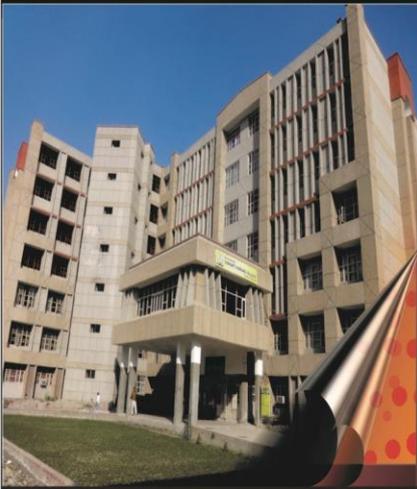


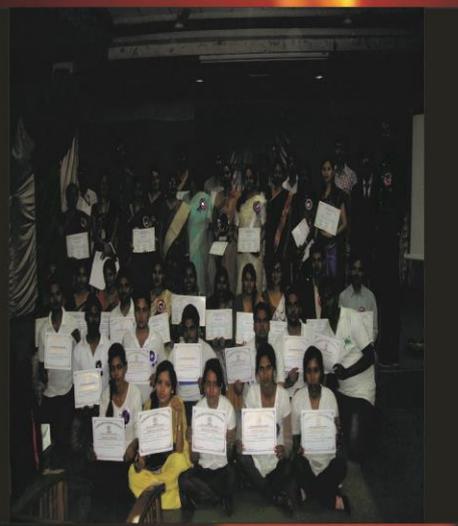
# PANNA DHAI MAA SUBHARTI NURSING COLLEGE



**GLIMPSES- 2014**

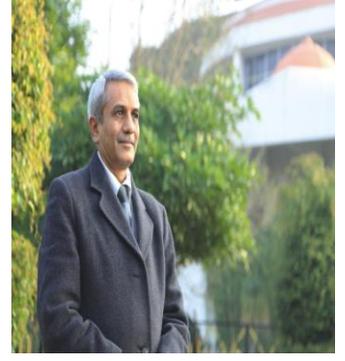


**THE YEAR BOOK**



**SWAMI VIVEKANAND SUBHARTI UNIVERSITY  
SUBHARTIPURAM, NH-58  
DEL HI HARIDWAR MFERUT BYPASS ROAD**

## Message



Subharti meaning “सुभारतीय” is not just a name but a movement. A movement of converting our youth into “सु” meaning “Good’ , “सुभारती;” meaning ‘ an Indian’ , “ a good Indian”.

Education is the first step towards making our people responsible. We started this University with the dream of making our young Indians not only professionally sound but also motivated nationals, who are inclined towards not just building their career but also making their parents proud and also fulfill their social and national duties.

“शिक्षा सेवा संस्कार”-our motto is based on the values and ethics with which the University was established.

Today after the long struggle and overcoming many hurdles, I am proud that the Swami Vivekanand Subharti University is not only one of the most reputed Universities of Northern India, but has also established itself in the top ranking Universities of India.

I am confident that soon, we will be on the international map and be known for our unique combination of values and academics.

Till date, we have left no stone unturned towards achieving excellence and will keep working towards perfection.

Jai Subharti Jai Hindi

**Dr. Atul Krishna, MBBS, MS**  
**The Visionary and Advisor,**  
**SKKB Charitable Trust, Meerut.**

## Message



“A journey of a thousand miles must begin with a single step”

(Lao Tzu)

In the pursuit of overcoming the void of insufficiency in the field of medical education, Subharti KKB Charitable Trust took its first baby step. In this long journey with the establishment of Subharti Dental College in 1996, which has acquired a commendable record of service in the field of education, healthcare and social welfare.

The University today (established in 2008 AD) is an exceptional and exquisite learning education hub offering variety of value- based career oriented disciplines of technical and professional education thus engaged in creating highly qualified, academically and technically proficient professionals, who are responsive to the emerging needs of the nation.

We at Subharti believe in collectively embarking on the great voyage of the life through experiences of trial and toil, which will lead to strengthening of the soul clearing of vision, inspiring the ambition and achieving the success. The process of education here is concerned with the overall personality development and sharpening of the inherent capabilities of and individual by providing an environment fully conducive to overall development of students thus maintaining a balance between academic excellence and moral perfection.

I pray that Subharti University goes a long way in inspiring and stirring the young minds and souls for bringing out the best within them which would ultimately turn them out to be “Better than the best”.

I gladly welcome and invite you to become the integral part of the Subharti Family so that together, we can shape the destiny of our nation.

**Dr. Mukti Bhatnagar, MBBS, MD, PGDMCH**  
**Founder,**  
**Subharti Group of Institutions, Meerut**

## Message

Dr. Atul Krishna the founder and visionary of Subharti K.K.B. Charitable Trust, along with his equally versatile, dynamic and multifaceted wife, Dr. Mukti Bhatnagar, laid the sound foundation of Swami Vivekanand Subharti University with the simple mission to educate the youth not only with academic and technical excellence but to create dedicated sons of the soil of whom the nation is proud of.



As their daughter, I inherit this rich legacy with immense pride and feel strongly committed to carry it forward and give newer dimensions to their vision and aspirations.

**Dr. Shalya Raj, BDS, MDS**  
**President,**  
**SKKB Charitable Trust, Meerut**

## CHANCELLOR

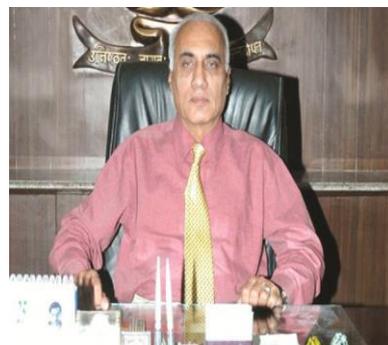


**Dr. G.C. Srivastava**  
M.Sc., M.A., L.L.B., Ph.D., I.A.S. (Retd)

**Dr. G.C. Srivastava** is a retired IAS officer with a wide and diverse experience, having held important posts and assignments like Chief Secretary, Govt. of Goa, Member Secretary, Twelfth Finance Commission in the Ministry of Finance, Govt. of India, Chairman, Tariff Commission, Vice Chairman, Central Administrative Tribunal and Secretary, Indian Council of Agricultural Research.

## PRO CHANCELLOR

**Dr. (Lt. Gen) Bhagirath Singh Rathore** AVSM, VSM having graduated in 1972 from SMS Medical College, Jaipur, joined Armed Forces Medical Service where he served for about 39 years. He did his post-graduation from AFMC, Pune in Dermato-Venereology. He served as Director General (Organization and Personnel) Armed Forces Medical Services till 2010.



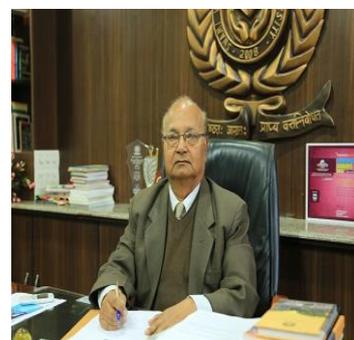
**Dr. (Lt. Gen) B. S. Rathore**

AVSM, VSM  
M.M.B.S., M.D

He was awarded “Vishisht Seva Medal” (2007) and “Ati Vishisht Seva Medal” (2011) by the Hon’ble President of India. He was also awarded “Teacher par Excellence” award during Dermacon - 2012.

## VICE CHANCELLOR

**Mr. Manzoor Ahmed** was selected in IPS in 1966 and served as Police Officer in various capacities covering length and breadth of U.P. He was handpicked by the Govt. of India as Officer on Special Duty (OSD) for Jamia Millia Islamia, New Delhi from 1985-88 and made incharge of its Development Planning & Execution of Plans. He also served in the Ministry of Welfare and Ministry of Commerce (GOI) from 1988 to 1993.



**Mr. Manzoor Ahmed**

M.A., I.P.S. (Retd)

He was nominated by the President of India to the Executive Council of Aligarh Muslim University in 1999 and to the Executive Council of Jamia Millia Islamia, New Delhi in 2004. He has authored many books on education and is invited to educational seminars globally. He has also been visiting faculty in several universities outside the country.

## *Message*



Education and health is not a privilege but a right of all the people. Nursing, as a profession, is based on value of caring and aims at identifying health needs of the people, planning and providing quality care in collaboration with other health professionals. Our distinctive nursing programs are rich in expert nursing resources. Our faculty is part of a community of scholars and clinicians who refine the curricula annually to reflect changes in practice, advancing technology and input from our students' experiences. The student body is comprised of students located across Uttar Pradesh and many other states found providing care at a patient's bedside working effectively with multidisciplinary team directing challenges related to health. To conclude, nursing is a vocation embodied with care, compassion, competence, communication, courage and commitment towards client and groups. We are justly proud of all our students' accomplishments and assure to practice new horizons of development and bliss for our country.

**Ex. Capt. Geeta Parwanda**  
**Dean,**  
**Panna Dhai Maa Subharti Nursing College, Meerut**

*From the Editor's Desk.....*



I am extremely pleased and it gives me immense pleasure to present the *Glimpses 2014* the year book. An effort to highlight the events and achievements of Panna Dhai Maa Subharti Nursing College during academic the year 2013- 2014 is made through this year book.

I hope that this yearbook proves to be a beacon of creativity, literature and co-curricular talent necessary for overall development of an individual. I request to all the readers to give us valuable feedback and comments to improve this yearbook.

**P.Hariprasath**

Editor

Lecturer

PDMSNC

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY



### About the University

Swami Vivekanand Subharti University is a University under the section 2(f) of the University Grants Commission Act, 1956, set up under the Swami Vivekanand Subharti Vishwavidyalaya Uttar Pradesh Adhiniyam, 2008 (U.P. Act No. 29 of 2008) as passed by the Uttar Pradesh Legislature and assented to by the Honourable Governor of Uttar Pradesh in September 2008.

The University has been established under the aegis of Subharti K.K.B. Charitable Trust, Meerut, which has acquired a commendable record of service in the field of Education, Health care and Social Welfare.

The main campus of the University is situated in National Capital Region, strategically located on National Highway 58, Delhi bypass road, Meerut. The campus aptly called 'Subhartipuram', is spread over a sprawling area of about 250 acres of land comprising magnificent buildings, lush green lawns and vibrant surroundings with over 5000 people, determined to make this a 'Jewel in the Crown' of the nation.

The University has several constituent colleges which provide higher education in almost all the disciplines like Medical, Dental, Nursing, Physiotherapy, Paramedical, Pharmacy, Naturopathy, Yogic Sciences, Engineering, Management, Law, Journalism, Education, Library, Arts and Science, Hotel Management, Life Skills etc. thus engaged in creating academically and technically proficient professionals.

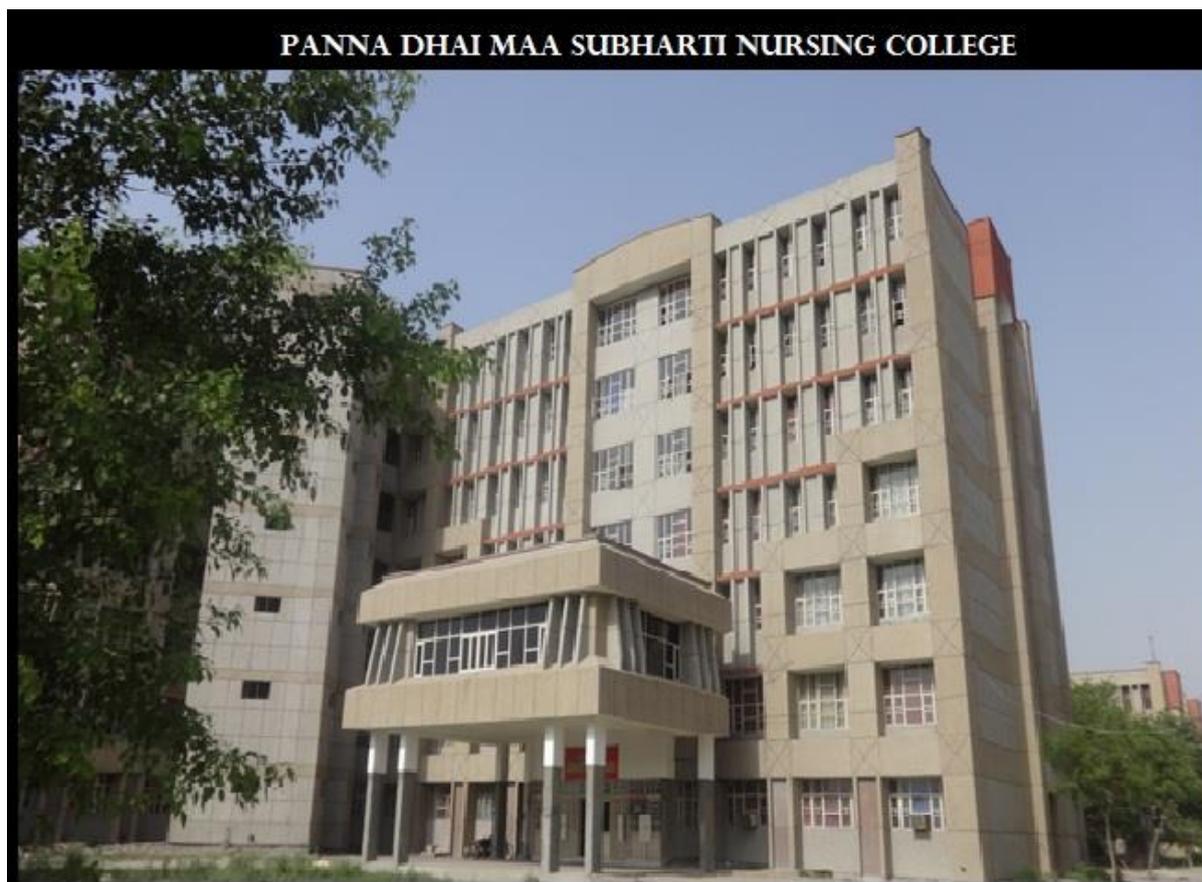
The University boasts of highly qualified, dedicated and competent faculty from all walks of life, world class infrastructure, fully equipped laboratories with latest state-of-the-art equipments and a huge library with recent knowledge resources including e- resources.

The Uniqueness of Subharti University lies in providing an environment fully conducive to the overall development of students, thus maintaining a balance between academic excellence and moral perfection.

The University has also started a number of courses through Distance Education, approved by joint committee of UGC, AICTE and DEC.

The University has been awarded the membership of Association of Indian Universities in 2013.

## PANNA DHAI MAA SUBHARTI NURSING COLLEGE AT GLANCE



### **Vision**

“Our duty is to encourage everyone in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the truth.”

### **Mission**

“To impart quality nursing education to cater to the changing and challenging needs of society and eventually prepare them for leadership position in various nursing fields”

### **History**

Panna Dhai Maa Subartha Nursing College is pioneer in imparting nursing education in western U.P. It is established in January 2000, with the style and name of Panna Dhai Maa School of Nursing giving Diploma in General Nursing

and midwifery (3 ½ Years Course) with the aim to train young potential nurses in all aspects to provide comprehensive health care. Degree course was established in the year 2008 under Swami Vivekananda Subharti University. The Institution received excellence award (2007) in Nursing Education from TNAI, U.P. State Branch, Uttar Pradesh.

The Subharti Nursing College has an excellent infrastructure with state-of-the-art Laboratories and teaching Learning activities and supported by experienced teaching faculties with wide areas of expertise in Clinical, Academic and Social settings.

The Nursing Students are trained under the umbrella of Subharti Medical College. Meerut. For clinical training of Students, there is an attached hospital in the campus having 1297 beds.

### **AIMS**

- To prepare the nursing students to assume responsibilities as professional and provide promotive, preventive, curative and the rehabilitative services.
- To prepare the nursing students who can make independent decisions in critical situation, protects the rights of and facilitate individual and groups in pursuit of health, function in the hospital & community services.
- To initiate the nursing students in conducting research studies in areas of nursing practice.
- To involve the nursing students to take part as a role of teacher, supervisor and in the administration of clinical/ public health nursing.

### **Objectives**

- Demonstrate competency in providing health care to individual, sick or well, using nursing process.
- Participate as a member of the health team in delivery of health care.
- Demonstrate use of ethical values in their personal and professional life.
- Utilize the latest trends and technology in providing health care
- Recognize the need for continuing education for professional development.

## Courses offered

- M.Sc Nursing
- Post Basic B.Sc Nursing
- B.Sc Nursing
- General Nursing & Midwifery
- Auxillary Nurse Midwifery

## Salient Features

- The college has an excellent infrastructure with state-of-the-art laboratories and its own library with wide range of books and nearly 3350 of latest editions and e-journals.
- Well furnished, spacious classrooms equipped with the latest teaching aids to have a highly interactive dimension to class room teaching.
- Internet facility is available round the clock in the college with a well-furnished computer lab.
- Apart from the library books, students can also access vast knowledge from online study materials.
- Chhatrapati Shivaji Subharti Hospital – a premier 1297 bedded tertiary-care teaching hospital provides immense training and planning opportunities and a platform for our nursing students and allied fields.
- For community experience, students visit rural and urban health centers, located in the peripheral areas of Meerut district.
- The college imparts not only academic knowledge but also ensures an all-round development of the students through its best practices.
- Many nursing students have completed their education and have found excellent placements in various parts of India & abroad.

## Milestones

Year	Milestones
2000	Panna Dhai Maa School of Nursing started with intake of 20 seats.
2003	General Nursing Midwifery seats enhanced to 40 seats.
2007	Excellence award in nursing education by TNAI, U.P. state branch.
2008	Bachelor of Nursing course with intake of 40 seats
2009	Post Basic nursing course with intake of 20 seats
2011	Master of Nursing course with intake of 10 seats General Nursing Midwifery seats enhanced to 100 seats.

## *Academic events of teaching faculties*

S. No.	Name of the Faculty	Designation	Achievement
1.	<b>Mrs. Geeta Parwanda</b>	Principal (Panna Dhai Maa Subharti Nursing College)	<ul style="list-style-type: none"> <li>• Star of Asia Award 2014 for Outstanding Achievements in the field of Education by Global Achievers Foundation</li> <li>• Paper presenter in II Asia pacific medical conference, Singapore.</li> <li>• Extra Ordinary Contribution in Field of Nursing 2014 by ICMH at AIIMS, New Delhi</li> <li>• Best Citizen of India Award 2013 by International Publishing House, New Delhi.</li> <li>• Master trainer for training staff nurses on HIV and tuberculosis.</li> <li>• Key Note Speaker and Chief Guest in Quality Assurance Workshop 2013 at Nightingale Institute of Nursing.</li> <li>• Chairperson, Scientific Committee, Biennial TNAI Conference 2014 to be held at Lucknow</li> <li>• Subject Expert in Choudhary Charan Singh University</li> <li>• Subject Expert in Rohilkhand University</li> <li>• Subject Expert in Sharadha University</li> </ul>
2.	<b>Mrs. Taj Nisha Bano</b>	Associate Professor	<ul style="list-style-type: none"> <li>• Examiner, Teerthankar Mahaveer University, Moradabad</li> <li>• Organising Secretary, National Nursing conference on Teaching and Learning Strategies 2014</li> <li>• Master trainer for training staff nurses on HIV and tuberculosis.</li> </ul>
3.	<b>Mrs. Sumita</b>	Associate Professor	<ul style="list-style-type: none"> <li>• Examiner, Santosh Nursing College, Ghaziabad</li> <li>• Examiner, Teerthankar Mahaveer University, Moradabad</li> <li>• Co-Organising Chairperson, National Nursing conference on Teaching and Learning Strategies 2014</li> <li>• Master trainer for training staff nurses on HIV and tuberculosis.</li> <li>• Examiner, Gangasheel College of Nursing</li> <li>• Examiner, CCS University, Meerut</li> </ul>
4.	<b>Mrs. Arul Malar</b>	Sr. Lecturer	<ul style="list-style-type: none"> <li>• Examiner, Santosh Nursing College, Ghaziabad</li> <li>• Examiner, Gangasheel College of Nursing</li> <li>• Examiner, CCS University, Meerut</li> </ul>
5.	<b>Mr. Naveen</b>	Lecturer	<ul style="list-style-type: none"> <li>• Examiner/Guide RGHHS, Bangalore</li> </ul>
6.	<b>Ms. Namita Batra</b>	Lecturer	<ul style="list-style-type: none"> <li>• Anti- ragging Committee, Swami Vivekanand Subharti University, Meerut</li> <li>• National Festival Committee, Swami Vivekanand Subharti University, Meerut</li> </ul>
7.	<b>Mr. Tom Thomas</b>	Lecturer	<ul style="list-style-type: none"> <li>• Disciplinary Committee, Swami Vivekanand Subharti University, Meerut</li> </ul>
8.	<b>Mr. Hariprasath</b>	Lecturer	<ul style="list-style-type: none"> <li>• Examiner, Santosh Nursing College, Ghaziabad</li> <li>• Published a book on Cardio Vascular and Thoracic Nursing under Jaypee Brothers Medical Publishers.</li> </ul>
9.	<b>Mr. Arun Unni Krishnan</b>	Lecturer	<ul style="list-style-type: none"> <li>• Dean, student welfare committee</li> </ul>
10.	<b>Mr. Ajith Kumar</b>	Asst. Lecturer	<ul style="list-style-type: none"> <li>• Social Welfare Committee, Swami Vivekanand Subharti University, Meerut</li> </ul>
11.	<b>Mrs. Bharti</b>	Asst. Lecturer	<ul style="list-style-type: none"> <li>• Master trainer for training ANM nurses on HIV</li> </ul>

***Student's Achievements:***

<b>S. No.</b>	<b>Name of the student</b>	<b>Year</b>	<b>Title of Awards/ Recognition</b>	<b>Organization</b>
1.	<b>Ms. Rajni Sharma (M.Sc 2<sup>nd</sup> Year)</b>	2013	First Prize in Poster Competition.	NURSING CON- Oncology Nursing at Rajiv Gandhi Cancer Hospital, New Delhi
2.	<b>Ms. Annu Babu</b>	2013	Excellence Award in Post Basic B.Sc. Nursing.	Convocation, Swami Vivekanand Subharti Nursing College
3.	<b>Ms. Bharti</b>	2013	Excellence Award in Post Basic B.Sc. Nursing.	Convocation, Swami Vivekanand Subharti Nursing College
4.	<b>Ms. Sonia</b>	2013	Excellence Award in B.Sc. Nursing 2009-2013.	Convocation, Swami Vivekanand Subharti Nursing College
5.	<b>Ms. Priyanka (M.Sc 2<sup>nd</sup> year)</b>	2014	First Prize in Poster Competition	Indian Association of private psychiatry 12 <sup>th</sup> Annual Conference on Neglected Issues in Psychiatry
6.	<b>Ms. Savita Rani (G.N.M 3<sup>rd</sup> year)</b>	2014	First Prize in Essay Competition	UNMUKT BHARAT
7.	<b>Ms. Rekha (G.N.M 3<sup>rd</sup> Year)</b>	2014	Third Prize in Poster competition (National Nutrition Week)	Faculty of Nursing in Collaboration with Dept. of Food & Nutrition & Dept. of Hotel management
8.	<b>Mr. NishiKant</b>	2014	Selected in state level volley ball competition	Inter College sports meet, Kurushreta University.
9.	<b>Ms. Godhuli</b>	2014	Certificate of Participation	Participated in National North Zone youth festival Jammu University
10.	<b>Ms. Mega Mohan</b>	2014	Certificate of Participation	Participated in National North Zone youth festival Jammu University
11.	<b>Ms. Shweta</b>	2014	Certificate of Participation	Participated in National North Zone youth festival Jammu University
12.	<b>Ms. Jibsey John</b>	2014	Certificate of Participation	Participated in National North Zone youth festival Jammu University
13.	<b>Mr. Shivakar</b>	2014	Certificate of Participation	Participated in National North Zone youth festival Jammu University

## **Toppers of Panna Dhai Subharti Nursing College**

### **M.sc Nursing**

<b>S.No</b>	<b>Name of the student</b>	<b>Year of Passing</b>
1.	Rajni Sharma	2013
2.	Neha Kushwaha	2014

### **Post Basic B.Sc. Nursing**

<b>S.No</b>	<b>Name of the student</b>	<b>Year of Passing</b>
1.	Reena Philip	2011
2.	Annu Babu	2012
3.	Bharti Mehata	2013
4.	Sana George	2014

### **B.Sc Nursing**

<b>S.No</b>	<b>Name of the student</b>	<b>Year of Passing</b>
1.	Vidushi Yadav	2012
2.	Sonia Verma	2013
3.	Deepak Kumar	2014

### **General Nursing & Midwifery**

<b>S.No</b>	<b>Name of the student</b>	<b>Year of Passing</b>
1.	Amit	2003
2.	Leela	2004
3.	Padma Priya	2005
4.	Geeta	2006
5.	Shilpa tomar	2007
6.	Bharti Mehta	2008
7.	Neha Martin	2009
8.	Joyti Jangra	2010
9.	Kavita	2011
10.	Swati Goyal	2012
11.	Priyanka Garg	2013
12.	Pallavi Rani	2014

### **Auxiliary Nurse Midwifery**

<b>S.No</b>	<b>Name of the student</b>	<b>Year of Passing</b>
1.	Sanggeta Singh	2011
2.	Renu	2012
3.	Anjali Goswami	2013

## **RESEARCH ACTIVITIES**

Faculty and students of Panna Dhai Maa Subharti Nursing College had undergone various research projects in post graduate and undergraduate courses in nursing duly approved by ethical committee.

### **Details of post graduate research dissertation for the academic year 2013- 2014**

- A study to assess the quality of life among the myocardial infarction patients attending the outpatient department of selected at Meerut and to develop a self-instructional module to improve their quality of life.
- A study to evaluate the effectiveness of planned nursing interventions regarding the prevention and early detection of oral cancer in terms of knowledge, attitude and practice among Group D workers working in Swami Vivekanand Subharti University.
- A comparative study to assess the knowledge of rural and urban women regarding women rights in the selected communities followed by awareness generating campaign at Meerut District.
- A Quasi experimental study to determine effectiveness of planned teaching programme regarding IMNCI guidelines on management of children with diarrhoea and ARI in terms of knowledge and practice among female health workers in selected health centres at Meerut district.
- A comparative study to assess the effectiveness of lavender oil versus sitz bath in episiotomy wound healing among post natal mothers admitted in selected hospitals at Meerut.
- A comparative study to assess the adolescent health issues among adolescent girls in the selected government schools of urban & rural areas of Meerut district with an aim to develop a self-instructional module
- A study of assess the effectiveness of planned nursing intervention on child birth education among primigravida labour in selected hospital at Meerut.
- A study of assess the effectiveness of ice massage on L I 4 point among primigravida mothers in reducing the pain during the active phase of the labour in selected hospital at Meerut
- A study to evaluate the effectiveness of planned nursing intervention regarding prevention of pressure ulcer on bedridden patients with orthopedic ailments in terms of knowledge & practices of primary care giver in selected hospital at Meerut.

### **Details of under graduate research projects for the academic year 2013- 2014**

- A Descriptive study to assess the knowledge of females regarding RCH services under RCH-II program in a selected rural community at Meerut.
- A study to evaluate the effectiveness of planned teaching intervention on upper GI endoscopy in order to reduce the anxiety level of the patients undergoing upper GI endoscopy in selected hospitals at Meerut
- A study to assess the effectiveness of STP in terms of knowledge regarding life style modification among post GI surgery patients admitted in CSSH Meerut
- A descriptive study to assess the knowledge regarding poly cystic ovarian syndrome among adolescents girls in selected higher secondary schools at meerut.
- A study to assess the Knowledge regarding prevention of protein energy malnutrition among under five mothers in selected hospital in meerut with a view to develop health education module

### **SPORTS ACTIVITIES**

Sports and athletic activity are good for building body. It has a vital role in nursing curriculum for maintenance of young nurses health. We at subharti, also recognise the importance of sports in the development of one's overall personality. Sports meet celebrations Lakshya organised every year.

The sports meet celebrations of Panna Dhai Maa Subharti Nursing College **Lakshya 2014** was held in 25<sup>th</sup>, 26<sup>th</sup>, and 27<sup>th</sup> of November month including indoor and outdoor games. The inaugural ceremony was inaugurated by chief guest Prof. Manzoor Ahmed, Hon'ble Vice Chancellor, SVSU, Meerut, Ex. Capt. Mrs. Geeta Parwanda, Principal, Subharti Nursing college, SVSU, Meerut. Special invitees: Mr. Amarnath Tyagi, General Secretary sports committee, SVSU, Meerut and Dr. Sandeep Chaudhary, HOD Physical Education Dept., SVSU, Meerut. Nursing students from all the batches participated in various events and bagged lot of prizes.

Best athlete (Male)	-	<b>Shivakar (yellow house) I<sup>st</sup> year B.Sc</b>
Best athlete (Female)	-	<b>Varsha (Blue house) I<sup>st</sup> year GNM</b>
Champion House	-	<b>Yellow house</b>

## Cultural Activities

The word “**Manthan**” meaning pondering over something deep (for acquisition of talent). As vibrant as the word ‘Manthan’ is, college cultural fest too is vibrant, where highly energetic student express their talent to win appreciation and prizes.

A two day Cultural function “**Manthan 2014**” was organized by students and faculty of Panna Dhai Maa Subharti Nursing College on 26th and 27th 2014. The students and faculty of Panna Dhai Maa Subharti Nursing College saw two days of excellent display of talent, competitive spirit and excitement during the cultural fest. The festival provided a platform for students to showcase their talents. Various events were performed right from dance to music, Drama, Fashion show, Rangoli, Mehndi, photography etc. The program came to an end with the distribution of prizes to the participants.

## Achievements

### Off Stage Events

S.No	Event	Winner
1.	Rangoli	Ms. Anita
2.	Poster Painting	Ms. Asha Ashok
3.	Best out of waste	Ms. Kushboo Rani
4.	Mehndi	Ms. Vandana
5.	Cartoon	Mr. Ritesh
6.	Pick & Speak	Ms. Raziya

### On Stage Events

S.No	Event	Winner
1.	Group dance	Ms.Kajal & group
2.	Duet dance	Ms.Maryada & group
3.	Solo Song	Mr. Anurag
4.	Skit	Ms. Maryada & group
5.	Fashion Show	Mr. Rahul and Ms. Kajal

## Alumni

To take a walk down the corridors of nostalgia, **Reminiscence-2014**, the first alumni meet of Subharti nursing college was held on the 27th day of December 2014 at 10.30am. The meet started traditionally with the lighting of lamp by the *Chief Guest* Hon'le. Vice Chancellor Prof. Manzoor Ahmed, Dr.N.K Ahuja; Director; Administration, Deans, HODs and faculties of various colleges under Swami Vivekanand Subharti University. The occasion was graced by more than

100 Alumni and their family members ranging across various batches.

## HIGHLIGHTS OF THE YEAR 2014

**The Following Programme are Organised by Panna Dhai Maa Subharti  
Nursing College during the year 2014**

<b>Month and year</b>	<b>Activity</b>	<b>Occasion</b>	<b>Theme</b>	<b>Beneficiaries</b>
February 2014	Seminar	World cancer day	Reduce stigma and dispel myths about cancer, under the tagline Debunk the myths	Nursing students
March 2014	Rally	World kidney day	Chronic kidney disease and aging	Client attending various OPD at CSSH
May 2014	<b>National Nursing Conference</b>	-	<b>Teaching and Learning Strategies</b>	<b>Staff Nurses, Post Graduates Students, Teaching Faculties</b>
May 2014	Seminar	International nurses day	Nurses: a force for change – a vital resource for health	BSc (Nursing) Students
May 2014	Health awareness camp	World hypertension day	Know your blood pressure	Clients and their relatives attending various OPD at CSSH.
May 2014	Awareness Program	World No Tobacco Day	To create awareness regarding harmful effects of tobacco	Client attending various OPD at CSSH
June 2014	Rally and tree plantation program	World environment day	Cleaner, greener, and brighter outlook for themselves and future generation	Peoples residing in Alipur village, Meerut.
July 2014	Women rights camp		Women rights which have impact on health of the women directly or indirectly	Rural Women residing in khajuri village, Meerut.
July 2014	Seminar	World population day	Investing in youth people	BSc (Nursing) Students
August 2014	Health education programme	Breast feeding week	Winning goal-for life	Post natal mothers

	and role play			
September 2014	Rally, Poster competition cum Exhibition	National Nutrition Week	Poshak aahar desh ka aadhar	Nursing students, Mothers residing in Multan Nagar, Meerut.
September 2014	Awareness program	World Alzheimer's day	Dementia: Can we reduce the risk	Client attending psychiatric OPD, and their relatives.
October 2014	Role plays & quiz program	World mental health day	Living with Schizophrenia	BSc (Nursing) Students
December 2014	Rally	World AIDS Day	Focus partner, achieve, an AIDS free generation	Client attending OPD in CSSH, and group D worker, Labour working Subharti Campus.
December 2014	In Service Workshop	World AIDS Day	Prevention from parent to child transmission of HIV/AIDS.	Staff Nurses working in OBG department at CSSH
December 2014	Health camp		Safe motherhood	Mother's residing in Badha village, RHTC, Khajuri

## *CREATIVE CORNER*

### **Nurses' Love**

The angels of the night shift  
The messengers of the day  
They always give us a lift  
Each individual does, in their own way

They have to be able to give good news and bad  
Can you imagine telling someone they lost their dad?  
We can't imagine the act  
Knowing that a nurse is an angel, is a fact

They always know what to do  
They always know how to take care of you  
They always have the perfect touch  
They always care about us very much

Nurses deserve more recognition and fame  
We need to pay more homage to their name  
Not all of them are the same, but the Truth is what most proclaim  
Without them we would be lost  
It would be a huge cost  
These are our nurses and they stand tall  
We want them to know that we love them all.

By  
Ms. Neha Choudhary  
Msc (N) II year

### **Sweet! Sweet!! Sweet!!!**

Sweet is the rose, but grows upon a brier.  
Sweet is the Juniper, but sharp his bough.  
Sweet is the eglantine, but pricketh near.  
Sweet is the firdloam, but his branches rough.  
Sweet is the cypress, but his rind is tough.  
Sweet is the nut, but bitter is his pill.  
Sweet is the broom-flower, but yet sour enough.  
And sweet is moly, but his root is ill.  
So every sweet with sour is tempered still.

By  
Ms. Asha Ashok  
BSc (N) IV year

<b>Top 10 Amazing facts</b>	<b>There are More Than Five Senses</b>
<p>1. There are 62,000 miles of blood vessels in the human body – laid end to end they would circle the earth 2.5 times</p> <p>2. At over 2000 kilometers long, The Great Barrier Reef is the largest living structure on Earth</p> <p>3. The risk of being struck by a falling meteorite for a human is one occurrence every 9,300 years</p> <p>4. A thimbleful of a neutron star would weigh over 100 million tons</p> <p>5. A typical hurricane produces the energy equivalent of 8,000 one megaton bombs</p> <p>6. Blood sucking hookworms inhabit 700 million people worldwide</p> <p>7. The highest speed ever achieved on a bicycle is 166.94 mph, by Fred Rompelberg</p> <p>8. We can produce laser light a million times brighter than sunshine</p> <p>9. 65% of those with autism are left handed</p> <p>10. The combined length of the roots of a Finnish pine tree is over 30 miles.</p> <p>By Ms. Abha Verma BSc (N) IV year</p>	<p>1. Distinct senses</p> <p>2. Figurative sense</p> <p>3. A general sense</p> <p>4. Grateful sense</p> <p>5. Historic sense</p> <p>6. Literal sense</p> <p>7. Manly sense</p> <p>8. Metaphorical sense</p> <p>9. Moral sense</p> <p>10. Narrow sense</p> <p>11. Natural sense</p> <p>12. Original sense</p> <p>13. Perfectly good sense</p> <p>14. Rough and ready sense</p> <p>15. Shapely sense</p> <p>By Ms. Shivani Choudhary BSc (N) IV year</p>

## *Mother's love*

Dear son,

I have sacrificed my sleep;  
Because, your sleep should not get disturbed!  
But now, I have all comfort,  
Even though, I won't feel to sleep...

Most of the days, I was in fast;  
Because, you should not get starved!  
But now, in front of me plenty of sweets,  
Even though I feel bitter taste...

I hidden my burdens from you;  
Because, you should not lose your happiness!  
But now, I am free from all my struggles,  
Even though I feel emptiness...

I have not given any priority to myself;  
Because, I want to give the richness life to you!  
But now, everything is with me,  
Even though I am poor...

Whatever I have sacrificed,  
Everything I got it back from you!  
Except your love & care;  
“Without your love, this old age home is like a hell”...  
Because you are my soul!  
With tears... your mom....

By  
Poet Arul Malar  
Sr. Lecturer

## नारी की परिभाषा

किन शब्दों में दू परिभाषा, नारी तुम हो सबकी आशा ।  
सरस्वती का रूप हो तुम, लक्ष्मी का स्वरूप हो तुम ।।  
बढ़ जाये जब अत्याचारी दूर्गा, काली का रूप हो तुम ।  
किन शब्दों में दू परिभाषा, नारी तुम हो सबकी आशा ।।  
खुशियों का संसार हो तुम, प्रेम का आगार हो तुम ।  
घर आँगन को रोशन करती, सुरज की दमकार हो तुम ।  
किन शब्दों में दू परिभाषा, नारी तुम हो सबकी आशा ।।  
ममता का सम्मान हो तुम, संस्कारों की जान हो तुम ।  
स्नेह प्यार, त्याग की इकलौती पहचान हो तुम ।  
किन शब्दों में दू परिभाषा, नारी तुम हो सबकी आशा ।।  
कभी कोमल फूल गुलाब , कभी शक्ति का अवतार ।  
नारी तेरे रूप अनेक, तू ईश्वर का चमत्कार ।  
किन शब्दों में दू परिभाषा, नारी तुम हो सबकी आशा ।।

उर्वशी  
बी०एस०सी० नर्सिंग  
द्वितीय वर्ष

## बिटिया का सन्देश

कुछ कहना चाहती हूँ, अपने हिस्से का जीवन जीना चाहती हूँ ।  
दुनिया के रंग, दुनिया के संग, मैं भी जीना चाहती हूँ ।  
माँ मैं तेरी कोख में आयी, फिर जन्म क्यूँ ना ले पाई ।  
तेरा खून तो पाया मैंने, फिर दूध क्यूँ ना पी पाई ।  
अस्तित्व अपना मिटने पर भी, आँसू तक ना बहा पाई ।  
दुर्दशा देखकर मेरी, ब्रहमा भी पछताया होगा ।  
संग मुझे ले जाते हुए, यमराज भी थर्राया होगा ।  
जन्म लेने दो मुझे, बेटे से बढ़कर दिखलाउगी ।  
धरती के सुख क्या चीज है, तोड़ आसमाँ के तारे लाऊंगी ।  
अगर बेटा को मरवाओगे, तो ममता माँ की कैसे पाओगे ।  
खो जायेगा कहीं बहन का प्यार, दुलार किस पर बरसाओगे ।  
अन्तिम संदेश यहीं है मेरा, बचाओ जन्म अजन्मी बिटिया का ।  
वरना अस्तित्व मिट जायेगा, इस दुनिया से मानव का ।

उर्वशी  
बी०एस०सी० नर्सिंग  
द्वितीय वर्ष

