



EVENT COMPLETION REPORT

Event Name— School Outreach Programme on "Positive Attitude Towards Health"

Date: 11th July, 2026

Time: 11:00 AM

Venue: Venkateshwar College of Nursing, Udaipur

Organized by: Venkateshwar College of Nursing, Umarda

1. Introduction

A School Outreach Programme on "Positive Attitude Towards Health" was organized with the objective of promoting health awareness and encouraging healthy lifestyle practices among school students. Health is a fundamental component of overall well-being, and developing a positive attitude toward health during childhood lays the foundation for a healthier future. The programme focused on motivating students to adopt healthy habits, maintain personal hygiene, consume a balanced diet, engage in regular physical activity, and understand the importance of mental and emotional well-being. The event was conducted through interactive educational sessions, demonstrations, and student participation activities to ensure effective learning.

2. Objectives

The objectives of the programme were:

- To create awareness among school students regarding the importance of maintaining good health.
- To promote a positive attitude toward healthy lifestyle practices.
- To educate students about personal hygiene, nutrition, physical activity, and mental well-being.
- To encourage disease prevention through healthy habits and cleanliness.
- To motivate students to become health ambassadors within their families and communities.

3. Event Highlights

The School Outreach Programme commenced with a warm welcome by the school authorities, followed by an introduction to the theme, "Positive Attitude Towards Health." Faculty members and nursing students actively participated in conducting the programme.

The educational session covered various aspects of health, including:

- Meaning and importance of positive health.
- Personal hygiene practices such as regular handwashing, oral hygiene, and cleanliness.
- Importance of balanced nutrition and adequate hydration.
- Benefits of regular physical exercise and outdoor activities.
- Importance of adequate sleep and stress management.
- Prevention of communicable diseases through healthy behaviours.
- Mental health awareness and maintaining a positive mindset.

The programme included PowerPoint presentations, health education talks, demonstrations of proper handwashing techniques, interactive discussions, quizzes, and question-and-answer sessions. Informative pamphlets were distributed to reinforce the key health messages. Students enthusiastically participated in all activities, making the programme engaging and effective.

4. Outcomes

The programme successfully achieved its intended objectives. The following outcomes were observed:

- Increased awareness among students regarding healthy lifestyle practices.
- Improved understanding of the importance of personal hygiene and disease prevention.
- Enhanced knowledge about balanced nutrition and physical fitness.
- Positive change in students' attitudes toward maintaining physical and mental health.
- Active participation and interaction demonstrated students' interest in adopting healthy behaviours.
- Students expressed their commitment to practicing healthy habits and sharing the acquired knowledge with their family members and peers.

Sumi V Mathur
COORDINATOR
IQAC

SALTI TRUPATI UNIVERSITY
UDAIPUR

[Signature]
PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

5. Conclusion

The School Outreach Programme on "Positive Attitude Towards Health" proved to be a meaningful and successful health promotion initiative. The programme effectively educated students about the significance of adopting healthy habits and maintaining a positive outlook toward health. Interactive learning methods enhanced students' participation and understanding. Such outreach activities play a vital role in promoting preventive healthcare and developing responsible health behaviours among young individuals. Continued collaboration between educational institutions and schools can further strengthen community health awareness and contribute to the development of a healthier society.

6. Acknowledgement

The organizing committee expresses sincere gratitude to the Principal and management of the school for granting permission and extending wholehearted cooperation for the successful conduct of the programme. We are thankful to the Principal, faculty members, and students of the school for their enthusiastic participation and support. We also acknowledge the valuable contribution of the Principal, faculty members, and nursing students of the College of Nursing for their dedicated efforts in planning, organizing, and conducting the outreach programme. Their commitment and teamwork played a significant role in making the event informative, interactive, and successful. Finally, heartfelt thanks are extended to everyone who directly or indirectly contributed to the successful completion of this School Outreach Programme.



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Ref. No.: VCN/UDR/2026/262

Date:06/07/2026

CIRCULAR

Subject: School Outreach Programme on "Positive Attitude Towards Health"

This is to inform all faculty members and nursing students that the Department of Community Health Nursing is organizing a **School Outreach Programme** on the theme **"Positive Attitude Towards Health"** as part of community extension and health promotion activities.

The programme aims to create awareness among school students regarding the importance of adopting healthy lifestyle practices, maintaining personal hygiene, consuming a balanced diet, engaging in regular physical activity, and promoting mental well-being. Health education sessions, demonstrations, interactive discussions, quizzes, and awareness activities will be conducted to encourage positive health behaviours among the participants.

Programme Details

- **Title:** School Outreach Programme on "Positive Attitude Towards Health"
- **Date:** 11/07/2026
- **Time:** 11:00AM
- **Venue:** Government Primary School, Oriya fala Umarda
- **Organized by:** Venkateshwar College of Nursing, Umarda
- **Participants:** B.Sc. Nursing Students and Faculty Members

All concerned faculty members and students are instructed to report at the college/specified venue at the scheduled time in complete professional uniform with identity cards. Participants are expected to maintain discipline, actively participate in all programme activities, and represent the institution with professionalism. Your active participation and cooperation are highly appreciated for the successful conduct of this outreach programme.

Principal
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VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)



VENKTESHWAR COLLEGE OF NURSING

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.))

Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

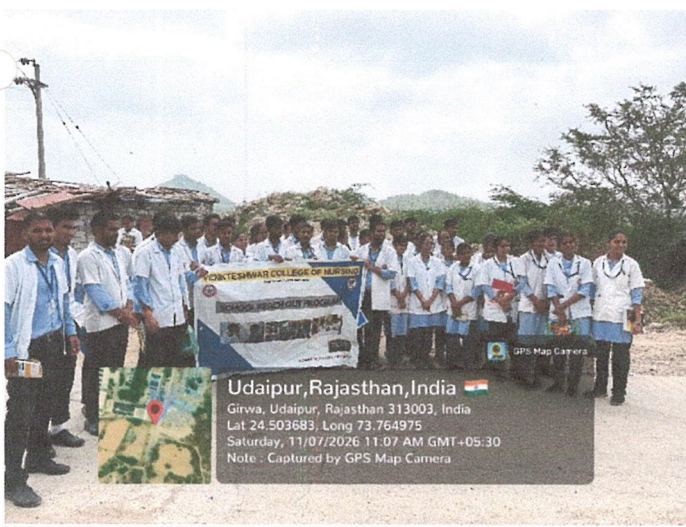
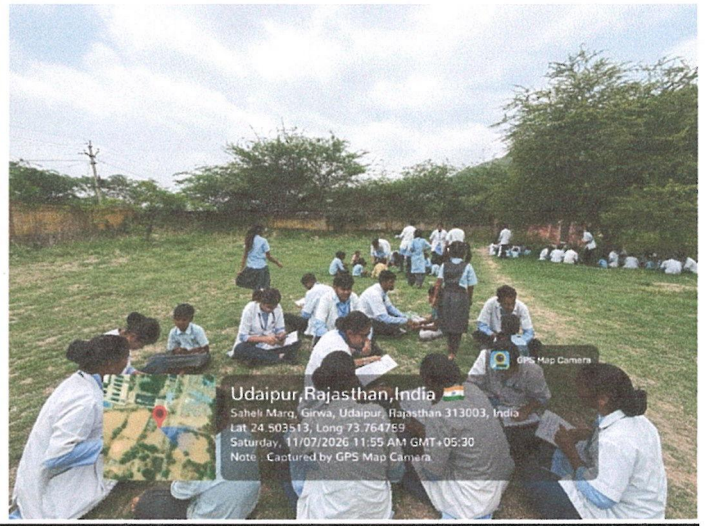
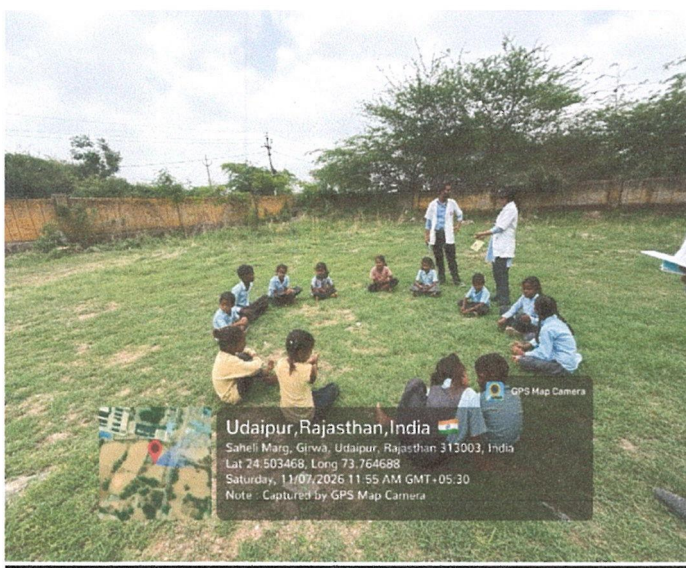
Attendance List

Name of Institute: Venkteshwar College of Nursing
 Name of Event: School Outreach Program Name of Coordinator: Mareshwari Patel
 Venue: Gov. Primary School, Oriya, Balu. Date: 11/07/2020

S.No.	Name of Participate	Signature
1	Harish Chary.	
2	Harshwardham Singh	
3	Puneet sharma	
4	Nareesh Mali	
5	Shirani Yadav	
6	Arvind Kumar.	
7	Vikas Kalai	
8	Souabh Mehtwal	
9	LAKHAN NAORDA	
10	Yash Soni	
11	Darman Shripal	
12	Vijay Kumar Bui	
13	Kishan Singh Meena	
14	VIKAS RAIKA	
15	SAMEER KHAN	
16	Brijesh Singh Rawat	
17	Sameer Khatun	
18	Harshraj Singh	
19	Prakash Dangi	
20	Geopichand Nayak	
21	Harshika Kalia	
22	meat Savat	
23	Bhauika	
24	Shale	
25	Pranisha	
27	Nitesh Singh	
28	Sakshi	
29	Avinash Salmi	
30	Nitesh Patel	
31	Himani Malviya	
34	Akum Chaudhary	
35	Vanshika Anand	
36	Vinod Kumar Sohu	

Authorized signatory

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