

A. ACTIVITIES AT A GLANCE

GRADUATION CEREMONY AND COLLEGE DAY

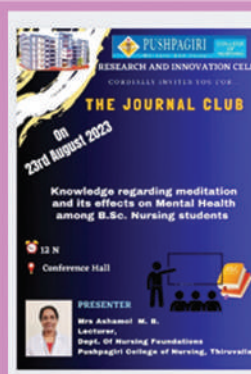


Graduation ceremony of 18th batch of B.Sc. Nursing batch (2018 admission) and 10th batch MSc Nursing (2020 admission) was held on 8th August, 2023 at PCON auditorium. Prof. Renjini Devi, Vice Principal Academics, Pushpagiri College of Nursing welcomed the gathering and Rev. Fr. Jose Kallumallickal, CEO, Pushpagiri Group of Institutions presided over the event. H. G. Most Rev. Dr. Thomas Mar Koorilos, Metropolitan Archbishop of Thiruvalla inaugurated the ceremony and released the college magazine. His Grace spoke about the importance of nursing profession and mentioned that Nursing is part and parcel of human life. Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing read the college report for the academic year 2022-2023, Mrs. Geetha A. R., Prestigious National Nightingale Award Winner and Grade I Nursing Officer at Govt. Hospital, Kollam was the chief guest. She shared her life experiences. Lamp lighting was led by Mrs. Suvarna S. Panicker, CNO, Pushpagiri Medical College Hospital and Prof. Vineetha Jacob. Graduates were awarded certificates and academic proficiency awards by Rev. Fr. Jose Kallumallickal, CEO, Pushpagiri Group of Institutions and Rev. Fr. Aby Vadakumthala, Director of the institution. Ms. Midhuna Pradeep and Ms. Preeja Ponnappan won the UG and PG best outgoing student award respectively. In addition, Batch wise academic excellence awards and cash prizes for UG and PG best papers in state level scientific paper presentation were distributed during the occasion. Mrs. Sheela Cherian, PTA President felicitated the Novice Nurses and Vote of thanks was given by Prof. Sr. Mary Jyothi OSS, Vice Principal(Admin.), Pushpagiri College of Nursing.

CONTINUING NURSING EDUCATION

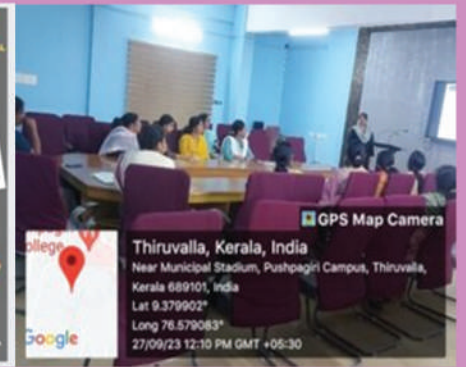
JOURNAL CLUB

Prof. Renjini Devi S., Vice Principal(Acad.), Pushpagiri College of Nursing presented a journal article on the topic 'Effect of Pre-pregnancy Maternal BMI on Obstetric outcomes in a tertiary care hospital in Goa, India' during the Faculty Journal club held on 27th July, 2023 at 2pm. 22 Faculty members attended the same

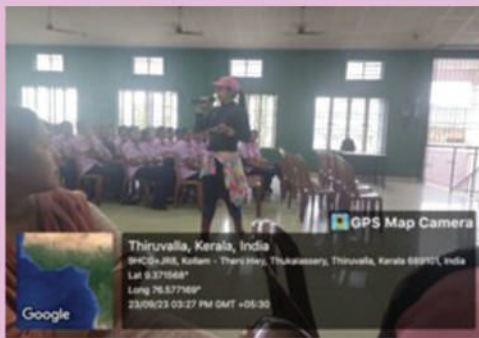


Mrs. Ashamol M. B., Lecturer, Dept. of Nursing Foundation, Pushpagiri College of Nursing presented a journal article on the topic 'Knowledge regarding meditation and its effect on mental health among B.Sc. Nursing students' during the Faculty Journal club held on 23rd August, 2023 at 12pm. 20 Faculty members attended the same.

Mrs. Silvy Matthew, Associate Professor & HOD, Dept. of Medical Surgical Nursing, presented a journal article on ‘The effect of Flipped learning method on self-care of patients with type 2 DM’ on 27th September, 2023. Around 17 faculty attended the same. The faculty members actively participated in the discussion critiquing the article based on the guidelines given by the Polit.



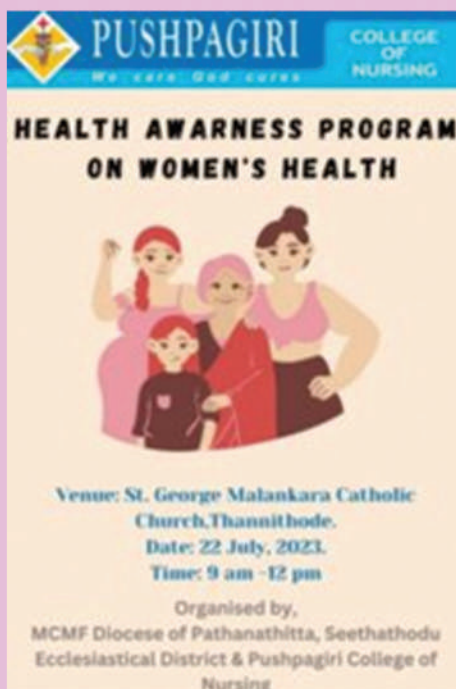
GUEST LECTURE SERIES



Dept. of Nursing Foundation organized a guest lecture series on topic “Go stress free with zumba” on 23rd September, 2023 at the college Auditorium. The Session was led by Ms. Zin Harsha Sumesh, professional trainer and Zumba instructor, SHEFIT. About 250 participants attended the session.

SEMINAR ON WOMEN’S HEALTH

Pushpagiri College of Nursing and MCMF Diocese of Pathanamthitta jointly organized a seminar on topic “women’s health” on 22nd July, 2023 at St. George Malankara Catholic Church, Thannithode. Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing and Prof. Renjini Devi, Vice Principal(Acad.), Pushpagiri College of Nursing, Sr. Mayukha SIC, Associate professor, Department of Community Health Nursing and Sr. Deepa OSS, Assistant professor, Department of Mental Health Nursing took classes on postpartum depression, women health, breast cancer, and mental health respectively meanwhile fourth year B.Sc. Nursing students demonstrated the post mastectomy exercises and checked BP, weight and blood sugar of the participants. Around 120 mothers participated in the programme.



RESEARCH DAY



On 31st July, 2023, The IQAC & Research Cell of Pushpagiri College of Nursing observed the research day by organizing the 9th State level scientific paper presentation competition. Prof. Mrs. Magi Xavier, Principal, SIMET College of Nursing, Pallurthy, Ernakulam and Prof. Mrs. Sunitha Clavin, HOD, Dept. of Child Health Nursing, Dayanand Sagar University, Bangalore evaluated both the UG and PG sessions. The Best papers of the day from PG thesis was bagged by Mrs. Theertha S., Pushpagiri College of Nursing and Ms. Sreethu P. S., Westfort College, Trissur won among the UG presentations.

APJ ABDUL KALAM REMEMBRANCE



Dept. of Community Health Nursing & NSS unit of Pushpagiri College of Nursing and Joy Alukkas foundation jointly observed the A. P. J. Abdul Kalam Remembrance Day on 26 July, 2023. The meeting included eminent personalities like P. R. Praseena, Retired DEO of Pathanamthitta, Mathew Chalakkudy, Municipal councilor of Tiruvalla, Prof. Vineetha Jacob Principal of PCON, Sr. Mayukha SIC, Associate Professor, PCON, Mr. Shelton, Manager, Joy Alukkas foundation etc. Also, retired teachers were honored at the meeting. About 55 people joined the event.

PUSHPAGIRI DAY CELEBRATION

Pushpagiri College of Nursing actively participated in the Pushpagiri day celebrations held on 29th September, 2023 from 4pm to 10pm. College of nursing student's added color to the cultural events by their active participation. Prof. Renjini Devi, Vice Principal (acad.) received the honor as part of honoring selected faculty of the college as gems of Pushpagiri. Ms. Tissa Mary 2018 batch received the Best Outgoing student award.



INDEPENDENCE DAY CELEBRATION

Independence day was celebrated on 15th August, 2024 at college premises under the auspices of SNA & NSS. Rev. Fr. Aby Vadakkumthala hoisted the flag and delivered the Independence day message.



TEACHERS DAY CELEBRATION

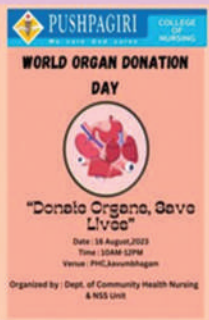
Teacher's day was observed in a wide variety of ways on 5th of September 2023 at Pushpagiri College of Nursing, Tiruvalla. Students of each batch drew appreciation cards and wished all teachers. In addition, in the evening, Fr. Aby Vadakkumthala (Director) and Prof. Mrs. Vineetha Jacob (Principal) jointly organized a meeting for all teachers. In the meeting, the Director and Principal appreciated all teachers for their committed services rendered to the college and to the students. Token of love and certificates were distributed to all teachers.

WORLD PATIENT SAFETY DAY



Dept. of Community Health Nursing, FON and NSS unit of Pushpagiri College of Nursing jointly observed 'World Patient Safety Day' on 22nd August, 2023. The students educated family regarding patient safety and their rights. The students also paid attention to the aspects of hygiene, grooming, health aspects in relation to the patient safety and their due responsibilities. In addition, distributed basic thing to the family. Nearly 30 participants participated

ORGAN DONATION DAY



Dept. of Community Health Nursing and NSS unit of Pushpagiri College of Nursing jointly observed the world organ donation day on 17 August, 2023 through an awareness programme at the Kavumbhagam Primary Health Centre. About 30 participants participated the same.

NATIONAL EYE DONATION FORTNIGHT CELEBRATION



Department of Medical Surgical Nursing in Collaboration with Chaithanya Eye Hospital, Thiruvalla participated in Walkathon 2023 as a part of National Eye Donation Fortnight Celebration on 5th September, 2023

WORLD FIRST-AID DAY



Department of Nursing Foundation organized a World first-aid awareness programme at the railway station, Tiruvalla on 8th of September, 2023. First semester students played flash mob and gave health education regarding first aid management to railway passengers and employees with the aim of equipping them with lifesaving skills. Nearly 200 people attended the same.

WORLD HEPATITIS DAY

Dept. of Child Health Nursing and third year B.Sc. Nursing students observed the world hepatitis day on 25th July, 23 at Pediatric OPD, Pushpagiri Medical College Hospital. Students discussed on various aspects of hepatitis, its causes, signs and symptoms and management with the help of a street play. Total of 8 students, 2 faculty members of Child Health Nursing department and 40 patient bystanders were present for the programme. This helped to create an awareness to the public regarding hepatitis and its preventive measures



As a part of world Hepatitis Day, Dept. of Medical Surgical Nursing observed the day conducting a live well-talk to create awareness on the theme 'One life, one liver' via Radio Macfast on 28, July, 2023.

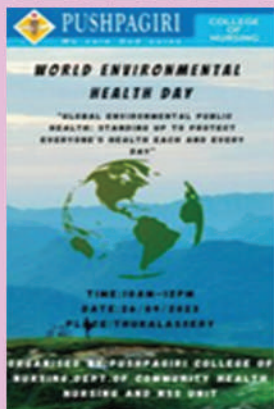
SUICIDE PREVENTION WEEK 2023

Department of Mental Health Nursing & NSS jointly observed the world suicide prevention week (10th September -16th September, 2023) through candle light procession and stop suicide pledge. Faculty, students, Alumni participated in the programme

Dept. of Community Health Nursing, OBG and NSS unit of Pushpagiri College of Nursing celebrated world suicide prevention week and awareness day on 12th September, 2023 at Kuttoor Panchayath. Mr. Hari Prasad, Grama Panchayat president, Kuttoor inaugurated the programme and Mr. N.T. Abraham, Health Inspector, Kuttoor PHC, spoke about importance of mental health. In addition, students performed Street play and skit regarding prevention of suicide. Prof. Renjini Devi S, the Vice Principal of Pushpagiri College of Nursing, Tiruvalla felicitated the programme. Nearly 100 participants participated.



WORLD ENVIRONMENTAL HEALTH DAY



Department of Community Health Nursing and NSS unit of Pushpagiri College of Nursing jointly observed world environmental health day by cleaning the premises at Thukalasserry on 26 September, 2023.

BREAST FEEDING WEEK CELEBRATION



Dept. of Obstetrics and Gynecology, Child Health Nursing and NSS unit of Pushpagiri College of Nursing jointly organized a World Breastfeeding week awareness programme at Mother and child OPD, PMCH on 3rd August, 2023.

WORLD HEART DAY



Department of Medical Surgical Nursing in association with Dept. of Cardiology observed the world heart day at Pushpagiri Medical College Hospital on 29 September, 2023.

SCHOOL HEALTH PROGRAMME



Dept. of Child Health Nursing and Mental Health Nursing jointly organized a school health programme (Pushpathalir) at CMS School, Thukalasserry on 4th July 2023 on the topic 'prevention of substance abuse'.

UNION/ SNA/ NSS ACTIVITY

ANNUAL SPORTS MEET

Annual 'sports meet' of the college for the academic year 2023 was conducted at Mar Thoma College, Thiruvalla Ground on 11th July, 2023. Competitions started at 8.00 am. The program was inaugurated by Dr. Mathew Varkey T. K., Principal, Mar Thoma College, Thiruvalla. Ms. Adithya K. R., sports secretary delivered the sports oath to the students. Students showed their talents in all the events and actively participated. Students hosted colorful March past with full spirit. Outdoor competitions started at 8.00am with athletic items and finished by 12.30 pm. Mr. Ben Biju Joseph got selected as the sports champion among boys and Ms. Agnus Maria George among girls.



SNA ZONAL LEVEL OUTDOOR AND INDOOR SPORTS MEET: VEERYA 2K23



Zonal outdoor sports meet was held on 15th July, 2023 at Municipal stadium, Pathanamthitta. PCON won the overall championship for outdoor sports competitions. 36 students participated in various sports items and won prizes. Mr. Ben Biju, fourth semester B.Sc. Nursing student bagged the sports championship among boys.

Zonal indoor sports competitions were held on 22nd July 2023 at Archana College of Nursing. 27 students were accompanied by two teachers namely Ms. Linju Prasad and Ms. Ann Merin Alex. Students were participated in various sports items and won prizes. At the end PCON won a total of 57 points and bagged the overall championship for zonal level sports meet 2023.

PUSTHAKA THANAL

On 26th September, 2023, NSS unit of Pushpagiri College of Nursing conducted Pustaka Thanal at Pushpagiri medical college hospital premises by displaying variety of books for the public to read freely. This aimed to encourage reading of books.



MANAV MYTHRI RALLY AND ANTI-DRUG AWARENESS CAMPAIGN



The National Service Scheme unit of Pushpagiri College of Nursing celebrated the NSS week by holding a manava mythri rally on 28th September, 2023 advocating the importance of preventing illicit use of drugs. About 50 volunteers participated the same.

MALINYA MUKTA NAVA KERALAM CAMPAIGN

The National Service Scheme unit of Pushpagiri College of Nursing celebrated 'Malinya mukta nava keralam' campaign at Kuttoor, Thukalassery, premises of Pushpagiri College of Nursing & PMCH from 25th September, 2023 to 02 October, 2023 by cleaning of the premises and nurturing the plants (vegetable and fruit) in the surrounding areas. Hostel premises were also cleaned and made plastic free.



BLOOD DONATION CAMP



The National Service Scheme unit of Pushpagiri College of Nursing conducted a blood donation campaign in Pushpagiri Medical College and hospital blood bank on 26th September 2023. Around 50 volunteers participated in the blood donation campaign.

ONAM 2K23



SNA unit of Pushpagiri College of Nursing celebrated Onam 2K23 at College of Nursing auditorium on 26 August, 2023 with variety of competitions like Athapookalam, onapattu, malayali manka, tug of war & various fun games etc. also, arranged a delicious onasadhya for staff and students of the College.

COLLEGE DAY



College union of Pushpagiri College of Nursing organized the Annual college day programme in association with the Graduation day celebrations on 8th August, 2023 at PCON auditorium. Various cultural programme performed by students.

OLD AGE HOME VISIT



The Jesus Youth unit of PCON visited Bethany old age home on 18th September 2023 at 3pm. There were 15 elderly men at the old age home. The nine youth (JY core team members) spent time to speak and listen their experiences as well as making them happy.

MONTHLY TRIBAL WELFARE ACTIVITIES



As a part of Tribal Welfare activities, a health camp was organized in Gavi and Moozhiyar on 11 August, 2023 in association with Seethathodu PHC, Pushpagiri College of Nursing, and MCYM Tiruvalla region. Under the guidance of Dr. Vincent Xavier, Medical officer, PHC, Sethathodu various services were provided like BP monitoring, blood sugar testing, body temperature monitoring, health check-up and medicine distribution. In addition, food kits were distributed along with clothes. Almost 150 people has got the opportunity for medical tests and 20 families benefitted from food kit and clothes distribution.

AWARDS & ACHIEVEMENTS

STUDENT ACHIEVEMENTS

ACADEMIC RESULTS

Hearty Congratulations!

KUHS Exam Results 2023

PCON 2ND YEAR TOPPERS WITH DISTINCTION



Taneesha P. Varghese

We are proud of you BSc 2020 batch!!!
90% pass, 37 first class and one distinction

CONGRATULATIONS! BSC 2022 BATCH

1ST SEM. CLASS TOPPERS WITH DISTINCTION



Ansu Maria Paul Anugraha Jose



Vishnu Priya Suchetha K, Sneha S.Cherian

91% pass, 54 First class &
5 distinctions.

ONA PATTU COMPETITION

CONGRATULATIONS



Second Prize

PONNONA NIRAV 2023

Onam Pattu Competition

Organized by Radio Macfast 90.9



Pushpagiri College of Nursing bagged second prize for onam pattu competition organized by Radio Macfast on 27th August, 2023.

QUIZ COMPETITION

Congratulations

Ms. Ahinavam C. Varghese and Amrutha T. Sabu,

4th year B.Sc. Nursing students, for securing

1st prize for poster competition

Organized by the

Department of Pediatrics, Taluk hospital, Tiruvalla

Held on 4th August 2023 as a part of observance of

"World Breastfeeding Week 2023"

Congratulations

Ms. Ahinavam C Varghese

and Ms. Angel P Sajan,

4th year B.Sc Nursing students for securing

First Prize in Quiz Competition

Organized by

District Medical Office and NHM

in association with IAP and NNF, Pathanamthitta.



Fourth year B.Sc. Nursing students (2019 batch) of Pushpagiri College of Nursing received first prize and certificate for quiz and 2nd prize for poster competition organized at Tiruvalla Taluk hospital, by the district medical office & NHM in association with IAP & NNF, Pathanamthitta, as part of world breast feeding week celebration, on 4th August, 2023.

PUSHPAGIRI ONAM CELEBRATIONS (PUSHPONAM)

On 25th August, 2023, as a part of Onam celebrations, hosted by the management of Pushpagiri Group of Institutions, interdepartmental/ inter-institutional competitions were held namely- idly eating, Maaveli competition, Malayali mannan & manga, Onappattu, pillow fight, onam pookalam and tug of war competitions and Pushpagiri College of Nursing won the overall trophy in the competitions.

The prizes won are as follows-

Idly eating competition – Aksa. B. S first prize (2019 batch)

Onappattu - Third prize

Malayali mannan and manka - first prize

Pillow fight- first prize - Ben Joseph (2021 batch)

Tug of war female - Second prize



FACULTY ACHIEVEMENTS

CERTIFICATE COURSE

Mrs. Jyothi J. R., Tutor, Dept. of Child Health Nursing has successfully completed the “Certificate Course in Forensic Nursing” organized by Glorious International Nursing Research and Academic (GINRA) Foundation in Adichunchanagiri University, B. G. Nagar conducted between 26th June to 29th July, 2023.

PUBLICATION

Arya Babu , Megha Nadeshan, Sr. Mayukha SIC, Prof. Vineetha Jacob. Effectiveness of Structured Teaching Programme on Knowledge regarding Hazards of Plastic use among women between 20 to 50 years in a selected area in Thiruvalla Municipality. International Journal of Nursing Education and Research. 11(3): July - September, 2023

RESOURCE PERSON

Prof. Vineetha Jacob, Prof. Renjini Devi S, Sr. Mayukha SIC, Sr. Deepa OSS took class regarding women’s health at St. George Malankara Catholic Church, Thannithode on 22nd July, 2023.

THANKS & FAREWELL

Mrs. Aradhana Maniyappan
Asst. Professor



Mrs. Amalu Anna Saji
Tutor



Thank you for your valuable service rendered at Pushpagiri College of Nursing! May God bless you on your new journey you are about to embark on.

ALUMNI CORNER

PARTICIPATION IN DAY OBSERVATION



As a part of world suicide prevention week 2023, our alumni took pledge against suicidal behavior with lighted lamps.

ALUMNI VISIT





ALUMNI SPEAKS

A Journey down the Nostalgic Memory Lane of Pushpagiri College of Nursing

As we stroll down memory lane, we're transported back to a time of camaraderie, laughter, and the pursuit of knowledge at Pushpagiri College of Nursing. For the members of the 2004 batch, the third batch of PCON, those years hold a special place in their hearts, forming bonds that have stood the test of time. Despite the passage of years, we still maintain a close connection through a Whatsapp group, where they share fond memories, pull each other's legs, and celebrate birthdays. An alumni get-together had been long on the wish list, and it finally became a reality during the grand 60th-anniversary celebration of PCON on the 31st of May, 2023. Let's embark on this nostalgic journey and discover the heartwarming moments that unfolded during the remarkable alumni meet. The 60th-anniversary celebration served as the catalyst that brought together the 2004 batch of PCON. With hearts full of excitement and anticipation, old friends eagerly reconnected with each other. The once close-knit group that had ventured into the world of nursing together rekindled the camaraderie that had never truly faded away. The Whatsapp group conversations laid the groundwork for this long-awaited reunion, but nothing could replace the magic of meeting in person again.

Before the actual meeting started, our Mischievous Spirit Rekindled; as the alumni gathered, it didn't take long for them to fall back into their mischievous ways, just like they were back in college. Playful banter, good-natured teasing, and laughter filled the air, reminding everyone of the joyous times they had spent together as students. It was as though time had stood still, and they were taken back to their fun-filled days at PCON.

This alumni meet was a Bridge across Generations. Not only did the alumni reconnect with old friends, but they also reached out to their seniors and juniors. The event served as a bridge across different batches, fostering new connections and strengthening the PCON alumni community. It was heartwarming to witness how they embraced each other, sharing experiences, wisdom, and camaraderie, irrespective of age. Amidst the laughter and reminiscing, one common thread bound them all - the impact of their college experience on their lives and careers. Each alumnus shared how their education and guidance at PCON shaped them into the nurses and professionals they are today. The support they received during those formative years had a lasting impact, propelling them forward with confidence and determination. The alumni were filled with a deep sense of pride as they declared Pushpagiri College of Nursing as their alma mater. The institution had given them a solid education and a sense of belonging and identity. The 60th-anniversary celebration provided the perfect platform for the alumni to express their gratitude and reverence for their beloved college.

In the wake of the sudden and heartbreaking loss of our dearest Deviprabha, we cannot express enough gratitude for the thoughtful and compassionate gesture of starting a scholarship in her name. The pain of her departure may still ache our hearts, but your kind initiative has given us a glimmer of comfort and hope. Deviprabhas was an exceptional soul, one of the most cheerful, genuine, and kind persons we have ever known. Her radiant smile, infectious laughter, and unwavering kindness left an indelible mark on each of us. Her presence brightened even the darkest days, and her compassionate nature inspired us to be better individuals. The scholarship in her name is a fitting tribute to her memory and a symbol of the love and gratitude we hold for her. By supporting a deserving candidate to undertake studies at PCON, her legacy of spreading love and compassion will continue to live on through the lives of future nurses. We are immensely thankful to Pushpagiri College of Nursing for recognizing the profound impact Deviprabhas had on our lives and providing an opportunity to pay forward her love through this scholarship. This thoughtful gesture has brought our college community together, uniting us in grief and celebrating the beautiful person Deviprabhas was.

The reunion at Pushpagiri College of Nursing was more than just a gathering of former students; it celebrated cherished memories and lasting friendships. The event served as a poignant reminder of how the college experience had shaped their lives and careers, leaving an indelible mark on their journey. The dedication of the PCON team to organizing such remarkable alumni meet was evident, and their efforts in strengthening the alumni network and creating a vibrant community were truly inspiring. As the alumni bid farewell to each other, they looked forward to future events, knowing that the bond they share will continue to grow stronger, uniting them as proud members of the PCON family.