

PUSHPAMANJARI

QUARTERLY NEWSLETTER

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Greeting from Pushpagiri College of Nursing:

“Education is the movement from darkness to light.” – Allan Bloom

A proper education sets people up to grow personally, professionally, and socially. It can stimulate joy, interest and a deep craving to solve problems and help others. Plus, teaching a student can instigate them to pursue leadership roles and positively impact those around them. Our college cares for the individual development of each and every student. We follow “mentor system” under which each year is put into the multi-pronged web of a teacher. We accord prime importance to the behavioral discipline, moral integrity and cognitive developments of our students. Divisions of Jesus Youth (JY), NSS, SNA, Union, Arts and sports, SSGP, research cell, Tribal welfare, Alumni association, Social service, various clubs and extension activities were integrated for the multi –faceted developments of our students. Our teachers strive to teach not only academic programmes but also life skills needed for students’ self-development with highly resourceful faculty.

I wish the best of fortune, peace and prosperity to all those who contribute to the moral task of spreading education and its manifest qualities, aims and objectives.

With warm regards
Prof. Vineetha Jacob, PCON

PRINCIPAL’S DESK



Prof. Vineetha Jacob
Principal, PCON



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Editorial Board

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

ACTIVITIES AT A GLANCE

ACADEMIC PURSUITS

LAMP LIGHTING 2024

Pushpagiri College of Nursing conducted the 2023 batch B.Sc Nursing Lamp lighting ceremony on 06 February, 2024 at Pushpagiri Chapel. Welcome speech delivered by Prof. Renjini Devi, Vice principal (Academics) and followed by Presidential address Rev. Dr. Philip Payyampallil (CEO- Pushpagiri group of Institutions), Prayer and Blessings by Rev. Fr. Aby Vadakkumthala (Director, Institutions). Next, the lamp was lightened by the Dignitaries followed by the oath along with a dedication song by 1st semester B.Sc Nursing students. After that, Nurse's pledge was given by Prof. Vineetha Jacob (Principal, College of Nursing), Felicitation by Mrs. Reena Varghese (DNS, Pushpagiri Medical College). At the end vote of thanks delivered by Miss. Hebe Lenin Varghese (1st sem, B.Sc Nursing). Total 110 participants participated in this event. The programme concluded by 10 am and was appreciated by all.



ALUMNI MEET

Pushpagiri College of Nursing organized an alumni meet as a part of the celebrations related to completion of 60 years of training nurses at Pushpagiri on 9th January, 2024. Prof. Vineetha Jacob, Principal, 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 event along with Shri. Jacob Punnose. IPS Ex-DGP, Principal advisor Pushpagiri Group of Institutions, Rev. Fr. Aby Vadakkumthala, Director of the institution felicitated the event. Former Principals, teachers, staffs were honored. Most of the alumni came with their families. Nearly 750 participants were present at the event.



WORKSHOP

PARTICIPATORY MODULE BASED WORKSHOP



Dept. of Child Health Nursing and IQAC PCON organized state level two day participatory module based workshop of ENBC & FBNC modules on topic 'Essential Newborn Nursing' on 21st and 22nd February 2024 from 8am to 4.30pm at the College auditorium. The purpose of the workshop was to help participants gain the cognitive & psychomotor skills necessary for ensuring health survival of neonate's. The resource persons were Dr. Jacob Abraham, Prof. & HOD, Dept. of Pediatrics, PIMS & RC and the faculty of Pushpagiri College of Nursing, along with Dr. Jacob his assistance Dr. Angela George, Dr. Bincy Philip & Dr. Bincy Varghese participated. Mrs. Shibi Mariam Thomas, Associate Professor & HOD, Dept. of Nursing Foundations; Mrs. Roshin Siby (Assistant Professor), Mrs. Neethu Devan (Lecturer) & Mrs. Jyothi Vishnu Thampi, (Tutor), Department of Child Health Nursing also led classes. The workshop covered various topics namely- Basic needs, at birth as well as routine care & monitoring of the newborn; Thermoregulation, Kangaroo mother care, Feeding, Infection prevention, common newborn nursing procedures, care of at risk & sick neonates and Neonatal resuscitation. Following the main sessions, vote of thanks was proposed by Mrs. Roshin Siby. Prof. Mrs. Vineetha Jacob handed over the token of appreciation to the resource persons. Kerala Nurses and Midwives Council was awarded 18 credit hours. Certificates were distributed to all participants and the workshop came to an end by 4.30pm. The total 100 participants participated the same.

IMNCI WORKSHOP

A State level Workshop was a two day participatory module based workshop of IMNCI Guidelines and Updates "organized by the IQAC and Dept. of Child Health Nursing, Pushpagiri College of Nursing on 21st and 22nd march 2024 from 8am to 4.00pm at the College Auditorium. The workshop was designed to help nursing students in developing knowledge and competencies required for assessment, diagnosis, treatment, nursing care of infants and children with various diseases using guidelines as per IMNCI in the hospital and home settings. It involved Lectures, Group Discussions, Role play, Video Demonstrations and Case Study Discussions of various aspects of IMNCI Case Management Process. The main resource person was Dr. D. Balachandar, IMNCI trainer & Senior Consultant Pediatrician, General Hospital Pathanamthitta. Also, faculty from Child Health Nursing took classes. The workshop covered various aspects of IMNCI including- Introduction to IMNCI (Dr. Balachandran), OP management of young infant – (small group sessions by all faculty), Counseling, Follow-up & practices to support child development - (Prof. Sr, Mary Jyothi) OP management of sick children (small group sessions by all faculty), Feeding & Developmental supportive care for sick children (Mrs. Roshin Siby), Treatment of sick children (Mrs. Neethu Devan) and some case study discussions. Nearly 100 participants participated the same.



PTA MEETING



First PTA meeting of first semester B.Sc Nursing (2023 batch) was conducted on 09th February 2024 at college auditorium for evaluating the students' performance. Nearly 65 parents were present at the same.

CONTINUING NURSING EDUCATION

JOURNAL CLUB

Mr. Renji George John, Asso. Professor Dept. of Mental Health Nursing, Mrs. Roshin Siby Asst. Professor Dept. of Child Health Nursing were present at a journal article. The impact of Preceptorship program on self-efficacy and learning outcomes in nursing students, Exploring outcome from an innovative, pediatric-focused intervention with undergraduate nursing students on 30 January, 2024 and 29 February 2024 respectively.

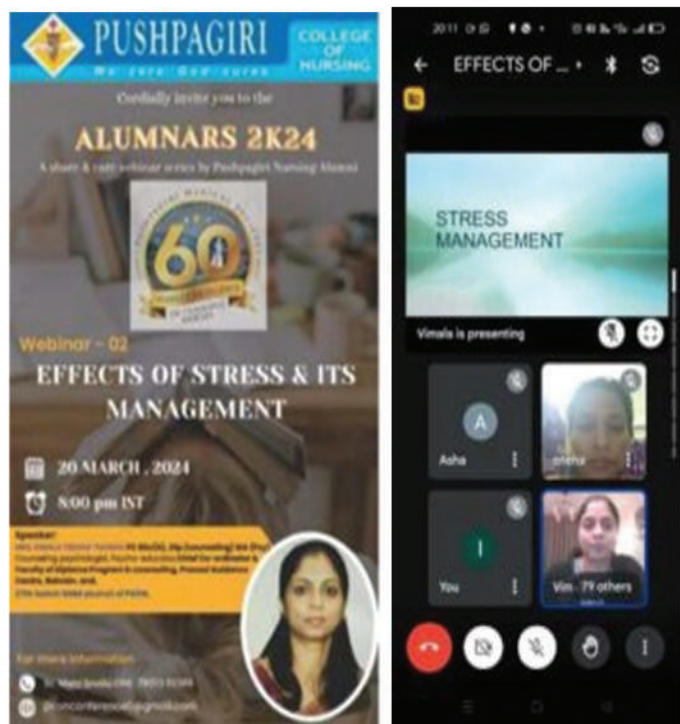
WEBINAR SERIES

IGNITE 2K24

Bi-monthly webinar series organized as a part of the celebrations related to completion of 60 years of training nurses at Pushpagiri, with the aim of igniting/ updating the research & innovation skills of health professionals. The first webinar of the series was scheduled on 13th February, 2024 at 8pm on the topic, 'Review of Literature' and the resource person was- Dr. Betsy Joseph MDS PHD, MFDS, RCPS (Glasg.), FICD, FPPA, Professor, Saveetha Dental College & Hospitals, SMITS, Chennai. She is also an adjunct faculty and hon. Advisory member, Pushpagiri Research Centre, PMCH and is the Director, Research Kraft of International Research Consulting. Around 45 faculty, PG & PhD students from different parts of the country joined in the event.

ALUMINARS 2K24-

It is a bi-monthly care & share webinar series organized by the Pushpagiri Nursing Alumni as a part of the celebrations related to completion of 60 years of training nurses at Pushpagiri. The 2nd webinar of the series was scheduled on 20th of March 2024 at 8pm. Mrs. Vimala Treasa Thomas [PB BSc(N), Diploma In Counselling, MA Psychology], Psycho-educator, Chief coordinator & faculty of Diploma in Counselling courses, Pravasi Guidance Centre, Bahrain & 27th batch GNM alumni of Pushpagiri School of Nursing gladly consented to be the speaker for the same. Mrs. Asha Jacob, Member, Alumni Association, & Faculty at PCON [2020 batch MSc (N) alumni of PCON] welcomed the gathering. Mrs. Vimala Treasa Thomas spoke on the topic, "Effects of stress and its management." The whole event was compered by Mrs. Sneha Chacko, MSc (N) student, PCON B.Sc (N) 2014 batch alumni. Around 75 first semester students and 10 staff/alumni from different parts of the world joined in the event. Mrs. Sajitha Skariah, 13th batch GNM alumni of Pushpagiri School of Nursing proposed the vote of thanks and the event concluded by 9.10pm.



PEER TEACHING



Mrs. Ligy Thomas lecturer, Dept. of Foundation of Nursing and Mrs Jeena Kunjachan, Asst. Professor, Dept. Of Community Health Nursing took class on topic Formulation of problem statement, Objectives and Hypothesis on 10 January, 2024 15 January, 2024 respectively. Nearly 20 faculty were present the same.

COLLABRATION WITH NGO

WOMEN'S DAY CELEBRATION AT BODHANA

The international women's day celebration was conducted on 06th March, 2024 by Pushpagiri College of Nursing and Bodhana, social work department of the Archdiocese of Thiruvalla with the aim of Let's come together to celebrate diversity, foster ,unity and inspire inclusion. The program started at 10.30 am at Bodhana Jubilee Hall Thiruvalla The chief guest of the day Mrs. Vidhu Rajeev, Agricultural Entrepreneur shared her inspirational experience about her successful journey to become an Agricultural Entrepreneur who received an award for the best farmer in state and district level.the other honorable guest were Fr. Issac Parapallil, Fr.Thomas Simon Kanjirathinka, Sr. Mayukha SIC, Asso. Professor, Pushpagiri College of Nursing etc. nearly 70 members participated.

EXTENSION ACTIVITIES

TRIBAL COMMUNITY ACTIVITIES



HAIR DONATION CAMPAIGN

As part of social service Fifth semester B.Sc nursing students of Pushpagiri College of nursing donated their hair for cancer patient on 1st February 2024 at Bodhana, Tiruvalla.

As a part of monthly tribal healthcare activities associated with Seethathode PHC a medical camp conducted for the tribal community of Moozhiyar with the help of Dr. Vincent Xavier, Seethathode PHC Medical officer on 01st March, 2024. The camp provided health checkup and medication of 45 members. It also provided food kits and other kitchen utilities for 10 families. Vitamin supplements and food were supplied for children and new mothers.



OLD AGE HOME VISIT



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SPARSHANAM



VENUE: BETHANY JEEVAN JYOTHI OLD AGE HOME
DATE & TIME : 24-01-24 AT 9.30 AM
PARTICIPANTS: IV TH SEMESTER B.SC NURSING STUDENTS

Let's make our elders smile and be their extended family

ORGANIZED BY: MEDICAL SURGICAL NURSING DEPARTMENT

As a part of Sparshanam, Dept. of Medical Surgical Nursing visited Bethany Jeevan Jyothi old age home, in Thiruvalla on 24 January, 2024. Total 22 inmates in the old age home. Comprehensive health assessment done for the residents. This included checking vital signs, evaluating overall physical health and mobility. Students organized entertainment activities and games for the senior citizens to promote social interaction, mental stimulation and emotional wellbeing. The residents actively participated in the activities, expressing joy and enthusiasm throughout the time. Refreshment was arranged for the inmates, students and staff. Memorandum of understanding was renewed to establish a collaborative partnership between Pushpagiri college of Nursing and the old age home. It was a very fruitful experience for the students.

DAY OBSERVANCE / DEPARTMENTAL ACTIVITIES

PULSE POLIO IMMUNIZATION PROGRAMME



Dept. of Community Health Nursing and 5th Semester B.Sc Nursing Students participated for Pulse Polio Immunization Programme from 3rd to 5th March 2024 at Pushpagiri Medical College .A total of 100 children's were vaccinated on that day and the programme ended at 4pm.

WORLD TUBERCULOSIS DAY

Dept. of Community Health Nursing and 5th Semester and fourth year B.Sc Nursing Students jointly organized a seminar as part of world TB day on 23 March, 2024 at college auditorium. The speakers of the day were Dr. Lekshmi, MOTE, Thiruvalla TB unit and Mrs. Suja George, STS, Thiruvalla TB unit. Around 100 participants participated the same.

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OBSERVANCE OF
WORLD TUBERCULOSIS DAY
"YES! WE CAN END TB"

SEMINAR AND STREET PLAY

SPEAKERS
Dr. Lekshmi, MOTE, Thiruvalla TB unit
Mrs. Suja George, STS, Thiruvalla TB unit

VENUE: PCON AUDITORIUM, DATE: 23/03/2024, TIME : 2-4 PM
Organized by : Community Health Nursing Department
(BSc. Nursing Fourth Year and Fifth Semester)

WORLD GLAUCOMA WEEK CELEBRATION



As part of World Glaucoma week celebration Dept. of Medical Surgical Nursing and third semester B.Sc Nursing students jointly participated in Glaucoma awareness Programme conducted by, Thiruvalla Amitha Eye Care Hospital on 12th to 13th. The theme of this year is *“Together ,We Fight Glaucoma”*. Awareness classes were conducted to raise awareness among the people about glaucoma and thus reduce the burden of the disease. Total 74 students along with 4 teachers participated the Programme.

WORLD WATER DAY



Dept. of community health nursing, Foundation of Nursing SNA and NSS unit of Pushpagiri College of Nursing jointly celebrated world water day on 25th March 2024 at Pushpagiri College of Nursing Auditorium. Also, distributed free bottle water to people who came at Pushpagiri Medical College hospital on 24th March 2024. Poster competition also conducted on 25 march, 2024

ORIENTATION PROGRAM ON



YOUNG INNOVATORS PROGRAMME

ORGANISED BY INNOVATION CELL, PCON SSGP AND IQAC WING
VENUE-PCON AUDITORIUM, DATE-20/03/2024, TIME-2PM

K- DISC . govt. of kerala and SSGP, IQAC and innovation cell of Pushpagiri College of Nursing jointly organized YIP orientation programme on 20 March, 2024 at PCON auditorium at 2 pm. To bring student’s communities to participate the quality of ideas for contribute towards betterment of our society. Total 150 students participated.

OBSERVANCE OF WORLD LEPROSY DAY

Dept. of Community Health Nursing observed a world Leprosy day on 30th January,2024 at Diet Conference Hall,Tiruvalla.fourth year B.Sc Nursing students took part to conduct various mode of awereness regarding prevention of leprosy. Nearly 75 people were present the same.



AWARENESS CLASS

As part of womens day celebration IQAC and SSGP unit of Pushpagiri College of Nursing and indian red cross society jointly organized an awerenss class regarding self defence on 16 March. 2024. almost 250 people were present.



OTHER EVENTS

EXHIBITION

Dept. of Foundations of Nursing along with first-semester B.Sc Nursing students, organized an exhibition called 'Innovata 2k24' as part of the curriculum for Applied Anatomy and Applied Physiology on 9th February 2024. The students were grouped into 8 teams, each focusing on topics such as the Respiratory system, cardiovascular system, Digestive system, musculoskeletal system, Nervous system, Sense organs, Excretory system, and Endocrine system. To showcase their talents and knowledge, the students created visually appealing aids, including charts, ladder charts, flowcharts, working models, still models, flash cards, leaflets, pamphlets, Etc. Nearly 150 people visited the same.



INTERMEDIATE ENGLISH CLASS

Monthly, Tiju's academy, Tiruvalla takes English grammar classes for fourth year B.Sc Nursing students to develop the language skills.



OBSERVATIONAL VISIT



As part of the educational tour related to the subject- 'Management of Nursing Services', 69 Final year BSc. (VIII th Semester), 22 PB BSc (IV th Semester) Nursing Students and five teachers of DY Patil College of Nursing, Dr. D. Y. Patil Vidyapeeth, Pune, visited Pushpagiri College of Nursing on 14th February 2024. They attended a presentation based on their objectives which was presented by Sr. Mary Jyothi, Vice Principal (admin.). Following the presentation and Q & A session, they were given physical orientation by Ms. Ann Merin & Ms. Irene. (Tutors in Pushpagiri College of Nursing In the end, they filled the feedback forms.

UNION/SNA/NSS ACTIVITY

HARITHARDRAM 2024



The NSS unit of Pushpagiri College of Nursing organized seven days residential special camp from 15 February 2024 to 18 February 2024 and 08 March, 2024 to 10 March 2024 at the vanitha mandiram, Manjadi, Tiruvalla. The special camp named as Harithardram- 2024. The theme of this special camp was “Malinya Mukta Nava Keralam”.The camp inaugurated by Ms.Safana Sazarudeen, IAS, sub collector, Pathanamthitta along with Mr. Jobin Mathew, Deputy Thahasil of Election. Introductory session dealt by Prof. CR Ajithsen, NSS Co ordinator. IHRD, Chenganoor. Also, conducted various programmes like game, quiz, music, fun, motivational class, skill training etc A total of 20 volunteers participated the same.

AWARDS AND ACHIEVEMENTS

STAFF ACHIEVEMENTS

PUBLICATIONS

Prof. Sr. Mary Jyothi. Detection of Urine abnormalities among schoolchildren' Asian Journal of Nursing: Education and Research, 2024 Volume - 14 (1)

Mrs. Sessil Sebastian¹, Sr. Terese Kochuvilayil SIC¹, Sr. Mary Jyothi OSS²Prevalence Of Attention Deficit Hyperactivity Disorder (ADHD) Among School Children- A Descriptive study ,Journal of Emerging Technologies and Innovative Research JETIR 2024, Volume 11(2)

SCIENTIFIC PAPER PRESENTATION

Mrs. Jeena Kunjachan, Asst. Professor, presented a state level paper on the topic: Effectiveness of Structured Teaching Programme on knowledge, Attitude, Practice regarding prevention and control of leptospirosis among NREGAS workers. Presented at Poyanil College of Nursing, Kozhencherry

Mrs. Alphonsa Lizzy Mathew Asso. Professor, presented a state level paper on the topic: Impact of self-efficacy enhanced individualized teaching on labour pain management among parturient women presented at Poyanil College of Nursing, Kozhencherry.

BID FAREWELL



Pushpagiri College of Nursing organized a bid farewell to Rev. Fr. Jose Kallumallickal, CEO, Pushpagiri Group of Institutions on 31st January, 2024 at auditorium. Rev. Fr. Aby Vadakkumthala (Director, Institutions), Prof. Vineetha Jacob (Principal, College of Nursing), vice Principals, non-teaching staffs and students were present to farewell.



Thank you for your valuable service rendered at Pushpagiri College of Nursing! Jisha Marry Asst. professor. Dept. Mental Health Nursing, Mrs. Mintu Sebastian, Lecturer. Dept. of Foundation of Nursing and Mrs. Rittie Annie Thomas. Dept. of Foundation of Nursing May God bless you on your new journey you are about to embark on.

ALUMNI CORNER

ALUMNI VISIT



ALUMNI SPEAKS



Reflections on My Nursing College Experiences: A Journey of Growth and Gratitude** As I sit down to reminisce about my time at Pushpagiri Nursing college, a flood of memories washes over me, each one more vivid than ever. Those formative years were a blend of rigorous academic training, profound personal growth, and the forging of lifelong friendships. Today, as an alumni, I am filled with gratitude for the experiences that shaped me into the nurse, I am. **The First Steps Stepping onto campus for the first time was filled with sheer amount of emotions, particularly excitement and trepidation. The imposing buildings, bustling corridors, and the smell of antiseptics in the air did set the stage for what was to come. Orientation week was a blur of introductions, schedules, and the overwhelming realization of the responsibility we were about to undertake. It was during this time that I was inspired by my first lectures, filled with stories of compassion and resilience that fuel.

Shanti Sam
2013 batch