



PUSHPAMANJARI

QUARTERLY NEWSLETTER

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"The best way to find yourself is to lose yourself in the service of others"
-Mahatma Gandhi

Dear all,
The college newsletter PUSHPAMANJARI, is a mirror which reflects the activities organized by Pushpagiri College of Nursing. We aim to light the lamp of comprehensive knowledge, skills and positive attitude towards the nursing service. The achievements of institution as a results of joint venture of our

management, staff and students.

I am glad to say the current newsletter (Vol. 2 Issue.2) is a resourceful publication which reveals the overall college developmental activities, lamp lighting, nurses day celebration, health day observances, SNA & NSS activities and Alumni corner.....

The College of Nursing believes in quality education and well equipped with modern educational technology. Also, we have to adapt, regenerate and posit the college activities for bright future.



Congratulations

Prof. Vineetha Jacob
Newly Appointed Principal



Thank you

Sr. Terese SIC
For the three years of dedicated services at PCON as our Principal



ACTIVITIES AT A GLANCE

INTERNATIONAL SEMINAR ON CAREER OPPORTUNITIES OF MENTAL HEALTH NURSING

Pushpagiri College of Nursing and NAVIGO Health and Social Care, Weelsby View Health Centre, Grimsby, United Kingdom organised an International Seminar on “Career Opportunities of Mental Health Nursing and Student Exchange Programme –An Indo-UK Collaboration” on 22 April, 2022. Dr. Roy Abraham Kallivayalil, Professor & Head, Dept. of Psychiatry, Pushpagiri Institute of Medical Sciences was the chief guest of the programme. Mr. Mike

Reeve, Deputy CEO, NAVIGO Health and Social Care CIC expressed his ideas on student exchange programme between Pushpagiri College of Nursing and NAVIGO, U.K. Dr Lokesh Aresh, Consultant Psychiatrist and Joint College Tutor, NAVIGO Health and Social Care CIC, Dr Joji Kuriakose Consultant Psychiatrist and Joint College Tutor for NAVIGO also participated.



LAMP LIGHTING CEREMONY 2022

The lamp lighting ceremony for the 19th batch of B.Sc. Nursing students of Pushpagiri College of Nursing(PCON) was held on 7 June, 2022, between 9am to 10am. The ceremony commenced at 9am with the prayer song and Bible reading by 1st year BSc nursing students. Mrs. Renjini Devi, Vice Principal (Academics), PCON, welcomed the gathering, Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri Group of Institutions, gave a message and blessed the students. Prof. Mrs. Vineetha Jacob, Principal, PCON, addressed the students and emphasized the importance of acquiring knowledge and skill. 75 students received the lighted lamps and took the Nurses’ pledge.



SYSTEMATIC REVIEW TRAINING PROGRAM BY JBI, AUSTRALIA



Pushpagiri Centre for Evidence Based Practice in collaboration with Joanna Briggs Institute, Australia organized a 5 day Comprehensive Systematic Review Training Program at Pushpagiri College of Nursing on May 17-19, June 6th and 7th from 9am to 4pm for 10 members. 5 faculties and one PG student from Pushpagiri College of Nursing had the opportunity to attend the same. Dr. Sarita Susan Varghese MD, Dept. of Community Medicine, at Believers Medical College Hospital, Former faculty of PIMS & RC and Systematic Review trainer of Pushpagiri Centre for Evidence Based Practice (PCEBP), trained at JBI was the resource person. The sessions were well-organized under the enthusiastic leadership of Dr. Elsheba, Incharge of PCEBP and she was assisted by Mrs. Jisha Mary George, Faculty, Pushpagiri College of Nursing.

NURSES DAY CELEBRATION



Pushpagiri College of Nursing and its Student Nurses Association (SNA) unit observed International Nurses day on 12 May, 2022. Sr. Mary Jyothi OSS, Vice Principal (Administration), unfolded the Theme of Nurses Day 2022, “Nurses-a voice to lead: Invest in Nursing and respect right to secure global health.” Prof. Renjini Devi S., Vice Principal (Academics) gave a message on Nurses day. Bhima Jewellery, Thiruvalla had joined in the conduct of the event, appreciated the nurses for their services and sponsored cake & sweets on the same occasion.

PTA MEETING

1st year PTA meeting for first semester BSc Nursing students was conducted on 18 June, 2022 at 1.00 pm. Meeting began with a silent prayer and Mrs. Renjini Devi S., Vice Principal (Academics), PCON welcomed the gathering. Rev. Fr. Aby Vadakkumthala, Director-Institutions, delivered the presidential address, Sr. Mary Jyothi OSS, Vice Principal (Admin.), PCON lead the open discussion and Prof. Mrs. Vineetha Jacob, Principal, addressed the gathering sensitizing parents about Quality assurance efforts, and responded to all the queries raised by the parents. Vote of thanks was proposed by Mrs. Shibi Mariam, first year class co-ordinator.



JOURNAL CLUB

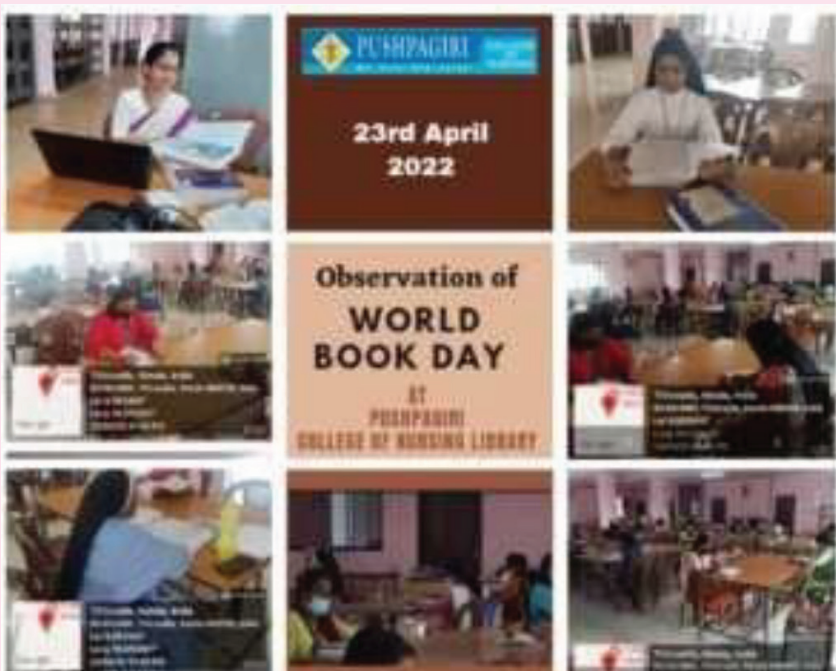
Journal club was conducted on 08th April 2022, by CNE cell of PCON. Mrs Shibi Mariam and Mrs Asha Ashok, faculty, presented the journal articles on “Health related QOL of children with Congenital Adrenal Hyperplasia- A mixed method study” & “A Study to assess the impact of yoga therapy on stress level among nursing students in selected college of Nursing, Vallah, Amristar, Punjab” respectively.

Further, Mrs Jeena Kunjachan presented an article on “Effect of Web based Concept mapping education on students ‘concept mapping’ and critical thinking skills, a double blind, randomized controlled trial study” on 28th April 2022; and Mrs. Mathew Soney presented on “Case study analysis as an effective teaching strategy: perceptions of undergraduate nursing student from a middle eastern country” on 14th June 2022.



WORLD BOOK DAY 2022 OBSERVED

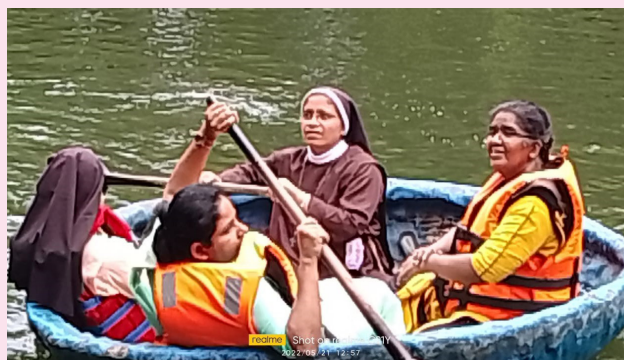
Faculty & students of Pushpagiri College of Nursing, Tiruvalla, observed the Day by spending some time together reading in the library on 23 April, 2022.



JBI GLOCAL SOLUTION ROOM

The idea of ‘JBI Glocal Solution Room’ is to connect with people locally to move evidence-based interventions into practice and provide peer support advice on pressing issues. The event was organized by Pushpagiri Centre for Evidence Based Practice (PCEBP) on 9th June 2022 via Google meet from 1.30pm to 4pm and faculty from the Pushpagiri College of Nursing actively participated in the same. Sr. Mary Jyothi OSS, a core team member of PCEBP and faculty of Pushpagiri College of Nursing joined in hosting the session.

STAFF TOUR



Staff tour on 21st May 2022 to Mango Meadows Kadurthurthy, Kottayam District



PCON CELEBRACIO

Monthly Staff Gathering organized by staff welfare committee of PCON (celebration of 3 wedding anniversaries, 13 birthdays and 2 retirements) was held on 13th May 2022.

DEPARTMENTAL ACTIVITIES

INTERNATIONAL DAY OF FAMILIES



International day of Families is celebrated on 15th May every year. The Departments of Child Health Nursing and Mental Health Nursing jointly organized two sessions for the B.Sc. Nursing students on 20 May, and 4 June, 2022. The resource person was Fr. Dr. Roy John Anjilimoottil PhD anthropology, MA psychology, Former Director of Family Apostolate, Archdiocese of Thiruvalla, External faculty and student counsellor at PCON.

WORLD HYPERTENSION DAY



BP checking Campaign was conducted by MSc 2nd year students at Urban PHC Kavumbhagom in view of World Hypertension day on 17 May, 2022. The program was jointly organized by Departments of Medical Surgical Nursing & Community Health Nursing.

DEPARTMENTAL JOURNAL PRESENTATION

Child Health Nursing Department of Pushpagiri College of Nursing conducted a departmental journal club presentation on 18 June, 2022 at 3 pm. Ms. Roshin Siby, Asst. Professor, Child Health Nursing presented on the journal article, 'Understanding mRNA vaccine technologies'



MEDICAL CAMP



Department of Community Health Nursing and fourth year B.sc Nursing students participated Medical Camp on 6 April, 2022, at Pulinkunnu PHC



Department of Community Health Nursing and fourth year B.sc Nursing students participated Medical Camp on 25 June, 2022, at Cheruthana.

YOGA CLASS

NSS unit of PCON & Department of Obstetrics & Gynecological Nursing and NSS jointly organized a Yoga Demonstration on 22 June, 2022 for B.Sc. Nursing students and staff of Pushpagiri College of Nursing.



WORLD ASTHMA DAY OBSERVED



Educational video prepared and posted in social media by MSc 1st year students and the Department of Medical Surgical Nursing.



WORLD AUTISM AWARENESS DAY

Department of Child Health Nursing joined with Prateeksha CDC for Observation of Autism day on 2nd April 2022. The third year BSc Nursing students arranged games stalls for the students during the event. The children and parents appreciated the same.

EDUCATION PRACTICAL

Department of Nursing Education Administration, first Msc and Fourth year B.sc Nursing students jointly conducted education practical on 4 June, 2022



AV AID SHOW

SYMPOSIUM



SEMINAR

ROLE PLAY

UNION /SNA/ NSS OFFICE BEARERS

SNA ELECTIONS

The SNA elections was conducted on 04th June 2022, and new members were elected.

STAFF EXECUTIVES



Prof. Mrs. Vineetha Jacob
President

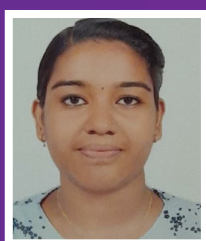


Mrs. Mintu Sebastian
SNA Advisor



Mrs. Jyothi Vishnuthampi
SNA Vice Advisor

STUDENT EXECUTIVES



Ms. Kripa B. Thomas
Vice President



Ms. Prilsiya Antony
Secretary



Ms. Amritha Anna Biju
Treasurer



Ms. Jubitta Joseph
Joint Treasurer

SNA CLASS REPRESENTATIVES

Ist Year: Ms. Dhiya Sara Jomon, Ms. Annliya James and Ms. Jasna Fathima **IInd Year:** Ms. Thaneesha P Varghese, Ms. Ganga B **IIIrd Year:** Ms. Abiya Ann Biju and Ms. Amala Jojo **IVth Year:** Ms. Ashly Jose and Ms. Jincy Jose

COLLEGE UNION ELECTION

The College Union election was also conducted as per the instructions of Kerala University of Health Sciences, Thrissur on 4 June, 2022. Following are the newly elected members.



Ms. Ashitha Elsa Eapen
Arts Secretary



Ms. Tissa Mary Mathew
Sports Secretary



Ms. Jewel Sara John
Magazine Editor



Ms. Diya Maria Tom
University Union Councillor



Ms. Mridula Shine
Chairperson



Ms. Ann Grace Varghese
Vice Chairperson



Ms. Giyamol T. George
General Secretary



Ms. Akshaya M. Paret
Secretary

UNION /SNA/ NSS ACTIVITIES

WORLD ENVIRONMENT DAY CELEBRATIONS 2022

The World environment day 2022 was observed by the NSS unit of Pushpagiri College of Nursing in collaboration with Joy Alukkas foundation, Thiruvalla Municipality and Pathanamthitta Social Forestry from 04 June, 2022 to 6 June, 2022 and saplings were distributed to all faculty members of the college and residents in Kuttur Grama Panchayat



തിരുവല്ല ജോയ്ആലുക്കസ് ഫൗണ്ടേഷന്റെയും, തിരുവല്ല മുനിസിപ്പാലിറ്റിയുടെയും, പത്തനംതിട്ട സോഷ്യൽ ഫോറസ്റ്റിയുടെയും, പൂപ്പപ്പശിരി കോളേജ് ഓഫ് നെഴ്സിംഗ് എൻ. എസ്. എസ് യൂണിറ്റിന്റെയും സംയുക്താഭിമുഖ്യത്തിൽ

9-ാമത് സൗജന്യ വൃക്ഷത്തെ വിതരണവും ലോക പരിസ്ഥിതി ദിനാചരണവും

കാർഷിക വകുപ്പിൽനിന്നും വിഭജിച്ച ഉദ്യോഗസ്ഥർക്ക് സന്തോഷഭരണ്

ഉദ്ഘാടനം: ബഹു. ചങ്ങനാശ്ശേരി MLA അഡ്വ. ജോബ് മൈക്കിൾ
 തീയതി: 2022 ജൂൺ 5, സ്ഥലം: ജോയ്ആലുക്കസ് തിരുവല്ല, സമയം: ഉച്ചയ്ക്ക് 12 ന്

PUSHGIRI **Joyalukkas Foundation**

YOGA COUNTDOWN PROGRAMME

The NSS Unit of Pushpagiri College of Nursing observed the Yoga count down programme as a preparation for International Yoga day from 18 June, 2022 to 24 June, 2022 at Pushpagiri College of Nursing. The highlights of the programme were Yoga Demonstration classes, Lecture on importance of Yoga, Quiz, Panel Discussion, Poster and Slogan writing competitions.



FITNESS CLUB



Zumba dance session held by SNA/ NSS for students on 25 June, 2022.

ACHIEVEMENTS & AWARDS

STAFF ACHIEVEMENTS

Mrs. Ritti Anne Thomas, Lecturer, Department of Nursing Research won the 2nd prize at the National level E-poetry writing and Recitation competition organized by Khalsa College of Nursing, Amritsar



Mrs. Ritti Anne Thomas

COURSE CERTIFICATES

- Prof. Mrs. Vineetha Jacob, Sr. Mary Jyothi OSS, Prof. Sr. Terese SIC, Mrs. Jisha Mary George, Mrs Mintu Sebastian and Ms. Vinu successfully completed the Comprehensive Systematic Review Training Program by JBI, Australia held at Pushpagiri College of Nursing, Thiruvalla, India from 17 May 2022 – 7 June 2022.
- Prof. Mrs. Vineetha Jacob, Sr. Mary Jyothi OSS, Prof. Sr. Terese SIC successfully completed the 'Young Adults Guidance and Counselling' in MOOC Platform during August 2021 to February 2022 conducted by Centre for Studies on Health of Young Adults, Kerala University of Health Sciences.

FAREWELL



Farewell to 2017 batch BSc Nursing students on 2 June, 2022

HAPPY RETIREMENT LIFE

Giving token of love & appreciation to Mr. Vasudevan Nair and Mrs. Selenamma Samuel who worked in Pushpagiri group of institutions as a security and housekeeping staff respectively



ALUMNI CORNER



Swth on ceremony: Magazine team (2019 bach) contributed money for purchasing smart TV for library

ALUMNI SPEAKS



🕒 Saumya Annie Thomas
2008 batch

We always cherish our college.... It was always a great experience helped shape my career, my character and life.... And I am sure it is not different to any of my batch mates. We studied in the old college building the new building was only under construction. I won't say it was all happiness and fun.... But it was a very well balanced experience. There are times we laughed together, there are times we cried together but as a batch we always managed to always keep our unity. From the first day of college to the last day of farewell those are the best days of life. Not all of us contact each other but we know that we are friends.

Thank you...

