



PUSHPAGIRI

**COLLEGE OF
NURSING**

We care God cures

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PUSHPAMANJARI

QUARTERLY NEWSLETTER

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PRINCIPAL'S DESK

“Framing young passionate aspirants of nursing to quality nursing professional is a devoted task in the hands of nurse educationalists”

Pushpagiri College of Nursing has made remarkable progress in all areas such as curricular and extra curricular activities, capacity building relevant to staff and students. The College has attained another milestone in excellence. We secured grade A in KUHS QAS accreditation (Kerala University of Health Science Quality Assurance Standard). I am confident that Pushpagiri College of Nursing will be able to endure growth in the quality of all academic activities with a sense of commitment to fully meet the expectations of the students, parents and community with the support of Pushpagiri management.

Editorial Board

Newsletter Publisher : **Rev. Fr. Aby Vadakkumthala**
Chief Editor : **Prof . Vineetha Jacob**
Associate Editor : **Ms. Jeena Kunjachan**
Sub Editors : **Sr. Mary Jyothi OSS**
Mr. Renji George
Ms. Jeena N Nair

ACTIVITIES AT A GLANCE

PCON FOR QUALITY



SECURED GRADE 'A' IN KUHS QAS ACCREDITATION

Pushpagiri College of Nursing Principal, Prof. Mrs. Vineetha Jacob and QAS Coordinator, Mrs. Alphonsa Lizzy Mathew receiving KUHS Quality Assurance Standard (QAS) accreditation A Grade certificate and Memento from KUHS Vice Chancellor Dr. Mohan Kunnummel and KUHS Pro Vice Chancellor Dr. C. P. Vijayan at KUHS, Thrissur

ACADEMIC ACTIVITIES @ PCON



LAMP LIGHTING CEREMONY 2023

Lamp Lighting ceremony of 2022 batch of BSc Nursing students was held on 13 March, 2023 at 9am. Rev. Fr. Aby Vadakumthala, Director-Institutions, presided over the ceremony. Mrs. Suvarna. S .Panikkar, CNO, Pushpagiri Medical College Hospital, felicitated the students. The Principal, Vice Principals, CNO & HOD of Nursing Foundations passed on the lighted candles to them and Prof. Mrs. Vineetha Jacob, Principal, PCON, led them with the oath. The program was well organized under the leadership of the first semester co-ordinators- Mrs. Juna Anna Joshua, Ms. Ritty Anne Thomas and team.

TASTE AND AURA 2023

Second semester B.Sc Nursing students 2021 Batch had their Nutrition practical session 'TASTE AND AURA', on 6 and 7 January, 2023 under the guidance of Ms. Sreeja S. and Ms. Amalu Anna Saji, subject teachers. Students were divided into eight groups to prepare various sample diet. They prepared enthusiastically and presented their menus in an attractive manner using a wide variety of AV aids and methods like skit, action song/ parody etc.



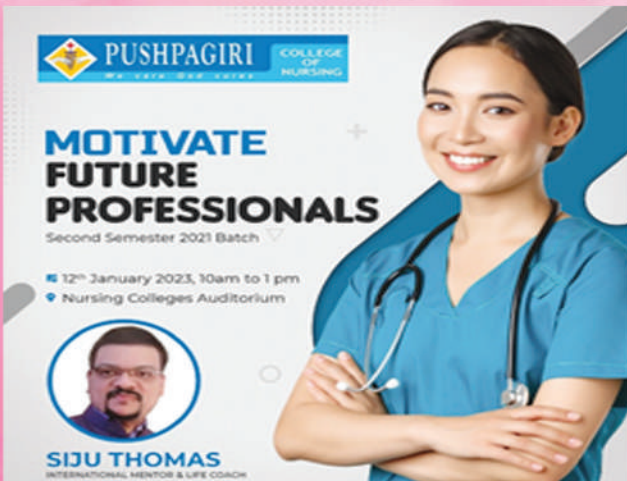
FRESHERS' TALENT SHOW (JWALA 2K23)



The fresher's day program Jwala 2k23 of the 2022 batch of B.Sc. Nursing students of Pushpagiri College of Nursing was held on the 14 January, 2023 at the college auditorium wherein the second batch of 75 students displayed their talents.

**GUIDANCE & ENRICHMENT PROGRAMS @ PCON
MOTIVATION CLASS**

Mr. Siju Thomas, International Mentor and life coach led a Motivation class for first & second semester students on 12 January, 2023 @ at college auditorium. The students and parents were highly appreciative of the event.



CAREER GUIDANCE AND PLACEMENT IN NURSING PROFESSION



PCON Internal Quality Assurance Cell (IQAC), Student Support and Guidance Program (SSGP) Cell and INSCOL, Kochi jointly organized a session on Career Guidance and Placement in Nursing Profession on 31 January 2023. The main speaker for the session was Mr. Aravind, Program Coordinator, INSCOL, who discussed and explained about career opportunities in India and abroad, various ways to choose a career abroad, processes and expenditure while choosing a career abroad.

'IGNITE' – A STUDENT ENRICHMENT PROGRAMME

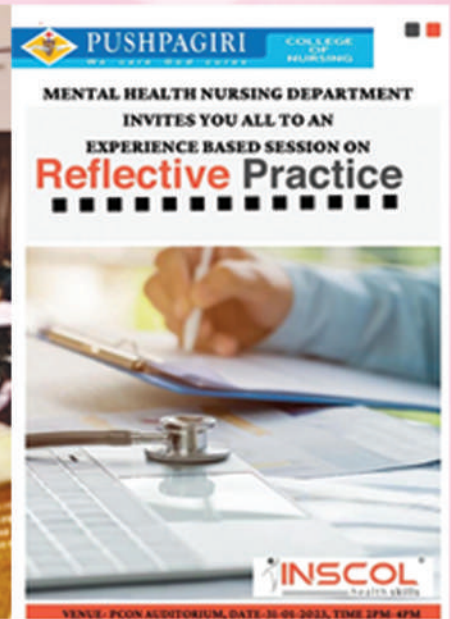


Mr. Jith George, Life coach, mentor and CEO, Benchmark Education led a one-day student enrichment program on 14 March 2023 at college auditorium. Around 200 students and staff actively participated in the event.

DEPARTMENTAL ACTIVITIES

EXPERIENCE BASED SESSION ON REFLECTIVE PRACTICE

The Department of Mental Health Nursing and INSCOL, Kochi organized an experience based session on 'reflective practice in nursing' on 31 January, 2023. The objective of the session was to explore the concept of reflection in nursing. The session was taken by Mrs. Revathy, M.Sc. Nurse and AHA trainer at INSCOL.



SCHOOL HEALTH PROGRAM



Department of Child Health Nursing, Mental Health Nursing and third year B.Sc. Nursing students jointly conducted a school health Programme at CMS school Thukalassery on 12 January 2023 on the topic "Personal hygiene in children" through a role play and discussion on importance of personal hygiene.

Thyroid awareness month

Department of Medical Surgical Nursing, Community health Nursing and BSc. 2020 batch jointly conducted a radio health talk regarding thyroid problems broadcasted via RADIO MACFAST 90.4 FM on 30 January, 2023 in relation to observation of Thyroid awareness month.



WOMEN'S DAY CELEBRATION



Department of Obstetrical & Gynecological Nursing of PCON, Taluk Legal Services Committee Thiruvalla & Mallappally and the National Service Scheme unit of Pushpagiri College of Nursing jointly observed women's day on 08 March, 2023 at the college Auditorium. Prof. Renjini Devi S., Vice Principal(acad.) and HOD of the Department welcomed the gathering. Rev. Fr. Aby Vadakumthala, Director-Institutions, presided over the function. The Chief Guest, Mrs. Arundhathi Dileep, First Class Magistrate, Thiruvalla inaugurated the function through her inaugural address. Rev. Fr. Aby Vadakumthala honoured Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing. Two Volunteers, of NSS Ms. Dhiya Susan Zacharia and Ms.Sinta Jaimon also presented their perspective of women's day celebration. Mr. C. N. Premkumar, Advocate, Thiruvalla discussed the points regarding the legal implications of women in present society as well as the legal aspects in current scenario.

WORLD TUBERCULOSIS DAY



As a part of the observation of the World Tuberculosis day, the 3rd semester B.Sc. Nursing students participated in the rally organized by the district TB Centre and performed a flash mob at DIET, Thiruvalla

COMMUNITY EXTENSION ACTIVITIES OF PCON TRIBAL HEALTH CARE ACTIVITIES

MEDICAL CAMP -1



A medical camp was conducted at tribal community of Gavi and Moozhiyar with the help of Dr. Vincent Xavier, Seethathode PHC Medical Officer on 19 January 2023. The medical camp was coordinated by Fr. Aby Vadakumthala, Director-institution, Pushpagiri. The camp activities were Health Checkup and treatment, distribution of food materials like rice, vegetables, pulses, cereals and other kitchen utilities. Also, clothes like blankets, nighties, shirts, sarees, dhoties and kid wears were distributed to 35 families. In addition, Vitamin supplements were distributed to under five children of the locality.

MEDICAL CAMP -3

As a part of the monthly tribal healthcare activities of Pushpagiri College of Nursing in association with PHC Seethathode, and DMO Pathanamthitta, another medical camp was organized on 24 March, 2023. Health Checkup, Medications, food materials, kitchen utilities, Vitamin supplements etc. were provided.



MEDICAL CAMP -2 'KARUTHAL'

A Mega Health Camp 'KARUTHAL 2023' was conducted in association with Primary Health Centre, Seethathodu on 17 february, 2023 at Gavi and around 300 people participated in it. Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri Group of Institutions, Rev. Fr. Aby Vadakkuthala, Director of Pushpagiri College of Nursing, Dr. Vincent Xaviour, Medical Officer, Seethathodu PHC and Mr. Sunil, Junior Health Inspector, Gavi, Prof. Vineetha Jacob, Principal, PCON, Mr. Pramodu, Assistant Engineer and Forest officer, Mrs. Gangamma, panchayat Member, participated in the event. The programme was inaugurated by Rev. Fr. Jose Kallumalickal. During the programme, Dr. Vincent Xaviour was honored for his health care services to the tribals of Moozhiyar and Gavi. Our fourth year B.Sc Nursing Students and faculty joined the camp rendering the services like BP and Blood sugar monitoring, ECG monitoring, Hemoglobin test, Physical examination and distribution of medication. Also, clothes and food items were distributed to the needy people. Apart from this, the students performed the following cultural programs -"Nadanpattu", tribal dance and group health education on various topics like Personal hygiene, prevention of Non-communicable disease, Importance of going to school, Prevention of anemia etc.



ACTIVITIES IN COLLABORATION WITH NGO

HAIR DONATION CAMPAIGN @ BODHANA

Ms Ansalana and Ms. Kripa, fourth year BSc Nursing students donated hair for cancer patients on 15 February, 2023.



DISTRIBUTION OF DIALYSIS KIT @ JOY ALUKKAS

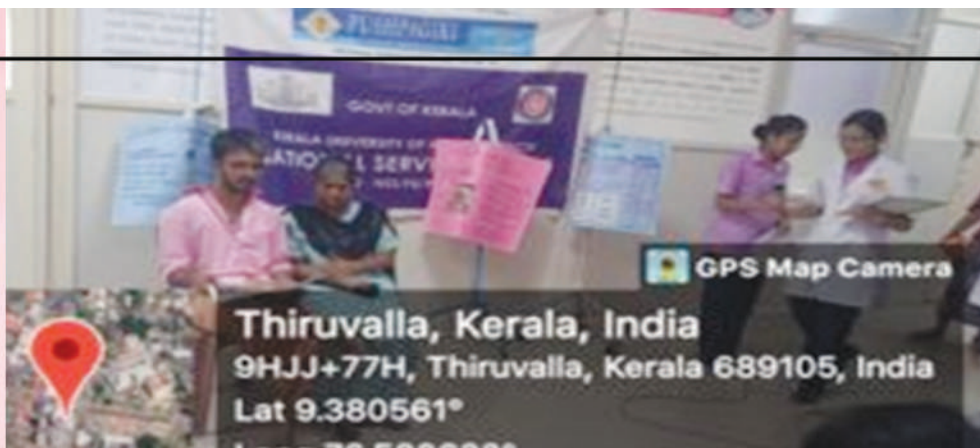
Prof. Mrs. Vineetha Jacob, Principal, PCON distributing dialysis kits to poor patients on behalf of Joy Alukkas Foundation on 16 January, 2023 in an event organized as a part of their Corporate Social responsibility.



UNION /SNA/ NSS ACTIVITIES



The National Service Scheme volunteers of Pushpagiri College of Nursing participated in seven days residential camp from 13 February, 2023 to 19 February 2023 at Thirumoolavilasam U. P School, Thirumoolapuram, Tiruvalla. The theme of the camp was "Anti-drug awareness". A new project was also launched through the camp named as, 'NSS education at rural areas'. A total of 48 volunteers actively participated in the camp.



POSHAN PAKHWADA

The NSS cell along with the Dept. of Nursing Foundation organized “Poshan Pakhwada”. A program focusing on ‘Nutrition for All: Together towards a Healthy India’ on 24 March, 2023 in the pediatric OPD of Pushpagiri Medical College hospital.

VEGETABLE GARDEN @ PCON



Vegetable garden is set-up at PCON using drip irrigation system, in collaboration with the Dept. of Agriculture, Tiruvalla.

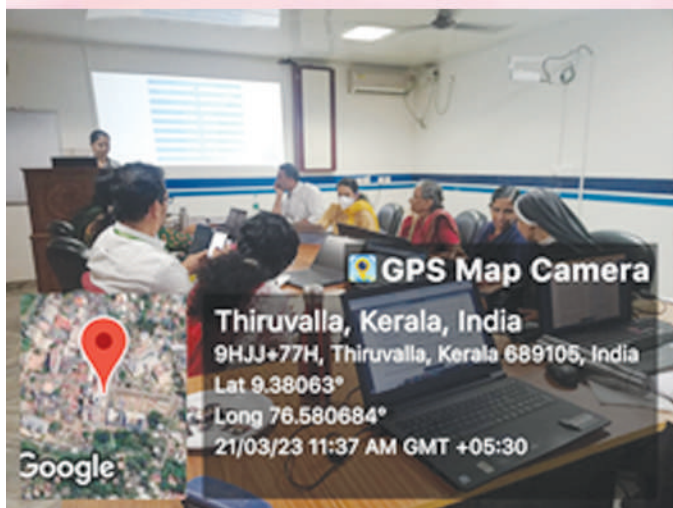
AGRICULTURE HARVEST AND PLANTING OF GRAFTED SEEDLINGS



Pushpagiri College of Nursing inaugurated a vegetable garden by planting grafted seedlings and conducting harvest of the grown vegetables in collaboration with the department of agriculture, Thiruvalla on 30 March, 2023. Shri Mathew T Thomas, MLA, Thiruvalla inaugurated the same. Rev. Fr. Jose Kallumalikkal, CEO- Pushpagiri group of institutions, Mrs. Sreenadevi Kunjamma, Dist. Panchayat Member, Mrs. Anu George, Thiruvalla Municipality Chairperson, Shri Jiji Vattasseril, Thiruvalla Municipality Counsellor, Mrs. Rejy V.J., Deputy. Director-Agricultural Dept. and Ms. Janet Daniel, Assistant Director of Agriculture spoke at the event. Rev. Aby Vadakkumthala, Director, Pushpagiri College of Nursing, Mrs. Vineetha Jacob, Principal, Pushpagiri College of Nursing, Prof. Mrs. Renjini Devi, Vice Principal (Acad.), Sr. Mary Jyothi OSS, Vice Principal(Admin.), NSS Coordinators, faculty and NSS volunteers of PCON were present at the event. This program raised awareness among faculty and students about the significance of growing healthy food preventing the use of fertilizers and pesticides.

SYSTEMATIC REVIEW TRAINING

A five day JBI comprehensive systematic review training program was organized by Pushpagiri Centre for Evidence Based Practice - A JBI Centre for Excellence affiliated to the University of Adelaide, Australia and Pushpagiri College of Nursing, Tiruvalla on 21-23 March and 27-28 March 2023. Sr. Mary Jyothi OSS, Professor, Dept. of Child Health Nursing, Pushpagiri College of Nursing, and core staff of PCEBP led the sessions on 21, 27 and 28 March, 2023. Dr. Saritha Susan Varghese, Associate professor, Dept. Community Medicine, Believers Church Medical College Hospital, led the sessions on 22 and 23 March, 2023. Ten participants from various fields a scientist, a virologist, microbiologist, Medical College doctors and nursing faculty from various institutions benefitted from the sessions.



PCON CELEBRACIO:



Staffs Christmas gift exchange and jubilee celebration of Sr. Deepa OSS on 5 January, 2023



Feast and Birthday Celebration on 28, January, 2023.

FARE WELL PARTY



Thank you
for your great service @PCON



Bidding farewell to Sr. Serina CMC, Prof. Sariga J Therese ,
Prof Sr. Terese SIC Mrs.Ariya.S Mrs. Anila Velayudhan and Mrs. Rajalekshmi

ACHIEVEMENTS & AWARDS

STUDENT ACHIEVEMENTS IN ACADEMICS

CONGRATULATIONS
On Your Excellent Success
BSC 2021 BATCH

97.3%

31 DISTINCTION

42 FIRST CLASS

Second Semester BSc(N)
University Exams, February 2023

PUSHPAGIRI COLLEGE OF NURSING
We care our nurses

STUDENT ACHIEVEMENTS IN CO-CURRICULARS..

SNA STATE LEVEL SPORTS MEET 2023: SPARTA

Pushpagiri college of Nursing enthusiastically participated in the SNA state level sport meet on 14 and 15 March 2023 at Maharaja's college stadium & Albertian sports complex, Ernakulam. Eighteen students were participated for the various competitions. Ms. Agnus Mariya George, Third year B.Sc (N), 2019 batch student, won 3rd prize for 200 mtr race girls and Ms. Prilsiya Antony, 4th year BSc. 2018 batch student won 2nd prize for Caroms-girls.



WINNERS OF SNA ELECTION

SNA election was conducted on 17 March, 2023. The following members are selected as a executives

Chair Person : Mr.Jomy Roy (3rd yr) Vice chair person : Mr. Amith Anil (3rdyr) Program chairperson :

Ms. Thressiamma Joseph (4th yr) Secretary : Divya Ann Saji (3rd sem) Treasurer :

Ms Nini susan antony (3rd sem) Joint secretary : Ms. jesty sajan (3rd sem)

Magazine student editor: Ms. Karthika Somarajan from 3rd year.



STAFF ACHIEVEMENTS



Ms. Aradhana Maniyappan , Asst. professor Took part in International art contest organized by INNOVIZE under the Govt of India held in 2022

Alumni visit



ALUMNI SPEAKS

Pushpagiri college of nursing is one of the best nursing colleges in Kerala. I am very grateful to the entire management for your constant support and guidance you have given throughout my studies. I am very proud to say that, PCON is my alma mater and I am very grateful to all the eminent faculties for their constant motivation throughout my MSc Nursing studies.

Dolly Jose (Sr. Rosana)
M.Sc. 2019 batch