

PUSHPAMANJARY

QUARTERLY NEWSLETTER

PUBLISHED BY PUSHPAGIRI COLLEGE OF NURSING,
TIRUVALLA

VOL . 05 | ISSUE 01 : JANUARY – MARCH 2026



FROM PRINCIPAL'S DESK

I am pleased to present this Newsletter, which reflects the dynamic academic and service-oriented activities of our institution. This quarter has been marked by significant milestones that emphasize both professional growth and social responsibility among our students—the Lamp Lighting Ceremony for our first semester B.Sc. Nursing students was a meaningful occasion, symbolizing their entry into the noble profession of nursing and their commitment to compassionate care. We also take pride in our students' academic excellence, demonstrated through their participation in 12th national-level paper presentations, showcasing their knowledge, research aptitude, and dedication to lifelong learning.

Top News

- National Workshop
- Lamp Lighting Ceremony
- National Level Scientific Paper Presentation
- Continuing Nursing Education
- Departmental Activities
- SNA/NSS/College Union Activity
- Medical Camp
- Awards & Achievements
- Faculty Development Programme
- Alumni Corner

Equally noteworthy are the skill-enhancing initiatives such as the Fire and Safety Training Program, which prepared our students to respond effectively in emergency situations. Our students actively participate in school health programs and medical camps, and we observe important health-related days, showing our ongoing commitment to community engagement and preventive healthcare. These collective efforts highlight our vision of nurturing competent, confident, and socially responsible nursing professionals.

Let us continue to strive for excellence in all our endeavors

With warm regards,

Prof. Vineetha Jacob

Principal



NATIONAL WORKSHOP ON STATISTICAL APPLICATION IN HEALTH RESEARCH

The Department of IQAC and Research cell of Pushpagiri College of Nursing organized a National level workshop on Statistical Application in Health Research to enhance research guides, faculty, Ph.D scholars, and PG students in medical, dental, nursing and pharmacy science which are essential to boost the confidence in research analysis.

The topics covered in the workshop were sample size determination and skill station, reliability and validity tests using statistical software, and skill station. , data management in SPSS and descriptive statistics using statistical software, application of parametric statistical tests in medical research using statistical software, and application of non-parametric statistical tests in medical research using statistical software. The workshop included interactive lectures and hands-on sessions. Personalized consultations with the resource person were also arranged



LAMP LIGHTING CEREMONY 2026

The Lamp lighting ceremony was conducted on 28/01/2026 at 10.00 am in the Pushpagiri Chapel. The programme commenced with a prayer song by the 1st semester B.Sc. Nursing Students, followed by Bible Reading by Ms. Meghna Mariam Sunil (1st semester). The welcome address was delivered by Prof. Renjini Devi, Vice Principal (Academics), followed by the Presidential address by Rev. Dr. Biju Varghese (CEO- Pushpagiri group of Institutions). Prayer and blessings were offered by Rev.Fr. Mathew Puthenpurayil (Director, PCON).

The lamp was lighted by the dignitaries, followed by the oath-taking ceremony and dedication song rendered by the 1st semester B.Sc. Nursing students. Nurse's pledge was delivered by Prof. Vineetha Jacob (Principal, College of Nursing), Felicitation was offered by Ms.Suvarna S Panicker (CNO, Pushpagiri Medical College). At the end, a vote of thanks was delivered by Ms. Arya Rajesh (1st semester, B.Sc. Nursing). A total 90 participants attended the program and concluded by 11.15 am and was appreciated by all.



**12TH NATIONAL LEVEL SCIENTIFIC
PAPER PRESENTATION COMPETITION
2026**

ORGANIZED BY
**IQAC & RESEARCH CELL,
PUSHPAGIRI COLLEGE OF NURSING, THIRUVALLA**

31ST JANUARY 2026 | ONLINE MODE

FOR UG & PG STUDENTS
REGISTRATION FEES: Rs. 300/-

TIMELINE:
Abstract Due: 12/01/26
Acceptance: 16/01/26
Slides Due: 26/01/26
Presentation: 31/01/26

Separate prizes for UG & PG
E-certificates for all participants

INSTRUCTIONS

1. Original research work done by UG / PG Students needs to be present.
2. Send your Abstract (800 words) and slides to pushpagiri1000@gmail.com
3. The acceptance letter and the link for the presentation will be sent to your email address.
4. Follow IRRAAD format for presentation.
5. The duration of presentation is 10 minutes.
6. The number of slides should not exceed 10 slides.

SCAN TO REGISTER

DR. ADNA JACOB
Program coordinator
Ph. 9544923934

**PUSHPAGIRI
COLLEGE OF NURSING**

12TH NATIONAL LEVEL SCIENTIFIC PAPER PRESENTATION

12th National level scientific paper presentation completion was held on 31st January and 2nd February 2026 through an online platform by IQAC & Research cell. The event aimed to foster research and innovation among students and professionals. A total of 68 papers were registered from various institutions from which 27 papers were selected by esteemed judges and the remaining 41 papers presented on 2nd February. Three winners from UG AND PG were selected specially.

PUBLICATIONS

Sr. Tessin SIC (Mobi.V.Babu), Lecturer & Ms.Suby Iype, Assistant Professor, Medical Surgical Nursing, Pushpagiri College of Nursing, Thiruvalla, Kerala, India.

Paper Number: 240309 on March 15th, 2026, in Journal of Research Administration, Volume 9, Issue 1.

Title of the study: Effectiveness of brain-boosting exercise on age-related memory loss among elderly.

**PUSHPAGIRI COLLEGE
OF NURSING**

**Need someone to talk to?
You're welcome**

Sr Libi Arakkal (Student Counsellor)

Drop in: Friday 2-7 pm

Helpline: 7594960933 (24x7)

Your wellness is a priority

COUNSELLING CELL

Sr Libi Arakkal, Pushpagiri College of Nursing, is offering counselling for PCON students every Friday from 2-7 pm.

FIRE AND SAFETY TRAINING PROGRAMME

A fire & safety training was conducted on 30/03/2026 in the college auditorium & ground to ensure that all are prepared to respond to a fire emergency. The session started at 12.10 pm with a prayer song followed by a welcome speech by M/S. Adithya S (first Semester BSc (N) 2025 Batch. The session was started by our hospital fire & safety team head, Mr. Joseph Thomas (Dept. HOD), who demonstrated and provided training to personnel on firefighting techniques.



The equipment usage also gave knowledge of the communication code during the time of catching fire. in different ways, such as gas fire, electric fire, etc. All the students attended the session and were provided opportunities to practice emergency response procedures. The session ended at 1.30 pm, followed by a vote of thanks given by M/S Abiya Reji (first semester BSc. (N) 2025 Batch student.





The session was attended by fifth-semester students, faculty from Pushpagiri College of Nursing, and external participants. The speaker explained how AI technologies are used in early diagnosis, Treatment planning and monitoring of paediatric patients. The session also highlighted the advantages of AI, including increased accuracy, faster decision-making and improved patient outcomes. Overall, the webinar was informative and enhanced the importance of artificial intelligence in advancing paediatric healthcare.

CONTINUING NURSING EDUCATION

INTERNATIONAL WEBINAR

An International webinar on "Artificial intelligence in paediatric care" was jointly organized by IQAC and the Child Health Nursing Department of Pushpagiri College of Nursing to provide insights into the growing role of AI in improving healthcare for children on 7th March 2026 at 11 am. The duration of the webinar was 2 hours. The resource person for the webinar was Dr. Erna Judith Roach MPhil PhD, Assistant Professor, Maternal and Health Department, College of Nursing, Sultan Qaboos University, Muscat.

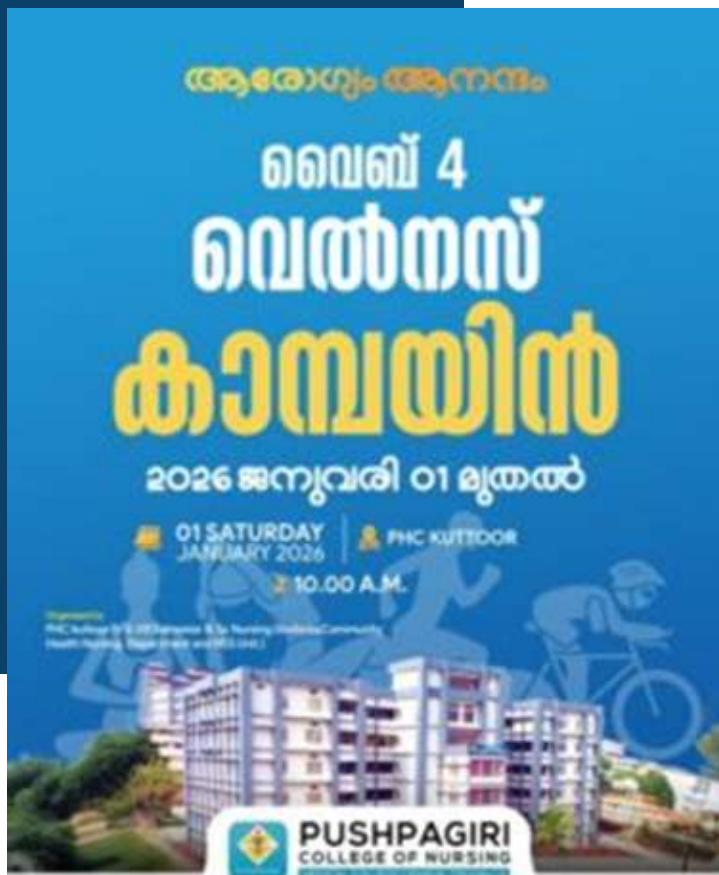




INTERNATIONAL WOMEN'S DAY 2026

The SSGP unit and the Department of Obstetrics and Gynecological Nursing, SNA, ICC, and the College Union, collaboratively organized an interactive empowerment talk titled *'Women in Nursing'* as part of the International Women's Day celebrations. The event took place on March 6, 2026, from 2 pm to 4 pm at the Pushpagiri College of Nursing auditorium. The major highlight of the program was the interactive session led by **Prof. Renjini Devi**, featuring **Dr. Suma Jose**, Assistant Professor at the Govt. College of Nursing, Kottayam. Dr. Suma is a recipient of the prestigious **Sister Lini Puthusseri Award** from the Kerala Government. She shared her inspiring professional journey as an educator and staff nurse, offering valuable insights and experiences to the audience. The second interactive session featured **Mrs. Suvarna S. Panicker**, CNO and PSO of Pushpagiri Medical College Hospital, shared her expertise as an excellent leader in the nursing department, showcasing her exceptional managerial skills and leadership abilities.





WIBE FOR WELLNESS CAMPAIGN

On 1st January 2026 at 11:00 AM, students from Pushpagiri College of Nursing conducted a Non-Communicable Disease (NCD) awareness campaign as part of Community Health Nursing at the Primary Health Centre, Kutur. The programme was organized for patients and bystanders visiting the PHC and was attended by nearly 30 participants, including ward members and ASHA workers. The programme was formally inaugurated by a ward member.

The students took classes on major NCDs such as stroke, coronary artery disease (CAD), obesity, cancer, hypertension, diabetes mellitus, fatty liver, and depression, covering their causes, signs, and symptoms, with special emphasis on prevention and lifestyle modification. A simple exercise drill was demonstrated, and the participants were encouraged to practice it during the session. The programme was conducted under the support and cooperation of the PHC staff, including Mr. Hariprasad B (Health Inspector and Assistant Public Information Officer), Dr. Jayand John (Assistant Surgeon), and Mr. Anudas H. (Public Information Officer).





ASWAMEDHAM

On 7th January 2026, the 7th Semester B.Sc. Nursing students of Pushpagiri College of Nursing conducted a flash mob, skit, and health education programme on leprosy at Kuttoor Primary Health Centre (PHC) as part of the inauguration of Aswamedham 7.0 – Leprosy Case Detection Campaign, to create meaningful awareness among the public regarding early signs and symptoms of leprosy, modes of transmission, prevention, availability of free multidrug therapy, and reduction of stigma

The programme was organized under the guidance of the Department of Community Health Nursing and the NSS Unit, and included an inaugural meeting with the active participation of the PHC Health Inspector, Junior Health Inspector, ward members, and ASHA workers, followed by effective awareness activities, and the programme was well appreciated by the public and PHC staff, thereby strengthening community participation and supporting early case detection under the campaign.





ASWAMEDHAM:

SCHOOL HEALTH PROGRAM

Pushpagiri College of Nursing organized a school health program for a Leprosy Awareness session at St Jude School, Venmony. Program done in Collaboration with the Department of Community Health Nursing and the NSS unit of our college. A School Health Program was conducted at St. Jude English Medium School on 21st January 26 at 10 am. The program included students from LKG to 7th Standard.

The programme was organized under the guidance of the Department of Community Health Nursing and the NSS Unit, and included an inaugural meeting with the active participation of the PHC Health Inspector, Junior Health Inspector, ward members, and ASHA workers, followed by effective awareness activities, and the programme was well appreciated by the public and PHC staff, thereby strengthening community participation and supporting early case detection under the campaign.



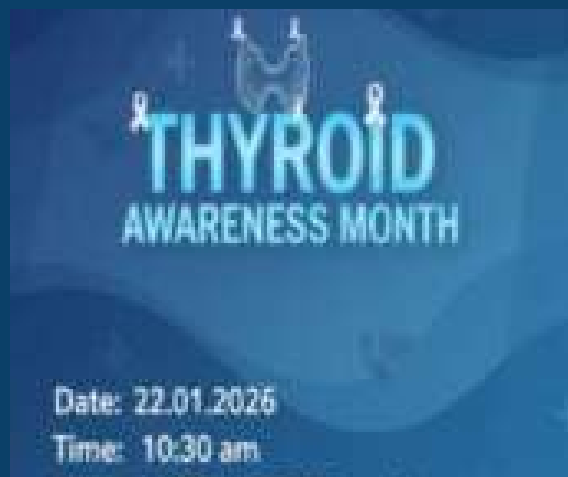


ANGANWADI POSHAN ABHIYAAN

A School Health Program was conducted at St. Jude English Medium School on 21st January 26 at 10 am. The program included students from LKG to 7th Standard. The main aim of the program was to promote health awareness and encourage healthy habits among students. Health education sessions were conducted on important topics such as leprosy, balanced diet, personal hygiene, and pubertal changes.

THYROID AWARENESS PROGRAM

Pushpagiri College of Nursing organized a thyroid awareness program on 22/01/2026 at Urban FHC Kavumbhagam. A group health education was conducted in connection with thyroid Awareness month on 22nd January 2026 with Dept. of Community Health Nursing and NSS unit. The program was conducted in the esteemed presence of Program began at 10:30 AM with an introduction on the importance of thyroid health. A flash mob was conducted to attract people and create awareness about thyroid disorders.



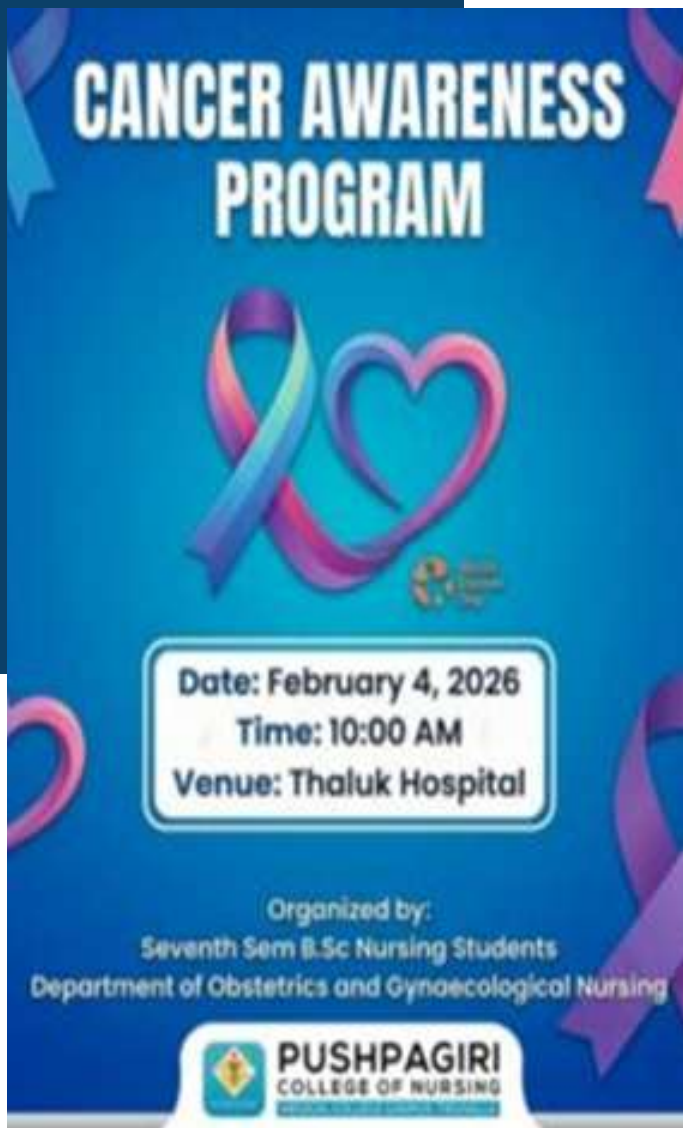


THYROID AWARENESS MONTH

As a part of World Thyroid Awareness Month, the Department of Medical Surgical Nursing of Pushpagiri College of Nursing conducted a thyroid awareness health talk on Radio Mac fast 90.4 FM. Third-semester students Ms Ans Manoj and Ms Kessia Mariam Koshy, presented the topic. On 21st January 2026, the programme was recorded at Mac Fast College Thiruvalla, which was broadcasted on 22nd January 2026.

On 31st January 2026, a "Neck Check Booth" was conducted in the college by the students and teachers of 3rd semester BSc Nursing. All the teachers and students participated actively. Medical Surgical Nursing department of Pushpagiri College of Nursing conducted a Neck Check Booth in accordance with the Thyroid Awareness Month at 2pm to 3pm. Medical Surgical Nursing department of Pushpagiri College of Nursing conducted a Neck Check Booth in accordance with the Thyroid Awareness Month at 2pm to 3pm





CANCER AWARENESS PROGRAM

The Obstetrics and Gynecological Nursing Department and seventh semester B. Sc. Nursing students of Pushpagiri College of Nursing organized a cancer awareness program at Taluk Hospital, Thiruvalla on 4-2-2026 as part of International Cancer Day. The program was inaugurated by the Medical Officer of Taluk Hospital, Thiruvalla, and was followed by a felicitation address by Prof. Renjini Devi, Head of the OBG Nursing Department, Pushpagiri College of Nursing.

The event included a flash mob and drama highlighting the causes of cancer, followed by classes conducted by seventh-semester students on the causes, prevention, and management of various cancers. The Medical Officer appreciated the students for their hard work in preparing the classes and audio-visual aids, as well as the content delivered. The program concluded with a vote of thanks by the student.



CANCER AWARENESS PROGRAM



Date : February 4, 2026
Time : 10:30 AM
Venue: UFHC, Kavumbagom

Organized by:
Seventh Sem Community Health Nursing Students
NSS Unit



A cancer awareness program as a part of World Cancer Day in the presence of Dr. Janu Jayakumar (medical officer) & Mrs. Dhanya (Junior Health Inspector), the program started by about 10.30 AM and with a prayer song. We conducted a flash mob to draw the attention of the public and a skit with health education to provide a general awareness about cancer and its prevention.

CANCER AWARENESS PROGRAM

Department of community health nursing and NSS unit of PCON jointly celebrated the world cancer day on 04/02/2026 in Urban FHC, Kavumbhagam at 10.30 AM .The program was conducted to raise awareness about the different types of cancers and its prevention.





INTERNATIONAL EPILEPSY DAY

As a part of International Epilepsy Day, the Department of Medical Surgical Nursing of Pushpagiri College of Nursing conducted an epilepsy awareness health talk on Radio Mac Fast 90.4 FM. Third-semester students Ms. and Ms. presented the topic of epilepsy awareness.

On 7th February 2026, the programme was recorded at Mac Fast College, Thiruvalla, which was broadcast on 9th February 2026. A "Flash Mob" and skit were conducted on the same day in front of the PMCH hospital casualty by the students of the 3rd semester BSc Nursing.



NATIONAL DEWORMING DAY

A radio talk on worm infestation in children and its prevention awareness was organized by the Department of Child Health Nursing on 10/02/26..Fifth-semester BSc nursing students Aleena and Aksa Sara Sabu conducted the awareness session, which was aired on Radio Macfast 90.4 at 11:55 AM.



WORLD BIPOLAR DAY

A radio talk on Bipolar disorder awareness was organized by the Department of Mental Health Nursing on 30/03/26. Fifth-semester BSc nursing students Aleena, Aksa, Sara Sabu, and Aswin Nelson Varghese conducted the awareness session, which was aired on Radio Macfast 90.4 at 5:30 pm.



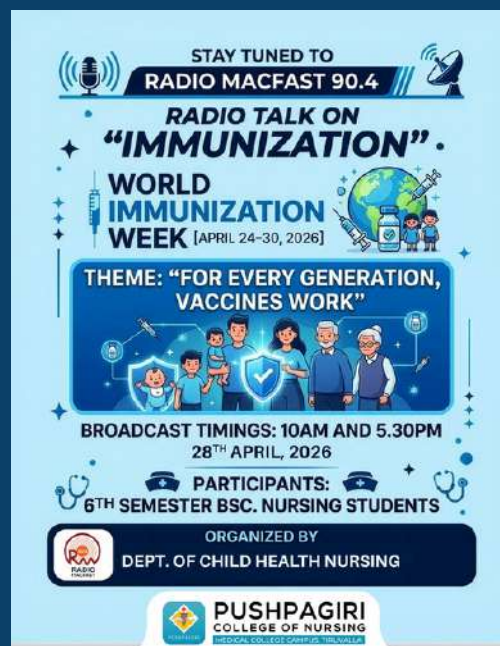


INTERNATIONAL EATING DISORDER AWARENESS WEEK

A radio talk on Eating disorder awareness was organized by the Department of Mental Health Nursing on 26/02/26. Aleena N J, Aksa Sara Sabu, and Tania John, 5th-semester BSc Nursing students, conducted an awareness talk on eating disorders on 26th February 2026 in observance of International Eating Disorders Awareness Week.

WORLD IMMUNIZATION WEEK

A radio talk on World Immunization Week awareness was organized by the Department of Child Health Nursing on 28/04/26. Blessymol Thomas & Ashley Babu, 6th-semester BSc Nursing students, conducted an awareness talk on Immunization and its importance in child health on 28th April 2026 in observance of World Immunization Awareness Week.





COSMOCLIQUE – ANATOMY AND PHYSIOLOGY EXHIBITION

On 19th March, 2026, the Foundations of Nursing Department, along with first-semester BSc Nursing students, organized an exhibition called Cosmoclique as part of the curriculum for Applied Anatomy and Applied Physiology. Mrs. Bilbi Mary Babu, the Subject coordinator of Applied Anatomy, and Mr. Justin George, the Subject coordinator of Applied Physiology, provided guidance for the event. The students were grouped into 8 teams, each focusing on topics such as the Respiratory system, cardiovascular system, and Digestive system.

Female reproductive 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, flower charts, working models, still models, flash cards. Leaflets, pamphlets, and more.





SNA/NSS/COLLEGE UNION ACTIVITY

BAGGED PRIZE IN THROWBALL COMPETITION

The Mar Thomas Tharayil Memorial All Kerala Inter College Throw ball Competition was conducted on February 25, 2026, at Caritas College of Nursing, Caritas Hospital, in connection with the Diamond Jubilee of Nursing Education at Caritas. The event was organized by the Sports Club in association with SARANG and was held from 8:30 AM to 6:00 PM.

A total of 14 colleges from across Kerala participated in the competition. The event was systematically organized, ensuring the smooth conduct of matches throughout the day. Our college team participated with commendable dedication and teamwork. Demonstrating consistent performance and sportsmanship, the team secured the Second Prize in the competition. The event concluded with a prize distribution ceremony, marking the successful completion of the competition.





VEGA 2K26

The Unit Level Sports Meet 2026 was successfully conducted on 28th March 2026 at the St. Thomas School Ground. The event aimed to promote physical fitness, teamwork, and sportsmanship among students. The indoor games were conducted during the second and third weeks of February 2026. Students actively participated in various indoor events, showcasing their talents and competitive spirit. The oath was administered by Surjith Muhammed. The presidential address was delivered by Fr. Mathew Puthanpurayil.

The meet was inaugurated by Mr. Shaji Mathew, Headmaster of St. Thomas HSS. Felicitation was delivered by Fr. Cherian Manapurath. A variety of track and field events, such as 100 meters, 200 meters, 400 meters, relay races, long jump, and shot put, were conducted. Students from different semesters participated enthusiastically, displaying remarkable energy and team spirit. The sports meet concluded with a prize distribution ceremony. Bensen M. Binu was declared the Boys Champion, and Abhirami was declared the Girls Champion.



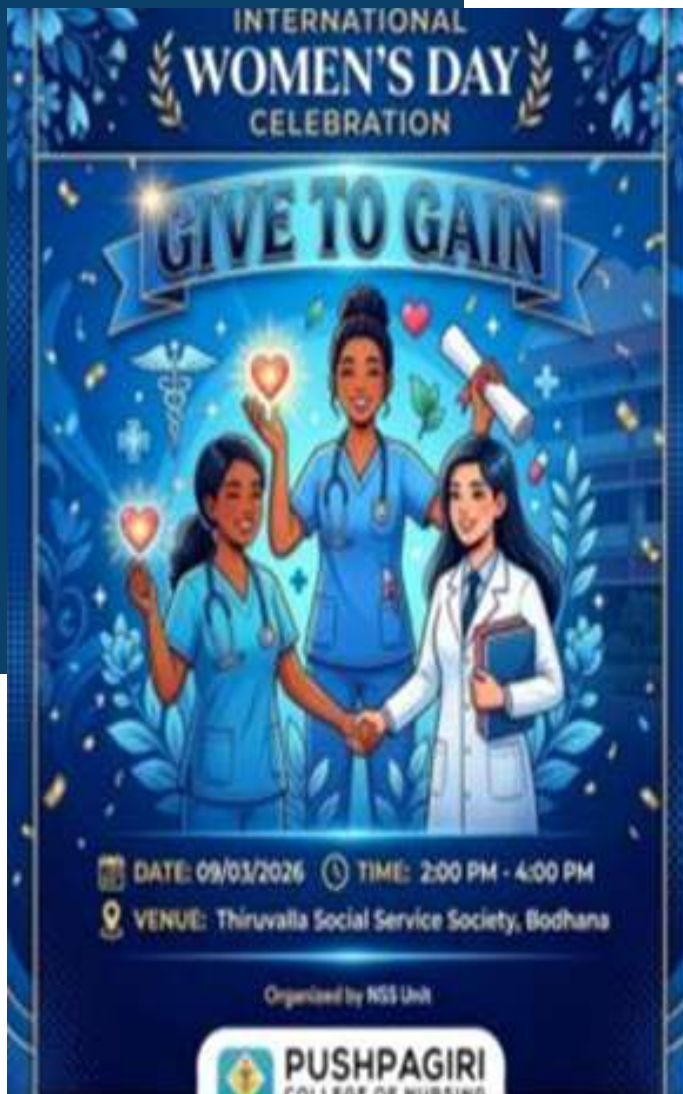


MEDICAL CAMP

Medical camp was conducted in Venpala with Pushpagiri Medical college Hospital with the aim of providing comprehensive care to the community. The camp focused on early detection of disease, health promotion and timely referral while also offering practical community nursing students who are NSS volunteers. The NSS volunteers participated in the camp under the guidance of medical professionals.

Multiple speciality OPD was arranged to the health services: The volunteers actively participated in registration, checked vital signs such as blood pressure, pulse, temperature and checking GRBS, assisting doctor, helping in the pharmacy and provide health education and maintain record. A total of 351 patient participated and treated for their concern.





INTERNATIONAL WOMEN'S DAY CELEBRATION 2026 @ BODHANA

The National Service Scheme unit (NSS/FU/PNT/KUHS) of Pushpagiri College of Nursing conducted an awareness program with Bodhana on 09/03/2026 at 02 PM- 04 PM at Mar Thimotheos Jubilee Hall, Bodhana, under the Tiruvalla Social Service Society. The motivational session by K. G. Priya was very interesting and interactive. She made all the participants sit in a circle and encouraged open discussion.

She asked the students to share their opinions on important topics such as women's empowerment, the importance of women in society, living together relationships, and whether discipline is important for women or not. This interactive discussion helped everyone to think deeply and express their views freely. It created awareness about women's rights, empowerment, and the importance of supporting women in society.





AWARDS & ACHIEVEMENTS

ACADEMIC ACHIEVEMENTS

The 2024 admission batch for B.Sc. Nursing students scored 97% pass, 21 distinctions, and 50 first class in their second semester university examinations. The 2022 admission batch BSc Nursing students scored 95% pass, 8 distinctions, and 57 first class in their third semester university examinations.

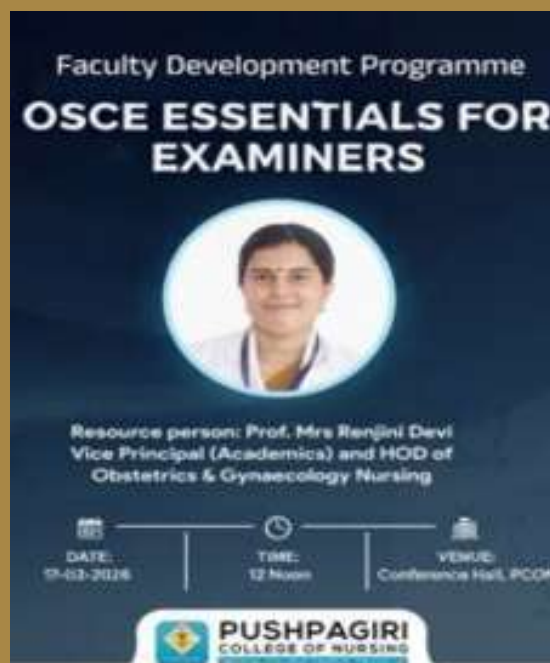
CAMPUS PLACEMENT

As part of an international collaboration between the York and Scarborough Teaching Hospitals, UK (NHS Hospitals), and Pushpagiri College of Nursing, an NHS recruitment drive was conducted. The interested students were provided an opportunity to attend a bridge course (online sessions) on 'UK Nursing' by the Said hospitals. The recruitment drive that took place on 07th June 2024 and 19th June 2025 offered students a valuable opportunity to pursue a rewarding career overseas.



FACULTY DEVELOPMENT PROGRAMME

The Faculty Development Unit of Pushpagiri College of Nursing organized a Faculty Development Program entitled “OSCE Essentials for Examiners” on 17-02-2026 at 12 Noon in the Conference Hall, PCON.. The program focused on strengthening the faculty competencies in designing and evaluating OSCE stations to enhance clinical examination practices within the institution. Prof. Renjini Devi, Vice Principal & HOD, Dept. of Obstetrics and Gynecological Nursing, took the session.



The Faculty Development Unit of Pushpagiri College of Nursing, Thiruvalla, hosted an international webinar on “Cultivating Passion Beyond Passive Learning: Active Approaches in Nursing Education” on 27-03-2026 at 12 Noon. The resource person, Mrs Frincy Francis, RN, RM, PhD Scholar, Lecturer, Maternal Child Health Department, College of Nursing, Sultan Qaboos University, Muscat, Oman, shared valuable insights on shifting from passive to active learning strategies in nursing education.



STAFF TOUR REPORT-2026

A staff tour was organized by staff welfare of Pushpagiri College of Nursing on 14 February 2026 with the aim of providing relaxation, strengthening teamwork, and promoting better interaction among the staff members. The destination chosen for the tour was Ernakulum. During the tour to Ernakulum, the staff visited several important attractions including Thripunithura Palace, the Water Metro, Fort Kochi, and Marine Drive. The staff members also enjoyed a cruise, which made the tour more memorable and enjoyable.

ALUMNI CORNER

Looking back at my days in Pushpagiri College of Nursing, my heart fills with gratitude and nostalgia. Those years were not just about learning nursing skills — they were about discovering who truly I am. When I first joined, I was nervous and unsure about how I would handle hospital duties, long study hours, and patient care. But slowly, with the help of my teachers' guidance and encouragement, I gained confidence. They didn't just teach us from books — they taught us with their hearts, showing what true compassion and dedication in nursing mean.

Anu benoy

