



**PUSHPAGIRI**

**COLLEGE OF NURSING**

*We care God cures*

Published by: PUSHPAGIRI COLLEGE OF NURSING, THIRUVALLA

# PUSHPAMANJARI

QUARTERLY NEWSLETTER

VOL.2/ ISSUE 01/JANUARY - MARCH 2022



## EDITORIAL BOARD



## FROM THE PRINCIPAL'S DESK

PROF. SR. TERESE SIC  
Principal



### Newsletter Publisher:

Rev. Fr. Aby Vadakkumthala

### Chief Editor:

Sr. Terese SIC

### Associate Editor:

Sr. Serena CMC

### Sub Editors:

Prof. Vineetha Jacob

Sr. Mary Jyothi

Ms. Jeena Kunjachan

Ms. Mathew Soney

Ms. Jeena N Nair

*"While educating the minds of our youth,  
we must not forget to educate their heart"*  
– Dalai Lama

Success comes to those who work hard and stays with those who don't rest on past glories. Pushpagiri College of Nursing started its journey in the year 2002 with the aim of providing education to the youth and empowering them so that, they can be financially independent, socially conscious, morally upright and emotionally balanced. Pushpagiri College of Nursing is an amalgamation of competent teachers, state of the art infrastructure and an experienced and proficient Management, safe and compassionate environment for its students to provide a perfect

balance of academics, sports, artistic and social opportunities. I can foresee that every child who has entered this temple of learning: Pushpagiri College of Nursing with its motto "We care God cures" will certainly go out as responsible citizens with human values. And this will help us to achieve our vision: "To work towards a knowledge society with life in abundance through science and technology, improving health care for our immediate community, the state, the country and the world at large". Let's give our best and make this Institution a modern temple of learning through our diligence, devotion and dedication.

Wishing you all the best...!

# INAUGURATION & INDUCTION PROGRAM OF NEW ACADEMIC YEAR 2021-22

The inauguration ceremony of the new academic year 2021-22 was held on 2<sup>nd</sup> March 2022. The Chief Guest, His Grace Most Rev. Dr. Thomas Mar Koorilose Metropolitan Archbishop of Thiruvalla inaugurated the function by lighting the lamp and undoubtedly inspired the students through his speech and blessings.



## RELEASING PUSHPAMANJARI: THE OFFICIAL NEWS LETTER OF PUSHPAGIRI COLLEGE OF NURSING



Releasing PUSHPAMANJARI, the official Newsletter of Pushpagiri College of Nursing by His Grace The Most Rev. Dr. Thomas Mar Koorilose Metropolitan Archbishop of Thiruvalla

## HEARTY CONGRATULATIONS TO THE TOPPER!!!



Dr. Ratish Babu Memorial Charitable Foundation Scholarship for 1<sup>st</sup> year BSc (N) University exam topper is awarded to Ms. Honey K.H., 2019 batch

## RETREAT FOR STAFF & STUDENTS



## “JEEVANA- 2022”

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing observed 7 days special camp from 21<sup>th</sup> February, 2022 to 27<sup>th</sup> February, 2022 at Pushpagiri College of Nursing, Tiruvalla. The special camp was titled as JEEVANA-2022. The theme of the camp was “PERSONALITY DEVELOPMENT AND LEADERSHIP”. A new project is also launched in the camp called as “NSS BUTTERFLY GARDEN” A total of 50 volunteers actively participated in the camp. The total number of students divided into 5 groups for various group activities. The imminent personnels from different stream took classes for the volunteers. The camp also enriched with colors of cultural events and group games by the volunteers. The 7 days special camp upgraded the total personality of the volunteers.



## NSS REPORT ON VIDEO OF REPUBLIC DAY

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing observed Republic day by preparing a video based on INDIA on 26<sup>th</sup> January, 2022. The programme was conducted by NSS Unit in collaboration with Student Nurses Association. The programme helped to create Patriotism among the volunteers and favoured for enlisting the abilities of creativity among volunteers. The volunteers created a video that includes the description of Republic day, patriotic song by volunteers, dress code of various states. There were around 30 volunteers participated in the programme. The programme is very enthusiastic to the volunteers.



## INTERNATIONAL WOMEN'S DAY

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing observed the international women's day on 12<sup>th</sup> March, 2022 in the college premises. The Programme helped to create awareness about the importance of celebrating the international women's day. This programme also helped to make an awareness on the significance of the day. There were around 09 volunteers participated in the cartoon drawing and poem writing contest organized in the college conducted on 12<sup>th</sup> March, 2022 from 10 am to 11 a.m. A total of 4 evaluators evaluated the competition and prizes were distributed to the students by programme officer. The programme proved to be very motivating for the volunteers.



## NATIONAL GIRL CHILD DAY

Since 2009, every year 24<sup>th</sup> January is celebrated as National Girl Child Day in India, under the Ministry of women and child development, with the aim of raising awareness to empower the daughters of the country. Pushpagiri College of Nursing observed the Day by organizing a web-talk on 24<sup>th</sup> January at 3pm via zoom platform on the topic, "How the world can be made better for girls?." The program was a combined effort of the department of child health nursing, NSS unit of the college and Childline Pathamthitta. The event was hosted by Ms. Honey K H, 2<sup>nd</sup> year BSc NSS volunteer. The program began with a moment of silent prayer, followed by welcome address by Sr. Mary Jyothi OSS, HOD of Child Health Nursing Department. Mrs. Susamma Mathew, ret'd. District Educational Officer, Ex-child welfare committee Chairperson and Ex- corporate manager of the Marthoma Sabha, was the chief orator for the day. She highlighted on the significance, Rights and



empowerment of a girl child. Mrs. Raji P. Scaria, a team member of Childline Pathanamthitta gave an overview of the Childline activities. 92 staff and students participated in the event. The program concluded by vote of thanks by Ms. Jewel, 2<sup>nd</sup> year BSc NSS volunteer. The participants appreciated the event and verbalized that the session was informative and well organized.

## MEDICAL CAMP AT CHUNAKARA, MAVELIKARA

On 9<sup>th</sup> January 2022, Community Health Nursing Department activity participated in the Medical camp organized by Pushpagiri Medical College Hospital held at Chunakkara, Mavelikkara.



# TUBERCULOSIS DAY



The Community Health Nursing Department of Pushpagiri college of Nursing celebrated the world Tuberculosis Day on 24<sup>th</sup> March 2022 at Kuttoor panchayath. The theme is – INVEST TO END TB. SAVE LIVES . We started the programme with a prayer song. The programme was inaugurated by Kuttoor grama panchayath president followed by a flashmob and a skit on the theme, with the help of audio-visual aids like charts, placards, posters, ladder charts, flashcards and leaflets. Around 100 people witnessed the programme and they gained

knowledge about what is Tuberculosis, mode of transmission, causes, clinical manifestations, diagnosis, management and prevention. Twelve 4<sup>th</sup> year and Eleven 3<sup>rd</sup> year BSc Nursing students participated in the event and were grateful to be part of it. The programme was organized under the leadership of Mrs. Mathew Sony, Professor and HOD of Community Health Nursing and Mrs. Asha Ashok, NSS Coordinator. The authorities at the centre, especially Mr. Naseem, JHI were very helpful in the conduct of the event.

# WORLD DOWN SYNDROME DAY



Department of Child Health Nursing, joined with Prateeksha Child Development centre in observing the World Down Syndrome day 2022 on 20<sup>th</sup> of March 2022. The theme of this year was “WE DECIDE”. A total of 6 children with Down syndrome and their parents participated in the programme. Children exhibited their talents like dancing, singing etc. Our students arranged games for the kids and children really enjoyed the activities.

## WORLD ORAL HEALTH UNIFIED WEEK SHARE A SMILE – WITH THE WORLD

As part of observation of ‘World Oral Health Unified Week’ Dept. of Medical Surgical Nursing PCON, organized a School Health Program on 26<sup>th</sup> March 2022 at Basilian Public School, Paliakkara. The program was aimed to disseminate oral health awareness among school children. Students of 3<sup>rd</sup> to 7<sup>th</sup> standard took part in the awareness program. Third year BSc Nursing students, led the session through educational videos, demonstration using models and action songs. Faculty and students of Basilian School gave a very positive feedback about the program



## PUBLIC AWARENESS PROGRAM ON KIDNEY HEALTH

Department of Medical Surgical Nursing observed 'World Kidney Day' on 10<sup>th</sup> March 2022 by organizing a public awareness program on 'Kidney Health'. The program aimed to raise awareness among public regarding measures to follow to have a safe and healthy kidney. The program was conducted via Google meet platform.



Dr. Subhash Chandran consultant nephrologist, PMCH lead the class.

## PULSE POLIO IMMUNIZATION PROGRAMME

The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing observed the Pulse Polio Immunization Programme on 27<sup>th</sup> February 2022 from 7 am to 3 pm at Mother and Child Block of Pushpagiri Medical College Hospital. The Programme conducted in collaboration with Community Health Nursing Department. A total of 25 volunteers actively participated in the programme. The program helped to create awareness, social commitment and enthusiasm among the volunteers.



## ALUMNI TESTIMONIAL



Nithiyamol M.A.  
2012- 16

I spent four years at Pushpagiri College of Nursing, Thiruvalla. I absolutely enjoyed every experience while in the college and my teachers made the learning experiences valuable and memorable. I realized that both professional experience and higher education are important to achieve my future goal. I decided to join for MSc Nursing. I secured 13th rank in PG Entrance Exam 2021 Kerala and presently I am doing my post graduation in Community Health Nursing, Govt. College of Nursing, TVM. As an alumni of PCON, I can well assure prospective families that their children will be in the best hands with the teachers and staff.

## A WEBINAR ON CANCER CARE IN CHILDREN

The Department of Child Health Nursing in association with IAP Pathamthitta and Department of Pediatrics, PIMS & RC organized a webinar on Cancer care in children on 5th of February 2022 at 10am via zoom platform. The main objective of the webinar was to raise awareness on the topic among nursing staff and students. The session began with a moment of silent prayer. Sr. Mary Jyothi, Associate professor and HOD, Dept of Child Health Nursing welcomed the gathering. Prof. Dr. Jacob, HOD, Department of Pediatrics, PIMS & RC gave the keynote address. Dr. Arun Mammen Cheria, President, IAP, Pathanamthitta felicitated the occasion. Dr. Carol Sara Cheria, Associate professor, Dept of Pediatrics, PIMS & RC and past IAP President was the chief orator for the day. Madam covered the entire topic very comprehensively elaborating on the care required for these children. At the end, Mrs. Ritty Anne Thomas, Lecturer, Dept of Child Health Nursing, proposed the vote of thanks and the entire session was compered by Ms. Sessil Sebastian, 2nd year MSc Nursing student, PCON. 120 participants from various institutions in different parts of the country joined the event and appreciated the conduct of the event. E-certificates were sent to the respective emails following their feedback of the event.



The session began with a moment of silent prayer. Sr. Mary Jyothi, Associate professor and HOD, Dept of Child Health Nursing welcomed the gathering. Prof. Dr. Jacob, HOD, Department of Pediatrics, PIMS & RC gave the keynote address. Dr. Arun Mammen Cheria, President, IAP, Pathanamthitta felicitated the occasion. Dr. Carol Sara Cheria, Associate professor, Dept of Pediatrics, PIMS & RC and past IAP President was the chief orator for the day. Madam covered the entire topic very comprehensively elaborating on the care required for these children. At the end, Mrs. Ritty Anne Thomas, Lecturer, Dept of Child Health Nursing, proposed the vote of thanks and the entire session was compered by Ms. Sessil Sebastian, 2nd year MSc Nursing student, PCON. 120 participants from various institutions in different parts of the country joined the event and appreciated the conduct of the event. E-certificates were sent to the respective emails following their feedback of the event.



*Thank You*

