

e-newsletter

A half yearly e-newsletter of Manipal College of Nursing, MAHE, Manipal – Volume 4, Issue 1





MANIPAL COLLEGE OF NURSING
MANIPAL
(A constituent unit of MAHE, Manipal)



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Academics



Seminar – Health care and patient safety, 6th July 2019



The seminar was inaugurated by the Chief Guest, Dr.Vandana K E, Professor, Department of Microbiology, Kasturba Medical College, Manipal. In her address, she emphasized the importance of nurses role in patient care and safety. Dr. Anice George, Dean, MCON, highlighted the importance of nurses' in the clinical field and emphasized on the competency required by the present nurses to face the challenges. Ms. Prima Jenevive Jyothi D'souza, Asst. Professor, MCON, Manipal had a session on "Medication Safety". Ms. Precilla Noronha, Infection Control Nurse spoke on "Infection Control" in hospital. Mr. Anil Raj A, Lecturer, MCON, delivered a talk on "Professional Etiquette. A total of 73 delegates participated in the seminar.



Faculty Development Program – 26 & 27 July 2019



Program was organized by the Continuing Nursing Education committee of MCON Manipal. The chief guest was **Dr. C Mallikarjuna Rao**, Principal and Professor of Pharmacology, MCOPS, MAHE, Manipal. Dr. Rao highlighted that education and research are the domains that a faculty should excel and understand the level of the students and plan their teaching activities. Session on “Sensitization to Outcome Based Education (OBE)” was taken by Dr. Shankarnarayana Bhat M, Associate Director, Faculty Development and Welfare, MIT Manipal, Dr. Elsa Sanatombi Devi Professor and Head of Medical Surgical Nursing department briefed on Institute of Eminence pillars followed by group activities. To facilitate student clinical learning, faculty from each department presented a clinical case with appropriate nursing process so that uniformity in clinical guidance across department will be maintained. Dr. Ravishankar, Assistant Professor, Department of Data Science, MAHE, Manipal conducted a hands on session on EZR software and analysis. The Research Core Committee of MCON Manipal facilitated the research presentation of each department. A total of 70 faculty members attended the FDP 2019.



Fresher's Orientation Program –31 July 2019

Chief Guest of the programme, **Dr. Vinod V Thomas**, Registrar Evaluation, MAHE, Manipal addressed the newly joined students of 30th batch of BSc(N), 26th batch of MSc(N), 25th batch of PBBSc(N), 3rd batch of nurse practitioner in critical care post graduate residency program and their parents. A documentary was played which showcased history of development of MAHE and MCON. Dr. Anice George, Dean, MCON Manipal gave a brief introduction about the institution, various heads of the constituent units of MAHE and faculty members. The working of the Nursing Service Department was described by Deputy Nursing Superintendent Mrs. Bharathi. The various services offered by MAHE were briefed by Dr. Judith A Noronha, Associate Dean, MCON Manipal. Chief Warden, MAHE Hostels, Air Commodore Harindra Kumar Dhiman briefed the students and their parents about the hostel facilities and the rules and regulations to be followed. The Student Nurses' Association President, Ms. Vinslet Alisha Ferrao gave a glimpse of the SNA activities of MCON Manipal. Dr. Anice George, Dean MCON Manipal in her interaction with the students and the parents addressed their queries and concerns regarding college, hostel and other facilities and also gave concluding remarks.



World breast feeding week : 1-7 August 2019



Breast feeding week was celebrated on the theme “Empower parents, Enable Breastfeeding: Now and for the future!”. Activities included-

Lactational counselling : Individual lactation counselling was given to 40 antenatal and postnatal mothers in OBG OPD, WH2, WH5, WH6 and PD4 (postnatal) wards of Kasturba Hospital Manipal from 1st August 2019 to 5th August 2019.

Community awareness program : To sensitize on breastfeeding and nutrition issues in the community, an awareness programme was organized in Kukkudakatte Anganawadi center on 2nd August 2019 and in Rajeev Nagara Anganawadi on 3rd August 2019. The programme was attended by 17 migrant women, 10 Self-help group women, and 5 Anganawadi workers. The total beneficiaries through the community awareness programme were 62.



World breast feeding week : 1-7 August 2019



Awareness sessions for staff nurses at Dr. TMA Pai Hospital, Udupi

Beneficiaries - 22 staff nurses from Dr. TMA Pai Hospital Udupi on 2nd August 2019 between 1.30 pm and 3.00 pm

Awareness sessions for staff nurses at Kasturba Hospital, Manipal

Beneficiaries - 35 staff nurses of Women and Child block from Pediatric, OBG and special wards of Kasturba Hospital, from 5th to 7th August 2019.

Education sessions for Anganawadi workers on Breastfeeding:

The program was conducted on 6th August 2019 at 10.00 am at Rotary Bhavan, Shankarpura. A total 35 Anganawadi workers participated in the programme.



World breast feeding week : 1-7 August 2019



Awareness sessions for mothers and caregivers at Dr. TMA Pai Hospital, Udupi and Kasturba Hospital Manipal:

Seven mothers and their caregivers in postnatal wards of Dr TMA Pai Hospital, Udupi on 2nd August 2019 and 80 mothers and caregivers in the postnatal wards and NICU classroom of Women and Child block in Kasturba Hospital Manipal from 1st August to 5th August 2019.

Community awareness through FM Radio/Social media:

Community awareness through a radio talk in the form of role play in local language was conducted on the 'Advantages of Breast feeding' and broadcasted on 1st and 2nd August, 2019 at Radio FM 90.4 MHz



**Receiving second place
in March past – on
account of 73rd
Independence Day 2019**





National Nutritional week 7 September 2019



Health assessment, identification of degree of malnutrition, referral and counseling services were performed and the health awareness program was conducted on 3rd September and 7th September 2019, respectively in the Marne Higher Primary School. Dr Shashidhara Y N emphasized the importance of celebrating this week, various nutrients, sources, functions and the consequences of nutritional deficiencies. The 4th year BSc Nursing students enacted a role play on healthy dietary practices, management of oral hygiene, foot hygiene and hair care. Students demonstrated the exercises and involved the school children in performing the exercise. A total of 30 school children and 10 parents participated in the event.



Breast feeding Program



Breast feeding awareness program was organized in Government Higher Primary School Uppoor Jhathabettu on 25th August 2019, Ambedkar Bhavana, Manchi, Kumeri on 1st September 2019 and Government Higher Primary School, Manchi Kodi, on 8th September 2019 in association with Rotary Club Udupi Royal, Shri Kshethra Dharmasthala Rural Development Scheme, Department of Women and Child development, Udupi and various private associations

Mrs. Manjula, Assistant Professor, Department of Community Health Nursing, MCON, MAHE, Manipal explained about the physiology of milk secretion, importance and benefits of early initiation and exclusive breastfeeding, techniques, position, problems associated with the breastfeeding and tips to overcome those problems

A total of 120 participants were benefitted out of the program.



Interactive session – 31 August 2019



Student Research Forum (SRF) has organized an interactive sessions on research topics for MSc nursing students and PhD scholars of MCON. Session on orientation to IRC procedure was taken by Dr. Linu Sara George, secretary IRC, and Head, Department of Fundamentals of Nursing, MCON. Dr. Tessy Treesa Jose, IEC member of KH ethics committee and Head, Department of Mental Health Nursing, MCON delivered talk on IEC procedures. Different steps and requirements to upload in IEC website were discussed in detail. Mr. Ramesh Chandrababu, Lecturer, MCON gave a comprehensive talk on CTRI registration procedure. Orientation to coursera courses was explained by Ms. Tenzin Phagdol, PhD scholar, MCON.



Street Play: Prevention of suicide



A health awareness program through a Street Play on “Prevention of Suicide” was organized by the Department of Mental Health Nursing and enacted by 2nd year PBBSc Nursing students near Tiger Circle at 10.00 am, which was witnessed by 60 participants. To educate the youth, role play was conducted in Manipal Junior College, Manipal on 9th September 2019 at 3:00 pm. A total of 165 Pre-University students along with their teachers attended this program. On 10th September 2019, a workshop on “Prevention of Self-harm” was organized by Department of Student Affairs, (DSA) MAHE in association with Department of Psychiatric Nursing, MCON, MAHE, for the students of MAHE. Forty-three students from various institutions of MAHE attended the workshop and learnt about the causes, myths and realities, assessment, management of self-harm and innovative relaxation techniques.



Alzheimer's Week celebration 21 to 26 September 2019



A talk on raising awareness among the general public and support to those dealing with Alzheimer's disease and other dementias was aired at 5.00 pm on 21st September 2019 on Community Radio Manipal 90.4 MHz. On 26th September, an awareness program on Dementia, in collaboration with Lions Club, Moodubelle was organized for the public of Moodubelle Panchayath. Mrs. Flavia Noronha, Lecturer, MCON, revealed the theme for this year "Raising awareness and challenging stigma" and Mrs. Rochelle Jane Dsa, Lecturer conducted the awareness session. Third year BSc Nursing students enacted a role-play on Alzheimer's disease.



Daan Utsav 2019 “The joy of giving”



As part of the Daan Utsav 2019, on 3rd October 2019, PBBSc nursing students organized the program named ‘Mokeda Madil’ for orphans at Santhekatte. The students have donated tooth brush, paste, soap, toys, baby feeds and other eatables to 25 kids of adoption center. 1st year B.Sc. nursing students have organized ‘Kalakriti’ for higher primary students of Saralabettu school on 3rd October 2019. The nursing students have taught various craft making and preparing ‘best of waste’ to school children. Around 70 children have participated in the program. The faculty members and students of MCON Manipal along with Volunteer Services Organization (VSO), MCON, MAHE, Manipal organized ‘Chaitanya’ - a ‘Beach clean drive’ on 4th October 2019 at Kadike Beach, Thottam. Twenty five Post Graduate Nursing students and 5 faculty members of MCON participated enthusiastically in this initiative. The students of 2nd year BSc Nursing have visited the slum at Saralabettu on 5th October 2019 and organized ‘Balyananda’ program. The students conducted health awareness on prevention of Dengue fever and personal hygiene for the slum kids and distributed notebooks, pens, healthy nutritive food and clothes to the slum children. The 4th year B.Sc. Nursing students have empowered mothers admitted in Kasturba Hospital Manipal about lactation and newborn care.



International Day of older person



The Department of Community Health Nursing and 4th year BSc Nursing students observed International day of older persons in association with Friends Club, Gundupade on 5th October 2019 at Gundupade friend's club hall from 10.30am to 12.30pm. The significance of International day of older persons, global burden, aging process, common health concerns and aging friendly environment was narrated by Dr. Shashidhara Y N, HOD, Department of Community Health Nursing, MCON, Manipal. The 4th year BSc nursing students enacted a role play on management of elderly problems and awareness was given on diabetes mellitus and hypertension management. The programme also included games for the participants to motivate the older adults. All participants health assessment (height, weight, BMI, GRBS) was done. A total of 16 participants attended the program. Dr. Malathi G. Nayak demonstrated pranayama techniques for the participants and explained its benefits.



Awareness Program – Swachhtha Abhiyaan 19 September 2019



Second year BSc Nursing students (clinical posting: Batch I) along with the faculty, Department of Community Health Nursing, organized an awareness program related to Swachhata Abhiyaan at urban slum of Nehru Nagar, Saralabettu. The students conveyed the information on importance of personal hygiene, environmental sanitation and the proper waste disposal. Hand washing technique was enacted by a song, action dance and demonstration. A total of 25 participants benefitted out of this programme.



Awareness Program – Swachhtha Abhiyaan 11 October 2019



Second year BSc Nursing (clinical posting: Batch II) students along with the faculty, Department of Community Health Nursing, MCON, MAHE, Manipal organized a health awareness program on the topic 'one step towards cleanliness' as part of "Swachhata Abhiyan" at urban slum of Shettibettu. The awareness on environmental sanitation and proper segregation and disposal of waste was created through role play and action song. A total of 40 participants including children and adults benefitted from this program



World Mental Health Day



World Mental Health Day in the month of October 2019 was organized by postgraduate students & Department of Psychiatric/Mental Health Nursing, MCON

Kasturba Hospital Manipal : Various programs were organized at Psychiatry ward on 10th October 2019. Dr. Ravindra Munoli Associate Professor, Department of Psychiatry, Kasturba Hospital, addressed the patients and caregivers. Mrs. Savitha, Assistant Professor, MCON conducted a session on suicide prevention among mentally ill. Games were conducted for the patients

Health talk in Radio 90.4 FM: Health talk on awareness on Suicide was broadcasted on 10th October at 5.15 pm on Radio FM 90.4.

Primary Health Center, Kandlur, Kundapura : Health awareness program on promotion of mental health and prevention of suicide was conducted on 14th October 2019 for rural population of Kandlur Panchayat. Session and Role play on suicide prevention was enacted by 3rd year BSc Nursing students of MCON Manipal.



Skype Session – 16 October 2019



A skype session on 'Recovery Camp' was organized by the Department of Psychiatric (Mental Health) Nursing for the students, PhD scholars and the faculty members of MCON Manipal. The session was delivered by Dr. Lorna Moxham, Professor, Department of Mental Health Nursing, University of Wollongong, Australia, the adjunct faculty of MCON. The session highlighted on a phenomenological study about the experience of a recovery camp. A total of 35 students and six faculty members attended the session.



5th Curriculum convention – Outcome based education for Nursing :23 October 2019



Dr. Shankaranarayana Bhat, Associate Director, Faculty Development and Welfare, Manipal Institute of Technology, Manipal oriented the participants about OBE and its importance in the current competitive education. Dr. Srikanth N, Professor and Head of Oral Pathology and Microbiology, Manipal College of Dental Sciences, Mangalore explained on constructive alignment of curriculum. The faculty members of MCON Manipal, alumni, final year undergraduate students and post graduate students prepared Program Educational Outcome (PEO) and Program Outcome (PO) for B.Sc. Nursing and PBBSc. Nursing program based on the Course Outcomes (CO) prepared for each courses taught in the undergraduate curriculum. Session on employers perspective was taken by two eminent speakers, both of them expressed that cognitive abilities, technical, communication and emotional skills are the basic necessary requirements of every graduate nurse.



Updates in pediatric nursing – 25 October 2019



Program was organized by Department of Child Health Nursing, MCON, MAHE, Manipal for the nursing students, staff nurses and nursing faculty. Dr. Judith A Noronha, Associate Dean, MCON, MAHE, Manipal addressed the gathering said about the importance of continuing nursing education to update the knowledge of the nursing fraternity. Dr. Mamatha S Pai, Professor, took a session on 'Pediatric drug calculation', 'Guidelines on skin care by Mrs. Yashoda S, Assistant Professor, and 'Nursing Process' by Mrs. Binu Margaret, Assistant Professor. sixty five participants of various institutions from Manipal, Udupi and Mangalore attended the workshop



Children's day celebration



Department of Child Health Nursing along with 3rd year BSc Nursing students organized children's day programme on 30th October 2019 at Asha Nilaya, a home for the mentally challenged children, Udupi and Academy School, Manipal

The students of MCON performed a group song, dance and action song. The non-classical dance performance of Asha Nilaya children was wonderful. The various games were conducted for the children. The total number of beneficiaries were 92 mentally challenged children & eight teachers in Asha Nilaya



World Pneumonia Day



The Department of Child Health Nursing organized an awareness programme as part of World Pneumonia Day on 09 November 2019.

Dr. Jayashree Purkayastha, Professor, Department of Pediatrics, KMC Manipal, spoke on the topic: “Stop Pneumonia: every breath counts.” This programme was attended by 109 students of MCON and 12 faculty members from MCON and MIT Manipal.



Workshop on Systematic review and meta analysis



Workshop on systematic review and meta-analysis was organized by full-time PhD scholars of MCON, MAHE, Manipal from November 4th to 6th 2019. The objective of this workshop was to create awareness about systematic review and meta-analysis. The workshop was attended by 35 participants from different disciplines of MAHE and other institutions.



World Prematurity day



Department of Child Health Nursing, MCON in collaboration with Department of Pediatrics, Kasturba Medical College, MAHE Manipal observed the World Prematurity Day. Various activities were organized between 11th and 18th November 2019, with an aim to create awareness among staff nurses and mothers of premature babies.

Activities included : a training session for 40 staff nurses of NICU on comprehensive care of preterm babies, An awareness session on Preterm Home Care was conducted for 20 mothers of premature babies admitted in the NICU of Kasturba Hospital, An interactive session was held among the mothers of premature babies who were discharged and the new mothers at hospital and the health care professionals on 18th November 2019. Session on “Born Too Soon: Providing the right care, at the right time, in the right place” on 18th November 2019 was delivered by Dr. Leslie Lewis, Head of Neonatology, Department of Pediatrics. The session was attended by 60 health care professionals. The day ended with developmental screening and follow up health check-up of premature babies. The total beneficiaries were 80 mothers of premature babies and 100 health care professionals.



Newborn Week Celebration



The Department of Obstetrics & Gynecological (OBG) Nursing and the Department of Child Health Nursing observed the 'Newborn Week' from 15th to 21st November 2019 based on the theme "Striving towards excellence in neonatal care".

The activities conducted were :

Activity 1 : Awareness program on "breast feeding and care of newborn baby" for the expectant mothers and their caregivers in KH Manipal. Total beneficiaries were 29.

Activity 2 : Poster competition on the theme "Striving towards excellence in neonatal care".

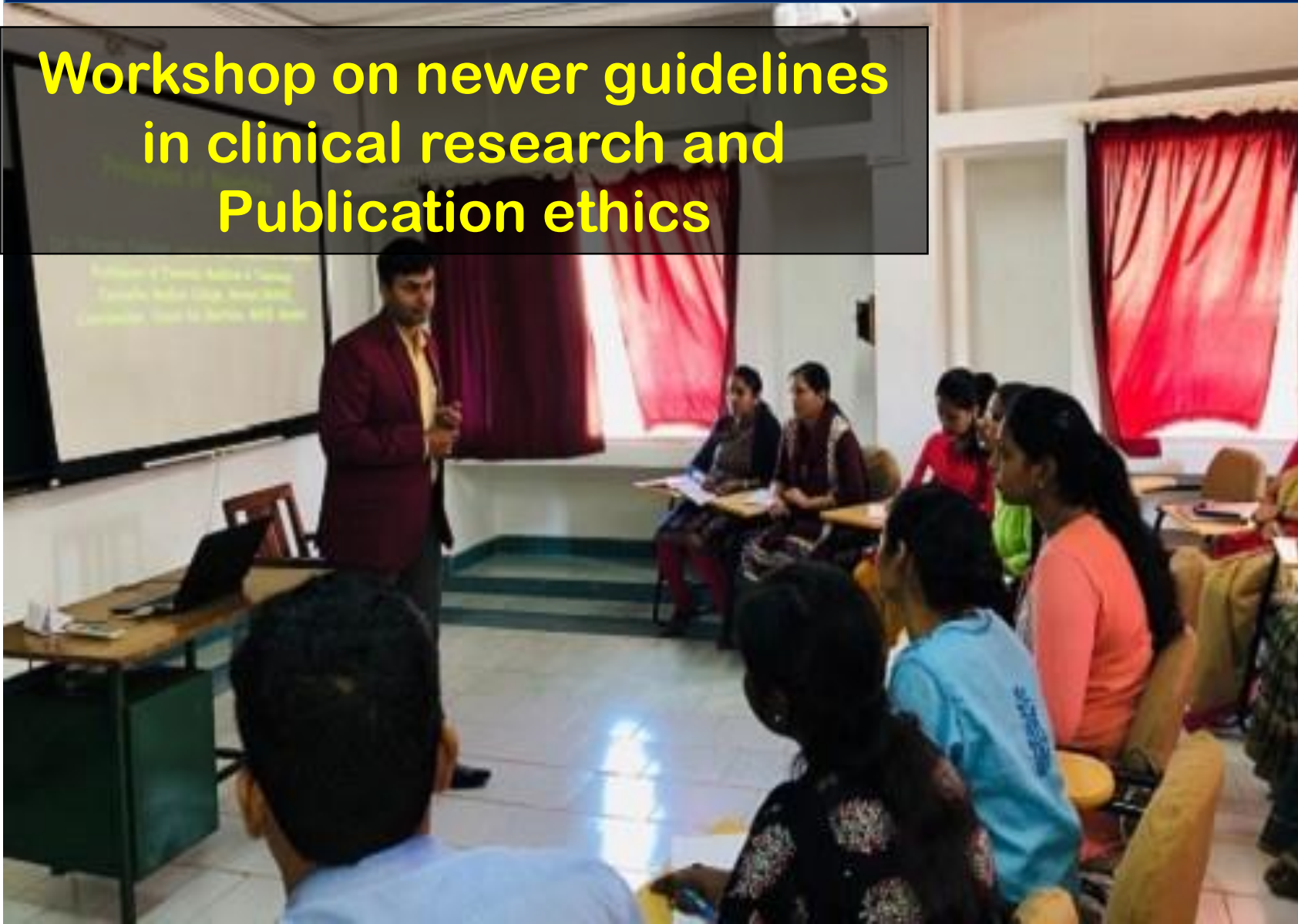
Activity 3: Workshop on 'Thermal Protection for Preterm' for the health care professionals, teaching staff and students by Dr. Leslie Lewis, Professor Pediatrics, KH and Mrs. Yashodha Sathish, Assistant Professor, MCON. A total of 20 staff nurses in and around Udupi district participated in the workshop

Activity 4: Television programme on Prime TV

A television recording on "quality newborn care in the family and community" was done on 'Prime channel' on 21st November 2019 with a view to sensitize the general public about the significance of newborn care for their overall development.



Workshop on newer guidelines in clinical research and Publication ethics



Workshop was organized by The Institutional bioethics committee of MCON & Centre for Bioethics, MAHE for the 2nd year MSc Nursing students on 25th November 2019 at MCON from 2.30pm-5pm. Dr. Vikram Palimar, Professor, Department of Forensic Medicine took a session on Introduction to bioethics, Dr. Vasudha Devi, Professor, Department of pharmacology, MMMC highlighted on the difference between law and ethics followed by discussion on various research studies. Total 21 participants attended the program



Outreach Program



Mrs. Sangeetha Priyadarshini, Assistant Professor, Department of Child Health Nursing, MCON Manipal had an interactive session on “adolescent health” concentrating on the physiologic, psychological, cognitive and social changes during adolescence and its management at Govt primary school in Moodugiliyaru, Kota on 27th November 2019.

Forty five students, seven teachers & two social workers attended the program.



Outreach Program



Mrs. Anusuya V Prabhu, Assistant Professor, Department of Child Health Nursing, MCON Manipal had an interactive session on “adolescent health” concentrating on the physiologic, psychological, cognitive and social changes during adolescence and its management at Board high school, Udupi on 2nd December 2019. Forty six students & social worker attended the program. The program was organized by Mrs. Laxmi Bai, from Bharatiya Vikas trust Manipal in association with Selco solar foundation



World Aids Day



Department of Fundamentals of Nursing observed World AIDS Day on 1st December 2019. Dr. Mamatha S Pai, Professor, Department of Child Health Nursing took a session on World AIDS Day theme “Ending HIV/AIDS Epidemic; community by community” for 98 first year BSc nursing students of MCON Manipal. An awareness programme on HIV/AIDS was organized for 70 students of Class X of Dr. TA Pai English Medium High School, Kunjibettu, Udupi on 2nd December 2019 at 12 Noon by Mrs. Sulochana B, Associate Professor, MCON. First year BSc Nursing students of MCON Manipal performed a skit on the theme and conveyed the message to these students. Essay competition for students on the topic “Let’s raise our hands to prevent HIV/AIDS” was also conducted on account of World AIDS Day 2019.



Outreach Program



An outreach program was conducted on 20th November 2019 at 3:00 pm in Government Primary School, Saralabettu by Department of Fundamentals of Nursing to create awareness on personal and environmental hygiene. Interactive session was taken by Mrs. Jackline Prathibha on hand washing techniques of brushing the teeth. Total 90 students from Class 1 to 7 and two teachers attended the session.



Outreach Program



Department of Community Health Nursing in association with the Primary Health Centre, Hirebettu and 38th Athrady Grama Panchayat organized a sociodrama on the theme “Aarogya yojane balasi, Jeevana utthamagolisi” on 12th December 2019 at 5pm near Athrady Bus stop. Students from 4th year BSc Nursing Performed songs, dance and narrations about the significance of universal health coverage, the special groups who are in need of health care services and various government health schemes. General public about 60 people observed the program.



Awareness Program



An awareness program on “Substance Abuse Prevention” was conducted by the Department of Psychiatric/Mental Health Nursing. This awareness program was a part of the series of programs funded by National Institute of Social Defense, Ministry of Social Justice and Empowerment, Government of India, New Delhi. Various sessions were conducted on prevention of substance abuse. All the eminent speakers of the day highlighted on the fact that nothing is safe in terms of amount or types of illegal drugs and alcohol usage for people below the age of 25 years. Hundred students from MCON Manipal participated in this one-day awareness program on 13th December 2019.



Armed forces flag day



On the occasion of Indian Armed Forces Flag Day, Air Commodore Harindra Kumar Dhiman, Chief Warden of Health Sciences Hostels at MAHE took a session to students and staff of MCON Manipal on 7th December 2019. He mentioned that on the Flag Day, we honor the soldiers, airmen and sailors of India who fought on the borders of the country to safeguard the country's honor. Total 92 students and faculty members were the part of this session.



Lamp lighting Day



The lamp lighting ceremony for the 30th batch of BSc Nursing students of MCON Manipal was held on 5th December 2019 at the Shirdi Saibaba Conference Hall, Kasturba Hospital, Manipal. A total of 99 first year BSc Nursing students received the light from the Chief Guest, Dr. Raja A, Principal, Unity Academy of Education, Mangaluru, Dr. Anice George, Dean, MCON, Manipal, Dr. Judith A Noronha, Associate Dean, MCON, Manipal and Mrs. Deena Prabhavathi, Nursing Superintendent, Kasturba Hospital, Manipal which was followed by the oath taking ceremony of the novice nurses.



Research



Research Publications

Verina Supriya Bangera; Flavia Sharlet Noronha : Structured Teaching through a Picture Module on Child Sexual Abuse : A Potential Tool to increase knowledge among School Children. Indian Journal of Forensic Medicine and Toxicology. July- Sept. 2019. Vol. 13; No. 3

Binil V; Christopher Sudhaker; Supriya Hegde; Tessy Treesa Jose : Effect of an Aggression Management and Violence Prevention (AMVP) Training Programme among Nurses Working in Psychiatric and Emergency Settings. Medico-Legal Update. July-Dec. 2019. Vol.19; No.2

Divya Bhadrans; Alma Juliet Lakra; Anusuya V Prabhu : Effectiveness of Prenatal classes during third trimester to reduce anxiety level and to improve birth preparedness among Primigravid Women. Indian Journal of Public Health Research and Development. September 2019. Vol.10, No.9

Malathi G Nayak; Anice George; YN Shashidhara; Baby S Nayak: Symptom Interference and relation between the domains of Quality of Life among cancer patients of tertiary care Hospital. Indian Journal of Palliative Care. October-December 2019. Vol. 25; Issue 4.

Janet Pramila Dsouza; Shobha Kamath; Elsa Sanatombi Dev: Experience of Sore Nipple and the remedies used among postnatal mothers. Indian Journal of Public Health Research & Development. September 2019. Vol.10; No.9

Laxminarayan Iyer; Renjula Yesodharan; Asha K Nayak: Prevalence of Insomnia, and Sleep Hygiene Techniques Practiced among Elderly residing in selected Old Age Homes of Udupi and Dakshina Kannada District, Karnataka. Indian Journal of Public Health Research & Development. September 2019. Vol.10; No.9



Workshop on qualitative research methods and Analysis



MCON in collaboration with SAMARTH – an NGO focused on social science research & training organized three days' Workshop on 'Qualitative Research Methods & Analysis' from 8 to 10 July 2019 at MCON Manipal.

Resource persons - **Dr. Shuba Kumar**, Social Scientist and **Dr. Rani Mohanraj**, Psychologist & Founder Members of SAMARTH, Chennai

A total of 55 participants, from MCON, constituent units of MAHE, and from other Nursing colleges from Gujarat, Mangalore & Kerala participated in the workshop



Research day



Research committee of MCON Manipal conducted 'Research day on 14th December 2019. Session by Dr. Rajeshkrishna Bhandary P, Member Secretary – Institutional Ethics Committee and Assistant Professor at Department of Psychiatry, KH Manipal elaborated on the Newer guidelines for Biomedical & Health Research. Dr. Judith A Noronha, Associate Dean, MCON Manipal spoke on the best ways to communicate research findings with emphasis on guidelines by 'Committee on Publication Ethics'. Dr. Shyamala Hande, Director, Centre for Doctoral studies, MAHE, Manipal addressed the gathering and emphasized on the University Grants Commission Guidelines regarding the registration and completion of PhD. A total of 59 participants including 47 faculty members, six research scholars and six students have participated.



International



International Clinical Placement



Three students from University of Stavanger, Norway had their International Clinical placement at MCON Manipal from 16 September to 29 November 2019. As part of this program, students had clinical experience in various medical surgical wards, Maternity and Child health wards, Psychiatry ward and rehabilitation unit. They had rural community home visit and visits to primary health center, urban slum and Anganawadi center.





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MCON

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As part of International clinical placement, three students of BSN program from the University College Nordjylland from Denmark had observership program at MCON Manipal. Two students Ms. Emilie M Jensen and Ms. Emma R Hansen had posting for two weeks and Ms. Vibeke Pederson for a period of 10 weeks from 26th August to 31st October 2019. They had clinical posting in the field of Medical surgical Nursing, Community Health Nursing and Mental Health rehabilitation center with a purpose of acquiring international clinical experience.



Alumni relations and employer reputation



MCON has got a perfect blend of experienced faculty, vast clinical and academic facilities which makes learning so conducive. Manipal gave me the right platform to push myself and understand my inner potentials. The education has not only helped to broaden my knowledge but also shaped me into a better, socially responsible individual. MAHE strives to provide state of art infrastructure and quality learning experience for its students. Studying at Manipal was one of the best decisions I have ever made in my academic journey. MCON showed me the endless possibilities of the profession. I feel proud to be an alumnus of this esteemed college and university.

Vishnu Renjith
(Alumnus of BSc 2006-10, MSc 2011-13, PhD 2017)



Guest lecture –
23 August 2019



A session on “Documentation in Health Care” was taken by Ms. Vimal D’mello (alumnus DNM 1989 – 92), Registered nurse, North Shore Hospital, Auckland, New Zealand. She discussed on different types of documentation like SBARR, SOAP/SOPIER, flow chart, checklist, narrative charting.



**Guest lecture –
 11 July 2019**



Ms. Linju Ann Alias, Quality Tester at Brampton, Ontario, Canada and Alumnus of MCON Manipal (BSc nursing 2004-08 batch, MSc nursing 2009-11 batch, MPhil nursing 2011-13 batch) discussed her experiences regarding Near Death Experience in India (case study) and justified how exactly it has an impact on every individuals life. Total of 25 faculty members and PhD scholars were present for the session.



Alumni Day



Annual alumni meet of MCON and MSON Manipal for the year 2019 was held on 14th December 2019. Dr. Rohit Singh, Director – Alumni Relations, MAHE was the Chief Guest for the program. During his inaugural address Dr. Rohit Singh highlighted on the motto of alumni relations of MAHE i.e. connect, support and inspire. Ms. Anushree Naik (Alumnus BSc 2015-19 batch) was felicitated for being an outstanding sportsperson in boxing who represented national and regional level and has won number of prizes in boxing. Dean Dr. Anice George enlightened all alumnus with the new initiative of student support, areas of help required for the alma matter in terms of knowledge exchange and contributions towards advanced teaching learning activities.



Alumni Day



Dr. Vishnu Renjith (Alumnus of BSc 2006-10, MSc 2011-13, PhD 2017) Lecturer, School of Nursing and Midwifery, Royal College of Surgeons of Ireland-Bahrain took a session on “Biomarkers as Data Elements in Nursing Research” Dr. Suja Karkada an alumnus (MSc 1996-98, MPhil 2000-02, PhD 2010) and Principal, College of Nursing, Lombard Memorial Hospital, Udupi deliberated on “Concepts of interpretation of preceptorship”. Ms. Nelrine Varamani, (GNM 1998-2001 batch, MSON) sharing her experience said, the knowledge and skills that she had acquired at Manipal contributed tremendously to her current position of work. Total 50 alumni attended the programme



Upcoming events

- Annual Sports Day- 18 January 2020
- Republic Day – 26 January 2020
- Walkathon as a part of Inauguration of International Nurses year – 24 January 2020
- College Annual Day- 1 February 2020
- World Cancer Day – 4 February 2020
- International Childhood Cancer Day- 7 February 2020
- International Women's Day – 8 March 2020
- World TB Day – 24 March 2020
- World Health Day 7 April 2020
- Midwifery Day – 5 May 2020
- International Nurses Day – 12 May 2020



**SNA
activities**

An Awareness Program on Prevention and control of Dengue – 17 August 2019



A role play, Health talk and dance was performed by the health education committee members on prevention and control of Dengue fever in Athrady Anganawadi between 11.30 am to 12.30 pm. A total of 34 (24 adults & 10 children) participants benefitted out of the program



Street play on eye donation – 28 August 2019



Eye Donation Fortnight was observed by the Department of Ophthalmology, KH in association with MCON. The students from MCON conducted an eye donation awareness street play in front of Government PU College, Udupi and trauma Centre, KH Manipal. The street play was on the theme 'Vision- God's Most Precious Gift to Mankind'



Fresher's Day – 16 August 2019



Senior students of MCON family presented their performances to fresher's following which fresher's showcased their talents with amazing performances and active participation in fun games

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Teacher's Day celebration 6 September 2019





Onam celebration
6 September 2019



Cultural performances of Onam were presented by various batch students like Thiruvathira, onam songs and dance. A competition for Kerala Vanitha and Kerala Sreeman was conducted for the students



International peace day – 21 September 2019



As a part of International peace day, health and social welfare committee of Student Nurses' Association,, organized a session on 'Change the way you feel and find your balance.' The talk was delivered by Mrs. Savitha, Assistant Professor, Department of Psychiatric Nursing, who briefed on academic work-life balance. She emphasized on common causes of stress among the adolescents and gave the tips on how to manage them in day to day life. Demonstration and practice session on Jacobson's progressive relaxation technique was held at the end of the session. Program was held on 20th September and 100 First-year BSc. Nursing students of MCON participated in the program.



Awareness program on Plastic Ban 2 October 2019



The students of MCON Manipal organized a slum visit on 2nd October, 2019 from 10.30 am to 12 noon at Beedinagudde slum, Udupi to create awareness among slum dwellers about plastic ban. People were encouraged to avoid use of plastic bag and to use eco friendly bags

They were also educated to prepare eco friendly bags using paper and cloth. Group of students danced for a song 'Say No to plastic' to draw attention from the children living in the slum. Around 200 slum dwellers participated in this program.



Old age home visit



The health and social welfare committee of the Student Nurses' Association organized a visit to 'Ashraya,' Dr. A.V. Baliga, home for senior citizens at Brahmavar, on 19th October 2019 from 10:30 am to 12 noon. Students gave a message of hope through a role-play and encouraged them to be physically active and maintain self-health. Entertained them with various activities, and they were encouraged to sing and play an instrument. There were 27 inmates. Students and the faculty members interacted with elderly, listened to them and made them to involve in the group. A total of 21 students and three faculty members from MCON Manipal participated in this event.



Sports Day -19 October 2019





Deepavali celebration -31 October 2019





Awareness Program



Health Education Committee, SNA 2019-20, MCON Manipal organized an Awareness program on Household management of waste and Anemia in association with Hirebettu Panchayat on 30th November 2019 between 11.00 am to 12.00 noon at Hirebettu Panchayat. A role play was enacted by the committee members on Prevention and management of Anemia. The iron rich food items were also displayed during the program, which was followed by presentation on household management of waste. There were 79 participants which comprised of school children, women, Panchayat members, Anganawadi and ASHA workers benefitted out of the program.



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IMPRINTZ-2019, the cultural extravaganza of MCON was organized by SNA on 6 December 2019 at MIT Auditorium, Manipal. **Dr. Ullas Kamath**, Dean, MMMC, Manipal, inaugurated the IMPRINTZ-2019. In his inaugural address, he emphasized the importance of extra-curricular activities in student life for their over all personality development. **Manipal Drone**, the first E-newsletter of MCON, Manipal was released on this occasion. The students were awarded with the proficiency certificates for their academic excellence. Various cultural competitions were conducted as group-wise following the inauguration. Prizes and certificates were distributed to the winners of various off stage and on the stage events.



Awareness Program



An awareness program on waste management was organized at Morarji Desai English Medium Residential School, Patla on 12th December 2019 from 2 pm to 3.30 pm by health and social welfare committee, MCON. session was held on types of waste, sources of waste production, consequences of improper waste management, segregation and disposal of waste. They emphasized reducing waste, reusing and recycling waste. Children were made aware of banned plastic and how to reduce the use of plastic bags. Committee members demonstrated the preparation of paper and cloth bags. A total of seventy-five students of class eight and nine actively participated in the program, along with five school teachers and a school health Nurse.



MANIPAL COLLEGE OF NURSING
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