

# PUSHPAMANJARI

QUARTERLY NEWSLETTER

Vol. 04 | Issue 02 | April - June 2024

*Greetings from Pushpagiri College of Nursing,  
"The highest education is that which does not merely give us information  
but makes our life in harmony with all existence"*

*Rabindranath Tagore*

Pushpagiri College of Nursing aims to harvest an atmosphere of brilliance, hard work and expertise in all its accomplishments. It is dedicated to fulfil student's ambitions, build their self-image and mature their personality. It strives forward in generating openings for the students and helping them become professionals for a better tomorrow. Students are cultivated to grow in trustworthiness, assurance, resourcefulness, self-control and enthusiasm. The college provides the best exposure and opportunities to the students with a curriculum that is deliberate to ensure that all the students realize their capabilities. Our students graduate with the skills, mind sets and talents that will best equip them for success. Step on it, let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication. I wish all success to entire team.

## PRINCIPAL'S DESK

**Prof. Vineetha Jacob**  
Principal, PCON



### Editorial Board

Newsletter Publisher: Rev. Fr. Aby Vadakkumthala

Chief Editor : Prof. Vineetha Jacob

Associate Editor : Mrs. Jeena Kunjachan

Sub Editors : Prof. Sr. Mary Jyothi OSS, Ms. Jeena N. Nair

## ACTIVITIES AT A GLANCE

### INTERNATIONAL COLLABORATION & CAMPUS INTERVIEW

**PUSHPAGIRI**  
COLLEGE OF NURSING

PRESENTS

# SYNERGY-2024

FOURTH TRANSCULTURAL MEET  
BETWEEN PUSHPAGIRI COLLEGE OF NURSING, THIRUVALLA AND NAVIGO, U.K.

IN ASSOCIATION WITH **NAVIGO**

**07 JUNE, 2024 | 10 AM**  
VENUE- COLLEGE AUDITORIUM, PUSHPAGIRI COLLEGE OF NURSING

**CAMPUS INTERVIEW AND MEETING WITH PCON ALUMNI**

**LIVE SESSIONS ON**  
NURSING AND OSCE PRACTICES IN UK  
INTRODUCTION TO MENTAL HEALTH NURSING  
BRIDGE COURSE FOR ADULT AND MENTAL HEALTH NURSING

**nmc** Nursing & Midwifery Council  
**NHS** York and Scarborough Teaching Hospitals NHS Foundation Trust  
**NHS** Number and North Yorkshire

Fourth transcultural meet was organized in association with NHS, UK, on 7<sup>th</sup> June, 2024 at 10 am. The main objectives of the meet was to discuss on continuing reciprocal relationships and to have the campus interview for the PCON alumni who attended the virtual bridge course on 'Nursing in UK' organized in collaboration with the York & Scarborough Teaching Hospitals, NHS Foundation trust. Thus, PCON succeeded in witnessing an international recruitment interview (first time ever) at the campus and 11 students of 2019 B.Sc. nursing batch were selected for job in the UK.

### ACADEMIC PURSUITS/ MAJOR EVENTS

The college observed its Research Day on 20 June, 2024, by organizing a webinar on 'Publication Ethics' and the 10<sup>th</sup> Annual Scientific paper presentation competition (upgraded to

**PUSHPAGIRI**  
COLLEGE OF NURSING

**RESEARCH DAY OBSERVATION 2024**  
20 JUNE 2024  
ORGANIZED BY PCON IQAC AND RESEARCH CELL

**"JUNITE 2024"**  
NATIONAL LEVEL SCIENTIFIC PAPER PRESENTATION COMPETITION

**10th NATIONAL LEVEL SCIENTIFIC PAPER PRESENTATION**  
HELD ON 20/06/2024

**WINNERS OF UG CATEGORY**

- 1<sup>st</sup> RANJITH K P  
KORCHIYALAM COLLEGE OF NURSING, KANNUR
- 2<sup>nd</sup> SHREYA S  
COLLEGE OF NURSING, LADY DOUGLASS, THIRUVALLA
- 3<sup>rd</sup> ANJITHA S  
KMC COLLEGE OF NURSING, KANNUR

**WINNERS OF PG CATEGORY**

- 1<sup>st</sup> ANJITHA S  
KORCHIYALAM COLLEGE OF NURSING, KANNUR
- 2<sup>nd</sup> SHREYA S  
COLLEGE OF NURSING, LADY DOUGLASS, THIRUVALLA
- 3<sup>rd</sup> ANJITHA S  
KMC COLLEGE OF NURSING, KANNUR

National Level). IQAC and Research & Innovation cell of the college organized this virtual event via zoom platform. Among the applicants from different part of the country, about 26 UG and 11 PG papers were selected for presentation by the scrutiny committee. The Principal, Prof. Mrs. Vineetha Jacob, welcomed the gathering. Research Day Message was given by Dr. Nebu George Thomas, Professor and Scientist, Pushpagiri Research Centre.

Mr. Renji George John (Associate Professor), Mrs. Ansu Raju (Asst. Professor) & Mrs. Ligy (Lecturer), PCON, coordinated & hosted the Scientific Paper Presentation Competition. The presentations began with the Postgraduates, followed by the UG participants. Dr. Edlin Mathias PhD, Research Fellow, Centre for Evidence Informed Decision making, Prasanna School of Public Health, MAHE, MANIPAL & Mr. Chikku S, PhD. Scholar & Associate Professor, Holy Cross College of Nursing, Kottiyam, were the esteemed judges for the day. Three winners each from UG & PG sections received cash awards and all participants received E-certificates. The cash awards & certificates for the winners were distributed on the College Graduation day.

## WEBINAR SERIES IGNITE 2k24



**PUSHPAGIRI COLLEGE OF NURSING**  
Cordially invite you to  
**IGNITE 2K24**  
Webinar Series Organized By Research & Innovation Cell

**ABOUT PUSHPAGIRI COLLEGE OF NURSING**  
Pushpagiri College of Nursing is one among the reputed private self-financing nursing colleges in Kerala. It is part of the Pushpagiri Group of Institutions namely Pushpagiri Institute of Medical Sciences and Research Centre, Pushpagiri College of Dental Sciences, Pushpagiri College of Pharmacy, Pushpagiri College of Allied Health Sciences. This year Pushpagiri celebrates 60 years legacy of training excellent nurses for the society.

**ABOUT RESEARCH & INNOVATION CELL**  
Research & Innovation cell of Pushpagiri College of Nursing, upholds a positive culture of research that supports all students and faculty. The research cell facilitates research activities and helps to update the knowledge on research by organizing and conducting continuous training programmes related to research.

**IGNITE 2K24 is a bi-monthly**

**Webinar 02: EVIDENCE SYNTHESIS METHODS**

**20 April 2024, 8 pm**

**Speaker: Dr. Edlin Mathias**  
Research Fellow  
Centre for Evidence Informed Decision Making  
Prasanna School of Public Health, MAHE, Manipal



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**Webinar 03: PUBLICATION ETHICS**

**20 June 2024, 3 pm**

**Registration fee: Rs. 1000/-** (A certificate will be provided to the participants)

**Registration link: <https://www.google.com/events/662766624>**

**For more information, kindly contact:**  
Email: [research@pushpagiri.ac.in](mailto:research@pushpagiri.ac.in)  
Phone: 9447812000, 9447812001

IGNITE 2k24, is an initiative of the Research & Innovation Cell of the college, is a 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. Prof. Sr. Mary Jyothi OSS, Research cell coordinator and Mrs. Roshin Siby, Secretary, Research Cell, coordinated the events.

The second webinar of the series was scheduled on 20<sup>th</sup> April, 2024 at 8pm on the topic, 'Evidence Synthesis Methods' and the resource person was Dr. Edlin Mathias, Research Fellow, Centre for Evidence, Informed Decision Making, Prasanna School of Public Health, MAHE, Manipal. Around 40 faculty, PG & PhD students from different parts of the country joined in the event. The session ended by 8.50pm and was followed by a Q & A session.

The third webinar of the series was scheduled on 20<sup>th</sup> June 2024 at 3pm as a part of the Research Day observation on the topic, 'Publication Ethics' and the resource person was Dr. Vishnu Renjith RN, MSN, PhD, FRSPH, FFMRCSEI, Lecturer and Program Director, School of Nursing, Royal College of Surgeons, Ireland. The event began at 3pm with a welcome address by Sr. Mary Jyothi. Dr. Vishnu Renjith, took a very informative & comprehensive session on the topic, which was well-appreciated by all. Around 56 faculty, PG & PhD students registered and 49 of them from different parts of the country joined in the event. In addition the session was displayed for 50 final year B.Sc. (N) students of the college. The session ended by 4pm and was followed by a Q & A session.



## WORKSHOP



**PUSHPAGIRI**  
COLLEGE OF NURSING

### Workshop on Health Assessment Module

**A SKILL-BASED APPROACH**

20th May 2024  
09 AM to 04 PM  
@ College Auditorium

- CARENO RESPIRATORY ASSESSMENT  
Dr. Arun N  
Cardiothoracic Surgeon  
Pushpagiri Medical College
- GASTROINTESTINAL ASSESSMENT  
Prof. Renjini Devi  
Vice Principal  
Pushpagiri College of Nursing
- ONCE  
Sr. Thesis, Lecturer  
Pushpagiri College of Nursing

Organised by Dept of Foundations of Nursing



A module based workshop was organized by the Dept. of Nursing Foundations on the topic “Health Assessment” on 20 May, 2024 at the college auditorium. The event began at 9 am with silent prayer. Mrs. Asha Jacob, lecturer welcomed the gathering. The resource persons were Dr. Arun N, Cardio Thoracic Surgeon, PMCH, and Prof. Renjini Devi, Vice Principal, PCON. Mrs. Shibi Mariam Thomas, HOD, Dept. of Nursing Foundations proposed the vote of thanks and the Principal. Prof. Vineetha Jacob, handed over the token of appreciation to the resource persons. Following the feedback, certificates were distributed and the event concluded at 4 pm. Total 85 members were present.

## CONTINUING NURSING EDUCATION

### JOURNAL CLUB

Mrs. Linda Varghese, Asst. professor, Dept. of OBG, Mrs. Ansu Raju, Asst. professor, Dept. of OBG. Anju Ann Mani, Lecturer, Dept. of Medical Surgical Nursing, and Kesiya Merine Idickulla, Tutor, Dept. of Medical Surgical Nursing, presented journal articles during the Faculty Journal clubs held on 01 April, 29 April and 10 June, 2024 respectively at 12 N at the Conference Room, PCON. The topics presented were- (1) Exploring experiences, perceptions, and acceptability of using a safe delivery Health application in two district hospital,(2) Effect of a high-fidelity simulation-Based Teaching-Learning Experience (SBTLE) on maternal health nursing students’ knowledge of postpartum haemorrhage, confidence and satisfaction, (3)Prevalence of non-communicable disease risk-factors among nursing staff in low and middle-income country: A cross-sectional digital survey-based study. 20, 24 and 25 faculty members respectively attended the events and benefitted from the critiquing & discussions.



## COLLABORATION WITH NGO (BODHANA)

Pushpagiri College of Nursing collaborated with Bodhana - Tiruvalla social service society (NGO) in organizing Sparsham-2k24, an event comprising of motivational classes & school kit/ education aid distribution to the deserving students. The program was began with a prayer song by the Bodhana choir. Mr. Akhil John, Project Officer, Bhodana, welcomed the gathering. The programme was presided by Fr. Binish Simon, Executive Director, Bodhana and was inaugurated by Rev. Dr. Issac Parappallil (Vicar General, Archdiocese of Thiruvalla). Fr. Theophine Thuruthikonam (Vicar, St. Joseph Latin Church, Thukalassery and Sr. Mayukha SIC, Asst. Professor, Pushpagiri College of Nursing felicitated at the event. It was followed by entertainment programs- skit and flash mob by the nursing students of PCON. Smt. Jaya Mathews, Principal, St Thomas higher secondary school, Eruvellipra, led a motivational class. Finally, school bags, books, umbrellas & other educational aid were freely distributed by the social service society, to about 450 students. The event came to an end by the Vote of thanks proposed by Mr. Gigu Alex Issac, Accountant, Bodhana.



## DEPARTMENTAL ACTIVITIES

### WORLD MALARIA DAY

Dept. of Community Health Nursing, Fifth semester B.Sc Nursing students and NSS unit of PCON jointly celebrated the Malaria day on 25 April, 2024 at Venpala residence. Students gave an awareness class regarding Malaria. Nearly 50 people participated in the event.

**PUSHPAGIRI** COLLEGE OF NURSING  
We care God cures

# World Malaria Day

(Health Awareness Program)

April 25, 2024

Time : 10- 12 pm

venue : Venpala Residence

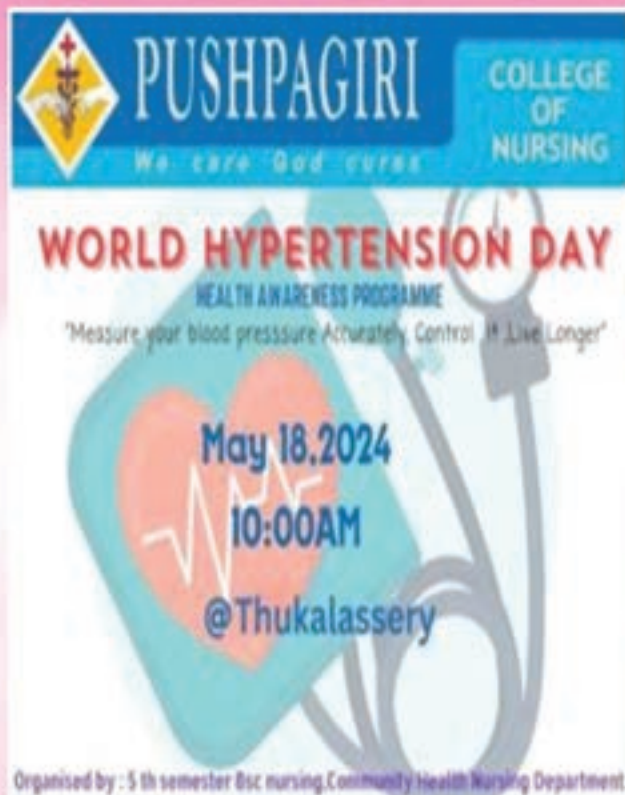
Theme : 'Accelerating the fight against malaria for a more equitable world.'

Organized by : Pushpagiri college of Nursing (Dept. Of Community Health 5th semester BSC nursing) and NSS unit



## WORLD HYPERTENSION DAY

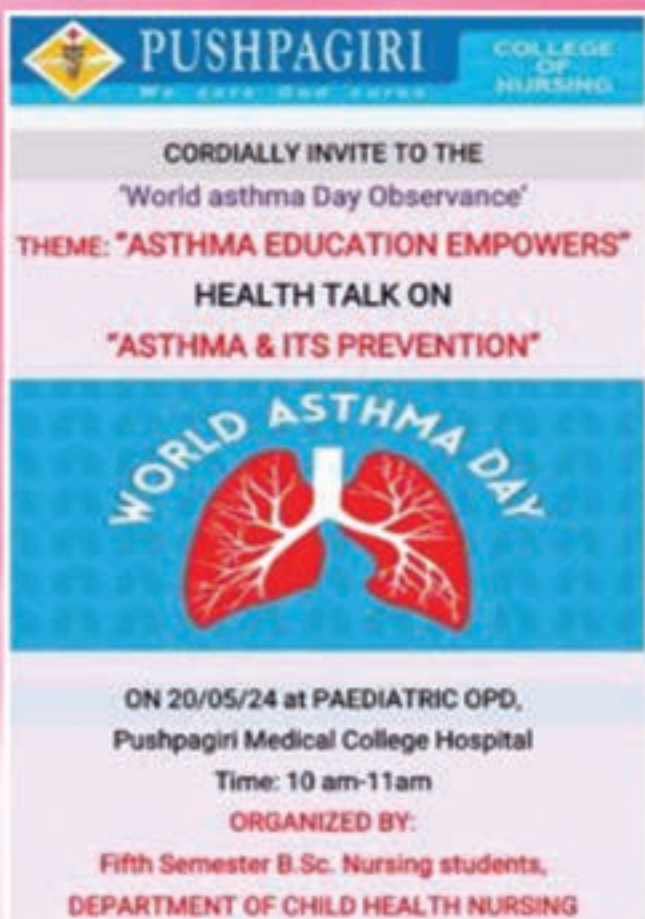
Dept. Community Health Nursing, Fifth semester B.Sc. Nursing students and NSS unit of PCON jointly observed the World Hypertension day on 18 May, 2024. Fifth semester B.Sc. Nursing students conducted an awareness class regarding prevention and management of hypertension for the auto drivers at Thukalassery, Tiruvalla. Around 15 of them attended the same.



The poster features the Pushpagiri College of Nursing logo at the top left, with the motto "We care God cures". The main title is "WORLD HYPERTENSION DAY" in large red letters, followed by "HEALTH AWARENESS PROGRAMME" in smaller blue text. A quote reads: "Measure your blood pressure Accurately. Control It Live Longer". The date and time are "May 18, 2024" and "10:00AM", with the location "@Thukalassery". The background shows a stethoscope and a heart. At the bottom, it says "Organised by : 5th semester Bsc nursing, Community Health Nursing Department".



## WORLD ASTHMA DAY



The poster features the Pushpagiri College of Nursing logo at the top left, with the motto "We care God cures". The main title is "WORLD ASTHMA DAY" in large white letters, with a red illustration of human lungs in the center. The text reads: "CORDIALLY INVITE TO THE 'World asthma Day Observance'". The theme is "ASTHMA EDUCATION EMPOWERS". The event is a "HEALTH TALK ON 'ASTHMA & ITS PREVENTION'". It is held "ON 20/05/24 at PAEDIATRIC OPD, Pushpagiri Medical College Hospital" from "Time: 10 am-11am". It is "ORGANIZED BY: Fifth Semester B.Sc. Nursing students, DEPARTMENT OF CHILD HEALTH NURSING".



World Asthma Day is a global health care event commemorated to promote awareness of prevention and management of asthma worldwide. The Child Health Nursing department observed the day on 20 May, 2024 at the Pediatric OPD where the students of fifth semester BSc Nursing conducted an awareness programme on "Asthma and its Prevention" with the help of a role play. Total of 10 students, 2 faculties of Child Health Nursing department and 25 patient bystanders were present for the programme.

## WORLD SCHIZOPRENIA DAY



Dept. of Mental Health Nursing and fifth semester students jointly celebrated the world Schizophrenia Day on 24th May 2024, by preparing Instagram reels regarding clinical features of bipolar affective disorders.

## SCHOOL HEALTH PROGRAMME



Dept. of Community Health Nursing and Fifth semester B.Sc. Nursing students jointly conducted a school health programme on 28 May, 2024 at Tiruvalla Angawadi. The purpose of this programme was to identify the malnourished children and 15 Anganwadi children were assessed for the same.

## FLOOD RELIEF ACTIVITY



Dept. of Community Health Nursing, Fifth semester B.Sc. Nursing students and NSS unit of PCON jointly participated in flood relief activities and food kit distribution at Thukalassery on 28 May, 2024. Total 15 houses were benefitted from the services.

## WORLD NO TOBACCO DAY

Dept. of Community Health Nursing, Dept. of Nursing Foundations, Fifth & second semester B.Sc. Nursing students and NSS unit of PCON jointly celebrated the World No Tobacco day on 31 May, 2024 at KSRTC, Tiruvalla. Nearly 35 members were present.



## WORLD ENVIRONMENT DAY

Dept. of Community Health Nursing, Fifth semester B.Sc. nursing students and NSS unit of PCON joined together for the World environment day observation organized in collaboration with Joy Alukkas on 5<sup>th</sup> June, 2024 at 10 am. The event was marked by sapling distribution, oath taking and a cultural event. Around 250 people participated in the same. The day observation was continued at the College of Nursing by cleaning and planting of plant saplings at the Pushpagiri premises.



## WORLD BLOOD DONOR DAY

Dept. of Community Health Nursing, Fifth semester B.Sc Nursing students and NSS unit of PCON jointly celebrated the World Blood Donor Day on 12 June, 2024 at Seethathodu PHC. Students provided health education regarding importance of blood donation. Total 30 peoples participated in the event. As a part of the World Blood Donor Day celebration, a Blood donation campaign was also organized at Pushpagiri Blood Bank on 14 June 2024 at 11am by the NSS department in association with the Community Health Nursing Department. Many students from different institutions of Pushpagiri donated blood to the blood bank after proper screening which included six students from Pushpagiri College of Nursing.



## NATIONAL READING DAY

The Reading Day Celebration was observed by the College Library on 19 June, 2024, at the college auditorium. The programme started at 2 p.m. with a prayer song. Prof. Mrs. Renjini Devi, Vice Principal (academics), welcomed the gathering. The programme was inaugurated by Rev. Fr. John Michael, Chaplain, PMCH. The book review competition (in English /Malayalam) was then conducted as a group presentation with 3 participants for each group. There were six groups for book review in English and three in Malayalam. The selection of books was as per the participants' interests. English reviews were evaluated by Dr. Harsha Viswanath, Assistant Professor, MSM College, Kayamkulam, and Dr. Manju George Elenjickal, Professor and Head, CDC, PMCH. Malayalam review evaluators were Mr. Unnikrishnan Poozhikkad, Assistant Professor, MSM College, Kayamkulam, and Fr. Abraham Pariyarathil, Chief Librarian, Pushpagiri Medical College, Thiruvalla. 10 minutes were allotted to each group for presenting the review. Mrs. Anju Ann Mani presented an English book as faculty representative. At the end, the concerned subject evaluators announced the result and distributed prizes to the winners. Evaluators gave an analysis of the competition. Certificates and cash prize were given to winners for each subject. Professor Mrs. Vineetha Jacob, Principal, PCON, handed over a token of gratitude to the evaluators. Mrs. Jeena N. Nair, Librarian, PCON delivered the vote of thanks. The programme ended at around 4.30 p.m. with a national anthem. Nearly 200 members participated in the same.





## YOGA DAY

Departments of Mental Health Nursing, Nursing Foundations and PCON NSS unit joined inobserving the International yoga day on 21<sup>st</sup> June, 2024 at college auditorium.Total 75 participants participated the same.



## WORLD VITILIGO DAY

Dept. of Medical Surgical Nursing observed the World Vitiligo Day on 25 June, 2024 at MACFAST College, Tiruvalla. Fourth semester students gave an awareness class regarding vitiligo to the public via Radio MAC FAST 90.4 FM.



## UNION/ SNA/NSS ACTIVITY

### VIMUKTHI



The National Service Scheme unit (NSS/FU/PNT/KUHS/2) of Pushpagiri College of Nursing celebrated the World No Tobacco day in collaboration with the Excise Department, Tiruvalla and Child Health Nursing Department, Pushpagiri College of Nursing on 31 May, 2024 at the college auditorium. Following prayer & welcome address, the event was officially inaugurated by Mr. Jayakumar T., Assistant Excise Inspector, Tiruvalla and awareness class was taken by Mr. Madhusudan, Preventive Officer, & Mrs. Minimol, Woman Civil Excise Officer. Around 150 students were present for the same.

## SPORTS

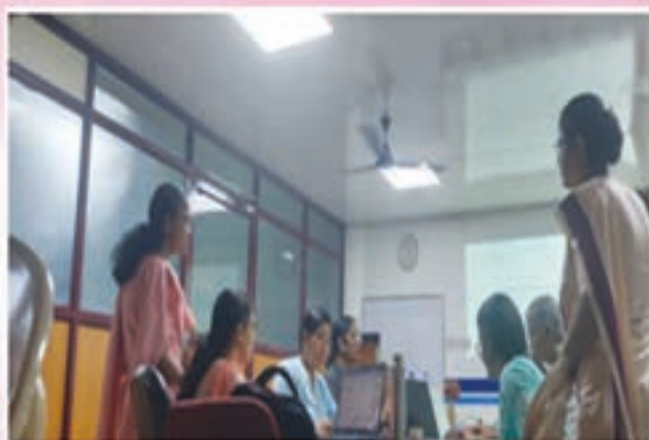
### INDOOR GAMES



Pushpagiri College of Nursing conducted the indoor games & sports from 20 to 22 June, 2024 at the college auditorium. Outdoor competitions were conducted on 23 June, 2024

# FACULTY ACHIEVEMENTS

**Resource person:** Prof. Sr. Mary Jyothi, a JBI accredited trainer, led the Five day JBI accredited Comprehensive Systematic Review Training Program conducted by the Pushpagiri Centre for Evidence Based Practice, a JBI centre of Excellence affiliated to JBI University of Adelaide, Australia, on June 11-13, 17 & 18, 2024 at the Conference hall of Pushpagiri Research Centre, Tiruvalla. There were seven participants from different streams of Health care



## PUBLICATIONS

Mrs. Alphonsa Lizzy, Christy Shaji, Mridhula, Priya Anna, Richa, Rinta.. A study to assess the knowledge regarding early signs and immediate treatment of myocardial infraction in high risk patients in a selected hospital at Pathanamthitta. International journal of Advances in nursing Management. 2024;12(02)



## STUDENT ACHIEVEMENTS

### University Exam Result



## OLYMPIC RUN



Pushpagiri College of Nursing students participated in Olympic run programme conducted as a part of Olympic Day Celebration 2024 on 23-06-2024 and won 3rd price among 44 institutions .

### Olympic run University Exam Results

To fourth year B.Sc. Nursing students, (2019 batch) for your good result(96%) with seven distinction and 38 first classes.

## QUIZ COMPETITION



4<sup>th</sup> year B.Sc Nursing students, Ms. Ashi Basheer and Ms.Ganga won 2<sup>nd</sup> prize in Quiz competition conducted during the National Nursing Conclave at Muthoot Hospital.



## THANKS & FAREWELL



Our sincere appreciation and thanks to Mrs. Juicy John, Lecturer, Dept. of Medical Surgical Nursing for being part of the Pushpagiri family and for your valuable contributions. God bless you on your journey you are about to embark on.

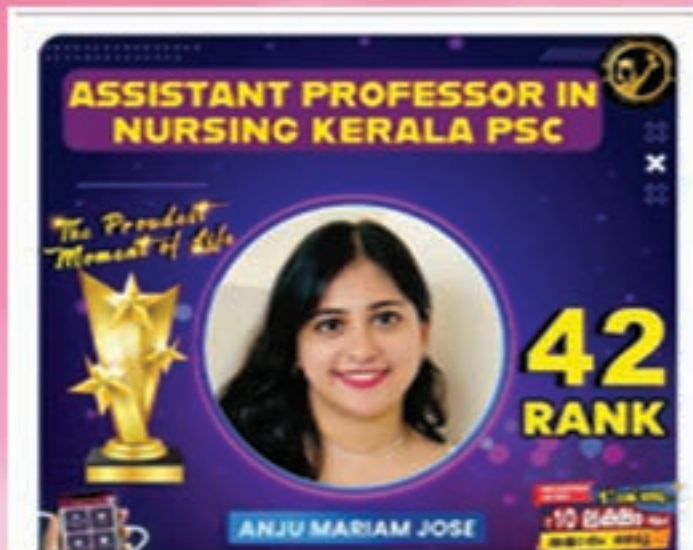
## FAREWELL TO BSC NURSING (2019) BATCH



Fourth year BSc Nursing students (2020 batch) gave a bid farewell to outgoing BSc Nursing (2019 batch) students on 23 April, 2024 at fourth year class room.

## ALUMNI CORNER

### ALUMNI ACHIEVEMENTS



### ALUMNI VISIT



### ALUMNI SPEAKS

It was really a great time at Pushpagiri. The training provided by PCON is immensely helpful in moulding every student to be a good nurse, moreover a good personality though. I'm very happy for being one among them. Thanks a lot PCON, my dear teachers for being the BEST. Wishing all the very best for the future endeavors of PCON.

## ALUMNARS 2K24



The 3<sup>rd</sup> webinar of the series was scheduled on 30<sup>th</sup> of May 2024 at 8pm IST. Dr. Sr. Judy SIC MSc (N), MBA, PhD, Principal cum Professor, Father Muller College of Nursing & 30<sup>th</sup> batch GNM alumni of Pushpagiri School of Nursing gladly consented to be the speaker for the same. Mrs. Rinu Sakkariya, Member, Alumni Association PCON [2021 batch MSc (N) alumni of PCON] welcomed the gathering. Dr. Sr. Judy SIC MSc (N), MBA, PhD spoke on the topic, "Clinical Integration – a vital imperative for modern health care." The whole event was compered by Mrs. Vinu Elizabeth, MSc (N) 2021 batch alumni, PCON. Around 79 students and 08 staff/alumni from different parts of the world joined in the event. Following a short Q & A session, between the Speaker and delegates, Mrs. Jolly V. Mathew, 32<sup>nd</sup> batch GNM alumni of Pushpagiri School of Nursing proposed the vote of thanks and the event concluded by 9pm.

Sonu Ann Alex, 2016-2020 BSc (N) batch