

2020-2021

DHWANI

MCON





In memory of

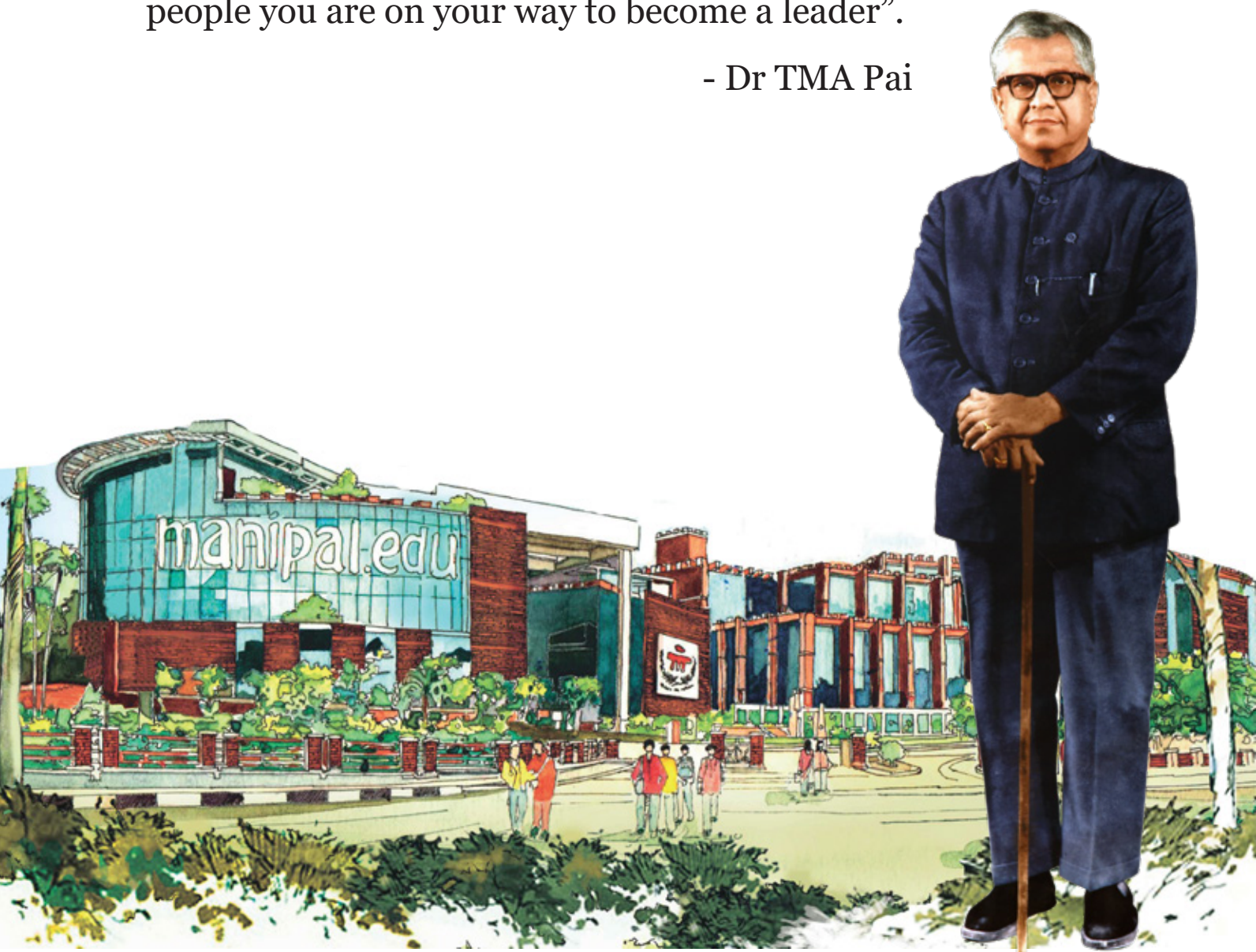
Late Prof P P Bhanumathi

Founder Dean

Tenure: 1 September 1989 – 31 August 2003

“Love is the greatest power of life. No evil can conquer love. If you are able to win the love of the people you are on your way to become a leader”.

- Dr TMA Pai



EDITORIAL TEAM



Jackline Prathibha



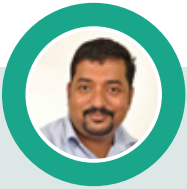
Yashoda S



Melita Sheilini



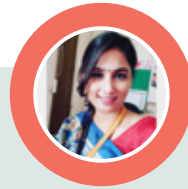
Maria Pais



Renjula Yesodharan



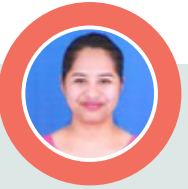
Reshma R Kotian



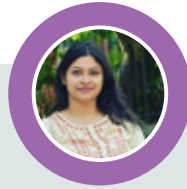
Sanju Pant



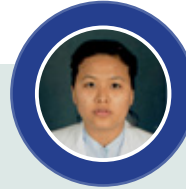
Arul Rixon
Mascarenhas



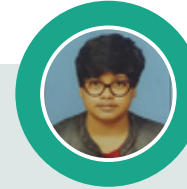
Effienia
Daroibha Wahlang



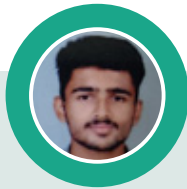
Meghna Pandit



Karma Peldon



Angel



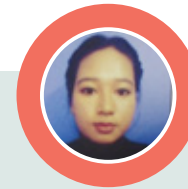
Arun R



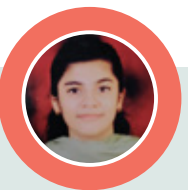
Pritha Roy Ghatak



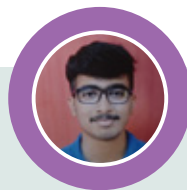
Kezia Marium Cherian



Ankita Pal



Neha Noronha



Bharat P Doddamani



Anagha S Nair



Helena Maria Prasad

MESSAGE



Student life is a golden opportunity to shape the destiny of the seekers of knowledge. To build a successful personal brand, they need to have complete clarity and a profound understanding of what they stand for and what they want to be known for and remembered. COVID-19 has affected the life and health of more than one million people across the world. Nurses are fighting as frontline warriors to safeguard the lives of everyone affected.

I am sure, nursing students have the maturity to know that developing the right attitudes will ensure a happy professional career. I do hope this issue of the College Magazine will receive appreciation from the readers for the rich content it provides.

Dr H S Ballal

Pro Chancellor,
MAHE, Manipal

MESSAGE



Each issue of *Dhwani* is a milestone that celebrates the spirit, creativity, and talent of the students of MCON. But I am especially happy to see this issue of *Dhwani*. It is truly heartening to see the students rise above the difficulties caused by the pandemic and pour out their hearts onto this magazine. I convey my best wishes to the Editorial Board and wish a bright future to all the students.

Dr Geetha Maiya

Director, Student Affairs
MAHE, Manipal

MESSAGE



I am proud to say that we at Manipal College of Nursing (MCON), Manipal started our College Magazine *Dhwani* from the year 1994. We have grown from scratch, much like a start-up, the magazine evolved considerably in terms of design, curation, activities, and multiple new sections. I am happy that yet another edition of the e-Magazine *Dhwani* of MCON, Manipal is being published for the year 2020-21. This e-Magazine brings together the accolades and memories of the events organised during the entire academic year 2020-21.

College Magazine provides a platform for its students and faculty members to be creative and innovative and develop their hidden talents in addition to the first focus on academic excellence. It also inculcates the value of cooperation, team spirit and strengthens their imagination. Learning is not confined to the four walls of classrooms rather it is beyond that. It is not limited to a prescribed curriculum. Our students proved it through this digital e-Magazine by showing their creativity and imagination. Despite the pandemic COVID-19, our students and faculty showed a lot of enthusiasm and zeal not only for online learning and teaching but also for co-curricular activities. Online teaching was almost unheard of; yet, I am happy our faculty members have tried their best to cope with the situation and are giving their best.

Dear Students, what you are today is God's gift to you. What you become is your gift to God. Have something to live for. Bring out the best in you.

With warm wishes and God's blessings.

Dr Anice George

Dean, MCON
MAHE, Manipal

MESSAGE



“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.” - Albert Einstein

Dhwani echoes the voice of Manipal College of Nursing, Manipal (MCON). The MCON has strived for its journey in excellence in nursing education, practice, and research for more than 31 years. Apart from developing the knowledge and skill of students to provide competent compassionate culturally sensitive care, the college has seen the overall growth of the students both academically and in extracurricular activities. The strong foundation laid by the former Deans has enabled steady progress in the growth of this institution. 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 *Dhwani*.

Wishing you all the best and a successful rewarding career.

Kind regards,

Dr Judith Angelitta Noronha

Associate Dean, MCON

MAHE, Manipal

FROM THE EDITOR'S DESK



I remember reading a quote by Virginia Woolf stating, "Every secret of writer's soul, every experience of his life, every quality of his mind, is written large in his works". As an editor and a reader, going through the magazine, I feel that here it speaks varying sides of a person's mind and soul in a different form of expressions waiting to be heard.

It gives us immense gratification to present before you the fifth edition of the e-magazine *Dhwani* 2020-2021. A tremendous task considering the ongoing circumstances around us but an exquisite journey with my fellow editorial team that gave us a very satisfying result.

Dhwani... as the name speaks embedded are the voices of many... giving a platform to showcase the literary, artistic, and imaginative talents of students and faculty of our college and their immense contributions to the magazine through their ingenious concepts. Furthermore, it encompasses the ventures undertaken, brief glimpses into the events, academic endeavours taken up by the college in the year 2020-2021.

I am thankful for the varied spectrum of write-ups, imaginations, experiences, and art presented by the members of the college that brought about this wonderful magazine.

I am grateful to our Dean Dr Anice George, Associate Dean Dr Judith A Noronha, HODs, faculty members, and office staff for their constant support and encouragement.

Looking back, it was the relentless effort of the editorial committee that brought bits and pieces together to create this work. I am indebted to their teamwork as well as their efforts in executing the assigned responsibilities. Though tough times amidst the pandemic the team came in together to bring out the "Dhwani".

Hope you all enjoy reading *Dhwani* - the e-magazine of Manipal College of Nursing Manipal.

Jackline Prathibha

Editorial Committee Chairperson,
MCON, Manipal

FROM THE STUDENT EDITOR



It is my privilege to be a part of this year's Editorial Committee and to work together with the students and the faculty in creating this magazine.

As you flip through the pages of this magazine, you will see the incredible talents and works of the students at our college; and this is what Dhvani is all about.

College life, as we all know, is the best time for the students to bring out and showcase any talent they have. It is the ideal place where one's skills and strengths can be nurtured and grown.

Before we go out to the professional world, let us take this time to enjoy what we have as students and explore our potentials and hidden talents.

During this uncertain time, we wish this magazine brings happiness and joy to its readers. A big thanks to all the contributors.

Happy Reading!

Kezia Marium Cherian

Student Editor

SNA PRESIDENT SPEAKS



A leader's courage to fulfil a vision comes from passion, not position. Leadership arises when one has the self-confidence and ability to stand for something bigger than oneself, to bring about a change and to believe that each one of us can make a difference, but it starts with you.

It is the ability to encourage and motivate every student to achieve all that their infinite potential allows them to.

Over the course of my time here at MCON, as both a student and eventually as the president of the Student Nurses' Association, I have learnt that every student in our institution, even in the face of adversity has the potential to overcome it and to reach greater heights. It just requires motivation, reinforcement, and encouragement. This I believed, would be my role as a leader. To collaborate and lead by example.

The student council plays an important role in creating a holistic community here at MCON. Those of us who constitute the student council aims to work together to maintain the quality and calibre of our institution as well as constantly nurture the intellectual, academic, and extra-curricular development of each student.

This year, with everything that we have faced together along with the whole world and individually, we were dealt with numerous challenges that I believe we as the student council, were able to overcome and continued to use to the best of our ability what we had, in order to maintain and create chances for every student to achieve success and develop their skills.

As my time as the President of the SNA comes to an end, I leave with innumerable lessons and experiences that I will cherish and remember all my life. I am grateful for this opportunity and I hope that I have made a difference.

Thank you, it has been a pleasure to serve as your President. Good luck!

Simson D' Souza
SNA President

ANNUAL REPORT 2020

Manipal College of Nursing Manipal (MCON), MAHE

MISSION

Excellence in nursing education, healthcare 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

MILESTONES

- ISO 9001:2015, 14001:2015 and 50001: 2011: 2017
- Nurse Practitioner in Critical Care Postgraduate 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 specialities): 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 (Mental Health) Nursing
- Department of Child Health (Paediatric) Nursing
- Department of Obstetrics and Gynaecological Nursing

COURSE MATRIX

Name of the Course	Yearly Enrollment	Duration of the Course (Years)
Basic BSc Nursing	100	4
PBBSc Nursing	50	2
PB Diploma in Nursing	40	1
Nurse Practitioner	20	2
MSc Nursing	40	2
MPhil Nursing (Part time)	10	2
Diploma in Nursing	60	3

ADD-ON AND SHORT TERM CERTIFICATE COURSES

ADD-ON COURSES (SINCE 2017 TO DATE)

- Advanced Critical Care
- Emergency Management
- Advanced Neonatal Nursing

SHORT TERM CERTIFICATE COURSES (SINCE 2019)

- Medication Management
- Advanced Nursing Leadership and Management
- Evidence-Based Practice in Nursing
- Operation Room Techniques

CLINICAL TRAINING AREAS

- Kasturba Hospital Manipal
- Dr TMA Pai Rotary Hospital, Udupi
- Dr TMA Pai Hospital Karkala
- ASARE Manipal
- Dr A V Baliga Memorial Hospital, Udupi
- Hombelaku Psychiatric Rehabilitation Centre
- Cynthia Fernandez Palliative Care Centre
- Adopted Villages (3)
- Rural Maternity and Child Welfare (RMCW) Homes
- Spandana, K G Road, Upporu
- The Christian Medical College (CMC) Vellore
- Ashwini Hospital Ottapalam, Kerala
- Valluvanad Hospital Ottapalam, Kerala
- NIMHANS, Bangalore
- PHC Hiriadka, PHC Hirebettu, PHC Pernankila and CHC Brahmavara
- Manipal Hospital Bangalore

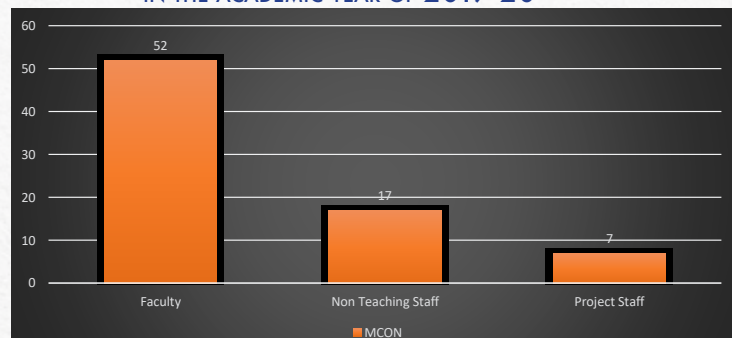
NUMBER OF STUDENTS IN THE ACADEMIC YEAR 2020-21

Name of the Course	Number of Students
BSc Nursing	392
PBBSc Nursing	35
MSc. Nursing	29
MPhil Nursing	25
Diploma in Nursing	164
Nurse Practitioner	7
PhD in Nursing (Full Time)	12
Total	664

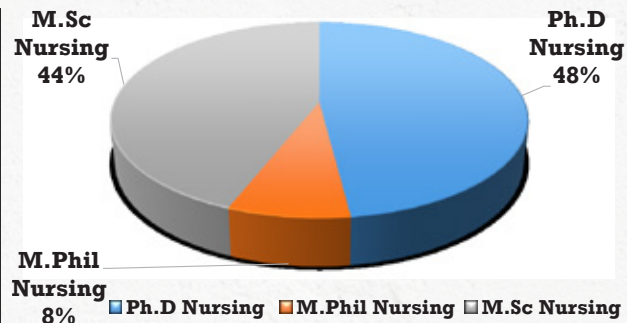
ACADEMIC RESULTS 2019-20

Name of the Course	Pass Percentage
BSc Nursing	100%
PBBSc Nursing	100%
MSc Nursing	100%
MPhil Nursing	100%
Nurse Practitioner	100%

NUMBER AND QUALIFICATION OF STAFF IN THE ACADEMIC YEAR OF 2019-20



FACULTY QUALIFICATIONS



PATIENT CARE INITIATIVES

Patient Education /Service Initiatives	No. of beneficiaries
Lactation Counselling (January to March 2020)	150
Diabetic Education (January to March 2020)	37
Rehabilitation Nursing Services at Hombelaku	45
Involved with Hemophilia related activities such as Women meet (Virtual)- 30 and Hemophilia Patient meet-60	90
Monthly rural morbidity clinics at Athrady and Moodubelle (For the month of January, February, March, November and December 2020)	155

MAJOR EVENTS

ACTIVITIES OF PILLAR 1 - EXCELLENCE IN EDUCATION

- Continuing Nursing Education programs
 - Conference/Seminar/Interactive and Skype sessions
 - International Nurses week
 - Short-term course on Geriatric Healthcare and Research
 - Curriculum Convention
1. The Continuing Nursing Education committee of MCON MAHE, Manipal, organized Faculty Development Program from 20 to 22 July 2020 through the MS team platform. The topics covered were “Systematic Review and Simulations in teaching”.
 2. As part of the International Year of the Nurse and the Midwife 2020, the Department of Child Health Nursing, MCON, Manipal Academy of Higher Education (MAHE), Manipal organized a Capacity Building Webinar on “Infant and Young Child Feeding” on 4 August 2020, from 2:30 pm to 5:00 pm.
 3. Audio-Visual aids exhibition organized by MSc Nursing first-year students of MCON.
 4. As part of the International Year of the Nurse and Midwife – 2020, a hands-on workshop on first aid was conducted for physical education teachers of Udupi district, by MCON Manipal, on 20 January 2020 at the simulation centre, MAHE.
 5. A guest lecture on “Genes and Cancer in Children” was organized by the Department of Child Health Nursing on 23 January 2020 at MCON, Manipal. Dr Raj Warriar, former Vice Chancellor, MAHE the speaker.
 6. MCON Manipal, MAHE inaugurated the “International Year of Nurse and Midwife” to commemorate the 200th birth anniversary of Florence Nightingale with a “Walkathon” on 24 January 2020 along with Kasturba Hospital Manipal and all the Nursing education institutions of Udupi District. Around 2,600 participants participated in the walkathon.
 7. Workshop on Communication for nurses as part of International Year of the Nurse and Midwife 2020 was organized by the Department of Medical

Surgical Nursing, MCON Manipal, MAHE on 26 February 2020.

8. Team-Expanding Reach and Internationalization organized an International Interactive Seminar series on “Impact of COVID-19 Pandemic and Strategies for mitigation”.
9. COVID-19 pandemic recreated an opportunity to link with the international partners of MCON so as to share ideas, info, and practices that are most relevant during the trying times. Nothing was more relevant than having a virtual interactive series covering large groups of professionals such as health sciences, technical, and people from different walks of life getting to share on this common platform. The virtual seminar had a magnitude of 3,783 participants across the 10-session series.
10. As part of Nursing now, the Department of Fundamentals of Nursing organized a webinar on Integrated Curriculum and Teaching Strategies on 17 June 2020, by Dr Deborah M Leveille, Founder and Dean School of Nursing, Stawa University, Kampala, Uganda.
11. As part of the International Nurses’ Year 2020, the Department of Medical Surgical Nursing, MCON, MAHE, Manipal conducted a radio talk with a view to sensitize the public about the significance of the theme Nurses: A Voice to Lead – Nursing the World to Health.
12. The areas highlighted in the talk were: Theme and significance of International Nurses Day 2020, the contribution of nurses in the current pandemic of COVID-19, and the challenges faced by the nurses in the COVID-19 scenario.
13. As part of the International Year of the Nurse and the Midwife, the Department of Community Health Nursing, MCON, MAHE, Manipal conducted a webinar for schoolteachers on identification and management of nutritional disorders among school children in COVID-19 perspective on 15 August 2020 using Microsoft teams. The objective of the program was to create awareness among schoolteachers on common nutritional problems among school children and their management.
14. A seminar on Career Development and Progression in Nursing was organized by MCON Manipal in association with Centre for Consultancy Training and Corporate Interface, Department of Commerce (DOC), MAHE, Manipal on 24 August 2020 between 9:00 am to 12:30 pm for final year BSc Nursing students.
15. Orientation Programme for students admitted to the various courses offered by MCON, Manipal was conducted from 1 to 14 September 2020 through the Microsoft Teams web platform. During these two weeks of the orientation program, MCON Manipal in coordination with various Units of MAHE, Manipal the newly joined students were inducted to the overall activities, which are important for them during their stay at Manipal.
16. Department of Psychiatric (Mental Health) Nursing, MCON, Manipal organized a Guest Lecture on “Guidance and Counselling” on 7 September 2020 between 9:30 am and 10:45 am as part of the Student Induction Program for students admitted to the various courses offered by the college for the academic year 2020-21 through Microsoft Teams Platform.
17. Department of Child Health Nursing, MCON, Manipal organized a Guest Lecture on “Good Study Habits and Reverence” on 8 September 2020 between 9:30 am and 10:30 am as part of the Student Induction Program for students admitted to the various courses offered by the college for the academic year 2020-21 through Microsoft Teams Platform.
18. Department of Community Health Nursing, MCON, Manipal organized a Guest Lecture on “Care and Affection towards Patients” on 9 September 2020 between 9:30 am and 10:30 am as part of the Student Induction Program for students admitted to the various courses offered by the college for the academic year 2020-21 through Microsoft Teams Platform.

19. Department of Medical-Surgical Nursing, MCON, Manipal organized a Guest Lecture on “Communication Skills” on 10 September 2020 between 9:30 am and 10:30 am as part of the Student Induction Program for students admitted to the various courses offered by the college for the academic year 2020-21 through Microsoft Teams Platform.
20. The Department of Obstetrics and Gynaecological Nursing, MCON, Manipal organized a guest lecture on “Incorporating Trust (Vishwas), Respect (Samman) and Glory (Gaurav) in the Profession of Nursing” on 12 September 2020 between 9:30 am and 10:30 am as part of Student Induction Program, for students admitted to the various courses offered by the institution for the academic year 2020-2021 through Microsoft Teams Platform.
21. Department of Fundamentals of Nursing, MCON, Manipal organized a Guest Lecture on “Attitude of gratitude and love in nursing practice” on 14 September 2020 between 2:00 pm and 3:00 pm as part of the Student Induction Program for students admitted to the various courses offered by the college for the academic year 2020-21 through Microsoft Teams Platform.
22. As part of the “International Year of the Nurse and the Midwife – 2020”, a webinar on “Capacity building for nurses during COVID-19 pandemic” was organised by the Department of Psychiatric/Mental Health Nursing, MCON Manipal on 14 September 2020.
23. Nursing research day was organized as one of the activities of the 2020 International year of the nurse and midwife by Pillar – 2, Exemplary research and innovation, of Manipal College of Nursing (MCON) MAHE Manipal on 25th, September 2020 between 2.00 to 6.00 pm. The program was organized through MS Teams.
24. The Department of Obstetrics and Gynaecological Nursing, Manipal College of Nursing, Manipal organized a Webinar on “Leadership in Midwifery: National and International Perspective” on 27 October 2020 between 4:00 pm and 6:00 pm as part of 2020 International year of the Nurse and Midwife, for clinical nurses, nurse educators, and nursing students through Microsoft Teams Platform.
25. A three-day webinar on evidence-based practice in nursing was organized by the Department of Child Health Nursing, MCON, MAHE, Manipal from 29 to 31 October 2020.
26. The Internal Quality Assurance Cell (IQAC) and CNE committee of MCON, MAHE, Manipal organized a CNE session to the faculty of MCON and MSON on “Identification and remedial measures for slow and advanced learners” on 7 November 2020.
27. As part of International Year for Nurses 2020, the Department of Psychiatric/Mental Health Nursing of MCON organized an interactive session between healthcare management experts and BSc Nursing students on 21 December 2020 between 11:00 am and 12:30 pm. The topic for the session was “Challenges and Trends in Healthcare Sector”.
28. MCON, MAHE, Manipal organized a virtual curriculum convention on Simulation-Based Competency Assessment through MS Teams platform on 19 December 2020. Mrs Meghana Sudhir, Simulation Educator, Institute for Excellence in Health Professions Education, MBRU, Dubai, UAE was the Chief Guest.
29. MCON organized Oration in memory of legends in nursing late Professor P P Bhanumathi, the founder Dean of MOCN and Late Dr Aparna Bhaduri a world-renowned nurse researcher and the PG Coordinator at MCON MAHE on 28 December 2020.

PILLAR – 2 EXEMPLARY RESEARCH AND INNOVATION

Doctor of Philosophy awardees: 43; PhD awardees in 2020: 4

Activities of Pillar 2

- Workshop/Seminar and Conferences
 - Articles published
 - Presentations at Conferences
 - Resource persons
 - Funded projects
 - Grants applied
1. MCON, MAHE, Manipal, organized a three-day workshop on “Research Methodology” from 5 to 7 February 2020.
 2. MCON, and Public Health Evidence South Asia (PHESA), Prasanna School of Public Health, constituent units of MAHE, in association with Social Science Research Unit, Institute of Education, University College London, UK organized a virtual symposium on “MAHATMA GANDHI IN THE 21st CENTURY” on 7 August 2020 as a part of Scheme for Promotion of Academic and Research Collaboration (SPARC) funded project. The purpose of this program was to allow Gandhian Thought and Philosophy to be widely disseminated among the intellectual circles.
 3. MCON-Student Research Forum organized a webinar series on “Inculcating Research Culture in students on 12 December 2020 between 4:15 pm to 4:45 pm for undergraduates, postgraduate students, and PhD scholars through Microsoft teams Platform. Dr Rajeshkrishna Bhandary P addressed the topic “Institutional Ethical Committee (IEC) Process”. He emphasized principles of ethics in research. The session highlighted ethics and post IEC clearance requirements.
 4. The faculty were able to achieve 27 publications in Scopus indexed journals, 12 paper, and poster presentations. Faculty have been invited as resource persons in 77 programs/conferences. Our faculty have been resource persons for 62 programs. 28 faculty members are reviewers in national and international journals.

PILLAR 3: EXPANDING REACH AND INTERNATIONALIZATION

Student/Faculty Exchange programs

- Al Salam Hospital, Kuwait
- MGH Institute of Health Professions, Boston, USA
- State University Zanzibar Tanzania
- University of Miami, USA
- Hochschule Bremen University, Germany
- Manchester Metropolitan University, UK
- Ochsner Clinic Foundation, USA
- RAK Medical and Health Sciences University, UAE
- The University of Sydney, Australia
- University of Stavanger, Norway
- University of Kentucky, USA
- University of Nicosia, Cyprus
- The Universidade Estadual De Campinas (UNICAMP), Brazil
- Arkansas State University, USA
- Northeastern University, USA
- The University of Nottingham, UK
- Ngee Ann Polytechnic, Singapore
- Escola Superior De Enfermagem De Coimbra, Portugal
- Southern Illinois University Carbondale (SIU), USA
- University of Saskatchewan, Canada
- University of Dublin, Ireland
- University of Newcastle, Australia
- Sungshin University, Republic of Korea
- Charles Sturt University, Australia
- Griffith University, Australia
- ISDC Projects India Pvt Ltd, Bangalore
- Shri B M Patil Institute of Nursing Sciences, Vijayapura
- Malmo University, Sweden

Adjunct Faculty

- Dr Elissa Ladd
MGH Institute of Health Professions,
Massachusetts, Boston
- Dr Basanti Majumdar
McMaster University
- Dr Simi Jestu Joseph
GI Solution, Morton Grove, IL, Chicago
- Dr Beena Joseph
Richmond, Texas
- Dr Carolyn M. Porta
University of Minnesota
- Dr Lorna Moxham
University of Wollongong, Australia

Activities of Pillar 3

1. Indo-US workshop on “Interprofessional learning and Collaborative Practice” was conducted by FAIMER MAHE, MGH Boston USA, and MCON Manipal under the USIEF grant. A total of 49 students from different streams took part.
2. Case-based discussion by students of “Nurse Practitioner in Critical Care”, MCON, MAHE and Nurse practitioner students of MGH Institute of Health Professions, Boston.
3. Walking towards better emergency management. An interactive session on “Triage” was taken by Dr Vivek Associate Professor EMD, from KMC Manipal for UG students of Nursing from UCN Denmark and MCON Manipal.
4. Students from Malmo University Sweden for four

weeks of Primary Health Care clinical experience with MCON Manipal from 3 February 2020 to 27 February 2020.

5. Students from University College Northern Denmark, for 10 weeks international clinical experience with MCON Manipal 3 February 2020 to 10 April 2020.
6. Lt Gen (Dr) M D Venkatesh, Vice Chancellor, MAHE, Manipal inaugurates the first of its kind GTEC centre at MCON, MAHE, Manipal for language training to Nurses and Nursing students in IELTS/OET which is totally funded and also envisioning at expanding beyond Manipal.

PILLAR 4: EFFECTIVE ENGAGEMENT AND ALUMNI RELATION

Activities of Pillar 4

- Guest lecture by Alumni
- Biannual MCON e-newsletter

Number of alumni as of 2020: 2,955

1. Alumni engagement guest lecture series – 2/2020, Manipal School of Nursing, MCON, MAHE, Manipal has organized a guest lecture. On the topic “Performance Indicators in Nursing during COVID-19 Pandemic” on 17 June 2020.
2. Alumni guest lecture on the topic, “How systematic is a systematic review” on 30 June 2020 Alumni meet was held on 14 December 2019.

DEPARTMENT OF FUNDAMENTALS OF NURSING



Bottom row: Left to right - Mrs Laveena Anita Barboza, Mrs Radhika R Pai, Dr Linu Sara George, Mr Jomon C U
Top row: Left to right - Mrs Sulochana, Mrs Jackline Prathibha, Mrs Charlet Jasmine Vaz, Mrs Prima J J D'Souza.

ABOUT THE DEPARTMENT

The department undertakes training of undergraduate nursing students at Manipal College of Nursing (MCON) Manipal. The students receive training in basic nursing procedures, which will equip them to give basic nursing care to the patients. Students are trained in developing basic skills in the preclinical nursing laboratory in simulated conditions before they are exposed to real hospital situations.

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 programs for the department staff.

- To plan and conduct health awareness programs and research projects.

ACTIVITIES CARRIED OUT

- Departmental CNE: 13
- Workshop and CNE conducted: 1

DETAILS OF RESEARCH GRANTS

No. of grants applied: 3

No. of grants received: 1- Received a grant from ICMR for the project titled "Effectiveness of self-care educational program on clinical outcomes and self-care behaviour among heart failure patients- A randomized controlled trial". The grant is approved from February 2021 for three years with the amount of 21, 66,087 INR.

- Dr Linu Sara George was the resource person for the International E-seminar on Objective Structured Clinical Examination (OSCE) organized by Teerthanker Mahaveer College of Nursing, Moradabad on 3 March 2021.
- Dr Linu Sara George was the resource person for the session on Planning and Implementation of OSCE organized by Kerala University of Health Sciences, Thrissur on 23 September 2020.

- Dr Sulochana was the resource person for the Webinar on Go red for Women: Healthy Hearts for longer lives. Hosted by Heart and Stroke Foundation of India and public health foundation of India in association with American Heart Association on 16 February 2021.
- Mrs Sulochana was the resource person at the WFH Regional Haemophilia Nurses Training Workshop organized by The World Federation of Haemophilia (WFH) on 20 and 21 March 2021.

AWARDS/RECOGNITIONS

Dr Radhika R Pai received a scholarship to attend ICCN 2021 virtually.

HIGHLIGHT OF ACTIVITIES FROM JULY 2020 TO JUNE 2021

LAMP LIGHTING CEREMONY 2020-21

The lamp lighting ceremony for the 31st batch of BSc Nursing students of MCON, MAHE, Manipal was held on 13 February 2021 at Dr TMA Pai Auditorium, KMC, Manipal.

The lamp lighting ceremony formally recognizes the students' entry into the nursing profession. It is an important event, where the lamp symbolises the light that a nurse becomes to her patients and as a symbol of hope and comfort to those who are suffering. Students light this lamp as a commitment, and they recite the Nursing pledge of the service. A total of 99 students of first-year BSc Nursing received the light from the Chief Guest, Dr P Suba Sooria, Head of Nursing Services Kasturba Hospital, Manipal, Dr Anice George, Dean Manipal College of Nursing Manipal, Dr Judith A Noronha, Associate Dean and Dr Jyothi Chakrabarty, Professor and Head, Medical-Surgical Nursing Department, Manipal which was followed by the oath-taking ceremony of the novice nurses.

Chief Guest, Dr P Suba Sooria in her address stressed the selfless service that every nurse should possess in their profession. She said every nurse should have the

basic qualities like communication skills, emotional stability, qualities of a counsellor, an educator, and so on. Based on the changing trends and technology, she said, Nurses should update their knowledge and skills. She stressed the significance of patient safety in the profession. Dr Avinash Shetty, Medical Superintendent Kasturba Hospital, Manipal emphasised the importance of commitment in the profession and urged the students to imbibe technology into their practice. Dean Dr Anice George spoke on the various important factors that a student nurse needs to inculcate in her/his profession. She emphasized developing curiosity, humility, and passion for caring for the patient.



WORLD AIDS DAY OBSERVATION

Every year, on 1 December, the world commemorates World AIDS Day. People worldwide unite to show support for people living with and affected by HIV and remember those who lost their lives to AIDS.

The Department of Fundamentals of Nursing, Manipal College of Nursing, MAHE, Manipal in collaboration with Manipal Centre for Infectious Diseases, Prasanna School of Public Health (PSPH), MAHE, Manipal observed World AIDS Day by organising various events. As part of World AIDS Day, E-poster and Video making competitions were conducted for students from different Units of MAHE, Manipal. E-poster was on the theme: “Global Solidarity, Shared Responsibility” and the theme for Video-making was: “The Rights of Women and Girls.” A total of 18 E-posters and five videos were received for evaluation.

ACADEMIC STUDENT COLLABORATION SERIES- 1

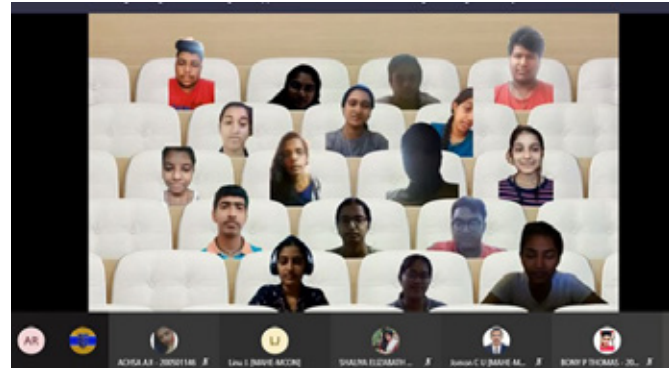
Department of Fundamentals of Nursing, MCON, MAHE, Manipal and Department of Nursing, Edge Hill University, UK organized Academic Student Collaboration Series- 1 on “Clinical experience during COVID-19 Pandemic” on 25 March 2021 between 3:30 pm to 5:30 pm through MS Teams Virtual Platform.

Dr Toni Bewley, Senior Learning and Teaching Fellow Lead (TEF), Edge Hill University, and Dr Daisy Josephine Lobo, Associate Professor, MCON briefed regarding the professional body regulations for student clinical postings during COVID-19 Pandemic in UK and India respectively.

Ms Vinitha Rosa Monis, Ms Aksa David, third-year BSc nursing, MCON, and Kristy D-Cain, Lauren McCusker third-year Nursing, Edge Hill University shared their perspectives regarding the topic.

Common experiences shared from the Indian perspective were focussed mainly on how the COVID-19 pandemic has impacted the clinical and practical learning, changes that were brought in the theory and practical sessions, different measures that were taken by the faculty to give maximum clinical exposure as well as some of the challenges faced by

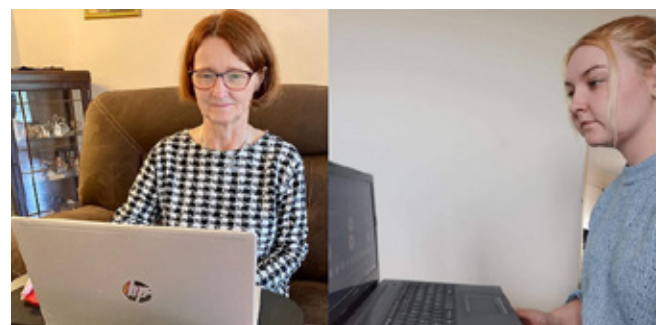
Dr Elsa Sanatombi Devi, Professor, Department of Medical Surgical Nursing took an awareness session on HIV/AIDS for first-year BSc Nursing students on 1 December 2020. She highlighted current statistics, meaning, stages of untreated HIV infection, transmission, and myths towards HIV transmission. She has also focused on other sexually transmitted diseases, diagnostic tests, management, and prevention of HIV infection.



the students and the faculty during this COVID-19 pandemic era.

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

Ms Sandra Mariam and Ms Kezia Mariam from third-year BSc Nursing, MCON, MAHE, Manipal moderated the session. A total of 182 students from both MAHE and Edge Hill University participated in this event.



COLLABORATION SERIES- 2

“SERVICE USERS, CAREGIVERS, AND STUDENTS EXPERIENCES DURING THE COVID 19 PANDEMIC”

Department of Fundamentals of Nursing, Manipal College of Nursing (MCON), MAHE, Manipal and Department of Nursing, Edge Hill University, UK organized Academic Student Collaboration Series- 2 on “Service Users, Caregivers, and Students experiences during the COVID-19 pandemic” on 4 June 2021 between 3:30 pm and 5:30 pm through MS Teams Virtual Platform.

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

Ms Lily Batterson, Mr Mike Reynolds, and Mr Adam Gridley, the service users and caregivers from Edge Hill University shared their experience of being

patient and their expectations from student nurses and academicians in various phases of teaching and learning activities, especially during the clinical practice. Their talks were focused on being nursing academicians who turned to be patients in some phase of their life and then how they got involved with student learning activities at Edge Hill in order to improve the clinical practice of student nurses.

Ms Ankita Pal and Ms Crystal Vanessa Noronha, undergraduate nursing students from MCON shared their experience of being Covid positive and treatment process on the campus. They focused more on physical and psychosocial symptoms, quarantine process, coping strategies used, post covid symptoms, and how they overcame these challenges with the support of family and friends.

Ms Rowen from Edge Hill and Ms Kezia Mariam from MCON, MAHE, Manipal moderated this session. Ms Sandra Mariam thanked the gathering. A total of 187 students from both MAHE and Edge Hill University participated in this event.



DEPARTMENT OF MEDICAL SURGICAL NURSING



Bottom row: Left to right - Dr Ramesh C, Dr Soumya Christabel, Dr Jyothi Chakrabarty, Dr Elsa Sanatombi Devi, Dr Daisy J Lobo, Mr Anil Raj

Top row: Left to right - Dr Melita Sheilini, Mrs Janet Alva, Mrs Janet Prameela D'Souza, Dr Latha T Bhat, Mrs Shalini G Nayak

ABOUT THE DEPARTMENT

The department undertakes training of undergraduate and postgraduate nursing students in the field of Medical Surgical Nursing, including Nurse practitioners. Theory classes are taken in the classrooms and students gain practical experience in the medical-surgical wards and intensive care units of the hospital. Faculty incorporates clinical teaching, individual case discussion, case studies, and clinical conferences so that the students apply knowledge of theoretical aspects in the clinical setting and attain a higher understanding and skill. Nurse practitioner students are mentored by medical and nurse preceptors from the hospital in addition to the faculty.

OBJECTIVES

- To prepare the undergraduate and postgraduate students using an outcome-based syllabus.
- To enhance students' skills through a competency-based approach.
- To prepare the nurse practitioner students for advanced practice nursing.
- To conduct a monthly continuing education program for the department faculty.
- To organize and conduct health awareness programs.
- To guide researches of postgraduate, MPhil, and PhD students.
- To apply for funded research projects from various funding agencies and to carry out funded research projects.
- To publish research output in Scopus indexed and web of science indexed journals.

ACTIVITIES CARRIED OUT

- Departmental CNE:12
- Research ongoing: 2
- Research completed: 1
- Publication details: 6
- Workshop and CNE conducted: 2
- Outreach programs: World TB Day

DETAILS OF RESEARCH GRANTS

- PI: Dr Latha T, Title of the project: Impact of a customized nutritional package on Macro and Micro Nutrients (MAMN) in wound healing among wounded patients of Kasturba Hospital Manipal. Funding agency: ICMR.
- CoI: Dr Latha T, Title: Capacity building of public health professionals for an integral approach to Rheumatoid Arthritis. Funding agency: Pfizer Medical Grants.
- PI: Dr Jyothi Chakrabarty, Title of the project: A randomised controlled trial to assess the effectiveness of Mental Health First Aid (MHFA) training among late adolescents in Udupi District of Karnataka.

NEW INITIATIVES/BOOK AUTHORED/EDITED BY FACULTY MEMBERS

A book titled “Theoretical basis for Advanced Practice Nursing” by Dr Jyothi Chakrabarty with Elsevier publishers.

INTERNATIONAL PRESENTATION / RESOURCE PERSON

- Mrs Shalini G Nayak- E-poster presentation on “Attributes of psychosocial distress from the perspectives of head and neck cancer (HNC) patients” during International Conference of Indian Association of Palliative Care on 19 to 21 March 2021 at AIIMS Patna.
- Dr Latha T (Resource Person): “Updates in healthcare management”, organized by Manipal School of Nursing Manipal, on 8 July 2020.

- Dr Latha T (Resource Person): “Data collection instruments: validity and reliability”, organized by MCON, Manipal, on 24 April 2021.
- Dr Soumya Christabel (Resource Person): “Sampling”, organized by MCON, Manipal, on 23 April 2021.
- Dr Melita Sheilini (Resource Person): “Quantitative Research Designs” on 23 April 2021 during the webinar on “Quantitative Nursing Research” at MCON, MAHE, Manipal.
- Dr Elsa Sanatombi Devi (Resource Person): “Writing for publication and communicating research findings” on 24 April 2021 during the webinar on “Quantitative Nursing Research” at MCON, MAHE, Manipal.
- Mr Anil Raj (Resource Person): “Ethics in Research and CTRI registration process” on 24 April 2021 during the webinar on “Quantitative Nursing Research” at MCON, MAHE, Manipal.

AWARDS/RECOGNITIONS

- Dr Jyothi Chakrabarty was awarded the Faculty Award Incentive for Research Publication for securing the highest FAIR incentive points for the year 2020.
- Dr Melita Sheilini has completed three certificate courses (Basic interpretation of 12 lead ECG on 14 August 2020, Adult mechanical ventilation on 27 November 2020, and Basics of hemodynamic monitoring on 21 January 2021).
- Dr Elsa Sanatombi Devi received International FAIMER Fellowship from IFI Philadelphia USA 2021-23.
- Dr Elsa Sanatombi Devi completed six months Aarohan program for Palliative Care from Pallium India, Kerala from November 2020 to 1 May 2021.

GUEST LECTURE

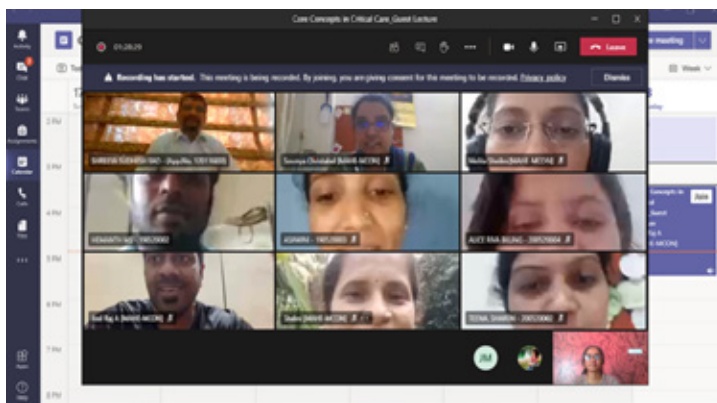
Department of Medical Surgical Nursing, MCON, MAHE, Manipal organized a Guest Lecture on “Introduction to Palliative care and Hospice” on 31 October 2020 between 11:00 am and 12:00 noon to third-year BSc Nursing students through Microsoft Teams Platform. Mrs Sangeetha N, Nursing Tutor, Bangalore Hospice Trust – Karunashraya spoke on the topic. She spoke on the importance of palliative care, the palliative care approach, maintaining human dignity, and the essence



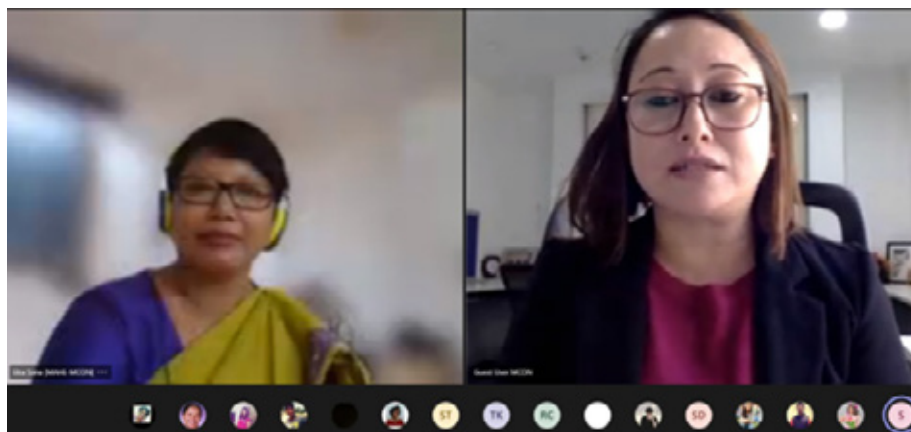
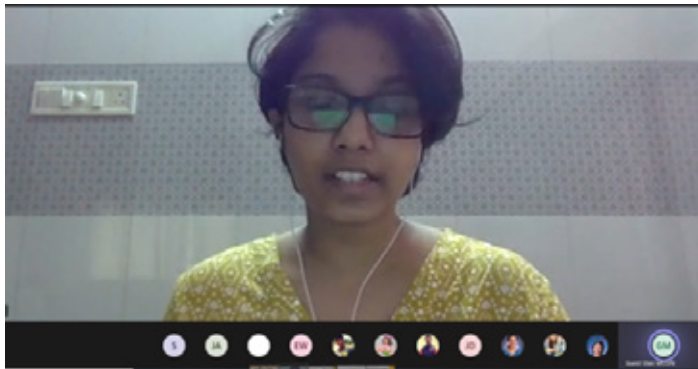
of palliative care. Mrs Sangeetha also briefed on the role of a nurse in palliative care and the challenges of a palliative care nurse. About 102 participants including third-year BSc (N) students and faculty members of the college participated in the session. Mrs Janet Alva, Assistant Professor, Department of Medical Surgical Nursing, MCON expressed gratitude to Mrs Sangeetha N for accepting the invite and sharing her expertise on the subject with our students. The interesting, inspiring and elaborate session ended at 12 noon.

GUEST LECTURE

The department of Medical Surgical Nursing, MCON, MAHE, Manipal organised a guest lecture on “Core Concepts in Critical Care” on 23 January 2021 between 4:00 pm and 5:00 pm. The guest lecture was delivered by Dr Sudhesh Rao, Consultant Intensivist and Head department of Critical Care, A J Hospital, Mangaluru to “Nurse Practitioner in Critical Care (NPCC)” students through Microsoft Teams Platform. He elaborated on the history of critical care in India, the types of intensive care units, multidisciplinary and collaborative approach, team dynamics and communication, models of care, and classification of critically ill patients. He urged students to have a passion for critical care and to be leaders as they belong to the first few batches of the program in India. A total of 12 participants including first-year and second-year NPCC students and faculty members of the college participated in the session. Dr Soumya Christabel, Assistant Professor, Department of Medical Surgical Nursing, MCON welcomed the speaker and Dr Jyothi Chakrabarty, Professor and Head of Department of Medical Surgical Nursing, MCON thanked the speaker at the end of the session.



Ms Rynel Desma, (Fellow BMT, MSc Nursing 2016 batch and presently Staff Nurse at the Advanced Centre for Treatment Research and Education in Cancer (ACTREC), Navi, Mumbai spoke on the theme BMT and its implications to critical care nursing on 29 December 2020 during 3:00 pm to 4:00 pm. A total of 21 faculty/ students took part in the guest lecture session. Ms Swapnil Thulung (IDCCN, MSc Nursing), Manager-Nursing Training and Quality, Columbia Asia Hospitals Pvt Ltd spoke on the theme “Recent advances in ICU protocols and standards” on 30 December 2020 from 11:00 am to 12:30 pm through MS teams and a total of 28 students/ faculty participated in the session.



WORLD DIABETES DAY 2020

As part of World diabetes day 2020, the Department of Medical Surgical Nursing, MCON, MAHE, Manipal conducted a radio talk in terms of role play with a view to sensitize the public about the significance of the theme “Diabetes: Nurses Make the Difference”. Mrs Shalini G Nayak, Assistant Professor MCON coordinated the program along with Dr Latha T Bhat, Assistant Professor-senior scale, and Mrs Janet Alva, Assistant Professor-senior scale MCON, Manipal. The area highlighted in the play was diabetic foot care. The importance of foot care among diabetes patients and strategies of diabetic foot care was emphasized. The

THE CLOCK IS TICKING: WORLD TUBERCULOSIS DAY 2021

Every year 24 March is observed as “World Tuberculosis Day” since 1992. The theme given by World Health Organization for this year is “The Clock is ticking”. Department of Medical Surgical Nursing, MCON, MAHE, Manipal has observed World TB Day by organizing the awareness program “Kshaya Muktha Bharatha” to the general public through Spandana TV on 24 March 2021. Dr Latha T, Assistant Professor highlighted the risk factors, diagnosis, and management of TB. She also stressed on the programs launched by the Government of India including the diagnostic and treatment facilities, financial benefits to the patients and treatment supporters to curb the disease. Mrs Janet



talk was broadcast on Radio Manipal 90.4 MHz on 20 November 2020 at 5:00 pm and rebroadcasted on 21 November 2020 at 12.30 noon.



Alva, Assistant Professor, oriented about the theme of 2021, side effects of treatment, and prevention of TB. The program was ended by answering various myths about TB and its management. Ms Preethi, Anchor of the Spandana TV hosted the program.

CONTINUING NURSING EDUCATION

Department of Medical Surgical Nursing of MCON, MAHE, Manipal conducted five continuous nursing education on oncological nursing-related topics to the staff nurses of Manipal Hospital Bangalore from 5 April to 30 April 2021 through Microsoft Teams and Zoom online Platforms.

The CNEs were deliberated between 1:00 pm and 2:00 pm every day. The first CNE was on 5 April 2021, through MS Teams online platform, on “Palliative care” by Mr Anilraj A, Lecturer, Department of Medical Surgical Nursing MCON, MAHE, Manipal. He highlighted domains of palliative care, time to provide

palliative care, trajectories of dying, terminologies in palliative care, members in palliative care, principles of palliative care, and palliative care nursing. A total of 98 staff nurses attended the session. The second CNE was conducted on 9 April 2021 on “Immunotherapy” by Mrs Janet Alva, Assistant Professor, Department of Medical Surgical Nursing MCON, MAHE, Manipal through MS Teams online platform. She emphasized the mode of action of immunotherapy, types, side effects of immunotherapy and nursing implications of immunotherapy. Approximately 120 staff nurses attended the CNE.

Mrs Shalini G Nayak, Assistant Professor, Department of Medical Surgical Nursing MCON, MAHE, Manipal conducted the third CNE on 16 April 2021 through Zoom online platform on “Pain management in cancer patients”. She highlighted the mechanism of pain, prevalence, and causes of cancer pain, assessment of pain, barriers in the management of cancer pain, and pain management in cancer patients. A total of 120 staff nurses attended the CNE.

Fourth CNE was conducted through Zoom online platform on 26 April 2021 on the topic “Colorectal Cancer-Risk/Pathology/Prevention and Management”, by Mrs Shalini G Nayak, Assistant Professor, Department of Medical Surgical Nursing MCON, MAHE, Manipal. She has also emphasized the signs and symptoms and diagnostic measures of colorectal cancers. Approximately 148 staff nurses attended the session.

The last and fifth CNE was conducted on 30 April 2021 on the topic “Safe handling, administration and disposal of chemotherapy drugs”. The resource person for the CNE was Mrs Janet Prameela D’Souza, Assistant Professor, Department of Medical Surgical Nursing MCON, MAHE, Manipal. She has highlighted the classification of chemotherapy drugs, methods of chemotherapy drug administration, safe handling and disposal of chemotherapy drugs, do’s and don’ts of

chemotherapy administration and ways to improve safety. A total of 145 staff nurses attended the session and this CNE was conducted through Zoom online platform.

The CNEs were well appreciated by the participants. They have given very positive feedback and have requested having such CNEs in the future.

The overall coordination of these CNE was done by Mrs Shalini G Nayak, Assistant Professor, Department of Medical Surgical Nursing MCON, MAHE, Manipal.



WEBINAR ON “QUANTITATIVE NURSING RESEARCH”

The first-year students of Nurse Practitioner in Critical Care (NPCC) Postgraduate Residency Program, Medical Surgical Nursing Department, in collaboration with Pillar 2 (IoE): Exemplary Research and Innovation of MCON, MAHE, Manipal organized a three days’ webinar on “Quantitative Nursing Research” from 22 to 24 April 2021 through Microsoft Teams online Platform. The webinar focused mainly on the quantitative nursing research methodology.

The webinar commenced at 9:00 am on 22 April 2021 with a welcome address by the student convenor, Ms Teena Sharon. Dr Anice George, Dean, MCON, MAHE, Manipal addressed the participants and

cheered them with words of inspiration highlighting the need for research and research ethics.

The three days webinar highlighted eleven topics in the area of quantitative nursing research, which was deliberated on the forenoons of all three days from 22 April 2021 to 24 April 2021. The first day of the webinar started with the session on Research Process and Writing Research Proposal followed by Conceptual Framework and Literature Search which were deliberated by Dr Shashidhara Y N, Professor and Head, Department of Community Health Nursing, Dr Mamatha S Pai, Professor, Department of Child Health Nursing and Dr Baby S Nayak, Professor

and Head, Department of Child Health Nursing, MCON, MAHE, Manipal respectively. The sessions were moderated by Ms Teena Sharon and Ms Jyothi Marakalthi. The second day (23 April 2021) began at 9:00 am with the deliberation on the topic - Quantitative Research Designs followed by Data Collection Techniques and Methods, and Sampling by Dr Melita Sheilini, Assistant Professor-selection grade, Medical Surgical Nursing Department, Dr Sonia R B D'Souza, Professor and Head, Department of Obstetrics and Gynaecological Nursing and Dr Soumya Christabel, Assistant Professor-senior scale, Medical Surgical Nursing department respectively. The day's sessions were moderated by Ms Anushree Naik. The third day (24 April 2021) of the webinar began at 8:30 am with a talk on Sample Size Estimation by Dr Ravishankar N Assistant Professor, Department of Biostatistics, Vallabhbai Patel Chest Institute, University of Delhi. The day's sessions continued with the reflections on Data collection instruments - Validity and Reliability, Analysis and Interpretation of data, Ethics in Research, CTRI registration process and Writing for publication and communicating research findings by Dr Latha T Bhat, Assistant Professor-senior scale, Medical Surgical Nursing Department, Dr Sushmitha

R Karkada, Assistant Professor-senior scale, Obstetrics and Gynaecological Nursing Department, Mr Anil Raj, Lecturer, Medical Surgical Nursing Department and Dr Elsa Sanatombi Devi, Professor, Department of Medical Surgical Nursing respectively. The webinar concluded with closing remarks by the Associate Dean, Dr Judith Angelitta Noronha at 2:45 pm. Total 204 participants with various academic cadres such as nurse practitioners, MSc nursing students, nursing officers, PhD Scholars, and faculty members attended the webinar from 17 states namely Karnataka, Delhi, Odisha, Uttar Pradesh, Madhya Pradesh, Tamil Nadu, Maharashtra, Kerala, Rajasthan, Himachal Pradesh, Haryana, Sikkim, Telangana, Assam, Chhattisgarh, West Bengal, and Mizoram. The overall response of the participants was good. The webinar concluded with the words of gratitude expressed by the moderator of the day Ms Alice Riva Bilung. The three days' webinar was coordinated by Dr Melita Sheilini, Assistant Professor-selection grade, Department of Medical Surgical Nursing under the guidance of Dr Baby S Nayak, Professor and the Research Pillar Head and Dr Jyothi Chakrabarty, Professor and NPCC coordinator, MCON, MAHE, Manipal.

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

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

5 Days Webinar

Deadline for Registration:
April 20, 2021

22 to 24 April 2021
Through MS Teams

9.00am to 1.00pm
(All three days)

FREE Register Now

Target audience: PG Students

Topics

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

Link for registration <https://forms.gle/ZIAoibx3ZJqNfo056>

DEPARTMENT OF COMMUNITY HEALTH NURSING



Bottom row: Left to right - Mrs Manjula, Mrs Ansuya, Dr Shashidhara Y N, Dr Malathi G Nayak, Mrs Reshma R Kotian

Top row: Left to right - Mrs Jeyalakshmi, Mr Vinish V, Mrs Regina Mathew

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 undergraduate and postgraduate nursing students in the field of Community Health Nursing. The students are provided training in assessing clients, environment and identifying the health problems and their management. The department actively collaborates with Primary Health Centre and local leaders to ensure maximum community participation. The department regularly conducts morbidity clinics that benefit the people residing in rural areas.

OBJECTIVES

- To prepare the students to provide comprehensive nursing care to the patients in the community.

- To teach BSc Nursing students in both the classroom and the clinical area.
- To conduct morbidity clinic every month in Athrady and Thirlapalke village.
- To conduct monthly continuing education programs for the department staff.
- To plan and conduct health awareness programs and research projects.

RESEARCH ACTIVITIES

- Effectiveness of Capacity Building: Integrating the palliative care and symptom relief into Primary Health Care - An Evaluative approach.
- Effectiveness of multipronged approach on knowledge, attitude, and health risk behaviour among adolescents of pre-university colleges of Udupi district.
- Effectiveness of First Responder's Care Package (FRCP) on knowledge and skill on the management of Road Traffic Accident (RTA) victims.

INTERNATIONAL PRESENTATION/RESOURCE PERSON

- Dr Shashidhara Y N - Emerging trends in Community Health Nursing – 4 May 2020 DY Patel College of Nursing conducted a Webinar.
- Dr Shashidhara Y N – Emerging infectious diseases past, present, and future – 9 July 2020 for KLE college of Nursing, KLE University- Presented during online Conference.
- Dr Shashidhara Y N - Health System leap frogging steps to fight against NCD – 17 July 2020 Siksha O Anusandan, College of Nursing- Online webinar.
- Dr Shashidhara Y N – Online Sessions–FAIMER- 25 August 2020, MAHE Manipal.
- Dr Shashidhara Y N - Public Health Challenges during COVID-19 - 10 December 2020 Conducted Webinar for Vinayaka missions Annapoorna College of Nursing Selam.
- Dr Shashidhara Y N - Institutional Risk assessment – 5 June 2020- Conducted online CNE for MCON faculty.

- Dr Shashidhara Y N - Effective online Engagement 24 July 2021 - conducted an online workshop for Dr B R Ambedkar College of Nursing.
- Mr Vinish V - Virtual training program on “First Aid” on 27 November 2021- under Rovers and Rangers Association at PPC Degree College Udupi.

AWARDS/RECOGNITIONS

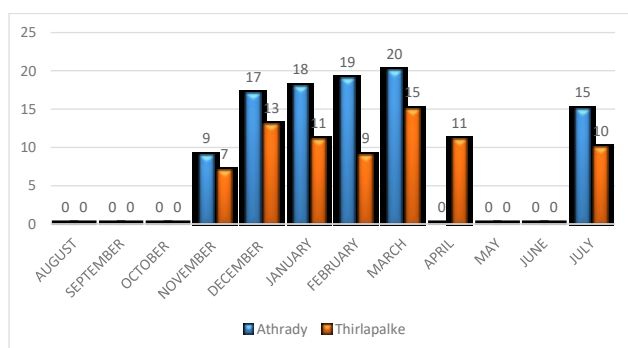
- Vinish - highest FAIR incentive points for the year 2020.
- Second best-published research paper in the Scopus indexed journal-2020.

ACTIVITIES CARRIED OUT

- Departmental CNE: 10
- Research ongoing: 3
- Research completed: 1
- Publication: 6
- Workshop and CNE conducted: 1
- Outreach programs: 3

HIGHLIGHT OF ACTIVITIES FROM JULY 2020 TO JUNE 2021

Morbidity clinic

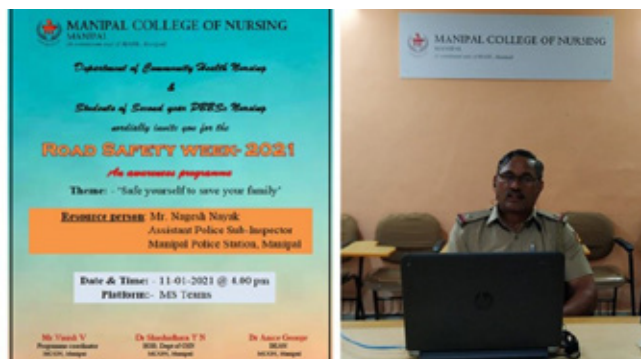


NATIONAL ROAD SAFETY WEEK

Manipal College of Nursing (MCON), MAHE, Manipal has observed National Road Safety Month as per the circular from University Grants Commission (UGC). In order to create the awareness among the general public to improve the safety on road and to give an opportunity to all stakeholders to contribute to the cause of road safety, various activities were conducted by the institution.

Community Health Nursing department along with PBBSc Nursing students observed National Road Safety week on January 11, 2021, from 4 pm to 5 pm through MS Teams online platform on the theme “Save yourself to save your family”. Mr Nagesh Nayak, Assistant Police Sub-Inspector, Manipal Police Station, Manipal gave a brief talk on the importance of observing Road Safety week. The students of

II PBBS Nursing conducted a presentation on different types of traffic signals. On January 14, 2021, a Radio awareness programme for the public was conducted and the programme broadcasted by Community radio, Manipal at FM 90.4 on January 14, 2021, from 6.15 pm onwards. Programmes were guided and supported by Mr Vinish V, Assistant Professor, Department of Community Health Nursing, MCON, MAHE, Manipal.



INTERNATIONAL WOMEN'S DAY

An awareness programme on “Breast cancer and its prevention” was organized on 8th March 2021 as part of International Women’s Day- 2021 by IVth year BSc Nursing students and the Department of Community Health Nursing, Manipal College of Nursing, MAHE with a theme “# Choose To Challenge” for non-teaching and house-keeping staff of MCON.

The programme began with the welcome address by Ms Aswathi P. Dr Anice George Dean, MCON conveyed women’s day greetings to the participants and admired everyone’s presence for taking part in the women’s day session. Dr Judith A Noronha Associate Dean, MCON spoke about women’s roles and responsibilities day to day chores and sheer dedication towards her family. She always steps back when it comes to her health concern. So all women should empower themselves and raise their voice when it comes to their health concerns too. Dr Shashidhara YN, Professor & HOD, Dept of Community Health Nursing highlighted the significance of the day and theme “ # Choose To Challenge”. He narrated the women’s struggle and ways to overcome milestones with courage and boldness.

Ms TS Ambika, IVth BSc Nursing student did a presentation on breast cancer and its prevention. She explained the risk factors, how to identify early signs and symptoms, various stages of breast cancer,

WORLD HEALTH DAY

The department of Community Health Nursing, Manipal College of Nursing, MAHE, Manipal organized the activities such as e-poster competition, health awareness video by fourth-year B.Sc Nursing students and the webinar as a part of World Health Day 2021.

diagnostic measures and treatment modalities. A video on stages of breast cancer, extensive way of treatment modalities were displayed to make understanding about breast cancer. Ms Shwetha, IV year BSc (N) student performed breast-self-examination using manikins and sensitized the participants through re-demonstration for self-practice regularly. The concluding remarks were given by Dr Ansuya, the programme coordinator, clarified the doubts of participants and opined to choose healthy lifestyle practices in life and challenge to prevent breast cancer. Until and unless we challenge our fears there will be no change. From challenge comes change, so let us all choose to challenge. The vote of thanks was delivered by Ms Jisna Joseph. The programme was attended by 15 non-teaching and house-keeping staff. The Programme was coordinated by Dr. Ansuya, Assistant Professor, Dept of Community Health Nursing, MCON Manipal.



The webinar on “building a fairer and healthier world for everyone” was organized on 7 April 2021 at 10.30 am through the Microsoft Team platform to the students and faculty of MCON, MSON and other health science fraternity. The resource person was Dr Prabhath M Kalkura @ UNICEF Supported DRR Roadmap 2030 Karnataka contractor & Senior Consultant @ Pruthvi charitable trust.

He highlighted the importance of working together to build a healthier community; equity in health care delivery services; the role of health sectors and other sectors such as food & nutrition, housing, education, safe environment etc., and also emphasized on the five actions such as access to treatment and vaccine, budget & plan, equitable service, primary health care and reliable data for COVID on World Health Day. There were a total of 59 participants from different field of health science attended the session. The event was concluded by Mrs Reshma R Kotian, Lecturer, Department of Community Health Nursing, MCON, MAHE Manipal at 11.40 am.

We also received 30 e-poster from students and faculty of different field of health science fraternity and the best two e-posters were awarded.

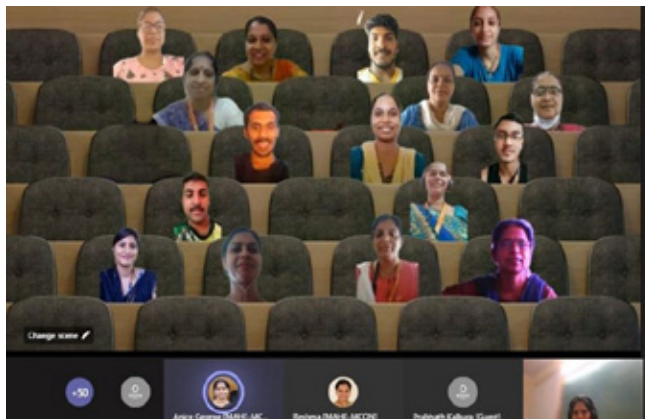
REPORT ON INTERNATIONAL VIRTUAL TOUR

An international virtual visit to Manipal College of Nursing by the students of Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care King's College London was organized on 11th March 2021. The purpose of the visit was to provide an opportunity to interact with International students and mutually share the experience of health care service delivery, women's health and social and cultural aspects related to women's health. The programme commenced with the welcome address by Dr Elsa Sanatombi Devi followed by an introduction on a virtual tour by Miss Zahra Khan and Miss Jacqui Boulton, faculty of King's College London. Dr Raghu A Radhakrishnan, Director – International affairs and collaborations, MAHE addressed the gathering. In his speech, he appreciated MCON for organizing such events in this pandemic situation. Dr Anice George, Dean, MCON briefed about the courses available at MCON Manipal.

Following the college orientation, the first session on public health perspectives was presented by Dr Shashidhara YN, Professor & Head, Department of Community Health Nursing, MCON, MAHE. He addressed on health care delivery system in India, vital statistics, services available, diseases present in India, and also addressed on COVID-19 pandemic.

To provide an opportunity to interact with the international students, five breakout room discussions were performed by 50 UK students and 20 MCON

The overall programme was convened by Mrs Jeyalakshmi K, Assistant Professor, Department of Community Health Nursing, MCON, MAHE, Manipal.

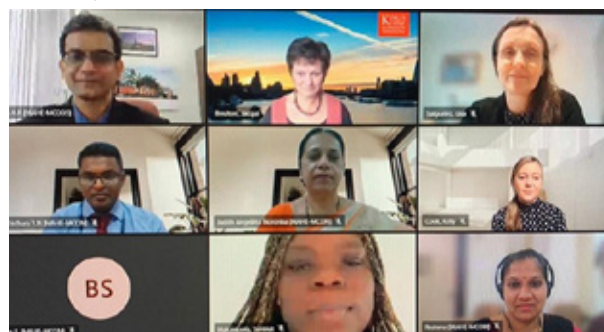


students. Students had a great opportunity to share their knowledge and experiences.

The second session was presented by Dr Judith Angelitta Noronha, Associate Dean, MCON, MAHE on maternal health and programmes – an Indian perspective. In her talk, she mainly highlighted on maternal health issues in India, sociodemographic determinants, maternal health indicators and different schemes available for improvement of maternal and child health in India.

The third session was on social and cultural aspects related to women's health in India by Dr Jagriti Gangopadhyay, Assistant Professor, Coordinator for Center for Women's study, Manipal Center for Humanities, MAHE. In her session, she narrated the recent laws on increasing the age for marriage and also highlighted on literacy & women empowerment.

There were 88 participants for the meeting from both institutions. This program was coordinated by Dr Shashidhara YN under the guidance of Dr Anice George, Dean MCON and Dr Elsa Santombi Devi, Professor, MCON.



DEPARTMENT OF CHILD HEALTH NURSING



Bottom row: Left to right - Mrs Anjalin D'Souza, Dr Baby S Nayak, Dr Anice George, Dr Mamatha S Pai, Mrs Sangeetha Priyadarshini

Top row: Left to right - Mrs Sheela Shetty, Mrs Binu Margaret, Mrs Anusuya Prabhu, Mrs Yashoda S

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 (MCON) and the Indian Nursing Council (INC).

The department provides student-centred teaching and learning in a 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 families in a variety of settings. The importance is given to evidence-based practice (EBP) and safeguarding the health of the 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 postgraduate students to provide nursing care to children and their families.
- To organize continuing nursing education for the department faculty.
- To research the area of child health nursing.
- To conduct an awareness program on health-related topics in various settings.

ACTIVITIES CARRIED OUT

- Departmental CNE: 11
- Webinar on EBP- 1
- Workshop & CNE conducted-01
- Conference presentations - Binu-2, Sheela-1, Sangeetha- 1

DETAILS OF RESEARCH GRANTS

No. of grants applied: 2 (Dr.Mamatha) + 4 (Dr.Baby S Nayak as co-investigator (collaborative 2 national + 2 international)

NEW INITIATIVES/ BOOK AUTHORED/ EDITED BY FACULTY MEMBERS

Book reviewed by Dr Baby S Nayak: 1 (Elsevier Clinical Skills Manual - Child Health Nursing, First South Asian Edition, Author - Smriti Arora)

INTERNATIONAL PRESENTATION/RESOURCE PERSON

Dr Baby S Nayak:

- was the resource person for the CNE on Advanced Leadership and Management organized by the Al Salam International Hospital, Kuwait from 1st June to 24th June 2021.
- was the resource person for Webinar on Quantitative nursing research organized by the NPCC students & Research committee, MCON, Manipal on 22nd April 2021.
- was the resource person for the topic: Searching the evidence and appraising the evidence, for the webinar on Evidence Based Practice in nursing organized by Department of Child Health Nursing, MCON, MAHE, Manipal, Karnataka, India from 29 October 2020 to 31st October 2020.
- was the Resource Person for the International Webinar on contemporary approaches for translational research in nursing organized by the Nursing research Department of Apollo College of Nursing, Chennai-95 on 16th October 2020.

Dr Mamatha Shivananda Pai:

- was the resource person for Webinar on “ Pandemic impact on school children: Expanding role of teachers and parents’, organized by the Team-Expanding Reach and Internationalization, Manipal College of Nursing Manipal, MAHE, Manipal, India on 1 July 2020.
- was the resource person for the Webinar on “Impact of Covid 19 Pandemic in Children” organized by Department of Child Health Nursing, Govt. College of Nursing, Kottayam, Kerala, India on 20 August 2020.

- was the resource person for the Webinar on “OSCE- an Overview” organized by Kerala University of health Sciences, Thrissur, Kerala, India on 23 September 2020.
- was the resource person for the Webinar on “Feasibility and challenges of conducting virtual practical examination in Child Health Nursing” organized by Amrita College of Nursing, Amrita Vishwa Vidyapeetham, Cochin, Kerala, India on 26 October 2020.
- was the resource person for the Webinar on “Introduction to EBP” organized by the Department of Child Health Nursing, MCON, MAHE, Manipal,Karnataka, India on 29 October 2020.
- was the resource person for the E-Seminar on “OSCE” organized by Teerthanker Mahaveer University, College of Nursing Moradabad, India on 3 March 2021.
- was the resource person for the Webinar on “Conceptual Framework” organized by Manipal College of Nursing, MAHE, Manipal, Karnataka, India on 22 April 2021.

Dr Anjalin Dsouza

- was the resource person for Training by Discipline: Nurse’s session organized by the International Hemophilia Training center, WFH training series on 2 March 2021.

Dr Binu Margaret:

- was the resource person for a webinar on Evidence based practice: Postnatal and newborn organized by the Kanachur College of Nursing Sciences, Mangalore on 20 May 2021.
- presented an oral paper presentation at an online International Maternal Health Conference- on “Minding Mothers with Morbidities II” on October 29, 2020 organized by the School of Nursing and Midwifery, Trinity College, Dublin.
- presented an oral paper presentation at the National Pediatric Nursing Conference (Virtual) on “Innovations and Advances in Pediatric Nursing: Gate way for Quality Care ” on June 24th and 25th, 2021 organized by the College of Nursing, Christian Medical College, Vellore.

Dr Sangeetha Priyadarshini

- presented a e-poster on ‘The risk factors of child abuse among school children’ at the National Pediatric Nursing Conference - 2021 A ‘Virtual Conference Hosted by Department of Paediatric Nursing, College of Nursing, Christian Medical College, Vellore during June 24 - 25, 2021.

Mrs Sheela Shetty

- presented an oral paper on ‘Unintentional injuries among children - Caregivers perspectives on preventive strategies’ at the National Pediatric Nursing Conference - 2021 A ‘Virtual Conference on “Innovations and Advances in Pediatric Nursing: Gate way for Quality Care” on June 24th and 25th, 2021 organized by College of Nursing, Christian Medical College, Vellore on during June 24 - 25, 2021.

AWARDS / RECOGNITIONS

- Dr Yashoda has won “second prize” in the

Poster competition organized by Obstetrics and Gynaecological (OBG) Department MCON, MAHE as part of international women’s day 2021.

- Certificate of achievement as “Best Celebration” was awarded to MCON, MAHE, Manipal, and Kasturba Medical College Manipal, Karnataka by the Breastfeeding Promotion Network of India (BPNI) for the contribution towards Celebration World Breastfeeding Week 2020.
- Certificate of participation was awarded to Manipal College of Nursing, MAHE, Manipal and the Department of Paediatrics, Kasturba Medical College, MAHE, Manipal, by the World Alliance for Breastfeeding Action (WABA) for successfully celebrating the World Breastfeeding Week 2020.
- Mrs Sheela Shetty secured “second prize” in the E-poster competition on the theme “Innovate, Illuminate and Inculcate quality care for every newborn” held on 16 November 2020 as part of Newborn week celebrations.

HIGHLIGHTS OF ACTIVITIES DURING JULY 2020 TO JUNE 2021

WORLD BREASTFEEDING WEEK CELEBRATION - 2020

The Department of Child Health Nursing, Obstetrics and Gynaecological (OBG) Nursing and Community Health Nursing, MCON, MAHE, Manipal and Department of Paediatric Kasturba Medical College, MAHE, Manipal, observed “World Breastfeeding Week” from 1 to 7 August 2020 on the theme “Support Breastfeeding for a Healthier Planet-COVID-19 is an opportunity to strengthen action on breastfeeding”.

The status of breastfeeding practices in India needs immediate attention as the rate of initiation of breastfeeding within one hour of birth is 57% while the exclusive breastfeeding rate remains about 58%. Hence, the Breastfeeding Promotion Network of India (BPNI) calls for action to generate awareness among people about the protective role of breastfeeding. Keeping this in mind and to raise awareness regarding the importance of breastfeeding, various activities were conducted through a virtual platform for the nurses and faculty members from India and abroad and the general public.

The various activities planned and conducted are as follows:

CAPACITY BUILDING WEBINAR ON INFANT AND YOUNG CHILD FEEDING

A Capacity Building Webinar on “Infant and Young Child Feeding” was organized by the Department of Child Health Nursing, MCON, MAHE, Manipal on 4 August 2020, 2:30 pm to 5:00 pm.

Dr Baby S Nayak, Professor and Head of the Department of Child Health Nursing, MCON, Manipal welcomed the resource persons, participants and addressed the virtual gathering.

The first session on “Support Breastfeeding for a Healthier Planet” was discussed by Dr Leslie Edward

Lewis, Professor of Paediatrics, Kasturba Medical College, MAHE, Manipal. Dr Leslie highlighted the science behind breastfeeding and climate change. Therefore, breastfeeding should be promoted and formula milk should be discouraged.

The second session on “Breastfeeding and COVID-19: Indian Perspectives” was delivered by Dr C R Banapurmath, Professor of Paediatrics, J J M Medical College, Davangere. Dr Banapurmath is a national trainer of Infant and Young Child Feeding and Karnataka State Coordinator of Breastfeeding Promotion Network of India, and therefore the most fitting person to talk about the Indian context of Breastfeeding and COVID-19 which is very apt given the current global pandemic situation. Through his talk, he conveyed an important message of WHO’s recommendation of breastfeeding irrespective of COVID-19 status of mothers and stated that there’s inconclusive current evidence about the vertical transmission of the COVID-19 virus from mothers who are COVID-19 positive to their newborns.

Followed by that, a session on “Infant and Young Child Feeding in the context of COVID-19” was taken by Mrs

Yashoda S, Assistant Professor-Senior Scale at MCON, Manipal who is also a certified Infant and Young Child Feeding counsellor. She has highlighted the guidelines of Infant and Young Child Feeding including breastfeeding and complementary feeding and the key considerations to be followed during COVID-19.

Following each session, participants actively participated by raising questions and resource persons answered those questions. The webinar successfully ended with closing remarks by Dr Anice George, Dean of Manipal College of Nursing and thanks to the resource persons, all the participants, and the organizing team of the webinar.

The session was conducted as a live webinar in Microsoft Teams and was attended by 420 participants including students, nurses and teaching faculty from within MAHE and various institutions across the country, India and abroad.

The webinar was coordinated by Mrs Binu Margaret and Mrs Anjalin D’Souza from the Department of Child Health Nursing, MCON Manipal.

The poster is for a webinar titled "Capacity Building Webinar on 'Infant and Young Child Feeding'". It is part of the 2020 International Year of the Nurse and the Midwife. The date is 04.08.2020 and the time is 2:30 pm - 5 pm. There are three sessions: Session 1: "Support Breastfeeding for a Healthier Planet" by Dr. Leslie Edward S Lewis; Session 2: "Breastfeeding and Covid-19: Indian Perspective" by Dr. C. R. Banapurmath; and Session 3: "Infant and Young Child Feeding in the context of Covid-19" by Mrs. Yashoda S. The poster also features the logos of Manipal College of Nursing and Nursing Now.

SYMPOSIUM ON SUPPORT BREASTFEEDING FOR A HEALTHIER PLANET

To sensitize the students of MCON, and the staff nurses of Kasturba Hospital, MAHE, Manipal on the importance of breastfeeding, a Symposium on “Support Breastfeeding for a Healthier Planet” was organized on 5 August 2020, from 2:30 pm to 5:00 pm through Microsoft team’s virtual platform.

Dr Mamatha S Pai, Professor, Department of Child Health Nursing delivered the first session on “Support Breastfeeding for a Healthier Planet” and highlighted the theme, optimal infant feeding, importance of breastfeeding, early initiation of breastfeeding, disadvantages of artificial feeding, and breastfeeding concerns during COVID-19. Mrs Binu Margaret, Assistant Professor-Selection Grade, Department of

Child Health Nursing delivered the second session on the production and intake of breast milk, positioning, attachment, and expression of breast milk. The third session was discussed by Mrs Anjalin D'Souza, Assistant Professor- Selection Grade, Department of Child Health Nursing on Breast conditions and she has highlighted different breast conditions with examples and their management.

The participants clarified their doubts in the question and answer session and expressed that the sessions were beneficial. The session was attended by 105 students and staff nurses.



COMMUNITY AWARENESS THROUGH FM RADIO/SOCIAL MEDIA

To reach out and promote awareness to a wider range of public, a community awareness through a radio talk in the form of role-play in local language (Tulu) was conducted by Mrs Yashoda, Assistant Professor-Senior Scale, Department of Child Health Nursing, Dr Maria Pais, Assistant Professor-Senior Scale, Department of OBG Nursing and Mrs Reshma R Kotian, Lecturer, Department of Community Health Nursing, MCON, MAHE, Manipal on the theme “Support Breastfeeding for a Healthier Planet”. The program was recorded on 5 August 2020 and was broadcast on 7 August 2020 on Radio FM 90.4 MHz. The program was well appreciated by the public.

To create awareness to a wider range of public, articles in the newspaper regarding breastfeeding and its importance were written in the local language by Mrs Yashoda S, Assistant Professor-Senior Scale, Department of Child Health Nursing and Dr Sonia R B D’Souza, HOD, Department of OBG Nursing, MCON, Manipal.

The World Breastfeeding Week 2020 events were coordinated by Mrs Binu Margaret and Mrs Anjalin

D’Souza of Department of Child Health Nursing, Dr Maria Pais and Mrs Shobha from Department of OBG Nursing, and Mrs Reshma from Department of Community Health Nursing, MCON, MAHE, Manipal.

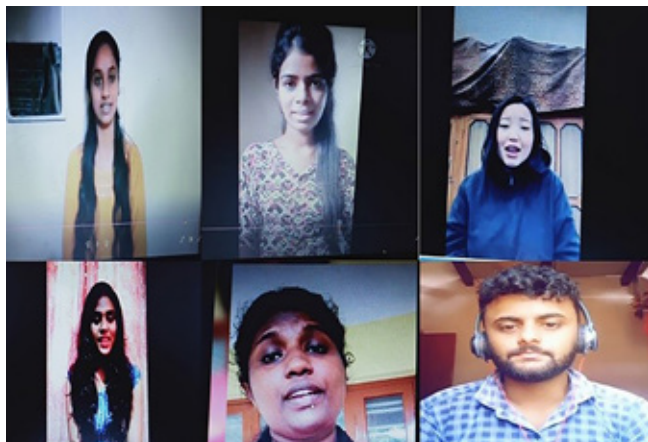
CHILDREN’S DAY CELEBRATION - 2020

Children’s Day is celebrated each year on November 14 in India as a tribute to the country’s first Prime Minister Pandit Jawaharlal Nehru.

The faculty members and students of third year BSc Nursing and first year PBBSc nursing of department of Child Health Nursing, Manipal College of Nursing MAHE Manipal organized children’s day programme on November 17, 2020 at ASARE, an institution for the mentally challenged children, MAHE, Manipal.

Due to the Covid pandemic, the children’s day of 2020 was celebrated in a unique fashion through the virtual platform. The students recorded their performances such as singing, action song, classical dance, solo and group dance. The faculty members from the department visited ASARE and displayed the recordings of various entertainment programme to the inmates of ASARE. Mr Ramesh, a special school educator, welcomed the

gathering and mentioned the purpose of the visit. The dance performance of ASARE inmates was wonderful. The administrators of ASARE expressed their gratitude for spending time and celebrating children's day in a very different way. They also thanked the students of MCON for their performances. The program ended with the distribution of sweets to the children and teachers. A total of 23 inmates along with their 12 caretakers and office bearers participated in the program. Mrs Sangeetha Priyadarshini & Mrs Sheela Shetty, Assistant Professors, Department of Child coordinated the program.



WEBINAR ON EVIDENCE BASED PRACTICE IN NURSING

A three-day webinar on evidence-based practice in nursing was organized by the department of child health nursing, MCON, MAHE, Manipal from 29 to 31 October 2020. The objective of the webinar was to create awareness about evidence-based practice (EBP) in nursing. The webinar was attended by 26 participants from different institutions in India and abroad.

Day 1: The day's event began with the inauguration of the webinar. Dr Baby S Nayak, Professor and Head, Department of Child Health Nursing, MCON, MAHE, Manipal, welcomed the participants and introduced the Chief Guest. The webinar was formally inaugurated by Dr Josline Mariet, Principal and Professor, Koyili College of Nursing, Kannur, Kerala, who addressed the participants regarding the importance of EBP and its current need. She informed that nurse practitioners in the earlier decades were not trained regarding new practice and based their practice on their previous experience. The nurse researchers are currently encouraged to implement interventions based on scientific evidence

which have shown improvement in patient care. She also focused on the importance of scientific steps involved in EBP in nursing and emphasized that all nurse researchers should take EBP as a challenge while practising in clinical settings.

Dr Anice George, Dean, MCON, MAHE, Manipal addressed the participants regarding the importance of EBP in the clinical area to deliver scientific care to the patients. She also emphasized that communication and care given to the patients need to be based on evidence and should follow safety principles. She emphasized that this webinar would sensitize the nurses to work hard, explore more in order to reach more people, and deliver this knowledge among other nurse researchers to contribute to evidence practice in clinical settings. Dr Mamatha S Pai, Professor, Department of Child Health Nursing, MCON, MAHE, Manipal, concluded the inaugural program by proposing the vote of thanks.

Dr Mamatha S Pai discussed EBP in Nursing and Medicine, its importance, levels of evidence, clinical questions for searching evidence, the impact of evidence for change in practice, factors influencing translation of evidence to policy recommendations, and steps of EBP. She also discussed the importance of EBP in the clinical area while caring for patients.

Mrs Anupama DS, PhD Research Scholar of MCON, MAHE discussed Patient, Intervention, Comparison, Outcome (PICO) as the method of framing a systematic review question and the components of PICO questions with examples. She also emphasized the advantages and limitations of framing a systematic review question. During the session, participants were actively engaged in framing a relevant question and PICO.

Dr Baby S Nayak emphasised the need of searching for evidence and discussed the sources and databases including pre-appraised evidence, journals, and other non-bibliographic databases. She stressed the strategies to design searches and the importance of best evidence in developing the guidelines. She also demonstrated the method of searching different databases as a group activity. Ms Edlin Glane Mathias, PhD Research Scholar moderated the day's program.

Day 2 - The Day 2 of the webinar on EBP in nursing started on a fresh note with the moderator Ms Sunitha

Solomon Nagelli, PhD Research Scholar of MCON, MAHE. There was a short recap of the previous days' sessions and an introduction to the sessions for day 2.

The first session of the day, Appraising the Evidence, was delivered by Dr Baby S Nayak. She stressed the fact that appraisal for evidence for quality is necessary for practitioners to select the best practice available from the literature. She gave a clear explanation of the specific process to appraise the evidence from the sources. It was interesting to understand the fine print instructions regarding preparing the matrix or evidence table for the analysis and follow the steps and tools to evaluate the evidence.

The second and third sessions of the day were on integrating and evaluating EBP taken up by Dr Judith A Noronha, Associate Dean and Professor, Department of OBG Nursing, MCON, MAHE, Manipal. She expounded on the approaches to integrating the evidence in nursing care practice for better EBP in nursing and detailed the methods of evaluation of EBP for better EBP in nursing. It was enlightening to understand the need and importance of integrating the utilization of evidence into practice to bring about change in Nursing Care. It was also informative and educative to know the various clinical practice guidelines that can be used.

In the final session of the day, Dr Judith detailed the methods of Evaluation of EBP. It was enlightening to refresh the checklists and to become familiar with the guidelines for grading the strength of the evidence. The considerations to take note of evaluation of the evidence introduced were a prominent way to find the right path for making good judgements and putting the evidence into practice.

The questions and doubts of the participants were taken up by the respective resource persons at the end of each session.

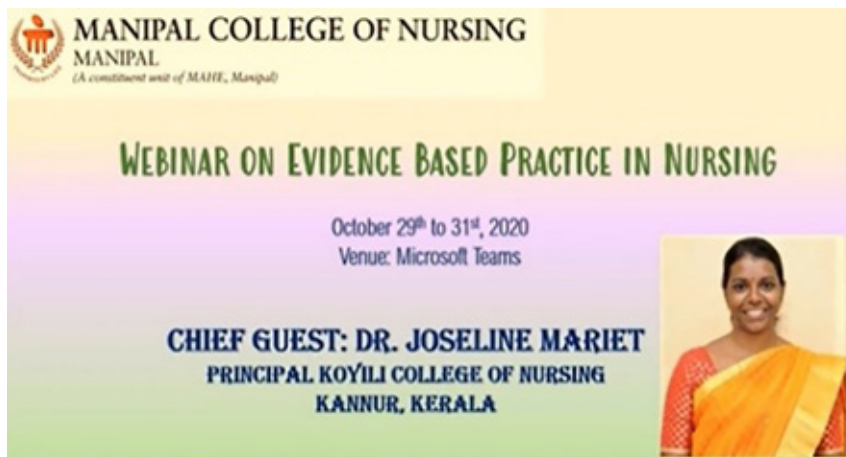
Day 3 - The Day 3 of the webinar on EBP in nursing was moderated by Mr N. Siva, PhD Research Scholar of MCON. Mrs Shalini G Nayak, Assistant Professor, Department of Medical Surgical Nursing, MCON, Manipal stressed the comparison between factors of EBP and research, the interrelation between EBP and Research and detailed about preparing the research manuscript.

Mrs Sherin Peter, Principal, College of Nursing, Guru Education Trust, Kuttapuzha, Thiruvalla, Kerala explained the evidence-based guidelines on Foley catheter care.

Mr Vitobha N Mhalkar, Assistant Professor, Department of Mental Health Nursing, Institute of Psychiatry and Human Behaviour, Goa, explained about making EBP happen in real practice and explained the importance, opportunities, and challenges in implementing EBP in nursing practice.

Mrs Chaitali Biswas, Professor and Principal, Tata Medical Centre, Kolkata, West Bengal, discussed the development of EBP guidelines for oral hygiene in cancer patients.

Mrs Nisha Laila, Nursing Officer, Paediatric Cardiology, AIIMS, New Delhi, explained the development of EBP guidelines for tracheostomy care for children. The questions and doubts of the participants were taken up by the respective resource persons at the end of each session. Dr Mamatha S Pai, the Convenor of the webinar presented the concluding remarks and ended the three-day webinar on 31 October 2020.



DEPARTMENT OF OBSTETRICAL AND GYNAECOLOGICAL NURSING



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

ABOUT THE DEPARTMENT

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

OBJECTIVES

- To prepare the undergraduate and postgraduate students using an outcome-based syllabus.
- To enhance students' skills through a competency-based approach.
- To conduct monthly continuing education programs for the departmental faculty.
- To observe and celebrate the days of importance pertaining to the health of women, newborn(s), and their families.
- To organize and conduct health literacy and awareness programs for women and their families.
- To approve and guide research studies undertaken by undergraduates, postgraduates, and PhD students.
- To apply for funded research projects from various funding agencies and for intellectual property.
- To promote evidence-based practice (EBP) through research.

- To enhance focus on research by carrying out funded research projects.
- To publish research output in Scopus indexed and Web of Science indexed journals.

Grants ongoing in the department - 3 (1- Dr Sonia R.B D'Souza, 1 - Ms Ranjani P, 1- Ms Pratibha)
Grants received in 2020-2021 - 4 [Dr Maria Pais (1 grant), Ms Ranjani P (1 grant), Ms Shobha (2 grants)]

ACTIVITIES CARRIED OUT

- Departmental CNE: 12
- Publications: 3
- Workshop & CNE conducted: 4 (Virtual Webinars)
- Conference presentations: 2
- Innovation: 1
- Outreach programs: 3

DETAILS OF RESEARCH GRANTS

No. of grants applied: 6

AWARDS/RECOGNITIONS

- Dr Judith A Noronha has received an Award for the maximum number of publications during MCON Annual Day on February 2021.
- Dr Judith A Noronha has received the most distinguished alumni award from Father Muller's College of Nursing on 20 March 2021.
- Dr Sushmitha Karkada has received the most distinguished alumni award from Father Muller's College of Nursing on 20 March 2021.

INTERNATIONAL PRESENTATION/RESOURCE PERSON

Sl. No.	Name of the Faculty	Name of the Conference/Event	National/International/Regional/Institutional	Title of the presentation	Dates	Place
1	Dr Judith A Noronha	Webinar on Quality Assurance in Nursing Education.	National	Accreditation in Nursing Education	3 October 2020	Apollo College of Nursing, Chennai.
2	Dr Maria Pais	Awareness Program.	National	Awareness program on Adolescent Health.	13 February 2021	Sneha Sangama Primary and High School. Gyani Colony, Station Road, Vijaypur.
3	Dr Maria Pais	Awareness Program.	National	Women's Day Celebration: Adolescent Health and Personal Hygiene.	04 March 2021	SMS Pre-University College, Brahmavara.
4	Sweetie Jousline Fernandes	Awareness Program.	National	Various kinds of Cancer in Reproductive Organs.	16 March 2021	NSS of Krishna Bai Vasudeva Shenoy Memorial College, Katapadi.
5	Dr Sushmitha Karkada	Training Workshop.	National	Patient-Centred Care in Diabetes: An Interprofessional Approach.	07 April 2021	JSS College of Nursing in association with JSS Academy of Higher Education and Research.

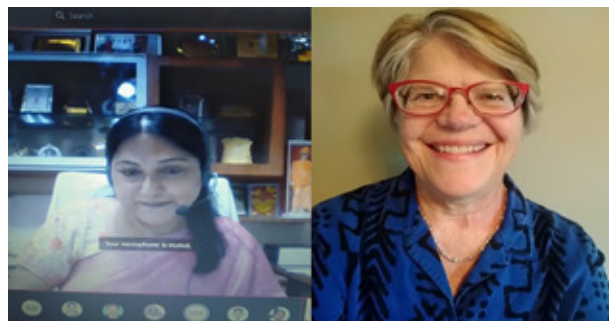
6	Dr Sonia R B D'Souza	Webinar on Quantitative Nursing Research.	National	Data Collection Techniques and Methods.	22 to 24 April 2021	Manipal College of Nursing.
7	Dr Sonia R B D'Souza	Webinar on Quantitative Nursing Research.	National	Analysis and interpretation of data.	22 to 24 April 2021	Manipal College of Nursing.
8	Dr Maria Pais	World Nurses Day (TV Live program).	National	World nurses Day 2021.	16 May 2021	U Channel Udupi TV live program.
9	Dr Judith A Noronha	The 32nd ICM Virtual Triennial Congress.	National	Presented a paper on Macronutrients and Micronutrients deficiency among pregnant women in south Asian countries: A systematic review.	16 June 2021	Virtual
10	Dr Sonia R B D'Souza	Indo-Canadian virtual conference.	National	Presented a poster on "Technology for Cardiac Rehabilitation for women with CVDs".	11 March 2021	Virtual

HIGHLIGHT OF ACTIVITIES DURING JULY 2020 TO JUNE 2021

WEBINAR ON LEADERSHIP IN MIDWIFERY: NATIONAL AND INTERNATIONAL PERSPECTIVE - 27 OCTOBER 2020.

The Department of OBG Nursing, Manipal College of Nursing (MCON), Manipal organized a Webinar on "Leadership in Midwifery: National and International Perspective" on 27 October 2020 between 4:00 pm and 6:00 pm as part of the 2020 International Year of the Nurse and Midwife, for clinical nurses, nurse educators, and nursing students through Microsoft Teams Platform. Dr Melissa D Avery, Professor, School of Nursing, University of Minnesota, Minneapolis, USA, and Dr Sudha Annasaheb Raddi, Professor and Principal, KAHER Institute of Nursing Sciences, Belagavi, Karnataka, India deliberated on the topics. Dr Melissa D Avery, spoke on "Global leadership of midwifery, leadership

impact on midwifery globally and nationally, methods for enhancing leadership for individual midwives, essential competencies for practising midwifery and global standards for midwifery education". Dr Sudha Annasaheb Raddi focused on the importance and need for midwifery in India, the pathway for midwifery leadership, the scope for midwifery leadership, midwifery services in India, components of midwifery initiative, measures to enhance midwifery leadership and respectful midwifery care.



NEWBORN WEEK CELEBRATIONS (15-21 NOVEMBER 2020)

1.1. Newborn week Activities

The Department of Obstetrics and Gynaecological (OBG) Nursing, as well as the Department of Child Health Nursing, Manipal College of Nursing (MCON), Manipal Academy of Higher Education (MAHE) in collaboration with the Department of Paediatrics, Kasturba Medical College Hospital, Manipal, celebrated the Newborn Week from 15 to 21 November 2020. As part of the celebrations, various competitions were organized. Participants were invited to the E-poster, E-poem, and quiz competitions. We had participation from various states of the country, i.e., nine students and 18 staff participated in the E-poster competition, seven participants for the E-poem competition, and 10 participants for the quiz competition. The winners of the competitions were announced on 20 November 2020 during the closing session of the webinar series held also as a part of the newborn week celebrations. In the E-poster competition held for the students, the first place was bagged by Ms Meena Konsam, PhD Scholar, Department of OBG Nursing, MCON, MAHE, Manipal, the second place was bagged by Ms Edlin Mathias, PhD Scholar, Department of Child Health Nursing, MCON, MAHE, Manipal and the third place was bagged by Ms Henita Menezes, PhD Scholar, Department of OBG Nursing, MCON, MAHE, Manipal. Among the staff, the first place was bagged by Ms Janet Alva, Assistant Professor from Department of Medical Surgical Nursing, MCON, MAHE, Manipal, the second place was bagged by Ms Sheela Shetty, Assistant Professor, from the Department of Child Health Nursing, MCON, MAHE, Manipal and the third place was bagged by Ms Kanagavalli K, Nursing officer, New Delhi. In the E-poem competition, the first place was bagged by Dr Nisha Shetty, Assistant professor, Department of Oral Pathology and Microbiology, MCOODS, MAHE, Manipal and the second place was bagged by Ms Anupama D S, PhD Scholar, Department of OBG Nursing, MCON, MAHE, Manipal. The quiz competition was conducted using the Kahoot App by Mrs Sweety J Fernandes, Assistant Professor, OBG Nursing Department, MCON, MAHE, Manipal. The first place was bagged by Ms Pooja Kumari, a third-year BSc Nursing student from

RIMSCON, Jharkhand, and the second place was bagged by Ms Bhargavi P G, Assistant Professor, Speech and Hearing Department, MCHP, MAHE, Manipal. The judges for the poster competition were Dr Mamatha S Pai, Professor, Department of Child Health Nursing, MCON, Manipal and Ms Charmine Salins, Quality control Nurse, Kasturba Medical College Hospital, Manipal (who was also the judge for the E-poem competition). Another judge for the E-poem competition was Mrs Yashodha S, Assistant Professor, Child Health Nursing Department, MCON, MAHE, Manipal. The judges were blinded for conducting the evaluations for the competitions and the evaluations were done strictly based on the guidelines provided by the organizers to the participants. All the results of the various competitions that were held as part of the newborn week celebrations were announced on the concluding day of the webinar series (20 November 2020) by the organizers.

1.2. Webinar Series on “Newborn individuality in view of caring and services provided” 16th – 20th November 2020

As part of the newborn week celebrations, the Department of Obstetrics and Gynaecological Nursing [OBG(N)], Manipal College of Nursing (MCON), Manipal Academy of Higher Education (MAHE), Manipal in collaboration with the Department of Paediatrics, Kasturba Medical College Hospital (KMCH), Manipal organized Webinar series on “Newborn individuality in view of caring and services provided” from 16 to 20 November 2020, for all the healthcare professionals of India who care for newborns through virtual mode in Microsoft Teams Platform.

On 16 November 2020 - Day 1 of the webinar Dr Sonia R B D’Souza, Professor and HOD, Department of OBG (N), MCON, MAHE, Manipal welcomed the gathering and introduced the keynote speaker. The keynote address was delivered by Dr Leslie E S Lewis, Professor and HOD, Department of Paediatrics, KMCH, Manipal. Overview of the webinar was given by the convener for the webinar series, Mrs Sweety J Fernandes, Assistant Professor, OBG (N), MCON, MAHE, Manipal. The session for the first day (16 November 2020) was taken by Dr Manisha Bhandarkar, Professor, Neonatology, KLE, Belagavi on the topic – “Quality care in neonatal nursing - Innovate, illuminate and inculcate quality care

for every newborn.” The session emphasized teamwork for improving the quality of neonatal care, four steps involved in team building, Plan-Do-Study-Act (PDSA) cycle, clinical audit, and developmentally supportive care. This session was moderated by Mrs Sweety J Fernandes, Assistant Professor, OBG (N), MCON, MAHE, Manipal. There were 50 attendees excluding the organizers.



On 17 November 2020, day 2 of the webinar series, Dr Ranjan Kumar Pejaver, Paediatrician, deliberated on the topic “Cost-effective interventions to improve newborn care.” He stressed the importance of newborn care, also made the participants aware of the myths of the requirement of high-cost newborn care in the Neonatal Intensive Care Unit (NICU) and stressed the importance of cost-effective interventions to improve outcomes of newborns in the NICU. He emphasized the role of the nurses in improving the care of the newborns and went on to teach the ten simple, yet cost-effective interventions to improve the quality of newborn care that can be employed by healthcare professionals. The session was moderated by Dr Leslie E Lewis, Professor and HOD, Department of Paediatrics, KMCH, Manipal. Around 66 participants benefited from this program.

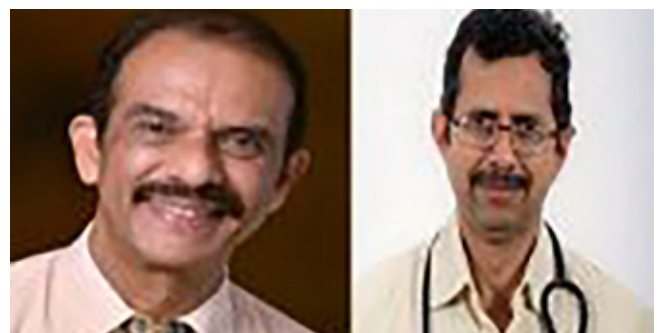


On 18 November 2020, day 3 of the webinar series, Dr Savitha Pramila Dsouza, Staff Midwife, National Maternity Hospital, Holles Street, Dublin, Ireland spoke on the topic “Newborn healthcare and quality improvement in comparison with the present scenario.”

She drew attention to improving the practice, skills, and quality care for newborns by the midwives. She talked in detail on newborn routine care, community midwifery roles in education as well as counselling to mothers, thermoregulation, breastfeeding, care for flat nipple, and also in her talk emphasized the harvesting of human milk. The session was moderated by Mrs Pratibha, Assistant Professor, Department of OBG (N), MCON, MAHE, Manipal. Around 73 participants benefited from this program.



On 19 November 2020, day 4 of the webinar series the session on “Professional Social Responsibility for Neonatal Survival” was deliberated by Dr Shantaram Baliga, Professor Emeritus, Department of Paediatrics, KMC, Mangalore. He threw light on the origin of the district model of neonatal care and shared how his own experience in working in a government hospital NICU during his postgraduation had helped him to understand the importance of public-private partnership for the improvement of quality care for newborns. He also stressed the importance of professional social responsibility. He mentioned the neonatal, infant mortality rates, explained the need for improving the delivery room care, reducing antibiotic usage, and stressed the importance of giving colostrum to newborn babies. The session was moderated by Dr Shrikiran A, Professor, Department of Paediatrics, KMCH, Manipal. Around 78 participants benefited from this program.



On 20 November 2020, day 5 of the webinar series, the session was taken by Dr Apurv Barche, Assistant Professor, Department of Paediatrics, KMCH, Manipal on the topic “Caring for the future of preemies using quality improvement measures.” He stressed research techniques and how they can be implemented in the clinical setup in terms of improving the quality of care for newborns especially the preemies, and also threw light on the present-day neonatal statistics worldwide and in the different states of India. He stressed why quality is important for improving these statistics. The session was moderated by Mrs Shobha, Lecturer, Department of OBG (N), MCON, MAHE, Manipal. Around 68 participants benefited from this program. The webinar was concluded with a vote of thanks by the co-convenor for the webinar series, Mrs Pratibha, Assistant Professor Department of OBG (N), MCON, MAHE, Manipal.

and organized by Mrs Shobha, Lecturer, OBG Nursing department, MCON, MAHE, Manipal and was deliberated by the team along with the PhD Scholars from both the departments. The program was aired on the frequency 90.4 MHz on FM radio on 16 November 2020 at 5:00 pm and subsequently on 17 November 2020 at 12:15 pm.



INTERNATIONAL WOMEN'S DAY CELEBRATIONS - 2021

1.1. Radio Program on ‘Women Empowerment to challenge the challenges of women’

To commemorate International Women’s Day, Dr Sonia R.B D’Souza, Professor and HOD and PhD Scholars from the Department of Obstetrics and Gynaecological Nursing, Manipal College of Nursing, Manipal Academy of Higher Education (MAHE), Manipal conducted a radio talk in the form of roleplay and interlocution on the topic “Women Empowerment to challenge the challenges of women” for the International Women’s Day theme “#Choose to Challenge”. The talk was broadcast by Radio Manipal Community Radio station on FM 90.4 MHz at 5:00 pm on 8 March 2021.



1.3. Radio Program on ‘Newborn care’

The organizers had also planned that awareness to the community about newborn care was very essential. Therefore, as part of the newborn week celebrations, a radio talk on “Newborn care” was planned, directed,



1.2. Virtual webinar on “Challenge the challenges of Mid-life crisis”

The faculty members of the Department of OBG Nursing, MCON, MAHE, Manipal observed the International Women’s Day on 8 March 2021, by organizing a virtual webinar on “Challenge the challenges of Mid-life crisis”. Dr Sonia R B D’Souza, Professor and HOD, Department of Obstetrics and Gynaecological Nursing, MCON, MAHE, Manipal welcomed and introduced the resource person Dr Savitha Soman, Associate Professor and Head of Unit, Department of Psychiatry, Kasturba Medical College, Manipal.

1.3. Awareness program on “Breast cancer and its prevention”

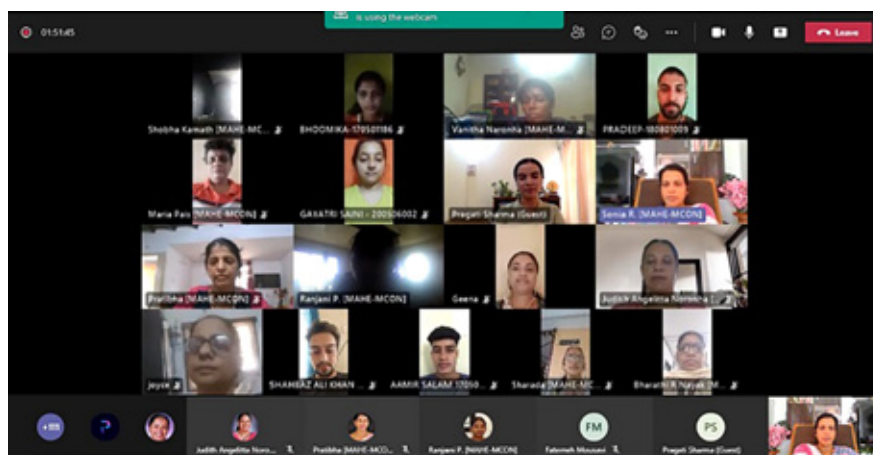
The Department of OBG Nursing, MCON Manipal observed International Women’s Day by giving an awareness talk on various cancer in reproductive organs. Mrs Sweety Fernandes, Assistant Professor, OBG Nursing Department, MCON, Manipal discussed the risk factors, symptoms and prevention of various cancers related to the reproductive organ, and the challenges faced by a woman in her day-to-day life at Krishnabai Vasudeva Shenoy Memorial Government College Katapadi. Around 40 students attended the session and participated actively in group discussions.

WEBINAR ON “MIDWIFERY INITIATIVE: TRAINING AND SERVICES IN INDIA - A ROAD MAP” ON 31 MAY 2021

As part of a celebration of the 75 years of India’s Independence – “Bharat Ka Amrut Mahotsav”, the Department of OBG Nursing, MCON, Manipal organized a Webinar on “Midwifery Initiative: Training and Services in India – A Road Map” on 31 May 2021

between 11:00 am and 12:00 noon on Microsoft Teams Platform. This webinar was organized for the benefit of clinical nurses, nurse educators, faculty members, and nursing students. Ms Pragati Sharma, World Health Organization (WHO) Consultant for Midwifery, WHO Headquarters supporting WHO Country Office for India, focused on the need of midwifery, goals of midwifery initiative, Midwifery Led Care Units, and the importance of strengthening quality Midwifery education in India. She highlighted that investing in midwives can substantially reduce maternal-neonatal mortality, stillbirths, and preterm deliveries.

Dr Judith A Noronha Associate Dean and Professor, Department. of OBG (N) MCON, MAHE, Manipal gave the welcome address. Dr Sonia R B D’Souza, Professor & Head, Department of OBG (N) MCON, MAHE Manipal, introduced the speaker. Mrs Ranjani P, Assistant Professor Senior Scale, Department of OBG (N) MCON, MAHE Manipal, coordinated the Q & A session and rendered the presented vote of thanks. Dr Sushmitha R Karkada, Assistant Professor Senior Scale, Department of OBG (N) MCON, MAHE, Manipal, moderated the webinar. Around 150 participants benefited from this program.



DEPARTMENT OF PSYCHIATRIC (MENTAL HEALTH) NURSING



Left to right - Mrs Asha K Nayak, Mrs Rochelle Jane D'Sa, Mrs Flavia Sharlet Noronha, Mrs Savitha, Dr Christopher Sudhakar, Dr Tessy Treesa Jose, Dr Binil V, Mr Renjulal Y

ABOUT THE DEPARTMENT

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. Theories of human behaviour are used as their scientific framework and require the use of the self as its art or expression in nursing practice.

The department, under qualified and committed faculty, renders quality education to undergraduate and postgraduate 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 educators, managers, and researchers in the field of psychiatric nursing.

The department is also committed to providing 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 postgraduate students in the classroom and clinical area.
- To provide need-based care to mentally challenged adults.
- To conduct departmental research.
- To organize continuing education program for the department faculty.
- To observe World Mental Health Day, World Alzheimer's Day, and World Suicide Prevention Day.
- To conduct outreach programs.

RESEARCH ACTIVITIES**ACTIVITIES CARRIED OUT**

- Departmental CNE: 12
- Publications: 8
- Workshop & CNE conducted: 6 (CNE)
- Outreach programs: 4

DETAILS OF RESEARCH GRANTS

No. of grants applied: 4
No. of grants received: 1

INTERNATIONAL PRESENTATION / RESOURCE PERSON

Sl. No.	Name of the Faculty	Name of the Conference / Event	National / International / Regional / Institutional	Title of the presentation	Dates	Place
1	Mrs Savitha Prabhu.	World Alzheimer's week.	Regional	Early identification and prevention of Dementia.	21 September 2020	Aired in Radio Mirchi 98.3 Mangaluru and Udupi districts.
2	Mrs Flavia Sharlet Noronha	World Alzheimer's week.	Regional	Early identification and Prevention of Dementia.	26 September 2020	Virtual.

AWARDS/ RECOGNITIONS

- Mrs Savitha received Award for 10 years of service at MCON during MCON Annual day February 2021.
- Mrs Savitha received a certificate for earning 10 points and above in Scopus Indexed Journal publication for the year 2020 during MCON Annual day February 2021.

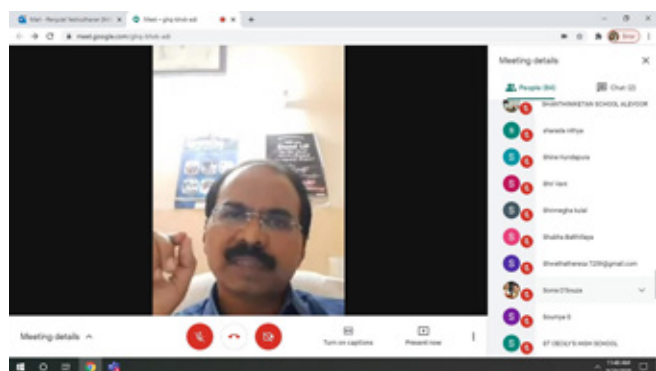
CERTIFICATE COURSE COMPLETED. (COURSE/ INSTITUTION NAME AND FACULTY NAME)

Sl. No.	Name of the Faculty	Course	Conducted by	Dates
1	Mrs Savitha Prabhu	COVID-19 Infection Prevention Control, Facts about COVID-19, Personal Protective Equipment for COVID-19, Psychological Support for Patients Under Quarantine/Isolation – COVID-19, Care of the Elderly in the Wake of COVID-19 Pandemic, Wellness Strategies for the Helping Professional – Resilience During COVID-19, Prevention and management of depression in primary care, Promoting mental health in men.	TNAI	17 August 2020 and 18 August 2020
2	Dr Tessy Treesa Jose	Psychological First Aid.	Johns Hopkins University	30 September 2020
3	Dr Tessy Treesa Jose	Master Trainer of the training of Trainers program on Promotion of mental health of Healthcare Providers during, COVID-19 pandemic.	NIMHANS, WHO and MoHFW	16 to 18 December 2020
4	Ms Sanju Pant	Introduction to Psychology.	Yale University	30 March 2021
5	Ms Sanju Pant	Mind control: Managing your mental health during COVID-19.	University of Toronto	17 March 2021
6	Ms Sanju Pant	Psychological First Aid.	Johns Hopkins University	01 April 2021
7	Ms Sanju Pant	Alcohol-related liver disease and its management.	Institute of Liver and Biliary Sciences, New Delhi	24 February 2021 to 27 February 2021
8	Mr Renjulal Y	Sexual Assault Forensic Examiner Program	Sigma Theta Tau	22 July 2020

HIGHLIGHT OF ACTIVITIES DURING JULY 2020 TO JUNE 2021

WORLD SUICIDE PREVENTION DAY 2020

A webinar on “Early detection of the warning signs and prevention of suicide” was organized by the Department of Psychiatric (Mental Health) Nursing, Manipal College of Nursing (MCON), Manipal on 10 September 2020 through Google Meet platform for the Primary and High School Teachers of Udupi District. Ninety-four teachers from 32 schools registered and attended the webinar held between 11:00 am and 12:45 noon. Dr Virupaksha Devaramane, Consulting Psychiatrist, Dr A V Baliga Memorial Hospital, Udupi was the resource person for the webinar. Dr Virupaksha spoke on the warning signs especially among the students and the risk factors involved. During his talk, he stressed the methods to deal with the sensitive issues faced by the students and youth. At the end of the session, an interactive session was held between the speaker and the participants.

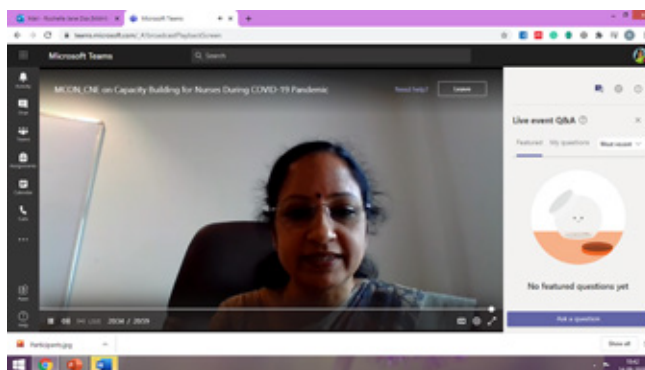


CNE ON CAPACITY BUILDING FOR NURSES DURING COVID-19 AS PART OF INTERNATIONAL YEAR FOR THE NURSE AND THE MIDWIVES 2020

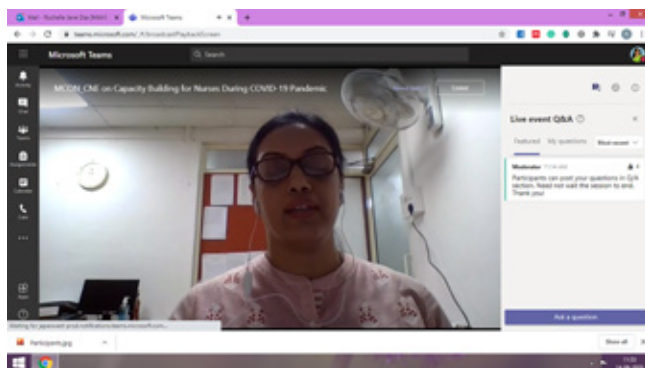
Coronavirus pandemic creates an alarming situation across the globe, it is very essential to update the professional knowledge and leadership skill. As part of the “International Year of the Nurse and the Midwife – 2020” a webinar on “Capacity building for nurses during COVID-19 pandemic” was organized by the Department of Psychiatric/Mental Health Nursing, MCON, Manipal on 14 September 2020 through Microsoft Teams platform for the clinical nurses, nurse educators, and nursing students from different countries. Dr Anice George, Dean, MCON, Manipal welcomed the gathering. Dr Binil V, Associate Professor, Department of Psychiatric/

Mental Health Nursing, MCON, Manipal introduced the topic and speakers of the sessions.

The first session was deliberated by Captain Ajitha P S, Chief Operating Officer, Avitis Institute of Medical Sciences, Palakkad, Kerala on the topic “Capacity building for the nurses during COVID-19 pandemic”. In her speech, she emphasised the contribution of nurses across the globe during a pandemic. She also spoke on managing stress and fatigue, patient and staff safety, and empowerment. She further mentioned that it is the structure of the public health system existing in the state that helps to deal with mental health issues.



The second session was by Mrs Charmaine C Salins, Quality Control Nurse, Kasturba Hospital, Manipal, Karnataka, on the topic “Patient Safety during COVID-19 pandemic”. She mainly dealt with the importance of patient identification, standard protocol, and standard precautions during the pandemic. She also explained about revised COVID-19 discharge policy and appropriate use of Personal Protective Equipment (PPE) during risk assessment. Dr Tessa Treasa Jose, Professor and Head of the Department was the overall coordinator of the program.



INTERACTIVE SESSION

As part of International Year for Nurses 2020, the Department of Psychiatric/Mental Health Nursing of MCON organized an interactive session between healthcare management experts and BSc Nursing students on 21 December 2020 between 11:00 am and 12:30 pm. The topic for the session was “Challenges and Trends in the Healthcare sector”. Mrs Sheryl Jyothi Cornelio, Deputy Director Nursing, Dr L H Hiranandani Hospital, Mumbai was the guest speaker for the session. Mrs Sheryl Cornelio elaborated on the multiple challenges faced in financial, technological, consumer and human resource management in the healthcare sector. She also highlighted the expectations the management has from young nursing professionals. The session was attended by 102 students from fourth-year BSc (N), second-year PBBSc (N), and third-year BSc (N) of MCON, MAHE.

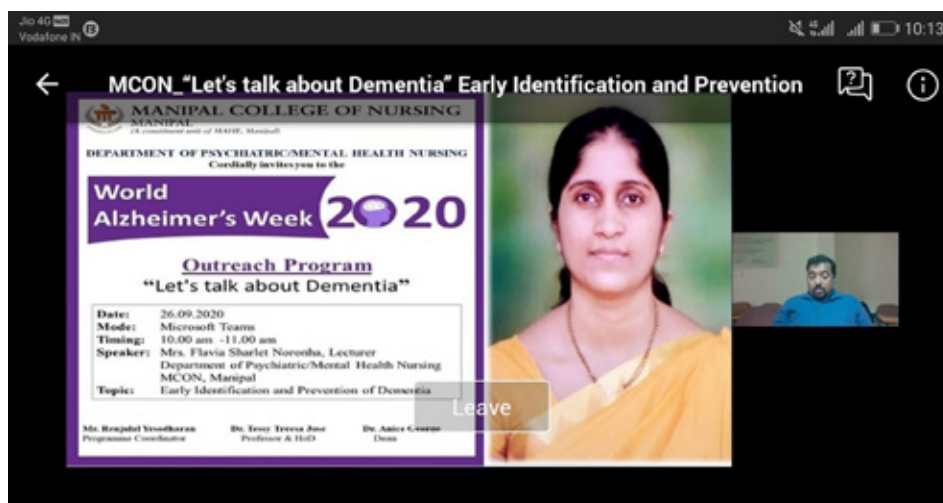
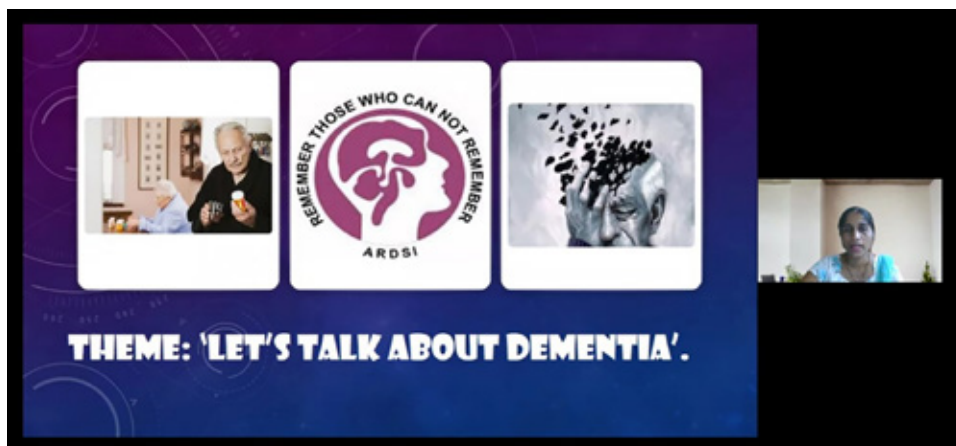
WORLD ALZHEIMER’S WEEK 2020

Department of Psychiatric/Mental Health Nursing, MCON, Manipal has observed the Alzheimer’s week

from 21 to 26 September 2020 to sensitize the public and adults regarding the early identification, prevention, and treatment of Dementia.

A question-answer session with Mrs Savitha, Assistant Professor, Department Psychiatric Nursing, regarding the early identification and prevention of Dementia was aired at 10:00 am on 21st September 2020 in Mangaluru and Udupi districts on Radio Mirchi 98.3.

On 26 September 2020, between 10:00 am and 11:00 am an awareness program on “Early identification and Prevention of Dementia”, was organized for the public through the online platform Microsoft Teams live. Mrs Flavia Noronha, Lecturer, was the speaker of the session. Mr Renjula Yesodharan, Assistant Professor and coordinator of the program, MCON, was the moderator. The program was attended by 122 individuals from various parts of the country. The participants were allowed to clarify their doubts about Dementia. The program was concluded by the vote of thanks delivered by Mrs Rochelle Jane D’Sa, Lecturer, MCON.



WORLD MENTAL HEALTH DAY 2020

A webinar on “Mental Health Considerations for nursing students during COVID-19 pandemic” was organized by the Department of Psychiatric/Mental Health Nursing, MCON, MAHE, Manipal on 9 October 2020 between 4:00 pm and 5:00 pm through the online Microsoft teams platform for the Nursing students of MCON. Dr Blessy Prabha Valsaraj, Assistant Professor in Mental Health Nursing, HOD, Community and Mental Health Department, College of Nursing, Sultan Qaboos University, Muscat, Sultanate of Oman, was the resource person for the webinar. She spoke on the mental health concerns, strategies, and practice tips. She also stressed how to be resilient, how to adapt to overcome the crisis faced by the students, acceptance and commitment therapy (ACT), mindful strategies. A total of 116 participants attended the webinar. All the participants experienced the mindfulness and guided relaxation demonstrated by the speaker. Mrs Savitha, Assistant Professor, and coordinator of the program welcomed the audience and introduced the theme of WMHD – 2020. Mrs Flavia S Noronha, Lecturer, MCON, delivered the vote of thanks.

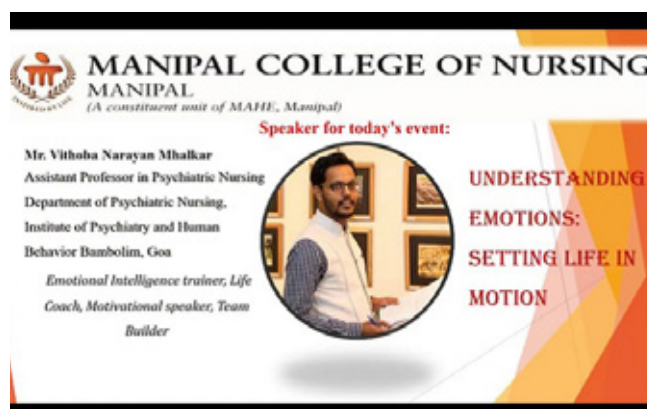
Another webinar was conducted on “Mental health considerations for public health care workers during COVID-19 pandemic”, on 10 October 2020 between 10:30 am and 11:30 am. Dr P V Bhandary, Director and Consultant Psychiatrist Dr A V Baliga Group of Institutions Udupi was the resource person of the webinar. He spoke on mental health concerns, myths about COVID-19, and also about strategies to overcome COVID-19. There were 120 participants who attended the webinar.



WEBINAR ON ‘UNDERSTANDING EMOTIONS: SETTING LIFE IN MOTION

Learning and innovation go hand in hand. Continuous learning is the minimum requirement for success in any field. Considering the valuable input of continuing nursing education and the need for emotional strengthening in the area of the nursing profession, the students of the first-year MSc Nursing of MCON, MAHE, Manipal organized a national webinar on “understanding emotions: setting life in motion” on 29 April 2021 through Microsoft Teams platform. Emotional Intelligence is the ability to recognize emotions in ourselves and others, to understand their effect, and to use that knowledge to guide our thoughts and behaviours, recognizing the need with the current pandemic scenario. This was the ultimate significance of choosing the topic for the webinar. Dr Binil V, Associate Professor and Faculty Convener of the webinar, MCON, Manipal introduced the guest speaker for the event Mr Vithoba Narayan Mhalkar, Assistant Professor, Department of Psychiatric Nursing, Institute of Psychiatry and Human Behaviour - Goa.

The guest speaker highlighted the following areas during the session: Emotions, the impact of emotions on various aspects of a person’s life, and the ways to overcome emotional turmoil. He also stressed various ways for boosting our emotional health. A total of 425 participants with various academic cadres such as MSc Nursing, NPCC, BSc nursing, Post Basic degree, and Diploma nursing students from 20 states namely Karnataka, Uttarakhand, Goa, Uttar Pradesh, Sikkim, Madhya Pradesh, Chhattisgarh, Gujrat, Bihar, West Bengal, Himachal Pradesh, Haryana, Punjab, Jharkhand, Arunachal Pradesh, Rajasthan, Tamil Nadu, Meghalaya, Kerala, and Maharashtra availed the opportunity of the event.



STUDENT NURSES' ASSOCIATION 2020-2021

ADVISOR: DR. ANSUYA

CO-ADVISOR: MRS SHOBHA KAMATH

PRESIDENT: MR SIMSON DSOUZA

SECRETARY: MR TINO TOMY

The Student Nurses' Association (SNA) aims to identify and encourage the leadership ability of students to gain a wide knowledge of the nursing profession in all its different branches and aspects. Diverse student activities are increased to help them to take part in a variety of curricular and extra-curricular activities at all levels from the professional, social, cultural, and recreational spheres, to strengthen them as a student nurse. In addition, the association also provides scholarships to the selected student at the national level. To build up team spirit among students for achieving the common goal, the SNA 2020-2021 began its activities with the slogan, "Be a voice, not an echo". The students were divided into four groups; Code Runners, Crash Carters, Freud Squad, and Super

Scrubs to participate in various competitions. The SNA had six committees to deliberate the activities and were guided by the faculty advisor Dr Ansuya and co-advisor Ms Shobha Kamath, presided by the student representative, Mr Simson Dsouza. The activities were implemented as per the master plan. The SNA had organized regular general body meetings, executive meetings, and cabinet meetings, although most of them were held through the virtual mode owing to the COVID-19 pandemic. During the general body meeting, students had the opportunity to discuss their issues in an open forum in the virtual presence of the dean as well as all faculty members. The major events celebrated were Fresher's Day and College Annual day. "MCON DRONE" is a biennial E-newsletter, initiated by the SNA to display the SNA activities conducted by the committees. The first and second edition of the 2nd volume of the E-newsletter was released on 27 March 2021 and 28 May 2021 during the second and third General Body Meeting respectively. SNA students elected body worked together with enthusiasm and team spirit in organizing the yearlong activity.



SNA CABINET MEMBERS AND FACULTY ADVISORS 2020-2021



From the top left-right: Dr Ansuya Bengre, Mrs Shoba Kamath, Mr Simson Dsouza, Ms Vinita Monis, Mr Tino Tomy, Ms Aksa David, Mr Jerish Reji Thomas, Mr Philip Roy, Ms Helen Elizabeth Mathews, Ms Ankita Pal, Ms Marina S Dsouza, Ms Anagha Sebastian, Mr Arun R, Ms Naveena Jose, Ms Swetha Elizabeth Jose, Ms Kezia Marium Cherian, Ms Riya Isac, Mr Sharath Tom Reji, Ms Divya Rajan, Ms Sandra Mariam Jacob, Ms Viola Josna Mathias, Ms Sicil Maria Sibi

COMMITTEE	NAME	FACULTY ADVISORS
President	Mr Simson Dsouza	Dr Ansuya
Vice President	Ms Vinita Rosa Monis	
Secretary	Mr Tino Tomy Panakuzhiyil	Mrs Shobha Kamath
Joint Secretary	Ms Aksa David	
Treasurer	Mr Jerish Reji Thomas	Mrs Charlet Jasmine Vaz
Joint Treasurer	Mr Philip Roy	
SNA Club Chairperson	Ms Helen Elizabeth Mathews	Mrs Reshma R Kotian
SNA Club Secretary	Ms Ankita Pal	Dr Radhika R Pai
Cultural Chairperson	Ms Marina S Dsouza	Mr Vinish V
Cultural Secretary	Ms Anagha Sebastian	Dr Melita Shellini
Sports Chairperson	Mr Arun R	Mrs Sweety Jousline Fernandes
Sports Secretary	Ms Naveena Jose	Mrs Janet Prameela Dsouza
Educational Chairperson	Ms Swetha Elizabeth Jose	Mrs Flavia Sharlet Noronha
Educational Secretary	Ms Kezia Marium Cherian	Dr Anice George
Judiciary Chairperson	Ms Riya Isac	Dr Judith A Noronha
Judiciary Secretary	Mr Sharath Tom Reji	
Health and social welfare Chairperson	Ms Divya Rajan	Mrs Prima J J Dsouza
Health and social welfare Secretary	Ms Sandra Mariam Jacob	Mrs Savitha
Health Education Chairperson	Ms Viola Josna Mathias	Mrs Yashoda S
Health Education Secretary	Ms Sicil Maria Sibi	Mrs Prathiba Kamath

CULTURAL COMMITTEE 2020-2021

ADVISOR: DR RADHIKA R PAI **CO-ADVISOR:** MR VINISH V

CHAIRPERSON: MS MARINA DSOUZA **SECRETARY:** MS ANAGHA SEBASTIAN



From the top left-right: Dr Radhika R Pai, Mr Vinish V, Ms Marina Salvia Dsouza

Second row: Ms Anagha Sebastian, Ms Mecvita Britto, Ms Minnu Anna Reji

Third row: Ms Sandra Jose, Ms Ann Mariya

The objectives of Cultural Committee 2020 - 2021 were:

- To find out the hidden talents in the students.
- To provide opportunities to expose the talents of the students.
- To build up creativity by planning various activities.
- To raise the student's confidence level by participating in different competitions.
- To improve the social relationship by involving in the upcoming intercollegiate events.
- To bring out leadership quality by organizing programs.
- To enhance personality development through active participation.
- To spread awareness about the cultural heritage of India.
- To impart the competitive spirit and teamwork among the students.
- To keep up the prestige of the college by quality performance.

EVENTS CONDUCTED

FRESHER'S DAY CELEBRATION

As an official welcome for the class 2020-2021 BSc, PBBSc, and MSc nursing student of Manipal College of Nursing (MCON), a fresher's day was organized by SNA on 6 February 2021 through MS teams as a live event. Ms Liyana second-year BSc nursing student and Ms Amala Tressa fourth-year BSc nursing student welcomed the gathering. The SNA 2020-2021 slogan was announced by SNA President

Mr Simson Dsouza and also the Winner of the slogan competition was announced, Ms Vinita Monis' third-year BSc nursing. Associate Dean Dr Judith A Noronha addressed the gathering and freshers to the MCON family wholeheartedly and gave valuable advice to the freshers. Various performances by second and third-year BSc nursing students were given which was all pre-shoot videos since it was a virtual program, and freshers also showed us their various talent through

their performances like semi-classical dance, vocal song, fusion dance, instrumental, etc. Last but not the least, the program ended with a vote of thanks from Ms Sicil Maria third-year nursing student.



ANNUAL DAY CELEBRATION

The annual day was conducted on the 27 February 2021 at TMA Pai auditorium Manipal Academy of Higher Education (MAHE), Manipal. Since it was amid the pandemic, we had fourth-year students as the audience to maintain the social distancing and the rest were seeing through (MS Teams) live. We had the prize distributed by our loved Vice Chancellor Lt Gen (Dr) MD Venkatesh MAHE, Manipal and a live call from the chief guest Dr Bernadette Mazurek Melnyk Professor and Dean College of Nursing Ohio State University, USA. The most awaited part was that our students came up with various entertainment programs and from the faculty, Mrs Manjula showed her talent through singing and entertaining us. And among students, we had *yakshagana*, classical, and *mohiniyattam* as fusion mix, western and non-classical group dance, boys also entertained with their great moves and an amazing orchestra keeping our audience cheerful throughout. And the program was concluded with a vote of thanks.



SNA SPORTS COMMITTEE 2020-2021

ADVISOR: DR MELITA SHEILINI **CO-ADVISOR:** MRS SWEETY JOUSLINE FERNANDES

CHAIRPERSON: MR. ARUN R **SECRETARY:** MS NAVEENA JOSE



From the top left-right: Dr Melita Sheilini, Mrs Sweety Jousline Fernandes, Mr Arun R, Ms Naveena Jose.

Second row: Mr Alson Andrade, Mr Allan John, Ms Jesna James, Mr Sanal Babu.

Third row: Mr Sharon Wilson, Mr Royden Gomez, Mr Rohan Shettigar, Mr Naresh

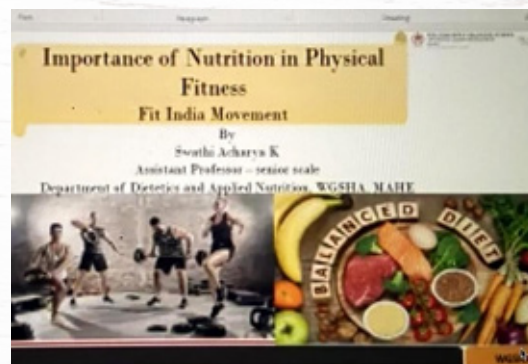
The objectives of Sports Committee 2020-2021 were:

- To develop an interest among students to participate in different sports activities.
- To promote group participation among students.
- Encourage the students to improve and exhibit their talents.
- Develop sportsman spirit.
- Develop team spirit and leadership qualities in organizing programs.

Activities conducted

The sports committee organized a session on “Physical fitness components and importance” as a part of the FIT INDIA program under UGC activity on 5 November 2020. The target audience was fourth-year BSc nursing students. The session was taken by Dr Deepak Ram Bairy, Deputy Director of Physical Education, Kasturba Medical College (KMC), Manipal.

The sports committee organized a session on the “Importance of nutrition in physical fitness” as a part of the FIT INDIA program under UGC activity on 27 March 2021. The target audience was third-year BSc nursing students. The session was taken by Ms Swathi Acharya, Assistant Professor from Welcomgroup Graduate School of Hotel Administration (WGSMA), MAHE, Manipal.



EDUCATION COMMITTEE 2020-2021

ADVISOR: MRS JANET PRAMEELA D'SOUZA **CO-ADVISOR:** MRS FLAVIA SHARLET NAROHNA

CHAIRPERSON: MS SWETHA ELIZABETH JOSE **SECRETARY:** MS KEZIA MARIUM CHERIAN



From the top left-right: Mrs Janet Prameela D'Souza, Mrs Flavia Sharlet Narohna, Ms Swetha Elizabeth Jose, Ms. Kezia Marium Cherian

Second row: Ms Jesica Rodrigues, Ms Liana, Ms Maria Roy, Ms Ashitha Saju.

Third row: Ms Prathiksha, Mr Karthik, Ms Gayathri, Ms Jevita.

EVENTS CONDUCTED

SLOGAN WRITING COMPETITION

The Education Committee of SNA 2020-21 conducted a slogan writing competition on 11 January 2021. There were eight participants for the competition and the best slogan was selected. It was conducted through online mode. "Be A Voice Not An Echo" was selected as the SNA slogan for the year 2020-2021.

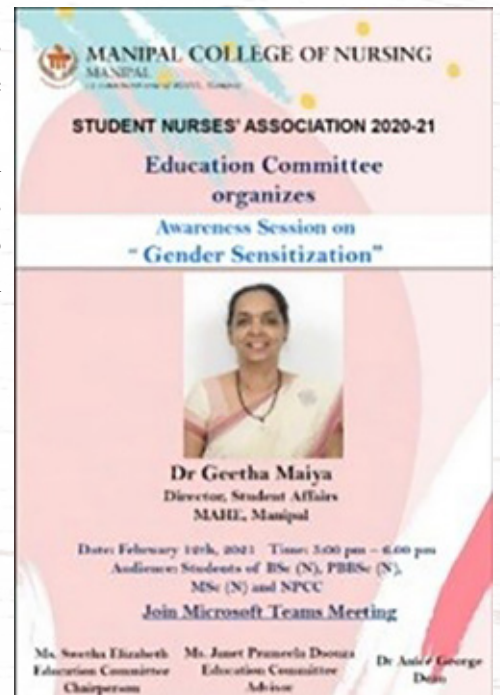
POEM WRITING COMPETITION

Poem writing competition was conducted on 8 February 2021 at the MCON classroom. There were 14 participants from all four groups. The theme of the poem writing competition was "Mother Nature". Participants were given one hour to write on the given theme. All the participants had used their time well resulting in many creative ideas.



SEMINAR

An awareness session on the topic “Gender Sensitization” was conducted on 12 February 2021 for the MCON students. The session was taken by Dr Geetha Maiya, Director, Student Affairs, MAHE. She spoke about how men and women are treated in society. The session was very informative and students were able to follow it. The session was conducted through the Microsoft team’s platform. A chatbox was open to ask questions and to clarify doubts. Feedback about the session was taken through google forms.



ESSAY WRITING COMPETITION

The essay writing competition was conducted on 25 February 2021 classroom. A total of 12 students participated in this competition. The theme of the competition was “Life during a pandemic” and the theme was given on the spot. Participants expressed their ideas, thoughts, and creativity in writing this essay. A total of one hour was provided for writing the essay.



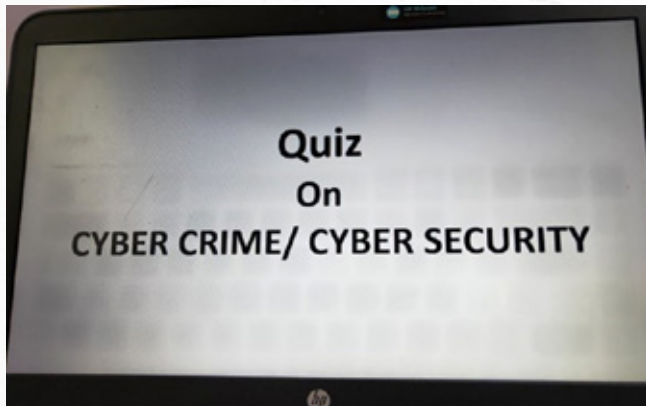
PAINTING COMPETITION

A painting competition was conducted on 8 March 2021 at the MCON classroom. Eight participants showed their ideas, skills, and creativity in painting. Students were given one and half hours to create their beautiful paintings on the topic “Life is beautiful”. Participants were well with their timings and showed their art in various colours of paints.



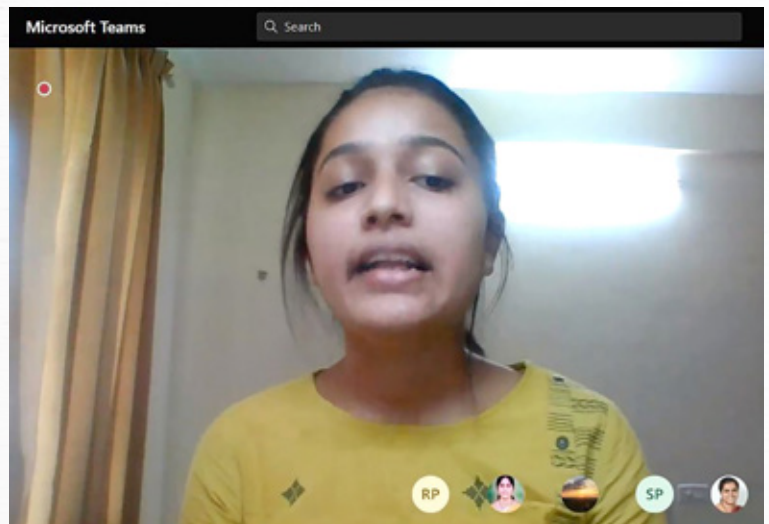
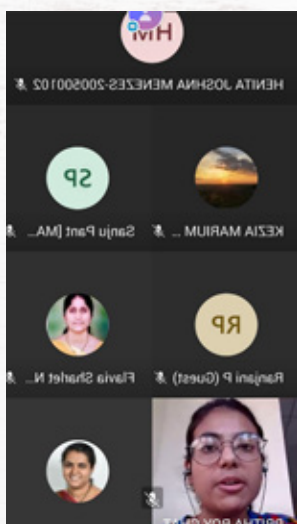
QUIZ COMPETITION

As part of the University Grants Commission (UGC) activity, a quiz competition was conducted on the topic “Cybercrime/Cybersecurity” on 22 March 2021 at the MCON GFATM (Global Fund to Fight AIDS, Tuberculosis and Malaria) classroom. There were four teams with two participants in each team. A total of 15 students participated in the event.



ELOCUTION COMPETITION

Elocution competition was held on 12 April 2021 through the Microsoft Teams platform. There was a total of nine participants from different groups who showed their talent. They were given five minutes to speak on the topic “Netaji Subash Chandra Bose”. The students were asked to switch on their video while speaking and they were well within the time and spoke very well about the topic.



SEMINAR

A Seminar was organized for fourth-year BSc Nursing and second-year PBBSc Nursing students. The topic for the seminar was “Effective communication in clinical settings”. It was conducted on 17 April 2021 through the Microsoft Teams platform. The resource person for the session was Dr Leena Sequira, Principal, Manipal School of Nursing, MAHE, Manipal. She spoke about how to improve communication in clinical settings, communication in ICU, and effective communication skills. The session was good and students were able to follow it. At the end of the session, students were allowed to clarify their doubts and give feedback.

EFFECTIVE COMMUNICATION IN CLINICAL SETTING



Dr Leena Sequira
Principal
MSON



HEALTH EDUCATION COMMITTEE 2020-2021

SENIOR ADVISOR: DR YASHODA S **CO-ADVISOR:** MRS PRATHIBA KAMATH

CHAIRPERSON: MS VIOLA MATHIAS **SECRETARY:** MS SICIL MARIA SIBI

MEMBERS: MS JEVITA FERNANDES, MS RENITA ANGEL CASTELINO, MS SWATHI NAIK, MS ADLIN RIYA DSOUZA, MS SWEEDAL EVAN LOBO, MS PRUTHVI B, MR SOHAN FERNANDES, MR PRAVEEN SERAO, MR NEHA NORONHA, MS JESVITA SHERLINE DSOUZA.



From the top left-right: Dr Yashoda Sathish, Mrs Pratibha Kamath, Ms Viola Mathias, Ms Sicil Maria Sibi

Second row: Ms Jevita Fernandes, Ms Renita Castelino, Ms Adlin R Dsouza, Ms Swathi, Ms Sweedal Lobo

Third row: Ms Pruthvi, Mr Sohan Fernandes, Mr Praveen Seroa, Ms Neha Noronha, Ms Jesvita Dsouza

ACTIVITIES CONDUCTED

RADIO TALK ON CARE OF CHILDREN AT HOME FOR MINOR AILMENTS

The health education committee of SNA for the year 2020-21 arranged the first health education program, on the care of children at home for minor ailments, as it is a significant concern among many mothers and families. Considering this, a role-play was recorded on 28 January 2021, in Manipal Institute of Communication (MIC), MAHE, Manipal and were done by Ms Viola Mathias, Ms Adlin Dsouza, Ms Jevita Fernandes, Ms Renita Castelino, Dr Yashoda S, and Mrs Pratibha Kamath Health education content was verified for credibility with the language by committee advisors Mrs Yashoda, Assistant. Professor, Community Health Nursing (CHN) Department, and Mrs Pratibha, Assistant Professor, OBG Nursing Department. Radio talk broadcast awaited.



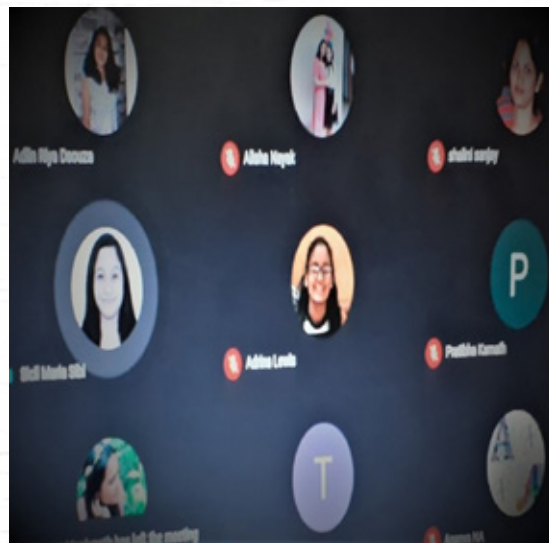
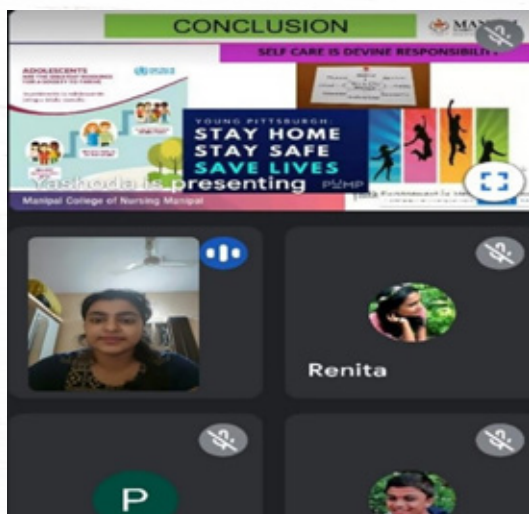
AWARENESS PROGRAM ON PREVENTION OF COMMUNICABLE DISEASE AND INFANT NUTRITION



An awareness program on Prevention of Communicable Diseases and Infant Nutrition was conducted on 26 February 2021 at the Paediatric block (mother's Room) of Kasturba Hospital, Manipal. Health Education was given by Ms Viola Mathias, Ms Renita Castelino, Ms Pruthvi B, and Ms Swedal Evan. Under the guidance of committee advisor Dr Yashoda Sathish.

Since few of the postnatal mothers attended the program, a few more topics such as the importance of breastfeeding, immunization, and prevention of mosquito-borne diseases were also covered. Dr Yashoda, Assistant Professor, CHN Department, demonstrated "Breast Feeding Techniques and Manual Breast Milk Expression. In total 13 participants attended the program. Good positive feedback was given by the participants. The program concluded with a vote of thanks by Ms Viola Mathias.

AN ONLINE AWARENESS PROGRAM ON ADOLESCENT HEALTH



As a part of Bharath ka Amruth Mahotsav, the committee organized an online awareness program on Adolescent Health on 14 May 2021 for students of Madhava Kripa School, Manipal. The topics covered in the program were: Physical, cognitive, and emotional changes, nutritional management, menstrual hygiene, and stress management in adolescents. The students emphasized various healthy lifestyle practices to prevent disease and promote optimum health. The session on physical, changes, nutritional management, and menstrual hygiene was presented by Ms Sicil Maria Sibi, third-year BSc Nursing and cognitive changes, stress management, reproductive health, and protection from sexual violence in adolescents were presented by Ms Adlin Riya D'Souza, fourth-year BSc Nursing. This program was coordinated by committee chairperson Ms Viola Mathias, guided and supported by advisor Dr Yashoda S, and co-advisor, Ms Pratibha Kamath. The total number of beneficiaries were 33 and the program was well appreciated by the participants.

SNA CLUB 2020-2021

ADVISOR: MRS CHARLET JASMINE VAZ **CO-ADVISOR:** MRS RESHMA R KOTIAN

CHAIRPERSON: Ms Helen Elizabeth Mathews **SECRETARY:** Ms ANKITA PAL



From the top left-right: Mrs Charlet Jasmine Vaz, Mrs Reshma R Kotian, Ms Helen Elizabeth Mathews, Ms Ankita Pal

Second row: Ms Minnu Shaju, Ms Angel Thomas, Mr Joel Shaju, Ms Emilyn Maria Thomas.

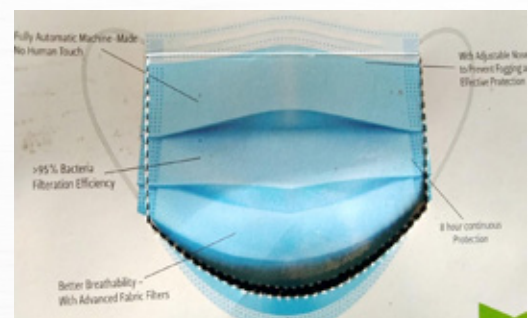
Third row: Mr Kishan Bharat Dawda, Sr Reena T Y, Mr Pavan Kumar, Ms Priya Rosebell Pravin Soans.

OBJECTIVES

- To develop creative and innovative ideas in students.
- To promote group participation among students.
- To help the students to spend their leisure time usefully.
- To conduct various fund-raising activities and programmers.
- To help all other committees of SNA in their activities.

ACTIVITIES CONDUCTED

- Supplied clinical (pocket) articles to all the first-year batch students.
- Provided name tags for all the students.
- Conducted fundraising activity, Mask sale throughout the academic year.
- Coordinated in organizing college activities along with other SNA committees.



HEALTH AND SOCIAL WELFARE COMMITTEE

ADVISOR: MRS PRIMA J J DSOUZA **CO-ADVISOR:** MRS SAVITHA

CHAIRPERSON: MS DIVYA RAJAN **SECRETARY:** MS SANDRA MARIAM

MEMBERS: MS ROSHNA MATHEW, MS JALEENA KURIAKOSE, MS JOSNA SOSA VARGHESE, MS TREESA MARIA KOSHY, MS YANA SUNIL, MS SAJANA SAJAN JOSE, MS SHARON JOSE, MS SONA SARA SIBY.



From top row left-right: Mrs Prima J J Dsouza, Mrs Savitha, Ms Divya Rajan, Ms Sandra Mariam Jacob

Second row: Ms Roshna Mathew, Ms Treesa Maria Koshy, Ms Jaleena Kuriakose, Ms Sajana Sajan Jose

Third row: Ms Sona Sara Siby, Ms Josna Sosa Varghese, Ms Yana Sunil, Ms Sharon Jose

ACTIVITIES CONDUCTED

PHOTOGRAPHY COMPETITION

The Health and Social Welfare Committee of the SNA, MCON, organized a photography competition on the topic of breaking the chain-prevention of the COVID-19 pandemic. Four students participated in the event.



AWARENESS PROGRAMME ON BREASTFEEDING AND IMMUNIZATION

As a part of International Women's Week, the Health and Social Welfare Committee of SNA, MCON, MAHE, Manipal organized an awareness program on Breastfeeding and Immunization at Women and Children block, Kasturba Hospital, Manipal on 12 March 2021.

Students educated postnatal mothers about the importance of breastfeeding and immunization. Ms Adlin Riya D'Souza and Ms Riya Jane Fernandes, fourth-year BSc Nursing students spoke about the nutritional needs of the infant, the composition of breast milk, the benefits of breastfeeding to infant and mother, exclusive breastfeeding, how to initiate weaning and progress, and also on immunization and its importance. Ms Adlin Riya D'Souza also demonstrated breastfeeding positions. Around 15 Women participated in this program. Ms Divya Rajan, the chairperson of the Health and Social Welfare Committee, SNA, MCON, coordinated the program. Students were guided by Mrs Prima J J D'Souza, Assistant Professor from MCON.

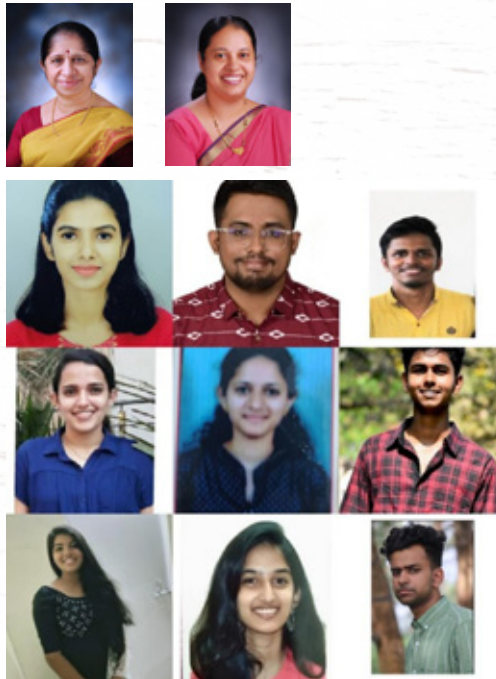


JUDICIARY COMMITTEE 2020-2021

ADVISOR: DR ANICE GEORGE **CO-ADVISOR:** DR JUDITH A NORONHA

CHAIRPERSON: MS RIYA ISAC **SECRETARY:** MR SHARATH TOM REJI

MEMBERS: MR KEVIN MATHEW (FOURTH-YEAR REPRESENTATIVE), MS NAYANA VINCENT (FOURTH-YEAR REPRESENTATIVE),
MS ANJALI (THIRD-YEAR REPRESENTATIVE), MR HENRY MAHESH (SECOND-YEAR REPRESENTATIVE),
MS JOHANA SARA JOSEPH, MS JESLYN JOSEPH, AND MR ALBIN GEORG.



From top row left-right: Dr Anice George, Dr Judith A Noronha
Second row: Ms Riya Isac, Mr Sharath Tom Reji, Mr Kevin Mathew
Third row: Ms Nayana Vincent, Ms Anjali, Mr Henry Mahesh
Fourth row: Ms Johana Sara Joseph, Ms Jeslyn Joseph, Mr Albin George

AIM

- Be a part of college in maintaining discipline as well as professional dignity among students of MCON Manipal.

OBJECTIVES

- To assist authorities in maintaining discipline among the students in college, library, and campus.
- To participate in deciding disciplinary action on those who violate the rules and regulations.
- To ensure that the students are maintaining correct curfew timing in the hostel.
- To maintain attendance in the hostel and check whether students follow hostel rules.

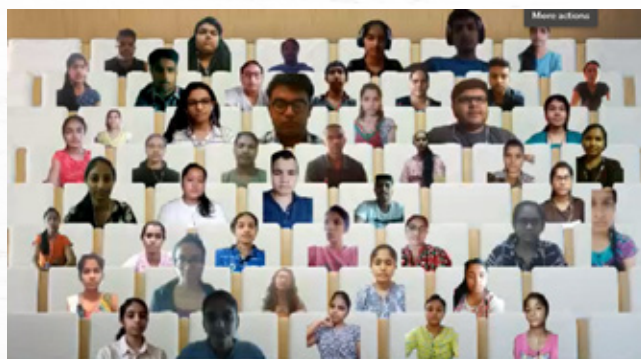
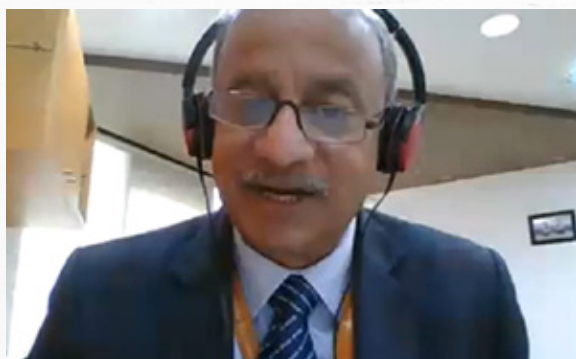
ORIENTATION PROGRAMME - 2020

Orientation Programme for students admitted to the various courses offered by Manipal College of Nursing (MCON), Manipal was held on 1 September 2020 through MS Teams web platform.

The Chief Guest of the programme, Lt Gen (Dr) M D Venkatesh, Vice Chancellor, Manipal Academy of Higher Education (MAHE) addressed the newly joined students and their parents. In his address, he congratulated both students and parents for choosing Nursing as their field of study, he said it is their right choice. He assured that both MAHE and MCON will strive to deliver the highest quality education and will make sure that students will get world-class experience on the campus. He advised students to place patients at the center of their attention and said the existence of a Nurse is just because of the patients. Dr Anice George, Dean, MCON, Manipal gave a brief introduction of the institution. Further, the

heads of all Departments introduced their respective departmental faculty as well as external faculty members who assist them in teaching. Orientation to the nursing services was given by Dr P Suba Sooria, Head-Nursing Services, Kasturba Hospital (KH), Manipal. The various facilities of MAHE, including the security services, library facilities, Voluntary Service Organization (VSO), MARENA sports complex, Student Support Center (SSC) were briefed by Dr Judith A Noronha, Associate Dean, MCON, Manipal.

The students and their parents were familiarized with the hostel facilities by Air Commodore Harindra Kumar Dhiman, Chief Warden of MAHE Hostels. Dr Anice George, Dean, MCON, Manipal clarified various doubts raised by both students and their parents and gave closing remarks.



ANNUAL AND AWARDS DAY 2021

The 31st Awards and Annual Day of Manipal College of Nursing (MCON), Manipal Academy of Higher Education (MAHE) was held on Saturday, 27 February 2021.

“Dream big, Discover and Deliver, these are the three keys to achieve success in career,” said the Chief Guest Dr Bernadette Mazurek Melnyk, who is the Professor and Dean, College of Nursing, Ohio State University, USA.

She congratulated the students for choosing the best profession in the world and also the institution for doing a fabulous job in preparing the nurses for the next generation. She emphasized the need for ramping up our

efforts in Evidence-Based Practice (EBP) more rapidly. She highlighted the need for generating the evidence and translating it into practice to improve the health and well-being of the population. She focused on the barriers to EBP in hospitals and the healthcare system globally. She stressed that nurses should be taking care of themselves to care for others.

Lt Gen (Dr) M D Venkatesh, Vice Chancellor, MAHE, Manipal, in his presidential address congratulated the MCON for being one of the finest nursing institutions in the country, its reputation at the international level, and for quality research output. He addressed ethics in nursing

practice. He motivated the prospective nurses to be truthful to the profession and to accept the responsibility with honour and privilege. He also said that we must always be grateful in life for the core values inculcated by our parents, teachers, friends, and the institution in meeting societal needs and excelling in life. He stressed on respecting human rights and dignity in the context of culture as the nurses are important members of the healthcare team and community. He also encouraged to continue serving the patients with a smile on the face, staying connected, resolving conflicts with empathy and patience, and enjoying the success of one's hard work.

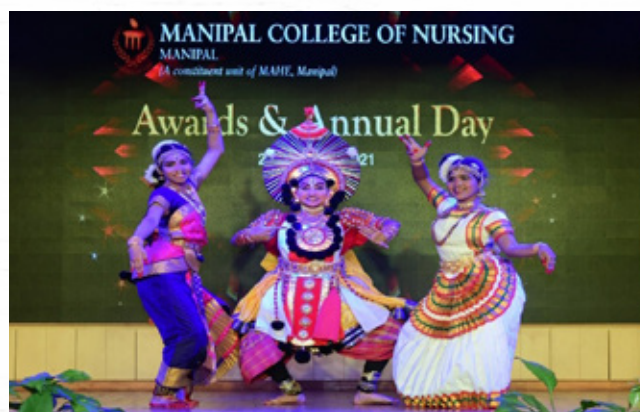
Meritorious students of BSc, PBBSc, MSc, MPhil Nursing, PhD, Nurse Practitioner in Critical Care and faculty members for their various achievements were awarded.

Ms Jesly Anna James, BSc Nursing batch of 2016-20 was awarded the "Best outgoing student".

Dr Ramesh C Lecturer, MCON Manipal was awarded the prestigious Dr TMA Pai Gold Medal for "Outstanding Research Publication" during the year 2020.

Dr Judith Angelitta Noronha, Associate Dean and Professor, Department of OBG Nursing, MCON, Manipal welcomed the gathering and introduced the Chief Guest. Dr Anice George, Dean, MCON, Manipal presented the Annual report of the college. Dr Sushmitha Ramona Karkada, Assistant Professor and Convener of the Annual Day program proposed the vote of thanks. Mr Anil Raj A, Lecturer, compered the formal program.

The formal function was followed by a captivating multicultural entertainment program by the students and faculty of the college.



CURRICULUM CONVENTION 2020 ON SIMULATION-BASED COMPETENCY ASSESSMENT

Amidst the current COVID-19 pandemic, most of the health professional students are physically distant from the classrooms that have considerably changed the dynamics of the education system. In order to develop clinical competence among students, simulation has emerged as a promising teaching strategy

that facilitates the learning of students considering current and future challenges. The curriculum convention is one of the deliberate efforts put forth by the Excellence in Education team of MCON, Manipal, to empower the learning experiences of students and enrich the teaching methods of faculty in order to cater

to the growing needs and demands. MCON, MAHE, Manipal organized a virtual curriculum convention on Simulation-Based Competency Assessment through MS Teams platform on 19 December 2020. Mrs Meghana Sudhir, Simulation Educator, Institute for Excellence in Health Professions Education, MBRU, Dubai, UAE was the Chief Guest. She emphasized the importance of simulation in the teaching-learning experience and highlighted the purposes of simulation which include education, assessment, research, and health integration in facilitating patient safety. She also sensitized the group on team-based simulation and curriculum integration of simulation.

The resource person for the session was Mr Linto Andrews, Senior Simulation training, officer - NRSC, JHPIEGO, New Delhi. Dr Anice George, Dean welcomed the gathering and emphasized the significance of the curriculum convention and the theme for the day “Simulation-based competency assessment”, which is the need of the hour to keep ourselves updated and provide the best curricular experiences to the students. Dr Judith A Noronha, Excellence in Education Pillar Head and Associate Dean gave an overview regarding the curriculum convention.

Mr Linto Andrews during his session on simulation-based competency assessment spoke on Simulation as a technique that promotes experiential and reflective learning and can also be used as a teaching and evaluation tool. He also highlighted different models



of simulators that can mimic varied student learning experiences. He also explained that simulation-based learning promotes patient safety, offers opportunities to practice and acquire clinical skills, and provides students to experience a safe learning environment. Mr Linto Andrews also stressed the importance of debriefing its steps, process, types that encourage reflective practices of students. Developing simulation scenarios is one of the significant steps of teaching-learning activity. The session was followed by department wise group activity on developing case scenarios for simulation in breakout rooms of MS Teams, which were later presented with final modifications from experts. A total of 55 participants attended the session.

The session concluded with closing remarks by Dr Judith A Noronha in taking forward this activity by each department and gradually finalizing the case scenarios. A vote of thanks was proposed by Mrs Binu Margaret, Assistant Professor and Convenor of the program.

CONTINUING NURSING EDUCATION

The Continuing Nursing Education (CNE) committee of MCON, MAHE, Manipal, conducts CNE every month for the faculty of MCON and MSON on the topics which are derived from need assessment. The committee functions under the guidance of the Dean and Associate Dean and has one member representative from each department.

29 AUGUST 2020

Dr Affan K District Program coordinator took a session on “Community Health officers” in Health and Wellness centre. A total of 49 faculty members attended the session.

3 OCTOBER 2020

Professor R Harihara Prakash, Principal and Head, KM Patel Institute of Physiotherapy, Bhaikaka University, Karamsad, Gujarat and Ms Sheeba Kunjukrishnan Retnabai, Lecturer, Clinical Core Faculty, RAK Medical and Health Sciences University, UAE took a session on “Student-Led classroom”. A total of 44 faculty members attended the session.

7 NOVEMBER 2020

Dr Shalini Aiyappa Ittira, Professor and Head, Department of Psychology, St Aloysius College, Mangaluru took a session on “Remedial measures for advanced and slow learners”. A total of 61 faculty members attended the session.

17 NOVEMBER 2020

Dr Rayan Mathias, MAHE Student Counsellor took a session on “Healthy work culture”. A total of 56 faculty members attended the session.

20 NOVEMBER 2020

Dr Chythra Rao, Associate Professor and coordinator, Travel medicine, Department of Community Medicine, Manipal took a session on “Travel Healthcare services”. A total of 36 faculty members attended the session.

11 DECEMBER 2020

Dr Anand R, Professor, Department of Pulmonary Medicine, KMC Mangalore took a session on “Interpretation of competency-based evaluation”. A total of 50 faculty members attended the session.

23 JANUARY 2021

Dr Fatima D’Silva, Principal and Dean, Faculty of Nursing Sciences, Nitte Usha Institute of Nursing Sciences, a constituent college of Nitte Deemed University Mangalore took a session on “Identifying best practices in nursing institutions”. A total of 43 faculty members attended the session.

6 FEBRUARY 2021

Dr Vikram Palimar, Professor, Department of Forensic Medicine, KMC, Manipal took a session on “Current

ethical issues in healthcare”. A total of 39 faculty members attended the session.

6 MARCH 2021

Dr Shama Prasad K, Associate professor, Department of cell and molecular biology, SOLS, Manipal took a session on “Collaborative grant application”. A total of 35 faculty members attended the session.

3 APRIL 2021

Dr Manojkumar Nagasampige, Director, Center for online education, MAHE, Manipal took a session on “Effective online learner engagement”. A total of 37 faculty members attended the session.

22 MAY 2021

Dr Sandeep S Shenoy, Director compliance, MAHE, Manipal took a session on “Leadership and good governance in higher education institutions”. A total of 58 faculty members attended the session.

5 JUNE 2021

Dr Shashidhara Y N, Professor and Head, Department of Community Health Nursing, MCON, Manipal took a session on “Institutional Risk assessment”. A total of 48 faculty members attended the session.

REPORT ON FACULTY DEVELOPMENT PROGRAM 2020

The Continuing Nursing Education committee of Manipal College of Nursing MAHE Manipal organized Faculty Development Program on Systematic Review from 20 to 22 July 2020 through the MS team platform. The chief guest for the inaugural session was Dr B Unnikrishnan, Associate Dean and Professor, Department of Community Medicine, KMC Mangalore, MAHE. He has appreciated the efforts taken by the institution and congratulated the Dean and her team for successfully holding FDP which helps in the overall professional development of a faculty. He expressed that the topic for the FDP was very relevant at this point of time, and expressed strong teamwork to sustain this learning experience.

The first session of the day was on “Systematic review protocol and Registration in Prospero, Framing a systematic review question” by Dr Baby S Nayak, HOD and Professor, Department of Child Health

Nursing, MCON, MAHE. The second session was on “Formulating a search strategy” by Mr Anil Raj, Lecturer, Department of Medical Surgical Nursing followed by a session on “Retrieving, De-duplicating, Screening and Data extraction” by Mrs Shalini G Nayak, Assistant Professor, Department of Medical Surgical Nursing, MCON, MAHE.

On 21 July, Mr Anil Raj A, Lecturer, Department of Medical Surgical Nursing conducted a hands-on session on “Covidence”. He oriented the faculty on the Covidence software and its features. The second session for the day was on “Assessing the risk of bias” by Dr B Unnikrishnan, Associate Dean and Professor, Department of Community Medicine, KMC Mangalore, MAHE. A session on “Orientation to Revman and Meta-analysis” was taken by Dr Ramesh C, Lecturer, Department of Medical Surgical Nursing, MCON, MAHE.

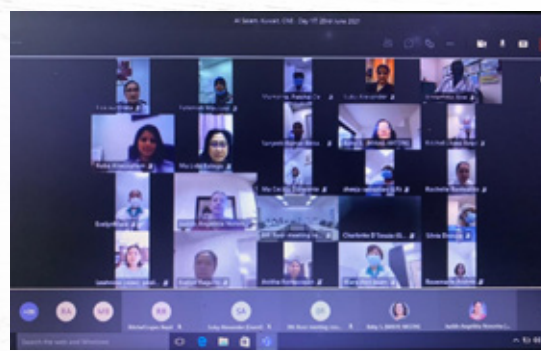
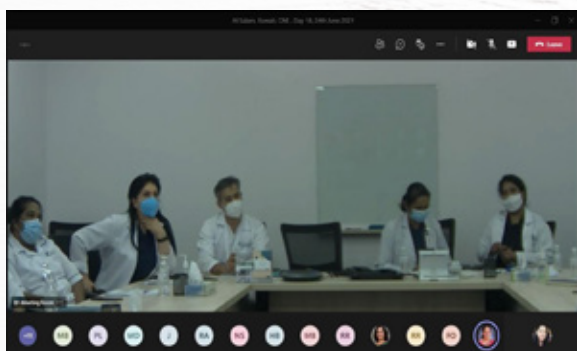
On 22 July, Dr Sonia R B D'Souza, Department of OBG Nursing took a session on "Assessing quality of systematic review-AMSTAR 2" by showing the live examples. A session on "Methodological expectations of Cochrane Intervention Reviews (MECIR)" was taken by Dr Prasanna Mithra P, Associate Professor, Department of Community Medicine, KMC

Mangalore, MAHE. The session on "simulation with scenarios" was taken by Dr Daisy Josphine Lobo and Mrs Sweety Jousline Fernandes.

Even though all sessions were delivered through online mode with one-third faculty functioning at college and remaining work from home, a total of 76 faculty members, research scholars attended FDP 2020.

CONTINUING NURSING EDUCATION AT AL SALAM HOSPITAL, KUWAIT

Manipal College of Nursing had conducted a Continuing Nursing Education (CNE) session at Al-Salam Hospital, Kuwait. The CNE session was Advanced Nursing Leadership and Administration for the Nursing Administrators. The session had 40 participants. Dr Judith A Noronha took the session, Associate Dean and Dr Baby S Nayak, Professor and HOD, Department of Child Health Nursing, MCON, MAHE, Manipal. The session was organized from 1 to 24 June 2021, through the MS Team platform.



INTERNATIONAL NURSES' DAY- 2021

International Nurses' Day is celebrated around the world every 12 May, the birth anniversary of Florence Nightingale. International Council of Nurses commemorates this important day each year. The theme for the year 2021 is "Nurses: A Voice to Lead - A vision for future healthcare". Manipal College of Nursing, MAHE Manipal celebrated International Nurses' Day - 2021 with great enthusiasm. All the six departments of the College and Manipal School of Nursing have conducted various events as part of International Nurses' Day 2021.

Department of Medical Surgical Nursing conducted an essay competition on the topic "Future Perspectives of Nurse Practitioners in India". Many entries from different Nursing Colleges of India were received. Ms Priyanka Subhash Chavare, a student of second-year Nurse Practitioner in Critical Care, Krishna Institute of Nursing Sciences, Satara, Maharashtra and Ms Himani Sing, BSc Nursing student, Panna Dhai Maa Subharti Nursing College, Hastinapur, Meerut were the winners.

The Department of Mental Health Nursing organized an Elocution competition on the theme: Future of Nursing in the arena of COVID-19. Many students participated in the competition. Ms Shaina Tauro first-year BSc (N) MCON, Manipal won the first prize and Ms Smitha Saldana, first-year MSc (N), MCON, Manipal won the second prize.

Department of Child Health Nursing conducted a drawing competition for students of Nursing colleges and schools of Udupi district. A large number of students participated in the drawing competition from nine colleges/schools of Nursing. The theme for the drawing competition was "Impact of COVID-19 on Nurses", which was given to the students on the spot. Ms Meghana S Kumar, a second-year BSc Nursing student from Canara College of Nursing, Udupi secured first place and Ms Suparna, fourth-year BSc Nursing student from Ashrith College of Nursing, Kota, Udupi secured second place.

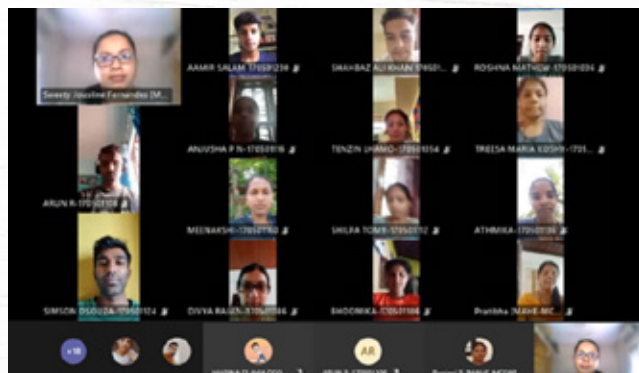
Department of Community Health Nursing organized an E-poster competition and 31 posters were received from various colleges in India. The first prize was secured by Ms Celestin and Ms Maxtin, Lombard Memorial College of Nursing, Udupi and the second prize was won by Mrs Priyanka G from KLE Institute of Nursing Sciences, KAHER, Belagavi. The department of Obstetrics and Gynaecological Nursing organized an online E-Quiz competition on “Midwifery care” for 30 nursing professionals and nursing students from all over India through Microsoft Teams Platform. The first place was secured by Ms Aswathi P, a fourth-year BSc Nursing student and the second place was secured by Ms Jevita Fernandes, fourth-year BSc Nursing student, MCON, MAHE, Manipal. Department of Fundamentals of Nursing conducted a video-making competition on the topic – Lockdown Learning. Ms Crystal Vanessa Noronha and Ms Ashel Venisha Lobo from first-year BSc Nursing, MCON, Manipal won first prize and Ms Helena Maria Prasad and Ms Helan Anna Joseph from first-year BSc Nursing, MCON, Manipal won the second prize.

During the International Nurses’ Day celebration on 12 May 2021, Mrs Rachel George, Registrar, Maharashtra Nursing Council deliberated a vibrant session on Future Perspectives of Nursing Education. She expressed her deep sense of gratitude to the nurses who are on the front line to save mankind, especially during this COVID-19 pandemic. She addressed the mass traumatization of the global nursing force. She stressed on encouraging the present generation to join Nursing. She also said that

teachers play a major role in future nursing education and to bring the best out of the students.

Mrs Gracy Mathai, Chief Executive Officer, Baby Memorial Hospital, Kozhikode, Kerala presented her expert view on “A vision of future healthcare from nursing perspectives”. She stressed that technology-based resources should be put into action to improve clinical knowledge which would ease the work of nurses. The world is facing an acute shortage of nurses and nurses are overburdened with non-nursing tasks, which further increases the stress among them. Effective use of clinical support systems such as digital gadgets enhances nursing care. Recognising nurses and their work motivates the nurses for better output, which improves patient care. A total of 285 participants including nurses, nursing students, and faculty members attended the program through virtual mode.

Dr Latha T, Assistant Professor, Manipal College of Nursing Manipal and convenor of International Nurses’ Day 2021 welcomed the gathering and gave an overview of departmental activities. The cash prize award was instituted by Dr Kasturi R Adiga, the former Principal of Manipal School of Nursing, Manipal for a student of PBBSc Nursing, a final year Diploma Nursing student and also a Nursing Staff of Kasturba Hospital, Manipal for their “excellence in clinical practice” was announced by Dr Judith A Noronha, Associate Dean of MCON. The names of students who won prizes in different competitions conducted were also announced by her. Dr Soumya Christabel, Assistant Professor and co-convenor proposed the vote of thanks.



STUDENTS RESEARCH FORUM (SRF) 2020-21

Manipal Academy of Higher Education Students Research Forum (MAHE-SRF) is an active body, dedicated to develop and inculcate the research interest among students of MAHE. It was constituted in October 2013 and formally inaugurated by Dr K Ramnarayan, former Vice Chancellor, MAHE, Manipal on 14 November 2013. Presently, MAHE-SRF functions under the guidance of Dr Satish Rao B S, Director Research, Dr Bharti Chogtu Magazine, Deputy Director, Research (Health Sciences), and Dr Santosh K V, Deputy Director, Research (Technical).

MAHE-SRF acts as a common platform for students (undergraduates, graduates, and research scholars) of the constituent institutes of MAHE for learning, collaboration, and professional development through continuous programs in both teaching and research. The student research forum functions directly under the Directorate of Research, MAHE. The research forum has representatives from every constituent institution of MAHE. Faculty members are the mentors for student representatives. Official meetings are organized once a month. MAHE-SRF organizes three primary events namely; Manipal Research Colloquium (MRC), Summer Training Programs, and an International Conference on Health and Technical Research (ICHTR). These events primarily involve academic lectures and talks, poster and oral competitions based on original research, workshops, etc.

A virtual Summer Training program was conducted through the MS Teams platform for undergraduate and postgraduate students of MAHE from 14 to 29 September 2020. Various topics were taken namely; Python programming, Data visualization using Tableau, Drug design, discovery and developmental studies, protocol to publication, Ethics and professionalism for medical students, Data analysis using excel, and Mendeley reference manager. Few topics had a credit point on participation.

The virtual Interdisciplinary Conference on Health and Technical Research (ICHTR-20) was organized by the MAHE Student Research Forum (MAHE-SRF) under the aegis of the Directorate of Research from 30 to 31 October 2020. The conference included participants from

MAHE and non-MAHE. It included plenary sessions by resource persons through the MS Teams platform followed by paper and poster presentations. Ms Edlin Mathias, Secretary MAHE-SRF, and Ms Clarita Martis executive member actively participated in organizing the conference.

MCON-SRF ACTIVITIES

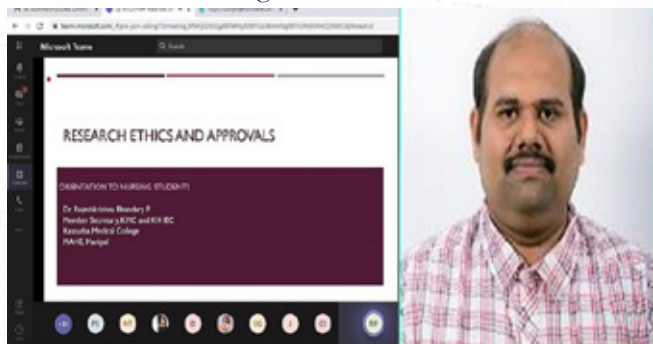
Students Research Forum organized a series of webinar on the theme “inculcating research culture in students” from 12 December 2020 to 15 January 2021. After the need assessment, the program was planned by Ms Edlin Mathias, PhD Scholar and President, MCON-SRF, and by Ms Clarita Martis, PhD Scholar and Secretary, MCON-SRF. The activities were conducted under the guidance of Dr Sonia R B D’Souza, Professor and HOD, Department of Obstetrics and Gynaecological Nursing, MCON, MAHE.

The objectives of the webinar series were to inculcate the culture of conducting research and literature search for the research topics for the benefit of the students. The specific objectives were to understand the process of Institutional Ethical Committee (IEC) proceedings for research studies, to know the steps of Clinical Trial Registry of India (CTRI) registration, and also to identify the steps of literature search in databases like PubMed and Cumulative Index to Nursing and Allied Health Literature (CINAHL). The topics included for the webinar series were selected from the research areas, which will enable the students to develop an interest in conducting research and help them to update their knowledge in the current aspects of research in the field of nursing and health sciences.

Session 1 (12 December 2020)

The first session of the webinar series was held on 12 December 2020. Ms Clarita, the PhD scholar was the moderator for the session. Dr Rajeshkrishna Bhandary P, Faculty, KMC, Manipal was the resource person. He deliberated on the process for applying for IEC clearance for clinical research projects. He also deliberated on the Do’s and Don’ts when submitting research projects to the IEC. Appropriate time was allotted to the participants for the question-and-answer session. Various questions

about the Informed Consent and research project submission were clarified by the participants. A total of 42 participants attended the session, which included faculty members, PhD scholars, undergraduates, postgraduates, and the MPhil Nursing students.



Session 2 (18 December 2020)

The second session of the webinar series was held on 18 December 2020. Dr Suja Karkada, Principal, CSI Lombard Memorial College of Nursing, Udupi was the resource person. She reflected on the topic “Inculcating Research Culture in Students”. Ms Edlin, PhD Scholar, MCON was the moderator for the session. Appropriate time was given for the question-and-answer session. Various questions about the research studies were asked by the participants to the resource person. The resource person clarified all the doubts of the participants. A total of 30 participants attended the session, which included faculty members, PhD Scholars, undergraduates, postgraduates, and the MPhil Nursing students.



Session 3 (2 January 2021)

The third session of the webinar series was held on 2 January 2021. Mr Anil Raj A, Lecturer, Department of Medical Surgical Nursing, MCON, Manipal was the resource person. He deliberated on the topic “CTRI Registration Process”. Ms Suvaksha Giri, a first-year MSc nursing student was the moderator for the session. Various questions about the CTRI application and approval were

asked by the participants to the resource person during the question-and-answer session. The resource person clarified all the doubts of the participants. A total of 32 participants attended the session, which included faculty members, PhD Scholars, undergraduates, postgraduates, and the MPhil Nursing students.



Session 4 (9 January 2021)

The fourth session of the webinar series was held on 9 January 2021. Ms Pushpa, a second-year MSc nursing student, was the moderator for the session. Ms Anupama D S, PhD Scholar, Department of OBG Nursing MCON was the resource person. She deliberated on the topic “Literature search for the database - PubMed”. It was a session with hands-on experience that was held online for the PubMed database through the MS Teams platform. Appropriate time was given for the question-and-answer session. A total of 26 participants attended the session, which included faculty members, PhD Scholars, undergraduates, postgraduates, and the MPhil Nursing students.

Session 5 (15 January 2021)

The fifth session of the webinar series was held on 15 January 2021. Ms Pushpa, a second-year MSc nursing student, was the moderator for the session. Ms Monalisa Saikia, PhD Scholar, Department of Fundamentals of Nursing, MCON deliberated on the topic “Literature Search for the database CINAHL”. It was a session with hands-on experience that was held online for the CINAHL database through the MS Teams platform and the resource person clarified all the doubts. A total of 20 participants attended the session, which included faculty members, PhD Scholars, undergraduates, postgraduates, and the MPhil Nursing students. The participants provided excellent feedback for planning and conducting a useful webinar series and the organizers were pleased with the outcome.

For the calendar year 2021-2022, a fresh student research forum was formed. Ms Monalisa Saikia, the PhD scholar, is appointed as the Joint Secretary of MAHE-SRF from MCON, Manipal, and as the President for MCON-SRF. She actively participates in the monthly meetings and is also involved in organizing various activities conducted by the Student Research Forum. Ms Meena Konsam, PhD Scholar, Department of Obstetrics and Gynaecological Nursing, is appointed as the Secretary for the MCON-SRF, 2021-2022. The members of MCON-SRF constitute representatives from different batches of undergraduate as well as postgraduate students. A total of eight student members make up the MCON-SRF and are led by the faculty advisor Dr Binil V, Associate Professor, Department of Psychiatric Nursing. He encourages students and research scholars to participate in research activities and take up research projects resulting in paper presentations and the publication of research articles.



WEBINAR

QUALITATIVE RESEARCH METHODS AND ANALYSIS

The Exemplary Research and Innovation Team - Institute of Eminence (IoE) of Manipal College of Nursing (MCON), MAHE, Manipal organized three days Webinar on “Qualitative Research Methods and Analysis” from 17 May 2021 to 19 May 2021 through the MS Teams platform. The Chief Guest for the inaugural program, Dr Satish Rao, Director-Research, MAHE Manipal, during his speech, highlighted the importance of conducting research and publishing the findings in high-quality journals.

The first day of the program was started with the session on “Overview of Qualitative Research” by Dr Anice George, Dean, MCON, Manipal. She outlined the various components of qualitative research and highlighted the importance of having good communication skills for the conduct of qualitative research. Followed by that, the session on “Types of Qualitative Research” was deliberated by Dr Judith Angelitta Noronha, Associate Dean of the college. She discussed the various types of qualitative research such as case study, narrative analysis, thematic analysis, ethnography, grounded theory, and phenomenology.

The second day of the webinar commenced with a session on “Sampling Techniques in Qualitative Research”, deliberated by Dr Mamatha S Pai, Professor, Department of Child Health Nursing, MCON, Manipal. During her talk, she emphasized different sampling techniques that are used by the researchers in qualitative research and also the importance of calculating sample size in this kind of research. The second session of the day was by Dr Vishnu Renjith, Lecturer and Program Director, School of Nursing and Midwifery, Royal College of Surgeons, Dublin 2, Ireland, spoke on “Data Collection Methods” and highlighted with examples on the different data collection methods or approaches that are used in qualitative research.

On the last day of the webinar, the session on “Qualitative Data Analysis” was conducted by Mr Anil Raj A, Lecturer, Department of Medical Surgical Nursing, MCON, Manipal. He discussed the various aspects of the analysis of qualitative data and demonstrated on doing data analysis using open code and NVivo software. Consequent to that, the session on “Reporting of Qualitative Results” was conducted by Mrs Shalini G Nayak, Lecturer, Department of Medical Surgical Nursing, MCON, Manipal. She briefed on the importance



preparing the case scenario, preparation of the equipment, students, faculty, the venue, seating arrangements, and the technique of demonstration by the faculty while students are attending remotely or at a safe distance. She also briefed the methods of return demonstration by the students when they are at home. The session was experience-driven and very informative. The session was conducted as a webinar through Microsoft Teams and was attended by 51 faculty, six PhD Scholars, and two external members.

21 August 2020 - A session on “Constructing effective quality multiple-choice questions – A real challenge for academicians” was organized by the department of child health nursing on 21 August 2020 at MCON, Manipal (through MS team). Dr Manjushambika Rajagopal, Faculty, College of Nursing, Public Health Authority of Applied Education and Training, Kuwait discussed how to construct effective quality multiple-choice questions, the uses of MCQs, how to frame the questions in the different levels of cognitive domains, advantages and disadvantages of using MCQs with appropriate examples. She also discussed the criteria to be followed while designing MCQs and how to design the alternatives with relevant examples.



The session was attended by 36 faculty members from Manipal College of Nursing and the School of nursing. The session was interactive and informative.

Alumni Engagement Guest Lecture Series – July 2020

Manipal College of Nursing (MCON), MAHE, Manipal has organized an alumni guest lecture on the topic “Communication skills and team-building” on 04 September 2020 between 2:30 pm and 3:30 pm. Mrs Selma Kalathil, Nursing Director, Jeddah National Hospital, KSA (alumnus of MCON-BSc Nursing 1998-2002 batch, MSc Nursing 2007-2009 batch) spoke on the subject. She highlighted tips to improve communication skills and team building. She said non-verbal communication, active listening, written communication are important skills required for nurses at the bedside and teaching area. She opined that good communication improves the quality of care provided to patients. The session was conducted as a webinar session through Microsoft Teams and was attended by 92 fourth-year BSc Nursing students and four faculty members of MCON Manipal.



Alumni engagement guest lecture series – June 2020

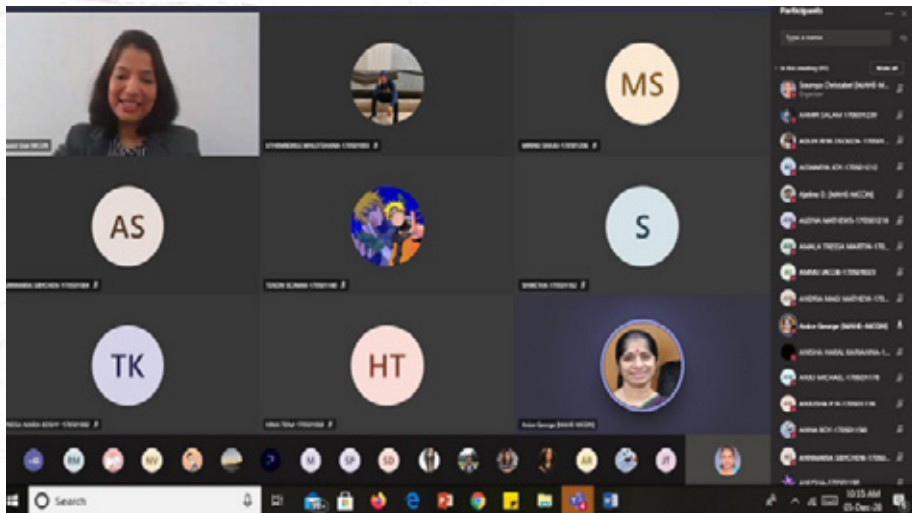
Manipal College of Nursing (MCON), MAHE, Manipal has organized an alumni guest lecture on the topic “Virtual Simulation as an effective pedagogy during COVID-19 pandemic” between 3:30 pm to 4:30 pm on 29 August 2020. Ms Nargita Arora, Workforce Development Clinician, Broward College, Florida, USA (alumnus of MCON-BSc (N)-1991-1995 batch) explained the process of using simulation in pedagogy especially during the COVID-19 pandemic. The session included the details of



Alumni engagement Guest Lecture Series – January 2021

Manipal College of Nursing (MCON), MAHE, Manipal has organized an alumni guest lecture on the topic “Leadership Training Program” on 23 February 2021, 16 March 2021 and 6 April 2021 between 9:00 am- 12:30 pm. Ms Besi Paul and Ms Cebi Paul, Assistant Professors, Malankara Orthodox Syrian Church College of Nursing, Kolenchery, Kerala and Founder member of NOSC-The Personal Enrichment and Support Team (alumnus of MCON-BSc Nursing 2004-2008 batch; MSc Nursing 2009-2011 batch) were the resource persons. Ms Besi Paul discussed the group dynamics, causes of poor group dynamics, how to turn a group into a team and strategies for improving team dynamics. She also stressed on leadership development, what makes a leader, the cultural shifts in leadership, qualities of a good leader and the leadership styles. Ms Cebi Paul highlighted the communication etiquettes in the workplace and the effective use of language in communication. The sessions

were enriched with group activities and enthusiastic participation by the students. The students expressed that the program was interactive and useful in identifying leadership qualities. The session was conducted as a webinar through Microsoft Teams. Fourth-year BSc Nursing students were divided into three batches (32 in each batch) to have better interaction. A total of 97 BSc Nursing students and five faculty members attended the sessions.

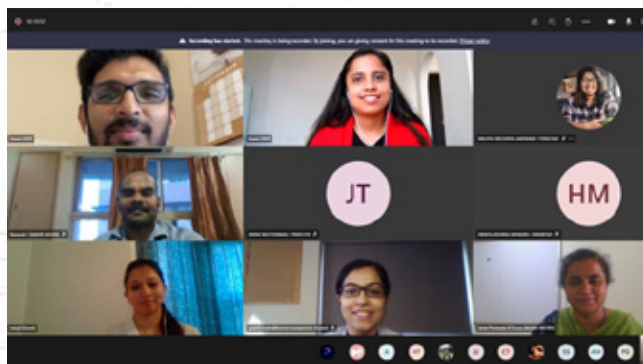


Department of Medical Surgical Nursing, MCON, MAHE, Manipal organized a Guest Lecture on “Professional Communication and Etiquette at Workplace” on 5 December 2020 between 10:00 am and 11:00 am to fourth-year BSc Nursing students through Microsoft teams platform. Mrs Melita Sheela Alva, Senior Science Tutor, Oman College of Health Sciences, Ministry of Health, Muscat, Oman, addressed the topic. She emphasized essential communication skills for a successful career. The session highlighted image, communication, competence, demeanour in

the profession. A total of 106 participants including fourth-year BSc nursing students and faculty members of the college participated in the session. Dr Soumya Christabel, Assistant Professor, Department of Medical Surgical Nursing, MCON and Mrs Janet Alva, Assistant Professor, Department of Medical Surgical Nursing, MCON coordinated the session. The interesting, inspiring, and elaborate session ended at 11:00 am.

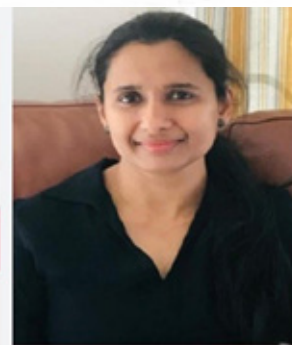
ALUMNI GUEST LECTURE

Department of Medical Surgical Nursing, MCON, MAHE, Manipal has organized an alumni guest lecture on the topic Conquer COVID: Tales of COVID-19 Warriors on 16 October 2020 between 3:00 pm to 4:30 pm. Mr Jijomon (alumnus of MCON, MSc (N) 2012-2014 batch) Ms Maryl Cutinho (alumnus of MCON MSc (N) 2015-2017 batch), Ms Roseminu Varghese (alumnus of MCON MSc (N) 2013-2015 batch), and Ms Wilma Padmanabhan (alumnus of MCON MSc (N) 2013-2015 batch) were the resource



persons for the session. They spoke about the COVID scenario in the United Kingdom, especially at their workplace. They shared their experience of managing COVID-19 patients, how they themselves suffered from the disease, the dilemma which they have faced, the fear and the uncertainties, the ways they adapted to come out of the situation, etc. They highlighted the protocols which are being used during the COVID-19 epidemic across NHS foundations in the UK as well as their facility's policies. The session was deliberated using Microsoft teams' platform. A total of 124 participants including faculty members and students from fourth-year BSc Nursing, second-year PBBSc Nursing, second-year MSc Nursing, and second-year Nurse Practitioner in Critical Care Residency program attended the session. This program was coordinated by Mrs Janet Prameela D'Souza, Assistant Professor, MCON, MAHE, Manipal.

Department of Medical Surgical Nursing, MCON Manipal has organized an alumni guest lecture on the topic "Surgical management of arthritis" on 15 April 2021 between 11:30 am to 12:30 pm. Ms Krishnaendhu Ambady Krishnan, an alumnus of MCON, BSc Nursing (2004-2007 batch) and MSc Nursing (2007-2009 batch) was the resource person for the session. She is currently working as Senior Charge Nurse and Practice Educator for theatres at South West London, Elective Orthopedics Centre, Epsom, Surrey. She spoke about various types of arthritis, etiological factors and the risk factors involved, pathophysiology, clinical manifestations, and the differences between various types of arthritis. She has highlighted the management aspect of arthritis with special emphasis on surgical management of arthritis. She has shared her experience of managing arthritis patients in her work setting. The session was deliberated using the Microsoft Teams platform. A total of 115 participants including faculty members and students from second-year BSc Nursing and first-year PBBSc Nursing attended the session. This program was coordinated by Mrs Janet Prameela D'Souza, Assistant Professor, Department of Medical Surgical Nursing, MCON, MAHE, Manipal.



INTERVIEW



Dr Rathi Balachandran

- 1. Ma'am, can you please share your story of inspiration that made you choose nursing as a profession and what motivated you to keep going forward in this field all these years?**

Yes, thank you for this question. I came to nursing by chance, not by choice. In Kerala, in 1989, admission to nursing was based on the combined medical entrance and I applied for all the three courses which were available in Calicut Medical College, and I got admission for BSc Nursing. I was not knowing much about this profession. With regard to the second part of your question, it is my teachers who made me understand what nursing is and inculcated the attitude towards nursing in me. The first day when I went there for admission, the first person I met was the Director of Nursing. I was welcomed warmly by the professors and the passing out students and the culture which I found there impressed me a lot. Then the nursing foundation classes as well as the further interaction with the parents organized by the college faculty gave us an orientation about this course and the opportunities which are there for the BSc Nursing course. Actually, this was in 1989, when there were only 75 seats available for BSc Nursing in Kerala and there were many opportunities for BSc Nursing. You could work as a teacher, which is a secure job. I felt that for a girl it is good to have straight 9-4 duty and the teaching profession has a lot of scope in it. That was only the idea

which I had at the time of joining. And as you asked in the second part, what motivated me to keep going forward in this field all these years? It is really the training the faculty has inculcated in me. It is the promotion of health and prevention of illness. There are lots of independent roles a nurse can have and a very less dependent role. Anything which is preventing a problem is great and that kept me motivated through these years. I really acknowledge the contributions of faculties in my basic education who have inculcated in me what nursing is within the first year itself and also made me understand what is expected from a nurse. I really owe all my motivation throughout these years to the College of Nursing, Calicut.

- 2. What do you enjoy the most about your day-to-day work or speciality?**

Now, I am specialized in community health nursing. Right now, I am working in the headquarters. I have worked in the Ministry of Health as well as the Directory General of Health Service, where I am the only nurse who is representing nursing to the bureaucrats as well as other policymakers and doctors. So here I could see that nobody knows what nursing is. That means in a way we fail to show, or we fail to communicate what nursing is or our actions were not visible within our name as nurses. This is what I felt. So, every day, every moment I advocate what nursing is and what I have to do. I am working as a bridge between the nursing profession and the policymakers and letting them know the nursing; nurses are educators, competent professionals. Yes, here I am working with bureaucrats who are observing the facts and figures. I could show them our syllabus and also the activities that we are doing. I could, to some extent, convince them and make them understand what nursing is. So that is how I am working daily.

- 3. What are the major challenges you have faced during your career growth, and which one is the most memorable?**

I have faced many challenges as a nurse from Kerala-Calicut to Delhi. There are a lot of challenges which came across my career. But every step I could see that there were lots of opportunities also. To start with, I was

a day scholar, so I did not stay in the hostel throughout my course and then my first job was in a mission hospital which is very much isolated from the outside world. There were big walls around, but inside that wall, there were lots of warmth, compassion. When I just joined as a faculty, that was the time when the students were just waiting for their examinations, few students had to complete their procedure books. So, I drowned in the assignment as a faculty, taking a return demonstration of all the procedures. And I still remember that institution is very strict in inculcating the importance of nurses' responsibility. One incident I still remember is, one student was given a container for taking a sample of urine from a patient for a sugar test. She did not label the container before giving it to the patient and the staff nurse found out about this mistake. The punishment was for the whole batch. What would happen if the diagnosis of that patient was mistaken and they were given the wrong treatment? So, we must give importance to these minute things, and the faculty must make them understand the importance of every step of a procedure. As I mentioned it was a third choice for me to come to nursing and I got in through the Medical Entrance Exam. So, the first year I was not that into nursing and in my second year, I thought of giving myself another chance for Medicine. But at the end of the first year, my teachers made me understand how nursing is making difference in the life of people. And my first job in the Mission hospital gave me a good understanding of the nursing procedures. And as I mentioned it was away from all my friends and it had big boundary walls. So inside I was not much distracted with anything. At the age of 21, I started earning and I got an opportunity to go out of the house. These are chances that we enjoy in life. It may be God's grace I was in that place where I was understanding nursing procedures in-depth, as well as the compassion part of it. Because it was started by the Italian missionaries, and it was mainly focusing on leprosy. So, it also transformed me a lot. Later my next job was as a lecturer or the coordinator in the self-financing college under Calicut University, the first of its kind. My experience in the mission hospital helped me academically, I could clear the public service commission examination for nursing in Kerala with rank and even the entrance for MSc as well as all the interviews. I could clear it in the first place. So, I

really thank that opportunity, I will cherish those memories throughout my life. So, then I got appointed as the nursing coordinator for the BSc Nursing under the self-financing scheme of Calicut University. That was another turning point in my life. That university was starting a self-financing course in 1995 with 200 students and six coordinators for each program. The programs were BSc Microbiology, BSc Biochemistry, BSc MLT (Medical Laboratory Technology), BSc Physiotherapy, BSc Radiotherapy and BSc Nursing. That experience gave me an in-depth understanding of the university, and how to start a new course in an organization. I was the second person who joined that organization for that scheme. We were doing all the activities right from finalizing the press vectors and giving the advertisements, scrutinizing applications of the candidates, taking their interviews, and finally taking the classes also. It was a contract job for one year. That one year was full of a variety of activities. As I mentioned, we conducted the interview, we were the coordinators, we welcomed the students, we taught them, we organized the lectures for them, and organized the clinical experience for them. All the other courses were the first time in the university, so as a board of studies they were preparing the curriculum, they were stretching the course for four years as professional graduation, whereas nursing was already running in that university which was tightly packed with five years i.e., 4 years plus a 1-year internship. And each and every moment from the first year to the fourth year was completely packed and it was too tough also i.e., without passing the first year, you could not be promoted to the second year. And I still remember at the age of 23, I had a student of 32 years who was a boy and has completed masters in zoology and then opted for nursing. That was the scenario in Kerala and this was in 1995-1996. So those times, even though we tried to convince them about other better options than nursing as it is too tough, people were more into nursing, they wanted to do nursing. So, as I mentioned it was a tightly packed and already structured curriculum. It was a real challenge for me to provide all those things. All the other courses were not having a council. Nursing is having a council- State Nursing council. It is an organized profession having rules and regulations right from day one. I had to convince the students. There were lots of challenges because 50

students were there for BSc Nursing and being the first of that kind in Calicut University, I had to arrange hostel accommodation for the students. At that time fees was about 50,000 INR so they were a bit worried whether this course will be recognized whether they are in the wrong place or not. And right from the first day itself, when it just started, they had nearly eight papers to finish. I had to arrange for external examiners for the practical experience. These were all challenges that I had in that university. But I got lots of support from my faculty in the college and it was possible for me. I was aware of the resources which are available there and I was also aware of the requirements of the curriculum as I just finished the course two years back. So, the challenges were there but there were lots of opportunities to learn. It was challenging again because I had to start everything from the beginning and no other faculty knew about nursing in detail. But I had to do so with the support of all my faculty from Calicut College of Nursing as well as my friends. I could run the course without even a single day's delay. We could arrange the dissection-anatomy physiology classes and practical experience from the government Homeo medical college in Calicut as one of my colleagues was also passed out from there. So, we were all young faculties i.e., we were ranging from 23 to 28 years. All the faculties were of that range and we were enthusiastic, adventurous, and putting our soul and mind into providing the best to our students. I faced challenges but enjoyed them. But by the end of that year, because of the contract, there was a break. So, two to three days break was there. That time, one of my friends was going through the employment news for searching for his job after MBBS. So, he showed me the vacancy of a nursing tutor in this institution. He asked me that, why can't you apply? there's a vacancy for a nursing tutor in the central govt. So that's how I applied for that job. I thought that during that break I can just have a visit to Delhi and do some sightseeing. In the meantime, as I mentioned earlier that I could also clear my admission to MSc nursing in Calicut because of my experience in the mission hospital as a clinical instructor cum faculty. So, then what happened is that later it has all changed. Why? Because the advertisement was only mentioning two years of experience. Later few of our seniors have fought and revised the selection list. During that time after the

course, two years of experience will not matter until and unless the experience is after registration. So, I lost that opportunity and not only me but five of my batch mates also lost their chance for that year. So, we were preparing for the next year's course and everyone put in their effort in that. So, I just thought that it was a break period, it was in November. On 16 November, I joined and there was one week of gap before I renew the contract with the university. And the interview here in New Delhi was on 20 November. I just thought that I will have a tour of Delhi and will come. And then during the interview, I could see that there were lots of seniors present. Everyone with grey hairs and I'm 24-year-old. So, they were all experienced and were working in hospitals, so I was a bit nervous but my experience in the university gave me lots of opportunities, courage as well as knowledge for getting that interview. I was practically doing all the procedures and requirements for starting a BSC Nursing Course because I had learnt it and knew it's importance. By God's grace, I got all those opportunities within two years of my experience. And I could successfully complete my interview. My interview was almost at the end as my name starts from R and the next day morning was my train to Kerala. So, my dream to roam, take the tour of Delhi was not happening and morning I had to leave. In December, I got the letter, that I have been selected, I have to join the job. The requirement for their job was 2 years of teaching experience and I had 3 years completed. So, at this young age, I got this job. I was in a dilemma whether to remain in Kerala or to move to Delhi. But at that time there were lots of challenges in front of me. Because few of the people were agitated, and we're mentioning that the head of the institution should be a registered nurse for a nursing college, but here the university director is the head of the nursing. So, you will not be getting the recognition that will have an impact. By that time, the first year is going to be an end and the second year has to start so there was a little bit of disturbance among the students. What will be our future as it is a university and the head of the institution, it's not a registered nurse. I was the coordinator only, not the principal as such and it was just beginning. And again, I was thinking the last time I could not roam Delhi, so this is another opportunity let me just go and then later I can leave the job. So, with that intention I came here, I was not having any relatives or

friends here other than two people who have studied BSc nursing with me and it was a real challenge for me. Different culture, language, place and alone. But people advised me that if you're taking a job of a faculty that is the highest you can do with a BSc Nursing at the central government. And even you want to do masters you can do it on study leave as a government-sponsored candidate. So, with those things, I just joined. But I was looking for every opportunity to go back to Kerala. Because it was my first experience out in such a challenging place. No phone, no connection so there was a lot of challenges. As I mentioned earlier all my seniors were very senior to me and I was young. So being an unmarried young girl, I was given the job as a reliever. I have got a variety of experiences. I was not sticking to one subject because I was just like a reliever taking the students for various national programmes and or the various SNA activities. So, I got a variety of experiences. As I was not having a specific assignment, I utilized this time for undergoing my masters in MBA HR as a distance learning from there. So, like that, I got a variety of experiences and opportunities to build upon. I did MBA afterwards; I did an MSc nursing in community health. So, I continued to study, my working experience was always challenging which made me work beyond my limits or stretch beyond my limits. So, it had become a part of my personality to continue learning. That's how I reached here and from that, I got an opportunity to work in or apply for the assistant director-general in the Ministry of Health. That was how my journey was. Even in the ministry, there are 5 positions, but from the beginning, I got guidance from the Nursing advisor of that time Dr Jocelyn Little Flower, who was there for one and half years with me. But then she also completed her tenure and I was left alone. So again challenges were there. As a deputation candidate in the middle of clerical people and other professionals, I am the only person representing Nursing, the odd man out. I faced a lot of challenges but learned more than that. That's how I reached here. Every day is a challenge here, every day a challenge!

4. According to you what are the most rewarding aspects of becoming a nurse and what are the top qualities a nurse should possess?

The most rewarding thing is that you can make difference in the life of the person when they are helpless, and each

activity will make a significant difference in the health of the person. You are assisting an individual in their most needed time and you are the person who is available, the only person available for the patient when they are in need. And the most important quality a nurse should have is compassion. Compassion is the one that is required.

5. What would be your advice to a young nurse who has just entered the field and is aspiring to advance professionally?

For a young nursing person who is entering into this field, my advice is that sky is the limit, lots of opportunities are there in nursing. Every place you can make a difference, you have a license and you are a full-fledged professional. A competent nurse is having a lot of opportunities and India is also moving towards giving more and more independent roles for the nurses. So, from all these continuums of life, across the continuum of life, all the settings are opportunities for a nurse. So, in one sentence: Sky is the Limit!

6. On the present situation of covid in our country, what plans does the Indian government have to reward the Covid nursing warriors for their dedication and the hard work towards the society, the efforts and work they are putting in right now?

Government is very aware of the commitment and dedication of the nurses and is committed to providing the best for the nurses. To start with, they made sure the Covid warriors are covered in the Act: any problem if they are facing in their workplace, they are protected by the Act. Other than that, they are also committed that the person who is working for 100 days will be given preference. The issue is, the government is committed but somewhere we must do more advocacy to make the significant salient features of nursing known to others; because when the government is looking from this angle, it is a team of healthcare providers. So, everything must be taken into totality with that. Doctors have already made their space visible as well as to many people with whom I am interacting on daily basis, nurse is only a person who is working in the hospital, who is following the order of the doctor. That means somehow, we have failed to show our independent roles, our competent roles in our profession. Even though internationally everywhere it is mentioned

that nurses lead, in India, we are not leading. That has an impact on the policy decisions made, but fortunately, covid has made some differences, now people talk about doctors, nurses and paramedical. Otherwise, people were talking about doctors and paramedical. Now some identities are given as a nurse ADG nursing. Most of the time, the arguments are that nurse is not the only person, there are many care providers and why only nurse. But the nurses' job is different, a nurse is a person who is there for 24 hours, 365 days close to the patient. So, the fact is there but somehow, we failed to show our own identity for which I feel that we must develop more and more media skills, we must develop our communication skills, we must communicate ourselves as independent competent professionals leading the healthcare team of patients. I am fortunate enough to work with the policymakers who are convinced, right from the health minister, they are all doctors and understand the importance of nursing. Health Minister Dr Harsh Vardhan, then the nursing head Dr Manohar Adnani, the DGHS is headed by Dr Sunil Kumar. So, everyone is convinced and is very supportive of the nursing profession, but what is lacking is connectivity. What is happening in the headquarters, what is in the periphery, we are lacking connections in between. Even though the government of India has given one crore rupees to 15 states to establish a state nursing directorate and we as the Government of India is continuously supporting the states when they put a proposal for nursing directorates or nursing colleges under government, somehow there are no nurses there or the number of nurses in the system is very less. So yes, we are moving towards strengthening nursing in India but lots are to be done and I am sure that such competent young professionals will be able to take it ahead. Not only the state level we should have the nursing head in the district level should also, so that there will be coordination between what is the communication in the centre, what are the policy decisions and how it is taking place at the periphery and what are the problems at the periphery which can be dealt very well in the policy. This is what we are missing. And you are also aware of the national nursing commission, the new nursing commission which is coming to regulate all the activities of nursing, that will also be giving opportunities. It is having board, one board for regulation to regulate nursing and framing the

guidelines, then there is UG board, PG board, and then there will be an accrediting board that will be looking into the standards, whether it is following or benchmarking of the institutions and there is a nursing and practice board also which will be looking for the scope for each license and what will be the actions for the malpractices. So, these are a few new steps but yes, many more to do.

7. My next question to you is being the assistant director of minister of family and health welfare which gives you power and responsibilities; how do you utilize it for the betterment of the nursing community or profession especially in the case of a recent scenario?

As I mentioned that there was a lack of connectivity. For any profession to develop, three things required are the council, the association, and the administration of the government. What I try to do is simulate the information or the strength as well as involve the nurses across the country for various committees which are into nursing. So, the experience and the expertise of people from different backgrounds i.e., teaching, public health clinical, research and different variety is needed. I try to have people from different backgrounds to be in the committee and the decisions are made by the committee and I also try to have a good network by organizing monthly meetings, one week with the nursing superintendent, another week with the faculty, then with the officials at the state levels and with the associations. So, we need to see who we can learn from and understand what the problems are and what the solutions are and how it is solved by other people. Cross learning is also possible. So, they are the two main committees with people from various expertise. Capacity building is another thing which we are doing in the webinars regularly and now we have short term training courses also. So, when the policy is there people are not aware of those things; for example, under Ayushman Bharath, nurses are given as there was a gap between the middle-level health providers expectancy and the BSc nursing the gap is filled by integrating the certificate course of community in the BSc nursing which is equipping them to be readily available to take the job. See curriculum is having many things but whether the person is competent or not it is again the responsibility of the educational institute and the educators to equip them before they complete their course. So together only

we can make that difference. There is an opportunity under Ayushman Bharath that the people were not aware of, so we have organized a webinar as community health officers to give career options for the nurses for which was the first of its kind in India. There were 10,000 participants there, there were 25,000 candidates who registered, and the capacity of the zoom meeting was 10,000 and organizers could not join later. That's one success story which I can say. So, we have to again show that as nurses how we can make that difference, as I mentioned the ministry is keen on nurses because it is not the prescription that is not required here what we require are health and wellness. The other professionals were claiming that we can prescribe for example in Ayushman already prescription rights are there, and the pharmacy mentioned we have more control over the medicine; but it is not the medicine that is required is health, health and wellness for which nursing is the arch profession. Based upon my understanding the basic nursing curriculum in India was developed based upon bhore committee recommendation in 1943 which is mainly preparing for the person to work in the field with the community to prevent illness so Covid is also bringing challenges, but there are a lot of opportunities. My request to young professionals is that not only you should understand that providing health in our mandate but being closer to the family is also important. During Covid, hospitals have closed or non-Covid services were not present, pushing the services to the periphery means in rural areas we need more and more services to be provided where nurses have more and more roles than in the hospital. We have to treat them in their own house. By treating them there we are preventing the spread of disease because we are expecting a third wave. We have to be ready with all the protection and move close to the patients, we can utilize all the resources in the home and the members of the family taking care of them than taking them to the hospital so...that's my message to the nursing people.

8. Thank you ma'am for your answer to this question so my next question to you is.... what nurse leaders are required in the present health care system, as nursing health professionals what is our role in cultivating leadership role among young nurses

Yes, across the world leadership is the term that is

discussed. But right from the beginning, we know that in the basic curriculum we have leadership management. Everything is included in our curriculum. The persons self-confidence and that aptitude towards leading is to be inculcated right from the first year itself, we have many opportunities; we have student nurses association other college activities and university programmes, we have all these things in the curriculum. Only thing is that somehow we have to take care of our team members and nurture them in taking lead. Leadership training and investing in nurses below 35 are all the priorities across the world and also in our country, recently the government of India finished the first midwifery leadership course as a pilot in the state. We are trying to replicate it other than that we are also thinking about other leadership training programmes. So, it is not by learning things, it will come by practice. We have to allow them to exercise these competencies and we have to focus on this right from the first year itself, how the team is to be managed and to lead towards new and better practices.

9. Thank you, ma'am. How do you think we can encourage the young population to opt for nursing?

To some extent, we can give this career counselling in the school and the colleges. But the most important thing is that we have to be the role model which people will follow. We should take those positions which are leading not only in the nursing profession but a leader's role in multi-disciplinary roles also; that gives them an aspiration to be a nurse. Yes, there are a few factors that have to be taken care of in nursing. The first thing is job opportunities, career progression, salary, these are the few things that matter. In this profession, there is a lot of hardship also but beyond that, there are a lot of achievements. Together we can make difference towards creating more positions at every level improving the working conditions as well as the salary. Until and unless these things are taken care people may not opt for this profession. So, for this one more step is to be taken, that is the entrance to nursing based upon NEET. I have put a lot of effort into this in the last three to four years, but this year four central government institutions and three other autonomous institutions under the Government of India is opting for the UG NEET score as the basis for the entry into BSc nursing. So, when we are entering

into the profession in the same benchmark when our training is of similar standard and the same duration, we can even ask for the salary priority. These are the few thoughts which I have which will give a boost to our salary and career ladder, it would be better if the central government and the state government will replicate it and then the private institutions also. So somewhere the correction and rectification need to be done in the central government areas. So, a movement towards that is initiated with NEET UG score as the basis for every 12th science subject, it is a base for AYUSH, it is a base for veterinary then why not for nursing? We are thinking in that direction, then let us see what happens this year. Challenges are there every time. This was my effort in the last two to three years. Covid has given us an opportunity because we don't want to have any repeated entrance examinations, but we are still not sure whether an exam will be possible in the middle of the third wave.

So, whatever it is, we may not succeed in the first step, second, third, or fourth and sometimes we will be able to achieve the goal.

10. Thank you so much for the responses, ma'am.

For the final question of the day, I want to ask you what is your message for the students of Manipal college of nursing, Manipal?

You are blessed children to be the students of this university led by Anice George ma'am. She is one of the icons whom I dreamt about. As I mentioned I was working at Calicut University as a self-financing institution and before I was leaving, there was a chance that Anice ma'am will be coming there. With that dream, I left, but she continued in Manipal, and you are blessed to be her students. You are all having a lot of opportunities there, so utilize these opportunities there and lead nursing in India. That's my message.

ACHIEVEMENTS OF FACULTY AND STUDENTS

TOPPERS



PRIYA LAVEENA ALVA
2nd year
MSc Nursing



GURBINDER KAUR
1st Year
MSc Nursing



SRIKANTH
2nd year
PBBSc Nursing



KENET MARVIN SALDANHA
1st year
PBBSc Nursing



JESLY ANNA JAMES
4th year
BSc Nursing



ANJU MICHAEL
3rd year
BSc Nursing



VINITA R MONIS
2nd year
BSc Nursing



MAITRAYE SEN
1st year
BSc Nursing

PHD AWARDERS



DR ANJALINE D'SOUZA



DR BINU MARGARET



DR RADHIKA R PAI



DR SANGEETHA PRIYADARSHINI



DR SULOCHANA B

FACULTY AWARDEES



DR RAMESH C

- Dr TMA Pai Gold Medal for Outstanding Research Publication for the research titled “Effects of foot massage and patient education in patients undergoing coronary artery bypass graft surgery: A randomized controlled trial” during the year 2020.
- Award for the Best published research paper in the Scopus Indexed Journal – 2020.
- Certificate for earning 10 points and above in Scopus Indexed Journal publication for the year 2020.



MR VINISH V

- Award for the Second-Best published research paper in the Scopus Indexed Journal – 2020.
- Recognition for securing the highest FAIR incentive points for the year 2020.



MR ANIL RAJ A

- Award for the Second-Best published research paper in the Scopus Indexed Journal – 2020.



DR ELSA SANATOMBI DEVI

- Award for the maximum number of presentations 2020.



DR JUDITH A NORONHA

- Award for the maximum number of publications 2020.
- Received most distinguished alumni award from Father Muller’s College of Nursing on 20 March 2021.



DR JYOTHI CHAKRABARTY

- Recognition for securing the highest FAIR incentive points for the year 2020.



DR ANJALINE D'SOUZA

- Certificate for earning 10 points and above in Scopus Indexed Journal publication for the year 2020.



MRS PRIMA JJ D'SOUZA

- Certificate for earning 10 points and above in Scopus Indexed Journal publication for the year 2020.



MRS SAVITHA

- Recognition of 10 years of continuous service in MCON Manipal - 2020.
- Certificate for earning 10 points and above in Scopus Indexed Journal publication for the year 2020.



DR RADHIKA R PAI

- Received a scholarship to attend ICCN 2021 virtually.



DR SUSHMITHA KARKADA

- Received most distinguished alumni award from Father Muller's College of Nursing on 20 March 2021.



MRS SHEELA SHETTY

- Secured second prize in the E-poster competition on the theme "Innovate, Illuminate and Inculcate quality care for every newborn" held on 16 November 2020 as part of Newborn week celebrations.



DR YASHODA S

- Second prize in the Poster competition organized by OBG department MCON, MAHE as part of International Women's Day 2021.



MRS SHANTHERI V BALIGA

- Recognition of maximum years of service at MCON/ MSON Manipal (in memory of Late Mrs Pushpa U) during Annual Day – 2020.



MRS DIVYA

- Recognition of 10 years of continuous service in MCON Manipal – 2020.

CERTIFICATE COURSE

- completed an online certificate course on “The Newborn Assessment” offered through Coursera authorized by the University of Colorado System in December 2020.



DR BINU MARGARET



DR ANJALINE DSOUZA

- completed a “Virtual Capacity Building Program for the Midwifery Faculty” of College of Nursing from 25 August 2020 to 01 September 2020 organized by Indian Nursing Council in collaboration with United Nations Population Fund India.
- completed a virtual workshop on “Comprehensive Care of Haemophilia” from 6 to 7 and 13 to 14 November 2020 organized by AHAD-AP (Association for Haemophilia and Allied Disorders-Asia Pacific) in collaboration with WFH.

- completed a certificate course on “Essential Upskilling for Nurses on COVID-19 Pandemic Management” (TNAI) on 1 July 2020.



MRS LAVEENA ANITHA BARBOZA



MRS JACKLINE PRATHIBHA

- completed the “Virtual Capacity Building Program for Midwifery Faculty” of College of Nursing held from 1 December 2020 to 8 December 2020.
- completed a certificate course in “Biostatistics, Epidemiology and Research Methodology” conducted by the Department of Data Science, MAHE from September 2020 to November 2020.
- Completed three certificate courses (“Basic interpretation of 12 lead ECG” on 14 August .2020, “Adult mechanical ventilation” on 27 November 2020 and “Basics of hemodynamic monitoring” on 21 January 2021)-Dr Melita Sheilini.



DR ELSA SANATOMBI DEVI

- completed six months “Aarohan program for Palliative Care” from Pallium India, Kerala from November 2020 to 1 May 2021.

- completed course on “COVID-19 Infection Prevention Control, Facts about COVID-19, Personal Protective Equipment for COVID-19, Psychological Support for Patients Under Quarantine/ Isolation – COVID-19, Care of the Elderly in the Wake of COVID-19 Pandemic, Wellness Strategies for the Helping Professional – Resilience During COVID-19, Prevention and management of depression in primary care, promoting mental health in men” conducted by TNAI on 17 August 2020 and 18 August 2020.



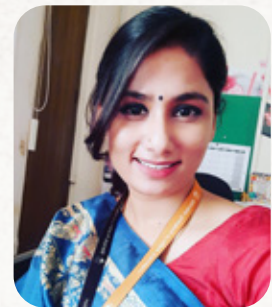
MRS SAVITHA PRABHU



DR TESSY TREESA JOSE

- completed a certificate course on “Psychological First Aid” conducted by Johns Hopkins University on 30 September 2020.
- completed a certificate course on Master Trainer of the Training of Trainers Program on “Promotion of mental health of Healthcare Providers” during, COVID-19 pandemic conducted by NIMHANS, WHO, and MoHFW from 16 to 18 December 2020.

- completed a certificate course on “Introduction to Psychology” conducted by Yale University on 30 March 2021.
- completed a certificate course on “Mind control: Managing your mental health during COVID-19” conducted by the University of Toronto on 17 March 2021.
- completed a certificate course on “Psychological First Aid” conducted by Johns Hopkins University on 01 April 2021.
- completed a certificate course on “Alcohol-related liver disease and its management” conducted by the Institute of Liver and Biliary Sciences, New Delhi from 24 February 2021 to 27 February 2021.



MS SANJU PANT



DR JUDITH A NORONHA

- completed a certificate course on “Management of antenatal complications” conducted by the Indian Nursing Council on 05 August 2020.

- completed a certificate course on the “Full agenda of ACS on Campus India Virtual Event” conducted by the American Chemical Society on 10 August 2020.
- completed a certificate course on “Basic Interpretation of 12 Lead ECG” conducted by Cygnia Healthcare Academy on 14 August 2020.
- completed a certificate course on “Essential Upskilling for the Nurse on COVID-19 Pandemic Management” conducted by Cygnia Healthcare Academy on 16 August 2020.
- completed a certificate course on “Overview ATLAS.ti 8 Windows-GMT” conducted by ATLAS.ti Training Center on 24 August 2020.



MRS SWEETY FERNANDES



MRS RANJANI P

- completed a certificate course on “Educational Methodology and Latest educational technology” conducted by the Indian Nursing Council on 25 August 2020.
- completed a certificate course on “Midwifery education and practice and Evidence-based antenatal care” conducted by Indian Nursing Council on 26 August 2020.
- completed a certificate course on “Management of antenatal complications and evidenced-based intrapartum care and management of Intranatal complications” conducted by the Indian Nursing Council on 27 August 2020.
- completed a certificate course on “Evidenced-based postnatal care and management of postnatal complications; Evidenced-based newborn care and management of neonatal complications; Family planning and Contraception and Safe abortion services” conducted by the Indian Nursing Council on 28 and 29 August 2020.



DR SONIA R B D'SOUZA

- completed a certificate course on “Specialist Training in Teaching research synthesis methods and indigenizing knowledge” conducted by UCL Institute of Education, London under the UKIERI SPARC Support Programme Grant from October to December 2020.
 - completed a certificate course on “Virtual Capacity Building Program for the Midwifery Faculty of the colleges/schools of Nursing” conducted by Indian Nursing Council in collaboration with United Nations Population Fund – India from 07. December 2020 to 12 December 2020.
 - completed a certificate course on online workshop on “psychological safety and support for healthcare professionals” conducted by Nationwide Quality of Care Network (NQC�N) on 27 March 2021.
 - completed a certificate course on “Virtual Capacity Building Program for the Midwifery Faculty of the colleges/schools of Nursing” conducted by the Indian Nursing Council in collaboration with United Nations Population Fund – India from 16 March 2021 to 23 March 2021.
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- completed a certificate course on “Citation Analysis for Bibliometric Study” conducted by Coursera Project Network on 28 May 2021.



DR SUSHMITHA KARKADA

ARTICLES

GREY TO GREEN



The best remedy for those who are afraid, lonely, or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature, and God.

– Anne Frank, The Diary of a Young Girl

For someone who was born and raised in hills and valleys, it is hard to be ignorant and unaware of nature. Therefore, I have learned to appreciate nature from a very young age. Helping my mother in her vegetable garden, climbing up trees to pluck fruits, planting rice saplings during summer vacations at my grandparents' farm, making a scrapbook of recycled papers, and pasting dried leaves and

flowers, watching birds, make lantern-shaped nests are nostalgic and special memories. People from the place where I belong, worship the sun and moon, live in very close proximity with the wild, and get to experience all four seasons. Inspired by our environment and a wish to address the rising global warming, my team members and I selected the topic “Effects of climate change and global warming on

farmers' mental health" for the BSc nursing research project. It was rejected. Our professors could not understand why we chose the topic, more so, they probably thought we were aliens. Now, after a decade of proposing research, scientists have found that climate change and nature play a significant role in our physical, mental, and emotional health. How we behave with our nature is reciprocated to us, in many folds. When we take care of our nature, nature takes care of us.

As a species of the planet earth, we are intrinsically connected with nature. Be it the tiniest zooplankton in the vast ocean, or us humans, we are made of the same microscopic building blocks. We are all genetically programmed to feel safe and calm around nature. Consciously trying to reconnect with nature is like going back home after a tiring day of work-it is calming and reassuring of a safe place that is warm and relaxing.

In the COVID-19 pandemic and lockdowns, two things happened: firstly, nature got a chance to revive itself again (though reports of poaching and illegal smuggling of animal/animal products increased); secondly, we humans became more isolated than we ever were. Though social media helped us get in touch with our long-lost friends, we were missing out on the humane bond, failing to empathise and make meaningful connections. Social distancing and limited or no human contact took a toll on our mental and emotional health. Many of us felt lonely including students in hostels, adults away from family, elderly living alone-and it was and is painful; loneliness is painful, literally. Scientists have found that loneliness triggers the same neural pathways that are responsible for processing emotional responses to physical pain. That is why we experience physical pain such as headache, body ache, breathlessness, when we are stressed or sad (I experience spasms, jaw and joint pains when I am stressed or anxious. For every person, the experience is different).

So, if not prescribed with analgesics, what can we do to soothe our loneliness, physical and emotional pain during these uncertain times? We are all aware of how good it feels to be outdoors. The chirping birds, smell of first rain dampening the soil, breeze rustling

the branches, the scent of leaves and flowers, colours on a butterfly, the soft sunlight playing hide and seek through the leaves, the feel of an old crusty tree trunk on the palms of your hands, the pink sky, the sound of flowing river, the white foamy sea crashing on your feet, the grainy sand stuck in between your toes-all of these gives us comfort. Connecting with nature is thus, the answer. In this age of fast-paced concrete living spaces, we have lost touch with nature than ever before, and science has shown that it has changed our behaviour and how we think and feel.

Shinrin-yoku- an ancient Japanese practice of forest bathing has been long studied by researchers. *Shinrin* means "forest" and *yoku* means "bath" in Japanese, is a short, leisurely, yet a mindful visit to a forest (a green living space) and connecting with nature through all our senses. While doing *Shinrin-yoku*, we breathe in phytoncides, which are antimicrobial volatile organic compounds (essential oils) found in trees, which significantly decreases stress, improves our mood, attention, creativity, and immune function. A 2019 study of over 20,000 people led by the University of Exeter Medical School found that spending just two hours a week in nature-whether being active or just sitting and observing-significantly boosts our mental health and life satisfaction. Nature here does not only mean jungle and forests, but it can also be anything from your nearest garden to your street, or a park, and even that stray dog waiting for you to pet them. Consider hugging a tree when you go for a walk, name it, befriend it, have conversations with it, or just spend some silent time with it. Being with nature helps us form bonds, makes us empathetic, and emotionally aware. The best part - a walk in nature is never boring as it changes constantly. Every day, every season, there are always new things to observe. Similar to the concept of *Shinrin-yoku*, many emerging fields such as ecotherapy, adventure therapy, animal-assisted therapy, and German Kneipp Therapy are gaining popularity which brings psychology, environmental activism, and ecology together with the aim to better our overall wellbeing, foster healthier relationships, improve mental health, develop empathy, and manage difficult emotions.

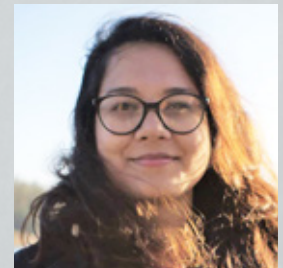
It is estimated that by the year 2050, close to 70 per cent of the world's population will be living in cities,

spending more time indoors. In addition, an average person's access to green space has become very limited in cities and towns. During a lockdown when we have restrictions in going out and enjoying nature, what are the possible solutions to bring nature close to us? Sure, we can bring in plants inside our home. Architects and scientists have now come up with Biophilic design, which centres around the idea of bringing and mimicking the great outdoors to the indoor environment, making our living space more green than grey. That means, at its simplest form of application, bringing in lots of plants in our living space with the intention of improving our well-being. Studies have shown that taking a break from our computer screens to stare at a desk-top plant gives the mind time to take a break and re-energises us to focus more. Technology and the internet can help us too in bringing us closer to nature virtually. Instead of mindlessly scrolling through the social media feeds and comparing ourselves with highly digitalised portraits of so-called "social media influencers", taking a moment to appreciate the

pictures of landscapes instead, can provide visual stimulation. Streaming radio shows, recorded and live TV broadcasts of wildlife stories and sounds can bring us close to nature virtually. Some mobile applications such as *Calm*, provide a great collection of outdoor sounds which we can listen to while working, reading, writing, or relaxing.

We might not be able to get back to the connectedness with nature in its truest, rawest form, with global warming, deforestation, poaching, war, and the ongoing pandemic. But we, as individuals, can try to strike a balance with nature in our everyday lives, by being mindful of how we use the natural resources and how we save them. In my tiny hostel room, I have been successful in caring for close to 50 plants; some are prickly, some trails, some are finicky, and some very resilient. Bees and butterflies come and visit them sometimes. At times, they are distractions when I want to concentrate on my academic work. But more than that, they provide me with emotional comfort, calmness, clarity, and tell me that we all are built to adapt, survive, and flourish. It is magic.

Monalisa
PhD Scholar



INTERNET: A BOON OR BANE?

Ever since the advent of the internet in the late 1980s, the decades that followed witnessed an exponential growth of the internet transforming the landscape of the modern world into a digital world. This internet explosion brought about a revolution. Today, the internet is at the core of everything we do in our lives from communication to shopping to banking to entertainment and recreation. We have become too dependent on it, so much so that living without it seems primitive.



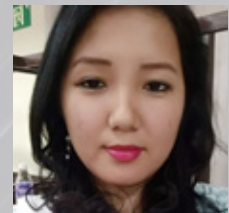
Today, we live in the information age, a time wherein a large amount of information is easily available using computer technology and high-speed internet. There is no doubt that easy access to information with a click of a mouse has made our life and learning easy but the availability of overwhelming information has also caused what is known as information overload. There is so much information on the net that it is not possible to use it effectively. For example, searching on Google is like opening the information floodgates and overwhelming information comes out rushing. We get drowned in it and end up wasting our time and draining our energy without much accomplishment.

The internet played a pivotal role in booming the information and communication technology (ICT) sector since its inception and of late, the pandemic has helped augment its reach and scope. For the last year and a half, the novel coronavirus has wreaked havoc in the world causing an unprecedented pandemic leading to a major public health crisis. Amidst this pandemic pandemonium, the internet has made it possible for us to work from home, shop from home, attend classes from home and stay at home during the lockdown. While the IT sector boosted by the internet is thriving, the health sector is striving against this pandemic because it is much easier to eradicate a computer virus than a viable virus affecting human lives. Therefore, the internet in many ways can solve the problems of the world but it does not make the world go round.

While the internet has made tremendous progress for us in all walks of life, it has also caused undue harm to society from cyber-crimes to cyber-bullying to cyberwarfare. The Internet also can be a dark place for example the dark web. Many times, our privacy and security are exploited on the net. The younger generation's uncontrolled access to the internet has also brought upon a new addiction. So, where do we draw the line? Let me compare the internet to a simple kitchen knife. Both share their commonality as a tool used in everyday life. Knives are used to cut vegetables but when misused, they can also be a dangerous weapon that can cause injury and death. But ultimately, how the knife is used comes down to the user. It is up to the user to either use it in the kitchen or misuse it to cause harm. Therefore, it is the onus of every netizen (users of the internet) to use the internet responsibly and judiciously. Simultaneously, governments should regulate internet usage to protect as well as prevent a breach of its citizen's privacy and security. Therefore, the invention of the internet was a major breakthrough for the world but if misused, it also has the power to cause serious harm to the world.

In conclusion, is the internet a boon or bane? The answer is both. The concept of dualism is a universal phenomenon. Just like the two sides of the same coin, the Yin and Yang, the positive and the negative, the internet also have its merits and demerits. The right question to ponder is: does the merit outweighs the demerits or vice versa?

Tenzin Phagdol
Research Scholar



OH CORONA!

Oh, Corona! You're a significant threat to us,
With or without knowing most of us are affected by you,
No warning signs and symptoms with happy hypoxia,
The health status of the world is worsening day by day with your invisible presence.

Oh, Corona! You're a significant threat to us,
You enter the body and settle in the lung, and your improbable spread makes the lungs worse,
The number of beds and ventilators in the hospital is increasing,
No proper last ritual and no place for burial.

Oh, Corona! You're a significant threat for us,
Health professional is in the fore frontline in their service,
The angels are providing 24/7 service without any noise,
Some of the innocents dedicated their life silently.

Oh, Corona! You're a significant threat to us,
You tried to close our school and colleges when we are busy completing our courses,
Students have become lazier, lost their enjoyable moments of schooling,
Parents are facing the burden of taking care of and teaching the children.

Oh, Corona! You're a significant threat to us.
We are uncertain, and all of us panic about the message from various media.
You made malls, and shops closed. As a result, we are struggling to get day-to-day things.
People are homeless, hungry, and jobless.

Oh, Corona! You're a significant threat to us,
Can you allow us to breathe fresh air and meet people without hesitation?
Let our day begin without a lockdown, quarantine, mask, and social distance?
And live happily without you???

Dr Yashoda S
Assistant Professor
MCON Manipal



A GLIMPSE TALE ABOUT THE UNIQUE BEAUTIES OF MANIPUR

Manipur is one of the states of Northeast India, that is gifted with serene beauty and magnificent diversity of flora, fauna, and lofty mountains. The First Prime Minister of India, Pandit Jawaharlal Nehru, called the state of Manipur “The Jewel of India,” and Mr Lord Irwin (Governor-General and Viceroy of India 1926-1931) once hailed it as “the Switzerland of India”. The state is snuggled deep within a lush green corner and an exotic landscape of Northeast India. Manipur is a land surrounded by nine hills; in the middle lies the plane area where the people reside with a total area of 22,327 sq km. Let us explore some of the natural creations which are found only in the land of Manipur and hence so-called a unique state (“Mani”- jewel, “Pur”- city or place):

Have you ever heard about the largest freshwater lake in North-East or Eastern India?

Behold the beauty - “**the loktak lake**”.

God creates beyond our premises of thought

The Loktak lake is situated at Moirang, a small town, known for its origin of enriching historical folktales woven around Manipur, India. The lake is the largest freshwater lake in Northeast India and the largest natural freshwater lake in the whole country, India. The lake is believed to be a gift of “Mother Nature” as it provides a way to serve thousands of livelihoods for the people and aqua life. In ancient times, for people who lived around the lake, their source of the economy was catching fish and selling in nearby markets. Not only fishing but there are also many more other resources like water chestnut (Heikak), vegetable plants, etc. which grew in the floating biomass (Phumdi) made up of organic matter, decay masses of vegetables and soil around the lake. The floating Phumdis provides a solid platform to construct the houses of the people. Nowadays, Loktak lake is the most popular hub of tourist spots, people built guest houses, the restaurant is above the Phumdis.

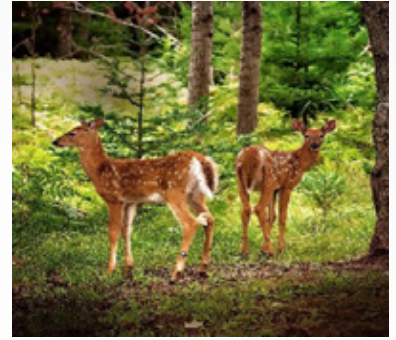


THE SANGAI



Other than the Loktak Lake, its arts and classical dance, sports, culture, etc., one of Manipur’s first things to introduce about the state is the Sangai. The brow-antlered deer (Sangai) or endangered deer is found only in Manipur at Keibul Lamjao National Park over the floating Phumdi in the south-eastern part of Loktak Lake. The park covers an area of 40 km, and the home range of the deer in the park is confined to 15-20 km. The Sangai is also known as the state animal of Manipur. The Sangai is a medium-sized deer and has a maximum

lifespan of around 10 years. They feed on varieties of living water plants, grasses, herbaceous plants, and shoots. Culturally the Sangai origin is based on the folklore of the Manipuris that the deer is significant as the binding soul between humans and nature. The Sangai is also considered as the symbol of a prized possession of the state. Sangai is known as one of the rarest animal species in the entire world.



Shirui Lily or Siroy Lily

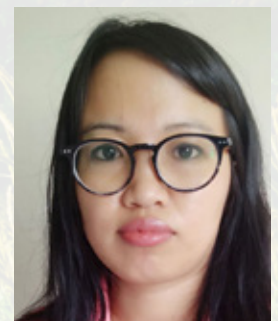


Siroy Lily is the state flower of Manipur, found at Shirui Hill, Ukhrul District. It is known for its rare and modest beauty. Its botanical name is “*Lilium Mackliniae* Sealy”. In 1946, Dr Frank Ward, a botanist, and his wife Jean Macklin came to Manipur hills to collect botanical specimens on behalf of the New York Botanical Society. They discovered Siroy Lily, and the lily gets its name from Macklin, the second wife of plant-hunter Frank Kingdon-Ward. The shade-loving lily has pale bluish-pink petals and is a seasonal flowering plant and blooms

in May and June. The height of the plant is 1 to 3 ft and it has 1 to 7 flowers per plant. The flower is pinkish white, delicately flushed pink at the base, and hanging looking down; in fact, the flower is compared to a beautiful and modest girl by the people of Manipur. Shirui Hill is blessed with the rare and endangered species of Siroy lily. The lily bagged the prestigious merit prize from the Royal Horticultural Society’s show in London in 1948.



These are just a few unique beauties, and there are many more tourist places, sports arena, fauna, flora, arts, folk tale, and different cultures of the people living in Manipur. When exploring other places in India, one can visit Manipur, a perfect for nature lovers, known for its rich Arts and Culture, Sports, and an evergreen tourist destination situated in the heart of Northeast India.



Meena Konsam
PhD Scholar

JOG FALLS - KARNATAKA'S PRIDE

ಮಾನವನಾಗಿ ಹುಟ್ಟಿದ ಮೇಲೆ ಏನೇನ್ ಕಂಡಿ
ಸಾಯೋತನಕ ಸಂಸಾರದಲ್ಲಿ ಗಂಡಾ ಗುಂಡಿ
ಏರಿಕೊಂಡು ಹೋಗೋದಿಲ್ಲ ಸತ್ತಾಗ್ ಬಂಡಿ
ಇರೋದ್ರೊಳಗೆ ಒಮ್ಮೆ ನೋಡು ಜೋಗಾ ಗುಂಡಿ



These are the lyrics of a popular Kannada film song sung and acted by legendary actor Dr Rajkumar, which means that after you are born as a human being, you must see Jog falls at least once before you die.

Jog Falls is a major tourist attraction in Karnataka, and it is situated in the Western Ghats of Sagara Taluk in the Shimoga district. It is located in thick evergreen forests 16 km (9.9 miles) from Talguppa's closest rail station. Gerusoppe Falls, Gersoppa Falls, and Jogada Gundi are some of the other names for this waterfall. These are located in thick evergreen forests and are one of nature's magnificent masterpieces. The wild and scenic area surrounding it, which is covered in an abundance of lush foliage, adds to the impact of these striking falls. It is the most spectacular and second-largest plunge waterfall in India. During the monsoon season, the falls have a breath-taking view, with rainbows appearing now and then.

The beautiful Jog falls is created by the river Sharavati. Ambutheerta in Thirthahalli taluk of Shimoga district in Karnataka state, India, is the source of the Sharavathi river. Sharavathi originates in the Western Ghats and flows into the Arabian Sea at Honnavar in Uttara Kannada. It is one of the rivers that flows westward and plunges over a very rocky bed from the height of 829 ft (253 m) in four majestic cascades known as Raja, Rani, Roarer, and Rocket. These four separate falls made Jog falls more attractive with the scenic backdrop. The Raja Fall pours in one continuous column sheer to a depth of 830 ft (250 m). Halfway down, it is met by the Roarer, another plunge that precipitates itself into a huge cup and then rushes violently downwards at a 45-degree angle to reach the Raja. The Rocket, a third fall, shoots backwards in a pair of jets, while the Rani, a fourth fall, passes quietly down the mountainside in a sheet of foam. That is a full-length vertical plunge with no slopes, causing the water to thunder down. Jog waterfalls, with an estimated water flow rate of 5387 cubic feet per second, are ranked 13th in the world by the waterfall database. The falls are a popular tourist attraction, ranking 36th among free-falling waterfalls, 490th among waterfalls by total height, and 128th among single-drop waterfalls in the world, according to the waterfall index. The Tourism Department has constructed stairs from the viewpoint to the bottom of the slope, where the waterfall can be seen on the other side. To get to the bottom of the climb, there are approximately 1400 stairs.

The adjacent Linganamakki Dam, which spans the Sharavati River, is connected to the waterfall. The power station here has been in service since 1948 and has a capacity of 120 MW, making it one of the largest hydroelectric plants in India at the time and a minor source of electricity for Karnataka today. The Mysore government developed the hydroelectric dam in mid-1943. A scheme was devised to produce 64,000 horsepower for 358 lakhs. The capacity was later expanded and now produces 6.7 MW of electricity.

Jog falls is one of the unique falls and Karnataka's most popular tourist destinations. Unlike other waterfalls, the water thunders down rather than flowing down the cliffs. The months of August and December are ideal for visiting the Jog Falls. With mild rainfall, the air is extremely relaxing and soothing. Temperatures range from a chilly 15°C to a pleasant 30°C.

Anupama D S
PhD Scholar



ANGEL OF LOVE

After a long-awaited time
I had come out to dine
Without that supportive cane
In a new hopeful lane

She gave me this life
To stop the self-strife
To stand up once again
And proudly win this game

My kin left my side
With the gems on which I relied
But she brought them all
Love care and a pal

She taught me to stand
Always lending a helping hand
She said it was her duty
Never being so choosy

I learned to walk
From bed to the next block
And I found myself
With just her help

Nurse - they gave her this name
But I don't agree with the same
She is the angel of love I say
Healing the pain in her own way.



Sheela Shetty
Assistant Professor
MCON Manipal



ಕರಾವಳಿಯ ಪ್ರಭಾವಳಿ ಕೋಡಿಬೆಂಗ್ಗೆ

ಕಾಲೇಜು ಮುಗಿಸಿ ಸಂಜೆ ಮನೆಗೆ ಬಂದಾಗ ದಿನದ ಕೆಲಸ ಹಾಗೂ ಒತ್ತಡಗಳಿಂದ ಮೈಮನಸ್ಸು ತುಂಬಾ ಆಯಾಸಗೊಂಡಿತ್ತು. ವಾರದ ಕೊನೆಯ ದಿನವಾದ್ದರಿಂದ ಕಾಲೇಜು ಕೆಲಸ ಹಾಗೂ ಮೀಟಿಂಗ್ ಎಂದು ಸ್ವಲ್ಪ ಜಾಸ್ತಿಯೇ ಕೆಲಸ ಇತ್ತು. ನಾಳೆ ರವಿವಾರ, ರಜಾದಿನ ನೆನಪಾಯಿತು ನನ್ನ ಹುಟ್ಟುರು ಕಡಲ ತಡಿಯ ಕೋಡಿಬೆಂಗ್ಗೆ. ಆ ಪ್ರಕೃತಿಯ ಸವಿದರೆ ಎಲ್ಲಾ ಆಯಾಸ ಮಾಯವಾಗುತ್ತದೆ ಎಂದು ನೆನೆದು ತುಂಬಾ ಸಂತೋಷವಾಯಿತು.

ವೈದ್ಯಕೀಯ ಹಾಗೂ ಶೈಕ್ಷಣಿಕ ಕೇಂದ್ರವೆಂದು ಹೆಸರಾದ ಊರು ಮಣಿಪಾಲ. ಇದು ಜಿಲ್ಲಾ ಹಾಗೂ ತಾಲೂಕು ಕೇಂದ್ರವಾದ ಉಡುಪಿಗೆ 5 ಕಿ.ಮೀ. ದೂರದಲ್ಲಿದೆ. ಬೆಳಿಗ್ಗೆ ಬೇಗನೆ ಎದ್ದು ಮಣಿಪಾಲದಿಂದ ಪೊಡವಿಗೊಡೆಯ ಶ್ರೀಕೃಷ್ಣನ ನಾಡಾದ ಉಡುಪಿಗೆ ಬಂದು 16 ಕಿ.ಮೀ. ದೂರದಲ್ಲಿರುವ ಕೋಡಿಬೆಂಗ್ಗೆಗೆ ಹೊರಟೆವು. ಈಗ ನಮ್ಮ ಪಯಣ ಕೋಡಿಬೆಂಗ್ಗೆಯತ್ತ. ಉಡುಪಿಯ ರಾಷ್ಟ್ರೀಯ ಹೆದ್ದಾರಿಯಲ್ಲಿ ಸಂತೆಕಟ್ಟಿಗೆ ಬಂದು, ಪಶ್ಚಿಮಕ್ಕೆ ಕೆಮ್ಮಣ್ಣು ಮಾರ್ಗವಾಗಿ ಹೂಡೆಗೆ. ಅಲ್ಲಿಂದ ಉತ್ತರಕ್ಕೆ 3 ಕಿ.ಮೀ. ದೂರದಲ್ಲಿರುವ ಕೋಡಿಬೆಂಗ್ಗೆಯತ್ತ ತಿರುಗಿತು ನಮ್ಮ ಕಾರು ಎಂಬ ರಥ.

ಕೋಡಿಬೆಂಗ್ಗೆಗೆ ಸಾಗುವ ಮಾರ್ಗವೇ ಚೆಂದ. ತೆಂಗಿನ ತೋಪಿನೊಳಗೆ ಸಾಗುತ್ತಿತ್ತು ನಮ್ಮ ದಾರಿ. ರಸ್ತೆ ಅಗಲಿಕರಣ ಎನ್ನುವ ಕಾರಣದೊಂದಿಗೆ ಮರಗಳ ಮಾರಣಹೋಮಕ್ಕೆ ಯತ್ನಿಸಿದಲ್ಲಿನಿಸಿ ಮನಸ್ಸಿಗೆ ಹಿತವೆನಿಸಿತು. ಕೋಡಿಬೆಂಗ್ಗೆಗೆ ಬಂದು ತಲುಪಿದಾಗ ಇನ್ನು ನಸುಕು ಸರಿಯುತಿತ್ತು. ಊರು ನೋಡಿದಾಗ ಅನಿಸಿತು ಇದು ಕಡಲು ಮಡಿಲ ಊರು ಎಂದು. ಕೋಡಿಬೆಂಗ್ಗೆ ನಿಜವಾಗಲೂ ಪರಶುರಾಮ ಸೃಷ್ಟಿ ಎಂಬಂತಿದೆ. ಮೂರು ಕಡೆ ಜಲ ಒಂದು ಕಡೆ ನೆಲದಿಂದ ಆವೃತವಾದ ಪರ್ಯಾಯ ದ್ವೀಪವಿದು. ಮುತ್ಯೆದೆಯೋರ್ವಳ ಬೈತಲೆ ನೆನಪಿಸುವಂತಿತ್ತು. ಈ ಊರಿನ ಅಗಲ ನಾವೇ ಮೀಟರ್ ಗಳಲ್ಲಿ ಅಳೆಯಬಹುದು. ಪಶ್ಚಿಮದಲ್ಲಿ ಬೋರ್ಗರೆಯುವ ಅರಬ್ಬಿ ಸಮುದ್ರ, ಪೂರ್ವದಲ್ಲಿ ದೂರದ ಪಶ್ಚಿಮಘಟ್ಟಗಳ ಸಾಲಲ್ಲಿ ಹರಿದು ಲಾಸ್ಯದೊಂದಿಗೆ ಒಡೋಡಿ ಬರುವ ಸೀತಾ ಹಾಗೂ ಸುವರ್ಣ ನದಿಗಳು ರಮಣೀಯವಾಗಿ ಸಂಧಿಸಿ, ಗೆಳತಿಯರು ಒಟ್ಟಿಗೆ ಪ್ರೀತಿಯಿಂದ ಸಂತೋಷದಿಂದ ಸರಸನೆ ಹೆಜ್ಜೆ ಹಾಕುವ ಹಾಗೆ ಇವೆರಡು ನದಿಗಳು ಕೋಡಿಬೆಂಗ್ಗೆಯಲ್ಲಿ ಒಂದಾಗಿ ಹರಿದು ಉತ್ತರದಲ್ಲಿ ಅರಬ್ಬಿ ಸಮುದ್ರದೊಂದಿಗೆ ಸಾಗರ ಸಂಗಮವಾಗುವ ಪರಿ ರುದ್ರ, ರಮಣೀಯ, ರೋಮಾಂಚನ ಹಾಗೂ ನಯನ ಮನೋಹರವಾಗಿದೆ. ಆಗಲೇ ಪೂರ್ವದಲ್ಲಿ ಪಶ್ಚಿಮಘಟ್ಟಗಳ ಮರೆಯಿಂದ ಬಾಲ ರವಿ ಇಣುಕ ತೊಡಗಿದ. ದಿನಮಣಿಯ ಹೊಂಗಿರಣಗಳು ನದಿಯ ನೀರಿನೊಂದಿಗೆ ಪೈಪೋಟಿ ನಡೆಸಿ ತಂಗಾಳಿಯೊಂದಿಗೆ ಕಚಗುಳಿ ಇಡುತ್ತಿದ್ದವು. ಬಾನಾಡಿಗಳು ಚಿಲಿಪಿಲಿ ಕಲರವದೊಂದಿಗೆ ತಮ್ಮ ಸಂಚಾರಕ್ಕೆ ಹೊರಟಿದ್ದವು. ದೂರದ ಪಶ್ಚಿಮಘಟ್ಟಗಳ ಸಾಲು ಗಜರಾಜರ ಹಿಂಡೊಂದು ಶಿಸ್ತಿನಿಂದ ಪಹರೆಗೆ ನಿಂತಂತಿತ್ತು. ಊರಿಗೆಲ್ಲ ಬಂಗಾರವರ್ಣ ಸಿಂಚನವಾಗಿತ್ತು. ಈ ಸುಂದರ ಸೂರ್ಯೋದಯವನ್ನು ಕಣ್ತುಂಬಿಕೊಂಡ ಆ ಕ್ಷಣ ನಮ್ಮ ಕ್ಯಾಮರ ಕಣ್ಣಲ್ಲಿ ಬಂದಿಯಾಯಿತು. ದೈವ ದೇವರುಗಳ ನೆಲೆ ಬೀಡಾದ ಕೋಡಿಬೆಂಗ್ಗೆಯ ದೇವಸ್ಥಾನ, ಮಂದಿರಗಳಲ್ಲಿ ಬೆಳಗ್ಗಿನ ಸುಪ್ರಭಾತ ಕಿವಿಗೆ ತಂಪೆನಿಸಿತು. ಪ್ರಾಕೃತಿಕ ಸೌಂದರ್ಯದ ಪ್ರಶಾಂತ ತಾಣವಾಗಿರುವ ಈ ಪುಣ್ಯ ಭೂಮಿಯಲ್ಲಿ ಶಕ್ತಿರೂಪಿಯಾಗಿ ನೆಲೆಯಾದ ಶ್ರೀ ದುರ್ಗಾಪರಮೇಶ್ವರೀ ಅಮ್ಮನವರ ಶ್ರೀ ಕ್ಷೇತ್ರ.

ಮನೆ ತಲುಪಿದಾಗ ಹಚ್ಚಹಸಿರಿನ ಹೂಗಿಡಗಳ ಉದ್ಯಾನದಲ್ಲಿ ದೇವರ ಪೂಜೆಗೆ ಹೂ ಕೀಳುತ್ತಿರುವ ತಾಯಿ ವನದೇವತೆ



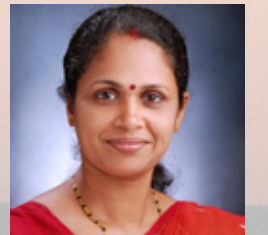
ನಿಂತಂತಿತ್ತು. ಆದರದ ಸ್ವಾಗತದೊಂದಿಗೆ ಮನೆಯೊಳಗಡೆ ಹೋದವು. ಬೆಳಗ್ಗಿನ ಉಪಹಾರ ಮುಗಿಸಿ ಊರು ಸುತ್ತಲು ಹೊರಟೆವು. ಕೋಡಿಬೆಂಗೆ ಪುಟ್ಟದಾದ ಊರಾದರು ಆರ್ಥಿಕವಾಗಿ, ಶೈಕ್ಷಣಿಕವಾಗಿ, ಸಾಮಾಜಿಕವಾಗಿ ಅಭಿವೃದ್ಧಿ ಹೊಂದಿದ ಊರು. ಈ ಊರಿನ ಆರ್ಥಿಕ ಬೆನ್ನಲುಬು ಮೀನುಗಾರಿಕೆ. ಮೀನುಗಾರಿಕೆ ಮೂಲ ಕಸುಬಾದರು ಅದನ್ನು ಅವಲಂಬಿಸಿ ಇತರ ಕೈಗಾರಿಕೆಗಳು ಕ್ರಮೇಣ ಆಧಾರಿತ ಚಟುವಟಿಕೆ ಹೇರಳವಾಗಿದೆ.

ಈ ಊರು ಸರ್ವಾಂಗೀಣ ಅಭಿವೃದ್ಧಿ ಕಂಡಿದೆ. “ಬೇಟೆ ಪಡಾವೊ, ಗರೀಬಿ ಹಟಾವೊ”, “ಸ್ವಚ್ಛತಾ ಆಂದೋಲನ” ಎಲ್ಲೆಲ್ಲೂ ಕಂಡು ಬರುತ್ತಿದೆ. ಇಲ್ಲಿನ ಆರ್ಥಿಕ, ರಾಜಕೀಯ, ಸಾಮಾಜಿಕ ಮತ್ತು ಶೈಕ್ಷಣಿಕವಾಗಿ ಅಭಿವೃದ್ಧಿ ಗಮನಾರ್ಹ. ವಾಯುಮಾಲಿನ್ಯ, ಶಬ್ದಮಾಲಿನ್ಯವಿಲ್ಲದ ಸುಂದರ ಊರು ಎನಿಸಿತು. ಸ್ವಚ್ಛ ಗಾಳಿ, ಸ್ವಚ್ಛ ಜಲ, ಸ್ವಚ್ಛ ಪರಿಸರ ಎಂದರೆ ಕೋಡಿಬೆಂಗೆಯೇ ಎಂಬಂತಿದೆ. ನದಿಯ ಹಿನ್ನಿರಿನಲ್ಲಿ ಬೋಟಿಂಗ್ ವ್ಯವಸ್ಥೆಯಿದೆ. ಪ್ರವಾಸೋದ್ಯಮ ಇಲ್ಲಿನ ಆಕರ್ಷಣೆ. ಪ್ರವಾಸಕ್ಕೆಂದು ಐಷರಾಮಿ ಬೋಟ್ ಹೌಸ್ /ಕ್ರೂಸ್ ಗಳಿವೆ. ಅದರಲ್ಲಿ ಅಡ್ಡಾಡಿ ಬಂದೆವು. ಅದರೊಳಗಿನ ಹಾಡು, ಕುಣಿತ, ತಾಜಾ ಮೀನಿನ ಭೋಜನ ಬಹಳ ಚೆನ್ನಾಗಿತ್ತು.

ಆಗಲೆ ಸೂರ್ಯ ಭಾನಂಚಿಗೆ ಇಳಿಯತೊಡಗಿದ. ಸಂಜೆಯು ರಂಗೇರತೊಡಗಿತು. ಭಾನು ಚಿತ್ತಾಕರ್ಷಣೆ ಆಯಿತು. ಸುಂದರ ಕೋಡಿಬೆಂಗೆಗೆ ಪುಟವಿಟ್ಟಂತೆ ಇಲ್ಲಿಯ ಡೆಲ್ಟಾ ಬೀಚ್. ಡೆಲ್ಟಾ ಬೀಚಿನ ಹೆಸರೆ ಹೇಳುವಂತೆ ನದಿ ಸಮುದ್ರ ಸೇರುವ ಮುಖಜ ಭೂಮಿ. ಸುಂದರ ಬೀಚಿಗೊಂದು ಸುಂದರ ಹೆಸರು. ಇದು ಮಣಿಪಾಲದ ಹಳೇ ವಿದ್ಯಾರ್ಥಿಗಳು ಇಟ್ಟ ಹೆಸರು. ಡೆಲ್ಟಾ ಬೀಚಿನ ವೀಕ್ಷಣೆ ಮತ್ತು ಸೂರ್ಯಾಸ್ತದ ಆಸ್ವಾದನೆಗೆಂದು ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ ಪ್ರವಾಸಿಗರು ಬರುತ್ತಾರೆ. ನಾವು ಅಲ್ಲಿನ ಸೂರ್ಯಾಸ್ತವನ್ನು ಮನಸಾರೆ ಸವಿದು ಸಮುದ್ರ ತಟದಲ್ಲಿ ತಂಗಾಳಿಯೊಂದಿಗೆ ಅಲ್ಲಿನ ನೀರಿನೊಂದಿಗೆ ಕುಣಿದು ನಲಿದೆವು. ಸಮುದ್ರದಲ್ಲಿ ಮೀನುಗಾರಿಕೆ ನಡೆಸುವ ಬೋಟುಗಳು, ಸಾಂಪ್ರದಾಯಿಕ ಮೀನುಗಾರಿಕೆ ಮಾಡುವ ನಾಡದೋಣಿಗಳು ನೀರಿನ ಅಲೆಯೊಂದಿಗೆ ಏರಿಳಿಯುವ ನೌಕೆಗಳ ಆ ನೋಟ ಕಲಾವಿದನ ಕುಂಚದಿಂದಿಳಿದ ದ್ರಶ್ಯಕಾವ್ಯದಂತಿತ್ತು. ಸಮುದ್ರ ನೀರಿನ ಮೇಲೆ ಕುಳಿತ ಕಡಲ ಹಕ್ಕಿಗಳನ್ನು ನೋಡಿದಾಗ "ತ್ರಣ ಮಾತ್ರ ನಾನು, ಎಲ್ಲವೂ ನೀನೇ ಭಗವಂತ" ಎನ್ನುವ ದಾಸರ ನುಡಿ ನೆನಪಾಯಿತು.

ಸಮುದ್ರ ದಂಡೆಯ ಬಂಡೆಯ ಮೇಲೆ ಕುಳಿತು ಸಮುದ್ರ ವೀಕ್ಷಣೆಯ ಆ ಕ್ಷಣ ಅವರ್ಣನೀಯ. ಕಣ್ಣು ಹಾಯುವಷ್ಟು ಉದ್ದಕ್ಕೂ ಸಮುದ್ರದ ಉಕ್ಕಿಬರುತ್ತಿರುವ ಅಲೆಗಳನ್ನು ನೋಡುತ್ತಿದ್ದಂತೆ ಬಾಲ್ಯದ ನೆನಪಿನ ಸುರುಳಿ ಬಿಚ್ಚಿ ಮನಸ್ಸಿಗೆ ಹಾಯೆನಿಸಿತು. ಮರಳಿನಲ್ಲಿ ಮನೆಮಾಡುವುದು (Sand castle), ಸಮುದ್ರದಲ್ಲಿ ತಟದಲ್ಲಿ ಈಜುವುದು, ಬಣ್ಣ ಬಣ್ಣದ ಚಿಪ್ಪುಗಳನ್ನು ಹುಡುಕಾಡುವುದು, ಕುಂಟೆಬಿಲ್ಲೆ ಆಟ...ಒಂದೇ, ಎರಡೇ.... ಈ ಊರಲ್ಲಿ ಹುಟ್ಟಿ ಬೆಳೆದ ನಾವೆಷ್ಟು ಅದ್ರಷ್ಟವಂತರು. ತಂಪಾದ ಸ್ವಚ್ಛ ಗಾಳಿ ಮೈಮನಸ್ಸಿಗೆ ತುಂಬಾ ಮುದನೀಡುತ್ತಿತ್ತು. ಅಷ್ಟರಲ್ಲಿ ದಿನಕರ ಭಾನಂಚಿಗೆ ಜಾರತೊಡಗಿದ. ದೂರದಿಂದ ಮಸೀದಿಯಲ್ಲಿ ಸಂಜೆಯ ಬಾಂಗ್ ಹಾಗೂ ದೇವಸ್ಥಾನ ಮತ್ತು ಮಂದಿರಗಳಲ್ಲಿ ದೇವರನಾಮ ಪ್ರಾರಂಭವಾಯಿತು. ಸುಂದರ ಸೂರ್ಯಾಸ್ತವನ್ನು ಕಣ್ಣಲ್ಲಿ ತುಂಬಿಕೊಂಡು, ವಾರದ ಆಯಾಸ, ಒತ್ತಡವೆಲ್ಲ ಮಾಯವಾಗಿ ಮೈಮನ ತುಂಬಾ ಲವಲವಿಕೆಯಿಂದ ಹಗುರಾದ ಭಾವದೊಂದಿಗೆ ಕೋಡಿಬೆಂಗೆಗೊಂದು ವಿದಾಯವನ್ನು ಹೇಳಿ ಮಣಿಪಾಲಕ್ಕೆ ತಿರುಗಿ ಪಯಣ ಬೆಳೆಸಿದಾಗ ನನಗನಿಸಿತು ಕರಾವಳಿಯ ಪ್ರಭಾವಳಿ ಈ ಕೋಡಿಬೆಂಗೆ.

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ಅಪ್ಪ ನನ್ನ ಸರ್ವಸ್ವ

ಅಪ್ಪ ನನ್ನ ಈ ಜನುಮ ದೇವರು ಕೊಟ್ಟ ಅಕೂರ್ಪ ವರದಾನ
ನನ್ನ ಪುಟ್ಟ ತೊಡಲು ಮಾತಿಗೆ ನಗುವ ನಿನ್ನ ಬಾಳು ಪಾವನ
ನನ್ನ ಮೊದಲ ವೀರ ನನ್ನ ಕ್ರೀಡೆಯ ಅಪ್ಪ
ನನ್ನ ಪುಟ್ಟ ಬೆರಳನು ಹಿಡಿದು ಹೆಗಲ ಮೇಲೆ ಕೂರಿಸಿ ಅಡಿದ ಆಟ
ಮಿನುಗುವ ತಾರ ಚುಕ್ಕಿಗಳನ್ನು ನೋಡಿ ನೀನು ನನಗೆ ಹೇಳಿ ಕೊಡುವ ಪಾಠ
ನೀ ನನ್ನ ಸಂಗಡ ಇದ್ದರೆ ಸಿಗುವ ಧೈರ್ಯ ಸ್ಫೂರ್ತಿ
ಅದೇ ನಾ. . . ಯಾರೊಂದಿಗೆ ನೋಲಲ್ಲ
ನಿಮ್ಮ ಹೆಸರಲ್ಲ ಅಡಗಿದೆ ನನ್ನ ಜೀವನದ ಮುಂದಿನ ಕೀರ್ತಿ
ನನ್ನ ಈ ಮೌನದಲ್ಲಿ ಅರ್ಥವನ್ನು ಕಂಡು ನನ್ನ ವಿಲ್ಲಾ ಅನೆಯನ್ನು ಕೇಡೇಲಿಸುವ ನನ್ನಪ್ಪ
ನಿನ್ನ ಥೀರ ಮುಖ ಮನಸ್ಸು ಬಲು ಕೋಮಲ
ನಿನ್ನ ನಗು ಮುಖ ನೋಡಲು ನಾ ಪಡುವ ಹಂಬಲ
ಹಗಲರುಳು ದುಡಿದು ನನ್ನಾನೆಯನ್ನು ನೀಗುವ ಅಪ್ಪ. . .
ನನ್ನ ಯೌವನಾವಸ್ಥೆಯಲಿ ನೀ ಪಡುವ ಸಂಕಟ
ನಿಮ್ಮ ಹಾಗೆ ಪರಿಪೂರ್ಣ ಬಾಳ ಸಂಗಾತಿಯನ್ನು ಪಡುಕುವ ಪರದಾಟ
ನನ್ನ ಬಾಳನ್ನು ಬೆಳಗಿಸುವ ಅಪ್ಪ ನೀನು. . . .
ನೀನು ನನಗೆ ಪಡುಕಿದ ಬಾಳ ಸಂಗಾತಿಯಲ್ಲಿ ನಿನ್ನ ಗುಣಗಳನ್ನು ಪಡುಕಿದೆ
ನನ್ನ ಬಾಳ ಸಂಗಾತಿಯಲ್ಲಿ ನಿನ್ನ ಗುಣಗಳನ್ನು ಕಾಣಲು ಹಂಬಲಿಸುವುದು ಈ ನನ್ನ ಮನ
ಓ. ನನ್ನ ಕ್ರೀಡೆಯ ಅಪ್ಪ.

Dr Maria Pais

Assistant Professor
Dept. OBG Nursing
MCON, Manipal



THE GENERATION GAP BETWEEN PARENTS AND CHILDREN



Adolescence is often the time when the society around them influences children. As our world evolves and changes, things seldom stay the same, resulting in generational gaps between parents and children. Because time passes and change is inescapable, each generation's values, preferences, and outlook on life change. The distinction between them is referred to as the generation gap.

Lack of comprehension is the primary cause of the generation gap that exists between parents and children. Due to the societal change, their way of thinking and perceiving the observed events has also been changed. Parents often make mistake by not tolerating the children's mistakes and frequently chastise them for such behaviour. Children must make errors in order to learn and grow in life, but punishing them simply increases the gap and prevents effective communication between parents and children. Parents frequently have dreams for their children, and they often push them in that direction without considering what their children desire. Another reason from which the difference widens is when youngsters are compared to each other or even to how you were as a child. This leads individuals to lose faith in themselves and might suffocate whatever excitement they may have had earlier. Parents are frequently too weary to spend enough time with their children every day due to the obligations of adulthood and the stress that comes with working life. As a result, there is a lack of communication and contact across generations, deepening the generation gap.

Maintain an open mind. Children's thinking differs from that of their parents. Parents frequently believe that since they have been their child's age, they better understand life and the environment where the child

grows. The reality is that at present, the child's environment is different when compared to their parents. Every child learns excellent or bad habits through their peer group or family. It is apparent that most of the time, abnormal behaviour of their child will surprise some parents. Therefore, it is precarious to have an open mind and not assume they are similar to you when you were of their age. You must also realize that some things are known in society and, as a result, are acceptable to your child. When you were the same age, that might not have been acceptable. It is precisely in these areas that parents must strive to retain an open mind to understand their children better. It is critical to set aside time each day to speak with your children.

Parents play a significant role while caring for their children. If parent-child bonding is strong, parents will have peace of mind because they will not have to worry about their children withholding crucial information. Parents must give their children uninterrupted time to speak and have the patience to listen to what they have to say. When parents listen to their child's thoughts and feelings, it gives them the impression that you care about what they want or feel, which helps them be closer to you than previously. Instead of lecturing the child if the parents are available to listen to their child motivates them to be more robust and comfortable in facing any problems. You will narrow the generation gap to some extent if you can comprehend where your child is coming from. It is important not to compare your child with others; instead, love and support your child for their good qualities. Also, show your children how much you care about them. Parents' support encourages youngsters to reciprocate with the same love and compassion.

Most of the time, parents push their children to accept their point of view or do what they want their child to do, but it is observed that the child is not interested, and they compromise their dreams because of their parents. There will be moments when you need to be firm with your children, but reaching an agreement rather than dictating their every action can bring them closer to you and narrow the generation gap. It is vital to remember that they have their views and beliefs and that being patient and kind will assist in bridging the generation gap that separates parent and child.

Edlin Glane Mathias
PhD Scholar



Stay connected...



We live in a world where people are physically isolated from each other due to the pandemic. Even though our friends are one call away from us, sometimes we tend to contain ourselves in our little bubble. But staying connected with your friends or families is very essential, now more than ever. Because many people, especially young adults, are going through a lot of mental and physical trauma these days.

**“He that is thy friend indeed,
He will help thee in thy need,
If thou sorrow, he will weep,
If thou wake, he cannot sleep,
Thus, of every grief in heart,
He with thee doth bear a part.”**

These are the famous words of Shakespeare. Many around us need a friend to comfort and support them. And many are searching for a friend who is true and faithful, someone to lift them when they are down. So, how can we be that friend to someone in this post-Covid time?

In this digital era, it is not very difficult to connect with people around us, from the comforts of our rooms. Some many online sites and applications have come up during these lockdown days to keep us connected. But sometimes a simple text can do a lot more than we think. A typical “How are you?” text can trigger someone to unwind their worries and thoughts to you.

Staying connected is not just for the good of others, but it is beneficial to ourselves too. I have a friend who always sends me a “Good morning” text every day without fail. One day suddenly she stopped sending this. And I noticed it right away because her text is the first thing I see when I wake up. So, I reached out to her, and we talked for more than an hour that day. She was going through some family problems and poured her heart out to me. And she thanked me for listening to her, but if it had not been for her “Good morning” texts, I would not have reached out to her.

Can you imagine a world where everyone is on their own, without any human contact? In 2020, 17.9 per cent of suicides worldwide were from our country, India. And many young people are falling into depression day by day. Let us take the initiative to be a friend who supports and comforts others. Let us spread love and make this world a better place to live in.

Kezia Marium Cherian
III Year BSc Nursing



Hope amidst fear

If you could hear, what I have to say,
If you could listen with your heart and not your ear,
If you could stay by my side today,
And never leave me through the year.

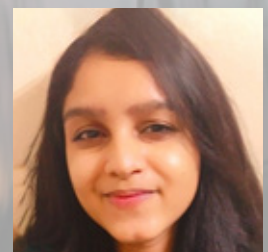
If you become the arrows to my bow,
If you become the blood that flows through my veins,
If you become the price to the debt, I owe,
And become the spark to my flames.

My crown will become yours,
My words will be your own,
My battle will be yours,
My victory will be your throne.

But if you turn my arrows against me,
And harden the blood in my vein,
I'll reveal the anger inside of me,
And your soul will dwell in pain.

The river of your gains,
I'll quench,
Amid chains.

For I am neither the wind nor the water,
But am the fear that consumes you,
Nor drought or famine will matter,
For every eye will be the death of you.



Anjetha Sojan
Third-year BSc Nursing

Life Goes On...

Sometimes it's just what our life teaches us,
Whether right or wrong we will realize the facts
that makes us choose correct paths.
Be it love or hate it will always lead us to something
that will mould us into mature beings.
False promises,
Burning dreams,
Heartless wishes,
All leads to a place in paradise,
But realize the fact it's life and it must go on...

Alby Mathew Varghese
I Year BSc Nursing



A FEARED NIGHT

That day, I was roaming there,
I looked the whole place,
I found something unusual,
I feared because of my feeling,
I thought that something was behind me.
I feared that day.

I went to my room,
I felt like someone is following me,
I looked the whole place
And I found nothing.
I feared that day.

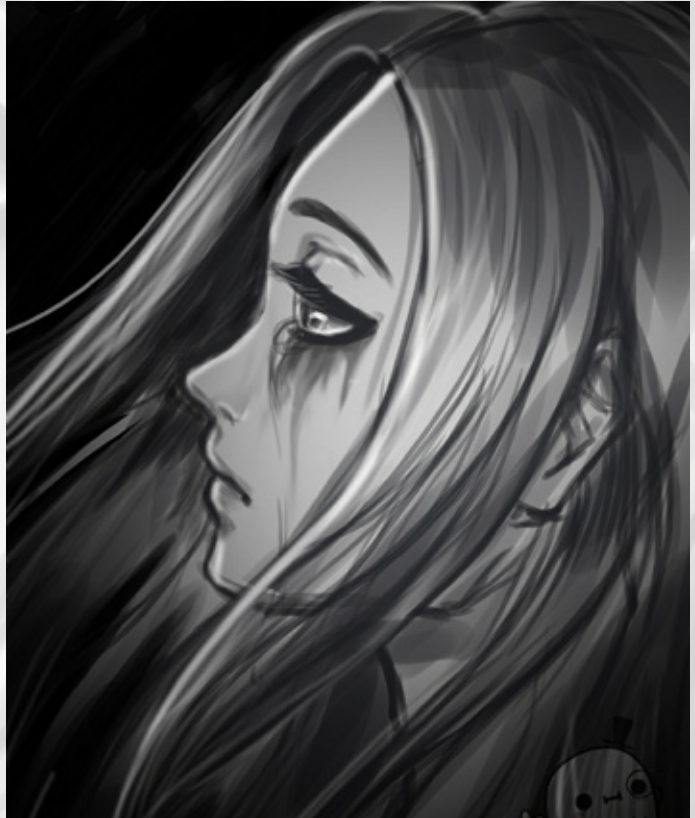
I prayed,
And I felt him telling me something,
Bling of wind,
Suddenly the lights dripped.
I feared that day.

I felt like someone is sitting with me,
I feared, searched for lights, but
Didn't get it,
I feared that day.

I heard some noise,
Slowly it increased and came closer.
I feared that day.

I ran to my room, suddenly
I felt down, I felt like somebody pushed,
I feared that day.

I woke up and looked around,
Everybody was there.
Then soon I realized that it was a nightmare,
I prayed.
I feared that day.



Anagha S Nair
II Year BSc Nursing

THE FALLEN TREE

Behind the giant tree,
We met for the first time.
You were anxious saying so,
And I was smiling hearing so.
I felt like we were in love.

Holding your hands,
We walked through the shores.
We wrote our names on the
sand of the shores.
I felt like we were in love.

The way you played the guitar,
And the way you made me
smile,
You were my sun and,
I was your ray.

I felt like we were in love.
We sat near the tree,
And we felt free.
The leaves on the tree
Nodded with the wind,
I felt like we were in love.

Looking at that tree,
My heart starts to beat.
Staying with you behind the
giant tree,
I felt like we were in love.

You were changing and,
Started avoiding me.
I waited for you, for a long,
Behind the giant tree,

I thought you were busy.
I felt it was like a part of love.

Days went on but,
You didn't come on,
The leaves on the tree fall,
I feared,
I felt it was like a part of love.

I saw people pulling down an
arm,
Where I saw the watch, that I
gave him.
But now that was a memory,
Soon I realized that,
It was a part of life.



Anagha S Nair
II Year BSc Nursing



A MEANINGFUL SWIRL IN LIFE



Like any teenager, as part of being brought up in a Christian family, I was aware of God. Not up until the completion of my 10th grade, I never had a personal relationship with the “Almighty”. That new understanding and knowledge swirled my minuscule life, Big time!!!

Contrary to my anticipations and hopes my junior high academic scores were not as high as I had expected. That’s when I asked question to my mother “why I scored less marks even though I worked hard for it”. I still recollect her saying that all hard work is in vain if there is no hand of God in it. “Trust in the Lord with all your heart and lean not on your understanding; in all your ways acknowledge Him and He will make your path straight” (Proverb 3: 6-7). I am still a novice to this revelation.

However, I remembered that I had my best friend Hyrin for the past five years to turn to further enlighten me and quench my wandering mind. she guided and stood by my side to grow better as a person than just a student. Truly good friends are a gift from God. “The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall for the LORD upholds him with his hand” (Psalm 37: 23-24). This practice changed my life for the better. My family is my backbone, without them my life is meaningless. I am very lucky to have a blessed and dedicated family which strengthens my life.

I started to perform better in my studies. I was able to overcome the fear and anxieties that I once used to have, and I was able to trust God to do me good and that He always has the best interest of us in His heart. All it takes, sometimes, is just a good shake.



Asha Thomas
First-year BSc Nursing

THE YEARNING TRAVELLER

I'm stuck in the loop of my life
I'm trapped in the turbe of the tide
All I can see is the mist of the sky
Taking over me.

Trembling, trudging, and trolling over the wood
The thickets growing deeper within my way
Darkness all over me.
The moonlight ignites the thorns of my head
With the cool breeze of the night, caressing my wound
The star whispers and night shimmers, at my story
The night is thwarted with the breaking dawn
Birds chirping, flowers blooming all over the lawn
The streams spurting towards my way
Bestirring me.

I am dwindling, but not falling
I will stroll, I will stride
Until I reach the verge of my life.

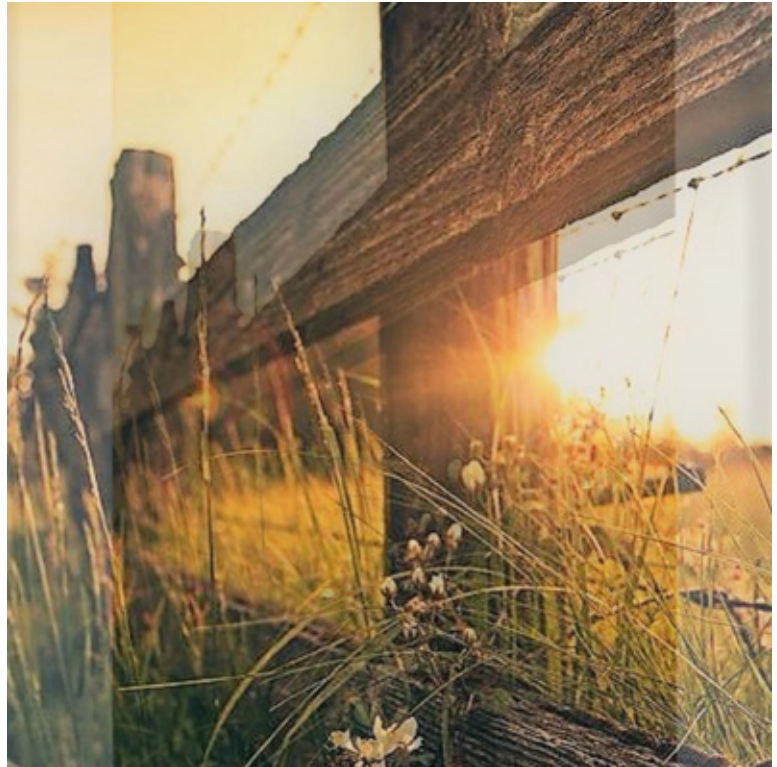


Helena Maria Prasad
II Year



Happenings

Sometimes you wish some things should not have happened in your life, but it happened. Now you might be thinking - but are the things supposed to happen like that? You cannot expect everything to come with an instruction manual with a page separately displaying the cautions or warning symbols to give you the precautions. If it were like that none of us would have experienced the after-effects of those things that were meant to happen. Just realize that. Just like everything has a purpose in life, maybe this too had a purpose. It was meant to show what was missing in your way of handling and taking in



things that happened unexpectedly for you. We become strong through these happenings. They are there to remind us of the many struggles and hurdles we had to pass through to reach the other side. It is not that easy task to go through the worst of your experiences, only to find yourself so entangled in that mess. It leaves you open, raw and exposed. We try to cover it up with excuses and made-up stories only to realize we were hiding away from the fear of facing all these situations, experiences, flashbacks of probably the worst and frightening experiences of our lives. The stronger we get facing all these, the less fearful we become of our worst fears. Trust in your happenings. They are meant to bring out the good in the bad.

Rose Maria Baby
First-year BSc Nursing



SILENCE

“Silence is the true wisdom’s best reply” quoted by Euripides. I have felt the strength of silence and let me make you explore a little bit about its power.

Life is a journey that has got its ups and downs. In that journey, silence is a way of expressing our inner emotions without the use of words. When someone just examines it, they could only see its side of blankness but that is not the real fact. Its real power is hidden within its inner aspects. I have felt stuck in situations where I was able to overcome my negative feelings with the power of silence. There will be a time in life where one could feel helpless in some situations but by analysing the problem silently, we can make ourselves capable of solving the problem. Each person has got their own emotions and the way of coping with these emotions. Silence is one such ways of identifying those emotions thus helping us to work with those emotions. But like everything in the world, silence has got its weaknesses too. Still, by using it in a good way and at appropriate timing we can make full use of its advantages than its disadvantages. It is thus can be said as a tool for survival in life with a sudden rush of emotions. It helps us to keep our mental health in balance which has got a great contribution to our overall health maintenance.

In a world filled with noise and ruled by chaos, silence has become a skill used rarely as it seems simple and empty, but it is full of answers and a path of enlightenment.



Sandra Mary Abraham
First-year BSc Nursing

അയ്യപ്പവരം

പന്ത്രക്കണിയിട്ടിട്ടുള്ള സിനിക്ടർ കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്
 പന്ത്രക്കണിയിട്ടിട്ടുള്ള സമ്പൂർണ്ണമായ കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്.
 പന്ത്രക്കണിയിട്ടിട്ടുള്ള തൃക്കാല കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്.
 പന്ത്രക്കണിയിട്ടിട്ടുള്ള വൃദ്ധ കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്.
 പന്ത്രക്കണിയിട്ടിട്ടുള്ള വൃദ്ധ കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്.
 പന്ത്രക്കണിയിട്ടിട്ടുള്ള വൃദ്ധ കർമ്മ്യർ റെക്കോർഡ് ചെയ്ത്.



E G Beautlin Steffy

E.G Beautlin Steffy
 Roll NO: 200501164.
 Super Scrubs

പുരസ്കാരം

കാലവും ക്ഷമയും കൈമാറുന്നവർക്കായിട്ടുള്ള
 പുരസ്കാരങ്ങൾക്ക് കർമ്മ്യർക്കായിട്ടുള്ള
 പുരസ്കാരങ്ങൾക്ക് കർമ്മ്യർക്കായിട്ടുള്ള
 പുരസ്കാരങ്ങൾക്ക് കർമ്മ്യർക്കായിട്ടുള്ള

കർമ്മ്യർക്കായിട്ടുള്ള പുരസ്കാരങ്ങൾക്ക്
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അമ്മേ ടി ജി
 കേരള ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജ്

- ഗവണ്മെന്റ്

കേരള ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജ്,
 1907 ൽ സ്ഥാപിച്ചു. ഇത് കേരളത്തിലെ
 ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജ് ആണ്.
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 കേരള ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജ്

- മെഡിക്കൽ

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 കേരള ഗവണ്മെന്റ് മെഡിക്കൽ കോളേജ്



Sreekutty Biju



Sharon Jose

The hour has come...

I look back and regret nothing, nothing at all. Did I have a smooth ride and a perfect journey? No.

I had days feeling alive and ready to face the world and also, I sometimes woke up and asked myself, what am I even doing with my life? I had my days of glory and honour, I also had dark and bitter nights, wondering when will this come to an end.

Four years ago, when I received a scholarship to come and study here in India I was overjoyed mostly because it is an opportunity to go out and see what lies beyond the borders of the African continent and knowing that my parents will never have to worry about paying my fees, gave me such a relief. Like a decent student, I told myself I will commit to my academics and get distinctions as many as I can. Who was I fooling? The course showed me flames, before we could even get any far, I already had my supplementary exams. Failed microbiology in the first year, when I say I failed, I mean failed. That subject insulted my intelligence. I failed the first sessional exam, second sessional exam and final exam there was no recovery. I wrote an improvement exam to boost my internal marks and finally cleared the subject.

I thought it is just the first year and I still need time to adjust to the system. Next comes the second year, were pharmacology was waiting for me, that one was brutal, it was microbiology 2.0. Later I cleared the same via supplementary exams. Being someone who had a good academic history getting these types of results impacted me in ways more than one. I started doubting myself and feeling very nervous when going for exams and even when I knew an answer in class I would not even attempt or say it out loud. To make matters worse I had a lot of difficulties communicating to patients in a language they understand which therefore affected my performance in the practical exams. I lost the morale and motivation to give my all. I just wanted to finish and graduate. I just want to put it out there that I am writing this article as a final year student waiting to write my final university exams. Dear student reader you too will finish, you too will graduate, just keep going.

I kept going and yeah, I mean literally. I decided to go out and interact with a lot of people, in the process I made new friends and new memories. I bought a cycle for myself and I now have a scar on my forehead which will forever be there, which reminds me of the kindness that was shown to me by strangers. To brief you on the matter, I went downhill in a plan to meet one of my newly made friend, but my cycle lost control and the brakes stopped working, I flipped, hit a streetlight, and fell in a ditch, I was seen by a good Samaritan who called for help. Three people came to help, two balancing me on each side, one guy carried my cycle. One of the two guys wiped the blood dripping on my face with his shirt and when we got to the top an ambulance was called and three days later, I was discharged from the hospital having a plaster on my right arm and stitches on my forehead. I fully recovered from the accident and I am left with this scar.

I visited many places around India especially the Southern part of it, there was never a moment where I felt unwelcomed or not wanted in a place. I was showered with lots of love. To name a few, I have been to places such as Goa, Kerala, and Tamil Nadu and one of the things that these places have in common is that you will be well taken care of. It was as if there were people set in place to make all my travel plans a success. I never had any difficulty at all, except, you know, the usual, being ripped off by auto drivers.

I sometimes look back and reflect on my life and notice, not only have I acquired skills and knowledge that

will make me a better nurse, but I have also acquired life skills that will make me a better person. In the past four years, I got a taste of how it may be like to have a lot of money and how it is to be out of money. I learned to be proud of my every single achievement, from winning stand-up comedy, singing competitions, elocutions, and beauty pageants, being featured on a TV show to running and finishing a full marathon. These may be or may not seem small but these are the moments I take pride in.

Participating in college and university programs allowed me to showcase my talents and to discover the talents I never knew I had.

My own and favourite mantra goes like this;

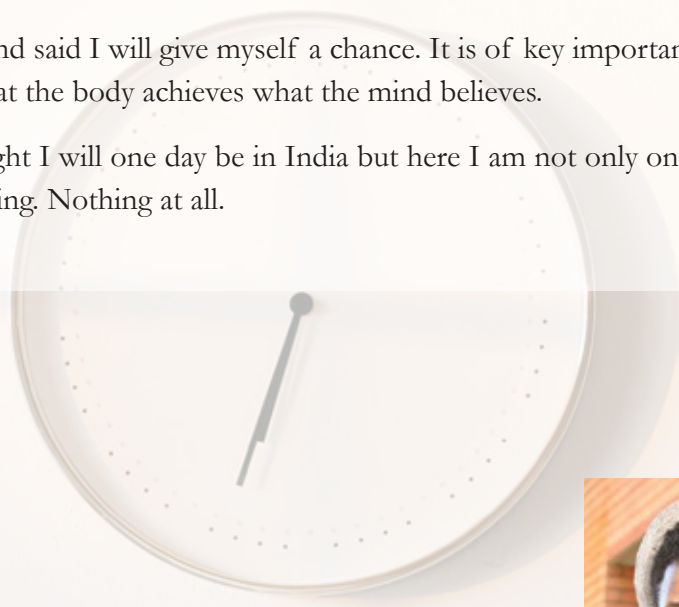
“Just because you have never done it before, does not mean you cannot do it. Just because no one has done it, does not mean it is impossible. Just because you do not know how to do it, does not mean there is no way to do it.”

- M T Raboroko

I told myself every time and said I will give myself a chance. It is of key importance to know what you can or cannot do but know that the body achieves what the mind believes.

To conclude I never thought I will one day be in India but here I am not only one day but for four years. I look back and regret nothing. Nothing at all.

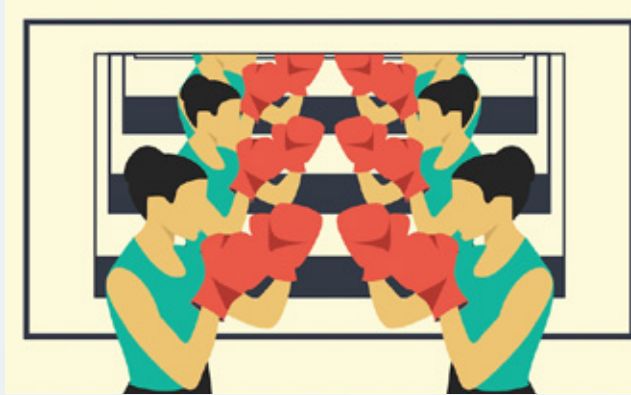
Thato writes.



M T Raboroko
Fourth-year BSc Nursing

LIFE IS A COMPETITION... WITH YOURSELF!

How many times have you seen posts of people and have felt wasted? Or in the newspaper and have been me? I do not used to go through those the human brain could up in the vicious cycle of progress of others a corner of my room, could not reach the same



gone through Instagram, apparently winning at life, have you seen an article felt like - oh, that should know about you, but I feelings more often than imagine. I was caught of looking at the signs and ultimately sitting in trying to figure out why I heights that they had. I

never accepted the fact that all I had to do was, to look within myself. To make this topic sound much less vague, let me just visualize a picture here for you. It's 1:34 am, I have a Microbiology examination in seven hours, I have more than 14 topics to go through and memorize, and I am nowhere near finished. Have you felt that? The sudden realization that you might fail, that you might end up finishing the exam in 30 minutes because you barely know anything, and the regular heartbeat that slowly turns into... horrible palpitations! But wait, what do I see there? A notification from my friend- "I just got done with all the portions. I am pretty sure you are done with yours too. See you tomorrow." WHAT? How can someone possibly finish all of it so soon? Even more agitated palpitations follow, accompanied by sweat trickling down my forehead, it is getting too hot in my brain. I am flushed with anger since she is done with the portions! I tell myself I am a loser. I am more stupid than stupid can be. I am going to fail. Mental rewind: what would have happened if I just calmed myself down at 1:34 am and told myself that it is going to be okay? What would I lose if I did not freak out at her text? I would still have an exam in the next seven hours. I would still have 14 topics to complete. I would still have zero sleep. Everything would be the same. Except-I would be in a better space. I just had to accept the fact that I was so behind on my portions and had to study as soon as possible. I had to think about the mistakes I made in the previous exam and learn from them. I had to look within myself. Now, I am going to admit that my examination did not go as well as I wanted it to, and the idea of zero sleep was not a good one. But, on the brighter side, I realized that nothing good comes from comparing oneself with others. And nothing certainly reaps out of differentiating my progress from theirs. Competing with oneself and one's abilities is the key to good results. Meditating upon the choices one had once made helps to determine the future. Be it on a race field, in your lab postings, or a microbiology examination - it is essential to perceive every move of yours through the mistakes previously made. In this way, not only will you be able to overcome past hurdles, but also be able to become a better YOU.

Lastly, "A flower does not think of competing with the flower next to it. It just blooms." It is proven by science that all of us have our paces: in the context of how fast we get tall or who gets matured earlier. So why not look at everything in that way? Uniqueness and human beings go hand in hand, so we must understand that your momentum and mine will not be the same. Being so, a vital thought in our minds should always be that competing with oneself is the best way to taste success.



Shaina Tauro
First-year BSc Nursing

Kashmir Paradise

It is difficult to put this feeling into words. She is so special. She looks perfect, flawless, and peaceful. Her beauty leaves your mouth hanging.

Persian Emperor Amir Khusrow once said,

Agar firdaus bar roo-ey zameen ast, hameen ast-o, hameen ast-o, hameen ast

“If there is paradise on earth, it is this, it is this, it is this”.

From that time Kashmir was nicknamed “Paradise on Earth”. In the year 2015, Kashmir was declared as the second most romantic destination in the world after Switzerland. Why?

The Valley of Kashmir is full of mighty mountains, lush greenery, blossoms of pinks, whites, yellows, and flowers of all the rarest varieties. Rainbows spread across the blue skies. Meadows are spangled with daisies, flower beds with pansies, primroses, hyacinths, and daffodils grow all over. Almond, walnuts peaches, plum, cherry, apples, strawberries, etc are in abundance. Sky touching Chinars. All these things can only be seen at one place of the earth i.e., Kashmir.

I cannot describe the beauty of my motherland in my words. I think I should post my clicks here: -

The valleys of Kashmir symbolize the serenity that can stimulate poetry in you. Incredibly beautiful valleys like Nubra, Nageen, Betaab, and many others add a different definition to beauty. The valleys of Kashmir are untamed and unspoiled. From the majestic Pir Panjal ranges and thickly scented Kashmir cypress branches to the meandering rivers and verdant meadows. Every corner of the valley is filled with great beauty. Each place is like a postcard waiting to be shown to the world.



The lakes in Kashmir are crystal clear, stunning, and pristine Srinagar boasts of the Dal and Nageen Lakes which are stunning. A boat ride on the lakes with the towering mountains in the backdrop will give you an excellent idea of why Kashmir is truly a paradise.

In winter, Kashmir turns into a mesmerizing winter land. The white landscape and soft snowflakes falling on the stunning vistas are a sight to swoon over. The wonderful white winter of Kashmir is an experience of a lifetime.



Autumns in Kashmir are delightful and vibrant. The colours of autumn are vivid and the winds are energetic and soft. The trees take on stunning scarlet, golden, and amber hues, adding an amazing charm to the landscape.



Gardens: Come spring and the Tulip flowers begin bloom adding a splash of colors to the entire valley. Being the only tulip garden in India, a trip to the gardens should be on your list of places to visit in Kashmir.

Houseboats: In a traditional houseboat is an experience of a lifetime. Made of traditional hand-carved wood, these majestic and beautiful boats offer a great ride over the stunning lakes. Staying overnight on a houseboat on Dal or Nageen lake is an unforgettable experience.



Gondola rides: A ride in a Gondola is one of the best ways to get close to the towering Himalayas. Kashmir tourism boasts of the second highest Gondola ride in the world offering panoramic views of the snow-capped Himalayas as it goes higher and closer to the Apharwat Mountain.

Kashmir is not just about the sights. If you are in Kashmir for an adventure, then you have come to the perfect place. From skiing on the sky-spearling mountains to trekking through treacherous winding paths, Kashmir offers the adventurer an untamed slice of nature. Trek through the Great Lakes or go skiing in Gulmarg.



Just like the stunning landscapes, the food in Kashmir is heavenly. The rich Wazwan cuisine boasts of delicious Rogan Josh, Goshtaba, Rista, Shami Kabab, Seekh Kabab Kurma and other delectable dishes. Start your day with a hot cup of Noon chai (Pink Tea), follow it up with some Harisa and enjoy some special Kehwah as the sun sets.



There is a lot to say about my homeland. Kashmir has been always more than a mere place. It has the quality of an experience or a state of mind or perhaps an ideal.

Every other beauty simply vanishes or feels less when you once see how beautiful this place is. The valleys, the mountains and the river everything about the stunning land continue to elevate its beauty all the time throwing new surprises

“Beauty of the Kashmir cannot be compared by the whole world“.



Umair Shah
First-year BSc Nursing

COVID-19 AND EDUCATION



For the past one and a half to two years, the whole world is facing a crisis due to the COVID-19 pandemic. Everything and everyone, are affected. Many lost their loved ones in this pandemic. Many lost their jobs and became homeless. Some are fighting for their lives and basic needs like food and shelter. In short, COVID-19 has shaken the world. Education is also one of those which has been affected drastically.

In the beginning, all schools, colleges, and universities were closed to prevent the spread of this deadly coronavirus. Then slowly offline classes turned into online classes. It was difficult to adapt to sudden changes in teaching and learning mode. Both students and teachers had to face difficulties.

Students started attending online classes through many apps. But the actual feeling of the classroom was lacking. Changes happen every time and humans slowly adapted to these life changes. Here we had to change to a digital classroom. Besides having advantages, online classes had many disadvantages. Many students who belonged to poor families could not attend classes due to a lack of resources like mobile and laptops. Cancellation of exams and changes in curriculum confused them. There were many other problems, like parents who lost their jobs due to this pandemic could not pay the academic fees of their children. Because of this, many students had to drop out of their education. They were also deprived of their basic rights. Children could not enjoy their childhood properly.

Apart from students, teachers had to face many more difficulties. Sudden changes in teaching mode were not an easy task for teachers. But still, they adapted to the new digital platform and continued our classes throughout this crisis time. A big “Thank you” to all teachers who worked hard to teach us, guide us, and keep us active during this pandemic. Thank you is not enough for what they have done for us. We will be always grateful to them for their hard work and sacrifices.

At last, I would like to say that this pandemic has left behind both positive and negative impacts on us in various sectors. But still, we need to keep up our spirits and fight against them. Let us unite and fight this pandemic together and pray for those who lost their lives.



Neha Norohna
Second-year BSc Nursing

The Art of not taking things personally

-Keeping your work in the workplace.

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.”

-Oprah Winfrey.

The above quote resonates quite precisely in a contemporary world where the modern man is on the race to accomplish his goals (which may be in any sphere of life like career, family, etc.) often gets confronted by mental agony that is infused by people on the path they move. Often these circumstances are unprecedented and lead to lasting emotional and mental suffering. Below are the two different aspects of the given topic.

“A happy family is but an earlier heaven.”

-George Bernard Shaw.

Strong family support is the greatest asset one can have in a lifetime. When we are shattered by the ruthless ways by which people behave towards us the emotional overhaul that is caused sometimes can exceed beyond a limit so that it can wreak havoc on our family life. What happens with career work imbalance is that to increase our competency we tend to take up our work from home thereby decreasing the qualitative time spend with the family and depriving our leisure and further adding enormous pressure and frustration within.

Dwindling time spent with the family can prove to be fatal due to the widening communication gap leading to shrinking of the family to just uncooperative individual lives. Consider a mother not able to spend qualitative time with her children. Things keep piling up in their minds leading to depression and a greater extend shrinking to a virtual social media world leading to rattraps and evil hands of society.

Like the above scenario reduction in qualitative time spent between husband and wife results in misunderstandings - a factor of rising divorce, extramarital affairs, in the modern context.

At this moment what flashes through my mind is a small portion from the great epic *Mahabharata* wreaked a greater turmoil where Duryodhana gets humiliated by Draupadi's servant's laughter which imparted revenge in his mind and paved the way to war and ultimate destruction.

Let us analyze this issue in another aspect, if Duryodhana had not given attention to this act then the bloody war and destruction might not have taken place. The above example proves how emotional hurt can lead to the destruction of family relationships and civilizations.

Another issue caused is that the turmoil in our mind sends up not to lose our peace but of the people whom we immensely care about. Our tensions cause tensions in their minds causing an air of discomfort. What comes to my mind while jotting these lines, are the words of Guru Gaur Gopal Das.

“The way people treat you is their choice, how you react back is your choice. Our mental pain is caused by our preconceived notions of the behavioural patterns of others. It is just a problem of our minds.”

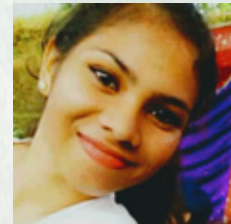
Work-life Balance.

The work environment is filled with myriad personalities and has to deal with attitudes changing as fast as weather, and the number of minds processing and different opinions on the same given topic. So, in such a scenario, we should take up only what matters to us. Always remember the words of Mahatma Gandhi: “*Nobody can hurt me without my permission*”. To maintain a good career-family balance first we have to understand that career is just a part of life it is not what alone comprises life. Below are the following mechanisms to cope with the situation.

- 1) ***Let Things Go*** - Being able to let go is a great virtue to have. It lessens the unnecessary pain and suffering. Always remember not to have the knot of our emotions (i.e., happiness/sadness) to be in others’ hands.
- 2) ***Self-Motivation and Confidence*** - If we are confident of ourselves and know our capabilities nothing can shake us.
- 3) ***Evaluate us as third person***-when we view things as a stranger, we can get an eagle’s eye view and can understand that sometimes people react in a certain way due to their issues, insecurities, and desire to control a situation.

So, when we try to take things personally just remember the insight - Don Ruiz.

“Even when a situation seems so personal, even if others insult you directly it has nothing to do with you. What they say, what they do and the opinions they give are according to the agreements they have in their minds.”



Aiswarya Krishnan
Second-year BSc Nursing



The Funeral



How could she plead with someone so badly just to spend a few moments more in a temporary world? But it was that important for her to attend her funeral. She left this world with no prior information. So, she had a lot to do on earth.

It was not an easy way from her new home to earth. As she arrived, she could see a huge crowd where she lived; some familiar faces and all others were new. Even though she smiled at people, no one noticed her. Someone at the entrance whispered, “Has the body arrived?” “THE BODY?” and that was how she realized that she broke up with her body last day.

As she moved in, she spotted her dear friends and lovely cousins sobbing nearby. And she came to know that it was the only day when people does not say even a single unpleasant comment about “the dead”. Later she noticed Amma crying out in pain. By now, her mom might have realized that she has lost her whole world. And her Papa was completely blank, staring at “the body” for so long. Even though he seemed to be normal, she could feel a huge burden advancing within him. She had a strong feeling to rush towards them, hug them tight, wipe their tears and tell them that she will be always somewhere around. But how is that possible when she could not catch their attention for a moment. She sat next to them, looked at their eyes but failed to grab a single glance. She understood that it would take them a long time to overcome the loss of their only child. The prayers began and she vanished into the darkness. The feeling of seeing our dear ones in pain and being helpless to wipe their tears; Is this the worst in the world?



Sona Siby
Second-year BSc Nursing

FUTURE OF NURSES DURING COVID-19 PANDEMIC

We all are passing by a very tough phase of this era, and it has been difficult, even worse as the clock ticks next. We are still under the realm of the Corona Pandemic which conquered over the Earth in 2019 and battling each day forward. Each species in this creation of God is struggling and performing its best for existence, thus proving the well-known theory of “Survival of the Fittest”. Let me quote a wording by the writer Arundhati Roy, she said – “Historically the pandemic has

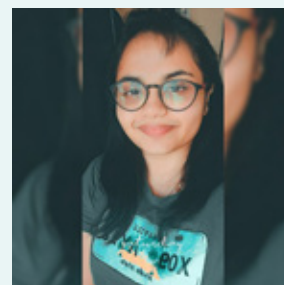


forced humans to break with the past and imagine their world new. This one is no different. It is a portal between one world and the next.” But now anyone might say beyond doubt, that there must be a driving godly force helping the survivors to surpass this path into the next world. What can it be? And certainly, it is the healthcare system with celestial powers. And the role we nurse play in this war is no less important as we are the heart of the care provided to sick clients. The future of nursing in this Corona arena is challenging but it is not the first time we have faced something more or the less similar. The brave heroes proved their superhero skills against the deadly Spanish flu which affected about a third of the world’s population at a time and gifted us this 21st Century.

The pandemic has affected the future of Nursing both in positive and negative aspects-formerly it has been confronted with the availability of resources and facilities which was not prepared to face such situations. The stress has built upon the nurses to treat and safeguard the clients with accessible facilities, which was even difficult to replenish as Covid cases are on a steady hike. This is remoulding the efficient nurses to face more worst days to come. Nurses are self-taught to critically use their skills to save the citizens gasping to death, which is a boon for the future world. More nurses could be involved in assessing and integrating social needs in healthcare and advocating for community-based resources and case management to better assist vulnerable populations. And they shall be enforced to face any situation like urbanization, mass travel, and transit, and increased population density, and move them to specialities. The whole world has realized the unending struggle of nurses, and sadly some of them who has even given up their life. It is more likely that students will turn to the nursing field to serve humanity and to make the best use of themselves, to ensure continuity of the human race. The undergraduate students could be more trained in emergency, critical care, and public health nursing; disaster preparedness; and basic principles of epidemiology, etc. emphasizing the present situation. Various research might be considered as per demands of pandemic and the conclusion shall identify or develop effective nursing practices for eliminating gaps and disparities in the healthcare system, protecting oneself and others. And in the end, I hope nurses and medical staff will be given the investment, the recognition for their commitment and passion.

The pandemic can also have certain setbacks in the field of Nursing. As the resources are used up steadily and the country is facing financial instability to meet required expenses, the nurses are likely to have harrowing experience of caring for multiple critically ill patients without always having enough (PPE) and often being the only person present when a patient dies. This shall exhaust nurses physically, mentally, and spiritually. The future is always unpredictable, it is also possible that after such cumbersome tasks nurses perform, they could be treated worse or even not taken care of financial needs to support their own family after self-less work. Citizens could choose telemedicine facilities over hospital visits for less exposure but on other hand it affects the face-face interaction and therapeutic relation, disrupting the foundation of nursing practices. Undergraduate students might be advised to stick to classroom-aided learning strategies such as stimulation instead of hospital exposure which deprives their confidence and quality of education, being a threat to the future healthcare system.

However, none of these shall affect the brave hearts of our Nurses, not today or tomorrow. They shall continue to show resilience, dedication, and compassion just like mother nature.



Sandra Mariam Jacob
Third-year BSc Nursing

MIRACLES

Since the day I found out
What the miracle is all about,
Seconds, minutes, days, weeks, years
Now I just cry like a happy tear.
The joy of giving birth to a baby,
The happiness of the mother when she holds her baby and the blessing
of the mother is beyond the world,
Those tiny hands, small eyes seeing the world like a firefly.

Since the day I found out
What the miracle is all about
The happiness of old wrinkled eye,
When the doctor's said no more sound of the ventilator, no more needle,
tabbing
The smile on her face looks like blooming ease.

Since the day I found out
What happiness is all about,
The prayers of the family members
Worked when they have seen the smile of their unconscious uncle.
The blessing of the uncle shows love to our warriors.
Happy tears come out when each and everybody is happy with the life
The smiley face and the kindness show the hope humanity is still alive,
This is what the miracle is all about.



Pritha R Ghatak
Fourth-year BSc Nursing

1ST YEAR BSC(N)





Top row: Dr Radhika R Pai, Mrs Jackline Prathibha

Alby Mathew Varghese, Emmanuel Noble George, Sitta Ann Sabu Theradiyil, Albert Joseph, Sheryl Shery, Sandra Mary Abraham, Melin Mathew, Ananya Ann Mathew, Nickhil Castelino, Mecvita Britto, Rose Maria Baby, Jismi Biju, Jesvita Sharline Dsouza, Crystal Vanessa Noronha, Kezia Susan Liju, Anila Martin, Mariya George, Riya Elizabeth George, Aleena Jai, Muhammed Danish Pp, Ritty Reetha George, Anju Saji, Krishna S Kumar, Jose Jacob Azhakulathil, Rukku James, Josmin Mathew, Delna Biju, Judy Sunny, Josna Joseph, Sharon Wilson, Lakshmi P, Neha Annie Joseph, Vaishna E, Emilyn Maria Thomas, Tenzin Tseten, Abhina K, Lisa Aslin Mascarenhas, Joe Joseph, Shaina Andrade, Anishka Marin Saldanha, Shaina Tauro, Nivya Binoy, Cristo Babu, Sangeetha Sabu, Rangini Nayak, Treesa John, Albin George, Flavian Dsouza, Alfiya Muhammed, Gayathri Raj, Reenu Baby, Moulvi Mohammad, Umair Shah, Helena Maria Prasad, Raksha R Nayak, Pavana Rijju, Dolma Choenzom, Jessica Rodrigues, Yana Sumil, Sanjay Sunil, Ashel Venisha Lobo, Tenzin Niyima, Helan Anna Joseph, Gajanan Siddappa Divate, Tenzin Palkyi, Bony P Thomas, Aju Thomas Abraham, Niya Maria Sibichan, Johnit George, Sreekutty Biju, Achsa Aji, Rooben James, Tathagata Konar, Chaithra A, Neha Maria Prasad, Sharon Jose, Beautin Steffy E G, Vina Tina Dsouza, Tenzin Zompa, Maelona Elizabeth Michael, Jeslyn Joseph, Nikhil, Adithya Krishna R, Jaya Boro, S L Priyanka, Clive Elton Martis, Sophiya Mariya Luba, Shaliya Elizabeth Mathew, Anagha S Nair, Asha Thomas, Seirra Ann Saji, Glanceetha Bridget Dalmeida, Jhanavi Mathur Rajesh, Christian Michelle, Shreya M Shetty, Janet Ramya, Sakshi H Kotian, Varnitha R Kanchan, Ramya M,

Pooja Nayak, Ina Gladsin Alva

II BSC(N)



Bottom Row 1: Left to right - Ms Sangeetha George, Ms Rhea Rachel Philip, Ms Niya Babu, Ms Navya S, Ms Aleena Cyriac, Ms Jeni Mary Johnson, Ms Janvi Thomas, Mr Steryl George Amanna, Mr Bharat P Doddamani, Dr Sangeetha Priyadarshini, Dr Maria Pais, Mr Sushanth A Devadiga, Mr Praveen Lancy Serrao, Ms D Costa Celine Stephen, Ms Frenita Martis, Ms Priya Monis, Ms Renisha Dsouza, Ms Diyana Rodrigues.

Row 2: Left to right - Ms Johanna Sara Joseph, Ms Aiswarya Krishnan, Ms Ann Susan Eldho, Ms Ashwitha, Ms Ansu Merin Chacko, Ms Gifty Annes Thomson, Ms Jismy Joshy, Ms Treesa Josey, Ms Sweedal Dsouza, Ms Aleena Jossy, Ms Anita Liju, Ms Akshatha, Ms Aditi Roychowdhury, Ms Merin Martin, Ms Liyana Elizabeth Danny, Ms Shruthi, Ms Ngawang Bhuti, Ms Kunge Namdrol, Ms Neha Noronha.

Row 3: Left to right - Ms Josna Sosa Varghese, Ms Ankitha Anit Joseph, Ms Nandana Thomas, Ms Gloria Shwetha Mendonca, Ms Ashly Suresh, Ms Anitta Anna Martin, Ms Sruthi Jose, Ms Starly Sabu, Ms Sona Sabu, Ms Sona Shaji, Ms Jecil Queeny Mathias, Ms Anindita Bag, Ms Anusha Varughese, Ms Maitrayee Sen, Ms Zainab Haider Rajpar, Ms Preethi Ann Alexander, Ms Shilu Joshy, Ms Sona Siby, Ms Anumol Suby.

Row 4: Left to right - Ms Anvika T Maindan, Ms Ananya T Maindan, Ms Shravya, Ms Anjal Eldhose, Ms Anjali Jose, Ms Christy Prakash, Ms Neena Anto, Ms Eva Joshy, Ms Anishka Rajesh, Ms Minnu Anna Reji, Ms Ann Mariya Francis, Ms Bibina biju, Ms Aleena Tojo, Ms Riya Biju, Ms Selena Sunil, Ms Georgina Mano, Ms Elmy Mathai, Ms Anna Kochumon, Ms Arpitha Jaisan, Ms Remya Elizbeth George, Ms Litty Sojan P S.

Row 5: Left to right - Ms Vijila Vakkachan, Ms Aleena Binu, Ms Dhiya Maxcy, Ms Richa Antony, Ms Abhiya K Benny, Ms Anaswara Joseph, Ms Mahima Binu Sebastian, Ms Nissi Benny Joseph, Ms Rinsu Cherian, Ms Amitha Mathew, Ms Roncy Roy, Ms Ashley Sajjan Valteena, Mr Sonyog Maity, Mr Ajai Shaji, Mr Sanal Babu, Mr Joyal Saju, Mr Rikas K M, Mr Amal Antu, Mr Puneeth Shetty, Mr Ghazal Sha Thommichan, Mr Henry Mahesh, Mr Sohan Lawrence Fernandes.

III BSC(N)



Row 1: Left to right - Ms Aishwarya Suresh, Ms Sajana Sajjan Jose Valavi, Ms Akshatha, Ms Jeena Flavia Dsouza, Ms Madhuri, Ms Nikshitha Poojarkthy, Ms Sowjanya B, Ms Sathya P, Ms Sinduja, Dr Sushmitha R Karkada, Mrs. Savitha, Ms Anjana K B, Ms Jesna James, Ms Deeksha, Ms Navya, Ms Merin Reji, Ms Dona Augustine, Ms Mariya Roy.

Row 2: Left to right - Ms Aksha Rajan David, Ms Aneesha Jossy, Ms Pema Sangmo, Ms Tenzin Dekhyi, Ms Tenzin Sonam, Ms Jewel Maria Jose, Ms Aleena Jaison, Ms Alf Soney, Ms Amitha Kuriakose, Ms Akshaya Titas, Ms Aksamol Daniel, Ms Abiyamol Daniel, Ms Sicil Maria Sibi, Ms Elizabeth Gregory, Ms Ankita Pal, Ms Sandra Mariam Jacob, Ms Ranjitha Nayak, Ms Shwili Andrina Dsouza, Ms Joyce Alphonso, Ms Steffy Anna John.

Row 3: Left to right - Mr Sharath Tom Reji, Ms Sheba Samkurry Thomas, Ms Josna Joyson, Ms Akshaya Joy, Ms Anjetha Sojan, Ms Josina Amie Thomas, Ms Abhirami Krishna, Ms Ashley Mary Phillips, Ms Jaleena Kuriakose, Ms Riya Zachariah, Ms Aleen Leeza Barboza, Ms Defny Castelino, Ms Swedal Ewan Lobo, Ms Swathi Naitk, Ms Pruthvi D Bore, Ms Anjali G N, Ms Sreeramula Nikhitha Hadassah, Ms Angel Thomas, Ms Niveena Jose, Ms Naveena Jose.

Row 4: Left to right - Mr Swaraj Kabi, Ms Kezia Mariam Cherian, Ms Anagha Sebastian, Ms Aleena Elsa Roy, Ms Jeslen Maria Joshy, Ms Alby Reji, Ms Devin Ann Lukose, Ms Sona Elizabeth Shaji, Ms Isha Baliyan, Mr Maria Johny Ambalathumkal, Ms Sandra M Jose, Ms Angel A V, Ms Kirana R, Ms Stuthi Mildred Salins, Ms Carol Swethana Cardoza, Ms Swidal Mendonca, Ms Pallavi, Ms Arti Chauthan, Ms Amritha Vasanth Kumar, Ms Jiya Ann Joseph, Ms Adheena V George, Ms Soumya Mary Mohan.

Row 5: Left to right - Mr Haseeb Rahman A, Mr Abhinay Burra, Mr Ashwin Paul, Mr Emmanuel V Biju, Mr Allan John, Mr Rahul Sabu, Mr Ronald Harshith, Mr Albin Anil, Mr Phillips Roy, Mr Glensten Benny, Mr Joel George, Mr Muralidhar Ram Mohan Shenoy, Mr Mrinmoy Maiti, Mr Joel Suraj, Mr Bhavik Navhal, Mr Aritra Mondal, Mr Rakesh Prabhu R, Mr Anand Upadhyay.

IV BSC(N)



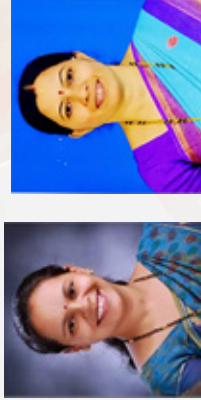
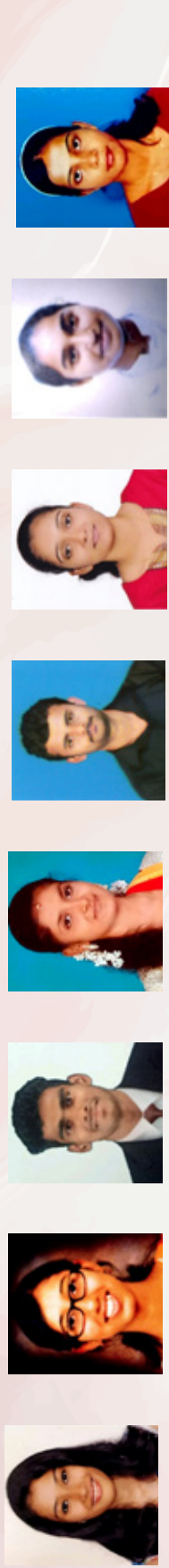
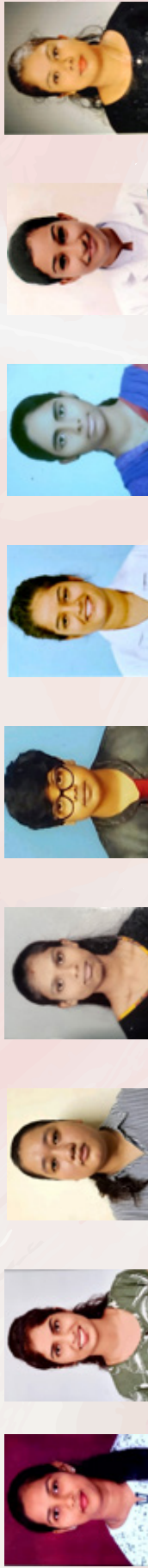
Bottom row: Left to right: Ms Roshni Gladics, Ms Vimala, Ms Swathi Naik, Ms Arishma, Ms Megha Tom, Ms Aswathi P, Ms Hebsiba Shibu, Ms Josely Jose, Ms Achsa C John, Ms Dona Jaimon, Ms Tsering Lhadon, Mrs. Shobha Kamath, Dr Anjalín D'Souza, Ms Sonam Youdan, Ms Rashmi Rimita Robert, Ms Adlin Riya D'Souza, Ms Ashitha Saju, Ms Riya Issac, Ms Annu K Joy, Ms Helen Elizabeth Mathews, Ms Annmaria Sibychen, Ms Padmapriya L.

Row 2: Left to right: Ms Christeena Tom, Ms Geethu Kuriakose, Ms Aishwarya Joy, Ms Chinnu Mariam Roy, Ms Silby Ann Sam, Ms Jiss Mary K Kunjumon, Ms Hima Tom, Ms Aleina Mathews, Ms Treesa Maria Koshy, Ms Shilpa Tomy, Ms Tenzin Kunsel, Ms Tenzin Yangchen, Ms Tenzing Lhazom, Ms Khaga, Ms Anna Roy, Ms Renita Angel Castelino, Ms Riya Jane Fernandes, Ms Sahana Sheyal, Ms Racheal Nikita Cuthinha, Ms Sona Treesa Sunny, Ms Amala Treesa Martin, Ms Stefina, Swetha Elizabeth Jose, Ms T S Ambika.

Row 3: Left to right: Ms Sajini Shetty, Ms Namratha, Ms Anusha, Ms Bhoomika, Ms Nayana Vincent, Ms Anju Michael, Ms Sneha Johnson, Ms Rajani, Ms Vinutha D Naik, Ms Athmika, Ms Shwetha, Ms Viola Josna Mathias, Ms Anisha Haral Kairanna, Ms Jevitra Fernandes, Ms Pritha Roy Ghathak, Ms Anjusha P N, Ms Jisna Joseph, Ms Nena Jessica Justin, Ms Jeff Elizabeth Johnny, Ms Minnu Shaju, Ms Santha Mol Saji, Ms Andria Magi Mathew, Ms Tshegofatso Marumo, Ms Divya Rajan, Ms Roshna Mathew.

Row 4: Left to right: Ms Melvita Beconiya Andrade, Ms Sherin Caroline Panglanna, Ms Tenzin Sonam, Ms Namkha Ngodup, Mr Sharath R Patil, Mr Mmoloki Thato Raboroko, Mr Shahabaz Ali Khan, Mr Manzoor Ali Mir, Mr Alson Joshua Andrade, Mr Simson D'Souza, Mr Christon Floyd Aranha, Mr Tino Tomy Panakuzhiyil, Mr Arun R, Mr Uthembekile Mhlotshana, Mr Kevin Mathew, Mr Jerish Reji Thomas, Mr Amir Salam, Ms Ammu Jacob, Ms Greeshma Siby, Ms Rhema Susan Joe, Ms Elizabeth Monson.

I YEAR PBBSC

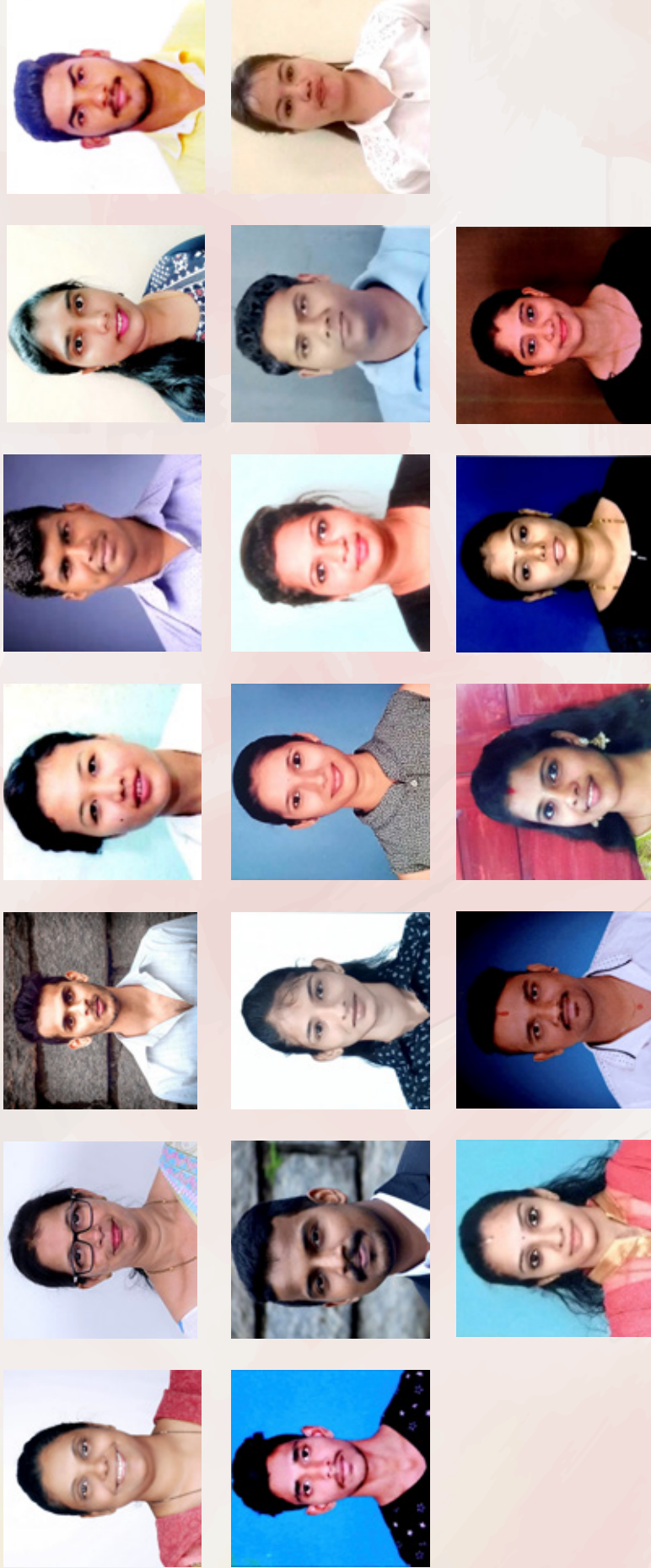


Bottom Row: Left to Right: Dr Latha T, Mrs Anusuya V Prabhu

Middle Row: Left to Right: Ms Neena Quardas, Ms Glanet Aranha, Mr Roydon Alexander Gomes, Ms Shetty Swathi Dinesh, Mr Nithin, Ms Lana Polina Noronha, Ms Venessa Sachia Rodrigues, Ms Monica D'Souza

Top Row: Left to Right: Ms Swathi, Ms Priya Rosebell Soans, Ms Wendy H Sellate, Ms Tejaswini, Ms Angel Nancy Khalkho, Ms Lavita Reshma D'Souza, Ms Kunder Prathiksha Naveen, Ms Jeena Quardas, Ms Hamika Susnna

II PBBSC NURSING

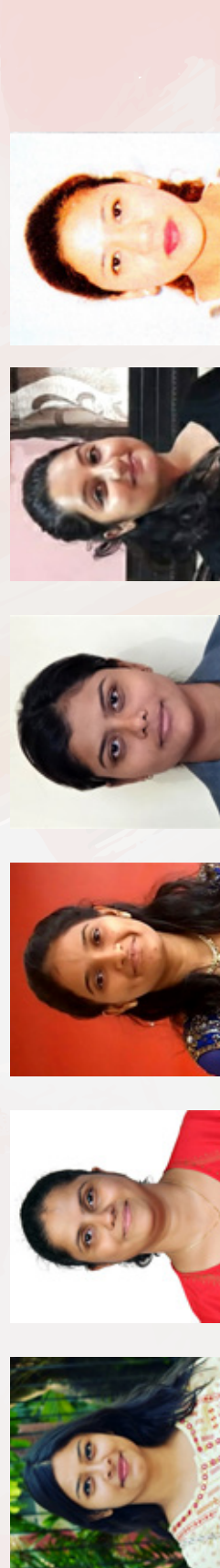
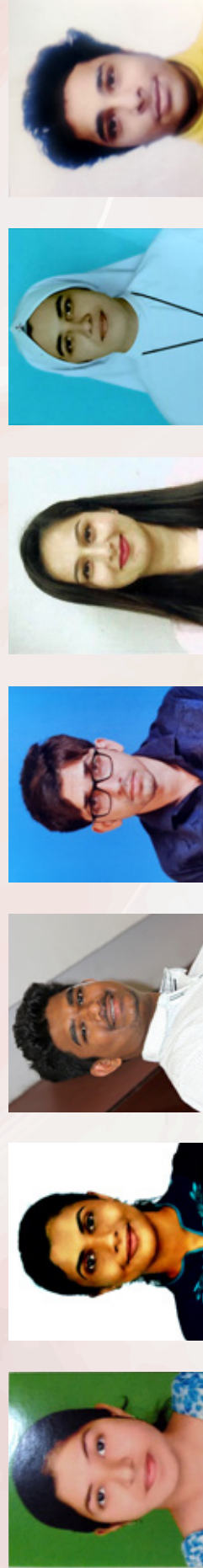


Top Row: Left to Right: Mrs Charlet Jasmine Vaz, Mrs Janet Alva, Mr Karthik G Gavalkar, Ms Karma Peldon, Mr Kenet Marvin Saldanha, Ms Jyothsna Jennifer Hans, Mr Rohan Shettigar

Middle Row: Left to Right: Mr Pavan Kumar, Mr S P Sagar, Ms Ashwita Lolita Martis, Ms Jeeshpa Karkera, Ms Nisha, Mr Gaurav Jeengar, Ms Banisha Lyngdoh Nonglatt

Bottom Row: Left to Right: Ms Swathi, Mr Sanathraj Shetty, Ms Shrinidhi, Ms Gayathri Poojary, Ms Pooja P

I MSC NURSING



Top Row: Left to Right: Dr Sonia R. B. D'Souza, Mrs Binu Margaret, Ms Suveksha Giri, Ms Naina Thapa, Ms Govekar Sanjivi Govind, Ms Reshma Lakra, Ms Poojashree

Middle Row: Left to Right: Ms Sawant Dessai Aditi Dinesh, Ms Julliet Abraham, Mr Shailesh Poojary S, Mr Shreenidhi Jogi, Ms Precjana Sharma, Ms REENA T Y, Mr Tanuj Maithani

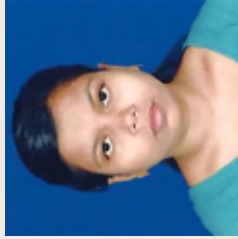
Bottom Row: Left to Right: Ms Meghna Pandit, Ms Smitha Jyothi Saldanha, Ms Rashal Rashmi Martis, Ms Mst Mousomy Perveen, Ms Gayatri Saini, Ms Dafinia Lamare

II MSC(N)



From Left to Right: Mr Lola Naresh, Mrs Rishmitha, Ms P. Akhila, Ms Pushpa Prakash, Dr Binil V, Mr Sandeep Kumar Roy, Mr Kishan Bharat Dawda, Dr Melita Shellini, Ms Effenia Daroibha Wahlang, Ms Gurbinder Kaur, Ms G. Preethi Amulya, Ms Jevita Viona D Souza

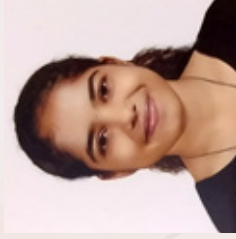
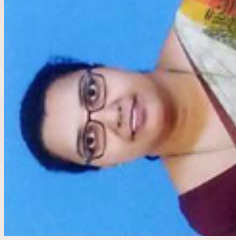
II MPHIL NURSING



Top Row: Left to Right: Mr Renjulal Y, Mrs Shalini G Nayak, Ms Khurajam, Ms Monica Devi, Ms Chaitali Biswas, Mrs Arpita Bandyopadhyay,
Mr Anant Prem Layall, Ms Sohini Chandra

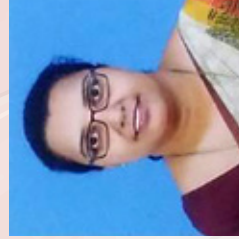
Bottom Row: Left to Right: Ms Kalpana Shee, Ms Sourmya P S, Ms Diptimayee Bhujabala

I YEAR NPCC



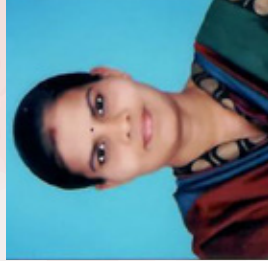
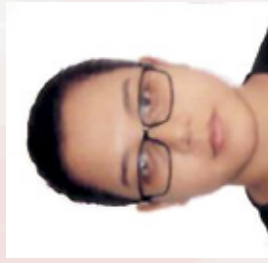
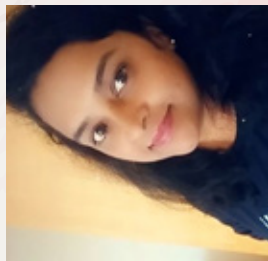
From Left to Right: Dr Jyothi Chakrabarty, Dr Soumya Christabel, Ms Alice Riva Bilung, Ms Jyothi Marakalathi, Ms. Teena Sharon

II YEAR NPCC



From Left to Right: Dr Jyothi Chakrabarty, Dr Soumya Christabel, Mr Hemanth M S, Ms Ashwini, Ms Trapti

PhD SCHOLAR



Top Row: Left to Right: Mrs Anupama D S, Mrs Edlin Glane Mathias, Mrs Sunitha Solomon, Ms Clarita Shynal Martis, Ms Monalisa Saikia, Ms Jyothi Nayak

Bottom Row: Left to Right: Ms Tenzin Phagdol, Ms Henita J, Ms Meena Konsam, Ms Seelia Peter A, Ms Soans Joyce Sangeetha, Mr N Siv

PROJECT STAFF



Top Row: Left to Right: Ms Joslin, Mr Sooraj, Ms Shalet Snehalatha Alva, Mrs Hemalatha S Nayak, Ms Farnaz, Ms Mishel Nazareth, Dr Kshama K

Middle Row: Left to Right: Mrs Prathibha Lydia Braggs, Ms Navyashree, Mrs Kusumavathi Ms Anita Jeslin Serrao, Ms Swathi, Ms Annnet Neeta

Bottom Row: Left to Right; Ms Veena N, Ms Pavithra Nayak, Ms C Sumathi

ADJUNCT FACULTY



DR BASANTHI MAJUMDAR,
MC MASTER UNIVERSITY CANADA



DR ELISSA LADD,
MGH INSTITUTE OF HEALTH
PROFESSIONALS, MASSACHUSETTS



DR SIMI JESTO JOSEPH
GI SOLUTION,
MORTON GROVE, IL



DR BEENA JOSEPH
RICHMOND, TEXAS



DR CAROLYN M PORTA,
UNIVERSITY OF MINNESOTA



DR LORNA MOXHAM,
UNIVERSITY OF
WOLLONGONG, AUSTRALIA



DR LUCY KONERI
MANAGER OF PERINATAL SERVICES,
LAS CRUCES, NEW MEXICO, USA

IRC COMMITTEE



Bottom row: Left to right: Dr Ramesh, Dr Christopher Sudhakar, Dr Elsa Sanatombi Devi, Dr Jyothi Chakrabarty, Dr Judith A Noronha, Dr Anice George, Dr Linu Sara George, Dr Mamatha S Pai, Dr Baby S Nayak, Dr Tessy Treesa Jose, Dr Shashidhara Y N, Dr Binil V.

Top row: Left to right: Dr Soumya Christabel, Dr Latha T, Dr Daisy J Lobo, Dr Sonia R B D'Souza, Dr Malathi G Nayak, Dr Sulochana.

NON-TEACHING STAFF



Bottom Row: Left to Right: Mr Gururaj Kamath, Mrs Shanthi Baliga, Dr Judith A Noronha, Dr Anice George, Mrs Malathi, Mr Deepak Shetty

Top Row: Left to Right: Mr Dayananda Nayak, Mr Santhosh B, Mr Dinesh Naik, Mrs Saritha, Mrs Gayathri Nayak, Ms Nayana, Mrs Shailaja, Mr Arul Mascarenhas

ALL FACULTY



Bottom row: Left to right: Dr Christopher Sudhakar, Dr Elsa Sanatombi Devi, Dr Jyothi Chakrabarty, Dr Judith A Noronha, Dr Anice George, Dr Mamatha S Pai, Dr Linu Sara George, Dr Baby S Nayak, Dr Tessy Treasa Jose, Dr Shashidhara Y N.

First row: Left to right: Mrs Manjula, Mrs Rochelle Jane Dsa, Mrs Binu Margaret, Dr Latha T, Mrs Sheela Shetty, Mrs Anjalin D'Souza, Mrs Janet Prameela D'Souza, Mrs Sangeetha P, Mrs Shalini G Nayak, Mrs Savitha, Mrs Reshma R Kotian, Mr Jomon C U.

Second row: Left to right: Mrs Anusuya, Mrs Asha K Nayak, Mrs Flavia Sharlet Noronha, Mrs Janet Alva, Mrs Daisy J Lobo, Mrs Pratibha, Mrs Yashoda S, Dr Sonia R B D'Souza, Mrs Anusuya Prabhu, Mrs Regeena Mathew, Dr Malathi G Nayak, Mrs Radhika R Pai, Mrs Jackline Prathibha, Dr Maria Pais, Mrs Sweetey Fernandes.

Top row: Left to right: Mr Vinish V, Mr Anil Raj, Dr Ramesh C, Mrs Shobha, Mrs Soumya Christabel, Dr Sushmitha R Karkada, Mrs Prima J J D'Souza, Mrs Jeyalakshmi, Mrs Charlet Jasmine Vaz, Mrs Laveena A Barboza, Dr Melita Sheilini, Mrs Sulochana, Mr Renjula Y, Dr Binil V.

RESEARCH CORE COMMITTEE

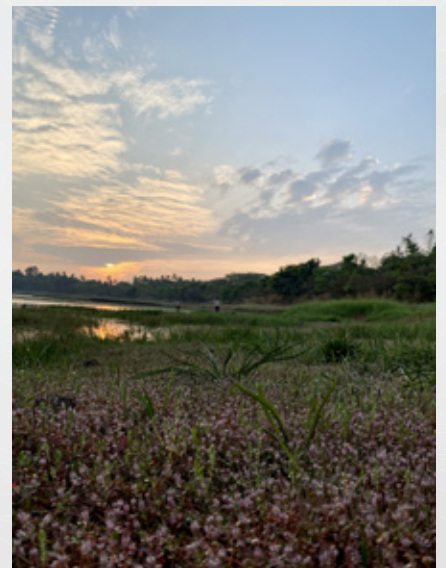


Left to right: Dr Shashidhara Y N, Dr Baby S Nayak, Dr Judith A Noronha, Dr Anice George, Dr Tessy Treesa Jose, Dr Mamatha S Pai, Dr Sonia R B D'Souza, Dr Linu Sara George, Dr Elsa Sanatombi Devi.

PHOTOGRAPHY

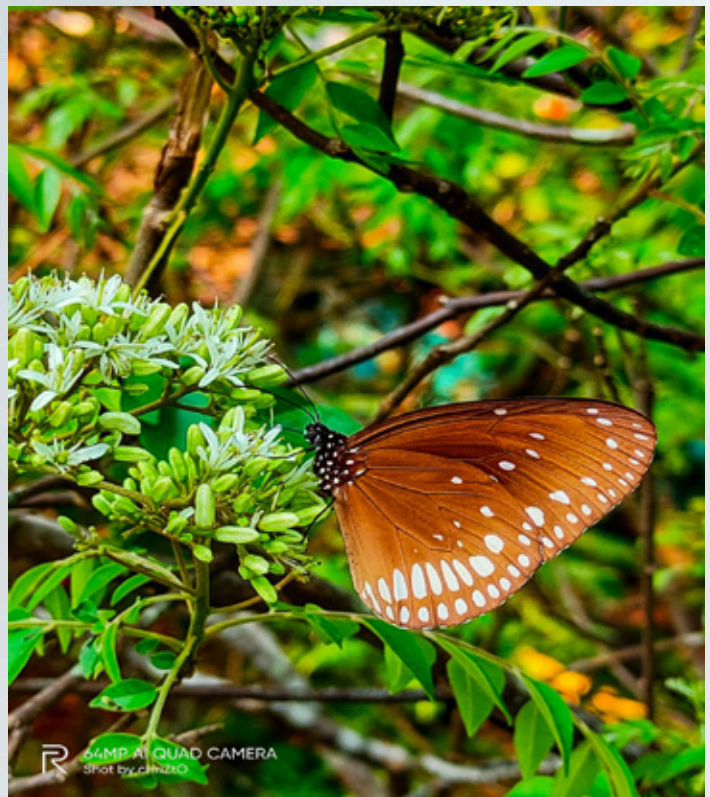
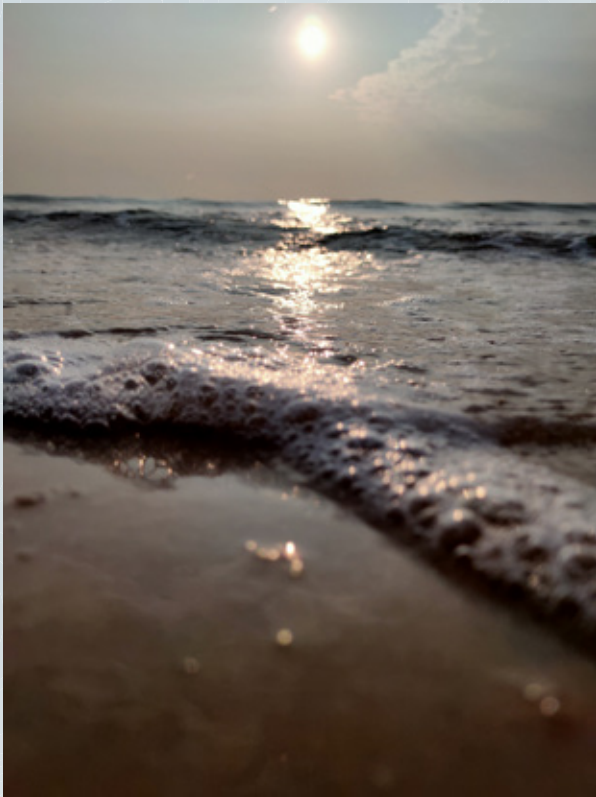


Alby Mathew
Varghese





Cristo Babu



64MP AI QUAD CAMERA
Shot by chizzo



chiz



64MP AI QUAD CAMERA
Shot on realme XT

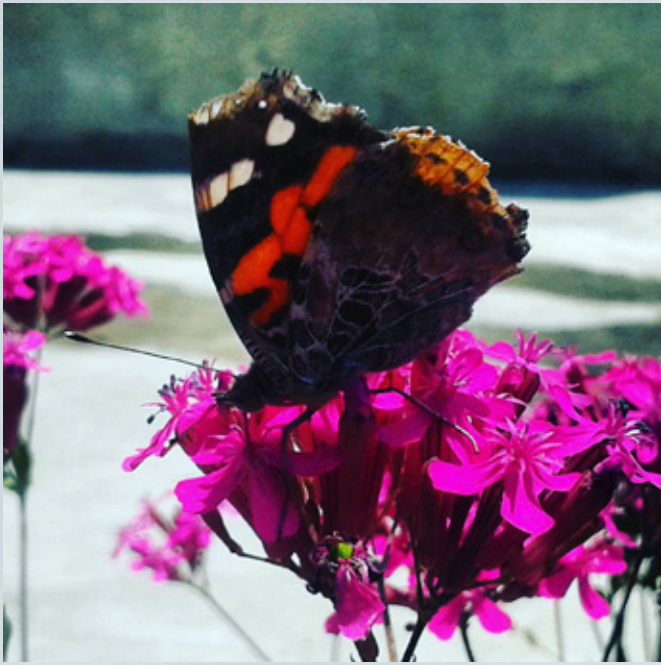


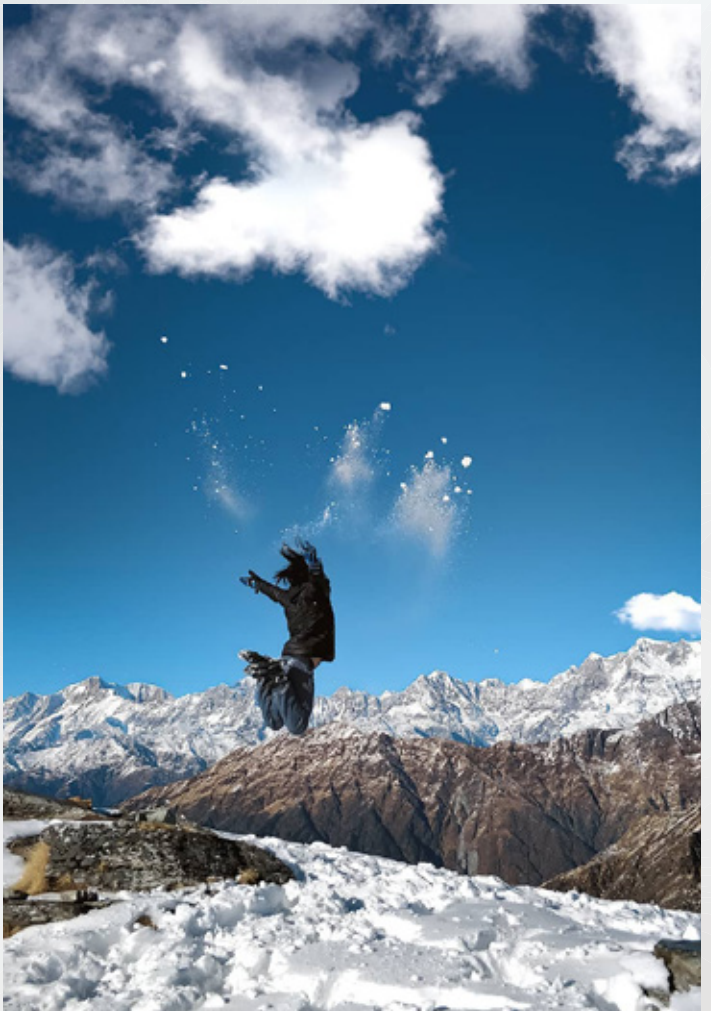
Sharon Wilson





Umair Shah







Tathagatha Konar



Lola Naresh



Minnu Anna Reji

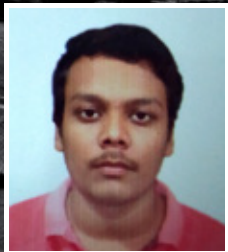








ART



Aritra Mondal



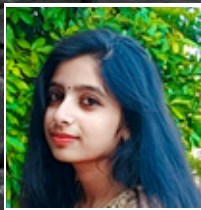
Yana Sunil



Rukku James



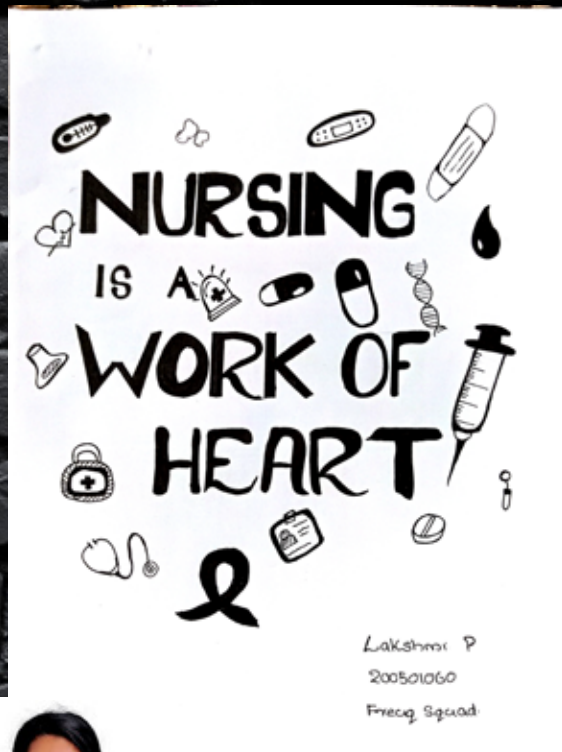
Josna Sosa
Varghese



Sheryl Shery



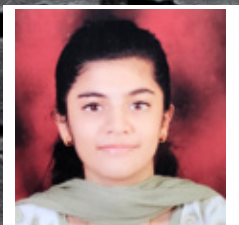
Hanika Susanna



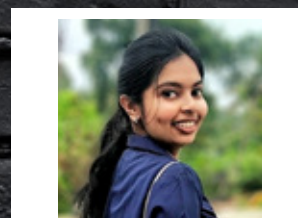
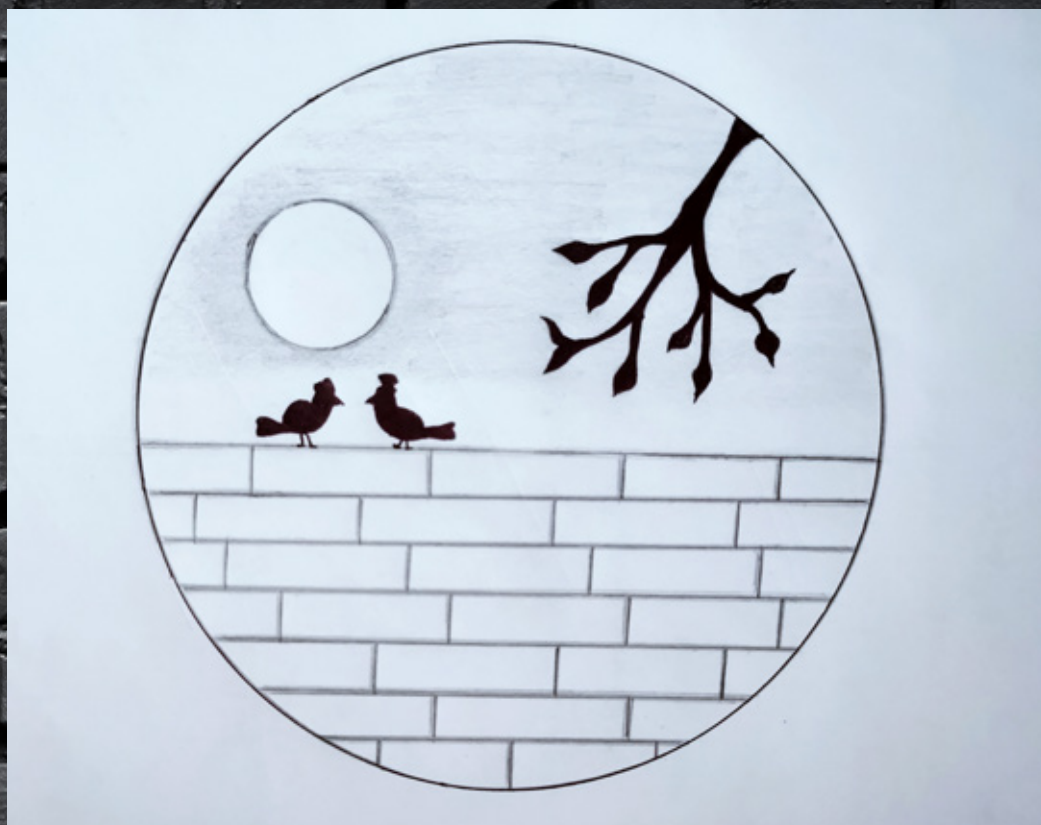
Lakshmi P



Minnu Anna Reji



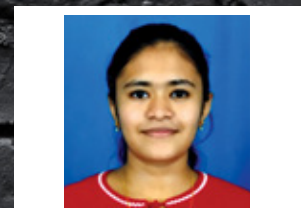
Neha Noronha



Anvika T. Maindan



Arpitha Jaisan



Anusha Varughese



ಮರಣವೆನಿಸಿ ದೀ. ಆರೋಗ್ಯವಿಲ್ಲದಿದ್ದರೆ ಮರಣವು ಬರಬೇಕು ಅಲ್ಲ, ಮರಣವು ಬರಬೇಕು ಅಲ್ಲ.

ಕೊರೊನಾ ಕಾಲದಲ್ಲಿ ಕುಸುಮ ರೋಗಿಗಳು



ಸುರಕ್ಷಿತವಾಗಿ

ವೈಯಕ್ತಿಕವಾಗಿರುವುದು ಬಿಟ್ಟು ಇತರರೊಂದಿಗೆ ಬರಬಾರದು. ಕೊರೊನಾ ಸಾಂಕ್ರಮಣಕ್ಕೆ ಅರಣ್ಯ ಮತ್ತು ಅರಣ್ಯ ಕಾರ್ಯವು ಏನಾಗಬೇಕೆಂದು ನಮ್ಮ ಮನಗಾಣಿಸಬೇಕು.

ಹಿಮೋಫಿಲಿಯಾ ಅಥವಾ ಕುಸುಮ ರೋಗ ಎಂಬುದು ಖಚಿತವಾದ ರಕ್ತಪ್ರವಾಹವನ್ನು ಒಂದು ಅನಾರೋಗ್ಯ ಇದ್ದು ಬೇರೆಯವರಿಗೆ ಹರಿಯುವಂತಹ ರಕ್ತ ಅಂಗವಾಗಿದೆ. ರಕ್ತ ಹೆಚ್ಚಾಗಿ ಹರಿಯುವುದರಿಂದ ರಕ್ತ ಅಂಗವು ಒದಗಿಸಬೇಕಾಗಿರುವುದರಿಂದ ಕುಸುಮ ರೋಗದ ಚಿಕಿತ್ಸೆಯು ಮೇಲ್ವಿಚಾರಣೆ ಮತ್ತು ಸಂಶೋಧನೆಯಾಗುತ್ತದೆ.

ರಕ್ತ ಹೆಚ್ಚಾಗಿ ಹರಿಯುವುದರಿಂದ ರಕ್ತ ಅಂಗವು ಒದಗಿಸಬೇಕಾಗಿರುವುದರಿಂದ ಕುಸುಮ ರೋಗದ ಚಿಕಿತ್ಸೆಯು ಮೇಲ್ವಿಚಾರಣೆ ಮತ್ತು ಸಂಶೋಧನೆಯಾಗುತ್ತದೆ.



ಕಾಲದ ಮನುಷ್ಯನು ಕೊರೊನಾ ಲಗ್ನ ಮತ್ತು ಈ ಸಮಸ್ಯೆಯಲ್ಲಿ ಅರಣ್ಯ ಮುಂಚೂಣಿಯಲ್ಲಿ ನಿಲ್ಲಬೇಕು.



ಅರಣ್ಯದ ಲಗ್ನ ಹೆಚ್ಚಿಸಲು ಅರಣ್ಯ

ಸಾಂಕ್ರಮಿಕ ಅರಣ್ಯದ ಅರಣ್ಯವನ್ನು ಸುಸ್ಥಿರಗೊಳಿಸುವುದು ಕುಸುಮ ರೋಗಿಗಳು ಮತ್ತು ಬೇರೆಯವರು ಕೆಲವು ಮಾರ್ಗದರ್ಶಿ ಕಾರ್ಯಗಳನ್ನು ಮುಂದುವರಿಸಬೇಕು.



ಸುಲಭವಾಗಿ ಲಭ್ಯವಿರುವುದು, ಮಧ್ಯಸ್ಥ ಶ್ರಮವು, ಸಮೀಪವಿರುವುದು ಮತ್ತು ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ.

ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ ಮತ್ತು ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ.

ಲಗ್ನ ಹೆಚ್ಚಿಸುವುದು



ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ ಮತ್ತು ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ.

ವೈದ್ಯಕೀಯ ವೃತ್ತಿಗಾಗಿ

ನಮ್ಮ ಅರಣ್ಯ ಶಿಬಿರದಲ್ಲಿ ನಮ್ಮ ಕೊರೊನಾ ಕೊಡುಗೆ-19 ನಲ್ಲಿ ನಮ್ಮ ವೈದ್ಯಕೀಯ ವೃತ್ತಿಗಾಗಿ.

ನಿರಾಪತ್ತೆಗಾಗಿರುವುದು

ಕೊರೊನಾ ಸಾಂಕ್ರಮಣಕ್ಕೆ ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ ಮತ್ತು ಸುಸ್ಥಿರವಾಗಿರುತ್ತದೆ.

ಈ ಕೊಡುಗೆಯನ್ನು ಸುಸ್ಥಿರಗೊಳಿಸುವುದು

ನಮ್ಮ ಅರಣ್ಯ ಶಿಬಿರದಲ್ಲಿ ನಮ್ಮ ಕೊರೊನಾ ಕೊಡುಗೆ-19 ನಲ್ಲಿ ನಮ್ಮ ವೈದ್ಯಕೀಯ ವೃತ್ತಿಗಾಗಿ.

ಅನುಶ್ರೀ ನಾಯ್ಕಗೆ ಬೆಳ್ಳಿ ಪದಕ

ಉಡುಪಿ, ಮಾ.29: ಬೆಂಗಳೂರಿನ ಎಡಿಡಿಬಿ ಬಾಕ್ಸಿಂಗ್ ಕ್ಲಬ್ ಉತ್ತರ ಪಕ್ಕಿಯಲ್ಲಿ ಮಾ.12 ರಿಂದ 14 ರವರೆಗೆ ನಡೆದ ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮಟ್ಟದ ಬಾಕ್ಸಿಂಗ್ ಚಾಂಪಿಯನ್ ಶಿಪ್ 2020-21 ರಲ್ಲಿ ಉಡುಪಿಯಿಂದ ಪ್ರತಿನಿಧಿಸಿ 48-51 ಕೆಜಿ ಭಾರ ಸ್ಪರ್ಧೆಯ ಮಹಿಳಾ ಸೀನಿಯರ್ ವಿಭಾಗದಲ್ಲಿ ಅನುಶ್ರೀ ನಾಯ್ಕ ಬೆಳ್ಳಿಯ ಪದಕ ಪಡೆದಿದ್ದಾರೆ. ಇವರು ಉಡುಪಿ ಜಿಲ್ಲಾ ಆಮೆಚೂರ್ ಬಾಕ್ಸಿಂಗ್ ಅಸೋಸಿಯೇಶನ್ ಮಹಿಳಾ ಬಾಕ್ಸರ್ ಆಗಿದ್ದು, ಅಲೆವೂರು ಸುಜೋಧಿನಿ ಶಾಲೆಯಲ್ಲಿ ಶಿವಪ್ರಸಾದ್ ಆಚಾರ್ಯರಲ್ಲಿ ಬಾಕ್ಸಿಂಗ್ ತರಬೇತಿ ಪಡೆಯುತ್ತಿದ್ದಾರೆ. ಅಲೆವೂರು ಕೋಡಿಯ ಗೋಪಾಲ ಕೆ. ನಾಯ್ಕ ಮತ್ತು ಪುಷ್ಪಲತಾ ನಾಯ್ಕ ದಂಪತಿ ಪುತ್ರಿಯಾಗಿದ್ದು, ಪ್ರಸ್ತುತ ಮಣಿಪಾಲ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್ ನಲ್ಲಿ ಪ್ರಥಮ ವರ್ಷದ Nurse Practitioner ವಿದ್ಯಾರ್ಥಿನಿ.





ಉದಯವಾಣಿ

ಸಂಪುಟ 20 ಸಂಚಿಕೆ 19
 ಮೇ 9, 2021 In association with Manipal University 8



ಮಗಸಾಲ
ನಿಮ್ಮ ಆರೋಗ್ಯ ಉದಯವಾಣಿ ಕೊಡು

ಅರಿವೇ ಸುವ

ಸುರೋಚಲಾ ಬಿ. ಅರೋಚಲಾ ವೈದ್ಯಕೀನ ಮಗಸಾಲ ಯೋಜನೆ ಆರೋಗ್ಯ, ಮಾನವ, ಮಗಸಾಲ

ಡಾ. ಅಶೋಕ ಎಂ.ವಿ. ಅಪ್ಪಣ್ಣ ವೈದ್ಯಕೀನ ಮಗಸಾಲ ಕೋಟ, ಮಾನವ ಮಗಸಾಲ

ಕೊರೊನಾ ಕಾಲದಲ್ಲಿ ಕುಸುಮ ರೋಗಿಗಳು



ಸುರಕ್ಷಿತವಾಗಿ

ವೈದ್ಯಕೀನರನ್ನು ಹೊಂದಿಕೊಳ್ಳುವುದು ಒಂದು ಸವಾಲಾಗಿದೆ. ಕೊರೊನಾ ಸಾಂಕ್ರಮಿಕವಾಗಿ ಆರೋಗ್ಯ ಮತ್ತು ಆರೋಗ್ಯ ಕಾಲುವೆ ಮಹಾತ್ಮೆಗೆ ಸಮರ್ಪಕವಾಗಿ ರೂಪಿಸಿ ಮತ್ತು ಮುಕ್ತವಾಗಿ - ಎರಡೂ ಬದಿಗಳಲ್ಲಿ ಒದಗಿಸುವುದು. ಈ ಸವಾಲನ್ನು ನಿರೀಕ್ಷಿಸಿ, ಸಾಧ್ಯ ಒದಗಿಸುವುದಕ್ಕೆ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದಕ್ಕೆ ಒದಗಿಸುವುದು ಒಳ್ಳೆಯದಾಗಿದೆ. ಕೊರೊನಾ ವೈರಸ್ ಮತ್ತು ಸೋಡಾ ಮೂಲಕ ಒಳ್ಳೆ ರೋಗವು ಹರಿಯುತ್ತಿರುವುದು ಮನುಷ್ಯನಿಗೆ ಒಂದು ಪ್ರಮುಖ ಅಡ್ಡಿಯಾಗಿದೆ. ಆರೋಗ್ಯ ಮತ್ತು ವಿಕಸನಗೊಳಿಸುವುದು ಆರೋಗ್ಯ ಅಥವಾ ಆರೋಗ್ಯ ಸುರಕ್ಷಿತವಾಗಿ ಒದಗಿಸುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಒದಗಿಸುವುದಕ್ಕೆ ಸಾಧ್ಯವಾಗುವಂತೆ ಮಾಡುವುದು. ಆರೋಗ್ಯ ಮತ್ತು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ಕೊರೊನಾವಿರೂಸ್ ಅಥವಾ ಕುಸುಮ ರೋಗಿ ಎಂಬುದು ಉಪಶಮನೀಯ ರೋಗವಾಗಿದೆ ಎಂದು ಅರೋಚಲಾ, ವಿದ್ಯಾ ಕುಸುಮರಾಯ್ ಅವರ ವೈದ್ಯಕೀನ ಅಧಿಕಾರಿಗಳು ಹೇಳಿದ್ದಾರೆ. ರೋಗಿಗಳನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ರೋಗಿಗಳನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.



ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ಕೊರೊನಾ ವೈರಸ್ ಮತ್ತು ಆರೋಗ್ಯ ಸೇವಾ ಘಟಕದವರು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ಆರೋಗ್ಯ ಕಾಲುವೆಗಳನ್ನು
 ಕೊರೊನಾ ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ಆರೋಗ್ಯದ ಬಗ್ಗೆ ತಿಳಿಸುವುದು
 ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ಆರೋಗ್ಯದ ಬಗ್ಗೆ ತಿಳಿಸುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.



ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು
 ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ಕುಸುಮ ರೋಗಿಗಳು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.



ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ಆರೋಗ್ಯ ಕಾಲುವೆಗಳನ್ನು ಕೊರೊನಾ ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು
 ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು. ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.

ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ಆರೋಗ್ಯ ಕಾಲುವೆಗಳನ್ನು
 ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ಆರೋಗ್ಯ ಕಾಲುವೆಗಳನ್ನು ಕೊರೊನಾ ಸಾಂಕ್ರಮಿಕ ಕಾಲದಲ್ಲಿ ವೈದ್ಯಕೀನರನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಇದ್ದುಕೊಳ್ಳುವುದು ಒಳ್ಳೆಯದು ಆಗಬೇಕು.



HEMOPHILIA AWARENESS

ಮಗಸಾಲ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್ ಅಂತಾರಾಷ್ಟ್ರೀಯ ದಾದಿಯರ ದಿನಾಚರಣೆ

ಉಡುಪಿ, ಮೇ 14: ಮಗಸಾಲ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್ ವತಿಯಿಂದ ಎಲ್ಲ ದಾದಿಯರ ದಿನದ ಅಂಗವಾಗಿ 'ಫಿನ್‌ಡೆನ್ಸ್ ಆರೋಗ್ಯ ರಕ್ಷಣೆಯತ್ತ ದಾದಿಯರ ಪ್ರವೃತ್ತಿ' ಎನ್ನುವ ವಿಷಯ ಕುರಿತು ಆನ್‌ಲೈನ್ ವಿಚಾರ ಕಾರ್ಯಕ್ರಮ ನಡೆಯಿತು.

ಮಹಾರಾಷ್ಟ್ರ ನರ್ಸಿಂಗ್ ಕೌನ್ಸಿಲ್‌ನ ರಿಜಿಸ್ಟರ್ಡ್ ರಾಜೀಲ್ ಜಾರ್ಜ್ ಮಾತನಾಡಿ, ಇಡೀ ವಿಶ್ವವೇ ಕೊರೊನಾ ಸೋಂಕಿನಿಂದ ತತ್ತರಿಸಿವೆ. ಇಂತಹ

ಸಮಯದಲ್ಲಿ ಮನುಕುಲ ಉಳಿಸುವುದು ದಾದಿಯರು ಮುಂಚೂಣಿಯಲ್ಲಿದ್ದಾರೆ. ಪ್ರಸ್ತುತ ನರ್ಸಿಂಗ್ ಕಲಿಯುವ ಯುವ ಜನರ ಸಂಖ್ಯೆ ಹೆಚ್ಚಾಗುತ್ತಿರುವುದು ಆರೋಗ್ಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಆಕಾಶಾಯಕ ಚಿಹ್ನೆಗಳಾಗಿಯಾಗಿದೆ ಎಂದರು.

ಕೇರಳದ ಬೇಟಿ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆ ಕಾರ್ಯನಿರ್ವಹಣಾಧಿಕಾರಿ ಗೋಪಿಮಠಯ್ಯ ಮಾತನಾಡಿ, ವಿಶ್ವದಲ್ಲಿ ಇಂದು ದಾದಿಯರ ಕೊರತೆ ಇದೆ. ಇದ ರಿಂದಾಗಿ ಆರೋಗ್ಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಒತ್ತಡ

ಹೆಚ್ಚುತ್ತಿದೆ. ದಾದಿಯರ ಕೆಲಸವನ್ನು ಗುರುತಿಸಬೇಕು. ಆಗ ಅವರು ಉತ್ತಮ ಸೇವೆ ನೀಡಲು ಸಾಧ್ಯ ಎಂದರು. ಅಂತಾರಾಷ್ಟ್ರೀಯ ದಾದಿಯರ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ನರ್ಸಿಂಗ್ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವಿವಿಧ ಸ್ಪರ್ಧೆ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಮಗಸಾಲ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್‌ನ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ|| ಲತಾ ಟಿ., ಡಾ|| ಸೌಮ್ಯಾ ಕಾರ್ಯಕ್ರಮ ನಿರ್ವಹಿಸಿ ವಂದಿಸಿದರು.

ಪಿಎಚ್.ಡಿ.

ಉಡುಪಿ, ಮೇ 12:

ಮಗಸಾಲ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್‌ನ ಸಹಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ|| ಯಶೋದಾ ಸತೀಶ್ ಅವರು ಡಾ|| ಲೈಟ್ ಎಡ್ವರ್ಡ್ ಲೂಯಿಸ್ ಹಾಗೂ ಡಾ|| ಜೂಡಿತ್ ಆಂಜಲಿಟಿ ನೊರೊನ್ಯಾ ಅವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಮಂಡಿಸಿದ 'ಅವಧಿ ಪೂರ್ವ ಜನಿಸಿದ ತಿರುವಿನ ಆರೋಗ್ಯ ಹಾಗೂ ಅದರ ಶುಶ್ರುಷೆ' ತಿರುವಿನ ಆರೋಗ್ಯ ಪೂರ್ವ ತಿರುವಿನ ಆರೋಗ್ಯವೃದ್ಧಿಯ ಪರಿಣಾಮದ ಬಗ್ಗೆ ತೃತೀಯ ಅಧ್ಯಯನ ನಡವಾತ ತಿರು ಫುಟಕದಲ್ಲಿ ಅಧ್ಯಯನ ನಡವಾತ ತಿರು ಪ್ರಬಂಧಕ್ಕೆ ಮಾಹಿತಿ ವಿ.ವಿ. ಪಿಎಚ್.ಡಿ. ನೀಡಿದೆ. ಇವರು ಮಗವುರದ ಸತೀಶ್ ಕೆ. ಅವರ ಪತ್ನಿ.



GLIMPSES





In Memory of

LATE SHARON WILSON

25 January 2002 to 14 July 2021

On the sands of time, you have left your footprints with glory.
Everyone will know your name and shall recall your story.
May the winds of heaven blow softly and whisper in your ear.
How much we love and miss you and wish that you were here.
Dear Sharon, you will be always in our hearts.

Cover Page Designed by
Late Sharon Wilson,
First-Year BSc Nursing,
MCON, Manipal



In memory of

Late Dr Aparna Bhaduri

PG Coordinator

Tenure: 17 June 1994 - 31 December 2003



MANIPAL COLLEGE OF NURSING MANIPAL

(A constituent unit of MAHE, Manipal)



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