



## ARMY COLLEGE OF NURSING, JALANDHAR CANTT

Sr No	Name	Designation	Signature
1	Prof (Mrs) Charlotte Ranadive	Principal	<i>Charlotte</i>
2	Dr Priya Sharma	Professor	
3	Ms Khushnasib	Associate Professor	<i>Khushnasib</i>
4	Ms Navjot Kaur	Associate Professor	
5	Ms Priyanka	Assistant Professor	on Leave
6	Ms Ishu Kumari	Assistant Professor	on Leave
7	Ms Pooja Sharma	Clinical Instructor	Leave
8	Ms Apsra Kalsi	Clinical Instructor	<i>Apsra</i>
9	Ms Harpreet Kaur	Clinical Instructor	<i>Harpreet</i>
10	Ms Riya Sharma	Clinical Instructor	<i>Riya</i>
11	Ms Ritu Rana	Clinical Instructor	
12	Ms Parneet Kaur	Clinical Instructor	<i>Parneet</i>
13	Ms Nitika	Clinical Instructor	
14	Ms Sofiya	Clinical Instructor	<i>Sofiya</i>
15	Ms Harjot Kaur	Clinical Instructor	Leave
16	Ms Sandhya	Clinical Instructor	<i>Sandhya</i>
17	Ms Nandini	Clinical Instructor	<i>Nandini</i>
18	Ms Kimmy	Clinical Instructor	
19	Maj Sarita Kumari (Retd)	Clinical Instructor	
20	Ms Shahnaj	Clinical Instructor	<i>Shahnaj</i>

*Mr. Mevendi tw*

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*Signature of CNE Incharge ⇒ Sadye*

*Signature of Principal ⇒ Charlotte*

This is to inform you that on 23-11-24. A CNE  
was conducted on Topic "The Life SAVERS"

Presenter — Mrs Sandhya Masih  
Delt — C.N.N.

Timing — 9 - 10 Am.

Venue — Seminar Hall

Attended by — Faculty,

Objective — Answers regarding  
lifestyle

Minutes → Silence, Affirmation, visualization  
Exercise, Reading, Scribing  
6 habits can transform life.

Consistency is the key to achieve anything

Morning rituals specially first 30 min  
of the day lead our day.

Meditation is better than Medication.

Signature of [Signature]  
CNE Incharge

[Signature]  
Signature of  
Principal