

Collaboration with NGOs for SDGs

Department of Nursing: Collaboration with NGO: Prabh Aasra (Home For Helpless) Address: Prabh Aasra, Village Padiala, Tehsil- Kharar, SAS Nagar, Punjab. Phone: 8288034555, 9815103793, 8288034571 Email: info@prabhaasra.org. Website: prabhaasra.org

**B.Sc. Nursing 5th Semester
Session 2023-2024**


Objectives:

- Assess the patients with mental health problems.
- Assess the children with various mental health problems.
- Communicate effectively with the patients and their families.
- Observe and assist in various procedures.
- Counsel and educate the patients with their families.
- Provide nursing care for patients with various mental health problems.

Outcomes: Department of Nursing, Chitkara School of Health Sciences organized a field visit for B.Sc. Nursing (Basic) 5th Semester Students at **Universal Disabled Care Taker Social Welfare Society (Prabh Aasra- Unified Family)** Punjab. The main objective of the visit was to provide exposure the students for treating Psychotic disorders, Neurotic disorders, Autistic Spectrum Disorder, cerebral palsy and Mental Retardation with the help of therapeutic modalities like medications, therapies (occupational therapy, recreational therapies etc.). Universal Disabled Care Taker Social Welfare Society (Prabh Aasra- Unified Family) is catering in the fields of rehabilitation of Destitute/mentally ill, intellectually disabled and the persons who are experiencing depression, hyperactive/destructive behavior. Presently more than 425 inhabitants are being provided with the care and treatment under medical supervision. Currently Prabh Aasra is providing rehabilitation of mentally ill/ intellectually disabled, vocational and recreational therapies to inhabitants. The visit was done from 11th December, 2023 to 23rd December, 2023. visited the hospital and got a chance to interact with the patients. Ms. Jigyasha, Ms. Kanu Mahajan, Ms. Sonali and Ms. Kanika Guleria accompanied the students for the field visit.



Figure 1 student interacting with patient in parbh aasra



Prabh Aasra (Unified Family)

UNIVERSAL DISABLED CARETAKER SOCIAL WELFARE SOCIETY (Regd.)
Head Office: Village-Padiala, Kurali, S.A.S. Nagar (Mohali), PB. (140103)

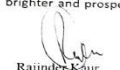
Ref. No. UDCTWS/ 2024/1876 Date 05/02/2024

TO WHOM SO EVER IT MAY CONCERN

"Universal Disabled Care Taker Social Welfare Society" (Prabh Aasra- Unified Family), Village-Padiala, Kurali, Tehsil- Kharar, Distt- S.A.S Nagar (Mohali) is catering in the fields of rehabilitation of destitute/mentally ill (wandering on roadsides) intellectually/physically disabled, orphans, old aged, and citizens who are experiencing depression, hyperactive/destructive behavior. Presently, about **450 inhabitants** are being provided the care and treatment under 24/7 medical supervision. Services provided by the Society are:

- Rehabilitation of Mentally ill , Intellectually disabled & Multiple disabled citizens.
- Vocational and Recreational therapies to inhabitants.
- Providing Shelter, care and treatment to all inhabitants.
- Providing education to orphan/destitute children.
- Reuniting the missing destitute after tracing their families under mission millap.
- Running Prabh Aasra Charitable Hospital.
- Providing disaster relief in any hour of need.

Forty Five students of B.Sc. Nursing 5th semester of Chitkara School of Health Sciences, Chitkara University, (Punjab), attended the above Society and Prabh Aasra Charitable Medical Sewa Center, Chanalon for psychiatric experience from **11th December, 2023 to 23rd December, 2023** under the supervision of mental health professionals. Their work and conduct was found to be good and satisfactory. The Society wishes them a brighter and prosperous future.


 Rajinder Kaur
 (Founder/member)

* Enclosed attendance list duly signed & stamped .

B.O. 1: Vill. Jhangeri, Teh. Kharar, Landran- Sirhind Road, Distt. S.A.S. Nagar (Mohali), PB.
 B.O. 2: Vill. Pheruwan, Teh. Raikot, Distt. Ludhiana, PB.
PRABH AASRA CHARITABLE MEDICAL SEWA CENTRE:
 NH-205, Chanalon, Kurali, S.A.S. Nagar (Mohali)-140103

Phone: +91-98151 03793, +91-99150 83793
 Website: www.prabhaasra.org
 Email: info@prabhaasra.org

A H O R E F O R H E L P L E S S M E N T A L L Y I L L / C H A L L E N G E D , O R P H A N S & M I S S I N G D E S T I T U T E

Links: <https://x.com/ChitkaraU/status/1735303427260129420>

https://www.instagram.com/p/B3Ozf3kFvgb/?locale=zh_CN&img_index=1

17.2.5 Chitkara School of Health Sciences is collaborating with the NGOs

1. Old Age Care Home, Rajpura

At the Old Age Care Home in Rajpura, Chitkara School of Health Sciences has been committed to enhancing the quality of life for elderly residents through dedicated physiotherapy services. Since the inception of the Aarogyam initiative, our physiotherapy students have been providing expert care every Tuesday and Thursday. This ongoing effort focuses on improving mobility, reducing pain, and fostering overall physical well-being among the elderly.

Our physiotherapy services are designed to address age-related musculoskeletal issues, including joint pain, arthritis, and limited range of motion. Under the guidance of experienced faculty, students deliver individualized treatments, including therapeutic exercises, manual therapy, and mobility training. This hands-on experience also serves as a valuable learning platform for our students, allowing them to apply theoretical knowledge in a practical, compassionate setting.

The regular physiotherapy sessions not only help improve physical health but also create a sense of connection and support for the elderly residents. The ongoing care reflects the core values of Aarogyam—promoting total well-being through a blend of modern healthcare practices and community engagement. By continuing these services every week, we are helping foster a healthier, more comfortable lifestyle for the residents of the Old Age Care Home, Rajpura.



Figure 2 student giving physiotherapy to old age patients.

2. Sehyog Halfway Home, Rajpura

In line with Chitkara School of Health Sciences' mission to promote community well-being, the Sehyog Halfway Home in Rajpura benefits from regular physiotherapy services under the Aarogyam initiative. Every Monday and Friday, physiotherapy students visit the halfway home to provide rehabilitative care, helping residents manage physical disabilities, post-operative recovery, and chronic pain conditions.

These services are specifically designed to meet the individual needs of residents, many of whom face significant physical and psychological challenges. Under expert supervision, students perform therapeutic exercises, stretching routines, and manual therapy techniques to assist in pain management and mobility enhancement. The regular engagement with the residents fosters not only physical rehabilitation but also emotional support, creating a positive impact on their overall well-being.

This ongoing initiative also offers invaluable clinical exposure for our students, allowing them to develop critical skills in patient interaction and tailored care. Sehyog Halfway Home continues to benefit from this program, and Chitkara University remains committed to making a lasting difference in the lives of its residents, combining care with learning in a sustainable model.



Figure 3 training of physiotherapy student

3. SOREM Special School, Chandigarh

At SOREM Special School in Chandigarh, the Aarogyam initiative plays a vital role in promoting the well-being of children with special needs, particularly those with Down syndrome. Chitkara School of Health Sciences collaborates with the school through regular eye checkup camps and physiotherapy sessions, ensuring early detection and treatment of health issues.

Physiotherapy students from Chitkara University also engage in clinical training at SOREM, working closely with the children to improve their physical abilities and enhance their quality of life. Through customized rehabilitation plans, our students focus on mobility improvement, posture correction, and motor skills development, addressing the unique needs of each child.

In addition, Chitkara University's Allied Health Sciences and Optometry departments organize regular health checkup camps, providing comprehensive care to the students. Another notable initiative is the stall set up by the university, where items made by children with Down syndrome are sold on campus, raising awareness and offering support for the children's creative endeavors. This collaboration reflects Chitkara University's dedication to inclusive healthcare and its ongoing efforts to empower the community.





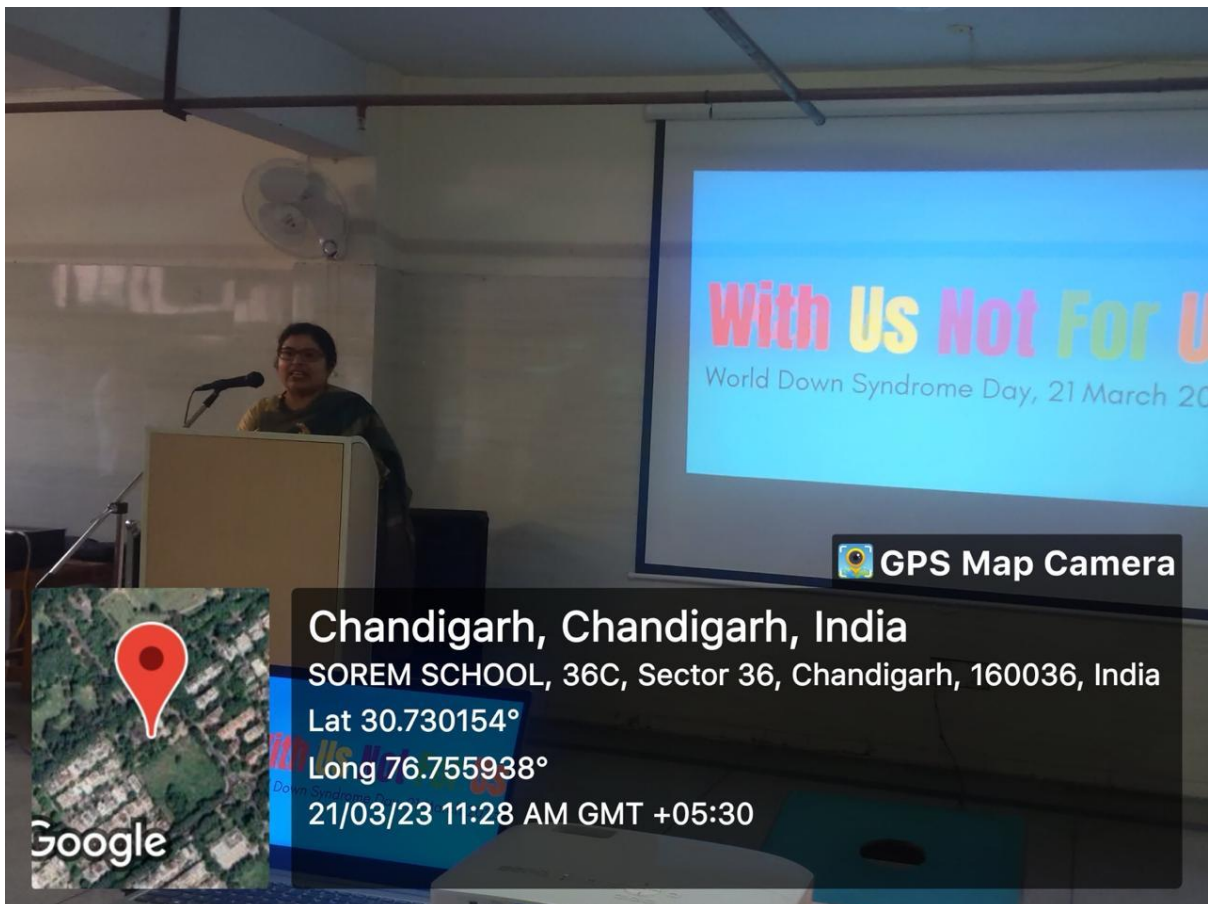
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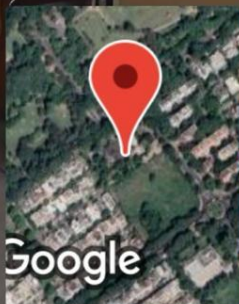
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Note : Captured by GPS Map Camera



Chandigarh, CH, India
Sector 36C, Chandigarh, 160036, CH, India
Lat 30.730133, Long 76.756087
04/11/2024 11:13 AM GMT+05:30
Note : Captured by GPS Map Camera



Chandigarh, Chandigarh, India
SOREM SCHOOL, 36C, Sector 36, Chandigarh, 160036, India
Lat 30.730154°
Long 76.755938°
21/03/23 11:28 AM GMT +05:30



Old Age Home Rajpura

(Owned and managed by Swarg Dham Committee)

Islampur Road Anand Nagar Rajpura town

President
O.P.Arora Advocate
98726-29039

General Secretary
Ashok Premi
73073-39033

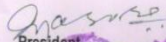
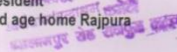
To whom it may concern

01-10-2022

I am pleased to place on record that Deptt of Physiotherapy at Chitkara University Rajpura(Pb.) has provided regular and free physiotherapy services to our inmates. The services were provided on every Tuesday and Thursday between 5th April 2022 to 29th April 2022.

The services are continued and are now being provided on every tuesday since 3rd May 2022.

We are extremely grateful to the Management and concerned officials for the said services.


President
Old age home Rajpura


No. 109

TO WHOMSOEVER IT MAY CONCERN

Date 21-08-22

This is to certify that the Department of Physiotherapy at Chitkara University, Rajpura (Punjab) has provided regular and free Physiotherapy services to our inmates. The services was provided on every Monday's and Friday's in the month of April'2022 from 1st April 2022 to 29th April 2022.

The services are continued and are now being provided on every Monday's from 2nd May2022 onwards till date.

Best regards,

[Signature]
21-08-2022
ਸਹਿਯੋਗ ਰਾਹ ਵੇਅ ਹੋਮ ਏ ਹੋਮ ਵਾਰ ਪਰਸਨਲ
ਸਫ਼ਤਿਕ ਵਰਾਮ ਮੰਟਲ ਇੰਚਾਰਜ ਪੀਟੀਆਲਾ ਐਟ ਰਾਜਪੁਰਾ

For Sehyog Halfway Homes, Rajpura

4x6

CHITKARA UNIVERSITY | SCHOOL OF HEALTH SCIENCES | G20 | AAROgyAM

On The Occasion of
WORLD PHYSIOTHERAPY DAY 2023
Free Physiotherapy Camp
 Theme - Arthritis



PHYSIOTHERAPY CONSULTATION AND TREATMENT FOR
 ਵਿਜ਼ਿਓਥਰਪੀ ਵਿਧੀ ਨਾਲ ਇਲਾਜ

<input checked="" type="checkbox"/> NECK AND BACK PAIN	ਗਰਦਨ ਅਤੇ ਪਿੱਠ ਦਰਦ
<input checked="" type="checkbox"/> SHOULDER PAIN	ਸੋਢੇ ਦਾ ਦਰਦ
<input checked="" type="checkbox"/> KNEE PAIN	ਗੋਡਿਆਂ ਦਾ ਦਰਦ
<input checked="" type="checkbox"/> FOOT AND ANKLE PAIN	ਪੈਰ ਅਤੇ ਹਿੱਡੇ ਦਾ ਦਰਦ
<input checked="" type="checkbox"/> NEUROLOGICAL DISORDERS	ਤਰ੍ਹਾਂ ਵਿਗਿਆਨ ਸੰਬੰਧੀ ਵਿਕਾਰ
<input checked="" type="checkbox"/> WOMEN'S HEALTH	ਔਰਤਾਂ ਦੀ ਸਿਹਤ

Date : 8th September, 2023

Organised by Department of Physiotherapy
 Chitkara School of Health Sciences, Chitkara University, Punjab

CHITKARA
UNIVERSITY



SCHOOL OF
HEALTH SCIENCES



FREE PHYSIOTHERAPY CAMP

Every Tuesday



Physiotherapy Consultation and Treatment for:

Neck and Back Pain | Shoulder Pain
Knee Pain | Foot and Ankle Pain
Neurological Disorders | Women's Health

ਗਰਦਨ ਅਤੇ ਪਿੱਠ ਦਰਦ | ਮੋਢੇ ਦਾ ਦਰਦ
ਗੋਡਿਆਂ ਦਾ ਦਰਦ | ਪੈਰ ਅਤੇ ਗਿੱਟੇ ਦਾ ਦਰਦ
ਤੰਤੂ ਵਿਗਿਆਨ ਸੰਬੰਧੀ ਵਿਕਾਰ | ਔਰਤਾਂ ਦੀ ਸਿਹਤ



Organised by: Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab

Links

<https://www.chitkara.edu.in/news/csr-activity-health-check-up-camp-organised-for-old-age-home-in-rajpura/>