



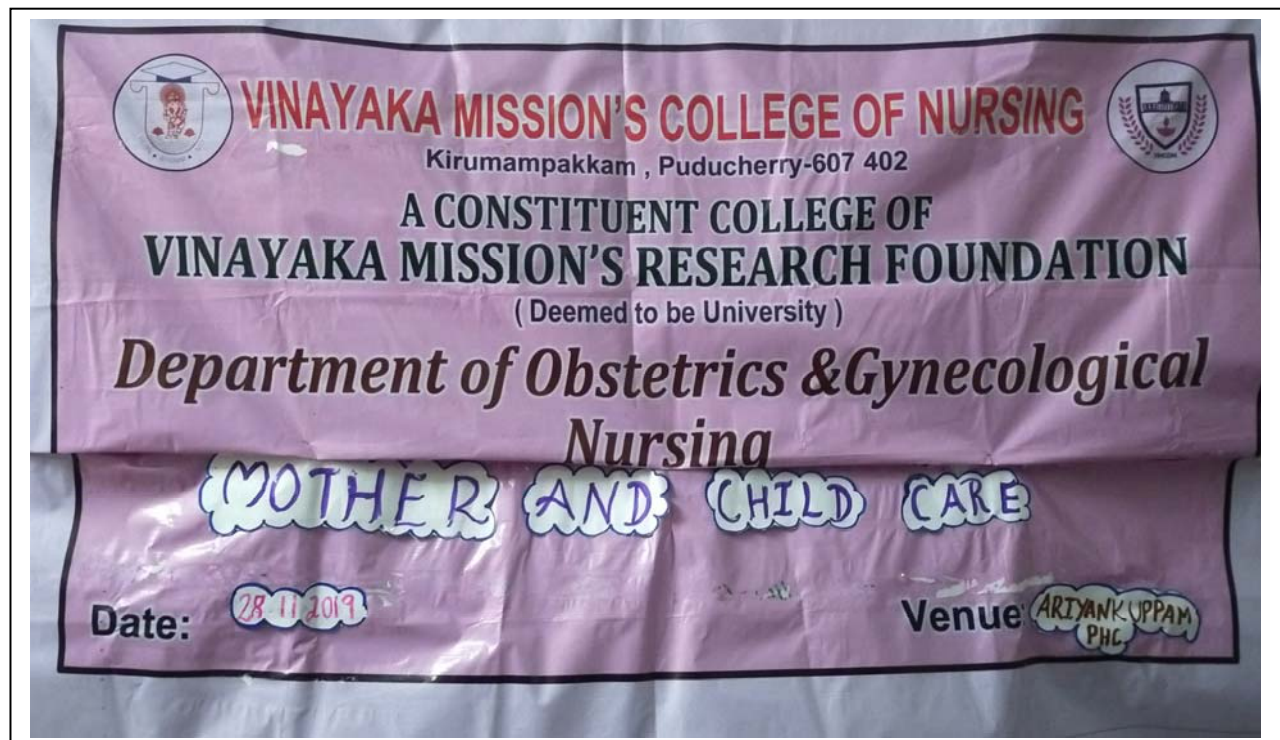
**VINAYAKA MISSION'S COLLEGE OF PARAMEDICAL SCIENCES, PUDUCHERRY**  
**Kirumampakkam, Puducherry**

**A Constituent College of**  
**VINAYAKA MISSIONS RESEARCH FOUNDATION**  
**(Deemed to be University)**



**Department of Obstetrics and Gynecological Nursing**  
**MOTHER AND CHILD CARE – 27.11.2019 & 28.11.2019**

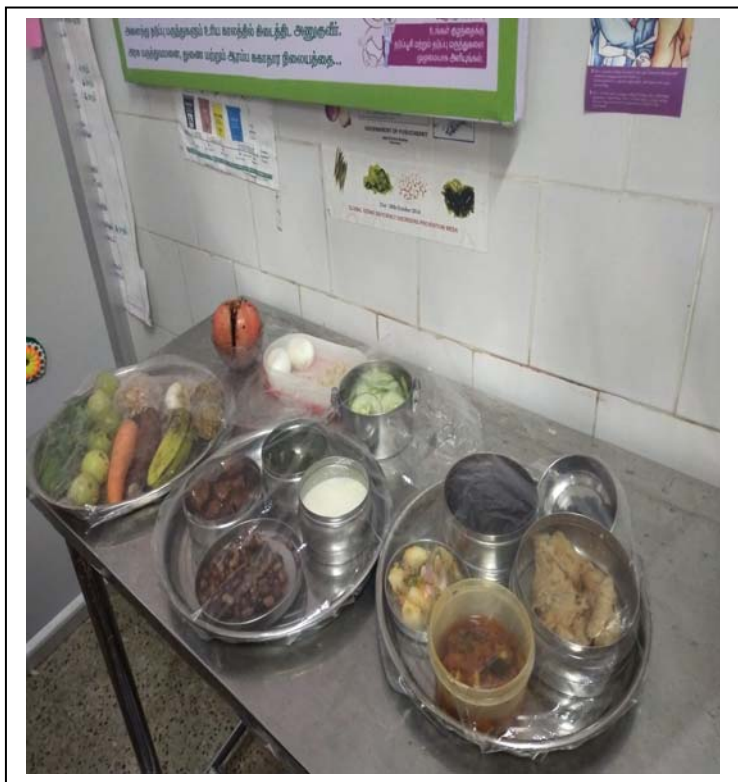
The department of Obstetrics and Gynecological nursing was organized mass health education programme on mother and child care in Ariyankuppam PHC, Puducherry. The health education topic focused on Kangaroo Mother Care, Antenatal diet, Post-natal diet, techniques of breast feeding, breast feeding positioning, newborn care, weaning, antenatal exercise, postnatal exercise, temporary and permanent contraceptives. The Nursing students from the department of Obstetrics and Gynecological nursing actively participated in the various activities like Poster presentation and roleplay and diet distribution. The faculty from the Department of Obstetrics and Gynecological Nursing **Ms. M. Sugandary** Lecturer VMCON, Puducherry organized and participated in this mother and child care programme. Students were appreciated by Mrs. Dharani (Medical Officer), Mr. Paneerselvam (Health Inspector), Chinna (Counsellor), Nursing officers and Auxiliary Nurse Midwives from Ariyankuppam PHC, Puducherry.





Role play on Antenatal mother and child health: Medical officer, Health inspector, counsellor and Auxiliary Nurse midwives were participated in role play and appreciated the students.





Health education on anemic diet





Poster presentation on antenatal diet, kangaroo mother care, weaning, postnatal exercise, breast feeding techniques, breast feeding positioning and newborn care.





Poster presentation on Temporary and permanent contraceptives



Health education on Antenatal care