

SANDRA SHROFF COLLEGE OF NURSING, VAPI



REPORT ON SCHOOL HEALTH PROGRAMME AT DESAIWAD SCHOOL, CHHIRI ON 2ND MAY, 2025



INTRODUCTION

A comprehensive school health programme is an organized a set of policies, procedures and activities designed to protect and promote the health and well-being of students which has traditionally included health services, healthful school environment and health education. Health education builds students' knowledge, skills and positive attitudes about health. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent diseases, and reduce risky behaviours.



OBJECTIVES

The objectives of school health programme are as follows:

- ❖ The promotion of positive health
- ❖ Prevention of diseases
- ❖ Early diagnosis, treatment and follow up of disease
- ❖ Awakenning health consciousness among children
- ❖ Provision of healthy environment



PROGRAMME'S REPORT:

3rd year B.Sc Nursing(5th semester) Students of SSCN had organised School Health Programme on 2nd May, 2025 at Govt. Primary School, Chhiri. The programme was organised under the guidance of Dr.Anita Nawale, I/C Principal, Mrs. Suparna Chakraborty,

Associate Professor, Mrs. Hetal Patel, Assistant Professor & Mrs. Ashvini Patel, Nursing Tutor. Total 331 students are participated in School health assessment.



Anita Nawale
Dr. Anita Nawale
I/C. Principal
S.S.C.N. VAPI

As a part of School health programme, health assessment was done on 331 students in which include Anthropometric measurement, Eye check-up, ear check-up and Dental check-up. At first registration of all the children was done. Ms. Ritu Kumari & Ms. Day-3, Ms. Sneha Yadav & Ms. Shilpi Sharma gave video teaching on Menstrual Hygiene & Care of adolescent.



THE FINDINGS OF HEALTH ASSESSMENT:

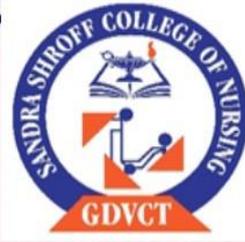
- Result Of Eye Checkup: Overall 80% Students Have Normal Vision And 15% Students Have Blurred Vision & 5% Is Having Myopia
- Result Of Ear Checkup: Overall 95% Students Have Normal Hearing And Only 5% Students Have Hearing Difficulties
- Result Of Dental Checkup: Overall 70% Students Have Good & Neat Clean Teeth While 25% Students Have Yellowish Teeth And 5% Students Have Cavities Present In Their Teeth.



CONCLUSION:-

Students of 3rd year B.Sc nursing along with guidance of three faculty members (Mrs. Suparna Chakraborty, Mrs. Hetal Patel and Mrs. Ashvinil Patel) had organised SCHOOL HEALTH PROGRAMME on 2nd May, 2025 at Govt. Primary School, Chhiri with the support and guidance of I/C Principal Dr. Anita Nawale.





SANDRA SHROFF COLLEGE OF NURSING, VAPI
DEPARTMENT OF COMMUNITY HEALTH NURSING

CORDIALLY INVITES YOU ALL FOR

SCHOOL HEALTH PROGRAMME

ON 2ND MAY, 2025

ACTIVITIES:-

- Health Assessment of School children
- Health Awareness Programme on Personal Hygiene & Environmental Sanitation
- Video Assisted Teaching on Menstrual Hygiene & Care of Adolescent



VENUE : CHHIRI GOVT. PRIMARY SCHOOL

ORGANIZING TEAM

3RD YEAR B.SC. NURSING (5TH SEM) STUDENTS

PROGRAMME COORDINATORS

DR. ANITA NAWALE, VICE PRINCIPAL

MRS. SUPARNA CHAKRABORTY, ASSOCIATE PROFESSOR

MRS. HETAL PATEL, ASSISTANT PROFESSOR

MRS. ASHVINI PATEL, NURSING TUTOR

REPORT OF JCI COMPETITION

DATE: 15th February, 2025 & 17th February, 2025

VENUE: PTC COLLEGE GROUND, BALITHA, VAPI

Junior chamber international (JCI) Vapi organized different competition at PTC college ground, Balitha, Vapi on 15th February, 2025 & 17th February, 2025. Our Sandra shroff college of nursing, Vapi students has participated in many competitions such as mehndi, nail art, best out of waste, Elocution/speech and cook without fire competition.

From 1st year BSc Nursing Ms. Sufi shaikh got 2nd prize in mehndi competition and 1st prize in cook without fire competition. Ms. Nancy Tandel got 2nd prize in Nail art competition. Ms. Aksa John and Ms. Krutika Ghumre got 2nd prize in cook without fire competition. Ms. Jaini Patel and Ms. Tejasvini Patel got 3rd prize in cook without fire competition.




Principal
Sandra Shroff College of Nu

SANDRA SHROFF COLLEGE OF NURSING, VAPI



REPORT ON WORLD THALASSEMIA DAY 8TH MAY, 2025 VENUE: PHC, CHHIRI



GPS Map Camera



Google

Vapi, Gujarat, India

9wjq+hv4, Desai Wad, Chhiri, Vapi, Gujarat 396145,
India

Lat 20.381541° Long 72.939459°

08/05/2025 09:36 AM GMT +05:30

INTRODUCTION

Thalassemia is a genetic disorder affecting hemoglobin production, leading to anemia. It's inherited from parents and varies in severity. There are two main types: alpha- thalassemia and beta-thalassemia. Symptoms include fatigue, pale skin, and shortness of breath. Management involves regular blood transfusions, iron chelation therapy, and in some cases, bone marrow transplantation. Genetic counseling and prenatal testing can help prevent transmission. Ongoing medical care improves quality of life for those affected.



PLANNING

- Theme Opening
- Conducting Rally
- Raising Awareness About Thalassemia
- Providing Health Education To Clients & Their Families

PROGRAMME REPORT

3rd Year BSC Nursing (5th Sem) Students of SSCN had organized World Thalassemia Day on 8th May ,2025 at Chhiri, Vapi. The programme was organized under the guidance of Dr. Anita Nawale, VC Principal, Mrs. Suparna Chakraborty , Associate Professor , Mrs. Hetal Patel, Assistant Professor & Mrs. Ashvini Patel, Nursing Tutor.

Total 75 peoples have participated on the World Thalassemia Day, PHC, Chhiri, Vapi



THEME OPENING:

The theme on World Thalassaemia Day , 8th May, 2025 was,
“TOGETHER FOR THALASSEMIA: UNITING COMMUNITIES,
PRIORITISING PATIENTS.”

The theme unfolding was done by Dr. Komal Patel, MO,PHC, Chhiri.



CONDUCTING RALLY:

The 3rd Year Bsc. Nursing (5th SEM) students of Sandra shroff College of Nursing had done rally about Thalassaemia Day.



RAISING AWARENESS ABOUT THALASSEMIA:

The students had spread awareness on Thalassemia by making 10 different slogans in pluck cards, posters of Thalassemia prevention etc.,.



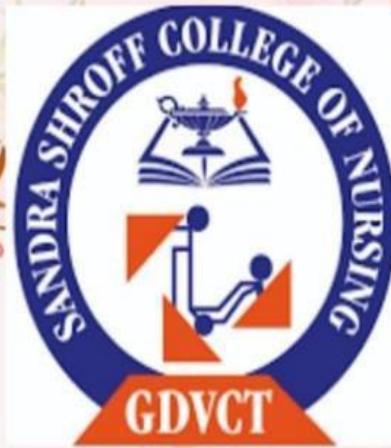
HEALTH EDUCATION:

At PHC, Chhiri, the students had given health education regarding Thalassemia, their causes, sign and symptoms, Diagnostic evaluation, Management and Prevention to the Chhiri locality Clients and their Family members.



CONCLUSION:

Students of 3rd Year Bsc. Nursing along with the guidance of three faculty members, (Mrs. Suparna Chakraborty, Mrs. Hetal Patel, Mrs. Ashvini Patel) had organized World Thalassemia Day on 8th May, 2025 at Chhiri with the support and guidance of Vice Principal, Dr. Anita Nawale.



SANDRA SHROFF COLLEGE OF NURSING, VAPI

**DEPARTMENT OF COMMUNITY HEALTH NURSING
CORDIALLY INVITES YOU ALL TO CELEBRATE**

WORLD THALASSEMIA DAY

ON 08th MAY, 2025

**THEME: "TOGETHER FOR THALASSEMIA: UNITING
COMMUNITIES, PRIORITISING PATIENTS."**

| TIME | EVENTS | VENUE |
|-----------------|--|--------------------------------------|
| 08:15 am | Rally on #We are 1 and #patient first by 5th SEM B.SC | Chhiri Rural area |
| 10:05 am | Unfolding the theme by Medical Officer | RPHC, Chhiri UPHC, Dungra |
| 10:15 am | Awareness Program on Prevention of Thalassemia by 5th SEM B.SC & 3rd Year GNM | RPHC, Chhiri UPHC, Dungra |

**SANDRA SHROFF COLLEGE OF
NURSING, VAPI**



**REPORT ON
WORLD HYPERTENSION DAY
AT DESAIWAD COMMUNITY, CHHIRI
ON 16TH MAY, 2025**



INTRODUCTION

World Hypertension Day, observed every year on May 17th, serves as a vital platform to raise awareness about the silent yet serious condition of high yet serious condition of high blood pressure. In our community, this day was marked with collective effort and compassion, bringing people together to promote healthier living. Organized in collaboration with local health workers, clinics, and volunteers, the event focused on free blood pressure screenings, health education sessions, and diet education with common medicine distribution..



OBJECTIVES :

The objectives of world hypertension day are as follows:

- Raise awareness about high blood pressure
- Promote regular BP check-ups
- Encourage healthy lifestyle habits
- Educate on risks of uncontrolled BP
- Motivate BP management and control



WORLD HYPERTENSION DAY REPORT:.

3rd year B.sc nursing (5th semester) Students had organized World Hypertension day on 16th may 2025 at shrusti complex Chirri. The camp was organized under the guidance Mrs. Suparna Chakraborty, Associate professor, Mrs. Hetal Patel, Assistant professor and Mrs. Ashwini Patel, Nursing Tutor.



Total about 40 people participated in world hypertension camp where there is BP screening, health education and medicine distribution.

As a part of world hypertension day camp, Blood pressure checkup was done on about 40 peoples In which included BP checkup, common illness medicine distribution, health education about hypertension and dietary education for hypertension clients. At first Ms. Jiya and MS.Agness was taken the BP of the cleints At station 1 ,Ms.Sushma was distributing the medicine at station 2, Ms.Megha, Ms.Mitali ,Ms.Shruti, Ms.Angel ,Ms.Harshita and Ms.Kavita was giving health education at station 3 and at last station 4 Ms.Pooja and Ms.Raksha was giving dietary education.



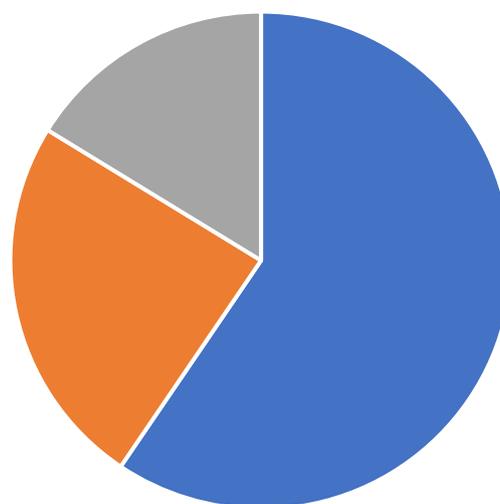
THE FINDINGS OF THE DAY:

- ❖ Result of the BP screening : overall about 66% clients having normal blood pressure and about 34% of clients having high blood pressure (about 6 client in this having hypertension).
- ❖ Result of health and dietary education: About 100% of client came in the camp got the health education regarding hypertension.
- ❖ Result of medicine distribution: Among all clients about 63% of people take the medicine like ORS, Paracetamol, levocitrizine, calcium gluconate etc..



PIE PRESENTATION OF THE WORLD HYPERTENSION DAY RESULT:

blood pressure of clients.



■ normal bp ■ high bp ■ hypertension ■

CONCLUSION:

Students of 3rd year Bsc. Nursing (semester 5) along with the Guidance of three faculty members (Mrs. Suparna Chakraborty ,Mrs. Hetal Patel, Mrs. Ashwini Patel) has organised” **WORLD HYPERTENSION DAY CAMP**” with the theme of “**MEASURE YOUR BLOOD PRESSURE ACCURATELY CONTROL IT, LIVE LONG**” on 16th may 2025 at shrusti complex, Chhiri with the support and guidance of I/C Principal Dr. Anita Nawale.



Anita
Dr. Anita Nawale
I/C. Principal
S.S.C.N. VAPI



**SANDRA SHROFF COLLEGE
OF NURSING, VAPI**



REPORT ON
NSS SPECIAL VILLAGE
CAMP 2025

04/03/2025 TO 10/03/2025

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI

SIGNATURE OF PRINCIPAL

Principal
Sandra Shroff College of Nursing



NSS SPECIAL VILLAGE CAMP 2025

Date of Event: 04/03/2025 to 10/03/2025

Venue: Kumbharvad, Mahiyavanshi Faliya, Motivada Village

Occasion: NSS SPECIAL VILLAGE CAMP

Participants: 34 NSS Volunteers from 1st Year GNM and 12 NSS Volunteer from 4th Year B.Sc. Nursing

INTRODUCTION

The National Service Scheme (NSS) is a flagship program of the Government of India that aims to develop the personality of students through community service. The NSS Special Camp is an essential part of this initiative, focusing on providing students with opportunities to engage in meaningful social work while also fostering a sense of responsibility and social awareness.

This report presents an overview of the NSS Special Camp organized at Kumbharvad, Mahiyavanshi Faliya, Motivada Village from 4th March 2025 to 10th March 2025. The primary objectives of the camp were to engage participants in activities that would contribute to the welfare of the local community, promote values of unity, selfless service, and national integration, and enhance the personal and leadership skills of the volunteers.

This report details the activities undertaken during the camp, the outcomes achieved, and the personal experiences of the volunteers, highlighting the importance of community service in shaping future leaders.

OBJECTIVES OF THE NSS SPECIAL VILLAGE CAMP

- 1) To raise awareness about women's rights, gender equality, and the importance of women's participation in social, economic, and political spheres.
- 2) To encourage and promote cleanliness and hygiene in the community through active participation in cleanliness drives.
- 3) To educate the community about the dangers and social consequences of alcohol abuse.
- 4) To introduce and promote the physical and mental health benefits of yoga among school children.
- 5) To celebrate and honor the contributions of women to society while promoting gender equality.

6) To spread awareness about the importance of blood donation and to educate the community on how regular donations can save lives.

7) To provide free screening and health check-ups for hypertension and diabetes, with the aim of early detection and prevention.

8) To raise awareness about sickle cell anemia, its symptoms, and available treatments.



SANDRA SHROFF COLLEGE OF NURSING, VAPI

AGENDA FOR NSS SPECIAL VILLAGE CAMP
Area: Motivada, Kumbharvad, Valsad

| Date | Day | Activity |
|------------|-------|--|
| 04/03/2025 | Day 1 | Inauguration of the Camp & Women Empowerment |
| 05/03/2025 | Day 2 | Village Cleanliness Drive Ek Kadam Swachhta Ki Aur |
| 06/03/2025 | Day 3 | Awareness Campaign On ill effect of Alcoholism & Deaddiction |
| 07/03/2025 | Day 4 | Yoga Session |
| 08/03/2025 | Day 5 | Awareness on Blood Donation |
| 09/03/2025 | Day 6 | Screening for Hypertension & Diabetes |
| 10/03/2025 | Day 7 | Sickle Cell Awareness Programme |

REPORT OF THE DAY

DAY-01: Inauguration of the camp & Seminar on Women Empowerment

On March 4, 2025, the NSS Special Village Camp at Motivada Village was inaugurated at the Gram Panchayat Motivada. The inauguration ceremony was graced by distinguished guests, including the Sarpanch, Mr. Jaysukh Bhai; Dr. Rekha Bhandari, the President of the Inner wheel Club; Mrs. Anita Gupta, the Vice President of the Inner wheel Club, Mr. Rushit Masrani; Government employee Speaker for women empowerment, Dr. Anita Nawale, Vice Principal of Sandra Shroff College of Nursing, Vapi; Mr. Degish Ahir and Mr. Hemant Patel, member of the Village Committee. The event was held in the presence of the villagers and NSS volunteers.

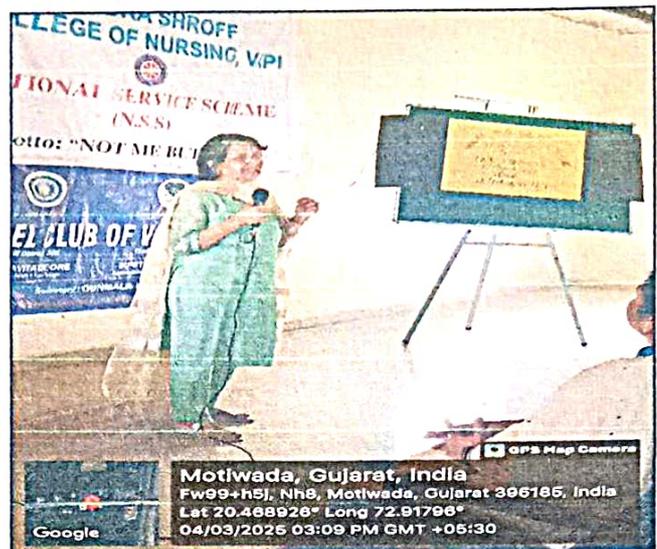
The guests were warmly welcomed with flowers. The program began with the lighting of the lamp, followed by the theme opening.

Mr. Rushit Masrani gave an inspiring speech on Women Empowerment. Following his speech, a representative from the District Health Department spoke on the topic Beti Bachao, Beti Padhao.

The Inner wheel Club President delivered a speech about the importance of occupational activities for women and scholarships for education.

The program concluded with the distribution of snacks to the gathering.





DAY- 02: Village Cleanliness Drive

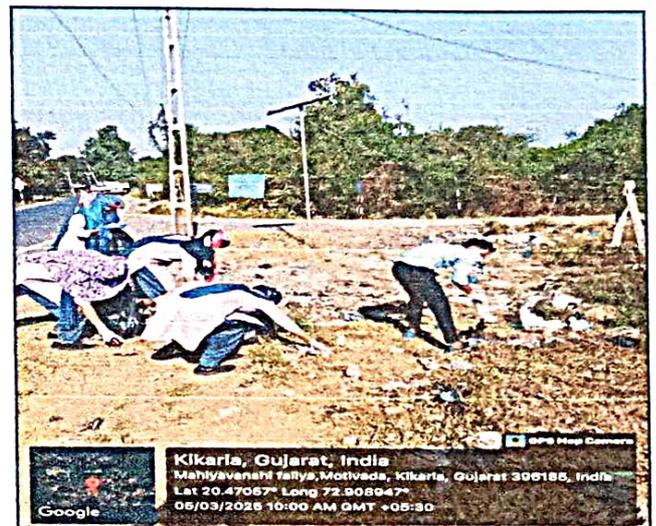
Ek Kadam Swachhta Ki Aur

On the second day of the NSS Special Village Camp, held on 5th March 2025, we conducted a cleanliness drive as part of the campaign "Ek Kadam Swachhta Ki Aur" (One Step Towards Cleanliness). The goal of this initiative was to promote environmental awareness and foster a cleaner and healthier living environment for the village communities.

During this drive, our NSS volunteers were divided into several groups to cover key areas in the village, including Kumbharvad, Mahiyavanshi Faliya, the area near the local temple, Kolivad, and Mota Faliya. Each team worked diligently to clean up their assigned areas, collecting garbage and waste materials, such as plastic wrappers, bottles, and other non-biodegradable waste that had accumulated in the open spaces.

The waste was carefully collected into large black bags to ensure proper disposal. In order to maintain hygiene and prevent further environmental hazards, the gathered waste was then burned in a safe and controlled manner, following proper waste management protocols.

The cleanliness drive not only helped in clearing up these areas but also aimed to instill a sense of responsibility and environmental consciousness among the villagers. We engaged with the local community, educating them on the importance of waste segregation, reducing plastic use, and maintaining cleanliness in public spaces.





DAY- 03: Awareness campaign on ill effects of alcoholism & Deaddiction Strategies

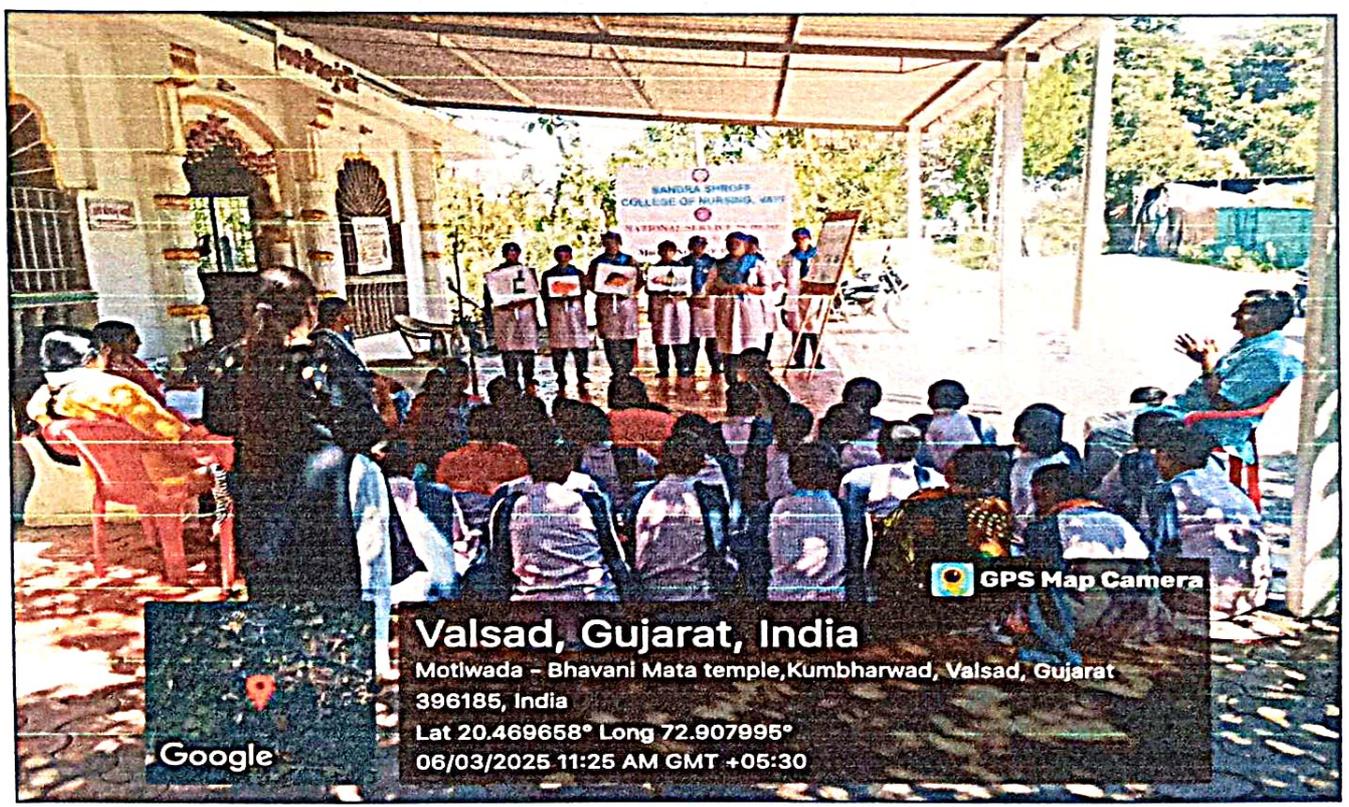
On the third day of the NSS Special Village Camp, the NSS volunteers of the 1st-year GNM program, including Ms. Yogita, Neha, and Riya, performed an impactful role play highlighting the ill effects of alcoholism. The role play was carefully designed to raise awareness about the harmful consequences of alcohol consumption on various aspects of life.

Throughout the performance, the volunteers demonstrated how alcoholism negatively impacts health, both physically and mentally, leading to serious conditions like liver damage, heart problems, and addiction. They also depicted how alcohol abuse can result in financial instability, broken relationships, and social isolation, affecting not just the individual but also their family and community.

In addition to highlighting the health risks, the volunteers also focused on the importance of deaddiction. They educated the audience about the available resources and methods for overcoming alcohol dependence, such as counseling, rehabilitation centers, and support groups. They emphasized that with the right guidance and treatment, recovery is possible, and individuals can regain control over their lives.

The role play was well-received by the community, as it effectively conveyed the message of the dangers of alcoholism while offering hope and

solutions for those struggling with addiction. Through this session, the NSS volunteers contributed to spreading awareness about the need for better health practices and the importance of seeking help to combat alcohol dependence.



DAY- 04: Yoga Session

On the 4th day of the NSS Special Camp, on 7th March 2025, a yoga session was organized at Main Primary School, Motivada, with the assistance of Mrs. Sheetal Trigotra, the District Gujarat Yoga Coordinator. She conducted a two-hour session, during which yoga exercises were performed by the school teachers, students, NSS volunteers, and the NSS Programme Officer. The session included various asanas, pranayama (breathing exercises), and relaxation techniques, which were aimed at enhancing physical health, mental well-being, and promoting inner peace.

Mrs. Sheetal Trigotra explained the importance of yoga in daily life and how it can be incorporated to reduce stress, improve concentration, and boost overall health. Participants actively engaged in the session, and the environment was filled with enthusiasm and positivity.

The benefits of yoga were evident as everyone felt more energized, focused, and relaxed after the session. The event helped in fostering a sense of unity and teamwork among the participants. It was an enriching experience for all involved, and the NSS volunteers, along with the school teachers and students, expressed their gratitude for the opportunity to take part in this beneficial activity. This yoga session proved to be a valuable addition to the NSS Special Camp, contributing to the holistic development of all the participants.

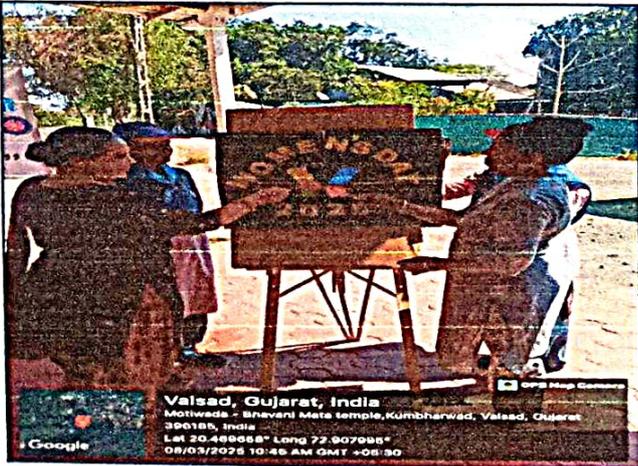


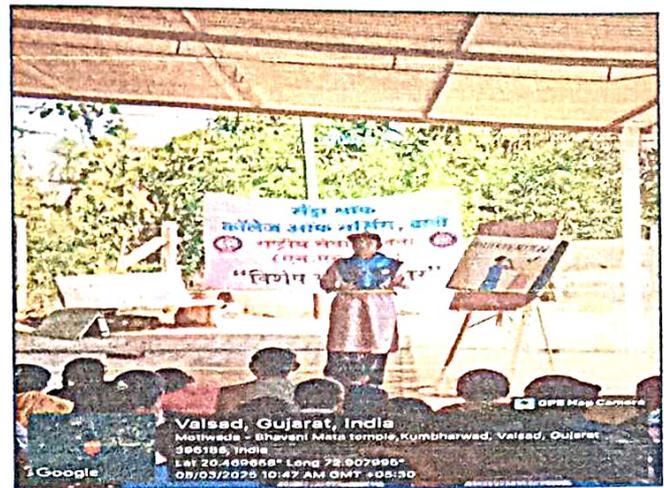
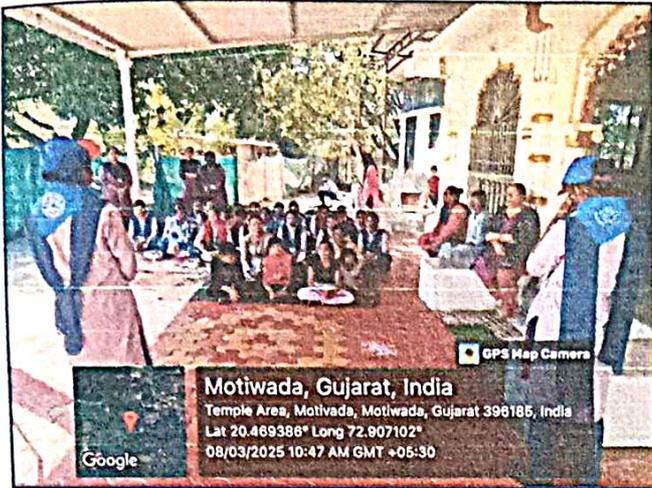


DAY- 05: Women's Day Celebration and Awareness on Blood Donation

On the 5th day of the NSS Special Camp, we celebrated International Women's Day with the women of Kumbharvad and Motiwada village at the Bhavani Mata Temple. The event began with an opening ceremony led by the women of Motiwada village, along with first-year GNM students and Nursing Tutor Mrs. Rinkal Patel. The first-year GNM students took the initiative to educate the group on the importance of blood donation, raising awareness about its life-saving potential.

Following the informative session, a gesture of appreciation was made by distributing chocolates to all the participants. This not only honored the women but also emphasized the significance of community welfare and support. The session was successful in empowering the local women and raising awareness about blood donation.





The celebration of International Women's Day in such a meaningful and engaging manner helped strengthen the bond between the community and the NSS team, making the day both memorable.

DAY- 06: Screening of Hypertension & Diabetes

On the 6th day of the NSS Special Village Camp, held on 9th March 2025, a health screening camp was organized at the Bhavani Mata Temple, Motivada, focusing on the early detection of hypertension and diabetes mellitus. The screening took place from 9:00 AM to 1:30 PM. A total of 91 individuals participated in the camp, where their blood sugar levels and blood pressure were checked by the first-year GNM students, 4th-year B.Sc Nursing students, and the Department of Community Health Nursing.

Out of the 91 participants, 52 individuals were found to be hypertensive, and 10 were diagnosed with diabetes mellitus. This screening initiative not only helped in identifying undiagnosed cases of hypertension and diabetes but also provided an opportunity to raise awareness among the local community about the importance of regular health check-ups and early intervention.

The camp was a valuable step toward promoting better health practices in the village, empowering the residents to take control of their health and seek timely medical attention if necessary. The event also helped strengthen the collaboration between the NSS team and the community, enhancing the overall impact of the camp.



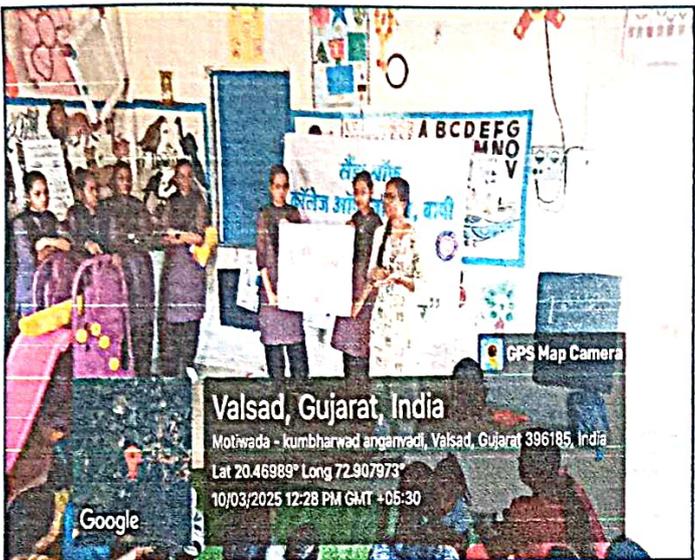
DAY- 07: Sickle Cell Awareness Programme

On the final day of the NSS Special Village Camp, held on 10th March 2025, a Sickle Cell Awareness Program was organized at the Anganwadi Center, Kumbharvad, Motivada. The session began with an informative talk by Mrs. Ashwini Patel, Nursing Tutor from the Department of Community Health Nursing, who explained the basics of sickle cell disease, including its causes, symptoms, and management strategies.

Following the lecture cum discussion, 4th-year B.Sc Nursing students conducted a live demonstration to further educate the participants about the

condition. They provided practical health education, covering key aspects such as the prevention, early detection, and management of sickle cell disease.

The program was attended by 15 women from the village, along with the Anganwadi worker and helper. This initiative aimed to raise awareness among the local community, especially women, about the significance of early diagnosis and management of sickle cell disease, empowering them to take proactive steps for their health and the health of their families.



CONCLUSION

In conclusion, the NSS Special Village Camp held from 4th to 10th March 2025 in Motivada Village was a resounding success, marked by a series of impactful activities aimed at improving the health, well-being, and awareness of the local community. I acknowledge with gratitude and devotion to the Almighty God, whose grace and blessings accompanied us throughout this event. Heartfelt gratitude to Smt. Sandra Shroff Mam, Founder and Chairman of S.S.C.N, Vapi, for her unwavering support. I am thankful to our beloved Principal Sir, Prof. Mr. Samuel Fernandis, M.Sc. (N), for his guidance and encouragement for this program, and to all the faculty members of the Community Health Nursing Department, especially Dr. Anita Nawale, Vice Principal and HOD of the Community Health Nursing Department; Mrs. Suparna Chakraborty; Mrs. Hetal Patel; Mrs. Ashwini Patel; Mrs. Ketika Patel; and Mrs. Rinkal Patel, for their invaluable contributions and support.

In this camp the volunteers participated in various initiatives, including a cleanliness drive, health screenings, yoga sessions, and awareness programs on topics such as women empowerment, alcohol addiction, blood donation, and sickle cell disease. These activities not only helped foster community involvement but also empowered the villagers with crucial knowledge and resources to improve their quality of life. The camp highlighted the importance of collaboration between the volunteers, the community, and local organizations, contributing to a stronger bond and greater community health awareness. The event proved to be an enriching experience for all involved, leaving a lasting positive impact on the village and its residents.

THANK YOU



Anita
Dr. Anita Nawale
I/C. Principal
S.S.C.N. VAPI