

नर्सिङ बुलेटिन



Tribhuvan University Institute of Medicine
Pokhara Nursing Campus
पोखरा नर्सिङ क्याम्पस

Nursing Bulletin

Year: 3, Issue: 1, 2022-2023

४० औं वार्षिक उत्सव भव्यताका साथ सम्पन्न



त्रि बि नर्सिङ क्याम्पस पोखरा फागुन १७ (२०७९) - त्रिभुवन विश्वविद्यालय चिकित्साशास्त्र अध्ययन संस्थान पोखरा नर्सिङ क्याम्पस, पोखराले ४० औं वार्षिक उत्सव समारोह विविध कार्यक्रम गरी भव्यताका साथ सम्पन्न गरेको छ। कार्यक्रमको उद्घाटन गर्दै गण्डकी प्रदेशका मुख्यमन्त्री माननीय खगराज अधिकारीले पोखरा नर्सिङ क्याम्पस परिसरमा निर्माण गरिएको खानेपानी टंकी उदघाटन गर्दै राष्ट्रिय तथा अन्तराष्ट्रिय क्षेत्रमा उच्च छवि बनाउँदै आएको पोखरा नर्सिङ क्याम्पसले नर्सिङ जनशक्तिउत्पादनमा महत्त्वपूर्ण भूमिकानिर्वाह गरेको बताउनु भएको थियो। साथै वहाँले नर्सहरूलाई अस्पतालमा फुल्ने सेताफुलको संज्ञा दिदै नर्सिङको प्रविणता प्रमाण पत्रतह पढेको व्यक्तिले ग्रामिण क्षेत्रमा स्वास्थ्य सेवाको मेरुदण्डको काम गरेको टिप्पणी गर्नुभयो। सोही अवसरमा त्रिभुवन विश्वविद्यालय चिकित्साशास्त्र अध्ययन संस्थानका डिन प्राडा दिव्यासिंह शाहले क्याम्पसको प्रवेशद्वारको उदघाटन

गर्नु भएको थियो। उक्त अवसरमा प्राडा सिंहले गुणस्तरिय नर्सिङ शिक्षाका लागि शिक्षण अस्पताल आवश्यक रहेता पनि चिकित्सा शिक्षा ऐनले क्याम्पसले ३ सय शैयाको अस्पताल निर्माण गर्नुपर्ने व्यवस्था आफैमा त्रुटिपूर्ण रहेको बताउँदै पोखरा नर्सिङ क्याम्पसको उन्नति र समृद्धिका हरेक कार्यक्रममा साथ दिन डिन कार्यालय सदैव तत्पर रहेको बताउनु भयो।

क्याम्पस प्रमुख प्राध्यापक नीता ताम्राकारको अध्यक्षतामा सम्पन्न कार्यक्रममा क्याम्पस प्रमुखले पोखरा नर्सिङ क्याम्पसमा नियमित रुपमा संचालन भइरहेका शैक्षिक, प्रशासनिक कार्यक्रमका साथसाथै बिद्यार्थीहरूको ज्ञान, सिप र गुणस्तर वृद्धि हुने खालका नयाँ नयाँ कार्यक्रमहरू संचालनगर्दै लिएको र यसले दक्षनर्सिङ जनशक्तिउत्पादनमा योगदान पुग्ने जानकारी दिनु भएको थियो। २०३९ फागुन १७ गते स्थापना भएको क्याम्पसमा ४० जनाबिद्यार्थीहरू र न्यून संख्यामा शिक्षक कर्मचारीहरू सहित सिएमए कार्यक्रमबाट सुरु भएको र २०४१

बाँकी पृष्ठ २ मा

Saraswati Puja Celebration



On the auspicious occasion of 'BasantaPanchami', Saraswati Puja was celebrated in the campus premises on 2079/10/12 with great adoration and devotion. All the teachers, staffs and students actively participated in the program. Members of Quality Circle were assigned for

different job dividing into different groups. Mr. Govinda Sigdel, the priest started the puja following the ritual sequentially. Ms. Neelam Maharjan with some students followed the puja with priest.

Students worshipped goddess Saraswati to seek wisdom, artistic and technical

skills, academic excellence and a good heart. Both the faculties and students performed 'SaraswatiVandana' with great zeal.

After the Puspanjali and Aarati, Prasad was distributed among all the people present. The ritual was graced with the presence of respected Campus Chief Professor Neeta Tamrakar, Professor Chandra Kala Sharma, students, administrative staffs and faculties. Finally, the event was ended by doing evening Aarati and BhanjanKreetan among students and faculties residing in the premises of campus.

पृष्ठ १ बाट

80 औं वार्षिक उत्सव मल्यता...

सालदेखि प्रवीणता प्रमाणपत्र तह सुरु गरी हाल स्नातकोत्तर तह सम्म अध्यापन गराइएको क्याम्पस प्रमुखले जानकारी दिनु भयो । उक्त अवसरमा क्याम्पसले प्रकाशनमा ल्याएको वार्षिक प्रतिवेदन तथा बुलेटिन २०७८/०७९ विमोचन गरिएको थियो ।

क्याम्पसले ४० औं वर्ष पुरा गरेको अवसरमा सप्ताहव्यापी खेलकुद तथा सरसफाई कार्यक्रम समेत आयोजना गरेको थियो । बिद्यार्थीहरूले कार्यक्रममा नेपाली संस्कृति भल्काउने विभिन्न गीत, कविता तथा नृत्यहरू प्रस्तुत गरेका थिए । क्याम्पसमा यस वर्ष पनि कर्मचारीहरूका तर्फबाट एकजना उत्कृष्ट कर्मचारी प्राविधिक सहायक सुर्य बहादुर रुम्बा र शिक्षकतर्फ उप-प्राध्यापक विष्णु गुरुङलाई नगद पुरस्कार तथा कदर पत्र सहित सम्मान गरिएको थियो । सोही अवसरमा

क्याम्पसका विभिन्न तहका विद्यार्थीहरूलाई खेलकुदमा उत्कृष्ट सहभागिताको पुरस्कार र जेहेन्दार तथानिशुल्क छात्रवृत्ति प्रदान गरिएको थियो ।

कार्यक्रममा पोखरा स्वास्थ्य विज्ञान प्रतिष्ठानका डीन प्राडा श्रीकृष्ण श्रेष्ठले पोखरा नर्सिङ क्याम्पस पश्चिमाञ्चल क्षेत्रिय अस्पतालको आफ्नै क्याम्पस जस्तो भएको स्मरण गर्नुभयो भने प्रतिष्ठानका निर्देशक प्राडा भरत खत्री, वन विज्ञान अध्ययन संस्थान पोखरा क्याम्पसका क्याम्पस प्रमुख बिनोद प्रसाद हेजू, गण्डकी मेडिकल कलेजका प्रिन्सिपल प्राडा रबिन्द्र प्रसाद श्रेष्ठ, पूर्व विद्यार्थी मञ्चका उपाध्यक्ष सिर्जना पण्डित पहारी, विद्यार्थी प्रतिष्ठा पाण्डे लगायतले नर्सिङ शिक्षाका विविध विषयमा बोलेका थिए । उक्त अवसरमा मूल समितिका संयोजक सह-प्राध्यापक डा कल्पना पौडेलले कार्यक्रममा धन्यवाद ज्ञापन गर्नु भएको थियो भने प्रशासन शाखाका शाखा अधिकृत प्रजापति पराजुलीले कार्यक्रम संचालन गर्नु भएको थियो ।

Sports Meet 2079



On the occasion of 40th Anniversary of Pokhara Nursing Campus, sports meet had been conducted on 2079/11/12 to 2079/11/16 in own premises of Pokhara Nursing Campus. Inter house competitions were conducted between, Orem, Henderson, Johnson and Nightingale House. Different games were organized for the students, teachers and employees. In this sports meet, Volley Ball, Badminton, Table Tennis, Football, Relay Race and different game for fun were organized for the students. Teaching and non-teaching faculty played only the Volleyball and Musical Chair. The sports

meet was formally inaugurated by respected Campus Chief Professor Neeta Tamrakar by passing Volley ball to Volley ball referee. Among the four houses, Johnson house became the winner. Ms. RoshaniChalise became the best player of Badminton. Likewise, Ms. NamrataChalise won for table tennis, Ms. KanchanBastola for volley ball. Mr. BudhiGurung had won the title of best volley ball player from staff category. Prize distribution Ceremony was organized for the winners on the annual day of Pokhara Nursing Campus.

Health Desk at Brahma KumarisIshwariyaVishwaVidyala

On the occasion of Mahashivratri celebration organize by the Brahma Kumaris Ishwariya Vishwa Vidyala, Nursing Association, Kaski and Pokhara Nursing Campus arranged health desk for the devotees. It was celebrated on 2079/11/6. Different honorable people, representatives

from Province, Metropolitan and different wards including social workers, religious leaders, mother's group, social media, holy people etc. participated in the program. The faculties and the students of BSN 1st, BSN 2nd and BSN 3rd year had provided health services to the participant in the health desk.

Training workshop on Secondary Data Management and Analysis

Pokhara Nursing Campus had organized five day's training workshop on Secondary Data Management and Analysis with the initiation of Research management cell and support of University Grants Commission from 4th-8th Jestha, 2080. The training focused mostly on different aspects like how to extract data from primary sources, analyze and utilize secondary data. The resource person for the training were Professor Dr. Vikash Kumar KC, Assoc Prof Rajendra Updhayaya, Assoc Prof., Purna Bahadur Khand, Assoc Prof Ananta Raj Dhungana, Assoc. Prof Dr. Niranjana Shrestha. Total 28 participants were benefited from that training. Participants from Pokhara nursing campus, Manipal College of Medical Sciences, Gandaki medical college, Charak Academy and Pokhara Academy of Health Sciences were included.

सरसफाई कार्यक्रम सम्पन्न

पोखरा नर्सिङ क्याम्पस, पोखरा २०८० बैशाख १४- त्रिभुवन विश्वविद्यालय कर्मचारी संघको ३३ औं स्थापना दिवशको अवसरमा त्रिभुवन विश्वविद्यालय चिकित्साशास्त्र अध्ययन संस्थान कर्मचारी संघ पोखरा नर्सिङ क्याम्पस इकाई समितिले क्याम्पस परिसर भित्र, बाहिर क्याम्पसका सम्पूर्ण कर्मचारीहरूको सहभागितामा सरसफाई कार्यक्रम सम्पन्न गरेको छ। उक्त अवसरमा निमित्त क्याम्पस प्रमुख सह-प्राध्यापक डा कल्पना पौडेलले हरेक वर्ष कर्मचारी दिवशका अवसरमा विविध कार्यक्रम संचालन गर्दै आईरहेको इकाई समितिले यस क्याम्पसका कर्मचारीहरूले आ-आफ्नो जिम्मेवारी र कर्तव्य निर्वाह गर्दै संस्था र समाजप्रति दायित्व बहन गरेको बताउँदै सभापतिलाई डस्टबिन र कुचो हस्तान्तरण गर्नु भएको थियो। उक्त अवसरमा कर्मचारी संघका सम्पूर्ण पदाधिकारीहरू, सल्लाहकारहरू तथा सम्पूर्ण कर्मचारीको सहभागिता रहेको थियो।

Plantation program on World Environment Day, 2023

5th June- The World Environment Day is celebrated to raise awareness and encourage action for the protection of our planet. With the theme "**Beat Plastic Pollution,**" and highlighting people's actions toward plastic pollution reduction, Pokhara Nursing Campus celebrated the World Environment Day planting different tree and fruits saplings in the hostel premises of campus.

The program was organized with the coordination of Master of Nursing first year students and Student welfare section of Pokhara Nursing campus. The program was inaugurated by doing plantation of guava tree saplings by respected Campus Chief Professor Neeta Tamrakar.

Faculty member, employees and students participated in the programme. The programme became successful and fruitful and students also did commitment of taking responsibility of all plants.

Participated on Quiz Competition on the occasion of World Health Day, 2023

World Health day is a global health awareness day celebrated every year on 7th April. It is celebrated with aims to draw attention to a particular health topic that affects people all over the world. With the theme for 2023 "Health for All" different programmes were conducted across the world by millions of people. In Nepal, Ministry of Health, Provincial and local governments including different NGO's and

INGO's also celebrated 75th anniversary of World Health day, 2023.

As the part of celebration of 75th anniversary of World Health Day, the inter health science /Nursing college quiz competition was organized by Health Directorate with support of WHO, TPO Nepal, NELUMBO and KOSHISH, Nepal. The competition was organized in the premises of Manipal Teaching Hospital on 2079/12/24. Six different

health science/ nursing colleges participated in the quiz. Students were from PCL nursing, BSc Nursing, BNS, MBBS, and Post Graduate level. Pokhara Nursing Campus secured third position in the competition. The students who participated in the quiz competition were Nita Pradhan (BSN 2ndyr), Kristina Kayastha (BSN 3rdyr), Babita Shrestha (BNS 3rd yr).

Training Workshop on Research Proposal Development

A three day training workshop on research proposal development was conducted for MN 2nd year students from 20th to 23rd Asar, 2080. The training focused on research design, literature review, data collections tools and techniques, sampling techniques, data management and analysis plan and referencing techniques. The resource persons of the training were Prof Dr. Vikash Kumar KC, Assoc Prof., Damaru Paneru, Professor Madhusudan Subedi, Professor Neeta Tamrakar, Assoc Professor Sharada Sharma, and RMC team. The training workshop was very fruitful to the final year master students.

Participation in Conference on Recent Trends in Science, Technology and Innovation (RTSTI)

Faculties from Pokhara Nursing Campus participated in 2 days conference on Recent Trends in Science, Technology and Innovation organized by Gandaki Province Academy of Science and Technology on 11th - 12th Jestha, 2080. Research papers presented by the faculties: Assoc. Prof Sharada Sharma, Lecturer Ms. Nisha Shrestha and Ms. Shrijana Poudel and Dr. Ratnashila Bastola in the conference.

Training Workshop on Faculty Development Program in Nursing Education



A Faculty Development training workshop from Program was conducted 21st -26th Baisakh, 2080. by Pokhara Nursing The training helped faculty Campus with the support in updating the existing of University Grants knowledge in the areas of Commission. All faculties teaching learning activities participated in 6 days for university teachers. It

also emphasizes in using digital pedagogy in teaching learning. Further, learning management system developed by Tribhuvan University was also oriented in the same training to all the participants. The resource persons of the training were Prof Dr. Bishnu Hari Poudel, Prof Neeta Tamrakar, Dr. Bed Prasad Dhakal, Assoc Prof., Dr. Bijayata Shrestha, Assoc Prof Dr. Nuwadutta Subedi, Assoc Prof., Sabita Paudel. Participant from the different nursing college of Pokhara have participated.

Participation in Pokhara International Marathon, 2023

Nepal Ex-Sportsman registered their name under Forum-2001 had organized all categories. For Nepal, 17th Pokhara International athletes from 37 districts of Marathon, 2023. In this all seven provinces had taken marathon, thousands of part in it. runners had participated The Chief Minister of from different countries. It Gandaki Province, Mr. was organized in Pokhara Khagaraj Adhikari was the Rangasala on 2079/11/6 at chief guest of the programme. Saturday morning. Different All the Ministers of the routes were assigned for Gandaki Province, Mayor of the runners based on the the City and all the national Kilo Meters of running. In and international dignitaries this race, 8000 athletes had were present. The distance of

the Marathon for the students was categorized on the basis of age group. Pokhara Nursing Campus had also got opportunity to participate in the Marathon Programme. The six interested students from different years of BSC and BNS programme was participated in the Marathon race and got completion medal also.

Motivational talk on “The Happy Nurse Can Change the World” with the power of mindfulness and compassion to help you thrive in your work”



Pokhara Nursing Campus Alumni Forum (PNCAF) formally started with the chairmanship of Ms. Neelam Maharjan, president of PNCAF, and the presence of chief guest Prof. Neeta Tamrakar, campus chief of Pokhara Nursing Campus. The technical session was run by the motivational speaker Mr. Bikal Sherchan. He talked about the

importance of the nursing profession and nursing care in our lives. Nursing profession being itself a tough job, nurses/nursing students are vulnerable to different stress and anxiety-related disorders. Therefore, he emphasizes nurses need to take care of their own mental health first of all and they should be able to inculcate healthy health habits, stress relieving activities in their daily lives so that they can be physically and mentally healthy and finally they will be able to provide quality nursing care to the patients. In that session, he demonstrated and conducted deep breathing relaxation techniques, and meditation.



Health Desk on Chancellor's Running Shield Football Match, 2023 at Pokhara Rangasala

Chancellor's Running Shield Football Match was organized by Gandaki University from 2079/10/09 to 2079/10/13 at Football stadium of Pokhara Rangasala. In this match, 12 different government school of Pokhara Metropolitan had participated. During the match, the students from Pokhara Nursing campus had provided continuous First aid

treatment for injured players.

The students of BSN 3rd year and BNS 1st year were involved in the health desk. Each day four students had provided the services on health desk.

The campus was acknowledged by the Gandaki University for the generous medical support.

Interaction Program on "Patient Assessment Technique in Critical Care Unit"

Pokhara Nursing Campus Alumni Forum organized the interaction program on "Patient assessment techniques in critical care unit" on 29th, Shrawan 2079. The program was organized during the visit of alumnus Ms. Shushma Gurung to the Pokhara Nursing Campus from United Kindom. The chief guest of the program was Professor Neeta Tamrakar and Ms. Neelam Maharjan, president of the alumni, was Chairperson of the session. BNS and BSC nursing students and faculties from Pokhara Nursing Campus participated in the program. The program

was started by the secretary of alumni, Ms. Gita Ghimire with the welcome address. The session was conducted for around two hours with the presentation, demonstration, and remarks regarding patient assessment and cardiopulmonary resuscitation technique and half an hour for floor discussion. The chief guest, Prof. Neeta Tamrakar stated that such interaction program would be helpful for further cooperation and expressed her happiness for the opportunity of welcoming her in the campus and also give token of love to the resource person.

पोखरा नर्सिङ्ग क्याम्पसका कर्मचारी तालिममा सहभागी

त्रि बि पोखरा नर्सिङ्ग क्याम्पस, पोखरा बैसाख (२०७९)- त्रिभुवन विश्वविद्यालय समन्वय महाशाखाद्वारा गण्डकी, कर्णाली, सूदूर पश्चिम र लुम्बिनी प्रदेशका सहायक स्तरका मुख्य कार्यालय सहायक र कार्यालय सहायक कर्मचारीहरूका लागि बैसाख ५ देखि १३ सम्म प्रदान गरिएको ८ दिने सेवाकालिन तालिम पश्चिमाञ्चल इन्जिनियरिङ्ग क्याम्पस, पोखरामा आयोजना गरिएको थियो। तालिममा त्रिवि का बिभिन्न क्याम्पसबाट ४७ जना

सहायक स्तरका कर्मचारीहरूको सहभागिता रहेको थियो । पोखरा नर्सिङ्ग क्याम्पस, पोखराबाट मुख्यकार्यालय सहायकश्री हसिना बस्नेत र कार्यालय सहायकश्री लक्ष्मण प्रसाद घिमिरेले तालिममा सहभागिता जनाएका थिए । हरेक दिन तीनवटा सेसनमा बिभिन्न विषय विज्ञहरूबाट बिबिध विषयमा सहभागिको ज्ञान, सिप र क्षमतामा परिवर्तन ल्याउने उद्देश्य राखि बहुआयामिक दृष्टिकोणले ८ दिन

सम्म तालिम संचालन गरिएको कार्यक्रममा पोखरामा रहेका चारवटै आंगिक क्याम्पसहरूको भौतिक, प्रशासनिक, शैक्षिक अवलोकन गर्नुका साथै तनाव व्यवस्थापन देखि सुशासनलगायत विविध पक्षमा तालिम प्रदान गरिएको थियो । तालिममा सहभागिहरूलाई प्रतिवेदन लेखन सिकाई मुल्यांकन, पत्र, टिप्पणी/आदेश साथै वस्तुगत प्रश्नहरू प्रदान गरी परिक्षामा सहभागि गराईएको थियो ।

Health Camp and School Health Program in Machhapuchhre Rural Municipality



Students of BNS 3rd year Community Health Nursing Major group were posted in Machhapuchhre Rural Municipality-2, Sardikhola for 5 weeks from 27 Nov 2022 to 30 Dec 2022. They conducted a small screening camp in which they checked the people's blood pressure and blood sugar level. Students also provided health teaching to community people on various topics and conducted a health exhibition

including topics like nutrition, hygiene, water purification, safe motherhood, family planning, hypertension, diabetes mellitus, Covid -19, etc. They also conducted a school health program in Macchapuchhre Higher Secondary School for 4 weeks in which they taught children of different classes. They provided education to students of class 3, 4 and 5 on the topic of personal hygiene including oral care, hair care, hand washing, bathing, and genital hygiene and so on. They provided education on the topic first aid (sprain, dislocation, fracture, dog bite, choking, burn, wound injury and epistaxis) to students of class 6 and 7 and on the topic adolescence sexual and reproductive health to students of class 9 and 10.

पन्धौ पुस्तकालय दिवस २०७९ प्रतिवेदन

मिति २०७९/०५/०२ त्रि.वि. केन्द्रीय पुस्तकालयको प्राप्त पत्र अनुसार यस पोखरा नर्सिङ्ग क्याम्पसले २०७९ भाद्र १५ गते १५ औं पुस्तकालय दिवसको अवसर पारेर सरसफाई तथा निबन्ध लेखन कार्यक्रम गरी १५ औं पुस्तकालय दिवस सभ्य र भव्य रूपमा मनाईएको व्यहोरा जानकारी गराउँदछौं ।



यस सरसफाई तथा निबन्ध लेखन कार्यक्रम मनाउनको लागि श्री बन्दी गुरुङ्गज्यूको संयोजकत्वमा सञ्चालित कार्यक्रममा पुस्तकालय व्यवस्थापन तथा विकास समितिका अध्यक्ष सह. प्रा.डा श्री कल्पना पौडेल ज्यूको अध्यक्षता तथा क्याम्पस प्रमुख प्रा. श्री नीता ताम्राकार ज्यूको प्रमुख आतिथ्यमा मिति २०७९/०५/१५ गते बिहान ९ बजे देखि ११ बजेसम्म औपचारिक रूपमा कार्यक्रम

सञ्चालन गरियो। उक्त अवसरमा ६२ जना क्याम्पसका शिक्षक, कर्मचारी र विद्यार्थीहरू मिली क्याम्पस परिसर वरिपरि सरसफाई कार्यक्रम सम्पन्न गरियो। साथै त्यसै दिन दिउसो १ बजे १३ जना छात्राहरू बिच "नर्सिङ्ग शिक्षामा पुस्तकालयको भूमिका" शीर्षकमा निबन्ध लेखन प्रतियोगिता सम्पन्न गरियो उक्त कार्यक्रमको मूल्याङ्कनकर्तामा पूर्व नेपाली शिक्षक श्री थापा ज्यूलाई चयन गरिएको थियो। उक्त

प्रतियोगितामा प्रथम द्वितीय तृतीय हुने विद्यार्थीहरूलाई पुरस्कारको व्यवस्था गरिएको थियो। पुरस्कार वितरण मिति २०७९/०५/१७ गते दिउँसो ३ बजे क्याम्पस प्रमुख प्रा. श्री नीता ताम्राकार ज्यूको अध्यक्षतामा र मूल्याङ्कनकर्ता श्री माया थापाज्यूको विशेष उपस्थितिमा पुरस्कार वितरण कार्यक्रम सम्पन्न भयो। मूल्याङ्कनकर्ताज्यूलाई मायाको चिनो समेत प्रदान गरिएको थियो।

Health Exhibition and Drama in Ward no. 12 and 20 of Pokhara Metropolitan City

Students of BSN 1st year were posted in Pokhara – 12 for their community field visit practicum for four weeks and students of BNS 2nd year were posted in Pokhara – 20, Bhalam for their community field visit practicum for 5 weeks. After assessing and finding out the problems of the community, students conducted a health exhibition and short drama to enlighten the community people, leaders and key persons of the community about their problems and ways of solving them. They had also provided health teaching to the community people during their field visit on various topics such as hypertension and its management, nutrition for old age people, immunization, hand-washing, diabetic



diet, malnutrition and its prevention, immunization, safe motherhood etc. During the health exhibition, they had prepared an ideal community model, proper housing model, nutrition pyramid, my plate, diet plan of diabetic and hypertensive people, and posters related to various diseases such as diarrhea, dengue, and other topics such as breastfeeding and pregnancy. To increase the awareness of the

community people they also conducted the role play focusing on hypertension and diabetes which were the most prevalent diseases in the community. They also monitor blood pressure of 22 people and their height and weight measurement as well. All the participants highly appreciated their efforts and expressed that the program was able to showcase the real picture of their community.



School Health Program

The students of Master in Child Health Nursing, third batch of Pokhara Nursing Campus organized a school health program in Amarsingh Namuna Higher Secondary School located at Amarsingh Chowk from 2079/8/06 to 2079/09/1. The program was conducted to improve the health of school children as well as to build student's knowledge, skills, and positive attitudes towards health. Students provided health teaching to school students on general physical examination of school children, assessment of dental health, providing formal and informal health teaching, health exhibition on Nutrition,



Junk food, personal hygiene (Handwashing, Menstrual hygiene, Dental hygiene), mental health, safety for kids and first aid (fracture, dog bite, snake bite, burns, electric shock, shock). Similarly, as a part of health appraisal, they



conducted dental camp for the students of grade 6A with the technical support of Dental department of Pokhara Academy of Health Sciences. Along with that, health exhibition was also organized focusing on adolescent health. Various posters were displayed on nutrition, menstrual hygiene, personal hygiene, dental health, mental health, injury prevention and use of social media.

नयाँ वर्ष २०८० को भित्तिपात्रो विमोचन कार्यक्रम सम्पन्न

त्रि बि नर्सिङ्ग क्याम्पस पोखरा चैत्र २७ (२०७९)- त्रिभुवन विश्वविद्यालय चि शा अ सं पोखरा नर्सिङ्ग क्याम्पस, पोखरा कर्मचारी संघ इकाई समितिद्वारा नयाँ वर्ष २०८० को भित्तिपात्रो विमोचन तथा शुभकामना आदानप्रदान कार्यक्रम २०७९ चैत्र २७ गते सम्पन्न गरिएको छ । इकाई समितिका सभापति हसिना बस्नेतको अध्यक्षतामा सम्पन्न कार्यक्रममा प्रमुख अतिथि क्याम्पस प्रमुख प्रानीता ताम्राकार, कर्मचारी संघका पदाधिकारीहरु, प्राध्यापक संघका अध्यक्ष तथा पदाधिकारीहरु,

बिभागिय प्रमुखहरु, शिक्षक, कर्मचारी तथा विद्यार्थी सर्कलका पदाधिकारीको समेत संलग्नता रहेको थियो । उक्त कार्यक्रमका प्रमुख अतिथि पोखरा नर्सिङ्ग क्याम्पसका क्याम्पस प्रमुख प्रा नीता ताम्राकारले नयाँवर्षको उपलक्ष्यमा कर्मचारी संघले क्यालेण्डर प्रकाशन गरेकोमा बधाई तथा शुभकामना व्यक्त गर्दै आगामी दिनमा संघले अन्य सृजनात्मक कार्यमा समेत ध्यानदिनुपर्ने बताउनु भयो । कार्यक्रममा निवर्तमान सभापति ज्ञान कुमारी पराजुली, कर्मचारी संघ इकाई समितिका सल्लाहकार

शाखाअधिकृत धनबहादुर थापा, केन्द्रिय कर्मचारी संघका उपाध्यक्ष शाखाअधिकृत प्रजापति पराजुली, बिभागिय प्रमुख बन्दी गुरुङ्ग लगायतले शुभकामना तथा बधाई दिएका थिए । सो कार्यक्रममा क्यालेण्डर प्रकाशन समितिका संयोजक प्राविधिक सहायकश्री सुरज के सी लाई प्रमुख अतिथि प्रानीता ताम्राकारले फूलको गुच्छा प्रदान गरी सम्मान गर्नु भएको थियो । कार्यक्रमको संचालन कर्मचारी संघ इकाई समितिका सचिव मोक्षदा ढकालले गर्नु भएको थियो ।

Celebration of World Breast Feeding Week, 2022



World breast feeding week is celebrated every year from 1st to 7th August to encourage breast feeding and improve the health of babies around the world. In 2022, it was celebrated with the theme “Step up for breast feeding - educate and support”. Based on the theme different activities were carried out. The faculties and master nursing students celebrated the week with different programs: supporting the postnatal mothers for breast feeding, interaction and health education to the mothers attending MCH clinic of PAHS. The week was celebrated in coordination and collaboration with PNAN, MIDSON, and Pokhara Academy of Health Sciences by doing different activities.

Different health education sessions were carried out by faculties and master’s students. Health educations were given on colostrum’s feeding, exclusive breast feeding, techniques of breast feeding, importance of breast feeding and nutrition throughout the week. Health education on early initiation of breast feeding was conducted among staffs working on maternity ward. The techniques of breast feeding were taught to postnatal mothers. Counseling of parents and visitors on postnatal care including exclusive breast feeding were done. Midwifery faculty Ms. Bandi Gurung participated in the program of Athiti DevoBhava by Everest FM to brief about the breast-feeding week.

www.ponc.tu.edu.np

Published by: Pokhara Nursing Campus, Pokhara,
Design & Print: Real Design, Pokhara