

PUSHPAMANJARI

Quarterly Newsletter



PUSHPAGIRI
COLLEGE OF NURSING

April
June
2025

From Principal's Desk

Greeting from Pushpagiri College of Nursing,

The Pushpagiri College of Nursing Newsletter, Volume 4, Issue 2 reflects a vibrant blend of academic, cultural, and awareness oriented activities that contribute to the holistic development of our students. This quarter featured the Transcultural Meet, fostering cultural sensitivity and global understanding, along with an engaging alumni webinar that enriched students through shared experiences. Our students also excelled in the SNA Arts Competition, bringing laurels to the institution. Important observances such as Nurses Day, Yoga Day, Reading Day, and the International Day against Drug Abuse were conducted with enthusiasm, promoting professional values, personal well-being, intellectual growth, and social responsibility. These initiatives collectively highlight our commitment to nurturing competent, compassionate, and socially responsible nursing professionals



Prof.
Vineetha Jacob
Principal

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MAJOR EVENTS

INTERNATIONAL COLLABORATION & CAMPUS INTERVIEW

Fifth transcultural meet cum International seminar was organized in association with NHS, UK on 19th, 20th June 2025 at college auditorium. 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. Ms. Eama George and Ms Vergina Russel conducted insightful session and met the 22 outgoing students 2020 batch who were selected for NHS recruitment. Thus, PCON succeeded in witnessing an international recruitment interview at the campus.



CONTINUING NURSING EDUCATION

COLLABORATION WITH BODHANA (NGO) ANTI TOBACCO DAY

Pushpagiri College of Nursing organized various activities in collaboration with Thiruvalla Social Services Society (Bodhana) An Anti-tobacco awareness program was conducted at Bodhana, Thiruvalla auditorium on 2nd May 2025 at 10:30 AM. Nearly 120 people benefited the programme.

THE JOURNAL CLUB

Mr. Justin George presented on the topic “Night time noise level and patient sleep experience in a bed Assessment unit in Northern England”. This research article was taken from the open Nursing Journal website. On 18th June 2025 at PCON conference room nearly 22 faculty were present.

TRIBAL HEALTH CARE ACTIVITIES



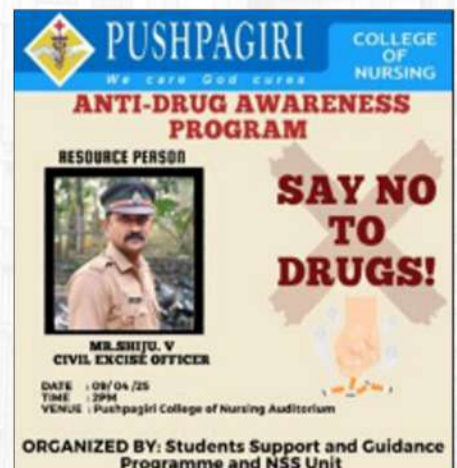
Pushpagiri College of Nursing has conducted monthly tribal health care activities including health survey as part of Research study on 20th June 2025 at Gavi in collaboration with Seethathodu PHC. Dr. Vincent Xavier DMO, PHC Seethathode provided health care services including checked the vitals, GRBS, body weight of the tribal people and assist the doctor for various procedures. Also distributed kits for them which contain essentials items included clothes, and other necessary items.

Around 57 tribal people benefited the same in Gavi. It was a wonderful experience to visit Gavi under the guidance of Dr. Vincent Xavier.

DEPARTMENTAL ACTIVITIES

ANTI-DRUG AWARENESS DAY

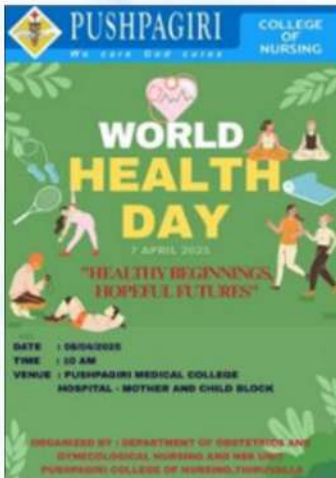
Department of Obstetrics and Gynecological Nursing and SSGP jointly organized an anti-drug awareness program for students on April 9, 2025, at 2:00 p.m. in the College of Nursing Auditorium. The resource person, Mr. Shiju V, Civil Excise Officer, Thiruvalla delivered a session on the consequences of substance use the importance of good physical, mental health and the role of parents and teachers in promoting students' physical and mental well-being. A total of 75 seventh-semester students and 40 parents attended the program. During the session, Mrs. Vineetha Jacob, Principal, Pushpagiri College of Nursing, presented a memento to Mr. Shiju V. The program concluded with an anti-drug oath-taking ceremony and ended with the National anthem.



WORLD HEALTH DAY OBSERVANCE



Pushpagiri College of Nursing, 7th semester 2021 batch Community Health Nursing & NSS Unit conducted an awareness program regarding World Health Day on 09th April 2025 at PHC, Kutupuzha, Thiruvalla. The program was started at 10:30 a.m. with prayer song and Miss. Aleena Elizabeth welcomed the gathering. Mrs. Sreekala (Health Inspector) delivered a speech related to The theme, the program was ended with vote of thanks by Ms. Anjana Krishna



The World Health Day observance was organized by Obstetrics and Gynecological department and NSS. The event commenced with a soulful prayer song performed by seventh semester BSc nursing students. Theme was presented by Nilin F Paul and Divya Ann Saji (7th semester BSc nursing students, 2021 batch) to the patients attending mother and child block. An awareness regarding drug abuse was given by Prof. Mrs. Renjini Devi, Vice Principal (Academic), PCON. Vote of thanks was given by Jyotsna {7th semester student, 2021 batch}. This program found to be more useful for the people those who came in the hospital.



WORLD OVARIAN CANCER DAY



As a part of World ovarian cancer day, Department of Medical Surgical Nursing conducted an ovarian cancer awareness health talk on Radio Mac fast 90.4 FM on 8 May 2025. Fourth semester student Mr. Ashwin, presented the topic ovarian cancer and its prevention.

WORLD ENVIRONMENT DAY



Community Health Nursing Department, 7th Semester B.Sc. Nursing Students of Pushpagiri College of Nursing, Thiruvalla, celebrated World Environment Day along with Joyalukkas Team on 5th June 2025 at Joyalukkas, Thiruvalla with the theme “Putting an End to Plastic Pollution.” The celebration aimed to raise awareness among the public about the devastating effects of plastic waste on the environment and to promote sustainable, eco-friendly alternatives. The program commenced at 10:30 a.m. with a soulful prayer song sung by the nursing students, creating a serene and reflective start to the event. A warm welcome speech was delivered by Mr. Jerin N.J., who extended greetings to the dignitaries, guests, students, and the

public gathered for the occasion. The event was formally inaugurated by the Chief Guest Rev. Dr. Theodosius Mar Thoma Metropolitan, who delivered the inaugural address, emphasizing the global crisis of plastic pollution and the importance of collective responsibility in mitigating its impact. This was followed by an insightful speech by Prof. Mathew Soney, HOD. Dept. of Community Health Nursing, PCON, who shared her views on reducing single-use plastics, embracing sustainable living, and how one can contribute to community awareness and advocacy for a cleaner environment. As part of the event, Joyalukkas presented a tree sapling to Pushpagiri College of Nursing as a symbol of environmental awareness and shared commitment to a greener future.

POSHAN PAKHWADA

Pushpagiri College of Nursing, 7th semester Community Health Nursing & NSS Unit conducted a Nutrition Program for obese and anemic children on 22nd April at Anganwadi, Manjadi, Thiruvalla. The program was started at 10:30 AM with welcome speech by Miss Ancy Achamma Idikle followed by a flash mobe, skit and an awareness program regarding obesity and anemia. Then students had taken the health assessment of the children & antenatal mothers and provide adolescent counseling to the adolescent girls. Finally the program was ended with vote of thanks by ICDS officer Mrs. Sandhya and Miss. Annliya



NATIONAL READING DAY



The Reading Day Celebration Programme was organized by the college library in collaboration with NSS and SSGP on June 23, 2025, at the college auditorium. The program started at 2 p.m. with a prayer song, followed by a welcome speech by M/S. Divya Ann Saji, 7th Semester BSc. (N) Student. The program was inaugurated by Mrs. Vineetha Jacob, Principal PCON followed by inaugural address. Smt. Smitha Pramod, Chief Librarian & College counselor, GEMS Arts & Science College, Ramapuram, Malappuram was our chief guest and resource person. Madam delivered a session on the reading day theme 2025 'Reading, Connecting People across Generations in Society'. She presented sweet and enthusiastic words highlighting the importance of reading connecting with our daily life. The best library user award is a recognition given to MS. Ans Manoj, second semester BSc. Nursing student who make the most effective use of library resources. The winner received a cash prize of Rupees One thousand and a book authored by Nimna Vijay. The memento gifted as a token of gratitude to the resource person by Ms. Swapna J, Asst. Librarian. Followed by vote of thanks by Mrs. Jeena N. Nair, Librarian, PCON. The program ended around 3.15 p.m. with a national anthem.

SNA/NSS/COLLEGE UNION ACTIVITY

SNA/ COLLEGE UNION EXECUTIVES 2024-25

OATH TAKING CEREMONY

The Oath Taking Ceremony of the newly elected College Union and SNA Executives was held on 28-06-2025. The event marked a significant moment in the student body's leadership journey for the academic year 2025-2026. The program commenced at 3.00 p.m. with a prayer song by the college choir and followed by a welcome address delivered by Ms. Shuan Elsa Shaji and presidential address by Prof. Mrs. Vineetha Jacob, who warmly greeted the Gathering and appreciated the students for their active participation in the last academic year. The ceremony was inaugurated and inaugural address by the Director, Rev. Fr. Mathew Puthenpurayil, who officially inaugurated the event. In his address, the Director expressed his Pride in the students for participating in the student leadership. He highlighted the role of the College Union and SNA Executives in promoting academic, cultural, and social activities that foster unity, creativity, and overall student development.



ARTS DAY



The Student Nurses Association (SNA) Unit of Pushpagiri College of Nursing successfully conducted the Unit Level Arts Competition 'SARGA 2K25' on 17-06-025 at college auditorium. The event was organized with the objective of promoting creativity, cultural expression, and artistic talents among students, providing a vibrant platform for them to display their talents. The program commenced with prayer by college choir and welcome speech by Ms. Amitha Mariam Anil, college union vice chairperson, followed by Rev. Fr. Mathew Puthenpurayil, Director, welcomed the gathering and encouraged students to participate actively in extracurricular activities to foster creativity, innovation, and personal growth

SNA SPORTS MEET 2025

The outdoor competitions started at 9:30 a.m., beginning with a colorful march-past presented by the students with great enthusiasm. This was followed by various track events and throwing competitions, which concluded at 1:00 p.m. Students showcased their talents in all the events and participated true sportsmanship.



Pushpagiri College of Nursing enthusiastically participated in the SNA Zonal-Level Indoor Sports Meet held on 03/06/2025 at the college campus. Registration began at 7:30 a.m., and after a brief inaugural session, a variety of sports events commenced. Our students took part in numerous indoor games and showcased excellent performance, winning prizes in several-categories. We got overall championship (1st runner up) for outdoor and indoor competition. The following students emerged as prize winners in their respective events.

BLOOD DONATION CAMPAIGN

The National Service Scheme unit of Pushpagiri College of Nursing celebrated WORLD BLOOD DONOR DAY on 11th & 12th June at our campus. As part of World Blood Donor Day NSS unit of Pushpagiri College of Nursing conducted an awareness program on 11th June 2025 by 3.30 p.m. to 4.30 p.m. at VIth semester Classroom. The session was taken by Dr. Maglin Monica MD Immuno Haematology & Blood Transfusion of Pushpagiri Medical College Hospital. She had explained about the importance and benefits of blood donation. A doubt clearness section was there. Students asked so many questions regarding blood donation to the resource person & Dr. Maglin cleared almost all doubts of them. After the session so many students expressed their willingness to donate their blood. About 25 students had the screening for blood donation. 2 teachers from our college and 10 students were donated their blood. Students were actively involved throughout the program and made this program a great success.



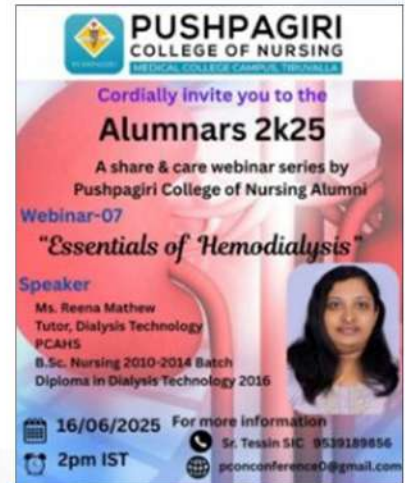
BODHYAM



“The National Service Scheme unit of Pushpagiri College of Nursing organized an awareness program titled “BODHYAM” on 26th June 2025 at College Auditorium. On June 26, in observance of the International Day against Drug Abuse and Illicit Trafficking, Pushpagiri College of Nursing in collaboration with Excel Social Awareness Media (ESAM) organized an impactful awareness program titled “BODHYAM”. The event aimed to educate and engage the youth and wider community on the critical issues surrounding drug abuse and illicit trafficking, promoting the importance of leading a drug-free life.

ALUMNARS 2K25 WEBINAR-07

ALUMNARS 2k25, is a tri-monthly care & share webinar series organized by the Pushpagiri Nursing Alumni on 16th June 2025 Ms. Reena Mahew, tutor dialysis technology PCAHS took a topic “Essentials of Hemodialysis”



ALUMNI SPEAKS



In 2014, eleven years ago, I stepped into Pushpagiri College of Nursing to earn my Undergraduate Nursing degree and in 2021, I completed my Masters in Medical Surgical Nursing from there. Currently, I am working as a Lecturer in Mount Zion Nursing College, Adoor.

Pushpagiri gave me a lot more than expected. I must say it was my best decision I ever Made so far to choose PCON. Thanks to my mentors! They make me stronger, better And gives me an opportunity to get the best inside me. I learnt, laughed, cried and Experienced the most beautiful things over there and I still cherish those memories and Learnings.

Various platforms and opportunities at PCON, allowed me to explore, make mistakes And learn. When it's time to enjoy college life, live it to the fullest but when it comes to Your study, devote your 100% to it, this was the guiding rule that our teachers put Forward to us. It was a great journey for me and I am wishing the same to our new PCON juniors.

Mrs. Sneha Chacko

2014-2018 B.Sc. & 2021-2023 M.Sc.