and clinical practice.
- Provide an education foundation to promote self-reliance, cultural competence, ethical sensitivity, leadership and lifelong learning in nursing profession.
- Contribute towards global improvement of health care through individual, collaborative and interdisciplinary efforts.
- Provide an environment and infrastructure that supports academics, scholarly publications, research, and health care services.
- Provide a mechanism for continuous program assessment, evaluation and improvement.
- To attract and retain the best professional talents through continuous professional and personal development programs, reward and honors for excellence.

## **FROM THE EDITORIALS DESK...**

Welcome to the 9th edition of the annual magazine "UDAAN" of K. J Somaiya School and College of Nursing.

Since our first edition in 2015-16, we have consistently pushed to raise the bar, creating a college magazine that's informative, captivating, dynamic, and second to none. We are thrilled to announce that our college magazine will now be accessible in both digital and print formats.

This magazine is a keepsake of our collective journey, filled with poignant reminders of our accomplishments, memories, and the unforgettable experiences that have shaped the past year. As we have brought this edition, we would like to take a moment to express our deepest gratitude to each and every one of you who has contributed in making this magazine a reality.

We sincerely thank Dr. Avani Oke (Principal) Dr Jayshree Salvi (Vice principal) for their constant encouragement and untiring effort to bring out the best in all over faculties and students which has led to the shaping of this magazine.

To our esteemed faculty members, whose guidance and expertise have been invaluable in shaping the content of this magazine, thank you for your tireless efforts. To our student writers, photographers, and achievers, your creativity, enthusiasm, and dedication have brought this magazine to life. We assure you that this magazine will be a memorable experience, one that will resonate with you and hold a special place in your heart for years to come.

And to our readers, who have supported us throughout this journey, your encouragement and feedback mean the world to us. We would also like to thank the Nirmiti Arts (Printer) for having done this work in an excellent manner.

Here's a small poem to capture the essence of Udaan:

"Wings of imagination, soaring high  
Voices of youth, echoing by  
Udaan, a dream, a vision, a flight  
Celebrating creativity, shining bright"

In this edition, we bring you a diverse range of articles, stories, and poems that reflect the vibrant spirit of our college community. We hope you enjoy reading it as much as we enjoyed creating it.



Dr. Sushma Pandey

Ms. Sanjana Pawar

Ms. Sanika Haldankar

## **Principal's Desk**

It gives me immense pleasure to witness the launch of Udaan, a remarkable initiative by our Nursing School and College. This magazine serves as a vibrant platform for our students and faculty to express their creativity, knowledge, and talents across various fields.

Udaan symbolizes growth, aspirations, and the limitless potential within each of us. I am confident that this endeavour will not only nurture literary and artistic expression but also inspire innovation and excellence in our academic community.

I extend my heartfelt appreciation to the editorial team for their dedication and vision. May Udaan continue to soar high, expanding its reach and impact in the years to come. Wishing you all great success!



**Dr. Avani Oke.**  
Principal

## **Vice Principal's Desk**

Good Morning & Suprabhat from the Vice Principals Desk !

I take this opportunity to congratulate the whole team of 'UDAAN' teachers and students to explore their talent in different categories of Arts, Poetry, Jokes, Photography & Articles, & thank them from bottom of my heart for making this 'UDAAN' Magazine a successful Journey.

I feel that 'UDAAN' gives everyone a better opportunity to explore their extra curricular talents.

Thank You once again for uncovering potential & hidden talents in each of you.!



*Dr. Jayashree Salvi.*

Vice Principal

## Message by Professor

Dear Students and Faculty,

As we celebrate another year of academic excellence and compassionate care, I am honored to share my thoughts with you through this magazine.

This magazine showcases the incredible work of our students, faculty, and alumni, highlighting their achievements, research, and community service. It is a testament to your talent, passion, creativity, and perseverance.

As you flip through these pages, I encourage you to reflect on your own journey, values, and aspirations. Remember that nursing is a lifelong learning journey, and it is our responsibility to stay updated, innovate, and advocate for our patients and profession.

I offer my sincerest appreciation to the editorial team, contributors, and everyone involved in creating this magazine.

Let us continue to inspire, motivate, and support each other in our pursuit of excellence in nursing education, practice, and research.



Dr. Sushma Pandey  
Professor

# **K. J. Somaiya School & College of Nursing**

## **ANNUAL REPORT** **(AUGUST 2023 – JULY 2024)**

### **Workshops, Sessions, Conferences and Courses:**

Sr. no	Date	Name of the	Participants	Departments
1	22 <sup>nd</sup> November 2023 to 30 <sup>th</sup> January, 2024 session per week - 13 sessions)	Capacity Building among Senior Nurse/ Team Leader/ Supervisor for implementation of Newer Perspectives in Nursing Services- ECHO	20	Child Health Nursing Department
2	18 <sup>th</sup> August, 2023	Simulation Workshop Enabling breastfeeding- Making a difference for working parents August, 2023	30	Obstetrical Gynecological Nursing
3	19 <sup>th</sup> - 21 <sup>st</sup> December, 2023	MET - Workshop Collaboration with MUHS & Medical College	30	Obstetrical Gynecological Nursing
4	01 <sup>st</sup> September, 2023	A group counselling session was organized for developing the physical and mental morale of teaching, non-teaching and supportive staff	40	IQAC

5	6 <sup>th</sup> January, 2024	Happy thoughts session organized by Mental Health Dept.	All faculty & students	Mental Health dept.
6	5 <sup>th</sup> & 6 <sup>th</sup> March, 2024	National Virtual Conference - Theme- "Palliative care - A guide for today's Nurse"	91	Medical Surgical Nursing

### **Value Added Courses:**

S. N.	Date	Topic	Name of the Resource Person/Organizer	Beneficiaries
1	25 <sup>th</sup> February 2023 & 9 <sup>th</sup> & 10 <sup>th</sup> August, 2023	Self Defense	Mr. Manoj Barde	1 <sup>st</sup> yr B Sc Nsg & 1 <sup>st</sup> year GNM
2	11 <sup>th</sup> to 23 October, 2023	Yoga	Dr. Sushma Pandey	1 <sup>st</sup> yr B Sc and 1 <sup>st</sup> yr & 2 <sup>nd</sup> Yr M. Sc Nsg.
3	30 <sup>th</sup> January, 2024	A. V. Aids workshop	Ms. Vrushali Ghate	Semester-I B.Sc. Nsg and 1 <sup>st</sup> year GNM
4	14th & 15th March, 2024	Digital Literacy – Canva, Artificial Intelligence & Photography	Mr. Shashank Bhosale	IV semester – B Sc Nursing
5	19 <sup>th</sup> & 20 <sup>th</sup> March, 2024	Disaster Management	Mr. Rajendra Lokhande & Team	IV semester – B Sc Nursing

### Add On Courses:

S.N.	Date	Topic	Name of the Resource Person/Organizer	Beneficiaries
1	12 <sup>th</sup> October 2023	Research Publication, copyrights and Patents	IQAC & IRC Resource Person Dr. Mayur Wanjari & Dr. Asutosh Bagde	M Sc Nsg students
2	12 <sup>th</sup> , 13 <sup>th</sup> & 15 <sup>th</sup> December, 2023	Basic Research Methodology Workshop	K. J. Somaia College of Physiotherapy (MUHS)	1 <sup>st</sup> year M.Sc Nsg Students
3	2 <sup>nd</sup> –15 <sup>th</sup> Jan. 2024	Advanced Applied Drill	K. J. Somaia Hospital & Research Centre	2 <sup>nd</sup> year M. Sc Nursing

### Other Sessions:

S. N.	Date	Topic	Name of the Resource Person/Organizer	Beneficiary
1	18 <sup>th</sup> August, 2023	Psychological Impact of Ragging and Building Resilience	Ms. Kshitija Sawant	1 <sup>st</sup> year B Sc & 1 <sup>st</sup> Year GNM students

## **Departmental Activities:**

S. N.	Departments	Date	Name of the Activity	Participants
1	Mental Health Nursing	12/1/2023-13/4/2023	Capacity Building among Nurse Educators for implementation of Newer perspectives in Nursing curriculum	79
		20/02/2023	Kindness Day	235
		26/9/2023	World Alzimer's Day	30
		27/9/2023	World Suicide Prevention Day	200
		10/10/23	World Mental Health Day Motivational Talk	270
		26/10/23	Suicide Prevention awareness session	149
2	Medical Surgical Nursing	03/11/23	Therapeutic touch for Arthritis patients World Arthritis Day	15patients

		28/11/23	First Aid and CPR training	22
		05/12/23	Health Education & Booklet distribution World AIDS day	100 HIV patients
3	Child Health Nursing Department	7/8/2023	Breast feeding week celebration  Expert talk on “Challenges in breastfeeding working women”  Street Play on “Breast Feeding “	3 <sup>rd</sup> Year GNM & 3 <sup>rd</sup> Year BSc, 2 <sup>nd</sup> year GNM.  ANC ward, PNC ward
		4/11/23	Children’s day celebration on.	50 orphanage students
		22/11/23 to 31/01/24	ECHO on Nursing Leadership Building for implementation of Newer Perspectives in nursing Services.	32 Nursing Leaders/Managers from K.J. Somaiya Hospital & Sushrut Hospital

4	Community Health Nursing	19/07/ 23 to 23/09/23	APEX SDG championship Cloth carry bag activity Challenge walking of 10,000 steps in 90 minutes Yogathon for youngsters Rally on elderly abuse Picket process for plastic bags Millet lunch box Awareness for environment/sustainability World environment day celebration	GNM, B Sc Nsg & M.Sc Nursing
		16 <sup>th</sup> October, 2023	Blood Donation Camp	K. J. Somaiya College of nursing

5	Obstetrical & Gynecological Nursing	18/8/2023 9.30-1.00 PM	Breastfeeding week celebration Simulation workshop	Participants - 20 students 5 faculty
		18/8/2023 9.30-1.00 PM	Breastfeeding week celebration Simulation workshop	Participants- 20 students 5 faculty
		18/10/2023	Simulation Training On Breastfeeding & KMC.  Insertion of Interval & PPIUCD.  PPH Obstetrical shock.  Normal delivery & Active management of third stage.	Participants- UG- 32  PG -2  Faculty- 1
		19/12/2023	Basic workshop in health science education technology.	Participants - 30
		11/8/2023	DISHA session on Antenatal advice  Somaiya ANC OPD	Participants 10 students (4 <sup>th</sup> yr B Sc)

## Community Activities:

S. N.	Year	Activities	Date	Venue
1	1 <sup>st</sup> year GNM Departmental activity	Christmas celebration at BMC school	16 December 2023	BMC School, Pratikha Nagar
2		Role play on Tobacco consumption	10 <sup>th</sup> January 2024	Shastrinagar compound
3		Role play on Phone addiction	11 <sup>th</sup> January 2024	Almera Compound
4	3 <sup>rd</sup> year GNM Departmental activity	Demonstration of self breast examination	14 <sup>th</sup> December 2023	Somaiya Vidhya Mandir Higher secondary school, Sakarvadi
5		Role play on junk food	14 <sup>th</sup> December 2023	Somaiya Vidhya mandir Higher secondary school, Sakarvadi
6		Skit on self defence	14 <sup>th</sup> December 2023	Somaiya Vidhya Mandir Higher secondary school, Sakarvadi
7		Role play on obesity	14 <sup>th</sup> December 2023	Somaiya Vidhya mandir Higher secondary school, Sakarvadi
8		Demonstration of feminine bag	14 <sup>th</sup> December 2023	Somaiya Vidhya mandir Higher secondary school, Sakarvadi
9		Skit on women empowerment	15 <sup>th</sup> December 2023	Gandhi Maidan post office sakarwadi

## Faculty Development Program:

Sr. no	Date	Name of the workshop	Resource Person	Name of faculty who attended
1	12 <sup>th</sup> October, 2023	Research Publication, Copyrights and Patents organized by IQAC & IRC	1) Ms. Mayur Wanjari 2) Dr. Ashutosh Bagde	All faculty
2	25 <sup>th</sup> October, 2023	Innovative Teaching Methodology ( Nasco Health care)	Ms. Ahuja and Mr. Ashutosh Mulye	All faculty

## Conferences/Workshop attended by Teaching Faculty:

S, No	Date	Theme	Level	Organizing Institute	Name of faculty who attended
1	7 <sup>th</sup> August to 12 August, 2023	Indian Nursing Council Simulation Training of Trainer for the simulation based Education	National	Indian Nursing Council, Delhi	Dr. Sushma Pandey
2	5 <sup>th</sup> October to 11 <sup>th</sup> October, 2023	Research Methodology workshop ( MUHS)	State	Terna Nursing College	Ms. Jovita Alex

3	7 <sup>th</sup> & 8 <sup>th</sup> October, 2023	National Critical Care Nursing Conclave	National	Organized by Yashoda Hospital, Hyderabad	Dr. Sushma Pandey
4	9 <sup>th</sup> & 14 <sup>th</sup> October, 2023	INC Simulation based Training	National	Indian Nursing Council, Delhi	Ms. Smita Barmase
5	12 <sup>th</sup> October, 2023	Research Publication copyright & Patent	---	Organized by IQAC & Inservice Dept.	Ms. Ajita Chavan Ms. Ankita Mane Mr. Akanksha Pawar
6	12 <sup>th</sup> & 13 <sup>th</sup> October, 2023	National Conference – Integrating and Implementing Nursing Research	National	Organized MKSS, Satabai Nargundkar College of Nursing for Women, Nagpur	Ms. Neha Wasnik
7	12 <sup>th</sup> & 13 <sup>th</sup> October, 2023	XII SNA State Conference	State	Organized by SNA	Mr. Mr. Mohd. Yusuf Ms Pooja D.
8	16 <sup>th</sup> & 17 <sup>th</sup> October, 2023	Partner Launch Training (Western Region)	State	Organized by ECHO	1) Dr. Avani Oke 2) Swati Yadav 3) Ms. Priyanka Bhoite

9	16 <sup>th</sup> & 17 <sup>th</sup> October, 2023	Echo Training for Capacity Building	State	Organized by ECHO	Ms. Swati Yadav, Ms. Priyanka S.
10	25 <sup>th</sup> October, 2023	Innovative Teaching Methodology	--	Nasco Health Care product	All faculty
11	26 <sup>th</sup> October, 2023	Suicide & Prevention (Webinar)	State	Organized by MUHS	Faculty
12	3 <sup>rd</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 28 <sup>th</sup> November, 2023	Mapping of Program outcome, Course outcome on Revised B Sc Nursing Syllabus	State	Vinayaka Missions College of Nursing (Zoom)	Dr. Avani Dr. Jayashree Ms. Neha Ms. Priyanka Ms. Rashmi Ms. Smita
13	4 <sup>th</sup> November, 2023	TOT for International patient goals (zoom)	-	ANEI	Ms. Priyanka Ghodake
14	23 <sup>rd</sup> November, 2023	Pre-Conference Workshop – National Conference – Family Adoption Programme	National	K. J. Somaiya Medical College & Research Centre	Dr. Jayashree Dr. Sonali Ms. Naina Ms. Ashwini Ms. Reena
15	29 <sup>th</sup> November, 2023	Intellectual Property Rights	--	Holy Family Institute of Nursing Education in Collaboration with MNC	Ms. Greeshma

16	23 <sup>rd</sup> & 24 <sup>th</sup> November, 2023	National Conference on Health professions education (Values and skills in digital era)	National	K.J. Somaiya Medical College and Research Centre.	Ms. Preeti B and Ms. Pooja T (Organizer and Delegate) Ms. Rashmi C.
17.	28 <sup>th</sup> November, 2023	CNE on Intellectual Property Rights	State	Holy Family Institute of Nursing Education in Collaboration with MNC	Ms. Greeshma A
18	25 <sup>th</sup> November, 2023	HCG National Nursing Conference. “Building and promoting Nursing Excellence.”	National	Bharat Ratna Auditorium, Mira Road, Bhayender	1 <sup>st</sup> yr M.Sc students and Ms. Dhanashree and Ms. China
19	13 <sup>th</sup> – 15 <sup>th</sup> December	Visit to Manipal for sharing based practices	National	Manipal College of Nursing	Dr. Avani Ms. Priyanka Ms. Rashmi
20	12, 13 & 15 <sup>th</sup> January, 2024	Research Methodology workshop (MUHS)	State	K.J.Somaiya College of Physiotherapy	Ms. Snehal Ande
21	19 <sup>th</sup> & 20 <sup>th</sup> March, 2024	Disaster Management	State	Disaster Management Cell, MCGM	Ms. China M. Ms. Dhanashree S. Ms. Greeshma R.

Conference/ Workshop attended by Non-Teaching Faculty:

Sr.No	Date	Theme	Level	Organizing Institute	Name of faculty who attended
1	28 <sup>th</sup> November, 2023	FDP- CPR & First Aid	- -	Somaiya Vidyavihar	Mrs. Chhaya D. Ms. Deepali G. Ms. Pallavi T. Ms. Sneha K. Ms. Shaila Ingle
2	19 <sup>th</sup> & 20 <sup>th</sup> March, 2024	Disaster Management	--	Disaster Management Cell, MCGM	Mrs. Chhaya D, Ms. Pallavi T.

Faculty Achievements:

The following faculty were invited as resource persons. The details are as follows:

Sr.no	Date	Name of the Faculty	Title of the Topic	Venue	Details
1	29 <sup>th</sup> September, 2023	Dr. Sonali Sangrulkar	Session on, “ Academic Integrity	Holy Spirit Institute of Nursing Education	--- -
2	6 <sup>th</sup> November, 2023	Dr. Avani Dr. Jayashree Dr. Sushma Dr. Shweta Dr. Sonali	Felicitation Ceremony	Terna Nursing College	Organized by Nurses of India in Collaboratio n with Terna Nursing College

4	28 <sup>th</sup> November, 2023	Ms. Priyanka Gurav  Ms. Jovita Alex	CPR - Basic organized by Somaiya Vidyavihar	SVU in collaboration with K.J. Somaiya College of Nursing	Organized by SVU in collaboratio n with K.J. Somaiya College of Nursing
5	30 <sup>th</sup> November, 2023	Dr Shweta Kshirsagar	First Aid workshop	7 <sup>th</sup> and 8 <sup>th</sup> Grade students by Young Concepts Healthcare Services Pvt Ltd.	Organized by Gurunanak National High school, Mumbai
6	12 <sup>th</sup> December, 2023	Dr Shweta Kshirsagar	First Aid workshop	Shree Vallabh Ashram English Medium School	Organized Shree Vallabh Ashram English Medium School
7	7 <sup>th</sup> - 9 <sup>th</sup> December, 2023	Dr. Avani Oke	As an Expert	Tata Hospital	Tata Hospital
8	6 <sup>th</sup> January, 2024	Ms. Priyanka Ghodake	Resource Person- Priyanka Ghodake	MGM Hospital School of Nursing	Organized MGM Hospital School of Nursing for Nursing Students
9	20 <sup>th</sup> January, 2024	Dr. Sushma Pandey	Transformatio nal leadership	Government College of Nursing, Chhattisgarh	Organized Government College of Nursing, Chhattisgarh

10	12 <sup>th</sup> & 21 <sup>st</sup> March, 2024	Ms. Rashmi Chavan	Clinical Skill training workshop for S.L. Raheja Hospital	K.J.Somaiya College of Nursing	Organized by K.J.Somaiya College of Nursing
11	4 <sup>th</sup> April, 2024	Dr. Avani Oke	TNAI Principal Meet – as a panelist	The Orchid Mumbai, Vile Parle(E), Mumbai	Organised by TNAI

## Appreciation and Awards

1. Librarian's Day celebration in Vidyavihar on 01-09-2023, Appreciation received to Ms. Manisha Vhatkar in recognition of contribution towards library development and services.
2. The Community Department (Dr. Sonali. Dr. Jayashree, Ms. Naina & Ms. Reena) has successfully demonstrated its support to sustainable Development Goals & Social Responsibility by conducting District Eco-SDC. Received outstanding performance grade from District Eco- SDG Champion 2023.
3. Ms. Priyanka Ghodake completed the course of Heartsaver (First Aid & BLS), AHA Certified from LIHS Bandra.
4. Ms. Priyanka Ghodake was invited as an expert to conduct Mock NAAC for Vikhe Patil College of Nursing on 21st November 2023.
5. Faculty are conducting TOT skill training for Senior nurses in Sushrut Hospital twice monthly as Community Social Responsibility.
6. Dr. Sushma Pandey is involved in assisting the clinical side for nursing quality improvement and completed training the nurses in urinary catheterisation.
7. Ms. Chhaya Deshapande received the Outstanding Employee Award on Somaiya Foundation Day on 1<sup>st</sup> December 2023 at Somaiya Vidyavihar.

8. K. J. Somaiya College of Nursing received the Outstanding Institute award on Somaiya Foundation Day on 1<sup>st</sup> December 2023 at Somaiya Vidyavihar.

9. Ms. Rashmi Chavan was presented poster in MUHS Avishkar Competition on 6<sup>th</sup> December 2023.

10. Mrs. Chhaya Deshpande participated in 100mtr and 400mtr and won awards at the Staff Somaiya Athletes (TOSS-2024) meet held on 18th and 19th January 2024 at Somaiya Vidyavihar.

## STUDENT ACTIVITIES

### SNA Unit Level

Sr No	Month	Date	Activities	Organiser/ Resource/ Collaboration
1	August, 2023	4th August	<b>Breast feeding week Celebration</b>	Department of D. Y. Patil College of Nursing
2		7 <sup>th</sup> August, 2023	<b>Anti Ragging - essay writing competition - Theme, “Unity against anti ragging”.</b>	4 <sup>th</sup> yeat B Sc Classroom
3		13th August	<b>Independence day Celebration: -</b> • Poetry recitation competition Topic :- 1. Aazadi ka amrutmohotsav 2. Har ghar trianga	NSS Unit

4		15th August	<b>Independence day celebration (77th)</b>	K.J.Somaiya College of Nursing
5		17 <sup>th</sup> August	<b>Essay writing Competition for Anti-Ragging Awareness</b>	K.J.Somaiya College of Nursing
6	Septemb er,2023	4 <sup>th</sup> September	<b>International nutritional week:-</b> • Healthy Breakfast competition	K.J.Somaiya College of Nursing
7		5th September	<b>Teachers day celebration class wise</b>	K.J.Somaiya College of Nursing
8		8 <sup>th</sup> September	<b>International Literacy Day</b> • <b>Slogan Making Competition</b>	K.J.Somaiya College of Nursing
9		8 <sup>th</sup> & 9 <sup>th</sup> September	<b>Aarti Competition &amp; Thali Decoration</b>	K.J.Somaiya College of Nursing
10		14th September	<b>National Hindi Day celebration</b> • Poetry recitation competition	K.J.Somaiya College of Nursing
11		18 <sup>th</sup> Septembe 2023	<b>Patients Safety week</b> <b>Fire Drill was organised</b>	K.J.Somaiya College of Nursing
12	October	27 <sup>th</sup> October, 2023	<b>Navratri Celebration</b> Best Outfit Competition (Male & Female) Best Garba Group	K.J.Somaiya College of Nursing

## Sports

Title		Date	Event Name and City	Description
TNAI Sports- 100 Meter Running			TNAI Sports	Nausheen Shaikh Chandrakant Rathod  Girls - 1] Shifa Shaikh 2] Vaishnavi Randaine 3] Jiya Mhatre 4] Pranali Shirodhkar
4×100 Relay Race				Boys - 1] Krishna Sonigiri 2] Vishnu Arun Thathiyar 3] Aakash Chauhan 4] Pratham Kadiyal
Javeline Throw				
Shot Put				Samuel Waghmare Aboo Shama - 2 <sup>nd</sup> Prize Seema Desai Aboo Shama Akash Chavan( 3 <sup>rd</sup> Prize)

Sr No	Month	Date	Activities	Organiser/ Resource/ Collaboration
1	August, 2023	4th August	Breastfeeding week Celebration	Department of D. Y. Patil College of Nursing
2		7 <sup>th</sup> August, 2023	Anti Ragging - essay writing competition - Theme, “Unity against anti-ragging”.	4 <sup>th</sup> year B Sc Classroom
3		13th August	Independence day Celebration:- <ul style="list-style-type: none"> <li>• Poetry recitation competition</li> </ul> Topic :- 1. Aazadi ka amrut mahotsav 2. Har ghar trianga	NSS Unit
4		15th August	Independence Day celebration (77th)	K.J.Somaiya College of Nursing

5		17 <sup>th</sup> August	Essay writing Competition for Anti-Ragging Awareness	K.J.Somaiya College of Nursing
6	September, 2023	4 <sup>th</sup> September	International nutritional week:- • Healthy Breakfast competition	K.J.Somaiya College of Nursing
7		5th September	Teachers day celebration class wise	K.J.Somaiya College of Nursing
8		8 <sup>th</sup> September	International Literacy day • Slogan Making Competition	K.J.Somaiya College of Nursing
9		8 <sup>th</sup> & 9 <sup>th</sup> September	Aarti Competition & Thali Decoration	K.J.Somaiya College of Nursing
10		14th September	National Hindi Day celebration • Poetry recitation competition	K.J.Somaiya College of Nursing

11		18 <sup>th</sup> September, 2023	Patients Safety week Fire Drill was organised	K.J.Somaiya College of Nursing
12	October	27 <sup>th</sup> October, 2023	Navratri Celebration Best Outfit Competition ( Male & Female) Best Garba Group	K.J.Somaiya College of Nursing

### **Workshops/ Webinar**

- 1) Students attended Webinar conducted by MUHS on Suicide & Prevention by Dr. Anuradha Sovoni pon 26<sup>th</sup> October 2023 at 3.00pm.
- 2) 1<sup>st</sup> 2<sup>nd</sup> year M Sc Nursing students attended a workshop on “Empowering Global Health” on 1<sup>st</sup> November 2023 organized by Jaslok Hospital.
- 3) Observance of Vigilance Awareness week was celebrated from 30<sup>th</sup> October to 5<sup>th</sup> November 2023 in K. J. Somaiya College of Nursing and taken integrity pledge and Slogan were taken up as focus areas by the institute.
- 4) 1<sup>st</sup> yr M.Sc. students attended a National conference on 25<sup>th</sup> November organized by HCG on the theme Building and Promoting Nursing Excellence.
- 5) 4<sup>th</sup> Semester students attended a session on stoma care in Tata Memorial Hospital on 30<sup>th</sup> November 2023.
- 6) 4<sup>th</sup> Semester B.Sc Nursing and 1<sup>st</sup> Yr GNM attended a session organised by MUHS on Antimicrobial resistance One health by Dr. Jayanti Shastri
- 7) All students attended the online CPR awareness video organised by National Board of Examination in Medical Sciences(NBEMS) along with INC on 6<sup>th</sup> December, 2023. Ms. Priyanka G and Jovita were the Nodal Officers.

## Students representation (Outside institute) and Achievements

Sr. No.	Date	Activities	Venue
1.	5th & 6 <sup>th</sup> December 2023	3 <sup>rd</sup> Yr B.Sc: Mr. Sahil J, Ms. Pavithra S, Sanika Haldankar 2 <sup>nd</sup> Yr M.Sc: Mayuri Sonawane MUHS Avishkar Research Competition	MUHS Nashik

## NSS Activities

The following activities were conducted:

SR.NO.	DATE	VENUE	ACTIVITY
1	3 <sup>rd</sup> August 2023	K. J. Somaia Hospital and Research Centre, OPD	Role Play on Organ Donation Awareness done by NSS volunteers. Beneficiaries: 100
2	15 <sup>th</sup> August 2023	K. J. Somaia Hospital and Research Centre	Celebration of 77 <sup>th</sup> Independence Day. NSS volunteer gave a speech. 'Meri Mati Mera Desh' program was conducted.
3	18 <sup>th</sup> August 2023	K. J. Somaia College of Nursing	Orientation Program was done for 22 volunteers

4	3 <sup>rd</sup> October 2023	K. J. Somaia College of Nursing	Swatchata Shapath taken in order to observe Swatch Bharat Abhiyan by the volunteers and other students.
5	6 <sup>th</sup> October 2023	K. J. Somaia Hospital and Research Centre, OPD	Role play done on Non-violence by NSS volunteers Beneficiaries: 22
6	13 <sup>th</sup> October 2023	Kala Ghoda, Fort, CST	Medical Check-up Camp. NSS students participated for the same. Beneficiaries: 58
7	16 <sup>th</sup> October 2023	K. J. Somaia College of Nursing	Blood Donation Camp conducted by NSS team. Blood Units collected: 40 units
8	22 <sup>nd</sup> October 2023	Antophill Badsai Society, Wadala	Speciality Health Camp to spread awareness about health and well-being. Beneficiaries: 70
9	25 <sup>th</sup> October 2023	Goregaon Education Society, Goregaon West	Multispeciality Health Camp NSS students participated in the same. Beneficiaries: 100

10	6 <sup>th</sup> November 2023	K. J. Somaia College of Nursing	Children Day Celebration: Fund raising activity in Collaboration with Vatsalya Aashram
11	13 <sup>th</sup> December 2023	K. J. Somaia Medical College, Auditorium	Role Play on HIV & AIDS awareness done by NSS volunteers.  Program conducted in collaboration with SAHAS unit of K. J. Somaia Hospital  Beneficiaries: 150.
12	16 <sup>th</sup> January 2024	Hanuman Temple Tilak Nagar, Chembur	Temple clean-up Drive conducted by NSS volunteers. NSS team was appreciated by the temple authorities.
13	26 <sup>th</sup> January 2024	K. J. Somaia Hospital and Research Centre	Republic Day Celebration: NSS volunteers in collaboration with the hospital organised cultural program.
14	29 <sup>th</sup> January 2024	K. J. Somaia School and College of nursing	Voters Registration Drive was organised in the college for the nursing students to do their registration for Voters ID.  Beneficiaries: 50 students.

## **Visitors**

- I. Shri J.P. Dange IAS (Retd), Chairman from Admission Regulating Authority, Maharashtra State & Former Chief Secretary, Govt. of Maharashtra visited the institute as part of centralized Admission Process (CAP).
- II. Centrepoin Personnel, Mittelpunkte Personnel GMBH Germany visited the college on 2 November 2023 for German as an additional language for students.

## **Alumni involvement**

The alumni executive meeting was conducted on 9<sup>th</sup> November 2023. Alumni were invited to conduct expert sessions for GNM and B.Sc. students.

## **New Developments**

### a) Infrastructure-

1. Procured Wi-fi connection in the School of Nursing.
2. Purchased a Scanner, Printer and desktop.
3. Received 5 Lakh donation from EI Design.

### b) Consultancy-

1. MOU with Centrepoin Personnel, Mittelpunkte Personal GMBH. Germany for German Language as an additional language for students. It was signed on 2<sup>nd</sup> November 2023.
2. Skill training for the Senior Nurses of Sushrut Hospital
3. Dr. Sushma performs dual roles and assists in nursing quality improvement.
4. Signed MOU with IT college and prepared Module for medicine transcription for Semester III.

### c) Academic-

- NAAC 1<sup>st</sup> Cycle inspection was done by PTV on 13<sup>th</sup> and 14<sup>th</sup> September and received A grade with CGPA 3.17.
- IIRF ranking 1<sup>st</sup> in Mumbai, 9<sup>th</sup> in Western region and 47<sup>th</sup> in India.
- New Google forms prepared in view of NAAC.
- CO, PO mapping done.
- International Collaboration with Thumbay University is being planned in March 2024.

# SPORTS DAY ACHIEVERS

<b>Best player boy</b>	Romeo Koli (yellow house)
<b>Best player girl</b>	Vaishnavi Patil (green house)
<b>Best house</b>	Green house
<b>Faculty Musical Chair Winner</b>	First prize: Dr. Jayshree Salvi mam First runner up: Ms. Neelam Kanse
<b>Faculty treasure hunt</b>	Dr. Avani Oke, Dr. Sushma Pandey, Dr. Jayshree Salvi, Ms. Swati Bhalerao, Ms. Sanjana Pawar, Ms. Rashmi Chavan, Ms. Snehal Doiphode, Ms. Dhanashree d., Ms. Sneha Kamble, Ms. Neena, Ms. Shifa, Ms. Reena Sathe, Mr. Swapnil
<b>Food stall winners</b>	First prize: 1st Semester First runner up: 2nd yr GNM

## INDIVIDUAL WINNERS

<b>Relay : (Boys)</b>	<b>First prize:</b> ( Green house ) Riddhesh , Vishal , Tushar k , Deven <b>Second prize:</b> (Yellow house) Justin Metri , Babasaheb, Sahil r , Romeo Koli
<b>Relay ( Girls)</b>	<b>First prize:</b> (Red house) Shifa , Ananya , Anushka , Siyanda <b>Second prize</b> (Green House ) : Vaishnavi Patil , Ashwini, Gayatri , Shaili
<b>Javelin throw</b> <b>(Boys)</b>	<b>First Prize</b> ( Yellow house ) : Romeo Koli <b>Second Prize</b> (Blue house ) : Prasad Mapari <b>Third prize</b> ( Yellow house ) : Vishnu Arunthathiyar
<b>Javelin throw ( Girls )</b>	<b>First prize</b> ( Green house ) : Vaishnavi Patil <b>Second prize</b> ( Green house ) : Deepali Saroj <b>Third prize</b> ( Yellow house ) : Shraddha Jadhav

<b>Disc Throw (Boys)</b>	<b>First Prize</b> (Yellow house): Vishnu <b>Second prize</b> (Yellow house): Yash <b>Third prize:</b> (Red house) : Arjun Khande
<b>Disc throw (Girls)</b>	<b>First Prize</b> (Green house) : Vaishnavi Patil <b>Second prize</b> (Yellow house) : Shraddha <b>Third prize</b> (Green house): Akanksha
<b>100m run (Boys)</b>	First Prize (Green house) : Vishal Gavit Second Prize (Yellow house ) : Sahil Rajkumar Third prize (Red house ) : Ricky Kamble
<b>100m run (Girls )</b>	First Prize (Red house ) : Siyanda Second prize ( Yellow house ) : Jiya Mhatre Third prize (Blue house ) : Preshita M
<b>200m run (Boys)</b>	First Prize ( Green house ) : Deven Gaikwad Second prize ( Red house ) : Manav Sanap Third Prize ( Blue house ) : Pratik Patil

<b>200m run (Girls)</b>	First prize ( Red house) : Siyanda Second prize ( Green house) : Vaishnavi Patil Third Prize ( Yellow house ) : Shraddha
<b>Shotput (Boys )</b>	First Prize ( Green house ) : Riddhesh Second prize ( Red house ) : Harshal Third Prize ( Blue house ): Vighnesh
<b>Shotput ( Girls )</b>	First prize ( Green house ) : Vaishnavi Patil Second Prize ( Green house ) : Akansha Third prize ( Green house ) : Deepali

## Indoor and Outdoor game

<b>Game</b>	<b>winner</b>
<b>Chess</b>	<b>First Prize ( Blue house ) : Sahil Jaiswal</b> <b>Second prize ( Red house) : Sahil Mishra</b>
<b>Carrom</b>	First Prize ( Yellow house ) : Romeo , Justin Second prize ( Red house ) : Shifa shaikh , Meghana Pathak

<b>Table Tennis</b>	First prize ( Yellow house ) : Yash  Second prize ( Blue house ) : Shaswat
<b>Volleyball (Boys)</b>	First prize (green house) : Deven, Riddhesh, Shubham Kharade, Shubham Kadam,  Vishal, Aryan, Tushar, Yash  First runner up (yellow house): Justin, Romeo, Babasaheb, Jophin, Sairaj, Yash, Akshay,  Sahil Rajkumar, Prasad, Rushigovinda, Vishnu
<b>Volleyball (Girls)</b>	First prize (yellow house): Sakshi, Sneha, Jiya, Bhakti, Shravani, Shraddha, Juveria , Riddhi Kaskar  First runner up (red house) : Kunali, Anushka, Ananya, Siyanda, Kiran, Shilpa, Simran,  Shifa, Riddhi Pawar, Riddhi Patel, Shruti P
<b>Cricket</b>	First prize (yellow house): Justin, Babasaheb, Romeo, Sairaj, Jophin, Prasad, Sahil, Akshay, Yash,  Rushigovinda, Vishnu, Jiya, Shravani Patil  First runner up (red house) : Arjun, Jairaj, Manav, Ricky, Harshal, Gaurav, Ved,  Tanishq, Sufiyan, Aman, Riddhi Patel ,Ananya, Kiran
<b>Kabaddi (boys)</b>	First prize (blue house) : Pratik, Sahil Jaiswal, Vighnesh, Vedant, Sanket, Gaurav, Uttareshwar,  Shashwat, Abhishek, Yash  First runner up(red house) : Arjun, Tanishq, Jairaj, Harshal, Manav, Ricky, Ved, Gaurav

<b>Kabaddi (girls)</b>	First prize(blue house) : Aditi, Sharvila, Nibha, Kajal, Preshita, Shivani, Ashitee, Prabhavati, Shrutiika  First runner up (yellow house) : Jiya, Bhakti, Alsaifa, Sneha, Shravani, Sakshi, Shraddha, Reshma, Juveria
<b>kho kho (boys)</b>	First prize (yellow house) : Vishnu, Justin, Babasaheb, Romeo, Sairaj, Yash, Jophin, Prasad, Sahil Rajkumar, Akshay, Rushigovind, Kunal  First runner up (green house) : Deven, Riddhesh Pharakate , Vishal, Yash, Tushar, Aryan, Sujal, Shubham Kharade , Limbaji, Shubham Kadam
<b>kho kho (girls)</b>	First prize (green house) : Shravani, Gayatri, Vaishnavi Pimple, Ashwini, Shaili, Deepali, Samiksha, Mayuri, Vaishnavi Patil, Tanvi, Pranali Pol, Shubhrata, Pranali Shirodker  First runner up (blue house) : Nibha, Prabhavati, Sharvila, Karina, Apurva, Ashitee, Aayushi, Shrutiika, Kajal, Varsha, Rishita, Shivani, Preshita

**Best player boy:** Romeo Koli (2 gold in individual, 4 prize in group game

**Best player girl:** Vaishnavi Patil ( 4 Gold in individual game , 2 prize in group game

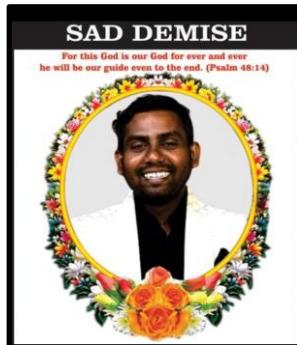
Overall prize won : Yellow house 17 ( 7 gold )

Overall prize won : Green house 16 ( 9 gold)

Overall prize won: Red House 12

Overall prize won : Blue house 9

## Condolence to Mr. Nelson N Nadulkeri, GNM Batch 2015-2018



A shining star that flickered bright,  
Nelson, your memory will be our light.  
Though your time with us was far too brief,  
Your impact and legacy will forever leave.

A life so young, a soul so bright,  
Nelson, your passing leaves an endless night.

At 27, with dreams yet to unfold,  
You left us, leaving memories to hold.  
With hearts that mourn and spirits that sigh,  
We bid farewell to a life that touched the sky.

Your journey here may have come to an end,  
But the memories we shared will forever transcend.

Your laughter echoes, your smile so wide,  
In our hearts, your memory will reside.  
As an alumni, your mark will stay,  
A shining star that faded away.

May your soul find peace in heavenly grace,  
And may your love and laughter fill the space.

May your journey to heaven be peaceful and bright,  
May your loved ones find strength in this darkest night.

Though you may be gone, you'll never fade,  
Nelson, dear Nelson, in our hearts you'll forever stay.

You will be deeply missed, dear Nelson, it's true,  
But your memory will live on, forever shining through

Rest in peace, Dear Nelson.

## **The Heart of Care: A Nurse's Journey**

With steady hands and heart so wide,  
She walks the halls with silent pride.  
Through sleepless nights and endless days,  
She heals with love in countless ways.

She greets new life with joyful cheer,  
The first to hold, to wipe a tear.  
A tiny cry, a mother's joy,  
A moment pure, no fear, no ploy.

Yet when the battle comes to close,  
She stands beside in hushed repose.  
With gentle touch and whispered grace,  
She guides them to a peaceful place.

She bears the weight of silent pain,  
Yet hides her tears in pouring rain.  
A warrior strong, yet soft inside,  
With every loss, a part has died.

Not just a helper, but a guide,  
A saviour walking side by side.  
A hand to hold, a voice so bright,  
A beacon shining through the night.

Beyond the ward, beyond the care,  
She fights for change, for what is fair.  
A leader, thinker, one who dares,  
To claim respect, to shift the stares.

So let us stand, both bold and tall,  
Our work, our passion—proud of all.  
A nurse's path, though rough it be,  
Is one of strength, of dignity.

Dr. Avani Oke  
Principal

## गणपतीची आरती

सज्ज व्हा, पुष्ये घ्या तुम्ही हाती घ्या तुम्ही हाती ।

पार्वती नंदन पार्वती नंदन आले आमुचे साथी । जयदेव जयदेव ....

घेऊनि हातात ताट पूजेचे ताट पूजेचे ।

करितो स्वागत करितो स्वागत गजवक्राचे । जयदेव जयदेव....

आले आले हो गणपती आले, गणपती आले ।

मन सान्यांचे मन सान्यांचे आनंदित झाले । जयदेव जयदेव ....

रम्य ते रूप सगुण साकार सगुण साकार ।

दावितो कसा हा दावितो कसा हा चमत्कार । जयदेव जयदेव ....

विघ्न नष्ट होते पुजिता गजेंदर, पुजिता गजेंदर ।

निर्मल आहे मन, निर्मल आहे मन जसा तू चंद्र । जयदेव जयदेव....

नाम घेता मुखी गजानन, गजानन ।

कृपादृष्टी होते, कृपादृष्टी होते सर्वावर । जयदेव जयदेव....

मोरया मोरया मंगलमूर्ती मोरया ।

मोरया मोरया गणपती बाप्पा मोरया।

मोरया मोरया मयुरेश्वरा मोरया ।

मोरया मोरया चिंतामणी मोरया।

मोरया मोरया सिध्दीविनायक मोरया ।

मोरया मोरया महागणपती मोरया।

मोरया मोरया विघ्नेश्वरा मोरया ।

मोरया मोरया गिरीजात्मजा मोरया।

मोरया मोरया वरदविनायक मोरया ।

मोरया मोरया बल्लाळेश्वर मोरया।

मोरया मोरया अष्टविनायक मोरया,

मोरया मोरया मोरया।

सौ.

मंगलमूर्ती

स्वाती आठवले

सहाय्यक प्राध्यापिका

## गणपतीची आरती

करू वंदन गणराया गणपती.. १x

शुभ केला तुच अधिपती ।

करू वंदन गणराया गणपती.. १x

आरती गाऊ, आरती गाऊ गणेशाला भाद्रपद चतुर्थीचा सण आला  
शिव पार्वती च बाळ कुणी उंद्रावरी आला बसुनी वंदिते तुला धरणी

बाप्पा मोरया ३x

आरती गाऊ १x

सॅन अला २x

मंडपात रोषणाईने सजला

भक्तगण सेवेत तुइया रुजला

हा मेळा भरी जमला धरी आले गणराज घरी भक्ती भावाचा सागरी

बाप्पा मोरया ३x

आरती गाऊ १x

सॅन अला २x

सनयी तडम ताशा ढोल ते घुमला

ताल सूर अंगात भिजला गुलालाची किमया खारी, रंग लाल झाली सारी रंगलीही सारी नगरी

बाप्पा मोरया ३x

वक्रतुंडा तू एकदंता तू बाप्पा मोरया गणपती बाप्पा मोरया २x

मोरगावचा मोरेश्वर तू शिडटेकचा सिद्धिविनायक पालीचा तू बाळेश्वर ओझर विघ्नेश्वर तू

म्हाड च तू वरदविनायक

थेवरचा तू चिंतामणी तू

लेण्याद्रीचा गिरिजात्मक

रंजन गावचा महागणपती

वक्रतुंडा तू १x

मोरया मोरया गणपती बाप्पा मोरया

Mr. Shankar Sawant

## ॥ आरती गणरायाची ॥

गणपती बाप्पा मोरया  
मंगलमूर्ती मोरया ॥

देवा श्री गौरी गजानना,  
तुझी केली आराधना  
देवा श्री गौरी गजानना,  
तुझी केली आराधना ॥

सोमय्या कॉलेज ला तारी रे तू देवा,  
सोमय्या कॉलेज ला तारी रे तू  
प्रपंच त्याचा राखी रे तू देवा,  
प्रपंच त्याचा राखी रे तू  
दीन दुबव्या या भक्ता घरी,  
तुझी केली आराधना ॥१॥

हे वंदन माझे तुला, शिव पार्वतीच्या बाळा,  
आज आलो तुझ्या भेटीला, तू दर्शन दे आम्हाला ॥

जगी गाजे तुझी थोर कीर्ती, मनी पुजीली मंगलमूर्ती,  
दर्शन घेता विघ्ने टळती, विघ्नेश्वरा तुझी अशी ख्याती,  
आज वर्षानं येता घराला, किती आनंदी आनंद झाला,  
आज आलो तुझ्या भेटीला, तू दर्शन दे आम्हाला ॥२॥

चरणी वाहुनी दुर्वा फुल, भक्त उधळती अबीर गुलाल,  
नाच नाचता येई धमाल, असा आनंदाचा सुकाळ,  
लाडू मोदक नैवेद्याला, भक्त प्रेमानं देई तुला,  
आज आलो तुझ्या भेटीला, तू दर्शन दे आम्हाला ॥३॥

Mr. Vedant Pawar  
Mr. Siddhesh Phalke

## गणपतीची आरती

देवा गणराया शरण आलो तुजला ठेव सुधामधी दिनदुबव्या भक्ताला ॥  
नको रहायलन उंच बंगला माडी। मिळो निवान्याला सुखाची हि झोपडी।  
माझ्या पंखामधी बळ देरो जगण्याला ठेव सुख मध्ये दीनदुबव्या भक्ताला ॥  
हृदयी पुजीला अंतरी देवा गणराया ॥  
शिव पार्वतीचा हा तनया ॥ धृ

पार्वती बसली अंघोळीला तिने अंगाचा मळ काडीला  
त्या मळचा पुतळा बनविला सजीवंत केले गणाला  
तोचि का रे हा गणराया ॥१॥  
द्वारपाल हो केले गणाला  
शंभू आले घरीत्या वेळा आडविले त्याने शिवशंभूळा  
कोन कुणाचा आरेतु मुला शिरच्छेद गणाचा केला। । ध्रुव  
धावत आली पार्वती माता  
बळ माझे मज दयावे आता शंकरासी मंग पडली चिंता हत्तीचे शिर धडा जोडीता  
साजिवंत केले गणराया ॥३॥

Shubham Kharade  
Aishwarya Ghodekar  
Sakshi Dhumal  
Vrushali More  
(5th sem BSc)

## \*जिंदगी की राहों में\*

जिंदगी की राहों में दर्द के बहाने छुपे हैं, (2)  
खुशियों की चादर में अक्सर , ग़मों के फसाने छुपे हैं।  
यही है वो राज़, जिसे जीने की सीख कहते हैं, ( 2)  
कि जिंदगी की हर लहर में  
दर्द और खुशी, एक साथ बहाने छुपे हैं।

हर मुद्दत से , बदलते हैं मौसम और हालात,( 2)  
जैसे दरिया की लहरों में छिपे हो अनगिनत ख़ज़ाने राझ़ ।  
दर्द की खबर, नहीं दी जाती इस दिल को, (2)  
क्योंकि खुशियों के मंजरों में भी , ग़मों के अंधेरे छुपे होते हैं।

जीने का वाक्या, सिफ़्र खुशियों से नहीं होता है,( 2)  
यहीं जिंदगी की सच्चाई का पहलू, हमें दिखाता है।  
क्योंकि दर्द और खुशी ,दोनों एक जैसे हमें सिखाते हैं, (2)  
जिंदगी की हर लहर में , जीने के असली मायने छुपे होते हैं।

Mr. Tushar Khillare  
Semester V

## वक्त

वक्त के समन्दर में चल रही जिंदगी लहरें बन गई,  
मुस्कुराहट किनारे की रोशनी बन गई,  
चलते यूंही आए कई मुकाम ऐसे;  
की हंसते खिलते सपनो की दीवार गिर गई।

कहते थे पाना है कुछ, तो चाहिए समझ सही,  
पर बढ़ते कदम कुछ बाते समझ में आई ही नहीं;  
कर रहे भरोसा उसपर जो हमारी मंजिल नहीं,  
खाबों में बसी चीज़ों के लिए सफर आसान नहीं।

हर बीतते लम्हे, मन यह बेचैन सा है,  
छेड़ा जो द्वंद्व सा है, जज्बात है भरे पड़े,  
भावनाओं की कोई सीमा नहीं;  
सपनों को सजाते सजाते हकीकत तस्वीर बन गई।

Mr. Sahil Jirvankar  
4th Yr BSc Nursing

पापा, में बड़ी होके बनूंगी एक डॉक्टर,  
हमेशा आपके साथ, ना जाऊ कभी छोड़कर

वो निकली उस दिन पापा को बोलकर  
पापा तुम चिंता न करना, घर आऊंगी लौटकर

रात के १० बजे कॉल किया घर पर,  
पापा में काम में हु कोई बात हो गई है

पापा भी बोले सुबह घर को वापिस आना,  
अस्पताल सुरक्षित है, अब रात हो चुकी है,

रुकी वो अस्पताल, घर न आई लौटकर  
बैठी थी वो पढ़ने, किताबें अपनी खोलकर,

की कुछ दरिंदे कमरे में घुसे, गंदी सी नियत लेकर  
उनमें से एक बोला जल्दी दरवाजा बंद कर,

मैं खूब लड़ी उनसे, और चीखी चिल्लाई जोर से  
कपड़ों को मेरे फाड़ा, वो ले गए आंखे नोच कर,

और अब भी तुम चुप हो और न समझे मेरी बातों को लेकर,  
मेरी जगह देखना अपनी बहन को सोच कर,

दरिंदे जाग गए है देश सो गया है

आजाद देश की ये कैसी आजादी है पापा?  
आजाद देश की ये कैसी आजादी है पापा ॥

Vedant Pawar, 5th semester

## चीखें जो सन्नाटे में खो गईं

उस रात की चीखें आज भी गूंजती हैं,  
वो चीखें, जो सन्नाटे में कहीं खो गईं।  
मेरी हँसी, मेरी खुशी, सब कुछ छिन गया,  
जैसे कोई बवंडर मेरी दुनिया को उजाड़ गया।

वो आए थे जैसे दरिद्रे अंधेरे में छिपकर,  
मेरी मासूमियत को अपनी हवस की आग में जलाने।  
मेरे शब्द बेमानी हो गए, मेरी चुप्पी सब कुछ कह गई,  
मेरी चीखें आसमान तक गईं, पर किसी ने नहीं सुनी।

मेरी आत्मा को उन्होंने चीर दिया,  
मेरे जिस्म को उन्होंने रौंद दिया।  
मैं गिर पड़ी थी ज़मीन पर,  
पर उनकी हैवानियत नहीं रुकी।

उस रात ने मेरी पहचान बदल दी,  
अब मैं सिर्फ़ एक हादसा बनकर रह गई।  
मेरे नाम के साथ जुड़ गई एक बदनामी,  
जिसमें मेरी कोई गलती नहीं थी, पर मैं फिर भी दोषी थी।

क्यों ये दुनिया मुझे ही दोषी ठहराती है?  
क्यों मेरे कपड़े, मेरी बातें, मेरे अस्तित्व पर सवाल उठाए जाते हैं?  
वो जिन्होंने मेरी आत्मा को कुचला,  
क्यों वो आज़ाद घूम रहे हैं, और मैं कैद हूँ?

पर मैं आज भी खड़ी हूँ,  
अपने दर्द के साथ, अपनी टूटी हुई आत्मा के साथ।

क्योंकि मैंने ठाना है, मैं झुकूंगी नहीं,  
मैं उस अंधेरे से बाहर निकलूंगी,  
जिसने मेरी ज़िंदगी को घेरा था।

अब मैं हर उस लड़की की ताकत बनूंगी,  
जो इस दुनिया में अपना हक़ मांगती है।  
मैं उन सबकी आवाज़ हूँ,  
जिन्हें चुप करा दिया

अब मैं आग बनूंगी, जो तुम्हारे अंधकार को जला देगी  
तुम्हारी हैवानियत का अंजाम मैं लिखूंगी,  
अब मेरा सन्नाटा ही तुम्हारी तबाही बनेगा।

Mr. Shruti Panavkar  
5th semester

## प्रेम म्हणजे काय असतं..?

प्रेम म्हणजे नवकी काय असतं  
खर तर ते सांगून समजत नसतं  
त्या साठी अनुभवांची साथ आणि भावनांचा सहवास  
लागतो

कोणाच्यतारी आठवनीत रात्र भर झुरावं लागतं  
खरच प्रेम हे कोणाला ही कळत नसतं

तो न असताना ही मनाच्या डोळ्यांनी त्याला बघावं लागतं  
त्याच्या आनंदासाठी स्वतःला अर्पण कराव लागतं खरच  
प्रेम हे सांगून ही कोणाला कळत नसतं

तो नसतना हि तो असण्याची जाणीव आणि तो असताना  
त्याच्या कडे मन भरुन बघावस वाटतं खरच प्रेम हे  
कोणाला ही कळत नसतं ते ज्यांना होतं त्यांना च कळतं  
की प्रेम म्हणजे नवकी काय असतं...

—निशा

# बाप म्हणजे काय..?

कोणी मला विचारले बाप म्हणजे काय..??

तर बाप म्हणजे हातातली भाकर सोडुन आपल्या  
मूलांसाठी दिवसभर झागडणारी व्यक्ती म्हणजे  
बाप  
स्वतःचे दुःख लपवुन परिवाराच्या सुखसाठी कष्ट  
करणारी व्यक्ती म्हणजे बाप

आई तर घरातलं मांगल्य असते ना.. पण ज्याच्या  
मुळे घरातलं अस्तित्व टिकून राहते ती व्यक्ती  
म्हणजे बाप..  
ज्या व्यक्ती मुळे हातातली भाकर गोड लागते ती  
व्यक्ती म्हणजे बाप....

आईच्या हिरव्या बांगड्या आणि लाल साडीची  
निशाणी म्हणजे बाप आयुष्यात सूख असो वा  
दुख पण पाठीवरती सोबत असणारी थाप  
म्हणजे बाप  
मुलांच्या आनंदसाठी स्वतःच्या स्वाभिमानाची ही  
पर्वा न करणारी व्यक्ती मी बघितली ती म्हणजे  
बाप....

-निशा

Poems By Ms. Nisha Gawali, Semester III

## आयुष्य

आयुष्य नेमक काय अजून कळल नाही  
आता तरी आयुष्यावर बोलू आपण काही  
शाळेतील आठवणींसोबत उच्च शिक्षण कस संपल कळलच नाही  
आणि पदवी स्तरावर आल्यावर वाटल  
आता तरी आयुष्यावर बोलू आपण काही

आयुष्य म्हणजे काय असत  
जीवनाचं ते सार असत  
कुणासाठी ते काहीच नसत  
तर कुणसाठी अविस्मरणीय असत  
कुणासाठी ते काढंबरी तर कुणासाठी काव्यसंग्रह असत  
सुख दुःख भरत त्यात  
आठवणींच ते गाठोड बनत

न समजणार्यासाठी सागरातील हरवलेलं शिंपल असत  
आणि समजून घेणाऱ्यांसाठी त्या शिंपल्यातल्या मोत्या सारख असत  
आठवणींच्या जगात आयुष्य कस सरल कळलच नाही  
म्हणून ठरवलं आता तरी आयुष्यावर बोलू आपण काही

सर्वाची मन सांभाळत साठी कधि ओलांडली याच देखील भान नाही  
उतार वयाकड वळताना ते आठवणींच गाठोड मात्र मी विसरलो नाही  
मैत्रीच्या कट्ट्यावर जेव्हा सोडलं मी ते गाठोड  
डोऱ्यातल्या अश्रूनाही मोह आवरला नाही  
आठवणींना त्या जाग करण्या  
वाटल आयुष्यावर बोलू आपण काही

सरल आयुष्य आता घेतो निरोप आपला  
उरल असेल काही तर भेटू पुन्हा एकदा  
आठवण करा मला जर वाटल तुम्हाला  
बोलावं आयुष्यावर आपणही काही

अर्पिता खोंड  
VI Semester

## लग्न बंधन

एखादी अनोळखी व्यक्ती आयुष्यात यावी आणि आयुष्यच बदलून जावं  
असच काहीतरी माझ्यासोबत ही घडाव,  
बालपण सरत सरत तोही दिवस आला  
अन् माझा साथीदार आज अचानक समोर आला

खूप अचानक घडल सगळ, एकदम गोंधळून गेली मी  
पहिल्यांदा त्याच्याशी बोलताना खूप घाबरून गेली मी,  
काय होईल, कस होईल अश्या असंख्य विचारांनी मनाला गुंतून टाकल  
पण आई बाबांच्या संस्कारांनी मला सांभाळून घेतल

कसा असेल साथीदार याची खात्री नसताना देखील होकार ती देते  
आणि चुपचाप त्या उशीजवळ रडून मोकळी होते...  
मन रमेल का माझं त्याच्यात, समजून घेर्इल का तो मला  
या सर्व प्रश्नांनी मनात वादळ पेटतात,  
पण आई बाबांची निवड म्हणजे योग्यच असेल  
या खात्रीने ती जागीच विजतात..

साथीदार योग्य असेल तर आयुष्याचं सोन होईल  
प्रत्येक चढ उतारात त्याची साथ मी देर्इल,  
वचन देतेय बाबा कधीच कुणाच्या तक्रारीच कारण बनणार नाही  
तुझी ही लेक कधीच संस्कार विसरणार नाही

शेवटी उगवला तो दिवस आणि माहेर परक झालं  
नवी नाती जुळताय याचा आनंदही होता  
पण आई तुझ्या साठी आता मी पाहुनी होणार का ग ?  
हा विचार त्याहून खूप त्रासदायक होता....

अर्पिता खोंड  
VI Semester

## आई - बाबा

बोलणे झाल तुमच्याशी की  
मन हलके होते,  
कितीही संवाद झालं तरी  
काहीतरी राहील्यासारखे वाटत,  
भेटण्यासाठी तुम्हाला मन नेहमी आतुरत....

कितीही दूर असले तरी  
आठवण तुमची रोज येते,  
घराबाहेर असूनही,  
मन मात्र घरातच असत,  
भेटण्यासाठी तुम्हाला मन नेहमी आतुरत....

किती सुंदर होत ना बालपण  
जिथे सोबत सकाळ होयची,  
अन् माझ्या शाळेसाठी  
घाई तुमची जास्त असायची,  
आठवतात ते दिवस  
अन् पाणी डोळ्यात दाटत,  
भेटण्यासाठी तुम्हाला मन नेहमी आतुरत....  
कधी सुट्टी मिळेल  
याची वाट बघत बसते,  
आणि घरी आल्यावर काय माहिती  
पाच दिवसांची सुट्टी  
पाच मिनिटात कशी संपते  
भेटण्यासाठी तुम्हाला मन नेहमी आतुरत....

अर्पिता खोंड  
VI Semester

स्वप्नं...★

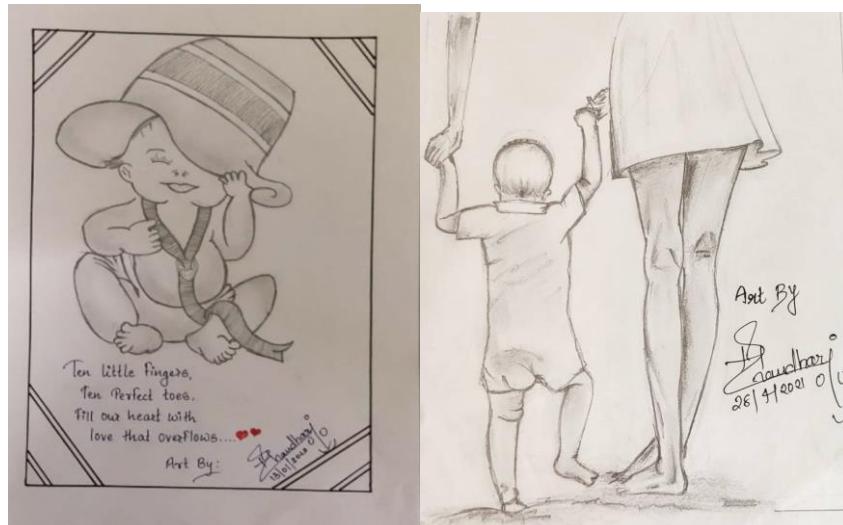
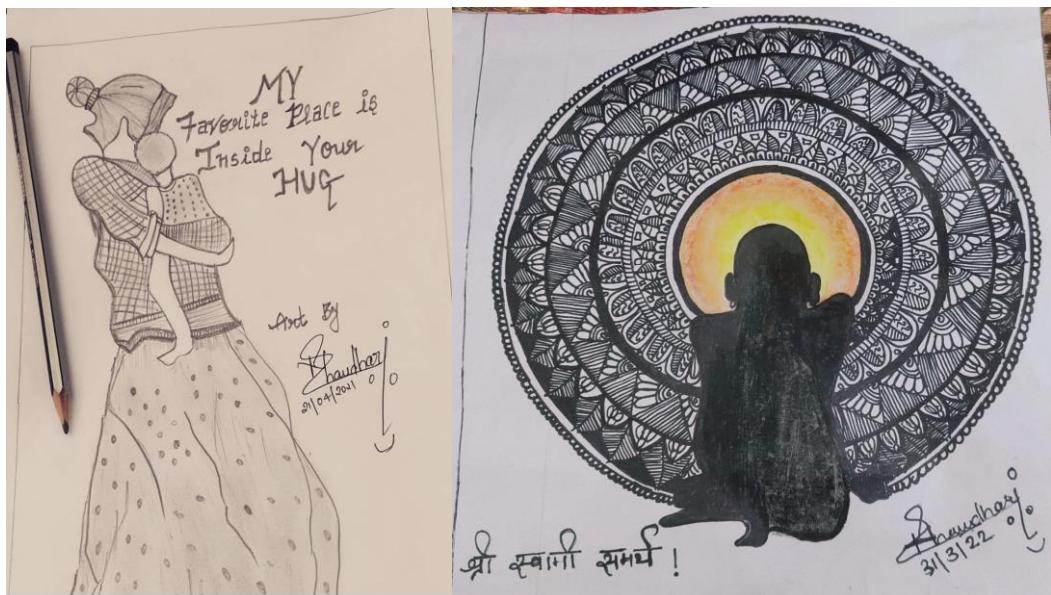
स्वप्न म्हणजे आयुष्य,  
जगता जगता वेड लावणारं.  
अपयश तर येत राहिल,  
पण स्वप्न जगता आलं पाहिजे.  
इथल्या वाटेवरती चालताना,  
अनेक काटे टोचतील.  
पण जिद्द असावी मनाची,  
शेवटपर्यंत मैदानात खेळत राहायची.  
स्वप्नावर इतकं प्रेम असावं,  
क्षितिज सतत डोळ्यासमोर दिसावं.  
सुरुवात शुन्यातून झाली तरी चालेल,  
पण शेवटी आपण जिंकलो पाहिजे.  
पंख इतके मजबूत असावेत,  
जिंकल्याशिवाय इथे पर्याय नसेल.  
मार्ग अनेक असले तरी,  
अंतीम ध्येय हे ऐकचं असावं.

written by  
~Sakshi Shitap



Pookalam by Ms.Anushka  
4th yr bsc

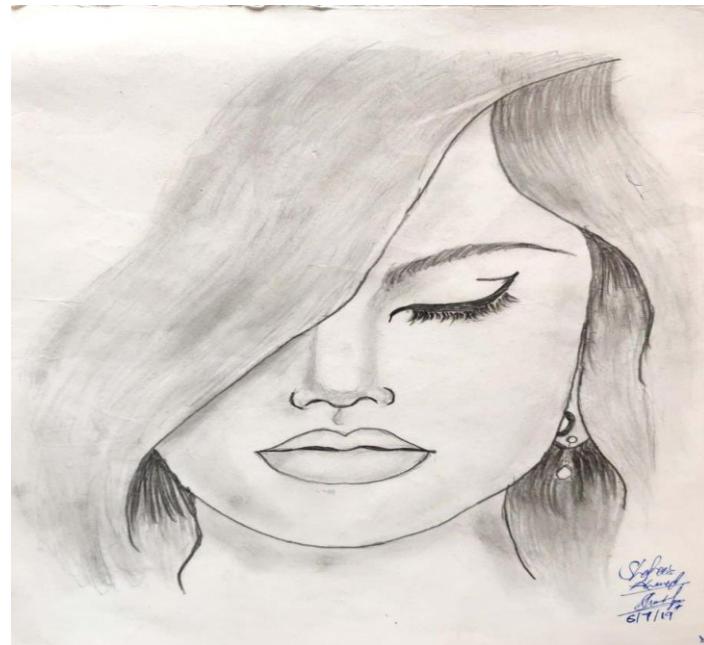
## Artwork By Ms. Nilam Kanse, Clinical Instructor



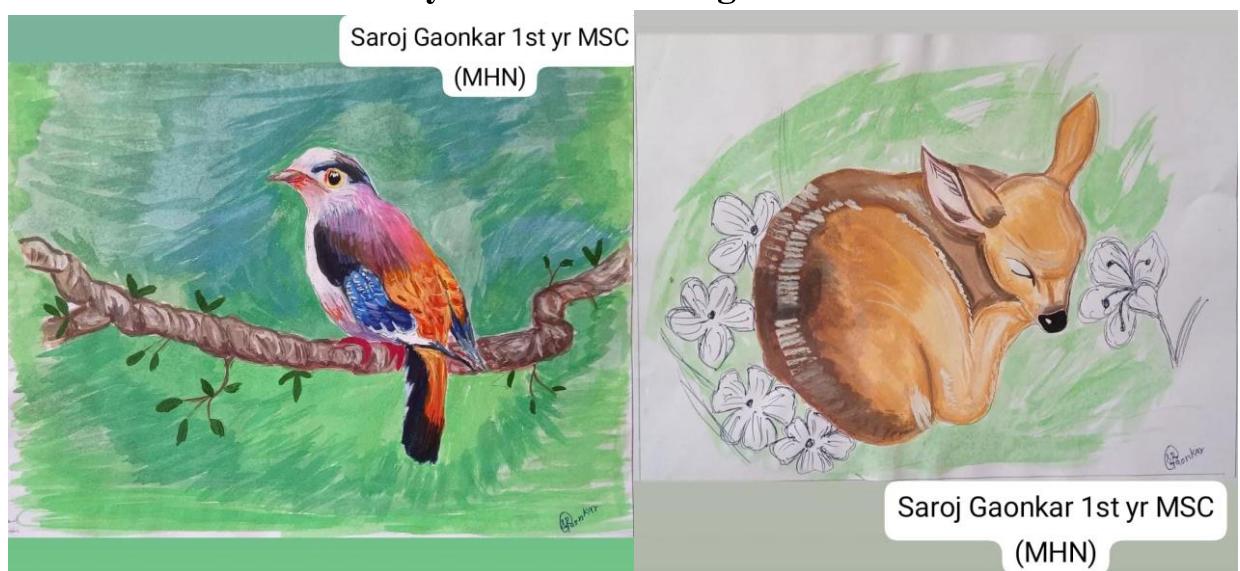
**Art by Ms. Purva Naik, 1st year GNM**



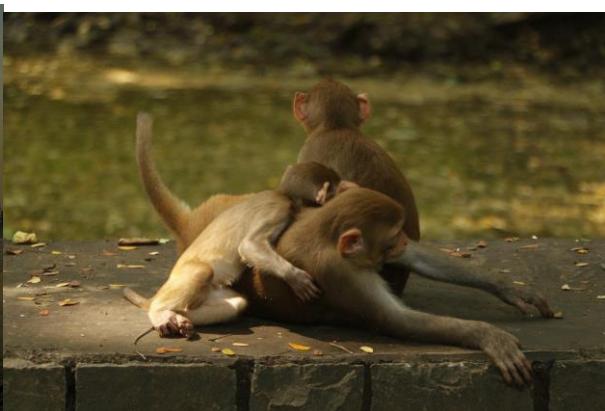
**Art Work**  
**Mr. Shaheer Ahmed**  
**1st year MSc Nursing Student**



**Ms. Saroj Gaonkar**  
**1st year MSc Nursing Student**



**Photography Skills by Mr. Samrat Arvind Kamble,  
Semester III**

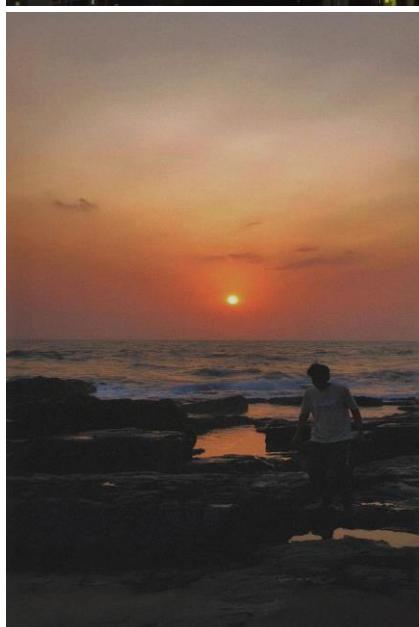


**Photography By Ms. Preshita Mhaske**

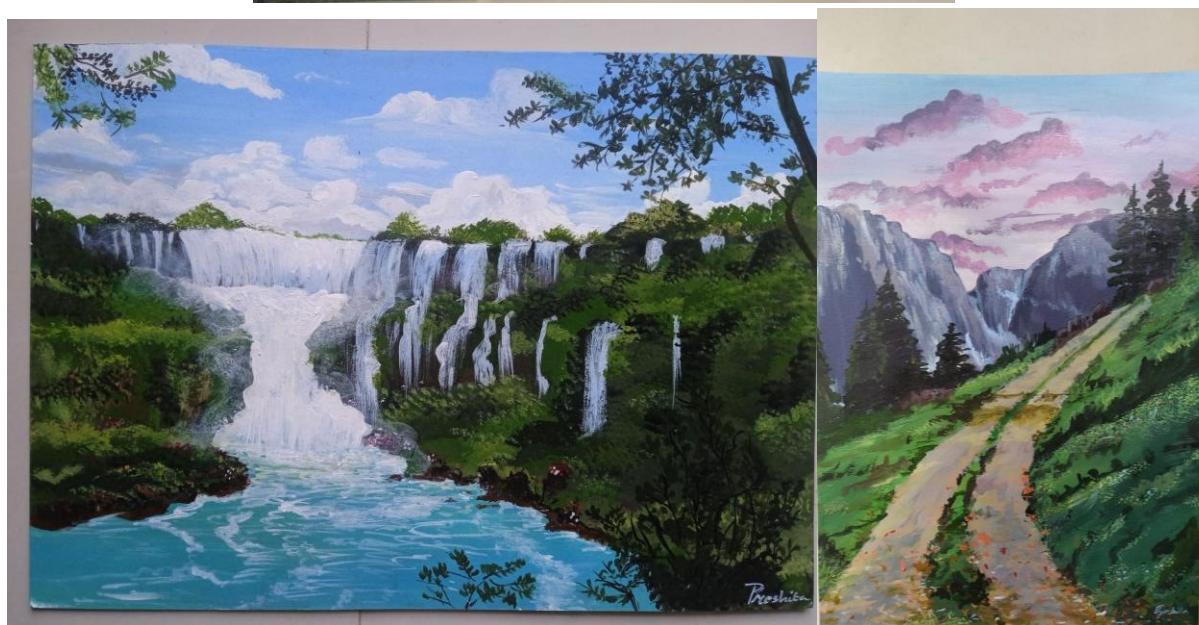
Semester II



**Photography By Mr. Aaryan Chaudhari,  
Semester III**



## Paintings By Ms. Preshita Mhaske, Semester II



**Photography by Ms. Kshitija Sarvagod, 3rd Semester**



# वडिलानंतर आई कसे सांभाळते घर..

वडिलांच्या जाण्याने घर होतं पोकळ,  
दुःखाच्या सावल्यांत हरवतं प्रत्येक कोप-च्यातलं प्रकाशळ.  
पण आईचं मन ठेवतं संयमाचं कवच,  
अश्रू गिळून उभी राहते, सावरण्याचं घेऊन बळाचं वचन।  
हृदय तुटलेलं असतं, पण ओठांवर असतो हसरा मुखवटा,  
कारण घराला पाहिजे तिचं प्रेमळ आधारटा.  
दुःखाच्या गर्जना मनात दडवते ती,  
मुलांच्या सुखासाठी स्वतःला विसरते ती।  
आई म्हणजे न भरणारी पोकळीची सावली,  
जी स्वतःच्या वेदना झाकून घरात भरते नवचैतन्याची वेली।  
वडिलांची जागा कुणी घेऊ शकत नाही,  
पण आईचं बळ प्रत्येक दुःखावर मात करायला पुरेसं असतं.

प्राजक्ता कदम  
3rd sem Bsc

## शाळेचे दिवस

शाळेचे हे हरवलेले दिवस येतील का पुन्हा, जगलो आज आपण उद्या हाच दिवस जुना ! नशिबाने एकदा पुन्हा  
कुठेतरी भेटू शाळेच्या आठवणींना एकदा एकत्र मिळून वेचू पण तेहा सर्व काही बदलेल आसेल कामामुळे आपली  
लवकर सुटेल आज मित्रान सोबत आहात तर वाटेल तास जागून घ्या जीवनभर पुरतील आष्या आठवणी जपून घ्या!

Ms. Samruddhi Kakade, FY GNM

**NURCON - 2024**  
**CELEBRATING NURSES' CONTRIBUTION**  
**WON 2ND PRIZE AT HIRANANDANI HOSPITAL**

**SHOULD NURSING STUDENTS BE EXPOSED TO SIMULATION BASED LEARNING EXCLUSIVELY OR IS CLINICAL PRACTICE ESSENTIAL?**

In conclusion, a balanced approach combining both methods ensures that nursing students are equipped to handle the complexities of modern healthcare, producing nurses who are technically proficient and emotionally intelligent.

**THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT. IN MY OPINION, CREATE A CURRICULUM WITH A BLENDED APPROACH TO PRODUCE QUALITATIVE NURSES IN FUTURE.**

Nursing education has undergone significant changes in recent years, blending traditional clinical practice with innovative simulation-based learning (SBL). This shift raises a key question: should nursing students be exclusively exposed to simulation based learning, or is hands-on clinical practice still indispensable? This debate plays a crucial role in shaping the future of nursing education and the quality of healthcare.

Historically, nursing education focused heavily on clinical practice, where students learned by directly interacting with patients. While this approach has its advantages, it can be challenging for students to bridge the gap between theoretical knowledge and practical application. Many nursing students struggle to apply classroom concepts in real clinical environments. To address this, SBL has been introduced, utilizing high-tech mannequins, virtual reality,

and other tools to simulate realistic clinical scenarios. This allows students to practice clinical and decision-making skills in a safe, controlled setting, minimizing the risk of patient harm. SBL offers several benefits, including standardized training for all students, immediate feedback from instructors, and the opportunity to enhance technical skills and critical thinking. It also addresses challenges in clinical settings, such as limited patient availability and safety concerns, and encourages teamwork, communication, and problem-solving. Moreover, simulation helps bridge the gap between theory and practice, as students actively participate in clinical reasoning and review processes.

**IT IS NOT THE BIG THAT EATS THE SMALL IT IS**

**THE FAST THAT EATS THE SLOW**

**CURRICULUM THAT WILL NURTURE US ALL IS**

**THE RIGHT APPROACH THAT WILL HELP**

**NURSING GLOW**

However, clinical practice remains a vital part of nursing education. While simulations provide technical training, real-world experience is essential for developing interpersonal skills like bedside manner and patient communication. Clinical practice exposes students to the unpredictability of healthcare settings, where they can integrate theoretical knowledge with hands-on experience. Both SBL and clinical practice are crucial for preparing students to be competent and compassionate nurses.





VAISHNAVI SURESH SONWANE  
SEMESTER V



MS. TERESA JOAQUIM VAZ  
SR. TUTOR

## UMEED

Umeed' - an initiative by Founder, Ms.Snehal Ande, means hope and that is what we intend to bring to the students' lives. Through the individual, group counselling sessions and workshops offered through Umeed, we aim to address various concerns students might be facing including managing academic pressure, dealing with interpersonal relationships, familial related concerns and guide the students to use several healthy coping mechanisms so that they can utilize their potential to the fullest and accomplish their goals regardless of the challenges they might be experiencing.

The counselling process is a journey in itself which has been summarized in the lines below:

*If and when you experience sadness,  
Remember stars shine in darkness,  
When dealing with situations that are in mode of flight or fight,  
Through 'Ummeed' counselling sessions,  
The Counsellor helps you to focus on doing what is right.*

*Healing is not always easy  
But who said it will be,  
It's all about learning, unlearning and relearning,  
A journey filled with difficulties for  
You and Me.*

*But then comes a time,  
When you start feeling light,  
You start to smile some more  
And it feels like now the sun is shining bright*

*Signs of being in good mental health,  
Helps us to understand ourselves and others deeply,  
It helps us to navigate through complexities of life  
And yet maintain peace and harmony.*



MS. KSHITIJA SAWANT  
COUNSELLOR  
K. J. SOMAIYA SCHOOL AND COLLEGE OF NURSING



# NSS

NOT ME, BUT YOU  
ESTD..... 2021

The National Service Scheme (NSS) is a flagship program of the Government of India that aims to empower young minds and foster community development. As proud members of NSS, we embrace the opportunity to experience firsthand the transformative power of this initiative.

Our NSS unit embarked on a series of community service projects, ranging from cleanliness drives to educational workshops. We worked tirelessly to identify the needs of our adopted community and devised strategies to address them. Through these initiatives, we not only improved the lives of the community members but also developed valuable skills such as teamwork, leadership, and problem-solving.

Sr. no.	Events	Activities
1	Medical Drives	- Medical camps. - Blood Donation Camps
2	National Days	- Independence Day celebration - Republic Day celebration ( Cultural programs) - Non Violence Day
3	Health Awareness	- Women's Day celebration - Children's Day celebration - HIV/AIDS day
4	Swachh Bharat Abhiyaan	- Campus cleaning drives - Street play on Plastic Ban.



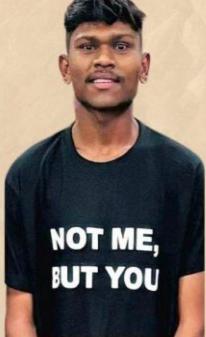
## ADVISORY COMMITTEE MEMBERS

Dr. Avani Olce  
Dr. Jayashree Salvi  
Dr. Asha Pol  
Mr. Aniket Mahulikar

Faculty members:  
Ms. Snehal Ande  
Ms. Greshma Anto  
Ms. Teresa Vaz  
Dr. Shweta Naik  
Ms. Dhanashree Desai

Student representatives:  
Ms. Sakshi Dhumal (6th Semester, B. SC. Nsg.)  
Ms. Aditi Patkar (5th Semester, B. SC. Nsg.)  
Mr. Vedant Pawar (6th Semester, B. SC. Nsg.)  
Mr. Tushar Khandekar (5th Semester, B. SC. Nsg.)

**Student  
Representatives**



**MR. TUSHAR KHANDEKAR**

THE BEST PART ABOUT NSS IS THAT IT GIVES YOU THE OPPORTUNITY TO INTERACT WITH THE PEOPLE FROM DIFFERENT SOCIAL STRATA



**MS. SAKSHI DHUMAL**

NSS HAS HELPED ME LEARN THE VIRTUE OF TEAMSPIRIT.



**MR. VEDANT PAWAR**

NSS GIVES US CHANCE TO BRING A POSITIVE CHANGE IN THE SOCIETY.



**MS. ADITI PATKAR**

NSS HAS HELPED ME BUILD CONFIDENCE AND LEADERSHIP QUALITIES ALONG WITH CHERISHING MOMENTS.

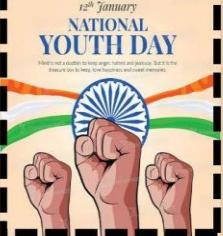












12th January  
**NATIONAL  
YOUTH DAY**  
India is not a nation to sweep aside, forget and forget. But it is the  
freedom for the young to sweep aside, forget and forget.

## **Message from the IQAC Team**

Greetings from the Internal Quality Assurance Cell (IQAC)!

At K.J. Somaiya School and College of Nursing, our motto, *"We strive, we drive... for quality,"* serves as a guiding principle in our continuous pursuit of excellence. We take great pride in our achievements, including securing an "A" grade with a 3.17 CGPA in our first NAAC accreditation cycle in 2023, as well as ranking 47th nationally and 9th in our zone in the IIRF 2023 rankings.

This year, we successfully submitted our AQAR, reflecting the collective efforts of the entire team. The IQAC plays a vital role in fostering a system of conscious, consistent, and catalytic improvement in various aspects of the college's functioning.

Since its establishment in 2016, the IQAC has been instrumental in guiding the institution towards holistic development, nurturing both academic excellence and ethical values in our students.

We would like to extend our deepest gratitude to all our stakeholders, students, parents, faculty, and both teaching and non-teaching staff for their unwavering dedication and hard work. Their collective efforts are the foundation of our continued success and growth. Thank you all for the Persistence, Passion and Teamwork.

**With Best Wishes,**  
***The IQAC Team***



**Ms.Priyanka Ghodake**  
**IQAC Coordinator**



**Ms.RashmiChavan**  
**IQAC Co- coordinator**

# SWACHH BHARAT ABHIYAN

team members



Other initiatives  
includes :

- Tree plantation
- Clean classroom award
- collection of wrappers

Swachh Bharat Abhiyan  
Serves as a Great  
Initiative in making  
students aware of the  
Importance of Cleanliness.





WE ARE PROUD THAT OUR STUDENTS ARE ACTIVELY  
PARTICIPATING IN THE ACTIVITIES.

#### ACTIVITIES CONDUCTED :

- Aarti Competition.
- Thali decoration.
- Slogan making competition.
- Poetry recitation.
- Essay writing competition.
- Poster making competition.

#### SNA UNIT.

The main purpose behind the establishment of SNA to uphold the dignity and to promote a team spirit among students with professional ethics.

NUMBER OF ACTIVITIES ASSIGNED TO THE SNA MEMBERS AT ALL LEVELS TO ACHIEVE THE OBJECTIVES OF THE ASSOCIATION.



## RANK HOLDERS ( 2023-24)

1<sup>st</sup>

**Ms. Shradha S Kamble ( 73%) I Semester**

**Ms. Isha Zore ( 80%) ( IV Semester )**

**Ms. Viona Dixit ( 74 %) ( III Semester )**

**Ms. Sanika Haldkar 80% ( 3<sup>rd</sup> yr BSc )**

**Ms. Mayuri Sonawane(78.66%) 2<sup>nd</sup> yr MSc Nursing**

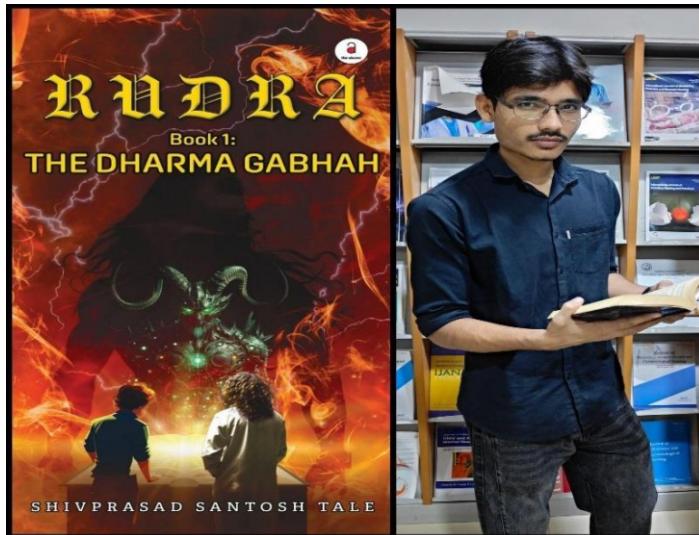
**Ms. Nitukumari Saw (75.2%) 1<sup>st</sup> yr GNM**

**Ms.Pranali V Shirodkar( 75.7 %) 2<sup>nd</sup> yr GNM Nursing**

**Mr. Soham Mahadik (84.2%) 3<sup>rd</sup> yr GNM**

**Ms. Tejaswini Badad ( 67%) 1<sup>st</sup> yr MSc Nursing**

## Alumni Achievements



**SHIVPRASAD SANTOSH  
TALE  
Author of fiction book**

**Mr. Nishad Thale, Staff Nurse, LTMG Hospital**  
**Contributed as research nurse in international research study of imperial college of London, Neonatology**



Original research

### Early and extended erythropoietin monotherapy after hypoxic ischaemic encephalopathy: a multicentre double-blind pilot randomised controlled trial

Reema Garegrat, <sup>1</sup> Atul Londhe, <sup>2</sup> Swati Manerkar, <sup>3</sup> Sudhindrashayana Fattepur, <sup>4</sup> Laxmikant Deshmukh, <sup>2</sup> Amol Joshi, <sup>2</sup> Savitha Chandrak, <sup>2</sup> Malleesh Kariyappa, <sup>6</sup> Sahana Devadas, <sup>8</sup> Theranirajan Ethirajan, <sup>9</sup> Kalavani Srivasan, <sup>7</sup> Chinnaathambi Kamalarathnam, <sup>7</sup> Anitha Balachandran, <sup>7</sup> Elango Krishnan, <sup>7</sup> Deepthy Sahayari, <sup>7</sup> Prathik Bandya, <sup>8</sup> Niranjan Shirooma, <sup>9</sup> Constance Burgod, <sup>1</sup> Ashwini Thayil, <sup>10</sup> Annie Alocious, <sup>11</sup> Marianna Lanza, <sup>1</sup> Pallavi Muraleedharan, <sup>1</sup> Stuti Pant, <sup>11</sup> Hanini Venkateswaran, <sup>11</sup> Maria Moreira Morales, <sup>12</sup> Paolo Montaldo, <sup>12</sup> Vasath Krishnam, <sup>13</sup> Thajithma Kalathringal, <sup>12</sup> Anagha Rajeev Joshi, <sup>14</sup> Ajay Vare, <sup>15</sup> G C Patil, <sup>13</sup> Babu Peter Satyanathan, <sup>7</sup> Pavan Hapat, <sup>11</sup> Abhishek Deshmukh, <sup>11</sup> Indramma Shivarudhrappa, <sup>11</sup> Manjesh Kurupulya Annayappa, <sup>3</sup> Mythili Balaburaj, <sup>17</sup> Christina Murad, <sup>11</sup> Esperance Fernandes, <sup>18</sup> Nishad Thale, <sup>19</sup> Ismat Jahan, <sup>14</sup> Mohammed Shahidullah, <sup>14</sup> Sadeka Moni Choudhury, <sup>14</sup> Sanjoy Kumar Dey, <sup>14</sup> Sutapa B Neogi, <sup>15</sup> Rupa Banerjee, <sup>19</sup> Vanessa Rameh, <sup>16</sup> Farah Alobiedi, <sup>17</sup> Ellen Grant, <sup>16</sup> Sandra E Juul, <sup>14</sup> Martin Wilson, <sup>19</sup> Enrico De Vito, <sup>20</sup> Ronit Pressler, <sup>10</sup> Paul Bassett, <sup>21</sup> Seetha Shankaran, <sup>1</sup> Sudhin Thayil

#### ABSTRACT

**Objectives** To examine the feasibility of early and extended erythropoietin monotherapy after hypoxic ischaemic encephalopathy (HIE).

**Design** Double-blind pilot randomised controlled trial.

**Setting** Eight neonatal units in South Asia.

**Patients** Neonates with moderate or severe

HIE admitted between 31 December 2022 and 3 May 2023.

**Interventions** Erythropoietin (500 U/kg daily) or to the

placebo (sham injections using a screen) within 6 hours

of birth and continued for 9 days. MRI at 2 weeks of age.

**Main outcome measures** Feasibility of

randomisation, drug administration and assessment of

brain injury using MRI.

#### WHAT IS ALREADY KNOWN ON THIS TOPIC

⇒ Five days of erythropoietin therapy starting at 24 hours after birth is not neuroprotective in neonates with moderate or severe encephalopathy undergoing whole body hypothermia.

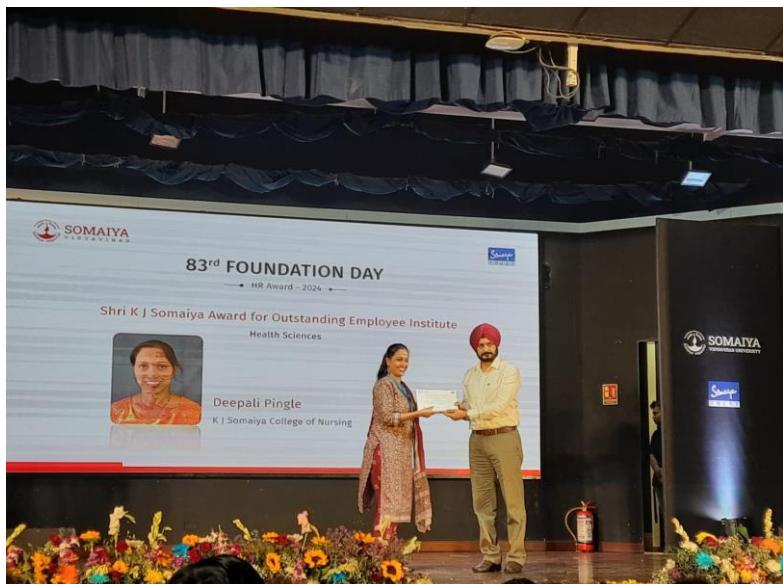
⇒ Early and extended erythropoietin monotherapy

starting within 6 hours of birth is feasible and may be neuroprotective, particularly in neonates with moderate

encephalopathy.

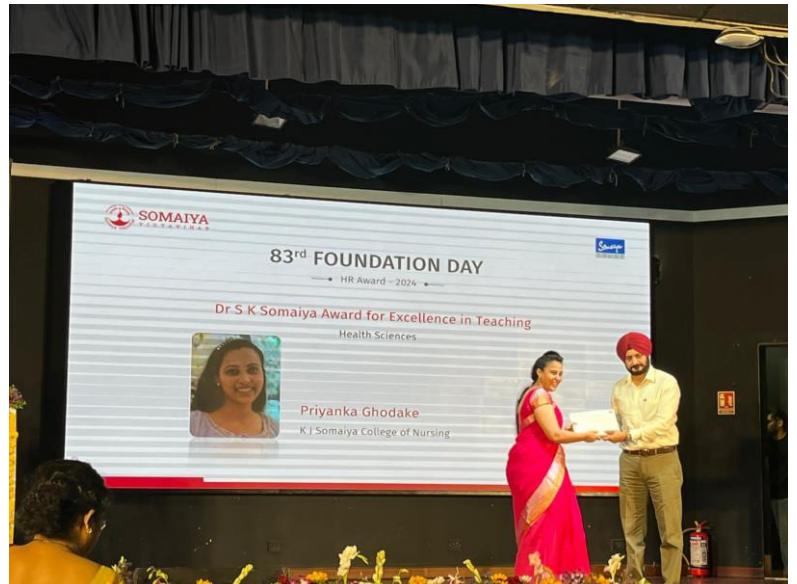
⇒ Early and extended erythropoietin monotherapy

## FACULTY ACHIEVEMENTS



Ms. Deepali Pingle  
Senior Clerk  
Outstanding employee

Ms. Priyanka Ghodake,  
Clinical Instructor,  
Excellence in teaching Award



# **Departmental Activity Report 2024-25**

## **Medical Surgical Nursing**

**AIM:** The aim of the medical surgical nursing department is to prepare nursing students as competent medical surgical and critical care nurses.

### **Departmental Members**



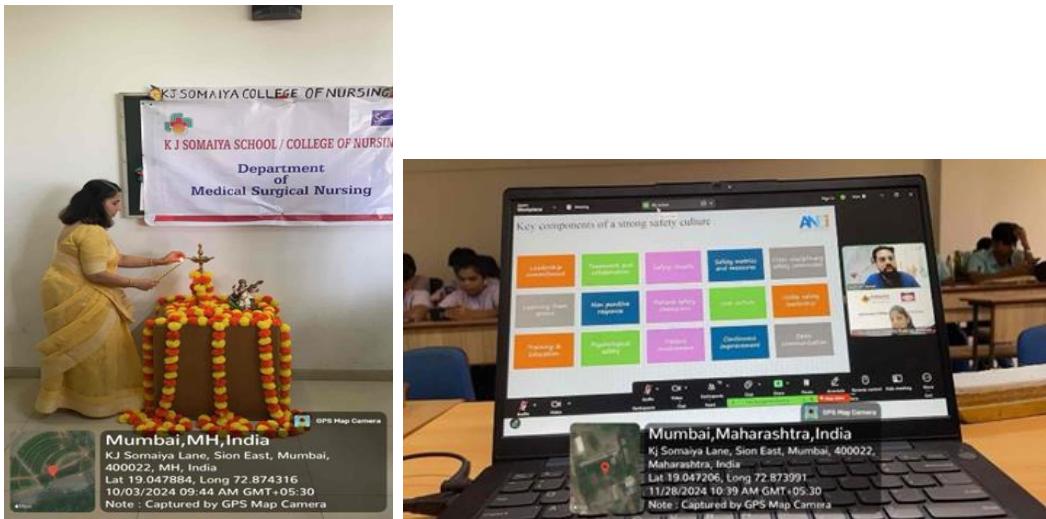
<b>S. N.</b>	<b>Date Venue</b>	<b>&amp;</b>	<b>Events/ Activities</b>	<b>Coordinator</b>	<b>Beneficiary /Participant</b>

1.	<b>12<sup>th</sup> August 24</b> <b>K J Somaiya college of nursing</b>	<b>CPR &amp; First Aid Training</b>	<b>Ms. Rashmi Chavan &amp; Ms. Greeshma R</b>	<b>Sports Coaches of Somaiya sports academy</b>
2.	<b>3<sup>rd</sup> October – 9<sup>th</sup> January 24</b> <b>Hybrid workshop</b>	<b>ECHO Project</b>	<b>MSN Team</b>	<b>Staff Nurses, Nursing students &amp; Faculty</b>
3.	<b>23<sup>th</sup> October 24</b> <b>Urban community</b>	<b>Therapeutic touch for Arthritis patients</b>	<b>Dr. Sushma P, Ms. Priyanka G &amp; Ms. Supriya S</b>	<b>Arthritis Patients</b>

## ACTIVITY 1



## ACTIVITY 2



## ACTIVITY 3



## Community Health Nursing Department



SR. NO	YEAR	ACTIVITIES	PHOTO	DATE	VENUE
1	2024	Role play on Woman Empowerment		12.11.2024	Dhundalwa di
2	2024	Role play on Importance of breast feeding		12.11.2025	Dhundalwa di
3	2024	Drawing and coloring		14.11.2024	Dahanu, Nareshwadi
4	2024	Puppet Show		14.11.2025	Dahanu, Nareshwadi

5	2024	School Health Program		14.11.2024	Dahanu, Nareshwadi
6		MET workshop		2 & 3 Dec 25	K J Somaia
7	1st yr GNM	world literacy day		7-10-24	pratiksha nagar bmc school
8	1st yr GNM2024	world daughters day		8-10-2024	karmveer bhaurao patil school pratiksha nagar
9	1st yr GNM2024	health awareness on menstruation hygiene		12-12-24	zilla parishad school Dhundalwadi
10	1st yr GNM 2024	health awareness on personal hygiene		12-12-24	zilla parishad school Dhundalwadi
11	1st yr GNM 2024	Role play on side effects of use of mobile		12-12-24	zilla parishad school Dhundalwadi
12	1st yr GNM2024	Roleplay on environmental hygiene		12-12-24	zilla parishad school Dhundalwadi

13	Urban Community	World AIDS day		9-12-24	Pratiksha Nagar
14	K J Somaiya students and staff	Blood Donation day		14/01/25	Somaiya hospital
15	K.J Somaiya school and staff	26th Republic Day		26/01/25	
16	RPH Nareshwadi community	School Health Program		29/01/25	Nareshwadi
17	RPH	Haldi Kumkum		30/01/25	Nareshwadi Staff
18	RPH Nareshwadi	<i>International girl child</i>		30/01/25	Nareshwadi Community

## **Child Health Nursing Department**

**Aim :**

To prepare nursing professionals by providing excellent clinical experience in management of pediatric patients of all ages by providing them proper knowledge, skills, and attitude by rendering holistic and family centered care involving the areas of community, administration, education and research.

### **Committee Members**



**HOD - Mrs.Smita Barmase**

**Members - Ms Priyanka Shinde**

- Ms.Sanjana Pawar
- Ms.Nilam Kanse
- Ms.Sonal Kamble

Sr.No.	Date & Venue	Activity	Members Involved	Beneficiaries/Participation
1.	2/8/2024 Physiotherapy college K.J.Somaiya.	<p>Guest lecture on Lactational breastfeeding week.</p>  	Ms.Smita Ms.Priyanka Ms.Sonal Ms.Nilam Ms, Sanjana	2nd year GNM and 5th sem Bsc.
	3/8/24 Ward-1 ANC ward	<p>Role Play and Public Lecture on Breastfeeding Week</p>		ANC AND PNC Mother and their caregiver.
2.	23/9/24 to 28/9/24 K.J Somaiya College of Nursing	<p>Advance Research Methodology</p> 	Ms.Smita Ms.Sanjan a Ms.Priyanka MS.Sonal Ms.Torsha	Phd scholars from various department

3				
4	4th August, 11th August, 24th November & 1st December 2024.  K.J Somaiya College of Nursing	Neonatal Resuscitation Workshop in collaboration with IAP (Indian Academic of Paediatric) Speakers- - Ms Ratna Deore. Principal (Vedant Nursing School) - Ms Anita Hande Matron (LTMG Hospital) - Ms China Mogjam. Assistant lecture (K. J Somaiya college of Nursing) Mrs. Neshwari F. (Seva Mandal Nursing College)	Ms. Smita Ms. Sanjana Ms. Priyanka MS. Sonal	40 Students 2 <sup>nd</sup> year GNM & 3 <sup>rd</sup> year GNM VI sem Bsc Nursing
5	14/11/2024 Haladpada school	Children's Day Celebration	Ms. Smita Ms. Sanjana Ms. Priyanka	School childrens



Ms.Sonal



## **Obstetrics and Gynecological Nursing Department**

Sr No	Date & Venue	Activity	Members involved
1.	Every Monday and Thursday  Somaiya ANC OPD	DISHA session on Antenatal advises	- Dr. Shweta K - Ms. Neha W - Ms. Teresa V / Ms Neena N - Ms. Ankita M.
2.	29/04/24 to 04/05/24  9-10:30am  2 <sup>nd</sup> yr BSc classroom	Lecture series	- Dr. Shweta K - Ms. Teresa V - Ms. Ankita M - Ms. Neha W
3.	08/05/2024  9.30-11.00am  3 <sup>rd</sup> year BSc classroom	Midwifery Day celebration  Guest Lecture - Mrs Anjali Kulthe (Cama Hosp)	- Dr. Shweta K - Ms. Teresa V - Ms. Ankita M - Ms. Neha W

4.	09/05/2024  11 am-1pm  Antenatal OPD and ward	Patient education Programme	- Dr. Shweta K - Ms. Teresa V - Ms. Ankita M - Ms. Neha W - Ms Mayuri S
5.	13/08/24 & 20/08/24	Breast feeding week celebration  Skit & role play at UPH (Pratiksha Nagar) & RPH (Sakharwadi)  Postnatal mother Survey to rule out breast feeding issues.	- Dr. Shweta K - Ms. Teresa V - Ms. Ankita M - Ms. Neha W - 4 <sup>th</sup> year BSc Nsg students
6.	05/12/24	Exhibition on HIV awareness and prevention	- Dr. Shweta K - Ms. Neena N - Ms. Ankita M - Ms. Neha W
7.	09/12/24	CPD for MNC credit points  Maternal and Newborn care for a positive postnatal Experience	- Dr. Shweta K - Ms. Neena N - Ms. Ankita M - Ms. Neha W

#### DEPARTMENTAL MEMBERS

## Departmental Members



### ACTIVITY 1



### ACTIVITY 2



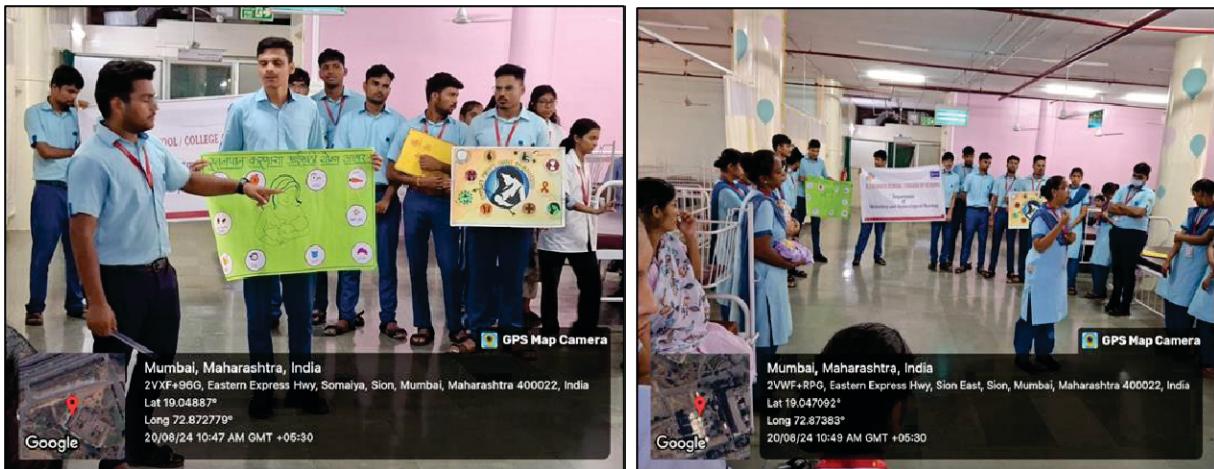
### ACTIVITY 3



### ACTIVITY 4



## ACTIVITY 5



## ACTIVITY 6



## ACTIVITY 7

**K.J. Somaiya College of Nursing**  
Department of OBGY Nursing  
Maternal & Newborn Care for a Positive Postnatal Experience  
9th December, 2024 at 10am-3pm  
Registration fees: Rs.500  
Registration for CME at MNC website is compulsory  
Registration link: <https://forms.gle/MILysC155fhtW8S9>

PROGRAM SCHEDULE		
TIME	PARTICULARS	RESOURCE PERSON
9.50am- 10am	Welcome & Lamp Lighting	-
10-10.50am	Normal Puerperium & Care	Dr. Shobha P. Patil Asst. Professor & HOD Institute of Nursing Education, Sir JJ Hospital
10.50-11.40am	Essential Newborn Care	Ms. Smruti Barmase Associate Professor K.J. Somaiya CON
11.40 am- 12.30pm	Psychological Changes in Puerperium	Dr. Pratibha Athare Principal & Professor Terna Nursing College
12.30 pm- 1.30pm	Lunch Break	-
1.30 pm- 2 pm	Enhancing Positive Postnatal Experience	Dr. Geeta Nyati MD, DGO (Obst & Gyn)
2 pm- 2.50 pm	Recent Practices in Maternal & Newborn care	Dr. Shreya Chahmager Associate Professor K.J. Somaiya CON
2.50 pm- 3 pm	Valedictory session	-

**K J Somaiya College of Nursing**  
**Mental Health Nursing Department**  
**Activity Report 2024**



Sr No	Date & Venue	Activity	Members involved	Beneficiaries/ Participants
1	03/1/2024	Happy Thought session:Tej Gyan foundation	Mrs. Swati Athawale Ms. Ajita Chavan Ms. Snehal Ande Ms. Selvi Nadar Mr. Yusuf Ali Ms. Akansha Pawar	117
2	26/4/2024	Alcohol Awareness Campaign:	Mrs. Swati Athawale Ms. Ajita Chavan Ms. Snehal Ande Ms. Selvi Nadar Mr. Yusuf Ali	60
3	22/08/2024	ONLINE CNE (In Collaboration with ECHO) Theme: Promoting Mental health and emotional well being in the workplace: A Proactive Approach	Observer: Dr. Jayshree Salvi Mrs. Swati Athawale Ms. Ajita Chavan Ms. Snehal Ande Mr. Yusuf Ali Ms. Shifa Chaudhary Ms. Snehal Dohiphode	59
4	20/09/2024	WORLD Suicide Prevention Day	Mrs. Swati Athawale Ms. Shifa Chaudhary Mr. Yusuf Ali	40

<b>5</b>	<b>26/9/24</b>	Awareness campaign on Alzheimers Disease	Mrs. Swati Athawale Ms. Ajita Chavan Ms. Snehal Ande Mr. Yusuf Ali Ms. Shifa Chaudhary	20
<b>6</b>	<b>11/10/2024</b>	WORLD MENTAL HEALTH DAY Expert Talk by Ms. Kshitija Sawant, Counsellor	Mrs. Swati Athawale Ms. Shifa Chaudhary	19
<b>7</b>	<b>21/10/2024</b>	World Mental Health Day Mental Health First Aid Kit Competition	Mrs. Swati Athawale Ms. Shifa Chaudary Ms. Snehal Doiphode	48
<b>8</b>	<b>22/10/2024</b>	Mental Health Awareness and Guidance to students	Mrs. Swati Athawale Ms. Ajita Chavan Ms. Snehal Ande Mr. Yusuf Ali Ms. Shifa Chaudhary	68

## ACTIVITY 1



**K. J. SOMAIYA COLLEGE OF NURSING**   
**MENTAL HEALTH NURSING DEPARTMENT**

**SESSION**  
**ON**

**happy thoughts...**  
**The Tej Gyan**

**DATE: 3rd January 2024**  
**TIME: 1 pm - 2 pm**  
**Venue: Auditorium, K. J. Somaiya Medical College**

**Resource Person : Ms. Pradnya Kolwankar**  
**(Tej Foundation)**

**For All Students and Faculty**

**GPS Map Camera**

**Mumbai, Maharashtra, India**  
K.J. Somaiya Hospital & Research Center Somaiya Ayurshikha Complex, 2VWF+WW5, Eastern Express Hwy, Sion East, Sion, Mumbai, Maharashtra 400022, India  
Lat 19.047258°  
Long 72.874069°  
03/01/24 02:49 PM GMT +05:30

**Google**

## ACTIVITY 2



**K.J. SOMAIYA SCHOOL & COLLEGE OF NURSING**  
**MENTAL HEALTH NURSING DEPARTMENT IN**  
**COLLABORATION WITH SNA ORGANISES**  
**ALCOHOL AWARENESS CAMPAIGN**

**Venue :** **JADAVOTTI REHABILITATION CENTRE, MALLAD, MUMBAI**

**TIME :** **1PM - 2PM**

**26TH APRIL 2024**

**THEME**  
Promoting mindful choices, understanding limits, fostering informed decisions for a healthier relationship with alcohol and well-being.

**GPS Map Camera**

## ACTIVITY 3



**SOMAIYA**  
COLLEGE OF NURSING  
K J Somaiya College of Nursing in  
Collaboration with ECHO India  
For Online CNE  
MENTAL HEALTH NURSING DEPARTMENT  
CNE  
**THEME:**  
*Promoting Mental health and emotional well-being  
in the workplace : A Proactive Approach*  
**ON**  
**22ND AUGUST, 2024 AT 10:00AM**  
**Get  
CNE credit  
points**

**TOPICS:**

- MENTAL HEALTH AND EMOTION.
- IMPACTS OF MENTAL HEALTH IN THE WORKPLACE.
- CHALLENGES IN PROMOTING MENTAL HEALTH.
- STRATEGIES FOR PROMOTING MENTAL HEALTH AND WELL-BEING.
- WORK LIFE BALANCE

**Registration**  
Link: [https://docs.google.com/forms/d/1k0s3pYQ82N-2857DwQ-5mD5oX8g\\_cvgCzOxpTV5XY/edit?ts=600&ts=2](https://docs.google.com/forms/d/1k0s3pYQ82N-2857DwQ-5mD5oX8g_cvgCzOxpTV5XY/edit?ts=600&ts=2)

**GPS Map Camera**

**Google**

**Mumbai, Maharashtra, India**  
21/X/22H, Somaiya, Sen, Mumbai, Maharashtra 400022, India  
Lat 19.047542°  
Long 72.874625°  
22/08/24 02:14 PM (GMT +05:30)



## ACTIVITY 4&5



**GPS Map Camera**

**Google**

**Mumbai, Maharashtra, India**  
Old No 8, Pratiksha Nagar, Kothiwa, Pratiksha Nagar, Sion East, Sion, Mumbai, Maharashtra 400022, India  
Lat 19.042721°  
Long 72.871954°  
20/09/24 03:01 PM (GMT +05:30)



**GPS Map Camera**

**Google**

**Navi Mumbai, Maharashtra, India**  
Shrawan Patel Sector 05 Plot no 39/40, Patel, Taloja, Navi Mumbai, Maharashtra 400708, India  
Lat 19.002891°  
Long 72.800615°  
24/09/24 11:12 AM (GMT +05:30)

## ACTIVITY 6



## ACTIVITY 7



## ACTIVITY 8



## Teaching Faculty



## Non-Teaching Faculty



## Supportive Staff



Shot on OnePlus

## 2nd Year MSc.



## 1st Year MSc.



## BSc Nursing 4 Year



## BSc Nursing Semester V



## BSc Nursing Semester IV



## BSc Nursing Semester II



### BSc Nursing Semester I & II



### GNM 3rd Year



## **GNM 2<sup>nd</sup> Year**



## **GNM 1<sup>st</sup> Year**

