

Father Muller College of Nursing

**Curriculum Enrichment with
Cross cutting Issues**

Department of Medical Surgical Nursing

Father Muller College of Nursing

Department of Medical Surgical Nursing 2014-19

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Programme & Year	Course & description	Unit & topic	Programme	Date
1	M.Sc. II year	Medical surgical nursing: Critical Care Nursing Description: This course is designed to assist students in developing expertise and in depth knowledge in the field of Critical care Nursing.	Unit II: Concept of holistic care applied to critical care nursing practice: The dynamics of healing in critical care unit:- therapeutic touch, Relaxation, Music therapy, Guided Imagery, acupressure	Regional Level seminar on Complimentary Therapy: Integrated Approach for holistic health	29/06/2016
2.	BSC Nursing III year	Medical surgical nursing: Description: The purpose of this course is to acquire knowledge and develop proficiency in caring for patients with medical and surgical disorders in varieties of health care setting and at home. Medical surgical nursing: II	Unit-1 & 2 Nursing management of patient's disorders of eye & ear:	Observation of world disability day (blindness and deafness)	13/12/2018
3	PBBSC Nursing I year	Medical surgical nursing I & II	Unit-VII Nursing management of patient with Urological disorders	Health Education on Kidney and Women's Health	9/3/2018
4		Medical surgical nursing: Description: The purpose of this course is to acquire knowledge and develop proficiency in	Unit-IV Nursing management of patients with disorders of female reproductive system	JIGSAW method of learning on contraceptives	20/04/2018

5		caring for patients with medical and surgical disorders in varieties of health care setting and at home. Medical surgical nursing: II	Unit-VII Describe the Role of Nurse in Disaster management	Symposium on Disaster preparedness	13/03/2019
6	IInd B.Sc. Nursing	Medical surgical nursing-I	Nursing Management of patient with disorders of endocrine system	Diabetic Foot Workshop	30/03/2019
7	B Sc. III year	Medical surgical nursing: II	Unit-VIII Nursing care of elderly	Radio programme on care of elderly	29/05/2019

REPORT
FATHER MULLER COLLEGE OF NURSING
Department of Medical Surgical Nursing
Regional Level Seminar on
“Complementary Therapy: Integrated Approach for Holistic Health”

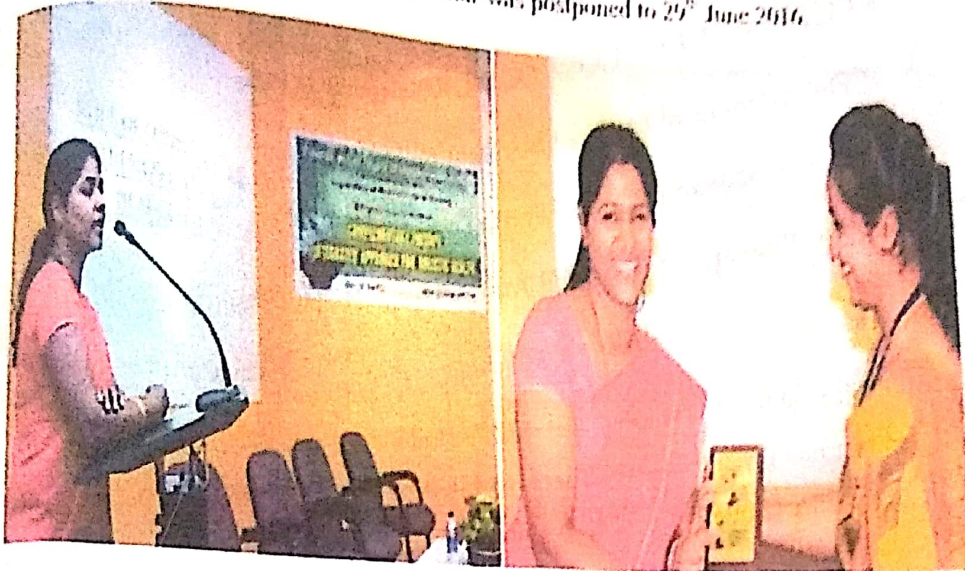
29th June 2016

The department of Medical Surgical Nursing, Father Muller College of Nursing organized a regional level seminar on “Complementary Therapy: Integrated Approach for Holistic Health” in the Knowledge Centre Hall on 29th June 2016.



The conceptualization begun on 10th March 2016 with discussion led by the faculty of Medical Surgical Nursing Department and IInd year M.sc Nursing Students regarding the theme for the seminar. The theme was selected as “Complementary Therapy: Integrated Approach For Holistic Health” and the topics were finalized as role of complementary therapy in present health system, and Nutrition Therapy. Prof. Dr Vanitha Shetty, Principal Alva’s College of Naturopathy and Yogic Sciences, Moodubidri and Dr Shalmali, Asst. Prof. Alva’s College of Naturopathy and Yogic Sciences Moodubidri, were selected as resource

persons. Initially the seminar was planned to be held on 14th May 2016. But due to the unplanned institutional holidays, the seminar was postponed to 29th June 2016.



The seminar started at 9.30am with registration and refreshment. The sessions were started with prayer. Mrs Ashamol Thomas, IInd year M.Sc Nursing welcomed the gathering. The first oration was dealt by Prof. Dr Vanitha Shetty on the role of complementary therapy in present health system, accupuncture and accupressure from 10:15am – 11:15am. The second session on Nutrition Therapy and Hydrotherapy by Dr Shalmali was started at 11:20am. The resource person were felicitated by Mrs Bridget D'Silva, HOD Department of Medical Surgical Nursing. The entire sessions were moderated by Ms Ani Jacob, IInd year M.Sc Nursing. The seminar came to an end by 12:30pm with the vote of thanks proposed by Ms Thongam Rojita Chanu, IInd year M.Sc Nursing followed by the Institutional Anthem.



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

DEPARTMENT OF MEDICAL SURGICAL NURSING

3rd Year B.Sc. Nursing 2018-2019

Health Education Report

The medical surgical nursing department and the 3rd year BSc. nursing students conducted a group health education on **world disability day** on the topic **Prevention blindness and deafness** on 13-12-18 at 11am in A (OPH&ENT) ward of Father Muller medical college hospital under the guidance of Mrs. Jacintha Valder and Mrs. Jubee Joseph, lecturer's dept. of MSN. Students educated the patients and their family about preventive aspects of blindness and deafness with help of AV aids like charts, flash cards, ppt and videos and also they have presented a skit based on blindness and deafness. The health education was evaluated by Mrs. Jacintha Valder. Mr. Abin Kuriakose, Sr. Nancy and Mrs. Sonia D'Souza faculty of MSN were also present for the event. Total 30 beneficiaries were present and actively participated in the programme.



Subject coordinator

Chherla
HOD

FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF MEDICAL SURGICAL NURSING
A REPORT OF HEALTH EDUCATION ON
KIDNEY DISEASES

In observance of "World Kidney Day-2018" a health education conducted on various kidney disorders with the global theme "Kidney and Women's Health" was organized by the 1st year Post Basic B.Sc. Nursing students on 09.03.2018 at 2.00 PM in Q ward, at Father Muller Medical College Hospital, under the guidance of Mrs. Preethi Fernandes, Assistant Professor of MSN department, and Mr Abin Kuriakose Lecturer MSN department, FMCON

The programme started with introduction, followed by effective health education. Around 15 participants were present in the programme. The programme concluded at 3pm with Vote of thanks and distributing sweets.



Subject coordinator

Chabrida
HOD

FATHER MULLER COLLEGE OF NURSING
MEDICAL SURGICAL NURSING DEPARTMENT
INNOVATIVE METHOD OF TEACHING (III BSc)

JIGSAW TECHNIQUE

The entire group of hundred students was split into 10 groups of 10 members each. Each group was given a topic to study as a group. They were given half an hour to complete study in the first group. Once they completed they were made into a new group according to the role number in a horizontal order. Here among the 10 students each of them were experts in one topic thus making ten topics in the entire group. Each member has taught the other nine the topics they had studied in the previous group. They were given one hour 30 min in the second group to complete their learning. At the end randomly the three students were asked to summarize the topic and on the next hour they were asked questions to assess their knowledge on the topic. A feedback was taken from the students from the jigsaw groups and all the groups expressed that it was a good learning experience, student centred method, and they felt free to clarify their doubt in the small groups. They also express the drawback: since some members were absent in the group hence the other members had difficulty in learning that topic.

These were the following topics divided for them in the ten groups and was conducted on 20th and 21st of April.

CONTRACEPTIVES

Sl.No.	ROLE NO.	ASSIGNMENT
1	1-10	Definition ,types, Natural-BF, Calendar, Cervical mucus
2	11-20	Natural method- BBT, Abstinence, withdrawal, Outer course
3	21-30	Barrier method: male condom, diaphragm, cervical cap
4	31-40	Barrier method: female condom, spermicide, vaginal sponge
5	41-50	Hormonal method: Oral contraceptives
6	51-60	Hormonal methods: Injectibles contraceptives and orthoevra, contraceptive patch
7	61-70	Permanent method: Tubectomy
8	71-80	Permanent method: Vasectomy
9	81-90	Emergency contraceptive pills
10	91-100	Intrauterine devices



Mehru
26/04/18
Subject Coordinator

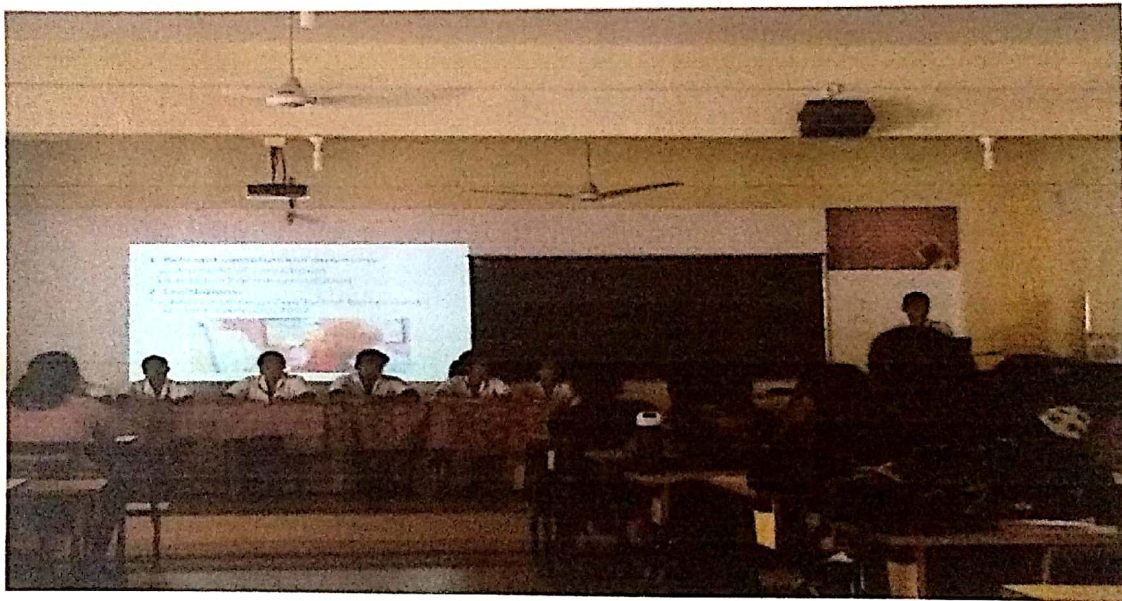
Chavla
HOD

FATHER MULLER COLLEGE OF NURSING

3RD YEAR BSC NURSING 2018-2019

SYMPOSIUM REPORT

A symposium was conducted by the third year B.Sc. nursing students on the topic "Disaster Preparedness" with the help of PPT on 13/03/19 at 11.30am – 12.30pm. Total 90 beneficiaries were present and actively participated in the symposium. It was evaluated by Sr. Nancy Mathias. Students who participated are Sneha v, Sona shaji, Stephy John, Teena Mary, Tharase Sunny, Varsha Jacob, Venus, Treesa K Philip, Vinoliya Joylin Carlo




Subject Coordinator


HOD



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002
Department of Medical Surgical Nursing
Report On "Diabetic Foot Workshop"-March 2019

Department of Medical Surgical Nursing organized a workshop on "Diabetic Foot" on 30/03/19 at 02.30 PM in Rajath Bhavan for the students of MSc Nursing, II Year PBBSc Nursing, IV Year BSc Nursing and Faculty of College of Nursing. Dr Amit Jain, Assoc. Professor Dept of Surgery, Rajarajeshwari Medical College, and Bangalore was the resource person. He is also a Consultant and Head of Amit Jain's Institute of Diabetic Foot and Wound care, Brindhavvan Areion hospital Bangalore. Dr Amit explained on a topic 'Simplifying diabetic Foot for nurses through Amit Jain's system of practice-The new universal approach'. It was a fruitful session with lots of insights into the Diabetic Foot care. About 127 Students and 24 Faculty were actively involved in the session. The session was concluded at 04.15 PM and the feedback was collected from the students.



Jubee Joseph
JUBEE JOSEPH
CNE Coordinator LECTURER

Victoria D'Almeida
HOD
PROF. VICTORIA D'ALMEIDA



FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions)

NAAC 'A' Grade

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

MEDICAL SURGICAL NURSING DEPT

REPORT OF RADIO PROGRAMME

The department of Medical Surgical Nursing, Father Muller College of Nursing conducted a radio program in Sarang 107 at St. Alloysius College Mangaluru as an extension activity on Awareness on '*CARE OF THE ELDERLY*' by the students of III BSc nursing and was broadcasted on 29/05/19 at 8:20- 8:30am, 1:35- 1:45pm and 5:35-5:45pm.



M S / 2 / 19
Subject-Coordinator

Chandra
HOD



Father Muller College of Nursing

**Curriculum Enrichment with
Cross cutting Issues**

Department of Child Health Nursing

Father Muller College of Nursing

Department of Child Health Nursing 2014-19

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Programme & Year	Course & description	Unit & topic	Programme	Date
1	III B.Sc nursing	<p><u>III B.Sc Nursing: Child Health Nursing</u> Course Description: This course is designed for developing an understanding of the modern approach to child – care, identification, prevention and nursing management of common health problems of neonates and children.</p>	Introduction: Modern concepts of childcare	guest lecture on pediatric Bioethics	18/1/2018
	I PBBS.c(n)	<p><u>I PB.BSc Nursing: Child Health Nursing</u> This course is aimed at developing an understanding of the modern approach to childcare, the common health problems of children and neonates in health and sickness.</p>	Introduction: Modern concepts of childcare		
	II M.Sc Nursing	<p><u>II M.Sc Nursing: Child Health Nursing</u> This course is designed to assist students in developing expertise and in-depth understanding in the field of Pediatric Nursing. It will help students to develop advanced skills for nursing intervention in various pediatric medical and surgical conditions. It will enable the student to function as pediatric nurse practitioner/specialist. It will further enable the student to function as educator, manager, and researcher in the field of Pediatric nursing.</p>	Legal and ethical issues in pediatric intensive care		

2	III B.Sc Nursing I PB.Bsc (n) II M.Sc(n)	Child Health nursing		guest lecture on health determinants in children	19/07/ 2019
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FATHER MULLER COLLEGE OF NURSING


(Accredited By NAAC with 'A' Grade)


DEPARTMENT OF PEDIATRIC NURSING

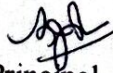
Report On Guest Lecture –Pediatric Bioethics

The department of child health nursing had organized a guest lecture on 'Pediatric Bioethics' on 18th Jan 2018 between 2.00-4-00pm in the conference hall, FMMCH. The session was chaired by the guest speaker Dr Sanjiv Lewin, Chief of Medical services, Professor-Pediatrics, Clinical Ethics and Medical Education, St John's Medical College Hospital, Bangalore. The main focus was on handling ethical issues in clinical care, the session also included case scenarios involving ethical aspects which were meticulously discussed. There were 120 beneficiaries including students and staff from both school and college of Nursing, gained insight from the program.




Organizing Secretary
Mrs Benita


HOD
Ms Seema Chavan


Principal
Sr Jacintha D Souza



FATHER MULLER COLLEGE OF NURSING
NAAC 'A' Grade
Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore
(A Unit of Father Muller Charitable Institutions)




Department of Child Health Nursing
Guest Lecture - Health Determinants in Children- 19/07/2019

The Department of Child Health Nursing of Father Muller College of Nursing organized a guest lecture on 'Health determinants in Children' on 19th July, 2019 between 2- 3.30pm. The resource person for the session was Dr. Sunil Moothedath, Professor, Department of Child Health Nursing, Amrita College of Nursing Kochi, Kerala. He highlighted on the current issues such as technology, diet and lifestyle changes which have a great impact on current health status of children. There were a total of 130 beneficiaries including both the staff of College and School of Nursing and the students of 3rd year BSc Nursing and I PBBSc Nursing.




Organizing Secretary
Mrs. Priya Fernandes


HOD
Mrs. Seema Chavan


Principal
Sr. Jacintha D'Souza

Father Muller College of Nursing

**Curriculum Enrichment with
Cross cutting Issues**

Department of Mental Health Nursing

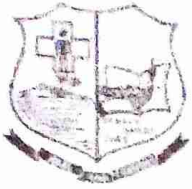
Father Muller College of Nursing

Department of Mental Health Nursing 2014-19

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Programme & Year	Course & description	Unit & topic	Programme	Date
1	III B.Sc nursing & II M.Sc Nursing	<p>III B.Sc Nursing: Mental Health nursing This course is designed to develop an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individual, family and community.</p> <p>Psychiatric (mental health) nursing This course is designed to assist students in developing expertise and indepth understanding in the field of psychiatric nursing. It will help students to develop advanced skills for nursing interventions in various psychiatric conditions.</p>	<p>XV Preventive psychiatry Community mental health services</p> <p>XXI Community mental health nursing</p>	Awareness program on mental illness	17/03/2017
2	III B.Sc Nursing	Mental Health nursing	<p>Xv Preventive psychiatry Community mental health services</p>	Health awareness program on "Tobacco: a threats to development"	01/06/2017
3	III B.Sc Nursing	Mental Health nursing	<p>Xv Preventive psychiatry Community mental health services</p>	Health Talk on Substance abuse	22/06/2017
4	III B.Sc Nursing	Mental Health nursing	<p>Xv Preventive psychiatry Community mental health services</p>	Observance of International Day against drug abuse and illicit trafficking	20/06/2017

5	III B.Sc Nursing I M.Sc Nursing	Mental Health nursing Psychiatric (Mental health) nursing This course is designed to assist students in developing expertise and indepth understanding in the field of psychiatric nursing.	Xv Preventive psychiatry Community mental health services VII Women and mental health	Health Talk on Gender education for school children	20/06/2017
6	III B.Sc Nursing II P.B.B.S c Nursing	Mental health Nursing	Xv Preventive psychiatry Community mental health services	Health Talk on Life style balance	23/05/2019




FATHER MULLER COLLEGE OF NURSING
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Kankanady, Mangalore-575002

Department of Mental Health Nursing (2016-17)


Report on Awareness Programme on Mental illness

The faculty and students from II MSc Nursing and III Bsc Nursing, department of Mental Health Nursing has conducted an awareness programme on **Mental illness** for the students of Govt Higher Primary School, Mullarkad on 17/03/2017. The programme began with a prayer song. Students from II year Msc Nursing conducted a role play followed by the talk on Mental illness. About 90 students and their teachers were the beneficiaries of the programme.




Signature of the Programme Coordinator
Mr. Shajan Xaviour




Signature of HOD
Prof. Agnes EJ



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Department of Mental Health Nursing (2016-17)

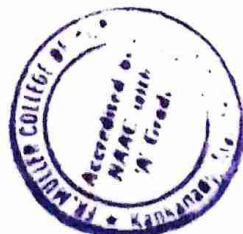
Report on Observance of World No Tobacco Day

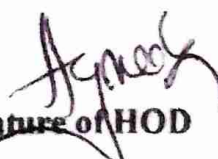
Department of Mental Health Nursing, FMCON observed the **World No Tobacco Day** on 31st May 2017 and 1st June 2017. A quiz competition for the staff nurses of Father Muller Mental Health Centre and students of Father Muller College of Nursing was conducted and winners were awarded.

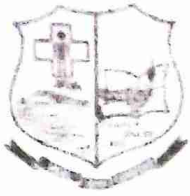
As a part of the Day, 3rd year BSc Nursing students displayed posters in the OPD on the theme '**Tobacco : A threat to development**'. A health talk was organised for the patients and family members of Father Muller Mental Health Centre on the theme in Kannada and Malayalam by Mr S K Shripathi Bhat, Counsellor, De-addiction ward and Mr Rajeeve Mathew, Lecturer, Department of Mental health Nursing.




Signature of the Programme Coordinator
Mr. Rajeev Mathew




Signature of HOD
Prof. Agnes EJ



FATHER MULLER COLLEGE OF NURSING
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Kankanady, Mangalore-575002

Department of Mental Health Nursing (2016-17)

Report on Health talk on Substance Abuse

The Department of Mental Health Nursing organized a health talk on Substance abuse on 22/6/2017 for the patients of de-addiction ward. Mr Shajan Xaviour, Lecturer, FMCON and MrS K Shripathi Bhat, Counselor, De-addiction ward were the resource persons and they conducted the sessions in Malayalam and Kannada. A role play related to the topic was conducted by 3rd year B Sc Nursing students. The session gave an awareness on the different types of substances, its side effects and complications. Nearly 35 members were benefited by this programme.



Signature of the Programme Coordinator

Mr. Shajan Xaviour



Signature of HOD

Prof. Agnes EJ



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)

Kankanady, Mangalore-575002

Department of Mental Health Nursing (2016-17)

Report on Observance of International Day against Drug Abuse and Illicit Trafficking

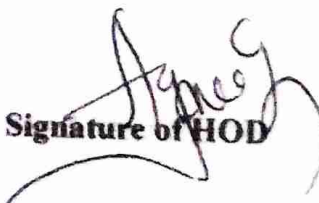
The Department of Mental Health Nursing, FMCON observed the **International Day against Drug Abuse and Illicit Trafficking** on 20th June 2017. A health talk in Kannada was organised for the High School Children of Padua High School on the theme— “**Listen First**” with regard to the observance of International Day against Drug Abuse and Illicit Trafficking and Mr S K Shripathi Bhat, Counsellor, De-addiction ward was the resource person.

A health talk on **Gender Education** for both Boys and Girls also was given by Mr S K Shripathi Bhat and Ms Saritha Pereira, Lecturer/ANS, Department of Mental Health Nursing respectively. As a part of the day, 3rd year BSc Nursing students organised a Role play on the theme - “Listen first”. The program was coordinated by Department of Mental Health Nursing under the guidance of Prof Agnes E J, HOD, Department of Mental Health Nursing, FMCON.




Signature of the Programme Coordinator




Signature of HOD



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Kankanady, Mangalore-575002

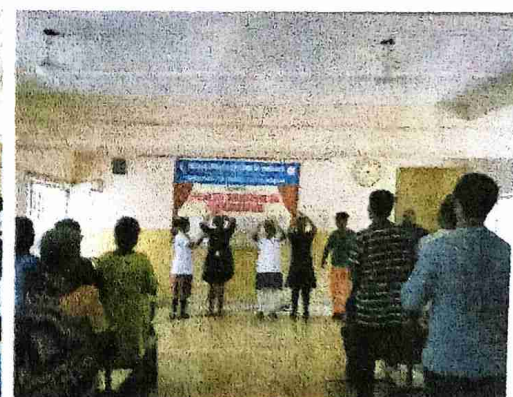
Department of Mental Health Nursing (2018-19)

Health Education on Life Style Balance



The III year B.Sc Nursing & II year PBBS Nursing students of Father Muller College of Nursing conducted a health education on 'Life Style balance' for mentally ill patients and caregivers in General Psychiatry ward, Father Muller Mental Health Centre, on 23.05.19 under the guidance of Mrs Joyce Fernandes and Mrs Sabeena MTP. The programme began at around 2.30 pm with a prayer song and later students performed a role play on the topic "How life

style imbalance can affect the daily living and mental health and after that they explained elaborately about various aspects on life style modifications. All the patients and caregivers participated actively and gave a positive feedback. The total beneficiaries were 120 patients and caregivers. The total number of students involved in providing health education was 62



Signature of the programme co ordinator :

Signature of the HOD
Prof. Agnes E J

Signature of the Principal
Sr .Jacintha D'Souza



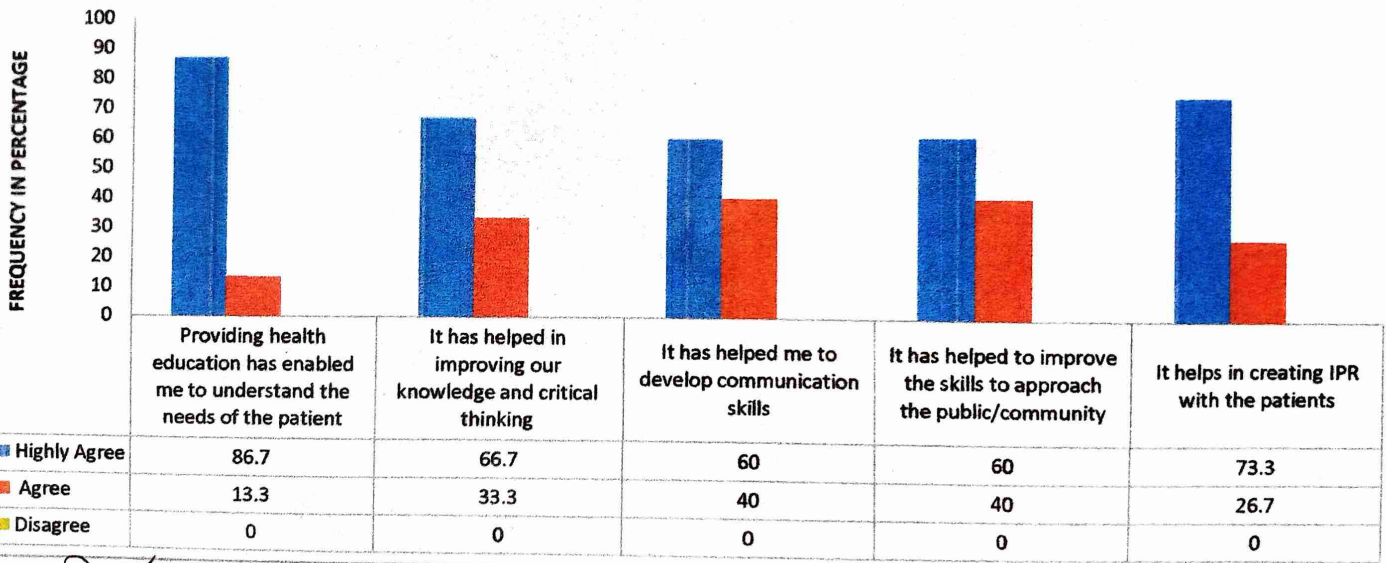
FATHER MULLER COLLEGE OF NURSING
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Kankanady, Mangalore-575002

Department of Mental Health Nursing (2018-19)
 III YEAR B.Sc(N) / II YEAR P.B.B.Sc(N)

N = 15

FEEDBACK ON HEALTH EDUCATION (GROUP) AS A TEACHING METHOD



Joyce
 Mrs. Joyce Fernandes
 Lecturer

Agnes
 Dr. Agnes E.J.
 HOD
 30/5/2019.

Jacinta
 Rev Sr Jacinta Dsouza
 Principal

Father Muller College of Nursing

**Curriculum Enrichment with
Cross cutting Issues**

Department of OBG Nursing

Father Muller College of Nursing

Department of OBG Nursing 2014-19

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Program me & Year	Course & description	Unit & topic	Programme	Date
2	BSc Nursing (III year)	Midwifery and Obstetrical Nursing	Unit 6: Identification and management of women with high risk pregnancy.	Seminar on “Safe motherhood: Make it happen” which includes sessions on: *PIH *GDM and its management *Skill training on intranatal care	7/03/2015
	PBBS Nursing (I year)	Maternal Nursing	Unit 5: Management of abnormal pregnancy		
	Msc Nursing (II year)	Obstetrical and Gynecological Nursing II	Unit 2: Management of women with medical conditions complicating pregnancy		
3	BSc Nursing (III year)	Midwifery and Obstetrical Nursing	Unit 7: identification and management of women with high risk pregnancy Unit 8: High risk labour and its management Unit 9: postnatal complications and its management	National Conference on “Make pregnancy safer” includes sessions on *Unwanted	

				<p>pregnancy</p> <ul style="list-style-type: none"> *Unsafe abortion *Prediction and prevention of preterm labour *Meconium liquor:midwives thought and actions *Evidence based midwifery practice *Workshop on PPH &Pre eclampsia 	8/03/2016
	PBBS Nursing (I year)	Maternal Nursing	<p>Unit 5:Management of abnormal pregnancy</p> <p>Unit 8:problems associated with unwanted pregnancy</p>		
	Msc Nursing (II year)	Obstetrical and Gynecological Nursing II	<p>Unit 3: Abnormal labour,pre term labour and obstetrical emergencies.</p> <p>Unit 4:Nursing management of postpartum complications</p> <p>Unit 10:Abortion</p>		
4	BSc Nursing (III year)	Midwifery and Obstetrical Nursing	<p>Unit 7:identification and management of women with high risk pregnancy</p> <p>Unit 11:family welfare programme-family planning methods and infertility and its management.</p>	<p>National workshop on “Save a mother save a family:A bold step for change” which includes sessions on</p> <ul style="list-style-type: none"> *Role of midwife in combating anemia *Pre eclampsia 	8/03/2017
	PBBS Nursing (I year)	Maternal Nursing	<p>Unit 5:Management of abnormal pregnancy</p> <p>Unit 7:National family welfare programme,Infertile couple</p>	<p>skill training</p> <ul style="list-style-type: none"> *Fertility regulating methods *Skill training on – -PPUICD -Laparoscopy -Vasectomy and -Tubectomy 	

	Msc Nursing (I year)	Obstetrical and Gynecological Nursing I	Unit 8:Family welfare services Unit 9:Infertility		
	Msc Nursing (II year)	Obstetrical and Gynecological Nursing II	Unit 2: Management of women with medical conditions complicating pregnancy		
5	BSc Nursing (III year)	Midwifery and Obstetrical Nursing	Unit 7:identification and management of women with high risk pregnancy Unit 9:management of postnatal complications Unit 10:management of high risk newborn Unit 11:pharmacotherapeutic in obstetrics	State level workshop on “Press for Progress:Safe Invitro to Healthy Invivo” Which includes sessions on *Fertility preservation in women *Panel on patient safety in obstetrics -PPH drill -Interventions of high risk pregnancy -Pharmacology in obstetrics	8/03/2018

	PBBS Nursing (I year)	Maternal Nursing	Unit 5: Management of abnormal pregnancy Unit 6: drugs in obstetrics	-Neonatal resuscitation	
	Msc Nursing (I year)	Obstetrical and Gynecological Nursing I	Unit 7; Pharmacodynamics in obstetrics		
	Msc Nursing (II year)	Obstetrical and Gynecological Nursing II	Unit 4: Postpartum complications Unit 5: high risk newborn		
1	MSc (N)	The course assist students in developing expertise and indepth understanding in the field of OBG nursing. It will help the students to appreciate the client as a holistic individual and develop skill to function as an independent midwifery practitioner.	Unit II- Maternal adaptation-physical & physiological Unit VIII:-Family welfare services –population dynamics, Family life education	Observation of International Womens Day by organizing a program on “Healthy Women, Happy Families”	8/03/2019

FATHER MULLER COLLEGE OF NURSING

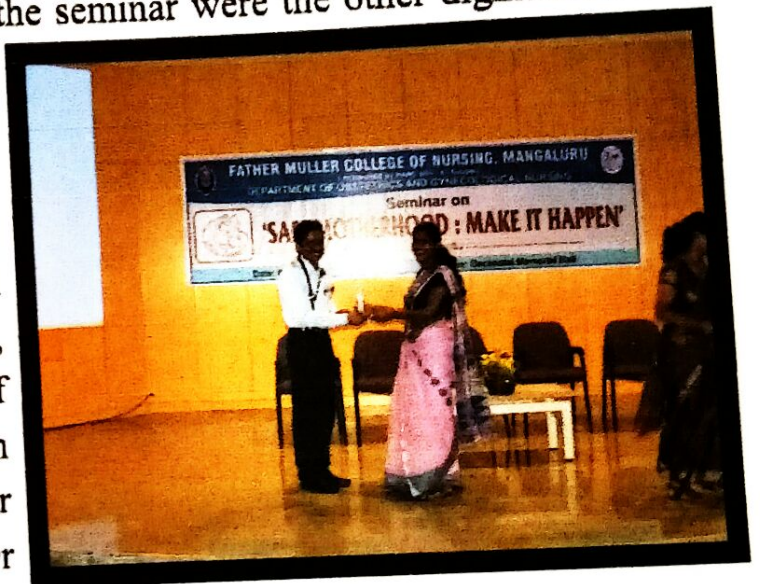
DEPARTMENT OF OBG NURSING

SEMINAR ON: SAFE MOTHERHOOD -MAKE IT HAPPEN

In association with the International Womens' day the department of Obstetrics and Gynaecological Nursing, Father Muller College of Nursing has organized a seminar on *Safe Motherhood: Make It Happen* on 7th March 2015 at the Decennial Memorial Hall, FMCI.

The inaugural programme began at 9 am. Dr Olinda Pereira, Director of the Vishwas Trust was the Chief Guest. Rev. Fr Patrick Rodrigues, Director FMCI presided over the function. Sr. Winnifred D'Souza, Principal, FMCON, Mrs. Savitha Pramilda Cutinho, Professor, HOD of OBG Nursing, Mrs Sindhu Sebastian, The organizing secretary of the seminar were the other dignitaries. Dr Olinda Pereira was honored for all her services to the community.

The scientific session began at 10 am. The first session on Pregnancy Induced Hypertension was deliberated by Dr Naveenchandra R Nayak, Associate Professor, A J Institute of Medical Sciences followed by session on Gestational Diabetes Mellitus by Dr Sujaya V Rao Professor FMMCH. Dr Sudeep K explained about the



management of GDM in the third session. Mrs Pramila D'Souza and Mrs Shoba P Xavier explained regarding the nursing management of PIH and GDM respectively in the last session of the seminar. Mrs Alphilin Jose, Lecturer read the seminar report.

Around 260 delegates from 8 different nursing colleges and hospital were benefited with the seminar.



A panel discussion on 'Achievement of Millennium Development Goal

4&5 - 2015' was conducted in the afternoon session. Ms Precilla D'Silva, Lecturer FMCON moderated the panel with the panellists. The panellists were Ms Erbatemon, Ms Sonimol, Ms Belma, Ms Jasmine, Ms Jasline and Ms Edna.

The programme ended at 3.30 pm.



Organizing secretary

09.03.2015

Precilla
Organizing Chairperson

NATIONAL CONFERENCE ON MAKE PREGNANCY SAFER BY FATHER

MULLER COLLEGE OF NURSING



The Department of Obstetrics and Gynecological Nursing organized a National Conference on Make Pregnancy Safer on 8th March 2016. The inaugural ceremony began at 9 am with Rev. Fr. Patrick Rodrigues, Director of Father Muller Charitable Institutions, Rev. Fr. Richard Administrator, Father Muller Medical College Hospital, Dr. Jyothi Shetty, the Chief Guest and Rev. Sr. Winnifred Principal, Father Muller College of Nursing as the dignitaries.

The Chief Guest Dr. Jyothi Shetty unfolded the theme of the International Nurses Day and to deliver the keynote address of the Conference. To mark the observance of the International Nurses Day, Mrs Malathi K, Junior Health assistant of Suratkaal PHC, Bykampady was honored for her services towards maternal health in the rural communities of Dakshina Kannada. It was followed by a short message by Rev. Fr. Richard Coelho gave a short message and presidential address by the Director, Rev.



Fr. Patrick Rodrigues. During the vote of thanks given by Ms Darryl Aranha, Dr. Savitha Cutinho, HOD of Obstetrics and Gynaecology Nursing Department was felicitated for her proud achievement academically.

The sessions for the day were as follows:

- 9:45 am to 10:15 am: Prof. Janet Miranda of City College of Nursing, Mangalore - 'Unwanted Pregnancy'.
- 10:45am to 11:15am: 'Unsafe Abortions' by Dr. Poornima, Senior Specialist, Government Lady Goschen Hospital, Mangalore.
- 11:20 am to 11:45MD: Dr. Deepa KV., Professor at the OBG Department of Father Muller Medical College Hospital - Prediction and prevention of preterm labour





- 11:50am to 12:15pm: Dr. Lekha Vishwanathan, Associate Professor at Amrutha College of Nursing, Kochi.

- 12:20pm to 1:15pm: 'Evidence based Practice in Midwifery', was handled by Mrs. Reena Frank and Ms. Darryl Aranha, faculty of the OBG Nursing Department of Father Muller College of Nursing.

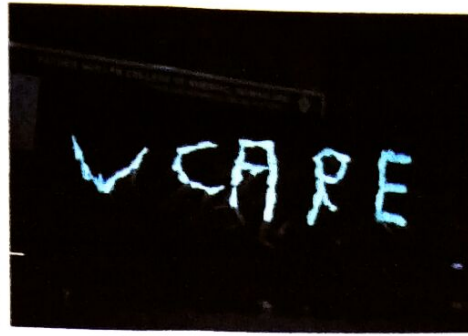
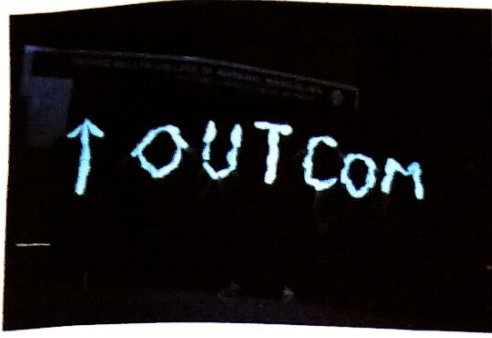


The posters on International Women's Day with the theme 'Pledge for Parity' were displayed for competition and exhibition.



The post lunch session began with the Scientific Paper Presentation at 2:05pm





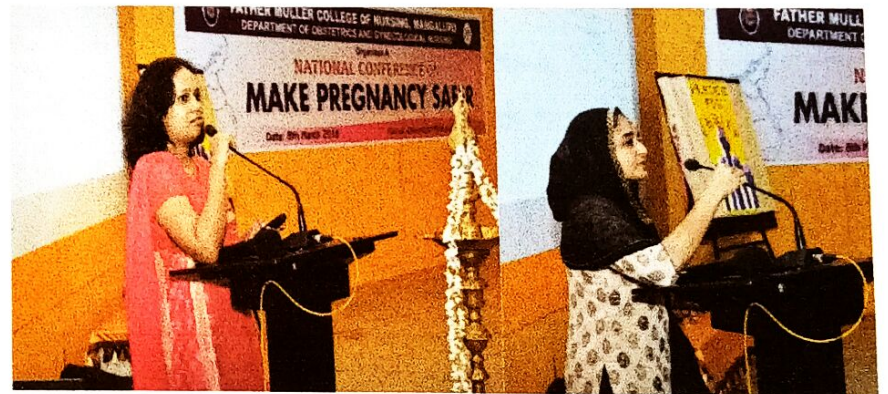
and was followed by a light and sound hand-mime by the undergraduate students.

It was followed by a detailed management of Obstetric emergencies.



3pm to 4:15pm :Postpartum Haemorrhage management by Dr. Jyothi Shetty and Dr. Vidyashree Poojary, Consultants at KMC Hospital Manipal

4:20pm to 5pm: Management of Pre-eclampsia by Dr. Jameela and Dr. Joylene D'Almeida, Consultants at Father Muller Medical College Hospital.

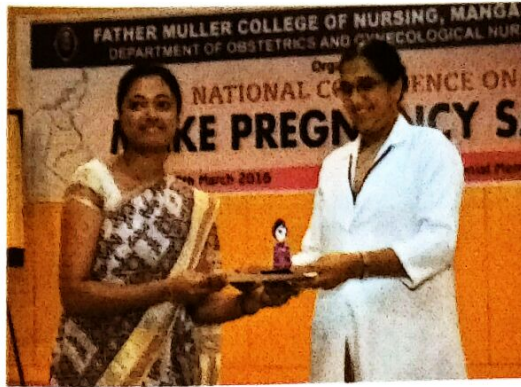


This was followed by the closing ceremony at 5pm. A feedback for given by the

participants and Rev Sr Aileen Mathias distributed the certificates of participation to the delegates. Rev Sr Winnifred D'souza awarded the winners of the Scientific



Paper and Poster and congratulated the organizers. .



The report of the Conference was given Ms Darryl Aranha. The Principal of the College of Nursing, Rev Sr Winnifred D'souza congratulated the organizers and also threw light on the importance of antenatal care to the mothers and informed the audience that the recent issue of Health Action had information on care during pregnancy and encouraged the delegates to read the article. The Conference ended with the National Anthem. The delegate's dispersed after a cup of tea and refreshments at 5:30pm.



HOD OBG nursing
Savitha. Pramilda Culinh.

Darryl Aranha
10/03/16
Darryl Aranha
Asst. Prof & Organising
Secretary
OBG Nursing dept
FMCON.

FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF OBG NURSING
REPORT OF
NATIONAL WORKSHOP ON 'SAVE a MOTHER SAVE a FAMILY: A Bold Step For
Change' - (8TH MARCH 2017)

The Department of Obstetrics and Gynecological Nursing organized a National workshop on 'Save a mother save a family: A Bold step for change'. The inaugural ceremony began at 9.30 am by invoking God's blessings. Rev. Fr. Richard Coelho Administrator, Father Muller Medical College Hospital, Dr. Lavina Noronha, Director of Ave Maria Palliative Care the Chief Guest, Prof. Victoria D'Almeda vice principal FMCON. Dr. Savitha Cutinho, the organizing Chairperson and Mrs. Pramila D'Souza organizing secretary were present on the dais.



Dr. Savitha welcomed the audience. This was followed by the lighting the lamp by the dignitaries. Mrs. Shoba Xaviour, Lecturer of the

department introduced the Chief Guest Dr. Lavina Noronha ,unfolded the theme of the International women's Day Bold Step for Change and delivered the keynote address..

Sr. Agnes Frank was honored by the dignitaries for her achievements and contributions towards society. The Administrator of the Medical College Hospital, Rev. Fr. Richard Coelho gave a presidential message. The Inaugural ceremony concluded with the vote of thanks proposed by Mrs. Pramila D'Souza.



The sessions for the day were as follows: Dr. Lavina Noronha , Director of Ave Maria Palliative Care dealt on 'Empowering the women for a change 'from 10am to 1030am.



'From 10.45 to 11.15am Anemia and Pregnancy' by Dr. Nagarthan, Prof. and HOD OBG department FMMCH. Ms. Valantha faculty of department of OBG Nursing threw light on role of midwife combating Anemia from 11.20-11.50 am.



The mime on depicting the love of a mother was performed by undergraduate students.



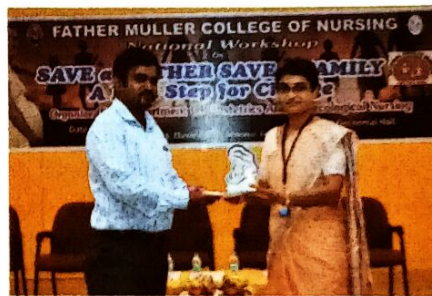
Pre eclampsia skill training was conducted by Dr. Sangeetha Kärde from 12.PM -1PM, for which delegates were divided in to groups and rotated one after the other.

At the mean time posters on International women's day theme were displayed for the competition and exhibition.

The scientific paper presentation held in Syndicate hall of Father Muller College Of Nursing. The group dispersed for lunch.



The post lunch session began with skill training. The topics dealt were Fertility regulating Methods: overview by Dr. Amritha Bhandary Professor AJ hospital and training on Post Partum Intra Uterine Contraception by Dr. Poornima senior specialist Lady Goschen Hospital Mangaluru, Laproscopic vasectomy and tubectomy by Dr. Durgaprasad MR, Resident Medical Officer



research centre, skill

Lady guschan hospital Mangalure and Labour drill by the faculty of department of OBG Nursing from 2.15 pm to 4.40pm for which the delegates were divided in four groups. The workshop went on simultaneously in AV aid hall, food court and in Decennial Hall.



This was followed by the closing ceremony at 4.45 pm. A feedback given by the participants. The winners of the scientific paper and poster presentation were awarded by Dr. Savitha Pramilda Cutinho.



Dr. Anitha C Rao TNAI observer expressed her views on workshop.



Mrs. Pramila D'Souza read the report of the day. Prof. Victoria D'Almeda distributed the certificates of participation to the delegates and gave the message to the audience.

The workshop ended with the National Anthem. The delegate's dispersed after a cup of tea and refreshments at 5:30pm. The total delegates were 160.




17/3/17
HOD/Organizing Chairperson

Organizing Secretary

STATE LEVEL WORKSHOP ON “PRESS FOR PROGRESS: SAFE INVITRO TO HEALTHY INVIVO”



The Department of Obstetrics and Gynecological Nursing organized a State level Workshop on “Press for Progress: Safe Invitro to Healthy Invivo” on 8th March 2018. The inaugural ceremony began at 9 am with Rev. Fr Richard A Coelho, Director of Father Muller Charitable Institutions, Dr. Judith Noronha, Chief Guest and Rev Sr Jacintha DSouza Principal, Father Muller College of Nursing Mrs

Pramila DSouza, Organising Chairperson and Mrs Shoba P Xavier, Organizing Secretary were the dignitaries of the programme. The Chief Guest Dr. Judith Noronha delivered the keynote address of the workshop. To mark the observance of the International Womens Day, Mrs Vedavathi; Lady Health Visitor was honored for her achievements and contributions towards women in the society. The inaugural also marked the releases of a book “From a Mother, to a Mother: A Post Pregnancy Support Guide

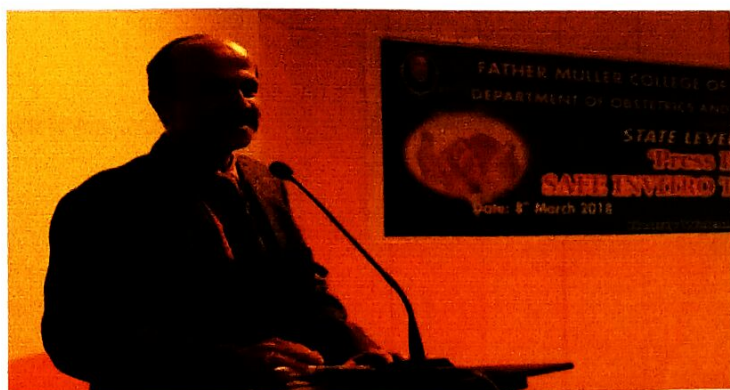


“authored by Mrs Pramila DSouza, Assistant Professor at Father Muller College of Nursing, Dr Joylene D’Almeida Assistant Professor at Father Muller Medical College and Ms Darryl Aranha, Associate Professor at Father Muller College of Nursing . Rev Fr Richard Coelho, Director of Father Muller Charitable Institutions delivered the presidential address. The inaugural ceremony concluded with the vote of thanks proposed by Mrs Shoba P Xavier.

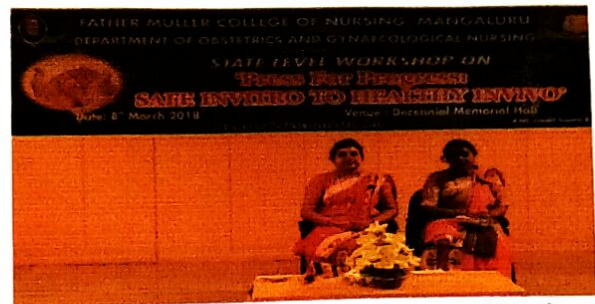


The sessions for the day were as follows:

- 9:40 am to 10:40 am: ‘Fertility Preservation in Women’ by Dr Kishan Sullia, MRCOG, Clinical Director, Santhathi Centre for Reproductive Medicine, Mangaluru



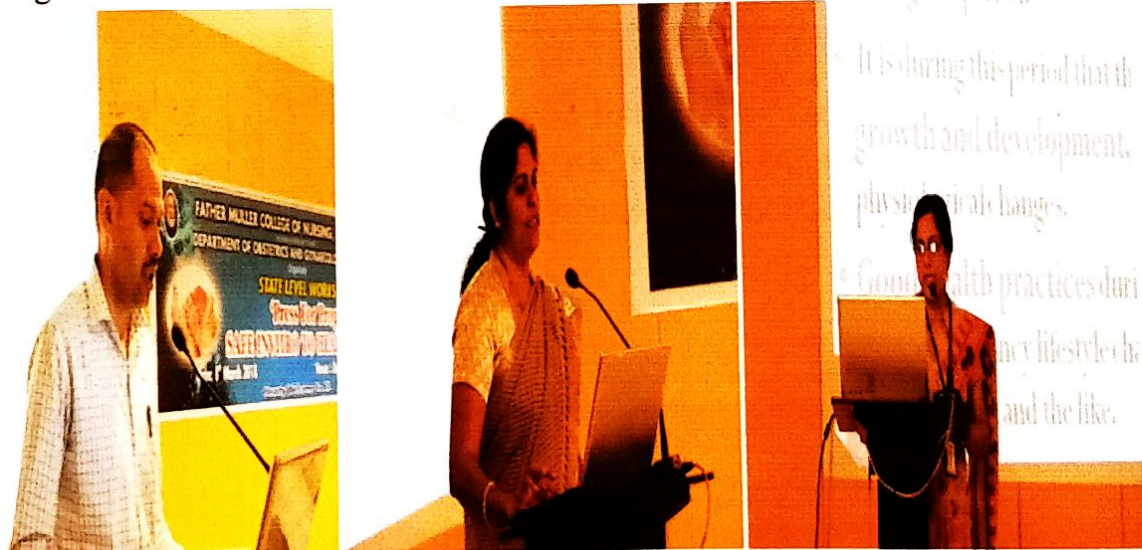
10:45am to 11:15am: ‘Pregnant Mothers and Unborn Bill of Rights’ by ‘Unsafe Abortions’ by Mrs Anusha Fiola and Mrs Nijisha Sharli ,Faculty of the OBG Nursing Department of Father Muller College of Nursing.



11.15 am to 12.15 pm: Debate on “Patient safety in Obstetrics”, Mrs Prinita Pinto Assistant Quality Manager, Father Muller Medical College Hospital was the moderator. The debators were Dr Judith Noronha, Professor and Associate Dean, Manipal College of Nursing and Dr Jacintha Veigas, Professor and Clinical Coordinator, Nitte Usha Institute of Nursing Sciences, Mangaluru.

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-12.15 pm -2.30 pm Scientific paper presentation was dealt in the Decennial Memorial Hall. Mrs G Chithra, Principal, Unity College of Nursing, Mangaluru and Mrs Sabitha Nayak ,HOD ,OBG Nursing, Nitte Usha Institute of Nursing Sciences, Mangaluru were the judges.



The posters on International Women’s Day with the theme ‘Press for Progress’ were displayed for competition and exhibition.

It was followed by the workshops:

-2-4pm: Workshops were carried out in four stations and the delegates were grouped into four and they were rotated simultaneously.

I station: PPH Drill by Dr Priya Ballal, Professor & HOD, Department of Obstetrics, KMC, Mangaluru



II Station: Interventions of High risk Pregnancy by Dr Shannon Fernandes, Assistant Professor, Father Muller Medical College.

III Station: Pharmacology in Obstetrics by Dr Nicole Periera, Assistant Professor, Father Muller Medical College.



IV Station: Dr Praveen B K, Assistant Professor, Father Muller Medical College.

This was followed by the closing ceremony at 4.15 pm. Sr Deepa Peter, HOD Department of Nursing Foundation awarded the winners of the Scientific Paper and Poster presenters.



The Conference ended with the National Anthem. The delegate's dispersed after a cup of tea and refreshments at 5:00pm.



There were a total of 158 participants consisting of staff nurses, teaching faculty and undergraduate and post graduate students of Colleges and Schools of nursing from Mysore, Honnavar, Mandya, Manipal and Mangalore. The workshop is credited by Karnataka Nursing Council with 8hrs.

Shobha P Xavier
19/03/18
Mrs Shoba P Xavier
Organizing Secretary

Pramila DSouza
18/3/18
Mrs Pramila DSouza
HOD, OBG Nursing Department

Jacinta D Souza
Sr Jacintha D Souza
Principal

OBSERVANCE OF INTERNATIONAL WOMEN'S DAY 2019

HEALTH AWARENESS PROGRAMME: "HEALTHY WOMEN, HAPPY FAMILIES"

The Department of Obstetrics and Gynecological Nursing organized a health awareness Programme



on "Healthy women, Happy families" on 10th March, 2019 in coordination with Shri Narayana Guru Seva Sanga and Lions Club Mangaluru at Shri Narayana Guru Seva Sangha Hall Gurunagar,

Maryhill. The inaugural ceremony began at 10.25 am. Rev Fr Richard A Coelho, Director of Father Muller Charitable Institutions, Dr Rita Noronha, Director Center for Development



Studies and Education(R), Rev Sr Jacintha D'Souza, Principal, Father Muller College of Nursing, Mr Vijay Vishnu Mayya President, Lions Club Mangaluru, Mrs Pramila D Souza organizing Chairperson and Ms Precilla D Silva organizing secretary were the dignitaries of the programme. The Chief Guest Dr Rita Noronha delivered the

keynote address and unveiled the theme of International Women's day 2019. Mrs Philomena D Souza who selflessly worked in building the swa shaya sangha and Kulur Milk Dairy was felicitated. Rev Fr Richard Coelho, Director of FMCI delivered the Presidential address. Lion Vijay Vishnu Mayya addressed the gathering. Ms Precilla D Silva proposed the vote of thanks. The inaugural function was concluded with National Anthem.



As a part of celebration the following sessions were organized. They were:



❖ **Balancing home and work (9.30 am -10.15 am)** by Mrs Jasmine Saritha Vas, Pincipal, Father Muller School of Nursing, Mangaluru



❖ **:Ageing Gracefully (11.10-11.45 am)** by Dr Deepa Kanagal, Professor, Department of Obstetrics and Gynaecology, Father Muller Medical College Hospital, followed by **workshops**.



Women were divided into four groups and asked to move from one session to another.

- **Breast Self Examination (12-12.15 pm)** by Mrs Ramyashree S Lecturer, Father Muller College of Nursing, Mangaluru.



- **Cardio Pulmonary Resuscitation (CPR) (12.20- 12.35 pm)** by Mrs Tara Machado, Assistant Nursing Superintendent, Father Muller Medical College Hospital, Mangaluru.



- **First aid for fracture and bleeding (12.40-12.55 pm)** by Mrs Sabitha Pinto, Hospital Infection Control Nurse, Father Muller Medical College Hospital, Mangaluru.



- **Adolescent Nutrition (12.55-1.10 pm)** by Dr Sudheer Prabhu, Associate Professor, Department of Community Medicine, Father Muller Medical College, Mangaluru.



Students performance (mime) depicting women empowerment was followed the workshops.



Mrs Jayashree, Women President of Shri Narayana Guru Seva Sangha thanked the entire faculty and College of Nursing for celebrating women's day at Maryhill. She presented a memento to Father Muller College of Nursing as token of love and appreciation. The entire programme ended by 1.25 pm. Total 105 women were benefited from this programme.

Health camp was organized to general public as a part of celebration from 8.30am- 12.30 pm . Total of 135 people benefited by this camp.



P. Silva
 Ms Precilla D Silva
 Organizing Secretary
 16.03.2019

P. Souza 16/3/19.
 Mrs Nramila D Souza
 Organizing Chairperson

J. Souza
 Sr Jacintha D Souza
 Principal

Father Muller College of Nursing

**Curriculum Enrichment with
Cross cutting Issues**

**Department of Community Health
Nursing**

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Programme & Year	Course & description	Unit & topic	Programme	Date
2014-15					
1.	IV B.Sc Nursing	Community Health Nursing-II This Course is designed for students to practice Community Health Nursing for the individual, family and groups at both urban and rural settings by using concept and principles of health and community health nursing	Unit VI& National Health programme	Hypertension	29.01.2015
			Unit IV- Roles and responsibilities of community health nursing personnel	Prevention of Minor Ailments	06/02/2015
2.	II Year P.B B.Sc Nursing	Community Health Nursing This course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing	Community Practical Aspect	Arthritis	14.11.2014
			Community Practical Aspect	Dog Bite	14.11.2014
			Unit V –National Health Programmes	Prevention of Epilepsy and Immunization	19.11.2014
			Unit V –National Health Programmes	Prevention of HIV/AIDs	24.11.2014
			Community Practical Aspect	Protect nature& prevention of environmental pollution	25.11.2014
3.	II Year B.Sc Nursing	Community Health Nursing-I This Course is designed for students to appreciate the principles of promotion and maintenance of health	Unit IV & Communicable Diseases	Prevention of Malaria	25.04.2015
2015-16					
1.	IV B.Sc Nursing	Community Health Nursing-II This Course is designed for students to practice Community Health Nursing for the individual, family and groups at both urban and rural	Unit VI& National Health programme	Prevention of Kidney Diseases	03.03.2016
			Community Practical Aspect	Measles	07.03.2016
			Community Practical Aspect	Injury awareness	15.03.2016

		settings by using concept and principles of health and community health nursing	Unit VI& National Health programme	Asthma and its management	26.04.2016
			Unit VI& National Health programme	World Diabetes Health Day	25.05.2016
			Unit V- Handling Social Issues	Prevention of child labour	07.06.2016
			Unit VI& National Health programme	Malaria and Mosquito control Measures	07.06.2016
			Unit III & IV Components of Health Services	Oral Health	07.06.2016
			Unit VI& National Health programme	Hypertension and its management	07.06.2016
			Unit VI& National Health programme	Malnutrition among Underfive Children	13.06.2016
2.	II Year P.B B.Sc Nursing	Community Health Nursing This course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing	Unit V & National Health programme	Immunization	12.01.2016
			Community Practical Aspect	Management of Epilepsy	13.01.2016
			Unit V & National Health programme	Lung Cancer	19.01.2016
			Unit V & National Health programme	Cancer	27.01.2016
3.	II Year B.Sc Nursing	Community Health Nursing-I This Course is designed for students to appreciate the principles of promotion and maintenance of health	Unit II & Determinants of Health	Environmental Sanitation, Malaria and Dengue Fiver	27.11.2015
2016-17					
1.	IV B.Sc Nursing	Community Health Nursing-II This Course is designed for students to practice Community Health Nursing for the individual, family and groups at both urban and rural settings by using concept and	Unit VI& National Health programme	Hepatitis	04.04.2017
			Unit VI& National Health programme	Kidney diseases	04.04.2017
			Unit VI& National Health	Hypertension and Diabetes Mellitus	22.05.2017

		principles of health and community health nursing	programme		
			Unit VI- National Health programme	Ill effects of tobacco consumption	25.05.2017
			Unit III & IV Components of Health Services	Personal Hygiene	26.05.2017
			Unit VI & National Health programme	Asthma	29.05.2017
2.	II Year P.B B.Sc Nursing	Community Health Nursing This course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing	Community Practical Aspect	Balanced Diet	07.11.2016
			Unit V & National Health programme	Epilepsy	22.11.2016
			Community Practical Aspect	First aid in dog bite and its treatment	23.11.2016
2017-18					
1.	IV B.Sc Nursing	Community Health Nursing-II This Course is designed for students to practice Community Health Nursing for the individual, family and groups at both urban and rural settings by using concept and principles of health and community health nursing	Unit III & IV Components of Health Services	Environmental Sanitation and personal Hygiene	10.03.2018
			Unit VI & National Health programme	Women and kidney diseases	26.03.2018
			Unit III & IV Components of Health Services	Water conservation methods	26.03.2018
			Unit VI & National Health programme	Prevention of Tuberculosis	27.03.2018
			Unit VI & National Health programme	Cervical Cancer	23.04.2018
			Unit III & IV Components of Health Services	Environmental Sanitation	24.04.2018
			Unit VI -National Health programme	Anaemia	17.05.2018
			Unit VI- National Health programme	Diabetes Mellitus	17.05.2018
			Unit VI- National Health programme	Mental Retardation	21.05.2018
			Unit VI- National Health programme	Antenatal Diet, postnatal care and Immunization	22.05.2018
			Unit VI - National	Asthma	22.05.2018

			Health programme		
			Unit VI- National Health programme	Malaria	22.05.2018
			Unit VI- National Health programme	Hypertension	24.05.2018
			Unit III & IV Components of Health Services	Street play programme-public awareness on tobacco usage	25.05.2018
	II Year P.B B.Sc Nursing	Community Health Nursing This course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing	Unit V- National Health programme	Immunization	24/11/2017
			Unit V- National Health programme	Prevention of Epilepsy	24.11.2017
			Community Practical Aspect	Balanced diet	28.11.2017
			Community Practical Aspect	Environmental Sanitation and pollution prevention	30.11.2017
3.	II Year B.Sc Nursing	Community Health Nursing-I This Course is designed for students to appreciate the principles of promotion and maintenance of health	Unit II, & Determinants of Health	Environmental Hygiene	23.01.2018
			Unit-VII& Population and its control	Quiz Competition on Family Planning Methods	16.02.2018
			Unit IV & Communicable Diseases	Trends in management of Tuberculosis	24.03.2018
2018-19					
1.	IV Year B.Sc Nursing	Community Health Nursing-II This Course is designed for students to practice Community Health Nursing for the individual, family and groups at both urban and rural settings by using concept and principles of health and community health nursing	Unit VI& National Health programme	Street play programme on HIV/AIDS	11.12.2018
			Unit III & IV Components of Health Services	Environmental Sanitation	07.01.2019
			Unit III & IV Components of Health Services	Personal Hygiene and Environmental Sanitation	09.01.2019
			Unit VI- National Health programme	Diabetes Mellitus	09.01.2019
			Unit III & IV Components of Health Services	Stress Management	09.01.2019
			Unit III & IV Components of Health Services	Personal Hygiene and Environmental Sanitation	11.01.2019

			Unit VI& National Health programme	Prevention of Mosquito Borne Diseases	04.03.2019
			Unit VI& National Health programme	Street play programme on Prevention of Tuberculosis	28.03.2019
			Unit VI& National Health programme	Measles and Chicken Pox	03.04.2019
			Unit VI& National Health programme	Chronic Kidney diseases	03.04.2019
			Unit VI& National Health programme	Prevention of tuberculosis	03.04.2019
			Unit III & IV Components of Health Services	Water conservation methods	03.04.2019
2.	II Year P.B. B.Sc Nursing	Community Health Nursing This course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing	Unit V & National Health programme	Diabetes	14.11.2018
			Unit V & National Health programme	Immunization	16.11.2018
			Unit V & National Health programme	Hypertension and its prevention	19.11.2018
			Community Practical Aspect	Environmental Hygiene and pollution	20.11.2018
3.	II Year B.Sc Nursing	Community Health Nursing-I This Course is designed for students to appreciate the principles of promotion and maintenance of health	Unit II, & Determinants of Health	Personal and Environmental Hygiene –conducted in Katipalla	06.02.2019
			Unit II, & Determinants of Health	Personal Hygiene conducted in Bikampady	22.02.2019
			Unit-VII& Population and its control	Quiz completion on Population and Family Planning	27.04.2019

FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING

REPORT ON GROUP HEALTH EDUCATION

The students of IV year BSc conducted a group health education on 29.01.2015 at 10.30 am in GANEMAR at Badakabailu, on topic "HYPERTENSION". The programme commenced with a prayer song with the gracious presence of Ms. Shwetha M.N, Lecturer of community health nursing, Father Muller College of Nursing. 2 childrens and 8 people were participated in the health education.

The health education programme started with a prayer song. The students presented the causes, signs & symptoms, dietary management, home remedies, prevention & complications through A.V aids like charts, role play and discussion. The programme was well appreciated by the people.

The health education was evaluated by asking questions to the group. At the end of the program chocolates were given to the audience, and BP recording was done by the students to the people. Ms. Shwetha M.N evaluated the role play and congratulated the students for their efforts. The programme was winded up with the vote of thanks at 11:10am.



for *Chanda*
Principal

[Signature]
HOD

[Signature]
Subject coordinator

Father Muller College of Nursing

The IV year B.Sc.Nursing students of Father Muller College of Nursing organized a mass health education on **prevention of minor ailments** on 6th February 2015 at Government primary school, Nettharekere at 10.15am. The health information was delivered by the use of AV aids like role play, puppet show, video show & charts. It had a very good impact on the students, parents and teachers. The monitoring of blood pressure and GRBS was done at the end of the programme. The programme adjourned at 12noon. The programme was conducted under the guidance of faculty of Dept of Community Health Nursing.



FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

REPORT ON GROUP HEALTH EDUCATION

2014-15

The students of IInd year P.B.BSc [Group2] conducted a group health education on 14.11.2014 at 09:45 am in Bollari colony on the topic "Arthritis". The programme commenced with a prayer song. Mrs. Irene Alvares, Professor, Dept. Nursing Education, Father Muller College of Nursing and people from 12 family's from the village participated in the health education.



The health education programme started with a welcome speech by Miss.Jennifer. The students were able to convey the message to the participants about Arthritis and its management. The students also presented the causes, clinical features, complications, treatment, and preventive measures of Arthritis through A.V aids like charts and flash card. This programme was well appreciated by the participants.



Mrs.Irene Alvares evaluated the health education and congratulated the students for their efforts. The programme was then concluded at 11:20 am with thanks giving by Miss. Jennifer.



S. S. S. S.

SIGNATURE



[Signature]

SIGNATURE OF THE HOD

FATHER MULLER COLLEGE OF NURSING

REPORT ON GROUP HEALTH EDUCATION

The students of IInd year P.B.BSc[group3] conducted a group health education on 14.11.2014 at 10am in Bollari colony on the topic 'dog bite'. The programme commenced with a prayer song. Sr.Deepa, professor, community health department, Father Muller College of nursing and 25 people from the village participated in the health education.



The health education programme started with a welcome speech by Sr .Shiji. Through a role play, the students were able to convey the message to the participants about dog bite and its first aid. The students also presented the , causes, clinical features, complications, treatment, and preventive measures of Dog bite through A.V aids like charts and flash card. This programme was well appreciated by the participants.



Sr.Deepa evaluated the role play and congratulated the students for their efforts. The programme was then concluded at 11am with thanks giving by Miss. Laura .

Sr. Deepa
19/11/14

Laura

DEPARTMENT OF COMMUNITY HEALTH NURSING

FATHER MULLER COLLEGE OF NURSING

REPORT ON GROUP HEALTH EDUCATION

The students of IInd year P.B.BSc Nursing conducted a group health education on 19.11.2014 at 10am at Bollari, Anganwadi on the topics "Prevention of Epilepsy" and "Immunization". The programme commenced with a prayer song followed by welcome speech and then the education on the topic using a role play. 35 people from the village participated in the programme. AV aids like charts and flash card were used.


The programme was done under the guidance of Mrs. Florine Veigas, Lecturer, Community Health Nursing Department, Father Muller College of Nursing.



The programme was concluded at 11am. There was very good response from the people.

SIGNATURE OF THE HOD 

for  SIGNATURE OF THE PRINCIPAL


Signature of the
departmental co-ordinator



FATHER MULLER COLLEGE OF NURSING

REPORT ON GROUP HEALTH EDUCATION

As the part of world AIDS day, celebrated on December 1st 2014, the students of 2nd year PBBSc conducted a group health education on 24.11.2014 at 10am in Bollari colony of Thumbay area, Bantwal taluk, on the topic "Prevention of HIV/Aids". The 2014 theme for World AIDS Day is 'Focus, Partner, Achieve: An AIDS-free Generation.' The programme commenced with a prayer song followed with a welcome speech. The students performed a role play regarding the topic which was appreciated by the group. Later detailed education was given which clarified the doubts of the group. Other AV aids like charts, flash cards were also used.



There were approximately 13-15 members present excluding the children. Ms Shruthi was the MC throughout the programme. The group health education was conducted under the guidance of Ms Sonia Sequera, Lecturer, Dept. of Community Health Nursing, FMCON. The programme ended at 11.30am.

Sushil
Principal

Sonia Sequera
Head of the Department

Shruthi
Subject Coordinator
(DEPT. COORDINATOR)

FATHER MULLER COLLEGE OF NURSING

REPORT ON GROUP HEALTH EDUCATION

The students of IInd year PBBSc conducted a group health education on 25.11.2014 at 12.15 pm in government U.P school at Thumbay, on topic "Protect nature and Prevention of Environmental Pollution". The programme commenced with a prayer song with the gracious presence of lecturers of Community Health Nursing Ms Shwetha, Mrs. Florin, Ms. Lidwin, Father Muller College of Nursing. 140 students from school and 40 parents were participated in the health education.

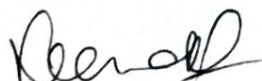



The health education programme started with a welcome speech by Ms Christy. The students presented the causes, health hazards and prevention of environmental pollution through A.V aids like charts, role play, flash cards and creativity. The programme was well appreciated by the parents and teachers.



Ms Shwetha evaluated the role play and congratulated the students for their efforts. The programme was then concluded at 12.45 pm with thanks giving by Ms Nisha.


Principal


HOD


Dept.co-ordinator

FATHER MULLER COLLEGE OF NURSING

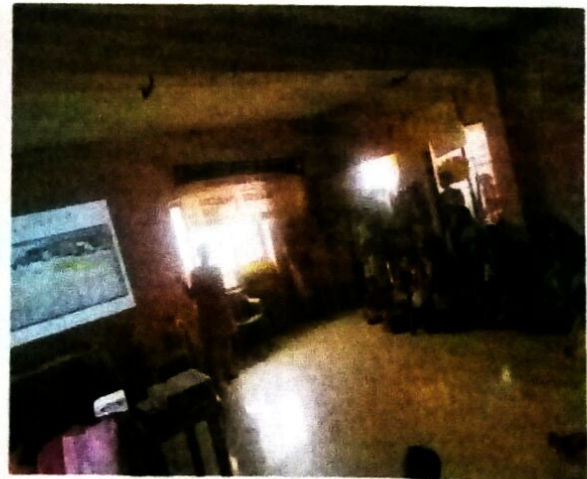
DEPARTMENT OF COMMUNITY HEALTH NURSING

A MASS HEALTH EDUCATION ON 'PREVENTION OF MALARIA'


On the occasion of **World Malaria Day** which is observed on 25th of April, the students of II year BSc Nursing of Father Muller College Of Nursing organized a mass health education on the topic '**Prevention of Malaria**' on 25-04-2015 at Anganwadi, , Baikampady.

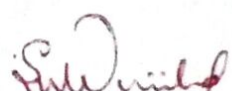
The programme commenced with a prayer song at 10.30am followed by welcome speech. The topic was introduced and health information was given by using charts, power point presentation and role play. The programme emphasized on causes, clinical features, diagnostic measures, treatment, diet management and prevention of malaria. The beneficiaries were mothers of anganwadi children

The health education was evaluated by asking questions to the participants. There was very good response from the participants. At the end of the program refreshments were served. The program me was winded up with vote of thanks at 11.30am. The programme was done under the guidance of Ms. Lidwin Lobo, assistant lecturer, Community Health Nursing Department




Signature of the
Subject Coordinator

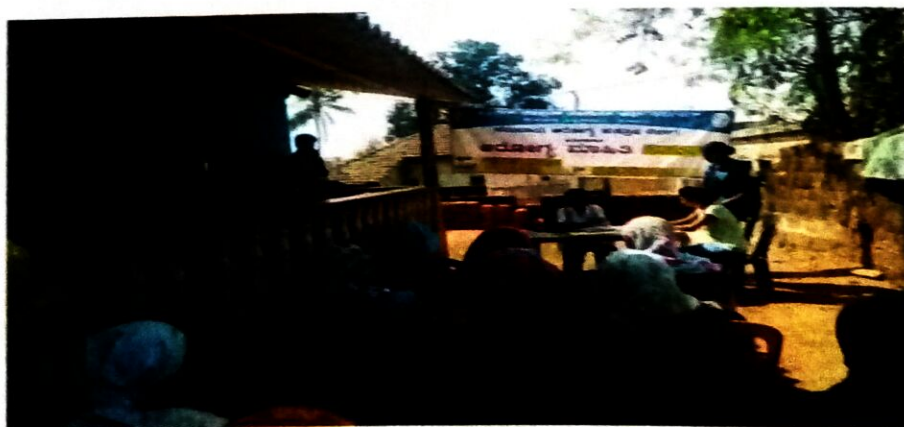

Signature of the
HOD


Signature of the
Principal



FATHER MULLER COLLEGE OF NURSING
DEPT OF COMMUNITY HEALTH NURSING
**A GROUP HEALTH EDUCATION ON
PREVENTION OF KIDNEY DISEASES**

The 4th year B.sc Nursing students of Father Muller College of Nursing organized a group health education programme on the topic "**Prevention of kidney diseases**" on 3rd march 2016 at **Farangipete, Ammemar**. The programme started at 10.30 am. Health information was given by using role play and charts followed by nutritional demonstration ^{ON SPICY RICH DIET}. Around 22 community people were the beneficiaries. The programme adjourned at 11:10am.



SIGNATURE OF THE SUBJECT COORDINATOR :- *Kells*

SIGNATURE OF THE HOD :- *[Signature]*

SIGNATURE OF THE PRINCIPAL :- *[Signature]*



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING A REPORT OF GROUP HEALTH EDUCATION

The students of IVth year B.sc nursing (Ms.Ajina, Ms.Ashly Philip, Ms. Eljil, Ms. Elsa Jacob, Ms. Elsa Treesa Thomas, Ms.Flavia and Ms. Flavita) conducted a group health education on 07/03/2016 at 10.00 am in the anganwadi of Ammemaar on the topic 'Measles'. The programme commenced with a prayer song. Mrs.Anitha Preethi D' Costa, Lecturer, Community Department, Father Muller College of Nursing and 25 members from the area participated in the health education.



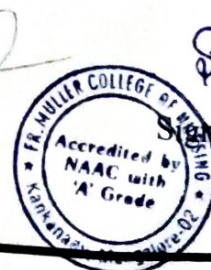
The health education programme started with a welcome speech by Ms.Flavia. Through a skit the students were able to convey the message to the participants about measles by using A.V aids like flash cards and charts. A nutritional diet, ragi malt and wheat dosa were prepared by the students for the anganwadi children. This programme was well appreciated by the participants.



Mrs.Anitha Preethi D' Costa evaluated the health education. The programme was then concluded at 11.30am with vote of thanks by Ms.Flavita.

Signature of Subject coordinator

Signature of HOD



Signature of Principal

FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A REPORT ON GROUP HEALTH EDUCATION

The students of 4th yr B sc nursing, group -7, (Ms. Ginit V Suja, Ms. Jasmine Noronha, Ms. Jeena Babu, Ms. Jeni Jose, Ms. Jibina Jiji, Ms. Juby Blju, Ms. Anusha Cyriac) conducted a group health education on 15/3/2016 at 10 am in Ammemar on the topic "Injury Awareness". The programme commenced with a prayer song. Ms. Laura Carvalho, lecturer, department of community health nursing, Father Muller College Of Nursing and 20 members participated in the health education.



The health education programme started with a welcome speech by Ms. Jasmine Noronha. Through a skit the students were able to convey the message to the participants about different types of injury awareness by using AV aids like flash cards and charts. Hypertensive diet Chappathy and brinjal curry were prepared by the student for the family. The programme was well appreciated by the participants.



Ms. Laura Carvalho evaluated the health education the programme was then concluded at 11 am with vote of thanks by Ms. Jasmine Noronha.

Signature of the coordinator

Signature of the HOD

Signature of the principal



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING A GROUP HEALTH EDUCATION REPORT ON ASTHMA AND ITS MANAGEMENT

The 4th year B.sc Nursing students of Father Muller College of Nursing organized a Group Health Education programme on the topic "**Asthma and its Management**" on 26th April 2016 at **Meenakaliya, Baikampady**. The programme started at 10.30am. Health information was given by using role play and charts followed by nutritional demonstration on **Iron rich diet**. Around 15 community people were the beneficiaries. The programme adjourned at 11.10 am.



for Dr. D. S. S. S.
SIGNATURE OF SUBJECT CO-ORDINATOR

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SIGNATURE OF HOD

Dr. Winnifred
SIGNATURE OF PRINCIPAL



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

REPORT ON GROUP HEALTH EDUCATION

As a part of group health education, the members of 1st group of community health nursing, had organized a health education on the topic "World Diabetes Health Day" at Baikumpady on 25/05/2016 at 10.30 am under the supervision of Prof. Irene Alvares. The programme started with a prayer song. Students performed a skit as an introduction to diabetic mellitus followed by an effective health education regarding the preventive and managing aspect of the chosen problem. Around 15 people participated. The programme was winded up at 10.45am by asking questions and clarifying their doubts.



Signature of Principal

: *Dr. Winnifred*

Signature of HOD

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Signature of Subject Co-Ordinator

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FATHER MULLER COLLEGE OF NURSING DEPT OR COMMUNITY HEALTH NURSING

A REPORT ON GROUP HEALTH EDUCATION

The 4th year BSc Nursing students of Father Muller College of Nursing organized a Group health education programme on the topic "**Prevention of child labour**" on 7th June 2016 at Meenakaliya, Baikampady. The programme commenced at 10.15am with a prayer song. Mrs. Shiji P.J, Assistant Professor, Department of community health nursing , Father Muller College of Nursing and 15 members of community participated in the health education..



The health education programme started with a welcome speech by Ms.Rachana Kanchan. Role play and charts were used to convey the message to the participants followed by nutritional demonstration of **Protein rich diet**.



Ms. Shiji P.J evaluated the health education and then programme was concluded at 11 am with vote of thanks.

for Shiji
Signature of the subject Co-ordinator

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Signature of the HOD

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Signature of the Principa



FATHER MULLER COLLEGE OF NURSING

A REPORT OF GROUP HEALTH EDUCATION

The students of IV Bsc nursing (Ms. Wilsha , Ms. Shiny, Ms. Namitha, Ms. Nayana, Ms. Meena, Ms. Meenu John, Ms. Micky) conducted a group health education on 07-06-2016 at 10 am in Meenakaliya on topic on " Malaria and mosquito control measures". The programme commenced with a prayer song. Ms. Kathreena M.U. ^(Ss. Deepa) Professor, Department of Community, Father Muller College Of Nursing and 15 members from the area participated in the health education.



The health education programme started with a welcome speech by Ms. Wilsha D'souza. Through a skit the students were able to convey the message to the participants about Malaria and mosquito control measures by using A.V aids like charts. This programme was well appreciated by the participants.



Ms. Kathreena M.U. ^(Ss. Deepa) evaluated the health education. The programme was then concluded at 10.30 am with vote of thanks by Ms. Shiny Mendonca.

Signature ^(Ss. Deepa) subject co-ordinator

Signature of HOD

Signature of Principal



FATHER MULLER COLLEGE OF NURSING

A GROUP HEALTH EDUCATION REPORT ON ORAL HEALTH

We the IVth year BSc nursing students, (Group VI) of Father Muller College of Nursing organised a Group Health Education Programme in the community on the topic 'Oral Health' on 07th June 2016 at Meenakaliya, Baikampady. The programme started at 10:15 am at Mrs. Pushpa's house. Ms. Lincy K V welcomed the gathering.



Health education was given through a role play and using charts. Around 10 people of the community were the beneficiaries.



Mrs. Anitha D'Costa, lecturer, Community Health Nursing, evaluated the programme and the programme adjourned at 10:45 am with a vote of thanks by Ms. Roshni D'souza.

Dr. Anitha D'Costa

SIGNATURE OF THE SUBJECT COORDINATOR

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SIGNATURE OF HOD

Dr. Winnifred

SIGNATURE OF PRINCIPAL



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A GROUP HEALTH EDUCATION REPORT ON HYPERTENSION AND ITS MANAGEMENT

We the 4th year BSc Nursing students of Father Muller College Of Nursing conducted a group health education programme on hypertension and its management on 07/06/2016 at Higher Primary Government School Meenakalya, Baikampady, from 10.30 am to 11:45am. Health information was given through a role play and charts followed by BP checking and nutritional demonstration regarding **Hypertensive Diet**. Thirtyfive adults from the community were the beneficiaries.



Pol Costa

SIGNATURE OF THE SUBJECT CO-ORDINATOR

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SIGNATURE OF HOD

Dr. Winnifred

SIGNATURE OF PRINCIPAL



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A MASS HEALTH EDUCATION REPORT ON MALNUTRITION IN UNDERFIVE CHILDREN AND BREAST SELF EXAMINATION IN WOMEN

The 4th year BSc nursing students of Father Muller College of Nursing organised a mass health education programme on the topic 'Malnutrition among underfive children and breast self examination in women' on 13/6/2016 at Meenakaliya , Baikampady . The programme started at 10.45 am at Anganawadi in Meenakalya. Health information was given by using role play, charts regarding malnutrition and its prevention among children . Awareness of breast cancer and breast self examination was given to the women gathered . Around 30 people of the community were the beneficiaries of the programme. The programme was adjourned at 11.30 am with vote of thanks. At the end refreshments were served to the gathering.



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SIGNATURE OF THE SUBJECT CO-ORDINATOR

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FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING REPORT ON GROUP HEALTH EDUCATION

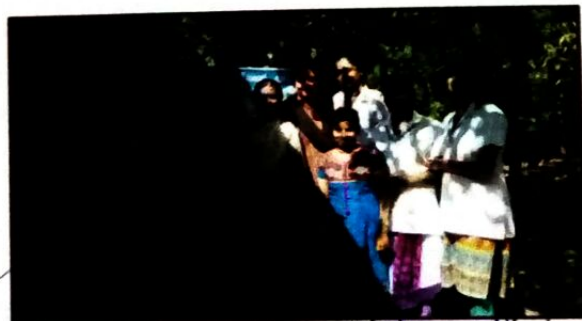
The students of II year pbbsc (Ms. Donna Mariam, Ms. Neena Joshi, Ms. Nimmya Tom, Mrs. Nischitha Vaz and Ms. Preethi Correa) conducted a group health education on 12/1/16 at 10:20am in Surathkal on the topic "Immunization." Ms. Sonia Sequera, Lecturer, Community Department, Father Muller College of Nursing and 6 members from the village participated in the health education.




The health education programme started with a welcome speech followed by a role play, the students were able to convey the message to the participants about the importance of immunization through AV aids like flashcards. This programme was well appreciated by the participants.



The programme concluded at 11 am with the vote of thanks.




Signature of Coordinator


Signature of HOD


Signature of Principal



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

REPORT ON GROUP HEALTH EDUCATION

We the students of 2nd year PBBSC Nursing students (Ms Daina Dsouza, Sr Helen, Ms Geena George, Ms Joicy C, Ms Lapyshai Kharshyndon, MS Sona Anto) conducted a group health education on 13-01-16 at 10:45am in Surathkal on the topic "Management of epilepsy". The programme commenced with a prayer song. Ms Sonia Sequeira lecturer, Ms Laura assistant lecturer community health department, Father Muller College of Nursing and 9 members from the village participated in the health education.



The health education programme started with a welcome speech by SrHelen. Through a role play and AV aids the students were able to convey the message to the members of the community about the prevention of epilepsy. The members of the community asked various questions regarding the prevention of epilepsy. We were able to clarify all their doubts. This programme was well appreciated by the participants.



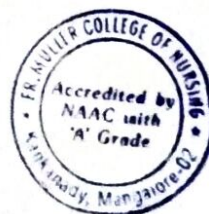
Ms Sonia Sequeira evaluated the role play and congratulated the students for their efforts. The

Programme came to an end at 11:05am with thanksgiving Ms Diana.

Signature of the Subject coordinator

Signature of HOD

Signature of Principal



FATHER MULLER COLLEGE OF NURSING
DEPT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION

We The 2nd Year PBBSc Nursing Students (Sr Anna, Ms Marita, Ms Mary, Ms Melbin, Ms Pavitra & Ms Sheffy) under the guidance of Mrs. Shiji P.J Asst Professor Dept of Community Health Nursing Department organized Group Health Education On 19-1-2016 At 10.15 Am Topic 'LUNG CANCER' at Ashraya anganwadi Kadombodi Surathkal. Mrs. Namitha anganwadi teacher Mrs. Sharadha helper along with 13 mothers and 21 anganwadi children's participated in the health education.



Mrs Shiji P.J evaluated the programme and congratulated the students for their efforts. The programme came to an end at 11.10 am with the games and followed by refreshment.


Subject coordinator


HOD


principal



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING REPORT ON GROUP HEALTH EDUCATION

We the student of 2nd year PPBSc nursing (Mr. Shivaling S Salagare ,Ms Rosemary ,Ms Diana, Ms Chinju, Ms Prerana and Ms Bonnie) conducted a group health education at Surathkal area on 27-01-2016 at 10.15 am on the topic **CANCER** Through AV aids the students were able to convey message to the members of the community. We clarify their doubts by answering their question. The programme was well appreciated by the participants.



Mrs. IRENE T.R ALVARES evaluated the programme and congratulated the students for their efforts. The programme came to an end at 11.00 am.



Signature of the subject coordinator



Signature of HOD



Signature of principal



FATHER MULLER COLLEGE OF NURSING

DEPT OF COMMUNITY HEALTH NURSING

A REPORT ON MASS HEALTH EDUCATION PROGRAM - MME

INTRODUCTION

As a part of my community health nursing practicals posting, we had a mass health education about ENVIRONMENTAL SANITATION, MALARIA and DENGUE FEVER on 27-11-2015 at Government UP School Jappinamogaru. We started from the campus at 10:15 am and reached there at 10:30 am. The Headmistress Mrs. Sujatha K.S welcomed us and helped us to set the background for health education and presented in front of the 75 children and 4 teachers.

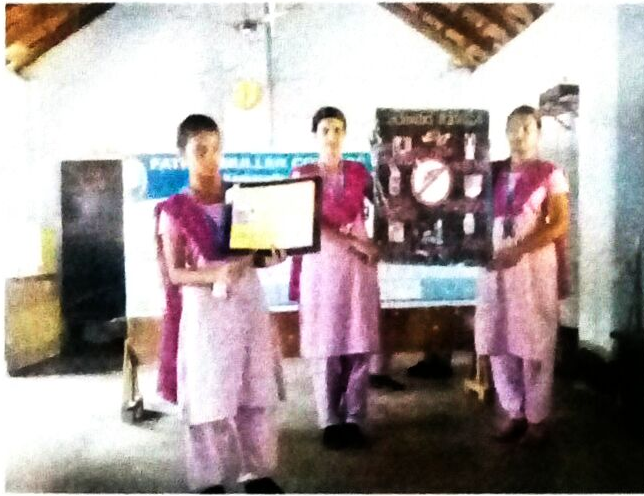


ACTIVITIES

After we reached in the Government UP School Jappinamogaru one of the teacher welcomed us. We started our programmes with a prayer song by our batch mates which was followed by the welcome speech, that was rendered by Ms. Jayapradha. A role play was conducted that showed about the environmental sanitation.

After the role play, to give more information on environmental sanitation, malaria and Dengue fever, the content was explained by the students. It was quite an interactive session between the students and teachers. At the end of health education the questions were asked by the student teacher. Those who had answered we had given prizes to them.

After the health education, vote of thanks was given by Ms. Jayapradha. We expressed our gratitude to Mrs. Sujatha Headmistress, Dr. Leena K.C HOD of community health nursing department. We thanked the children who attended the health education. In the end of the program sweets were distributed to all.



CONCLUSION

Through this health education students understood more about environmental sanitation, malaria and dengue fever. The students were answering to our questions. Moreover we got more information regarding the environmental sanitation, malaria and dengue fever. Also we got many feedback from our teachers who attended the health education. It was a good experience



FATHER MULLER COLLEGE OF NURSING

A REPORT ON GROUP HEALTH EDUCATION

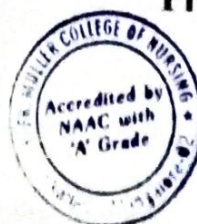
As a part of extension activity, the department of Community Health Nursing along with group of 4th year B.Sc nursing students conducted a group health education on the topic "Hepatitis" on 4/4/17 at 10:00am in Nandhanpura under the supervision of Ms. Deepika Lecturer department of community health nursing. Around 10 members were participated in the programme. The programme started with prayer song and welcome speech. Students performed a skit regarding hepatitis followed by an effective health education. The effectiveness of health education was evaluated by asking questions to the group. The programme was winded up [at 10:45am by thanking each one for their presence and cooperation.




Signature of
Subject co-ordinator


Signature of
HOD


Signature of
Principal

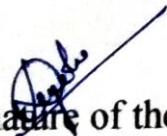


FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
HEALTH AWARENESS REPORT ON KIDNEY DISEASES


As part of extension activity, the Department of Community Health Nursing along with the group of 4th year B.Sc Nursing students conducted group health education on the topic kidney diseases on April 4th 2017 in Mrs. Sarasu's residence under the supervision of Ms. Deepika N.C, Lecturer, Department of Community Health Nursing.



The programme started at 10.30am with a prayer song and a welcome speech followed by health education on various kinds of kidney diseases, its causes, signs and symptoms, management and prevention were explained to the people. Av aids like charts and flip charts were used for better understanding of the people. The program winded up at 11:30am. Questions were asked and doubts of the people were cleared. Around 10 members participated in the programme. The group was very enthusiastic and cooperative.


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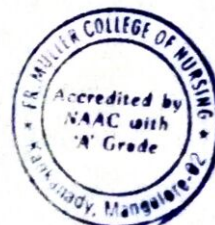
Subject co-ordinator


signature of the

HOD


Signature of the

Principal



RATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING


A REPORT ON GROUP HEALTH EDUCATION

As a part of extension activity, the Department of Community Health Nursing along with the group of fourth year BScNursing students conducted group health education on the topic Hypertention and Diabetes Mellitus on 22nd May 2017 at Akashbhavan.



Students performed a role play followed by talk on Hypertension and Diabetes Mellitus. There were 9 beneficiaries from this programme. The programme was done under the guidance of Ms Sonia Sequera, Lecturer, Department of Community Health Nursing.




Signature of the subject
Coordinator


Signature of the H.O.D


Signature of the Principal



FATHERMULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

HEALTH AWARENESS REPORT ON ILL EFFECTS OF TOBACCO CONSUMPTION

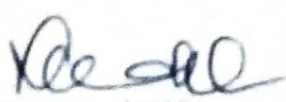
As a part of extension activity, the department of Community Health Nursing along with group of 4th year B.sc nursing students conducted group health education on the topic "ILLEFFECTS OF TOBACCO CONSUMPTION" on 25th May 2017 at Akashbhavan.



The programme commenced at 11 am. Students performed a role play followed by song and talk on ill effects of tobacco consumption, its treatment and prevention. Doubts of the participants were clarified by the students. There were 7 participants for this programme. The programme was done under the guidance of Ms. Deepika N.C, Lecturer, Department of Community Health Nursing. The programme was concluded at 11: 30 am with vote of thanks.




Signature of
Sub-coordinator


Signature of HOD
Dept of Community health nursing


Signature of
Principal



FATHERMULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING

HEALTH AWARENESS REPORT ON PERSONAL HYGIENE


As part of extension activity, the Department of Community Health Nursing along with 2nd group of 4th year B.sc nursing students conducted group health education on the topic "PERSONAL HYGIENE" on 26th may 2017 at Akashbhavan




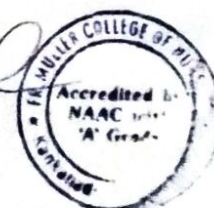
Role play followed by talk on personal hygiene and demonstration of hand washing was given. There were 13 participants for this programme.



Mrs. Arene Alvares evaluated the health education. The programme was concluded at 11:00 am with vote of thanks by Ms. Meenu K. M.


Signature of
Sub-coordinator


Signature of HOD
Dept. of CHN




Signature of
Principal

FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
HEALTH AWARENESS REPORT ON ASTHMA

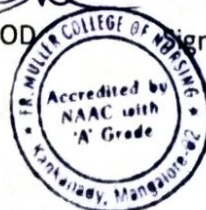
As a part of the extension activity, we the 3rd group of 4th year B.Sc nursing students conducted a group health education on the topic "Asthma" on 29-05 -17 at 10:00 am in Jayanthi Nilaya Anandnagar, Akashbhavana under the supervision of Mrs. Shiji.P.J, Assistant Professor, Department of Community Health Nursing. Around 10 members participated in the programme. The programme started with a prayer song and a welcome speech. Students performed a role-play regarding asthma followed by an effective health education. The effectiveness of health education was evaluated by asking questions to the group. The programme ended at 10:45am. Vote of thanks was proposed to everyone, for their presence and co-operation.



Signature of the sub co-ordinator

Signature of the HOD

Signature of the principal



FATHER MULLER COLLEGE OF NURSING

Department Of Community Health Nursing

Health awareness report on "Balanced diet"

The department of CHN Nursing and 2nd year PBBSc (N) group 1 students conducted an awareness programme on "Balanced diet" at K.Seetha compound near Gram Sangh, Kulai on 07/11/2016 under the supervision of Dr Leena K.C HOD Community Health Nursing department. The programme started at 10 am with a role play followed by Health education. 8 women and 4 children gained knowledge regarding Balanced diet and dietary counselling was given to a poorly nourished woman.



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Subject Co-ordinator

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Principal



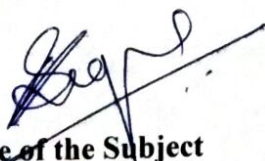
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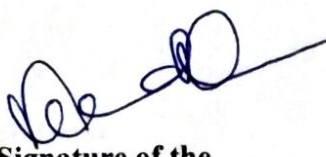
FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
HEALTH AWARENESS REPORT ON "EPILEPSY"


The department of Community Health Nursing and 2ND PBBSc (N) students conducted a health awareness programme on "EPILEPSY" at Mr. Jaya poojary's house in Kulai Gram Sangha Area on 22/11/2016 under the supervision of Mrs. Priya S Pereira, Lecturer, Department of Community Health Nursing.



Altogether 8 members benefited from this programme.


Signature of the Subject
Co-ordinator


Signature of the
HOD


Signature of the
Principal



FATHER MULLER COLLEGE OF NURSING

Department Of Community Health Nursing

Health awareness report on “First aid in dog bite and its treatment.”

The department of CHN Nursing and 2nd year PBBSc (N) group 2 students conducted an awareness programme on “**First aid in dog bite and its treatment**” at compound Sathna Shekar near Gram Sangh, Kulai on 23/11/2016 under the supervision of Mrs. Irene Alvares professor Community Health Nursing department. The programme started at 10.30am with a role play followed by Health education. 8 women are present gained knowledge regarding first aid in dog bite and its treatment.




Signature

Subject Co-ordinator


Signature

HOD


Signature

Principal



FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON MASS HEALTH EDUCATION PROGRAMME

TOPIC- ENVIRONMENTAL SANITATION AND PERSONAL HYGIENE

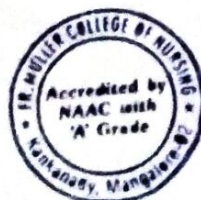
The department of Community Health Nursing along with the group of IVth year B.Sc Nursing students organized a mass health education programme on the topic-“**Environmental Sanitation and Personal Hygiene on 10th March 2018** in government higher primary school Baikampady. The programme started at 10.30 am with a prayer song. Role play & discussion method was adopted for health education and A-V aids like charts, flash cards were used. Around 119 students along with 4 teaching staff were present for the programme.




**Signature of the
Subject coordinator**


**Signature of the
HOD**

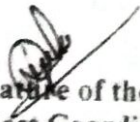

**Signature of the
Principal**




FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION PROGRAMME
TOPIC: WOMEN AND KIDNEY DISEASES

As a part of extension activity, the department of Community Health Nursing along with the group of IVth year B.Sc Nursing students organized a group health education programme on the topic- "**Women and kidney diseases**" on **26th of March 2018 at 10.30 am** in Baikampady under the supervision of prof.Irene alvares, HOD of community health nursing. 15 members participated in the programme. The programme started with prayer song and welcome speech. Students performed a role play regarding Women and kidney diseases followed by an effective health education. The effectiveness of health education was evaluated by asking questions to the group. The programme was wined up at 11 am by thanking each one for their presence and cooperation.




Signature of the
Subject Coordinator


Signature of the
HOD


Signature of the
Principal

FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING


A HEALTH AWARENESS PROGRAMME ON WATER CONSERVATION METHODS


As a part of extension activity, the department of community health nursing along with 5th group of 4th year BSc nursing students conducted a group health education programme on the topic "Water conservation methods" on 26/03/2018 at 10:30am at Mrs. Kamalamma's house at Meenakalya ,Baikampady.

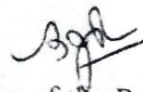


The programme was started with prayer song. Students performed the mime as an introduction to the topic followed by an interacting session on purposes, sources, crisis of water and water conservation methods. The effectiveness of health education was evaluated by asking questions to the group. Doubts of the participants were clarified. There were 10 participants for the programme. The programme was done under the guidance of Mrs. Priya sweety, Lecturer, Department of Community Health Nursing. The programme was well appreciated by the participants.




Signature of the subject
Coordinator


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING

A HEALTH AWARENESS REPORT ON PREVENTION OF TUBERCULOSIS

As a part of extension activity, the Department of Community Health Nursing along with group of 4th year B.Sc Nursing students conducted Group Health Education on the topic "PREVENTION OF TUBERCULOSIS" on 27-03-2018 march 2018 at the residence of Mr. Janardhan, Pavan Nivas, Bikampady.

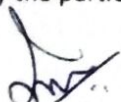


The Programme was started with a prayer song. Students performed a Role play followed by talk on Tuberculosis, Disease aspect, its Treatment and Prevention. We used different AV Aids like charts, flashcards for the health education. Doubts of the participants were clarified by the students. There were 12 participants for this programme.



Mrs. Deepika NC, Lecturer, Department of Community Health Nursing, Father Muller College of Nursing, evaluated the Health Education. The programme was concluded at 10.45am with vote of thanks. The Programme was well appreciated by the participants.


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION PROGRAMME
TOPIC: CERVICAL CANCER

The department of Community Health Nursing along with the students of IV year B.Sc. Nursing organized a group health education programme on the topic- "Cervical cancer on 23rd of April 2018 at 10.30 am in Baikampady under the supervision of Dr. Devina E Rodrigues, Professor, Community Health Nursing. The program was organized in the residence of Mrs. Sugandhi. Six members participated in this program. The program commenced with a prayer song. The health education was imparted with the help of well-organized charts and flashcards. At the end the question & answer session had helped the people to further build up the necessary understandings on the subject matter. The programme was concluded at 11 am by thanking each one for their presence.




Signature of the
Subject Coordinator


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Dept of CHN


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FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING


A REPORT ON GROUP HEALTH EDUCATION PROGRAMME ON ENVIRONMENTAL SANITATION

As a part of extension activity, the department of Community Health Nursing along with 7th group of IVth year B.Sc Nursing students conducted a group health education on the Topic "Environmental Sanitation" at Mrs. Kamala's house in Baikampady on 24/04/2018 under the supervision of Mrs. Hezil Asha Sequeira, Lecturer, Department of Community Health Nursing, FMCON. The program was started at 10 am with introduction, prayer song, welcome speech and role play followed by effective health education. Around 8 members were participated in the programme. The programme concluded at 10.30 am and refreshments were served to the participants. The programme was concluded by vote of thanks to the participants for their cooperation and support. The programme was well appreciated by the participants.




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Dept of CHN


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Sub-coordinator



FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON MASS HEALTH EDUCATION PROGRAMME


TOPIC: ANEMIA


The department of Community Health Nursing and OBG nursing along with the group of IVth year B.Sc Nursing students organized a mass health education programme on the topic- "Anemia" on 17th of May 2018 in Taluk General Hospital at Bantwal. The programme started at 10.30 am with a prayer song. Ms. Tiara pinto welcomed the gathering. Dr. Sadashiv Chief medical officer of the hospital graced the occasion with his presence and gave a brief explanation on Anemia. Mrs. Krishnamma, Nursing superintendant of the hospital graced her presence.

Ms. Vrinda explained briefly about Anemia, its causes, types, management and home remedies used for prevention of anemia. Different stalls were set up by the students and displayed information regarding causes and symptoms, types, prevention and dietary management for anaemia with the use of AV Aids like Charts and flashcards. Food items were displayed are iron and folic acid rich diet and balanced diet. Whole body Fat analysis was done by Mrs. Hezil and Ms. Sabeena, faculties of father Muller College of Nursing by using OMRON composition monitor. Almost 90 beneficiaries and hospital staff were the participants for the programme. The programme is done under the guidance of Mrs. Deepika N C, Mrs. Hezil, Mrs. Pramila, faculties of Father Muller College of nursing. Sweets were distributed to participants. Programme ended at 12 pm.




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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION
TOPIC: DIABETES MELLITUS

As a part of extension activity, the department of Community Health Nursing along with the 4th group of 4th year B.sc nursing students organized a group health education programme on the topic "DIABETES MELLITUS" on 17th May 2018 at Mrs. Isamma's residence, 7th block Krishnapura.



The programme commenced at 10.30am with prayer song and students performed a role play followed by talk on diabetes mellitus and its treatment and prevention. Doubts of the participants were clarified by the students. There were 10 participants for this programme. The programme was conducted under the guidance of Ms. Sonia Karen Liz Sequera, Assistant professor, Department of Community Health Nursing. The programme was concluded at 11.15am with vote of thanks.




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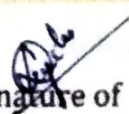
FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION
TOPIC: MENTAL RETARDATION

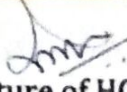
As a part of extension activity, the department of Community Health Nursing along with 6th group of 4th year B.sc nursing students conducted a group health education programme on the topic "MENTAL RETARDATION" on 21st May 2018 at Mrs. Nabeesa's residence, Krishnapura Surathkal.

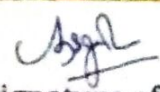


The programme commenced at 10.30am with prayer song followed by health talk on mental retardation, its causes, symptoms, management and prevention. Doubts of the participants were clarified by the students. There were 13 participants for this programme. The programme was done under the guidance of Mrs. Deepika N.C, Lecturer, Department of Community Health Nursing. The programme was concluded at 11.00am with vote of thanks.




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Dept of Community health nursing


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION PROGRAMME

TOPIC- ANTENATAL DIET, POSTNATAL CARE AND IMMUNIZATION


As a part of extension activity, the department of Community Health Nursing along with 3rd group of 4th year B.sc nursing students conducted group health education on the topic "Antenatal diet, Postnatal care and Immunization" on 22th May 2018 at Mrs. Al Ameen Complex, 7th Block, Krishnapura Surathkal.



The programme commenced at 11am with a prayer song. Students performed a role play followed by song and talk on Diet during pregnancy, postnatal care and Immunization schedule. The health education was imparted with the help of well -organized charts and flashcards. Doubts of the participants were clarified by the students. There were 20 participants for this programme. The programme was done under the guidance of Mrs. Shiji P J, Associate Professor, Department of Community Health Nursing. The programme was concluded at 11: 30 am with vote of thanks.




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Dept of Community health nursing


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION PROGRAMME


TOPIC-ASTHMA

The department of Community Health Nursing along with 2nd group of 4th year B.Sc Nursing students organized a group health education programme on the topic "ASTHMA" on 22nd May 2018 at Mrs. Jylin's residence, 7th Block, Krishnapura Surathkal.



The programme commenced at 10.30am with prayer song. Students gave a health talk on Asthma, its causes, symptoms, management and prevention. The health education was imparted with the help of well -organized charts and flashcards. Doubts of the participants were clarified by the students. There were 13 participants for this programme. The programme was done under the guidance of Dr. Devina Rodrigues professor, Department of Community Health Nursing. The programme was concluded at 11:30 am by thanking each one for their presence.


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Dept of Community health nursing


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION PROGRAMME

TOPIC-MALARIA

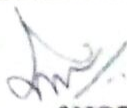
The department of Community Health Nursing along with 1st group of 4th year B. Sc Nursing students organized a group health education programme on the topic "MALARIA" on 22nd May 2018 at Mrs. Sarojini's residence, 7th Block, Krishnapura Surathkal.



The programme commenced at 11.00am with prayer song and a role play followed by talk on malaria and its treatment and prevention. The health education was imparted with the help of well - organized charts and flashcards. Doubts of the participants were clarified by the students. There were 15 participants for this programme. The programme was done under the guidance of Mrs. Irene Alvares, professor and HOD, Department of Community Health Nursing. The programme was concluded at 11.30 am by thanking each one for their presence.




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Dept of Community health nursing


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON HEALTH AWARENESS PROGRAMME
TOPIC: HYPERTENSION


As a part of extension activity, the department of Community Health Nursing along with 5th group of 4th year B.sc nursing students conducted a group health education on the topic "HYPERTENSION on 24th May 2018 at 7th block Krishnapura Surathkal.



The programme commenced at 10.30am with a prayer song. Students performed a role play followed by health talk on Hypertension, its causes, symptoms, management and prevention. The health education was imparted with the help of well -organized charts and flashcards. Doubts of the participants were clarified by the students. There were 13 participants for this programme. The programme was done under the guidance of Ms. Priya Sweety Pereira, Lecturer, Department of Community Health Nursing. The programme was concluded at 11:15 am by thanking each one for their presence.




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Dept of Community health nursing


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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
A REPORT ON STREET PLAY PROGRAMME

As a part of extension activity, the department of community health nursing along with IV year B.Sc Nursing students conducted a Street play programme on 25th May 2018 at 7th Block Krishnapura and Surathkal junction. The topic for the programme was Public awareness on tobacco usage. This programme was done as a part of World No Tobacco day on 31st May 2018. There was a good cooperation from the public.




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FATHER MULLER COLLEGE OF NURSING Dept of community Health Nursing A REPORT ON GROUP HEALTH EDUCATION

As a part of extension activity, the department of Community Health Nursing along with group of 2nd year PBBSC students conducted group health education on topic "IMMUNIZATION" on 24th November 2017 at Kadambodi.



The programme was started with a prayer song. Students performed a role play followed by talk on Immunization schedule, its advantages and complications was given. Doubts of participants were clarified by the students. There were 10 participants for the programme.



MS. Sonia Sequeira evaluated the health education. The programme was concluded at 11 am with vote of thanks.


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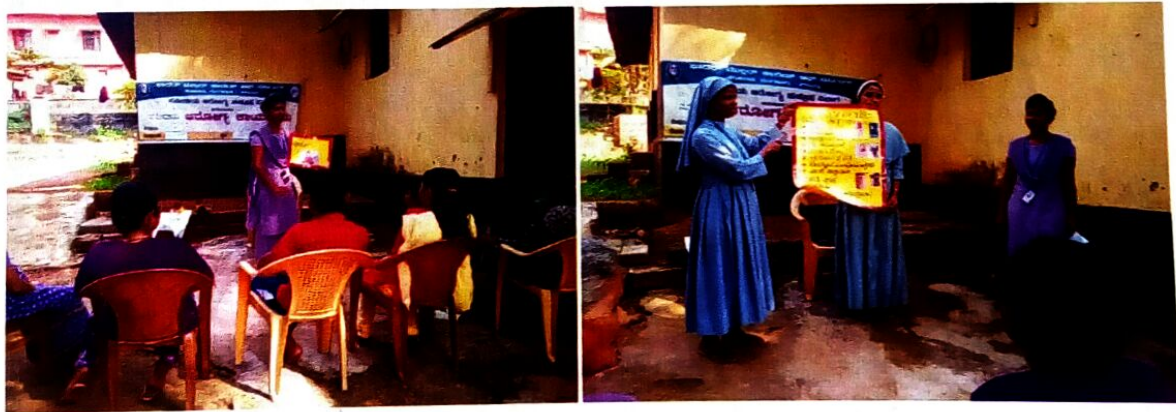
FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A REPORT ON GROUP HEALTH EDUCATION

As a part of extension activity, the department of community health nursing along with group 6 students conducted group health education on topic "PREVENTION OF EPILEPSY" on 24th november 2017 at Baswarajas house Kadambodi.



The programme was started with prayer song. Students performed a role play followed by talk on prevention of epilepsy. Doubts of the participants were clarified by the students. There were 8 participants for the programme



Mrs. Hezil Sequira evaluated the health education. The programme was concluded at 11 am with vote of thanks.

Subject coordinator

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Principal



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A REPORT ON GROUP HEALTH EDUCATION

As a part of extension activity the department of Community Health Nursing along with group of 2nd year PBBSC students conducted group health education on topic "Balanced Diet" on 28th November, 2017 at Badriya Nagar.



The programme was started with the prayer song. Students performed role play followed by talk on Balanced Diet was given. Doubt of the participants was clarified by the students. There were 10 participants for the programme.



Mrs. Irene Alvares evaluated the Health Education. The programme was concluded at 11am with vote of thanks


Signature of Sub-coordinator


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2016-17

FATHER MULLER COLLEGE OF NURSING

Department of community health nursing

Report of health awareness programme

The department of community health nursing along with the 2nd Year PBBsc Nursing students conducted a health education on Environmental Sanitation and pollution prevention at Holy Family Kannada Medium School Surathkal on 30/11/2017 at 10.30am.



The beneficiaries were around 90 students including the teaching staffs.

Signature of Subject Co-ordinator

Signature of HOD

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FATHER MULLER COLLEGE OF NURSING

Department of Community Health Nursing

Report on Health Awareness Programme

Topic: "Environmental Hygiene"

The Department of Community Health Nursing along with students of 2nd year BSc Nursing, conducted a School Health Programme on the topic "Environmental Hygiene" on 23/01/2018 in Infant Mary's Higher Primary School, Jeppu, Mangaluru. The programme commenced at 3pm with a prayer song and then the role play followed by health education. There were 68 students including school teachers.



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Father Muller College of Nursing
Department of Community Health Nursing
Quiz competition on Family Planning Method

The department of Community Health Nursing organized a quiz competition on Family Planning for the Second B.Sc nursing students a week after completing their theory classes on this unit. The main intention was to have a greater involvement of the students in organized learning. The quiz conducted on 16-2-2018 between 1.30pm to 3.30pm in Rajath Bhavan FMCON. The programme started with the prayer. Professor Irene T Alvares, HOD, welcomed all to the quiz programme. Professor Dr Devina E Rodrigues, quiz master, started with the introduction to the quiz and it's different rounds. There were six teams for the quiz with 4 students in each team. The teams were named as Daliya, Marigold, Orchid, Aster, Jasmine and Daffodils. Each team introduced themselves to the quiz master and the audience.



The quiz had four rounds such as paper-pencil, MCQ's, Images and one word answers. Audience was cheering the team throughout the programme and some questions were also asked to the audience. At the end the winners were recognized and honored. Mrs Jasmine Vas, Assistant Professor, Mrs Priya Pereira, Mrs Hezil Sequeira and Mrs Deepika NC, Lecturers were delegated with other responsibilities. The quiz was successful in enhancing learning experience to the students.

P. Vas

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FATHER MULLER COLLEGE OF NURSING, MANGALURU

DEPARTMENT OF COMMUNITY HEALTH NURSING

The department of Community Health Nursing of Father Muller College of Nursing organized a Guest Lecture on **Trends in management of Tuberculosis** at Rajath Bavan on 24th March 2018. Dr Sudhir Prabhu, Associate Professor, Department of Community Medicine of Father Muller Medical College was the Guest Speaker. This session was conducted as a part of World Tuberculosis day which is celebrated on 24th March every year.



There were 243 delegates including teachers & students.

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FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
A REPORT ON STREET PLAY PROGRAMME

As a part of extension activity, the department of community health nursing along with IV year B.Sc Nursing students conducted a Street play programme on 11th Dec 2018 at Surathkal Bus stand. The topic for the programme was Public awareness on HIV/AIDS. This programme was done as a part of World Aids Day celebrated on 1st Dec 2018. There was a good cooperation from the public throughout the programme.




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FATHER MULLER COLLEGE OF NURSING


DEPARTMENT OF COMMUNITY HEALTH NURSING


AWARENESS PROGRAMME ON ENVIRONMENTAL SANITATION & HYPERTENSIVE DIET


The Department of Community Health Nursing along with final year B.SC Nursing students are organised an awareness programme on Environmental sanitation and demonstration of Hypertensive diet on 7th January 2019 at krishapura .The programme was coordinated by Mrs Shiji P J , Associate professor and Mrs Preema Reshma Pinto, Assistant lecturer ,Dept of Community Health Nursing. Students performed a small skit on Environmental sanitation followed by health education given. There were total 15 beneficiaries in this event.

After the nutrition demonstration refreshments was served to the members who participated in the education programme and nutritive value of each item were discussed. The programme was concluded with vote of thanks.




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FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON GROUP HEALTH EDUCATION AND NUTRITION
PREPARATION PROGRAMME**

The department of Community Health Nursing along with the students of 4th year B.Sc Nursing organized a Group health education in English medium school, 7th Block, Krishnapura, Surathkal on the topic "personal hygiene and environmental sanitation" and displayed "Protein rich diet" for the group of students and their parents. It was organized on 9th January, 2019. There were 13 beneficiaries for this programme. Mrs. Hezil Asha sequeira, Lecturer, Dept. of Community Health Nursing coordinated this Educational event.



Asha Saperiana

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FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON GROUP HEALTH EDUCATION AND NUTRITION :
PREPARATION AND DEMONSTRATION PROGRAMME**

The department of Community Health Nursing along with the students of 4th year B.Sc Nursing organized a group health education on the topic "Diabetes Mellitus" and displayed "Diabetic diet" for the group of family members of Saffier Cottage, 7th Block, Krishnapura, Surathkal. It was organized on 9th January, 2019. There were 18 beneficiaries for this programme. Mrs. Priya S Pereira, Lecturer, Dept. of Community Health Nursing coordinated this Educational event.



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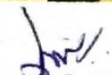
DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON GROUP HEALTH EDUCATION AND NUTRITION
PREPARATION PROGRAMME**

The department of Community Health Nursing along with the students of 4th year B.Sc Nursing organized a group health education programme in B Fathima's residence, 7th block, Krishnapura, Surathkal on the topic "Stress Management" and displayed "Hypertension diet" for the group of family members. It was organized on 9th January, 2019. There were 13 beneficiaries for this programme. Mrs. Deepika N.C, Lecturer, Dept. of Community Health Nursing coordinated this Educational event.




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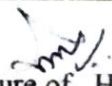
DEPARTMENT OF COMMUNITY HEALTH NURSING

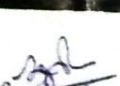
Report on School Health Education

The department of Community health nursing along with the students of IVth year B.Sc nursing conducted a school health education on the topic "Personal hygiene and Environmental sanitation" for 130 primary school children (1st to 7th standard) of Dakshina Kannada Government Higher Primary School 6th Block Katipalla, Surathkal. Students have done Mime show and used various methods of AV aids to impart knowledge on the topic. The educative session was organized on 11th January 2019 from 10 am to 12 pm.




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Programme coordinator


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DEPARTMENT OF COMMUNITY HEALTH NURSING

REPORT ON SCHOOL HEALTH EDUCATION PROGRAMME

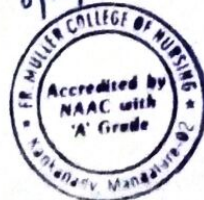
The department of Community health nursing along with the students of IVth year B.Sc nursing conducted a school health education programme on the topic "Prevention of Mosquito Borne Diseases"(Malaria and Dengue) for 66 primary school children (1st to 7th standard) of Dakshina Kannada Government Higher Primary School, 7th Block, Krishnapura, Surathkal. Students have done role play and action song followed by health education by using different methods of AV aids. The educative session was organized on 04th March 2019 from 10 am to 11.30 am under the supervision of Mrs. Deepika N C Mrs. Hezil Asha Sequeira, and Mrs. Preema Pinto, faculties of Department of community health nursing.




Signature of the
Subject coordinator


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HOD

04/03/2019





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Principal


FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING

A REPORT ON STREET PLAY PROGRAMME

As a part of extension activity, the department of community health nursing along with IV year B.Sc Nursing students conducted a Street play programme on 28th March 2019 at Primary Health Centre Surathkal. The topic for the programme was Public awareness on Tuberculosis. This programme was done as a part of World Tuberculosis Day, which is celebrated on 24th March 2019. There was a good cooperation from the public as well as primary health centre staff throughout the programme.




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FATHER MULLER COLLEGE OF NURSING


DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON GROUP HEALTH EDUCATION AND NUTRITION PREPARATION
AND DEMONSTRATION PROGRAMME**

The department of community health nursing along with the students of 4th year B.Sc Nursing organized the group health education programme on the topic "Measles & Chicken pox" for the group of family members at Chokkabettu, 8th block, Surathkal on 3rd April, 2019. They also educated the people on Diabetic diet and demonstrated the Diabetic Diet. There were 15 beneficiaries for this educative session including children. Mrs. Shiji P. J, Associate Professor, Department of Community Health Nursing co-ordinated this educational event.




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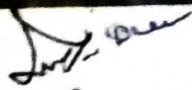
FATHER MULLER COLLEGE OF NURSING


DEPARTMENT OF COMMUNITY HEALTH NURSING

A GROUP HEALTH AWARENESS PROGRAM ON KIDNEY DISEASES

The department of Community Health Nursing along with 12 students of final year B.Sc Nursing organized a group health teaching program on the topic "Chronic Kidney Diseases" and "Renal Calculi" at 8th Block Chokkabettu Krishnapura under the guidance of Prof Irene Alvares, HOD and Prof (Dr) Devina E Rodrigues Professor, Dept of Community Health Nursing . The teaching was given by using colorful charts, flash cards and demonstration of a renal diet. The 14 beneficiaries appreciated and acknowledge the efforts of our students. The brain storming session at the end helped the public to clear their doubts on the subject matter.




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Programme coordinator
9/4/19.


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Dept of CHN


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FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON GROUP HEALTH EDUCATION AND NUTRITION PREPARATION
AND DEMONSTRATION PROGRAMME**

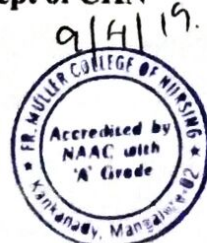
The department of Community Health Nursing along with the VI and VIII group of 4th year B.Sc Nursing students organized a group health education programme in Mrs. Zahida Ismail's residence, 8th block, Chokkabettu, Surathkal on the topic "prevention of tuberculosis" and displayed "Diabetic diet" for the group of family members. Role play was done by the students followed by health education. It was organized on 3rd April, 2019 as a part of world tuberculosis day celebrated on 24th March every year. There were 17 beneficiaries for this programme. Mrs. Preema Pinto Asst. Lecturer and Mrs. Deepika N.C, Lecturer, Dept. of Community Health Nursing coordinated this Educational event.



Signature of Programme coordinator

Signature of HOD
Dept of CHN

Signature of Principal



FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
REPORT ON GROUP HEALTH EDUCATION
TOPIC-“WATER CONSERVATION METHODS”

The department of Community Health Nursing along with the IVth year B.Sc Nursing students (group V & VII) organized a group health education on the topic “**WATER CONSERVATION METHODS**” for the group of family members at **Chokkabettu, 8th block, Surathkal** on **3rd April, 2019**. The programme started at **10.30 am**. A.V aids like charts and flash cards were used educate the family members. And also educated the people on “Dash diet” and demonstrated the “Dash diet”. Mrs Hezil Asha sequeira and Mrs Priya Sweety Pereira, Lecturers, Department of Community Health Nursing co-ordinated this educational event.



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Principal



FATHER MULLER COLLEGE OF NURSING DEPT OF COMMUNITY HEALTH NURSING

A Report on Health Education

Students of II P.B.B.Sc Nursing, group II & VIII conducted a group health teaching on 14 Nov 2018 at 10.30 am in the Janatha Colony on the topic 'Diabetes'. The program commenced with a prayer song. Dr (Prof) Devina Rodrigues and Ms. Reshma Pinto, Asst Lecturer, Dept of Community Health Nursing guided this program. Around 15 residents benefited this program.



The health education started with a welcome speech by Ms. Priya. Students conveyed the message to the participants about Diabetes Mellitus and its management and also highlighted on causes, clinical features and preventive strategies by a role play. At the end, discussion and question answer session were carried out with the help of AV Aids. The program concluded at 11.20 am with a vote of thanks.


Program Coordinator


HOD


Principal



FATHER MULLER COLLEGE OF NURSING DEPARTMENT OF COMMUNITY HEALTH NURSING

A Report on Health Education

Students of II P.B.B.S'c Nursing, group I and IV conducted a group health teaching on 16 Nov 2018 at 10:30 am at the Janatha Colony on the topic "Immunization". The program commenced with a prayer song. Mrs. Irene Alvares, HOD and Ms. Sonia Karene Liz Sequeira, Assistant Professor of Community Health Nursing guided this program. Around 16 residents benefited with this program.



The health education started with a welcome speech by Ms. Wilma Dalmeida. Students conveyed the message to the participants about Immunization and its benefits and also highlighted on common side effect of immunization, ill effect on children if not vaccinated by a role play. At the end, discussion and question answer session were carried out with the help of AV Aids. The program concluded at 11: 20 am with vote of thanks.


Program Coordinator


HOD


Principal



FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING



A HEALTH EDUCATION REPORT ON HYPERTENSION AND ITS PREVENTION

As a part of community extension activity, Department of Community Health Nursing along with students of II Year PBBSc Nursing, conducted a health awareness on 19th November 2018 at 10:30am at the Janatha Colony on the topic "Hypertension and its prevention". Mrs. Priya S. Pereira and Mrs. Hezil Asha Sequeira, Lecturer, Department of Community Health Nursing guided this program.



The health education started with a prayer song followed by welcome speech by Sr. Vanita. Students conveyed the general information on hypertension and risk factors with the help of role play, prevention by health song and slogans to the participants. Mrs. Fathima, a resident of Janatha Colony contributed towards this program by actively participating in the role play. At the end, doubts were clarified by the students and teachers. The program concluded at 11:20 am with vote of thanks. Around 16 residents were benefited from this program.


Program Coordinator


HOD



Principal

FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

REPORT ON GROUP HEALTH EDUCATION PROGRAMME

Students of 2nd year P.B.B.Sc Nursing, Group 3rd and 6th conducted a group health education on 20th November 2018 at 10.15am in Janatha Colony on the topic "environmental hygiene and pollution". The programme commenced with a prayer song. This programme was initiated under the guidance of Mrs. Shiji P J, Assistant professor and Mrs. Deepika N C Lecturer, Dept. Community health nursing, Father Muller College Nursing. Around 24 residents participated in this programme.

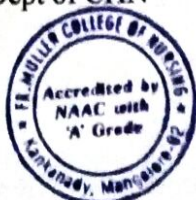
The health education programme started with a welcome speech by Mr. Santhosh. Students conveyed the message to the participants about Environmental hygiene and pollution by a role play and also highlighted on types, causes, problems, prevention and management through A.V aids like Charts and flashcards. At the end, discussion and question answer session were carried out. The programme concluded at 11.00am with thanks giving by Mrs. Sujatha D'souza.



Signature of
Programme coordinator

Signature of HOD
Dept of CHN

Signature of principal



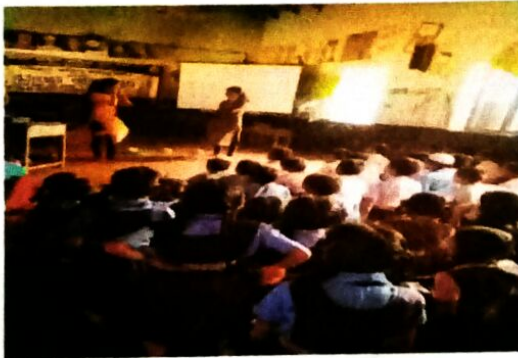
FATHER MULLER COLLEGE OF NURSING

Department of Community Health Nursing

Report on Health Awareness Programme

Topic: “Personal and Environmental Hygiene”

The Department of Community Health Nursing along with students of 2nd year BSc Nursing, conducted a Mass Health Education Programme on the topic “Personal and Environmental Hygiene” on 06/02/2019 at Dakshina Kannada Zilla Panchayat Government Higher Primary School, 7th Block, Katipalla, Surathkal. The programme commenced at 10 am with a prayer song and then the informational skit on the topic followed by health education. Hand washing steps was taught to the students with the help of action dance. The programme was evaluated by conducting a short quiz to the group. There were 60 students and 5 school teachers for the programme.



P. Parvathi

Signature of the
Subject Coordinator

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HOD

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Signature of the
Principal



FATHER MULLER COLLEGE OF NURSING

Department of Community Health Nursing

Report on Health Awareness Programme

Topic: "Personal Hygiene"

The Department of Community Health Nursing along with the students of 2nd year BSc Nursing, conducted a Mass Health Education Programme on the topic "Personal Hygiene" on 22/02/2019 at Dakshina Kannada Zilla Panchayath Higher Primary School, Baikampady. The programme commenced at 3pm with a prayer song. The informational mime show and a role play on the topic were performed by the students followed by the health education. The steps of Hand washing was been taught to the students with the help of the action dance. The programme was evaluated by asking questions and awarding the children for the same. There were 70 students and 9 school teachers for the programme.



P. P. P.

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Subject coordinator

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HOD



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Signature of the

Principal



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

DEPARTMENT OF COMMUNITY HEALTH NURSING (2018-19)

REPORT ON QUIZ - POPULATION & FAMILY PLANNING

On 27 April 2019, Community health Nursing department of Father Muller College of Nursing organized a quiz on "Population & Family planning" for II B.Sc Nursing Students in Rajath Bhavan between 2.30 pm -4:00 pm. Twenty five students (25%) participated as competitors and the rest were the audience. There were 5 teams and 4 rounds of questions in the form of MCQ's, images, Paper and pen. Feedback from the competitors and the audience was taken and documented the same. The winners were honored at the end of the quiz. The first prize was bagged by Ms Melita Periera & team, second prize by Mr.Rohan Lobo & team and third prize secured by Ms Welcita Ferrao and group. The quiz was lead by Dr Devina E Rodrigues, Professor, Community Health Nursing & assisted by Ms. Priya Periera , the subject Coordinator.



[Signature]
Programme co-ordinator

[Signature]
HOD
29/4/19

[Signature]
for Principal



Father Muller College of Nursing

**Curriculum Enrichment with Cross
Cutting Issues**

Department of Nursing Foundations



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

NURSING FOUNDATION DEPARTMENT

Curriculum Enrichment

Integration of cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum

Sl no	Program & year	Course description	Unit & topic	Program	Date
1	B.Sc Nursing I Year	This course is designed to introduce the students to nursing concepts and compliments related to nursing practice in present day society with an emphasis on the holistic approach in meeting individual in a scientific manner	Unit 1 Concept of health and illness Unit 2 Nursing as profession: value and ethics	Orientation program for fresher: Topics 1. Enhancing of self 2. Professional etiquette 3. Healthy relationship 4. Image of nursing 5. Time management 6. Importance of values in life 7. Self discipline 8. Healthy use of mass media	17/09/2014 To 19/09/2014
2			Unit 1 Concept of health and illness Unit 2 Nursing as profession: value and ethics	Orientation program for fresher: Topics: 1. Self enhancement 2. Importance of value in life 3. Menstrual hygiene 4. Time management 5. Self discipline 6. Healthy use of mass media	21/09/2015 To 23/09/2015
3			Unit 1 Concept of health and illness	Orientation program for fresher: Topics: 1. Self	17/09/2016 To 20/09/2016

			Unit 2 Nursing as profession: value and ethics	enhancement 2. Time management 3. Communication	
4			Unit 1 Concept of health and illness	Yoga day	24/06/2016
5			Unit 4 Communication and nurse patient relationship	Workshop on self esteem and self empowerment	19/11/2016
6			Unit 1 Concept of health and illness	Yoga workshop	23/05/2017
7			Unit 1 Concept of health and illness	Power of positive thinking	15/07/2017
8			Nutrition unit 1-12	Nutrition day	18/07/2017
9			Unit 1 Concept of health and illness	Guest lecture on health and forgiveness	28/08/2017
10			Unit 1 Concept of health and illness Unit 2 Nursing as profession: value and ethics	Orientation program for fresher: Topics: 1. Importance of values in life 2. Personal and professional etiquettes 3. Self enhancement 4. Stress management 5. Self discipline 6. Time management 7. Communication	18/09/2017 To 20/09/2017

11				Seminar on values for youth	02/12/2017
12			Unit 1 Concept of health and illness Unit 2 Nursing as profession: value and ethics	Orientation program for fresher: Topics: 1. Importance of values in life 2. Personal and professional etiquettes 3. Adjustment to personal and professional life 4. Impact of mass media on youth 5. Self discipline 6. Communication and softskills 7. Enhancing of self/self empowerment 8. Stress management	12/09/2018 To 15/09/2018
13			Nutrition unit 1-12	Nutrition, health and fitness expo 2k18	05/05/2018
14			Unit 2 Nursing as profession: value and ethics	Guest lecture on needle stick injury and biomedical waste management	05/06/2018
15			Unit 1 Concept of health and illness	International yoga day	21/06/2018
16			Unit 1 Concept of health and illness	Guest lecture on Art of patience	02/02/2019
17			Unit 4 Communication and nurse patient relationship	Guest lecture on health care communication	20/02/2019

18			Unit 2 Nursing as profession: value and ethics	Prolife day	06/04/2019
19			Unit 1 Concept of health and illness	Yoga workshop	21/06/2019
20			Nutrition unit 1-12	Nutrition day	20/08/2019
21			Unit 1 Concept of health and illness	Go green	24/08/2019

Father Muller College of Nursing
Department of Nursing Foundations

**Curriculum enrichment activities with cross
cutting issues**

2014-15

REPORT ON ORIENTATION PROGRAMME 2014-15

The department of nursing foundation had organized orientation programme for the students of B.Sc nursing batch 2014-15 on 17th, 18th and 19th of September respectively. This programme was organized for the students to provide basic knowledge about nursing, to teach about professional etiquette, to enhance self and to orient the students to the college and new campus. The resource persons were selected according to the topics, so that the session will be made interesting for the students. The orientation programme was planned as follows;

DATE	TIME	ACTIVITY	RESOURCE PERSON
17-09-2014	8:30 -10am	College Profile	Sr Winnifred D Souza
	10:30-11:30am	Enhancing of Self	Mr Mithun Vijay
	11:30-12:30pm	Professional Etiquette	Mrs. Bridget DSilva
	1:30-2:30pm	Healthy Relationship	Mr Darol Moras
	2:30-3:30pm	Participatory Exercise/bank	
	3:30-4:30pm	Image of Nursing	Sr Loradana Korah

18-09-2014	8:30 -9.00am	Participatory Exercise	
	09:00-10:00am	Time management	Mr Mithun Vijay
	10:30-11:30am	Participatory Exercise/library	
	11:30-12:30pm	Solving Menstrual problems	Mrs Alphilin
	1:30-2:30pm	Importance of Values in Life	Sr Loradana Korah
	2:30-3:30pm	Institution anthem & hymns	Sr Deepa Peter
	3:30-4:30pm	Self Discipline	Sr Nikhila

19-09-2014	8:30 -9am	Participatory Exercise	
	9:00 -10am	Spiritual Activities in the Campus	Fr Anthony Sudil

10:30-11:30am	Healthy use of Mass media	Mr Mithun Vijay
11:30-12:30pm	Participatory Exercise	
1:30-3:30pm	Campus Orientation	
3:30-4:30pm	Evaluation	

Ice breaking session like spot games and activities were conducted for the students to involve themselves and exhibit their talents. In total this orientation programme helped the students to know each other and improve their personality and professional etiquette.



[Signature]
COORDINATOR

[Signature]
HOD

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PRINCIPAL



Father Muller College of Nursing
Department of Nursing Foundations

**Curriculum enrichment activities with cross
cutting issues**

2015-16



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)

Kankanady, Mangalore-575002

DEPARTMENT OF NURSING FOUNDATION

1ST YR BSC NURSING 2015-2016 BATCH

ORIENTATION PROGRAMME FROM 21-09-2015 TO 23-09-2015

An Orientation programme of 3 days was organized for the students of 1st yr BSc nursing batch 2015-2016. Various topics were included to begin with college profile. It was taken by Principal. Sr. Winnifred DSouza. She explained the basic rules and regulation to be followed by the students. In brief the history and foundation of our college also was explained



Topic on self enhancement was taken by Fr Ajith:

Fr Ajith explained the responsibility towards self and also surrounding and the students can be better in the society in all aspects. The topic was very effective to the students. Healthy relationship and counseling was taken by Ms Sonia Sequeria importance of having a good relationship was thought to the students especially to each other and the people around how students need to know the person, whether the relationship is a good or unhealthy. Then she said about the counseling aspects and facilities regarding the same in our college and contact details also were given.

Image of nursing: Mrs Victoria D'Almeida in which she said about the student being optimistic, positive professional towards nursing. Difference between old time nursing and present time was explained to the student .growth towards the profession was explained.

Importance of values in life: Sr.Lordana Korah

The students were told about being holistic person, having total personality development student were shown some of the PowerPoint depicting the value of life so as to make them understand that without taking difficulties in life nothing is possible.



Menstrual hygiene and solving menstrual problems: Ms Precilla took the topic and gave them the complete information about menstruation and the hygienic care during menstruation student had some doubts which were cleared.



Time management and managing emotions and mind settings was taken by Mr. Dheerendra jain. Many participatory exercises were conducted in which student took active part and learnt about the topic even few video was played follow the leader.

Spiritual activities in the campus: Fr Felix Monteiro gave complete explanation about the activities in our campus and told the students importance of prayer in life and how students will grow up in prayer.



Professional etiquette: Ms Bridget DSilva dealt in details the professional behavior the student were given the basics steps to be followed in clinical and how they need to be during the duty hrs especially with patients and co workers.

Self Discipline: Sr Nikila

The topic explained how the students need to maintain discipline in college and their own life .so students need to know the importance of discipline in life.



Healthy use of mass media: Ms. Darryl Aranha she explained the impacts of mass media and how the students make use of the resource available to them and give better care to our patients. She also said the ill effects of mass media and how the student needs to be aware of the same. A few particularly exercises, hymns, knowing each other names, institutional anthem was thought and conducted by Sr Deepa and Ms Delcy



Students were given campus orientation to the whole of FMCI was taken by Mrs. Shwetha, Mrs. Diana, Mrs. Viola and Sr Deepa. The course orientation was very effective to the students as per the feedback of students.

A handwritten signature in blue ink, appearing to be "Diana", written over a horizontal line.

Coordinator

A handwritten signature in blue ink, appearing to be "Deepa", written over a horizontal line.

HOD

A handwritten signature in blue ink, appearing to be "Subramanian", written over a horizontal line.

PRINCIPAL





FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002
DEPARTMENT OF NURSING FOUNDATION
Report on yoga workshop 2016

As a part of International Yoga Day celebration, Nursing Foundation Department has organized yoga workshop on 24th June 2016 at 3.30^{pm} at Rajath Bhavan. Mr. Kushalappa Gowda N. (M.Sc in yogic science) was a resource person who motivated them to perform different Yogasanas with its advantages for the 1st year B.Sc nursing students.

Students were demonstrated various postures and they performed under supervision. The program extended for 2 hours. The resource person was felicitated by the HOD, Sr Deepa Peter and the vote of thanks was delivered by Mrs Merlin Fernandes.



Blessy
Coordinator



S. Merlin Fernandes
PRINCIPAL

Father Muller College of Nursing
Department of Nursing Foundations

**Curriculum enrichment activities with cross
cutting issues**

2016-17



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002
DEPARTMENT OF NURSING FOUNDATION

REPORT ON ORIENTATION PROGRAMME OF 2016-17 BATCH

The department of Nursing Foundation had its pride in welcoming the new batch of Basic B Sc, PB B Sc and M Sc nursing. The program was inaugurated on 16.9.2016. In order to make the students adapt to the new course and to develop them to be competitive as they are stepping into the professional course a well planned orientation program was organized for the students under the leadership of Sr Deepa Peter, HOD department of nursing foundation

The three days program was extended from 17.9.2016-20.9.2016 at Rajath Bhavan .80 students of Basic BSc , 20 post BSc nursing and 5 students from MSc nursing course participated in the program.



Day 1: On 17.9.16 the program was commenced through a prayer service by Sr Deepa Peter HOD department of nursing foundation. Students were also given information about the college and its routines. Sister conducted some Participatory exercises. Students were enthusiastic in all the activities.

At 10.30am Ms Zurika and Ms Petricia, students of 3rd BSc nursing trained the freshers with prayer songs and institutional anthem. At 11.30 am the faculty of nursing foundation department was introduced to the students following which the students were divided into groups and teachers were allotted to give campus orientation. Students were given a complete orientation of the campus.

Day 2: 19.9.16



The day started with the prayer. At 8.30 am Ms Shwetha Rashmi, coordinator of 1st year B Sc conducted participatory exercise. At 9am the college profile was explained to the students by Sr Winnifed D Souza, Principal of the college.

At 10.30am Fr Sylvester Vincent the Administrator of homeopathic pharmaceutical production, was invited

as speaker to enlighten students on 'enhancing of self'. Father emphasized on various contents of self esteem, respecting and admiring one self, self motivation etc. students were highly motivated by the audio visual videos. Following this talk students were given some participatory exercises.



The afternoon session at 1.30pm was dealt by Prof Victoria D Almeida, Vice Principal of the college. Nursing is a profession. To uphold the professional standards the nurses should learn the etiquettes which they are suppose to follow in every walks of their career. This informative and useful talk was given by Madam Victoria. Students realized the importance of it and expressed their opinion as to how can they have behave to be a professional.

Spirituality is the core principle of our college. The spirituality and spiritual mind is important in our profession. This topic was enlightened to students by Fr Felix Montero and Fr George. The session gave a new knowledge to students about how to make you spiritually strong and the ample facilities that are available for the same. The program came to end by a vote of thanks by the student representative



Day 3: 20.9.16

The third day (at 8.30 am) of orientation program gave a new outlook about nursing to the students. This was enlightened by the CNO, father Muller Medical College Sr Janet. Sr expressed that nursing is not merely patient care but has advanced roles to be played and nurses can excel in various areas.



At 9.30 am an interactive session on sportsmanship was conducted by Mr Shiju lecturer mental health nursing department.

Time management is the key for success in our profession. in our busy life a systematic planning and management of time can make a reach our goal. This practical information was given by Prof Agnes EJ, HOD department of mental health nursing. Students realized the importance of time and how can it be managed in their life by not wasting time and avoiding procrastination.



At 11.30 am Mrs Sheela, and the Assistant manager Mr Madhur of syndicate bank FMCI branch gave clear information about bank accounts ,transactions and its procedure and awareness on fraudulence . The talk ended at 12.30pm

Post lunch at 1.30 pm Mrs Shobha Xaviour, lecturer Department of OBG nursing explained the importance of menstrual hygiene and managing menstrual problems was dealt by. The session was informative one.

Communication is very essential for a successful profession. The effective means of communication with the fellow colleagues, patients and inter disciplinary communication was emphasized by the resource person, Fr George, the spiritual director of the institution.



The session came to an end at 4pm. The coordinator thanked all the speakers at the end of each session. Following these students had presented their talents by exhibiting short program on stage. The novice had a fun filled entertainment and performing different program with enthusiasm on stage . The feedback forms were distributed for evaluation of program. The orientation program concluded by 4.30pm.

The orientation program was very affective in refreshing students mind and formed the basis for a good beginning of the professional course. The students well appreciated the program and expressed their gratitude.

Coordinator

HOD
Principal



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002
ALUMNI ASSOCIATION



A workshop on Self Esteem and Self Empowerment was organised by the Alumni Association of Father Muller College of Nursing for the freshers of the various nursing courses on 19th November 2016 at conference Hall of FMCI. During the session, the animator Sr Agnes Frank B S threw light on various aspects of enhancing one's self esteem. She also provided hints on self awareness and gave insights on self empowerment. The workshop was filled with activities, self assessments and made more interesting with videos. This programme was benefitted by 180 students 20 alumni . It was well appreciated by the participants.



Secretary

President

The President
ALUMNI ASSOCIATION
Fr. Muller's College of Nursing
Kankanady, Mangalore-2





FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002
DEPARTMENT OF NURSING FOUNDATION
Report on Yoga workshop 2017

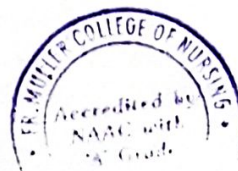
As a part of International Yoga Day celebration, Father Muller college of Nursing has organized yoga workshop on **23 rd May 2017 at 3.30 pm** at Rajath Bhavan, Father Muller College of nursing. The programme was conducted by Avishkar Yoga centre , Bejai , Mangalore. Mr Kushalappa Gowda N, Yoga Therapist , teachers and first year BSc Nursing students were present for the programme. Mr Kushalappa explained and demonstrated different types of pranayamas.

He explained various benefits of early rising and practicing yoga in maintaining fitness and good health and how it helps us in their day to day life. It keeps the physician away and helps various parts of the body to perform their functions smoothly in proper coordination. It strengthens the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries



The students of 1st year BSc nursing actively participated and learnt, few of the PRANAYAMAS were practiced by all the students. The Program came to an end with vote of thanks at 5pm.

Coordinator



Principal



Report of Value added programme on 'Power of Positive Thinking'

IQAC of the College had organized the value added programme for the students of 1st, 2nd and 3rd year B. Sc (N) on **15.07.2017** at 03.00pm in the Rajath Bhavan. The programme began with a prayer song by the 1st year B. Sc (N) students. Sr. Deepa Peter welcomed and introduced the resource person Rev. Fr. Maxim D Souza, St. Joseph's Seminary. The programme was on the theme '**Power of Positive Thinking**'. He stressed on power of positive thinking and explained how to develop positive attitude in one's life in order to be successful. Rev. Sr Jacintha D Souza, Principal, Father Muller College of Nursing presided over the programme.



The programme ended at 04.30pm.

Signature of the Secretary
 Mrs Preethi Fernandes



Signature of the chairperson
 Sr Jacintha D Souza



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

DEPARTMENT OF NURSING FOUNDATION
Report on Nutrition day : **BON APPETITE 2017**

The 1st year BSc nursing students celebrated Nutrition Day on **July 18th 2017 at 2.30pm** in Rajath Bhavan with the theme "BON APPETITE" which means Enjoy Your Meal. The



students were divided into 10 groups and were given a topics like balanced diet, liquid diet, methods of cooking, renal diet, desert corner, diet in anemia, diet in fever, weaning diet, DASH diet, diabetic diet. The nutrition day was evaluated by three evaluators like Ms Sandys, the

dietician of FMCI, Mrs Irene Alvares, Professor, Community Health Nursing Department & Mrs Sharon Pais, Lecturer, FMSON.

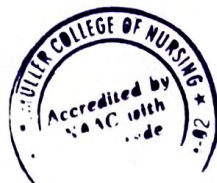
The programme was concluded at 4.30pm.




COORDINATOR


HOD


PRINCIPAL





FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

GUEST LECTURE ON HEALTH AND FORGIVENESS

A session on **Health and Forgiveness** was held on **28th August 2017** in Rajath Bhavan at 2pm. The resource Person was Rev.Fr Clifferd, professor of St.Joseph's seminary Jeppu, Mangalore. The session began with prayer song by 3rd year Bsc (N) students.



Rev. Fr Clifferd introduced the topic by quoting the words of Mahatma Gandhi "forgiveness is the attribute of the strong". He emphasised on anger and its management and explained with few examples how anger affects the people in various ways. He taught us that, though forgiveness is hard ,it brings peace to one`s mind and helps to prevent the physiological problems .Moreover anger and unforgiveness give rise to headaches, gastritis, disturbed sleep and alters the physiologic activities..



To conclude, this was really a valuable session to us and we learnt that being healthy doesn't mean eating well and working out but which includes having a healthy mind, free from pessimistic thoughts and being spiritually strong .Fr Clifferd made us not only to laugh with his light hearted jokes but also he taught each one of us how important it is to forgive and how it correlates with health. Spirituality makes a human being healthy and helps to lead a meaningful life. The programme was organised by SNA . A total of 200 students benefitted from the programme


Co-ordinator




Principal

Father Muller College of Nursing
Department of Nursing Foundations

**Curriculum enrichment activities with cross
cutting issues**

2017-18



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)

Kankanady, Mangalore-575002

DEPARTMENT OF NURSING FOUNDATION

REPORT ON ORIENTATION PROGRAMME OF 2017-18 BATCH

The department of Nursing Foundation had its pride in welcoming the new batch of Basic B Sc, PB B Sc and M Sc nursing. The program was inaugurated on 16.9.2017. In order to make the students adapt to the new course and to develop them to be competitive as they are stepping into the professional course a well planned orientation program was organized for the students under the leadership of Sr Deepa Peter, HOD department of nursing foundation.

The three days program was extended from 18.9.2017-20.9.2016 at Rajath Bavan .79 students of BSc , 20 Post BSc nursing and 3 students from MSc nursing course participated in the program.

Day 1: 18.9.17

The program commenced through a short prayer lead by the Coordinator Mrs. Shwetha Rashmi and the Post Basic student. The faculty of Nursing Foundation department was introduced to the students and were informed about the college and its routines. An ice breaking session was conducted .

10.30am Importance of values in life Sr Dhanya Devasia :

Sr Dhanya Devasia, Principal Athena College of Nursing was the guest Speaker. Sr Jacintha DSouza, Principal father Muller college of Nursing introduced the guest Speaker. Sr Dhanya spoke on the values and its importance in life. She emphasized on how the students can build up values in life, what are the ways to develop it, the importance of one's values in life, especially in Nursing Profession.



Campus orientation: At 11.30 am

The students were divided into groups and were given campus orientation.

2pm : Personal and Professional etiquettes by Ms Daryl Aranha

Personal and Professional etiquette is very important in Nursing. An elaborate talk on the etiquettes professionals should follow and what should be the role of students in this was dealt by Ms Daryl Aranha, Deputy CNO, and FMMCH. Madam had displayed various informative videos and involved students in various activities.

Day 2: 19.9.16

The day started with the prayer. At 8.30 am lead by Sr Deepa peter HOD, Dept of Nursing foundation.

Spirituality in the campus by Fr Felix

Spirituality is the core principle of our college. The spirituality and spiritual mind is important in nursing profession. This topic was enlightened to students by Fr Felix Montero and. The session gave a spiritual insight to the students. They got oriented to the spiritual activities in the campus.

Enhancing of self By Mrs Jasmine Saritha Vas

Developing self esteem, positive thinking, ways of enhancing self, recognizing the positive and negatives within self were the aspects dealt by Mrs. Jasmine Saritha Vas, Principal Father Muller School of Nursing. Students were made to get involved in various activities leading to developing one self. The session was innovative one.

Participatory Exercises: Sr deepa Peter conducted various participatory exercises.

2.00-3.30 Stress Management by Mr Rajeev Mathew

Stress is a part of everybody's life in the present world. But the most important thing to be followed is to overcome stress through various measures. Mr. Rajiv Mathew demonstrated various relaxation techniques to overcome stress. He also spoke on impact of mobile and its ill effects on youth.



3.30-4.30: Talent hunts

The faculty of nursing foundation department could witness various talents among the students which students planned in a short period of time. Each group of students exhibited their talents in group, which a complete entertainment to all.



Day 3:20.9.2017

8.30 am: Self Discipline Sr Deepa Peter

Disciplined life makes perfect individuals. The importance of self discipline in students' life was dealt by Sr Deepa Peter, HOD department of nursing Foundation. Sr stressed on Punctuality, prayerful life and sincerity to have a meaningful life.



10.30am: Time management and study habits Mrs. Agnes EJ

Time management is the key for success in our profession. In our busy life a systematic planning and management of time can make a reach our goal. This practical information was given by Prof Agnes EJ, HOD department of mental health nursing. Students realized the importance of time and how can it be managed in their life by not wasting time and avoiding procrastination.

11.30am: Bank orientation:The assistant Manager Mr Madhur of syndicate bank FMCI branch gave clear information about bank accounts ,transactions and its procedure and awareness on fraudulence . The talk ended at 12.30pm

1.30pm: Impact of Mass media on youth In the present world mass media is very important means to have a fast life . but at the same time misusing of mass media and communication has lead to various problems among youth.Fr Maxim enlightened the students as to how a student can use the mass media effectively and how can we protect ourselves from the ill effects .

Communication and Importance of Language in Profession

Fr George, the Spiritual director FMCI spoke on importance of language and communication in nursing profession.



Evaluation

The sessions came to end with vote of thanks by the coordinator. The students were instructed to fill the feedback forms of different sessions.

[Signature]
Coordinator

[Signature]
HOD

[Signature]
Principal





FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

Report on seminar on values for Youth

The congregation of sisters of charity gathered all the youth studying in nursing colleges of Mangalore on **2nd December 2017** from 2pm to 5 pm. The ultimate aim of this programme was to build up values in our youth and to encourage them to make choices based on Christian values. Rev Fr Victor Vijay Lobo, the Director of Sandesha was the resource person. About 220 nursing students of Father Muller School and College of Nursing and 180 students of Athena Institute of health sciences participated. Inauguration of the seminar was done by lighting the Indian lamp by the superiors. Sr. Dhanya Devasia and Sr. Deepa Peter the organizers. After the



prayer service,

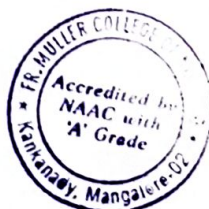


students were welcomed and enlightened by the motivating and loving words of Sr. Jacintha D'Souza. The resource person

Fr. Victor Vijay Lobo, enlightened on how the social network functions and how easily we can communicate and enter into relationship but how difficult to get out of it when we enter into problems. He also stressed that we often go out with the desire to enter into friendship and relationship but there is only one true friend, whom we can rely that is Jesus.



S. Deepa
2/12/2017
Co-ordinator



J. L.
Principal



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

Student Support and Progression Committee

Report on Nutrition, Health and Fitness Expo-2k18

NAAC/CON/SSPC – 05/2018

Student Support and Progression Committee in collaboration with SNA, Father Muller College of Nursing organized "Nutrition, Health and Fitness Expo-2K18" on 5th May 2018 at 9.30am in FMCI campus, opposite to Out-Patient Department with the theme "Go Further with Food".



The Inaugural programme began with a prayer song lead by III year B.Sc Nursing students. Rev Sr Jacintha D'Souza Principal College of Nursing welcomed the gathering. The chief guest Mrs. Sanjana M. Shenoy, Consultant Dietician, Nutri Health inaugurated the programme by a traditional opening of 'palm

Jaggery,' which symbolizes goodness and auspicious beginning and is highly valued due to medicinal properties and nutritive value and the event was presided by Rev. Fr. Richard A. Coelho Director, FMCI. The chief guest was introduced by Rev Sr Deepa Peter convener Nutrition Health Fitness Expo 2018. The chief guest addressed the



gathering and emphasized to plan the diet according to the individual needs and try to consume locally available foods. The vote of thanks was proposed by Mrs. Shiji P.J convener Nutrition, Health Fitness Expo 2018. The inaugural programme ended at around 10.30 am

The stalls were evaluated by Mrs Sanjana M Shenoy, Consultant Dietician, Nutri Health, Dr. Rashmi Rasquinha ENT Surgeon/Dietician, Dr Devina Rodrigues Professor Community Health Nursing, FMCON and Prof. Agnes E. J. Department of Mental Health Nursing, FMCON.

There were overall 9 groups who participated in the competition from various colleges from Mangaluru. The stall no 10 and 13 was placed by our sponsors Mr. Prashanth Hedge and Mr

Jithesh and team. 1st year B.Sc and P.B.B.Sc nursing students presented on various nutrition related topics from stall no 15 to Stall No 22 as the part of the Nutrition Day.



The prize distribution and valedictory function was initiated at around 2pm. The prizes were announced by Rev Sr Deepa Peter convener Nutrition health and Fitness Expo 2018 and the prizes were handed over by Prof .Victoria D'Almeida Vice Principal Father Muller College of Nursing and the certificates for the Participate was handed over by Mrs Shiji .P.J Convenor Nutrition Health Expo 2018.The total beneficiaries benefited by the nutrition health and fitness expo were 720 members The stalls of the nutrition Health expo was closed by 3.30 pm

Recorded By- Mrs Joyce Fernandes

Signature of the Convenors

Sr Deepa Peter

Mrs.Shiji P.J



Signature of the Principal

Sr .Jacintha D'Souza



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

Guest lecture –Needle stick injury and biomedical waste management

The Hospital infection control team of Father Medical College hospital had organized a guest lecture on needle stick injury and biomedical waste management on 5.6.2018 at 2.30 pm in Rajath bhavan of college of nursing. Ms Frenita DSouza and Ms Anusha Fernandes from the HIC department were the resource faculty for the same. Students were given important information about the needle stick injury, its management in the clinical setting. They were also updated with the biomedical waste management and the medical hand washing technique. Students of all the batches participated in the program. . The program was concluded through distribution of memento to the resource faculty and vote of thanks




Coordinator

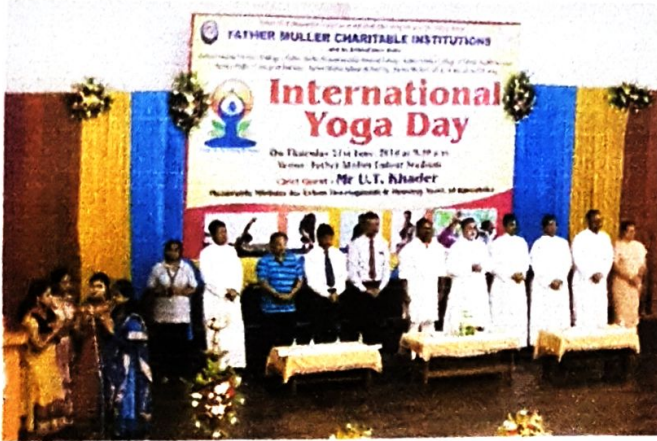

Principal

FATHER MULLER COLLEGE OF NURSING

Kankanady –Mangalore 575002

NSS REPORT ON INTERNATIONAL YOGA DAY 2017 - 18

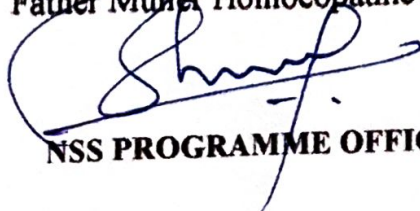
NSS unit of Father Muller College of Nursing Participated in The International Yoga Day on **21st June 2018** organized by Father Muller Charitable Institutions. The program began at 10 am with a Prayer song, about 50 NSS volunteers along with students from other discipline participated in the program. Over all 600 students participated in the program. Hon'ble Minister for urban development and housing Shri U T Khader inaugurated the International Yoga Day celebration.



Director of FMCI Rev. Fr Richard Coelho, Administrators - Fr Rudolph Ravi D'Sa, Fr Roshan Crasta, Fr Ajith Menezes Sr Jacintha D'Souza, Principal college of Nursing Mrs Jasmine Saritha Vas, were the dignitaries on the dais.

Honourable minister U T Khader was Felicitated on the occasion. Sr Jacintha D'Souza rendered the vote of thanks and Dr Deepa Rebello, Associate Professor, Father Muller Homoeopathic Medical College compered the programme.

After the Inaugural there was a 45min Yoga session taken by Dr Sunitha D'Souza, yoga instructor, Father Muller Homoeopathic Medical College.


NSS PROGRAMME OFFICER




PRINCIPAL

Father Muller College of Nursing
Department of Nursing Foundations

**Curriculum enrichment activities with cross
cutting issues**

2018-19

FATHER MULLER COLLEGE OF NURSING

NAAC 'A' GRADE ACCREDITED

DEPARTMENT OF NURSING FOUNDATION

REPORT ON ORIENTATON PROGRAMME OF 2018-19 BATCH

"A PARENT IS A TEACHER AT HOME AND A TEACHER IS A PARENT IN SCHOOL AND THE CHILD IS THE CENTRE OF OUR UNIVERSE"

The Department of Nursing Foundation organized an orientation programme for the freshers. The course inauguration was on 11.09.2018. In order to make the students adapt to the new course and to develop them to be competitive as they are stepping in to the professional course, a well planned orientation programme was organized for the students under the leadership of Sr. Deepa Peter, HOD, Department of Nursing Foundation.

The orientation programme for B.Sc/P.B.BSc/M.S.c Nursing Batch 2018-19 was scheduled from 12-09-2018 to 15-09-2018 for three days at Rajath Bhavan. 79 students of B.Sc(N), 19 students of P.B.B.Sc(N) and 5 students of M.Sc(N) attended the programme.

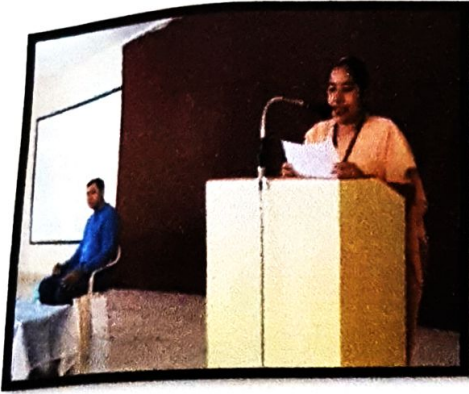
DAY - 1: 12.09.2018

The first day of orientation started with ice breaking session at 8.30am conducted by Sr. Deepa Peter. Students were encouraged to participate in various activities like games, self introduction and so on. Sr. Jacintha D'Souza, Principal, FMCON has explained the college profile to the freshers. And the group was dispersed for coffee break.



The programme continued at 10.30am.

Moral values reflect an individual's character and spirituality. They help in building good relationships in personal and professional lives. They can help in eradicating problems like dishonesty, violence, cheating, jealousy from one's life. A session on 'IMPORTANCE OF VALUES IN ONE'S LIFE' was taken by Fr. Rockwin, . Sr. Nancy Priya introduced the resource person and Sr. Deepa handed over the certificate after the session.



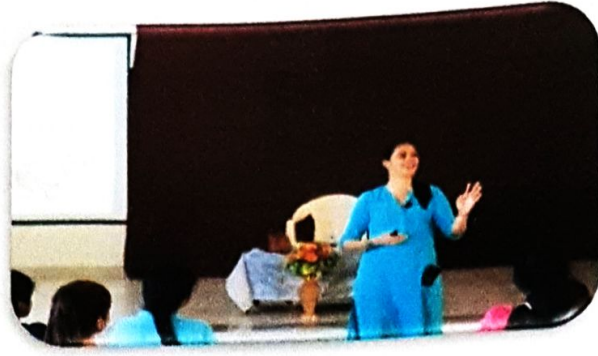
At 11.30am , student teachers introduction was done by Ms. Rinu Susan Varghese. The re were total 8 staffs present including the HOD , Department of Nursing Foundation and the biodata of each lecturers were briefed.



The students had gone for lunch break at 12.30pm.

The programme continued at 1.30pm after the break.

Being able to strike a balance between your professional and personal lives can help you become more productive and less likely to burnout. In view of problems faced by students in personal and professional life, Mrs . Sharon Carol D'Cunha, Assistant Professor , Sridevi Institute of Technology had taken a session on 'ADJUSTMENT TO PERSONAL AND PROFESSIONAL LIFE'. Mrs. Viola D'Souza, assistant lecturer introduced the resource person and Mrs. Asha Varghese ,asst: lecturer handed over the certificate after the session.



Soon the session, the students were divided into 5 groups and were taken for campus orientation under supervision of Sr. Deepa, Sr. Nancy, Mr. Abin, Mrs. Viola and Ms. Rinu from 3pm - 4.30pm.

Then the group was dispersed for the day.

DAY - 2: 14.09.2018

The day was started with prayer song and then attendance was taken.

Media plays a very important role and has influence in virtually every aspect of our lives. It is considered as the best source to know about the happenings of the world. Media has the power to influence our thoughts which is sometimes negative and sometimes positive. Influence of media on students is rapidly increasing nowadays. Taking this into consideration Mr. Manu Mathew, Marketing Executive, FMCI has taken a session on 'IMPACT OF MASS MEDIA ON YOUTH'. Mr. Abin Kuriakose, lecturer introduced the resource person and Mrs. Shwetha Rashmi, lecturer handed over the certificate after the session.



Spiritual health is an important component of our well-being and an integral aspect of the holistic health philosophy. Spiritual people are gracious, optimistic, compassionate, and self-actualized. Another talk on 'SPIRITUAL ACTIVITIES IN THE CAMPUS' was taken by Fr. George soon after the coffee break at 10.30am.

Self discipline means self control. It gives you the magic power to stick to your decisions and follow them through, without changing your mind which is required for achieving goals. Another class was taken by Sr. Deepa on the topic 'SELF DISCIPLINE'.



The students had gone for lunch break at 12.30pm.

The afternoon session started at 1.30pm.

Etiquette is merely a set of guidelines for politeness and good manners, the kindness with which we should always treat each other. A talk on 'PERSONAL AND PROFESSIONAL ETIQUETTE' by Sr. Nancy Priya, lecturer, FMCON.



Communication skills are the most important soft skills for a nurse. The ability to communicate through the spoken and written word is a necessity in nearly every industry and in every workplace. A talk on 'COMMUNICATION AND SOFT SKILLS' was given by Mrs. Jasmine Sarita Vas, Principal, FMSON. Mrs. Shwetha Rashmi, lecturer, FMCON introduced the resource person. The talk continued till 4pm.



The last segment of the day was participatory exercise from 4pm to 4.30pm conducted by Ms. Rinu and Mrs. Asha, Assistant lecturers. The students were active throughout the session with variety games and singing group songs.



At 4.30pm, the group was dispersed for the day.

DAY - 3: 15.09.2018

The third day of orientation programme began with the session at 8.30 am.

Self enhancement is a type of motivation that works to make people feel good about themselves and to maintain self-esteem. It involves a preference for positive over negative self-views. Dr. Devina Rodrigues, professor, FMCON had taken a session on the topic 'ENHANCING OF SELF / SELF EMPOWERMENT'. Mrs. Lavina, lecturer, FMCON introduced the resource person.

The students were given break after the session.

Ms. Rinu, Asst: lecturer, FMCON taught the students institutional anthem and five hymns and the students sang well.

The students were gone at 12.30pm for lunch break.

The afternoon session started at 1.30pm.

Everyone experiences stress at one point or another in their daily lives. Knowing how to effectively manage one's stress will help improve their health and mood, along with boosting their immune system. A talk on 'STRESS MANAGEMENT' was taken by Prof. Agnes EJ, FMCON. Ms. Rinu, assistant lecturer introduced the resource person and the certificate was given by Mrs. Shwetha Rashmi, lecturer after the session.



At last but not the least, the most awaited moment by students. The Talent Hunt. It was conducted by Mrs. Shwetha Rashmi, lecturer and accompanied by Mr. Abin and Mrs. Viola, lecturers. All the students participated actively and has shown various skills on dancing, singing, drawing and many more.



The programme came to an end with vote of thanks by the class coordinator.


Coordinator


HOD


Principal

FATHER MULLER COLLEGE OF NURSING

(Accredited by NAAC with 'A' Grade)

Guidance and Counseling, Mentor- Mentee and Grievance Committee

Organized

Guest Lecture on 'ART OF PATIENCE' on 02-02-2019 at Rajath Bhavan

A guest lecture was organized on the topic 'Art of Patience' for the nursing students of 1st Bsc, 1st PBBSc, 1st GNM on 02.02.2019, from 9.00 am to 10.30 am at Rajath Bhavan of Father Muller College of Nursing. The resource person was Ms. Evelyn Benis, Professor and HOD Roshni Nilaya School of Social Work, Mangaluru. The programme was organized by guidance and counseling, mentor-mentee, and grievance committees of Father Muller College of Nursing. Around 210 Students and also the teaching faculty witnessed this session



Signature of Guidance and Counseling committee chairperson

W. Noronha (WILMA S. NORONHA)

Signature of Mentor- Mentee committee chairperson

Priya J. Fernandes (PRIYA J. FERNANDES)

Signature of Grievance Committee chairperson

Sonia D'Souza (SONIA D'SOUZA)

Principal

[Signature]

Date: 04-02-2019

Mangaluru

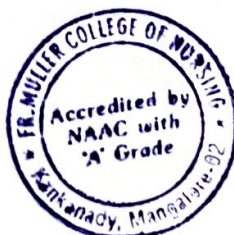


**Father Muller College of Nursing
Department of Nursing Foundation
Report of guest lecture on Health care communication**

The department of nursing foundation held a guest lecture on Health care communication on 20th February 2019 for the students of 1st B Sc nursing. Dr Lulu Sherif, Associate Professor in Anesthesiology & Academic in charge of simulation centre, FMCI was been invited as the resource person. The importance of communication in nursing and practical ways to have a healthy communication among the health team members for patient safety was emphasized in the session. Students had an enriching knowledge about the communication issues in hospital and the way to deal with it. The speaker was felicitated by Sr Deepa Peter, HOD department of Nursing foundation.



Deepa Peter
Coordinator



Sr. Sahesha
for Principal



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

Student Support and Progression Committee

Report on Prolife Day-2019

NAAC/CON/SSPC – 05/2018

Student Support and Progression Committee in collaboration with Jesus youth Mangaluru organized “Prolife day” on 6th April 2019 between 9.00am and 4pm in Academy hall ,FMCI, & Rajath bhavan ,FMCON with the theme “Life –Gift of God”. The inaugural programme began with the prayer song lead by IV year B.Sc (N) students. Rev Sr Deepa Peter, Committee Chairperson extended a cordial welcome to the gathering then Mr Jobin John introduced the chief guest to the gathering



The Chief Guest Dr Finto Francis, Consultant in Obstetrics & Gynaecology, Mariam Theresa Hospital, Kerala along with all the dignitaries inaugurated the event by lamp lighting

The Chief Guest Dr Finto Francis, Consultant in Obstetrics & Gynaecology, Mariam Theresa Hospital, Kerala delivered the key note address and. Rev Fr Richard Aloysius Coelho, Director FMCI delivered the presidential address Later as a token of appreciation Rev Fr Richard Coelho handed for a momento to Dr Finto Francis. Then Ms Shilpa Jacob, Coordinator of Jesus Youth proposed the vote of thanks. After the formal programme Students of Father Muller College of Nursing performed a mime related to Abortion. Then Dr Finto Francis gave a talk on Life-gift of God. The talk concluded with queries from the audience. Then Ms Shilpa coordinator Jesus youth conducted the online quiz. All the students and staffs participated enthusiastically. All the winners of the competition and the online quiz were awarded with prizes. As a token of gratitude and appreciation Rev Sr Deepa Peter handed over a certificate to Dr Finto Francis and Dr. Agnes EJ handed over the memento to Fr Nelson & Mr Jobin John the Judges of the competition



Simultaneously at around 10am Rev Fr Richard A Coelho inaugurated the exhibition by cutting the ribbon at Rajath Bhavan. After inauguration the dignitaries visited the various stalls and appreciated the hard work of the organizers and the student volunteer's.

In the afternoon session all the students and the staff members visited various stalls. The programme was winded up around 4pm. All the students and faculty members gave a positive feedback about the programme. The total beneficiaries were around 600 students and 100 faculty members.

Recorded By- Mrs Joyce Fernandes

**Signature of the Convenor
Sr Deepa Peter**

**Signature of the Principal
Sr .Jacintha D'Souza**





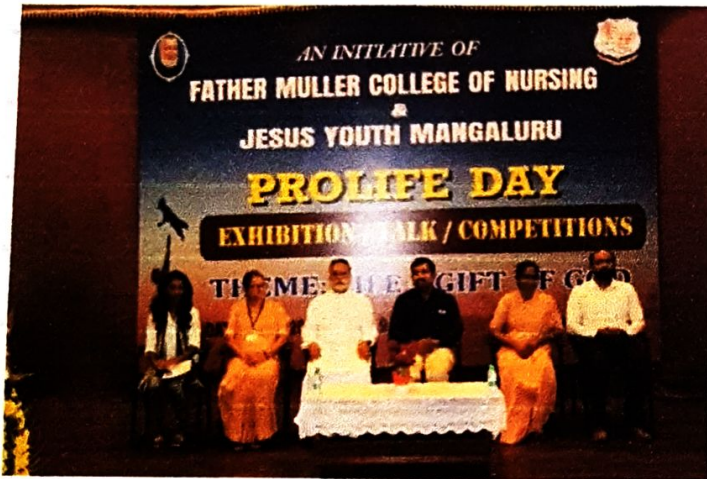
FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

STUDENT SUPPORT AND PROGRESSION COMMITTEE

REPORT ON PROLIFE DAY-2019

NAAC/CON/SSPC –06/ 04/2019

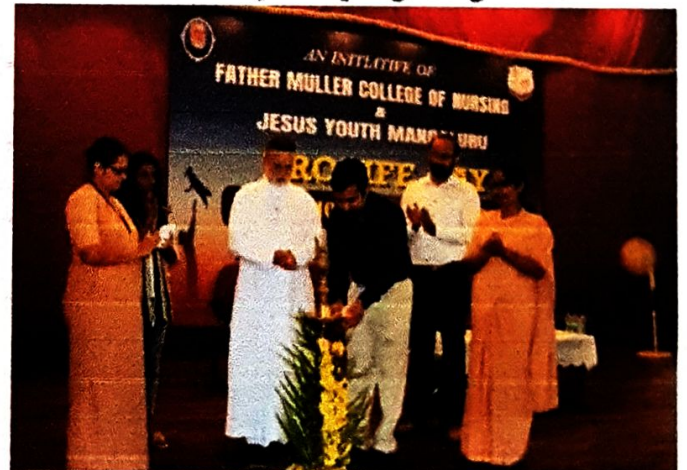
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Recorded By- Mrs Joyce Fernandes

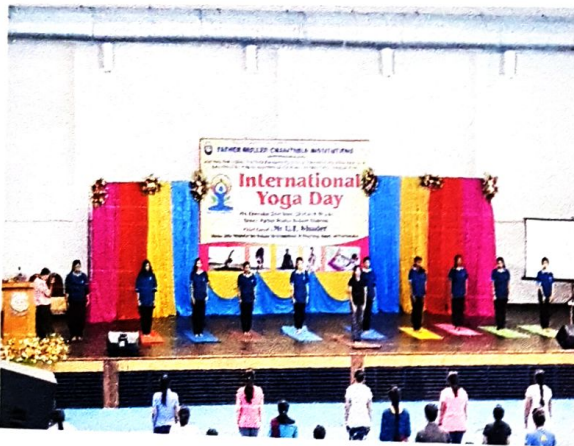

Signature of the Convenors
Sr Deepa Peter


Signature of the Principal
Sr .Jacintha D'Souza



FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
NAAC 'A' Grade
Report on yoga workshop 2019

Father Muller Charitable Institutions (FMCI) observed International Yoga Day here at Father Muller indoor stadium on Friday, June 21. Addressing the gathering, former corporator Naveen D'Souza said, "Yoga is an integral part of Indian culture and we have recently started celebrating International Yoga Day. However, practicing Yoga is not just limited for today. Yoga should become a part of our daily routine." FMCI director Fr Richard Coelho said, "Research has proved that Yoga keeps a person fit. Yoga means concentration that brings serenity and keeps our soul vibrant." Yoga instructor Dr Havyashree demonstrated yoga to the students. More than 400 students participated in the workshop.




Program Coordinator
Mrs Shiji PJ




Principal
Sr Jacintha DSouza



FATHER MULLER COLLEGE OF NURSING
DEPARTMENT OF NURSING FOUNDATION AND NUTRITION
Report on Nutrition Day "ISHRANA-2019"

The students of 1st year BSc Nursing (2018-19) batch organized **Nutrition Day** on 20th August 2019 at 2.30pm in Rajath Bhavan at Father Muller College of Nursing with the theme **"ISHRANA- Eat A Rainbow"**. The Students were divided into 13 groups, and they were allotted with various topics to prepare food like Medicinal value of foods, 10 minutes easy breakfast, Desserts, Winter special, Slimming diet, Fruit punch, Preservation of food, Atkins diet and Ketogenic diet.



A formal programme was inaugurated through lighting the lamp by the Principal Rev Sr Jacintha Dsouza , Vice Principal Dr Devina Rodrigues , HOD Sr Deepa Peter and Subject Coordinator Mrs Viola D'Souza followed by revealing the meaning of the theme "Eat A Rainbow". Rev Sr. Jacintha D'Souza Principal addressed the students and faculty and motivated them to eat the rainbow with different varieties of foods to maintain good health.

Students presented their preparation and the group performance was evaluated by Mrs. Benita, Lecturer, Child Health Nursing FMCON and Mrs Sandys, Dietician , FMCI. Varieties of foods were displayed by the students and relished by all. The programme was concluded at 4.30pm.

COORDINATOR

HOD

PRINCIPAL





FATHER MULLER COLLEGE OF NURSING
(A Unit of Father Muller Charitable Institutions)
Kankanady, Mangalore-575002

Nursing Foundation Department (2018-19)



Report on GO GREEN

As a part of "Go Green Initiative" students of 1st year B.SC (N) has cleaned the garden and planted plants such as Rose and Hibiscus were along with Mr. Abin Kuriakose, lecturer Medical surgical Department, on 24/08/2019 at 2:30 P.M to 4.30 P.M in Carmel Hostel Garden



Programme coordinator

HOD

Principal

