

Report on Two-Day Sadhika Training Programme

Dates: 16th & 17th January 2026

Title: *Sadhika Certification Training Programme*

Introduction

A two-day Sadhika Training Programme was successfully conducted on 16th and 17th January 2026 with the objective of enhancing knowledge and practical skills related to Basic Life Support (BLS), Cardiopulmonary Resuscitation (CPR), emergency identification and referral, and essential preventive and promotive health care practices. The programme aimed to empower participants with basic emergency response skills and improve community-level health awareness.

Day 1 – 16th January 2026

Sessions Conducted

The first day focused on **life-saving skills and emergency management**, with both theory and hands-on demonstrations.

1. Basic Life Support (BLS) and CPR Basics

- Introduction to BLS principles
- Assessment of scene safety, responsiveness, breathing, and pulse
- Adult CPR steps and compression techniques
- Demonstration and return demonstration by participants

2. Emergency Identification and Referral

- Identification of medical and trauma emergencies
- Early warning signs requiring immediate referral
- Role of first responder and importance of timely referral

3. Burns and Minor Injuries

- Types of burns and first aid management
- Care of minor injuries such as cuts, abrasions, and sprains

- Do's and Don'ts in emergency situations

Outcome of Day 1

Participants actively engaged in demonstrations and discussions. They gained confidence in recognizing emergencies, initiating basic first aid, and understanding the importance of prompt referral.

Day 2 – 17th January 2026

Sessions Conducted

The second day emphasized preventive care, hygiene, counselling, and ethical practices.

1. Wound Care and Infection Prevention

- Principles of wound cleaning and dressing
- Prevention of infection through hand hygiene and aseptic practices

2. Ointment Application and Skin Diseases

- Safe application of topical medications
- Common skin diseases, causes, prevention, and care

3. Eye and Dental Care

- Basic eye care practices and prevention of eye infections
- Importance of oral hygiene and basic dental care measures

4. Counseling Skills

- Effective communication techniques
- Counseling for health education and behavior change

5. Care Standards and Ethics

- Importance of standard care practices
- Ethical principles in health care delivery
- Respect, confidentiality, and professional responsibility

Outcome of Day 2

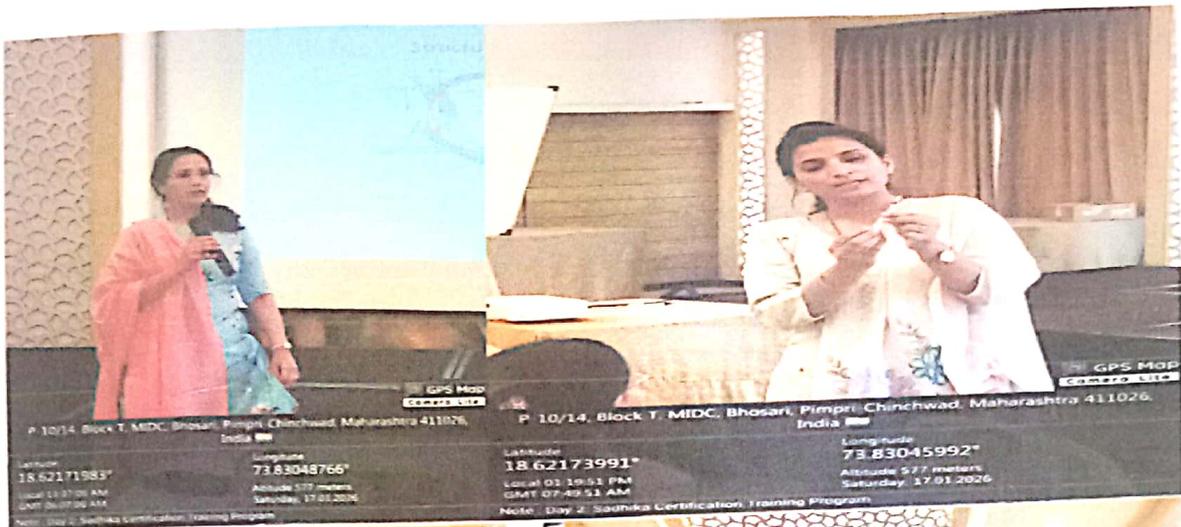
Participants demonstrated improved understanding of preventive health care, hygiene practices, ethical conduct, and counselling skills essential for community health services.

Overall Outcome

- Improved knowledge and skills in BLS, CPR, and emergency care
- Enhanced awareness of preventive health measures
- Strengthened understanding of ethical standards and counseling
- Increased confidence in providing basic first aid and health education

Conclusion

The Two-Day Sadhika Training Programme was highly informative and practical. It successfully met its objectives of strengthening emergency response skills, promoting preventive health practices, and instilling ethical care standards among participants. The programme contributed significantly to building competent and confident first-level health care providers.



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Report on Sadhika Training Programme (Community Health Entrepreneurs)

Organized by:

Bharati Vidyapeeth (Deemed to be University), College of Nursing, Sangli

In collaboration with: Goodwell Foundation, Mumbai

Dates: 16th and 17th January 2026

Venues: Pune, Mumbai, and Lucknow

Bharati Vidyapeeth (Deemed to be University), College of Nursing, Sangli, in collaboration with Collective Good Foundation, Mumbai, successfully organized the Sadhika Training Programme across different cities of India on 16th and 17th January 2026. This initiative was undertaken under the dynamic leadership of Dr. Suresh Kumar Ray, Principal, who envisioned empowering women through structured skill-based training.

The programme was conducted simultaneously in three cities with enthusiastic participation from Sadhikas:

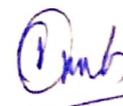
Pune: Mrs. Swati Kurane and Mrs. Sudaivi Kadam trained 50 Sadhikas, focusing on personality development, communication skills, and self-empowerment.

Mumbai: Dr. Dhanaraj Babu and Dr. Sunil Kulkarni trained 50 Sadhikas, emphasizing leadership skills, entrepreneurship, and social responsibility.

Lucknow: Dr. Narayan Ghorpade and Mr. Satish Salvi trained 50 Sadhikas, with sessions on confidence building, life skills, and community engagement.

A total of 150 Sadhikas benefited from the programme across all three cities. The sessions were interactive, practical, and outcome-oriented, enabling participants to gain knowledge, confidence, and motivation to contribute effectively to their families and communities.

The programme concluded with positive feedback from participants and trainers, highlighting its relevance and impact. The organizing institutions reaffirmed their commitment to continuing such collaborative initiatives to promote women empowerment and social development.



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**BHARATI VIDYAPEETH (DEEMED TO BE UNUNIVERSITY) COLLEGE
OF NURSING SANGLI.**

SADHIKA CERTIFICATION PROGRAMME, LUCKNOW

28TH Feb -1ST March 2026

Day 1:

SADHIKA Certification Programme was conducted at Lucknow with the objective of enhancing professional knowledge and practical skills of participants in the field of maternal and reproductive health care.

A two days **SADHIKA Certification Programme** was conducted at Lucknow on 28th Feb and 1st March 2026, with the objective of strengthening the knowledge and clinical competencies of participants in maternal and reproductive health services.

On the first day, the **theory assessment** was conducted through an **online Multiple Choice Question (MCQ) examination**. The examination link was shared with all participants, and they completed the test individually using their mobile phones/laptops within the allotted time.

The online MCQ test assessed participants' knowledge regarding:

- Maternal and reproductive health care
- Family planning services
- Clinical guidelines and protocols
- Infection prevention practices
- Professional responsibilities of healthcare providers

This online evaluation helped in assessing the theoretical understanding of the participants before proceeding to the skill-based training.

Table Viva

After completion of the online MCQ examination, **Table Viva (Oral Examination)** was conducted. Participants were called individually to different tables where experts and faculty members assessed their knowledge through oral questioning.

The table viva focused on:

- Clinical decision making
- Identification of instruments and materials
- Steps of important procedures
- Management of maternal health situations

The viva session provided an opportunity for the examiners to evaluate the **depth of knowledge, critical thinking, and clinical understanding** of the participants.


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The first day of the SADHIKA Certification Programme included **online MCQ theory examination, table viva, and practical training**, providing a comprehensive assessment and learning experience for the participants.

DAY 2:

The **Valedictory Function of the SADHIKA Certification Programme** was organized on the second day at Lucknow to mark the successful completion of the training programme. The programme aimed to acknowledge the efforts of participants and celebrate the successful certification of the trainees.

The function was graced by the **Chief Guest, Om Prakash Shukla**, who presided over the ceremony. The event began with a **warm welcome of the Chief Guest and other dignitaries** by the organizing committee.

During the programme, the organizers Mrs. Manisha (Branch Head) and Mrs Anchal singh (city co-ordinator) highlighted the objectives and outcomes of the SADHIKA Certification Programme and appreciated the active participation of all trainees. A total of **50 participants successfully completed the training and were certified as SADHIKA** after fulfilling the required theoretical and practical assessments.

The **Chief Guest, Om Prakash Shukla**, addressed the gathering and congratulated the participants for their dedication and commitment. In his speech, he emphasized the importance of trained health professionals in strengthening maternal and reproductive health services in the community. He encouraged the newly certified SADHIKAs to utilize their knowledge and skills effectively for the betterment of women's health and community welfare.

Following the guest address, a **feedback session** was conducted where some of the certified SADHIKAs shared their experiences about the training programme. They expressed that the programme was highly informative and beneficial, particularly appreciating the **interactive sessions, practical demonstrations, and supportive guidance from the trainers**.

The valedictory programme concluded with a **vote of thanks**, expressing gratitude to the Chief Guest, trainers, organizers, and participants for making the SADHIKA Certification Programme a great success.

The event ended on a positive note with the commitment of the certified SADHIKAs to apply their newly acquired knowledge and skills in their professional practice and community services.



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