



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

Awareness Program on
***“Stress management: Little By
Little- A Little Becoming a Lot”***



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1. **Title of the activity:**

Awareness Program on Stress Management: Little By Little- A Little Becoming a Lot”

2. **Date:** 27th April, 2024

3. **Location of the activity:** Pancha Vali Anganwadi, village Daulatabad, sec-102, Gurugram, Haryana.

4. **Organizing Faculty/Department/Association**

Nightingale Association under the Department of Mental Health Nursing, SGT university.

5. **Participating Team Members with Designation:**

1. Dr. Poonam Sharma (HOD, Mental Health Nursing, Faculty of Nursing)
2. Mr. Amit Rawat (Assistant Professor, Faculty of Nursing)
3. Ms. Inu Arya (PGT Tutor), Faculty of Nursing



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6. Banner:-



NIGHTINGALE CLUB

Department of Mental Health Nursing

STRESS MANAGEMENT AWARENESS PROGRAM

Under the theme
Little By Little. A little Becoming A Lot

 10:00 AM - 01:00 PM

 April 27, 2024 Saturday

 Pancha Vali, Aanganwadi, Sec 102 Village Daulatabad, Gurugram

ORGANIZERS

Prof.(Dr) Sunil Kumar Dular SVSP Central Coordinator Dean, Faculty of Nursing SGT University	Prof. (Dr) Poonam Sharma HOD, Mental Health Nursing Faculty of Nursing SGT University	Mr. Amit Rawat Assistant Professor Faculty of Nursing SGT University	Ms. Inu Arya PG Tutor Faculty of Nursing S.G.T University SGT University
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Approval letter from Registrar, SGT University

12/4/24
13/4/24

R-33
12/4/24

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University

Ref. No.: SGTU/SVSP/2024/313 Date: 12.04.2024

Approval Note

Subject: Regarding approval for organizing "Stress Awareness Program" on 27th April 2024 in collaboration with Samajik Vikas SGT ka Prayas (SVSP)

The Nightingale club of Stress Management under Department of Mental Health Nursing, Faculty of Nursing, in collaboration with Samajik Vikas SGT ka Prayas (SVSP), SGT University, Gurugram is planning to organize a Stress Management Awareness Program-to Preserve Mental Health among general Population on the occasion of "National Stress Awareness" month on 27th April 2024 from 10 a.m. onwards at Pancha Vali Aanganwadi, Sector 102, Village Daulatabad, Gurugram.

Budget details:

S.No	Items	Quantity	Tentative Budget	Total Amount
1.	Banner (6*4)	1	Rs. 350/-	Rs. 350/-
2.	Sapling	1	Rs. 100/-per pc	Rs. 100/-
3.	E Certificate for the Organizers and participants	20	-	-
4.	Stationary			
	• charts,	10	Rs. 10/-	Rs. 100/-
	• colors	2 pkt	Rs. 180/-	Rs. 360/-
	• Double side tape	2	Rs. 150/-	Rs. 300/-
Total				Rs. 1210/-

In the view of above kindly provide transport facility on 27th April 2024 to Pancha Vali Aanganwadi, Village Daulatabad Sector 102, Gurugram for 2 faculty members and 15 students. Timing will be 9:00 AM to 3:00 PM.

Submitted for your kind perusal and approval,

[Signature]
12/04/24
Event Coordinator

[Signature]
SVSP Dept. Coordinator

may be approved

[Signature]
12/4/24
SVSP Central Coordinator

Dean
Faculty of Nursing
SGT University,
Bachra, Gurugram

The Registrar, SGT University

[Signature]
12/4/24
Registrar

[Signature]
12/4/24
Registrar

Registrar
University
Gurugram P-CC

7.ObjectiveoftheActivity:

To raise awareness about the causes and effects of stress and to provide the knowledge to manage stress effectively.

8.BriefWrite-upontheevent

Department of Mental Health Nursing, SGT university presented a Nukkad Natak & Health Education under the theme ‘**Stress**’ on **27th April, 2024** as a part of Mental Health Awareness at Pancha Vali Anganwadi, village Daulatabad, sec-102, Gurugram, Haryana.

The Nightingale Club of Stress Management under the Department of Mental Health Nursing, Faculty of Nursing, in collaboration with Samajik Vikas SGT ka Prayas (SVSP), SGT University, Gurugram organized a Stress Awareness Program. This initiative was organized under the guidance of Prof. Dr. Sunil Kumar Dular, Dean, Faculty of Nursing, and Dr. Poonam Sharma, HOD, Mental Health Nursing, and was coordinated by Ms. Inu Arya (PG Tutor) Naveen Vats, (PG Tutor) and Ms. Sushmita Sharma, (PG Tutor) along with Undergraduate & PG Nursing Students. The students presented a Nukkad Natak followed by Health Education to raise awareness about the causes and effects of stress and to provide the knowledge to manage stress effectively among the residents, ASHA & Anganwadi workers of Pancha Vali Anganwadi, village Daulatabad, sec-102, Gurgaon.

The program was concluded with take-home messages and positive feedback from the audience.



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9. Number & Description of Beneficiaries:

General population (22)

ASHA workers (2)

Anganwadi workers (3)

10. Student's List

Bscnursing:

- 1) Prashant
- 2) Nitin
- 3) Chahal
- 4) Arushi
- 5) Ishika
- 6) Neha
- 7) Komal
- 8) Asha
- 9) Hiteshree

Msc2nd year: Karen

11. Outcome of the Activity & its relevance to Health Sciences:

The programme achieved remarkable success in adopting healthy lifestyle, improving knowledge of people regarding prevention and management of stress symptoms and its associated causes and problems.

12. Relevant Photographs with captions



Nukkad Natak by BSc. Nursing students



Group photo with Anganwadi workers and students with Organizing Team members



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A token of thanks to ASHA worker

13. Feedback from Beneficiaries/Photo of Letter of Appreciation/ Testimonials



feedback

27/4/2024

पांचां वार्ता आंशन वार्ता

सुभादा - मुझे इससे बहुत कुछ सीखने का मिला। धन्यवाद

कौशल्या - बहुत अच्छा था।

Sarim

बहुते अच्छा लगा।
नाटक बहुत ही अच्छा था।

Neelam

नाटक बहुत अच्छा था

Randha

ये नाटक बहुत अच्छा लगा।
ये सभी पिटनी भी बात बहुत
है वो सारी जोली प्यारी चाली

विजय लक्ष्मी

हमें आपका नाटक अच्छे लगा।
और सीख मिली