





# ACTIVITIES AT A GLANCE

## ACADEMIC PURSUITS/ MAJOR EVENTS

### INTERNATIONAL WORKSHOP ON MIXED METHODS RESEARCH

As a part of the celebration on completion of 60 years of nurses training at Pushpagiri, the IQAC and Research Cell of PCON organized an International Workshop on Mixed Methods Research on 19<sup>th</sup> of December 2023 at the college auditorium. Prof. Vineetha Jacob, Principal & Organizing Chairperson welcomed the gathering and Dr. Nebu George Thomas MDS PhD, Pushpagiri College of Dental Sciences, & Scientist, Pushpagiri Research Centre, Tiruvalla, inaugurated the event with a stimulating inaugural address and lighting of the lamp. Prof. Sr. Mary Jyothi OSS, Vice Principal (admin.), IQAC & Research cell coordinator proposed the Vote of Thanks. Dr. Vishnu Renjith, Lecturer and Program Director, School of Nursing & Midwifery, Royal College of Surgeons, Ireland led various sessions of mixed method research which consisted of lectures, discussions, and hands-on exercises that helped participants gain a deep understanding of mixed-methods research and its application. Totally, 56 participants were participated the event.



### UK NMC OSCE WORKSHOP

As a part of International Collaboration with UK NMC, Pushpagiri College of Nursing IQAC and SSGP Unit organized an offline workshop with Humber & North Yorkshire Integrated Care Board, NMC, UK on topic Objective Structured Clinical Examination (OSCE) at the College Auditorium on 10 November, 2023. The workshop included various sessions like 'Introduction to UK Nursing practice' and UK NMC OSCE, OSCE demonstration sessions, Information on Bridge course for transition to UK and plenary session including questions, closing remarks and certification. OSCE Skill on various procedures like Visual Infusion Phlebitis (VIP) score, IV Flush, Wound Assessment, ANTT Wound dressing and Peak Respiratory Flow Rate (PEFR) were demonstrated. The resource persons of the session were Emma George, Assistant Chief Nurse (NHS) and Virginia Russell, Lead Nurse Education & Retention (NHS). Prof. Vineetha Jacob presented a memento as token of love and appreciation to the faculties of Humber Yorkshire Hospital U K. The programme ended at 12:30pm with Vote of Thanks proposed by Sr. Mary Jyothi, Vice Principal (admin.), Pushpagiri College of Nursing. Nearly 100 participants attended the same.





## WORKSHOP ON SOFT SKILLS IN NURSING

The Department of Mental Health Nursing organized a Four Day Workshop on Soft Skills in Nursing from 04 December, 2023 to 07 December, 2023. The speakers of the workshop were Mr. Noble Varghese, M.Com, CAIIB (Certified Associate of Indian Institute of Bankers) Accredited Mentor and Mediator -Indian Institute of Arbitration and Mediation) MDP(IIM-Ahmedabad) and Mr, Siju Thomas, MBA, ATP, Alumini of Haggai International USA and SMR Malaysia. The workshop was conducted separately for 2 batches students. fourth semester students on 04<sup>th</sup> and 05<sup>th</sup> December 2023. And the second part was conducted for third semester students on 06 December 2023 and 07 December 2023. The workshop discussed various topics like personal, professional and social etiquette, telephone etiquette, presentation skills, public speaking, time management, motivational skills, decision making skills and team work. There were sessions, activity based training, and group activates based on soft skills in nursing. Learning materials including workbook were distributed and students were made to do the workbook activities during the workshop. At the end, certificates were distributed for the participants of the workshop. The workshop was reviewed as effective, entertaining and informative by all and was well appreciated. The participants of the programme were 149 students from third and fourth semester B.Sc. nursing batches of Pushpagiri College of Nursing, Thiruvalla.



## COURSE ORIENTATION

Course inauguration ceremony for the 22<sup>nd</sup> batch of B.Sc. Nursing (2023 admission) and 13<sup>th</sup> batch of M.Sc. Nursing (2023 admission) was conducted on 1<sup>st</sup> November, 2023 at 10 am in the college auditorium. The programme started with a prayer song and Prof. Sr. Mary Jyothi OSS, Vice principal (Admin.) welcomed the gathering. Rev. Fr. Aby Vadakkumthala, Director, presided over the event. Prof. Vineetha Jacob, Principal, Pushpagiri College of Nursing gave an introduction to the course. Rev. Fr. Jose Kallumalickal, CEO- Pushpagiri group of Institutions inaugurated the course with the inaugural address followed by the lighting of the lamp. Mrs. Sheela Cherian, PTA President, felicitated the newcomers and the college. At the end vote of thanks was delivered by Mrs. Linda Varghese, Asst. Class coordinator of the first year B.Sc.(N) programme. The inauguration programme was continued by the initial part of the 3-day Orientation programme, where the newcomers were oriented to the college and hostel rules by Mrs. Shibi Mariam Thomas, First year class coordinator. Prof. Mrs. Renjini Devi gave an overview of student support activities and functioning of the SSGP cell in the college. The official event with the parents/ guardians came to an end by 1pm. Total 310 students, guardians & teachers were present at the event.



## FRESHER'S DAY

The fresher's day programme "SARANGI" of the B.Sc. Nursing students (2023 admission batch) of Pushpagiri College of Nursing was held on 08<sup>th</sup> of December 2023, 2-4pm in the college auditorium, where the fresher's displayed their variety of talents. The chief guest of the day was Rev. Fr. Aby Vadakkumthala, Director, PCON. The programme was vibrant, colorful and ethnic with all the programs having a taste of our Indian Culture and Kerala Heritage; and the event was well appreciated by all.





# CONTINUING NURSING EDUCATION

## JOURNAL CLUB



Mrs. Alphonsa Lizzy Mathew, Associate professor, Dept. of OBG; Mrs. Rakhi R. Nath, Associate professor, Dept. of Medical Surgical Nursing, and Sr. Mayukha SIC, Associate professor, Dept. of Community Health Nursing, Pushpagiri College of Nursing presented journal articles during the Faculty Journal clubs held on 26 October, 28 November 2023 and 14 December respectively at 12pm. The topics presented were 'Effectiveness of problem Based learning versus traditional lecture method in terms of knowledge among Nursing students in a Selected Nursing College of Eastern', 'A Safety handle interventions in Inpatient surgical units - A Mixed method study' and 'Links between obesity, weight stigma and learning in adolescence'. The attendance of the faculty at the events were 20, 30 and 18 members respectively.

## PEER TEACHING



Mrs. Riti Anne Thomas, Lecturer, Dept. of Foundation of Nursing and Mrs. Anju Ann Mani, Lecturer, Dept. of Medical Surgical Nursing, led two peer teaching sessions on the topic-Audio Visual Aids-(power-point, Chart, flash cards & blackboard) on 5<sup>th</sup> September and 13<sup>th</sup> December, 2023, where a total of 21 & 17 faculty respectively were present for the same.

## GUEST LECTURE SERIES

Dept. of OBG organized a guest lecture on the topic "Cervical cancer" on 17 October, 2023 at the conference hall. The session was led by Dr. Sr. Sampreetha SIC, Senior Resident, Dept. of OBG, Pushpagiri Medical College Hospital. About 21 faculty attended the session.



## DEPARTMENTAL ACTIVITIES

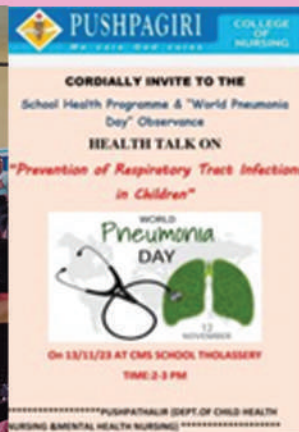
### WORLD POLIO DAY OBSERVATION



Dept. of Child Health Nursing and third year B.Sc. Nursing students jointly observed the World Polio Day on 26 October, 2023 at Pediatric OPD with the aim of creating awareness among the public regarding the importance of vaccination in the global eradication of polio. Total 30 bystanders were present for the program



## SCHOOL HEALTH PROGRAMS



Dept. of Community Health Nursing, Fourth year B.Sc. Nursing students and NSS unit of Pushpagiri College of Nursing jointly organized a school health programme on the topic, 'Balanced diet and Mental health' at Thirumoolapuram U. P. School on 10 October, 2023. Total 90 students participated for the same.

As part of world pneumonia day observance, the Departments of Child Health Nursing and Mental Health Nursing jointly conducted a school health programme [PUSHPATHALIR] at CMS school Thukalassery on 13 November, 2023 at 2 pm. Third year B.Sc Nursing Students gave health education on topic "Prevention of respiratory tract infections in children." Thirty two students from class 3 and 4 were present for the same.

## MEDICAL CAMPS



Pushpagiri Medical College hospital, Dept. of Community Health Nursing and NSS unit of Pushpagiri College of Nursing jointly organized two medical camps at St. Francis Xavier Malankara Catholic Church, IPC hall, Mallappally and at St. Thomas Marthoma Church parish hall, Niranam on 7<sup>th</sup> October & 15<sup>th</sup> October, 2023 respectively. Nearly 100 people participated in each of the events.



## INTERNATIONAL STRESS AWARENESS WEEK



Dept. of Mental Health Nursing and third year B.Sc. Nursing students organized an awareness program on 'Stress' as part of 'International Stress Awareness week', on 06 November, 2023 at Psychiatric ward, Pushpagiri Medical College, Thiruvalla. There were 30 participants to attend the programme including patients and their relatives present in the ward. The programme was inaugurated by Sr. Salma, Nurse in-charge of the psychiatric ward. The faculties of Mental Health Nursing

department along with 15 third year B.Sc. Nursing students conducted health education regarding stress and its management. Various stress management techniques were demonstrated and performed during the session. The session concluded by 10.30 pm.

## PALLIATIVE CARE WEBINAR

**PUSHPAGIRI** COLLEGE OF NURSING  
We care God cures  
in association with DNipCare  
Cordially invites you for  
A Virtual National Campaign in Palliative Care

**PALLIATIVE CARE - AN UPDATE**  
A Sensitization Program for Nursing Fraternity

via zoom platform  
3<sup>rd</sup> November 2023  
02:30pm-4.30pm  
Kindly scan to register

Coordinated by Department of Medical Surgical Nursing, PCON

Pushpagiri College of Nursing in association with DNip care (Delhites' national initiative in palliative care) organized a virtual national campaign on palliative care (Sensitization for nursing fraternity) on 3<sup>rd</sup> November 2023 via Zoom platform, which was coordinated by Department of Medical Surgical Nursing, PCON. The workshop started at 2:30 pm with nearly 310 participants. Prof Mrs. Vineetha Jacob, Principal welcomed everyone. Prof. Roy K. George (Administrative Director and Principal, Baby Memorial College of Nursing, Kerala and the National President of TNAI) gave the inaugural address. There were three speakers Dr. Rakesh Garg, (Professor, AIIMS, New Delhi), Dr. A. T. Kora (Rtd. Nsg. Superintendent) St. Stephen's Hospital, Delhi), L. T. Alice Stella Virginia (Ex-MNS National Faculty IAPC, ELNEC Master Facilitator). The speakers delved into different aspects of palliative care like Introduction and Need of Palliative Care, Role of Nurses in Palliative care and Communication.

All the sessions were well moderated by Mr. K. V. Hamza, General Secretary, DNip Care. Webinar was wrapped up with vote of thanks by Ms. Suby Iype (Assistant Professor, PCON). This webinar not only brought together health care professionals, caregivers and experts in the field of palliative care but also enhanced the understanding and skills in palliative care.



## WORLD MENTAL HEALTH DAY



Dept. of Mental Health Nursing, Third year B.Sc. (N) & M.Sc. (N) students jointly organized the World Mental Health Day awareness programme on 10<sup>th</sup> October, 2023. The programme started at 7.30am with general assembly addressing world mental health day. Mrs. Vinu Elizabeth John, Second year M.Sc. (N) student presented the theme. Mrs. Mathew Soney, HOD, Community Health Nursing led Mental Health Day pledge at the college assembly. A tip for mental health was distributed to everyone in the assembly in the form of pick a roll. The assembly concluded with vote of thanks by Mr. Renji George John.

Further, Students and faculties from Pushpagiri Medical College joined hands to participate in the Mental Health Awareness Rally. Dr. Joice Geo addressed the participants of the rally. The members of mental health team were greeted by the Directors of Pushpagiri Group of Institutions. Pledge was led by Dr. Roy Kallivayalil, Prof. & HOD, Dept. of Psychiatry, PIMS & RC. Rev. Fr. Thomas Pariyarath, Administrator, Pushpagiri Medical College Hospital, flagged off the rally. A flash mob and street play were also part of the awareness rally.

Later during the day, students also participated in the quiz & essay competitions conducted by the District Mental Health Programme at Kozhencherry and won prizes.

## FLOOD RELIEF ACTIVITIES



Dept. of Community Health Nursing and NSS unit of Pushpagiri College of Nursing jointly conducted flood relief activity including distribution of food kits at Thukalassery on 5<sup>th</sup> October, 2023. Total 25 volunteers participated in the same.

## CONSTIPATION AWARENESS MONTH



As part of constipation awareness month, Dept. of Medical Surgical Nursing organized health talk regarding prevention of constipation on 22<sup>nd</sup> December, 2023



## EXHIBITION



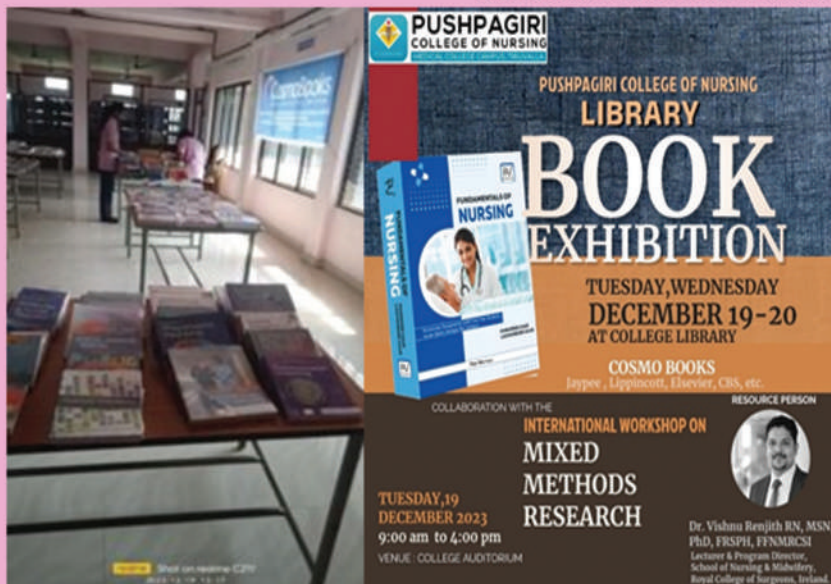
Departments of Community Health Nursing and OBG Nursing from Pushpagiri College of Nursing participated in an exhibition at Mundakayam on 20 October, 2023. Fourth semester students and fourth year B.Sc. Nursing students prepared and exhibited various models related to health care.

## WORLD AIDS DAY OBSERVANCE



Departments of Community Health Nursing, OBG, Foundation of Nursing, and NSS jointly participated in the World AIDS day rally organized by the District Medical Office, KSACS, NACO and District AIDS control society at the Collectorate, Pathanamthitta on 1<sup>st</sup> of December, 2023.

## BOOK EXHIBITION



Pushpagiri College of Nursing Library & COSMO books jointly organized a book exhibition in association with the International Workshop on Mixed Methods Research on 19 & 20 December, 2023 at the college library. Delegates from the workshop, Faculty of various departments and students visited and selected the text books.



## VIMUKTI TRAINING CAMP



The National Service Scheme unit of Pushpagiri College of Nursing, in collaboration with the excise department, Pathanamthitta organized a shilpashala for NSS volunteers to create awareness on 'the harmful effects of drug abuse' at the Catholicate College, Pathanamthitta on 17 October, 2023. The Bishop of the Malankara Syrian Orthodox Church inaugurated the meeting. Mr. V. P. Saidali, Excise deputy commissioner, Adv. Manoj, district judge were present for the event and nearly 100 NSS volunteers joined the same.

## MALINYA MUKTA NAVA KERALAM CAMPAIGN



NSS unit of Pushpagiri College of Nursing celebrated Malinya Mukta Nava Keralam Campaign and Swachta Hi Sewa Campaign at Kuttor on 25<sup>th</sup> September, 2023.

## VIMUKTHI QUIZ



The NSS unit of Pushpagiri College of Nursing participated the quiz competition to curb the practices of illicit drug abuse and on the legislative aspects related to drugs including the judicial system in these spheres on 3 November, 2023. Around 50 volunteers participated in the quiz competition. The winners of the quiz were Ms. Jiza Varghese and Ms. Diya Susan Zacharia (2022 batch) bagged the first and second positions respectively

## AGRICULTURE PRACTICES SEMINAR



The NSS of Pushpagiri College of Nursing observed the AMRIT VATIKA and AMRIT UDYAAN program by strengthening the skills of the volunteers in the same by arranging a guest lecture by the Department of Agriculture in the Thiruvalla circle. The classes were on the importance of feeding home-grown foods, free from pesticide and harmful chemical agents, for our future generations The program included eminent personalities from the Agriculture department- Mr. Mathew Abraham, the Asst. Director Agriculture (ADA)- marketing, Mrs. Janet Daniel, ADA agriculture, Mr. Jose P. Vayakal, Asst. Agriculture officer, Mrs. Sheeja V., Agricultural field officer, and the ATMA (Agriculture Technology Management Agency) staff from the Department of Agriculture, Pathanamthitta. 50 volunteers participated in this training session.



## OTHER EVENTS

### STUDENT TOUR



4<sup>th</sup> semester (2021 batch) B.Sc Nursing students and teachers at Wagamon on 10<sup>th</sup> October, 2023

### HOLY CROSS NURSING STUDENTS AT PCON



Holy Cross college of Nursing, Kottiyam students visited at Pushpagiri College of Nursing on 14 December, 2023, as part of their management of Nursing Service and Education requirement.

## CHRISTMAS CELEBRATION

### PUSHPAGIRI CHRISTMAS CELEBRATIONS



Pushpagiri College of Nursing won the overall championship at the Christmas celebration competitions organized for the students & staff of Pushpagiri group of Institutions at the Senate Hall, on 16 December, 2023. The event provided a platform for students and staff to showcase their artistic skills, singing abilities, and imaginative ideas related to Christmas.



## CELEBRATION AT THE COLLEGE OF NURSING

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## AWARDS & ACHIEVEMENTS

### STUDENT ACHIEVEMENTS

#### ACADEMICS

**CONGRATULATIONS!**  
**BSC 2021 BATCH**

**THIRD SEM. CLASS TOPPERS WITH DISTINCTION**

Sona Jenny	Joys Thomas	Nini Susan	Aparna S.
Jancy Anil	Shalin Rachel	Helna Joseph	
Jerin Jimmy	Ann Maria	Vrindha P.	

**97.3% pass, 60 First class & 10 distinctions.**

#### STATE LEVEL SPORTS



Ms. Aksha B.S., fourth year B.Sc. Nursing student secured second position for Discuss throw and Ms. Ani M. Reji and team bagged second position for 4\* 100 meters relay at the state level sports competition, conducted at Ernakulum on 7 November, 2023

## CHRISTMAS CAROL COMPETITION



PCON students bagged first prize at the Christmas Carol Competition conducted by radio MACFAST. Rinu Zakkariya, second year M.Sc.(N) & Ashy Bashir Third year B.Sc.(N) students secured third prize for the quiz competition and Ms. Aksha S., Third year B.Sc.(N) & Ms. Rinu Zakkariya won 2<sup>nd</sup> & 3<sup>rd</sup> prizes for Essay competition respectively conducted at Kozhencherry by the DMHP on the occasion of mental health day observation.



## STAFF ACHIEVEMENTS

Sr. Mayukha SIC, Associate Professor, Pushpagiri College of Nursing took class on topic menstrual and personal hygiene for high school students at St. Patric church, Elanthoor on 19 November, 2023.

## THANKS & FAREWELL



Our sincere appreciation & thanks to Mrs. Linju Thomas, Lecturer, Dept. of Medical surgical Nursing and Mrs. Juna Anna Joshua, Asst. Professor, Dept. of Nursing Foundations, for being part of the Pushpagiri family and for your valuable contributions. God bless you on your journey you are about to embark on.

## ALUMNI CORNER

### ALUMNI ACHIEVEMENTS

**Congrats**  
TO OUR OET  
HIGH-SCORING  
SUPERSTAR!  
**RINTA JOY**

Reading	420
Listening	400
Speaking	400
Writing	400

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### ALUMNI SPEAKS



Forever grateful to my teachers and management who provided great opportunities and support that shaped who I am today. Leaving footprints of inspiration for future nurses.

**Tiji Mathew**  
B.Sc (N) 2017Batch

### ALUMNI VISIT

