



PUSHPAGIRI

We care God cures

**COLLEGE OF
NURSING**

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PUSHPAMANJARI

QUARTERLY NEWSLETTER

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"The fruit of love is service, which is compassion in action".

Mother Teresa.

Nursing profession concentrate on health care activities for individual, family and society as a whole. Even though we are involved in these services, we felt the need to extend the services to the vulnerable people as much as possible. So we have initiated various social services and community extension activities apart from the routine ones. This led to the initiation of social services in tribal areas under Seethathodu PHC. We have also signed MOU with Bodhana (NGO, Thiruvallla Social Service Society) for community extension activities, Bethany Jeevan Jyothy old age home for geriatric care services and CMS School, Thukalassery for School Health Services. For me personally, it's a pleasure to feel much energy, and gave realization of rights of subgroups.



EDITORIAL BOARD

Newsletter Publisher : **Rev. Fr. Aby Vadakkumthala**

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Mr. Renji George John

Ms. Jeena N Nair

ACTIVITIES AT A GLANCE

GRADUATION 2022



Graduation ceremony of the 9th batch MSc(N) and 16th batch of BSc Nursing students was held at Pushpagiri College of Nursing Auditorium on 18th of August 2022. His Grace Most Rev. Dr. Thomas Mar Koorilos, the Metropolitan Archbishop of the Malankara Archdiocese of Tiruvalla inaugurated the ceremony. Rev. Fr. Aby Vadakumthala, Director- Institutions, presided over the function. The Chief guest for the day was Dr. Anoop K. R., Principal, Bishop Benziger College of Nursing, Kollam & former (first) Vice Principal of Pushpagiri College of Nursing, Tiruvalla. Dr. Aby Mathew T, Principal, Pushpagiri College of Dental Sciences, Prof. Mrs. Sariga J. Theresa, CNO, Pushpagiri Medical College Hospital and Mr. Sajeev Joseph, PTA representative felicitated the graduates. The college magazine Synergy was released by Fr. Jose Kallumalickal, CEO, Pushpagiri group of Institutions. The certificates to the graduates were distributed by Rev. Jose Kallumalickal and Rev. Fr. Aby Vadakumthala.

PUSHPAGIRI COLLEGE OF NURSING SIGNED MOUs

Pushpagiri College of Nursing signed MOUs for community extension activities, namely with Bodhana (NGO, Thiruvalla Social Service Society) for social services, Bethany Jeevan Jyothy old age home for geriatric care services, CMS School for School Health Services and also got permission from DMO to extend health care services to tribal area.



ONAM-2022 CELEBRATIONS

Pushpagiri Onam celebrations

As a part of Onam celebrations, the management of Pushpagiri Group of Institutions hosted interdepartmental/ inter-institutional competitions namely- idly eating, Maaveli competition, Malayali mannan & manga, Onappattu, pillow fight, onam pookalam and tug of war competitions. Pushpagiri College of Nursing won the overall trophy in the competitions held during the Pushpagiri Onam celebrations 2022 organized on 27th August, 2022.

Celebrations at PCON



Pushpagiri College of Nursing celebrated Onam on 3rd September, 2022 with variety of competitions like Athapookalam, onappattu, malayali manka, tug of war & various fun games etc. First year B.Sc. Nursing won the overall trophy. Rev. Fr. Aby Vadakumthala, Director- Institutions gifted chips for all staff of Pushpagiri College of Nursing; and arranged a delicious onasadhya for staff and students of the College.





TEACHERS DAY CELEBRATION

Teacher's day was observed in a wide variety of ways on 5th of September 2022 at Pushpagiri College of Nursing, Tiruvalla. Students of each batch drew appreciation cards and wished all teachers with sweets in their classrooms. In addition, they prepared a pookalam of wishes and short videos of appreciation. In the evening, Mrs. Vineetha Jacob, Principal and 4th year students jointly organized a meeting for all teachers along with the director, Rev. Fr. Aby Vadkumthala. In the meeting, the Director, Principal and Vice Principal appreciated all teachers for their committed services rendered to the college and to the students. Mementos of appreciation were distributed to all. The results of peer evaluation of all faculty were also announced. For peer evaluation, the teachers were divided into five teams and the top scorers in each team were as follows-

- | | | |
|----------|---------------------------------|----------------------------|
| Team I | : admin team | – Prof. Sariga J. Theresa |
| Team II | : 4 th year teachers | – Alphonsa Lizzy Mathew |
| Team III | : MSc teaching faculty | – Sr. Terese SIC |
| Team IV | : 3 rd year teachers | – Mrs. Riti Annie Thomas |
| Team V | : 2 nd year teachers | – Mrs. Subi Iype |
| Team VI | : 1 st year teachers | – Mrs. Shibi Mariam Thomas |



TOKEN OF APPRECIATION FOR A JESTURE OF BRAVERY



Mrs. Jijimol, our canteen staff was honoured by Rev. Fr. Aby Vadakumthala, Director-Institutions, on 09th July, 2022 at Pushpagiri College of Nursing auditorium, for saving three lives from drowning.

ACTIVITIES IN COLLABORATION WITH BODHANA

FLOOD RELIEF ACTIVITIES

Pushpagiri College of Nursing actively participated in disaster management (flood relief activity) in organised by Bodhana, Tiruvalla Social Service Society, on 10th August, 2022 at Chathenkary, Thiruvalla.. Fourth Year BSc Nursing students voluntarily participated in making 50 food kits under the supervision of Rev. Fr. Samuel Vilayil, Director of Bodhana. The food kits consisted of different grocery items, household items, mask and sanitizer which were distributed to affected areas of Chathenkeri.



ONAM KIT DISTRIBUTION

As part of Medicare Bodhana, Staff and Third year B.Sc. Nursing Students of Pushpagiri College Nursing voluntarily participated in preparation and distribution of onam kits to the flood affected areas of Niranam on 6th September 2023.



HAIR DONATION CAMPAIGN

Pushpagiri College of Nursing actively participated in the hair donation campaign-Asha-kiran project at Bodhana, Thiruvalla Social Service Society on 22nd September, 2022. Around 20 students and three staff from Pushpagiri College of Nursing consented and donated their hair for patients undergoing Chemotherapy while battling with cancer.

JOURNAL CLUB

Ms. Juna Anna Joshua, Ms. Arya.S., Ms. Ritty Annie Thomas presented a journal topic each related to various innovative educational techniques on 12th July, 25th August and 22nd September, 2022, respectively at the PCON conference room

DEPARTMENTAL ACTIVITIES

EXHIBITIONS

SENSIT 2022



Departments of Obstetrics and Gynecologic Nursing, Community Health Nursing, Child Health Nursing, Nursing Education & Administration of Pushpagiri College of Nursing and Fourth year B.Sc Nursing Students jointly participated in an exhibition on 2nd July, 2022 organized by TMM College of Nursing.

EXCELENTIA 2022

FON department and First semester B.Sc Nursing students organized an exhibition as part of Applied Anatomy and Physiology subject projects on 11th July, 2022 at the college auditorium



EXHIBITION AT SB COLLEGE



Along with Pushpagiri Medical college, students of Pushpagiri College of Nursing participated in an exhibition at SB college on 20th September, 2022.

OBSERVATIONS OF HEALTH DAYS BY VARIOUS DEPARTMENTS

WORLD HEPATITIS DAY

Child Health Nursing Department and third year Bsc Nursing students observed the world hepatitis day by conducting a health awareness program on Hepatitis on 29th July 2022, at Paediatric OPD.



PUSHPACIRI COLLEGE OF NURSING

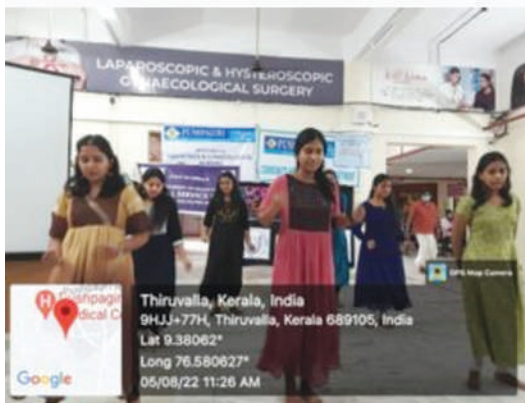


Community Health Nursing Department and second year B.Sc Nursing students jointly observed the world hepatitis day on 9th July, 2022 at Pushpagiri ICDS, Tiruvalla.

Medical Surgical Nursing Department and third year B.Sc Nursing observed the day on 4th July, 2022 by organizing a Health awareness programme and flash mob in front of Spineys

WORLD BREAST FEEDING DAY

World Breastfeeding Day was observed on 5th August 2022 at 10.30am at the OPD of Mother and Child block of PMCH by the Departments of Obstetrics and Gynecologic Nursing, Community Health Nursing, Child Health Nursing and NSS unit of PCON. Students of BSc Nursing from 2018 and 2019 batch jointly presented the theme and educational content through a role play, flash mob etc.



WORLD RABIES DAY

Departments of Community Health Nursing, Medical Surgical Nursing, Foundation of Nursing and NSS unit jointly conducted a public awareness program regarding prevention and first-aid following dog bite at KSRTC bus terminal, Thiruvalla. Mrs. Shanthamma Varghese, Municipal Chairperson, Tiruvalla inaugurated the event. Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing honoured the guest with a token of gratitude. Following this, students presented the awareness program with a flash mob, skit and song.





MEDICAL CAMP

Community Health Nursing Department and Fourth year B.Sc Nursing students jointly organized a medical camp at Thalavadi on 20th August, 2022.

SCHOOL HEALTH PROGRAMS

As a part of **PUSHPATHALIR**, Departments of Child Health Nursing and Mental Health Nursing jointly conducted as School Health Programme On topic menstrual hygiene at CMS School Tholassery on 28th July 2022.



Community Health Nursing Department and fourth year B.Sc. Nursing students organized a School Health Program on personal hygiene and study habits, by playing the roles of various cartoon characters on 19th of September, 2022 at M.D. M.E.M. LP School, Thirumoolapuram.



Department of Child Health and Mental Health Nursing of Pushpagiri College of Nursing jointly conducted a school health Programme at CMS school Thukalassery on 29th September, 2022. Students of third year B.Sc Nursing presented a health awareness program through a role play & action song on the topic “Balanced Diet in school children and hazards of junk food”. A total of 45 students from class one to four attended the event. Representatives of teachers and parents were also present for the session.



CONTINUING NURSING EDUCATION PROGRAMS

PEER TRAINING SERIES-1



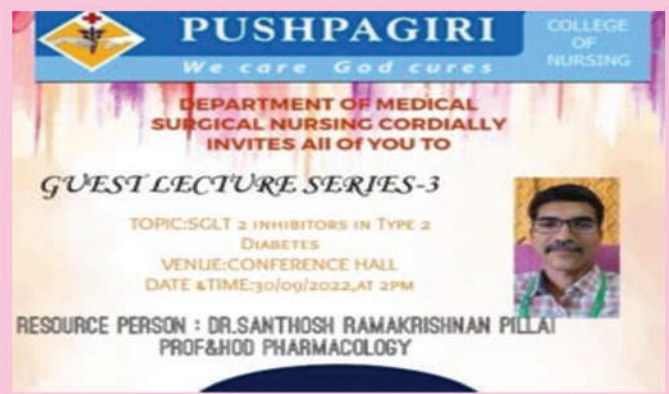
Peer training Series 1 on ‘Innovative Teaching Methods’ was organized for Faculty of PCON by the Department of Child Health Nursing on 1st of August 2022. 26 faculty members actively participated in it. Sr. Mary Jyothi OSS, HOD of Child Health Nursing Department led the session using JIGSAW method. The group actively participated in it and covered learning and teaching of various innovative techniques. The session was a unique experience and all who joined were enriched by it.

GUEST LECTURE SERIES -1



As a part of CNE, Mental Health Nursing department organized a programme on Quality Assurance in Nursing Education on 30th of August, 2022. Mrs. Renuka Devi, Quality manager, Pushpagiri Medical College Hospital led the session for the faculty members.

GUEST LECTURE SERIES -2



Department of Medical Surgical Nursing organized a guest lecture on SGLT 2 inhibitors in type 2 Diabetic mellitus on 30th of September, 2022. The session was led by Prof. Dr. Santhosh Ramakrishnan Pillai, HOD of Pharmacology, Pushpagiri Medical College.

ENHANCING STUDENT LEARNING

DEBATE

First year and Second year B.Sc Nursing Students actively participated for a debate on the topic 'Nuclear vs Joint family' on 8th of July, 2022. It was organized as a part of the curricular requirements



FIRE AND SAFETY TRAINING

Fire and Safety training for BSc Nursing students held on 5th & 6th of August, 2022.



UNION/ SNA/ NSS ACTIVITIES

SNA Inauguration of Academic activities 2021-2022



The SNA unit for the academic year 2021-2022 was officially inaugurated by Rev. Fr. Aby Vadakkumthala, Director- Institutions on 9th July, 2022. On the same day, newly elected members pledged oath and took over their responsibilities.

FLYSMART 2022



Fitness club, Language club, Yoga club, Sports, Music and Arts clubs were inaugurated on 9th of July, 2022.

WELCOME & ORIENTATION FOR NEW NSS VOLUNTEERS



The NSS unit of PCON observed the NSS day on 29th September 2022. As a part of NSS Day Celebration, 75 new volunteers were welcomed into the NSS unit and were oriented to the NSS and its activities.

BP CAMPAIGN



NSS unit of Pushpagiri College of Nursing observed BP Campaign on 28th September, 2022 as part of NSS Day Celebration at Kuttoor PHC. A total of 20 volunteers participated in the programme.

BUTTERFLY GARDEN



The National Service Scheme unit Pushpagiri College of Nursing observed Butterfly Garden as part of NSS Day Celebration on 30th September 2022 in the college premises.

JESUS YOUTH CORNER (JY)

JY PUSHPAGIRI COLLEGE OF NURSING
CORE TEAM MEMBERS

 AKSA S COORDINATOR	 CHRISTINA TERESA SCARIA ASST.COORDINATOR	
 MERLIN GEORGE	 MERLINE P B	 SHALU MARIA SHAJI
 SONA SOJAN	 JEENA MATHEW	 THRESIAMMA JOSEPH

New core team members for the Jesus Youth at PCON

ACHIEVEMENTS & AWARDS

STUDENT ACHEVEMENTS



CONGRATULATIONS!!!

Exam Results 2022

3rd year Toppers with Distinction



Anu Aniyar

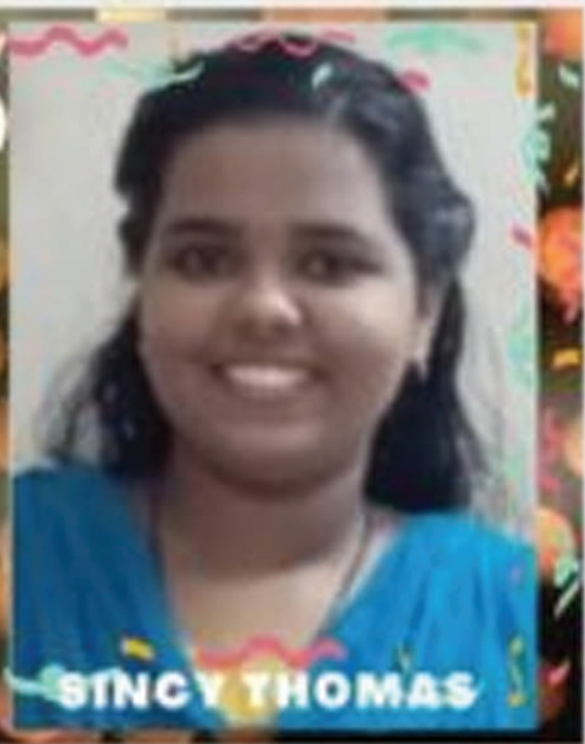


Anjana Nair



Jincy Jose

We are proud of you!!!



Congratulations! Rinta



E-POSTER COMPETITION

As a part of Mother Baby Friendly Hospital Initiative (MBFHI), Muthoot hospital and Muthoot College of Nursing, Kozhencherry, organized an E-poster competition, on the theme “Step up for breast feeding :educate and support” during the observation of World Breastfeeding awareness week. The competition was open to all schools and colleges in Pathanamthitta district. Ms Rinta Joy, fourth year B.Sc Nursing student, Pushpagiri College of Nursing secured the third place.

STAFF ACHIEVEMENTS

PUBLICATIONS

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 Andrews. Knowledge and practice of mothers regarding use of antibiotics and antibiotic resistance. International Journal of Nursing Education and Research. 2022; 10(4), pg. 294-298

Dolly Jose, **Sr. Mary Jyothi OSS**. Effectiveness of Video-Assisted Teaching regarding impact of mobile device use on knowledge and Attitude of mothers of under-fives. IJRAR 2022; 9(3)

Aradhana Maniyappan. A descriptive study to assess the knowledge regarding first aid among adolescents in selected PUC, Bangalore with a view to develop an informational booklet. International Journal of Advances in Nursing Management. 2022;10(03)



RESOURCE PERSON

Prof. Mathew Soney, HOD, Dept. of Community Health Nursing, PCON was a resource person for the topic 'research designs' during the workshop on Research methodology held for doctors on 5th July, 2022 at Pushpagiri College of Medicine.

Sr. Mary Jyothi OSS, Vice principal (Admin.) of PCON, took a session for doctors on 'Quality Scientific Writing and Secondary Research' representing the PCEBP on 18th August, 2022 during a Seminar for Doctors on 'Scientific writing' which was held at the Pushpagiri Senate Hall.

Prof. Renjini Devi, Vice Principal (Academics) of PCON, participated as a resource person for state level workshop on intra natal emergencies – case based strategies on 24 September, 2022 at Little Flower College of Nursing, Thiruvanthapuram.

OTHER ACHIEVEMENTS

Congratulations to **Ms. Aradhana Maniyappan and Saniya Mathew** who won a prize on the occasion of Teachers day celebration which was organized by Arogyam Nursing College in collaboration with Nursing Scholar society.

Congratulations to **Sr. Mary Jyothi OSS** for the great achievement of passing Train the trainer: CSRTP & SRW (TtT) exam, with 83.05% marks and becoming the JBI accredited trainer for Comprehensive systematic review training Program & Scoping Review workshop of JBI, Australia on 16th September 2022.



ALUMNI CORNER

Alumni speaks



Joanna Shoble (BSc (N) 2017 batch)

Studying in Pushpagiri College of Nursing has been a privilege for me as I got the opportunity to get the best clinical experience and professional training to become an efficient nurse.

