



WORKSHOP ON

Health Assessment And Clinical Examination

27th April, 2026 to 2nd May, 2026

At Mother Teresa Auditorium, HCN

**Organised by Nursing Foundation Department
Himalayan College of Nursing, SRHU**

ORGANIZERS

Secretary

Ms. Shivangi Hemdan

Chairperson

Prof. (Dr.) Harleen Kaur

Principal

Prof. (Dr.) Sanchita Pugazhendi

OBJECTIVES OF THE WORKSHOP

- To understand the principles and importance of health assessment in nursing practice.
- To develop skills in history taking and effective patient communication.
- To perform general physical examination using standard techniques (inspection, palpation, percussion, auscultation).
- To assess vital signs and conduct basic system-wise examinations.
- To identify normal and abnormal findings and document them appropriately.

Schedule for Health Assessment Module (Theory)

DATE: 27TH APRIL, 2026 TO 29TH APRIL, 2026

DATE: 27TH APRIL, 2026

Time	Topic	Resource Faculty	Hours
8:00 AM - 9:00 AM	Welcome Address, Topic Orientation & Pre Test	Ms. Shivangi Hemdan, Assistant Professor	2 hr.
9:00 AM - 10:00 AM	Health Assessment: Introduction, Definition Purposes & Terminologies	Dr. Harleen Kaur, Professor & HOD, Nursing Foundation Dept.	
	Preparation of Patient and Unit	Ms. Himani Kala Nursing Tutor	
10:00 AM - 11:00 AM	Methods / Techniques of Health Assessment: Inspection, Palpation, Percussion & Auscultation	Mr. Suresh Chander Nursing Tutor	1 hr.
11:00 AM - 11:30 AM	TEA BREAK		
11:30 AM - 12:30 PM	History Collection	Mr. Kshitij Nawani Nursing Tutor	1 hr.
12:30 PM - 1:30 PM	Assessment of Mental status, Anthropometric Measurement and Vital signs	Ms. Aditi Bahuguna Nursing Tutor	1 hr.
1:30 AM - 2:30 AM	LUNCH BREAK		
2:30 AM - 4:30 PM	A. General Health Assessment: Head to Toe	Ms. Shivangi Hemdan Assistant Professor	2hr.

DATE: 28TH APRIL, 2026

Time	Topic	Resource Faculty	Hours
	B. Systemic Health Assessment		
8:30 AM - 10:30 AM	Assessment of Male and Female Genitourinary System	Dr. Kumar Pankaj Assistant Professor, Urology Dept. - HIMS	2 hr.
10:30 AM - 11:30 AM	Assessment of Reproductive System including Breast and Axillae Examination	Ms. Simran Kandwal Nursing Tutor	1 hr.
11:30 AM - 12:00 PM	TEA BREAK		
12:00 PM - 1:30 PM	Assessment of Cardiovascular System	Dr. Chandra Mohan Belwal Associate Professor Cardiology Dept. - HIMS	1 hr. 30 min
1:30 PM - 2:30 PM	LUNCH BREAK		
2:30 AM - 4:30 PM	Assessment of Nervous System (Neurological)	Mr. Deepanshu Saini Nursing Tutor	2 hr.

DATE: 29TH APRIL, 2026

Time	Topic	Resource Faculty	Hours
8:30 AM - 10:30 AM	Assessment of Gastrointestinal System	Ms. Himani Kala Nursing Tutor	2 hr.
10:30 AM - 11:30 AM	Assessment of Eye and ENT	Ms. Neha Pal Nursing Tutor	1 hr.
11:30 AM - 12:00 PM	TEA BREAK		
12:00 PM - 1:30 PM	Assessment of Respiratory System	Dr. Rakhi Khanduri Professor and HOD, Respiratory Medicine Dept. - HIMS	1 hr. 30 min
1:30 PM - 2:30 PM	LUNCH BREAK		
2:30 AM - 3:30 PM	Assessment of Integumentary System	Ms. Varsha Rawat Nursing Tutor	1 hr.
3:30 AM - 4:30 PM	C. Documentation	Ms. Shivangi Hemdan Assistant Professor	1 hr. 30 min
4:30 AM - 5:00 PM	Post Test & Feedback		

DATE: 30TH APRIL, 2026 to 2ND MAY, 2026

8:30 AM - 4:30 PM	Hands-on skill
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Himalayan College of Nursing
Swami Rama Himalayan University
Programme: BSc.Nursing 2nd Semester
Subject: Nursing Foundation II
Schedule for Health Assessment Module (Clinical)

Date: 30.04.2026 to 02.05.2026			Venue: Skills & Simulation Center of Excellence		
Groups	Date and Time				
	30.04.2026	Groups	01.05.2026	Groups	02.05.2026
	08:30am to 4:30pm		08:30am to 4:30pm		08:30am to 4:30pm
1 to 14	General Health Assessment Mr.Suresh Chander	84 to 98	Musculoskeletal and Integumentary Mr.Kshitij Nawani	169 to 182	Reproduction, Urology Ms.Simran
15 to 29	Neurological Examination, Eye and ENT Mr.Deepanshu Saini	99 to 112	General Health Assessment Mr.Suresh Chander	183 to 196	Musculoskeletal and Integumentary Mr.Kshitij Nawani
30 to 43	Respiratory and Cardiology Ms.Aditi Bahuguna	113 to 126	Neurological Examination, Eye and ENT Mr.Deepanshu Saini	197 to 210	General Health Assessment Mr.Suresh Chander
44 to 57	Gastrointestinal Ms.Himani Kala	17 to 140	Respiratory and Cardiology Ms.Aditi Bahuguna	211 to 224	Neurological Examination, Eye and ENT Mr.Deepanshu Saini
58 to 71	Reproduction, Urology Ms.Simran	141 to 154	Gastrointestinal Ms.Himani Kala	225 to 238	Respiratory and Cardiology Ms.Aditi Bahuguna
72 to 83	Musculoskeletal and Integumentary Mr.Kshitij Nawani	155 to 168	Reproduction, Urology Ms.Simran	239 to 251	Gastrointestinal Ms.Himani Kala
84 to 168	Adult Health Nursing Lab Ms.Priya Pal Ms.Shivangi Hemdan	169 to 251	Adult Health Nursing Lab Ms.Priya Pal Ms.Shivangi hemdan	1 to 83	Adult Health Nursing Lab Ms.Priya Pal Ms.Shivangi Hemdan
169 to 251	Nursing Foundation Lab Ms.Varsha Rawat Ms.Neha Pal	1 to 83	Nursing Foundation Lab Ms.Varsha Rawat Ms.Neha Pal	84 to 168	Nursing Foundation Lab Ms.Varsha Rawat Ms.Neha Pal


Chairperson &
HOD, Nursing Foundation


Principal
Himalayan College of Nursing
Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
Dehradun-248016



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HIMALAYAN COLLEGE OF NURSING
SWAMI RAMA HIMALAYAN UNIVERSITY
Swami Ram Nagar, Jolly Grant, Dehradun



Report on Health Assessment Module

Organizer: Nursing Foundation Department, Himalayan College of Nursing, SRHU

Beneficiaries: B.Sc. Nursing 2nd Semester

Total Number of Beneficiaries: 251

Date: 27/04/2026 to 02/05/2026

Time: 8:30am to 4:30pm

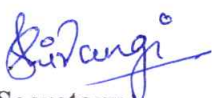
Venue: Mother Teresa Auditorium, HCN and Skill Simulation Excellence Centre, SRHU

The Faculty of Nursing Foundation Department successfully conducted Six-day Workshop on Health Assessment and Clinical Examination for B.Sc. Nursing 2nd Semester students from 27/04/2026 to 02/05/2026 in the Mother Teresa Auditorium, HCN and Skill Simulation Excellence Centre, SRHU. This intensive One-week Module was designed as part of the curriculum to enhance the clinical competencies and hands-on skills of nursing students, laying a strong foundation for their future clinical exposure.

The training program was conducted under the esteemed leadership of Dr. Sanchita Pugazhendi, Principal, HCN, SRHU and the meticulous guidance of Dr. Harleen Kaur, HOD, and Nursing Foundation and Chairperson of this Workshop. The Nursing Foundation Department Faculty along with Faculty of Himalayan Institute of Medical Sciences, SRHU executed the sessions with dedication and efficiency to ensure the students gained comprehensive theoretical and practical experience of Health Assessment. During one week, students were systematically trained in a range of fundamentals of Health Assessment Principles, Techniques in detail Head to toe examination and Systemic examination.

The Module was delivered using a blend of theoretical Lectures and Demonstration in Simulation Lab with real Simulators, to make them experience high level of Learning and Experience. Faculty members provided individual attention and continuous feedback, creating a supportive learning environment that allowed students to ask questions and clarify their doubts. The program was concluded on 02nd May 2026, with a brief feedback session where students expressed gratitude for the hands-on experience on simulators and acknowledged the efforts of the faculty and administration.

Conclusion: The Six-days Health Assessment Module was a fruitful and enriching learning experience that strengthened students' theoretical knowledge and practical skills. It successfully prepared B.Sc. Nursing 2nd semester students for upcoming clinical postings through hands-on training and guided practice. The module achieved its goal of building a strong foundation for competent nursing practice.


Secretary


Principal
Himalayan College of Nursing
Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
Dehradun-248016


Chairperson



Pictures: 1 Ms. Shivangi Hemdan, Assistant Professor, HCN, delivering session on Head to Foot Examination.



Pictures: 2 Ms. Varsha Rawat, Nursing Tutor, HCN, delivering session on History Taking



Pictures: 3 Dr. Kumar Pankaj, Assistant Professor, HIMS, delivering session on Genitourinary system



Pictures: 4 Dr. CM Belwal, Associate Professor, HIMS, addressing & clarifying students doubt during session



Pictures: 5 Dr. Harleen Kaur, Chairperson of Workshop facilitating Dr. Rakhee Khanduri, HOD, Respiratory Medicine, HIMS, SRHU



Pictures: 6 Mr. Deepanshu Saini, Nursing Tutor, demonstrating Neurological Examination



Pictures: 7 Ms. Simran Kandwal, Nursing Tutor, Demonstrating Female Genitourinary System



Pictures: 8 Mr. Suresh Chander Nursing Tutor, Demonstrating Head to Toe Examination



Pictures: 9 Mr. Kishitij Nawani, Nursing Tutor, Demonstrating Integumentary assessment.



Pictures: 10 Ms. Himani Kala, Nursing Tutor, demonstrating abdominal assessment



Pictures: 11 Ms. Aditi Bahuguna, Demonstrating Respiratory Assessment

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Secretary

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