

**2014-15**



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

**Kankanady, Mangalore-575002**

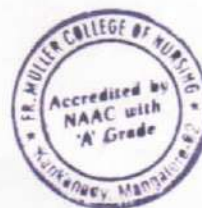
**Department of Mental Health Nursing- II MSc Nursing (2014-15)**

**Group Health Education report on Mental Health and Mental illness**

The second year M Sc Nursing (Psychiatric Nursing) students of Father Muller College of Nursing conducted a health education on 'Mental Health and Mental Illness' for women at Anganwadi, Badakabailu on 17.01.15 under the guidance of faculty of Dept of Psychiatric Nursing. The programme began at 9.30am with a prayer song followed by the psychodrama on Mental Health & Mental illness. All the women participated actively throughout the programme and clarified their doubts. At the end of the session, students distributed the refreshments to all the participants.



Signature of the Programme Coordinator



Signature of HOD



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

**Department of Mental Health Nursing- I MSc Nursing (2014-15)**

**Report on School health education program**

As a part of Mental Health Nursing clinical requirements, a School Health Education Programme on "Stress and its Management" was conducted in Milagres High School on 01/07/2015 at 1.30pm. The students were accompanied by the faculty Mrs. Binsha Pappachan, Asst. Professor and Mr. Rajiv Mathew, Lecturer, Mental Health Nursing Department. The Vice Principal of Milagres school, Mr. Auvit Barbosa welcomed the group and given the orientation on all facilities in the school. The programme was conducted in school's science lab. 60 boys from 9<sup>th</sup> standard B division, participated in the session. The programme began with a prayer song followed by welcome speech by Ms. Benji Bijoy. Then a role play was enacted with the title "Little Star" by 1<sup>st</sup> yr. MSc nursing students of psychiatry department. Followed by detailed power point presentation by Sr. Biji Paulose, Ms. Anju K Lal and Ms. Ann Mary related to Stress and its management. A game was conducted to the students and the winners were awarded with a prize. The students actively participated throughout the programme. Students and staff gave positive feedback about the programme followed by Vote of thanks by Ms. Minnu Joy. At the end, sweets were been distributed to the students.



Signature of the Programme Coordinator  
Mrs. Binsha Pappachan

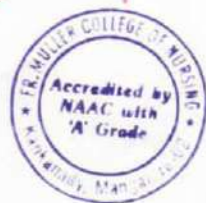


Signature of HOD  
Prof. Agnes EJ

# REPORT OF KATTIPPALLA SATELLITE CLINIC VISIT.

Submitted To  
Mr Rajeev  
Lechinnee.  
FMCON

*Rajeev*  
10/5/15



Submitted By  
Ms Anju Lal k.  
Ms Annimay Issac  
Ms Minnie Joy  
Msc Nursing 1st Year  
FMCON

As it was part of our clinical postings, we had one day posting at kattippalla satellite clinic. This was a good experience in our clinical practice.

On 04/05/15, we started from here at 8:30 AM along with Dr Joyline and a PC staff and reached satellite clinic at 9:30 AM. Patients were waiting for us there. We immediately started with the clinic after reaching there. Doctors were seeing the patients as like in an OPD. Ms Annamary took weight and vitals of all patients. Ms Minnu checked CRBS of patients and Ms Anju dispensed medications to patients as per doctor's order. There was 10 old patients and 1 new patients. Patients with various psychiatric disorders came to the clinic. We gave health education to the patients regarding importance of medication compliance. We returned back from the clinic by 12 noon and reached the college by 12:30 PM.

# REPORT OF

# KATTIPPLA

# SATELITE CLINIC

# VISIT

Submitted to  
Mr. Rajeer.  
Lecturer.  
PMCON.

*Paulose*  
3/6/15



Submitted by  
Sr. Biji Paulose.  
Ms. Beryi Bejoy.  
Ms. Minnu Joy  
MSc 1<sup>st</sup> yr  
PMCON.

As It was a part of our clinicals, we had a posting at Kattippalla satellite clinic for one day. This was a good experience to our life.

The day 01-06-15, we started from here at 8.30 Am along with Dr. Joyline and a PG staff and reached at satellite clinic at 9.30 Am. When we reached there, we saw the patients were waiting for us. Soon after <sup>our</sup> reaching, doctors started to see the patients. Ms. Benji took weight and vitals of all patients. Sr. Byr and Ms Minnu did the G.R.B.s of most of the patients and dispensed medications to all patients.

There was 11 old patients and 2 new patients. Most of the patient's diagnosis was Schizophrenia. We have given health education to each patients, regarding the importance of compliance with medication. We were there at 12.00 Noon, then there was no patients, we returned back to college of nursing and reached here at 12.40 pm.

# Report on Satellite clinic Posting

SUBMITTED TO:

MR. RAJEEV MATHAN  
(LECTURER, FMCON)  
DEPT OF PSYCHIATRIC  
NURSING

on: 4/09/15

SUBMITTED BY:

MS BENJI BEJOY  
MS ANJU LAL K  
I<sup>st</sup> yr M.Sc NURSING

*Prasanth  
Thirupur*





# REPORT

As a part of our psychiatry posting, we had gone for satellite clinic posting in Kattipalla on 6/7/15. We were been accompanied by Dr. Joylin; psychiatry speciality staff and a post graduate M~~O~~B~~S~~ student. We started our journey at 8:50am and reached there by 9:35am. The Infant Mary church authority has provided us with a hall for the outpatients to be followed up once in every month on first Mondays. The number of patients came for follow up were 12. There were patients with Bipolar affective disorder, mental retardation, alzheimers' disease. We were assigned to check blood pressure, weight and GRBS and to inform the staffs. We distributed the medications according to the prescriptions given to the patients. We gave them health education regarding the intake of medication and diabetic diet.

We returned from there by 12MD and reached FMMCH by 12:30pm.

# REPORT ON SATELLITE CLINIC

SUBMITTED TO

MR. RAJEEV MATHEW

LECTURER

DEPT OF PSYCHIATRIC NSG

FMCON

SUBMITTED BY

SR. BIJI PAULOSE

MS. BENJI BIJOY

I YR MSC NURSING

3/8/15

*[Handwritten signature]*  
Paulose



As a part of psychiatry nursing clinical posting, we had one day satellite clinic on 3/08/2015 in Kattipalla in the premises of Infant Mary Church, Kattipalla. We were been accompanied by a senior staff and two post graduate students from Psychiatry department. We started from Father Muller Medical College Hospital at around 8:45am and reached the clinic at 9:30am. The Out- patient clinic was conducted on first Mondays of every month where the patients with family members would come from nearby villages for the follow-up. Around 13 patients with psychiatric disorders had come for follow-up. We were been assigned to check the vital signs, GRBS and weight of the patients according to which the physicians would prescribe the medicines for a month. According to prescription, we gave the medications and provided them health education regarding the administration of drug and cleared their doubts.

We started from there at 12:10 pm and reached back to Father Muller Medical College Hospital at 1pm. We are very grateful to our lecturers of Psychiatry Nursing Department, Prof. Agnes EJ, HOD, Mrs. Binsha Pappachan, Subject Coordinator and all the other lecturers of the department for providing us this opportunity.

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### A REPORT ON RADIO PROGRAMME

As a part of the world AIDS day, the students of second year B.Sc nursing gave a radio programme at the All India radio station, Mangalore regarding HIV and AIDS.

The play was prepared regarding HIV its incidence, effects and treatment under the guidance of Ms. Sonia Sequera and Ms. Lidwin Lobo.



The participants were, Aquila D'Souza, Adriel Benita Quadros, Anamol chacko, Christy Delly, Carol Martis, Gloria Fernandes, Grace Kuriakose and Zuricka Dacosta.



It was a wonderful experience to be a part of this programme. The whole session went on very well. The programme got broadcasted on the 3<sup>rd</sup> of January 2015 at 6.15 pm.

*Sonia Sequera*  
SIGNATURE OF THE  
PRINCIPAL

*Lidwin Lobo*  
SIGNATURE OF THE  
HOD

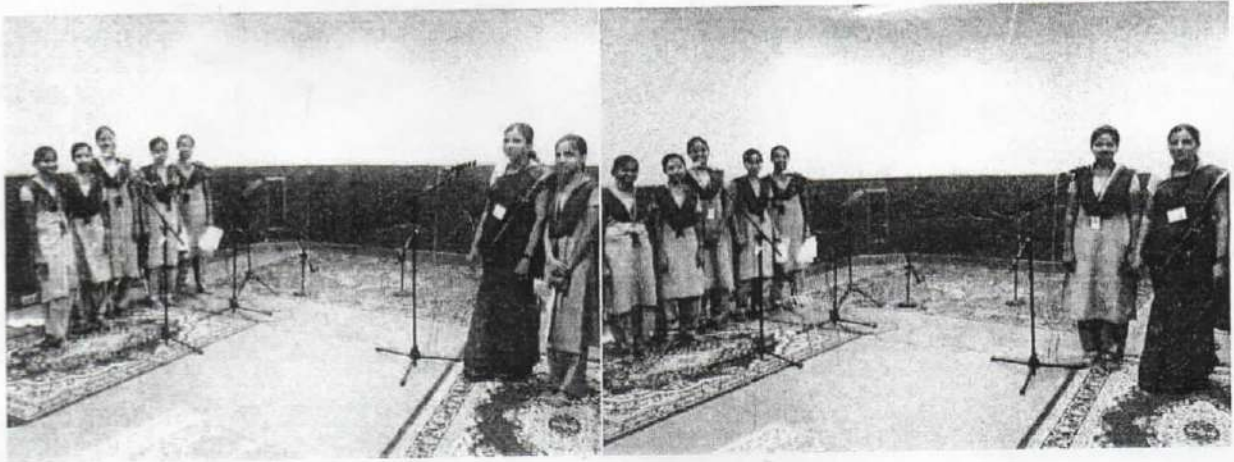


*Regina*  
SIGNATURE OF THE  
SUBJECT - CO-ORDINATOR

FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

**Report On Radio Talk**

The 4<sup>th</sup> year B.Sc. nursing students conducted a Radio talk under the guidance of Mrs. Florine Veigas lecturer, Community Health Nursing, Father Muller College Of Nursing Mangalbre, in Kannada on the topic H1N1 on 18-3-2015 at 12 noon at Akashvani, Kadri Mangalore. The student participants were Ms.Praveeta, Ms.Ramya, Ms.Mariet, Ms.Melissa, Ms. Nancy, Ms. Precilla and Ms. Vinitha. The brief introduction was given through a skit followed by panel discussion about the incidence, cause, mode of transmission, signs and symptoms, treatment and prevention. The topic was concluded with H1N1 awareness song. The radio talk will be broadcasted by Akashvani Mangalore (100.3 MHz) on 1st of April 2015 at 8pm.



*Shu*  
Sub. Coordinator

*Kath*  
HOD Dept. CHN

*S. V. S.*  
Principal



FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING


REPORT ON GROUP HEALTH EDUCATION

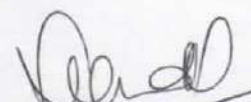
On the occasion of "World Lung cancer Day" which is celebrated on 17<sup>th</sup> of November, the students of IInd year P.B.BSc Nursing conducted a group health education on 19.11.2014 at 10:30am at Bollari, on the topic "Prevention of Lung Cancer". The programme commenced with a prayer song followed by welcome speech and then the education on the topic using role play. AV aids like charts and flash card were used. 10 people from the village participated in the programme

The programme was done under the guidance of Ms Lidwin Lobo, Assistant Lecturer, Community Health Nursing Department, Father Muller College of Nursing.



The programme was concluded at 11:15am. There was very good response from the people.

  
SIGNATURE OF THE DEPARTMENTAL  
COORDINATOR

  
SIGNATURE OF THE HOD

  
SIGNATURE OF THE PRINCIPAL



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH 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.

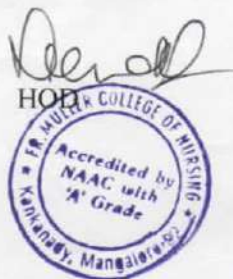


The health education programme started with a welcome speech by Ms Christy. The students presented the causes, health hazards and prevention of environmental pollution through A.V aids like charts, role play, flash cards and creativity. The programme was well appreciated by the parents and teachers.



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.

*Shwetha*  
Principal



*Nisha*  
Dept.co-ordinator

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH

**“Awake the mind of the people and you will awake the Nation”**

### REPORT ON MASS HEALTH EDUCATION

The students of 2nd year PBBSc and 2<sup>nd</sup> year MSc Nursing conducted a mass health education on 25<sup>th</sup> November 2014 at Higher Primary School in Thumbay, on the topic ‘Diabetes Mellitus’. Ms. Shwetha, Mrs. Florine and Ms. Lidwin, Lecturers from the dept. of Community Health Nursing, Father Muller College of Nursing were present. There were about 250 people including teachers, parents and students who participated in the programme.



As we began, Mrs. Pramila, one of the teachers, introduced us to the gathering and welcomed us whole heartedly. The programme started at 11.30 am, invoking the presence of God, amidst us. Ms. Jenifer welcomed the gathering followed by the topic ‘Diabetes Mellitus, its causes, types, signs & symptoms, management, prevention and its complication were explained with the help of Puppet show, Role play and AV aids such as flash cards, charts and PowerPoint. Pamphlet and diet plan regarding diabetes were distributed during the programme.



We also carried out free check up of random blood sugar and blood pressure monitoring after the programme. Ms. Shruthi evoked the feedback from the audience by asking questions, which were very satisfactory. Ms. Laura has concluded the programme at 12:30 pm and thanked the gathering.

*S. S. S. S.*  
Principal

*[Signature]*  
Head of the Dept.  
Dept. Coordinator  
*[Signature]*

Accredited by NAA



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

As the part of world AIDS day, celebrated on December 1<sup>st</sup> 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.


## Group Health Education Programme on Breast Cancer

The IV year BSc Nursing students of Father Muller College of Nursing organized a group health education on '**Breast Cancer**' on 15th January, 2015 in Badakabailu.

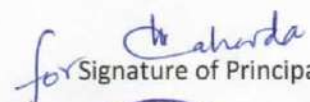
The program started at 10:30 am with a prayer song. The topic was introduced and health information was given by using flash cards, flip chart and charts. The programme emphasized on causes, diagnosis, clinical features, prevention, and management of Breast Cancer. The audience comprised of mothers and pregnant ladies. A total of 25 members actively participated in the program.

The health education was evaluated by asking questions to the group, it was effective and benefited. At the end of the program refreshments were served. The programme was winded up with vote of thanks. Mr. Shajan Xaviour, the faculty of Department of Community Health Nursing was present.



  
Signature of subject Co-ordinator

  
Signature of HOD

  
Signature of Principal



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**

**REPORT ON GROUP HEALTH EDUCATION**

As a part of community health nursing posting the students of IV th year BSc Nursing organized a **group health education** on 16.01.2015 at 10.15 am in anganwadi at Badakabailu, Bantwal taluk, on topic '**Dengue fever**' Under the guidance of **Mrs.Shiji P.J assistant professor** department of community health nursing, Father Muller College of Nursing. The programme commenced with a prayer song with the gracious presence of children's, parents, Anganwadi teacher Mrs.renukha , Anganwadi helper Mrs.Hemalatha and students of M.sc nursing first year were present.



The students presented the causes, environmental factors, modes of transmission and prevention of dengue fever through A.V aids like charts, puppet show, and creativity. The programme was well appreciated by the parents and teachers.



The health education was evaluated by asking questions to the group. Games were organized to cheer up the group. A puppet dance was done by the students to entertain the children. The programme was winded up with the vote of thanks and distribution of sweets at 11:00am.



for *Chandana*  
PRINCIPAL

*[Signature]*  
HOD

*[Signature]*  
SUBJECT CO-ORDINATOR



## REPORT ON GROUP HEALTH EDUCATION

As a part of Community Health Nursing Postings, the students of 4<sup>th</sup> year BSc Nursing conducted a **Group Health Education** on the topic '**Malaria**' on 28<sup>th</sup> January 2015 at 10:30am in Badakabailu, Bantwal taluk. The health education was conducted under the guidance of **Mrs. Leena K.C, HOD and Professor**, Department Of Community Health Nursing. The health education was commenced with blessings of God through a prayer song. The family members from the surrounding area were present for the health education.



The health education included the topics such as causes, clinical features, diagnosis and treatment of malaria including the prevention of mosquito growth and bite of the mosquito through AV aids like charts, puppet show, pamphlets etc. The health education was summarized and evaluated by asking questions to the group .



The programme was appreciated by family members and faculty. The programme was winded up with vote of thanks and distribution of sweets at 11.00am.

Signature Of Subject co-ordinator;

Signature Of HOD;

Signature Of Principal;



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING


GROUP HEALTH EDUCATION PROGRAM ON URINARY TRACT INFECTION

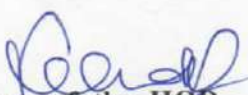
The 4<sup>th</sup> year BSc nursing students of Father Muller College of nursing organized a group health education on urinary tract infection on 28<sup>th</sup> January, 2015 in Badakabailu.

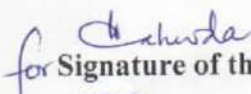
The program started at 10.30am with a prayer song. The topic was introduced and health information was given by using role play, charts and videos. The program emphasized on the causes, diagnosis, clinical features, management and prevention of urinary tract infection especially the home remedies. The audience comprised of women's and children. A total of 15 members actively participated in the program.

The health education was evaluated by asking questions to the group, it was effective and benefited. The programme was guided by Ms. Sonia sequeira, Lecturer of community health nursing department.



  
Signature of  
Subject coordinator

  
Signature of the HOD

  
for Signature of the Principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

MASS HEALTH EDUCATION

The IV year B.Sc.Nursing students of Father Muller College of Nursing organized a mass health education on **prevention of minor ailments** on 6<sup>th</sup> 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.





*[Signature]*

Subject co-ordinator

*[Signature]*

HOD- Dept. CHN

*[Signature]*  
for Principal





FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

## A GROUP HEALTH EDUCATION ON IMMUNIZATION

The 4<sup>th</sup> year B.sc Nursing students of Father Muller College of Nursing organized a group Health education on the topic “**IMMUNIZATION**” on 24<sup>th</sup> February 2015 from 10:30am -11:15am in Anganawadi at Ammunje under the guidance of Mrs. Shiji P J, Assistant Professor, Department of Community Health Nursing.



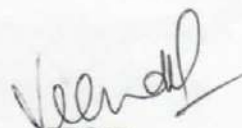
The programme was commenced by invoking God's blessings through a prayer song, followed by a brief introduction on the topic with the help of a puppet show. The topic was elaborated through lecture cum discussion method using charts and flip chart. The knowledge was imparted regarding immunization schedule, types of vaccines, their indications and adverse effects. The effectiveness of the health education was evaluated by asking questions to the group.

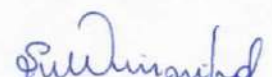


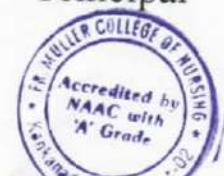
Few games were conducted for the children and prizes were distributed. The Anganawadi children and mothers were the beneficiaries. At the end of the programme, sweets were distributed to the children and mothers. The health education was concluded by thanking each one for their presence and cooperation.



  
Subject Coordinator

  
HOD

  
Principal



FATHER - MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

## HEALTH EDUCATION ON HYPERTENSION

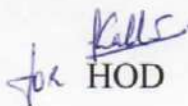
The 4<sup>th</sup> year B.Sc Nursing Students of Father Muller College of Nursing organized a group Health education on the topic "HYPERTENSION" on 03.03.2015 from 10.30 am to 11.30am at Ammunje, under the guidance of Mrs.Leena K C, Department of Community Health Nursing.



The programme commenced by invoking God's blessings through a prayer song, followed by a brief introduction with a help of video. The topic was elaborated through lecture cum discussion method using flip charts. The knowledge was imparted regarding hypertension, risk factors, clinical features, management and complications. The effectiveness of the health education was evaluated by asking questions to the group. The various family members were beneficiaries of health education.

At the end of the programme, sweets were distributed to all and the blood pressure of each member was checked. The health education was concluded by thanking each one for their presence and cooperation.

  
Subject coordinator

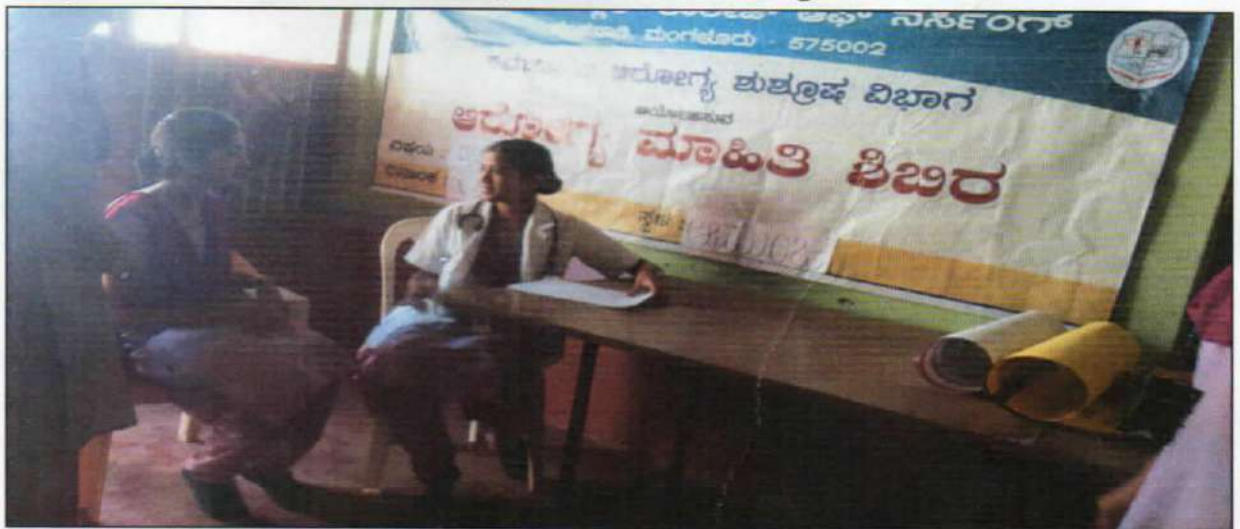
  
HOD

  
Principal



## HEALTH EDUCATION ON ANAEMIA

The 4<sup>th</sup> year B.Sc Nursing Students of Father Muller College of Nursing organized a group Health education on the topic "ANAEMIA" on 04.03.2015 from 10.40 am to 11.15am at Ammunje, under the guidance of Mrs. Florine Veigas, Lecturer, Department of Community Health Nursing.



The programme commenced by invoking God's blessings through a prayer song followed by a brief introduction of the topic through a skit. The topic was elaborated through lecture cum discussion method using flip charts, flash cards and charts. The knowledge was imparted regarding anaemia, its risk factors, clinical features, management and complications.




The effectiveness of the health education was evaluated by asking questions to the group. Various family members from neighborhood were beneficiaries of health education.

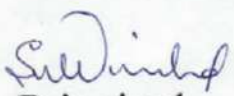


At the end of the programme, lemonade and biscuits were distributed to all and the blood pressure of each member was checked. The health education was concluded by thanking each one for their presence and cooperation.



  
Subject coordinator

  
HOD

  
Principal




FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

GROUP HEALTH EDUCATION ON TUBERCULOSIS AND ITS PREVENTION

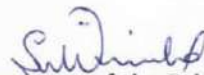
Students of 4<sup>th</sup> year B.Sc Nursing conducted a group health education on the topic 'Tuberculosis and its prevention' on 5<sup>th</sup> march 2015 at 10:00AM ,on the occasion of world TB day celebrated on 24<sup>th</sup> march 2015.it was conducted at Amunje Anganwadi centre. There were total 15 participants for the group health education.

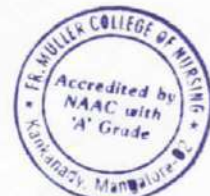


Programme was guided by Ms Sonia Sequera, Lecturer, department of community health Nursing.

  
Signature of subject coordinator

  
Signature of HOD

  
Signature of the Principal



FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

## HEALTH EDUCATION ON HIV / AIDS

The 4<sup>th</sup> year B.S.C Nursing students of Father Muller College of Nursing organized a group health education on the topic HIV /AIDS on 6.3.2015 From 10:30am to 11:30am at Ammunje under the guidance of Ms. Shwetha M.N lecturer Department of Community Health Nursing



The programme commenced by invoking Gods blessings through a prayer song, followed by a brief introduction through a puppet show. The topic was elaborated through lecture cum discussion method using charts and flip charts. The knowledge was imparted regarding HIV , risk factors of AIDS , clinical features, management, prevention and complication. The effectiveness of health education was evaluated by asking questions to the group. The family members were beneficiaries of health education.

At the end of the programme sweets were distributed to all . The health education was concluded by thanking each one for their presence and co-operation.

SUBJECT CO-ORDINATOR

HOD

PRINCIPAL



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

**A GROUP HEALTH EDUCATION ON 'WOMEN AND CHILD ABUSE'**

On the occasion of **International Women's Day** which is observed on March 8<sup>th</sup> the students of IV year BSc Nursing of Father Muller College Of Nursing organized a group health education on the topic '**Women and Child Abuse**' on 06-03-2015 at Ammunje.

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, flip charts and puppet show. The programme emphasized on types, causes, effects, control and prevention of women and child abuse through lecture cum discussion. The audience comprised of women and children. A total of 12 members from the village actively participated in the programme.

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 was wined up with vote of thanks at 11.15am. 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  
DEPARTMENT OF COMMUNITY HEALTH NURSING

HEALTH EDUCATION ON IMPORTANCE OF NUTRITION AMONG

UNDER FIVE CHILDREN.

The 4<sup>th</sup> year BSc Nursing Students of Father Muller College of Nursing organized a group health education on the topic " **IMPORTANCE OF NUTRITION AMONG UNDER FIVE CHILDREN** " 09-03-2015 from 10.15am to 11.15am. at Ammunje under the guidance of Mr. Shajan Xaviour , Lecturer , Department of Community Health Nursing.



The programme commenced by invoking God's blessings through a prayer song, followed by a brief introduction with help of a puppet show. The topic was elaborated through lecture cum discussion method using flip charts. The knowledge was imparted regarding importance of nutrition in under five children , diet for under five children , nutritional disorders in under five children and its management. The effectiveness of health education was evaluated by asking questions to the group . The various family members were beneficiaries of health education .

At the end of the programme a game was conducted for the children and sweets were distributed to all .The health education was concluded by thanking each one for their presence and cooperation.

  
Subject coordinator

  
HOD

  
Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING **A MASS HEALTH EDUCATION ON PREVENTION OF COMMUNICABLE DISEASES**

The 4<sup>th</sup> year B.sc Nursing students of Father Muller College of Nursing organized a mass Health education on the topic **“PREVENTION OF COMMUNICABLE DISEASES”** on 11<sup>th</sup> march 2015 from 10:15am - 11:15am at Ammunje higher primary school under the guidance of Mrs. Florine Veigas & Mr. Shajan Xaviour, Lecturers, Community Health Nursing Department.



The programme was initiated by invoking God's blessings through a prayer song, followed by a brief introduction on the topic through a skit by the students and with puppet show. The topic was elaborated through lecture cum discussion method using charts and flip chart. The knowledge was imparted regarding various types of communicable diseases, its causes, modes of transmission, clinical features and preventives measures. The effectiveness of the health education was evaluated by asking questions to the group



The school children and the teachers were the beneficiaries. A total of 130 school children participated in the health education. The programme was appreciated by the group. During the health education, students from Father Muller College of Nursing monitored BP of the people who were in the risk group.



At the end of the programme, sweets were distributed to the children and teachers. The health education was concluded by thanking each one for their presence and cooperation.

*Shu*  
Subject Coordinator

*Deena*  
HOD

*Selvin*  
Principal



# 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 25<sup>th</sup> 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



*Lidwin*  
Signature of the  
Subject Coordinator

*Dendal*  
Signature of the  
HOD

*Sudev*  
Signature of the  
Principal



## A Report on "Women Empowerment and Save Environment"

The students of Iyear B.Sc Nursing during their community health nursing practical experience in collaboration with NSS of Father Muller College of Nursing had organized and participated in a role play on "Women Empowerment and Save Environment" on 28-04-2015 at Baikampady at 10am. It was first performed in front of the houses and later at Korikatte Anganawadi stage. A total of 40 members actively participated in the programme. The program was winded up at 11.15am.

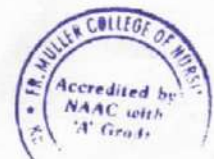
This role play was performed under the guidance of Mr Shajan Xaviour, Mrs Viola D'souza and Ms Lidwin Lobo.



*for*  
Signature of the  
Subject Coordinator

*for*  
Signature of the  
HOD

*for*  
Signature of the  
Principal




**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**


**NUTRITION PROGRAMME AT ANGANWADI**

Students of 4<sup>th</sup> year B.Sc Nursing conducted nutrition programme on Iron rich diet, on 5<sup>th</sup> march 2015 at 10:45AM. It was conducted at Amunje Anganwadi centre. There were total 15 participants . The beneficiaries included underfives, parents of under five children, pregnant and lactating mothers. Preparation of Iron rich diet was discussed and finally preparation of ragi porridge with milk and jaggery was demonstrated and later distributed to all the participants.



Programme was guided by Ms Sonia Sequera, Lecturer, department of community health Nursing.

  
Signature of subject coordinator

  
Signature of HOD

  
Signature of the Principal



## A REPORT ON NUTRITIONAL PREPARATION

The 4<sup>th</sup> year B.S.C Nursing students of Father Muller College of Nursing arranged a nutritional preparation on 18.03.2015 from 10:30am to 11:00am at Ammunje under the guidance of Sr Deepa, Professor Department of Community Health Nursing.

Protein rich diet such as bread toast with egg and milk was prepared. We explained the family members about the importance of protein rich diet. We also prepared chikku shake which is rich in iron and fibre content. The nutritional benefits and calories were explained to the family members. The family members were the beneficiaries of the preparation. . It was concluded by thanking each one for their presence and co-operation.



*Shree*

SUBJECT CO-ORDINATOR

*for Kalle*  
HOD

*for Chahoda*  
PRINCIPAL



Dept Of Child Health Nursing celebrates breast feeding week

OBSERVANCE OF WORLD BREAST FEEDING WEEK 2015

By Dept Of Child Health Nursing ,

RADIO TALK ON BREAST FEEDING

A Radio Talk on Breast Feeding in the form of skit titled 'Stanya Pana Amrutha Samana' in Kannada was conducted by faculty of Child Health Nursing Department and III year B.Sc Nursing students under the guidance of Mrs. Wilma S. Noronha, Lecturer, Department of Child Health Nursing will be broadcasted by Akashavani Mangalore F. M (100.3 MHz) on 5<sup>th</sup> of August 2015 at 12: 30 pm.

The skit which was in Kannada for 30minutes with title 'Stanya Pana Amrutha Samana'

9 members including staffs and students where played different role

Mrs Wilma .S. Noronha (role name Sumathi) Ms.Brincy D'souza(shila) Mrs. Sandra Saldhana (sunitha) Mrs.Priya.J.Fernades(jalaja) Ms.Uma(jaya) Ms.Fiona Vas(tripthi )

Craisha (Jayamma Mother In-Law) Depthy (Laxmi).

Laxmi gives birth to a male baby and unable to feed the baby due to lack of milk, where Laxmi and her mother in law consider the colostrums is an bad milk and plan to give bottle feed with this the skit was started and it explained on following important aspects

- Importance of colostrum and production of milk - Mrs Wilma .S. Noronha name
- Techniques of breastfeeding - Ms.Brincy D'souza
- Expressing the breast milk , and its storage --Mrs. Sandra Saldhana
- Problem faced by the working women Regarding feeding-- Mrs. Sandra Saldhana
- Benefits of breast feeding, to the mother, child,society and nation - Mrs.Priya.J.Fernades
- Problems faced by the mother while breast feeding -Ms.Fiona Vas
- Regarding immunization —Ms Clevita
- Weaning ---Ms.Uma



*W. Noronha*  
ORGANIZER

*(Signature)*  
HOD



*(Signature)*  
for PRINCIPAL



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF CHILD HEALTH NURSING  
OBSERVANCE OF WORLD BREAST FEEDING WEEK 2015

By Dept of Child Health Nursing at NIRMALA HEALTH CENTER, ULLAL

The faculty and the III year BSc (N) students of the Department of Child Health Nursing, Father Muller College of Nursing organized a programme on Breast Feeding in the observance of "World Breast Feeding Week" at Nirmala Health Center, Ullala on 5<sup>th</sup> August 2015.



The programme was inaugurated at 10.30am by Rev. Sr. Lenita D'Souza, Medical Superintendent, Nirmala Health Center, Ullala; Rev. Sr Emma Joseph, Superior, Nirmala Convent, Ullala and Ms. Seema Chavan, HOD, Department of Child Health Nursing, Father Muller College of Nursing. Ms. Clevita Crasta, Student, 3<sup>rd</sup> year BSc mastered the programme. Ms. Wilsha D'Souza, Student, 3<sup>rd</sup> year BSc welcomed the gathering.



The chief guest Rev. SrLenitaD'Souza, addressed the gathering and emphasized the need for exclusive breastfeeding and its benefits.




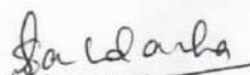
'AmrithaBindu' a video on breast feeding, its need, uses, methods and techniques was screened in Kannada and Malayalam. Following which a quiz was conducted on the various aspects of Breast feeding and to assess the impact of the Video.




About 57 members participated who included antenatal and postnatal mothers along with their families. The winners of the quiz competition were awarded. Doubts were clarified. Mrs. Wilma Noronha, Lecturer, Father Muller College of Nursing thanked the gathering and the programme came to an end at 12:00 noon.



  
 HOD, Child Health Nursing  
 Ms. Seema S. Chavan

  
 Organising Chairperson  
 Ms. Sandra J. Saldanha

  
 In-Charge  
 Ms. John N P Ebnezar



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF CHILD HEALTH NURSING  
REPORT ON BREAST FEEDING WEEK CELEBRATION

FATHER MULLER HOSPITAL, THUMBAY, 06-08-2015

The faculty and the III year BSc (N) students of the Department of Child Health Nursing, Father Muller College of Nursing organized a programme on Breast Feeding in the observance of "World Breast Feeding Week" at Father Muller Hospital, Thumbay on 6<sup>th</sup> August 2015.



This programme was organized by the in collaboration with the Father Muller Hospital Thumbay, Department of Pediatrics and Department of Community Health, Father Muller Hospital Thumbay, Women and Child Welfare Centre, Bantwal, Gram Panchayat, Thumabay, Women Self-Help Group, Pudu, Primary Health Centre, Pudu.

The programme started at 9:30 am with the baby show conducted for children below 1 year and below 2 years.



Rev. Fr. RoshanCrasta, Administrator, FMHT, was the president of the programme, Dr. Jameela, C, HOD, Department of OBG, Thumbay hospital was the chief guest, Dr. KiranShetty, Medical superintendent, FMHT, Mr. Natraj, district co-ordinator officer, Dakshina Kannada was Guest of Honour, Ms. SeemaChavan, HOD, Department of Child Health Nursing, Father Muller College of Nursing, Dr. Narayan V. HOD, Department of Community Health, Father Muller Hospital Thumbay, Mr. Praveen, Vice-President, Panchyat, Thumbay, Mrs. Hemavathy, President, Panchayat, Thumbay, Mrs. ShaliniMenezes Assistant Nursing Superintendent, Father Muller Hospital Thumbay, were present for the programme.



The formal programme began with the prayer song by the students of Father Muller College of Nursing. Mrs. ShaliniMenezes welcomed the gathering.



The dignitaries inaugurated the programme by lighting the lamp, Mrs. Vanitha, a participant was also invited to light the lamp.



Dr. Jameela C, unveiled the theme with the health talk given by Ms. Ramya, Resident, Department of OBG, Father Muller Hospital Thumbay.



Mr. Nataraj V. delivered his message and stressed the importance of breast feeding in working and non-working mothers.



The prizes for the baby show were distributed, 3 prizes for each category. The gifts were also distributed to all children who participated in the baby show.



The prizes for the baby show were distributed, 3 prizes for each category. The gifts were also distributed to all children who participated in the baby show.



Display of video on Breast feeding 'AmrithaBindu' was screened which explained the topic effectively in Kannada. Around 51 people including children and parents attended the programme.



Mr. Abdul Rehiman, Associate Professor, Department of Community Health, Father Muller Hospital Thumbay thanked everyone for the participation and support. And thereafter pamphlets were distributed which contain more information regarding breast feeding. The participants expressed the need to conduct such types of health awareness programmes in the future. The programme came to an end at 12:00 noon

HOD, Child Health Nursing  
Ms. Seema S. Chavan

Organising Chairperson  
Ms. Sandra J. Saldanah

In-charge  
Ms. Brincy L. D'Souza





FATHER MULLER COLLEGE OF NURSING  
OBG NURSING DEPARTMENT  
REPORT ON HEALTH CAMP

The Department of Obstetrics And Gynecological Nursing, FMCON along with OBG Department of FMMCH in collaboration with Catholic Sabha, St. Dominic church, Ashok Nagar, organized a health talk on "Gynecological Problems Among Women" on 18.07.2015 at 2.30 pm followed by health checkup. Around 70 women and 15 men were benefited.

Mrs Pramila D'souza and Ms Precilla D'Silva delivered a health talk on Menopause, Prolapsed uterus and Fibroid uterus with the role play enacted by the fourth year BSc Nursing students before the talk. Dr Prema D'Cunha clarified the doubts and briefly narrated the medical and surgical management after each health talk. Finally Prof Savitha Cutinho, HOD Dept of OBG Nursing demonstrated yoga to the participants and enumerated the benefits of it. The programme came to an end at 4.30pm with the health checkup.



Osken  
23/7/15  
MS. PRECILLA D'SILVA  
Lecturer, Dept of OBG



SPM  
HOD, OBG Nursing

23/7/15

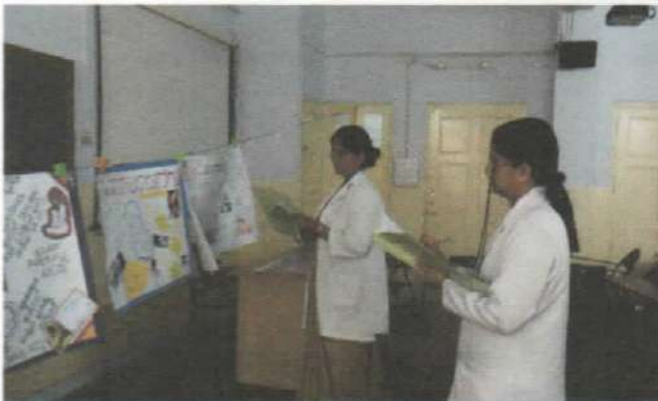
FATHER MULLER COLLEGE OF NURSING  
WORLD BREASTFEEDING WEEK (1<sup>st</sup> to 7<sup>th</sup> August 2015)

The Department of Obstetrics and Gynecology of Father Muller Medical College and Father Muller College of Nursing organized the World Breastfeeding Week (WBW) – 2015 from 1<sup>st</sup> to 7<sup>th</sup> August 2015 at Father Muller Medical College Hospital.



The WBW was inaugurated on 1<sup>st</sup> August 2015 at the Antenatal – Postnatal Wards. All the expectant \ postnatal mothers along with their caretakers gathered at the venue at 9am. The inaugural programme began with a prayer. Sr Aileen Mathias welcomed the gathering. The Chief Guest, Dr Vilma D'souza, Professor at Father Muller Homeopathy Medical College unveiled

the logo of the WBW – 2015 and enlightened the audience on the importance of breastfeeding and focused on the tips to improve breastfeeding for working mothers. The talk was followed by a video on "Amirtha Bindu". The mothers and their caretakers were served refreshments at the end of the programme.



Following the inauguration, a poster display competition on themes as 'Techniques of breastfeeding, Difficulties in lactation and Tips to continue breastfeeding for working mothers' was organized for the students at the OBG Out - Patient Department.

*Sanyal*  
8/8/15  
*Shreyas*



On 3<sup>rd</sup> August 2015, a health play on Importance of Breastfeeding was staged by the students of the College of Nursing at the maternity ward for all mothers and their caretakers.



A periodic health talk on "Breastfeeding and working mothers" was aired on the public address system of the hospital throughout the week for the benefit of the patients and their relatives.



Sanyal  
Physic

On 4<sup>th</sup> August, a quiz on Breastfeeding was conducted for the mothers of the maternity wards. The mothers enthusiastically participated in the quiz competition. Prizes were distributed for the mothers who scored highest points in the quiz.



The video on 'Amritha Bindhu' was displayed at the OBG Outpatient Dept for all the expectant women and nursing mothers and this display continued for the rest of the week.



Sarany A.S.  
Physio

On 5<sup>th</sup> August, all breastfeeding employees of the Institutions were identified and pamphlets prepared by Ms Alphilin Jose, Lecturer, OBG Nursing Department on 'Tips to continue Breastfeeding' were distributed.



Sarany A S  
Alphilin Jose

The nursing staff of the maternity wards educated the mothers in their wards regarding benefits of breastfeeding; expression of breast milk; diet during breastfeeding and effects of poor breastfeeding practices. Refreshments were served to the mothers after the health education.



Ms Darryl Aranha, Asst Professor, OBG Nursing Department was interviewed by the *The Hindu* and the article was published.

## Mothers told to be committed to breastfeeding schedule

Staff Correspondent

**MANGALURU:** Women can continue working in offices while staying committed to the breastfeeding schedule, says Darryl M.S. Aranha, Assistant Professor, Department of Obstetrics and Gynaecology Nursing, Father Muller College of Nursing.

Talking to *The Hindu* on the occasion of the breastfeeding week that began on August 1, Dr. Aranha said women need not be in a dilemma while they have to choose between breastfeeding and going back to work. "Both activities can peacefully coexist," she said.

### Regular breaks

Dr. Aranha said if the house was nearby, women could take regular breaks to breastfeed her child. If not, she could pump breast milk at the scheduled time and store it at a safe and undisturbed place in office.

'Women need not be in a dilemma while they have to choose between breastfeeding and going back to work'

Dr. Aranha said women's breast fills with milk during a particular time in the day.

### Following a diet

It was necessary for a working breastfeeding mother to follow a diet that enhances production of breast milk and helps continue breastfeeding till the child was two years old.

A well-balanced diet should contain fibre, calcium, iron, Vitamin C, dry fruits, nuts and fat. Care should be taken against eating spicy food, raw banana and raw mango. Feeding mothers should avoid too much of cabbage, potato and cauliflower. She should also avoid eating

Darryl Aranha  
Asst Professor

On 6<sup>th</sup> August, a health education was organized at the Primary Health Centre of Jeppu and Community Health Centre at Bantwal. The students enacted a play and educated the women visiting the health centre on breastfeeding and its benefits, methods of breastfeeding, expression of breast milk and storage, benefits of breastfeeding over bottle feeding, breast complications due to poor breastfeeding practices, features of healthy breastfed baby, contraindications of breastfeeding and drugs prohibited during breastfeeding. Doctors from Medical College clarified the doubts of the mothers and motivated the mothers to continue breastfeeding until the child is two years old. Pamphlets on breastfeeding, prepared by the department, were distributed following the talk. Sweets were distributed to the women and children after the programme.



On 7<sup>th</sup> August 2015, the Women and Child Development Society of Bantwal Taluk organized a programme for the mothers at the Anganwadi of Community Health Centre, Bantwal. The students and staff of OBG Nursing department put up a health talk educating the women on importance of breastfeeding. Various areas of the theme were also depicted in the play and it was well appreciated by the organizers and the audience. The programme ended with lunch.

Saranyal  
D. Phule





An Extempore competition on theme of WBW – 2015 was organized for students of the Institutions. The students enthusiastically participated and shared their thoughts and ideas through the competition.

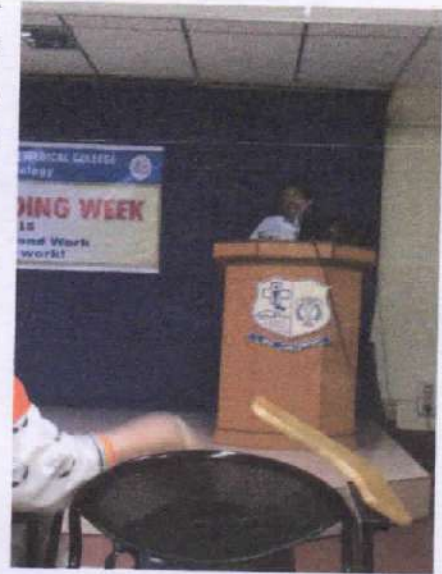




Following the competition, the finale of the World Breastfeeding Week 2015 was held at the Hospital Conference Hall. Ms Shruthi, Fourth Term MBBS student sang the invocation song. Dr Prema D'Cunha, HOD of Obstetrics and Gynaecology, Father Muller Medical College welcomed the gathering. There



was a talk on 'Current Issues of Breastfeeding' delivered by Mrs Sushmita Ramona Karkada, Assistant Professor at Manipal College of Nursing, Manipal. She reviewed the various aspects of breastfeeding and highlighted on the role of a Lactation Consultant and counseling skills. The prize winners of the Poster competition and Extempore Competition were awarded. Prof. Savitha Cutinho, HOD of Obstetrics and Gynecology Nursing, Father Muller College of Nursing delivered the vote of thanks. Refreshments were served at the end of the programme.



Date: 08.08.2015

Report Prepared by:

Ms Darryl Aranha &  
Mrs Alphilin Jose

*SH*  
8/8/15


*Darryl Aranha*  
*Alphilin Jose*

**Father Muller College Of nursing**  
**Department of medical surgical nursing**

**Radio Programme on hypertension**

On the eve of world hypertension day, department of Medical Surgical Nursing organized a radio programme with the objective of raising awareness of community about hypertension and its management. Radio talk is given by Ms Silviya, Ms Preethi, Ms Reena and Ms Harshitha, II year B.Sc Nursing students under the guidance of HOD, Mrs. Bridget D'Silva & Programme Coordinators, Mrs Anusree Augustine and Mrs Preethi Fernandes. The Programme highlights on risk factors, clinical features, prevention and management of hypertension which was broadcasted by **Radio Sarang FM 107.8** on 17<sup>th</sup> May 2015 at 9.00 am and 5.00pm.



  
SUBJECT COORDINATOR





**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**  
**Nursing Foundation Department**

**Report on National girl child day awareness rally and street play**

Department of Nursing Foundation has organized an **Awareness Rally on National Girl Child Day** on 22<sup>nd</sup> Jan 2015. The programme inaugurated at 8.30am near Father Muller gate at pump well. The chief guest Ms. Judith Mascharenhas highlighted the importance of observing this day. The students of 1<sup>st</sup> year BSc nursing and GNM participated in the rally. They also played **Street Play** on MakMall premises and created



awareness on this occasion. Followed by the Chief Guest addressed the public regarding the population ratio of girl child and its issues, female foeticide, importance of girl child. The programme came to an end with vote of thanks at 10.30am.



*B. Suresh*  
Organizer



*S. Subramanian*  
Principal

# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON HALF MARATHON 2014-15

The NSS unit of Father Muller College of Nursing, had participated in a “half Marathon” on 22.02.15 which was organized by Dakshina Kannada Athletic Association (DKAA) with a view to create an awareness among the youth about sports and fitness and to stress on the need to channelize their energy in the right direction. Ms Ashwini Nachappa, Athlete; Dr Parameshwar, KPCC President; Mr U T Khadar, Health Minister; Mr Abhaychandra Jain, Sports Minister; Mr Nalin Kumar Kateel, MP and Mr Ramanath Rai, District In-charge Minister inaugurated the various categories of the event. The Mayor of Mangalore Municipal Corporation Mr Mahabala Marla and chairman, Mr Vinaya Hegde, Nitte Education Trust were also present.

Around 20,000 participants of men and women of various age groups participated in the “Half Marathon”. The Participants covered the area from Lady Hill, Mannagudda, Car Street, Navabharat Circle, PVS, MG Road and Mangala stadium.



  
NSS PROGRAMME OFFICER

  
PRINCIPAL



# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON PROCESSION AGAINST CHILD LABOR 2014-15

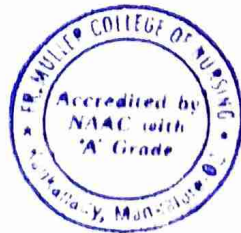
NSS volunteers of unit of Father Muller College Of Nursing along with Bala Karmika Yojana Sangha, Government of Karnataka had participated in Procession and stage programme at Urwa store Mangalore on 12/06/2015. The main motto of this programme was to give awareness about the consequences of child labor, the rights of children & rights for education. Dr Sharanappa Superintendent of police was a chief guest of the function. Smt Uma MG senior district Judge, Mr A.B Ibrahim District officer and President Child welfare committee, Mangalore were present on the occasion.

The programme started at 9 am from Urwa store till the Office of bala karmika Yojana sangha and end at 1 pm followed by Lunch.

Around 20,000 participants of men and women of various age groups participated in the "Half Marathon". The Participants covered the area from Lady Hill, Mannagudda, Car Street, Navabharat Circle, PVS, MG Road and Mangala stadium.



  
NSS PROGRAMME OFFICER

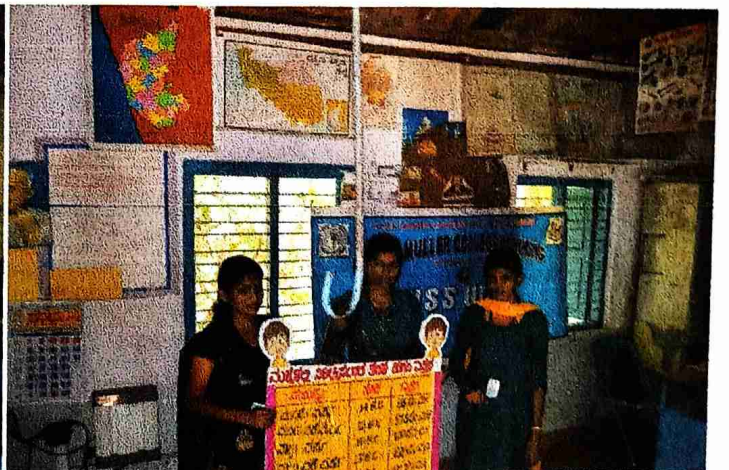
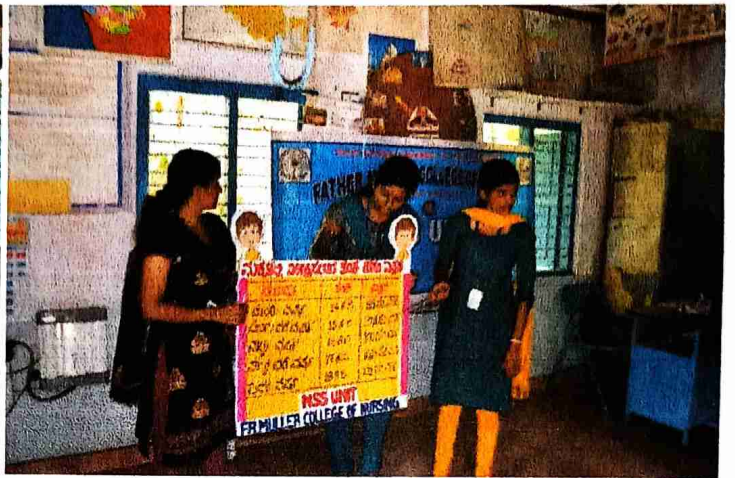


  
PRINCIPAL

# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON ANGANWADI HEALTH PROGRAMME 2014-15

NSS unit of Father Muller College Of Nursing had organized Anganwadi health programme on 14/07/2015 as a part of its regular activity. The main objective of this programme was to rule out the children who has malnourished and underweight. The members visited at Amunje Anganwadi and done under five assessment for children. The volunteers also gave a self prepared standard chart of Height and weight of children according to their age group. Nearly 12 children were benefitted by this programme.



  
NSS PROGRAMME OFFICER



  
PRINCIPAL

# FATHER MULLER COLLEGE OF NURSING


## NSS SPECIAL CAMP REPORT 2014-15

NSS unit of Father Muller College Of Nursing had organized a week long NSS special camp at Baikampady, Mangalore from 23/04/2015 to 30/04/2015. The camp was inaugurated by Rev Fr,Patrick Rodrigues, Director Father Muller Charitable Institutions and the programme was graced by the presence of Rev Sr.Winnifred D'Souza ,Principal Father Muller College of Nursing & Mr Shajan Xaviour, NSS Programme officer



Fifty NSS volunteers were trained under the guidance of Mr.Shajan, Ms.Lidwin Marina & Mrs Viola D'Souza. The volunteers have divided into six groups.The camp was organized with programmes and activities from morning till late evening. Volunteers started their day with exercise and Yoga later they encouraged to door to door health surveys and referral services. They conducted mass health education on malaria eradication. They had an opportunity to visit the biological park at Pilikula,Vamanjoor.They promoted public information through a role play on prevention of diseases, shramadan and nutritional preparation.Volunteers attended to interactive cum informative sessions by experts around the city. They are, leadership training skill development by Mr Gilbert Nelson Martis, Senior Nurse Practice Educator in United Kingdom;Blood donation,organ donation& its legal aspects by Dr.Leena KC ,Professor Father Muller College of Nursing; Interactive communication skill development by-Rev.Fr,Richard D'Souza,Director, Canara Communications, Mangalore; Environmental Safety & Laws by-Mrs Jyothi Pinto, HR Manager, Father Muller Charitable Institutions. Moral Values in Life by Rev Sr. Winnifred D'Souza. Principal Father Muller College of Nursing. After the daylong activities the volunteers participated in individual skill development programmes.

The camp culminated successfully with valedictory programme at 2.30 pm on 30/04/2015 Mr Shajan Xaviour NSS Programme Officer presented the report of whole week long activities. Rev Sr Winnifred D'Souza Principal, Father Muller College of nursing addressed the gathering & appreciated the effort taken by NSS team and congratulated all the volunteers and officer on their success.

  
NSS PROGRAMME OFFICER



  
PRINCIPAL



# **FATHER MULLER COLLEGE OF NURSING**

## **A REPORT ON KATIPALLA SATELLITE CLINIC AT KATIPALLA.**

On 06<sup>th</sup> October 2014, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, and Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of 2 Doctors (Dr. Joylin Jovita Mascarenhas and Dr. Shambu, Department of Psychiatry, Father Muller Medical College Hospital ),one Psychiatric nurse (Mr. Rajeev Mathew Lecturer/ANS, Psychiatric Nursing Department, Father Muller College of Nursing ) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 18 patients attended the clinic and benefited through Satellite Clinic at Katipalla. Mr. Rajeev Mathew Lecturer/ANS, Psychiatric Nursing Department , Father Muller College of Nursing helped the Doctors to collect patients history, to examine the patients, to check patients GRBS&B.P and also to Dispense medications to patients as per the Doctors order. The satellite clinic came to an end around

12.30 pm. Referrals were given to Fr Muller Medical College Hospital,  
Mangalore.

*Rajeev Mathew*  
*07/10/14.*

**Signature of the in charge**

# Father Muller College of Nursing, Mangalore

## Department of Medical Surgical Nursing

### Extension Activity: Nutrition Week Celebration

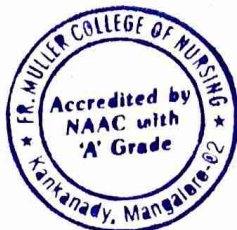
#### Health Talk on Women's Health and Obesity

The Department of Medical Surgical Nursing in collaboration with Women and Child Welfare Society, Narikombu, Bantwal, had organised a nutrition week celebration. As per the request of the Child Development Project Officer, an awareness program was conducted on the theme "Women's Health and Obesity" on 04-09-2015. The aim of the program was to equip the women with sound knowledge on diet and prevention of obesity. Mrs. Bridget D'Silva, HOD, Department of Medical Surgical Nursing, introduced the topic and the importance of women's health and measure to prevent obesity. About 200 participants actively participated in the program. The program was concluded with the informal feedback.

X  
15-16



*Bridget D'Silva*  
Signature of HOD



*S. D. D'Silva*  
Signature of Principal

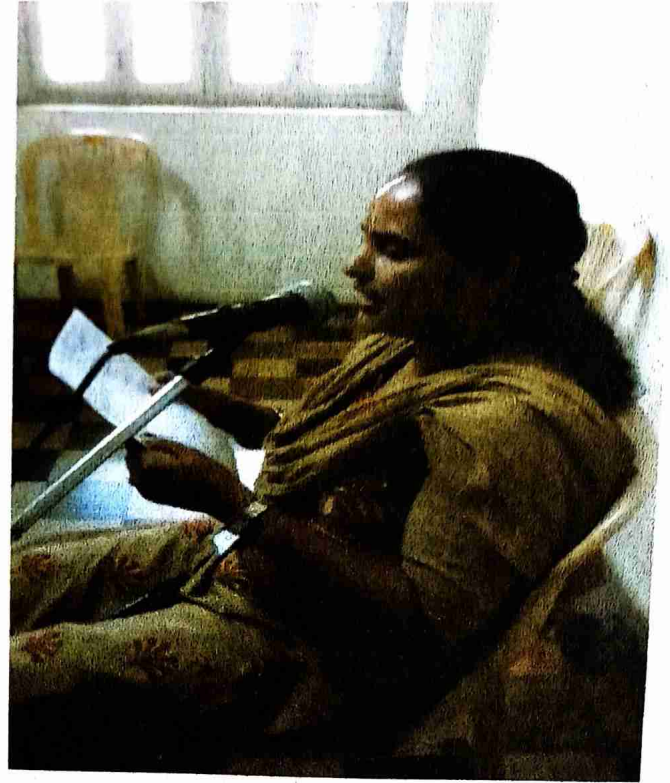
# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### Report of Health education on Dengue Fever

Health Education Programme was conducted by the faculty of Community Health Nursing department on "Dengue Fever" using public address system of Father Muller Medical College Hospital on 16<sup>th</sup> & 17<sup>th</sup> July 2015 by the following staff members.

- Prof.Irene Alvares (Kannada)
- Dr Leena KC (English)
- Mrs. Jasmine Vas(Konkani)
- Mrs.Shiji PJ(Malayalam)



  
Dr Leena KC

HOD, Department of CHN

3.08.15

  
PRINCIPAL

FMCON

# FATHER MULLER COLLEGE OF NURSING DEPARTMENT OF COMMUNITY HEALTH NURSING

2014-15

## REPORT ON WORLD BREAST FEEDING PROGRAMME

On the occasion of World breast feeding week, initiated by the World Health Organization a programme was conducted for the parents of under fives and pregnant women at Anganwadi centre at Jeppu, situated at St.Rita School, Casia on 3<sup>rd</sup> August 2015 at 10:30am. The programme was organized by the department of community health Nursing of Father Muller College of Nursing in collaboration with Jeppu urban health centre, District Women and child welfare department and Lions Club (Milagres ward).

Dr Sujay Bandary the Medical officer of Jeppu UHC, Mrs Gulabi, Child Development Project Officer, Mr Premanand Shetty, the corporate, Lion Sashidhar Shetty and Lioness Mrs Bharathi BM of Lions club, Mr K Mahabala Shetty, Retd. Health Supervisor and Dr Leena KC, Head of Community Health Nursing department were present on this occasion.

Mr Mahabala Shetty talked on the importance of breast feeding week, Mrs Bharathi on the advantages of Exclusive breast feeding and Dr Sujay Bandhary on importance of breast feeding in preventing mortality and morbidity rates in our country. Ms Sonia Sequera, Lecturer, Department of Community health Nursing gave detailed information regarding methods and techniques of breast feeding. Dr Leena KC highlighted on the theme of breast feeding week - 2015 as to the how working women must make it possible to exclusively breast feed for 6 months, and how a supportive work environment/policies and regulations are important for its success especially in private and unorganized sectors.





Finally group clarified their doubts on feeding practices. There were around 50 women present for this programme.

Signature of the HOD

Dept. of Community Health Nursing

Dr Leena KC

Signature of the Principal

Sr Winnifred D'Souza

**2015-16**



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

**Kankanady, Mangalore-575002**

**Department of Mental Health Nursing- II MSc Nursing (2015-16)**

**Report on awareness programme on Mental Illness**

An awareness programme on **'Mental Illness'** was conducted at Kodambodi Anganwadi of Surathkal area on 30.1.16 by the Department of Mental Health Nursing and 2<sup>nd</sup> year MSc Nursing students on the topic. The programme started at 10.15 am with a prayer song followed by a role play and explanation on the topic. Meaning of mental illness, myths & facts, signs & symptoms, causes, risk factors, consequences, identification and treatment of mental illness were explained. Explanation in Kannada was given by 2<sup>nd</sup> year PB BSc Nursing students. Prof. Agnes E.J, HOD, Department of Mental Health Nursing and Ms. Anita, Asst. Lecturer, Department of Community Health Nursing were present for the programme. Games for the mothers and children were included in the programme. There was active participation from the audience during the session. Refreshment was served for the mothers and children. The programme came to an end with the vote of thanks.



*Agnes E.J*  
**Signature of HOD**  
**Prof. Agnes E.J**





## FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions)

Kankanady, Mangalore-575002

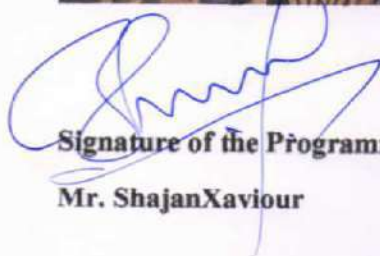
Department of Mental Health Nursing- III BSc Nursing (2015-16)

### REPORT ON AWARENESS PROGRAMME ON SUBSTANCE ABUSE

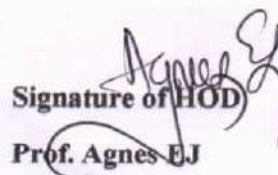
In observance of International day against Drug abuse and Illicit drug trafficking, 3<sup>rd</sup> year B Sc Nursing students of Father Muller College of Nursing organized an awareness programme on Substance abuse on 04.07.16 under the guidance of Mental Health Nursing department in Milagres PU college for the students. The aim of the programme was to create awareness among the youth about substance abuse and its effects on the health.

The programme was started by a prayer song lead by Ms. Surbhi and group. Ms. Wandashisha Siangshai welcomed the gathering. Ms. Teena and group enacted a role play on Effects of substance abuse on youth. **Health education on Drug abuse** was given by Ms. Silviya, Ms. Shruthi and Ms. Shilpa. Ms. Vidya delivered the vote of thanks and the whole programme was led by Ms. Sweedal and Ms. Telma. Mr. Shajan Xaviour, Ms. Jipsa Philip, Mr. Shiju. R, lecturers of Father Muller College of Nursing was present for the programme. Around 250 students were benefitted by this programme. The programme was ended by 4pm.



  
Signature of the Programme Coordinator  
Mr. ShajanXaviour



  
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 (2015-16)**

**Report on Health Talk on Balanced Diet**

A Christmas Programme was conducted in Snehasadan, Kaikamba, a St Camillus Care Home for the Children Living with HIV/AIDS by 2<sup>nd</sup> year MSc and 3<sup>rd</sup> Year B Sc Nursing students under the guidance of Department of Mental Health Nursing faculty on 12<sup>th</sup> December 2015 from 2pm to 5pm. During the programme a talk on **'Balanced Diet'** was given for the children.



Signature of the Programme Coordinator  
Mr. Rajeev Mathew



Signature of HQD  
Prof. Agnes EJ

FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

**REPORT ON RADIO PROGRAMME**

The faculty of community health nursing department Ms Sonia Sequera, Ms Laura Carvalho and Mrs Anitha D'Costa, along with the students of II PBBSC Nursing, Mr Bobin, Mr Shivaling, Ms Edna, Ms Renita, Ms Purna, Sr Helen, Ms Mary Doleres, Ms Bonnie, Ms Pavithra and Ms Sona conducted a variety programme for Youth in English Yuvanani at Akasavani, Mangaluru as a part of world youth day celebrated on January 12<sup>th</sup> every year.

The programme will be on AIR at 6.15 pm on 23<sup>rd</sup> January 2016, at Akashavani Mangaluru (100.3 FM).



SIGNATURE OF THE HOD

DEPARTMENT OF COMMUNITY  
HEALTH NURSING



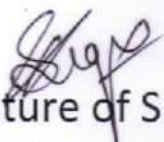
SIGNATURE OF THE PRINCIPAL

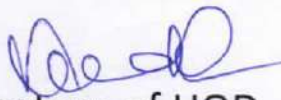
Sr Winnifred D'souza, M.Sc. (M)  
Principal  
Father Muller College of Nursing  
Father Muller Charitable Institutions  
Kankanady, Mangalore-575 002

## FATHER MULLER COLLEGE OF NURSING A REPORT ON HEALTH CAMP AT NELYADI

A health camp was conducted on 08-05-2016 by Father Muller Medical College Hospital along with St. philomina's social work school at Government Higher Primary School, Nelyadi. There were 6 departments such as Medicine, Orthopedic, Surgery, ENT, Ophthalmology and Dermatology. Around 280 patients participated in this camp. The camp began at 10AM and end at 3PM. 2<sup>nd</sup> year PBBSc nursing students Mrs Reshma, Ms Anju and Ms Shalini attended this camp. A health camp was a successful one.



  
Signature of Subject  
Co-ordinator

  
signature of HOD

  
signature of Principal

# FATHER MULLER COLLEGE OF NURSING

## Report on Health Check Up of Construction Workers

Father Muller Medical College Hospital Mangalore organized the health check up for the construction workers on 15<sup>th</sup> may 2016 at 9.30 am to 1.30 pm at Father Muller Medical College Hospital outpatient departments. 8 specialties were made available for people such as medicine, surgery, ENT, ophthalmology, dermatology, orthopedics, pediatric and OBG. The main focus of this camp was to screen the construction workers residing /working in and around Mangalore to rule out diseases. Few investigations along with common medications were distributed free of cost. Around 250 labourers came for the check up and a free breakfast token was given to them. 11 students of 2<sup>nd</sup> PBBSc nursing [Mr Bobins,Ms Nimya,Ms Chinju,Mrs Nischita,Ms Edna,Ms Geena,Ms Bonnie,Ms Pavitra,Ms Sheffy,Ms Reethu,Ms Neena] were placed in different OPDs for various assistance throughout the camp.



  
Subject Co-ordinator

Community Health Nursing

  
HOD

Community Health Nursing

  
Principal

FMCON

FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
REPORT ON ENVIRONMENTAL SANITATION MALARIA & DENGUE FEVER

## 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 and inactive session between the students and teachers. At the end of health education the questions was 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. NOD of community health nursing department. We thanked the children who attended the health education. At the end of the program, students were

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT 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.

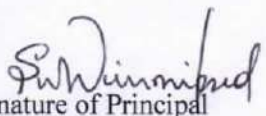


The programme concluded at 11 am with the vote of thanks.



  
Signature of Coordinator

  
Signature of HOD

  
Signature of Principal



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

We the student of 2<sup>nd</sup> year PPBSc nursing (Mr. Bobins Martin G ,Sr Ajimol Thomas,MsAljomol Sebastian, Ms Lydia D'souza,Ms Shalini Maben and Ms Vaiana) conducted a group health education at Surathkal area on 19-01-2016 at 10.30 am on the topic PREVENTION OF AIDS. Through a role paly and AV aids the students were able to convey message to the members of the community. Eight members from the village participated , Dr Leena KC,Professor, HOD of community health nursing department, Fr Muller college of nursing was present to this programme .The programme was well appreciated by the participants.



Dr Leena K C evaluated the role and congratulated the students for their efforts. The programme came to an end at 11.15 am.

*[Handwritten Signature]*  
20/01/16  
Signature of the subject coordinator

*[Handwritten Signature]*  
Signature of HOD

*[Handwritten Signature]*  
Signature of principal





# FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

## REPORT ON GROUP HEALTH EDUCATION

The students of II year pbbsc (Ms. Anju, Ms. Edna, Ms. Sharilang, Ms. Shilpa and Ms. Shinumol) conducted a group health education on 28/1/16 at 10:20am in surathkal on the topic "Old Age Problem and its Prevention." The programme commenced with a prayer song. Ms. Laura Carvalho, Assistant Lecturer, Community Department, Father Muller College of Nursing and 25 members from the Chirantana Old Age Home participated in the health education.

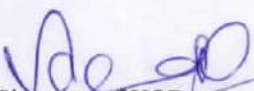


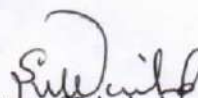
The health education programme started with a welcome speech by Ms. Edna. Through a roleplay, the students were able to convey the message to the participants about geriatric problems and its prevention through AV aids like flashcards. This programme was well appreciated by the participants.



Ms. Laura evaluated the role play. The programme was then concluded at 11 am with thanks given by Ms. Edna.

  
Signature of Coordinator

  
Signature of HOD

  
Signature of Principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

REPORT ON MASS HEALTH EDUCATION

We The 2<sup>nd</sup> Year PBBSc Nursing Students under the guidance of Mrs. Irene Alvares and Ms. Laura D'Carvalho of Community Health Nursing Department organized Mass Health Education On 3-2-2016 At 10.30 Am Topic 'Personal Hygiene,' "Menstrual Hygiene," and "Physiological Changes in Adolescence" at Sacred Heart Kannada Medium School, Surathkal. Mrs. Precilla D'Cunha Principal along with 6 teaching staff and 214 students of Sacred Heart Kannada Medium School participated in the mass health education.



Mrs. Irene evaluated the programme and congratulated the students for their efforts. The programme came to an end at 12.15 pm.

  
Principal

  
HOD

  
Subject Coordinator





# FATHER MULLER COLLEGE OF NURSING

## REPORT ON GROUP HEALTH EDUCATION

As a part of group health education, the members of 3<sup>rd</sup> group of community health nursing had organised a health education on the topic "women empowerment" on 7-3-2016 at Ammemar area . The health education started at 10:00 am under the supervision of Prof. Kathreena M.U(Sr. Deepa) with a prayer song. Students performed a street play on the topic women empowerment followed by a health education on rights of women. The total number of participants were twenty. The health education came to an end at 10:30am. The education on rights of women was appreciated by the women gathered.



Signature of HOD: 

Signature of subject coordinator: 



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**A REPORT OF GROUP HEALTH EDUCATION**


The students of IV<sup>th</sup> year B.sc nursing (Ms.Anju Mariya, Ms.Chinchu, Ms. Christeena, Ms.Cijo , Ms. Clevita, Ms.Jenita and Ms. Sharon) conducted a group health education on 09/03/2016 at 10.30 am in Ammemaar, Farangepette on the topic '**UNDER FIVE NUTRITION**'. The programme commenced with a prayer song. Mrs. Shiji P.J, Assistant Professor, 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.Clevita. Through a skit the students were able to convey the message to the participants about under five nutrition by using A.V aids like flash cards and charts. A nutritional diet,ragi malt, green pea salad and veg sandwich were prepared by the students for the people gathered. This programme was well appreciated by the participants.



Mrs.Shiji P.J evaluated the health education. The programme was then concluded at 11.30am with vote of thanks.

  
 Signature of subject coordinator

  
 Signature of HOD

  
 Signature of Principal



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


The IV<sup>th</sup> year B.Sc nursing students of Father Muller College of Nursing conducted a mass health education on 10/03/2016 at 11am in the Government Higher Primary School Amemmar Farangipete. Topic for the health education was **"The importance of personal hygiene to prevent various Communicable diseases"**. The programme commenced with a prayer song by IV<sup>th</sup> year B.Sc nursing students. Prof. Irene Alvares, Mrs. Anitha Preethi D'costa, Ms. Laura Carvalho from community health nursing department, Father Muller College of nursing, 115 students from 5<sup>th</sup> to 8<sup>th</sup> standard and 5 teachers were present for the health education programme.




The programme started with the welcome speech by Ms. Anisha IV<sup>th</sup> year B.Sc nursing student. Through a skit we the IV<sup>th</sup> year B.Sc nursing students were able to convey the message to the school children about the importance of personal hygiene in preventing communicable diseases. To make the health education more meaningful and effective we used AV aids like flashcard, charts and leaflets. The programme was well appreciated by the students and the teachers.



The faculty of the Community Health Nursing department evaluated the health education programme. The programme came to an end at 11.45am with vote of thanks by Ms. Ashlyn Flavia IV<sup>th</sup> year B.Sc nursing student.

  
Signature of Subject coordinator

  
Signature of HOD

  
Signature of Principal



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**A REPORT OF GROUP HEALTH EDUCATION**

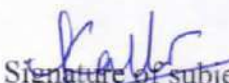
The students of IV<sup>th</sup> year Bsc Nursing ( Ms.Anju Varghese, Ms. Anju Mol Varghese, Ms. Ann Jose, Ms. Anna Punnoose, Ms.Carol Edwina Mathias, Ms. Deepthy Crystal Lobo, Ms. Jinu Kurian) conducted a group health education on 09/03/2016 at 10:30 am in Farangipette, Ammemar on the topic “ Role of Nutrition in Health”. The programme commenced with a prayer song. Dr. Leena K.C, Professor, HOD of Community Department, Father Muller College of Nursing and 20 members from the area participated in the health education.




The health education programme started with welcome speech by Ms.Anju Mol Varghese. Through a skit the students were able to convey the message to the participants about Role of Nutrition in Health by using AV aids like flash cards and charts. A nutritional diet , Sandwich and soya were prepared by the students for the rural people. This programme was well appreciated by the participants.

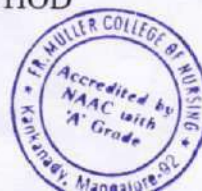


Dr.Leena K.C evaluated the health education. The programme was then concluded at 11:20 am with vote of thanks by Ms. Anju Varghese.

  
Signature of subject coordinator

  
Signature of HOD

  
Signature of Principal



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

The students of IV<sup>th</sup> year B sc nursing (Ms. Anet K Babu, Sr. Aparna, Ms. Anisha Blazy, Ms. Anishlin, Ms. Anitta Alex, Ms. Josmi Thomas, and Ms. Rose Mary) conducted a group health education on 14/03/2016 at 10 am in Ammemar in Farangipete on the topic 'Blood Donation'. The programme commenced with a prayer song. Mrs. Irene Alveras, Professor and HOD of department of Nursing Education, Father Muller College of Nursing and 20 members participated in the health education.



Ms. Anisha Tellis welcomed the gathering. Through a skit the students were able to convey the message to the participants about Blood donation by using AV aids like flash cards and charts. A nutritional diet, wheat dosa, milk, boiled egg, and oats were prepared by the students for the family. The programme was well appreciated by the participants.



Mrs. Irene Alveras evaluated the health education the programme was then concluded at 11am with vote of thanks by Ms. Anisha Tellis.

Signature of Subject coordinator

Signature of HOD

Signature of Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### REPORT ON GROUP HEALTH EDUCATION

As a part of group health education, the members of 1<sup>st</sup> 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

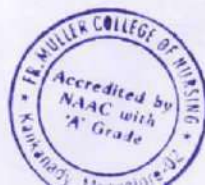
: Pr. Winnifred.

Signature of HOD

: [Handwritten Signature]

Signature of Subject Co-Ordinator

: Id. [Handwritten Signature]





FATHER MULLER COLLEGE OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING

A GROUP HEALTH EDUCATION REPORT ON OSTEOARTHRITIS AND  
IMPORTANCE OF CALCIUM

The 4<sup>th</sup> year BSc nursing students of Father Muller College of Nursing organised a group health education programme on the topic '**Osteoarthritis and Importance of Calcium**' on 6/6/2016 at Meenakaliya, Baikampady. The programme started at 10.30 am at Mrs Sumithra's house. Health information was given by using role play , charts and flashcards followed by nutritional demonstration on **Iron Rich diet** for anaemia. Around 10 people of the community were the beneficiaries. The programme adjourned at 11.15 am.



*Kallu*  
SIGNATURE OF THE SUBJECT CO-ORDINATOR

*Kallu*  
SIGNATURE OF HOD

*P. Winnifred*  
SIGNATURE OF PRINCIPAL



FATHER MULLER COLLEGE OF NURSING  
A GROUP HEALTH EDUCATION REPORT ON ORAL HEALTH

We the IV<sup>th</sup> 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 07<sup>th</sup> 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.

*For Anitha D'Costa*

SIGNATURE OF THE SUBJECT CO-ORDINATOR

*[Handwritten Signature]*

SIGNATURE OF HOD

*P. Winnifred*

SIGNATURE OF PRINCIPAL



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


The 4<sup>th</sup> year BSc Nursing students of Father Muller College of Nursing organized a Group health education programme on the topic "**Prevention of child labour**" on 7<sup>th</sup> 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..

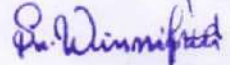


The health education programme started with a welcome speech by Ms.Rachana Kanchan. Role play and charts were used to convey the message to the participants followed by nutritional demonstration of **Protein rich diet**.




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

  
Signature of the subject Co-ordinator

  
Signature of the Principal



  
Signature of the HOD

FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH 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. <sup>(Sh. Deepa)</sup> 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. <sup>(Sh. Deepa)</sup> evaluated the health education. The programme was then concluded at 10.30 am with vote of thanks by Ms. Shiny Mendonca.

  
Signature of subject co-ordinator

  
Signature of HOD

  
Signature of Principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

**A GROUP HEALTH EDUCATION REPORT ON HYPERTENSION  
AND ITS MANAGEMENT**

We the 4<sup>th</sup> 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.



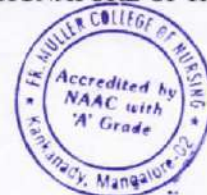
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SIGNATURE OF THE SUBJECT CO-ORDINATOR

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SIGNATURE OF HOD

*[Handwritten Signature]*  
SIGNATURE OF PRINCIPAL



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

The 4<sup>th</sup> 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.



*peosta*

SIGNATURE OF THE SUBJECT CO-ORDINATOR

SIGNATURE OF HOD

*P. Wimmfred*

SIGNATURE OF PRINCIPAL



FATHER MULLER COLLEGE OF NURSING

OBG  
course file

STREET PLAY REPORT: SWATCH BHARATH &  
IMMUNIZATION WEEK

The National "Immunization week -2016" was observed on 23.04.2016 at 3.15 pm by Obstetric and Gynecological Nursing department in collaboration with PUDU Grama Panchayath at Farangipete Market. The IV BSc Nursing Students staged street play on cleanliness of the surroundings, river banks, streets and holy places in relation to Swatch Bharath. In continuation to that they educated the public on importance of Immunization, Universal Immunization Schedule and side effects after vaccination focusing on the theme 'Close the Immunization Gap'. The huge crowd viewed the street play and appreciated the students efforts through claps, good verbal feedback. This program was conducted on Grama Panchayath demand based on students previous street play performance at the same place.



*Osilen*

Ms Precilla D'Silva

Subj Co ordinator

26.04.2016

Dr Savittha Cutinho

HOD





# Father Muller College of Nursing



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## NEWS

- Health Talk On Children's Right
- Observance of World Aids Day
- Observance of World Diabetes Day

## FORTH COMING EVENTS

**DEC 18**  
Lamp lighting and oath taking ceremony  
1 Day

## News

### Observance of World Aids Day

#### OBSERVANCE OF WORLD AIDS DAY

The 3<sup>rd</sup> year BSc and the 1<sup>st</sup> year PBBSc Nursing students organized a Health Awareness Program on HIV and AIDS on December 1<sup>st</sup> 2015 at Nirmala Health Centre, Ullal and Father Muller Medical College Hospital under the guidance of the faculty of Department of Obstetrics and Gynecological Nursing. Total 120 participants benefited from the awareness program including antenatal and postnatal mothers through role plays and health talks.



## USEFUL LINKS

- GLOBAL HEALTH LEARNING OPPORTUNITIES (GHLO @)
- College Management Information System Login
- Knowledge Centre:Remote access to e-resources
- International Conference Of University Presidents
- mail.fathermuller.in
- Mullerian Alumni - FMHMC
- RGUHS

## Hospitals

- Father Muller Medical College Hospital
- Father Muller Homoeopathic Pharmaceutical Division
- Father Muller Rehabilitation Unit
- St Joseph Leprosy Hospital
- Father Muller De-addiction Centre
- Father Muller Hospital - Thumbay

## Educational Institutions

- Father Muller Medical College
- Father Muller Homoeopathic Medical College
- Father Muller College of Allied Health Sciences
- Father Muller College Of Nursing
- Father Muller School Of Nursing
- Father Muller College of Speech & Hearing
- Father Muller College of Distance Education

## Useful Links

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- mail.fathermuller.in
- Mullerian Alumni - FMHMC
- RGUHS



III [I Group]

## Report on Health Education

On December 1, 2015, We the OBG students of 3<sup>rd</sup> year Bsc Nursing Students organized a Health education at the Public Health Centre in Ullal.

December 1<sup>st</sup> being World Aids Day, Our Topic for the Health Education was on **HIV in Pregnancy and Lactation**. Around 100-120 patients were present at the Health Education. The Theme of World Aids Day '15 is **Getting to Zero: Zero Aids related Death; Zero New Infection and Zero Discrimination**.



Getting  
to  
zero



The Programme was anchored by Telma and Sweedal. The programme commenced at 9. It started with a prayer song by Surbhi and Group. The programme was then continued on in a dramatic Flash mob on the same issue on the challenges faced by a pregnant Woman whose world turns upside down by the imposing threatening mentality of what the society would do to her because she is infected by HIV. And the skit goes on as the Woman is made to understand by the service workers that Aids is not what it was before. The Skit was performed nicely as the entire 25 member took part in it in some or the other way.



The skit ended with the vote of thanks by Telma and Sweedal. And The Health Education lasted upto 45 minutes. After the programme ended we distributed sweets amongst them and then returned back to the campus.

The Students included in this Health Education are as follows:

Sanetra Dçosta  
 Sen Emerald Hanock  
 Shilpa Koshy  
 Sharon KS  
 Sherin Stephen  
 Shimi RS  
 Shiny Rodrigues  
 Shruthi Moolya  
 Silviya Fernandes  
 Sneha Elizabeth Raju

Sneha Alin  
Sneha Francis  
Stephy Binny  
Surbhi Sotra  
Sushmitha  
Sweedal Serrao  
Teena  
Tobina Tomy  
Telma Concesso  
Treesa  
Vinny  
Vidya Bangera  
Vanitha Veigas  
Wandashisha Xhiangxhai

*Sneha Francis*  
Signature of  
Subj. Co-ord. Linetor



*Pravila*  
HOD.

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF OBG NURSING**  
**PREGNANCY AWARENESS WEEK**

**Health Talk**

The medical world observes 'World Pregnancy Awareness Week' from 12<sup>th</sup> -18<sup>th</sup> February 2016. The department of OBG Nursing observed the **World Pregnancy Awareness Day on 13<sup>th</sup> February 2016**. The students of 3<sup>rd</sup> year B.Sc. Nursing delivered a health talk on '**Healthy mothers: Healthy babies**' at 10 am at the OPD, Father Muller Hospital, Thumbay. Around 50 mothers attended the talk.



for Aphelin  
Shoba P Xavier  
2/04/16



Pravita  
HOD

# FATHER MULLER COLLEGE OF NURSING

## STREET PLAY REPORT: SAFE MOTHERHOOD

In observance of "Safe Motherhood Day" the department of Obstetrics and Gynecological Nursing and the students of IV BSc Nursing staged a street play at Farangipete Junction on 16.04.2016 at 10.45 am. The topics depicted through this role play were: child marriage, illegal abortion, importance of antenatal care, high risk pregnancy, importance of institutional delivery and monetary benefits made available by Govt of India to pregnant women. Followed by this, the students also participated in honoring of Dr BR Ambedkar on his 125<sup>th</sup> birth anniversary at the Gram Panchayath office, Farangipete.



*Precilla*  
Ms Precilla D'Silva

Subj Co ordinator

19.04.2016



*Savitha*  
Dr Savitha P Cutinho

HOD

**World Breastfeeding Week inaugurated at Fr Muller College of Nursing, Mangaluru**

Bellevison Media Network

**Mangaluru, 12 Aug 2016:** The World Breast Feeding week was inaugurated at the Hospital Conference Hall of Father Muller Medical College Hospital, recently. Rev Fr Ajith Menezes, Assistant Administrator of Hospital was the chief guest and Dr Naveen Chandra, Taluk Health Officer, Mangaluru was the guest of honor. The theme 'Breast feeding: a key to sustainable development' was unfolded by Dr Naveen Chandra and he enlightened the audience on the importance of breast feeding and focused on the activities of the government in promoting mother and child health. A poster competition was organized on the occasion and best poster was awarded. Rev Fr Ajith Menezes, chief guest congratulated the organizers for observing the week and promoting the practice of natural nourishment through breast feeding. He appreciated the mothers and encouraged them to continue in selflessly giving themselves in sharing their lives in the upbringing of their families.





On 2nd August 2016, a health play on the importance of Breastfeeding was staged by the OBG Nursing post graduate students of the College of Nursing at the Anganwadi of Community Health Centre, Bantwal along with the Women and Child Development Society of Bantwal Taluk. Various areas of the theme were also depicted in the play and it was well appreciated by the organizers and the audience. The programme ended with refreshment.

A periodic health talk on "Breastfeeding" was aired on the public address system of the hospital throughout the week for the benefit of the patients and their relatives by the faculty and students of OBG Nursing Department.



On 3rd August, a quiz on Breastfeeding was conducted by the faculty and students of OBG Nursing Department, for the mothers of the maternity wards. The mothers enthusiastically participated in the quiz competition. Prizes were awarded to those mothers who scored highest points in the quiz.

The video on 'Amritha Bindhu' was displayed at the OBG Outpatient Department by the faculty and students of OBG Nursing Department for all the expectant women and nursing mothers and this display continued for the rest of the week.





On 4th August, a health play was organized in the Urban Health Centre, Jeppu. About 20 mothers benefitted from this. The students enacted a play and educated the women visiting the health centre on breastfeeding and its benefits, methods of breastfeeding, expression of breast milk and storage, benefits of breastfeeding over bottle feeding, breast complications due to poor breastfeeding practices, features of healthy breastfeed baby, contraindications of breastfeeding and drugs prohibited during breastfeeding. Doctors from Medical College clarified the doubts of the mothers and motivated the mothers to continue breastfeeding until the child is two years old. Followed by the health play, video on breastfeeding (Amritha Bindu) was played.



On 5th August 2015, a health play on Importance of Breastfeeding was staged by the OBG Nursing post graduate students of the College of Nursing at the Obstetrics and Gynaecology OPD for all mothers.

On 6th August Health talk was staged by the students and faculty of OBG Nursing Department of the College of Nursing at the maternity ward for all mothers and their caretakers.

Shro  
programme coordinator

Shanika  
HOD



**FATHER MULLER COLLEGE OF NURSING, MANGALORE**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**Extension Activity: Free Health Check up Camp**

**BMI Test, Health Education and Diet Counselling**

The Department of Medical Surgical Nursing had conducted “BMI test, health education and diet counselling” as a part of the Free Health Check up Camp which was organised by Father Muller Charitable hospital, Thumbay, Father Muller Charitable hospital, Kankanady in collaboration with St Joseph church, Surikumeru and Grama Panchayat, Maani on 13-09-2015 from 8am to 3pm. The aim of the program was to screen and create awareness regarding balanced diet and healthy eating and to equip the people with sound knowledge on different therapeutic diet. About 100 participants were benefited by this program.



*Berlegh*  
13/9/15  
Signature of HOD



*S. M. M. M. M. M.*  
Signature of Principal

Father Muller College Of Nursing  
Department Of Medical Surgical Nursing  
**A REPORT ON RADIO PROGRAMME**



As a part of Medical Surgical postings, we the students of 3<sup>rd</sup> year B.Sc Nursing gave a radio talk on oral and stomach cancer at Sarang 100.7 FM station on 28<sup>th</sup> January 2016 . A group of 11 students along with the subject co-ordinator went to give the health talk.

We started from the college at 10am and reached at Sarang 100.7 FM, Aloysious College Mangalore at 10:30 am. The members included Divya Sebastian, Dona Jojo, Donamol Johny, Elizabeth Tom, Gipitha GK, Grace Kuriakose, Hazel Viola DSouza , Harshitha, Jemy Joy, Vidhya , Mevies Maria Lobo.



The radio programme was conducted in the form of a short skit. The main aim of the radio talk was to promote knowledge regarding oral and stomach cancer. The programme focused on the aspects like what is cancer? Its etiology? What are the signs and symptoms and its management? And how to prevent oneself? Under the guidance of Mr. Roshan the radio programme recording was conducted. The programme was telecasted on 4<sup>th</sup> February 2016.

We are thankful to our principal Sr. Winnifred DSouza, our subject coordinator Mrs. Sonia DSouza and also our HOD Mrs. Bridgit Dsilva for their guidance and support. It was wonderful experience to be a part this radio programme.



*Sonia*  
*23/2/16*

Radio Talk on Risk Factors of Cancer and its Prevention

The Radio programme on Risk Factors of Cancer and its Prevention conducted by III year B.Sc Nursing students under the guidance of Mrs. Bridget D'Silva, HOD & Programme Coordinator, Mrs Sonia D'Souza, the faculty of Department of Medical Surgical Nursing, will be broadcasted by Radio Sarang FM 107.8 on 4<sup>th</sup> February 2016 at 9.00 am and 6.00pm. The Programme highlights on risk factors, causes, warning signs, prevention and management of Oral and Stomach Cancer.



*Sonia D'Souza*  
Subject coordinator

*Bridget D'Silva*  
HOD



**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**Radio Talk on HINI and its Prevention**

A **Radio Talk on HINI and its prevention** conducted by III year B.Sc Nursing students on 30-1-2016, under the guidance of Mrs. Bridget D'Silva, HOD & Programme Coordinator, Mrs Sonia D'Souza, the faculty of Department of Medical Surgical Nursing, will be broadcasted by **Radio Sarang FM 107.8** on 9<sup>th</sup> February 2016 at 9.00 am and 6.00pm.



*Sonia D'Souza*  
2/2/16  
Subject coordinator



*Bridget D'Silva*  
HOD

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF MEDICAL AND SURGICAL NURSING

### RADIO TALK on RENAL FAILURE

In observance of 'world kidney Day-2016' the II year Basic B.Sc. Nursing students under the guidance of Mrs Preethi Fernandes, Assistant Professor, Department of Medical Surgical Nursing organized a **Radio Talk on Renal Failure** which was broadcasted by **Radio Sarang FM 107.8** on March 10<sup>th</sup> 2016 between 9.00 am to 7.00pm.



Program Coordinator

HOD



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF MEDICAL AND SURGICAL NURSING**

**RADIO TALK**

In observance of 'world Tuberculosis Day-2016' the II year Basic B.Sc. Nursing students under the guidance of Mrs Preethi Fernandes, Assistant Professor, Department of Medical Surgical Nursing organized a **Radio Talk on Tuberculosis** which was broadcasted by **Radio Sarang FM 107.8** on March 24<sup>th</sup> 2016 between 9.00am and 7.30pm.



  
Program Coordinator



  
HOD



Father Muller College Of Nursing  
Department Of Medical Surgical Nursing  
**REPORT ON RADIO PROGRAMME**


As a part of our Medical-Surgical Nursing clinical requirement, we the students of IIIrd year B.Sc Nursing had a radio programme on 12.5.2016 on the topic Life style modification for a healthy living at 10.30am at Akashavani Radio Station Mangalore. The main objective of the programme was to create awareness on healthy lifestyle practices.

The programme commenced with a introduction by Ms.Sweedal and the talk was taken over by Ms.Vidya, Ms.Shiny and Ms.Sushmitha. The health education emphasized on modifying the life style for a healthy living.

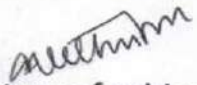
The programme was done under the guidance of HOD Mrs. Bridget D'silva, Subject coordinator Mrs.Sonia D'souza and Assistant subject coordinator Ms.Neethu Ann Koshy and Ms.Zenia Hezel Dsouza Lecturer of Medical Surgical Nursing Department, Father Muller College of Nursing.

The programme was concluded at 11:00am with the vote of thanks by Ms.Sweedal.



  
Signature of HOD



  
Signature of subject coordinator

**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**A REPORT ON RADIO PROGRAMME**

As a part of our Medical-Surgical Nursing clinical requirement, we the students of IIIrd year B. Sc. Nursing conducted a radio programme on 8.8.2016 on the topic Vector Borne Diseases at 3.30PM at Akashvani Radio Station, Mangalore. The main objective of the programme was to create awareness on vector borne diseases such as malaria and dengue.

The programme commenced with an introduction by Ms. Preethi Noronha and the talk was taken over by Ms. Patricia D'Souza, Ms. Acquila D'Souza and Ms. Sanetra D'Costa. The health education emphasized a role play that consisted the incidence, causative factors, mode of transmission, clinical features, diagnostic measures and preventive measures of malaria and dengue.



The programme took place under the guidance of Mrs. Sonia D'Souza, Subject Coordinator and Mrs. Jacintha Valder, Lecturer of Medical Surgical Nursing Department, Father Muller College of Nursing.

The programme ended at 4.30PM with the conclusion by Ms. Preethi.

*Sonia D'Souza*  
Signature of HOD



*Preethi*  
Signature of subject coordinator



**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**  
**Nursing Foundation Department**

**Report of School Health Programme on Prevention of Accidents**

Observation of **National safety day**, Department Of Nursing Foundation organized a school health programme on 4<sup>th</sup> March 2016 at St. Joseph Higher Primary School Kankanady, Mangaluru regarding **Prevention of Accident**. The theme of the year was "**Strengthen Safety Movement to Achieve Zero Harm**".

The topic was introduced with mime show figuring out the cause of an accident using cell phones.



School children were enlightened regarding the different causes and types of accidents, rules and regulations of road safety. Also emphasized on the role of a citizen in prevention of accidents. Children were made interesting towards the topic by using charts, PPT and playing video's. Children were also entertained by conducting some games and distributing prizes and sweets.



The programme concluded with vote of thanks. Around 80 students and 3 school teachers were present and benefited by the programme. About 13 nursing students were involved in conducting the programme. School faculty and students appreciated the programme.



*[Signature]*  
Organizer

*[Signature]*  
HOD

*[Signature]*  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Report on observation of World Health Day April 7<sup>th</sup> 2016**

With the view of observing World health day 2016, Department of Nursing Foundation with the 1<sup>st</sup> B Sc nursing students organized a radio talk at Sarang 107.8Fm. The theme of **World Health Day 2016** was **"Diabetes: Scale up prevention, strengthen care, and enhance surveillance"**. Based on this theme the faculty and students identified the importance of educating general public on diabetes. The Program was recorded on 6<sup>th</sup> of April at 2.15pm and it was telecasted on 7<sup>th</sup> of April 2016 at 10 am and 7.30pm.

The program was coordinated by Mrs. Shwetha Lecturer and Mrs. Merlin Assistant Lecturer Department of nursing foundation under the guidance of Sr Deepa Peter, HOD Department of Nursing Foundation. The program was initiated through an introductory skit followed by general information on important aspects of diabetes specially emphasizing on home care and dietary management. The topic mainly emphasized on the meaning, cause, manifestations and management. Special emphasis was laid on the dietary management for people affected with diabetes. Ms Roopa was the Moderator in the program. Ms Merlin, Ms Ashel, Ms Zeena, Ms Sweeta and Ms Anusha deliberated the talk on diabetes.



*Shwetha*  
Organizer

*Sr Deepa Peter*  
HOD

*S. S. Srinivas*  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Report on observation of World Environment Day 2016**

As a part of **World Environment Day 2016**, Department of Nursing Foundation with 8 students of 1<sup>st</sup> B Sc nursing conducted a radio talk on Sarang 107.8Fm.on 4<sup>th</sup> June 2016, focussed to create awareness on saving mother earth.

The program was initiated through role play followed by information regarding the environment day and consequences of unclean surroundings. The Program was telecasted on 5<sup>th</sup> June 2016 at 10 am and 3.30pm.



*[Signature]*  
Organizer

*[Signature]*  
HOD

*[Signature]*  
Principal





**FATHER MULLER COLLEGE OF NURSING**  
**(A Unit of Father Muller Charitable Institutions)**  
**NAAC 'A' Grade**

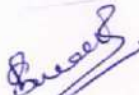
**Affiliated to Rajiv Gandhi University of Health Sciences,**  
**Karnataka, Bangalore**

**Nursing Foundation Department**

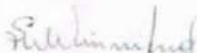
**Health education on Balanced Diet**

The Department of Nursing Foundation has organized a **Health Education Programme on Balanced Diet** at Pachanady village on 7/7/2016 at 6.30pm. Under the guidance of Sr Deepa Peter and Sr Aileen Mathias CNO, Fr Muller Medical college Hospital along with by 1<sup>st</sup> year BSc nursing students and faculty. The programme started with a role play. It was emphasized on importance of different nutrients and its sources, food hygiene as well as hand hygiene. Awareness was also given on deficiencies. There were 7 students involved in the programme. The people of Pachanady village were sensitized regarding importance of balanced diet. About 30 families were benefited by the programme.



  
Organizer

  
HOD

  
Principal





**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**

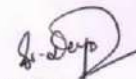
**Nursing Foundation Department**

**Health education on World earth day- save water**

The Department of Nursing Foundation has organized a health education programme as a part of celebrating **World Earth Day** at Pachanady village on 7/7/2016 at 6 pm. The programme was coordinated by Mrs Shanthi under the guidance of Sr Deepa Peter and Sr Aileen Mathias CNO, Fr Muller Medical college Hospital along with by 1<sup>st</sup> year BSc nursing students and faculty. The programme started with a role play on **Saving Water** and gave talk on importance and different methods of water harvesting. There were 7 students participated in this programme. The people of pachanady village were sensitized regarding saving water. About 30 families were benefited by the programme.



  
Organizer

  
HOD

  
Principal

Father Muller College of Nursing

Department of Pediatric Nursing

Report on a Radio talk on Malaria and Its Prevention

The Department of Pediatric Nursing conducted a radio talk on Malaria and its prevention on 21<sup>st</sup> of April 2016, which will be broadcasted on 25<sup>th</sup> April 2016 on the occasion of "world malaria day with a theme end malaria for good" at 9am & 7:30 pm at the frequency 107.8FM. This talk was conducted by Ms Seema Chavan, HOD, Department of Pediatric Nursing along with 3 BSc III yr students namely Ms Harshita, Ms Telma & Ms Reena.



Signature of HOD

*S. Seema Chavan*  
Signature of Principal





# FATHER MULLER COLLEGE OF NURSING, MANGALUR

## DEPARTMENT OF CHILD HEALTH NURSING

### REPORT ON BREAST FEEDING WEEK 2016

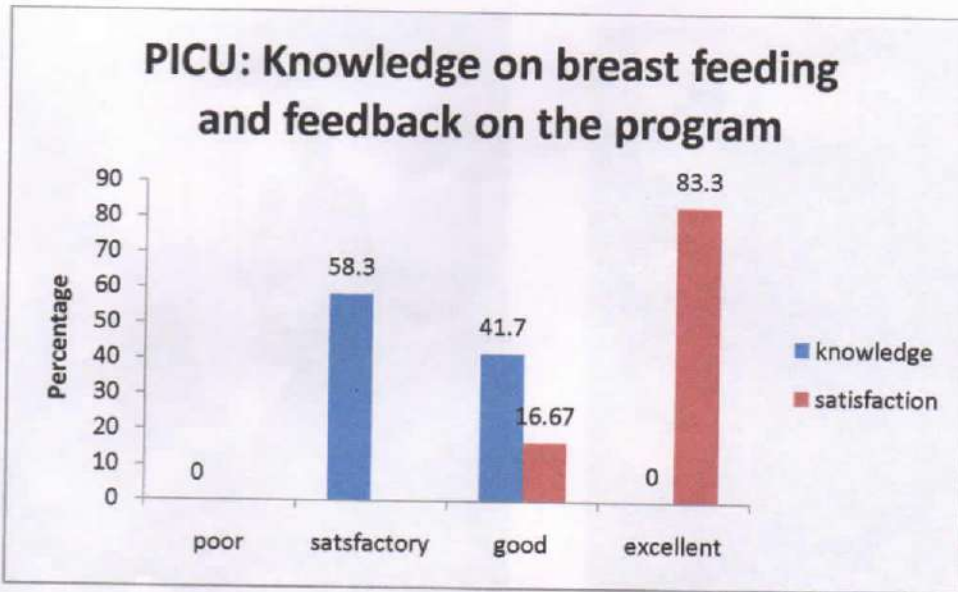
The Breast feeding week 2016 was inaugurated on the 1<sup>st</sup> of August 2016 in the Conference hall, FMMCH at 10:00am by the chief guest Rev Fr Ajith Menezes, Assistant Administrator, FMMCH and Dr Naveen Chandra, Taluk Health Officer, Mangaluru was the guest of honor. The theme '**Breast Feeding: A Key To Sustainable Development**' was unfolded by Dr Naveen Chandra and he enlightened the audience on the importance of breast feeding and focused on the activities of the government in promoting mother and child health.



A poster competition was organized on the occasion and best poster was awarded. Rev Fr Ajith Menezes, chief guest congratulated the organizers for observing the week and promoting the practice of natural nourishment through breast feeding. He appreciated the mothers and encouraged them to continue in selflessly giving themselves in sharing their lives in the upbringing of their families.

On 5<sup>th</sup> August the Department of Paediatrics and on "Amritha Bindhu" Paediatric nursing also organized the video display for the postnatal mothers of Paediatric wards in the PICU classroom. The program was co-ordinated by the postgraduate students of the Department of Child health nursing along with the faculty. A total of 24 mother participated in the programme. The knowledge of mothers on breast feeding was assessed and is presented as follows





83.3% satisfaction was found on the program organized as evaluated using the feedback.

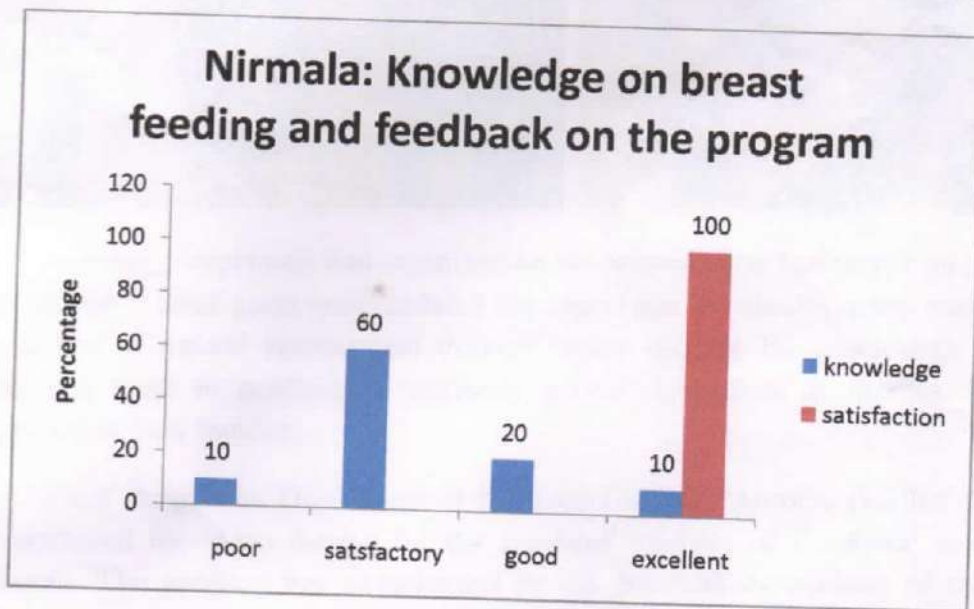


On 6<sup>th</sup> August the faculty and students of the Departments of Paediatrics and Paediatric nursing organized a health talk and the video display on "Amritha Bindhu" in Kannada and Malayalam for the target people at Nirmal health center Ullal. The guests for the program was Dr. Lenita D'Souza, Medical Office, Nirmala Health center, Ullal, she spoke to audience on the importance of feeding and encouraged on the same. Dr. Zohara Parveen, PG Resident, Department of Paediatrics, FMNC highlighted the theme '**Breast Feeding: A Key To Sustainable Development**' and cleared various question asked by the audience. The audience were around 42 people including antenatal , postnatal mother with their family participated in the program.





The knowledge of mothers on breast feeding was assessed and was as follows



100% satisfaction was found on the program organized as evaluated using the feedback.

*Bruny*  
Organizing chairperson




*[Signature]*  
HOD, Department of Child Health Nursing

# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON WORLD HEALTH DAY CELEBRATION 2015-16

NSS unit of father Muller college of nursing have organized a Walkathon on 9/04/2016 as a part of World health day celebration . The rally was formally inaugurated by Rev Fr Richard Coelho, Administrator, FMMC. Theme of this year World health day is “Beat diabetes”. The procession began at 7.30 am from Pumpwell gate through Kankanady by pass to FMCI Main gate . The group have given awareness on the need of prevention rather than medicine. The group has dispersed after the breakfast at 9.30 am.



  
NSS PROGRAMME OFFICER



  
PRINCIPAL


# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON BREAST FEEDING AWARENESS PROGRAMME 2015-16

The World Breast Feeding week was inaugurated at the Hospital Conference Hall of Father Muller Medical College Hospital, Mangaluru on 1<sup>st</sup> August 2016 at 10 am. Rev Fr Ajith Menezes, Assistant Administrator of Hospital was the chief guest and Dr Naveen Chandra, Taluk Health Officer; Mangaluru was the guest of honor. The theme 'Breast feeding: a key to sustainable development' was unfolded by Dr Naveen Chandra and he enlightened the audience on the importance of breast feeding and focused on the activities of the government in promoting mother and child health. A poster competition was organized on the occasion and best poster was awarded. Rev Fr Ajith Menezes, chief guest congratulated the organizers for observing the week and promoting the practice of natural nourishment through breast feeding. He appreciated the mothers and encouraged them to continue in selflessly giving themselves in sharing their lives in the upbringing of their families.



The NSS unit of Father Muller Medical College & Father Muller Nursing College organized a rally on 2<sup>nd</sup> August to create awareness among the People on breastfeeding and its importance. The rally was set open by Dr J P Alva Dean Father Muller Medical College and Rev Sister Winnifred Principle, Father Muller College of Nursing. About 160 participants took part in the rally. The rally began at 10.30 am from Father Muller Campus and marched towards Urban health training center Jeppu. Pamphlets on awareness and importance of Breastfeeding were distributed to the public on the way. The students took part in the rally with great enthusiasm. The rally ended by 12.30 noon.

  
NSS PROGRAMME OFFICER



  
PRINCIPAL

# FATHER MULLER COLLEGE OF NURSING, MANGALURU

## REPORT ON RADIO PROGRAMME AT PRASAR BHARATI, ALL INDIA RADIO, AKASHVANI, MANGALURU

World First Aid Day is a global observance held on the second Saturday in September. On this occasion, Ms Sonia Sequera, Lecturer, Department of Community Health Nursing, Father Muller college of Nursing, participated in an interview in Kannada for Vanitavani programme on the topic **FIRST AID IN EMERGENCY**, which was recorded on 30.08.2016 at 2.00PM. The programme, will be broadcasted on 12<sup>th</sup> September 2016 at 12.30pm in Akashavani Mangaluru (100.3MHz).



*[Handwritten Signature]*  
SIGNATURE OF THE HOD

DEPT. OF COMMUNITY HEALTH NURSING



*[Handwritten Signature]*  
SIGNATURE OF THE PRINCIPAL  
PRINCIPAL

Father Muller College of Nursing  
Kankanady, Mangalore-575 002

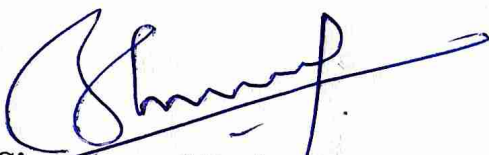
## **FATHER MULLER COLLEGE OF NURSING**

### **A REPORT ON KATIPALLA SATELLITE CLINIC AT KATIPALLA.**

On 3/7/2017, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, and Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of Doctors (Dr. Joylin Jovita Mascarenhas and team , Department of Psychiatry, Father Muller Medical College Hospital ), 2 Psychiatric nurses (Mr. Rajeev Mathew, & Mr. Shiju R, Lecturer/ANS, Psychiatric Nursing Department, Father Muller College of Nursing ) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 12 patients attended the clinic and benefited through Satellite Clinic at Katipalla. Mr. Rajeev Mathew Mr Shiju R, Lecturer/ANS, Psychiatric Nursing Department , Father Muller College of Nursing helped the Doctors to collect patients history, to examine the patients, to check patients GRBS&B.P and also to Dispense medications to patients as per the Doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



Signature of the in charge



**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**

**Nursing Foundation Department**

**Report of Radio Programme on Importance of Diet.**

Observation of National nutrition week 2016, Department Of Nursing Foundation given a radio talk at Sarang 107.9Fm regarding Importance of Diet on 6<sup>th</sup> September.

Programme was coordinated by Mrs. Suneetha Merlin Fernandes under the guidance of departmental HOD Sr Deepa Peter. The topic was mainly emphasized on healthy eating habits and importance of nutrition in the daily diet.

Health talk was broadcasted on 7<sup>th</sup> September 2016 at 9 am and 2pm.



*Sr. Deepa*  
**Signature of the HOD**

*Suneetha Merlin Fernandes*  
**Signature of the Principal**



# A REPORT ON NATIONAL NUTRITIONAL WEEK AT BANTWAL

On occasion of 'National Nutritional week', 1<sup>st</sup> - 7<sup>th</sup> September 2016, the staff of Community Health Nursing and Obstetrics and Gynecology Nursing department from Father Muller College of Nursing had organized a health talk on the topic 'Diet for mothers and children' on 3<sup>rd</sup> September 2016 at 10.30am in Samaja Kalyana Mantap, Bantwal.

The programme commenced at around 10.40am with the prayer song and inaugural function by lighting the lamp and welcoming the guests on the dais and the whole gathering.



There was exhibition of the different varieties of nutritious food prepared by the mothers.

The Programme continued with health talks. Mrs. Priya S Pereira, Lecturer, Community Health Nursing Department dealt on "Underfive diet" and Mrs. Reena Wilma Frank, Lecturer, Obstetrics and Gynecology Nursing Department on "Antenatal diet" followed by interaction. There were total 100 beneficiaries for this programme.



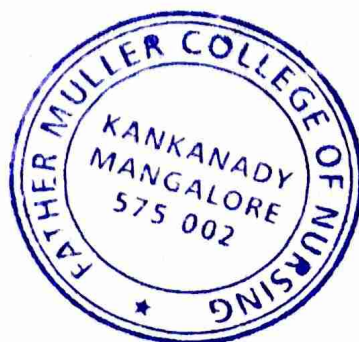


The programme concluded at around 1pm. The programme was a successful one.

A handwritten signature in blue ink, appearing to be 'Leena K.C.', written in a cursive style.

**Dr. Leena K.C**

**HOD, Community Health Nursing**



A handwritten signature in blue ink, appearing to be 'Sr. Winnifred D'souza', written in a cursive style.

**Sr. Winnifred D'souza**

**Principal**

**2016-17**



**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 20<sup>th</sup> 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, 3<sup>rd</sup> 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



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

**Kankanady, Mangalore-575002**

**Department of Mental Health Nursing (2016-17)**

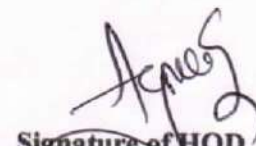
**Report on Awareness Programme on Mental illness**

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

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### A REPORT ON MULTI SPECIALITY AND BLOOD DONATION CAMP

The 4th year Bsc nursing students of **Father Muller College of Nursing** attended **Multispecialty and Blood Donation Camp** at Belthangady, organized by Father Muller Hospital Thumbay on 02/10/2016. The programme started at 10 am. All the specialties including lab facilities were made available for the people. Free medicines were distributed to the patients. Around 70 staffs from various departments including doctors, nurses, lab technicians, pharmacists and student nurses had participated in camp and around 250 patients benefitted out of this camp.



*Deosta*  
SUBJECT COORDINATOR

*[Signature]*  
HOD

*[Signature]*  
PRINCIPAL



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
**A REPORT ON MEGA HEALTH CAMP, HONNAVAR**


The 'Mega health camp' was held on 23-10 -2016 at New English Medium School, Batkal, Honnavar organised by Father Muller's Medical College Hospital in collaboration with St. Milagres Rotary Club , Karwar.




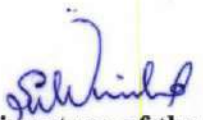
Six students from Community Health Nursing speciality, Father Muller College Of Nursing participated in the activities of the camp by checking the vital signs and dispensing the medicines for the benefits and family members who attended the camp.



The health camp commenced at 8.00 am till 1.30 pm. There were total 380 beneficiaries from this camp.

  
Signature of the  
Subject Coordinator

  
Signature of  
the HOD

  
Signature of the  
Principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
**A REPORT ON MEGA HEALTH CAMP, NAINAD.**

The 'Mega health camp' was held on 6-11 -2016 at St Joseph Higher Primary School Nainad organised by Father Muller's Hospital Thumbe in collaboration with St.Francis Assisi Church Nainad and NSS, St.Aloysius college, Mangalore.





Four students from Community Health Nursing department, Father Muller College Of Nursing participated in the activities of the camp by dispensing the medicines for the patients and family members.



The camp commenced at 9:00am. There were 180 beneficiaries for this camp.

  
Signature of the  
Subject Coordinator

  
Signature of  
the HOD

  
Signature of the  
Principal





FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

**A REPORT ON MEGA HEALTH CAMP, KONCHADY.**

The 'Free Health Check up camp' was held on 4-12 -2016 at Shree Ramashrama Higher Primary School, Mangaluru organised by Father Muller's Medical College Hospital.

Three students from Community Health Nursing department, Father Muller College Of Nursing participated in the activities of the camp by dispensing the medicines for the patients and family members.



The camp commenced at 9:00am. There were 141 beneficiaries for this camp.

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Subject Coordinator

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the HOD

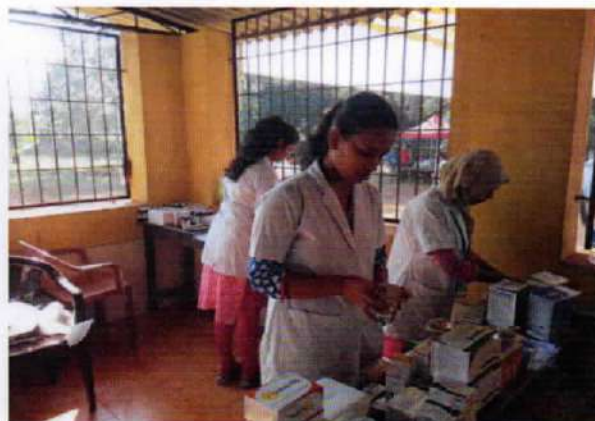
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Principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
**A REPORT ON MEGA HEALTH CAMP, KASARGOD.**

The 'Free Health Checkup camp' was held on 11-12 -2016 at Government Lower Primary School, Chemnad organised by Father Muller's Medical College Hospital.

Eight students and Ms.Sonia Sequera, Lecturer Community Health Nursing department, Father Muller College Of Nursing participated in the activities of the camp by dispensing the medicines for the patients and family members.

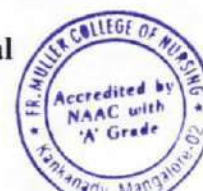


The camp commenced at 9:00am. There were 784 beneficiaries for this camp.

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Subject Coordinator

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the HOD

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Principal



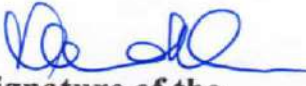
FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
A REPORT ON GENERAL HEALTH CAMP, PERMANNUR  
THOKKOTTU

The **general health camp** was held on 21-05-2017 at St. Sebastian Church premises, Permannur, Thokkottu organized by **Father Muller Medical College Hospital**. The camp commenced at 9:00am. All the specialties including lab facilities were made available for the people. Free medicines were distributed to the people. There were **600** beneficiaries for this camp.

Four students of 4<sup>th</sup> year B.sc (N) and Ms. Deepika N.C, Lecturer community health nursing department, Father Muller College Of Nursing participated in the activities of the camp by performing registration, checking vital signs and dispensing the medicines for the beneficiaries.



  
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 HEALTH CAMP, BADIYAR, GURUVAYENAKERE**

The ophthalmology and pediatric health camp was held on 2<sup>nd</sup> July 2017, at Fr LM Pinto Rural Health Centre, Badiyar organized by Father Muller Medical College Hospital. The camp commenced at 8.30am. Free medications were distributed to the people. There were 147 beneficiaries for this camp.

II year PBBSc Nursing Students, Ms Shahanaz & Sr Anitha, 4<sup>th</sup> year BSc Nursing student Ms Sylvia Fernandes & Ms Sonia Karen Liz Sequera, Lecturer, Department of Community Health Nursing participated in the activities of the camp by performing registration, dispensing medications for the beneficiaries and assisting in basic procedures. The camp got over by 1.30pm.



  
Signature of the  
Subject Coordinator

  
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HOD

  
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Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### HEALTH AWARENESS REPORT ON "IMMUNIZATION"

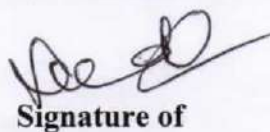
The department of CHN Nursing and 2<sup>ND</sup>PBBSc (N) students conducted a health awareness programme on "Immunization" at Anganwadi of Kulai Gram Sangh Area on 09/11/2016 under the supervision of Mrs. Shiji P.J, Assistant Professor, Department of Community Health Nursing.



Altogether 14 parents of under-five children gained benefit from this programme.

  
Signature of

Subject Coordinator

  
Signature of

HOD

  
Signature of

Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### HEALTH AWARENESS REPORT ON "DIABETIC MELLITUS"

The department of CHN Nursing and 2<sup>ND</sup>PBBS (N) students conducted a health awareness programme on "Diabetes Mellitus" in Chandra Nivas house at Kulai Gram Sangh Area on 18/11/2016 under the supervision of Ms. Sonia Karen Liz Sequera, Lecturer, Department of Community Health Nursing.



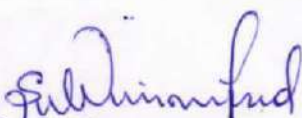
Altogether 7 members benefited from this programme.

  
Signature of

Subject Coordinator

  
Signature of the

HOD

  
Signature of

Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### HEALTH AWARENESS REPORT ON

### "PREVENTION OF LUNG CANCER"

The department of CHN Nursing and 2<sup>ND</sup>PBBSc (N) students conducted a health awareness programme on "Prevention of lung cancer" at Sdhananda nivas of Kulai Gram Sangh Area on 22/11/2016 under the supervision of Mrs. Anita D'costa, Department of Community Health Nursing.



Altogether 14 members were benefited from this programme.

Signature of

Subject Coordinator

Signature of the

HOD

Signature of

Principal



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

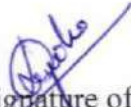
As a part of extension activity, the department of Community Health Nursing along with group of 4<sup>th</sup> year students conducted group health education on the topic "FIRST AID MEASURES" on 29<sup>th</sup> March 2017 at Akashbhavan, Mullakad.





Role play followed by talk and demonstration on first aid was given. There were 10 participants for this programme.



Ms. Sonia Karen Liz Sequera evaluated the health education. The programme was concluded at 11:20 am with vote of thanks by Ms. Denita Hezil D'Souza.

  
 Signature of  
 Sub-Coordinator

  
 Signature Of HOD  
 Dept. of Community  
 Health Nursing

  
 Signature Of  
 Principal





# A REPORT ON GROUP HEALTH EDUCATION AND NUTRITIONAL PREPARATION

As a part of extension activity, the department of community health nursing along with group of 4<sup>th</sup> year BSc Nursing students organised a group health education programme on the topic **"IMMUNIZATION & GROWTH AND DEVELOPMENT"** on 30 march 2017 at Anganwadi, Mullakad. The programme commenced at 10am with a prayer song. Mrs. Shiji P.J, Assistant Professor, Department of Community Health Nursing, Father Muller College Of Nursing and 30 members of the community participated in the health education.



The health education programme started with a welcome speech by Ms. Gloria Fernandes. Role play, flip chart and charts were used to convey the message to the participants followed by nutritional demonstration of **Protein rich diet**. Students have prepared egg burji, drumstick leaf curry, greengram mix and lime water for the participants. Games were conducted for the children and prizes were distributed. The program was well appreciated by the participants. Participants were given the opportunity to clear their doubts.



Mrs. Shiji P.J evaluated the health education and program was concluded at 11.30am with vote of thanks by Mrs. Devika, Anganwadi teacher.

Signature of the subject co-ordinator

Signature of HOD

Signature of the principal



# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GROUP HEALTH EDUCATION

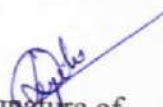
As a part of extension activity, the department of Community Health Nursing along with group of 4<sup>th</sup> year students conducted group health education on topic "BEEDI ROLLING AND ITS HAZARDS" on 4<sup>th</sup> April 2017 at Akashbavan, Mullakad.





The programme was started with a prayer song. Students performed a role play followed by talk on hazards of beedi rolling and its preventive measures was given. Doubts of the participants were clarified by the students. There were 11 participants for the programme.



Mrs. Priya Sweety evaluated the health education. The programme was concluded at 10:30am with vote of thanks.

  
Signature of  
Sub-coordinator

  
Signature of HOD  
Dept. Community  
Health Nursing

  
Signature of  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
**A REPORT ON GROUP HEALTH EDUCATION AND**  
**NUTRITIONAL PREPARATION**

As a part of extension activity, the department of community health nursing along with group of IV<sup>th</sup> year B.Sc Nursing students conducted group health education on the topic "Tuberculosis" at Mullakad on 4<sup>th</sup> April 2017 at 10am under the supervision of Mrs. Irene Alvares, Professor, community health nursing department, Father Muller college of nursing. Members from the area participated in the health education.

The health education programme started with welcome speech by Ms. Adriel. The health information to the participants about Tuberculosis is given by using the AV aids like Power point presentation, charts and flip charts.



The nutritional diet include, chapathi, soya chunks, groundnut sweet, sandwich, green gram payasam, salad, spinach and drumstick leaves curry were prepared by the students for the participants and explained the importance of these dishes. The programme is well appreciated by the participants. The programme was winded up at 11.30am.

Signature of subject co-ordinator

Signature of HOD

Signature of Principal



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT 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 4th year B.Sc Nursing students conducted group health education on the topic "DIAREHEAL DISEASES" on 22nd May 2017 at Anandhnagar, Akashbhavan




The programme was started with a prayer song. Students performed a role play followed by talk on Diarrheal Diseases, its treatment and prevention. Doubts of the participants were clarified by the students. They were 10 participants for this programme.



Dr. Leena K.C evaluated the health education. The programme was concluded at 10.45am with vote of thanks.

  
Signature of  
Sub-coordinator

  
Signature of HOD  
Dept. of Community  
Health Nursing



  
Signature of  
Principle

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**

**HEALTH AWARENESS REPORT ON MALARIA**

As part of extension activity, the department of CHN along with 5<sup>th</sup> group of 4<sup>th</sup> year B.sc nursing students conducted group education on the topic "MALARIA" on 23<sup>rd</sup> May 2017 at Akashbhavan.





Role play followed by health talk on Malaria was given. There were 7 participants for this programme.



Mrs. Priya S Pereira evaluated the health education. The programme was concluded at 11.15am with the vote of thanks by Ms. Shilpa Koshy.

  
Signature of  
Sub-Coordinator.

  
Signature of HOD  
Dept. of CHN

  
Signature of  
Principal



# FATHERMULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### **HEALTH AWARENESS REPORT ON ILL EFFECTS OF TOBACCO CONSUMPTION**

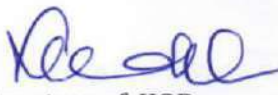
As a part of extension activity, the department of Community Health Nursing along with group of 4<sup>th</sup> year B.sc nursing students conducted group health education on the topic "ILLEFFECTS OF TOBACCO CONSUMPTION" on 25<sup>th</sup> May 2017 at Akashbhavan.




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 2<sup>nd</sup> group of 4<sup>th</sup> year B.sc nursing students conducted group health education on the topic "PERSONAL HYGIENE" on 26<sup>th</sup> may 2017 at Akashbhavan

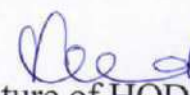


Role play followed by talk on personal hygiene and demonstration of hand washing was given. There were 13 participants for this programme.



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*

*Report of health awareness programme*

*Topic: Environmental Hygiene*

The department of community health nursing and 2<sup>nd</sup> year PBBSC (N) students organised an awareness programme on “Environmental Hygiene” at Venkataramana primary school Kulai on account of children’s day celebration on 14-11-2016. The programme started at 10:30am with a role play and followed by Health education. Around 300 students along with the teaching staffs and parents were present for the programme.



*[Signature]*  
Signature of  
Subject coordinator

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HOD

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Principal





# FATHER MULLER COLLEGE OF NURSING

## Department of Community Health Nursing

### Report on Health Awareness Programme

#### Topic: Personal Hygiene and Environmental Sanitation

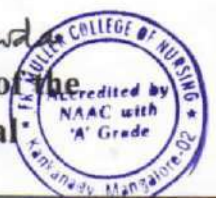
The Department of Community Health Nursing and 2<sup>nd</sup> year B.Sc Nursing students organized a Mass Health Education Programme on “Personal Hygiene and Environmental Sanitation” on 10/12/16 at Vidhya Jyothi Primary School , Jyothi Nagar, Mangaluru. The programme started at 10.30am with a nature dance, mime show, nature song, followed by health education. Around 100 students along with the teaching staff were present for the programme.



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Subject Coordinator

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HOD

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for Signature of the  
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 and 2<sup>nd</sup> year B.Sc Nursing students organised a Mass Health Education Programme on “Personal and Environmental Hygiene” on 18/01/17 at Dakshina Kannada Higher Primary School Jappina Mogaru , Mangaluru. The programme started at 10.00am with a nature dance, mime show, skit followed by health education. Around 66 students along with the teaching staff were present for the programme.



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Subject Coordinator

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HOD

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for Signature of the  
Principal



# FATHER MULLER COLLEGE OF NURSING

## Report on Mass Health Education Programme

The department of Community Health Nursing along with group of IV year B.Sc Nursing and I year M.sc nursing students organized a **Mass health education** programme as a part of **World TB day**, celebrated on 24<sup>th</sup> March 2017 with the theme: **Unite to end Tb: Leave no one behind on**".



Health education On: **Tuberculosis and its prevention**" was delivered to 150 school students & teachers on 23<sup>rd</sup> of March 2017 at Government higher primary school, Mullakad. Role play & discussion method was adopted for health education and A-V aids like charts flash cards and LCD were used.

  
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Subject co-ordinator

  
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HOD


  
for Signature of  
Principal

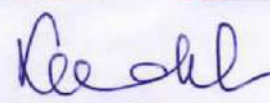


**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**REPORT ON MASS HEALTH EDUCATION PROGRAMME**  
**TOPIC: FIRST AID IN EMERGENCIES**

The department of Community Health Nursing along with the group of IV<sup>th</sup> year B.Sc Nursing students organized a mass health education programme on the topic-**"First aid in emergencies"** on 31<sup>st</sup> of May 2017 in government higher primary school Parapade, Akashbhavan. The programme started at 10.00 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 72 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  
A REPORT ON NUTRITIONAL PREPARATION

As a part of extension programme, the Department of Community Health Nursing along with 4<sup>th</sup> group of final year B.Sc Nursing students conducted a Nutritional programme to the residents of Akashbhavan, Mullakad at Mr.IvanD'souza's house on 29<sup>th</sup> March 2016.Students demonstrated preparation of Ragi porridge, Drumstick Sukka, Green grams & Carrot vegetable salad and Mango chutney.

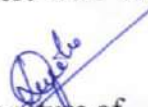



After preparation, the recipes were served to the members who participated in the education programme and nutritive value of each item were discussed.Diet rich in Iron,Protein and Vitamin A was prepared based on the need of the people in that area.

Contents	Ragi porridge	Drumstickleaves	Moong bean	Carrot	Mango chutney
Energy(kcal)	263	64	171	81	110
Protein (g)	6.9	9.4	7.0	1.5	2.0
Calcium	0.30	18	0.08	0.04	0.02
Iron	1.7	11	2.7	0.9	1.0
Vitamin A	321	151	33	1028	3720
Fat (g)	6.3	1.4	7.7	5.6	0.2



There were total 10 beneficiaries for this programme.

  
 Signature of  
 Sub-Coordinator

  
 Signature Of HOD  
 Dept. of Community  
 Health Nursing

  
 Signature Of  
 Principal  


**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**

**A REPORT ON NUTRITION PREPARATION PROGRAMME**

As a part of extension activity, the department of Community Health Nursing along with 4<sup>th</sup> year B.Sc nursing students conducted a nutrition programme on April 1<sup>st</sup> 2017 in Mrs. Bhavani's house. As per the plan we prepared Diabetic Diet. The main aim of the nutritional preparation was to create awareness among people regarding importance of diabetic diet in managing and preventing diabetes.

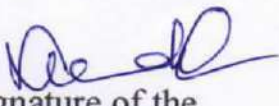
Students demonstrated preparation of yam cutlets, sprouted green grams, fruits like papaya and watermelon simple snacks like charmuri and a lemonade with pudina leaves.



After preparation the items were served to the participants. The nutritive value of each item was explained. There were 4 beneficiaries for the programme. The programme as done under the guidance of Dr. Leena K.C, HOD and Prof, Department of Community Health Nursing.

  
Signature of the

Subject co-ordinator

  
signature of the

HOD

  
Signature of the

Principal




## FATHER MULLER COLLEGE OF NURSING

### A REPORT ON NUTRITION PROGRAMME

As a part of extension activity, the department of Community Health Nursing along with group of 4<sup>th</sup> year B.Sc nursing students conducted a nutrition programme on 03-04-2017 at 10am in home settings of Nandhanpura Akashbhavan under the supervision of Ms. Deepika N.C Lecturer, Department of community health nursing.



There were 6 participants for the nutritional programme. **Hypertension diet** such as bread, milk, ragi, puttu, chapathi, vegetable curry, egg fried rice, salad, lemon juice and vegetable soup preparation was demonstrated and later information regarding hypertension diet and the importance of these dishes in preventing hypertension was explained. At the end diet was distributed to the participants and concluded by thanking participants for their co-operation.

  
Signature of  
Subject co-ordinator

  
Signature of  
HOD

  
Signature of  
Principal



FATHER MULLER COLLEGE OF NURSING  
COMMUNITY HEALTH NURSING DEPARTMENT  
A REPORT ON NUTRITIONAL PREPARATION PROGRAMME

As a part of extension activity, the Department of Community health nursing along with the group of fourth year B.Sc(N) students conducted a nutritional program at the residence of Mrs Gulabi & Family on 22<sup>nd</sup> May 2017.



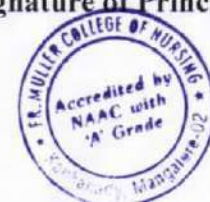
Students demonstrated preparation of Ragi porridge, Palakchapatti, Green gram curry, vegetable salad and mixed vegetable curry. After preparation, the items were served to the participants. The nutritive value of each item was explained. The diet prepared was rich in CHO, Fats, Protein, Iron and Calcium.

There were 9 beneficiaries for the programme. The programme was done under the guidance of Ms Sonia Sequera, Lecturer, Department of Community Health Nursing.

  
Signature of Subject  
Coordinator

  
Signature of HOD

  
Signature of Principal





## FATHER MULLER COLLEGE OF NURSING

### DEPARTMENT OF COMMUNITY HEALTH NURSING

#### **A REPORT ON NUTRITIONAL PREPARATION PROGRAMME**


As a part of extension programme, the department of CHN along with 5<sup>th</sup> group of final year B.Sc nursing students conducted a nutritional programme on "Balanced diet" at the residents of Mrs. Vasantha's house Akashbhavan on 23<sup>rd</sup> May 2017. Students demonstrated preparation of ragi porridge, drumstick leaf and egg sukka, sprouted green gram sukka, chapatti, egg curry, vegetable salad and buttermilk.




After preparation, the recipes were served to the members who participated in the education programme and nutritional value of each item were discussed and demonstrated in the chart. Balanced diet was rich in protein, calcium, iron etc... Was prepared based on the need of the people in that area.



The programme was done under the guidance of Mrs. Priya S Pereira , lecturer ,Dept .of CHN There were total 7 beneficiaries for this programme.

  
Signature of  
Sub-Coordinator.

  
Signature of HOD  
Dept. of CHN

  
Signature of  
Principal



# FATHER MULLER COLLEGE OF NURSING

## STREET PLAY REPORT: HIV IN PREGNANCY

In observance of "World AIDS Day" the department of Obstetrics and Gynecological Nursing and the students of III BSc Nursing staged a street play at Farangipete Junction on 01.12.2016 at 3.00 pm. The topics depicted through this role play were: **Mode Of Transmission of HIV from Mother To Child, Functions of ICTC, Management of HIV during pregnancy and treatment modalities available for neonate.** The huge crowd viewed the street play and appreciated the students' efforts through good verbal feedback.



*Precilla*  
Ms Precilla D'Silva

Lecturer

03.12.2016

*Savitha*  
Dr Savitha P Coutinho

HOD



# FATHER MULLER COLLEGE OF NURSING

## REPORT ON CANCER WEEK PROGRAMME

The OBG Nursing department of Father Muller College of Nursing in collaboration with OBG department of Father Muller Charitable Hospital, had put up a street play at Kankanady bus stand during the Cancer Week on 08-02-2017. The third year BSC Nursing students created awareness to the public on causes, symptoms, diagnostic measures of various cancer and its prevention through their eclectic performance. A good number of public viewed and admired the Street Play.



On 09-02-2017 the students and faculty participated in the guest lecture on "screening of Gynecological cancers" at 4 pm at Knowledge center hall. Also an extempore competition was organized for students which gave an active involvement towards cancer awareness.

*[Signature]*  
14/2/17




*[Signature]*  
14/2/17

FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF OBG NURSING  
REPORT OF PREGNANCY AWARENESS DAY PROGRAM

The medical world observes 'World Pregnancy Awareness Week' from 12<sup>th</sup> -18<sup>th</sup> February 2017. In view of this the Department of Obstetrics and Gynecological Nursing along with the IV BSc students organized a **health education** at Nirmala Health Centre, Ullal on 5<sup>th</sup> April 2017 at 10am. The students enacted a role play on 'Antenatal care'. Around 100 mothers attended the talk.



Shoba  
29/04/17

  
29/4/17



FATHER MULLER COLLEGE OF NURSING  
OBG (N) DEPARTMENT

**REPORT ON HEALTH CAMP, AREHALLI, SAKLESHPUR**

The general health camp was held on 26.03.2017 at Arehalli, Sakleshpur organized by Father Muller Medical College Hospital. The camp began at 8.30 am. All the specialties including lab facilities were made available for the people. Free medicines were distributed to the people. There were 800 beneficiaries for this camp.

Four students of 4<sup>th</sup> Bsc Nursing, Ms Precilla and Ms Velantha, Lecturer, Department of OBG Nursing, Father Muller College of Nursing participated in the activities of the camp by performing registration, checking vital signs and dispensing the medicines for the beneficiaries.



  
Ms Precilla D'Silva

Lecturer

  
Dr Sawtha Cutinho

HOD

28.03.2017



FATHER MULLER COLLEGE OF NURSING  
OBG NURSING DEPARTMENT  
**REPORT ON HEALTH TALK**

In observance of International Midwifery day, the Department of Obstetrics and Gynecological Nursing of Father Muller College of Nursing delivered a health talk on "Postnatal guidelines" on 11.05.2017 at 10.0 am at the District Hospital, Bantwal. The topics dealt during this session were: newborn care, importance of breast feeding and its techniques, importance of partner and family support, self perineal care and puerperial infections. The whole programme was carried out in the local language that is in tulu. The programme came to an end at 11.00 am.



*Precilla*

Ms Precilla D'Silva

Lecturer

29.05.2017

*Savitha*

Dr Savitha Coutinho

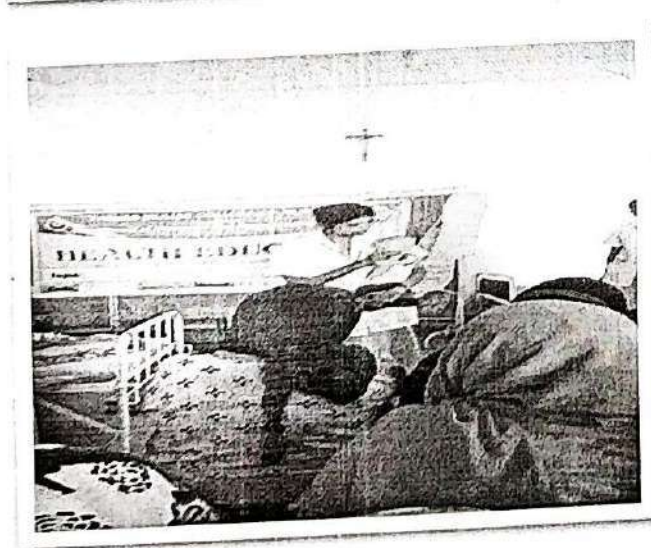
HOD



## FATHER MULLER COLLEGE OF NURSING

### REPORT ON SAFE MOTHERHOOD & NATIONAL IMMUNIZATION WEEK

The Safe Motherhood day and National Immunization Week 2017 was observed by the OBG Nursing Department on 24.05.2017 at 11 am by organizing a health talk on "Importance of Immunization and Schemes available for the mothers in the Antenatal Postnatal Ward of Father Muller Medical College Hospital. The students of III BSc Nursing depicted a role play on the theme and explained the mothers about immunization schedule and the available schemes. Around 25 mothers benefitted from this. The faculty and students also given health talk on the same theme at Concetta Hospital, Kinnigoli in a Camp organized by the OBG Department of Father Muller Medical College Hospital.



Shoba  
12/06/17

Pravil  
12/6/17

## FATHER MULLER COLLEGE OF NURSING

### OBG NURSING DEPARTMENT

#### WORLD BREAST FEEDING WEEK (1 to 7<sup>th</sup> August 2017)

The World Breast Feeding week was inaugurated at the Hospital Conference Hall of Father Muller Medical College Hospital, Mangaluru on 1<sup>st</sup> August 2017 at 10 am.

Dr Poornima J, Senior specialist, Lady Goschen Hospital, Mangaluru was the chief guest of the programme. She enlightened the audience on the theme of the breast feeding week 2017 and highlighted its importance. She encouraged the mothers towards “Sustaining Breast Feeding together”. Rev Fr Richard Coelho, the Director of Father Muller Charitable Institutions also addressed the gathering. Dr. Lakshmi pathi



welcomed the gathering & Dr. Nishant Krishna proposed the vote of thanks. Rev Fr Rudolph Ravi D'Sa, Administrator, FMMCH, Dr Jayaprakash Alva, Dean, FMMC, Sr. Janet D'souza, Chief Nursing officer, FMMCH were the dignitaries present. This Programme was organized by the OBG, Community health & Paediatric departments of Father Muller College of Nursing & Father Muller Medical College. Weeklong Programmes such as Education programmes, quiz, games, poster competition will be conducted at the Hospital and outreach centres.

On 2<sup>nd</sup> August 2017, a health talk on importance of breastfeeding was staged by the OBG Nursing faculty and post graduate students of the college of nursing at maternity unit of Father Muller Medical College Hospital for 30 antenatal and postnatal mothers. Various aspects of breast feeding were incorporated in



the talk and it was well appreciated by the audiences. The programme ended with refreshment.



A short film “Amirtha Bindu”(video on Breast Feeding ) in Kannada was telecasted by the faculty and students of OBG Nursing Department in the Outpatient Department of Obstetrics and Gynaecology.

On 3<sup>rd</sup> August 2017, awareness programme on breastfeeding was organised by the OBG Nursing faculty and postgraduate students of the college of nursing in rural setting at Taluk Hospital, Bantwal. The programme consisted of role play, message on





breastfeeding by Administrative Medical Officer, a detail session on various aspects of breastfeeding, which was followed by display of "Amirtha Bindu"(video on Breast Feeding ) in Kannada threw a light on Breast feeding. **The beneficiaries were 30 in number.**

In the afternoon, a quiz and games was conducted by Faculty of OBG Nursing department for the mothers admitted in maternity wards. The mothers enthusiastically participated in the competition. Prizes were awarded to those mothers scored highest points and won in the games.

On 4<sup>th</sup> August 2017, staff nurses of Maternity wards promoted breastfeeding by educating the mothers in their own wards regarding the various



aspects of breastfeeding.

A short film "Amirtha Bindu"(video on Breast Feeding ) in Kannada was telecasted by the faculty and students of OBG Nursing Department in the Outpatient Department of Obstetrics and Gynaecology.

On 5<sup>th</sup> August a poster competition in Kannada was organised by

the faculty of OBG Nursing Department for MBBS and Nursing students on various aspects of Breastfeeding. The poster was displayed in the Outpatient Department of Obstetrics and Gynaecology which was benefited by the Outpatient visitors. Prizes were distributed for the winners.



On 7<sup>th</sup> of August 2017, a Continuing Nursing Education on "Sustaining Breastfeeding together" was organised by the faculty of OBG Nursing Department for the staff nurses working in maternity units of Father Muller Medical college Hospital.



The staff nurses were able to update their knowledge on the current theme of the year. The faculty were appreciated by giving certificates.

The Breast feeding week of the year 2017 from August 1-7<sup>th</sup> was successfully celebrated and reached out to the community at maximum.

Shoba Xavier  
Prepared By



*Ja Jink*  
Signature of HOD

**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

12-12-2016  
Mangalore

**MEDICAL SURGICAL NURSING**

The Department of Medical Surgical Nursing Organized a **Radio programme** on the observation of WHO World Aids Day on 29.12.2016. The topic for the day was **HIV/AIDS** on the theme "**Leadership. Commitment. Impact.**" The talk was conducted by Istyear Post Basic B.Sc. Nursing students under the guidance of HOD & Mrs. Sonia D'Souza Assistant Professor & Subject Co-Ordinator Sr. Judy SIC and Programme Coordinator Mrs. Jacintha Valder. The Talk was broadcasted by **Radio Sarang FM 107.8** on December 1st, 2016 at 9.00 am - 7.30.00pm. The Radio Sarang Faculty appreciated the talk.



JACINTHA VALDER

  
CO-CORDINATOR

  
Mrs. Bridget D'Silva

HOD



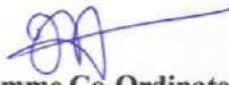
FATHER MULLER COLLEGE OF NURSING

Medical surgical Nursing Department

Observation of World kidney Day

The department of Medical Surgical Nursing Conducted a Radio programme on 20-03-17 on the observation of World Kidney Day. The theme was " **KIDNEY DISEASE AND OBESITY: HEALTHY LIFE STYLE FOR HEALTHY KIDNEYS**" by the 1st year PPBSc.Nursing students Ms.Priya Fiola , Ms. Elveera Cutinha, Ms.Joyner Pais and Ms.Vinitha Pinto under the guidance of Mrs. Sonia D'souza and Mrs.JacinthaValder at 107.8. FM Radio station St. Alyosius College, Mangalore and It was telecasted on 27-03-17 between 9am and 7 .30pm





Programme Co-Ordinator





HOD

## FATHER MULLER COLLEGE OF NURSING

### DEPARTMENT OF MEDICAL AND SURGICAL NURSING

#### RADIO TALK ON: MALARIA

In observance of 'world Malaria Day-2017' a Radio Talk on Malaria with the **global theme "End Malaria for Good"** was organized by the II year Basic B.Sc. Nursing students under the guidance of Mrs. Preethi Fernandes and Ms. Jubee Joseph, Department of Medical Surgical Nursing which was broadcasted by **Radio Sarang FM 107.8** on 25<sup>th</sup> April 2017 at 9.00 am and 7.30pm.



  
HOD

  
Subject Coordinator



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

**DEPARTMENT OF NURSING FOUNDATION**

**Report On HIV/AIDS Awareness Programme**

With the view of World AIDS day celebration 2016, the Department of Nursing Foundation along with ICTC staff of Father Muller Hospital organized an **awareness Programme on HIV/AIDS** at St. Gerosa high school, Jeppu, Mangalore.

The Programme began at 9am by prayer song .The program was coordinated by Mrs. Sophia vas, Assistant Lecturer and Mrs. Viola D'Souza, Assistant Lecturer Department of Nursing Foundation under the guidance of Sr. Deepa Peter, HOD Department of Nursing Foundation. The program was initiated through an introductory mime followed by talk on important aspects of HIV/AIDS given by Mr. Mahesh, ICTC staff and about 350 students benefited from this programme. 15 students also participated in this programme. Vote of thanks was proposed at 12pm by Mrs Viola Dsouza



*Souza*  
Organizer

*S.P.*  
HOD



*S. S. S.*  
Principal



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

**DEPARTMENT OF NURSING FOUNDATION**

**Report On Health Awareness Programme on Leprosy**

In commemoration of national leprosy day the department of nursing foundation along with 1<sup>st</sup> year B.Sc nursing students and coordination with the faculty of St Joseph leprosy hospital FMCI had organized **Awareness Programme on Leprosy** at Stella Mary higher primary school, Beeri. On 9<sup>th</sup> February 2017.




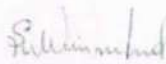
Programme was coordinated by Mrs. Viola assistant lecturer under the guidance of Sr Deepa Peter, departmental HOD. Group of audience was welcomed by Mrs Viola and then 1<sup>st</sup> year B.Sc nursing students delivered information on leprosy. They also entertained the school children by action songs for making them more enthusiastic. At the last Mr Harish faculty of leprosy hospital cleared the doubts regarding the topic.



Children were actively taken part in the session and quiz. Prizes were distributed to the winners. Programme came to an end with vote of thanks.

  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Awareness Programme on Road Safety Day**

In commemoration of **National Road Safety Day** the Department Of Nursing Foundation along with 1<sup>st</sup> year B.Sc nursing students organized awareness programme on Road Safety at Guardian Angel Higher Primary School, Nagori, Mangaluru on 16<sup>th</sup> March 2017.

Programme was coordinated by Mrs. Diana Cutinha, Assistant Lecturer under the guidance of Sr Deepa Peter, Departmental HOD.

Topic of the education was introduced by skit and then explanation regarding the road safety such as causes, first aid management and prevention. B.Sc nursing students engaged the school children in action songs, games and quiz related to the topic. Prizes were distributed at the end by Rev Sr. Deepa Peter. The programme concluded with clearing the doubts and vote of thanks by Ms. Ashmitha, 1<sup>st</sup> BSc nursing student.



*Diana*  
Organizer

*DDP*  
HOD

*Principals*  
Principal







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

**DEPARTMENT OF NURSING FOUNDATION**

The Department of Nursing Foundation along with first year BSc Nursing students have organized a talk at Saarang 107.8 Fm in observance of Anti Tobacco Day 2017. The talk was based on the theme "Smoking and its ill effects". The program was taped on 30<sup>th</sup> May 2017 at 2:30 pm and will be telecasted on Thursday 31<sup>st</sup> May 2017 at 9am and 7.30pm. The program was coordinated by Mrs Viola D'Souza, Asst Lecturer under the guidance of Rev. Sr Deepa Peter, HOD of Nursing Foundation Department, Father Muller College of Nursing.



  
Organizer

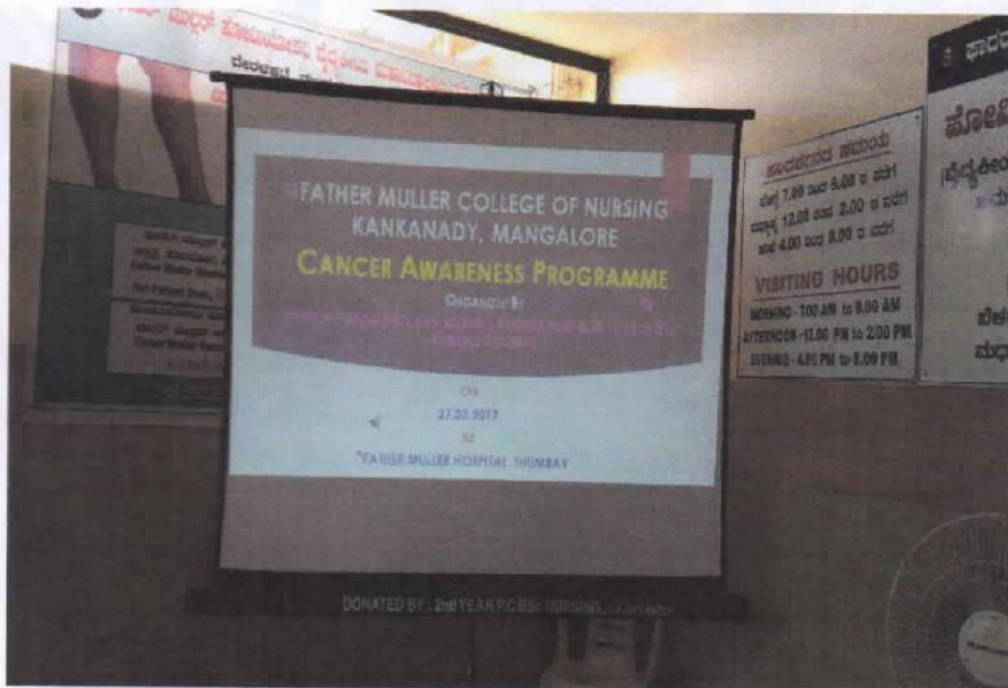
  
HOD

  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
**PAEDIATRIC NURSING DEPARTMENT**  
**Extension Activity – World Cancer Day**  
**REPORT ON CANCER AWARENESS PROGRAMME**

As a part of the extension activity for World Cancer Day, a health education programme on 'Cancer Awareness' was organised by the Department in collaboration with Department of Nursing Foundation on 27.02.2017. The programme was conducted as a part of the cancer health camp conducted at Father Muller Hospital, Thumbay, III year and I year B.Sc., Nursing students were involved in the health education Programme.




The Cancer Awareness Programme began at 11.am, by invoking God's Blessings through a prayer song. The Students introduced the topic with short role play, followed by the meaning, causes, risk factors, clinical features CAUTION, Cancers in women and their features, diagnostic measures, treatment modalities and most specifically the preventive aspects were briefed in the session. The session Winded up at 11.45 pm.



The hospital had organised a poster competition regarding various aspects of cancer among the departments, the teachers of Father Muller College of Nursing, were asked to judge the poster competition. The posters were displayed for judgement.



  
**Teacher In-charge**

  
**Signature of H.O.D**

  
**Signature of Principal**



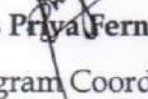
# FATHER MULLER COLLEGE OF NURSING


## Department of Child Health Nursing

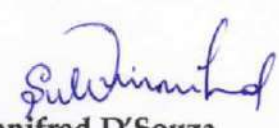
Accredited by NAAC with 'A' Grade

The Department of Child Health Nursing, Father Muller College of Nursing organized a talk in V4 Channel in observance of World Autism Day 2017. The program was recorded on 31<sup>st</sup> March 2017 at 2:30p.m and which was broadcasted on Sunday April 2<sup>nd</sup> 2017 at 2pm. The program was coordinated by Mrs Priya Fernandes, Lecturer, Father Muller college of Nursing. The Talk was based on this year theme. **"Toward Autonomy and Self-Determination"**.



  
Mrs Priya Fernandes  
Program Coordinator

  
Ms. Seema Chavan  
H.O.D

  
Sr. Winnifred D'Souza  
Principal



FATHER MULLER COLLEGE OF NURSING

(Accredited by NAAC with 'A' grade)

Department of Child Health Nursing

**World malaria Day 2017 - "End Malaria for Good." – broadcasted on all India radio  
Akashvani Mangalore**

The Department of Child Health Nursing, Father Muller College of Nursing organized a role play in All India Radio at Akashvani mangalore in observance of World malaria Day 2017. The program was recorded on 03<sup>rd</sup> April 2017 at 11:00a.m and broadcasting will be on Tuesday 25<sup>th</sup> April 2017 at 10:30am. The program was coordinated by Mrs. Wilma.S.Noronha , Lecturer, Department of Child Health Nursing of Father Muller College of Nursing. The role play based on malaria and its prevention".



*W. Noronha*  
Program coordinator

*[Signature]*  
HOD

*[Signature]*  
PRINCIPAL

Date: 04-04-2017

Place: MANGALORE



## FATHER MULLER COLLEGE OF NURSING

### REPORT ON MASS HEALTH TALK ON GOOD HABITS AND IMPACT OF SOCIAL MEDIA ON CHILDREN

A mass Health Talk on 'Good Habits and Impact of Social Media on Children' was organized by the students of 2nd yr M.Sc (N) from the department of Child Health Nursing Specialty, FMCON under the guidance of Mrs Priya Fernandes, Lecturer, Department of Pediatric Nursing to create an awareness on Good Habits and Impact of Social Media on Children since media plays an important role in moulding the children's behaviour.



The health talk was given on 24/07/2017 in Kannada at 02.00PM in Infant Jesus Higher Primary School, Mary Hill, Mangaluru. The media used were lecture cum discussion, video and power point. The health talk was attended by approximately 150 parents and school children. The health talk helped to create an awareness in parents and children about Good Habits and Impact of Social Media. It was a good interactive session where we could impart knowledge on how to inculcate good habits in children and how media plays an important role in their life which can mould their behaviour in future.

Signature of Students:

Valleyrose

Sr Mini Antony

Frenita

Renita

Signature of HOD:

Signature of the Evaluator:



# FATHER MULLER COLLEGE OF NURSING

## REPORT OF WORLD BREASTFEEDING WEEK

The World Breast Feeding week was inaugurated at the Hospital Conference Hall of Father Muller Medical College Hospital, Mangaluru on 1<sup>st</sup> August 2017 at 10 am. Dr Poornima J, Senior specialist, Lady Goschen Hospital, Mangaluru was the chief guest of the programme. Who elaborated on "Sustaining Breast Feeding together". This Programme was organized jointly by the OBG, Community health & Paediatric departments of Father Muller College of Nursing & Father Muller Medical College. Weeklong Programmes such as Education programmes, quiz, games, poster competition were conducted at the Hospital and outreach centres. Details of specific activities are as follows.



### **2<sup>nd</sup> August 2017, Maternity unit/OPD of FMMCH , OBG Nursing department**

A health talk was staged for 30 antenatal and postnatal mothers. A short film "Amirtha Bindu"(video on Breast Feeding) was screened



### **2<sup>nd</sup> August Nirmala Hospital Ullal , Community Health Nursing department**

A health talk was organised at Nirmala Hospital, Ullal. Chief Guest Dr(Sr)Lenita D'souza, Obstetrician and Gynecologist and other faculty members were the speakers. Amritha Bindu video was screened. There were total 55 beneficiaries.





**3<sup>rd</sup> August Jeppu Urban Centre, Department of Paediatrics and Paediatric Nursing**

A total of 30 postnatal mothers and their family members participated in the health education programme. The video 'Amritha Bindu' was played and signature campaign was also initiated by the department.



**3<sup>rd</sup> August 2017, Taluk Hospital, Bantwal, OBG Nursing department**

An awareness programme was organised and "Amirtha Bindu"(video on Breast Feeding) was screened. There were 30 beneficiaries. Quiz and games for inpatients in maternity wards.



**4<sup>th</sup> August 2017, Maternity ward FMMCH/OPD**

**Staff nurses**

Staff nurses promoted breastfeeding by educating mothers in their own wards regarding the various aspects of breastfeeding. Amirtha Bindu was screened



**5<sup>th</sup> August , Poster competition ,OBG Nursing Department**

A poster making competition (Kannada) was organised by the faculty of for MBBS and Nursing students which was displayed in the OPD.



**7<sup>rd</sup> August PICU class room , department of Paediatrics and Paediatric Nursing**

A total of 25 mothers and their family members participated in the program. Knowledge of the mothers was assessed in the form of a quiz . The video on 'Amritha Bindu' was screened. A signature campaign was initiated by the department.



**7<sup>th</sup> of August 2017, Continuing Nursing Education , OBG Nursing Department**

This programme was organised for the staff nurses working in maternity units of Father Muller Medical college Hospital.



**Activities at Rural Health Centres ,Organised by community medicine department**

**August 1, 2017**

**Jarandagudde/ Jyothinagar.**

Health talks were delivered by Dr Sowmya Bhat and Dr Neelima, Department of Community Medicine, Father Muller Medical College at Jarandagudde and Jyothinagar Anganwadies. A total of 52 women benefited from the event.



**August 2, 2017:**

**Badagabellur.**

Breastfeeding week awareness was conducted at the Higher Primary school. Local leaders and government officers were present on the occasion. The resource person for the programme was Dr Nishanth Krishna K, Assistant Professor, Department of Community Medicine, Father Muller Medical College. A total of 47 members including the pregnant and lactating women, their family members, ASHA workers and Anganwadi workers of the area participated in the programme.



**August 3, 2017:**

**Father Muller Hospital Thumbe**

The World Breastfeeding Week programme was inaugurated by Mr Ravindra Kambali, member of the Zilla Panchayath. It was presided over by the president of the Thumbe Gram Panchayath, Mrs Hemalatha Poojary. Mr Ganesh Suvarna, Taluk panchayath Member, Mr Praveen B Thumbe, Vice President of The Gram Panchayath, Rev Fr Roshan Crasta, Administrator Father Muller Hospital Thumbe, Dr Narayana V, HoD Department of Community Medicine, Father Muller Medical College, Mrs Saroja, Anganwadi Supervisor of the Pudu Region were present during the programme. Dr Sowmya Bhat, Assistant Professor, Department of Community Medicine, Father Muller Medical College was the resource person for the programme. Around 42 residents of Thumbe were educated on the various aspects Breastfeeding through this programme.



**August 4, 2017:**

**Ammunje/ Basavanagar.**

A health education programme was conducted at Ammunje Higher primary school on 4/8/2017. Mrs Kavitha, Panchayath Development Officer, Ammunje presided over the programme. Dr Prajna Shetty and was the resource person for the programme. Around 22 women benefited from the programme. A health talk was also given by Dr Neelima at Basavanagar Anganwadi



August 5, 2017:

### Ulaibettu Anganwadi

In the World breastfeeding Week programme, Mr Vasanth Kumar, President of the Ulaibettu Grama Panchayath presided over the programme. The other esteemed guests for the programme were Mrs Bharathi, Anganwadi Supervisor of Kudupu region, Mrs Sushantha, LHV of Kudupu PHC, Mrs Indhira, ANM of PHC Kudupu and Dr Sudarshan Pai U, Assistant Professor, Department of Community Medicine, Father Muller Medical College. Dr Prajna Shetty was the resource person. Around 42 women benefited from the programme.



8/8/2017: Ammemar Higher Primary School

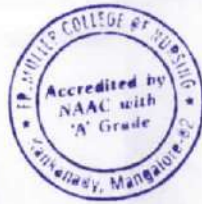
The programme was presided over by Mrs Athika, President of the Gram Panchayath Pudu. Mr Akthar Hussain, Member of the Pudu Gram Panchayath and Mr Hameed, senior citizen of Ammemar were also present. Dr Nagaraj Bhat was the resource person for the

programme. Around 74 residents of Ammemar attended a health education session



Saldanha  
SANDRA SALDANHA

Seema  
SEEMA CHAVAN.



# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON PROCESSION AGAINST CHILD LABOR 16-17

NSS unit of Father Muller college of nursing took part in World Day Against Child Labour programme organised by the district administration, Zilla Panchayat, District Legal Services Authority, Labour Department, Child Helpline and Bar Association in the city on June 12, Monday; Additional Deputy Commissioner Mr Kumar inaugurated the programme.

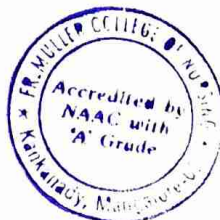
A procession started from Hampankatta circle to Townhall carrying placards of various slogans related to prevention of child labour, the main motto of this programme was to create an awareness about the child labour and its legal consequences. The district administration had initiated a move to declare Dakshina Kannada district as child labour-free district in two years ago. Principal District and Sessions judge K S Bilagi said that focus should be given to education to save children from the menace of the child labour. Child labour deprives children of freedom, equal opportunities and a fulfilled childhood. "When the society considers children as Gods, why to engage them for work? To fulfil the selfish needs of people, children are employed as labourers. There is a need to nurture the innocence in children and allow them to enjoy their childhood," he added.

District Legal Services Authority member secretary Mallana Gowda Patil, CWC chairperson Nikhesh Shetty and others were present.

Programme ended at 12.45 with a vote of thanks by Mr Srinivasa.



*[Signature]*  
NSS Program Officer



*[Signature]*  
Principal

# FATHER MULLER COLLEGE OF NURSING

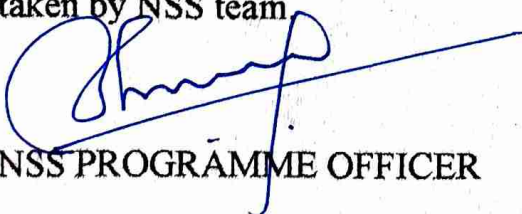
## NSS SPECIAL CAMP REPORT 2015-16

The NSS unit of Fr Muller College of Nursing organized 7 days special camp from 28.9.2016-4.10.2016. The Programme began with a prayer song. Mr Shajan xaviour NSS Programme officer welcomed the guest & the gathering. Fr.Rudolph Ravi D'sa, Administrator Father Muller Medical College (FMMC) and chief guest of the function delivered a motivational speech and his life experiences of NSS special camp.



Each day started with morning exercise and various community activities and sessions by experts in the afternoon. Individual skill development programmes and refreshments were served after each day's programme. In between a day was for Observational visit to pilikula biological park.

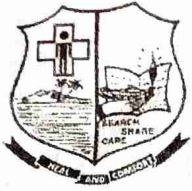
Valedictory function started on 4.10.16 at 2.30 pm and ended at 4.30 pm. Mr Shajan Xaviour NSS Programme Officer presented the report of whole activities. Rev Sr Winnifred D'Souza Principal, Father Muller College of nursing addressed the gathering & appreciated the effort taken by NSS team

  
NSS PROGRAMME OFFICER



  
PRINCIPAL





# 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

## YOUTH RED CROSS CELL

### TV BROADCASTING - WORLD WATER DAY 2017

The Youth Red Cross Unit of Father Muller College of Nursing organized a talk in V4 Channel with observance of World Water Day 2017. The Talk was based on this year theme "Water and Wastewater". The program was taped on 16 th March 2017 at 2:30pm and which will be telecasted on Friday 24 th March 2017 at 9pm and also on Sunday 26 th March 2017 at 2pm. The program was coordinated by Mr Rajeev Mathew, in charge, Youth Red Cross Unit, Father Muller college of Nursing.



Programme Co-ordinator



Principal

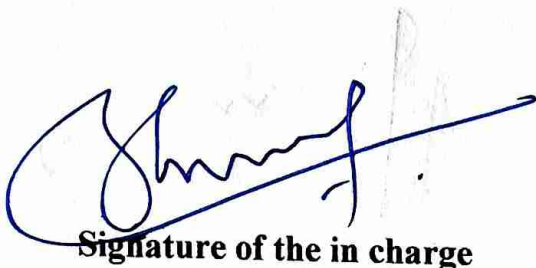
## **FATHER MULLER COLLEGE OF NURSING**

### **A REPORT ON KATIPALLA SATELLITE CLINIC AT KATIPALLA.**

On 8/8/2016, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, and Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of 2 Doctors (Dr. Joylin Jovita Mascarenhas and Dr. Shambu, Department of Psychiatry, Father Muller Medical College Hospital ), one Psychiatric nurse (Mr. Rajeev Mathew Lecturer/ANS, Psychiatric Nursing Department, Father Muller College of Nursing ) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 18 patients attended the clinic and benefited through Satellite Clinic at Katipalla. Mr. Rajeev Mathew Lecturer/ANS, Psychiatric Nursing Department , Father Muller College of Nursing helped the Doctors to collect patients history, to examine the patients, to check patients GRBS&B.P and also to Dispense medications to patients as per the Doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



Signature of the in charge

16-17

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF MEDICAL AND SURGICAL NURSING EXTENSION ACTIVITY"

X

As a part of 'World Health Day 2017' Health awareness program was organized on "Hypertension and Diabetes mellitus" on 7<sup>th</sup> April 2017 at Kolambe Anganwadi, Ammemar , Bantwal. Mrs Preethi Fernandes, Asst.Professor was the resource person. Around 46 members actively participated in discussion and clarified doubts.



for *Chaheda*  
Principal



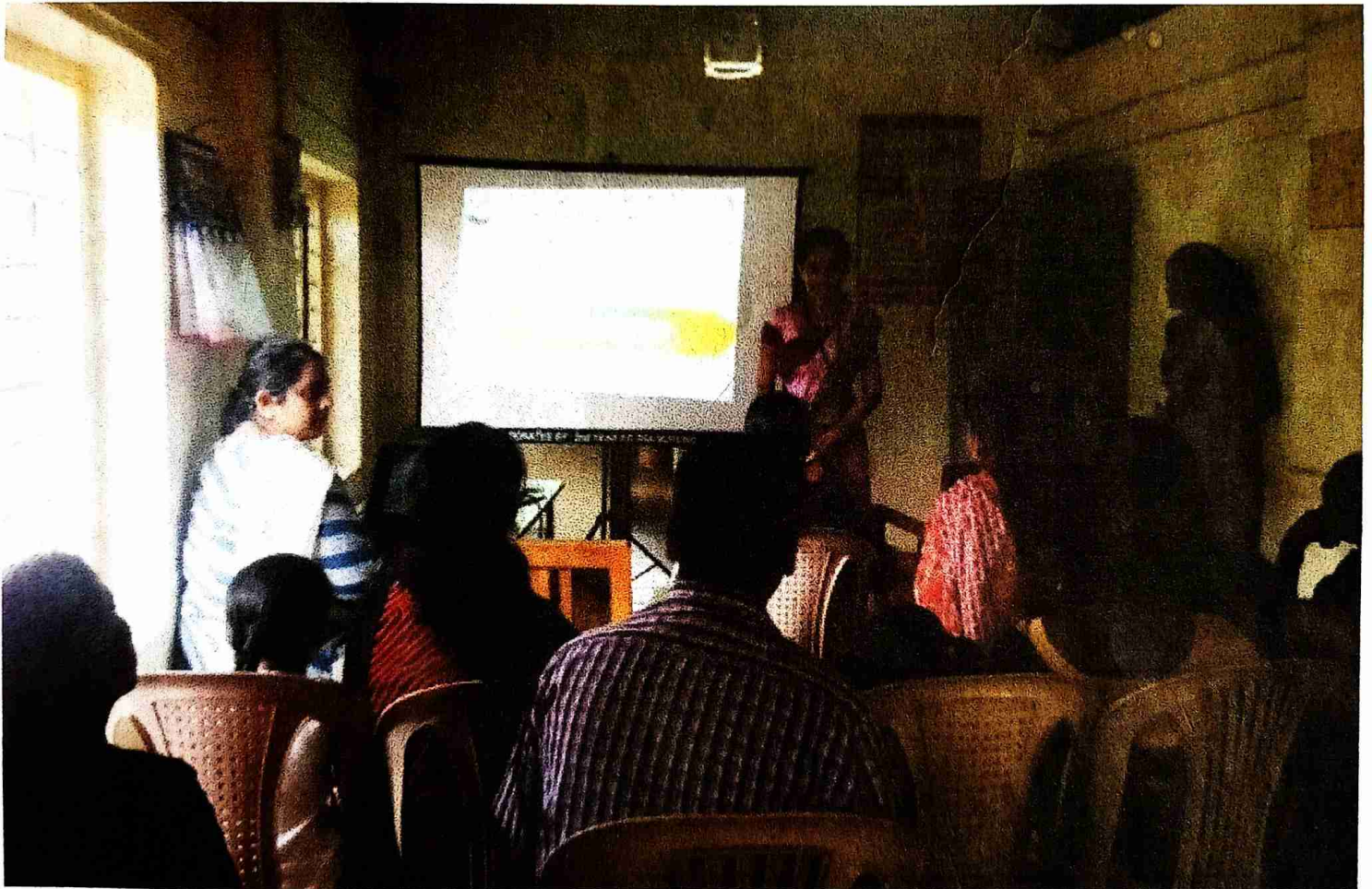
*Preethi*  
HOD

## **Father Muller College of Nursing**

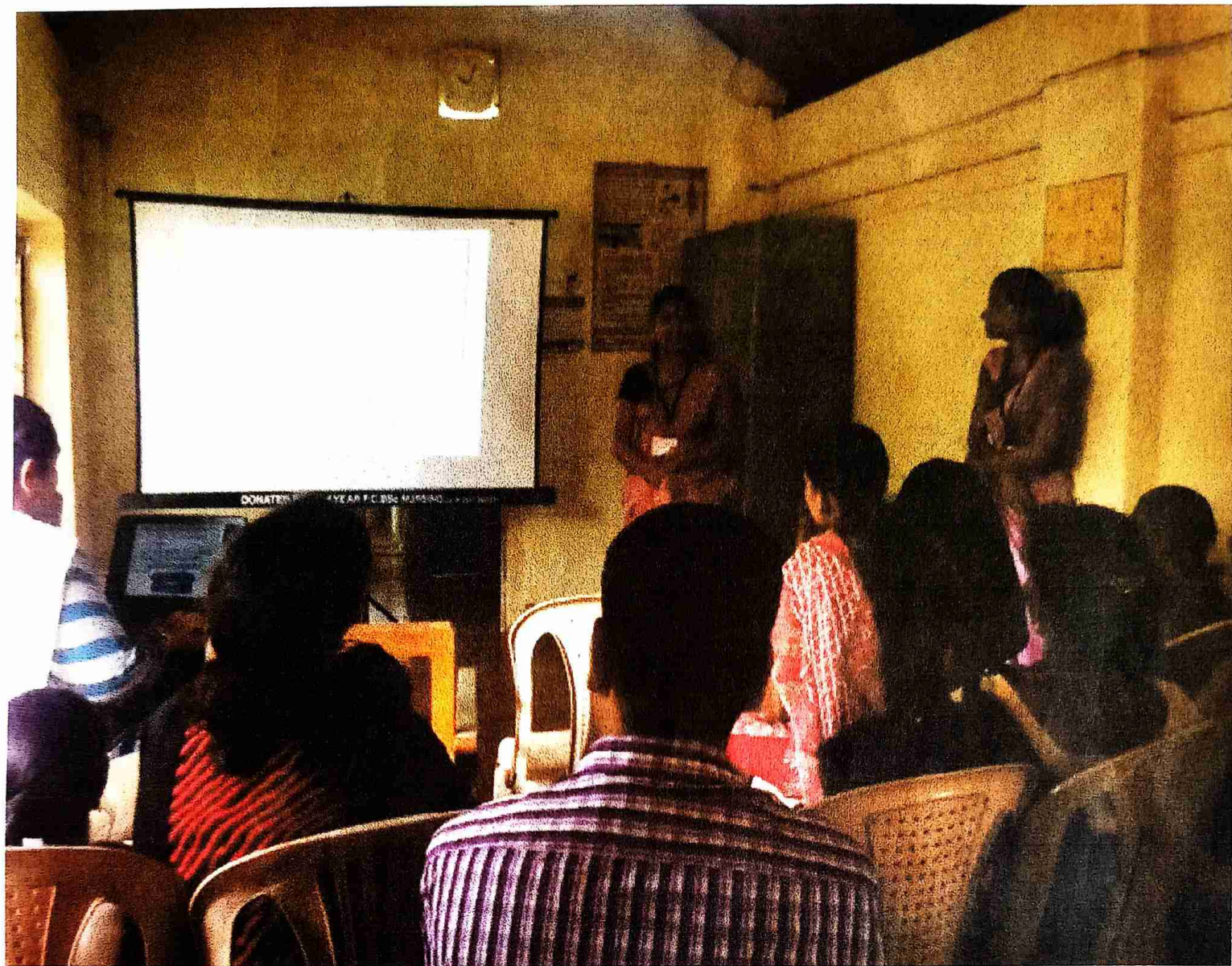
### **Department of Child Health Nursing and Department of Community Health Nursing**

#### **Report on World Immunization Week – 2017 (Health Talk – Vaccines Work)**

In observance of 'World Immunization Week -2017', a health talk on the global theme "Vaccines Work" was organized by the faculty of Department of Child Health Nursing in collaboration with the Department of Community Health Nursing on 25<sup>th</sup> April 2017 in **Jeppu UHC** at 10am under the guidance of Mrs John Neeta, Lecturer, Department of Child Health Nursing. Ms Sonia Karen Liz Sequera, Lecturer, Department of Community Health Nursing, welcomed the gathering.



The resource persons, Mrs Sandra Saldanha, Lecturer, Department of Child Health Nursing and Mrs Priya Sweety, Lecturer, Department of Community Health Nursing gave insight into how vaccines work to protect individuals and communities, its effectiveness and benefits.



The group of 30 beneficiaries were also made aware about the immunization schedule and the availability of vaccines at the periphery health care centres.



Mrs Deepika NC, Lecturer, Department of Community Health Nursing concluded the programme with a vote of thanks.

Date: 25/04/2017

Organizing Chairperson

HOD

(Child Health Nursing)

HOD

(Community Health Nursing)

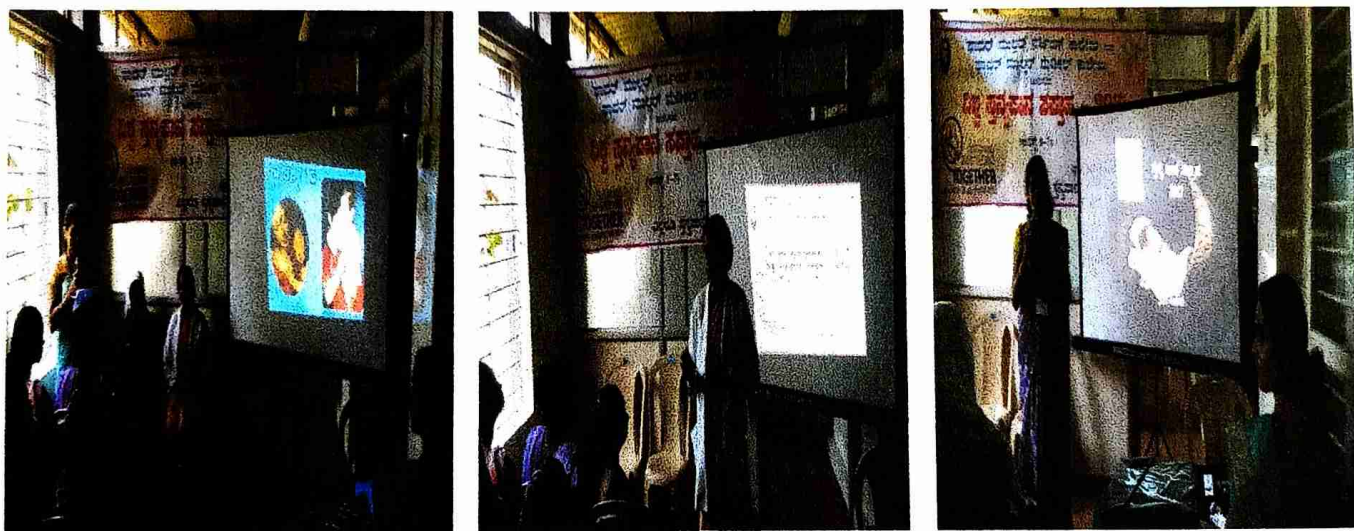
Principal



## **A REPORT ON “WORLD BREAST FEEDING WEEK” (AUGUST 1<sup>ST</sup> – 7<sup>TH</sup>) AT NIRMALA HOSPITAL, ULLAL**

On occasion of ‘World Breast Feeding Week’ from 1<sup>st</sup> to 7<sup>th</sup> of August 2017, the staff of Community Health Nursing department from Father Muller College of Nursing had organized a health talk on the theme for the week “Sustaining Breast feeding together” on 2<sup>nd</sup> of August 2017 in Nirmala Hospital, Ullal, Mangaluru at 10am.

The programme started with the prayer song. Ms. Deepika NC welcomed the Chief Guest Dr. Sr. Lenita D’souza, Obstetrician and Gynecologist, Nirmala Hospital, the faculty members, students from Father Muller College of Nursing and the whole gathering.



Dr. Sr. Lenita D’souza, started with the introduction to the importance of ‘World Breast Feeding Week’. Mrs. Irene T Alvares, Professor and Mrs. Priya S Pereira, Lecturer, department of Community Health Nursing gave health talk on breast feeding and its importance. Ms. Sonia Sequera cleared the doubts raised by the audience. Mrs. Wilma Noronha, Ms. Neetha John, Lecturer, Department of Paediatric Nursing and 4 students from 4<sup>th</sup> year B.Sc Nursing participated in the programme.

A short film named “Amritha Bindu” was telecasted for the audience to get an idea on breast feeding and its various aspects.



There were total 55 beneficiaries for the programme. The programme was a successful one.

Signature of the HOD

8/8/17

Dept of Community Health Nursing

Principal

FMCON





16-17

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF CHILD HEALTH NURSING**  
**REPORT ON HEALTH CAMP, ST. RITA'S SCHOOL, VITTAL**

The general health camp was held on 10<sup>th</sup> September 2017, at St. Rita's School, Vittal Church Premises, Vittal organized by Father Muller Medical College Hospital. The camp commenced at 9am. Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were 202 beneficiaries for this camp.

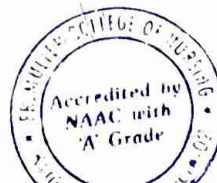
Ms. Sandra J Saldanha, Lecturer, Department of Child Health Nursing, Ms. Precilla D'silva, Lecturer, Department of OBG Nursing, Ms. Priya S Pereira, Lecturer, Department of Community Health Nursing and Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing participated in the activities of the camp by dispensing medications for the beneficiaries. The camp got over by 1 pm.



*Saldanha*  
Signature of the Coordinator  
15/9/17

*15/9/17*  
Signature of the HOD

*Agd*  
Signature of the Principal



2016-17

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**REPORT ON EXTENSION ACTIVITY-VANAMAHOTSAVA &**  
**ENVIRONMENTAL HEALTH AWARENESS PROGRAMME**

The faculty of Community Health Nursing department in collaboration with Dharmasthala Rural Development Association Mangaluru, Pragathi Bandhu Self help group Pandeshwar and Infant Jesus higher primary school Maryhill, participated in Vanamahotsavs programme and organized awareness programme on Environmental health on 14<sup>th</sup> July 2017 at 10:30am in Infant Jesus Higher primary school, Maryhill.

Dr Leena KC, HOD of Community health Nursing department, and the faculty Ms Sonia Sequera, Mrs Priya Pereira, Ms Deepika NC conducted this programme and gave an insight on how to protect our environment, Environmental pollution, its health effects & prevention.



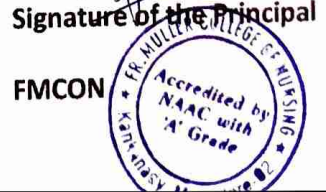
There were 200 School Children, 8 School teachers & 25 members of self help group.

*[Signature]*  
 Signature of Incharge

*[Signature]*  
 Signature of HOD,  
 Dept of Community Health Nursing

*[Signature]*  
 Signature of the Principal

Extension activity file, Dept of CHN



**2017-18**



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

**Kankanady, Mangalore-575002**

**Department of Mental Health Nursing- II MSc Nursing (2017-18)**

**Report on Awareness programme on Mental illness**

An awareness programme was conducted by M Sc Nursing II year students, Department of Mental Health Nursing on 24-05-2018 on the topic **"Awareness on Mental Illness"** in Krishnapura, Surathkal under the guidance of Prof. Agnes E J, HOD and the subject co-ordinator. The programme started at 10:45am with a prayer song. Awareness was provided regarding mental health, mental illness, causes, signs & symptoms, treatment and how to help a patient and family identified with mental illness in the community. People were enthusiastic and were able to understand the concept, and they were motivated to clear their doubts. The health awareness programme ended at 11:15am. 15 people were present for the awareness programme.



Signature of Subject coordinator & HOD

Prof. Agnes E J

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF MENTAL HEALTH NURSING**

**Report on World No Tobacco Day -2018**

On observance of World Tobacco Day-2018, a Radio Talk on Tobacco with the global theme **"Tobacco and heart disease"** was organized by the department of Mental Health Nursing, on 23.05.2018 at RADIO SARANG (107.8 FM), St Aloysius College, Mangalore. Mrs. Lavina Rodrigues, Lecturer, along with Ms. Priya Fiola Pinto and Ms. Joyner Priyanka Pais, the students of II Year Post Basic B.Sc. Nursing, were the resource persons. Mr. Roshan, programme coordinator of Radio Sarang introduced the speakers. The recording of the programme began with a role play on ill effects of tobacco and the talk was highlighted on tobacco and its products like cigarette, beedi, gutka, etc, the current worldwide morbidity and mortality rates of tobacco, ill effects on active and passive smokers, developing major risks like cardiovascular diseases, cancers, Chronic Obstructive Pulmonary diseases, and also it concluded with the management, rehabilitation and prevention of tobacco use. Mr. Roshan thanked the resource persons and awarded with the certificates. The programme was broadcasted by Radio Sarang, FM 107.8 on May 31<sup>st</sup> 2018 at 8.15 am, 1.45 pm and 5.15pm.



SIGNATURE OF THE PROGRAMME COORDINATOR

SIGNATURE OF HOD

**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON PSYCHIATRY SATELLITE CLINIC**

On 6<sup>th</sup> November 2017, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, and Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of 2 Doctors (Dr. Avinash and Dr. Shilpa, Department of Psychiatry, Father Muller Medical College Hospital), 2 students (Mrs. Laura Carvalho, Ms. Deena Davis, Father Muller College of Nursing) from 2<sup>nd</sup> year M.Sc Nursing, Mental Health Nursing specialty, conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 12 patients attended the clinic and benefited through through this clinic. Mrs. Laura Carvalho, Ms. Deena Davis helped the Doctors to collect patients history, to examine the patients, to check patients GRBS&B.P and also to Dispense medications to patients as per the Doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



Signature of the incharge

FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

A GROUP HEALTH EDUCATION REPORT ON "PREVENTION OF LUNG CANCER"

As a part of extension activity, the Department of community health nursing and 2<sup>nd</sup> year PBBSC(N) group 5 students conducted a group health education on "prevention of lung cancer" at Badriya Nagar, Surathkal in Mr. Bavooq's house on 24-11-2017 under the supervision of Ms. Deepika, Lecturer, Department of community health nursing, FMCON. The programme was started at 10.30am with Introduction, Prayer song, Welcome speech and Role play followed by effective health education. Around 10 members were participated in the programme. The programme concluded at 11.10am with vote of thanks followed by serving the refreshment. The programme was well appreciated by the participants.



  
Signature of  
Sub-coordinator

  
Signature of HOD

  
Signature of Principal



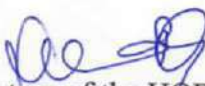
FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
**REPORT ON HEALTH CAMP, ST. RITA'S SCHOOL, VITTAL**

The general health camp was held on 10<sup>th</sup> September 2017, at St. Rita's School, Vittal Church Premises, Vittal organized by Father Muller Medical College Hospital. The camp commenced at 9am. Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were 202 beneficiaries for this camp.

Ms. Sandra J Saldanha, Lecturer, Department of Child Health Nursing, Ms. Precilla D'silva, Lecturer, Department of OBG Nursing, Ms. Priya S Pereira, Lecturer, Department of Community Health Nursing and Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing participated in the activities of the camp by dispensing medications for the beneficiaries. The camp got over by 1 pm.



  
Signature of the Coordinator

  
Signature of the HOD

  
Signature of the Principal






FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING

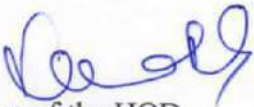
REPORT ON HEALTH CAMP, M.S.C.H SCHOOL, NEERCHAL, KASARAGOD

The General Health Camp was held on 22<sup>nd</sup> October 2017, at M.S.C.H School, Neerchal, Kasaragod, organized by Father Muller Medical College Hospital. The camp commenced at 9am. Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were 315 beneficiaries for this camp.

Ms. Sonia K L Sequera, Lecturer, Department of Community Health Nursing, Ms. Priya S Pereira, Lecturer, Department of Community Health Nursing, Ms. Hezil Asha Sequeira, Lecturer, Department of Community Health Nursing and Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing participated in the activities of the camp by dispensing medications for the beneficiaries. The camp got over by 1.30 pm.



  
Signature of the Coordinator

  
Signature of the HOD

  
Signature of the Principal

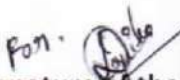


FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
**REPORT ON HEALTH CAMP, MIYAPADAV SCHOOL VICINITY**

The Medical Health Camp was held on 5<sup>th</sup> November 2017 Miyapadav school vicinity, organized by St Antony Charity Institute Jeppu Mangalore along with Father Muller Medical College Hospital. The camp commenced at 9am along with a short inauguration ceremony. Dr. Saritha the senior doctor of Fr Mullers Medical Hospital inaugurated the programme by lighting the lamp Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were almost 276 beneficiaries for this camp.

Mrs. Sherin Jose, Ms. Harit Philip, Ms. Jadriya Fernandes and Ms Jeena Joseph, Nursing Students participated in the activities of the camp by dispensing medications for the beneficiaries. The Camp got over by 1.pm



For:   
Signature of the Coordinator

  
Signature of the HOD

  
Signature of the Principal



FATHER MULLER COLLEGE OF NURSING  
 DEPARTMENT OF COMMUNITY HEALTH NURSING  
 A REPORT ON HEALTH CAMP

The general health camp was held on 12<sup>th</sup> November 2017, at Kripalaya Health Centre, Bhatkal, Organized by Father Muller Medical College Hospital and also by kripalaya health centre. The camp commenced at 9 am. Free medications were distributed to the people. There were 350 beneficiaries for this camp.

As part of community health nursing experience Sr.M.VJancy, Sr.Siji, Ms. PriyaFiola Pinto, Mrs. Sarika of 2<sup>nd</sup> year PBBSC students, participated in the activities of the camp by dispensing medications to the beneficiaries .The camp got over by 1:30 pm.



*Seque*  
12/11/17

Signature of the coordinator

*Am*

signature of the HOD

*Siji*

signature of the principal



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
A REPORT ON HEALTH CAMP

The general health camp was held on 19<sup>th</sup> November 2017, at Sawbhagya hall, kolya, Thokkottu, Organized by Father Muller Medical College Hospital and also bykrupalaya health centre. The camp commenced at 9 am. Free medications were distributed to the people. There were 120 beneficiaries for this camp.

As part of community health nursing experience

Ms. Joyner Priyanka Pais, Ms. Elveera Cutinha, Ms. Rosmy Savy, and Mrs. Sherin Jose of 2<sup>nd</sup> year PBBSC students, participated in the activities of the camp by dispensing medications to the beneficiaries. The camp got over by 2.00 pm.



*[Handwritten Signature]*  
Signature of the coordinator

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signature of the HOD

*[Handwritten Signature]*  
signature of the principal



# Father Muller college of Nursing, Mangaluru

## Report on General Health Camp

The Free general health camp was held on 7<sup>th</sup> January 2018 at Pangimoragu Government high school near MV Shetty college of Nursing, organized by Father Muller Medical College hospital in collaboration with Tudar Samaja Social organization & Lions club, Urwa Store, Mangaluru. The camp commenced at 9:00am after an inaugural programme. Free medicines and spectacles were distributed to the people. There were 150 beneficiaries for this Camp.

Ms Sonia Karen Liz Sequera, Lecturer Department of Community Health Nursing along with Sr Nishamol from 2<sup>nd</sup> PBBSC Nursing & Ms Clena & Ms Flavia from 1<sup>st</sup> PBBSC Nursing, participated in this camp. The camp got over by 2.30pm.



  
SIGNATURE  
OF THE STAFF

  
SIGNATURE  
OF THE HOD

  
SIGNATURE OF  
THE PRINCIPAL



## FATHER MULLER COLLEGE OF NURSING, MANGALURU

### REPORT ON GENERAL HEALTH CAMP, BONDEL

The Free general health camp was held on 21<sup>st</sup> January 2018 at St. Lawrence Church Hall, Bondel, organized by Father Muller College Medical College Hospital in collaboration with Catholic Sabha Mangaluru region, Bondel and Renault Mangaluru. The camp commenced at 9am after the inaugural programme. Free medicines and spectacles were distributed to the people. There were 350 beneficiaries for this camp.

Mrs. Priya Sweety Pereira, Lecturer, Department of Community Health Nursing along with Sr. Nishamol, Ms. Harit and Mrs. Sherin from 2<sup>nd</sup> PBBBSc Nursing participated in this camp. The camp got over by 2pm.



*P.Pereira*

SIGNATURE OF THE STAFF

*[Signature]*  
21/1/18

SIGNATURE OF THE HOD

*[Signature]*

SIGNATURE OF THE PRINCIPAL

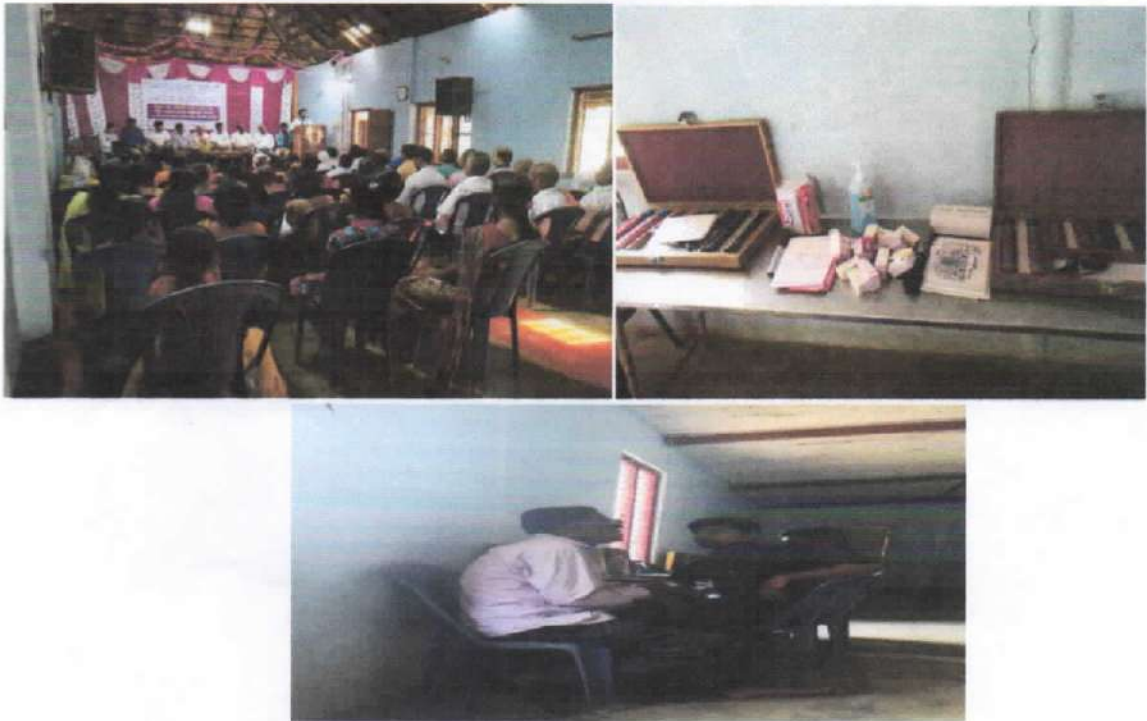


# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON EYE CAMP, BANTWAL

The free **eye camp** was held on 25-03-2018 at Rotary club premises, Bantwal, organized by **Father Muller Medical College Hospital**. The camp was commenced at 10am after the inaugural programme. Free medicines were distributed to the people. There were **163** beneficiaries for this camp.

Two students of 4<sup>th</sup> year B.sc (N) from Father Muller College of Nursing were participated in the activities of the camp by performing registration, checking vital signs, dispensing the medicines to the beneficiaries.



  
Signature of the  
Staff

  
Signature of the  
HOD

  
Signature of the  
Principal



# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GENERAL HEALTH CAMP, MULKY

The **general health camp** was held on 29-04-2018 at Immaculate Conception Church hall, Mulky organized by **Father Muller Medical College Hospital**. The camp was commenced at 9:00am. All the specialties except Obstetrics and gynecology and pediatrics including lab facilities and ECG were made available for the people. Free medicines were distributed to the people. There were **225** beneficiaries for this camp.

As a part of community health nursing experience two students of 4<sup>th</sup> year B.sc (N) and 2 students of 2<sup>nd</sup> year GNM and Ms. Deepika N.C, Lecturer community health nursing department, Father Muller College of Nursing were participated in the activities of the camp by doing ECG, Checking Vital Signs and dispensing the medicines to the beneficiaries. The camp got over by 1:00pm.



Signature of the coordinator

Signature of the HOD

Signature of the Principal





# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GENERAL HEALTH CAMP, PAISAKARY, KERALA

The **Medical camp** was held on 06-05-2018 at Paisakary Kerala, organized by Father Muller Medical College Hospital in collaboration with Devamatha Forane Church, Kerala. The camp was commenced at 10:00am. Oncology and General Medicine Specialities including lab facilities and ECG were made available for the people. Free medicines were distributed to the people. There were 250 beneficiaries for this camp.

As a part of community health nursing experience Ms. Arya Antony and Ansa Thomas from 4<sup>th</sup> year B.sc (N) students of Father Muller College of Nursing were participated in the activities of the camp by dispensing the medicines to the beneficiaries. The camp got over by 1:30pm.



Signature of the coordinator

Signature of the HOD

Signature of the Principal



## FATHER MULLER COLLEGE OF NURSING

### A REPORT ON GENERAL HEALTH CAMP, KOLLANGANA KASARAGOD

The **general health camp** was held on 08-07-2018 at St. Thomas Church hall, Kollangana, Kasaragod Dist. organized by Father Muller Medical College Hospital in collaboration with Share and care charitable society Kollangana Kasaragod. The camp was commenced at 9:30am. All the specialties except Obstetrics and gynecology and pediatrics including lab facilities and ECG were made available for the people. Free medicines were distributed to the people. There were **295** beneficiaries for this camp.

As a part of community health nursing field experience four students of 4<sup>th</sup> year B.sc (N) and Ms. Deepika N.C, Lecturer community health nursing department, Father Muller College of Nursing were participated in the activities of the camp by dispensing the medicines to the beneficiaries. The camp got over by 1:00pm.



Signature of the coordinator

Signature of the HOD

Signature of the Principal




## FATHER MULLER COLLEGE OF NURSING, MANGALURU

### A REPORT ON GENERAL HEALTH CAMP, VAMANJOOR

The general health camp was held on 15-07-2018 at Vidya Jyothi School Vamanjoor organized by Father Muller Medical College Hospital in collaboration with the Catholic Sabha Mangalore Pradesh. Medicine, Dermatology and opthal department along with ECG, laboratory & Pharmacy department was present. There were 184 beneficiaries for this camp. As a part of community health nursing field experience Sr Nishamol, II PBBSc (N) Student and faculty from Community health nursing department, Ms. Sonia Sequera & Mrs Joyce Lavina D'Souza from OBG Nursing Department participated in the activities of the camp by dispensing free medicines to the beneficiaries.



Signature of the HOD

  
6/7/18



Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GENERAL HEALTH CAMP, TALAPADY

The general health camp was held on 21/07/2018 at Mariashram Church Hall, Talapady organized by Father Muller Medical College Hospital in collaboration with Sinchana, Saadana and Vanitha Mahasangas sponsored by CODP. General Medicine, Orthopedics, Opthal, ENT, Dermatology department along with ECG, Laboratory and Pharmacy Department was present. There were 238 beneficiaries for this camp. As a part of community health nursing field experience faculty from community health nursing department Mrs. Deepika N.C and other two staff from Father Muller School of Nursing and Father Muller Medical College Hospital were participated in the Activities of the camp by dispensing free medicines to the beneficiaries.



Signature of the HOD  
23/7/18

Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GENERAL HEALTH CAMP, NAGORI

The general health camp was held on 12/08/2018 at Angelore Church Premises, Nagori Mangaluru, organized by Father Muller Medical College Hospital in collaboration with Shri Saayi Sushiratna Charitable Trust Mangaluru. General Medicine, Orthopedics, Opthal, Dermatology department along with ECG, Laboratory and Pharmacy Department was present. On the same day blood donation camp was conducted by Wenlock hospital. There were 346 beneficiaries for this camp. As a part of community health nursing field experience two students of IV B.Sc nursing and Mrs. Deepika N.C, Lecturer department of community health nursing, Father Muller college of Nursing were participated in the Activities of the camp by registration and dispensing free medicines to the beneficiaries.



Signature of the coordinator

Signature of the HOD  
14/8/18

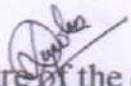
Signature of the Principal

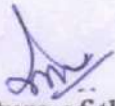


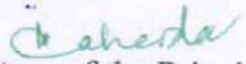
**FATHER MULLER COLLEGE OF NURSING**  
**A REPORT ON GENERAL HEALTH CAMP, TOWN**  
**HALL MANGALURU**

The general health camp was held on 18/08/2018 at Town hall, Near Neharu Maidan, Mangaluru organized by Father Muller Medical College Hospital in collaboration with Mangalore city corporation Mangaluru. This camp is held only for the Pourakarmikas. Departments such as General Medicine, Orthopedics, Opthal, ENT, OBG, Dermatology along with ECG, Laboratory and Pharmacy Department was present. There were 275 beneficiaries for this camp. Three students of II P.B.B.Sc nursing, 2 staffs from Father Muller medical college hospital and Mrs. Deepika N.C Lecturer department of Community Health Nursing, Father Muller college of Nursing participated in the Activities of the camp by registering the names of the beneficiaries, checking BP and by dispensing free medicines.



  
Signature of the coordinator

  
Signature of the HOD

  
Signature of the Principal



# 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

Signature of Principal



# **FATHER MULLER COLLEGE OF NURSING**

## **Department of Community Health Nursing**

### **Report on Health Awareness Programme**

#### **Topic: First Aid in Emergencies**

The Department of Community Health Nursing and 2<sup>nd</sup> year BSc Nursing students conducted a School Health Programme on "First Aid in Emergencies" on 19/12/17 at Dakshina Kannada Higher Primary School, Jappina Mogaru, Mangaluru. The programme commenced at 10:00am with a prayer song and then the role play followed by health education. Around 75 students along with the teaching faculty of the school witnessed the health education programme.



*P. Pany*

**Signature of the  
Subject Coordinator**

*[Signature]*

**Signature of the  
HOD**

*[Signature]*

**Signature of the  
Principal**





# 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.



*P. Pons*

Signature of the  
Subject Coordinator

*[Signature]*

Signature of the  
HOD

*[Signature]*

Signature of the  
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 IV<sup>th</sup> year B.Sc Nursing students organized a mass health education programme on the topic-“**Environmental Sanitation and Personal Hygiene on 10<sup>th</sup> 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

### A HEALTH AWARENESS PROGRAMME ON WATER CONSERVATION

#### METHODS

As a part of extension activity, the department of community health nursing along with 5<sup>th</sup> group of 4<sup>th</sup> 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

Signature of the H.O.D


Signature of the Principal

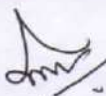



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**REPORT ON GROUP HEALTH EDUCATION PROGRAMME**  
**TOPIC: CERVICAL CANCER**

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 23<sup>rd</sup> 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

  
Signature of the HOD  
Dept of CHN

  
Signature of the  
Principal




## FATHER MULLER COLLEGE OF NURSING


DEPARTMENT OF COMMUNITY HEALTH NURSING

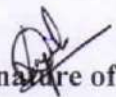
### A REPORT ON GROUP HEALTH EDUCATION PROGRAMME ON ENVIRONMENTAL SANITATION

As a part of extension activity, the department of Community Health Nursing along with 7<sup>th</sup> group of IV<sup>th</sup> 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.



  
Signature of  
Principal

  
Signature of HOD  
Dept of CHN

  
Signature of  
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 IV<sup>th</sup> year B.Sc Nursing students organized a mass health education programme on the topic- **“Anemia”** on 17<sup>th</sup> 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 superintendent 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.



  
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  
 TOPIC: MENTAL RETARDATION

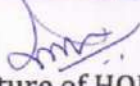
As a part of extension activity, the department of Community Health Nursing along with 6<sup>th</sup> group of 4<sup>th</sup> year B.sc nursing students conducted a group health education programme on the topic "MENTAL RETARDATION" on 21<sup>st</sup> May 2018 at Mrs. Nabeesa's residence, Krishnapura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



  
 Signature of  
 Sub-coordinator

  
 Signature of HOD  
 Dept of Community health nursing

  
 Signature of  
 Principal



**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 3<sup>rd</sup> group of 4<sup>th</sup> year B.sc nursing students conducted group health education on the topic "Antenatal diet, Postnatal care and Immunization" on 22<sup>th</sup> May 2018 at Mrs. Al Ameen Complex, 7<sup>th</sup> 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.



  
Signature of  
Sub-coordinator

  
Signature of HOD  
Dept of Community health nursing

  
Signature of  
Principal






# FATHER MULLER COLLEGE OF NURSING

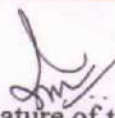
## DEPARTMENT OF COMMUNITY HEALTH NURSING


### 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 25<sup>th</sup> May 2018 at 7<sup>th</sup> 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 31<sup>st</sup> May 2018**. There was a good cooperation from the public.



  
Signature of the  
Subject Coordinator

  
Signature of the  
HOD

  
Signature of the  
Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING


### A REPORT ON NUTRITIONAL PREPARATION PROGRAMME

As a part of extension activity, the department of community health nursing along with 5th group of fourth year B.Sc (N) students conducted a nutritional preparation programme and demonstration at the residence of Mr. Umesh & family at Meenakalya Bikampady on 22<sup>nd</sup> ~~may~~ <sup>APRIL</sup> 2018.




Students demonstrated preparation of Ragi porridge,boiled egg,boiled milk and steamed banana. After preparation ,the items were served to the participants. The nutritive value of each item was explained. The diet prepared was rich in calcium ,protein ,fat ,iron and vitamins.

There were six beneficiaries for the programme.The program 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 subject  
Coordinator

  
Signature of HOD

  
Signature of principal



## FATHER MULLER COLLEGE OF NURSING


### DEPARTMENT OF COMMUNITY HEALTH NURSING


#### NUTRITION PREPARATION & DEMONSTRATION

The Department of community Health Nursing along with final year B.Sc. Nursing students of group II conducted a nutritional program in the residence of Mrs. Sugandhi, Baikamapady on 24<sup>th</sup> <sup>March</sup> April 2018. The programme was done under the guidance of Dr. (Prof) Devina E Rodrigues. Diabetic diet was prepared based on the need of the people. This program highlighted the food which can be taken at any amount, moderation, restricted and which to be completely avoided. The food which can be taken at any amount such as soup and salad was demonstrated by the students. The rest of the items were displayed. The program was benefited by six diabetic patients.



After preparation, the food was served to the members who participated in the education programme and nutritive values of each item were discussed. The programme was concluded with vote of thanks.

  
Signature of  
Sub-coordinator

  
Signature of HOD  
Dept of CHN

  
Signature of Principal



**FATHER MULLER COLLEGE OF NURSING**

**DEPARTMENT OF COMMUNITY HEALTH NURSING**

**A REPORT ON NUTRITION PREPARATION PROGRAMME**

As a part of extension activity, the Department of community Health Nursing along with 1<sup>st</sup> group of final year Bsc Nursing students conducted a nutritional programme at the residence of Mrs.Ellova's family, on 23<sup>rd</sup> April 2018 .The programme was done under the guidance of Prof.Irene Alvaris HOD ,Department of community health nursing. Weaning diet was prepared based on the need of the children.Students demonstrated preparation of Raggi, Maize mix, Horlicks milk, Avil preparation, Jack fruit pudding, Mango pulp mix, Smashed banana, Boiled egg, Boiled banana. There were total 10 beneficiaries for this programme.



After preparation, the recipes were served to the children who participated in the education programme and nutritive values of each item were discussed. The programme was concluded by vote of thanks to the participants for their cooperation and support.



Signature of  
Sub-coordinator

Signature of HOD  
Dept of CHN

Signature of Principal



**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**REPORT ON HEALTH CAMP, ST. RITA'S SCHOOL, VITTAL**

The general health camp was held on 10<sup>th</sup> September 2017, at St. Rita's School, Vittal Church Premises, Vittal organized by Father Muller Medical College Hospital. The camp commenced at 9am. Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were 202 beneficiaries for this camp.

Ms. Sandra J Saldanha, Lecturer, Department of Child Health Nursing, Ms. Precilla D'silva, Lecturer, Department of OBG Nursing, Ms. Priya S Pereira, Lecturer, Department of Community Health Nursing and Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing participated in the activities of the camp by dispensing medications for the beneficiaries. The camp got over by 1 pm.



Signature of the Coordinator

Signature of the HOD

Signature of the Principal



**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**REPORT ON HEALTH CAMP, M.S.C.H SCHOOL, NEERCHAL, KASARAGOD**

The General Health Camp was held on 22<sup>nd</sup> October 2017, at M.S.C.H School, Neerchal, Kasaragod, organized by Father Muller Medical College Hospital. The camp commenced at 9am. Blood sugar monitoring and ECG were done when needed. Free medications were distributed to the people. There were 315 beneficiaries for this camp.

Ms. Sonia K L Sequera, Lecturer, Department of Community Health Nursing, Ms. Priya S Pereira, Lecturer, Department of Community Health Nursing, Ms. Hezil Asha Sequeira, Lecturer, Department of Community Health Nursing and Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing participated in the activities of the camp by dispensing medications for the beneficiaries. The camp got over by 1.30 pm.



Signature of the Coordinator

Signature of the HOD

Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING

Medical surgical Nursing Department

## RADIO TALK ON: AIDS

In observance of "world AIDS Day-2017" a Radio Talk on AIDS with the global theme "My Health, My Right" was organized by the 1<sup>st</sup> year Post Basic B.Sc. Nursing students under the guidance of Mrs .Preethi Fernandes, Department of Medical Surgical Nursing which was broadcasted by Radio Sarang FM 107.8 on December 9<sup>th</sup>2017at 8.15 am, 1.45 pm and 5.30pm.



  
Programme Coordinator

  
HOD

  
Principal



**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**REPORT ON HEALTH CAMP, LORETO, BANTWAL, MANGALURU.**

The General Health Camp was held on 21<sup>st</sup> January 2018, at Loreto, Bantwal, Mangaluru, organized by Father Muller Hospital Thumbay. The camp commenced at 9am. Blood sugar monitoring, bone density and spirometry were done when needed. Free medications were distributed to the people. There were 125 beneficiaries for this camp.

Mrs. Sonia D'Souza, Assistant professor, Department of Medical Surgical Nursing, Sr. Nancy Lecturer, Department of Medical Surgical Nursing, Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing and the students of M.Sc Nursing, Ms. Rizma Fernandes, Ms. Nikita D'silva and Ms. Nancy D'souza, participated in the activities of the camp by checking the Body Mass Index, Waist Circumference, Blood pressure of the beneficiaries. The camp got over by 1.30 pm.



*Sahada*  
Signature of the HOD



*[Signature]*  
Signature of the Principal



## REPORT OF HEALTH CAMP

18<sup>TH</sup> MARCH AT PUTTUR

A health camp was organized by Father Muller Hospital Thumbay at Puttur church on 18.3.2018. The medical surgical nursing department of Father Muller College participated in the camp by organizing a counter namely "cardiovascular and diabetes risk assessment" for adults, two staff and five students assessed the adults for cardiovascular and diabetes risk by measuring their height, weight, BMI, blood pressure and health education. Two adults were found to be hypertensive and were referred to the medicine counter about 150 adults benefited from this camp.



*Chaveta*  
HOD



*[Signature]*  
Principal

*[Signature]*

# FATHER MULLER COLLEGE OF NURSING

Medical surgical Nursing Department

## RADIO TALK ON: TUBERCULOSIS

In observance of "World Tuberculosis Day-2018" a Radio Talk on Tuberculosis with the **global theme "Wanted: Leaders for TB free world"** was organized by the 1<sup>st</sup> year Post Basic B.Sc. Nursing students under the guidance of Mrs .Preethi Fernandes and Mr. Abin Kuriakose, Department of Medical Surgical Nursing which was broadcasted by **Radio Sarang FM 107.8** on March 24<sup>th</sup> 2018 at 8.15 am, and 1.45 pm



  
Programme Co-Ordinator

  
HOD

  
principal



**Father Muller College Of Nursing  
Department Of Medical Surgical Nursing**

**REPORT ON HEALTH CAMP, KARINKA TEMPLE, BANTWAL, MANGALURU.**

The General Health Camp was held on 8<sup>th</sup> April 2018, at Karinka Temple Ananthady, Bantwal, Mangaluru, organized by Father Muller Hospital Thumbay. The camp commenced at 9am. Blood sugar monitoring, and spirometry were done when needed. Free medications were distributed to the people. There were 10 beneficiaries for this camp.

Mrs. Sonia D'Souza, Assistant professor, Department of Medical Surgical Nursing, Mr. Abin Kuriakose, Lecturer, Department of Medical Surgical Nursing and the students of M.Sc and PBBSc Nursing, Ms. Nikita D'silva and Ms. Nancy D'souza, Ms Ngawang participated in the activities of the camp by checking the Body Mass Index, Waist Circumference, Blood pressure of the beneficiaries. The camp got over by 1.30 pm.



*Sahendra*  
Signature of the HOD

*[Signature]*  
Signature of the Principal



**FATHER MULLER COLLEGE OF NURSING, MANGALORE**

**MEDICAL SURGICAL NURSING DEPARTMENT**

**RADIO PROGRAM ON MALARIAL AWARENESS**

The department of Medical Surgical Nursing Conducted a Radio programme on 24-04-18 on the observation of World Malaria Day with the theme **"Ready to Beat Malaria"** by the II year BSc.Nursing students Ms.Jenevia,Ms Ashly,Ms Jasica and Ms Ramya under the guidance of Sr Judy and Mrs.Jubee Joseph at 107.8. FM Radio Sarang station St. Alyosius College, Mangalore and it was broadcasted on 25-04-18 at 8.15am and 1.40pm.



*Subject Coordinator*  
27/4/2018  
Subject Coordinator

*Chheeda*  
HOD



Father Muller College of nursing  
Department of Medical Surgical Nursing

Report of Extension Activity-Medical Camp at Thumbay

The Faculty and students of department of Medical Surgical Nursing was participated in Medical Camp at Father Muller Hospital Thumbay on 1/05/2018. The medical camp was started at 9 am and there was separate counter for cardio vascular risk assessment. The beneficiaries of health camp were about 480 and concluded with great appreciation from the clients.



*Adithyana*  
2/5/2018  
Signature of the Co-ordinator

*Chahasta*  
Signature of the HOD



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF MEDICAL SURGICAL NURSING**  
**REPORT ON RADIO PROGRAMME**

The third year BSc nursing students under the guidance of Mrs Indu and Sr. Nancy organized a radio programme on the theme "Lung Cancer". It was recorded on 4.06.2018 and will be broadcasted by Radio Sarang FM 107.8 on 7<sup>th</sup> June 2018 at 8.15 am, 1.45 pm and 5.15pm.



*Snehma*  
05/06/18  
SUBJECT COORDINATOR



*Chandana*  
HOD

**FATHER MULLER COLLEGE OF NURSING, MANGALORE**

**MEDICAL SURGICAL NURSING DEPARTMENT**

**RADIO PROGRAM REPORT ON BLOOD DONATION AWARENESS**

The department of Medical Surgical Nursing Conducted a Radio programme on 29-06-18 as an extension activity on the observation of Blood Donation Awareness Day by the II year BSc.Nursing students Ms Roshni, Ms Merin, Ms Teena Mary, and Ms Reema at 107.8. FM Radio Sarang station St. Aloysius College, Mangalore and it will be broadcasted on 02-07-18 at 8.15am and 2.15pm.



*For [Signature]*  
21/7/18  
**Subject Coordinator**

*[Signature]*  
**HOD**



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF MEDICAL SURGICAL NURSING**  
**REPORT ON RADIO PROGRAMME**

The third year BSc nursing students under the guidance of Mrs Indu and Sr. Nancy organized a radio programme on the theme "Brain tumour". It was recorded on 18.06.2018 and will be broadcasted by Radio Sarang FM 107.8 on 28<sup>th</sup> June 2018 at 8.15 am, 1.45 pm



*Surekha*  
*27/06/18*  
**SUBJECT COORDINATOR**

*Shreeda*  
**HOD**







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

**DEPARTMENT OF NURSING FOUNDATION**

**Report of Health Education on Hand Hygiene**

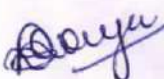
The Department of Nursing Foundation with the 1<sup>st</sup> BSc Nursing students celebrated children's day in Pachanady village, Bondel on 18<sup>th</sup> November 2017. The Program was began at 3.30pm with prayer song and followed by entertainment.




The program continued with action song and **Health Education On Hand Hygiene**. Various games were conducted and also several rhymes and action song has been taught to the children of the slum

The program was coordinated by Mrs. Diana, Lecturer, Department of nursing foundation under the guidance of Sr Deepa Peter, HOD Department of Nursing Foundation.



  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

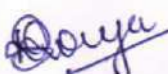
**World Immunization Day-2017**

With the view of observing **World Immunization Day 2017**, Department of Nursing Foundation with the 1<sup>st</sup> BSc Nursing students organized a **Radio Talk at Sarang 107.9FM**. The Program was telecasted on 11<sup>th</sup> of November 2017 at 8.15 am.

The program was initiated through an introductory skit followed by general information on important aspects of immunization specially emphasizing on importance of immunization for the children.

The program was coordinated by Mrs. Diana, Lecturer, Department of nursing foundation under the guidance of Sr Deepa Peter, HOD Department of Nursing Foundation.



  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Report on national youth day celebration- 2108**

The Department Of Nursing Foundation with 1<sup>st</sup> year BSc Nursing students, organized **National Youth Day** at govt pre-university college of women, Balmata. Mangalore on 20<sup>th</sup> January 2018.



Programme was coordinated by departmental faculty Mr.Abin and Sr. Nancy Mathias. Celebration began with prayer. Ms Tania welcomed the gathering. Topic was introduced by mime show which addressed

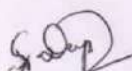
the problems faced by the youth.

Principal of Govt College Mrs. Mariatt Mascharanes addressed the students regarding the importance of youth day. Session on various youth aspects, habits, attitude ect was taken by Fr. Chetan Machado.

Programme ended with vote of thanks by Ms Ancita Coelho. Around 200 students were benefited the programme. Around 20 students of B.Sc nursing were involved in conducting the programme.



  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Report of Health Education on Personal Hygiene**

The nursing foundation department with 20 First year B.Sc (N) students conducted a **Health Education Programme** at Pachanady village on 17/02/2018 at 3pm with regard to **Personal Hygiene**. Programme was performed to instil the **Importance of Personal Cleanliness and its Ill Effects**.

Programme was coordinated by Mrs Asha, Assistant Lecturer. Educated the village children by series of skits on personal hygiene like Mouth Care, Bathing, nail care , foot care, hand washing, as well as effects of poor personal hygiene. After each skit the detail information was delivered to the children by nursing students.

Children and their parents were given opportunity to express their doubts and ideas regarding the topic. Children were also given chance to exhibit their talents. The session ended with vote of thanks by Ms Nikitha. Nursing students distributed soap, biscuits, tooth paste and brush ect. to the village children. Nearly 40 beneficiaries witnessed this programme.



*Asha*  
Organizer

*Asha*  
HOD

*Asha*  
Principal





**FATHER MULLER COLLEGE OF NURSING**  
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**Kankanady, Mangalore-575002**

**DEPARTMENT OF NURSING FOUNDATION**

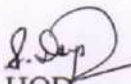
**Report on world cancer Day-2018**

The Department of Nursing Foundation **Observed World Cancer Day-2018** on 19<sup>th</sup> February 2018 at 3pm in Ave Maria Palliative care unit. Vamanjoor. The theme was "We Can I Can". Sr Deepa Peter HOD along with 12, 1<sup>st</sup> year B.Sc nursing and 4 M.Sc nursing students visited the centre. Dr Lavina director of the palliative care centre briefed regarding the centre and its facilities. The program was coordinated by Sr. Deepa Peter,

The program began with prayer song followed by entertainment activities like group songs and dance by the nursing students. Faculty and students were given chance to visit the patients and console them with their presence. To support the patient and the faculty students have contributed their help through money and things according to the needs. Programme came to an end with vote of thanks by Mrs. Laveena Rodrigues.



  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

The Department of Nursing Foundation and the students of 1st B Sc Nursing conducted a radio talk in community Radio Sarang 107.8FM on the topic '**Importance of saving water**' on 27.3.2018. The programme was coordinated by Mrs. Shwetha Rashmi, Lecturer under the guidance of Rev. Sr Deepa Peter, HOD of Nursing Foundation Department, Father Muller College of Nursing.

The program will be broadcasted on 30.3.2018 at 8.15am.



  
Organizer

  
HOD

  
Principal





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

**DEPARTMENT OF NURSING FOUNDATION**

**Report of Awareness program on 'Environmental Sanitation,  
natural disasters and child safety'**

The Department of Nursing Foundation with the 1<sup>st</sup> BSc Nursing students conducted an **Awareness program on 'Environmental Sanitation, natural disasters and child safety'** at Infant Mary Primary School, Jeppu on 19/07/2018 at 2 pm.

The program was coordinated by Mrs. Shwetha Rashmi, Lecturer, under the guidance of Sr Deepa Peter, HOD Department of Nursing Foundation.

The programme began with prayer song. The faculty and the students had created awareness among school children through skit, puppet show and PPT. The various songs were thought to the children based on the topic.

Programme was concluded with vote of thanks. Around 100 students benefited by the programme. There were 12 nursing students involved in conducting programme.



*Bunee*  
Organizer

*S. Deepa*  
HOD

*Appl*  
Principal



# FATHER MULLER COLLEGE OF NURSING

## STREET PLAY REPORT: SWATCH BHARATH, DRUG ADDICTION AND WORLDS AIDS DAY

The World AIDS Day 2017 was observed on 4-12-2017 at 3.30pm by Obstetrics and Gynecological department of Nursing in collaboration with **Pudu Gram Panchayath at Farangipete Market**. The IV year nursing students staged street play on **Swatch Bharath, Drug addiction and AIDS by highlighting the theme 'Right to health'**. The huge crowd viewed the street play and admire the student's efforts through claps and good verbal feedback.



Prepared By :  
Rama Frank

Paula  
1/2/17



MOB



# FATHER MULLER COLLEGE OF NURSING

## REPORT ON CANCER AWARENESS PROGRAMME

The OBG Nursing department of Father Muller College of Nursing had put on a **street play** at K.S.R.T.C. Bus stand regarding the **Cancer Awareness** on 07-02-2018. The fourth year B.Sc Nursing students created awareness to the public on causes, symptoms, diagnostic measures of various Cancers and its prevention through their performance. A very good number of public viewed and admired the street play.



Shobha  
8/2/18

Pravila  
8/2/18



**FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF OBG NURSING  
REPORT OF HEALTH TALK ON ANTENATAL CARE**

As an observance of **Pregnancy Awareness Week**, the Department of Obstetrics and gynaecological Nursing along with the students of PBBSc nursing organized health awareness programme on **'Antenatal Care'** at **Urban Health Centre, Jeppu** on 22.02.2018. A total of 30 - 40 pregnant mothers were benefited with this programme.



*Anavita*  
15/3/18  
Signature of the HOD

*[Signature]*  
Organizer  
Mrs. Ranyashee . S.



**FATHER MULLER COLLEGE OF NURSING**

**DEPARTMENT OF OBG NURSING**

**A report on Immunization and Safe motherhood**

The Department of Obstetrics and Gynecological Nursing conducted a health education programme at **Surathkal PHC** on 25-05-2018 at 10.00 a.m. on the topic "**Immunization and Safe Motherhood**". The programme began with a prayer song. The students played a role play on antenatal care and also gave a detail information on Family planning and immunization by using charts and flash cards.



At the end of the programme pamphlets of breastfeeding and iron rich diet was distributed to the mothers. There were around 40 beneficiaries from this programme.



Signature Of the Faculty

Date : May 25, 2018

Signature of the HOD



**Father Muller College of Nursing  
Department of OBG Nursing  
Report on Breastfeeding week celebration - August 1-7,2018.**

**August 1"**

World Breastfeeding Week is celebrated globally every year from August 1 to 7 to encourage breastfeeding, to promote mothers rights and to ensure a safe and healthy growth of a child. As



part of celebrating World Breastfeeding Week, weeklong activities were conducted at the hospital and outreach centers. Themed on, 'Breast Feeding- Foundation of Life', a weeklong programme marked the beginning with the Inaugural Ceremony of World Breast Feeding Week held at the Hospital Conference

Hall of Father Muller Medical College Hospital, on Tuesday, August 1, 2018.

The programme commenced with an invocation followed by lamp lighting by the esteemed dignitaries, the Guest of honor, Dr Mahesh Navada, Associate Professor, Department of Obstetrics and Gynaecology, Father Muller Medical College Hospital highlighted the importance of breastfeeding.



The World Alliance for Breastfeeding Action (WABA) is an initiative to Protect, Promote and Support Breastfeeding worldwide. He further stated that, Breast milk has been a benison to thousands of lives for centuries. Breast milk has immune-boosting components and boosts overall growth and development in a child. It provides resistance to fight against infections and other diseases. Breastfeeding is a noble act of sacrifice, love, care and strength. Apart from this, it is also benefitting towards nursing mothers, by providing resistance from breast cancer, ovarian cancer and also improves overall bone health.

In his Presidential address, Fr Rudolph Ravi D' Sa, Administrator of Father Muller Medical College Hospital expressed the need for creating an environment conducive to sustained breastfeeding. He also urged the nursing mothers to be an inspiration to all women around the world.



August 2<sup>nd</sup>, 2018

The faculty and postgraduate students of Obstetrics and Gynecological Nursing department, observed the World Breast feeding week 2018 on the theme "Breast Feeding Foundation of Life". On 2- August, the program was held at Nirmala Hospital Ullal. The program commenced with a prayer song followed by lighting the lamp as a symbol of knowledge. Updates on importance of breast feeding to mother and child, techniques of breastfeeding and storage of breast milk especially to the working mothers were given. The talk was delivered through discussion, demonstration video clips and posters by Ms. Merlin.



A short video clip **Amirtha Bindu** was played after the talk. A quiz was conducted during the session to gain participation from the audience. More than 100 participants including antenatal, postnatal mothers and adolescent girls were present. Dr Sr Lenita the Obstetrician and Gynecologist of the hospital, Rev Sr Emma, Administrator Nirmala hospital, Ullal, Mrs. Pramila D'Souza the HOD of the department of Obstetrics and Gynecological Nursing, Mrs. Shoba Assistant professor of the department and the staffs of the Nirmala hospital witnessed the programme. Ms. Ramya compeered the program.

**August 3<sup>rd</sup>,2018:**

Breast feeding awareness given on the Hospital public address system of Father Muller Charitable Institutions to all the inpatients and to their relatives, staffs and students which covers about 1500 people at a time. On the same day a short video clip Amritha Bindu was played in the outpatient department of maternity and Pediatrics.



**August 04,2018:** Health talk and quiz was conducted to the in patients of antenatal and postnatal wards. After which Amritha Bindu was played.

**August 06,2018**

A Guest Lecture was organized by the Department of Obstetrics and Gynecology of Father Muller medical college and College of Nursing on 6<sup>th</sup> August 2018 in the Hospital Conference Hall at 3pm. Dr Prathima Prabhu, Assistant Professor, Department of Obstetrics and Gynecology, Father Muller Medical College was the resource person. She reviewed the various aspects of breast feeding and highlighted theme "Breastfeeding the foundation of life" 2018 , recent updates from BFHI regarding breast feeding. Faculty, students and staff nurses from the Father Muller Medical College, Nursing College and



hospital, Staff nurses witnessed the program. On the same day a poster display competition on the theme "Breastfeeding: Foundation to life" was held for the students. The winners of the Poster competition were awarded.



**August 07,2018:**

Updated on Breast feeding theme and significance of the breastfeeding was done to the antenatal, postnatal mothers and in the outpatient departments of OBG and pediatric to the



general public A video clip on breastfeeding 'Amritha Bindu' was displayed. A Quiz was conducted regarding various aspects of breast feeding to the inpatients of maternity wards on August 7<sup>th</sup>. The first three winners were announced as the winners and prize distribution was done by the ward in-charges and ANS of the maternity ward. Around 500 general public

including antenatal, postnatal, adult girls, health personnel were benefitted.



At the end of events on all the days mothers were awarded, to gain participation during the session.

*Prāmila D'Souza*  
Prāmila D'Souza

HoD, Dept.OBG Nursing

FMCON



FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF CHILD HEALTH NURSING  
REPORT ON HEALTH CAMP, AT ST. BRIGIDS  
AUDITORIUM, SULLIA

April 15,  
2018

The general health camp was held on 15<sup>th</sup> April 2018, at St. Brigids Auditorium Sullia, St Joseph Church Premises, Sullia organized by Father Muller Medical College Hospital. The camp commenced at 9.00 am. Specialists from the departments of Medicine, Ophthalmology, Orthopedics, pediatrics were available for the services. Blood Sugar Monitoring, ECG, Optometry, Anthropometry and growth monitoring were performed for the beneficiaries. Free medications and concessional referral cards were distributed to the people. There were 85 beneficiaries for this camp.

Mr Manoj P S, Lecturer, Department of Child Health Nursing, participated in coordinating the activities at the camp by dispensing medications for the beneficiaries with the help of students of Father Muller School and college of Nursing. The camp came to an end by 1.00 pm



Signature of the Coordinator

Signature of the HOD

Signature of the Principal





FATHER MULLER COLLEGE OF NURSING  
DEPARTMENT OF CHILD HEALTH NURSING

**Report on Radio Talk**

In observance of "World Immunization Week-2018" a Radio Talk on "**Immunization**" was organized by the Department of Child Health Nursing along with 2 students of III B.Sc (N). The programme will be broadcasted by **Radio Sarang FM 107.8** on **April 23<sup>rd</sup> 2018** at **8.15 am** and **1.45 pm**.



  
In charge

  
H.O.D

  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF PAEDIATRIC NURSING**  
**REPORT ON BREAST FEEDING WEEK 2018**

The Departments of Paediatric Medicine & Paediatric Nursing along with the Department of Women and Child Welfare, Bantwal organized a program on 4<sup>th</sup> August 2018 as a part of observance of Breast Feeding week at Father Muller Hospital Thumbay, for the postnatal mothers and their family members on the theme 'BREAST FEEDING -Foundation of Life'.

Rev. Fr Roshan Crasta, Administrator of the Hospital inaugurated the program by lighting the lamp. A Video on 'Amritha Bindu' was played, which includes all aspects of breast feeding in order to bring awareness among postnatal mothers. The Department of Pediatric Medicine and Pediatric Nursing along with the faculty conducted a quiz for the postnatal mothers and also organized a 'Healthy-Babies Show' for the infants. The winners were awarded with first, second and third prize. A total of 137 beneficiaries benefitted from this programme. Sweets were distributed to all the children and mothers.

The programme was co-ordinated by Mrs. Priya Janifer Fernandes, Assistant Professor, Father Muller College of Nursing.



HOD

Date: 11.08.2018




for *Chudra*  
PRINCIPAL

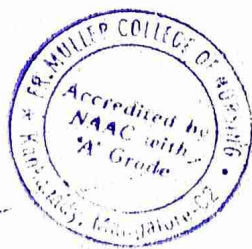
# FATHER MULLER COLLEGE OF NURSING

NATIONAL INTEGRATION CAMPAIGN – 2017-18

National Integration camp by Govt of Karnataka, 148 NSS volunteers from all over India participated. Ms Jasmin J and Ms Swathy, students of IIIrd Year BSc, Father Muller College of Nursing represented RGUHS Bangalore for National integration camp. Camp started on 24/3/2018 and ended on 30/3/2018. Venue for the camp was Mangalore university campus, Hampankatta, Mangalore. The camp dealt on importance of NSS, communication and leadership skill etc.



  
NSS PROGRAMME OFFICER



  
PRINCIPAL

# FATHER MULLER COLLEGE OF NURSING

Kankanady Mangalore 2017-18

## NSS Report of Environmental Pollution Awareness Programme

NSS unit of Fr Muller college of Nursing organized an awareness programme on 19.5.18 on environmental pollution through street play. The location was at the Thokottu bus station. 15 NSS volunteers along with NSS programme officer (Shajan Xavier) and Mrs Hazel Asha (Lecturer) attended the programme. The street play started at 9.30 am and ended at 10.15 by a vote of thanks by Stefy Noronha. Unit has given awareness of air pollution, water pollution, soil pollution, noise pollution etc. Nearly 150 people benefitted from this programme.



  
NSS PROGRAMME OFFICER



  
PRINCIPAL

# FATHER MULLER COLLEGE OF NURSING

## Kankanady –Mangalore 2017-18

### NSS REPORT ON WORLD DAY AGAINST CHILD LABOUR

NSS unit of Father Muller College of Nursing Participated in a procession during " World Day Against Child Labour" programme organised by the District administration, Zilla Panchayat, District Legal Services Authority, Labour Department, Child Helpline and Bar Association in the city on June 12, Monday 2018; Additional Deputy Commissioner Mr AG Gangadhar, Senior Civil Judge, Mangalore inaugurated the program.



The procession started from Hampankatta circle at 9 am to Townhall carrying placards of various slogans related to prevention of child labour, the main motto of this programme was to create awareness about the child labour among the general public and its legal consequences. The district administration had initiated a move to declare Dakshina Kannada district as child labour-free district in two years ago.

Mr AG Gangadhar, Principal District and Sessions judge, Mr KB Nagaraj, Assistant labour commissioner, Mr Mallanna Gowda, secretary, District law services division, Mr Shivaramayya, Asst Director of public education department etc were spoken. The programme ended at 12.45 pm.

  
NSS PROGRAMME OFFICER



  
PRINCIPAL



# 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

## YOUTH RED CROSS CELL

### TV BROADCASTING - WORLD WATER DAY 2018

The Youth Red Cross Unit of Father Muller College of Nursing organized a talk at V4 Channel in observance of World Water Day 2018. The talk was based on this year theme "Nature for Water", explores nature-based solutions (NBS) to the water challenges we face in the 21st century.

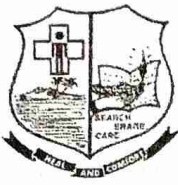
The program was taped on 17 th March 2018 at 3:30pm and which will be telecasted on Friday 23 rd March 2018 at 9pm and also on Saturday 24 th March 2018 at 2pm. The talk was given by Mrs Lavina Rodrigues and Mrs Deepika N C, members of Youth Red Cross Unit, Father Muller College of Nursing.



  
Programme Co-ordinator



  
Principal



# 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

## YOUTH RED CROSS CELL

### JUNGLE AND REAL LIFE SURVIVAL TRAINING PROGRAM

The Youth Red Cross Cell of Father Muller College of Nursing organized a "Jungle and Real life Survival - Hands on Skill Training Program" for Red Cross Members on 14 th April 2018, from 7.30am to 5pm in Kinnigoli, Mangaluru in association with Disaster Management, Sub-committee, Indian Red Cross Society, DK. The Resource Persons were Mr Santhosh Peter Dsouza (B.A. (L) LL.B, Advocate and Legal Consultant and District Convenor of Youth Red Cross Cell D.K) and Mr Nithin, Assistant Trainer for Disaster Management Training Program. The Jungle and Real Life Survival program is one such program which prepares the individual to withstand not only the rigours of the jungle but also to combat man made calamities and natural disasters. The program was coordinated by Mr Rajeev Mathew-in charge, Youth Red Cross Unit, Father Muller college of Nursing.



  
Programme Co-ordinator



  
Principal



# 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

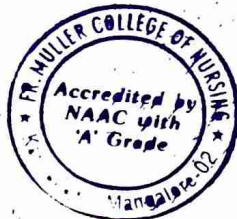
## YOUTH RED CROSS CELL

### RADIO PROGRAMME ON "WORLD NO TOBACCO DAY"

A radio programme on "World No Tobacco Day" will be broadcasted on 27<sup>th</sup> May 2018 at 09.16 AM in English and 30<sup>th</sup> May 2018 at 06.15 pm in Konkani, in All India Radio, Akashavani, Mangaluru(100.3 MHz). This programme is organized by the Youth Red Cross Cell, Father Muller College of Nursing in collaboration with Akashavani, Mangaluru. Mr Rajeev Mathew, Assistant Professor, Dept.of Psychiatric Nursing and MS Roopa Maria Dsouza & Ms Zeena Demitra Dsouza, III rd. BSc Nursing Students, were the resource persons for the English and Konkani Radio Programme on World No Tobacco Day. This programme was recorded on 14<sup>th</sup> May 2018.



Programme Co-ordinator



Principal





# 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

## YOUTH RED CROSS CELL

### "WORLD BLOOD DONORS DAY" - SEMINAR COMPETITION WINNERS

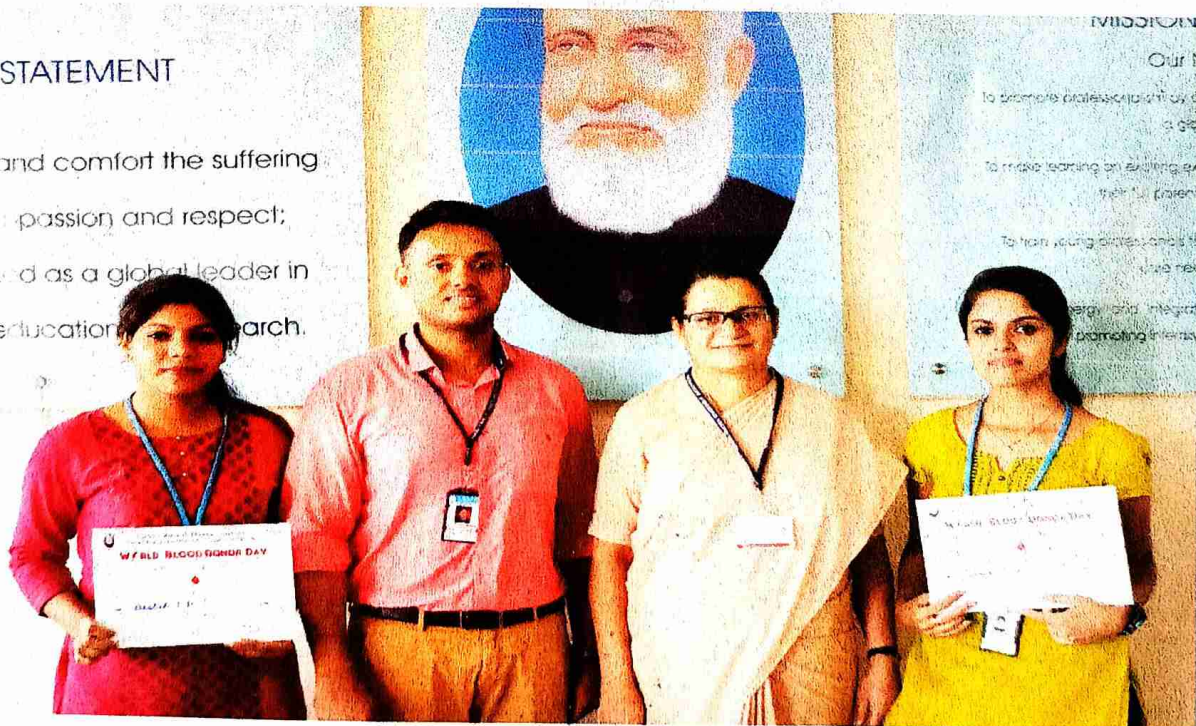
Ms Beulah T P and Ms Jasmine James, Youth Red Cross Members, IIIrd BSc Nursing students, Father Muller College of Nursing have Secured 2<sup>nd</sup> Prize and 3<sup>rd</sup> Prize respectively, in the Inter Collegiate Seminar Competition on the theme "Be there for someone else-Give Blood, Share Life "on Friday 15<sup>th</sup> June 2018, from 8.45 am to 10.30 am in the Silver Jubilee Hall, Father Muller Medical College.

The Programme was organized by the Blood Bank in Association with Youth Red Cross Unit, FMCC to commemorate the "World Blood Donors Day" on 14<sup>th</sup> June 2018.

#### MISSION STATEMENT

to heal and comfort the suffering with compassion and respect; to be recognized as a global leader in nursing education and research.

Our mission is to promote professional growth and to provide quality education to students. To move learning on building excellence for their future. To train young professionals to be confident, energetic and integrated in promoting interactivity.



  
Programme Co-ordinator



  
Principal

**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 06th Aug 2018, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of 2 Doctors (Dr. Kartika and Dr. Fakirappa, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mr. ShajanXaviour, & Mr. Rajeev Mathew, Assit. Professor/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 08 patients were attended the clinic and benefited through this clinic. Mr. ShajanXaviour, & Mr. Rajeev Mathew helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS& Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



Signature of the incharge

(Lavina Rodrigues)



Signature of the HOD

(Prof. Agnes EJ)

# FATHER MULLER COLLEGE OF NURSING

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### A REPORT ON “WORLD BREAST FEEDING WEEK”(AUGUST 1<sup>st</sup>-7<sup>th</sup>) AT URBAN HEALTH CENTRE JEPPU

On occasion of ‘World Breast Feeding week’ from 1<sup>st</sup> to 7<sup>th</sup> of August 2018, the staff of Community Health Nursing department of Father Muller College of Nursing in association with Urban Health Centre, Jeppu had organized a health talk on the World breast feeding week theme “Breast feeding – Foundation of life” on 2<sup>nd</sup> of August 2018 in Urban Primary Health Centre, Jeppu, Mangalore at 10am.

The programme started with prayer song. Mrs. Preema Reshma Pinto Assistant Lecturer, Department of community health nursing welcomed the chief guest Dr. Sujay, Medical Officer Urban Primary Health Centre Jeppu, Mr. Premananda Shetty, Corporator, Mrs. Jayashri, Supervisor of Women and Child Welfare Department, Faculty members of Father Muller College of Nursing and the whole gathering. There were around 60 beneficiaries for the programme.




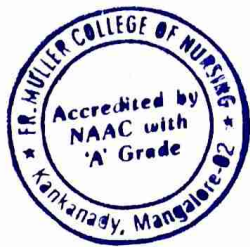
Mrs. Hezil Asha Sequeira and Mrs. Deepika N.C Lecturer, department of community health nursing gave health talk on breast feeding and its importance. Dr. Sujay, Medical Officer shared his knowledge on breast feeding and cleared the doubts raised by the audience. Dr. Devina Rodrigues, Professor, Mrs. Shiji P.J, Associate Professor, Ms. Sonia Sequera, Asst. Professor, Mrs. Priya Sweety Pereira, Lecturer, department of community health nursing participated in the programme.

A short film "Amritha Bindu" was telecasted for the audience to get an idea on breast feeding and its various aspects /



  
Signature of the HOD  
4/8/18

  
for Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING

## DEPT OF MENTAL HEALTH NURSING

### REPORT ON ROSARIO SCHOOL HEALTH EDUCATION PROGRAMME

The Department of Mental health Nursing conducted a school health programme on **substance abuse and its complications** on 10/8/2018 at Rosario high school, Mangalore. Mr Shajan Xaviour, Asst Professor, Dept of Mental health Nursing was the resource person. The topic included different types of substances and its abuse, complications and its clinical management. All the high school students from 8th to 10<sup>th</sup> standard benefited from this programme.



*Shajan X*  
Signature of HOD  
14/8/2018

*Shajan X*  
Signature of Organizing Secretary

# FATHER MULLER COLLEGE OF NURSING

Recognized by Indian Nursing Council & Karnataka State Nursing Council

Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore

(Unit of Father Muller Charitable Institutions)

Accredited by NAAC with 'A' Grade

Tel : 2238000 (Prime number)  
2238320 } College  
2238324 } of  
2238325 } Nursing  
Tel & Fax : 2438906  
E-mail : fathermullercon@rediffmail.com  
Website : www.fathermuller.edu.in  
FMCON/351/2018-19



Father Muller Road  
Kankanady  
Mangalore - 575 002  
Karnataka, India.

08.08.2018

Date : .....

Ref. No .....

The Principal  
Rosario High School  
Mangalore


Dear Sir,

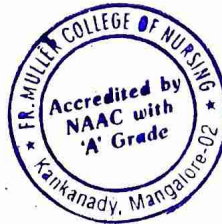
## Sub: School Health Programme.



As per the subject mentioned above the department of Mental Health Nursing of Father Muller College of Nursing would like to give a health education on "drug abuse and illicit drug trafficking" for students studying in Rosario High School. Kindly give a suitable day and do the necessary arrangement for the same.

Thanking you,

Yours faithfully,

  
HOD  
Mental Health Nursing



  
for PRINCIPAL  
you are permitted  
  
for HEADMASTER  
DED ROSARIO HIGH SCHOOL  
MANGALURU 575 001, D.K

2018-19



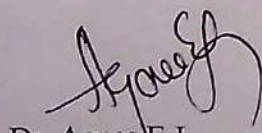
**FATHER MULLER COLLEGE OF NURSING**  
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**Kankanady, Mangalore-575002**

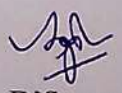
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**Department of Mental Health Nursing (2018-19)**

**Report On The School Health Program On The World Mental Health Day Theme “ Young People And Mental Health In Changing World”**

Department of mental health nursing, Father Muller College of Nursing organized a school health programme on the world mental health day theme “ young people and mental health in changing world” at Capitano Composite Pre university college, Kankanady on 10<sup>th</sup> December 2018 under the guidance of Mrs Lejomal Abraham, Lecturer, Fther Muller College of Nursing. The program started at 2.20 pm with a prayer song and followed with a welcome speech. A role play was performed by the students which emphasized more on gadgets addiction and it’s management. Mrs. Joyce Fernandes, Lecturer, Department of Mental Health Nursing, was the resource person for the session and she delivered a health talk to the students on technology addiction among the youth and the ways to overcome the same. A programme feedback was collected at the end of the session from randomly selected 22 students. The student representative of Capitano Composite Pre University College, expressed her sincere gratitude to the organizing team for delivering a health talk and role play which is challenging issue of the present youth. Around 200 PUC students benefited from this programme and the session adjointed at 3.30



  
Dr. Agnes E J  
HOD

  
Rev Sr Jacintha D'Souza  
Principal







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


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**Department of Mental Health Nursing (2018-19)**


**Report on Mental Illness Awareness (Radio Programme)**

A Radio Talk on mental illness awareness was organized by the department of mental health nursing, on 14.03.2019 at RADIO SARANG (107.8 FM), St Aloysius College, Mangalore. Ms. Sabeena M T P, Mrs. Lavina Rodrigues, Lecturers along with 20 students from III Year B.Sc. Nursing, were the resource persons. The main aim of the programme was to raise awareness among public about mental health and illness to remove stigma regarding mental illness. The recording of the programme began with a role play along with the talk on mental health, mental illness, causes and risk factors, signs and symptoms, misconceptions about mental illness, treatment methods. It concluded with the quote that there is no health without mental health.



Mr. Abhishek, RJ, Radio Sarang, thanked the resource persons and awarded with the certificates. The programme was recorded in two languages such as **Kannada and English** and will be broadcasted by Radio Sarang, FM 107.8 on March 19<sup>th</sup> 2019 at 9AM and 7.30 PM.

  
Ms. Sabeena M T P  
Lecturer

  
Dr. Agnes E J  
HOD



  
Sr Jacintha D'Souza  
Principal



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**Kankanady, Mangalore-575002**

**Department of Obstetrics & Gynecological Nursing**  
**Observance of World AIDS Day**

Every year December 1<sup>st</sup> is observed as World AIDS day. As a part of this event, the Obstetrics and Gynecological Nursing Department of Father Muller College of Nursing organized an World AIDS Day programme on 01-12-2018 at 10:30 am in Government Composite PU College Bokkapattna, Mangaluru, for the high school students.



The programme was inaugurated with lighting the lamp by Mrs. Annapurna Guchal headmistress of the school along with departmental faculty and the student representative of the school. Followed by the Students of IV year B.Sc. Nursing performed a mime show to create awareness on AIDS prevention.



Mrs. Pramila D'Souza, HOD of OBG Nursing Department spoke on various aspects of AIDS and also highlighted on this year's theme "Know Your Status". Hand hygiene was



demonstrated to the students and its importance was explained to them by the faculty of OBG Nursing Department. The beneficiaries were 61 High school students and 9 teachers. Feedback regarding the programme was collected from the students.

*Nijisha Shashi*  
Programme coordinator

Date: 03-12-2018

*Pramila D'Souza*  
HOD

*[Signature]*  
Principal



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**Department of Obstetrics and Gynecological Nursing**

**Observance Of Folic Acid Day**

The department of OBG nursing observed folic acid awareness week on 10-1-2019 at Surathkal PHC. The program commenced at 10am with a prayer song followed by welcome speech by Ms Reema student of IV year BSc Nursing. The students explained about Anaemia during pregnancy, antenatal advices, preventive measures and importance of iron and folic acid for pregnant women. Around 30 Antenatal and postnatal mothers, LHV and staff nurses of PHC and 30 students of IV year BSc Nursing students were witnessed the programme. Mrs Ramyashree and Mrs Joyce lavina were present for the programme.



Mrs Ramyashree S  
Signature of the Subject Coordinator  
Date: 12/01/19

Mrs Pramila D'souza  
Signature of the Head of the Department  
Date: 12/01/19

Sr Jacintha Dsouza  
Principal  
Date:



text]

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## Department of OBG Nursing

### A REPORT ON CANCER AWARENESS AND SCREENING CAMP

The department of OBG nursing from Father Muller College of Nursing along with the group of students of 4<sup>th</sup> year B.Sc nursing participated in the cancer awareness and screening health camp organized by Father Muller Medical College Hospital in collaboration with Indian Cancer Society on 24/02/2019 at Jyothinagar. The services made available are: General Medicine, Community Medicine, ENT, and Oncology along with ECG, Laboratory and Pharmacy. The students gave awareness about cancer & its prevention through mime show. The total beneficiaries were 54. The faculty of OBG nursing department Mrs Joyce & Ms Precilla have participated.



*Joyce*  
*25/02/19*  
Programme Coordinator

Date : 25-02-19

*Precilla*  
Signature of the HOD

*J.M.*  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
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**DEPARTMENT OF OBSTETRICS AND GYNECOLOGICAL NURSING**

**REPORT ON HEALTH AWARENESS PROGRAMME: "HEALTHY WOMEN, HAPPY FAMILIES"**

The Department of OBG Nursing organized a health awareness Programme on "Healthy women, Happy families" on 10<sup>th</sup> March, 2019 in coordination with ShriNarayana Guru SevaSanga and Lions Club Mangaluru at ShriNarayana Guru SevaSangha Hall Gurunagar, Maryhill. The inaugural ceremony began at 10.25 am. Rev Fr Richard A Coelho, Director, FMCI, Dr Rita Noronha, Director Center for Development Studies and Education(R), Rev SrJacintha D'Souza, Principal, FMCON, Mr Vijay Vishnu Mayya President, Lions Club Mangaluru, MrsPramila D Souza organizing Chairperson and MsPrecilla 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 swasahayasangha and Kulur Milk Dairy was felicitated .

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

- Balancing home and work (9.30 am -10.15 am)
- Ageing Gracefully (11.10-11.45 am)
- Breast Self Examination.
- Cardio Pulmonary Resuscitation (CPR)
- First aid for fracture and bleeding (12.40-12.55 pm)
- Adolescent Nutrition (12.55-1.10 pm ).

Students performance (mime) depicting women empowerment was followed the workshops. MrsJayashree, Women President of ShriNarayana Guru SevaSangha 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.

  
MsPrecilla D Silva  
Organizing Secretary  
16.03.2019

  
MrsPramila D Souza  
Organizing Chairperson

  
SrJacintha D Souza  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
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**Kankanady, Mangalore-575002**

**Department of Obstetrics & Gynecological Nursing**

**Awareness programme on Breast feeding: Maravuru**

In observance of Breast feeding Week 2019, the Department of Obstetrics and Gynecological Nursing organized an awareness programme regarding breast feeding on **06.08.2019** at 11 am in Grama Panchayth Office of Maravuru. The programme was in co ordination with Father Muller Salvodore Monterio Rural Health Center Bajpe, Maravuru grama panchayth and Integrated and Child Development Services (ICDS) group of Maravuru health center. <sup>Seven<sup>th</sup></sup> 4<sup>th</sup> year B.Sc Nursing students participated in role play. Mrs Reena Frank and Mrs Merlyn Fernandes briefed about breast feeding, its importance and advantages to mother and baby. Followed by the talk, baby show was organized from the ICDS. A total of 25 beneficiaries were present. Programme came to an end by 12.30 pm.



*Regna Frank*  
20/8/19

Programme co-ordinator

Mrs. REGNA FRANK

*Pramila Dsouza*  
20/8/19

HOD

Mrs. PRAMILA DSOUZA

*Jacinta Dsouza*

Principal

Sr. JACINTHA DSOUZA



**FATHER MULLER COLLEGE OF NURSING**  
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**Kankanady, Mangalore-575002**

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**Department of Obstetrics & Gynecological Nursing**  
**Awareness programme on Breast feeding: Moodshedde**

In observance of Breast feeding Week 2019 the Department of Obstetrics and Gynecological Nursing organized an awareness programme on Breast feeding on 07.08.2019 at 11.15 am in the Grama Panchayth Office of Moodshedde. The programme was in collaboration with Moodshedde Grama Panchayth, Integrated and Child Development Services (ICDS) group of Moodshedde and Sthri Shakthi Sangha of Moodshedde, Mrs Ramyshree and Ms Precilla D Silva briefed the audience about complications of inappropriate breast feeding technique, care of mother after caesarean section and care of Episiotomy wound, postnatal exercises as well as neonatal care. Two 4<sup>th</sup> year B.Sc Nursing students and total of 40 beneficiaries were present. Programme came to an end by 12.30 pm.



*Reena Frank*  
20/8/19

Programme co-ordinator

Ms. REENA FRANK

*Pramila D'Souza*  
20/8/19

HOD

Ms. PRAMILA D'SOUZA

*Jacinta D'Souza*

Principal

Sa. JACINTHA D'SOUZA



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**Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore**  
**DEPARTMENT OF OBG NURSING**

**PREGNANCY AWARENESS WEEK &**  
**SAFE MOTHERHOOD ACTIVITY REPORT APRIL 2019**

In observance of World Pregnancy Awareness Week and Safe Motherhood Day the Department of OBG Nursing along with the IV BSc nursing students organised a health awareness program at Taluk General Hospital, Bantwal on 11<sup>th</sup> April 2019. The students enacted a mime which highlighted on the components of Safe motherhood followed by which a talk was given on Antenatal and Postnatal care including breastfeeding, Immunization and family planning. The students demonstrated the antenatal, postnatal exercises and different breast feeding positions. There were 31 mothers benefitted from the same. The programme was well appreciated by the audience.

The students were guided by:

Mrs Shoba P Xavier  
Mrs Joyce Lavina Fernanades



*Shoba*

Shoba P Xavier & Joyce Lavina

Program In-charges

Date: 12/04/19

*Joyce*  
HOD

*[Signature]*  
Principal



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF CHILD HEALTH NURSING**  
**EXTENSION ACTIVITY REPORT ON**  
**ROAD SAFETY AND FIRST AID- 17/01/2019**

As a part of our Child Health Nursing posting, we 33 students (2<sup>nd</sup> group) of 3<sup>rd</sup> year Bsc Nursing students conducted a group health education on topic "ROAD SAFETY & FIRST AID" on 17/01/2019 at 10:00am in St. Joseph Higher Primary School, Bajal under the supervision of Mrs. Sandra Saldanha & Mr. Manoj P S, Lecturers; department of Child Health Nursing. Program started with a prayer song and welcome speech followed by which an informational skit depicting traffic rules and road safety were enacted by the 3<sup>rd</sup> year Bsc Nursing students. Inorder to provide hands on training of first aid 4 counters were arranged and different bandaging techniques were taught to the students. The effectiveness of health education program was evaluated by conducting a short quiz to the group. Around 107 students of the school participated in the program. The students and teachers were thankful for the insight given.



*Saldanha*  
*Manoj P S*  
COORDINATORS

*[Signature]*  
HOD

*[Signature]*  
PRINCIPAL





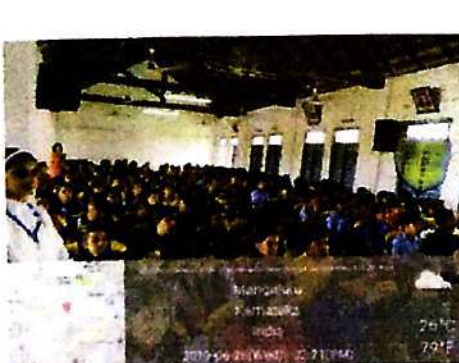
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DEPARTMENT OF CHILD HEALTH NURSING  
REPORT ON HEALTH EDUCATION  
1<sup>ST</sup> YEAR PBBS<sup>C</sup> NURSING (2018-2019)  
TOPIC: DRUG ABUSE AND ITS EFFECTS

On observance of world Drug Abuse day on 26<sup>th</sup> June the faculty and 1<sup>st</sup> YEAR PBBS<sup>C</sup> (N) students of Father Muller College of Nursing, organized a health talk on Drug Abuse and its effects on 26-06-2019 at 2pm at Cascia High School, Jeppu under the guidance of Mrs. Wilma S Norohna Assistant Professor and Mrs. Sandra Saldana, Lecturer, Department of Child Health Nursing. The talk began with a solemn prayer lead by the 1<sup>st</sup> year PBBS<sup>C</sup> (N) Students. The programme began with a welcome speech and continued through a role play with power point presentation and short movie on drug abuse. The health talk focused on what is Drug and drug abuse, incidence, causes, effects, treatment, prevention and rehabilitation. The students were given opportunity to clarify their doubts. At the end of the health talk the group summarized the topic and concluded with an inspiring message. Around 159 student's including the teachers were benefitted from the program, sweets were distributed to the students and it came to an end at 3:30pm.



*W. Norohna*  
SUBJECT COORDINATOR

*[Signature]*  
HOD

*[Signature]*  
PRINCIPAL

DATE: 28-06-2019





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**DEPARTMENT OF CHILD HEALTH NURSING**  
**Report on Mass Health Education**

A Mass Health Education Program was organized as a part of the Child Health Nursing Requirement, on the topic "Mosquito Borne Diseases", by the third year B.Sc., Nursing students at an Anganwadi, Bajpe; on 29<sup>th</sup> June 2019.

The program commenced with a prayer song, Ms. Sheryl Fernandes welcomed the gathering, which was followed by an effective Health Education which began with a short Role Play followed by which the students explained the Causes, Clinical features, Diagnostic measures of different mosquito borne diseases like Dengue, Malaria, Chikungunya, Filariasis, etc. Students also stressed the importance of the Management and Prevention of mosquito borne diseases along with due importance to natural and easily available home remedies. Total of 24 members were benefited. At the end of the Program refreshments were distributed to the audience. The program was conducted under the guidance of Ms. Benita David Lecturer, and Mrs. Wilma Noronha Assistant Professor, Department of Child Health Nursing. The program wound up at 11.50am



*W. Noronha*  
*B. David*  
COORDINATORS  
DATE 13/07/2019  
MANGALURU

*[Signature]*  
HOD

*[Signature]*  
PRINCIPAL





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**Department of Pediatric Nursing**

**Report on mass health education on Hepatitis**


The students of BSc (N) III year along with department of Child Health Nursing conducted a mass health education on Hepatitis on 17<sup>th</sup> August 2019 at 10 am in St. Rita's English Higher Primary School, Jeppu. Around 40 students of class VI benefited from the program. Explanation was given about Causes, signs and symptoms, mode of transmission, management and prevention of Hepatitis. Hand washing was taught using a hand washing dance to explain the steps. The programme came to an end at 11:15 am. .



**Program coordinators**

**HOD**

**Principal**

 **(Ms. SEEMA CHAVAN)**

 **(Ms. PRIYA FERNANDES)**




## FATHER MULLER COLLEGE OF NURSING

### A REPORT ON GENERAL HEALTH CAMP, BANTWAL

The **general health camp** was held on 28/10/2018 at St. Thomas Higher Primary School, Bantwal organized by Father Muller Medical College Hospital in collaboration with ICYM St. Thomas Apostle Church, Vogga, Bantwal. General Medicine, Orthopedics, Opthal, ENT, Dermatology department along with ECG, Laboratory and Pharmacy Department was present. There were 250 beneficiaries for this camp. As a part of Community Health Nursing field experience faculty from community health nursing department Mrs. Hezil Asha Sequeira and two students from Father Muller College of Nursing and two students from School of Nursing and Father Muller Medical College Hospital were participated in the Activities of the camp by dispensing free medicines to the beneficiaries.



  
28/10/18

Signature of the HOD



Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING, MANGALURU

## GENERAL HEALTH CAMP, BAJPE

Father Muller Salvadore Monteiro Rural health care centre was inaugurated at pope layout Bajpe on 1<sup>st</sup> November 2018. On this occasion Father Muller Medical College Hospital conducted a **general health camp** from 9am to 3pm. Ms Sonia Sequera & Mrs Priya Pereira, staff from Community Health Nursing department from Father Muller college of Nursing along with 10 students actively participated in the camp by assisting & guiding the patients to avail the health services and also by dispensing the free medications. There were around 1000 beneficiaries for this camp.



  
Signature of the HOD

Dept. of Community Health Nursing



  
Signature of the Principal

# FATHER MULLER COLLEGE OF NURSING

## A REPORT ON GENERAL HEALTH CAMP, KINNIGOLI MANGALURU

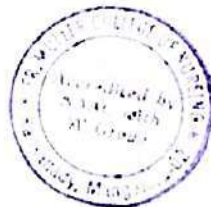
The **general health camp** was held on 04/11/2018 at Our Lady of Remedius Church Hall, Kirem, Kinnigoli, Mangaluru organized by Father Muller Medical College Hospital in collaboration with Indian Catholic Yuva Sanchalana, Catholic Sabha. Departments such as General Medicine, Orthopedics, Opthal, Dermatology along with ECG, Laboratory and Pharmacy services were made available. There were 148 beneficiaries for this camp. As a part of community health nursing field experience faculty from community health nursing department Mrs. Deepika N.C and two students from Father Muller College of nursing were participated in the Activities of the camp by dispensing free medicines to the beneficiaries.



  
Signature of the HOD

Dept of Community Health Nursing

  
Signature of the Principal



## FATHER MULLER COLLEGE OF NURSING, MANGALURU

### REPORT ON GENERAL HEALTH CAMP, URWA STORES

The **Free general health camp** was held on 11<sup>th</sup> November 2018 at Manasa Mantap, Urwa Stores, organized by Father Muller Medical College Hospital in collaboration with Catholic Sabha, Saint Dominic Church Ashoknagar region, Shree Sharada Pooja Samiti(R), Mangala Friends Circle (R) and Lions Club, Mangaluru. The camp commenced at 9am after the inaugural programme. Departments such as General Medicine, Orthopedics, Ophthalmology, ENT and Pediatrics along with ECG, Laboratory and Pharmacy services were made available. There were 230 beneficiaries for this camp. Mrs. Priya Sweety Pereira, Lecturer, Department of Community Health Nursing along with Mr. Anil and Ms. Wilma Almeida from 2<sup>nd</sup> PBBSc Nursing participated in the activities of the camp by dispensing free medicines. The camp got over by 2pm.



P. Pereira

SIGNATURE OF THE STAFF

Anil

SIGNATURE OF THE HOD

for Cahwda  
SIGNATURE OF THE PRINCIPAL





## FATHER MULLER COLLEGE OF NURSING

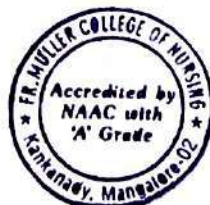
### A REPORT ON GENERAL HEALTH CAMP, KINNIGOLI MANGALURU

The **Women health checkup camp and Cancer awareness** was held on 09/12/2018 at Our Lady of Remedius Church Hall, Kirem, Kinnigoli, Mangaluru, Organized by Department of OBG, Father Muller Medical College Hospital in collaboration with Ujwal Women Sangatana Kinnigoli. Camp was commenced at 9.30am. Awareness on Cancer and Pap smear test was conducted to all the participants. There were 53 beneficiaries for this camp. As a part of community health nursing field experience, two students from Father Muller's college of Nursing participated in the activities of the camp by dispensing medicines and assisting with Pap smear test. Camp was ended at 1.30pm.



Signature of the HOD

Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING, MANGALURU

## REPORT ON GENERAL HEALTH CAMP, FAJIR

The **Free general health camp** was held on 27<sup>th</sup> January 2019 at Our Lady of Mercy Church Ground, Fajir organized by Father Muller Medical College Hospital and Blood Donation camp was arranged in collaboration with Indian Catholic Youth Movement, Fajir Region. The camp commenced at 9am after the inaugural programme. Departments such as General Medicine, Orthopedics, Ophthalmology along with ECG, Laboratory and Pharmacy services were made available. There were 116 beneficiaries for this camp. Mrs. Priya Sweety Pereira, Lecturer, Department of Community Health Nursing along with Ms Andrea and Ms. Angel from 4<sup>th</sup> year BSc Nursing participated in the activities of the camp by dispensing free medicines. The camp got over by 2pm.



*P. Priya*

SIGNATURE OF THE STAFF

*[Handwritten Signature]*

SIGNATURE OF THE HOD

27/1/19.

*[Handwritten Signature]*

SIGNATURE OF THE PRINCIPAL





# FATHER MULLER COLLEGE OF NURSING


## A REPORT ON GENERAL HEALTH CAMP, KAVOOR MANGALURU

The **general health camp** was held on 24/02/2019 at Vidya Jyothi Higher Primary School Kavoar, Mangaluru organized by Father Muller Medical College Hospital in collaboration with Indian Cancer Society. Departments such as General Medicine, ENT, Surgery, Oncology, and community medicine along with ECG, Laboratory and Pharmacy services were made available to beneficiaries. Cancer awareness was given through Mime Show and Videos. There were 54 beneficiaries for this camp. As a part of community health nursing field experience faculty from community health nursing department Mrs. Deepika N.C and two students from Father Muller College of nursing were participated in the Activities of the camp by assisting in Pap smear investigation and dispensing free medicines to the beneficiaries.



  
Signature of the coordinator

  
Signature of the HOD

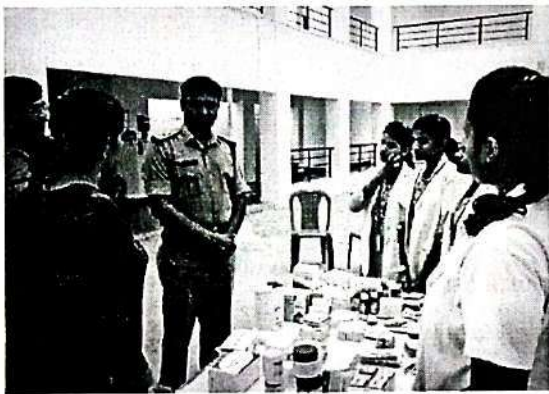
  
Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING, MANGALURU

## DEPARTMENT OF COMMUNITY HEALTH NURSING

The **general health camp** was held on 03/03/2019 at CISF Quarters, MRPL Surathkal organized by Father Muller Medical College Hospital in collaboration with Central Industrial security force, MRPL. Departments such as General Medicine, Obstetrics and Gynaecology, Orthopaedics and paediatrics along with ECG, Laboratory and Pharmacy services were made available. There were 240 beneficiaries for this camp. Ms. Sonia Sequera, Assistant Professor, department of Community health nursing along with four students from Father Muller College of Nursing participated in the activities of the camp by providing Incidental teaching on various health issues and its prevention and also by dispensing free medicines to the beneficiaries.



Signature of the Staff  
04/03/2019.

Signature of the HOD  
04/3/19.

Signature of the Principal



## FATHER MULLER COLLEGE OF NURSING

### A REPORT ON GENERAL HEALTH CAMP, MARYHILL MANGALURU

The **general health camp** was held on 10/03/2019 at Shri Narayana Guru Hall Gurunagar, Maryhill Mangaluru on 10 th March 2019 organized by Father Muller Medical College Hospital Collaboration with OBG Department Father Muller College of Nursing . Department such as General Medicine, OBG, Pediatrics ,orthopedics, Ophthalmology along with Laboratory and Pharmacy Services were made available to beneficiaries .There were 136 beneficiaries for this camp. Mrs Preema Reshma Pinto, Assistant Lecturer ,department of community health nursing along with 4 students from Father Muller College of Nursing participated in the activities of the camp by providing by assisting in Paps smear investigation and dispensing free medicines to the beneficiaries.



Signature of the HOD

Signature of the Principal



# FATHER MULLER COLLEGE OF NURSING, MANGALURU

## REPORT ON GENERAL HEALTH CAMP, KINNIGOLI

The Free general health camp was held on 17<sup>th</sup> March 2019 at Yugapurusha Sabhabhavan, Kinnigoli organized by Father Muller Medical College Hospital was arranged in collaboration with Lions club, Kinnigoli, Mahila Mandal Kinnigoli. The camp commenced at 9am after the inaugural programme. After the inaugural program Mrs Priya S Pereira, Lecturer, Department of Community Health Nursing, delivered a health talk on Breast Self Examination. Departments such as General Medicine, OBG, Ophthalmology, Dermatology, Laboratory and Pharmacy services were made available. There were 85 beneficiaries for this camp. Mrs. Priya Sweety Pereira, Lecturer, along with Mr Srikanth, Mr Anil, and Mr Santhosh from 2<sup>nd</sup> year PBBSc Nursing participated in the activities of the camp by dispensing free medicines. The camp got over by 1.30pm.



P. Pray

SIGNATURE OF THE STAFF

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SIGNATURE OF THE HOD

18/3/19



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SIGNATURE OF THE PRINCIPAL


# FATHER MULLER COLLEGE OF NURSING


## A Report on General Health Camp at Petrol Pump, Jeppu Mangalore

A **general health camp** was organized by Father Muller Medical College Hospital in collaboration with St. Joseph Service Centre Jeppu and Corporation Bank, Jeppu-Valencia on 27/03/2019 at Petrol Pump, Jeppu, Mangalore. Departments such as General Medicine, Orthopedics, Ophthalmology, Dermatology and Pediatrics along with ECG, Laboratory and Pharmacy services were made available. There were 82 beneficiaries for this camp. Mrs Deepika N.C, Lecturer, Department of Community Health Nursing along with ~~four~~<sup>two</sup> students from Father Muller College of Nursing, participated in the activities of the camp by doing registration, helping the beneficiaries for their health checkup and dispensing free medicines to the beneficiaries.



  
Signature of the  
co ordinator

  
Signature of the HOD

  
Signature of the Principal





**FATHER MULLER COLLEGE OF NURSING**  
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**Kankanady, Mangalore-575002**

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**Department of Medical surgical nursing (2018-19)**

**RADIO PROGRAM REPORT ON AWARENESS OF CANCER**

The department of Medical Surgical Nursing, Father Muller College of Nursing conducted a Radio programme on 06-02-19, at 107.8. FM Radio Sarang station St. Aloysius College, Mangaluru as an extension activity on Awareness of cancer, by the I year P.B.BSc Nursing students Mr.Dayananda.K, Ms.Asha Lobo, Ms.Marita Reshma D'sa, Ms.Violet and Ms.Sneha Kumari and it will be broadcasted on 11-02-19 at 8.15 am and 1.45pm.



Subject Coordinator

*Cheerla*  
HOD



**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF MEDICAL SURGICAL NURSING**  
**REPORT ON RADIO PROGRAMME**

The department of Medical Surgical Nursing, Father Muller College of Nursing conducted a Radio programme on 26-02-19, at Akashvani Mangaluru as an extension activity on Awareness of <sup>Lung</sup> cancer, by the staff Mrs. Jacintha Valder and Sr. Nancy Priya Mathias and the III year BSc Nursing students and it will be broadcasted on 18-03-19 at 12.00 pm.



  
Principal

  
HOD



# FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions)

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## 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 Mangaluruas 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.



  
Subject-Coordinator

  
HOD



# FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions)

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Department of Medical Surgical Nursing

Radio Program on Bronchial Asthma

The Department of Medical Surgical Nursing Conducted a Radio programme on 16-05-19 as an extension activity on the Observation of Bronchial Asthma Day by the II year BSc. Nursing students Ms Apoorva, Ms Deekshitha, Ms Candice , Ms Flona, Ms Delma and Ms Christeena at 107.8. FM Radio Sarang station St. Aloysius College, Mangalore and it was broadcasted on 18-05-19 at 7.45am, 1.45pm and 5.35 pm.



*[Signature]*  
20/5/19  
Subject Coordinator

*[Signature]*

*[Signature]*  
Principal



# FATHER MULLER COLLEGE OF NURSING

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## Department of Medical Surgical Nursing

### Radio Program on Hepatitis

The Department of Medical Surgical Nursing Conducted a Radio programme on 19-08-19 as an extension activity on the Observation of World Hepatitis Day by the II year BSc. Nursing students Ms Tania Sherit, Mr Rayan, Ms Priyal, Ms Monisha, Ms Joylin and Ms Veena under the supervision of Sr Judy and Ms Jacintha Valder at 107.8. FM Radio Sarang station, St. Aloysius College, Mangalore and it was broadcasted on 26-08-19 at 8.15am, 1.30pm and 5.30 pm. ||



*Adarsh Bce*  
05/09/2019  
Subject Coordinator

*Cherinda*  
HOD



**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**  
**DEPARTMENT OF NURSING FOUNDATION**  
**Report of Immunization Awareness Programme**

With the view of World immunization day 2018, Department of Nursing Foundation along with 1<sup>st</sup> year Bsc Nursing students organized a radio talk on Saarang 107.8FM.



The program was initiated through an introductory skit in English and Kannada



languages followed by general information on immunization schedule and its importance to the public community.

The program was coordinated by Mrs. Viola D'Souza, Asst. Lecturer, Department of Nursing Foundation under the guidance of Sr

Deepa Peter, HOD Department of Nursing Foundation.



The Program was recorded on 10<sup>th</sup> November at 11.30 am and it was telecasted on 11<sup>th</sup> November 2018 at 8.35 am, 1.35 pm and 5.30 pm.

  
Coordinator

  
HOD

  
Principal





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**Karnataka, Bangalore**  
**DEPARTMENT OF NURSING FOUNDATION**  
**Report of Cancer Awareness Programme**


On observance of World Cancer Day-2019, The Department of Nursing Foundation along with 13 Bsc nursing students a Radio Talk on Cancer awareness with the global theme "*I can and I will*" was organized by on 04.02.2019 at Radio SARANG (107.8 FM), with the aim to raise awareness among public regarding the cancer. The recording of the programme began with a role play along with the talk on Cancer i.e. types,





epidemiology, causes and risk factors, signs and symptoms, treatment methods of cancer and concluded with the rehabilitation and prevention of cancer by life style modification and changing the eating habits.

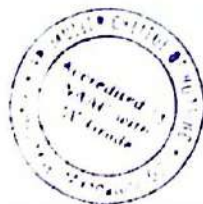
The programme was recorded in three languages such as Kannada, English and Konkani and broadcasted on February 05<sup>th</sup> 2018 in Kannada at 8.20am and 4.30pm, in English at 1.45pm, in Konkani at 9.30am and 2.30pm. Mrs. Lavina Rodrigues, Mrs. Merlin Fernandes, Lecturers and Mrs. Viola D'Souza, Asst. Lecturer coordinated the programme.



  
Mrs. Lavina Rodrigues  
Lecturer

  
Sr Deepa Peter  
HOD

  
Rev Sr Jacintha D'souza  
Principal





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**Karnataka, Bangalore**

**DEPARTMENT OF NURSING FOUNDATION**

**REPORT ON WORLD HAND HYGIENE DAY**

As a part of the World Hand Hygiene Day, the Department of Nursing Foundation with I<sup>st</sup> year Bsc nursing students conducted an extension activity in Mangalore Central Railway Station on the theme "Clean Care For All, It's In Your Hands" on 03.05.2019 at 11am. The day is declared on 5<sup>th</sup>



May by the World Health Organization (WHO) and encourages patients and their family members to join health workers in their efforts to practice good hand hygiene. An initiative is taken with the aim to educate the general public on the Importance of Hand Hygiene.

The programme started at 11 am at the entrance in the railway station with an introduction to the topic followed by a

role-play by students. The students explained the topic in both Malayalam and Kannada languages. And also the people gathered were also interested in the activities conducted like hand washing steps demonstration. The students also did a flash mob for the steps of hand hygiene. The general public benefitted by this awareness



programme. Around 60 people were present in the crowd and 8 students have participated in the programme.

The vote of thanks was delivered by Ms. Gloria of 1<sup>st</sup> year Bsc (N) and programme ended by 11.40am. The gathering was dispersed after the session.

  
Mrs. Viola Dsouza  
Programme coordinator

  
Sr. Deepa Peter  
HOD

  
Sr. Jacinthia D'Souza  
Principal



# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON ORGAN DONATION WALKATHON

The NSS unit of Father Muller college of Nursing collaborated in a walkathon organised by The Indian Medical Association, Mangaluru on 25/11/18. Walkathon started at 7 am from Mangala stadium through Mannagudda reached back to Mangala stadium. Main moto of this walkathon was to bring awareness on Organ Donation. The event was inaugurated by MP Nalin Kumar Kateel at Mangala Stadium by releasing the balloons in the air. Dr Shantaram Shetty, Pro-Chancellor of NITTE University, Indian Medical Association Mangaluru President Dr Sachidananda Rai, Ex MLC Capt. Ganesh Kamik, MLA Y Bharath Shetty, AJHRC Medical Director Dr Prashanth Marla, Dakshina Kannada Working Journalists Association President Srinivas Nayak and other dignitaries were present. Nearly 30 NSS volunteers of Father Muller College of Nursing has participated for this event along with NSS programme officer Mr Shajan X.



  
Principal

  
NSS Programme officer





Father Muller College Of Nursing  
Kankanady-Mangalore-575002  
NAAC 'A' Grade accredited



NSS SPECIAL CAMP-REPORT 2018-19

'SAVE NATURE SAVE FUTURE '



## INAUGURATION 19.1.2019(SATURDAY)

Chief Guest of the function- Rev.Fr.Ajith Menezes, Administrator Father Muller Medical College (FMMC).

Members : Rev.Sr.Jacintha D'Souza,Principal, Father Muller College of Nursing.. Mr.Shjan Xaviour NSS Programme officer, teaching faculty & NSS volunteers.



The inauguration began with a prayer song. Mr Shajan xaviour NSS Programme officer welcomed the guest & the gathering. Rev.Fr Ajith Menezes, Administrator Father Muller Medical College (FMMC), chief guest of the function delivered a motivational speech and his expectations about each NSS volunteer and NSS special camp. Vote of thanks was delivered by Mrs Arokia Benita, Lecturer and the Asst NSS Programme coordinator, Father Muller college of Nursing. Refreshment were served after the programme..

**DAY-2 20.1.19 (SUNDAY)**

**OBSERVATIONAL VISIT TO PILIKULA BIOLOGICAL PARK AT VAMANJOOR, MANGALORE.**

The day started with morning exercise. Observational visit to Pilikula Biological Park helped NSS volunteers to see, understand various animals, reptiles and birds, also learn their common name & species.



### DAY-3 – 21.1.19 (MONDAY)

**Morning**-Home visit and screening for health problems at Krishnapura Surathkal, Mangalore

Objective

- To identify the high risk cases and do the referral services

The day started with the morning exercise.



- Krishnapura, Surathkal is a rural area of Mangalore, has no medical treatment facility nearby. The volunteers have done door to door health assessment and survey for various lifestyle related diseases. The volunteers also checked the vital signs, blood pressure and blood glucose level of vulnerable people and major cases were referred to Father Muller medical college. The unit also gave awareness on Fr Muller health card which can be used by patients to avail up to 50 %

**DAY -4- 22.1.19 (TUESDAY )**

**Morning-**

Cancer awareness street play at Surathkal ,Mangalore.

**Objective**

- To give awareness on different types of cancers, signs and symptoms and treatment.

The day started with morning exercise.



Surathkal is an industrial area and the risk for different cancers is comparatively higher among the people living in this area. The volunteers also distributed the pamphlets on preventive and treatment measures of cancer.

**DAY-5- 23.1.2019 (WEDNESDAY)**

**Morning**-Home visit and screening of health problems at Krishnapura Surathkal, Mangalore

Objective

- To identify the needs and problems of the community and do the referral services.

The day started with morning exercise.



**DAY-6 24.1.2019 (THURSDAY)**

**Morning-** School Health programme ,Krishapura.Surathkal

Objective of this programme was to:

- To give awareness on first aid measures for snake bite, dog bite, fracture and other accidents.
- To teach the hand washing techniques for healthy life style.

As usual day started with morning exercise.



DAY-7 25.1.2019

**Morning :- Campus cleaning**

Objective

- To clean the campus

The day started with morning exercise. Volunteers cleaned the college and hostel surroundings





Over all the NSS Special Camp was a great success.

I express my sincere thanks to Rev Fr Richard Aloysius Coelho, Director, FMCI, Rev.Sr Jacintha D'Souza , Principal, FMCON & Dr.Vasanth Shetty NSS programme coordinator, RGUHS Bangalore & Mr Ajith Personal Assisstant to Dr.Vasanth Shetty RGUHS Bangalore for their timely help and support.

Also express my great thanks to all my NSS volunteers for their dedicated mind and support from the beginning till the end.

At last which is beyond words, my sincere thanks to Mrs Hezil Asha Sequeira and Mrs Arokia Benita for their cooperation throughout the camp.

I take this opportunity to express my thanks to Rev Fr Ajith Menezes, Mrs Jyothi Pinto, Mr Kushalappa Gowda, Rev.Fr. Clifford Fernandes, Mrs Jasmine Sarita Vas for spending their valuable time with NSS team.

SHAJAN XAVIOUR

NSS PROGRAMME OFFICER


FATHER MULLER COLLEGE OF NURSING



Mr Shajan Xaviour

NSS Programme Officer

Father Muller College Of Nursing



Rev.Sr.Jacintha D'Souza

Principal

Father Muller College Of Nursing

# FATHER MULLER COLLEGE OF NURSING

## NSS REPORT ON VOTING AWARENESS MARATHON

The NSS unit of Fr Muller College of nursing collaborated with Zilla Panchayat, Mangaluru City Corporation and Department of Youth Empowerment and Sports as part of Systematic Voters' Education and Electoral Participation Programme (SVEEP) through a marathon on 31.3.2019.

The marathon was conducted in two age categories for citizens above 16 and below 16 years. The 18 km marathon that started at Mangala Stadium took runners through Mannagudda, New Chithra, Car Street, Sharavu Temple, K S Rao Road, Nava Bharat Circle, PVS Circle, Selma Arcade, Kadri Temple Road, Bejai, KSRTC, Lalbagh, Kapikad, Daddalkad, Urwa Store, Ashok Nagar, Urwa Market, Ladyhill and culminated at Mangala Stadium again.

65 volunteers and Mr Shajan Xavier ,NSS programme officer ,Fr Muller college of Nursing had participated this mega event.



  
NSS Programme Officer

  
Principal

**FATHER MULLER COLLEGE OF NURSING**  
**DEPARTMENT OF NURSING FOUNDATION**  
**EXTENSION ACTIVITY on 07.09.2018**

As a part of National Nutrition Week celebration, a health awareness programme was conducted by the Department of Nursing foundation , in coordination with the Department of Medical Surgical Nursing, for the students of Guardian Angel Higher Primary School, Nagori on 7.9.2018 from 2.00pm to 3.30pm on 'Healthy Diet And Safe Eating Habits' as well as 'Menstrual Hygiene'. Mrs Viola, Assistant Lecturer, Department of Nursing Foundation and Sr Nancy Mathias, Lecturer, Department of Medical Surgical Nursing of Father Muller College of Nursing were the resource persons. The students who benefitted from these sessions are around 120.



  
HOD

  
Principal





# 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

## NURSING FOUNDATION DEPARTMENT

### REPORT ON NATIONAL YOUTH DAY -2019

National youth day as an extension activity was conducted by the Department of

Nursing Foundation in collaboration with Lions Club Kinnigoli, for the students of St. Lawrence Indian School, Kinnigoli, on 7.01.2019 at 10.00 am. As a preparation for the celebration, drawing competition was conducted on 03.01.2019 for the school children.



The programme began with a prayer song. Sr. Deepa peter welcomed the gathering. Ln. Dony Leo Menezes president lions club Kinnigoli was the chief guest. Dr. Melwyn D'Souza regional ambassador was the guest of honor. Rev. Fr. Anil D'Sa National Coordinator of Youth Ministry under CCBI was the resource person of the day. The theme for the day was **"Save the Mother Earth and Build the Nation"**.



Chief Guest motivated the students quoting Swami Vivekananda everything is easy when you are busy; nothing is easy when you are lazy. He encouraged the students to take care of the resources of the earth by reuse, recycle, and reduce. The resource person of the day stressed on how to minimize the needs and live a simple life. He advised the students to take care of the resources of the earth, the activities were very creative and sessions were very informative. The winner of the drawing competition were



distributed the prizes. The students benefited from this program are 75. The program was concluded at 12.30 pm.

*Sr. Nancy*  
Programme coordinator

*J. D. V.*  
HOD

*J. D. V.*  
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 Health Talk on Breast feeding at Urban Health Centre Jeppu.

The Department of community Health Nursing in collaboration with Urban Health Centre, Jeppu, organized a health talk on Breast feeding at Urban Health Centre, Jeppu, Mangalore at 10:30am on 22<sup>nd</sup> August 2019. Mrs Priya Sweety Pereira Lecturer and Mrs Preema Pinto Asst. Lecturer, Department of Community Health Nursing explained about breast feeding, its importance and advantages to the mother and the baby. A short film “Amritha Bindu” was telecasted for the audience to get an idea on breast feeding and its various aspects. Dr Vidya, Medical officer, health centre staff and around 70 beneficiaries were present for the programme. Ms. Sonia Sequera, Asst. Professor and Mrs. Deepika N. C, lecturer, department of community health nursing participated in the programme. Programme came to an end by 12.00 noon.



*Deepika* 05/09/19  
Programme co-ordinator



*Deepika* 05/09/19  
HOD

*Deepika* 05/09/19  
Principal

Sayan



# FATHER MULLER COLLEGE OF NURSING

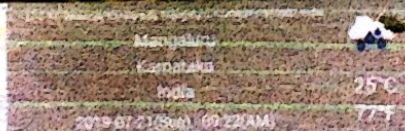
NAAC 'A' Grade

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore  
(A Unit of Father Muller Charitable Institutions)



## REPORT ON GENERAL HEALTH CAMP, VALENCIA

The Free general health camp was held on 21<sup>st</sup> July 2019 at St Vincent Ferrer Golden Jubilee Church hall, Valencia, organized by Father Muller Medical College Hospital in collaboration with Catholic Sabha and ICYM, Valencia Unit, Mangalore. The camp commenced at 9am after the inaugural programme. Departments such as General Medicine, Surgery, OBG, Dermatology, ENT and Ophthalmology along with ECG, Laboratory and Pharmacy services were made available. There were 274 beneficiaries for this camp. Ms Sorita Sequera, Assistant Professor and Ms Priya S Pereira, Lecturer from Department of Community Health Nursing participated in the activities of the camp by dispensing free medicines. The camp got over by 2pm.



*P. Priya*  
SIGNATURE OF THE STAFF



*[Signature]*  
SIGNATURE OF THE HOD  
22/7/2019

*[Signature]*  
SIGNATURE OF THE PRINCIPAL

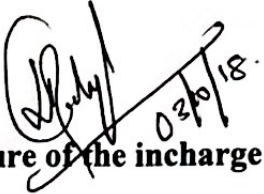
**FATHER MULLER COLLEGE OF NURSING**

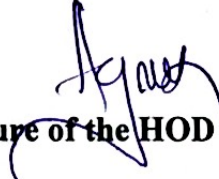
**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 01 October 2018, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

A team of 2 Doctors (Dr. Smitha and Dr. Karthika, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mrs. Joyce Fernandes, & Ms. Sabeena MTP, Lecturers/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 08 patients were attended the clinic and benefited through this clinic. Mrs Joyce Fernandes, & Ms. Sabeena MTP helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS & Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.

  
Signature of the incharge  
Mrs. Lavina Rodrigues

  
Signature of the HOD  
Prof. Agnes EJ

**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 05 November 2018, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

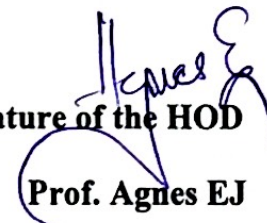
A team of 2 Doctors (Dr. Smitha and Dr. Karthika, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mrs.Lavina Rodrigues, & Ms. Sabeena MTP, Lecturers/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 10 patients were attended the clinic and benefited through this clinic Mrs.Lavina Rodrigues, & Ms. Sabeena MTP helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS& Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



**Signature of the incharge**

**Mrs. Lavina Rodrigues**



**Signature of the HOD**

**Prof. Agnes EJ**



**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 03 December 2018, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

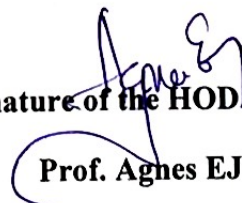
A team of 2 Doctors (Dr. Smitha and Dr. Karthika, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mrs.Lavina Rodrigues, & Ms. Sabeena MTP, Lecturers/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 10 patients were attended the clinic and benefited through this clinic. Mrs.Lavina Rodrigues, & Ms. Sabeena MTP helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS& Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



**Signature of the incharge**

**Mrs. Lavina Rodrigues**



**Signature of the HOD**

**Prof. Agnes EJ**

**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 04 March 2019, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

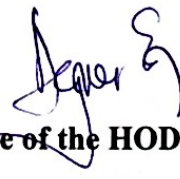
A team of 2 Doctors (Dr. Smitha and Dr. Fakeerappa, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mrs. Joyce Fernandes & Ms. Sabeena MTP, Lecturers/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 10 patients were attended the clinic and benefited through this clinic. Mrs Joyce Fernandes, & Ms. Sabeena MTP helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS& Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



**Signature of the incharge**

**Mrs. Lavina Rodrigues**



**Signature of the HOD**

**Dr. Agnes EJ**

**FATHER MULLER COLLEGE OF NURSING**

**A REPORT ON KATIPALLA SATELLITE CLINIC**

On 01 April 2019, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Kankanady, Mangalore was conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm.

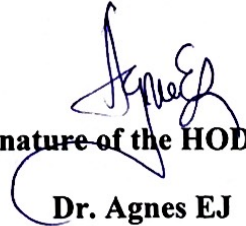
A team of 2 Doctors (Dr. Karthika and Dr. Fakeerappa, Department of Psychiatry, Father Muller Medical College Hospital), two teaching faculty (Mrs. Lavina Rodrigues & Ms. Sabeena MTP, Lecturers/ANS, Psychiatric Nursing Department, Father Muller College of Nursing) conducted the Satellite Clinic at Katipalla.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla. Total 09 patients were attended the clinic and benefited through this clinic. Mrs. Lavina Rodrigues, & Ms. Sabeena MTP helped the Doctors to collect patient's history, to examine the patients, to check patients GRBS & Blood Pressure and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



**Signature of the incharge**

**Mrs. Lavina Rodrigues**



**Signature of the HOD**

**Dr. Agnes EJ**



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

**Kankanady, Mangalore-575002**



**Department of Mental Health Nursing (2018-19)**


**A REPORT ON PSYCHIATRY SATELLITE CLINIC**

On 03<sup>rd</sup> June 2019, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Fr. Muller College of Nursing conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm. A team of 3 Doctors (Dr. Smitha and her team, Department of Psychiatry, Father Muller Medical College Hospital), along with 2 teaching faculty (Mr. Shajan Xaviour & Mr. Rajeev Mathew, Asst. Professors, Psychiatric Nursing Department, conducted the Satellite Clinic.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 14 patients attended the clinic and benefited through this clinic. Mr. Shajan Xaviour & Mr. Rajeev Mathew helped the doctors to collect patient's history, to examine the patients, to check patients GRBS & B.P and also to dispense medications to patients as per the doctor's order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



  
Mr. Shajan Xaviour (Asst. Professor)  
Mr. Rajeev Mathew (Asst. Professor) 

  
Mrs. Lavina Rodrigues  
Incharge of Katipalla clinic

  
HOD  
Dr. Agnes EJ



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

**Kankanady, Mangalore-575002**

**Department of Mental Health Nursing (2018-19)**

**A REPORT ON PSYCHIATRY SATELLITE CLINIC**

On 06<sup>th</sup> May 2019, Department of Psychiatry, Father Muller Medical College Hospital, in collaboration with Department of Psychiatric Nursing, Fr. Muller College of Nursing conducted a Satellite Clinic at Katipalla from 9.30am to 12.30 pm. A team of 2 Doctors (Dr. Smitha and Dr. Divya, Department of Psychiatry, Father Muller Medical College Hospital), along with 2 teaching faculty (Mrs. Lavina Rodrigues & Mrs. Joyce Fernandes, Lecturers, Psychiatric Nursing Department, conducted the Satellite Clinic.

The satellite clinic was started at 9.30am in Infant Mary Church Hall, Katipalla and 10 patients attended the clinic and benefited through this clinic. Mrs. Lavina Rodrigues & Mrs. Joyce Fernandes helped the doctors to collect patient's history, to examine the patients, to check patients GRBS & B.P and also to dispense medications to patients as per the doctors order. The satellite clinic came to an end around 12.30 pm. Referrals were given to Fr Muller Medical College Hospital, Mangalore.



**Mrs. Joyce Fernandes**  
**Lecturer**

**Mrs. Lavina Rodrigues**  
**Incharge of Katipalla clinic**

**HOD**  
**Dr. Agnes EJ**