

## Maharashtra University of Health Sciences, Nashik

## Inspection Committee Report for Academic Year 2025-2026

## Webinar/Workshop/CME/Activities/ Performed in Last One Year.

All report must be available on web site

Name of the College /Institute:- Smt. Vimaladevi Khyalilalji vagarecha College of Nursing Education,  
Thane west

Faculty: Nursing

No. of Webinars Arranged, Guest Lectures & CME/ Workshops (Publish details on College website)

Sr No	Details of Webinar/ Workshop/CME/ Activities/ Perform Supportive document to be uploaded on web site
1	A session on Competancy Based Assessment -Semester Pattern on 08/03/2025 by Dr. Mrunal Prashant Chavan
2	A Session on RNTCP program was conducted on 23.04.2025 by Dr.Prasad Patil
3	A session on Suicide Prevention was conducted on 13/09/2025 by Dr.Nirali Muchhala
4	A session on Antiragging awareness was conducted by Dr.Shrikant Paropkari 12.08.2025
5	A session on Obesity -Stigma,Care & Dietary Complaine was conducted by Ms.Simmi Shah on 1/11/2025.
6	A session on MUHS Consortia Resources for Nursing Institutions Session was conducted by Mr. Lakhpat Singh on 12.11.2025
7	A Session on Diabetic treatment option & self care management by Dr.Alka Hegde on 20.11.2025
8	A session on Primary Health Care was conducted by Mrs.Sujatha Saunik on 22.11.2025
9	BLS training Session was organized and conducted by experts by Dr.Vineet Ranveer Shree Mahavir Jain Hospital on 24.11.2025

Here by I declare all relevant document uploaded are clear and visible on web site & are true as per my knowledge & Belief

Any Other, Please Specify: -

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Date:-



Dean/ Principal Stamp & Signature

Principal  
Shrimati Vimaladevi Khyalilalji Vagarecha  
College of Nursing Education  
Balkum, Thane - 400 608.

## Report of Session on Competency-Based Assessment (CBA) – Semester Pattern in B.Sc Nursing

Date: 08 / 03 / 2025

Time: 2:00 pm to 4:00 pm

Venue: Seminar Hall

### Resource Person:

**Dr Mrunal Prashant Chavan,**

Professor cum Vice Principal, P. D. Hinduja College of Nursing

### Objectives of the Session:

1. To orient faculty about the **Competency-Based Curriculum (CBC)** as per **Indian Nursing Council and MUHS guidelines**.
2. To explain the **semester pattern** in B.Sc Nursing and its assessment framework.
3. To understand various **formative and summative assessment methods** used in competency-based education.
4. To familiarize participants with **skill-based, outcome-oriented evaluation** in nursing education.

### Participants

- Nursing faculty members

### Description of the Session:

The session commenced with a **welcome address** by Mrs. Chitra Naik (Principal, Smt. Vimladevi Khyalilalji College of Nursing Education). The resource person introduced the concept of **Competency-Based Assessment (CBA)** and emphasized its importance in producing **skill-competent, patient-centered nursing graduates**.

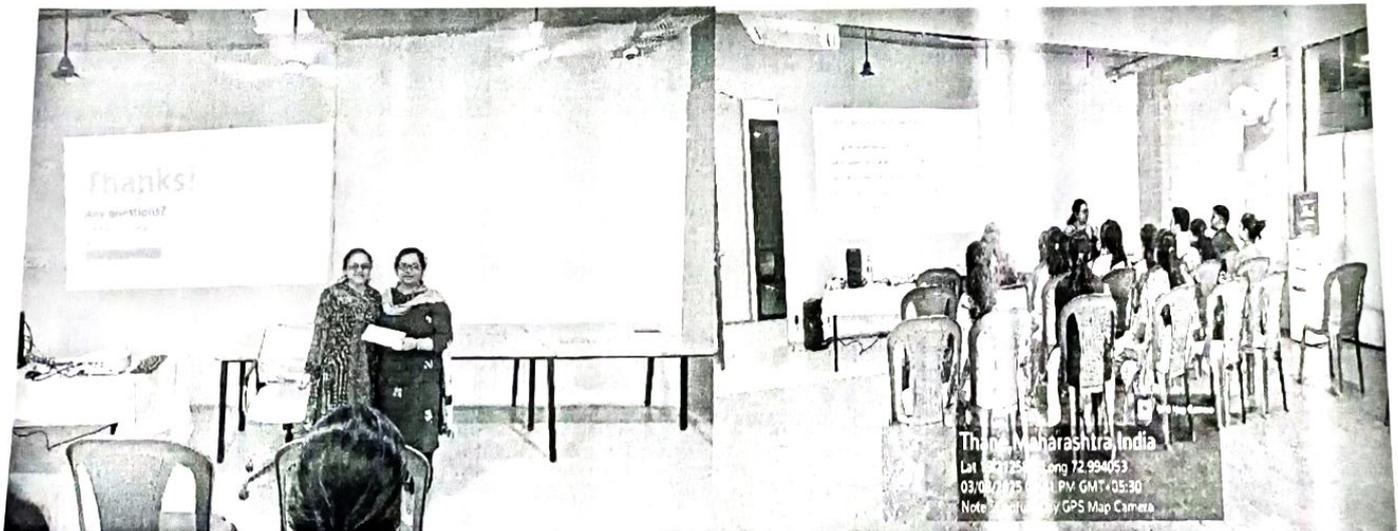
The speaker elaborated on the **semester pattern in B.Sc Nursing**, highlighting the shift from traditional theory-oriented evaluation to **competency-oriented assessment**, focusing on knowledge, skills, attitude, and communication.

Key areas discussed included:

- Definition and principles of **Competency-Based Education (CBE)**
- Structure of **semester-wise curriculum** in B.Sc Nursing

- **Formative assessments:** OSCE/OSPE, skill checklists, assignments, case presentations, reflective journals, and continuous internal assessment
- **Summative assessments:** End-semester theory and practical examinations
- Use of **logbooks, skill records, and direct observation of procedural skills (DOPS)**
- Role of **feedback and remediation** in competency achievement

Practical examples and assessment formats were shared to enhance understanding. The session also included an **interactive discussion**, where participants clarified doubts regarding internal marks, skill certification, and competency mapping.



### **Outcome of the Session**

- Participants gained a clear understanding of **competency-based assessment methods**.
- Improved awareness of the **semester-wise evaluation system** in B.Sc Nursing.
- Enhanced readiness among students and faculty to implement **competency-oriented teaching and assessment**.
- Reinforced the importance of **continuous assessment and skill proficiency** in nursing education.

### **Conclusion**

The session on **Competency-Based Assessment – Semester Pattern in B.Sc Nursing** was highly informative and effective. It successfully met its objectives by enhancing participants' knowledge of the current assessment system and its role in improving nursing competencies and patient care outcomes.

### **Prepared by,**

Name: Mrs Meena Prakash Zore

Designation: Associate Professor



**Principal**

**Smt. Vimaladevi Khyalilalji Vagharecha**  
**College of Nursing Education**  
**Balkum, Thane - 400 608.**



## REPORT ON

### **Update on Revised National Tuberculosis Control Programme (RNTCP) / National Tuberculosis Elimination Programme (NTEP): New Tuberculosis Treatment and Programmatic Updates**

**Date:** 23/04/2025

**Time:** 2.00 pm to 4.00 pm

Tuberculosis (TB) continues to be a major public health problem in India. To achieve the national target of eliminating TB by 2025, the Government of India has strengthened its efforts through the **National Tuberculosis Elimination Programme (NTEP)**, formerly known as the Revised National Tuberculosis Control Programme (RNTCP).

With the objective of updating knowledge on recent advances in TB management, the Department organized an academic program on **23rd April 2025** for students and faculty members.

#### **Objectives of the Program**

1. To create awareness about the National Tuberculosis Elimination Programme (NTEP).
2. To update students and faculty regarding new tuberculosis treatment guidelines.
3. To understand recent diagnostic and digital initiatives under NTEP.
4. To emphasize the role of nursing professionals in tuberculosis prevention and care.

The program was conducted successfully on **23rd April 2025** and was led by **Dr. Prasad Patil**. The resource person delivered a detailed lecture on the evolution of RNTCP into NTEP and explained recent changes in tuberculosis treatment and control strategies. The session was informative, interactive, and beneficial for both students and faculty.

#### **Topics Covered**

- Overview of RNTCP and transition to NTEP
- National goal of TB elimination by 2025
- New daily fixed-dose combination (FDC) treatment regimens
- All-oral shorter regimens for drug-resistant tuberculosis
- Importance of drug susceptibility testing (DST)
- Advanced diagnostic tools such as CBNAAT and TruNat

- Digital initiatives including Nikshay portal and Nikshay Poshan Yojana
- Role of nurses in TB detection, treatment adherence, counseling, and community education

B.Sc. Nursing III Semester students and faculty members attended the program. The participants showed keen interest and actively engaged during the interactive discussion session. The participants showed keen interest and actively engaged during the interactive discussion session.

An interactive question-and-answer session was conducted at the end of the lecture. Participants raised queries related to treatment adherence, management of drug-resistant TB, and infection control practices. Dr. Prasad Patil addressed all queries effectively and encouraged active involvement of nursing professionals in TB elimination efforts.



**Principal**  
**Smt. Vimaladevi Khyalilalji Vagharecha**  
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## Report on World Suicide Prevention Day

Date: 10/09/2025

Organized by: 3rd Year G.N.M. Students

Name of Teacher (Mental health Nursing) :- Mr Nitin Sharma & Mrs. Meena Zore

### Introduction:

On 10th September 2025, the 3rd Year G.N.M. students organized a **Poster Exhibition** in observance of **World Suicide Prevention Day**. This event aimed to spread awareness about the growing issue of suicide and to promote the importance of prevention through education and support.

### Aim of the Exhibition:

The main objective was to raise awareness among students and the community about suicide prevention, emphasizing the value of life and encouraging individuals to seek help in times of distress. The exhibition used creative and educational posters to address various social and psychological challenges that can lead to suicidal thoughts.

### Theme:

" World Suicide Prevention Day "

### Topics Presented in the Poster Exhibition:

Students created and presented posters on a variety of topics related to suicide prevention, including:

1. **Financial Crisis** – Coping with economic stress and promoting financial management.
2. **Love Failure** – Dealing with heartbreak and the importance of emotional support.
3. **Exam Failure** – Reducing academic pressure and building resilience among students.
4. **Loneliness Prevention** – Highlighting the impact of isolation and the need for companionship and support.
5. **Dowry Harassment** – Addressing dowry-related issues and their impact on mental health.
6. **Ragging is a Crime** – Raising awareness about the consequences of ragging and how to report it.
7. **Choose Life – Your Worth is Saving** – Motivating individuals to value their life and seek help.
8. **Prevention of Aggression** – Managing anger and encouraging peaceful behaviour.
9. **Strong Mental Health: A Key to Preventing Long-Term Illness** – Emphasizing mental health as a foundation for overall well-being.
10. **Sexual Abuse** – Creating awareness about abuse, encouraging victims to speak up and seek help.

## Student Participation:

The students actively participated in the "Prevention of Suicide" poster presentation, using innovative ideas and strong messages to connect with the audience. Their work reflected a deep understanding of the emotional and psychological struggles faced by individuals and ways to overcome them.

## Poster Exhibition photos



## Conclusion:

The Poster Exhibition on World Suicide Prevention Day was a successful and impactful initiative by the 3rd Year G.N.M. students. It not only raised awareness but also offered hope and solutions to those who may be silently suffering. The event reminded everyone that:

- Life is a precious gift from God.
- Every problem has a solution.
- You are not alone – help is always available.

Principal  
Smt. Vimaladevi Khyalilalji Vagharecha  
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### *Anti-Ragging week celebration report*

**Name of the event:** Anti Ragging week 2025

**Date:** 12<sup>th</sup> – 18<sup>th</sup> August 2025

**Venue:** Smt. Vimladevi Khyalilalji Vagarecha College of Nursing, Thane.

### **Report**

Smt. Vimladevi Khyalilalji Vagarecha College of Nursing Education, Thane, celebrated Anti-Ragging day and Anti-Ragging week from **12<sup>th</sup> August 2025 to 18<sup>th</sup> August 2025**.

**12<sup>th</sup> August** was celebrated as Anti-Ragging day in which an Anti-Ragging awareness program was held where Dr. Shrikant Paropkari, IPS, Deputy Commissioner of Police, Thane served as the guest speaker. He contributed with his insightful address on the legal aspects, preventive measures and the importance of fostering a safe and respectful environment for the students. He also discussed about the punishable offences under the law. The lecture was attended by all the students of B.Sc Nursing 3<sup>rd</sup> Semester and 4<sup>th</sup> Semester. Anti-Ragging pledge was recited by Ms. Minnu, Associate Professor, S.V.K.V College of Nursing.

Various competitions were also held throughout the week such as Poster competition, Logo competition, Reel competition and Essay competition under the Anti-Ragging theme "**Say no to Ragging – Yes to Respect**"

**Poster competition** and **logo competition** was held on 14<sup>th</sup> August, **Essay competition** was held on 18<sup>th</sup> August, all the students participated enthusiastically and were judged by various faculty members.

The Anti-Ragging week was celebrated successfully and enthusiastically with the help of all the faculty members and participation of students.



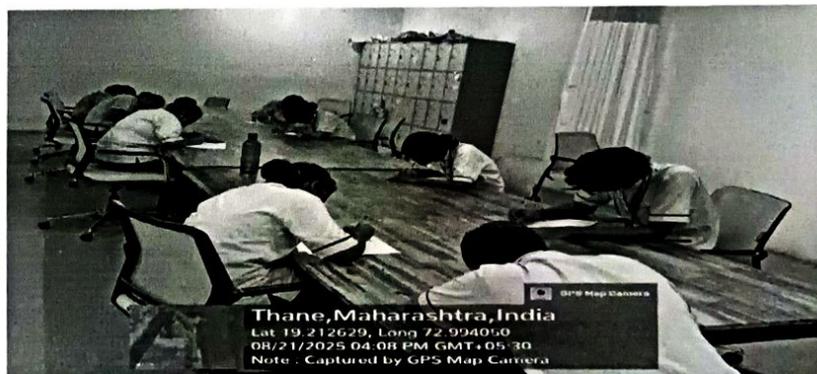
*Anti-Ragging day celebration*

*Logo competition*



*Poster competition*

*Essay competition*



**Reported by,**

Ms. Pooja Yadav,

Clinical instructor,

S.V.K.V College Of Nursing

**PRINCIPAL**



**SMT. VIMLADEVI KHYALILALJI VAGARECHA  
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## Annual Report: World Obesity Day 2025 Celebration

**Date:** November 1, 2025

**Venue:** SMT. Vimaladevi Khyalilalji Vagarecha College of Nursing Education

**Organized by:** Miss Divya Shetty and Mrs. Amruta Parab, in collaboration with the 4th Semester B.Sc. Nursing Students

**Global Theme:** "Changing Systems, Healthier Lives"

**Event Sub-theme:** *Stigma Care and Dietary Compliance (Caring through Compassion and Nutrition)*

### 1.0 Introduction

On November 1st, 2025, SMT. Vimaladevi Khyalilalji Vagarecha College of Nursing Education celebrated World Obesity Day with a comprehensive program designed to educate and sensitize future nursing professionals about the complexities of obesity management. The event aligned with the global theme, "**Changing Systems, Healthier Lives**," and focused specifically on addressing weight stigma, enhancing compassionate patient care, and improving dietary compliance. The program was a collaborative effort led by Miss Divya Shetty and Mrs. Amruta Parab, working alongside the 4th semester B.Sc. Nursing students.

### 2.0 Event Proceedings

The day's events followed a structured agenda designed to maximize engagement and educational impact:

#### 2.1 Theme Inauguration

The celebration began with the formal inauguration of the event theme by our esteemed Principal, Mrs Chitra Naik. In her inaugural address, she highlighted the growing relevance of the global obesity crisis in clinical practice and commended the students and faculty organizers for taking a proactive approach to this critical public health issue.

#### 2.2 Guest Lecture: "Caring through Compassion and Nutrition"

The highlight of the program was an insightful and impactful guest lecture delivered by **Madam Simmi Shah**, the Head of Department (HOD) of Dietetics, a Consultant, and a Patient Educator at Jupiter Hospital, Thane.

Madam Shah delivered an expert presentation on the topic *Stigma Care and Dietary Compliance*. Her lecture focused on shifting the narrative from individual blame to systemic support. Key highlights of her address included:

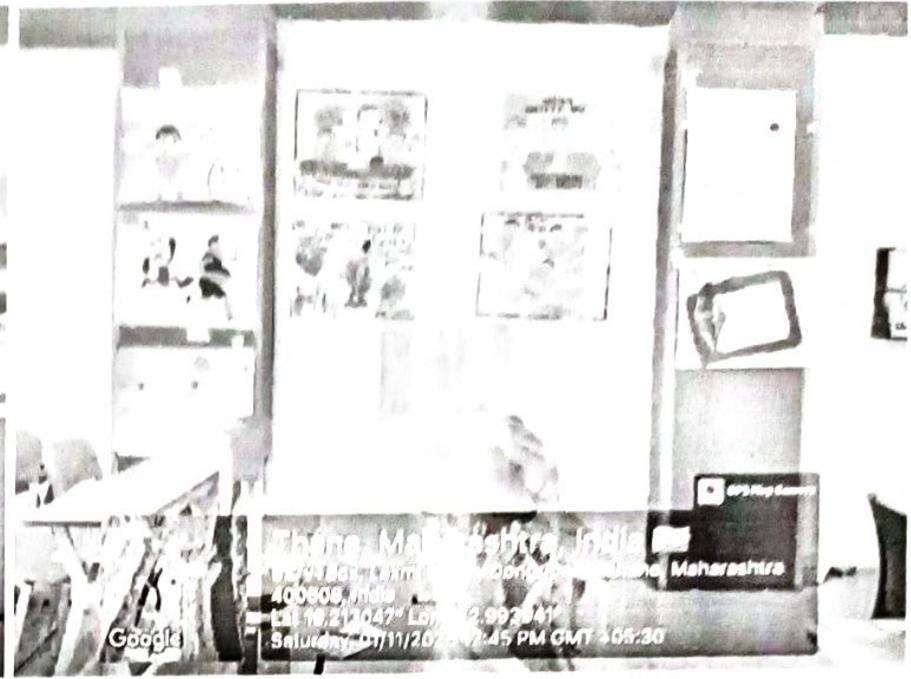
- **Challenging Weight Stigma:** The speaker provided evidence on how weight bias in healthcare settings leads to delayed diagnosis, poor treatment adherence, and psychological distress in patients. She urged the nursing students to foster judgment-free environments.
- **The Role of Compassion:** Madam Shah emphasized the necessity of using person-first language and treating obesity as a chronic disease that requires a compassionate, multi-disciplinary approach.
- **Practical Dietary Compliance:** She moved beyond conventional "diet plans" to discuss sustainable nutrition strategies, stressing patient education and behavioural counselling as key to long-term compliance and holistic well-being.

#### 2.3 Poster Competition and Exhibition

To encourage student participation and deepen their knowledge of World Obesity Day themes, an inter-class poster competition was organized. Students displayed innovative posters that covered various aspects of obesity prevention, management, and the impact of societal factors on health. The exhibition served as a vibrant platform for peer-to-peer learning and creative expression.



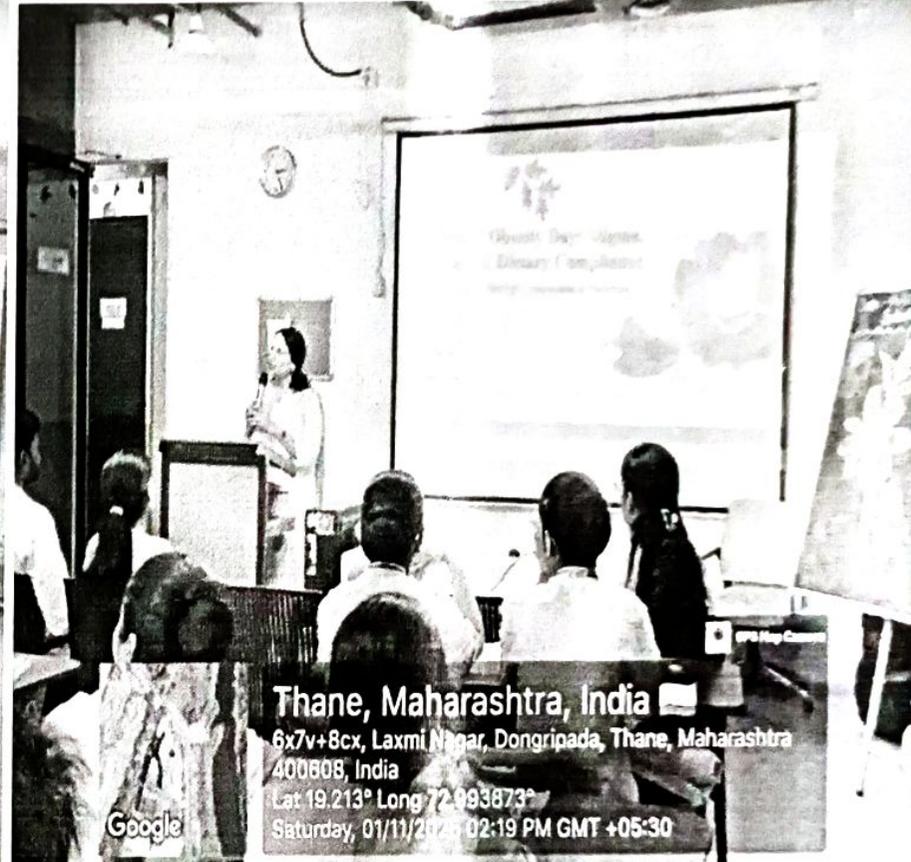
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### 3.0 Conclusion and Prize Distribution

The program successfully achieved its objective of raising awareness and promoting a compassionate approach to obesity care among the nursing students. The event concluded with an appreciation ceremony. The winners of the poster competition were announced by the Principal Ma'am and the Chief Guest, followed by a prize distribution ceremony to recognize the students' efforts and enthusiastic participation.

The day reinforced the idea that tackling obesity requires not just medical knowledge, but empathy and a commitment to systemic change.

Signature of the Principal  
Principal

**Shrimati Vimladevi Khyalilalji Vagarecha**  
College of Nursing Education  
Balkum, Thane - 400 608.

### PHOTOGRAPHS OF THE EVENTS





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**Report On Ebsco–MUHS Consortia Resources Session**

Date: 12.11.2025

Time: 11.00 am – 1.00 pm

Topic: EBSCO – MUHS Consortia Resources for Nursing Institutions

Resource Person: Mr. Lakhpat Singh, Training Manager, EBSCO Information Services

Participants: B.Sc. Nursing 1st Semester, 3rd Semester, 4th Semester students and faculty members

As a part of academic enrichment activities, a training programme on EBSCO – MUHS Consortia Resources for Nursing Institutions was conducted on 12th November 2025 for B.Sc. Nursing students and faculty members.

The programme was facilitated by Mr. Lakhpat Singh, Training Manager, EBSCO Information Services, who provided comprehensive information on the digital resources made available to nursing institutions through the MUHS–EBSCO Consortium. The session focused on enhancing evidence-based learning, teaching, and research practices.

The following e-resources available on the MUHS–EBSCO platform were explained in detail:

- E-Books – Nursing Collection
- E-Journals and E-Magazines
- Point of Care Tool – Dynamic Health
- Discovery Service and Remote Authentication
- Images and Videos – Smart Imagebase

The resource person demonstrated the step-by-step registration procedure and guided the participants on effective utilization of these resources for academic learning, clinical practice, teaching preparation, and research activities.

To assess understanding and encourage active participation, a quiz competition based on the session was conducted, and prizes were awarded to the winners. The programme witnessed enthusiastic participation from both students and faculty members.

The training programme was found to be highly informative and beneficial, and it significantly contributed to promoting the use of digital and evidence-based resources in nursing education, in line with MUHS academic objectives.



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Reported by :Ms.Meera Minnu Mohan  
Associate Professor

Signature of Principal

Principal

Smt. Vimaladevi Khyalilalji Vagharecha  
College of Nursing Education  
Thane - 400 608.



## **REPORT: SESSION ON DIABETIC TREATMENT OPTION AND SELF CARE MANAGEMENT**

**Date:** 20 November 2025

**Venue:** Shree Mahavir Jain Hospital, Thane

**Resource Person:** Dr. Alka Hegde (Consultant Physician and Diabetologist, MD medicine)

**Name of the Teacher:** Mrs. Amruta Parab

**Participants:** 4<sup>th</sup> Semester B.Sc. Nursing

A teaching–learning session on “Diabetic Treatment Options and Self-Care Management” was conducted on 20.11.2025 at Mahavir Jain Hospital, Thane. The session was led by Dr. Alka Hegde, who shared her expertise on current approaches to diabetes management and the crucial role of self-care in improving patient outcomes.

Dr. Alka Hegde began the session with an overview of Diabetes Mellitus, explaining it as a chronic metabolic disorder characterized by persistent hyperglycemia due to defects in insulin secretion, insulin action, or both. She discussed the types of diabetes—Type 1, Type 2, Gestational Diabetes, and secondary diabetes along with their basic pathophysiology, causes, and risk factors such as obesity, sedentary lifestyle, genetic predisposition, and stress.

The resource person explained the mechanism of insulin deficiency and insulin resistance, highlighting how impaired glucose uptake by cells leads to elevated blood glucose levels. She described the role of the pancreas, insulin receptors, and glucose metabolism, helping students understand how chronic hyperglycemia results in long-term complications affecting various organs.

Dr. Hegde discussed the diagnostic criteria for diabetes, including: Fasting Blood Sugar (FBS), Postprandial Blood Sugar (PPBS), Random Blood Sugar (RBS), HbA1c values. She emphasized the importance of regular blood glucose monitoring and explained how HbA1c reflects long-term glycemic control. The role of nurses in assisting patients with monitoring and interpreting values was highlighted.

The session covered various treatment modalities for diabetes management:

### **a) Lifestyle Modification**

Dr. Hegde stressed that lifestyle modification is the cornerstone of diabetes management. She explained the role of balanced diet with controlled carbohydrate intake, regular physical activity, weight management, avoidance of smoking and alcohol.

b) Oral Antidiabetic Drugs

She described commonly used oral hypoglycemic agents, their mechanism of action, indications, and side effects. The importance of patient compliance and monitoring for adverse effects was discussed.

c) Insulin Therapy

Dr. Hegde explained the types of insulin, methods of administration, dosage timing, storage of insulin, and injection techniques. She also highlighted the nurse's role in insulin administration and patient education.

A major focus of the session was on self-care management, which is essential for preventing complications and maintaining quality of life. The following aspects were discussed in detail:

- Dietary management: Meal planning, portion control, and timing of meals
- Exercise regimen: Benefits of regular physical activity and precautions
- Medication adherence: Importance of taking medications as prescribed
- Self-monitoring of blood glucose: A major focus of the session was on self-care management, which is essential for preventing complications and maintaining quality of life. The following aspects were discussed in detail:

Dr. Hegde emphasized diabetic foot care, explaining how neuropathy and poor circulation increase the risk of ulcers and infections. She advised daily foot inspection, proper hygiene, use of appropriate footwear, and early reporting of injuries. She highlighted the nurse's responsibility in early detection and patient education.

Dr. Hegde discussed common acute complications hypoglycemia, diabetic ketoacidosis and chronic complications affecting the eyes, kidneys, nerves, and cardiovascular system. She stressed the importance of early detection, regular follow-up, and strict glycemic control. The resource person highlighted the role of nurses in patient education and counselling, motivating patients for lifestyle changes, teaching self-care practices, ensuring continuity of care and follow-up.

The session concluded with an emphasis on patient empowerment, encouraging patients to take active responsibility for their health. Dr. Hegde stressed that effective self-care and adherence to treatment improve long-term outcomes and quality of life.



Signature of the Principal

Principal  
Smt. Vimaladevi Khyalilaji Vagharecha  
College of Nursing Education  
Balkum, Thane - 400 608.

# PHOTOGRAPHS OF THE SESSION





### Report On Primary Health Care

**Date:** 22.11.2025

**Topic:** Health Care Tips and Primary Health Care

**Resource Person:** Mrs. Sujatha Saunik( Former Chief Secretary of Maharashtra)

**Participants:** B.Sc. Nursing & GNM Students

A session on **Health Care Tips and Primary Health Care** was organized on **22nd November 2025** at **Viladevi College** for the **B.Sc. Nursing students**. The session was conducted by **Mrs. Sujatha Saunik**, who provided comprehensive and evidence-based insights on health promotion and primary health care services.

The session emphasized the significance of holistic health, encompassing physical, mental, and social well-being. The resource person highlighted essential **health care tips** such as maintenance of personal hygiene, balanced nutrition, regular physical exercise, adequate rest and sleep, stress management, and preventive health measures. Importance was given to the adoption of healthy lifestyle practices to prevent common communicable and non-communicable diseases.

Mrs. Saunik elaborated on the concept of **Primary Health Care**, explaining its core principles including equitable distribution of health services, community participation, intersectoral coordination, and use of appropriate technology. She discussed the role of primary health care in health promotion, disease prevention, early detection, and provision of basic curative services at the community level. Special emphasis was laid on the pivotal role of nurses in delivering primary health care services and creating health awareness among individuals, families, and communities.

The session was conducted in an interactive manner, encouraging active participation from the students. Students actively engaged in discussions and clarified their doubts, which contributed to enhanced understanding of the subject. Practical examples relevant to nursing practice were shared to reinforce theoretical concepts.

Overall, the session was informative and academically enriching. It significantly enhanced the knowledge and understanding of the students regarding health care practices and the importance of primary health care in strengthening the health care delivery system. The program concluded with a vote of thanks, expressing gratitude to the resource person for her valuable contribution.



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Reported by :Ms.Meera Minnu Mohan  
Associate Professor

Signature of Principal

Principal  
Smt. Vimaladevi Khyalilalji Vagharecha  
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**SMT. VIMLADEVI KHYALILALJI VAGARECHA  
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Name of the event: CPR training

Date: 24 November 2025

Time: 10:00Pm to 01:00 pm

Venue: Smt. Vimladevi Khyalilalji Vagarecha College Of Nursing Education, Thane

REPORT

Smt. Vimladevi Khyalilalji Vagarecha College of Nursing Education, Thane, organized a training session on cardio pulmonary resuscitation for first semester B.Sc. Nursing and first year GNM students.

The CPR training session conducted by Dr. Vineet Ranveer (consultant intensives, Shree Mahavir Jain hospital) was highly informative and beneficial.

The session began with an informative lecture on CPR followed by live demonstration of the CPR procedure to help participants understand the correct method clearly. A CPR mannequin was used to demonstrate the steps in a safe and practical manner. Participants were encouraged to observe closely and clarify their doubts.

The active participation of students made the session interactive and effective. It helped students gain hands-on experience and boosted their confidence to respond responsibly in real-life emergency situations.

Reported by,

Ms. Shraddha Shinde,

Smt. Vimladevi Khyalilalji Vagarecha College of Nursing Education, Thane

Principal

Principal  
Smt. Vimaladevi Khyalilalji Vagharecha  
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# CPR TRAINING SESSION

