

ARMY COLLEGE OF NURSING

DUSSEHRA CELEBRATION

DATE: 5 October 2022

TIME: 1800 -1900HRS

VENUE: HOSTEL CAMPUS, ACN

Army college of Nursing celebrated Dussehra on 5th October 2022. The event was culminated with the Ravan dahan at backyard of hostel campus with the echos of “Jai Shree Ram in the Air”.



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ARMY COLLEGE OF NURSING ,JRC

FAREWELL 2022

DATE: 04 NOVEMBER 2022

TIME: 1430 -1800HRS

VENUE: ASHOKA HALL

Army College of Nursing, JRC had organised Farewell 2022 for the 14th batch of ACN (2018-2022) on 4 November 2022 at Ashoka Hall from: 1430 -1800 hrs. The event was presided by Prof Charlotte Ranadive (Offg Principal, ACN) and Col H S Phagura (Registrar, ACN). The event included ramp walk, cultural dance and other drama performances. The event was culminated with the bagging of titles as follows:

- Ms ACN –Ms Khushbu
- Ms Diva –Ms Prerna
- Ms Charm- Ms Kirti Sangwan and Ms Poonam

The eve was celebrated with a feast at Annapurna and DJ night at basketball court.



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FRESHER'S PARTY

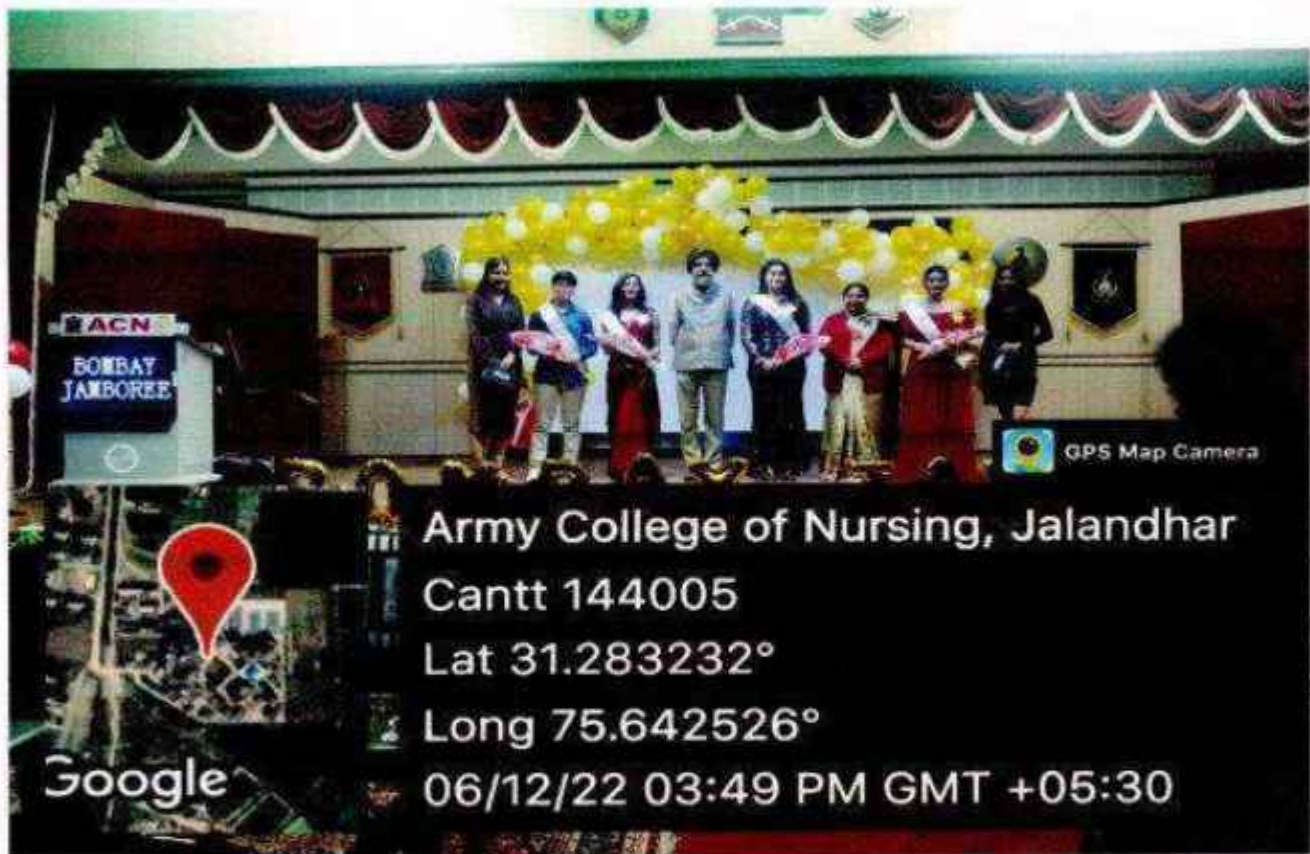
Date:-06/Dec/2022

Venue:-Ashoka Multipurpose Hall

Time:-1:00-4:00 PM

A fresher's party for the 18th Batch was celebrated with great zeal and enthusiasm. The party was conducted with a Theme of "Bombay Jamboree". Distinguished guest for the fresher's party were Col.HS Phagura (Registrar) and Prof.Mrs.Charlotte Ranadive (Officiating Principal ACN).Welcome dance was performed by the students of Semester-II. Fresher's got chance to show their talent by stunning ramp walk.

Organizers, Semester-II had arranged the whole function in a very well organized manner. Various activities were planned such as dance performances by all the batches (Semester-II, B.Sc (N) 2nd year, B.Sc (N) 3rd year, BSc (N) 4th year). Special attraction was a stand up comedy and song show. Ms. Riya was adjudged as Ms Fresher in the contest. The function ended at 4:00PM and students enjoyed a lot and had a great time.



Charlotte
Offg Principal
Army College of Nursing
Jalandhar Cantt

Pradip
Principal
Army College of Nursing
Jalandhar Cantt

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STUDENTS NURSES ASSOCIATION (SNA) ELECTIONS

Date: -09/Dec/2022

Venue: - Sharda Library

Time: - 2:00-4:00 PM

Students Nurses Association elections were held at Army College of Nursing on 09/Dec/2022 at Sharda Library. Students were oriented to rules and regulations of voting. Elections were systematically and fairly conducted under the guidance of SNA advisor Mrs. Rashmi (CI) and other teachers. Various students nominated themselves for 12 posts from 4th year and 3rd year. The main elected body was from 4th year where as assistants for all posts from 3rd year.

However, all the members were elected by students. The votes were counted and further result was enclosed and sealed. SNA members were called on 15/Dec/2022 and result was declared. Prof. Mrs. Charlotte Ranadive (Officiating Principal ACN) and SNA advisor (Mrs. Rashmi, CI) announced the result in conference hall. Overall this process was confidential and result was revealed in a systematic manner.



CATEGORY	ELECTED BODY
Vice President	Ms. Riya Raghav
Secretary	Ms. Ansika
Treasurer	Ms. Doli Das
Mess Incharge	Ms. Doli kumari
Cultural Incharge	Ms. Ekta
Health Incharge	Ms. Kajal
Hobby Incharge	Ms. Bhumika
Editorial Incharge	Ms. Vaishnavi
Hostel Incharge	Ms. Neha Kumari
Sports Incharge	Ms. Megha
Discipline Incharge	Ms. Ravina
Hall Incharge	Ms. Upasana


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LAMP LIGHTING CEREMONY

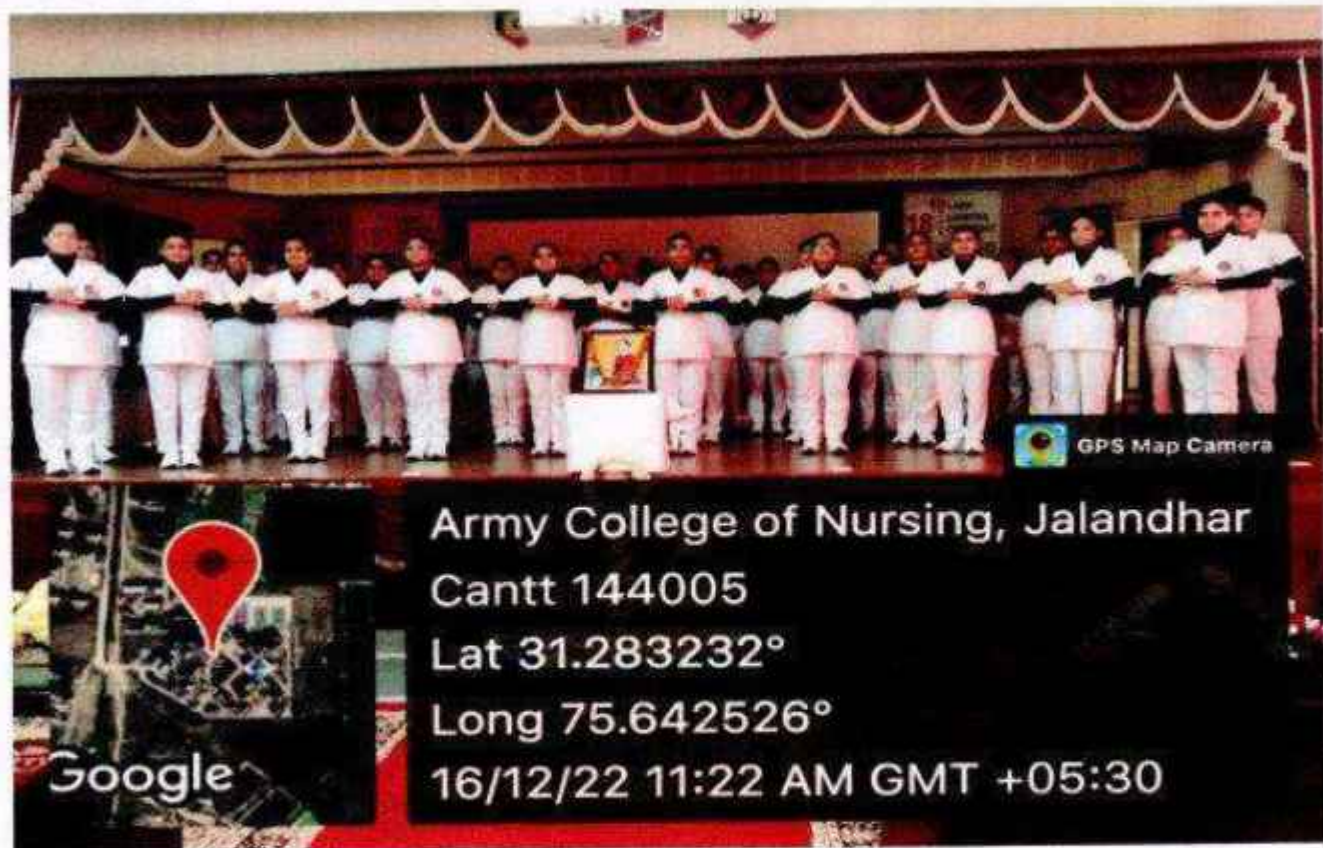
Date:-16/Dec/2022

Venue:-Ashoka Multipurpose Hall

Time:-9:00-1:00PM

18th Lamp lighting ceremony for the BSc (Nursing) Semester-I was held on 16/Dec/2022 at Ashoka Multipurpose Hall in ACN. Chief Guest for the day was Col.Sheela S, Principal Matron MH Jalandhar Cantt. Nursing Officers of MH Jalandhar also attended the ceremony. In the beginning guests were received by Prof.Mrs Charlotte Ranadive Officiating Principal ACN.Ceremonial Lamp lighting was done as a tribute to Goddess Saraswati after the formal welcome of all the dignitaries.

The procession of students took place followed by oath taking, Nurse's pledge & Prayer song by BSc (Nursing) Semester-I. After this, Chief Guest shared her valuable experience & motivated the students.Prof.Mrs Charlotte Ranadive (Officiating Principal ACN) proposed formal vote of thanks. All were invited for refreshment. Overall this event was delightful & created a beautiful memory in ACN diary.



Charlotte
Offg Principal
Army College of Nursing
Jalandhar Cantt

Sheela S
Principal
Army College of Nursing
Jalandhar Cantt

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WORLD LEPROSY DAY

Date: - 02/Feb/2023

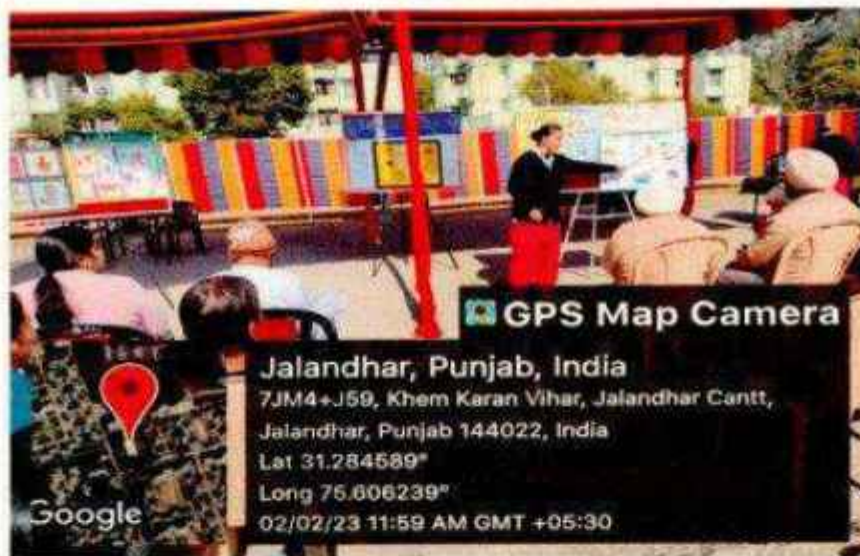
Time: - 10:00-11:00 AM

Venue: - K.K Vihar

Audience: - General Public

Leprosy Day is celebrated on every Last Sunday of January across the Globe. Theme was "Act Now End Leprosy". On 02/02/2023 The World Leprosy Day was celebrated in ACN. The world Leprosy Day was organized by the Department of Community Health Nursing headed by Mrs Priya Sharma, (Associate Professor) ACN.

The students of BSc (N) IVth year under the guidance of Mrs Apsara (CI) and Miss Sofiya (CI) put up an exhibition on Leprosy, its causes, sign and symptoms, complications, treatment and prevention. The audio visual aids were highly effective in explaining the public how to control the spread. The students conducted the health education session well and answered all the queries.



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Principal
Army College of Nursing
Jalandhar Cantt

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WORLD CANCER DAY

Date: - 04/Feb/2023

Time: - 10:30-11:30 AM

Venue: - Military Hospital Jalandhar

Audience: - General Public

The World Cancer Day Awareness Programme was organised by the Department of Medical Surgical Nursing headed by Mrs. Khushnaseeb Associate Professor ACN on the Theme ("Close the Gap: Uniting our Voices and Taking Action"). The Chief Guest Brig. Prasad R Lele, Commandant (MH, JRC) unfolded the theme. He was accompanied by Col. Sheela S, Principal Matron (MH,JRC) and Col. TR Barman, Deputy Principal Matron (MH,JRC).

Cancer Awareness Programme was conducted by BSc (Nursing) IIIrd year with Presentation of Charts and Posters to the gathering at Family OPD. Students provided health education about cancer, symptoms of cancer, types of cancer, curing techniques of cancer and Management of Cancer to the gathering. All in all the event was a huge success.



Khushnaseeb

Khushnaseeb

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Jalandhar Cantt

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SYMPOSIUM ON CODE BLUE & ABG ANALYSIS

Date: - 08/Feb/2023 & 17/Feb/2023

Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - IIIrd year, IVth Year, Semester III respectively & Faculty

The Student Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal ACN) & Mrs Rashmi (SNA Advisor) organized Symposiums in collaboration with MH, JRC (Nursing Department) on the following topics:


8/02/2023 (8:00-9:00 AM) Blue Code (IIIrd year, IVth Year Students)

17/02/2023 (8:00-9:00 AM) ABG Analysis (Semester III)

A symposium on Code Blue was conducted by Nursing Officer (Captain Priyanka) in Auditorium of MH, JRC on 08/02/2023 from 8:00-9:00 AM. Hospitals often use code names to alert their staff to an emergency or other events. Codes allow trained hospital personnel to respond quickly and appropriately to various events. (Captain Priyanka) explained that the most common hospital codes are code blue, code red, and code black. She explained all the codes but mainly emphasised about code blue. Code blue is the most universally recognised emergency code. Code blue means there is a medical emergency occurring within the hospital. Hospital emergency codes are extremely important to the safety of people inside a hospital. She explained this topic in detail very well.

A symposium on ABG analysis was conducted by Nursing Officer (Captain Antim) in Auditorium of MH, JRC on 17/02/2023 from 8:00-9:00 AM. She explained about Introduction of ABG analysis, Importance of studying ABG analysis, Buffer system, Acid- Base disorders, Components of the ABG, Respiratory acidosis and alkalosis, Metabolic acidosis and alkalosis, Sign and Symptoms, Articles, Procedure, Treatment and Management. All in all the session was very informative for all the students, faculty & Nurses present there.




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CNE ON MEDICAL EMERGENCIES & BASIC FIRST AID

Date: -15/Feb/2023

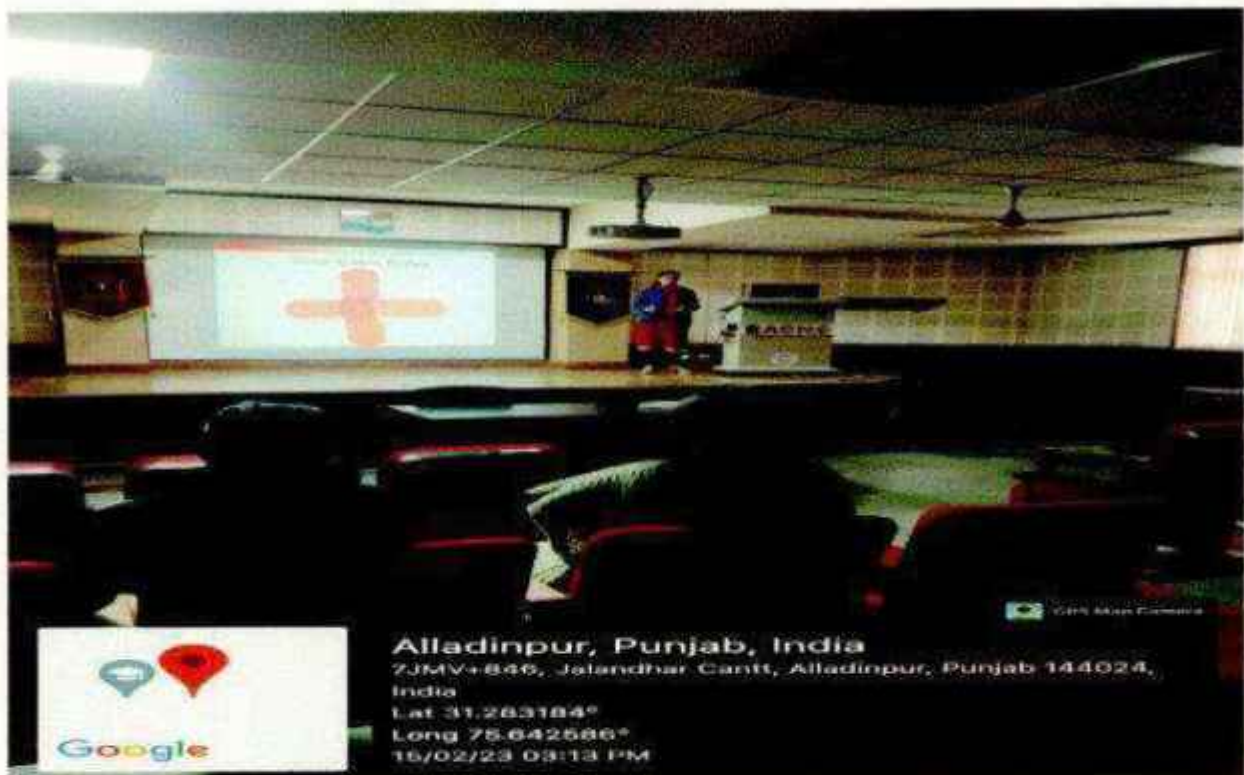
Time: -3:00-4:00 PM

Venue: -Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Medical Surgical Nursing headed by Mrs. Khushnaseeb (Associate Professor), organized a CNE for all faculty members of ACN on the topic Medical emergencies & Basic First Aid on 15/02/2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field . She explained about the basic first aid, and how to provide first aid in wounds, bleeding, burns, heatstroke, poisoning, bites, drowning, fainting, seizures and unconsciousness.

She also elaborate about dressing the wound, applying different types of bandages, splinting the injured body part, providing CPR and transferring the Victim. She also focused on most common Medical Emergencies: - Bleeding, Breathing difficulties, someone collapses, fits, severe pain, heart attack, and stroke. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



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Principal
Army College of Nursing
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ALUMNI LECTURE ON DIGITALIZATION IN NURSING

Date: - 16/Feb/2023

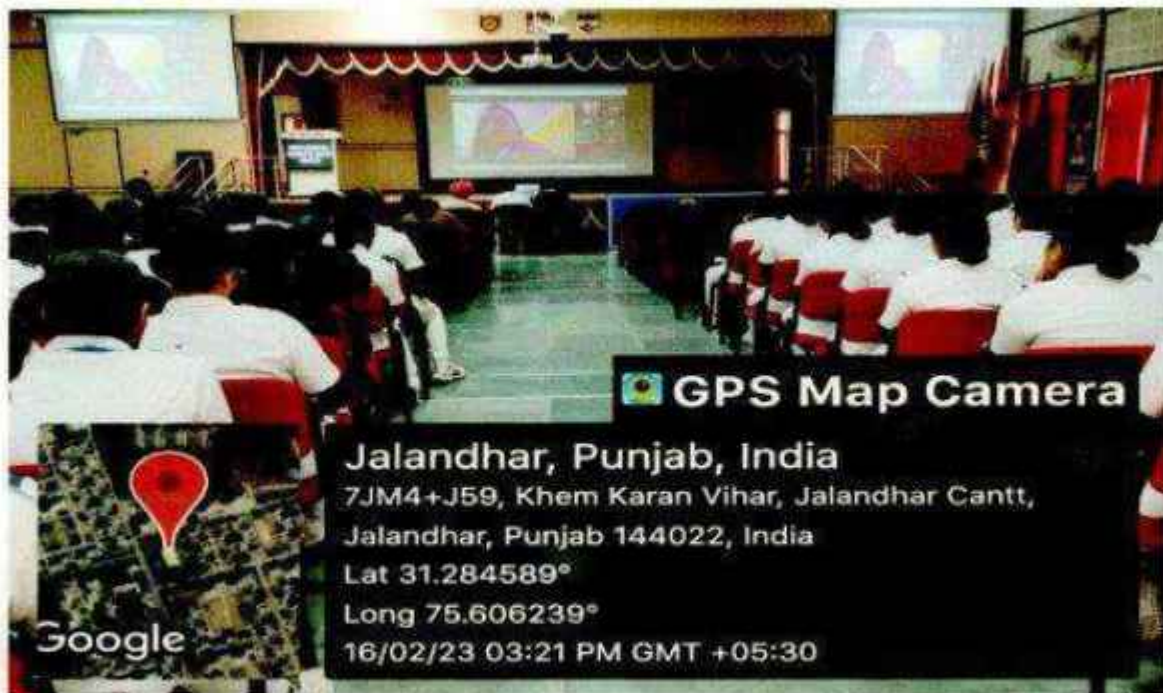
Time: - 3:00- 4:00 PM

Venue: - Ashoka Multipurpose Hall

Audience: - Students & Alumni of ACN

The Alumni Association of ACN under the guidance of Prof Mrs. Charlotte Ranadive (Officiating Principal ACN), and Mrs Apsara Kalsi (CI) Alumni Coordinator organized an online Lecture on the topic Digitalization in Nursing to commemorate on 16/02/2023 at 3:00-4:00 PM. The digitalization of healthcare has enabled health services to be more accessible and available daily. Mrs Taranjot Kaur (Alumni of ACN) explained that the effect of digital technology has been increasing in the nursing sector. New technologies can address specific existing problems: Nurses spend at least 30 % of their working day filling out forms and documenting patient data. Digitalized documentation process reduce paperwork, create optimized schedules and increases productivity, allowing nurses more time for patient care.

She gave some examples of tools and technologies that are used in today's time like Telehealth/ Telemedicine (Beneficial in nursing homes during outbreaks of infectious disease), EHR (Electronic Health Records made nursing documentation easy), Mobile Health (Coaching patients via applications can improve short term outcomes), Personalized care (Treatment tailored to individual patients enables nurses to deliver more personalized care), Social Media and Online information internet (It also helps a lot in the nursing field and in supporting patients & students education), Digital Monitors & Devices like Blood glucose monitors, Pulse oximeters, BP monitors, weighing scales, thermometers (Can be easily used even at home by anyone with adequate knowledge). All in all it was an informative and knowledgeable session for all.



Charlotte
Principal
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INTERHOUSE BADMINTON & BASKETBALL COMPETITION

Date: -18/Feb/2023 & 25/Feb/2023

Time: - 8:00AM -12:00PM

Venue: -Vajra Indoor Badminton Court & Basket Ball Court

Audience: - ACN Students (All 4 Houses)

Interhouse Badminton Single & Doubles and Basket Ball tournament were held on 18/02/2023 & 25/02/2023 in Vajra Indoor Badminton Court & Basket Ball Court respectively. The presiding Officers for the tournament was Col. H.S Phagura Registrar (ACN) and Mrs Charlotte Ranadive Officiating Principal (ACN).

The Sports activities of the college is organized yearly for the active involvement of all students in co-curricular activities. Miss Harjot Kaur (Sports Coordinator) has organised the following sports activities with the Captains of all 4 houses. These Matches were conducted house wise and the selection of the players were done by respective house captains. The Quarterfinal, Semifinals were conducted by Chit system and the finals were conducted from the winners of semifinals of each category.

The winners for Badminton Match Single & Doubles was Mother Teresa House

The winners for Basket Ball Match was Mother Teresa House

The Match Supervisors was Miss Harjot Kaur (CI) for Badminton and Miss Sanam (CI), Miss Nitika (CI), Miss Pooja (CI) for Basket Ball. In all inclusive the whole tournament was a great success.



Charlotte
Principal
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DISTRICT LEVEL COMPETITION

Date: -20/Feb/2023 to 21/Feb/2023

Time: - 9:00AM-2:00 PM

Venue: -DAV College, Jalandhar Cantt

Audience: - District level Inter School/College Students

The Red Ribbon Club / NSS unit of ACN under the guidance of Prof Mrs. Charlotte Ranadive (Officiating Principal ACN) and Programme Officer Mrs Riya Sharma (CI) motivated the ACN Students to participate in the District Level Inter College Competition held at DAV College Jalandhar Cantt. The theme of the Competition was ("Swami Vivekanand"). Approx 12 Colleges and 250 Students from various Schools & Colleges of Jalandhar participated enthusiastically in all the events along with ACN Students. The events were Declamation Competition, Quiz Competition, Collage Making, Poster Making, and Slogan Writing Competition. The event was successful. The winners of the Competition were: -

- Declamation Competition - Miss Shikha (BSc Nursing IIIrd Year)
- Quiz Competition - Miss Reshma & Miss Neha (BSc Nursing IVth Year)
- Slogan Writing – Miss Jyoti (BSc Nursing IVth Year)
- Poster Making – Miss Sapna & Miss Neemisha (BSc Nursing IIIrd Year)

The winners were awarded with certificates and medals.



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Principal
Army College of Nursing
Jalandhar Cantt

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SNA LECTURE ON NEEDLE STICK INJURY AND HEALTH HYGIENE

Date: -23/Feb/2023

Time: - 3:00-4:00 PM

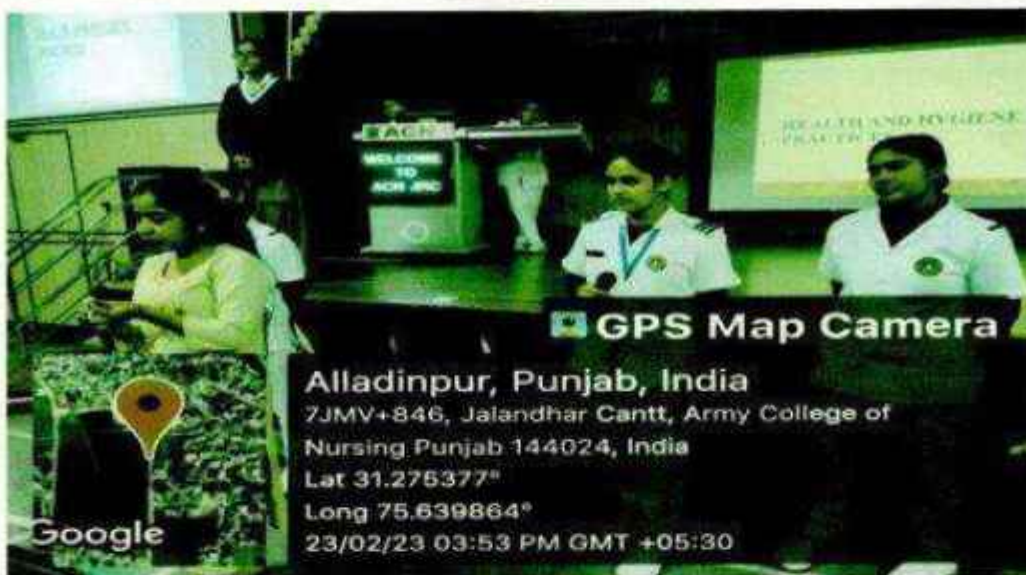
Venue: - Ashoka Multipurpose Hall

Audience: - Semester I and Semester III Students

The student Nurses Association of ACN under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal) and Mrs Rashmi (SNA Advisor) organized lectures on Needle Stick Injury and Health and Hygiene on 23rd and 24th February 2023 respectively for Semester I and Semester III Students.

On 23rd Lecture of Needle Stick Injury was delivered by Miss Riya Raghav (Vice President) and Miss Nitika (CI) demonstrated how to discard the sharps safely. The topic was explained in detail covering all major aspects with demonstration and latest protocols to be followed in MH by all students.

On 24th February 2023 a lecture on Health and Hygiene was delivered by Miss Kiran and Miss Neha SNA (Health Rep & Hostel incharge). The main aim was to inculcate healthy health practices by students in hostel with special emphasis on personal hygiene, menstrual hygiene and cleanliness of the hostel rooms and toilets. Both the lectures were highly effective.



A. Ranadive
Principal
Army College of Nursing
Jalandhar Cantt

R. Rashmi
Principal
Army College of Nursing
Jalandhar Cantt

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MINI MARATHON G20

Date: - 04/Mar/2023

Time: - 6:20-8:20 AM

Venue: - India Gate Chowk to Vajra Natural Park, Jalandhar Cantt.

Audience: - Community People and ACN Students

On the occasion of International Women's Day 3.6 Kilometres Mini Marathon was organized by HQ 11 Corps on 04/03/2023 from India Gate Chowk to Vajra Natural Park Jalandhar Cantt. The SNA unit of our college also participated in the event. The Purpose of organizing the Mini Marathon was to remove or eliminate gender based inequalities. More than 200 members of the community including 84 students of ACN participated enthusiastically in this mini marathon and everyone successfully completed the run.

The Winners of the mini marathon was: -

BSc (N) IVth Year Students Anshika and Bhumika 1st Position

BSc (N) IIIrd Year Student Anchal 2nd Position



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ANNUAL SPORTS MEET 2023

Date: - 09/Mar/2023-10/Mar/2023

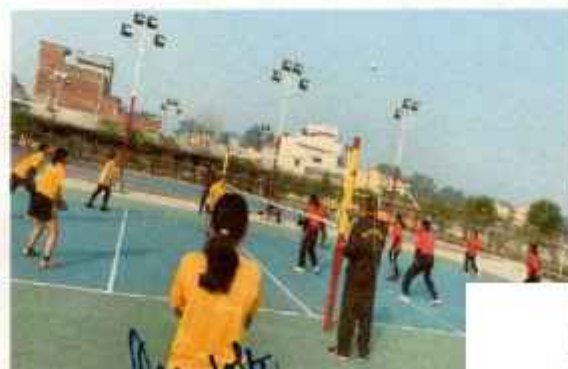
Time: - 8:00-11:00AM, 7:15-9:00AM

Venue: - Football Ground

Audience: - Faculty and All ACN Students

On 09/Mar/2023-10/Mar/2023 ACN organized Annual Sports Meet 2023. The event took place in the Football Ground of the ACN. The event began with the opening of the sports by Chief Guest followed by oath taking by sports captains and house captains. All four houses displayed a synchronized march past. Brig Prasad R Lele (Commandant MH, JRC & Director ACN) was the Chief Guest. Col. Sheela S (PM MH, JRC), Lt. Col Tapasi R Barman (DPM MH, JRC) and Other Dignitaries accompanied the Chief Guest. Students participated and competed against one another in various Sports like Javelin throw, Shot put, Long Jump, Race, Kho-Kho, Table Tennis, Badminton, Discuss Throw, Volley ball, Basket Ball, Chess, Carom.

All in all, the whole event was organized in a systematic manner. Lastly Brig Prasad R Lele (Commandant MH, JRC & Director ACN), Col H S Phagura (Registrar ACN), Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave away prizes to the winners and participants and congratulated them for their excellent performance. The best march past award won by (Mata Saraswati House), whereas (Mother Teresa House) bagged best house Trophy & it was received by House Captain Miss Anshika student of BSc (N) IVth year.



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SEHAJ YOGA SESSION

Date: - 14-16/Mar/2023

Time: - 7:00-8:00AM

Venue: - Ashoka Multipurpose Hall

Audience: - Faculty & All ACN Students

Army College of Nursing had organized 3 Days Sehaj Yoga sessions for the students on 14, 15, 16/Mar/2023. The Trainer Amit Sharma from HQ 11 Brig Med Corps had addressed the sessions. Brig Prasad R Lele (Commandant MH, JRC & Director ACN), Col H S Phagura (Registrar ACN), and Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave their valuable presence. He conducted Lecture for 20 minutes in which he explained the importance of Relaxation, Meditation, Cleaning and Prayer. Also he practically demonstrated and made the students to perform the Sehaj Yoga sessions on all three days. He also distributed few books on Sehaj Yoga for further references.



Charlotte
Principal
Army College of Nursing
Jalandhar Cantt

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GUEST LECTURE ON PRANIK HEALING

Date: - 17/Mar/2023

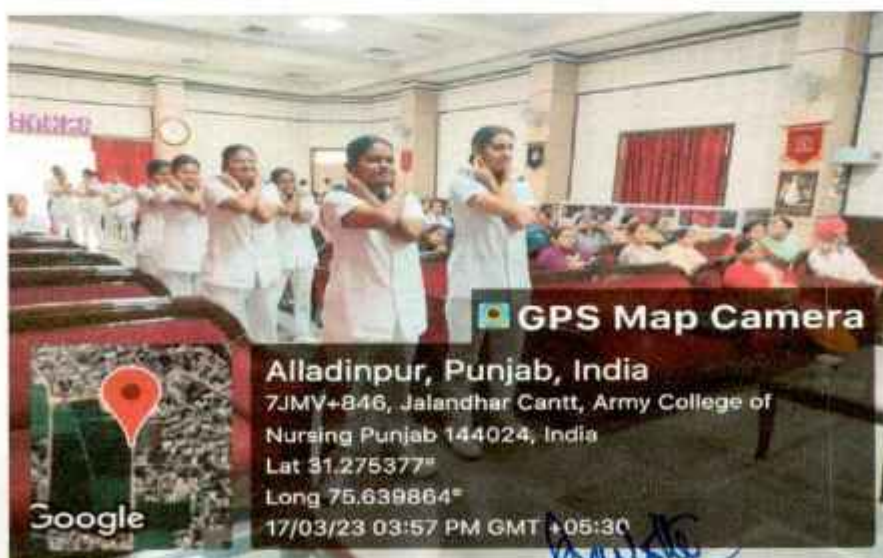
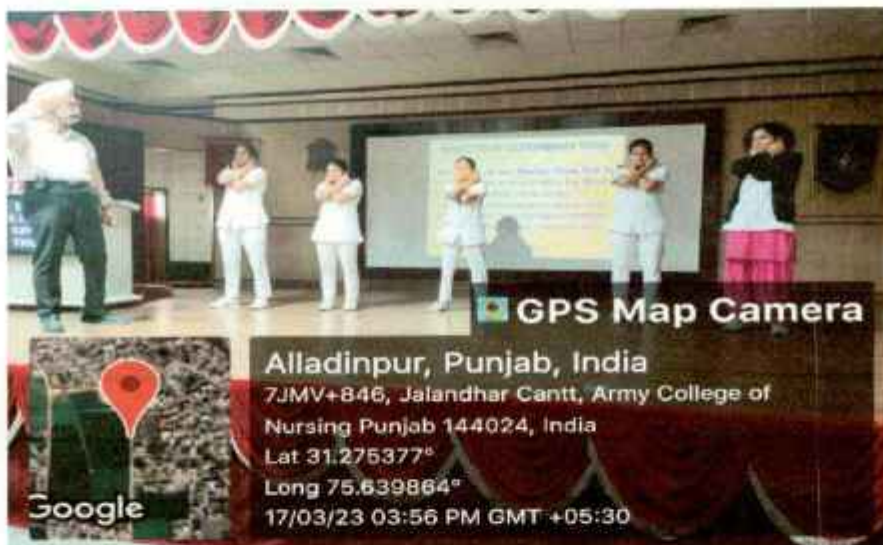
Time: - 2:00-4:00PM

Venue: - Ashoka Multipurpose Hall

Audience: - Faculty & All ACN Students

Army College of Nursing organized workshop on Pranic Healing on 17/Mar/2023. The Preceptor Brig Tijender Singh Thind and Ms. Divya Soni (Pranic Healer) had addressed the Pranic Healing session. Col H S Phagura (Registrar ACN), and Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave their valuable presence. The students were educated about the Pranic Healing. He introduced Pranic Healing as a powerful technique of energy healing. All students and faculty attended this session of effective no-touch method of energy healing.

He had explained the functioning of subtle system within the body. The subtle system is made up of nadis and chakras. Nadis, or channels, carry energy throughout the body while chakras, or wheels are the centres of energy located in the body. Pranic Healing will remove negativity and restore balance between the channels and chakras. All staff members along with students found Pranic Healing very Productive, Creative and full of Learning Experiences. As the students showed interested in learning the skill/technique a formal training session for the interested students will be conducted shortly.



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Principal
Army College of Nursing
Jalandhar Cantt

Principal
Principal
Army College of Nursing
Jalandhar Cantt

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CULTURAL FEST "ULLAS"

Date: - 17-18 Mar 2023

Time: - 9:00-1:00PM

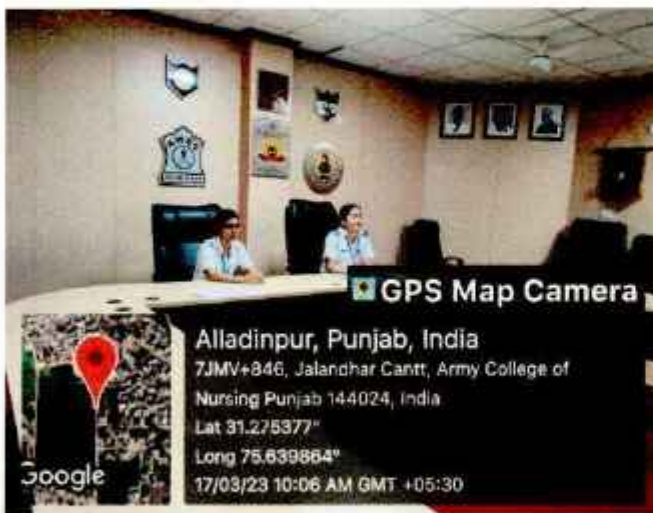
Venue: - Patanjali Conference hall

Mode: - Online

Audience: - Students of ACN, AIE

Army Institute of Education organised cultural Fest Ullas on 17&18 Mar 2023. A rulebook was shared by them with various events enlisted. On March 15th Competitions like Solo singing (SAAZ AUR AWAAZ), Digital Poster Making, Video making and Photography were held. In addition Debate (THE CLASH OF VIEWS), Creative writing (PEN IT DOWN), Sanskrit Shalok recitation (UCCHARANAM), Hindi Poem Recitation (KAVYANJALI) were organized on 18 Mar 2023. Theme for all activities was G20 "Vasudeva Kutumbakam" (Unity, Peace & Harmony).

Miss Vaishnavi (IVth year) and Miss Deepakshi (Semester I) secured 1st position in Debate. Miss Priyambada (IVth year) stood 2nd in Creative writing competition. Students participated in all activities with great enthusiasm.



Harjoti
Principal
Army College of Nursing
Jalandhar Cantt

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Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

WORLD TUBERCULOSIS DAY

ROLE PLAY BY NSS DEPARTMENT

Date: - 24 Mar 2023

Time: - 9:00 AM-1:00 PM

Venue: - K.K Vihar

Audience: - Residents of K.K Vihar

The Role play on World Tuberculosis Day awareness programme was organized by the Department of NATIONAL SERVICE SCHEME & RED RIBBON CLUB at K.K Vihar (Community Area) under the guidance of Mrs. Priya Sharma (Associate Professor) ACN & Mrs. Riya Sharma (Programme Officer) NSS & RRC on the Theme ('yes! We can end TB!') with Bsc (N) IVth Year students.

The Characters of the Role Play were as follows:

Lady 1 (Anupama), Lady 2 (Ekta, Old lady (Dolly kumari), Narrator 1 (Doli Das), Narrator 2 (Ansika), Shopkeeper (Arti), Doctor (Jyoti Kumari), Nurse (Jyoti Dubey), Pharmacist (Megha), Asha Worker 1 (Aditi), Asha Worker 2 (Arpana), TB health education (Madhu), DOTS Therapy (Kajal). The main purpose of the role play was to create awareness regarding Tuberculosis, causes & symptoms of Tuberculosis, types of Tuberculosis, treatment and management of Tuberculosis, prevention of tuberculosis, Adverse reactions to anti- TB drugs, DOTS Therapy, DOTS Regimen, Advantages of DOTS. All students participated enthusiastically in role play. The event was very successful.



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Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

WORLD TUBERCULOSIS DAY

HEALTH EDUCATION BY COMMUNITY HEALTH NURSING DEPARTMENT

Date: - 24 Mar 2023

Time: - 9:00-11:00 AM

Venue: - K K Vihar

Audience: - Residents of K K Vihar

The World Tuberculosis Day awareness programme was organized by the Department of Community Health Nursing headed by Mrs. Priya Sharma (Associate Professor) ACN on the Theme ('yes! We can end TB!'). Theme unfolding was done by Mrs. Priya Sharma (Associate Professor) ACN, Mrs. Apsara Kalsi (CI), and Mrs. Kalindi Sharan (CI).

World Tuberculosis Day awareness Programme was conducted by students of BSc (Nursing) IVth year with Presentation of Charts and Posters to the gathering at K.K Vihar. Students provided health education about Tuberculosis, causes & symptoms of Tuberculosis, types of Tuberculosis, treatment and management of Tuberculosis to the gathering. All in all the event was a huge success.



Arachete
Principal
Army College of Nursing
Jalandhar Cantt

P. Sharma
Principal
Army College of Nursing
Jalandhar Cantt

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SYMPOSIUM ON CARE OF PRETERM BABIES & ANTENATAL ASSESSMENT

Date: - 03 Mar 2023 & 24 Mar 2023

Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - IIIrd year, IVth Year, respectively & Faculty

The Student Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal ACN) & Mrs Rashmi (SNA Advisor) organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topics care of Preterm Babies & Antenatal Assessment.

The Symposium on Care of Preterm Babies was conducted by Nursing Officer (Captain Manpreet Kaur Gill) in Auditorium of MH, JRC on 03/03/2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Definition, Aetiology, Characteristics, Comparison of Pre term and Term, Problems of Preterm, Principles of management, Care at Birth, Maintaining breathing, Prevention of Hypothermia, Methods of feeding, Choice of milk, Use of Drugs, Family Education etc.

The Symposium on Antenatal Assessment was conducted by Nursing Officer (Lt Rose Maria George) in Auditorium of MH, JRC on 24/03/2023 from 8:00-8:45 AM. She emphasised on all aspects of the topic such as what is Antenatal Assessment, components, diet during pregnancy, Why it is important, Area of Concerns, Timing of Antenatal visits, Breast examination, Abdominal examination, Investigations, Antenatal exercise, Antenatal Advice etc. Both the sessions were very informative for all the students, faculty and nurses present there.



Rashmi
Principal
Army College of Nursing
Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

CNE ON MENSTRUAL CUP

Date: -15Apr2023

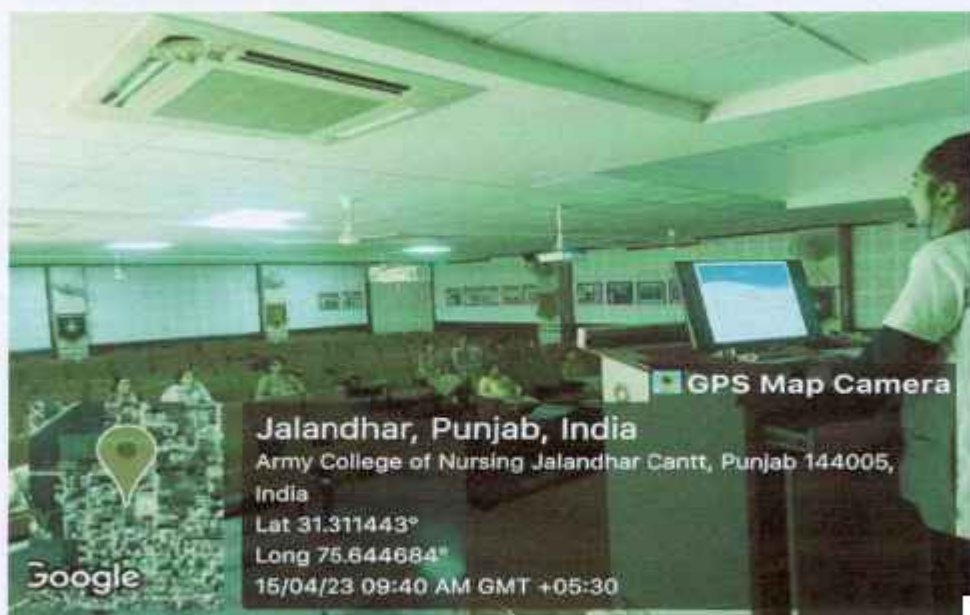
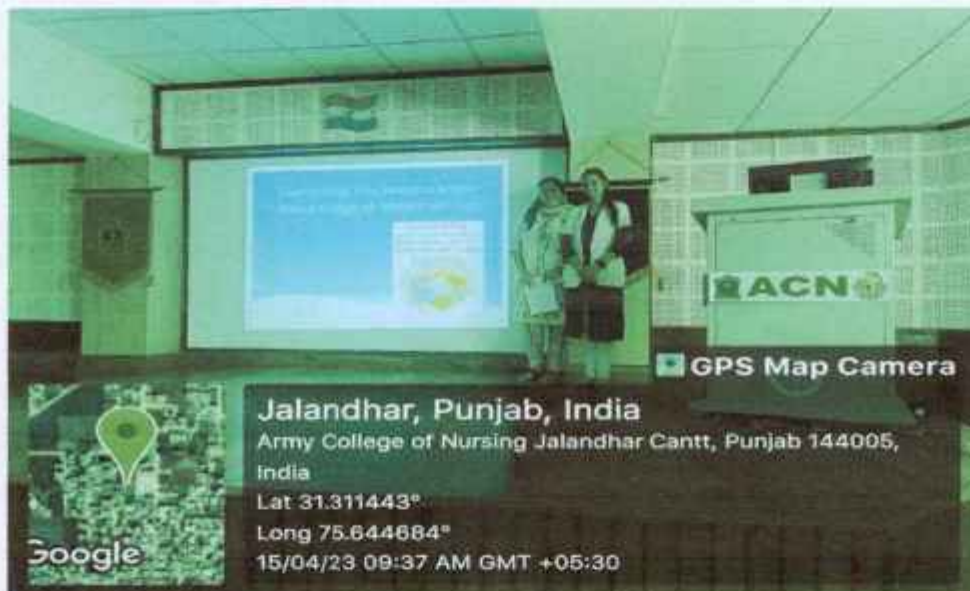
Time: -9:00-10:00 AM

Venue: -Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Obstetrics & Gynaecology Miss Amanjeet Kaur (CI) and Miss Pooja (CI) organized a CNE for all faculty members of ACN on the topic Menstrual Cup on 15Apr2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field .

They explained about the Introduction, Specifications, Guidelines, Advantages, Disadvantages, Comparison, Evidence Based Practice related to Menstrual Cup. They elaborate everything about the usage of Menstrual Cup. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



Harbati
Principal
Army College of Nursing
Jalandhar Cantt

Pooja
Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

Guest Lecture on World Health Day (Theme: Health for All)

Date: -19Apr2023

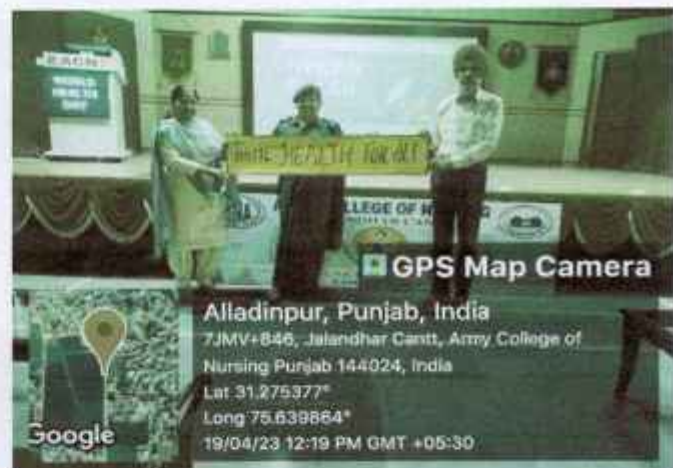
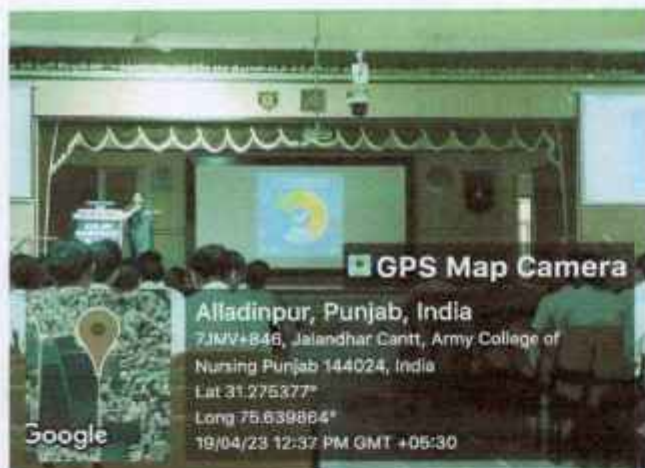
Time: -12:00-1:00 PM

Venue: -Ashoka Multipurpose Hall

Audience: - Faculty and All ACN Students

World Health Day is a global health awareness day celebrated every year on 7th April. Army College of Nursing organized fitness seminar on (Discover wellness towards a healthier you) on 19Apr2023. Col. RN Karkhanis, CO, 4011 Field Hospital Jalandhar Cantt had addressed the session. Col H S Phagura (Registrar ACN), and Prof Mrs Charlotte Ranadive (Officiating Principal ACN) gave their valuable presence. This session was organized to inculcate the importance of Health education to improve students' knowledge about physical, mental, emotional and social health. She motivates students to improve and maintain their health, prevent diseases, and avoid unhealthy behaviours.

The resource person handled a very informative and eye-opening session on how to lead a healthy life style. She has highlighted the points (Wellness, Health, Physical Activity, Nutrition, Social Connections, and Stress Management). The Whole session was very informative for all the Students and Faculty.



Karshita
Principal
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[Signature]
Principal
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SYMPOSIUM ON PRE AND POST OPERATIVE CARE OF CATARACT

Date: -28Apr2023

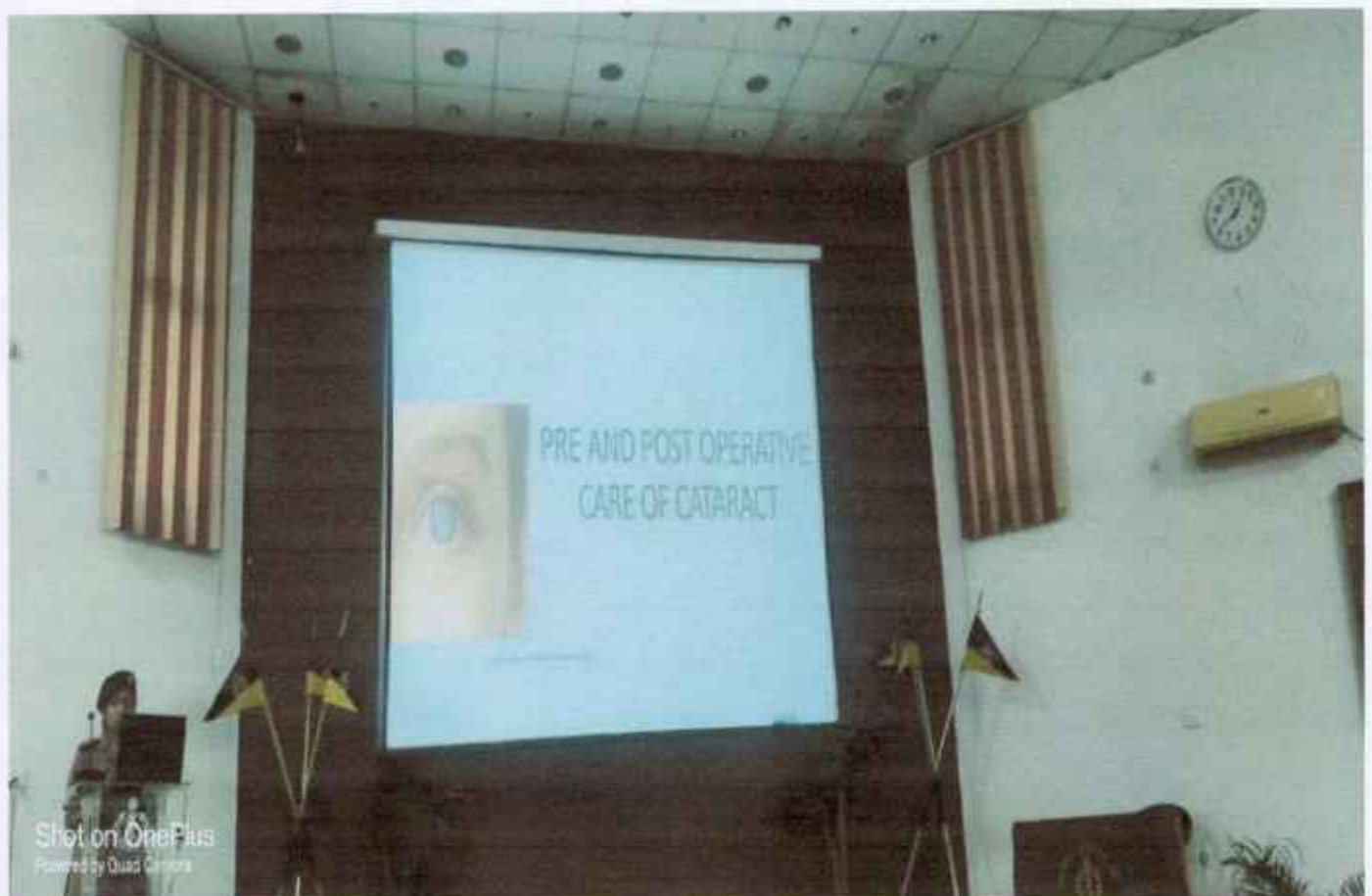
Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - Semester I, 3rd Year Students & Faculty

The Student Nurses Association under the guidance of Prof Mrs Charlotte Ranadive (Officiating Principal ACN) & Mrs Rashmi (SNA Advisor) organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Pre and Post-Operative care of Cataract.

The Symposium on Pre and Post-Operative care of Cataract was conducted by Nursing Officer (Lt Priya) in Auditorium of MH, JRC on 28Apr2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction to cataract, Introduction to Cataract Surgery, Systemic Pre-Operative Assessment, Pre-Operative Management, Post-Operative Management, etc. The session was very informative for all the students, faculty and nurses present there.



Rashmi
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Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

CNE ON INFANT & CHILD CPR

Date: -06May2023

Time: -9:00-10:00 AM

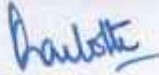
Venue: -Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Child Health Nursing headed by Mrs Priyanka (Assistant Professor), Mrs Eliza (Clinical instructor) and Miss Sanam (Clinical Instructor) organized a CNE for all faculty members of ACN on the topic Infant & Child CPR on 06May2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field .

They explained about the Introduction, check for safety, and check for response, call emergency services, chest compressions, and ventilations. They elaborate everything about the Topic Infant & Child CPR along with demonstration of procedures. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.




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Jalandhar Cantt


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Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

SYMPOSIUM ON DIABETIC KETOACIDOSIS

Date: -19 May2023

Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - BSc (N) Semester I, Semester III & Faculty

The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Diabetic Ketoacidosis.

The Symposium on Diabetic Ketoacidosis was conducted by Nursing Officer (Lt Rashmi Negi) in Auditorium of MH, JRC on 19 May2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction and definition of Diabetic Ketoacidosis, Role of Insulin, Etiology, Symptoms of DKA, Pathophysiology, Diagnosis, Lab Investigations, Imaging tests, complications Treatment of DKA, Fluid Replacement, Nursing management of patient with Diabetic Ketoacidosis etc. The session was very informative for all the students, faculty and nurses present there.



Rashmi
Principal
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Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING, JALANDHAR CANTT

BCLS TRAINING PROGRAMME

[YOUTH RED CROSS]

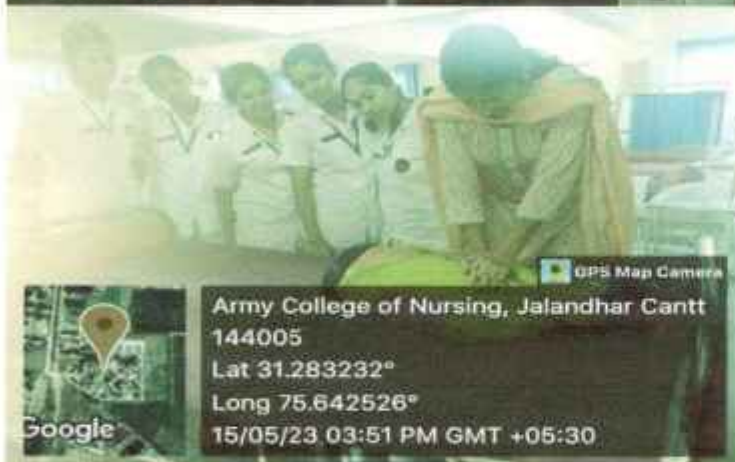
DATE: 25-05-2023

TIME: 9:30-10:30 AM

VENUE: NURSNG FOUNDATION LAB

AUDIENCE: B.SC(N) SEM 3

Youth red cross unit has a unit in ACN and was organized one day BLS session which was conducted by Mrs. Ritu Rana Clinical instructor of ACN and counselor of Youth Red Cross. She Total students 60 actively participated on BLS programme with appropriate hands and skills . BLS Session is to train participants to save the lives of victims in caridac arrest through high quality CPR.



Ritu Rana
Principal
Army College of Nursing
Jalandhar Cantt

Ritu Rana
Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

CNE ON AYUSHMAN BHARAT-PMJAY

Date: - 09 June2023

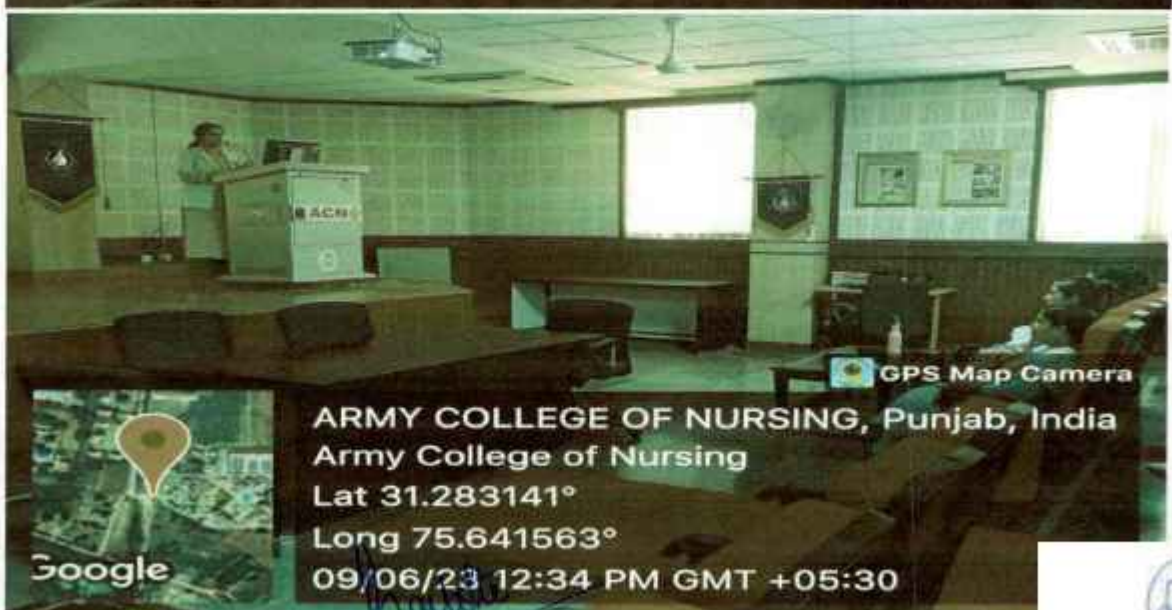
Time: - 12:00-1:00 PM

Venue: - Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Community Health Nursing headed by Mrs Priya (Associate Professor), Mrs Apsra Kalsi (Clinical instructor) and Miss Amanjeet Kaur (Clinical Instructor) organized a CNE for all faculty members of ACN on the topic Ayushman Bharat- PMJAY on 09 June2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field .

They explained about the Introduction & Beneficiaries of PMJAY, Treatment under PMJAY, Process, Responsibilities, Hierarchy, Vision & Mission of PMJAY, National data of PMJAY. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



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Army College of Nursing
Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

INTERNATIONAL DAY AGAINST DRUG ABUSE

Date: - 26 June 2023

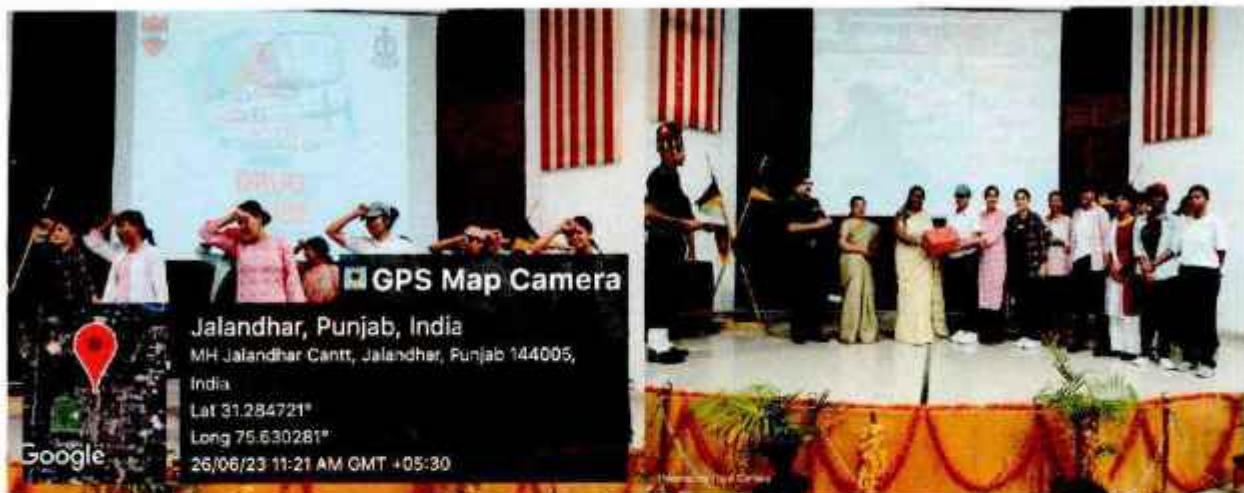
Time: - 10:00-11:00 AM

Venue: - Auditorium of MH, JRC

Audience: - ACN Students, Faculty, Serving Personnels & their Families

The Youth Red Cross Unit and Department of Mental Health nursing celebrated (International Day against Drug Abuse) in collaboration with MH, JRC (Nursing Department) for spreading awareness against drug use and its ill effects. The event was organized under the guidance of Brig Prasad R Lele (Commandant MH, JRC). The event was graced by the presence of Mrs Uma Nair, (Zonal President, Vajra AWWA). The session comprised of Lecture on "Drug Use: Prevalence and Prevention" taken by Lt Col S K Sain, CI Spl (Psychiatry) trained in de-addiction medicine, which aimed at improving awareness, psycho education and enumerating the magnitude of existing drug use, identification of early signs of drug use and the prevention and treatment among the troops and families.

Lecture was followed by a quiz related to drug abuse and an interactive session where doubts and queries were answered related to various issues and other positive measures. Lecture was followed by a role play performed by 11 students of ACN which elaborated the misery, suffering and destruction the individual, their families and the society goes through because of drug abuse and lack of knowledge. It was received and reciprocated by target audiences and was successful in spreading the message among troops and families of Vajra. 12 Students of ACN prepared captivating posters depicting various Drug Abuse issues. Dolly Kumari student of BSc (N) IVth year bagged 1st position, Bhumika 2nd position, Riya Chaudhary 3rd position. At the end all the participants and winners were awarded with prizes.



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Army College of Nursing
Jalandhar Cantt

Principal
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Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

TREE PLANTATION

Date: - 08 July 2023

Time: - 12:00-1:00 PM

Venue: - College Campus

A very auspicious Tree Plantation programme was organized in ACN to create an awareness regarding climate change and its adverse effects on us. The first tree was planted by the Prof. Mrs Charlotte Ranadive (Officiating Principal) and Col H.S Phagura (Registrar ACN) and the remaining saplings were planted by the students in the campus. Plants play a big role in our ecosystem by maintaining a balance among all the elements that are present in nature. After tree plantation everyone went home with enthusiasm and happiness after doing such great work.



Charlotte
Principal
Army College of Nursing
Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

LECTURE ON CYBER SECURITY

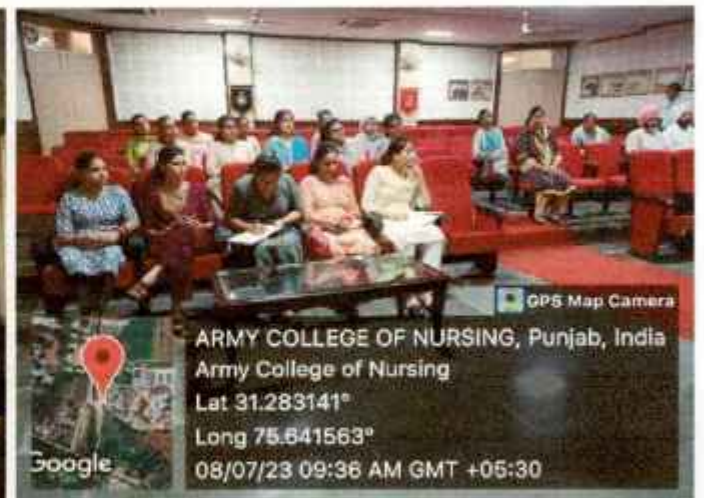
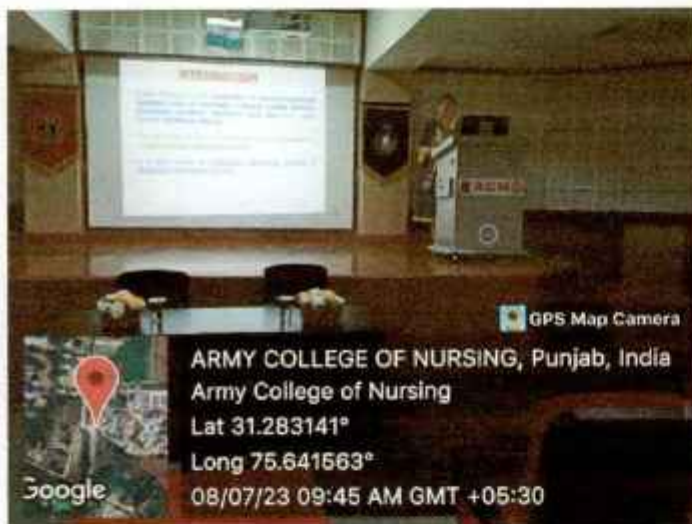
Date: - 08 July 2023

Time: - 9:30-10:30 AM

Venue: - Dhanvantri Seminar Hall

Audience: - Faculty & Adm Staff

Lecture on Cyber Security was given by Mrs Sarika Arora (Computer Instructor) on 08 July 2023 from 9:30-10:30 AM in Dhanvantri Seminar Hall. Professor Mrs. Charlotte Ranadive (Officiating Principal) and Col. HS Phagura (Registrar) ACN also attended the Session. Mrs Sarika Arora stressed on how important cyber security is for everyone's life and hence the faculty and staff gain the knowledge on cyber- attacks and how to prevent them. She demonstrated the security related to the field in online transaction, and how gadgets are connected, how to protect the data when these gadgets are connected to the network. She catered usage of disposable E-Mail accounts and explained the importance of it. She spoke about the threats involved in having a weak password, phishing, identity theft and malware etc. Everyone understood the importance of being safe while browsing and aware of other ethical factors.



Ranadive
Principal
Army College of Nursing
Jalandhar Cantt

Ranadive
Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

CNE ON FORENSIC PSYCHIATRY

Date: - 10 July 2023

Time: - 3:00-4:00 PM

Venue: - Dhanvantari Seminar Hall

Audience: - All Faculty Members of ACN

The Department of Mental Health Nursing headed by Prof Mrs Charlotte Ranadive (Officiating Principal), Mrs Riya Sharma (Clinical instructor) and Miss Sofiya (Clinical Instructor) organized a CNE for all faculty members of ACN on the topic Forensic Psychiatry on 10 July 2023 at Dhanvantari Seminar Hall to keep the faculty updated with latest development in the said field .

They explained about the Introduction & Definition of forensic psychiatry, Basic forensic psychiatry, and clients seen by forensic mental health clinicians, Patients admitted to forensic facilities, Nursing Interventions, Risk Assessment, Rehabilitation, Functions & Role and Responsibilities of Forensic Nurse. The Presentation was attended by all the faculty members. It was an informative and knowledgeable session.



ARMY COLLEGE OF NURSING JALANDHAR CANTT

WALKATHONE "A STEP TOWARDS HEALTH"

Date: - 11 July 2023

Time: - 5:45 -7:00 AM

Venue: - India gate Square to Vajra Nature park

Audience: - ACN Students

On the occasion of world population day on 11 July 2023 a walkathone was organised by Military Hospital Jalandhar Cantt to generate awareness about unique health issues of population in which 60 students of ACN were participated. A well-organized event was conducted. Walkathone was started from India gate square at 6:00 AM and ended up at Vajra Nature Park at 6:40 AM. Flag off was done by Mrs Kamini Jauhar, w/o Maj Gen KV Jauhar, AVSM,VSM,GOC 91 Sub Area. The participants were carrying banners inscribed with slogans of importance of small family as well as problems of rapid increase in population. After a walkathon Brig. Prasad R Lele (Commandant MH Jalandhar Cantt) addressed the gathering and said that balance between resources and population was imperative for national progress and prosperity. Therefore, everyone should strive and play a role in overcoming the challenge of rampant population growth.



Principal *Kaustubh*
Army College of Nursing
Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

SYMPOSIUM ON CARE BUNDLE

Date: - 13 July 2023

Time: - 8:00-9:00 AM

Venue: - Auditorium of MH, JRC

Audience: - BSc (N) IIIrd year, BSc (N) IVth year & Faculty

The Student Nurses Association organized Symposium in collaboration with MH, JRC (Nursing Department) on the Topic Care Bundle.

The Symposium on Care Bundle was conducted by Nursing Officer (Capt Meenakshi Mohan) in Auditorium of MH, JRC on 13 July 2023 from 8:00-9:00 AM. She emphasised on all aspects of the topic such as Introduction and definition of Care Bundle, background to care bundles, SSI Prevention bundle, Cauti bundle, Clabsi Bundle, VAP Bundle etc. The session was very informative for all the students, faculty and nurses present there.




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Army College of Nursing
Jalandhar Cantt


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Army College of Nursing
Jalandhar Cantt

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“NARI SASHAKTIKARAN WOMEN MOTORCYCLE RALLY”

Date: - 19-20 July 2023

Time: - Time of Receiving - 4:00 PM on 19 July 2023

Time of flag off - 6:00 AM on 20 July 2023


Venue: - Vajra Nature Park

Audience: - BSc (N) Semester- IV

On the occasion of Kargil Diwas 26 July 2023 the all- women motorcycle team will travel through Haryana, Punjab, Jammu- Kashmir and Ladakh to reach the Kargil war memorial in Dras on 25 July. A motorcycle expedition by a 25 member’s triservices team was flagged off from Delhi on Tuesday to mark 24 years of India’s victory in the Kargil war.

The 25- members team includes two “Veer Naris”, one of whom is a serving officer, 10 serving women officers of the Indian Army, one women officer each from the Air Force and Navy, three women soldiers of the Army and eight spouses of armed forces personnel. On 19 July 2023 they have a halt in Jalandhar Cantt so to receive them 20 Students of BSc (N) Sem- IV of Army College of nursing went to Vajra Nature Park. On 20 July 2023 for the Flag off 20 Students along with Teachers Miss Parneet (CI) & Miss Sanam (CI) went to the same location. The all- women motorcycle team will celebrate the decisive victory of the Indian Armed forces in the Kargil war and pay tribute to the soldiers who made the supreme sacrifice in the service of the nation.




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Army College of Nursing
Jalandhar Cantt


Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

WORKSHOP

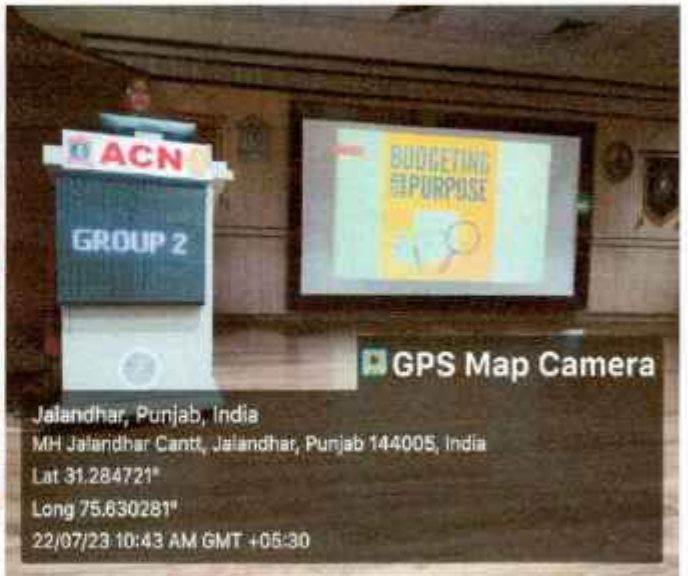
Date: - 22 July 2023

Time: - 9:00AM -1:00 PM

Venue: - Ashoka Multipurpose Hall

Audience: - BSc (N) Semester III, IV & Faculty

On 22 July 2023 workshop was conducted by BSc (N) IVth Yr. The theme of the workshop was "Management of Nursing Educational Institutions". The workshop started at 10:00 AM and continued till 1:00 PM. Workshop was started with holy Lamp Lighting and theme opening done by Prof Mrs Charlotte Ranadive (Officiating Principal) and Dr. Priya Sharma (Associate Professor). Col. HS Phagura (Registrar) ACN also attended the workshop. Students presented topic very well by giving examples and showing pictures. At the end evaluation was done and it got good results. Refreshment with a cup of tea was given to the teachers in Nutrition Lab and to the students at Annapurna. The event was a great success.



Charlotte
Principal
Army College of Nursing
Jalandhar Cantt

P. Phagura
Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

SYMPOSIUM

Date: - 04/AUG/2023

Venue: - Military Hospital, Jalandhar Cantt

Time: - 08 AM-9 AM

The Symposium on Nursing Management of Patient with Delirium Was Organized at Auditorium of MH by Capt.Anshika

The Symposium was attended by Respected PM MHJRC, DPM MHJR and MH Nursing Staff along with students of B.Sc Nursing 4th Year and 3rd Year. Ms. Khushnasib (Associate Professor) and Ms. Jasleen kaur Clinical instructor also attended the symposium.

The symposium was knowledgeable.



Anshika
Principal
Army College of Nur
Jalandhar Cantt

[Signature]
Principal
Army College of Nursing
Jalandhar Cantt

ARMY COLLEGE OF NURSING JALANDHAR CANTT

BREAST FEEDING WEEK (1st-7th AUGUST 2023)

Date: - 07 Aug 2023


Venue: - Military Hospital, Jalandhar Cantt

Time: - 10:00 AM- 12:00 PM

Army college of Nursing, Jalandhar Cantt celebrated World Breastfeeding Week 2023 in collaboration with MH, JRC on 07 Aug 2023 with great zeal and enthusiasm. This year's campaign focuses on promoting practices that can help support workplace-related breastfeeding in different countries. Theme for the World Breastfeeding Week 2023 was "Let's make breastfeeding and work, work!" The students of B.Sc (N) IIIrd year and IVth year has given health education to pregnant women, lactating and postnatal mothers in Maternity Ward at Military Hospital regarding breastfeeding.

The students also presented posters, charts & flashcards and demonstrated the positions of breastfeeding, techniques, and advantages along with Kangaroo Mother Care. Brig. Prasad R Lele (Commandant MH, JRC) shared his valuable knowledge on breastfeeding and Col. Sheela S (Principal Matron MH, JRC) gave effective demonstrations on the proper positions of breastfeeding. The event resulted in increasing awareness & importance of colostrum and breastfeeding among the patients presented during the event.




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ELECTIVE MODULE "SOFT SKILL"

Date: - 23-25 Aug 2023

Venue: - Dhanvantri Seminar Hall

Time: - 8:00 AM- 4:00 PM

A SOFT SKILL (Elective Module) training was organized by Success Mantra, Educare in Army College of Nursing for three days i.e. from 23-25 Aug 2023. It was conducted by the Directors of Success Mantra (Mr Sehdev Sharma and Mr Vinod Sharma). It focused on soft skills. The following topics were covered under the workshop.

Day 1- Telephone etiquettes, Presentation skills and Public speaking.

Day 2- Time management, Personal and Professional etiquettes.

Day 3- Decision making, Team work & Motivation

The training programme was knowledgeable. Active participation of students of B.Sc. (N) Semester IV was there. At the end of the programme evaluation was done with a creative activities and results were announced. Students were able to enhance their soft skills and improve their personality. The workshop also included feedback. It was a great success.




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HOBBY CLUB ACTIVITIES

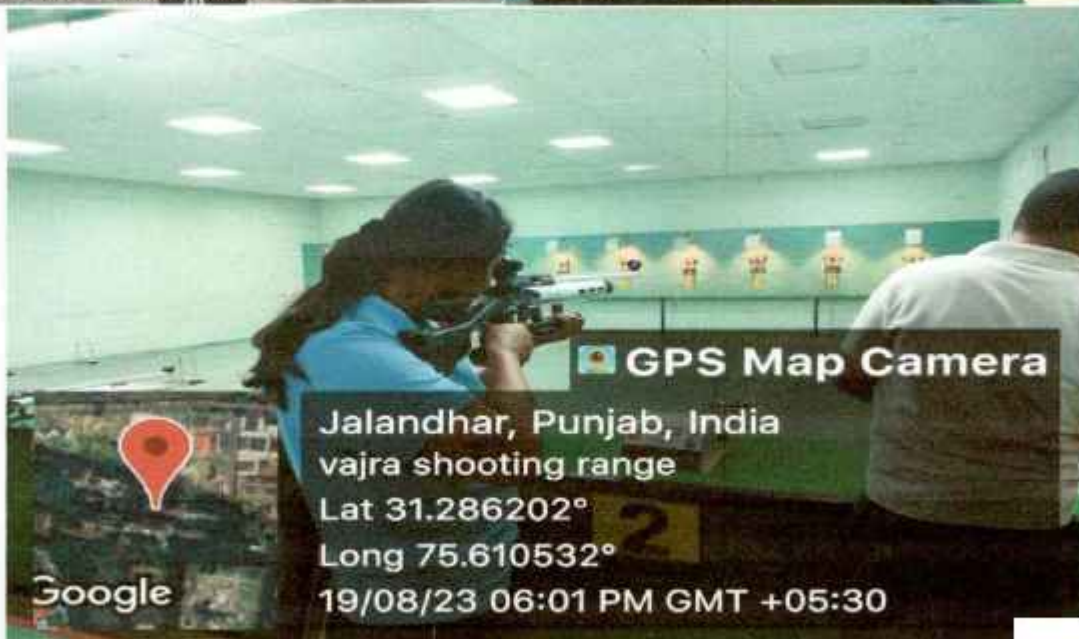
Date: - 29 Aug 2023

Venue: - ACN Campus & Vajra Shooting Range

Time: - 5:00- 6:00 PM

Photography session was conducted by Hobby Club on 19 Aug 2023 in ACN campus. Students got camera issued from College and took beautiful pictures of Nature. The objective of this is to provide an apt environment for interested students to share their creativity, knowledge and passion for photography and also to polish the photography skills. This club embraces the art of photography.

The Cadets of Army College of Nursing went to the Vajra Shooting Range on 19 Aug 2023 and practiced shooting there. Shooting helps students in increasing strength, stamina, hand-eye coordination, and fine motor skills are just a few of the physical disciplines acquired in the shooting sports that apply, not only to this sport, but to all aspects of life.



Principals
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Jalandhar Cantt

Principals
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