

PUSHPAMANJARI

QUARTERLY NEWSLETTER

Vol. 04 | Issue 03 | July -September 2024

PRINCIPAL'S DESK



Prof. Vineetha Jacob
Principal, PCON

*Greeting from Pushpagiri College of Nursing,
"Gratitude is the healthiest of all human emotions.
The more you express gratitude for what you have,
the more likely you will have even more to express
gratitude for"* -Zig Ziglar

Every farewell is a sunset that always awaits the sunrise. Life tells the most beautiful stories and every journey tells a new one. We promise to make you proud as we step into the world and contribute positively to society. Pushpagiri College of Nursing envisages an all-around and balanced education based on sound physical, mental, social, intellectual and spiritual formation. I congratulate all my dear graduates and post graduates- 18th batch of B.Sc. Nurses and 11th batch of M.Sc. Nurses for your great achievement.

Today's students are tomorrow's alumni and I appeal to both groups to make our alumni get-togethers, one of the best homecomings ever. The ultimate goal of our alumni association is to build a strong network that can support and complement the wider aims of our institution. To achieve this, it's worth setting a range of objectives and I would like to appreciate all the efforts of our alumni towards the alumni engagement and towards the development of society. PCON believes in lifelong learning and I'm sure our alumni initiatives help promote learning, sharing, caring, constant communication and assistance to the needy as required. Connecting to one's alma mater is always a great feeling. Sharing this sentiment, we're delighted of the various achievements of our alumni. Stay connected!

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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

MAJOR EVENTS



INDEPENDENCE DAY 2024

NSS unit of PCON led the Independence Day celebrations on 15 August, 2024 at the college campus.

GRADUATION CEREMONY 2024



Graduation ceremony of 18th batch of B.Sc. Nursing (2019 admission) and 11th batch of M.Sc. Nursing (2021 admission) students of the college was held on 24 August, 2024 at 10.00 am. Welcome address was given by Prof Sr. Mary Jyothi OSS, Vice principal (admin.). Rev. Dr. Biju Varghese, CEO, Pushpagiri Group of Institutions, presided over the event. Most Rev. Dr. Thomas Mar Koorilos, Metropolitan Arch bishop of Thiruvalla delivered the benedictory address. Prof. Dr. Sona P. S., Registrar, Kerala Nurses and Midwives Council was the guest of honor and delivered an inspiring inaugural address which elated the spirit of our graduates. Rev. Fr. Aby Vadakumthala, Director, Pushpagiri College of Nursing shared a stimulating message to the graduates. The annual report of the college was read by the Principal - Prof. Mrs. Vineetha Jacob. The Nightingale's Pledge for the graduates was led by Mrs. Suvarna S. Panicker, C.N.O. of Pushpagiri Medical College Hospital. The award ceremony followed the distribution of certificates to graduates. The college topper for 18th batch of B.Sc. Nursing and 11th batch of M.Sc. Nursing was given to Ms. Honey K. H. and Ms. Sneha Chacko respectively. Ms. Christeena Teresa Scaria was awarded as the best outgoing student. Mr. Sajeev Thomas, PTA President, and Mrs. Jisha Sara Thomas, Alumni Representative felicitated the college and graduates. College Magazine (Flos Flor), Inizio-2023 was released during the function. Prof. Mrs. Renjini Devi S., the Vice Principal (acad.) proposed the vote of thanks and the official ceremony concluded by 12pm.

COLLEGE DAY CELEBRATION

The College Day celebration began at 4.00pm at the PCON auditorium with great enthusiasm and active participation from students and staff. The program began with a series of cultural performances that included traditional dances, music, and skits performed by students from various departments. In addition to the cultural programs, certificates and medals were presented to students who excelled in arts and sports during the year. The day ended on a high note with refreshments served to all attendees.

TEACHER'S DAY CELEBRATION

The Teacher's day was observed in wide variety of ways on 5 September, 2024. In the morning, students welcomed all teachers at the college entrance with a rose flower and a small gift. Later at the college auditorium, there was a small formal function in the presence of Rev. Fr. Aby Vadakkumthala (Director) & SNA, organized by Prof. Vineetha Jacob (Principal), 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. In the end, a token of love by JY students and certificates were distributed by the Director to all teachers.



ONAM CELEBRATION 2024

Pushpagiri College of Nursing celebrated Onam at the College of Nursing auditorium on 12 September, 2024 with wide variety of programs. Following the programs, a delicious onasadhya was arranged for staff and students of the college.



IGNITE 2k24 WEBINAR SERIES



The fourth webinar of the series was scheduled on 3rd August 2024 at 8pm on the topic, 'Research methods and sample size calculations in medical Research' and the resource person was- Dr. K. A Varghese, Statistician & Former Prof. & HOD, Rajasthan college of Agriculture, Udaipur. The event began at 8pm with a welcome address by Prof. Sr. Mary Jyothi. Dr. K. A. Varghese, took a very Informative & comprehensive session on the topic, which was well-appreciated by all. Around 26 faculty, PG & PhD students from different parts of the country joined in the event. The session ended by 9pm and was followed by a Q & A session. The event concluded with a vote of thanks by Mrs. Roshin Siby, Secretary to Research & Innovation cell.

JOURNAL CLUB



Mrs. Mayamol P. Mathew, Asst. professor and Mrs. Ann Merin Alex, Tutor, Dept. of Medical Surgical Nursing, jointly presented a journal article during the Faculty Journal club held on 04 July, 2024. The topic presented was 'Emergency Reflex action drill for traumatic cardiac arrest in a stimulated pre hospital setting - A one group pre-post interventional study.' 20 faculty were present for the same.

GUEST LECTURE SERIES

IQAC, Research & Innovation Cell of Pushpagiri College of Nursing conducted Guest Lecture on the topic, "ZOTERO." The aim of the event was to equip faculty & students in using the referencing software. The resource person was Dr. Sunu Alice Cherian, Lecturer, Pushpagiri College of Dental Sciences & Deputy Director, Pushpagiri Center for Evidence Based Practice. The event began at 12 noon with a welcome address by Prof. Mrs. Mathew Soney, CNE coordinator, PCON. There were 20 participants including faculty and PG students. The event came to an end by 1pm with vote of thanks proposed by prof. Sr. Mary Jyothi OSS, IQAC & Research cell coordinator. Prof. Mrs. Vineetha Jacob handed over a token of appreciation & certificate to the resource person. The session was very beneficial & well appreciated by all.



PEER TEACHING

Prof. Mathew Soney, Professor, Dept. of Community Health Nursing, PCON presented a CNE (peer training series) on the topic 'Quantitative Research Designs' on 06th of July, 2024.



DEPARTMENTAL ACTIVITIES

ANTI-DRUG AWARENESS DAY

On June 26th, students of fourth semester attended the release of a short film 'Operation D Hunt' by Radio MACFAST 90.4 featured on the occasion of anti-drug day in the presence of Mr. Binu Varghese, Excise officer, Pathanamthitta and Mr. M.P. Padmakumar. director and member of the Central film certification board.

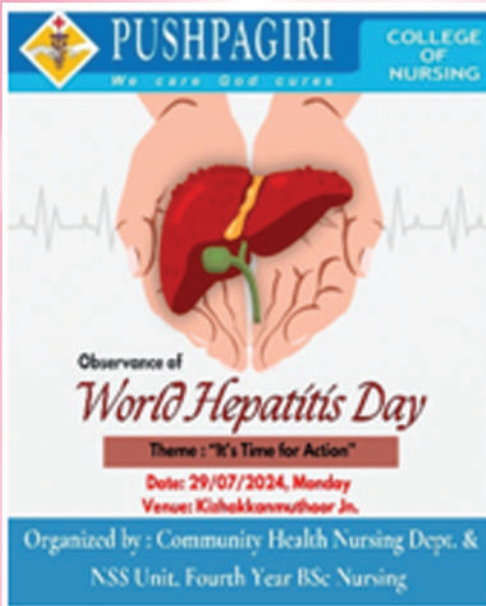


WORLD POPULATION DAY OBSERVATION

Dept. of Community Health Nursing and 4th year BSC Nursing students observed the 'World Population Day' on 12 July, 24 at Taluk hospital Thiruvalla. The programme started at 2.00pm with a welcome speech. It was inaugurated by Mrs Anitha Kumari, DMO, Pathanamthittain the esteemed presence of Mrs. Sheejath Beevi (MCH officer), Mr. Sreekumar (RCH officer), Mrs. Sreekala (Health Inspector) and other PHC staffs. Students conducted an awareness program through a musical drama on the adverse effects and prevention of population explosion. The programme was very informative and was a great success. Nearly 75 people were present.

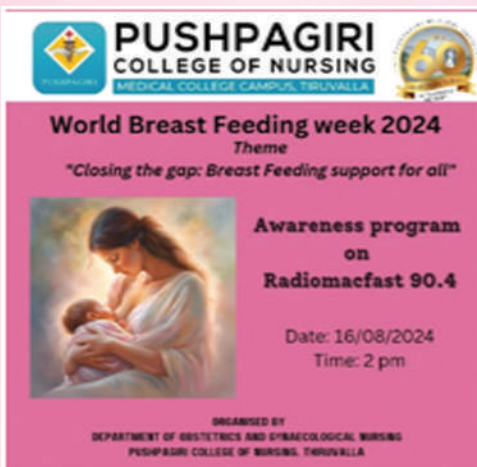


WORLD HEPATITIS DAY



The Dept. of Community Health Nursing, fourth year B.Sc. Nursing students and NSS unit of Pushpagiri College of Nursing jointly observed the World Hepatitis day through an awareness program on the theme “It’s time for action” on 29 July, 2024 at Kizakkam Muthoor, Thiruvalla. Nearly 60 people were present for the same.

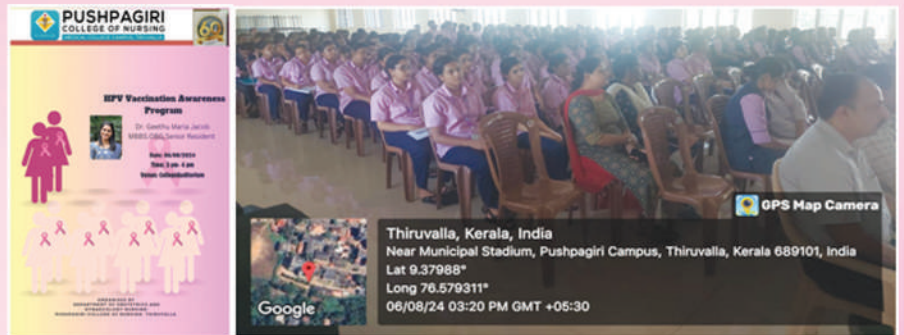
WORLD BREASTFEEDING WEEK



As part of the observation of the World Breast Feeding Week 2024, the Dept. of OBG Nursing conducted an awareness talk regarding importance of breast feeding via Radio MACFAST 90.4 on 16 August, 2024.

HPV VACCINATION AWARENESS PROGRAMME

An awareness program on HPV Vaccination was conducted in Pushpagiri College of Nursing on 06 August, 24 at: College Auditorium. Dr. Geethu Maria Jacob, Senior Resident, Department of Obstetrics and Gynecology, Pushpagiri Medical College Hospital conducted the awareness class on Prevention of Cervical cancer and HPV Vaccination. All students of Pushpagiri College of Nursing attended the awareness program. Program started with a welcome speech rendered by Prof. Renjini Devi S, Vice Principal & HOD, Department of Obstetrics and Gynecological Nursing and ended with vote of thanks by Ms. Thaneesha P. Varghese, Fourth Year B.Sc. Nursing student.



MEDICAL CAMP

Pushpagiri medical College hospital, Dept. of Community Health Nursing of Pushpagiri College of Nursing and Joy Alukkas, Thiruvalla jointly organized a medical camp on 17 July, 2024 at Sree Shubhananda Adarsha Ashramam, Mavelikkara. Expert doctors from 10 departments in the medical camp which included general medicine, general surgery, ENT, ophthalmology, dentistry, pediatrics, obstetrics and gynecology, orthopedics and dermatology provided consultation and free medicines were provided. Approximately 350 people visited the medical camp. 150 people benefited from the camp.















OBSERVATIONAL VISIT

75 Sixth Semester (2021 batch) students & faculty visited the Ayushya, a National Centre for Healing and Integration Veroor, Changanacherry designed to provide holistic AYUSH treatment & healthy living which is owned & managed by Medical Mission Sisters. They also visited Bethany Jeevan Jyothi Home for Aged Thiruvalla run by Bethany Fathers. The visit was arranged as a part of their Mental Health posting requirement on 18 July, 2024.



SNANSS/COLLEGE UNION ACTIVITY

SNANSS/ COLLEGE UNION EXECUTIVES 2024-25

PUSHPAGIRI COLLEGE OF NURSING MEDICAL COLLEGE CAMPUS, THIRUVALLA			PUSHPAGIRI COLLEGE OF NURSING MEDICAL COLLEGE CAMPUS, THIRUVALLA		
COLLEGE UNION 2024-25			SNANSS EXECUTIVES 2024-25		
 AKSHA S CHAIRPERSON			 ALJENA REJI CHAIRPERSON		
 CATHERIN DAVIS VICE CHAIRPERSON	 ALLEN JOSHY VICE CHAIRPERSON		 ANDREA THOMAS VICE CHAIRPERSON	 JYOELSNA JOSHY PROGRAMME CHAIRPERSON	
 ELARD PALLASE GENERAL SECRETARY	 EMV MARIYAM JACOB JOINT SECRETARY	 SHANEEHA F VARGHESE UNIVERSITY UNION COUNCILOR			
 NANDANA S ARTS SECRETARY	 BEN BIJU SPORTS SECRETARY	 SHUAN ELSA SHAJI MAGAZINE EDITOR	 JOBIN JOY GENERAL SECRETARY	 NEHA KENI JOINT SECRETARY	 JIZA VARGHESE TREASURER

ARTS DAY 2024



SNA unit of Pushpagiri College of Nursing celebrated Arts Day on 20 July, 2024 at college auditorium.

AWARDS & ACHIEVEMENTS

STUDENT ACHIEVEMENTS

ACADEMIC ACHIEVEMENTS




The 2023 admission batch B.Sc. Nursing students scored 92% pass, 4 distinctions and 65 first class in their first semester university examinations. The 2022 admission batch BSc Nursing students scored 95% pass, 5 distinctions and 65 first class in their third semester university examinations.

WINNERS AT ZONAL LEVEL

PUSHPAGIRI
COLLEGE OF NURSING
MEDICAL COLLEGE & CAMPUS, THIRUVALLA

SNA SOUTHEAST ZONE INDOOR SPORTS
PRAYAGA 2024

CHESS FIRST PRIZE



MR. ABHISHEK PRABU


Congratulations

SNA & COLLEGE UNION POOR

PUSHPAGIRI
COLLEGE OF NURSING
MEDICAL COLLEGE & CAMPUS, THIRUVALLA

SNA SOUTHEAST ZONE INDOOR SPORTS
PRAYAGA 2024

BADMINTON THIRD PRIZE



BEN BIJU & ROSHAN MATHEW

Congratulations

SNA & COLLEGE UNION POOR

PUSHPAGIRI COLLEGE OF NURSING
THIRUVALLA
SNA SOUTHEAST ZONE CULTURAL EVENT 2024

GROUP DANCE
Third Prize 🏆



Congratulations

PUSHPAGIRI COLLEGE OF NURSING
THIRUVALLA
SNA SOUTHEAST ZONE CULTURAL EVENT 2024

FANCY DRESS
Third prize



Congratulations

SONA ANNA BIJU

PUSHPAGIRI COLLEGE OF NURSING
THIRUVALLA
SNA SOUTHEAST ZONE CULTURAL EVENT 2024

SOLO SONG
second prize 🏆



Congratulations

ELDHO PAULOSE

PUSHPAGIRI COLLEGE OF NURSING
THIRUVALLA
SNA SOUTHEAST ZONE CULTURAL EVENT 2024

RANGOLI
Third prize 🏆



Congratulations

NEHA KENI

FACULTY ACHIEVEMENTS

PUBLICATIONS

Sandra Jyothi Saldanha^{1*}, Bibi Augustin², Sr Mary Jyothi OSS³, Saritha Susan Vargese⁴, Veena Gretta Tauro⁵, Nisha Kurian⁶ Effectiveness of Creating Opportunities for Parent Empowerment (COPE) on Stress, Anxiety, Coping and Competence among Mothers of Hospitalized Preterm Neonates in NICU: A Systematic Review Protocol. RJNS 2024; 14(2):5-9

FACULTY DEVELOPMENT PROGRAMME

Prof. Sr. Mary Jyothi, Sr. Mayukha SIC and Shibi Mariam Thomas, attended the 'faculty development programme in nursing education technology' organized for nursing faculty (Phase-2 Batch-2) by academic staff college of the university on 8, 9, 10 May 2024 at Vigyan Bhavan, KUHS headquarters Trissur.

THANKS & FAREWELL



Thank you Mrs. Irine Elsa Mathew, Tutor, Dept. of OBG Mrs. Kesiya Merin Idikkula, Tutor, Dept. of Medical Surgical Nursing your valuable services and contribution to the Pushpagiri College of Nursing.

ALUMNI CORNER

ALUMMNI MEET



The Alumni Reunion 2024 'Tirike' was arranged as a part of the closing ceremony of 60th year celebrations of nursing education at Pushpagiri. The programme commenced at 2.00pm and Sr. Tessin SIC (BSc 2008 & MSc 2019 admission batch alumni) welcomed the gathering. The function was inaugurated by Rev. Fr. Jose Kallumalickal, Former CEO, Pushpagiri Group of Institutions. The Presidential address was given by Rev. Fr. Aby Vadakumthala, Director, Pushpagiri College of Nursing. New alumni members (B.Sc. 2019 & MSc 2021 admission) were welcomed and annual report of Alumni Association was read by Mrs. Rakhi R. Nath, Alumni President. Sr. Lalithya SIC, Former Principal of Pushpagiri School of Nursing, and Sr. Sevana SIC, former Nursing Superintendent, PMCH were felicitated for their contributions towards the institution's success and glory. Various awards were distributed to alumni members for their excellence in nursing field and continuing services to the Society. Alumni shared their memories and talent show was arranged as a part of the meet. Alumni Meet concluded at 3.30pm with vote of thanks by Mrs. Ashamol M.B., Joint Secretary of Alumni Association.



The 4th webinar of the series was scheduled on 24th of July 2024 at 7pm IST. Mrs. Jolly V. Mathew RN, Registered Nurse at Wollongong Hospital and Clinical Facilitator/ Trainer, University of Wollongong, Australia & 32nd batch GNM alumni of Pushpagiri School of Nursing took a session on the topic, "Clinical deterioration of patients - an assessment." The event was compered by Ms. Jewel Sara John, BSc(N) 2019 batch alumni, PCON. Around 56 student/staff/alumni from different parts of the world joined in the event. Following a short Q & A session, between the Speaker and delegates, Ms. Maria A, BSc(N) 2019 batch alumni, PCON proposed the vote of thanks and the event concluded by 8pm.



The 5th webinar of the series was scheduled on 3 September, 2024 at 7pm IST. Mrs Anu Savio Thelley, Nurse consultant in Pediatric care at MGM CRI, Pondicherry and 2004 B.Sc batch alumni of Pushpagiri College of Nursing spoke on the topic, "Palliative care nursing and career opportunities".



Dr. Sr. Judy SIC PhD, Professor cum Principal, Fr. Mullers' College of Nursing, Thumbay, Karnataka, 30th batch of GNM alumni of PSON & former faculty of PCON visited the College of Nursing. She was honored by the Alumni Award under the category excellence in Nursing Research & innovation.

In Loving memory



MRS. SHANI MARY SAM

Former Asst. librarian, PCON (March- Aug.2023)

Date of demise: 13th July 2024