



**SCHOOL OF NURSING SCIENCE AND  
RESEARCH**

**SHARDA UNIVERSITY**



*Tenderness and kindness are not signs of weakness and despair...  
But, manifestations of strength and resolution...*





# NEWS LETTER

## FROM THE PRINCIPAL'S DESK



### ***“Excellence is a continuous process and not an accident”***

It was year 2010, when United Nations decided to mark the importance of India's former President and great scientist Dr. APJ Abdul Kalam and declared his birthday as 'World Students Day' due to his love for students and focus on promoting education. Unarguably the most loved President of India, was a scientist who made India proud with his missile defense programme. But his favorite job was teaching and that's how he wanted the world to remember him.

On the occasion of World Students day, an efficacious message by Prof. Pauline Sharmila, Principal School of Nursing Science and Research, was regarding the importance of commitment towards duty and discipline as a student, She also stressed that enthusiasm added to commitment can help them to climb the ladder of success. Dr. APJ Abdul Kalam, was always a friend of students and every student should take his message as an inspiration for a successful life.

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## World Breast Feeding Week in Sharda University

From 1<sup>st</sup> to 7<sup>th</sup> of August 2016, School of Nursing Science and Research conducted a programme on World Breast feeding week, focusing on “Breast Feeding and its Importance”. The Theme for 2016 was: **“Breast feeding: A Key to Sustainable Development.”** The objectives of the programme were:

1. To inform people about the new Sustainable Development Goals (SDG) and how they relate to breastfeeding and Infant and Young Child Feeding (IYCF).
2. To firmly anchor breastfeeding as a key component of sustainable development.
3. To galvanize a variety of actions at all levels of breastfeeding and IYCF in the new era of the SDGs.
4. To engage and collaborate with a wider range of actors around the promotion, protection and support of breastfeeding.



The Programme was inaugurated by the chief guest **Dr. Rohit Saxena**, Additional Medical Superintendent, Sharda Hospital at 10.30 a.m. on 2<sup>nd</sup> August 2016, at ground floor Sharda Hospital. **Dr. Pushpa Bhatia** and **Dr. Archana Mehta**, Professors in OBG, **Dr. Mathura Prasad Mahato**, Professor, Department of Pediatrics and Neonatology, Sharda Hospital also graced the event with their presence to encourage the students.



Prof. Pauline Sharmila, Principal, SNSR, Mrs. Sarika Saxena, Vice Principal and all faculty members of the School of Nursing Science and Research attended the programme along with **Dr. Nazrul Islam**, Chief Liaison Officer, Sharda University and **Dr. Deepak Gupta**, Sharda Hospital. Dr. Rohit Saxena highlighted the importance of breast-feeding. Dr. Pushpa Bhatia spoke on the essential techniques of breast-feeding, where mother and child feels comfortable. Dr. Mathura Prasad Mahato emphasized why breast milk is very essential for the appropriate growth and development of the baby and also spoke on weaning.

Models and posters were prepared by students of SNSR and displayed at the venue. The students of GNM first year presented a role-play regarding the benefits of breast-feeding for the public. Ms. Manu Mehra, Lecturer SNSR, hosted the programme.

There was also a Quiz session conducted in Sharda Hospital, for the antenatal mothers regarding the importance of breast-feeding, where **Dr. Pushpa Bhatia**, Professor in OBG, SMSR was invited as the judge. Many antenatal mothers have participated and first three winners were awarded with the prizes.



## Health awareness on Breast Feeding in Panchayatan Village

Breast feeding week was also celebrated in collaboration with TNAI, under the guidance of **Mrs. Sanghamitra Sawant** and **Mr. Ajinas A M**, Assistant Secretary General, TNAI. They had played a very important role to spread the message regarding breast-feeding among community especially pregnant ladies and their family members.

“The key to best breastfeeding practices is, continued day to day support for the breastfeeding mother within her home and community. Hence, an awareness programme was held in the community area (Rohni Village, Panchayatan and Girdharpur). The motto was to encourage support for the mothers from a wider circle, whether it is provided by trained health workers, lactation consultants, community leaders, or from friends who are also mothers, and/or from fathers/partners. It also helped to inform people about the MDGs and how they relate to Breastfeeding and Infant and Young Child Feeding. Around 50 mothers from the village attended the programme and got benefit from the message.



## Orientation and Registration Programme

New academic session of SNSR was started on 5<sup>th</sup> September, Orientation and registration was organized to welcome the newcomer students i.e., 9<sup>th</sup> batch of GNM, 5<sup>th</sup> batch of B.Sc Nursing, second batch of Post Basic B.Sc Nursing and first batch M.Sc. Nursing. In these days the students and parents were invited to have orientation of curriculum, calendar of events and infrastructure of SNSR. All faculties were involved and did their best to make this event successful.

On 5<sup>th</sup> September, document verification, matriculation, scanning of documents were performed in Block No: 04, SNSR, and the following day, orientation on infrastructure, syllabus and rules and regulations regarding SNA, Examination pattern, discipline, anti-ragging and gender sensitisation were presented in Auditorium 005. **Mr. Vijay Gupta**, Hon. Vice-chancellor, Sharda University was invited as the guest of honour, who addressed the gathering and motivated them with his warm and encouraging words. He emphasised about the importance of quality education, and how Sharda University takes the role in imparting the same. **Mr. RP Agarwal**, Principal Advisor, Sharda University was invited as the chief-guest and he has imparted the message for blossoming buds ie, new batch students along with their parents and guardians. He spoke on various facilities and infrastructures which were exclusively provided by Sharda University. **Prof. Pauline Sharmila**, Principal, SNSR also executed a speech of encouragement for the freshers. **Dr. Rohit Saxena**, Additional Medical Superintendent also made the function gracious by his presence. The programme wound up with refreshment.



## Continuing Nursing Education – Innovative Teaching Strategies



The School of Nursing Science and Research, Sharda University conducted a continuing nursing education programme on 28<sup>th</sup> September 2016, at 2.30 pm. Mr. Dinesh Kumar, Asso. Professor, SNSR, welcomed Dignitaries and the audience. Introduction about the guest and host speaker was done by Mrs. Sarika Saxena, Asso. Professor, SNSR.

The topic for CNE was Innovative Teaching Strategies. Chief guest for the day was **Dr. Nirupama Gupta**, Professor and HOD Anatomy Department SMSR and Dean Student Welfare association Sharda University.

**Prof. Rainu Gupta**, Principal, School of Education has presented about various innovative teaching strategies, which helps the faculty members to inculcate and bring new techniques to make their teaching more effective.

**Prof. Pauline Sharmila**, Principal, SNSR, has magnificently explained about one of the most important innovative strategies, i.e., Concept mapping in a most effective manner.

At last, programme was concluded at 4.00 pm with vote of thanks which was delivered by Mrs. Urmi Deori, Asst. Professor, SNSR, followed by a high tea.



## World Students Day

The world celebrates Dr A.P.J. Abdul Kalam's birth anniversary as students' day. In honour of the man who always wished to be remembered as a teacher and who has made himself approachable to more than 18 million youngsters over the last 15 years of his life.

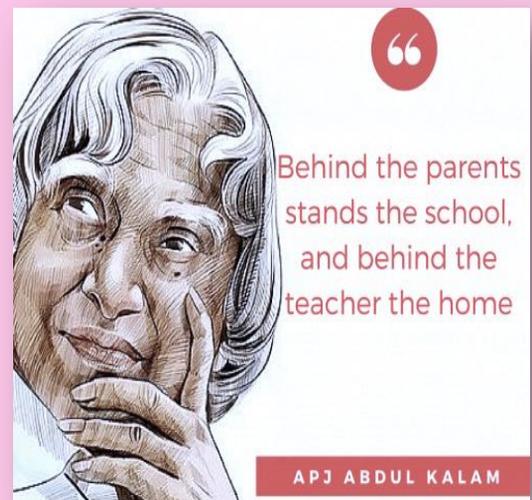
Dr. Kalam, the humble man who believed youth to be one of modern India's greatest strengths, has won the hearts of millions of children as well as grown-ups alike.

On 15<sup>th</sup> October 2016, Saturday, School of Nursing Science and Research, Sharda University has organized a poster competition. It was scheduled at 2:00 to 3:30 pm in the library, 3<sup>rd</sup> floor, 4<sup>th</sup> Block, Sharda University, Greater Noida. A total Number of 40 students have participated in the competition.

**Dr. Eqbal Ahmad**, Professor, SADMS & Prof. Pauline Sharmila (Principal, SNSR) were the judges for the day. Mr. Ankit Pushkar, student of 3<sup>rd</sup> year presented on Dr. A.P.J Abdul Kalam's journey of life. There was a quiz competition held at inter-school level, where the students of SNSR, Ms. Sarita and Mr. Deepak, fourth year B.Sc Nursing, won the first and third prizes respectively. The competition was really enjoyed by all the students. Entire programme was coordinated by Ms. Sunita Kumari, Asst. Professor, SNSR.

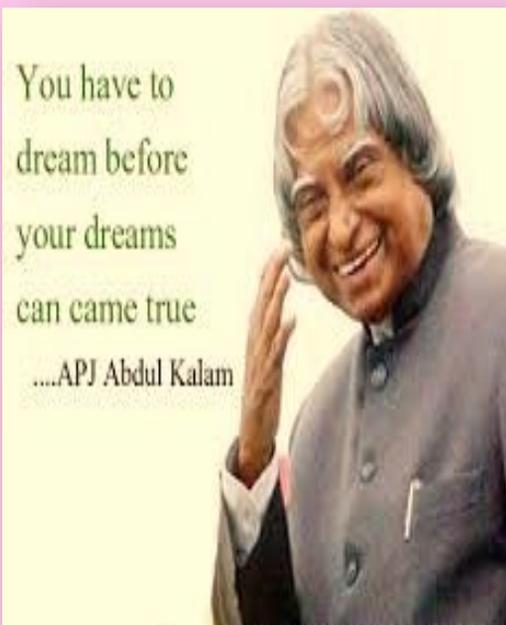


.....Students of SNSR participating in Poster making competition.....



“  
Behind the parents  
stands the school,  
and behind the  
teacher the home

APJ ABDUL KALAM



You have to  
dream before  
your dreams  
can come true  
....APJ Abdul Kalam



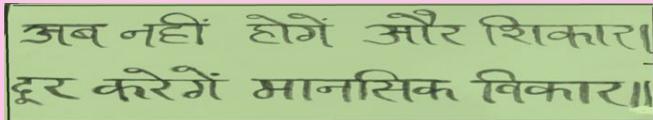
.....Students participating in Quiz competition.....

## World Mental Health Day



World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma. This day, each October, thousands of supporters come to acknowledge this annual awareness program to bring attention to mental illness and its major effects on peoples' life worldwide.

World Mental Health Day with the theme “Dignity in Mental Health - Psychological & Mental Health First Aid for All” was solemnized by School of Nursing Science and Research from 10<sup>th</sup> to 20<sup>th</sup> October, 2016.



During the programme an awareness rally was organized which was inaugurated by Pro. Pauline Sharmila, Principal, SNSR. The rally was initiated with a motto to impart the importance of maintaining the sound mental health by various means. The rally was started from SNSR, went around the entire campus with loud slogans of awareness, which ended up in Sharda Hospital. This was followed by a Skit on the theme “Primary prevention of Mental Illness” by the students. Quiz on “Psychiatric illness” was conducted in Auditorium 005, where Liina & group and Aditi & group from fourth year B.Sc (N) secured first and second prize respectively. All the students



## Continuing Nursing Education – Psychiatric Emergencies

World Mental Health programme was concluded by a Continuing Nursing Education (CNE) programme on 20<sup>th</sup> October 2016 in Auditorium 005, Sharda University. Presenters, **Mrs. Yumnam Surbala Devi**, Assistant Professor, AIIMS CON, New Delhi, spoke on psychiatric emergencies viz. hyperactivity, suicide and extra-pyramidal effect and **Mr. Subhash Chand Agrawal**, Staff Nurse, IHABS Hospital, New Delhi enunciated the clinical aspects of management of Psychiatric emergencies. The programme was organized and supported by Mr. Dinesh Kumar, Associate Professor with help of Mr. Nikhil Raj, Assistant Professor, Ms. Arpana Sagar, Ms. Ekjot Kaur and Ms. Tanishka, Senior Tutors, Psychiatric Nursing Department.



## Journal Club Presentation

School of Nursing Science and Research has started a Journal Club, whose motto is to inculcate innovative learning and knowledge among faculty members of SNSR. First Journal Club presentation was done by Associate Professor, Mrs. Sarika Saxena on “Eponyms in Obstetrics and Gynecology” on 15<sup>th</sup> October 2016 at 12.00 to 1.00 pm in the conference hall No: 215. There were a total of around 30 faculty members present during the presentation. The presenter has concluded the presentation with a quiz session.



## Other Activities – Quality Circle Committee formation

A quality circle committee was formed on September 2016 for maintaining the excellence and virtuosity in teaching, practical and overall aspects of SNSR. The committee comprises a total of 10 faculties as the members, presided by the Principal, Prof. Pauline Sharmila, who are vigilant about the quality aspects throughout the working hours and record the activities. The members are Mrs. Sarika Saxena, Mr. Dinesh Kumar, Mr. Dani Philip, Ms. Ekjot Kaur, Ms. Manu Mehra, Ms. Riju Mammen, Ms. Poonam, Mr. Silambarasu, Ms. Dolly and Ms. Namrata

Overall aims of the committee are to:

- Improve the standards and quality of the faculty and students in a systematic manner.
- Make sure the lectures are going on as exactly the schedules prepared so that no classes are left vacant.
- Find out the issues, which may hinder teaching-learning aspects and provide immediate solutions as early as possible.
- Take the disciplinary actions as needed if any.
- Conduct monthly meeting to discuss about the issues faced & solution for those and newer ways to improve the standards.





## Dr.A.P.J.Abdulkalam's Oath for Nursing Community



1. I love my profession of nursing, the noble mission.
2. I realize, removing the pain is a great godly mission.
3. I will treat all patients equally with kindness and care.
4. I will take special care of at least 20 rural patients.
5. I will be a life long learner in nursing.
6. I will follow the motto "Let my care, remove your pain and bring smiles."



*You don't always get what you wish for...  
But, you what you work for...*