LNCT VIDHYAPEETH UNIVERSITY INDORE

SAFE

SAFE INSTITUTION OF NURSING COLLEGE

JEEVAN SPARSH

NEWSLETTER

A gentle touch, a caring heart, and a commitment to serve — that is the true essence of Jeevan Sparsh.



BIANNUAL NEWSLETTER

JANUARY TO JUNE, 2026 | JULY TO DECEMBER, 2026

LNCT GROUP OF COLLEGES "WORKING TOWARDS BEING THE BEST" | LNCT UNIVERSITY BHOPAL | JNCT PROFESSIONAL UNIVERSITY BHOPAL | LNCT (BHOPAL) INDORE CAMPUS INDORE | LNCT JABALPUR | RISHIRAJ COLLEGE OF DENTAL SCIENCES AND RESEARCH CENTRE, BHOPAL | MODERN DENTAL COLLEGE AND RESEARCH CENTER, INDORE | CHOUKSEY GROUP OF COLLEGE BILASPUR | LNCT WORLD SCHOOL "WORKING TOWARDS BEING THE BEST"

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Dr. Prashant Purohit

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Prof. (Dr.) Pinki Shrivastava

Principal
SAFE Institution of
Nursing College, Indore

MESSAGE BY
HONOURABLE SECRETARY



Dr. Anupam Chouksey

Secretary
LNCT Vidhyapeeth University, Indore
and LNCT Group

"Caring with Knowledge, Leading with Compassion"

Dear Students, Faculty Members and Readers,

With a great pride it gives me immense pleasure to congratulate the Principal, faculty members, staff and students on the launch of Newsletter of SAFE School of Nursing at LNCT Vidhyapeeth University, Indore. This publication marks an important milestone in our Institution's journey of academic excellence, professional growth and community engagement.

The Newsletter (Jeevan Sparsh) will serve as a valuable platform to showcase the achievements, Innovations academic activities and contributions of our students and faculty. This publication is more than a collection of events and achievements; it is reflection of our shared vision, dedication and commitment to advancing the noble profession of Nursing. In today's rapidly evolving healthcare environment nurses are not merely care givers - they are innovators, educators, researchers, leaders and advocates for healthier communities.

This newsletter aims to become a vibrant platform where ideas meet action, knowledge, inspires innovation and achievements which motivate future success.

I wish that may this newsletter inspire every reader to dream bigger, learn deeper and serve better. I extend my best wishes to the editorial team and all contributors for this commendable initiative.

"A healthy mind, a compassionate heart, skilled hands can change lives and shape a healthier tomorrow".

MESSAGE BY
UNIVERSITY VICE CHANCELLOR



Prof. (Dr.) Vimal Kumar

Vice Chancellor
LNCT Vidhyapeeth University,
Indore

Dear Faculty Members, Staff, and Future Healthcare Professionals,

I am pleased to congratulate the SAFE School of Nursing, LNCT Vidhyapeeth University on the release of their first E-Newsletter, "Jeevan Sparsh." Over the last 18 years since our founding in 2008, the school has made rapid strides in nursing education, clinical training, and holistic student development.

Nursing represents the pinnacle of care and commitment. This inaugural newsletter serves as a direct reflection of our academic rigor and diverse extracurricular achievements. As a young, energetic institution, launching this digital platform is a commendable step toward chronicling our success and sharing valuable healthcare insights.

We pride ourselves on creating an educational ecosystem where students are the primary architects of their own success. Aligning with our core ethos from the Shrimad Bhagavad Gita, "योगः कर्मसु कौशलर्" ("Yoga is Excellence at Work"), we instil a culture of absolute proficiency and dedication in our pupils.

Through hands-on clinical exposure at Sewakunj Hospital, our graduates emerge as empathetic, globally competent professionals ready to fortify the healthcare delivery system. I am certain this newsletter will serve as a guiding light for today's youth and a magnificent canvas for our institutional talent.

MESSAGE BY
UNIVERSITY REGISTRAR



Dr. Prashant Purohit

Registrar
LNCT Vidhyapeeth University,
Indore

Dear Faculty Members, Staff, and Future Healthcare Professionals,

It gives me immense pleasure to connect with you through this latest edition of SAFE School of Nursing Newsletter. As an integral constituent unit of LNCT Vidyapeeth University, the School of Nursing exemplifies our commitment to academic excellence, professional competence, and service to humanity.

Nursing is much more than a profession-it is a noble calling founded on compassion, dedication, resilience, and clinical expertise. Throughout the academic year, our students have demonstrated remarkable commitment in both academic learning and clinical practice. Your journey is not limited to acquiring technical knowledge and skills; it is about developing the ability to provide holistic, patient-centred care with empathy and professionalism.

I extend my sincere appreciation to our esteemed faculty members for their unwavering dedication to teaching, mentoring, and nurturing future nursing professionals. Your efforts in maintaining high academic standards and fostering a culture of excellence play a vital role in shaping competent, compassionate, and responsible healthcare leaders capable of addressing the evolving challenges of the healthcare sector.

As you explore the pages of this newsletter, showcasing the achievements, workshops, co-curricular activities, clinical experiences, and milestones of the School, I encourage you to take pride in your accomplishments and remain motivated to pursue greater heights. LNCT Vidyapeeth University remains steadfast in its commitment to providing world-class infrastructure, advanced simulation laboratories, quality learning resources, and a supportive academic environment that enables every student to excel.

Let us continue to strive for excellence, embrace lifelong learning, and uphold the values of compassion, integrity, and service that define the nursing profession. Wear your uniform with pride and continue to make a meaningful difference in the lives of those you serve.

MESSAGE BY PRINCIPAL SAFE INSTITUTION OF NURSING COLLEGE



Prof. (Dr.) Pinki Shrivastava

Principal
SAFE Institution Of Nursing College,
Indore

"Every achievement has a story, and every story deserves to be shared"

Dear Readers,

It is with immense pride and joy that we welcome you to the inaugural edition of our E-Newsletter (Jeevan Sparsh) of SAFE Institution of Nursing College, LNCT Vidhyapeeth University, Indore. The launch of this newsletter marks not merely the beginning of a publication, but a vibrant platform that capture the pulse of our academic knowledge, compassion, innovation and service as this newsletter is living chronicle of our aspirations, innovations, accomplishments and collective journey toward excellence.

"Nursing is the art of caring, the science of healing, and the heart of healthcare." Nursing is not merely a profession: It is a commitment to caring for humanity with knowledge, skill and empathy. As health care continues to evolve, nurses play an increasingly significant role on promoting health, preventing illness and providing quality patient care, our SAFE Institution of Nursing College, LNCT Vidhyapeeth University remains dedicated to a nurturing complete ethical and compassionate nursing professional's who meet the challenges of modern health care system.

This newsletter is envisioned as a mirror of our institution's vibrant academic life and a window to the achievements, innovations, research activities, community out reach programme and creative expressions of our students and faculty.

I hope it will inspire every readers to think critically act ethically and serve whole heartedly. As we embark on this new initiative I remember one inspiring Sanskrit maxim:

"विद्या ददाति विनयं विनयाद् याति पात्रताम्।"
"Knowledge gives humility, humility leads to worthiness."

May our pursuit of knowledge always be guided by humility, compassion and excellence. Let this newsletter become a forum where ideas flourish, talents are recognized and professional values are strengthened. I extend my heartfelt congratulations to the editorial team, faculty members and students whose dedication has made this first edition possible.

May this publication continue to enlighten minds, inspire innovation and strengthen our commitment to quality healthier and community service.

"Where knowledge heals, compassion comforts and service transforms lives."

EDITOR IN CHIEF



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Principal
SAFE Institution Of Nursing College,
Indore

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LNCT VIDHYAPEETH UNIVERSITY, INDORE

LNCT Vidhyapeeth University (LNCTVU) is a private university located in Indore, Madhya Pradesh. Established in 2022, the university is a part of the LNCT Group, which has more than 33^{+} years of experience in the field of higher education. The LNCT Group is recognized for its strong emphasis on discipline, academic excellence and placement opportunities across central India. The university offers industry-oriented and professional programme across diverse disciplined, including Healthcare, Technology, Management, Agriculture and Law. LNCT Group has awarded as most promising university in central India and LNCT Vidhyapeeth University is known as one of the best upcoming university in Indore in its inception years only.

SAFE INSTITUTION OF NURSING COLLEGE, INDORE

SAFE Institution of Nursing College, Indore was set up in the year 2007 under the aegis of Shri Astha Foundation for Education Society. It is currently running under the umbrella of LNCT Vidhyapeeth University, Indore.We are dedicated to imparting quality-based Nursing education to render excellent healthcare services. The institute is Recognised by Indian Nursing Council (INC) and Madhya Pradesh Nurses Registration Council (MPNRC) and affiliated to LNCT Vidhyapeeth University.

SAFE INSTITUTION OF NURSING COLLEGE

January To June Events 2026

DATE	EVENT
-	Induction
26th Jan	Republic Day
6th -10th Feb	Pregnancy Awareness Week
4th Feb	World Cancer Day
17th March	National Immunization Day
24th March	World Tuberculosis Day
2th April	Farewell
7th April	World Health Day
11th April	National Safe Motherhood day
17th April	World Hemophilia Day
25th April	World Malaria DiDay
5th May	International day of Midwife
8th May	World Red cross
12th May	World Blood Donation Day
17th May	World Hypertension Day
14th June	National Pulse Polio Programme
28, 29, 30th June	National Pulse Polio Programme
30th June	Module :BCLS

PHOTOS

2026

SAFE INSTITUTION OF NURSING COLLEGE

INDUCTION PROGRAMME

PHOTOS 2026









DAYS CELEBRATION

REPUBLIC DAY









PHOTOS 2026

SAFE INSTITUTION OF NURSING COLLEGE

DAYS CELEBRATION

PHOTOS 2026













DAYS CELEBRATION

WORLD TUBERCULOSIS DAY





FAREWELL









PHOTOS 2026

DAYS CELEBRATION

NATIONAL IMMUNIZATION DAY

















PHOTOS 2026

DAYS CELEBRATION

INTERNATIONAL DAY OF MIDWIFE



WORLD HEMOPHILIA DAY









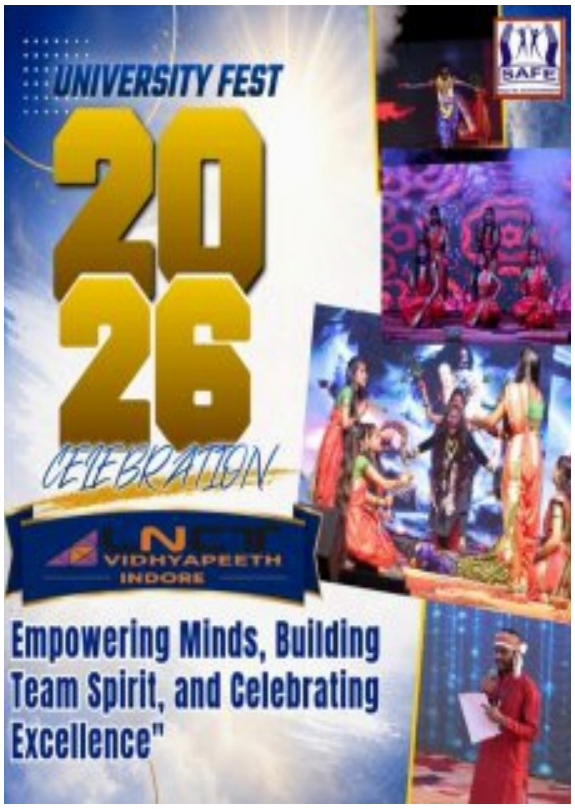




PHOTOS 2026

LN UNIVERSITY FEST

Celebration Talent, Team Spirit, & Excellence





Badminton Competition



Cricket Competition



Chess Competition



Kabaddi Competition



Carom Competition



Tug of War Competition

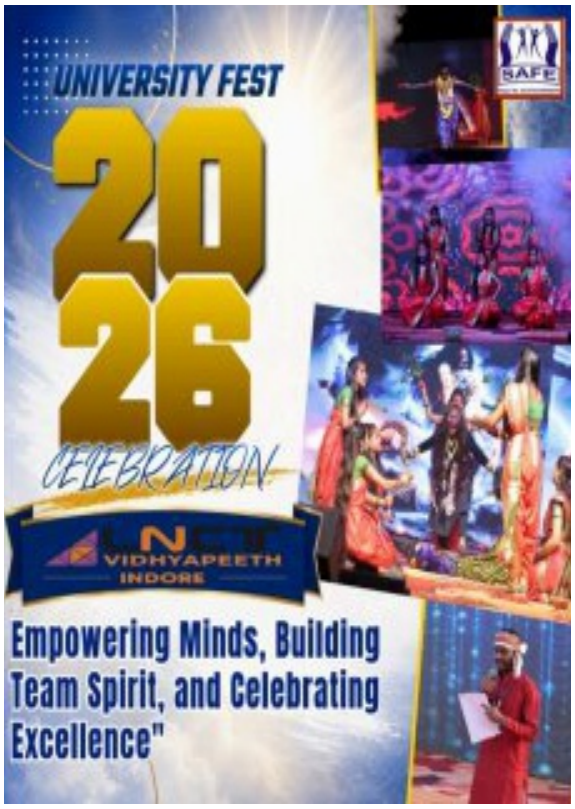


Relay Race Competition

PHOTOS 2026

LN UNIVERSITY FEST

Celebration Talent, Team Spirit, & Excellence





Poetry Competition



Poetry Competition



Singing Competition



Singing Competition



Antakshari Competition



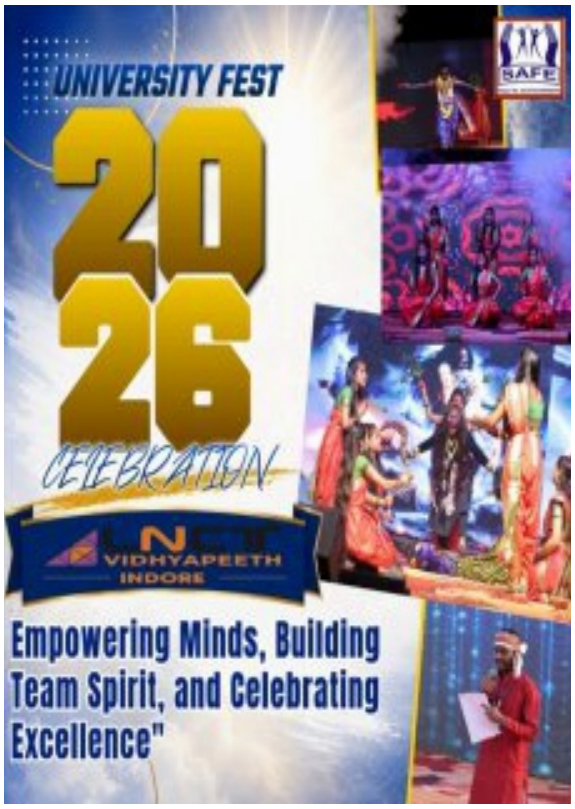
Antakshari Competition

PHOTOS 2026

LN UNIVERSITY FEST

Celebration Talent, Team Spirit, & Excellence

CULTURAL COMPETITIONS - DANCE COMPETITION



GROUP DANCE





SOLO DANCE







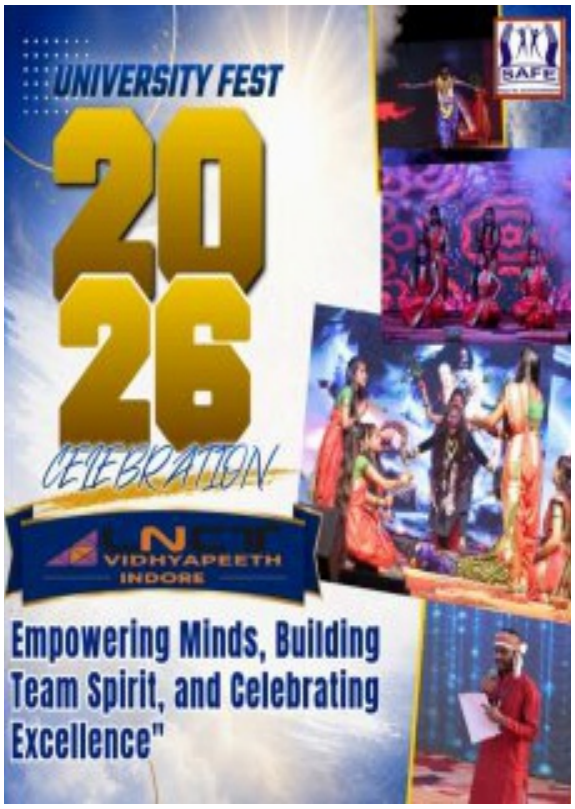


PHOTOS 2026

LN UNIVERSITY FEST

Celebration Talent, Team Spirit, & Excellence

STUDENTS ACHIEVEMENTS



COMPETITION	POSITION
Tug of war (Female)	First Prize
Carom (Female)	First Prize
Solo Dance (Female)	First Prize
Group Dance	First Prize
Antakshari	First Prize
Fashion show	Runner Up
Chess (Male)	Runner Up
Carom (Male)	Runner Up
Kabaddi (Female)	Runner Up
400 Meter Relay Race (Female)	Runner Up

PHOTOS 2026

SOLO DANCE







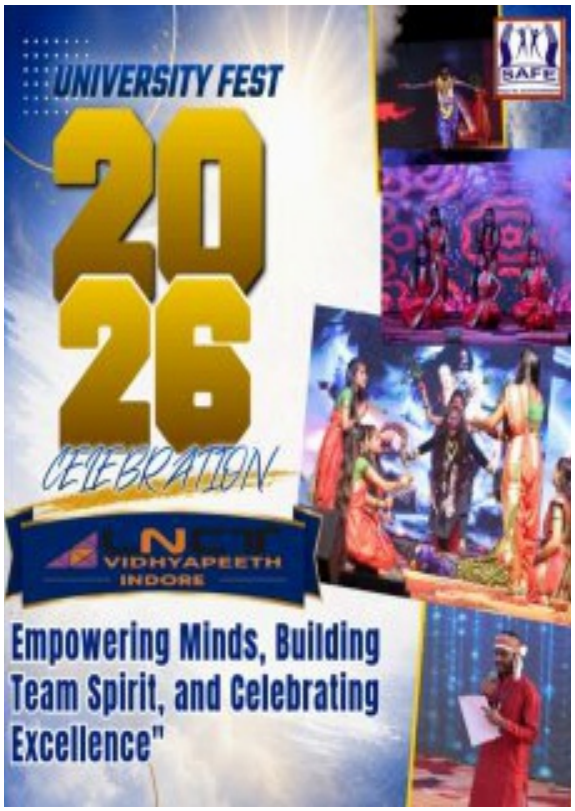


LN UNIVERSITY FEST

Celebration Talent, Team Spirit, & Excellence

STUDENTS ACHIEVEMENTS

PHOTOS 2026











MENTAL HEALTH & WELLNESS:
A GROWING PRIORITY IN MODERN LIFE



Mental wellness refers to a person's emotional, psychological, and social well-being. Mental health and wellness focus on building resilience, emotional balance, healthy habits, and a meaningful life. A healthy mind helps people manage stress, maintain relationships, and make better decisions. It influences how individuals think, feel, and behave in daily life.

MENTAL HEALTH & AWARENESS PROGRAMME

DATE	EVENT
19th March 26	Psychological First Aid
24th March 26	Identification of Warning Signs Psychological First Aid & Disaster Management
28th March 26	Mental Health and Stress Free Environment Quiz Competition and Poster Competition
11th April 26	Peer Counselling
17th April 26	NTF Mental Health Activity (Role Play)
24th April 26	Case Study Discussion

MENTAL HEALTH & WELLNESS:
A GROWING PRIORITY IN MODERN LIFE

MENTAL HEALTH & AWARENESS PROGRAMME
Identification of Warning Signs Psychological First Aid & Disaster Management

TAKE CARE OF YOUR MIND















MENTAL HEALTH & WELLNESS:
A GROWING PRIORITY IN MODERN LIFE

MENTAL HEALTH & AWARENESS PROGRAMME
NTF- MENTAL HEALTH:
Quiz Competition, Poster Competition, Peer Counselling
NTF-MENTAL HEALTH CASE STUDY DISCUSSION



















GUEST LECTURE

PSYCHOLOGICAL FIRST AID



Dr. Samhita Bhushan
Associate Professor, Psychiatric Department
LNCT Medical College and Sewakunj Hospital and Research Centre

Psychological First Aid is immediate emotional and practical support given to people after a crisis, knowing the warning signs today can protect someone's tomorrow. Dr. Samhita Bhushan, Associate Professor Psychiatric Department LNCT Medical College and Sewakunj Hospital.has taken a Guest lecture on "Identification of Warning Signs Psychological First Aid & Disaster Management", to support and guide the students to cope up with the stressful situation. The programme was graced by the valuable presence of Honourable Vice Chancellor Dr. Vimal Kumar, LNCT Vidhyapeeth University & Registrar Dr. Prashant Purohit, LNCT Vidhyapeeth University. The Program was well coordinated by Prof. Aline Upadhyay, Vice Principal, Mr. Gaurav Nagore Asst. Professor, Mrs. Anjali Nag Asst. Professor, Mrs. Renuka Samson, Tutor, Mental health Nursing Department, Under the guidance of Dr. (Prof.) Pinki Shrivastava, Principal SAFE Institution of Nursing college under LNCT Vidhyapeeth University, Indore.



STUDENTS CORNER

पिता की लाड़ली की दास्तान

मुस्कान मंसूरी की काव्य (बी.एस.सी. नर्सिंग द्वितीय सेमेस्टर)

मेरा नाम ना ही निशानी होती, ना ही कोई कहानी होती,
अगर बूढ़े ना होते मेरे पिता, तो मेरे हाथ ना ये जवानी होती।

किसी के ख्वाब में बेटा, किसी के ख्वाब में बेटी,
मैं वो बेटी हूँ जिसे माँ के आँचल में पाला है।

नहीं समझा है कुछ भी फर्क बेटियों की कीमत का,
मेरे माँ-बाप ने मुझको बहुत नाजों से पाला है।

मैं हर उस घर की लाडली की दास्तान सुनाती हूँ,
जिन्हें पलकों में पाला है, जिन्हें पलकों में पाला है।

लाड़ली हूँ मैं अपने माँ-बाप की, यह सबसे कहती हूँ
मैं सहारा हूँ अपने माँ-बाप की, आँखों का तारा हूँ।

जब नारी में है शक्ति, तो दुनिया ने क्यों टाला है?
मैं हूँ बेटी मेरे माँ-बाप की, यह हक से कहती हूँ।

उस पिता की बेटी हूँ, जो भारतवर्ष में रहता है,
मैं किसी से डर नहीं सकती, मैं किसी से डर नहीं सकती।

मैं हिम्मत से मेरा हक माँगने की चाह रखती हूँ,
मैं झुक नहीं सकती, किसी से डर नहीं सकती।

यूँ ही नहीं बेटी के जख्मों को हँस के टाला है,
और कानून की आँखों पर पट्टी बांधे देखा है।

बेटी की कीमत को हमेशा पापा ने समझा है,
और हर बार दुनिया ने उसे हँस के टाला है।

किसी ने गुड़िया समझा है, किसी ने खिलौना समझा है,
बेटी के पिता ने ही उसे किरदार माना है।

उस बेटी के पिता से पूछो कीमत उस बेटी की,
उठी डोली तभी घर से रखी पगड़ी है जब गिरवी।

किसी के जख्म पर पट्टी कौन बाँधेगा?
अगर बहनें नहीं होंगी तो राखी कौन बाँधेगा?

जिन्हें फूलों में पाला है, जिन्हें फूलों में पाला है,
जिन्हें नाजों में पाला है, जिन्हें पलकों में पाला है।

किसी के ख्वाब में बेटा, किसी के ख्वाब में बेटी,
मैं वो बेटी हूँ जिसे माँ के आँचल में पाला है।

धन्यवाद

STUDENTS CORNER

नर्स कहलाती है

प्रियांशु कुमार का काव्य (बी.एस.सी. नर्सिंग सातवाँ सेमेस्टर)

दिन-रात जो सेवा करती,
हर तकलीफ में साथ निभाती है.....2
डॉक्टर से भी पहले हिम्मत देती,
वही तो नर्स कहलाती है।

ना हो कोई खून का रिश्ता,
पर अपनापन दिखलाती है.....2
रिश्तेदारों से बढ़कर वो,
अपना फर्ज निभाती है।...2
माँ तो माँ होती है,....2
पर नर्से माँ का भी फर्ज निभाती है।
डॉक्टर से जो पहले हिम्मत देती,
वही तो नर्स कहलाती है ।

कोई त्योहार बिना अपने परिवार,
मरीजों के संग मनाती है,
कभी किताबों पर,
तो कभी इमरजेंसी के टेबल पर....2
थक-हार कर सो जाती है,
डॉक्टर से जो पहले हिम्मत देती,
वही तो नर्स कहलाती है।

बिगड़ती तबीयत सबसे पहले
भगवान को अर्जी लगाते हैं.....2
जब भगवान नहीं आ पाते,
तब नर्स-नर्स चिल्लाते हैं,
जब दवा खाने में तकलीफ होती.....2
तब माँ के जैसा मुँह में दवा खिलाती है,
डॉक्टर से जो पहले हिम्मत देती,
वही तो नर्स कहलाती है।

धन्यवाद

ARTICLES

Healthy Food Practices and the Importance of Yoga & Exercise in Hypothyroidism

सर्वे भवन्तु सुखिनः सर्वे सन्तु ननरामयाः ।
सर्वे भद्रानि पश्यन्तु मा कनिद्दुः भाग्भर्वेत्।

"Let food be healthy medicine and movement be thy healing"



Hypothyroidism is a common endocrine disorder characterized by an underactive thyroid gland that produces insufficient thyroid hormones. These hormones play a vital role in regulating metabolism, energy production, growth and overall body functions.

Person with hypothyroidism often experience fatigue, weight gain, constipation, dry skin, depression, and reduced physical activity. Along with medical treatment, healthy physical activity, including yoga, can significantly improve quality of life and over all well-being.

Healthy Food Practices for Hypothyroidism

A well balanced and nutritious diet supports thyroid function and helps manage symptoms effectively.

The following healthy diets can be taken to improve thyroid gland functions:

1. Consumption of lodine - Rich Foods:



lodine is essential for thyroid hormone production. Moderate consumption of iodized salt, dairy products, eggs, and seafood can help to maintain adequate iodine levels.

2. Selenium - Rich Foods:



Selenium aids in the conversion of thyroid hormones into their active form. Sources of selenium includes nuts, sunflower seeds, fish, eggs and whole grains.

ARTICLES

Healthy Food Practices and the Importance of Yoga & Exercise in Hypothyroidism

3. Adequate Fibre Intake:

Constipation is a common symptoms of hypothyroidism increase intake of whole grains, fruits, vegetables and pulses help to prevent constipation.



4. Stay hydrated

Adequate water intake supports metabolism, digestion and overall health.



5. Limit processed Foods

Highly processed foods, sugary snacks and excessive saturated fats may contribute to weight gain and poor metabolic health.



6. Maintain Regular Meal Time

Eating meals at a consistent intervals helps supports energy levels and metabolic balance.



Importance of Yoga in Hypothyroidism

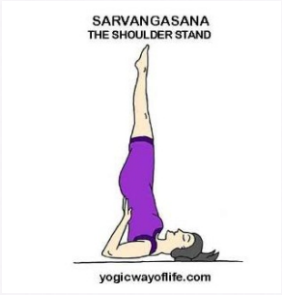
Yoga is a holistic practice that combines physical postures, breathing techniques, and meditation. It helps to improve circulation, reduces stress, enhance flexibility and promote hormonal balance.

Benefits of Yoga

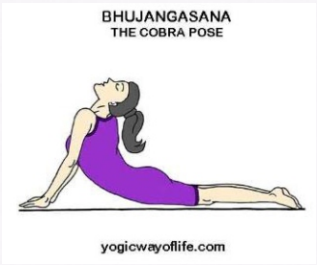
- Helps to reduce stress and anxiety, which can affect thyroid function.
- Improves blood circulation to endocrine glands.
- Helps to enhance energy levels and reduces fatigue.
- Supports weight management.
- Improves sleep quality and mental well-being.
- Increases flexibility and muscular strength.

EFFECTIVE YOGA ASANAS

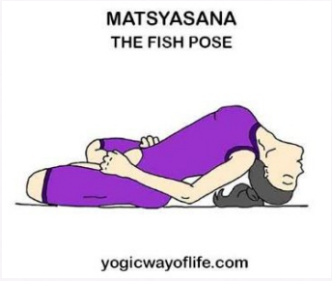
- Sarvangasana (Shoulder stand)



- Bhujangasanas (Cobra pose)



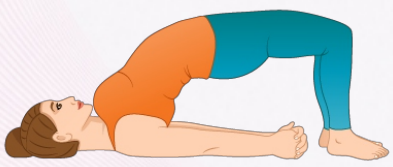
- Matasyasana (Fish Pose)



- Utrasana (Camel Pose)



- Setu Bandhasana (Bridge Pose)



- Halasna (Plough Pose)



Pranayama Techniques

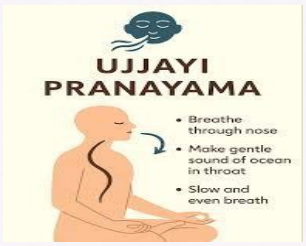
- Anulom- Vilom



- Bhramari Pranayama



- Ujjayi Breathing



- Deep Breathing Exercises



ARTICLES

Healthy Food Practices and the Importance of Yoga & Exercise in Hypothyroidism

- Role of Regular Exercises
- Helps to control body weight.
- Boosts metabolism and energy levels.
- Improves cardio vascular health.
- Strengthen muscles and bones.
- Reduces the risk of hypertension and diabetes.
- Enhances mood and reduces symptoms of depression.

Conclusion

Hypothyroidism can be effectively managed through a combination of medical treatment, healthy eating habits, yoga and regular exercise. A well balanced nutrient diet supports thyroid health, while yoga and physical activity enhance physical fitness, mental well-being and over all quality of life. By following these healthy lifestyle practices, individuals can lead active, productive and fulfilling lives despite thyroid challenges.

"Heath is not merely the absence of disease; it is the harmony of body, mind and spirit".

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Ms. Kritika Carpenter
7.7 SGPA - 7.7 CGPA



1st Rank
Ms. Tanupriya Paswan
8.5 SGPA - 8.5 CGPA

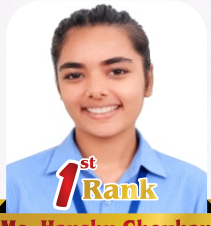


3rd Rank
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"I find that the harder I work, the more luck I seem to have."
THOMAS JEFFERSON

ACHIEVEMENTS BY
SAFE INSTITUTION OF NURSING COLLEGE

"INVITED AS CHAIRPERSON"

Prof. (Dr.) Pinki Shrivastava

"Invited as chairperson"
At Vikrant college of Nursing for 5th National Conference. Topic on "Changing trends in Nursing & Role of Nursing Leaders to Cultivate the Culture of Innovation"



"INVITED AS CHAIRPERSON"



Prof. (Dr.) Pinki Shrivastava

"Invited as chairperson"
for the session "Homeopathy in Holistic Health Care Synergies" for National conference on Interdisciplinary Collaboration for Holistic Nursing Care: AYUSH and Alternative Therapies at
Bombay Hospital College of Nursing

"INTERNATIONAL NURSES DAY"

Prof. (Dr.) Pinki Shrivastava

Felicitation on the Occasion of International Nurses Day 12th May 2026 "Our Nurses, Our Future Empowered Nurses Save Lives" In recognition of outstanding academic Contribution & Inspiring Leadership in Nursing Education.



FACULTY DEVELOPMENT PROGRAMME

Faculty Development Programme plays a vital role in improving the quality of education it improves confidence, classroom management, and academic performance. Well-trained and motivated teachers can create a positive learning environment and contribute significantly to the overall development of students and institutions.

PUBLICATIONS

"An evaluative study to assess the utility of health app on symptomatic management of selected high risk obstetrical condition among health professionals working at selected health settings of Madhya Pradesh"

International Journal Of Research And Analytical Reviews (Ijrar), April 2026, Volume 13, Issue 2

As a Co-Author

"A study to assess the effectiveness of video-assisted teaching programme on knowledge regarding premenstrual syndrome among adolescent girls studying in selected nursing colleges of Indore"

International Journal Of Creative Research Thoughts (Ijcrt), May 2026, Volume 14, Issue 5

Prof. (Dr.) Pinki Shrivastava

Principal

SAFE Institution Of Nursing College, Indore

FACULTY DEVELOPMENT PROGRAMME

PUBLICATIONS

A Study To Assess The Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Preparation Of Mother About Correct Breastfeeding Technique Among Primi Antenatal Mothers At Selected Hospital Of Indore City

International Journal Of Creative Research Thoughts (Ijcrt), May 2026, Volume 14, Issue 5

The Effectiveness Of Slow Paced Breathing On Pain Perception During First Stage Of Labour Among Primigravida Mothers

International Journal Of Creative Research Thoughts (Ijcrt), May 2026, Volume 14, Issue 5

Prof. Aline Upadhyay

Vice Principal
SAFE Institution Of Nursing College, Indore

"A study to assess the effectiveness of video-assisted teaching programme on knowledge regarding premenstrual syndrome among adolescent girls studying in selected nursing colleges of Indore"

International Journal Of Creative Research Thoughts (Ijcrt), May 2026, Volume 14, Issue 5

ASHWINI KHATKE

M.Sc. Tutor
SAFE Institution Of Nursing College, Indore

UPCOMING EVENTS

(JULY - DECEMBER 2026)

DATE	EVENT
28th July.	World Hepatitis Day
1st -7th Aug.	World Breast Feeding Week
1st - 7th Sep.	International Nutrition Week
10th Sept.	World Suicide Prevention Day
29th Sept.	World Heart Day
10th Oct.	Mental Health Day
14th Nov.	World Diabetes Day
15th-21st Nov.	New Born Week
1st Dec.	World AIDS Day

Celebrations:

1. Childrens Days,
2. Diwali

Workshop On:

1. OT Techniques

Faculty Development Programme on :

1. Empowering Nursing Research with Al: Ethics, Speed And Accuracy

Guest Lectures:

1. Needle Stick Injury
2. Mental Health Awareness

Staff Development Programme

Modules:

1. SBA
2. Health Assessment

VISITS

Waste Disposal Plant | Water Purification Plant
School Health Awareness Programme | Old Age Home
Deaf and Dumb Visit | Cancer Hospital Visit
Industrial Visit: Sanchi Milk Center

FACILITIES
AT
SAFE INSTITUTION OF NURSING COLLEGE

★ **Practical exposure at Sewakunj Hospital.**





★ **Community Services at Community setup.**





★ **Mental Health Practices at Indore Mental Hospital.**





FACILITIES
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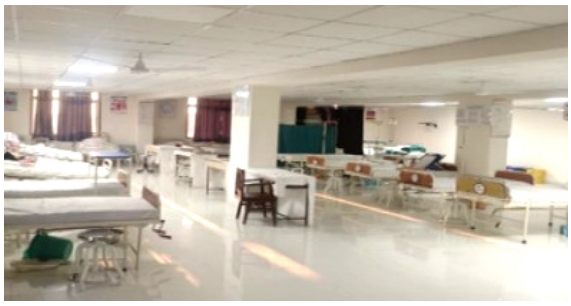
★ **Experienced Eminent Faculty Members.**



★ **Well Equipped advanced laboratories.**







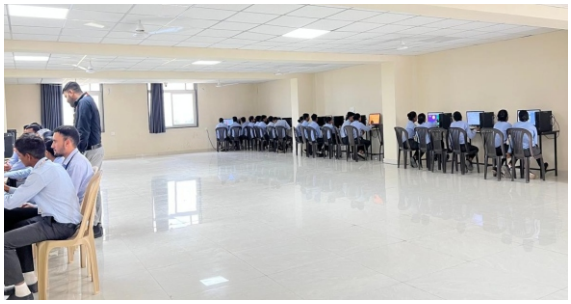






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