

**CHITKARA SCHOOL OF HEALTH SCIENCE
DEPARTMENT OF NURSING**

S.No.	Name of Activity	Organizing Unit/ Agency/ Collaborating Agency	Year of Activity	No. of Students Participated In Such Activities	Date of Activity
1.	Awareness talk and role play on gender equality and women empowerment	Department of Nursing	2025	11	8th Mar 2025
2.	Awareness talk on maternal health and well-being	Department of Nursing	2025	29	6th Mar 2025
3.	Awareness talk on National safe motherhood day	Department of Nursing	2025	6	11th April 2025
4.	Health Camp for female students and faculty on the occasion of world health day	Department of Nursing	2025	26	7th April 2025
5.	Awareness talk & role play on essential antenatal advice & care	Department of Nursing	2024	22	4th Dec 2024

6.	Awareness Talk on Post natal care and counselling	Department of Nursing	2024	21	27th Nov 2024
7.	Nukkad Natak on International Day for the Elimination of Violence Against Women	Department of Nursing	2024	15	25th Nov 2024
8.	Awareness Talk on Antenatal advice, care and dietary requirement	Department of Nursing	2024	15	30/4/2024
9.	Awareness Talks on Safe Motherhood	Department of Nursing	2024	25	10/4/2024
10.	Role Play on Gender Equality on the occasion of International Women's Day	Department of Nursing		24	7/03/2024
11.	Awareness Talk on Breast Cancer	Department of Nursing	2024	22	19/10/2023
12.	Inservice Education on Anaemia	Department of Nursing	2023	5	04-05-2023
13.	Sexual and reproductive	Department of Nursing	2023	59	10-02-2023

	health awareness day				
14.	Awareness talk on breast cancer	Department of Nursing	2023	70	07-02-2023

DEPARTMENT OF NURSING

Event Name	CSR
Topic	Nukkad Natak on International Day for the Elimination of Violence Against Women
Date	25 th November, 2024
Venue	CHC, Kalomajra
Organizers	Ms. Manu Kohli, Dr. Sawroop Dhillon, Ms. Alisha Roy
No. of Participants	15
No. of Impacted Individual	-
Under SDG no.	03, 05, 10, 16
SDG Details	03-Good health and wellbeing, 05- Gender Equality. 10- reduce inequalities among countries, 16-Peace, justice and strong institutions

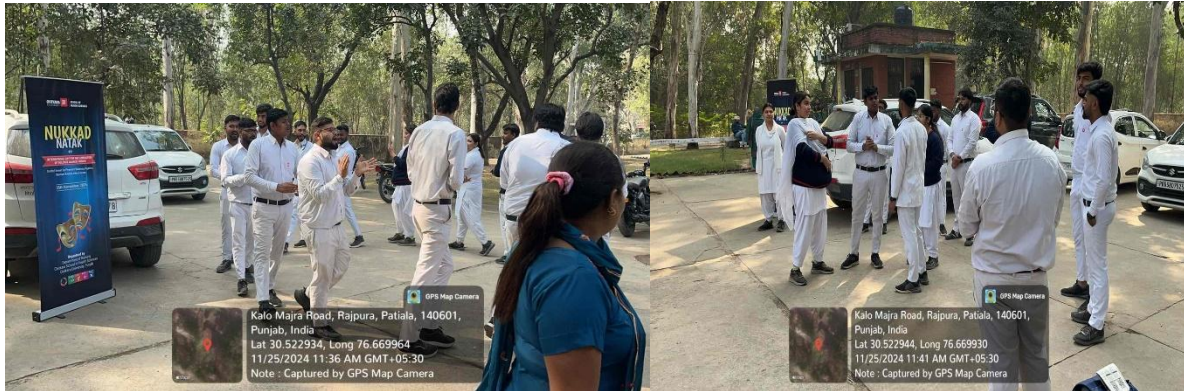
Objectives: -

- Educate the community about the different forms of violence that women and girls face in both domestic and public spaces.
- To emphasize the importance of gender equality in society and challenge existing norms that perpetuate violence and discrimination against women and girls
- Informing the public about laws and resources available for women who face violence, including helplines and shelters.
- Inspire the community to come together and actively work towards preventing violence against women and girls.

The B.Sc. (N) 5th semester students of the Department of Nursing at Chitkara University, Punjab, participated in a Nukkad Natak (street play) on the International Day for the Elimination of Violence Against Women. This initiative, held in the village of Kalo Majra, Rajpura, aimed to raise awareness about the domestic and public violence faced by women and girls in society. Under the theme *"Unite! Invest to Prevent Violence Against Women & Girls #No Excuse,"* the students highlighted the importance of unity and collective action in preventing such violence.

Through their performance, the students educated the public on various methods to stop violence and emphasized the importance of gender equality and social justice, informing the public about laws and resources available for women who face violence, including helplines and shelters. Play inspire the community to come together and actively work towards preventing violence against women and girls. This street play directly supported several Sustainable Development Goals (SDGs), namely: SDG 3: Good Health and Well-being – promoting a healthy and safe environment for women and girls, SDG 5: Gender Equality – advocating for the elimination of violence and discrimination against women and girls, SDG 10: Reduced Inequalities – striving for equal opportunities and reducing inequalities in society, SDG 16: Peace, Justice, and Strong Institutions – fostering peaceful societies with justice and effective institutions. This event was an impactful way of engaging the community in the fight against

violence and promoting positive change for women and girls; Also, created a mindset among people for collective efforts that challenges societal norms.



Students performing Nukkad Natak on elimination of violence among women on 25th November, 2024

Outcomes:

1. The nukkadnatak successfully raised awareness among the public regarding the prevalence of domestic and public violence against women, and educated them about ways to combat these issues.
2. It helped shift perspectives on gender roles and violence, promoting the message that gender equality is essential to societal progress.
3. It created a mindset among people for collective efforts that challenges societal norms and leads to a stronger, more effective movement against violence towards women.
4. It served as a catalyst for community dialogue on gender-based violence, urging the audience to reflect on their role in ending violence and fostering an environment of respect and equality.

DEPARTMENT OF NURSING

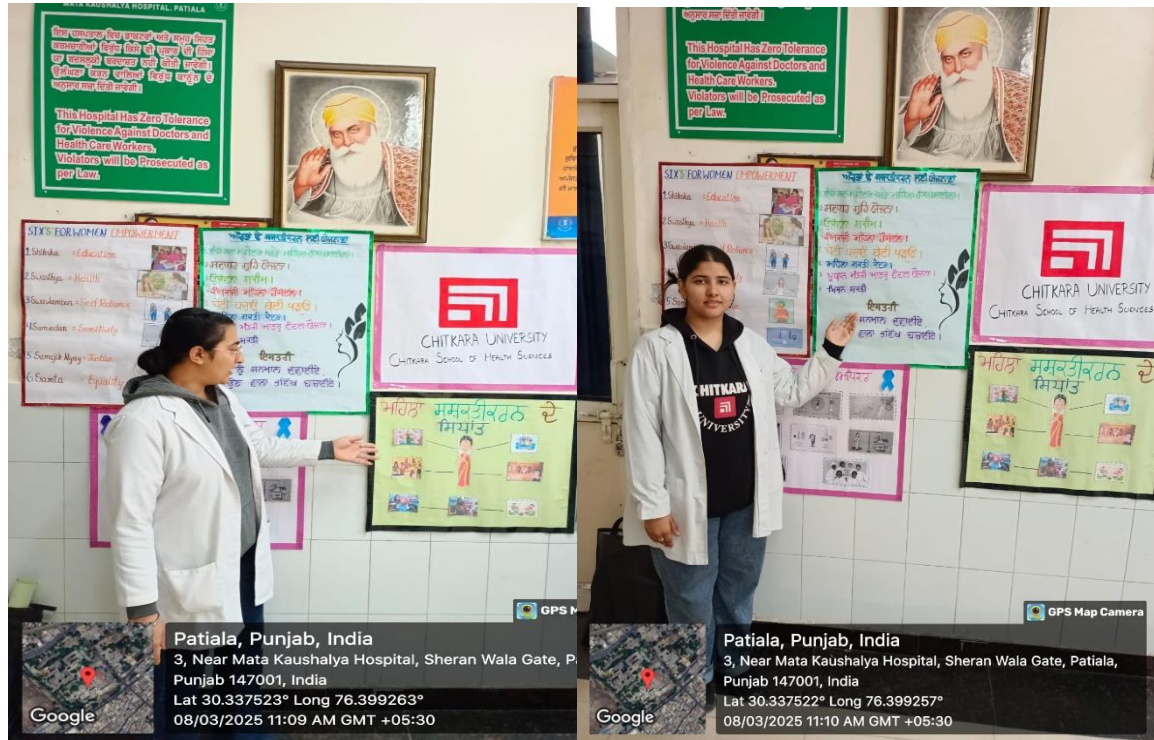
Event Name	CSR Activity
Topic	Role play and Awareness talk on Gender Equality and women Empowerment
Date	08 th March, 2025
Venue	Gynae OPD, Mata Kaushalya hospital, Patiala
Organizers	Ms. Amanpreet Kaur (Assistant Professor)
No. of Participants	11
No. of Impacted Individual	25
Under SDG no.	4,5,17
SDG Details	04 Quality education, 05 Gender Equality

Objectives: -

- To Provide a comprehensive overview of the current state of gender inequality.
- Highlight the accomplishments and contributions of women across various fields.
- To Focus on global, national, and local initiatives that aim to empower women and achieve gender equality.
- To Inspire individuals, organizations, and governments to take concrete actions to promote gender equality and women's rights.
- To Emphasize how women's experiences of inequality can differ based on race, class, sexual orientation, disability, and other factors.

On **08th March 2025**, the **M.Sc. Nursing 1st year, M.Sc. Nursing 2nd year and B.Sc. Nursing 8th Semester** students organized an **awareness talk and Role play on Gender Equality and Women Empowerment** at the **Gynae OPD of Mata Kaushalya hospital Patiala**. The main aim to raise awareness about advancing Women's and Girls' Rights, promoting gender equality, fostering empowerment. Role playing is a very powerful teaching and learning method when dealing with sensitive topics in life skills or citizenship lessons. It is particularly useful when exploring issues of gender with pupils. Through role play students make people aware regarding equality and reducing female feticide, stereotypes, and discrimination. It accelerates efforts for equality and to challenge societal norms, legal frameworks, and structural barriers

that disproportionately impact women and marginalized genders. It's a global tribute to women's achievement and a call for gender equality and women empowerment. It mainly gives focus to issues such as reproductive rights, violence and abuse against women.



M.Sc 1st year student giving awareness talk on gender equality on 8th March, 25



Group Photograph of Awareness Talk and Role play on “women Empowerment and Gender Equality on 8th March, 2025



M.Sc 1st year student giving awareness talk on women empowerment on 8th March, 25

Outcomes:

- Participants gain a deeper understanding of what gender equality and women's empowerment mean in different contexts (e.g., in education, the workplace, family, and politics).
- Awareness is raised about the societal, economic, and political barriers that women face globally and locally.
- To Increased understanding of how gender equality benefits both individuals and society as a whole
- Participants engage in role-play scenarios where they experience different perspectives related to gender inequality
- Educates participants about their rights and how to seek help if they or someone they know is experiencing discrimination or violence.

DEPARTMENT OF NURSING

Event Name	Extension And Outreach Programs
Topic	Health Camp for Female Students and Faculty
Date	07.04.2025
Venue	OBG Lab. (Gb102) And Nursing Foundation Lab. (Gb103) (Chitkara University)
Organizer	Ms. Parminder Kaur, Ms. Timsy, Ms. Jigyasha Sharma
Resource Person	Dr. Shikha Gupta, Director & Gynaecologist Dr. Meghna Sharma, Dermatologist
No. of Participants	26
SDG No.	SDG 3: Good Health and Well-Being, SDG 17: Partnership for the Goals

Objectives:

1. Raise awareness about common health issues affecting women, including reproductive health, nutrition, and mental well-being.
2. Highlight the significance of regular health screenings and early detection of diseases.
3. Provide information on vaccination schedules, screenings, and preventive measures.
4. Equip participants with knowledge to make informed decisions about their health.
5. Encourage self-care practices and proactive health management.
6. Encourage peer support and sharing of health-related experiences and tips.

Write up

The health camp was organized by Centre of Women's health and empowerment, Department of Nursing, CSHS in collaboration with centre of excellence for sustainability and Neelam Hospital, Rajpura on World Health Day on April 7th, 2025 to promote awareness about the importance of maintaining physical and mental well-being among female students and faculty. The theme "Healthy Beginnings, Hopeful Futures" highlighted the significance of early health education and preventive measures for a healthier tomorrow. The camp aimed to educate participants about key health issues, including reproductive health, nutrition, and mental well-being, while encouraging preventive healthcare practices and fostering healthy lifestyle choices. A wide range of activities was conducted to achieve these objectives. Free health check-ups, including blood pressure, blood sugar, BMI assessments, and Haemoglobin estimation, were offered to all participants. Additionally, Q&A sessions allowed participants to engage directly with medical professionals, and resource materials such as brochures and health guides were distributed to support continued health education. The camp witnessed active participation from female students and faculty members. A team of dedicated healthcare professionals, including doctors, nurses, and health educators, along with volunteers and organizers, ensured the smooth execution of the event. Participants actively engaged in

discussions, screenings, and workshops, making the camp a vibrant platform for health promotion. The outcomes of the health camp were overwhelmingly positive. There was a noticeable increase in health awareness among participants, with many adopting healthier habits and expressing a greater understanding of the importance of preventive care. Early detection of potential health issues led to timely referrals for medical evaluation. The event also fostered a supportive community, encouraging open dialogue about health-related concerns and reducing stigma around sensitive topics such as mental health and reproductive health. Feedback from participants highlighted their appreciation for the practical health advice, the opportunity for free medical check-ups, and the interactive nature of the workshops. Many suggested organizing regular health camps, incorporating specialized sessions on mental health, chronic disease management, and follow-up consultations for continued support. While the camp was successful, it faced some challenges, including time constraints that limited in-depth discussions on certain topics and resource limitations for specific health screenings. Nevertheless, the event served as a valuable platform for health promotion, inspiring participants to prioritize their well-being. In conclusion, the health camp was a meaningful initiative that not only educated and empowered female students and faculty but also contributed to fostering a culture of health awareness within the academic community. The event truly embodied the theme "Healthy Beginnings, Hopeful Futures," leaving a lasting impact on the participants and setting the foundation for a healthier tomorrow.

Outcome:

1. Participants had a better understanding of key health issues, including reproductive health, nutrition, and mental well-being.
2. Enhanced knowledge about preventive healthcare practices and the importance of regular check-ups.
3. Empowered female students and faculty to make informed decisions about their health and well-being.
4. Increased confidence in discussing health issues openly without stigma.
5. Established health-oriented habits that continue beyond the camp, contributing to a healthier academic environment.
6. Inspired participants to advocate for health initiatives within their communities, supporting the theme of "Hopeful Futures."



Volunteer measuring the height of attendee for BMI Calculation on 07/04/2025



Attendees getting their Haemoglobin Levels checked during the Health Camp on 07/04/2025



Skin Experts doing the free skin analysis of attendees during the Health Camp on 07/04/2025

Dr. Shikha Gupta addressing the gynaecological concerns of the attendees on 07/04/2025



Group photo of Health Camp organizers with the gynaecological expert on 07/04/2025



Volunteers monitoring the Blood Pressure of attendees during the Health Camp on 07/04/2025

DEPARTMENT OF NURSING

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on National Safemotherhood Day
Date	11.04.2025
Mode	OFFLINE
Venue	AP Jain Civil Hospital,Rajpura
Organizer Name	MS. TIMSY (ASSOCIATE PROFESSOR)
No. of Participants	06
Under SDG no.	3,4,5,17
SDG Details	SDG 3: GOOD HEALTH AND WELL BEING SDG 4: QUALITY EDUCATION SDG 5: GENDER EQUALITY SDG 17: PARTNERSHIP FOR THE GOALS

Objectives:

- To educate the community—especially women, families, and healthcare workers—about the importance of maternal health and the need for safe pregnancy, childbirth, and postnatal care.
- Encourage expecting mothers to choose institutional deliveries under trained medical professionals instead of home births, to reduce maternal and neonatal mortality.

- Equip women with knowledge about their reproductive rights, family planning options, and how to access healthcare services
- Encourage expecting mothers to choose institutional deliveries under trained medical professionals instead of home births, to reduce maternal and neonatal mortality.
- Stress the need for regular check-ups, proper nutrition, iron & folic acid supplements, and vaccinations during and after pregnancy.
- Motivate community leaders, local health workers (like ASHAs and ANMs), and NGOs to spread awareness and support safe motherhood initiatives.

DESCRIPTION:

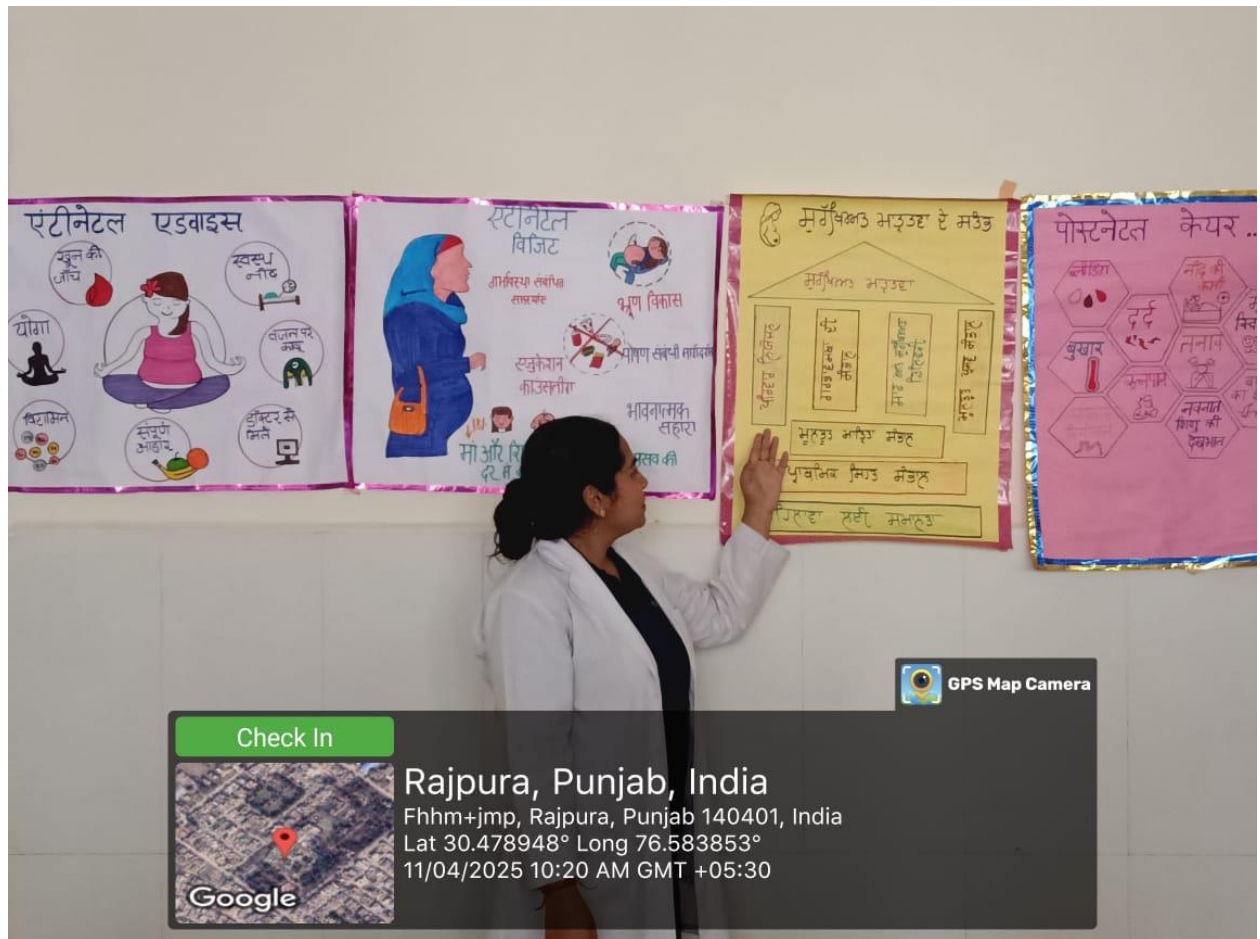
The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized an Awareness Talk on the occasion of National Safe Motherhood Day on 11th April 2025 at 10:00 AM onwards at AP Jain Civil Hospital, Rajpura. The event aimed to raise awareness about the importance of safe motherhood and improve maternal health outcomes through education, empowerment, and community engagement.

Students delivered a comprehensive talk on safe pregnancy, emphasizing antenatal care, proper nutrition, danger signs during pregnancy, institutional deliveries, and postnatal care. The audience, which included hospital staff, expectant mothers, and local residents, actively participated in the session.

Information about various government schemes such as Janani Suraksha Yojana and Pradhan Mantri Matru Vandana Yojana was shared to encourage the utilization of available maternal health benefits. An interactive session allowed the attendees to ask questions and clear doubts, particularly surrounding common myths related to pregnancy and childbirth.

. The event succeeded in spreading crucial messages about maternal health, encouraging institutional deliveries, and promoting a healthier and safer motherhood journey for women in the community. Overall, the talk was a valuable initiative that reinforced the commitment of Chitkara University's Department of Nursing towards community welfare and improving maternal health outcomes through education and collaboration.





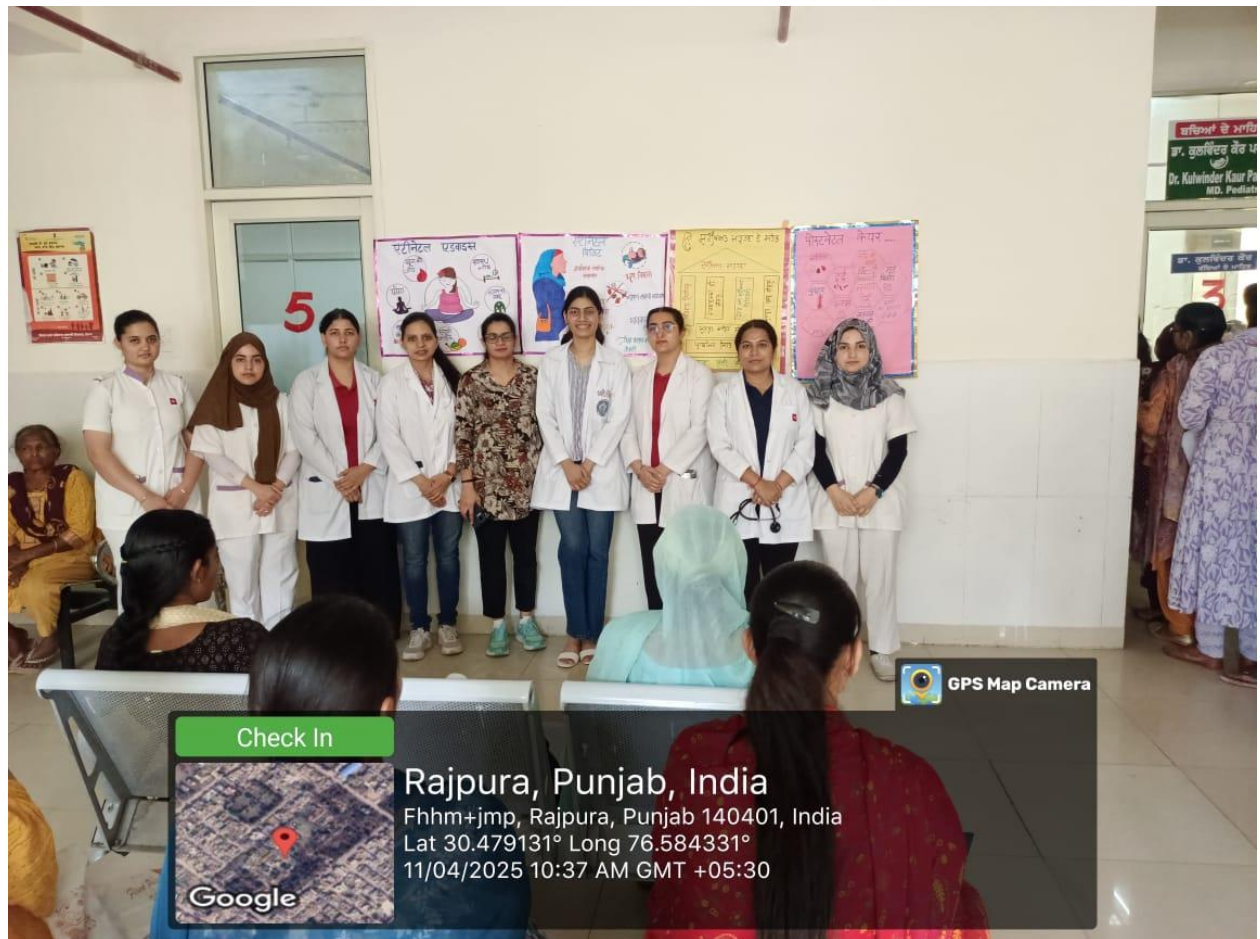
Students Creating awareness for hospital staff, expectant mothers regarding pillars for safemotherhood on 11th April,2025



Students giving health education on importance of antenatal advices to expectant mothers on 11th April,2025



Students creating awareness regarding contraception among general audience and pregnant women on 11th April,2025



Group Photograph with Hospital Staff and Doctor on 11th April, 2025



Students Emphasizing importance of postnatal care among females on 11th April,2025



Students Encouraging Institutional Deliveries by highlighting the risks of home births and benefits of skilled medical care on **11th April, 2025**

Outcome:

- Improved Awareness among women about the importance of antenatal and postnatal care.
- Encouraged Institutional Deliveries by highlighting the risks of home births and benefits of skilled medical care.
- Increased Knowledge about government health schemes like Janani Suraksha Yojana and Pradhan Mantri Matru Vandana Yojana.
- Empowered Women with the confidence to make informed decisions regarding their maternal health.
- Promoted Health-Seeking Behaviour by encouraging timely medical intervention during pregnancy.
- Strengthened Collaboration between nursing students, healthcare staff, and the local community.

DEPARTMENT OF NURSING

Event Details	
Event Name	EXTENSION AND OUTREACH PROGRAMS
Topic	AWARENESS TALK ON MATERNAL HEALTH AND WELL-BEING
Date	06.03.2025
Mode	OFFLINE
Venue	GYANE OPD, GMSH-16, CHANDIGARH
Organizer Name	MS. GURPREET KAUR (ASSISTANT PROFESSOR), MS. KRITIKA JOSHI (NURSING TUTOR) MS. LAKSHITA (NURSING TUTOR),MS.PRIYANKA THAKUR(NURSING TUTOR)
No. of Participants	29
Under SDG no.	04,05
SDG Details	SDG 4: QUALITY EDUCATION SDG 5: GENDER EQUALITY

Objectives:

- To allows participants develop communication skills for educating others about maternal health.
- Highlighting the importance of breastfeeding and its role in both maternal and infant health.
- Teaching about nutrition and self-care for the mother to support her recovery.
- To encourage the students, learn about educate on antenatal and postnatal care.
- To provide a platform for students to support initiatives that provide better maternal healthcare access.
- To create awareness about weaning practices and the transition from breastfeeding to solid foods.

- To encourage students to learn from others and compete on their own skills and expertise.

DESCRIPTION:

B.Sc. Nursing 6th Semester students conducted an awareness session on maternal health and well-being at the Gynae-OPD, GMSH-16, on March 6, 2025. The session aimed to educate expectant and new mothers on crucial aspects of maternal and child health, equipping them with essential knowledge to ensure a safe and healthy motherhood experience.

The talk focused on the significance of proper healthcare, timely interventions, and informed decision-making for both mothers and newborns. Key topics covered included antenatal care, balanced nutrition during pregnancy, postnatal care, newborn care, the importance of antenatal exercises, weaning practices, and recognizing danger signs in newborns. Special emphasis was placed on the role of early and regular antenatal check-ups in preventing complications during pregnancy and childbirth.

The session was interactive and well-received, with enthusiastic participation from attendees who engaged in discussions, shared their concerns, and sought clarification on various health-related queries. The nursing students actively addressed misconceptions and provided evidence-based recommendations to support maternal and neonatal well-being.

Such initiatives are vital in promoting safe motherhood, reducing maternal and neonatal morbidity, and improving overall health outcomes. By spreading awareness about essential maternal healthcare practices, these efforts contribute significantly to empowering mothers and fostering a culture of informed healthcare choices.

This event reflects the dedication and commitment of nursing students to community health education and reinforces the importance of preventive care in maternal and child health. Ensuring that new and expectant mothers receive timely information and necessary support is crucial in enhancing both maternal and neonatal survival rates.

Through such educational programs, nursing students play an essential role in bridging the gap between healthcare services and community awareness. Their efforts in promoting evidence-based practices help in strengthening maternal and child healthcare systems, ultimately contributing to healthier communities.

By prioritizing maternal health education, the nursing fraternity continues to make a meaningful impact, ensuring that every mother has access to the knowledge and support she needs for a safe and fulfilling motherhood journey.

Outcome:

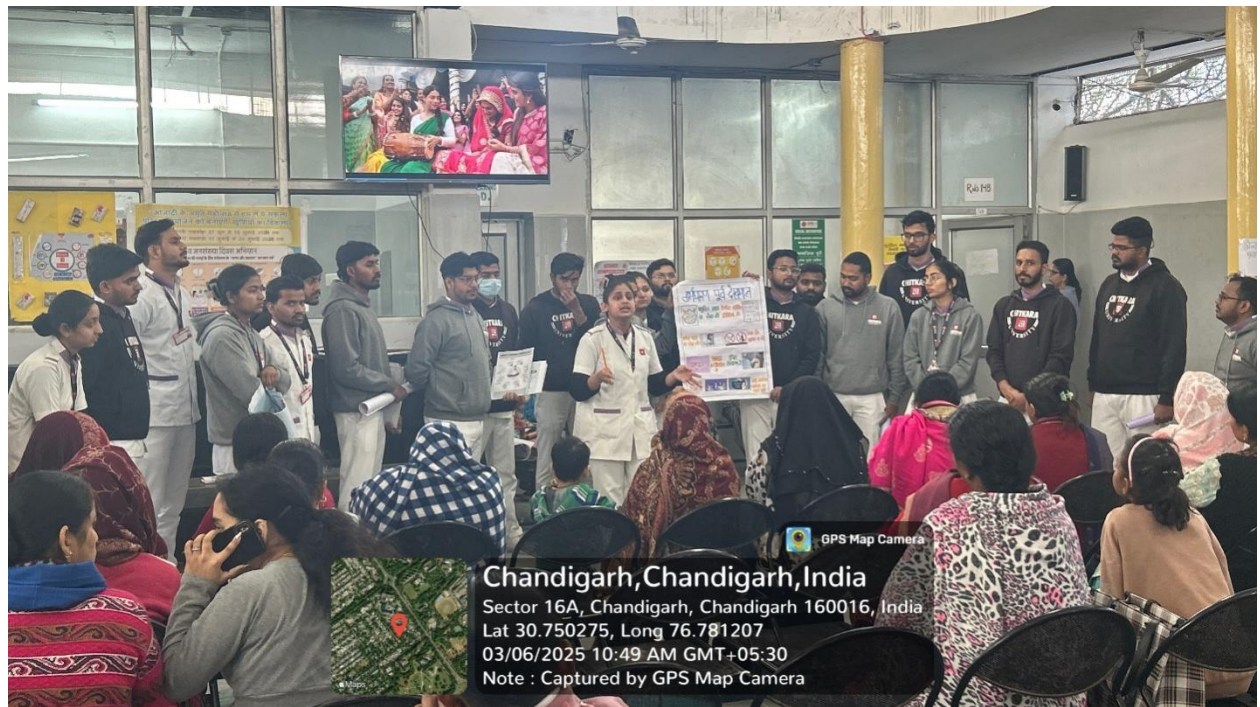
- Lower rates of maternal and infant morbidity as mothers are more proactive in seeking care and adopting recommended health practices.
- Decreased infant mortality rates due to better care practices, vaccination adherence, and early detection of health concerns.
- Decreased infant mortality rates due to better care practices, vaccination adherence, and early detection of health concerns.
- Increased access to prenatal care and skilled birth attendants, ensuring safer deliveries and improved maternal outcomes.
- Greater awareness of nutrition and breastfeeding benefits, leading to healthier growth and development in infants.
- Widespread implementation of family planning and birth spacing programs, reducing high-risk pregnancies and improving overall maternal well-being.

Faculty

Principal & Director



6th semester students giving awareness talk on antenatal care 6, March,2025



6th semester students giving awareness talk on antenatal counselling on 6, March,2025



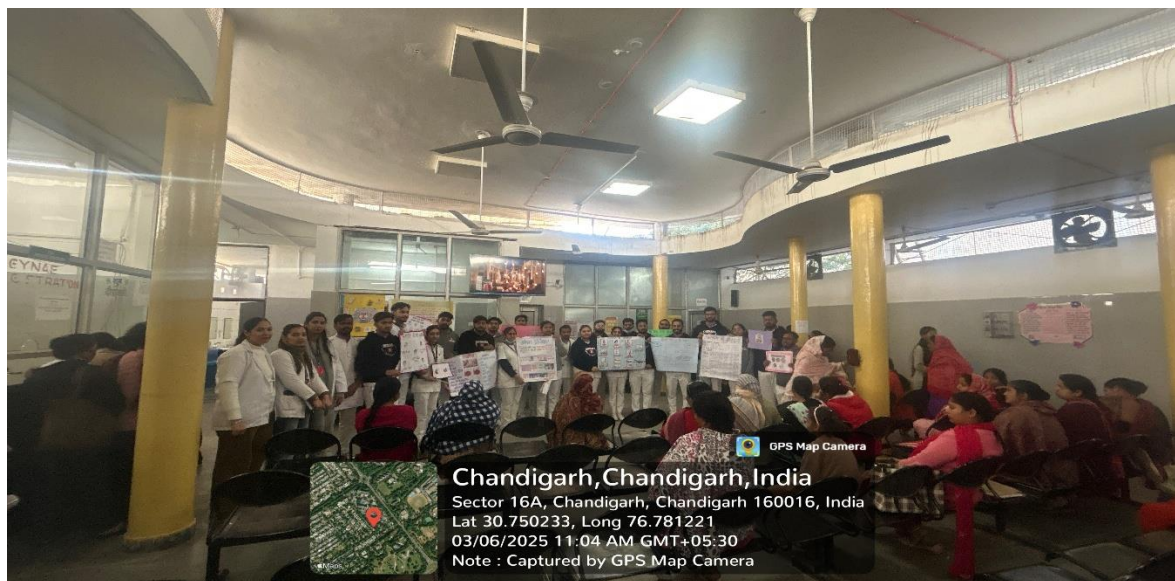
Students educating the antenatal mothers about family planning on 6, March,2025



**Students educating the postnatal mothers about breast self-examination on 6,
March,2025**



Students educating the postnatal mothers about newborn care on 6, March,2025



Group Photograph of Awareness Talk on “Maternal Health and Well-Being” to antenatal mothers on 6, March,2025

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	Awareness Talk on Postnatal Care And Counselling
Date	27 th November, 2024
Venue	Gynae-OPD, GMSH-16, Chandigarh
Organizers	Ms. Timsy(Associate Professor), Ms.Lakshita(Nursing Tutor),Ms. Kritika Joshi(Nursing Tutor),Ms.Priyanka Thakur(Nursing Tutor)
No. of Participants	21
No. of Impacted Individual	40
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives: -

- Understanding the importance of postnatal care for the health and well-being of both mother and new-born.
- Informing about the timing and components of postnatal visits (usually within 24 hours, 3-7 days, and 6 weeks after birth).
- Providing knowledge on the physical, emotional, and mental changes a mother may experience postpartum.
- Educating on common postpartum complications, such as infections, haemorrhage, and high blood pressure.
- Highlighting the importance of breastfeeding and its role in both maternal and infant health.
- Teaching about nutrition and self-care for the mother to support her recovery.

B.Sc. Nursing 7th Semester gave Awareness talk on postnatal care and counselling at Gynae-OPD GMSH-16 on 27th November, 2024. Students emphasize the importance of Postnatal care, diet, care of new-born, Postnatal exercises, postnatal diet, exercises, postnatal depression weaning and danger signs of new-born. This is a critical area of maternal and child health, and

it's essential for new mothers to receive the information and support they need during the significant period.



7th semester students giving awareness talk on postnatal care 27th November, 2024



Students educating the postnatal mother's about newborn care on 11th November, 2024



Students Giving Awareness Talk on “Breast feeding techniques” to postnatal mother's on 27th November, 2024



Group Photograph of Awareness Talk on “Postnatal Care and Counselling” to postnatal mother’s on 27th November, 2024

Outcomes:

- Lower rates of maternal and infant morbidity as mothers are more proactive in seeking care and adopting recommended health practices.
- Decreased infant mortality rates due to better care practices, vaccination adherence, and early detection of health concerns.
- Increased community awareness of the importance of postnatal care, creating a supportive environment for mothers and families.
- Improved public health outcomes as more women participate in postnatal care programs and counseling sessions.

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	Awareness Talk And Role Play On “Essential Antenatal Advice And Care”
Date	4 th December, 2024
Venue	Gynae-OPD, GMSH-16, Chandigarh
Organizers	Ms. Timsy(Associate Professor), Ms.Lakshita(Nursing Tutor),Ms. Kritika Joshi(Nursing Tutor),Ms.Priyanka Thakur(Nursing Tutor)
No. of Participants	22
No. of Impacted Individual	40
Under SDG no.	03, 04
SDG Details	04 Good health and wellbeing, 04 Quality education

Objectives: -

- To inform participants about the importance of antenatal care and regular check-ups during pregnancy.
- To highlight the significance of a balanced diet and healthy habits during pregnancy.
- Educate about warning signs that require immediate medical attention
- Emphasize the importance of emotional well-being during pregnancy.
- To provide an overview of labor preparation, including the birth plan.
- To raise awareness of the importance of post-delivery care and breastfeeding.

B.Sc. Nursing 7th Semester gave Awareness Talk And Role Play On “Essential Antenatal Advice And Care” on 4th December, 2025. Students emphasize the importance of Antenatal care, diet, visit, care of new-born, antenatal exercises, antenatal diet, preconception care, immunization schedule and danger signs of new-born. This is critical area of maternal and child health, and it’s essential for new mothers to receive the information and support they need during the significant period.



7th semester students giving awareness talk on antenatal advices 4th December, 2024



Students performing role play essential antenatal care on 4th December, 2024



7th semester students giving awareness talk on antenatal advices 4th December, 2024



Group Photograph of Awareness Talk on “Antenatal Advices” to Antenatal mother’s on 4th December, 2024

Outcomes:

- Mothers will gain knowledge about what antenatal care is and why it is important.

- They will learn about healthy eating, exercise, and lifestyle habits that support pregnancy.
- Mothers will be educated about warning signs and symptoms that require immediate medical attention, such as excessive bleeding, headaches, or swelling.
- They will understand the importance of regular check-ups, screenings, and tests during pregnancy.
- Mothers will be informed about safe exercises that can aid in a smooth pregnancy and reduce the risks of complications like preeclampsia or back pain.

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	Awareness Talk on Postnatal Care And Counselling
Date	27 th November, 2024
Venue	Gynae-OPD, GMSH-16, Chandigarh
Organizers	Ms. Timsy(Associate Professor), Ms.Lakshita(Nursing Tutor),Ms. Kritika Joshi(Nursing Tutor),Ms.Priyanka Thakur(Nursing Tutor)
No. of Participants	21
No. of Impacted Individual	40
Under SDG no.	03, 04
SDG Details	05 Good health and wellbeing, 04 Quality education

Objectives: -

- Understanding the importance of postnatal care for the health and well-being of both mother and new-born.
- Informing about the timing and components of postnatal visits (usually within 24 hours, 3-7 days, and 6 weeks after birth).
- Providing knowledge on the physical, emotional, and mental changes a mother may experience postpartum.
- Educating on common postpartum complications, such as infections, haemorrhage, and high blood pressure.
- Highlighting the importance of breastfeeding and its role in both maternal and infant health.
- Teaching about nutrition and self-care for the mother to support her recovery.

B.Sc. Nursing 7th Semester gave Awareness talk on postnatal care and counselling at Gynae-OPD GMSH-16 on 27th November, 2024. Students emphasize the importance of Postnatal care, diet, care of new-born, Postnatal exercises, postnatal diet, exercises, postnatal depression weaning and danger signs of new-born. This is a critical area of maternal and child health, and it's essential for new mothers to receive the information and support they need during the significant period.



7th semester students giving awareness talk on postnatal care 27th November, 2024



Students educating the postnatal mother's about newborn care on 11th November, 2024



Students Giving Awareness Talk on “Breast feeding techniques” to postnatal mother’s on 27th November, 2024



Group Photograph of Awareness Talk on “Postnatal Care and Counselling” to postnatal mother’s on 27th November, 2024

Outcomes:

- Lower rates of maternal and infant morbidity as mothers are more proactive in seeking care and adopting recommended health practices.
- Decreased infant mortality rates due to better care practices, vaccination adherence, and early detection of health concerns.
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- Improved public health outcomes as more women participate in postnatal care programs and counseling sessions.

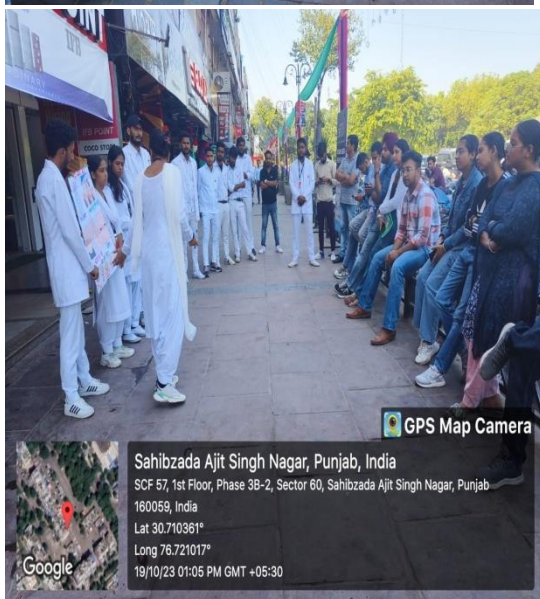
DEPARTMENT OF NURSING

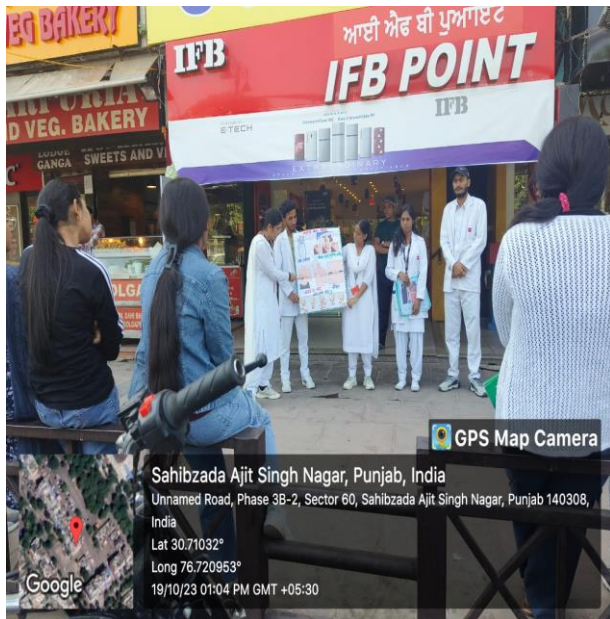
Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Breast Cancer
Date	19 th October, 2023
Mode	Offline
Venue	Urban Area, Sector 60, Mohali, Punjab
Organizer Name	Ms. Annu Singhal (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Divya Sethi (Nursing Tutor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	22
No. of Impacted people	18
SDG No	SDG 3: Good Health and Well-being SDG 11: Sustainable cities and communities

Objectives:

- To Increase awareness about the prevalence of breast cancer,.
- To educate the audience about common risk factors associated with breast cancer.
- To emphasize the importance of early detection and overview of available treatment options.
-

Ms. Annu Singhal (Assistant Professor) and Ms. Divya Sethi (Nursing Tutor), Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a Community Awareness Programme in Urban Area, Sector 60, Mohali, Punjab on the occasion of World Breast Cancer awareness day . Students of B.Sc. Nursing 5th Semester had participated in the event with a theme of “**No One Should Face Breast Cancer Alone**”. The goal of this awareness talk was to increase awareness and knowledge among individuals and community about various aspects of breast cancer, fostering understanding, early detection, and proactive health behaviors. In this community awareness programme the community was educated about the prevalence of breast cancer, emphasizing that it can affect anyone regardless of age, gender, or socioeconomic status, Emphasize the importance of early detection through regular breast self-exams , Educate the audience about common risk factors associated with breast cancer, including age, family history, genetic factors, hormonal factors, and lifestyle choices, Discuss the signs and symptoms of breast cancer, such as changes in breast size or shape, lumps, nipple discharge, or skin changes. The community awareness programme ended with the group discussion. Overall, the awareness talk was very helpful and effective for the community people.





Students educating the Community People in Urban Area, Sector 60, Mohali, Punjab on 19/10/2023

Outcomes:

Community Awareness Programme was effective and community people gained knowledge regarding early detection, effective management, and prevention of Breast Cancer.

DEPARTMENT OF NURSING

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Antenatal advice, care and dietary requirement.
Date	30.04.2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Lakshita, Nursing Tutor and Ms. Aanchal, Nursing Tutor Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	15
Number of impacted people	35
SDG No.	SDG3: Good Health and Wellbeing SDG 4: Quality education SDG 5: Gender equality

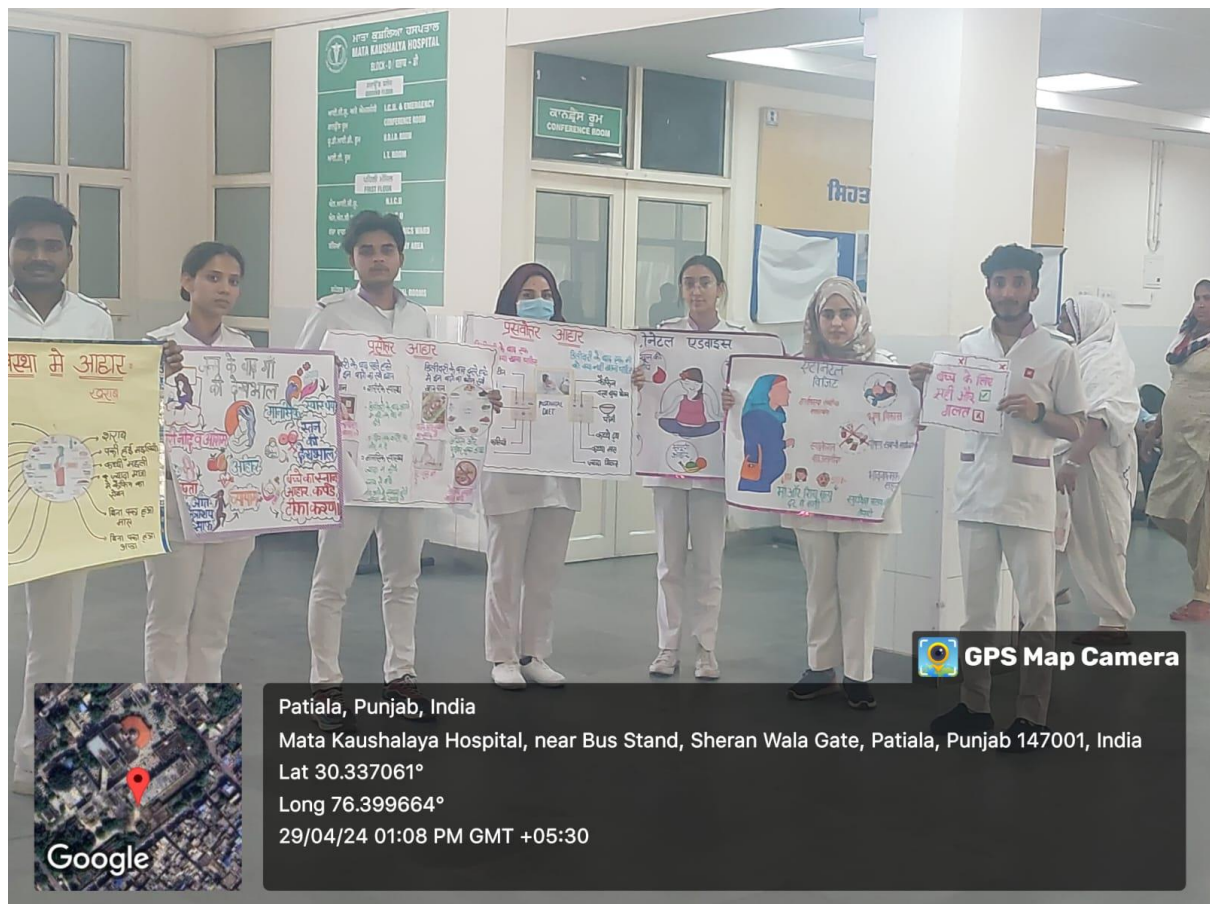
Objectives:

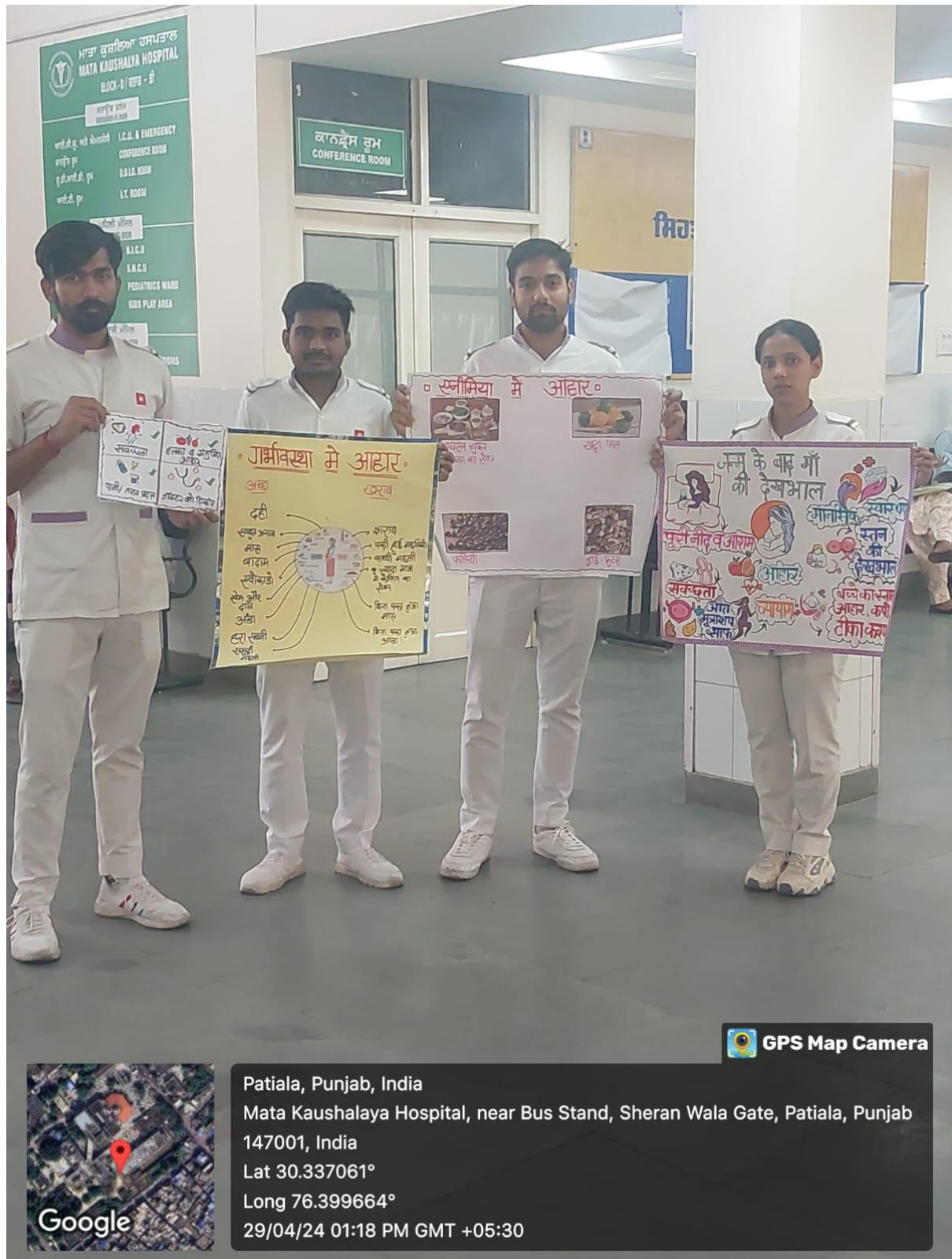
- To increase awareness regarding myriad challenges encountered by mother including pregnancy complications and childbirth risks.
- To emphasize on the adoption of healthy pregnancy practices such as proper nutrition, regular checkups, and access to essential information for expecting mothers.

Description:

Keeping in view, awareness talk was organized on “Antenatal advices, care and nutrition requirement” by Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to spread awareness to women about safe pregnancy, delivery and proper nutrition requirements during pregnancy period. Students of B.Sc. Nursing 6th semester provided awareness talk to create an insight among the women attending OPD

regarding the antenatal care, provision of free transport facility to hospital, delivery and medicines, postpartum care up to 42 days and neonatal care.





Group photo of B.Sc. Nursing 6th Semester participating in awareness talk on Antenatal care, advices and nutritional requirements.

Outcomes:

- The participants gained knowledge regarding importance of antenatal check ups, intake of iron, calcium and institutional delivery.
- The participants also gained an insight regarding the postpartum care and hygiene as well as adoption of available family planning methods.

DEPARTMENT OF NURSING

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Safe Motherhood
Date	10.03.2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	25
Number of impacted people	35
SDG No.	SDG3: Good Health and Wellbeing SDG 17: Partnerships for the Goals

Objectives:

- To increase awareness regarding myriad challenges encountered by mother including pregnancy complications and childbirth risks.
- To emphasize on the adoption of healthy pregnancy practices such as proper nutrition, regular checkups, and access to essential information for expecting mothers.
- To familiarize the participants about the access to prenatal care, skilled birth delivery and postpartum support.

Description:

National safe motherhood day is celebrated on 11th March every year to promote the maternal safety of women. Because in India, the situation of women dying due to childbirth is very critical.

Keeping in view, awareness talk was organized on “Safe Motherhood” by Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to spread awareness to women about safe pregnancy, delivery and problems faced during delivery. Students of B.Sc. Nursing 4th year provided awareness talk to create an insight among the women attending OPD regarding the antenatal care, provision of free transport facility to hospital, delivery and medicines, postpartum care up to 42 days and neonatal care. They also provided them education regarding the postpartum hygiene and family planning methods.



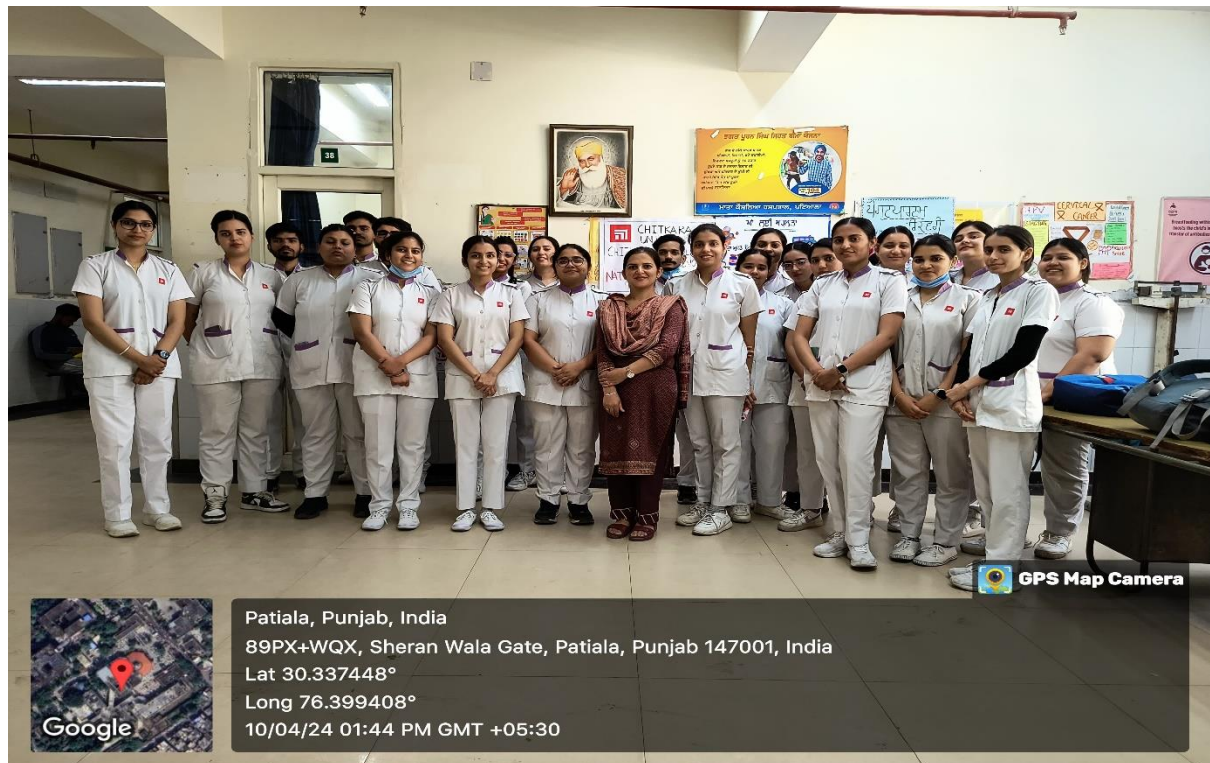
Students of B.Sc. Nursing 4th year providing awareness talk on “safe motherhood” on 10th March, 2024 at Mata Kaushalya Hospital, Patiala.



Student of B.Sc. Nursing 4th year providing people awareness regarding safe motherhood on 10th March, 2024 at Mata Kaushalya Hospital, Patiala.



Student of B.Sc. Nursing 4th year emphasized the important tips of antenatal care on 10th March, 2024 at Mata Kaushalya Hospital, Patiala.



Group photo of B.Sc. Nursing 4th Year participating in awareness talk on safe motherhood.

Outcomes:

- The participants gained knowledge regarding importance of antenatal check ups, intake of iron, calcium and institutional delivery.
- The participants also gained an insight regarding the postpartum care and hygiene as well as adoption of available family planning methods.

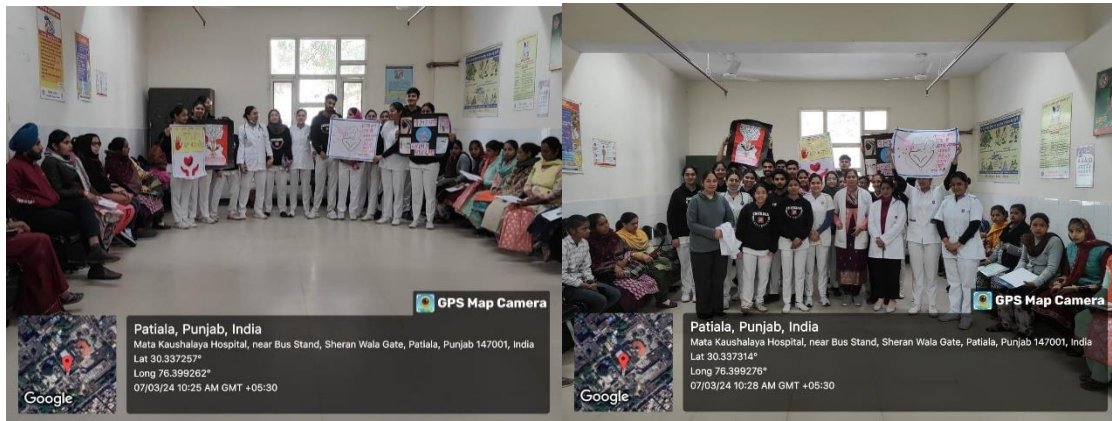
DEPARTMENT OF NURSING

Event Details	
Event Name	Community Awareness Programme
Topic	Role play on Gender Equality on the occasion of International Women's Day
Date	7 th March, 2024
Mode	Offline
Venue	Gynae & Paediatric OPD of Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor Ms. Gurpreet Kaur, Assistant Professor
Resource Person	Ms. Daljeet Kaur, Nursing Superintendent, Mata Kaushalya Hospital, Patiala
No. of Participants	24 Participants
No. of Impacted Individuals	30
SDG No.	3: Good health and wellbeing 5: Gender Equality 10: Reduced inequality 17: Partnership for the goals

Objectives:

- To create awareness regarding equality and reducing female feticide, stereotypes, and discrimination.

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #InspireInclusion. So, to achieve gender equality student of B.Sc. Nursing 4th Year, Department of Nursing, Chitkara School of Health Sciences performed a role play on gender equality at Paediatric OPD and Gynae OPD of Mata Kaushalya Hospital, Patiala dated 7th March, 2024. Role playing is a very powerful teaching and learning method when dealing with sensitive topics in life skills or citizenship lessons. It is particularly useful when exploring issues of gender with pupils. Through role play students make people aware regarding equality and reducing female feticide, stereotypes, and discrimination.



Role play on Gender Equality on the occasion of International Women's Day at Gynae& Paediatric OPD of Mata Kaushalya Hospital, Patiala dated 7th March, 2024

Outcomes:

- Community Awareness Programme in the Pediatric OPD and Gyane OPD has contributes to educate the group about gender equality and reducing female feticide, stereotypes, and discrimination.

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	In service education on Anaemia
Date	04-05-2023
Venue	CHC Kalomajra
Organizer	Ms. Gagandeep Kaur (Assistant Professor)
No. of Participants	05
Under SDG no.	03
SDG Details	03 Good health and wellbeing

Students of M.Sc Nursing 1st Year (Medical Surgical Nursing), Department of Nursing, Chitkara School of Health Sciences organized In service education for Asha workers on Anaemia at CHC Kalomajra under the supervision of Ms. Gagandeep Kaur, (Assistant Professor), Department of Nursing. They educate the Asha workers about what is Anaemia?, cause of Anaemia, prevention and treatment of Anaemia. They told them about the anaemia in pregnancy, how to do the assessment for anaemia and diet which is affordable for village people. Students give health education by charts, flash cards and power point presentation.



Students give health education to Asha workers on anaemia at CHC Kalomajra on 04/05/2023



Students give health education to Asha workers on anaemia at CHC Kalomajra on 04/05/2023

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	Awareness Talk on “ Breast Cancer ”
Date	7 th February 2023
Venue	Community area, Old Rajpura, Punjab
Organizer	Ms.Eenu (Associate Professor), Ms.Annu(Assistant Professor) and Ms.Divya Sethi (Nursing Tutor)
No. of Participants	70
Under SDG no.	03
SDG Details	03 Good health and wellbeing

In the Indian population breast cancer is diagnosed at an advanced stage, generally in stage III or IV of the disease, thus contributing to a high mortality rate among women. Literacy and awareness of the disease, preventive measures, and screening programmes will help in early detection and treatment. This is where breast cancer awareness takes a major role. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized Awareness Talk on Breast Cancer on 7th February 2023 in which they conveyed the message to the public about three pillars toward achieving the objective of lessening the incidence of breast cancer are health promotion for early detection, timely diagnosis, and comprehensive breast cancer management. The participants were Post Basic B.Sc Nursing 2nd year students (08) and B.Sc Nursing 4th year student (62). The talk concluded by creating awareness about breast cancer to further live & lead a healthy life and let our health carelessness not deplete our physical and emotional well-being instead help us save this pair of divinity.



Students giving health talk on Breast Cancer in community area, Old Rajpura

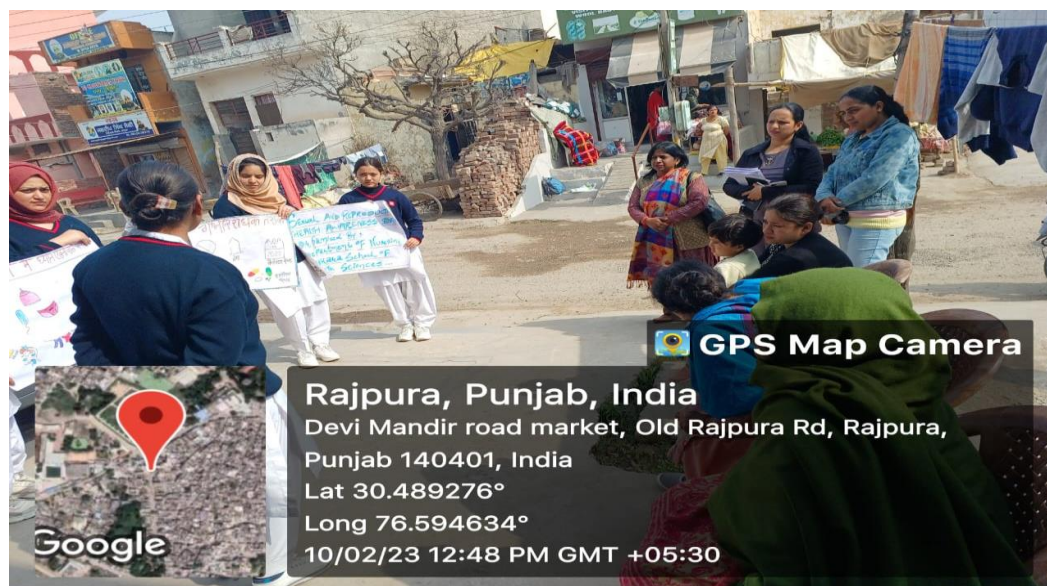


Students demonstrating techniques of breast self examination in community area

DEPARTMENT OF NURSING

Event Name	CSR Activity
Topic	“Sexual and Reproductive Health Awareness”
Date	10 th February ,2023
Venue	Old Rajpura
Organizer	Ms. Eenu (Associate Professor), Ms. Annu Singhal (Assistant Professor), Ms.Divya Sethi (Nursing Tutor), Ms. Amandeep Kaur (Nursing Tutor)
No. of Participants	59
Under SDG no.	03
SDG Details	03 Good health and wellbeing

“Sexual and Reproductive Health Awareness” day was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of Bsc. Nursing 4th year and Post Basic Bsc. Nursing 2nd year. The objective of conducting the awareness programme was to enhance the knowledge regarding “Sexual and Reproductive Health” among women and to improve overall sexual and reproductive health. It was organised on 10th February, 2023. Women were educated regarding prevention of STDs, menopause, puberty, family planning methods and the various types of birth control available. Information was given regarding the unsafe abortions and infertility also. Health education was given using charts.



“Sexual and Reproductive Health Awareness Day on 10th February, 23