

DEPARTMENT OF NURSING
CHITKARA SCHOOL OF HEALTH SCIENCES
RADIOTALK PROGRAMS

Session- Jan,2023-Dec,2023			
Sr. No.	Date	International/National Day /Week	Topics
1.	11 th January,2023	Cervical Cancer Awareness Month	Theme of The Day
2.	24 th Jan,2023	National Girl Child Day	Education on importance and safety of girl child
3.	8 th March 2023	International Women Day	Theme of The Day
4.	2 nd Sept,2023	Anemia Prevention	Prevention of Anemia During Pregnancy
5.	6 th Sept,2023	National nutrition week	Importance of Nutrition In Pregnancy
Session- Jan,2024-Dec,2024 & 2025 till date			
6.	24 th Jan,2024	National Girl Child Day	Education on importance and safety of girl child
7.	8 th Mar 2024	International Women Day	Theme of The Day
8.	5 th May.2024	International midwives day	Safe birth
9.	1 st -7 th Sept,2024	National nutrition week	Importance of Nutrition In Pregnancy
10.	24 th Jan,2025	National Girl Child Day	Education on importance and safety of girl child
11.	13 th February,2025	Anemia Prevention	Prevention of Anemia During Pregnancy
12.	8 th Mar 2025	International Women Day	Theme of The Day
13.	5 th May.2025	International midwives day	Safe birth

Program Co- ordinator

Principal and Director

DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM

Topic: Cervical Cancer Awareness

Date: 11th Jan, 2023

No. of Student Participants: 03

Name of Faculty: Ms. Divya Thakur

The radio talk in radio program “SEHAT MANTHAN” was conducted by Ms. Divya Thakur, Assistant Professor, Department of Nursing along with B. Sc. Nursing 4th Year students Ms. Charanpreet, Ms. Lakshita and Ms. Muskan on Cervical Cancer Awareness. The theme of Cervical Cancer Awareness 2023 was “Ending cervical cancer with few generations” The program was air on 11th Jan, 2023 on radio Chitkara 107.8FM.

The talk covered following aspects of Cervical Cancer:

- ❖ Introduction about Cervical Cancer.
- ❖ Causes of Cervical Cancer.
- ❖ Sign & Symptoms of Cervical Cancer.
- ❖ Treatment of Cervical Cancer.
- ❖ Preventive measures of Cervical Cancer.



FACULTY

PRINCIPAL

DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM

Topic: Cervical Cancer Awareness

Date: 11th Jan, 2023

No. of Student Participants: 03

Name of Faculty: Ms. Divya Thakur

LIST OF STUDENTS

SR. NO.	ROLL NUMBER	NAME OF STUDENT
1	1940991010	Charanpreet Kaur
2	1940991031	Lakshita
3	1940991039	Muskan

FACULTY

PRINCIPAL

DEPARTEMNT OF NURSING, CSHS

REPORT ON RADIO TALK

Topic: National Girl Child Day

Date: 24, January, 2023

No. of students participants: 03

Name of Faculty: Ms. Kanika Sharma

The radio program was conducted by Ms. Kanika Sharma, Nursing Tutor, Department of Nursing, CSHS along with Ms. Anushka, Ms Aditi, Ms. Medhavi students of B.Sc Nursing Post Basic 2nd year .The radio program was organized on the occasion of “**National Girl Child Day**” and aired on 24, January, 2023 on Radio Chitkara 107.8 FM .The talk address the main idea behind National Girl Child Day.

The talk covered following aspects of National Girl Child Day:

- Educating the importance of girl child education
- Theme Discussion, “Digital Generation, our generation, our time is now- our risht, our future”.
- Discussion on Female foeticide.



Radio talk: National Girl Child Day; 24, January, 2023

Faculty

Principal

Department of Nursing, CSHS

Report on Radio Talk

Topic: National Girl Child Day

Date: 24, January, 2023

No. of students participants: 03

Name of Faculty: Ms. Kanika Sharma

Attendance Sheet

Sr.No	Roll no.	Name	Class	24-01-2023
1.	2140992105	Aditi	B.Sc Nursing Post Basic 2 nd year	
2.	2140992106	Anushka	B.Sc Nursing Post Basic 2 nd year	
3.	2140992107	Medhavi	B.Sc Nursing Post Basic 2 nd year	

Faculty

Principal

DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM

Topic: International Women's Day
Date: 6th March, 2023
No. of Student Participants: 02
Name of Faculty: Ms. Annu Singhal

The radio program was conducted by Ms. Annu Singhal, Assistant Professor , Department of Nursing with Ms.Shruti & Ms.Ravinder of B.Sc Nursing 3rd Year. The radio program was organized on the occasion of “**International Women's Day**” and aired on 8th March, 2023 on Radio Chitkara 107.8 FM. The talk addresses the main idea behind International Women's Day. The talk covered following aspects of International Women's Day:

- Reason for celebrating International Women's Day.
- Theme of International Women's Day.
- Women empowerment.
- Social, economic, cultural and political achievements of women.
- Rights of women.



Radio Talk: International Women's Day on 6th March 2023

Faculty

Principal

DEPARTMENT OF NURSING

Topic: International Women's Day

Date: 6th March, 2023

No. of Student Participants: 02

Name of Faculty: Ms. Annu Singhal

ATTENDANCE SHEET

Sr. No.	Roll No.	Name	06/03/2023
1.	2040991042	Ms. Shruti	
2.	2040991052	Ms. Ravinder Kaur	

Faculty

Principal

DEPARTMENT OF NURSING

REPORT ON RADIO TALK PROGRAM

Topic: Prevention of Anemia During Pregnancy

Date: 2nd September, 2023

Name of Faculty: Ms. Timsy (Assistant Professor)

Number of Participants: 02

The radio program was conducted by Department of Nursing, Chitkara School of Health Sciences on Chitkara Radio FM 107.8. The aim of the radio talk was to make public aware regarding the Prevention of Anemia During Pregnancy and importance to pregnant women so that complications can be further reduced in further pregnancy.

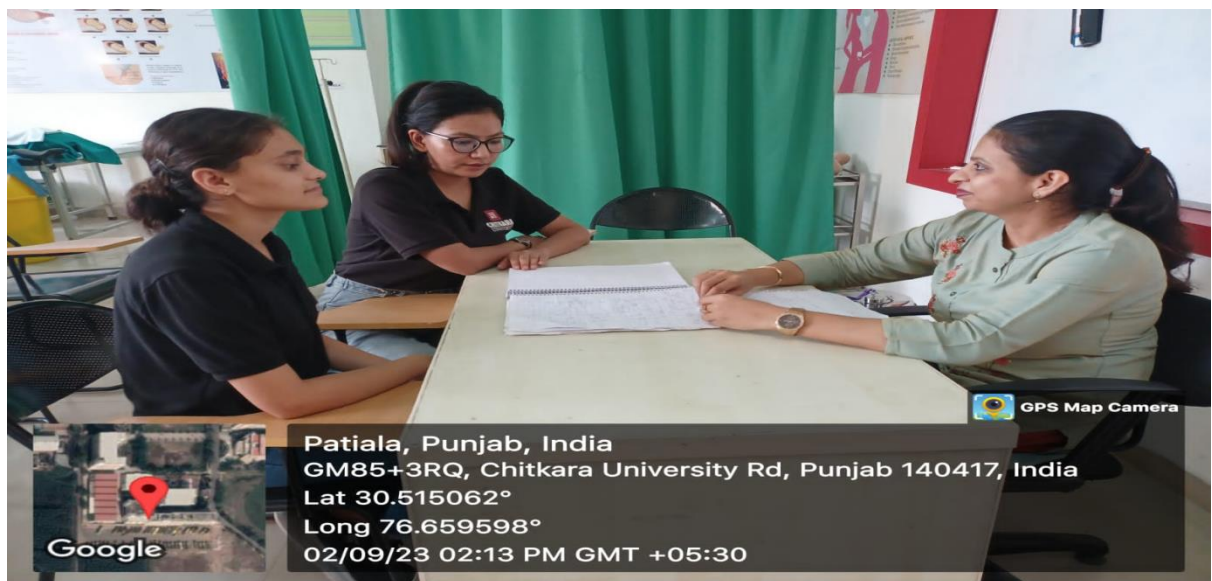
Following topics were included in the talk:

Introduction about Anemia

Causes of anemia

Sign and symptoms of Anemia

Prevention of anemia



Radio Talk on Prevention of Anemia During Pregnancy on 2nd September, 2023

Faculty

Principal

**DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM**

Topic: Prevention of Anemia During Pregnancy

Date: 2nd September, 2023

Name of Faculty: Ms. Timsy (Assistant Professor)

Number of participants: 02

Attendance Sheet

Sr. No.	Roll no.	Name of the student	Class	2nd September, 2023
1.	2240982501	Tanzin Angmo	Msc Nursing 2 nd Year	
2.	2240982502	Nriti Supolia	Msc Nursing 2 nd Year	

Faculty

Principal

DEPARTMENT OF NURSING

REPORT ON RADIO TALK

Topic: Postnatal Diet

Date: 6th Sep, 2023

No. of students Participated: 02

Name of Faculty: Ms. Amanpreet Kaur

The radio talk in radio programmed was conducted by M.Sc. Nursing 1st Year students Ms. Manmeet Kaur and Ms. Shiva Sharma under the supervision of Ms. Amanpreet Kaur, Assistant Professor, Department of Nursing, Chitkara University on 6th Sep, 2023 on topic Postnatal diet. The program was aired on 6th Sep, 2023 on Radio Chitkara 107.8 FM.

The topic covered following aspects:

- Introduction to Postnatal Diet
- Postnatal Exercises
- Benefits of Breastfeeding and its types



Radio Talk on Postnatal Diet on 6th Sep, 2023



Radio Talk on Postnatal Diet on 6th Sep, 2023



Radio Talk on Postnatal Diet on 6th Sep, 2023

Faculty

Principal

DEPARTMENT OF NURSING
REPORT ON RADIO TALK

Topic: Postnatal Diet

Date: 6th Sep, 2023

No. of students Participated: 02

Name of Faculty: Ms. Amanpreet Kaur

ATTENDANCE SHEET

Sr. No.	Roll No.	Name	6/09/2023
1.	2340982501	Manmeet Kaur	
2.	2340982202	Shiva Sharma	

Faculty

Principal

**REPORT OF RADIO TALK ON
EDUCATION ON IMPORTANCE AND SAFETY OF GIRL CHILD**

Topic: Education on importance and safety of girl child

Date: 24/01/2024

Number of Student Participant: 03

Name of the Faculty: Ms. Priya Gill

The radio program was conducted by Ms. Priya Gill, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences along with Ms. Muskan Prasher, Ms. Ravinder Kaur and Ms. Shruti Sajwan, students of B.Sc. Nursing 4th Year. The radio program was organized on the occasion of 'Education on Importance and Safety of Girl Child' on 24th January, 2024 on Radio Chitkara 107.8 FM. The main objective of the talk was to make people aware regarding the importance and safety of girl child.

The following aspects were covered in the talk:

- Importance of education for girl child.
- Safety of girl child.
- Government and policy interventions.
- Role of families and communities.



RADIO TALK ON IMPORTANCE OF EDUCATION FOR GIRL CHILD: 24.01.2024



RADIO TALK ON SAFETY OF GIRL CHILD: 24.01.2024

Outcome:

The radio talk effectively encourages community about the safety and importance of education for girl children and advocacy or action towards gender equality in education.

FACULTY

PRINCIPAL

**REPORT OF RADIO TALK ON
EDUCATION ON IMPORTANCE AND SAFETY OF GIRL CHILD**

Topic: Education on importance and safety of girl child

Date: 24/01/2024

Number of Student Participant: 03

Name of the Faculty: Ms. Priya Gill

ATTENDANCE LIST

Sr. No.	Roll no.	Name	Class	24/01/2024
1.	2040991033	Muskan Prasher	B.Sc. Nursing (Basic) 4 th Year	
2.	2040991042	Ravinder Kaur	B.Sc. Nursing (Basic) 4 th Year	
3.	2040991052	Shruti Sajwan	B.Sc. Nursing (Basic) 4 th Year	

FACULTY

PRINCIPAL

DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM

Topic: International Women's Day

Date: 7th March, 2024

No. of Student Participants: 02

Name of Faculty: Ms. Divya Thakur

The radio talk in radio program "SEHAT MANTHAN" was conducted by Ms. Divya Thakur, Assistant Professor, Department of Nursing along with M. Sc. Nursing 2nd Year students Ms. Parul, & Ms. Tenzin on International Women's Day. The theme for 2024 is "Invest in Women: Accelerate Progress". The program was air on 7th March, 2024 on radio Chitkara 107.8FM.

The talk covered following aspects:

- ❖ Introduction about Women Empowerment
- ❖ Need for women empowerment
- ❖ Root causes for Gender disparity
- ❖ Initiatives for empowering the women



FACULTY

PRINCIPAL & DIRECTOR

DEPARTMENT OF NURSING

REPORT ON RADIO PROGRAM

Topic: International Women's Day

Date: 7th March, 2024

No. of Student Participants: 02

Name of Faculty: Ms. Divya Thakur

LIST OF STUDENTS

SR. NO.	ROLL NUMBER	NAME OF STUDENT
1	2240982104	Ms. Parul Sharma
2	2240982501	Ms. Tenzin Angmo

FACULTY

PRINCIPAL & DIRECTOR

DEPARTMENT OF NURSING
REPORT ON RADIO TALK/PROGRAM

Topic: International Midwives Day

Date: 4th May, 2024

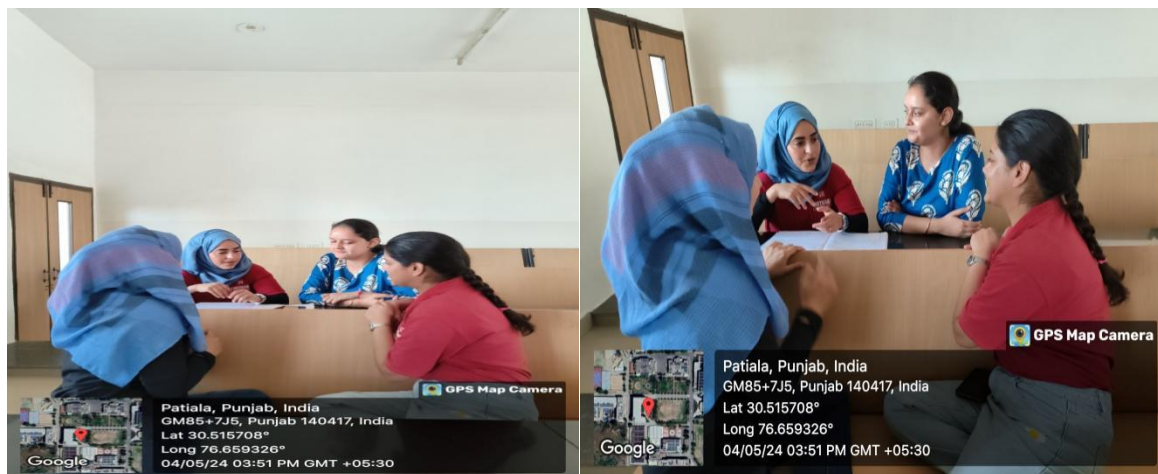
Name of Faculty: Ms. Lakshita

Number of participants: 03

The radio program was conducted by Ms. Lakshita, Nursing Tutor, Department of Nursing with Ms. Bazila, Ms. Ranjana and Ms. Uroos students of B.Sc. Nursing 6th Semester. The radio program was organized on the occasion of “International Midwives Day” at Radio Chitkara 107.8 FM

The following topics were included in the talk:

- Introduction to concept of International midwives Day.
- “Sustainable Midwifery: Caring for Tomorrow’s World” is Theme of International Midwives Day, 2024.
- Health education regarding safe birth attendant.



Radio Talk on International Midwives Day on 4th May, 2024

Faculty

Principal & Director

**DEPARTMENT OF NURSING
REPORT ON RADIO PROGRAM**

Topic: International Midwives Day

Date: 4th May, 2024

Name of Faculty: Ms. Lakshita

Number of participants: 03

Attendance sheet

Sr. no.	Roll no.	Name of the Students	Class	4th May
3.	2140991009	Bazila Yousuf	6 th Semester	
4.	2140991039	Ranjana Thapa	6 th Semester	
5.	2140991051	Uroos Jan	6 th Semester	

Faculty

Principal & Director

DEPARTMENT OF NURSING

REPORT ON RADIO TALK/PROGRAM

Topic: Importance of Nutrition in Pregnancy

Date: 1st-7th September, 2024

Name of Faculty: Ms. Eenu

Number of participants: 02

The radio talk in radio programme “SEHAT MANTHAN” was conducted by M.Sc. Nursing 1st Year students Mr. Ajay and Ms. Vaishnavi under the supervision of Ms. Eenu, Associate Professor, Department of Nursing on 6th September, 2024 on topic Importance of Nutrition in Pregnancy

The program was air on 6th September, 2024 at Chitkara Radio FM 107.8.

The following topics were included in the talk:

- Importance of nutrition in Pregnancy
- Nutritional needs during pregnancy
- Key considerations for nutrition in pregnancy



Radio Talk on Importance of Nutrition in Pregnancy from 1-09-24 to 7-09-2024

Faculty

Principal & Director

DEPARTMENT OF NURSING
REPORT ON RADIO TALK/PROGRAM

Topic: Importance of Nutrition in Pregnancy

Date: 1st-7th September,2024

Name of Faculty: Ms. Eenu

Number of participants: 02

Attendance sheet

Sr. no.	Roll no.	Name of the students	Class	6-09-2024
1.	2440982401	Mr. Ajay	M.Sc. Nursing 1 st year	
2.	2440982402	Ms. Vaishnavi	M.Sc. Nursing 1 st year	

Faculty

Principal& Director

Name of Faculty: Ms. Gurpreet Kaur

Number of participants: 03

SDGs: 4,5

The radio talk in radio programme “SEHAT MANTHAN” on National Girl Child Day was conducted by Ms. Gurpreet Kaur, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab along with the students of M. Sc. Nursing 1st Year. This year’s theme focused on *"The Importance of Education and Safety for the Girl Child,"* shedding light on two key pillars for the empowerment and well-being of young girls across the country.

Objectives:

1. **To Raise Awareness on Equal Access to Education for Girls:** To highlight the importance of providing equal educational opportunities for girls, emphasizing how education fosters their development, independence, and safety, ultimately contributing to societal progress.
2. **To Advocate for Gender Equality in Education:** To promote a deeper understanding of gender equality by showing that educating girls not only benefits them individually but also contributes to the overall betterment of communities and nations.
3. **To Encourage Community Engagement in Protecting Girls' Rights:** To inspire communities to take an active role in creating safe, supportive, and inclusive environments for girls, ensuring that they can access education without fear of violence or discrimination.
4. **To Highlight the Role of Education in Empowering Girls:** To emphasize that educating girls equips them with the skills, knowledge, and confidence to make informed decisions about their lives, helping them break cycles of poverty and contributing to economic growth.
5. **To Promote Policy Advocacy for Gender-Sensitive Educational Practices:** To encourage the development and implementation of policies that address the specific needs of girls in education, ensuring that schools provide safe, accessible, and supportive environments for all girls.
6. **To Foster Awareness About the Link Between Education and Safety for Girls:** To educate the public on how education directly impacts the safety of girls by reducing vulnerabilities to exploitation, early marriage, and gender-based violence, and by providing them with the tools to protect themselves and others.

The following topics were included in the talk:

- **Education as a Fundamental Right**

The talk began by emphasizing that education is a fundamental human right for every child, regardless of gender. Education not only opens doors for girls to succeed professionally but also equips them with the tools to make informed choices, improving their lives and the communities they belong to.

• **Challenges to Accessing Education**

A significant part of the conversation centered around the various barriers girls face in accessing education, including cultural norms, poverty, child marriage, and the lack of school infrastructure in rural areas. Special attention was given to the ongoing issue of safety, particularly in conflict zones or areas where schools are unsafe due to violence or lack of security.

• **Safety and Protection of the Girl Child**

Alongside the discussion on education, the talk addressed the importance of ensuring the safety of girls both in and out of school. Experts from child protection organizations emphasized the need for creating safe learning environments free from harassment, violence, and exploitation.

• **Community Involvement**

The segment concluded with a call to action for communities to actively support the safety and education of girls. We highlighted stories of community-driven initiatives that have successfully increased girls' enrollment rates in schools and reduced dropout rates through awareness campaigns, scholarships, and parental involvement.

By making these small but impactful changes, we can all contribute to a cleaner, healthier environment.



*Radio talk on Nation Girl Child Day
Accessing Education for girls dated 24th Jan, 2025
Jan, 2025*



*Student telling about Challenges to
dated 24th*



Students giving Radio talk on Education on importance and safety of girl child dated 24th Jan, 2025

Outcomes:

1. **Increased Awareness of Gender Equality:** The talk successfully raised awareness about the importance of gender equality in education, emphasizing the need to empower girls through education and protect them from harm.
2. **Community Engagement for Action:** The event sparked discussions and encouraged local communities to take concrete steps in advocating for girls' safety and promoting equal opportunities in education.
3. **Commitment from Key Stakeholders:** The program inspired educators, parents, and policy-makers to take an active role in creating a safer educational environment for girls, fostering an atmosphere of inclusion and respect.
4. **Improved Understanding of Safety Measures:** Listeners gained a deeper understanding of the safety challenges faced by girls in education and learned about necessary measures to ensure their physical and emotional security within schools and communities.
5. **Policy Advocacy for Gender-Sensitive Education:** The talk encouraged a call to action for the implementation of policies that address the unique needs of girls, ensuring equal access to education and protective measures against exploitation and abuse.
6. **Empowerment through Education:** The event inspired girls and young women to value their education as a powerful tool for empowerment, while reinforcing the role of society in providing safe and supportive environments for their growth and development.

Faculty Coordinator

Principal & Director

DEPARTMENT OF NURSING

Radio Talk

Topic: Education on importance and safety of girl child

Date: 24th January, 2025

Time: 11:00 am onwards

Venue: Radio Station

Name of Faculty: Ms. Gurpreet Kaur

Number of participants: 03

Sr. No.	Roll Number	Name of the student	Class	24/01/2025
1.	2440982501	Prachi Gupta	M.Sc. Nursing 1 st year	
2.	2440982502	Gurjot Kaur	M.Sc. Nursing 1 st year	
3.	2440982503	Muskan Walia	M.Sc. Nursing 1 st year	

Faculty Coordinator

Principal & Director

DEPARTMENT OF NURSING

REPORT ON RADIO TALK/PROGRAM

Topic: Prevention of Anemia during Pregnancy

Date: 13.02.2025

Name of Faculty: Ms. Annu (Assistant Professor, Department of Nursing, CSHS)

Number of participants: 03

SDGs: 3, 4

The radio program was conducted by Ms. Annu, Assistant Professor, Department of Nursing, CSHS, along with the students of M.Sc. Nursing 1st year, at Chitkara Radio FM 107.8. During the program, students actively participated in discussions, highlighting the importance of early detection of Anemia during pregnancy and available preventive measures and medical interventions. Emphasis was placed on spreading awareness in communities to promote routine prenatal checkups include anemia screening. The session also shed light on government initiatives and healthcare facilities available for prevention of anemia during pregnancy.

This interactive radio talk successfully educated listeners, reinforcing the message of importance of iron rich diets and supplementation during pregnancy. Such initiatives reflect Chitkara University's commitment to health awareness and community welfare.

Objectives:

1. To educate the public about the causes, symptoms of Anemia during Pregnancy
2. To promote early diagnosis and treatment to prevent Anemia during Pregnancy.
3. To encourage government and community participation in prevention of Anemia during Pregnancy.

The following topics were included in the talk:

- The causes and risk factors of Anemia during Pregnancy.
- The sign and symptoms of Anemia during Pregnancy.
- Complication of Anemia during Pregnancy.
- Treatment and prevention of Anemia during Pregnancy.



Radio Talk on Prevention of Anemia during Pregnancy on 13.02.2025



Radio Talk on Prevention of Anemia during Pregnancy on 13.02.2025

Outcomes:

1. Increased public knowledge about Prevention of Anemia during Pregnancy
2. Higher rates of early detection and treatment, preventing complications.
3. Strengthened healthcare initiatives and policies aimed at Prevention of Anemia during Pregnancy.

Faculty

Principal & Director

DEPARTMENT OF NURSING

REPORT ON RADIO TALK/PROGRAM

Topic: Prevention of Anemia during Pregnancy

Date: 13.02.2025

Name of Faculty: Ms. Annu (Assistant Professor, Department of Nursing, CSHS)

Number of participants: 03

Attendance sheet

Sr. no.	Roll no.	Name of the students	Class	30-01-25
1.	2440982503	Muskan	M.Sc. Nursing 1 st Year	P
2.	2440982502	Gurjot	M.Sc. Nursing 1 st Year	P
3.	2440982501	Prachi	M.Sc. Nursing 1 st Year	P

Faculty

Principal & Director

Topic: International Women's Day

Date: 8th March, 2025

Name of Faculty: Ms. Indu Bala

Number of participants: 03

SDGs: 3,4,8,10,16

Objectives:

1. To highlight the importance of gender equality and women's empowerment in all aspects of life.
2. To promote awareness about women's health, well-being, and reproductive rights.
3. To discuss the role of education, employment, and financial independence in women's empowerment.
4. To encourage regular health check-ups, self-care practices, and mental health awareness among women.
5. To address the challenges faced by women, including gender-based violence, workplace discrimination, and social stigmas.
6. To emphasize the importance of equal opportunities in leadership and decision-making roles for women.
7. To inspire individuals and communities to support and advocate for women's rights and overall development.

The radio talk in the program was “SEHAT MANTHAN” conducted by Ms. Indu Bala, Nursing Tutor, Department of Nursing, along with B.Sc. Nursing 6th semester students (Mr. Shubham Kumar, Mr. Anmol, and Ms. Naina) on the occasion of International Women's Day on 8th March, 2025, at Radio Chitkara 107.8 FM. The theme for this year, “Invest in Women: Accelerate Progress,” emphasized the importance of empowering women in all aspects of life, especially in health, education, and economic independence.

The primary objective of the talk was to raise awareness about women's rights, health challenges, and gender equality. Women across the world continue to face multiple challenges, including limited access to healthcare, gender-based discrimination, workplace inequality, and societal

restrictions that hinder their progress. The discussion aimed to highlight these critical issues and encourage actions to promote women's empowerment, well-being, and active participation in society.

- **Women's Health & Well-being:** The speakers emphasized the significance of regular health check-ups, balanced nutrition, mental health awareness, and reproductive health. They discussed the common health issues faced by women, including anaemia, osteoporosis, breast cancer, and reproductive health concerns, while highlighting the importance of early diagnosis and preventive care.
- **Gender Equality & Women's Rights:** The talk shed light on the importance of gender equality in education, employment, and decision-making roles. The speakers discussed how providing equal opportunities for women contributes to a progressive society.
- **Economic & Social Empowerment:** Financial independence plays a crucial role in women's empowerment. The discussion covered the importance of skill development, entrepreneurship, and education for women to help them become self-reliant and confident in their abilities.
- **Challenges Faced by Women:** Issues like gender-based violence, workplace harassment, wage gaps, and social stigmas were also discussed. The speakers emphasized the need for strong legal frameworks, societal support, and awareness campaigns to tackle these challenges.
- **Role of Education:** Education is the key to empowerment. The speakers encouraged families and communities to prioritize girls' education, as it not only benefits individuals but also uplifts entire societies.

The following topics were included in the talk:

- Introduction to International Women's Day and its significance.
- Importance of women's health, nutrition, and self-care.
- The role of education and economic empowerment in gender equality.



Radio talk on International Women's Day talking about introduction of International Women's Day on 8th March, 2025.



Radio talk on International Women's Day talking about theme of International Women's Day on 8th March, 2025.



Radio talk on International Women's Day talking about Significance of Celebrating International Women's Day on 8th March, 2025.



Radio talk on International Women's Day talking about Challenges Faced by Women on International Women's Day on 8th March, 2025.



Radio talk on International Women's Day talking about Education: The Key to Women's Empowerment on International Women's Day on 8th March, 2025.



Radio talk on International Women's Day talking about Equal Opportunities, Brighter Futures on International Women's Day on 8th March, 2025.

Outcomes:

1. People gained a clear understanding of the challenges faced by women in various aspects of life, including education, employment, and health.
2. It increased awareness about gender inequality and the need for women's empowerment.
3. It improved knowledge of the importance of women's health, well-being, and self-care practices.
4. People were encouraged to support women's rights and create an inclusive and supportive environment in their families and communities.
5. It highlighted the role of education, financial independence, and leadership in overcoming barriers faced by women.
6. The discussion inspired individuals to take action toward gender equality and advocate for women's empowerment.

Faculty Coordinator

Principal & Director

**DEPARTMENT OF NURSING
REPORT ON INTERNATIONAL WOMEN'S DAY**

Date: 8th March, 2025

Time: 03:00 pm Onwards

Venue: FM Radio Station, Chitkara University

Name of Faculty: Ms. Indu Bala (Nursing Tutor, Department of Nursing, CSHS)

Number of participants: 03

SDGs: 3,4,8,10,16

ATTENDANCE SHEET OF PARTICIPANTS

SR. NO.	ROLL NO.	NAME OF THE PARTICIPANTS	COURSE	8-3-25
1.	2240991047	Mr. Shubham Kumar	B.Sc. Nursing 6 th semester	
2.	2240991057	Mr. Anmol	B.Sc. Nursing 6 th semester	
3.	2240991058	Ms. Naina	B.Sc. Nursing 6 th semester	

Faculty Coordinator

Principal & Director

DEPARTMENT OF NURSING

REPORT ON RADIO TALK/PROGRAM

Topic: Safe Birth

Date: 5th May, 2025

Name of Faculty: Ms. Timsy

Number of participants: 01

SDGs: 3,4,5

The radio talk in radio programme “SEHAT MANTHAN” on was conducted by Ms. Timsy, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab along with the student of Post Basic B. Sc. Nursing 2nd Year. International Midwives Day with topic “Safe birth” is understood as the delivery of a child with timely, quality, person-centered medical care even when resources are stretched or unavailable. In crisis, this means skilled midwives ready to respond with emergency medical care, referrals, and supportive care throughout childbirth and postpartum.

Objectives:

7. **To highlight the critical role of midwives in ensuring safe births**, particularly in crisis situations such as natural disasters, conflicts, pandemics, and humanitarian emergencies.
8. **To raise global awareness about the value and impact of midwifery care** on reducing maternal and newborn mortality and improving overall health outcomes.
9. **To advocate for increased investment in midwifery education, training, and resources** so midwives are better equipped to respond to emergencies and deliver quality care in all settings.
10. **To recognize and celebrate the contributions of midwives worldwide**, acknowledging their dedication, resilience, and leadership during crises.
11. **To promote the integration of midwives into emergency preparedness and health systems planning**, ensuring their voices and expertise shape policies and responses.
12. **To support gender equity and empowerment**, by acknowledging the predominantly female midwifery workforce and advocating for fair pay, safe working conditions, and leadership opportunities.
13. **To engage communities, governments, and health partners** in supporting midwifery-led models of care that uphold dignity, respect, and safety during childbirth.

14. To **inspire young healthcare professionals to consider midwifery as a vital and impactful career path**, especially in underserved and emergency-prone areas.

The following topics were included in the talk:

1. Introduction to International Day of the Midwife

- History and significance of IDM (celebrated every year on May 5)
- Theme of 2025: “*Midwives: Critical in Every Crisis*”
- Importance of midwives in global health

2. Role of Midwives in Ensuring Safe Birth

- What is a safe birth?
- How midwives promote safe, respectful, and evidence-based maternal and newborn care
- Examples of midwifery-led interventions that reduce maternal and infant mortality

3. Midwives in Times of Crisis

- Midwifery care during pandemics, natural disasters, conflicts, and refugee settings
- Stories and case examples from around the world (e.g., COVID-19, conflict zones, flood-affected areas)
- Challenges midwives face in emergencies (e.g., lack of supplies, infrastructure, support)

4. Midwives and Health System Strengthening

- Midwives as essential health workers
- Integration into primary healthcare and emergency response systems
- Contribution to Universal Health Coverage and Sustainable Development Goals (SDGs)

5. Global Statistics and Impact

- Maternal and newborn mortality rates
- WHO and UNFPA data on midwife-led care
- Case study: Countries where midwifery investment has reduced mortality

6. Education, Training, and Support for Midwives

- Importance of skilled training and continuing education
- Need for investment in midwifery education and professional development

- Career pathways, recognition, and leadership roles for midwives

7. Empowering Midwives as Leaders

- Midwives as advocates for women's health and rights
- Gender equality in the health workforce
- Midwives' voices in policymaking and community leadership

8. Honouring and Celebrating Midwives

- Stories of midwives making a difference
- Community celebrations, awards, and recognition
- Encouraging youth to join the midwifery profession

9. Call to Action

- What can governments, health institutions, communities, and individuals do?
- Advocacy points: better funding, safe working environments, fair salaries
- Role of young people and students in promoting maternal and child health



Radio talk on Safe Birth dated

ensuring safe motherhood Accessing Education for girls dated 5th May, 2025

dated 5th May, 2025

Student informing about the



Students giving Radio talk on Clean and safe delivery practices for safe birth dated 5th May, 2025



Students giving Radio talk on role of family and community on safe birth dated 5th May, 2025

Outcomes:

1. Increased Awareness

- Greater public understanding of the essential role of midwives in ensuring maternal and newborn safety—especially in emergencies.
- Highlighted how midwives are first responders and lifesavers in disaster and conflict zones.

2. Global Advocacy Strengthened

- Renewed global and national-level advocacy for investment in midwifery education, fair pay, and workplace safety.
- Policy discussions influenced to integrate midwives into crisis preparedness and response plans.

3. Recognition of Midwives' Contributions

- Midwives across the world were honored for their resilience, compassion, and leadership.
- Governments, NGOs, and healthcare institutions publicly acknowledged midwives as vital to achieving universal health coverage.

4. Commitment to Safe Birth Practices

- Emphasis on the midwife-led care model for safe, respectful, and culturally appropriate births.
- Reinforcement of evidence-based, human-rights–centered care for mothers and newborns.

5. Strengthened Partnerships

- Collaboration between midwifery associations, governments, UN bodies (like WHO and UNFPA), and civil society to improve maternal health systems.
- Launch of new initiatives like the Midwifery Accelerator Program in several countries.

6. Community and Youth Engagement

- Youth and student participation increased in midwifery education events and awareness drives.
- Community-level talks, school outreach, and local campaigns promoted maternal health and midwifery.

7. Empowered Midwives

- Boosted morale, professional pride, and visibility of midwives worldwide.
- Encouragement for midwives to take leadership roles in health policy and emergency planning.

8. Data and Monitoring Emphasized

- Renewed focus on collecting and using data to monitor maternal and newborn outcomes, especially in crisis-prone areas.
- Strengthened research and documentation on midwifery practices during emergencies.

Faculty Coordinator

Principal & Director

**DEPARTMENT OF NURSING
REPORT ON RADIO TALK/PROGRAM**

Topic: Safe Birth

Date: 5th May, 2025

Name of Faculty: Ms. Timsy

Number of participants: 01

SDGs: 3,4,5

Sr no.	Roll no.	Name of the	Class	05/05/25
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		student		
1.	2340992103	Venus	B.Sc. Nursing (Post basic)2nd year	

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Principal & Director