



विज्ञानं यज्ञं तनुते

INSTITUTE OF PUBLIC HEALTH & HYGIENE

COLLEGE OF NURSING & ALLIED HEALTH SCIENCES

NEAR KANGAR MORH, KOT BHALWAL, JAMMU,
JAMMU & KASHMIR-181122 (INDIA)

TEACHING & TRAINING LOGISTICS



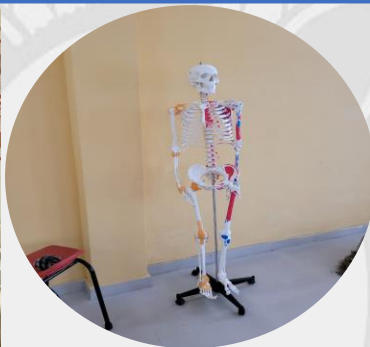
INSTITUTE OF PUBLIC HEALTH & HYGIENE

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NURSING FOUNDATION LAB

Fundamental of nursing lab is the basic foundation lab in the art of nursing. It exposes all equipment's which are used for giving care to the patient in practical way it will guide students to improve knowledge and to assess the patient care effectively and efficiently.



OBJECTIVES

- 1) Nursing foundation highlights the significance of fundamental needs of humans and competence in skills as pre requisites in providing extensive nursing care.
- 2) It is depicted to help students to develop and understand the philosophy objectives theories and process of nursing in various clinical settings.
- 3) This lab helps students in understanding and practicing clinical procedures which they will performing daily in hospital setting.
- 4) The modern article instrument linen lockers cup boards male and female mannequins dummy etc. are made available for the students to get better practical experiences.
- 5) The lab helps to develop nursing skills through guidance by expert teaching faculty.



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NURSING FOUNDATION LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
1	Beds Plain	5
2	Plain Mattress	5
3	Bed Side Lockers	10
4	Overbed Tables	10
5	Fetal Skull	1
6	Stethoscope	11
7	Medicine Crusher	2
8	Spirit Lamp	11
9	Thermometer	11
10	Bowls	10
11	16" diameter	11
12	10" diameter	11
	6" Diameter	11
13	4" diameter	11
14	2-3" diameter	11
15	Circulatory of Blood	3
16	Cardio Vascular System(Small Size)	3
17	Male Genito Urinary System	
18	Large	3
19	Small	3
20	Mackintosh(Qtty. In Meters)	10
21	Nail Brush	11
22	Soap with Dish	17
23	Apron	20
24	Inch Tape (box of 10)	10
25	Masks(Box)	30
26	Savlon	11



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NURSING FOUNDATION LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
27	Spirit	17
28	Rubber Catheters	20
29	Examination Lamp LED	3
30	Kidney Tray	11
31	Surgical Blade	11
32	Thumb Forceps	22
33	Artery Forceps	33
34	Artery's Forceps (8")	3
35	Kocher's Forceps	3
36	Needle Holding Forceps	
	6"	3
	7"	3
	8"	3
37	Allice Tissue Forceps	3
38	Doyen's Retractor	3
39	Willets Scalp Traction Forceps	3
40	Carnio Clast	3
41	Old Ham's Perforator	3
42	Shaving Sets	6
43	Suturing Needles	20
44	Rotational Forceps	5
	Toothed	5
	Non-Toothed	5
45	Bed Sheets	5
46	Draw Sheets	5
47	Pillow with Pillow covers	5
48	Blankets	5
49	Hand Towels	6

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PRE-CLINICAL LAB

Pre clinical Science laboratory is designed to enable the students to acquire Knowledge of the Anatomical Structure & Functions, Biochemical Composition and its alteration of the Human Body Systems.



This Lab also provides the opportunity for the students to identify the Micro-organism and practicing infection control methods. The Nursing Students are utilizing the Pre clinical Science laboratory (Anatomy, Physiology, Microbiology, Biochemistry, and Pathology) .

- The student witness the dissection of human cadaver, learn various specimens, skeleton, disarticulated bones etc. The students learn how to handle microscope and see the morphology of microbial pathogens.



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PRE-CLINICAL LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
1	Articulated Skeleton(Imported)	1
2	Non Articulated	1
3	Microscopes	10
4	Human Kidney	3
5	Muscular System	
6	Large	3
7	Small	3
8	Kidney Skin & Excretory Organ	3
9	Nervous Organ	
10	Large	3
11	Small	3
12	Human Ear	3
13	Digestive System	3
14	Liver, Gall Bladder & pancreas	3
15	Stomach & Pancreas	3
16	Human Small Intestine	3
17	Human Spleen	3
18	Eye	3
19	Human Lung	3
20	Skeleton System	5
21	Joints	3
22	Endocrine Glands	3
23	Human Trachea	3
24	Respiratory System	4
25	Large Intestine	3
26	Masks(Box)	30
27	Hand Towels	6



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PEDIATRIC LAB

This branch of medical science helps to understand the health issues of children, whether they are physical, mental, psychological, or spiritual in nature. In this department, we provide comprehensive medical education, keeping all aspects of pediatric medicine in mind, as well as impart preventive, curative, promotive, and health care knowledge about infants and children up to 18 years of age. It helps to learn the concepts of child health, trends in child care, and health problems (such as tonsillitis, otitis media, protein energy malnutrition, accidents, spina bifida, and congenital heart disease).



The objective of the course is to prepare students to identify the normal growth and development of children and deviations from the normal and give comprehensive nursing care to children suffering from various diseases. Special emphasis is given to Embryology, Genetics, Psychology, Pediatric Medicine, Surgery, Nutrition, and Growth and Development.



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PEDIATRIC LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
1	Full Size Foetus	1
2	Dummy New Born Baby	1
3	Baby Cradle	1
4	Stethoscope	11
5	Spring Balance	6
6	Measuring Scale(Infentometer)	3
7	Thermometer	11
8	10" diameter	11
9	6" Diameter	11
10	4" diameter	11
11	2-3" diameter	11
12	Inch Tape (box of 10)	10
13	Masks(Box)	30
14	Newborne Resucitation Kit(Ambu Bag)	5
15	Hand Towels	6



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COMMUNITY HEALTH NURSING LAB

The CHN lab ensures that the students learn about all the demonstrations and advanced techniques regarding home visiting, bag technique, and practice all procedures while providing family health care at the door step of the client using modified home visit kits and treating patients with minimum facilities.

FACILITIES

- Our lab is well equipped with articles such as community bags, models, charts, etc. for preparing nursing students to deliver health care to the people at their door steps in both urban and rural communities.
- The lab gives the students clinical experience, educational and enlightening experiences, and helps to promote the students' empowerment.

ACTIVITIES

- A corner of the lab is designed as a rural home setup.
- Demonstrations of different procedures are given prior to their being performed in the community to meet their objectives.
- It also helps with problem solving and decision-making skills.
- Demonstration makes learning more realistic and authentic.



OBJECTIVES

- To educate the students to establish a working relationship with families.
- To teach regarding the delivery of effective nursing care to assigned families using the community health nursing process.
- to demonstrate practical skills in performing home nursing procedures.
- To stimulate the students to provide planned and incidental health teaching to families and individuals.



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COMMUNITY HEALTH NURSING LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
1	Beds Plain	5
2	Plain Mattress	5
3	Litotomy Tables	1
4	Bed Side Lockers	10
5	Community Bags	31
6	Normal Delivey Kit(Midwifery)	6
7	Mackintosh(Qtty. In Meters)	10
8	Nail Brush	11
9	Soap with Dish	17
10	Apron	20
11	Masks(Box)	30
12	Savlon	11
13	Spirit	17
14	Rubber Catheters	20
15	Kidney Tray	11
16	Foetoscopes	11
17	Sim's Speculum(different Sizes)	3
18	Pelvimeter	3
19	Hand Towels	6



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OBS & GYNAE LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
1	Beds Plain	5
2	Plain Mattress	5
3	Litotomy Tables	1
4	Bed Side Lockers	10
5	Female Bony Pelvis	3
6	Female Bony Pelvis with Fetal Skull	1
7	Fetal Skull	1
8	Placenta	1
9	Full Size Foetus	1
10	Dummy New Born Baby	1
11	Female Bony Pelvis with Internal	1
12	Measuring Scale(Infentometer)	3
13	Spirit Lamp	11
14	Thermometer	11
15	10" diameter	11
16	6" Diameter	11
17	4" diameter	11
18	2-3" diameter	11
19	Normal Delivey Kit(Midwifery)	6
20	Female Reproductive System	5
21	Male Reproductory System	5
22	Uterine Changes in pregnancy showing height of uterus at different terms of pregnancy	5
23	Stages of Labour	5
24	First Stage	4
25	Second Stage	4
26	Third Stage	4
27	Breech Presentation	

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OBS & GYNAE LAB

•The obstetrics and gynecological laboratories are designed to enable students to gain knowledge and techniques applicable to real-life situations. It is well equipped with instruments, foetal skulls, maternal pelvis, forceps, dummies for mechanisms of labor, models for normal and abnormal labour mechanisms, flowcharts of obstetrical care and principles and charts to provide every possible knowledge related to obstetrics and gynecological nursing.



•It allows the students to understand the same situation as in a clinical setting to make them competent in technical skills with proper use of scientific principles. Stock maintenance and cleanliness are taken into consideration.



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OBS & GYNAE LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
28	Complete breech	4
29	Incomplete breech	4
30	Foot Presentation	4
31	Shoulder Presentation	4
32	Face Presentation	4
33	Brow Presentation	4
34	Twin Pregnancy	4
35	Placenta praevia different stages	4
36	Caput Succedaneum, Cephalhaematoma	4
37	Suction Pump	5
38	Mackintosh(Qtty. In Meters)	10
39	Nail Brush	11
40	Soap with Dish	17
41	Apron	20
42	Inch Tape (box of 10)	10
43	Masks(Box)	30
44	Savlon	11
45	Spirit	17
46	Rubber Catheters	20
47	Examination Lamp LED	3
48	Kidney Tray	11
49	Surgical Blade	11



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OBS & GYNAE LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
50	Foetoscopes	11
51	Thumb Forceps	22
52	Artery Forceps	33
53	Sim's Speculum(different Sizes)	3
54	Cusco's Speculum(diferent Sizes)	3
55	Cervical Dilators all Sizes (set)	3
56	Anterior Vaginal Wall Retractor	3
57	Uterine Valsellum	3
58	Sponge Holding Forceps	3
59	Uterine Flushing Curette	3
60	Uterine Sound	3
61	Pelvimeter	3
62	Babcock's Forceps(6")	3
63	Artery's Forceps (8")	3
64	Kocher's Forceps	3
65	Needle Holding Forceps	
	6"	3
	7"	3
	8"	3
66	Allice Tissue Forceps	9018
67	Doyen's Retractor	9018
68	Wille's Scalp Traction Forceps	9018
69	Carnio Clast	9018
70	Hook with Crochete	9018
71	Embryo Scissors	9018
72	Lower Kocher's Hemostatic Forceps	3
73	Vaginal Speculum(Sim's)	5



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OBS & GYNAB LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

S. No	Description of Goods	Qty.
74	Shaving Sets	6
75	Suturing Needles	20
76	Obstertical Forceps	5
77	Outlet Forceps(Wrigley)	5
78	Low & Midcavity Forceps	5
79	Rotational Forceps	
	Toothed	5
	Non-Toothed	5
80	Vaccum Delivery- Cups for Venture	
	Suction:	
	40ml	5
	50ml	5
	60ml	5
81	Vaccum Extractor Set(Manually	5
	Operated)	
82	Bed Sheets	5
83	Draw Sheets	5
84	Pillow with Pillow covers	5
85	Blankets	5
86	Hand Towels	6



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NUTRITION LAB

Nutrition lab is a unique area for onsite demonstration, cooking and display of food. The subject nutrition is designed to assist the students to acquire knowledge for maintenance of optimum health, calculation of balance diet for different categories of people and its application for practice of nursing

Light & Ventilation	:	Adequate lighting and ventilation
Teaching Aids	:	Fire extinguishers , Sink with Soap
Dispenser,		First Aid Kit, Demonstration Table with
		Burner, Dry Food Storage Container,
		Measuring Scale, Floor Mats ,Varies Kitchen
		Tools and Supplies (mixing bowls,
		measuring cups, rolling pins, assorted pans,
		peelers, linens, flatware, glassware, plates,
		bowls, cups, etc.)

Nutrition Lab is equipped & well furnished with utensils & nutritional charts. It is well ventilated, lighting & adequate water facilities. The students can assess the nutritional needs, caloric requirement of different age groups and during various disease conditions.



Under the guidance of qualified teacher, the students are taught to prepare therapeutic diets for normal individuals, pregnant women and also for those affected with various disorders. The nutrition lab is well established with all facilities including gas stoves, refrigerators and microwave, variety of articles and vessels for the development of skills in preparation of different food items are present.



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COMPUTER & INFORMATION TECHNOLOGY LAB

In today's technological era, knowledge of computers is essential to live up to the expectations of modern health care. The computer lab in our nursing college provides a learning atmosphere for the students so that they can acquaint themselves with the computer applications and skills.

FACILITIES

We have a well-furnished and well-ventilated computer lab.

- There are numerous computers in our lab.
- There are sufficient chairs, and an air-conditioning system is available.
- An Internet facility is also available along with Wi-Fi, and printer in our lab.



ACTIVITIES

- Students and faculty are using the internet facility for reference purposes.
- Students improve their skills and knowledge on computers by using the lab periodically.
- Students can develop their knowledge of hospital management systems by enhancing their practice and by adhering to the new software system, which is highly sophisticated and used in almost all hospital settings in the present scenario.

OBJECTIVES

- Computers can be used for online education and research with the help of the internet.
- Students can find useful information about their case study, assignment, etc.
- To help students embrace technology as a part of the curriculum.
- To give access to practice and improve their skills on computers as it is a requirement in their clinical settings.



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COMPUTER & INFORMATION TECHNOLOGY LAB

Light & Ventilation : Adequate lighting and ventilation

Teaching Aids :

- **PROCESSOR (INTEL CORE I3-10110U)**
- **MOTHERBOARD INTEL - PROCESSOR SUPPORTED**
- **RAM- 4GB**
- **HDD- 250GB SSD HARD DISK**
- **CABINET WITH CABLES AND SMPS**
- **KEYBOARD (DELL)**
- **MOUSE (DELL)**
- **UPS**

PERIPHERALS

Mouse/Keyboards/ Pen drives / Hard Disk etc.



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LIBRARY & INFORMATION SCIENCES

BOOK BANK SERVICES

The students get dedicated book bank services for whole course.

COMPAPATIVE REFERENCE MATERIALS

Current affairs, newspaper etc.

NATIONAL & INTERNATIONAL JOURNALS

Huge collection of on-line & hard copies of national & international journal .

E- RESOURCE SERVICES

DELNET,NLIST

NATIONAL & INTERNATIONAL MAGAZINE

National and International magazines helps students to connect with global education.





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LIBRARY & INFORMATION SCIENCES



- ✓ **REPROGRAPHIC FACILITY**
- ✓ **MULTI-MEDIA STATION, PROPERTY COUNTER**
- ✓ **INTER-LIBRARY LOAN**
- ✓ **LIBRARY ACCESS CONTROL SYSTEM**
- ✓ **USER ORIENTATION AND AWARENESS**
- ✓ **OPAC(ON-LINE PUBLIC ACCESS CATALOGUE)**
- ✓ **IN-HOUSE / REMOTE ACCESS TO E-RESOURCES**
- ✓ **PLAGIARISM CHECKING**
- ✓ **NEW ARRIVAL DISPLAY SERVICE**
- ✓ **DICTIONARY**
- ✓ **CURRENT AWARENESS SERVICE**



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LIBRARY & INFORMATION SCIENCES

SI.NO	PARTICULAR	QTY
1	TOTAL BOOKS	1438
2	NO. OF REFERENCE BOOKS	242
3	NO. TITLES	105
5	NO. OF INTERNATIONAL JOURNAL	10
6	NO. OF e-JOURNALS	1118
7	NO. OF NEWSPAPER	04
8	NO. OF E-NEWSPAPER	10
9	NO. OF E-MAGAZINE	10

LIST OF PRINT NEWSPAPER

SI.NO	NAME OF NEWSPAPER	LANGUAGE	FREQUENCY
1	The Hindu	English	Daily
2	Daily Excelsior	English	Daily
3	Danik Jagran	Hindi	Daily
4	Amar Ujala	Hindi	Daily



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LIBRARY & INFORMATION SCIENCES

LIST OF PRINT JOURNAL

SI.NO	NAME OF JOURNAL	MEDIUM	FREQUENCY
1	International Journal of Community Health Nursing (IJCHN)	English	Half Yearly
2	International Journal of Women Health Nursing (IJWHN)	English	Half Yearly
3	International Journal of Medical Surgical Nursing (IJMSN)	English	Half Yearly
4	International Journal of Neurological Nursing (IJNEN)	English	Half Yearly
5	International Journal of Evidence Based Nursing (IJEEN)	English	Half Yearly
6	International Journal of Nursing Science Practice & Research (IJNSPR)	English	Half Yearly
7	International Journal of Nursing Critical Care (IJNCC)	English	Half Yearly
8	International Journal of Obstetrics, Perinatal and Neonatal Nursing (IJOPNN)	English	Half Yearly
9	International Journal of Pediatric Nursing (IJPN)	English	Half Yearly
10	International Journal of Emergency and Trauma Nursing (IJETN)	English	Half Yearly



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LIBRARY & INFORMATION SCIENCES

LIST OF E-MAGAZINE

SI.NO	NAME OF MAGAZINE	LANGUAGE	FREQUENCY
1	Business Standards	English	Monthly
2	Business World Magazine	English	Monthly
3	Caravan Magazine	English	Monthly
4	Chowk	English	Monthly
5	DNA India	English	Monthly
6	Down to Earth	English	Monthly
7	Economic & Political Weekly	English	Monthly
8	Forbes India	English	Monthly
9	General Knowledge Today	English	Monthly
10	India Today	English	Weekly

LIST OF E-MAGAZINES

SI.NO	NAME OF E-NEWSPAPER	LANGUAGE	FREQUENCY
1	Indian Express	English	Daily
2	Live Mint	English	Daily
3	Money Control	English	Daily
4	Outlook India	English	Daily
5	The Business Line	English	Daily
6	The Economic Times India	English	Daily
7	The Financial Express	English	Daily
8	The Hindu	English	Daily
9	The Print	English	Daily
10	The Times of India	English	Daily



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LIBRARY & INFORMATION SCIENCES

COMPOSITION OF COLLEGE LIBRARY COMMITTEE

PRINCIPAL

LIBRARIAN

HOD

TEACHER-IN-CHARGES —

**ALL TEACHER-IN-CHARGES ARE THE MEMBERS OF LIBRARY
COMMITTEE.**

**AT THE BEGINNING OF THE NEW ACADEMIC SESSION, A
TENTATIVE BUDGET IS ALLOCATED TO THE VARIOUS
DEPARTMENTS.**



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LECTURE HALLS



Well equipped Lecture Halls with best architectural for its wonderful construction.

Spacious and scientifically designed to ensure that each student has sufficient space, well ventilated, and each faculty member has the facilities necessary for addressing maximum number of students.

Lecture Halls with specialized teaching aids such as LCDs & sound systems.

Display boards have been put up in all the lecture halls, which serve as platforms for encouraging creativity and increasing awareness among the students.

4 lecture halls for B.Sc. (N),

3 Lecture halls for GNM

2 Lecture hall for MPHWH(male/female)

1 common Multipurpose hall is available for conducting common academic sessions and cultural programmes

1 common Auditorium is available for conducting seminar, conferences etc., .





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HOSTEL PREMISES

Separate Hostel Facilities for Male & Female with a choice of individual and shared rooms.

Rooms with attached bathrooms

Hygienic Mess facility round the clock.

Clean and airy, the rooms offer beds, wardrobes and study tables and chairs.

A common room with recreational facilities, laundry facilities .

Visitors rooms.



QUALITY ASSURANCE & ENHANCEMENT CELL

Objectives for Quality assurance and enhancement

- Institute will be focused to develop a system to make a significant and meaningful contribution toward academic excellence
- To optimize and integrate modern methods of teaching and learning
- To disseminate information on quality parameters and share research with other institutions
- To develop a system for conscious and consistent improvement in the overall performance of the College & quality enhancement initiatives.





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- ❖ **DAILY STUDENT ASSEMBLY**
- ❖ **INNOVATIVE TEACHING-LEARNING PROCESS: CLASS ACTIVITY, FLIP TEACHING, SIMULATION,**
- ❖ **REJUVENATING MIND PROGRAMS**
- ❖ **WORKSHOPS ON MENTAL HEALTH**
- ❖ **CURRICULUM ENRICHMENT:**
- ❖ **ADD ON PROGRAMS, INDUSTRIAL VISIT**
- ❖ **CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVES: SOFT SKILLS, LANGUAGE & COMMUNICATION SKILLS, YOGA, HEALTH & HYGIENE**
- ❖ **INSTITUTE PROMOTES GENDER EQUITY & SENSITIZATION AWARENESS**
- ❖ **MANAGEMENT OF DEGRADABLE AND NON-DEGRADABLE WASTE MANAGEMENT**
- ❖ **GREEN CAMPUS INITIATIVES: RESTRICTED ENTRY OF AUTOMOBILES, BAN ON PLASTIC, LAND SCAPING WITH TREES & PLANTS**
- ❖ **QUALITY AUDIT: ENERGY AUDIT & GREEN AUDIT, GREEN & CLEAN CAMPUS RECOGNITION AWARDS**
- ❖ **CELEBRATIONS OF NATIONAL/ INTERNATIONAL COMMEMORATIVE DAYS, EVENTS, AND FESTIVALS**



INSTITUTE OF PUBLIC HEALTH & HYGIENE

COLLEGE OF NURSING & ALLIED HEALTH SCIENCES

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COMMITTEES



GRIEVANCE REDRESSAL COMMITTEE



Anti Sexual Harassment Committee



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