



SGT UNIVERSITY

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

**Awareness program on
Breast Self Examination (BSE)**

01/05/2024



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(UGC & AICTE Approved) Gurugram, Delhi-NCR

- **Title of the Activity:**Breast Self Examination (BSE)
- **Date:**01/05/2024
- **Location of the Activity:**Anganwadi, Village Tajnagar, Gurugram
- **Organizing Faculty/Department/Association:** Department of Nursing Foundation, Holistic care club.
- **Participating Team Members with Designation:**Ms. Nitika Thakur (Assistant Professor) and Ms. Sushmita Sharma, (PG Tutor)
- **E Brochure/Banner –**

 **SGT UNIVERSITY**
Shree Guru Gobind Singh Tricentenary University

FACULTY OF NURSING



HOLISTIC CLUB
Department of Nursing Foundation
organizing

BREAST SELF EXAMINATION

Time:

Date:

Venue:



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- **Objective of the Activity:**

1. To detect any changes or abnormalities in the breast at an early stage.
2. To educate individuals about breast health, risk factors and prevention for breast cancer.
3. To become familiar with the normal look and feel of their breasts.

- **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken:**

Breast self-examination (BSE) is a technique used by individuals to check their breasts for any changes or abnormalities that could potentially indicate breast cancer or other breast health issues.

The main objective of the event was to encourage people to bind themselves together on a worldwide scale to remove the gaps and inequities that obstruct testing, prevention, and access to care.

The activities included Health education and perform Breast Self Examination(BSE) by the students. More than 25 attendees were present at the program. At the end the the whole activity was highly acknowledged & appreciated by the villagers.

This activitywas coducted by Ms.Nitika Thakur (Assistant Professor) and Ms.Sushmita Sharma, (PG Tutor) along with GNM students organized under the guidance of Dr.Pawan Kumar, HOD,Nursing Foundation and Prof. Dr. Sunil Kumar Dular, Dean, Faculty of Nursing.

We are thankful to theMs. klaAganwadiworkderof Village- Tajnagar, for their immense support and collaboration for successful organization of this event.

Number & Description of Beneficiaries:More than 25 villagerswere participated in the health education regarding Breast Self Examination (BSE).



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Outcome of the Activity & its relevance to Health Sciences: People will become more aware about causes, prevention and management for Breast cancer.

- **Relevant Photographs :**





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- **Feedback from Beneficiaries:**

Feedback Form

Name	Age	Feedback/Remarks
1. Bimla	44.	बहुत अच्छा था
2. Santosh	46	बहुत बढ़िया था
3. Kanta	50	अच्छा था
4. Sila	52	बढ़िया था
5. Sushila	42.	बहुत अच्छा था
6. Ramwati	51	अच्छा था
7. Geeta.	42	बहुत बढ़िया था अच्छे से बताया।
8. Santa.	55	अच्छा था
9. Roopwati	50	अच्छा बताया और समझाया सबको।
10. Chandoo Devi	58	बढ़िया था।



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• LIST OF STUDENTS PARTICIPATED IN OUTREACH ACTIVITY:

Vehicle no.		Driver's Name:		Department:	
Sr. no	Date	Registration no.	Visiting Place:		
			Name	Course/ Faculty	
1	11/05/24	20993	Sushmita Sharma	FNUR	
2		19768	Nitika Thakur	FNUR	
3		230415107	Mansi	FNUR	
4		230415199	Jatin	FNUR	
5		210403011	Anjali	FNUR	
6		210403022	Gray	FNUR	
7		210403003	Shivani	FNUR	
8		210403038	Komal	FNUR	
9		210403035	Nainy	FNUR	
10		210403032	Maushita	FNUR	
11		210403028	Isha	FNUR	
12		210403018	Riya	FNUR	
13		210403013	Neha	FNUR	
14		210403040	Kiran	FNUR	
15					
16					
17					



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Awareness Program on
*“Health & Menopause- A
better Transition of Life*

Title of the activity:

“Health & Menopause- A better Transition of Life

2. **Date:** 14th December,2023

3. **Location of the activity:** community hall, Taj Nagar, Farrukh Nagar, Haryana .

4. Organizing Faculty/Department/Association

Pflege Association under the department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University in collaboration with faculty of Physiotherapy

5. Participating Team Members with Designation:

1. Dr. Neeta Bhide (HOD of OBG. Faculty of Nursing)
2. Ms. Deepak, (Associate Prof.), Faculty of Nursing
3. Ms.Lisa Chadha , (Assistant professor ,Faculty of Nursing)
4. Ms. Banapriya Sahoo (PG Tutor), Faculty of Nursing
5. Ms. Sonam (PG Tutor), Faculty of Nursing

6. Banner:-

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PFLEGE ASSOCIATION
Under the Department of Obstetrics and Gynecological Nursing
FACULTY OF NURSING
is collaborating with the
FACULTY OF PHYSIOTHERAPY

for an Awareness Program on
HEALTH & MENOPAUSE
A BETTER TRANSITION OF LIFE

Activities: Role Play, Health Assessments, Exercise Regimen

📅 14th December, 2023 | ⌚ 10:30 AM to 04:00 PM
Venue :-Community Hall, Taj Nagar, Farrukh-Nagar Haryana

Approval letter from Registrar, SGT University



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(UGC Approved University)
GURGAON, Delhi-NCR

R-625
28/11/23

FACULTY OF NURSING

Ref. No.: SGTU/FO/N/2023/03/056

Date: 25-11-2023

Subject: Regarding Approval of conducting Awareness Program on "An Better Transition of Life-Health & Menopause" among menopausal Women at Taj Nagar, Haryana.

The Pflge Association under the department of Obstetrics and Gynaecological Nursing, faculty of Nursing, SGT University, in collaboration with Faculty of Physiotherapy, SGT University, is planning to organize an **Awareness Program on "A Better Transition of Life-Health & Menopause"** among menopausal Women at Taj Nagar, Haryana on 14th Dec 2023 from 10:30 pm – 04:00pm.

Activities under the program are: -

- Role Play (Awareness Program).
- BP and Sugar Monitoring
- Body Mass Composition estimation
- Exercise Regimens for the menopause women.

Kindly provide the transport for 3 faculty members and 25 students for the same.

The details of the budget for approval are given below.

Budget Heads	Description	Quantity	Price	Total
Banner	3*6	1	350/-	350/-
E- Certificate	For the Organizers & Participants	30	-	--
Sapling	For the Guest	2	100/-	200/-
Refreshment (Namkeen & Fruit)	Menopausal women	70	10+10=20/-	1400/-
Total				1950/-

The total of 7 students of MSc Nursing (OBG) and 13 students GNM Nursing 1st year and 5 students of MPT (OBG) will be attend this program.

Submitted for your kind perusal and approval.

[Signature]
Dean
Faculty of Nursing
SGT University
Budhera, Gurugram

Faculty of Nursing

Request of Dean (FON) may be considered and submitted to Hon'ble VC for approval.
Talwar
28/11/23.

Registrar, SGT University

[Signature]
28/11/23

vc
Approved
[Signature]
28/11/23

Joint Registrar
SGT University
Budhera, Gurugram
[Signature]
28/11/23

Dean (FON)

7. Objective of the Activity:

The education programme will to provide awareness among menopausal women regarding healthy lifestyle and an aim to spread awareness regarding the upcoming changes during menopause.

8. Brief Write-up on the event

Pflege Association under the **Department of Obstetrics and Gynecological Nursing** in collaboration with faculty of Physiotherapy, **SGT University** organized the outreach activity on “Health and Menopause – a better transition of life” at community hall Taj Nagar, Farrukh Nagar, Haryana under the guidance of Prof (Dr). Sunil Kumar Dular , Professor and Dean Faculty of Nursing & Prof. (Dr.) Neeta Bhide , HOD Obstetrics and Gynaecological Nursing.

The Programme was coordinated by Ms. Lisa Chadha , Assistant professor and Ms. Banapriya, PG Tutors Obstetrics and Gynecological Nursing. Following activities were carried out by MSc Nursing and Post Basic BSc Nursing students during the Programme.

- ❖ A role play on spreading awareness regarding menopause and Menopause associated problems among menopausal women.
- ❖ Lecture on prevention and management of menopausal early signs and symptoms .
- ❖ Demonstrated aerobic exercise , strength training, and flexibility exercise to promote overall well-being of all women .
- ❖ Health assessment of total 60menopausal women’s by considering their age hormonal changes and specific issues related to menopause; was done by the PG students of Obstetrics and Gynecological Nursing.

The Programme was highly appreciated by , Mr . Sartaj , Sarpanch of Taj Nagar .

9. Number & Description of Beneficiaries:

1. Menopausal women(38)
2. Pre menopausal (22)

11. Student's List

Post Basic Bsc nursing:

- 1) *Shivam*
- 2) *Ankit*
- 3) *Atul*
- 4) *Chandni*
- 5) *Remika*
- 6) *Pooja*
- 7) *Pankaj*
- 8) *Appana*
- 9) *Shalu*
- 10) *Sunny*
- 11) *Priya*

Msc 1st year :

- 1) *Shivani*
- 2) *Manisha*
- 3) *Jahnvi*

Msc 2nd year:

- 1) *Swati*
- 2) *Ankita*
- 3) *Ruchi*
- 4) *Shagun*
- 5) *Mahima*

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

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

12. Relevant Photographs with captions

Role play by Post Basic BSc & ANM students on healthy & unhealthy lifestyle and its impact

-



Role play by Post Basic BSc & BSc Nursing students on healthy & unhealthy lifestyle and its impact



Assessment of Menopausal Women by MSc Students



Group photo with Sarpanch and students with Organizing Team members



M.Sc. Nursing students demonstrating of exercises on healthy life style
12. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials

NA



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**“Menopause
Wellness Initiative
Awareness
Programme” on 29
July, 2024**



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1. **Title of the Activity:**

“Menopause Wellness Initiative Awareness Programme”

2. **Date:** 29 July, 2024

3. **Location of the Activity:**

Samalkha, New Delhi

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

Pflege Club under the Department of Obstetrics & Gynecological Nursing, Faculty of Nursing SGT University.

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

1. Ms. Deepak (Associate Prof.), Faculty of Nursing
2. Ms. Pooja, (Assistant Prof.), Faculty of Nursing
3. Ms. Banapriya (PG Tutor), Faculty of Nursing
4. Ms. Sonam(PG Tutor), Faculty of Nursing
5. Ms. Preeti Jaiswal (PG Tutor), Faculty of Nursing



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6. **Objective of the Activity:**The objective of this programme to the spreading awareness about the changes that occur during menopause.Encourage healthy behaviors such as balanced nutrition, regular physical activity, and stress management to alleviate menopausal symptoms and improve overall well-being.

8. **Brief Write-up on the event(s)**

The Pflege Club Obstetrics and Gynecological Nursing, Faculty of Nursing organized a one-day Menopause Wellness Initiative Awareness Programme at Samalkha, New Delhi.The programme was organized under the guidance of Prof (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing and Ms. Deepak HOD cum Associate, Obstetrics and Gynecological Nursing, Faculty of Nursing, SGT UniversityThe program began with a role play by nursing students aimed at spreading awareness about the changes that occur during menopause. The role play highlighted early signs and symptoms, lifestyle modifications, and the importance of maintaining a healthy lifestyle to manage symptoms and promote long-term health during this transition. Following this, nursing students demonstrated various exercise sessions, including aerobic exercises, strength training, and flexibility exercises, to promote overall well-being. The program, which was organized by Ms.Banapriya(PG Tutor) and faculty of the OBG Nursing department of SGT University. The menopausal women acknowledged and appreciated the team's efforts for the interactive role play.

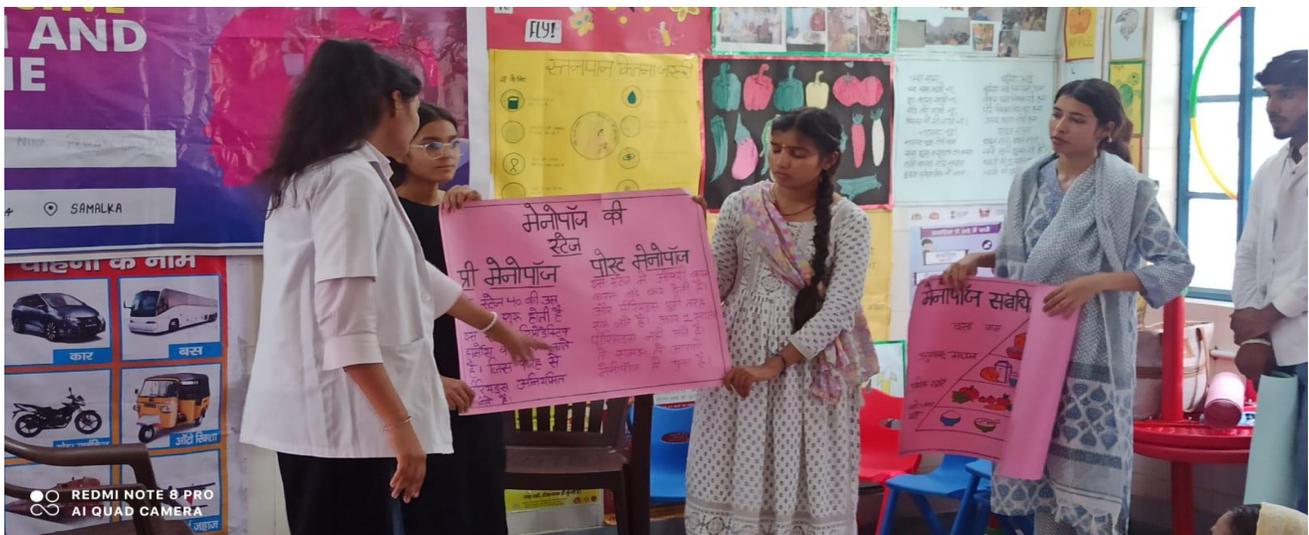


9. Number & Description of Beneficiaries: 50 elderly women has attended the program.

8 Student Attendance: Shivani, Tanya, Aparna, Komal, Rashi.

11. Outcome of the Activity & its Relevance to Health Sciences: The program has achieved Provide information on available treatments and strategies, including hormone therapy, natural remedies, and lifestyle adjustments for managing menopause effectively.

12. Relevant Photographs with captions



Students are giving health education to the women



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Student are performing Role Play



Women is attending the session



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Organizing team members

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

NA



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Interactive Session on Menstrual Health & Hands on training on Making Period Tracker



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Title of the Activity: Interactive Session on Menstrual Health & Hands on training on Making Period Tracker

- **Date:** 17/05/2024
- **Location of the Activity:** Govt. Senior Secondary School, Daultabad, Gurugram
- **Organizing Faculty/Department/Association:** Department of Nursing Foundation, Holistic care club.
- **Participating Team Members with Designation:** Ms. Sapna Yadav (PG Tutor) and Mr. Naveen Vats, (PG Tutor)
- **E Brochure/Banner –**

SGT UNIVERSITY | **FACULTY OF NURSING** | **INSTITUTION'S INNOVATION COUNCIL** | **NAAC A+**

HOLISTIC CARE CLUB
Department of Nursing Foundation

Interactive session

MENSTRUAL HEALTH AND HANDS-ON TRAINING ON MAKING PERIOD TRACKER

🕒 10:30 AM - 12:30 PM | 📅 May 17, 2024 | 📍 Government Senior Secondary School (Daultabad)

Convener
Prof. (Dr.) Sunil Kumar Dular
Dean, FNUR
SVSP Central Coordinator

Coordinator
Prof. (Dr.) Pawan Kumar
Professor Cum HOD, FNUR
SGT University

Ms. Sapna Yadav
Tutor, FNUR
Event Coordinator
SGT University

Activities

- Awareness of about Menstrual hygiene
- Hands on training to make period tracker
- Quiz Competition on Menstrual practices
- Nukad Natak on myths & facts about menstrual health



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- **Objective of the Activity:**
 1. detect To any changes or abnormalities in the breast at an early stage.
 2. To educate individuals about breast health, risk factors and prevention for breast cancer.
 3. To become familiar with the normal look and feel of their breasts.
- **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken:**

The main objective of the event was to encourage people to bind themselves together on a worldwide scale to remove the gaps and inequities that obstruct myths and facts about menstrual health access to care.

The activities included Awareness about menstrual Health & Hands on training on making period tracker, NukadNatak about myths & facts about Menstrual Health by the students. More than 120 students were present at the program. At the end the whole activity was highly acknowledged & appreciated by the Students.

This activity was conducted by Ms. Sapna Yadav (PG Tutor) and Ms. Naveen Vats, (PG Tutor) along with GNM students organized under the guidance of Dr. Pawan Kumar, HOD, Nursing Foundation and Prof. Dr. Sunil Kumar Dular, Dean, Faculty of Nursing.

We are thankful to the Mrs. Meenakshi (Principal GSSS) Daultabad, for their immense support and collaboration for successful organization of this event.

Number & Description of Beneficiaries: More than 120 students were participated in Awareness & Hands on training on make period tracker and Quiz Competition regarding Menstrual Health.

Outcome of the Activity & its relevance to Health Sciences: Students will become



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more aware about Aware about menstrual health and practices.

- **Relevant Photographs :**





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• LIST OF STUDENTS PARTICIPATED IN OUTREACH ACTIVITY:

Vehicle no.		Department:		
Driver's Name:		Visiting Place:		
Sr. no	Date	Registration no.	Name	Course/ Faculty
1	17/8/24	220403006	Pinki Das	FON
2		230419018	Shiram	"
3		230415087	Sajal	"
4		210403011	Anjali	"
5		210402022	Gracy	"
6		210403018	Riya	"
7		210403028	Isha	"
8		210403019	Neha	"
9		210403044	Mahi	"
10		210403017	Janmeet	"
11		210403040	Kiran	"
12		210403032	Harshita	"
13				
14				
15				
16				
17				
18				



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Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Faculty of Allied Health Sciences
in association with
SVSP
SGT University

organized
an Outreach Programme on
“Menstrual Hygiene & PCOD”

Date: 6-March-2024

Time: 10:00 AM to 3:00 PM

Venue: Mubarakpur, Jhajjar



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Organizers: The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr. Vatsala and Faculty of Nursing, Mr. Naveen and Ms. Sushmita with students organized a meaningful community outreach initiative by visiting Mubarakpur village, Jhajjar under the banner of SVSP.

Report of the Program:

Introduction: On the occasion of International Women's Day, the Faculty of Allied Health Science, Department of Nutrition & Dietetics, and Faculty of Nursing launched a significant community outreach program with the goal of empowering young minds at Mubarakpur, Jhajjar under the banner of SVSP. Under the direction of Dr. Vatsala, Ms. Sushmita, and Mr. Naveen, as well as motivated students, the program sought to provide vital health education to the primary school students, emphasizing the importance of menstrual hygiene and its related issues. This introduction lays the groundwork for a program that actively incorporates the villagers in addition to educating them, encouraging empowerment and community participation.

(a) Objective of the Workshop

1. To educate and empower primary school students about menstrual health and hygiene.
2. To provide information on proper menstrual care, access to sanitary products, and promote open conversations about menstruation.
3. To break the stigma surrounding periods and ensure that everyone has knowledge and resources to manage their menstrual health effectively.

b) Brief content of Programme- The Faculty of Allied Health Science from the Department of Nutrition and Dietetics Dr. Vatsala and Faculty of Nursing, Ms. Sushmita and Mr. Naveen, with students organized a meaningful community outreach initiative by visiting Mubarakpur village, Jhajjar. The purpose of this visit was to impart crucial health education on menstrual hygiene and PCOD. The program actively involved rural women and adolescent girls. The nutrition students played **Nukkad-Natak** taking the opportunity to educate the rural women and adolescent girls to emphasize the importance of menstrual hygiene. Through Nukkad Natak Nutrition students explained the myths and taboos related to menstruation and also promoted self-care methods during menstruation. They discussed the importance of using sanitary napkins and proper disposal of it.



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Simultaneously, Students of Nursing brought the attention to PCOS. They provided brief information about the Cause, Symptoms, Complications and Treatment care of PCOS.

They explained this condition in very effective manner by using Teaching Aids (Charts and Posters) To gauge the effectiveness of their session, the women's and adolescent girls had the interaction with students and clarified their misconceptions related to it.

Faculty of Dental Sciences and Medical team organized a free health camp for villagers and regular health checkup. According to their medical conditions, villagers were provided with free medications.

This multi-faceted approach to health education provided a comprehensive learning experience for the women's and adolescent girls. It not only broadened their understanding of Menstrual hygiene and PCOD and self-care procedures but also instilled a sense of awareness regarding the importance of maintaining good health. The initiative exemplifies the Faculty of Allied Health Sciences commitment to community engagement and the development of well-rounded healthcare professionals.

c) **Screenshots of the event:**



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d) Participants of the event:



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Name of the Event- A Workshop

on

**“Menstrual hygiene-Meri
Pehchan”**

**(Community Health Nursing
Department)**



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Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Name of the faculty- Faculty Of Nursing

Name of the event – A Workshop on “Menstrual hygiene-Meri Pehchan”

The auspices under which it has been organized

Date-22ND September 2023, Time-09:00 AM to 01:00 PM

Venue- C- Block, Auditorium



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E Brochure-

The brochure features the SGT University logo at the top left. The main title is 'FACULTY OF NURSING The Wellbeing Association Under Community Health Nursing Department in collaboration with "PURE HEARTS NGO" is organizing A Workshop on MENSTRUAL HYGIENE – "MERI PEHCHAN"'. The date and time are '22nd September, 2023 | 10:00 PM - 1:00 PM' and the venue is 'C- Block, Auditorium, SGT University'. A list of activities includes an expert session on women's health, a discussion on reproductive health and hygiene, and the distribution of menstrual cups. On the right, a circular portrait of Dr. Mukta Kapila is shown with her name and title: 'DR. MUKTA KAPILA, Director and Unit Head, Obstetrics and Gynaecology, Fortis Hospital, Gurugram'. The background of the brochure shows a woman in a purple top holding a menstrual cup.

Organizers: Prof. (Dr) Sunil Kumar Dular (Dean Cum HOD), Ms. Deepa Mukherjee (Associate Professor), Ms. Rachna Tanwar (Assistant professor), Mr. Naveen Vats (PG Tutor)

Report of the Event:

A workshop on Menstrual Hygiene - Meri Pehchan, organized by Wellbeing Association Under community Health Nursing Department Faculty of Nursing, SGT University in collaboration with Pure Hearts NGO on 22nd September 2023.

We're delighted to share the success of workshop on Menstrual Hygiene - Meri Pehchan organized by the Wellbeing Association under the Community Health Nursing Department, Faculty of Nursing, in collaboration with Pure Hearts NGO, at Auditorium C Block, SGT University. This commendable initiative for the Female faculty members & students took place on September 22nd, 2023.



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The motive behind this is to encourage young women for menstrual hygiene for physical and emotional wellbeing. With maintenance of good menstrual health and hygiene practice it can prevent urinary tract infection and can reduce the risk of infertility and uterine cancer in the future.

The workshop aimed to promote the reproductive health and well-being of the female faculty members & students and encompassed an **expert session by Dr. Mukta Kapila, Director and unit head Obstetrics & Gynaecology Dept. Fortis Hospital, Gurugram.**

The session was focused on overall wellbeing of women's health & how to sustain it. There was also a discussion session to address the questions of participants in the areas of Pap smear, Human Papillomavirus Vaccine, Menstrual cups & its usage.

The attendees included from various dept and courses of SGT university. **A detailed demonstration regarding usage of Menstrual Cup was given by Ms. Shalu & Ms. Poonam from Pure Hearts NGO.**

All the myths, doubts & misconceptions were also clarified regarding menstrual cups. **All the attendees received a free Sample of Menstrual Cups promoted by PEE safe & Sirona of different sizes as per the requirements of attendees.**

A total of 366 female students and 84 faculty members from the faculties of Physiotherapy, Allied Health Sciences, Medical Health Sciences, Indian System of Medicine, Commerce and management, Pharmacy and major participation were from nursing.

A total of More than 500 menstrual cups were distributed by Pure Hearts NGO on today's event.

The event's success was attributed to the members of the Wellbeing association, both faculty & students who contributed actively for the execution of this event.

The event was skilfully supervised by the Faculty Coordinator, Mr. Naveen, Ms. Khiumajuli Abonmai, Ms. Manidipa sarkar under the guidance of Ms. Deepa Mukherjee and Prof. (Dr.) Sunil Kumar Dular and executed by Mr. Tejendra , Ms. Torsha, Ms. Nishu, Mr. Manmohan, students' executive members from the wellbeing Association under community health Nursing Department Faculty of Nursing SGT university.

This event exemplifies how collaboration between organizations and NGOs can significantly improve health awareness for all. Such initiatives will contribute to a healthier and more informed female workforce, thereby enhancing the overall well-being of our community.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY

(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

SCHEDULE OF THE PROGRAM:

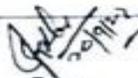
Faculty of Nursing, SGT university
The Wellbeing Association in collaboration with Pure Heart NGO
Organizing

Workshop on Menstrual Hygiene – “Meri Pehchan”

Programme Schedule (22/09/2023)

Sl. No.	Programme	Concerned Person	Time
1	Welcome address	Ms. Torsha Biswas (1 st Year M.Sc. Nursing)	10:00 am to 10:10 am
2	Lamp lighting	All the dignitaries & guest	10:10 am to 10:15 am
3	Felicitation of speaker & guest	Ms. Khismajulu Abonmai (PG tutor, FNUR)	10:15 am to 10:20 am
4	Welcome address by Guest of Honor	Dr. Reena Nayyar Executive Director, Faculty of Medical Health Science & Nursing	10:20 am to 10:30 am
5	Address by Co Advisor Wellbeing Association	Ms. Deepa Mukherjee (Associate Professor, Community Health Nursing Department, FNUR)	10:30 am to 10:40 am
6	Address by Representative of Pure Heart NGO	Ms. Poonam/ Ms. Shalu	10:40 am to 10:50 am
7	Address by the Guest speakers	Dr. Mukta Kapila (Director-Unit Head of obstetrics & gynecology, Fortis, Gurgaon)	10:50 am to 12:00 pm
8	Discussion	Dr. Mukta Kapila (Director-Unit Head of obstetrics & Gynecology, Fortis, Gurgaon)	12:00 pm to 12: 15 pm
9	Distribution of menstrual cup	Pure heart NGO representative	12:15 pm to 12:30 pm
10	Vote of thanks	Mr. Tejendra President Wellbeing Association	12:30 pm to 12:40 pm


Advisor/Co Advisor
Wellbeing Association


Dean
Faculty of Nursing



SGT UNIVERSITY

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

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Objective of the Event :

- This event exemplifies how collaboration between organizations and NGOs can significantly improve health awareness for all.
- The motive behind this is to encourage young women for menstrual hygiene for physical and emotional wellbeing.
- The workshop aimed to promote the reproductive health and well-being of the female faculty members & students.
- The session was focused on overall wellbeing of women's health & how to sustain it.

a) **Picture of Event:**



Welcome address by Ms.Torsha and Nishu Student coordinator of Wellbeing association, Faculty of Nursing ,SGT University



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185



Skill session on Menstrual cup insertion by Dr. Mukta Kapila, Ms. Shalu, Ms. Poonam, from PURE HEARTS NGO at SGT University



Menstrual cup distribution by "PURE HEARTS NGO"



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SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185



A glimpse of Menstrual hygiene-Meri Pehchan workshop at Auditorium, C Block



The Organizing team of wellbeing association with team of “Pure Hearts NGO”



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SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

b) Feedback Forms with participants list/ Appreciation Letter:



SGT UNIVERSITY

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

**Awareness Program on
“Reproductive & Sexual
Health: Holistic
Approach” on 23rd Feb
2024**



SGT UNIVERSITY

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

1. **Title of the Activity:**

“Reproductive and Sexual Health: Holistic Approach”

2. **Date:** 23rd Feb 2024

3. **Location of the Activity:**

PHC, Daulatabad, Gurugram, Haryana

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

Pflege Club under the Department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University

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

1. Prof. (Dr.) Neeta Bhide, (HOD), Faculty of Nursing
2. Ms. Deepak (Associate Prof.), Faculty of Nursing
3. Ms. Lisa (Assistant Prof.), Faculty of Nursing
4. Ms. Banapriya (PG Tutor), Faculty of Nursing
5. Ms. Sonam(PG Tutor), Faculty of Nursing



SGT UNIVERSITY

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

6. Brochure-

SGT UNIVERSITY FACULTY OF NURSING

Pflege Club
Department of Obstetrics & Gynecologica
ORGANISING

Reproductive And Sexual
Health Wellness...

PHC
Venue: Daultabad @ 10 am - 12

ROOM NO. 16
PHYSIOLOGY

GPS Map Camera

Tikampur, Haryana, India
FXRR+GM3, Sector 103, Tikampur, Gurugram, Haryana 122006,
India
Lat 28.491389°
Long 76.991726°
23/02/24 11:06 AM GMT +05:30

Google



SGT UNIVERSITY

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

Approval letter from Registrar, SGT University



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

R-1347
14/2/24

FACULTY OF NURSING

Ref. No.: SGTU/FON/2024/159

Dated: 12.02.2024

Subject: Regarding approval for organizing one day program on Reproductive and sexual Health Awareness camp on 23rd Feb 2024.

The Pflege Association under the department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University is organizing one day program regarding Reproductive and sexual Health Awareness camp on 23.02.2024 at Primary Health Centre, Daulatabad, Haryana among Antenatal Mothers.

The activities for the program are as follows:

- ✓ Card game on Reproductive and sexual Health Practices
- ✓ Role play on Reproductive & Sexual Health
- ✓ Health Education on Reproductive & Sexual Health

Budget for the scheduled program:

S.No.	Item with Justification	Quantity	Rate	Price
1	Sapling	2	100	200
2	Banner	1	350	350
3	Water Bottle	20	10	200
4	Refreshment			
	Frutti	50	10	500
	Namkeen	50	10	500
5	Stationary Item			
	Charts	5	5	25
	Fevicol(200gm)	1	25	25
	Bold Marker	4	15	60
	Bold Sketch Pen Packet	1	120	120
	Double Sided Tape	1	30	30
6	E-Certificate for organizers	20	-	-
Total				2,200

Kindly arrange the transport for 15 students from M.Sc. Nursing & ANM Students and 2 faculty members to Daultabad, Haryana.

Submitted for your kind perusal and approval.

Registrar, SGT University

Jolly
Dean
Faculty of Nursing
SGT University,
Budhera, Gurugram

Request for the approval of awareness camp may be considered and submitted to the Registrar for approval.

Jolly
Registrar
SGT University,
Budhera, Gurugram

Approved
14/2/24
Registrar

10/2/24



SGT UNIVERSITY

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

7. **Objective of the Activity:** The awareness program was planned with the aim to meet the health needs of the women and Spread & increase awareness on health issues related to reproduction and sexual health.

8. **Brief Write-up on the event(s)**

The Pflege Club under the Obstetrics and Gynaecological Nursing, Faculty of Nursing organized an awareness program on “Reproductive and Sexual Health-Holistic Approach” on 23rd Feb 2024 from 10:30 am onwards at PHC Daulatabad, Haryana.

The programme was organized under the guidance of Prof (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing and Dr. Neeta Bhide, HOD, Obstetrics and Gynaecological Nursing, Faculty of Nursing, SGT University.

The program starts with health education regarding their sexual and reproductive health, considering age-related health concerns, hormonal changes, and specific issues related to reproductive health. Card game to raise awareness of early warning signs and symptoms of STDs, lifestyle changes, and the value of maintaining a healthy lifestyle and promoting long-term health during this transition.

The event, which was hosted by Ms. Banapriya Tutor and the faculty of the OBG Nursing department of SGT University, was wrapped off with a vote of gratitude from Ms. Manisha, M.Sc. Nursing First Year. Dr Rajesh, Medical Officer In charge acknowledged and appreciated the efforts of the team for motivating the women with the interactive card game.



SGT UNIVERSITY

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

9. Number & Description of Beneficiaries: 50 women has attend the program.

8 Student Attendance

1.) Swati

2) Ruchi

3) Jahnvi Sharma

4) Manisha

5) Shivani

6) Neha

7) Bharti

8) Suman

9) Renuka

11. Outcome of the Activity & its Relevance to Health Sciences: The Reproductive Health Program achieved remarkable success in educating women regarding age-related health concerns, hormonal changes, raise awareness of early warning signs and symptoms of STDs, lifestyle changes, and the value of maintaining a healthy lifestyle .



SGT UNIVERSITY

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

12. Relevant Photographs with captions



Organizing Team with PHC Incharge Medical Officer Dr. Rejesh



MSc Student's given the health awareness regrading the reproductive health

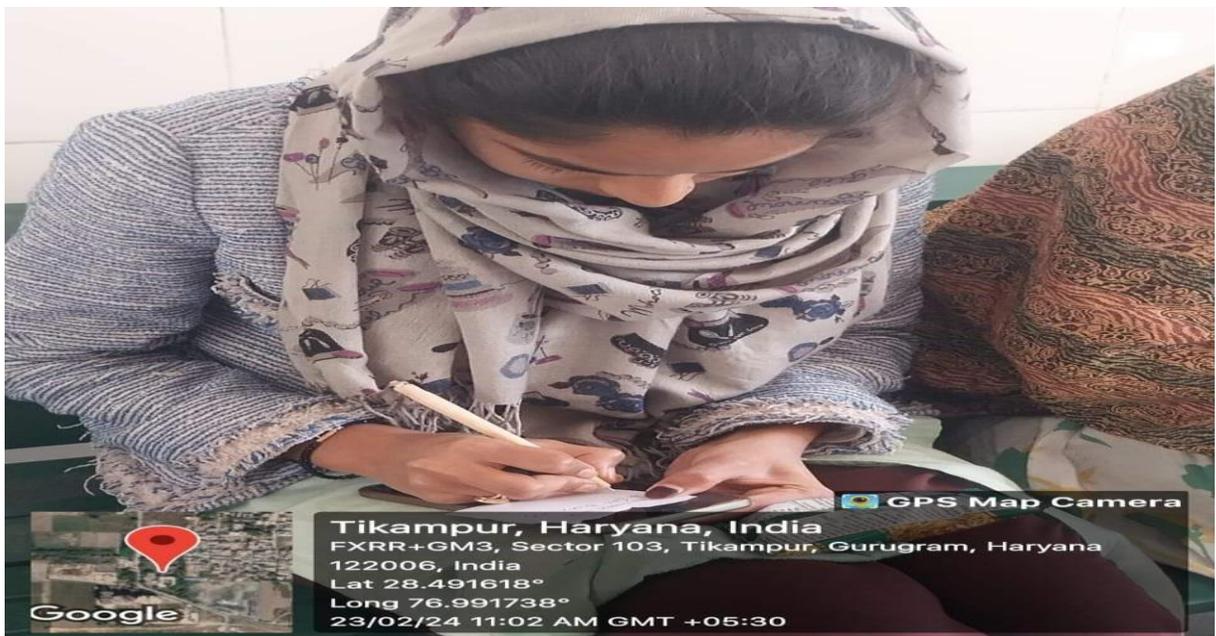


SGT UNIVERSITY

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



Students given health awareness on sexual reproductive health



Participants clear their doubts with the secrete card game



SGT UNIVERSITY

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

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

NA



SGT UNIVERSITY

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

**Awareness Program on
“Reproductive & Sexual
Health: Holistic
Approach” on 23rd Feb
2024**



SGT UNIVERSITY

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

1. **Title of the Activity:**

“Reproductive and Sexual Health: Holistic Approach”

2. **Date:** 23rd Feb 2024

3. **Location of the Activity:**

PHC, Daulatabad, Gurugram, Haryana

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

Pflege Club under the Department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University

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

1. Prof. (Dr.) Neeta Bhide, (HOD), Faculty of Nursing
2. Ms. Deepak (Associate Prof.), Faculty of Nursing
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SGT UNIVERSITY

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

6. Brochure-

ROOM NO. 16
PHYSIOLOGY SAMPLING

SGT UNIVERSITY
FACULTY OF NURSING

Pflege Club
Department of Obstetrics & Gynecologica
ORGANISING

Reproductive And Sexual
Health Wellness...

PHC
Venue: Daultabad @ 10 am - 12

GPS Map Camera

Tikampur, Haryana, India
FXRR+GM3, Sector 103, Tikampur, Gurugram, Haryana 122006,
India
Lat 28.491389°
Long 76.991726°
23/02/24 11:06 AM GMT +05:30

Google



SGT UNIVERSITY

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

Approval letter from Registrar, SGT University



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

R-1347
14/2/24

FACULTY OF NURSING

Ref. No.: SGTU/FON/2024/159

Dated: 12.02.2024

Subject: Regarding approval for organizing one day program on Reproductive and sexual Health Awareness camp on 23rd Feb 2024.

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The activities for the program are as follows:

- ✓ Card game on Reproductive and sexual Health Practices
- ✓ Role play on Reproductive & Sexual Health
- ✓ Health Education on Reproductive & Sexual Health

Budget for the scheduled program:

S.No.	Item with Justification	Quantity	Rate	Price
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5	Stationary Item			
	Charts	5	5	25
	Fevicol(200gm)	1	25	25
	Bold Marker	4	15	60
	Bold Sketch Pen Packet	1	120	120
	Double Sided Tape	1	30	30
6	E-Certificate for organizers	20	-	-
Total				2,200

Kindly arrange the transport for 15 students from M.Sc. Nursing & ANM Students and 2 faculty members to Daultabad, Haryana.

Submitted for your kind perusal and approval.

Registrar, SGT University

[Signature] Dean
Faculty of Nursing
SGT University,
Budhera, Gurugram

Request for the approval of awareness camp may be considered and submitted to the Registrar for approval.

Approved
[Signature] Registrar
14/2/24

[Signature] Registrar
SGT University
Budhera, Gurugram

[Signature]
10/2/24



SGT UNIVERSITY

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

7. **Objective of the Activity:** The awareness program was planned with the aim to meet the health needs of the women and Spread & increase awareness on health issues related to reproduction and sexual health.

8. **Brief Write-up on the event(s)**

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The programme was organized under the guidance of Prof (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing and Dr. Neeta Bhide, HOD, Obstetrics and Gynaecological Nursing, Faculty of Nursing, SGT University.

The program starts with health education regarding their sexual and reproductive health, considering age-related health concerns, hormonal changes, and specific issues related to reproductive health. Card game to raise awareness of early warning signs and symptoms of STDs, lifestyle changes, and the value of maintaining a healthy lifestyle and promoting long-term health during this transition.

The event, which was hosted by Ms. Banapriya Tutor and the faculty of the OBG Nursing department of SGT University, was wrapped off with a vote of gratitude from Ms. Manisha, M.Sc. Nursing First Year. Dr Rajesh, Medical Officer In charge acknowledged and appreciated the efforts of the team for motivating the women with the interactive card game.



SGT UNIVERSITY

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

9. Number & Description of Beneficiaries: 50 women has attend the program.

8 Student Attendance

1.) Swati

2) Ruchi

3) Jahnvi Sharma

4) Manisha

5) Shivani

6) Neha

7) Bharti

8) Suman

9) Renuka

11. Outcome of the Activity & its Relevance to Health Sciences: The Reproductive Health Program achieved remarkable success in educating women regarding age-related health concerns, hormonal changes, raise awareness of early warning signs and symptoms of STDs, lifestyle changes, and the value of maintaining a healthy lifestyle .



SGT UNIVERSITY

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

12. Relevant Photographs with captions



Organizing Team with PHC Incharge Medical Officer Dr. Rejesh



MSc Student's given the health awareness regrading the reproductive health

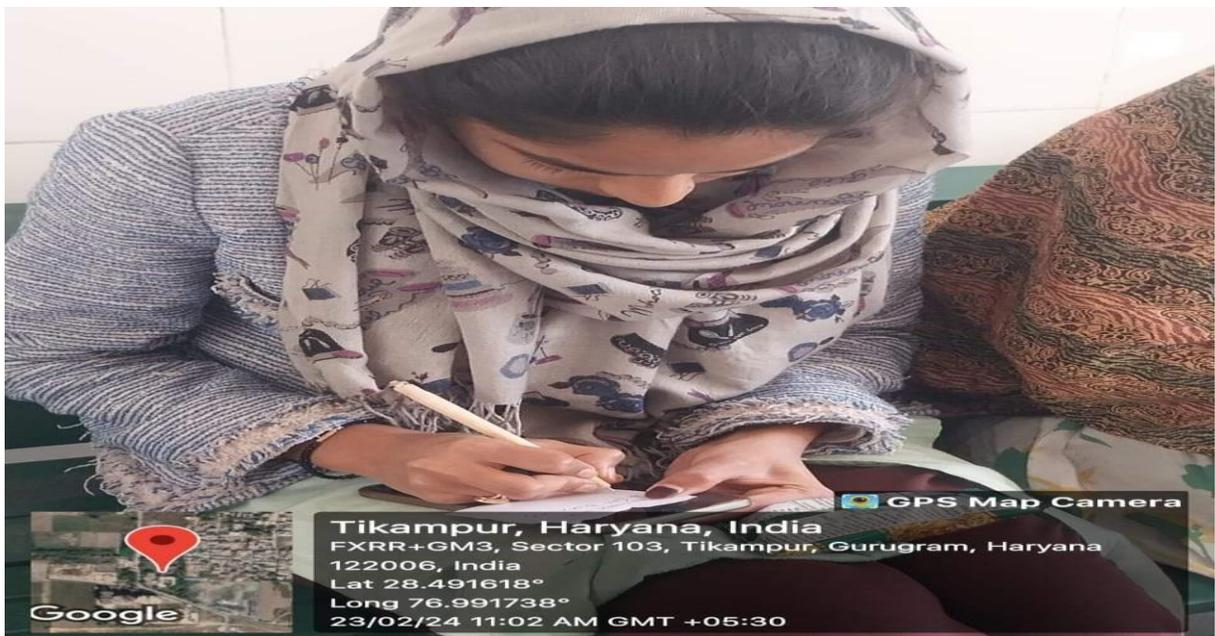


SGT UNIVERSITY

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



Students given health awareness on sexual reproductive health



Participants clear their doubts with the secrete card game



SGT UNIVERSITY

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

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

NA



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

**Outreach Activity
Health Camp
(Faculty of Nursing)**



SGT UNIVERSITY

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

1. **Title of the Activity:** *World Environment Day- Tree Plantation*

2. **Date:** *5th June 2024*

3. **Location of the Activity:** Sub Divisional Hospital in Farukh Nagar,

Gurugram

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

Health Nursing, Wellbeing Club, Department of Fundamental of Nursing, Holistic

Club, Department of Child Health Nursing, Bridge well club, and Environmental

Committee .

5. organizing Team Members with Designation:

1. Prof. Sunil Kumar Dular (Dean, HOD, Community Health Nursing Department)
2. Prof. Dr. Sarika Yadav (Associate Dean Academics, HOD, Child Health Nursing)
3. Prof. Dr. Pawan Punia (HOD, Fundamental of Nursing)
4. Ms. Deepa Mukherjee (Associate Professor)
5. Ms. Rachna Tanwar (Assistant Professor)
6. Ms. Nutan Professor (Assistant Professor)
7. Ms. Sushmita Sharma (PG Tutor)
8. Ms. Manidipa Sarkar (PG Tutor)
9. Mr. Naveen Vats (PG Tutor)



SGT UNIVERSITY

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

5. E Brochure/Banner (if made)-

SGT UNIVERSITY | **FACULTY OF NURSING**

ENVIRONMENTAL AWARENESS DRIVE

ACTIVITIES

TREE PLANTATION | ROLE PLAY | CHC, Farukh Nagar

Poster Competition | Pot competition | Fashion show

H-Block, Hospital Auditorium, SGT University

10:00 AM-04:00 PM | June 5, 2024
Wednesday

Organizing Chairperson
Prof. (Dr.) Sunil Kumar Dular
Dean,
Faculty of Nursing
SGT University

Co-Organizing Chairperson
Ms. Sarika Yadav
HOD, Bridge well club
(Child Health Nursing)

Dr. Pawan Kumar Punia
HOD, Holistic care club
(Foundation Of Nursing)

Dr. Archana Chaudhary
Chairperson,
Environmental Committee

Event Coordinator
Ms. Sushmita Sharma
Tutor, FNUR
Wellbeing Club



SGT UNIVERSITY

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

6. Objective of the Activity:

- To plant trees.
- To help people to adopt trees.
- To involve students in co-curricular activities.

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

Environment Awareness Drive On June 5, 2024, organized by the Faculty of Nursing, in collaboration with an environmental committee. The event was graced by Mr. Virendra Yadav, Chief Medical Officer of the Gurugram Health Department, and Dr. J.P. Rjliwal, Deputy Civil Surgeon of the Gurugram Health Department. The activities included tree planting and a role-play activity at the Sub Divisional Hospital in Farukh Nagar, Gurugram. Additional activities such as pot decoration, a poster competition, and a fashion show were held at the H Block Auditorium, SGT University. The program aimed to raise awareness about the most pressing environmental challenges and inspire solutions.

The camp was organized under the guidance of Prof. (Dr.) Sunil Kumar Dular, Dean Faculty of Nursing.

Students of GNM, Physiotherapy, dental sciences, allied health sciences participated in School Health Camp. The students thoroughly enjoyed the activity.



SGT UNIVERSITY

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

8. Number & Description of Beneficiaries: staff member of Sub Divisional

Hospital in Farukh Nagar, Gurugram, Haryana were participated.

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

The Environmental Awareness drive aims to promote environmental sustainability by encouraging tree planting and care, enhancing air quality, and fostering green spaces. Participants adopt and nurture trees, building a sense of ecological responsibility. Complementary activities like poster making, pot decoration, and a fashion show reinforce this message. The poster-making competition spreads awareness through creative art, while pot decoration beautifies spaces and highlights the importance of plants. The fashion show, showcasing eco-friendly designs, demonstrates sustainable living practices. Together, these activities educate and inspire the community to embrace and act on environmental stewardship.



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



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

resolution images – to be mailed as separate attachments along with

placement in word file also) – 4 to 6 Photograph



पर्यावरण संरक्षण से ही जीवन सम्भव: सिविल सर्जन

उजाला आज तक/अनिल कुमार फरुखनगर। सामुदायिक स्वास्थ्य केन्द्र फरुखनगर द्वारा एस.जी.टी. यूनिवर्सिटी, गुरुग्राम के सहयोग से विश्व पर्यावरण दिवस मनाया गया। इस अवसर पर डॉ. विरिन्द्र यादव, सिविल सर्जन गुरुग्राम, डॉ. जे.पी.राजसिंघवाल उष्ण सिविल सर्जन, गुरुग्राम, डॉ. कुमारा मलिक, प्रभार चिकित्सा अधिकारी, सामुदायिक स्वास्थ्य केन्द्र, फरुखनगर, प्रो.सुनील कुमार दुलार, डीन, फैकल्टी ऑफ नर्सिंग प्रो. सारिका यादव, एस.जी.टी.यूनिवर्सिटी द्वारा पोषाभोग किया गया जिसमें छात्रवार व फस्टदार पीछे लगाए गए। इस अवसर पर डॉ. विरिन्द्र



यादव, सिविल सर्जन, गुरुग्राम द्वारा उपस्थित जन-समूह को सम्बोधित करते हुए कहा गया कि सुरक्षित पर्यावरण से ही प्राणियों का जीवन संभन है। हमारा पर्यावरण अकाल्य वायु, अग्नि, जल व पृथ्वी से मिलकर बना है व ये पंच महाभूत माने गए हैं, जिनसे सृष्टि का प्रत्येक पदार्थ बना है लेकिन इनसे बचने पदार्थ जाड़ (यानि निर्जीव) होते हैं। सजीव बनाने के

लिए इनको आत्मा चाहिए। इसलिए चाहे जो निर्जीव पदार्थ हो या सजीव। सुरक्षित वातावरण में ही इनका बना रहना सम्भव है। पर्यावरण के दुपरिणामों से मुन्य व प्राणियों के जीवन को विभिन्न प्रकारों से खतरा है। इसलिए पर्यावरण से उतना ही लो जितना जरूरी है व पर्यावरण को रक्षा करो ताकि अने वाली पीढ़ियों को हम सुरक्षित पर्यावरण का हक उनको

दे सकें। इस अवसर पर कुमारी सुभिता शर्मा पी. जी. नर्सिंग ट्यूटोर व कुमारी मनीषा सरकार पी.जी. नर्सिंग ट्यूटोर एस.जी.टी. द्वारा सिविल सर्जन व उप-सिविल सर्जन को एक एक पौधा भेंट किया गया ताकि वो इन्हें नोड लेकर इनको रखा कर सकें। एस.जी.टी. यूनिवर्सिटी के छात्रों द्वारा पर्यावरण सुरक्षा के लिए जन-जागरण अभियान हेतु, गुजड़ नाटक प्रस्तुत किया गया जिससे सिविल सर्जन द्वारा सराहा गया। इस मौके पर डॉ. एम.एस.नेहा, डॉ. गजेज, डॉ. कनिष्का, श्री अजय कुमार खंड शिक्षक, श्री मती प्रवीण बरिष्ठ नर्सिंग अधिकारी, श्री मति रज, नर्सिंग अधिकारी, श्री धर्मवीर, श्री सनी आदि मौजूद रहे।





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11. Feedback from Beneficiaries/ Photo of Letter of Appreciation/

Testimonials: Nill

12. List of the student participants

Name of Students	
Ishant	- Present
Bhumi	- Present
Shubhlaami	- Present
Chanchal	- Present
Tanishq	- Present
Annu	- Present
Ekta	- Present
Bhumnika	- Present
Kajal	- Present
Nishu	- Present
Ofansi	- Present
Jahej preet	- Present
Bhoomika sharma	- Present
Ofansi Badhwar	- Present
Ofuskan	- Present



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