ANNEXURE – XI

STUDENT'S PERSONALITY DEVELOPMENT ACTIVITIES

Ref. to 11 (a) Activities conducted by the Institution

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital COF
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU

ANNEXURE XI: STUDENT PERSONALITY DEVELOPMENT ACTIVITIES

Reference to Point 11(a): STUDENT ACTIVITIES – ROLE PLAYS, SEMINARS, TRAINING SESSIONS, WORKSHOPS, QUIZZES COMPETITIONS Etc.

S.No.	DATE	ACTIVITY	AREA/DEPARTMENT
MOCK INTERVIEW			
1.	09/10/2026	Mock Interview: Career guidance & Counselling	St. Stephen's Hospital College of Nursing
LIST OF ROLE PLAYS PERFORMED BY STUDENTS			
1.	10/10/2025	Role play on Access to Mental Health Services in Catastrophes and Emergencies	Mental Health Nursing
2.	14/11/2025	Awareness Skit: Behavioural Issues in Children	Child Health Nursing
3.	20/11/2025	Awareness Skit: Non - Communicable Diseases	Community Health Nursing
4.	21/11/2025	Awareness Skit: Communicable Diseases	Community Health Nursing
5.	21/11/2025	Role Play: Personal hygiene and winter care	Community Health Nursing
6.	04/12/2025	Street play On Cyber bullying	Community Health Nursing
7.	05/12/2025	Prevention of anemia Among School Going Children	Community Health Nursing
8.	18/12/2025	Awareness Skit: Worm infestation	Community Health Nursing
9.	20/02/2026	Role Play on Prevention of HIV/ AIDs	Community Health Nursing
10.	30/03/2026	Awareness program on TB prevention	Community Health Nursing
11.	01/06/2026	Role play on World No Tobacco Day	Community Health Nursing
12.	18/08/2026	Role play on Diabetes mellitus	Community Health Nursing
13.	27/08/2026	Role Play: Awareness skit on Screen time and Mobile addiction	Community Health Nursing
14.	16/09/2026	Role play on PMSMA	Community Health Nursing
15.	07/10/2026	Health Awareness program on Personal hygiene through Rhymes at Anganwadi	Community Health Nursing
16.	08/10/2026	Roleplay on Family planning	Community Health Nursing
17.	09/10/2026	Role Play: Awareness for patients & bystanders	Mental Health Nursing
18.	10/10/2026	Awareness program on Menstrual Hygiene	Community Health Nursing
LIST OF GROUP DISCUSSIONS ORGANISED FOR STUDENTS			
1.	22/11/2025	Expert Talk on 'Know Your Fundamental Duties'	Mental Health Nursing
2.	11/06/2026	Group Discussion: Topic - Egg Freezing	St. Stephen's Hospital College of Nursing
\3.	21/08/2026	Group Discussion: Topic - Identification of the Research Gap	St. Stephen's Hospital College of Nursing
4.	01/09/2026	Group Discussion: Topic - Methodological Framework	St. Stephen's Hospital College of Nursing
5.	21/09/2026	Group Discussion: Topic - Preliminary Administration of Tool	St. Stephen's Hospital College of Nursing

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LIST OF SEMINARS, TRAINING SESSIONS, WORKSHOPS ORGANIZED FOR STUDENTS			
1.	25/11/2025	Expert Talk On "Cybercrime & Digital Safety	Medical Surgical Nursing
2.	10/02/2026	Workshop on "Building Resilience and Handling stress"	St. Stephen's Hospital College of Nursing
3.	12/02/2026	Basic life support (BLS)	Medical Surgical Nursing
4	29/04/2026	Workshop on "For every generation vaccines work"	St. Stephen's Hospital College of Nursing
LIST OF COMPETITIONS ORGANISED/ATTENDED			
1.	03/10/2025-10/10/2025	Mental Health Week Poster Competition (students were awarded cash prizes and certificates)	Mental Health Nursing
2.	20/11/2025	Flash Talk Competition: Leave No Trace Travel	Child Health Nursing
3.	21/11/2025	Clay Modelling: Clay Tales of Delhi	Child Health Nursing
4.	24/11/2025-29/11/2025	Video Making Competition on Saving Water	Obstetrics And Gynaecology Nursing
5.	27/11/2025	Debate Competition: Business vs. Environment	Community Health Nursing
6.	01/12/2025-02/12/2025	Photography Contest: "Tourism Through My Lens"	Medical Surgical Nursing
7.	02/12/2025	Collage Making Competition on "E-Waste Management"	Mental Health Nursing
8.	03/12/2025	Reel Making Competition on Rural Tourism	Mental Health Nursing
9.	04/12/2025	Fancy Dress Competition	Medical Surgical Nursing
10.	04/12/2025	Zero-Waste Cooking Challenge	Obstetrics and Gynaecology Nursing
11.	05/10/2026	Poster Competition: Live Experiences Heard Real Voices, Real Change	Mental Health Nursing
LIST OF QUIZZES ORGANISED/ATTENDED FOR STUDENTS			
1.	31/01/2026	Topic: Social System	Sociology
2.	10/02/2026	Topic: Building Resilience and Handling Stress	Administration & Management
3.	07/10/2026	Guess the Diagnosis	Mental Health Nursing
EDUCATIONAL FAIR			
1.	24/01/2026	Simulation and Mannequin – based learning skills, Educational Exhibits, Game & Food Stalls	St. Stephen's Hospital College of Nursing

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ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

NOTICE

Date: 09/09/2026

Mock Interview – B.Sc. (Hons.) Nursing 4th Year, Semester VIII

All students of **B.Sc. (Hons.) Nursing 4th Year, Semester VIII** are hereby informed that a **Mock Interview** will be conducted on **09/10/2026**.

All concerned students are instructed to attend the mock interview **in proper college uniform and formal attire**, and report to the designated venue on time.

VENUE: STAFF CONFERENCE ROOM

TIME: 11:00 am- 1:00 PM

Prof. Dr. Feba Geevarghese

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU

MOCK INTERVIEW







Prof. Dr. Feba Geevarghese

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital OON
Associate Dean
'Nursing & Allied Sciences'

ROLE PLAY

Title: Access to Mental Health Services in Catastrophes and Emergencies
Date: 10/10/2025
Department: Mental Health Nursing





Title: Awareness Skit: Behavioral Issues in Children
Date: 14/11/2025
Department: Child Health Nursing





Title: Awareness Skit: Non - Communicable Diseases
Date: 20/11/2025
Department: Community Health Nursing





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Title: Awareness Skit: Communicable Diseases
Date: 21/11/2025
Department: Community Health Nursing





Title: Role Play: Personal hygiene and winter care
Date: 21/11/2025
Department: Community Health Nursing





Title: Street play On Cyber bullying
Date: 04/12/2025
Department: Community Health Nursing





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Title: Prevention of anemia Among School Going Children
Date: 05/12/2025
Department: Community Health Nursing





Title: Awareness Skit: Worm infestation
Date: 18/12/2025
Department: Community Health Nursing





Title: Role Play on Prevention of HIV/ AIDs
Date: 20/02/2026
Department: Community Health Nursing





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USM & AHS, GGSIPU

Title: Awareness program on TB prevention
Date: 30/03/2026
Department: Community Health Nursing





Title: Role play on World No Tobacco Day
Date: 01/06/2026
Department: Community Health Nursing





Title: Role play on Diabetes mellitus
Date: 18/08/2026
Department: Community Health Nursing





Prof. Dr. Feba Geevarghese

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USM & AHS, GGSIPU

Title: Role Play: Awareness skit on Screen time and Mobile addiction
Date: 27/08/2026
Department: Community Health Nursing





Title: Role play on PMSMA
Date: 16/09/2026
Department: Community Health Nursing





Title: Health Awareness program on Personal hygiene through Rhymes at Anganwadi
Date: 07/10/2026
Department: Community Health Nursing





Prof. Dr. Feba Geevarghese

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Title: Role play on Family planning
Date: 08/10/2026
Department: Community Health Nursing





Title: Role Play: Awareness for patients & bystanders
Date: 09/10/2026
Department: Mental Health Nursing





Title: Role Play: Awareness program on Menstrual Hygiene
Date: 10/10/2026
Department: Community Health Nursing





Prof. Dr. Feba Geevarghese

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ST STEPHEN'S HOSPITAL COLLEGE OF NURSING

REPORT OF EXPERT TALK ON 'KNOW YOUR FUNDAMENTAL DUTIES'

Department of Mental Health Nursing, St. Stephen's Hospital College of Nursing organized an Expert Talk on 'Know Your Fundamental Duties' on 22/11/2025 from 8:30 AM onwards to enhance awareness towards constitutional rights and duties among students. This activity was held to take part in District ECO-SDG Champion Movement 2025.

A team of 5 student experts from M.Sc. (N)2nd year under the guidance of teaching faculty members led the session. Mr. Yuvraj, a student expert was the moderator of the Expert Talk.

The speakers presented a comprehensive and engaging talk covering overview of all **11 fundamental duties listed under Article 51A** of the Constitution. Explanation of each duty with real life examples relevant to students was given. Prof. Dr. Feba Geevarghese, Principal College of Nursing addressed the students and emphasized the role of youth in upholding constitutional values towards the development of our Nation.

Multimedia presentations and interactive discussions helped students to better understand the significance of these duties in everyday life.

Students actively participated by asking questions and sharing their understanding. The interactive nature of sessions helped to reinforce the importance of responsible citizenship.

Student exerts were appreciated for the clarity and depth of presentation in a lively manner which was truly impactful.

A formal vote of thanks was delivered for expression of gratitude to the resources persons, organizers and participants making the session meaningful. The session finished by 9:30 AM.

LIST OF STUDENT EXPERTS

S.NO.	NAME OF THE STUDENTS	BATCH
1.	Ms Ashly	M.Sc.(N) 2nd Year
2.	Ms Kanchan Wadhwa	M.Sc.(N) 2nd Year
3.	Ms Shivani Ahlawat	M.Sc.(N) 2nd Year
4.	Ms Sharoon Luther	M.Sc.(N) 2nd Year
5.	Mr Yuvraj Gurjur	M.Sc.(N) 2nd Year

STUDENT DELEGATES: GNM FIRST YEAR BATCH 2025-2026

Glimpses of the Session











Ms. Sheljy Shajan
Associate Professor

Prof Dr. Feba Geevarghese
Principal
St. Stephen's Hospital College of Nursing

ST. STEPHENS HOSPITAL COLLEGE OF NURSING

Group Discussion on Egg Freezing

Egg freezing, or oocyte cryopreservation, is an assisted reproductive technology that allows a woman's unfertilized eggs to be collected, frozen, and stored for possible future use.

The increasing age at which many women plan pregnancy has generated greater interest in fertility preservation. Egg freezing may provide an opportunity to preserve eggs at a younger age, when egg quality and quantity are generally more favorable. It can therefore offer women greater reproductive flexibility and an additional option for future family planning.

However, promoting egg freezing as a standard option for all women remains a subject of debate. While it may provide reproductive autonomy and future possibilities, it also involves financial costs, medical procedures, potential risks, and no guarantee of a successful pregnancy. Therefore, the discussion should consider both the potential benefits and limitations before deciding whether egg freezing should be routinely promoted to all women









for

Ms. Tanu
Sub. Coordinator

Prof. Dr. Feba Geevarghese
Principal

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences)
USM & AHS, GGSIPU

St. Stephen's Hospital College of Nursing

Report of Group Discussion on Identification of the Research Gap

St. Stephen's Hospital College of Nursing conducted a Group discussion among research committee members, Faculty and students on the topic **'Problem Statement - Identification of the Research Gap'** on 21/08/26 at Classroom 1 from 2.30 PM onwards.

Members present:

- **Prof. Dr. Feba Geevarghese, Principal, College of Nursing**
- **Prof. Sheljy Shajan, Vice Principal**
- **Guides and Co guides**
- **M.Sc.(N) faculty**
- **Post Basic B.Sc. Nursing Second Year Students**
- **M.Sc. Nursing Second year Students**

Agenda of discussion:

- To understand the significance of good quality researches in nursing
- To discuss the framework to complete dissertation work as part of the curriculum
- To evaluate the appropriateness of research statements proposed by students

Group discussion started at 2:30 PM. Each group presented their statements followed by the group discussion among the research committee members and faculty. Each proposed statement was analyzed for the need of conducting it along with its feasibility. The most appropriate statement was selected considering its relevance and contribution to the nursing profession. Group discussion finished at 4:30 PM.

Ms. Rency Mol Jaboi
H.O.D

Prof. Dr. Feba Geevarghese
Principal
St. Stephen's Hospital College of Nursing

ST. STEPHENS HOSPITAL COLLEGE OF NURSING

Group Discussion on Methodological Framework

Group Discussion on **Methodological Framework** adopted by of M.Sc. Nursing students, Batch 2025-2026 was held on 01/09/2026 at Classroom 1, St. Stephen's Hospital College of Nursing from 10:20am onwards

Members present:

- **Prof. Dr. Feba Geevarghese, Principal, College of Nursing**
- **Prof. Sheljy Shajan, Vice Principal**
- **Guides and Co guides**
- **M.Sc.(N) faculty**
- **Post Basic B.Sc. Nursing Second Year Students**
- **M.Sc. Nursing Second year Students**

Agenda of discussion:

- To discuss the appropriateness of methodology adopted for conducting study.
- To assess the validity and reliability of the research instruments formulated.
- To discuss the accuracy of result findings obtained.

Description

- Group Discussion started at 1:20 am. Each M.Sc. Nursing second year students were given 15 minutes to present study followed by group discussion on research methodology adopted for conducting the study. The appropriateness of the tool and feasibility of conducting study was ensured. Suggestions and Corrections have made by the Principal Ma'am and faculty. Discussions finished at 12:00 pm.

Ms. Rency Mol Jaboi
H.O.D

Prof. Dr. Feba Geevarghese
Principal
St Stephen's Hospital College of Nursing

ST. STEPHENS HOSPITAL COLLEGE OF NURSING

Group Discussion on Preliminary Administration of Tool

Group discussion on **Preliminary Administration of Tool** was held on 21/09/2026 for Post Basic B.Sc. Nursing & M.Sc. Nursing final year students at Classroom 1, St. Stephen's Hospital College of Nursing.

Members present:

- **Prof. Dr. Feba Geevarghese, Principal College of Nursing**
- **Prof. Sheeba Joseph ,Vice Principal College of Nursing**
- **M.Sc. Nursing Faculty**
- **Post Basic B.Sc. Nursing Second Year Students**
- **M.Sc. Nursing Second year Students**

Agenda of discussion

- To understand the appropriateness of tools and techniques of data collection
- To assess the validity and reliability of the research instruments formulated.
- To discuss the feasibility of administering each research instrument.

Description

Group discussion started at 02:30 PM. The types of research instruments used for conducting study were discussed. Each group pilot study findings were analysed for the appropriateness of the tool and feasibility of conducting study. Suggestions and Corrections have made by the Principal and M.Sc. Nursing faculty. Group discussion finished at 04:00 pm.

Ms. Rency Mol Jaboi
Sub. Coordinator

Prof. Dr. Feba Geevarghese
Principal
St Stephen's Hospital College of Nursing

REPORT ON EXPERT TALK ON "CYBERCRIME & DIGITAL SAFETY"

Cybercrime refers to any criminal activity that involves computers, networks, or digital devices. It includes everything from simple scams to highly sophisticated attacks targeting individuals, businesses, or even governments. There are various types of Cybercrime such as Malware Attacks, Phishing & Social Engineering, Identity Theft, Financial Cybercrime, Hacking & Unauthorized Access, Cyberstalking / Harassment, IoT & Device Attacks.

Medical Surgical Nursing Department, St. Stephen's Hospital College of Nursing organized an Expert Talk on "Cybercrime & Digital safety" on 25th November 2025 at Conference Hall, St. Stephen's Hospital, Tis Hazari, Delhi. This session is under APEX SDG Trust Framework to join District ECO-SDG Champion 2025 (DESC-2025).

The session was started with an introduction given by Ms. Gracy Phinao, Senior Nursing Tutor Grade II, followed by the expert talks given by 3 resource persons.

The resource persons of the session were:

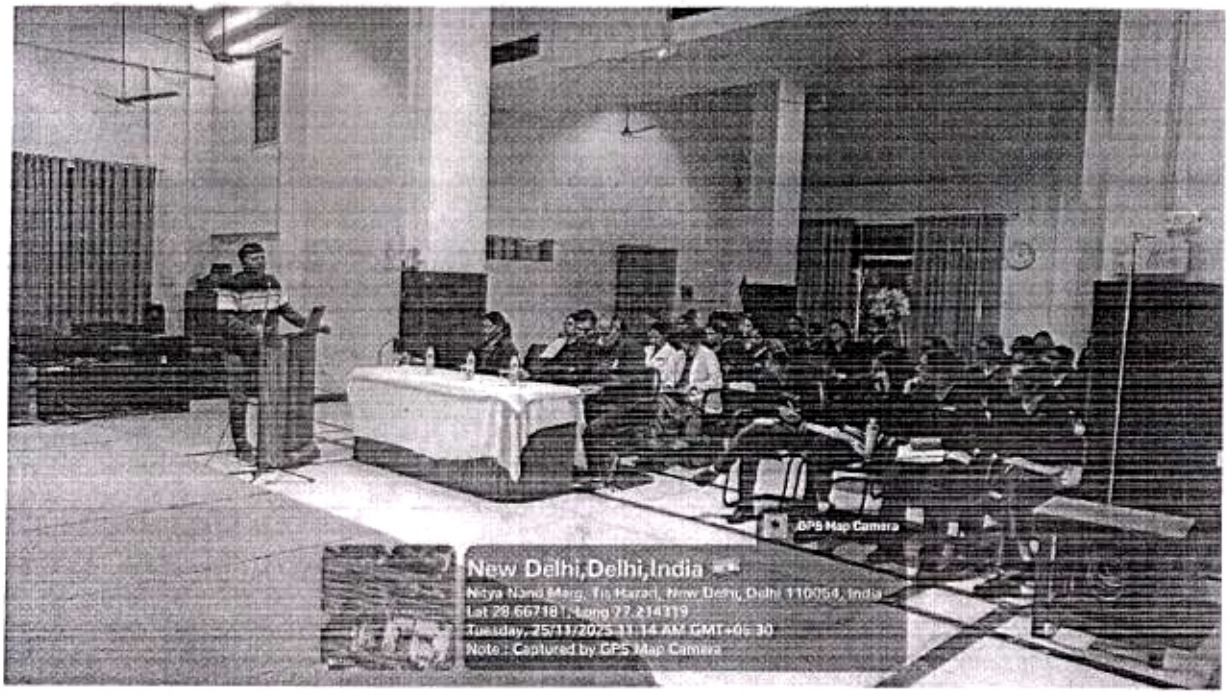
1. Mr. Neeraj, Assistant Sub Inspector **(Cybercrime Cell, Delhi)**
2. Mr. Himanshu, Head Constable **(Cybercrime Cell, Delhi)**
3. Mr. Dharmender, Head Constable **(Cybercrime Cell, Delhi)**

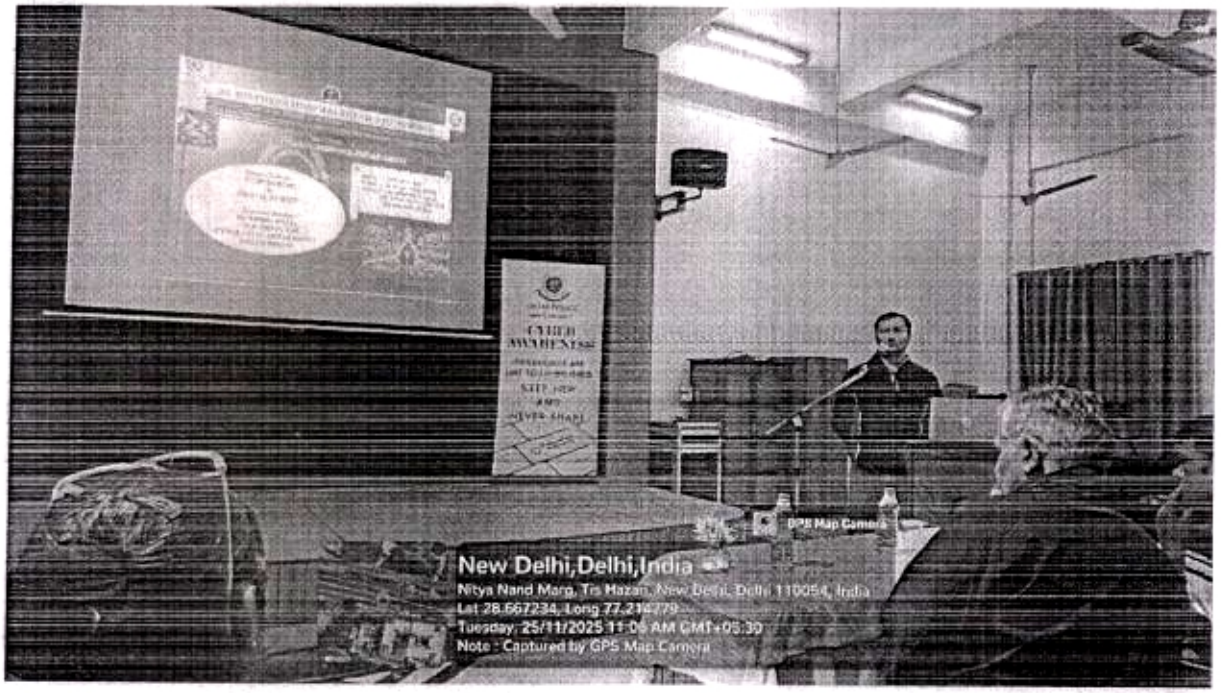
The attendees of this session were students of B.Sc.(H) Nursing 2nd year Semester 3 (36 students) and B.Sc.(H) Nursing 4th year (24 students). An interactive session from the students was also held where the students share their experiences and stories. Token of appreciation was handed over to the 3 resource persons by Mr. Sunny Thomas, Head of Security Department, St. Stephen's Hospital. The session ended by a vote of thanks from Ms. Komal, Senior Nursing Tutor Grade II.

GLIMPSES OF EXPERT TALK




DELHI POLICE
CYBER AWARENESS
BEFORE LEAVING THE SCENE CLEAR YOUR DESK AND SCREEN
DELHI POLICE
CYBER AWARENESS


GPS Map Camera
New Delhi,Delhi,India
Netya Nand Marg, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.667181, Long 77.214319
Tuesday, 25/11/2025 11:14 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,Delhi,India
Nitya Nand Marg, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.667234, Long 77.214779
Tuesday, 25/11/2025 11:06 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
New Delhi,Delhi,India
Nitya Nand Marg, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.667233, Long 77.214270
Tuesday, 25/11/2025 11:02 AM GMT+05:30
Note : Captured by GPS Map Camera



Ms. Clarice A. Lyngdoh

Assistant Professor

Prof. Dr. Feba Geevarghese

Principal

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING, DELHI

ORGANIZING A WORKSHOP ON

"BUILDING RESILIENCE AND HANDLING STRESS"





CONTACT FOR REGISTRATION

MS. ANISHA
95603 63599

MS. RUCHI
93418 93904

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
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CHIEF GUEST

PROF. DR. FEBA GEEVARGHESE

Principal cum Professor
St Stephen's Hospital College of Nursing
Associate Dean
Nursing & Allied Health Science
USM & Allied Health Sciences, GGSIPU

ORGANIZING COMMITTEE

- **PROF. SHEEBA P. JOSEPH**
  (VICE PRINCIPAL)
- **PROF. SHELJY SHAJAN**
  (PROFESSOR)
- **MS. KOMAL KUMARI**
  (SENIOR NURSING TUTOR GR-2)
- **MS. PRATIBHA THAKUR**
  (SENIOR NURSING TUTOR GR-2)
- **MS. GREESHA**
  (NURSING TUTOR GR-3)

GREETINGS

Greetings from St. Stephen's Hospital College of Nursing, Delhi. It gives us immense pleasure to invite you to the Workshop scheduled on 10th February 2026.

TARGET GROUP

B.Sc. (Hon.) Nursing First-year Students (Semester-1) & GNM First-year Students

ABOUT THE INSTITUTION

St. Stephen's Hospital, Delhi is a charitable mission hospital, established and run by St. Stephen's Hospital Society. It had a Humble beginning in 1885 as a 20-bed hospital in Chandni Chowk in memory of Ms. Priscilla Winter, a non-medical Missionary. By 1908 the hospital grew into a 100 bedded Women and Children's hospital relocated in Tis Hazari. Today, this Modern well-equipped hospital has a strength of 595 beds in various specialties and super specialties. Education and training of Medical, Nursing and Allied Health Professionals is an ongoing Programme in this institution. In 2012, St. Stephen's Hospital Health Care Facility was opened in Gurugram, Haryana. Established in 1908 and founded by Ms. Alice Wilkinson, a pioneer and co-author of the constitution of the INC, we have one of the oldest Nursing schools in the country. In 1952, we started the A grade Diploma course and then the General Nursing and Midwifery course. In the year 2008, the school of Nursing was upgraded to College of Nursing affiliated to GGSIPU and B.Sc. (Hons.) Nursing was Started with 50 seats. We have 15 seats in M.Sc. Nursing and 20 seats in Post Basic B.Sc. Nursing.

ABOUT THE THEME

Stressful situations are an unavoidable part of life. Time, money and energy will always have limits. With a better understanding of stress and a little practice, however, the effects of stress can be lessened or eliminated. Our theme "BLOOM WITHOUT BURNOUT", is based on easing academic stress, building self-confidence and positive relationships, and simplifying the nursing journey.

PROGRAMME SCHEDULE

VENUE : CONFERENCE HALL
DATE : TUESDAY, 10 FEBRUARY 2026
TIME : 8:00 AM - 1:30 PM

TIME	EVENTS	RESOURCE PERSON
08:00AM-08:30AM	Registration & Pre-test	
08:30AM-09:00AM	Inaugural session • Welcome speech • Unveiling the Theme • Chief Guest address Prof. Dr. Feba Geevarghese Principal St. Stephen's Hospital College of Nursing	
09:00AM -09:30AM	Mind and Body Connection	Dr. Juhi Rachel Baluja Consultant Psychiatrist
09:30AM– 10:15AM	The Mind Under Stress/Mental and Emotional Effects of Stress	Ms. Shinon Ashley Samuel Clinical Psychologist
10:15AM-10:30AM	Quiz time	
10:30AM-11:00AM	Reset moment	
11:00AM-11:45AM	Self-Help Techniques for handling Stress	Ms. Ria Kalra Clinical Psychologist
11:45AM-12:15PM	Group Activity	
12:15PM-12:45PM	Building Resilience : An Overview	Prof. Sheljy Shajan HOD, Psychiatric Nursing
12:45PM-1:00PM	Post test	
1:00PM-1:30 PM	Valedictory Session • Student's Response • Vote of Thanks	

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences)
USM & AHS, GGSIPU

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING DELHI

REPORT ON

"BUILDING RESILIENCE AND HANDLING STRESS"

SUBMITTED TO:

Prof. Sheljy Shajan
Subject Coordinator
Management of nursing
service and education

SUBMITTED BY:

B.Sc. (Hons.) Nursing
4th year
Batch:2021-2026

Prof. Dr. Feba Geevarghese
Principal Cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing and Allied Sciences)
USM and AHS
GGSIPU

INTRODUCTION

"The greatest glory in living lies not in never falling, but in rising every time we fall."
- Nelson Mandela

To spread awareness regarding effective stress management and resilience building among students, the students of B.Sc. (H) Nursing 4th year conducted a workshop on "Building Resilience and Handling Stress" on 10th February 2026 from 8:00 am to 1:30 pm, which was given to 1st year students of B.Sc. (H) Nursing and General Nursing and Midwifery courses.

Prof. Dr. Feba Geevarghese, Principal, St. Stephen's Hospital College of Nursing, was the Chief Guest of the Workshop. Prof. Sheeba P. Joseph, Vice-Principal, Prof. Sheljy Shajan, Professor, Ms. Komal Kumari, Senior Nursing Tutor Grade-2, Ms. Pratibha Thakur, Nursing Tutor Grade- 2, Ms. Greesha, Nursing Tutor Grade-3 and B.Sc. (Hons.) Nursing 4th Year were the organizing committee members of the workshop.



Building Resilience And Handling Stress is an essential life skill that helps individuals adapt to challenges, recover from setbacks, and maintain emotional and mental well-being even in demanding situations. By learning healthy coping strategies, strengthening self-awareness, and developing supportive habits, people can face pressure with confidence instead of exhaustion. Stress is unavoidable, but burnout is preventable when resilience is nurtured through the right tools and mindset. That is why we chose the theme of this workshop as "Bloom Without Burnout" — to emphasize growing stronger, healthier, and more productive while staying balanced and energized.

The theme highlights the idea that students can grow, succeed, and reach their full potential while still protecting their mental and emotional well-being. The theme encourages developing resilience, healthy coping skills, and self-care habits so that stress becomes a tool for growth rather than exhaustion. It focuses on maintaining balance, nurturing inner strength, and learning how to thrive academically and personally without feeling overwhelmed or drained.



Official Logo of the Workshop

OBJECTIVES OF THE WORKSHOP

1. To identify various stressors in 1st year Nursing students.
2. To understand the concept of the mind -body connection.
3. To recognize impact of stress on mental and emotional health.
4. To practice various stress relieving techniques.

DESCRIPTION OF ACTIVITIES DONE

The workshop on stress management was conducted on 10th February 2026 under guidance of Prof. Dr. Feba Geevarghese, Principal, SSHCON, Prof. Sheeba P. Nath, Vice-Principal, Ms. Sheljy Shajan, Professor, Ms. Komal Kumari, Senior Nursing Tutor Grade-2, Ms. Pratibha Thakur, Nursing Tutor Grade-2 and Ms. Greesha, Nursing Tutor Grade-3, who guided us from planning to organizing the workshop in a coordinated manner.

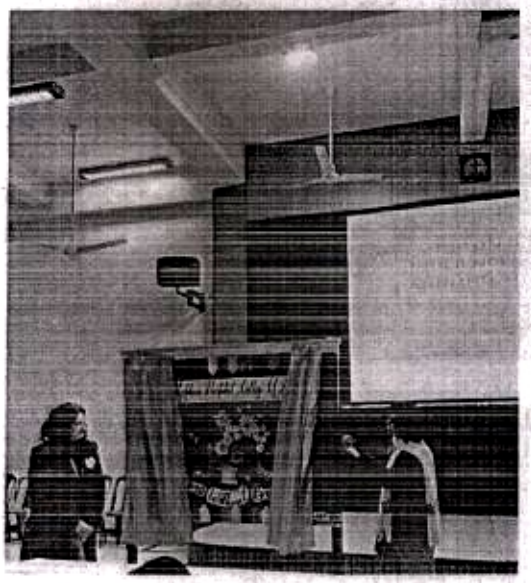
The workshop started at 8:00 am with registration and pre-test. A total of 100 students enrolled in the workshop and submitted their pre-test before the start. The pre-test consisted of 15 questions. Registration was closed by 8:15 am and pretest was collected.

After pretest, prayer song was sung by B.Sc. (Hons) Nursing 4th year for the blessing and grace of God throughout the workshop





The Guests and the resource persons as well as the participants of the workshop were welcomed by Ms. Komal kumari, Senior Nursing Tutor Grade-2 and unveiling of the theme for the workshop was done by Principal Ma'am and Vice-Principal Ma'am along with Dr. Juhi. The theme, "Bloom Without Burnout" was then described by Ms. Rechal Sirola.



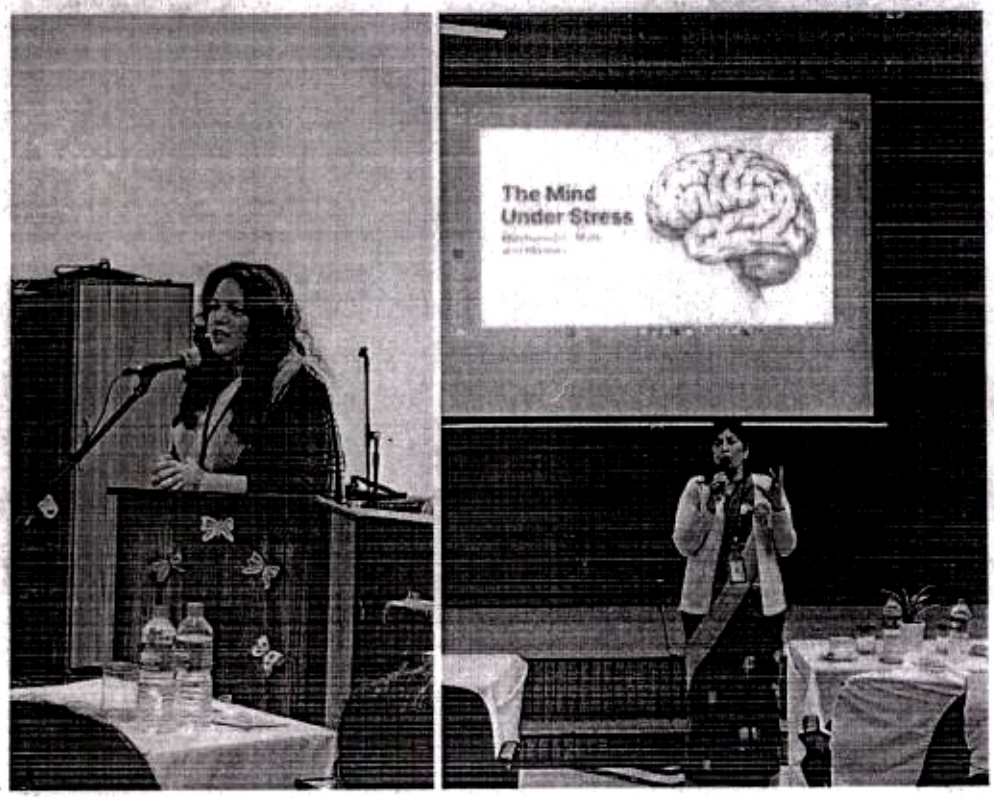


After unveiling of the theme, the chief guest of the day, Prof. Dr. Feba Geevarghese addressed the participants and explained about the relevance of the theme "Bloom without Burnout ". Madam outlined, how to build resilience by handling stress, tips to tackle students stress which was beneficial to the gathering as it gave ways and tricks to manage stress easily in daily life of a nursing student.



Later we started off with sessions hosted by the resource persons. Session 1 was taken by Dr. Juhi Rachel Baluja Consultant Psychiatrist, Department of Psychiatry, St. Stephen's Hospital. She dealt with "Mind and Body Connection". She discussed the reality of stress in nursing, definition of mind body connection, interaction between psychological and physical processes. She added that common physical symptoms that occur in stress like headache, palpitations, gastric discomfort, fatigue, muscle tension are the effect of Stress hormone cortisol and emphasized that effective time management is an important strategy to deal with stress

Session 2 was conducted by Ms. Shinon Ashley Samuel Clinical Psychologist, Department of Psychiatry, St. Stephen's Hospital. She focused on "The Mind Under Stress/Mental and Emotional Effects of Stress". She gave an elaborate description about stress, mechanism of stress, and different models like biopsychosocial model, Lazarus and Folkman model and how to deal with stress.



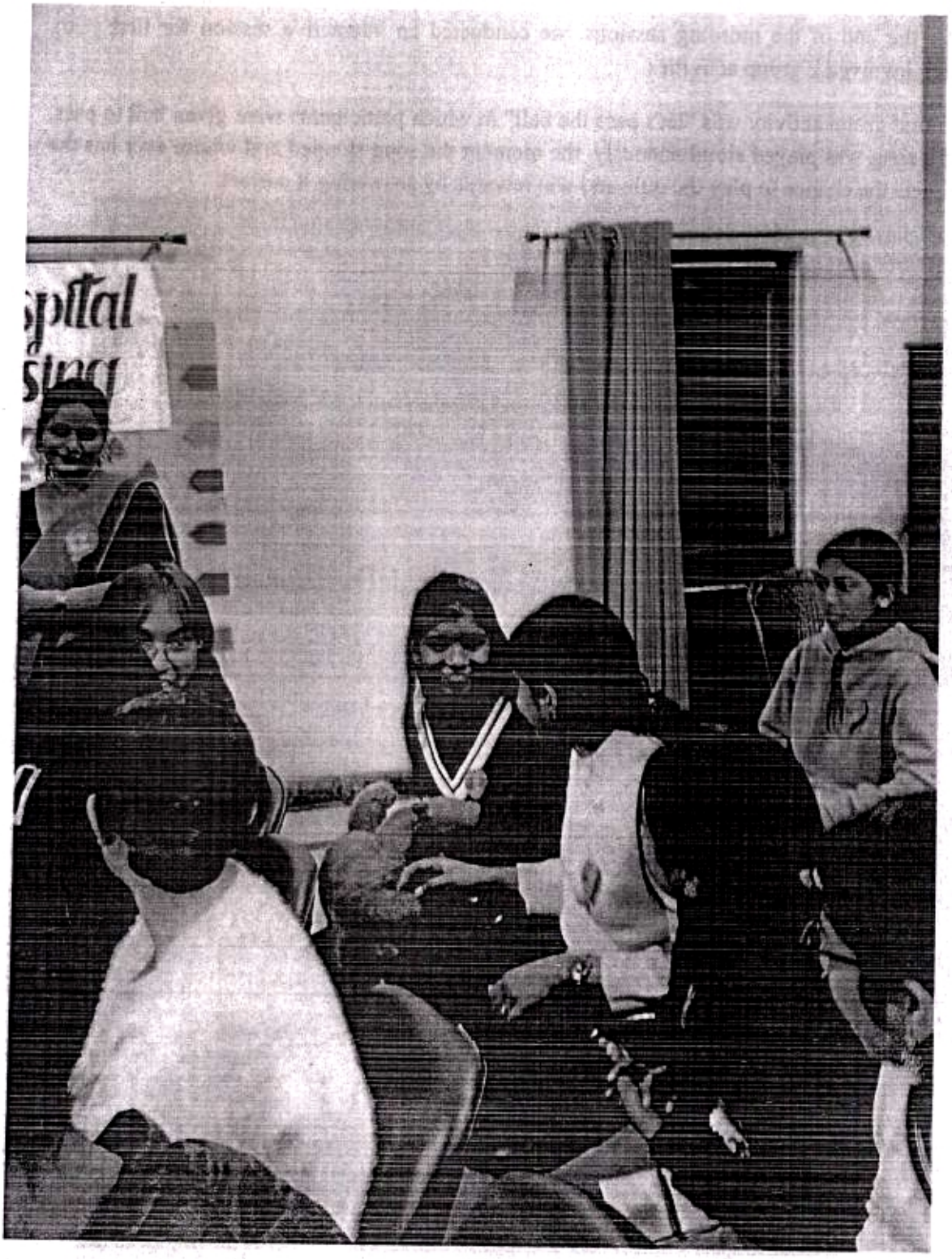
The 3rd and the final session were conducted by Ms. Shinon Ashley Samuel Clinical Psychologist, Department of Psychiatry, St. Stephen's Hospital. She provided information on "Self-Help Techniques for handling Stress". Her session included information regarding categories of coping, mental traps, 6 different interventions and a practical session on **Emergency Kit-Grounding Technique**. The session was lively with the use of real life examples and Bollywood movie narrations.



After the end of the morning sessions, we conducted an interactive session for first years which involved 2 group activities.

The first group activity was "let's pass the ball" in which participants were given ball to pass, and a song was played simultaneously, the moment the song stopped and whose ever has the ball gets the chance to play the quiz and win rewards by answering it correct.





The 2nd activity was a game session themed "complete the lyrics!" It involved participants to be competitors and complete the lyrics of the songs which if they successfully solved, the competitor was rewarded.

The participants actively participated in the group activities and gave an assertive crowd reaction.

The workshop was concluded by the Valedictory session which included the Post-test by the participants.

Participant response was given by Ms. Afiya (B.Sc. (H) Nursing 1st Year) and Ms. Abana (G.N.M. 1st Year). Feedback was given from all participants.

Vote of Thanks was given by Ms. Rechal Sirola (B.SC.(H) Nursing 4 the Year).

EFFECTIVENESS OF THE WORKSHOP

The effectiveness of the workshop was calculated at the end of the workshop and found that the workshop was knowledgeable and effective for the group. The criterion for evaluation was set as follows:

CRITERION OF KNOWLEDGE LEVEL	SCORE
GOOD	11-15
AVERAGE	6-10
POOR	0-5

Based on this criterion, the students were evaluated in pre-test and post-test. The pre-test and the post-test depicted in graphs as below.

PRE-TEST SCORES OF STUDENTS

N= 98

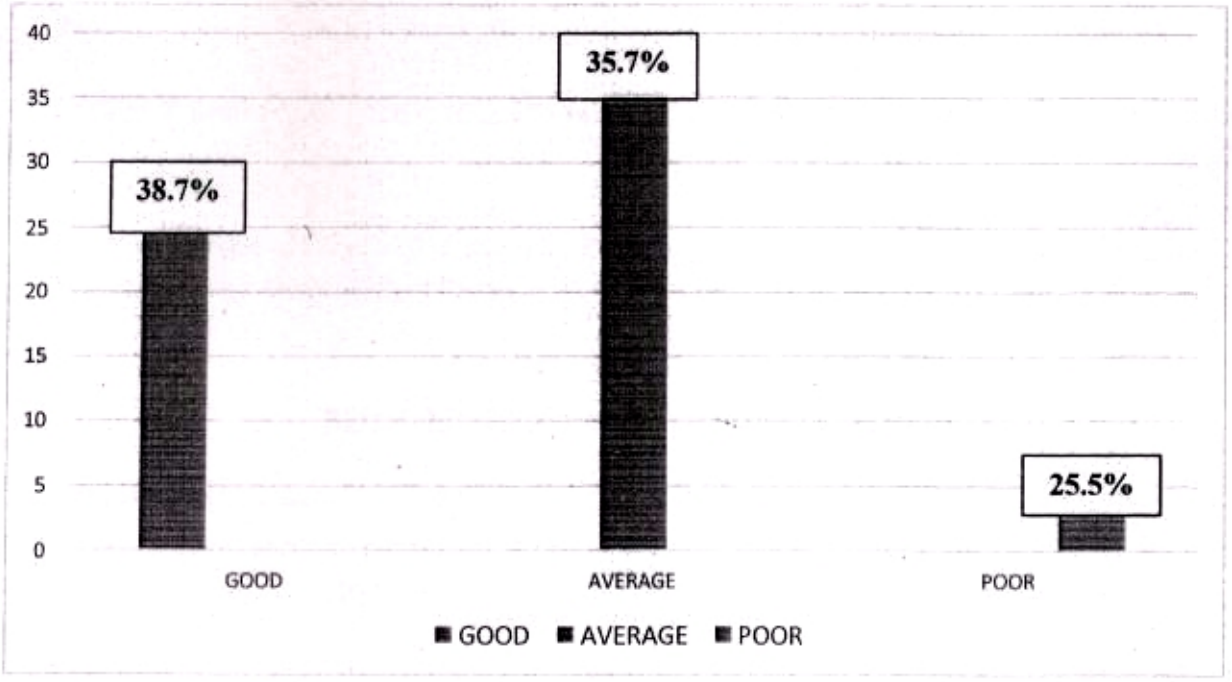


Figure 1: Bar diagram depicting knowledge level of first year nursing students according to pre test

25.5% Students scored good marks, 35.7% scored average marks, and 38.7% scored poor marks.

POST-TEST SCORES OF STUDENTS

N= 98

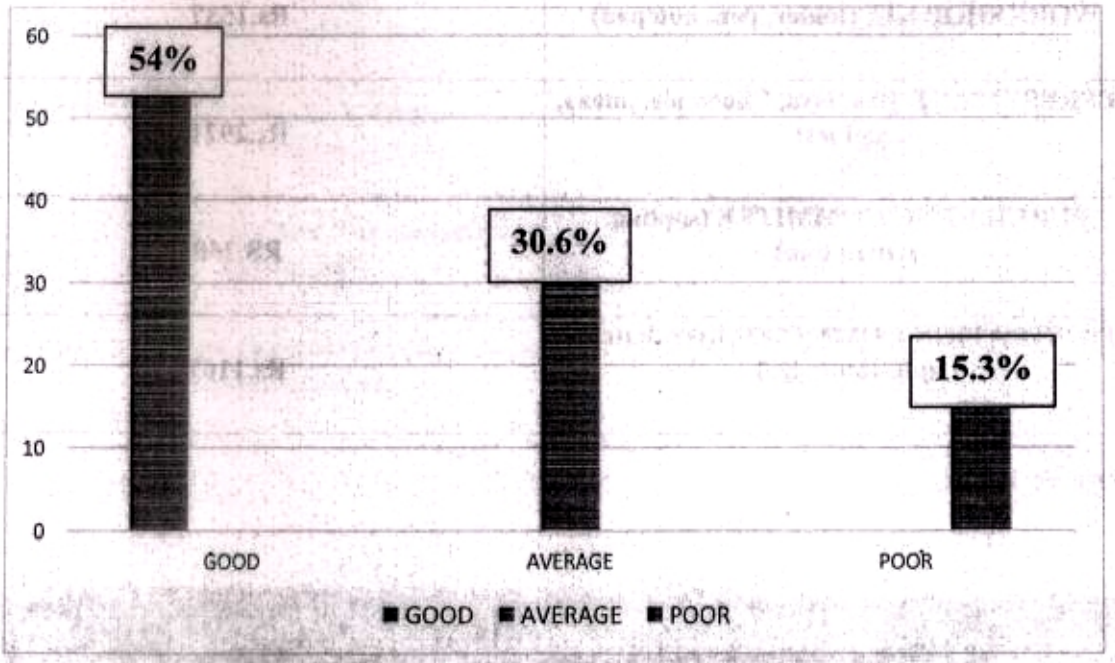


Figure 2: Bar diagram depicting knowledge level of first year nursing students according to posttest

54% of students scored good marks, 30.6% scored average marks, and 15.3% scored poor marks.

This result revealed the effectiveness of workshop as majority of students were in good scores and some students were found in poor category.

BUDGET PLAN OF THE WORKSHOP

Total amount collected: **Rs.6000 /-**

ITEM	EXPENDITURE
AV AID(charts, sheets, marker)	Rs.125

ITEM	EXPENDITURE
WORKSHOP KIT (folder, pen. notepad)	Rs.1537
REFRESHMENT (tea, lays, Choco pie, ,maza, cookies)	Rs.2921
PURCHASING COMMITEE (sapling, felicitation)	RS.250
REGISTRATION COMMITEE(flyer ,batches, questionnaire)	Rs.1167

Balance amount: **Rs. 0**



"Every day brings a choice: to practice stress or to practice peace."
Joan Borysenko

SUMMARY AND CONCLUSION

Through this workshop, the organizers and participants were able to impart knowledge and practical skills regarding stress management and resilience building. The students' coping and comprehensive skills were assessed through a pre-test and post-test, after feedback from audience was collected which had an overall positive response.
The workshop took place on 10th February 2026. It was organized in the context of Building Resilience and Handling Stress.

The main objectives were to:
1. To identify various stressors in 1st year Nursing students.
2. To understand the concept of the mind -body connection.
3. To recognize impact of stress on mental and emotional health.
4. To practice various stress relieving techniques.

The workshop was organized into 3 main sessions. The session started by conducting a pre-test to assess the knowledge of audience followed by the introduction by the representative of the workshop and then the prayer session was held and welcomed chief guest for the workshop. Prof. Dr. Feba Geevarghese. The different sessions were taken by resource person.

Session 1 - by Ms. Dr. Juhi Rachel Baluja Consultant Psychiatrist, Department of Psychiatry, St. Stephen's Hospital. Regarding "Mind and Body Connection".

Session 2 – by Ms. Shinon Ashley Samuel Clinical Psychologist, Department of Psychiatry, St. Stephen's Hospital. She focused on "The Mind Under Stress/Mental and Emotional Effects of Stress".

Session 3 – by Ms. Shinon Ashley Samuel Clinical Psychologist, Department of Psychiatry, St. Stephen's Hospital. She provided information on "Self-Help Techniques for handling Stress". The evening sessions concluded with various game activities. The workshop concluded with vote of thanks.

BASIC LIFE SUPPORT (BLS)







Prof. Dr. Feba Geevarghese

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU



WORLD Immunization WEEK

ORGANIZING CHAIRPERSON

Prof. Dr. FEBA GEEVARGHESE

PRINCIPAL

ST. STEPHEN'S HOSPITAL

COLLEGE OF NURSING

TIS HAZARI, DELHI

ORGANIZING COMMITTEE

CHILD HEALTH NURSING DEPARTMENT

ST. STEPHEN'S HOSPITAL

COLLEGE OF NURSING

ST. STEPHEN'S HOSPITAL

COLLEGE OF NURSING

TIS HAZARI, DELHI

IS ORGANIZING A WORKSHOP ON "WORLD IMMUNIZATION WEEK"



Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
IISM & AHS, GGSIPU

THEME: FOR EVERY GENERATION, VACCINES WORK

GREETINGS

Greetings from St. Stephen's Hospital, College of Nursing Delhi, invite you on 29 April 2026 for the workshop.

TARGET GROUP

- B. Sc Nursing third year students (semester 6)
- GNM second year students

ABOUT THE INSTITUTION

St. Stephen's Hospital is a Charitable Mission Hospital, established and run by St. Stephen's Hospital Society. It had a humble beginning in 1885 as a 20-bed hospital in Chandni Chowk in a memory of Ms. Pricilla Winter, a non-medical missionary. By 1908 the hospital grew into a 100 bedded women and children's hospital has a strength of 501 beds in various specialities and super specialities. Education and training of medical, nursing and allied health professional is an ongoing program in this institution. In 2012, St. Stephen's Hospital health care facility was opened in Gurugram, Haryana. Established in 1908 and founded by Ms. Alice Wilkinson, a pioneer and co-author of the constitution of INC, we have one of the oldest Nursing schools in the country. In 1952, we started the A-grade Diploma course and then the General Nursing and Midwifery course. In the year 2008, the School of Nursing was upgraded to College of Nursing affiliated to GGSIPU and B. Sc (Hons.) Nursing was started with 50 seats. We have 15 seats in M. Sc Nursing and 20 seats in Post Basic B. Sc Nursing. From this year, 75 seats each in B. Sc (Hons.) Nursing and GNM Nursing Programmes.

ABOUT THE THEME

The theme, "For every generation, vaccines work", World Immunization Week will promote how vaccines have safely protected people, families and communities for generation and continue to safeguard our future.

PROGRAM SCHEDULE

DATE AND DAY: 29TH APRIL 2026, WEDNESDAY

TIME: 9:00 AM – 1:30 PM

VENUE: CONFERENCE HALL

TIME	EVENT	RESOURCE PERSON
9 AM- 9:30 AM	INAUGRAL SESSION • Opening prayer • Welcome speech • Unveiling the theme and Organizing Chairperson's address- Principal, College of Nursing	
9:30 AM- 9:45 AM	Overview of World Immunization Week Theme	Dr. Nirmal Kumar MD HOD, Pediatric and Neonatology Department St. Stephen's Hospital
9:45 AM- 10:45 AM	Session 1: Understanding Immunization Across Generation	Dr. Athar Reza DNB Senior Resident St. Stephen's Hospital
10:45 AM- 11:30 AM	Session 2: National Immunization Program	Dr. Vivian Suman DNB, Pediatric Specialist St. Stephen's Hospital
11:30 AM- 11:45 AM	TEA BREAK	
11:45AM- 12:15 PM	Session 3: Vaccine Hesitancy and Myths	Dr. Pinky Bahl MD Pediatric Consultant St. Stephen's Hospital
12:15 PM- 1:15 PM	Session 4: Cold Chain and Vaccine Safety	Dr. Buddha Mangal Senior Specialist and HOD Community Health Department St. Stephen's Hospital
1:15 PM- 1:30 PM	Valedictory session • Vote of thanks	

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital, CON
Associate Dean
(Nursing & Allied Sciences)
USM & AHS, GGSIPU

REPORT ON WORLD IMMUNIZATION WEEK CELEBRATION 2026

A half day workshop was conducted on 29th April 2026. The event was organized under the Child Health Nursing Department, St. Stephen's Hospital College of Nursing.

The theme, "For every generation, vaccines work", World Immunization Week will promote how vaccines have safely protected people, families and communities for generation and continue to safeguard our future.

Organizing Committee:

- Ms. Varsha Varghese, Associate Professor, Dept of Child Health Nursing.
- Ms. Shweta, Asst. Professor, Dept of Child Health Nursing.
- Ms. Arpana, Tutor Grade III, Dept of Child Health Nursing
- Ms. Amisha, Tutor Grade III, Dept of Child Health Nursing

Program schedule:

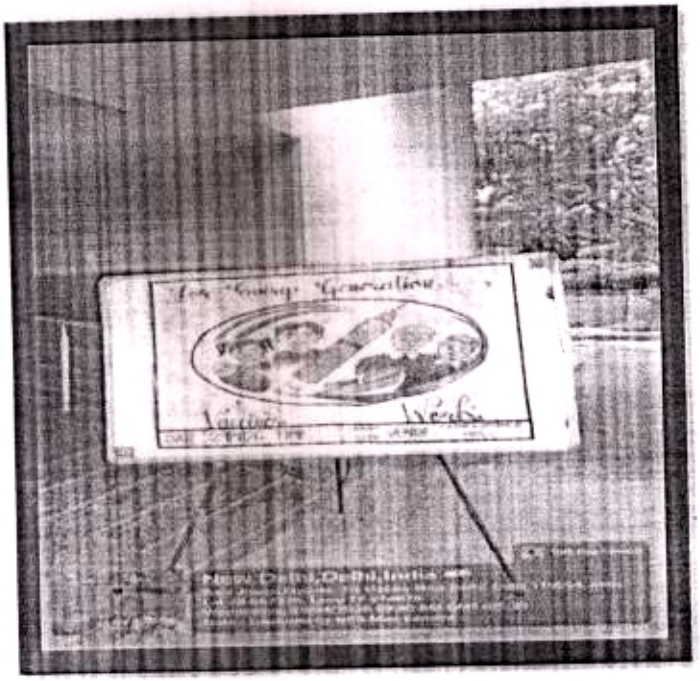
- The program was started with anchoring of event done by Ms. Hebsiba and Ms. Kessia (students of B. Sc. (Hons.) Nursing Semester 6).
- Opening Prayer song was done by students of B. Sc. (Hons.) Nursing Semester 6.
- Organizing Chairperson Prof. Dr. Feba Geevarghese addressed the gathering and unveiled the theme.
- Dr. Nirmal Kumar gave expert opinion on the theme of World Immunization Week, "For every generation, vaccines work"
- Workshop included 4 sessions. Resource Person was Dr. Pinky Bahl, Dr. Vivian Suman, Dr. Abha Mangal and Dr. Athar Reza.
- Vote of thanks presented by Ms. Alana (student of B. Sc. (Hons.) Nursing Semester 6).

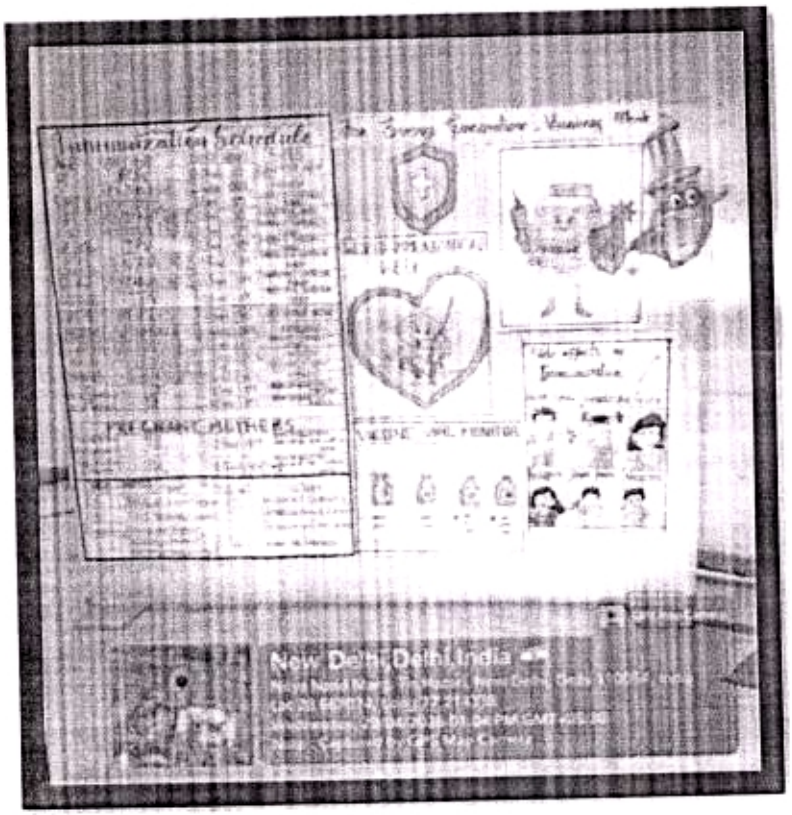
Target Group:

- B. Sc. (Hons.) Nursing Semester 6
- GNM 2nd year

Venue:

The event was organized in Conference Hall.



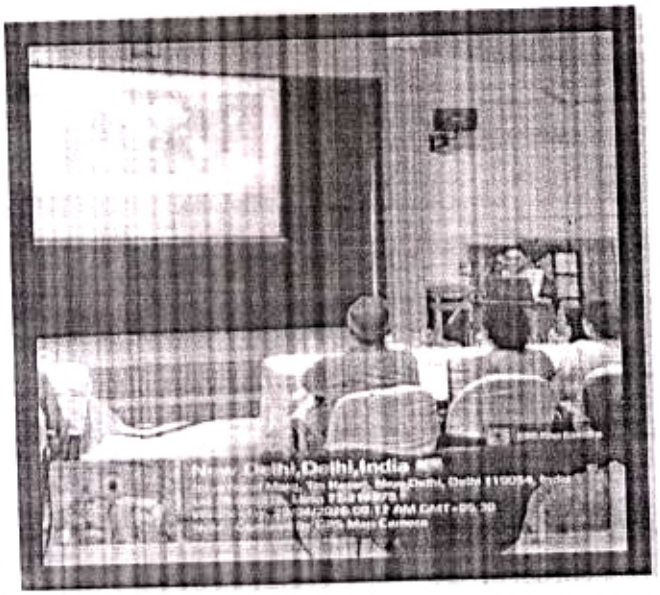

Immunization Schedule
New Delhi Delhi India



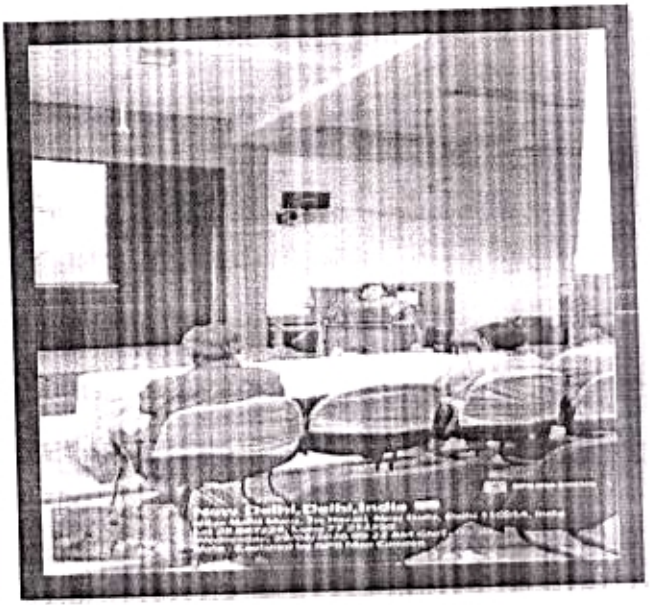
Anchoring done by Ms. Hepsiba and Ms. Kessia (Students of B. Sc. Nursing Semester VI)



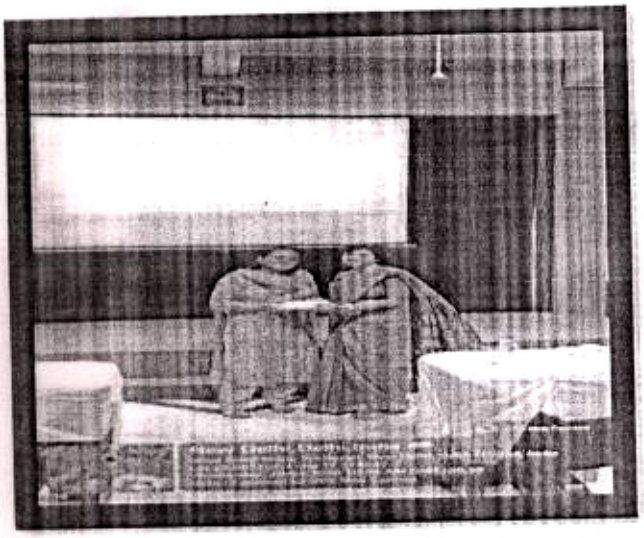
Opening prayer by Students of B. Sc. Nursing Semester VI

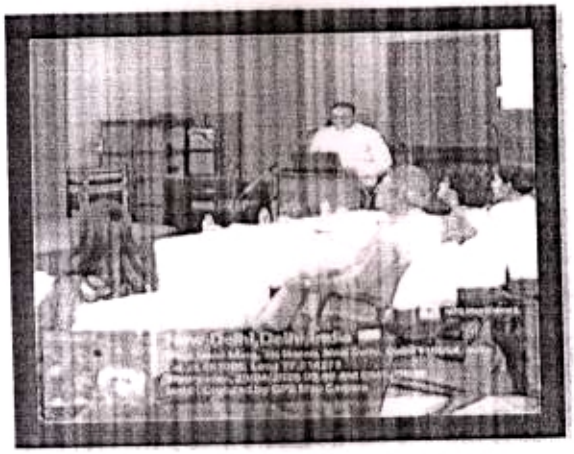


Welcome speech by Ms. Varsha M. Varghese



Unveiling of theme and Organizing Chairperson address by Prof. Dr. Feba Geevarghese

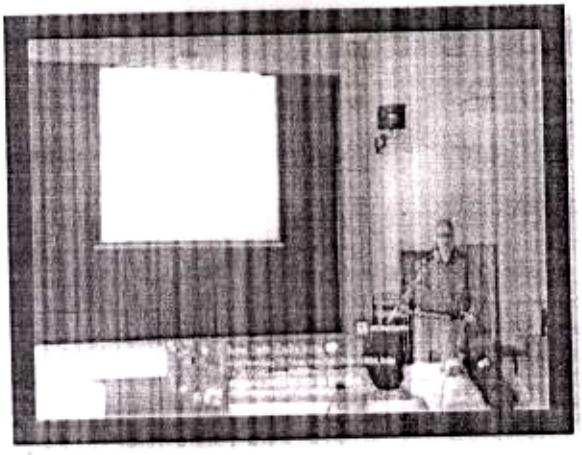




Session 1:

Understanding Immunization Across Generation by

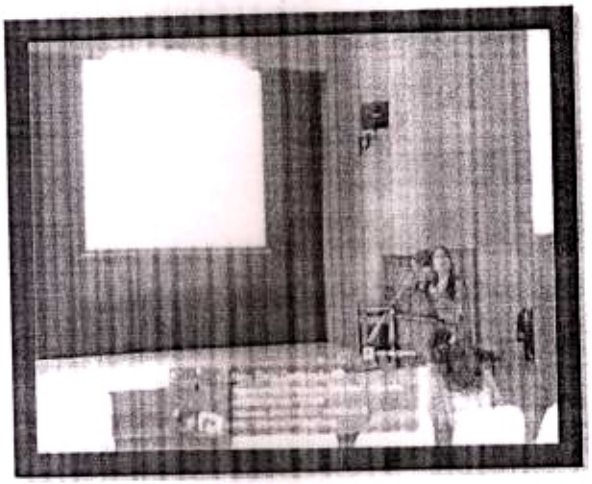
Dr. Athar Reza



Session 2:

Universal Immunization Program by

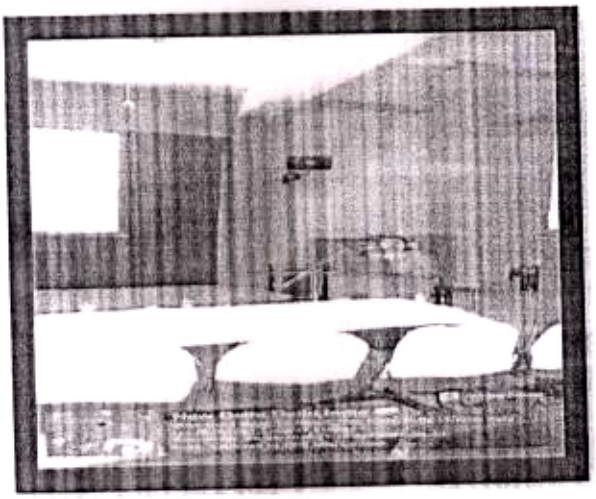
Dr. Vivian Suman



Session 3:

Vaccine Hesitancy and Myths by

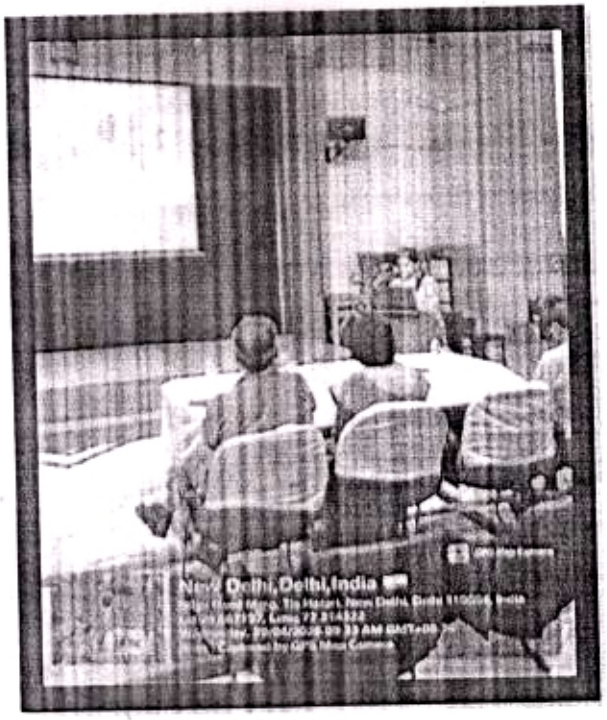
Dr. Pinky Bahl



Session 4:

Cold Chain and Vaccine Safety by

Dr. Abha Mangal



Vote of Thanks by Ms. Alana (Student of B. Sc. Nursing Semester VI)

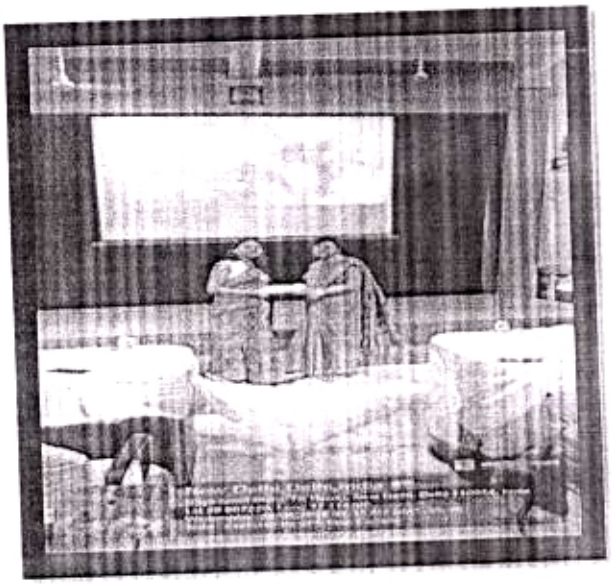


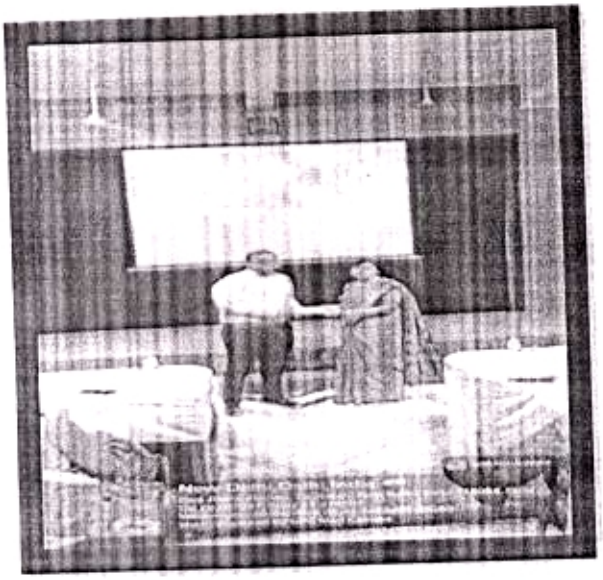
Overview of World Immunization Week Theme

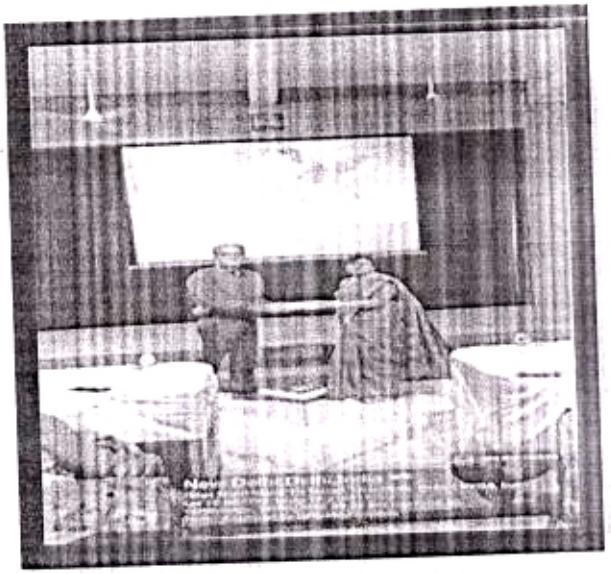
By Dr. Nirmal Kumar

Token of Honor











Ms. Varsha Varghese

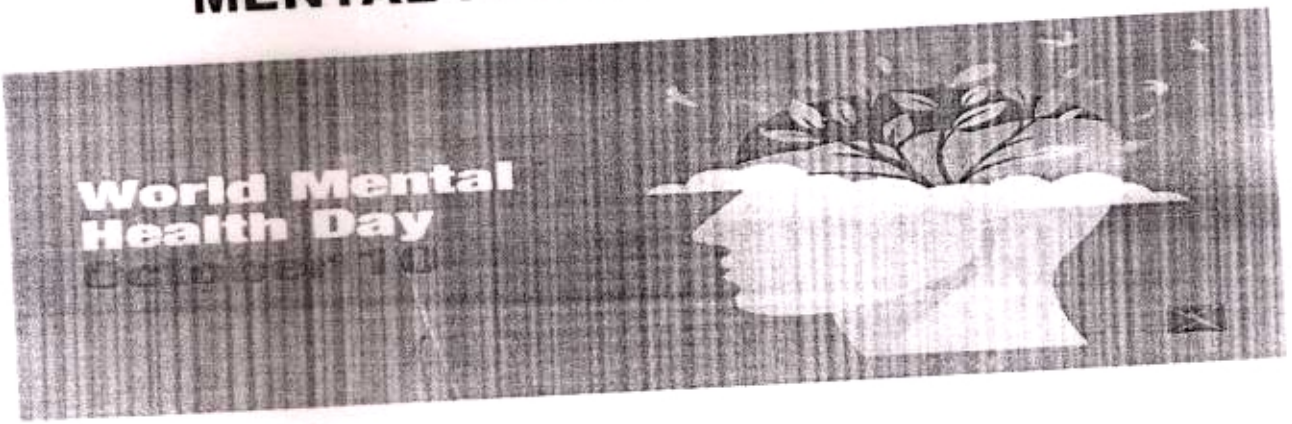
Associate Professor

PROF. DR. FEBA GEEVARGHESE

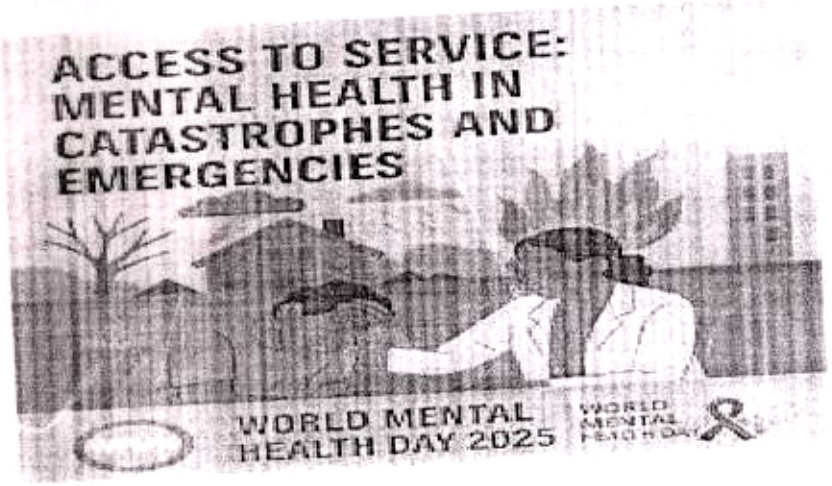
PRINCIPAL

REPORT OF

MENTAL HEALTH WEEK 2025



THEME :Access to Services—Mental Health in Catastrophes and Emergencies



MENTAL HEALTH WEEK REPORT

Department of psychiatry & College of Nursing, St. Stephen's Hospital observed "Mental Health Week" from 3rd October to 10th October 2025. The WHO Theme for World Mental Health Day 2025 was "Access to Services—Mental Health in Catastrophes and Emergencies," The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

This theme focused on strengthening support systems for those affected by trauma and disruption, noting that one in three people can experience a mental health condition during a crisis.

Crises such as natural disasters, conflicts, and public health emergencies cause emotional distress, with one in five individuals experiencing a mental health condition.

Supporting the mental well-being of individuals during such crises is not just important – it saves lives, gives people the strength to cope, the space to heal and to recover and rebuild not only as individuals but as communities. That's why it is essential for everyone, including government officials, health and social care providers, school staff and community groups to come together. By working hand in hand, we can ensure the most vulnerable have access to the support they need while protecting the well-being of everyone.

- ✓ Millions of people worldwide were and are affected by catastrophes and emergencies.Nearly one-third of disaster-affected people may experience burdensome consequences in the mental health context.
- ✓ Mental health disorders caused by disasters and emergencies require special skills, knowledge and competences of professionals.
- ✓ International guidelines and reports recommend various activities, support forms and actions for providing mental health and psychosocial support (MHPSS) during emergencies.
- ✓ Mental health support in emergencies requires "a major rethink" of professionals and others. The effects of emergencies and catastrophes are varied and multifaceted. For affected people and for deployed helpers.

- ✓ This year's theme also serves to highlight that these are areas where mental health disorders can occur more frequently, that many of these affected people need professional mental health support, and that the necessary support must reach them.

Most people affected by emergencies experience feelings of anxiety, sadness, hopelessness, sleep issues, fatigue, irritability, anger or aches. This psychological distress usually improves over time, but some people go on to develop a mental health condition.

An estimated 22% may have depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia. An estimated 13% of conflict-affected populations have mild forms of depression, anxiety and posttraumatic stress disorder, while moderate or severe mental disorders affect 9%. People with severe conditions are especially vulnerable during and after emergencies and need access to basic needs and clinical care.

So, keeping in mind the need for awareness, psychiatry department of St. Stephen's Hospital in collaboration with college of nursing organized various activities for general public, students and health care workers through skit, lectures, poster competition.

Description of activities

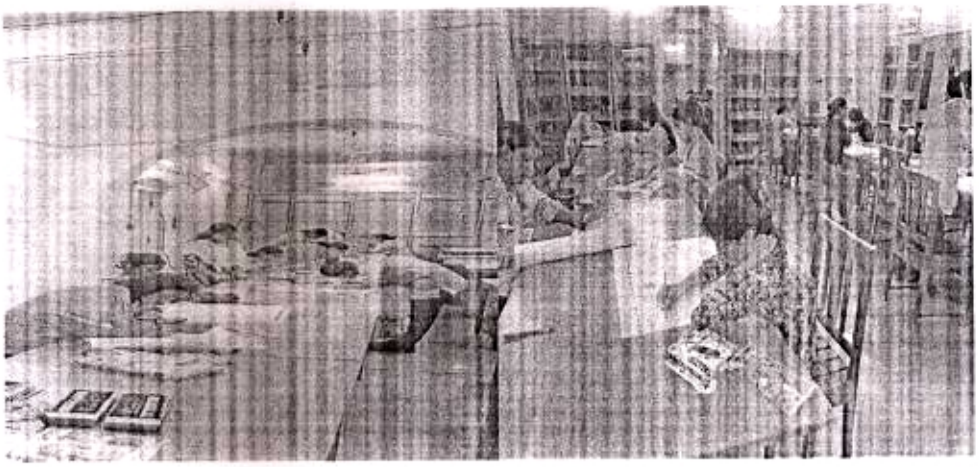
1. **Poster competition** to observe Mental health week was held on 03.10.25 on the theme – "Rapid response, Gentle healing: An approach to crisis management"

   Winners of poster competition were rewarded with exciting prizes and certificate of participation.

   1st prize – Ms. Reetika Rose (PBBSc 1st year) Cash prize of Rs. 2000/-

   2nd prize – Ms. Reeba Sara Mathew (Semester 6) Cash prize of Rs. 1500/-

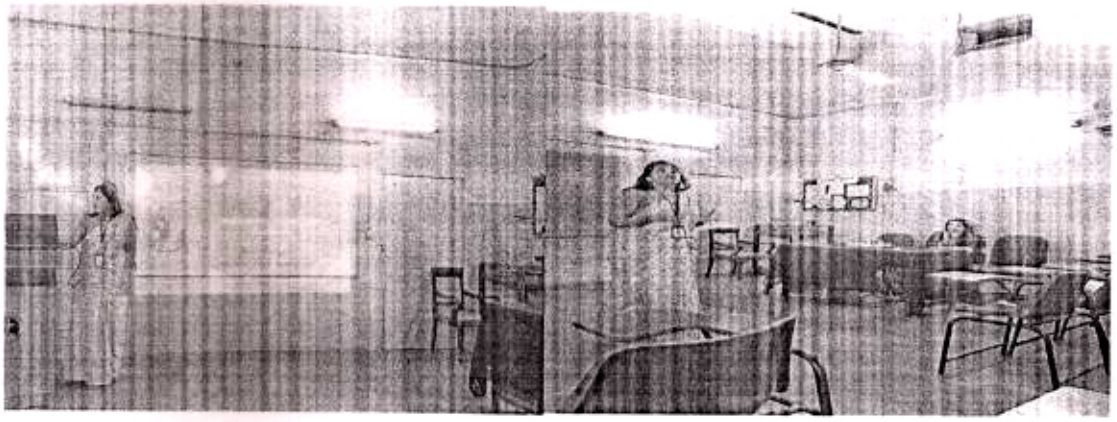
   3rd prize - Ms. Ann Rhea (Semester 6) Cash prize of Rs. 1000/-



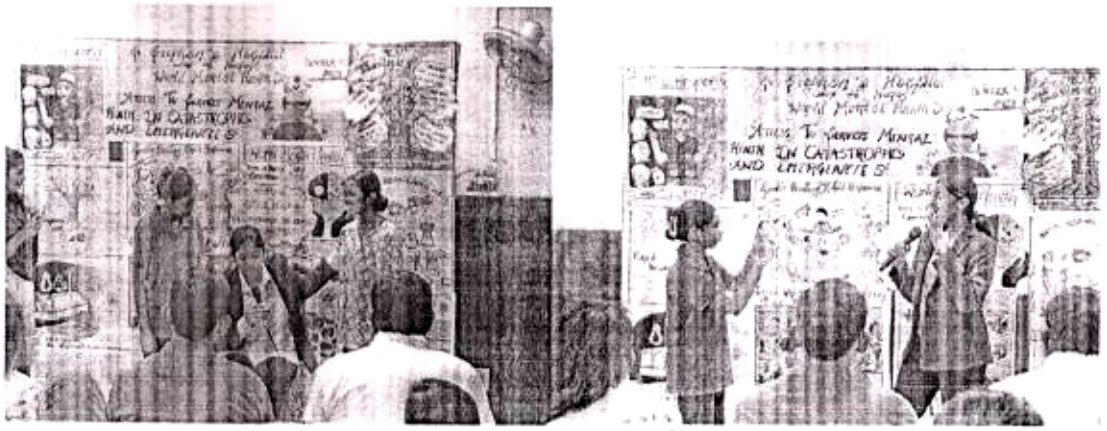


2. All the posters were displayed near psychiatry OPD during mental health week.
3. Faculty sensitization session was held on 09.10.25.Total 12 faculty members attended the programme.





4. Role play was performed by the students of B.Sc 3rd year (Semester VI) and GNM 2nd year on the theme "Access to Services—Mental Health in Catastrophes and Emergencies," to create awareness among general public on 10.10.25.

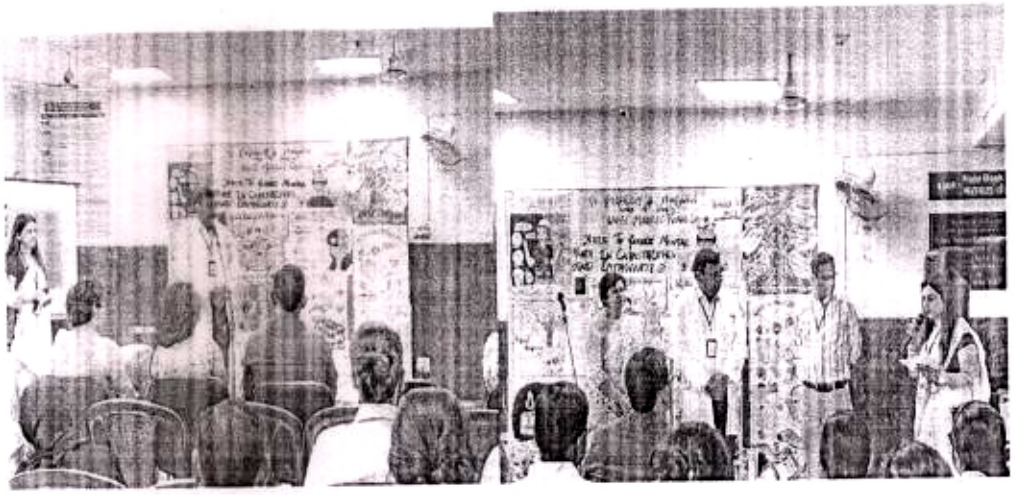






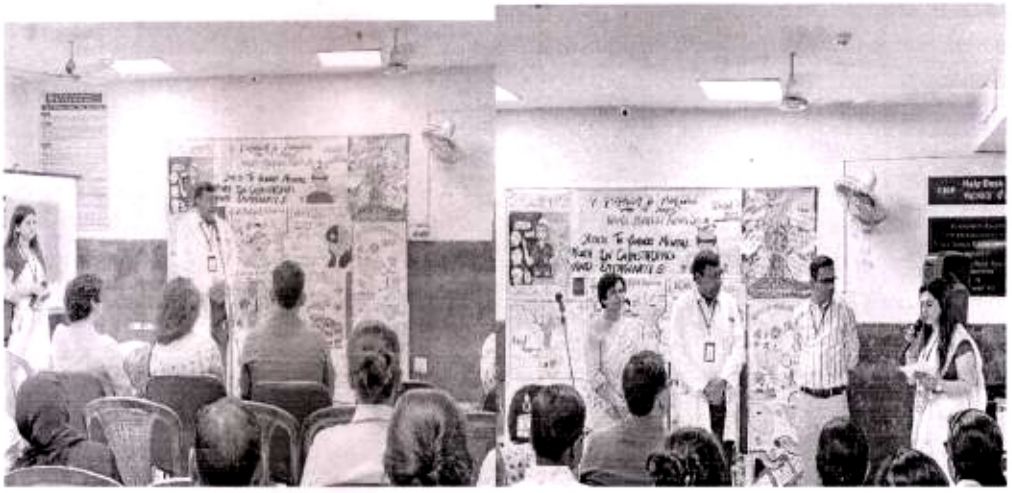
5. It was followed by the culmination session where students are rewarded with exciting prizes and certificates through our esteemed chief guest Dr. Sudhir.C. Joseph, Director, St. Stephen's Hospital.

   Other dignitaries were also witnessed the program and rewarded the students with certificate of participation.




ACCESS TO SERVICES MENTAL
IN CATASTROPHES
AND EMERGENCIES


ACCESS TO SERVICES MENTAL
HEALTH IN CATASTROPHES
AND EMERGENCIES







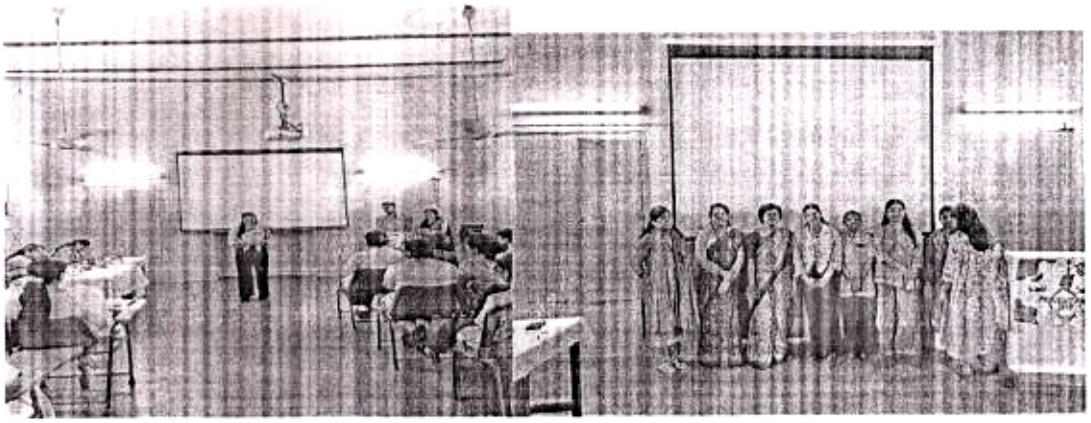
6. Winners of Flash talk competition on world suicide prevention day held on 10.09.25 were also appreciated and rewarded with cash prize and certificates of participation.

1st prize – Ms. Ashlyn (PBBSc 1st year)) Cash prize of Rs. 2000/-

2nd prize- Ms. Blessymol (GNM 2nd year)Cash prize of Rs. 1500/-

3rd prize –Ms. Benita (PBBSc 1st year)) Cash prize of Rs.1000/-







We would like to express our sincere gratitude to Prof. Dr. Feba Geevarghese, Principal (St. Stephen's Hospital College of Nursing) for providing us with the great opportunity to be a part of this program.

It was a great pleasure to work with the Psychiatry team of St. Stephen's Hospital. We are grateful to Dr. Rupali Shivalkar, Dr. Atmesh, Dr. Juhi, Ms. Shinon and team for imparting their knowledge and for rendering constant guidance and support throughout this program.

Mental Health Nursing Team Members

Ms. Sheljy Shajan, Associate Professor

Ms. Jaya Simon, Assistant Professor

Ms. Pratibha Thakur, Senior Nursing Tutor

Ms. Pristina Epsiba, Nursing Tutor Grade III

Prof. Dr. Feba Geevarghese

Principal

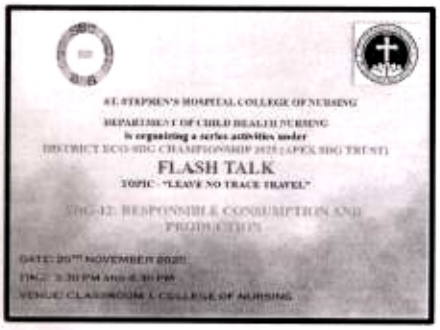
DEPARTMENT OF CHILD HEALTH NURSING

Flash Talk: Leave No Trace Travel

Name of the Activity	Flash Talk: Leave No Trace Travel
Team Size/Needs	17 students were participated
Resource Materials for Activity	Awareness charts, chits for sub-topics in a bowl
Tools/Instruments Needed	Table, Chair, display board, judges' assessment sheet
Time/Timings/Frequency of Activity	A 1-day activity – Flash Talk
Place of Activity	Classroom 1, St. Stephen's Hospital college of nursing, Tis Hazari, Delhi1-110054
Process/ Procedure	**Registration & Briefing** • Verify participants' registration. • Brief them on rules: 1 min time limit, no reading from phone/paper, stay formal and respectful. **Opening & Judge Introduction** • Host welcomes audience and explains the theme. • Introduce judge: Mr. Innocent Xess (General Superintendent), Prof. Dr. Feba Geevarghese (Principal, CON), Ms. Elizabeth Santhosh (Nursing Superintendent, SSH) **Speaker Order Draw** Randomly draw and announce the speaking order. **Timekeeping** • Call participants to speak in order. • Timekeeper signals at 1 mins • Judge scores based on content, originality, delivery, and timing. **Results & Closing** • Judge finalizes scores and announces winners. • Thank participants and close the event.
Precautions	• Ensure all speeches stay within the 1 minute time limit. • Conduct the speaker order draw openly and fairly. • Monitor participants to prevent reading from phones or papers. • Intervene if any participant uses offensive or off-topic content. • Instruct the audience to remain silent during speeches. • Finalize and verify results privately before announcement. • Ensure the venue is safe, not overcrowded, and has clear exits.
Promotion	Stage Announcements, flyers, social media
Motivation by the college if need	• Acknowledgment on official website and social media. • Support toward SDGs and sustainable campus growth. • Prize distributions to winners done in SNA function.

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences).
USM & AHS, GGSIPU

Photos













Prof. Dr. Feba Geevargheese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU

DEPARTMENT OF CHILD HEALTH NURSING

Clay Modelling: Clay Tales of Delhi

Name of the Activity	Clay Modelling: Clay Tales of Delhi
Team Size/Needs	39 students were participated (in 13 groups)
Resource Materials for Activity	Station numbers, hard board, display board
Tools/Instruments Needed	Table, Chair, hard board, clay, poster colours, brushes, table cover, judges' assessment sheet
Time/Timings/Frequency of Activity	A 1-day activity – Clay modelling
Place of Activity	Library, St. Stephen's Hospital college of nursing, Tis Hazari, Delhi1-110054
Process/ Procedure	**Registration & Briefing** • Verify participants' registration. • Brief them on rules: 2-hour time limit, no help from phone/image. **Opening & Judge Introduction** • Host welcomes audience and explains the theme. • Introduce judge: Dr. Abha Mangal (HOD, Community Health Department), Prof. Dr. Feba Geevarghese (Principal, CON), Mr. Balbir Singh (PRO, SSH) **Station number distribution** Chits mentioning station number was kept in a bowl, randomly groups were came and draw one chit based on which stations were allotted. **Timekeeping** • Timekeeper signals at 2-hour • Judge scores based on creativity and originality, design and aesthetics, presentation and visual appeal, craftmanship, relevance to theme. **Results & Closing** • Judge finalizes scores and announces winners. • Thank participants and close the event.
Precautions	• Ensure clay is non-toxic and safe for use • Sharp sculpting tools should be used carefully.
Promotion	Stage Announcements, flyers, social media, displaying of all models in college

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ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

A Brief Report on

DISTRICT ECO –SDG CAMPAIGN 2025 (APEX SDG TRUST)

Section – 2: SOCIAL MEDIA CHALLENGE (#HashtagForWater)

The Department of Obstetrics and Gynaecological Nursing, St. Stephen's Hospital College of Nursing, organised a Video Making Competition on "Saving Water." The event was designed to promote awareness on water conservation, encourage students to practice sustainable habits, and foster creative communication on the importance of protecting this vital natural resource. The initiative sought to engage young individuals in environmental protection through the medium of digital storytelling.

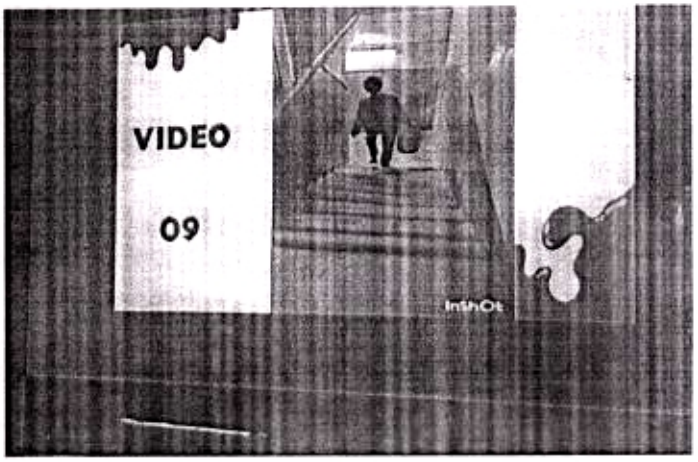
Participants were invited to create short videos of 30–60 secondsdemonstrating practical methods of saving water, highlighting issues related to water scarcity, or delivering impactful messages on the value of water. The videos could incorporate demonstrations, animations, storytelling, or real-life scenarios. Entries were submitted through the designated online platform, with the submission window open from 24.12.2025 to 29.12.2025.

The competition was evaluated by an esteemed panellistDr. Mathew Varghese, Senior Consultant, Prof. Dr. Feba Geevarghese, Principal, Mr. Alok James, HOD, Senior Civil Work and Maintenance. The judges assessed the entries based on creativity, clarity of message, originality, technical quality, and social impact.A number of submissions effectively highlighted simple yet impactful water-saving practices such as repairing leaks, mindful water usage at home, and community participation in preserving water bodies. Several videos stood out for their creative use of music, narration, and visual effects, which enhanced the delivery of the core message.

The competition received enthusiastic participation from students and successfully met its goals. The event resulted inincreasedawareness on the importance of water conservation, enhanced creativity, communication skills, and environmental responsibility among students, development of a valuable collection of informative videos for future awareness programmes, encouragement of sustainable water practices within the community. Overall, the event significantly strengthened environmental awareness and highlighted the effectiveness of youth-led advocacy through digital media. The winners of the challenge were, 1st Position was bagged by Ms. Aleena Biju, B.Sc. 4th Year 2nd position was bagged by Ms. Bharti B.Sc. 4th Year and Third position by Ms. Diya Jaison, B.Sc. 4th Year.

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU











Organising committee

Prof. Sheeba P. Joseph

Ms. Nalini

Ms. Rency

Ms. Grace Amitha

Prof. Dr. Feba Geevarghese

Principal

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING
COMMUNITY HEALTH NURSING DEPARTMENT
SUSTAINABLE DEVELOPMENT GOALS
SECTION 3: COMMUNITY ENGAGEMENT AND FIELD OUTREACH
"DEBATE COMPETITION: BUSINESS VS. ENVIRONMENT"
DATE: 27th November 2025

Community Health Nursing Department, St. Stephen's Hospital College of Nursing, Delhi organized a series of activities under Apex SDG Trust framework to join District Eco SDG Champion 2025 (DESC 2025). Under Section 3: Community Engagement and Field Outreach, Debate Competition was organized on the Topic: Business Vs. Environment on 27th November (1:30-3:30PM)



A total of 20 students participated, 10 were for the motion: Environment and 10 were against the motion: Business. Each participant was allotted 2 minutes to present their speech, followed by 1 minute of rebuttal round. The debate was judged by Dr. Vineet Varghese, Medical Superintendent, St. Stephen's Hospital, Prof. Dr. Feba Geevarghese, Principal, St. Stephen's Hospital College of Nursing and Dr. Vinita, General Duty Medical Officer, Community Health Department who evaluated the participants on organization and clarity, arguments, use of examples, rebuttal skills and presentation style.

For the motion, participants supporting the environmental perspective highlighting environmental degradation, sustainable practices, renewable energy and mainly prioritizing the environment is essential for public health and the welfare of future generations while against the motion, participants arguing in favor of business emphasized on economic growth, industries drive technological advancement, environmental protection is important but it should not hinder innovation or economic progress. Rebuttal round was intense and engaging. Both the participants used real-world examples and statistics to support their positions.



The judges appreciated the depth and confident presentation of all the participants. After the evaluation, declared the winners for exceptional clarity and persuasive arguments.

First- Ms. Ann Mary, BSc III year, Sem VI (Environment)

First- Ms. Priyanshi, BSc IV year, (Business)

Second- Ms. Ishika, BSc III year, Sem VI (Environment)

Second- Ms. Neha, BSc III year, Sem VI (Business)

The debate competition concluded with the message that development must be sustainable, and future leaders must innovate in ways that protect both the economy and the planet.







Prof. Dr. Feba Geevarghese
Principal
St. Stephen Hospital College of Nursing

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

A Brief Report on

DISTRICT ECO –SDG CAMPAIGN 2025 (APEX SDG TRUST)

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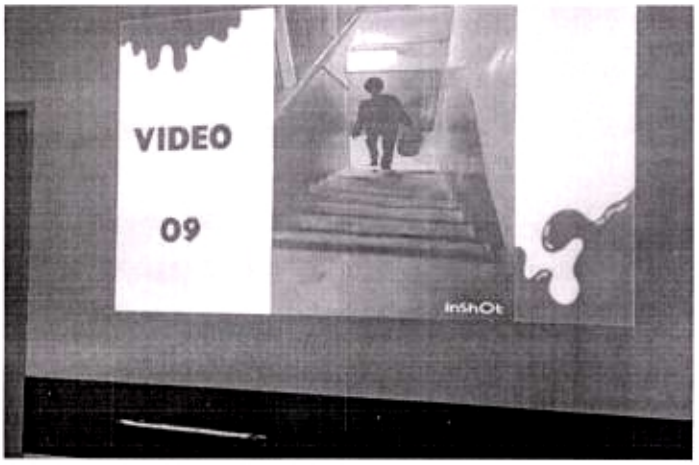
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St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU











Glimpse of the activity

Prof. Dr. Feba Geevarghese

Principal

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences)
USM, GGSIPU

REPORT ON "PHOTOGRAPHY CONTEST THROUGH MY LENS"

The Medical Surgical Nursing Department, St. Stephen's Hospital College of Nursing organized an **activity title**: Photo Exploration with a theme: ***"Tourism Through My Lens"*** from **1st – 2nd December, 2025.** The photographs were displayed in one of the classrooms at St. Stephen's Hospital College of Nursing, Tis Hazari, Delhi. This activity is conducted under the APEX SDG Trust Framework to join the District ECO-SDG Champion 2025 (DESC-2025).

Purpose & Significance of conducting the activity:

This section is designed to promote awareness and appreciation of local culture, historical landmarks, and tourism through visual storytelling. It aligns with SDG goals related to sustainable cities, cultural preservation, and responsible tourism.
The session started with an introduction given by Ms. Clarice A. Lyngdoh, Assistant professor, St. Stephen's Hospital College of Nursing.

There were 10 participants who took part in the photography contest through storytelling. The photographs were judged by three judges.

They were:

1. Prof. Dr. Feba Geevarghese, Principal and HOD of Medical Surgical Nursing
2. Mr. Aaditya Nanoo, Assistant General Superintendent, St. Stephen's Hospital
3. Rev. Bendang Lemtor, Chaplain, St. Stephen's Hospital

Prize winners of the photo exploration through visual storytelling with a theme: ***"Tourism Through My Lens"*** *are:*

1. 1st prize awarded to Ms. Reeteka Rose, Post Basic B.Sc. 1st year.
2. 2nd Prize awarded to Ms. Kashish Bhojwani, Post Basic B.Sc. 1st year.
3. 3rd prize awarded to Alana Seby, B.Sc. 3rd year, Semester-V.

Educational & Community Impact through this activity:

1. **For Students**: It enhances their observational skills, cultural sensitivity, and artistic expression.
2. **For the Institution**: It strengthens its role in promoting sustainable development through cultural engagement.
3. **For the Community**: It highlights local tourism potential and fosters pride in regional identity.

The session ended with a vote of thanks proposed by Ms. Clarice A. Lyngdoh, Assistant professor.

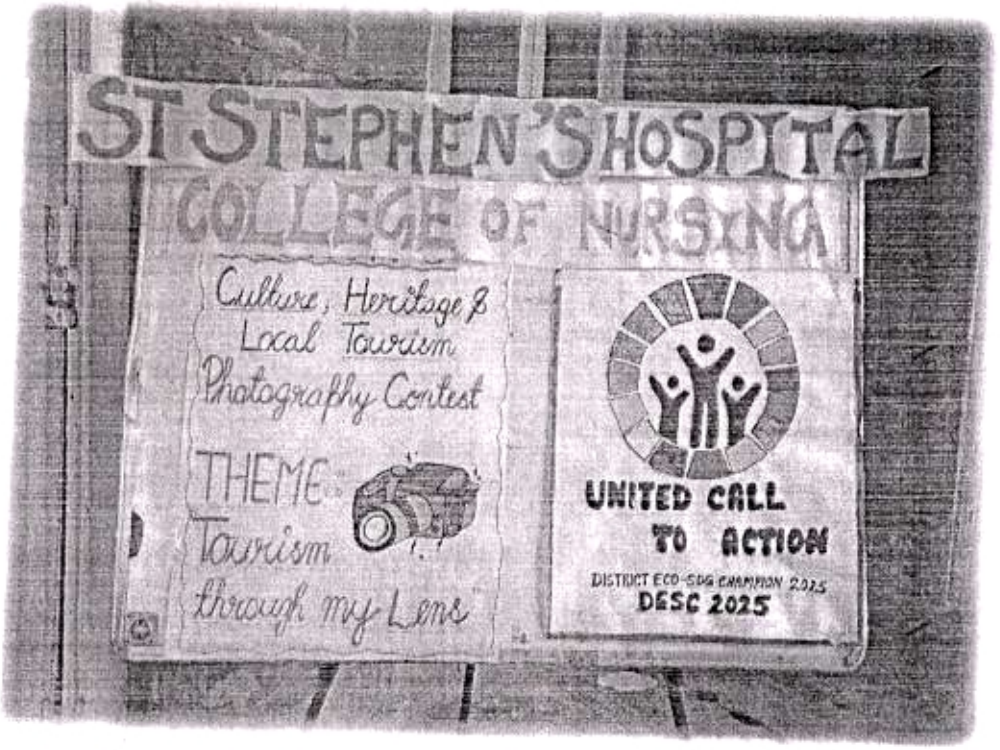
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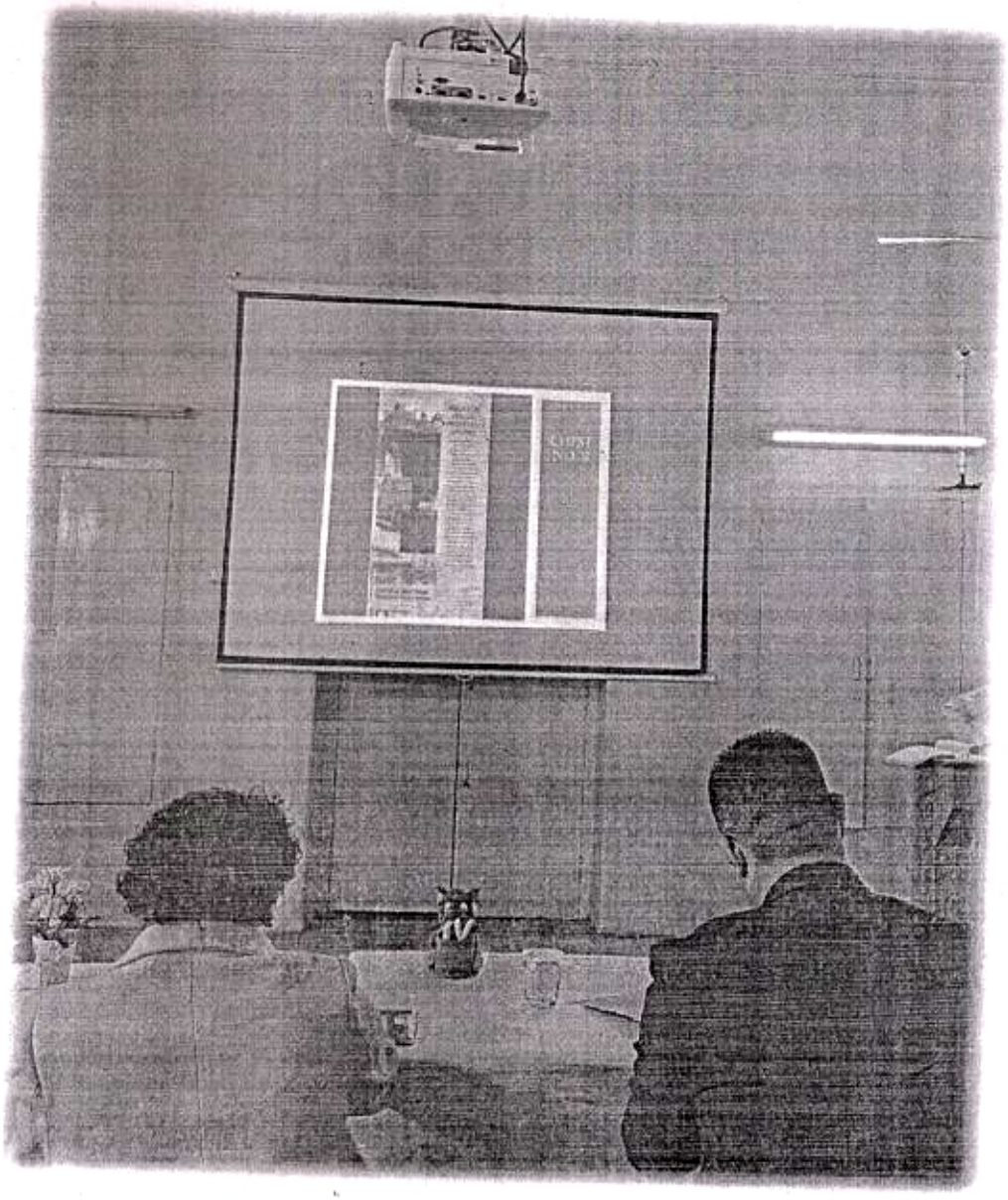
HIGHLIGHTS OF TODAY'S ACTIVITY






ST STEPHEN'S HOSPITAL
COLLEGE OF NURSING
Culture, Heritage & Local Tourism Photography Contest
THEME: Tourism through my Lens
UNITED CALL TO ACTION
DESC 2025


ST STEPHEN'S HOSPITAL
COLLEGE OF NURSING
Culture, Heritage & Local Tourism Photography Contest
THEME: Tourism through my Lens
UNITED CALL TO ACTION
DISTRICT ECO-SDG CHAMPION 2025
DESC 2025



Ms. Gracy Phinao

Senior tutor, Grade-II

Prof. Dr. Feba Geevarghese

Principal

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

COLLAGE MAKING REPORT

ON

"E-WASTE MANAGEMENT"

BY THE DEPARTMENT OF MENTAL HEALTH NURSING

COLLAGE MAKING REPORT ON E-WASTE MANAGEMENT

E-waste, or electronic waste, refers to discarded electrical and electronic devices such as mobile phones, laptops, televisions, batteries, chargers, and household appliances. With rapid technological advancement, the volume of e-waste is increasing globally, posing serious environmental and health risks. To create awareness among students and promote responsible disposal practices, a collage-making activity on E-waste management was organized.

The main objectives of the collage-making activity were:

- To educate students about the growing problem of e-waste.
- To promote the concept of Reduce, Reuse, Recycle.
- To encourage creativity by using discarded electronic items in an artistic manner.
- To develop responsibility toward sustainable waste management.
- To highlight the harmful effects of improper e-waste disposal on the environment and human health.

Rapid technological upgrades, short product life cycles, increasing consumer demand, Poor repair and reuse culture and lack of proper recycling facilities are some of the causes of rising E-Waste.

Improper disposal of e-waste releases harmful chemicals like lead, mercury, cadmium, and arsenic into the soil, water, and air. This causes soil contamination, water pollution, air pollution due to burning of electronic components and damage to plants and animals.

Exposure to toxic substances in e-waste can lead to respiratory problems, nerve and brain damage, kidney and liver disorders, skin and eye irritation, increased risk of cancer, etc.

Effective E-waste management helps to protect the environment, save natural resources, reduce pollution, promote reuse and recycling and encourage sustainable development.

The **Collage making competition on E-Waste management** was organized by the Department of **Mental Health Nursing of St. Stephen's Hospital College of Nursing under Section 2: Environmental sustainability & climate action**, aligning with the **APEX SDG Trust Framework** and supporting the vision of **District ECO-SDG Champion 2025 (DESC-2025)**.

The collage making activity was a 3-day programme. Participants were given the topic on 28.11.25 for collage making so that they can collect the things related to E-waste management. The main competition was held on 02.12.25 from 2 – 3 PM in Library, St. Stephen's College of Nursing. Then, it was judged by the experts from various fields.

Name of the Judges

1. Prof. Dr. Feba Geevarghese (Principal, College of Nursing)

2. Mr. John Manohar (Assistant General Superintendent, St. Stephen's Hospital)
3. Mr. Sandeep Jain (HOD, Computer Department, St. Stephen's Hospital)

Collages were judged on the basis of relevance to theme, design & variety of material used, creativity and originality and Visual execution.

Winners of the competition

1st Prize - Ms. Priyanshi Prashad

2nd Prize – Ms. Rechal Sirola

3rd Prize – Ms. Diya Mol Siby

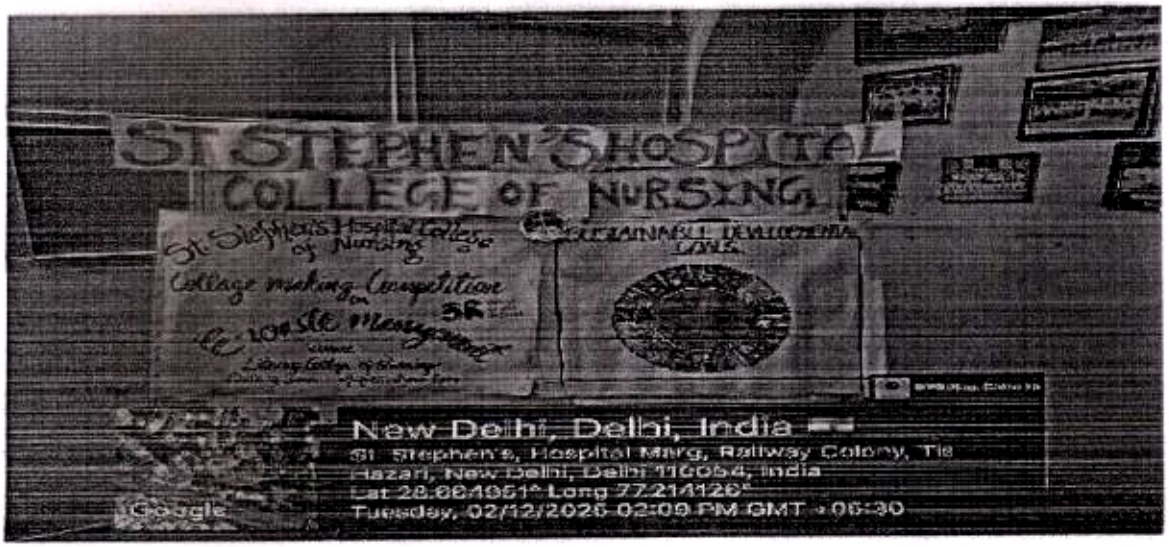












Conclusion

The collage-making event on E-waste management was a successful and meaningful educational experience. It helped students understand the seriousness of e-waste pollution and encouraged them to adopt sustainable practices. Such activities not only promote creativity but also build a sense of responsibility toward protecting the environment. Continued efforts and awareness programs will support a cleaner and greener future.

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Ms. Jaya Simon
Assistant Professor

.....

Prof. Dr. Feba Geevarghese
Principal

REPORT ON REEL MAKING COMPETITION ON RURAL TOURISM

SDG Category: Section 5 (58)– Culture, Heritage, and Local Tourism
Date: 03 December 2025
Time: 2:30 PM – 3:30 PM
Venue: Classroom–1, College of Nursing

INTRIDUCTION

A Reel Making Competition on **"Rural Tourism"** was organized under Section 5(58) : Culture, Heritage and Local Tourism to promote awareness about India's rich rural heritage and sustainable tourism practices. This activity emphasizes the duty of every citizen to preserve the rich heritage of our composite culture and promote harmony within society. The competition aimed to encourage students to creatively depict rural life, traditions, crafts, and tourism potential using short digital reels, fostering both cultural appreciation and digital literacy.

PURPOSE OF THE COMPETITION

- To promote awareness about India's rural culture, heritage, and tourism potential.
- To encourage students to use digital platforms creatively for cultural promotion.
- To develop digital literacy, communication skills, and innovative thinking among students.
- To foster appreciation for rural traditions, crafts, lifestyle, and sustainable tourism.

TEAM SIZE / PARTICIPATION

- 03 GNM 1st Year Students
- 04 GNM 2nd Year Students
- 02 Semester 3 Students
- 02 Semester 6 Students
- 01 B.Sc Nursing 4th Year Student
- 01 M.Sc Nursing 1st Year Student
- 01 M.Sc Nursing 2nd Year Student
- 05 Faculty Members
- 03 Judges

CRITERIA FOR EVALUATION

Chest No	Relevance to theme	Creativity and originality	Clarity of message	Technical visual nexecuation	Total (20)

WINNERS OF THE REEL MAKING COMPETITION

First : Ms Eyelin Massey

Second: Ms Kanchan Wadhwaa

Third: Ms Hissy Lanzum Bhutia

GLIMPSE OF THE EVENTS









Prof .Dr. Feba Geevarghese
Principal

REPORT ON FANCY DRESS COMPETITION

SDG 11, 12 & 13: Sustainable Communities, Responsible Consumption & Climate Action

A series of activities under DISTRICT ECO SDG CHAMPIONSHIP 2025 (APEX ADG TRUST)

The Department of Medical Surgical Nursing, St. Stephen's Hospital College of Nursing, organized a Fancy Dress Competition under the APEX SDG TRUST framework as part of the District Eco-SDG Champion 2025 (DESC-2025) activities.

This programme aimed to promote environmental sustainability, focusing on a zero-waste paper and plastic-free lifestyle among nursing students.

Organizing Committee

- Ms. Sapam Asha Devi, Asst. Professor, Dept of Medical- Surgical Nursing
- Ms. Clarice A. Lyngdoh, Asst. Professor, Dept of Medical- Surgical Nursing
- Ms. Gracy Phinao, Senior Tutor Grade II, Dept of Medical- Surgical Nursing
- Ms. Komal Kumari, Senior Tutor Grade II, Dept of Medical- Surgical Nursing
- Ms. Esther Manohar, Senior Tutor Grade II, Dept of Medical- Surgical Nursing

Judges:

- Ms. Karuna (Personal Assistant to Director Sir, SSH)
- Prof. Dr. Feba Geevarghese (Principal, SSHCON)
- Ms. D. Salomi (Warden, SSH)

Programme:

- Students from various batches participated enthusiastically, forming a total of 15 Designer-Model pairs.
- Participants were instructed to prepare their costumes using waste materials such as plastic bags, newspapers, sack bags, compact discs and papers.
- Each team showcased creativity and innovation by designing costumes using zero-waste and recycled paper materials.
- The event was held from 2:00 PM to 3:00 PM in the Hostel Quadrangle, SSHCON.
- The participants demonstrated excellent teamwork, sustainability awareness, and artistic skills.
- The Judges finalized the scores through a systemic assessment of each team's costume, considering parameters such as costume creativity, relevance to the theme, stage presence, overall impression, effort and craftmanship.
- After finalizing the scores, the judges later announced the winners.

Venue:

- Hostel Quadrangle, St. Stephen's Hospital College of Nursing, Tis Hazari, Delhi – 110054

Winner:

- 1st Position: Chest No. 4, Designer- Model- Ms. Jennifer Singh and Ms. Tanisha
- 2nd position: - Chest No. 5, Designer- Model- Ms. Amy Susan John and Ms. Nayana Alex
- 3rd position: Chest No. 1, Designer- Model- Ms. Isha Maria Jacob and Ms. Rechal Sirola

List of Participants:

S.No	Chest No.	Designer	Models	Classes
1.	Chest No 1	Ms. Isha Maria Jacob	Ms. Rechal Sirola	B.Sc. 4th year
2.	Chest No 2	Ms. Shubhangi Massey	Ms. Eyelin Massey	B.Sc. Semester 6
3.	Chest No 3	Ms. Theresa Navya Xavier	Ms. Prasshi Rajesh Ghorpade	B.Sc. Semester 6
4.	Chest No 4	Ms. Jennifer Singh	Ms. Tanisha	GNM 2nd year
5.	Chest No 5	Ms. Amy Susan John	Ms. Nayana Alex	B.Sc. Semester 3
6.	Chest No 6	Ms. Aneeta Joseph	Ms. Roshni Ann Philip	B.Sc. Semester 3
7.	Chest No 7	Ms. Yashika	Ms. Tanushka Bharti	B.Sc. Semester 3
8.	Chest No 8	Ms. C. Roneihkimi	Ms. Sneha	B.Sc. Semester 3
9.	Chest No 9	Ms. Alethia Nayak	Ms. Kasak Verma	B.Sc. Semester 3
10.	Chest No 10	Ms. Ayushi Mehra	Ms. Payal Chauhan	B.Sc. Semester 3
11.	Chest No 11	Ms. Vidhi Yadav	Ms. Rinky	B.Sc. Semester 3
12.	Chest No 12	Ms. Rashi Gupta	Ms. Alina Rajiv George	B.Sc. Semester 3
13.	Chest No 13	Ms. Poonam	Ms. Suhani Sharma	B.Sc. Semester 3
14.	Chest No 14	Ms. Janhvi Saha	Ms. Nidhi	B.Sc. Semester 3
15.	Chest No 15	Ms. Priya	Ms. Neha	GNM 3rd year

PHOTOS

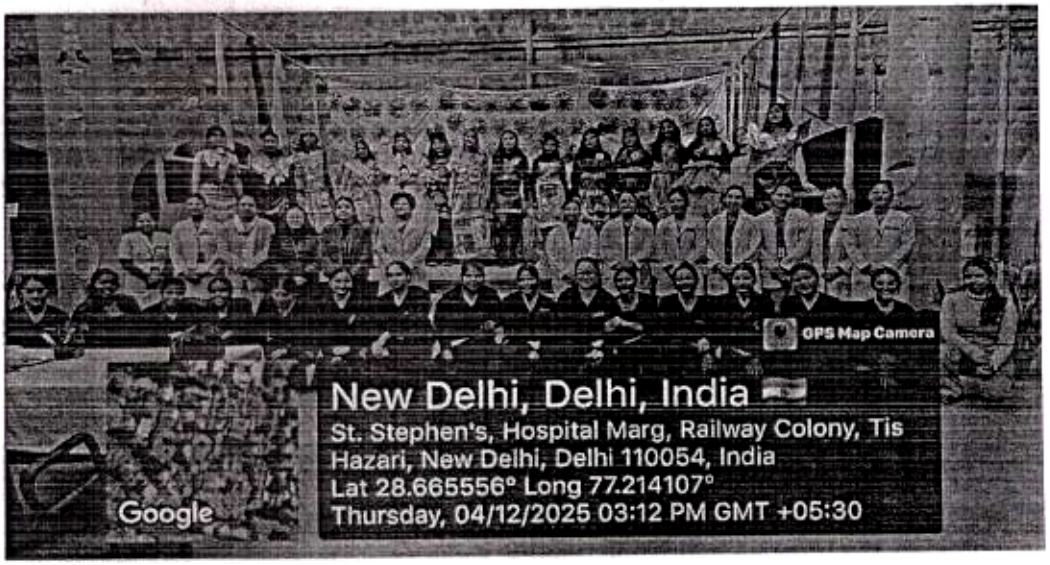












S. Asha Devi

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Ms. Sapam Asha Devi

Assistant Professor

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Prof. Dr. Feba Geevarghese

Principal

A Brief Report on

DISTRICT ECO-SDG CAMPAIGN 2025 (APEX SDG TRUST): ZERO-WASTE COOKING CHALLENEGE

The **Department of Obstetrics and Gynaecological Nursing** organized a Zero Waste Cooking Challenge as part of the District Eco-SDG Campaign 2025 (Apex SDG Trust) initiative to encourage responsible use of food and reduce kitchen waste among students. The activity aimed to help students understand the importance of minimizing food wastage by making use of all edible parts of ingredients. The challenge highlighted how simple practices in cooking can contribute to environmental protection and sustainable living. To prepare for the event, students planned innovative recipes based on the zero-waste concept and collected the required materials in advance. The activity promoted creativity and awareness about using food resources wisely.

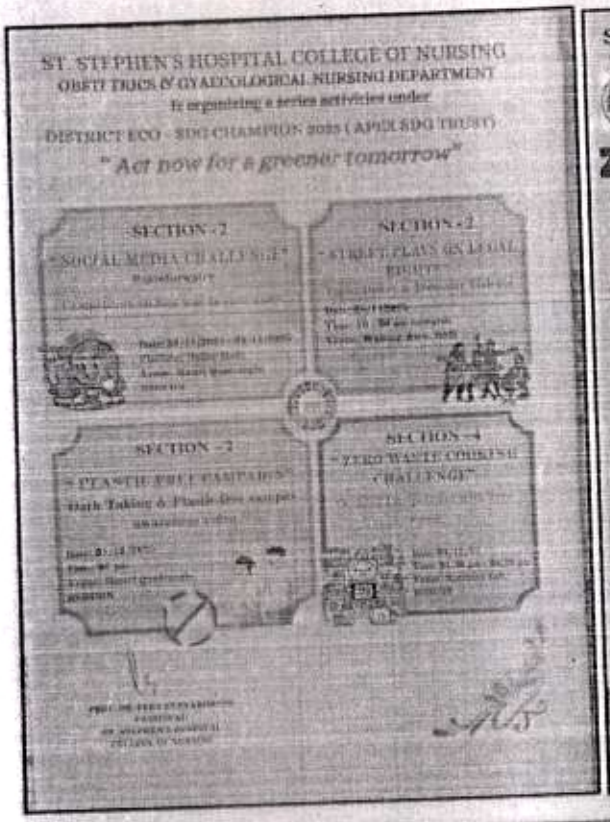
The competition was conducted on **4 December 2025** from **1:30 pm to 4:30 pm** at the **Nutrition Lab**. A total of 32 students participated from **Post Basic B.Sc. Nursing 1st year, B.Sc. (Hons) Nursing 4th year, GNM 2nd and 3rd year** participated enthusiastically in the event. The dishes were evaluated by- **Prof. Dr. Feba Geevarghese,** Principal, St. Stephen's Hospital College of Nursing, **Dr. Raisa,** Consultant, Obstetrics and Gynaecological Department, St. Stephen's Hospital and **Ms. Enid Habil,** HOD, Dietary Department. The judges assessed the dishes based on creativity and innovation, zero-waste approach, taste, hygiene, presentation, nutritional value and sustainability.

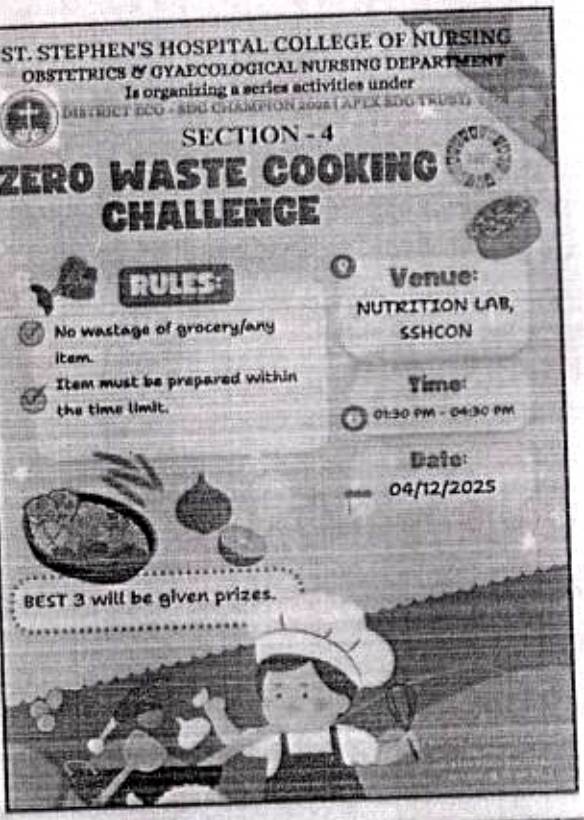
At the end of the competition, three teams were declared as winners.

1. **TEAM 7**- Sanya Manchanda, Shalu, Sanjali, Riya Benjiman (GNM 3rd Year)
2. **TEAM 8**- Ruchi Kumari, Priyanshi Prashad, Preeti, Shereena Shaji (B.Sc. Nursing 4th year)
3. **TEAM 5**-Sukanya Kumari, Tanisha Bhola, Archna Ekka, Muskan Kumari (GNM 3rd Year)

The judges appreciated the creativity, dedication, and effort displayed by the students and commended their ability to prepare nutritious dishes with minimal waste. Constructive feedback was provided to all participants, highlighting areas of improvement and encouraging students to continue practicing sustainable cooking habits. The challenge created a positive learning experience by helping students apply sustainability principles in a practical way and motivating them to adopt zero-waste practices in daily life. The event inspired a strong sense of environmental responsibility and pride among the students.

The Zero Waste Cooking Challenge successfully created awareness among students about reducing food wastage and practicing sustainable cooking. The activity encouraged students to carry forward zero-waste habits in daily life, hostel living, and clinical practice, and to educate patients on nutritious, economical diets and waste reduction at home. The event contributed positively toward building environmental responsibility among future nurses.


ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING
OBSTETRICS & GYAECOLOGICAL NURSING DEPARTMENT
Is organizing a series activities under
DISTRICT ECO - SDG CHAMPION 2025 (APEX SDG TRUST)
"Act now for a greener tomorrow"
SECTION -2
SECTION -3
SECTION -4


ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING
OBSTETRICS & GYAECOLOGICAL NURSING DEPARTMENT
Is organizing a series activities under
SECTION - 4
ZERO WASTE COOKING CHALLENGE
RULES:
No wastage of grocery/any item.
Item must be prepared within the time limit.
Venue:
NUTRITION LAB, SSHCON
Time:
01:30 PM - 04:30 PM
Date:
04/12/2025
BEST 3 will be given prizes.


SUSTAINABLE Development GOALS
United to CALL Action
DISTRICT ECO-SDG CHAMPION 2025
DESC 2025
ZERO WASTE COOKING CHALLENGE
NUTRITION LAB, SSHCON
TIME: 01:30-04:30PM
DATE-04/12/25
GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665188° Long 77.214772°
Thursday, 04/12/2025 02:50 PM GMT +05:30
Google


GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665168° Long 77.214853°
Thursday, 04/12/2025 04:47 PM GMT +05:30
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.66522° Long 77.214707°
Thursday, 04/12/2025 04:45 PM GMT +05:30
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665196° Long 77.214784°
Thursday, 04/12/2025 04:43 PM GMT +05:30
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665167° Long 77.214703°
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665192° Long 77.214799°
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GPS Map Camera
Delhi, Delhi, India
M6g6+cqh, Gandhi Square, Malka Ganj, Delhi, Delhi 110007, India
Lat 28.674677° Long 77.212045°
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ZERO WASTE COOKING CHALLENGE
GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665188° Long 77.21479°
Thursday, 04/12/2025 04:33 PM GMT +05:30
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665171° Long 77.214751°
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665176° Long 77.214762°
Thursday, 04/12/2025 04:35 PM GMT +05:30
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START WITH GOOD BITES!!
GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665178° Long 77.214792°
Thursday, 04/12/2025 04:26 PM GMT +05:30
Google


ZERO WASTE
COOKING CHALLENGE
GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.66519° Long 77.214768°
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GPS Map Camera
New Delhi, Delhi, India
St. Stephen's, Hospital Marg, Railway Colony, Tis Hazari, New Delhi, Delhi 110054, India
Lat 28.665166° Long 77.21474°
Thursday, 04/12/2025 04:31 PM GMT +05:30
Google



Organizing committee

Prof. Sheeba P. Joseph
Ms. Kshetrimayum Nalini Devi
Ms. Rency Jaboi
Ms. N. Grace Amitha

Signature of Principal
Prof. Dr. Feba Geevarghese
St. Stephen's Hospital College of nursing

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

REPORT ON CELEBRATION OF MENTAL HEALTH WEEK, 2026

Mental Health Week was celebrated by St. Stephen's Hospital College of Nursing in collaboration with the Department of Psychiatry from 03/10/2026-10/10/2026.

Students participated in various activities to highlight the significance of creating a culture where mental health is understood, respected and cared for.

BRIEF REPORT OF THE ACTIVITIES ORGANISED FOR STUDENTS

Activity-1: A Poster making competition on 05/10/2026

A Poster making competition on the theme **"Lived Experiences heard: Real Voices Real Change"** was held for students on 05/10/2026 at Classroom-8, College of Nursing and the best three posters were awarded with gifts and certificates by Dept. of Psychiatry, as follows;

Position Secured	Name of the student	Batch
First	Ms. Reetika Rose	Post Basic B.Sc. Nursing II Year
Second	Ms. Jinsu Ann Jacob	B.Sc. (Hons.) Nursing Semester-VIII
Third	Ms. Theresa Navya	B.Sc. (Hons.) Nursing Semester-VIII

All posters were displayed in the OPD Registration Area with an aim to create awareness among general public on the significance of mental health and wellbeing.

Activity-2 Guess the diagnosis on 07/10/2026

A team based competitive activity, **Guess the diagnosis** was organized for students. Each team was given a diagnosis card, which had to be enacted using the provided clues, while the other team members were required to identify and guess the diagnosis. The activity encouraged students to apply their knowledge in a creative and interactive manner. A total of 9 teams participated in the activity. The activity was interesting and engaging and enjoyed by the audience.

Position Secured	Name of the student	Batch
First	**TEAM F** Ms. Shubhangi Massey, Ms. Neha Geo, Ms. Achsah Shaji	B.Sc. (Hons.) Nursing Semester-VIII
Second	**TEAM H** Ms. Jinsu Ann Jacob, Diya Mol Siby, Ms. Prashi Rajesh Ghorpade	B.Sc. (Hons.) Nursing Semester-VIII

Activity -3 Role Play on 09/10/2026

Students performed a Role Play on the topic "**Depression and Obsessive-compulsive disorder"** at OPD area of St. Stephen's Hospital. The role play aimed to create awareness among general public regarding the importance of mental health. It also highlighted that Mental health is not simply the absence of mental illness, it is the strength to face challenges, the courage to seek help when needed and to develop resilience.

Closing Ceremony on 09/10/2026

On Closing Ceremony, Prizes for students were distributed by Dr. Atmesh Kumar, Senior Consultant, Dept. of Psychiatry.

All the students who participated in the Poster competition and Role Play were appreciated and presented with small gifts. The students participated with great enthusiasm, curiosity and teamwork, making the activities meaningful and successful

GLIMPSES OF ACTIVITIES

Activity-1: A Poster making competition on 05/10/2026





Activity-2 Guess the diagnosis on 07/10/2026











Activity -3 Role Play on 09/10/2026







Closing Ceremony on 09/10/2026







Ms. Shelly Shajan, Ms. Jaya Simon, Ms. Pratibha Thakur, Ms. Akanksha

Ms. Pristina, Ms. A Kosha O, Ms. Amisha, Ms. Vishakha John

Department of Mental Health Nursing

Prof. Dr. Feba Geevarghese
Principal
St. Stephen's Hospital College of Nursing

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

REPORT ON QUIZ COMPETITION

TOPIC: SOCIAL SYSTEM

A quiz competition on "Social System" was organized on 31/01/2026 for B.Sc. (Hons.) Nursing 1st Year to enhance students' understanding of social structures, social institutions, relationships, roles, norms, and their influence on individual and community life. The quiz provided an interactive platform for students to reinforce their theoretical knowledge and develop critical thinking and analytical skills.

Students participated enthusiastically and demonstrated active involvement throughout the competition. The activity encouraged healthy competition, teamwork, knowledge sharing, and effective communication. Overall, the quiz was an informative and engaging learning experience that strengthened students' understanding of the role and functioning of social systems in society. The students were divided into 3 groups. The winners of the competition were: Group B: Ms. Jephy, Ms. Anushka, Ms. Khushboo, Ms. Heena, Ms. Shruti, Ms. Bibina, Ms. Anshika, Ms. Vanshika, Ms. Felda & Ms. Shreya.









Ms. Arpana
Subject Coordinator

Prof. Dr. Feba Geevarghese
Chairperson

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

REPORT ON QUIZ COMPETITION

TOPIC: BUILDING RESILIENCE AND HANDLING STRESS

A quiz competition on "Building Resilience and Handling Stress" was organized on 10/02/2026 for the 1st Year Batches of B.Sc. (Hons) Nursing & G.N.M to promote awareness among students regarding stress management, emotional well-being, and healthy coping strategies. The quiz covered topics such as identifying stressors, managing emotions, relaxation techniques, positive thinking, time management, and developing resilience.

The activity provided an interactive platform for students to enhance their knowledge, critical thinking, and decision-making skills. Students participated with great enthusiasm and demonstrated active involvement throughout the competition. The programme successfully highlighted the importance of resilience, self-care, and effective stress management in maintaining overall well-being. The winners of the competition were: 1st Position: Ms. Aphia, 2nd Position: Ms. Abana Nanda & 3rd Position: Ms. Khushboo.









Ms. Sheljy / Ms. Komal
Coordinators

Prof. Dr. Feba Geevarghese
Chairperson

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences),
USM & AHS, GGSIPU

ST. STEPHENS COLLEGE OF NURSING

REPORT ON GUESS THE DIAGNOSIS

In an alignment with the Global celebration of World mental health week celebration from 3rd to 10th October 2026, St. Stephen's College of Nursing organized an interactive educational programme titled 'Guess the Diagnosis' on 7th October 2026 2pm-3pm. The event was centered around the theme, "Lived experiences heard: Real voices, real change", emphasizing empathy, deep clinical observation, and authentic representation of mental health struggles

The objective of the event was to foster practical clinical understanding, prompt symptom recognition, and collaborative critical thinking among nursing students regarding psychiatric conditions.

The judges of the event were Prof. Dr. Feba Geevarghese , Principal , St Stephens college of nursing, Dr. Juhi Rachel Baluja (Sr. Consultant) Ms. Shinon (Psychologist) Mental health department , St Stephens hospital.

The programme was commenced on a harmonious prayer song rendered by the student's invoking blessings for a successful and insightful event. The event witnessed enthusiastic engagement of the students with all academic years. To ensure structured participation and collaborative learning the students were divided into 9 groups, each compromising of 3 members. The rules of the event were told priorly to the all the members.

The execution of the competition followed a structured blueprint:

Chit Selection: A designated representative from each of the groups stepped forward to draw a secret chit containing a specific clinical psychiatric diagnosis. The preparation time after chit picking was 30 secs .

Symptom Enactment: Relying purely on their clinical knowledge and communication skills, the chosen member had to actively enact and charade the core diagnostic symptoms of the assigned psychiatric condition to their respective group members. The time for the enactment was 1 minute.

Group guessing: After 1 min, the remaining group members had to guess the correct diagnosis and speak on that diagnosis for 1 minute.

Evaluation and conclusion - The evaluation was done by the respected judges and the results were announced by the Principal ma'am. The judges commended the students for their enthusiastic participation , impressive clinical insight and creative depiction of the mental health conditions. The programme concluded on a highly successful note , effectively bridging theoretical knowledge with practical empathy and preparing future nursing professionals to better understand and serve patients with lived mental health experiences.

WINNERS	
FIRST PRIZE	SECOND PRIZE
MS. SHUBHANGI MASSEY MS. NEHA GEO MS. ACHSAHA SHAJI	MS. JINSU JACOB MS. DIVYAMOL SIBY MS. PRASHI RAJESH GHORPADE

GLIMPSE OF THE COMPETITION





EDUCATIONAL FAIR 2026

Under the guidance of Prof. Dr. Feba Geevarghese, Principal, College of Nursing organized an 'Educational Fair' for the students and staff of the Hospital on 24th January 2026, 10:00am onwards at Old Administrative Block Lawn. The Educational fair was inaugurated by our Respected Sir Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital. The students and faculty enthusiastically participated and took initiative to set up food stalls with scrumptious food items like- 'Chole bhature', 'biryani', 'Momos', 'chilli potato', 'aloo tikki', 'kappa & fish curry', 'fried chicken' and 'fried fish' etc. There were exciting game stalls like 'hoopla rings', 'throw the ball', 'try your luck' and 'treasure hunt'. "Dhamaka sale" stall and song dedication stall were also set up. There were stalls of in which models, posters and simulators such as mechanism of labour, wound care, BLS, Intravenous cannulations and injections etc. were displayed for increasing the awareness of the students regarding various procedures. There were two stalls in which book publishers such Nurses Next Live Academy & Nurses Next Live Edu-Hub (NNL One) and Target High displayed their books. The highlight of the event was the Lucky Draw. The prizes were distributed by our Principal. The students had a good time of enjoyment and refreshment.









Prof. Dr. Feba Geevarghese

Prof. Dr. Feba Geevarghese
Principal cum Professor
St. Stephen's Hospital CON
Associate Dean
(Nursing & Allied Sciences)