



**SANDRA SHROFF COLLEGE
OF NURSING, VAPI**



REPORT ON
UTTRAYAN AWARENESS PROGRAMME
(NYLON THREAD BAN) 2025

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI



SIGNATURE OF PRINCIPAL

Principal
Sandra Shroff College of Nursing

UTTRAYAN AWARENESS PROGRAMME (NYLON THREAD BAN) 2025

Date of Event: 11th January 2025

Venue: Desai N.D.N. Sarvajanik High School, Vapi

Occasion: Uttrayan Awareness Programme

Participants: 10 NSS Volunteers from 4th Year B.Sc. Nursing Students and faculties of Sandra Shroff College of Nursing, Vapi and 150 students & teachers of Desai N.D.N. Sarvajanik High School, Vapi

INTRODUCTION

On 11th January 2025, 10 NSS Volunteers of 4th year B.Sc. Nursing, Sandra Shroff College of Nursing, Vapi, organized an awareness program at Desai N.D.N. Sarvajanik High School, Vapi. The objective of the program was to create awareness about the environmental hazards and dangers associated with the use of nylon thread during the festival of Uttarayan. The event also focused on educating students about the 10 prohibited acts related to Uttarayan

REPORT OF THE DAY

The Uttrayan Awareness programmed was started with a warm welcome to the students and faculty members of Desai N.D.N. Sarvajanik High School. The NSS Volunteer Ms. Disha from 4th Year B.Sc. Nursing started the session by highlighting the cultural significance of Uttarayan and the widespread practice of kite flying during the festival. However, they emphasized the negative impacts of using harmful materials such as nylon threads for kite flying.

Nylon threads, often used in kite flying, pose serious environmental and safety risks. These threads, which are not biodegradable, can cause harm to wildlife, and the sharpness of the threads can lead to severe injuries to both humans and animals. To combat these issues, the NSS Volunteers explained the importance of switching to safer alternatives like cotton threads and the need to discourage the use of nylon threads during the festival.

Furthermore, the Volunteers presented a detailed list of the 10 prohibited acts during Uttarayan, such as flying kites in certain areas near airports or roads, using non-biodegradable threads, and engaging in dangerous practices like kite

fighting in restricted zones. This segment aimed at educating the students on how to celebrate the festival responsibly and sustainably.

In addition, the program was aligned with the Fit India Movement, a National initiative to encourage physical fitness among the youth. The NSS Volunteers highlighted how kite flying could be a healthy outdoor activity that promotes physical exercise, provided it is done safely and responsibly.

The students actively participated in the discussions, showing great enthusiasm towards spreading awareness in their community. The session concluded with a pledge to avoid the use of nylon threads and to promote eco-friendly practices during Uttarayan.

Prohibited Act

- 1) Public road / foot path as well as dangerous in such a way as to endanger the life of any person.
- 2) Nylon string used for flying (flying) kites which is coated with nylon, synth or synthetic material and is non-biodegradable on receiving, storing, selling and using it for flying kites and catching kites/strings cut from flying kites.
- 3) Any kind of synthetic thread, cotton thread or any other thread, iron powder, glass powder or any other harmful substance prepared by adding.
- 4) Prohibition of buying and selling of Chinese Manza/Plastic Cord/Glass Coated Nylon Thread/Chinese Sky Lantern (Tukkal) etc. through online platform through e-commerce etc.
- 5) On import of synthetic Manza/Nylon thread or similar synthetic coated thread by each Samavala.
- 6) During the period of 06/00 to 08/00 in the morning, since it is the time for the birds to come out of their nest and return to the nest, during that time the birds are more injured and injured by the string of the kite. So on kite flying during that time period.
- 7) On flying kites around or over railway tracks as equipment has high voltage traction near and above railway tracks.
- 8) On Flying, Buying, Importing, Selling, Possessing, Storing Chinese Tukkals.
- 9) Thus on playing the loud speaker in a very loud voice in such a way as to disturb the public.
- 10) In such a way as to hurt the sentiments of the public, writing provocative writings on the kite before flying the kite.



CONCLUSION

The Uttarayan Awareness Programme conducted by the NSS Volunteers of Sandra Shroff College of Nursing successfully raised awareness about the harmful effects of nylon thread and encouraged students to adopt safer practices during the festival. The inclusion of the Fit India Movement also emphasized the importance of physical fitness, promoting a healthy lifestyle. The program was informative and impactful, fostering a sense of responsibility among students to contribute to the well-being of the environment and their own health. The event was a meaningful step toward educating the younger generation about sustainable celebrations and safety during festivals.

THANK YOU



SANDRA SHROFF COLLEGE OF NURSING, VAPI

REPORT ON POLIO CAMP ON 23RD JUNE, 2024



Principal
Sandra Shroff College of Nursing

INTRODUCTION:

Pulse Polio is an immunization campaign established by the Govt. of India to eliminate Poliomyelitis (Polio) in India by vaccinating all children under the age of five years against the polio virus.

The Polio National Immunization Day 2024 held on June 23. The booth activities followed by house-to-house surveillance (mop up rounds) over the next two to five days to identify & vaccinate children who missed getting vaccinated at the booths.



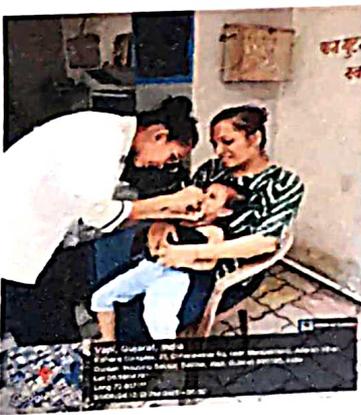
OBJECTIVES:

- To immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain high level of morale among the public.
- All children under the 5 year should be vaccinated.
- To achieve certification of global polio eradication.



CAMPAIGN IMPLEMENTATION:

As per the part of Academic Curriculum, 33 students of 4th year B.Sc. Nursing & 43 students 3rd year B.Sc. Nursing (5th semester). from SSCN along with 1 faculty actively participated in the Polio Camp on 23rd June, 2024 from 07.30 am to 05.00 pm under the direction of Dr. Pandey, Urban Health Officer, Vapi & Dr. Hiral, MO, Sulpad UPHC.



A total of 18 polio booths were set up across the GIDC area, Vapi such as- Chintan Apartment, MIG, Kalikamata Mandir, Kamdar Office, Ghatkopar Sweet Mart, Shivmandir, Chetan Desai Clinic, Gurudvaru Chanod Colony, ESIC Hospital, Aata chakki (Ambamata Mandir), Chhota daya School, Dr. Amisha Clinic, Surya Building, Rajmoti Apartment, Haria

ROTARY

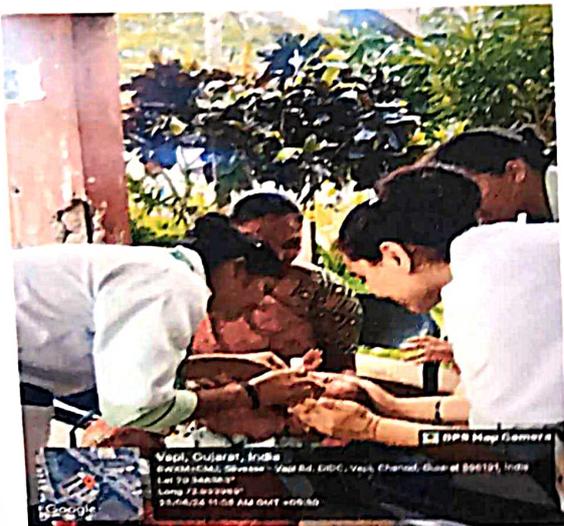
Hospital, Upasana School, Raj Residency Apartment & Pramukh Hills. Total 1156 children were vaccinated on that day. The booth activities followed by house-to-house surveillance (mop up rounds) over the next two to five days to identify & vaccinate children who missed getting vaccinated by 1st year GNM students at urban areas, vapi.



- Faculty Participated: Mrs. Suparna Chakraborty.
 - Students Participated: 33 students from 4th year B.Sc. Nursing
43 students from 3rd year B.Sc. Nursing
- Total 77 students from SSRN attended in this camp.

CONCLUSION:

As a part of Community Health Training, total 77 students from SSCN and 1 Faculty from Community Health Nursing Department participated in Polio Campaign with the guidance of Prof. Mr. Samuel Fernandis, Principal & Dr. Anita Nawale, Vice Principal of SSCN.





**SANDRA SHROFF COLLEGE
OF NURSING, VAPI**



**REPORT ON
WORLD MEDITATION DAY CELEBRATION
2024**

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI



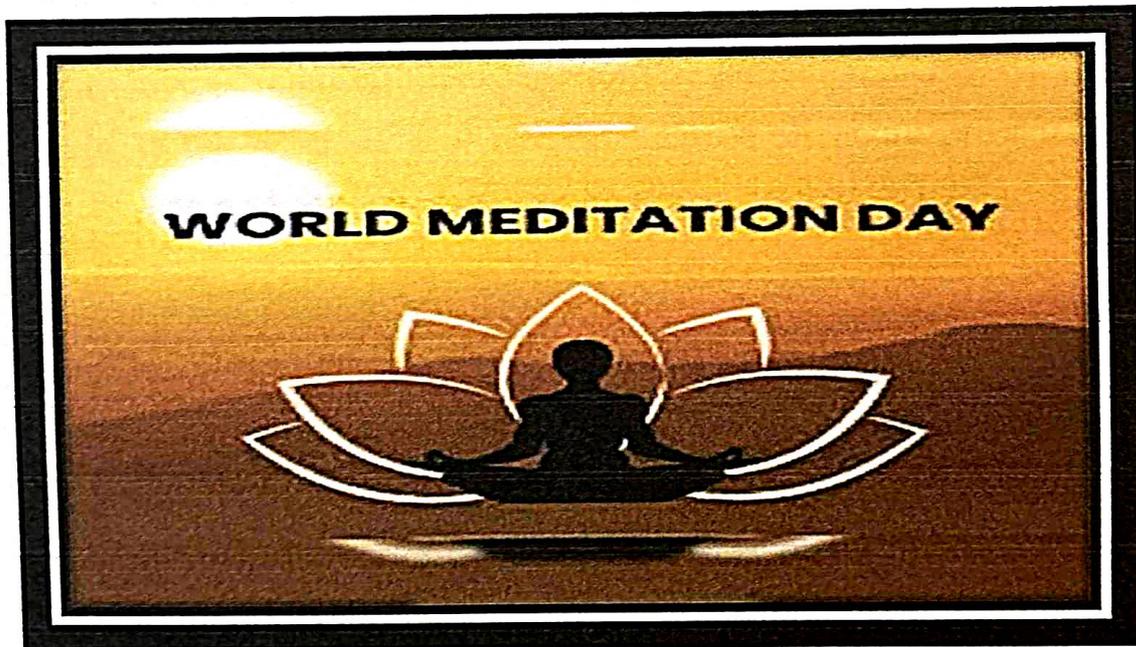
for, 
SIGNATURE OF PRINCIPAL
Principal
Sandra Shroff College of Nursing

INTRODUCTION

World Meditation Day, celebrated globally on 21st December, is a day dedicated to promoting the practice of meditation, its benefits for mental well-being, and its positive impact on health. The event serves as an opportunity to encourage individuals to take a moment of peace and mindfulness amidst the fast-paced world we live in. At Sandra Shroff College of Nursing, Vapi, this day was celebrated with the aim of imparting the importance of meditation as part of overall wellness.

At Sandra Shroff College of Nursing, Vapi this day was celebrated with the aim of imparting the importance of meditations as a part of overall wellness. Recognizing the significant challenges healthcare professionals face in their careers, the institution acknowledged the need to equip future nurses with tools that support not only physical health but mental and emotional well-being.

Nursing Students, who are often at the forefront of patient care, benefit from practices that enhance their emotional intelligence and stress management. By participating in world Meditation Day activities, students were encouraged to embrace meditation as a regular practice, enhancing their ability to serve others with empathy and mindfulness.



REPORT OF THE DAY

On 21st December 2024, under the guidance of the Mr. Samuel Fernandis M.Sc. (N) Principal and Dr. Anita Nawale, Vice Principal of the Sandra Shroff College of Nursing, Vapi, the celebration was organized with the enthusiastic participation of 50 students from the 1st Year and 2nd year General Nursing and Midwifery (GNM) program. The event was carried out under the coordination of the NSS Programme Officer, Ms. Nirali Desai. The students engaged in activities designed to help them understand the significance of meditation, foster mental tranquillity, and embrace mindfulness in their daily lives.

The day began with a brief introduction by the NSS Programme Officer, Ms. Nirali Desai, who explained the importance of meditation for mental health and overall well-being. She highlighted how meditation can help reduce stress, improve focus, and promote emotional balance, especially in a nursing career where compassion and mental clarity are key.

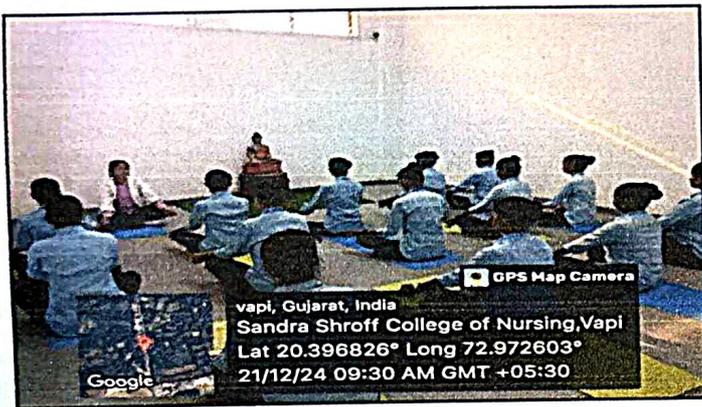
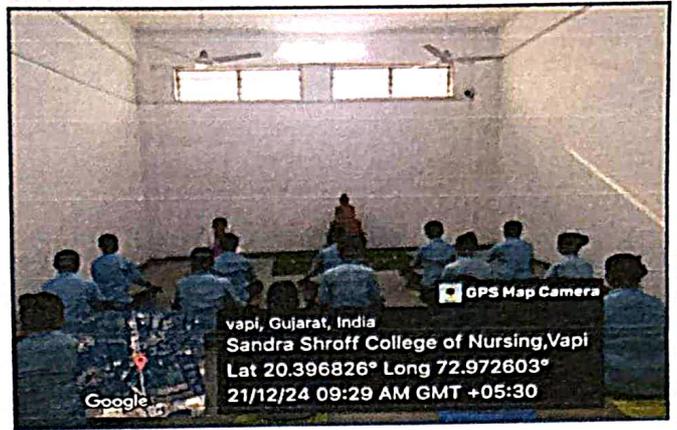
ACTIVITIES OF THE DAY

The students were then guided through a series of meditation exercises. The session included:

- 1. Breathing Techniques:** The students learned basic breathing exercises aimed at calming the mind, such as deep breathing and diaphragmatic breathing, which can be easily incorporated into daily life for stress management.
- 2. Mindfulness Meditation:** This session focused on being present in the moment, cultivating awareness of thoughts, emotions, and physical sensations without judgment. The students practiced observing their thoughts and letting go of distractions, helping them gain control over their emotions and reactions.
- 3. Guided Meditation:** A calming, guided meditation was led by the facilitator, where the students visualized peaceful scenes and were encouraged to relax their body and mind. This session helped students experience the deep relaxation that meditation can bring.
- 4. Reflection and Sharing:** After the meditation session, students shared their experiences and reflections on the practice. Many expressed feelings of calm, peace, and a sense of mindfulness that they hoped to incorporate into their future nursing practice.

The event was concluded with a short address by the Principal, who emphasized the importance of incorporating wellness practices like meditation

into the busy lives of nursing students. The Vice Principal also shared a few words, reinforcing how meditation can enhance empathy and patience, qualities essential for healthcare professionals.





**SANDRA SHROFF COLLEGE
OF NURSING, VAPI**



**REPORT ON
VIKSHIT BHARAT YOUTH PARLIAMENT
2025**

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI

SIGNATURE OF PRINCIPAL



VIKSHIT BHARAT YOUTH PARLIAMENT 2025

Date of Event: 23th March 2025

Venue: SMT C D JHOBALIA ROFEL ARTS AND SMT I S R ACHCHHARIWAL ROFEL COMMERCE COLLEGE, VAPI

Occasion: Vikshit Bharat Youth Parliament

Participants: 08 NSS Volunteers from 1st Semester B.Sc. Nursing & 1 NSS Volunteers from 1st Year GNM.

REPORT ON THE VIKSHIT BHARAT YOUTH PARLIAMENT

The students of Sandra Shroff College of Nursing, Vapi, actively participated in the Viksit Bharat Yuva Sansad Program, organized by the Ministry of Youth Affairs and Sports, Government of India. This youth Parliament provide a chance to the youth to brainstorm about new India and to find ways and chalk out plans to realize our resolves before 2026. Youth in the age bracket of 18-25 years were invited to participate in the District, State and National level youth Parliament.

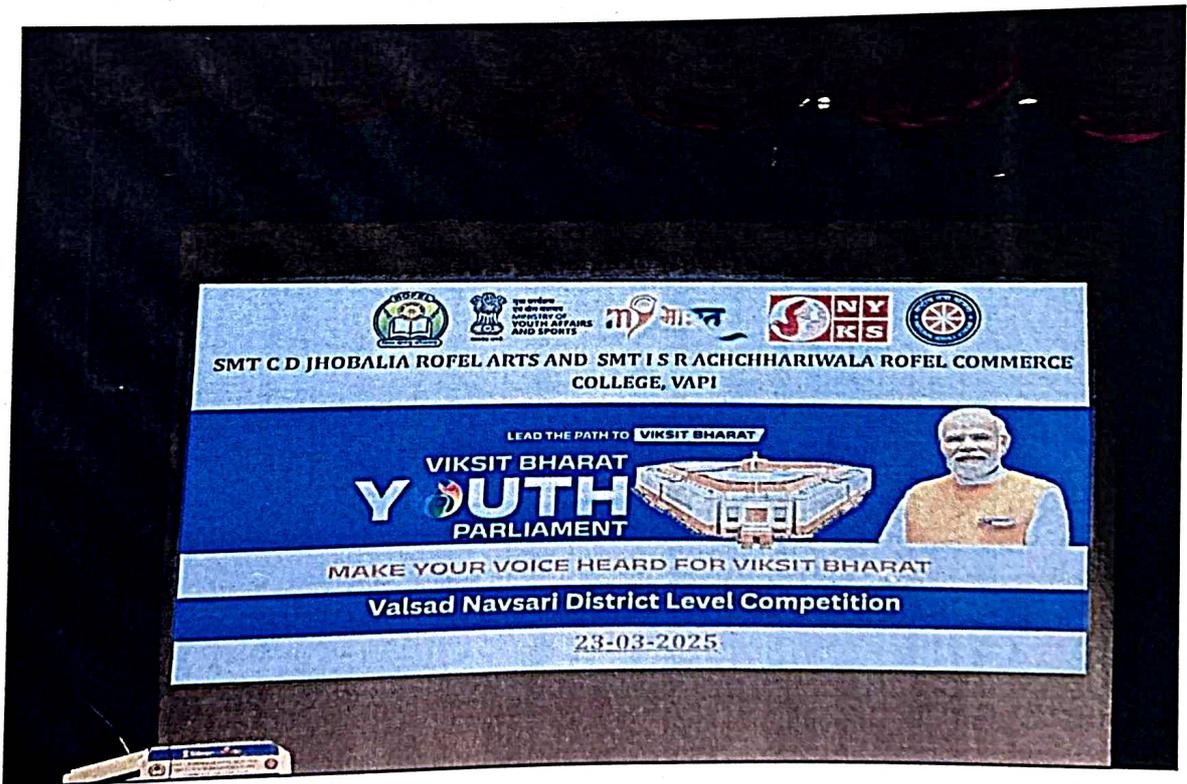
The main objectives of this programme is to provide a platform for youth to express their thoughts on Vikshit Bhart (Developed India), engage with public issues, understand the perspectives of common people, and articulate their views effectively.

A total of 22 NSS Volunteers (1st sem and 3rd sem B. Sc. Nursing, 1st Year, 2nd Year and 3rd Year GNM), from our college uploaded their 1-minute video on the MY Bharat portal, expressing their thoughts on the topic:

"What does a Developed India mean to you?"

From these submissions, 9 students were selected for the District-Level Competition.

The District-Level Competition was held on 23th march 2025, at SMC C.D. Jhobalia Rofel Arts College & Smt. I.S.R. Achchhariwala Rofel Commerce College, Vapi, Valsad.



CONCLUSION

We extend our heartfelt gratitude to our Principal, Mr. Samuel Fernandis, M.Sc.(N), for his invaluable guidance and support. We also sincerely thank our Vice Principal, Dr. Anita Nawale, for her encouragement and mentorship. Additionally, we appreciate the efforts of all class coordinators who motivated their students to actively participate in this prestigious event.

Our college takes immense pride in the achievements of our students, and we look forward to their continued success in the upcoming stages of the competition.

THANK YOU



**SANDRA SHROFF COLLEGE
OF NURSING, VAPI**



REPORT ON
FIT INDIA MOVEMENT 2025

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI


SIGNATURE OF PRINCIPAL

Principal
Sandra Shroff College of Nursing



FIT INDIA MOVEMENT 2025

Date of Event: 11th January 2025

Venue: Desai N.D.N. Sarvajanik High School, Vapi

Occasion: Fit India Movement

Time: 8 am to 9 am

Participants: 10 NSS Volunteers from 4th Year B.Sc. Nursing Students and faculties of Sandra Shroff College of Nursing, Vapi and 80 students & teachers of Desai N.D.N. Sarvajanik High School, Vapi.

INTRODUCTION

The Fit India Movement, launched by the Government of India, aims to inspire individuals to prioritize their health and fitness for a better and more active life. In line with this vision, NSS Volunteers from Sandra Shroff College of Nursing, Vapi, organized a programme to promote awareness about fitness and healthy living. The programme, held on **11th January 2025 at Desai N.D.N. Sarvajanik High School, Vapi**, was designed to educate students about the importance of maintaining a balanced lifestyle and the benefits of staying physically active. Through engaging activities and informative sessions, the program encouraged the students to adopt healthier habits, helping to create a lasting impact on their overall well-being.

REPORT OF THE DAY

On 11th January 2025, NSS Volunteers from Sandra Shroff College of Nursing, Vapi, organized a programme on the **Fit India Movement** at Desai N.D.N. Sarvajanik High School in Vapi. The program aimed to educate students about the importance of fitness and healthy living, in line with the vision of the Fit India Movement.

The event began at **8:00 Am** with an engaging **role-play** activity performed by the students. In role play they effectively depicted the negative impact of **unhealthy eating habits, such as excessive consumption of fast food and oil-rich foods.** The role play was very effective for promote a healthier diet and reduce the intake of fast food for better long-term health.

As part of the program, NSS volunteers presented pluggable cards featuring **self-made slogans** that encouraged students to avoid fast food and make healthier food choices. These creative and impactful slogans helped to reinforce the importance of conscious eating habits and healthy lifestyles.

In addition, charts were displayed that provided essential information on the prevention of diseases like Diabetes Mellitus, Obesity and Hypertension. These charts presented effective prevention strategies, including the benefits of regular physical activity, maintaining a balanced diet, and avoiding unhealthy habits that increase the risk of these conditions.

The program concluded at 9:00 AM with a speech by **Mrs. Pinal Patel**, who emphasized the importance of the Fit India Movement. She spoke about how essential it is to make fitness a priority in our lives, especially in today's world, where lifestyle-related diseases are on the rise. Her speech was motivational, urging the students to adopt healthier habits and stay active to ensure a healthier future.

The event was successful in raising awareness and motivating students to take active steps towards improving their health. The NSS Volunteers from Sandra Shroff College of Nursing, Vapi, made significant contributions to this cause, spreading the message of fitness, health, and wellness within the school community.





CONCLUSION

The Fit India Movement celebration organized by NSS Volunteers from Sandra Shroff College of Nursing was a successful event in raising awareness about fitness and healthy living. Through role-play activities, informative charts, and motivating speeches, the students gained valuable insights into the importance of maintaining a healthy diet and an active lifestyle. The volunteers effectively conveyed the negative impact of unhealthy eating habits and encouraged the adoption of healthier choices. The event inspired students to prioritize fitness and take proactive steps toward preventing lifestyle-related diseases.

THANK YOU



**SANDRA SHROFF COLLEGE
NURSING, VAPI**



REPORT ON
**BLOOD DONATION
CAMP 2025**

SUBMITTED BY
NATIONAL SERVICE SCHEME TEAM
SSCN, VAPI

SIGNATURE OF PRINCIPAL
Prof. Mr. Samuel Fernandis, M.Sc. (N)

Principal
Sandra Shroff College of Nursing



BLOOD DONATION CAMP 2025

Date of Event: 8th March 2025

Venue: Multipurpose Hall at Sandra Shroff College of Nursing, Vapi

Occasion: Blood Donation Camp

Participants: 30 NSS Volunteer from 4th year B.Sc. Nursing, Trustee of S.S.C.N, Vapi, President and Vice President of Inner wheel Club of Vapi, NSS Programme Officer, Haria L G Rotary Hospital, Vapi staff.

REPORT OF THE DAY

On 8th March 2025, in celebration of International Women's Day, a special Ladies Blood Donation Camp was organized at Sandra Shroff College of Nursing, Vapi, in the Multipurpose Hall. The event was held in loving memory of Late Mrs. IW. Bhavana Dewani and was coordinated by the N.S.S. Team of S.S.C.N. Vapi, in collaboration with the Inner Wheel Clubs of Vapi and the Dewani Family.

The camp provided a unique opportunity for women to come together for a noble cause, demonstrating the power of community, empathy, and social responsibility. The event was held from 9:00 AM to 4:30 PM, and it began with a lamp-lighting ceremony, followed by a cake-cutting ceremony to mark the occasion and celebrate the spirit of empowerment.

The camp saw a wonderful turnout, with 100 women attending the event. Among them, 70 women generously donated blood, making a significant contribution to the community's health and well-being. This overwhelming participation showcased the strength of women coming together to make a meaningful difference in the lives of others.

Each donor was honored with a Certificate of Appreciation as a token of gratitude for their selfless contribution. In addition to the certificate, each blood donor was given a donation kit, which included a bag, kitchen utensils, a pen, and a charger cable—items meant to show appreciation and care for their participation.

The event was a fitting tribute to the memory of Late Mrs. IW. Bhavana Dewani and truly embodied the values of generosity, community, and empowerment that define International Women's Day.

The success of the Ladies Blood Donation Camp was greatly supported by the Our Principal Sir Prof. Mr. Samuel Fernandis , M.Sc. (N); Dr. Anita Nawale;

Vice Principal of S.S.C.N, N.S.S. Volunteers from the 4th-year B.Sc. Nursing program at Sandra Shroff College of Nursing. Their efforts ensured the smooth operation of the event and provided valuable assistance in several areas.

The N.S.S. Volunteers helped in setting up the stage for the lamp-lighting ceremony and cake cutting, ensuring that the event began smoothly and in an organized manner. Volunteers assisted the medical team from Haria L.G. Rotary Hospital in screening participants, helping with vital sign checks and ensuring that all donors were medically fit to donate blood, after the blood donations were completed, the N.S.S. Volunteers were involved in distributing donation kits to all the donors, ensuring they received their token of appreciation promptly and with care.





GPS Map Camera
vapi, Gujarat, India
Sandra Shroff College of Nursing,Vapi, vapi,
Gujarat , India
Lat 20.396826° Long 72.972603°
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CONCLUSION

The Ladies Blood Donation Camp held on 8th March 2025 was a resounding success, not only in terms of the number of donations but also in fostering a sense of community and empowerment among the women of Vapi. The camp was a beautiful tribute to Late Mrs. IW. Bhavana Dewani, and it reflected the true spirit of International Women's Day, celebrating women's contribution to the well-being of society.

We are deeply grateful to the Inner Wheel Clubs of Vapi, the Dewani Family, and the Haria L.G. Rotary Hospital staff for their continued support. Our heartfelt appreciation goes out to the N.S.S. Volunteers, whose hard work and commitment ensured the success of this camp. Their dedication was pivotal in making this event a memorable and impactful one.

The camp was a shining example of how collective efforts can create lasting change, and we look forward to organizing more such events in the future to continue making a positive difference in our community.

THANK YOU