

PITHORAGARH COLLEGE OF NURSING

NEWSLETTER

11 - 16 December, 2023

Weekly News Letter Of College Of Nursing

Morning session -topic history collection.

In the morning session, students delve into the intriguing realm of history collection. Exploring diverse epochs and cultures, participants analyze artifacts, documents, and narratives, uncovering the tapestry of human experiences. This intellectual journey fosters critical thinking, historical context comprehension, and appreciation for the collective heritage. Through interactive discussions, students develop a nuanced understanding of the past, gaining insights that contribute to a well-rounded and informed perspective on the intricate threads that weave through the tapestry of history.

Your way to success

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Explanation Of MRI model and New Advancement Techniques

Radiology department under Pithoragarh group of institutions explains MRI working model and explain its working ,principle, components and instrumentation and the safety measures which should be taken before the diagnostic imaging of MRI and new advancement techniques like open MRI for claustrophobic patients for diagnosing patients People who cannot stay in closed machines can show signs of claustrophobia and anxiety that can make examining them challenging. Open MRI does not have any walls, making patients feel at ease.



Medical Health Camp at Shri Mahendra Namuna Madhyamic Vidhyalaya Khangla Darchula

Pithoragarh Institute of Biomedical sciences a unit of Pithoragarh Group of Institutions organised medical health camp at Shri Mahendra Namuna Madhyamic Vidhyalaya Khangla Darchula where we provide some basic health checkups including Weight, Blood pressure and Random blood sugar. These health camps aim to promote health care by early screening and detection of disease , raise awareness and disease prevention .



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Demonstration given to B.sc nursing IVth semester students about Radiant heat warmer or Intensive care warmer.

Demonstration given to B.sc nursing IVth semester students about Radiant heat warmer or Intensive care warmer. Radiant Warmer, is a body warming device to provide heat to the newborn. This device helps to maintain the body temperature of the newborn baby and limit the metabolism rate. Radiant Warmers can be manual or automatic (servo system – heater output is determined automatically based on skin temperature. The skin temperature is set at 36.5 degree Celsius) depending on the mechanism.



Morning session on the topic World AIDS Day

World AIDS Day, observed annually on December 1st, is a day dedicated to raising awareness about the HIV/AIDS pandemic and remembering those who have lost their lives to the virus. It is a moment for solidarity, education, and a call to action in the fight against HIV.

In our morning session we delve into the importance of spreading awareness about HIV/AIDS, understanding the challenges faced by those affected, and exploring avenues for support and prevention.

Firstly, awareness plays a crucial role in reducing the stigma associated with HIV/AIDS. By fostering an environment of understanding and empathy, we contribute to creating a society where individuals living with HIV can lead fulfilling lives without fear of discrimination.

Education is another powerful tool in our arsenal against the spread of HIV. Today, we discuss the latest advancements in HIV research, prevention strategies, and the importance of early detection and treatment. By providing the information we need, we empower our community to make informed choices regarding their sexual health.



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DEBATE COMPETITION BY STUDENTS OF B.SC NURSING 1ST SEMESTER

Your way to success

Finding success at PGI Pithoragarh College involves dedication, strength of character, and active engagement. Embrace opportunities for academic growth, participate in extracurricular activities, and develop a collaborative spirit. Stay committed to your goals, seek guidance when needed, and make the most of the rich educational environment. Your journey to success starts with a forward-thinking and positive approach.



The eagerly awaited debate competition, hosted by the students of the BSc Nursing 1st Semester at PGI Pithoragarh College, promises to be a dynamic showcase of intellectual aptitude and communication skills. With carefully selected judges ensuring a fair evaluation, the competition aims to encourage critical thinking and creative expression. All faculty, students, and staff are encouraged to attend, supporting our young speakers as they engage in thoughtful discussion. The PGI Pithoragarh College community anticipates an enlightening and spirited event.

COMPUTER PRACTICAL OF GNM 1ST YEAR STUDENTS

The GNM 1st year students are gearing up for an informative Computer Practical session. This hands-on experience aims to equip them with essential computer skills relevant to the nursing profession. From navigating healthcare software to understanding electronic health records, students will gain practical insights into the intersection of technology and healthcare. The session underscores the importance of technological proficiency in delivering effective and modern nursing care.



B.SC NURSING STUDENTS MONITORING BLOOD SUGAR

The morning session with GNM or B.Sc Nursing students focused on the crucial topic of blood sugar monitoring. Covering essential aspects, the session provided insights into effective monitoring techniques, emphasizing the significance of accurate readings in patient care. Engaging and informative, it equipped students with valuable knowledge for their future roles in healthcare.

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MORNING SESSION WITH B.SC NURSING 1ST SEMESTER STUDENT



The morning session of writing practice with B.Sc Nursing 1st semester students was a dedicated effort to enhance their communication skills. Students improved their writing ability through guided exercises and prompts. This skill is crucial in nursing, ensuring clear and accurate documentation of patient care. The session emphasized the significance of written communication in the healthcare profession, helping to develop a sense of responsibility among students. As they develop this proficiency, it contributes to their overall competence, preparing them for the diverse and important communication aspects they will encounter in their future nursing careers.

PERFORMING PROCEDURE CPR

PGI Pithoragarh nursing students showcased their proficiency by performing Cardio-Pulmonary Resuscitation (CPR) procedures. With precision and teamwork, they demonstrated essential life-saving skills, emphasizing the importance of quick and effective response in emergency situations. This practical experience equips students with critical abilities, preparing them for the challenges of healthcare with confidence.



SESSION ON B.SC NURSING STUDENTS MEDICAL TERMS

The morning session with B.Sc Nursing students focused on the crucial topic of medical terms. Exploring terminology used in healthcare, students actively engaged in discussions and activities to enhance their understanding. This session proved invaluable in equipping them with the language skills essential for effective communication in the medical field.

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Today's morning session on topic TPR tray preparation and measurement.....

This morning's session focused on TPR (Tissue Phantom Ratio) tray preparation and measurement. Participants engaged in practical aspects of ensuring accurate TPR measurements for radiation therapy. The session covered techniques for proper tray setup, calibration, and measurement protocols. Emphasis was on precision to enhance the reliability of TPR data, crucial for optimizing radiation therapy planning and delivery for improved patient outcomes.

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Medical Health Camp at Shri Mahendra Namuna Madhyamic Vidhyalaya Khangla Darchula

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On 12.12.2023 Pithoragarh institute of Biomedical sciences and Pithoragarh college of nursing a unit of Pithoragarh Group Of Institutions organized a medical health camp at Atal Utkrishit Trilok Singh Basera government inter college Dewalthal.

On 12.12.2023 we pithoragarh institute of Biomedical sciences and pithoragarh college of nursing a unit of pithoragarh Group Of Institutions organized a medical health camp at Atal utkrishit trilok singh basera government inter college dewalthal, where we provide some basic health check-up including weight,blood pressure, Random blood sugar, Blood group and heamoglobin .

Later the programme was accompanied by Dr.mansi Lohani ,Mr.Riky kumar sir (CHO), Pramod kumar(Optometrlist),Mrs. Sharmila Dhoni(pharmasist),Mr.Sachin dev chaukiyal(pharmasist) directed and motivated the students for their future and improving their skills for their growth and development.

12.12.2023 को पिथौरागढ़ इंस्टीट्यूट ऑफ बायोमैडिकल साइंसेज और पिथौरागढ़ कॉलेज ऑफ नर्सिंग, पिथौरागढ़ ग्रुप ऑफ इंस्टीट्यूट्स की एक इकाई ने अटल उत्कृष्ट त्रिलोक सिंह बसेरा सरकारी इंटर कॉलेज देवलथल में एक चिकित्सा स्वास्थ्य शिविर का आयोजन किया, जहां वजन, रक्तचाप, यादृच्छिक रक्त शर्करा, रक्त समूह और हीमोग्लोबिन जैसी कुछ बुनियादी स्वास्थ्य जांच प्रदान की।

बाद में कार्यक्रम में डॉ.मानसी लोहानी, श्री रिकी कुमार सर (सीएचओ), प्रमोद कुमार (ऑप्टोमेट्रिस्ट), श्रीमती शामिल थीं। शर्मिला धोनी (फार्मासिस्ट), श्री सचिन देव चौकियाल (फार्मासिस्ट) ने छात्रों को उनके भविष्य और उनकी वृद्धि और विकास के लिए उनके कौशल में सुधार के लिए निर्देशित और प्रेरित किया।

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Morning session today with the students of B.sc nursing 1st sem, B.sc nursing 2nd sem, B.sc nursing 4th sem or GNM and show them a demonstration on cardiac monitor.

This morning, we conducted a comprehensive session with students from B.Sc Nursing 1st, 2nd, and 4th semesters, as well as those pursuing General Nursing and Midwifery (GNM). The primary focus was on cardiac monitoring, and I provided a detailed demonstration to illustrate practical aspects. Engaging with these dedicated students, we explored the nuances of monitoring cardiovascular health. The session proved to be both educational and interactive, offering valuable insights into the crucial role of cardiac monitoring in their future careers within the nursing profession.



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