



IMPACT PARAMEDICAL AND HEALTH INSTITUTE COLLEGE OF NURSING

**Annexure 11 Students' Personality Development Activities
Annexure 11 Ref. to point (a)(b)**

Papishano
Impact Paramedical and Health Institute
College of Nursing
G-99/1, Laxmi Nagar
New Delhi-110041



IMPACT PARAMEDICAL AND HEALTH INSTITUTE COLLEGE OF NURSING

Annexure 11 Students' Personality Development Activities Annexure 11 Ref. to point (a),(b)

List of Activities Conducted – 2025–2026

1. Role Play

S. No.	Name of Activity	Date
1	Role Play on World Hepatitis Day	28/07/2026
2	Role Play on Breastfeeding Week	06/08/2026

2. Workshops

S. No.	Name of Activity	Date
1	Workshop on Quality Management in Hospital Setting	27/07/2026
2	Workshop on Hepatitis Day	28/07/2026

3. Competitions

S. No.	Name of Activity	Date
1	Sports Competition	19/03/2026
2	Poster and Chart Competition (TB Day)	24/03/2026
3	Rangoli Competition on the Occasion of Gurpurab	10/08/2026
4	Model Exhibition Competition	05/10/2026

4. Group Discussion

S. No.	Name of Activity	Date
1	Group Discussion on Transcultural Nursing	22/10/2026
2	Group Discussion on Feminism	15/07/2026


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Annexure 11 Students' Personality Development Activities Annexure 11 Ref. to point (a), (b)

List of Student Nurse Association Activities – 2025–2026

S. No.	Name of Activity	Date
1	Freshers' Party	24/12/2025
2	Republic Day Celebration	26/01/2026
3	Lamp Lighting and Oath-Taking Ceremony	30/01/2026
4	Lohri Celebration	14/02/2026
5	Holi Celebration	02/03/2026
6	Independence Day Celebration	14/08/2026
7	Teachers' Day Celebration	05/09/2026
8	Rabies Week Awareness Programme	22/09/2026–28/09/2026
9	Swachhta Abhiyan	01/10/2026
10	SEVA Innovation Programme by GGSIPU	07/10/2026

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Annexure 11 Students' Personality Development Activities Annexure 11 Ref. to point (a), (b)

List of Educational Visits – 2026

S. No.	Name of Visit	Date
1	One-Day Visit to Sub-Centre, Jwalapuri	21/04/2026
2	Visit to Acharya Shree Bhikshu Hospital	22/04/2026
3	Visit to MGS Hospital	23/04/2026

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REPORT ON BREASTFEEDING WEEK

Date : 6th August, 2026

Venue : IGH Hospital, Delhi

Activity : Role Play

Introduction

World Breastfeeding Week is observed every year from **1 to 7 August** to raise awareness about the importance of breastfeeding and to encourage families, communities, health services, workplaces and governments to support breastfeeding mothers. The campaign is supported by organizations including the World Health Organization (WHO) and UNICEF.

Importance of Breastfeeding

Breast milk provides essential nutrients and protective antibodies to infants. WHO and UNICEF recommend beginning breastfeeding within the first hour after birth, exclusively breastfeeding for the first six months, and continuing breastfeeding alongside complementary foods from six months up to two years or beyond. Breastfeeding supports healthy growth and development and helps protect children from several common illnesses. It also provides health benefits to mothers, including a reduced risk of breast and ovarian cancers.

Activities During the Week

5.

Conclusion

World Breastfeeding Week reminds us that successful breastfeeding is not solely the responsibility of mothers. Families, healthcare workers, communities, employers and governments all have important roles in creating an environment where mothers can breastfeed safely and confidently. By strengthening effective support systems and investing in breastfeeding, society can contribute to a healthier and more sustainable start in life for children.

“Supporting breastfeeding today means investing in a healthier future.”



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Pulkit

Suman Sharma



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ROLE PLAY ON HEPATITIS DAY

Date: 28 July 2026

Theme: *"Hepatitis :Let's Break It Down"*

VENUE : IGH HOSPITAL, DELHI

Introduction

World Hepatitis Day is observed every year on **28 July** to raise awareness about viral hepatitis and encourage action to prevent, diagnose and treat the disease. The day highlights the importance of reducing hepatitis-related illness and deaths and working towards eliminating viral hepatitis as a public health threat by 2030.

About Hepatitis

Hepatitis is inflammation of the liver. Viral hepatitis is mainly caused by hepatitis viruses A, B, C, D and E. Hepatitis B and C are particularly serious because chronic infection can lead to liver cirrhosis and liver cancer.

According to the World Health Organization, an estimated **287 million people** were living with chronic hepatitis B or C in **2024**, and approximately **1.3 million people** died from chronic hepatitis B and C that year.

Theme of 2026

The 2026 theme, **"Hepatitis: Let's Break It Down,"** calls for removing barriers that prevent people from accessing prevention, testing, treatment and care. These barriers include stigma, lack of awareness, financial difficulties and gaps in health services.

Importance of World Hepatitis Day

The day encourages people to learn about hepatitis, get tested when appropriate and seek medical care early. Hepatitis B can be prevented through vaccination, while effective diagnostic tests and treatments are available for hepatitis B and C. Hepatitis C can be cured with appropriate treatment.

Awareness programmes also help reduce discrimination against people living with hepatitis and encourage communities to support prevention and early diagnosis.

Activities

On World Hepatitis Day, schools, hospitals, health centres and community organizations can organize:

- Role Play
- Awareness talks and educational programmes.
- Information sessions about testing and available treatment.

Conclusion

World Hepatitis Day reminds us that viral hepatitis is preventable, diagnosable and treatable. The 2026 campaign emphasizes that the necessary scientific tools already exist, but they must be made accessible to everyone. Greater awareness, vaccination, safe healthcare practices, early testing and appropriate treatment can help reduce hepatitis-related deaths and move the world closer to eliminating viral hepatitis by 2030.





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Talsipriya Kishengbam

Ravi

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**IMPACT PARAMEDICAL AND HEALTH INSTITUTE,
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WORKSHOP REPORT ON HEPATITIS DAY

Date: 28 July 2026

Theme: *"Hepatitis :Let's Break It Down"*

VENUE : IGH HOSPITAL, DELHI

Introduction

World Hepatitis Day is observed every year on **28 July** to raise awareness about viral hepatitis and encourage action to prevent, diagnose and treat the disease. The day highlights the importance of reducing hepatitis-related illness and deaths and working towards eliminating viral hepatitis as a public health threat by 2030.

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IMPACT PARAMEDICAL HEALTH INSTITUTE COLLEGE OF NURSING

REPORT ON FEMINISM AS A DISCUSSION

Course: B.Sc. Nursing – 2nd Semester

Topic: Feminism

Type: Discussion Report

15/7/2026.

1. Introduction

Feminism is a social, cultural and intellectual movement that focuses on achieving equality, dignity, rights and opportunities for women and girls. It challenges discrimination and unfair treatment based on gender and supports equal participation of all people in education, employment, healthcare, family life and society.

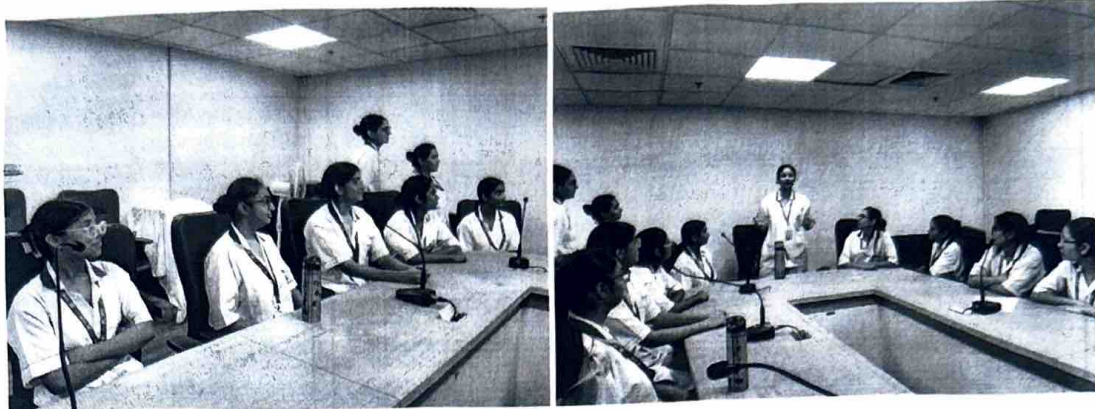
Feminism does not mean that women are superior to men. Rather, it emphasizes that women and men should have equal rights, opportunities and respect. It also recognizes that gender inequality can affect individuals in different ways depending on their social, economic and cultural circumstances.

For nursing students, understanding feminism is important because nurses work with people from different backgrounds and are expected to provide fair, respectful and non-discriminatory care.

2. Meaning of Feminism

Feminism can be defined as a belief in and advocacy for the social, economic, political and personal equality of women and men.

- Equal rights and opportunities.
- Equal access to education.
- Equal opportunities in employment.
- Protection from discrimination and violence.
- Freedom to participate in decision-making.
- Respect for women's dignity and choices.
- Recognition of women's contributions to society.



3. Objectives of Feminism

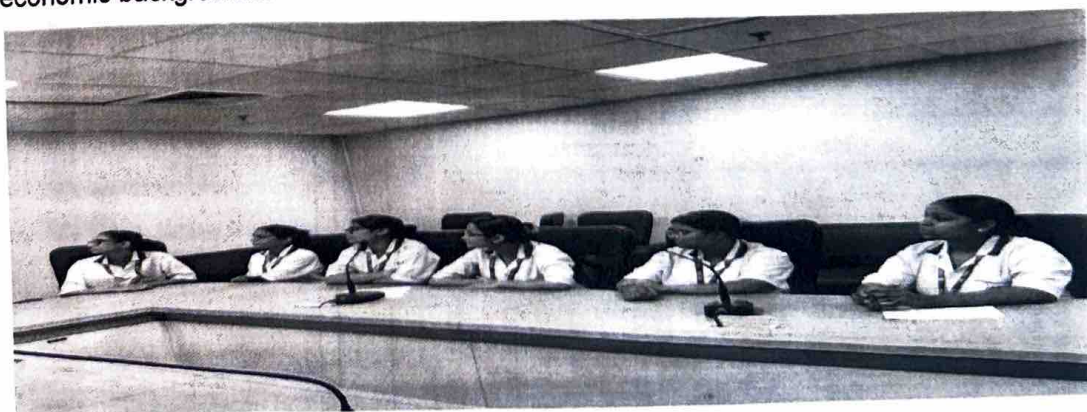
- To promote gender equality.
- To eliminate discrimination against women.
- To improve access to education and employment.
- To promote women's participation in decision-making.
- To protect women from violence and exploitation.
- To promote equal rights in family and society.
- To improve women's access to healthcare.
- To encourage women to become economically and socially independent.

4. Background and Development of Feminism

Early Feminist Movements: Early movements emphasized basic legal and political rights, including women's right to education, property and voting.

Second-Wave Feminism: Later movements focused on broader social issues such as employment equality, reproductive rights, family roles and discrimination.

Contemporary Feminism: Modern feminism addresses gender-based violence, workplace equality, representation, education, healthcare and the experiences of women from different social and economic backgrounds.



5. Major Areas of Feminism

Educational Equality: Feminism supports equal access to education for girls and women. Education helps women develop knowledge, skills, confidence and independence.

Economic Equality: Women should have fair opportunities for employment, career development and economic independence.

Political Equality: Women should have equal opportunities to participate in political processes and decision-making.

Social Equality: Feminism challenges social practices and stereotypes that limit women's choices and participation in society.

Health Equality: Women should have access to appropriate, affordable and respectful healthcare services and should be involved in decisions concerning their health.

Protection from Violence: Feminism emphasizes prevention of domestic violence, sexual violence, harassment, exploitation and other forms of gender-based violence.

6. Feminism and Nursing

- Feminism has relevance to nursing because nursing involves caring for individuals while respecting their dignity, rights and choices.
- Providing non-discriminatory healthcare.
- Respecting women's decisions regarding their health.
- Educating patients about health and available services.
- Supporting women experiencing violence or abuse.
- Promoting reproductive and maternal health.
- Maintaining confidentiality and privacy.
- Advocating for vulnerable patients.
- Treating every patient with dignity and respect.

7. Feminism and Women's Health

- Gender inequality can influence health outcomes. Social and economic circumstances may affect a person's ability to access healthcare, education, nutrition and other resources.
- Maternal health.
- Reproductive health.
- Menstrual health.
- Sexual health education.
- Mental health.
- Nutrition.
- Prevention of gender-based violence.
- Access to healthcare services.

8. Discussion Points

Question 1: Is feminism against men? **Discussion:** No. Feminism primarily focuses on gender equality and addressing discrimination. It does not require women to be superior to men.

Question 2: Why is feminism important? Discussion: Feminism is important because gender-based discrimination can limit education, employment, healthcare, safety and participation in society.

Question 3: Is feminism relevant today? Discussion: Yes. Although progress has been made in many areas, issues such as gender-based violence, unequal opportunities, discrimination and social stereotypes continue to affect people in many societies.

Question 4: What role can students play? Discussion: Students can promote equality by respecting others, challenging harmful stereotypes, preventing discrimination and supporting equal educational and professional opportunities.

9. Advantages of Feminism

- Greater awareness of gender equality.
- Increased educational opportunities for women.
- Greater participation of women in professional fields.
- Increased awareness of violence and discrimination.
- Promotion of women's health and rights.
- Encouragement of women's participation in leadership.
- Greater recognition of women's contributions to society.

10. Challenges Related to Feminism

- Gender stereotypes.
- Gender-based violence.
- Unequal access to education and employment.
- Workplace discrimination.
- Unequal distribution of household responsibilities.
- Social and cultural restrictions.
- Misunderstanding of the meaning of feminism.

11. Role of Students in Promoting Gender Equality

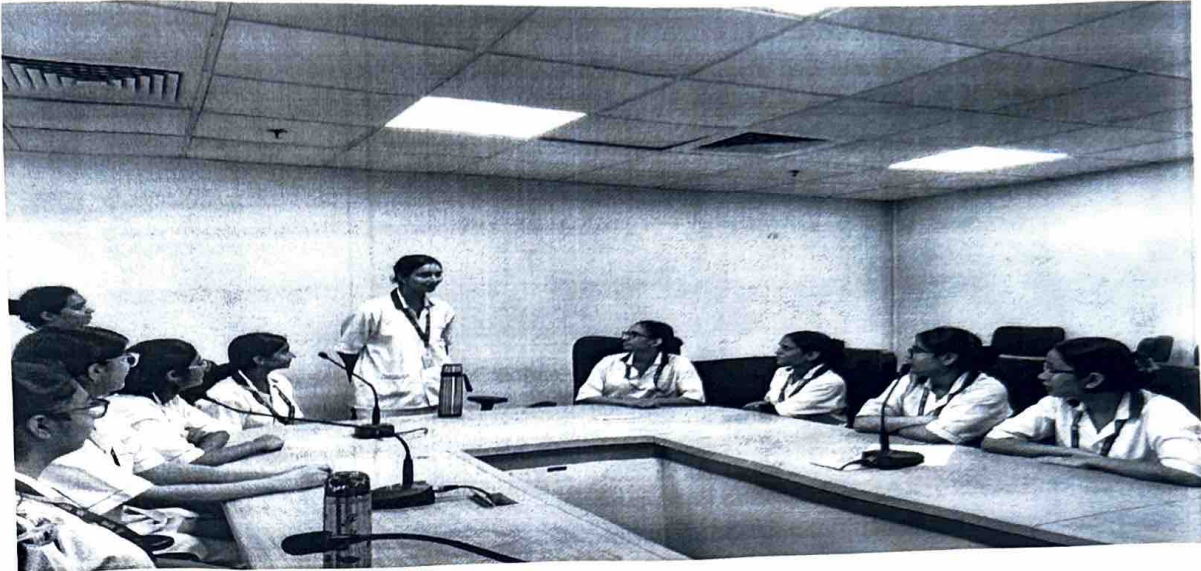
- Respect everyone regardless of gender.
- Avoid gender-based stereotypes.
- Support equal educational opportunities.
- Speak against discrimination and violence.
- Promote respectful communication.
- Learn about women's health and rights.
- Support classmates and colleagues equally.
- Become responsible and informed members of society.

12. Conclusion

Feminism is an important social movement that promotes equality, dignity, freedom and opportunities for women. It aims to address discrimination and barriers that prevent individuals from achieving their full potential.

For nursing students, understanding feminism helps develop a broader perspective on gender, health and social justice. Nurses have an important role in providing respectful and equitable care, protecting patient dignity and supporting individuals who experience discrimination or violence.

Feminism should therefore be understood not as a conflict between men and women, but as an effort to create a society where everyone has equal rights, opportunities, dignity and respect.



Faculty Signature: _____

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IMPACT PARAMEDICAL HEALTH INSTITUTE
COLLEGE OF NURSING
REPORT ON TRANSCULTURAL NURSING
GROUP DISCUSSION

22/10/2026

I express my sincere gratitude to my teachers and college for giving me the opportunity to prepare this report on Transcultural Nursing. This assignment helped me understand the importance of culture in nursing care and the need to respect the beliefs, values, customs, language, and preferences of every patient. I am also thankful to the authors and educational resources consulted while preparing this report.

1. Introduction

2. Objectives
3. Meaning and Definition
4. Historical Background
5. Major Concepts of Transcultural Nursing
6. Importance in Nursing Practice
7. Cultural Factors Affecting Health and Illness
8. Culturally Competent Nursing Process
9. Leininger's Culture Care Theory
10. Examples in Clinical Practice
11. Challenges and Solutions
12. Role of the Nurse
13. Conclusion
14. References

1. INTRODUCTION

People from different cultural backgrounds may have different beliefs about health, illness, pain, food, family roles, birth, death, and treatment. These beliefs can influence how a person understands illness and responds to healthcare. Transcultural nursing helps nurses provide care that is respectful, safe, and suitable for each patient's cultural context. In a diverse country such as India, patients may speak different languages and follow different customs, so culturally sensitive care is an important part of professional nursing.

2. OBJECTIVES

- To understand the meaning and definition of transcultural nursing.
- To describe the background and major concepts of transcultural nursing.
- To identify cultural factors that influence health, illness, and healthcare decisions.
- To explain the importance of culturally competent nursing care.
- To discuss the role of nurses in respecting cultural diversity and preventing discrimination.

3. MEANING AND DEFINITION

Meaning: Transcultural nursing is an approach to nursing that considers the cultural beliefs, values, practices, and life experiences of individuals and communities when planning and providing care.

Definition: Transcultural nursing may be described as the study and practice of nursing care across cultures, with the aim of providing care that is culturally meaningful, respectful, and appropriate. The term is strongly associated with Madeleine Leininger, who developed the Culture Care Diversity and Universality Theory.

4. HISTORICAL BACKGROUND

Madeleine M. Leininger, an American nurse and anthropologist, is widely recognised as the founder of transcultural nursing. She observed that nursing care becomes more effective when nurses understand the cultural context of the people they serve. Her work helped establish transcultural nursing as a field of nursing knowledge and practice. The approach encourages nurses to learn from patients and communities rather than make assumptions based on a person's background.

5. MAJOR CONCEPTS OF TRANSCULTURAL NURSING

Culture: Shared and learned beliefs, values, customs, and ways of living that influence how people understand the world.

Cultural diversity: Differences in cultural practices and beliefs among individuals or groups.

Cultural universality: Similarities in care needs or values that may be found across cultures, while recognising individual differences.

Culturally congruent care: Care that fits the patient's cultural values, beliefs, and preferences as far as safely possible.

Cultural competence: The nurse's continuing ability to communicate and provide care respectfully across cultural differences.

Ethnocentrism: The belief that one's own culture is superior or the standard by which other cultures should be judged; nurses should avoid this.

Cultural humility: A lifelong practice of self-reflection, listening, and recognising that patients are the experts on their own experiences.

6. IMPORTANCE IN NURSING PRACTICE

- Builds trust and improves communication between nurses, patients, and families.
- Helps nurses understand patients' beliefs about illness, treatment, diet, pain, and recovery.
- Supports informed decision-making and shared care planning.
- May improve cooperation with treatment and patient satisfaction.
- Promotes dignity, equality, and non-discriminatory care.
- Helps identify cultural or language barriers that could affect safety.
- Supports person-centred care in hospitals, clinics, homes, and community settings.

7. CULTURAL FACTORS AFFECTING HEALTH AND ILLNESS

Language and communication: A patient may not understand medical terms or may use different words to describe symptoms. Use simple language and a qualified interpreter when needed.

Food and dietary practices: Religious, cultural, or personal practices may affect food choices, fasting, and meal timing. Assess nutritional needs and plan safe alternatives.

Religion and spirituality: Beliefs may influence modesty, prayer, blood products, end-of-life care, or treatment choices. Ask respectfully and explain clinical options.

Family structure and decision-making: Some patients prefer family involvement, while others want private decision-making. Ask the patient whom they wish to include.

Gender and modesty: A patient may have preferences about the gender of the caregiver or exposure of the body. Accommodate these preferences when feasible without delaying urgent care.

Traditional healing practices: Patients may use home remedies or traditional healers. Ask without judgement and assess possible interactions or risks.

Beliefs about pain and illness: People may express pain differently or explain illness through different beliefs. Assess symptoms individually and avoid assumptions.

8. CULTURALLY COMPETENT NURSING PROCESS

Assessment: Ask about the patient's language, health beliefs, food practices, spiritual needs, family preferences, and any cultural practices relevant to care.

Nursing diagnosis: Identify actual or potential problems, including communication barriers, anxiety, or difficulty following a plan that does not fit the patient's needs.

Planning: Develop goals with the patient and, if the patient agrees, their family. Consider safe cultural preferences and available resources.

Implementation: Provide respectful care, use interpreters when needed, explain procedures clearly, protect privacy, and adapt care when clinically safe.

Evaluation: Check whether the patient understands the plan, feels respected, and is achieving the agreed outcomes. Revise the plan if needed.

9. LEININGER'S CULTURECARE THEORY

Madeleine Leininger's Culture Care Diversity and Universality Theory explains that caring is central to nursing and that care should be understood in relation to culture. The nurse explores the patient's own meanings and preferences, then works with the patient to choose an appropriate care approach.

- Culture care preservation or maintenance: support helpful cultural practices that do not create significant harm.
- Culture care accommodation or negotiation: work with the patient to adapt or negotiate practices so they fit the care plan safely.
- Culture care repatterning or restructuring: collaborate with the patient to change a practice that may be harmful while respecting the person's values.

Example: If a patient follows a dietary tradition that conflicts with a prescribed diet, the nurse should discuss the reason for the diet, identify acceptable foods with the patient, and work with the dietitian to create a safe plan.

10. EXAMPLES IN CLINICAL PRACTICE

A patient with limited English proficiency: Arrange a qualified interpreter for consent and important clinical discussions; do not rely on a child to interpret sensitive information.

A patient who is fasting: Assess the patient's condition and medication schedule, explain risks, and consult the prescriber about safe adjustments. Do not independently change prescribed treatment.

A patient requesting a same-gender caregiver: Try to accommodate the request when staffing and urgency allow, and maintain privacy and dignity in all circumstances.

A patient using traditional remedies: Ask what is being used, check for possible interactions, and discuss safer options without ridicule or judgement.

A patient who wants family involved: Ask the patient's permission before sharing information and include chosen family members in discussions where appropriate.

11. CHALLENGES AND SOLUTIONS

Language barriers: Use trained interpreters, translated materials, and teach-back to confirm understanding.

Stereotyping: Ask each patient about their individual preferences instead of assuming all members of a group share the same beliefs.

Limited time or resources: Prioritise the patient's most important needs and use available cultural liaison or interpreter services.

Conflicting care preferences: Explain benefits and risks clearly, explore acceptable alternatives, and involve the clinical team when needed.

Nurse's own bias: Practise reflection, seek feedback, and pursue continuing education on cultural safety and equity.

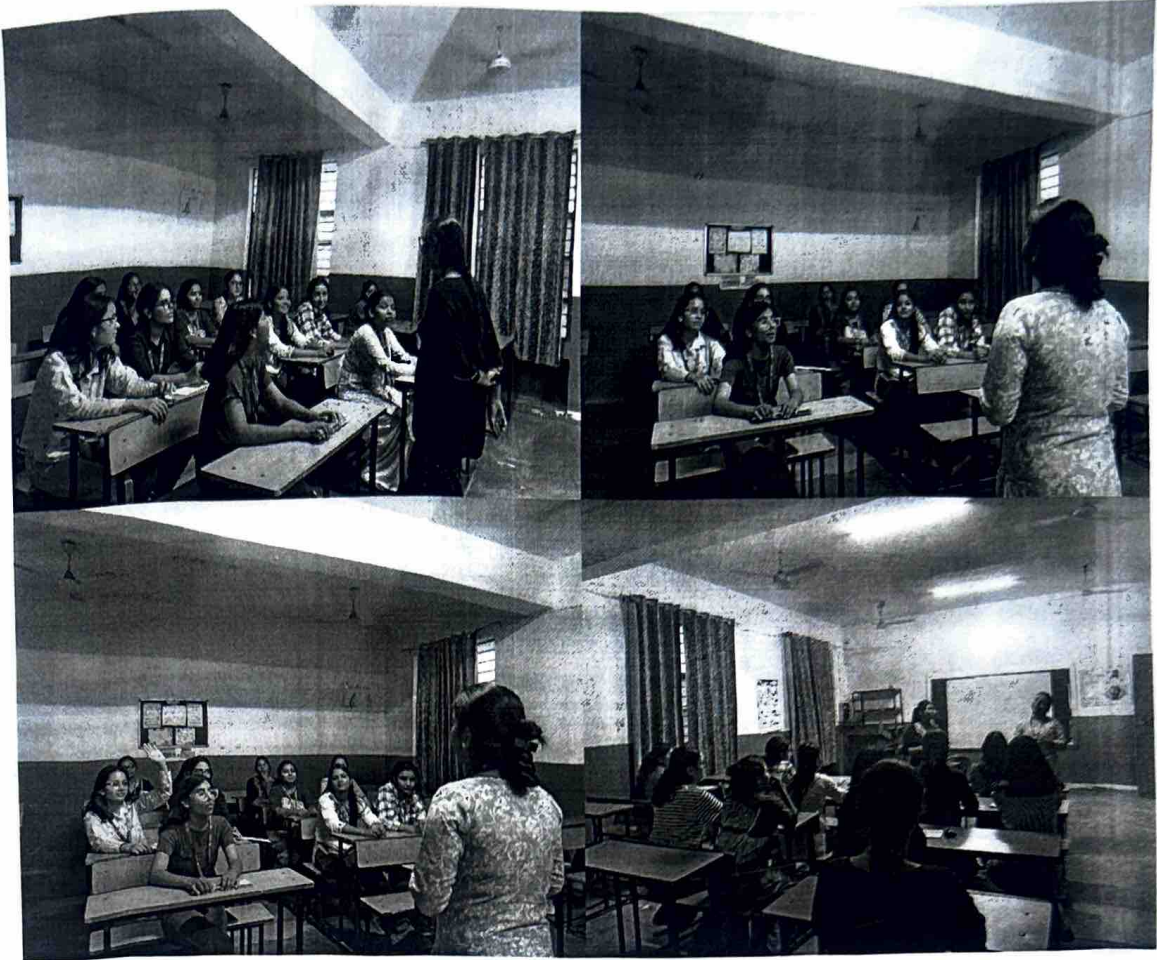
12. ROLE OF THE NURSE

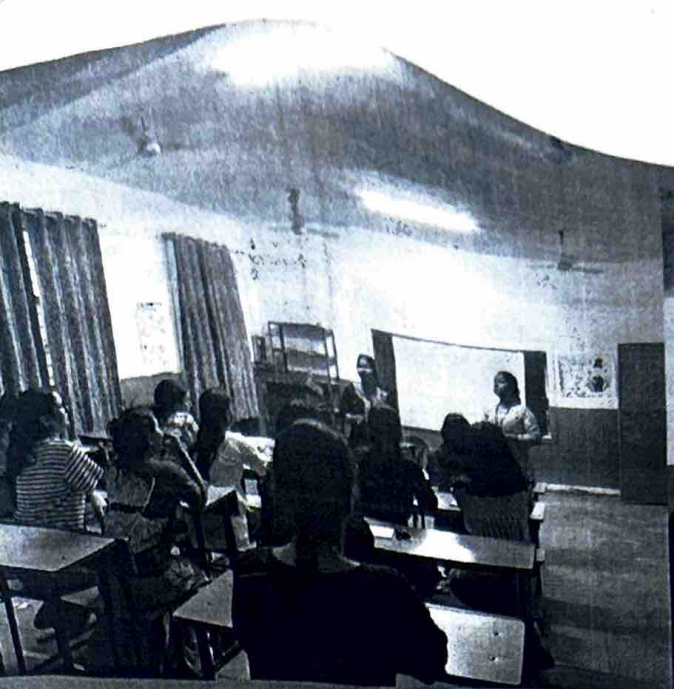
- Respect each patient's dignity, identity, beliefs, and right to make informed decisions.
- Assess cultural and communication needs without making assumptions.
- Maintain confidentiality and obtain consent before involving family or community members.
- Provide clear health education in a language and format the patient can understand.
- Advocate for interpreters, accessible services, and fair treatment.
- Recognise unsafe practices and explain risks in a respectful, non-judgemental manner.
- Document relevant preferences and communicate them to the healthcare team.
- Reflect on personal biases and continue learning about cultural safety.

13. CONCLUSION

Transcultural nursing is an important part of safe, compassionate, and person-centred care. It helps nurses understand how culture may influence health beliefs, communication, family involvement, diet, and treatment preferences. Nurses should not stereotype patients or assume that culture determines every choice. Instead, they should ask respectful questions, listen carefully, protect patient autonomy, and adapt care whenever it is safe and appropriate. Culturally congruent care supports dignity, trust, and equitable healthcare for people from all backgrounds.

ALL THE STUDENTS PARTICIPATED WELL.





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REPORT ON GURU PURAB RANGOLI COMPETITION.

Date: 10th August, 2026

Venue: College Campus , IPHI College of Nursing

Introduction

Gurpurab is an important Sikh festival that commemorate significant events in the lives of the Sikh Gurus. The most widely celebrated Gurpurab is Guru Nanak Gurpurab, which marks the birth anniversary of Guru Nanak Dev Ji, the first Sikh Guru and founder of Sikhism. It is generally observed on the full moon day of the month of Kartik, so its date changes each year.

Significance

Gurpurab is a time for Sikhs to remember and follow the teachings of the Gurus. Guru Nanak Dev Ji emphasized equality, honesty, compassion, devotion to God and selfless service. The festival encourages people to live peacefully, help others and treat everyone with dignity and equality.

Celebration

The celebrations begin several days before Gurburab with Prabhat Pheris, in which devotees gather early in the morning and sing hymns. On or around the festival, rangoli competition are organized.

Message of Gurburab

Gurburab reminds us that true religion is expressed through love, humility, truthful living and service to humanity. Guru Nanak Dev Ji's message of equality and harmony remains relevant in today's world.

Conclusion

Gurburab is not only a religious celebration but also an occasion to promote peace, unity, equality and humanity. By remembering the teachings of Guru Nanak Dev Ji and putting the min to practice, people can contribute to a kinder and more harmonious society.



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REPORT ON POSTER AND CHART COMPETITION

Date: 24.03.26

Venue: IPHI College of Nursing

Introduction

A Poster and Chart Competition was organized at IPHI College of Nursing to encourage students to express their knowledge, creativity and ideas through visual presentations. The activity provided an opportunity for students to present information in an attractive, clear and easy-to-understand manner.

Objectives

The competition aimed to develop students' creativity, communication skills and confidence; promote learning through visual aids; and encourage students to organize important information in a systematic and meaningful way. It also provided a platform for students to demonstrate their understanding of the selected topics.



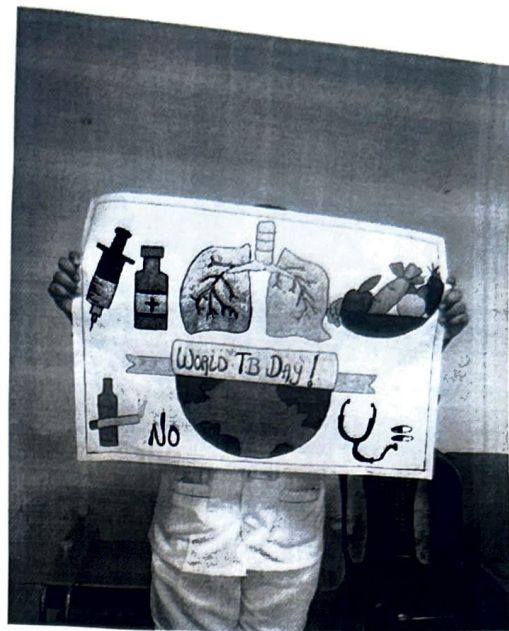


Participation and Activities

Students prepared posters and charts using suitable headings, illustrations, diagrams, key points and creative layouts. The displays were designed to communicate the subject matter effectively and make the information accessible to viewers. The activity encouraged participation, teamwork where applicable, and the use of innovative ideas in learning.

Learning Outcomes

The competition helped students practise presenting information concisely, selecting relevant content and using visual elements to support understanding. It also encouraged originality, attention to detail and confidence in presenting academic information. Such activities can make learning more engaging and strengthen students' presentation skills.



Conclusion

The Poster and Chart Competition served as a constructive academic activity that combined knowledge with creativity. It encouraged students to communicate ideas visually and provided a meaningful opportunity for learning and self-expression. The activity highlighted the value of visual teaching-learning aids in nursing education.

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COLLEGE OF NURSING

Model Exhibition Report COMPETITION.

Date: 5 October 2026

**Participants: GNM 1st Year, GNM 2nd Year, ANM 2nd Year, and
B.Sc. Nursing 2nd Semester**

Model Exhibition Report

A Model Exhibition was organized on 5 October 2026 with the active participation of students from GNM 1st Year, GNM 2nd Year, ANM 2nd Year, and B.Sc. Nursing 2nd Semester.

The exhibition aimed to provide students with an opportunity to demonstrate their knowledge, creativity, practical skills, and understanding of various nursing and healthcare-related topics through educational models.

Students prepared and presented different models related to health, anatomy, nursing procedures, disease prevention, community health, and patient care. They explained the working and importance of their respective models to teachers and other participants.



The exhibition encouraged teamwork, communication skills, confidence, creativity, and practical learning among the students. Faculty members appreciated the efforts and enthusiasm shown by all the participants.

Conclusion

The Model Exhibition was successfully conducted and proved to be an informative and enriching learning experience for the students. It helped bridge the gap between theoretical knowledge and practical understanding while encouraging students to learn through creativity and participation.



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