

**Concluding Comments on visit by two teachers and 8 students from
Dinsha Patel College of Nursing, Nadiad, Gujarat, India
to Tycho- Braheskolan, Helsingborg, Sweden under
Indo- Sweden Mutual Exchange Program: 2015-16.
Duration from: 20/09/2015 t o 03/10/2015**

Preface:

Indo-Sweden mutual exchange program is a prestigious program for both the schools started in 2011.

Dinsha Patel College of Nursing (DPCN) is proud to be a part of this program.

This time two teachers Dr.B.H.Shelat, Mrs.Arпита Parekh & eight students have visited Tycho- Braheskolan and exchange their knowledge.

Objectives:

- To discuss about sustainability work in both the countries.
- To discuss about infectious disease like Malaria, HIV/AIDS, Rabies, and Tuberculosis in both the countries.
- To discuss about road traffic accidents, its incidence and rules & regulation in both the countries.
- To discuss about vaccination program in both the countries.
- To learn about rehabilitation for stroke patient in both the countries.

Material & Method:

This year following two Faculties and eight students from DPCN visited Tycho-Braheskolan

Name of Teachers from DPCN:

- (1) Dr. B.H. Shelat – Director
- (2) Mrs. Arpita Parekh -Vice Principal

Name of Students :

- (1) Patel Kirtan – 4th year B.Sc.(N)
- (2) Patel Vidhi – 4th year B.Sc.(N)
- (3) Patel Disha – 3rd year B.Sc. (N)
- (4) Patel Dhruvi – 3rd year B.Sc. (N)
- (5) Shastri Vaibhavi – 3rd year B.Sc. (N)
- (6) Patel Niyati – 2nd year B.Sc. (N)
- (7) Patel Anushka – 2nd year B.Sc. (N)
- (8) Shah Nerius – 2nd year GNM

Report

Day 1: 20/09/2015 (Sunday)

On 20th September around 1:30 pm we reached at Copenhagen Airport. At Airport Mrs.Ase Bygren, Mrs.Maries louise and Mrs.Cherylotta came to receive us. From there, we travelled by train & reached cityvandrahemmet Helsingborg.

In the evening Mrs.Ulla Carin and Mrs.Marie Louise took us to an Indian hotel for dinner.

Day 2 : 21/09/15 (Monday)

The Real Exchange program started with a warm welcome by hoisting the flags of the both the country at the school. Mrs. Anette Lilja, Rektor, Tycho-Braheskolan has organized welcome function for us. We were introduced to Tycho- Braheskolan staff members & Students.

In the welcome ceremony Dr. Shelat has presented a brief lecture about “**who we are ??**”- Introductory lecture. Dr. Shelat has gifted – “ Charkho – a symbole of freedom fight by Gandhji” to Mrs. Anette Lilja for school and he also explained brief about it. Mrs. Arpita Parekh has delivered a lecture about Dinsha Patel College of Nursing with a short video presentation.

Students were distributed in different groups with Swedish students for close interaction with each other.

In the afternoon Mr. Alfred, a student of Tycho- Braheskolan presented about his adventurous trip.

Day 3: 22/09/15 (Tuesday)

In the morning session We visited Gorton centre and different departments like emergency, demonstration room, trauma department, disaster management etc. In demonstration room they performed different procedures like C.P.R, I.V. infusion, Airway insertion, intubation etc. In the afternoon Mr. Dannial has explained detail about Ambulance & its services. We have also seen Ambulance inside-out, equipments and its emergency use.

After that Indian student - Ms. Niyati patel has presented about road traffic accidents & incidence in India & Mr. Narius has presented Road traffic Rules & regulation in India. Same way Ms.Ebba & Ms. Jemmen has discussed same topic about Sweden Road traffic accident & incidence. She also presented a video for it.

Day-4: 23/09/15 (Wednesday)

On this day in the morning we visited “**Youth Centers**” accompanied by Mrs. Marie –Louise. We were introduced to Ms. Maria who was In-charge and councilor of youth center. She explained details about objectives, purposes & function of youth centre. At youth centre we were also introduced to a nurse and midwife & they arranged small quiz on “KAHOOT” for students related to psycho-sexual questions.

In the afternoon Indian students learned to bake cinnamon buns with the help of Swedish student.

After that Indian Students performed yoga and also taught to the students and teachers.

Day-4: 24/09/15 (Thursday)

On this day in the morning we went to city hall with Mrs. Ulla carin, Mrs. Ase, Mrs. Marie Louse & Mrs. Cherlotta. At city hall we meet deputy mayor; she explained about history of the city & explained all the glass painting. There we have gifted memento to mayor office – “The symbol of love –Taj Mahal”.

In the afternoon we visited “**Short Term Accommodation Center**” with Mrs. Susanne. We were introduced to manager and she explained detail about short term accommodation center & its facility.

At the end we had fika over there and we departed from the centre.

In the evening we were invited for the party in which we enjoyed Indian food, Magic show and we meet Ex- students of Tycho- Braheskolan who have visited India in 2013-14.

Day 5: 25/09/15 (Friday)

We were taken for visit to NSR –Recycle centre with Mrs. Ulla carin Ericson. At there Manager has explained about NSR Unit work and function pattern. We have watched small film over there about how they collect wastes and how they doing recycling collected waste from the city. It was very nice to learn more & more about sustainability.

Day 6: 26/09/15 (Saturday)

On this day we visited Ven –island with Mrs. Ase, Mrs. Marie Louise & Swedish students. We visited Tycho- Brahe Museum & Medicine garden. It was very natural and beautiful place & we enjoyed a lot.

Day 7: 27/09/15 (Sunday)

On this day Indian students went with Swedish students to Vala Centrum for shopping.

Two teachers were invited by Mrs. Ulla carin for personal visit to Malmo & Lund cities. We took an overview of the Beautiful University campus at Lund & also seen the Dom. We were amazed to learn about the **sustainable colony** at Malmo near **Turning Torso**.

Day 8: 28/09/15 (Monday)

On this day Indian students presented their work on vaccination programme, Infectious diseases -Rabies, Malaria, HIV/AIDS & Tuberculosis.

Students participated in group discussion on Indian culture & Western culture on various themes. Swedish students had also actively participated.

Indian students also displayed posters for presentation.

In the evening we have performed Indian traditional dance –Garba.

We have also enjoyed Swedish Folk dance. We enjoyed a lot and real cultural exchange done on this day.

Day: 9 29/9/2015 (Tuesday)

The day started with lots of information about Health care delivery system in India by Dr.Shelat's presentation. It was very interactive presentation and we came to know about Sweden health care system also. Afterwards the students had group discussion on vaccination programme.

In the afternoon Ms. Vidhi Patel presented her work on **Rehabilitation Of Strock Patient**. After that students were taken in demonstration room for different types of procedures & techniques for stroke patient.

Day: 10 30/9/2015 (Wednesday)

We visited **Sommor Sol Rehabilitation Center**. There we have visited different departments like physiotherapy, occupational therapy & recreation therapy.

From there we went to the Kullberg centre which was a natural recourse & we saw aquatic animal.

Day : 11 1/10/2015 (Thursday)

The day started with presentation on “**Sustainability At DPCN**” by Mrs. Arpita Parekh. Students were distributed in different groups for sustainability activity and students have watched film on sustainability “**The banana.**”

In the evening We invited 5 teachers to cityvandrahemmet for Gujarati Dinner and it was really nice gathering over there.

Day :12 2/10/2015 (Friday)

We started a day with Gandhi jayanti celebration - 2nd October is the birthday of Mahatma Gandhi.

We were invited for farewell ceremony - Swedish teachers & we share our experience of exchange program and it was quite emotional moments for both of us.

They gave us certificate with album as a memory.

Indian students have tied a friendship belt to Swedish students and gave small gift as a token of friendship.

Day: 13 3/10/2015 (Saturday)

It was day for departure. Early morning 3 teachers came in the morning with car to pick up us. They stayed there till the train started. It was very emotional moment for all of us to say good bye.

We reached Copenhagen airport with lots of good memory & knowledge.

Day:14 4/10/2015

Early in the morning we reached Ahmedabad airport where our bus was waiting to take us at home town, Nadiad.

Thus our 2 weeks exchange was successfully completed.

Conclusion:

India and Sweden are geographically very diverse countries.

There is lots of diversity in cultural, social & economical conditions which affect the disease pattern & treatment facilities.

But with all the diversity we also experienced many similarities like attitude to learn, welcoming nature, care & support towards students.

And because of these qualities the exchange program was a great success.

We learnt lots about sustainability, care of disable person & rehabilitation.

We also shared our experience of infectious diseases & Road traffic accidents.

We exchanged knowledge on vaccination in both the countries.

It was very good knowledge exchange on nursing & medical subjects by different modalities like lectures, poster presentation, group discussion & visits of relevant places. And that made the learning stress free & joyful.

As it was also the cultural exchange, it added fun, friendship & sentiments to the success of the program.

In brief the entire exchange program was very productive and informative for the students.

We are looking forward for the further exchange on these subjects in January 2016 when Teachers & students will visit India

We are very much thankful to **Tycho- Braheskolan** for inviting us for this exchange program.

We are very thankful to **Athena agency** for providing opportunity for this exchange program.

We are looking forward to explore many more subjects under this exchange program in coming years.

DINSHA PATEL COLLEGE OF NURSING, NADIAD

ISMEP Report - 2016

(From 10/01/2016 to 23/01/2016)

Day: 1

- After a long traveling all from Sweden to India Swedish delegates received by Vice Principal Mrs. Arpita Vaidhya, one faculty and two students at Ahmedabad airport.
- The guests were welcomed at hotel by Dr. B. H. Shelat (Director, DPCN) and Mr. Virendra Jain (Principal, DPCN)
- After some rest a visit to church was planned at 4 pm.
- At evening dinner with Dr. B. H. Shelat and Mr. Virendra Jain was arranged at Aquino's Hotel Nadiad.

Day: 2

- Welcome of Swedish delegates planed at College Campus of DPCN with Management, Faculties of DPCN, J. S Ayurvedic College in the presence of Dr. DigvijaySinh Gohil (Syndicate member Gujarat University) followed by opening of "Tychohrahe Youth Centre" at College by Ms. Charlotta Vice Principal.
- After that orientation of college, newly build Kundanben Dinsha Patel Hostel and Mahagujarat Hospital were planned for Guest.
- Swedish guest dinner was planned with management members, some faculties and students of DPCN at Shri. Anup Desai sir's (Secretary, MMS) Farm House.

Day: 3 kite festival Date: 12/01/2016

- Morning 9 am went to Ahemdabad for visit kite festival.
- We went to Gurjari shop for traditional things.
- Then we had lunch and went to Sabarmati Ashram, Ahmedabad.
- Afternoon 3 Pm we went to Alfa Mall for shopping.
- 8 Pm we had all dinner at Barbiquenation Ahmedabad.

Day: 4

- Start with divine work that is "Blood Donation Camp" at DPCN campus with the help of sister institute of Mahagujarat Medical Society total 87 donor donate blood on blood donation camp.
- Swedish delegates and Faculty of DPCN lunch was arranged together to greet person to person and improve interaction between all was very helpful.

Day: 5

- As a part of cultural exchange a visit to Santram temple and surrounding as well as visit to Shrimad Rajchandra Memorial was planned.
- In evening conventional kite flying enjoyed at Mr. Desai's house followed by dinner.

Day: 6

- It was an academical rich day with the lectures of Ms. Cherllota and Swedish Student Ms. Marina on syllabus of Tychobrahe and about Tychobrahe respectively and Mrs. Sonal Patel delivered lecture on parasitic infection Followed by meeting with all faculty members for Swedish Language learning and that was very useful.
- Later in Evening there was Domestic kite flying enjoyed at college terrace with terrace party and dinner.

Day: 7 (Hospital Visit)

- Start with visit to Santram Eye Hospital and Physiotherapy centre – managed by Santram mandir charitable trust having daily OPD of 600 patients and 250 IPD at Santram Eye Hospital and 70 IPD patients at Physiotherapy centre.
- Well constructed hospital and Physiotherapy centre with 2 floors, having administrative block, more than 20 OPD rooms, Pharmacy Department, Laboratory area, 7 Operation theaters and five huge wards at Santram Eye Hospital.
- Santram Physiotherapy centre consist of cerebral palsy department, _____
- Followed by the visit to MPUH – Kidney Hospital, Big institute for treated diseases related renal.
- Kidney hospital consist administrative block, various IPD rooms, ICU, Radiological departments, cafeteria, Operation theatre and big Dialysis department.

Day: 8

- On this day morning Dr. Shelat took them for visit to "Vadtal temple" and simple lunch was offered at Vadtal.
- In the evening countryside party and dinner was hosted by Ms. Anushka at vaso.

Day: 9

- It was again an academical rich day with the lectures on road traffic accident, Ikea, famous Swedish inventor, famous soccer player and dogs in Sweden by Ms. Ebba, Ms. Jemen, Ms. Evlina, Ms. Matilda, Mr. Yaser and Ms. Frida respectively.
- Later in afternoon there was visit to Orphan age home (Hindu anath Ashram) around 12 noon
- Orphan age committee members welcomed whole group and introduce brief about working pattern facilities for children living over there.
- Around 12.30 pm they offered for lunch, which was traditional Indian food and also visited children's dining hall.
- After that we have taken round to orphan age home and visited children's room, their play ground, washing and study area, computer lab, library and very huge picture gallery consist of very old ancient painting of freedom fighter who visited orphan age home in early days.
- Followed by visit to newly inaugurated Dinsha Patel Planetarium, visited picture gallery of space and scientist with detail explanation.
- Than we have seen show at planetarium which was about life on moon and effect of sun on earth. This was very nice and informative.

Day: 10

- It was a Cultural rich day: "annual day" was celebrated in DPCN campus.
- Morning 10 am ceremonial function starts in the presence of Ms. Jasuben Patidar (Registrar, Gujarat Nursing Council).
- Followed by various cultural programs like theme based dance, bhagara, Garba, Patriotic etc with Fashion show where Students of DPCN were participated. Ms. Ebba (Swedish Student) sang a Swedish song during cultural program.
- In the evening dinner party was hosted at Farm house of Ms. Disha at Chakalasi.

Day: 11

Ayurvedic college visit

- This day start with visit to our sister institute J. S. Ayurvedic College, hospital and pharmacy department.
- Mr. Pradeep U. Vaishnav (Principal, J. S. Ayurvedic College) take charge for visit.
- As Ayurveda is an ancient time of treatment according to that hospital infrastructure is made. Hospital consist different OPD departments, various IPD rooms, special rooms, special treatment area of "PANCHKARMA". Ayurvedic Hospital provides treatment for foreign patients.
- Ayurvedic hospital has its own pharmacy department and garden for medicine plants. They prepare Ayurvedic medicine by their own.
- Lastly at Ayurvedic campus we visited Ayurvedic College with good infrastructure consist of various class room, big Library, staff room etc. Lastly Ayurvedic Food prepared in Ayurvedic Canteen was served.

Day: 12

- The day started with birthday celebration of Mr. Virendra Jain
- Morning 10am there was a visit to Old Age Home- Pij

Brief about old age Home-

- 2 floor building with total 20 rooms and 2 dormitories with capacity of 60-80 older people. There are total 40 older people with staff. They do various activities like bhajan, morning walk, celebration of festivals etc. They do Lunch at 11 am and dinner at 7pm and after 9pm they can go for sleep.
- After briefing the old age home by warden we left to talk with older people. Older people shared their view, problems, facilities provided to them, daily schedule etc with visitors and vice versa.
- Visitors wishes to listen bhajan and older people wises swedish song. After sharing view by visitors we left from old age home at 12.15pm. Visit was very helpful and informative.
- In the evening dinner was hosted by Mrs. Arpita Vaidhya for Faculty and students went to MC Donald.

Day: 13

- The day started with lecture on Health care delivery system in Sweden and Life style disease by Ms. Charlotta, Ms. Ase Bygrene and Ms. Marie Luiece.
- Ms. Ase Bygrene presented lecture on life style disease condition like Hypertension, Coronary Artery Diseases, Diabetes Mellitus.
- There was good bye ceremony presided by Mr. Anup desai (Secretary, MMS). There was concluding comments from director Dr. B.H.Shelat and Ms. Cherlotta and it was considered as a very successful programme.



