

Best Practices

The Community Health Nursing Department of Choithram College of Nursing organized a CPR 10 Skill Training Program on 22/Oct/19 at Govt. School Banganga under the Guidance of Prof. Sheetal Saxena (Officiating principal). A total of 150 Govt. School Girls were trained in this. Repeated demonstration was done by girls which helped them to be aware of life saving techniques.

Mental Health Nursing Department of Choithram College of Nursing is using movies based on Psychiatric disorders as innovative teaching method for B.Sc. Nursing and M.Sc. Nursing students in clinical area. Movies help to engage students and allow highlighting important topics also to build interest in them. Various Psychiatric disorders were shown using cinematographic motion pictures. Disorders such as Depression, PTSD, Substance Abuse, Alzheimer's disease, and Schizophrenia were covered, which widened the understanding of symptomatology of disorders. Also it enabled students to differentiate between various look alike disorders. A discussion was kept which included all the aspects of disorders. After the clips were shown, main points were highlighted and underling doubts were cleared. Visualizing the disorders in a real like dramatic motion pictures gave a reality presentation of the Psychiatric disorders which made concepts intelligible.

To impart critical self-defence and confidence training to Our B.Sc. (N) students they participated in "**Mission Sahasi**" Mega demonstration. A Joint Initiative of ABVP & Vidyarthi Nidhi in Association with **Shifuji's Mission Prahar**. "**Making of the fearless**" the tagline for this project is salience of training by Master Trainer Shifuji Shaurya Bhardwaj, during the program simple ways of self-defence were taught to the girls to raise awareness and protection.