



PUSHPAGIRI

We care God cures

**COLLEGE OF
NURSING**

Published by: PUSHPAGIRI COLLEGE OF NURSING, THIRUVALLA

PUSHPAMANJARI

QUARTERLY NEWSLETTER

VOL.2 | ISSUE 04 | October –December 2022



PRINCIPAL'S DESK

Greetings from Pushpagiri College of Nursing,

Pushpagiri College of Nursing targets to reconnoiter the best in students both academics and co- curricular activities. International Collaboration of nursing education fosters expansion of nursing knowledge through sharing of expertise and development of culturally diverse perspectives. Also, we focus the education to turn mirror in to windows hence we providing opportunities for each student to explore their competencies in extracurricular too. I congratulate the SNA team who bagged overall championship at zonal sports meet 2022 Besides, We expect a more productive year ahead with vibrant activities.

Prof. Vineetha Jacob
Principal

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ACTIVITIES AT A GLANCE

ACADEMIC PURSUITS



Course Inauguration

M.Sc. and B.Sc. Nursing 2022 batch Course was inaugurated on 30th November, 2022 in the presence of Rev. Fr. Jose Kallumalickal (CEO -Pushpagiri group of Institutions) at the conference hall

CONFERENCE/ WORKSHOP

NATIONAL LEVEL WORKSHOP

National level hands-on workshop on "Research Grant Proposal Writing" was organized on 3rd October, 2022 in collaboration with PCEBP. The first session on grant writing-funding opportunities was dealt by Dr. Mamatha S. Pai Professor, Dept. of Child Health Nursing, Manipal College of Nursing, Manipal and the speaker was introduced by Sr. Mary Jyothi OSS, Organizing Secretary of the program. Dr. Elsheba Mathew, Director-PCEBP & Faculty, Community Medicine, PIMS & RC then gave a brief introduction about PCEBP and introduced the next speaker. The second session on Basics in Grant proposal writing was handled by Dr. Sherly Antony MD, Asst. Professor, Microbiology Dept. & Scientist, PIMS & RC. The formal inauguration started at 10.30am. Prof. Mrs. Renjini Devi S., Vice Principal(acad.), PCON welcomed everyone, Prof. Mrs. Vineetha Jacob, Principal, PCON gave the Presidential address and Rev. Dr. Mathew Mazhavancheril, Director-Research, Pushpagiri & MACFAST inaugurated the program. Dr. Nebu George Thomas professor, Department of Periodontics, Pushpagiri College of Dental Sciences delivered the keynote address. The workshop concluded at 4.30pm following participant feedback and distribution of certificates. The event was well appreciated by all and was awarded 8credit hours by KNMC.

INTERNATIONAL WORKSHOP ON CLINICAL & CLASSROOM EVALUATION IN NURSING EDUCATION



An international workshop on 'Clinical and Classroom Evaluation in Nursing Education' was organized by First Year MSc and fourth year B.Sc. Nursing students under the guidance of Nursing Education and Administration faculty on 14th & 15th October 2022. On 14th October, the day began with registration and pre-test session followed by an overview of evaluation by Prof. Vineetha Jacob Principal, PCON. Prof. Renjini Devi, Vice Principal (academics), PCON welcomed the gathering and Prof. Vineetha Jacob, Principal delivered the Presidential address. Mr Vijayalal Vijayan, Clinical Psychologist, Pushpagiri Medical College Hospital, Tiruvalla inaugurated the event. Mr Vijayalal Vijayan then led the session on 'test of intelligence and aptitude'. Dr. Juliana Linnette D'sa, Professor, Maternal and Child health Nursing department, King Sultan Qaboos University, Saudi Arabia. Dr. Derrick Johnson, senior resident (Psychiatry) Pushpagiri Medical College Hospital took a session on 'disability and disability scale' and Prof. Sariga J Theresa, CNO, Pushpagiri Medical College hospital led the session on 'tools of evaluation- rating scale, OSCE and checklist'. The first day of the workshop ended by 3:45 PM .On 15 October, 2022, hands-on training session on test construction was held from 9:00 AM. Also, a session on item analysis session was dealt by Dr. Juliana. A total of 87 delegates received certificates for participation

EFFORTS TOWARDS INTERNATIONAL COLLABORATION

TRANSCULTURAL MEET – 2022



Pushpagiri College of Nursing in association with NAVIGO, UK organized a trans-cultural meet on 22 November, 2022 at 2pm. The main objective of the meet was to discuss regarding possibility of a student/ faculty exchange program, orient regarding the nursing curriculum in India and the opportunities in nursing practice in the United Kingdom. The members from NAVIGO, UK included thirteen members Mrs. Emma Perry, Mrs Emma George, Mrs. Katy Marshal, Dr. Kevin Anderson, Dr. Sivin Sam, Mr. Mike Reeve, Mrs. Janine Smith, Dr. Kwamie Fofie, Mr. Richard Watson, Dr. Chandan Aladakatti, Dr. Kedar Kale, Dr. Suresh Babu and Dr. Joji Kuriakose. The program started with a prayer led by 3rd year B.Sc. Nursing students. Sr. Deepa OSS welcomed everyone to the Trans-Cultural Meet. Mr. Renji George John gave a brief session on Indian Nursing Curriculum. Mr. Mike Reeve gave an introduction about nursing practices in U.K. Dr. Kwamie Fofie talked on substance abuse services. Mrs. Emma Perry discussed about scope of mental health nursing in U.K. At the end, Mrs. Rinu, 1st year M.Sc Nursing student, Dept of Mental Health Nursing, proposed the vote of thanks. 100 participants attended the event which concluded by 4pm.

CONTINUING NURSING EDUCATION



PEER TEACHING

Mrs. Anila Velayudhan, faculty, Dept. of Obstetrics and Gynecology presented on topic "newer technologies in OBG" 27th October, 2022 at conference room.

GUEST LECTURE SERIES

Dept. of Community Health Nursing organized a guest lecturer series on topic Rabies". The session was handled by Dr. Rosin George Varghese, Dept. of Community Medicine, Pushpagiri Medical College Hospital on 26 November, 2022 at conference room.



BOOK EXHIBITION

A book exhibition conducted from 19th – 23rd December, 2022 by CBS publishers at library for our annual library collection development.

EXTRA – CURRICULAR ACTIVITIES

OBSERVANCE OF SIGNIFICANT DAYS

INTERNATIONAL DAY ON DRUG ABUSE AND ILLICIT TRAFFICKING

Pushpagiri College of Nursing conducted a program and a rally as part of International Day against Drug Abuse and Illicit Trafficking on 6th October 2022 in collaboration with NGO (Bodhana), St. Thomas Higher Secondary School Eravellipra and Joy Alukkas.



GIRL CHILD DAY CELEBRATION

On 12th October, 2022, Principal and staff welfare committee observed the day by honoring the staff who have girl children at 3pm at college conference room.

CHILDREN'S DAY 2022

Pushpagiri College of Nursing celebrated children's day joining with Taluk hospital, Tiruvalla for creating awareness on childhood disability via a rally by 4th year BSc(N) students and a Flash mob by 2nd Semester BSc(N) students and won the first prize for rally competition.



CHRISTMAS @ PCON:



Pushpagiri College of Nursing organized a short Christmas celebration with Carol singing, dance by Santa Claus and cake cutting on 23rd December, 2022 at the College auditorium in the presence of Rev. Fr. Jose Kallumalickal, the CEO and Rev. Fr. Aby Vadakkumthala (Director Institute). Rev. Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions) delivered the Christmas message.

DEPARTMENTAL ACTIVITIES

SCHOOL HEALTH PROGRAM

Dept. of Community Health Nursing and fourth year BSc. Nursing students jointly conducted a School Health Program on the topic 'Say No to Drugs' on 20 October, 2022 at Devasom Board Higher Secondary School, Kavumbhagam. The session started with a dance performance by Ms. Shilpa and team followed by a skit and health education depicting a family affected by drug addiction.

JOURNAL CLUB

Departmental bimonthly journal club presentation of the Department of Child Health Nursing was conducted on 4 November, 2022 at 2pm in the faculty room of Child Health Nursing Department. Ms. Ritty Anne Thomas presented on the topic 'A cross-sectional study to assess child – rearing practices in rural community of Goa'



CYBER CRIME AWARENESS

An awareness class on cybercrimes was organized by the Department of Child Health Nursing at Pushpagiri College of Nursing auditorium 01 November, 2022 as a part of the observation of the Cybersecurity Awareness Month October 2022. The session was led by Mr. Ramesh Kumar P. V., Inspector of Police, Cyber-crime Police Station, and Pathanamthitta; and was assisted by Mr. Sunil Kumar, Sub- Inspector. Almost 250 participants attended the event



LET'S TALK ABOUT MENTAL HEALTH-A FORUM OF EXPERTISE

The Department of Mental Health Nursing in association with District Mental Health Programme (DMHP), Pathanamthitta organized an awareness forum for BSc(N) students named 'Let's Talk About Mental Health-A Forum Of Expertise' on 26 November, 2022. The main objectives of the program were to give a brief overview on mental illness and its management, personality development and stress management. The program started with a prayer led by the students. Ms. Jewel Sarah John, a third B.Sc. (N) student, welcomed the gathering. Mrs. Vineetha Jacob, Principal, Pushpagiri College of Nursing presided over the inauguration ceremony. Dr. Nandagopal M., started the forum discussing the topic, 'an overview of psychiatric illness and its management'. The next session on 'Personality development and stress management' was led by Mr. Tismon Joseph, Project Officer, DMHP. Eighty participants was present for the event and the meet was concluded by 4pm



AIDS AWARENESS

Dept. of Community Health Nursing and fourth year BSc Nursing students participated in a rally competition conducted as a part of WORLD AIDS DAY 2022 on 01 December, 2022. The theme of this year was "Equalize." The rally started from District collectorate, Pathanamthitta at 8.30am. Further the Dept. of Community Health Nursing, Foundation of Nursing Dept., second semester and fourth year BSc Nursing students jointly conducted a group health education on the topic 'HIV AIDS' on 01 December, 2022 in front of Joy Alukkas at 03:00 Pm.

OTHER COMMUNITY EXTENSION ACTIVITIES



Camp on 7th October, 2022

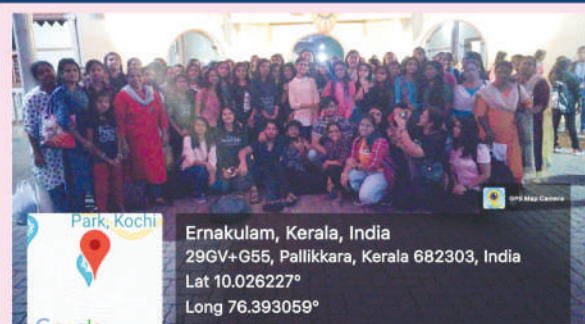


Medical camp on 04 November, 2022

MEDICAL CAMP AT TRIBAL AREA

As part of Tribal Welfare initiative of Pushpagiri College of Nursing, medical camps were conducted at Moozhiyar, Sayippankuzhi and Gavi with the help of Dr. J. Vincent Xavier, Medical Officer, PHC, Seethathode. The services rendered were monitoring of vital signs, assessment of nutritional status and health condition, minor diagnosis and treatment. In addition, Food and clothes were also distributed to the people in tribal areas of Seethathodu, Sayippamkuzhi, Anathodu, Moozhiyar and Gavi

STUDENT TOUR



First year B.Sc.(N) students and teachers



Second year B.Sc.(N) students and teachers



Third year B.Sc.(N) students & teachers



Fourth year BSc.(N) students and teachers

UNION / SNA/ NSS ACTIVITIES



PCON ARTS DAY 2022

SNA and College union conducted an art fest on 03 December, 2022 at college auditorium. Rev. Fr. Aby Vadakkumthala, Director-Institutions presided over inaugural function. Dr. Manoj Gopal, Associate Professor, Dept. of General Surgery, Pushpagiri Medical College inaugurated the event. Students participated in various programs like recitation (Malayalam & English), elocution (Malayalam and English), solo-song, group-dance, mappila pattu etc.



OLD AGE HOME VISIT

NSS unit of Pushpagiri College of Nursing observed International Day for Older Persons on 01 October 2022 at Bethany Old age home .The volunteers performed various cultural activities such as dance, music and games



PCON NSS FOR NATIONAL UNITY

The National Service Scheme unit of Pushpagiri College of Nursing observed National Unity Day on 30 October, 2022 at the Ground floor of the College. Prof. Renjini Devi S., Vice Principal, (academic) Pushpagiri college of Nursing, Thiruvalla, delivered a message and led the Pledge of National Unity Day. A total of 225 volunteers took the pledge. The program helped to enhance awareness on the significance of the celebration of Unity Day



BHODYAM 2022

The state NSS cell, Vimukthi mission of Government of Kerala and Excise department jointly organized an antidrug awareness campaign as Bodhyam 2022- Lahari Virudha Quiz. The quiz competition of Pathanamthitta district was held at Pushpagiri College of Nursing, Thiruvalla on 19 October, 2022. There were 91 students who secured first position in institutional-level quiz competition and were registered for the district-level quiz. The session started with NSS song followed by the welcome speech of Mrs. Asha Ashok (District coordinator -Bodhyam 2022). Rev. Fr. Jose Kallumalickal (CEO-Pushpagiri group of Institutions) presided over the function, Adv. Job Michael, MLA, Changanachery, inaugurated the function. The key note address was given by Mr. Jose Pazhayadam (Vice chairman, Thiruvalla Municipality), which was followed by aspecial address by Dr. C. R. Ajith Sen NSS IHRD Coordinator). The Antidrug pledge was led by Mr. G. Prasannan (Excise Inspector, Thiruvalla) who also gave an awareness on the topic. Mr.Sajith Babu (NSS District Coordinator) and Rev. Fr. Samuel Vilayil(Director- Social Service Society, Thiruvalla) felicitated the event. Dr. Sunu Alice BDS (NSS Programme Officer, Pushpagiri College of Dental Sciences) delivered the word of gratitude at the gathering. After the official inaugural function, the quiz competition was conducted in the auditorium under the supervision of Mr.Sajith Babu (NSS District Coordinator). A total of 75 students participated in the quiz. The first position bagged by, Aparna P. S. (KVVS College of Science & Technology Pathanamthitta), second position by Asna Anil, (NSS HSS Thadiyoor) and third position by Anjana Santhosh (GB HSS Pathanamthitta).



PCON ANNUAL SPORTS MEET 2022

Pushpagiri College of Nursing organized Annual Sports meet 2022 on 11 November at St Thomas HSS, Thirumoolapuram, where all the students participated with great fervor and manifested their athletic skills. The competitions started at 8.00am and ended up by 1.00pm. Our Chief guest Mr. Shaji Mathew, Headmaster, St. Thomas school inaugurated the event lighting the lamp. The sports competitions organized on the day include Race, Relay, Shotput, Discuss throw and Javelin throw. Along with this, students organized various stalls for refreshment. It was a day filled with sportsmanship, enthusiasm and memories to cherish.

ACHIEVEMENTS & AWARDS

CHEERS TO STUDENTS OF PCON!!!

ACADEMIC TOPPERS



Congratulations!

- BSc(N) 2021 batch for bagging 92% pass, nine distinctions and remaining 54 first class out of 75 students in first semester university exams.
- BSc(N) 2020 batch for achieving 84% pass, three distinctions remaining all first class in first year university exams.
- M.Sc Nursing, 2020 batch for scoring 83.3% pass with three Distinctions, and remain all first class in second year university exams.

OVERALL CHAMPIONS @ ZONAL SPORTS MEET- PRAYAGA 2022



Student Nurses' Association, South East Zone-Kerala State, Indoor games competitions were held at Pushpagiri College of Nursing on 25 November, 2022 and outdoor sports competitions (PRAYAGA 2022) were held on 01 December, 2022 at Govt. college of Nursing, Alapuzha. Pushpagiri College of Nursing won overall championship in the events.



WINNERS @ ZONAL EDUCATIONAL COMPETITIONS – ENIGMA 2022

PCON students bagged First prize for Child Health Nursing and Community Health Nursing Poster Presentation, Second prize for Mental Health Nursing Poster, 3rd for Health talk and quiz at the zonal educational competitions of the Kerala State South East zone SNA competitions held at Chitra College of Nursing, Pandalam on 02 Dec. 2022.



WINNERS @ ZONAL ARTS - YAVANIKA 2022

Febin Philip Issac, B.Sc.(N)2021 batch, won the first runner-up of Mr. SNA Personality contest of Student Nurses' Association, South East Zone-Kerala State and Angel Ann Cherian, B.Sc.(N) 2021 batch, won second prize for Mappilapattu(Girls) at the zonal level on 22 December, 2022 in MM College of Nursing, Kaviyoor



OVERALL FIRST @ PUSHAGIRI BOUN NATALE 2022

As a part of Pushpagiri Christmas celebration 2022, the management held various interdepartmental/ inter – institutional competitions namely crib making, reels competition, santa competition, tabuleau, Carol singing and cake decoration on 17th December 2022. Pushpagiri College of Nursing actively participated in all competitions and stood 1st in reels and Carol singing, 2nd in Crib making, 3rd in cake decoration & Tabuleau; and thus bagged the overall first prize



PCON BAGS A TROPHY @ MACFAST

Pushpagiri College of Nursing students bagged second prize for Carol singing competitions conducted by MACFAST on 17 December, 2022.

STAFF ACHIEVEMENTS



GEMS @ PCON

Pushpagiri day was celebrated with colorful events on 1st October, 2022 from 4pm to 10pm at Pushpagiri campus. Mrs. Jeena Nair (librarian) and Sr. Mary Jyothi OSS (VPadmin) from Pushpagiri College of Nursing received the honors as gems of Pushpagiri. The selection was on the basis of an opinion poll among the staff based on various criteria, when nominations for honouring one Non-teaching and one teaching staff from each institution was called for, from among those who rendered more than ten years of service at the institution. Ms. Sincy Thomas, 2016 batch received the Best Outgoing student award. Pushpagiri College of Nursing added color to the cultural events by the active participation in the events.



RESEARCH PAPER PUBLICATION

Christeena Paul, Sonu Ann Alex, Shijit Treesa Varghese, Angel Mariam Saji, Arya Ashokan, Feba Daisy John, Raseenamol A.K, Rini Chacko, Sr. Mary Jyothi OSS & Mrs. Anu Rose Andrew. Knowledge and practice of mothers regarding use of antibiotics and antibiotic resistance. International Journal of Nursing Education and Research.

PAPER PRESENTATION

Sr. Mary Jyothi OSS, presented a session on paper titled, 'Effectiveness of a nurse-led intervention on procedural pain among preschoolers' during continuing Medical Education session conducted by Pushpagiri Institute of Medical Sciences and Research Centre, Tiruvalla on 05 December, 2022

FACULTY AS RESOURCE PERSON

Sr Mary Jyothi OSS, Vice Principal (Administration) was as a resource person for National webinar which is conducted in Dr.VithalraoVikhe Patil Foundations of College of Nursing on topic current scenario on measles world wide

JESUS YOUTH (JY) CORNER



JY volunteers conducted an exhibition regarding Prolife on 12 December 2022 at PCON Auditorium.

ALUMNI CORNER

ALUMNI SPEAKS

It's been a wonderful experience studying in PCON. The teachers, the method of teaching, the clinical facilities, the library and the labs there provide a good learning experience. The 4 years training taught me how to be professionally competent and strong enough to face the challenges while providing nursing care