



Shri Vitthalrao Joshi Charities Trust's
SAMARTH NURSING COLLEGE

(NAAC ACCREDITED GRADE 'B')

Kasarwadi, Post Sawarde, Tal. - Chiplun, Dist. - Ratnagiri 415 606

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(Recognised by Indian Nursing Council, Maharashtra Nursing Council & Maharashtra University of Health Sciences, Nashik and MSBNPE Board, Mumbai)

BEST PRACTICE: 1

Physical Activity:

Maintaining physical health is a crucial component of daily life. A nurse who prioritizes their own health is better equipped to serve as an effective instructor, mentor and guide. To promote this, a weekly exercise session was organized for both students and faculty at the college playground.

Objectives of the Practice:

- 1) Alleviates feelings of fear, anxiety and nervousness, thereby contributing to a reduction in burnout.
- 2) Enhances muscle strength and fortifies bones and overall body health.
- 3) Keeps nurses engaged and prevents early onset of lethargy.
- 4) Lowers the likelihood of developing significant health issues among nurses.

Context:

Physical activity is a well-known factor in maintain health, and its importance is recognized by all. During childhood, particularly up to the school age, individuals typically engage in various physical activities. However, as people reach a certain age, interest in regular exercise often diminishes. For nurses, who spend a significant amount of time on their feet, it is essential to maintain strong bones. While diet is a critical component of health, exercise also plays a vital role in enhancing bone strength. There is, however, a concern regarding the nutritional value of the food consumed, as the current generation tends to favour convenient and appealing options over a nutritious diet. Prioritizing the health of nurses is crucial, as it enables them to be more agile, perform demanding tasks in the ward with less effort, guide patients in both active and passive exercises, and assist in managing emotional challenges. With this in mind, the institution has implemented daily exercise routines for all students, which also includes active participation from teachers. The primary objective of this initiative is to cultivate healthy nurses who can provide effective care.

The practice:

Numerous educational institutions conduct physical training exercises for students on a weekly basis, and this practice is implemented consistently. The administration has also considered adopting this approach for nursing students. The students were categorized into five houses: red, blue, green, grey and yellow, with corresponding colored t-shirts distributed. Faculty members were similarly assigned to different houses groups, as they would be



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representing their respective houses. This fostered a positive atmosphere among the students, motivating them to excel not only in annual sports competitions but also in their academic pursuits. With this innovative concept, students have demonstrated increased interest and enthusiasm, facilitating the smooth execution of activities.

Evidence of success:

From the very first day of implementation, there was no indication of discontent among participants. Each week, one group took the initiative, and students selected two leaders to guide them through the exercises. Feedback was solicited from both students and teachers to gather their perspectives on physical activity. All participants reported feeling satisfied and energized throughout the day. Additionally, some suggested that this routine be conducted on a daily basis. Most faculty members noted a reduction in common ailments they typically experience, such as back pain, fatigue and lethargy.

Problems encountered and resources required:

Students with clinical commitments were unable to participate in the scheduled physical activities. This was the sole issue encountered. Since the institution possesses a sports complex, no additional resources were necessary for implementation and execution. When new batches or faculty members join, the responsible individual organizes them into five distinct groups, and t- shirts are ordered accordingly.



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BEST PRACTICE: 2

Outdoor learning:

Outdoor learning represents a time-honoured educational approach. In ancient times, when substantial infrastructure was lacking, education took place in open settings, facilitating learning in a natural context.

Context:

The objectives of this practice include:

- 1) Promoting active learning, which enhances comprehension and retention of information.
- 2) Offering a relaxed and less constrained atmosphere for learners.
- 3) Fostering adaptability to diverse learning environments.
- 4) Stimulating creativity and innovative thinking by immersing learners in varied surroundings and circumstances.

The practice:

As this is old practice, in present day all may not favour for this. But the institution took this challenge to bring the essence of learning in natural settings. Most of the students come from city; rarely do they have the opportunity to explore nature. The main aim was to expose the students in nature and make them to connect with the environment in a more meaningful way. As this generation spend most of time indoors it is essential to bring feelings which will make them to cherish and respect the nature in which we abide. A healthy environment will bring positivity amongst the students and this in turn will help them to implement while they are caring for their patients at bedside. The only barrier which we had was daily carrying the blackboard and climate. Learning outdoor was best in summer and winter, rainy season was not favourable.

Evidence of success:

The introduction of this novel concept was met with enthusiasm from the students, who expressed a keen interest in outdoor learning. This approach encouraged them to engage with and investigate their surroundings. Following the class, feedback was solicited from the students, and the majority expressed their support for the regular implementation of



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outdoor classes. The only minor inconvenience noted was the need to transport their mats; aside from this, both teachers and students reported no discomfort during the sessions.

Problems encountered and resources required:

The classes were held outdoors for one hour, which proved effective during certain seasons, specifically summer and winter; however, the rainy season was not conducive for this approach. The primary resources required included the preparation of a blackboard, and students were expected to bring their own mats to sit on the ground.



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