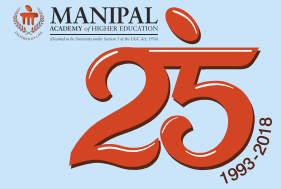




MANIPAL COLLEGE OF NURSING
MANIPAL
(A constituent unit of MAHE, Manipal)



Dhwani

2017-18



Manipal College of Nursing Manipal

Manipal - 576104, Karnataka, India

In memory of



Prof. P P Bhanumathi

Founder Dean
01.09.1989-31.10.2003



Dr. T M A Pai

“Drops of water make the mighty ocean.
Things individually beyond the reach of
accomplishment become miraculously
easy with collective effort ”

Editorial Team



Mrs Binu Margaret



Mrs Roseminu Varghese



Mrs Savitha



Mrs Latha T



Mrs Yashoda S



Mrs Reshma R Kotian



Dr Maria Pais



Mrs Saritha



Mr Govind Soni



Ms Jennifer Gail D'Souza



Ms Pooja Bakshi



Ms Yeshi Lhoma



Mr Mpho William Nongabe



Ms Jyothisna Menezes



Ms Prathima Sherigarthy



Ms Anisha Haral Kairanna



Ms Adna Deepshika Martin



Ms Meghna Pandit



Ms Sapna Dipali Singh



Ms Riya Nisha Mendonca



Ms Jane Jyothis Mathias



Ms Namitha Saji

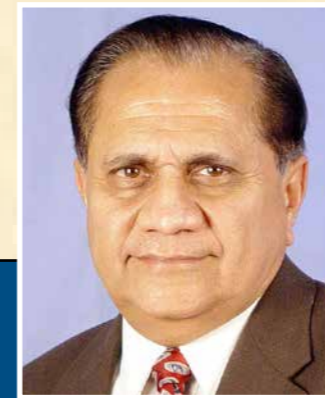


Ms Smitha Varghese



Ms Viola Josna Mathias

Message



A College Magazine is an instrument, which focuses on the academic and extra-curricular activities of the students. It also provides an opportunity to the students to demonstrate their literary and artistic talents. The Annual Magazine of the Manipal College of Nursing has been maintaining a good standard in this regard and I am sure this issue will also continue this standard with rich contents. My greetings to the students and the faculty.

Dr Ramdas M Pai
Chancellor
MAHE, Manipal

Message

Message



Years of study spent in colleges in an atmosphere of mutual love and well-being will enable the students to develop traits of leadership and compatibility contributing to the flowering of their academic and extracurricular talents and skills. A College Magazine is able to record this accomplishment through the articles, photographs, caricatures etc contributed by the students. I am glad the “*Dhwani*” Magazine of the Manipal College of Nursing is keeping up its noteworthy standard.

Dr H S Ballal
Pro Chancellor
MAHE, Manipal



I am very happy to know that the latest issue of the college magazine “*Dhwani*” of Manipal College of Nursing, Manipal Academy of Higher Education (MAHE), Manipal, is ready for release. The College Magazine is indeed a remarkable reflection of all the events and activities that have been organized throughout the year. Moreover, the literary and artistic talents, as well as innovative ideas, dreams and aspirations of the students and faculty members, are brought to the forefront through this medium. I congratulate the editorial team on the excellent work done in this regard. I also wish all the outgoing students a bright future ahead.

Dr Geetha Maiya
Director, Student Affairs
MAHE, Manipal

Message

“*Dhwani*” the annual magazine of Manipal College of Nursing, Manipal provides a glimpse of monumental efforts made by the Institution to provide quality nursing education and for the all-round development of the students, for the past 27 years. The 27 successful and rewarding academic years that have gone by have reaffirmed our academic excellence and distinguished our standing in the sphere of nursing education in the state and the country. As we reflect on the academic journey spanning more than two and a half decades, we realize it is the most apposite time to rededicate ourselves to our Vision, “to be a world class nursing institution with international standards and a hall mark of excellence in Nursing Education, Practice and Research”. It is also the appropriate moment to recommit to our Mission, “Excellence in Nursing Education, healthcare services, research and commitment to human development”.

You, my dear students, are indeed blessed to find an opportunity to receive your education at one of the best colleges of India. The college has the privilege of having a healthy, harmonious ambience and rich values, which have played a pivotal role in shaping the future of innumerable students. This is my firm belief that the rich values and traditions imbibed here would carry you to greater heights.

I would also like to congratulate the Editorial Team for striving hard and bringing out the College Magazine “*Dhwani*”.



Dr Anice George

Dean

Manipal College of Nursing, MAHE, Manipal

Message

The Manipal College of Nursing Manipal has strived for its journey in excellence in nursing education, practice and research for more than 27 years. Apart from developing the knowledge and skill to provide competent compassionate cultural sensitive care, the college has seen to the overall growth of the students. Albert Einstein famously said that: “Imagination is more important than knowledge. For knowledge is limited to all we know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” The College magazine has definitely brought out the imagination, talents and abilities through both curricular and various extracurricular activities.

I congratulate the editorial team for their hard work, commitment and perseverance to bring out this annual college magazine. Wishing you all the best and a successful rewarding career.



Dr Judith A Noronha

Associate Dean

Manipal College of Nursing, MAHE, Manipal

From the Editor's desk . . .

"Dhwani" is a voice from the heart of the students and faculty members of Manipal College of Nursing, Manipal, which brings out the reflections of the yearlong activities. This college magazine is a window to unfold the hidden talents and activities of the students and faculty members.

I am extremely privileged to present before you the second edition of the e-magazine of Dhwani 2017-18. The magazine re-emerged in its full potential capturing the lively articles, students' artistic talents, glimpses of events, activities and achievements in the academic year 2017-18. The hard work put in by our Editorial Committee will make everyone enjoy this magazine.

I would like to appreciate and laud all the contributors for their remarkable submissions that make up the bulk of the magazine.

I am thankful to the Editorial team who really worked hard for the success of this magazine and this edition was possible only because of their teamwork.

My heartfelt gratitude to our Dean, Dr Anice George, Associate Dean, Dr Judith A Noronha and all the faculty for their support and encouragement.

It will excite you as you read, fascinate you as you glance and tickle your imagination as you pause to ponder.

Happy reading!



Binu Margaret

Assistant Professor - Selection Grade
Manipal College of Nursing, Manipal

Annual Report 2017

Manipal College of Nursing Manipal MAHE, Manipal

Mission

Excellence in nursing education, health care services, research and commitment to human development.

Vision

To be a world class nursing institution with international standards and a hallmark of excellence in Nursing Education, Practice and Research.

Values

Quality	Commitment	Accountability	Teamwork	Loyalty	Integrity	Humane touch
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Milestones...

- ISO 9001:2015, 14001:2015 & 50001 : 2011 : 2017
- Nurse Practitioner in Critical care Post Graduate Residency program :2017
- NAAC Re Accreditation: 2016
- Silver Jubilee: 2015
- PB Diploma in Nursing: 2011
- Structured PhD program in Nursing: 2011
- Integrated Management System: 2010
- ISO 9001:2000 Certification: 2005
- Master of Philosophy in Nursing: 1995
- Post Basic BSc Nursing: 1995
- MSc Nursing (5 specialties): 1994
- Basic BSc Nursing: 1990

MCON Departments

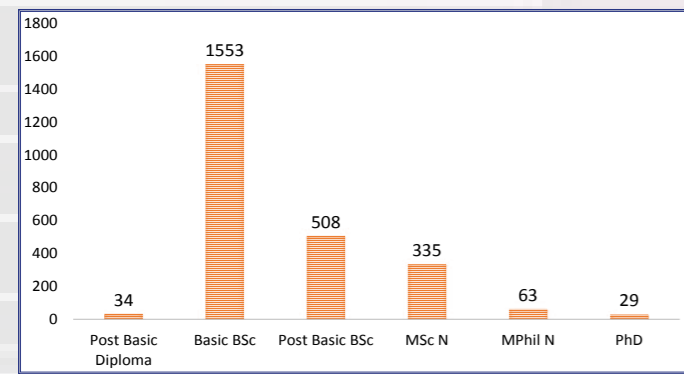
- Department of Medical Surgical Nursing
- Department of Fundamentals of Nursing
- Department of Community Health Nursing
- Department of Psychiatric Nursing
- Department of Child Health Nursing
- Department of OBG Nursing

Course Matrix

NAME OF THE COURSE	YEARLY ENROLMENT	DURATION OF THE COURSE (YEARS)
Basic BSc Nursing	100	4
PB BSc Nursing	50	2
PB Diploma	40	1
Nurse Practitioner	20	2
MSc Nursing	40	2
MPhil Nursing (Part time)	10	2
Diploma in Nursing	60	3.5

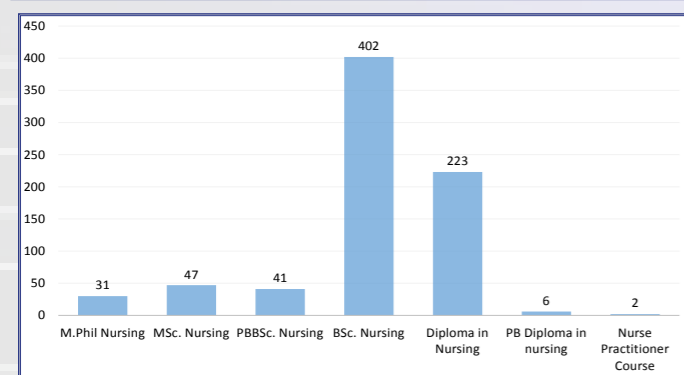


Number of Alumni as on 2017: 2522

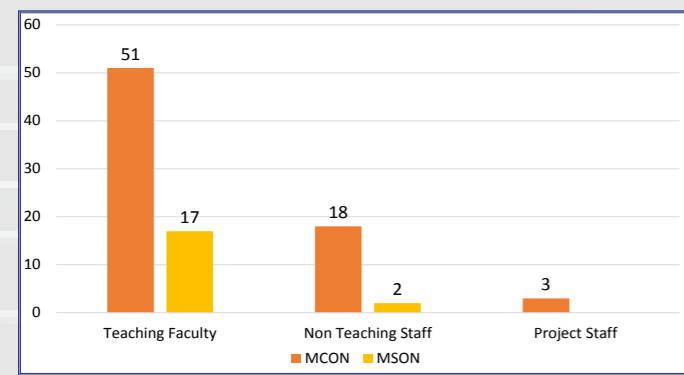


Doctor of Philosophy (PhD) awardees : 29

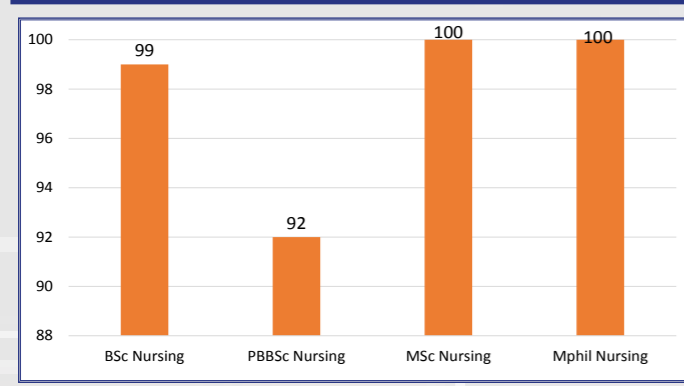
Number of students in the academic 2018: 752



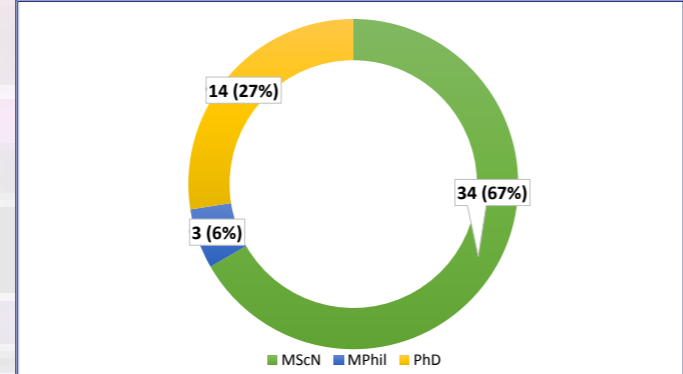
Number of staff in the academic year 2017-18: 91



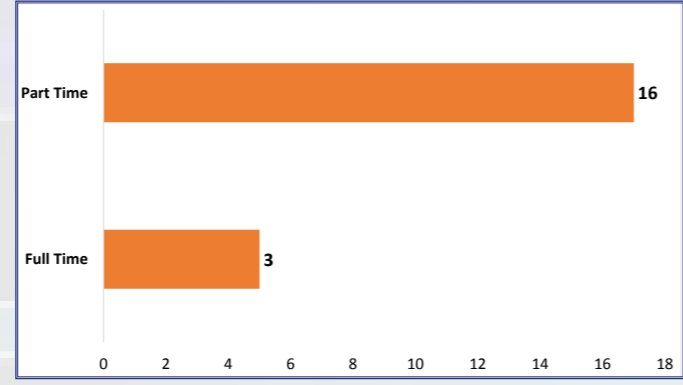
Academic results 2016-2017



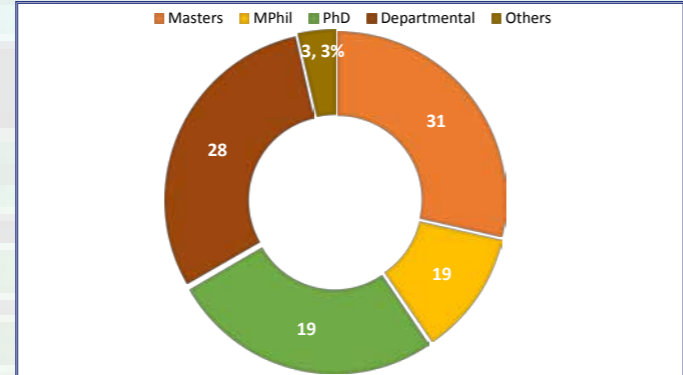
Faculty Qualifications



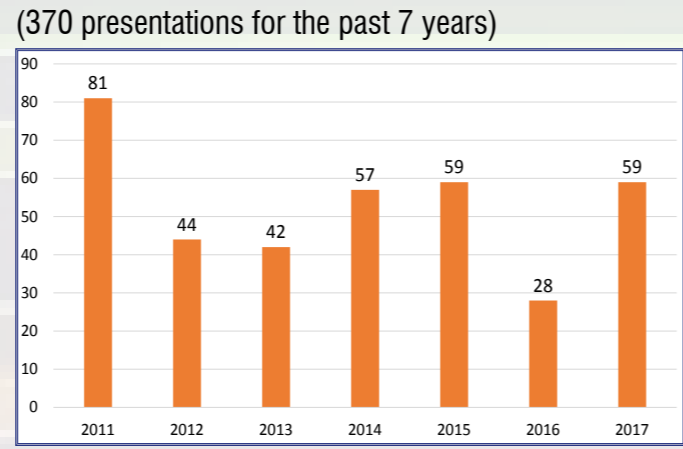
PhD Research Scholars: 19



Ongoing Research: 100

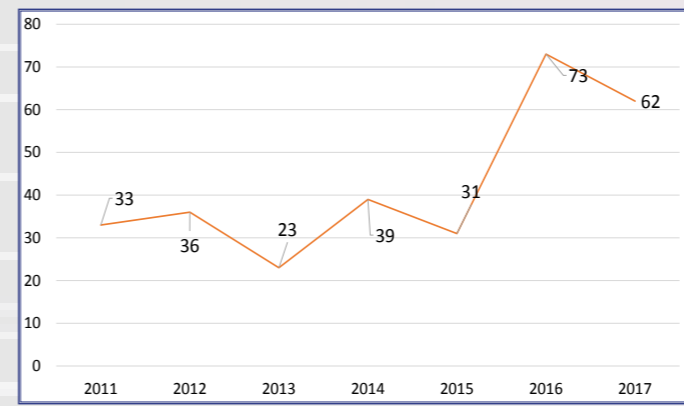


Presentations (Paper and Poster): 59



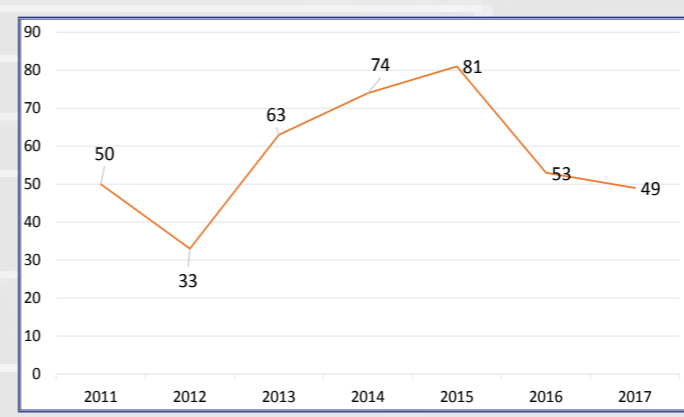
Invited speaker/ Resource person: 62

(297 sessions for past 7 years)

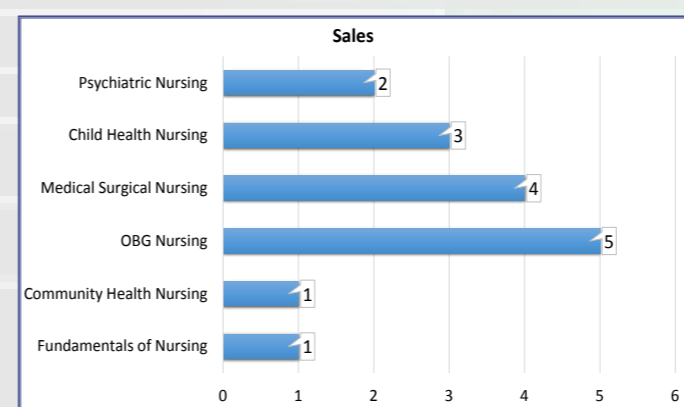


Publications: 49

(403 publications for the past 7 years) on an average 58 per year



Grants applied: 16



Initiatives of the year 2017

- Continuing Nursing Education (CNE) at Al Salam International Hospital, Kuwait
- Bioethics training programs for UG & PG students
- Annual Curriculum Convention in October 2017
- Commenced the Nurse Practitioner Programme in Critical Care

Major events (2017)

- Workshop on Systematic Reviews & Meta - Analysis – 1st and 2nd February 2017
- Seminar on Cancer Awareness – 4th February 2017
- Workshop on International Childhood Cancer Day - “Together for kids with cancer, Do more – Care more”: 4th February 2017
- Workshop on Nursing Updates: 25 and 26th February 2017
- Workshop on Qualitative Research: 19th March 2017
- Workshop on Bayley Scale of Infant and Toddler Development – III Edition: 30th March 2017
- Eclampsia & It’s Management CNE for Staff Nurses: 19th May 2017
- Workshop on Qualitative Data Analysis with NVivo-11: 23rd May 2017
- Workshop on Systematic Review: 9th and 10th October 2017
- Workshop on Copy Editing: 23rd October 2017
- Workshop on Management of Pediatric Surgical Conditions: 25th October 2017
- Workshop on Medication Management – IPP Approach: 12th November 2017

Health Days observed

- National Youth Day: 13th January 2017
- International Childhood Cancer Day: 7th -10th February 2017
- International Women`s Day: 8th – 10th March 2017
- World Tuberculosis Day: 24th March 2017
- World Health Day: 7th and 8th April 2017
- World Breastfeeding Week : 1st to 7th August 2017
- World Suicide Prevention Day: 11th September 2017
- World Alzheimer`s Day: 24th September 2017
- World Heart Day: 7th October 2017
- World Mental Health Day: 12th October 2017
- World Obesity Day: 16th October 2017
- World Diabetes Day: 10th and 11th November 2017
- Newborn week: 15th – 21st November 2017
- Children`s Day: 18th November 2017
- World AIDS day: 1st December 2017

Events observed as per UGC Directives – 2017

- Matrubhasha Diwas: 21st February 2017
- International day of yoga: 22nd June 2017
- Sadhbhavana Diwas and communal harmony fortnight: 31st August 2017
- India's freedom struggle and quit India movement: 9th – 24th August 2017
- Armed forces flag day: 8th December 2017

Patient Care Initiatives (2017)

- Lactation Counselling
- Health talk on Breastfeeding at RMCW homes
- Participation in Diabetes Clinic
- Rehabilitation nursing services at Hombelaku
- Participation at summer camp for patients with hemophilia
- Diabetes Screening camp
- Monthly rural morbidity Clinics at Athrady and Moodubelle

Vision 2020: HODs Retreat

The 3rd retreat of MCON Manipal was held on 2nd December, 2017 at the Lalit Resort Bekal, Kasaragod. A team of 11 members consisting of Dean and Assoc. Dean of MCON Manipal, HoDs of all the six Departments, Principal, School of Nursing, Manipal, JME MCON and a staff member of MCON participated in the retreat. The aim of the retreat was to discuss on the SWOC Analysis of Vision 2020 and preparing future plan of MCON Manipal to achieve the goals. The four pillars of Vision 2020 are Academic Reputation, Internationalization, Research Focus and Employer Reputation. The team members of the four groups of Vision 2020 presented their progress and the goals achieved in the previous year. The team also presented the strategic initiatives for the next one year April 2018-March 2019. Dr. Christopher Sudhaker, Dy. Director – Quality & Compliance, MAHE, Manipal conducted a brief interactive discussion through Skype on Strategic Plan – MCON, MAHE Manipal. The vision of this retreat was shared to all faculty members



Clinical training areas

- Kasturba Hospital Manipal
- Dr. TMA Pai Rotary Hospital Udupi
- Dr TMA Pai Hospital Karkala
- ASARE Manipal
- Hombelaku Psychiatric Rehabilitation Centre
- Cynthia Fernandez Palliative Care Centre
- Adopted Villages
- RMCW Homes
- Ashwini Hospital Ottapalam, Kerala
- Valluvanad Hospital Ottappalam, Kerala
- Spandana Rehabilitation Centre , Najar, Kallianpur
- C.M.C. Vellore
- NIMHANS, Bangalore
- PHC Hirebettu , PHC Hiriyadka and CHC Brahmavara
- Manipal Hospital Mangalore



Manipal Academy of Higher Education Celebrates its Silver Jubilee



Manipal Academy of Higher Education, MAHE, founded on the ideals, philosophy, and vision of Dr T M A Pai, is an institution, which started with a medical college way back in 1953. After a few more colleges were added, it acquired the deemed-to-be-university status in 1993. It is, therefore, among the early universities in the private sector. The University, founded on the principle of education for everyone over six decades ago, has the reputation of having a high standard of education and a global outlook. MAHE celebrates its silver jubilee in 2018. The inaugural function of the celebrations was held on 19 January 2018, at Chaithya Hall of Fortune Inn Valley View.

MAHE achieves the bragging rights to call ourselves the coveted status of 'Institute of Eminence' on 9th of July, 2018, which is a celebration in the silver jubilee year.

In keeping with MAHE's mission of global leadership in human development, excellence in education and healthcare, the Manipal Group has set the following corporate objectives:

- To promote, sponsor, and establish medical and other educational institutions.
- To promote health sciences education and health services at the community and hospital levels.
- To establish and operate comprehensive community health projects and rural development schemes.
- To participate in the development of education and health care in other states and countries.
- To participate in health services, education, and other aspects of local development.
- To meet international standards in professional and para-professional education.

Manipal Academy of Higher Education has 21 professional Institutions on its campuses, making it a prominent education provider in India. Also, the Manipal Group has expanded its global presence in the past two decades through its full-fledged overseas campuses in Nepal, Dubai, Malaysia, and Antigua, with several other countries currently under consideration.

Being one of India's acclaimed deemed-to-be-universities, MAHE has two campuses in India. The Manipal central campus has over 648 acres in Manipal, Karnataka, southern India. About 407 courses are offered at the graduate and post graduate levels in Medicine, Dental, Pharmaceutical Science, Nursing, Allied Health, Life Sciences, Engineering, Architecture, Management, Hospitality, Commerce, Geopolitics, European Studies, Humanities, Social Sciences, Public Health, Media and Communication. Over 70 centres have also been established to promote excellence in education.

The "Vision 2020" of the university has improved the quality of education in the areas of research, infrastructure, employee reputation, and internationalization. All of which are supported by continuous innovation in curriculum development and delivery.

Manipal Academy of Higher Education continuously improves its research ecosystem by making changes within a framework of the highest standards, infrastructure, incentives, training, and also by empowering the creative autonomy of individual researchers in their fields. This facilitates world class multi-disciplinary research. Cancer research of Life Sciences, virus research supported by CDC, new invention of genes, peeage mote are some of the examples.

The University can boast of strategic ventures with governments for public-private partnership, 90 national and 186 international collaborations. Teaching at MAHE entails providing the students with technological training, analytical skills and critical thinking in world-class facilities.

MAHE has one of the largest university library systems in India. It includes libraries for health sciences, engineering and humanities. Students enjoy state of the art curricular and extramural facilities, and a state of the art sports facility called Mareena; Asia's renowned Manipal Pathology and Anatomy museums (MAPS), digital campus with state of the art classrooms, planetarium and a world class medical facility. 34,000 students call this global village their home.

In recognition of its commitment to quality and excellence in higher education, the University has won many awards, accreditations and laurels. The rankings have also been good. In the QS World Ranking 2018, we were in the 701-750 band, making MAHE the only private university in India to figure in the world ranking. We are also ranked 198 in the QS Asia and 16 in the QS India. Ranked 1001+ in the Times Higher Education Ranking 2018, and 251 in The Asia Ranking 2017. Ranked 251-300 in Pharmacy and 451-500 in Medical in the World QS Subject Ranking.

In the 2018 NIRF rankings, accorded by the Union HRD Ministry, MAHE has moved up seven places from 18 among private universities. The medical colleges, Kasturba Medical College, Manipal and Mangalore, were ranked four and 16, respectively. Manipal College of Pharmaceutical Sciences retained the seventh spot and Manipal Institute of Technology moved up four places to 39.

MAHE has an "A" in the NAAC Accreditation. In the National Institutional Ranking Framework (NIRF) – MHRD, under the overall category, our rank is 18. Ranked 1 with an overall 4 stars out of 5 in Karnataka State by Karnataka State University Ranking framework – an initiative of Karnataka State Higher Education Council (KSHEC), Department of Higher Education, Government of Karnataka, in the 'Established University' (10+ Years) Category. Under the category "Infrastructure", we got full 5 stars.

Education World India has ranked MAHE top in the country in Private University Ranking (EWIPUR) 2017. THE WEEK- Hansa Research, has ranked MAHE number one among Non-Government (Private & Deemed) Multidisciplinary Universities in the South Zone and 20

in the overall All India Multi-Disciplinary Universities category. FICCI has recognized Manipal as the best international university for three consecutive years.

The quality process of the university is also driven by ISO 9001:2015; 14001:2015 and 50001:2011 certification; AACSB International, NBA, NABH, NBA, AAHRP NABL accreditation for its hospitals and laboratories.

In addition, we have a highly successful and rigorous undergraduate international twinning program offered in collaboration with more than 30 premier institutions across the globe. We also have students from 69 countries studying in different courses.

The University has produced distinguished alumni, whose presence is felt across the globe. Some of the renowned alumni are Mr. Satya Nadella and Mr. Rajiv Suri, CEOs of Microsoft and Nokia, respectively. Our placement record is near-perfect. Our graduates get job offers from multiple employers including some of the top companies. Many of our students go to prestigious Institutions overseas for higher studies.

We have more than 186 memorandum of agreements in different areas of research and student exchanges. Our student organizations on campus are active. Noteworthy among them are IAESTE (the Indian chapter based on our campus) and AIESEC, which works diligently in obtaining overseas internship opportunities for our students.

Situated between the Western Ghats on one side and the Arabian sea on the other, MAHE is committed to promoting green initiatives in its energy consumption and water recycling programmes. The emphasis always is to provide the highest quality of services, in line with its mission of transforming society through education and medical care.

The degrees offered by MAHE are recognized worldwide. Thus, Manipal Academy of Higher Education is a multifaceted, comprehensive, international institution of higher learning that has a global presence, with a student body of more than 34,000, representing 69 nationalities, and more than 134,100 alumni worldwide. For students, it is a perfect destination for a perfect launch into the future.

Department of Medical Surgical Nursing



Dr Ramesh, Mrs Soumya Christabel, Dr Melita Shelini, Mrs Latha T, Mrs Janet Alva, Mrs Shalini G Nayak, Dr Jyothi Chakrabarty, Dr Elsa Sanatombi Devi, Mrs Janet Prameela D'Souza, Mrs Daisy Josphine Lobo, Mr. Anil Raj

About the department

The department undertakes training of undergraduate, PB diploma, Nurse Practitioner and postgraduate nursing students in the field of Medical Surgical nursing. Theory classes are taken in the classrooms and students gain practical experience in the medical surgical wards of hospital. The faculty incorporate clinical teaching, individual case discussion, case studies and clinical conferences, so that the students can apply theory knowledge in clinical setting and attain a higher understanding and skill. During the academic year 2017-18, two post graduate students have opted for Neuroscience Nursing and six students have opted for Critical Care Nursing for Specialty Training. In addition to this, faculty members take classes on Emergency and First-aid and Basic Life Support for external students.

Objectives:

- To prepare the students to provide nursing care to patients suffering from medical and surgical conditions
- To conduct monthly continuing education program for the department faculty

- To organize and conduct health awareness programs
- To conduct departmental researches
- To guide researches of post graduate, MPhil and PhD students
- To apply for funded research projects from various funding agencies
- To participate in conducting diabetic clinic at Kasturba Hospital

Research activities:

- Care giver burden on traumatic brain injury
- Prevalence, risk factors and complications of chronic wounds: A systematic review
- Prevalence and risk factors of depression among children and adolescents in India - A systematic review and meta-analysis
- Inter professional approach to medication management, factors for drug errors, adverse drug events, adverse drug reactions reporting strategies in India - A systematic review of observational studies and meta-analysis

- Prevalence of multi-organ failure and effectiveness of Continuous Renal Replacement Therapy (CRRT) - A systematic review and meta-analysis

Activities carried out:

- Departmental CNE: 12
- Research Completed: 01
- Research on-going: 06
- Workshops and CNE's conducted: 02
- World TB Day
- World Diabetes Day

Awards/recognition:

- Mrs Latha T received "Champion Certificate" for oral presentation at 7th International Patient Safety Conference on Exploring New Dimensions in Patient Safety, organized by Apollo Hospitals, on 1st and 2nd December 2017, at J W Marriott, Mumbai.
- Mrs Shalini Nayak was awarded the "Good Teacher Award for the year 2017-18" and for the maximum number of presentations.

- Dr Ramesh received the 'Best Oral Paper Award' during the *International Conference on Global Challenges in Health Care* held at Manipal College of Nursing, Manipal, in February 2018 and also the 'Publication and Research Award' in recognition of contribution to student research at Manipal Academy of Higher Education and for publishing research work in Scopus/Web of Science indexed journal during the year 2017.
- Dr Elsa Sanatombi Devi and Mr Anil received the 'Best Poster Award' during the *International Conference on Global Challenges in Health Care* held at Manipal College of Nursing, Manipal, in February 2018
- Mr Anil Raj Best Paper received the award during the National Conference on Gerontological Nursing organized by MIMS College of Nursing, MIMS Academy of Higher Education, Calicut 2018

Highlight of activities

World Tuberculosis Day - 2018

World Tuberculosis Day was observed by MCON on 23 March 2018. The WHO theme for the World Tuberculosis Day 2018 was "Wanted: Leaders for a TB-free world". A half-day seminar was organized on this theme for staff nurses. Dr Chidananda Sanju SV, District TB Control Officer of Udupi District was the Chief Guest

A seminar with a session on "Magnitudes and Challenges of Managing TB in India", "Recent updates in RNTCP" and "Protecting yourself from TB: What the health care professionals should know?" were taken by experts. A total of 40 participants attended the session.



World Diabetes Day - 2017

Theme: Women and Diabetes: Our right to a healthy future

The department of Medical Surgical Nursing, MCON Manipal has organized poster competition as part of the World Diabetes Day 2017 at the Ground Floor of MCON on 10 November 2017. The program was inaugurated at 9:30 am.

During the inaugural event, Chief guest Dr Annamma Kurien, Associate Dean, Melaka Manipal Medical College, MAHE, Manipal highlighted the risk factors that can cause a woman to develop diabetes. Dr Sahana Shetty, Associate Professor, Department of Medicine, Kasturba Hospital, Manipal emphasized on the fact that maintaining diet and exercise plays a pivotal role in keeping our body fit and stay away from becoming diabetic and also the impact of gestational diabetes on the health of the mother and the new-born baby. The students and faculty displayed their posters (33 posters) on the theme and best posters were awarded.



Department of Fundamentals of Nursing



Mrs Prima J J D'Souza, Mrs Roseminu Varghese, Mrs Radhika R Pai, Mrs Charlet Vaz, Dr Linu Sara George, Mr Jomon C U, Mrs Laveena A Barboza, Mrs Sulochana B

About the Department:

The Department undertakes the training of undergraduate nursing students at MCON, Manipal. The students receive training in basic nursing procedures, which will equip them to give basic nursing care to patients. The students are trained in developing basic skills in the Pre-clinical Nursing laboratory, in simulated conditions, before they are exposed to real hospital situations. The students have rated the faculty members in the Department at 4.45 on a five point scale. The faculty members of the Department are also taking few classes on certain procedures to the Bachelor of Physiotherapy and Nuclear Medicine technology students of School of Allied Health Sciences, Manipal.

Objectives

- To prepare the students to provide basic nursing care to the patients

- To teach BSc Nursing students in both the classroom and clinical area
- To conduct monthly continuing education program for the department staff
- To organize and conduct health awareness program

Research activities

- Prevalence of depression among post stroke survivors: A systematic review
- Perception of students and mental workload of examiners regarding Objective Structured Clinical Examination
- Cardiovascular disease risk factor knowledge, psychosocial variables, clinical and socio demographic, parameters and functional capacity among patients with cardiovascular disease in a tertiary care hospital in Udupi district

Activities carried out

- Departmental CNE: 12
- Research ongoing: 2
- Research Completed: 3
- Publication details : 6
- Workshop and CNE conducted: Nil
- Conference presentations : 5
- Innovation: 1
- Outreach programs: 2

Details of research grants:

- No of grants applied: 1
- No of Grants received: 1

International Presentation/Resource Person

- Ms Roseminu and Mrs Laveena Barboza presented a poster on the title "Prevalence of depression among post stroke survivors: A Systematic Review and Meta-Analysis" in the International conference on *Impact of Global Issues on Women and Children*

on 16 and 17 February 2018 held at Dr TMA Pai Hall, KMC, Manipal.

- Mrs Charlet Vaz and Dr Linu Sara George presented a poster on the title "Factors Influencing Examination Anxiety Among Undergraduate Nursing Students: An Exploratory Factor Analysis" in the *International Conference Impact of Global Issues on Women and Children* on 16 and 17 February 2018 held at Dr TMA Pai Hall, KMC, Manipal.
- Mrs Radhika R Pai presented a paper on the title "Impact of oral care Training Program for staff nurses caring for cancer patients receiving cancer treatment" in the *International conference on Impact of Global Issues on Women and Children* on 16 and 17 February 2018 held at Dr TMA Pai Hall, KMC, Manipal.
- Sulochana delivered a talk on "Development of Education in a Low Resource Environment: Both Teacher and Learner" at the *International Society for Thrombosis and Hemostasis* held at Berlin, Germany in July 2017.

Highlight of Activities during 2017-18

Report on Lamp Lighting Day

The lamp lighting ceremony for the 28th batch of BSc Nursing students of Manipal College of Nursing, Manipal, was held on 21 October 2017 at Shirdi Saibaba Conference hall, Cancer Block third floor KH Manipal. Light and brightness have always been equated with positivity and associated with spiritual beings. The 103 First Year BSc Nursing students received the light from the chief guest, Dr Kasturi R Adiga, former Principal School of Nursing, Manipal, Dr Anice George, Dean, Manipal College of Nursing, Manipal, Dr Judith A Noronha, Associate Dean, and Dr Linu Sara George, HOD Fundamentals of Nursing Manipal which was followed by the oath taking ceremony of the novice nurses.

This special occasion was graced by the presence of Dr H Vinod Bhat, Vice Chancellor, MAHE. In his address, he emphasized nursing as the noblest profession which

renders inevitable contribution for a patient's recovery and he also highlighted that super specialty nurses would be need of the future. Dr Kasturi R Adiga delivered an enlightening message to the new budding nurses by specifying the essential qualities of a nurse which was more stipulated with her own personal life experiences. In her message to the students, the Dean spoke about the responsibility of nurses towards the most precious gift the creator had given to this universe - human life.





A Radio Talk on HIV and AIDS awareness was broadcasted on 1 December 2017 at 5:00 pm. This talk was delivered by the faculty members of Department of Fundamentals of Nursing with the aim of creating awareness among the general population.



World AIDS Day Observation

The Manipal College of Nursing (MCON) Manipal observed the World AIDS Day by organizing a series of events by the Department of Fundamentals of Nursing. Every year the World AIDS Day is observed on 1 December and the theme for this year was "Increasing Impact through Transparency, Accountability and Partnerships".

A talk on HIV and AIDS by Mr Prabhath M Kalkura, Project Manager, Diabetic Foot Care, School of Allied Health Sciences was arranged on 24 November 2017 for the First Year BSc Nursing students of the college. He emphasized on HIV transmission, staging, stigma, prevention, treatment and role of every individual in preventing the disease. He concluded his talk by saying how adolescents have a role in reducing stigma and discrimination among people living with HIV and help them to lead a normal life in the society.

A Quiz Competition on HIV and AIDS awareness was organized for Diploma in Nursing and Midwifery students on 29 November 2017. A total of 12 participants from the Third Year and the internship batch took part in the competition. The first prize for Quiz was won by Mr Shaikh Siraj Salim, Mr Srikantha and Ms Poojashree and the second prize by Ms Mamatha Shri, Ms Rajeshwari and Mr Kenet Marvin Saldanha. The third prize went to Mr Sumanth, Mr Rohan Shettigar and Ms Ashwini.



Health Screening and Awareness Program



A health screening and an awareness program were conducted by the Department of Fundamentals of Nursing in Mattar area of Udupi District on 6 May 2018 between 9:00 am to 1:00 pm. Around 60 people attended the program. The health screening included assessment of height, weight, blood pressure and blood sugar. A respiratory assessment and breast examination was also performed. Individual awareness was given to each of the persons based on their requirement. The participants were enthusiastic in attending the awareness program, raised many questions and clarified their doubts.



Department of Community Health Nursing



Mrs Melanie Lewis, Mrs Manjula, Mrs Reshma R Kotian, Mrs Ansuya, Dr Shashidhara Y N, Mrs Vinish V, Mrs Celastin Susan, Mrs Jeylakshmi K, Dr Malathi G Nayak

About the department:

The Department works on the motto that care provided to the individual, family and group in their own setting contributes to the healthcare of the whole population. The Department is actively involved in undertaking the training of under graduate and post graduate nursing students in the field of Community Health Nursing. The students are provided training in assessing clients, environment, identifying the health problems and its management. The Department actively collaborates with Primary Health Centre and local leaders to ensure maximum community participation. The Department regularly conducts morbidity clinic which benefit the people residing in rural area.

Research activities:

- Supervisory support received by the Female Health Workers and their level of satisfaction with supervision in selected PHCs of Mangalore Taluk, Dakshina Kannada District, India

- Quality of life among cancer patients
- Effectiveness of awareness program on exclusive breastfeeding for ASHA workers of Udupi district
- Awareness of staff nurses and nurse educators on research and its utilization
- Effectiveness of aerobic exercises on depression: An experimental study on old age at Mangalore
- Perceived barrier to symptoms management among family caregivers of cancer patients
- Effectiveness of Foot Reflexology on anxiety among primigravid mothers in a selected rural area at Mangalore
- Knowledge on Effects of Substance Abuse among Adolescents: A Descriptive Study
- Knowledge on Heart Smart Diet among Hypertensive Clients in Selected Urban Areas of Mangalore City
- Assessment of attitude of staff nurses on research and its utilization

- Mothers knowledge on malnutrition: Community based cross-sectional survey
- Risk-factors for malnutrition among preschool children in rural Karnataka: A case-control study
- Prevalence of anaemia among adolescents in India - A systematic review
- Prevalence, pattern of insulin administration and psychological well-being of Type-I Diabetes Mellitus among school children
- A Community Based Randomized Controlled Trial (RCT) to determine the efficiency of Multi-Component Behavioural Intervention Program (MBIP) on medication compliance and quality of life among elderly with chronic illness residing in selected rural areas of Udupi district, Karnataka
- Impact of awareness program on symptom management among advanced patients and their family caregivers
- Prevalence and risk-factors for malnutrition and effectiveness of need based intervention among pre-school children of Udupi District
- Readiness of inter-professional learning by the students and assessing the effectiveness of inter-professional TBC module on knowledge on prevention of falls in elderly
- Prevalence and Quality of life among people diagnosed to have IDD in selected Villages of Udupi District, Karnataka
- Study to assess the knowledge and self-reported practice on prevention of UTI among women in selected villages of Udupi District

Activities Carried Out:

- Departmental CNE: 11
- Research ongoing: 7
- Research completed: 8
- Publication: 08
- Workshop and CNE conducted: 2
- Conference presentation: 2
- Innovation: 01
- Outreach program: 8
- Nutrition projects: 6

Grant Details:

- No of grants applied: 02
- No of grants received: 01

Awards/Recognition:

- Dr Malathi G Nayak: PhD Degree
- Mr Vinish V and Dr Shashidhara Y N: Consolation prize for Innovation Day

International Presentations/Resource person:

- Dr Malathi G Nayak presented a paper on "Barriers to symptom management among family caregivers of cancer patients" at the *International Conference on Oncology Nursing* held at Singapore
- Ms Ansuya presented a paper on "Prevalence of malnutrition among children in Karnataka-Systematic review and meta-analysis" at the *International conference on Global challenges in Health Care* held at MCON, Manipal

Ansuya had an interactive session with participants that stressed on the importance of diet, lifestyle changes for preventing cardiac problems.

Fourth Year BSc Nursing students demonstrated normal and abnormal heart by showing the heart model and also the inmates were invited for the yoga session and demonstrated Yoga for the elderly. A risk assessment for cardiovascular problems was done for the participants; Blood Glucose and BP were assessed for 20 inmates.



World Diabetes Day

Screening and Health Awareness Program was organized on 10 November 2017 from 4.00 pm to 6.00 pm by Fourth Year BSc Nursing students and the Department of Community Health Nursing, at Savitha Chemical Factory, Patla, Udupi Taluk.

Firstly, the screening of all women workers and the workers aged above 35 years was conducted.

The World Diabetes Day theme was described by Dr Shashidhara Y N and highlighted on meaning of Diabetes, signs and symptoms, investigations and its complications and also the importance of lifestyle modifications.

Followed by that, the role play was performed on clinical features by Ms Jyothsna and team, Fourth Year BSc (N) students and also a health talk was given by Ms Rishika and Ms Nayana on diabetes and its management. A demonstration of foot care and exercises was done by Ms Ambika and her team of Fourth Year BSc (N) students.



World Obesity Day

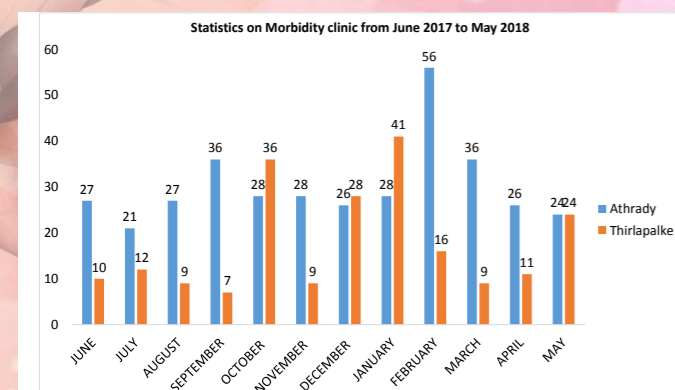
The Health Awareness and Screening Program was organized on 16 October 2017, by Fourth Year BSc Nursing students and the Department of Community Health Nursing at Athrady Anganwadi. The World Obesity Day theme was described by Mrs Manjula and highlighted on different treatment modalities such as Physical activity, life style and diet modification, medication, surgical intervention and preventive measures to avoid the consequences of obesity. A health talk on the consequences of obesity was delivered by Dr Malathi G Nayak. She explained on how obesity causes cardiac and liver disorders, cancer, depression, infertility.

Following the health talk on obesity, the exercises were demonstrated by the Fourth Year BSc Nursing students and pranayama by Dr Malathi G Nayak. Re-demonstration of exercises and pranayama were performed by the participants. A role play on the theme was performed by the Fourth Year BSc Nursing students.



Highlight of Activities during June 2017 - June 18

Clinic Patient Statistics



World Heart Day

An awareness program was organized by Fourth Year BSc Nursing students and the Department of Community Health Nursing, on 7 October 2017 at Ozanam Old Age Home, Kallyanapura.

Mrs Janet Prameela D'Souza explained the sign and symptom of cardiovascular problems, the ways to differentiate heart burn and cardiac pain and gave a detailed description on symptoms of angina. Mrs

National Youth Day

The Department of Community Health Nursing, Manipal College of Nursing, MAHE, Manipal, observed the National Youth Day 2018 at U S Nayak High School, Patla on 12 January 2018. Chief Guest of the program was Mr Annaya Nayak, Secretary, Rural Education Society, Udupi. In the Chief Guest address, he pointed out the major incidents happened in the life of Swami Vivekananda. He also stressed the importance of following the words of Vivekananda to inculcate the moral values among young generation.

The program was presided by Mr Srikant Prabhu, Principal, U S Nayak High School, Patla. In the presidential address, Mr Prabhu pointed the need of moral values among young generation by quoting the words of Vivekananda.

The students of Fourth Year BSc (N) performed a skit on "MORAL VALUES FOR YOUTH", which is followed by inspirational songs and games. Around 150 students of various classes and 12 teachers of the school attended the program.

School Based Health Clinic

The Second Year MSc Nursing students and faculty of Department of Community Health Nursing, Manipal College of Nursing, Manipal, conducted a school-based Health Clinic on 21 September 2017 at Government Aided Higher Primary School, Marne. It was an integrated health clinic, which included the different health services such as general health check-up, Dental and Eye health check-up, Yoga and Counselling. Dr Shashidhara Y N, HoD, Department of Community Health Nursing, MCON, Manipal, addressed the school Children on the importance of health in life, good lifestyle habits and hand hygiene.

Thirty-Eight school children and four teachers had a health check-up by the doctors from the Department of Community Medicine, Dentistry and Ophthalmology. The medications were provided based on the prescription and they were informed regarding follow-up check-ups. The Ophthalmology and Dental Department referrals were given to the children for further treatment and follow-up. A health education on personal hygiene and worm infestation was conducted. A Yoga session for

children was organized by a Yoga therapist from the Department of Yoga for 45 minutes. Counselling was given for the children who have learning difficulties by the faculty of Department of Mental Health Nursing, MCON, Manipal. Finally, the children were provided with a leaflet which contained information about a balanced diet.

International Women's Day

As a part of International Women's Day 2018, the Department of Community Health Nursing, Manipal College of Nursing, MAHE, Manipal, organized an awareness program at the State Home, Nittur on 8 March 2018 at 3:00 pm.

The presidential address was delivered by Mrs Gracy Gonsalves, wherein she emphasized on maintaining unity among the residents of State Home. Dr Shashidharan Y N, Head of Community Health Nursing Department, delivered a talk on the Women's Day theme "Press for Progress". Following this, the students of Second Year PBBSc Nursing presented a role-play on Women Empowerment. Mrs Anusuya, Department of Community Health Nursing, conducted an interactive session on Menstrual Hygiene and Menopause; she emphasized on the importance of menstrual hygiene and the signs of menopause. A game was conducted, and a video was played in accordance to the theme. A health assessment was conducted by the students after the program, which included the assessment of Height, Weight, BMI, Blood Pressure and Blood Sugar. The risk assessment analysis showed that out of 41 residents, eight clients were overweight and two clients had high blood sugar level.

A total of 47 residents, Mrs Gayathri Bhagath, Warden of State Home along with five staffs attended the program.



World Health Day

As a part of World Health Day 2018, the Department of Community Health Nursing, Manipal College of Nursing, MAHE, Manipal, along with Fourth Year BSc Nursing students organized the following activities:

i) Awareness program on accessibility of health care for self-help group/ASHA/ Anganwadi workers

The Manipal College of Nursing organized an awareness program on the World Health Day theme "Universal Health Coverage: Everyone, Everywhere" for the Anganwadi, ASHA workers and a self-help group at PHC, Hirebettu as part of the World Health Day 2018 on 26 March 2018. Dr Subramanya Rao, Medical Officer, PHC, Hirebettu addressed the audience on WHO Day 2018 theme, Universal Health Coverage, health services and schemes of the government how to overcome the barriers for utilization. Mrs Pramila Shettigar, President Athrady-Hirebettu Panchayat explained on various services provided by the panchayat to the community and procedure for accessing the services. Mrs. Bharathi Anganwadi teacher, focussed on the ICDS and various services, schemes for the under-fives, pregnant and lactating mothers, adolescents and explained how to improve the access and utilization. Mrs. Sumangala, Junior Female Health worker emphasized on the roles and responsibilities of health worker to the public and enhancing the utilization of services by creating an awareness. A total of 40 members which include Anganwadi Teachers, ASHA workers and self-help group members were participated in the program.

ii) Debate competition

The debate competition was organized on the theme of "Access to health: Is it a challenge in India?" on 3 April 2018 from 4:00 pm to 5:00 pm in the second floor classroom, Manipal College of Nursing, (MCON). The four teams of BSc (N) and PBBSc (N) students debated on the theme and discussed the strength of healthcare delivery system and various challenges in utilizing the health care services in India. Thirty-five participants attended the program.

iii) Poster Competition

Poster competition was organized for the faculty and students of MAHE on 6 April 2016, based on the World Health Day theme 'Universal health coverage: everyone, everywhere'. A total of 21 posters were presented by the participants from various institutes of MAHE.

iv) District Level World Health Day Celebration

The formal program at District level World Health Day was organized on 7 April 2018 at Pragathi Soudha, Ambalpadi Bypass, Udupi in collaboration with District Health and Family Welfare Sri Kshetra Dharmasthala Rural Development and Training Centre. The program was inaugurated by Mr Shivananda Kapasi, CEO, Udupi District and he addressed the gathering about the theme of the day and the various aspects of health. Dr Rohini, DHO, Udupi, welcomed the gathering and delivered the introductory speech that focused on new schemes currently existing in Udupi District. Mr Madhusudhana Nayak, District Surgeon Udupi, Mr Ashok, Principal, Pragathi Soudha, Sri Kshetra Dharmasthala, Rural Development and Training Centre gave a presidential speech which was focused on the importance of nutritional diet in maintaining optimal health and wellbeing. Mrs Malathi Dinesh, Program Coordinator focused on Sampoorana Suraksha Yojana to the gathering and highlighted the benefits of Vajpayee scheme to the beneficiaries. Mr Shivananda also introduced about the upcoming election and VVPAT system followed by oath taking for the audience. A total of 150 participants attended the program. The program was ended with a vote of thanks by Dr Shashidhar, HoD, and Department of Community Health Nursing, MCON Manipal. The entire program was recorded and broadcasted in the Community Radio Station FM 90.4 on 9 April 2018 at 5:00 pm.

Department of Child Health Nursing



Mrs Sangeetha Priyadarshini, Mrs Anusuya V Prabhu, Dr Mamatha S Pai, Dr Baby S Nayak, Mrs Binu Margaret,
Mrs Yashoda S, Mrs Anjalin D'Souza, Mrs. Sheela Shetty

About the Department:

The Department of Child Health Nursing provides courses related to Child Health Nursing within the framework of the curriculum of Manipal College of Nursing and the Indian Nursing Council (INC).

The Department provides student-centered teaching and learning in conducive atmosphere that helps the students to gain confidence in their nursing knowledge and skills. The Department is concerned with training the students in developing the knowledge and skills required to respond to the healthcare needs of infants and children and their family in a variety of settings. Importance is given to the evidence based practice and safeguarding the health of child and the family. The courses offer the students the opportunity to identify the needs of children and provide comprehensive care.

Objectives

- To prepare undergraduate and post graduate students to provide nursing care to children
- To organize continuing nursing education for the department faculty
- To conduct research in the area of child health
- To conduct awareness program on health related topics at various settings

Research activities

- A quasi-experimental study to determine the effectiveness of teaching program on adolescent health among adolescents in selected schools of Udupi, Karnataka
- Self-perception of readiness for clinical practice, transitional experience of work place, perceived stress and role adjustment, among novice staff nurses of Karnataka, India

Activities carried out:

- Departmental CNE: 10
- Research ongoing: 2
- Research Completed: 2
- Publication details: 13
- Workshop and CNE conducted: 2
- Conference presentations: 9
- Innovation: 1
- Outreach programs: 4

Details of research grants:

- No of grants applied: 9
- No of grants received: 2

New Initiatives/Book Authored/Edited by faculty members:

A text book on Paediatric Critical Care Nursing was published by the faculty members of Child Health Nursing Department

International Presentation/Resource Person:

- Mrs Anjalin D'Souza presented on the topic, "Effect of Comprehensive Hemophilia Education Program (CHEP) for children and youth on knowledge and quality of life on the International Conference XXVI Congress of the ISTH and 63rd Annual Scientific and Standardization Committee (SSC) Meeting held at Germany 8 to 13 July 2017.
- Mrs Binu Margaret presented a poster on the title, "Parent Infant Interaction among Mothers of Preterms" in the International Conference "Global Challenges in Health Care held on 16 and 17 February 2018 at Dr TMA Pai Hall, KMC, Manipal.
- Mrs Sheela Shetty presented a poster on the title, "Undergraduate nursing students' adaptation to professional course and their academic performance" in the International Conference Global Challenges in Health Care held on 16 and 17 February 2018 at Dr TMA Pai Hall, KMC, Manipal.
- Mrs Sheela Shetty and Dr Baby S Nayak presented a poster on the title, "Interventions for the prevention of unintentional injuries among children in South

Asia - A systematic review" in the International Conference Global Challenges in Health Care held on 16 and 17 February 2018 at Dr TMA Pai Hall, KMC, Manipal.

- Dr Baby S Nayak was the Resource Person in the International Conference Global Challenges in Health Care held on 16 and 17 February 2018 at Dr TMA Pai Hall, KMC, Manipal.
- Mrs Sangeetha P presented a poster on the topic, "Profile of Paediatric burns a retrospective review" in the International Conference Environment Health and policy nexus held at Mysuru on 27 and 28 July 2017.
- Mrs Sangeetha P presented a poster on the topic, "Attitude of adults and child abuse- a cross sectional survey" in the International Conference Medical Medicine and Health study on 20 and 21 October 2017 held at Dubai.
- Dr Baby S Nayak and Mrs Anjalin D'Souza conducted a CNE on "Advanced Paediatric Nursing" for the staff nurses of Al Salam Hospital Kuwait from 18 to 23 November 2018.
- Dr Mamatha S Pai presented a paper on "Health service utilization of mothers of under five children in India - A narrative review in the 13th National Conference of the Society of Midwives, India (SOMI), held on 22 and 23 February 2018, at Patkar Hall, SNDT University, Mumbai.
- Dr Mamatha S Pai conducted a CNE on "Advanced Neonatal and Paediatric Care" for the staff nurses of Al Salam Hospital Kuwait from 26 to 31 May 2018.
- Mrs Yashoda Sathish was the resource person for Continuing Education-2018 on the topic "Care of child on Ventilator" organized by Bapuji Child Health Institute & Research Centre, Davangere on 22nd June 2018. This was attended by 300 nurses from Davangere, Dharwad & Bangalore.
- Dr Mamatha S Pai was the resource person for Neonatology Nursing Workshop on 'Essentials in the NICU' Organised by on January 14, 2018 at The Ocean Pearl, Mangalore for the topic 'Preparing a newborn for transport'

- Mrs Yashoda was the resource person for Neonatology Nursing Workshop on 'Essentials in the NICU' Organised by on January 14, 2018 at The Ocean Pearl, Mangalore for the topic 'Lactation in new mothers'.

Awards/Recognitions:

- Breast feeding promotion network of India has awarded the certificate of achievement as the "Best Celebration" and an award as "Outstanding" to Manipal College of Nursing for the contribution towards World Breastfeeding Week 2017.
- Mrs Binu Margaret received the 'Best poster award' at International Conference on Global Challenges in Health Care

- Mrs Yashoda won the best poster award for the title, "Role of Developmental supportive care in stress level in preterm infants less than 32 weeks." in the conference Karneocon- 2018 in Bangalore. She was also awarded for the Second Best Scopus indexed published research paper in the Indexed Journal during the Annual day celebration.
- Dr Baby S Nayak was awarded the "Most Accomplished Faculty Award for the year 2017-18" and also for earning 10 points for publication in Scopus indexed journal for the year 2016.
- Mrs Sheela Shetty and Mrs Binu Margaret won the first place in a poster competition held during International Women's day celebration on the theme "Press for progress" held on 7 March 2018, organized by MCON, Manipal.

Highlight of Activities during 2017-18

Breastfeeding Week celebration - 2017

World Breastfeeding Week was observed from 1 August 2017 to 7 August 2017 on the theme, "Sustaining Breastfeeding: building alliances without conflicts of interest!"

Various activities planned and conducted based on the objectives are given below:

□ Activity I: Awareness among the community



To galvanize support and build an alliance locally with individuals and to sensitize on breastfeeding and nutrition issues in the community, the Department of Community Health Nursing, Manipal College of Nursing (MCON), MAHE conducted an awareness program on

exclusive breastfeeding. The program was conducted at Malpe PHC for Anganwadi Teachers and ASHA workers on 27 July from 11:30 am to 1:00 pm and at the Anganwadi Centre, Kidiyoor on 7 August 2017. Dr Shashidhara Y N, HOD, Department of Community Health Nursing (MCON), Manipal, explained in detail on the benefits of breastfeeding, importance of breastfeeding and composition of breast milk and various positions and attachment while feeding. This was followed by a talk and demonstration regarding positioning the baby, techniques of breastfeeding and expression of breast milk and management of breast conditions by Mrs Ansuya, Assistant Professor, MCON, Manipal. Dr Raghavendra Hebbar Medical Officer, Malpe PHC emphasized for the audience to update their knowledge by attending the program and transform these information to the mothers in their practice area and also make sure that all mothers follow this practice. Additionally, he requested the participants to counsel others in their community. The program was attended by 36 Anganwadi Teachers and eight ASHA workers and other team members of Malpe PHC.

At Anganwadi Centre, Kidiyoor, a session on exclusive breastfeeding, physiology of breastfeeding, advantages to the child, mother, family and the society, different methods/positions, latching, complementary feeding, artificial feeds and disadvantages were explained by Mrs Manjula, Assistant Professor, Department of Community Health Nursing. A session on breast conditions and its management, inverted nipple and its management, breast milk expression, tips for the working mother on expressing breast milk was explained by Mrs Reshma, Lecturer, Department of Community Health Nursing. A total of 25 participants including mothers and the ASHA workers participated in the program. The participants clarified their doubts and they appreciated the effort taken by the department.

The department also conducted a research project to enhance the knowledge of ASHA workers on exclusive breastfeeding. As part of the research activity, awareness program was conducted for ASHA workers at Hirebettu, Pernenkila, Hiriadka, Kukkehalli PHCs and Bramhavara and Hebri CHCs. Approximately, 86 ASHA workers participated from various Primary Health Centres and Community Health Centres of Udupi district.



□ Activity II: Educating the health professionals

To sensitize the employers, and build an alliance to strengthen the policy and program of breastfeeding, an educational program for the ward in charges and the staff nurses of Dr TMA Pai Hospital, Udupi, was

organized on 4 August 2017 at 2:15 pm. Dr Maria Pais and Mrs Sweetey Fernandes, Assistant Professor, Department of OBG Nursing discussed on the theme: Sustaining breastfeeding, revised Maternity benefit act, early initiation of breast feeding, criteria for good attachment, nurses role in helping breast feeding, assessment and counselling skills for health workers. The session used discussion, demonstration and a video technique related to breast feeding. A total of 16 staff nurses from various wards attended the session. The nurses were motivated to follow the breastfeeding policy and reinforce to their colleagues.

Dr Sonia RB D'Souza, Associate Professor, Department of OBG Nursing, Mrs Binu Margaret, Mrs Anjalini D'Souza, Mrs Sangeetha, Assistant Professor, Department of Child Health Nursing, Manipal College of Nursing reinforced 45 staff nurses of Kasturba Hospital Manipal on the theme, "Sustaining Breast feeding Together" on 3 and 4 August 2017. The points highlighted were: revised Maternity benefit act, importance of breast feeding in achieving the sustainable goals, early initiation of breastfeeding, importance of attachment and positioning in the success of breastfeeding, nurse's role in building the confidence of the mothers and supporting mothers in the breastfeeding. It was emphasized to transfer the information of what they have learnt to the other nurses and encourage mothers to continue breast feeding.



□ Activity III: Promote and use 'Stanpan Suraksha' mobile App among alliance partners to inappropriate promotion of baby foods

The staff nurses of Kasturba Hospital Manipal and Udupi

were sensitized regarding the “Stanpan Suraksha” mobile app while giving awareness program. The staff nurse agreed to go through the mobile app, use its features and report inappropriate promotion of baby foods.

□ *Activity IV: Awareness program on “Breastfeeding” for mothers and caregivers*

An interactive health education session on “Breast feeding, positioning technique and its importance” to the mothers and caregivers of premature babies admitted in the NICU of Kasturba Hospital, Manipal, was conducted on 7 of August 2017 by Mrs Yashoda Sathish, Assistant Professor, Department of Child Health Nursing. The mothers were educated on the breast feeding of premature babies, physiology of lactation, how breast milk works, latching vs bonding, positions, care of breast before and after feed, contents of breast milk, expressing breast milk, difficulties encountered and its treatment, nutrition for mother and advantages of breast feeding to the mother and baby. The eight mothers and their family members actively participated in this session and benefitted out of teaching. The concerns of the mothers were clarified during the session.



An awareness program on “Breastfeeding” was conducted on 2 August 2017 for 21 antenatal and postnatal mothers of Dr TMA Pai Hospital, Udupi. Mrs Anasuya Prabhu, Assistant Professor, Department of Child Health Nursing and Mrs Shoba, Lecturer,

Department of OBG Nursing educated the antenatal and postnatal mothers regarding breast feeding, its importance, techniques, methods, benefits, hunger cues, breast massage, expression of breast milk and its storage. The mothers were benefited by this awareness program. The feedback about this program was taken from the mothers and the mothers mentioned that it was a very useful and informative session.

□ *Activity V: Community awareness through social media*



To bring awareness among the public, a newspaper article on “Breast feeding is the best feeding for the baby” was published in “Udayavani” Kannada daily newspaper on 30 July 2017. This article was written by Dr Maria Pais, Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Manipal College of Nursing, Manipal. The main emphasis of the article was on the importance of breast feeding, breastfeeding technique and its advantages to the mother, baby and the society.

□ *Activity VI: Talk in Radio FM-90.4*

To promote awareness among the public, a talk in English and Kannada was delivered by second year MSc Nursing students of Manipal College of Nursing, Manipal, on the theme “Sustaining Breast feeding Together”. The session highlighted the importance of early initiation of breast feeding, exclusive breastfeeding for six months, continuing breastfeeding till two years, avoiding formulae feeds and its disadvantages, positioning and attachment, expression and storage of breast milk. The program was broadcasted on 7 and 8 August 2017 at Radio FM 90.4 MHz.

□ *Activity VII: Broadcast in All India Radio, Mangalore FM-100.3*

For creating awareness among the local people of the public, Mrs Yashoda Sathish, Assistant Professor, Department of Child Health Nursing, gave an interview on “Breast feeding and its importance” in the local language in All India Radio station. It was broadcasted from 1 to 7 August 2017 in All India Radio Mangalore, FM-100.3.

□ *Activity VIII: Peer Counselling*

To enhance peer support for breastfeeding and encourage peer counselling, a training session on breast feeding, its importance and how to promote breast feeding in family and community was organized by Mrs Yashoda Sathish and Mrs Binu Margaret for the women of Srisakthi group, Udupi on 6 August 2017. Eight mothers participated in the session and showed their interest to counsel other mothers on the importance of breast feeding and the positioning techniques. The session was interactive and the mothers appreciated the initiative and were willing to do peer counselling.



Training session on breast feeding- Srishakthi group

□ *Activity IX: Lactation counselling*

Lactational counselling was provided to 32 postnatal mothers (and their relatives) admitted in the postnatal wards of Kasturba Hospital Manipal from 2 August 2017 to 5 August 2017 by Mrs Prathiba and Mrs Ranjani, Assistant Professor, Department of Obstetrics

and Gynaecological Nursing. The situation analysis was done for all the mothers before conducting the lactational counselling. During the counselling session, the main focus was on the early initiation of feeding, exclusive breast feeding, demand feeding, hunger cues, techniques of feeding and burping the baby, signs of effective breast feeding, benefits to the mother and baby, minor ailments of breast and management during postnatal period.

School Health Program - 27 September 2017

The Department of Child Health Nursing along with First Year PBBSc nursing students conducted an outreach program on 27 September 2017 at Anganwadi Centre, Adarsh Nagar, Manipal. The program started with a welcome speech by Ms Princia, First Year PBBSc nursing student, followed by a brief introduction of the topic and the objectives of the health talk. Ms Shaila, First Year PBBSc nursing student gave an introduction on the importance of a balanced diet among children. The teaching was emphasized on micro and macro nutrients and the need to avoid junk foods among children. The awareness program was performed through the action song, demonstration of proper hand washing technique and presentation with charts.



Eighteen students along with their teacher attended the program. The children actively participated and enjoyed

the program. Mrs Lalitha, the Anganwadi teacher appreciated the program. All the children had lots of fun with learning. The program was coordinated and guided by Mrs Sheela Shetty, Assistant Professor, Department of Child Health Nursing, Manipal College of Nursing, Manipal.

Regional Workshop - 25 October 2017

The Second Year MSc nursing students and faculty of child health nursing department of Manipal College of Nursing, Manipal, organized a regional workshop on "Management of paediatric surgical conditions" on 25 October 2017 in association with the Department of Paediatric Surgery of KMC, Manipal. A total of 61 participants attended the workshop.

The workshop started at 8:30 am with a session on "Trends in managing Tracheoesophageal Fistula (TEF)" by Dr Santhosh Prabhu, Associate Professor, Department of Paediatric Surgery, KMC, Manipal. He discussed the pathology of Tracheoesophageal fistula, associated anomalies, clinical features, diagnosis, management and also the pre and post-operative care. The second session was by Dr Sundeep P T, Associate Professor, Department of Paediatric surgery, KMC Manipal, who explained regarding Diaphragmatic Hernia, its treatment and management.



The inauguration of the program began at 10:00 am with an invocation by Second Year MSc Nursing (Child Health Nursing) students. Ms Kalyani Biswas, the student convener welcomed the gathering. The overview of the workshop was given by Dr Mamatha S Pai, Professor, MCON, Manipal. An inspiring message was given by Dr Anice George, Dean Manipal College of Nursing, Manipal. The chief guest Dr Pragna Rao, Dean,

Kasturba Medical College, Manipal, in her inaugural address congratulated the organizers for taking up the topics appropriate to clinical practice. Ms Arline Tency D'Souza Second Year MSc Nursing Student (Child Health Nursing) proposed the vote of thanks.

The third session was taken by Dr Vijay Kumar, Professor, Department of Paediatric surgery, KMC on evidence-based practice in anorectal malformation. The fourth session was by Dr Vikram Palimar, Professor, Department. of Forensic Medicine KMC, Manipal on medicolegal aspects in paediatric practice. He discussed the paediatric medicolegal cases (MLC), procedure of registering a MLC and duties of nurse in documentation of MLC. Post lunch session was taken by Mrs Shiny Mathew, Associate Professor, St John's College of Nursing, Bangalore, on evidence-based practice in care of a surgical child. A session on stoma care was dealt by Dr Mamatha S Pai mainly focusing on the nursing management. The team from Coloplast company discussed the different types of stoma bags and application of skin barriers (creams and powders) during stoma care.

The regional workshop ended with thank you note from MSc students Jane Jyothi Mathias. Overall feedback from the participants was very good. The participants expressed that the sessions were beneficial.

Poster Competition

As a part of International Childhood Cancer Day, the poster competition was held at MCON Manipal on the theme "Working together towards advancing cures, transforming care and instilling hope". The objective was to create an awareness regarding common childhood cancers, its management and prevention. The faculty and students from MCON, MSON, WGSMA and MCOPS, Manipal, participated in the competition. A total of 42 posters were evaluated. Ms Anasuya V Prabhu, Assistant Professor, MCON and Ms Kalyani Biswas, Second Year MSc Nursing student bagged the first prize and Gandemally Annapporna from WGSMA secured the second prize.

Guest Lecture (Switzerland)

A session on "Operation Theatre (OR) Nursing Practices in Switzerland" was organized by the Department of Child Health Nursing, Manipal College of Nursing, MAHE, Manipal, on 8 February 2018 in the second floor classroom, MCON on the topic "Operation Theatre (OR) Nursing Practices in Switzerland" by Ms Selina Baumgarther, Ms Salome Widmer, OR Nurses, Kantonsspital Aarau, Switzerland. There were 69 participants including faculty, undergraduate and post graduate students of the college.



Children's Day Program

Children's Day in India is celebrated every year on 14 November to increase the awareness of people towards the rights, care and education of children. The Department of Child Health Nursing, Manipal College of Nursing, Manipal, along with 35 students of Third Year BSc Nursing and 10 students of Second Year PBBSc Nursing organized the children's day program on 18 November 2017 at "Ashanilaya", a home for the mentally challenged children and CSI boy's orphanage, Snehalaya, Udupi.



Various games were conducted for the children in coordination with the teachers and caretakers of the institutions. The students of the respective institutions gave their best performance in the form of dance and singing. Prizes were given to the winners of the games, followed by distribution of sweets to all the children. There were total of 85 children (40 in Asha Nilaya and 45 in Snehalaya) who actively participated in all the events of games and entertainment and made the day a memorable one.



Department of OBG Nursing



Dr Sushmitha R Karkada, Dr Maria Pais, Mrs Shobha, Dr Sonia R B D'Souza, Dr Judith A Noronha,
Mrs Ranjani P, Mrs Pratibha, Mrs Sweety J Fernandes

About the department:

The department of Obstetrical and Gynecological Nursing takes pride in quality teaching. It provides courses in Obstetrical and Gynecological nursing with theoretical and practical elements to undergraduate and post graduate students. We prepare our graduates and post graduates with necessary skills and knowledge to provide comprehensive maternal and child care. The department encourages student research in the core areas of women's health, reproductive health, high risk pregnancy, neonatal care and related health areas pertaining to women and newborn. We ensure effective and efficient services to our student community and enable them to function as educators, managers and researchers in the field of maternity nursing

Objectives

- To promote research activities in the college
- To enhance research skill of students and faculty in Manipal College of Nursing, MAHE, Manipal
- To promote evidence based practice through research
- To bring out research publications of both students and faculty

- To approve dissertation topics of MSc (N) and MPhil (N) students (this is done by all the PG faculty)
- To approve the PhD proposals of the faculty of Manipal College of Nursing Manipal

Research activities

1. Classical risk factors for Gestational Diabetes Mellitus – A systematic Review of Literature
2. Prevalence of GDM in South Asian Region – A systematic review
3. A study to assess functional assessment, quality of life and lived experiences of cervical cancer patients undergoing sensitization chemotherapy admitted to a tertiary level hospital of Udupi district, Karnataka- A Mixed Method Research
4. A cross-sectional study to assess the knowledge and dietary intake of macronutrients and micronutrients during first trimester among antenatal mothers attending antenatal clinic in selected hospitals of Udupi district
5. Effect of Physical Activity for controlling premenopausal symptoms in women: A Systematic Review

6. A retrospective hospital based study to identify the incidence ,factors predisposing to DIC and treatment modalities used for women during pregnancy and postpartum period
7. A study to determine the knowledge and attitude on different family planning methods and explore the preferences and barriers in using family planning methods among tribal women's in selected tribal areas of Udupi District, Karnataka
8. A retrospective survey to assess the effect of first trimester BMI and weight gain on pregnancy and fetal outcome among pregnant women in selected hospitals of Udupi District, Karnataka
9. Effect Of Pregnancy Obesity/Overweight And Weight Gain During Pregnancy On Maternal Outcome In Developed And Developing Countries - A Systematic Review Of Literature
10. Fear of childbirth and psychosocial preparedness of antenatal women
11. A comparative study of supine and prone positioning on behavioral organization and stress responses in preterm infants on ventilator support

Activities carried out

- Departmental CNE: 11
- Research ongoing: 04
- Research Completed: 02
- Publication details: 11
- Workshop and CNE conducted: 1
- Conference presentations : 08
- Outreach programs: 03

Details of research grants:

- No of grants applied: 04
- No of Grants received: 01

New Initiatives/Book Authored/Edited by faculty members

Manipal Handbook on drugs, contraceptives and instruments. Published in 2018

International Presentation/Resource Person

- Dr Sonia R B D'Souza and Mrs Sweety Fernandes conducted a CNE on "Advanced Obstetric and Midwifery Nursing" for the staff nurses of Al Salam Hospital Kuwait from 23 to 28 September 2017.
- Dr Judith A Noronha was a resource person for the topic "Risk of Bias" at the workshop on systematic review held at MCON, Manipal on 9 and 10 October 2017.
- Dr Sonia R B D'Souza was a resource person for the topic "Randomization process and Blinding" at the workshop on systematic review held at MCON, Manipal on 9 and 10 October 2017.
- Mrs Ranjani P was a resource person for the topic "Role of Yoga on Diabetes and Thyroid disease management" at the awareness program on Diabetes and Thyroid disease held at St Piyush Church, Udupi, on 16 October 2017.
- Mrs Prathiba was a resource person for the topic "Diabetes and management" at the health awareness program held at St Piyush Church, Udupi on 16 October 2017.
- Dr Sonia R B D'Souza was a resource person for the topic "Criteria for good attachment for breastfeeding and assessment" during the World Breast feeding week 2017 held at KH, Manipal on 3 August 2017.
- Dr. Judith A Noronha was the resource person and presented the paper on Evidence based practice and Systematic review at the National Conference "Nursing Research Basics and Beyond" held on 26th-27th April 2017.
- Dr. Judith A Noronha was the resource person and presented the paper on 'Gestational diabetes and Thyroid disease complicating pregnancy' at National Conference on "Trends in Reproductive Endocrinology "held on 13th April 2018 at Sri Gokulam College of Nursing, Salem

Awards/Recognitions:

- » Mrs Ranjani P was awarded the 'Good teacher award' for the year 2017
- » Dr Sushmitha Karkada was awarded the PhD

Newborn week

The Department of Obstetrics and Gynecological (OBG) Nursing and the Department of Child Health Nursing, Manipal College of Nursing (MCON), Manipal observed 'Newborn Week' from 15 to 21 November 2017 on the theme "Gender gap in Neonatal Survival-Time to Act". Based on this theme, a number of activities were organized by the Manipal College of Nursing for postnatal mothers, their newborns, staff and the students as part of the newborn week celebrations.



Various activities planned and conducted:

Activity 1: Write Up on the Theme

To enhance the awareness regarding the theme and its importance to the present status of India, a one-page write-up on the theme, was held for the staff and students of Manipal Academy of Higher Education on 28 October 2017.

Activity 2: Broadcast in Radio - FM-90.4 MHz

To promote awareness among the public regarding the theme, a role-play followed by a talk regarding the theme "Gender gap in Neonatal Survival-Time to Act" in Hindi was delivered by First Year MSc Nursing students of Obstetrics and Gynecological Nursing specialty.

The role-play and the talk highlighted the importance of gender gap, the various social determinants of the same and the declining sex ratios. The program was broadcasted on 17 November 2017 at 5:00 pm, 18 November 2017 at 12:00 pm and subsequently re-broadcasted on 21 November 2017 at 5:00 pm at Radio FM 90.4 MHz.

Activity 3: Awareness program on "Gender gap in Neonatal Survival - Time to Act" as well as newborn care for the postnatal mothers and their caregivers

An interactive health education session on various aspects of newborn care as well as an awareness program on the theme "Gender gap in Neonatal Survival-Time to Act" was conducted for the postnatal mothers and their caregivers admitted in the postnatal wards of Kasturba Hospital, Manipal on 17 November 2017 by Mrs Anjaline D'Souza.

Activity 4: Awareness program on "Gender gap in Neonatal Survival-Time to Act" as well as newborn care for the postnatal mothers and their caregivers

An interactive health education session on various aspects of newborn care as well as an awareness program on the theme "Gender gap in Neonatal Survival-Time to Act" was conducted for the postnatal mothers and their caregivers admitted in the postnatal wards of Dr TMA Pai Hospital, Udupi on 18 November 2017 by Mrs Shobha.

Activity 4: Educating the health professionals

To sensitize the health professionals regarding the theme "Gender gap in Neonatal Survival-Time to Act" as well as to make them aware regarding various aspects of essential newborn care, sessions were arranged on 20 November 2017. Dr Leslie E Lewis, Professor Paediatrics and Incharge of NICU, Kasturba Hospital, Manipal discussed the importance of the theme for the growth of India. The second session was conducted by Dr Nisha Rebello, Medical Officer, Rashtriya Bala

Swasthya Karyakaram (RBSK), Udupi Taluk on "Government schemes for women and children". This was followed by another session on "Complementary feeding for newborns and infants" by Dr Reshma Pai, Medical Officer, Rashtriya Bala Swasthya Karyakaram (RBSK), Udupi Taluk. The session highlighted the importance of locally available and seasonal foods to be given for the infants. A total of 17 post graduates and 12 health professionals benefited from the sessions.

Activity 4: Slum visit and awareness program

To galvanize support and build an alliance locally with individuals and also to sensitize people in the community on the theme "Gender gap in Neonatal Survival-Time to Act", a slum visit and an awareness program was organized for the slum dwellers of Saralabettu Slum by Dr Maria Pais, Assistant Professor - Senior Scale and Mrs Ranjani P, Assistant Professor - Senior Scale, Department of OBG Nursing on 21 November 2017. An awareness regarding the importance of the theme, various aspects of neonatal care, government schemes for women and children and complementary feeding for infants were discussed. Around 20 women participated and benefited from the program. At the end of the program, sweets were also distributed.

International Women's Day 2018



The Department of Obstetrics and Gynecological Nursing (OBG(N)) along with Second Year MSc OBG (N) specialty students of Manipal College of Nursing, Manipal Academy of Higher Education, Manipal in collaboration with Women's Cell, Milagres College, Kallianpura, celebrated International Women's Day 2018 on 7 March 2018 at Milagres College Kallianpur on the theme "Press for Progress". A total of 65 under graduate students and five faculty attended the program. Chief guest Dr Vincent Alva, Principal, Milagres College, Kallianpur, highlighted importance of womanhood. Dr. Pratap Kumar, Professor & Unit - I Head, Dept. of OBG, Kasturba Hospital Manipal, spoke on "Adolescent Health". He highlighted on the menstrual problems and especially on endometriosis which is an emerging concern. Dr. Maria Pais, Asst. Professor, Dept. of OBG (N), Manipal College of Nursing Manipal discussed healthy lifestyle practices for adolescents and Mrs. Ranjani P, Asst. Professor, Dept. of OBG (N), Manipal College of Nursing Manipal demonstrated yoga for the healthy living.

Also, a poster competition was held for faculty and students of constituent units of Manipal Academy of Higher Education on 7 March 2018, on the theme "Press for Progress". About 47 posters were displayed and the winners were awarded.

The Department of Obstetrics and Gynecological Nursing, Manipal College of Nursing Manipal along with St Lawrence Minor Basilica, Attur, Karkala, conducted an outreach program on 18 March 2018 at Attur.



Department of Mental Health Nursing



Mrs Asha K Nayak, Mrs Savitha, Mr Binil V, Dr Christopher Sudhakar, Dr Tessy Treesa Jose, Ms Rochelle, Mr Renjunal Y

About the department:

The Department of Psychiatric (Mental Health) Nursing, provides academic services and conducts research to promote mental health and prevent mental health problems of people, their families and communities as well as continuously intervene and rehabilitate patients with psychiatric problems and their families. It uses theories of human behavior as its scientific framework and requires the use of the self as its art or expression in nursing practice.

The department, under an experienced and dedicated faculty, renders quality education to undergraduate and post graduate students, assisting them in developing expertise and an in-depth understanding of the field. It helps students appreciate clients as individuals and develop skills to function as psychiatric nurses, enabling them to function as educator, manager and researcher in the field of psychiatric nursing.

The Department is also committed to provide opportunities for professional growth, including a fully individualized orientation, support for participation in

professional development activities and various in-service programs for the faculty.

Objectives:

- To enhance the learning of undergraduate and post graduate students in the class room and clinical area
- To provide need based care to the mentally challenged people
- To conduct departmental research
- To organize a continuing education program for the department faculty
- To observe World Mental Health Day, World Alzheimer's Day and World Suicide Prevention Day
- To conduct an outreach program

Research activities:

- A descriptive survey to assess the knowledge regarding disability benefits available for intellectually disabled children, quality of life and coping of

mothers having intellectually disabled children in selected special schools of Udupi District

- Lived experience of mothers having children diagnosed with intellectual disability: A phenomenological study
- A descriptive survey to determine the student nurses' perception on mental health clinical placement, confidence and stigma on mental illness in a selected college of nursing, Udupi district - A Collaborative study with University of Wollongong, Australia

Activities carried out:

- Departmental CNE: 11
- Research ongoing: 03
- Publication details: 07
- Research completed- 1
- Workshop and CNE conducted: 02
- Conference presentations: 03
- Outreach programs: 03

Details of research grants:

No of grants applied: 03

International Presentation/Resource Person

1. Mr Binil V was a resource person for the CNE on "Management of aggressive patients and restraining: Nurses Role" held at Father Muller Medical College Hospital, Mangaluru on 5 December 2107.
2. Dr Tessy Treesa Jose was a resource person for the topic "Lesson Planning" at MCPD workshop, Manipal.

3. Mrs Savitha was a resource person for the topic "Management of patients with dementia" at the World Alzheimer's Day held at Kodavoor, Malpe on 23 September 2017.

4. Mrs Savitha was a resource person for the topic "Mental health in Workplace" at the World Mental Health Day held at Manipal Technologies Pvt Ltd on 12 October 2017.

5. Mr Renjunal was a resource person for the topic "Forensic evidence collection" at the CNE held at MCON, Manipal on 19 August 2017.

6. Mrs Asha K Nayak was a resource person for the topic "Factors leading to suicide and its prevention among adolescents" at the World Suicide Prevention Day held at St Mary's High school, Shirva on 11 September 2017.

7. Dr Tessy Treesa Jose conducted a CNE on "Nursing Leadership and Management" for the staff nurses of Al Salam International Hospital Kuwait from 21 to 26 October 2017

8. Mr Renjunal conducted a CNE on "Overlooked therapies by Nurses in Psychiatric rehabilitation" at Hombelaku on 8 November 2017.

Awards/Recognitions

- » Mr Binil and Dr Christopher received the "Best poster award" at International Conference on Global Challenges in Health Care.
- » Mrs Savitha and Mr Binil won third prize in the poster competition held on the theme "Press for Progress" in view of the International Women's Day.

Highlight of Activities

World Suicide Prevention Day 2017

The World Suicide Prevention Day 2017 was observed at St Mary's High school, Shirva on 11 September 2017 between 11.00 am to 12.30 pm for 200 students by the faculty, Department of Psychiatric Nursing and students of Second Year Post Basic BSc Nursing, Manipal College of Nursing, Manipal. The gathering was welcomed and the theme 'Take a minute, change a life.' was introduced by Ms Dencita Corda, Second Year Post Basic BSc Nursing student.



Ms Asha K Nayak, Assistant Professor - Senior Scale, Department of Psychiatric Nursing, spoke on factors leading to suicide and its prevention among adolescents. A role-play based on the theme was enacted emphasizing the importance of how a small change in the perspective, a little understanding from significant others can help to prevent a tragedy.

World Alzheimer's Day 2017

The World Alzheimer's Day -2017 was observed at KSVK higher primary school, Moodubettu, Malpe on 24 September 2017 between 10:00 am to 12:00 pm. The program was jointly organized by the faculty of Department of Psychiatric Nursing, with Third Year BSc nursing students, Rotary club Kodavooru, Malpe, Yuvaka mandala Moodubettu and Navasuma Rangamancha, Kodavooru, Malpe.



The theme for World Alzheimer's Month 2017 was "Remember Me". Mrs Savitha, Assistant Professor, Department of Psychiatric Nursing introduced the day's theme and enlightened the gathering on identification, treatment and prevention of Alzheimer's disease. Mr Balakrishna, President, Navasuma Rangamancha, Kodavooru, while speaking on this occasion stated that it is important that people should be made aware of the early symptoms of the Alzheimer's disease and remedial measures that can be taken in time. The students enacted a role-play on signs and symptoms and early identification of Alzheimer's disease.

World Mental Health Day 2017

As a part of World Mental Health Day celebrations, Department of Psychiatric (Mental) Health Nursing, Manipal College of Nursing, Manipal, conducted programs throughout October 2017 at various settings in and around Manipal. The details are as follows:

Kasturba Hospital, Manipal

Various programs were organized at Psychiatric ward on 9 October and 10 October 2017. Dr Umesh S, Assistant

Professor, Department of Psychiatry, Kasturba Hospital, was the guest of honour for the official program on 10 October 2017. He addressed the patients and caregivers and created an awareness regarding mental health at the workplace. Mrs Joshila Mathias, Nurse In charge, spoke regarding the need for maintaining mental health among caregivers. The post graduate students of Manipal college of Nursing, Manipal conducted games for patients and caregivers and prizes were distributed to the winners of the games.

Manipal Technologies Limited, Manipal

An awareness program related to the theme 'Mental health in the workplace' was conducted on 12 October 2017 for the employees. Mrs Savitha, Assistant Professor, Department of Psychiatric Nursing was the resource person. Faculty members and Post graduate students interacted with the employees and created awareness on the importance of being mentally healthy at workplace. Mr Reghuramraj, Senior Executive HR, Manipal Technologies Limited, motivated the employees to take help from the professionals to meet their mental health needs.

Hombelaku (Psychiatric Rehabilitation Centre)

The Faculty and Students of Manipal College of Nursing Manipal actively participated in various programs organized by multi-disciplinary rehabilitation team of Hombelaku from 3 October 2017 onwards. The Nursing Faculty coordinated the competitions for inmates such as Rangoli, Solo Dance, Fashion show, Quiz. The undergraduate nursing students encouraged the inmates who participated in outdoor games, athletics and cultural activities. The valedictory function and prize distribution were held on 25 October 2017. Dr Judith Noronha, Associate Dean, Manipal College of Nursing, Manipal, addressed the gathering along with other guests. Ms Rochelle Jane D'Sa, Lecturer, Manipal College of Nursing, compered the program.



Student Nurses Association 2017-18



1st row (left to right): Ms Steffi Fernandes, Ms Virginia Noronha, Mr Tenzin Thupten, Mrs Jeyalakshmi K, Mrs Asha K Nayak, Ms Jovisa Sonali D'souza, Ms Asha Meena D'souza, Ms Nyima Lhamo.

2nd row (Left to right): Mr Jerry Biju, Ms Tenzin Lhamo, Ms Fatema Mohammed, Ms Tenzin Yangchen, Ms Amanda Varghese, Ms Ansa K S, Ms Aishwarya Boby, Ms Samina Gurung, Mr Joe James.

"Individual commitment to a group effort – That is what makes a team work, a company work, a society work, a civilization work."

With the commitment to teamwork, the SNA 2017-18 initiated the responsibility with the motto, "Fly high, go up and conquer your dreams". The students were divided into four groups; Falcon, Albatross, Hornbill and Phoenix, to participate in various competitions. The SNA had six committees to deliberate the activities and was guided by the Faculty advisor Mrs Asha K Nayak, Co-advisor Mrs K Jeyalakshmi, presided by the student representative, Mr Tenzin Thupten. The SNA had organized regular General Body meetings, executive meeting and cabinet meeting. The students had the opportunity to discuss their issues in an open forum in the presence of faculty members.

The SNA had organized and observed special days such as International Day of Yoga on 21 June 2017,

Teachers Day celebration on 5 September 2017, Debate and Elocution competition on account of the Nation Salutes Sardar Vallabhbhai Patel on 31 October 2017, new India Manthan from 9 August 2017 to 24 August 2017, *Sadbhavana Diwas* on 19 August 2017 on account of the birth anniversary of Prime Minister Late Rajiv Gandhi, Armed Forces Flag Day on 7 December 2017, *Swachhta Hi Seva* on 10 September 2017 and *Matrihasha Diwas* on 21 February 2018. The SNA also took initiative to organize Live telecast on Handling Examination stress and making exams Fun by Honourable Prime Minister Shri Narendra Modi on 16 February 2018.

The students participated in various competitions such as poem writing, floral decoration, quiz competition, story writing and painting competition. The students won several prizes in the intercollegiate competitions.



Floral Decoration as 4th Sep 2017



International Yoga Day 2017 as 21st June 2017

SNA Cabinet Members and Faculty Advisors – 2017-18

	Student	Faculty Advisor
President	Mr Tenzin Thupten	Advisor: Mrs Asha K Nayak
Vice President	Ms Ansa K S	Co-advisor Mrs Jeyalakshmi K
Secretary	Ms Tenzin Yangchen	
Joint Secretary	Ms Fatema Mohamed	
Treasurer	Ms Samina Gurung	
Joint Treasurer	Mr Jerry Biju	
Club Chairperson	Ms Verginia Noronha	Advisor: Mrs Ranjani P Co-advisor: Mrs Sangeetha Priyadarshini
Cultural Chairperson	Ms Steffi Fernandes	Advisor: Dr Elsa Sanatombi Devi Co-advisor Mr Vinish V
Cultural Secretary	Ms Nyima Lhamo	
Sports Chairperson	Ms Jovisa Sonali DSouza	Advisor: Dr Malathi G Nayak Co-advisor Mrs Pratibha
Sports Secretary	Mr Joe James	
Education Chairperson	Ms Tenzin Lhamo	Advisor: Mrs Shalini G Nayak Co-advisor Mrs Janet Prameela D'Souza
Health Social Welfare Chairperson	Ms Amanda Varghese	Advisor: Mrs. Savitha Co-advisor Mrs Latha T
Health Education Chairperson	Ms Asha Meena D Souza	Advisor: Mrs Anusuya Prabhu Co-advisor Mrs Charlet Jasmine Vaz
Judiciary Chairperson	Ms Aishwarya Boby	Dr Anice George

Cultural Committee



1st row (Left to right): Ibey Joseph, Steffi Mradula Fernandes, Nymia Lhamo, Kavya Babu, Saritha Yadav
2nd row (Left to right): Deeksha, Marina D'Souza, Mr Vinish V, Dr Elsa Sanatombi Devi, Pritha Roy Ghatak, Helen Baby

The cultural committee is one of the source of merriment in a student's life. The entertainment is about taking people away from their regular routines and filling it with joy and relaxation. The cultural committee of the SNA was elected on May 2017. The cultural committee provides a platform to students to display their talents.

Advisor: Dr Elsa Sanatombi Devi

Co-advisor: Mr Vinish V

Committee Chairperson: Ms Steffy Mridulla Fernandes

Committee Secretary: Ms Nyima Lhamo

The aim and objective of Cultural Committee 2017-18 were:

1. To find out the hidden talents in the students of the college
2. To provide opportunities to expose the talents of the students
3. To build up creativity by planning various activities
4. To raise the students confidence level by participating in different competitions

5. To improve the social relationship by involving in the upcoming inter collegiate events
6. To bring out leadership quality by organizing programmes
7. To enhance personality development through active participation
8. To spread awareness about cultural heritage of India
9. To impart competitive spirit and team work among the students
10. To keep up the prestige of the college by quality performance

The job responsibilities of the Cultural Committee 2017-18 were:

1. To select the members for the committee
2. To conduct executive meeting
3. To discuss plan about the activities of the year
4. To distribute responsibilities among the committee members
5. To organize and conduct various cultural programmes

6. To attend university cultural coordination meetings
7. To select and send students for various intercollegiate competitions
8. To take permission for the students to participate in the intercollegiate competition
9. To take decisions regarding cultural day of college
10. To select members for the reception, refreshment and volunteering
11. To decide and invite judges for the programme
12. To prepare the committee reports
13. To help the SNA to carry out the activities

Events conducted:

Fresher's Day celebration

The Fresher's day was conducted on 17 August 2017 in Dr TMA PAI Hall. Dr Anice George addressed the gathering by welcoming the fresher's to MCON, Manipal. Dance and a song performance were presented by the II and III year BSc (N) students. The IV year students conducted the game session for freshers'. The freshers' showcased their talents by doing amazing performances.

Teachers Day celebration

The Teachers Day celebration was held on 5 September 2017 in Dr TMA Pai Hall. The Teachers Day message was given by Dr Judith A Norohna. The students of Second year BSc (N), First year BSc (N) and Second year MSc Nursing performed a song and dance dedicated to the teachers. Mrs Manjula, Assistant Professor of CHN presented a lovely Kannada song. The games were conducted by the third year BSc Nursing students

Onam celebration

The Onam celebration was conducted on 16 September 2017 in Dr TMA Pai Hall. The Onam message was given by Dr Jyothi Chakrabarty, Professor and entry of Maveli to bestow the gathering. Dr Anice George, Dean, MCON Manipal addressed the gathering. The Onam cultural show was presented by the III year BSc students, Thiruvathira group dance was performed by the I year BSc (N) Students, a group song by II year BSc (N) students and games session were conducted by the IV year BSc Nursing students.

Deepavali celebration

Deepavali celebration was conducted on 17 October 2017 in Dr TMA Pai hall. Ms Shalini G Nayak gave the Deepavali message. The diya dance was presented by the first year BSc Nursing students and a duet song was performed by the second year BSc Nursing students. The participants from all the four groups of the SNA participated in the Dandiya dance competition.

Christmas celebration

The Christmas celebration was conducted on 12 December 2017 in MIT library auditorium. Dr Anice George addressed the gathering and gave the Christmas message. The Christmas dance was presented by the first year BSc Nursing students, Christmas carols were sung by the second year BSc Nursing students. The Santa Claus dance was performed by the third year BSc Nursing students and games were conducted by the fourth year BSc Nursing students.



Imprintz

Imprintz, the cultural fest of MCON was organized on 11 November 2017. The Chief Guest Dr Sambith Dash, Secretary, cultural coordination committee, MAHE, inaugurated the fest. There were various competitions held on the day. All groups actively participated in competitions. Off stage events were also organized before the day of the main event. The prizes were distributed to the winners.

Utsav 2018

Utsav 2018 was celebrated from 02 April 2018 to 06 April 2018. There were various competitions conducted and our college participated in 31 different events.

Our college's Western Vocal Group secured the third place in the Utsav competition and Mrs Ranjani, Assistant Professor, Department of OBG, secured the second place for her desserts in the cooking competition.

Sports Committee



1st row (Left to right): Joe James, Mrs Parathibha, Dr. Malathi G Nayak, Jovisa Sonali D'Souza
2nd row (Left to right): Tenzin Chime, Kalsang Dolma, Anushree Naik, Andria, Ancil Hanston

The Sports Committee functions under the guidance of Dean, Dr Anice George, Sports Advisor Mrs Malathi G Nayak, Sports Co-Advisor Mrs Pratibha, Assistant Director of physical education Mrs Shanthi P, Sports Chairperson Ms Jovisa Sonali D'Souza and Sports Secretary Mr Joe James.



The Manipal Academy of Higher Education and its constituent Institutions of Manipal celebrated the 71st Independence Day on Tuesday, 15 August 2017, at the University premises in a very colourful ceremony. Twenty-two contingents from various Institutions participated in the parade. The best three contingents

were awarded. The Manipal College of Nursing Manipal secured the first place as the best contingent award. The awards were given by Dr H S Ballal, Pro Chancellor, MAHE, Manipal.

Our college students participated in the Intercollegiate events such as swimming, table tennis, chess, badminton and cross country in the month of September 2017.

Our faculty members also participated in the Intercollegiate carom event and Ms Surekha secured the first prize in the carom doubles held on 9 July 2017.

The Manipal College of Nursing, Manipal, organized the MAHE Intercollegiate staff Squash Racket tournament for Men on 8 October 2017 at Marena. A total of ten staff members from various colleges took part in the competition.

Ms Jovisa Sonali D'Souza represented MCON in the South Zone Inter University women cricket tournament which was held at Bangalore University, Bangalore, from 2 to 5 November 2017.

The 27th Annual Sports Meet of the Manipal College of Nursing Manipal was held on 19 January 2018 at MIT Stadium. Dr (Col) M Dayananda, Medical Superintendent and COO, Kasturba Hospital, Manipal, was the Chief Guest for the Inaugural function. Dr Anice George, Dean, introduced the Chief Guest and delivered the welcome address. The Chief Guest, while addressing the students said that for the overall development of the individual, it is very important to have co-curricular and extracurricular activities along with the curricular activity. He advised the students to make best use of the facilities provided by the University. The inaugural function concluded with vote of thanks by the sports advisor of the College, Dr Malathi G Nayak.

The majority of the students and the staff members participated in various events with great enthusiasm.



The valedictory function was held at 4:00 pm. Dr Raghu Radhakrishnan, Professor and Director, Office of International Affairs and Collaboration, MAHE, was the Chief Guest for the closing ceremony. Dr Judith A Noronha, Associate Dean, introduced the Chief Guest and delivered the welcome address. The Chief Guest, while addressing the students said that nursing is a noble profession and that nurses are the angels who spend more time with the patient care in the hospital. They require physical activities like sports and also highlighted the importance of sports.

The individual championship and Best Outgoing Sports Man was bagged by Mr Gautham Kumar, fourth year BSc Nursing student. Ms Anushree Naik, third year BSc Nursing bagged the individual championship for women. Ms Jovisa Sonali D'Souza, fourth year BSc

Nursing, bagged the Best Outgoing Sports Woman. The group 'FALCON' won the overall championship. The programme came to an end with a vote of thanks by Mrs Pratibha, Sports Co-advisor.



The Manipal Academy of Higher Education and its constituent Institutions of Manipal celebrated the 69th Republic Day on 26 January 2018 in the premises of Manipal edu in a very colourful ceremony. Twenty-one contingents from various institutions participated in the parade. The best three contingents were awarded. The Manipal College of Nursing, Manipal, bagged the best contingent and Manipal School of Nursing bagged the second best contingent. The awards were given by Dr HS Ballal, Pro Chancellor, MAHE, Manipal.



Manipal Academy of Higher Education (MAHE) Intercollegiate Staff Athletic Meet 2018 was held on 28 January 2018.

The following MCON staff participated and won two Gold, four Silver and four Bronze Medals.



Sl No	Name of the Participants	Event
1	Ms Sulochana B	3rd place in Short Put 3rd Place in Javelin Throw
2	Dr Malathi G Nayak	1st place in Javelin Throw 2nd place in Discuss Throw 3rd place in Short Put
3	Ms Pratibha	2nd place in Discuss Throw
4	Dr Ramesh C	3rd place in 3000 m Race
5	Ms Bharathi R Nayak	Participated in Short Put and 1 km walk
6	Mr Deepak Shetty	2nd place in 800 m 2nd place in 1500 m 1st place in 4 x 100 Relay



Intercollegiate sqash



The MCON students participated in the intercollegiate cricket event held on 2 February 2018 and the MCON team won against the SOC team in the first round and

lost in the second round with SOAHS. MCON also participated in the intercollegiate badminton held on 15 and 16 February 2018.



The intercollegiate athletic meet was held in the MIT grounds on 18 and 19 February 2018. MCON secured the first place in long jump and the second place in high jump by first year BSc Nursing students; Mr Alson and Ms Viola.

The intercollegiate volleyball tournament was held on 23 and 24 February 2018 and MCON women team secured the first place in the match.

MCON organized the intercollegiate football (W) event from 3 to 4 March 2018.



Mr Gautham Kumar represented MCON in the Udupi District Cricket Association team in the League cum knock out tournament organized by the Karnataka State Cricket Association held on 30 March 2018.



Health and Social Welfare Committee



1st row (Left to right): Frincel Lobo, Natasha Nazerath, Mrs Savitha, Mrs Latha, Melvita Beconiya Andrade, Sona George, Aswitha **2nd row (Left to right):** Julie Maria, Mmoloki Thato Raboroko, Amanda Varghese

Advisor: Mrs Savitha

Co-advisor: Mrs Latha T

School Health Program

The Health and Social Welfare Committee of Student Nurses Association (2017-2018) organized a School Health visit on 15 August 2017 to Government Higher Primary School, Sagri, Nole. Twenty-one students of Manipal College of Nursing under the guidance of four faculty members; Mrs Savitha, Assistant Professor; Mrs Latha T Bhat, Assistant Professor (Health and Social Welfare Committee Advisors) and Mrs Anasuya V Prabhu, Assistant Professor; Mrs Charlet Vaz, Lecturer (Health Education Committee Advisors) visited the school between 10:00 am and 12:00 pm.

The activities started with health education on "Personal and Environmental Hygiene" related to "Swachh Bharat Abhiyan" to all the children and staff present in the school. Followed by this, the children were categorized into different groups and games were conducted accordingly. The children enjoyed immensely and were quite excited about the games. They eagerly participated in all the activities. The winners were given prizes. At the end of all the activities, sweets were distributed.

Committee Chairperson: Ms Amanda Varghese

Plantation Report

The committee had organized a Plantation activity on 10 September 2017 from 9:00 am to 11:00 am, in front of Manipal College of Nursing, Manipal. The activity was successfully done under the guidance of Mrs Savitha (advisor of Health and Social Welfare) and Mrs Latha (co-advisor of health and social welfare). Ten students of our college participated for the activity. We also planted ten varieties of flowering and non-flowering plants.



Health Education Committee



1st Row (Left to right): Jyothsna Menezes, Asha Meena D'Souza, Mrs Anusuya Prabhu, Mrs. Charlet Vaz, Vidya, Vrashika Amin, Pooja Amin, Diana Menezes **2nd Row (Left to right):** Benita D'cunha, Anisha D'Souza, Ashral Lewis, Riya Mendonca, reshale Fernandes, Melvita Britto, Melisha D'Souza, Sharal Supriya, Ranjith Kumar

Advisor: Mrs Anusuya V Prabhu

Co-advisor: Mrs Charlet Vaz

Committee Chairperson: Ms Asha Meena D Souza

The objectives of the committee were:

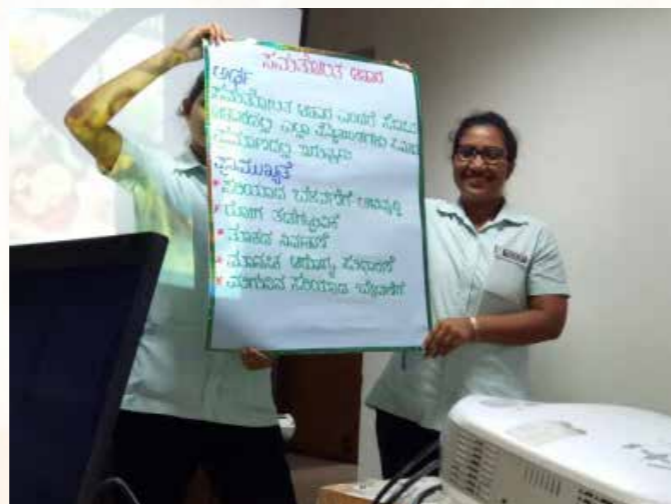
- To conduct committee meeting and discuss the health issues of patients to provide awareness
- To cultivate the desirable health practices and health habits
- To develop health consciousness in the community
- To conduct health education programmes of selected problems in cardiac, orthopaedic, oncology surgical and medical wards
- To create awareness in various aspects of health promotion, health maintenance etc
- To demonstrate procedure to improve skills of patients and caregivers

A health education was conducted on 15 August 2017 regarding "Swachh Bharath Abhiyan" in a government school at Sagri, Nole. A role play was conducted regarding the importance of environmental sanitation followed by a health education session regarding the importance of clean surroundings, role of students in keeping the surroundings neat and clean at home and school.





The health education was given on 15 November 2017 on the topic "Family planning methods" in post natal wards of Kasturba Hospital. Mothers were given awareness on various methods on contraceptives including barrier methods, chemical methods, intrauterine devices, hormonal pills. The indications, contraindications, side effects were explained.



The health education was conducted on 24 January 2018 on the topic "Care after radiation therapy" in cancer wards of Kasturba Hospital Manipal. Clients were taught about the precautions to be taken during and after radiation therapy, nutritional aspects during and after the treatment and care of skin and hair during the treatment.



On 21 February 2018 health education was conducted in orthopedic wards on Kasturba hospital and clients were educated regarding "Care of plaster cast and external fixator".



15 December 2017 educated regarding the "Balanced Diet" in the paediatric wards of Kasturba Hospital. Children and their parents were taught about the importance of balanced diet, nutritional requirements in children and were also explained about various foods that are rich in protein, vitamins, calcium, minerals, carbohydrates etc.



SNA Club Report 2017-18



1st row Left to right: Mittu, Danu Mary James, Anjitha, Shreelalitha, Mrs Sangeetha Priyadarshini, Verginia Amitha Noronha, Mrs Ranjani P, Shwetha, Tenzin Yingsel, Tenzin Khandro **2nd Row Left to right:** Hayyali, Alan Mariya George, Sarah D'souza, Racheal Sandra Noronha, Sushma Nayak, Sahana, Vinslet Alisha Ferro, Delvia, Shailesh Poojary

Advisor: Mrs Ranjani P

Co-advisor: Mrs Sangeetha Priyadarshini

Committee Chairperson: Ms Verginia Noronha

Activities of SNA club:

- Distribution of textbooks and notebooks to respective classes
- Supplied pocket articles for the First year BSc (N), First year PB BSc (N) and First year MSc (N) student
- Supplied name plate to all the batch of students
- Fund Raising Program was organized during the Teacher's Day and Onam celebration.
- Fund raising program was organized during the Diwali celebration, Imprintz and sports day.
- Distribution of sweets for Diwali celebration, Christmas and New Year celebration.
- Arranged refreshment for march past students on Republic Day
- Distribution of t-shirt to the respected teachers and students



SNA Education Committee



Left to right: Ms. Alena Saji, Ms. Jesly Anna James, Ms. Tenzin Lhamo, Mrs. Shalini G Nayak, Mrs. Janet Prameela D'souza, Ms. Alphonsa E T , Mr. Simson D'souza

Advisor: Mrs Shalini G Nayak

Co-advisor: Mrs Janet Prameela D'Souza

Committee Chairperson: Ms Tenzin Lhamo

Objectives:

1. To achieve and maintain the academic performance of students at higher level
2. Encourage maximum participation of students in various intra-collegiate literary competitions
3. Cultivate creative thinking to foster hidden talents of the students
4. Induce values of education among students in general
5. Help the students to be aware of newer developments and keep pace with the developmental changes in the field of medicine and nursing

6. To motivate the students to participate and present posters
7. Display important matters on the notice board and make aware of all events in prior

Events conducted:

1. Poem writing on 19 August 2017
2. Story writing competition on 15 September 2017
3. Painting competition on 23 September 2017
4. Preliminary round of quiz on 28 September 2017
5. Collage competition on 10 of October 2017
6. Final round of quiz on 20 October 2017
7. Debate and elocution competition on 31 Oct 2017
8. Creative writing competition on 4 November 2017

Judiciary Committee



Left to right: Jeena Rachel, Treesa Mary Varghese, Dr Anice George, Aishwarya Bobby, Sherin Shajan, Ashitha Saju

Awards and Annual Day



Nurses form the largest cadre of professionals in the health care setup. "The nursing profession needs a complete image change to achieve the Sustainable Developmental Goals (SDG) and there is an urgent need for transformation in both government and private sector", said Dr Rathi Balachandran, Assistant Director General of Nursing, Ministry of Health and Family Welfare, Government of India during the 24th Awards and Annual day function of MCON, MAHE, Manipal held on 27 January 2018 at Dr TMA Pai Hall, KMC, Manipal.



The Guest of Honour, Mr Srikanth Phulari, Registrar, Karnataka State Nursing Council, Bangalore, in his address congratulated MCON for being a pioneer in the field of nursing profession. He also appreciated the resources provided to the students for their learning in the form of excellent faculty and infrastructure. Dr Poornima Baliga, Pro Vice chancellor, in her presidential address applauded the Dean and faculty members of MCON, Manipal, as disciplined and well versed in the curricular and co-curricular activities.



Dr Anice George, Dean, MCON, Manipal, presented the annual report of the college highlighting the various events, activities and achievements of the college.

The meritorious students of BSc Nursing, PBBSc Nursing, MSc Nursing and MPhil Nursing were awarded during the event. Ms Sharal Niveditha D'Sa was the 'Best Outgoing BSc Nursing' student of the year 2016-17. Ms Niyola Jenifer Dsilva received the award for 'Best Clinical Expertise' in the BSc Nursing outgoing batch of 2017. Mrs Ranjini P and Mrs Shalini G Nayak, Assistant Professors received the "Good Teacher" award. Dr Baby S Nayak, Professor, Department of Child Health Nursing received the "Most Accomplished" faculty members award.



Mr Tenzin Thupten, SNA presented the report of Student Nurses Association 2016-17. Dr Judith A Noronha, Associate Dean, MCON, Manipal, welcomed the gathering. Dr Christopher Sudhaker, Professor and Deputy Director, Quality and Compliance and Dr Mamatha S Pai, Professor introduced the Chief Guest and the Guest of Honour, respectively. The vote of thanks was delivered by Mrs Ansuya. The program was compered by Ms Roseminu, Lecturer, MCON. The formal program was followed by a cultural extravaganza by the students and the faculty members of the College.

Faculty Development Program 2017



The Continuing Nursing Education committee of Manipal College of Nursing Manipal, MAHE organized the Faculty Development Program 2017 from 25 to 26 July 2017. The chief guest Dr Poornima Baliga B, Pro Vice-chancellor, Health sciences and Dean KMC, Manipal, appreciated the efforts taken by the institution in organizing the kind of events that fosters the holistic growth of an employee. In her inaugural speech, she emphasized on the importance of an outcome-based learning, a future perspective and shared her views on approaching clients in a different way using complementary and alternative therapies.

The first session of the day was on overview of Nursing Process by Mr Jomon CU, Lecturer from Department of Fundamentals of Nursing, MCON, MAHE. The Research Core Committee of MCON, Manipal, facilitated various sessions like 'Applying for grants' by Mrs Manjula, Assistant Professor, Department of Community Health Nursing, "Applying for travel scholarships" by Mrs Sulochana, Associate Professor, Department of

Fundamentals of Nursing, "Writing a scientific paper" by Dr Baby S Nayak, Professor, Department of Child Health Nursing and Dr Sonia R B D'Souza, Associate Professor, Department of OBG Nursing followed by a session by Mrs Sheeba Pakkan, Bibliometrician from Directorate of Research, MAHE on Researchers Visibility.

On 26 July 2017, the Member Secretary of Ethics Committee of KH Manipal Dr Stanley Mathew and Dr Smitha Shenoy briefed about the issues related to IEC and emphasized about the monitoring process of the ongoing and completed projects. A session on "Effective ways to give feedback" was taken by Dr Barathi S Subramanian, Professor Department of Physiology, MMMC Manipal. The afternoon session was taken by a versatile resource person Dr G Robert Clive Professor, Department of Social Sciences, Crossland College Bramhavar, Udupi on "Academic tenacity".



Each Department presented a research analysis of the last academic year and proposal for the next academic year. A total of 75 faculty attended the FDP 2017.

Continuing Nursing Education at Al Salam Hospital, Kuwait

Manipal College of Nursing had conducted five continuing nursing education session at Al Salam Hospital, Kuwait. The CNE sessions were: Advanced Obstetric and Midwifery Nursing, Nursing Leadership and Management, Advanced Pediatric Nursing, Advanced Critical care Nursing and Advanced Neonatal and Pediatric Nursing. Each session had 30 staff nurses as participants. Two faculty members were sent from the college based on their expertise in the specific area. Interactive sessions with hands on experience were provided to the participants.



International Nurses' Day 2018

Nurses' Week activities

Manipal College of Nursing and Manipal School of Nursing Manipal celebrated the International Nurses' Week from 6 May 2018 to 11 May 2018. As a part of this, various activities were scheduled such as Nurses' Trivia, Health Awareness Camp, Poem Competition, Collage Competition, Dental Checkup and Mental Health Camp and a Seminar on the ICN theme for the 2018 Nurses' Day. "Thank You cards" were given to nursing administrators as a token of gratitude for their service. The International Nurses' Day formal program was held on 11th May 2018 in Dr TMA Pai Auditorium of KMC, Manipal.



Collage competition



Collage competition

Dental checkup and Mental health screening program:

As a part of the International Nurses' week celebration, the department of Community Health Nursing organized a Dental checkup and Mental health screening for

inmates of Spandana, Special School, Santhekatte, Nejar, Kallianpura.

The Department of Public Health Dentistry along with the Department of Psychiatry conducted a camp at Spandana, Special School. A total of 42 inmates were screened for mental health. A dental checkup was done for 31 clients, among which five of them had oral prophylaxis treatment. Six clients were referred for further treatment to Kasturba Hospital Manipal. Out of 42 inmates, none were obese, 10 were below the expected weight for height and two of them had high blood sugar level. The director conveyed that the camp was beneficial for the group.

Health screening and awareness program:

Health screening and awareness program was conducted by the Department of Fundamentals of Nursing in Mattar area of Udupi District on 6 May 2018, between 9:00 am to 1:00 pm, as a part of the Nurses' day 2018. Around 60 people attended the program. The health screening included assessment of height, weight, blood pressure and blood sugar. A respiratory assessment and breast examination was also performed. Individual awareness was given to each of the persons based on their requirement. The participants were enthusiastic in attending the awareness program and raised many questions and clarified their doubts.



Dental Health Screening



Health Screening and awareness at Mattar



Health Screening and Awareness



Mental health screening

Nurses' Trivia:

The "Nurses' Trivia competition" was organized by the Department of Obstetrics and Gynecological Nursing as part of the International Nurses' Day 2018 on 7 May 2018 from 2:00 – 4:30 p.m.



Altogether, 39 candidates participated in the competition. The participants included the faculty members and the students of Manipal College of Nursing and Manipal School of Nursing and the staff nurses as well as the ward sisters from Kasturba Hospital, Manipal.

The competition required the participants to speak about their experiences or fun situations or lessons learnt during their professional experience. They could also narrate their experiences through anecdotes or situations that they encountered during their student days or during their professional life. Each participant was given a time limit of three minutes to speak on the topic.

The first prize was won by Mrs Charlet Jasmine Vaz, Lecturer, Department of Fundamentals of Nursing. The second prize was secured by Mrs Yashoda S, Assistant Professor - Senior Scale and the third prize was bagged by Mr Joe James, Third Year BSc Nursing student, Manipal College of Nursing, MAHE. The organizers thanked the judges and the participants for their active participation and competitive spirit.

Poem Writing and Collage Competition:



Poem Competition

The department of Mental Health Nursing organized a poem writing competition on 8th June 2018 between 2:00 to 3:00 pm in I BSc Nursing classroom, third floor, MCON, as part of the International Nurses Day celebration on the theme "Perception about a nurse and nursing profession". A total of 23 candidates participated in the competition. Mrs Shalini Quadros, Assistant Professor, Department of Occupational Therapy, SOAHS and Mr Biju Soman, PG student, Department of Hospital Administration, Prasanna School of Public Health, MAHE, were the judges for the competition. The same department organized a collage competition on 9 June 2018 between 3:00 to 4:00 pm in I BSc Nursing classroom, third floor, MCON, on the theme "Nurses: A Voice to Lead- Health is a Human Right". Mr Praveen A Jain, Lecturer, Psychiatric Social Work, Department of Psychiatry, Manipal and Mr Anil Raj, Lecturer, Department of Medical Surgical Nursing, MCON, MAHE, were the judges for the competition

Seminar:

The faculty and students of Manipal College of Nursing and Manipal School of Nursing Manipal celebrated the International Nurses' day on 11 May 2018, on the theme "Nurses: A voice to lead - Health is a human right" at Dr TMA Pai Auditorium, MAHE, Manipal. Mrs Soumya Christabel, convener of the seminar welcomed the moderator and the speakers for their positional roles.



The faculty members of Medical Surgical Nursing Department organized the Seminar with Dr Linu Sara George as the moderator and resource persons for the themes were Dr Leena Sequira, Dr Sushmitha R Karkada and Mrs Shalini G Nayak.

Dr Leena Sequira emphasized on the topic "Health is a Human Rights" as focused by the International Council of Nurses (ICN). The key areas covered were; right to health, health responsibility, why nurses a voice to lead and how the right to health applies to nurses. She also highlighted on the challenges set before us in maintaining health, general principles of health system and determinants of health including the core elements of health function.

Mrs Shalini G Nayak spoke on the topic "Unpacking the complexity and access to healthcare". The areas of deliberations included; access to health care, dimensions and determinants of access to healthcare. She has emphasized in her talk that poor health literacy and disparity among the indigenous and the nonindigenous population is the important cause of unmet needs. The talk ended with the solution to have better access by stepping towards the "patient centered approach" from the "pattern centered approach".

Dr Sushmitha R Karkada accentuated on the "investment and economic growth in health". She mentioned on the policy directions to enable health, Universal Health Coverage (UHC) as an investment towards the health and the benefits of UHC. The session concluded with the highlight on the strategies for investment in health workforce. The students and faculty took part actively in the seminar by raising various concerns in health care and solutions were addressed by The Dean and Resource persons.

Curriculum Convention 2017



Curriculum convention is a deliberate effort to gather the stakeholders under one platform with the purpose to bring changes in the existing curriculum to cater to the needs of the customers. Manipal College of Nursing, Manipal Academy of Higher Education, Manipal, organized the curriculum convention for the third consecutive year on 21 October 2017.

College of Nursing, CMC Vellore and Dr K Ramnarayan, the Vice President, Faculty development and Alumni Relations, Chairperson, Manipal Academy of Higher Education, Jaipur Campus and the former Vice Chancellor of Manipal Academy of Higher Education. Dr Judith A Noronha, Associate Dean, welcomed the gathering and introduced the moderators.



The moderators for the session were Dr Tejinder Singh, Principal, CMC Ludhiana, Dr Selva Titus Chacko, Dean,



Dr Anice George, Dean Manipal College of Nursing, Manipal Academy of Higher Education (MAHE), in

her opening remarks emphasized the importance of the curriculum convention and the theme for the day “assessment for learning and assessment of learning”, as assessment is considered as an essential part of teaching learning process.

Dr K Ramnarayan in his presidential inaugural address emphasized that assessment drives learning. He expressed that formative assessment when compared to summative assessment is more important in bringing the changes in the learner’s behaviour. He described the six “F” of formative assessment such as facilitating, feedback, frequency, friendly, fast and fun-filled which need to be incorporated during the process of assessment.

The assessment of learning, usually summative, is mostly done at the end of a task, unit of work etc. and it is designed to provide evidence of achievement to parents, other educators and the students themselves. The assessment for learning, i.e., formative assessment happens during the learning, often more than once, rather than at the end.

The half day event began with a brain storming session framed into six groups randomly selected from all levels on the two themes – Existing Assessment and Dream Assessment for the Nursing Curriculum. The strengths, weaknesses and modifications of theory and practical assessment methods were identified. The first three groups presented their viewpoints. The next three groups depicted dream assessment through a role-play. The ideas were critiqued by the members and well shared with do’s and don’ts.

A curriculum convention is important to move the curriculum forward. Assessments are meant for learning. An assignment as part of assessment need to be considered as part of some reading process, further building upon it, adding on more of creativity makes the learning process a very effective one. A test for every

10 to 15 hours of topic, surprise tests, puzzles and quiz can add as a proportion of learning and assessment. Interactive sessions, revision classes, tie-up of bright students with average students, brainstorming question answer sessions by students and small group discussion help the learners learn better. Dr Selva Titus Chacko commented that, “Collaborative learning in the clinical area with the clinical staffs and interpersonal relationship with the hospital colleagues are considered as vital and pragmatically integrated with theory and practical learning”.

Dr Tejinder Singh opined that assessment is diagnosing the issues, providing and monitoring the remedial actions. Performance should be assessed, measured, compared with standards, and deviation if any, should be identified and necessary steps need to be taken to provide appropriate remedial measures. He also said that a good assessment system should be relevant to the curriculum, focus on skill development, promote learning of skills, spell level of students and discriminate between good and poor students. The session concluded with a note of thanks by Dr Sushmitha Karkada, Assistant Professor and Convener of the program.



International Conference on Global Challenges in Health Care



International Conference on Global Challenges in Health Care was organized by Manipal College of Nursing Manipal, a constituent Unit of Manipal Academy of Higher Education on 16 and 17 February 2018 at the Dr TMA Pai Auditorium, as the part of silver jubilee celebration of MAHE.

Dr H S Ballal, Pro-Chancellor, MAHE, inaugurated the event. In his inaugural speech, he stressed that the Nursing fraternity plays an important role in the healthcare as nurses spend most of the time with the patients and the reputation of any hospital is illustrated by its nursing care. He said, in the present 21st century, the patient demography is changing, where lifestyle diseases like diabetes and hypertension, which are silent killers are increasing, which could be prevented or delayed. In our country, private sectors play an important role in the delivery of healthcare. Along with the advances in technology, the cost of health care also has increased enormously. It is imperative that we provide adequate health care to the rural population. Complementing the Manipal College of Nursing for organizing such an important conference, he said this could change the face of healthcare concerns of our country.

Dr Judith A Noronha, Associate Dean, welcomed the gathering, Dr Elsa Sanatombi Devi gave an overview of the Conference, Dr Jyothi Chakrabarty delivered the vote of thanks. The Conference was adorned by Heads

of the constituent units of MAHE and a total of 228 delegates from National and International Academia and clinical arena participated in the conference.



The conference received a large number of research papers for presentations. It was a privilege to release the textbook of Paediatric Critical Care Nursing, and Manipal Manual of Drugs, Contraceptives and Instruments in Obstetrics and Gynecological Nursing by the department of Child Health Nursing and Obstetrics and Gynecological Nursing respectively.

The First-day plenary session with Oration on challenges in current leadership was delivered by **Dr Jothi Clara J Micheal**, Chief Clinical Governance Officer, Kauvery Hospital Group (Corporate), in memory of the Founder

Dean, Late Prof P P Bhanumathi. She began her session recollecting her association with Prof P P Bhanumathi, a leader whom we can look upon as a role model and imbibe her special qualities. She highlighted the qualities of a good leader and briefed on Nursing in India today along with the challenges faced. While discussing the work culture, she questioned whether nursing professionals are responsibility oriented or accountability oriented? She stressed the importance of preparing nursing students with strategical approach, where they perform with accountability so that they are ready to face the future's healthcare confidently. In conclusion, Dr Clara said Nursing has many directions, many opportunities on reserve in India. It is in our hands to choose the best for the benefit of our profession and for our consumers, our journey should continue taking roads which are not taken! It is our profession! Let us own it! Use opportunities to change it for the better! This session was moderated by Dr Linu Sara George, Professor and Head, Department of Fundamental of Nursing, MCON.



Mr Prabhath M Kalkura, Project Officer, IDF, MSOAHs, MAHE spoke on unequal access, poor quality care, and rising cost – a rising concern in India. Elaborating the Indian statistics of the healthcare sector, he emphasized on the burden of diseases in the new millennium. Even though there is an improvement in the health care delivery in the country, a disparity exists between urban and rural. The healthcare expenditure discourages the

public from seeking treatment, hence, he stressed the importance of health insurance to meet the rising healthcare costs. Dr Suja Karkada Assistant. Professor and HoD, Fundamentals and Administration, Sultan Qaboos University, Muscat, moderated this session.

A session on “Technology in health care – a forum for change through evidence-based practice” was deliberated by **Dr Baby S Nayak**, Professor, Department of Child Health Nursing, MCON. Highlighting the importance of technology in health care, she said technology is not an option rather a requirement in the hospital. Dr Baby emphasized the need of evidence-based practice in patient care. She discussed the components, levels, strength of evidence-based practice and how to generate the evidence for best practice to bring change in the clinical practice. The session was moderated by Dr Neeta Kamath, Associate Professor, Nitte Usha Institute of Nursing Sciences, Mangalore.



In the afternoon, a session on “Challenges in global healthcare delivery and creative solution-Private sector”, was conducted by **Dr Anand Venugopal**, Regional Chief – Clinical Services, Medical Superintendent, KMC Hospital, Mangalore. He expressed that there are technological challenges such as flood of data, federal HIPAA private requirements, limited data storage capacity, lack of communication among healthcare system, increasing costs of IT-enabled functions in healthcare. The rising costs, political and legal aspects, human resource management, lack of access to basic health care services and management of emerging diseases are the major challenges in health care. He discussed some creative solutions such as focus on

quality, client-centered care, lab at the doorstep, home care delivery by the nurses, public-private partnership, telemedicine, insurance, and health schemes. He concluded the session by commenting upon the need to try to create a system to provide health care at affordable cost. The session was moderated by Dr Christopher Sudhaker, Professor, MCON and Deputy Director, Quality and Compliance, MAHE.



Innovation in health care is the need of the hour and the seed was laid by **Dr Arun Shanbhag**, Chief Innovation officer, MAHE, by highlighting digitalization in health care which is a challenge for the common public. He shared some of the elements of great innovation like scanning the environment, focus on the end user and find solution for the problem. He inspired the young minds to do inter-disciplinary innovation in health care. The session was moderated by Dr Elsa Sanatombi Devi, HoD, Medical Surgical Nursing, Manipal College of Nursing.

Road map to nurse practitioner by **Dr Angela Gnanadurai**, Principal, Jubilee Mission College of Nursing, Thrissur, Kerala, was the last session of the day. She said Nurse Practitioner in Critical Care has started in India hence we need to make a platform for measuring the outcome of the program. She emphasized on the key components of the Nurse Practitioners and the strategies for success in NP program. The session was moderated by Dr Tessy Treesa Jose, HoD, Mental Health Nursing, Manipal College of Nursing.

After the sessions on the first day of the conference, students of MCON and the participants of the conference exhibited their talents in the cultural program.



The second day of the Conference, was started with an oration on advances and challenges in research and development in India by **Dr Assuma Bevi TM**, Joint Director, MIMS Academy, Principal, MIMS College of Nursing, Kozhikode. This oration was in memory of Late Dr Aparna Bhaduri, who was the PG coordinator at MCON under whose guidance the MSc, MPhil and PhD programs in Nursing were started. Dr Assuma emphasized the importance of Nursing research and how research can contribute to enhance patient care. She focused on the individual, institutional commitment and responsibilities on academia in promoting research for quality Nursing care. She took the participants through the challenges and how to overcome these challenges in research. The session was moderated by Dr Judith A Noronha, Associate Dean, MCON, MAHE



The second session was on “Challenges in Global Healthcare Delivery and Creative Solution – Public Sector” by **Dr Rohini**, District and Family welfare officer, Udupi district. She discussed on the core functions of the public health and health profile in Udupi District. She emphasized that the delivery of qualitative healthcare service is considered a basic need irrespective of age, gender and culture. The session was moderated by Sr Jacintha D’Souza, Principal, Father Muller College of Nursing, Mangalore.

also addressed the various health problems in children. Dr Mamatha S Pai, Professor and HoD, Child Health Nursing, MCON, moderated the session.



The session on “Dementia - Global Challenge” was taken by **Ms Heidi Beutler**, Geriatric Nurse, Hannover, Germany. She discussed on the sociological aspects, risk factors, initiatives and concerns of Dementia in European countries and India. Dr Shashidhara Y N Associate Professor and HoD, Community Health Nursing MCON, Manipal, MAHE moderated the session.



The session on “Global Challenges in bridging the gap between Academia and clinical practice” was deliberated by **Dr Shyamala Kumar**, Nursing Administrator, NMC Hospital, Dubai. She highlighted on the Nursing profession from global perspectives, emphasizing on competency assessment in clinical practice. She recommended for the patient empowered approach Based Practice as the most important way to clinical approach. The session was moderated by Prof Joslin Mariet M, Principal, Koyili College of Nursing, Kannur.

The session on “Global Challenges in Mother and Child Health – Past, Present and Future” was deliberated by Dr Suneel C Mundkur, Professor, Department of Paediatrics, Kasturba Hospital, Manipal. He spoke about the practices in the past, and the present as well as the future challenges in maternal and child health. He

The two days conference concluded with the valedictory function. The best research paper was awarded to Dr Sonia R B D’Souza, Dr Shejila C H and Dr Ramesh C. The award for the best posters were received by Dr Elsa Sanatombi Devi and Mr Anil Raj, Mrs Binu Margaret, Mr Binil V and Dr Christopher Sudhaker.



Alumni Meet - 2017



Alumni meet of Manipal College of Nursing (MCON) and Manipal School of Nursing (MSON) Manipal was held on 22 July 2017 at MCON, Manipal. Professor Renu Susan Thomas, Vice Principal, SIMET College of Nursing, Palluruthy, Kochi, Kerala, was the chief guest for the meet. Being an alumna of MSc (N) 2000-2002 batch she shared her experiences of being a Treasurer of TNAI, Kerala state branch. She appreciated the quality of education, resources and opportunities provided by the Manipal College of Nursing and MAHE for overall development of the students. Dr Anice George, Dean, MCON, said that the alumni need to take part in organizing educational workshops, symposium in different parts of the country which will help in professional development and networking opportunities. The alumni members had a unique opportunity to meet their teachers, peers and juniors. Mr Prasanna Kailaje, Director, Alumni Relations, interacted with the alumni members and reinforced the necessity of registering in

the alumni portal of MAHE. In response, the alumni shared their experience as well as interesting moments of campus life with audience. The Alumni reunion came to an end with a short entertainment program.



Family Day Program



The Staff welfare committee of Manipal College of Nursing Manipal organized a Family day for the families of teaching and non-teaching staff of Manipal College of Nursing (MCON) and Manipal School of Nursing (MSON), Manipal on 17 February 2018.

Dr Anice George, Dean, Manipal College of Nursing, Manipal, welcomed and addressed the gathering. This was followed by various cultural programs by staff, children of the faculty members and their families. Games were conducted for the children and all the audience gathered and prizes were distributed for the winners. The group enjoyed the games and the delicious dinner.



All the members of the MCON family had a memorable evening. Mrs Pratibha Kamath and Mrs Manjula, Assistant Professors, MCON, Manipal, coordinated the program.

Continuing Nursing Education

The CNE committee of MCON Manipal conducts CNE every month for the faculty of MCON and MSON on the topics which is derived from need assessment. The committee functions under the guidance of Dean and Associate Dean and has one-member representative from each department.

19 August 2017: Evidence collection in forensic science was taken by Mr Renjulal Y, Lecturer, MCON, Manipal. A total of 48 faculty attended the session.

30 September 2017: Dr Jayaraj M B, Professor, HoD, Department of emergency medicine, KMC, Manipal, conducted a session on Triage in emergency room, which was attended by 55 faculty members.

20 October 2017: An overview of prevention of children from sexual offence act 2012 was delivered by Dr Anitha S, Assistant Professor, Department of Forensic Medicine and Toxicology, KMC, Manipal. A total of 47 faculty members attended the session.

4 November 2017: Handling legal issues in patient care was taken by Dr Vinodh C Nayak, Professor, HoD, Department of Forensic medicine, KMC, Manipal. A total of 53 faculty members attended the session.

16 December 2017: Dr Girish K M, Professor, HoD, Department of Medical Genetics, KMC, Manipal, conducted a session on Genetic counselling. A total of

39 faculty members attended the session.

16 December 2017: Dr Bindu Sharma, Founder and CEO, Origin IP solutions, LLP, Bangalore, delivered a session on Intellectual property rights. A total of 42 faculty attended the session.

22 January 2018: Dr Elissa Ladd, Associate professor, MGH Institute of Health professions, Boston, USA, organized a session on Competency Based Education in Health Professions: Reflections on Interprofessional model. A total of 51 faculty members attended.

3 March 2018: Mr Prima JJ D'Souza and Mr Jomon CU, Lecturer, Department of FON, MCON, Manipal, took a session on organizing a webinar. A total of 45 faculty members attended the session.

7 April 2018: Dr Shashidhara Y N, Associate professor, HoD, Department of CHN, MCON, Manipal, held a session on online portals of teaching and learning. A total of 55 faculty members attended the session.

26 May 2018: Dr Nandish S, Assistant Professor, Senior Scale conducted a session on Artificial Intelligence and Robotics in health care. A total of 36 faculty members attended the session.

Innovation Awards

Manipal College of Nursing Manipal, participated in the Innovation day 2017 which was organized by MAHE. Mr Vinish and Dr Shashidhara YN won the Innovation

award- consolation prize for the prototype "Start Helmet" during the Innovation day 2017.



Interview

The editorial team of Dhwani interviewed Mrs. Priyanka Mary Francis, Deputy Commissioner, Udupi District.

1. Will you tell us about your journey?

I am from Trivandrum, Kerala. I did my engineering in applied electronics and instrumentation and started my career as a scientist at Indian Space Research Organisation (ISRO), Bangalore. I had a desire to write the civil service exam and be a civil servant because of the encouragement I got from my mother from a young age. This is because the position of a civil servant is the most empowered position, where one gets a huge canvas to work on and contribute meaningfully to society. It comes with its own challenges compared to other professions. I worked for two years at ISRO after which I passed the civil service examination. I joined the batch of 2009, and now it is almost nine years, and I am fulfilling the kind of experiences the job has given me and the learning I've earned from the job. I am sure I would never have learned so many things in such a short period and wouldn't have been aware of so many issues that are affecting the public that can run in a better way and can make life smoother or with less inconvenience. I have always loved doing this job in the different positions I was in throughout these nine years.

2. What was your first step after passing the exam?

As an Assistant Commissioner in Chikkodi sub-division. It was in the Revenue Department under the Deputy Commissioner, mainly with respect to land issues, farmer issues, SC/ST grievances and maintenance of law and order. Chikkodi itself had a population of around 14-15 lakh people. There were a lot of challenges. But people were very loving because North Karnataka people, as you know, are very open hearted and don't have a closed nature. It is easy to work with them because we directly get what didn't go well with them or what suits them more. So I enjoyed working there. Subsequently, I was Commissioner, city corporation, Belgaum, which was a huge part of learning in my career. The urban local body gave me a lot of projects such as in drinking water issues, solid and liquid waste management or infrastructural project management, etc. These projects have high values since tenders are involved, and the

financial aspects also need to be managed. We have to design the project so that the returns are accounted for and business models are sensible from the government point of view.



The biggest challenge I handled in Belgaum City Corporation was building a tank for the immersion of Lord Ganesha idol during Ganesh Chaturthi. There was no place inside the city. Therefore, a place was noted and we got the government's permission to build a tank for the entire public of Belgaum to use. But, people were reluctant to vacate even though housing and other requirements were given to them. The work was stopped as a stay was ordered. The time was too short. I personally went to the high court and submitted arguments to vacate the stay and the same day the judge vacated the stay and we could proceed with the work. We were successful as a team in inaugurating it in a short time, and it still remains as a landmark in the heart of the city.

Then I came to Bangalore as a Managing Director, Karnataka food and supplies corporation. It was a completely different arena, wherein I managed the PDS system, supply of ration etc. It was a huge challenge as it was a state level assignment where the district managers reported to me and I had to ensure that there was no fluctuation in the supply of PDS. So it was yet another milestone in my career.

I then came to Zilla Panchayat, Chikkamagaluru. I was successful in implementing Swacch Bharat mission and the construction of toilets. We also started the scheme of giving nutrition to pregnant mothers, whose BMI was less than 18.5 kg/m². This also received a good response in Chikkamagaluru. Then, I joined here, at the Udupi Zilla Panchayat and again the toilet constructions were at its peak. After overcoming hurdles, we finally declared Udupi as open defecation free in 2016 for rural and urban areas. When I became DC in November 2017,

it was declared by the Chief Minister in a function here. So in Udupi, I could work meaningfully. We, along with the agriculture department, started an organic vegetable market every Sunday in Doddanagudde flower auction areas and we received a good response.

We started Mathrapoorna programme that came from the government regarding supplying nutrition to pregnant and lactating women. The issue was that women were not ready to come to Anganwadi for food, when everyday good food such as egg and milk was provided. So we started devising some pilot projects that would make it convenient for them to utilise the facilities sponsored by the government. So, we started lunch programmes for pregnant and lactating mothers at the government hospital, Kundapura. Sometimes, there is a huge rush, especially on vaccination days (we get 80-90 mothers for lunch). We also started this in the Manipal group, a Mathrapoorna canteen for all women. We have one on the MIT campus and another at KMC with the support of MAHE, Manipal. With all these efforts, the percentage of beneficiaries has increased.

3. How are the schemes and programmes' outcome measured in the long term?

The outcomes of the schemes and programmes will be seen by a decrease in the infant mortality rate and reduction in the low birth weight rate. The main reason for malnutrition is low birth weight and therefore, the prevention of malnutrition should start from the mother. Our main objective is to ensure that the mothers are taking sufficient food, and monitoring the birth weight of the children, through which the infant mortality rate can also be monitored as there is a direct link between the two. Hence, the social reason of low birth weight is eliminated.

4. What would you say about the healthcare setting in Udupi district?

Udupi is a very compact area where most of the people have access to healthcare. There are forest areas where few pockets of villages that may have difficulty in getting to the nearby healthcare facilities. However, we are seeing that experiments like care over tele-medicine in Kandloor, PHC, where there are video conferences-based counselling sessions by the Psychology department, KMC, every Tuesday and Thursday. Many

patients from different places come to the PHC for these counselling sessions. Also, we have started diabetic foot care clinics at KMC. Such activities, experiments and partnerships with the private healthcare sector have improved the accessibility to quality healthcare in Udupi. Basic healthcare was always present in the districts, but the quality of care has improved. With the help of Yenepoya University, we have trained all the ASHA and Anganwadi workers to detect the three major common cancers among men and women. The ASHA and Anganwadi workers will do a check-up for the community people upon their visits and if any risk factors or any anomalies are found, they will refer them for further investigations.

5. What is your view on women empowerment?

Women empowerment, I feel, is a very misunderstood term these days. Because people think it is a very feminist word, which is used as a negative term against males. Women empowerment should emphasize on more opportunities for women, more decision-making power for women, which can be as simple as what and where or how many children they want. Unless this kind of decision-making power is given to women, we cannot say there is women empowerment. The traditional thought process that women should always be under the care of somebody else, that they should always be guided and helped by somebody else and not to be left on her own, should change.

From this year onwards pink polling booths are setup for elections where all the polling personnel will be women only (Readers, please note: this interview was conducted a week before Karnataka Assembly Election 2018). It is done to encourage women to step forward and take responsibility and change the previous concept of dependency on males. Also, women should not take advantage of the exemptions provided for them. The government is ready to provide facilities, security, transportation facilities etc., to women, if they are ready to take it and be ready to work anywhere. For all this to happen, family support and confidence is greatly required. Because all this is easier said than done. In Udupi, the education rate is very high but the working women rate among the educated women is very less. The working women rate among the uneducated women

is more, because of the family compulsions. In order to deal with issue of raring children, we have encouraged the placement of crèches in the working places, especially in the government sector. A crèche is going to be inaugurated in our office as well, which will help #women work as well as look after their children. All these steps are taken by the government to encourage more and more women to start and continue to work.

6. What laws are there to empower women? Are there any specific laws?

Many laws are there. Domestic Violence Act itself is the most powerful act. It prevents most of the violence happening inside the house. For workplace harassment, sexual harassment, every workplace should have a committee headed by women who will look after the complaints of women officials. I urge that wherever the working strength of women is more than 10, a committee should be formed. Various compensations under the hierarchy is the Victim Compensation Act. Recently, a centre was inaugurated in Udupi, where any woman in the district can immediately go in need and 24*7 service is available. It is next to the Nittoor state home for women. So, they can come there, seek any legal help, medical help, or counselling help. Once any woman reports there, her family members will be called and counselled. If it is not successful, the woman can go to court or some other rehabilitation, etc.

7. How is the government campaigning for all these facilities? Like creating awareness?

It is the responsibility of the districts only. So there is no need for campaigning. However, the campaigning is through advertisements, brochures and mainly by the grama sabha and panchayat. Soon, we will have a universal helpline from Bangalore. If anybody calls that number it will be routed to the district consult rooms. This is a good move. We share information mainly through the electronic media, print media and by the officials personally in the grama sabhas.

8. Do you think adolescents are in right track now?

Yeah... adolescent issues are increasing in our society and specially increasing in the mass and social media. People are attracted to all kinds of photographs and videographs and they are in the virtual world. Basically,

the family, teachers, and mentors have to guide them into the real world. They have to step out of the photographs and contribute in the real life of the people around them, think about the people who depend on them, who they have to be the caregivers for in the future, etc. All this can be achieved by effective counselling. So, as part of our educational curriculum, it has become highly academic and are preparing them only for competitive exams. Some time should be taken out for counselling so that children will not feel overburdened. Adolescents are not aware of the issues happening at district, state or national level. Their life is limited to mobile phones, Facebook or whatsapp. This mentality has to be changed.

9. How do you think that nurses can play an important role in kind of health?

Nurses play a very important role as primary care givers. Their interaction with the patients is much more than a doctor or any others in the hospital. So, regarding any issues, we clarify from the nurses only. We, as patients, develop close contact with nurses when they treat an illness in a positive manner. That kind of attitude the nurses exhibit is important. I understand that nursing is crucial and their workload is also huge. I think the facilities must be a little better so that they can function better without much burden and without much stress. Provided with the proper services and working conditions, the nurses can do a better job.

10. Are there any schemes for nurses?

It depends on the infrastructure, providing better equipments, salary or something like that.

11. What message do you want to give to our budding nurses?

As they have come into a very complicated structure, they need to be knowledgeable and their skills need to be improved. So I wish them all the very best success in their career, just that they have to become a good nurse like Florence Nightingale. They have to think that work is first and rest is next. That itself will solve many issues. We tend to think about ourselves first and the service second, which can create many issues. Nurses need to be very healthy as well, since they have to take care of their patients.

Student Academic Achivement



Ms Jesly Anna James
Topper in 1st year BSc(N)



Ms Nyima Lhamo
Topper in 2nd year BSc (N)



Ms Urgan Dolma
Topper in 3rd year BSc(N)



Ms Sharal Nivedita
Topper in 4th year BSc(N)



Ms Gurbinder Kaur
Topper in 1st year PBBSc(N)



Ms Vinoliya Juliet Menezes
Topper in 2nd year PBBSc(N)



Ms Jane Jyothi Mathias
Topper in 1st year MSc(N)



Ms Mitchelle S Lewis
Topper in 2nd Year MSc(N)



Ms Mary Elizabeth Tidiya Walarine
Topper in 1st year MPhil Nursing



Mrs Lovely Antony
Topper in 2nd year MPhil (N)

PhD holders



Dr Leena Sequeira



Dr Malathi G Nayak



Dr Shejila C H



Dr Nageshwar



Dr Vishnu Renjith



Dr. Ramesh C



Dr Maria Pais



Dr Sushmitha Ramona Karkada

Faculty Awards

Most Accomplished Faculty Award for the year
2016-2017



Dr Baby S Nayak

Certificate for earning above 10 **points** for publication
in Scopus indexed journal for the year 2017

Best published research paper in the Scopus
Indexed Journal



Dr Sushmitha Ramona Karkaka

Good teacher award for the year 2016-2017



Mrs Ranjani P

Good teacher award for the year 2016-2017



Mrs Shalini G Nayak

Award for the maximum number of presentations

Second best published research paper in the
Scopus Indexed Journal



Mrs Yashoda S

Award for the maximum number of publications



Dr. Sonia R B D'Souza

International Paper and Poster Presentation



Mrs Asha K Nayak

2nd International conference on 'Transforming Nursing Future: Innovation, Technology and Collaboration' on 5th and 6th Feb 2018 at Sultan Qaboos University, Sultanate of Oman



Dr Sushmitha R Karkada



Dr Malathi G Nayak

International Conference on Oncology Nursing and Cancer Care on 13th and 14th September 2017 at Singapore



Mrs. Anjalin D'Souza

International Conference XXVI Congress of the ISTH & 63rd Annual Scientific and Standardization Committee (SSC) Meeting held at Germany on 8th -13th, July 17



Mrs Sulochana B

Gave a talk on "Development of Education in a Low Resource Environment: Both Teacher and Learner" at International Society for Thrombosis and Hemostasis held at Berlin, Germany on July, 2017.



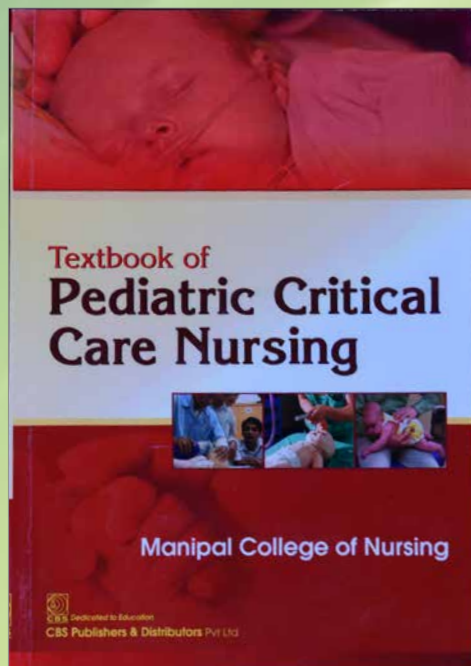
Mrs. Sangeetha P

International Conference "Medical Medicine & Health study" on 20 & 21 October 2017 held at Dubai.

Faculty Achivement

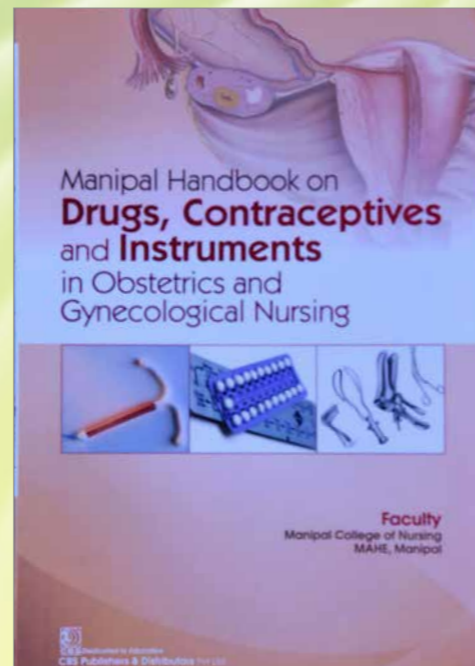
Books published

Department of Child Health Nursing



Text book on **Pediatric Critical Care Nursing**

Department of OBG Nursing



Manipal handbook on **Drugs Contraceptives and Instruments** in Obstetrics and Gynecological Nursing



Certificate Course



Dr Elsa Sanatombi Devi

Completed the certificate course on "Basic Ayurvedic wellness" under the Centre for Ayurveda Integrative Medicine and Research (CIMR) MAHE in March 2018.



Mrs Ranjani P

Short Term Course on Geriatric Health care and Research, 14 to 28 February 2018 organized by Manipal College of Nursing, MAHE, Manipal, as a part of ICMR-DHR Funded Project



Mr Anil Raj

Completed AHA BLS and ACLS provider Course in March 2018



Mr Vinish V

Certificate course on research orientation
Completed the following online courses under COURSERA

- Psychological first aid by Johns Hopkins University
- Introduction to biology of cancer by Johns Hopkins University
- Patient Safety and Quality Improvement: Developing a Systems View (Patient Safety I) by Johns Hopkins University
- Vital Signs: Understanding What the Body is Telling us by University of Pennsylvania

Travel Grant



Mrs. Anjalin D'Souza

Received Travel grant to attend XXVI Congress of the ISTH in July 2017 in Germany



Mrs Sulochana B

Research Grant

Sulochana B from Manipal College of Nursing Manipal, was awarded a research grant under the global Bayer Hemophilia Awards Program (BHAP) for her research focusing on anxiety, stress and coping strategies and lived experiences among women carriers of Hemophilia during International Society on Thrombosis and Hemostasis (ISTH) Congress held in Berlin, Germany from 8 to 13 July 2017.

The awards were presented in five categories namely Special Projects, Early Career Investigator, Fellowship Project, Caregiver and Outcomes Research. Mrs. Sulochana received the award in the Caregiver category. The BHAP award recipients are selected by a global panel of distinguished hemophilia clinicians, researchers and caregivers.



Mrs Sulochana B

MCON Visitors

Visit of Faculty from Malmo University, Sweden

Dr Anna Carlsson and Dr Elisabeth Mangrio, faculty of Health and Society, Malmo University, Sweden visited Manipal College of Nursing (MCON), Manipal on 30 May 2018.



The purpose of the visit was to explore the possibility of collaboration in the area of research and student exchange. During the initial interaction, Dr Anice George, Dean of the college, Dr Judith A Noronha, Associate Dean, Dr Christopher Sudhakar, Deputy Director, Quality Compliance and heads of the various departments of MCON oriented them to the activities of the college, which facilitated them to have exchange of views. They shared their research interests in areas of care science, culture and society, biofilm and biomedical methods, criminology, migration studies, childhood injury, women and violence and healthy aging during their interaction with the MCON faculty.



They had a brief meeting with Dr Vinod Bhat, Vice Chancellor, Dr Raghu A R, Director, International Collaborations, Dr Aparna I N, Director – Planning and Monitoring, Prof Dr Helmut Brand, Director, Prasanna School of Public Health and other university officials. They also visited the NICU, PICU, Labor theatre and Paediatric wards of Kasturba Hospital, Manipal and were impressed with the infrastructure and working conditions of the set-up, especially the NICU. They expressed that the visit was wonderful with more of positive outlook towards collaborations and student exchange. The visit was initiated and coordinated by Dr Baby S Nayak, Professor, Department of Child Health Nursing, MCON, Manipal.

MGH Institute of Health Professions – Boston, USA

The four students and Dr Elissa Ladd, Associate Professor and Co-ordinator of Global Health Programme, MGH Institute of Health Professions, Boston USA had come for on Observership programme to study the various health parameters in India and to observe the health care practices for different health conditions including family health care practices and nutrition practices of under five children.



As a part of this programme, the students had posting in various departments in Kasturba Hospital Manipal, including the department of Yoga, Ayurveda and Psychiatric Centre (ASARE and Hombelaku).



The Students and their faculty were given an opportunity to interact with Manipal Academy of Higher Education Officials on 19 September 2017.

Various visits were organized such as Experience Theatre, Manipal Academy of Higher Education Campus, Museum of Anatomy and Pathology (MAP), Kasturba Hospital, Simulation Centre, Library, Mareena, and Smrithi Bhavan. The group also visited Spandana Rehabilitation Centre at Nejar, SDM Ayurveda Hospital at Udyavara, Pilikula Nisargadhama and City Centre Mall in Mangalore, and Murudeshwara Temple at Murudeshwar.



The students had a home visit in Rural Community, visited the Primary Health Centre and Anganwadi centre to observe the nutrition practices of under five children, Antenatal and Postnatal care practices. The students also had an external visit to Goretti Hospital, Santhekatte, Kallianpura.

Overseas Immersion Programme (OIP) – 2017

As a part of Overseas Immersion Programme (OIP) of Ngee Ann Polytechnic Singapore, forty one students and Mr Oliveiro Jeremy, Mrs B Santhi, Mrs Sivaneswary Palanibilo faculty of Ngee Ann Polytechnic visited Manipal College of Nursing Manipal, on 17 September to 7 October 2017.



Session on 'Religion, Caste and Communities of India' by Dr Nikhil Govind, Professor and Head, MCPH, a session on 'Indian Democracy and Politics' by Dr Meera Baidoor, Associate Professor, MCPH and 'Grass Root Development' by Dr Ravindranathan P, Assistant Professor, Department of Geopolitics and International Relations were conducted. Dr Nanda Kishor MS, Assistant Professor- Senior Scale, Department of Geopolitics and International Relations conducted an interactive session on 'Gandhi and His Vision' and Dr Praveen K Shetty, Assistant Professor-Senior Scale, Department of Humanities and Management conducted a session on 'Culture and Diversity of India/ Folk and Classical Tradition'.



A session on 'Introduction to Yoga' was conducted by Mrs Lavya Shetty, Lecturer, Department of Integrative Medicine and Research (Yoga) where a demonstration of Aasanas was carried out by Yoga Trainers, Ms Alka and Ms Sumathi, Department of Integrative Medicine and Research (Yoga). Dr Elsa Sanatombi Devi, Professor and Head, Department of Medical-surgical Nursing, MCON Manipal, has demonstrated best from the waste.



Rangoli and Garland making, Mehendi application, handicraft were demonstrated by IV year BSc nursing students of MCON Manipal. Cooking with and without fire was conducted by staffs and students of MCON Manipal and Ngee Ann Polytechnic Singapore. Cultural exchange programme was conducted by the students of Ngee Ann Polytechnic and MCON Manipal.

University of Minnesota

Manipal -Kabul – Minnesota Exchange Program on Midwifery, an international collaborative training was held from 7th to 13th January 2017. Around six faculty were trained from Kabul University of Medical Science. Resource persons were **Carolyn Porta**, Project Lead; Associate Professor, School of Nursing, University of Minnesota, **Melissa Avery**, Director, Nurse-Midwifery Program, UMN School of Nursing, University of Minnesota, **Ann Forster Page**, Adjunct Clinical Assistant Professor, UMN School of Nursing, University of Minnesota. **Dr Judith A Noronha**, Associate Dean and Professor and Head, OBG Nursing and **Mrs Sweety Jousline Fernandes**, Assistant Professor, Department of OBG Nursing, Manipal College of Nursing Manipal coordinated the program.



OBSERVERSHIP PROGRAMME (OBS)-2017

University of Stavanger, Norway

Two students, Ms Hannah Retvedt Bakkerud and Ms Emilie Odegaard Petersen (III year nursing bachelor program) from University of Stavanger, Norway arrived to Manipal College of Nursing Manipal, on 15 September 2017 for their Observership Programme for a period of 13 weeks.



They had clinical postings in different areas, i.e., 4 weeks in Community Health Nursing and 9 weeks in surgical area with the purpose of developing skills and knowledge to practice nursing profession independently.

Community Health Nursing posting began on 20 September 2017 along with Fourth year BSc Nursing students Batch II. Initially, they were oriented to the community area and had home visits. They were also posted in PHC at Hirebettu for a week. They also participated in Morbidity clinic, School Health Programme and Nutrition Project. They also had field trip to various places in Manipal like, Sewage treatment plant, Milk Dairy, Valley View, Water purification centre. To enrich their clinical knowledge in community setting, they also had an opportunity to visit different institutes at Mangalore like TB sanitarium, Leprosy unit in Father Muller Hospital, Blind school and Incineration plant.

From 16 October 2017 to 16 December 2017, students were posted in Surgical wards, like L1 ICU, ICU1, Post

op ICU/OT. They had an exposure to different areas of Kasturba Medical Hospital, Manipal. Surgical posting was coordinated by Mrs Melita Sheilini.

The Programme was coordinated by Mrs Celastin Susan, Lecturer, Department of Community Health Nursing under the guidance of Dr. Shashidhara YN, Head of the Department of Community Health Nursing MCON Manipal.

University of Wollongong, Australia

Two faculty from School of Nursing, University of Wollongong, Australia visited MCON Manipal, from 23 March 2018 to 28 March 2018. Prof (Dr) Lorna Moxham, and Mr Christopher Patterson (Lecturer) were the faculty of Mental Health Nursing with core area of interest in recovery camp. They were here to explore the possibility for an academic collaboration with MAHE. They have visited Kasturba Hospital, Manipal, Hombelaku Rehabilitation center Manipal, Aasare special School Manipal and Dr TMA Pai Hospital Karkala. They also visited selected houses of mentally ill clients at Jarkala, Karkala and interacted with the clients and their family.



Separate interaction was arranged with Faculty of MCON, research core committee of MCON, students of MCON and faculty of department of psychiatric nursing. They discussed about the ongoing collaborative research and publication. They have taken a session on Recovery camp for the students and faculty of MCON on 23 March 2018.



A Duty of ...

A duty of a mother
is harder than any other
from breakfast to dinner
to make us a winner

A duty of a sister
to be a heart's crystal
from helping to caring
to a good profit sharing

A duty of a teacher
is as good as a preacher
with patience and emotion
they build a great nation

A duty of a student
is to be punctual and obedient
they work day and night
to achieve great height.

Mrs Sheela Shetty
Assistant Professor
MCON Manipal

Just let me breathe

I am strangled and stressed, pressed down and depressed
I am trapped in a body of a mind, that is trapped in a box
I tried calling out, but my owner is so busy listening to the rest

And never gets the time to hear me out.
I am the key to your success. You have suffered
And yet you achieved nothing
I am here, I am full in you. I am the skill you never learned
I am the burning passion in you. I am the reason you're living.

Just let me breathe
I might not be the big brains, but sure am the one to change
your life and take you to your destiny
Trust me, when you were made, I was made with you and for you

Some call me talent, some say I am the Gift from above.
Those that love me have made it in life.
They have become successful sportsmen,
businessmen
Musicians, fine artists, and authors.

Please, my lord. I, as your humble servant. Use me.
Just let me breathe.
Regards,
Talent

MT Raboroko
First Year BSc (N)

Through the angels' daily note

Childhood does not seize at an age
Childhood does not go into a mere age
When innocence meets its certain stage
We must not forget the laughing face

When mothers' words do not seem to comply
Their smiling eyes seem to imply
That though they knew the least about world
Certainly, they still know how to applaud

The bad boys frowned eager face
The good girl's smug proud gaze
Both have taught us a lesson well
to not to fell for either spell.

May it be the charming face
A call it you most prized case
Childhood is where you smile
When you lost to your brother a clime

Daddy's girl and mummy's boy
Both of them had many a toy
But both were taught in a way
Feelings others must never play

Angel, my stands between as glass
On either side, I go for a glance
And see and then fell into trance
For what I see I have no chance

To one side is the world of thanks
Which little futures rarely say

Forgotten is the world of wonder
Leaped to grow in the world of thunder
Replacing the value of swings
grown into the things

where into the things
where innocence last to WHALES
the liver which could have been a different tale

Christena John
Third Year BSc (N)

The time travel

My droplets splashing on clerk stones,
Waving meadows and budding lilies
Darkened sky and flying clouds, a bright,
Scar on the heart of the heaven
Proclaimed the entry of a downfall

The days of my tiny feet splashing mud
Laughing at my man's grim faces and
Dad's ferocious eyes,
The rain giving me a royal bath. Time
Travels back like the clouds in the wind.

Laughter, laughter everywhere
Smiling faces, fighting hands
Speeding foot and love all around
Marking my evergreen days
The golden time arriving once again

Nature my best teacher,
Curiosity the best guide,
Exploring the wilderness,
Following the word of heart
into a carefree world.

Cozy bed with my teddy,
bedtime stories nearby, Disney
boys jumping out of my wall,
colors brightening my day,
made my dream world come true.

Later come one by one shoe
And socks stopping my speeding foot,
Ties and bows strangulating my
Imaginations, plus and minuses
Kicking my Disney boys out
I was down

Again droplets running out
this time not from the sky
I wish for a change
those precious days should
be given on their own

The time travel restricts me
for those very few days.
Memories hurt deeper
Still, the downfall goes on and on
From the sky and my heart

Aleena Shaji
Third Year BSc (N)

Childhood: the awesome days

Awesome days of enjoyment
That was my sweet childhood
Filled with rainbow colors,
Memories still light my mind.

A child's heart floats as a cloud
With purity of white all around
Innocence laying quite inside,
Shines on cute face outside

Pinching the charming flowers
Catching fluttering butterflies
Spreading rays of happiness
Me being the cutest attraction

Knees of mine kisses the ground
Badly here comes hurting injury!
Flowing salty drops from eyes
Yet leaves it with a sweet smile

Lazy on Monday morning blues
Crazy me pushing hours of school
Acting like a real cunning fox
Heart fills joy when I succeed

Being a little vagabond at home
Steals sweet, brown chocolates
Mom finds hidden smile on lips
Calls me "my naughty beauty child"

The days of almost pressure
That was my childhood!
Hand full of memories I have
To think of you my dear childhood

Days rolled and gone away
With my sweetest childish pranks
Eyes turn back to the days
That was filled with fun and joy

Wishing to get my childhood back
I wonder often in the flashback
Oh, my childhood! The beauty days
Will you take me

Amala Treesa
First Year BSc (N)

Do you think you have stress?

It is important to have some stress.
But it should not be in excess!
It should be just for your emotions to express.
Otherwise, your life could be a mess!
So it is my humble request.
To keep it simple and move towards success!

My best friend

Dear friend, you are my best friend,
Your respect and love are a perfect blend,
You are a person of a wonderful kind,
Very close to my heart and mind,
Time spent together I would always cherish,
We would remain besties even after I perish,
Your presence for me is a world without end.
You always helped me in times of the bitter end,
You wear dresses that are a new trend,
I wish our friendship will never end!

Time

These days people are so busy, that for everything you
ask, they say "I do not have time".

Is it worth to have a life where you do not have time to
meet your family and friends for a while?

You should never do this because it is no less than a
crime.

So chill out your life and have a cup of lime.

Because even saying a nursery rhyme at times will
make you feel sublime.

Jane Mathias
Second Year MSc (N)

Mother

Mother mother, you are in me,
Whenever I laugh, you laugh with me
Whenever I cry, you cry with me
Whenever I need you,
You are there for me.
Mother mother, you are in me
You carried me in your womb
You sacrificed a lot for me.
Mother mother, you are in me
You are my teacher, you are my friend
You are reason for my smile
You are everything to me
Mother mother, you are in me.

Pritha Roy Ghatak
First year BSc (N)

For my best friend

Yes, I met you here
That time, nothing we were
Somethings made us realize
Being besties is wise
Then we talked
Then we shared
Then we played
Then we laughed
At times we fought
No changes that brought
Those late nights before exams
Those long days of shopping
Those gossips, murmurs, chits, and chats
Were awesome and awesome
Just because it was only you and me
And you are my one and only 'Blum'

Riya Mary Peter
Second year BSc (N)

Friendships

On my first day of college
I saw a hundred new faces
They had a hundred stories
From a hundred different places
At first, it was awkward
But as spring changed into fall
The common pain of homesickness
Brought together us all
Strangers turned into acquaintances
Acquaintances into friends
Friends turned into besties and siblings
Who swore to be there until the end
From all-nighters during exams
To crying over heartbreaks
We promised to be together
Always, no matter what it takes
Ward duties, assignments and classes
Brought us closer anyway
And soon became soul-sisters
Who were strangers on the first day
One year will turn into four
Then all will go their different ways
So enjoy what life has given you now
Cherish, and love, these golden days

Meghna Pandit
Third Year BSc (N)

Silence

A beautiful creation
Of man for himself
In times of desperation
Silence is not dark
But it is full of light
Bringing forward things that
Remain hidden in plain sight
Silence, not always,
Denotes your loneliness
For, sometimes, it depicts
Your momentary worldly absence
Let silence envelope you
Warmly in its arms
And let it take you far away
From the world's deafening harms.

Meghna Pandit
Third Year BSc (N)

The Hues of Life

Woods of sorrow; Glades of sunshine,
Hew a journey so high and low.
Mere mortals would not know
What this life would show.
Nothing more wonderful
Than life so beautiful
Colours of this path so brief,
Crowned with joy & grief;
Fifty shades off dark & light,
Adorn the day's first sight.
Hope is the rainbow of them all,
So never let go at all.
This thought so deep!
Into my heart did seep
That my mind should reap
A tweet that life is sweet!

Adna Deepshika
II Year BSc(N)

ಮನದ ಕನಸು

ಮರಳ ದಂಡೆಯಲಿ ಕುಳಿತು
ತಂಗಾಳಿಯೊಂದಿಗೆ ಬೆರೆತು
ಸಮುದ್ರದಲೆಗಳ ತೆರದಿ
ಮನದ ಭಾವುಕಗಳು ಮೇಲೇರಿ
ಬರುತ್ತಿರಲು

ಮನದ ದುಮ್ಮಾನಗಳನ್ನು ಹೊರದೂಡಿ
ನೋವು ನಲಿವುಗಳ ನಡುವೆ ಹೊರಳಾಡಿ
ಸುಖ ಸಂತೋಷದ ಬಯಕೆಯನ್ನು ಬಯಸಿ
ಮನದ ಭಾವುಕಗಳನ್ನು ಅದಕ್ಕಾಗಿ
ಹೊಂದಿಸಿಕೊಳ್ಳುತ್ತಿರಲು

ಮನದವೊಂದು ಕಟ್ಟಿದ ಕನಸಿನಾ ಗೋಪುರ
ಅದರಲ್ಲಿ ಮನದ ಎಲ್ಲಾ ಕಾತುರ
ಈ ಸಮಯದಲ್ಲಿ ಬಿರುಗಾಳಿಯೊಂದು ಬೀಸಿ
ಕನಸಿನ ಗೋಪುರದ
ಹಾರಿಸುತ್ತಿರಲು

ಮನದ ಭಾವನೆಗಳಾದವು ನುಚ್ಚು ನೂರು
ಉಳಿದಿರಲಿಲ್ಲ ಕನಸುಗಳು ಒಂದೂ ಚೂರು
ನೊಂದ ಮನ ಬಿಡಿದೆ ಮತ್ತೇ ಮತ್ತೇ
ಕನಸುಗಳನ್ನು ಹೆಣೆಯಲು ಅದು ಮನಕ್ಕೆ
ಮರೀಚಿಕೆಯಾಗುತ್ತದೆ ದಿನಾಲೂ...

ಹನಿಗವನಗಳು:-

1. ಟೀಚರ್: ಸೂರ್ಯ ಮತ್ತು ಚಂದ್ರರಲ್ಲಿ ನಮಗೆ ಯಾವುದು ಪ್ರಾಮುಖ್ಯವಾದುದು?
ಗುಂಡ: ಚಂದ್ರ
ಟೀಚರ್: ಏಕೆ ?
ಗುಂಡ: ಏಕೆಂದರೆ ಚಂದ್ರನಿಂದ ನಮಗೆ ರಾತ್ರಿಯ ಕತ್ತಲಲ್ಲಿ ಬೆಳಕು ಸಿಗುತ್ತದೆ ಮತ್ತು ಸೂರ್ಯನಿಂದ ಅದು ಬೆಳಕಿನ ಅವಶ್ಯಕತೆಯಿಲ್ಲದ ಹಗಲಿನಲ್ಲಿ ಮಾತ್ರ ಸಿಗುತ್ತದೆ.
2. ಅಪ್ಪಾ: ಯಾಕೋ ಶಾಲೆಗೆ ಹೋಗಿಲ್ಲ?
ಗುಂಡ: ನಿನ್ನೇ ನಮ್ಮನ್ನೇಲ್ಲಾ ತೂಕ ಮಾಡಿದ್ದಾರೆ ಇವತ್ತು ಮಾರಿ ಬಿಡ್ಡಾರೇನೋ ಅಂತ ಹೋಗಿಲ್ಲ
3. ಅಮ್ಮ: ತಾಜ್‌ಮಹಲ್ ಎಲ್ಲಿದೆ?
ಗುಂಡ: ಗೊತ್ತಿಲ್ಲ ಅಮ್ಮ.
ಅಮ್ಮ: ಶಾಲೆಯಲ್ಲಿ ಮತ್ತೇನು ಕಲಿತಿದ್ದು?
ಗುಂಡ: ಚಹಾಕಂಪೆನಿಗಳ ಬಗ್ಗೆ ಅಲ್ಲ ಕಲಿಸೋಲ್ಲ ಅಮ್ಮ
4. ಟೀಚರ್ ಈ ಶಾಲೆಯಲ್ಲಿ ಯಾರು ಸೋಮಾರಿ ಅಲ್ಲವೋ ಕೈ ಎತ್ತಿ ನೋಡೋಣ ಗುಂಡನನ್ನು ಬಿಟ್ಟು ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳು ಕೈ ಎತ್ತಿದ್ದರು
ಟೀಚರ್: ಯಾಕೋ ಗುಂಡ ಕೈ ಎತ್ತಿಲ್ಲ?
ಗುಂಡ: ಅಯ್ಯೋ ಹೋಗಿ ಟೀಚರ್ ಯಾರು ಕೈ ಎತ್ತುತ್ತಾರೆ

Ms Sherin Caroline
1st year BSc (N)

Seasons of my Love

Monsoon was the season when
Your presence in my life I had found
With your smile as bright as a summer day
You had left me totally astound
To my memory, monsoon was when
You had me completely spellbound.

Springtime is magnificent
New leaves that adorned the lonely tree
Were a beautiful sight, along with the flowers
That filled my heart with glee
Spring was when I thought of you
Did you, once, think of me?

In the winters, I did not find solace
As did the wandering skylark
For I, am one who enjoys company
And does not like being in the dark
Winter was the season when
In my heart, you imprinted a mark.

When autumn came, and so did you
My world illuminated so brightly
Walking with you beneath the trees
I felt life was, at last, alright
Autumn was when I stayed awake
Talking to you, through the night.

I adore the summer season
Since it paints the world anew
With refreshing colors of innocent fun
Bidding all the sadness "adieu"
I love the summer season
Because it reminds me of you.

Meghna Pandit
Third Year BSc (N)

We are one

It said that
Everyone has attachment to money
But money has no attachment to any
The rich worry to spend money
The poor worry to earn money
Strike the bar between rich and poor
Overcome all circumstances and fear
Let money have place in our lives
But not a place in our hearts
So, let the richness not be counted by money
Richness lies in one's heart and is as sweet as honey
Let us not build block of rich and poor
But let us build the block of near and dear
Hand in hand we march towards success
We share our sorrows and happiness
Let no one destroy us
Neither money nor anything else
We are always one
We will remain one

Melisha Sara D'Souza
Fourth Year BSc (N)

Mother

Her smile
Flowers bloom with mystical fragrance
Enchant every breath and touch the soul
Her eyes
Shimmering water that flows freely?
Captures live in every drop of life
Her thoughts
Deep as the whirlpool abyss in an ocean
Absorbs every rainstorm and reflects sunshine
Her hands
Grasp threads of love and affection around
Wrap up relations with the timeless bonds
Her heart
Filled with colourful efflorescence like a garden
Where motherhood never wilts in any season
Her feelings
Calm and deep like the shore of a sea
And another wondrous evidence of God's tender
guiding hand.

Hebsiba Shibu
1 Year BSc (N)

What is the value of human life?

Ask the soldier, who put it all at stake, for others to sleep at peace,
Ask a mother, who now holds that life she nourished within for 40 weeks.
Ask the father, who lost his support in the name of worldly pleasure, all his dreams broken shattered.
Ask that daughter, who pours her sweat and blood just to provide for her beloved,
Ask that son, who longs for his mother to just call his name one more time.

What is the value of human life?

Can it be measured by the money that pours?
Can it be replaced by the material things that you give?
Can the loss be filled with the words you say?
What is the value of human life?
You shout for the right of animals
You slaughter the innocent in the name of language, religion, and race.
You say justice will prevail but at what pace?
Innocent still cry out to the skies above,
Just to be ignored by the human below
You protect the cow and the wild
Only the women you fail..
The human race is sold for pennies while their organs in gold.
There's nothing can be done to quench the thirst of greed, if this is the way we proceed,

What will be the value of human creed?

Caroline Liyan Noronha
1 year MSc (N)

Second Chances

Ms Sheena drove fast. She was already late for the office. She had woken up late and it was her first day of work. The job she got was a dream come true. She had been left jobless for two years after she had completed her higher education. So, she did not want to lose what she had. But, her carelessness in managing time made her worry if she would be rejected on the very first day of work.

The office was about seven km away from her residence and it was about ten minutes left for her work to start. She drove fast and was anxious to reach there within ten minutes. Suddenly, a crowd in the middle of the road made her feet fall on the brake. She decided to reverse the car and choose another way. But, a huge line of traffic behind her car made it unable to do so. She became tensed and anxious thinking about losing her dream job and how she had just a few minutes left for her to reach there on time. Time was running fast and so were her hopes. The crowd in front of her was staring at something. Some were quarreling, discussing

and initiating things to do according to their decisions. Sheena closed her eyes and took a deep breath. Some sort of energy had gotten into her. She opened her eyes and got out of the car, and walked straight focusing on the crowd.

As she kept walking, she kept asking herself, "Why did this happen today, ugh, why did I have to be late?" Too many why's kept running through her mind. Finally, she reached where the crowd had gathered, as she pushed herself into the midst of the crowd, she reached to the center point and saw a woman and a child lying on the road, bleeding profusely. She could not even believe what was happening. There were many people standing around these two helpless people yet not one person took the stand to help them. She used her leadership skills there. She called out to the brave and the compassionate ones to step forward to save these two people. She yelled out, "Please, step forward. What if this was you or your loved ones? Come, let us hurry and rush them to the hospital." By saying just

this much, she rounded up about ten people and rushed them to the hospital. With a total of eleven people, and by pushing aside the bystanders, they brought them to emergency department of the nearest hospital. Ten minutes went by, then twenty minutes, then thirty minutes, but no nurse or doctor came to Sheena to let her and the team of people who helped to let them know about the condition of the woman and child.

Sheena, during this waiting process, realized the fragility of life. She realized the preciousness of every moment with her loved ones. All these years, she was too busy to spend any time with those she loved. She was always a career-oriented woman who did not pay any attention to the world around her. She was too busy with school work on the day of her brother's graduation, too occupied with office work on the day of the birth of her niece. Time went by in the blink of an eye, and now the brother had a job, the niece was five. She put her face in her palms and wept silently. She wiped away her tears eventually and gathered herself. She picked up her phone and called her brother, and apologized for her absence. Next, she called her sister apologized. After some time, the doctor and the nurse approached her. "Thank you for your presence at that very moment for these strangers, if it were not for you they would have lost their lives today."

Sheena felt good and started walking out of the hospital. She went back to her car. She rode it to her office- upset, sad, guilty, confused, a thousand thoughts running through her mind. "Why am I still expecting this job?" Sheena thought to herself. She reached and knocked the door. The secretary opened the door for her and said, "The interview is over, you are too late". Sheena grew even more upset. The kind-hearted secretary said, "There is still chance for you", Sheena looked at her, confused.

"Next week there is one more interview to be held for candidates, you can give it a try", said the secretary as she smiled at Sheena.

A bomb of happiness blasted within Sheena. A smile arose. She was happy and her self-confidence increased. She started running back to her car. But she stopped and took a moment to reflect on everything that happened in the day. "Thank you, God", said Sheena, "I know, it was because of my carelessness that I could not manage my time well, and if it was not for you, I would have lost it. But, thank you so much for the second opportunity".

She went back, calling her brother and telling him about the second chance. She went back to the hospital to meet the poor mother and child. She was so satisfied with her work. That smile on the child's face brought a smile on Sheena's face and taught her the lesson of the day. "Do good to others, and God will definitely do good to you".

Yes, Sheena got the job. She passed the interview and now she is independently managing her work. Every day she wakes up, sees the bright side, and thinks of that fateful day. Every night, she sleeps after scheduling the next day's activities and ensures she never makes the same mistakes again.

Christina Abraham
Third year BSc (N)

Amala Tressa Martin
First year BSc (N)

Vinslet Ferrao
Second year BSc (N)



Negligence

I thought it would be a pleasant day. As usual, I got up switching off several alarms, brushed my teeth, had my breakfast and after staring at my wardrobe for a considerable amount of time, I finally took out a dress. I had my friend's birthday celebration that evening. She had invited me to her home to help her to do the preparations. As I was packing my bag to leave for her place, I heard my phone beeping and I found seven messages from my mom telling me to be careful on the roads. I, as usual, got frustrated by her message as she always gives me the same lecture. I ignored it and left my home bidding bye to my sister who wished me to have a great day. As I stood there waiting for an auto, I got a call from my friend asking me what time will I reach, and I told her that I will be there in another 20 to 30 minutes, although I knew I would be late. I saw an auto coming. I signalled for it to stop it but it did not stop and two more autos went by without stopping. I cursed myself for getting up late and doing things late. I started praying and wishing to get an auto. Finally, I got one which was full but I had to adjust myself in. It was awkward as I could hear many sounds. Anyway, I arrived at my stop, got down, paid him and since I was in hurry, I crossed the road without noticing a car heading towards me. Call it God's grace or my luck, but I got saved and the person in the car stopped, and I knew he would come and scold me, so I just ran up to the bus stand and tried to hide from being seen. I kind of felt embarrassed standing there. I saw a bus

arriving, got into the bus, and found myself a seat. My mom called me up as usual, and I did not receive it. I was too busy listening to music on my headphones instead. By the time my stop arrived, I had received five phone calls from my friend to know where I reached. I got down at my stop and walked till I found my friend standing on the road waiting for me. I realized that I had to cross the road once again and while looking at my friend, once again I crossed the road without looking at the road for oncoming traffic. I heard a scream from my friend, and there I was, lying with blood covered me and all I could remember was a loud thud. I opened my eyes to find myself in the ICU, and my mom sitting front of me, crying. I felt scared, I felt upset. Maybe because of the effect of anesthesia, I was partially sedated. When I got my complete consciousness back, my mom told me that I had lost my right leg because of that accident, and she even told me I will need the support of crutches to walk, and that I would require one year of bed rest. Hearing all these things, I went numb for some time, and then the first thing that came into my mind was my mother's message, asking me to be careful. I realized how important it is to take a look on both sides of the road before crossing. But it was too late for me to realize it. So, now I pray to God that this should not happen to anyone else.

Riya Nisha Mendonca
Second Year BSc (N)



A tragic accident

Ms Sheena drove fast. She was already late for the office. She had woken up late, and it was her first day of work. She was driving her car as fast as she could. Since it was her first day of work, she did not want to be late and get a scolding from her superintendent. She was a nurse and that was her morning shift. While driving, many things went through her mind, as she did not have any idea about the work situation. Last week, she had got the call letter for work saying that she was posted in an ICU setting. Suddenly, she remembered that she was not wearing the seat belt. She thought of stopping the car and wearing a belt, but that might delayed her late, so she did not. She drove faster. Meanwhile, she noticed warning boards on the roadside about wearing seatbelts. She was aware of that as well. She ignored the signboards, and drove like "shoe marker". She had to reach the hospital by 7:25 am. And the time was already 7:15 am. She was not thinking about the belt. The only thing in her mind was to reach as early as possible. She kept on driving. All of a sudden, a truck came from the opposite direction and hit her car. She was thrown out from the car into a meadow, unconscious, and her car had collapsed. She laid there for a while and was taken to the hospital by someone. She was not aware of anything while lying on the stretcher. The only things that passed through her mind were some dreams and some memories. She knew something had happened to her, but did not know what it was. She was taken to the emergency ICU where she could have joined today, as a nurse, and not a patient. Doctors came in and out and treated her. All around her, there was a hectic scenario where the health professionals rushed here and there for the sake of saving her life. They gave her many medications, and she had to undergo a surgery as well. One of her friends, who had also joined that day as a nurse, was startled, as she had never expected such a situation. She could not even believe it. She looked at her empathetically and felt helpless. However, she managed the situation and did her job. She wanted to inform her parents, but could not do it, for she thought it would make them sad as they had expected a good

start for her daughter on that day.

Hours passed by. Sheena regained her consciousness after one entire day. As she opened her eyes, she felt like she was in a dream. She could not make out the things around her but eventually understood she was in the ICU, where she was supposed to be working. She did not know what she should do and regretted her negligent behavior. Remembering the accident was tough. She had to figure out where she went wrong. Her doctor earlier informed her that she was thrown pretty far away. She would have been saved even if the accident was huge. Thinking hard, she finally realized her mistake, or to be more precise, her negligence. Only if she had stopped her car for a minute and put on her seat belt. Now, look at her! Trying to save herself a minute, she had broken her limbs.

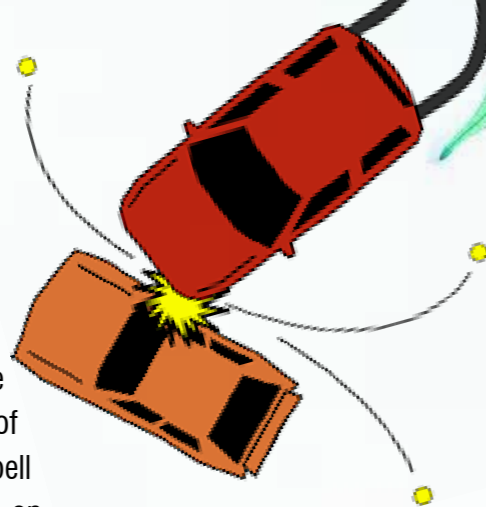
Sheena remembered all the precautionary advise her dad used to give her when he had bought her the car. He had always insisted and mandatorily told her to wear her seatbelt whenever she was in the car. But, as a rebellious daughter, she ignored those lifesaving words. Now, she was not only afraid of driving her own car, she was afraid of vehicles altogether. She now understood the importance of putting on a seatbelt, as well as respecting and following the precious words of elders. Henceforth, she decided she would promote both those messages in any manner that she could, even if she had to narrate her own tragic accident. Life is too short and making it hard with our own mistakes when it should have been easy, is pure arrogance!

Annie drove fast. A long chain of thoughts was running around in her mind while missing the acceleration.

It was supposed to be a great day that she had always dreamt of, but so many things happened which she still could not get over with. The last fifteen minutes, the worst of all she had, broke her into nothing. Tiny shining beads descended on the smoky mascara eyes wetting the pink cheeks and reached the chain. The smoothened hair flew and got stuck on to her wet cheeks. The morning

was perfect in every possible way. The appointment letter on her table from the most prestigious software firm, happiness on the shelf, flowers of joy and appreciation on the cot, and her loving parents on the video call. Yes, they were also filled with joy when their daughter was at the edge of the fulfillment of her dream, her years and years of hard work and dedication. Suddenly, the doorbell rang. She felt a little awkward for hanging up on the conversation with her parents. Anyway, she stood up and paved her way slowly with a beautiful, fresh heart and smile to answer the door.

As she went to the door, she could not help but wonder who it could be, at this time of the morning. The men in the uniform were standing at her doorstep, with eyes that were moist. They took off their hat, and with a shallow voice, they greeted her, "Good morning, Ms. Sheena", said the policeman and she greeted back in a humble note. The policeman could not beat around the bush, but he told Ms. Sheena that her son, who was at the University of Oxford, was shot in violent protest attacks while he was passing by. The news hit her so hard that she could not cry immediately. She fell on her knees as the policeman said, "Sorry we could not save him". She got up, and felt her heartbeat from afar, and instantly exploded weeping. She got into her car, the policeman tried to convince her not to drive in her state, but her heart could not resist the need of seeing her son as soon as possible. Ms. Sheena took off with tears running like a flow of the waterfall. She pressed the accelerator more, despite the traffic on her way, the arrow of the speed sensor kept raising to maximum, the police tried to stop her and chased her, but she was burning the tires. In her heart, she only had her son. Not the first day of work, not family, nothing except her son. Suddenly, she got into a fatality route, and she drove into another tragedy. The last time she blinked was when she changed the last gear/year? , and the next moment, she lost consciousness. Ms. Sheena got into a collision with a minibus which she did not see was trying to overtake her.



Her head was now bleeding, and her eyes were now filled with a mixture tears and blood. When the ambulance came to pick her up, she wanted to yell at them but she could not. All she could do was close her eyes and just let it go. She was taken to the ICU where she was surrounded by the doctors and nurses. She tried to speak to them but she was unable to open her mouth. She tried and tried and finally she could say "my son, my dear John ... I... I want ... see ...". The policeman who informed her about it already spoke to the doctors about her tragedy. Her heart was beating irregularly fast, her breathing was rapid, and at that very moment, the doctor, like a life-giver, came to her and held her hand, saying, "Dear, I will show you your beloved son". She felt like she got her life back hearing this.

She was taken to the mortuary on a stretcher; on the way, all she could think was his smile and his sweet voice calling "mommy". She then entered into that hell: the mortuary. For a while, she regretted asking to see her son. There it was- her son's body all covered up with the white sheet. She searched for his hand, held it, and tried to feel the soft, warm hand of her son, but she couldn't feel it anymore. She pressed them and took her last breath saying with a smile, "my son, I love you and I will be with you forever", and the curtain of her life fell. The policeman took his cap off, and the nurses covered the two bodies with white sheets, with tears filled in their eyes.

Amanda Varghese & Sayona Alex
Fourth Year BSc (N)
Sherin Joson
Second Year BSc (N)

My first day in the hospital

"Finally, my clinical started. I am so excited, but will I be able to do it all correctly?", was my reaction when my clinical began. I was excited but also quite nervous and scared. I wondered to myself whether I would be able to do it all. Will I be able to care for my patients as I am expected to? These were the questions lingering in my mind. But I was determined that no matter what, I will perform the best possible care for my patients.

I was ready for my clinical, standing in line for the biometric attendance update. After that, our clinical supervisors took us to our respective wards. I was walking, thinking that today will be a great experience, I can do it and I will. I was in a group of six people who were posted in OF2 ward. Our posting was only for half a day for two weeks (partial clinical block). As we reached our ward, I thought to myself, "Okay, here goes, I will do everything I can for my patients". At first, our clinical supervisor advised us not to perform any procedures, and instead start communicating and building a rapport with the patients assigned to us. We went in and greeted the staff nurses present there. From there, I went to my patients and started talking to them, and I came to know about problems that the patients came with, and I realized that they were in pain and were having a tough time. Afterwards, we were asked to prepare the beds. As there were no other procedures to perform on the first day, bed making was all that we did on that day. The hospital was not bad at all, I actually liked it more than our regular classes.

After a few hours, our clinical posting was over for the day. Time went by very fast, and I was very happy as it was an entirely new experience, it was something different. All the days before the clinical postings, we spent time in classes and laboratory demonstrations, but on that day, we came to know what the real scenario was. I am so glad that I chose nursing as my profession

because after seeing the pain, stress and anxiety in the patient's eyes, it made me want to serve them and relieve them from their pain. I was so nervous and scared at the beginning of the day, but after my first clinical posting, I was not scared or nervous anymore. It was indeed a great experience. And I look forward to providing the best care for my patients. As the days proceed, I will become better and stronger, so that I can support my patients in their times of need.

Adlin
First year BSc (N)



Goodbye



It was a bitter-sweet moment. The idea of leaving the country was scary. Not knowing what to expect in a foreign land, the taste of the new, and the fear of the unknown did not allow me

to rest and sleep. Day in and day out, you would find me doing mathematics, calculating the risks involved. Friends would be telling me, "Bro you do not need to go that far". My parents asked me, "Son, is this what you really want?" I thought to myself, "Is standing by the bedside of someone who really feels hopeless and I remain as the only hope, what I want?" "Is promising people a better future and hope, what I want?" To my friends, I answered, "I am willing to go as far as my dreams can take me". To my parents, I answered, "Yes, this is what I want. I am driven by passion. Even if it means I am going to India to touch one life, so be it. I am going there to live, give an impact."

Mama said, "Go". Daddy said, "My blessings are always with you". My sisters brought me a cushion, on my knees I fell, and hands raised, I received protection from the Lord and the blessing from my father. "Son, do not forget the Lord and please represent us well," my dad said.

As I got up on my feet, I saw tears flowing from my dad's face and with a kiss, he said, "Bye". Everyone began to cry. Goodbye was not so good after all. My dad took his car, mom and aunt came along. The mood was so low, with more thoughts and few words - that was the environment in the car.

Arriving at the OR Thambo International Airport and finding my fellow compatriots awaiting my arrival, it felt real. It was happening. I was leaving South Africa - the Rainbow Nation.

I received messages, "Goodbye eagle, in you we trust". I stood strong with no regret. That day I realized that it is no longer about me, but about my family, my friends, and my country.

Mmoloki Thato Raboroko
First Year BSc (N)

Calling of gratitude

Dear Teachers,

How are you all doing? I hope that everyone is in their best of health and doing really well! Finding this opportunity, I am so grateful to express my love, affection, and gratitude to the family of my former school in Chauntra. Back when we were so small, like a toddler with nothing in the world, shutters of fear, unbearable doubts, fighting back all the strangeness in the world. God adorned us the greatest and the brightest gift of all. Where we were affectionately cared and nourished fruitfully by you all.

There may be times where we forget to thank you all for being able to do so much in our life but every time, wherever we go, you are all remembered and missed. Your hard work in bringing us light is always appreciated and thanked for. For me, here, it gives me time to ponder upon what lessons we learned, how we thrived for better marks, the fun we were able to find doing each and every project with your guidance. Those memories are always sketched in my heart. I wonder if I can go back to the child back there with you all. The memory is endless. I am so grateful for you all. Thank you for being my hero in my life. Thank you for taking me to a greener side of the grass. I miss you all.

Thank you
Tenzin Lhamo
First year BSc (N)

Parents are guardian angels on earth. "Parents" - a word very easy to say, but very complex in its meaning. Parents are a great blessing from heaven, for each and every one of us. Without parents, none of us would have been what we are today. All our good qualities, habits and nature are a gift from our parents.

Friends can leave us. Health, wealth all materialistic things will go one day, but parents will never leave us. They, even at their peak of age, will take care of us. When we grow old, we will be still pampered by our old, greyed parents. Parents are parents, no one can substitute them. The love and care showered by parents on us leave an everlasting impression in our hearts and mind.

Every parent strives hard to meet all our needs. They will sacrifice their entire life to keep us happy. They would stay without the basic needs of life to provide us with luxuries of life.

Knowledge is Power

Man is the supreme power on earth. He has the power to create wonders. Knowledge is the key source of every achievement. Horse sense or common sense is closely related to knowledge. During difficulties, it is our brain power which leads us to take the right step.

Experience gives us knowledge. It is by making mistakes that we learn new things. Knowledge is the divine inspiration of God. Knowledge gives us confidence. Knowledge favors fortune. Knowledge commands powerful positions and prestige.

Parents

But as children what do we do? When they grow old, we do not have any time to spend with them. We may just send them money. They do not need our money in their old age, they need us. We have to spend some quality time with our old parents. Give them the due respect they deserve. This does not mean make all the decisions and work at home and make them dependent on us. Let them enjoy the freedom of decision making in old age. Let them do as many chores at home as they can do; to keep them engaged, and to make them feel fit and energetic. Let us cherish all moments spent with them from childhood, and pass on the good qualities of parents to our children.

Let us follow these footprints and inculcate good, moral values in our children and instil a helping nature and the practice of saving money for the future generation. I salute all the parents on earth.

Mrs Charlet Vaz
Lecturer
Dept. of Fundamentals of Nursing

Melisha Sara Dsouza
Fourth year BSc (N)

Manipal College of Nursing: A Gracious Host for All

I am very blessed to have been given the opportunity to attend our Overseas Immersion Programme (OIP) here in Manipal, India from 17 September 2017 to 7 October 2017. We were a class of 41, Year 2 Nursing students along with three lecturers from Ngee Ann Polytechnic (NP), Singapore. Our objectives during this trip was to complete our Nursing Management and Professional Development module at Manipal College of Nursing (MCON), to gain insight into the different facets of the healthcare and health education systems in India, develop a globalized view of the healthcare systems and to forge a collaboration through sharing of knowledge in academic, history and cultural exchange between India and Singapore. The attention and care we have been generously given these past three weeks by the faculty and students of MCON despite our large number of people made us feel right at home.

Our first day in Manipal was sunny and bright as we found ourselves greeted by the warm and friendly faces of the students from MCON whom we have grown to be so familiar and comfortable with. It was an absolute pleasure to be able to experience learning in a different environment alongside with the fourth Year BSc Nursing students from MCON as we interacted and exchanged knowledge.

We are deeply grateful towards the faculty and students for arranging a tour of the Manipal University Campus, stimulation centre and a visit to the Museum of Anatomy and Pathology within the first week of our arrival. They also made time in their day to facilitate and accompany us out during our trips to various breath taking places such as Sri Krishna Temple, Malpe beach and Shri Murudeshwar Temple that have left us in awe at its beauty. In addition to that, we have also been privileged enough to visit the Kasturba Hospital, Spandana and Hombelaku and Asare which were very relevant to our objectives as we were exposed to a new healthcare setting. We also attended numerous talks from external lecturers to enlighten us on various things concerning India such as the religion, caste, culture, healthcare and rich nursing history that would not have been possible

without their collaboration. Supplementary to the lectures, we also had hands-on experience with some cultural activities such as rangoli and henna where we witnessed different forms of artwork emerging before our eyes. All individual fifteen students have been extremely helpful in so many ways from sharing their favourite local snacks with us to ensure our safety and wellbeing when we go out.

A cherished moment of mine during this journey would be the cooking experience where the students from MCON and NP cooked our own respective local dishes in the nutrition laboratory together. I found this truly an event to remember as I loved seeing everyone from different race, cultures and religion mingle and literally rub shoulders with one another as we learnt how to prepare each other's dishes and ultimately, enjoy the various different tastes as a whole at the end. It was also enriching to be able to see how a few of our favourite Indian dishes were made and lend a helping hand as well.

I would like to deeply thank the faculty and students from MCON for making this trip utterly memorable. Their wonderful hospitality to accommodate all 44 of us these three weeks was truly exceptional and allows me to believe that India's healthcare industry is in undoubtedly capable hands of these future nurses. No words can describe our gratitude as every individual has made a difference and enhanced our experience here in Manipal University.

Charmine Wang KaiLin
Ngee Ann Polytechnic student, Singapore



The Ripple of Change

Since childhood, girls in our country grow up hearing things like, "He's a boy, he needs to grow up and earn and be successful. But you are a girl. You are going to get married and raise a family anyway. You have to preserve your own and your family's dignity." She is told stories about princesses, damsels in distress, and every story ends with, "The prince came and saved her life, and they got married and lived happily ever after". How come we have never once heard of a little boy being told a story that says the princess saves the day, and the prince gets married to her and lives happily ever after? Curious, isn't it?

Boys are taught, from a very early age, that they have to study hard, get a good job, earn well. They are taught to soar high, achieve their dreams and explore the world. To aim high and do whatever it takes to make their dreams come true. And in the same household, girls are taught to dream about finding a good, rich groom, get married and nurture a family. Education and a career - these things are just optional for a girl, whereas a mandatory necessity for boys. Why so? Imagine a world where we put equal efforts into raising our little girls, as we put in raising our boys. In a world where half the population is discouraged from being career oriented, imagine what kind of change and productivity we would bring by stopping everyday sexist acts.

A very common example would be interviews conducted by reporters or journalists, with actresses or sportswomen, as compared to those conducted with actors and sportsmen. No matter how successful the woman is, the interview questions eventually boil down to - "So when do you plan to settle down?" "When are you planning to tie the knot?" "Have you and your spouse considered conceiving a baby yet?" Whereas, the questions to a male are always- "So what is your next venture going to be?" "What strategy do you have in mind next?" "Who inspires you the most?" etc. Even today, no matter what degree you have, if you are a female attending a function, the questions after the initial. "What course did you do and from which college?" are

always "So when are you getting married?"

It is in toxic environments like these, that equality dies a slow death. And the only way to prevent that is by changing small things about the way we perceive things. Raise a girl child to be just as fierce and competitive as her male counterparts. Better education, career opportunities, decreasing or eliminating the wage gap, breaking through the glass ceiling, paid maternity leaves - these are some of the huge lists of options that we have to choose from, to eliminate gender-bias from our society. But, it has to start at a much basic level. Consider it as throwing a stone in the pond. It creates a ripple. A small change from you can create a ripple effect, multiple waves of change, in today's world. So, the next time, instead of buying a little girl dolls to play with, get her books that pique her interest and culminate curiosity within her. Instead of asking her to learn household chores, encourage her to educate herself and explore the world. Raise a smart, independent woman, and not a meek puppet that has no voice and no choice to stand up for herself. Be the ripple in the pond. Be the change that we so desperately need.

Meghna Pandit
Third Year BSc (N)

What do we do now?

Let the census speak out the 'true datasheet' of women empowerment nationwide. Ask your heart: what do you see? what do you face every day?

- Why did you not join for the profession that once you longed for?
- Do you speak at the dining table in front of your in-laws?
- Why did you drape that shawl over your deep neck blouse and finely pinned chiffon saree while going out?
- Do you feel tired of answering about your night shifts at your office to your relatives?



How many times has your girl gang trip plan received a rejection certificate, just because of a one male-deficiency in the group?

- Do they really consider you equal to your bearded-competitor during the selection for a survey campaign volunteer?

And you know what the worst part among all of this is?

We know the answers of those everyday operas we face, but still, we are 'adjusting' to them.

No, do not fight for equality with a placard in your hand because that will only give you the name #Feminist and nothing else!

And by living in an era where we still can see advertisements like "use fairness cream-achieve your dream", you simply cannot expect people to be open-minded instead of open-eyed to see you getting paid more than a muscled masculine. Those 'useless' zeros become an itchy matter in their grey matter when they appear in the paychecks and not in the scorecards!

Wake up girls, think what do we do now?

What's next?

Do not settle down with alternatives just because they want it. No. Fight till the end for whatever you deserve, whatever you dreamt of to achieve. Do not raise your voice, raise your standards.

"Charity begins at home", and the same way, your fight starts with you! Whatever you want, you yourself have to get it.

Wake up ladies, it is high time to think, "What do we do now?"

Go and grab the answer!

Get it, embrace it, enjoy it!

- Start enjoying your life once and for a lifetime!

Sriparna Sarkar
Second MSc (N)

"Let them thrive"



Children are the future of our nation. They are like the buds in the garden and should be nurtured lovingly and carefully. They should be well-nourished, protected and free from disabilities to lay a strong foundation for the future.

Do we want a child to be healthy and useful citizen of our nation?

Do we give them the right to thrive to the fullest potential?

Let's reflect ...

Globally, one in ten child are born prematurely each day, which accounts for about 15 million babies born prematurely every year. Almost one million preemies die every year due to the complications. However, the survival of these babies depend on where they are born. In high income countries, 9 out of 10 babies survive due to the enhanced awareness and basic care; whereas, in low-income countries only about 1 in 10 babies survive which is a devastating experience. In middle income countries, there is an increased burden of disabilities.

Babies who are born too early may have to face lot of challenges in the health issues in the life time and the survivors may experience long term disability.

Are the Preemies Safe at our hands?

Most of the preemies spent the initial period of life in the NICU, where they are taken care of by the health care professionals. It is very crucial to ensure that well trained qualified health care providers handle and manage the preemies safely and gently.

"The warm caring hands, the gentle loving touch, the soothing comfort, the calming sweet voice/music" is all that the preemies wants.

Every child has the right to live and to live to the fullest potential.

To create an awareness of this health concern and to save the lives of the preemies, every year November 17 is observed as the World Prematurity Day. It calls for action to mobilize multi-sectoral support to enhance the health and wellbeing of the preemies and their mothers and also to save the lives of the preemies. This year's theme (2017) is "Let them thrive" which focuses on the quality, equity and the dignity in the provision of healthcare to the smallest.

Is it necessary to provide quality and respectful care for the smallest?

Yes. It is indeed important that every preemie have the right to be cared by qualified trained staff and have access to health care facilities. The health care providers should be empowered to provide respectful care to the preemies and incorporate evidence based standard of care to provide quality care.



A respectful, family centred care should be ensured to help the preemies thrive and support. The care is not complete without the mothers touch and love for her baby. Mother is the key stimulator for her preemie. Respect, support and empower the parents by meeting the physical and emotional needs, involve them in the care to provide respectful quality care to their preemies. Raise awareness that preemies with respectful quality

care can survive and thrive.

Each year 3 million babies could be saved by investing quality care during and after birth.

“Prevention is better than cure” is a well-known saying.

Is it rather important to prevent the occurrence of preterm birth?

Yes. It is important to ensure optimal health of the girl child. Adequate well balanced nutrition, good healthy life style practices, prevention of infections and appropriate contraceptive measures can reduce the risk of premature birth.

Healthy start to be the next generation.

Close the quality gap by providing optimal care for all the mothers and babies to prevent maternal and neonatal deaths and stillbirths.

What world do we want for every mother and their baby?

We want a world in which every mother and baby are given the best chance to not only survive but also thrive to their full potential.



The mother and the baby is viewed as dyad. And what is good for mother is assumed to be good for baby.

We need to integrate and innovate.

With many of the pieces to make this happen is already in place, the key to success is to scale-up and integrate.

Set clear goals. No child anywhere in the world should be born to die.

Preterm babies are the most vulnerable citizens in any country. Health system should be responsive and accountable to the quality care for the survival of

a nation's leaders, who are the key to every nation's future development.

The major challenge for many countries is to prevent the deaths among babies born too soon. Accelerate the achievement to end preventable newborn deaths by 2030.

Women and families should be placed at the centre of all services, empowered, and should be treated with dignity, respect and compassion to have access to safe, high quality care. The babies should get the best start in life.

Investing on preterm birth prevention and care will relieve the burden on families.

Babies have the right to be with their families.

Let us join our hands and save the precious life. Together we can make a difference.



Preterm children are little heroes. Let us celebrate them and their families.

Go purple! Dress in purple, light your home or office or come up with yours own ways to turn the world purple in support of prematurity awareness.

Let us make every effort to allow premature babies to not only survive, but also thrive to grow strong and healthy to achieve their full potential.

Let us make preterm babies live and thrive

Binu Margaret
Asst Professor, MCON

The blurry figure

Everything went dark, nothing to be felt,
all I could hear were murmurs, maybe my hearing was
all that was left.

I could not move my arms and legs, blankly staring and
in extreme pain,

I remember being taken away, at that moment I did not
even remember my name.

I must have cried out loud or whimpered or looked at
you in fear, because I saw it running towards me, and I
am sure my eye had a tear

I saw a blurry figure come hurriedly towards me, it
whispered something I could not hear,

but I knew that whatever it said it was the key to my pain
that I bear.

With a state of mind that could hardly register, I recognize
a few blurs,

a few blurs who stood by my side and come to me
every time I winced and cried and purred.

Now you may ask me who these people are, who are
the ones I talk about, the ones who are still unnamed,

These are people I knew not about, not thought about
not cared.

They are nurses, the heroes, the angels, the ones who
deserve all the support but sometimes go spared.

These are the ones who go home and smile, even when
they have witnessed someone lose their child, they
laugh, they cry, they celebrate, they mourn,

They are the ones who take us in and treat us as their
own.

The accident has left some scars on me, but nonetheless
my heart is healed, I look at my toddler and smile and
know on whom my trust is sealed.

I remember that day I saw that blurry figure, I remember
it like yesterday,

I remember what it whispered to me, I think about it
everyday

I close my eyes and I remember your words, the words
that got me through,

The words spoken by an angel, the words that were so
true,

The words that said,

“Don't worry, hang in there, we got you!”

Sapna Dipali Singh
Second Year PBBSc (N)

Present society - call to parents and teachers

A human being is unique and the views attitudes and aptitudes vary from person to person. Human personality is framed and governed by the pattern of thoughts, emotions, social skills and behaviour exhibited consistently over time. It is the emotional, mental, social and spiritual quotient which influences one's expectations, self-perceptions, values and attitudes. Personality therefore exhibits itself in the responses to other people, their problems and also participation in their day to day lives and stress levels. So, the most important aspects of a personality are emotional and social.

The milestones in a child's life are the concern of every parent. The milestones in the life of a child depend on the amount of care, love, support and security provided at home by the family. These embraces all the steps, stages and growth pattern of a child. Therefore, home is the first school of an infant and the parent the first teacher.



The second important role in the early life of a child is played by a teacher when the child steps into the school. The child finds a second home in the school only when there is a cordial relationship between the parent and teacher. When the child observes a friendly relationship between the parents and teachers, collectively striving for his/her welfare, the school becomes a very happy place to spend time. The positive relationship helps a child feel good about school and be successful in his/her career. Therefore, a teacher should build a close

relationship with the student to shape his/her personality. The students excel if they have a definite dream about the future and the ways to achieve the dream. Hard work combined with definite goal ensures success in life. Hence, parents and teachers play a vital role in the holistic development of a child. Parents are the first mentors followed by teachers, and both have an immense responsibility in shaping holistic personality.

One inspirational story which reflects on the role of a mother is that of Thomas Alva Edison. His school teacher sent a letter to his mother stating that Edison was "addled" and was not fit to continue in the school. When Edison enquired about the letter to his mother she told him that he could not go to school anymore because he was a genius and the school was below his standard.

On his mother's death he discovered the letter the teacher had sent when he was a little boy. The letter shocked him because it contained words that Thomas Alva Edison was an addled child, so could not go to school. The heroic action of his mother produced a great inventor of the century.

"All that I am, or can be, I owe to my angel mother; I remember my mother's prayers and they have always followed me. They have clung to me all my life" wrote Abraham Lincoln, about his step mother who was an inspiration to the great president of United States.

The children in the present society go astray because of drug addiction, criminal behavior, immoral actions, and even violent parents and elders who abuse them. Other forms of drifting though less serious are disgust over under achievement, dropping out of educational institutions, discontent and lack of purpose in life. When children do not show expected results and do not meet the ambitions of parents, the parents become

negative towards the children and exhibit anger and discontent. The attitude of the parents demotivate the children further creating a lot of misunderstanding and despair. So, if the youth indulge in rape, corruption, drug addiction and other evils, they are not only the actions of youth but the responsibility of the parents and teachers also. The parents and teachers have failed in being good mentors towards children and youth. We see in the media the reports that India is one among the countries of the world which have highest suicide rates for youth aged 15-29 years. Most of the children addicted to social networking sites hardly find time to converse with parents and teachers. Thus, social networking is a tool to escape the wrath of elders.

The history of Solomon Island where the tribals live; if a tree does not bear fruit, they will not cut down that tree. They practice a special form of curse surrounding the tree and showering curses, yelling at the tree for hours and hours every day. Within a few weeks the tree dies off and falls to the ground. Many of us might find this example too difficult to believe, but negative thoughts and words are powerful enough even to kill a tree leave alone a human being. Similarly with children, youth and adults negative treatment does bring havoc and destroy the personality. Therefore, it is always better to motivate people and own selves by positive values such as encouragement, kindness and affection, so that we have people who are constructive enough to build a happy society.

When the tribals of Solomon Islands curse a tree, they are installing negative and harmful beliefs in the tree. Negative emotions even in the life of people just like the tree change the molecular architecture and kill from inside. The parents and teachers therefore have a vital role to play in the life of a child and a student. If you correct the children in a constructive way, you are installing beliefs in the mind which

will encourage them forever. But, if you keep nagging them, not appreciating them, you are installing beliefs in their mind which will pull them backwards throughout their life.



Late president Dr Abdul Kalam strongly believed in parents and teachers as motivators and torch bearers to weed out evils like corruptions, criminal behavior, murders, suicides, rapes and other evils. According to him a mother's knee to a child is the solution to corruption and the open doors of the school are instruments to close the doors of the prison. So, parents and teachers wake up to your honourable mission of life.

Dr Maria Pais
Asst Professor, MCON

Destiny Calls

“My Failures and Successes in life act as a compass to redirect me to my true calling and destiny in life”

MT Raboroko

It is said that, “What screws us the most in life is the idea of how things should be or have to turn out.”

I choose to believe that we are the actors and we live the story already written and the author has the blueprint of our lives. We, therefore, remain with the responsibility of discovering the role, the purpose and the mission for which we were sent to this world and after we accomplish them, we have to go back to where we were before.

We are all born to fulfil our purpose, we are uniquely designed to be able to stand against what may come, not ignoring that the battles are different, the journey is different and so is the destiny.

Finding your purpose and living in a way to fulfil it, is the best way to utilize the gift of time. At some point in our lives we are faced with the question, “What is my purpose?” this happens in most cases after finishing our 12th standard and we have to choose which profession to follow. Once we choose it, we sometimes have to deal with the question, “Am I on the right track?”

In 2011 around the winter season, I had a flu and later that night had difficulty in breathing. I could hear wheezing sounds especially during inspiration. My parents rushed me to the hospital and I was taken to Emergency ward, the Nurses collected the history of what happened and I was immediately connected to the oxygen mask and was given a nebulizer. I felt better few minutes later and the Doctor came and did the respiratory assessment and I was diagnosed with asthma. I just knew that asthma results in difficulty in breathing, I had to minimize my time on the streets, play less and quit athletics.

I made peace with all of that, cleared all my doubts. I fell in love with the medicine and decided that, I want to become a thoracic Surgeon. Whenever we had a family member who was not feeling well, I was assigned

to take care of him. I would sit with my father and read books including, “God’s pharmacy”. My family supported my dream, especially, my father. We used to buy herbs such as Moringa leaves, cancer bush and cayenne pepper and give it to my family members. My dad would sometimes bring shakes from the herbal life company and we would drink together as a family. I saw my dream of being a Doctor as a done and dusted deal.

This changed when I received my 12th standard results and did not qualify to study medicine in my dream university. I felt like that was the end of me. I could not imagine myself as anything or anyone but a Doctor. I spent that week not feeling well at all. I enrolled for BSc Biochemistry and Microbiology with the hope that I will change the course the following year and study medicine. I spent a year and half in the University of the Free State, South Africa. I applied for an international scholarship and was among the selected. My scholarship brought me to Manipal University to study Nursing. I was excited about the opportunity even though I had my doubts because I had to leave my family, my country and my place of comfort to a place I did not even know, the people I did not know, with different food, different climate and different language all together.

My life is not as I have anticipated but I will open my eyes and ears, see, hear and respond as my destiny calls

Mr Mmoloki Thato Raboroko
First Year BSc (N)



Life as a preterm baby



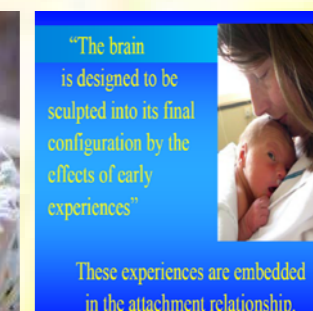
Life as a preterm baby in NICU, born before 37 weeks of gestation

- Lost containment, replaced by extended limbs with tubing and equipment
- Lost mom’s warmth womb, surrounded by liquor, replaced by warmer/incubator
- Lost comfort, replaced by exposed to loud noise, bright light and painful procedure
- Lost contact with mom, even though she is around, can be involved and provide better care

Replace this loss with provision of intrauterine simulation,

- Provide snuggle up containment, nested position as similar as womb
- Promote comfort by maintaining dim light, minimal noise, gentle touch and clustered care, Promote family centered care encourage parents to touch, hug, talk and maintain eye to eye contact

Promote optimal physical and neurodevelopment by comprehensive humanized care ...



“The brain is designed to be sculpted into its final configuration by the effects of early experiences”

These experiences are embedded in the attachment relationship.

Yashoda Sathish
Assistant Professor MCON

Being Smaller, Makes Us Bigger

"If you can't do the little things right you will never do the big things right"

William H. McRaven

Life is a journey, where we go through many situations. But, do we remember all those situations, whether it is good or bad? 'Never'. The incidents that strike our hearts to some depth are the only ones we remember.

The world is moving so fast that none of us want to take care of the little things. But the truth we try to forget is that 'sometimes the smallest things take up the most room in our hearts'. Never get tired of doing little things for others. Sometimes those little things are what occupy the biggest parts of our hearts.

Walt Disney is famous for his creativity. His creativity made the world laugh, think, get relaxed and enjoy the little things. His characters have a power to inspire us to have a simple life, where we should be able to say, "I am the princess of my own fairy tale". When we go through the stories of Cinderella, Snow White, etc., we notice they did not do great things in the tales, but the small things that they did turned them into the princess of their own fairy tales.

It is the little things like sunsets, long drives, music, coffee, sappy movies, chocolates etc., that mean a great deal to me. It is not the extent of things, whether they are 'small or big' that make a difference. But perhaps the difference is the extent in which they spark a fire in our souls that nothing on earth can extinguish, leaving us to burn with a passion for life.

Elizabeth Monson
I Year BSc (N)

An Angel In Disguise

A lady so gentle

Brought this world into a bundle
Humanity around was a curse
And thus God made a Nurse!

Her hands were as soft as silk
Her heart beat for every being

She was as melancholy as the wind

And she was there for every little thing.....

A nurse is a wonder

She is an Angel

Without her the world is a stable

Without her we aren't able

Nine month a mother carries her own

She delivers her trust

To an Angel who cares the most

A nurse who values all abreast

Childrens to elders

Whoever it may be

All are very alike

To a nurse with peace

From the beginning of the world

Till the last of its days

God will forever

Never let go of a Nurse

Tom S Puthenpurackal
II Year BSc (N)

Spiritual Wisdom Vs Earthly Wisdom

"For to be cardinally minded is death but to be spiritually minded is life and peace"

ROMANS 8:6

We all have a desire to be wise. We all wish to understand how things work, want to be clever enough to answer the deepest questions of life. In Romans 8:6, we read *"For to be cardinally minded is death but to be spiritually minded is life and peace"*. God gives every one of us a choice to be spiritual-minded or to function by worldly wisdom. We have to make choices several times in our life.

Again, in Ecclesiastes 1:17, *"And I applied my heart to know wisdom and to know madness and folly perceived that this also is like grasping wind"*. We seek and search out wisdom and knowledge of things of this world just as King Solomon did.

We see that Solomon asked God for the wisdom to rule his people. Instead of requesting material riches, comfort or pleasure, Solomon desired for wisdom. Because God was so pleased with Solomon's request, he grants him much more. Solomon begins his royal reign as the wisest man on earth with great wealth and honour. At some point in his life, he grew to love God's blessing more than God itself. He elevated his earthly wisdom above Godly wisdom and forgot that it was God's wisdom that answers every need and gives the true perspective of life's deepest questions, and he lost everything as a result.

In James 1:5 we read, *"If you lack wisdom you should ask God who gives generously to all without finding faults and it will be given to you"*. God's desire is to give his divine wisdom to all of us. Though all other forms of learning are valuable, they are limited unless built upon the knowledge of the Lord Himself. To gain God's wisdom we must pray for it, although distractions in this world threaten to pull us away from God, and constantly expose us to viewpoints, images, and ideas that contradict the Bible. It is very easy to move away from God and towards all worldly pleasures. My dear

friends, you must remain diligent and steadfast in seeking God and keeping his wisdom. We may have to stand against the world, family and friends, battle with our own desire in order to be solely by the Lord. Genesis 11:4 says, *"And they said, come lets us make build ourselves a city and a tower whose top is in the heaven; let us make a name for ourselves, lest we are scattered abroad over the face of the whole earth"*.

Where does such wisdom come from? James wrote, "Such wisdom does not come from heaven but is earthly, unspiritual, of the devil". The builders of the tower of Babel wanted to make a name for them instead of lifting up the name of Jehovah the Lord. Man's first recorded act of poor judgement was in the Garden of Eden, when Adam ate a fruit of the forbidden tree, which they saw was desirable to gain wisdom. They forgot to obey the Lord's Command for their own self-interest.

God says clearly that the worldly wisdom is of the devil. James 3:14, 15 says, *"But if ye have bitter envying and strife in your heart glory not and lie not against the truth"*. This wisdom descends not from above but from earthly sensual and devilish wisdom.

How can one decide the act he does is according to the spiritual wisdom or not?

There are basically two sources of information in the world: one from the true God and saviour, Jesus Christ, and the other from the present God of the world- The Devil. To live by the first source will result in life to its fullest and the latter will slowly destroy you.

Let us compare some facts regarding spiritual wisdom and earthly wisdom.

1. Earthly wisdom seems appealing to the senses and emotions. It appears to be full of bliss and light. We always get attracted towards it. But Godly wisdom reflects God himself. It encourages us to go according to the will of God.
2. Earthly wisdom says to follow your heart. But in *Jeremiah 17:9* it says, *'The heart is deceitful above all*

things and desperately wicked. If we intend to follow our heart it will definitely mislead.'

3. Earthly wisdom says seeing is believing. But in John 20:29 it says, 'Blessed are those who have not seen and yet believed'.

4. Earthly wisdom says that love your family, friends, wealth above all but God said love your enemy and also bless them. Pray for your enemy. Bless them who hurt you.

5. Earthly wisdom says I am smarter, stronger, faster, and better than everyone else. But Godly wisdom says that I am nothing without my Lord.

6. Earthly wisdom says go to the top don't worry about who you hurt or how you get there. Godly wisdom says "Do good to one another".

There are things that one does knowingly or unknowingly in their lives. But today lets pause for a second and think "are we doing it right?" In the race of life to be at the top, are we losing our spiritual values?

So, how can we gain spiritual wisdom?

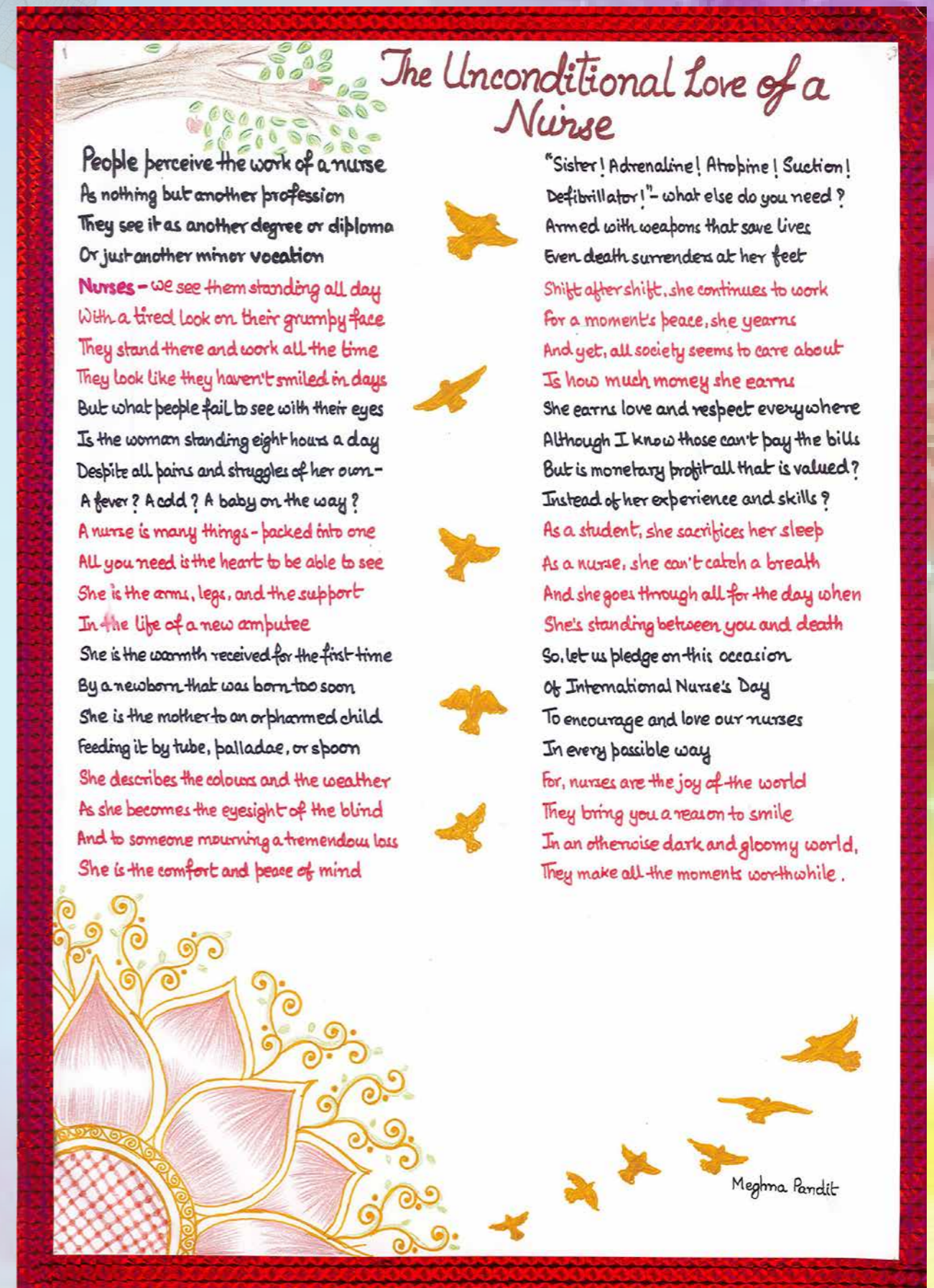
By listening to the Spirit, 1Corinthians 2:12-14 says, "We have not received the spirit of the world, but the spirit who is from God that we may understand what is from God has freely given to us". A man without spirit does not accept the things that come from the spirit of the God for they are foolish.

By meditating on God's word, a person can get a good education in school and even gain earthly wisdom with his life experiences, but the source of spiritual wisdom is God and His words.

By asking for it, James 1:5, "If any of you lacks wisdom he should ask God who gives generously to all without finding faults and it will be given to you".

Our God is a generous God, what he has done for us is immeasurable. He is readily willing to bless us with wisdom but we have to ask for it.

Smita D Varghese
1 year MSc (N)



The Nightingale With The Lamp

Oh! Mighty Mighty Warriors!
 What have ye done?
 Cuts and Bruise covers your face....
 And oh, What a horrible sight!?
 Ye emit Power and ooze courage
 But I see within ye.....
 That Broken, wrecked terror.....!
 She smiles, she frets,
 She holds the lamp and walk
 In haste.....
 She cares, she cares,
 She covers the wound of her warriors
 The Angel in the dark, here she comes
 bathed in empathy, love and passion....
 A Passion to save her loving warriors!!

And the news spread.....
 The lady on the sun, a mission to save
 To save all those needy, when needed or not?
 She endured! Dear lord! Did she and much
 But through it all, she spread the light
 That light that others were eager to walk into!
 She was called the nightingale.....
 The nightingale with the lamp....

Her song was sung.... for generations forth...
 Her mission to save... an unbeatable goal.
 The light was spread and carried around...
 Around the world in generations forth....

Over their hearts, they kept their hands
 to pledge the oath, to follow her route
 of kindness, of care, of love, of Passion...
 of truthfulness, she holds prestigious of all.
 Thus started a mission, that
 emerged into a skill.....
 The skill of light, a profession of faith
 A profession of Nursing
 The needy and the sick....

Oh! Mighty Mighty Nightingale....
 What have ye seen...!?
 The years have passed and people changed.
 They took for granted, the virtue of your
 faith...
 Ungrateful they became and cursing always...
 But through it all, dear nightingale...
 What have ye seen....!?

The pain they hide and need they feel...
 You stand by them, endure it all,
 care them to care, and perhaps.....
 be stern like a stick, unwilling to bend.
 You became a warrior, An avenging angel
 of suffering, of pain for all under you...
 You hold their blessing, with you their prayer
 Expecting nothing more, or even that, if told.

Hale nightingale, for you are worthy
 Hold that head high, and get ready to fly...
 with that wing of yours,
 for there... they wait...!
 In need of your kindness and faith...

Amanda Varghese.

മരണം

മരണം എന്നതോ ബാധം
 എന്നിലേക്ക് നീട്ടിയ
 വലിയ സമാനം.....
 മരണം പാലിക്കാനുണ്ട് ഞാൻ
 ജീവിത വേളയിൽ പലപ്പോഴും....
 സഹിച്ചും.....
 ക്ഷമിച്ചും.....
 കണ്ണുകൾ നിറയുമ്പോൾ.....
 നഷ്ടങ്ങളോടൊത്ത്
 നഷ്ടമായതിനെക്കാൾ
 മനസ്സ് വിടുന്നപ്പോൾ....
 വേദനയാൽ എൻ അകം
 നിറയുമ്പോൾ.....
 പുറമേ മരണംമാത്രം
 പുഞ്ചിരി തൂകും ഞാൻ

ആക്ഷേപങ്ങളുടെ
 അസ്ത്രങ്ങൾ....
 എന്നിലേക്ക് പതിക്കുമ്പോൾ
 മരണം കൊണ്ട്
 മതിൽ തിരക്കും ഞാൻ....
 ദുർവിലാസ മരണമുണ്ട്
 ജീവിത യുഗലിലെ വലിയ മരണം....
 കണ്ണുകൾടച്ച്.....
 പുഞ്ചിരിച്ച്
 വിധിയെ തോൽപ്പിക്കുന്ന
 മരണം!

Ashly Johnson
 3rd year BSc Nursing

ചരിത്രം

മനോ ഭരിക്കൽ നാം ചരിത്രമായി
 അനുഭവങ്ങൾ നീ എൻ ഏകതാമുദായി
 ഭരിക്കലും ചരിയില്ലെന്ന് നീ മൊഴിഞ്ഞിടും
 മനോ നീ മനയിൽ നിന്നുതന്നെ.

എൻ ചെറുപിന്നാലാണോ നീൻ കാരണം
 നീ ദുരന്താവാടിയാണെന്ന് അറിഞ്ഞില്ലേ
 ആയില്ല ദാമന നിന്നു ചരിയലാൻ
 ഇനിയെഴുതലും മിണ്ടുമോ നീ മനോട്.

നിന്നു മറുപടിയൻ ചെറുപിന്നാണോട്
 എൻ ആത്മാവിൽ സ്വപ്നിച്ചു സഹജാത്മാൻ നീ
 മനയിന്നുനോമറെ ഈ പിന്നാലാ
 മനോ വേദനിച്ചിട്ടിടലാണോ.

നിലാമുഖിൽ നിരാഗ്നാവിടർന്നിടലാണോ
 നിന്ദിപ്പാലായി കരളൻ മിടയാൽ
 ചരിയലായ ആ നാളുകൾ അടങ്ങിയിടലാണോ
 അമലമുഖാണോ ദാമന നീ മനയിൽ നിന്നും.

ദുരന്തൻ കാരണാൽ അൻ ആയിച്ചുപോയി
 ദുരന്തൻ മിടയാൽ ഇന്നും മൊഴിഞ്ഞിടലാണോ
 ഇനിയും ചരിയല്ല എൻ സൗഹൃദത്തിൽ
 അതിരുകൾ ചരിയലാണോ ഈ നാളുകളിൽ.

By,
 IBEY . A. JOSEPH
 3rd yr. B.sc Nursing.



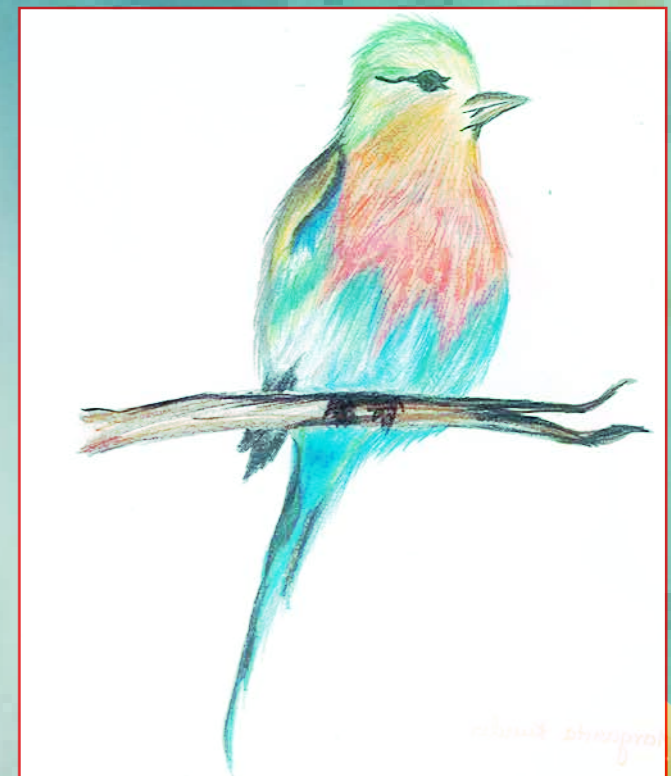
Namratha
 1st BSc Nursing



Tresa Rony
 11nd BSc Nursing



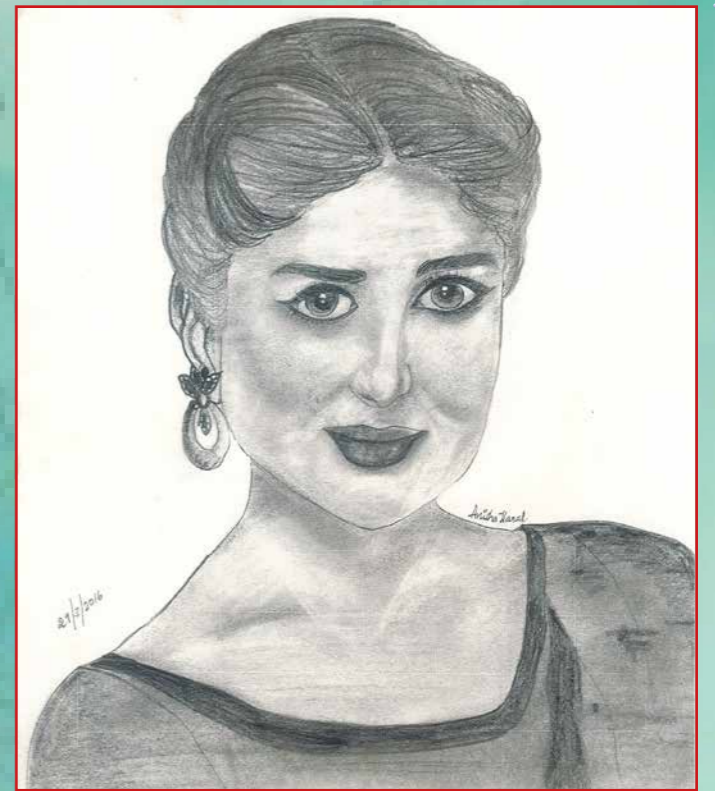
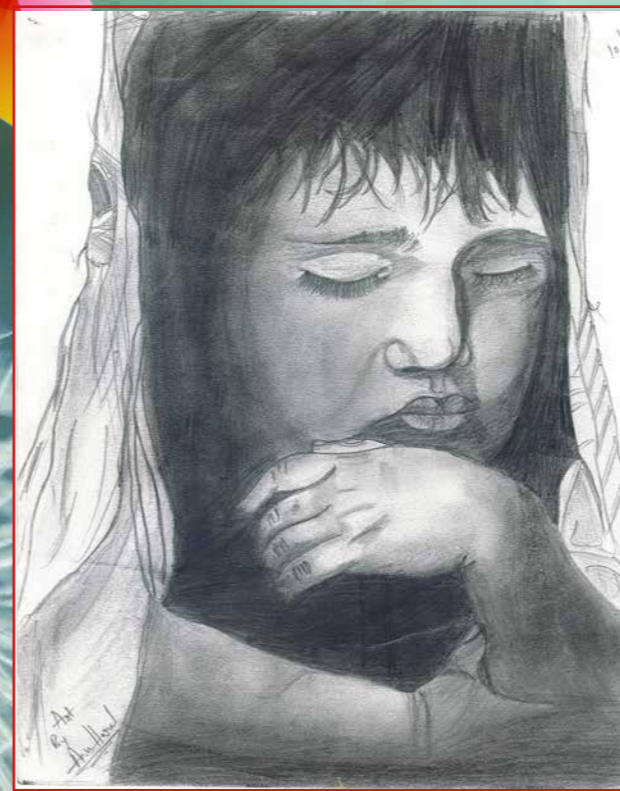
Tenzin Sherab
 IVth BSc Nursing



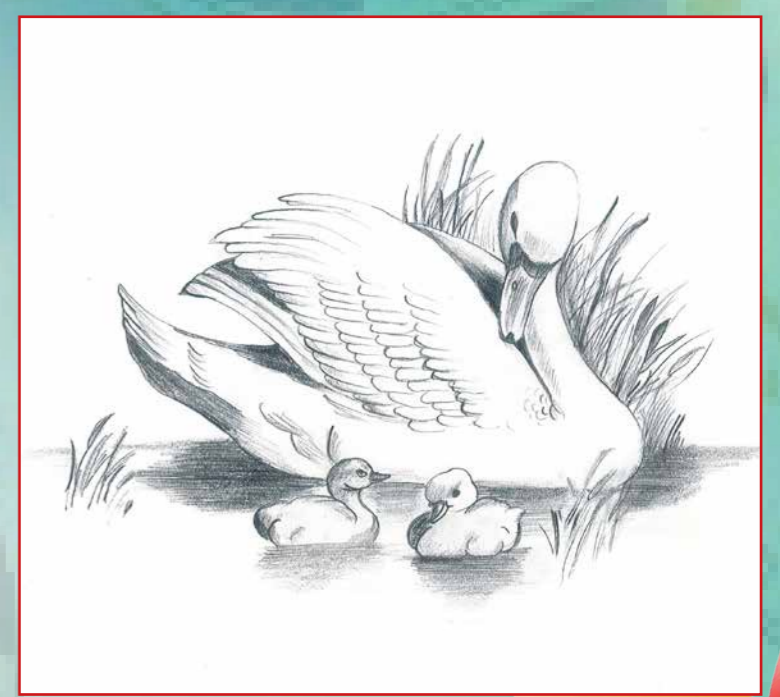
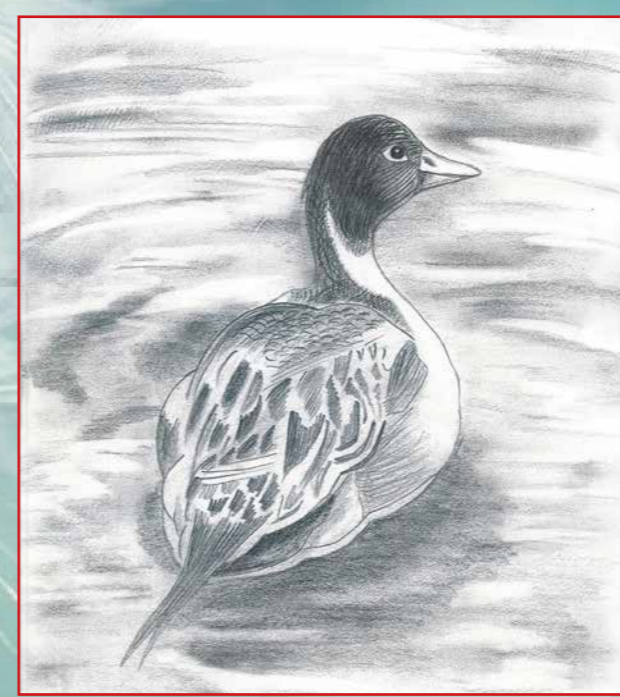
Ashmitha Margarita Kunder
 111rd BSc Nursing



Dipshika Lama
IInd PB BSc Nursing

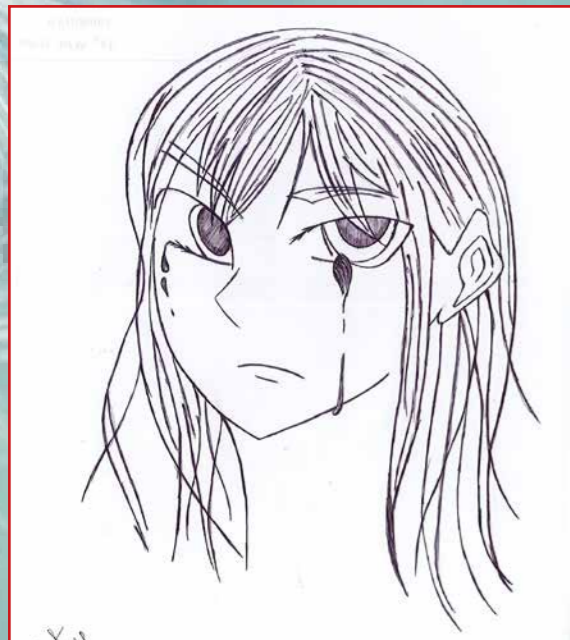
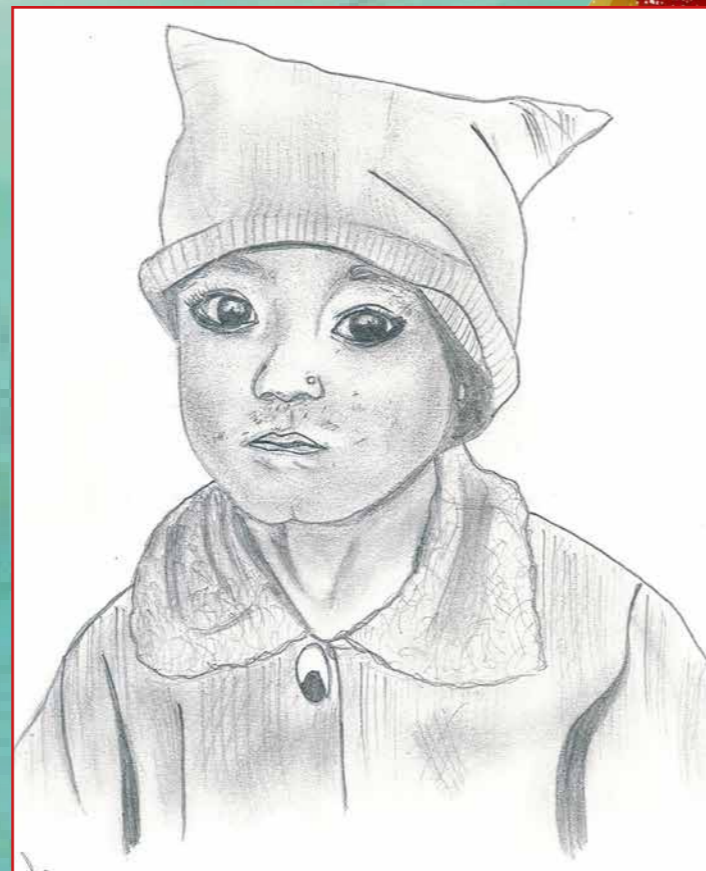


Anisha Haral Kairanna
1st BSc(N)

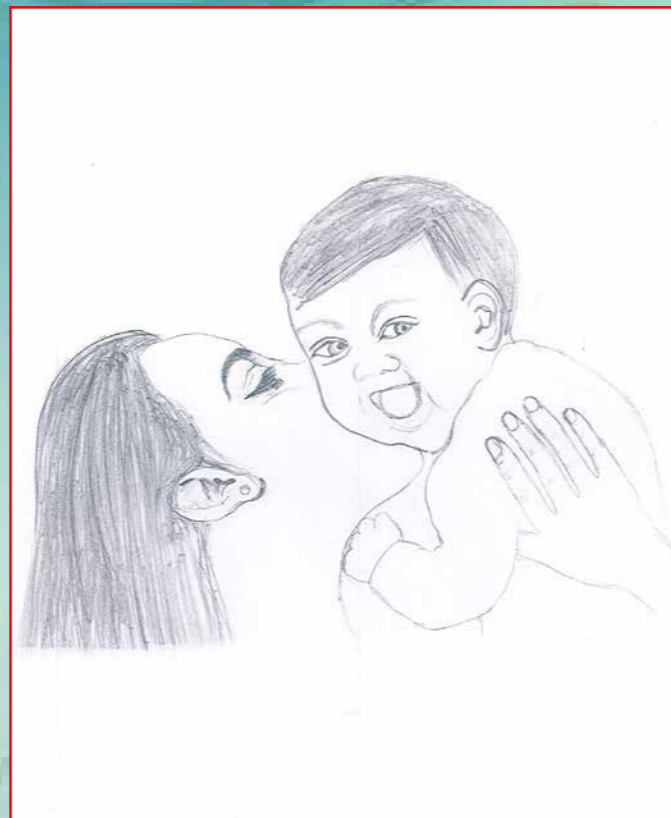




Anisha Haral Kairanna
1st BSc(N)



Marina
1st BSc(N)



Aahmitaha Margarita Kunder
III BSc Nursing



Dolkar Lhamo
IIIrd BSc(N)



Jesna Joseph
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Clement Philip
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Dipshika Lamo
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Shwetha



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1st Row (Left to Right): Tenzin Chime, Bindu George, Preethy K P, Shaila Lavita Dalmeida, Mrs Latha T, Mrs Anusuya V Prabhu, Tsamchoe, Anupam Yadav, Tenzin Yangdon, Preetham Nayak, 2nd Row (Left to Right): Kunga Dheden, Bincy Eapen, Tenzin Woser, Reena T Y, Deeksha Rao, Tenzin Youtso, Neha Rajpoot, Yeshi Lhomo, Princia Stephny Dsouza, Mpho William Nongabe,

Ist Year MSc Nursing



1st Row (Left to right) Sabina Sharma, Sowmya Naik, Roshini D'Souza, Mrs Anjalini D'Souza, Mrs Binu Margaret Ritu Kumari, Annie Nirmala, Hema Shankar, Manisha Samanto, 2nd Row (Left To Right) Shalini, Lovina Hembram, BSR Sangeeta, Smita D Varghese, Jagriti Niyogi, Tanusree Pradhan, Pooja Bakshi, Binita Sharma, Caroline Norona.

IInd Year PB BSc Nursing



1st Row (Left to right): Melita Staphney Lewis, Ravikala R, Dencita Fathima C, Shalini Kharvi, Mrs. Janet Alva, Mrs. Reshma R Kotian, Dechen Choden Lepcha, Sapna Dipali Singh, Dipshika Lama, 2nd Row (Left to right): Swathi S, Damini, Joyline Sherine, Suchitha, Jennifer Gail D'Souza, Princia Pasanna, Sharline Beena Corda, Felshia Deepthi Ferrao, Gurbinder Kaur 3rd Row (left to right): Harini, Tenzin Jangchup, Prasanna Venkatesh J, Frank Dinson Menezes, Raghavendra Nayak, Flona Aroza, Ashmitha Raveena Lobo

IInd Year MSc Nursing



1st Row (Left to right) Henshaw Nsa Ekanem, Jisha Mary Alexander, Dipanjali Roy, Ashwini, Reema Susan Varghese, Shraddha S Kanchan, Sriparna Sarkar, Mr Binil. V, Mrs Janet Prameela Dsouza, Drago Melba Bazel, Chhanda Chakraborty, Arline Tency D'souza, Kalyani Biswas, Merlin K Kunjumon, Prathima Sherigarthy, Clarita Shynal Martis 2nd Row (Left To Right) Jesna Joseph, Henita Joshna Menezes, Liby Baby, Uma Lamichaney, Divya Davis, Anjana Sharma, Meena Konsam, Rintu Thomas, Ankur Tiwary, Kavya, Felcita Lavina Cuthino, Keerthi Naik, Jiji Mathew, Shwetha Nayak, Jane Jyothi Mathias, Amitha, Sowmya

Ist Year MPhil Nursing



1st row (Left to right): Jasna Tholladassery, Rurnima Kundu, Mr Renjulal Y, Mrs Shalini G Nayak, Rehana Jobby, Sabna P K,
2nd Row (Left to right) Naseem M, Sr. Mary Jyothi, Rebecca Mathew, Jolly Joseph, P Gangadevi, Alwin Issac

IInd Year MPhil Nursing



Left to right: Nisha Laila, Sweety J Fernandes, Sindhu Kiran, Mrs Shalini G Nayak, Mr Renjulal Y, Prakash Ashok Hiremath, Visanth VS, Kurvatteppa Halemani, Soans Joyce Sangeetha, Edlin Glane Mathias

PB Diploma in Critical Care Nursing



Left to right: Belisha D' mello, Sr. Suni Joseph, Shilpa, Daisy Lobo, Daphney D'Almeida, Reshma Clara D'lima, Zapheza Eliza

Nurse Practitioner in Critical Care Post Graduate Residency Program



Prasanna Kumara, Dr Jyothi Chakrabarty

Research Core Committee



Mrs Manjula, Dr Anice George, Dr Baby S Nayak, Dr Jyothi Chakrabarty, Dr Sonia R B D'Souza, Mrs Sulochana B

IRC committee



Dr Elsa Sanatombi Devi, Dr Jyothi Chakrabarty, Dr Baby S Nayak, Dr Linu Sara George, Dr Judith A Noronha, Dr Anice George, Dr Tessy Treesa Jose, Dr Mamatha S Pai, Dr Sonia R B D'Souza, Dr Shashidhara Y N

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Mc Master University Canada



Dr Beena Joseph Richmond
Texas



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MGH Institute of Health Professionals, Massachusetts



Dr Carolyn M Porta
University of Minnesota



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GI Solution, Morton Grove, IL



Dr. Maria Brenner
Trinity College, Dublin

Project Staff



Ms Tenzin Phagdol, PhD Scholar



Ms Joslin D Almeida



Sherin



Vanajakshi



Mamatha JY

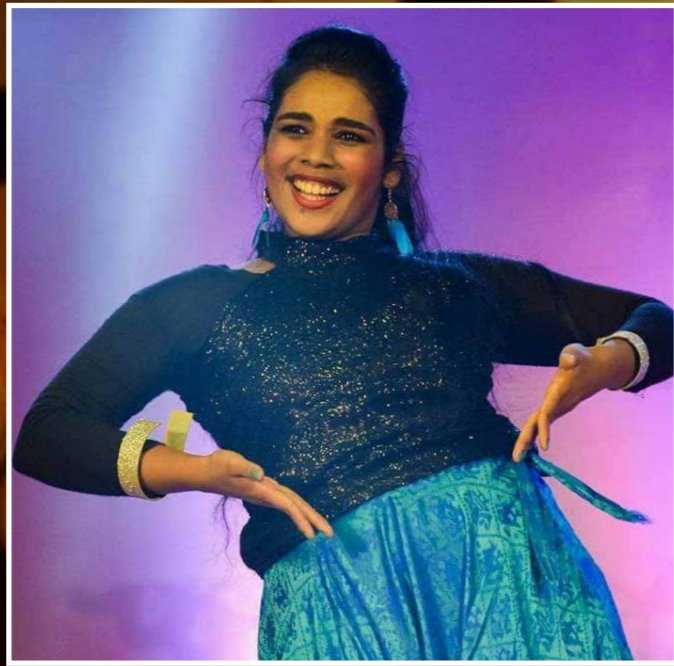
Non - Teaching Staff



1st row left to right: Mrs Saritha, Mrs Shanthi, Dr Judith A Noronha, Dr Anice George, Mrs Malini B, Ms Nayana, Mrs Pushpa,
2nd row left to right: Mrs Jayalakshmi, Mrs vasanthi, Mrs Prameela, Mrs Shailaja S, Mrs Divya J, Mrs Gayathri Nayak, Mrs Bharathi,
3rd row left to right: Mr Gururaja, Mr Dayananda, Mr Dinesh, Mr Santhosh B, Mr Deepak Shetty, Mrs Usha, Mrs Malathi

Glimpses





Captured Photography

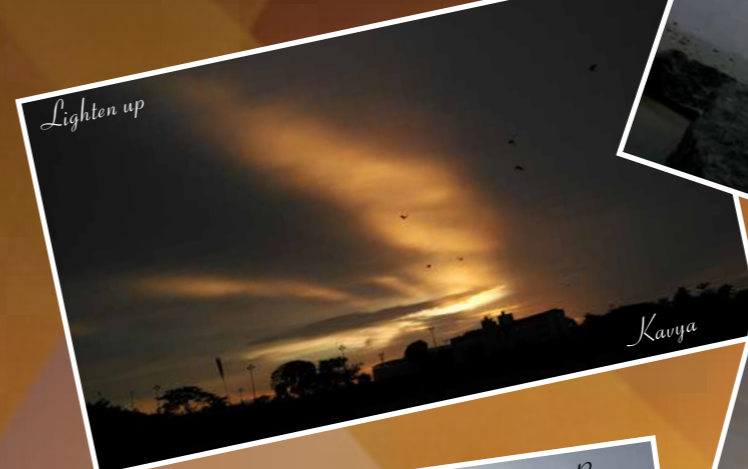


Beautiful sight of the Suvarna River

Adlin



Charvi



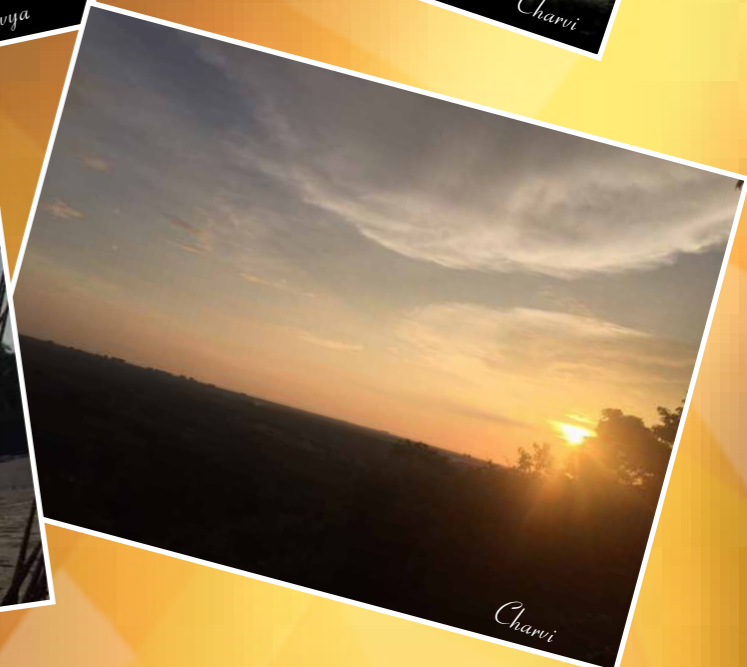
Lighten up

Kavya



Nature at its Best

Kavya

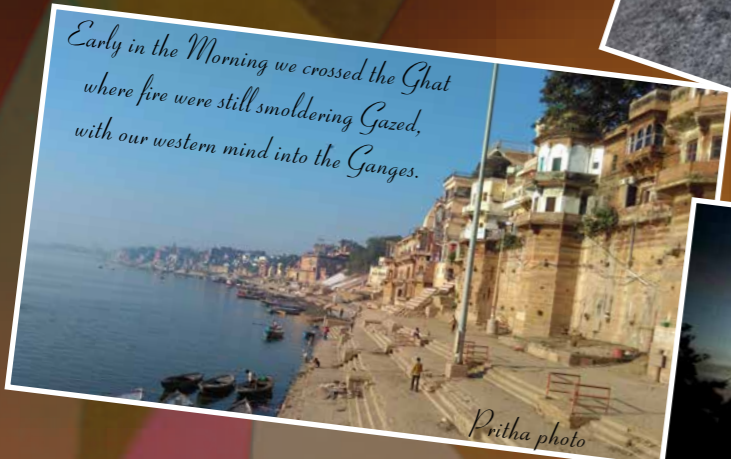


Charvi

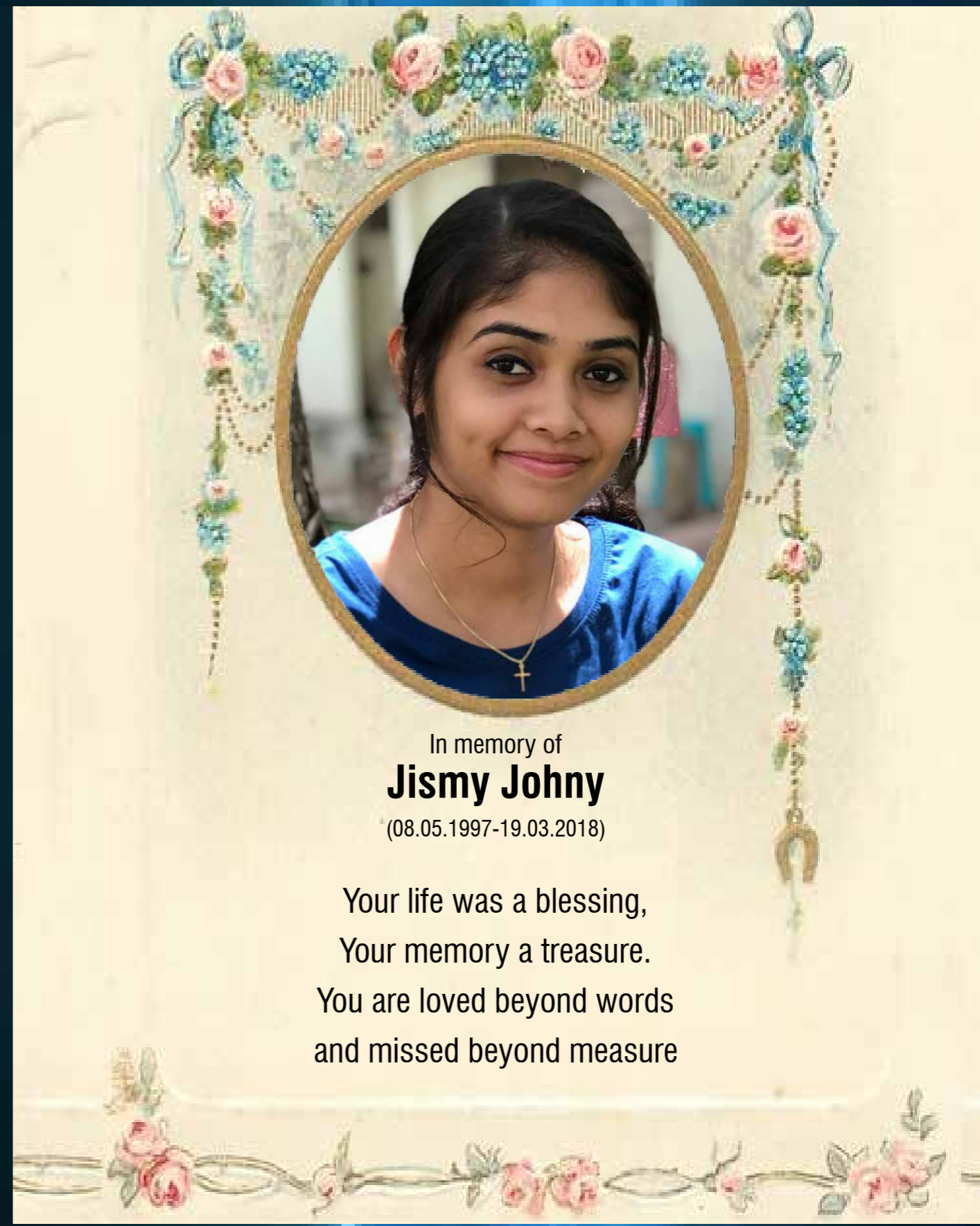


Mandalpatti

Kavya



Memory



In memory of
Jismy Johny
(08.05.1997-19.03.2018)

Your life was a blessing,
Your memory a treasure.
You are loved beyond words
and missed beyond measure



In memory of
Dr. Aparna Bhaduri
PG Coordinator
17/06/1994 - 31/12/2003





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