#### INNOVATIVE TEACHING

#### **GUIDED LECTURER METHOD**

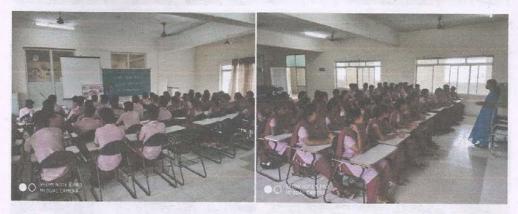
#### Introduction:

It is a small group instruction felicitated by the teacher for the short period of time meant to develop the meaningful understanding of concept.

#### Steps of guided lecturer

The teacher used the guided lecturer method for teaching the topic of communicable diseases.

Step 1: Teacher taken 20 minutes lecture class regarding the communicable disease with the use of posters during that time the student listened the class without taking the notes



Step 2: Students divided in small groups and given posters for each group to discuss.



### 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-2018



PREVENTIVE CARE



AMILY HEALTH SERVICES



REHABILITATION



HOME VISITING





ENVIRONMENTAL HYGIENI



OCCUPATIONAL HEALTH



SCHOOL HEALTH

MCH SERVICES



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. Selvanayaki 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

#### **Editor's Desk**



#### Dear Readers....

Once again, it is an immense pleasure to release the deeds of CHN 2018 issue. It also high lights the events and activities of community health nursing department. I do hope that the news letter 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 involved in finishing the news letter.

Thank you, words time your and appear to we are awarded by an O

Dr.S.Malathi

HOD Department of Community Health Nursing

VMACON, Salem.

#### POST GRADUATE FACULTIES



Prof.Dr.Mrs.S.Malathi



Mrs.U.Palaniyammal



Mr.A.Prabhakaran

#### Events of the year

February

- Continuing Nursing Education

March

- Field visit and journal club presentation

April

- Faculty Skill Development Programme

June

- Journal club presentation and world environmental day celebration

August

- World Breast Feeding Week - Nutritional Exhibition

October

- Guest Lecture

November

- Bicycle Awareness Rally on prevention of air pollution

December

- World AIDS Day (Dump show) and journal club presentation

#### VARIOUS POSITIONS HELD BY THE FACULTY

#### Prof.Dr.Mrs.S.Malathi

- Research co-ordinator (VMRF-DU)
- · Academic committee member
- IQAC member
- · Anti ragging committee squad and member
- Continuing nursing education committee member
- Disciplinary committee member
- · Class committee member
- · Hostel committee member
- Admission committee member
- Website upgrading committee member
- · Curriculum committee member
- · Faculty empowerment committee member

#### Mrs.U.Palaniyammal

- NSS (National Service Scheme) programme officer
- RRC (Red Ribbon Club) programme officer
- Internal complaints committee member
- Environmental committee member
- Health committee member

#### Mr.A.Prabhakaran

- Alumni association- treasurer
- · Sports committee member

#### Research publication

#### Dr.S. Malathi, HOD & Professor

- Comparative study to assess the nutritional status by physical examination of children age between 3-5 years in urban and rural areas, Salem. International journal on emerging technologies and innovative research
- Knowledge and perception regarding childhood pneumonia among mothers of Under-five children in a selected rural areas, Salem. International journal for advanced research in applied science

#### Mrs. U. Palaniyammal. Assistant professor

 Assess the knowledge the knowledge on home care management of dengue fever among people residing in peramachur village, Salem. International journal on emerging technologies and innovative research

#### Mr.A. Prabhakaran, Tutor

 A study to identify the health problems on consanguineous marriage among people in rural community. International journal of science and applied research

#### ENRICHING THE STUDENTS KNOWLEDGE



Nursing Continuing Education regarding "Public Health Challenges" on 13.02.2018. The topic was presented by Mrs.S.Kavitha M.Sc Nursing, Vice Principal Bharani College of Nursing, Kollapatty, Salem, regarding "Public Health challenges". Followed that Mrs.U.Palaniyammal, Asst. Professor, Department of Community Health Nursing, VMACON, Salem presented "Overview of Public Health challenges" and Mr.A.Prabhakaran, Tutor, Department of Community Health Nursing, presented "Health Problems in India". Students were involved in open discussion and clarification of doubts.

Department of Community Health Nursing, Vinayaka mission's Annapoorana college of Nursing, Salem, has organized a guest lecture on 11.10.2018 at 11.00 am to 12.00 noon. The guest speaker was Dr.P.Hemavathi, MBBS, Public health services, Government of India, Salem, delivered the lecture on the topic of "Population and its Impact". IV-Year and II year B.Sc (N) Students and faculty members were attended the lecture class.



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#### UPDATING THE KNOWLEDGE

Mr.A.Prabhakaran, Tutor, Community
Health Nursing Department, organized a
journal club meeting and presented a journal
article regarding "ACUTE FLACCID
MYELITIS" on 17.12.2018. Acute Flaccid
Myelitis (AFM) is a rare but serious condition.
It affects the nervous system, specifically the
area of the spinal cord called gray matter,
which causes the muscles and reflexes in the
body to become weak. All the faculty members
attended the programme





On 29.06.2018 Mrs.U.Palaniyammal,
Assistant professor, Community Health
Nursing Department, organized a journal
club meeting and presented a journal article
regarding "NIPHA VIRUS INFECTION
(NVI)". All the faculty members attended the
programme

On 22.03.2018 Mrs.C.Sennammal, Tutor, Community Health Nursing Department, organized a journal club meeting and presented a journal article regarding "VANBANDHU KALYAN YOJANA (VKY)". All the faculty members attended the programme



## SERVICES RENDERED TO THE COMMUNITY

#### **OUT REACH PROGRAMMES**

Vinayaka Mission's Annapoorana
College Of Nursing, Salem conducted
"Bicycle Awareness Rally" regarding
prevention of air pollution on 12-11-2018 in
lieu Disaster Management measures
inaugurated by Dr. V. Selvanayaki,
Principal, VMACON, Salem.. Students
carried the slogan which was related to air
pollution and its prevention





Department of Community Health Nursing organized a Nutrition exhibition on 03-08-2018. The student have prepared various food stuff used for lactation and it was exhibited and explained to the antenatal mother..

Department of Community Health Nursing organized a Dump Show on 01-12-2018 at Periyar Nagar, Salem, on the eve of World AIDS Day to create awareness among youth club members regarding HIV infection, its prevention, treatment and care services.





Department of Community Health Nursing organized a campus cleaning and tree plantation in lieu of world environmental day on 05-06-2018 at veerapandi village, Salem.

#### ART OF MPATING KNOWLEDGE AND SKILL...

#### FACULTY SKILL DEVELOPMENT PROGRAMME



Faculty Skill Development Programme was organized on 25.04.2018. The resource person Dr.k.Ganeshkumar, MBBS, D.T.C.D, Deputy Director of Medical and Rural Health services (TB), Salem, presented on "Multi Drug Resistant- TB Drugs", has delivered a lecture on "Drug Resistant, 99DOTS App and Daily Regimen FDC Drugs", was dealt for all the faculty members.

Step 3: Students discussed about the lecture class for 10 minutes with poster and made one grouleader to conclude the discussion.



Steps 4: After discussion students taken notes for 20 minutes.



Step 5: Last 10 minutes the teacher checked the notes of the students and guided them to understand the topic



#### FIELD TRIAL



Our B.Sc Nursing II year students (95) and DGNM I year (20) members went to Aavin dairy farm to visit the milk pasteurization along with our faculty members on at 24.03.2018. During the visit the section engineer given orientation about dairy farm followed that section engineer given brief explanation and live demonstration about the process and steps milk pasteurization, storage and distribution of pasteurized milk at the end of the visit our students cleared their doubts and got more knowledge about milk pasteurization.

#### **ACHIEVEMENTS**



100% of students got result in Community Health Nursing-II and 95% result in Commun
Health Nursing-I by our special coaching and question based teaching.

#### HEALTH TIPS

# OMEN NEED MO

VITAMIN B6

Regulates mood, apetite & sleep

VITAMIN B12



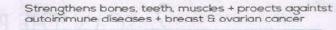
Fights fatigue + improves alertness

FOLATE



Prevents brain and spinal defects in first weeks of pregnancy + lowers risk of colon & breast cancer

VITAMIN D3



CALCIUM



Reduces PMS symptoms + maintains blood pressure

Proper brain function + boosts energy levels + prevents anemia

IRON



#### 6 WAYS TO **Naturally Relieve** MOSQUITO BITES





Rub area with inside of banana peel



Create paste of Baking Soda and H2O and apply to area.



Apply apple cider vinegar to area



Lavender essential oil and tea tree oil relieves sting



Apply lemon slice to affected area



A slice of onion will immediately remove pain from insect bites

# 6 STEPS TO STRENGTHEN MIND-BODY CONNECTION

- 1. CLOSE YOUR EYES AND TAKE A DEEP BREATH
  - 2. SCAN THE BODY
- 3. BE AWARE OF ANY SENSATIONS, PLEASANT OR UNPLEASANT
- 4. NOTICE WHERE THE SENSATIONS
  ARE COMING FROM
  - 5. LET YOUR AWARENESS TRAVEL AROUND THE BODY
    - 6. FOLLOW THESE SENSATIONS UNTIL THEY DISAPPEAR