



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

Outreach Activity
Health Awareness Program
(03/05/2024)



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1. **Title of the Activity:** “Awareness Program on Prevention and Management of Asthma”

2. **Date:** 3rd May 2024

3. **Location of the Activity:** CHC, Farukhnagar, Haryana.

4. **Organizing Faculty/Department/Association:** Department of Community

Health Nursing, Wellbeing Club

5. Participating Team Members with Designation:

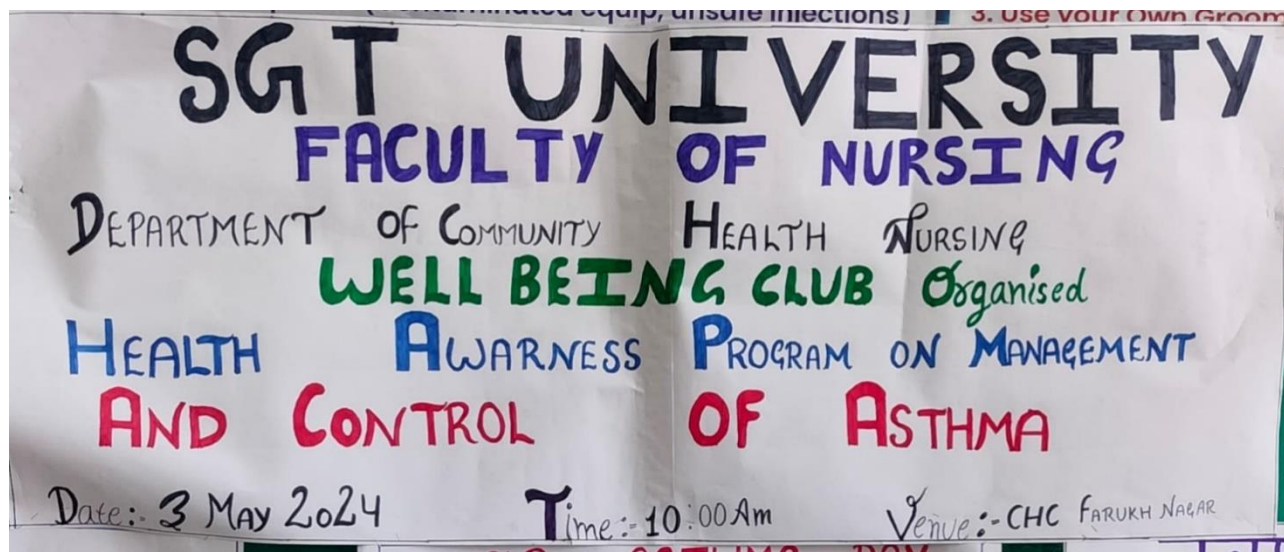
1. Prof. Sunil Kumar Dular (HOD, Community Health Nursing Department)
2. Ms. Deepa Mukherjee (Associate Professor)
3. Ms. Rachna (Assistant Professor)
4. Ms. Nutan Kumari (Assistant Professor)
5. Ms. Manidipa Sarkar (PG Tutor)
6. Mr. Naveen (PG Tutor)
7. Ms. Khiumajulu Abonmai (PG Tutor)
8. Ms. Sneha Priya (PG Tutor)
9. Ms. Sushmita Sharma (PG Tutor)



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6. E Brochure/Banner (if made)-



7. Objective of the Activity:

- To educate participants about the signs, symptoms, and triggers of asthma.
- To discuss various management approaches for controlling asthma and improving quality of life.
- To highlight preventive measures that can reduce the incidence and severity of asthma attacks.
- To facilitate interactive sessions where participants could ask questions and share experiences related to asthma care.
- To promote collaboration among healthcare providers and community members in addressing asthma-related challenges.

8. Brief Write-up (300 -500 words) on the event(s)explaining activities



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undertaken

The Wellbeing Club under the Department of Community Health Nursing, Faculty of Nursing, SGT University, Gurugram organized an Awareness program on Prevention and Management of Asthma on 3rd May 2024 at CHC Farukhnagar, Gurugram.

The program kicked off with a concise overview, setting the stage for the day's agenda and underlining the importance of health awareness within our communities. The primary objective was to enlighten participants about Asthma, a disease that remains a substantial public health concern, focusing on prevention and management strategies.

After the introductory session, the GNM Internship Students presented a Roleplay scenario illustrating practical and effective measures for preventing and controlling Asthma among the general population. This creative approach likely engaged the audience and demonstrated tangible strategies for dealing with this health issue.

The Program was successfully done under the Guidance of Prof. (Dr.) Sunil K. Dular, Dean cum H.O.D, Community Health Nursing Department and supervision of all Faculty Members of Community Health Nursing Department and executed by Ms. Manidipa Sarkar, PG Tutor, Community Health Nursing Department.



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9. Number & Description of Beneficiaries: 45 general population from, Haryana participated.

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

The roleplay activity showcasing Asthma prevention and control measures is highly relevant to Health Sciences. It applies theoretical knowledge in practical scenarios, developing crucial skills in patient education and communication for future healthcare professionals. Addressing Asthma's public health impact, the activity emphasizes early intervention and lifestyle modifications. Collaborative efforts in the roleplay mirror real-world interdisciplinary teamwork, essential for comprehensive patient care. It underscores effective health education strategies tailored to diverse populations, promoting clear communication and empathy. Overall, this activity fosters critical thinking, creativity, and professional growth among nursing students, aligning with key objectives of Health Sciences education.

11. Relevant Photographs with captions (preferably geo-tagged & High-resolution



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images – to be mailed as separate attachments along with placement in word

file also) – 4 to 6 Photograph



Roleplay on Prevention and Management of asthma



Group Photograph

12. Permission Letter/ Feedback from Beneficiaries/ Photo of Letter of



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Appreciation/ Testimonials:

SGT UNIVERSITY
Shree Guru Gobind Singh Tricentenary University

Faculty of Nursing

Ref. No.: SGTU/FON/07/2024/ 370 Date: 02.05.2024

To,
The Senior Medical Officer,
Community Health Centre,
Farukhknagar, Gurugram

Subject: - Regarding organization of Health awareness program on 03rd May 2024.

Dear Sir/Mam,

The Wellbeing Association under Department of Community Health Nursing, Faculty of Nursing, SGT University, Gurugram is Organizing the Health awareness program on 3rd May 2024 from 10:00 am onwards.

Activities- Awareness on Management of Asthma - Role Play and Health Education

You are requested to kindly facilitates the students for Health Awareness Program.

Regards

Dean
Faculty of Nursing

Dean
Faculty of Nursing
SGT University,
Bachara, Gurugram



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13. List of the student participants:

			Name	Course/ Faculty
1	3/4/24	200		
2		200401103	Deepika	B.Sc (N) IV th
3		200401104	Gurkaran	"
4		200401106	Meenu	"
5		200401107	Soloni	"
6		200403015	Shikha	GMM 3rd year
7		200403016	Jasmine	"
8		200403017	Rhanti	"
9		20755	Manidipa	Faculty
10		20993	Sushmita	Faculty
11				