

**THE YASH FOUNDATION'S COLLEGE OF NURSING & MRI
RATNAGIRI**

**REPORT ON
NUTRITION PROGRAMME**



THE YASH FOUNDATION'S COLLEGE OF NURSING & MRI RATNAGIRI

NUTRITION PROGRAMME

DATE: 15/01/2025

TIME: 3:00PM TO 5:00PM

VENUE: II SEM BSC Nursing Classroom

NAME OF FACULTY INVOLVED: Ms. Soniya Balekundri , Ms. Rakhi Shinde

Total no. of participants: IInd Sem 29 students

INTRODUCTION:

Good nutrition is important part of leading a healthy lifestyle. Combined with physical activity , your diet can help you to reach and maintain a healthy weight, reduce risk of chronic diseases (like heart diseases and cancer), and promote overall health.

II Sem Bsc Nursing students have organized Nutrition Programme for Hypertensive diet, pregnancy diet, etc. under the guidance of Ms. Soniya Balekundri, Ms. Rakhi Shinde.

General Objective :-

- To bring awareness on healthy & Balance Diet among people.
- Demonstrate food recipe (with the use of cheap and easily available Nutritive food) to all people, mothers, under five childrens.



ACTIVITIES :-

The nutrition programme ensure that people have access to the information and resources they need to make healthy food choices.

II Sem Bsc Nursing students have prepared diet with the use of cheap and easily available nutritive food stuff which is require to fulfill dietary requirements for different disease condition of patients. Nutritional is essential part of growth and development of patients. Providing sufficient and balance diet as per calorie requirement is a key step to prevent further complications.

CONCLUSION :-

Education and awareness regarding healthy & balance diet is essential among patients. By providing healthy diet can help stay strong and protect from many diseases.



THE YASH FOUNDATION COLLEGE OF
NURSING AND M.R.I RATNAGIRI

REPORT ON
INTEGRATED COUNSELLING AND
TESTING CENTRE & STD
- 2025 -

DATE :- 20 SEPT. 2025



THE YASH FOUNDATION'S COLLEGE OF NURSING & MEDICAL RESEARCH INSTITUTE, RATNAGIRI.

REPORT ON INTEGRATED COUNSELLING AND TESTING CENTER [ICTC]STDs

INTRODUCTION

ICTCs & STD Centre District civil Hospital, Ratnagiri September 20, 2025 at 12:00 PM in The Yash Foundation's College of Nursing & MRI, Ratnagiri. The Integrated Counselling and Testing Centre [ICTCs] plays crucial role in the Management of Sexually Transmitted Diseases [STD] and Human Immunodeficiency Virus\Acquired Immunodeficiency syndrome [HIV\AID] ICTCs provide comprehensive counselling testing and referral services for individual seeking diagnosis and treatment for STDs and HIV\AIDS.

OBJECTIVES

The events organized by ICTCs & STD Centre District civil Hospital Ratnagiri & The Yash Foundation's College of Nursing & MRI, Ratnagiri & aimed to:

- Early detection and diagnosis.
- Counselling and support.
- Referral and linkage.

PROGRAMM DETAIL

Guest lecture: Mr Rahul Kharat & Mr.Satish Kamble, as a counsellor in the Integrated Counselling and Testing Centre [ICTCs] &STDs. Ratnagiri, delivered keynote lecture on HIV\AIDS disease, its symptoms, challenges stigma, encourage empathy, supports advocacy & ways to promote health.



CONCLUSION

ICTCs play a vital role in the management of STDs and HIV/AIDS, providing comprehensive, testing & referral services. By providing awareness encouraging early detection. The Yash Foundation's College of Nursing & MRI, Ratnagiri was a success, with students and faculty members actively participating in the program. The college remains committed to promoting awareness and education about ICTCs and STDs, to supporting and self-care for the individuals affected by the disease.

END OF THE PROGRAMM-01:00PM

REPORT SUBMITTED BY

MRS. SUNITA ARGADE





INTEGRATED COUNSELLING AND TESTING CENTRE





THE YASH FOUNDATION COLLEGE OF NURSING AND MRI, RATNAGIRI.

Report: Anaemia Awareness Programme

Day and Date: Monday 22nd September 2025

Time: 10:00 Am Onwards

**Organized by: Shrimad Ramchandra Hospital and Research Centre Dist
Valsad Gujarat.**

On 22nd September 2025 at 10:00 am in our college Anaemia Awareness Programme was organized which was coordinated with Shrimad Ramchandra Hospital and Research centre Gujarat. For support of Anaemia free India Anaemia Control Project was organized by given foundation. Prevention and Control Anaemia this is the main goal of this project. Sarvmangal Family Trust And Sahayogi are the sponsor and supporter of this project. For this programme authorised people of Swayampurtata Foundation were present in our college. Those person's name are as follows.

Smt. Dipika Rambade (MSW) : President

Mr. Swastik Rambade : Project Manager

Smt. Shravani Salvi: Clinical Technician

Mr. Aary Berde: Technical staff

Mr. Durvankur Berde: Technical staff

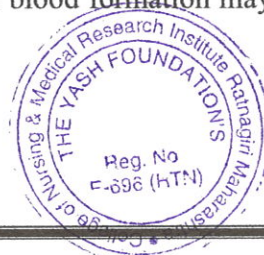
Mr. Sharad Jadhav: Driver

On this day Respected guest Arrange informative lecture for students about Anaemia (Causes, Symptoms, Treatment and prevention) which helps awareness and to control the cause of anaemia.

They give information about Causes of Anaemia such as Anaemia is caused by insufficient healthy red blood cells, stemming from causes like nutrient deficiencies (especially iron, folic acid, Vitamin B12), blood loss (heavy periods or ulcers), chronic diseases (like kidney disease or cancers), Infection such as malaria, and inherited conditions like thalassemia or sickle cell anaemia. Other causes include issues with bone marrow where blood cells are made pregnancy and certain medication.

Symptoms of anaemia includes extreme tiredness, weakness, pale skin, chest pain, fast heartbeats, headache, cold hand and feet, irritation or soreness of the tongue, brittle nails. These are some common symptoms observe in anaemic patients.

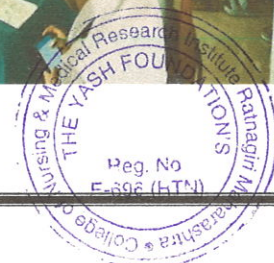
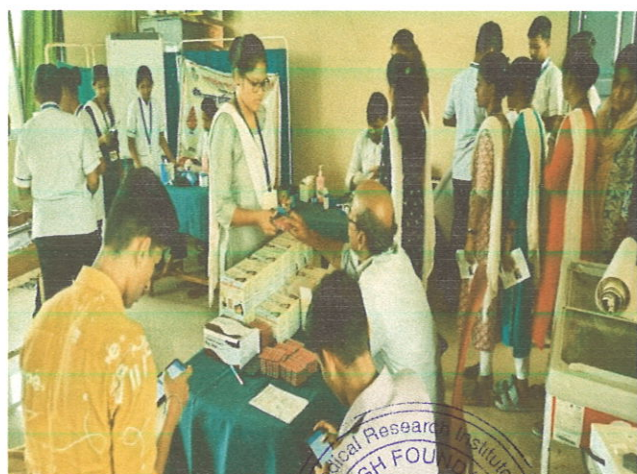
Treatment of anaemia depends on the underlying diagnosis. Iron supplements can be used for iron deficiency. Vitamin B Supplements may be used for low vitamin levels. Blood transfusion can be used for blood loss. Medication to induce blood formation may be used if the body's blood production is reduced.



Anaemia prevented and controlled through dietary and nutritional strategies increase food intake, boost Vitamin C intake, include folic acid and Vitamin B12, use supplements, food fortification, lifestyle and public health interventions manage blood loss, appropriate infant feeding, promote health habits, increase healthy awareness, Targeting at risk groups infants and children, adolescent girls and women, pregnant women.

After this Informative lecture physical testing of haemoglobin was carried out by lab technicians, it is free of cost for all students, teaching and non- teaching staff. Total 162 members was checked their haemoglobin. Also who had low haemoglobin value project members provide Folic acid tablets for those people

Main goal of this programme is to Prevent and Control Anaemia as well as Anaemia Free India. Awareness programme, project and foundation like this is essential for society to eliminate anaemia from our society and spread awareness in society.



THE YASH FOUNDATION'S COLLEGE OF NURSING & MEDICAL RESEARCH INSTITUTE, RATNAGIRI.

WORLD ALZHEIMER'S DAY

INTRODUCTION

World Alzheimer's Day was celebrated on September 23, 2025 at 10:00 AM in The Yash Foundation's College of Nursing & MRI, Ratnagiri. The day is part of World Alzheimer's Month, a global effort to raise awareness and challenge the stigma surrounding Alzheimer's disease and other dementias.

OBJECTIVES

The events and activities organized by The Yash Foundation's College of Nursing & MRI, Ratnagiri aimed to:

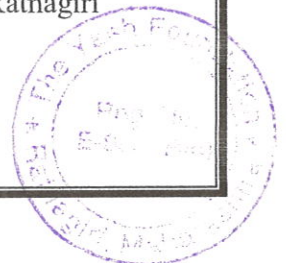
- Raise awareness about Alzheimer's disease and dementia.
- Promote education and understanding about the disease.
- Encourage students and faculty members to support individuals with Alzheimer's disease and their caregivers.
- Emphasize the importance of early detection and timely intervention.

EVENTS AND ACTIVITIES

This year, The Yash Foundation's College of Nursing & MRI, Ratnagiri organized various events to promote awareness and education about Alzheimer's disease and dementia.

Some of the events included:

- **Theme presentation:** On "*Ask about Dementia, Ask about Alzheimer's*" by Mr. Amey A. Bhagwat, Assistant Professor, at The Yash Foundation's College of Nursing & MRI, Ratnagiri to raises the awareness, supports advocacy, promote education and inspires action.



- **Guest lecture:** Dr. Atul Dhage. Psychiatrist & Sexologist at Mind care Hospital for mental & sexual health, Ratnagiri, delivered keynote lecture on Alzheimer's disease, its symptoms, challenges stigma, encourage empathy, supports advocacy & ways to promote brain health.

- **Skit and Role-Play:** Students performed skit and role-play to demonstrate the challenges faced by individuals with Alzheimer's disease and their caregivers at Kokan Nagar-Urban Health Centre, Ratnagiri.

- **Poster Presentation:** Students created posters to raise awareness about Alzheimer's disease, its risk factors, diet and the importance of early detection.

CONCLUSION

World Alzheimer's Day 2025 at The Yash Foundation's College of Nursing & MRI, Ratnagiri was a success, with students and faculty members actively participating in various events and activities. The college remains committed to promoting awareness and education about Alzheimer's disease and dementia, and to supporting individuals affected by the disease.



Reported By,

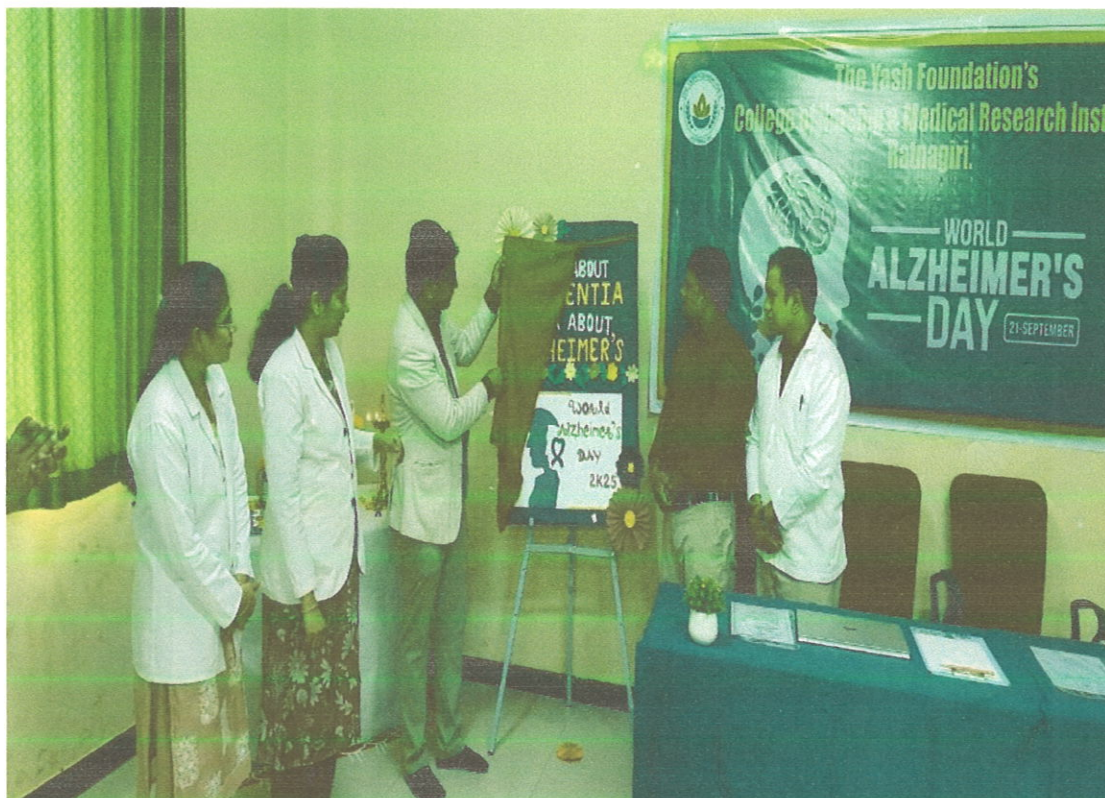
Mr. Arney Amit Bhagwat.

Assistant Professor (Dept. of Psychiatric Nsg.)
The Yash Foundation's College
of Nursing and MRI, Ratnagiri.

PHOTO GALLERY

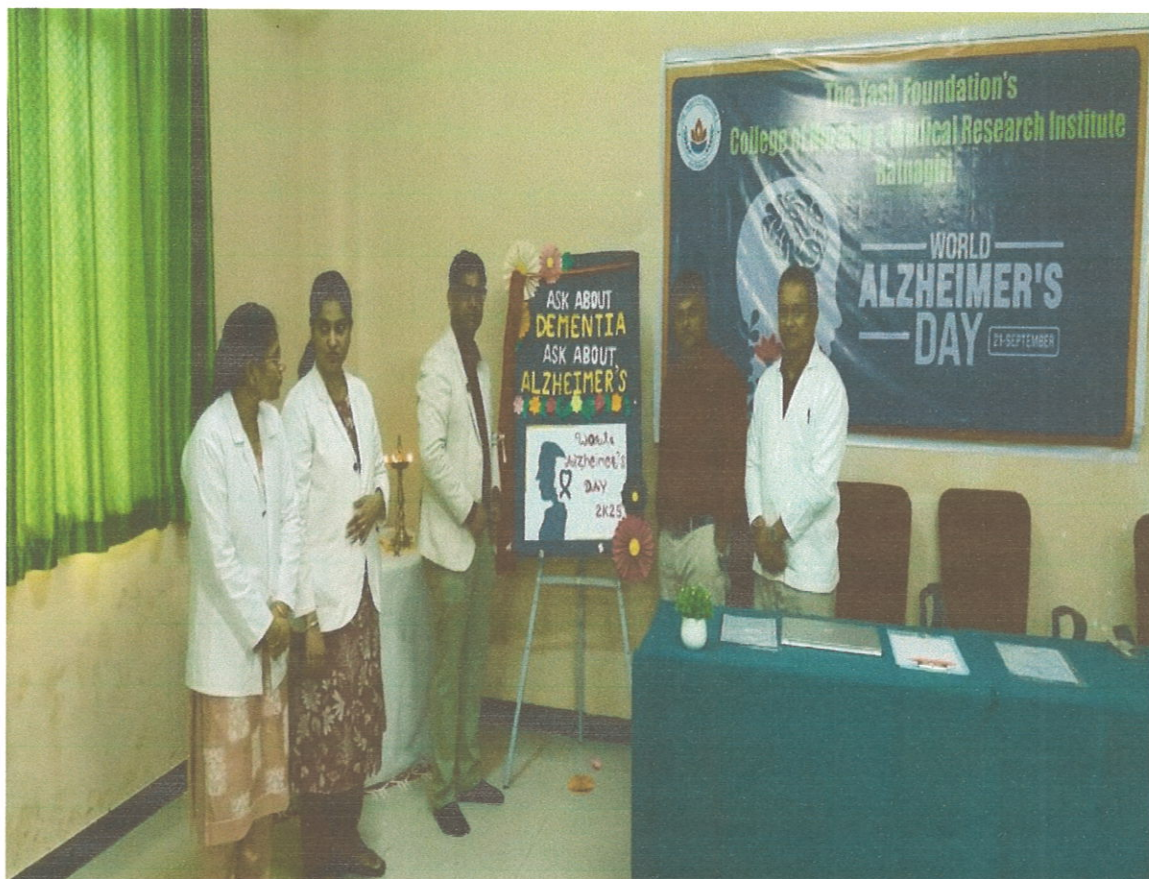


Felicitation of Chief Guest Dr. Atul Dhage by Principal Mr. Chetan Ambupe.



Theme opening by Chief Guest Dr. Atul Dhage.





Keynote Lecture by Chief Guest Dr.Atul Dhage.

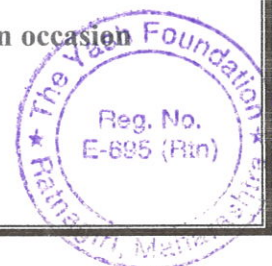




Skit & role play by students at Kokan Nagar-Urban Health Center, Ratnagiri.



Students & Staff of Kokan Nagar-Urban Health Center, Ratnagiri on occasion of World Alzheimer's Day-2025





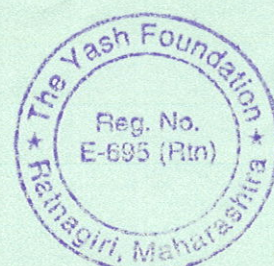
**THE YASH FOUNDATION'S
COLLEGE OF NURSING & MRI, RATNAGIRI.
WORLD ALZHEIMER'S DAY**

TIME	ACTIVITY
10 AM	Inauguration.
10:05 AM	Welcome Speech & Guest Introduction by Ms. Rahila J & Ms. Ruchira S.
10:10 AM	Theme Presentation- Mr. Amey Bhagwat.
10:20 AM	Skit Presentation- 6 th Sem. BSc. Nursing
10:30 AM	Poster Presentation- 4 th Sem. & 6 th Sem. BSc. Nursing
10:45 AM	Guest Lecture- Dr. Atul Dhage.
11:00 PM	Vote Of Thanks- Ms. Smita Hatiskar.

Venue- FIRST SEMESTER BSC.NURSING CLASSROOM.

Date- 23 SEPTEMBER 2025.

Time- 10:00AM.



THE YASH FOUNDATION'S
COLLEGE OF NURSING AND MEDICAL RESEARCH INSTITUTE,
RATNAGIRI.

REPORT ON WORLD MENTAL HEALTH DAY-2025

INTRODUCTION:

The World Mental Health Day celebrated on **October 10, 2025** at **10:00 AM** in The Yash Foundation's College of Nursing & MRI, Ratnagiri. The theme of this year's campaign focuses on the urgent need to support the mental health and psychosocial needs of people affected by humanitarian emergencies.

EVENTS AND ACTIVITIES:

Theme presentation- On "Mental Health in humanitarian emergencies" presented by Mr. Amey Bhagwat. Assistant Professor at The Yash Foundation's College of Nursing & MRI, Ratnagiri. It involves mental health awareness, the role of nurses, current trends and challenges, strategies for promoting mental health, Resources & support.

Awareness Sessions: Organized an awareness session on mental well-being, emphasizing the importance of prioritizing mental health by HOD of Mental Health Nursing, Ms. Archana Bait madam at The Yash Foundation's College of Nursing & MRI, Ratnagiri.

IMPORTANCE OF MENTAL HEALTH IN HUMANITARIAN EMERGENCIES:

Mental health is crucial in humanitarian emergencies, where people are more vulnerable to stress, anxiety, and trauma. The World Health Organization (WHO) emphasizes the need for inclusive mental health care and community-based interventions to support those affected by crises.

KEY MESSAGES:

- **Prioritize Mental Health:** Encourage open conversations and prioritize mental well-being.
- **Community Support:** Foster supportive communities that promote mental health awareness.
- **Inclusive Care:** Ensure mental health services are accessible and inclusive for all, especially in humanitarian emergencies.

By celebrating World Mental Health Day, The Yash Foundation's College of Nursing & MRI, Ratnagiri playing a vital role in promoting mental health awareness and reducing stigma around mental health issues.



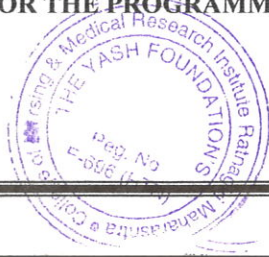
PHOTO GALLERY

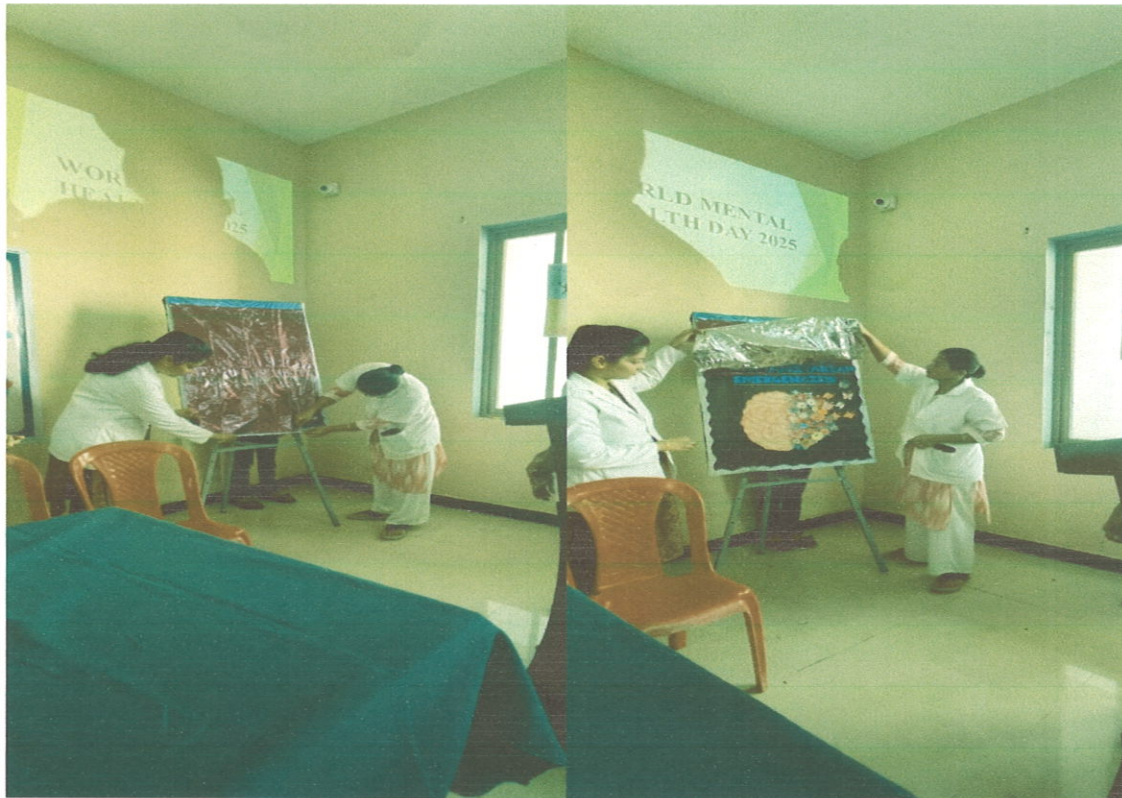


**LIGHTENING THE LAMP FOR GODESS SARASWATI & GOD DHANAVANTARI BY
VICE-PRINCIPAL MS.APEKSHA MADAM THE YASH FOUNDATION'S COLLEGE OF NURSING
& MRI, RATNAGIRI.**

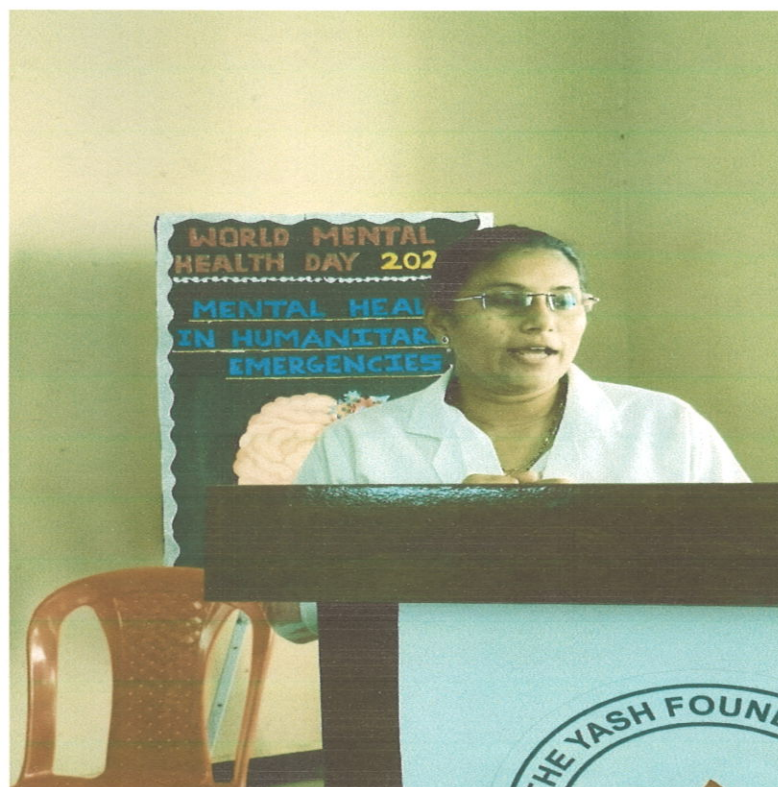


FELICITATION OF THE STAFF FOR THE PROGRAMME WORLD MENTAL HEALTH DAY 2025





THEME UNFOLDING BY MS. APEKSHA MAM, VICE-PRINCIPAL & MS.ARCHANA MAM-HOD, MENTAL HEALTH NURSING. AT THE YASH FOUNDATION'S COLLEGE OF NURSING & MRI, RATNAGIRI.



AWARNESS SESSION BY MS.ARCHANA MADAM

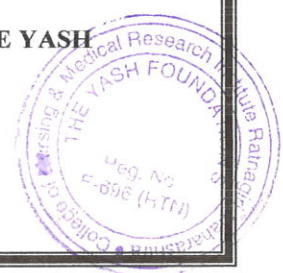




**HOSTING BY MS.TEJASWI SHIGVAN & MS.VISHAKHA GHADGE FROM 7TH SEMESTER
BSC.NURSING.**



**THEME PRESENTATION BY MR. AMEY BHAGWAT, ASSISTANT PROFESSOR AT THE YASH
FOUNDATION'S COLLEGE OF NURSING & MRI, RATNAGIRI.**





VENUE AT THE 7TH SEMESTER BSC.NURSING CLASSROOM





COLLEGE OF NURSING
& MEDICAL RESEARCH INSTITUTE

THE YASH FOUNDATION'S
COLLEGE OF NURSING & MRI, RATNAGIRI.
WORLD MENTAL HEALTH DAY 2025

TIME	ACTIVITY
10:00 AM	Inauguration.
10:10 AM	Welcome Speech by Ms. Tejaswi Shigvan & Ms. Vishakha Ghadge.
10:15 AM	Theme Presentation- Mr. Amey Bhagwat.
10:30 AM	Speech of students.
11:00 PM	Vote of Thanks- Ms. Janhavi Main.

Venue- **7TH SEMESTER BSC.NURSING CLASSROOM.**

Date- **10 OCTOBER 2025.**

Time- **10:00AM.**



THE YASH FOUNDATION'S COLEGE OF NURSING AND
M.R.I. RATNAGIRI

REPORT ON
WORLD
AIDS
DAY
2025



Prepared By.
Ms. Rashmi A. Guvav.
Assistant Professor.

THE YASH FOUNDATION'S COLLEGE OF NURSING & M.R.I.

RATNAGIRI

WORLD AIDS DAY

AGENDA

-  Welcome of guest
-  Inauguration (Lighting the lamp)
-  Presidential address and felicitation
-  Theme Reveal
-  Theme Presentation (Ms. Rashmi Gurav)
-  Student Speech
-  Skit
-  Health Education Competition
-  Result Declaration
-  Vote of thanks



THE YASH FOUNDATION'S COLLEGE OF NURSING AND
M.R.I. RATNAGIRI

WORLD AIDS DAY

INTRODUCTION

The World AIDS day was celebrated on 1st December at 10 AM in The Yash Foundation's college of nursing & M.R.I. Ratnagiri.

Objective : The events and activities organized by The Yash Foundation's College of Nursing & MRI, Ratnagiri aimed to :

- Raise awareness regarding AIDS disease
- Promote education and understanding about the disease.
- Encourage students and faculty member to support individuals with AIDS disease.

EVENTS AND ACTIVITIES

This year , The Yash Foundation's College of Nursing & M.R.I. Ratnagiri organized various events to promote awareness and education about AIDS control and prevention.

Some of the events includes –

Theme presentation: On “Overcoming disruption, transforming the AIDS response.” by Ms. Rashmi Gurav, Assistant Professor, at The Yash Foundation's College of Nursing & MRI, Ratnagiri It focuses on transforming the HIV services to make them more resilient, equitable, and community-driven. The theme also highlights the need to address disruptions caused by pandemics, conflicts, and inequalities that limit access to care.

Student Speech : Students deliver a speech on overcoming disruption, transforming the AIDS response.

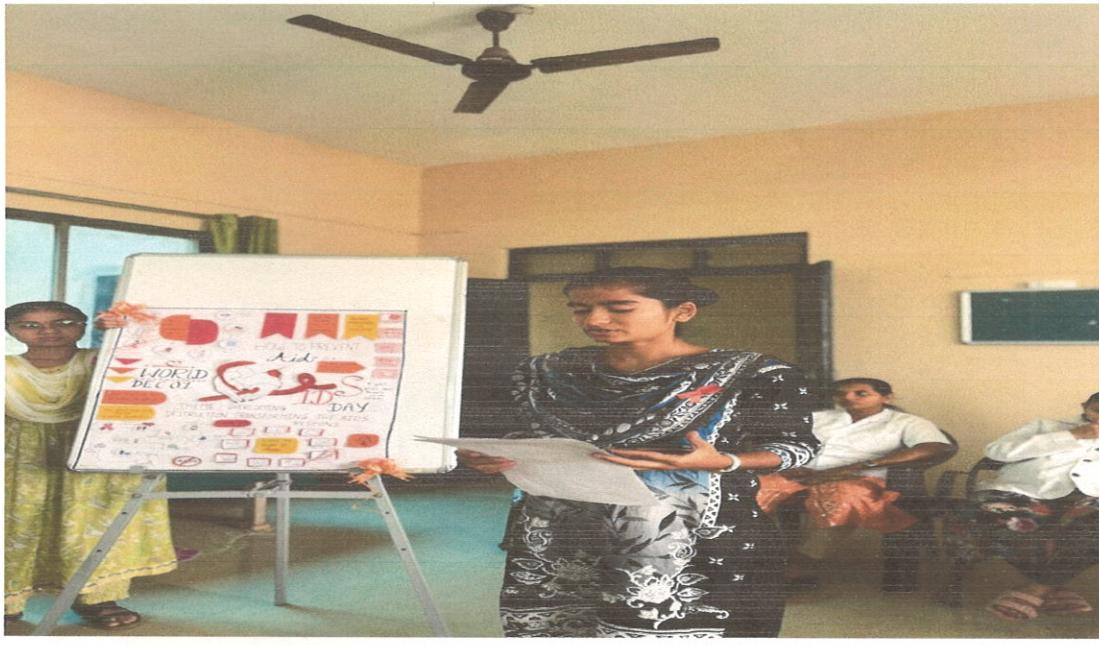
Skit and Role-Play: Students performed skit and role-play to prevention and control of AIDS .



Health Education : Students given health education on AIDS disease definition , mode of transformation , sign and symptoms, management and governments strategies for control and prevention of AIDS.

Conclusion : The World AIDS Day 2025 at The Yash Foundation's College of Nursing & MRI,Ratnagiri was a success, with students and faculty members actively participating in various events and activities. The college remains committed to promoting awareness and education about AIDS.





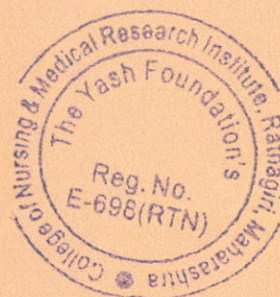
[Signature]

Principal
 The Yash Foundation's College
 of Nursing & Medical Research
 Institute, Ratnagiri, Maharashtra



THE YASH FOUNDATION'S COLLEGE OF
NURSING AND M.R.I RATNAGIRI

REPORT ON WORLD
BREASTFEEDING
WEEK
2025
CELEBRATION



WORLD BREASTFEEDING WEEK 2025

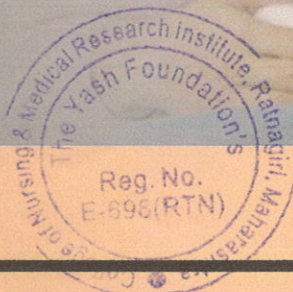
**THEME : “PRIORITIZE BREASTFEEDING : CREATE
SUSTAINABLE SUPPORT SYSTEM”**

DATE: 5th August 2025

TIME: 11:00 AM to 1:00 PM

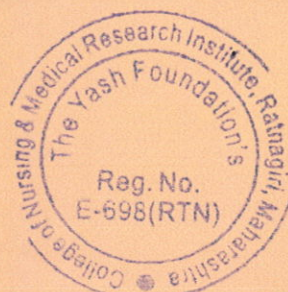
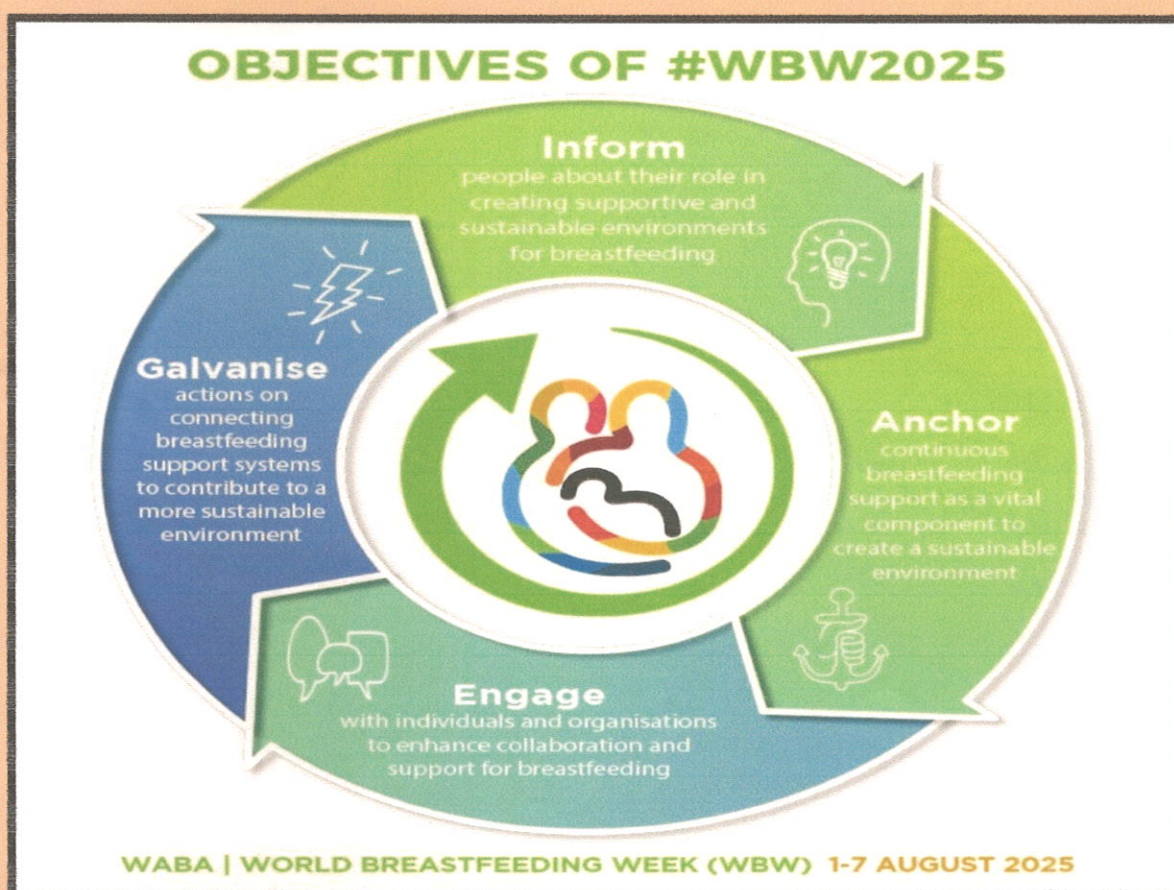
VENUE: The Yash Foundation's College of Nursing and MRI,
Ratnagiri

As part of the global initiative to promote and support breastfeeding, The Yash Foundation's College of Nursing and Medical Research Institute, Ratnagiri, organized a special program to celebrate World Breastfeeding Week 2025. The theme for this year was “Prioritize Breastfeeding: Create Sustainable Support System”, emphasizing the need to build a strong support system for mothers to breastfeed successfully.



On this day students of The Yash Foundation's College of Nursing and Medical Research Institute, Ratnagiri presented posters on theme and students share health awareness advice. Programme was organised under the guidance of our Managing trustee Mr. Balasaheb Mane, Joint managing trustee Mr. Mihir Mane, Registrar Mrs. Shalaka Lad, Co-registrar Mrs. Mansi Mule, Principal Mr. Chetan Ambupe, Asso.professor Mrs. Apeksha Ambavkar, Asso.Professor Ms. Kirti Karambelkar and all faculty members.

OBJECTIVES OF #WBW2025



 **5TH AUGUST 2025**

❖ DESCRIPTION OF PROGRAMME

The event commenced with a welcome of the guest by the faculty members, followed by a welcome and introductory speech by Ms. Ruchira and Ms. Rahila, who set the tone for the day and highlighted the significance of breastfeeding in infant and maternal health.

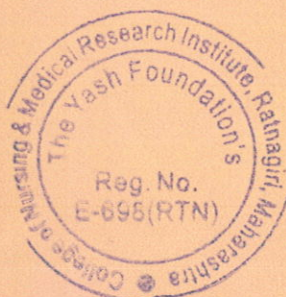
The theme of the year was formally opened by Ms. Apeksha Ambavkar, explaining the importance of prioritizing breastfeeding in today's healthcare system. This was followed by a detailed theme presentation by Ms. Kirti Karambelkar, who discussed the current challenges and strategies to support breastfeeding mothers in various communities.

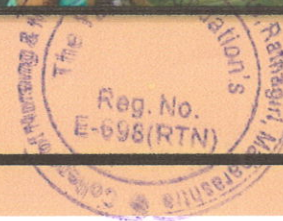
An inspiring speech by Ms. Janvi Main further shed light on the long-term benefits of breastfeeding and the role of healthcare professionals in educating and assisting mothers.

The program featured poster and pamphlet presentations by the participants, where students showcased creative and informative visuals promoting breastfeeding awareness. These presentations were both educational and engaging, receiving great appreciation from the audience.

Towards the end, prizes were distributed to the best presenters, acknowledging their efforts and encouraging active participation in health promotion.

The event concluded with a vote of thanks by Ms. Sakshi Saigaonkar, who expressed gratitude towards all the organizers, participants, and guests for their valuable contributions to the successful execution of the program.







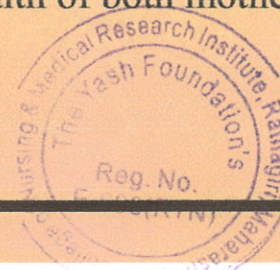
🇮🇳 6TH AUGUST 2025

❖ COMMUNITY AWARENESS PROGRAMME

As part of World Breastfeeding Week 2025, a community awareness program was conducted at PHC Konkan Nagar. The theme focused on, **“PRIORITIZE BREAST FEEDING: CREATE SUSTAINABLE SUPPORT SYSTEM”**.

Health education was provided by VIth and VIIth semester B.Sc. Nursing students. The students explained the importance and benefits of breastfeeding, correct techniques, and proper feeding positions. They also gave valuable information about the postnatal (PNC) diet and breast care. Posters and demonstrations were used to make the session more effective.

The program created good awareness among mothers and families. It helped them understand the correct practices of breastfeeding and the role of nutrition and care in improving the health of both mother and child.



The awareness program was very successful and beneficial for the community. It motivated mothers to practice healthy breastfeeding and highlighted the importance of family and community support.



Reg. No. E-698(RTN)

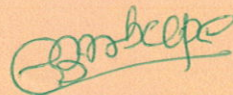
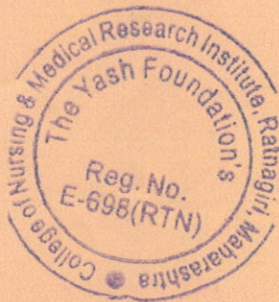
The Yash Foundation's

of Nursing & Medical Research Institute, Ratnagiri



CONCLUSION:

The program was a great success, fostering awareness, support, and commitment among future nursing professionals towards promoting breastfeeding. It served as a platform to share knowledge, engage the community, and strengthen sustainable support systems for maternal and child health.



Principal

The Yash Foundation's College
of Nursing & Medical Research
Institute, Ratnagiri, Maharashtra

THE YASH FOUNDATIONS COLLEGE OF NURSING AND
MEDICAL RESEARCH INSTITUTE RATNAGIRI.

REPORT ON-

DR. BABASAHEB AMBEDKAR JAYANTI-
2025



विकासातून विकसित विकसतातून विकास

दि यश फाऊंडेशन्स

कॉलेज ऑफ नर्सिंग अँड मेडिकल रिसर्च इन्स्टिट्यूट, रत्नागिरी.

भारतीय राज्य घटनेचे शिल्पकार महामानव



डॉ. बाबासाहेब
आंबेडकर

१३४ वी जयंती



**THE YASH FOUNDATIONS COLLEGE OF NURSING AND MRI
RATNAGIRI.**

BHIMJAYANTI-2025

DATE- 14/04/2025

TIME- 10.00 AM TO 12.00PM

VENUE- THE YASH FOUNDATIONS COLLEGE OF NURSING AND MRI RATNAGIRI.

Dr. Babasaheb ambedkar jayanti (Bhimjayanti)

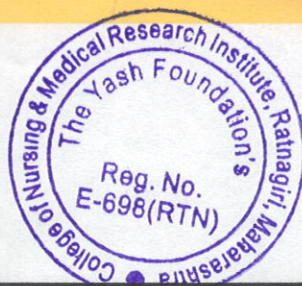
Observed on 14 april, commemorating the birth anniversary of Dr. Bhimrao Ramji Ambedkar, the “Father of the Indian Constitution”.

It's a widely celebrated event across the country, honoring the contributions to social reforms, Constitutional law, and his fight for the rights of marginalized communities.

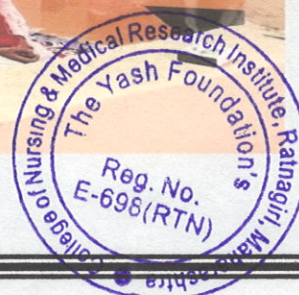
Dr. Babasaheb Ambedkar Jayanti program 2025 was organized By The yash foundations nursing college Ratnagiri, Neharu yuva sanstha Ratnagiri, Gramjeevan aadhar sanstha Ratnagiri and Maher NGO Ratnagiri on 14 April 2025. It was attended by around 200 students including teaching and non-teaching staff. The Chief guest of this program was Mr. Bal mane sir (Managing trustee of yash foundations nursing college), Mr. Mohitkumar Saini (District yuva Officer)Mr. Sunil Kamble(Maher NGO Head), Mr. Kundlik Kamble(Gramjeevan aadhar sanstha Head). Program began at 10:00 am with Inauguration And lighting lamb.

On this occasion of Dr. babasaheb Ambedkar Jayanti various activities. The students of nursing sing Bhimgeet. The speech on Dr. babasaheb ambedkar was Ms. Pooja, Ms. Riya Pawar









ANNUAL SPORTS REPORT

THE YASH FOUNDATIONS COLLEGE OF NURSING AND MRI RATNAGIRI REPORT ON CELEBRATION OF ANNUAL SPORTS MEET-2025

Date-13/05/2025 to 17/05/2025

The Yash Foundations College of Nursing & MRI Ratnagiri organized Annual Sports programme on 13/05/2025 to 17/05/2025.

The annual sports event 2025 was celebrated with an electrifying atmosphere and great enthusiasm as students from Nursing batches showcased talent, dedication, and unparalleled sportsmanship's.

Sports are a great leveller, as there is so much learning one can take from sports. This year, our college's sports day transcended expectations, serving as a testament to the importance of sports in our lives and education.

Sporting events are not merely contests but a powerful medium to instil values of discipline, perseverance, and team work in our students.

Beyond promoting physical well-being, they play a pivotal role in character development. The Annual sports event 2025 embodied these principles, offering our students a platform to harness their potential, both physically and mentally.

The day commenced with a spirited opening ceremony inauguration, during which our honourable Register Mrs. Pranali Shitole mam and principal Mr. Chetan Ambupe sir.

All the students from white house, red, pink, yellow, blue, gray, green and orange house played with spirituality. Owen ring this program starts with all team surround the ground. And then flag hosting done with respected team leader hold it.

The all winner and runner up teams heartily congregate for their courage by certificate, medal and trophy.



INAUGURATION



HOUSE COLOURS



GREEN HOUSE



RED HOUSE



PURPLE HOUSE



BLUE HOUSE



YELLOW HOUSE



GREY HOUSE



PINK HOUSE



ORANGE HOUSE

OUR WINNERS



HAIRSTYLING

- **WINNER:-** BLUE HOUSE :- MS. ANUJA KELKAR AND MS. ISHITA KAMBLE
- **RUNNER UP:-** YELLOW HOUSE:- MS. SAMRUDHI NATEKAR



MEHENDI COMPETITION

- **WINNER:-** BLUE HOUSE :- MS. ANUJA KELKAR
- **RUNNER UP:-** GREEN HOUSE:- MS. RHILA JIVRAK



BEST FROM WASTE COMPETITION

- **WINNER:-** RED HOUSE :- MS. ADITI DEVRUHKAR AND MS. SHIVANI GAWADE
- **RUNNER UP:-** ORANGE HOUSE:- MS. SHRAVANI BHALEKR AND SHALAKA CHAVAN



CHESS COMPETITION

- **WINNER:-** PINK HOUSE :- MR. AKSHAY KHANDARE
- **RUNNER UP:-** RED HOUSE:- MR. SOMESHWAR GUTTE



TUG OF WAR (GIRLS)

- **WINNER:-** PINK HOUSE
- **RUNNER UP:-** RED HOUSE
-



TUG OF WAR (BOYS)

- **WINNER:-** TEAM STUDENTS
- **RUNNER UP:-** TEAM TEACHERS





SHOT PUT (GIRLS)

- **WINNER:-** GREY HOUSE:- MS. AISHWARYA RAMBADE
- **RUNNER UP:-** PINK HOUSE:- MS. SAKSHI ZORE



SHOT PUT (BOYS)

- **WINNER:-** RED HOUSE:- MR. ATUL LANJEKAR
- **RUNNER UP:-** BLUE HOUSE:- MR. ATHARVA WAGHATE



DISC THROW (GIRLS)

- **WINNER:-** PINK HOUSE:- MS. SAKSHI ZORE
- **RUNNER UP:-** PURPLE HOUSE:- MS. AISHWARYA GONBARE



DISC THROW (BOYS)

- **WINNER:-** PURPLE HOUSE:- MR. SIDDESH KOKARE
- **RUNNER UP:-** RED HOUSE:- MR. SOMESHWAR GUTTE



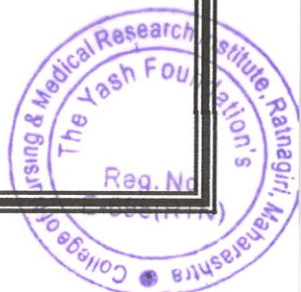
RUNNING (GIRLS)

- **WINNER:-** BLUE HOUSE:- MS. DIKSHA KUMBHAR
- **RUNNER UP:-** RED HOUSE:- MS. ROSHANI CHAUGULE



RUNNING (BOYS)

- **WINNER:-** GREEN HOUSE:- MR. PRADIP BHOYE
- **RUNNER UP:-** RED HOUSE:- MR. ATHARVA WAGHATE





RELAY (GIRLS)

- **WINNER:-** PURPLE HOUSE
- **RUNNER UP:-** ORANGE HOUSE



RELAY (BOYS)

- **WINNER:-** RED HOUSE
- **RUNNER UP:-** GREEN HOUSE



CARROM

- **WINNER:-** GREEN HOUSE:- MR. YASH GHOGARE AND MS. MAYURI JADHAV
- **RUNNER UP:-** ORANGE HOUSE:- MS. SUHANI CHAVAN AND MS. KRUTIKA CHAWARE



THROWBALL

- **WINNER:-** GREY HOUSE
- **RUNNER UP:-** PINK HOUSE



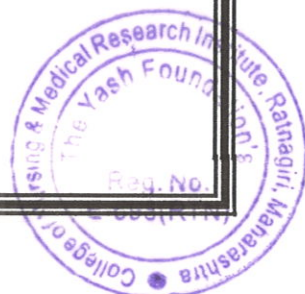
VOLLEYBALL

- **WINNER:-** MR. ATHRAVA SARANG AND TEAM
- **RUNNER UP:-** MR. ATUL LANJEKAR AND TEAM



CRICKET (GIRLS)

- **WINNER:-** PINK HOUSE
- **RUNNER UP:-** ORANGE HOUSE





CRICKET (BOYS)

- **WINNER:-** MR. PRATHAMESH VELONDE AND TEAM
- **RUNNER UP:-** MR. DEEPAK KENDRE AND TEAM



KABADDI (GIRL)

- **WINNER:-** PINK HOUSE
- **RUNNER UP:-** GREEN HOUSE



KABADDI (BOYS)

- **WINNER :-** MR. YASH GHOGARE AND TEAM
- **RUNNER UP :-** MR. ATHARVA WAGHATE AND TEAM



--- PRIZE DISTRIBUTION ---



Anchoring by
Ms. Bhagyashree Jadhav
and **Ms. Rakhi Shinde.**



Structure of sports done by
Ms. Kirti Karambelkar



YFCON STAFF



YFCON STUDENTS



**THE YASH FOUNDATION'S COLLEGE OF NURSING AND MEDICAL
RESEARCH INSTITUTE, RATNAGIRI**

"PROGRAMME REPORT"

"INTERNATIONAL NURSES DAY 2025"

**THEME: "OUR NURSES OUR FUTURE CARING FOR NURSES STRENGTHEN
ECONOMIES"**

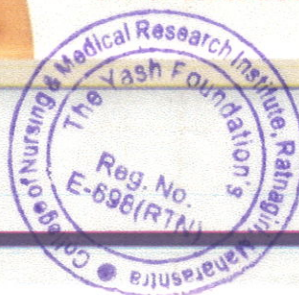
DATE: - 12TH MAY 2025

TIME: - 10: 00 AM - 05: 00 PM

VENUE: - THE YASH FOUNDATION'S COLLEGE OF NURSING AND MRI RATNAGIRI

The International Nurses Day is celebrated on 12th May On the birthday Ceremony of Hon. Florence Nightingale.

As this year's theme was **"OUR NURSES OUR FUTURE CARING FOR NURSES STRENGTHEN ECONOMIES"** The Yash Foundation's College of Nursing and MRI Ratnagiri also celebrated Nurses Day Programme.



Prepared By
Ms. Shweta Sagwekar
Nursing Tutor

Program planning was done under the guidance of Principal Mr. Chetan Ambupe with prior meeting of teaching faculty. Programme was organized under the guidance of our Managing trustee Mr. Balasaheb Mane, Joint managing trustee Mr. Mihir Mane, Joint managing trustee Mrs. Shivani mane Registrar Mrs. Shalaka Lad, Co-registrar Mrs. Mansi Mule, Principal Mr. Chetan Ambupe, Asso.professor Mrs. Apeksha Ambavkar, Asso.Professor Mr. Prakash Rathod, Ms. Kirti Karambelkar and Assi.professor Mrs. Archana Bait.

DESCRIPTION OF PROGRAMME

Programme was started at 10:00am. The chief guest of the programme were Mrs. Veena Lele, Mr. Mihir Mane & Mrs. Shivani Mane. The programme was inaugurated with the lighting of the lamp by the dignitaries and senior teaching staff. Following the inauguration, the chief guest and all teaching faculty members were felicitated. After the felicitation the programme began with Prayer song.

Mr. Chetan Ambupe delivered a speech and provided guidance to the students based on the theme of the day. After that Ms. Janhvi Main & Ravina karanjavkar were given speech on History of Nursing from student. Lastly by Honourable Chief guest Mrs. Vena Lele delivered Motivational Speech. she gave a great piece of advice to the students that in nursing along with theoretical knowledge, practical knowledge is also equally important. Following the programme Students were awarded by the best student nurse on the basis of their curricular performance. After the award ceremony, Nurses Day was celebrated by cutting a cake.

The entire programme was anchored by Ms. Dipali Telgar and Ms. Mayuri Jadhav from 6 semester BSc Nursing. The programme ended with vote of thanks by Ms. Rashmi Gurav. The entire programme was grand success with participation of all teaching, non-teaching and students of all nursing programme.

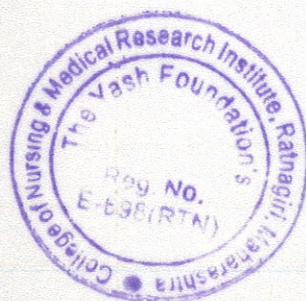



Principal
The Yash Foundation's College
of Nursing & Medical Research
Institute, Ratnagiri, Maharashtra

INAUGURATION



FELICITATION



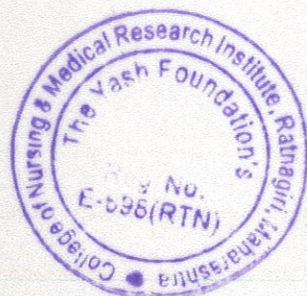
THEME OPENING



SPEECH



AWARD CEREMONY

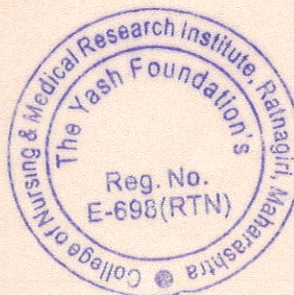


NURSES DAY CELEBRATION



THE YASH FOUNDATIONS COLLEGE OF NURSING AND
MRI RATNAGIRI.

REPORT ON-
SHIVJAYANTI -2025



THE YASH FOUNDATIONS COLLEGE OF NURSING AND
MRI RATNAGIRI.

SHIVJAYANTI -2025

DATE- 19/02/2025

TIME- 10.00AM TO 02.00PM

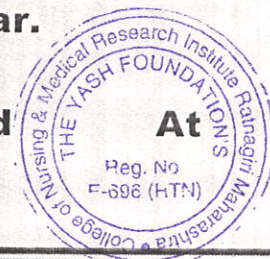
VENUE- THE YASH FOUNDATIONS COLLEGE OF NURSING & MRI RATNAGIRI.

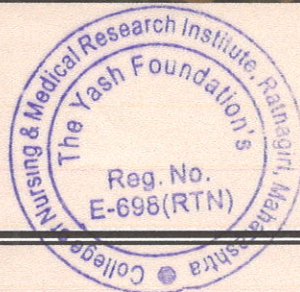
Chhatrapati shivaji maharaj Jayanti program 2025 was organized on 19/02/2025. It was attended by around 380 students including teaching and non-teaching staff. The chief guest of this program was Mr. Surendranath Mane Sir(Managing Trustee) And Mr. Viraj Mane sir(Joining managing trustee) The yash foundations college of nursing and MRI Ratnagiri.

The function began at 10:00am With Shiv Garjana performed by Mr. Shubham Chavekar sir, Ms. Poorva pawar and Mr. Shubham Ghadshi. The program was started by worshipping the idol of shri. Chhatrapati shivaji maharaj and by lighting lamb.

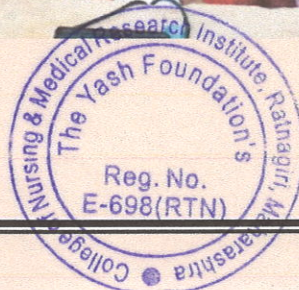
On This occasion of chhatrapati shivaji maharaj jayanti various activities, The students sang palna song and Ms. Smita hatiskar mam and Ms. Ashwini Rahate mam cradled of baby shivray. The students performed skit and dance on shivjiyanti. Speech on chhatrapati shivaji maharaj was given by Alumni students Ms. Sakshi chavan, Mr. Ram Munde sir And 1st and 5th semester students. Vote Of Thanks was proposed by Ms. Poorwa Pawar.

The program was ended At 2:00PM.









YOGA DAY REPORT

THE YASH FOUNDATIONS COLLEGE OF NURSING AND MRI RATNAGIRI REPORT ON CELEBRATION OF YOGA DAY-2025

Report on Yoga Day Celebration

Event: International Yoga Day Celebration

Date: June 21, 2025

Venue: The Yash Foundations College Of Nursing And MRI, Ratnagiri

1. Introduction

International Yoga Day was celebrated with great enthusiasm to promote awareness about yoga's benefits for physical health, mental peace, and spiritual growth. The event aimed to encourage participants to adopt yoga as part of their daily routine for a healthy lifestyle.

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Today, on 21st June 2022, The Yash Foundations College Of Nursing And MRI, Ratnagiri celebrated International Yoga Day. It was attended by many prominent Professors, Directors and Students from different schools of the University with great enthusiasm.




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SOME MEMORY OF YOGA DAY CELEBRATION

