



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

e-Newsletter

(A half-yearly e-newsletter of Manipal College of Nursing, MAHE, Manipal)

Editorial Board

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Established: 1990
 Students: 488
 Faculty: 52
 No. of courses: 10
 Alumni: 2955
 Publications*: 243
 Ongoing funded projects: 14
* scopus indexed, till May 2021

Established in 1990, MCON provides Nursing education on par with International standards. It offers undergraduate, postgraduate and doctoral level programs in Nursing. With its strong focus in research, MCON is the only nursing college in the country with 52 percent of its faculty possessing doctoral level qualification.



Ranked #4

among India's top 10 undergraduate Courses & Institutes for BSc Nursing

EDUCATION WORLD INDIA - HIGHER EDUCATION RANKING 2021-2022

Rank		Competence of faculty (200)	Faculty welfare & development (100)	Curriculum and pedagogy (digital readiness) (100)	Placement (100)	Infrastructure and facilities (100)	Leadership / governance quality (100)	TOTAL SCORE (700)
1	All India Institute of Medical Sciences (AIIMS), Delhi	166	88	85	86	84	90	619
2	Christian Medical College, Vellore	162	86	83	84	82	88	605
3	College of Nursing, Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry	178	83	81	84	83	86	595
4	Manipal College of Nursing	179	83	82	83	81	84	592
5	Armed Forces Medical College, Pune	177	81	81	82	80	82	583
		175	78	80	80	82	83	578
		173	80	79	79	80	80	571

www.manipal.edu/mcon

ACADEMICS

Swachh Bharat Mission rural campaign, 6 January 2021

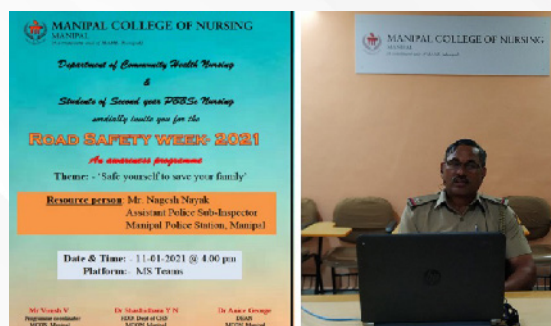
As a part of the Swachh Bharat Mission rural campaign, the department of OBG Nursing along with PhD Scholars had conducted an awareness program through role play by Mrs Pratibha Kamath, (Assistant Professor), Ms Henita Menezes (PhD Scholar), Mrs Anupama D S (PhD Scholar), Ms Meena Konsam (PhD Scholar) and Mrs Joyce Soans (PhD Scholar), MCON, MAHE, Manipal on the topic “Menstrual Hygiene”. It was broadcasted on 6 January 2021 at 5 pm on 90.4 FM.



National Road Safety Month, 11 January - 17 February 2021

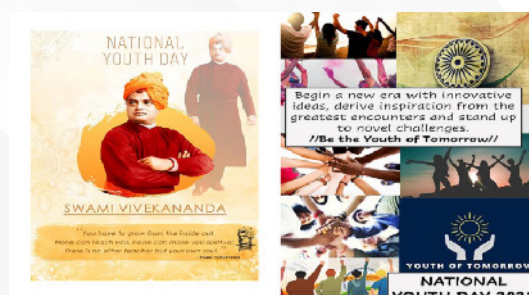
Department of Community Health Nursing, MCON, Manipal along with PBBSc Nursing students observed National Road Safety Week through MS Teams online platform on the theme “Safe yourself to save your family”. Mr Nagesh Nayak, Assistant Police Sub-Inspector, Manipal Police Station, Manipal gave a brief talk on the importance of observing Road Safety Week. On 14 January 2021, a Radio awareness program was conducted for the public and was broadcasted by Community Radio, Manipal on 90.4 FM, from 6.15 pm onwards. Programs were guided and supported by Mr Vinish V, Assistant Professor, Department of Community Health Nursing, MCON, MAHE,

Manipal. Slogan writing competition was organized for all the students of MCON Manipal on the theme “Safety on Road”.



National Youth Day, 12 January 2021

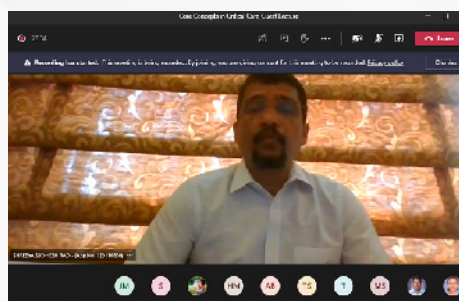
To commemorate the birth anniversary of the great Indian Youth Icon Swami Vivekananda, National Youth Day was celebrated by Manipal College of Nursing, MAHE, Manipal. On this occasion, an online essay writing competition on the theme “Youth Power towards nation-building and universal brotherhood” and a virtual poster competition for all the students of Manipal College of Nursing was organized.



Guest Lecture on “Core Concepts in Critical Care”, 23 January 2021

The department of Medical-Surgical Nursing, MCON, MAHE, Manipal organized a guest lecture on “Core Concepts in Critical Care” by Dr Sudhesh Rao, Consultant Intensivist and Head department of Critical Care, A J Hospital, Mangaluru. The lecture was for the Nurse Practitioner in Critical Care (NPCC) students through the Microsoft Teams platform. He elaborated on the history of critical care in India, the types of intensive care units, multidisciplinary and collaborative approach, team dynamics and communication, models of care and classification of critically ill patients. He urged students to have a passion for

critical care to be leaders as they belong to the first few batches of the program in India.



Lamp Lighting Ceremony, 13 February 2021

Manipal College of Nursing, MAHE, Manipal celebrated a lamp lighting ceremony for its 31st batch of BSc Nursing students. The Chief Guest, Dr P Suba Sooria, Head of Nursing Services, Kasturba Hospital, Manipal in her address stressed the selfless service that every nurse should possess in their profession. She said every nurse should have the basic qualities like communication skills, emotional stability, qualities of a counsellor and an educator. Dr Avinash Shetty, Medical Superintendent, Kasturba Hospital, Manipal highlighted the importance of commitment in the profession and urged the students to imbibe technology into their practice. Dr Anice George, Dean spoke on the various important factors that a student nurse needs to inculcate in her/his profession.



Awards and Annual Day, 27 February 2021

“Dream big, Discover and Deliver, these are the three keys to achieve success in career,” said the Chief Guest Dr Bernadette Mazurek Melnyk, Professor and Dean, College of Nursing, Ohio State University, USA. She congratulated the students for choosing the best profession in the world and also the institution for doing a fabulous job in preparing the nurses for the next generation. Lt. Gen. (Dr) M D Venkatesh, Vice Chancellor, MAHE, Manipal, in his presidential address congratulated MCON for being one of the finest nursing institutions in the country, its reputation at the international level and for quality research output. He addressed on ethics in nursing practice, motivated the prospective nurses to be truthful to the profession and to respect human rights and dignity in the context of culture.

Ms Jesly Anna James, BSc Nursing batch of 2016-20 was awarded the best outgoing student. Dr Ramesh C Lecturer, MCON Manipal was awarded with prestigious Dr TMA Pai Gold Medal for Outstanding Research Publication during the year 2020.



Annual Day and Lamp Lighting, 5 March 2021



Mrs Shamantha H S Principal, Ashrith School of Nursing, Kota, the chief guest for the annual day’s program congratulated students who lit the lamp. She addressed the importance of lighting the lamp. She also said, “Nursing is the work of heart and care is the essence of nursing”. She highlighted that

education is not just an acquisition of knowledge but it builds character. Be sincere in your profession and practice the values. Meritorious students of various batches were awarded. Ms Shilpa Nagappa Naik was awarded Topper in DNM 2017–2020 and Ms Sushmitha R was awarded the best outgoing student.

International Women’s Day, 8 March 2021

Department of Obstetrics and Gynaecological Nursing, and PhD scholars from Manipal College of Nursing, MAHE, Manipal conducted a radio talk in the form of role-play and interlocution on the topic “Women Empowerment to challenge the challenges of women” for the International Women’s Day theme #Choose to Challenge and it was broadcasted by Radio Manipal Community Radio station on 90.4 FM at 5 pm on 8 March 2021.

An awareness program on “Breast cancer and its prevention” was organized by fourth-year BSc Nursing students and the Department of Community Health Nursing, MCON, MAHE for non-teaching and housekeeping staffs of MCON.

Department of Obstetrics and Gynaecological Nursing, MCON, MAHE, Manipal organized a virtual webinar on “Challenge the challenges of Mid-life crisis”. The resource person Dr Savita Soman, Associate Professor and Head of Unit, Dept of Psychiatry, Kasturba Medical College, Manipal

highlighted various techniques and methods to overcome the mid-life crisis by following simple techniques like reconnecting with nature, spending quality fun time with friends and family, learning something new, supporting each other in times of stress.

Mrs Sweety Fernandes, Assistant Professor, MCON, Manipal delivered an awareness talk on various cancer in reproductive organs at Krishnabai Vasudeva Shenoy Memorial Government College Katapadi.



The Clock is ticking: World Tuberculosis Day, 24 March 2021

Department of Medical-Surgical Nursing, MCON, MAHE, Manipal has observed World TB Day by organizing the awareness program “Kshaya Muktha Bharatha” to the general public through Spandana TV on 24 March 2021. Dr Latha T, Assistant Professor highlighted the risk factors, diagnosis and management of TB. She also stressed on the programs launched by the Government of India including the diagnostic and treatment facilities, financial benefits to the patients and treatment supporters to curb the disease. Mrs Janet Alva, Assistant Professor, oriented about the theme of 2021, side effects of treatment and prevention of TB.



World Health Day, 7 April 2021

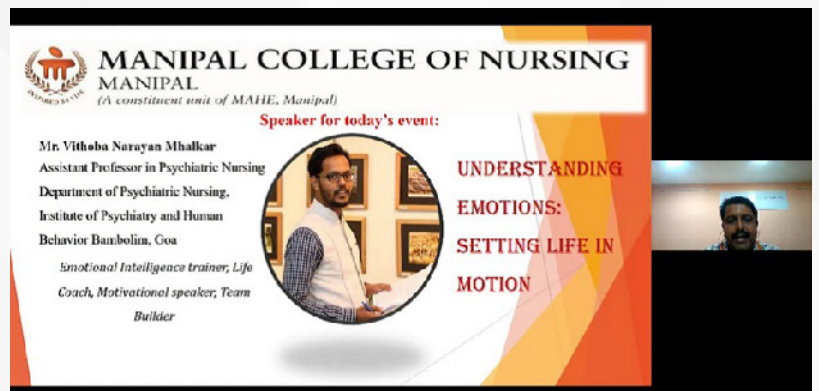
The department of Community Health Nursing, Manipal College of Nursing, MAHE, Manipal organized the activities such as e-poster competition, health awareness video by fourth-year BSc Nursing students and the webinar as a part of World Health Day 2021. The resource person for the webinar Dr Prabhath M, UNICEF supported DRR Roadmap 2030 Karnataka contractor and Senior Consultant at Pruthvi Charitable Trust highlighted the importance of working together to build a healthier community; equity in healthcare delivery services; the role of health sectors and other sectors such as food and nutrition, housing, education, safe environment etc., and also emphasized on the five actions such as access to treatment and vaccine, budget and plan, equitable service, primary healthcare, and reliable data for COVID-19.



Webinar on “Understanding Emotions: Setting Life in Motion”, 29 April 2021

The guest speaker Mr Vithoba Narayan Mhalkar, Assistant Professor, Department of Psychiatric Nursing, Institute of Psychiatry and Human Behaviour-Goa highlighted the following areas during the session: Emotions, the impact of emotions on various aspects of a person’s life, and the ways to overcome emotional turmoil. He also stressed various ways for boosting our emotional health.

A total of 425 participants with various academic cadres from 20 different states availed the opportunity of the event.



CNE on Oncology Nursing, 5 – 30 April 2021

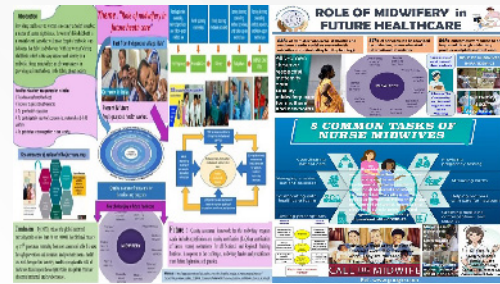
Department of Medical-Surgical Nursing, Manipal College of Nursing, MAHE, Manipal conducted five continuous nursing education to the staff nurses of Manipal Hospital Bangalore. The first CNE was on “Palliative care” by Mr Anilraj A, Lecturer, MCON, second CNE was on “Immunotherapy” by Mrs Janet Alva, Assistant Professor, MCON. Mrs Shalini G Nayak, Assistant Professor, MCON conducted the third and fourth CNE on “Pain management in cancer patients” and “Colorectal Cancer-Risk/Pathology/Prevention and Management”. The last CNE was on the topic “Safe handling, administration and disposal of chemotherapy drugs” by Mrs

Janet Prameela, Assistant Professor, MCON. A total of 145 staff nurses who attended the session, have given very positive feedback and requested to have such CNEs in the future.



International Midwives’ Day, 5 May 2021

As a part of “International Midwives’ Day 2021”, the Department of Obstetrics and Gynaecological Nursing, Manipal College of Nursing, Manipal organized an e-poster competition on “Role of Midwifery in Future Health Care” for the faculty and students of Constituent Units of Manipal Academy of Higher Education, Manipal.



International Nurses’ Day, 12 May 2021

Manipal College of Nursing, MAHE Manipal celebrated International Nurses’ Day-2021 with great enthusiasm. All the six departments of the College and Manipal School of Nursing have conducted various events such as essay writing, e-poster, elocution, drawing, e-quiz, and video making competition as part of International Nurses’ Day 2021.

During the International Nurses’ Day celebration Mrs Rachel George, Registrar, Maharashtra Nursing Council deliberated a vibrant session on Future Perspectives of Nursing Education. She expressed her deep sense of gratitude to the nurses who are on the front line to save mankind, especially during this COVID-19 pandemic. She addressed the mass traumatization of the global nursing force. She stressed on encouraging the present generation to join Nursing and said that teachers play a major role in the future nursing education. Mrs Gracy



Mathai, Chief Executive Officer, Baby Memorial Hospital, Kozhikode, Kerala presented her expert view on “A vision of future healthcare from nursing perspectives”. She stressed that technology-based resources should be put into action to ease the work of nurses.

Commit to Quit: World No Tobacco Day, 31 May 2021

To raise awareness on harmful and deadly effects of tobacco smoke use and second-hand smoke exposure, and to discourage the use of tobacco in any form pledge taking ceremony was organized for all the faculty, students, and non-teaching staff of Manipal College of Nursing. A total of 300 students, 33 faculty, and non-teaching staff participated in the pledge.



Webinar on “Midwifery Initiative: Training and Services in India - A Road Map”, 31 May 2021

As part of the celebration of 75 years of India’s Independence– “Bharat Ka Amrut Mahotsav”, the Department of Obstetrics and Gynaecological Nursing, Manipal College of Nursing, Manipal organized a Webinar on “Midwifery Initiative: Training and Services in India–A Road Map”. Ms Pragati Sharma, Consultant-Midwifery, WHO Country Office for India, focused on the need of midwifery, goals of midwifery initiative, Midwifery Led Care Units, and the importance of strengthening quality Midwifery education in India. She highlighted that investing in midwives can substantially reduce

maternal-neonatal mortality, stillbirths, and preterm deliveries.



Webinar on “Current Ethical Issues in Healthcare”, 4 June 2021

Manipal College of Nursing (MCON), MAHE, Manipal organized a webinar on the topic “Current Ethical Issues in Healthcare” for final year BSc (N), PBBSc (N), and MSc (N) students of the college. Dr Vikram Palimar, Professor and Head, Department of Forensic Medicine, KMC Manipal was the resource person. He discussed ethical issues by narrating few case scenarios and emphasized on ethical principles to be followed in the clinical practice. He also explained about access to healthcare for all and ethical responsibilities during the pandemic. A total of 78 students and four faculty members attended the session.

MANIPAL COLLEGE OF NURSING
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Webinar on
‘Current Ethical Issues in Health Care’

June 4, 2021
3.00 pm - 4.00 pm
Microsoft Teams

Speaker:
 Dr. Vikram Palimar
 Professor & Head
 Department of Forensic Medicine
 Kasturba Medical College
 MAHE, Manipal



Target Audience: Final Year Undergraduate & Postgraduate Students, MCON, MAHE, Manipal

Link to Join: <https://teams.microsoft.com/join/85e2e2f1-5c10f1-1b0801-17f7f61970e1117b7d7e7d3070e0e0-512627-1f5726752270eb962-111-5d3d-267c1-000117a275c2c10185205152227a8107-5d71-2c18-10781220a8152127d>


Dr. Anice George (Dean) | **Dr. Judith A Noronha** (Associate Dean)

International Yoga Day, 21 June 2021

Sunil Kumar (BAMS, ND), Chief Physician at Ayur Ashram, Thiruvananthapuram delivered a session on different postures for yoga and their benefits, certain practice tips while performing yoga, relaxation, and meditation. He emphasized on Panchakarma therapy and its benefits. He elaborated on Abhyanga, Pizhichil, Gandoosha, Sirodhara, Snehaavagaha, Tharpana, and different other Ayurvedic treatment procedures. He also highlighted the importance of herbal remedies in maintaining wellness.

Target Audience: Faculty, Research Scholars and Students

Date: June 21, Monday
Time: 10.00 AM
Venue: Web Platform (MS Teams)

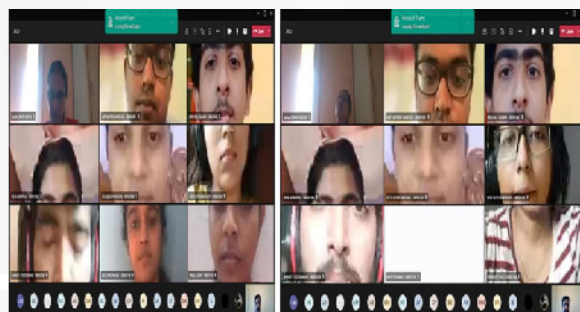
Speaker:

Dr. Sunil Kumar
 BAMS ND
 Chief Physician, Ayur Ashram
 Panchalor Post, Thiruvananthapuram

Contact Details:
Dr. Ayothi Chakrabarty
 Email: ayothi@mconofmahe.edu

Registration Link: <https://bit.ly/3m>

Webinar on “Prevention of Drug Abuse among College Students”, 28 June 2021

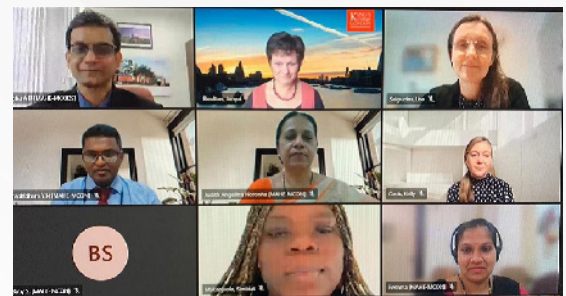
As part of the UGC activity- “Azadi Ka Amrut Mahotsav”, Department of Mental Health Nursing, MCON, MAHE, Manipal organized a webinar for the first and second-year BSc Nursing students of the college. The resource person for the day Dr Binil V, Associate Professor, Department of Mental Health Nursing, MCON, MAHE, Manipal discussed various aspects of drug abuse emphasizing prevention and how to seek professional help. An educational video on the importance of preventing substance abuse was also screened for the students. A total of 190 students attended the session.



INTERNATIONAL

Manipal College of Nursing, MAHE, Manipal organized an International virtual visit by the students of Florence Nightingale Faculty of Nursing, Midwifery and Palliative Care King's College London. Dr Raghu A Radhakrishnan, Director-International affairs and collaborations, MAHE addressed the gathering. Dr Anice George, Dean, MCON briefed about the courses available at MCON Manipal. There were sessions on public health perspectives by Dr Shashidhara YN, Professor and Head, Department of Community Health Nursing, MCON, MAHE, by Dr Judith Angelitta Noronha, Associate Dean, MCON, MAHE on maternal health and programs—an Indian perspective and by Dr Jagriti Gangopadhyay, Assistant Professor, Coordinator for Center for Women's study, Manipal Center for Humanities, MAHE on social and cultural aspects related to women's health in India. To provide an opportunity to interact with the international students, five breakout room discussions were performed by 50 UK students and 20 MCON students. Students had a great opportunity to share their knowledge and experiences.

KING'S College LONDON | **MANIPAL COLLEGE OF NURSING MANIPAL**
 An International Virtual Tour
 To Manipal College of Nursing by the students and faculty of King's College London
 King's College International Faculty Coordinators
 Miss Zahra Khan, Associate Dean, Faculty of Nursing, Midwifery & Palliative Care, King's College London
 Jacqui Boulton, Lecturer in Adult Nursing, Faculty of Nursing, Midwifery & Palliative Care, King's College London
 Participants: 50 students from King's College London and 20 students from MCON
 - Knowledge sharing and facilitation -
 Maternal health and Programmes - Indian Perspective
 Dr Judith Angelitta Noronha, Associate Dean, Manipal College of Nursing, MAHE
 Social and Cultural aspects related to Women's Health in India
 Dr Jagriti Gangopadhyay, Assistant Professor, Coordinator of Center for Women's Study, Manipal Center for Humanities, MAHE
 Public Health Perspectives
 Dr. Shashidhara YN, Professor and Head, Dept. of Community Health Nursing, Manipal College of Nursing, MAHE
 11 March 2021
 1:30 p.m. to 6:00 p.m. IST
 - Under the guidance of -
 Dr. Flus Saswatsubhadra, Professor, Dept of Bio Medical Surgical Nursing, Manipal College of Nursing



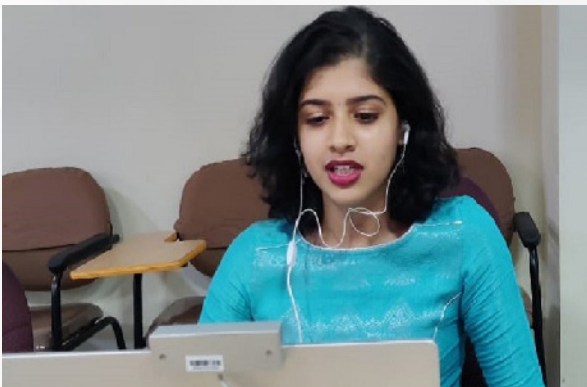
Academic Student Collaboration Series - 1, 25 March 2021

Department of Fundamentals of Nursing, Manipal College of Nursing, MAHE, Manipal and Department of Nursing, Edge Hill University, UK organized Academic Student Collaboration Series-1 on “Clinical experience during COVID-19 pandemic”. Dr Toni Bewley, Senior Learning and Teaching Fellow Lead (TEF), Edge Hill University and Dr Daisy Josephine Lobo, Associate Professor, MCON briefed regarding the professional body regulations for student clinical postings during the COVID-19 pandemic in UK and India respectively.

Based on the Indian perspective, the focus was on how the COVID-19 pandemic has impacted the clinical and practical

learning, changes that were brought in the theory and practical sessions to give maximum clinical exposure as well as some of the challenges faced by the students and the faculty during this COVID-19 pandemic era.

Students from Edge Hill University shared their experience regarding working in a COVID Red ward, taking care of the patients and the emotional toll it took on them while caring for severely ill patients and how they overcame the challenges with the support of their family and colleagues during the peak of COVID-19 pandemic.

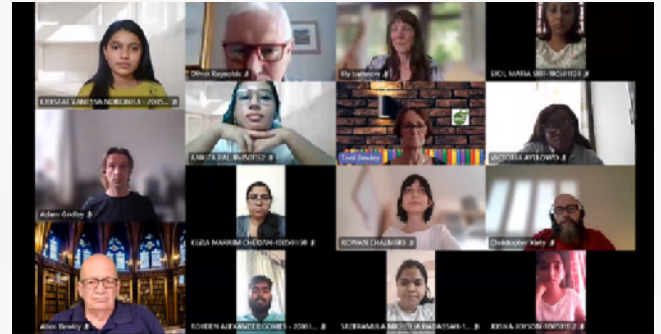


Academic Student Collaboration Series - 2, 4 June 2021

Department of Fundamentals of Nursing, Manipal College of Nursing, MAHE, Manipal and Department of Nursing, Edge Hill University, UK organized Academic Student Collaboration Series-2 on “Service Users, Caregivers, and Students” experiences during the COVID-19 pandemic”.

Dr Toni Bewley, Faculty in Health and Medicine, Edge Hill University briefed on patient and caregiver involvement in teaching and learning in UK, and Dr Radhika R Pai, Assistant Professor, MCON briefed the audience on the current lockdown status in India and students’ experience in the campus during COVID-19 pandemic.

Ms Lily Batterson, Mr Mike Reynolds, and Mr Adam Gridley, the service users and caregivers from Edge Hill University



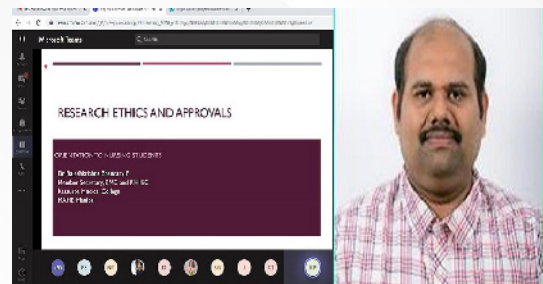
shared their experience of being patient and their expectations from student nurses and academicians in various phases of teaching and learning activities, especially during the clinical practice.

RESEARCH

Inculcating Research Culture in students, 12 December 2020 - 15 January 2021

Manipal College of Nursing (MCON)–Student Research Forum (SRF) organized series of webinars to inculcate the culture of conducting research for students. On the first day Dr Rajeshkrishna Bhandary P, Faculty, KMC, Manipal highlighted on IEC clearance for the clinical research projects. It was followed by sessions by Dr Suja Karkada, Principal, CSI Lombard Memorial College of Nursing on “Inculcating Research Culture in Students”, by Mr Anil Raj A, Lecturer, Department of Medical-Surgical Nursing, MCON, Manipal on the topic “CTRI Registration”, by Ms Anupama D S, PhD Scholar, Department of OBG Nursing, MCON on “Literature search for the database-PubMed” and by Ms Monalisa Saikia,

PhD Scholar, Department of Fundamentals of Nursing, MCON deliberated on the topic “Literature Search for the database CINAHL”.



Quantitative Nursing Research, 22 - 24 April 2021

The first-year students of Nurse Practitioner in Critical Care (NPCC) Postgraduate Residency Program, Medical-Surgical Nursing Department, in collaboration with Pillar 2 (IoE): Exemplary Research and Innovation of Manipal College of Nursing, MAHE, Manipal organized a webinar focusing mainly on the quantitative nursing research methodology. The three days' webinar was deliberated by experts in the area of quantitative nursing research. Sessions were on Research

Process, Writing Research Proposal, Conceptual Framework, Literature Search, Quantitative Research Designs, Data Collection Techniques and Methods, Sampling, Sample size estimation, Data collection instruments-Validity and Reliability, Analysis and Interpretation of data, Ethics in Research, CTRI registration process, writing for publication and communicating research findings. The webinar was attended by 204 participants from all over the country.

MANIPAL COLLEGE OF NURSING
A Webinar On: 'QUANTITATIVE NURSING RESEARCH'
 Organized by: Students of Nurse Practitioner in Critical Care in coordination with Research Committee, MCON Manipal

5 Days Webinar
22 to 24 April 2021
 Through MS Teams

Deadline for Registration: April 20, 2021
FREE Register Now

9.00am to 1.00pm (All three days)

Target audience: PG Students

Topics

- Research process & Writing research proposal
- Conceptual framework
- Literature search
- Quantitative research designs
- Data collection techniques and methods
- Sampling
- Sample size estimation
- Data collection instruments - Validity and Reliability
- Analysis and interpretation of data
- Ethics in research and CTRI registration process
- Writing for publication and communicating research findings.

Link for registration <https://forms.gle/ZiAcibx3ZJqNfo056>



Qualitative Research Methods and Analysis, 17 - 19 May 2021

Dr Satish Rao, Director-Research, MAHE Manipal highlighted the importance of conducting research and publishing the findings in high impact journals during his chief guest speech in the webinar organized by the Exemplary Research and Innovation Team-Institute of Eminence (IoE) of Manipal College of Nursing, MAHE, Manipal. The first day of the program was started with the session on “Overview of Qualitative Research” by Dr Anice George, Dean, MCON, Manipal. Followed by that, there were sessions on “Types of Qualitative Research” by Dr Judith Angelitta Noronha, Associate Dean, MCON, Manipal, “Sampling Techniques

in Qualitative Research”, by Dr Mamatha S Pai, Professor, Department of Child Health Nursing, MCON, Manipal by Dr Vishnu Renjith, Lecturer and Program Director, School of Nursing and Midwifery, Royal College of Surgeons, Dublin 2, Ireland, spoke on “Data Collection Methods” and by Mrs Shalini G Nayak, Lecturer, Department of Medical-Surgical Nursing, MCON, Manipal on “Reporting of Qualitative Results”. The participants appreciated the organizers for systematically organizing a workshop and also appreciated the resource persons.



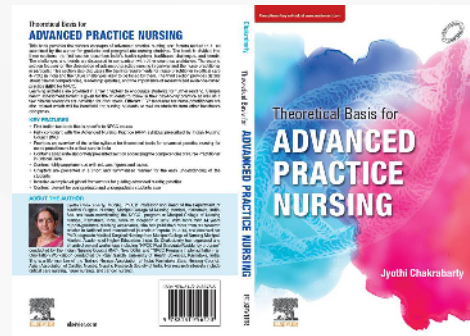
Publications

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ALUMNI RELATIONS AND EMPLOYER REPUTATION

Book Composition

Dr Jyothi Chakrabarty, Professor and Head, Department of Medical Surgical Nursing, Manipal College of Nursing, Manipal has authored an Advanced Practice Nursing book. It helps the student to understand the details of India's health system from Independence, the healthcare challenges faced by our country, the resources available for our healthcare system and how the role of "Nurse Practitioner in Critical Care (NPCC)" can contribute positively in overcoming the challenges in our resource-scarce setting.



FAIMER Fellow



FAIMER
Foundation for Advancement of International Medical Education and Research

Recipient of
FAIMER Fellow of the International FAIMER Institute (IFI) Philadelphia, 2021

Small reads...
Dear FAIMER Team,

We are pleased to inform you that you have been accepted as a FAIMER Fellow of the International FAIMER Institute (IFI) beginning 30 June AMT.

Your application was chosen from 119 highly competitive applications submitted by health professionals representing 27 countries from highly respected, renowned institutions. You are 1 of the 20 health professionals chosen for this 2021 fellowship program who hold outstanding credentials and proven records that have a potential for meaningful impact.

My sincere gratitude to Dr. Cheryl AM, Director, FAIMER-FAIMER International Institute, Manipal for believing in me. Thank you for your kindness and motivation and most of all for being a wonderful mentor who sees progress as a culture.

My appreciation to Dr. Anand K, Professor, Department of Pulmonary Medicine, Manipal Medical College, Manipal for the support and encouragement.

My gratitude to Dr. Anita George, Dean YCOM, MAME, Manipal for the administrative support and encouragement.

Ever grateful to Manipal Academy of Higher Education, Manipal for the opportunities bestowed in all my ventures.


With gratitude
Dr. Jyothi Chakrabarty

Editorial Board Member

Dr Vishnu Renjith, Lecturer and Program Coordinator, School of Nursing and Midwifery, Royal College of Surgeons in Ireland is selected as an editorial board member for one of the well-known peer-reviewed open access scientific journals published by the Public Library of Science (PLOS). The journal covers primary research from any discipline within science and medicine with an impact factor of 2.740 (2019).



PLOS ONE Editorial Board

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Testimony

“MCON Manipal has given me unforgettable student years. Getting to know amazing people and the best teachers. Memorable lectures from experienced, knowledgeable, dedicated and most importantly, faculty who are compassionate about teaching and research. Fun times in the SNA and other college activities added to the fond memories. The campus has taught me the value of sustained, hard work and imbibed in me the value of passion about what I do, integrity and respect for all. Thanks to the university, I have more confidence, received a lot of knowledge, and gained friends!”



Mrs Melita Alva
Alumnus BSc Nursing (1998-2002),
MSc Nursing (2008-2010),
MPhil Nursing (2010-2012)
Senior Trainer
Oman College of Health Sciences
Ministry of Health, Oman.

Testimony

“I am extremely proud to have completed my nursing degree from Manipal College of Nursing. The organization has contributed tremendously to my growth personally and professionally. I feel privileged for the training received under such supremely experienced and skilled faculty in Manipal. In every mode of life, the clinical skills and education I acquired during my training period, has helped me face many challenging clinical scenarios with confidence and competence. I am forever grateful to all my lecturers in MCON for their motivation and contribution to my development as a professional.”



Mrs Anju Menon
Alumnus BSc Nursing (2001–2006)
Clinical Placement Coordinator,
Nurse Practitioner Development Unit
Cork University Hospital
Cork, Ireland.

Alumni Guest Lecture, 16 and 23 February, 6 April 2021

Ms Besi Paul and Ms Cebi Paul, Assistant Professors, Malankara Orthodox Syrian Church College of Nursing, Kolenchery, Kerala and Founder member of NOSC-The Personal Enrichment and Support Team (alumnus of MCON-BSc Nursing 2004–2008 batch; MSc Nursing 2009-2011 batch) deliberated session on “Leadership Training Program”.

Ms Besi Paul discussed about the group dynamics, stressed on leadership development, the cultural shifts in leadership, qualities of a good leader and the leadership styles. Ms Cebi Paul highlighted on communication etiquettes in the workplace and the effective use of language in communication.

The sessions were enriched with group activities and enthusiastic participation by the students.

MANIPAL COLLEGE OF NURSING
MANGALORE
INSTITUTION OF HIGHER EDUCATION

INVITATION
Effective Alumni Engagement
Guest Lecture Series – 01/2021

Ms. Besi Paul (MSc N) Batch 2009-2011, Assistant Professor
Founder member of MOSC-The Personal Enrichment and Support Team
MOSC College of Nursing, Kerala

Ms. Cebi Paul
Topic: **Leadership Training Program**

Date: February 23, March 16 & April 6, 2021
Time: 10:00 AM – 12:00 PM
Audience: IV Year BSc (N) students
Mode: MS Teams

Dr. Baby S Nayak Professor and HOD
Dr. Anice George Dean

Alumni Guest Lecture, 15 April 2021

Ms Krishnaendhu Ambady Krishnan, an alumnus of MCON, BSc Nursing (2004-2007 batch) and MSc Nursing (2007-2009 batch) was the resource person for the session on “Surgical management of arthritis”.

She highlighted the management aspect of arthritis with special emphasis on surgical management of arthritis. She shared her experience of managing arthritis patients in her work setting.

MANIPAL COLLEGE OF NURSING
MANGALORE
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INVITATION
Effective Alumni Engagement
organized by
Department of Medical Surgical Nursing
Guest Lecture Series – 02/2021

Ms. Krishnaendhu A Krishnan
Senior Charge Nurse and Practice Educator
South West London Elective Orthopaedics Centre (SWLEOC)

Topic: Surgical management of arthritis

Date: April 15th, 2021 Time: 11:30 am – 12:30 pm
Audience: II BSc Nursing students
Join Microsoft Teams Meeting

Dr. Jyothi Chokkathary Professor & Head
Department of Medical Surgical Nursing
Dr. Anice George Dean

Alumni Guest Lecture, 17 April 2021

Capt. Philby Babu Menachery, MSc (N) 2013-2015 Batch alumnus, currently working as Nursing Officer, Base Hospital Delhi Cantt., New Delhi, India spoke on the topic “Scope of nursing in military services and challenges faced”.

She briefed on Military Nursing, how one can join Military Nursing Services (MNS), the role of nurses in MNS, job responsibilities at different levels for nurses as per their designation, special benefits available to the nurses, activities

which are prohibited and challenges faced, and also briefed on some of the carrier opportunities available.



Alumni Guest Lecture, 19 May 2021

Mrs Irene Lobo Modi, Diploma Nursing (1987–1990) batch alumnus currently holding a position of Nurse In-charge, St Mary’s Hospital Imperial College Healthcare NHS, London delivered a talk on “Nursing Standards in UK”.

Mrs Irene stressed some of the key points in nursing standards like being accountable, promoting health and preventing disease, assessing needs, and planning care, providing, and evaluating care, leading, and managing nursing care and working in teams, improving safety and quality of care. She expressed that one of the very important factors is our communication skills.

It was a useful and interactive session that could permit the participants to compare and relate with the standards existing in our country.



Alumni Guest Lecture, 25 June 2021

Manipal School of Nursing, MCON, MAHE, Manipal had organized a guest lecture on the topic “Cardiac Emergencies” by Mrs Meera Menon, Diploma Nursing (1994–1997) batch alumnus, Registered nurse, Texas Health Resources, Dallas, Texas, USA. She discussed the nurses’ need for focusing on the 6 ‘C’s of Nursing qualities which are Care, Compassion, Competence, Communication, Courage, and Commitment. She briefly discussed Coronary Artery Disease and its management in the USA with several instances from her experience. She explained the medical management of NSTEMI with a pneumonic-Acute Angina Means Nasty Artery Blockage and

Cardiac Complications-Anticoagulants, Antiplatelet, Morphine, Nitroglycerine, ACE Inhibitors, Beta Blockers, ARBS, Cholesterol-lowering medications, Calcium Channel Blockers.



STUDENT NURSES’ ASSOCIATION (SNA) ACTIVITIES

Fresher’s Day, 6 February 2021

The cultural committee of the Student Nurses’ Association (SNA) organized “Fresher’s Day” formal welcome for the class of 2020-21 batch of first-year BSc, PBBSc, and MSc nursing students of Manipal College of Nursing through MS Teams virtual platform. Dr Judith A Noronha, Associate Dean, MCON, MAHE, Manipal addressed the students with an important message on living and learning during the pandemic situation. The SNA slogan was announced by the SNA president Mr Simson D’Souza and this program was followed by the recorded cultural performances from all batches of students. This program was attended by 158 participants.



Session on Gender Sensitization, 12 February 2021

The Education Committee of Student Nurses’ Association, Manipal College of Nursing, Manipal has organized an awareness session on “Gender Sensitization” by Dr Geetha Maiya, Director-Student Affairs, MAHE, Manipal. She spoke on gender, gender equality and inequality, problems of gender inequality, major reasons for gender discrimination, sexual harassment at the workplace, sexual harassment prevention training etc. She also highlighted what MAHE is doing towards gender discrimination, gender champion workshop, and also about the Internal Complaints Committee of MAHE, Manipal.



Quiz Competition, 22 March 2021

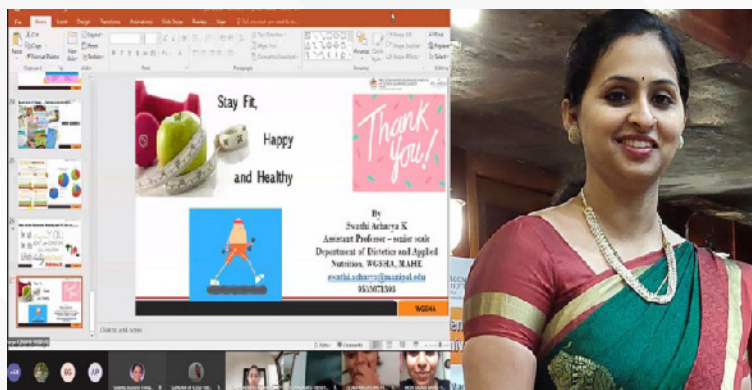
The Education Committee of Student Nurses’ Association, Manipal College of Nursing, Manipal has organized a quiz competition as part of the University Grants Commission (UGC) activity. The theme for the quiz competition was “Cyber Security/Cyber Crimes”. There were four teams with two participants in each team. A total of 15 students participated in the event.



Fit India Program, 27 March 2021

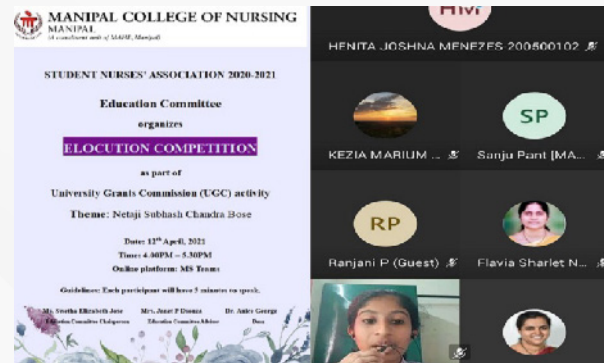
Sports Committee of Manipal College of Nursing (MCON), Manipal has organized a session on “Importance of nutrition in physical fitness” by Ms Swathy Acharya K, Assistant Professor–Senior Scale at Department of Dietetics and Applied Nutrition, WGSMA, MAHE, Manipal. She highlighted on “my plate concept” for promoting health. The six ways to practice mindful

eating were detailed with tips on certain healthy eating habits in order to remain fit. Special mention was made on the FAD diets and their impact on health. The session concluded with the note on the route for healthy and fit life i.e., to remember that “every time we eat or drink we are either feeding disease or fighting it”.



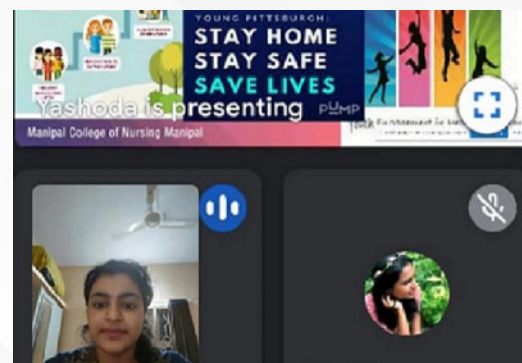
Elocution Competition, 12 April 2021

As part of University Grants Commission (UGC) activities, the Education Committee of Student Nurses' Association, Manipal College of Nursing, Manipal has organized an elocution competition on the theme "Netaji Subhash Chandra Bose". The program was conducted through Microsoft Teams online platform. A total of 16 participants attended this program.



Awareness Program on Adolescent Health, 14 May 2021

As part of Bharath ka Amruth Mahotsav activity, the health education committee of Student Nurses' Association (SNA) of Manipal College of Nursing, MAHE, Manipal organized an awareness program on adolescent health for the students of Madhava Kripa School, Manipal through online mode. The topics for the program were: physical, cognitive, and emotional changes in an adolescent child, nutritional management, menstrual hygiene and stress management in adolescents. A total number of 33 students participated in the program. All the sessions were informative and well appreciated by the participants.



Upcoming Events (July–December 2021)

Breastfeeding week celebration
Independence day
Suicide Prevention day
Alzheimer's day
World Mental Health day
Newborn week celebration
Children's day

MAHE e-Convocation
World Diabetes day
World AIDS day
Imprintz
National Handwashing
Awareness week
Universal Health Coverage day