

VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING

A constituent college of
Vinayaka mission's research foundation
(Deemed To Be University)

THE RIGHT MENTOR.....



DEEDS OF CHN



NEWS LETTER COMMUNITY HEALTH NURSING-2017



PREVENTIVE CARE



HOME VISITING



OCCUPATIONAL HEALTH



FAMILY HEALTH SERVICES



SCHOOL HEALTH



REHABILITATION



MCH SERVICES



ENVIRONMENTAL HYGIENE



MENTAL HEALTH

The department caters to the needs of the students who specializing in Community Health Nursing offer diverse learning experience. It includes preventive, therapeutic, and rehabilitative actions and helps to promote physical and emotional well being, as well as provide guidance.

“Preventive education and care to families and society”



**Prof.Dr.Mrs.V.Selvanayagi Ph.D. (N),
Principal**

One who knows the way, goes the way, and shows the way.

EMINENT STARS OF CHN

Prof.Dr.Mrs.S.Malathi - Head of the Department

Mrs .U. Palaniyammal - Assistant Professor

Mr.A.Prabhakaran - Tutor

Mrs.A.Sakthi - Tutor

Mrs.C.Sennammal - Tutor

Ms.B.Saranya - Tutor

Ms.Tamilselvi - Tutor

Editor's Desk

Dear Readers ...

Once again, it is an immense pleasure to release the Deeds of CHN 2017 issue. It is also high lights the events and activities of community Health Nursing Department. I do hope that the newsletter makes for an interesting read.

I would like to take this opportunity to express my gratitude to our principal who has supported and guided for doing this newsletter.

Also I thank my department staff who involved finishing the newsletter

Thank you,

Sincerely,

Dr.S.Malathi,

Research publications

Dr.S. Malathi, HOD & Professor: A study to assess the knowledge on impact of using face book among adolescence studying in a selected college, Salem, International Education & Research journal, Vol. 3, Issue 8 ,August – 2017, page no: 119.

ENRICHING THE STUDENTS KNOWLEDGE



Continuing Nursing Education regarding “**Vector Borne Diseases**” on 11.12.2017. The topic was presented by Mr.Subramani B.Sc (Envt.), Health Inspector, Mosquito Control Programme, Magudanchavadi, Salem, regarding “Vector Borne Diseases- Prevention and its Control”. Followed that Mrs.U.Palaniyammal, Asst. Professor, Department of Community Health Nursing, VMACON, Salem regarding “Overview of Vector Borne Diseases” and the program was successfully completed by National Anthem.

Guest Lecture on 22.09.2017 by Mrs.Jayabharathi, M.A., M.Phil, ICTC Counsellor, TNSAC, Chennai, and delivered the lecture regarding “**HIV Counselling**”. Students from II year, III year, and IV – year B.Sc (N) and faculty members attended the session.



UPDATING THE KNOWLEDGE



On 10.03.2017 **Mrs.U.Palaniyammal** M.Sc (N), Assistant professor, Department of Community Health Nursing, presented a journal article on **“HUMAN PAPILLOMAVIRUS VACCINATION”** from 2.30 to 3.30pm in college auditorium. II year B.Sc (N) students and faculty members participated in this journal club meeting.

On 22.06.2017 **Mr. A. Prabhakaran** ,M.Sc(N),Tutor, , Department of Community Health Nursing, presented a journal article on **“Mission Indradhanush”**, All the faculty members and M.Sc (N) students were participated in this journal club meeting.





On 15.11.2017 **Dr.Mrs.S.Malathi** Ph.D (N), Professor and HOD, Department of Community Health Nursing, presented a journal article on "**Hepatitis G Virus**" in college auditorium. IV year B.Sc (N) students and faculty members participated in this journal club meeting.

SERVICES RENDERED TO THE COMMUNITY

OUT REACH PROGRAMMES



An awareness programme on the eve of "**World Environmental Day**" on 05-06-2017 at Seeragapadi Village, Salem. Video was presented for the people regarding the importance of safe environment and global warming. Saplings were distributed to the People. Students explained regarding the importance of safe environment based on the theme "Connecting People to Nature".

"World Breast Feeding Week" on 03/08/2017 at Anganwadi Centre, Veerapandi, Salem. Health talk was given by our nursing faculty and student based on the theme **"Sustaining Breast Feeding Together"** and it was inaugurated by Mrs. Pathma Priya Child Development Program Officer, Veerapandi, Salem. Approximately 100 Anganwadi workers were participated.



OUT REACH PROGRAMMES

"National Deworming Day" on 10/08/2017 at Byroji village, Salem. Health Awareness rally was conducted to ensure that all Children are dewormed, because worms can make the child to be anemic, undernourished weak or sick.





Students were formed a human chain on 01.12.2017 at Palampatty, Salem on the lieu of **WORLD AIDS DAY** to create awareness among public regarding AIDS.

ART OF IMPARTING KNOWLEDGE AND SKILL...

FACULTY SKILL DEVELOPMENT PROGRAMME



Faculty Skill Development Programme regarding “**Life Skill Education**” on 05.05.2017. Mrs.J.Selvi Abraham, M.A., B.Ed, B.T. Assistant, Government Girls Higher Secondary School, has delivered a lecture on Introduction to Life Skills for Psychosocial Competence, Conceptualizing the role of life skills in health promotion, Promoting the teaching of life skills, Identifying an optimal strategy for life skills education, Developing life skills programmes and implementation of life skills programmes. All the faculty members attended the programme.

PUBLIC HEALTH SERVICES



Dengue Awareness Campaign: 22.08.2017

"Dengue Awareness Campaign" was conducted at kottagoundampatty Village, Omalur, Salem. To create awareness and health teaching to the people regarding dengue mosquito and Environmental Sanitation.



INTEGRATED NATIONAL PUBLIC HEALTH CONFERENCE



Integrated National Public Health Conference was organized for two days from 02.12.2017 & 03.12.2017 regarding **“Communicable and Non – Communicable Diseases”**. The eminent speakers from various places were Dr.R.Kanagavalli, Principal, Zulekha college of nursing, Karanataka, Dr.J.S. Thakur, Professor, School of Public Health, PGI, Chandigarh, Salem, Dr.Paramite Sengupta, Professor, Dept. of Community Medicine, CMC, Ludhiyana, Mrs.P.Shanthi, M.Sc. M.Phil., Child Development Project Officer, Erode and Mr. Valter Jaisingh, Principal, Varalakshmi College of Nursing, Karnataka. Around 250 members are participated from various college and hospital.



STUDENTS TALENT.....





Abbreviations

AIDS -- Acquired Immune Deficiency Syndrome

ART- Anti Retroviral Therapy

BCC- Behavior Change Communication

CMV - Cytomegalo Virus

CSW - Commercial Sex Worker

DOTS- Directly Observed Therapy Shortcourse

ELISA - Enzyme-Linked Immunoflourescent Assay

HIV- Human Immunodeficiency Virus

HCP - Health Care Provider

ICTC - Integrated Counselling and Testing Centre

IDU- Injecting Drug User

IEC -Information Education Communication

KS - Kaposi's Sarcoma

NACO - National AIDS Control Organization

NGO - Non-Government Organization

OI- Opportunistic Infection

OPD- Out Patient Department

PCP - Pneumocystis Carinii Pneumonia

PEP- Post Exposure Prophylaxis

PLHIV - People Living with HIV/AIDS

PPTCT - Prevention of Parent To Child Transmission

RNTCP - Revised National Tuberculosis Control Programme

SACS - State AIDS Control Societies

STI- Sexually Transmitted Infection

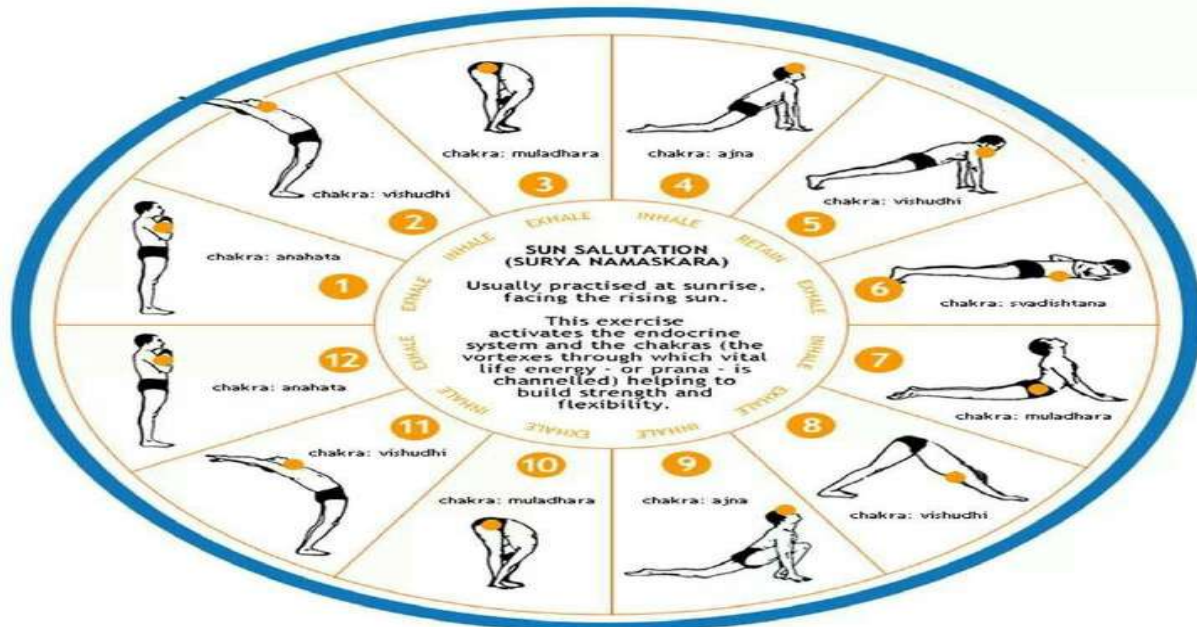
TB -Tuberculosis

WBC- White Blood Cell

WHO- World Health Organization

HEALTH TIPS

YOGA FOR ASTHMA CURE



- ❖ **Sirsasana** (the head stand pose): The lungs gain the power to resist any situation and stand up to any work, which may relieve one from cough and tonsillitis.
- ❖ **Sarvangasana** (shoulder stand pose): Sarvangasana improves respiration and helps in treating bronchial problems.
- ❖ **Utthanasana** (the squat and rise pose): Utthanasana helps to empty impurity from lungs and gives the feeling of supercharge of energy.
- ❖ **Paschimottanasana** (the fierce or powerful pose): Paschimottanasana improves the efficiency of spinal nerves and has beneficial repercussions throughout the body.
- ❖ **Dhanurasana** (the bow pose) stretches the chest and put suitable pressure for the expansion of the lungs as well as alveoli thereby increases the intake capacity of the bronchial.
- ❖ **Bhujangasana** (the cobra pose): Bhujangasana expands the chest more than usual, thus helps to improve breathing and lungs capacity.
- ❖ **Salabhasana** (the locusts pose): Salabhasana improves the functions of lungs.

- ❖ **Urdhva Mukha Sanasana** helps to chest expansion thereby increases lungs elasticity.
- ❖ **Virasana** (the hero's pose) is good for asthmatic patients.
- ❖ **Uttan Padasana** (the raised foot pose) Uttanpadasana gives full expansion to the chest wall and keep the bronchial healthy.
- ❖ **Ardha Matsyendrasana** (the half spinal twist pose): It is one of the important asana for proper functioning of lungs thereby helps in controlling the condition.
- ❖ **Kriyas like Jala neti and Suta neti** control sneezing though reducing sensitiveness of nasal path.
- ❖ **Pranayama** keeps the lungs healthy due to free flow of fresh air into the air alveoli and bronchial.
- ❖ **Kapalbhati** (frontal brain bellowing) this yoga pose is useful in making respiratory muscles stronger and improves the general tone of the muscles.
- ❖ **Bhastrika Pranayama** (the bellow Pranayama): It open up the air cells of the lungs.
- ❖ **Surya Bheda Pranayama** (the psychic supercharger) is too useful for it.
- ❖ **Uddiyana Bandha and Agnisara** are beneficial for bronchial problems.
- ❖ **Kunjla** (vomiting) is prescribed with saline lukewarm water if the person facing chronic coughs. It removes excess cough instantaneously.

MIND BLOWING EXERCISE

WORD PUZZLE GAME

HEALTH

B	H	Y	G	I	E	N	I	M	S	T	X	R	Z	U	M	U	T	A	L	B
J	F	T	S	I	T	H	E	R	M	O	M	E	T	E	R	V	A	X	A	X
C	E	L	T	P	V	P	D	O	R	C	G	Z	R	D	L	A	B	R	X	M
X	V	B	A	N	D	A	G	E	F	H	O	N	O	N	T	C	G	A	M	E
H	E	R	U	X	G	X	Z	Y	L	E	S	U	G	L	U	C	L	Y	F	T
E	R	U	M	T	C	S	H	D	O	C	T	O	R	U	J	I	T	F	E	S
A	T	M	E	D	G	T	N	T	A	K	M	E	D	B	A	N	D	E	S	Y
L	A	N	D	A	G	E	X	S	N	U	K	O	T	T	L	E	I	X	Y	S
T	K	M	I	S	B	T	R	P	D	P	Q	U	S	O	E	T	S	F	S	X
H	R	U	C	N	L	H	O	T	A	H	E	A	R	T	B	E	A	T	X	H
X	J	K	I	U	O	O	N	U	G	C	C	O	A	T	E	I	X	W	H	T
S	E	F	N	R	O	S	S	N	E	R	D	L	I	H	C	I	I	S	T	L
Y	G	U	E	S	D	C	S	O	J	C	T	J	I	E	T	P	P	I	L	A
S	U	S	T	E	J	O	M	E	E	A	T	G	J	I	I	O	H	P	E	H
T	B	A	N	D	A	P	E	M	E	D	H	B	F	G	S	T	A	J	S	H
E	E	V	E	R	W	E	I	G	H	T	U	W	I	H	T	S	R	M	E	X
M	U	R	S	E	S	W	J	N	W	Q	S	R	S	T	O	J	M	E	X	C
X	S	T	I	D	M	E	D	N	O	W	E	Q	J	L	R	S	A	E	C	J
A	X	S	T	I	T	C	H	E	S	B	O	W	O	W	S	S	C	X	J	B
B	I	Y	M	T	I	M	W	R	T	Q	R	P	C	B	R	U	Y	H	B	B

Find these words:

BANDAGE
BLOOD
CAST
CHECKUP
DOCTOR
FEVER

HEARTBEAT
HEIGHT
MEDICINE
NURSE
PHARMACY
SNERDLIHC

STETHOSCOPE
STITCHES
THERMOMETER
VACCINE
WEIGHT
XRAY