



**Concluding Comments on visit by two teachers and three students from
Dinsha Patel College of Nursing, Nadiad, Gujarat, India
to Tycho- Braheskolan, Helsingborg, Sweden under
Indo- Sweden Mutual Exchange Program: 2019-20.
Duration from: 18/05/2019 to 01/06/2019**

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 Mrs. Dhara Vyas, Ms. Shefali Makwana & three students have visited Tycho- Braheskolan and exchange their knowledge.

Objectives:

- To explore the new dimension in regarding child care in terms of immunization, nutrition in children, accidents in children's and habits of children.
- To enhance the knowledge about child health care that is regarding Juvenile Diabetes, Diarrhoea, Pneumonia.
- To increase the knowledge disable children in India and in Sweden
- To develop the skill regarding communication to children

Material & Method:

The teachers and students have used various methods such as lecture cum discussion, group discussion, demonstration, field trip with the use of audio visual aid.

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

Name of Teachers from DPCN:

1. Mrs. Dhara Vyas – Assistant Professor
2. Mrs. Shefali Makwana –Senior Nursing Tutor

Name of Students :

1. Patel Prachi – 3rd year B.Sc.(N)
2. Patel Shruti – 3rd year B.Sc.(N)
3. Macwan Aesha – 2nd year B.Sc. (N)

Report

Day 1: 18/05/2019 (Saturday)

On 18th May, 2019 around 19:00 we reached at Copenhagen Airport. At Airport Mrs. Charlotta Thorbjornsson and Ms. Anneli Lilsjo Andersson came to receive us. From there, we travelled by train, had dinner at Macdonald near railway station, Helsingborg and reached to Cityvandrahemmet Helsingborg around 22:30.

Day 2 : 19/05/19 (Sunday)

Mrs. Charlotta Thorbjornsson and Ms. Anneli Lilsjo Andersson picked up us at 10:00 from hostel and went for Sighting Helsingborg. We have visited all streets around hostel and discuss about all places, buildings and its history. We went on seaside, Dunker and shopping malls. Teachers have accompanied us for whole day. Mrs. Charlotta Thorbjornsson have given 2 transportation cards and 1000/- Krona (Swedish).



Day 3: 20/05/19 (Monday)

Ms. Anneli Lillsjö Andersson and three students came at 8:00 to pick up us at hostel. We reached at nearer bus stop and went to Tycho- Braheskolan in 4 numbered bus. The station name is Olympia. We are allotted teachers room and Students room. They have decorated boards, tables entrance with Indian traditional items and flag of both the countries. They have displayed the photographs of each exchange.

At 9:00 we went for welcome ceremony hosted by Ms. Anette Lilja, Rektor, Tycho- Braheskolan. She has delivered a welcome speech and also give a warm regards to dignitaries of Mahagujarat Medical Society and Dinsha Patel College of Nursing family. Ms. Anette Lilja has welcomed us with roses and kit. After that Mrs. Dhara Vyas has given a gift (Statue of Unity) from Dinsha Patel College of Nursing to Tycho- Braheskolan.

At 9:30 Mrs. Dhara Vyas has delivered a lecture on “who are we”. At 10:00 we had a meeting and mingle session in staffroom. All India delegates has given self introduction and we had a communication regarding two different countries.

At 11:00 we had an orientation of school by Ms. Anette Lilja, Rektor, Tycho- Braheskolan.

At 12:00 we went at canteen for lunch. All the staff involved in exchange program had accompanied us. On that day they prepare only Vegan Diet.

At 13:00 Mrs. Shefali Makwana has represented DPCN, Gujarat, India.

Swedish students has presented Helsingborg, Skane and Sweden. They have included history and common things at Sweden.

At 15:00 “Fika” and debriefing by ISMEP-2019 team

At 18:00 we went to Varshaben House (Indian Family) for dinner



Day 4: 21/05/19 (Tuesday)

At 09:00 Ms. Anneli Lilsjo Andersson and students picked up from hostel and we visited Youth Health Centre. They have delivered a lecture on facilities and activities of Youth Centre. Also describe some cases and problems of youth. They have informed regarding www.umo.se . We have discussed the status of youth regarding reproductive health, sexuality, laws, belief in both of the country.

At 11:45 we had lunch at school

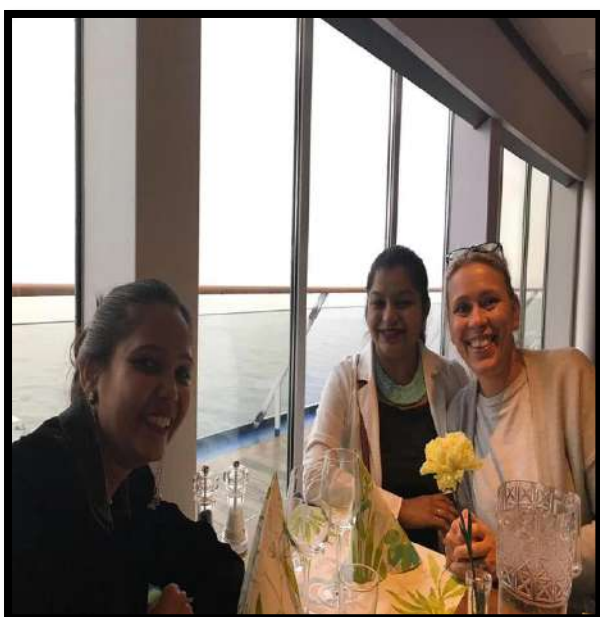
At 12:30 Ms Gunilla had delivered 15 minutes lecture on stress management and use of mobile. After that she has Discussion on Teen of Country in terms of effects of technology, social media and psychosocial issues. There are three groups with one Indian and one Swedish student of ISMEP-2019.

At 14:00 Ms. Dhara Vyas has delivered a lecture on IMR, reasons and steps taken by Government of India in the class of nursing students.

At 15:00 Debriefing in staffroom

At 18:00 There was a dinner of students from India and Sweden in one restaurant near to hostel. The teachers from India and Sweden and principal had dinner to gather at Ferry.





Day-5: 22/05/19 (Wednesday)

On this day in the morning we went to city hall with Mrs. Marie Louse & Mrs. Charlotta. At city hall we met mayor; she explained about history of the city & all the glass painting. There we have gifted a bouquet of flowers.

We had lunch at Macdonald

At 13:00 Mrs. Dhara Vyas has delivered a lecture on National Health Program for Infant and toddler. Mrs. Prachi Patel has delivered a lecture on Recipes for Infant and Toddler in India. Mrs. Shruti Patel has presented Immunization Program in India.

At 15:00 Mrs. Shefali Makwana has delivered a lecture on India, Gujarat and DPCN. Mrs. Dhara Vyas has delivered a lecture on Living and working in India work opportunity.

At 16:30 Debriefing

Dinner at Hostel



Day-6: 23/05/19 (Thursday)

At 09:00 Ms. Marie-Louise picked up us from hostel and we reached at Bus stop. We went to Ven Iceland with Ms. Marie-Louise, Ms. Susanne and VO2 class students. We visited Tycho- Brahe Museum & Medicine garden. The guide has described the biography of Tycho. It was very natural and beautiful place. We walked around the Iceland and it was great experience.

At 19:30 we invited all the involved staff at hostel for dinner and prepared Indian Recipes.



Day-7: 24/05/19 (Friday)

At 10:00 visit to Oresundsboden- Disable center, they have provided the information regarding activities and law for disable in Sweden. They have organized each day schedule with picture for each individual disable. There are total thirteen disable working in that center.

At 11:15 Indian and Swedish students have discussed and preparing a presentation regarding support for the disable in both the countries.

At 12:05 lunch at school

At 12:40 Indian and Swedish students have presented regarding support for the disable in both the countries.

At 14:00 debriefing. After that library visit at school.



Day-8: 25/05/19 (Saturday)

Ms. Anneli Lilsjö Andersson and three students came to hostel and we picked up Bus No. 8 for Vala. Mrs. Charlotta Thorbjörnsson also accompanied us in shopping with all helpful warm touch.



Day-9: 26/05/19 (Sunday)

At 10:00 we visited church near to hostel and had lunch at Macdonald.

At 15:00 we went for Sofiero Castle with Mrs. Charlotta Thorbjornsson Ms. Anneli Lillsjö Andersson and three students. The guide has described about king and queen of the castle. There was a beautiful garden with various plants.



Day-10: 27/05/19 (Monday)

At 09:50 Mrs. Shefali Makwana has delivered a lecture on India, Gujarat and DPCN. Mrs. Dhara Vyas has delivered a lecture on Living and working in India work opportunity.

At 10:30 Indian students performed Yoga. Swedish students have participated in it. Ms. Aesha Macwan has instructed the group of students.

At 11:50 lunch at school

At 13:30 we went for visit to Neonatal Intensive Care Unit at Government hospital of Helsingborg. Ms. Anneli and Ms. Maria guided us. Many new things we learnt in NICU. They have applied all trends in the practical setting.

At 15:00 Debriefing



Day-11: 28/05/19 (Tuesday)

At 9:00 there was a catastrophe exercise with the students of TVO3. Ms. Malin has organized nine station with different case of emergency patient. Other teaches are also involved as patient in this exercise.

At 14:00 debriefing

At 18:00 there was party at School. They have invited musician. We have performed Indian and Swedish traditional dance. They have also invited the students and faculties who were participated in previous exchange. The party has been ended with delicious dinner and informative communication among all.



Day-12: 29/05/19 (Wednesday)

At 9:30 Mrs. Shefali Makwana has delivered a lecture on Top ten causes of mortality in children.

At 10:00 Mrs. Dhara Vyas has delivered a lecture on Prevention of Accidents in Children.

12:00 lunch at school

12:40 Mrs. Prachi Patel has delivered a lecture on Recipes for Infant and Toddler in India. Swedish students have delivered lecture on food for infant. Mrs. Shruti Patel has presented Immunization Program in India. Swedish students have delivered lecture on immunization in Sweden. Mrs. Shefali Makwana has delivered a lecture on Top ten causes of mortality in children. Swedish student have delivered Cause of Infant Mortality in Sweden. There are no more differences in food and immunization. But India has high mortality rate in compare to Sweden because of various factors.

15:00 Debriefing

Farewell ceremony hosted by Mrs. Charlotta Thorbjornsson. The school has presented gifts for three students and two teachers. The Lunds University also provided a kit for all five Indian delegates. Indian students has given welcome cards to Swedish students.



Day-13: 30/05/19 (Thursday)

At 9:00 Ms. Charlotta Thorbjornsson and Ms. Anneli Lilsjo Andersson came at hostel then we visited Kronborg Castle at Denmark. Ms. Anneli Lilsjo Andersson has describe the story of Hemlet. We had lunch at ferry and went back to hostel.

At 14:00 Ms. Charlotta Thorbjornsson and Ms. Malin picked us from hostel and we went to Ms Malin's home for Fika. We had communication of two different country with all the family members and shared our precious experiences. Ms. Malin and her husband dropped us back to hostel.



Day-14: 31/05/19 (Friday)

At 10:00 Ms. Ulla Carin Erikson and Ms. Elizabeth has brought us to seaside walk at oresundstak. We had watched animals over here. We had lunch at seaside with communication of travelling and countries.



Day-15: 01/06/19 (Saturday)

At 10:00 we had check out from room. We had a meeting with Ms. Anette Lilja, Rektor and Ms. Charlotta Thorbjornsson. We had communicated regarding certificate, our travelling and next visit to India in January 2020.

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 enthusiasm to learn, welcoming nature, care & support towards students. That makes the exchange program was more successful.

We learnt lots about problems of youth and youth center, care of disable person & emergency care. We exchanged knowledge on vaccination food and national health program for children in both the countries.

It was great exchange of knowledge regarding nursing & medical subjects by different modalities like lectures, group discussion & visits of relevant places which makes the learning stress free & joyful. This exchange is about professional skills, especially in healthcare for children and youth, cultural exchanges, language development, and global understanding.

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 2020 when Teachers & students will visit India. We will be very much thankful to Tycho- Braheskolan for inviting us for this exchange program.

We are very thankful to Atlas agency for providing opportunity for this exchange program. We are looking forward to explore many more subjects under this exchange program in coming years.



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