

**HOLY SPIRIT INSTITUTE OF NURSING EDUCATION**

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI - 400 033

NAAC ACCREDITED 'B++' GRADEName of the Event: *INTERNATIONAL YOGA DAY*

Sr.no.	Program Summary	Details
1	Program	Session on various YOGA ASANA
2	Organized by	NSS Unit
3	Date/ Venue	21/06/2025 : OET ROOM
4	Nature of participant	Students of HSINE
5	Number of participants	20 Students
6	Student coordinator	Ms Ann Mariya (6 th Sem) & Ms Jaswina (5 th Sem)
7	Faculty coordinator	Ms Riya Kaur Gill – NSS Co-ordinator

BRIEF SUMMARY OF THE EVENT:**OBJECTIVES:**

- To spread awareness about the role of yoga in enhancing everyday life.
- To motivate students to incorporate yoga into their routine for better physical and mental health.
- To practice and understand different yoga asana that help in improving overall well-being and managing stress.
- To foster active participation and team spirit through engaging, yoga-inspired activities

DESCRIPTION:

On 21st June 2025, in observance of International Yoga Day, a special yoga session was organized in our college NSS Unit to emphasize the importance of incorporating yoga into daily life. The event was conducted among 20 students, to ensure better participation and personalized attention.

The session commenced with a prayer to establish a serene and focused environment. This was followed by an insightful address by Sr. Vijitha, a student of 6th Semester B.Sc, who spoke on the value of regular yoga practice for maintaining physical and mental wellness.

Participants were then introduced to the concept of yoga and its various forms. A number of yoga asana were demonstrated and explained in detail, including Tadasana, Vrikshasana, Bhujangasana, Trikonasana, Simhasana, Pranayama, Sukhasana, and Shavasana, among others. Each posture was presented along with its respective health benefits, and students eagerly took part in performing the asana under proper supervision.

OUTCOMES:

- Students developed a deeper understanding of how yoga contributes to enhancing daily life and overall well-being.
- Participants felt inspired to incorporate yoga into their regular routines to improve both physical health and mental clarity
- Learners gained practical knowledge of various yoga postures, along with their correct techniques and health benefits.

SUMMARY:

On the occasion of International Yoga Day, a special yoga session was held at the college on 21st June 2025 to promote awareness about the significance of yoga in everyday life. Conducted in 20 students each, the session began with a prayer and a motivational talk by Sr. Vijitha (6th Sem B.Sc), highlighting the benefits of regular yoga practice. Students were introduced to the basics of yoga and learned various asana such as Tadasana, Vrikshasana, Bhujangasana, Trikonasana, Simhasana, Pranayama, Sukhasana, and Shavasana. Each pose was demonstrated and explained with its health benefits, and students actively participated in practicing them under guidance.

PHOTOGRAPHS:



Riya

Mrs Riya Kaur Gill
NSS Programme Officer

Lalitha

Dr. Sr. Lalitha Rosali
Principal

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Holy Spirit Hospital,
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HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

NAAC ACCREDITED 'B++' GRADE

Name of the Program: PLASTIC COLLECTION DRIVE.

SR NO	PROGRAM SUMMARY	DETAILS
1.	Activity	Plastic Collection Drive
2.	Organized by	5 th and 6 th Semester B.Sc. (N) NSS Students of Holy Spirit Institute of Nursing Education
3.	Venue/ Date	Holy Spirit Institute Of Nursing Education 14/06/2025
4.	Nature of participants	NSS Students
5.	Number of participants	20 people
6.	Student coordinator	Ms Jaswina and Ms Ann Mariya
7.	Faculty coordinator	Mrs Riya Kaur Gill

Brief Summary of the Activity / Event:

OBJECTIVES:

1. To reduce plastic pollution.
2. To promote environmental awareness.
3. To encourage community participation.
4. To support recycling initiatives.
5. To build a clean and healthier environment.

DESCRIPTION:

The Plastic collection drive was organized at Holy Spirit Institute of Nursing Education on 14th June 2025, in order to prevent plastic pollution and maintain a clean and healthier environment. This plastic collection drive brings together students and teachers to support recycling initiatives and encourage community participation.

PLASTIC COLLECTION:

The NSS students started the plastic collection drive by taking Swachhita Pledge. Students were divided into two groups which was led by Mrs Riya Kaur Gill and Mrs Alveena respectively. These groups went to different areas of Institute campus and collected all the plastic that was present in the campus. This drive was not just about collecting plastic but also about raising awareness, inspiring action and building a cultural of responsibility. This drive gave us an opportunity to take collective action against plastic pollution.

OUTCOMES:

- **Improve campus cleanliness:** Noticeable reduction of plastic litter in campus surrounding.
- **Increased Environmental Awareness:** Students and staff became more aware of the impact of plastic pollution and the importance of sustainable practices.
- **Recycling contribution:** Collected plastic successfully handed over to waste management department.
- **Foundation for long term initiatives:** The drive inspired the launch of ongoing eco- friendly programs like monthly cleans up.

ACTIVITY/ EVENT PHOTOGRAPHS



Riya

Mrs Riya Kaur Gill
NSS Programme Officer

Lalitha

Dr. Sr. Lalitha Rosali
Principal

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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI - 03

NAAC ACCREDITED 'B++' GRADE

Name of the Program: Health awareness program regarding Dengue and Health maintenance:

SR NO	PROGRAM SUMMARY	DETAILS
1.	Activity	Health awareness program regarding Dengue and Health maintenance
2.	Organized by	5th semester B.Sc. (N) and NSS Students of Holy Spirit Institute of Nursing Education
3.	Venue/ Date	Kaman ,Vasai- East, May 2025
4.	Nature of participants	Rural community
5.	Number of participants	20 people
6.	Student coordinator	Ms Jaswina
7.	Faculty coordinator	Mrs Riya Kaur Gill

Brief Summary of the Activity / Event:

OBJECTIVES:

1. To increase awareness and preventive practices related to dengue fever.
2. Increase Knowledge about Dengue.
3. Promote Early Recognition and Care-Seeking.
4. Improve Vector Control Awareness.
5. Encourage Personal and Environmental Preventive Measures.
6. Enhance Community Participation.
7. Educate about the importance of health management.

DESCRIPTION:

The Dengue awareness program was organized at Kaman on 9th May 2025, in order to raise awareness about Dengue, its prevention, early detection and treatment. This awareness program brings together students, teachers and general public to spread knowledge about Dengue and encourage collective action to eliminate the disease.

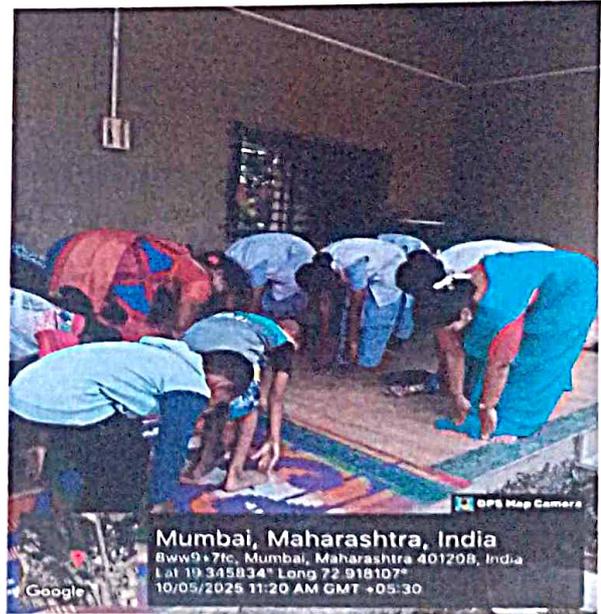
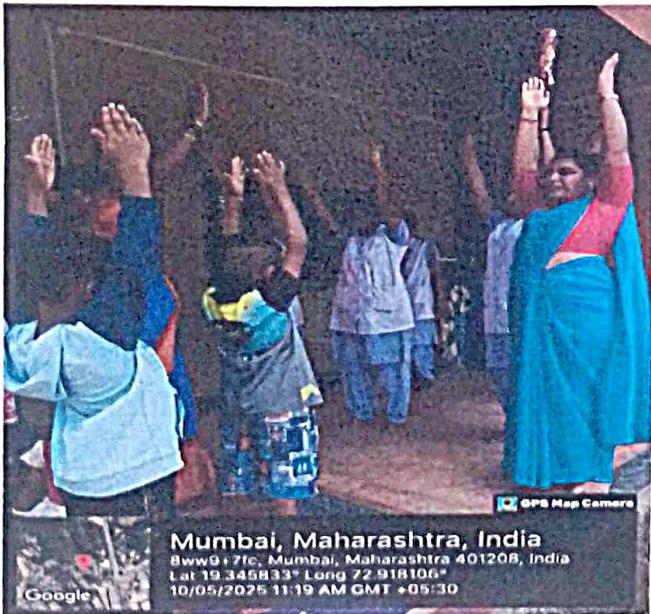
Health awareness program regarding Dengue and Health maintenance

The Health awareness program began with an introduction about Dengue by Ms. Jaswina Katwar and Ms. Aksara Mariappan, who gave brief idea about what is "Dengue?" causes, management, signs/symptoms and prevention. Students and community people were been actively participated and the program was been guided by Mrs Riya Kaur Gill. A Dengue Health Awareness Program aims to educate the community about dengue fever, its causes, symptoms, transmission, and effective prevention methods regarding health maintenance and its promotion. The program includes interactive sessions, and community participation activities. Key messages focus on eliminating mosquito breeding sites, using personal protective measures, recognizing symptoms early, and seeking timely medical help. The goal is to reduce the incidence of dengue and empower the community to take responsibility for their health and environment.

OUTCOMES:

1. **Increased Community Knowledge:** Participants can identify dengue symptoms, modes of transmission, and preventive measures.
2. **Improved Preventive Practices:** More households adopt mosquito control methods (e.g., removing stagnant water, using repellents, and installing screens).
3. **Early Detection and Treatment:** Community members seek medical help sooner when symptoms appear, reducing complications and fatalities.
4. **Greater Community Involvement:** Increased participation in clean-up drives and local health initiatives aimed at mosquito control.
5. **Sustainable Behavior Change:** Long-term adoption of safe practices that help control mosquito breeding and promote public health.
6. **Stronger Support for Public Health Policies** Enhanced community cooperation with government health campaigns and vector control programs.

ACTIVITY/ EVENT PHOTOGRAPHS:



Riya

Mrs Riya Kaur Gill

NSS Programme Officer

Lalitha

Dr. Sr. Lalitha Rosali

Principal

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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION
HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: RALLY ON WORLD'S TUBERCULOSIS DAY

SR NO	PROGRAM SUMMARY	DETAILS
1.	Activity	Introduction about Tuberculosis, Rally
2.	Organized by	5th semester B.Sc. (N) and NSS Students of Holy Spirit Institute of Nursing Education
3.	Venue/ Date	Shivtekdi, Jogeshwari East on 24th March 2025
4.	Nature of participants	Local community
5.	Number of participants	200 people
6.	Student coordinator	Ms Jaswina
7.	Faculty coordinator	Mrs Riya Kaur Gill

Brief Summary of the Activity / Event:

Program Objectives:

1. Advocate for regular TB screening, especially for high-risk population.
2. Encourage community participation in TB control initiatives.
3. Educate people on Hygiene practices, proper cough etiquette and nutrition.
4. Promote BCG vaccination, especially for children.
5. Encourage TB patients to complete their treatment to prevent drug resistance.

Description:

The Tuberculosis Day Rally was organized at Shivtekdi on 24th March 2025, in order to raise awareness about tuberculosis, its prevention, early detection and treatment. The rally brings together students, teachers and general public to spread knowledge about TB and encourage collective action to eliminate the disease.

Rally:

The Rally began with an introduction about Tuberculosis by Ms. Mahima Dogankar and Ms. Elene Fernandes, who gave brief idea about what is "TB?" causes, management,

signs/symptoms and prevention. Students were divided into two groups which was led by Mrs Riya Kaur Gill and Mrs Alveena respectively. These groups went to different areas of Shivtekdi to spread awareness among people through multiple AV aids such as banners and posters. The rally also included informative talk given by Ms. Vilina Nair and Ms. Jaswina Katwar from one group and Ms. Mahima Dongarkar and Ms. Elene Fernandes from another group who engaged the public and broke the stigma surrounding TB.

Outcomes:

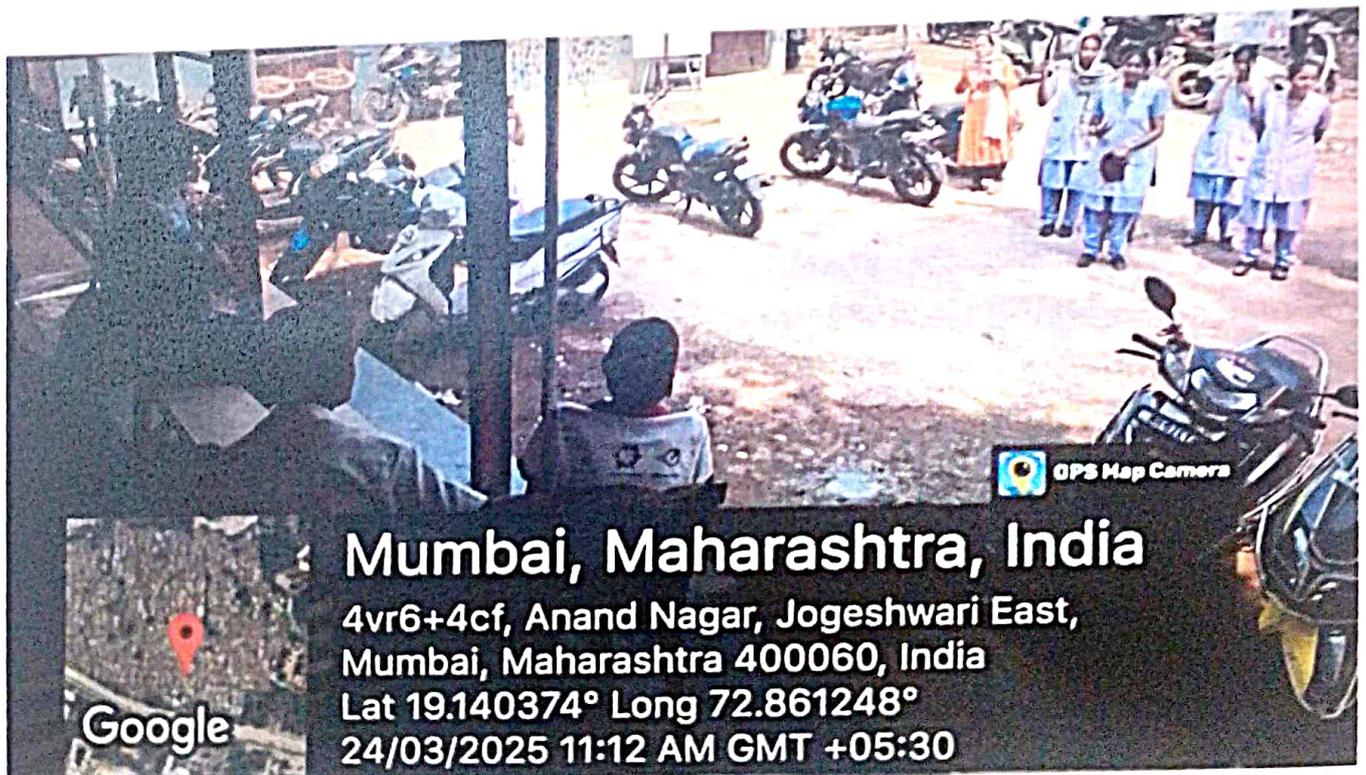
- **Increased awareness:** The program was successful in increasing awareness about Tuberculosis control in general public.
- **Staff engagement:** students and teachers gained a better understanding of how they can contribute to tuberculosis control and management.
- **Public participation:** The rally also encouraged the general public to clear their doubts regarding Tuberculosis is management and prevention.



Mumbai, Maharashtra, India

Shop No1 Shivtakdi Jogeshwari East, Anand Nagar, Jogeshwari East, Mumbai, Maharashtra 400060, India

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Mumbai, Maharashtra, India

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Riya

Mrs Riya Kaur Gill

Community Department Coordinator

Lalitha

Dr. Sr. Lalitha Rosali

Principal



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -03

Name of the Program: WOMENS DAY CELEBRATION 2025

Theme – Accelerate Action

SR NO	PROGRAM SUMMARY	DETAILS
1.	Activity	Prayer dance, Welcome and Lamp lighting, Talk, Role Play, Video clip, Spot Prize, Message, Ramp walk.
2.	Organized by	Community Health Department and NSS Students, Holy Spirit Hospital.
3.	Venue/ Date	Janseen Delite Auditorium, Holy Spirit Hospital on 11 th march 2025.
4.	Nature of participants	Audience, Community Health Members, Students.
5.	Number of participants	28 participants 140 audience
6.	Student coordinator	Ms Jaswina
7.	Faculty coordinator	Mrs. Alveena.G

Brief Summary of the Activity / Event:

1.Program Objectives:

- To recognize the significant contributions women have made in various fields such as politics, science, education, arts, sports, business, and activism.
- To educate and inspire discussions around gender equality, women's rights, and the ongoing need for progress in areas like pay equity, career opportunities, healthcare, and social justice.
- To provide a platform for women to share their stories, experiences, and expertise, offering inspiration for others to take action in their own lives.
- To focus on women's mental, emotional, and physical health, addressing topics such as self-care, reproductive rights, and mental health awareness.
- To highlight the importance of women in leadership roles across industries and encourage young women to pursue leadership positions in their careers and communities.

2. Description: The Women's Day celebration at Holy Spirit Hospital on 11th March 2025 was a grand event dedicated to honoring the achievements of women and advocating for gender equality. The theme for this year, "**Accelerate Action**," emphasized the need for rapid

progress in empowering women across all sectors. A series of activities were planned to make the occasion memorable and inspiring for all attendees.

3. Opening Ceremony: The program commenced with a prayer dance by **Mrs. Ganga**, Community Volunteer symbolizing peace, strength towards empowerment, followed by the welcome and lighting ceremony, where dignitaries and special guests lit the ceremonial lamp. A motivational talk by **Sr. Meena Godad**, highlighted the importance of gender equity and women's empowerment in today's society.

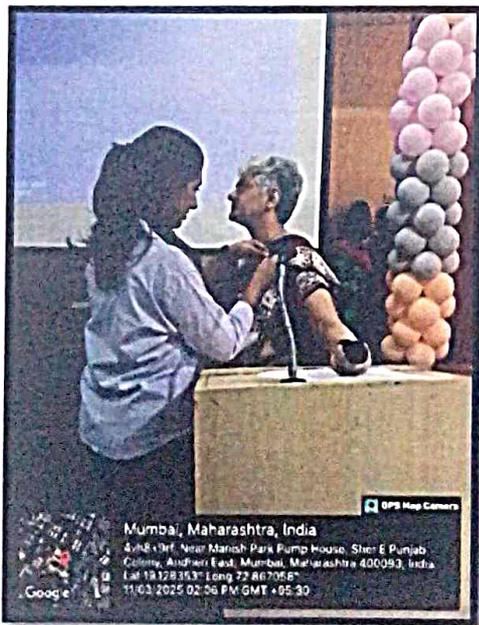
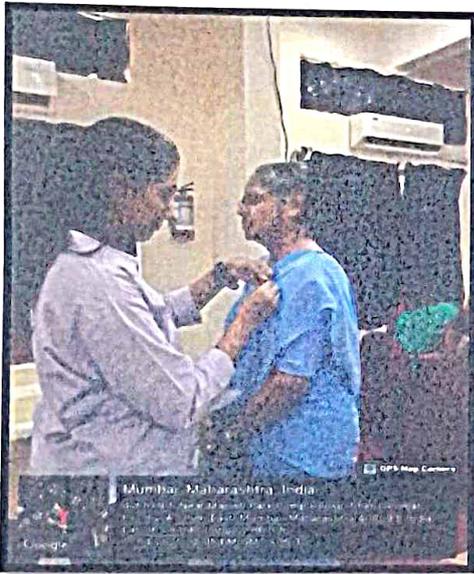
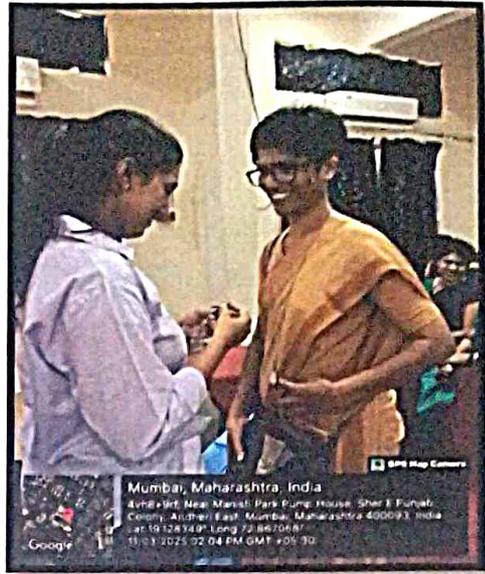
4. Cultural and Interactive Activities:

- **Role Play:** The program was led by the HSINE students class V Sem and NSS Students followed by a welcome speech, enacted a skit highlighting the significance of Women's Day and the need for urgent action in empowering women. A thought-provoking skit performed by students of 5th semester – B.Sc.Nursing, skit emphasized issues such as education, workplace equality, and safety, urging society to move beyond words and take meaningful actions, it shared inspiring stories and discussed ways to accelerate gender equality through education, leadership, and policy changes.
- **Sharing of life journey:** **Adv. Mrs. Vidya Suvarna** and **Mrs. Sneha Ghone** spoke about overcoming challenges, breaking barriers, and making a difference in their respective fields. Their experiences highlighted the importance of resilience, self-confidence, and the support of family and society in achieving dreams.
- **Video Clip Screening:** A short video clip message was delivered by **Ms. Swapnali Maxim**, highlighting influential women and their contributions to different fields.
- The audience were entertained by various activities including ramp sessions and cultural performances.

5. Guest of Honour's Speech: The event was graced by the presence of **Sr. Meena Godad**, who delivered an impactful speech on the progress and challenges faced by women today. The speech emphasized the need for equal opportunities and support for women in every sector.

6.Outcomes:

- **Increased awareness:** The program was successful in increasing awareness about women empowerment among both hospital staff and audience. Women feel more confident, empowered, and inspired to take on leadership roles, pursue their goals, and advocate for their rights.
- **Staff engagement:** community department and healthcare professionals across various departments gained a better understanding of how they can contribute to women empowerment, Staff become advocates for women's rights and gender equality within the organization and in their personal spheres.
- **Public participation:** The program also encouraged many women to talk about their daily struggles and success. This program conducted activities such as spot prize, dancing singing and ramp walk. This encouraged creative expression and public engagement with the themes of women's empowerment and gender equality. It was a valuable and joyous moment to share space with such wonderful women's also we are grateful to the authorities to help us collaborate with the active Community health department (Holy Spirit Hospital).

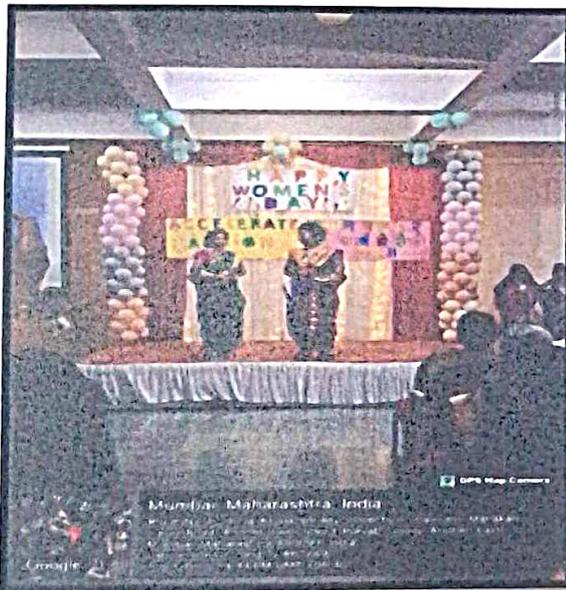




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Colony, Andher East, Mumbai, Maharashtra 400093, India
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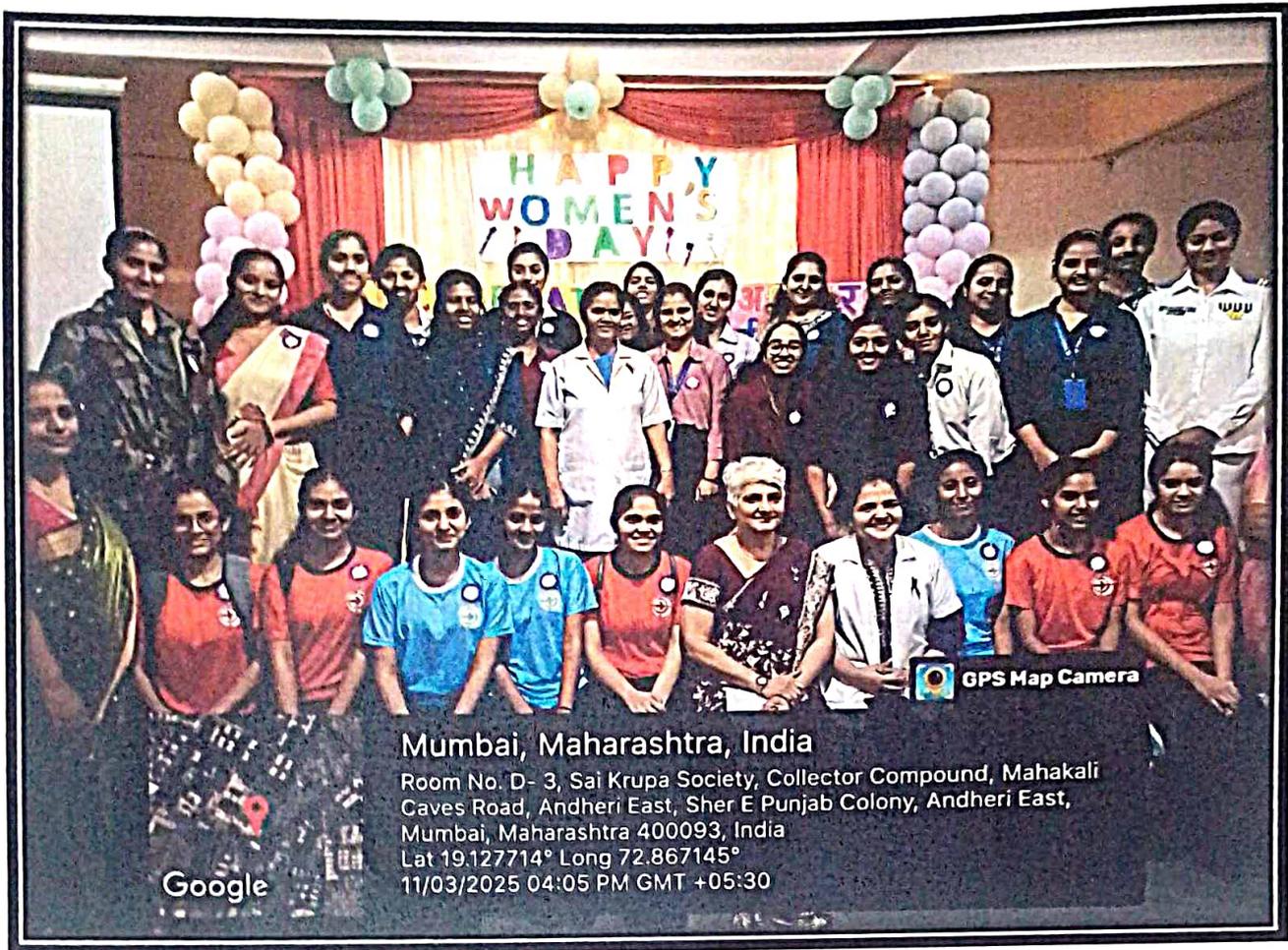
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Riya

Mrs. Riya Kaur Gill

NSS Programme Officer

Lalitha

Dr.-Sr. Lalitha Rosali

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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: Talasari Medical Camp

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	• Medical Camp
2	Organized by	• HSINE Students (35) & Holy Spirit Hospital Community Department
3	Venue/Date	• Talasari, 19/01/2025
4	Nature of participant	• Villagers
5	Number of participants	• 500
6	Student coordinator	• 4 th year & NSS Students
7	Faculty coordinator	Mrs. Riya Kaur Gill

Brief Summary of the Activity/Event

1. The primary objectives of the Talasari Medical Camp were:

1. To provide free and low-cost health services.
2. To raise health awareness.
3. To promote preventive care.
4. To address specific health needs.

2. Description:

Every patient who came to the camp availed medical, surgical, gynaecology, paediatrics, orthopaedics, skin OPD, and pharmacy services as needed. In each area of speciality, a doctor, staff and NSS student and other team of employees were present to cater to every patient from vital signs, medical check-up, wound care, distribution medicine and health education. Around 500 villagers benefited from the camp. Patients were assessed for dermatological conditions, leprosy, joint pain, vision problems, itching, diabetes, hypertension, and gynaecological concerns such as white discharge in females. Children were assessed for cough, cold, fever, and itching. Many people benefited from the medications provided during the examinations. Medications such as iron tablets, vitamin C tablets, and multivitamins for children were distributed.

The NSS volunteers played a vital role in making this camp a success with their dedication to serving people. They assisted and directed participants efficiently, ensuring they received the necessary medical attention.

3. Outcomes:

- **Increased Awareness:** The camp successfully increased health awareness among the community.
- **Public Participation:** The camp encouraged many individuals to seek medical assistance. Several people were advised to follow up at Holy Spirit Hospital.

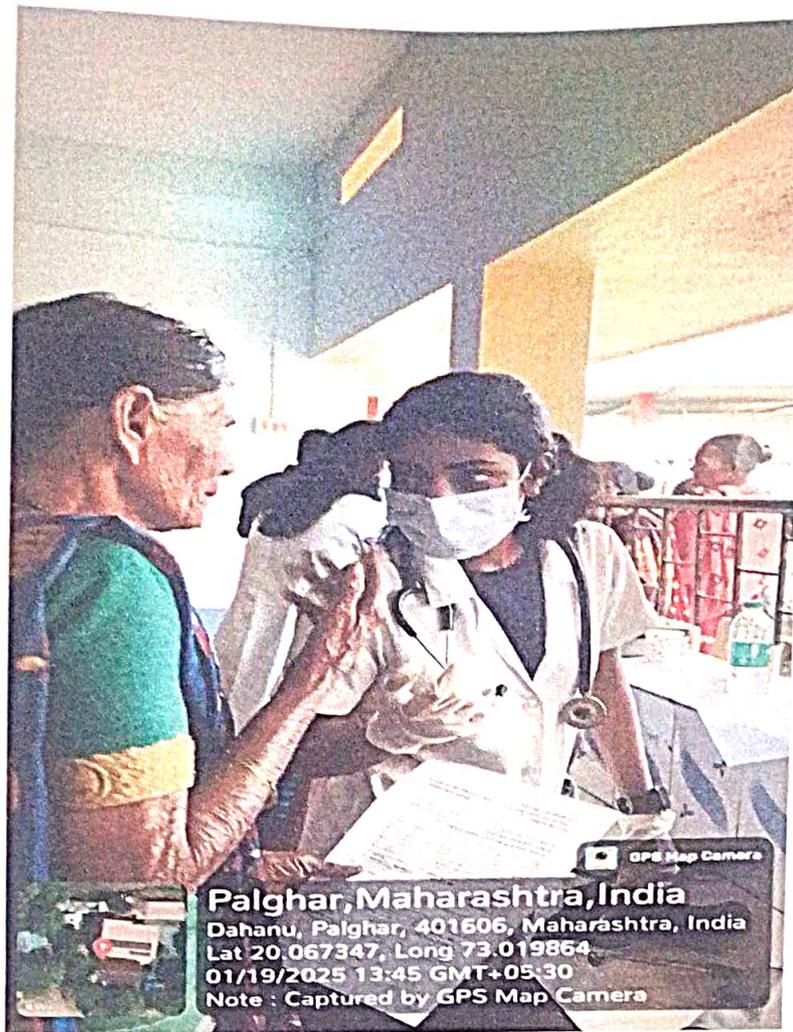
4.Event Photographs :



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

Holy Spirit Hospital, Mahakali Caves Road, Andheri (E), Mumbai-93





Riya
 Mrs. Riya Kaur Gill
 NSS Programme Officer

Lalitha
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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION
HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: - "PLASTIC WASTE MANAGEMENT"

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Lecture on Plastic waste management• Exhibition on products made by various waste plastic products.
2	Organized by	NSS members of HSINE
3	Venue/Date	10/01/2025
4	Nature of participant	Ms. Shaheen Taj
5	Number of participants	20 NSS members and 5 th and 6 th Sem Batch students
6	Student coordinator	Ms Linda
7	Faculty coordinator	Mrs Riya Kaur Gill

Brief Summary of the Activity/Event

1. OBJECTIVES:

- Promote awareness about plastic disposal.
- Provide information on various types of plastic.
- Explain the segregation of plastic waste according to its type.
- Educate about products made from recycled plastic waste.
- Describe the step-by-step industrial processing of plastic waste.
- Exhibit products made from recycled plastic.

2. DESCRIPTION: The NSS members of Holy Spirit Institute of Nursing Education actively participated in a lecture on **Plastic Waste Management**. The session was attended by students from the **5th and 6th semesters** and was conducted by **Ms. Shaheen Taj**, a representative from **Bisleri Company**. She was welcomed with a bouquet before beginning her informative session.

The lecture aimed to create awareness about **plastic waste recycling, segregation methods, and the processes involved in converting plastic waste into useful products**. Ms. Shaheen Taj also discussed how students can contact the Bisleri team via a dedicated **link or code** for proper plastic waste disposal. She highlighted Bisleri's contributions toward reducing plastic pollution and promoting sustainable waste management practices.

Exhibition of Recycled Plastic Products:

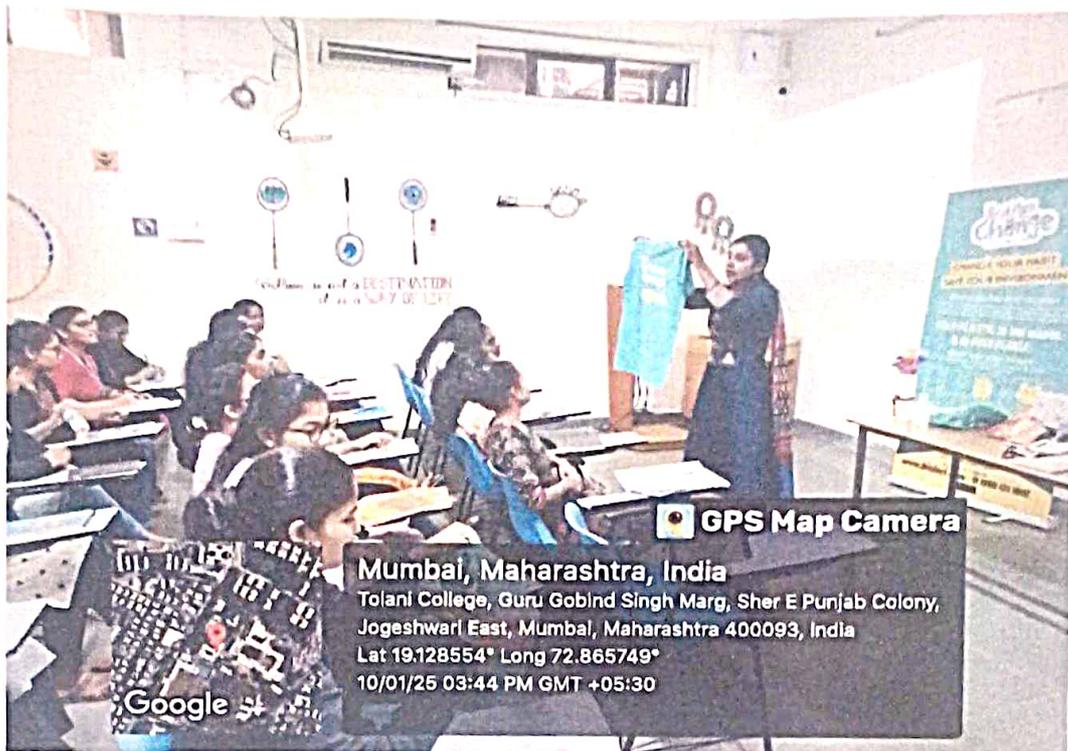
- Various products made from recycled plastic were displayed.
- Ms. Shaheen Taj explained the processing of plastic waste within their company.
- Some of the showcased products included: Plates, Mobile stands, Pouches, T-shirt, Pen stands, Paver blocks and Outdoor benches

The lecture concluded with a **vote of thanks** delivered by a student. By the end of the session, students had gained valuable insights into **plastic waste recycling, waste segregation, and effective disposal methods**.

4. OUTCOMES:

- Active and enthusiastic participation from both students and NSS members.
- Awareness of how to contact **Bisleri Company** for plastic recycling initiatives.
- Enhanced knowledge of plastic waste management, segregation, and recycling processes.

4. ACTIVITY / EVENT PHOTOGRAPHS





Riya

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NSS Programme Officer

Lalitha

Dr. Sr. Lalitha Rosali
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HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI - 93

ENVIRONMENTAL SUSTAINABILITY

Topic: Plastic Waste Management

ATTENDANCE SHEET -10/01/25

B.Sc.(N) 2022

Sr. No.	Name of the student	Signature of the student
1	Ancy Joseph	<i>Ancy Joseph</i>
2	Angela Mary Mathew	<i>Angela</i>
3	AnjuShibu	<i>Anju</i>
4	AnnvianJoji	<i>Annvian</i>
5	AppachanRhemaSabu	<i>Appachan</i>
6	Brigitte BijuMundakkal	<i>Brigitte</i>
7	Christina Thomas	<i>Christina</i>
8	Christy Arockiyadass	<i>Christy</i>
9	CoutinhoJoanitaRayman	<i>Coutinho</i>
10	Dmello Scarlett Walter	<i>Dmello</i>
11	DongarkarMahimaBenhur	<i>Mahima</i>
12	Dsouza ElonRudalf	<i>Elon</i>
13	Dsouza Sydel Philip	<i>Dsouza</i>
14	FernandesElene Mary Agnel	<i>Elene</i>
15	Jeffy Jose	<i>Jeffy</i>
16	JibiShaji	<i>Jibi</i>
17	Josceline George	<i>George</i>
18	KatwarJaswinaSavrock	<i>Katwar</i>
19	Koshe Rachel Joseph	<i>Rachel</i>
20	M Aksara P Mariappan	<i>Aksara</i>
21	ManayilReshma Mohan	<i>Manayil</i>
22	Mathew AnsuIttyipe	<i>Ansu</i>
23	Nair Vilina Sanjeev	<i>Vilina</i>
24	NedumparambilSiyaBinu	<i>Siya</i>
25	ParayilAshnaBiju	<i>Ashna</i>
26	Susan Skariah	<i>Susan</i>
27	Teena Thomas (Nerul)	<i>Teena</i>
28	Teena Thomas (Malad)	<i>Teena</i>



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HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

ENVIRONMENTAL SUSTAINABILITY

Topic: Plastic Waste Management

ATTENDENCE SHEET -10/01/25

B.Sc.(N) 2021

Sr. No.	Name of the student	Signature of the Student
1	Ann MariyaBiju	<i>Ann Mariya Biju</i>
2	Anthony Nicole Aaron	<i>Anthony Nicole Aaron</i>
3	Anu John	<i>Anu John</i>
4	Abiamariam Raju John	<i>Abiamariam Raju John</i>
5	Ancy Mary John	<i>Ancy Mary John</i>
6	Christy Mariam Skariah	<i>Christy Mariam Skariah</i>
7	Dsouza Lancy Caitan	<i>Dsouza Lancy Caitan</i>
8	Dsouza Milina Wilson	<i>Dsouza Milina Wilson</i>
9	Dsouza Salvina Simon	<i>Dsouza Salvina Simon</i>
10	Feba Anna Philip	<i>Feba Anna Philip</i>
11	Gladly Mariam Sobhal	<i>Gladly Mariam Sobhal</i>
12	Jigeesha Sara Shibu	<i>Jigeesha Sara Shibu</i>
13	Kakkarickal Ruby Jose	<i>Kakkarickal Ruby Jose</i>
14	Linsa Sajeev Samuel	<i>Linsa Sajeev Samuel</i>
15	Lopez Megha Monecy	<i>Lopez Megha Monecy</i>
16	Marattil Amala Anne Joseph	<i>Marattil Amala Anne Joseph</i>
17	Nadar Roselin Pondraj	<i>Nadar Roselin Pondraj</i>
18	Nadar Tirzah Bhaskar	<i>Nadar Tirzah Bhaskar</i>
19	Nazareth Carol Antony Avinash	<i>Nazareth Carol Antony Avinash</i>
20	Noronha Aleena Remeth	<i>Noronha Aleena Remeth</i>
21	Noronha Linda Ivan	<i>Noronha Linda Ivan</i>
22	PaisVijita Robert	<i>PaisVijita Robert</i>
23	Patil Esther Hilary	<i>Patil Esther Hilary</i>
24	Pereira Benitta Elizabeth Manoj	<i>Pereira Benitta Elizabeth Manoj</i>
25	PillaPriyankaAgnello	<i>PillaPriyankaAgnello</i>
26	Pinto Riona Robert	<i>Pinto Riona Robert</i>
27	SangeetaToppo	<i>SangeetaToppo</i>
28	Selvi John Durai	<i>Selvi John Durai</i>
29	ShindeSanjana Sanjay	<i>ShindeSanjana Sanjay</i>
30	Sujaona Johnson	<i>Sujaona Johnson</i>



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: - "Poshan Dhan Report"

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	• Games
2	Organized by	NSS Members
3	Venue/Date	Old Age Home
4	Nature of participant	46 Female Residents (Elderly)
5	Number of participants	2 NSS members and HSINE
6	Student coordinator	Ms Amala
7	Faculty coordinator	Mrs Riya Kaur Gill

Brief Summary of the Activity/Event

Objective:

1. To provide emotional support and companionship
2. To promote social interaction
3. To enhance residents' quality of life

DESCRIPTION OF ACTIVITIES

1. Prayer:

The visit commenced with a prayer session, creating a positive and serene environment. It set a calming tone and gave the event focus and purpose.

2. Sharing Experiences:

The elderly residents shared valuable life lessons and experiences. This interaction enriched the participants with wisdom, insight, and emotional connection, promoting respect and understanding between generations.

3. Games and Music:

Interactive games and music were included to engage the elderly in a lively atmosphere. Activities such as "Passing the Ball" and "Showing Talent" fostered participation, fun, and creativity. These activities also helped break the ice and created lasting bonds.

4. Distribution of Food Grains:

To support the residents, food grains were distributed, meeting some of their essential needs. The act symbolized care, responsibility, and giving back to the community.

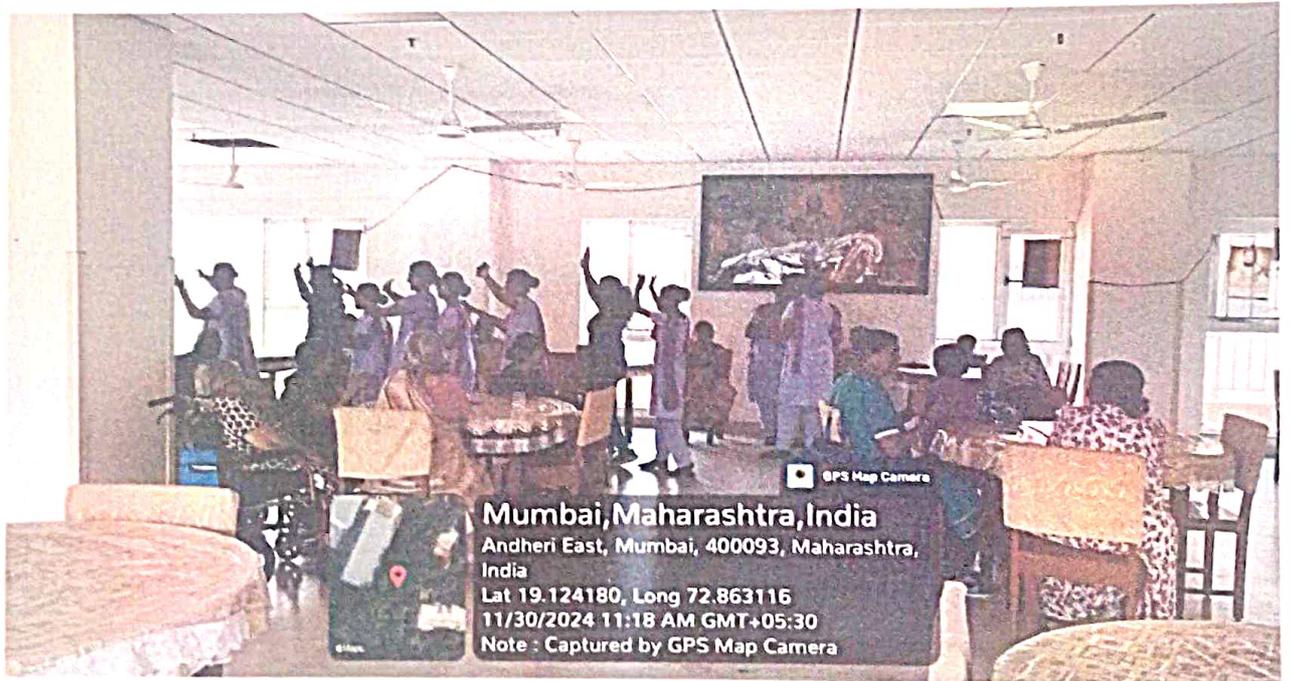
OUTCOMES:

1. Fostered a sense of empathy, respect, and social responsibility among students.
2. Strengthened intergenerational relationships through meaningful interactions.
3. Provided emotional support and joy to the elderly residents through engaging activities.

4. ACTIVITY / EVENT PHOTOGRAPHS



4.





Riya

Mrs Riya Kaur Gill

NSS Programme Officer

Dr. Sr. Lalitha Rosali

Dr. Sr. Lalitha Rosali

Principal

PRINCIPAL
Holy Spirit Institute of Nursing Education,
Holy Spirit Hospital,
Mahakali Road, Andheri (East),
Mumbai - 400 093.



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION
HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

NOTICE

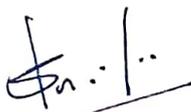
06/01/2025

This is to inform you that session on Environmental Sustainability will be held on 10th January 2025 at 3:00 pm in Multipurpose Hall. Students of Semester BSc.(N) are requested to attend and gain in depth knowledge on the topic:

PLASTIC WASTE MANAGEMENT

By

Ms Shaheentaj Ahmed
(OSR Executive)
(Bisleri International private Limited)


Dr. Sr. Lalitha Rosali

Principal

PRINCIPAL
Holy Spirit Institute of Nursing Education,
Holy Spirit Hospital,
Mahakali Road, Andheri (East),
Mumbai - 400 093.



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: GANDHI JAYANTI REPORT

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Session on Swachh Mumbai• Brain storming session
2	Organized by	<ul style="list-style-type: none">• HSINE NSS and Student Council.• Rotary Club 'Midcity'
3	Venue/Date	<ul style="list-style-type: none">• Conference hall at HSINE at 9:00
4	Nature of participant	<ul style="list-style-type: none">• NSS and HSINE Students.
5	Number of participants	<ul style="list-style-type: none">• 78
6	Student coordinator	<ul style="list-style-type: none">• Vth Semester• NSS Team
7	Faculty coordinator	<ul style="list-style-type: none">• Mrs. Riya Kaur Gill

Brief Summary of the Activity/Event

1. Objectives:

- To raise awareness about the importance of cleanliness and hygiene among students.
- To educate students on the goals and significance of the Swachh Bharat Mission.
- To motivate students to take ownership of maintaining cleanliness in their surroundings.

2. Event Description:

As part of the Gandhi Jayanti celebration, students of the Holy Spirit Institute of Nursing Education, along with the NSS team, actively participated in various activities aimed at promoting cleanliness and sustainable practices. The event was organized to honour Mahatma Gandhi's vision of a clean and self-sufficient India by aligning with the principles of the Swachh Bharat Mission.

Key Activities:

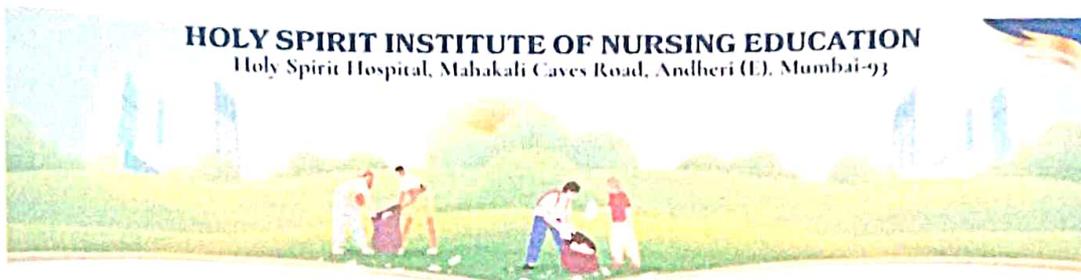
- **Talk on Swachh Bharat Mission:** A comprehensive talk was delivered to inspire and educate the students about the mission and its objectives. It emphasized the need for personal and community-level involvement in maintaining hygiene and cleanliness. The speaker encouraged the audience to take active steps in contributing to the national cleanliness drive.
- **Brainstorming Session & Paper Bag Competition:** Students were engaged in a creative brainstorming session where they participated in a paper bag-making competition. The objective of this activity was to promote eco-friendly habits while encouraging creativity. This hands-on approach fostered the importance of replacing plastic with sustainable alternatives, contributing to the overarching goals of Swachh Bharat.

3. Outcomes:

- **Active Participation:** The event witnessed enthusiastic involvement from students, showcasing their commitment to the cause of cleanliness.
- **Creativity and Innovation:** The paper bag competition encouraged students to think creatively while addressing environmental concerns.
- **Increased Awareness:** The event successfully promoted the Swachh Bharat Mission's objectives, encouraging students to integrate cleanliness and hygiene into their daily lives and to contribute actively to the nation's efforts.

The Gandhi Jayanti event at the Holy Spirit Institute of Nursing Education served as a platform to reinforce the values of cleanliness, sustainability, and responsible citizenship, aligning with the Swachh Bharat Mission.

4. ACTIVITY/ EVENT PHOTOGRAPH

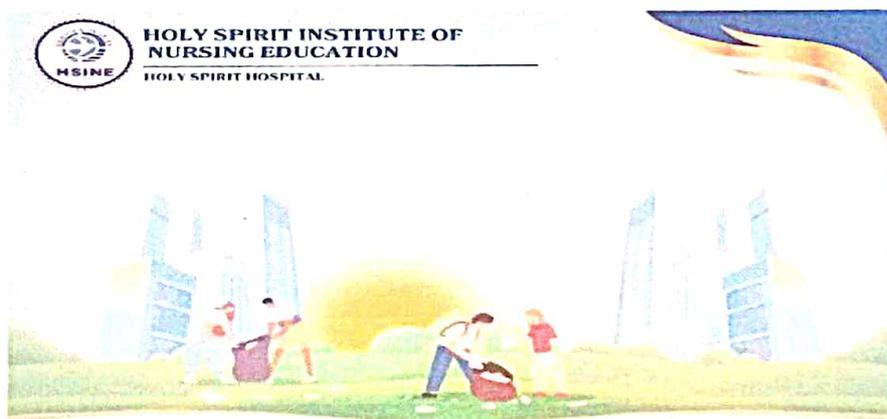


HOLY SPIRIT INSTITUTE OF NURSING EDUCATION
Holy Spirit Hospital, Mahakali Caves Road, Andheri (E), Mumbai-93

SWACHH MUMBAI

In collaboration with
Rotary Club of Bombay Mid City
MRS. RATNA BETALA & TEAM

Date : 02.10.2024



 **HOLY SPIRIT INSTITUTE OF NURSING EDUCATION**
HOLY SPIRIT HOSPITAL

SWACHH MUMBAI

In collaboration with
Rotary Club of Bombay Mid City
MRS. RATNA BETALA & TEAM

VENUE : CONFERENCE HALL.

 **02.10.2024**  **9am onwards**



Mumbai, Maharashtra, India
 9, Mahakali Caves Rd, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra
 400093, India
 Lat 19.128368°
 Long 72.865839°
 02/10/24 10:06 AM GMT +05:30

Google



Riya

Mrs. Riya Kaur Gill
 NSS Program Officer

Dr. Sr. Lalitha Rosali

Dr. Sr. Lalitha Rosali
 Principal
 PRINCIPAL
 PRINCIPAL
 of Nursing Education,
 Holy Spirit Institute of Nursing Education,
 Holy Spirit Hospital,
 Mah...



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -03

Name of the Program: **SWACHH BHARAT ABHIYAAN**

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Cleanliness Drive
2	Organized by	<ul style="list-style-type: none">• HSINE NSS and Student Council.• BMC
3	Venue/Date	<ul style="list-style-type: none">• Subhash Nagar on 01.10.24 at 1.00 p.m.
4	Nature of participant	<ul style="list-style-type: none">• NSS and HSINE Students.
5	Number of participants	<ul style="list-style-type: none">• 50 participants
6	Student coordinator	<ul style="list-style-type: none">• IVth Basic BSc (N)• NSS Team
7	Faculty coordinator	<ul style="list-style-type: none">• Mrs. Riya Kaur Gill

Brief Summary of the Activity/Event

1. Objectives:

- **Enhance sanitation and hygiene:** Promote practices to improve cleanliness in communities.
- **Eliminate open defecation:** Aim to eradicate open defecation through awareness and infrastructure support.
- **Improve solid waste management:** Implement effective waste management systems, including segregation of wet, dry, and plastic waste.
- **Promote cleanliness in urban and rural areas:** Foster a sense of responsibility and participation in maintaining a clean environment.

2. Description:

Holy Spirit Institute of Nursing Education Participates in Swachh Bharat Abhiyaan

The Holy Spirit Institute of Nursing Education, in collaboration with its NSS unit, actively participated in the **Swachh Bharat Abhiyaan** (Clean India Mission), a national initiative to enhance sanitation and promote cleanliness in both urban and rural settings. This event underscored the institution's commitment to social responsibility and community well-being.

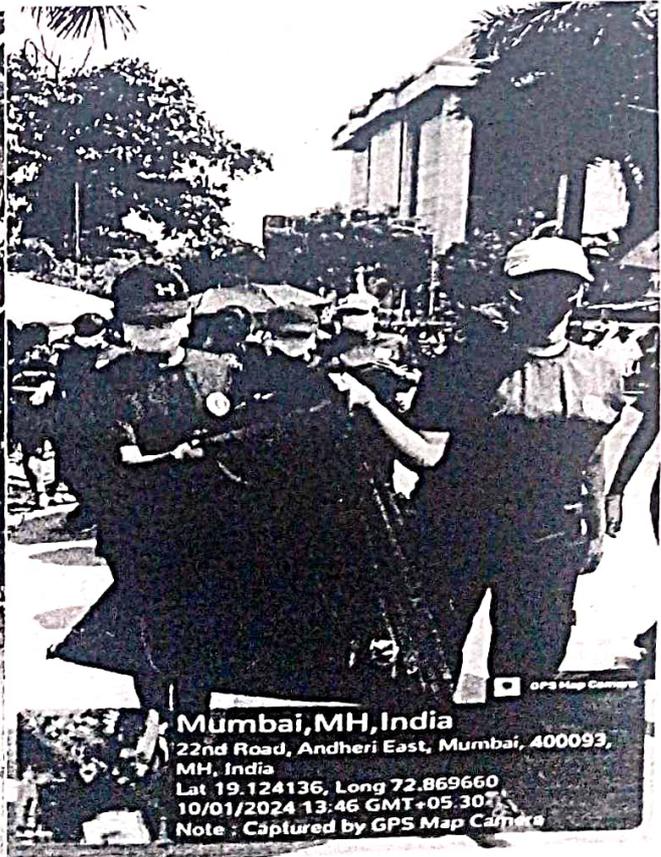
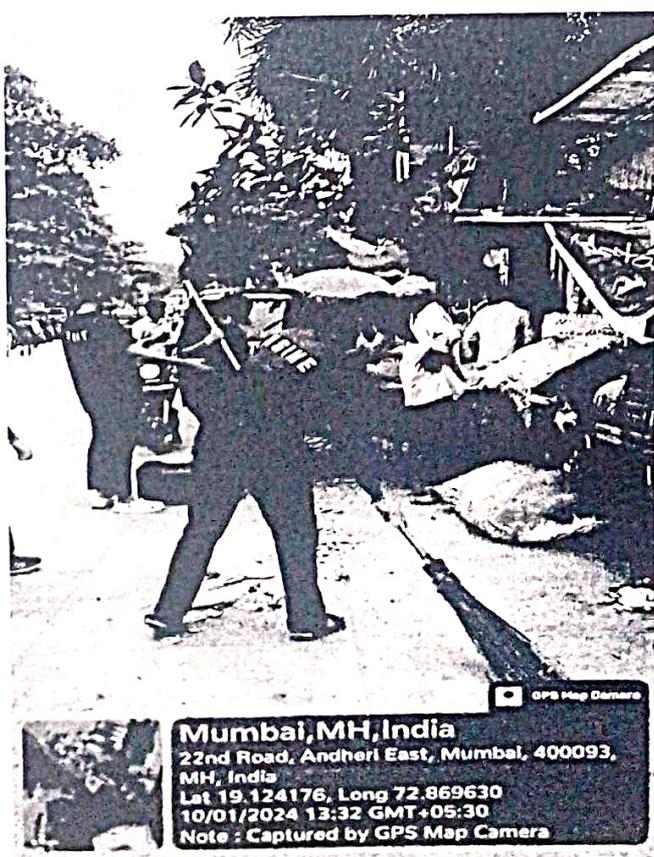
A series of activities were conducted to achieve the mission's objectives, encouraging active participation from students, faculty, and local communities.



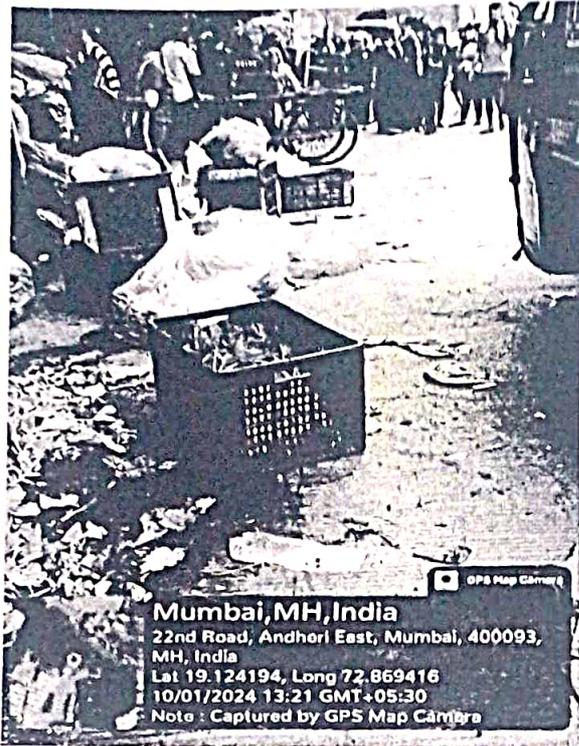
HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

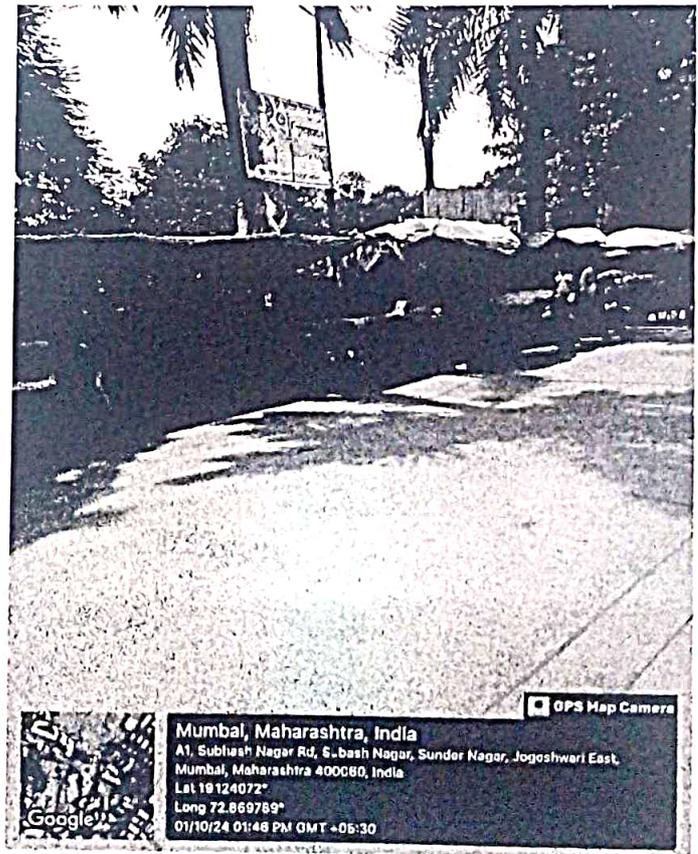
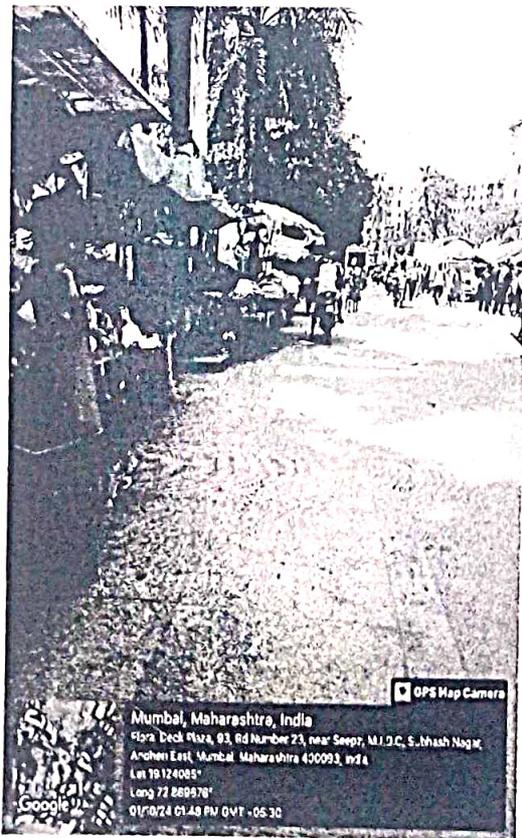
4. ACTIVITY / EVENT PHOTOGRAPHS



Before



After



Riya
Mrs. Riya Kaur Gill
NSS Program Officer

Lalitha
Dr. Sr. Lalitha Rosali
Principal
Holy Spirit Institute of
Nursing Education,
Mumbai, 400 000



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: POSHAN MAAH CELEBRATION

Theme of the Week: "Nourishing the Nation"

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Skit on "Nourishing the Nation"• Distribution of Healthy fruits
2	Organized by	<ul style="list-style-type: none">• NSS students and with collaboration of Subhash Nagar Mahila Mandal
3	Venue/Date	<ul style="list-style-type: none">• 13/09/24 at
4	Nature of participant	<ul style="list-style-type: none">• Children with Adult
5	Number of participants	<ul style="list-style-type: none">• 50
6	Student coordinator	<ul style="list-style-type: none">• Ms. Amala and NSS Student
7	Faculty coordinator	<ul style="list-style-type: none">• Mrs. Riya Kaur Gill

Report on NSS Event: Nourishing Healthy India

1. OBJECTIVES:

1. **Encourage Participation**

To actively involve students and the community in health-related awareness activities.

2. **Promote Awareness and Social Responsibility.**

To educate the public about the importance of healthy eating habits, hygiene, and the consequences of malnutrition and obesity.

3. **Promote Holistic Development.**

To foster the overall growth of students by engaging them in social activities that build communication, leadership, and teamwork skills.

2. DESCRIPTION:

Holy Spirit Institute of Nursing Education Participants in “Nourishing Healthy India”

The National Service Scheme (NSS) students of the Holy Spirit Institute of Nursing Education took part in the “Nourishing Healthy India” campaign, which aims to raise awareness about health and nutrition. As part of this initiative, a skit was organized around the central theme of promoting a healthier lifestyle.

The skit portrayed key issues like:

- **Avoidance of Junk Food:** Highlighting the risks associated with regular consumption of unhealthy foods.
- **Obesity:** Addressing the rising problem of obesity, particularly among young children, and emphasizing the importance of a balanced diet and exercise.
- **Malnutrition:** Demonstrating the severe effects of malnutrition and the importance of adequate nutrition for children’s growth and development.
- **Hand Hygiene:** Focusing on the critical role of handwashing in preventing the spread of diseases.

Many community members gathered to watch the skit, which served as an inspiration for both participants and onlookers, encouraging them to adopt healthier practices in their daily lives.

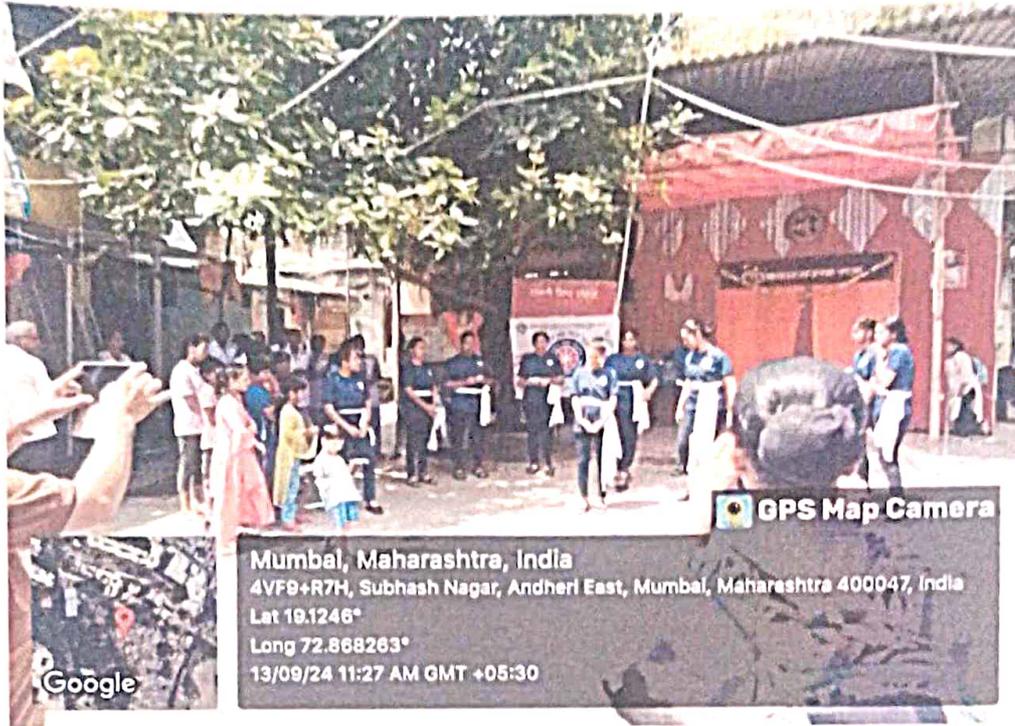
Activities Conducted:

- Distribution of bananas to children and community members, symbolizing the importance of consuming healthy, nutritious food.

3. OUTCOMES:

- **Active Participation:** The students of NSS demonstrated high levels of enthusiasm and engagement throughout the event, both during the performance and in distributing bananas.
- **Holistic Development:** Students benefited from opportunities for personal growth, including improved communication skills, teamwork, and leadership experience.
- **Awareness and Social Responsibility:** The event successfully raised awareness about nutrition, obesity, and hygiene, prompting the community to consider healthier lifestyle choices.

ACTIVITY/ EVENT PHOTOGRAPH





Riya

Mrs. Riya Kaur Gill
NSS Program Officer

Dr. Sr. Lalitha Rosali

Dr. Sr. Lalitha Rosali
Principal

PRINCIPAL
Holy Spirit Institute of Nursing Education,
Holy Spirit Hospital,
Mahakali Road, Andheri (East),
Mumbai - 400 093.



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: INDEPENDENCE DAY

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Flag hoisting,• Rally• Reel making competition,• Patriotic Quiz• Patriotic songs and Dances by Gran Ashram
2	Organized by	<ul style="list-style-type: none">• HSINE NSS and Student Council.• Gran Ashram and NSS Students
3	Venue/Date	<ul style="list-style-type: none">• Holy Spirit Hospital on 15.08.24 at 7.30 a.m.• St Arnold High School and Junior College on 15/08/24 at 5.30p.m.
4	Nature of participant	<ul style="list-style-type: none">• Staff & NSS and HSINE Students.• Staffs and Students of Gyan Ashram Dance and Music Academy
5	Number of participants	<ul style="list-style-type: none">• 200+ participants• 300 Audience
6	Student coordinator	<ul style="list-style-type: none">• IVth Basic BSc (N) and Vth Semester NSS Team• NSS Team
7	Faculty coordinator	Mrs. Riya Kaur Gill

Brief Summary of the Activity/Event

1. OBJECTIVES-

- Promote Patriotic Development
- Encourage Participation
- Foster creativity
- Promote Awareness and Social Responsibility
- Educate about history and its freedom fighters

2. DESCRIPTION-

Holy Spirit Institute of Nursing Education Participates in Independence Day celebration

The Holy Spirit Institute of Nursing Education staff and NSS students eagerly took part in the student in Independence Day celebration. The purpose of this event was to inform audiences about the fight for Indian independence, the sacrifices made by individuals who took up arms in that conflict, and the value of preserving democratic values. To accomplish the goal, a series of activities were created.

ACTIVITIES CONDUCTED

1. Rally: NSS and HSINE Students actively participated in the Independence Day Rally to honour the sacrifices of the freedom fighters, promote national unity, and instilled a sense of patriotism among the students and the general public.

2. Flag hoisting ceremony: Participants took part in the ceremony saluting the freedom fighters and pledging for a better India

3. Reel Making Competition: Reels on the theme of "**Viksit Bharat**" were produced to ascertain participants' perceptions of the topic and expectations from the country.

4. Patriotic Quiz: To gauge the participants' knowledge and comprehension of their nation, a quiz was set up.

5. Patriotic songs and Dance: NSS Students participated in organizing the event with Gyan Ashram Music Academy. The Program commenced with welcoming the Chief Guest Mrs Juliet Cutinho and Guest of Honour Mr. Yogesh Gandharv. It featured a series of activities including Speech, Patriotic Songs and dance performance to inspire Patriotism, Unity and National Pride

The HSINE sought to educate future generations about our nation's history and inspire them to commit to a better India through these events. The staff and students demonstrated their dedication to learning, educating, and participating in the theme of 'Viksit Bharat', making the event a complete success.

3. OUTCOMES

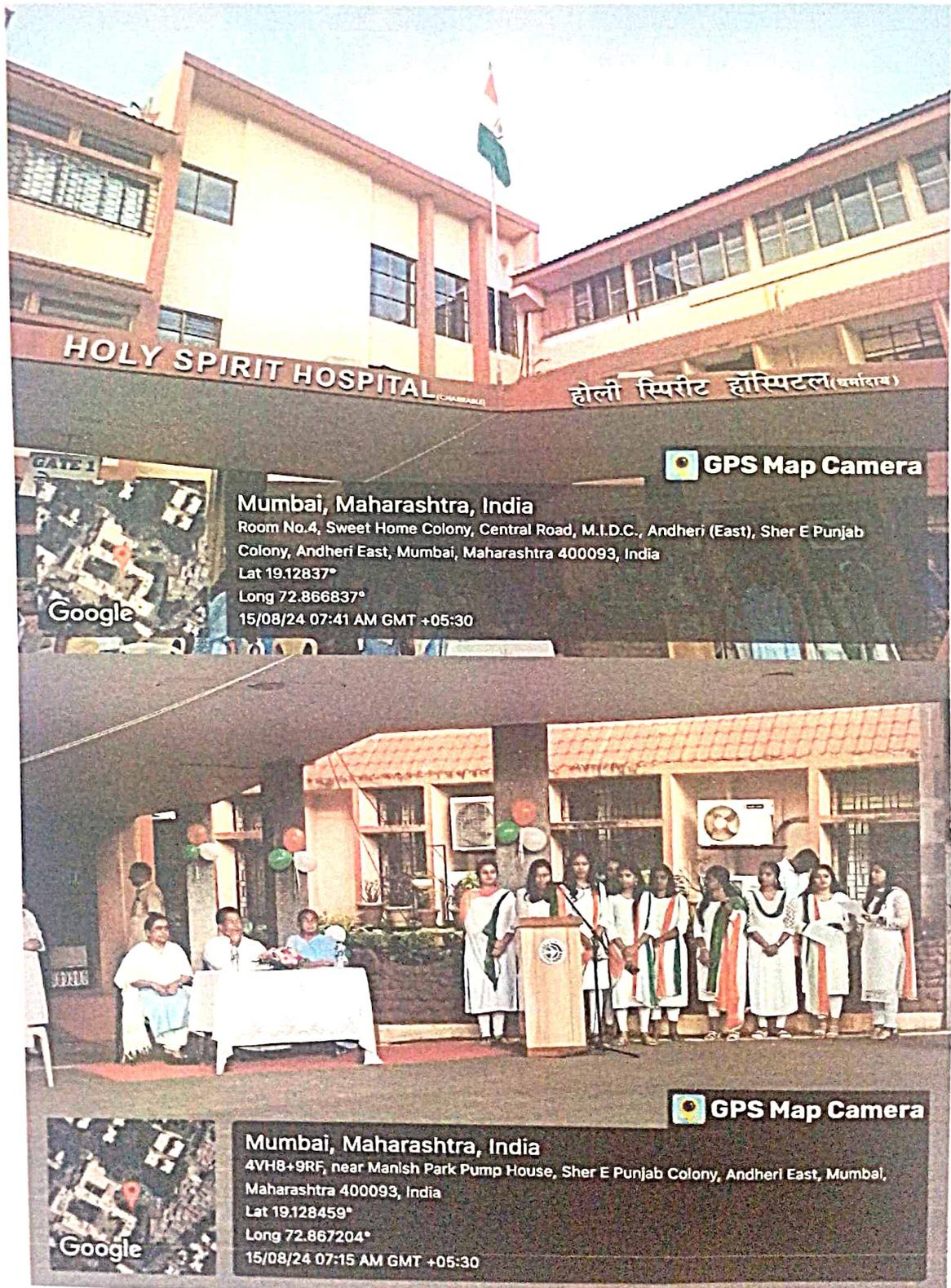
- Active and immense participation was seen by staff and students.
- Fostered creativity
- Promoted patriotic development and awareness of the country's theme



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

4. ACTIVITY / EVENT PHOTOGRAPHS





GPS Map Camera

Mumbai, Maharashtra, India

4VHB+9RF, near Manish Park Pump House, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400093, India

Lat 19.128446°

Long 72.867101°

15/08/24 07:48 AM GMT +05:30

Google



GYAN ASHRAM

Music & Dance Academy

Mahakali Caves Road, Andheri East, Mumbai - 400093



Gyan Prakash

Celebrates **77th** Independence Day



Mahatma Gandhi



Netaji Subhash Chandra Bose



Lokmanya Tilak



Rani Laxmibai



Bhagat Singh



Veer Savarkar



Vallabhbhai Patel



Savitribai Phule

15th August, Thursday 5.30pm

Venue:

St. Arnold's High School & Junior College AC Hall



Chief Guest: Mrs. Juliet Cutinho

The Principal of St. Xavier High School, Andheri East

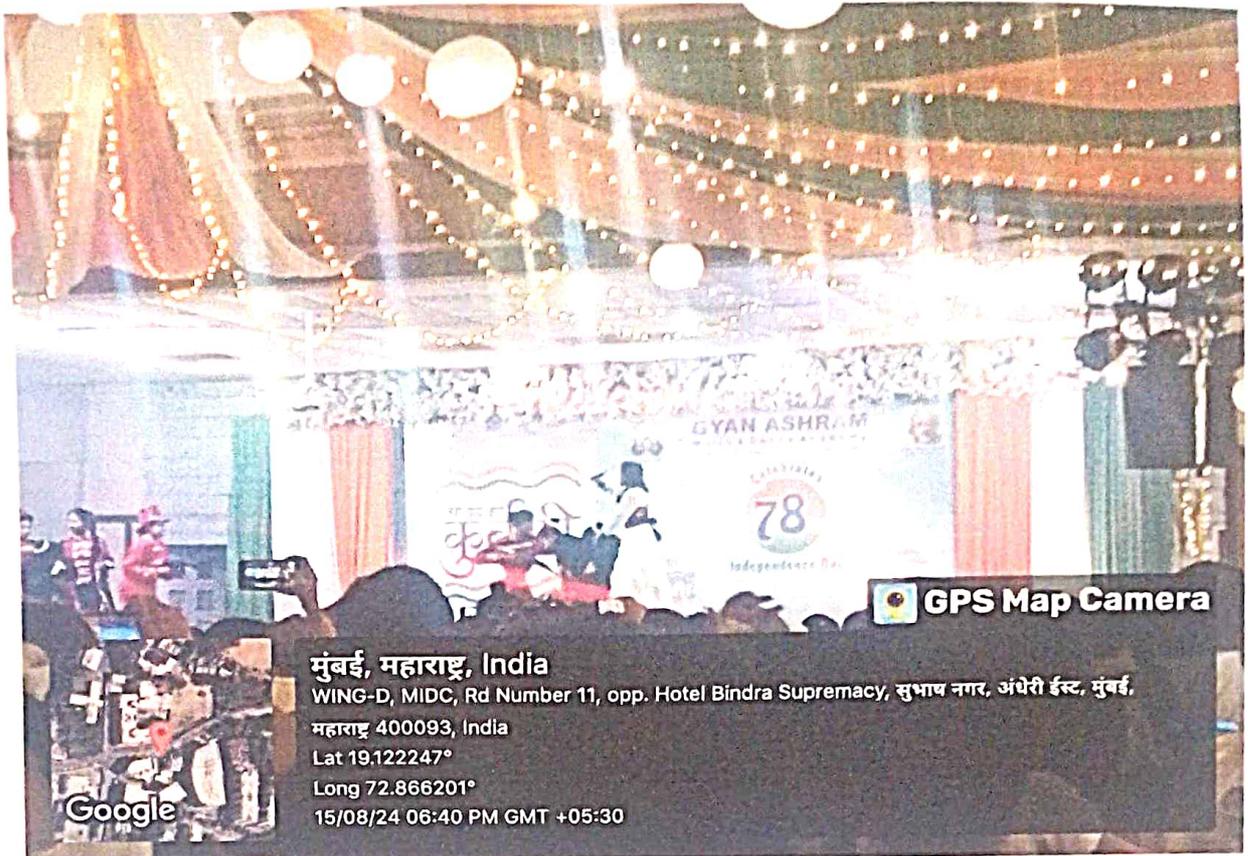
Guest of Honour: Mr. Yogesh Gandharv

Composer and Singer

Join us in celebrating patriotism with patriotic songs and dances

Fr. Salate Nathan, SVD

For Gyan Ashram Community
Andheri East, Mumbai



मुंबई, महाराष्ट्र, India

WING-D, MIDC, Rd Number 11, opp. Hotel Bindra Supremacy, सुभाष नगर, अंधेरी ईस्ट, मुंबई,

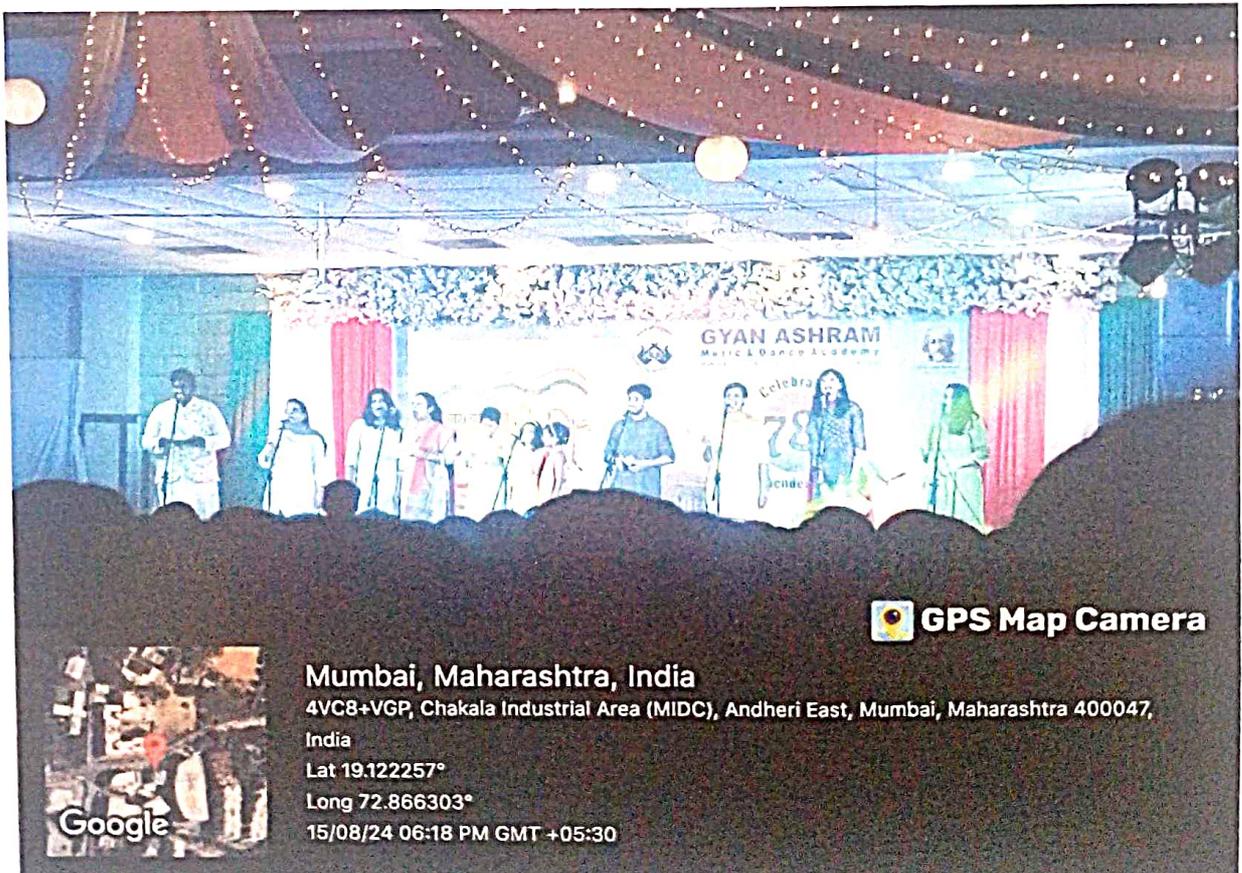
महाराष्ट्र 400093, India

Lat 19.122247°

Long 72.866201°

15/08/24 06:40 PM GMT +05:30

Google



Mumbai, Maharashtra, India

4VC8+VGP, Chakala Industrial Area (MIDC), Andheri East, Mumbai, Maharashtra 400047, India

Lat 19.122257°

Long 72.866303°

15/08/24 06:18 PM GMT +05:30

Google



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHARAJI CAVE ROAD, ANDHERI EAST, MUMBAI - 40

ON THE OCCASION OF INDEPENDENCE DAY

— HSINE —

PRESENTS



E-QUIZ!

COMPETITION

Show off your patriotic spirit and test your knowledge in our
Independence Day quiz competition..!



15/08/2024



1 PM

BE AMONG THE FIRST THREE TO ANSWER
CORRECTLY AND CLAIM YOUR SPOT AS A
WINNER!



DR. SR. LALITHA ROSALI, PRINCIPAL



STUDENT COUNCIL, HSINE



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI - 93

Independence Day: Reel Making Competition (House Wise)

Theme

- The theme should be related to India's independence, its history, culture, and progress. For example, "Viksit Bharat" (Developed India).

Duration

- Reels should be of duration between 30-90 seconds.

Size

- 1920 by 1080 pixels
- Full-Screen Aspect Ratio: 9:16
- File size up to 1 GB

Originality

- Entries must be original and not plagiarized.
- Inspiration can be drawn from other sources, but the reel itself should be unique.

Content

- Reels should convey positive, meaningful messages about India and avoid objectionable content.
- They should highlight India's achievements in areas like science, education, innovation, and inclusive growth.

Participation

- One entry per house is only allowed.

Judging Criteria

- Entries are judged on factors like quality, creativity, originality, message clarity, and overall impact.
- Outreach and engagement on social media platforms. Reels submitted to us will be screened and posted on social media the more likes and share received will also be considered.

Prizes

- Winners will receive monetary awards and certificates.

Kindly follow the above criteria and guidelines, to create engaging reels that celebrate India's independence and showcase their talent.

All the Best!!

Mrs. Riya Kaur Gill
NSS Program Officer

Dr. Sr. Lalitha Rosali
Principal

PRINCIPAL
Holy Spirit Institute of Nursing Education,
Holy Spirit Hospital,
Mahakali Road, Andheri (East),
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